





ANATOMY

ANATOMY COFFEE VENDOR

YOU CAN CALL THE PARKS & RECREATION DEPARTMENT MONDAY - FRIDAY 8:30AM-4:30PM OR EMAIL US ANYTIME



3 Your Central Point Rec Staff's

SUMMER ACTIVITIES

WARMER TEMPERATURES, PLAYING OUTSIDE, AND ENJOYING ALL THINGS SUMMER. WE WANTED TO LET YOU ALL KNOW WHO WE ARE AND WHAT THE STAFF IS EXCITED

> WATER, WATER, WATER; THAT IS WHERE YOU WILL FIND MARGARITA SPENDING HER FREE TIME THIS SUMMER. FROM RIVERS TO LAKES AND EVERYWHERE IN BETWEEN, SHE LOVES SPENDING THE WARM DAYS IN THE WATER. WHEN SHE ISN'T SPLASHING AROUND THIS SUMMER YOU WILL FUND MARGARITA TAKING OUR YOGA CLASS AT HUMMINGBIRD ESTATES WITH CRISTINA COSS!





MARGARITA AT LAKE OF THE WOODS

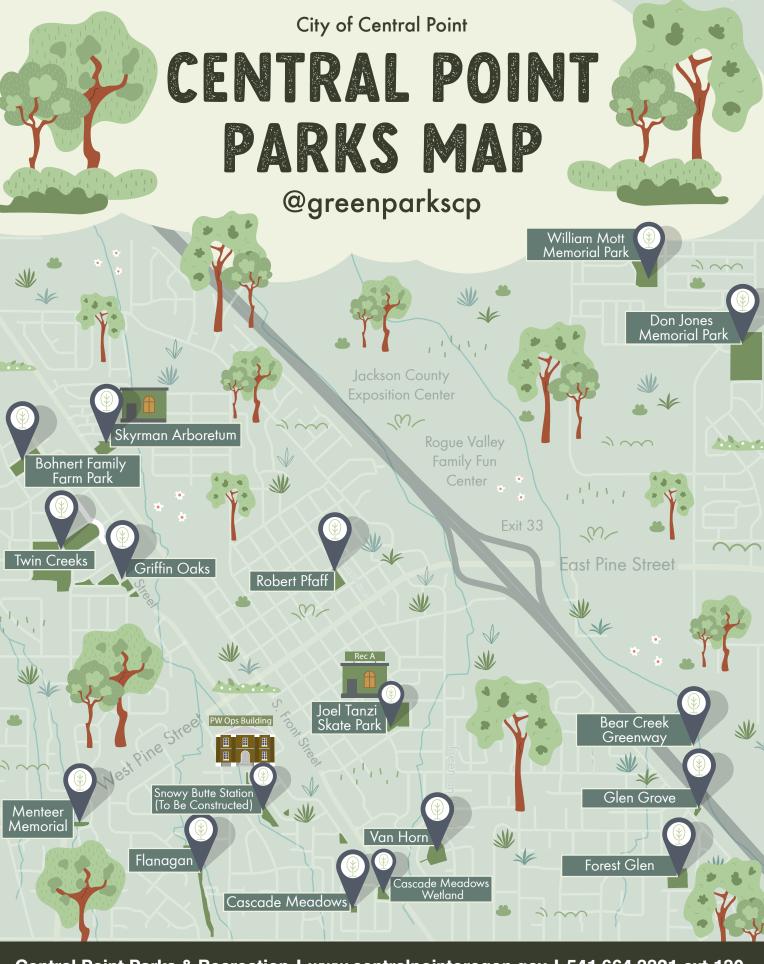


MIGHT FUND ELIZABETH OUR SPECIAL EVENTS COORDINATOR TREKKING THE MOUNTAINS ALL OVER OUR BEAUTIFUL VALLEY ON A FUN OUTDOOR HIKE. WHEN ELIZABETH ISN'T HITTING THE MARVELOUS MOUNTAIN TRAILS THIS SUMMER, SHE IS EXCITED TO TAKE OUR UPCOMING DOG TRAINING CLASS AT TWIN CREEKS PARK WITH GO ROGUE DOG TRAINING WITH HER ADORABLE MALTIPOO ELLIE.

BEN, OUR RECREATION COORDINATOR, IS EXCITED TO SPEND HIS FREE TIME THIS SUMMER IMPROVUNG HIS GOLF SWUNG AND ENJOYUNG ALL THAT GREEN WELL-MANICURED TURF! WHEN HE ISN'T HITTUNG THE LUNKS AND LOWERUNG HIS HANDICAP, BEN CAN BE FOUND CREATUNG MEMORABLE CARDS FOR HIS LOVED ONES IN OUR HAND CRAFTED CARD MAKING CLASS WITH EMILY STOUT THIS SUMMER.



WE LOOK FORWARD TO SPENDING SUMMER AND HOPE TO SEE ALL YOUR SMILING FACES AT **RECREATION CLASSES, SUMMER** AMAZING CENTRAL POINT PARKS!





to honor our local heros.

For a tax deductible donation of \$450, this program offers residents the opportunity to celebrate a veteran/hero in their life through the purchase and planting of a tree at Don Jones Memorial Park. Each tree donation will include a 3" by 3.5" metal plaque attached to a post near the tree. The plaque will provide the name of the veteran and a QR code that will link to a city webpage providing biographical information and a photo of the veteran. For Spring planting, the application deadline will be March 1. For Fall planting the deadline will be September 1.

For More Information Contact Dave Jacob at (541) 423-1012



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EDEN FOSTER COMMUNITY SPIRIT AWARD

This year at the Denim and Diamonds Banquet, hosted by the Central Point Chamber of Commerce, Eden Foster was honored with the Community Spirit Award. Eden has been a dedicated volunteer with Central Point Parks and Recreation for many years. In addition to her contributions to our events, Eden serves on the Central Point Parks Commission and Foundation. She also spearheaded the "Plant a Thousand Daffodils" initiative, which has brought thousands of flowers to our city over the last several years. Eden's willingness to serve her community, lead various committees, and her infectious smile make her a pure joy to have in our community.

Central Point PARK UPDATES

WHAT'S NEW WITH RECREATION?

The Recreation Team has been busy preparing for all things summer! We are thrilled to welcome the warmer weather and introduce exciting classes and events for the season. Before delving into the excitement of upcoming events and classes, here is an update on our progress with the Community Center and the Central Point Little League.

The Community Center project is progressing smoothly; we are in the final stages of design and collaborating with Adroit Construction. Our aim is to start construction on the new complex in July of this year. We anticipate sharing design images of the new complex with the public in the upcoming months.

The Central Point Little League has undergone several upgrades in recent months. The parking lot has been graded, the fields' reseeded, and additional material has been added to the fields. We also added gravel walking paths throughout the complex for easy access to the fields.

This summer, we're introducing a plethora of new classes alongside the return of many favorites from previous seasons. We are excited to offer a polymer clay earrings class and the return of a crowd favorite, Slam Dunk Basketball Camp. Our summer would not be complete without a summer filled with Rowdy Summer Camp classes, from Messy Camp to LEGO week we have something for everyone!

Our summer events are in full swing, and we're eagerly anticipating another fantastic year of Made in Southern Oregon event, kicking off with our May event. We have an extensive lineup of incredible vendors, just in time for finding that perfect Mother's Day present. Additionally, we're bringing back the Drive-In-Movie event, this time featuring the new Barbie Movie. The event will be held at the Central Point Little League, with all proceeds going towards the restoration of the complex.





2023 CITY OF CENTRAL POINT INNOVATION AWARD

The Central Point Recreation Staff is proud to accept the Innovation Award. This award was presented to our staff for their phenomenal work "For the Successful Creation of The Hispanic Heritage Celebration." This event brought together the expansive traditions of Hispanic culture, featuring performances, food vendors, games, and informational booths. Due to its overwhelming success, we are excited to announce that it will return again this year!



10:00 A.M. TO 1:00 P.M. @ TWIN CREEKS PARK 5:00 P.M. TO 7:00 P.M. @ E. PINE ST.

SEE CPPD'S FACEBOOK OR CALL 541-664-5578 FOR MORE INFO.





Migration

JUNE 7TH | ROBERT PFAFF PARK

Elemental

JUNE 218T | DON JONES PARK

Despicable Me

JUNE 28TH | TWIN GREEKS PARK

Wonka

JULY 19TH | TWIN GREEKS PARK

Grease

AUGUST 2ND | ROBERT PFAFF PARK

Movies start at Dusk!

FOLLOW US ON SOCIAL MEDIA FOR INFO ON EVENT DETAILS.

MOVIES ARE SUBJECT TO CHANGE.



















CENTRAL POINT BRANCH LIBRARY & CENTRAL POINT PARKS & REC

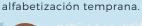


Bilingwal StoryWalk

Stroll through Central Point's beautiful parks on a StoryWalk. As you make your way through the park, you will read along with an illustrated children's book, displayed page by page! A StoryWalk is a great way to combine fresh air, movement, and early reading skills.

July 9th - 23rd | William Mott Memorial Park 2190 Jeremy St, Central Point

Ande por los parques preciosos de Central Point en un StoryWalk. Mientras pasando por el parque habra un libro para niños ilustrado, ¡exhibido página por página! Un StoryWalk es una actividad divertida que combina el aire fresco, movimiento, y aptitudes de alfabetización temprana.













CENTRAL POINT

4TROFJULU

Visit our website at centralpointchamber.org to be part of the parade or a vendor at the Freedom Festival.

PARADE &FREEDOMFEST 2024

7:00AM PANCAKE BREAKFAST

@ Grange Hall, hosted by Crater Lake Council Boy Scouts

7:30AM RUN 4 FREEDOM 5K

Sponsored by CP Parks & Rec

8:45AM KIDS FUN RUN

Sponsored by Anytime Fitness & CP Parks Foundation

9:30AM PINE ST. PARADE

Route: 2nd St. to Pine St. to 8th St. to Cherry St. to Crater

10:30AM - 2:00PM FREEDOM FESTIVAL

Free kid activities, food vendors, artisan booths, contests, and live music all at Pfaff Park!

BOOMFEST! @ THE EXPO

Brought to your by the City of Central Point. Fireworks begin at dark @ the Expo

GENEROUSLY SPONSORED BY

















CENTRAL POUNT

RECREATION CAMPS

SUMMER 2024

JUNE SCHEDULE OF EVENTS

DATE	SESSION NAME
06.03-06.07	TENNIS CAMP
06.17-06.21	CHALLENGER SOCCER CAMP
06.24-06.28	CAMPUNG & OUTDOORS WEEK

JULY SCHEDULE OF EVENTS

07.01-07.03	SAFETY CAMP
07.08-07.11	LACROSSE CAMP
07.08-07.12	LEGO WEEK
07.15-07.19	S.T.E.A.M WEEK
07.22-07.26	DISNEY®WEEK
	JUNIOR NATURALIST CAMP
	BASKETBALL CAMP

AUGUST SCHEDULE OF EVENTS

07.29-08.02	SPORTS & OLYMPICS WEEK
07.30-08.02	TENNIS CAMP
08.05-08.09	LET'S GET MESSY WEEK
08.12-08.16	TRAVEL ADVENTURE WEEK
08.19-08.23	SUPER HERO WEEK
08.26-08.30	SPACE WEEK

Recreation Program Scholarships Available



The Central Point Parks and Recreation Foundation is offering partial scholarships for recreation programs and camps to eligible seniors, youth, and people with disabilities. Applying is easy! Scan the QR Code to get started!







ROWDY THE RACCOON'S SUMMER DAY CAMPS!

Ages 6 - 12
Come spend your summer with Central
Point Parks & Recreation! Our summer
day camps include crafts, outdoor play,
STEAM, and weeks of fun and activities.
Each week features a different theme that
will make learning exciting and enjoyable.

INSTRUCTORS: Parks & Rec Staff LOC: REC A Building | 405 S. 4th St.

TIME: 8:00am - 4:30pm

S1: Camping & Outdoors Week
June 24th - June 28th | M - F | \$165.00

S2: Lego Week

July 8th - July 12th | M - F | \$165.00

S3: STEAM Week

July 15th - July 19th | M - F | \$165.00

S4: Disney® Week

July 22nd - July 26th | M - F | \$165.00

S5: Sports & Olympics WeekJuly 29th - Aug. 2nd | M - F | \$165.00

S6: Let's Get Messy Week

Aug. 5th - Aug. 9th | M - F | \$165.00

S7: Travel Adventure Week

Aug. 12th - Aug. 16th | M - F | \$165.00

S8: Superhero Week

Aug. 19th - Aug. 23rd | M - F | \$165.00

S9: Space Week

Aug. 26th - Aug. 30th | M - F | \$165.00

READING & CRAFTS WITH SNOW QUEEN

Ages 2-12
The Snow Queen brings some of her
favorite stories to share to spread the
joy of reading, and encourage literacy
and preliteracy skills. The queen will
also bring her favorite craft and provide
opportunities for photos!

INSTRUCTOR: Enchanted Experiences LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 11:00am - 12:00pm

\$1: Aug. 3rd | Saturday | \$20.00

TENNIS CAMP!

Calling all mini Federers and tiny Sharapovas! Our kids' tennis camp guarantees an ace of a time! With balls flying, racquets swinging, and giggles echoing, our amazing coaches bring the fun with creative drills and wacky challenges. Our camp serves up a hilarious and unforgettable experience. Racquets are available, or you can bring your own. We will provide the tennis balls; you bring water and a smile!

INSTRUCTORS: Parks & Rec Staff LOC: Don Jones Park | Tennis Courts S1: June 3rd - June 6th | M - Th | \$20.00

TIME: 3:30pm - 4:30pm

S2: July 30th - Aug. 2nd | T - F | \$20.00

TIME: 8:00am - 9:00am







ROGUE VALLEY LACROSSE CAMP!

Come have fun playing America's first sport! No experience is necessary and equipment will be provided. Please bring your favorite snack, water, and cleats or tennis shoes. Daily contests will be ran with prizes! Instruction will be led by Coach Mark Brown, 16 year Head Coach for SOU and Director of the Rogue Valley Youth Lacrosse Association.

INSTRUCTOR: Mark Brown

LOC: Civic Fields | 555 Twin Creeks Xing

TIME: 9:00am-12:00pm

\$1: July 8th - July 11th | M-Th | \$150.00

I CAN PLAY GUITAR! WITH ROGUE MUSIC

This class is perfect for aspiring musicians who have never played guitar before, or for those who have had trouble with traditional guitar lessons in the past. In this course, students will learn the most common guitar chords and rhythms, as well as how to play their favorite songs in a low-pressure environment. If you already have a guitar, be sure to bring it with you. However, if you do not have a guitar, a rental guitar will be provided.

INSTRUCTOR: Rogue Music Lessons LOC: REC A Classroom | 405 S. 4th St.

TIME: 5:15pm - 6:00pm

\$1: June 4th - June 25th | Tues. | \$66.00

I CAN PLAY UKULELE! WITH ROGUE MUSIC

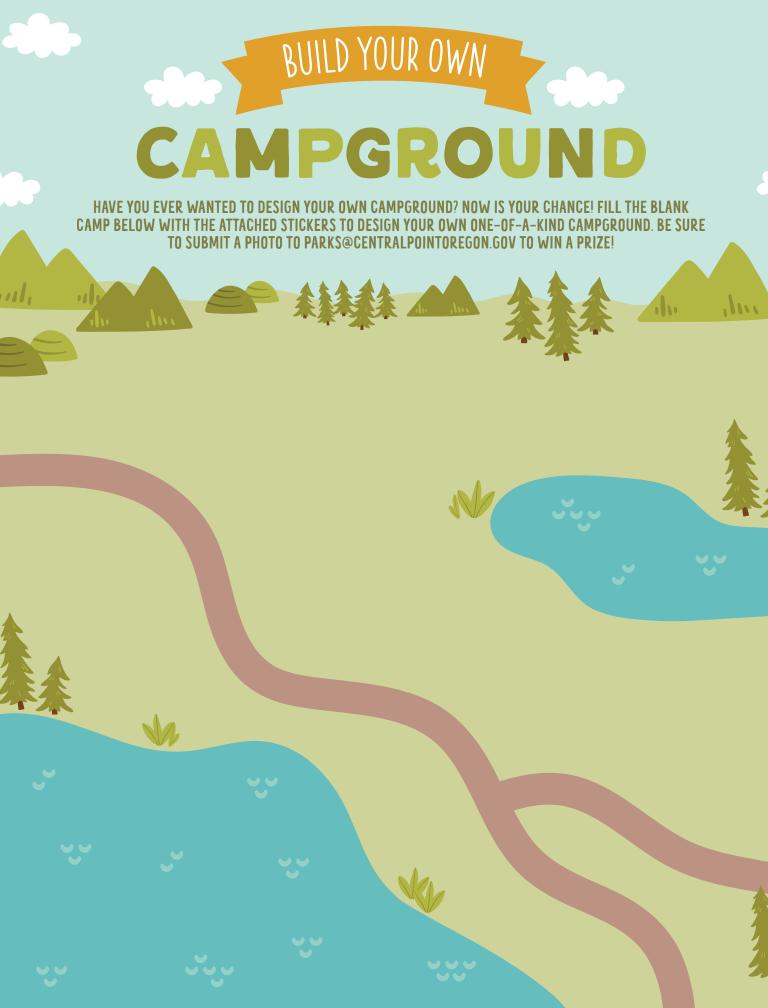
Ages 6 - 15
Learn the fundamentals of playing the ukulele in a fun, low-pressure environment!
Students will learn the most common chords and rhythms and how to play their favorite songs. This class is perfect for anyone who has never played before or who has struggled with traditional lessons in the past. If you already have a ukulele, be sure to bring it with you. However, if you do not have a ukulele, a rental ukulele will be provided.

INSTRUCTOR: Rogue Music Lessons LOC: REC A Classroom | 405 S. 4th St.

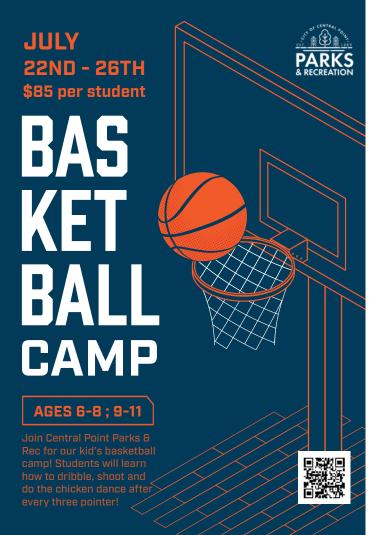
TIME: 5:15pm - 6:00pm

S1: June 6th - June 27th | Thurs. | \$66.00











SOCCER **IMMER**

EARLY BIRD SPECIAL

DON'T MISS DUT!

SIGN UP FOR CAMP NOW TO SAVE \$

DISCOUNTS UP TO

\$40

ON SOME SESSIONS

+ UNLOCK EXCLUSIVE MERCHANDISE SAVINGS

* EARLY BIRD DISCOUNT EXPIRES 30 DAYS BEFORE CAMP

FOUNDATIONAL SKILLS CAMPS

Incorporating the best coaching methodologies from around the world, players will work on technical foundation skills in a fun 8 safe environment. More than just a soccer camp; a cultural, educational, and informational program that uses soccer to teach core values of responsibility, respect, integrity, sportsmanship and leadership.

















Twin Creeks Soccer Fields, 555 Twin Creeks Crossing Loop, Central Point, 97502

PARKS





Early Bird Price

S269 S309

S199 S229

\$129 \$149

June 17th - June 21st

Title Ages Time 7 - 16 **Full Day** 9am - 3pm 9am - 12pm Half Day 6 - 168am - 8.45am TinyTykes 3-5

REGISTER NOW

Get in touch regarding this camp

Jack Drew — (916) 262 7542 (837) — jdrew@challengersports.com

CHALLENGERSPORTS.COM



SISKIYOU Mountain Wildlife

The Siskiyou Mountains have a wide variety of animals not commonly seen anywhere else & this is your chance to learn about the best! We discuss 14 different animals & the best part is the PETTING! Real furs, pelts & feathers from uncommon animals such as a WOLVERINE, LYNX, SPOTTED SKUNK, BALD EAGLE, FISHER and MARTEN.

INSTRUCTOR: Bugs R Us

LOC: REC A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

\$1: May 11th | Saturday | \$9.00

POND LIFE

Ages 3+
This is AS CLOSE AS YOU CAN GET
without getting your SHOES WET! We
cover all aspects of local ponds, reptiles,
amphibians, fish, insects, birds, mammals,
plants as well as a SPECIAL focus on
macro-invertebrates those little critters that
make all the other animals POSSIBLE! The
FOOD WEB cycle is addressed as well as
predator/prey functions and the life cycle of
typical ponds.

INSTRUCTOR: Bugs R Us

LOC: REC A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm \$1: June 8th | Saturday | \$9.00



BUILD AN ELECTROMAGNET

In this STEM class, build your own electromagnet using copper wire, electrical tape, a nail and a battery. Powerful enough to pick up a string of paperclips or thumb-tacks, but NOT strong enough for CARS! We will also experiment using in-class discussion on how to make the electromagnet EVEN MORE POWERFUL! ALL MATERIALS ARE INCLUDED.

INSTRUCTOR: Bugs R Us

LOC: REC A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

\$1: July 13th | Saturday | \$12.00







SAFETY CAMP WWW

Safety Camp is for kids just like you! In this camp you will learn important skills before you babysit, stay home alone, or ride your bike around. Our goal is to make learning about safety clear and fun! You'll learn cool stuff like how to call 911, do CPR, stay

about satety clear and tun! You'll learn cool stuff like how to call 911, do CPR, stay safe while walking, and spot dangers when you're home alone. Plus, we'll play games and get camp T-shirts! We'll also talk about using phones and computers safely and show you cool jobs in helping people stay safe. Come join us and feel confident and prepared for whatever comes your way!

INSTRUCTORS: JC Fire District 3 & Central Point Police Department

LOC: JCFD3 Scenic Station | 1909 Scenic Ave.

TIME: 9:00am -11:30am

\$1: July 1st - July 3rd | M-W | \$10.00

BUTTERFLIES & MOTHS

Ages 3+

Explore the most beautiful of the insects as we interact with some of the BIGGEST and most spectacular preserved specimens on EARTH! This program highlights lifecycles, importance in the environment as well as examples of some very rare butterflies and moths from all over the world. Visitors receive handouts detailing differences between butterflies and moths, and butterfly stickers.

INSTRUCTOR: Bugs R Us

LOC: REC A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

\$1: August 3rd | Saturday | \$9.00

JUNIOR NATURALISTS SUMMER CAMP

Join us for an exciting week of NATUREthemed classes! Dive into the fascinating world of BUGS, MAMMALS, BIRDS, BATS, FISH, and DESERT ANIMALS, while also enjoying engaging crafts and activities. Participants will earn a coveted JUNIOR NATURALIST PATCH.

INSTRUCTOR: Bugs R Us LOC: To Be Determined TIME: 9:00 am -12:00 pm

\$1: July 22nd - July 26th | M-F | \$115.00

PAINTING WWW WITH ACRYLICS

Unleash your creativity in our vibrant acrylic painting classes! Explore themes like Grapevine Heart, Happy Owl, Bird on Branch, Smiling Fox, and Countryside. Learn layering techniques, vibrant contrasts, and create your masterpiece to take home. Join us and let your imagination soar!

INSTRUCTOR: Sara Rea

LOC: REC A Classroom | 405 S. 4th St.

TIME: 12:00pm - 2:00pm

\$1: May 25th | Saturday | \$45.00 \$2: June 8th | Saturday | \$45.00 \$3: July 20th | Saturday | \$45.00 \$4: August 31st | Saturday | \$45.00

READING & CRAFTS WITH TINKER FAIRY

The Tinker Fairy brings some of her favorite stories to share to spread the joy of reading, and encourage literacy and preliteracy skills. The magical fairy will also share a craft activity, and offer photo opportunities. All children should be accompanied by an adult.

INSTRUCTOR: Enchanted Experiences **LOC:** Haskell Rm 2 | 235 S. Haskell St.

TIME: 11:00am - 12:00pm

\$1: June 29th | Saturday | \$20.00







DECORATE FLOWER POTS WITH MIRABELLE

Ages 4-12 Mirabelle will work with kiddos to decorate their very own flower pots to take home and use in their own gardening adventures! She will talk a little about what flowers need to grow while helping kiddos grow their creativity and motor skills! She will also offer photo opportunities. Please note, we will be playing with paint, so be ready to get a little messy! All children should be accompanied by an adult.

INSTRUCTOR: Enchanted Experiences LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 11:00 am - 12:00 pm **S1:** July 13th | Saturday | \$30.00



TABLE MANNERS AND GREY STUFF WITH BELLE

Join Belle to learn about table manners and how to make her favorite dessert (It's delicious!) Please note that dairy ingredients will be used. A recipe will be provided to take home as a keepsake and photo ops and autographs will be offered as well! All children should be accompanied by a parent.

INSTRUCTOR: Enchanted Experiences LOC: Haskell Rm 2 | 235 S. Haskell St. TIME: 11:00 am - 12:00 pm S1: Aug. 24th | Saturday | \$28.00

TODDLEROBICS

Movement, Music, and Me! Toddlerobics is a program designed for toddlers to exercise both their minds and bodies through a range of simple exercises. Participants will also engage in music games, allowing them to sing and dance to songs. The program will take place outdoors at Twin Creeks Park, so please remember to bring water for your child as they may work up a sweat. Come and join us for some active and fun-filled activities!

INSTRUCTOR: Jackson County Library LOCATION: Twin Creeks Park | Bandshell

TIME: 10:30am

\$1: May 20th | Monday | FREE!



LEARNING BASIC WATERCOLOR

Discover the art of creating basic watercolor paintings and enhance your watercoloring skills! This class welcomes participants aged 7+ and is ideal for parents or grandparents looking to join alongside their children. Explore techniques such as creating a watercolor wash, crafting a color wheel, mastering color mixing, and using transfer papers.

INSTRUCTOR: Deanna St. Martin LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 2:00pm - 4:00pm

\$1: June 16th | Sunday | \$39.00 \$2: July 14th | Sunday | \$39.00 \$3: August 4th | Sunday | \$39.00 \$4: August 25th | Sunday | \$39.00







MAGIC WITH A TWIST

Step into an interactive and thrilling class where young apprentices will cultivate confidence by exploring and mastering illusion and magic tricks. They will also craft their own balloon animals after a magical showcase. Every child will depart with fresh knowledge of various magic tricks and a personally crafted balloon animal, with all materials provided.

INSTRUCTORS: Delbert & Kathleen Lee LOC: Haskell Rm #2 | 235 S. Haskell St.

TIME: 1:00pm - 3:00pm

\$1: June 1st | Saturday | \$55.00 \$2: July 13th | Saturday | \$55.00 \$3: August 31st | Saturday | \$55.00



LEARN TO DANCE MERENGUE

Embark on a rhythmic journey with our "Magnetic Merengue" dance class! Merengue, known for its lively beats and vibrant movements, transcends beyond just a dance—it's a celebration of life and connections. In this dynamic class, participants will learn fundamental steps, turns, and partnering techniques that define this captivating dance style. No partner or experience needed.

INSTRUCTORS: Derrik & Maria Coghill LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 6:30pm - 7:30pm

\$1: May 8th - May 29th | Wed. | \$40.00

LEARN TO DANCE BACHATA

Ages 14+ Bachata, a highly popular dance, has recently gained widespread popularity across the United States. In this progressive class, you'll delve into the basics of bachata, explore fun variations, and quickly begin to create your own moves. No prior experience or partner is needed to sign up!

INSTRUCTORS: Derrik & Maria Coghill LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 6:30pm - 7:30pm

\$1: June 5th - June 26th | Wed. | \$40.00

LEARN TO DANCE SWING

Swing, a beloved dance style since the 1920s, awaits your discovery, and we're thrilled to introduce it to you! Throughout this class series, you'll delve into the fundamentals of swing, explore entertaining variations, and gain the confidence to improvise your own moves. No partner or prior experience required!

INSTRUCTORS: Derrik & Maria Coghill LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 6:30pm - 7:30pm

\$1: Aug. 7th - Aug. 28th | Wed. | \$40.00



YOGA AT HUMMINGBIRD ESTATE

Come discover the joy of outdoor yoga and unwind while we welcome summer. Take in stunning views as you focus on feeling good in your body. Afterwards, stay for wine or food. Bring your yoga mat, water, and sun protection. All levels are welcome.

INSTRUCTOR: Cristina Coss LOC: Hummingbird Estate

S1: Solstice Flow

June 19th | Wed. | 9:00am - 10:00am | \$15

S2: Solstice Flow

June 19th | Wed. | 4:30pm - 5:30pm | \$15

S3: Wine & Unwind

June 21st | Fri. | 4:30pm - 5:30pm | \$15

PEDIATRIC CPR & FIRST AID

This is a hybrid training course with part one online. In this class you will learn the steps and procedures of dealing with medical/injury emergencies and how to perform CPR/AED. Part two will be in person where skills will be practiced and certification cards will be given. After signing up, this class becomes non-refundable, due to the purchase of the online portion of the class in each participant's name. Please bring your completion certificate to the in person hands on session.

INSTRUCTOR: First Response LLC **LOC:** REC A Classroom | 405 S. 4th St.

TIME: 6:00pm - 7:00pm

\$1: July 9th | Tuesday | \$60.00 **\$2:** August 13th | Tuesday | \$60.00



ADAPTIVE & GENTLE YOGA

This hybrid class combines chair and standing yoga poses with a focus on breath with movement to enhance mobility and flexibility for all abilities. Chair-assisted standing sequences are included, along with a few on-the-floor poses with chair alternatives. Hand weights are used for strength building.

INSTRUCTOR: Barbara Deurwaarder LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 3:30pm - 4:30pm

S1: May 13th - June 17th | Mon. | \$75.00 **S2:** July 15th - Aug. 19th | Mon. | \$75.00

YOGA ALIGNMENT & FLOW

Join our breath-centered yoga class focusing on calming the mind, building endurance, strength, & flexibility. Experience flow yoga with salutations, sequences, & poses, including intermediate alignment principles.

INSTRUCTOR: Barbara Deurwaarder LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 5:00pm - 6:00pm

S1: May 13th - June 17th | Mon. | \$75.00 **S2:** July 15th - Aug. 19th | Mon. | \$75.00

LEARN TO DANCE SALSA

Salsa, an incredibly fun and versatile dance style celebrated across North and South America, awaits you—come and give it a try! Over the course of this 4-week series, you'll master the basics of Salsa, explore entertaining variations, and acquire the skills to dance confidently with anyone, anywhere. No partner or prior experience required!

INSTRUCTORS: Derrik & Maria Coghill LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 6:30pm - 7:30pm

\$1: July 10th - July 31st | Wed. | \$40.00

PILATES MOVEMENT

Ages 16+

Build awareness through movement linked with breath as you train core muscles. Exercises utilize the building blocks of core strengthening, balance, flexibility, alignment and stamina. Please bring a mat and a small blanket or towel to class.

INSTRUCTOR: Kathryn Reppond LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 11:45am - 12:45pm

\$1: May 7th - June 18th | Tues. | \$75.00*

*No class on June 4th

SPIRAL YOGA

 Ages 16+ Offset the aging process by performing simple flexibility and strengthening techniques! In this class, you'll learn how making slight adjustments to your posture and alignment can make a big difference to your ease and range of movement. Exercises include stretching combined with isometrics, fascia releases, breathing facilitation, and mindfulness approaches. Please bring a mat and a small blanket or towel to class.

INSTRUCTOR: Kathryn Reppond LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 10:30am - 11:30am

\$1: May 8th - June 19th | Wed. | \$75.00*

*No class on May 15th

SENIOR STRENGTH & MOBILITY REE

 Ages 50+ Join us for a morning of stretching and mobility training with Margie. Margie is a Personal Trainer and is certified by the American Council for Exercise. She specializes in specific exercises & mobility training for seniors. This free class is sponsored by Central Point Parks and Recreation. Class is limited. No Pre-Registration: First to come, first to exercise.

INSTRUCTOR: Margie Krakow

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 9:30am - 10:30am

\$1: May 6th - Aug. 26th* | Mondays | Free! S2: May 9th - Aug. 29th* | Thursdays | Free! *No Class on May 27th or July 4th



ZUMBA®

Ages 10+

Zumba® is fun and accessible for everyone. It combines low-intensity and high-intensity moves to create a calorie-burning intervalstyle workout. Our certified Zumba instructor will lead you through a dynamic session that will boost your cardiovascular fitness, improve your coordination, and leave you feeling invigorated.

INSTRUCTOR: Armando Hernandez LOC: REC A Classroom | 405 S. 4th St.

TIME: 5:30pm - 6:30pm

\$1: May 10th - May 31st | Fridays | \$30.00 **\$2:** June 7th - June 28th | Fridays | \$30.00 **S3:** July 12th - Aug. 2nd | Fridays | \$30.00 **S4:** Aug. 9th - Aug. 30th | Fridays | \$30.00

BEGINNING **QIGONG AND TAI CHI**

Learn techniques to enhance balance, coordination, memory, and relaxation through guided practice of QiGong and Tai Chi forms. This class will incorporate a variety of slow movements, visualization, breath work, and self-massage. Practice can be done seated or standing.

INSTRUCTOR: Carolyn Wolf LOC: Twin Creeks Middle Gazebo TIME: 10:00am - 11:00am

\$1: May 10th - June 28th | Fridays | \$60.00* **\$2:** July 19th - Aug. 30th | Fridays | \$60.00

*No class on May 31st



CHAIR YOGA 🚥



Dip your toes back into fitness with Chair Yoga! Whether you're returning to exercise or exploring yoga for the first time, this class welcomes all. Using a chair for support, experience the benefits of yoga without needing to get on a mat. Discover gentle movements, breathwork, and relaxation techniques tailored to your comfort. No experience required.

INSTRUCTOR: Kathryn Reppond LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 10:30am - 11:30am

\$1: May 7th - June 18th | Tues. | \$75.00* *No class on June 4th

YOGA FOR SENIORS

- Ages 50+ Experience a revitalizing start to your afternoon in our tailored yoga class for seniors. Discover gentle stretches, flexibilityenhancing poses, and energizing breathing exercises led by our Yoga Alliance-certified instructor, Kathryn Reppond. Stay active and centered throughout your day.

INSTRUCTOR: Kathryn Reppond LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 11:45am - 12:45pm

\$1: May 8th - June 19th | Wed. | \$75.00*

*No class on May 15th

LEARNING TO **PLAY PICKLEBALL**

This is an introduction to the very popular, addicting and health enhancing sport of Pickle ball. This class is intended for folks who feel they are stuck at beginner status, or folks who are total newbies. You will learn the rules, basic strategies, and be introduced to others who are interested in playing Pickleball.

INSTRUCTOR: Joel Heller

\$1: May 7th & May 14th | Tues. | \$40.00 5:30pm - 7:15pm | Don Jones Park

S2: May 9th & May 16th | Thurs. | \$40.00 9:00am -10:45am | Bohnert Farm Park **S3:** June 11th & June 18th | Tues. | \$40.00

5:30pm - 7:15pm | Don Jones Park

S4: June 13th & June 20th | Thurs. | \$40.00 9:00am -10:45am | Bohnert Farm Park



ENRICHMENT





SUGAR COOKIE DECORATING

■ Ages 12+ w/ an Adult No experience necessary! Learn to decorate with royal icing while creating fun themed cookies that will wow your family and friends! We will decorate 5-6 cookies and learn creative techniques. Come prepared to have fun! All materials provided including recipes.

INSTRUCTOR: Marne Borecki LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 6:00pm - 8:00pm Session 1 - Ilama Love June 5th | Wednesday | \$55.00 Session 2 - Red, White, & Gnome June 28th | Friday | \$55.00

Session 3 - Honeybees July 26th | Friday | \$55.00 Session 4 - Taco Tuesday! August 22nd | Thursday | \$55.00





HANDCRAFTED CARD MAKING CLASS

Ages 12+ Who doesn't adore the joy of receiving a beautiful handmade card? Just in time for graduations and summertime, join us to master the art of card-making using rubber stamps, punches, dies, and exquisite premium paper. All necessary supplies will be provided to craft three charming alloccasion or special event cards.

INSTRUCTOR: Emily Stout

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 2:00pm - 4:00pm

\$1: May 11th | Saturday | \$20.00 **\$2:** June 8th | Saturday| \$20.00 **S3:** June 29th | Saturday | \$20.00 **S4:** July 27th | Saturday | \$20.00 \$5: Aug. 17th | Saturday | \$20.00

INSTANT POT CLASS

Join us for a culinary adventure focused on quick and delicious meals that won't heat up your kitchen-thanks to the Instant Pot! From breakfast to dessert, we'll guide you through all the tips and tricks. Bring your appetite and any burning questions you have about using this versatile kitchen appliance.

INSTRUCTORS: Food Preservers Association of Jackson County

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 10:00am - 1:00pm

\$1: May 18th | Saturday | \$30.00

OUICK PICKLES! 🔤



Join us for a delightful session of quick pickle making and more! It's not just about pickles; it's about having a blast while creating delicious, healthy treats. Discover the joy of experimenting with different vegetables you might have never considered before. Bring along a friend and each of you can take home a unique variety of quick pickles.

INSTRUCTORS: Food Preservers Association of Jackson County

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 10:00am - 1:00pm

\$1: June 22nd | Saturday | \$35.00

CRAFT TIME 🔤



Unleash your creativity in our craft class! Learn various techniques and create beautiful handmade projects, paper crafts to sculptures. Beginners and experienced crafters welcome. Join us in a fun and supportive environment.

INSTRUCTOR: Sara Rea

LOC: REC A Classroom | 405 S. 4th St.

TIME: 12:00pm - 2:00pm S1: Delicate Fabric Flowers May 11th | Saturday | \$45.00 S2: Boho Macrame Mirror July 27th | Saturday | \$45.00 S3: Flying Pig Sculpture August 3rd | Saturday | \$45.00 S4: Bird Sculpture

August 17th | Saturday | \$45.00

ASSEMBLING EARRINGS WITH FINDING ME CLAY CO

Unleash your creativity in our earring assembly class, where you'll craft two stunning pairs by combining premade pieces. Select from a diverse array of shapes, colors, and designs to fashion earrings that are uniquely yours. Dive into our collection of charms and embellishments to add that personal touch to your creations. Join us for this hour long session of artistic expression and adornment!

INSTRUCTOR: Madison Schulze LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 5:30pm - 6:30pm \$1: May 24th | Friday | \$55.00 **\$2:** July 19th | Friday | \$55.00 **S3:** August 23rd | Friday | \$55.00



CREATING CLAY EARRINGS WITH FINDING ME CLAY CO

Start your creative journey by molding clay, where you can choose from a variety of pre-mixed colors or mix your own for a custom look. Explore different textures and patterns using paint to add a personal touch to your creation. While your clay earrings cure for one hour, enjoy socializing and assemble a pair from premade pieces. After curing, you'll refine your earrings by cleaning up, drilling holes, and assembling them to take home.

INSTRUCTOR: Madison Schulze LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 1:00pm - 3:00pm

\$1: May 25th | Saturday | \$71.00 **\$2:** July 20th | Saturday | \$71.00 **\$3:** August 24th | Saturday | \$71.00



BEGINNER GUITAR WITH ROGUE MUSIC

This is the perfect guitar class for anyone who has never picked up a guitar before, or for anyone that has struggled with traditional lessons in the past. With this simple, step-by-step approach you'll be playing songs you recognize within the first 15 minutes of picking up your instrument! Intended for new musicians and no one is too old to start. Presented by Rogue Music Lessons. If students already have a guitar they should bring it with them. If not, a rental guitar is available free of charge.

INSTRUCTOR: Rogue Music Lessons **LOC:** REC A Classroom | 405 S. 4th St.

TIME: 6:15pm - 7:00pm

\$1: June 6th - June 27th | Thursdays | \$66.00

BEGINNER UKULELE WITH ROGUE MUSIC

This is the perfect ukulele class for anyone who has never picked up a ukulele before or for anyone that struggled with traditional lessons in the past. With this simple step-by-step approach, you'll play songs you recognize within the first 15 minutes of picking up your instrument! Intended for new musicians and no one is too old to start. Presented by Rogue Music Lessons. If students already have a ukulele they should bring it with them. If not, a rental is available free of charge.

INSTRUCTOR: Rogue Music Lessons LOC: REC A Classroom | 405 S. 4th St.

TIME: 6:15pm - 7:00pm

\$1: June 4th - June 25th | Tuesdays | \$66.00



BASIC DOG TRAINING

Build relationship and basic skills with your dog in this entry level manners class using positive reinforcement. Dogs must be a minimum of 6 months old, socially stable around people and other dogs, and up to date on vaccinations to attend class. This class is not appropriate for dogs who are reactive to people or dogs.

INSTRUCTOR: Go Rogue Dog Training

LOC: Twin Creeks Bandshell TIME: 5:30pm - 6:30pm

\$1: May 8th - May 29th | Wed. | \$110.00 **\$2:** June 5th - June 26th | Wed. | \$110.00

KNITTING NIGHT!

Beginning knitters will need to bring size 7, 8 or 9 needles and worsted weight yarn (4-ply). Advanced knitters will learn to knit socks. Instructor will have pattern for worsted weight socks, please bring one set double point needles size 4, 5 or 6 OR two circular needles size 4 or 5 or 6 for Magic Loop.

INSTRUCTOR: Barbara Davis LOC: REC A Classroom | 405 S. 4th St.

TIME: 6:00pm - 7:30pm

S1: May 9th - May 30th | Thurs. | \$29.00 **S2:** June 5th - June 26th | Wed. | \$29.00 **S3:** July 11th - Aug. 1st | Thurs. | \$29.00 **S4:** Aug. 8th - Aug. 29th | Thurs. | \$29.00

BASICS OF ONLINE BILL PAYMENT FREE

Join us to learn the ins and outs of online bill payments! This class covers the basics, from setting up your email to managing water consumption alerts and establishing automatic payments. Our Finance Dept. staff will guide you through bill-paying techniques online. Don't forget to bring your electronic device!

INSTRUCTOR: CP Finance Department LOC: City Hall Training Room | 155 S. 2nd St. S1: May 16th | Thurs. | 5:30pm - 6:30pm S2: Aug. 10th | Sat. | 10:00am - 12:00pm



MEDICARE 101

Ages 62

Learn about Medicare - Reserve your seat today! Turning 65, retiring or need to learn about how new legislation in 2025 will affect you? This educational class will help you gain an understanding of Medicare Parts A,B,C and prescription drug coverage. Recognize the difference of traditional Medicare and Medicare Advantage. This class will explain how Medicare works with workplace group coverage, VA services, and retiree plans.

INSTRUCTORS: Futurity First

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 5:30pm - 6:30pm

\$1: May 28th | Tuesday | Free \$2: June 25th | Tuesday | Free \$3: July 23rd | Tuesday | Free

SOCIAL FREED SECURITY TIMING

Ages 62+

GETTHE MOST OUT OF SOCIAL SECURITY. Reserve your seat today. Did you know Social Security elections choices can sometimes vary by \$100,000? This class will educate you on how benefits are determined, how insolvency is expected to affect society, spousal and survivor benefits and taxes in retirement. Gain knowledge on impact to income by electing early or delaying.

INSTRUCTORS: Futurity First

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 5:30pm - 6:30pm

\$1: May 30th | Thursday | Free \$2: June 27th | Thursday | Free \$3: July 25th | Thursday | Free





Educational Medicare Workshops

Monthly Workshops Available See Class Schedules in This Booklet

- Gain an understanding of how Medicare works.
- Learn the difference between Medicare Advantage and Medicare Supplement plans.
- Learn how to find the best plan for you.
- Discover how Medicare prescription drug plans work.



Melissa Mlasko **Licensed Agent**



Linda Clarkson **Licensed Agent**

Call 541.973.2100 ext. 1 for upcoming workshops in your area.



FUTURITY FIRST.

Futurity First is not connected with or endorsed by the United States government or the federal Medicare program. For accommodations of persons with special needs at meetings, call 541.973.2100 ext. 1, TTY: 711.

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Central Point Parks & Recreation Commission

Meeting Schedule

The Parks and Recreation Commission advises the City Council on matters relating to parks and recreation activities. There are seven members on this commission and they meet on a quarterly basis. Please call ahead to see if the meeting will be held in-person or online, depending on current COVID-19 guidelines.

City Council Chambers

140 S. 3rd Street | First Floor Thursdays at 6:00pm

Upcoming Dates:

May 16th, August 15th, November 7th

Please contact the Parks and Recreation Department to confirm meeting dates.

541.664.3321 ext 130



City of Central Point Administrative Boards

City Manager

Chris Clayton

Parks & Recreation Staff

Matt Samitore Director

Dave Jacob Park Planner

Nikki Petersen Recreation Manager

Elizabeth Blodgett Special Events & Marketing

Benjamin Horton Recreation Program Coordinator

> Margarita Esparza Recreation Specialist

Parks Maintenance Staff

Doug Norman Public Works Supervisor Corey Qualls Mitchell Reagles Tib Murillo Wil Bateman Chris Painter

Parks & Recreation Commission

Patricia Alvarez, Chair Fran Cordeiro-Settell Steph Hendrickson Ron Woodhead Eden Foster Deanna Casey Connie Moczygemba

Point City Counci

Mayor Hank Williams Ward I Neil Olsen

Kelley

Johnsón

Ward III Melody Thueson

Ward IV Taneea Browning

Mike Parsons

At-Large Rob Hernandez



















La registración está abierta para todos los residentes de Central Point y no-residentes (cualquier persona localizada fuera del código postal 97502). Todas las registraciones son aceptadas por orden de llegada. Regístrate Pronto; muchas clases se llenan rápido. Las clases pueden ser canceladas si no se llega a el mínimo numero de participantes.

En Línea: www.centralpointoregon.gov/schedule

Puedes navegar las listas de programas por tipo de actividad y/o localización, registrarte y pagar en línea. Para registrarte en línea necesitas crear una cuenta y pagar con tarjeta Visa o MasterCard. Para crear una cuenta, haz click en la sección "Log In/Create Account".

Por Teléfono: 541-664-3321 ext. 130

Puedes llamar al Departamento de Parques y Recreación de Lunes a Viernes de 8:30 a 4:30 pm para asistencia en crear tu cuenta o registrarte para clases recreacionales. Ten listo el nombre de la clase(s), fecha(s), y tu número de tarjeta.

ESPAÑOL - PROGRAMAS DE VERANO

RELAJATE Y VINO

EDAD 18+

Ven a relajarte con un poco de yoga suave en este hermoso entorno al aire libre. Nos moveremos a través de algunos estiramientos suaves y posturas de conexión a tierra, permitiéndote sentirte súper relajado. Tendrás la opción de disfrutar de algunos de los vinos que esta finca tiene para ofrecer después de la clase. ¡Únete a nosotros el 19 y 21 de junio para esta experiencia rejuvenecedora! (El costo de la clase no incluye la degustación de vinos).

CONCEPTOS BASICOS DE PAGOS EN LINEA

EDAD 18+
¿Está listo para deshacerse de la molestia
de escribir y enviar cheques por correo?
¿Le gustaría aprender cómo pagar sus
facturas en línea? Esta clase le enseñará
los conceptos básicos del pago de
facturas en línea, desde la configuración
del correo electrónico hasta alertas de
consumo de agua y pagos automáticos.
El personal del departamento de
finanzas de la ciudad de Central Point le
enseñará consejos y trucos para el pago
de facturas que le ayudarán a alcanzar
sus objetivos financieros.

MADE IN SOUTHERN OREGON Sábado 11 de Mayo & 14 de Sept.

Made in Southern Oregon se creó para resaltar a todos los maravillosos creadores del sur de Oregon. Desde arte, artículos de cuero, carpintería, soldadura, alimentos, bebidas, agricultura, joyería y mucho más, jhay algo para todos! Si eres un vendedor de artesanías o comida en el sur de Oregón y te gustaría participar, jdanos una llamada!

CAMPAMENTOS DE VERANO EDAD 10+

¡Únete a la diversión con nuestro equipo de Parques y Recreación en los diferentes campamentos que ofreceremos este verano! Ya sea que estés interesado en mejorar tus habilidades de baloncesto, perfeccionar tu saque de tenis o explorar nuevos temas y actividades cada semana, ¡tenemos algo para todos! No te pierdas esta emocionante oportunidad de crear recuerdos y aprender nuevas habilidades. Consulta la página 9 para obtener más detalles e información de registro.

CELEBRACIÓN DE LA HERENCIA HISPANA Reserva la fecha

Guarda la fecha para nuestro próximo evento de La Celebración de La Herencia Hispana el Viernes 20 de septiembre. Mas información próximamente.

GUITARRA PARA PRINCIPIANTES

EDAD 15+

Esta es la clase de guitarra perfecta para quien nunca ha intentado tocar una guitarra antes, o para quien ha intentado y batallado con clases tradicionales en el pasado. ¡Con este enfoque simple y paso a paso, tocarás canciones que reconozcas dentro de los primeros 15 minutos de recoger tu instrumento! Destinado a nuevos músicos y nadie es demasiado viejo para comenzar. Se proporcionarán instrumentos en el salón, pero también puede traer su propia guitarra. Presentado por Rogue Music Lessons. ¡Únete a nosotros del 6 al 27 de junio para esta emocionante experiencia musical! *También ofrecemos clases para niños de 6-14 años búscala bajo el nombre: I Can Play Guitar!



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UPCOMING SPECIAL EVENTS

18 mag

DRIVE IN MOVIE: BARBIE

JOIN US SATURDAY NIGHT AT THE CENTRAL POINT LITTLE LEAGUE FIELDS AS WE FEATURE THE FILM BARBIE! TICKETS ARE SOLD ONLINE AT WWW.GENTRALPOINTOREGON.GOV/SCHEDULE.

PARADE & FREEDOM FESTIVAL

04 July

THE GENTRAL POINT CHAMBER OF COMMERGE & THE GITY OF GENTRAL POINT WELCOME YOU TO A DAY OF ACTIVITIES THIS 4TH OF JULY. OUR PARADE STARTS AT 9:30AM AND THE FREEDOM FESTIVAL AT PFAFF PARK IS FROM 10:30-2:30PM

10 mg

RUN 4 FREEDOM & KIDS FUN RUN

4TH OF JULY'S FAVORITE RUN IS BACK! RUN 4 FREEDOM 4K STARTS THE DAY AT 7:30AM. THE KID'S FUN RUN STARTS AT 8:45AM AND IS FREE FOR KIDS UNDER 17. ALL EVENTS START ON PINE STREET IN GENTRAL POINT. SPONSORED BY ANYTIME FITNESS & GENTRAL POINT FOUNDATION.

MADE IN SOUTHERN OREGON

THE VALLEY'S BIGGEST MAKERS EVENT IS BACK AND BETTER THAN EVER! JOIN US ON PINE STREET FROM 9-4PM AS OUR MAKERS SHOWGASE THEIR AMAZING GREATIONS. WE WILL HAVE OVER 100 OF THE FINEST GREATORS IN JACKSON COUNTY. YOU WON'T WANT TO MISS IT!

MOVIES 07 8 STATE OF THE PARK

FRIDAY NIGHT MOVIES ARE BACK AND WE ARE SO EXCITED TO GREET OUR COMMUNITY IN OUR BEAUTIFUL PARKS. OUR SUMMER MOVIE SEASON BEGINS ON JUNE 7TH AND WILL CONTINUE ALL SUMMER. GHECK OUT PAGE 7 FOR OUR MOVIE LIST AND FOLLOW US ON FACEBOOK FOR UPDATES ALL SUMMER LONG.

For more event information, visit www.centralpointoregon.gov