



Annual 4th of July Run—Details back page

# COMMUNITY PLAYGUIDE... *what to do!*



**SUMMER 2018**  
MAY | JUN | JUL | AUG



# director's message

## A Park within a Quarter-Mile of all Residents of Ashland

Ashland has a goal of providing parks within a quarter-mile of all residents in Ashland. A quarter mile is considered an easy walking distance, which also places importance on the walkability of parks, further prioritizing the health of our residents. The prominence of public parks is an Ashland tradition going all the way back to the Chautauqua movement in the early 1900s and the founding of Lithia Park in 1916.\* Ashlanders have always valued parks; the sentiment has not changed and that is why we are very excited to announce that APRC, in conjunction with the City of Ashland, has come to an agreement with the Ashland School District to purchase Briscoe School Park (a 1.7-acre neighborhood park on High Street between Laurel and Manzanita). This purchase is made possible by a groundswell of community support provided by Save Our Schools and Playgrounds (SOSP) and by funds collected from the local Food and Beverage Tax.

Over the past two years, APRC has also purchased and preserved 46 acres of open space and trails along Hitt Road and another 11 acres of open space for the extension of trails along Bear Creek. All of these land acquisitions help to ensure that parks and open space will be available to Ashland residents for generations, and none of these acquisitions would have been possible without the Food and Beverage Tax.\*\*

We couldn't have done any of this - from Lithia Park and Chautauqua to Briscoe Park and SOSP - without the sustained support of the community and we want to thank the citizens of Ashland for the backing that has enabled APRC to focus on providing parks, open space and recreation for our community and our lifestyle. From all of us at APRC, thank you!

\* If you would like to learn more about the founding of Lithia Park, check out the book *Lithia Park: The Heart & Soul of Ashland*, produced by the Ashland Parks Foundation - More at [ashlandparksfoundation.com](http://ashlandparksfoundation.com)

\*\* With the help from these funds, Ashland now has 17 developed parks and over 760 acres of parkland/open space



Michael A. Black, AICP  
Ashland Parks & Recreation Commission Director

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## Briscoe Geology Park

Take a walk through time at the Briscoe Geology Park! Discover local geology and how life and earth have changed over time. The park's existence is due to the vision, expertise and dedication of local geologist Len Eisenberg. Teachers can take their students on a fieldtrip to Briscoe Geology Park! Contact North Mountain Park for more information, 541.488.6606 or [parksinfo@ashland.or.us](mailto:parksinfo@ashland.or.us).

*Briscoe Geology Park is located at the site of the old Briscoe Elementary School at the corner of North Main and Laurel Streets — For more info at [ashland.or.us/BriscoeGeology](http://ashland.or.us/BriscoeGeology)*



Do you have your 2017/2018 Ashland Map Guide?  
For more info visit [AshlandChamber.com/MapGuide](http://AshlandChamber.com/MapGuide)



## what's inside...

Registration Information .....	2
Oak Knoll Golf Course .....	3
North Mountain Park Nature Center .....	4
Ashland Senior Center .....	5
Senior Programs .....	6-8
Community Opportunities.....	9, 41, 43
Daniel Meyer Pool.....	10-13
Youth Programs .....	14-18
Green Living Tips.....	19
Adapted Programs .....	20
Park Sites, Lithia Park Facilities, Lithia Park Rentals .....	21-23
Family Programs .....	24
Adult Programs.....	25-32, 38-40
Special Events .....	33, 36-37
Volunteer Opportunities .....	34-35
Get To Know Your Parks .....	42
Useful Information .....	44
Registration Form .....	Inside Back Cover
4th Of July Run .....	Back Cover

## advertise with us...

Is your business or organization interested in advertising with APRC or sponsoring an APRC venture? We have many opportunities for you, including paying for a display ad in one of our three-per-year Rec Guides, subsidizing an annual event or helping to fund a Parks and Rec facility or amenity. You can find complete info at [ashland.or.us/AdvertiseSponsor](http://ashland.or.us/AdvertiseSponsor).

We offer great exposure for your organization or business. Rec Guides are mailed to our best customers and widely distributed online. Guides are also circulated to the public via the Ashland Library and the Ashland Chamber of Commerce. Our seasonal facilities cater to tens of thousands of users each year, providing another great opportunity for you to get the word out about your worthy organization or business.

Give us a try! Your first step is to fill out our online application at [ashland.or.us/AdvertiseSponsor](http://ashland.or.us/AdvertiseSponsor). If you have questions, don't hesitate to email APRC Promotions Coordinator Dorinda Cottle at [dorinda.cottle@ashland.or.us](mailto:dorinda.cottle@ashland.or.us) or call her at 541.552.2265. We look forward to working with you!



# summer registration

Pre-registration [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

*"Fun, it's in our Nature!"*

## 4 Easy Ways to Register

- ONLINE**
- View this guide online at [ashland.or.us/playguide](http://ashland.or.us/playguide)—the digital guide has direct registration links
  - Direct access to online registration at [ashland.or.us/register](http://ashland.or.us/register)
  - Pay with Visa, MasterCard or American Express
  - See p. 44 for complete details
  - Online registration is not available for all programs
- PHONE**
- Main Office .....541.488.5340
  - N MT Park Nature Center .....541.488.6606
  - Facility Rentals .....541.488.5340
  - Pay with Visa, MasterCard or American Express. Please have card number & registration info ready
- MAIL TO**
- APRC at The Grove  
1195 E Main St, Ashland, OR 97520  
Include your credit card information or a check payable to APRC—Please do not send cash
- IN PERSON**
- APRC (Rec Division Headquarters) at The Grove  
1195 E Main St
  - or North Mountain Park Nature Center  
620 N Mountain Ave

## PRE-REGISTRATION IS REQUIRED. TO AVOID CLASS CANCELLATION, REGISTER SEVEN DAYS IN ADVANCE FOR ALL PROGRAMS.

Classes may be canceled due to insufficient enrollment or for other reasons. If this occurs, a full refund will be issued in two to three weeks.

## Photo Usage

On occasion, APRC photographs participants enrolled in recreation programs, at events or on APRC properties. The photos are used for APRC purposes only and may be included in future media.

## Refund Policy

- A full refund will be offered to registrants of a course/activity that is canceled by APRC
- A full refund will be offered to registrants who wish to withdraw four or more working days prior to the start of the course/activity
- Registrants who wish to withdraw less than four working days prior to the start will receive a full APRC credit

### For a course with two or more classes in a session:

- If registrants choose to withdraw from a class/activity after the start date and time and before the third class begins, the amount charged for two classes will be prorated and the remaining amount will be applied as an APRC credit
- After the beginning of the third class of a course, no refunds or account credits will be allowed unless a waiver is requested and approved

In the event of extenuating circumstances, registrants may submit a waiver form to request a refund.

**Refunds or account credits will NOT be issued for missed classes, moving or traveling out of the area or dissatisfaction with course content.**

## Scholarships Available

A limited amount of scholarship money is available to all ages for APRC classes and programs. To obtain a scholarship application, please visit [ashland.or.us/RecScholarship](http://ashland.or.us/RecScholarship).

## Gift Certificates

Looking for the perfect gift? APRC offers gift certificates for any dollar amount. Certificates can be used for Ashland Parks & Recreation classes or programs and are valid for one year from date of purchase.

## Payment

Visa, MasterCard & American Express



We also accept imprinted checks and cash.

## Are you interested in becoming an Instructor for APRC?

You can find everything you need to know at [ashland.or.us/Instructors](http://ashland.or.us/Instructors). Send us a proposal today!

## Mail My Guide

In an effort to promote Green Practices, our WinterSpring PlayGuide is the only guide that is direct-mailed to every household in Ashland & Talent. If you would like to receive a hardcopy of our Autumn and Summer PlayGuides, complete our online form at [ashland.or.us/MailMyGuide](http://ashland.or.us/MailMyGuide), email [parksinfo@ashland.or.us](mailto:parksinfo@ashland.or.us), call 541.488.5340 or stop by The Grove at 1195 E Main St.

# Oak Knoll Golf Course



Photo courtesy Jim Chamberlin



3070 Hwy 66, Ashland | Phone 541.482.4311 | [OakKnollInfo@ashland.or.us](mailto:OakKnollInfo@ashland.or.us)

Located just minutes from downtown Ashland, Oak Knoll Golf Course has been a local favorite since 1928. Golfers of all abilities find our regulation, par 36, nine-hole layout fun and challenging.

## NEW Golf Programs for Summer!

Check out **Beginning Women's Golf** p.26 and **Junior Golf Camps** p.18

## Competitive Rates

Annual passes, frequent golfer punch cards and internet coupons save you money!

## Don't Have Time for a Full Round?

Play the Short Loop: four holes for only \$5!

## We Can Host Your Event

Tournaments, weddings, reunions, corporate outings and MORE! Call us at 541.482.4311 for details.

## Join a League!

The Oak Knoll Men's Club and the Oak Knoll Women's Golf Association are always looking for new members.

**Not a Golfer?** Not a problem! Come try **FootGolf**, a fun game that combines soccer and golf. Also, our beautiful setting is a great place to just spend time with friends and family—we'd love to have you visit!

*Please* take our survey to let us know how we can improve your golf course and clubhouse experience at [OakKnollGolf.org](http://OakKnollGolf.org)



For more information, call the Oak Knoll Golf Course at 541.482.4311 or visit

**OAKKNOLLGOLF.ORG**



# NORTH MOUNTAIN PARK NATURE CENTER



Photo courtesy Graham Lewis

## About North Mountain Park & The Nature Center – Hours & Overview

North Mountain Park is open sunrise to sunset, year-round. The Nature Center is open Monday—Friday, 8:30 a.m. to 4:30 p.m. The North Mountain Park Nature Center, located next to Bear Creek at 620 N. Mountain Ave in Ashland, offers a variety of programs and interpretive exhibits, highlighting local natural and cultural history and sustainable living. Visitors can also enjoy the park’s Demonstration Gardens, nature trails, pavilion, picnic and play areas.

## Friend & Volunteer of the Nature Center



### Nancy Appling

*“It is fun and challenging to select culinary herbs that the deer won’t eat, yet offer different varieties each year for the community to enjoy. I appreciate the opportunity to chat with visitors and educate them about the many facets of our magnificent parks and gardens.”*

Nancy has volunteered at North Mountain Park for four years, adopting and tending the Culinary Herb Garden. She is also a docent and tour guide for North Mountain Park’s Demonstration Gardens.

Nancy came to us with lots of volunteer experience, including the Oregon Heritage Tree Program and working with Hanley Farm in Jacksonville. She is currently an active member of the Bee City USA, Ashland subcommittee team, where she was involved in completing a Pollinator Garden at The Grove.

In addition to the Herb Garden, Nancy tends a vegetable garden, two community gardens and three lush residential gardens that she designed and landscaped. We so appreciate her expertise and helpful hands at North Mountain Park!

## Volunteer Opportunities

Connect with people and nature at North Mountain Park. Whether your interest is gardening, teaching, research or tackling invasive weeds in the Natural Area, we’ve got a fun project for you! Internships and student projects are also available.

## Have Fun, Get Grubby and Learn!

Be a volunteer gardener at North Mountain Park! Adopt-a-Garden or drop-in in on Wednesdays to lend a hand. For more info, call the Nature Center at 541.488.6606 or email [jennifer.aguayo@ashland.or.us](mailto:jennifer.aguayo@ashland.or.us).



## Volunteer for NMP’s School Programs!

The Nature Center offers outdoor education field trips where K—5 students learn about the wonders of our region in our own beautiful North Mountain Park! Our volunteer instructors learn something new and pass that knowledge on by teaching (or assisting) for one shift per week. For more info, call 541.488.6606 or email [libby.vanwyhe@ashland.or.us](mailto:libby.vanwyhe@ashland.or.us).



For more information, call the Nature Center at 541.488.6606 or visit  
**NORTHMOUNTAINPARK.ORG**

# Ashland Senior Center



## The Ashland Senior Center

The Senior Center, located in Hunter Park at 1699 Homes Avenue, is open Monday through Friday, 8:30 a.m. to 3:30 p.m. For more information or to request a newsletter, please call the Ashland Senior Program at 541.488.5342.

## The Ashland Senior Program

The goal of the Senior Program is to support the older residents of Ashland, helping them live more independently and continue as contributing members of the community. The following are services provided through the Senior Program:

- **Information and Referral:** Referrals to local and regional resources for seniors
- **Senior Food Box Program:** We can help you connect with Ashland Emergency Food Bank—Home delivery is available as needed
- **Health-Related Activities:** Pharmacist medication review, blood pressure testing, foot care clinics, movement classes and other health services as available
- **Educational Activities:** Seminars and workshops on topics of interest to seniors
- **Recreation Activities:** Free weekly games, movies and specially scheduled craft activities
- **Senior Utility Discount:** Call 541.552.2038 or visit Utility Billing at City Hall, 20 E Main Street in Ashland
- **Senior Health Insurance Benefits Assistance (SHIBA):** Free—Call 541.488.5342 for an appointment

## Meet Our Friend & Volunteer



**Deborah Kyle's** love of working with seniors developed at an early age: *"My grandmother lived two hours from us when I was growing up and I missed her, so I would stop by the local nursing home on my way home from Jr. High and read to the residents. I enjoy spending time with 'older' people."* And the seniors enjoy spending time with

Deborah, who for the past year has been volunteering twice a week with the **Food & Friends** program. When not at the Senior Center, Deborah can be found helping her two elderly neighbors, spending precious moments with her grandchildren, cooking and traveling the globe. Thank you, Deborah, for volunteering with us!

## Ongoing Programs

The Senior Program administers a variety of recreational and social activities at the Senior Center.

Ongoing activities offered include:

- Cribbage Club—*Details p. 8*
- Computer Instruction (Mac & PC)—*Details p.7*
- Cards—*Details p. 8*
- Line Dancing—*Details p. 7*
- Gentle Yoga—*Details p. 6*
- Mah Jongg—*Details p. 8*
- Tai Chi—*Details p. 6*
- Somatics—*Details p. 7*
- AARP Smart Driver Course—*Details p. 8*

## Food & Friends

The Senior Center serves lunch through the **Food & Friends** program, by donation, for seniors age 60 and up from 11:30 a.m. to 12:30 p.m., Monday through Friday. **Meals on Wheels** home delivery is available for qualified seniors. For **Meals on Wheels** information, please call 541.734.9505.

## Upcoming Events

For more information call 541.488.5342 or visit the Senior Center website and click on "events."

- **Britt Fellows String Quartet**  
Aug 6 at 7 pm *Details p. 24*
- **Dementia Caregiver Support Group**  
Apr 18, May 16, Jun 20, Jul 18, Aug 15, *Details p. 6*
- **Repair SO (Southern Oregon) Free Clothing Repair**  
Apr 23, May 21, Jun 25, Jul 23, Aug 27, *Details p. 7*

## Free Bus Punch Cards/Valley Lift Vouchers

A limited number of free bus punch cards and Valley Lift vouchers are available to seniors, age 62 and older. Punch cards are not transferable and apply to regular bus use only.

**For more information, call the Ashland Senior Center at 541.488.5342 or visit**

**ASHLANDSENIORCENTER.ORG**



# senior programs (50 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

See p.5 to learn more about the Ashland Senior Program or call 541.488.5342



## Caregiver Support Group

Caring for a loved one with Alzheimer's disease or another form of dementia is one of the most difficult tasks anyone can face. Support groups provide family members and loved ones with an opportunity to learn from others, receive support for themselves and hear about the many aspects of Alzheimer's disease. Joining a support group is an important and positive step toward self care.

Taking care of your family also means taking care of yourself and getting help. *For more information about the support group and other services provided by the Alzheimer's Association, call 1-800-272-3900 or visit our website at [alz.org/oregon](http://alz.org/oregon).*



AGES	Adults
DAY	Third Wednesday of each month
DATE	Wednesday
TIME	5:30-7pm
PLACE	Ashland Senior Center 1699 Homes Ave., Ashland, OR 97520
COST	FREE   No Pre-registration required

## Tai Chi For Adults 50 & Better

Tai Chi is a moving meditation that strengthens bones and muscles, improves balance and increases flexibility. Qi Gong, the movement of energy through the body, is also incorporated. Your first class is as our guest. *Pre-registration is not required.*

**WHO:** Seniors 50 & Better.

**WHAT:** Learn or continue practicing Tai Chi. The class is ongoing and instruction is continuous so you may join us at any time.

**INSTRUCTOR:** Char Hersh

AGES	50 & up
DATE	Ongoing
COST	\$4 per class

**BEGINNING/INTERMEDIATE**

DAY	Monday
TIME	9:15-11am
PLACE	The Grove   Gym 1195 E Main St

**ADVANCED**

DAY	Thursday
TIME	9-10:30am
PLACE	Ashland Senior Center   1699 Homes Ave

## Gentle Yoga For Adults 60 & Better

Drop-in Gentle Yoga that includes Iyengar-style alignments and sequencing, with a strong emphasis on releasing unnecessary tension. Pre-registration is not required.

**WHO:** Seniors and people with physical challenges or limitations.

**WHAT:** Gentle Yoga for all levels. Participants will be asked to get up and down from the floor once during each session.

**INSTRUCTOR:** Marion Moore

AGES	60 & up
DATE	Ongoing
DAY   TIME	Wednesday 9:15-10:15am & 10:30-11:30am Saturday 10:30-11:30am

PLACE	Ashland Senior Center   1699 Homes Ave
COST	\$15 (4 lessons); \$5/class for drop-in

**Register Today!**

# senior programs (50 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



See p.5 to learn more about the Ashland Senior Program or call 541.488.5342

## Somatics For Adults 50 & Better

Somatics is a system of mind-body training that enables you to enjoy more comfortable movement. Pre-registration is not required.

**WHO:** Seniors looking to release muscular tension and increase movement.

**WHAT:** A series of slow, gentle and comfortable exercises that assist the brain in reconnecting with areas of the body that have become disassociated because of commonly experienced muscle contractions. Pre-registration is not required.

**INSTRUCTOR:** Victor Novick

AGES 50 & up  
DATE Ongoing  
DAY Tuesday  
TIME 2:45-4:15pm  
PLACE Ashland Senior Center | 1699 Homes Ave  
COST FREE

## Line Dancing For Adults 60 & Better

**WHO:** Seniors looking to get active through dance.

**WHAT:** Line Dancing is a great way to keep your brain on its toes! It enhances balance, provides fitness and strength and improves mental acuity through complex movement. No partner is required and the class is ongoing so you may join at any time. Pre-registration is not required.

**INSTRUCTOR:** Marsha Newton

AGES 60 & up  
DATE Ongoing  
DAY | TIME **BEGINNERS**  
Tuesday | 1-2:30pm  
**INTERMEDIATE**  
Monday | 1-2:30pm  
**ADVANCED**  
Thursday | 10:45am-12:15pm  
PLACE Ashland Senior Center | 1699 Homes Ave  
COST \$2 donation to the Senior Center

## Repair SO (Southern Oregon)

FREE clothing repair event! Pre-registration is not required.

**WHO:** Seniors with minor clothing repair needs.

**WHAT:** Volunteers will bring sewing machines, needles, thread and buttons; you bring whatever needs fixing (no zippers or alterations, please). Please bring clean items only.

**INSTRUCTORS:** Master Recyclers Heidi and Paulette and various volunteers.



AGES 50 & up  
DATE Ongoing  
DAY Fourth Monday each month  
TIME 10am-Noon  
PLACE Ashland Senior Center | 1699 Homes Ave  
COST FREE

## iMac, iPad, iPhone, Android & PC Computer Instruction For Adults 60 & Better

**WHO:** Seniors wanting to become more tech savvy on their computers and personal devices.

**WHAT:** Individualized instruction for both PC and Apple users. Learn about apps, how to set up email, surf the Web, create documents or just become comfortable with computer basics. Please call 541.488.5342 to make an appointment.

**INSTRUCTORS:** Bob Cox, Peter DeGroot, David Haywood & Bret Fearrien.

AGES 60 & up  
DATE Ongoing  
DAY Wednesday, Thursday & Friday  
TIME Various, by appointment  
PLACE Ashland Senior Center | 1699 Homes Ave  
COST FREE

**Register Today!**



# senior programs (50 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

See p.5 to learn more about the Ashland Senior Program or call 541.488.5342

## Spades for Adults 50 & Better

**WHO:** Seniors who enjoy playing cards and meeting new people.

**WHAT:** A fun afternoon of cards, friendship and laughter. All levels of play are welcome. *Pre-registration is not required.*

AGES	50 & up
DATE	Ongoing
DAY	Thursday
TIME	1-3:30pm
PLACE	Ashland Senior Center   1699 Homes Ave
COST	FREE

## Mah Jongg For Adults 50 & Better

**WHO:** Seniors wanting to play American Mah Jongg and meet new friends. Experienced players and beginners are welcome.

**WHAT:** A game of Chinese origin, usually played by four persons with 144 domino-like pieces or tiles, the object being to build a winning combination. *Pre-registration is not required.*



AGES	50 & up
DATE	Ongoing
DAY	Thursday
TIME	12:30-4pm
PLACE	Ashland Senior Center   1699 Homes Ave
COST	FREE

## AARP Smart Driver Course

**WHO:** Drivers age 50-plus who want to learn proven safety strategies, current rules of the road and defensive driving techniques.

**WHAT:** You may be eligible to receive an insurance discount upon completing the course; consult your insurance agent for details. *Pre-registration is required. To register, please call the Senior Center at 541.488.5342.*

**INSTRUCTOR:** Daniel Wise

AGES	50 & up
DATE	May 9-10
DAY	Wednesday & Thursday
TIME	1-4pm
PLACE	Ashland Senior Center   1699 Homes Ave
COST	\$15 AARP members   \$20 Non-members

## Cribbage Club for Adults 50 & Better

**WHO:** Seniors with a desire to learn or play Cribbage in a fun, welcoming environment.

**WHAT:** A card game that uses a Cribbage board for counting points. All levels of play welcome. Lots of laughter, lots of counting and plenty of fun! *Pre-registration is not required.*

AGES	50 & up
DATE	Ongoing
DAY	Tuesday
TIME	1-3:30pm
PLACE	Ashland Senior Center   1699 Homes Ave
COST	FREE

**Register Today!**

## Other Programs Of Interest

Adult Tennis Lessons | Age: 18 & up | P. 26

Pickleball | Age: 18 & up | P. 26

# community opportunities



## Aged 50+? What's in it for **YOU** at SOU?

# OLLI

Osher Lifelong Learning Institute at SOU

**Spring Classes**  
*seats available*  
**Open House**  
*July 25, 1-4 pm*

### Three Easy Ways to Enroll

**Online:** [inside.sou.edu/olli](http://inside.sou.edu/olli)

**By Phone:** Call 541-552-6048

Our friendly staff can answer your questions and help you enroll

**In Person:** Come to our office at SOU Campbell Center  
655 Frances Lane, Ashland



- ▶ Hundreds of engaging classes per year.
- ▶ Topics from academic to general interest.
- ▶ No tests. No grades. No stress.
- ▶ Take all the courses you want for one low fee.
- ▶ Social events, committees, class discussions.
- ▶ Campuses in Medford and Ashland.



Ashland

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Your Guide to Family Friendly Events, Kids Activities, Give-Aways and More!

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# Daniel Meyer Pool

Seasonal-Outdoor Pool in Hunter Park at 1705 Homes Ave | 541.488.0313 | ashland.or.us/Swim

## Opening Day June 14, 2018

The Daniel Meyer Pool is open mid-June through early September. The pool offers lap swim, open swim, aerobics, swim lessons for all ages, swim camps and much more. Daniel Meyer Pool offers the Starfish Aquatics Institute (SAI)<sup>®</sup> swim lesson curriculum. All swim instructors are SAI certified and offer the highest quality instruction to promote safety and skill development in the water. For more information please visit the SAI website at starfishaquatics.org.

The SAI<sup>®</sup>, Starfish Swimming<sup>®</sup>, Starfish Swim School<sup>®</sup>, and Starguard<sup>®</sup> word-marks are registered trademarks of the Starfish Aquatics Institute. The Starfish Stroke School<sup>™</sup> and StarBabies<sup>™</sup> word-marks are trademarks of the Starfish Aquatics Institute. APRC is an independent Authorized Provider of the Starfish Aquatics Institute.

### 2018 Pool Fees Punchcards from last season will be honored this year

	Daily	10 Punch	20 Punch	Season Pass
<b>REC &amp; LAP SESSIONS</b>				
<b>Toddler/Infant (Under 2)</b>	Free			
<b>Youth (2—12)</b>	\$3	\$25	\$40	\$165
<b>General (13 &amp; up)</b>	\$3.50	\$30	\$50	\$195
<b>Water Fitness*/Open Water Polo Sessions</b>				
<b>General (13 &amp; up)</b>	\$4	\$35	\$60 (Fitness only)	\$125 (Fitness only)
<b>Senior Only Sessions**</b>				
<b>General (55 &amp; up)</b>	\$3	\$25	\$40	

\* "Water Fitness" includes Water Aerobic classes. \*\* "Senior Only" sessions include Senior Lap Swim and Gentle Swim sessions.

## Plan Your Trip to the Pool...

### What to bring

- Towel(s) • Refillable water bottle (No glass bottles. Water filling station and water fountain are available) • Sunscreen, hat(s) and protection from the sun when not in the pool • Snacks (Please keep food a minimum of 10' from the edge of the pool)

### Prohibited items

- Glass containers or bottles • Rafts, air mattresses or large flotation devices that can obstruct view of the bottom of the pool
- Alcohol, tobacco, "vaping" devices or controlled substances

### Additional rules to be aware of

- Anyone "dressing down" is asked to pay pool entrance admission • Swimmers under the age of 10 must be accompanied by a responsible guardian • Inexperienced and novice swimmers must be accompanied by a capable guardian in the pool • In the case of thunderstorm or lightning in the area, the pool will close immediately

## New & Improved...

Swim Registration, p. 13  
 Private Lane Rental, p. 12  
 Water Aerobic Time, p. 11  
 More Senior Swim Times, p.11

## What's happening...

Programs, p. 12  
 Events and Snapshot Calendar p. 11  
 Lessons, p. 13



APRC values the community partnership with the Rogue Valley Masters, who lease the pool nine months out of the year and help keep lap swimming possible for folks in our community.

ROGUE VALLEY MASTERS

# Daniel Meyer Pool

Seasonal-Outdoor Pool in Hunter Park at 1705 Homes Ave | 541.488.0313 | ashland.or.us/Swim



## Swimming in Imagination with Stories Alive

Join us on Saturday, June 16, for our OPENING EVENT with Stories Alive, from 1:30 to 8 p.m.! Stories Alive will lead activities to make boats to use in the pool and a fun story writing and performance workshop that will make your imagination come alive. This event is for ages 5 to 11.

- 1:30-2:30pm | Boat Making Activity
- 2:30-3:30pm | Story Writing Workshop
- 4:30-5pm | Story Performances
- 5-5:30pm | Boat Making Activity continued



## Island Night

*An Aloha State of Mind*



Join us on **Saturday, July 21, from 2 to 8 p.m.** at the Pool!  
Relax with family and friends in a Hawaiian-themed setting...

- Live Hawaiian music
- Hula dance performances
- FREE community hula dance workshop

**Reduced admission, only \$2!** We hope to see you there...

*ALOHA from your friends at APRC!*

## Weekly Calendar 'SNAPSHOT'

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Lap 8-9:45am	Adv Lap 7:15-9am	Open Lap 8-9:45am				
Senior Gentle 10-11:45am	Open Lap 10:45am-12:30pm	Senior Lap 10-11:45am				
1:30-6:15pm	1:45-6:45pm	12:45-1:30pm	12:45-5:45pm	12:45-1:30pm	12:45-6:45pm	1:30-8pm
6:30-8pm	Evening Lap 7-8pm	1:45-5:45pm		1:45-5:45pm	Evening Lap 7-8pm	
		Senior Gentle 7-8pm		Senior Gentle 7-8pm		

Please Note: The above schedule is only a 'Snapshot' view. The schedule may change from week to week. View the complete details at [ashland.or.us/Swim](http://ashland.or.us/Swim) — Legend for Swim Programs, p. 12





# Daniel Meyer Pool

Seasonal-Outdoor Pool in Hunter Park at 1705 Homes Ave | 541.488.0313 | ashland.or.us/Swim

## Swim Programs

### LAP SWIM



See pricing below

Come and enjoy lap swimming with old friends and new ones. Lap swimmers should be prepared to share lanes and "circle swim." Swimmers are not permitted to reserve or block lanes and all swimmers should remain in motion while in the pool. Teams & coached swimmers are asked to utilize Private Lane times. *Watch for our Fall Rec Guide for information on our extended calendar.*

#### Advanced Lap Swim \$3.50

This is a lap swim session designed for the serious lap swimmer who takes minimal breaks while in the pool.

#### Open Lap Swim \$3.50

This lap swim session is open to lap swimmers of all abilities.

#### Senior Lap Swim \$3

This is a discounted session for 55+-year-old users.

#### Senior Gentle Swim \$3

This discounted session is for 55+-year-old users who want to utilize lap lanes and go at their own pace. This is an ideal time for swimmers looking for a slow-paced swimming experience for therapy and relaxation purposes.

#### Evening Lap Swim \$3.50

Lap Swimming for all abilities will be available Monday and Friday evenings.

### REC SWIM



Ages 2—12, \$3  
Ages 13—Adult, \$3.50

This is a recreational session for swimmers of all abilities. Patrons must pay admission if "dressing down." Lap swimming is not allowed during this session.

### OPEN WATER POLO



\$4

Water Polo players of all ages and abilities can enjoy fun games and activities during this session. All players should be considerate of others' abilities and keep safety in mind at all times.

### WATER AEROBICS



\$4

Come and join a fun and dynamic workout in our water aerobics program! This is a great low-impact workout that helps you meet your fitness goals and make new friends while you're at it.

## PRIVATE LANE RESERVATIONS & PRIVATE LESSONS

New for the 2018 season... Take advantage of the opportunity to reserve your own lane or multiple lanes to practice, take a private lesson with one of our SAI certified swim instructors, or coach your swimmer or team. Reservation times vary depending on availability in our regular schedule. Please visit ashland.or.us/swim or call 541.552.2250 for more information.

## POOL2Path Ashland's Swim & Run Series

Are you ready for a challenge? The Rogue Valley Race Group will host a 4-race series this summer. Competitors will swim 500 yards and then hit the Bear Creek Greenway for a 5K run. For more info, prices and to register, contact the Rogue Valley Race Group at Pool2Path.com, 541.621.8191 or coordinator@roguevalleyracegroup.com.

AGES	12 & up	TIME	6:45pm
DAYS	Wednesday	COST	\$15/race
DATES	Jul 11-Aug 8		



# Daniel Meyer Pool

Seasonal-Outdoor Pool in Hunter Park at 1705 Homes Ave | 541.488.0313 | ashland.or.us/Swim



## Starfish Swim Lessons

### NEW SWIM LESSON REGISTRATION!

Swim lesson registration just got easier! You can sign up today by visiting [ashland.or.us/register](http://ashland.or.us/register), calling 541.488.5340 or visiting The Grove during regular business hours. No more waiting for June and no more long lines. We have more days and times available for swim lessons, all in an effort to work with your busy summer schedule. Pool staff will organize returning swimmers based on their placement at the end of the 2017 season or will be in touch to make sure we have your child in the right class. Please contact pool staff after June 14 if you would prefer to swim test for specific placement. The deadline to register for swim lessons is July 5.

### SCHOOL/AGE OPTIONS

<b>StarBabies™ \$42</b> Ages 6 mos to 3 yrs	<b>Preschool \$48</b> Ages 3 to 5 (smaller class size)	<b>Swim School® \$44</b> Ages 5 to 7; 8 yrs+	<b>Stroke School™ \$44</b> 5 yrs+ (must complete swim school)
This is a parent/child class aimed at getting your child comfortable in the water, setting the foundations for success in swimming at an early age.	Smaller student to teacher ratios help your 3 to 5 year old start learning basic swimming and safety skills in and around water.	Students progress through structured curriculum building foundations for proper swimming technique and learning safety and survival skills in water.	Swimmers that have completed Swim School begin refining their competitive swimming strokes for lifelong skills and enjoyment in the water.

### Students have 3 different ways to complete their Starfish Swimming Curriculum:

Choose either Straight 9, 3X, OR Saturday session.

Please limit your registration to one session at a time to allow instructors to effectively advance your student.

<b>Straight 9 Session A</b>	<b>2-week program; Tue-Fri &amp; Mon-Fri Jul 10-20 (9 classes)</b>	<b>Straight 9 Session B</b>	<b>2-week program; Tue-Fri &amp; Mon-Fri Jul 31-Aug 10 (9 classes)</b>
9:30-10:10am	Swim 5-7, Swim 8+, Stroke School	9:30-10:10am	Swim 5-7, Swim 8+, Stroke School
4:30-5:10pm	StarBabies, Preschool, Swim 5-7, Swim 8+	1:40-2:20pm	StarBabies, Preschool, Swim 5-7, Swim 8+
5:20-6pm	StarBabies, Preschool, Swim 5-7, Stroke School	2:25-3:05pm	StarBabies, Preschool, Swim 5-7, Swim 8+
6:10-6:50pm	Preschool; Swim 5-7, Swim 8+, Stroke School	3:10-3:50pm	StarBabies, Preschool, Swim 5-7, Stroke School

<b>3X</b>	<b>3x/week, for 3 weeks; Mon, Wed, Fri Session 1: Jul 9-27; Session 2: Jul 30-Aug 17 (9 classes)</b>	<b>Saturday</b>	<b>1x/week; Sat Jul 7-Sep 1 (9 classes)</b>
12:45-1:25pm	Preschool, Swim 5-7	12-12:40pm	Preschool, Swim 5-7, Swim 8+; Stroke School
		12:45-1:25pm	StarBabies, Preschool, Swim 5-7

<b>Starfish Lite \$30</b> Ages 3 to 7 yrs	<b>3x/week, for 2 weeks; Tue, Wed, Thu; Jun 19-28 (6 classes)</b>	
This is a discount mini session for beginning swimmers, with additional support from instructors. Swimmers do not advance through the Starfish Curriculum, until regular swim lesson sessions above.	6:10-6:50pm	Preschool, Swim 5-7

### SWIM TEAM CAMP \$42

This camp, for ages 8 to 16, is designed to introduce the sport of swimming while improving strokes and team skills. Participants must be able to swim the length of the pool with ease and have an understanding of basic strokes. The camp will take place July 23 through July 27, from 1:45 to 2:30 p.m. The registration deadline is July 18. Register online at [ashland.or.us/Register](http://ashland.or.us/Register).

### SWIM INSTRUCTOR MENTORSHIP

Gain experience working with licensed swim instructors and learn the basics of instructing swim lessons while earning 30 hours of community service! Successful applicants, ages 14 and 15, will need to pass a swim proficiency test (must be at least 14 by start of the mentorship). The deadline to apply is Friday, June 15, 5 p.m. Applications available now at the APRC Rec Division at The Grove, 1195 E Main St in Ashland. The mentorship will be completed during one of the regular swim lessons.



# youth programs (up to 18)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

## FITNESS & RECREATION

### Horseback Riding

You don't have to be fearless to ride a horse! Your introductory lesson will help you learn basics to communicate and guide a horse. Please wear long pants and sturdy shoes with a small heel. A certified protective helmet will be provided.

**WHO:** For ages 6 and older who are interested in discovering the enjoyment of horseback riding.

**WHAT:** Hour-long private lesson in an indoor arena to learn how to groom, saddle, guide and communicate with a horse.

**TO REGISTER:**

**Step 1:** Call APRC at 541-488-5340 to register & pay for your private lesson and receive your scheduling code.

**Step 2:** Use your scheduling code to set up an appointment on the Roxy Rose Ranch website.

AGES	6 & up
DAY/TIME	Weekdays from 10-12 and 3:30-8:30 and Saturdays from 9-2:30. Scheduling is completed by the participant.
PLACE	Roxy Rose Ranch (2978 North Foothill Road, Medford, OR 97504)
COST	\$45 for for a one-hour private lesson (continuing lessons can be scheduled with instructor)

### Pony Wonders

Kids will enjoy pony grooming, nature walks, story telling and internally reflective crafts in the presence of our pony professor, Trixie! Children should arrive with closed-toe shoes, a water bottle, sack lunch, hat and sunscreen. The class fee includes a copy of "The Smallest Horse," which is a story written about Trixie the class "pony professor." Students may take just one class or all three. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Kids who love animals.

**WHAT:** Children will learn how to sense their surroundings through guided interactions in a non-riding pony program.

**INSTRUCTOR:** Chrissy Hoffman is a lifelong horsewoman who has taught for 25 years. She uses the EAGLA certified equine-assisted learning model. Jenni Lieber is a farmer and teacher who has also worked as a Waldorf camp counselor.

AGES	6-8
DAY	3rd Fridays
DATE	May 18   Jun 15   Jul 20
TIME	9am-1pm
PLACE	NMP
COST	\$50 per class

## EDUCATION & ENRICHMENT

### Preschool Puppet Theater

Join puppets Brenda Bear and friends as they discover the wonders of our natural world. Snacks and a hands-on craft activity will follow. Reservations are guaranteed only until 10:30am. Please arrive early, as space and parking are limited (*no late seating*). Children must be accompanied by an adult at all times during the program. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Preschoolers and their parents.

**WHAT:** A brief lesson will lead into a fun puppet performance, playtime, snack and craft.

**INSTRUCTOR:** Anna Edmonson is a New York City-trained actor/dancer/singer and has been a performing artist since age 6!

AGES	3-5
DAY	2nd Friday of each month
DATE	May 11   Jun 8   Jul 13   Aug 10
TIME	10:30-11:45am
PLACE	NMP Nature Center
COST	\$6 per child

### Children's Oregon Native American Basketry Workshop

Young students will learn about Oregon Native American culture and history, native plants and their uses, traditional weaving techniques and Oregon Native American vocabulary. Students will make a tule mat, tule duck decoy, cedar barrettes (older kids) and a cedar bracelet. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Kids and young adults who are curious about Native American weaving.

**WHAT:** Learn about Native American ethnobotany and traditional weaving.

**INSTRUCTOR:** Stephanie Craig is a Takelma weaver, enrolled with the Grand Ronde Tribe. She is a 7th generation traditional basket weaver with a BA & MA in Cultural Anthropology, as well as a Tribal ethnobotanist.

AGES	7-15
DAY	Saturday
DATE	Jul 7
TIME	10am-4pm
PLACE	NMP Nature Center
COST	\$100

# youth programs (up to 18)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## YOUTH CAMPS

### Costa Rica en El Parque Spanish Language Camp

Students will gain a love for practicing Spanish by discovering nature through interactive learning, art and role play. Students should bring weather-appropriate clothing, water bottle and a snack. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Kids practicing Spanish or those who would like to learn Spanish.

**WHAT:** A day camp combining nature and the Spanish alphabet, numbers, colors, days, months, useful phrases and a themed vocabulary.

**INSTRUCTOR:** Jenna Zapata is the Owner/Operator of Bueno Lingo Espanol. She is a Spanish Teacher at Siskiyou School and holds a BA in Spanish, with a Minor in Latin American History. She has 6+ years of experience teaching kids from Pre-K to 8th grade.

AGES	5-8
DAY	Monday-Friday
DATE	Jun 18-22 or Jul 30-Aug 3
TIME	9am-Noon
PLACE	NMP
COST	\$170 per session

### Little Gnomes Nature Day Camp

Students will celebrate and learn about the plants, creeks, ponds and animals at NMP through games, crafts, stories and a circle time with movement and song. Children should bring a snack, lunch, water bottle, sun hat and sturdy play shoes. 3-year-olds may be permitted with instructor permission. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Preschoolers and kindergarteners

**WHAT:** A nature day camp inspired by forest schools and Waldorf early childhood education.

**INSTRUCTOR:** Anouschka and Shannon are teachers with Little Gnomes Nature School, a nature-immersion, early childhood program.

AGES	4-6
DAY	Monday-Friday
DATE	Jun 25-29 and Jul 23-27 ( <i>Take one or both</i> )
TIME	9am-1pm
PLACE	NMP
COST	\$180 per session

### Stories Alive Summer Camp

Students will spend the day outside, learning important writing techniques and bringing their stories to life through fun performances. Students should bring a water bottle, lunch, notebook and outdoor clothing. Please register online or call the NMP Nature Center at 541-488-6606.

**WHO:** Kids who enjoy collaborative learning and being outdoors all day.

**WHAT:** A week-long day camp for creating stories and live performances.

**INSTRUCTOR:** Craig Lamm has taught students across the country how to craft original stories for more than a decade.



AGES	7-13
DAY	Monday-Friday
DATE	Aug 6-10
TIME	9am-3pm
PLACE	NMP Nature Center
COST	\$180

### Junior Golf Camp

**WHO:** Youth interested in the game of golf and/or furthering their golf skills

**WHAT:** Students will learn the basic skills like proper grip, swinging the clubs, chipping, putting and driving the ball.

**INSTRUCTOR:** Tom Cronin has been the Golf Course Coordinator at Oak Knoll Golf Course for the past 9 years. He has extensive youth coaching experience and has been playing golf at Oak Knoll since 1990.

AGES	8-12
DAYS	Monday-Thursday
DATE	Session 1: Jun 11-14 Session 2: Jun 25-28 Session 3: Jul 16-19
TIME	Mon-Wed 9-10am   Thu 9-11am
PLACE	Oak Knoll Golf Course
COST	\$50 ( <i>four lessons</i> )



# youth programs (up to 18)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## Children's Summer Events With The Ashland Library

The summer reading program kicks off on the 14th of June at 2 pm! Activities include rock art, movies and more fun activities! "Libraries rock!" is the theme for this 9-week program held at the Ashland Library every Thursday at 2 pm through August 9. Children who sign up for the program will have a chance to win a free book. The Library is located at 410 Siskiyou Blvd. For more info call 541.774.6995.

### TODDLEROBICS

Mondays & Tuesdays at 11:30 am  
Children and attendees can exercise mind and body by participating in simple music and movement exercises.

### BABIES IN THE LIBRARY

Tuesdays at 10:10 am  
Early literacy skills for pre-walking babies, storytime includes songs, bounces and reading.

### WOBLERS

Tuesdays at 10:45 am & Wednesdays at 10:10 am  
For those ages 12-36 months who are not quite ready to sit through the preschool storytime.

### PRE-K STORYTIME

Wednesdays at 10:45 am  
Bring your preschoolers to enjoy stories, songs and fun at the library.

\*For more information visit [jcls.org](http://jcls.org)

## FITNESS & MOVEMENT

### Lacrosse in Ashland

APRC was recently awarded the US Lacrosse (USL) First Stick Grant award, which provides equipment and complimentary USL memberships for participants to learn more about the game of lacrosse. USL is the national governing agency for lacrosse with 68 chapters in 45 states and 450,000 members. USL trains and certifies coaches and officials to promote a safe, enjoyable experience for all participants. Lacrosse offers a wide range of benefits for participants in teamwork, leadership and developing physical skills promoting lifelong healthy lifestyles. Learn more about USL at [uslacrosse.org](http://uslacrosse.org). APRC is proud to partner with US Lacrosse and help bring the game of lacrosse to our community. Please make sure to keep an eye out for upcoming clinics and programs in the Summer and Fall by following our facebook page, [Facebook.com/AshlandParksandRec](https://www.facebook.com/AshlandParksandRec) and website at [AshlandParksandRec.org](http://AshlandParksandRec.org).

### Other Programs Of Interest

- 2nd Annual Pollinator Garden Tour | Age: All | P. 37
- Ballroom, Latin, and Swing Dances | Age: 15 & up | P. 27
- Britt Summer Programs | Age: All | P. 24
- Creating Pollinator Habitats | Age: 12 & up | P. 29
- Medicinal and Edible Plant Walks | Age: 12 & up | P. 31
- Oregon Native American Basketry | Age: 12 & up | P. 25
- Pickleball | Age: 8-80 | P. 26
- Star Party: Summer Constellations | Age: All | P. 28
- Star Party: The Gas Giants | Age: All | P. 38
- Summer Saturday Morning Bird Walks | Age: All | P. 29
- Ukulele U | Age: 12 & up | P. 25
- Waste Reduction & Recycling For Families | Age: All | P. 31
- Yoga at North Mountain Park | Age: 14 & up | P. 31



For info and to register visit [www.CoyoteTrails.org](http://www.CoyoteTrails.org) or call (541)772-1390

# youth programs (up to 18)

Pre-registration [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



RecTennis offers a variety of fun and affordable tennis programs for children, teens, adults and families!

# smash summer boredom

powered by USTA PNW



register today at:

[RecTennis.com/ashland](http://RecTennis.com/ashland)

summer programs:

**Jun 11- Aug 18**

compare our summer programs



## summer tennis camp

ages 6-14

4 hr. (Mon-Fri: 8 am-12 pm)

1.5 hr. (Mon-Fri: 9-10:30 am)



## friends & family tennis

all ages

Wednesdays

6 - 7:30 pm

sessions starting at

**\$25**

locations:

**Hunter Park**

**weekly & daily sessions all summer long!**

15% off early registration discount available until Apr 30!

No need to bring your own equipment.

\*Scholarships available visit [rectennis.com/scholarships](http://rectennis.com/scholarships) for more info

For info/requests:

**Randy Webber**

503.718.3330 | [rwebber@pnw.usta.com](mailto:rwebber@pnw.usta.com)

RecTennis proudly partners with:





# youth programs (up to 18)

Pre-registration [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## Youth Summer Camps

with Skyhawks Academy

### Beginning Golf Camp

Boys and girls will learn the fundamentals of swinging, putting and body positioning. Using the SNAG® (Starting New At Golf) system, instruction has been simplified so that young players can make an effective transition onto the golf course. All equipment provided.

AGES	5-9
DAYS	Mon-Fri
DATES	Jun 18-22   Jul 9-13
TIME	9am-Noon
PLACE	Garfield Park
COST	\$125/week

### Multi-Sport Camp

This multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program, Capture the Flag, Dodgeball and Frisbee will be combined into one fun-filled week! Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Variations of each activity will teach to different techniques and understanding of each sport. All equipment provided.

AGES	6-12
DAYS	Mon-Fri
DATES	Jun 25-29
TIME	9am-Noon
PLACE	Garfield Park
COST	\$125/week

## Beginning Golf & Multi-Sport Camps Presented by Skyhawks Academy & APRC

### Ways to Register...

[Skyhawks.com](http://Skyhawks.com) or 800.804.3509  
[ashland.or.us/Register](http://ashland.or.us/Register) or 541.488.5340



# green living tips



## Ashland's Climate and Energy Action Plan

*By Stu Green, City of Ashland's Climate & Energy Analyst*

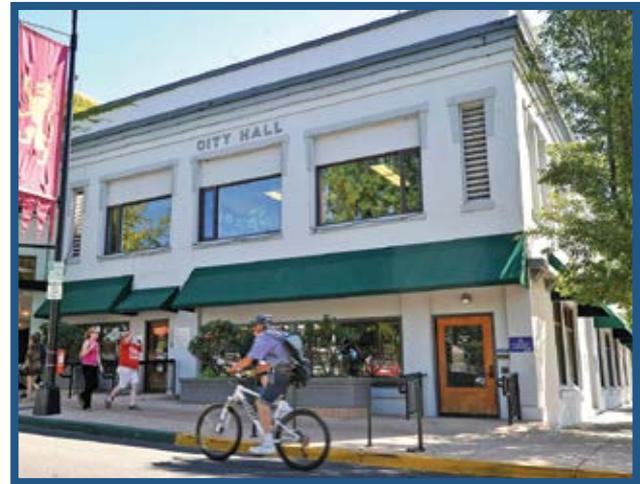
Home of the Oregon Shakespeare Festival, Southern Oregon University and abundant natural beauty and recreational opportunities, the City of Ashland is a great place to live and visit. Climate change will likely alter the vitality, livelihood and surrounding environment that make Ashland what it is, with anticipated increases in severe heat, water scarcity, wildfire risk and storm events. By the 2080's, scientists project that Ashland will experience more than an 80% decrease in winter snowpack, 90 more days of extreme heat annually and more than an inch of additional rainfall during heavy storms.

The City of Ashland and the community have a (shared) responsibility to address climate change risks by reducing emissions and preparing the city for unavoidable impacts well beyond our local control. In March 2017, the Ashland City Council unanimously adopted Ashland's Climate and Energy Action Plan, which aims to reduce our community's contribution to global carbon pollution and prepare the city for climate change impacts.

Ashland's Climate and Energy Action Plan is forward-looking, comprehensive and one of the most assertive Climate and Energy Action Plans assembled to date.



Ashland's Climate Vision for 2050 is to be a resilient community that has zero net greenhouse gas emissions, embraces equity, protects healthy ecosystems and creates opportunities for future generations. **Read more about the City of Ashland's Climate and Energy Action Plan at [ashland.or.us/climateplan](http://ashland.or.us/climateplan).**



### Your Actions Count!

**Eat your way to the future**—Eight of the top 20 most effective global-warming solutions are food-related, according to Project Drawdown research ([drawdown.org](http://drawdown.org)). As consumers, focus on reducing food waste and following a plant-rich diet.

**Take charge**—Commit to making your next vehicle electric; or better yet, try living car-free! ([ashland.chooseev.com](http://ashland.chooseev.com))

**Get energized**—Install solar and energy-efficiency measures for your home or business. Ashland's generous incentives and progressive net metering policies mean there are options for everyone—even if you don't own a home or your location is shady. ([ashland.or.us/consERVE](http://ashland.or.us/consERVE))

**Talk to your friends, family and neighbors about taking climate action**—Collective action is needed to protect our climate and create a better future. Together, we can reverse global warming to reduce the effects of drastic climate change. (There are numerous good resources online to help you do this!)





# adapted programs

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) - required for all programs unless otherwise indicated

**APRC Adapted Programs are specifically designed for people with developmental, intellectual or physical disabilities. The programs focus on each individual's personal abilities and interests. Instructor Serena Hoke holds an MS in Adapted Physical Activity. As with most APRC programs, pre-registration is required for Adapted Programs. To register, please call the APRC office at 541.488.5340 (online registration is not available).**

## Friday Night Social

Join us every month for an evening of laid-back fun with games, movies, snacks and crafts! This is a chance for a bit of parent or caregiver respite. All participants should be able to cooperate in a group environment. If 1:1 assistance is needed, participant must bring their own attendant (*no extra charge*). Gluten-free food choices available.



AGES 15 & up (*younger with approval*)  
DAY Friday  
DATES Jun 8 | Jul 20 | Aug 10  
TIME 6-8:30pm  
PLACE Ashland Senior Center, 1699 Homes Avenue  
COST \$10/night

## Group Bowling

Join your friends at Roxy Ann Lanes for a Sunday evening of bowling, playing in the arcade or just hanging out! Price includes the cost of two games and shoes. Please bring extra money to purchase food (*or bring your own food*) and funds for the arcade. Pre-register early! Transport space is limited. *Sign-up is first come, first served. Waiting list available.*



AGES 14 & up (*younger with approval*)  
DAY Sunday  
DATES Jun 24 | Jul 29 | Aug 19  
TIME 5-8pm  
(*Meet at The Grove by 5pm and return by 8pm*)  
PLACE Roxy Ann Lanes in Medford  
COST \$15/day

**Register Today!**

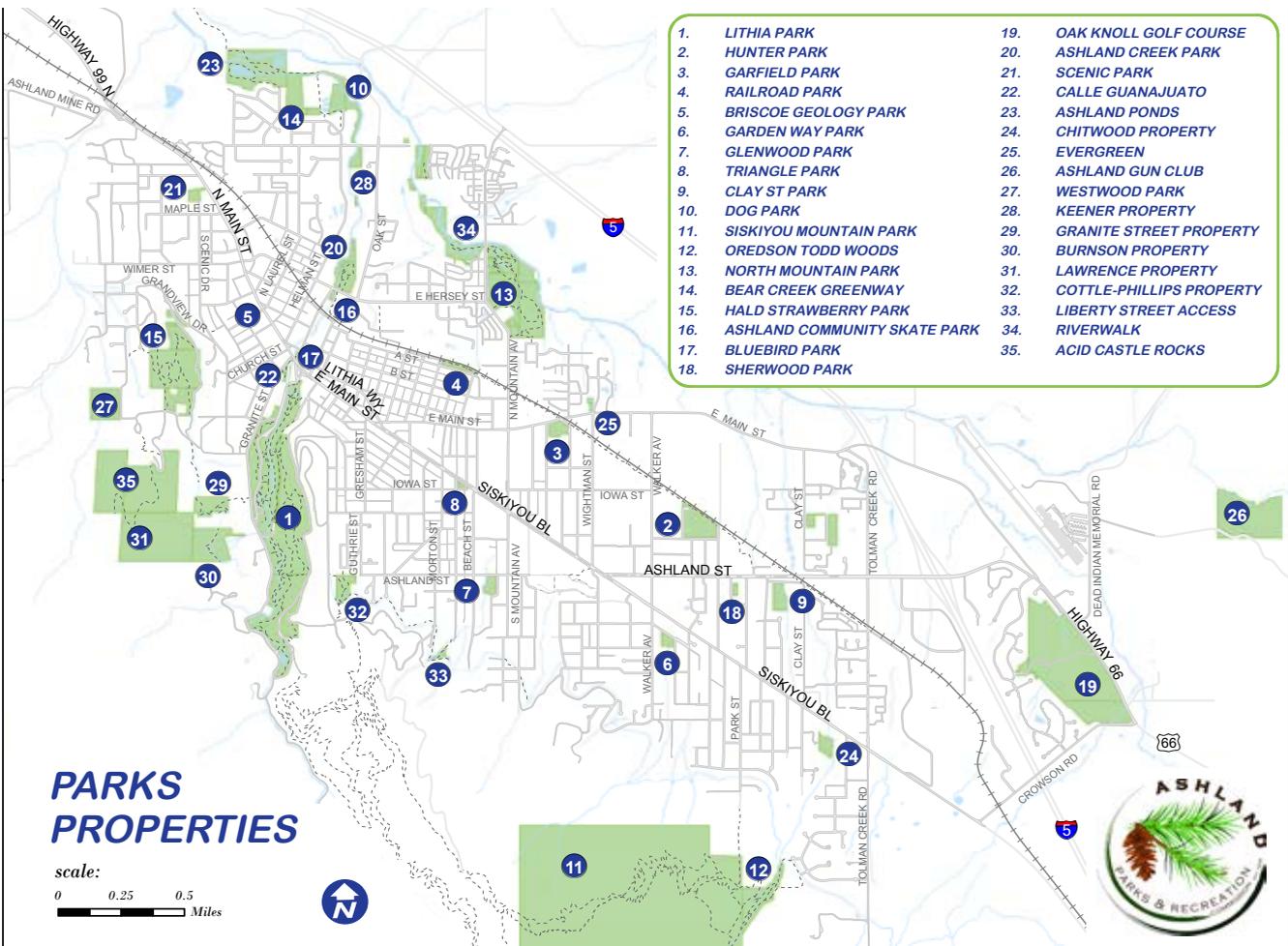
# park sites



## Ashland Parks & Recreation Commission

The goal of APRC is to provide and promote recreational opportunities and to preserve and maintain public lands. We have three divisions:

- The Parks Division operates, maintains, constructs and plans parks and recreational facilities within the system. It also develops new parks and administers open space areas.
- The Recreation Division provides recreational activities for people of all ages.
- The Golf Division operates, maintains and provides professional services for the Oak Knoll Golf Course, a nine-hole municipal course owned by the City of Ashland. Visit [OakKnollGolf.org](http://OakKnollGolf.org).



### PARKS PROPERTIES

scale:  
0 0.25 0.5  
Miles



To view our **MAPS** online visit [ashland.or.us/ParksMaps](http://ashland.or.us/ParksMaps)  
To learn about **DOG-FRIENDLY** parks in Ashland, please visit [ashland.or.us/DogFriendly](http://ashland.or.us/DogFriendly)

**Please Note:** While the location of the Ashland Dog Park has not changed, the address has; the new address is 950 Perozzi St.



# lithia park info



## LITHIA PARK

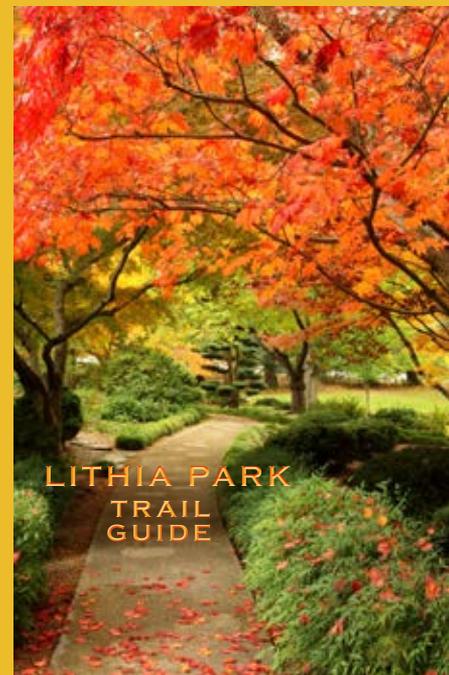
### MAP KEY

- |                         |                        |
|-------------------------|------------------------|
| Park Boundary           | Drinking Fountain      |
| Park Trails             | Playground             |
| Reservation Sites       | Barbecue Stand         |
| Paved Walkway           | Fire Ring              |
| Natural Surface Walkway | Swimming               |
| Parking                 | Ice Skating (seasonal) |
| Restrooms               |                        |

### LOCATIONS

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 1 Park Entrance                      | 10 Lithia Rose Garden              |
| 2 Plaza                              | 11 Butler-Perozzi Fountain         |
| 3 Oregon Shakespeare Festival        | 12 Enders Shelter                  |
| 4 Lower Duck Pond                    | 13 Butler Bandshell                |
| 5 Feast of Will Lawn                 | 14 Japanese Garden                 |
| 6 Community Center                   | 15 Tennis Courts/Pickleball Courts |
| 7 Pioneer Hall                       | 16 Upper Duck Pond                 |
| 8 Playground                         | 17 Parks Offices                   |
| 9 Ashland Rotary Centennial Ice Rink | 18 Swim Reservoir                  |

Due to concerns about duck health and water quality, please do not feed the ducks!

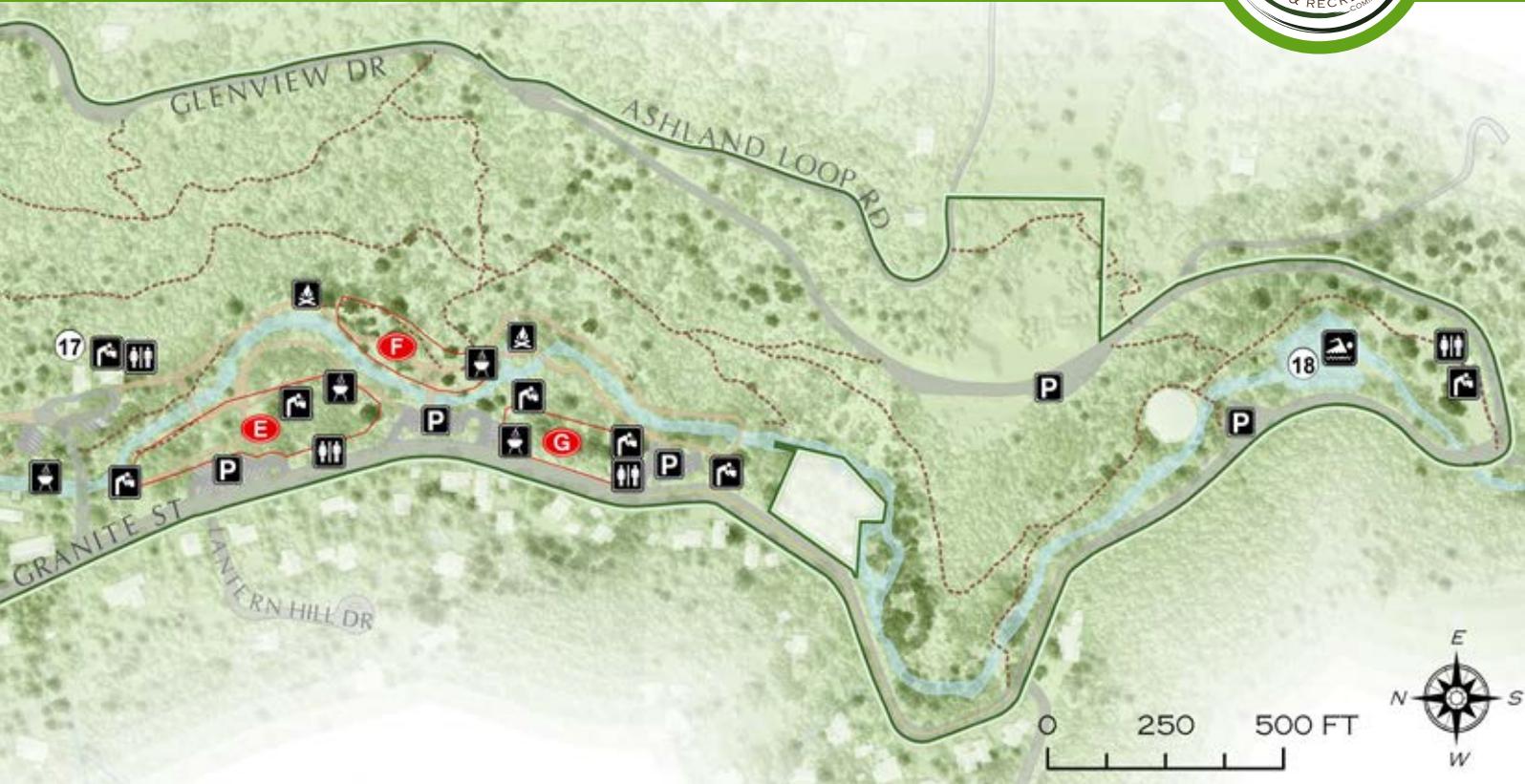


## LITHIA PARK TRAIL GUIDE

Explore the plants and trees of Lithia Park! The Lithia Park Trail Guide features colorful maps, over 100 photographs and a self-guided tour. Learn more at [ashland.or.us/LPtrailguide](http://ashland.or.us/LPtrailguide). Guides are only \$5.

— Cover photo courtesy Jeffrey McFarland

# lithia park info



## Lithia Park Reservations & Facility Rental Information

Park facilities can be rented for private special events such as weddings, receptions, meetings, picnics and family gatherings.

### It's Easy to Reserve in Lithia Park!

You can make a formal reservation with a debit/credit card by calling 541.488.5340. There is a refundable security deposit for all reservations. For other events, including picnics, birthday parties and family reunions, fees range from \$55-\$75 per four-hour time block depending on location.

### Indoor Reservable Facilities

The Community Center and Pioneer Hall are indoor facilities available to rent for events such as weddings, receptions, birthday parties, meetings and conferences. Fees, deposits and insurance are required.

### Reservations and Use Permits

Reservations and Use Permits are required for all outdoor special events, including but not limited to walkathons, concerts, festivals and weddings. Parks Commission approval is required for some special event requests.

### Designated Outdoor Reservable Sites

We offer several reservable sites, including rustic natural areas with picnic tables and barbecues for groups of up to 250 people as well as small and large green lawns for more intimate or formal gatherings.

**Formal facility reservations are available from May through September only.**

RESERVATION SITES	CAPACITY	ELEC	TABLES	WATER
A Butler Bandshell	350	NO	NO	NO
B Sycamore Grove	150	NO	NO	NO
C Lawn Below Upper Duck Pond	150	YES	NO	NO
D Madrone Picnic Area	75	NO	YES	NO
E Cotton Memorial Area	250	YES	YES	YES
F Hillside Picnic Area	65	NO	YES	NO
G Root Memorial Area	60	NO	YES	NO

### Call Us for More Information

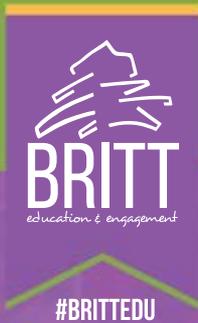
If you are interested in reserving a designated site in Lithia Park, the Community Center or Pioneer Hall, please contact the Rec Division office for reservations or rental information at 541.488.5340. Most events require liability insurance.

—Please visit [ashland.or.us/FacilityInsurance](http://ashland.or.us/FacilityInsurance) for more information.



# family programs

Pre-registration [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## EDUCATION ENGAGEMENT

Fueling the next generation of stars



### BRITT FELLOWS STRING ENSEMBLE:

Come hear the 2018 Britt Orchestra String Fellows' free concert in Lithia Park's Bandshell. Sponsored by Jim Collier, these accomplished music students will perform chamber music that is sure to delight both young and old. **Scout says this is a Family Friendly event!**

LITHIA PARK BANDSHELL | MON, JUL 30 | 7PM | FREE

Encore presentation at the Ashland Senior Center! This is an outside event. Some chairs will be provided, but you may bring your own lawn chairs!

ASHLAND SENIOR CENTER | MON, AUG 6 | 7PM | FREE

### DRUMTASTIC BEATS (AND HOW TO MAKE THEM) WITH GABRIEL GLOBUS-HOENICH + BRYAN JEFFS:

Have some fun learning how to lay down beats with Artist-in-Residence, Gabriel Globus-Hoenich. Joined by local SOU and RCC percussion professor, Bryan Jeffs, you'll see just how easy it is to play different rhythms with your friends and family in this hands-on drumming session. **Beginners of all ages are welcome. Bring your favorite drum or borrow one of ours while they last!**

LITHIA PARK BANDSHELL | SUN, JUL 29 | 11AM | FREE

NORTH MOUNTAIN NATURE CENTER | SUN, AUG 5 | 11AM | FREE

### BRITTKIDS KONCERTS + KLUB:

Join Scout in the Britt Performance Garden during July and August for an interactive series of free performances by local and regional artists. **Koncert dates and artists announced June 1. For more information, visit [brittfest.org/brittkidskoncerts](http://brittfest.org/brittkidskoncerts).**

Scout invites you to join the FREE BrittKids Klub! *Visit Scout to find out more at [brittfest.org/brittkidsklub](http://brittfest.org/brittkidsklub).*



FIND OUT MORE AT [BRITTFEST.ORG](http://BRITTFEST.ORG) | FOLLOW US ON [FACEBOOK.COM/BRITTEDUCATION](https://FACEBOOK.COM/BRITTEDUCATION)

## Other Programs of Interest

Rogue Valley Bird Day | Age: All | P. 36

Rec Tennis | Age: 6-14 | P. 17

Oak Knoll Golf Course | Age: All | P. 3

Ashland World Music Festival | Age: All | P. 33

4th of July Run (10K & 2-mile walk/run) | Age: All | P. Back page

Daniel Meyer Pool | Age: All | Pp. 10-13

# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## ART & CULTURE

### Oregon Native American Basketry

Learn about Western Oregon Native American culture and traditional weaving techniques. Students should bring a bottle of water, knife, towel, pen & paper. Students will weave their own basket. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Some sewing, crocheting or weaving experience is helpful but not required.

**WHAT:** Learn about traditionally-used plants, their harvesting and preparation methods, and Oregon Native American vocabulary.

**INSTRUCTOR:** Stephanie Craig is a Takelma weaver, enrolled with the Grand Ronde Tribe. She is a 7th generation traditional basket weaver with a BA & MA in Cultural Anthropology, as well as a Tribal ethnobotanist.



AGES 12 & up  
DAY Sunday  
DATE July 8  
TIME 9am-4pm  
PLACE NMP Nature Center  
COST \$115

### Unified Voice Workshop

Reclaim your voice...transform your life! Have you always wanted to sing but haven't because of shyness, a troublesome childhood experience with it or simply not knowing how to start? Wear comfortable clothing and bring a water bottle, pen and journal. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Adults who have always wanted to sing.

**WHAT:** Gain confidence in your singing voice, and learn how to use it with more power and ease.

**INSTRUCTOR:** Heather Hutton holds a Bachelor's degree in Music, a Teaching Credential and is owner/operator of "Unified Voice-Works."

AGES 18 & up  
DAY Saturday  
DATE Aug 18  
TIME 2-7pm  
PLACE NMP Nature Center  
COST \$80

### Ukulele U

Fun to play and easy to learn. Students will learn all the basics to get started with the ukulele.

**WHO:** People 12 & up who want to play and sing songs with friends and family.

**WHAT:** Students will learn the basics: tuning, chords in multiple positions, reading ukulele tab, cool ukulele strumming and finger-picking techniques for any music style.

**INSTRUCTOR:** Mich Lewis is a local singer-songwriter who has helped Rogue Valley students of all ages reach their music goals since 1998. *Learn more at [moontreemusic.com](http://moontreemusic.com).*

AGES 12 & up  
DAY Mondays  
DATE Session 1: Jun 4-25  
Session 2: Jul 30-Aug 27  
(No class Aug 20)  
TIME 5:30-6:30pm  
PLACE Senior Center  
COST \$50 (4 lessons)

**Register Today!**



# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

## FITNESS & MOVEMENT

### Adult Tennis Lessons

#### Beginning Class: Learn The Basics

Learn tennis basics (stroke, scoring, strategy) in a fun, relaxed atmosphere. *Loaner racquets available.*

**WHO:** Adults who want to learn or return to tennis after years without playing.

**WHAT:** Members will be able to participate in the game of tennis, including racquet skills, scoring and strategy.

**INSTRUCTOR:** Gail Patton, Head Tennis Coach at SOU 1998-2008, AHS Tennis Coach 2012-2014. Received MS-Education from UC Davis and MA in Sport Science from U of O.

AGES	14 & up
DAYS	Monday-Thursday
DATE	Session 1: Jun 11-14 & 18-21 Session 2: Jul 9-12 & 16-19
TIME	6-7pm
PLACE	Hunter Park
COST	\$90/session (8 classes per session)

#### Intermediate Class

Players will build on basic strokes and strategies with drills and game play. *Loaner racquets available.*

AGES	14 & up
DAYS	Monday-Thursday
DATE	Session 1: Jun 11-14 & 18-21 Session 2: Jul 9-12 & 16-19
TIME	7-8pm
PLACE	Hunter Park
COST	\$90/session (8 classes per session)

### Beginning Pickleball

Students will learn the basic skills and strategies to play this new and popular game! You will learn proper techniques. All equipment provided.

**WHO:** Anyone who enjoys the outdoors, new sports and socializing with others. Played by kids, teens, adults and grandparents.

**WHAT:** Learn basic skills to be able to compete.

**INSTRUCTOR:** Joel Heller is a long-time teacher of pickleball and has won gold medals in singles and doubles at the Oregon Senior Games the last two years.

AGES	8-80
DAY & TIME	Wednesday, May 23: 5:30-7:30pm Thursday, Jun 21: 9-10:45am
PLACE	Lithia Park Tennis Courts
COST	\$20/session

### Intermediate Pickleball

Improve your game! Players who want to raise their level of play, strategies, shots and drills.

AGES	8-80
DAY & TIME	Friday, May 25: 5-7pm Thursday, June 21: 11am-1pm
PLACE	Lithia Park Tennis Courts
COST	\$20/session

### Beginning Women's Golf

Novice women golfers wanting to learn the basics of golf in a relaxed and fun environment.

**WHO:** Women 18 and up wanting to learn the basics of golf.

**WHAT:** Develop the basic skills to pick up the game of golf. All equipment provided.

**INSTRUCTORS:** Tom Cronin and volunteers from The Oak Knoll Women's Golf Association. Tom Cronin has been the Golf Course Coordinator at Oak Knoll Golf Course for the past 9 years. He has extensive youth coaching experience and been playing golf at Oak Knoll since 1990.

AGES	18 & up
DAY	Fridays
DATE	July 13, 20 & 27
TIME	6-7pm
PLACE	Oak Knoll Golf Course
COST	\$40 (for all 3 classes)

### Horseback Riding

Learn basics to communicate and guide a horse. Please wear long pants and sturdy shoes with a small heel. A certified protective helmet will be provided.

**WHO:** For ages 6 and older who are interested in discovering the enjoyment of horseback riding.

**WHAT:** Hour-long private lesson in an indoor arena to learn how to groom, saddle, guide and communicate with a horse.

#### TO REGISTER:

**Step 1:** Call APRC at 541-488-5340 to register & pay for your private lesson and receive your scheduling code.

**Step 2:** Use your scheduling code to set up an appointment on the Roxy Rose Ranch website.

AGES	6 & up
DAY/TIME	Weekdays from 10-12 and 3:30-8:30 and Saturdays from 9-2:30. Scheduling is completed by the participant.
PLACE	Roxy Rose Ranch (2978 North Foothill Road, Medford, OR 97504)
COST	\$45 for for a one-hour private lesson (continuing lessons can be scheduled with instructor)

# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## Intermediate I: Ballroom, Latin And Swing Dances

No partner needed. **Sign up directly with instructor. Learn more by visiting [upanddancing.com](http://upanddancing.com) or calling the instructor at 541.482.0134. Private lessons are also available**

**WHO:** Anyone 15 and older with basic ballroom skills.

**WHAT:** An affordable, fun way to interact with new people or your special someone.

**INSTRUCTOR:** Cori Grimm is experienced, upbeat and enjoys getting people of all ages hooked on dancing.

AGES 15 & up  
DAY Tuesday  
DATE  
Session 1: Jun 5-19 Cha Cha  
Session 2: Jun 26-Jul 10 Swing  
Session 3: Jul 17- Aug 7 (no class Jul 31) Tango  
Session 4: Aug 14-28 Foxtrot  
TIME 7-8pm  
PLACE The Grove | Gym  
COST \$20 for 3 class punch card

### ADVANCED BALLROOM

DAY Tuesdays, 8-9pm  
DATE June 5-Aug 28: Dance TBA  
PLACE The Grove | Gym  
COST \$20 for 3 class punch card

## LIFE SKILLS

### Italian For Travelers

This class is designed for those looking to develop or continue practicing basic conversational skills to communicate in Italian and be culturally informative in a fun, relaxed setting.

**WHO:** Adults 18 and older who are planning to travel to Italy or are new to Italian.

**WHAT:** Develop or continue practicing basic conversations skills.

**INSTRUCTOR:** Monica Rountree is a native Spanish & Italian speaker with a master's degree in romance languages.

AGES 18 & up (mature teenagers welcome)  
DAY Tuesday  
DATE July 17-Sep 11  
TIME 6-7pm  
PLACE The Grove | Otte-Peterson Room  
COST \$100 (9 classes)

### Spanish For Travelers

Are you planning a trip to Spain or Hispanic America? This class is for you. Designed to develop or continue practicing basic conversation skills that will help you communicate in Spanish.

**WHO:** Adults who plan to travel to Latin America or Spain and/or have never studied Spanish before.

**WHAT:** Develop or continue practicing basic conversation skills.

**INSTRUCTOR:** Monica Rountree is a native Spanish & Italian speaker with a master's degree in romance languages.

AGES 18 & up (mature teenagers welcome)  
DAY Tuesday  
DATE Jul 17-Sep 11  
TIME 5-6pm  
PLACE The Grove | Otte-Peterson Room  
COST \$100 (9 classes)

Continuing classes are designed for students who have completed beginning language courses or received approval from the instructor to join. All classes are held at The Grove. *Students register directly with the instructor.*

### Continuing Italian & Spanish Classes

**Italian & Spanish: Contact Monica Rountree via email at [monicarountree@hotmail.com](mailto:monicarountree@hotmail.com)**

**Wed | Italian Continuing Beginning**

Jul 18-Sep 12 | 5-6pm

**Wed | Italian Continuing Intermediate Conversation**

Jul 18-Sep 12 | 6-7pm

**Wed | Italian Continuing Advanced Conversation**

Jul 18-Sep 12 | 7-8pm

**Thu | Spanish Continuing Beginning**

Jul 19-Sep 13 | 5-6pm

**Thu | Spanish Continuing Intermediate Conversation**

Jul 19-Sep 13 | 6-7pm

**Thu | Spanish Continuing Advanced Conversation**

Jul 18-Sep 13 | 7-8pm

## Register Today!

# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

## LIFELONG LEARNING

### Dog Training Classes

Dog training classes are for friendly dogs who are current on shots and comfortable on-leash around other dogs and people. Colleen Shanahan is a Certified Dog Behavior Consultant who uses reward-based dog training and has been professionally training and handling dogs since 1997. **New students need to complete the "Group Class Questionnaire" and read "What to Bring to Class" at [doggonefun.biz](http://doggonefun.biz).** *Private lessons also available by calling 541-601-7601.*

### Good Puppy Skills

Your puppy is learning every minute and this class provides a safe and clean environment that makes learning skills easy and fun. Please bring shot records to the first class.

**WHO:** Adults 18 and older with puppies age 2-5 months who have started their shots.

**WHAT:** Puppies and owners will learn SIT, DOWN, STAY, COME, leash walking and more.

AGES	Dog ages: 2-5 months   Owner: 18 & up
DAY	Sunday
DATE	Jun 3-Jul 1
TIME	11 am-Noon
PLACE	The Grove   Gym
COST	\$99 (5 classes)

### Good Dog Skills

Learn real-life training skills for dogs older than 5 months. Each week will include problem solving such as barking, jumping, chewing and more.

**WHO:** Adults 18 and older with dogs older than 5 months.

**WHAT:** Owners and dogs will learn positive ways to train for SETTLE, STAY, COME, LEAVE IT, leash walking, no jumping, no counter surfing and more.

AGES	Dog ages: 5 mos & up   Owner: 18 & up
DAY	Sunday
DATE	Jun 3-Jul 1
TIME	12:15-1:15pm
PLACE	The Grove   Gym
COST	\$99 (5 classes)

**Register Today!**

### More Dog Gone Fun Classes

Join like-minded people for ongoing adventures in play and training.



Participants will sign up with instructor by visiting the website [doggonefun.biz](http://doggonefun.biz) or calling 541-601-7601.

#### Small Dog Social Club

This is a club for friendly dogs under 20 lbs.

DAY	Sunday
DATE	Jun 3-July 1
TIME	1:30-2:15pm
COST	\$30

### Star Party And Presentation: Summer Constellations

Learn about mythology, how to locate constellations and some interesting types of objects found within these star patterns. Volunteers will set up telescopes in the NMP gardens to view planets (Saturn and Jupiter), stars and even a Galaxy or two. Feel free to bring your own telescope as well! *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Star gazers of all ages.

**WHAT:** Enjoy a presentation about summer constellations and view celestial objects with volunteers from the Southern Oregon Skywatchers.

**INSTRUCTOR:** Daniel Otte is a teacher at Ashland Middle School and an amateur astronomer.

AGES	All ages welcome
DAY	Saturday
DATE	Jun 9
TIME	8:30-10:30pm
PLACE	NMP Nature Center
COST	FREE

# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## NATURE & GREEN LIVING

### Demonstration Garden Tours

Soak up the sights and sounds of summer while learning about the gardens at North Mountain Park with volunteer docents and master gardeners. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Garden and history lovers.

**WHAT:** Get a tour of the herb, heirloom, butterfly and reptile gardens at NMP.

**INSTRUCTOR:** Led by a NMP expert garden volunteer.

AGES	10 & up
DAY	2nd Wednesday of each month
DATE	May 9   Jun 13   Jul 11   Aug 8
TIME	9:30-10:30am
PLACE	NMP Nature Center
COST	FREE   donations to NMP always welcome

### Summer Saturday Morning Bird Walks

Enjoy an opportunity to see and hear a variety of birds that spend the summer in the Rogue Valley on this easy walk through NMP. Binoculars and field guides will be available for check-out. *Please pre-register online or call the Nature Center for more info 541-488-6606.*

**WHO:** Both novice and expert birders would enjoy this walk.

**WHAT:** Stroll through North Mountain Park for a chance to see and hear a variety of bird species.

**INSTRUCTOR:** Led by local birding experts from the Rogue Valley.



AGES	All ages
DAY	3rd Saturday each month
DATE	May 19   Jun 16   Jul 21   Aug 18
TIME	8-9am
PLACE	NMP Nature Center
COST	FREE   donations to NMP always welcome

### Forest Bathing Walks

Forest Bathing comes from the scientifically-backed Japanese practice of Shinrin Yoku, or "Forest Therapy." Through a series of invitations, you will slow down, awaken your senses and connect with the forest in a deeply personal way. Dress comfortably to walk and sit outdoors, in variable weather. May and June walks take place at N. Mountain Park in the evenings. July and August walks take place in the mornings at Lithia Park (meet at the APRC office at 340 S. Pioneer Street, off Granite). *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Adults looking to relieve stress

**WHAT:** A facilitated, slow, mindful walk through the forest, to improve physical and mental health.

**INSTRUCTOR:** Sari Telpner is a Certified Forest Therapy Guide through The Association of Nature and Forest Therapy.

AGES	18 & up
DAY	Sat, Tues   Tues, Fri
DATE	May 19, Jun 12   Jul 10, Aug 3
TIME	5:30-8:30pm   9am-Noon
PLACE	NMP   Lithia Park
COST	\$33 per walk

### Creating Pollinator Habitats

This course will include a slide presentation, a hands-on native seed cleaning demonstration and a walk outside to look at native plants on the North Mountain Park grounds. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Adults who want to increase native pollinator habitat in their garden or on their land.

**WHAT:** Learn about native pollinator plants and plant propagation techniques.

**INSTRUCTOR:** Suzie Savoie is co-owner of Klamath-Siskiyou Native Seeds and serves as the Conservation Chair for the Siskiyou Chapter of the Native Plant Society of Oregon.

AGES	12 & up
DAY	Saturday
DATE	May 26
TIME	9am-Noon
PLACE	NMP Nature Center
COST	\$10

**Register Today!**



# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

## Backyard Fruit 101

Gardeners will learn about the challenges and keys to success for growing various types of fruit at home. The focus will be on fruit trees, but basics about berries and citrus will also be covered as well as organic and alternative techniques. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Both novice and experienced gardeners will gain insights in this class.

**WHAT:** Learn and share some of the tricks of home fruit cultivation.

**INSTRUCTOR:** Joel Heller has decades of experience growing fruit and has been teaching Master Gardeners as well as classes at the NMP Nature Center for the past 5 years.

AGES	14 & up
DAY	Thursday
DATE	May 31
TIME	6:30-8pm
PLACE	NMP Nature Center
COST	\$15

## Beyond Organic: Alternatives To Chemical Pesticides

Become familiar with holistic management tools for your garden and home landscape that will keep you and the environment safe. This is a hands-on class that will provide tangible solutions for everyday horticultural issues, including earwig damage, weeds in the paths and deer browsing. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Home gardeners with an organic focus.

**WHAT:** Learn how to deal with weeds, insects and other problems in the garden, without the use of chemical pesticides.

**INSTRUCTOR:** Rhianna Simes, M.S. Ed., worked for 10 years with the OSU Extension Service, including 3 years coordinating the Master Gardener Program. She holds Masters Degrees in Education and Botany. She is also the founder and managing director of Verdant Phoenix, LLC.

AGES	15 & up
DAY	Thursday
DATE	Jun 7
TIME	5:30-7:30pm
PLACE	NMP Nature Center
COST	\$25

## Fermentation for Everyone

Learn how easy and healthy it is to make fermented foods at home! After a thorough introduction, we will prepare our own "group ferment" for participants to take home. Please bring 2 pounds of fresh vegetables for our project. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Anyone interested in healthy living and making food.

**WHAT:** Learn the benefits of fermentation and about projects you can make easily and affordably at home.

**INSTRUCTOR:** K. Ruby Blume is a gardener, beekeeper, homesteader, artist and author with 30+ years of teaching experience.

AGES	16 & up
DAY	Saturday
DATE	Jun 9
TIME	1-4pm
PLACE	NMP Nature Center
COST	\$40

## Growing Pollinator Gardens

Learn all about pollinators, the habitats they thrive in and how we can help support healthy and thriving pollinator populations. Some class time will be devoted to the pollinators we find while visiting the NMP Demonstration Gardens. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Adults and teens interested in learning more about local pollinators.

**WHAT:** Learn the essentials of growing pollinator habitats and become inspired to be a pollinator champion.

**INSTRUCTOR:** Kristina Lefever is the Chair of Bee City USA Ashland, President of Pollinator Project Rogue Valley, a Board member of the Jackson County Master Gardeners and a pollinator advocate. This will be her third time presenting this class at NMP.

AGES	12 & up
DAY	Saturday
DATE	Jun 16
TIME	10am-Noon
PLACE	NMP Nature Center
COST	\$10

**Register Today!**

# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## Eat It, Sip It, Plant It, Learn All About It - The Mint Family

Explore, with all of your senses, the plant families that impact our lives. With tasty relatives like lavender, oregano, sage and more, drink and eat your way to a better botanical understanding and appreciation of the Mint family (*Lamiaceae*). Propagation, care and Oregon natives will also be covered. Bring a treat related to this topic to share. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Beginners and plant nerds are welcome.

**WHAT:** A botanical and culinary exploration of plants in the Mint family (*Lamiaceae*).

**INSTRUCTOR:** Rhianna Simes, M.S. Ed. worked for 10 years with the OSU Extension Service, including 3 years coordinating the Master Gardener Program. She holds Masters Degrees in Education and Botany. She is also the founder and managing director of Verdant Phoenix, LLC.

AGES	15 & up
DAY	Tuesday or   Saturday
DATE	Jun 5   Jun 23
TIME	5:30-7:30pm   10am-Noon
PLACE	NMP Nature Center
COST	\$30 per class (includes snacks)

## Waste Reduction & Recycling For Families

Get your family on the same page when it comes to waste reduction and recycling. Feel free to bring a few items you think might be recyclable and get your questions answered! *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** The whole family is invited.

**WHAT:** Learn the latest about recycling and waste reduction.

**INSTRUCTOR:** Jamie Rosenthal is a Waste Zero Specialist for Recology, a City Conservation Commissioner and a Jackson County Master Recycler.



AGES	All ages
DAY	Thursday
DATE	June 28
TIME	3:30-5pm
PLACE	NMP Nature Center
COST	FREE

## Medicinal and Edible Plant Walks

Explore traditional ethnobotanical lore as well as current trends and research regarding edible and medicinal plants. Learn how to identify and sustainably harvest useful plants. Different plants will be discussed on each walk. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Adults and teens who want to learn about natural medicine.

**WHAT:** Stroll around NMP to learn more about the abundance of edible and medicinal plants found in the gardens and on the ethnobotanical trail.

**INSTRUCTOR:** Erin Krenzer is a dispensary herbalist and an experienced educator of medicinal plants.

AGES	12 & up
DAY	Sundays
DATE	Jul 1 and Aug 26
TIME	11am-12:15pm
PLACE	NMP Nature Center
COST	\$8 per class

## Yoga at North Mountain Park

Start your week with a flowing vinyasa yoga practice. Students will cultivate focus, strength and flexibility to help start their day with a sense of peace and vitality. Classes will be held outside in the NMP pavilion, providing a view of the natural area with the sounds of nature all around (curtains near the walkways will provide some privacy as well). *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Beginner to intermediate yoga students who are familiar with sun salutations.

**WHAT:** An invigorating yoga class held outdoors.

**INSTRUCTOR:** Jen Aguayo has been practicing yoga for more than 25 years and has been a Certified Yoga Teacher since 2007.

AGES	14 & up
DAY	Mondays
DATE	Jul 9, 16, 23, 30
TIME	8:30-9:30am
PLACE	NMP Nature Center
COST	\$20 for the four-class series or \$8 for drop-ins



# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

## Meditating On Nature

Nature is an amazing, healing focus for meditation. In this program, you'll learn how to craft a simple meditation practice to support your nervous system and reshape your brain. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Anyone who wants to soothe anxiety and be proactive in self-care.

**WHAT:** Practice guided meditation and explore walking meditation outdoors (*weather permitting*).

**INSTRUCTOR:** Charlotte Nuessle is a certified yoga therapist. She teaches how to shape the brain and the nervous system.

AGES	18 & up
DAY	Tuesday
DATE	July 10
TIME	6:30-8:30pm
PLACE	NMP Nature Center
COST	\$25

## Lowdown On Lavender

Experience a one-hour lecture on all things lavender (*with handout*) followed by a group harvest and hands-on essential oil distillation session. Each attendee will take home a small bottle of pure essential oil and spray bottle of hydrosol (*lavender water*) that they helped harvest and distill. Maps and directions will be available at the NMP Nature Center for registrants. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Lavender enthusiasts.

**WHAT:** An in-depth class covering the history, botany, uses, propagation and culture of lavender.

**INSTRUCTOR:** John Rinaldi Jr. has a degree in Horticulture from California Polytechnic State University.

AGES	16 & up
DAY	Saturday
DATE	Jul 21
TIME	9am-Noon
PLACE	Lavender Fields Forever in the Applegate Valley
COST	\$40

## Eat It, Sip It, Plant It, Learn All About It - The Rose Family

Explore, with all of your senses, the plant families that impact our lives. With juicy relatives like strawberries, apples, marionberries and more, drink and eat your way to a better botanical understanding and appreciation of the Rose family (*Rosaceae*). Propagation, care and Oregon natives will also be covered. Bring a treat related to this topic to share. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Beginners and plant nerds are welcome.

**WHAT:** A botanical and culinary exploration of plants in the Rose family (*Rosaceae*).

**INSTRUCTOR:** Rhianna Simes, M.S. Ed. worked for 10 years with the OSU Extension Service, including 3 years coordinating the Master Gardener Program. She holds Masters Degrees in Education and Botany. She is also the founder and managing director of Verdant Phoenix, LLC.



AGES	15 & up
DAY	Wednesday or   Saturday
DATE	Jul 18   Jul 28
TIME	5:30-7:30pm   Noon-2pm
PLACE	NMP Nature Center
COST	\$30 per class ( <i>includes snacks</i> )

# Register Today!

# special events



# ASHLAND WORLD MUSIC FESTIVAL

## ROGUE WORLD MUSIC

Ashland Parks & Recreation Commission (APRC) and Rogue World Music are pleased to bring you the **3<sup>rd</sup> Annual Ashland World Music Festival**. This **FREE outdoor festival in Lithia Park**, where our community celebrates the world, will bring live music and dance into the park!

The family-friendly event is scheduled for **Saturday, May 19, in Lithia Park** and features outdoor concerts from noon to 6 p.m. at the Butler Bandshell (150 Winburn Way in Lithia Park), followed by international folk dancing until 8:30 p.m. at the Ashland Community Center (59 Winburn Way in Lithia Park). In addition to music and dance, enjoy a variety of ethnic food and beverages available from local vendors. Stay tuned for the release of this year's exciting line-up. Come join the party with your family and friends and get your global groove on at the Ashland World Music Festival!

We would like to extend appreciation to the Ashland Parks Foundation for their support of the Festival. For more information please visit [AshlandParksFoundation.com](http://AshlandParksFoundation.com). More on the event at [ashland.or.us/AWMF](http://ashland.or.us/AWMF) or email [ParksInfo@ashland.or.us](mailto:ParksInfo@ashland.or.us), call 541.488.5340.

Are you interested in **being a vendor** at the 2018 event? We are looking for local artists and food vendors who can bring an international flair to the event! Does your business fit the bill? If so, we would love to hear from you. The vendor application deadline is Monday, April 23, at 5 p.m. Submit your online application at [ashland.or.us/AWMF](http://ashland.or.us/AWMF).

Are you interested in **sponsoring** the Ashland World Music Festival? Partnering with APRC will give your organization the opportunity to connect with more people in the Southern Oregon Community. Learn more about sponsorship opportunities and the event by visiting [ashland.or.us/AWMF](http://ashland.or.us/AWMF), or call APRC at 541.488.5340.

### Meet Our Generous 2018 Sponsors:



Photos courtesy Bob Palermini

**[ashland.or.us/AWMF](http://ashland.or.us/AWMF) — 541.488.5340 — [parkinfo@ashland.or.us](mailto:parkinfo@ashland.or.us)**



# volunteer opportunities



## Summer Youth Conservation Corps Earn Community Service Hours

*Earn 25 hours community service in just four days!*



**DAYS** Monday—Thursday

**DATES** Sess 1: June 11—14

Sess 2: June 25—28

Sess 3: July 9—12

**TIME** 7:30am—2pm

**APPLY NOW** at [ashland.or.us/YouthCorps](http://ashland.or.us/YouthCorps)



## We Have Lots of Fun Volunteer Opportunities

**Park Clean-ups**

**Lithia Park Host**

**Ashland World Music Festival (May 19)**



**Lori Ainsworth, Volunteer Coordinator**

**Contact...** 541.552.2264—[lori.ainsworth@ashland.or.us](mailto:lori.ainsworth@ashland.or.us)



# volunteer opportunities



## Meet Our Park Adoptees



## Ashland Tennis & Fitness Club *adopted* Hunter Park

Hunter Park is a popular multi-use park for all ages located on Homes Avenue between Walker and Normal Streets. This ten-acre park hosts eight tennis courts, ballfields, a playground and the Daniel Meyer Pool.

For the past six years the members of Ashland Tennis & Fitness Club have been supporting our herbicide-free park policy by helping maintain the landscaped garden beds during quarterly work parties.

According to Tennis Director Chip Blackman, "Ashland Tennis & Fitness Club recognizes the importance of a safe and nurturing environment for all community members. We proudly adopted Hunter Park as part of our ongoing commitment to the safety, growth and well-being of Ashland's youth." APRC thanks Ashland Tennis & Fitness Club for their service!

## Thank you to our Adopt-a-Park & Trail Sponsors

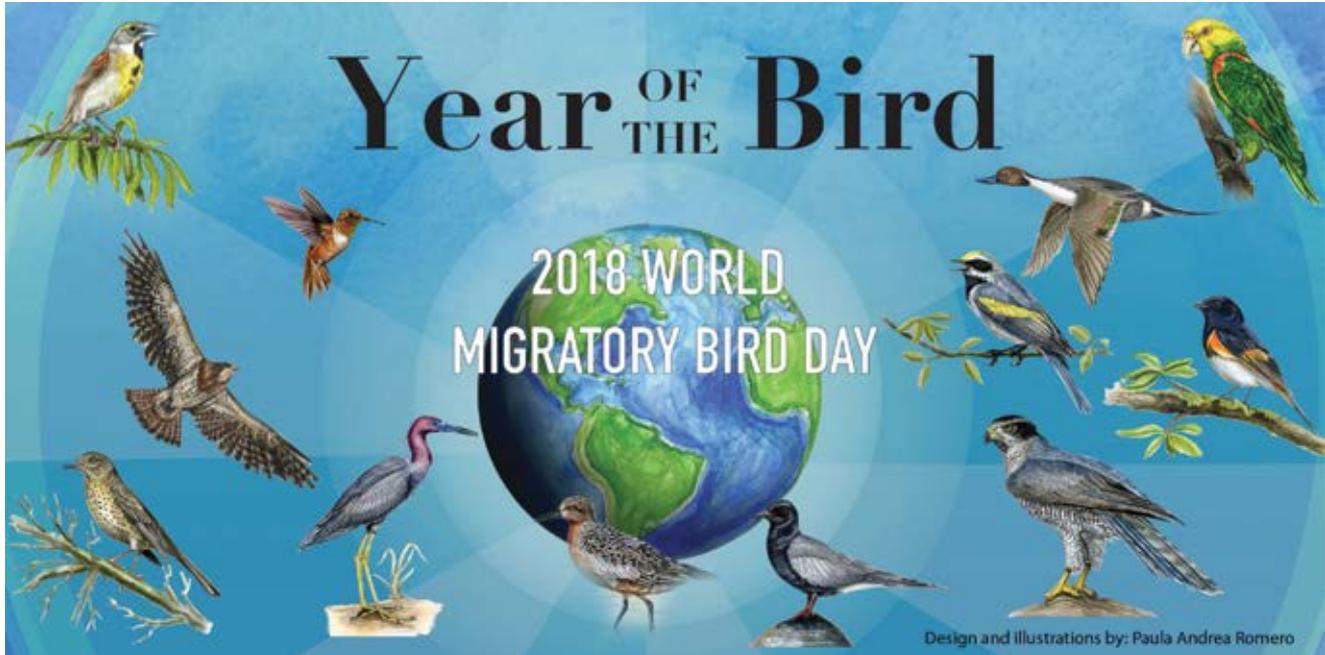
- **Ashland Creek Park**—Ashland Lions Club
- **Bluebird Park**—Recology Ashland
- **Briscoe Geology Park**—The Jefferson Center
- **Calle Guanajuato**—Standing Stone & Albertsons
- **Clay Street Park**—The Siskiyou School
- **Dog Park**—Rogue Credit Union
- **Garden Way Park**—The Soroptimists
- **Garfield Park**—CrossFit Inconceivable
- **Glenwood Park**—SOU Green House
- **Heirloom Garden at NMP**—Ashland Garden Club
- **Hitt Road Trail**—Stadnisky Foundation
- **Hunter Park**—Ashland Tennis & Fitness Club
- **Lithia Park Japanese Garden**—Barbara Settles, Nitsa Marcandonatou, Carrie Chancellor and Scott Miller
- **Lower Lithia Park**—Neuman Hotel Group
- **Middle Lithia Park**—Medford Water Polo Club
- **Upper Lithia Park**—Sunday Afternoons Inc.
- **Native Plant Area at NMP**—AHS Sustainability Club
- **Oredson-Todd Woods**—John Muir School
- **Railroad Park**—Wells Fargo Bank in Ashland
- **Scenic Park**—Ashland High School Robotics Club



If you would like to "Adopt" please visit [AshlandParksandRec.org](http://AshlandParksandRec.org)



# special events



Bring the whole family to enjoy **Rogue Valley Bird Day**, our own local celebration of World Migratory Bird Day. This year's theme, "Year of the Bird," highlights the many ways we can help protect migratory birds as they make their remarkable journey between wintering and nesting sites. This annual event is a great opportunity to learn about local birds and share the joy of welcoming our own local migrants home for the summer.

Explore the birds of North Mountain Park with bird walks, games, bird-calling contests and a live raptor exhibit hosted by Wildlife Images. This **free** event takes place on **Saturday, May 12, from 8 a.m. to noon**. Bird walks begin at 8:15 a.m. and leave from the pavilion every 30 minutes. Bird-calling contests begin at 11 a.m.

For more information on this fun, family-friendly event, please call the North Mountain Park Nature Center at 541.488.6606 or visit [RogueValleyBirdDay.net](http://RogueValleyBirdDay.net).

This event is made possible with the generous help of sponsors. If you are interested in sponsoring the 2018 event, call the North Mountain Park Nature Center at 541.488.6606 or email [jennifer.aguayo@ashland.or.us](mailto:jennifer.aguayo@ashland.or.us).

## Thank you, 2018 Event Supporters!

### Rogue Valley Bird Day Sponsors:



### Ashland Community Bike Swap Sponsors:





## Self-Guided Pollinator Garden Tour

Sunday, July 15, Gardens throughout Ashland



Pollinator gardens, overflowing with zinnias, lavender, ceanothus, thyme and Oregon sunshine beautify our City and create habitat for the wildlife we need the most. Hosted by Bee City USA Ashland, the 2<sup>nd</sup> Annual Pollinator Garden Tour showcases pollinator gardens created by residents of Ashland. Host gardeners will welcome guests and answer questions. (Bathrooms will not be available at the tour sites.) Bring a water bottle, hat and walking shoes. Tour books will be available at the NMP Nature Center starting July 9 (early pick up is highly recommended). *Please register online at [ashland.or.us/register](http://ashland.or.us/register) or call the NMP Nature Center at 541.488.6606.*

AGES	All ages welcome	TIME	9am-1pm
DAY	Sunday	PLACE	Throughout Ashland
DATE	Jul 15	COST	\$10 or \$15 (after Jul 13)

## Silent Disco in the Park!

First Fridays\*, May—October, Butler Bandshell in Lithia Park



Photo courtesy Kurt DeWitt Photography

Silent Movement is back for its 3<sup>rd</sup> summer of Silent Disco's in the Park! Featuring local DJ's spinning an assortment of funky beats, these "silent" events are fun for all ages. A \$5 donation gets you a pair of wireless headphones to roam freely from the Butler Bandshell (where you can dance to the DJs), to the playground and even the Plaza and beyond.

Bring a can of food for the Ashland Emergency Food Bank and get in the express check-out line. In addition to fundraising for the Ashland Parks Foundation, proceeds will help fund youth DJ workshops and build interactive art installations being featured monthly at the events.

Come see what all the buzz is about every First Friday from 5 to 11 p.m. at the Silent Disco's new venue: the Butler Bandshell. More info at [silent-movement.org](http://silent-movement.org).

(\*June's event will be held on the second Friday, June 8)

## Up & Down: Ride the Cascade Siskiyou Scenic Bikeway

Saturday, July 21, Emigrant Lake Park



The 3<sup>rd</sup> Annual Up & Down is a road bike ride, beginning and ending at Emigrant Lake Park on Hwy 66 south of Ashland. This year's routes are "The Scenic Bikeway," with 49 miles and 4900' of climbing, or "The Spencer Creek," with 96 miles and 6800' of climbing. Both routes feature rest stops and SAG support. After the ride, enjoy a hearty, complimentary BBQ lunch and beer. All proceeds will benefit the Bear Creek Greenway, the paved path that connects Ashland, Talent, Phoenix, Medford and Central Point, beloved by walkers, runners and cyclists.

This ride is an effort by Jackson County Parks, Ashland Parks & Recreation Commission, Travel Ashland, the Siskiyou Velo Club and the Bear Creek Greenway Foundation.

Please visit [upanddownashland.com](http://upanddownashland.com) for more information and registration. Call M.L. Moore at 541.201.1121 to volunteer or to make a donation.



# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

## Clay Soil Support Group And Problem-Solving

Walk away with tangible suggestions to help your soil grow into rich, dark earth. Those who don't have clay soil but who have questions about creating healthy soil are also welcome. Bring samples of your soil. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** A home gardener seeking soil savvy.

**WHAT:** Learn how to grow healthy soil - even if you have heavy clay!

**INSTRUCTOR:** Rhianna Simes, M.S. Ed. worked for 10 years with the OSU Extension Service, including 3 years coordinating the Master Gardener Program. She holds Masters Degrees in Education and Botany. She is also the founder and managing director of Verdant Phoenix, LLC.

AGES	15 & up
DAY	Tuesday or   Saturday
DATE	May 22   Aug 25
TIME	5:30-7:30pm   10am-Noon
PLACE	NMP Nature Center
COST	\$25 per class

## Eat It, Sip It, Plant It, Learn All About It - The Bean Family

Explore, with all of your senses, the plant families that impact our lives. With tasty and helpful relatives like alfalfa, runner beans, favas and more, drink and eat your way to a better botanical understanding and appreciation of the Bean family (*Fabaceae*). Propagation, care and Oregon natives will also be covered. Bring a treat related to this topic to share. *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Beginners and plant nerds are welcome.

**WHAT:** A botanical and culinary exploration of plants in the Bean family (*Fabaceae*).

**INSTRUCTOR:** Rhianna Simes, M.S. Ed. worked for 10 years with the OSU Extension Service, including 3 years coordinating the Master Gardener Program. She holds Masters Degrees in Education and Botany. She is also the founder and managing director of Verdant Phoenix, LLC.

AGES	15 & up
DAY	Saturday or   Tuesday
DATE	Aug 4   Aug 14
TIME	10am-Noon   6-8pm
PLACE	NMP Nature Center
COST	\$30 per class (includes snacks)

## Star Party: The Gas Giants

Learn about features such as rings, moons, planetary phenomenon and the stunning beauty in the night sky. Volunteers will set up telescopes in the NMP gardens to view the moons of Jupiter, rings of Saturn, Mars, Jupiter's cloud bands and more. Feel free to bring your own telescope! *Please register online or call the NMP Nature Center at 541-488-6606.*

**WHO:** Star gazers of all ages.

**WHAT:** Enjoy a presentation about the Gas giants Saturn and Jupiter and view celestial objects with volunteers from the Southern Oregon Skywatchers.

**INSTRUCTOR:** Daniel Otte is a teacher at Ashland Middle School and an amateur astronomer.



AGES	All ages
DAY	Saturday
DATE	Aug 4
TIME	8:30-10:30pm
PLACE	NMP Nature Center
COST	FREE

# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated



## ART & CULTURE

Cathy Egelston Mahoney has taught art in Southern Oregon for over 20 years. She is a graduate of California State University Northridge with a BA Degree in Art. You can view her work online at [cathyegeleston.com](http://cathyegeleston.com). **Private lessons available.**

### Acrylic Painting in Lithia Park Beginning

Classes will be held outdoors in various locations in beautiful Lithia Park. Students will paint scenes that include trees, water, rocks and wildlife. Students need to bring a folding chair and small table as well as acrylic painting supplies. *Please call APRC at 541-488-5340 for a supply list and location list.*

**WHO:** Those interested in learning how to paint with acrylics; no prior experience necessary.

**WHAT:** Participants will learn color theory, use of paints and brushes and basic drawing for class painting studies.

**INSTRUCTOR:** Cathy Egelston Mahoney

AGES 18 & up  
DAY Tuesday  
DATE Session 1: Jun 12-Jul 17  
Session 2: July 24-Aug 28  
TIME 9-10:30am  
PLACE Lithia Park  
COST \$85 (6 classes)

### Intermediate

Classes will be held outdoors in beautiful Lithia Park at various locations. Scenes we will paint include the Japanese Garden, the Upper Duck Pond and the creek, including trees, rocks and wildlife. *Please call APRC at 541-488-5340 for a supply list and location list.*

**WHO:** Person with experience with acrylic painting who would like to continue.

**WHAT:** Gain solid foundation of knowledge about acrylic paints and supplies.

**INSTRUCTOR:** Cathy Egelston Mahoney

AGES 18 & up  
DAY Tuesday  
DATE Session 1: Jun 12-Jul 17  
Session 2: Jul 24-Aug 28  
TIME 10:45am-12:15pm  
PLACE Lithia Park  
COST \$85 (6 classes)

### Drawing In Lithia Park Beginning

Students will learn basics of drawing (warm-ups, shape, line, light and shadow, composition) in a small group with individual attention. Classes will be held outdoors in various locations in beautiful Lithia Park. Students will draw scenes that include trees, water, rocks and wildlife. *Please call APRC at 541-488-5340 for a supply list and location list.*

**WHO:** Those interested in learning to draw.

**WHAT:** Participants receive a solid foundation in basic drawing skills and build upon those skills.

**INSTRUCTOR:** Cathy Egelston Mahoney

AGES 18 & up  
DAY Wednesday  
DATE Session 1: Jun 13-Jul 18 (no class Jul 4;  
class will be held Jul 2)  
Session 2: Jul 25-Aug 29  
TIME 9-10:30am  
PLACE Lithia Park  
COST \$85 (6 classes)



### Intermediate

Classes will be held outdoors at various locations in beautiful Lithia Park. Students will build upon their skills with drawings that include water, trees, rocks, structures and wildlife. *Please call APRC at 541-488-5340 for a supply list and location list.*

**WHO:** Person with previous drawing experience or who has taken the beginning drawing class.

**WHAT:** Expand upon current skills and gain a solid foundation of drawing skills.

**INSTRUCTOR:** Cathy Egelston Mahoney

AGES 18 & up  
DAY Wednesday  
DATE Session 1: Jun 13-Jul 18 (no class Jul 4;  
class will be held Jul 2)  
Session 2: Jul 25-Aug 29  
TIME 10:45am-12:15pm  
PLACE Lithia Park  
COST \$85 (6 classes)



# adult programs (18 and up)

Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) required for all programs unless otherwise indicated

Cathy Egelston Mahoney has taught art in Southern Oregon for over 20 years. She is a graduate of California State University Northridge with a BA Degree in Art. You can view her work online at [cathyegelston.com](http://cathyegelston.com). **Private lessons available.**

## Watercolor In Lithia Park

### Beginning

Paint in various locations in beautiful Lithia Park. No prior experience necessary. Students will learn brushwork techniques, color theory and basic drawing as needed for class watercolor studies. *Please call APRC for outdoors watercolor supply list plus location list.*

**WHO:** Those who want to learn how to paint with watercolors. No experience necessary.

**WHAT:** Students gain a solid foundation in the basics of watercolor painting.

**INSTRUCTOR:** Cathy Egelston Mahoney

AGES	18 & up
DAY	Thursday
DATE	Session 1: Jun 14-Jul 19 Session 2: Jul 26-Aug 30
TIME	9-10:30am
PLACE	Lithia Park
COST	\$85 (6 classes)

### Intermediate

Watercolor painting in beautiful Lithia Park at various locations. Students will create watercolor paintings of the scenery including trees, water, rocks and wildlife. Small group, individual attention. *Please call APRC for outdoors watercolor supply list plus location list.*

**WHO:** Person who has taken beginning watercolor or has studied somewhere else and would like to further their skills.

**WHAT:** Gain solid foundation of watercolor skills, color theory and drawing.

**INSTRUCTOR:** Cathy Egelston Mahoney

AGES	18 & up
DAY	Thursday
DATE	Session 1: Jun 14-Jul 19 Session 2: Jul 26-Aug 30
TIME	10:45am-12:15pm
PLACE	Lithia Park
COST	\$85 (6 classes)



## Other Programs Of Interest

2nd Annual Pollinator Garden Tour | Age: All | P. 37

**Register Today!**

# community opportunities



## Ashland Parks Foundation



### THE ORGANIZATION

The Ashland Parks Foundation, established in 1995 under the laws of the State of Oregon as a nonprofit corporation, is recognized by the U.S. Department of Treasury, Internal Revenue Service as a 501(c)(3) tax-exempt benefit foundation. It is administered by a five-member board of Ashland residents.

### THE PURPOSE

The purpose of the Ashland Parks Foundation is to enhance Ashland's quality of life by financially supporting its parks system.

### WAYS TO GIVE

Gifts to the Foundation can be tailored to your own financial position and will usually have tax advantages. The Foundation is grateful for gifts of any amount.

### Examples of contributions:

- The Oregon Shakespeare Festival semi-annually donates proceeds of one outdoor performance, which are held in trust
- George Brinkworth donated his estate, including property and funds for improvements to neighborhood parks and Lithia Park

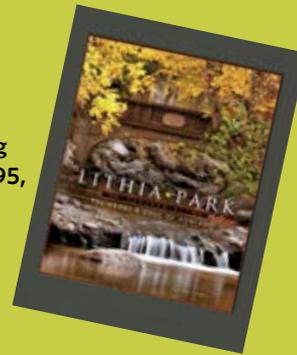
### Examples of Gifts:

- For specific facilities or capital improvements
- For specific programs or activities
- For unrestricted use
- As an endowment fund

FOR more INFO and to learn about current CAMPAIGNS, including the Lithia Park 100-Year Celebration book, available for only \$24.95, visit [AshlandParksFoundation.com](http://AshlandParksFoundation.com), or call 541.488.5340.



A proud supporter of the Ashland Parks Foundation



SPINACH | WATERMELON | SWEETS | CHEESE | PASTA | BREAD | COFFEE | DRIED FRUIT | CANDLES | FLOWERS | VEGGIE STARTS | PORK  
GYROS | WOODCRAFTS | POTTERY | SHAVED ICE | PEACHES | CHERRIES | FIGS | CHOCOLATE | HONEY | CANDLES | SALSA | SHALLOTS  
FIBER ART | WORM JUICE | FLOWERS | EGGS | DONUTS | ROASTED PEPPERS | CHICKEN | TEA | PUMPKINS | CORN | BODY PRODUCTS

## SUMMERTIME... AND THE SHOPPING IS EASY

Fresh, home-grown and hand-crafted items cultivated and created by your friends and neighbors. We are your source for every special (and just plain ordinary) occasion!



HAWTHORNE PARK **MEDFORD THURS MKT 8:30-1:30 3/1-11/15**

ASHLAND ARMORY **ASHLAND TUES MKT 8:30-1:30 3/6-11/20**

DOWNTOWN **ASHLAND SAT MKT 8:30-1:00 5/5-10/27**

STRAWBERRIES | PEA SHOOTS | SMOKED FISH | LAVENDER | BEEF | SEEDLINGS | ZUCCHINI | POTTED PLANTS | PEARS | MUSHROOMS  
BERRIES | LETTUICES | FISH TACOS | NOODLES | TOMATOES | RUTABAGAS | GARLIC | FRUIT TREES | SAUSAGES | FERMENTED FOODS  
WALNUTS | TAMALES | GLUTEN FREE | HERBS | PIES | TOMATILLOS | WREATHS | KALE | HOT SAUCE | JAMS | OILS | ONIONS | APPLES



## ASHLAND AIRPORT DAY

SKYDIVERS  
FOOD TRUCKS  
SMOKE JUMPERS  
FLYING DRONES  
AHS ROBOTICS CLUB  
AIRPLANES & JETS UP-CLOSE  
RADIO CONTROLLED PLAN EXHIBITION  
HELICOPTER RESCUE DEMONSTRATIONS  
KIDS ACTIVITIES (SCIENCE WORKS FLIGHT SIMULATOR, BOUNCY HOUSES, YARBA PET RESCUE, FREE STUFF)  
AND MUCH MORE!

### SATURDAY, JUNE 2<sup>ND</sup>

8:00 AM TO 3:00 PM  
FREE ADMISSION ~ FREE PARKING  
COME CELEBRATE THE WORLD OF FLIGHT!

*Opportunities to see planes, RIDE IN PLANES, FLY IN HELICOPTERS!*

SPONSORED BY THE ASHLAND AIRPORT COMMISSION  
ASHLAND MUNICIPAL AIRPORT, 408 DEAD INDIAN MEMORIAL ROAD, ASHLAND OREGON  
FOR MORE INFORMATION: CONTACT SONNER AVIATION AT 541.482.7675 OR VISIT [WWW.BRMMAVIATION.COM](http://WWW.BRMMAVIATION.COM)



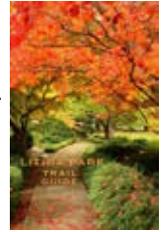
# get to know your parks

## Lithia Park Happenings this Summer

### Free Lithia Park Nature Walks—*Enjoy Beautiful Lithia Park's Natural History*

Three days a week—Sundays, Wednesdays and Fridays (additional Saturday walks in July and August)—rain or shine, trained volunteer naturalists from APRC lead an easy, interesting, 1.5-hour nature walk through Lithia Park. Topics include: trees, flowers, birds, climate, water, geology and the history of the park. Nature walks are free and all ages are welcome. Please meet at 10 a.m. at the park entrance, across from the Plaza in Ashland. Pre-registration is not required.

DAYS/DATES Sun, Wed & Fri (May-Sep); Sat (Jul & Aug only)



### Free Concerts in the Park with the Ashland City Band

Enjoy a FREE summer concert every Thursday evening, June 14 through August 16, in Lithia Park, from 7 to 8 p.m. The concerts are held at Butler Bandshell. Bring a picnic dinner (alcohol is not allowed), blanket or chair, and your family and friends! Pre-registration is not required and all ages are welcome. **A 2018 patriotic concert will be offered on the 4<sup>th</sup> of July at noon; special thanks to the Ashland Chamber of Commerce!**



### The Feast of Will—*Dinner & Performances in Lithia Park*

This annual event will take place on Friday, June 15, at 6 p.m. and is sponsored by the Ashland Lions Club and the Oregon Shakespeare Festival (OSF). The cost is only \$15. For tickets and more information, please contact the OSF box office at 541.482.4331.



### Lithia Park Master Plan—*DESIGN WEEK, June 12-15*

Design Week, scheduled for June 12-15, 2018, will focus on vision and concept development for the Lithia Park Master Plan with formal and informal public input opportunities. It is structured as an “open door” design team working session, where anyone can drop in while the team is working. The sessions will take place at the Ashland Community Center, Pioneer Hall, Siskiyou Room and the Lithia Park Bandshell (weather permitting).

- Public Kickoff Meeting & Visioning Event, June 12, 7-9 p.m., Pioneer Hall, 73 Winburn Way
- APRC Lithia Park Master Plan Committee, June 13, time to be announced, Ashland Community Center, 59 Winburn Way
- Public Drop-in Participation and Critique, June 13 and 14, 9 a.m.-4:30 p.m., Ashland Community Center, 59 Winburn Way
- Listening Post, June 13, 5-7 p.m., Lithia Park Bandshell (if weather permits, otherwise APRC Conference Room, 340 S Pioneer St)
- Public Workshop, June 14, 7-9 p.m., Ashland Community Center, 59 Winburn Way
- APRC Lithia Park Master Plan Committee, June 15, in the morning, in the Siskiyou Room, 51 Winburn Way

If you would like to share your thoughts on the Lithia Park Master Plan and are unable to attend a public meeting, email [ParksInfo@ashland.or.us](mailto:ParksInfo@ashland.or.us) or call 541.488.5340. More info at [ashland.or.us/LithiaParkMasterPlan](http://ashland.or.us/LithiaParkMasterPlan). Be sure to follow the project on social media using the hashtags: #lithiaparkmasterplan, #lithiaparknext100years and #lithiapark — [Facebook.com/AshlandParksandRec](https://www.facebook.com/AshlandParksandRec).



## Central Point Parks & Recreation

140 S. 3rd Street, Central Point  
(541) 664-3321, ext. 130  
[www.centralpointoregon.gov](http://www.centralpointoregon.gov)

### Central Point Geocache 2018 Challenge

We have partnered with SOGeo and the Central Point Chamber of Commerce to bring you our second annual Geocache Challenge on Saturday, June 23rd! The challenge will be held throughout various parks, businesses, points of interest and historical locations in Central Point. For more information on where you can pick up your passports for the event, contact Nikki at 541-423-1049.



### UPCOMING SUMMER CLASSES:

**Geocaching 101:** Are you new to Geocaching? Have you been caching for a little while but want to pick up some additional tips? Come join Southern Oregon Geocaching for this introductory class. Saturday, May 19th or August 25th. Both class will be from 1:00 to 3:00 pm. Ages: 8 and up Cost: Free

**Dog Training-Good Manners:** Learn to train the most important behaviors for a well-mannered dog while building your relationship with your pup. This beginner-level class will cover skills required to pass the Canine Good Citizen (CGC) exam and earn a CGC title. Join us Wednesdays, May 16th - June 13th from 6:00pm - 7:00pm. Ages: 18 and up Cost: \$100.00

**Youth Basketball Camp:** A camp for kids to learn the basics of basketball. Join us July 23rd - July 27th for a fun week of basketball. Ages: 5 to 10 Cost: \$25.00



Medford Parks, Recreation & Facilities is the primary regional service provider for year-round adult sports leagues and other affordable youth sports programs.

### Adult Sports Leagues

- Volleyball
- Futsal
- Outdoor Soccer
- Basketball
- Softball
- Kickball



### Youth Sports Programs

- Youth Indoor Soccer League (ages 4—8)
- Little Hoopsters Basketball Program (K—3)
- Jr. Giants Baseball (ages 5—13)
- Tot's Sports Sampler (ages 3—5)



For more information:  
[sportsmedford.com](http://sportsmedford.com)



# useful info

## APRC Resources

Apps (web based applications)

[Park & Trail Finder](#)

[gis.ashland.or.us/AshlandParksandRec](http://gis.ashland.or.us/AshlandParksandRec)

[Historical Sites & Features of Lithia Park](#)

[gis.ashland.or.us/LithiaHistoric](http://gis.ashland.or.us/LithiaHistoric)

Ashland Community Garden..... 541.488.6606  
[ashland.or.us/CommunityGardens](http://ashland.or.us/CommunityGardens)

Ashland Parks Commission ..... 541.488.5340  
[ashland.or.us/ParksCommission](http://ashland.or.us/ParksCommission)

Ashland Parks Foundation..... 541.488.5340  
[AshlandParksFoundation.com](http://AshlandParksFoundation.com)

Ashland Rotary Centennial Ice Rink (Nov—Feb)  
[ashland.or.us/IceRink](http://ashland.or.us/IceRink)..... 541.488.9189

Ashland Senior Center..... 541.488.5342  
[AshlandSeniorCenter.org](http://AshlandSeniorCenter.org)

Daniel Meyer Pool (June—Labor Day)  
[ashland.or.us/Swim](http://ashland.or.us/Swim)..... 541.488.0313

General..... 541.488.5340  
[AshlandParksandRec.org](http://AshlandParksandRec.org)  
[ParksInfo@ashland.or.us](mailto:ParksInfo@ashland.or.us)

N MT Park Nature Center..... 541.488.6606  
[NorthMountainPark.org](http://NorthMountainPark.org)

Oak Knoll Golf Course..... 541.482.4311  
[OakKnollGolf.org](http://OakKnollGolf.org)

Park Facility Rentals..... 541.488.5340  
[ashland.or.us/Facility](http://ashland.or.us/Facility)

Weddings in Lithia Park..... 541.488.5340  
[ashland.or.us/Weddings](http://ashland.or.us/Weddings)

## Community Resources

Ashland Chamber of Commerce..... 541.482.3486	Forestry Department ..... 541.552.2900
Ashland Garden Club..... <a href="http://ashlandorgardenclub.org">ashlandorgardenclub.org</a>	Historic Ashland Armory..... 541.482.1271
Ashland Family YMCA ..... 541.482.9622	Jackson County Animal Control..... 541.774.6654
Ashland Library..... 541.482.5715	Jackson County Parks..... 541.774.8183
Ashland Little League ..... 541.488.1421 <a href="http://ashlandoregonlitttleague.org">ashlandoregonlitttleague.org</a>	Jackson Wellsprings..... 541.482.3776
Ashland Outrigger Canoe Club..... 541.488.8520	Jefferson Nature Center..... 541.773.1039
Ashland Police Department..... 541.482.5211	Medford Parks & Recreation..... 541.774.2400
Ashland Fire & Rescue..... 541.488.2770	Mt. Ashland Ski Area Business..... 541.482.2897
Ashland Tennis & Fitness Club ..... 541.482.4073	Mt. Ashland Snow Report ..... 541.482.2754
Ashland Soccer Club..... 541.488.3406 <a href="http://ashlandsoccer.com">ashlandsoccer.com</a>	Oregon Dept of Fish & Wildlife..... 541.826.8774
Bear Creek Greenway ..... 541.774.6231	Oregon Shakespeare Festival ..... 541.482.2111
Bellview Grange #759..... 541.482.6692	Road Conditions ..... 800.977.6368
Coyote Trails School of Nature ..... 541.482.0513	ScienceWorks Museum ..... 541.482.6767
Earth Teach Park..... 541.601.4718	SOU Community Education ..... 541.552.6331
Emigrant Lake Waterslides ..... 541.779.6324	WinterSpring Center..... 541.552.0620 <a href="http://winterspring.org">winterspring.org</a>
	Wildlife Images ..... 541.476.0222

## How to Register Online —[ashland.or.us/Register](http://ashland.or.us/Register)

Online registration is quick, easy, convenient, and available 24/7.

- See instantly how many spaces are still available for each activity
- Pay with VISA, MasterCard, or American Express

You can also browse the online version of this guide at [ashland.or.us/playguide](http://ashland.or.us/playguide). If you have questions regarding online registration, please call APRC at 541.488.5340.

- Setting Up An Account**—If you DO NOT have a customer account, please read these instructions. Register from the CUSTOMER LOGIN screen. Click on REQUEST ACCOUNT Now to register. Fill out the NEW ACCOUNT REQUEST completely, including birth date. **Please submit your request only once, and use your own information when filling out the form, not a child you wish to register.** Once you have an account, you will have the opportunity to add family members. *Please Note:* An accurate email address is required to complete the registration process. You will receive an account confirmation email with your login name.
- Add Family Members**—If you wish to enroll family members other than yourself:
  - a. Click on MY ACCOUNT.
  - b. Then click on CHANGE FAMILY MEMBERS (under the PERSONAL INFORMATION category.)
  - c. Fill in the information completely for each member of your family. *Please Note:* Many of our activities have age and grade restrictions; therefore, birth dates and grade completed in school are required.
- Search For An Activity**
  - a. You may search for activities by CATEGORY, LOCATION, CLASS, or CLASS NUMBER.
  - b. Click on the activity name to see more details about it.
- Choose An Activity For Enrollment**
  - a. In the ACTIVITY DETAIL screen, click on ADD TO MY CART in the blue banner under the activity description or at the bottom of the page.
  - b. Additional Activities—After you have logged on, you may continue searching and adding activities to your SHOPPING CART.
- Update Shopping Cart**—If more than one family member will be attending the activity, you need to enter each one separately so we have each family member enrolled in the class.
- Choose Enrollees**—On this page, choose the family member(s) who will be registering for each activity, then select CONTINUE. *Please Note:* If you have not added your family members before reaching the ENROLLEE INFORMATION page, they will not appear under the ENROLLEE heading. You can click on MY ACCOUNT from here to add family member(s). Once all family members have been added, select SHOPPING CART. From there you may continue to CHECKOUT.
- Checkout**—Review your SHOPPING CART. From this screen you can remove activities from your cart, view more activities, or update your cart. If everything is correct, click on the CHECKOUT button to proceed.
- Confirm Prices**—On the CONFIRM PRICES page, look over your transaction to confirm the price(s), time(s), and date(s) of each activity/class. Click CONTINUE to proceed.
- Payment**—Enter your credit card information on the PAYMENT INFORMATION page. *Please Note:* The name and address must match those on file with your credit card company. If the address shown is not your billing address, click on MY ACCOUNT and change your address to match your billing address. Click CONTINUE.
- Receipt**—Print out a copy of your receipt.

# registration form

"Fun, it's in our Nature!"



## Instructions

- See p. 2 for registration schedule, options and refund policy
- See p. 44 for complete instructions
- Pre-registration is required for all activities except where noted
- Activities are filled according to registration date—Register early—Help us avoid the cancellation of programs
- Mail or bring your completed Registration Form with payment to: Ashland Parks & Recreation Commission at The Grove, 1195 E Main St, Ashland, OR 97520

Participant's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 M  F (mm-dd-yyyy)

Parent's/Guardian's Name (if under 18) \_\_\_\_\_

Residential Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Numbers: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

E-Mail Address \_\_\_\_\_

*Your email address is only used to provide you with instant confirmation and a printable receipt*

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Activity/Session/Dates	Amount
_____	\$ _____
_____	\$ _____
_____	\$ _____

Cash \_\_\_\_\_ Make checks payable to: "APRC" Check# \_\_\_\_\_ Total \$ \_\_\_\_\_

Credit Card Number \_\_\_\_\_ (circle one) VISA M/C AMEX

Name on Card (print) \_\_\_\_\_ Exp Date \_\_\_\_\_ 3-Digit Security Code (on back of card) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE NOTE — PRIOR TO ENROLLMENT IN ANY ASHLAND PARKS & RECREATION ACTIVITY YOU MUST SIGN A CURRENT YEAR LIABILITY WAIVER. ONLY ONE LIABILITY WAIVER PER CALENDAR YEAR IS NEEDED.**

**Liability Waiver** (required): Name of Participant \_\_\_\_\_

I hereby certify that I am 18 years of age or older. If I am the parent or legal guardian of a participant who is under 18 years of age, I agree that the following provisions shall apply to that participation and agree to be fully bound by them. I understand that participation in the Ashland Parks and Recreation Commission (APRC) recreational activity involves risk of injury or death. Participant is not affected by any physical condition or disability that would make participation unsafe. I understand that APRC will not provide medical treatment, and I authorize APRC to arrange for any necessary transportation in the event of an accident or emergency.

For myself, my heirs, assigns or anyone who might claim on my behalf, I voluntarily assume all risks of participating in this activity and I waive, release and forever discharge any claim against APRC, its officers, agents and employees against any claim, loss, liability or expense, including attorneys' fees, that may directly or indirectly result from participation in this activity, even though that liability may arise out of the negligence or carelessness of the persons or parties named in this waiver and release.

**Signature (required)** \_\_\_\_\_ **Date** \_\_\_\_\_

**of Participant or Parent/Guardian if under 18 years of age**

ASHLAND PARKS & RECREATION COMMISSION  
1195 E Main St, Ashland, OR 97520  
541.488.5340 | ParksInfo@ashland.or.us  
AshlandParksandRec.org

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**SUMMER 2018**  
MAY | JUN | JUL | AUG  
*"Fun, it's in our Nature!"*

*please* Recycle or share this guide



*Logo design by Amanda Denbeck*

**10K (6.2 Mile) or 2-Mile Run/Walk | Register early and save \$\$\$ | [ashland.or.us/JulyRun](http://ashland.or.us/JulyRun)**

This event is a fundraiser for the Ashland & Phoenix High School Cross Country Teams!