ACTIVITY GUIDE

Fall 2019 | September - October

Registration Begins August 26th, 8:00 am
Contents

Registration Information 2
After-School Program 3
Youth Activities 4
Youth Basketball 6
Activity Index 9
Parks Matrix 10

Department Information

PARKS & CEMETERY OFFICE
7 am - 4pm M-F, 541-276-8100
865 Tutuilla Road, Pendleton, OR 97801
FAX: 541-276-9789

PENDLETON RECREATION CENTER
510 SW Dorion, Pendleton, OR 97801
Helen McCune Gym, Foundation Room
541-966-0228

PENDLETON PARKS
AND RECREATION COMMISSION
Kathryn Brown, Chair
Caryn Appler
Philip Schmitz
Ian Shadle
Molly Turner
Wes Murack
Jake Cambier, City Council Rep.

Commission meetings are held the second Tuesday of the month at noon in the City Hall Community Room. These meetings are public and we encourage your participation! If you have a request that you would like to add to the agenda, contact the Parks & Recreation Office by the Tuesday prior to the meeting.
ACCOMMODATIONS
We proudly support the Americans with Disabilities Act and encourage participation by everyone. If you require special accommodations to participate in our programs or use our recreation facilities, please call 541-276-8100.

PHOTOGRAPHY CONSENT
By enrolling in or attending any class or activity offered by Pendleton Parks and Recreation, you consent to have you or your child’s photograph taken and allow usage of these photographs in future publications by Pendleton Parks and Recreation. Names will never be included unless we seek and are granted specific permission.

SCHOLARSHIPS
Pendleton Parks and Recreation has a limited scholarship fund that can assist qualifying youth. Call the Parks Office at 541-276-8100 to find out how to qualify.

VOLUNTEERS
During the year, we quite often need help for special events; both individuals and civic groups are welcome. Please contact the Volunteer Coordinator, Tiffany Hegarty, at 541-966-0244.

REGISTRATION
Call 541-276-8100 or visit us in office 7am-4pm Monday - Friday.

ONLINE REGISTRATION
The Pendleton Parks & Recreation website is a convenient tool to explore and From pendletonparksandrec.com, click “register for classes & make reservations” and begin by creating your account or logging into your current account. We highly encourage use of the online portal. Online registration powered by Active.com.

CREDITS & REFUNDS
Credits (good for up to one year from the date of issue) or refunds are readily granted if we are notified 7 days prior to the start date of the program. A refund fee will be assessed except when we cancel an activity. Anything less than 7 days prior notice and only credit will be granted. Program fees are not refunded for participants who miss portions of programs.
The afterschool program is a collaboration between Pendleton Parks and Recreation, Pendleton School District and InterMountain Educational Services District.

The program is targeted towards families who want a fun, engaging, experience for their kids in the time between when school ends and 5:30pm.

Whether families need this service because both parents work, or they just want another great opportunity for their child to participate in enriching activities such as fun science experiments, physical activity, craft projects, art, games and music, we welcome everyone who wants to participate.

**PARTICIPATION FEES**

- $8 per child per day
- $10 supply fee (supply fee is paid once per year at the start of the program to save spot.)
- To guarantee your spot in the program please complete registration form and pay supply fee before enrollment.
- Participation fees can be paid in advance or billed weekly.
- 10% discount if you pay in advance for at least 3 days a week, or 2 days a week for 2 or more siblings.
- Parents can receive the 10% discount by enrolling in office the Friday before, or online the Sunday before by 11:59 pm.

A tutorial will be posted on pendletonparksandrec.com
YOUTH ACTIVITIES

BIRTHDAY PARTIES!
The gym is a great place for kids to have some energetic fun with friends and family. Come inside to enjoy badminton, dodgeball, volleyball, basketball, ping pong, foosball or pool. For additional fun (and fee), you can add the bouncy house, glow-in-the-dark dodgeball, or Nerf gun wars.

Cost: $55 + add ons
Location: Helen McCune Gym
Parties are available on Saturdays, 2 hr 15 min slots.
Times: 10:15am, 12:45pm, 3:15pm, 5:45pm

PUMP IT UP CHEER SQUAD!
#6526
Let’s get loud, jump up and down and cheer for our team at select Pendleton Youth Football games in October, including the league championship Requa Bowl! Practices will be held in the Helen McCune Gymnasium at the Pendleton Recreation Center. Camp cost includes pom-poms and t-shirt.

Cost: $50 Age: 7-15
Starts: Sep. 9th Ends: Oct. 17th
Mon & Thurs 6:30-7:30pm
**Gymnastics**

Sessions Start August 26th
October 28th

Partners In Play #6681
Age: 15mo-3
Cost: $63
Meets: Mon 4-4:30pm
This interactive 8 week class between child and parent is a great start to perfecting those motor skills. We will work on drills that build strength, flexibility, coordination and patience. Parent/Guardian participation required.

**Tiny Tumblers 1 #6682**
Age: 3 - 5
Cost: $70
Meets: Mon 4:30-5:15pm
This 8 week class is an introduction to tumbling skills and basic bar skills. Perfect for your little one to learn forward and backward rolls, dive rolls, jumps, bridge ups, kick ups and handstands.

**Tiny Tumblers 2 #6683**
Age: 3 - 5
Cost: $70
Meets: Mon 5:15 - 6:00 pm
Perfect for your little one to learn forward and backward rolls, dive rolls, jumps, bridge ups, kick ups and handstands.

**Tumblers #6684**
Age: 5-7
Cost: $70
Meets: Mon 6 - 6:45pm
Runs, hurdles, squat on vault, stick landings, cartwheel/head/handstand drills, back handspring drills, rolls, bar drills to include chin/pull ups, toe touches, pull overs, dismounts, beam, straddle mounts, walks, jumps, kicks and more.

**Sports Development Program**

#6679
Cost: $30
Age: 3 - 6
Sun 10:45 - 11:45am
The Start Smart Sports Development Program is a developmentally appropriate introductory sports program. The focus will be on throwing, catching, batting and kicking. The program meets for a parent program orientation on Wednesday, October 3rd at the Rec Center at 7 p.m.

**Tot-Time #6685**
Age: 2-6
$2 per child
Meets: Mondays 10 am - 11am
Begins September 16th

Play equipment and family-friendly music offer a great environment for your little one to burn off some steam. **Clean socks are required on gymnastics mats.** Parent interaction is encouraged, parent presence is required.

Clean socks are required on gymnastics mats. Parent interaction is encouraged, parent presence is required.
Boys Youth Basketball
Starts Saturday, October 19th

Pendleton Youth Basketball 3rd - 6th Grade
3/4th #6678 5/6th #6680

Pendleton Youth Basketball (PYB) is back in action this fall. PYB will focus on teamwork, fundamental skills, and education of the game of basketball. Teams will be formed based on skills assessment to ensure all teams are at a similar ability level. During the season everyone will have equal opportunity of playing time. Teams will have a weekday practice and games on Saturdays.

An email will be sent and coaches will contact players and parents regarding first practice time and location after assessment and completion of team assignments.

A skills practice will be held on October 19th at 10:45 am.

Practices and Games will be at the Recreation Center. Practice times will be choosen by coaches, parents will be emailed.
Yoga #6689
Breathing, strengthening, stretching, and balancing - these are the ingredients of yoga which can create numerous health benefits for the body. The heart of the class is a series of poses that can be vigorous, gentle, or adapted, according to the individual's needs.

Cost: $36 per month
Age: 16+
September: Off
October: Wednesdays at 5:30pm

Walking For Wellness #6686
Good music, new friends and a classic gymnasium out of the weather. A safe and comfy way to get your exercise no matter the time of year. Due to the generous donation of time from some walking volunteers, we are now able to offer this program FREE of charge. Start your day off right and get walking!

Starts October 1st
Monday - Friday
8:30am - 9:30am
Free

Skills for Life #6687
This activity is open to all middle and high school aged students. This program is a partnership with Lost & Found Youth Outreach and is held at the Rec Center gym. Lots of gym activities available beginning at 3:00 p.m. At 4:00 p.m. the pace will change into a life skills group. Topics will include success at school, cultivating a positive self-image, helping others, and lots more!

Age: 12-17
Meets: Thurs 3 - 5pm
Free

Special Needs Open Gym #6688
Come inside out of the weather and get some exercise. We have lots of equipment to make your time in the gym fun and our wonderful sound system can really help to pick up the pace of your activities. The gym is closed to the general public to offer a controlled space for stress-free exercise. Volunteers allow us to offer this program free of charge. Open gym begins in October and continues through May.

FREE
Meets: Sundays 12pm - 1:30pm
All Ages
Halloween Carnival

Open to Everyone
Thursday, October 31st, 5-7:30pm
Location: Recreation Center
Cost: FREE

Are you ready for a night of outrageous family fun? Our annual Halloween Carnival will be held at the Recreation Center. We will be having all of our classic games along with some exciting new ones. We strongly encourage getting creative and showing us your best Halloween costume. Doors will open at 5:00 and the fun will go until 7pm.

It takes a variety of volunteers, sponsors and your donations to keep this program the tremendous event that it has been over the years.

If you are interested in sponsoring a booth or volunteering please contact 276-8100. This would make a great service project for a club or organization.

TRICK - OR - TREAT ON PENDLETON MAIN STREET
Kick off the night on Main Street by walking the local shops with your little tricksters (or treaters) at 3 pm. Once you have enough candy to upset your dentist, head over to the Recreation Center for more festive fun!
September
Gymnastics
Skills for Life
Full Schedule Birthday Parties
Special Needs Open Gym

October
Walking for Wellness
Tot Time at the Gym
Yoga
Sports Development Program
Pendleton Youth Basketball - Boys
Gymnastics
Halloween Carnival

Looking Forward
Yoga - November
Open Gym Volleyball
Gymnastics
Ice Rink Opens

Date
Register by 8/22
Ongoing
Begins 9/17
Begins 9/24
Begins 10/1
Begins 10/5
Begins 10/7
Register by 10/3
Register by 10/17
Register by 10/24
10/31
Begins 11/3
Begins 11/4
Register by 11/14
11/28
**STOP AND SEE WHAT PENDLETON PARKS HAVE TO OFFER!**
Call 541-276-8100 for more info or to reserve one of our parks

We also have a 3-mile walking/biking trail through town along the Umatilla River called the Pendleton River Parkway. Easy access can be found from Trailhead, Roy Raley, Brownfield, and Stillman Park; Trailhead and Roy Raley have off-street parking.

<table>
<thead>
<tr>
<th>Aquatic Center</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airport</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aldrich Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brownfield</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Centennial</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Grecian Heights</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Kiwanis</td>
<td></td>
<td></td>
<td></td>
<td>locked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>May</td>
<td></td>
<td></td>
<td></td>
<td>locked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>McKay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neighborhood</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Museum</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pioneet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice-Blakey</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Riverfront Plaza</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roy Raley</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Sergeant City</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sherwood</td>
<td></td>
<td>locked</td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stillman</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Til Taylor</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trailhead</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Union Pacific Shelter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vincent Park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>
Thank you to our Sponsors