

River Road Park & Recreation District

Winter/Spring 2025



Come travel with us in 2025.

Portugal, Scandinavia, London/Paris & Branson

General Information



RIVER ROAD PARK & RECREATION DISTRICT

Business Office

1400 Lake Dr. Eugene, OR 97404 541-688-4052
M-F 8a-6p

Aquatic/Fitness Facility

1400 Lake Dr. Eugene, OR 97404 541-461-7777
M-F 5a-9p Sa 6a-3p

Gymnastics Facility

30043 Leghorn Rd., Eugene, OR 97402 541-688-8955
M-F 9a-12p and 1-6p Sa 8:30a-12:30p

WINTER/SPRING 2025

Jan. - May

Registration Dates

SWIM LESSONS

Please see page 10 for details.

WATER EX

Winter Re-enrollment	12/16-17	Spring Re-enrollment	3/17-18
Winter New enrollment	12/18	Spring New enrollment	3/19
Walk-in 8:30a	Phone-in 10a	Walk-in 8:30a	Phone-in 10a

FITNESS/RECREATION CLASSES

Winter Re-enrollment	12/11-12/12	Walk-in 8:30a	Phone-in 10a
Winter New enrollment	12/18-12/19	Walk-in 8:30a	Phone-in 10a

DAY TRIPS

In District	12/18	Walk-in 10a	Phone-in 1p
Out of District	12/19	Walk-in 10a	Phone-in 1p

YOUTH PROGRAMS/GYMNASTICS

Youth programs - you may enroll at any time. Gymnastics classes are on-going. You may enroll at any time.

Registration

Log In
Register
Pay

How do I register for classes?

BY PHONE OR WALK IN

Business office hours are M-F, 8a-6p. After hours payments can be made at the aquatics reception desk. Please call the gym to sign up for gymnastics.

ONLINE – WWW.RRPARK.ORG

You can register 24-hours a day, seven days a week. Just visit rrpark.org to register using a credit card. **Note: Not all programs are eligible for online registration.**

HOW DO I CREATE MY ONLINE ACCOUNT?

Go to rrpark.org and click menu then the login/register/pay account button and choose the “Create a RRPRD account” link in the upper left hand corner. Complete the short form. List the primary account holder first, and then add any additional account members. Click “Save & Close.”

Registration Policies

Registration is accepted on a first-come, first-served basis. **You are not registered until fees are paid.** The District reserves the right to cancel classes when minimum enrollment has not been met. If a class is filled, your name will be put on a waiting list. Additional classes will be formed if instructors and rooms are available. We accept Visa, MasterCard, Discover, & American Express. To receive In District pricing, proof of residency is required. A current valid driver’s license may be used for verification.

REFUNDS AND CREDITS

No refunds will be issued after the second meeting of any class or activity. Refunds will be paid by original form of payment (except cash). Please allow one week to receive your refund. A \$5 processing fee will be deducted. Credits can be issued in lieu of refunds and can be applied to any class or activity. Classes cancelled due to inclement weather may be rescheduled only if space and time allow or will be refunded to your account.

AFTER HOURS PAYMENT

If you are dropping into a class or wanting to register for a class after the business office is closed, please pay or register at the aquatics reception desk.

Facility Closures

12/24-25	TuW	Christmas Holiday
1/1/25	W	New Year's Day
1/20	M	MLK Day
5/26	M	Memorial Day

541-688-4052 • www.rrpark.org
info@rrpark.org

What is In District or Out of District?



In District: (ID) You pay property taxes to the Park District.

Out of District: (OD) You pay property taxes to the city or county.

If you are not sure whether you are 'in' or 'out', call us and we can check for you.

Do you want a program mailed to you?

We want you to have access to all the fun programs, activities, and events that we provide, but we also don't want to bombard your mailbox. Those that are In District will automatically receive a physical copy of this Program Guide. If you are Out of District and would like to receive a free copy in the future, please follow the link or QR code to fill out a quick form so we know where to send it! <https://bit.ly/44tNKxt>. You only need to do this one time.

Admission

SILVER & FIT / RENEW ACTIVE / ACTIVE & FIT FOB

If your insurance company offers Silver & Fit, Renew Active, Active & Fit, you can take a variety of classes and enjoy the park amenities (listed below) at no additional cost to you. No need to register prior to attending. To get started, go to the main office with your insurance information to get a fob pass. Please check in and scan your fob each time as you enter the facility. One pre-registered fitness or water exercise class will receive a 75% discount off the OD class fee.

Fitness Center Lap Swim Water Jogging Sauna and Hot Tubs Pickleball
 Body Shop Dance Fitness Individual Water Exercise Steppin' Out

LAND FITNESS/AQUATICS FOB PASS/MEMBERSHIP

If you have a fob pass or membership, you can also enjoy a variety of classes (listed above) and the park amenities at no additional cost to you. See the chart below for details. Purchase your fob pass/membership at the main office or the pool reception desk. Pool is not always available during fitness center hours. Please refer to the pool schedule.

Age	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership	
	ID	OD	ID	OD	ID	OD	ID	OD
Under 3	Free	Free						
3-17	\$3	\$4	\$27	\$36	\$27	\$36	\$81	\$108
18-54	\$8	\$8	\$45	\$64	\$64	\$80	\$154	\$192
55+	\$6	\$6	\$38	\$48	\$48	\$60	\$115	\$144
Family	\$12	\$15	n/a	n/a	\$144	\$180	\$360	\$450
Shower	\$2	\$2						

REGISTERED PROGRAMS/CLASSES

We also offer programs and classes that have specific fees. These fees will be listed in the description of the program/class. You need to register and pay for these prior to attending.

Special Events



Michael DeRobertis Couples Classic Run & Fitness Walk 2025

Start February off on the right foot by joining the 47th Annual Couples Classic Road Run. This classic foot race features a flat, fast, 5K course through the neighborhoods surrounding the park. Or if you prefer, enter the non-competitive fitness walk. Commemorative apparel for all participants, top 3 age division winners receive medal awards, random drawings of valuable prizes from local area merchants, and delicious snacks. Childcare will also be available at no charge to all pre-registered participants. Team and individual entries are encouraged.

Register by February 8 or you will get your t-shirt at a later date.
 2/15 Sa 8:30a- check in 9:30 Race begins
 Adult (age 13+): \$30 Senior (age 65+): \$25
 Youth (ages 6-12): \$17



Valentine Luvagram

This Valentine's day, we invite you to spread the love!

It's time to have some fun with our reader board. Get into the Valentine spirit and send your loved one a Valentine Luvagram.

\$10 In District
\$12 Out of District

- You can personalize it.
- It's unique, fun and easy!
- You create your own message or pick from our list.
- Better than a card.
- See the main office to get started.

RIVER ROAD PARK & RECREATION DISTRICT

Spring Break Camp

Open to children grades K-5. Join us for a week of fun and adventure as we turn spring vacation into an experience to remember! We will be playing games, participating in sports activities, and doing arts and crafts. Snacks will be provided. Children should bring a sack lunch each day. Space is limited, FULL WEEK ONLY, NO DAILY FEE OFFERED.

3/24-3/28 M-F 8a-5p \$220

38th Annual Fishing Derby & Community Breakfast

Join us at our wading pool for the 38th annual children's fishing derby! Open to children ages 2 through 7 (accompanied by an adult). Bring your own bait and tackle and try your luck. The wading pool will be fully stocked with rainbow trout provided by Oregon Fish and Wildlife.

Join us also for our Community Breakfast, a heartfelt celebration dedicated to all in our community! Enjoy a delicious breakfast spread in the company of friends, family, and neighbors. There will be a variety of breakfast favorites, along with some fun activities. Let's come together to celebrate, share stories, and make memories.

Spaghetti Feed

Support the River Road Swim Team with their delicious Spaghetti Feed & Silent Auction. Let our team serve you, bid on great prizes, and enjoy a wonderful event to support one of Eugene's oldest swim teams. Tickets can be purchased at the pool front counter or the main office or on the night of the event. Proceeds go to fund equipment purchases and team events.

4/5 Sa 4:30-7p
 Adults \$15 Seniors \$12 Youth \$10 Family of 4 \$45

Grab & Go Taco Night

Celebrate Cinco de Mayo with us. Enjoy 2 tacos, rice and bean meal while supporting a great team all in one stop. Register with the main office to reserve your meal by Friday, May 2. Pick up times are between 4-6pm.

5/5 M 4-6p \$12

Swim -A-Thon

It's back, the third annual River Otter swim. Show your support by pledging laps for your favorite Otter as they swim as many laps as they can in 30 minutes. Can't pledge? Come help count those laps. Event will help purchase team suits and sweats.

5/10 Sa 4-6p

Hide nor Hare Egg Hunt

It's a 10 day egg hunt challenge!

We will be hiding eggs for 10 days (M-F) leading up to the EGGsploration on April 19th.

- Every day, M-F, we will hide an egg somewhere at Emerald Park.
- Bring the egg to the main office between 8a-6p for your prize and get your picture taken.
- Prizes include a free admission to the EGGsploration!

Are you up for the challenge? The same person can only win twice.
 4/7-4/18 M-F Free

King's Luau with David Lomond

Come enjoy a tasty and fun Hawaiian luau at the park. We will have incredible food; slow-cooked pork, rice, macaroni salad, fresh fruit, etc. Elvis will also be in the house! He is going to shake, rattle, and roll! This is going to be a fun one; wear your Hawaiian shirt/hat and get ready to party. Your cost includes: luau dinner and entertainment.

4/25 F 6:30-8:30p \$25

Spring High Tea

Today is about getting into the spring spirit. We begin with an afternoon tea where you will enjoy an assortment of teas, finger sandwiches, treats and fresh fruit. A local trio will play and entertain us. Your cost includes: a spring afternoon tea and songs that will have you humming and tapping your foot. Held at River Road Park. \$15 in advance. \$20 at the door if space is available.

5/18 Su 2-4
 \$15 or \$20 the day of if there is space.

The Great EGGsploration

Saturday, 4/19

1400 Lake Drive

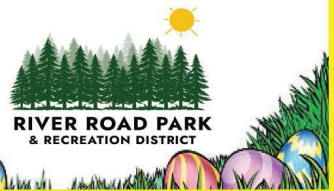
9-11am EGG Hunt Pre-school - 5th grade

\$5 pre-register or \$7 the day of the event.
 Skip the lines by pre-registering.

Cinna Bunny has lost her eggs all over our park and they're up for grabs. Don't miss the egg-citement, and join us for this memorable egg hunt! Dress for the weather as the hunts are outside and then you can move inside for more crafts, food and fun.



- 9-11am outside to collect 10 eggs
- Three age appropriate hunt areas & prizes
- Take your pictures with Cinna Bunny
- Crafts
- Doughnut and hot chocolate included



HUMMING BEE NURSERY



ORGANIC PLANT SALE & FUNDRAISER

Friday, May 9 from 9a-3p



Fitness Center/Aquatics Info

Pool Reception Hours

M-F 5a-9p
Sa 6a-3p

Pool | Fitness | Spa Closures

1/1/25 W New Years Day
1/20 M Martin Luther King Day
3/8-9 SaSu RRSST Swim Meet

5/26 M Memorial Day

FACILITY USE

- Fees and passes include use of the fitness center, pool (when available), spa & sauna.
- If you have a pass, please check in with the pool receptionist and scan your fob before entering the facility.
- Pool is not always available during fitness center hours. Please refer to the weekly pool schedule.
- Swimmers must supply their own suit and towel.
- Street shoes are not permitted on pool deck.
- Shower thoroughly before entering pool/spa/sauna.
- Youth under 15 years of age must be accompanied and directly supervised by an adult during any non-rec swim programs.
- Adults must accompany, in the water, any non-swimmer under 46". Guardians are not allowed to take non-swimmers into deep water.
- Aqua-sock type footwear is permitted when clean and worn only inside pool and dressing room.
- Coast Guard approved life jackets are only permitted under direct parental supervision.
- Floatation devices such as water wings, rings, buoyancy swimsuits, inflatable toys, or mermaid flippers are not permitted.
- Individuals under 16 may not use the Fitness Center without adult supervision.
- Only water in non-breakable containers is allowed in the pool/spa/sauna areas.
- Individuals under the influence of alcohol and/or drugs or those with disrespectful behavior will not be permitted to use the facility.
- We encourage a friendly environment; therefore, profanity, vulgar remarks or disrespectful comments will result in expulsion from the facility.
- All guests must exit the building within 15 minutes of the last pool/fitness program.

Wading Pool Rental

Rental Reservations will begin Monday, June 2nd.

Swim Shop

Need supplies while you are here? Goggles, swim caps, nose clips, ear plugs, infant swim diapers, and other items are available for purchase from our pool receptionist.



Aquatics

541-461-7777 • www.rrpark.org

Micah Cornelius | micahc@rrpark.org

School's Out Swims/No lap lanes available from 1:30-3p

1/6	M	3/31	M
1/31	F	4/18	F
2/3	M	6/6	F
2/17	M		

Special Rec Swims/No lap lanes available from 1:30-3p

12/23,26,27,30,31 – 1/2-3	Winter Break
3/24-28	Spring Break

FAMILY SWIM

Jan 3 - June 13

Time for children and parents to enjoy the pool together. Children 17 years and younger **MUST** be accompanied by an adult in the water. (Limit of 4 children per adult)

F	6:30-7:30p
Sa	9-10a

RECREATION SWIM

Jan 3 - June 13

Open to individuals of all ages. Children under 46" tall **MUST** be accompanied in the water by an adult who must be at least 18 years old.

F	7:30-9p
Sa	1:30-3p

LAP SWIMS

Jan 2 - June 13

Lap swimming is available to individuals 16 years of age or older and students 11-15 years of age accompanied and directly supervised by an adult. At least 4 lanes (M-F) or 3 lanes (Sat) are available for lap swimming. Please check with the pool receptionist for pool updates to the facility schedule.

M-Th	5-8a	12-3:55p	8-9p
F	5-8a	12-3:55p	
Sa	6-9a	12-1:30p	

INDIVIDUAL WATER EXERCISE

Jan 2 - June 13

Individual water exercise and water jogging swimming is available to individuals 16 years of age or older and students 11-15 years of age accompanied and directly supervised by an adult. At least 2 lanes (M-Sat) are available during the times listed for water jogging or water exercise. Please check with the pool receptionist for pool updates to the facility schedule.

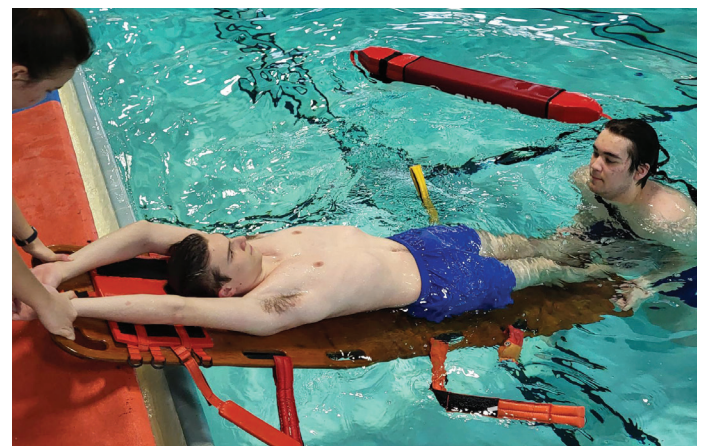
M-Th	5-8a	12-3:55p	8-9p
F	5-8a	12-3:55p	
Sa	6-10a	12-1:30p	



Looking for a job?

We are hiring lifeguards and swim lesson instructors. Scan the QR Code for upcoming Lifeguard and Swim Lesson Instructor classes.

Copy & Paste or type in any browser-
<http://bit.ly/44YUBOb>



Water Exercise

Winter Sessions

Session 1 1/6-1/31 (4wks)*
 Session 2 2/3-2/28 (4wks)
 Session 3 3/3-3/21 (3 wks)

*NOTE: No classes Martin Luter King Day (classes will be pro-rated).

Spring Sessions

Session 1 3/31-4/25 (4wks)
 Session 2 4/28-5/23 (4wks)
 Session 3 5/27-6/13 (3wks) **

**NOTE: No classes Memorial Day (classes will be pro-rated)

Winter Registration Information

Please read the descriptions carefully so you register for the correct class.

All participants wanting to attend scheduled water fitness classes must be enrolled in a class first.

Re-Enrollment: 12/16 and 17 ONLY for those currently enrolled. Registration will be at the main office between 8:30a-6p.

New Enrollment: 12/18. New participants that are not currently enrolled in classes or wanting to change classes. Registration will be at the main office between 8:30a-6p

Spring Registration Information

Please read the descriptions carefully so you register for the correct class.

All participants wanting to attend scheduled water fitness classes must be enrolled in a class first.

Re-Enrollment: 3/17 and 18 ONLY for those currently enrolled. Registration will be at the main office between 8:30a-6p.

New Enrollment: 3/19. New participants that are not currently enrolled in classes or wanting to change classes. Registration will be at the main office between 8:30a-6p

Class Information

- Shoes that are designed for water fitness are highly recommended.
- Everyone enrolled in any of the shallow water aquatic exercise classes listed MUST be comfortable in waist deep to mid-chest deep water and can enter, stand in and exit from the pool area with minimal assistance.
- Everyone enrolled in any of the deep-water aquatic exercise classes as listed MUST be comfortable in water too deep to stand up in (5 feet to 12 feet) as well as demonstrate the ability to wear appropriate deep water floatation equipment and perform basic water aerobics moves (i.e., forward jog; cross-country ski; water jacks; etc.) safely.
- Please contact Margaret @ 541-461-7777, ext. 216, to inquire about registering for one of our water exercises programs if you are new to our facility.
- Please check refund policy on page 2.



45 Min. Water Ex Class				
	Adult		Senior	
	ID	OD	ID	OD
MWF	\$48	\$60	\$42	\$54
TuTh	\$32	\$40	\$28	\$36

30 Min. Water Ex Class				
	Adult		Senior	
	ID	OD	ID	OD
MWF	\$33	\$40.50	\$28.50	\$36
TuTh	\$22	\$27	\$19	\$24

CLASSES

Deeply Fit

For the active individuals that want a faster paced workout. Running/jogging, resistance travel, and power moves guarantee your body a great workout. Designed to focus on enhancing cardio endurance, flexibility, range of motion, muscle strength and toning. Deep water fitness equipment required.

MWF 6-6:45a | 8-8:45a
 TuTh 8:30-9:15a
 TuTh 6:30-7:15p

Aquabilities

Moderate to active aerobic conditioning designed for a great workout in the deep water. Exercises will also focus on building cardio and muscle endurance, enhancing flexibility, range of motion, and muscle strength and toning. Deep water fitness equipment required.

MWF 7-7:45a | 9-9:45a
 MW 6:30-7:15p
 TuTh 9:30-10:15a

Motivated Seniors - Deep & Shallow Combo

This moderately paced exercise program incorporates both deep and shallow water exercises to enhance flexibility, build strength and gain endurance. Deep water fitness equipment required.

MWF 10-10:45a
 TTH 10-10:45a

EZ Deep Aqua

Designed for semi-active adults, who are comfortable in deeper water. Basic aerobic conditioning is designed to build cardio and muscle endurance, range of motion, along with flexibility. Deep water fitness equipment required.

MWF 11:15a-12p
 TTH 11:15a-12p

Innovative Power

Powerful, low impact moves provide dimensions to your workout, all while standing in the shallow water. Exercises will also focus on enhancing flexibility, range of motion, muscle strength and toning. Water fitness equipment recommended.

MWF 8:30-9:15a | 9:30a-10:15a
 TuTh 8-8:45a | 9-9:45a



S.M.I.L.E.- Slower Moves, Impact Lowered Exercise

This shallow water class is designed for adults that want to stay active, a “return to basic” exercise routine, includes gentle movements that target range of motion, balance, flexibility and comfort.

MWF 10:45-11:30a
 TuTh 11:15a-12p

Water Walking

Introductory class for anyone beginning water exercise. Designed for adults able to remain vertical in water depth of 3-4 ½ ft, as well as be able to move with minimal assistance away from the pool edge.

This 30-minute class provides walking in water while working on balance, gaining strength and increasing circulation, traveling in different directions and patterns forward, backwards and side to side.

MWF 11:30a-12p

Introduction to Deep Water Fitness

By scheduled appointments. New to deep water fitness and need to know what equipment to purchase, how to size it correctly, and how to understand the moves. Call today to set up your personal mini-instructional class to get all the answers.

M or W 10:45-11:15a \$25

Introduction to Shallow Water Fitness

By scheduled appointments. New to shallow water fitness and need to know if you need to purchase equipment, how to understand use it, or how to do the moves. Call today to set up your personal mini-instructional class to get all the answers.

T or Th 10:45-11:15a \$25

Youth Aquatics

LEARN TO SWIM

FREE SWIM TEST DAY

Come have your child assessed for our swim lesson program. We will identify the appropriate level for your child when registering for classes.

1/3 F 6:30-7p



Scan the QR code for current classes & times offered: Or copy and paste in any browser: <https://bit.ly/3UPVxmy>

Information will be available one week prior to registration dates



Program Information

General offerings are identified below, with dates for Winter Sessions 1 and 2 along with Spring Sessions 1 and 2 as shown.

Please check our website at rrpark.org for the most current classes and times offered or contact Margaret @ 541-461-7777, ext. 216 for more information.

Winter Session Dates and Fees

4 weeks/8 classes

Session 1 1/28-2/20 TTh
\$44 ID/\$60 OD Registration Friday, 1/24

Session 2 2/25-3/20 TTh
\$44 ID/\$60 OD Registration Friday, 2/21

Spring Session Dates and Fees

5 weeks/10 classes * Session will be prorated

Session 1 4/1-5/1 TTh
\$55 ID/\$75 OD Registration Friday, 3/21

Session 2 5/5-6/4 MW
\$49.50 ID/\$67.50 OD* Registration Friday, 05/02

Session 2 5/6-6/5 TTh
\$55 ID/\$75 OD Registration Friday, 05/02

Winter Session			Spring Session		
Session 1			Session 1		
Walk In Registration	ID 12:30p	OD 1:30p	Walk In Registration	ID 4:00p	OD 5:00p
Phone - In Registration	ID 1:00p	OD 2:00p	Phone - In Registration & Online	ID 4:30p	OD 5:30p
Session 2			Session 2		
Walk In Registration	ID 12:30p	OD 1:30p	Walk In Registration	ID 4:00p	OD 5:00p
Phone - In Registration	ID 1:00p	OD 2:00p	Phone - In Registration & Online	ID 4:30p	OD 5:30p

SPECIAL CLASSES/EVENTS

StarGuard Elite Lifeguard Training Class

Come learn to be a lifeguard. We will be training you to not only know first aid, CPR/AED skills, but how to Prevent, Recognize, Respond and Rescue, and Resuscitate people in water emergencies. Once you complete your training you will be able to apply to join a team of dedicated and enthusiastic lifeguards here at River Road Pool. Requirements; age 15 at completion of course, swim 300 yards non-stop, tread water 2 minutes, and reach the bottom of a 12ft pool. All dates and times are required. To register stop at the pool front counter or online.

F-Su 1/10-13 & 1/17-19 5-9p, 9a-4p
\$50 (certification fee)

OR

F-Su 4/18-19 & 4/25-27 (no class Su 4/20) 5-9p, 9a-4p
\$50 (certification fee)

Camp LTSL (Learn to Teach Swim Lessons)

Do you love water and kids, put those two together and you could teach swimming lessons. Let us teach you the skills needed to be an effective swimming lesson instructor. Our in-house program is based off the guidelines of the American Red Cross Water Safety Instructor Course. We teach you to correctly introduce basic skills, water safety, and swimming skills necessary for years of enjoyment in and around the water. Requirements; age 15 at completion of course, swim 25yds front crawl, back crawl, breaststroke, elementary backstroke, tread water 1 minute, and dive from edge of pool. All dates and times are required. To register stop at the pool front counter or online.

M-Th 1/6-9 5-9p \$25 (t-shirt)
1/13-16
1/20-23

OR

F-Sa 3/21-22 5-9p/9a-4p \$25 (t-shirt)
M-F 3/24-28 9a-4p

Hidden Gem Kayaking

Ages 14+. Join us as we tour the beautiful lakes and reservoirs of Oregon! Whether you're mastering the basics of kayaking or honing your paddling technique, our program provides a supportive environment for adventurers of all levels. Discover the hidden gems of local waterways through our guided tours of locations like Fern Ridge Reservoir, Fall Creek Reservoir, and Cleawox Lake.

The registration deadline is the Wednesday before each trip. Return times are estimates. Your cost includes: kayak and paddle rental, PFD (personal floatation device), and transportation. Please bring snacks or a sack lunch, water, sunglasses/hat, towel, change of dry clothes and sunscreen. Please plan on arriving 10-15 minutes early at 1400 Lake Dr.

Fern Ridge- Perkins Peninsula	Su	4/27	10a-4p	\$135
Fall Creek	Su	6/1	10a-4p	\$135
Cleawox Lake- Honeyman State Park	Su	6/29	8:30a-5p	\$185

RIVER ROAD SWIM TEAM

To join the River Road Swim Team, your swimmer will need to be able to swim two of the four competitive strokes (typically freestyle and backstroke) unassisted for at least two lengths of the pool (50 yards). The swimmer's skill level and ability will be assessed by the coaching staff during a scheduled tryout. Please contact Leia Matern at leiam@rrpark.org 541-461-7777 to schedule tryouts.

Swimmers of all abilities will compete against others of their own age/gender. Swimmers are encouraged to register with Oregon and USA Swimming and will be included in the registration process. Registration fees range from \$50-100 and include a Team cap and Shirt.

Junior Otters

Ages 6-12 Prerequisite: must have completed Salmon or be proficient with front crawl with side breathing, back crawl 25yds and an introduction to breaststroke. Instruction of stroke mechanics, competitive starts, turns, relay exchanges, and workouts.

MWF 4-5p 1/7-2/17/2025 \$50 monthly
MWF 4-5p

Intermediate Group

Ages 8-13+ Placement is done after a skill assessment by the coaching staff. Ongoing emphasis on stroke mechanics for all four competitive strokes, endurance, and teamwork will be the highlights of this group. Regular sanctioned meets will be scheduled throughout the season.

M-F 4-5:15pm 1/7-2/17/2025 \$60 monthly
MWF 5-6:30p
TTH 4:30-6p

Seniors Group

Prerequisite: swimmer must be proficient in all four competitive strokes, turns and starts (as defined by USA Swimming rules). This group will focus on endurance, through structured workouts both on land and in the water. Teamwork is also a major part of the Senior Group. Contact Leia for practice times during the high school swim session.

1/7-2/17/2025 M-F 5-6:30p \$75 monthly



Youth Activities

MIDDLE SCHOOL CLUBS

Program Leader: Laurena Matava

Baking Club

Ages 11-14. On the first Wednesday of each month of the school year, join us for an evening of patisserie delights. We will explore how to accurately measure, and prepare baked and no-bake treats. Will not meet on January 1st. This class will go through May 7th.

Monthly 1st W \$80 3-5:30p

D&D Club

Ages 11-14. On the second Wednesday of each month of the school year, join our party for amazing adventures. Whether you're an avid player or looking to play Dungeons and Dragons for the first time, come have fun! Through May 14.

Monthly 2nd W \$100 3-5:30p

Art Club

Ages 11-14. On the fourth Wednesday of each month of the school year, learn about popular artists i.e. Pollock, O'Keefe, Kahlo, Warhol, and more, then create your own versions of their art. Through May 28.

Monthly 4th W \$100 3-5:30p

GENERAL

Safe Sitter

Ages 11-13. Safe Sitter classes prepare young adolescents to be safe, nurturing babysitters. They will receive firsthand training in areas such as: Child Care Essentials, Safety for the Sitter, Injury Management, Preventing Problem Behavior, and introduces Preventing Injuries and Behavior Management. Developed in 1980 by an Indianapolis pediatrician, Safe Sitter is a medically accurate program that teaches children how to manage emergencies when caring for young children. Each student will receive The Safe Sitter Babysitter's Handbook. This class includes choking rescue but does not include CPR. Held at River Road Park District, 1400 Lake Dr. Classes are limited to eight students. Instructor: Ceci O'Brien.

1/18 Sa 9a-3p \$100 ID/\$110 OD

Hang Out Hub

Ages 11-14. Bring a friend and join us for our first Hangout Hub! Grab some pizza, challenge your buddies to exciting games like gaga ball, ping pong, and video games, or just hang out with other middle schoolers. Whether you're here to play or just chill with friends, there's something for everyone. Don't miss out on the chance to make new friends and have a blast! Preregistration required.

2/21 F 5-7p \$10
4/11 F 5-7p \$10

SUMMER CAMP REGISTRATION

Be on the lookout for a special **Summer Camp** brochure featuring all of our fantastic camps. It will be sent digitally and available on our website on March 19.

Registration for all summer camps will open on **April 1** for those living in the district and **April 2** for those living outside of the district. We are looking forward to a fantastic summer!!

SPECIAL EVENTS

Spring Break Camp

3/24-3/28 M-F 8a-5p \$220

Hide nor Hare Egg Hunt

4/7-4/18 M-F Free

The Great Eggsploration

4/19 Sa 9-11a
Pre-registration \$5 / Day of - \$7

38th Fishing Derby & Community Breakfast

5/3 Sa 8-11a Free/Donation

School's Out Carnival

6/13 F 2-5p \$5



Holiday Closures

12/24-25	TuW	Christmas Holiday
1/1/25	W	New Year's Day
1/20	M	MLK Day
5/26	M	Memorial Day

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Keenan Hamilton | keenanh@rrpark.org

INFO SCHOOL YEAR WINTER / SPRING 2025

Registration for Winter/ Spring 2024-2025 school year.

- There is a non-refundable \$50 annual registration/supply fee for the early learning and After School Adventure Programs.
- The State of Oregon Health Department requires current immunization records for each child before the first day of attendance.
- Monthly fees for all children's programs are averaged for the year and include some holidays and some "no school" days.

PROGRAMS AGES 2-5

Playschool

Age 2. Must be 2 by September 1st, 2024. **NO AGE EXCEPTIONS.** Give your child the opportunity to interact with children of his/her own age. Our program enhances their physical, social, mental, and emotional well-being. Activities include, but are not limited to: arts, crafts, songs, stories, dramatic play, and large muscle play. Our program helps children who will be away from their parents for the first time. Please dress your child in play clothes. Instructor: Geanna Hall. Now enrolling.

MW	9-11a	Until 05/21
		Monthly
\$105 ID/\$120 OD		
TuTh	9-11a	Until 05/22
		Monthly
\$105 ID/\$120 OD		

Preschool

Age 3. Must be age 3 by September 1st, 2024 and fully toilet trained - no pull ups please! **NO AGE EXCEPTIONS.** Children learn to work and play as part of a group. Making friends, learning to take turns, listening, and expressing feelings in acceptable ways, will make them feel good about themselves while in "school." Our activities include songs, games, arts and crafts, cooking, musical instruments, and dramatic play along with active and quiet times. Instructors: Ceci O'Brien and Laurena Matava. If classes are full, please ask to be added to a waiting list. Now enrolling.

TuTh	8:30-11a	Until 05/22
		Monthly
\$210 ID/\$220 OD		

Prekindergarten

Ages 4-5. Must be age 4 as of September 1st, 2024 and fully toilet trained - no pull ups please! **NO AGE EXCEPTIONS.** Children will prepare for kindergarten by focusing on learning colors, shapes, the alphabet, and numbers (counting, forms, comparisons, and sets). Games, music, arts, crafts, and cooking activities encourage large and small motor control development and provide an opportunity to improve social skills and develop a positive self-image. Instructors: Ceci O'Brien, and Laurena Matava. If classes are full, please put your child on a waiting list. Currently enrolling.

MWF	8:30a-12:30p	Until 05/23
		Monthly
\$270 ID/\$290 OD		

ASAP

ASAP - After School Adventure Program

Grades K-5. A.S.A.P. is an extended care service for children with working parents. Certified drivers safely transport children in park district vans from their school to River Road Park, where they will participate in a variety of recreational activities promoting self-esteem, social skills, and the value of using leisure time wisely. We are certified by the USDA snack program. The program operates after school and on most scheduled no-school days. **OPEN TO FULL TIME PARTICIPANTS ONLY** (M-F, 5 days per week, no exceptions). For information, call the park office at 541-688-4052 or your school's office. See 4J School District calendar for dates. M-F fees and schedules vary and can be picked up at the main office. Tuition is averaged out over a 9-month period, not including Winter or Spring Break. ASAP program is open until 6p. Currently enrolling.

Schools serviced:

**Howard, River Road/El Camino del Rio,
Spring Creek, and Awbrey Park.**

2024-25 ASAP Fees

In District	Out of District
\$350/month	\$370/month
Sibling discount for each additional child	
\$330 / month	\$350 / month
\$50 non-refundable supply fee due at registration.	
December, March and June will be pro-rated.	
Winter/Spring Break Camps will be offered for a separate fee.	

Gymnastics

Gymnastics Center Office

541-688-8955
30043 Leghorn Rd.
(Prairie Road & Leghorn)

Weekdays: Closed from 12-1p
M-Th: 10a-6p
Friday: 10a-5p

About the Facility

The gymnastics center, home of Gymnastics Northwest, has all Olympic apparatus and professional coaches to provide a complete, safe, and well-designed program.

- All classes run on a monthly basis and are ongoing.
- Gymnasts can be tested into any skill level with the approval of the head coach. For more information on skill level placement, ask for Julie at 541-688-8955.
- No refunds or credits for absenteeism.
- Tuition is due the first business day of every month, payable to River Road Park Gymnastics, online or by calling 541-688-8955 and paying with a credit card.

Preschool Open Gym

Ages walking-5. Bring your child to the ultimate play-group. Children will enjoy healthy activities on our tumbling and in-ground trampolines, bars, rings, beams, and fun shaped mats. Adults must accompany their children with a maximum of 2 children per adult.

On-going W 10a-12p \$6/child

Private Lessons

Instruction is available at any skill level on an individual basis. For details call the gym office at 541-688-8955.

\$50 - 1 hour \$40 - 3/4 hour \$25 - 1/2 hour



Coming soon!!!!

Oregon Xcel State Championships

Come see the best gymnasts in our state! Hosted by: Gymnastics Northwest. Location: Bob Keefer Center 250 32nd Ave Springfield.

4/4-4/6 F-Su 8a-8p
Adults: \$12 Child/Senior/Military \$5



Tumble-a-thon

Help support the gymnastics program by sponsoring a child in our program! Funds raised go towards new equipment and staff training.

1/20-2/2 Collect sponsors
2/3-2/9 Perform skills
2/10-2/24 Collect pledges

Birthday Parties

Celebrate your birthday at our Gymnastics Center! Try a fun alternative to a traditional party for your child. Gymnastics parties include: 1 hour of supervised fun and games on the spring floor, bars, climbing net, tumble trak, trampoline and more plus 30 minutes for opening presents, and refreshments, provided by parents. Call to reserve.

\$135 (up to 10 children)
Saturday or Sunday only. Extra .5 hour available for \$35.
On-going Sa 1:30-3p 3:30-5p
On-going Su 1-2:30p 3-4:30p

Fabulous Friday Open Gym

Ages 6-12. Practice your skills and have fun making new friends! Our gym is loaded with great equipment. Bring your friends for a funtastic time.

On-going F 7-8:30p \$6/child

Closures

12/23-1/4	Christmas Break
1/20	MLK Day
5/26	Memorial Day

541-688-8955 • www.rrpark.orgJulie Eagen | juliee@rrpark.org***ALL CLASSES WITH AN ASTERISK REQUIRE COACHES CONSENT PRIOR TO SIGNING UP.**

Fees are paid monthly.

Mini Mites (Parent & Child) \$32 ID/\$40 OD

Ages 18-36 months. Enjoy interacting with your child through gymnastics. Developmental activities will give you plenty of hands-on time with your child while working with our instructor.

Tu	9:45-10:15a
Sa	9-9:30a

Caterpillars \$48 ID/\$60 OD

Age 3. Develops mind and body coordination, balance, flexibility and self-confidence. Beginning tumbling skills will be taught, as well as simple dance movements and creative games. Maximum 5 students per instructor.

M	9:30-10:15a 10:30-11:15a
Tu	10:30-11:15a
W	9-9:45a
Sa	10-10:45a

Fireflies \$48 ID/\$60 OD

Age 4-5. Builds a strong foundation in basic movement and locomotor skills as well as developing flexibility and coordination. Maximum 6 students per instructor.

M	4-4:45p
Tu	3-3:45p 4-4:45p 5-5:45p
W	3-3:45p 4-4:45p
Th	3:30-4:15p 4:30-5:15p 5:30-6:15p
Sa	9-9:45a 11-11:45a

Dragonflies \$55 ID/\$68 OD

Ages 4-5. Continue building a strong foundation in basic movement and locomotor skills as well as flexibility and coordination. Maximum 6 students per instructor.

F	3:15-4:15p
F	4:30-5:30p

Hot Shots* \$76 ID/\$95 OD

Ages 5 & 6. Designed to prepare highly motivated girls for future placement on a competitive team. Workouts are centered around skill building, strength training, flexibility, and routine development. Entry to class is by taking Dragonflies and consent of instructor. Maximum 6 students per instructor.

MW	5-6:15p
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Boys: Gymninja \$55 ID/ \$68 OD

Ages 6-up. This class is designed for boys who want to be active with both gymnastics elements and ninja type activities. Emphasis will be on having fun while developing strength, flexibility, coordination and balance. Maximum 8 students per instructor.

W	*6:15-7:30p	\$64 ID/\$80 OD
Th	3:45-4:45p	
Sa	9:45-10:45a 11a-12p	

Girls: Level 1 \$55 ID/\$68 OD

Ages 6-up. Gymnasts will learn beginning skills on all events. Emphasis will be on skill combination, strength and flexibility. Students will learn rolls, positions, cartwheels, and other fundamentals on all the apparatus. Maximum 8 students per instructor.

Tu	3:45-4:45p 5-6p 6:15-7:15p
W	2:30-3:30p 3:45-4:45p 5-6p 5:15-6:15p
Th	3:45-4:45p 5-6p 6:15-7:15p
F	3:45-4:45p
Sa	9:45-10:45a 11-12p

Girls: Level 2 \$64 ID/\$80 OD

Ages 6-up. Designed to increase strength and to teach advanced skills on all equipment. Class will be fast paced. Maximum 8 students per instructor.

M	3:45-5p 5:15-6:30p
W	2:30-3:45p 3:30-4:45p 6:15-7:30p
F	5-6:15p 5:45-7p

Girls Pre-Team* A & B

Ages 5-up. This pre-competitive girl's class provides a foundation for eventual team performances. Gymnasts will train advanced skills and combinations leading up to U.S.A.G. routines.

MW	A	5-6:45p	\$101 ID/\$126 OD
TuTh	B	3:30-5:30p	\$116 ID/\$144 OD

Girls Team: Level 3-10*

Ages 6-up. Gymnasts will be working on U.S.A.G. routines in order to prepare for their competitive season. Call for schedule.

Level 3-5	\$194 ID/\$216 OD
Level 7-10	\$267 ID/\$297 OD

Power Tumbling \$64 ID/\$80 OD

Ages 12-up. Basic to advanced tumbling skills for cross training, cheerleading, dance teams or just for fun. Acrobatic tricks will be emphasized including: forward & backward walkovers, hand springs, aerials, round offs, and back tucks. Maximum 8 students per instructor.

M	7-8:15p
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Adult Fitness

You will notice that this section only shows Winter 2025 program and class information. Spring 2025 program information will be available March 12. It will be sent out digitally and available on our website.

Class Information

- Please contact Brian @ 541-688-4052, ext. 234 if you have any questions regarding fitness classes or if you are new to our facility.
- Please check refund policy on page 2.
- Silver & Fit/Renew Active/One Pass memberships allow a fitness pass and one discounted registered fitness class at 75% off the out of district price. Senior and In District discounts do NOT apply when used with these memberships.
- Please bring your own mat and equipment to your yoga classes.

FITNESS PASS CLASSES

Fitness Pass

Our Fitness Pass will allow you to participate in our Fitness Pass Classes listed in this section. The passes are good for all Winter term classes listed below. Winter term runs from January 6 through March 28. A current pass is required to attend classes.

Single entry drop-in Adult :\$8 Senior: \$6

10 visit pass
Adult: \$45 ID/\$64 OD Senior: \$38 ID/\$48 OD

1-month
Adult: \$64 ID/\$80 OD Senior: \$48 ID/\$60 OD

3-month
Adult: \$154 ID/\$192 OD Senior: \$115 ID/\$144 OD

Dance Fitness

For all fitness levels! Energize your work out with easy-to-follow dance and fitness moves. A mix of upbeat pop, Latin, R & B, and jazz music will make your workout fun! 1 to 2 lb. handheld weights (optional) can be used for several songs to enhance your workout. Instructor: Pamela Howells.

1/6-3/27 MWTh 5:30-6:30p (MW-MP, Th-Rm A/B)
Drop in \$8 / Senior \$6

Body Shop

Join a personal trainer for 45 minutes of unique and challenging group exercise routines. Build strength and endurance, improve flexibility and mobility. All exercises can be adapted to your current level of fitness. Instructor: Jeff Hardisty, ACSM-CPT.

1/7-3/27 TuTh 6:30-7:15a MP
1/7-3/27 TuTh 5-5:45p MP
Drop in \$8 / Senior \$6

Step'n Out

Designed to promote the benefits of walking and a healthy lifestyle. We will begin and end at the River Road Baptist Church, 1105 River Rd. Eugene, OR 97404. Wear sturdy, comfortable walking shoes. We will walk, rain or shine. No leader for this one. Just meet up with other fun walkers and be ready to walk. Leave at 9a sharp.

Ongoing TuTh 8:45-10:30a Free

Pickleball

This racket sport is like badminton, tennis, and racquetball. It is a simple paddle game played using a special perforated slow-moving ball over a tennis-type net on a badminton sized court. Check the lobby whiteboard for any schedule changes. Everyone will need to scan in each time you come to play. You can use the pool and fitness center with this pass. Silver & Fit/Active & Fit/Renew Active members welcome. * SPECIAL 75+ PICKLEBALL SATURDAYS 12-2 IN THE MP ROOM*

1/7-3/27 TuTh 2-4p MP
1/11-3/29 Sa 9:30a-12p MP
1/11-3/29 Sa 12-2p (75+ ONLY) MP
10 visit pass/scan Adult: \$54 Senior: \$45
Drop in \$8 / Senior \$6

FITNESS CLASS - REGISTERED

Personal Fitness Training

Looking for one-on-one personal training? River Road Park and Recreation District offers highly effective personal training utilizing our fully equipped fitness center and MP exercise room. Our ACSM, NASM, or ACE certified personal trainers are committed to helping people feel and move better. Each workout, including warm-up and cool down takes approximately 50-60 minutes to complete and focuses on controlled strength, balance, and movements that increase flexibility, mobility, and agility. Reach your individual health and fitness goals with personal training. To set up your initial session, contact the district office, 541-688-4052.

\$55 per session
*Does not qualify as Silver & Fit/Renew Active class.

Holiday Closures

12/24-25	TuW	Christmas Holiday
1/1/25	W	New Year's Day
1/20	M	MLK Day
5/26	M	Memorial Day

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Brian Breedlove | Brianb@rrpark.org

Spin Cycling

Increase your stamina, burn calories, all while enjoying a great cardio workout. Energize your day with group exercise training. We are riding the new Schwinn AC Sport Cycles in a clean, safe, air-conditioned environment, that includes a big screen and awesome acoustics. All fitness levels are welcome to attend. Virtual option is available for those riding from their happy place. SPD cleats can be used or hard soled shoes. Bring a towel and a water bottle. Instructor: Natasha Gulliford.

1/7-3/27 Tu 6-6:45p MP
Adult: \$52 ID/\$65 OD Senior: \$46 ID/\$59 OD

Personal Exercise & Fitness Center Orientation

Invest an hour with a certified personal trainer and realize the difference a stronger, healthier body can make. Whether you desire to lose fat, gain strength and/or increase your cardio-respiratory endurance, our experienced trainer will design a personalized, basic exercise regime for you and show you how to effectively use the Fitness Center equipment. Please contact the district office, 541-688-4052 to schedule your appointment today!

\$55 per session /\$150 3-Sessions /\$230 5- Sessions
*Does not qualify as Silver & Fit/Renew Active class.

Latin Gold Dance Fusion

Latin Gold Dance Fusion is for all fitness levels. Come join the fun of this low impact, high energy class. Latin music is fused with popular music. You will have so much fun, you won't realize that you are exercising! Instructor: Elaine West.

1/6-3/28 MWF 8:30-9:30a MP
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

Step It Up

This step-based class (can be done with or without the step) will improve your cardiovascular fitness, muscular endurance, and balance, incorporating weights, bands and balls with moves that are fun and easy to follow. Work at your own pace. Wear good shoes. Instructor: Alaina McCullugh.

1/6-3/28 MWF 9:45-10:45a MP/Ball Court
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

Fit & Flex – Virtual availability

This class is designed to focus on and increase flexibility, joint stability, balance, strength, and cardiovascular endurance. Beginners welcome. Instructor: Jennifer Halse.

1/7-3/27 TuTh 11-12p MP
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

Fit & Balance - Virtual availability

This class workout can be done from a seated or standing position. The focus is on increasing strength and flexibility, improving bone-density, balance, and finding confidence in performing activities of daily living. This class improves quality of life and independent living for many mature adults. Instructor: Jennifer Halse.

1/6-3/26 MW 12:30-1:30p MP
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

TAI CHI / QIGONG / TAE KWON DO

Tai Chi for Body & Mind

Basics of Tai Chi movement and its philosophy through practicing the 42 combined form (the competition form), warm up and cool down exercises including medical qigong. The traditional Japanese and Chinese method will be taught for your body and mind. All levels welcome. Instructor: Dennis Soper.

1/10-3/28 F 10:45a-12p Rm C
Adult: \$84 ID/\$101 OD Senior: \$76 ID/\$94 OD

Chen Style Tai Chi

Learn and practice Chen Style: Old Fram Route #1. Silk reeling qigong and Tai Chi pushing hands for partners. Warm up and cool down exercises including medical qigong. All levels welcome. Instructor: Dennis Soper.

1/10-3/28 F 12:15-1:30p Rm C
Adult: \$84 ID/\$101 OD Senior: \$76 ID/\$94 OD

24-Form Yang Tai Chi

The 24-form Yang style is the most popular tai chi form in the world. It is an excellent beginner's form, easy to learn and a great introduction to basic tai chi principles. Along with warm-up, cool down, and medical qigong, practicing this form can improve balance, flexibility, cardiopulmonary health, and mental and emotional well-being. Instructor: Dennis Soper.

1/7-3/27 TuTh 6-7p Rm D
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

East Meets West: Tai Chi for Balance - Virtual availability

Combines movement, balance, strength, and awareness! Class blends alignment and breath work with variations on core and upper body exercises. This exercise program combines movement activities from evidence-based exercises or therapies aimed at promoting mental and physical health. Instructor: Denise Thomas.

1/6-3/28 MWF 2-3p MP
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

Qigong and Internal Energy Work

This class will include movement sets and standing postures to help promote vitality and healing in your body. You will work on body alignments that allow chi to flow freely through meridians or energy channels. We will also practice internal work or Neigong, which focuses on more subtle internal movements and includes learning about and experiencing your own energy fields. This class meets twice a week and will allow more in-depth teaching and practice including Taoist methods of dissolving blockages inside and outside your body. Instructor: Sarah McMullen.

1/21-3/27 TuTh 1:30-2:30p Annex
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

Adult Fitness

Qigong for Self-Healing

This class includes movement sets and standing postures to help promote vitality and healing in your body. You will work on body alignments that allow chi to flow freely through your meridians, or energy channels. We will also practice internal work or Neigong, which focuses on more subtle internal movements and includes learning about and experiencing your own energy fields. Instructor: Sarah McMullen.

1/23-3/27 Th 11a-12p Rm C
Adult: \$68 ID/\$85 Senior: \$61 ID/\$78 OD

Tae Kwon Do

AGES 7+. Tae Kwon Do is a traditional Korean martial art performed with empty hands, bare feet, and a strong spirit. Students, in the beginning class, will learn kicking and hand techniques for self-defense, while developing their physical fitness and self-confidence. The intermediate class offers advanced training in sparring skills, forms, and self-defense techniques for students wishing to advance in the belt ranking system. This is an excellent sport the whole family can enjoy. Instructor: John B. Camp. Held at RRPRD Annex, 1055 River Road.

Ongoing W/F 5:30-6:30p Youth/Adult: Beginning \$43/month
Ongoing W/F 6:30-7:30p Youth/Adult: Int. \$43/month

*Does not qualify as Silver & Fit/Renew Active class.

YOGA / PILATES / MEDITATION

Yoga for Strength-Building - Virtual availability

A practice designed to target large and small muscle groups for increased strength and stamina. Warm-up and cool-down periods bookend a challenging flow with options to suit ability levels. Instructor: Bex Oransky.

1/7-3/27 TuTh 8-9a Annex
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

Restorative Fusion - Virtual availability

Enjoy an easeful flow of breath and movement with mindful somatics followed by constructive rest and imaginative meditation. Participants should be able to get up and down from the floor. Postures offered with variation to be inclusive of all bodies. Instructor: Bex Oransky.

1/6-3/24 M 11:15-12p Annex
Adult: \$52 ID/\$65 OD Senior: \$46 ID/\$59 OD

Advanced Beginner Yoga- Virtual availability

A Hatha yoga class for those with some yoga experience. Focus on safely building your skills and body awareness through sequences designed to help support healthy aging, challenge your body and mind, and have fun doing it! Modifications offered for all bodies. Instructor: Bex Oransky.

1/7-3/27 TuTh 9:15-10:30a Annex
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

Advanced Beginner Yoga 2- Virtual availability

Participants enjoy an energizing flow and build skills with vinyasa movement between poses with breathwork. Improve strength and mobility with variations to suit multiple levels. Expect intervals of intensity and rest, this class is intended for people with some prior experience with yoga postures. Instructors: Bex Oransky and Kate Cleary.

1/6-3/28 MWF 10-11a Annex
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

Chair Yoga Fusion- Virtual availability

Chair Yoga Fusion is a great option for those who find it hard to get up and down from the floor. This gentle yet challenging whole-body program includes both seated and standing exercises with modifications appropriate for individual fitness levels. Yoga postures (asanas) and breathing techniques are incorporated to help calm the mind, reduce pain, strengthen, and tone the body as well as improve posture, mobility, flexibility, and balance. Optional tools such as light weights and exercise balls are used to enhance the exercise and make it fun! Instructor: Jennifer Halse.

1/6-3/28 MWF 11a-12p MP
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

Yoga for Optimal Health - Virtual availability

Did you know that your body has its own intelligence? In this class you'll learn how to harness the experience of being in your body while building strength, flexibility and body awareness through yoga, somatic movement, and breath practices. Learn techniques to safely foster healthy movement and release tension. Unleash your curiosity and develop a relationship with your body that supports healthy aging, at any age. All fitness levels welcome, though you must be able to get up and down from the floor easily. Instructors: Kate Cleary.

1/6-3/28 MWF 8:30-9:45a Annex
Adult: \$217 ID/\$271 OD Senior: \$208 ID/\$245 OD

Gentle Yoga for Seniors - Virtual only

A gentle form of Hatha Yoga that combines easy stretches with conscious breathing and focus within. Leave every class with a smile. Class is structured for all levels of ability. Instructor: Joan Dobbie.

1/6-3/28 MWF 8:30-9:45a
Adult: \$217 ID/\$271 OD Senior: \$208 ID/\$245 OD

Holiday Closures

12/24-25	TuW	Christmas Holiday
1/1/25	W	New Year's Day
1/20	M	MLK Day
5/26	M	Memorial Day

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Yoga for Core Strength - Virtual availability

Begin with a short yoga flow sequence, which warms and tones the whole body. A series of standing and floor poses are designed to increase hip flexibility and strengthen the lower back and abdominal muscles. Pelvic floor strengtheners and strengthening the arms, shoulders and chest are emphasized. Instructor: Kate Cleary.

1/7-3/27 TuTh 5:30-6:45p Annex
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD
*Does not qualify as Silver & Fit/Renew Active Class.

Vinyasa Yoga – Virtual availability

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way,” vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Instructor: Bailey Thompson.

1/6-3/26 MW 4:15-5:15p Annex
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD
1/6-3/24 M 5:45-6:45p
Annex: 1/6, 1/20, 2/3, 2/17, 3/3, 3/17
Room E: 1/13, 1/27, 2/10, 2/24, 3/10, 3/24
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD

Beyond Bones: Yoga for Joint Health

For many of us as we age, natural processes increase the risk – and toll-- of arthritis on the body. But did you know that it is in your power to manage these processes to reduce pain, increase mood and help extend your health span? In this workshop-style class, you will learn how arthritis affects joints and how joints and muscles work together to support your bones so you can achieve optimal alignment, prevent falls and maintain independence.

Topics covered include the latest research on aging with a focus on holistic health. A related movement practice will provide experiential learning to help you build a plan to support your joints now and into the future. Each week of the course will build upon the last for a comprehensive approach to self-care using yoga and other activities tailored to individual needs and fitness levels. No yoga experience is necessary; participants should be able to get up and down from the floor. Instructor: Candice Kramer.

1/9-3/27 Th 3-4:30p Annex
Adult: \$100 ID/\$125 OD Senior: \$90 ID/\$112 OD

Body Sculpt & Stretch – Virtual availability

Put a smile on your face and stay healthy, young and agile while you sculpt, strengthen, and lengthen your body. This exercise program includes functional movement, strength training, Yoga, and Pilates-based exercises designed to help balance imbalances in your body. Standing, seated and floor-based sequences help you perform the exercises effectively with confidence, building strength and mobility in your muscles, bones and joints. Stretching is incorporated throughout class to keep you flexible, supple and feeling great! The equipment provided includes a chair, dumbbells, a small ball, and exercise bands. Instructor: Jennifer Halse.

1/10-3/28 F 12:30-1:30p MP
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD

Yoga Nidra (Deep Relaxation) – Virtual Only

Yoga nidra, or yogic sleep, is a deep relaxation technique that enables a state of conscious sleep in which the body is completely relaxed, yet the mind remains awake and alert. Anyone can do it. Nidra has been shown to reduce stress and increase energy. The practice can help release stored tension, increase positive feelings and reduce insomnia. It may even boost memory and concentration. In this class, you will be led through gentle stretches followed by a guided meditation done lying down. Instructor: Candice Kramer.

1/22, 2/19, 3/19 W 6:30-7:30p Virtual Only \$35
1/24, 2/21, 3/21 F 7-8p Virtual Only \$35

Pilates for Mature Adults - Virtual availability

Would you like to improve core strength, posture, balance, flexibility, spinal and joint mobility? Pilates is a low-impact, whole-body exercise program that targets the connections of your core, spine, and pelvic floor to improve your posture and sculpt lean muscles without taxing the joints. This mind-body exercise program is performed both standing and on a mat. Learn to connect your breath with a series of controlled movements that flow into one another with precision. Light weights and soft balls are used to aid in body awareness, sculpt and tone the body. Stretching is incorporated throughout class. Leave class feeling tall, strong, relaxed, balanced, and energized. Appropriate for most fitness levels. Participants must be able to get up & down from the floor. Instructor: Jennifer Halse.

1/6-3/26 MW 9:30-10:30a Rm C
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD
1/10-3/28 F 9:30-10:30a Rm C
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD

Pilates-Yoga Fusion – Virtual availability

This Mind-Body class infuses elements of both Pilates and Yoga to give you a balanced whole-body workout connecting movements with the core, pelvic floor, and spine to build strength and mobility. Improve your posture, balance, joint stability, stamina, and spinal mobility while toning, stretching, and elongating your muscles. End class with gentle stretching and meditation/savasana. Leave class feeling energized, centered, and focused for the rest of your day. Appropriate for most fitness levels. Participants must be able to get up and down from the floor. Instructor: Jennifer Halse.

1/7-3/27 TuTh 9:30-10:30a MP
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

Anytime Anywhere Meditation

This course offers a practical introduction to meditation techniques designed to help participants cultivate mindfulness and resilience in their daily lives. This program provides accessible meditation practices that can be integrated into any lifestyle, regardless of prior experience or cultural background. Over five sessions, participants will learn how to navigate stress and anxiety through simple yet effective techniques that promote awareness, compassion, and inner peace. Instructor: Andrea Loreto.

2/3, 2/10, 2/17, 2/24, 3/3 Tu 6-7:30p Rm C \$95
Drop in: \$25

Adult Programs

FINE ARTS

Chinese Inkbrush Painting - Beginner

Learn the basics of Chinese inkbrush painting and about the types of brushes, paper, and ink to use. Classes will focus on the "Four Gentlemen" – bamboo, orchid, chrysanthemum, and plum flower – as well as Chinese landscapes. Students work at their own pace. Bring your own equipment or buy inexpensive items from the instructor (\$65 for complete supplies: sumi ink, brush, shuen paper and mat). Instructor: Teresa Logan Hsu.

1/8-3/26 W 2:15-4:15p Rm C
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

Chinese Inkbrush Painting – Intermediate

Prior experience with Chinese inkbrush painting is required. Each student will gradually create a complex painting. Students should bring their own materials. Instructor: Teresa Logan Hsu.

1/8-3/26 W 11-2p Rm C
Adult: \$204 ID/\$255 OD Senior: \$184 ID/\$229 OD

APPLIED ARTS

Mosaics

In mosaics, design pictures on everything from flowerpots to designer steppingstones. Choosing a base, selecting the kind of pieces you want to use, type of adhesive, breaking or cutting, arranging your pieces then grouting and sealing. In this class we will be working on some "Garden Art" projects. Some supplies are covered in class fee. This is a student led activity.

1/7-3/25 Tu 12-2:30p Kitchen
Adult: \$56 ID/\$70 OD Senior: \$51 ID/\$63 OD
1/7-3/26 Th 12-2:30p Kitchen
Adult: \$56 ID/\$70 OD Senior: \$51 ID/\$63 OD

Knitting and Crocheting Group

Knitting and Crocheting Group is a social group that meets weekly. There is no instruction in this group, therefore knitting and/or crocheting experience is required.

1/6-3/24 M 12:30-2:30 Rm C \$5

DANCE

Line Dancing

This beginning line dance class is great exercise for your brain, easy on your joints, and can improve your balance. You'll learn the basic line dance steps and we'll dance together to a variety of music. Wear loose, cool clothing, and shoes that will slide on the floor. Bring a friend and join the fun! Instructor: Kate Cleary.

1/7-3/25 Tu 8:15-9:15a MP
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD Drop in \$8

Belly Dance - Skills and Drills

This is an all level Tribal/Tribal Fusion class. Learn basic Tribal and Tribal Fusion movements pulling from Middle Eastern, North African, East Indian and Flamenco cultures. Instructor: Candice Morgan.

1/9-3/27 Th 6-7p Rm C
Adult: \$68 ID/\$85 OD Senior: \$61 ID/\$78 OD Drop in \$8

Argentine Tango

Intro to Tango right from the beginning! Emphasis on posture and connection to make your transitions smooth. Learn the fundamental patterns needed to step into more elaborate movements.

Tango Level II (Close Embrace Series) is for students who know the fundamentals and wish to keep improving. New combinations of steps will be introduced. These classes focus on Tango as the social dance seen in Buenos Aires, Argentina. Try it and transform your life.

Held at River Road Annex, 1055 River Road. Instructor: Marisela Rizik. To register, email Marisela at Mrizik@aol.com or visit www.mariselarizik.com.

12/29-3/30 Su 3-4p Beginning - Fundamentals
Su 4-5p Level II
Su 5-7p Tango social fun time
\$55 a month
\$10 additional each Sunday for social time
\$15 per class drop-in

LANGUAGE

Italian 1

Italian 1 is for those with no previous knowledge of the language. Students acquire basic speaking, reading, and writing skills while learning about Italian culture.

Instructor: Sied Imani.

1/8-3/26 W 4-6p Rm E
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

Italian 2

Emphasis on vocabulary and grammar. Guided dialog will help improve pronunciation and increase comprehension. Italian 1 or instructor approval required. Instructor: Sied Imani.

1/6-3/24 M 3-5p Rm C
Adult: \$136 ID/\$170 OD Senior: \$122 ID/\$153 OD

Spanish 1

In Spanish 1, students will dive into learning Spanish vocabulary as spoken in Latin American countries and will learn how to use their newfound words in reading and writing. They will also learn about Spanish culture and history.

Instructor: Sied Imani.

1/10-3/28 F 2:30-5p Annex
Adult: \$152 ID/\$186 OD Senior: \$138 ID/\$169 OD

Spanish 2

Spanish 2 continues engaging students in a functional approach to learning the Spanish language. Students will develop the practical tools needed to increase their fluency in the Spanish language. Spanish 1 or instructor approval required.

Instructor: Sied Imani.

1/10-3/28 F 12-2:30p Annex
Adult: \$152 ID/\$170 OD Senior: \$138 ID/\$153 OD

Spanish Club

Practice listening, speaking, and reading using audio visual materials in an informal setting. Basic knowledge of Spanish is needed. Club Coordinator: Bonnie Rutledge.

1/9-3/27 Th 10a-12p Rm E \$5



URBAN HOMESTEADING

Urban Homesteading

1/8-3/26 W 7-9p Kitchen
\$24 ID / \$30 OD
Instructor: Kevin Prier

Fermentation Series: Adding a variety of fermented foods to your diet is a tasty way to improve your diet and your health. You can learn how to make a batch of sauerkraut in less than an hour, produce a loaf of delicious sourdough bread, and save money by making your own cream cheese, hard cheese, or ricotta.

1/08 - Cheese Making

We will make a fresh hard cheese and ricotta, and learn about different hard and soft cheese cultures and processes. We will go through the entire process from cultured milk to formed cheese ready for the press. We will also go over how to make yogurt and kefir.

1/15 - Bread Making/Sourdough

Learn how to catch, care for, and use a wild sourdough culture. We will also go over regular bread baking techniques for those who want to start simple. Over the course of this class, we will make a batch of sourdough bread while we learn about proofing, the complex biology of a vital sourdough culture, and tips and tricks to get that great artisanal style bread in your own kitchen. Take home your own small round loaf and a sourdough culture.

1/22 - Fermenting: Sauerkraut, Kombucha

Learn sauerkraut basics as we turn a head (or several) of cabbage and some salt into sauerkraut and take home a pint to ferment and enjoy. You will also learn how to make kimchi, kombucha, vinegar, and gurkan pickles. There will be kombucha SCOBY to take home for anyone who wants it. Please bring a clean wide-mouth pint jar with new lid or \$1 to purchase from instructor.

1/29 - Beyond Sauerkraut

Ready to explore the world of fermentation? Learn how to make your own fermented pickles, salsa, hot sauce, a variety of fermented non-alcoholic beverages, and even corned beef. Take home a pint of giardiniera and some habanero hot sauce to finish fermenting at home. Bring a clean wide-mouth pint jar with lid or \$1 to purchase from instructor.

Adult Programs

More Urban Homesteading

W 7-9p Kitchen
\$24 ID / \$30 OD
Instructor: Kevin Prier

Garden Series: Time to start planning for spring! Get your garden beds ready for early planting, increase your yard's production with a bee hive and a few chickens, add to fruit trees by grafting on new varieties, and put in some culinary and basic medicinal herbs.

2/8 (Saturday, 2-4pm, at instructor's house.) - Pruning and Grafting

Learn how to prune fruit trees and grapes for form and productivity – thinning, recognizing fruiting spurs, and directing growth patterns. Learn how to graft new varieties onto existing trees or rootstock in time to take advantage of the free fruit grafting material from Eugene's annual Propagation Fair in March. Outdoors, so dress appropriately.

2/12 - Garden Prep for Spring

Get your garden ready for an early planting of peas and start your tomato seeds inside so they are ready when the weather warms up. Gardening basics and more advanced techniques will include starts vs. direct sowing, co-planting, beneficial insects and how to attract them, composting, soil amendments, and maximizing limited space. Free seeds included with class.

2/19 - Backyard Poultry

Nothing beats a fresh backyard egg. Learn how to raise egg-laying chickens and ducks – breeds, feed, housing, and safeguards against predators and disease. Get a small coop or chicken tractor ready for spring hatching season.

2/26 - Backyard Beekeeping

A productive bee hive can produce up to five gallons of honey a year. Learn beekeeping basics – equipment, supplies, sources, and techniques – before you commit to your own hives. Learn about current issues with beekeeping, local laws, common diseases and pests and their treatment options. Local package bees arrive in early April.

More Urban Homesteading

W 7-9p Kitchen
\$24 ID / \$30 OD
Instructor: Kevin Prier

Picnic Series: It will be time to get outdoors soon. Get ready by learning how to make your own signature sausages and condiments, then make some effective insect repellent and balms to soothe those inevitable cuts and scrapes.

3/05 - Sausage Making

If you love sausages but hate what goes into the ones from the grocery store, you can learn how to make your own from whole ingredients. Develop your own spice mix so your sausage is as mild or spicy as you like.

3/12 - Homemade Condiments

Make your next picnic amazing with your own home-made condiments. Learn how to make mayonnaise, mustard, ketchup, and relish, and how to tailor each recipe to make your own signature versions. Bring three small containers to take home a share of what we make in class.

3/19 - Outdoor Herbals and Essential Oils

Learn how to make effective natural insect repellent creams and sprays, healing salves, and learn about the SPF potential of various herbal combinations. Take home a share of what we make in class.

GENERAL

Voice Overs...Now Is Your Time!

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, you will receive a link 24 hours prior to the class.

3/10 M 6-8p Zoom \$45

Holiday Closures

12/24-25	TuW	Christmas Holiday
1/1/25	W	New Year's Day
1/20	M	MLK Day
5/26	M	Memorial Day

Introduction to a Holistic Way of Life:

AYURVEDA FOR NOURISHMENT, HEALING, AND TO BRING BALANCE with Neelam Kanwar. Our life is beautiful and bountiful. We all can keep or regain the health that we have and always wanted. This presentation will focus on aspects of holistic healing as they relate to breathing, the elements of our internal being, and nutrition.

- Cleanse and Nourish your Body
- Quiet and Focus your Mind
- Renew and Awaken your Spirit

1/12 Su 11-1 Rm E \$5

Holistic Way of Life: Winter Session

In the first of four holistic wellness workshops, instructor Neelam Kanwar will be focusing on immunity and anti-aging.

Focuses will include:

1. Digestion as it relates to nutrition in Winter (Aahar);
2. Breathwork (Pranayama) for Winter season
3. Specific Yoga poses (Asana) for Winter; and
4. Daily routine (Dinacharya) for Winter

The culinary highlight will be learning to make warming immunity boosting teas and soups! There will be an immunity building and energizing easy snack.

1/26 Su 11a-1p Kitchen \$45

Travel Packing Party/ Gadgets

From Kat to you... smart packing and fun gadgets can make your trip so much more enjoyable, don't you think?! So, today is all about packing and gadgets. Kat will have a bunch of packing tips and gadgets that she uses when she travels. Please bring your tips and gadgets too so we can all share and learn. Hopefully, we will all pick up some really good ideas. Whatever makes traveling easier and more fun, right? We will raffle off some fun and favorite gadgets.

3/13 Th 2-3p \$5

Hidden Gem Kayaking

Ages 14+. Join us as we tour the beautiful lakes and reservoirs of Oregon! Whether you're mastering the basics of kayaking or honing your paddling technique, our program provides a supportive environment for adventurers of all levels. Discover the hidden gems of local waterways through our guided tours of locations like Fern Ridge Reservoir, Fall Creek Reservoir, and Cleawox Lake.

The registration deadline is the Wednesday before each trip. Return times are estimates. Your cost includes: kayak and paddle rental, PFD (personal floatation device), and transportation. Please bring snacks or a sack lunch, water, sunglasses/hat, towel, change of dry clothes and sunscreen. Please plan on arriving 10-15 minutes early at 1400 Lake Dr.

Fern Ridge- Perkins Peninsula Su 4/27 10a-4p \$135
Fall Creek Su 6/1 10a-4p \$135
Cleawox Lake- Honeyman State Park Su 6/29 8:30a-5p \$185

MEET THE AUTHOR

Bob Welch Book Presentation

"Seven Summers (And a Few Bummer)"

River Road Park proudly presents Bob Welch. He was a writer at The Register-Guard in Eugene for many years and earned the National Society of Newspaper Columnists' "Best Writing" award twice: once for general writing and once for humor. Tonight, he'll present and discuss his book "Seven Summers (And a Few Bummer)". Poignant, poetic, and downright amusing, this delightful narrative from the award-winning Welch will help readers appreciate the soul of America's historic path, laugh in the face of aging, enjoy friendship, and hikers or not, consider living a more adventurous life. Beverages and snacks will be available.

3/1 Sa 6:30-8p
\$10 or \$15 at the door if there is space.

Awakening Sleeping Native Languages through Stories

Language and culture are fundamentally intertwined. Indeed, from a linguist's perspective, language is culture. There is perhaps no better example of this than through the stories we tell. In this talk, Dr. Jordan Douglas-Tavani tells a tale about how stories have been critical to reawakening Native American languages long after they had gone dormant following the dawn of the colonial era. Come tonight and enjoy! Beverages and snacks will be available.

6/7 Sa 6:30-8p
\$10 or \$15 at the door if there is space.

Adult Travel

Each trip is different when it comes to how physically fit one needs to be. Check out the trip rating scale on our website, or call Kat if you're wondering if a particular trip is right for you.

TRIP PRESENTATIONS

Want to find out more about a trip? Come today and see what's in store.

2/13	Th	1-2p	London & Paris
2/13	Th	2:15-3:30	Branson Xmas
4/17	Th	1-2p	Branson Xmas
	Th	2:15-3:15p	SE Asia
6/5	Th	1-2p	SE Asia
	Th	2:15-3:15p	TBA

DOC PARTIES

This party is for those of you going on the trip. We're leaving soon so we will go over trip details and meet one another.

3/6	Th	3-4p	Portugal
6/5	Th	3:30-4:30p	Scandinavia

EXTENDED TRAVEL

Portugal & It's Islands March 28 - April 11, 2025

Call to ask Kat about space.

<https://gateway.gocollette.com/link/1221624>

This trip has a level 3 rating.

Spectacular Scandinavia July 5-20, 2025

This is going to be an amazing trip. Get ready for a 14 day fun filled adventure. Some of the highlights include: Copenhagen • Farm Visit • Granna • Stockholm • Vasa Museum or ABBA Museum • Oslo • Fram Museum • Stave Church • Flam Railway • Geirangerfjord Cruise • Bergen. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 14 fun filled days and 20 meals. Insurance is available for \$549. Deposit of \$698 is due now to hold your spot. Iceland extension is available. <http://gateway.gocollette.com/link/1221618>

This trip has a level 3 rating.

Book now and save \$250!! All money is refunded if you need to cancel and do so before 12/31/24. Add \$250 after 1/7/25.

Single: \$9429

Double: \$7489

London & Paris September 9-18, 2025

Are you up for an incredible ten day adventure? London and Paris; two iconic cities filled with exciting history and sites. Highlights will include: Walking Tour in London, Traditional Fish & Chips Lunch, London Eye, Covent Garden, Eurostar Train, Choice on Tour: Paris City Tour by Bus or Montmartre by Metro Walking Tour, Arc de Triomphe, Eiffel Tower Dinner, Seine River Cruise, etc. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 10 fun filled days and 12 meals. Insurance is available for \$549. Deposit of \$698 is due now to hold your spot. Amsterdam extension is available. <http://gateway.gocollette.com/link/1221724>

This trip has a level 3 rating.

Book now and save \$100!! All money is refunded if you need to cancel and do so before 3/4/25.

Single: \$7949

Double: \$6149

Branson Christmas Extravaganza, Dec. 10-16, 2025

Has Branson always been on your travel bucket list? Well, we are happy to announce that you can now check that box! This is a custom trip just for us. You will not find it available to anyone else so come along on this special adventure and get ready for a Branson holiday. There will just be one hotel, which will simplify and improve our experience. Highlights include the Titanic Museum, Caverns, Branson Craft Mill Village, Dolly Parton Christmas Show, College of the Ozarks Campus Tour, live entertainment, and more. Included in your price are round-trip airfare from Eugene, taxes, fees, and surcharges, lodging, transportation, seven exciting days, and ten meals. The cost of insurance is \$429 per person. Final payment is due September 11, 2025. <http://gateway.gocollette.com/link/1286534>

The rating for this trip is level 2.

All money is refunded if you need to cancel and do so before 6/10/25.

Single: \$4349

Double: \$3649

Triple: \$3599

Kingdoms of Southeast Asia, Jan. 30-Feb.18, 2026

Alright, brace yourself, Vietnam, Cambodia, Laos and Thailand. How exciting is this? This one is for those of you who really want an adventure! Let's go! HIGHLIGHTS... Hanoi, Walking Food Tour, Discussion with Vietnam War Veteran, Ha Long Bay, Hoi An, Ho Chi Minh City, Reunification Palace, Mekong Delta, Siem Reap, Angkor Wat, Luang Prabang, Choice on Tour: Night Market Visit or Evening at Leisure, Wat Xieng Thong, Pak Ou Buddha Cave, Monk Alms Offering, Bangkok. This is a smaller group (12-24 people) tour which will make this trip will be that much more memorable. Final payment is due November 2, 2025. Post-tour (four day/3 night) extension to Bangkok available for \$799. <http://gateway.gocollette.com/link/1276346>

The rating for this trip is level 3.

All money is refunded if you need to cancel and do so before 6/1/25.

Single: \$8079

Double: \$7014

Adult Day Trips

541-688-4052 • www.rrpark.org

Katrina Setzer | Katrinas@rrpark.org

Day Trip Registration

IN-DISTRICT residents may begin walk-in registration Wednesday, December 18 at 10a. Phone and online registration will begin at 1p.

OUT-OF-DISTRICT residents may begin walk-in registration Thursday, December 19 at 10a. Phone and online registration will begin at 1p.

CANCELLATION POLICY

Any trip refund or trip credit conversion to a refund will be assessed a \$5 processing fee.

7 days or more = full refund

7 days - 72 hours = 50% refund

72 hours up to the day of = zero refund.

If we have incurred costs for booking trips (tickets, meals, hotel, transportation, etc.) then that amount will be deducted.

Under AGE 55?

People under 55 years of age are placed on a waiting list. Two weeks prior to the trip date this list will be called.

TRIP NOTES

- Arrive 10-15 minutes early.
- We will leave on time. You may get left behind if you are late, so please allow yourself enough time.
- End times are estimated.
- Please park vehicles in the back of the parking lot, near Lake Drive.
- Tipping the trip leader and bus driver is at your own discretion.
- Make sure you have emergency info/contacts in your wallet.
- Some are allergic to perfume so we ask that you keep your fragrance to a minimum.
- Registration for trips with this symbol ➡ began last term, so you can sign up at any time. The trip may be full. If it is, please ask to be placed on the waiting list.

More trips may be added so check our website and facebook page for any additions.

December				
➡ Holiday Party	12/15	Su	2-4p	\$15
➡ Festival of Lights	12/19	Th	4:30-9:30p	\$39
➡ Casino Trip	12/30	M	9a-3p	\$35

January				
➡ Bloom High Tea	1/3	F	11:45a-4:15p	\$68
Paint Party	1/14	Tu	2:45-6p	\$65
First Taste of Salem	1/24	F	11a-5p	\$40
Happy Hour Hoopla	1/29	W	2:45-6p	\$30
February				
➡ The Greatest Grape	2/1	Sa	4p-12a	\$145
Broadway Rose- 8 Track	2/6	Th	1:30-11p	\$110
Amore High Tea	2/9	Su	12:30-3p	\$50
Dinner & Theater Les Liasons Dangereuses	2/16	Su	1:30p-7:30p	\$85
Newport Seafood & Wine Festival	2/21	F	10:30a-6p	\$75
March				
Bob Welch Book Presentation	3/1	Sa	6:30-8p	\$10
Antiquing in Aurora	3/5	W	10a-4:30p	\$70
St. Patricks Day Dinner & Dance	3/14	F	TBA	TBA
Global Delights Tour	3/26	W	1:30-4:30p	\$20
April				
Grub Club - Mandy's Family Restaurant	4/3	Th	11:30a-2p	\$35
Dinner & Theater Mary Poppins	4/18	F	4:15-11p	\$92
Wildlife Safari	4/22	Tu	10a-5p	\$82
King's Luau	4/25	F	6:30-8:30p	\$25
Dinner & Theater Grease	4/27	Su	10:45a-8p	\$110
May and beyond...				
Wine Down Wednesday	5/14	W	10a-5p	\$60
Spring High Tea	5/18	Su	2-4p	\$15
Dinner & Theater Neverland	6/6	F	4:15-11p	\$92
Awakening Sleeping Native Languages	6/7	Sa	6:30-8p	10
Dinner & Theater Waitress	6/29	Su	10:45a-8p	\$110

Adult Day Trips



⇒ Special Event: Holiday Afternoon Party

Today is about getting into the holiday spirit. We begin our afternoon holiday party enjoying an assortment of savory and sweet treats served with hot cider, tea and coffee. The Glee-man and the Emerald Valley Chorus will take us on a holiday musical journey so get ready! A magical, fun time will be had today. Your cost includes: a holiday afternoon party with food and songs that will surely get you into the holiday mood. Held at 1400 Lake Drive.

12/15 Su 2-4p
\$15 Pre-sale \$20 At the door

⇒ Festival of Lights

This trip is full. Please put yourself on a waitlist.

12/19 Th 4:30-9:30p \$39

⇒ Three Rivers Casino Trip

Florence, here we come! It's time to play! Now that the holidays are finally over, come experience the excitement and non-stop action with the hottest slot machines and table games. Enjoy Bingo, Keno and Video Poker, and a beautiful ride south. There's something fun for everyone. Take a spin and hit the jackpot! Food and snacks are on your own. Your cost includes: transportation.

12/30 M 9a-3p \$35

⇒ Bloom High Tea

This trip is full. Please put yourself on a waitlist.

1/3 F 11:45a-4:15p \$68

Paint Party

Today, we are heading to a local pottery painting studio. Everyone will pick their piece of pottery and then we'll have fun painting. Access to 70+ colors of glazes and all other painting supplies. Once finished we leave the pieces so that they can overglaze, and fire. Your project can be picked up a week later. Items are food, dishwasher, and microwave safe. Your cost includes: a choice of pottery, paints, brushes, etc., and snacks with beverages.

1/14 Tu 2:45-6p \$65

First Taste in Salem

Salem is where we are going for today's adventure. Art, Wine, Brew, Spirits, and Food... Heck yeah! Some went on their own last year and recommended it. First Taste features some of the industry's best winemakers, craft brewers, spirit distillers, artists, and culinary masters. If wine is not your thing, enjoy a hard cider or a craft brew from one of the state's best craft brewers or discover your new favorite distilled beverage. Plus, with various artists, commercial vendors, and live entertainment, you're sure to have a great time. Your cost includes: transportation, and admission.

1/24 F 11a-5p \$40

Happy Hour Hoopla

Mezaluna opened in July 2024. Today we will stop by for a taste. We'll take advantage of happy hour drink and food specials! Good food and good conversation. Get ready for a fun time. Transportation and appetizers are included in the price. You are on your own for alcoholic drinks.

1/29 W 2:45-6p \$30

⇒ The Greatest of the Grape

Oregon's oldest wine celebration returns and we will be there to celebrate with the winemakers of the Umpqua Valley, and enjoy an evening of wine, food, and music. Taste the wines from over 20 Umpqua Valley wineries—all in one room. Your cost includes: transportation to Seven Feathers Casino, souvenir wine glass, wine tasting, delicious appetizers, live music and dancing with "That Other Band". This year's theme is "Rooted in Tradition," and fancy attire is encouraged. Come vote for the Greatest Grape in Oregon! Please register early so we can buy tickets.

2/1 Sa 4p-12a \$145

Dinner & Theater, Broadway Rose – 8 Track

The music of the 1970s is the main focus tonight. Get ready for a groovy time in Portland. With a vibrant retrospective of the 1970s, the fast-paced musical comedy, "8 Track" honors one of the most memorable decades of the 20th century. Prepare yourself for "An electric, energetic, and powerful good time," as the Los Angeles Times puts it. We'll enjoy dinner at a local restaurant prior to the show. Your cost includes: transportation, and admission.

2/6 Th 1:30-11p \$110

Amore High Tea

You have been asking for it and now it's here! Springfield has a new Italian bakery and bistro. Today we'll enjoy high tea with assorted sandwiches, salads, scones, desserts, and your favorite tea. Your cost includes: transportation and high tea.

2/9 Su 12:30-3p \$50

Cottage Grove Dinner & Theater - *Les Liaisons Dangereuses*

We will go out in Cottage Grove for a tasty lunch, and then it's off to the theater. Prepare for the decadence of pre-revolutionary France! Former lovers turned rivals, the Marquise de Merteuil and Vicomte de Valmont, are playing a cat-and-mouse game with innocent hearts and reputations at stake. *Les Liaisons Dangereuses* is a timeless investigation of power, lust, and the fragility of human feeling that will enthrall you. The price includes transportation, show and dinner.

2/16 Su 1:30p-7:30p \$85

Newport Seafood & Wine Festival

The Newport Seafood & Wine Festival returns to the beautiful Oregon Coast. Wine and seafood enthusiasts have flocked to Newport for 47 years to enjoy the bounty of Oregon's coast seafood and premier wineries and today we will be amongst them. The annual Newport Seafood & Wine Festival is "The Original and Still the Best!" produced by the Greater Newport Chamber of Commerce and presented by Chinook Winds Casino Resort. Showcasing over 150 premier Northwest wines, culinary professionals and regional artisans; a festival to remember. Your cost includes: transportation and admission to the festival. Bring cash for samples.

2/21 F 10:30a-6p \$75

Lunching & Antiquing in Aurora

Aurora is an amazing little town north of Salem. If you like antiquing then you'll love this place. We'll start with lunch at a local hot spot and then hit the antique shops. If you haven't been to this little town, don't miss out! You'll love it. Your cost includes: transportation, lunch, and time to shop.

3/5 W 10a-4:30p \$70

St Patricks Day - Dinner and Dance

Mark your calendars! Eugene Elks Lodge is where we are headed, and it is here we will enjoy a delicious meal and some fun dancing. Wear green! Your cost includes: transportation, dinner and live music.

3/14 F 4:45-8:30p TBA

Global Delights Tour

Have you been to Global Delights on River Road? If not, you should check it out. Global Delights strives to bring people together through delicious, artisan coffee. It's the best and today we are going to learn all about the roasting part of the operation! We will meet the owner, Michael, and spend some time roasting coffee. It's amazing how much there is to learn and Michael is great at explaining it. He combines his culinary expertise and years of experimentation to create a variety of blends, single origin and decaf roasts. Your cost includes: transportation, question and answer, coffee tasting, dessert, and a bag of coffee to take home.

3/26 W 1:30-4:30p \$20

Grub Club ~ Mandy's Family Restaurant

It's time to try a new restaurant. The "grub club" is back. Each outing we go to a different place so you never know where we will end up. This month it's Mandy's. They offer old-school comfort food items in a diner setting. Get ready to grub! Your cost includes: transportation and lunch.

4/3 Th 11:30a-2p \$35

Cottage Grove Dinner & Theater- *Mary Poppins*

Stacy's is known for its delicious meals, so get ready to enjoy! Step into a magical world where a little imagination goes a long way, and a spoonful of sugar really does make things better. This adaptation of the 1964 Disney movie musical has become an enduring fixture on stages around the world thanks to songs like "Supercalifragilisticexpialidocious" and "Chim Chim Cher-ee". Cottage Theatre's production of *Mary Poppins* promises a blend of familiar tunes and high-flying moments — a heartwarming reminder that the extraordinary can be found in the most ordinary of places. The price includes transportation, dinner, and show.

4/18 F 4:15-11p \$92



Adult Day Trips

Wildlife Safari

Are you ready for a wild safari drive through adventure? Today, we'll enjoy our very own safari followed by a private encounter with elephants. Get ready to meet an elephant, pose for photos, and maybe even take home some elephant artwork! If you aren't an elephant lover, you will be! They are so majestic, and awesome. Your cost includes: transportation, entry, an encounter, and a picnic lunch.

4/22 Tu 10a-5p \$82

Dinner & Theater, Broadway Rose- *Grease*

Get ready to rock 'n' roll with Rydell High's senior class! Grease picks up the story of head "greaser" Danny and girl-next-door Sandy where their summer lovin' left off: the start of a new school year. Amongst "Burger Palace Boys," "Pink Ladies," fast cars, and teen angst, this musical evokes the looks and sounds of the 1950s. Grease has earned its place among the world's most popular musicals, and is filled with favorite songs and dance numbers such as "Greased Lightnin'," "We Go Together," "Hopelessly Devoted to You," and "You're the One That I Want." We'll enjoy dinner at a local Portland restaurant after the show.

4/27 Su 10:45a-8p \$110

Wine Down Wednesday

Our annual wine trip to Girardet Vineyards & Winery in Roseburg is today's destination. You loved it last year so we are going back. A fun day filled with good wine, food, and company. Enjoy this beautiful winery with others who love wine. Your cost includes: a picnic lunch, wine tasting, vineyard trolley tour, games, and a discount on wine if you decide to make a purchase.

5/14 W 10a-5p \$60

Cottage Grove Dinner & Theater- *Neverland*

Stacy's is known for its delicious meals, so get ready to enjoy! Delve into the grim world of Edgar Allan Poe in this macabre musical inspired by his gothic poetry and prose. This surreal piece weaves together original music and dramatic storytelling to unravel the tortured life and untimely death of the legendary writer. An Oregon premiere, Cottage Theatre's Nevermore will take you on a gripping ride through "fantastic terrors never felt before." The price includes transportation, dinner, and show.

6/6 F 4:15-11p \$92

Dinner & Theater, Broadway Rose Theater- *Waitress*

This one is sure to sell out! This Broadway hit tells the story of Jenna, a waitress and pie maker, stuck in a small town and a loveless marriage. When a baking contest offers her a chance at escape, Jenna finds the courage to take a long-abandoned dream off the shelf. We'll enjoy dinner at a local Portland restaurant after the show. Your cost includes: transportation, theater and dinner.

6/29 Su 10:45a-8p \$110



MEET THE AUTHOR

Bob Welch Book Presentation

“Seven Summers (And a Few Bummers)”

River Road Park proudly presents Bob Welch. He was a writer at The Register-Guard in Eugene for many years and earned the National Society of Newspaper Columnists’ “Best Writing” award twice: once for general writing and once for humor. Tonight, he’ll present and discuss his book “Seven Summers (And a Few Bummers)”. Poignant, poetic, and downright amusing, this delightful narrative from the award-winning Welch will help readers appreciate the soul of America’s historic path, laugh in the face of aging, enjoy friendship, and hikers or not, consider living a more adventurous life.

3/1 Sa 6:30-8p
\$10 or \$15 at the door if there is space.

Awakening Sleeping Native Languages through Stories

Language and culture are fundamentally intertwined. Indeed, from a linguist’s perspective, language is culture. There is perhaps no better example of this than through the stories we tell. In this talk, Dr. Jordan Douglas-Tavani tells a tale about how stories have been critical to reawakening Native American languages long after they had gone dormant following the dawn of the colonial era. Come tonight and enjoy! Beverages and popcorn will be available.

6/7 Sa 6:30-8p
\$10 or \$15 at the door if there is space.

SPECIAL EVENTS

King’s Luau with David Lomond

Come enjoy a tasty and fun Hawaiian luau at the park. We will have incredible food; slow-cooked pork, rice, macaroni salad, fresh fruit, etc. Elvis will also be in the house! He is going to shake, rattle, and roll! This is going to be a fun one; wear your Hawaiian shirt/hat and get ready to party. Your cost includes: luau dinner and entertainment.

4/25 F 6:30-8:30p \$25

Celebrate Spring High Tea

Today is about getting into the spring spirit. We begin with an afternoon tea where you will enjoy an assortment of teas, finger sandwiches, treats and fresh fruit. A local trio will play and entertain us. Your cost includes: a spring afternoon tea and songs that will have you humming and tapping your foot. Held at River Road Park. \$15 in advance. \$20 at the door if space is available.

5/18 Su 2-4
\$15 or \$20 the day of if there is space.

55+ ACTIVITIES

Bridge

Enjoy playing bridge in a social atmosphere? Come join us for some monthly fun! All are welcome. Payouts at the end of each session.

****We will meet the first Monday of the month at the Annex, 1055**

River Road. Off Labor day.

1/6, 2/3, 3/3, 4/7, 5/5, 6/2 1st M 12:45-4p
\$3 paid at the door

Pinochle

Join in on some pinochle play with others who enjoy the game. Partners change after four hands of play. All are welcome. Payouts at the end of each session. ****We will meet the second Monday of the month at the Annex, 1055 River Road.**

1/13, 2/10, 3/10, 4/14, 5/12, 6/9 2nd M 1-4p \$3 paid at the door

Cascade Stitchers

Cascade Stitchers of the Embroider’s Guild of America explores all kinds of embroidery and invites you to learn about embroidery with us. ****We will meet the third Monday of the month at the Annex, 1055 River Road.**

2/17, 3/17, 4/21, 5/19, 6/16 3rd M 1-3p \$5

Texas Hold Em’

Join in on the excitement that has everyone buzzing. Buy into this friendly game. Each table winner will be awarded a prize at the end of play. You must be age 55+ to participate. Held at the River Road Annex, 1055 River Road. Organized by volunteer, Don Wall. **Call the main office to register so we know how many people. Please pre-register.**

12/23, 1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 4/14, 4/28, 5/12, 6/9, 6/23
2nd & 4th M 6-8p \$3 per day

Memory Tones Choral Group

55+. The focus is on having fun singing old favorites. Experience or ability to read music would be helpful but not necessary. New-comers 55+ are welcome. Weekly practices and several performances per month. No meeting on 12/21, 12/28 and 1/4.

Weekly Sa 10:30a-12:30p Free

AARP Driving Class

Designed for motorists age 50+, but open to all ages. Auto insurance discounts may be available to participants 55+ who complete the class. Feel free to bring a sack lunch. Your fee will be taken by the instructor the day of the class. **This class will be held at 1400 Lake Dr.**

3/19 W 9a-3:30p
6/27 F 9a-3:30p
\$20 AARP Member / \$25 Non-member.

Amenities & Services

Pool

The 25-yard, six lane indoor pool is open year-round and is kept at 84 degrees. There is an ADA staircase, and an ADA approved hydraulic lift.

Spas

Two in-ground spas are available for year-round use, located outside of the pool in our courtyard. Our smaller spa can comfortably accommodate 8 guests, and our larger covered spa can accommodate 10 guests. The spas are kept between 102-104 degrees and are fully accessible. Children under the age of 16 are not allowed to use the spas or sauna, even with parental supervision.

Sauna

The dry-heat sauna, located in a secluded, quiet area, is lined with untreated kiln-dried cedar. The sauna accommodates 8 guests. Children under the age of 16 are not allowed to use the spas or sauna, even with parental supervision.

Dressing Rooms

The dressing rooms are equipped with ADA accessible toilets, sinks, lockers, showers, hair dryers, and an infant changing table.

Family Changing Room

A separate changing room is available for families or those bringing an attendant of the opposite gender. The family changing is available upon request and is equipped with an ADA accessible shower, toilet, sink and gender-neutral changing area. **Please limit your time to 30 minutes when using the Family Changing Room.

Swim Shoppe

Need supplies while you are here? Goggles, swim caps, nose clips, ear plugs, infant swim diapers, and other items are available for purchase from our pool receptionist at a reasonable cost. Support your local swim team, River Road Otters, with apparel only available at the Swim Shoppe.

Shower Policy

Public showers are available, please provide your own towel and toiletries. The family changing room is not available for public showers. The cost is \$2.00 per person. For non-Shower hours, regular admission fees will apply. **Please limit your time to 30 minutes when utilizing the shower hours.

Monday-Friday	6-8a	12:30-3:30p
Monday-Thursday	8-8:30p	
Saturday	6-9a	10a-12p

Foot Care

A nurse, trained in foot care, conducts individual care sessions. The time is used for toenail cleaning and trimming. Please bring a towel and a basin with you to your appointment. No refund for no-shows or cancellations unless we are able to fill your appointment slot. In fairness to the nurse and other clients, those who arrive more than 10 minutes later than their scheduled appointment will forfeit their spot and fee. Payment due at scheduling. 541-688-4052.
By appointment Days and times vary \$25

SHIBA Volunteers Here to Help You

Are you confused about Medicare? Senior Health Insurance Benefits Assistance (SHIBA) offers a free counseling service. SHIBA volunteers have been able to help Medicare beneficiaries select a plan that is right for them. Call 541-736-4421 to make an appointment in the River Road area.

Massage & Reflexology?

Let one of our licensed massage therapists help relieve your tension and introduce you to the world of total relaxation. Our therapists offer a variety of massages and bodywork. Appointments are booking now for 2025. For more information on modalities, or to schedule an appointment, please call 541-461-7777 or stop by the pool front desk. Payment is required at the time of scheduling. We accept VISA/MC/Discover/American Express. Cancellations or changes must be made at least 24 hours on regular business days in advance to receive credit. We reserve the right not to issue credits if an appointment has been canceled and rescheduled more than 2 times from the original appointment date.

Reflexology: \$30 hr.

Massage: \$70 hr. Hours vary based on therapists' schedule.



Rentals

Main Office • 541-688-4052 •
www.rrpark.org • info@rrpark.org

Facility Rentals

Shelter reservations for 2025 begin Jan. 2. They must be made in person to sign paperwork.

Rental times must include set up and take down times.

BUILDING AND SHELTER RENTALS

Required 2 hour rental minimum for all building and shelter rentals.

Shelter Rental - 1400 Lake Drive

- \$50/hr.

Can accommodate up to 52 guests. No amplified music or alcohol allowed. No refunds for inclement weather.

Multipurpose Room - 1400 Lake Drive

Non-Alcohol Event with Kitchen • \$60/hr.
• \$85/hr

Alcohol Event: with Kitchen • \$120/hr. Beer or wine ONLY*
• \$145/hr.

Can accommodate up to 110 guests. Amplified music permitted until 9p.

River Road Annex - 1055 River Road

Non-Alcohol Event • \$75/hr.
Alcohol Event: Beer or wine ONLY* • \$150/hr.

Can accommodate up to 60 guests. No amplified music allowed.

All building and shelter rentals will require a district use permit, \$300 fully refundable deposit at the time of registration. A host liability waiver is required if you are having alcohol at your event. To schedule a rental and make a payment, please contact the main office for assistance.

*Host Liability Waiver – \$1 million Host Liability Waiver acquired through your homeowner’s insurance agency OR purchase TULIP (Tenant User Liability Insurance Policy) through the Park District business office.

No Smoking /Alcohol Policy

Out of consideration for everyone, we do not allow smoking or alcohol in the park. Possession or consumption of cigarettes, marijuana or alcohol within the park boundary is prohibited.

POOL RENTAL

541-461-7777

Pool Rentals

Enjoy your very own Splash Bash! River Road Pool is available for private rental. Rental parties can be arranged for any size group. Our basic Splash Bash starts at only \$200 per hour (includes 2 lifeguards) and can accommodate up to 35 of your friends. Additional lifeguards will be scheduled for larger groups.

Payment due at time of scheduling for pool. Rentals are only available on Saturday after 3:30pm

Basic Rental Package	\$200/hr. (Includes two lifeguards)
Additional lifeguards	\$35/hr. each (for every additional 10 people)
Party Room (capacity 25)	\$50/hr. (this includes set-up and clean-up)

GYMNASTICS/BIRTHDAY PARTIES

541-688-8955

Celebrate your birthday at our Gymnastics Center! Try a fun alternative to a traditional party for your child. Gymnastics parties include: 1 hour of supervised play on the spring floor, bars, climbing net, tumble trak, trampoline, plus 30 minutes for opening presents, and refreshments provided by parents.

\$135 (up to 10 children) Saturday or Sunday only. \$5 for each additional child.

Sat.	1:30-3p	3:30-5p
Sun.	1-2:30p	3-4:30p

RENTAL REFUND POLICY

1 month notice:	100% refunded
15 days notice:	50% refunded
Less than 15 days:	NO REFUND





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