

ASHLAND PARKS & RECREATION COMMISSION (APRC)



# RECREATION GUIDE 2015

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# DIRECTOR'S MESSAGE



Ashland Parks and Recreation is recognized throughout the state, and even the nation, as an exceptional system. Recently I adopted the term “premiere” to describe our parks and rec system and acknowledged that there is more than one reason the system is so strong: first our community members, who over 100 years ago had the foresight to create Lithia Park and establish a parks commission, plus all the many Parks Commissioners and staff who have served over the past 100+ years, keeping the system growing. All of the groups definitely deserve praise for our premiere parks and rec system.

Another outstanding group of people that stand out in my mind are the many volunteers who contribute to the Ashland Parks and Recreation Commission (APRC). Every year, APRC staff joins with hundreds of volunteers who help maintain over 30 miles of trails, about 750 acres of land, a senior center, a community garden program and a nature center. These are just a few of the areas that benefit from volunteerism in our community, especially to parks and recreation.

APRC is a premiere system because of the people who have contributed their time and talents over the years. We must credit those who had the wisdom to dream big and the determination to see their dreams implemented. Ashland cares about community and the dedication of our volunteers is the foundation of this community.

I want to take this opportunity to celebrate our history of volunteerism and to thank all who donate their time and energy to build our community. I also want to encourage everyone to get involved and find a way to volunteer, if you don't already. If you choose to donate your time to APRC, please contact our office via our website at [www.AshlandParksandRec.org](http://www.AshlandParksandRec.org) or by phone at 541.488.5340 to learn about current opportunities.

Sincerely,

Michael A. Black  
Ashland Parks & Recreation Commission Director



*Cover photo courtesy Jeffrey McFarland  
Lithia Park in the fall*

**Ashland Family YMCA**



the **Y**  
YMCA

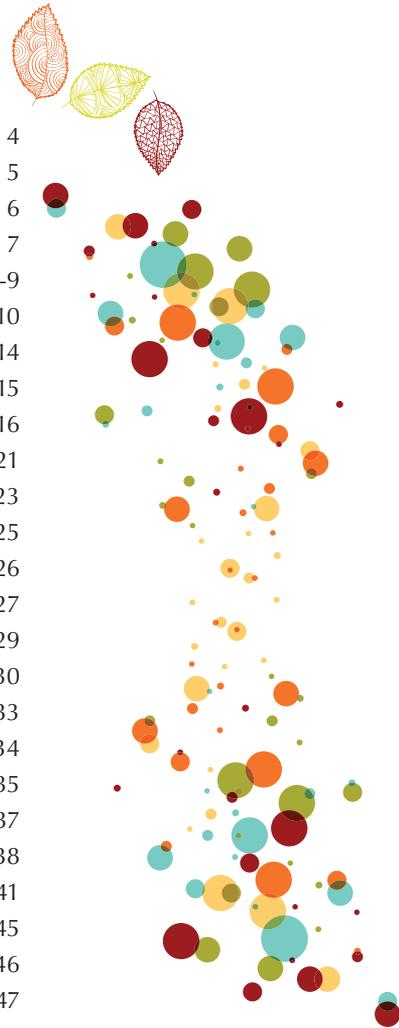
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FITNESS CENTER**  
**WELLNESS STUDIO**  
**FITNESS CLASSES**  
**CYCLING STUDIO**  
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**SPECIALTY CLASSES**  
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**AQUATIC CENTER**  
**GYMNASIUM**  
**AQUATIC CLASSES**  
**YOUTH DEVELOPMENT**  
**SUMMER PROGRAMS**  
**YOUTH SPORTS**  
**GYMNASTICS**  
**YOUTH PROGRAMS**



540 YMCA Way  
541.482.9622  
[www.ashlandymca.org](http://www.ashlandymca.org)

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Come for the Classes ... stay for the connections

## OLLI *at* SOU

Osher Lifelong Learning Institute  
at Southern Oregon University

### Three Easy Way to Enroll

**ONLINE:** Visit [www.sou.edu/olli](http://www.sou.edu/olli) and click: "Take Classes"

**BY PHONE:** Call 541-552-6048. Our friendly staff can answer your questions and help you enroll.

**IN PERSON:** Come to one of our convenient campus locations:

Ashland: SOU Campbell Center  
655 Frances Lane

Medford: RCC/SOU Higher Education Ctr  
101 S. Bartlett St, Downtown

You'll find our complete Fall Course Catalog on our website

[www.sou.edu/olli](http://www.sou.edu/olli) • 541-552-6048 • [olli@sou.edu](mailto:olli@sou.edu)

**REGISTRATION  
FOR FALL CLASSES  
IS UNDER WAY**



# Autumn REGISTRATION



## 5 Easy Ways to Register

- ONLINE**
- View this guide online at [www.ashland.or.us/recguide](http://www.ashland.or.us/recguide)—the digital guide has direct registration links
  - Direct access to online registration at [www.ashland.or.us/register](http://www.ashland.or.us/register)
  - *Pay with Visa, MasterCard, or American Express*
  - *See page 46 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.*
- FAX**
- Main Office ..... 541.488.5314
  - *Include your credit card information with completed registration form.*
- MAIL TO**
- APRC  
340 S Pioneer St, Ashland OR 97520  
*Include your credit card information or a check payable to APRC, Please do not send cash.*
- IN PERSON**
- APRC (Headquarters)  
340 S Pioneer St (upper Lithia Park off Granite 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. Please be aware that the photos are used for APRC purposes only and may be included in future media.

APRC —

**“Providing Recreational Opportunities; Preserving & Maintaining Public Lands”**

This guide was produced by APRC and printed on recycled paper



## 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 a 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 call the APRC Administration Office at 541.488.5340.

## Gift Certificates

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

## Payment

Visa, MasterCard & American Express



We also accept imprinted checks and cash.





# NORTH MOUNTAIN PARK NATURE CENTER



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

North Mountain Park is open sunrise to sunset, year-round    Nature Center is open Monday—Friday, 8:30 a.m.—4:30 p.m.

The North Mountain Park Nature Center is located next to Bear Creek at 620 N Mountain Ave in Ashland. The Nature Center offers a variety of programs and interpretive exhibits that teach about 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



*Meadowsweet  
Levi*

*"NMP provides a peaceful place to learn and play. Of course the most fun about volunteering for the field programs are the children! Just being together in nature and inspired by the awesome beauty, I just fall in love."*

Meadowsweet Levi is a new addition to the volunteer team at North Mountain Park. She is an engaged citizen and educator, who has already been invaluable as an instructor with our school field trips.

Meadowsweet lives in Talent where she raises her young son with lots of exposure to nature. She loves teaching about wilderness awareness skills, medicinal plants and pollinator gardens. Meadowsweet is also passionate about service work, community collaboration and helping communities to work together in harmonious ways.

## Bear Creek Salmon Festival



**Saturday, October 3  
11 a.m. to 4 p.m.  
North Mountain Park**

—Details page 38

## Volunteer Opportunities

- Instructors Needed to share nature with kids. Call the Nature Center at 541.488.6606 or email libby.vanwyhe@ashland.or.us.
- Volunteers needed for Bear Creek Salmon Festival .Be a part of the excitement! Please contact lori.ainsworth@ashland.or.us for more information and to sign up.



*Bear Creek Salmon Festival '14*

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

# Ashland Senior Center



## The Ashland Senior Center

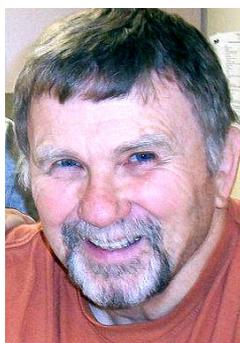
The Senior Center, located in Hunter Park at 1699 Homes Avenue, is open Monday through Friday, 8:30 a.m. to 3:30 p.m. For more information or to request a newsletter, please call the Ashland Senior Program at 541.488.5342.

## The Ashland Senior Program

The goal of the Senior Program is to provide a support system to 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:** Assistance in setting up delivery of a senior food box in partnership with the Ashland Emergency Food Bank
- **Outreach and Advocacy:** assessment and assistance in guiding clients to appropriate services when needed
- **Health-Related Activities:** POLST/Advanced Directives offers assistance, blood pressure testing, foot care clinics and other health services as available
- **Educational Activities:** seminars and workshops on topics of interest to seniors
- **Senior Utility Discount:** screening for a discount on City utility bills for income-qualified persons age 65 or older, or qualified disabled persons age 60 or older

## Meet Our Friend & Volunteer



**Pat Moore** has volunteered for the Senior Center lunch program for nearly five years. He enjoys spending time talking with people and contributing to his community. One of the nicest traits Pat brings is his dry, infectious sense of humor. When not volunteering, he works as a local realtor. Some of his passions include camping and riding his motorcycle. He is an absolute joy to work with and adds such levity and lightness to our environment.

## The Senior Center

The Senior Program administers a variety of recreational and social activities at the Senior Center. The center also serves lunch, by donation, through the *Food & Friends* Program for seniors age 60 and older from 11:30 a.m. to 12:30 p.m., Monday through Friday. Meals on Wheels home delivery is also available. Ongoing activities offered at the Senior Center include:

- **Line Dancing**—Details pg 10
- **Mah Jongg**—Details pg 28
- **Cards**—Details pg 28
- **Cribbage Club**—Details pg 28
- **Computer Instruction (PC & Mac)**—Details pg 29
- **iMac, iPod, iPad Instruction**—Details pg 29
- **Gentle Yoga**—Details pg 42
- **Tai Chi**—Details pg 42
- **Senior Health Insurance Benefits Assistance (SHIBA)**
- **Telesensory Magnifier** for use by the vision impaired

**Upcoming Events...** For more information visit the Senior Center website and click on “events.”

- **Day Trips**  
—Beginning in Aug, TBD (reservation required)
- **AARP Drivers Safety Course**  
—Oct 14–15, 1–4 p.m. (pre-registration required)
- **Internet Safety Courses by Ron Kohl**  
—Sep, TBD
- **Polst/Advanced Directive Presentation**  
—Sep, TBD

## 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

[WWW.ASHLANDSENIORCENTER.ORG](http://WWW.ASHLANDSENIORCENTER.ORG)

# OAK KNOLL GOLF COURSE



**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. Schedule a tournament, take a lesson, join a league, or just come out to Oak Knoll for a great golf experience. Call us at 541.482.4311 for tee times and more information.

## **Golf Doesn't Have to be Expensive!**

Looking for a way to save money on golf? Save up to \$70 by purchasing a Golf/Range Punch Card. You get 10, nine-hole rounds and 10 driving range tokens for only \$120. If you're a golfer who spends a lot of time on the driving range, the Range Punch Card is for you! 50 tokens for only \$110... a savings of \$40! Annual golf and range passes also available. Please call 541.482.4311 for details.

## **FootGolf at Oak Knoll**

FootGolf, a sport that combines elements of soccer and golf, is now offered at the Oak Knoll Golf Course. Groups of four, max, can play together. As with golf, it is important to call ahead to 541.482.4311 and book your FootGolf tee time.

## **Plan Your Next Event at Oak Knoll**

Schedule your corporate outing, family reunion, or wedding rehearsal dinner at Oak Knoll! Our convenient location and beautiful setting make Oak Knoll a perfect place to celebrate with friends and family. Call us at 541.482.4311 for rates and availability.

## **Junior Golf Camps**

Juniors—come out to Oak Knoll this autumn! We will be hosting Junior Golf Camps for beginners (boys and girls ages 8—12), focusing on the basics: chipping, putting, full-swing mechanics, course etiquette and more. We will even have a mini-tournament at the end of camp so you can show off your new skills! If you don't have clubs we can provide them for you. Learn why golf is called "the sport of a lifetime" in a fun and energetic environment. Sign up online or call the clubhouse at 541.482.4311 for more details. —*Details page 45*

## **Not a Golfer?**

Not a problem! Oak Knoll is a great place to spend time with your friends and family. Watch a game on one of our flat-screen TVs, relax in our comfortable clubhouse or sit outside on our beautiful patio and enjoy the scenery. We feature a rotating selection of local microbrews, and wine from our friends at Eden Vale Winery. Oak Knoll has been an important part of the Ashland community for nearly 90 years—we want everyone to feel welcome!

**For more information, call the Oak Knoll Golf Course at 541.482.4311 or visit**  
**[WWW.OAKKNOLLGOLF.ORG](http://WWW.OAKKNOLLGOLF.ORG)**



# ADAPTED PROGRAMS

Pre-registration 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. To register for any Adapted Program, 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 great 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, participants must bring their own attendant (no extra charge).

AGES 15—Adult  
DAYS Friday  
DATES September 18 | October 16 | November 13  
December 11  
TIME 6—8:30pm  
PLACE Ashland Senior Center, 1699 Homes Ave  
COST \$10/evening

## Fun in the Sun Gardening

Let's get those hands dirty and start preparing for our winter and fall planting! Participants learn about tending different kinds of gardens filled with various fruits, veggies and flowers! They also learn about a variety of natural and safe methods for keeping unwanted bugs away while attracting beneficial bees, butterflies, and hummingbirds! Our gardening beds are raised and wheelchair accessible.

AGES All ages  
DAYS Thursdays  
DATES September 17—December 10  
TIME 4—5pm  
PLACE Ashland Creek Park, 27 E Hersey St  
COST \$50 (10 punches); \$7/drop-in (punchcards will carry over to the Winter/Spring '16 program)

## INCLUSION: Fluid Fusion

Come and join an evening Aqua Aerobics Fitness class! This is a light impact group class in a calm setting that is a great way to get in a cardio workout and build strength while socializing and having fun! This is an inclusive program where we will be joining in the class with the members of the Ashland YMCA! Please bring your swim goggles.

AGES 15—Adult (younger with approval)  
DAYS Mondays  
DATES Session 1 | September 14—October 12  
Session 2 | November 9—December 7  
TIME 6—7pm  
PLACE Ashland Family YMCA  
COST \$30

## Adapted Aquatics

This program is a small group aquatics program focusing on the development of stroke, breathing skills and basic water safety toward improvement of each participant's confidence in an aquatic environment. Participants should be independent enough to work in a 1:4 instructor-to-student ratio. Please bring your swim goggles.

AGES 10—Adult  
DAYS Tuesdays & Thursdays  
DATES Session 1 | September 15—October 15  
Session 2 | November 10—December 15  
(no class Nov 26)  
TIME 6—7pm  
PLACE Ashland Family YMCA  
COST \$50 (10 classes)

*Register Early! Help us avoid the cancellation of programs!*

APRC Autumn Rec Guide • 541.488.5340 • 340 S Pioneer, Ashland OR 97520  
www.AshlandParksandRec.org • LIKE us at Facebook.com/AshlandParksandRec





# ADAPTED PROGRAMS

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## Group Bowling

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

AGES 14—Adult  
DAYS Sunday  
DATES November 15 | December 13  
TIME 5—8pm  
(Meet at The Grove by 5pm and return by 8pm)  
PLACE Roxy Ann Lanes in Medford  
COST \$15/evening

## NEW!

## Afternoon Active Adventures

Time to get everyone up and moving with a variety of indoor AND outdoor games and activities! Depending upon the weather, we will either be inside at The Grove or across the street at Garfield Park. Activities will range from team-games like basketball, soccer and Frisbee to the good old-fashioned playground games like tag, steal-the-bacon and more! Please wear appropriate clothing and shoes for outdoor activities.

AGES 10—Adult  
DAYS Sundays  
DATES November 15—December 13  
TIME 1—2:15pm  
PLACE The Grove  
COST \$30

## Day Trips

The following day trips will be offered this autumn. Prices include the cost of admission. Parents/caregivers willing to drive participants under their care are welcome to attend at no extra cost. This will be of great help, allowing more individuals to participate. Additional family members are welcome but must pay for their own cost of admission. Times vary; please call APRC at 541.488.5340 for more information or to register. **Register early! Day trips fill fast and space is limited. A wait-list is available.**

- **November 21**  
**Equamore Horse Sanctuary**  
Bring lunch and good walking shoes.
- **December 19**  
**Gem & Rock Museum**  
Bring lunch and good walking shoes.

DAYS Saturdays  
COST \$20/trip



Day Trip to Crater Lake (July, 2015)

Register Early! Help us avoid the cancellation of programs!





# MUSIC & DANCE

Pre-registration required for all programs unless otherwise indicated

## DANCE WITH CORI Ballroom, Latin & Swing Classes

An affordable way to have fun, meet new friends and learn to dance—all at the same time! Instructor Cori Grimm is experienced, upbeat and enjoys getting people of all ages hooked on dancing. For **BEGINNING classes only, pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register)**.

Learn more by visiting [www.UpAndDancing.com](http://www.UpAndDancing.com) or calling the instructor at 541.482.0134. Private lessons also available.

**\*Intermediate and Advanced classes register with the instructor at [www.UpAndDancing.com](http://www.UpAndDancing.com).**

AGES 15—Adult  
DAYS/DATES/TIMES

### **Beginning Ballroom**

**Tuesdays, 6:35—7:20pm**

Swing	September 8—22
Tango	September 29—October 13
Salsa	October 20—November 3
Foxtrot	November 10—24
Waltz	December 1—15

### **\*Intermediate Ballroom**

**(Register with the instructor)**

**Tuesdays, 7:20—8:05pm**

Blues/Slow Dance	September 8—22
Swing	September 29—October 13
Tango	October 20—November 3
Salsa	November 10—24
Foxtrot	December 1—15

### **\*Advanced Ballroom**

**(Register with the instructor)**

**Tuesdays, 8:10—9pm**

Zydeco	September 8—22
TBA**	September 29—October 13
TBA**	October 20—November 3
TBA**	November 10—24
TBA**	December 1—15

PLACE The Grove, Gym

COST **\$20/person for 3-class punch card.**

**Second class the same night 50% off!**

**Beginner's special:** Fall Season Pass is \$60/person or \$100/couple (good for all 5 Beginning Sessions, September 8—December 15).

\*\* Dance will be chosen by students in previous session

## Beginning Guitar

This fun class will get you started with playing the guitar this fall. Learn guitar basics including chords, strumming, finger picking and tablature reading. This is a beginning-skills class and participants are asked to bring a guitar, pencil, music stand and trimmed fingernails. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

AGES 12—Adult  
DAYS Wednesdays  
DATES Session 1 | October 7—November 18  
(no class Nov 4)  
TIME 6:30—7:30pm  
PLACE Ashland Senior Center, 1699 Homes Ave  
COST \$70 (4 lessons)  
INSTRUCTOR Mich Lewis is a local singer-songwriter who has helped Rogue Valley students of all ages reach their guitar playing goals for over 16 years. Learn more at [www.moontreemusic.com](http://www.moontreemusic.com).

## Line Dancing for Adults 60 & Better

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 can join any time. See page 6 to learn more about the Ashland Senior Center.

AGES 60 & up  
DAYS Beginners: Mondays & Tuesdays  
Advanced: Thursdays  
DATES Ongoing  
TIMES Beginners: 1—2:30pm  
Advanced: 10:45am—12:15pm  
PLACE Ashland Senior Center, 1699 Homes Ave  
COST \$2 donation to the Senior Center  
INSTRUCTOR Marsha Newton



# 2015/2016 Season



**LOCATION**—The rink is located at the corner of Nutley Street and Winburn Way near downtown Ashland, around the corner from the Plaza in Lithia Park.

**DAYS OF OPERATION**—The rink is a seasonal facility. Weather permitting, it will be staffed seven days a week, beginning Wednesday, November 18, 2015—See calendar on page 14.

**AMENITIES**—The rink is an outdoor facility without changing rooms so come ready to skate! Hot cocoa, coffee and snacks available for sale.

**RESERVATIONS**—Groups of eight to 20 people are welcome to attend any scheduled Rec Skate session for \$5/person, which includes skate rental for the group. Space is limited at the rink. Please be prepared to share the rink with other users. Groups over 20 people are advised to make a private reservation. Note: Group rates are not available during Cheap Skate.

<b>PRICES</b> —	Child (under 5)	Free
	Youth (under 14)	\$3.50
	Adult	\$4.00
	Youth Hockey	\$5.00
	Adult Hockey	\$5.50
	Skate Rental	\$2.50

**SCHOLARSHIPS**—Available for youth hockey lessons, figure skating and private lessons. Please call 541.488.5340 for more information.



**PLEASE NOTE**—On occasion, during inclement weather, the ice rink may close. Please call 541.488.9189 for more information.

## First Frost

ASHLAND ROTARY CENTENNIAL

# ICE RINK

A DIVISION OF APRC  
95 Winburn Way in Lithia Park  
541.488.5340 or 541.488.9189

## OPENING NIGHT

Saturday, November 21, 6—10pm

EVENING HIGHLIGHTS...

- Rec Skate with Live *DJ Hope*
- Southern Oregon Figure Skating Club Performances at approximately 7:30pm
- 3-on-3 Hockey Exhibition Game at 3pm  
*Bring the kids to check out 3-on-3 hockey!*
- Chilly the Snowman!  
*Ashland Rotary Centennial Ice Rink's mascot*
- Ice Sculpting By Roger Butterfield
- Discount Coupons Distributed  
*For Youth programs*
- Kids 5 & under skate for FREE; Adults \$3  
*Does not include skate rental*

WWW.ASHLAND.OR.US/ICERINK

OPENING NIGHT AND THE SCHEDULE ARE TENTATIVE

Across from Lithia Park in Ashland, 95 Winburn Way  
Call the Ice Rink directly at 541.488.9189 or the Parks Office at 541.488.5340

# 2015/2016 Ice Rink SEASON

ASHLAND ROTARY  
CENTENNIAL



## ICE RINK



## LEGEND for CALENDARS

A DIVISION OF APRC

—See DATES/TIMES for November, December & Winter Break on page 14.  
General Admission applies to all programs listed below, unless otherwise specified.

### RECREATIONAL SKATING

Skate rental NOT included

#### **Rec Skate—All Ages**

Skaters of all ages and abilities can skate during this session. Families are encouraged to come and skate together and admission is charged. The rink is fully staffed and **skates are available to rent**.

Thursdays are Student Discount Nights! Students with a valid student body card get admission and skate rental for \$5. Students with personal skates pay just \$3 for admission.

#### **Free Rec Skate—All Ages**

No admission is charged during this time. The rink is not staffed and skates are NOT available to rent. \*

#### **Cheap Skates—All Ages**

On Monday and Tuesday evenings, entertain the whole family for a minimum amount of money. All skate rentals are only \$.50 a pair! Regular admission charges still apply.

#### **Frozen Tots—Ages 13 & under**

This is a special time for parents and their young ones to enjoy a slow and safe experience at one of the most magical places in Ashland. Skate trainers (Ice Scooters) are available to assist inexperienced skaters. Parents are welcome to assist their young skaters for no extra charge, but must stay with their children during skating time. We will play children's music AND have Special Guests throughout the season! Check in at [www.ashland.or.us/IceRink](http://www.ashland.or.us/IceRink) for updates and special events. **Show up early for Learn to Skate and stay late for skating sessions for only one charge!**

#### **Kids Fun Day—All Ages**

On Mondays and Wednesdays, kids of all ages can **Learn to Skate** and then take part in **Frozen Tots**. On Mondays, the fun continues, with the option of staying late for **Cheap Skates!**

#### **Advanced Skate—Ages 18 & up**

This session is for adults looking to get moving on the ice without the worry of younger skaters around. Please be mindful of other user's safety and follow rink guard instructions for safe use. Skate trainers are not permitted during this time.

\*No hockey playing permitted during these times.

### SKATING EDUCATION PROGRAMS

Skate rentals ARE included

#### **Learn to Skate—All Ages**

Do you want to enjoy the ice rink this winter, but you've never even put skates on before? Come and join us on Mondays and Wednesdays for beginning lessons with experienced instructors. Classes will be taught in a group format. All ages are welcome to participate. Open skate admission rates apply but we provide the skates! **Stay for Rec Skate at no extra charge!**

#### **Figure Skating Classes—Ages 3 to 16; Beginning & Intermediate Levels (\$35)**

Classes will take place on Thursdays and will focus on development and basic techniques to learn the art of figure skating. Students should have the ability to skate independently with little assistance and be prepared with gloves, hat and winter coat to stay warm. Parents are asked to remain at the rink during the duration of the lesson. The cost is \$35 (Please note: no refunds or pro-rated charges for missed classes). Please check online at [www.ashland.or.us/IceRink](http://www.ashland.or.us/IceRink) for age groups and times. Private lessons are available.

### PRIVATE/GROUP RENTAL

Skate rentals ARE included

#### **School/Youth Groups (\$50—\$100)**

School or education/youth-based groups will have an opportunity to reserve ice rink time for students in blocks of 90 minutes. The cost is \$50 for groups up to 30 students and \$100 up to 70 students. Please call 541.488.5340 to make a reservation. Drop-ins are not accepted. *Cost includes admission and skate rentals for school staff and chaperones. Ice time is reserved for students, staff, chaperones and no other visitors will be allowed on the ice.*

#### **Private Reservations (\$200—\$300)**

A great option for clubs or children with winter-time birthdays to have a fun private event. Cost is \$200 for groups up to 35 people and \$300 for groups up to 75 people. Cost includes admission and rental skate fees. Please call 541.488.5340 to make a reservation. Drop-in groups are not accepted.

#### **Private Lessons (\$18/30-min)**

Private instruction is available with 30-minute lessons. Please call 541.488.5340 to make a reservation. Drop-ins are not accepted.

# 2015/2016 Ice Rink SEASON

ASHLAND ROTARY  
CENTENNIAL



## ICE RINK



## LEGEND for CALENDARS

A DIVISION OF APRC

—See DATES/TIMES for November, December & Winter Break on page 14.  
General Admission applies to all programs listed below, unless otherwise specified.

### HOCKEY SKATING

Skate rentals ARE included \*

#### **Free Hockey Skate—All Ages**

No admission is charged during this time. The rink is not staffed and skates are NOT available to rent.

#### **Youth Ice Hockey**

**Beginning Hockey—Ages 16 & under (\$5/drop-in)**  
The beginning youth hockey sessions will help introduce the game of hockey in a structured learning environment. Instructors are on-hand to help skaters with basic fundamentals and build skills through the season. The ability to skate without assistance is necessary. Players are encouraged to bring personal protection equipment—A limited supply of equipment is available. **Now on Sundays too!**

**Ashland Ice Bears will return in January, 2016!**

#### **Stick & Puck—All Ages**

Helmets and sticks are required for this session. Additional protective gear is suggested and available for younger players. We will provide nets and pucks for all ages to get on the ice. Instructors are not available and organized games are not permitted during this time. The cost is \$5/youth 13 and under; \$5.50/adults.

#### **Saturday Slapshot**

**Come out for *Stick & Puck* and stay for *Adult Hockey Games* on Saturday mornings (excludes the holiday schedule).**

#### **Adult Hockey—Ages 16 & up**

This session is for organized games among all properly equipped participants. Nets and pucks are provided for competitive play for capable hockey players. Please be mindful of others' safety and respect the ability for all users to enjoy this time. Games will be played on Wednesdays and the cost \$5.50/game; goalies play for free! Under 18 need permission from parent/guardian.

*\*No figure skating permitted during these times*

### ICE SCOOTERS

Ice scooters are available and great tools to help younger, inexperienced skaters become comfortable on the ice. Ice Rink Guards will distribute ice scooters after assessing a skater's abilities and needs. Ice scooters can create a hazardous skating environment for other skaters, so please be aware that Ice Rink Guards must make sure the rink is safe for all users.



Please Note: *Children under 10 years of age must have a parent/guardian or designated attendant while visiting the Ashland Rotary Centennial Ice Rink. We ask that you support our effort to make the Ashland Rotary Centennial Ice Rink a safe place to ice skate!*

# NOVEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>18</b> 8am-noon 3:30-4pm 4:30-6pm 6:30-9pm	<b>19</b> 9:30am-1pm 4-6pm 6:30-10pm Student Discount Night	<b>20</b> 9:30am-1pm 2-10pm	<b>21</b> 8-9:30am 10-11:30am 12-1:30pm <b>FIRST FROST</b> A Seasonal Celebration on Ice! 6-10pm (Hockey Exhibition Game at 3pm)
<b>22/29</b> 8-9:30am 10-11:30am 2-10pm	<b>23/30</b> 8am-noon 1-2:30pm 3:30-4pm 4:30-6pm 6:30-9pm	<b>24</b> 8am-noon 1-2:30pm 3-4pm 4:30-6pm 6:30-9pm	<b>25</b> 8am-noon 1-2:30pm 3:30-4pm 4:30-6pm 6:30-9pm	<b>26 THANKSGIVING</b> 8-9am 10am-5pm	<b>27 FESTIVAL of LIGHTS</b> 8-9am 10am-10pm	<b>28</b> 8-9:30am 10-11:30am 12-1:30pm 2-10pm

## DECEMBER/WINTER BREAK SCHEDULE (thru Jan 3)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8am-noon 1-2:30pm 3-4pm 4:30-6pm 6:30-9pm	<b>2</b> 8am-noon 1-2:30pm 3:30-4pm 4:30-6pm 6:30-9pm	<b>3</b> 9:30am-1pm 4-6pm 6:30-10pm Student Discount Night	<b>4</b> 9:30am-1pm 2-10pm	<b>5</b> 8-9:30am 10-11:30am 12-1:30pm 2-10pm
<b>6</b> 8-9:30am 10-11:30am 2-10pm	<b>7</b> 8am-noon 1-2:30pm 3:30-4pm 4:30-6pm 6:30-9pm	<b>8</b> 8am-noon 1-2:30pm 3-4pm 4:30-6pm 6:30-9pm	<b>9</b> 8am-noon 1-2:30pm 3:30-4pm 4:30-6pm 6:30-9pm	<b>10</b> 9:30am-1pm 4-6pm 6:30-10pm Student Discount Night	<b>11</b> 9:30am-1pm 2-10pm	<b>12</b> 8-9:30am 10-11:30am 12-1:30pm 2-10pm
<b>13</b> 8-9:30am 10-11:30am 2-10pm	<b>14</b> 8am-noon 1-2:30pm 3:30-4pm 4:30-6pm 6:30-9pm	<b>15</b> 8am-noon 1-2:30pm 3-4pm 4:30-6pm 6:30-9pm	<b>16</b> 8am-noon 1-2:30pm 3:30-4pm 4:30-6pm 6:30-9pm	<b>17</b> 9:30am-1pm 4-6pm 6:30-10pm Student Discount Night	<b>18</b> 9:30am-1pm 2-10pm	<b>19</b> 8-9am 10am-10pm
<b>20</b> 8-9am 10am-10pm	<b>21</b> 8-9am 10am-9pm	<b>22</b> 8-9am 10am-9pm	<b>23</b> 8-9am 10am-9pm	<b>24 CHRISTMAS EVE</b> 8-9am 10am-5pm	<b>25 CHRISTMAS DAY</b> 8-9am 2-10pm	<b>26</b> 8-9am 10am-10pm
<b>27</b> 8-9am 10am-10pm	<b>28</b> 8-9am 10am-9pm	<b>29</b> 8-9am 10am-9pm	<b>30</b> 8-9am 10am-9pm	<b>31 NEW YEAR'S EVE</b> 8-9am 10am-7pm	<b>1 NEW YEAR'S DAY</b> 8-9am 10am-10pm	<b>2</b> 8-9am 10am-10pm

<b>3</b> 8-9am 10am-10pm	Free Rec Skate Rec Skate Cheap Skates	Free Hockey Skate Advanced Skate School/Youth Groups	Learn to Skate Frozen Tots Figure Skating Classes	Youth Ice Hockey Stick & Puck Adult Hockey
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# DANIEL MEYER POOL



1705 Homes Ave, Ashland | 541.488.0313 | [www.ashland.or.us/Swim](http://www.ashland.or.us/Swim)  
Seasonal, outdoor pool located in Hunter Park

The Daniel Meyer Pool is open mid-June through early September. In the 2015 season, the pool will be open through September 18. Please see the extended schedule below. Complete information on the Daniel Meyer Pool is available at [www.ashland.or.us/Swim](http://www.ashland.or.us/Swim). We hope you can make it out to the pool before the season ends!

## EXTENDED SEPTEMBER 2015 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6</b> Senior Gentle 8-9:30am  Open Lap 10-11:30am  Youth Water Polo Noon-1pm  Kids Only 1-2pm  Rec Swim 2-6pm	<b>7</b> Advanced Lap 7-9am  Open Lap 10am-12:30pm  Rec Swim 1-5pm  Evening Lap 5:30-6:30pm  Watercross 7-8pm	<b>8</b> Open Lap 7am-1pm	<b>9</b> Open Lap 7am-1pm	<b>10</b> Open Lap 7am-1pm	<b>11</b> Open Lap 7am-1pm  Rec Swim 3:30-8pm	<b>12</b> Senior Lap 8-9:30am  Open Lap 10-11:30am  Open Water Polo Noon-1:30pm  Rec Swim 2-8pm
<b>13</b> Senior Gentle 8-9:30am  Open Lap 10-11:30am  Youth Water Polo Noon-1pm  Kids Only 1-2pm  Rec Swim 2-6pm	<b>14</b> Open Lap 7am-1pm	<b>15</b> Open Lap 7am-1pm	<b>16</b> Open Lap 7am-1pm	<b>17</b> Open Lap 7am-1pm	<b>18</b> Open Lap 7am-1pm  Rec Swim 3:30-8pm	<b>See YOU next year!</b>

### Fun in the Sun Day... Every Sunday!

On Sundays from noon to 6 p.m. kids under 13 years old can take part in **KIDS POLO**, the **KIDS ONLY** program and **REC SWIM** for only \$3 per child.

We hope your kids can check out this 3-for-1 Fun in the Sun Day!

*Please Note: Children under 10 years of age must have a parent/guardian or designated attendant while visiting the Daniel Meyer Pool. We ask that you support our efforts to make Daniel Meyer Pool a safe place to swim!*





# FOREIGN LANGUAGE

Pre-registration required for all programs unless otherwise indicated

Spanish and Italian classes with MONICA ROUNTREE are for mature teenagers or adults and will be held at The Grove, Otte/Peterson Rm. The cost for each is \$100 (9 classes). Online registration is not available for the Intermediate & Advanced Conversation classes—Register at The Grove on the day of the first class. Monica is a native Spanish & Italian speaker with a master's degree in Romance Languages. For QUESTIONS, please email Monica at [monicarountree@hotmail.com](mailto:monicarountree@hotmail.com) or call 541.499.0590.

## Italian for Beginners

If you are planning a trip to Italy or dreaming about the sounds of this beautiful language, this class is for you! It is designed to help you develop, or continue practicing, basic Italian conversation skills. The class is fun and relaxed as well as culturally and geographically informative. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

DAYS       Wednesdays  
DATES       October 7—December 9 (no class Nov 25)  
TIME       5—6pm

## Spanish for Beginners

If you are planning a trip to Spain or Hispanic America, or hoping to acquire or review basic communication skills in this beautiful language, then this is the class for you! It is designed to help you develop, or continue practicing, basic Spanish conversation skills. The class is fun and relaxed as well as culturally and geographically informative. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

DAYS       Thursdays  
DATES       October 8—December 10 (no class Nov 26)  
TIME       5—6pm

## Spanish—Intermediate Conversation

DAYS       Thursdays  
DATES       October 8—December 10 (no class Nov 26)  
TIME       6:05—7:05pm

## Spanish—Advanced Conversation

DAYS       Thursdays  
DATES       October 8—December 10 (no class Nov 26)  
TIME       7:10—8:10pm

## Italian—Intermediate Conversation

DAYS       Wednesdays  
DATES       October 7—December 9 (no class Nov 25)  
TIME       6:05—7:05pm

## Italian—Advanced Conversation

DAYS       Wednesdays  
DATES       October 7—December 9 (no class Nov 25)  
TIME       7:10—8:10pm

French classes with Lauren Schaffer are for mature teenagers or adults and will be held at The Grove, Otte/Peterson Rm. The cost for each is \$100 (9 classes). Online registration is not available for Intermediate French—Register with the instructor by calling 541.488.3664 or email [laurentom@wildblue.net](mailto:laurentom@wildblue.net). Lauren has a Masters in French and is licensed in Oregon to teach French, which she has done for many years. In 2000 she was awarded the Foreign Language Teacher of the Year in Oregon (awarded by COFLT).

## Beginning French

This beginning-level French class will be fun and interactive with an emphasis on conversing in this beautiful language. You will learn vocabulary, grammar and structure to support your speaking ability. Class is for true beginners, but if you've had French in the past, a review is always a good thing! Voluntary homework will be assigned each week for additional practice outside of class time. Please bring a 3-ring binder for weekly handouts. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

DAYS       Tuesdays  
DATES       October 6—December 8 (no class Nov 24)  
TIME       5—6pm

## Intermediate French

Come and build upon your French skills! Participants will share stories about their past, using the passé composé and the imparfait. We will also read French poetry, build vocabulary, learn French songs and do a variety of speaking activities. This class is a continuation of Beginning French from previous seasons; however, new students with one to two years of French are welcome! Please bring a 3-ring binder for weekly handouts. Online registration is not available for this class. **Please register with the instructor by calling 541.488.3664 or email [laurentom@wildblue.net](mailto:laurentom@wildblue.net).**

DAYS       Tuesdays  
DATES       October 6—December 8 (no class Nov 24)  
TIME       4—5pm





# SUSTAINABLE LIVING & GARDENING

Pre-registration required for all programs unless otherwise indicated

## Gardening when Water is Scarce

Learn about simple greywater systems, low-cost drip irrigation, using swales to slow and sink water, choosing the right mulch, and which plants sip rather than gulp water. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 10—Adult  
DAY Thursday  
DATE September 3  
TIME 6:30—8:30pm  
PLACE North Mountain Park  
COST \$20

INSTRUCTOR Cynthia Care, a garden designer specializing in beautiful edible landscapes. She also teaches permaculture classes and is writing a book, *The Everyday Gardener*.

## Setting up Your First BEE HIVE... Practical Concerns

Putting together a first hive is a process that combines knowledge about equipment with beekeeping skills. This class combines both elements and gives participants the opportunity to learn about the different kinds of hardware available and how they might choose hardware for their particular circumstance. Participants may pose questions about hive hardware, describe their additional learning needs and formulate a plan for how they will proceed with confidence. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 12—Adult  
DAY Saturday  
DATE September 12  
TIME 10—11:30am  
PLACE North Mountain Park  
COST \$15

INSTRUCTOR Sharon Schmidt is a beekeeper and volunteer Impressario of the Oregon Honey Festival. She has a doctoral degree in Clinical Psychology, as well as graduate and undergraduate degrees in nursing. Her background includes years of teaching health care at the university level. She is presently a community activist for pollinator-friendly and people-friendly environments.

## Bokashi Method & Vermi (Worm) Composting

Learn how to divert food scraps from the landfill using these composting methods. This is a great way to make nutrient-rich fertilizer with minimal space.

**Pre-registration is not required for this class.** The program is sponsored by the City of Ashland Conservation Commission & Recology Ashland. For more information call the North Mountain Park Nature Center at 541.488.6606.



AGES 13—Adult  
*(children under 10 must be accompanied by an adult)*  
DAY Saturday  
DATE September 12  
TIME 10am—noon  
PLACE Recycle Center at 220 Water St  
*(Please park on Water St, not in the Center parking lot)*  
COST Free; **Pre-registration is not required**  
INSTRUCTOR John Flaherty is a Master Gardener with the OSU Extension Service.

*Register Early! Help us avoid the cancellation of programs!*





# SUSTAINABLE LIVING & GARDENING

Pre-registration required for all programs unless otherwise indicated

## Demonstration Garden Tours



Explore the late summer bloom and colors while learning about the gardens at North Mountain Park with master gardeners and volunteer docents. Discover how to attract wildlife in the Butterfly, Amphibian-Reptile and Native Plants Gardens. Step into the past in the Heirloom Garden, and enjoy the fragrance of the Herb Gardens. Private group tours can be arranged. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 10—Adult  
DAY Wednesday  
DATE September 16  
TIME 9:30—10:30am  
PLACE North Mountain Park  
COST Free (*donation to the Nature Center is appreciated*)

INSTRUCTORS Master Gardeners and volunteer docents for North Mountain Park.

## Plant Your Drought-Tolerant GARDEN this Fall

Fall is the best time to get your drought-tolerant garden established. If you want to save water for next year, come learn about drought-tolerant plant choices, including natives and how to care for them. **Plants will be on display.** Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 10—Adult  
DAY Wednesday  
DATE September 23  
TIME 6—7:30pm  
PLACE North Mountain Park  
COST \$20

INSTRUCTOR Christie Mackison is co-owner of Shooting Star Nursery in Central Point, which specializes in drought-tolerant, deer resistant and locally-grown plants in their 5-acre nursery.

## Growing Citrus in Containers

If you have a place to house your citrus plant for the winter (greenhouse or indoors), you can enjoy the “joy of citrus,” with its wonderful scent and fruit in the Rogue Valley. In this class, you will learn how to avoid the biggest problems in growing lemons, satsumas and other citrus. Learn how to ensure pollination and amaze your friends with citrus in winter. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 13—Adult  
DAY Tuesday  
DATE September 29  
TIME 6:30—8:30pm  
PLACE North Mountain Park  
COST \$15

INSTRUCTOR Joel Heller has been growing citrus for the last decade in Ashland, and wants to share what he has learned.

*Register Early! Help us avoid the cancellation of programs!*





# SUSTAINABLE LIVING & GARDENING

Pre-registration required for all programs unless otherwise indicated

## Climate Pollution & the Rogue Valley

Climate change is influencing us here and now. The projections for the region offer continuations of these trends. This 3-session course will explore the regional trends and projections, the basic science of climate change trends and global consequences, and what we individually and collectively might do to address the problem. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 12—Adult  
DAYS Thursdays  
DATE October 1, 8 & 15  
TIME 7—9pm  
PLACE North Mountain Park  
COST \$15/series  
INSTRUCTOR Dr. Alan Journet, a retired ecologist, serves as Co-Facilitator of Southern Oregon Climate Action Now (SOCAN).

## Ashland Green & Solar Tour

Saturday, October 10, 9am—3pm  
—Details page 30



*Courtesy Chandra Hayes*

## Gardening in Deer Country

The deer in Ashland make for some challenges. At certain times, deer can be aggressive, and they are almost always hungry and will eat from your garden. For this reason, it is important to choose plants wisely. This class will address deer behaviors, precautions for citizens and ways to plan your landscape to reduce the possibility of deer damage. Handouts about deer-resistant plants will be provided. The program will wrap up with a question/answer session. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 12—Adult  
DAY Wednesday  
DATE October 7  
TIME 7—8:30pm  
PLACE North Mountain Park  
COST \$5  
INSTRUCTOR Sherri Morgan is past President of Jackson County Master Gardeners, and is a local landscape designer.

## Lawn Gone: How to Transform Your Thirsty Turf Grass into a Beautiful Ecological Garden

Our wet season, when plants are dormant, is the perfect time for yard transformations and lawn replacements. This class will cover lawn removal, sheet mulching, site assessment, design and garden planning. We will cover both drought-tolerant, pollinator landscapes and edible landscapes. We may be outside for the beginning part of the class so please come prepared for the weather. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 12—Adult  
DAY Wednesday  
DATE October 28  
TIME 6—8pm  
PLACE North Mountain Park  
COST \$20  
INSTRUCTOR Kimberly Brown is the owner of Lawn Gone Yard Transformations. For over 25 years she has helped to create many wonderful gardens in the Rogue Valley.

*Register Early! Help us avoid the cancellation of programs!*





# SUSTAINABLE LIVING & GARDENING

Pre-registration required for all programs unless otherwise indicated

## Hands-On Herbal Study Group

This class will focus on autumn's common tasks for the herbalist. Instruction will include a presentation on the instructor's favorite wild and cultivated plants, seed preparation for next year's harvest, guidelines for herbal infused oils, and sampling and preparation of the quintessential winter cold and flu tonic, Fire Cider! This study group is geared toward beginners and covers basic herbalism into one's seasonal rituals. Please bring:

- 2 pint mason jars
- 3 bulbs garlic
- 2-3 small pieces ginger
- chopping knife
- cutting board

Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES	12—Adult
DAY	Saturday
DATE	November 7
TIME	1—3pm
PLACE	North Mountain Park
COST	\$15; plus \$5 supply fee paid to the instructor
INSTRUCTOR	Christine Yee is a gardener, herbalist and kitchen maven. She teaches regularly with the Vitalist School.

## Going Organic: Late Season Prep for Early Season Success

Learn the basics of organic gardening by incorporating proven techniques ranging from soil care to pest management. During this session you will learn about the benefits of going organic, the importance of soil health and how to establish a no-till garden bed. By the end of this session, gardeners will have the knowledge to get started immediately on preparing their garden bed for early season success and how to plan and maintain an organic garden. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES	16—Adult
DAY	Wednesday
DATE	November 11
TIME	7—9pm
PLACE	North Mountain Park
COST	\$12
INSTRUCTOR	Patrick Marcus is a member of the OSU Master Gardener Association of Jackson County and is a garden manager for the Ashland Creek Community Garden. Patrick has presented other sessions for MGA, including Pest Management for Organic Gardeners and Wisteria Care and Pruning.



*Register Early! Help us avoid the cancellation of programs!*





# SUSTAINABLE LIVING & GARDENING

Pre-registration required for all programs unless otherwise indicated

## Healing with the Honeybee Hive



Recent clinical studies prove what traditional healers have always known: products from the bee hive can prevent cancer and disease, treat colds and flus, heal wounds, ease symptoms of arthritis and multiple sclerosis and add essential nutrients to your diet. Come learn about the latest research on medicinal uses of honey, beeswax, propolis, pollen and even bee stings. This is a two-part evening: we'll meet in the classroom for a talk, then move to the kitchen to whip up health and beauty recipes with products from the hive that you can take home. You'll also come away with a new set of knowledge for self-healing, plus recipes and resources for further studies and opportunities. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 12—Adult  
DAY Thursday  
DATE November 12  
TIME 6—8pm  
PLACE North Mountain Park  
COST \$22

INSTRUCTOR Sarah Red-Laird is Executive Director of the Bee Girl organization, with a mission to empower and inspire communities to conserve bees and their habitat.

## Urban Self-Sustainability

Learn a variety of methods for growing your own food in town, at home or in your apartment. Subjects will include: Self-Composting grow towers, vertical pallet planters, fodder systems, raised garden beds, Aquaponics, Hydroponics, vegetable planting within your landscaping, composting, permaculture, worms and castings, raising chickens, rabbits, Quail and Tilapia. Also included: Butchering meat, canning, freezing, and DIY home heating, plus cooling systems that will lower your power consumption by over 50%!

A slide presentation will be accompanied by displays of many DIY “Urban Homesteading” projects. Cameras are invited. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 16—Adult  
DAY Tuesday  
DATE November 17  
TIME 6:30—8:30pm  
PLACE North Mountain Park  
COST \$10

INSTRUCTORS Tresa Jarel is a Master Gardener who has been mentoring with the OSU Extension Service for six years. Richard Jarel is an award-winning industrial designer who has applied his skills to creating innovative and affordable ways to achieve self-sustainability. The Jarels live on a city lot in East Medford and raise more than 75% of their food, including raising chickens, quail, rabbits and Aquaponic grown Tilapia.



*Register Early! Help us avoid the cancellation of programs!*





# PARKS & FACILITIES

## General Park Rules & Regulations

Park hours — dawn to dusk.

**Alcohol/Narcotics** — Not permitted in any Ashland park.

**Smoking** — Not permitted in any Ashland park.

**Amplification** — Only allowed at Lithia Park Bandshell; reservation required.

**Fires & Barbecues** — Only permitted in designated fire rings or in barbecue stands raised off the ground. Please do not leave a fire unattended or depart before extinguishing any fire.

**Camping** — Not allowed in any Ashland park.

**Dogs** — Except for service animals, dogs are only allowed in dog-friendly park areas. To view a map of dog-friendly parks in Ashland, visit [www.ashland.or.us/DogFriendly](http://www.ashland.or.us/DogFriendly).

**Firearms** — Use of firearms, fireworks and explosives is not permitted in any Ashland park.

**Horses/Exotic Animals** — Not permitted in any Ashland park.

**Vending** — No selling or soliciting is allowed in any Ashland park.

## Facility Rentals

APRC rents two indoor facilities suitable for many types of events: the Ashland Community Center and Pioneer Hall. Both facilities have chairs and tables. Alcohol is allowed with a fee of \$150. Fees, capacities and availability vary for each facility. Call 541.488.5340 for information on reservable facilities. Visit [www.ashland.or.us/facility](http://www.ashland.or.us/facility) for more information.

## Lithia Park Bandshell

Events involving performances or amplification may take place only at the bandshell. The noise level must not exceed 75 dB when monitored from a point directly across from the bandshell on the park side of Granite Street. Maximum performance time is 1.5 hours and all performances and activities must conclude by 8 p.m. Reservations of the facility are available May through September only.

## Park & Facility Refund Policy

Customers receive a full refund with a one-week notice, or if inclement weather prevents use of a reserved area.

## Park & Facility Locations...

- **Lithia Park Office**—340 S Pioneer St, off Granite St
- **Community Center**—59 Winburn Way in Lithia Park
- **Pioneer Hall**—73 Winburn Way in Lithia Park
- **The Grove**—1195 E Main St
- **Oak Knoll Golf Course**—3070 Hwy 66
- **Ashland Senior Center**—1699 Homes Ave
- **North Mountain Park Nature Center**—620 N MT Ave
- **Ashland Dog Park**—Off W Nevada St
- **Ashland Community Skate Park**—100 Water St
- **Ashland Rotary Centennial Ice Rink**  
—95 Winburn Way in Lithia Park  
(seasonal facility: Nov—Mar)

## Ashland Community Gardens

APRC manages four community gardens: Ashland Creek Park on E Hersey Street, Scenic Park, Clay Street Park and Garden Way Park. For more information or to be added to a wait list, send an email to [linda.chesney@ashland.or.us](mailto:linda.chesney@ashland.or.us) or call 541.488.6606. Please include your name, email, phone number, and garden preference.

## Ashland Community Skate Park

1. All participants are **required** to wear protective head gear while using the Skate Park.
2. Skateboard and rollerblade activities have priority over bicycle activities.
3. Use the Skate Park at your own risk.
4. Do not use the facility when the skate surface is wet.

## Park & Trail Finder Web App

APRC's Park Finder and Trail App will help you locate a park, rec facility or trail in Ashland! Go to the APRC home page at [www.AshlandParksandRec.org](http://www.AshlandParksandRec.org) or go directly to [gis.ashland.or.us/AshlandParksandRec](http://gis.ashland.or.us/AshlandParksandRec) and simply enter an address or activity in the search box! You can find basic information on parks and open spaces in Ashland, including addresses and park hours, in addition to a complete list of park amenities. A photo gallery is offered for most locations. The app also features trails, offering trail names and distances for each highlighted segment. APRC would like to extend a generous thank you to the City of Ashland GIS Department for their hard work and coordination of the Park and Trail Finder Web Application for the benefit of citizens and visitors of Ashland.



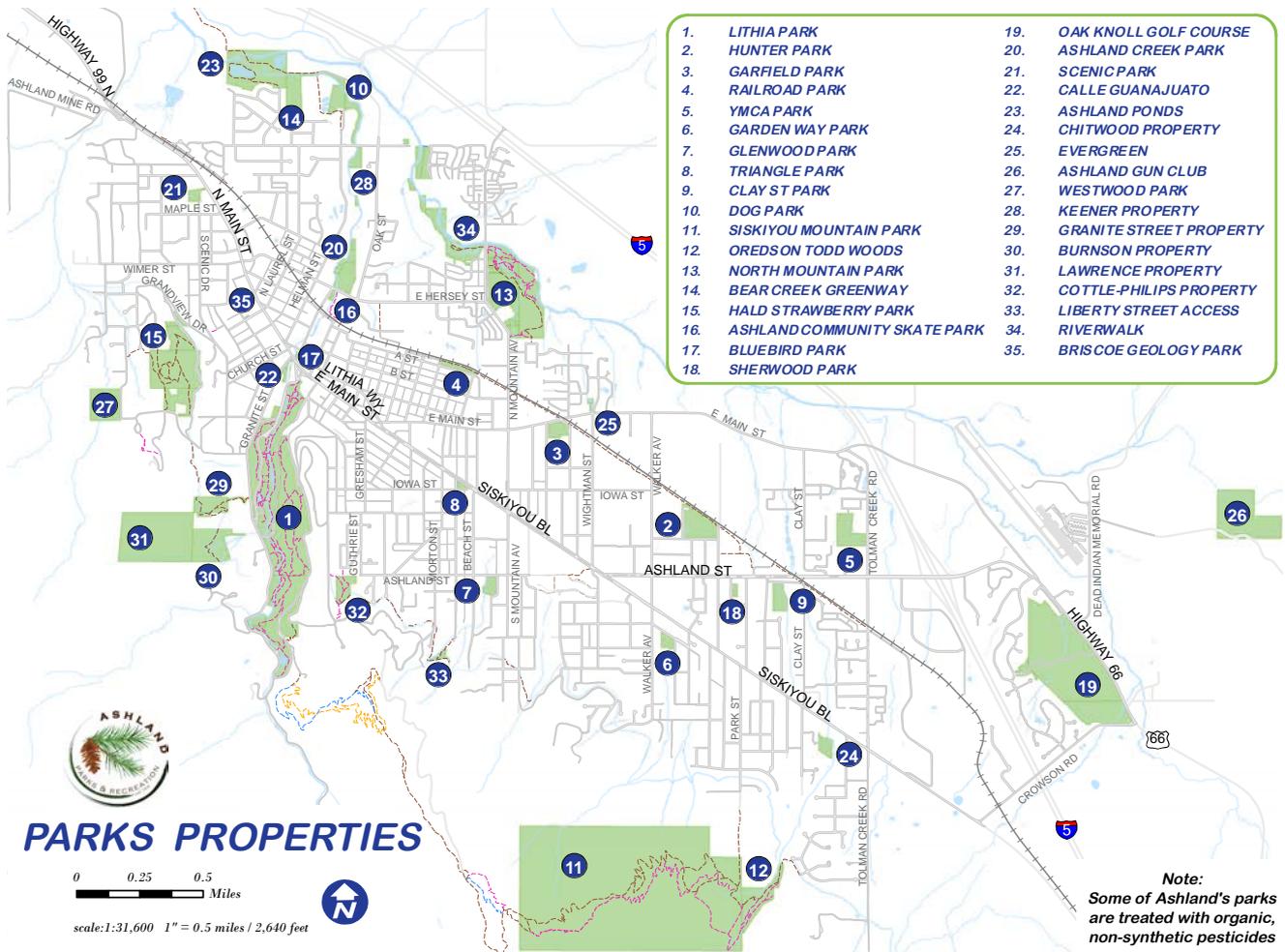


# PARK SITES

## 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:

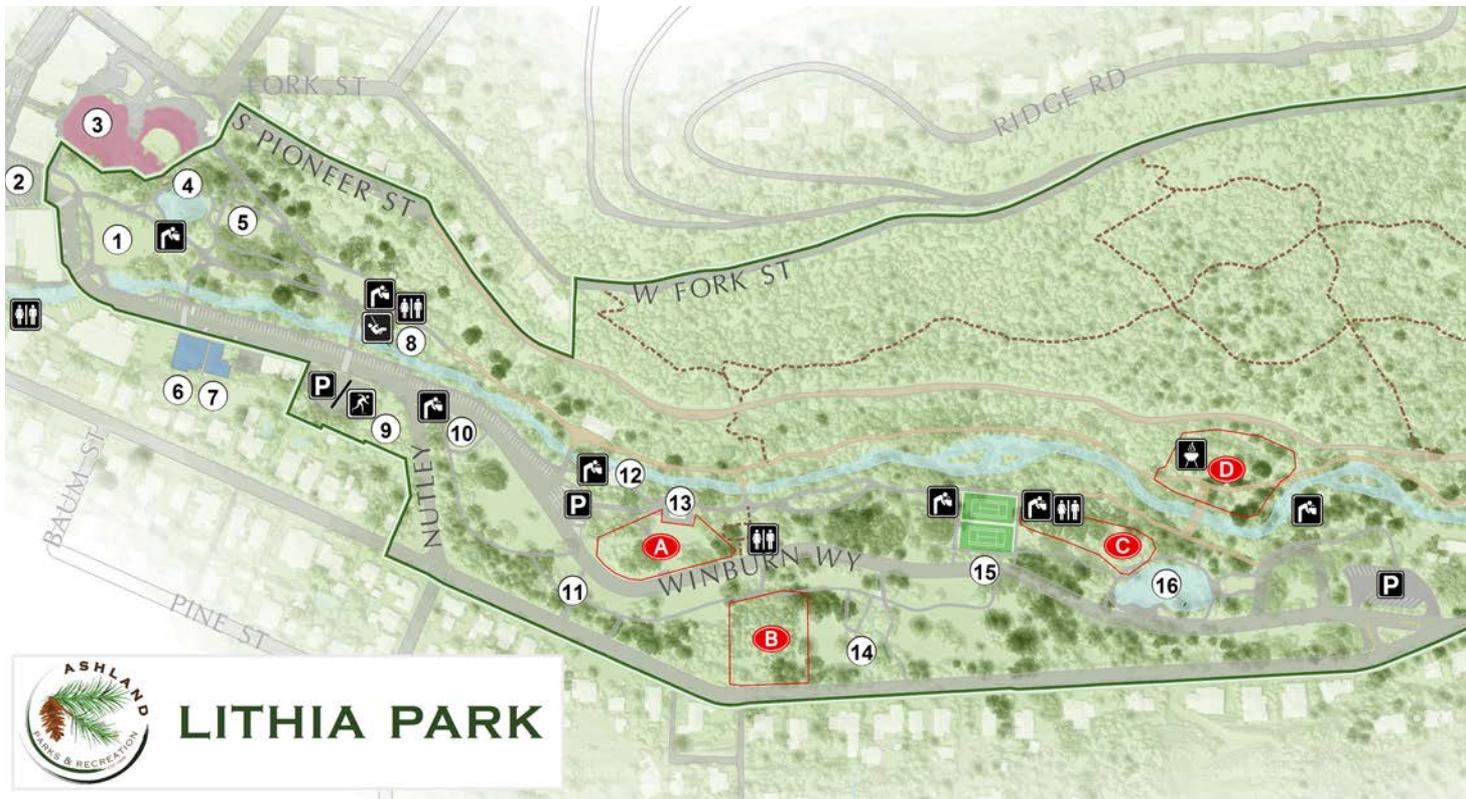
- The Parks Division operates, maintains, constructs, and plans parks and recreational facilities within the system. It also develops new parks and administers open space areas.
- The Recreation Division provides recreational activities for people of all ages.
- The Golf Division operates, maintains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



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



# LITHIA PARK FACILITIES



## 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!*

## Historic Lithia Park Story Map

APRC has a Story Map that highlights the historic sites and features of Lithia Park. Go to the APRC home page at [www.AshlandParksandRec.org](http://www.AshlandParksandRec.org) or directly to [gis.ashland.or.us/LithiaHistoric](http://gis.ashland.or.us/LithiaHistoric).



*Butler Bandshell in Lithia Park*

Map highlights include: Meyer Memorial Lake, currently known as the Lower Duck Pond; the Ashland Community Center, referred to in the early 1900s as the Women's Civic Improvement Clubhouse; the iconic Butler-Perozzi Fountain, donated by Gwin S. Butler and Domingo Perozzi from the 1916 World Art Expo. The map includes many other historic landmarks of Lithia Park.

APRC would like to extend a generous thank you to the City of Ashland GIS Department for their hard work and coordination of the Lithia Park Story Map.

# LITHIA PARK RENTALS



## 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. To pay with a check or cash, visit the Ashland Parks & Recreation office located at 340 S Pioneer Street (upper Lithia Park). There is a refundable security deposit for any formal reservation. 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 and deposits 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 Ashland Parks & Recreation office for reservations or rental information at 541.488.5340.



# GET TO KNOW YOUR PARKS!

## — WE WANT TO BE YOUR PRESCRIPTION FOR HEALTH

What makes Ashland such a special place to live or visit? Is it the people, the culture, the food, the outdoor opportunities, the open space and parks? Maybe it's the perfect blend of all of the above! Ashland is more than a beautiful place to visit to take in a Shakespearean play or explore historic Lithia Park. It's more than just a place to work and sleep and not get involved. Ashland is a community with an incredible parks and recreation system with healthy options for every personality and every age. The Ashland Parks & Recreation Commission (APRC) wants to be your prescription for health!

What does it mean to be healthy? It's more than eating right and working out four to six days a week. Health is not only physical, but emotional, and Ashland Parks & Recreation is more than fresh air, trails and parks. Ashland Parks & Recreation is community and connections and volunteerism.

The American Planning Association designated Lithia Park as one of ten Great Spaces in America! This award was bestowed upon APRC in the fall of 2014 and signifies the important role Lithia Park, Ashland's most prominent park, plays in the community. The pre-requisite for this award is a space that has great design, functionality, sustainability, character, quality and public participation. Locals and visitors recreate in Lithia Park, whether it is hiking, playing in the playground, running, cycling or ice skating in the winter; Lithia Park has the opportunities to get your heart pounding. But there is a softer side to this 93-acre jewel of Ashland... it's a place to meet with family and friends for a picnic or a slow stroll. The park engages your mind through the Lithia Park Plant Walk or the opportunity to learn about the historical features of the park with the 2015 Lithia Park Historic Story Map – [www.gis.ashland.or.us/LithiaHistoric](http://www.gis.ashland.or.us/LithiaHistoric). Or perhaps you are longing for alone time as you gaze at one of the ponds or spread a blanket down on one of the lawns. The park is also a refuge for wildlife... deer, squirrels and birds galore! And, sometimes the occasional bear or cougar!

APRC offers programs that bring particular age groups together... older citizens enjoying the Food & Friends Lunch at the Ashland Senior Center or a group of preschool children exploring North Mountain Park, while their caregivers have the opportunity to visit with one another.

In 2015, APRC finished construction of their 4th Community Garden site at the new Ashland Creek Park. The parks that have community gardens offer plots of varying sizes available for rent on an annual basis; feeding nearly 80 local families and connecting those with a love of gardening.

In 2014, local volunteers logged over 12,000 hours! They volunteered in the North Mountain Park Nature Center and in the gardens. They served lunch at the Ashland Senior Center and served as volunteer hosts in Ashland's parks and seasonal facilities. They worked on trails, open spaces and parks. APRC manages 18 parks and multiple open spaces within the Ashland City limits and 12 of those parks, one open space and two gardens within Lithia Park have been adopted by local organizations, from school groups to local businesses. Thanks to these hardworking volunteers and the APRC Adopt-a-Park program, Ashland Parks and open spaces are virtually pesticide-free.

APRC believes in partnering with local organizations and individuals so that together, the needs of the community can be met; not only to support physical health through recreational opportunities, but emotional health through opportunities to be a part of something larger than one's self.

What's your prescription for health? [www.AshlandParksandRec.org](http://www.AshlandParksandRec.org)

### Tom Foster Received the 2015 Ragland Award for Community Volunteerism



Longtime Ashlander and APRC volunteer Tom Foster has been leading Lithia Park nature walks since 1989, when he helped initiate the nature walk program. He takes satisfaction in showing locals and tourists the wildlife, plants and history of Lithia Park. "It's our central park, it's just a great place for a lot of different pursuits. A quiet walk or picnic, it's a park which is important to people for many, I guess you could say, personal reasons," Foster said.

- Number of walks since 1989: 1,626
- Number of people who have participated in the walks since 1989: 19,234





# PET CARE & TRAINING

Pre-registration required for all programs unless otherwise indicated

Dog classes are for friendly dogs that are current on vaccines and comfortable on a leash around other dogs and people. Colleen Shanahan is a certified dog behavior consultant who uses reward-based dog training and has professionally trained and handled dogs since 1997. All classes are held at The Grove. Private lessons also available by calling 541.601.7601.

## Good Puppy Skills

Puppies from two to five months that have started their shots are invited for playtime, learning and more! Research has shown the most important period of your dog's life is under 16 weeks of age. Your puppy is learning every minute, so let's set up a safe, clean environment to make learning good puppy manners easy and fun. Puppies will learn: SIT, DOWN, STAY, COME and LEASH WALKING. We will set time aside each week to answer questions about house training, chewing, barking and more! **Please bring shot records to the first class.** Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

**NEW STUDENTS** need to complete the "Group Class Questionnaire" and read, "What to Bring to Class" at... [www.DogGoneFun.biz](http://www.DogGoneFun.biz).

AGES 18—Adult  
DAYS Sundays  
DATES Session 1 | September 13—October 11  
Session 2 | October 25—November 22  
TIME 10—11am  
COST \$99 (5 lessons)

## Good Dog Skills

This multi-level class goes beyond basic dog training and teaches real life skills to parents and their pups from five months to 15 years. Not only will you both learn STAY, SETTLE, COME AND NICE LEASH WALKING, but you will get to practice real-life scenarios such as, "Don't Chase the Kitty," "Good Greetings with Grandma," and "No Counter Surfing." Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

**NEW STUDENTS** need to complete the "Group Class Questionnaire" and read, "What to Bring to Class" at: [www.DogGoneFun.biz](http://www.DogGoneFun.biz).

AGES 18—Adult  
DAYS Sundays  
DATES Session 1 | September 13—October 11  
Session 2 | October 25—November 22  
TIME 11:15am—12:15pm  
COST \$99 (5 lessons)

## More Dog Gone Fun Classes

Join like-minded people for ongoing adventures in play and training. Both you and your dog will enjoy the company of others whether it's playtime or training time!

**Pre-requisite: Good Dog Skills or permission from instructor.**

Sign up for Dog Gone Fun classes at [www.DogGoneFun.biz](http://www.DogGoneFun.biz) or by calling 541.601.7601.

### Small Dog Social Club

This is a club for friendly dogs under 20 lbs.

AGES 18—Adult  
DAYS Sundays  
DATES September 13—November 22  
(no class Oct 18)  
TIME 1—1:45pm  
COST \$30 (5 classes)

### Follow Your Nose

Unleash your dog's inner detective and build confidence for the both of you!

AGES 18—Adult  
DAYS Sundays  
DATES September 13—October 11  
TIME 2—3pm  
COST \$99 (5 classes)

### Good Citizen Canine

Learn 10 essentials to encouraging the development of a well-behaved dog, both at home and in public.

AGES 18—Adult  
DATES October 25—November 22  
TIME 2—3pm  
COST \$99 (5 classes)





# LIFE SKILLS & ENRICHMENT

## Cribbage Club

Did you know we now offer a Cribbage Club? On the first Tuesday of every month, beginning at 1 p.m., you can play, learn or re-learn Cribbage. Haven't played in 20 years? Barely know the game? Love to play at every opportunity? No matter. All are welcome to join us for a game of Cribbage. Pre-registration is not necessary. We'll make it work for anyone who wants to give it a try. Lots of laughter, lots of counting and plenty of fun! For more information call the Ashland Senior Center at 541.488.5342. See page 6 to learn more about the Ashland Senior Center.

AGES 50 & up  
DAYS 1<sup>st</sup> Tuesday of each month  
DATES Ongoing  
TIME 1—4pm  
PLACE Ashland Senior Center, 1699 Homes Ave  
COST Free (*a donation to the Senior Center is appreciated*)

## Social Security Planning for Baby Boomers

This one-day workshop is designed for baby boomers who are not yet retired. The program will cover the basics of Social Security, strategies to maximize benefits and current reform proposals. Please bring a pen and notepad. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

AGES 50—70  
DAYS/DATES Session 1 | Tuesday | September 22  
Session 2 | Monday | November 16  
TIME 5:30—6:30pm  
PLACE The Grove, Otte/Peterson Rm  
COST \$10/workshop (*one session date only*)  
INSTRUCTOR Rich Todd is a Charter Retirement Planning Counselor with an MBA.

## Mah Jongg of Adults 50 & Better

Have you ever wondered how to play American Mah Jongg? It's 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 of pieces. We are now offering Mah Jongg at the Senior Center. Both experienced players and beginners are welcome. **Pre-registration is not required.** For more information call the Ashland Senior Center at 541.488.5342. See page 6 to learn more about the Ashland Senior Center.

AGES 50 & up  
DAYS Thursdays  
DATES Ongoing  
TIME 12:30—3:30pm  
PLACE Ashland Senior Center, 1699 Homes Ave  
COST Free (*a donation to the Senior Center is appreciated*)  
INSTRUCTOR Dorothy Davis

## Hearts & Spades for Adults 50 & Better

If you enjoy playing cards, consider joining us for a fun afternoon of cards, friendship and laughter. Pre-registration is not required for card games. For more information call the Ashland Senior Center at 541.488.5342. See page 6 to learn more about the Ashland Senior Center.

AGES 50 & up  
DAYS Thursdays  
DATES Ongoing  
TIME 1—4pm  
PLACE Ashland Senior Center, 1699 Homes Ave  
COST Free (*a donation to the Senior Center is appreciated*)





# LIFE SKILLS & ENRICHMENT

## Bicycle Street Smarts

Join instructors who are certified by the League of American Bicyclists as they guide you through a fast-paced and fun course to help you become a confident bicycle ‘driver!’ Learn how to safely control your bike in various traffic situations by first practicing biking skills and then applying them on a fun ride through Ashland. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

AGES 18 & up  
DAY Saturday  
DATE September 19  
TIME 9am—Noon  
PLACE The Grove  
COST \$35  
INSTRUCTORS John Colwell, Bill Heimann, Mike Faught and David Chapman, all League of American Bicyclist Certified.

## iMac, iPod, iPad for Adults 60 & Better

Do you know how to use all the features of your iPad? Do you have questions about apps, emails and more? Individualized instruction from Clarence Glidewell is available to help you better understand your Apple device! Clarence has been working with computers for over 20 years and for the last few he has worked with Mac products. Please call 541.488.5342 to make an appointment. See page 6 to learn more about the Ashland Senior Center.

AGES 60 & up  
DAYS Tuesdays & Thursdays  
DATES Ongoing  
TIME 12:30—1:30pm by appointment  
PLACE Ashland Senior Center, 1699 Homes Ave  
COST Free (*a donation to the Senior Center is appreciated*)

## Simple Meals for Fast Times

Learn to save time and money while creating wholesome and affordable meals. This class is perfect for the college student, the family chef, or any adult looking for new recipe ideas that will support your health and your wallet. You will learn how to stock a pantry, buy locally and seasonally, and take home nutritious, easy recipes that will redefine your idea of convenience food. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

AGES 13—Adult  
DAYS Mondays  
DATES Session 1 | September 14—October 5  
Session 2 | October 12—November 2  
Session 3 | November 9—30  
TIME 5:30—6:30pm  
PLACE The Grove, Otte/Peterson Rm  
COST \$40 (4 classes)

INSTRUCTOR Isabeau Vollhardt, L.Ac., MSOM has practiced acupuncture and Chinese Medicine at Cinnabar Swan Healing Arts in Southern Oregon since 1997, and taught introductory classes on Chinese Medicine at Southern Oregon University since 1998. Methods include research into food plans that benefit people with chronic disease such as autoimmune disease, cancer, diabetes and allergies. For more information visit [Facebook.com/CinnabarSwan](https://www.facebook.com/CinnabarSwan).

## Computer Instruction for Adults 60 & Better

Do you need a little extra help with your computer skills? Individualized instruction from Bob Cox is available to aid you in setting up an email, surfing the Web, creating a brochure or documents, trying *Adobe Photoshop*, or just learning computer basics. Please call 541.488.5342 to make an appointment. See page 6 to learn more about the Ashland Senior Center.

AGES 60 & up  
DAYS Mondays & Wednesdays  
DATES Ongoing  
TIME 11—12:30pm by appointment  
PLACE Ashland Senior Center  
1699 Homes Ave  
COST Free (*a donation to the Senior Center is appreciated*)





# THE GROVE



## —FUTURE LOCATION FOR THE APRC REC DIVISION

Did you know The Grove in Ashland will soon be home to the APRC Recreation Division? In 2016 the Recreation staff will move their offices into The Grove, which will also serve as the central headquarters for the Ashland Parks and Recreation Commission (APRC). You'll be able to visit The Grove to register for a program, get a map or gift certificate, apply for a scholarship, reserve an APRC facility or just stop by to say hi! The new central location will offer easy access and parking.

The Grove will continue to serve as a classroom for many APRC programs: High & Low Intensity Training, Ballroom Dancing, Building Bones, Internal Kung Fu, Archery and more... all of which take place in the gym this fall! The Otte/Peterson Room in The Grove is a comfortable classroom setting to learn skills from a variety of APRC programs. The room is equipped with a 64" TV monitor, computer and multiple whiteboards.

The Groveman Recording Studio, dedicated to Steve Groveman, has been in operation since 2001. APRC offers a free after-school program to students in the Ashland School District. Students can record their own music or learn the art of recording! To make your recording dreams come true, contact Bob DiChiro at grovemanrs@jeffnet.org. Bob has been running the studio program in The Grove for the last 14 years.

The Grove is located at 1195 E Main St in Ashland. For additional information, call the main APRC office at 541.488.5340 or email ParksInfo@ashland.or.us.



# GREEN LIVING TIPS

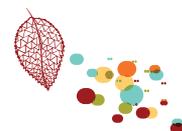
## —ASHLAND GREEN & SOLAR TOUR

Are you planning to build a new home or looking for ways to incorporate green building designs into your existing one? If your answer is "yes," or even "maybe," you will enjoy the upcoming Ashland Green & Solar Tour! This will be your opportunity to tour innovative green homes and buildings to see how you can use solar energy, energy efficiency and other sustainable technologies to reduce monthly utility bills and help mitigate climate change. Learn exciting new ideas and get inspired by what others have created! All tour participants will travel by bus to multiple home sites, with a bring-your-own lunch stop along the way. Space is limited. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541-488-6606.



*Courtesy Chandra Hayes*

AGES 16—Adult  
DAY Saturday  
DATE October 10  
TIME 9am—3pm  
PLACE Ashland Civic Center, 1175 E Main St  
COST \$10





# NATURE SCIENCE & CULTURAL HISTORY

Pre-registration required for all programs unless otherwise indicated

## Preschool Puppet Theatre

Please pre-register prior to day of program  
—No October Show

Gather around and see what Brenda Bear and friends are up to this fall. A brief lesson will be followed by the puppet show and play time. A snack and related craft activity will then be available. Enjoy a new show each month. Reservations are guaranteed only until 10:30 a.m. Please arrive early as space and parking is limited, no late seating. Children must be accompanied by an adult at all times during the program. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES Intended for children 3—5 years old  
DAYS 2<sup>nd</sup> Friday each month (except Oct)  
DATES September 11 | November 13  
December 11  
TIME 10:30—11:45am  
PLACE North Mountain Park  
COST \$6 per child  
INSTRUCTOR Anna Edmondson is a New York City-trained actor/dancer/singer and has been a performing artist since age six!

## Little Gnomes

Preschoolers with their parent or friend will explore the trails, plants, creeks, ponds, animals and changing seasons as we stroll through North Mountain Park. Play, movement, song, stories, activities or crafts, and monthly themes will be incorporated to engage children in learning about the natural world around them. Bring a pocket snack, water bottle, warm and waterproof layers (rain pants and warm rain boots are recommended for freedom to play in all weather). After a wonderful morning of engaging our senses, we'll enjoy an optional "bring-your-own" picnic lunch from home from 12—12:30 p.m. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 2—5 years old recommended  
DAYS 2<sup>nd</sup> Monday of each month  
DATE September 14 | October 12  
November 9 | December 14  
TIME 10am—noon (12:30pm)  
PLACE North Mountain Park  
COST \$6/child  
INSTRUCTOR Shannon Clery is a naturalist and Waldorf inspired teacher in both indoor and outdoor schools.

## Late Summer Saturday Morning Bird Walk

Stroll through North Mountain Park with local birding experts from the Rogue Valley. This will be an opportunity to see and hear a variety of birds that are year-round residents in the Rogue Valley and some that are migrating through the area. Binoculars and field guides will be available for check-out. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES All ages welcome  
DAY Saturday  
DATE September 12  
TIME 8—9am  
PLACE North Mountain Park  
COST Free  
INSTRUCTORS Local volunteer birders

## Exploring Mindful Birding

Whether you know nothing about birds or are a skilled birdwatcher, this class has a focus of learning in a fun way using beautiful photography and lore. Mindful birding means being relaxed and curious about what birds and sounds come to us. We will practice this in class and on the Saturday field trip. Binoculars will be provided. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 10—Adult  
DAYS Wednesday & Saturday  
DATE September 16 & 19  
TIME Wednesday, 6:30—8pm  
Saturday, 8:30—10:30am  
PLACE North Mountain Park  
COST \$20  
INSTRUCTOR Kate Mckenzie, licensed massage therapist and life coach, has studied birds and the natural world all her life. Shannon Rio teaches classes about birds, plant medicine and yoga. She is on the board of the Klamath Bird Observatory.





# NATURE, SCIENCE & CULTURAL HISTORY

Pre-registration required for all programs unless otherwise indicated

## Star Party & Presentation —NASA's SOFIA

Check out the stars at North Mountain Park during our annual Star Party & Presentation! NASA's SOFIA (Stratospheric Observatory for Infrared Astronomy) is a modified 747 jet with a 2.4 meter (100") telescope. The instructors, Dave Bloomsness and Robert Black, have flown on SOFIA and will talk about their experience as Airborne Astronomy Ambassadors. They'll also provide updates on the SOFIA aircraft and program. After the talk, there will be viewing through telescopes with assistance of the Southern Oregon Skywatchers.

**Pre-registration is not required for this class.** For more information, please call the Nature Center at 541.488.6606.

AGES	All ages welcome
DAY	Saturday
DATE	September 19
TIME	7:30—10pm
PLACE	North Mountain Park
COST	Free; <b>Pre-registration is not required</b>
INSTRUCTORS	Dave Bloomsness has been an Amateur Astronomer for almost 30 years. Robert Black teaches Astronomy at North Medford High School

## Learning about Birds

Whether a beginning or seasoned birder, this class will explore getting to know the birds of our area using photography, bird song and fun facts. Information on locations to go birding will be included. As with most APRC programs, pre-registration is required—Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES	10—Adult
DAY	Wednesday
DATE	October 14
TIME	6:30—8pm
PLACE	North Mountain Park
COST	\$15
INSTRUCTOR	Shannon Rio teaches classes about birds, plant medicine and yoga. She is on the Board of the Klamath Bird Observatory.

## Bear Creek Salmon Festival

Saturday, October 3, 11am—4pm  
[www.BearCreekSalmonFestival.net](http://www.BearCreekSalmonFestival.net)

**“Water—Keep it Flowing”** —Details page 38



## Hawks!

Hawks are fascinating creatures that capture our imaginations as few other bird groups do. Easily seen (but tough to identify), they push our primal poetic buttons. This popular course includes a PowerPoint presentation that will examine the natural history of diurnal raptors – what makes a hawk a hawk, anyhow? We will also investigate hawks' relationship with humans throughout history. This is NOT an ID class, but at the end of this course, you are guaranteed to be a dedicated hawk enthusiast! Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES	12—Adult
DAYS	Tuesdays
DATES	October 6, 13 & 20
TIME	7—8:30pm
PLACE	North Mountain Park
COST	\$25/series
INSTRUCTOR	Dick Ashford is Director Emeritus of the Klamath Bird Observatory and a popular hawk-watching tour leader in the Klamath-Siskiyou ecoregion.

## Learning More about Birds

This is an intermediate-level class for learning about local birds using beautiful photos and fun facts. Emphasis will be on birding by ear and identification of some challenging species. Information on locations to go birding will be included. As with most APRC programs, pre-registration is required—Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES	10—Adult
DAY	Wednesday
DATE	October 21
TIME	6:30—8pm
PLACE	North Mountain Park
COST	\$15
INSTRUCTOR	Shannon Rio teaches classes about birds, plant medicine and yoga. She is on the Board of the Klamath Bird Observatory.





# NATURE SCIENCE & CULTURAL HISTORY

Pre-registration required for all programs unless otherwise indicated

## Riparian Restoration Work Party with the Friends of Wagner Creek



Lend a hand in improving both the native plant community and the habitat it provides for fish, wildlife and pollinators, as well as creating a place where local residents and their children can experience Wagner Creek. "The Friends of Wagner Creek" are a community group actively working to improve the natural beauty and livability of the City of Talent. Wagner Creek Park is a small park off Rapp Road that was created after the 1996-7 floods wiped out the homes at this location. The work party will be hand-weeding and mulching around previous plantings as well as placing new plantings in key areas. Tools, snacks and instruction will be provided. Event will be held rain or shine! **Pre-registration is not required.** For more information please contact Eugene Wier, Restoration Project Manager for The Freshwater Trust. He can be reached at 541.227.9858 or [eugene@thefreshwatertrst.org](mailto:eugene@thefreshwatertrst.org).

AGES All Ages Welcome  
DAY Saturday  
DATE November 7  
TIME 10am—Noon  
PLACE Wagner Creek Park, off Rapp Rd in Talent

**Learn about the annual Bear Creek Salmon Festival on page 38 or visit [www.BearCreekSalmonFestival.net](http://www.BearCreekSalmonFestival.net).**

## Attracting & Feeding Birds in Your Yard

Learn about bird feeders, common bird-feeder visitors and feed that attracts birds to your yard. Common feeder visitors include sparrows, woodpeckers, finches and more! Many of these birds rely on feeding stations, especially during the cold winter months. Instructor Vince Zauskey will answer such questions as:

- When should I begin feeding birds?
- Should I feed birds year-round?
- What is that hummingbird I see during the winter, and should I feed it?

Vince will also show slides of common feeder birds, answer any other questions you may have and provide handouts identifying the resources that make bird feeding easy and fun! This class will coincide with the Nationwide Project FeederWatch program that begins at North Mountain Park on Saturday, November 14. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 18—Adult  
DAY Tuesday  
DATE November 10  
TIME 6:30—8pm  
PLACE North Mountain Park  
COST \$20

INSTRUCTOR Vince Zauskey is a longtime volunteer at North Mountain Park and member of the Rogue Valley Audubon Society and Klamath Bird Observatory.



## Project FeederWatch

An annual survey of birds that visit feeders in winter



Help count birds that visit the feeders at North Mountain Park while learning to identify species with expert birders. This is a great opportunity for all-level birders to get acquainted with local birds and mingle with other birders. The information collected will be submitted to Cornell University's FeederWatch Project, a nationwide citizen science bird monitoring effort.

**Pre-registration is not required for this program.** For more information please call the Nature Center at 541-488-6606.

AGES 10—Adult  
DAYS Alternate Saturdays  
DATES November 14, 28 | December 12, 26 (Continuing through March, 2016)  
TIME 9—10am  
PLACE North Mountain Park Pavilion  
COST Free; **Pre-registration is not required**  
INSTRUCTORS Rogue Valley Audubon Society volunteers



# OTHER PARKS & REC OPPS



## Autumn Events & Classes—Medford Parks & Recreation

Medford Parks and Rec is the primary regional service provider for year-round adult sports leagues and other high quality, affordable youth sports programs. Visit [sportsmedford.com](http://sportsmedford.com) for the latest catalog, or call them at 541.774.2400.

### Adult Sports Leagues

Indoor Volleyball Leagues    Basketball Leagues  
Indoor Soccer Leagues        Outdoor Soccer Leagues  
Softball Leagues                Kickball League



### Youth Sports Programs

Youth Indoor Soccer League (ages 4—8)  
Little Hoopsters Basketball Program (grades K-3)  
Coach Mac's Basketball Clinics (ages 5—14)  
Youth Golf Lessons (ages 7—16)  
Kid Kicks Soccer Clinics (ages 4—8)  
Youth Tennis Lessons (ages 4—15)



Visit [www.sportsmedford.com](http://www.sportsmedford.com)



## Autumn Events & Classes—Central Point Parks & Recreation

Central Point Parks and Rec is offering a wide variety of classes & events this autumn. Please call 541.664.3321 ext. 130 or visit [www.centralpointoregon.gov/parks.aspx](http://www.centralpointoregon.gov/parks.aspx) to register for classes or for more info.

### Christmas Lights Parade

We invite you and your family to join us in celebrating the Christmas holiday! Parade will begin at 5:30 p.m. in downtown Central Point with activities at City Hall after the parade. Activities will include visits with Santa, hay rides, crafts and a tree lighting immediately following the parade.

DATE & TIME: TBA                      PLACE: Downtown Central Point

### Emergency Preparedness Workshops

This is a series of four, one-hour workshops on 1) Creating a family emergency plan, 2) Emergency supply kits, 3) Emergency communication, 4) Mental health in emergencies. You may attend one class or all four. This series is brought to you by the Central Point Emergency Response Team (CERT). Pre-registration is required.

DAY: Thu DATES: Oct 8—29 TIME: 7—8 p.m. COST: Free

### Basic Outdoor Photography

In this course you will be introduced to composition guidelines with scenery, people and pets in a natural setting. We will explore nature lighting, depth of field, apertures and shutter speeds. Be prepared to use your camera and bring your camera's instruction manual. There will be two Saturday field trips and you will need to provide your own transportation.

DAY: Tue DATES: Sep 29—Oct 15 TIME: 6—8 p.m. COST: \$45

### Identity Theft and Safety Tips

This program is aimed at reducing the risk of theft of your personal identity and includes information on frauds, scams and cons. From this presentation you will gain an understanding of 1) Identity protection, 2) How a criminal can access your information, 3) Protection from telemarketers, 4) How to get a free credit report, and much more!

DAY: Tue DATES: Oct 6 TIME: 6—8 p.m. COST: \$11

Visit [www.centralpointoregon.gov/parks.aspx](http://www.centralpointoregon.gov/parks.aspx)

# ASHLAND PARKS FOUNDATION

## Share in a Living Treasure

### THE PURPOSE

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

### 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.

### 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 to the Ashland Parks System:

- The Oregon Shakespeare Festival semi-annually donates proceeds, which are held in trust, of one outdoor performance.
- George Brinkworth donated his estate, including property and funds for improvements to neighborhood parks and Lithia Park.
- The Daniel Meyer Family donated funds to build an outdoor swimming pool at Hunter Park.

### Examples of Gifts

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

FOR MORE INFO VISIT... [www.AshlandParksFoundation.com](http://www.AshlandParksFoundation.com)

**Project A**  
solutions engineered with passion  
Project A, Inc. is a proud supporter  
of the Ashland Parks Foundation



## *Butler-Perozzi Fountain in Need of Repair*

The Ashland Parks Foundation has a goal to refurbish the Butler-Perozzi Fountain in Lithia Park. The fountain, situated on a formal terrace near the sycamore grove, a rose garden and the Butler Memorial Band Shelter, was offered as a memorial gift to the City of Ashland in 1915 by Gwin Butler and Domingo Perozzi. The fountain was sculpted by Antonio Frilli in Florence, Italy, in the early 1900s and completely restored in the 1980s. Funding is needed for general repairs and vandalism. Due to its prime location within Lithia Park, the fountain is vandalized more frequently than any other area in Lithia Park.

Donations for the restoration project can be made online at [www.AshlandParksFoundation.com/Campaigns](http://www.AshlandParksFoundation.com/Campaigns).

Share your favorite pictures of the fountain on the APRC Facebook, [www.Facebook.com/AshlandParksandRec](http://www.Facebook.com/AshlandParksandRec).



*Falling*

*in*

*Love*



**Work Parties**



**Nature Center Instructor**



**Ice Rink Host**



*with Volunteering*

**Contact...**

**Lori Ainsworth, Volunteer Coordinator**  
**541.552.2264 — [lori.ainsworth@ashland.or.us](mailto:lori.ainsworth@ashland.or.us)**



## Meet our Adopt-a-Park Sponsor



*Albertsons in Ashland*

**adopted**

*Calle Guanajuato*

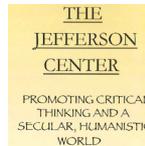
Thank you, Ashland Albertsons, for being our very first and longest-running Adopt-a-Park sponsor!

According to Store Director Joe Anderson, “We at Albertsons are humbled to not only service this great town’s food needs, but love the opportunity to give back even more through the ‘Adopt-a-Park’ program. The Calle Guanajuato is a great park!”

The Calle Guanajuato is located next to Ashland Creek behind the shops on the Plaza. Come check it out!

## Thank you to the following Adopt-A-Park & Trail Sponsors

- **Ashland Creek Park**—Ashland Lions Club
- **Briscoe Geology Park**—The Jefferson Center
- **Clay Street Park**—The Siskiyou School
- **Garden Way Park**—The Soroptimists
- **Glenwood Park**—The SOU Green House
- **Oredson-Todd Woods**—John Muir School
- **Railroad Park**—Wells Fargo Bank in Ashland
- **Bluebird Park**—Recology Ashland
- **Calle Guanajuato**—Albertsons in Ashland
- **Dog Park**—NatureWise
- **Garfield Park**—The Yogurt Hut
- **Hunter Park**—Ashland Tennis & Fitness Club
- **Lithia Park Japanese Garden**—Rachel Nixon & Barbara Settles
- **Scenic Park**—Rotary Club of Ashland Lithia Springs & the Ashland Kiwanis Club



If you would like to “ADOPT,” please visit [www.ashland.or.us/Volunteer](http://www.ashland.or.us/Volunteer)

# SPECIAL EVENTS

## Bear Creek Salmon Festival

Saturday, October 3, 2015

11 a.m. to 4 p.m.

North Mountain Park



The 11th annual Bear Creek Salmon Festival will take place on **Saturday, October 3, from 11 a.m. to 4 p.m.** at North Mountain Park, 620 N Mountain Ave in Ashland. This admission-free festival will feature all-ages interactive activities and exhibits focusing on healthy salmon and wildlife habitat in our region, and watershed stewardship in our own homes and yards.

This year’s theme is, **“Water – Keep it Flowing.”** Participants can also enjoy a variety of fun outdoor activities such as fly and spin-casting, exploring Bear Creek and listening to Native American drumming and story-telling. Lively musical entertainment, a Salmon Spiral Labyrinth and a tasty food concession will round out the day. —*Learn about “Salmon Spiral & Water Wishes” on page 40.*

Learn more at [www.BearCreekSalmonFestival.net](http://www.BearCreekSalmonFestival.net) or call 541.488.6606

## WATERSHED EXPLORATION DAYS

Watch for Watershed Exploration Days, which will kick off in early autumn with a full calendar of events aimed at raising awareness about the Bear Creek Watershed. Learn more about Watershed Exploration Days and the Bear Creek Salmon Festival at [www.BearCreekSalmonFestival.net](http://www.BearCreekSalmonFestival.net).

—*Learn about the upcoming Riparian Restoration Work Party with the Friends of Wagner Creek on page 33.*



APRC would like to thank the sponsors of the 39th Annual 4th July Run 2015





# CREATIVE EXPRESSION

Pre-registration required for all programs unless otherwise indicated

*Art with Cathy Egelston Mahoney...*

## Art Experiences

Are you interested in a sampler art course? In this class you will get to try drawing, watercolor, charcoal, acrylic painting and mixed media.

AGES 18—Adult  
DAYS Wednesdays  
DATES Sep 23—Oct 28  
TIME 12:45—2:15pm  
COST \$105 (6 lessons); includes cost of materials



## Watercolor

**Beginning** — Learn to paint with watercolors. Classes include brushwork, color theory and basic drawing as needed for class projects. Small, non-critical group setting with individual attention.

AGES 18—Adult  
DAYS Thursdays  
DATES Session 1 | Sep 24—Oct 29  
(*Session 2 is a continuation of 1*)  
Session 2 | Nov 5—Dec 17  
(*no class Nov 26*)  
TIME 10:45am—12:15pm  
COST \$85 (6 lessons)

**Intermediate** — Classes include instructor-led studies as well as time for students to follow their own interests. Small group/individual attention.

AGES 18—Adult  
DAYS Wednesdays  
DATES Session 1 | Sep 23—Oct 28  
Session 2 | Nov 4—Dec 16  
(*no class Nov 25*)  
TIME 10:45am—12:15pm  
COST \$85 (6 lessons)

## Acrylic Painting

**Beginning** — Learn the basics of acrylic painting in a small group setting with individual attention. Class includes brushwork, color theory and basic drawing as needed for class projects.

AGES 18—Adult  
DAYS Tuesdays  
DATES Session 1 | Sep 22—Oct 27  
(*Session 2 is a continuation of 1*)  
Session 2 | Nov 3—Dec 8  
TIME 11:15am—1:15pm  
COST \$99 (6 lessons)

**Intermediate** — Classes include instructor-led studies as well as time for students to follow their own interests. Small group/individual attention.

AGES 18—Adult  
DAYS Tuesdays  
DATES Session 1 | Sep 22—Oct 27  
Session 2 | Nov 3—Dec 8  
TIME 9—11am  
COST \$99 (6 lessons)

## Drawing

**Beginning** — Learn the basics of drawing in a small, non-critical group setting with individual attention.

AGES 18—Adult  
DAYS Thursdays  
DATES Session 1 | Sep 24—Oct 29  
(*Session 2 is a continuation of 1*)  
Session 2 | Nov 5—Dec 17  
(*no class Nov 26*)  
TIME 9—10:30am  
COST \$85 (6 lessons)

**Intermediate** — Classes include instructor-led studies as well as time for students to follow their own interests. Small group/individual attention.

AGES 18—Adult  
DAYS Wednesdays  
DATES Session 1 | Sep 23—Oct 28  
Session 2 | Nov 4—Dec 16  
(*no class Nov 25*)  
TIME 9—10:30am  
COST \$85 (6 lessons)

## Drawing/Watercolor Studio

This is an intermediate-level class in which students work on watercolor and/or drawing. Classes include instructor-led studies as well as time for students to follow their own interests.

AGES 18—Adult  
DAYS Fridays  
DATES Session 1 | Sep 25—Oct 30  
Session 2 | Nov 6—Dec 18 (*no class Nov 27*)  
TIME 9am—Noon  
COST \$148 (6 lessons)

## Visual Journaling

This course will get you started in various ways to make a sketch or painted journal for travel or making a record of experiences during daily life. Previous instruction in drawing and watercolor is helpful.

AGES 18—Adult  
DAYS Wednesdays  
DATES Nov 4—Dec 16 (*no class Nov 25*)  
TIME 12:45—2:15pm  
COST \$85 (6 lessons);  
(*supply list provided with registration*)

Cathy Egelston Mahoney has a B.A. in Art from California State University Northridge and has been an art instructor for 20 years. She is a painter, muralist and portrait artist—[www.cathyegelston.com](http://www.cathyegelston.com). Private lessons available. Classes held at The Grove in the Otte/Peterson Rm. **Please call the APRC office for a supply list.** Supplies must be purchased prior to the first class (except for Art Experiences). Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).



# CREATIVE EXPRESSION

Pre-registration required for all programs unless otherwise indicated

## Ashland PaintOut

Join us for Ashland's 2<sup>nd</sup> invitational plein air Paint-Out on Saturday, September 19, at North Mountain Park and Lithia Park. Painting starts at 8 a.m. with check-in at North Mountain Park. Artists must bring all supplies, plus a frame in which to submit the painting. Entrants will submit their painting by 12:30 p.m. for judging. Twenty paintings will be chosen for exhibit at **Ashland Artworks** from September 19 through September 29. Ashland Artworks is located at 291 Oak St. A viewing will take place on Saturday evening, from 5:30 to 7:30 p.m. at the gallery. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register), or call the Nature Center at 541.488.6606.

AGES	10—Adult
DAY	Saturday
DATE	September 19
TIME	8am—12:30pm with reception from 5:30—7:30pm
PLACE	North Mountain Park & Lithia Park <i>(check in at North Mountain Park)</i>
COST	\$15

## “Salmon Spiral & Water Wishes”

### Community Art Project



Help to create a landscape-scale stone spiral labyrinth in preparation for the Bear Creek Salmon Festival on October 3. The spiral will be used as a focal point for this year's event theme: “Water—Keep it Flowing!” Work gloves and guidance will be provided. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES	All ages welcome <i>(children under 10 must be accompanied by an adult)</i>
DAY	Monday
DATE	September 28
TIME	3—5:30pm
PLACE	North Mountain Park
COST	Free
INSTRUCTOR	Project will be led by Nature Center staff



**Learn about the annual Bear Creek Salmon Festival on page 38 or visit [www.BearCreekSalmonFestival.net](http://www.BearCreekSalmonFestival.net).**

## Art with a Re-Purpose

Do you ever sit and wonder how much waste you actually produce on a daily basis? Are you often considering more creative ways to re-use what's discarded into trash and recycling bins? In this workshop, learn how to re-use and re-purpose various materials that are discarded every day. We will review ways to be creative in reusing materials, then we'll each get a chance to put our creativity into action and make some art! (Anything from cards and paintings to sculptures and outdoor art.) Glue, paint and other recycled materials are provided. Please bring water, snacks/lunch and any other art materials you want. We may take a short trip to the recycle center to retrieve cardboard and other materials. Feel free to bring any salvaged materials, an open mind, an eye for potential and a willingness to make art with a re-purpose! Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES	16—Adult
DAY	Saturday
DATE	September 26
TIME	9am—2pm
PLACE	North Mountain Park
COST	\$25

**INSTRUCTOR** Chelsea Gilmore is an environmental and sustainable sculptor. She spent the last few years teaching art, food and outdoor education in Colorado and Oregon. She has created a variety of commissioned installations and public artworks, all focused on sustainability, biology and the environment.

*Register Early! Help us avoid the cancellation of programs!*





# CREATIVE EXPRESSION

Pre-registration required for all programs unless otherwise indicated

## Wild & Wooly Needlefelted Masks

This fun and easy fiber arts workshop will explore the techniques of needlefelting, a dry method of felting that uses a special needle, loose wool and a foam surface to create 3-D masks, just in time for Halloween. All materials will be provided, no experience necessary for this creatively rewarding wild and wooly workshop. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 8—Adult  
DAY Sunday  
DATE October 18  
TIME 10am—1pm  
PLACE North Mountain Park  
COST \$40 *(includes all materials)*  
INSTRUCTOR Corbin Brashear is a fiber artist and teacher and has been leading needlefelting workshops for both kids and adults for over 15 years. View her work at [www.wildandwoolyfeltworks.com](http://www.wildandwoolyfeltworks.com).

## Natural Holiday Wreaths

Learn how to collect local evergreens and use them to create simple holiday wreaths. Enjoy the fragrance of fresh greens and the company of others while you sip cider and listen to festive music. Materials, tools and instructions will be provided to complete a wreath for your home. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 9—Adult  
DAY Friday OR Saturday  
DATE December 4 OR December 5  
*(Two classes offered)*  
TIME 1—3pm  
PLACE North Mountain Park  
COST \$20 *(includes all materials)*  
INSTRUCTOR Nature Center Staff

## Needlefelted Bird Ornaments

This fun and easy fiber arts workshop will explore the techniques of needlefelting, a dry method of felting that uses a special needle, loose wool and a foam surface to create 3-D bird sculptures or puppets. All materials will be provided. No experience necessary for this creatively rewarding wild and wooly workshop! Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register) or call the Nature Center at 541.488.6606.

AGES 8—Adult  
DAY Sunday  
DATE November 8  
TIME 1—4pm  
PLACE North Mountain Park  
COST \$40 *(includes all materials)*  
INSTRUCTOR Corbin Brashear is a fiber artist and teacher and has been leading needlefelting workshops for both kids and adults for over 15 years. View her work at [www.wildandwoolyfeltworks.com](http://www.wildandwoolyfeltworks.com).



*Register Early! Help us avoid the cancellation of programs!*





# SPORTS & FITNESS

Pre-registration required for all programs unless otherwise indicated

## Recreational Sand Volleyball

Join Coach K on Monday evenings for a fun time playing sand volleyball in a casual environment. Players can benefit from organized warm up activities and game play that helps players of any level enjoy recreational sand volleyball. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

AGES 25—Adult  
DAYS Wednesdays  
DATES August 19—September 16  
TIME 5:30—7pm  
PLACE Garfield Park Sand Volleyball Courts, corner of E Main & Garfield Streets

COST \$20 for a 5-class punchcard  
***(Punchcards available at the first class— Please pre-register for your punchcard at [www.ashland.or.us/Register](http://www.ashland.or.us/Register).)***

INSTRUCTOR Krista Hepford is a former volleyball athlete and coach. Send questions to [orhepfords@gmail.com](mailto:orhepfords@gmail.com) or call 541.621.0267.

## Competitive Sand Volleyball

Volleyball players looking for skilled competition on the sand can join us Friday nights for organized games with boundaries set up. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

AGES 25—Adult  
DAYS Fridays  
DATES August 21—September 18  
TIME 5:30—7pm  
PLACE Garfield Park Sand Volleyball Courts, corner of E Main & Garfield Streets

COST \$20 for a 5-class punchcard  
***(Punchcards available at the first class— Please pre-register for your punchcard at [www.ashland.or.us/Register](http://www.ashland.or.us/Register).)***

INSTRUCTOR Krista Hepford is a former volleyball athlete and coach. Send questions to [orhepfords@gmail.com](mailto:orhepfords@gmail.com) or call 541.621.0267.

## Tai Chi for Adults 50 & Better

Tai Chi is a moving meditation that strengthens bones and muscles, improves balance and increases flexibility. Instructor Char Hersh will use various forms of Tai Chi to create a flowing routine that can be done anywhere. She recently added Qi Gong, the movement of energy through the body. The class is ongoing and instruction is continuous so you may join at any time. ***Your first class is as our guest.*** See page 6 to learn more about the Ashland Senior Center. **Pre-registration is not required.**

AGES 50 & up  
DAYS/TIMES Beginning/Intermediate on Mondays  
9:15—10:45am  
Advanced on Thursdays  
9—10:30am

DATES Ongoing  
PLACE Beginning/Intermediate, The Grove  
Advanced, Ashland Senior Center,  
1699 Homes Ave

COST \$4 per class

## Gentle Yoga for Adults 60 & Better

Join instructor Marion Moore for a yoga class designed for seniors and people with physical challenges or limitations. Participants will be asked to get up and down from the floor once during each session. The class includes Iyengar-style alignments and sequencing, with a strong emphasis on releasing unnecessary tension. See page 6 to learn more about the Ashland Senior Center. **Pre-registration is not required.**

AGES 60 & up  
DATES Ongoing  
DAYS/TIMES Wednesdays  
9:15—10:15am & 10:30—11:30am  
Saturdays  
10:30—11:30am

PLACE Ashland Senior Center  
1699 Homes Ave

COST \$15 (4 lessons); \$5/class for drop-in

*Register Early! Help us avoid the cancellation of programs!*





# SPORTS & FITNESS

Pre-registration required for all programs unless otherwise indicated

## Ashland Fitness Bootcamp

The Ashland Fitness Bootcamp is a community of like-minded people gathering together to work toward their own health and fitness goals in a supportive, fun and friendly environment. The Ashland Fitness Bootcamp offers two workout options: HIIT & LIIT. Both are designed to get you moving depending on your injuries, physical limitations, abilities and conditioning level. All fitness levels are encouraged to attend.

**HIIT: High Intensity Interval Training:** HIIT sessions are effective total body workouts performed at high speed followed by low intensity intervals for rest. We combine explosive movements such as power jumps, jump squats, burpees, pushups... your maximum effort is purely relative to you and only you.

TIMES **6—7am** **7—8am**  
DAYS Monday, Wednesday, Friday Saturday

**LIIT: Low Intensity Interval Training:** LIIT is a great way to start making working out a habit! The Interval Training concept is the same as HIIT, but the pace is slower and the movements less explosive. As your ability and cardiovascular endurance increase, you can gradually increase your intensity and try a HIIT workout.

TIMES **6—7am** **8—9am**  
DAYS Tuesday, Thursday Saturday

Whichever training fires you up, you decide and then come **try your first session for FREE**. You don't have to stick with HIIT or LIIT, you could be a regular HIIT fan, who occasionally takes a LIIT class, and vice-versa; the choice is yours! **Bring exercise mat, water bottle and great attitude!** Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register). Punchcards, available at the first class, will allow participants to choose the workout times that fit their schedule. Purchase your 6 or 12 class punchcard at [www.ashland.or.us/register](http://www.ashland.or.us/register). **Punchcards expire two months after purchase and unused punches are not refunded.**

AGES 12—Adult DATES September—December  
PLACE The Grove, Gym COST \$85 punchcard / 12 workouts; \$55 punchcard / 6 workouts  
INSTRUCTOR Tiazza Rose is an award-winning certified personal trainer, dance, and fitness instructor.  
Learn more at [www.tiazza.com](http://www.tiazza.com).

## Building Bones Step-by-Step

Building Bones Step-by-Step is a community-based exercise program designed from research conducted at Oregon State University's Bone Research Laboratory, using balance and strength exercises to reduce risk of falling and slow the effects of osteoporosis and osteopenia. This program supports people of all fitness levels, with modifications made for individual needs. For more information and/or to register please call the APRC office at 541.488.5340 (online registration is not available).

AGES 30—Adult  
DAYS Mondays, Wednesdays &/or Fridays  
DATES Session 1 | September 14—October 23  
Session 2 | November 9—December 21  
(no class Nov 27)  
TIME 8—8:55am  
PLACE The Grove, Gym  
COST \$42 (6 classes); \$69 (12 classes);  
\$75 (18 classes)

INSTRUCTOR Carol Lee Rogers is a certified fitness trainer with Better Bones and Balance, International Sports Science Associations and Aquatic Exercise Association.

## Internal Kung Fu

Internal Kung Fu combines forms from classic internal martial arts. Participants will learn practical applications for relaxation, breathing, body awareness and well-being. Studies also include practicing body strikes, parries, joint locks and throws. Wear loose clothing and be prepared for a workout! **Please contact the instructor at 541.227.3933 or [jeffbehrends@gmail.com](mailto:jeffbehrends@gmail.com) for more information.** This class is taught as an ongoing series and new students can join at any time. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register). **Punchcards will expire two months after purchase. Refunds will not be given for unused punches. You are invited to take a FREE trial class to see if this is a course you would like to pursue.**

AGES 16—Adult  
DAYS/TIMES Tuesdays, 7—8:30am  
Wednesdays, 4:30—6pm  
DATES September—December  
PLACE The Grove, Gym  
COST \$40/10-class punchcard  
INSTRUCTOR Jeff Behrends





# SPORTS & FITNESS

Pre-registration required for all programs unless otherwise indicated

Skateboarding is brought to you by Ian & Cheri Hammons of SK8 or DIY. The Hammons are certified through the Skateboard Instructors Association and bring 30 years of skateboarding experience to their camps and workshops. Through their local organization, SK8 or DIY, they promote the do-it-yourself spirit that helped create skateboarding as we know it today along with support for creativity, camaraderie and physical education. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register). **Helmets required.**

## Intro to Skateboarding

This fun class teaches the very basics of skateboarding, like how to stand, balance, push and turn. The class is perfect for those who have never put a foot on a board!

AGES 5—Adult  
DAYS Tuesday—Thursday  
DATES September 22—24  
TIME 3:30—5:30pm  
PLACE Garfield Park Basketball Court  
Corner E Main & Garfield Streets  
COST \$40

## Intermediate Skateboarding

This is a great class for beginners who are ready for an intro to basic tricks and skate park etiquette, as well as more experienced skaters who need a little fine-tuning on their 'bag of tricks.'

AGES Beginners with some experience  
DAYS Tuesday—Thursday  
DATES October 20—22  
TIME 3:30—5:30pm  
PLACE Community Skate Park, Water St  
COST \$40

## Beginning Skateboarding

This class is a follow-up to the intro class and will teach basic board anatomy and movement, and will preparing beginners for street and skate park environments.

AGES 5—Adult  
DAYS Tuesday—Thursday  
DATES October 6—8  
TIME 3:30—5:30pm  
PLACE Garfield Park Basketball Court  
Corner E Main & Garfield Streets  
COST \$40



## Archery

Archery is a lifetime skill with many benefits that any individual or family can practice and enjoy. This is a great way for children to develop motor skills while improving focus and concentration. Adults also benefit by sharpening their senses and relieving stress. In this class you will learn about archery safety and Olympic-style techniques for successfully shooting at targets and having fun! The instructor, Lloyd Canty, began archery in Australia at the age of 7. He is currently the Archery Instructor at the Ashland YMCA where he teaches the beginner's USA Olympic Archery program. Under his coaching expertise, hundreds of children, teens and adults have developed their archery technique and target-shooting skills. **Please register by calling the APRC office at 541.488.5340. Online registration is not available for this program.**

### Family Archery

Family Archery is focused on having children and adult family members sharing the enjoyment of learning a new skill or for experienced adults to pass on their archery skills to younger generations.

AGES 8—Adult  
DAYS Wednesdays  
DATES Session 1 | September 9—30  
Session 2 | October 7—28  
Session 3 | November 4—25  
TIMES 6—7pm  
PLACE The Grove  
COST \$50 first child/adult pairing;  
\$20 each additional family member

### Individual Training

Individual archery will give archers the benefits of shooting and instruction in a group setting with more opportunity for individualized instruction and practice. Individuals should be prepared to work in small groups sharing equipment, depending on class size.

AGES 13—Adult  
DAYS Wednesdays  
DATES Session 1 | September 9—30  
Session 2 | October 7—28  
Session 3 | November 4—25  
TIMES 7:05—8:05pm  
PLACE The Grove  
COST \$40/individual





# SPORTS & FITNESS

Pre-registration required for all programs unless otherwise indicated

at the **OAK KNOLL GOLF COURSE**

[www.OakKnollGolf.org](http://www.OakKnollGolf.org)

**541.482.4311** —Details page 7



## Oak Knoll Autumn Golf Camp 2015!

Juniors! Learn the basics of golf: swing fundamentals, short game skill building, golf etiquette and a beginner’s tournament. This fun, interactive group class will utilize Oak Knoll Golf Course’s practice facility as well as “on-course” experience. Juniors with no prior golf experience are encouraged to enroll. Practice golf balls and equipment will be provided and all golfers will receive a Junior Golfer Gift Package at the completion of camp! Learn more about at Oak Knoll Golf Course at [www.OakKnollGolf.org](http://www.OakKnollGolf.org) or call 541.482.4311. The course is located at 3070 Hwy 66 in Ashland. Pre-register online at [www.ashland.or.us/register](http://www.ashland.or.us/register).

- AGES 8—12
- DAYS Tuesdays & Thursdays
- DATES Camp 1 | September 15—24  
Camp 2 | September 29—October 8
- TIME 4—5pm
- PLACE Oak Knoll Golf Course
- COST \$50/camp (four lessons)

**INSTRUCTOR** Tom Cronin has been the Operations Manager at Oak Knoll Golf Course for the past six years. He has extensive youth coaching experience and has been playing golf at Oak Knoll since 1990. He lives in the Ashland area with his wife and three daughters.

## FootGolf

FootGolf is a new sport, already played at hundreds of golf courses across the country, that combines elements of soccer and golf. The player’s goal is simple: to kick a soccer ball into a 21-inch cup in the fewest strokes possible. FootGolf is perfect for juniors, families, soccer teams or anyone looking to enjoy our beautiful course at an affordable price. All the player needs to bring is a soccer ball (regulation #5 soccer ball) and soft-soled shoes (no soccer cleats are allowed). Call the Oak Knoll clubhouse at 541.482.4311 to book your tee time and for more information about this exciting new sport!

- AGES All Ages Welcome
- PLACE Oak Knoll Golf Course
- COST \$4/youth (under 18)  
\$8/adult  
\$3/soccer ball rental



*Milo Bertrand tries out the new sport of FootGolf*



## 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

[www.ashland.or.us/CommunityGardens](http://www.ashland.or.us/CommunityGardens)

Ashland Parks Commission ..... 541.488.5340

[www.ashland.or.us/ParksCommission](http://www.ashland.or.us/ParksCommission)

Ashland Parks Foundation ..... 541.488.5340

[www.AshlandParksFoundation.com](http://www.AshlandParksFoundation.com)

Ashland Rotary Centennial Ice Rink (Nov—Feb)

[www.ashland.or.us/IceRink](http://www.ashland.or.us/IceRink) ..... 541.488.9189

Ashland Senior Center ..... 541.488.5342

[www.AshlandSeniorCenter.org](http://www.AshlandSeniorCenter.org)

Daniel Meyer Pool (June—Labor Day)

[www.ashland.or.us/Swim](http://www.ashland.or.us/Swim) ..... 541.488.0313

General ..... 541.488.5340

[www.AshlandParksandRec.org](http://www.AshlandParksandRec.org)

[ParksInfo@ashland.or.us](mailto:ParksInfo@ashland.or.us)

North Mountain Park Nature Center ..... 541.488.6606

[www.NorthMountainPark.org](http://www.NorthMountainPark.org)

Oak Knoll Golf Course ..... 541.482.4311

[www.OakKnollGolf.org](http://www.OakKnollGolf.org)

Park Facility Rentals ..... 541.488.5340

[www.ashland.or.us/facility](http://www.ashland.or.us/facility)

Weddings in Lithia Park ..... 541.488.5340

## USEFUL INFORMATION



## Community Resources

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

## How to Register Online—[www.ashland.or.us/Register](http://www.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 the Parks and Recreation web page, [www.ashland.or.us/recguide](http://www.ashland.or.us/recguide). If you have questions regarding online registration, please call Ashland Parks and Recreation 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:
  - Click on MY ACCOUNT.
  - Then click on CHANGE FAMILY MEMBERS (under the PERSONAL INFORMATION category.)
  - 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**
  - You may search for activities by CATEGORY, LOCATION, CLASS, or CLASS NUMBER.
  - Click on the activity name to see more details about it.
- Choose An Activity For Enrollment**
  - 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.
  - 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.



# ASHLAND PARKS & RECREATION COMMISSION

## Registration Form

**Instructions** See page 4 of Recreation Guide for complete registration schedule, options and refund policy.

- See previous page 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 (upper Lithia Park, off Granite St), 340 S Pioneer St, Ashland, OR 97520.
- Or fax your completed Registration Form, including credit card information, to the Parks & Recreation Main Office at 541.488.5314 or the North Mountain Park Nature Center at 541.488.6607.

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  
340 S Pioneer St, Ashland, OR 97520  
541.488.5340 | ParksInfo@ashland.or.us  
www.AshlandParksandRec.org

PRSRT STD  
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PAID  
Klamath Falls, OR  
Permit No. 1666

SEP 2015–DEC 2015



● BEAR CREEK SALMON FESTIVAL  
SATURDAY, OCTOBER 3  
—*Details page 38*

● ASHLAND ROTARY CENTENNIAL ICE RINK  
OPENS WEDNESDAY, NOVEMBER 18  
—*Details pages 11-14*

LIKE US ON FACEBOOK



FACEBOOK.COM/ASHLANDPARKSANDREC

WE'LL SEE YOU IN THE PARK AND ON FACEBOOK!

*please* RECYCLE OR SHARE YOUR GUIDE