Director’s Message: The value of parks…

There is a well-known saying in the real estate industry that recognizes the major considerations affecting property values. The top three factors are location, location, location.

But location to what?
Properties that are adjacent to parks and schools will generally have an increased value of 20% over identical properties located away from schools, parks and natural areas.

Why is this?
Common responses from property owners adjacent to parks are that they enjoy having open spaces near their home, the proximity to recreation feature like playgrounds, and areas to meet neighbors. This is especially true for families with kids and pets. Families often make housing decisions based in part on the availability of parks, trail, and open spaces. It makes economic sense for a community to invest in places to recreate with families and friends.

I hope you are proud of Hermiston’s parks, trails, and recreation facilities. We certainly are!

Larry Fetter, Director
Hermiston Parks and Recreation

WELCOME TO PARKS & RECREATION

Get connected… The Hermiston Parks and Recreation Committee has been working hard since 1972 to make Hermiston a healthy, pleasant and vibrant community. The Parks Committee meets the second Thursday of each month, 5:30pm at City Hall and your ideas are welcome. This activity guide is filled with over 200 opportunities to add recreation to your life. Check us out on-line or “like” us on Facebook to be first in line for special offerings and promotions.
Volunteer

We are always looking for volunteers to assist with special events, programs, and parks. If interested in becoming a volunteer, contact the Parks and Recreation office at City Hall.

Registration Options

Go Online: Visit www.hermiston.or.us/parksrec. Click on “Activities and Classes” or “Park Reservations” on the right hand side depending on whether you want to register for a program or reserve a park facility. Create a login I.D. and follow the prompts for registrations and reservations.

Walk In: Visit our office located at 180 NE 2nd Street, Hermiston, OR 97838. You can complete a program registration, make facility reservations, and pay all in one place. Walk-in customers may pay using cash, check, Visa, Mastercard, and American Express.

Phone: We accept Visa, Mastercard, and American Express payments over the phone for any program registration or facility reservation. Save some gas and call us at 541.667.5018 to use the pay by phone option.

Contact

Office 180 NE 2nd Street, Hermiston, OR, 97838
Phone (541) 667-5018 Fax (541) 667-5530
Email parksandrec@hermiston.or.us

Congratulations!

By registering in a Hermiston Parks and Recreation programs, you are making an investment in the health and wellbeing of your family. We work hard to make sure your recreational experience is exceptional and high value. While each program is unique, the following policies are developed to help manage your experience as a participant.

Resident / Non-Resident Rates

Because the programs offered by Hermiston Parks and Recreation rely on local tax payer support, non-resident fees have been instituted to offset the difference. The resident rate applies to participants that live within the Hermiston city limits.

Cancellation Policy

We may be required to cancel programs for reasons beyond our control on rare occasions. Every effort will be given to reschedule an interrupted program as soon as possible. If a program cannot be rescheduled a pro-rated credit may be available to participants in lieu of a refund.

Withdrawal / Refund Policy

We recognize that you may need to withdraw from a program for a variety of reasons. Because our programs are self-supporting, we rely on registration fees to operate them. If you withdraw from a program 7 days prior to the beginning date, a refund may be issued (less a $10 processing fee). A credit may be issued to participants for withdrawal within 7 days of the first date. Beyond the first day of a program, no refunds will be issued for a program withdrawal.

Photo Policy

Capturing the moment. By attending any Hermiston Parks & Recreation program, you understand that a picture of you or your family may be taken. We use photographs for quality improvement and also in future marketing materials. Names are not published specific permission granted by a participant.
January 15
Breakfast of Champions

January 17-18
Cabin Fever Concert

January 24
Melonville Comedy

January 27
Oregon Water Coalition Annual Meeting
Hermiston Chamber Business to Business Luncheon

January 31
Rod & Gun Club Crab Feed and Auction

February 5
45th Annual Distinguished Citizens Awards Banquet

February 7
Hermiston Education Foundation Beach & Beef Crab Feed & Auction

February 21-22
Eastern Oregon Bridal Show

February 24
Hermiston Chamber Business to Business Luncheon

February 28
Community Dance

March 7
Hermiston Sports Boosters Steak Feed and Auction
Our Programs

FOR GIRLS
T-Ball (Co-Ed) .................. Girls ages 5-6
AA Minor Softball .......... Girls ages 7-8
AAA Minor Softball ....... Girls ages 9-10
Major Softball ............... Girls ages 11-12
Junior Softball .............. Girls ages 13-14

FOR BOYS
T-Ball (Co-Ed) ............... Boys ages 5-6
AA Minor Baseball......... Boys ages 7-8
AAA Minor Baseball ...... Boys ages 9-10
Major Baseball ............ Boys ages 11-12
Junior Baseball .......... Boys ages 13-14

CHALLENGER
For Boys and Girls ages 5-18, or up to age 22 if still enrolled in a school program, with a physical or developmental challenge.

$10 OFF
PER PLAYER
THRU
JANUARY

Family Discounts
Families of 3 or more.

Payment Plans
Available for Online Registration only

Registration Starts JANUARY 1st
3 Easy Ways to Register!
• ONLINE at hermistonlittleleague.com
• Download registration and mail it
• Attend our walk-in registration in February

City of Hermiston 2015 Winter Parks & Recreation Guide
Recreational Youth Basketball Leagues

Recreational Basketball Leagues forming now! Sign up now so you don’t miss out on all the fun. The leagues will be separated by grade and gender. Grades 1st-2nd will not keep score. All equipment is provided. Volunteers needed for coaches. If interested in coaching, please contact Hermiston Parks and Recreation. Schedules will be available at www.sportability.com on Jan. 14th.

Day: Saturdays
Dates: Jan 17th-March 14th
(1st-2nd Jan 24th & 2/14)
Grades: 1st-6th
Cost: $35 Resident
$44 Non-Resident
$15 Jersey (If you don’t already have a Hermiston
Parks and Recreation reversible red and white jersey)
Location: Hermiston School Gyms
Signup Deadline: Friday, January 2nd

Junior Basketball Clinics

Participants will learn the fundamentals of basketball through fun skill based games. They will be taught passing, shooting, dribbling, defense, and teamwork. Each week skill stations will be set up and the children will rotate through them. Be sure to sign up early for this popular clinic.

Days: Saturdays
Dates: January 31st-March 14th (None on Feb 14th)
Times: 9:30am-10:15am (3 years old)
10:30am-11:15am (4 years old)
11:30am-12:15pm (5 years old or Kindergarten)
Cost: $27 -Resident
$34 Non-Resident
Location: Sandstone Middle School
Signup Deadline: Friday, January 23rd

Meet the Coach!

Take this opportunity to meet your coach and other team members before the games start. This meeting will start with an information session with a Parks and Recreation representative who will answer questions. It will conclude with meeting your coach and getting the game schedule and jersey if you paid for one.

Basketball: Tuesday, January 13th
Time: Girls 5:30pm
Boys 1st & 2nd 6:30pm
Boys 3rd-6th 7:30pm
Indoor Soccer: Tuesday, March 31st
Time: 6:30pm-7:00pm
Location: Hermiston Conference Center

Portland Trail Blazers Basketball Clinic

This is an amazing opportunity to participate in basketball drills and skill development on the Portland Trailblazers court. By purchasing a game ticket, children will be invited to participate in a 45 minute clinic on the court with an instructor. Photo opportunities will be provided. Afterwards, enjoy watching the game against the Denver Nuggets. Don’t miss out!

Day: Saturday
Date: March 28th
Clinic Time: 12:30pm-1:30pm
Game Time: 7:00pm
Age: 5-14 years old for clinic
Costs: $32-300 Level Purple Tickets
$52-200 Level Yellow Tickets
$82-100 Level Green Tickets
Location: Moda Center in Portland
Sign Up Deadline: Monday, February 23rd
YOUTH SPORTS
Visit us online at www.hermistonrecreation.com

Youth Indoor Soccer League

Join this great recreational soccer league. This coed league is a great way to build soccer and social skills while being in a fun noncompetitive league. All equipment is provided. Volunteer coaches are needed, please inquire if interested. Schedules will be posted to www.sportability.com by 4/1.

Day: Saturdays
Dates: April 4th - May 16th
Age: 3 years through 1st Grade.
Cost: $35 Resident
$44 Non Resident
$15 Jersey (If you don’t already have a Hermiston Parks and Recreation reversible red and white jersey)
Location: Desert View and West Park elementary schools
Sign up Deadline: March 20th

Gymnastics

10% discount if you sign up for all 4 months at once.
**No Classes will be held March 26th. The month of March will be prorated.
***Prerequisite: Must be passed off by instructor to move up a level.
****January Classes will start January 8th.

Parent-Tot
Help your child increase body control, motor skills, and creativity through music and activities. Experience front rolls, straddle rolls, animal walks, and tumbles. Share movement games, singing, and finger play while bonding with your child. Parent and child participate together.

Days: Thursdays (First 4 of each month)
Dates: January-April
Times: 4:30pm – 5:00 pm
Cost: $20/Month - Resident
$25/Month - Non Resident
Ages: 2 years – 4 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 1
This introduction to gymnastics focuses on straddle rolls, front rolls, back rolls, assisted hand stands, overall body awareness, and more. All fitness levels are welcome. All supplies are provided.

Day: Thursdays (First 4 of each month)
Dates: January-April
Times: 5:15pm to 6:00pm
Cost: $24/Month - Resident
$30/Month - Non Resident
Ages: 5-10 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 2
This gymnastics class is for children who have completed Level 1. The focuses are cartwheels, splits, and assisted hand stands. This class also continues to work on the skills introduced in Level 1.

Day: Thursdays (First 4 of each month)
Dates: January-April
Times: 5:15pm to 6:00pm
Cost: $24/Month - Resident
$30/Month - Non Resident
Ages: 5-10 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior
Level 3
This gymnastics class is for children who have completed Level 2. The focuses are front handstand rolls, round offs, one-handed cartwheels, splits, and unassisted hand stands. This class also continues to work on the skills introduced in Level 2.
Day: Thursdays (First 4 of each month)
Dates: January-April
Times: 6:15pm to 7:00pm
Cost: $24/Month - Resident
      $30/Month - Non Resident
Ages: 6-13 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 4
This gymnastics class is for children who have completed Level 3. The focuses are front handsprings, back kick-overs, front hand stand rolls, splits, and assisted hand stands. This class also continues to work on the skills introduced in Level 3.
Day: Thursdays (First 4 of each month)
Dates: January-April
Times: 6:15pm to 7:00pm
Cost: $24/Month - Resident
      $30/Month - Non Resident
Ages: 6-13 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior
Hunter Safety Education Class

All hunters under the age of 18 must pass this class before they can hunt in Oregon. Class covers: firearm safety, ethics, conservation, survival, first aid, bow hunting, and more. You must register online through the Department of Fish and Wildlife: www.dfw.state.or.us

Day: Tuesdays and Thursdays (Plus live fire day)
Dates: February 3rd-February 24th
Time: 7:00pm-9:00pm
Cost: $10
Ages: 9 years +
Location: Hermiston Conference Center
Sign Up Deadline: Friday, January 23rd
*Sign up online at www.dfw.state.or.us

Youth Introductory Archery Class

Interested in learning about archery? Class covers archery safety, basic shooting (target) and (3D), bow hunting basics. All equipment is supplied. Come learn a new sport and have some fun. Class size is limited so sign up early.

Days: Tuesdays and Wednesdays
Dates: May 5th-May 27th
Time: 7:00pm-8:30pm
Cost: $30 Resident
$38 Non-Resident
Ages: 8+ years (8-12 years must be accompanied by an adult)
Location: Hermiston Conference Center
Sign Up Deadline: Friday, May 1st

Early Bird Registration

Make sure you don’t miss out on our very popular summer camps, special events, and swim lessons. Online registration for swim lessons and summer camps will begin April 27th. Summer camps will be discounted 15% until May 5th at 5PM. For those who do not have easy access to the internet, you will be able to register in person at the Parks and Recreation office at the dates and times listed below.

Days: Wednesday-Friday
Date: May 6th-8th
Time: Wednesday 4:00pm-7:00pm
Thursday 9:00am-12:00pm
Friday 2:00pm-5:00pm
Location: Parks and Recreation Office at City Hall

Color Your World!

Perfect for the school age student! Learn introductory skills in drawing, painting, collage, and some sculpture. Learn skills of observation and attention to detail. Learn about famous artists from around the world. Create projects in a variety of styles from realistic to abstract. Different projects for different skill levels. Supplies included in the cost. Taught by a former public school art teacher. Sign up now and join.

Day: Tuesdays
Dates: Jan., Feb., Mar., Apr., May
Times: 4:00pm -5:30pm
Cost: $28/Month - Resident,
$35/Month - Non Resident
Ages: 7 years +
Location: The Arc
Sign Up Deadline: One week prior to class.
*10% Discount when you sign up for 4 or 5 months at once.
** Class no class on 3/24 but class will be on 3/31 instead.
Play Art (NEW!)  
This art class is geared for children 3-6 years old. We will use movement, literature, music, and play to make art! Students will explore basic shapes, lines, and colors! Children will work with their fine and gross motor skills. Parents are welcome to join us! This class will generally be offered the first 3 Mondays of the month unless there is a holiday.

Days: Mondays  
Dates: January-May  
Time: 3:30pm-4:30pm  
Cost: $20 Residents  
$24 Non-Residents  
Ages: 3-6 years old  
Location: ARC Building  
Sign up Deadline: One week prior  
*10% discount if you sign up for 4 or 5 months at a time.

Dance Class  
This is an introduction to very basic dance techniques and performance. The class focuses on body awareness, self-control, hand-eye coordination, and rhythmic awareness. Dance performance is at the end of each month. No additional costume costs are needed.

Days: Thursdays (First 4 of each month)  
Dates: January-April  
Time: 3:45pm-4:15pm  
Cost: $20/Month - Resident  
$25/Month - Non Resident  
Ages: 3-6 years  
Location: Hermiston Conference Center  
Sign Up Deadline: One week prior  
*10% discount if you sign up for all 4 months at once.  
**January classes will start on 1/8
No classes will be held on March 26. The month of March will be prorated

Drama Class  
_sponsored by Desert Arts Council_
Come join us and get a part in the play “Beauty and the Beast.” Participants will start with an audition to determine the cast and end with a performance for the community. Don’t miss out on this chance to improve your acting skills and be part of the fun. Each participant will receive two free tickets to the performance to share with family or friends. No acting experience necessary. All supplies provided.

Days: Mon., Wed,  
Dates: February 9th – April 29th  
Time: 4:00-6:30pm  
Location: Conference Center (Mondays)  
ARC Building (Wednesdays)  
Cost: $50 Residents  
$63 Non Residents  
Ages: 3rd Grade-12th Grade  
Sign up Deadline: Friday, February 6th

Drama Class Performance of “Beauty and the Beast”  
Everyone is welcome to join us at the Hermiston Conference Center to watch a performance of “Beauty and the Beast.” Our drama class participants have been working hard for weeks to prepare this performance for you. There will be two showings. Come to one or both and support our young actors. Proceeds will help support the costumes and stage props.

Performance #1  
Tuesday, April 28th  
Performance #2  
Wednesday, April 29th  
Time: 6:30pm  
Location: Hermiston Conference Center  
Cost: $2 pre-ordered through Parks and Recreation  
$3 at the door
Are you looking to play adult sports but don’t have a team? Come into the Parks and Recreation office and sign up as a walk-in on our waiting list. If teams have openings we will pass your information along. Sometimes, there are enough walk-ins to create their own team.

Adult Basketball Leagues

Leagues are forming now. Players must sign up on a team. Roster size is unlimited. Trophies and shirts will be awarded to the winners. Post season single-elimination tournaments will be included with each 8-week season. No high school or active college players. Limited team space so sign up early.

**Competitive League**: For competitive teams that care about winning and losing.

- **Day**: Sundays
- **Start Date**: January 11th
- **Ages**: 18+ years

**Recreation League**: For teams out to have fun and get exercise.

- **Day**: Sundays
- **Start Date**: January 11th
- **Ages**: 18+ years

**30+ League**:

- **Day**: Wednesdays
- **Start Date**: January 14th
- **Ages**: 30+ years

**All Leagues**:

- **Dates**: January - May
- **Cost**: Team Fee $415
- **Location**: Hermiston High School Gold Gym
- **Sign Up Deadline**: Friday, January 2nd

Adult Co-ed Volleyball League

Players must sign up as a team. Roster size is unlimited. Trophies and shirts will be awarded to the winners. Post-season single elimination tournaments will be included in each 8-week season. Play is 4 on 4. No active college or high school players. Limited team space so sign up early.

**Leagues**:

- **Recreation**: Sundays
- **Women’s**: Wednesdays
- **Start Date**: January 11th
- **Location**: Hermiston High School Gold Gym
- **Time**: Schedule will be posted on sportability.com
- **Team Fee**: $145
- **Sign-up Deadline**: Friday, January 2nd

Group Night: Tri-Cities Americans (NEW!)

Get discounted tickets to watch the Tri-Cities Americans play hockey at the Toyota Center. Invite your family and friends to watch this game against Spokane.

- **Day**: Friday
- **Date**: February 27th
- **Time**: 7:00pm
- **Cost**: Adult $16, Senior $14, Teen $11, Youth $9
- **Location**: Toyota Center in Kennewick
- **Sign Up Deadline**: Friday, February 20th

Group Night: Tri-Cities Fever (NEW!)

Get discounted tickets to watch the Tri-Cities Fever play football at the Toyota Center. Invite your family and friends to watch this game against Sioux Falls Storm.

- **Day**: Friday
- **Date**: April 17th
- **Time**: 7:00pm
- **Cost**: Midfield $16, Lower Heat $12, Upper Heat $9
- **Location**: Toyota Center in Kennewick
- **Sign Up Deadline**: Friday, April 10th
Meacham Divide Snowshoe Trip

Get outside this winter to enjoy nature and get a great workout through snowshoeing. If you can hike, you can snowshoe! The trail covering a few miles through the Blue Mountains will be great for beginners. On the way back to Hermiston, enjoy an included lunch from Dickey's BBQ in Pendleton. If you ever thought about trying snowshoeing, this is your opportunity. Transportation and snowshoes are available. Make sure to dress appropriately for cold weather and bring water.

Day: Monday, January 19th
Time: City Hall at 9:00am
Age: 14 and older (14-17 must be accompanied by an adult)
Cost: $20 Residents, $25 Non-Residents
$15 snowshoe Rental (optional)
$10 Transportation (optional)
Location: Mt. Emily Sno-Park Area
Sign-Up Deadline: Thursday, January 15th

DANCE Country 2-Step and Swing

Learn two dances with just two feet!!! Turns and patterns will be taught to fancy-up your moves in both dances. Learning how to lead and how to follow is what makes dancing just that much more fun. No prior dance instruction is required and you do not need a partner in order to attend. Suggested footwear is any pair of comfortable shoes that allow you to easily take turning steps. If you don’t have a partner, don’t let that keep you from learning to dance!

Instructor: April Dyntera
Dates: January 8th-February 12th
Day: Thursdays
Time: 6:15pm-7:15pm
Cost: $30 Residents, $38 Non-Residents
Location: Hermiston Library Basement
Ages: 14 and older*
*14-17 must have an adult participating or watching the class.

DANCE West Coast Swing Beginning and Beyond

West Coast Swing is unlike any other swing dance you will see on the social dance floor and has become the #1 choice in swing dancing. It is a unique dance for the funky and sassy music we all like in pop, country, hip-hop, and R&B. No prior dance instruction is required and you do not need a partner in order to attend. Suggested footwear is any pair of comfortable shoes that allow you to easily take turning steps. Learn the basic footwork with emphasis on the techniques of leading and following. It’s all for fun!

Instructor: April Dyntera
Dates: January 8th-February 12th
Day: Thursdays
Time: 7:30pm-8:30pm
Cost: $30 Residents
$38 Non-Residents
Location: Hermiston Library Basement
Ages: 14 and older*
*14-17 must have an adult participating or watching the class.

Adult Digital Camera for Beginners

Learn more about using the special features of your digital camera and the post process techniques from the pros at 60 Minute Photo. Participants are required to bring their own DSLR camera and must be proficient with using it.

Day: Wednesdays
Dates: Jan 14th, 21st, 28th
Times: 5:00pm-7:00pm
Age: 16 and older
Cost: $45 Residents, $56 Non Residents
Location: 60 Minute Photo
Sign-Up Deadline: January 9th

Painted Hills Photography Workshop (NEW!)

Explore one of Oregon’s Seven Wonders through a camera lens. With fellow photographers, learn how to take your camera off the automatic setting and capture an area many professional photographers go. Trip will include some photography instruction but there will be plenty of time to explore the area on your own. Transportation is provided. On the way back to Hermiston, enjoy an included meal in historic Fossil, Oregon. No experience is required, just a DSLR camera and the ability to hike short distances.

Day: Saturday
Date: March 14st
Time: 1:30pm-11:30pm
Cost: $60 Residents, $75 Non-Residents
Ages: 16 years and older
Location: Meet at City Hall
Sign Up Deadline: Friday, March 6th

Adult Bootcamp (NEW!)

Higher Power Fitness LLC group classes - 30 minutes of fitness and fun. Classes may include circuit training, weights, TRX, TRX Rip Trainer and medicine balls or bootcamp style. Great warm up, cool down and stretching that includes all ranges of motion. Come have some fun, get your sweat on and get in great shape!

Instructor: Cindee Henderson
Dates: January-April
Days: Monday and Wednesdays 5:30pm or 6:00pm
Or Tuesdays and Thursdays 6:00pm or 6:30pm
Costs: $80 per month
Age: 18 years or older
Location: Higher Power Fitness
Sign Up Deadline: One week prior
**SPECIAL EVENTS**

Visit us online at www.hermistonrecreation.com

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**Snow Days at Sunset**

Who says you can’t play in the snow in Hermiston? Well if it does not come naturally, we’re prepared to make it! When the right weather conditions occur, we’ll be out all night making snow creating our own sledding park. Conditions need to be at least in the mid 20’s or colder for a long enough period of time to make the necessary amount of snow. Since we cannot predict when the right conditions will occur, like us on Facebook to make sure you don’t miss out on the announcement.

- **Date:** A cold day
- **Time:** Until the snow melts
- **Location:** Sunset Elementary Hill (The old Armand Larive)
- **Cost:** FREE

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**Flashlight Easter Egg Hunt**

The Easter Bunny won’t be getting any sleep this Easter. Thousands of filled eggs will be hidden. Each participant will use his/her flashlight to find eggs in the dark. It is advised for parents to stay with their children during the event but let the children gather the eggs. Don’t forget to show up early and bring your basket and flashlight.

- **Day:** Friday
- **Dates:** April 3rd
- **Time:** 8:15pm
- **Ages:** 10 years and under
- **Cost:** Free
- **Location:** Butte Park

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**Kid’s Fishing Derby**

**Sponsored by Tom Denchel Ford**

Enjoy a day of fishing with the kids. Many trout will be stocked in McNary Ponds for this event. Special fish will be tagged for prizes. All normal fishing regulations are in effect. Bring your own fishing pole and gear; some loaner poles may be available. An adult must accompany all children. Each fish caught must be reeled in by a child 2-12 years old.

- **Day:** Saturday
- **Dates:** April 18th
- **Times:** 10:00am-Noon
- **Cost:** Free
- **Ages:** 2-12 years
- **Location:** McNary Ponds

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**Employment Opportunities**

Working for the Hermiston Parks and Recreation Department can be a great seasonal opportunity and a lot of fun. We have immediate needs for referees in youth and adult basketball and volleyball. Summer opportunities will be available at the Aquatic Center at the front desk, concessions, swim lessons, and lifeguarding. Opportunities are also available with many of our summer camps. Applications for summer employment will start being accepted in mid-March with interviews throughout April.

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**Eastern Oregon Arts Festival**

**Sponsored by the Desert Arts Council**

Formerly known as the Hermiston Artwalk, the Eastern Oregon Arts Festival hosts many artists from around the region showing and selling all types of artwork. Come down onto Main Street in Hermiston to check out the artists’ displays, music, student art exhibit, food, and much more!

- **Day:** Saturday
- **Date:** May 9th
- **Location:** Main Street Downtown Hermiston

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**Arbor Day Tree Give-Away**

**Sponsored by Hermiston Rotary Club**

In celebration of Arbor Day, free trees will be given away to all who are willing to plant them. The event goes on until all trees are given away. Experience has shown that you want to arrive early because the trees go quickly. A list of tree varieties available will be provided closer to the event.

- **Day:** Saturday
- **Date:** April 4th
- **Time:** 9:00am
- **Location:** Smitty’s Ace Hardware Parking Lot

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Early Bird Registration

Make sure you don’t miss out on our very popular summer camps, special events, and swim lessons. Online registration for swim lessons and summer camps will begin April 27th. Summer camps will be discounted 15% until May 5th at 5PM. For those who do not have easy access to the internet, you will be able to register in person at the Parks and Recreation office at the dates and times listed below.

Days: Wednesday-Friday
Date: May 6th-8th
Time:  Wednesday 4:00pm-7:00pm
       Thursday 9:00am-12:00pm
       Friday 2:00pm-5:00pm
Location: Parks and Recreation Office at City Hall

Drama Class Performance of “Beauty and the Beast”

Sponsored by Desert Arts Council

Everyone is welcome to join us at the Hermiston Conference Center to watch a performance of “Beauty and the Beast.” Our drama class participants have been working hard for weeks to prepare this performance for you. There will be two showings. Come to one or both and support our young actors. Proceeds will help support the costumes and stage props.

Performance #1  Tuesday, April 28th
Performance #2  Wednesday, April 29th
Time: 6:30pm
Location: Hermiston Conference Center
Cost: $2 pre-ordered through Parks and Recreation
      $3 at the door

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Hermiston, OR
Call Today: 541-567-2018
Parent Education Classes

Parenting Education classes are supported by the Oregon Parenting Education Collaborative and funded by the Oregon Community Foundation. Classes are open to all community members. To get more details on these and other classes, visit our website at www.umchs.org, and click on the Parent Education Opportunities logo. You must pre-register for all classes. Please call 541-564-6878 to get more details.

Incredible Years/Hermiston

The Incredible Years is a 10-week class that will be offered in Hermiston in January, February and March. Designed for parents of 2 – 8 year olds, Incredible Years assists parents in managing their children’s behavior. The class addresses setting limits, problem behaviors, consequences, rewards, praise and effective communication. The class will begin Wednesday, January 14, and will be held each Wednesday from 5:30 p.m. to 7:30 p.m., through March 18. Classes will be held at the Hermiston First United Methodist Church, 191 East Gladys Avenue. There is no cost to attend the class, and child care will be provided. To register, call Joan at 541-564-0885 or Mary Lou at 541-564-6878.

Abriendo Puertas - Opening Doors/Umatilla

Offered in Spanish

Abriendo Puertas - Opening Doors, an evidence-based parent leadership program designed for parents of newborns to 6 year olds, will be offered in Umatilla beginning in January. The interactive curriculum focuses on cultural values, key strengths, and experiences of families. Parents will prepare for their children’s success in school, get information about resources and services, and interact with other parents. The ten-session course begins on Thursday, January 15, 2015, and ends on March 19. Each session runs from 6:00 p.m. to 8:00 p.m. on Thursday evenings, at McNary Heights Elementary School, 120 Columbia Boulevard. The class is free and child care is provided. To register, contact Lourdes at 541-922-3482 or Mary Lou at 541-564-6878.

The 4 Cornerstones of Financial Literacy/Boardman

A “Four Cornerstones of Financial Literacy” training will be offered in Boardman, beginning February 26, 2015. The curriculum teaches economic empowerment skills and financial knowledge. Participants will create a spending plan, improve debt to income ratios, build a good credit rating and explore consumer protection. The four-session class will be held on February 26, and March 5, 12 and 19. Each session runs from 6:00 p.m. to 8:00 p.m. on Thursdays, at Windy River Elementary School, 500 Tatone Street. The class is free, and child care is provided. To register, contact Carmen at 541-481-3254 or Mary Lou at 541-564-6878.

Incredible Years: Toddlers/Hermiston

An Incredible Years Toddler class will be offered in Hermiston beginning in April 2015. The 6-session class includes information on developmental milestones, positive discipline techniques, praise and encouragement, and handling misbehavior. Sessions begin on Wednesday, April 15, and continue until Wednesday, May 20, and are scheduled from 5:30 p.m. to 7:00 p.m. There is no cost for the class, and child care will be provided. Sessions will be held at the Hermiston First United Methodist Church, 191 East Gladys Avenue. To register, contact Mary Lou at 541-564-6878.

I CAN Keep My Child Healthy/Umatilla & Boardman

Parents and caregivers seeking skills for managing their children’s health are invited to “I Can Help My Child Stay Healthy” classes in Umatilla and Boardman. Learn how to keep children safe and healthy, what to do when children get sick or hurt, and when to visit the doctor. Participants receive a free reference handbook, “What To Do When Your Child Gets Sick.”

The Boardman class is scheduled for Thursday, April 2, 2015, from 6:00 p.m. to 8:00 p.m. at Sam Boardman Elementary School, 301 Wilson Lane. To register, contact Carmen at 541-481-3254 or Mary Lou at 541-564-6878.

The Umatilla class is scheduled for Wednesday, April 22, 2015, from 6 p.m. to 8:30 p.m. at McNary Heights Elementary School, 120 Columbia Boulevard. To register, contact Mary Lou at 541-564-6878. There is no fee for either class, and child care is provided.
Air leaks and inadequate insulation waste a lot of energy used to heat and cool your home. Umatilla Electric can recommend a contractor to help you weatherize your home, keeping you more comfortable year round and help you save money on your energy bills.

With the right upgrades you could also be eligible for incentives from UEC. Take control of energy waste and make your home A Good Place To Be. For more information about our weatherization program, visit the Umatilla Electric website at www.umatillaelectric.com or call (541) 564-4378.

Fighting home energy waste — that's what heroes do.
Kids Package
2 Complete Pairs for $79.00
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SPECIAL
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Plastic lenses. Some restrictions may apply

Marcia Lambert, LDO
Monday-Friday 10am-6pm • Open Saturday 10am-2pm
(541) 567-3790 • 1045 N 1st, Hermiston (next to Nickel Want Ads)

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Health Education & Wellness
offered by
Good Shepherd Medical Center

• Living Well classes
• Powerful Tools for Caregivers
• Alzheimer’s / Dementia talks
• Diabetes Prevention Program
• Quit Smoking / Tobacco help
• Babysitting Basics
• CPR/First Aid classes

Check out pages 20-22 for complete listings
541-667-3509

Vinyl
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Soccer Registration

SAVE TIME ON REGISTRATION DAY
REGISTER on-line! Complete your registration AND pay online with credit/debit or e-check. Visit www.EAYSO.org to access the online system; it’s quick, easy and secure. You MUST bring two signed copies of the completed player application to one of the on-site registrations. There will be an express line for those who have registered AND paid online.

Players must be at least 4 and no older than 13 by July 31, 2015

Practices will begin some time during the first week of August and games will begin during the last week of August and end around the end of October. Game days vary by division. Game schedules will be handed out by the coach at the beginning of the season. Players are required to wear properly fitting shin guards at all practices and games. Players are expected to attend practice games and games and notify coach in advance of absence.

VOLUNTEERS NEEDED:
We are in need of volunteers – especially coaches, referees and board members. Free training and equipment provided. Please visit www.EAYSO.org to apply and visit our volunteer table at registration.

Visit our Website at: www.HermistonAYSO.org
Follow us on Facebook “Columbia United Soccer” for up-to-date information now and throughout the season
30TH DAC SEASON DESERT ARTS 2014 - 2015 EVENTS

Dancing with the Hermiston Stars

January 10th, 2015
Hermiston High Auditorium | Door Open 6:30pm | Performance 7pm
Advance Tickets: Adults $30 | Children $15 | Tickets at the door: Adults $35 | Children $20

Tickets outlets:
Hermiston Chamber of Commerce | Hermiston City Parks & Recreation
You can also purchase tickets at these outlets:
www.desertarts council.com | 541.567.1800

Cirque Zumazuma
February 27th, 2015
Hermiston High Auditorium
Door Open 6:30pm
Performance 7pm
Advance Tickets: Adults $35 | Children $17.50
Tickets at the door: Adults $40 | Children $22.50

Tickets outlets:
Hermiston Chamber of Commerce | Hermiston City Parks & Recreation
415 S. Highway 395, Hermiston, OR 97838
180 NE 2nd St., Hermiston, OR 97838
You can also purchase tickets at these outlets:
www.desertarts council.com | 541.567.1800

Arts Festival
May 8 - 9
Downtown Hermiston

Ticket outlets:
Hermiston Chamber of Commerce
415 S. Highway 395 Hermiston, OR 97838
Hermiston City Parks & Recreation
180 NE 2nd St., Hermiston, OR 97838

You can also purchase tickets and packages as well as detailed event information at:
www.desertarts council.com
541.567.1800
Season tickets will be on sale in August of 2014.
For the latest information, visit our facebook page.
COLUMBIA COURT CLUB
www.columbiacourtclub.com
541-567-5827

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  • Indoor Gym • Indoor Track
  • State of the Art Exercise Equipment
*Limited Time Offer

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Hermiston
541-567-5745

Mon-Fri 9am-5:00pm
Sat & After Hours by Appointment

Like us on
Hermiston Public library likes to offer infant, toddler, pre-school, school age, teen, and family programs. With the help of our community we are able to offer these programs at no charge. Changes, additions, or cancellations will be announced on the library’s web calendar that can be accessed from www.hermistonlibrary.us.

Ongoing Programs

The library’s **Teen Advisory Council** meets on the third Monday of every month during the school year. Teens help plan events and choose library materials. All teens in grades 6-12 are welcome to attend. See the Hermiston Public Library web site calendar for up-dates on Teen events scheduled.

**Bookminders**, our adult book club, meets on the second Wednesday of the month from 11:30 a.m. – 1:00 p.m.

**The Friends of the Library** holds their meetings every third Wednesday of the month at 6:00 p.m. Members of the public are welcome to attend. Stop by a meeting and get in-volved.

**Knitting Club** open to all meet every Thursdays at 6:00 p.m.

**Adult, children and teen programs** are scheduled throughout the year. Check our web site calendar for details @ www.hermistonlibrary

**Baby Boogie** is held every Wednesday at 10:00 a.m. Entrance is through the back of the library. Take either the stairs or the elevator. This wonderful program is aimed for infants from birth to 18 months. We invite you to come and have a fun time with your child and meet other parents.

**Tappin’ Toddlers** is a program that has been created to serve the needs of children that are too old for the Baby Boogie program. This program is for 2-3 year olds. It also begins at 10:00 a.m. every Wednesday. Entrance is also through the back of the library.

**Story times** are held at the library at 11:15 a.m. on Wednesdays and repeated on Fridays at 10:15 a.m. Story time includes reading books, doing finger plays, and completing a short craft. Each week there is a different theme.
**Exercise & Fitness**

**NEW CLASS! Zumba Gold®**
Make a PARTY out of your workout! Zumba Gold® is a fun dance-fitness class that lets you move to the beat at your own speed. Come and exercise to the rhythm of Latin music and international beats. We set the rhythm, YOU set the pace. Perfect for ALL ages and physical abilities!

**Days:** Wednesdays beginning January 7

**Time:** 9:00 am – 10:00 am

**Place:** GSMC Wellness Center (behind the hospital)

**Instructor/Fees:** Rosario Tello. $5 per session. Series discounts available.

**Info:** Limited space available. Call to register: Call 541-667-3509

**Beginning Karate**
Improve balance, coordination, learn basic self-defense, get in shape, and have fun!

**Days:** Tuesdays & Thursdays

**Times:** 5:00pm: Juniors (ages 8+ only) 6:00pm: Open to all

**Place:** GSMC Wellness Center (behind the hospital)

**Instructor/Fees:** Chanty Pin, Second Degree Black Belt, (541-720-9178)

**Tai Chi**
Work on balance and strengthening—great for all ages! Chen style & Yang style taught. Try one class FREE!

**Days/Time:** Monday & Wednesdays, 5:30-6:30pm

**Fridays, 9:15-10:15am**

**Place:** GSMC Wellness Center (behind the hospital)

**Instructor/Fees:** Tom Bailor: 541-969-1361 Email: tebailor@hotmail.com

**Bellydance Basics**
Work on balance, joint mobility, flexibility, strength and isolation. No prior dance experience necessary. Great FUN for all sizes, shapes and ages! Per class payments or monthly payment w/discount available.

**Days:** Fridays

**Time:** 6:30-8:00pm

**Place:** GSMC Wellness Center (behind the hospital)

**Instructor/Fee:** Sahara Christine Sabri: 541-571-7532

**Pregnancy, Childbirth, Child Care**

**Birthing Classes**
Two-day (Friday evening & Saturday) course to promote family bonding and initiate infant care: to prepare each mother and birth partner for a knowledgeable, rewarding and sharing childbirth experience; to prepare the expecting couple for the hospital experience. Wear comfortable clothes, bring two pillows, a birthing partner or coach. One hour break for lunch on Saturday.

**Dates:** Jan 9 & 10, Feb 13 & 14, Mar 13 & 14, Apr 10 & 11

**Times:** Fridays: 6:30-8:30pm, Saturdays: 9:30am-3pm (lunch on your own from 12-1)

**Place:** GSMC conference room

**Fees:** $55 (covered by EOCCO and many insurance plans)

**Registration:** Call 541-667-3509 to pre-register.

**Early Pregnancy Class**
One FREE class focusing on the first six months of pregnancy. Healthcare professional speakers will provide presentations on topics that include: medication use, exercise, diet, breastfeeding and many other helpful subjects. Free but please pre-register.

**Dates:** Monday, Jan 5

**Times:** 6:30pm-8:30pm

**Place:** GSMC Conference Center 1

**Instructor:** Glaya Baker, RN, IBCLC

**Info:** Call 541-667-3509 to pre-register

**Breastfeeding Classes:**
Want to make your breastfeeding experience the best for you and your baby? One night class covers breastfeeding benefits, pumping and much more! Come to this FREE class, taught by a certified lactation consultant, and learn techniques that make for a successful experience. Free but please pre-register.

**Dates:** Jan 7, Feb 4, Mar 4, Apr 1

**Times:** 12-1:30pm

**Place:** GSMC conference room 3 & 4 (by the cafeteria)

**Info:** Call 541-667-3509 to pre-register

**Living Well with Chronic Conditions:**
You will get the support you need and find positive and practical ways to deal with chronic health issues. This life-changing event helps you make a step-by-step plan to improve your health...and your life. Six weekly classes. Please pre-register.

**Dates:** Six weekly sessions: Starting Jan 7

**Times:** 6:00-7:30pm

**Place:** GSMC Conference room

**Info:** Call 541-667-3509 to register

**Fee:** $5.00 for take-home book

**Babysitting Basics 101**
For babysitters ages 10-15. Learn childcare techniques, children’s developmental stages and what to expect, basic first aid and infant and child CPR. Choose any one of the following classes:

**Dates:** Saturdays: Jan 10, Mar 14, May 9

**Times:** 9:00am-3:00pm

**Place:** GSMC conference room

**Fees:** $30, includes lunch & all class materials

**Pre-register:** Call 541-667-3509. Must pre-register & pre-pay.
Powerful Tools for the Caregiver:
Powerful Tools for Caregivers is a FREE educational series designed to provide you, the caregiver, with the tools you need to take care of yourself. It can help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions, and locate helpful resources. Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for your life. Classes are FREE, thanks to support from the CAPECO Area Agency on Aging, Guardian Angel Homes, Alzheimer’s Association and Good Shepherd Medical Center. Class size is limited; pre-registration is required.

Dates: Six weekly sessions, Mondays, starting Jan 12
Times: 2:00 – 4:30 pm
Place: GSMC conference rooms 3 & 4 (by the cafeteria)
Info/Registration: Call Helena, Co-facilitator, 541-561-5443

Dementia:
FREE presentations by Jennifer Baus from the Alzheimer's Association as she provides information on the types of dementia, how to recognize them and an in-depth talk about what it all means.

Topic/Date: Dementia: Early Signs: Feb 5
Topic/Date: Dementia In-Depth Discussion: Apr 2
Times: 6-7:00pm
Place: GSMC conference room l
Info: Call 541-667-3509

Diabetes Prevention Program:
If you are at risk for type 2 diabetes, then it’s time to take charge of your health. Trained lifestyle coaches will guide and encourage you in gaining skills to lose weight and reduce your risk of diabetes. These FREE classes are offered by CAPECO and Good Shepherd Medical Center.

Dates: Weekly for 16 weeks, then monthly: Begins Monday, Mar 2
Times: 2:30-4:30pm
Info/Registration: Call 541-667-3509 to register

Know Your Numbers:
Visit our trained health educator as she offers free blood pressure checks at the Hermiston Senior Center to encourage everyone to know their blood pressure numbers. We know that one in three adults has high blood pressure and if it’s detected early, can be successfully managed. Take advantage of the free checks to lower your risk of stroke and heart attack.

Dates: First and third Tuesday of every month
Time: 11:00am-12:00pm
Place: Hermiston Senior Center

Grief Share
A FREE Faith-Based grief program coordinated between Vange John Memorial Hospice, New Hope Church, and Sun Terrace. Meetings are 1pm every Wednesday at Sun Terrace (1550 NW 1st Street), Call 541-667-3543, 541-567-8441 or Beth at Sun Terrace, 541-564-2595.

FREE Help with Medicare
The Hermiston SHIBA (Senior Health Insurance Benefits Assistance) Office has trained volunteers to help you with Medicare questions. This free service is available to people with Medicare, or eligible for Medicare) and their families, and caregivers. One-on-One Consultations:

One-on-One Consultations:
Location: Good Shepherd Medical Center, Education Department
Info: Call 541-667-3507 to schedule an appointment with a trained volunteer

Safe Communities
Co-sponsored by Good Shepherd and ODOT we share, plan and carry out local activities that promote traffic-related safety strategies. Free monthly safety luncheon where we discuss how to make safety a priority in our communities and put planning into action!

Dates: Second Wednesday of every month
Time: 12:00-1:00pm (lunch provided)
Place: GSMC Conference Center room 2
Info: Call Mary Fraser, Safety Coordinator 541-667-3472

Healthy Saturdays
ake a few moments out of your weekend to visit Good Shepherd’s community health for free screenings. Health educators will be there to provide free blood pressure checks, weigh-ins, body mass index, health screenings (cholesterol and glucose checks) as well as health information sharing. This is an excellent opportunity for you to move towards better health, in a relaxed and friendly atmosphere.

Dates: Second Saturday of every month
Place: GSMC Education Department
Time: 10.00am-12:00pm
Info: Call Kathy Thomas, Certified Health Educator, 541-667-3502

Tobacco Free
Have you tried to quit tobacco, but found you needed support? Contact our tobacco cessation specialist to schedule your free consultation. We know that quitting tobacco isn’t easy, and there is no one-size-fits-all solution. We tailor an approach to give you the best chance of success. Group sessions can also be scheduled by employers. Call 541-667-3502 for more information or to schedule an appointment.

File of Life
Learn about the importance of having an advance directive and an accurate health record for emergency & /or life threatening situations. Receive a FREE packet--Call 541-667-3509.

Diabetes Education*
Classes offered in group or individual format and taught by Certified Diabetes Educators. Comprehensive classes facilitate long-term self-management of diabetes. GSHCS’s Diabetes Education Program has been Recognized by the American Diabetes Association for Quality Self-Management Education*. For information call 541-667-3517.

City of Hermiston
2015 Winter Parks & Recreation Guide
Life Saving Techniques

CPR and First Aid classes taught according to American Heart Association (AHA) guidelines. CPR class includes adult, child and infant CPR and AED instruction. First Aid class covers basic techniques for providing first aid assistance. Layperson & Healthcare provider classes available. Online versions available for all CPR & First Aid training. Call 541-667-3509 for info. Must pre-register and pre-pay.

- **CPR / AED** (taught in one, three hour class)
  - Dates: Jan 5, Feb 2, Mar 2, Apr 6, May 4
  - Times: 6:00-9:00pm
  - Fee: $30

- **First Aid** (taught in one, three hour class)
  - Dates: Jan 12, Feb 9, Mar 9, Apr 13, May 11
  - Times: 6:00-9:00pm
  - Fee: $30

- **CPR / AED & First Aid Combo** (taught in one, six hour class)
  - Dates: Jan 16, Feb 20, Mar 20, Apr 17, May 15
  - Times: 9:00am-3:00pm Fee: $60

- **Healthcare Provider (HCP) CPR Renewals**
  - Dates: Jan 23, Feb 27, Mar 27, Apr 24, May 22
  - Times: 9:00am-12:00pm
  - Fee: $30

- **HCP CPR Initial Training** Online version available—live skills check off done by GS AHA instructors. Call for information on online program and skills check off.

Red Cross Blood Drives

American Red Cross Blood Drives are held 3rd Monday of each month.

- Dates: Jan 19, Feb 16, Mar 16, Apr 20, May 18
- Times: 1:00-6:00pm
- Place: GS Medical Office Plaza (620 NW 11th), meeting room MO2
- Info/Appt: To schedule an appointment call 541-667-3543

Support Groups

### Breast Cancer Support Group
For all breast cancer patients, from newly diagnosed to long time survivors. Join us as we support each other on our journey and help us share in the hope found in our sisterhood.

- **Dates:** Meets on the third Monday of each month
- **Times:** 6:30-8:00pm
- **Place:** GS Medical Office Plaza (620 NW 11th), meeting room MO2
- **Info:** Call Karen (541-561-6522), Shari (541-561-7407) or Esmeralda (541-720-7595 for Spanish speaking participants)

### Multiple Sclerosis Support Group
Support group is for people with Multiple Sclerosis, family members, care takers or those who would like to learn more.

- **Info:** Call Kathy (541-922-2753) or John (541-564-8104)

### Diabetes Support Group
Support group for people dealing with a new or long-term diagnosis of diabetes. Meetings will have an educational presentation as well as group discussion.

- **Dates:** Meets on the third Tuesday of each month
- **Times:** 1:00-2:30pm
- **Place:** GSMC Community Wellness Center (behind the hospital)
- **Info:** Call Marian (541-377-9761) or Sharon (541-626-1339)

### Alzheimer's Support Group
Date: Meets the first Monday of each month

- **Time:** 1:00pm
- **Place:** GS Medical Office Plaza (620 NW 11th St.), meeting room MO2
- **Info:** Facilitators: Carol & Charles: 541-720-4256 or 541-567-9420

### Hope for Healing Support Group
Free, ongoing bereavement support group dealing with loss and grief issues.

- **Dates:** Second & fourth Mondays of each month
- **Times:** 6:30-8:00pm
- **Place:** GS Medical Office Plaza (620 NW 11th), meeting room MO2
- **Info:** Call 541-667-3543

### Parkinson’s Disease Support Group
New support group available for people living with Parkinson’s disease and their loved ones! Peer-led group will help you learn about the disease, exchange information, give and receive mutual support, and talk about coping skills.

- **Date:** Meets the first Monday of each month
- **Time:** 1:00pm
- **Place:** GS Medical Office Plaza (620 NW 11th St.), meeting room MO2
- **Info:** Facilitators: Carol & Charles: 541-720-4256 or 541-567-9420

Stop by and visit the Good Shepherd Health Information Center!

Open 10:00 am to 4:00 pm Monday thru Friday.

Pick up brochures, pamphlets, books, videos or request an in-depth Internet search on a variety of health topics.

For information on upcoming classes or health topics, call: 541-667-3509 or e-mail: healthinfo@gshealth.org
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Sign Up Today
Summer jobs available at the Hermiston Family Aquatic Center. Pick up applications starting in March at City Hall. A swim test is required as part of the interview process. Call (541) 667-5012 for more details.

You must be at least 15 years old.

American Red Cross
Americans Hockey
Friday, February 27th
Tickets: Adults $16, Seniors $14, Teens $11, Youth $9

Group Nights at the Tri-Cities
Toyota Center
Fever Football
Friday, April 17th
Tickets: Midfield $16, Lower Heat $12, Upper Heat $9

Tickets can be purchased at the Hermiston Parks and Recreation Department at 180 NE 2nd Street.
For questions, call (541) 667-5018 or email parksandrec@hermiston.or.us
Picnic Shelters Rental
No Refunds

Beginning January 1, 2015, shelters can be reserved from April 1 through October 31 for the following fees:

<table>
<thead>
<tr>
<th>Picnic Shelters</th>
<th>Rental Period</th>
<th>Early 8am-2pm</th>
<th>Late 3pm-9pm</th>
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<tr>
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<td>Resident</td>
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<tr>
<td>Victory Sq. Park</td>
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SESSIONS

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- Electricity
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Event-tent rental

- 78'x40' $100 for 4 hours
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Athletic Lights

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Left to Right: Stephanie Hasty, Shilo Svetich, Denise Simmons and Tina Perkins

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**Park Rules - City Code 93.04**

- Park Hours are Sunrise to Midnight unless otherwise posted
- No alcohol or controlled substances
- No motorized vehicles
- No fires, fireworks and firearms
- Pets on leash only, clean up after pets, No horses
- No overnight parking or camping
- No damaging or defacing public property
- All trash must be placed in approved containers
- No excessive noises that disturb others
- No unauthorized commercial activities
<table>
<thead>
<tr>
<th>ACTIVITIES/SERVICES</th>
<th>ORGANIZATIONS</th>
<th>E-MAIL ADDRESS</th>
<th>CONTACT NUMBER</th>
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<tr>
<td>Art Classes</td>
<td>City Of Hermiston</td>
<td><a href="http://www.hermistonrecreation.com">www.hermistonrecreation.com</a></td>
<td>541-667-5018</td>
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<td>Adult Basketball</td>
<td>City Of Hermiston</td>
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<td>541-667-5018</td>
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<td>Adult Softball</td>
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<td>Youth Basketball</td>
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<td>Dance/Gymnastics</td>
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<td>Youth Golf Program</td>
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<td>Classes/Programs</td>
<td>Hermiston Public Library</td>
<td><a href="http://www.hermistonlibrary.us">www.hermistonlibrary.us</a></td>
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<td>Adult Soccer</td>
<td>Men's Latino League</td>
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<td>Adults Soccer</td>
<td>Women’s League</td>
<td><a href="mailto:gardoall1126102720@hotmail.com">gardoall1126102720@hotmail.com</a></td>
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<td>Youth Soccer</td>
<td>Ayso Commissioner</td>
<td><a href="http://www.hermistonayso.org">www.hermistonayso.org</a> / <a href="mailto:stevenenger5@msn.com">stevenenger5@msn.com</a></td>
<td>541-701-1641/571-2442</td>
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<td>Basketball</td>
<td>AAU/HYBA</td>
<td><a href="http://www.hyba2013@yahoo.com">www.hyba2013@yahoo.com</a></td>
<td>541-567-2594</td>
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<td>Grid Tackle Football</td>
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<td><a href="mailto:tntpalmer2@msn.com">tntpalmer2@msn.com</a></td>
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<td>Hermiston Little League</td>
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<td>Baseball</td>
<td>Hermiston American Legion</td>
<td><a href="mailto:lance.hawkins@hermiston.or.us">lance.hawkins@hermiston.or.us</a></td>
<td>541-667-6115</td>
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<td>Youth Lacrosse</td>
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<td><a href="http://www.tntpalmer2@msn.com">www.tntpalmer2@msn.com</a></td>
<td>541-571-8680</td>
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<td>Dance</td>
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<td>Dance/Gymnastics</td>
<td>Totally Kids Performing Art/Gym</td>
<td><a href="http://www.totallykidsslc.weebly.com">www.totallykidsslc.weebly.com</a></td>
<td>541-567-4627</td>
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<td>Music Group</td>
<td>Inland NW Musicians</td>
<td><a href="http://www.inlandnorthwestmusicians.com">www.inlandnorthwestmusicians.com</a></td>
<td>541-377-1865</td>
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<td>Archery</td>
<td>NE Bowhunters</td>
<td><a href="http://www.northeastbowhunter.org">www.northeastbowhunter.org</a></td>
<td>541-571-4055</td>
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<td>Hunter Safety Class</td>
<td>Oregon Fish &amp; Wildlife</td>
<td><a href="mailto:dmock21@charter.net">dmock21@charter.net</a></td>
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<td>community Services</td>
<td>Capeco</td>
<td><a href="http://www.capeco-works.org">www.capeco-works.org</a></td>
<td>541-567-7889</td>
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<td>Childcare</td>
<td>Child Care Resources &amp; Referral</td>
<td><a href="mailto:ccr@umchs.org">ccr@umchs.org</a></td>
<td>541-567-6878</td>
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<td>Educational Classes</td>
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<td><a href="mailto:ccr@umchs.org">ccr@umchs.org</a></td>
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<td>Wellness Activities</td>
<td>Good Shepherd Medical</td>
<td><a href="http://www.gshealth.org">www.gshealth.org</a></td>
<td>541-667-3509</td>
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<td>Golf</td>
<td>Echo Hills Golf Course</td>
<td><a href="http://www.echohillsgolfcourse.com">www.echohillsgolfcourse.com</a></td>
<td>541-376-8244</td>
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<tr>
<td>Golf</td>
<td>Big River Golf Course</td>
<td><a href="http://www.golfbigriver.com">www.golfbigriver.com</a></td>
<td>541-922-3006</td>
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<td>Bowling</td>
<td>Hermiston Desert Lanes</td>
<td><a href="http://www.bowldesertlanes.com">www.bowldesertlanes.com</a></td>
<td>541-567-6364</td>
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<tr>
<td>Tennis</td>
<td>Tennis Camps/Instructions</td>
<td><a href="mailto:rachelcarter6060@yahoo.com">rachelcarter6060@yahoo.com</a></td>
<td>541-667-6118</td>
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<tr>
<td>Youth Track Program</td>
<td>Little Hurricanes</td>
<td><a href="mailto:sarajane.gutierrez@hermiston.or.us">sarajane.gutierrez@hermiston.or.us</a></td>
<td>541-377-1430</td>
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<td>Special Olympics</td>
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<td>541-564-1456</td>
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<td><a href="mailto:umhsg@yahoogroups.com">umhsg@yahoogroups.com</a> / <a href="mailto:marceemoo@aol.com">marceemoo@aol.com</a></td>
<td>541-564-2096</td>
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<td>Wrestling</td>
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<td><a href="mailto:gregorio.d.cortabarrera.mil@mail.mil">gregorio.d.cortabarrera.mil@mail.mil</a></td>
<td>541-969-0677</td>
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<td>Tae Kwon Do</td>
<td>E.O. Family Tae Kwon Do</td>
<td><a href="mailto:evwatson24@hotmail.com">evwatson24@hotmail.com</a></td>
<td>541-449.3341</td>
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<td>Martial Arts</td>
<td>Hermiston School Of Karate</td>
<td><a href="http://www.tmaakarate.com">www.tmaakarate.com</a></td>
<td>509-308-6046</td>
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<td>Roller-Derby</td>
<td>Hermiston Melon Smashers</td>
<td><a href="mailto:hmsrollerderby@gmail.com">hmsrollerderby@gmail.com</a></td>
<td>541-922-8202</td>
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</table>
Health Education & Wellness offered by Good Shepherd Medical Center

- Living Well classes
- Powerful Tools for Caregivers
- Alzheimer’s / Dementia talks
- Diabetes Prevention Program
- Quit Smoking / Tobacco help
- Babysitting Basics
- CPR/First Aid classes

Check out pages 20-22 for complete listings

541-667-3509
Disney's Beauty and the Beast Jr.

April 28th & 29th

Hermiston Conference Center Theater

Performed by the Hermiston Parks and Recreation Drama Class

Tickets can be purchased at the Hermiston Parks and Recreation office. Tickets are $2 when purchased in advance or $3 at the door.