



Artist
Jerry Baldock
outlaws Photography

SUMMER 2016 GUIDE





FROM THE EXECUTIVE DIRECTOR:

As many of you will remember, Sisters Park and Recreation District (SPRD) started as a small non-profit corporation named Sisters Organization for Activities and Recreation (SOAR). Since then, SPRD has grown into a full service parks and recreation district with four parks, a community center, and a year-round staff of 11, that swells as large as 30 employees at certain times of the year. Last fiscal year we offered over 80 programs and took over 800 registrations. Our staff continually works with the goal of expanding the services offered to Sisters Country and increasing the efficacy with which the district operates. Over the past two fiscal years we have decreased our administrative salary pool by \$60,000. This has meant more work and longer hours for the staff who remain. This was essential to prevent SPRD from falling back into debt, and although it has been tough at times, our staff has attacked this challenge with a positive attitude and a customer-centered approach. We have also found other efficiencies to minimize back office expenditures and maximize the dollars going directly to servicing the community. Through new contracts and modernization of office equipment, such as phones and copiers, we have been able to save annually in administrative expenses.

After recent research into parks and recreation agencies across Oregon, SPRD is nearly the most efficient parks and recreation district in the state operating with less than 25% tax subsidy. (Most similar parks and recreation agencies operate between 50 and 80% tax subsidy). If you would like to know more about how Sisters Park and Recreation District is working hard to stretch your tax dollars, please do not hesitate to contact me. I am always happy to have a coffee and talk about this great organization and how we are going the extra mile to use your money wisely.

-Liam Hughes
Executive Director

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ADMINISTRATION



Liam Hughes
Executive Director



Rob Meeter
MS Athletics &
Community Schools



Kris Harwell
Finance Coordinator



Shannon Rackowski
Adult & Senior
Coordinator



Kelly Crowther
Program Coordinator



Wendy Rullman
Front Desk

PRESCHOOL TEACHERS



Valerie Selig
Teacher



Carissa Gascon
Teacher



Ashley Nordell
Assistant Teacher



Janelle Meeter
Assistant Teacher

CONTACT

Coffield Community Center
Sisters Park & Recreation District
1750 W. McKinney Butte Rd.
Sisters, OR 97759

Office: 541-549-2091
Fax: 541-549-0997
Email: spred@sistersrecreation.com
Website: sistersrecreation.com
Hours: 9:00 - 5:00, M-F



STUDENT HIGHLIGHT

Jacob Polacheck, son of Katie and Kenneth Polacheck, is active throughout the year in SPRD programs. Jacob started off his 7th grade school year by participating in Middle School Cross-Country, then enrolled in MS Basketball and the Hoodoo Night Skiing program, and is now riding in the Mountain Bike Club. This winter, during the Hoodoo Night Skiing program, Jacob accomplished two personal goals: skiing his first black diamond and skiing down "Daredevil", another advanced run at Hoodoo. After moving here from a small town in Washington, Jacob has been acclimatizing well to Sisters life and making lifelong friends.

When he is not participating in SPRD programs, Jacob stays very busy! His favorite class is math, and he also participates in other

sports programs. Jacob was part of a premier soccer program and was accepted to Extreme Martial Arts this past year. As a hobby, Jacob rides dirt bikes with his family. Jacob's goals for this coming year are to travel to the East Coast.

SPRD is always happy to help Sisters youth stay active in our community and Jacob is a fantastic example of why SPRD was formed. According to SPRD Program Coordinator Kelly Crowther, "Jacob is always engaged in our programs and helpful to the coaches. Teaching him to ski this winter was a great experience. He helped other students in the class and learned a lot himself, skiing his first black diamond ever." SPRD

is in place to help youth and adults in the community learn, create friendships, and lifelong passions - the same ideas that Jacob is taking full advantage of all year in Sisters!



STAFF HIGHLIGHT



There are few people involved in the Sisters and Central Oregon community as much as Josh Nordell. Josh has a passion for sports and kids, which makes him a perfect fit for working with SPRD in our programs. SPRD recruited Josh's expertise for the Great Northwest Running Camp two years ago. This camp started with 25 runners from across Oregon; who trained under Nordell for the week-long camp designed to prep kids during their upcoming cross-country season. Under his tutelage, GNW doubled in its second year, and an even larger turnout is expected for the third.

SPRD's partnership with Josh has grown to include hosting his high school students for self-defense classes. Periodically throughout the school year, if you've spent some time at SPRD, you'll notice 20-30 kids walking over from the high school to use SPRD's fitness room. Mid-day, before school is out, SPRD can be a quiet place for working, but when the kids arrive at SPRD, a new energy infuses the building as they work on their kicks and punches against the punching bags. All the students arrive with eager anticipation and leave with wry smiles and flushed faces after a short, mid-day workout.

Josh is the architect of many partnerships within the Sisters community. He promotes races, coaches high school athletics, and teaches at the high school. The staff at SPRD is thankful to be able to partner with Josh to provide programs to the Sisters community.

MISSION STATEMENT

The mission of SPRD is to sustain a viable, fiscally responsible organization that serves Sisters Country with recreation and cultural enrichment opportunities.

VISION STATEMENT

We envision a full service parks and recreation district with facilities and programs to meet the needs of constituents of all ages. A high level of community participation leads to demonstrably better health and a stronger sense of well-being. Parks and recreation activities are served by a nimble and experienced organization, able to adjust quickly to the needs of the community and external influences.

BOARD OF DIRECTORS

Board Chair: Jeff Campbell
Vice Chair: Darren Lane
Member: Andrew Gorayeb

Treasurer: Peggy Tehan
Member: Erin Borla



PRESCHOOL PROGRAM



PRESCHOOL OPTIONS

M-F | 8:00am - 12:00pm | SES | \$TBA
4 days/week | 8:00am - 12:00pm | SES | \$TBA
3 days/week | 8:00am - 12:00pm | SES | \$TBA

PRESCHOOL & AFTER-CARE

M-F | 8:00am - 5:30pm | SES | \$TBA
4 days/week | 8:00am - 5:30pm | SES | \$TBA
3 days/week | 8:00am - 5:30pm | SES | \$TBA



Join our preschool program for a year of learning and care! Kids enrolled in this program will enjoy quality classes with our certified teachers, Valerie Selig and Carissa Gascon. Our teachers help kids learn developmentally appropriate material to prepare them for literacy, music, art, and arithmetic. This progressive approach allows kids to learn from the teacher-directed activities at a pace that suits the child.

These classes are ideal for kids entering kindergarten in one to two years. Valerie teaches the Grasshopper class for ages three to four and Carissa teaches the Dragonfly class for ages four to five, who will be entering kindergarten the following year. To help coordinate and organize the classroom, Janelle Meeter, Ashley Nordell, and Caroline Molesworth are on hand to assist the teachers. Classes are held at the Sisters Elementary School, which helps make a smoother transition into the K-12 school system.

A \$250 refundable deposit and \$75 supply fee is required each year. Be sure to contact us to reserve your child's enrollment as space is limited to 40 students per day.

AGING GUIDELINES

Grasshopper Classroom: Ages 3-4 | Teacher: Valerie Selig | Children who are 3 years old and potty trained are eligible for the Grasshopper Class.

Dragonfly Classroom: Ages 4-5 | Teacher: Carissa Gascon | Children who will be entering Kindergarten September 2016 or 2017 are eligible for the Dragonfly Class.



COMMUNITY SCHOOLS INITIATIVE

AFTER-SCHOOL SCHEDULE

Grades K-4:
2:45-3:00pm.....Outside Play
3:00-3:15pm.....Afternoon Snack
3:15-4:00pm.....Homework/Tutoring
4:00-5:15pm.....Enrichment Programs



ENRICHMENT PROGRAMS

Mondays: Computers
Tuesdays: Science Lab
Wednesdays: Legos
Thursdays: Arts & Crafts
Fridays: Friday Fun Day (No Homework)
M-F | 2:45 - 4:00 | SES | Free
M-F | 4:00 - 5:00 | SES | \$8 (\$40/week)
Parents pick-up from SES Monday-Friday.
Scholarships available on a need basis.
Preregistration required.

Grades 5-8:

3:00 - 4:00pm.....Homework/Tutoring
(T/Th in SMS Library)
3:15 - 4:30pm.....Enrichment Programs
(TBA)
4:30pm.....Parent Pick-Up at SMS



The Community Schools Initiative in Sisters is a partnership between the Sisters School District, SPRD, and other community organizations. Together we work to improve student academic achievement, strengthen families, and build a healthier community. We achieve this by ensuring that all students have what they need for success including healthy snacks, homework and tutoring help, and quality enrichment programming in the after-school hours.

Community Schools' homework and enrichment programs run after school Monday through Thursday. There are no programs on Friday for Middle School. An enrichment program is run on Fridays for the Elementary School (no Homework Club on Fridays).

SCS Staff for 2016-2017 Academic Year:
Community Schools Coordinator: Rob Meeter



SUMMER CAMPS

Sisters Park and Recreation District offers both activity camps and sports camps. All camps are designed to keep your child engaged, safe, learning, and having fun throughout the summer months. See our offerings in the pages listed within this catalog and online at sistersrecreation.com. If there is an activity you would like to see offered at SPRD, let us know and we can work to offer the program - many programs are run by enthusiastic individuals like yourself!

WEEKLY ADVENTURE CAMP SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30	Drop-Off	Drop-Off	Drop-Off	Drop-Off	Drop-Off
**9:30 AM	Drop-Off	Drop-Off	Drop-Off	Drop-Off	Drop-Off
10:00 AM	Weekly Theme	Weekly Theme	Weekly Theme	Field Trip	Water Day
12:00 PM	Lunch	Lunch	Lunch	Field Trip	Water Day
1:00 PM	Outside Games	Outside Games	Outside Games	Field Trip	Water Day
...	In-Town Trips	In-Town Trips	In-Town Trips	Field Trip	Water Day
5:00 PM	Pick-Up	Pick-Up	Pick-Up	Pick-Up	Pick-Up
***5:30 PM	Pick-Up	Pick-Up	Pick-Up	Pick-Up	Pick-Up
**last drop off 9:30 AM					
***5:30 PM Pick Up Sharp; \$5/minute after					
****Schedule Subject to Change****Week 3 & 5 have a different schedule, see description					

ADVENTURE CAMP

Ages 5-10

Dates: Weekly, June 22 - August 14

Location: SPRD Office

Offerings:

\$165 Full-Week | M-F | 7:30 - 5:30 |

\$125/\$160 | Any 3/4 Days w/in a week | 7:30 - 5:30 |

\$45 Drop-In | Any Full Day | 7:30 - 5:30 |

Camps are offered in Full-Week, 3 or 4 day, or Drop-In options. To get the Full-Week & 3 or 4 day pricing, you must register at least 1 week in advance. If you're in a bind, summer camps are open any day of the week for your child. Drop them off before 9:30 AM, and we'll take care of the rest!



WEEKLY THEMES FOR ADVENTURE CAMP

Week 1 - Aloha

June 20 - 24



Week 2 - Treasure Hunting

June 27 - July 1

Search for hidden treasure throughout Sisters during this week of camp! We'll be going on scavenger hunts to local Sisters businesses along with a Nature Scavenger Hunt. We'll solve riddles to find our next adventure! Friday, plan on swimming at Juniper Pool.

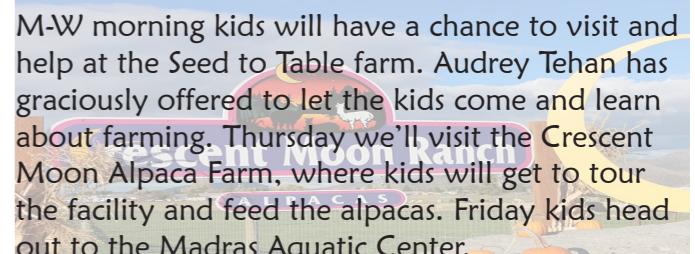
Week 5 - Globe Trotters

July 18 - 22

Globe Trotters is a week of culture for our Adventure Camp kids! Expect to learn about British, Greek, and many more cultures. The Chimps Inc. field trip will be on Tuesday this week, and for water day on Friday, kids will go to the Madras pool.

Week 6 - Plants & Animals

July 25 - 29



Week 3 - Independence Week

July 5 - July 8

No camp on Monday, July 4 but plan on an exciting week Tuesday - Friday visiting the BBR Police Department Tuesday, the Sisters Fire Department Thursday, and a visit from local veterans, too! We'll be in Sisters for our water day!

Week 4 - Science Week

July 11 - July 15

Science experiments abound this week. We'll be making ice cream from scratch, building solar ovens, making lava lamps, and more! Our field trip will be to the High Desert Museum, and we will spend a day in Sisters at the Fir Street Park splash pad and our own slip and slide!

Week 7 - Under the Water

August 1 - 5

Explore the ocean and freshwater during this week of camp. Kids can expect to have a variety of crafts and projects related to aquatic life, and on Thursday. We'll take a visit to the Wizard Falls Fish Hatchery. Friday we have water day in Sisters at local water features!

Week 8 - Olympics

August 8 - 12

The Opening Ceremony for the Adventure Camp Olympic week will be this Monday. Let's have fun playing outlandish and wacky camp games along with traditional Olympic games this week. On Thursday, we are off to Sun Mountain Fun Center for bowling and mini-golf, and we will have our final BBQ on Friday afternoon at SPRD. Parents are welcome to join in the festivities!

SUMMER ACTIVITY CAMPS



SURVIVAL CAMP

Ages: 8-12

Learn skills to survive on your own! Spend five days learning how to build a fire, build and improvise shelters and tarps, navigate in remote places, build traps and rope from natural materials, and treat and care for injured people. Each day will have team and individual scenarios that test your ability to use your skills to survive in dark & cold conditions, emergencies, and when others are injured or need help. The course covers both survival skills and ancient living skills. Students should bring water, sack lunch, and snacks, and they should wear clothes that can get dirty or wet.

Aug 15-19 | M-F | 9:00-4:00 | SPRD | \$295 |

THINGS THAT FLY

Grades 2-6

Students will dive into the world of flight from paper airplanes to chemical and air powered rockets, as they explore the science of aviation. Students will make planes and rockets in class that they will test and launch. All supplies are included in the registration fee.

July 11 - 13 | M - W | 10:00 - 12:00 |
SPRD | \$40 |



CAMP TAMARACK

Traditional 5-Day Camp

Ages: 8 - 13

Located on the shores of Dark Lake in Deschutes National Forest since 1935, our traditional camp offers water fun, outdoor adventures, games, arts & crafts and independence, all in a magical, forested setting.

Camp Tamarack is limited to a maximum of 50 campers per session and a staff-to-camp ratio of 1 to 4, so campers get appropriate supervision for the best camp experience. Campers live in rustic cabins that house 6 to 8 children and the programs are age-specific to bring out everyone's best. Each camper is assigned by age and gender to a cabin, which is supervised by at least two counselors. Younger campers try their hand at camp activities with close supervision and bedtime routines to help them feel comfortable sleeping away from home. Older campers discover more challenging activities and leadership opportunities in addition to all the traditional camp activities. All campers are given daily choices from a variety of activities, such as art projects, swimming, boating, archery, sports, and games. Days end with evening campfires, skits, singing, laughter and gorgeous sunsets over Dark Lake.

Sessions:

- A: Full!!
- B: July 24 - 29
- C: July 31 - August 5
- D: August 7 - 12
- E: August 14 - 19

Su - F | 7:00am - 6:00pm | \$475 ID, \$575
OD/session

LITTLE MEDICAL SCHOOL

Grades 2-6

Little Medical School brings medicine, science and the importance of health to children in an entertaining and exciting way.

Children learn while having fun as they role play as practitioners, use medical instruments, and understand how the body works. Through hands-on demonstrations, crafts, and games, children are actively engaged as they explore the world of medicine. Each child receives his or her own "real life" stethoscope, among a variety of other projects and materials. Parents will be invited to attend a brief graduation ceremony at the end of the camp.

Dates:

June 20 - 24
July 11 - 15
August 15 - 19

Days/Times:

Monday - Friday/9:00 - 12:00

Pricing:
\$195

Location:
SPRD





Register at uksocca.com

SUMMER SPORTS CAMPS

UK SOCCER CAMP

Ages: 8-12

Established in 1990, UK International Soccer is renowned for their ability to consistently create “The Best Possible Soccer Experience” in a safe, educational and fun environment. With programs in over 34 states, they are one of the nation’s largest soccer camp organizations. They are the exclusive AYSO Soccer Camps and Player Development Provider, and boast a vast array of club and organizational partnerships all across the United States.

UK Classic

Ages: 4-14

Dates: June 27 - July 1 & August 8 - 12

Time: 9:00 - 12:00

Days: Monday - Friday

Location: Sisters Elementary School

Price: \$114

UK Classic Full-Day

Ages: 7-14

Dates: June 27 - July 1 & August 8 - 12

Time: 9:00 - 3:00

Days: Monday - Friday

Location: Sisters Elementary School

Price: \$162

SHS FOOTBALL CAMP

Grades 9-12

Coached by the SHS Football Staff, students will go through training and conditioning drills to get them ready for the upcoming season.

August 8 - 12 | M-F | 5:00-8:00 | SPRD | \$50 or \$30 if on free/reduced lunch |



BRITISH BASKETBALL CAMP

Ages: 8-12

Steve Pearl, an eight time national basketball champion coach in England, coached many junior national teams in international competition. Coach Pearl is widely respected as one of Britain's top coaches. This summer he is again hosting a basketball camp for youths in Central Oregon. Many of Coach Pearl's former players have played D1 & D2 NCAA basketball. Fourteen British players are assisting with the camp to give Sisters youth a unique cross-cultural learning experience.

Grades 1-4: 9:30 - 12:00

Grades 5-8: 1:00 - 4:00

Aug 2-5 | TW @ SES | Th-F @ SHS | \$50 |



SISTERS YOUTH FOOTBALL CAMP

Grades 1-8

Don't miss the 2015 Outlaws Football Camp. This is a fantastic opportunity to receive training from the SHS Coaching Staff, raise money for youth football in Sisters, and learn about Outlaw Football culture. Kids will receive a camp photo, t-shirt, camp awards, and guaranteed valuable football experience.

July 18-21 | M-Th | 5:00-7:30 | SPRD | \$50 or \$30 if on free/reduced lunch |



TENNIS CAMP

Grades 3-8

This program will teach tennis skills to beginner and intermediate tennis players. Bim Gander, the SHS boys tennis coach, will cover scoring and all of the essential tennis strokes. All participants should have tennis shoes and a racquet, if possible. A limited number of racquets can be supplied if the request is made when you register. Sign up for all three camps and get \$10 off the third camp.

Dates:

June 20 - June 22 | Beginner | \$50
July 25 - July 27 | Intermediate Level | \$55
August 22 - 24 | Intermediate Level | \$60

Days/Times:

Monday - Wednesday
Grades 3-5: 10:00 - 11:00 AM
Grades 6-8: 11:00 - 12:00 PM

Location: Pine Meadows



LACROSSE CAMP

Grades 1-8

Join coaches from True Idaho Lacrosse for a lacrosse camp hosted in Sisters this summer! Monday - Thursday are full days and Friday is a half day of camp. Learn basic and advanced skills from regional elite players. **Registration Deadline: July 11**

July 25 - 29 | M - F | 9:00 - 4:00 | SES | \$100 |



JUNIOR GOLF LEAGUE

Ages: 8-12

This program is for junior golfers looking forward to playing COJGA events, JV-High School golf, or trying out for a golf team. This is an eight-week program that is targeted at junior golfers, who want to improve their playing abilities and has an emphasis on competition. The first two sessions, each an hour and a half, will be instruction to improve your game. The remaining six sessions will be competitive events.

* The first two instructional sessions are on Thursday, July 7 and July 14, from 2:00 to 3:30pm at the Aspen Lakes Golf Club.

* The remaining sessions will be held each Thursday from July 21 through August 25 and are competitive 9 hole events that start at 2:00pm each day.

July 7 - Aug 25 | Th | 2:00 | Aspen Lakes | \$100 |



PGA GOLF CAMP

Ages: 8-12

Junior Golfers - Come out and join our PGA Sports Academy! We will focus not only on golf, but nutrition, sportsmanship and other healthy, fun activities. FUN-First and foremost is our mantra for juniors. We feel strongly that golf should be fun and interactive. Though our goal is to educate our junior golfers and get them excited about the game, keeping the game fun is our primary focus.

* The Academy will be for junior golfers who are new to the game or have played very little in the past.

The Academy will be three half days August 9-11, from 9:00am until noon. Lunch will not be provided.

The total cost per participant is \$75. We will provide equipment if needed.

Aug 9-11 | T - Th | 9:00 - 12:00 | Aspen Lakes | \$75 |



YOUTH & MIDDLE SCHOOL SPORTS

Sisters Park and Recreation District was founded on the idea that kids need extracurricular activities to become well-rounded adults. Today we offer a variety of activities during the year to keep kids engaged and having fun. Our goal at SPRD is to strike a balance between competitive sport and recreation, while giving kids a foundation to continue playing and participating as they grow into adulthood.

YOUTH SOCCER

The mission of Sisters Soccer is to create an opportunity for safe, fair, and enjoyable play, to instill in the players a spirit of good sportsmanship, and to foster improvement in playing skills and knowledge of the game. Sisters Soccer has three leagues based on the age of the kids - all teams are co-ed. Games and practices will take place at Sisters Elementary School.

Registration Deadline: August 6

Required Skill Assessment: August 6 & 13

Grades Pre-K - Kindergarten

August - Oct | Days/Times TBA | SES | \$55

Grades 1-2

August - Oct | Days/Times TBA | SES | \$65

Grades 3-4

August - Oct | Days/Times TBA | SES | \$75

FLAG FOOTBALL

Sisters Flag Football program is where it all starts for the young Outlaws! Kids learn how to run plays, block, and catch. Practice during the week with games on Saturday.

Registration Deadline: August 6

Required Skill Assessment: August 6

Grades 1-3

August - Oct | Days/Times TBA | SMS | \$75

Grades 4-5

August - Oct | Days/Times TBA | SMS | \$85

MS TACKLE FOOTBALL

Middle School Tackle Football is a joint operation between the Sisters School District and SPRD. The middle school team plays area teams including Madras, Crook County, Burns, Culver, and La Pine. Details to follow about the gear handout date.

Grades 7-8

Sept - Oct | M-F | 3:30 - 5:30 | SES | \$120

YOUTH VOLLEYBALL

Join your friends for a great volleyball season through the Bend Parks and Recreation District Volleyball League. This program emphasizes skill development, maximum participation, sportsmanship, teamwork, and fun. Practices are held during the week and games are on Saturdays in Bend.

Grades 3-5

Oct - Dec | Day/Time TBA | SES | \$100

MS VOLLEYBALL

Middle school volleyball is loads of fun. Play Central Oregon teams during the fall with practices and competitive games during the week.

Grades 6-8

Sept - Oct | M-Th | 3:00 - 5:00 | SMS | \$120

MS SOCCER

The 5-8 grade boys and girls soccer teams will play in the Bend Parks and Recreation District league. Practice is twice per week beginning in August. This is a large league and **registrations must be received by June 1** to reserve your space on the team. Register at SPRD.

Registration Deadline: June 1

August - Oct | Days/Times TBA | SMS

Grades: 5-6: \$100

Grades: 7-8: \$120



5TH/6TH BASKETBALL

Be sure to register with the Redmond Area Parks and Recreation District for boys and girls 5th & 6th grade basketball in October 2016. Check RAPRD.org or call 541-548-7275 for the lastest information.

MS CROSS COUNTRY

Sisters Middle School and SPRD partner together for middle school cross country. The season starts the first day of school and runs into October.

Grades 6-8

Sept - Oct | M-F | SMS | \$120



YOUTH TACKLE FOOTBALL

Grade 6

Get started with tackle football in the Bend Park & Recreation District's 11 man league. Games are held on Sundays during September and October. Football equipment is supplied. A minimum of 17 players are required to be registered by June 1 to run this program.

Registration Deadline: June 1

August - October | Days/Time TBA | SMS | \$115

CALENDAR

MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 SALI
8 SALI	9	10	11	12	13	14
15	16	17 Get Golf Ready Begins	18	19 Gateway to Golf	20 Short Game School w/Aim-Point	21
22	23	24	25	26	27	28
29	30	31				

JUNE

JUNE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 MS Soccer & 6th Football Registration Deadline	2	3	4
5	6 Monday Night Ladies Golf	7	8 Community Fun Golf League	9	10	11 Sisters Rodeo
12	13 Better Golf/Better Beer	14	15 SSD Begins Summer Break	16	17	18 •Crest the Cascades •OHSLA Games
19	20 OHSLA All-Star Games	21	22	23	24	25
26 GNW	27	28	29	30	31	Chip & Sip

CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Independence Day	5	6	7 Junior Golf League	8	9 Sisters Quilt Show
10	11 •Things That Fly •Better Golf/ Better Beer •Little Med. School	12	13	14	15	16 Glory Daze Car Show
17	18 Outlaws Football Camp	19	20	21	22	23
24	25 Tennis •Better Golf/ Better Beer	26	27	28	29 Chip & Sip	30
31						

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 British Basketball Camp	3	4	5	6 Y. Soccer & Y. Football Registration Deadline & Skill Assessments	
7	8 UK Soccer Camp HS Football Camp	9 PGA Junior Golf Camp	10	11 Luau	12	13 Y. Soccer & Y. Football Skill Assessment
14	15 Survival Camp •Little Med. School •High School Sports Begin	16	17	18	19	20
21	22 Tennis				25 Chip & Sip	27
28	29 First Day Of SSD School				30	31

ADULT RECREATION

Recreation keeps us engaged with our community and continuing our pursuit of knowledge and happiness. At Sisters Park and Recreation we have programs geared toward adults and seniors for each season. These programs introduce you to new friends, educate you, and provide new opportunities for fitness. There are always new programs brewing and we are always looking to add to our schedule!



MATTER OF BALANCE

Do you have a fear of falling? Have you stopped activities that once brought you joy? Are you making excuses to family members and friends about staying at home? The first step towards a healthier attitude about falling is to understand one's own beliefs or biases. This community workshop will teach practical coping strategies to reduce the fear of falling. This workshop will be held for eight weeks, every Wed. for two hours. This is an evidence-based program taught by Shannon Rackowski, certified instructor.

April 13 - June 1 | W | 1:00 – 3:00 pm | SPRD
| \$10.00 ID, \$20 OD



STRETCH & FLEX

Are you feeling stiff in your joints? Have you lost your flexibility? How is your balance? This class will assist you in all of these areas and more. We use chairs, never go down on the floor, and we use different apparatus to help tone, condition, and strengthen your body. This 30 minute class is filled with great fun, music, and laughter, so come join us! Instructor: Shannon Rackowski

T/TH | 10:00-10:30am | SPRD | \$40 ID \$45
OD or \$5 drop in



CARDIO FIT KICKBOXING C.F.K

American Kickboxing was historically developed in the 1970s and incorporates Western Boxing, Karate, and Muay Thai. Kickboxing is practiced for general fitness, self-defense, and/or as a contact sport. Join USAT 3rd Degree Black Belt in Taekwondo, Sherri Hermens for this great class. Hermens has lived in Sisters for 33 years, has worked for the School District for 23 of those years, and has 17 years of experience in the Martial Arts Field.

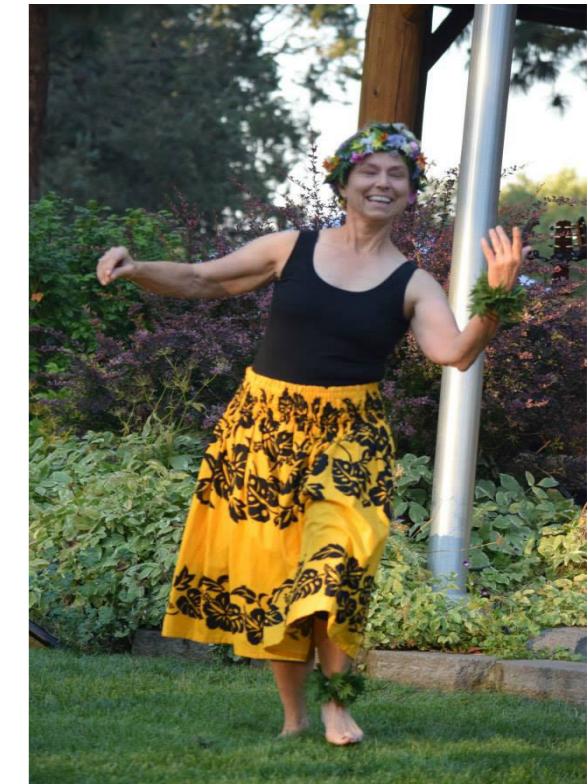
Ongoing | T/Th | 4:00-5:00pm | SPRD | \$7 Drop-In or \$44/month



HULA SESSIONS

Follow-up practice from Hula Workshop #1. Eight sessions offered once per month, the first Saturday of the month, from February 6th – September 3rd, 2016

Sat | 8:45am - 9:45am | SPRD | \$80 ID, \$88
OD | \$12 Drop-In



HULA WORKSHOP

Learn the art, language, and spirit of Hawaiian Dancing. Shannon Mokuahi Rackowski, a native Hawaiian from Oahu, has been dancing since she was five years old. Shannon started a halau (school) in Newport, Oregon 25 years ago, and now she wants to share her love of dancing here in Sisters.

May 14 & Oct. 8 | Sat | 12:00 - 2:00 pm |
SPRD | \$25 or \$30 drop-in



ZUMBA FITNESS & TONING

Ages 13 and up

Join Patty for a fun-filled hour of total body workout using a spicy, upbeat mixture of Latin and International music such as the Merengue, Salsa, Cumbia, and Mambo as well as other styles including Hip-Hop and Belly Dancing. Zumba is a cardio class that combines easy to follow dance moves and fitness elements. Students will learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their targeted zones. You are guaranteed to have fun and burn calories! Just let loose and feel the music. No prior dance experience is necessary. Punch cards available. Additional classes to be added as needed.

T/TH | 8:30-9:30am | SPRD | \$6 drop-in



ZUMBA GOLD

Ages 13 and up

Zumba Gold is a dance fitness workout designed for the beginner exerciser and the active older adult. This class is 60 minutes long and it is done at a much lower intensity than a regular Zumba class. The same zesty Latin music and dance steps like the Merengue, Salsa, Cha Cha, and Cumbia are used. It is just as fun as the regular Zumba class! The routines are easy to follow and you are guaranteed to have fun and get fit. Come try a class... You will get hooked!

M/W | 9:30-10:30am | SPRD | \$6 drop-in |



CONTRACTOR & VOLUNTEER OPPORTUNITIES

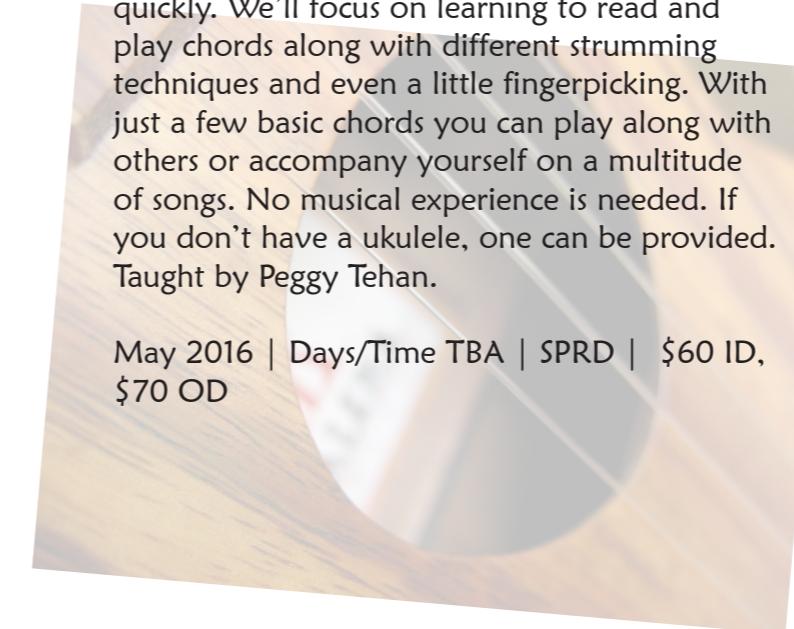
Use your time, talent, and ideas to make a difference at Sisters Park and Recreation District. As a contractor or volunteer you can share your knowledge and skills with our youth, adults, and seniors. We are looking for individuals who love to teach, share, and give to others. Programs like Zumba, Adult Ukulele, Health Talks, and Adult Martial Arts are all run by individuals passionate about their discipline. We also partner with companies like Aspen Lakes to run our golf programs. If you have a skill and passion you would like to teach at SPRD, stop by and we can talk about how to bring that to life.



ADULT UKULELE

E Komo Mai, come join the fun and learn some fundamental skills to get you playing quickly. We'll focus on learning to read and play chords along with different strumming techniques and even a little fingerpicking. With just a few basic chords you can play along with others or accompany yourself on a multitude of songs. No musical experience is needed. If you don't have a ukulele, one can be provided. Taught by Peggy Tehan.

May 2016 | Days/Time TBA | SPRD | \$60 ID, \$70 OD



ASPEN LAKES GOLFING

Join Aspen Lakes Golf pros for a medley of programs aimed at community fun and improving your golf game! Get in contact with us, or check online, for more program details.

*Clubs provided if needed.

Get Golf Ready
May 17 - June 21 | T | 5:00 - 6:30pm | Aspen Lakes | \$49

Gateway to Golf
May 19 - June 23 | Th | 5:00 - 6:30pm | Aspen Lakes | \$59

Short Game School with AimPoint
May 20 & June 3 | F | 4:30 - 6:00pm | Aspen Lakes | \$150 for two sessions

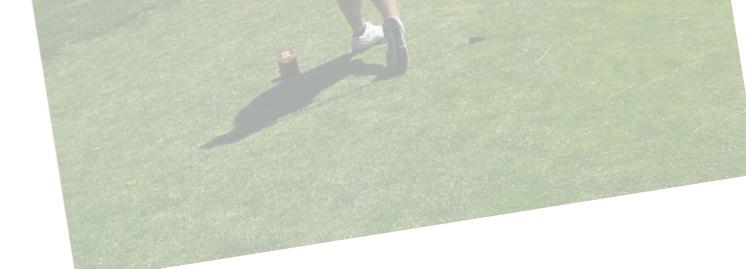
Monday Night Ladies League
June 6 - August 8 | M | 5:00pm | Aspen Lakes | \$20/player plus reduced Green Fees of \$25 day

Community Fun League
June 8 - August 24 | W | 5:00pm | Aspen Lakes | \$20/player plus reduced Green Fees of \$25 day

Chip & Sip
June 30, July 28, & Aug. 25 | Th | 4:30pm | Aspen Lakes | \$30/couple includes cart |

Better Golf/Better Beer
June 13 & 27, July 11 & 25, & Aug. 15 | M | 5:30 - 6:15 | Aspen Lakes | \$20 per session & includes 1 beer |

PGA Junior Sports Academy
Aug 9 - 11 | T - Th | 9:00 - 12:00 | Aspen Lakes | \$75 for session





SAGE SENIOR ACTIVITIES, GATHERINGS, & EXPERIENCES

The Senior Activities, Gatherings, & Experiences program has been expanding rapidly at SPRD and many Sisters Seniors have been able to meet new friends, go on field trips, and have a location to meet up for games and gatherings. Shannon Rackowski, the Adult and Seniors Coordinator, has created a Senior scholarship fund to enable Seniors on fixed incomes to recreate in our community. Our SAGE group is a close community of friends and neighbors who are passionate about expanding their interests and making new friends. Come join the groups at any point or give us a call and we can help connect like-minded individuals.



SAGE Senior Activities, Gatherings, & Experiences

We have group games such as Mexican Train Dominoes, Scrabble, Mahjong or start a Pinochle or Gin Rummy group. Come play Table Tennis, also known as Ping Pong, or create a series of new games for your group.

Women's Wednesdays 1:00-4:00pm @ SPRD

Men's Table Tennis Tuesday 1:00 - 4:00pm @ SPRD



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS AND THE DIABETES SELF-MANAGEMENT PROGRAM

Both of these programs are Stanford University programs. They are designed to teach people techniques for dealing with fatigue & stress, create a healthy life, and how to evaluate new treatments when you have a chronic condition or diabetes. Each program is 6 weeks long and 2.5 hours of class. Both classes are open to all ages if you have chronic conditions or diabetes.

June 8 - July 13 | \$10 | W | 1:00 - 3:30 | SPRD | Living A Healthy Life with Chronic Conditions
Sept 7 - Oct 12 | \$10 | W | 1:00 - 3:30 | SPRD | The Diabetes Self-Management Program



SAGE EXCURSIONS

SPRD has arranged excursions for our SAGE Group (Senior Activities, Gatherings & Experiences) year round. Space for these excursions are limited to 14, so get your reservations and payment in early. If you are interested please call or e-mail Shannon Rackowski, Adult Programs Coordinator at SPRD 541-549-2091 or shannon@sistersrecreation.com

Bendistillery | Tumalo | April 21, 2016 | lunch in Tumalo

Wizard Fall Fish Hatchery | Camp Sherman | June 16, 2016 | lunch at Kokanee Cafe

Casa Dea Cheese Factory | Prineville | Aug 18 | lunch picnic provided by SPRD

Madras Aircraft Collection Museum | Oct 20 | lunch in Madras at DQ

Goodies Candy Tour & Sun Mountain Fun Center | Dec 15 | lunch included



ADULT PROGRAM SPONSORS

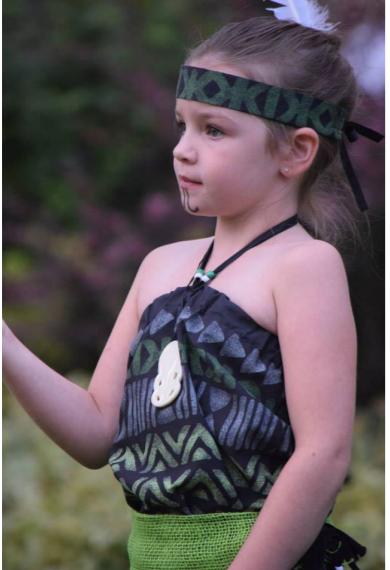
Are you looking to help others in your community? SPRD is looking for those businesses, companies, individuals, and organizations that can help those in need. Many of our Sage (Senior, Activities, Gatherings, & Experiences) Adults are on fixed incomes, and we at SPRD are reaching out to those that might be willing to enrich the quality of their lives by sponsoring excursions, gatherings, and any assistance with their needs. Contact Adult/Senior Coordinator Shannon Rackowski, shannon@sistersrecreation.com.

LUAU



Join SPRD for their 3rd Annual Luau! Held at the Village Green Park on Thursday, August 11, the Luau is a community event that serves authentic Hawaiian style food with live music. You can expect Kahlua Pig, Hawaiian Sticky Rice, Lomi Lomi Salmon, fresh fruit, dessert and more to be served for dinner. Once you get your food, stick around for the performers! Bill Keale will be singing while Hawaiian Hula Dancers tell mythic tales. Performers also include the Sisters Ukulele Club and local club Hula and Tahitian Dancers. Be sure to buy our tickets in advance since this event does sell out!

Thursday, August 11 | 6:30 PM | Village Green Park | \$12/adult, \$5/kid



GLORY DAZE CAR SHOW



CREST THE CASCADES



Crest the Cascades, formerly The Ride for Two Rivers, is a spectacular bike ride that takes place along the Old McKenzie Highway, Highway 242. Riders embark on a ride from the SPRD campus and continue up the pass beyond the Dee Wright Observatory and wind down toward the west gate. This ride happens while the road is still closed so there are no vehicles on the road, just open highway. Food and drinks are provided at the aid stations. Live music, courtesy of the Anvil Blasters a country western themed band, and hot food provided by The Taco Stand will be available at the end of the ride from 3:00 - 5:00pm. Enjoy this ride with family and friends in an unforgettable setting.



Saturday, June 18 | 8:00 AM | SPRD |
\$35 if registered by May 15 |
\$40 if registered after May 15 |



BIKE PUMP TRACK

Working in cooperation with Blazin' Saddles, Central Oregon Trail Alliance, and Joel Palanuk of Noble 911, Sisters Park and Recreation created the Bike Park 242 Project. In fall 2015, Phase 1 of the project was completed with the creation of a pump track. The focus of the Bike Park project is to provide technical bike features to the community to practice their riding skills. As the project gains momentum, more features such as balancing apparatus, jumps, and ramps will be added. The pump track is meant to be ridden continuously for as many laps as possible without pedaling. Come try it out! Open: Sunrise to sunset. Follow the project at: facebook.com/bikepark242



HYZER PINES DISC GOLF

Hyer Pines Disc Golf Course is a volunteer committee run at SPRD that maintains an 18 hole disc golf course in the surrounding acreage of SPRD. The course is open from sunrise to sunset and course maps are available in the SPRD office. All maintenance is provided by the Disc Golf Club who hold annual disc golf tournaments to raise money for the course. Come play this exceptional course that weaves through the pine trees.



SKATE PARK

As envisioned by the Sisters Skate Park Founders Preston Ferris, Scott Everson, Timothy Wonderly, Davidson Small, and Daniel O'Neal, "our desire was to build a skate park, which would help to create a better community. We wanted to create a place with a sense of security and ownership, where people of all ages throughout our community can gather and enjoy the popular sport of skateboarding." The skate park went through several phases of development and is now thought of as a premier skate park in Central Oregon, and a destination of traveling clubs. Oftentimes kids can be seen out riding with their parents or older, experienced riders helping develop the youth with their skills. Open: sunrise to sunset.



SOFTBALL/BASEBALL FIELDS

Baseball and softball fields are also part of the Sisters Park and Recreation District and they are used in the spring months by the Sisters Little League. These fields are located to the North of the SPRD building. These fields are used for more than baseball and softball throughout the year, they are also used for hosting campers for our Great Northwest running camp. The fields are open to anyone looking to walk pets or have a pick-up ball game. Feel free to use our fields!



VOLUNTEERS

Volunteers are integral to our programs here at SPRD. Oftentimes our volunteers do not get enough recognition for the service they provide our community. Below you will find a list of coaches, advisors, and helpers at our events. We truly appreciate all the time these people put into making programs successful. While we list our volunteers seasonally, it is important to remember we work with many volunteers throughout the year to ensure the programs they are involved in are getting better each year. Thank you to these volunteers for your dedication to provide recreation in Sisters!

Michael Alayon
Terry Anderson
Craig Ansell
Amy Barry
John Barry
Karissa Bilderback
Brian Cash
Tim Craig
Kelly Davis-Martin
Roy Dean
Baxter Ekern
Kyle Fischer
Logan Gill
Mark Greaney
Keegan Greaney
Doug Green
Tom Harris
Jason Huber
Eric Huffman
Tristan Kaczmarek
Lee Kissinger
Winter Lewis
Tricia Louvar
Hunter Lucas
Dylan Mackenzie
Todd Moen

Barclay Moon
Rachelle Myhre
Jason Myhre
Justin Nicklous
Paul Patton
Julie Patton
Katie Polachek
Don Pollard
Erik Pronold
Chuck Quandt
Joseph Rackowski
Ruth Rincon
Melissa Robertson
Randy Robinson
Midge Rose
Guy Selig
Jeff Smith
Brad Tisdel
Mikaela Trott-Rickards
Jamie Vohs
Alan Von Stein
Scott Waddell
Eric Wentzel
Rob Weston
Jay Wilkins
McKibben Womack



Alpine Internet
Andrew and Kimberly Gorayeb
Apple Matching Grants
Aspen Lakes
Autzen Foundation
Avon
Barrio Restaurant
Bare Essential
Belknap Hot Springs
Best Western Ponderosa
Bigfoot Beverages
Bill and Wendy Birnbaum
Black Butte Ranch
BMC Earthwood Homes
Bob and Yvette Chandler
Brad Bulloch
C & K Market (Ray's Food Place)
Cal and Marsha Allen
Capstone Wealth Management Group
Cardio Rehab
Cascade Biosciences Consultants, Inc.
Central Electric Cooperative
Chris and Erin Borla
Chris Mayes
City of Sisters
Clear Water Gallery
Cow Creek Umpqua Indian Foundation
Craig and Renee May
Dave and Lynda Sullivan
Deschutes Children's Foundation
Deschutes County
Dick and Bea Hess
Dick's Sporting Goods
Don and Shannon Pollard
Dr. Bonnie Malone
Dr. Greg Everson
Duncan and Cynthia Campbell
Dyer Construction
Eagle Crest
Edward Jones
Essentials Spa
Five Pine Lodge
Ford Family Foundation
Garden of Eden
Gary and Eileen Wehrle Fund
Gary and Lucy Grittman
Gary and Trudy Berne
Clear Water Gallery
The Gallery
Grace Nail Salon
Gretchen Stroup
Guy Selig

Hard Tails
High Country Disposal
Hoodoo
Hop N Brew
Jack and Jan McGowan
James Naibert and Jill Miller
Jeff and Elina Campbell
Jeff and Winnie Omodt
John and Jeanne Wall
John and Michelle Sanders
John and Peggy Tehan
Jubitz Family Foundation
Kara Calmettes
Kathie and Dick Helser
Ken Serkownek
Kids in the Game
Kiwanis Club of Sisters
Kris Calvin & May Fan
Lake Creek Lodge
Les and Lori Cooper
Liquid Stone Design
Los Agaves
Majorie Turner
Marie Fuchs
Marti Dale
Mitch Deaderick
Martolli's Pizza
Mary Ellen Kolodge
Meredith McKittrick
Metamorphosis Salon & Spa
Michael Depp and Rose
Mickey and Bill Duehren
Mike and Jan Morgan
National Forest Foundation
Nugget News
Olive and Nut Company
Oregon Community Foundation
Oregon Park and Recreation
Department
Outlaw Martial Arts
Pony Express
Price Charitable Foundation
Ray's Foodplace
Richard and Darlene Kelm
Richard and Susan Kellogg
Rio Restaurant
Rita MacDonald
Robert and Mary Anne Woodell
Robert and Valerie Collins
Robinson & Owen Heavy
Construction, Inc.
Ronald and Nancy Mohler

Roundhouse Foundation
Ruth Peterson
Ruthie Douglas
Saint Edward the Martyr
Catholic Church
Shibui Spa
Sisters Athletic Club
Sisters Coffee Company
Sisters Folk Festival
Sisters Log Furniture
Sisters Motor Lodge
Sisters Outdoor Quilt Show
Sisters Rental
Sisters Rodeo Association
Sisters Science Club
Snow Cap Mini Storage
Step & Spine
Steven and Patti Janego
Stitchin' Post
Tate and Aimee Metcalf
Terri LeDoux
The Episcopal Church of the Transfiguration
The Gallery Restaurant
The Paper Place
Three Creeks Brewery
Timothy and Lori Larson
Takoda's
Tom and Becky Coffield
Tom and Linda Hespe
Tom and Lois Worcester
Tom Rheuben Dentistry
Tony Hawk Foundation
Tracy Stout
Trailer World
Trust Management Services, LLC
The Braemer Trust
Wildwood Ranch
William and Nancy Miller
Xpress Printing
Your Store
Yo Bean

SCHOLARSHIP INFORMATION

It is the goal of the District to make activities available to all youth no matter what their ability to pay. We understand that some families may not be able to afford the full cost of a program. Therefore, we offer scholarships to families who qualify for assistance. Qualification for scholarships is based on the USDA free and reduced lunch policies. Families are required to fill out our application and upon approval we will contact you to let you know about your scholarship award.

The Board of Directors of Sisters Park & Recreation District has adopted the following policies on scholarship awards:

Applicants shall provide a proof of income which establishes them as qualified for free and reduced lunch according to the USDA lunch program.

1. A limit of 50% of total cost of program will be awarded unless special circumstances apply.
2. A limit of 2 scholarships per family per season will be established.
3. A limit of \$500 per household per year unless special circumstances apply, or if the child is registered into an ongoing program such as pre-school, which the District may choose to scholarship for the entire school year.
4. No adult scholarships are available by the District at this time.

We understand that sometimes there are extenuating circumstances, and our policies may not meet the needs of your family, we therefore can in some cases make decisions that are outside of our normal policy to accommodate your family's need. These requests are handled on a case by case basis and decided by the Executive Director of the District.

The deadline is two weeks prior to any given program's start date. Expect a response from us by one week prior to program starting. Applications received after this deadline will be considered based upon available funds.



OUT OF DISTRICT FEE POLICY

Residents who live outside of the SPRD boundaries are encouraged to participate in all programs. Since out of district residents do not pay property taxes to support the SPRD, they will be charged an additional fee:

- One Day Program = \$5 Out of District Fee
- Two Or More Days = \$10 Out of District Fee

If you need help determining if you live outside of the District, please call us at 541-549-2091.

PROGRAM REGISTRATION INFORMATION

Please register for programs early to avoid programs from being cancelled due to lack of participation. All SPRD programs require a minimum number of participants in order to run a program. Payment is due at the time of registration. There are four ways to register:

Online Registration: set up a family account by going to sistersrecreation.com and you'll be ready to register at any time.

By Phone: call us at 541-549-2091 to register using your credit card. Payment is due at the time of registration.

Fax: you may fax registration forms to 541-549-0997. Include your credit card information. Please call us to confirm that we have received your fax.

In Person:
 The Coffield Community Center
 Mailing Address: P.O. Box 2215
 1750 W. McKinney Butte Road
 Sisters, Oregon 97759
 Office Hours: M-F 9:00am-5:00pm

CREDITS AND REFUNDS

If your plans change and you cannot attend a program, please notify us as soon as possible. Refunds and credits are readily granted for:

- Programs that we cancel for lack of registration.
- 100% refund is given if you notify us 5 business days in advance / working days.
- 50% refund is given if you notify us 3-4 business days in advance / working days.
- No credits or refunds will be issued when we are notified 2 business days or less from the start of the program.
- Program fees are not refunded or pro-rated for participants who miss portions of programs.





FUN FOR THE WHOLE FAMILY!



541-549-6878
SISTERSATHLETICCLUB.COM

50 group exercise and yoga classes per week
included in your membership

Kids Programs | Swimming Pool | No Contracts