

River Road Park & Recreation District



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2024

Youth camp
information on
pages 15-17.



General Information

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Attention!!

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.



We are updating the way we distribute this Program Guide. 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>

Summer 2024

June 17 - Aug. 31

Registration Dates

SWIM LESSONS

Please see page 9 for details.

WATER EX

Re-enrollment	6/5-6		
New enrollment	6/12		
In District	Walk-in 8:30a		Phone-in 10a
Out of District	Walk-in 8:30a		Phone-in 10a

RECREATION CLASSES

Re-enrollment	6/10-14		
New enrollment			
In District	6/17	Walk-in 8:30a	Phone-in 10a
Out of District	6/18	Walk-in 8:30a	Phone-in 10a

DAY TRIPS

In District	6/19	Walk-in 10a	Phone-in 1p
Out of District	6/20	Walk-in 10a	Phone-in 1p

YOUTH PROGRAMS/GYMNASTICS

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

Spring business office hours are M-F, 8a-6p. After hours payments can be made at the aquatics reception desk M-F, until 9p. Please visit or 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 week 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

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

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

Contact Us

Business Office

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

Gymnastics Facility

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

Aquatic/Fitness Facility

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

Admission

SILVER & FIT / RENEW ACTIVE / ACTIVE & FIT ONE PASS FOB

If your insurance company offers Silver & Fit, Renew Active, Active & Fit or One Pass, 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. All pre-registered fitness and water exercise classes will receive a 75% discount off the OD class fee.

Fitness Center Zumba PM Lap swim Latin Gold Fusion Water Jogging Body Shop Sauna and hot tubs Dance Fitness Pickleball Step it Up Individual Water Ex

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.

	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership		12 Mo. Membership
Age	ID	OD	ID	OD	ID	OD	ID	OD	ID
Under 2	Free	Free							
2-17	\$2	\$3	\$18	\$27	\$24	\$36	\$65	\$98	\$234
18-54	\$4	\$5	\$36	\$45	\$48	\$60	\$130	\$162	\$468
55+	\$3	\$4	\$27	\$36	\$36	\$48	\$100	\$140	\$351
Family	\$10	\$12	n/a	n/a	\$96	\$120	\$260	\$324	\$936
Shower	\$2	\$2							

LAND FITNESS FOB MEMBERSHIP

If you're paying for a fob pass or membership, you can also enjoy a variety of classes and enjoy the park amenities (listed above) 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.

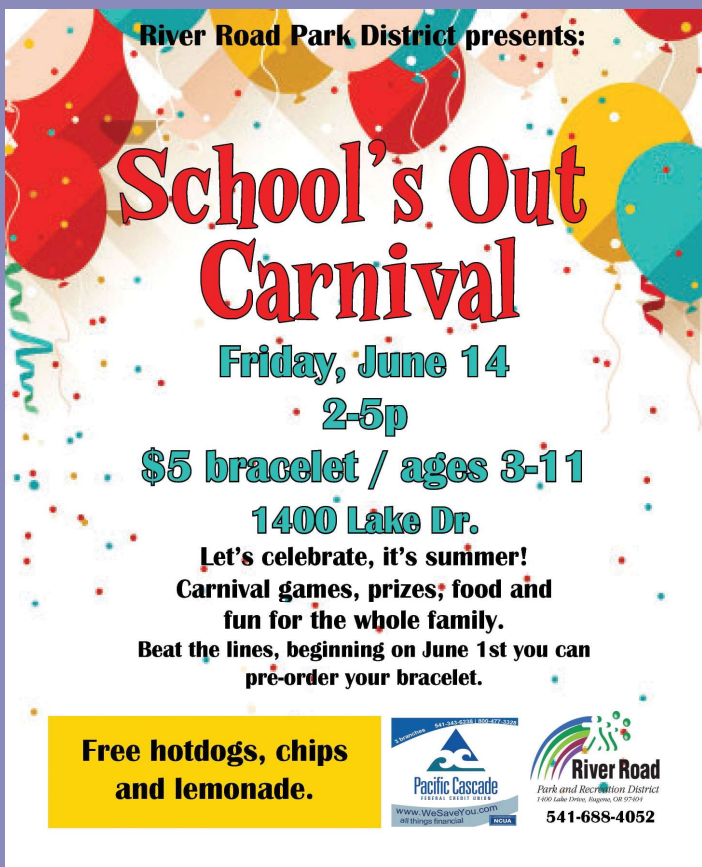
	Drop in		10 Visit Pass		1 Mo. Membership		3 Mo. Membership	
Age	ID	OD	ID	OD	ID	OD	ID	OD
18-54	\$6	\$6	\$36	\$45	\$48	\$60	\$130	\$162
55+	\$6	\$6	\$27	\$36	\$36	\$48	\$100	\$140

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

River Road Park District presents:



School's Out Carnival



Friday, June 14
2-5p

\$5 bracelet / ages 3-11

1400 Lake Dr.

Let's celebrate, it's summer!
Carnival games, prizes, food and fun for the whole family.
Beat the lines, beginning on June 1st you can pre-order your bracelet.

Free hotdogs, chips and lemonade.

541-688-4052

New Hikes Near Eugene by William L. Sullivan

River Road Park proudly presents author and hiking guru, William L. Sullivan, as he takes us on a slide show tour of new and changed trails he discovered near Eugene while updating his *100 Hikes* guidebooks for Oregon. Your cost includes: presentation and refreshments.

6/22 Sa 7-8:30p \$15

Holiday Bazaar Info

Registration for the Holiday Bazaar begins on Tuesday, 9/3 at 10am.

Trip Presentations

Are you ready? Let's go! Come with us on an upcoming, unforgettable trip! It's easy and fun. Get the details at the trip presentations.

Portugal & its Islands

6/20 Th 1-2p

Spectacular Scandinavia

6/20 Th 2-3p

London & Paris

Coming soon!!

Live Music

EVERY THURSDAY AT
EMERALD PARK
1400 LAKE DR.
JIM LOCKARD SHELTER

JUNE 27-
AUGUST 22

FOOD TRUCKS 5:30P
MUSIC 6:30-8P

NO MUSIC JULY 4

Bad Indians

by Deborah Miranda

River Road Park proudly presents the author of *Bad Indians*, Deborah Miranda. She will share with us what a hybrid memoir is, and how she came to write the book in that form rather than a straight narrative. The operating principles of the book are decolonization and survivance—both key concepts for all U.S. writers as we reckon with history and loss in these pandemic times. Your cost includes: presentation and refreshments.

8/10 Sa 6:30-8p \$10 Pre-sale
\$15 at the door

PRESENTED TO YOU BY:



Satin Love Orchestra

SUNDAY, 7/28 4-7P

EMERALD PARK 1400 LAKE DR.

Limited parking!

Carpool, walk or bike!
Parking at Trinity Church, Head Start parking lot and Howard Elementary.



THIS SUMMER CONCERT IS PRESENTED TO YOU BY:
RIVER ROAD PARK & RECREATION DISTRICT

Sugar Beets

MONDAY, 9/2 4-7P

EMERALD PARK 1400 LAKE DR.



Support Gymnastics NW and the River Road Swim Team by visiting concessions!

Fitness Center/Aquatics Info

Pool Reception Hours

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

Pool | Fitness | Spa Closures

5/27 M Memorial Day
6/15 Sa All Staff Summer Training
7/4 Th Independence Day Holiday
9/4 M Labor Day

Fitness Center & Pool Fees

	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership		12 Mo. Membership
Age	ID	OD	ID	OD	ID	OD	ID	OD	ID
Under 2	Free	Free							
2-17	\$2	\$3	\$18	\$27	\$24	\$36	\$65	\$98	\$234
18-54	\$4	\$5	\$36	\$45	\$48	\$60	\$130	\$162	\$468
55+	\$3	\$4	\$27	\$36	\$36	\$48	\$100	\$140	\$351
Family	\$10	\$12	n/a	n/a	\$96	\$120	\$260	\$324	\$936
Shower	\$2	\$2							

1. Fees and passes include use of the fitness center, pool (when available), spa & sauna.
2. Please check in with the pool receptionist and scan your fob before entering the facility.
3. Pool is not always available during fitness center hours. Please refer to the pool schedule.

Facility Use

- Swimmers must supply their own suit and towel.
- Street shoes are not permitted on pool deck.
- Aqua-sock type footwear is permitted when clean and worn only inside pool and dressing room.
- Shower thoroughly before entering pool/spa/sauna.
- Coast Guard approved life jackets are only permitted under direct parental supervision.
- Floatation devices such as water wings, rings, buoyancy swimsuits, and inflatable toys are not permitted.
- No glass containers allowed in any aquatic facility.
- No Food or Drink, other than water, allowed within the pools/spa/sauna areas/fitness center.
- Individuals under the influence of alcohol and/or drugs, and those with disrespectful behavior will not be permitted to use the facility.
- We encourage a friendly environment. Profanity, vulgar remarks or disrespectful comments will result in the expulsion from the facility. Bullying will not be tolerated.
- All guests must exit the building within 15 minutes of the last pool program.
- Adults must accompany, in the water, any non-swimmer under 46". Guardians are not allowed to take non-swimmers into the deep water.
- Any guest who has experienced diarrhea within the last two weeks will NOT be permitted to use the pools.
- All persons who are NOT toilet trained must wear a swim diaper.
- Guests are expected to wear an appropriate swimsuit, or clean shorts (no "cut-offs") with an appropriately sized t-shirt.
- All wading pool guests must check in at the entry gate to the wading pool area.
- All children must be accompanied into the wading pool area by a responsible adult, 18 years or older, who ALWAYS remains inside fenced area. LIMIT four children per adult.
- The wading pool is designated for smaller, young children - those under 46 inches tall.

Aquatics

541-461-7777 • www.rrpark.org

Micah Cornelius | [MicahC@rrpark.org](mailto:micahC@rrpark.org)

June 17 - August 23

KAYAKING DAY TRIP

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.

Registration deadline is the Wednesday before each trip. Return times are estimates. Your cost includes: kayak and paddle rental, PFD (personal flotation device), and transportation. Please bring snacks, water, sunglasses/hat, towel, change of dry clothes and sunscreen. We recommend eating an early lunch before you arrive at 1400 Lake Drive for departure. Please plan on arriving 10-15 minutes early.

Fern Ridge	7/20	Sa	11:30a-4p	\$135
Fall Creek	8/24	Sa	11:30a-4p	\$135
Cleawox Lake	9/8	Su	9a-4p	\$185

FAMILY SWIM

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	6-7:30p
Sa	9-10a

RECREATION SWIM

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.

M-Sa	1:30-3p (Note: Rec swim (M-F) may start/end early based on summer camp schedule)
F	7:30-9p

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.

LAP SWIMS

Lap swimming is available to individuals 16 years of age or older. Students 11-15 years of age **MUST** be 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. Please follow circle-swim etiquette during times lanes have more than 2 swimmers.

M-Th	5-8:10a	11:45a-1:15p	8-9p
F	5-8:10a	11:45a-1:15p	
Sa	6-9a	12-1:30p	

INDIVIDUAL WATER EX

Individuals 16 years of age or older, and students 11-15 years of age **MUST** be accompanied in the water. At least 2 lanes (M-Sa) 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	11:45a-1:15p	8-9p
F	5-8a	11:45a-1:15p	
Sa	6-9a	12-1:30p	

Water Exercise

Session 1 6/17 - 6/28 2 wks.
 Session 2 7/1 - 7/26 4 wks. *
 Session 3 7/29 - 8/23 4 wks.

*NOTE: No classes Thursday, July 4th in observance of Independence Day (classes are pro-rated).

Registration Information

All participants interested in attending scheduled water fitness classes must be enrolled in a class first.

Re-Enrollment; 6/5-6 ONLY for those currently enrolled. Registration will be in the main office between 8a-5p.

New Enrollment 6/12 for new participants. Registration will be at the main office between 8a-5p.

30 Min. Water Ex Class				
	Adult		Senior	
	ID	OD	ID	OD
MF	\$22	\$27	\$19	\$24
TuTh	\$22	\$27	\$19	\$24

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

Class Information

- We do NOT offer individual physical therapy or recovery sessions, we only offer community-based general water fitness. We do offer a free orientation to anyone not familiar with either shallow or deep water exercise moves. Specific to deep water classes, we ask that you purchase your own equipment once you are ready to register and/or have completed our free orientation.

- 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 see refund policy on page 2.

CLASSES

Introductory Water Ex Class

This class for anyone beginning water exercises.

Class provides 30 minutes of walking in the water depth of 3.5 to 5 feet, working on balances, gaining strength, and increasing circulation while traveling in different directions in walking patterns forward, backward and side to side.

MW 11:15-11:45a
 TuTh 11:15-11:45a

Aqua Basics: Shallow Water

Designed for semi-active adults, a "return to basics" exercise routine, in water depth of 3.5 to 5 feet. Beginning aerobic conditioning will build joint range of motion, overall body core (abdominal and lower back) strength, and muscle endurance, along with balance and flexibility.

MWF 10:30-11:15a
 TuTh 10:30-11:15a

Aqua Basics: Deep Water Exercise

Designed for semi-active adults, who are comfortable in water depths of 5 to 12 feet. Aerobic conditioning will build endurance, exercises will build joint range of motion, overall body core (abdominal and lower back) strength, and muscle endurance, along with balance and flexibility.

MWF 11:00a-11:45a
 TuTh 11:00a-11:45a

Seniors: Deep Water

Moderate to active aerobic conditioning level. Designed for semi-active and/or older adults, that includes a 10-15 minute aerobic fitness segment, in water depth of 5 feet to 12 feet. Exercises will also focus on enhancing flexibility, range of motion, muscle strength and toning.

MWF 9:05-9:50a | 9:55-10:40a
 TuTh 9:05-9:50a | 9:55-10:40a

Seniors: Shallow Water

Moderate to active aerobic conditioning level. Designed for semi-active and/or older adults, that includes a 10-15 minute aerobic fitness segment, in water depth of 3.5 to 5 feet. Exercises will also focus balance, flexibility, range of motion, muscle strength and toning.

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

Water Aerobics: Deep Water

Active aerobic conditioning level. Designed for active adults, includes a 15-18 minute aerobic fitness segment, in water depths of 5 feet to 12 feet. Exercises will also focus on enhancing flexibility, range of motion, muscle strength and toning.

MWF 6-6:45a | 6:50-7:35a | 8:15-9a
 MW 6:30-7:15p
 TuTh 8:15-9a
 TuTh 6:30-7:15p

Youth Aquatics

541-461-7777 • www.rrpark.org

Margaret McKenney | MargeretM@rrpark.org

LEARN TO SWIM

Program Information

The limited class offerings and costs are identified below, and will be offered as 2-week sessions, Monday through Thursday weeknight format.

Exact class offerings will be posted at QR below mid-May.

Session Dates and Fees

Lesson Sessions (Evenings) 2 weeks/8 classes

Session 1	6/17 – 6/27	M-Th	\$40 ID/\$52 OD
Session 2	7/1 – 7/11	M-Th	\$35 ID/\$45.50 OD*
Session 3	7/15-7/25	M-Th	\$40 ID/\$52 OD
Session 4	7/29 – 8/8	M-Th	\$40 ID/\$52 OD
Session 5	8/12 – 8/22	M-Th	\$40 ID/\$52 OD

*NOTE: No classes Thursday July 4th in observance of Independence Day (classes are pro-rated).

Registration Information

In-District Residents

MAIN OFFICE walk-in registration begins at 12:30p.
Phone-in registration begins at 1:30p. 541-688-4052.

Out-of-District Residents

MAIN OFFICE walk-in registration begins at 2:30p.
Phone-in registration begins at 3:30p. 541-688-4052.

Session 1	6/7	F
Session 2	6/28	F
Session 3	7/12	F
Session 4	7/26	F
Session 5	8/9	F



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

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 free-style 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 541-461-7777 or LeiaM@rrpark.org to schedule tryouts.

Swimmers of all abilities will compete against others of their own age/gender. Swimmers are required to be registered with Oregon and USA Swimming. For more information visit our website, <http://www.gomotionapp.com/team/riverroadst/page/home>

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 \$50 monthly

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 4-6p \$60 monthly

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. Teamwork is also a major part of the Senior Group. All swimmers registering for this group MUST be registered with USA Swimming. This will be included in the registration process.

M-F 4-6p \$75 monthly

**Support River Road Swim Team by buying a cool drink
at the Satin Love concert on July 28th!**



Wading Pool Splash Bash!

Open to the general public 6/19-8/23

Monday-Friday

1-2p 2:15-3:15p 3:30-4:30p

\$3 ID \$4 OD per person

Children must be under 46 inches tall.

Rent our wading pool for your own private party!

Available for private rental on Saturdays

June 22- August 24

1-2p 2:15-3:15p 3:30-4:30p

\$200/hr.

To reserve, please contact Micah at

541-461-7777 ext. 230

Micahc@rrpark.org



River Road

*Park and Recreation District
1400 Lake Drive, Eugene, OR 97404*

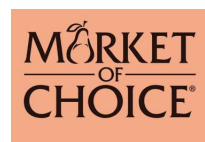
Want to place an ad? Call us to get the scoop!

541-688-4052 • www.rrpark.org



Healthy Body, Mind & Spirit *FREE ADMISSION*
Sat, Aug 24 (10-5) — Sun, Aug 25 (11-5)

SPONSORED BY:

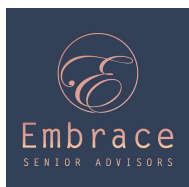


- Receive Health & Wellness Screenings
- Learn from Medical & Alternative Health Experts
- Find out about Lifestyle & Recreational Resources
- Receive Information on Nutrition, Weight Loss, Vitamins, Healthy Home & Environmental Products

GOLD SPONSORS



- Physical Activities & Exercise Training
- Sample Natural Foods & Products
- Talk to Financial Advisors on Financial Health
- Learn about the Best Insurance for You
- Vendor and Sponsor Opportunities Available



796 W13th Ave • 541.633.7115 • www.DammStraightProductions.com



Gymnastics

Holiday Closures

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

Gymnastics Center Office

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

Weekdays: Closed from 12-1p
M-Th: 10a-6p
Friday: 10a-5p
Saturday: 8:30a-12:30p

**Come support us by
buying a meal at the
Satin Love concert on
July 28th!**

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

Super Summer Gymnastics Camp

Ages 6-12. Open to children of all skill levels, these camps promise a full range of exposure to gymnastics and serious FUN. Skills will be taught on all gymnastics apparatus under the supervision of our coaching staff. Parents and friends are treated to a week-ending performance featuring all campers. Please wear comfortable exercise clothing.

Session 1	6/17-21
Session 2	7/15-19
Session 3	8/12-16
M-F	9a-1p \$135 ID/\$150 OD per session

Private Lessons

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

\$45 - 1 hour \$35 - 3/4 hour - \$25 - 1/2 hour



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.

\$120 (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

***ALL CLASSES WITH AN ASTERISK REQUIRE COACHES CONSENT PRIOR TO SIGNING UP.**

Fees are paid monthly.

Mini Mites (Parent & Child) \$33 ID/\$38 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 \$50 ID/\$56 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 \$50 ID/\$56 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 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 \$54 ID/\$60 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 4:30-5:30p
Sa 12-1p

Hot Shots* \$80 ID/\$89 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

Boys: Gymninja \$54 ID/ \$60 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.

Tu 3:45-4:45p
W *6:15-7:30p \$63 ID/\$70 OD
Th 3:45-4:45p
Sa 9:45-10:45a | 11a-12p

Girls: Level 1 \$54 ID/\$60 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 2:30-3:30p | 3:45-4:45p
Sa 9:45-10:45a | 11-12p

Girls: Level 2 \$63 ID/\$70 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 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 \$100 ID/\$112 OD
TuTh B 3:30-5:30p \$115 ID/\$128 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 \$189 ID/\$210 OD
Level 7-10 \$260 ID/\$288 OD

Power Tumbling \$63 ID/\$70 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



River Road Park District presents:

School's Out Carnival

**Friday, June 14
2-5p**

\$5 bracelet / ages 3-11

Let's celebrate, it's summer!

**Carnival games, prizes, food and
fun for the whole family.**

**Beat the lines, beginning on June 1st you can
pre-order your bracelet.**

**Free hotdogs, chips
and lemonade.**



Youth Summer Camps

Sports Camps

Summer Sports of all Sorts

Grades 3-5. Healthy Moves trainers will teach campers fundamental sport skills and techniques, through games, drills, and other fun activities. Four days a week, Monday, Tuesday, Wednesday, and Thursday. Meet at shelter 2.

Week 1	6/17-20	M-Th	Sport Conditioning	9a-12p
Week 2	6/24-27	M-Th	Basketball	9a-12p
Week 3	7/8-11	M-Th	Football	9a-12p
Week 4	7/15-18	M-Th	Softball/Baseball	9a-12p
Week 5	7/22-25	M-Th	Soccer	9a-12p
Week 6	7/29-8/1	M-Th	Volleyball	9a-12p
Week 7	8/5-8	M-Th	Tumbling	9a-12p

Each week of camp is \$140 ID/\$150 OD.



Lego Camps

Minecraft Engineering using LEGO® Materials

Ages 5-7. Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

6/24-28 M-F 2-5p \$160 ID/\$170 OD

Pokémon Engineering using LEGO® Materials

Ages 5-7. Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!

7/8-12 M-F 2-5p \$160 ID/\$170 OD

Pokémon Master Engineering using LEGO® Materials

Ages 7-12. LEGO® Master, I choose you!! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top!

7/22-26 M-F 2-5p \$160 ID/\$170 OD

Bash'em Bots using LEGO® Materials

Ages 7-12. Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

8/5-9 M-F 2-5p \$160 ID/\$170 OD

Animal Adventures with LEGO® Materials

Ages 5-7. Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

8/19-23 M-F 2-5p \$160 ID/\$170 OD

Piano or Drum Lessons

All ages: Kids and adults, all levels. Individual 30-minute piano lessons with Georges Bouhey. Georges is a full-time professional musician practicing, creating, performing, and teaching in Eugene, Oregon. Georges is known throughout the region as a band leader, an ace sideman (drums or keyboards) and as a compassionate music educator. Georges blends teaching, performing, and learning into fun jam sessions and will usually play along. Lessons are available at his Studio 20 location, River Road Park, or on Zoom. Parents are encouraged to stay and enjoy the music! \$35 per 30 min session, price includes 4 sessions.

Ongoing M-F TBD \$140

Youth Camps

FREE LUNCH (USDA SUMMER FOOD PROGRAM) 18 and under. Lunch is provided and prepared by the federally subsidized USDA Summer Food Program at the park shelter. Start date June 24.

Summer Daze Camps

Ages 4 & 5. Must be entering kindergarten in the fall. Your little ones will have fun in a safe and nurturing environment at River Road Park. We will play games, make crafts, sing songs, and make friends all summer long. Please dress your child appropriately for the weather and bring a sack lunch, drink, swimsuit and towel every day. Fill out a permission slip at time of registration. Instructors: Ceci O'Brien/Laurena Matava.

M-F 9a-1p Weekly: \$160 ID/\$180 OD

Week 1 6/17-21 Artists in Action

We will explore different mediums to create fun and unique art pieces. Express yourself through painting, sculpting, and creating. This is a great opportunity to learn about famous artists throughout history.

Week 2 6/24-28 Fairy Tale Fun

Dive into your imagination through dramatic play. Share in treasure hunts, fairy gardens, and mystical castles. We will walk the plank, swab the deck, and dance with dragons.

Week 3 7/8-12 Animals Around the World

Come along on a safari, trek through the rainforest, or explore the desert to learn more about the creatures of earth. We will learn about different animals, what they eat, their habitats, and what makes them unique.

Week 4 7/15-19 Cooking with Kids

Cooking, baking, and trying out new foods is what this week is all about. We will be making different recipes each day. The children will learn about where our favorite foods come from. Get ready for dessert day on Friday!

Week 5 7/22-26 Mindful Meditations

Learn how to be present in the moment. Working on managing everyday emotions, using mindful activities such as yoga, meditation, movement, stories, games, and even some cloudwatching.

Week 6 7/29-8/2 Sports of all Sorts

Play Ball! Running, jumping, dribbling, and kicking are just some of the things we will be focusing on this week. We will try out different sports, track and field activities, and other outlets that keep us active.

Week 7 8/5-9 Splish Splash

FULL. This week we will explore what it is like deep beneath the ocean waves. Our group will play water games, do science experiments, and learn about the creatures that live in the ocean.

Week 8 8/12-16 Movin' and Groovin'

Get ready to boogie! Join us for a week of movement and music. We will make our own instruments, sing together, and share our dance moves.

Week 9 8/19-23 Superheroes to the Rescue

In this action-packed week we will stop villains, work on our hero poses, and, of course, save the day. We will end the summer with a fun-filled week of justice.

Summer Adventure Camp

Entering grades 1-5. Some groups are full. Please call to see which camps still have availability. Adventure Camps promise you a summer of fun to remember. Each camper will receive a camp T-shirt during their first session of summer. All camps are held at River Road Park. Permission slip and medical release are required at time of registration. Bring a swimsuit and towel each day. Dress appropriately for the weather and activities. Camp groups will be formed by grade levels. Full week only, no daily fee offered. Drop off in the modular building. You may drop off your child as early as 7:30a and pick-up as late as 5:30p. Camp activities begin at 9a.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 1 6/17-6/21 Kidz Gone Wild

Let's kick off summer with a bang! We will play fun camp games, learn camp songs, use our imaginations to create fun nature crafts, and explore our camp space as we celebrate the first week of summer. So, pack your swimsuit, bring your sunscreen, and let's jump into a world of adventures.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 2 6/24-6/28 Culinary Showdown

Want to learn how to make fun new recipes in the kitchen. Campers will get to visit the kitchen where they will learn some fun food recipes from some of our department head staff members. At the end of the week each camper will take home a cookbook that they can share with their families.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 3 7/1-7/3 Stars & Stripes

Join us for camp Monday – Wednesday as we celebrate Independence Day. Campers will create 4th of July themed crafts, enjoy playing fun backyard themed games, and enjoying an afternoon BBQ hot dog for afternoon snack on Wednesday. No Camp July 4th & 5th.

M-W 7:30a-5:30p Weekly: \$115 ID/\$135 OD

Week 4 7/8-7/12 Animal Adventure

Campers will get to have fun playing fun games while learning about animals and why they may do the things they do. Groups will create fun animal themed projects and head up to the Portland Zoo on Thursday. Don't miss out on this wild fun adventure. Please drop off your child at 7:30am. Buses will leave promptly; buses should return by 5pm but please be patient as traffic coming back could be slow.

M-F 7:30a-5:30p Weekly: \$255 ID/\$275 OD

All Summer Daze, Adventure camp and Camp Odyssey weeks will have a spot by paying a \$40 nonrefundable deposit for each camp week, and you have not paid two weeks prior to the start of camp, your child will not be able to attend.

lunch will be served daily around noon at the park shelter. Food is provided program and served on a first come first serve basis. Menus will be posted at

541-688-4052 • www.rrpark.org

Keenan Hamilton | keenanh@rrpark.org

Week 5 7/15-7/19 X-Marks the Spot

Ahoy there matey! Can you walk the plank, swab the deck, or search for gold? Come join us this week for fun pirate shenanigans. Campers will be sailing seven seas, exploring the oceans, and hunting for pirate treasures.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 6 7/22-7/26 Sports Galore

Soccer, basketball, baseball, volleyball. What's your favorite sport? We will be playing all sorts of sports this week. So, wear your runnin' shoes and come ready to move.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 7 7/29-8/2 Sharks and Minnows

Swim like a fish or float like a duck, this week we will be exploring fun water games, water crafts, and swimming through our afternoon. Let's splash and have a bash this week.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 8 8/5-8/9 Up & Atom

Rubber eggs, erupting volcanoes, invisible ink. This week is all about science and fun experiments. Thursday, Adventure Camp will be heading up to Portland to visit OMSI.

M-F 7:30a-5:30p Weekly: \$235 ID/\$255 OD

Week 9 8/12-8/16 Showstoppers

Dancing and singing, moving and grooving. We will be jumping and twirling through the week, while learning fun camp songs, creating some fun dance moves, and having a melody of delight.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 10 8/19-8/23 Final Countdown

Join us at camp as we count down the last days of summer.

Monday –Mystery Monday: Can you solve the mystery of the missing chicken.

Tuesday – Tropical Tuesday: Wear your favorite tropical outfit and lets have a fun day in the sun.

Wednesday – Wacky Wednesday: Feel free to wear your silliest outfit and craziest hair to camp, and don't forget to bring your white shirt to TYE DYE.

Thursday – Pajama Thursday: Come to camp in your PJ's and enjoy some pancakes, watch a movie, and eat some popcorn.

Friday – Friendship Friday: It's the final day of camp, so let's celebrate all the new friendships we have made this summer.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

need to be paid for at the time of registration. You can however reserve, with final payment being due 2 weeks before the camp week begins. If will be dropped from the camp.

Camp Odyssey

Entering grades 6-8. Each camper will receive a camp t-shirt during their first session of the summer. All camps are held at River Road Park and Recreation District, 1400 Lake Drive in Eugene. Permission slips, medical release forms, and behavior contracts are require at the time of registration. There is a Google Docs link on your receipt for you to submit permission slip and medical release form information; the behavior contract will be available to sign on the camper's first session. Communication about camp and weekly activities will be sent via email from camp coordinator. Dress appropriately for the weather and activities. All Camp Odyssey weeks will need to be paid for at the time of registration. You can however reserve a spot by paying a \$40 nonrefundable deposit for each camp week, with final payment being due 2 weeks before the camp week begins. If you have not paid two weeks prior to the start of camp, your child will be dropped from the camp.

Week 1 6/24-6/27 Video Games IRL

FULL. Campers will have to use more than their thumbs to play these "video games"! We'll be heading to Defy (Super Mario), Emerald Lanes (Wii Sports), and Diamond Hill Paintball (Fortnite) for a week of fun.

M-Th 9a-4p \$255 ID/\$275 OD

Week 2 7/8-7/11 Paw-sitive Action

This week will be all about animals and improving our community. We will be helping in the Summer Daze camp, as well as getting donations together for local animal shelters, then heading to the Oregon Zoo at the end of the week. Thursday (7/11) will be an elongated day to account for drive time.

M-Th 9a-4p (Thursday 8a-5:30p) \$280 ID/\$300 OD

Week 3 7/22-7/25 Great Outdoors

FULL. Campers will enjoy the outdoor spaces of Oregon in this adventurous week of camp! We will be hiking and exploring local trails and end our week with a rafting trip down the McKenzie River. Thursday (7/25) will be an elongated day to account for drive and raft time.

M-Th 9a-4p (Thursday 8a-5:30p) \$280 ID/\$300 OD

Week 4 8/5-8/8 Oceans and Rivers

This week will be focused on the beaches and oceans of Oregon, heading to the beaches of Newport and Florence, OMSI, and more! This week has elongated hours due to the drive time to the coast.

M-Th 8a-5p \$255ID/\$275OD

Week 5 8/19-8/22 Greatest Heights

FULL. We will be tapping into our sense of adventure with rock climbing and a ropes course, as well as heading to Evergreen Aviation and Space Museum to show us how to soar to our greatest heights!

M-Th 9a-4p \$280 ID/\$300 OD

Youth Programs

541-688-4052 • www.rrpark.org

Keenan Hamilton | keenanh@rrpark.org

SCHOOL YEAR 2024/25 INFO

Registration for Fall 2024-2025 school year.

- There is a non-refundable \$50 annual registration/supply fee for the early learning and ASAP 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 FOR AGES 3-5

Playschool

Age 2. Must be age 2 as of September 1. NO AGE EXCEPTIONS. Give your preschooler the opportunity to interact with children of his/her own age. Our program enhances their physical, social, mental and emotional well-being. Activities include arts, crafts, songs, stories, dramatic play, large muscle play and more. Our program also helps children who will be away from their parents for their first time. Please dress your child in play clothes. Instructor: Geanna Hall.

9/9	MW	9-11a	\$105 ID/\$120 OD/month
9/10	TuTh	9-11a	\$105 ID/\$120 OD/month

Preschool AM

Age 3. Must be age 3 by September 1, 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 put your child on a waiting list.

9/10	TuTh	8:30-11a	\$180 ID/\$200 OD/month
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Prekindergarten

Ages 4-5. Must be age 4 as of September 1, 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.

9/9	MWF	8:30a-12:30p	\$280 ID/\$300 OD/month
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Early Education Open Houses

This is for people interested in the program and for those already signed up. Come meet our incredible Teachers and get all of your questions answered. All early education open houses will take place Tuesday, September 3rd. Playschool open houses will be in our modular building, outside by the basketball court. Preschool and Pre-Kindergarten open houses will be inside our main building in room A/B.

11a-11:30a Playschool MW
 11:30a-12p Playschool TuTh
 11a-11:30a Preschool
 12p-12:30p Pre-Kindergarten

ASAP

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.

Schools serviced:

Howard, River Road/El Camino del Rio, Spring Creek, Yujin Gakuen 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.	

Adult Fitness

541-688-4052 • www.rrpark.org

Brian Breedlove | Brianb@rrpark.org

Holiday Closures

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

FITNESS PASS CLASSES

Fitness Pass

Our Fitness Pass will allow you to participate in our Fitness Pass Classes listed on this page. The passes are good for all Summer term classes listed below. Summer term runs from June 24 through August 30. A current pass is required to attend classes. Please scan in each visit.

Single entry drop-in \$6

10 visit pass	Adult: \$36 ID/\$45 OD	Senior: \$32 ID/\$40 OD
1-month	Adult: \$48 ID/\$60 OD	Senior: \$38 ID/\$48 OD
3-month	Adult: \$130 ID/\$162 OD	Senior: \$100 ID/\$140 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 work out. Instructor: Pamela Howells.

6/25-8/29 TuTh 5:30-6:30p Rm A/B

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.

6/24-8/30 MWF 8:30-9:30a MP

Zumba® PM

Is it dance? Is it fitness? Is it amazing? ZUMBA® is for everyone. Latin inspired routines are easy to follow and downright addictive. ZUMBA® fuses hypnotic Latin rhythms and easy-to-follow moves to create a fitness program that will make you want to work out. Feel the music and let loose! Instructor: Maribel Brigido.

6/24-8/28 MW 5:30-6:30p MP

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.

6/25-8/29 TuTh 6:30-7:15a MP
6/25-8/29 TuTh 5-5:45p MP

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 comfortable shoes. Instructor: Alaina McCullugh.

6/24-8/30 MWF 9:45-10:45a MP/Ball Court

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 staff leader for this program. 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 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*

6/25-8/29 Tu/Th 2-4p MP
6/29-8/31 Sa 9:30a-12p MP
6/29-8/31 Sa 12-2p (75+ ONLY) MP
10 visit pass/scan Adult: \$36 Senior: \$32

Adult Fitness

Holiday Closures

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

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

\$55 per session 3 sessions \$150 5 sessions \$230

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

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 super clean, safe, air-conditioned environment, that includes a big screen and awesome acoustics. All fitness levels are welcome to attend. SPD cleats can be used or hard soled shoes. Bring a towel and a water bottle. Instructor: Candice Kramer.

6/25-8/27 Tu 6-6:45p MP
Adult: \$64 ID/\$80 OD Senior: \$58 ID/\$72 OD

Fit & Flex

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

6/25-8/29 TuTh 12:30-1:30p MP
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 OD

Fit & Balance

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: Michie Kawada, ACE.

6/24-8/28 MW 12:30-1:30p Annex
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 OD

HIIT- High-Intensity Interval Training – Virtual availability

Angela has been in the fitness industry for over fifteen years. She loves helping people attain their fitness goals and have fun doing it. She will be teaching HIIT classes which are high, intensity interval training. HIIT alternates between high intensity movements, which significantly increases the heart rate, followed by short periods of lower intensity movements. This program decreases body fat while increasing strength and endurance. Instructor: Angela Silvers.

6/24-8/28 MW 6:45-8:15p MP
6/25-8/29 TuTh 6:45-8:15p MP
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 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.

6/28-8/30 F 10:45a-12p Rm C
Adult: \$40 ID/\$50 OD Senior: \$36 ID/\$45 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.

6/28-8/30 F 12:15-1:30p Rm C
Adult: \$40 ID/\$50 OD Senior: \$36 ID/\$45 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.

6/24-8/30 MWF 2-3p MP
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 OD

Qigong and Internal Energy Work

Qigong is an ancient system of energy work developed by Taoist masters thousands of years ago. It was mainly used for healing the body and supporting spiritual practices such as meditation. Around 1670, Tai Chi was developed as a martial art using the qigong internal energy technique. Qigong practice uses movement to cultivate internal chi. This class focuses on standing poses and movement sets that are part of the medical qigong system. Mindful standing and movement will help support meditation practice. This is an excellent class for beginners and will lay a good foundation for martial arts (Tai Chi), and a healthier body. Instructor: Sarah McMullen.

6/25-8/29 TuTh 1:30-2:30p Annex
Adult: \$64 ID/\$80 OD Senior: \$57 ID/\$72 OD

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.

6/27-8/29 Th 11a-12p MP
Adult: \$32 ID/\$40 OD Senior: \$29 ID/\$36 OD

Tae Kwon Do

Ages 10+. 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 WF 5:30-6:30p Youth/Adult: Beginning \$43/month
Ongoing WF 6:30-7:30p Youth/Adult: Inter. \$43/month

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

YOGA / PILATES / MEDITATION**Beginning Yoga - Virtual availability**

Class is slower paced and focused on finding the correct alignment for foundational and challenging poses. Come to learn and relax. You don't need to be able to touch your toes; you just must be willing to try. Instructor: Bex Oransky.

6/25-8/29 TuTh 10:45-11:45a Annex
Adult: \$64 ID/\$80 OD Senior: \$58 ID/\$72 OD

Beginning Yoga 2 - Virtual availability

Whether you're a newcomer to yoga or seeking to refine your practice, Beginning Yoga 2 offers a supportive and inclusive environment for growth and exploration. Come join us as we continue to journey towards a healthier, more balanced life through the transformative power of yoga. Instructor: Bex Oransky.

6/24-8/28 MW 11:30-12:30p Annex
Adult: \$64 ID/\$80 OD Senior: \$58 ID/\$72 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. Please bring your own yoga mat. Instructor: Bex Oransky.

6/25-8/29 TuTh 9:30-10:30a Annex
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 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.

Instructor: Bex Oransky.

6/24-8/28 MW 10:15-11:15a Annex
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 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. Some exercises are infused with optional tools such as light weights, yoga blocks and exercise balls to enhance the benefits and make it a fun, interesting and motivational experience for participants. Instructor: Jennifer Halse.

6/24-8/30 MWF 11a-12p MP
Adult: \$92 ID/\$115 OD Senior: \$83 ID/\$104 OD

Yoga for Optimal Health (formerly Core Yoga for Seniors) - Virtual availability

Did you know that your body has its own intelligence? 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. Bring a yoga mat. Instructors: Kate Cleary and Candice Kramer.

6/24-8/30 MWF 8:30-9:45a Annex
Adult: \$120 ID/\$150 OD Senior: \$108 ID/\$135 OD

Sunset Yoga at the Park

Join us for a hatha yoga class in the beautiful outdoors! Breathe and connect with nature through gentle movement. Feel the air on your body and your mood lift as the sun dips. No yoga experience is necessary. Bring a yoga mat or beach towel. Consider insect repellent. Full session or drop in (\$6) Instructor: Varies

6/26-8/28 W 7-8p Meet at shelter 2
Adult: \$40 ID/\$50 OD Senior: \$36 ID/\$45 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.

6/24-8/30 MWF 8:30-9:45a
Adult: \$92 ID/\$115 OD Senior: \$83 ID/\$104 OD

Adult Fitness

Holiday Closures

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

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.

6/25-8/29	TuTh	4:15-5:30p	Annex
6/25-8/29	TuTh	6-7:15p	Annex
Adult: \$92 ID/\$115 OD		Senior: \$83 ID/\$103 OD	

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

Yoga for the Core – Virtual availability

“You are only as young as your spine is flexible.” A yoga class focused on building flexibility and strength in the spine and the muscles that support and stabilize it. We’ll work with techniques for breath and balance that help ensure healthy function, now and into the future. All fitness levels welcome, though you must be able to get up and down from the floor easily. Bring a yoga mat. Instructor: Candice Kramer.

6/28-8/30	F	10-11a	Annex
Adult: \$40 ID/\$50 OD		Senior: \$36 ID/\$45 OD	

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.

7/1-8/28	MW	4:15-5:15p	Annex
Adult: \$80 ID/\$100 OD		Senior: \$72 ID/\$90 OD	

Pilates for Mature Adults - Virtual availability

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

6/24-8/28	MW	9:30-10:30a	Rm C
Adult: \$80 ID/\$100 OD		Senior: \$72 ID/\$90 OD	
6/28-8/30	F	9:30-10:30a	Rm C
Adult: \$40 ID/\$50 OD		Senior: \$36 ID/\$45 OD	

Pilates-Yoga Fusion - Virtual availability

Get the best of both worlds! This Mind-Body class infuses elements of both Pilates and Yoga to give you a balanced whole-body workout. Improve core and pelvic floor strength, posture, stability, stamina, and joint 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. Bring a Yoga/Pilates mat to class. Instructor: Jennifer Halse.

What to bring to class: Thick Yoga/Pilates mat, towel, water. Optional items: Yoga block, Yoga strap or flexible resistance band.

6/25-8/29	TuTh	9:30-10:30a	MP
Adult: \$80 ID/\$100 OD		Senior: \$72 ID/\$90 OD	

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 (\$50 for complete supplies: sumi ink, brush, shuen paper and mat). Instructor: Teresa Logan Hsu.

7/3-8/28	W	3:15-5:15p	Rm C
Adult: \$88 ID/\$110 OD		Senior: \$79 ID/\$99 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.

7/3-8/28	W	12-3p	Rm C
Adult: \$88 ID/\$110 OD		Senior: \$79 ID/\$99 OD	



Adult Programs

541-688-4052 • www.rrpark.org

Brian Breedlove | Brianb@rrpark.org

APPLIED ARTS

Mosaics (Intermediate)

In mosaics, design pictures on everything from flowerpots to designer stepping stones. 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.

7/2-8/27	Tu	1-3p	Kitchen
Adult: \$40 ID/\$50 OD		Senior: \$36 ID/\$45 OD	
7/11-8/29	Th	1-3p	Kitchen
Adult: \$36 ID/\$45 OD		Senior: \$32 ID/\$40 OD	

DANCE

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.

6/27-8/29	Th	6-7p	Beginning	Rm C
Adult: \$67 ID/\$85 OD		Senior: \$61 ID/\$78 OD		
Drop in \$6				
6/27-8/29	Th	7:15-8:15p	Intermediate	Rm C
Adult: \$67 ID/\$85 OD		Senior: \$61 ID/\$78 OD		
Drop in \$6				

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.

6/30-9/1	Su	3-4p	Beginning - Fundamentals
	Su	4-5p	Level II
	Su	5-7p	Tango social fun time

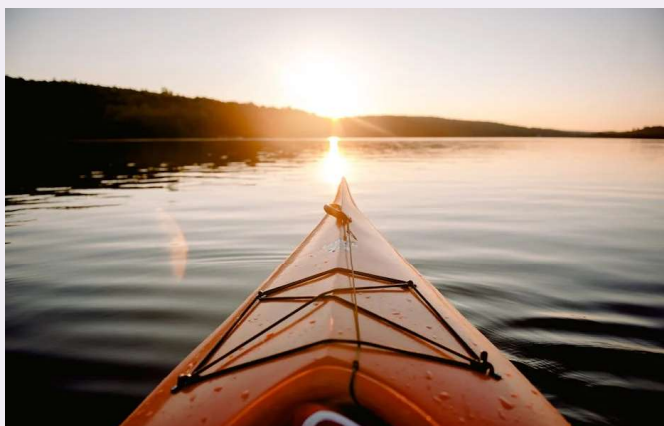
\$55 a month
\$10 additional each Sunday for social time
\$15 per class drop-in

GENERAL INTEREST

Voice Overs...Now is Your Time – Virtual Only

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can 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. Zoom link will be provided 72 hours prior to class. Instructor: Lisa Foster.

7/16	M	6-8p	Zoom
8/20	M	6-8p	Zoom
Session: \$36 ID/\$45 OD			



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.

Registration deadline is the Wednesday before each trip. Return times are estimates. Your cost includes: kayak and paddle rental, PFD (personal flotation device), and transportation. Please bring snacks, water, sunglasses/hat, towel, change of dry clothes and sunscreen. We recommend eating an early lunch before you arrive at 1400 Lake Drive for departure. Please plan on arriving 10-15 minutes early.

Fern Ridge	7/20	Sa	11:30a-4p	\$135
Fall Creek	8/24	Sa	11:30a-4p	\$135
Cleawox Lake	9/8	Su	9a-4p	\$185

Adult Programs

URBAN HOMESTEADING

W 7-9p
Cost per class: \$24 ID/\$30 OD
Instructor: Kevin Prier
All classes meet at 1400 Lake Dr. unless otherwise noted.

7/3 - Balms and Salves

Learn to make a variety of skin creams, lip balms, herbal salves and tinctures for gifts or a treat for yourself. Take home some lip balm and herbal skin cream.

7/10 - Soap Making

Learn the basics of making bar soap from scratch. We will discuss the chemistry of saponification, properties of different base oils and local sources, and fragrance oils and other additives while we make a batch of soap. You will also learn how to make liquid soap and two forms of laundry soap. Take home a share of the soap we produce.

7/17 - Ginger Treats

Ginger can be used for a number of sweet or savory treats. Come cook up a batch of candied ginger, ginger syrup, ginger sugar, and pickled ginger for sushi. These all make great gifts and you can take home a share of what we make.

7/24 - Seed Saving

Learn a variety of techniques for saving heirloom vegetable seeds for planting next year, including ideal harvest times, collection techniques, preparation/drying, and proper storage.

8/3 - Edible Landscaping and Foraging

Don't just pull those weeds – eat them! Find out what native “weeds” are edible and how to prepare them. You'll be surprised at how much food you've been pulling up and throwing in the yard waste. Learn about common wild foraging plants – berries, flowers, greens, roots, and common mushrooms – and their habitats. (Saturday, 2-4pm, at instructor's house)

8/7 - 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.

8/14 - Cheese Making

We will make a fresh hard cheese to go with our picnic 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. Learn where to switch up your process to end up with cream cheese, cottage cheese, and a number of hard and soft cheese variations. We will also go over how to make yogurt and ricotta.

8/21 - 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. Bring a clean wide-mouth pint jar with lid or \$1 to purchase from instructor.

8/28 - 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.

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.

7/3-8/28 W 4-6p Kitchen
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 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.

7/3-8/26 M 3-5p Kitchen
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 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.

6/28-8/30 F 2:30-5p Annex
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 OD

Spanish 2

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

6/28-8/30 F 12-2:30p Annex
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 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.

6/27-8/29 Th 10a-12p Rm C \$5

Adult Travel

Special Speaking Engagements

New Hikes near Eugene by William L. Sullivan

River Road Park proudly presents author and hiking guru William L. Sullivan as he takes us on a slide show tour of new and changed trails he discovered near Eugene while updating his *100 Hikes* guidebooks for Oregon. We'll visit a viewpoint in the Thurston Hills above Springfield, a weird water tower atop Eugene's Wild Iris Ridge, and a restored trail to a fire lookout that didn't burn in the recent Fall Creek fire. We'll also see how the Eugene Parks Foundation is working to fill gaps in the Ridgeline Trail in the hopes of completing a 40-mile loop around Eugene. As always, Sullivan spices his talk with anecdotes about history, wildflowers, and geology along the way. Sullivan is the author of 23 books about history, mystery, and adventure. Among his latest are *Exploring Oregon's History* and *The Ship in the Woods*, a historical novel about the Swedish Vikings in Russia. His journal of a 1000-mile hike across Oregon, *Listening for Coyote*, was chosen by the Oregon Cultural Heritage Commission as one of Oregon's 100 most significant books. Your cost includes refreshments. Held at 1400 Lake Dr.

6/22 Sa 7-8:30p \$15

Bad Indians by Deborah Miranda

Today, we are lucky to have author of *Bad Indians*, Deborah Miranda. Come learn about California Indian history, past and present. She will share with us what a hybrid memoir is, and how she came to write the book in that form rather than a straight narrative. The operating principles of the book are decolonization and survivance—both key concepts for all U.S. writers as we reckon with history and loss in these pandemic times. The book's organizational principle is collage—a literary strategy that has gained greater resonance with this decade's experiences of isolation and fragmentation. She is a local and we are lucky to be able to have her come here to educate our community. You can order her book at Heyday Books. Bring it with you and she will sign them following her presentation. Your cost includes refreshments. Held at 1400 Lake Dr.

8/10 Sa 6:30-8p \$10 Pre-sale
\$15 At the door



Madeira Island

TRIP PRESENTATIONS

Portugal & It's Islands

6/20 Th 1-2p

Spectacular Scandinavia

6/20 Th 2-3p

London & Paris

Coming soon!

DOC PARTIES

Croatia

6/20 Th 3-4p

Roaming Coastal Maine

9/12 Th 3-4p

EXTENDED TRAVEL

Croatia & It's Islands - Small Ship Cruising on the Adriatic Coast July 2-13, 2024

Call Kat to see about space.

Roaming Coastal Maine

September 29 - October 05, 2024

We have had space open up. Call Kat if you're interested. Are you ready for another fun adventure? Buckle up buttercup, here we go! Highlights include: Portland, Maine, Acadia National Park. Lobster Trap pull demo, wine tasting, Camden, Freeport, Botanical Gardens, Boothbay and more. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 7 fun filled days and 9 meals. Insurance is available for \$349 per person.

Trip#1 <https://gateway.gocollette.com/link/1163449>

This trip has a level 2 rating.

Double: \$4249 Single: \$5449

Adult Travel

MORE EXTENDED TRAVEL

Magical Christmas Markets Dec. 3-11, 2024

This trip is full. Call Kat to be put on a waitlist. Magical is the key word here! This is going to be a special one. We will enjoy the unique charms of Austria and Germany and the incredible Christkindlesmarket (Christmas market)! Our tour begins in Innsbruck, capital of the Alps where we will spend the next six nights nestled in the heart of the mountains. From here we will take a carriage ride, go to Salzburg, St. Peter's restaurant, Oberammergau, Munich, and of course, visit all the Christmas markets. We have added a day on to this trip so that we can get settled in and comfortable before beginning our adventure. We will be staying in one hotel so we can move in and make it home. We will get to go to a multitude of Christmas markets and see first hand how truly magical it is. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 9 fun filled days and 11 meals. Insurance is available for \$449 per person. <http://gateway.gocollette.com/link/1163000>

This trip has a level 2 rating.

Double: \$3,779 Single: \$4,319 Triple: \$3,716

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

Are you ready to experience the amazing beauty of Portugal and it's islands? This trip has it all! Some of the highlights include: Lisbon • Belem • Sintra • Fado Dinner Show • St. Michael Island, Azores • Ponta Delgada • Choice on Tour • Terra Nostra National Park • Sete Cidades • Madeira Island • Espetada Dinner • Folkloric Show • Porto Moniz. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 14 fun filled days and 19 meals. Insurance is available for \$449 per person. Deposit of \$698 is due now to hold your spot. <https://gateway.gocollette.com/link/1221624>

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 September 23, 2024.

Double: \$5,339 Single: \$6,139

Spectacular Scandinavia July 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 this trip. Deposit of \$698 is due now to hold your spot.

This trip has a level 3 rating.

More information will be available soon. Stay tuned for actual dates and prices.

OVERNIGHTERS

Chinook Winds & Kite Festival in Lincoln City September 6-7, 2024

Are you ready? Today, we are making our way up the coast to Lincoln City for an amazing two nighter. Chinook Winds is the casino by the sea. It's a great place to stay because you have the casino and the beach. Plenty to do and you have your choice of how you'd like to spend your time. Saturday we will be attending the kite festival. Your cost includes: transportation, two nights hotel, two dinners, snacks and a fun adventure with a group of great people!

9/6-8 F-Su 11a-3p
Double: \$499 Single: \$749

Day Trips

June

⇒ Cottage Grove Theater	6/7	F	4:15-11p	\$89
⇒ Thyme Garden ~ Flower Baskets & Lunch	6/11 6/12	Tu W	9:45a-4:30p 9:45a-4:30p	\$85 \$85
⇒ Sahalie and Koosah Hike & Lunch	6/18	Tu	8:30a-3p	\$65
⇒ Special Engagement: Bill Sullivan Hike Presentation	6/22	Sa	7-8:30p	\$15
⇒ Broadway Rose- "The Spitfire Grill"	6/23	Su	10:45a-8p	\$105
⇒ Hopscotch Portland	6/30	Su	10a-6p	\$79

July

⇒ Seven Wonders of the Gorge	7/7	Su	11:30a-8p	\$125
Melrose Vineyard Crab Feed	7/14	Su	4-9p	\$105
Jazz Supper Club	7/18	Th	4:45-8p	\$49
⇒ "Beautiful" Carole King	7/21	Su	10:45a-8p	\$105
Historic Homes Tour	7/27	Sa	10:30a-5p	\$65

August

Rafting the McKenzie	8/8	Th	8:45a-3:30p	\$125
Grub Club @ Forrester's	8/14	W	11:30a-2:30p	\$30
NW Art & Air Festival	8/23	F	2:30-9p	\$39
Wine Down Wednesday	8/28	W	10a-3p	\$50

September

55+ BBQ	9/11	W	4-6p	Free
Shrewsbury Renaissance Faire	9/15	Su	9:30a-3:30p	\$45
Raptor Center & Lunch	9/25	W	9:45a-2p	\$62

Day Trip Registration

IN-DISTRICT residents may begin walk-in registration Wednesday, June 19 at 10a. Phone and online registration will begin at 1p.

OUT-OF-DISTRICT residents may begin walk-in registration Thursday, June 20 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. No refund will be given if you cancel the day of the trip, if you're a no show or once we have incurred costs for booking trips (tickets, meals, hotel, transportation, etc.) Refunds will be determined by the Park District if no cost has been incurred.

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.



➡ Cottage Grove Theater - "Vanya and Sonia and Masha and Spike"

Who doesn't love Friday night dinner and theater? We'll start our evening at Stacy's Covered Bridge for a delicious dinner and then we're off to the theater. Get ready to be entertained as we enjoy, 'Vanya and Sonia and Masha and Spike'. Winner of the 2013 Tony Award for Best Play, Vanya and Sonia and Masha and Spike is a hilarious, sometimes poignant, comedy that takes sibling rivalry to a whole new level. Your cost includes: transportation, theater and dinner.

6/7	F	4:15-11p	\$89
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➡ Thyme Garden ~ Flower Baskets & Lunch

Ok, it's that time of year again. This is Kat's favorite day trip! It always sells out so sign up as soon as possible to get a spot. The Thyme Garden in Alsea, is our destination. Create your own herb and flower hanging basket. We will tour the grounds and see the beautiful display of gardens with over 700 varieties of herbs. Lunch will follow. Just wait... it's the most amazing lunch ever!! Your cost includes transportation, lunch and a beautiful hanging basket.

6/11	Tu	9:45a-4:30p	\$85 Full
6/12	W	9:45a-4:30p	\$85

➡ Sahalie and Koosah Falls Loop Hike & Lunch

Grab your tennis shoes and get ready! We're heading up the McKenzie where 3,000 years ago lava poured down the McKenzie River valley, creating the benches over which two large waterfalls, Sahalie Falls and Koosah Falls. Both waterfalls drop about 75 feet, and are impressive. The Waterfalls Loop Trail will take us to both waterfalls and then connect with the McKenzie River National Recreation Trail on the west bank for a quiet return away from the crowds. Must be able to walk approximately 2.6 miles. We will stop at a restaurant for lunch on our way home. Your cost includes: transportation, and lunch.

6/18	Tu	8:30a-3p	\$65
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➡ William L. Sullivan Hike Presentation

River Road Park proudly presents author and hiking guru William L. Sullivan as he takes us on a slide show tour of new and changed trails he discovered near Eugene while updating his *100 Hikes* guidebooks for Oregon. We'll visit a viewpoint in the Thurston Hills above Springfield, a weird water tower atop Eugene's Wild Iris Ridge, and a restored trail to a fire lookout that didn't burn in the recent Fall Creek fire. We'll also see how the Eugene Parks Foundation is working to fill gaps in the Ridgeline Trail in the hopes of completing a 40-mile loop around Eugene. As always, Sullivan spices his talk with anecdotes about history, wildflowers, and geology along the way. Sullivan is the author of 23 books about history, mystery, and adventure. Your cost includes refreshments. Held at 1400 Lake Dr.

6/22	Sa	7-8:30p	\$15
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⇒ Broadway Rose - "The Spitfire Grill"

Portland is where it's at for this one. Based on the 1996 film, "The Spitfire Grill" is a touching and inspirational musical tale brimming with beautiful folk melodies. Percy, a spirited parolee, follows her dreams to the small town of Gilead, hoping to create a new life for herself. She takes a job working at the Spitfire Grill, which has long been up for sale with no takers. Percy convinces its owner, Hannah, to raffle it off with a letter-writing contest, and the entire town is changed as a result in this story of perseverance, grace, and friendship. After the theater performance, we'll stop for a nice dinner at Lake Oswego Grill. Your cost includes: transportation, theater and dinner.

6/23 Su 10:45a-8p \$105

⇒ Hopscotch Portland

Have you heard about this? Sounds so fun! Come with us to Portland where we will enjoy the unique, immersive art experiences at Hopscotch. 23,000 sq. ft. gallery that features 14 distinctive immersive and interactive installations from over 50 local, national, and international artists. It will invoke a sense of joy and wonder! Your cost includes: transportation, admission and lunch at a local Portland hotspot.

6/30 Su 10a-6p \$79

⇒ Seven Wonders of the Gorge

Experience some of the most majestic views of the lower Columbia River Gorge visible by water. Travel under several famous bridges on your journey from Portland to Multnomah Falls while exploring unique views of the Willamette River and the mighty Columbia River aboard the Explorer Jetboat. Sights include Cape Horn, Multnomah Falls, Crown Point, Rooster Rock, Beacon Rock, Mount Hood and, of course, the Columbia River! A live tour guide will provide narration of the sights. This explorer cruise is an adventure-style experience traveling at speeds up to 45 miles per hour. The boat can be loud, so noise-canceling headphones or complimentary ear plugs will be available. The boat is not wheelchair/walker accessible. Your cost includes: transportation, excursion, snacks and drinks. Feel free to bring your own lunch/dinner. We will not be including lunch or dinner so we can keep the cost low.

7/7 Su 11:30a-8p \$125

Melrose Vineyard Crab Feed with Live Music

We are going to head south to par-take in this annual Dungeness crab event. We'll sit on the terrace with a panorama of the estate grounds and vineyards that is certain to inspire awe. Prepare yourself for a fun-filled evening filled with great food, wine and live music. If you aren't a crab lover, don't worry Sicilian chicken will also be served along with a variety of side dishes that will be sure to make you a happy camper. Music by Second Chance Band. Your cost includes: transportation, dinner and entertainment.

7/14 W 4-9p \$105

Jazz Supper Club

Have you been to Jazzy Ladies yet? Tonight, you are in for a treat! The Jazz Ambassadors will set the stage for a great jazz-fueled evening, playing popular jazz tunes along with crowd-pleasing jazz versions of a broad range of familiar classics. We'll enjoy listening to them perform while we eat a delicious meal made from scratch that will have your taste buds singing along. Your cost includes: transportation, dinner and jazz.

7/18 Th 4:45-8p \$49

⇒ 'Beautiful' - The Carole King Musical

Heading to Portland today to see 'Beautiful'. It's an inspiring true story of legendary musician Carole King and her journey from teenage songwriter to the Rock & Roll Hall of Fame. This amazing saga features such unforgettable classics as "You've Got A Friend," "One Fine Day," "So Far Away," "Take Good Care Of My Baby," "Up On The Roof," "Will You Love Me Tomorrow," and "Natural Woman." This musical will be filled with the songs you remember and a story you'll never forget. We'll stop and have a delicious dinner on the way home. Your cost includes: transportation, show and dinner.

7/21 Su 10:45a-8p \$105

Historic Homes Tour

This tour features several historic homes in various states of restoration in our neighboring city of Albany. We'll make our way through as many homes as we can. Homeowners and Hosts/Hostesses will be available to answer questions about restoration efforts, historic house maintenance and why they chose Albany as home. Time providing, we will visit other notable historic buildings such as the Whitespires Church, Albany Regional Museum and the Monteith House Museum. We'll enjoy a delicious lunch at a nearby, local restaurant. Your cost includes: transportation, admission and lunch.

7/27 Sa 10:30a-4p \$65

Rafting the McKenzie

Come enjoy a half-day McKenzie River rafting trip! The trip covers 10 miles and is a great way to see things that aren't accessible unless you are on the river. Flora, fauna, rapids, cool water, rapids... what's not to love? If you like a thrill then this one is for you! More information will be provided to participants as the trip gets closer. Your cost includes: transportation, expert guided rafting and a tasty fried chicken lunch.

8/8 Th 8:30a-3:30p \$125



55+ Activities

Grub Club @ Forrester's

Forrester's Bar & Grill was opened in 2021. Let's support this local restaurant that has been recommended to us. They offer a wide variety of quality food items that we will get to enjoy; delicious burgers, juicy steaks, fresh chopped salads, homemade pasta's and more. Most of their food is cooked from scratch so get ready to enjoy. Your cost includes: transportation and lunch.

8/14 W 11:30a-2:30p \$30

Albany NW Art & Air Festival ~ Night Glo

This was a hit last year, so we are heading back to relish and enjoy this amazing event. Tonight, we will see a bunch of beautiful, colorful balloons inflated and glowing. What a sight! We'll enjoy music, artist booths and food. Your cost includes: transportation, and snacks. Bring a fold up chair or a blanket. End time is approximate.

8/23 F 2:30-9p \$39

Wine Down Wednesday

Girardet Vineyards & Winery in Roseburg is where we are heading to for a fun day filled with good wine, food and company. Come taste and tour 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.

8/28 W 10a-3p \$50

55+ BBQ

It's that time of year. Burgers and hotdogs prepared for you with love by our staff!!! We provide the main course, and you bring the sides. Plan on your side dish feeding 10 people. Following the food, we'll wrap it up with some fun karaoke singalongs. Please register so we know how many people to expect.

9/11 W 4-6p Free Jim Lockard Shelter 1

Shrewsbury Renaissance Faire

Are you ready to step back in time and join us in some mid-evil fun? Jousting knights, singing wandering minstrels as well as troubadours, jongleurs, bards, and dancers... The fair features over 150 stalls with arts and crafts as well as more than 1,000 costumed participants. Your cost includes: transportation and admission.

9/15 Su 9:30a-3:30p \$50

Raptor Center

Today we will enjoy a customized, extended program; it's a 45-minute presentation with three resident raptors and their trainer followed by a self-guided tour of the center. We will stop for a delicious lunch at a local hotspot. Your cost includes: transportation, admission and lunch. **Wear sturdy walking shoes. Must be able to walk comfortably on uneven ground, consider bringing walking poles.**

9/25 W 9:45a-2p \$62

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.**

6/3, 7/1, 8/5 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.**

6/10, 7/8, 8/12, 9/9 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.**

6/17, 7/15, 8/19, 9/16 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.**

6/10, 6/24, 7/8, 7/22, 8/12, 8/19, 9/9, 9/23
2nd & 4th M 6-8p \$3 per day

Memory Tones Choral Group

The focus is on having fun singing old favorites. Experience or ability to read music would be helpful. Newcomers are welcome. Weekly practices and several performances per month. No meeting during the summer. **No get togethers in July.**

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.**

6/4 Tu 8:30a-4:30p
9/18 W 8:30a-4:30p
\$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 a one-meter diving board, kick boards, pull buoys, ADA stairs, 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. One is covered by a canopy skylight, the other uncovered. Together, the spas accommodate 18 guests. The spas are kept between 102-104 degrees and are fully accessible. *

Sauna

The dry-heat sauna, located in a secluded, quiet area, is lined with untreated kiln-dried cedar. The sauna accommodates 8 guests. *

*Effective June 1, 2023 children 15 years old and under will no longer be allowed to use the spa 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. Children 5 years of age and older must use the same-gender dressing room or the family changing room.

Family Changing Room

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

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.

Beginning 7/1 the price will increase to \$25.

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.

Want a massage?

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 in advance to receive a refund.

Hours vary based on therapists' schedule. 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 Summer 2024.

Cost \$70 hr.

Reflexology will begin again in the Fall 2024.



Rentals

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

Facility Rentals

Reservations must be made in person
to sign paperwork.

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
MP Room • \$60/hr.
MP Room and Kitchen • \$85/hr

Alcohol Event: Beer or wine ONLY*
MP Room • \$120/hr.
MP Room and Kitchen • \$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.

POOL/SPA/WADING POOL RENTAL

541-461-7777

Enjoy your very own Splash Bash! River Road Pool is available for private rentals. 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 3:30p and require a two week notice.

Basic Rental Package	\$200/hr. (Includes two lifeguards)
Additional lifeguards	\$35/hr. each
Add a party room	\$50/hr. (set-up and clean-up must be calculated into your rental)
	25 person capacity
Private Wading Pool	\$200/hr. (includes 2 lifeguards / summer only)

Contact Micah Cornelius, 541-461-7777 or micahc@rrpark.org to schedule your Splash Bash!

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.

\$120 (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

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.





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Schedule any service, mention this ad and you will get an amazing deal!

We appreciate our community and you!

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FREE STANDARD INSTALLATION!

River Road Park & Recreation District



S
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R
2024

Youth camp
information on
pages 15-17.



General Information

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Attention!!

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.



We are updating the way we distribute this Program Guide. 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>

Summer 2024

June 17 - Aug. 31

Registration Dates

SWIM LESSONS

Please see page 9 for details.

WATER EX

Re-enrollment	6/5-6		
New enrollment	6/12		
In District	Walk-in 8:30a		Phone-in 10a
Out of District	Walk-in 8:30a		Phone-in 10a

RECREATION CLASSES

Re-enrollment	6/10-14		
New enrollment			
In District	6/17	Walk-in 8:30a	Phone-in 10a
Out of District	6/18	Walk-in 8:30a	Phone-in 10a

DAY TRIPS

In District	6/19	Walk-in 10a	Phone-in 1p
Out of District	6/20	Walk-in 10a	Phone-in 1p

YOUTH PROGRAMS/GYMNASTICS

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

Spring business office hours are M-F, 8a-6p. After hours payments can be made at the aquatics reception desk M-F, until 9p. Please visit or 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 week 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

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

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

Contact Us

Business Office

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

Gymnastics Facility

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

Aquatic/Fitness Facility

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

Admission

SILVER & FIT / RENEW ACTIVE / ACTIVE & FIT ONE PASS FOB

If your insurance company offers Silver & Fit, Renew Active, Active & Fit or One Pass, 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. All pre-registered fitness and water exercise classes will receive a 75% discount off the OD class fee.

Fitness Center Zumba PM Lap swim Latin Gold Fusion Water Jogging Body Shop Sauna and hot tubs Dance Fitness Pickleball Step it Up Individual Water Ex

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.

	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership		12 Mo. Membership
Age	ID	OD	ID	OD	ID	OD	ID	OD	ID
Under 2	Free	Free							
2-17	\$2	\$3	\$18	\$27	\$24	\$36	\$65	\$98	\$234
18-54	\$4	\$5	\$36	\$45	\$48	\$60	\$130	\$162	\$468
55+	\$3	\$4	\$27	\$36	\$36	\$48	\$100	\$140	\$351
Family	\$10	\$12	n/a	n/a	\$96	\$120	\$260	\$324	\$936
Shower	\$2	\$2							

LAND FITNESS FOB MEMBERSHIP

If you're paying for a fob pass or membership, you can also enjoy a variety of classes and enjoy the park amenities (listed above) 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.

	Drop in		10 Visit Pass		1 Mo. Membership		3 Mo. Membership	
Age	ID	OD	ID	OD	ID	OD	ID	OD
18-54	\$6	\$6	\$36	\$45	\$48	\$60	\$130	\$162
55+	\$6	\$6	\$27	\$36	\$36	\$48	\$100	\$140

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

River Road Park District presents:

School's Out Carnival


Friday, June 14
2-5p

\$5 bracelet / ages 3-11

1400 Lake Dr.

Let's celebrate, it's summer!
Carnival games, prizes, food and fun for the whole family.
Beat the lines, beginning on June 1st you can pre-order your bracelet.

Free hotdogs, chips and lemonade.



New Hikes Near Eugene by William L. Sullivan

River Road Park proudly presents author and hiking guru, William L. Sullivan, as he takes us on a slide show tour of new and changed trails he discovered near Eugene while updating his *100 Hikes* guidebooks for Oregon. Your cost includes: presentation and refreshments.

6/22 Sa 7-8:30p \$15

Holiday Bazaar Info

Registration for the Holiday Bazaar begins on Tuesday, 9/3 at 10am.

Trip Presentations

Are you ready? Let's go! Come with us on an upcoming, unforgettable trip! It's easy and fun. Get the details at the trip presentations.

Portugal & its Islands

6/20 Th 1-2p

Spectacular Scandinavia

6/20 Th 2-3p

London & Paris

Coming soon!!

Live Music

EVERY THURSDAY AT
EMERALD PARK
1400 LAKE DR.
JIM LOCKARD SHELTER

JUNE 27-
AUGUST 22

FOOD TRUCKS 5:30P
MUSIC 6:30-8P

NO MUSIC JULY 4

Bad Indians

by Deborah Miranda

River Road Park proudly presents the author of *Bad Indians*, Deborah Miranda. She will share with us what a hybrid memoir is, and how she came to write the book in that form rather than a straight narrative. The operating principles of the book are decolonization and survivance—both key concepts for all U.S. writers as we reckon with history and loss in these pandemic times. Your cost includes: presentation and refreshments.

8/10 Sa 6:30-8p \$10 Pre-sale
\$15 at the door

PRESENTED TO YOU BY:



Satin Love Orchestra

SUNDAY, 7/28 4-7P

EMERALD PARK 1400 LAKE DR.

Limited parking!

Carpool, walk or bike!
Parking at Trinity Church, Head Start parking lot and Howard Elementary.



THIS SUMMER CONCERT IS PRESENTED TO YOU BY:
RIVER ROAD PARK & RECREATION DISTRICT

Sugar Beets

MONDAY, 9/2 4-7P

EMERALD PARK 1400 LAKE DR.



Support Gymnastics NW and the River Road Swim Team by visiting concessions!

Fitness Center/Aquatics Info

Pool Reception Hours

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

Pool | Fitness | Spa Closures

5/27 M Memorial Day
6/15 Sa All Staff Summer Training
7/4 Th Independence Day Holiday
9/4 M Labor Day

Fitness Center & Pool Fees

	Single Entry		10 Visit Pass		1 Mo. Membership		3 Mo. Membership		12 Mo. Membership
Age	ID	OD	ID	OD	ID	OD	ID	OD	ID
Under 2	Free	Free							
2-17	\$2	\$3	\$18	\$27	\$24	\$36	\$65	\$98	\$234
18-54	\$4	\$5	\$36	\$45	\$48	\$60	\$130	\$162	\$468
55+	\$3	\$4	\$27	\$36	\$36	\$48	\$100	\$140	\$351
Family	\$10	\$12	n/a	n/a	\$96	\$120	\$260	\$324	\$936
Shower	\$2	\$2							

1. Fees and passes include use of the fitness center, pool (when available), spa & sauna.
2. Please check in with the pool receptionist and scan your fob before entering the facility.
3. Pool is not always available during fitness center hours. Please refer to the pool schedule.

Facility Use

- Swimmers must supply their own suit and towel.
- Street shoes are not permitted on pool deck.
- Aqua-sock type footwear is permitted when clean and worn only inside pool and dressing room.
- Shower thoroughly before entering pool/spa/sauna.
- Coast Guard approved life jackets are only permitted under direct parental supervision.
- Floatation devices such as water wings, rings, buoyancy swimsuits, and inflatable toys are not permitted.
- No glass containers allowed in any aquatic facility.
- No Food or Drink, other than water, allowed within the pools/spa/sauna areas/fitness center.
- Individuals under the influence of alcohol and/or drugs, and those with disrespectful behavior will not be permitted to use the facility.
- We encourage a friendly environment. Profanity, vulgar remarks or disrespectful comments will result in the expulsion from the facility. Bullying will not be tolerated.
- All guests must exit the building within 15 minutes of the last pool program.
- Adults must accompany, in the water, any non-swimmer under 46". Guardians are not allowed to take non-swimmers into the deep water.
- Any guest who has experienced diarrhea within the last two weeks will NOT be permitted to use the pools.
- All persons who are NOT toilet trained must wear a swim diaper.
- Guests are expected to wear an appropriate swimsuit, or clean shorts (no "cut-offs") with an appropriately sized t-shirt.
- All wading pool guests must check in at the entry gate to the wading pool area.
- All children must be accompanied into the wading pool area by a responsible adult, 18 years or older, who ALWAYS remains inside fenced area. LIMIT four children per adult.
- The wading pool is designated for smaller, young children - those under 46 inches tall.

Aquatics

541-461-7777 • www.rrpark.org

Micah Cornelius | MicahC@rrpark.org

June 17 - August 23

KAYAKING DAY TRIP

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.

Registration deadline is the Wednesday before each trip. Return times are estimates. Your cost includes: kayak and paddle rental, PFD (personal flotation device), and transportation. Please bring snacks, water, sunglasses/hat, towel, change of dry clothes and sunscreen. We recommend eating an early lunch before you arrive at 1400 Lake Drive for departure. Please plan on arriving 10-15 minutes early.

Fern Ridge	7/20	Sa	11:30a-4p	\$135
Fall Creek	8/24	Sa	11:30a-4p	\$135
Cleawox Lake	9/8	Su	9a-4p	\$185

FAMILY SWIM

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	6-7:30p
Sa	9-10a

RECREATION SWIM

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.

M-Sa	1:30-3p (Note: Rec swim (M-F) may start/end early based on summer camp schedule)
F	7:30-9p

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.

LAP SWIMS

Lap swimming is available to individuals 16 years of age or older. Students 11-15 years of age **MUST** be 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. Please follow circle-swim etiquette during times lanes have more than 2 swimmers.

M-Th	5-8:10a	11:45a-1:15p	8-9p
F	5-8:10a	11:45a-1:15p	
Sa	6-9a	12-1:30p	

INDIVIDUAL WATER EX

Individuals 16 years of age or older, and students 11-15 years of age **MUST** be accompanied in the water. At least 2 lanes (M-Sa) 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	11:45a-1:15p	8-9p
F	5-8a	11:45a-1:15p	
Sa	6-9a	12-1:30p	

Water Exercise

Session 1 6/17 - 6/28 2 wks.
 Session 2 7/1 - 7/26 4 wks. *
 Session 3 7/29 - 8/23 4 wks.

*NOTE: No classes Thursday, July 4th in observance of Independence Day (classes are pro-rated).

Registration Information

All participants interested in attending scheduled water fitness classes must be enrolled in a class first.

Re-Enrollment; 6/5-6 ONLY for those currently enrolled. Registration will be in the main office between 8a-5p.

New Enrollment 6/12 for new participants. Registration will be at the main office between 8a-5p.

30 Min. Water Ex Class				
	Adult		Senior	
	ID	OD	ID	OD
MF	\$22	\$27	\$19	\$24
TuTh	\$22	\$27	\$19	\$24

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

Class Information

- We do NOT offer individual physical therapy or recovery sessions, we only offer community-based general water fitness. We do offer a free orientation to anyone not familiar with either shallow or deep water exercise moves. Specific to deep water classes, we ask that you purchase your own equipment once you are ready to register and/or have completed our free orientation.

- 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 see refund policy on page 2.

CLASSES

Introductory Water Ex Class

This class for anyone beginning water exercises.

Class provides 30 minutes of walking in the water depth of 3.5 to 5 feet, working on balances, gaining strength, and increasing circulation while traveling in different directions in walking patterns forward, backward and side to side.

MW 11:15-11:45a
 TuTh 11:15-11:45a

Aqua Basics: Shallow Water

Designed for semi-active adults, a "return to basics" exercise routine, in water depth of 3.5 to 5 feet. Beginning aerobic conditioning will build joint range of motion, overall body core (abdominal and lower back) strength, and muscle endurance, along with balance and flexibility.

MWF 10:30-11:15a
 TuTh 10:30-11:15a

Aqua Basics: Deep Water Exercise

Designed for semi-active adults, who are comfortable in water depths of 5 to 12 feet. Aerobic conditioning will build endurance, exercises will build joint range of motion, overall body core (abdominal and lower back) strength, and muscle endurance, along with balance and flexibility.

MWF 11:00a-11:45a
 TuTh 11:00a-11:45a

Seniors: Deep Water

Moderate to active aerobic conditioning level. Designed for semi-active and/or older adults, that includes a 10-15 minute aerobic fitness segment, in water depth of 5 feet to 12 feet. Exercises will also focus on enhancing flexibility, range of motion, muscle strength and toning.

MWF 9:05-9:50a | 9:55-10:40a
 TuTh 9:05-9:50a | 9:55-10:40a

Seniors: Shallow Water

Moderate to active aerobic conditioning level. Designed for semi-active and/or older adults, that includes a 10-15 minute aerobic fitness segment, in water depth of 3.5 to 5 feet. Exercises will also focus balance, flexibility, range of motion, muscle strength and toning.

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

Water Aerobics: Deep Water

Active aerobic conditioning level. Designed for active adults, includes a 15-18 minute aerobic fitness segment, in water depths of 5 feet to 12 feet. Exercises will also focus on enhancing flexibility, range of motion, muscle strength and toning.

MWF 6-6:45a | 6:50-7:35a | 8:15-9a
 MW 6:30-7:15p
 TuTh 8:15-9a
 TuTh 6:30-7:15p

Youth Aquatics

541-461-7777 • www.rrpark.org

Margaret McKenney | MargeretM@rrpark.org

LEARN TO SWIM

Program Information

The limited class offerings and costs are identified below, and will be offered as 2-week sessions, Monday through Thursday weeknight format.

Exact class offerings will be posted at QR below mid-May.

Session Dates and Fees

Lesson Sessions (Evenings) 2 weeks/8 classes

Session 1	6/17 – 6/27	M-Th	\$40 ID/\$52 OD
Session 2	7/1 – 7/11	M-Th	\$35 ID/\$45.50 OD*
Session 3	7/15-7/25	M-Th	\$40 ID/\$52 OD
Session 4	7/29 – 8/8	M-Th	\$40 ID/\$52 OD
Session 5	8/12 – 8/22	M-Th	\$40 ID/\$52 OD

*NOTE: No classes Thursday July 4th in observance of Independence Day (classes are pro-rated).

Registration Information

In-District Residents

MAIN OFFICE walk-in registration begins at 12:30p.
Phone-in registration begins at 1:30p. 541-688-4052.

Out-of-District Residents

MAIN OFFICE walk-in registration begins at 2:30p.
Phone-in registration begins at 3:30p. 541-688-4052.

Session 1	6/7	F
Session 2	6/28	F
Session 3	7/12	F
Session 4	7/26	F
Session 5	8/9	F



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

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 free-style 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 541-461-7777 or LeiaM@rrpark.org to schedule tryouts.

Swimmers of all abilities will compete against others of their own age/gender. Swimmers are required to be registered with Oregon and USA Swimming. For more information visit our website, <http://www.gomotionapp.com/team/riverroadst/page/home>

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 \$50 monthly

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 4-6p \$60 monthly

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. Teamwork is also a major part of the Senior Group. All swimmers registering for this group MUST be registered with USA Swimming. This will be included in the registration process.

M-F 4-6p \$75 monthly

**Support River Road Swim Team by buying a cool drink
at the Satin Love concert on July 28th!**



Wading Pool Splash Bash!

Open to the general public 6/19-8/23

Monday-Friday

1-2p 2:15-3:15p 3:30-4:30p

\$3 ID \$4 OD per person

Children must be under 46 inches tall.

Rent our wading pool for your own private party!

Available for private rental on Saturdays

June 22- August 24

1-2p 2:15-3:15p 3:30-4:30p

\$200/hr.

To reserve, please contact Micah at

541-461-7777 ext. 230

Micahc@rrpark.org



River Road

*Park and Recreation District
1400 Lake Drive, Eugene, OR 97404*

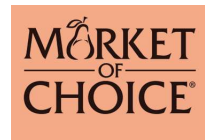
Want to place an ad? Call us to get the scoop!

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Gymnastics

Holiday Closures

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

Gymnastics Center Office

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

Weekdays: Closed from 12-1p
M-Th: 10a-6p
Friday: 10a-5p
Saturday: 8:30a-12:30p

**Come support us by
buying a meal at the
Satin Love concert on
July 28th!**

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

Super Summer Gymnastics Camp

Ages 6-12. Open to children of all skill levels, these camps promise a full range of exposure to gymnastics and serious FUN. Skills will be taught on all gymnastics apparatus under the supervision of our coaching staff. Parents and friends are treated to a week-ending performance featuring all campers. Please wear comfortable exercise clothing.

Session 1	6/17-21
Session 2	7/15-19
Session 3	8/12-16
M-F	9a-1p \$135 ID/\$150 OD per session

Private Lessons

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

\$45 - 1 hour \$35 - 3/4 hour - \$25 - 1/2 hour



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.

\$120 (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

***ALL CLASSES WITH AN ASTERISK REQUIRE COACHES CONSENT PRIOR TO SIGNING UP.**

Fees are paid monthly.

Mini Mites (Parent & Child) \$33 ID/\$38 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 \$50 ID/\$56 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 \$50 ID/\$56 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 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 \$54 ID/\$60 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 4:30-5:30p
Sa 12-1p

Hot Shots* \$80 ID/\$89 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

Boys: Gymninja \$54 ID/ \$60 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.

Tu 3:45-4:45p
W *6:15-7:30p \$63 ID/\$70 OD
Th 3:45-4:45p
Sa 9:45-10:45a | 11a-12p

Girls: Level 1 \$54 ID/\$60 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 2:30-3:30p | 3:45-4:45p
Sa 9:45-10:45a | 11-12p

Girls: Level 2 \$63 ID/\$70 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 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 \$100 ID/\$112 OD
TuTh B 3:30-5:30p \$115 ID/\$128 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 \$189 ID/\$210 OD
Level 7-10 \$260 ID/\$288 OD

Power Tumbling \$63 ID/\$70 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



River Road Park District presents:

School's Out Carnival

**Friday, June 14
2-5p**

\$5 bracelet / ages 3-11

Let's celebrate, it's summer!

**Carnival games, prizes, food and
fun for the whole family.**

**Beat the lines, beginning on June 1st you can
pre-order your bracelet.**

**Free hotdogs, chips
and lemonade.**



Youth Summer Camps

Sports Camps

Summer Sports of all Sorts

Grades 3-5. Healthy Moves trainers will teach campers fundamental sport skills and techniques, through games, drills, and other fun activities. Four days a week, Monday, Tuesday, Wednesday, and Thursday. Meet at shelter 2.

Week 1	6/17-20	M-Th	Sport Conditioning	9a-12p
Week 2	6/24-27	M-Th	Basketball	9a-12p
Week 3	7/8-11	M-Th	Football	9a-12p
Week 4	7/15-18	M-Th	Softball/Baseball	9a-12p
Week 5	7/22-25	M-Th	Soccer	9a-12p
Week 6	7/29-8/1	M-Th	Volleyball	9a-12p
Week 7	8/5-8	M-Th	Tumbling	9a-12p

Each week of camp is \$140 ID/\$150 OD.



Lego Camps

Minecraft Engineering using LEGO® Materials

Ages 5-7. Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

6/24-28 M-F 2-5p \$160 ID/\$170 OD

Pokémon Engineering using LEGO® Materials

Ages 5-7. Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!

7/8-12 M-F 2-5p \$160 ID/\$170 OD

Pokémon Master Engineering using LEGO® Materials

Ages 7-12. LEGO® Master, I choose you!! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top!

7/22-26 M-F 2-5p \$160 ID/\$170 OD

Bash'em Bots using LEGO® Materials

Ages 7-12. Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

8/5-9 M-F 2-5p \$160 ID/\$170 OD

Animal Adventures with LEGO® Materials

Ages 5-7. Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

8/19-23 M-F 2-5p \$160 ID/\$170 OD

Piano or Drum Lessons

All ages: Kids and adults, all levels. Individual 30-minute piano lessons with Georges Bouhey. Georges is a full-time professional musician practicing, creating, performing, and teaching in Eugene, Oregon. Georges is known throughout the region as a band leader, an ace sideman (drums or keyboards) and as a compassionate music educator. Georges blends teaching, performing, and learning into fun jam sessions and will usually play along. Lessons are available at his Studio 20 location, River Road Park, or on Zoom. Parents are encouraged to stay and enjoy the music! \$35 per 30 min session, price includes 4 sessions.

Ongoing M-F TBD \$140

Youth Camps

FREE LUNCH (USDA SUMMER FOOD PROGRAM) 18 and under. Lunch is provided and prepared by the federally subsidized USDA Summer Food Program at the park shelter. Start date June 24.

Summer Daze Camps

Ages 4 & 5. Must be entering kindergarten in the fall. Your little ones will have fun in a safe and nurturing environment at River Road Park. We will play games, make crafts, sing songs, and make friends all summer long. Please dress your child appropriately for the weather and bring a sack lunch, drink, swimsuit and towel every day. Fill out a permission slip at time of registration. Instructors: Ceci O'Brien/Laurena Matava.

M-F 9a-1p Weekly: \$160 ID/\$180 OD

Week 1 6/17-21 Artists in Action

We will explore different mediums to create fun and unique art pieces. Express yourself through painting, sculpting, and creating. This is a great opportunity to learn about famous artists throughout history.

Week 2 6/24-28 Fairy Tale Fun

Dive into your imagination through dramatic play. Share in treasure hunts, fairy gardens, and mystical castles. We will walk the plank, swab the deck, and dance with dragons.

Week 3 7/8-12 Animals Around the World

Come along on a safari, trek through the rainforest, or explore the desert to learn more about the creatures of earth. We will learn about different animals, what they eat, their habitats, and what makes them unique.

Week 4 7/15-19 Cooking with Kids

Cooking, baking, and trying out new foods is what this week is all about. We will be making different recipes each day. The children will learn about where our favorite foods come from. Get ready for dessert day on Friday!

Week 5 7/22-26 Mindful Meditations

Learn how to be present in the moment. Working on managing everyday emotions, using mindful activities such as yoga, meditation, movement, stories, games, and even some cloudwatching.

Week 6 7/29-8/2 Sports of all Sorts

Play Ball! Running, jumping, dribbling, and kicking are just some of the things we will be focusing on this week. We will try out different sports, track and field activities, and other outlets that keep us active.

Week 7 8/5-9 Splish Splash

FULL. This week we will explore what it is like deep beneath the ocean waves. Our group will play water games, do science experiments, and learn about the creatures that live in the ocean.

Week 8 8/12-16 Movin' and Groovin'

Get ready to boogie! Join us for a week of movement and music. We will make our own instruments, sing together, and share our dance moves.

Week 9 8/19-23 Superheroes to the Rescue

In this action-packed week we will stop villains, work on our hero poses, and, of course, save the day. We will end the summer with a fun-filled week of justice.

Summer Adventure Camp

Entering grades 1-5. Some groups are full. Please call to see which camps still have availability. Adventure Camps promise you a summer of fun to remember. Each camper will receive a camp T-shirt during their first session of summer. All camps are held at River Road Park. Permission slip and medical release are required at time of registration. Bring a swimsuit and towel each day. Dress appropriately for the weather and activities. Camp groups will be formed by grade levels. Full week only, no daily fee offered. Drop off in the modular building. You may drop off your child as early as 7:30a and pick-up as late as 5:30p. Camp activities begin at 9a.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 1 6/17-6/21 Kidz Gone Wild

Let's kick off summer with a bang! We will play fun camp games, learn camp songs, use our imaginations to create fun nature crafts, and explore our camp space as we celebrate the first week of summer. So, pack your swimsuit, bring your sunscreen, and let's jump into a world of adventures.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 2 6/24-6/28 Culinary Showdown

Want to learn how to make fun new recipes in the kitchen. Campers will get to visit the kitchen where they will learn some fun food recipes from some of our department head staff members. At the end of the week each camper will take home a cookbook that they can share with their families.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 3 7/1-7/3 Stars & Stripes

Join us for camp Monday – Wednesday as we celebrate Independence Day. Campers will create 4th of July themed crafts, enjoy playing fun backyard themed games, and enjoying an afternoon BBQ hot dog for afternoon snack on Wednesday. No Camp July 4th & 5th.

M-W 7:30a-5:30p Weekly: \$115 ID/\$135 OD

Week 4 7/8-7/12 Animal Adventure

Campers will get to have fun playing fun games while learning about animals and why they may do the things they do. Groups will create fun animal themed projects and head up to the Portland Zoo on Thursday. Don't miss out on this wild fun adventure. Please drop off your child at 7:30am. Buses will leave promptly; buses should return by 5pm but please be patient as traffic coming back could be slow.

M-F 7:30a-5:30p Weekly: \$255 ID/\$275 OD

All Summer Daze, Adventure camp and Camp Odyssey weeks will have a spot by paying a \$40 nonrefundable deposit for each camp week, and you have not paid two weeks prior to the start of camp, your child

lunch will be served daily around noon at the park shelter. Food is provided program and served on a first come first serve basis. Menus will be posted at

541-688-4052 • www.rrpark.org

Keenan Hamilton | keenanh@rrpark.org

Week 5 7/15-7/19 X-Marks the Spot

Ahoy there matey! Can you walk the plank, swab the deck, or search for gold? Come join us this week for fun pirate shenanigans. Campers will be sailing seven seas, exploring the oceans, and hunting for pirate treasures.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 6 7/22-7/26 Sports Galore

Soccer, basketball, baseball, volleyball. What's your favorite sport? We will be playing all sorts of sports this week. So, wear your runnin' shoes and come ready to move.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 7 7/29-8/2 Sharks and Minnows

Swim like a fish or float like a duck, this week we will be exploring fun water games, water crafts, and swimming through our afternoon. Let's splash and have a bash this week.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 8 8/5-8/9 Up & Atom

Rubber eggs, erupting volcanoes, invisible ink. This week is all about science and fun experiments. Thursday, Adventure Camp will be heading up to Portland to visit OMSI.

M-F 7:30a-5:30p Weekly: \$235 ID/\$255 OD

Week 9 8/12-8/16 Showstoppers

Dancing and singing, moving and grooving. We will be jumping and twirling through the week, while learning fun camp songs, creating some fun dance moves, and having a melody of delight.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

Week 10 8/19-8/23 Final Countdown

Join us at camp as we count down the last days of summer.

Monday –Mystery Monday: Can you solve the mystery of the missing chicken.

Tuesday – Tropical Tuesday: Wear your favorite tropical outfit and lets have a fun day in the sun.

Wednesday – Wacky Wednesday: Feel free to wear your silliest outfit and craziest hair to camp, and don't forget to bring your white shirt to TYE DYE.

Thursday – Pajama Thursday: Come to camp in your PJ's and enjoy some pancakes, watch a movie, and eat some popcorn.

Friday – Friendship Friday: It's the final day of camp, so let's celebrate all the new friendships we have made this summer.

M-F 7:30a-5:30p Weekly: \$205 ID/\$225 OD

need to be paid for at the time of registration. You can however reserve, with final payment being due 2 weeks before the camp week begins. If will be dropped from the camp.

Camp Odyssey

Entering grades 6-8. Each camper will receive a camp t-shirt during their first session of the summer. All camps are held at River Road Park and Recreation District, 1400 Lake Drive in Eugene. Permission slips, medical release forms, and behavior contracts are require at the time of registration. There is a Google Docs link on your receipt for you to submit permission slip and medical release form information; the behavior contract will be available to sign on the camper's first session. Communication about camp and weekly activities will be sent via email from camp coordinator. Dress appropriately for the weather and activities. All Camp Odyssey weeks will need to be paid for at the time of registration. You can however reserve a spot by paying a \$40 nonrefundable deposit for each camp week, with final payment being due 2 weeks before the camp week begins. If you have not paid two weeks prior to the start of camp, your child will be dropped from the camp.

Week 1 6/24-6/27 Video Games IRL

FULL. Campers will have to use more than their thumbs to play these "video games"! We'll be heading to Defy (Super Mario), Emerald Lanes (Wii Sports), and Diamond Hill Paintball (Fortnite) for a week of fun.

M-Th 9a-4p \$255 ID/\$275 OD

Week 2 7/8-7/11 Paw-sitive Action

This week will be all about animals and improving our community. We will be helping in the Summer Daze camp, as well as getting donations together for local animal shelters, then heading to the Oregon Zoo at the end of the week. Thursday (7/11) will be an elongated day to account for drive time.

M-Th 9a-4p (Thursday 8a-5:30p) \$280 ID/\$300 OD

Week 3 7/22-7/25 Great Outdoors

FULL. Campers will enjoy the outdoor spaces of Oregon in this adventurous week of camp! We will be hiking and exploring local trails and end our week with a rafting trip down the McKenzie River. Thursday (7/25) will be an elongated day to account for drive and raft time.

M-Th 9a-4p (Thursday 8a-5:30p) \$280 ID/\$300 OD

Week 4 8/5-8/8 Oceans and Rivers

This week will be focused on the beaches and oceans of Oregon, heading to the beaches of Newport and Florence, OMSI, and more! This week has elongated hours due to the drive time to the coast.

M-Th 8a-5p \$255ID/\$275OD

Week 5 8/19-8/22 Greatest Heights

FULL. We will be tapping into our sense of adventure with rock climbing and a ropes course, as well as heading to Evergreen Aviation and Space Museum to show us how to soar to our greatest heights!

M-Th 9a-4p \$280 ID/\$300 OD

Youth Programs

541-688-4052 • www.rrpark.org

Keenan Hamilton | keenanh@rrpark.org

SCHOOL YEAR 2024/25 INFO

Registration for Fall 2024-2025 school year.

- There is a non-refundable \$50 annual registration/supply fee for the early learning and ASAP 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 FOR AGES 3-5

Playschool

Age 2. Must be age 2 as of September 1. NO AGE EXCEPTIONS. Give your preschooler the opportunity to interact with children of his/her own age. Our program enhances their physical, social, mental and emotional well-being. Activities include arts, crafts, songs, stories, dramatic play, large muscle play and more. Our program also helps children who will be away from their parents for their first time. Please dress your child in play clothes. Instructor: Geanna Hall.

9/9	MW	9-11a	\$105 ID/\$120 OD/month
9/10	TuTh	9-11a	\$105 ID/\$120 OD/month

Preschool AM

Age 3. Must be age 3 by September 1, 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 put your child on a waiting list.

9/10	TuTh	8:30-11a	\$180 ID/\$200 OD/month
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Prekindergarten

Ages 4-5. Must be age 4 as of September 1, 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.

9/9	MWF	8:30a-12:30p	\$280 ID/\$300 OD/month
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Early Education Open Houses

This is for people interested in the program and for those already signed up. Come meet our incredible Teachers and get all of your questions answered. All early education open houses will take place Tuesday, September 3rd. Playschool open houses will be in our modular building, outside by the basketball court. Preschool and Pre-Kindergarten open houses will be inside our main building in room A/B.

11a-11:30a Playschool MW
 11:30a-12p Playschool TuTh
 11a-11:30a Preschool
 12p-12:30p Pre-Kindergarten

ASAP

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.

Schools serviced:

Howard, River Road/El Camino del Rio, Spring Creek, Yujin Gakuen 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.	

Adult Fitness

541-688-4052 • www.rrpark.org

Brian Breedlove | Brianb@rrpark.org

Holiday Closures

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

FITNESS PASS CLASSES

Fitness Pass

Our Fitness Pass will allow you to participate in our Fitness Pass Classes listed on this page. The passes are good for all Summer term classes listed below. Summer term runs from June 24 through August 30. A current pass is required to attend classes. Please scan in each visit.

Single entry drop-in \$6

10 visit pass	Adult: \$36 ID/\$45 OD	Senior: \$32 ID/\$40 OD
1-month	Adult: \$48 ID/\$60 OD	Senior: \$38 ID/\$48 OD
3-month	Adult: \$130 ID/\$162 OD	Senior: \$100 ID/\$140 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 work out. Instructor: Pamela Howells.

6/25-8/29 TuTh 5:30-6:30p Rm A/B

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.

6/24-8/30 MWF 8:30-9:30a MP

Zumba® PM

Is it dance? Is it fitness? Is it amazing? ZUMBA® is for everyone. Latin inspired routines are easy to follow and downright addictive. ZUMBA® fuses hypnotic Latin rhythms and easy-to-follow moves to create a fitness program that will make you want to work out. Feel the music and let loose! Instructor: Maribel Brigido.

6/24-8/28 MW 5:30-6:30p MP

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.

6/25-8/29 TuTh 6:30-7:15a MP
6/25-8/29 TuTh 5-5:45p MP

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 comfortable shoes. Instructor: Alaina McCullugh.

6/24-8/30 MWF 9:45-10:45a MP/Ball Court

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 staff leader for this program. 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 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*

6/25-8/29 Tu/Th 2-4p MP
6/29-8/31 Sa 9:30a-12p MP
6/29-8/31 Sa 12-2p (75+ ONLY) MP
10 visit pass/scan Adult: \$36 Senior: \$32

Adult Fitness

Holiday Closures

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

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

\$55 per session 3 sessions \$150 5 sessions \$230

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

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 super clean, safe, air-conditioned environment, that includes a big screen and awesome acoustics. All fitness levels are welcome to attend. SPD cleats can be used or hard soled shoes. Bring a towel and a water bottle. Instructor: Candice Kramer.

6/25-8/27 Tu 6-6:45p MP
Adult: \$64 ID/\$80 OD Senior: \$58 ID/\$72 OD

Fit & Flex

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

6/25-8/29 TuTh 12:30-1:30p MP
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 OD

Fit & Balance

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: Michie Kawada, ACE.

6/24-8/28 MW 12:30-1:30p Annex
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 OD

HIIT- High-Intensity Interval Training – Virtual availability

Angela has been in the fitness industry for over fifteen years. She loves helping people attain their fitness goals and have fun doing it. She will be teaching HIIT classes which are high, intensity interval training. HIIT alternates between high intensity movements, which significantly increases the heart rate, followed by short periods of lower intensity movements. This program decreases body fat while increasing strength and endurance. Instructor: Angela Silvers.

6/24-8/28 MW 6:45-8:15p MP
6/25-8/29 TuTh 6:45-8:15p MP
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 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.

6/28-8/30 F 10:45a-12p Rm C
Adult: \$40 ID/\$50 OD Senior: \$36 ID/\$45 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.

6/28-8/30 F 12:15-1:30p Rm C
Adult: \$40 ID/\$50 OD Senior: \$36 ID/\$45 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.

6/24-8/30 MWF 2-3p MP
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 OD

Qigong and Internal Energy Work

Qigong is an ancient system of energy work developed by Taoist masters thousands of years ago. It was mainly used for healing the body and supporting spiritual practices such as meditation. Around 1670, Tai Chi was developed as a martial art using the qigong internal energy technique. Qigong practice uses movement to cultivate internal chi. This class focuses on standing poses and movement sets that are part of the medical qigong system. Mindful standing and movement will help support meditation practice. This is an excellent class for beginners and will lay a good foundation for martial arts (Tai Chi), and a healthier body. Instructor: Sarah McMullen.

6/25-8/29 TuTh 1:30-2:30p Annex
Adult: \$64 ID/\$80 OD Senior: \$57 ID/\$72 OD

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.

6/27-8/29 Th 11a-12p MP
Adult: \$32 ID/\$40 OD Senior: \$29 ID/\$36 OD

Tae Kwon Do

Ages 10+. 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 RRPD Annex, 1055 River Road.

Ongoing WF 5:30-6:30p Youth/Adult: Beginning \$43/month
Ongoing WF 6:30-7:30p Youth/Adult: Inter. \$43/month

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

YOGA / PILATES / MEDITATION**Beginning Yoga - Virtual availability**

Class is slower paced and focused on finding the correct alignment for foundational and challenging poses. Come to learn and relax. You don't need to be able to touch your toes; you just must be willing to try. Instructor: Bex Oransky.

6/25-8/29 TuTh 10:45-11:45a Annex
Adult: \$64 ID/\$80 OD Senior: \$58 ID/\$72 OD

Beginning Yoga 2 - Virtual availability

Whether you're a newcomer to yoga or seeking to refine your practice, Beginning Yoga 2 offers a supportive and inclusive environment for growth and exploration. Come join us as we continue to journey towards a healthier, more balanced life through the transformative power of yoga. Instructor: Bex Oransky.

6/24-8/28 MW 11:30-12:30p Annex
Adult: \$64 ID/\$80 OD Senior: \$58 ID/\$72 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. Please bring your own yoga mat. Instructor: Bex Oransky.

6/25-8/29 TuTh 9:30-10:30a Annex
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 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.

Instructor: Bex Oransky.

6/24-8/28 MW 10:15-11:15a Annex
Adult: \$80 ID/\$100 OD Senior: \$72 ID/\$90 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. Some exercises are infused with optional tools such as light weights, yoga blocks and exercise balls to enhance the benefits and make it a fun, interesting and motivational experience for participants. Instructor: Jennifer Halse.

6/24-8/30 MWF 11a-12p MP
Adult: \$92 ID/\$115 OD Senior: \$83 ID/\$104 OD

Yoga for Optimal Health (formerly Core Yoga for Seniors) - Virtual availability

Did you know that your body has its own intelligence? 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. Bring a yoga mat. Instructors: Kate Cleary and Candice Kramer.

6/24-8/30 MWF 8:30-9:45a Annex
Adult: \$120 ID/\$150 OD Senior: \$108 ID/\$135 OD

Sunset Yoga at the Park

Join us for a hatha yoga class in the beautiful outdoors! Breathe and connect with nature through gentle movement. Feel the air on your body and your mood lift as the sun dips. No yoga experience is necessary. Bring a yoga mat or beach towel. Consider insect repellent. Full session or drop in (\$6) Instructor: Varies

6/26-8/28 W 7-8p Meet at shelter 2
Adult: \$40 ID/\$50 OD Senior: \$36 ID/\$45 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.

6/24-8/30 MWF 8:30-9:45a
Adult: \$92 ID/\$115 OD Senior: \$83 ID/\$104 OD

Adult Fitness

Holiday Closures

5/27	M	Memorial Day
7/4	Th	Independence Day
9/2	M	Labor Day

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.

6/25-8/29	TuTh	4:15-5:30p	Annex
6/25-8/29	TuTh	6-7:15p	Annex
Adult: \$92 ID/\$115 OD		Senior: \$83 ID/\$103 OD	

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

Yoga for the Core – Virtual availability

“You are only as young as your spine is flexible.” A yoga class focused on building flexibility and strength in the spine and the muscles that support and stabilize it. We’ll work with techniques for breath and balance that help ensure healthy function, now and into the future. All fitness levels welcome, though you must be able to get up and down from the floor easily. Bring a yoga mat. Instructor: Candice Kramer.

6/28-8/30	F	10-11a	Annex
Adult: \$40 ID/\$50 OD		Senior: \$36 ID/\$45 OD	

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.

7/1-8/28	MW	4:15-5:15p	Annex
Adult: \$80 ID/\$100 OD		Senior: \$72 ID/\$90 OD	

Pilates for Mature Adults - Virtual availability

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

6/24-8/28	MW	9:30-10:30a	Rm C
Adult: \$80 ID/\$100 OD		Senior: \$72 ID/\$90 OD	
6/28-8/30	F	9:30-10:30a	Rm C
Adult: \$40 ID/\$50 OD		Senior: \$36 ID/\$45 OD	

Pilates-Yoga Fusion - Virtual availability

Get the best of both worlds! This Mind-Body class infuses elements of both Pilates and Yoga to give you a balanced whole-body workout. Improve core and pelvic floor strength, posture, stability, stamina, and joint 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. Bring a Yoga/Pilates mat to class. Instructor: Jennifer Halse.

What to bring to class: Thick Yoga/Pilates mat, towel, water.

Optional items: Yoga block, Yoga strap or flexible resistance band.

6/25-8/29	TuTh	9:30-10:30a	MP
Adult: \$80 ID/\$100 OD		Senior: \$72 ID/\$90 OD	

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 (\$50 for complete supplies: sumi ink, brush, shuen paper and mat). Instructor: Teresa Logan Hsu.

7/3-8/28	W	3:15-5:15p	Rm C
Adult: \$88 ID/\$110 OD		Senior: \$79 ID/\$99 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.

7/3-8/28	W	12-3p	Rm C
Adult: \$88 ID/\$110 OD		Senior: \$79 ID/\$99 OD	



Adult Programs

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APPLIED ARTS

Mosaics (Intermediate)

In mosaics, design pictures on everything from flowerpots to designer stepping stones. 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.

7/2-8/27	Tu	1-3p	Kitchen
Adult: \$40 ID/\$50 OD		Senior: \$36 ID/\$45 OD	
7/11-8/29	Th	1-3p	Kitchen
Adult: \$36 ID/\$45 OD		Senior: \$32 ID/\$40 OD	

DANCE

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.

6/27-8/29	Th	6-7p	Beginning	Rm C
Adult: \$67 ID/\$85 OD		Senior: \$61 ID/\$78 OD		
Drop in \$6				
6/27-8/29	Th	7:15-8:15p	Intermediate	Rm C
Adult: \$67 ID/\$85 OD		Senior: \$61 ID/\$78 OD		
Drop in \$6				

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.

6/30-9/1	Su	3-4p	Beginning - Fundamentals
	Su	4-5p	Level II
	Su	5-7p	Tango social fun time

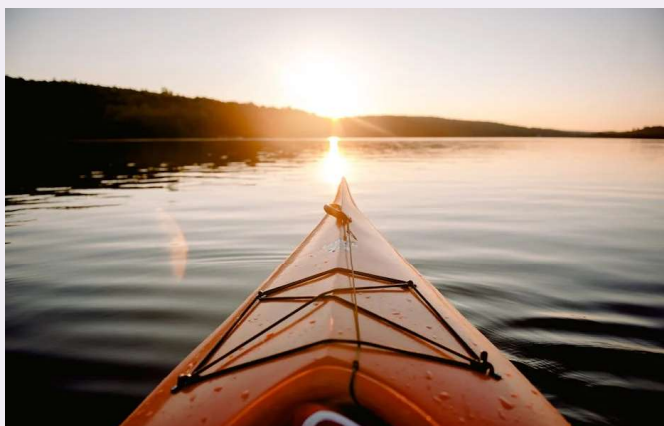
\$55 a month
\$10 additional each Sunday for social time
\$15 per class drop-in

GENERAL INTEREST

Voice Overs...Now is Your Time – Virtual Only

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can 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. Zoom link will be provided 72 hours prior to class. Instructor: Lisa Foster.

7/16	M	6-8p	Zoom
8/20	M	6-8p	Zoom
Session: \$36 ID/\$45 OD			



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.

Registration deadline is the Wednesday before each trip. Return times are estimates. Your cost includes: kayak and paddle rental, PFD (personal flotation device), and transportation. Please bring snacks, water, sunglasses/hat, towel, change of dry clothes and sunscreen. We recommend eating an early lunch before you arrive at 1400 Lake Drive for departure. Please plan on arriving 10-15 minutes early.

Fern Ridge	7/20	Sa	11:30a-4p	\$135
Fall Creek	8/24	Sa	11:30a-4p	\$135
Cleawox Lake	9/8	Su	9a-4p	\$185

Adult Programs

URBAN HOMESTEADING

W 7-9p
Cost per class: \$24 ID/\$30 OD
Instructor: Kevin Prier
All classes meet at 1400 Lake Dr. unless otherwise noted.

7/3 - Balms and Salves

Learn to make a variety of skin creams, lip balms, herbal salves and tinctures for gifts or a treat for yourself. Take home some lip balm and herbal skin cream.

7/10 - Soap Making

Learn the basics of making bar soap from scratch. We will discuss the chemistry of saponification, properties of different base oils and local sources, and fragrance oils and other additives while we make a batch of soap. You will also learn how to make liquid soap and two forms of laundry soap. Take home a share of the soap we produce.

7/17 - Ginger Treats

Ginger can be used for a number of sweet or savory treats. Come cook up a batch of candied ginger, ginger syrup, ginger sugar, and pickled ginger for sushi. These all make great gifts and you can take home a share of what we make.

7/24 - Seed Saving

Learn a variety of techniques for saving heirloom vegetable seeds for planting next year, including ideal harvest times, collection techniques, preparation/drying, and proper storage.

8/3 - Edible Landscaping and Foraging

Don't just pull those weeds – eat them! Find out what native “weeds” are edible and how to prepare them. You'll be surprised at how much food you've been pulling up and throwing in the yard waste. Learn about common wild foraging plants – berries, flowers, greens, roots, and common mushrooms – and their habitats. (Saturday, 2-4pm, at instructor's house)

8/7 - 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.

8/14 - Cheese Making

We will make a fresh hard cheese to go with our picnic 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. Learn where to switch up your process to end up with cream cheese, cottage cheese, and a number of hard and soft cheese variations. We will also go over how to make yogurt and ricotta.

8/21 - 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. Bring a clean wide-mouth pint jar with lid or \$1 to purchase from instructor.

8/28 - 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.

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.

7/3-8/28 W 4-6p Kitchen
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 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.

7/3-8/26 M 3-5p Kitchen
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 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.

6/28-8/30 F 2:30-5p Annex
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 OD

Spanish 2

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

6/28-8/30 F 12-2:30p Annex
Adult: \$88 ID/\$110 OD Senior: \$79 ID/\$99 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.

6/27-8/29 Th 10a-12p Rm C \$5

Adult Travel

Special Speaking Engagements

New Hikes near Eugene by William L. Sullivan

River Road Park proudly presents author and hiking guru William L. Sullivan as he takes us on a slide show tour of new and changed trails he discovered near Eugene while updating his *100 Hikes* guidebooks for Oregon. We'll visit a viewpoint in the Thurston Hills above Springfield, a weird water tower atop Eugene's Wild Iris Ridge, and a restored trail to a fire lookout that didn't burn in the recent Fall Creek fire. We'll also see how the Eugene Parks Foundation is working to fill gaps in the Ridgeline Trail in the hopes of completing a 40-mile loop around Eugene. As always, Sullivan spices his talk with anecdotes about history, wildflowers, and geology along the way. Sullivan is the author of 23 books about history, mystery, and adventure. Among his latest are *Exploring Oregon's History* and *The Ship in the Woods*, a historical novel about the Swedish Vikings in Russia. His journal of a 1000-mile hike across Oregon, *Listening for Coyote*, was chosen by the Oregon Cultural Heritage Commission as one of Oregon's 100 most significant books. Your cost includes refreshments. Held at 1400 Lake Dr.

6/22 Sa 7-8:30p \$15

Bad Indians by Deborah Miranda

Today, we are lucky to have author of *Bad Indians*, Deborah Miranda. Come learn about California Indian history, past and present. She will share with us what a hybrid memoir is, and how she came to write the book in that form rather than a straight narrative. The operating principles of the book are decolonization and survivance—both key concepts for all U.S. writers as we reckon with history and loss in these pandemic times. The book's organizational principle is collage—a literary strategy that has gained greater resonance with this decade's experiences of isolation and fragmentation. She is a local and we are lucky to be able to have her come here to educate our community. You can order her book at Heyday Books. Bring it with you and she will sign them following her presentation. Your cost includes refreshments. Held at 1400 Lake Dr.

8/10 Sa 6:30-8p \$10 Pre-sale
\$15 At the door



Madeira Island

TRIP PRESENTATIONS

Portugal & It's Islands

6/20 Th 1-2p

Spectacular Scandinavia

6/20 Th 2-3p

London & Paris

Coming soon!

DOC PARTIES

Croatia

6/20 Th 3-4p

Roaming Coastal Maine

9/12 Th 3-4p

EXTENDED TRAVEL

Croatia & It's Islands - Small Ship Cruising on the Adriatic Coast July 2-13, 2024

Call Kat to see about space.

Roaming Coastal Maine

September 29 - October 05, 2024

We have had space open up. Call Kat if you're interested. Are you ready for another fun adventure? Buckle up buttercup, here we go! Highlights include: Portland, Maine, Acadia National Park. Lobster Trap pull demo, wine tasting, Camden, Freeport, Botanical Gardens, Boothbay and more. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 7 fun filled days and 9 meals. Insurance is available for \$349 per person.

Trip#1 <https://gateway.gocollette.com/link/1163449>

This trip has a level 2 rating.

Double: \$4249 Single: \$5449

Adult Travel

MORE EXTENDED TRAVEL

Magical Christmas Markets Dec. 3-11, 2024

This trip is full. Call Kat to be put on a waitlist. Magical is the key word here! This is going to be a special one. We will enjoy the unique charms of Austria and Germany and the incredible Christkindlesmarket (Christmas market)! Our tour begins in Innsbruck, capital of the Alps where we will spend the next six nights nestled in the heart of the mountains. From here we will take a carriage ride, go to Salzburg, St. Peter's restaurant, Oberammergau, Munich, and of course, visit all the Christmas markets. We have added a day on to this trip so that we can get settled in and comfortable before beginning our adventure. We will be staying in one hotel so we can move in and make it home. We will get to go to a multitude of Christmas markets and see first hand how truly magical it is. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 9 fun filled days and 11 meals. Insurance is available for \$449 per person. <http://gateway.gocollette.com/link/1163000>

This trip has a level 2 rating.

Double: \$3,779 Single: \$4,319 Triple: \$3,716

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

Are you ready to experience the amazing beauty of Portugal and it's islands? This trip has it all! Some of the highlights include: Lisbon • Belem • Sintra • Fado Dinner Show • St. Michael Island, Azores • Ponta Delgada • Choice on Tour • Terra Nostra National Park • Sete Cidades • Madeira Island • Espetada Dinner • Folkloric Show • Porto Moniz. Your cost includes: round trip air out of Eugene, taxes and fees/surcharges, hotel, transfers, 14 fun filled days and 19 meals. Insurance is available for \$449 per person. Deposit of \$698 is due now to hold your spot. <https://gateway.gocollette.com/link/1221624>

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 September 23, 2024.

Double: \$5,339 Single: \$6,139

Spectacular Scandinavia July 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 this trip. Deposit of \$698 is due now to hold your spot.

This trip has a level 3 rating.

More information will be available soon. Stay tuned for actual dates and prices.

OVERNIGHTERS

Chinook Winds & Kite Festival in Lincoln City September 6-7, 2024

Are you ready? Today, we are making our way up the coast to Lincoln City for an amazing two nighter. Chinook Winds is the casino by the sea. It's a great place to stay because you have the casino and the beach. Plenty to do and you have your choice of how you'd like to spend your time. Saturday we will be attending the kite festival. Your cost includes: transportation, two nights hotel, two dinners, snacks and a fun adventure with a group of great people!

9/6-8 F-Su 11a-3p
Double: \$499 Single: \$749

Day Trips

June

⇒ Cottage Grove Theater	6/7	F	4:15-11p	\$89
⇒ Thyme Garden ~ Flower Baskets & Lunch	6/11 6/12	Tu W	9:45a-4:30p 9:45a-4:30p	\$85 \$85
⇒ Sahalie and Koosah Hike & Lunch	6/18	Tu	8:30a-3p	\$65
⇒ Special Engagement: Bill Sullivan Hike Presentation	6/22	Sa	7-8:30p	\$15
⇒ Broadway Rose- "The Spitfire Grill"	6/23	Su	10:45a-8p	\$105
⇒ Hopscotch Portland	6/30	Su	10a-6p	\$79

July

⇒ Seven Wonders of the Gorge	7/7	Su	11:30a-8p	\$125
Melrose Vineyard Crab Feed	7/14	Su	4-9p	\$105
Jazz Supper Club	7/18	Th	4:45-8p	\$49
⇒ "Beautiful" Carole King	7/21	Su	10:45a-8p	\$105
Historic Homes Tour	7/27	Sa	10:30a-5p	\$65

August

Rafting the McKenzie	8/8	Th	8:45a-3:30p	\$125
Grub Club @ Forrester's	8/14	W	11:30a-2:30p	\$30
NW Art & Air Festival	8/23	F	2:30-9p	\$39
Wine Down Wednesday	8/28	W	10a-3p	\$50

September

55+ BBQ	9/11	W	4-6p	Free
Shrewsbury Renaissance Faire	9/15	Su	9:30a-3:30p	\$45
Raptor Center & Lunch	9/25	W	9:45a-2p	\$62

Day Trip Registration

IN-DISTRICT residents may begin walk-in registration Wednesday, June 19 at 10a. Phone and online registration will begin at 1p.

OUT-OF-DISTRICT residents may begin walk-in registration Thursday, June 20 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. No refund will be given if you cancel the day of the trip, if you're a no show or once we have incurred costs for booking trips (tickets, meals, hotel, transportation, etc.) Refunds will be determined by the Park District if no cost has been incurred.

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.



➡ Cottage Grove Theater - "Vanya and Sonia and Masha and Spike"

Who doesn't love Friday night dinner and theater? We'll start our evening at Stacy's Covered Bridge for a delicious dinner and then we're off to the theater. Get ready to be entertained as we enjoy, 'Vanya and Sonia and Masha and Spike'. Winner of the 2013 Tony Award for Best Play, Vanya and Sonia and Masha and Spike is a hilarious, sometimes poignant, comedy that takes sibling rivalry to a whole new level. Your cost includes: transportation, theater and dinner.

6/7	F	4:15-11p	\$89
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➡ Thyme Garden ~ Flower Baskets & Lunch

Ok, it's that time of year again. This is Kat's favorite day trip! It always sells out so sign up as soon as possible to get a spot. The Thyme Garden in Alsea, is our destination. Create your own herb and flower hanging basket. We will tour the grounds and see the beautiful display of gardens with over 700 varieties of herbs. Lunch will follow. Just wait... it's the most amazing lunch ever!! Your cost includes transportation, lunch and a beautiful hanging basket.

6/11	Tu	9:45a-4:30p	\$85 Full
6/12	W	9:45a-4:30p	\$85

➡ Sahalie and Koosah Falls Loop Hike & Lunch

Grab your tennis shoes and get ready! We're heading up the McKenzie where 3,000 years ago lava poured down the McKenzie River valley, creating the benches over which two large waterfalls, Sahalie Falls and Koosah Falls. Both waterfalls drop about 75 feet, and are impressive. The Waterfalls Loop Trail will take us to both waterfalls and then connect with the McKenzie River National Recreation Trail on the west bank for a quiet return away from the crowds. Must be able to walk approximately 2.6 miles. We will stop at a restaurant for lunch on our way home. Your cost includes: transportation, and lunch.

6/18	Tu	8:30a-3p	\$65
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➡ William L. Sullivan Hike Presentation

River Road Park proudly presents author and hiking guru William L. Sullivan as he takes us on a slide show tour of new and changed trails he discovered near Eugene while updating his *100 Hikes* guidebooks for Oregon. We'll visit a viewpoint in the Thurston Hills above Springfield, a weird water tower atop Eugene's Wild Iris Ridge, and a restored trail to a fire lookout that didn't burn in the recent Fall Creek fire. We'll also see how the Eugene Parks Foundation is working to fill gaps in the Ridgeline Trail in the hopes of completing a 40-mile loop around Eugene. As always, Sullivan spices his talk with anecdotes about history, wildflowers, and geology along the way. Sullivan is the author of 23 books about history, mystery, and adventure. Your cost includes refreshments. Held at 1400 Lake Dr.

6/22	Sa	7-8:30p	\$15
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⇒ Broadway Rose - "The Spitfire Grill"

Portland is where it's at for this one. Based on the 1996 film, "The Spitfire Grill" is a touching and inspirational musical tale brimming with beautiful folk melodies. Percy, a spirited parolee, follows her dreams to the small town of Gilead, hoping to create a new life for herself. She takes a job working at the Spitfire Grill, which has long been up for sale with no takers. Percy convinces its owner, Hannah, to raffle it off with a letter-writing contest, and the entire town is changed as a result in this story of perseverance, grace, and friendship. After the theater performance, we'll stop for a nice dinner at Lake Oswego Grill. Your cost includes: transportation, theater and dinner.

6/23 Su 10:45a-8p \$105

⇒ Hopscotch Portland

Have you heard about this? Sounds so fun! Come with us to Portland where we will enjoy the unique, immersive art experiences at Hopscotch. 23,000 sq. ft. gallery that features 14 distinctive immersive and interactive installations from over 50 local, national, and international artists. It will invoke a sense of joy and wonder! Your cost includes: transportation, admission and lunch at a local Portland hotspot.

6/30 Su 10a-6p \$79

⇒ Seven Wonders of the Gorge

Experience some of the most majestic views of the lower Columbia River Gorge visible by water. Travel under several famous bridges on your journey from Portland to Multnomah Falls while exploring unique views of the Willamette River and the mighty Columbia River aboard the Explorer Jetboat. Sights include Cape Horn, Multnomah Falls, Crown Point, Rooster Rock, Beacon Rock, Mount Hood and, of course, the Columbia River! A live tour guide will provide narration of the sights. This explorer cruise is an adventure-style experience traveling at speeds up to 45 miles per hour. The boat can be loud, so noise-canceling headphones or complimentary ear plugs will be available. The boat is not wheelchair/walker accessible. Your cost includes: transportation, excursion, snacks and drinks. Feel free to bring your own lunch/dinner. We will not be including lunch or dinner so we can keep the cost low.

7/7 Su 11:30a-8p \$125

Melrose Vineyard Crab Feed with Live Music

We are going to head south to par-take in this annual Dungeness crab event. We'll sit on the terrace with a panorama of the estate grounds and vineyards that is certain to inspire awe. Prepare yourself for a fun-filled evening filled with great food, wine and live music. If you aren't a crab lover, don't worry Sicilian chicken will also be served along with a variety of side dishes that will be sure to make you a happy camper. Music by Second Chance Band. Your cost includes: transportation, dinner and entertainment.

7/14 W 4-9p \$105

Jazz Supper Club

Have you been to Jazzy Ladies yet? Tonight, you are in for a treat! The Jazz Ambassadors will set the stage for a great jazz-fueled evening, playing popular jazz tunes along with crowd-pleasing jazz versions of a broad range of familiar classics. We'll enjoy listening to them perform while we eat a delicious meal made from scratch that will have your taste buds singing along. Your cost includes: transportation, dinner and jazz.

7/18 Th 4:45-8p \$49

⇒ 'Beautiful' - The Carole King Musical

Heading to Portland today to see 'Beautiful'. It's an inspiring true story of legendary musician Carole King and her journey from teenage songwriter to the Rock & Roll Hall of Fame. This amazing saga features such unforgettable classics as "You've Got A Friend," "One Fine Day," "So Far Away," "Take Good Care Of My Baby," "Up On The Roof," "Will You Love Me Tomorrow," and "Natural Woman." This musical will be filled with the songs you remember and a story you'll never forget. We'll stop and have a delicious dinner on the way home. Your cost includes: transportation, show and dinner.

7/21 Su 10:45a-8p \$105

Historic Homes Tour

This tour features several historic homes in various states of restoration in our neighboring city of Albany. We'll make our way through as many homes as we can. Homeowners and Hosts/Hostesses will be available to answer questions about restoration efforts, historic house maintenance and why they chose Albany as home. Time providing, we will visit other notable historic buildings such as the Whitespires Church, Albany Regional Museum and the Monteith House Museum. We'll enjoy a delicious lunch at a nearby, local restaurant. Your cost includes: transportation, admission and lunch.

7/27 Sa 10:30a-4p \$65

Rafting the McKenzie

Come enjoy a half-day McKenzie River rafting trip! The trip covers 10 miles and is a great way to see things that aren't accessible unless you are on the river. Flora, fauna, rapids, cool water, rapids... what's not to love? If you like a thrill then this one is for you! More information will be provided to participants as the trip gets closer. Your cost includes: transportation, expert guided rafting and a tasty fried chicken lunch.

8/8 Th 8:30a-3:30p \$125



55+ Activities

Grub Club @ Forrester's

Forrester's Bar & Grill was opened in 2021. Let's support this local restaurant that has been recommended to us. They offer a wide variety of quality food items that we will get to enjoy; delicious burgers, juicy steaks, fresh chopped salads, homemade pasta's and more. Most of their food is cooked from scratch so get ready to enjoy. Your cost includes: transportation and lunch.

8/14 W 11:30a-2:30p \$30

Albany NW Art & Air Festival ~ Night Glo

This was a hit last year, so we are heading back to relish and enjoy this amazing event. Tonight, we will see a bunch of beautiful, colorful balloons inflated and glowing. What a sight! We'll enjoy music, artist booths and food. Your cost includes: transportation, and snacks. Bring a fold up chair or a blanket. End time is approximate.

8/23 F 2:30-9p \$39

Wine Down Wednesday

Girardet Vineyards & Winery in Roseburg is where we are heading to for a fun day filled with good wine, food and company. Come taste and tour 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.

8/28 W 10a-3p \$50

55+ BBQ

It's that time of year. Burgers and hotdogs prepared for you with love by our staff!!! We provide the main course, and you bring the sides. Plan on your side dish feeding 10 people. Following the food, we'll wrap it up with some fun karaoke singalongs. Please register so we know how many people to expect.

9/11 W 4-6p Free Jim Lockard Shelter 1

Shrewsbury Renaissance Faire

Are you ready to step back in time and join us in some mid-evil fun? Jousting knights, singing wandering minstrels as well as troubadours, jongleurs, bards, and dancers... The fair features over 150 stalls with arts and crafts as well as more than 1,000 costumed participants. Your cost includes: transportation and admission.

9/15 Su 9:30a-3:30p \$50

Raptor Center

Today we will enjoy a customized, extended program; it's a 45-minute presentation with three resident raptors and their trainer followed by a self-guided tour of the center. We will stop for a delicious lunch at a local hotspot. Your cost includes: transportation, admission and lunch. **Wear sturdy walking shoes. Must be able to walk comfortably on uneven ground, consider bringing walking poles.**

9/25 W 9:45a-2p \$62

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.**

6/3, 7/1, 8/5 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.**

6/10, 7/8, 8/12, 9/9 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.**

6/17, 7/15, 8/19, 9/16 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.**

6/10, 6/24, 7/8, 7/22, 8/12, 8/19, 9/9, 9/23
2nd & 4th M 6-8p \$3 per day

Memory Tones Choral Group

The focus is on having fun singing old favorites. Experience or ability to read music would be helpful. Newcomers are welcome. Weekly practices and several performances per month. No meeting during the summer. **No get togethers in July.**

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.**

6/4 Tu 8:30a-4:30p
9/18 W 8:30a-4:30p
\$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 a one-meter diving board, kick boards, pull buoys, ADA stairs, 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. One is covered by a canopy skylight, the other uncovered. Together, the spas accommodate 18 guests. The spas are kept between 102-104 degrees and are fully accessible. *

Sauna

The dry-heat sauna, located in a secluded, quiet area, is lined with untreated kiln-dried cedar. The sauna accommodates 8 guests. *

*Effective June 1, 2023 children 15 years old and under will no longer be allowed to use the spa 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. Children 5 years of age and older must use the same-gender dressing room or the family changing room.

Family Changing Room

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

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.

Beginning 7/1 the price will increase to \$25.

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.

Want a massage?

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 in advance to receive a refund.

Hours vary based on therapists' schedule. 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 Summer 2024.

Cost \$70 hr.

Reflexology will begin again in the Fall 2024.



Rentals

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

Facility Rentals

Reservations must be made in person
to sign paperwork.

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
MP Room • \$60/hr.
MP Room and Kitchen • \$85/hr

Alcohol Event: Beer or wine ONLY*
MP Room • \$120/hr.
MP Room and Kitchen • \$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.

POOL/SPA/WADING POOL RENTAL

541-461-7777

Enjoy your very own Splash Bash! River Road Pool is available for private rentals. 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 3:30p and require a two week notice.

Basic Rental Package	\$200/hr. (Includes two lifeguards)
Additional lifeguards	\$35/hr. each
Add a party room	\$50/hr. (set-up and clean-up must be calculated into your rental)
	25 person capacity
Private Wading Pool	\$200/hr. (includes 2 lifeguards / summer only)

Contact Micah Cornelius, 541-461-7777 or micahc@rrpark.org to schedule your Splash Bash!

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.

\$120 (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

No Smoking /Alcohol policy!

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