



# ACTIVITY GUIDE

SUMMER 2026



EVENTS  
SWIM LESSONS  
SUMMER CAMPS  
YOUTH & ADULT SPORTS

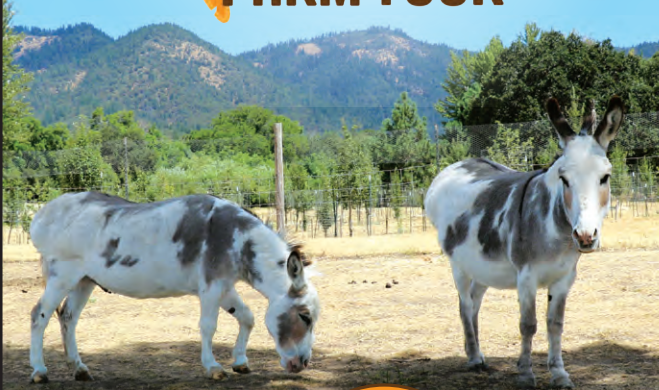
COMMUNITY  
THRIVES HERE

**MEDFORD**  
PARKS, RECREATION AND FACILITIES

# Please Support Our Sponsors


**Medford Food Coop**  
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Week long camps operating throughout June & July | Ages: 4-12

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

CAMP LATGAWA IN EAGLE POINT



A service of **LA CLINICA**

# A Message from Medford Parks, Recreation and Facilities

Every January, the City of Medford asks residents to fill out online surveys rating the effectiveness and quality of parks maintenance efforts and recreation services during the previous calendar year. Many thanks to the several hundred people who completed these surveys.

The annual survey data serves as the Parks and Recreation Department's report card, and our leadership team analyzes every data point and open-ended comment. It's one of several ways we foster continuous improvement and demonstrate responsiveness to taxpayers.

The 2025 survey results reaffirm what the Department does and how it's done. Nearly nine of every 10 residents are satisfied with the job we're doing. Overall satisfaction with park maintenance is 87.4% - the highest score in 11 years of annual survey data. On the recreation side, citizen satisfaction rating is 88.5%. These are great grades considering the volume of people served by parks and recreation facilities.

Speaking of Department responsiveness to citizens, Summer 2026 will feature the grand opening of two major recreation amenities at Howard Memorial Sports Park, south of the Rogue X: the 19-court Lithia & Driveway Pickleball Park and four sand volleyball courts. These facilities address the top two recreation facility requests the City received during the 2024 Parks and Recreation Strategic Plan public-input process.

We're also pleased to partner with Southern Oregon Veterans Benefit and Howard Memorial Sports Park, Inc. in the completion of the 75%-to-scale Vietnam Memorial Wall replica. An official unveiling ceremony is planned for Memorial Day afternoon, May 25.

Thank you for helping make Medford's park and recreation system one of the best for our size in the country.

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Splash Pad at Rogue X

# Registration & Payment

*Pre-registration with payment is required for all activities, except where noted.*

**Prorated registration is available for some classes. Please check online class descriptions for more information.**

-  **Online:** Playmedford.com. Click the link 'Register for a program'. Pay by credit card.
-  **Walk-in:** Santo Community Center or Rogue X
-  **Phone:** Call 541.774.2400 and pay by credit card. *Receipts are emailed for phone registrations*
-  **Checks & Money Orders:** Payable to City of Medford
-  **Cash:** In-person only
-  **Cards:** Debit, Visa or MasterCard
-  **Scholarships & Gift Certificates:** Ask us about available options!

**Cancellations & Refunds:** Submit requests during regular business hours.

**R=Resident, NR=Non-Resident**

*Resident is defined as any individual living in Medford, OR or pays a monthly utility bill for a residence within the city limits.*

## SCHOLARSHIPS

Partial youth scholarships for select Medford Parks & Recreation activities are available for Medford residents or students who attend 549C schools. Funding is made possible by the Medford Parks and Recreation Foundation. Applications available online. For more info, go to page 12.

Para información sobre becas ver la página #12



## MANERAS DE REGISTRAR

-  **Teléfono:** Llámenos al 541-774-2400 y paguen con Visa / Mastercard.
-  **En línea:** Visita playmedford.com dónde se puede registrar y pagar con Visa / Mastercard.
-  **En persona:** Visítenos en el Santo Community Center o Rogue X, dónde el pago se puede hacer con Visa, MasterCard, dinero en efectivo o cheque.

*Se requiere el pago en el momento que se registra para una clase. No podemos guardar el espacio para los que no pagan en el momento de la inscripción.*

*Special thanks to Jim Craven & Michael D. Davis for applying their photography talents to the guide.*



# MEDFORD SENIOR CENTER

Visit: 510 E. Main Street, Medford, OR 97504  
Mail: P.O. Box 8719, Medford, OR, 97501  
Phone: 541-772-2273  
Email: info@medfordseniorcenter.org



## Weekly Activities

### Wednesdays

- 10 am—Stretch Class
- 11:30 am—Advanced Line Dancing

### Thursdays

- 12:30 pm—Line Dancing
- 10:45 am—Chair Yoga: \$5 paid to instructor

### Fridays

- 10 am—Stretch Class
- 11 am—Spanish Conversation Club
- 11:30 am—Lunch: \$5 members | \$7 non-members
  - Enjoy card and other table games after lunch until closing!



## TUESDAYS & SATURDAYS

Doors open at 10:00 am, close for play at 11:00 AM.

**GAMES FINISH FROM**

2:30-3:00 PM.

Become a member!  
Call or visit the front office during center hours.

510 E. Main St. | Hours: 9:00am—2:30pm | Days: Wed., Thurs. & Fri. | 541-772-2273 medfordseniorcenter.org

# Please Support Our Sponsors



For 80 years, we've been dedicated to strengthening the communities where we live, work, and play.

[lithia4kids.com](http://lithia4kids.com)

Lithia4Kids is part of the Lithia & Driveway family of brands.





# CITY OF MEDFORD SPOTLIGHT

## COUNCIL CONNECTION

What's your favorite summer activity in Medford?



Michael Zarosinski | Mayor:  
Taking advantage of warm evenings with family and friends—at the ballpark, on a patio, or in the backyard.

.....



Jessica Ayres | Ward 1:  
Enjoying the Medford Cruise in downtown.

.....



Mike Kerlinger | Ward 1:  
Taking motorcycle rides around town, spending evenings at Dunbar Farms, and playing softball at Lithia & Driveway Fields.

.....



John Quinn | Ward 2:  
Anything involving my two Labrador Retrievers.

.....



Zac Smith | Ward 2:  
Watching Movies in the Park with my family on beautiful summer evenings in the valley.

.....



Kevin Stine | Ward 3:  
Going to Rogue X with my daughter. She goes for a swim while I play basketball.

.....



Garrett West | Ward 3:  
Hiking in Prescott Park.

.....



Nick Card | Ward 4:  
Walking around and enjoying Bear Creek Park.

.....



Kevin Keating | Ward 4:  
Riding bikes around town and the Greenway, walking our Newfoundland around the Roxy Ann loop, and catching a Rogues game.



## COUNCIL TOWN HALLS

Medford residents are invited to attend upcoming town hall meetings focused on the City's **parks, streets, and neighborhood safety.**

These events provide an opportunity to hear from City leaders, learn about projects and developments, and ask questions.

The following town halls are scheduled:

### Thursday, April 23

Hosted by **Ward 1 & 3 Councilors and the Mayor**

- **5:30-6PM** | Community Meet and Greet
  - **6-7:30PM** | Panel discussion and moderated Q&A
- Location:** Cafeteria, North Medford High School  
(1900 N. Keene Way)

### Thursday, May 21

Hosted by **Ward 2 & 4 Councilors and the Mayor**

- **5:30-6PM** | Community Meet and Greet
  - **6-7:30PM** | Panel discussion and moderated Q&A
- Location:** Prescott Room, Medford Police Dept.  
(219 S. Ivy Street)

**All residents are welcome to attend either event.**

**Meeting locations are subject to change—  
for the most up-to-date information  
visit [medfordoregon.gov/townhalls](http://medfordoregon.gov/townhalls)**



## HOW TO GET INVOLVED

Attend City Council meetings: 1st & 3rd  
Wednesdays, 6:00 p.m. | City Hall, 411 W. 8th  
Street, Council Chambers (Room 300)

Apply to serve on a Board or Commission

Share your ideas,  
email: [council@cityofmedford.org](mailto:council@cityofmedford.org)

Learn more: [medfordoregon.gov](http://medfordoregon.gov)



# BE PREPARED: YOUR SAFETY STARTS WITH A PLAN

**Emergencies can happen anytime.** Planning ahead gives your household the best chance of staying safe. *For planning tips and printable checklists, visit [ready.gov](http://ready.gov).*

- ➔ **Stay Informed:** Know the risks—wildfires, floods, earthquakes, and extreme weather.
- ➔ **Make a Plan:** Know Your Zone and talk with family about how you'll communicate and reconnect during an emergency.
- ➔ **Build a Kit:** Have enough supplies to support your household for at least two weeks.

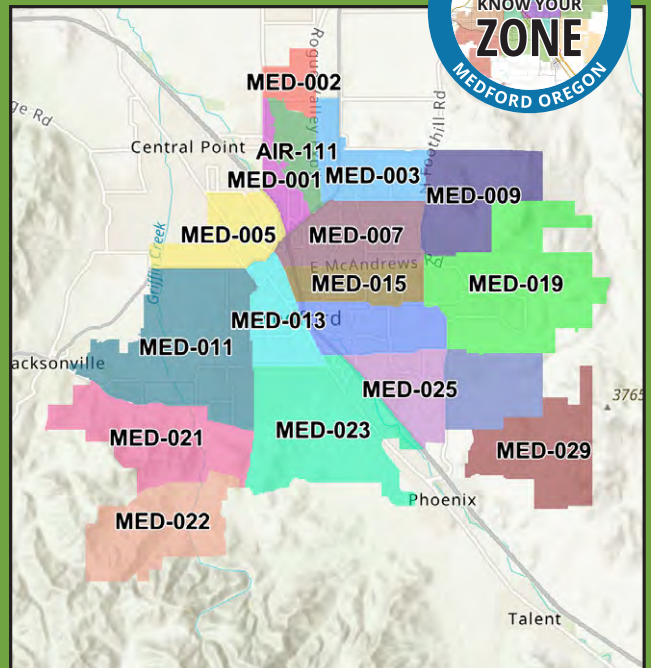
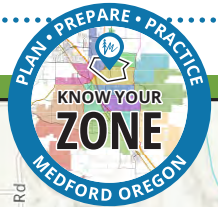


## BE INFORMED: WHERE TO GET HELP AND UPDATES

Quick access to accurate information makes a big difference in an emergency.

### Resources:

- **Dial or Text 211** or visit [211info.org](http://211info.org) for health, housing, and social services
- **Power Outages:** Visit [pacificpower.net](http://pacificpower.net) for updates
- **Road Conditions:** Dial 511 or visit [tripcheck.com](http://tripcheck.com)
- **Weather Forecasts:** National Weather Service - Medford [weather.gov/mfr](http://weather.gov/mfr)
- **City Issues (downed trees, streetlights, icy roads):** Call **541-774-2600** – Medford Public Works



## KNOW YOUR ZONE

The City of Medford has created 14 evacuation zones to guide emergency response and keep you informed when minutes matter.

### What to Do:

Visit [medfordoregon.gov/beprepared](http://medfordoregon.gov/beprepared) or scan the code below.



1. Enter your address
2. Find your zone, review the map, and print a copy

*Note: This tool covers addresses in Medford city limits and Fire District 2 only.*



## BUILD YOUR EMERGENCY KIT

After a disaster, help may take days to arrive. Be ready to stay safe and self-sufficient.

### Your Kit Should Include:

- Two weeks of food and water
- Medications & first aid supplies
- Flashlight & batteries
- Documents & chargers
- Comfort items for children or pets

Scan for Red Cross Emergency Kit Guide:





## ROGUE X, LITHIA & DRIVEWAY FIELDS GENERATE MILLIONS IN ECONOMIC IMPACT

Medford's investment in recreational facilities paid off in 2025, with two of the City's premier sports venues—Rogue Credit Union Community Complex (*Rogue X*) and Lithia & Driveway Fields—generating a combined **\$23.16 million in estimated economic impact**.

- Rogue X generated **\$9.79 million in estimated economic impact**, welcoming more than **105,000 aquatics visitors** and hosting **65 major events** in its second year.
- Lithia & Driveway Fields generated **\$13.37 million in estimated economic impact**, welcoming **1,790 teams** and **238,462 visitors**.

Together, the facilities drew crowds, supported local businesses, and helped sustain jobs, highlighting the important role recreation plays in driving economic growth. With continued investment and strategic event partnerships, Medford is strengthening its reputation as a sports tourism destination in the Pacific Northwest.



## SAVE THE DATES



### CITY SPLASH PADS OPEN MEMORIAL DAY WEEKEND

Get ready to beat the heat—City splash pads are expected to open Memorial Day weekend.

#### Splash Pad Locations:

- **Fichtner-Mainwaring Park** – 334 Holmes Ave.
- **Hawthorne Park** – 501 East Main St.
- **Howard School Park** – 286 Mace Rd.
- **Lewis Park** – 130 Lewis Ave.
- **Lone Pine Park** – 3286 Lone Pine Rd
- **Oregon Hills Park** – 6001 East McAndrews Rd
- **Rogue X** (*with paid admission*) – 901 Rossanley Dr.

Hours of Operation: Daily from 8AM-8PM

For updates on exact opening dates, visit [medfordoregon.gov/splashpads](https://medfordoregon.gov/splashpads)



### CITY TO HOST WOOD DEBRIS CHIPPER DAYS

With fire season approaching, the Medford Fire and Parks and Recreation departments are hosting free Wood Debris Chipper Days to help residents prepare their property.

#### Event Dates & Times

- Wednesday, April 29 | 9AM-2PM
- Thursday, April 30 | 9AM-2PM

#### Locations

- Donahue-Frohnmayr Park (*east side*) – 1687 Spring St.
- Fichtner-Mainwaring Park (*west side*) – 334 Holmes Ave.

For guidelines, visit [medfordoregon.gov/chipperdays](https://medfordoregon.gov/chipperdays)

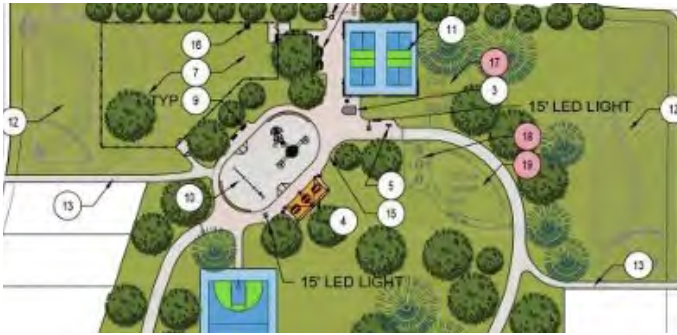
# MEDFORD INVESTS \$492K IN COMMUNITY NONPROFITS



Seventeen nonprofit organizations providing vital community services will receive a total of \$492,100 through the City of Medford's General Fund Grant (GFG) program for the 2025–27 biennium.

Funding will support food assistance, housing stabilization, emergency shelters, behavioral health services, youth and senior programs, legal and mediation services, health outreach, and workforce development initiatives.

Since its launch in the 1996–1997 fiscal year, the GFG program has distributed more than \$6 million to support nonprofits delivering social and health services that provide a safety net for Medford residents.



## NEW PARK APPROVED FOR WEST MEDFORD

A new 8.27-acre neighborhood park is planned for west Medford after the City Council approved the Addysen Park Development and Donation Agreement in February.

The park will be built between Dakota (*not yet extended*) and Stewart avenues within a 487-unit subdivision. Developer Terry Buntin will donate the parkland to the Medford Parks and Recreation Foundation, and later to the City, to meet open space requirements in an urbanizing area.

Initial amenities—including a playground, picnic shelter, restroom, dog park, safety lighting, and a basketball court—are scheduled for completion by June 30, 2027.



## ROGUE X EXPANDS PARKING AS SPORTS PARK UPGRADES CONTINUE

Rogue X has added a 150-space gravel overflow lot at Howard Memorial Sports Park, with a 90-space paved lot opening soon near the Vietnam Veterans Memorial Wall replica.

Logos Public Charter School's 154-space lot at the east entrance is also available for public use on weekends, after school, and during the summer.

Construction is underway at Lithia & Driveway Pickleball Park, which will feature 19 pickleball courts and a four-court sand volleyball facility, set to open in early summer.

Future upgrades include three youth ballfields with batting cages and a neighborhood park adjacent to the war memorial.



## STAY CONNECTED WITH THE CITY OF MEDFORD

GET EMAILS & TEXTS



[medfordoregon.gov/subscribe](https://medfordoregon.gov/subscribe)

SCAN TO CONNECT & FOLLOW US ON SOCIAL MEDIA



[facebook.com/cityofmedford](https://facebook.com/cityofmedford)

[instagram.com/cityofmedford](https://instagram.com/cityofmedford)

[@cityofmedford](https://twitter.com/cityofmedford)

CITY NEWSROOM



[medfordoregon.gov/newsroom](https://medfordoregon.gov/newsroom)

# Rogue X Aquatics Programs Summer 2026

SCAN  
CODE TO  
REGISTER!



\*Late registration available at a prorated rate.

## Swim Strong: Adult Lap Training\*

Incorporate drills to improve stroke technique. Condition bodies for longer distances, sprints and group activities. Age 18+. Max 24. *Instructor: Taite Darlington*

**MONDAY/WEDNESDAY/FRIDAY | 11AM-12:30PM**

S1 5/1-5/29 | R \$56 | NR \$62 | ID: 39505

S2 6/1-6/29 | R \$56 | NR \$62 | ID: 39506

S3 7/1-7/31 | R \$56 | NR \$62 | ID: 39507

S4 8/3-8/31 | R \$56 | NR \$62 | ID: 39508

## Dynamic Pool Freediving\*

Learn the basic techniques, training methods, and health benefits of this growing sport. Instruction is ondeck and in the water. No previous experience needed. Required equipment: one pair of swim goggles and standard fins. Age 10+. Max 8. *Instructor: Doug Stewart (AIDA Advanced Freediving Certified)*

S1 5/4-5/27 | M/W | 8-9:30AM | R \$41 | NR \$47 | ID: 39552

S2 6/1-6/24 | M/W | 8-9:30AM | R \$41 | NR \$47 | ID: 39553

## Aqua Fusion\*

45 minute joint friendly, dynamic, cardiovascular water exercise in various depths. Focus on toning, flexibility and fun. No prior experience needed. *If under the age of 18 a guardian is required to sign up as well.* Age 10+. Max 35. *Instructor: Rikki Mojarro*

S1 5/9-5/23 | Sa | 9-10AM | R \$36 | NR \$42 | ID: 39510

S2 6/6-6/20 | Sa | 9-10AM | R \$36 | NR \$42 | ID: 39512



## Lifeguard Certification Course

Designed to develop the skills and expertise necessary to provide safety to patrons in and around water and prepare potential lifeguards to respond to emergencies. Individuals who complete the course earn an American Red Cross Lifeguard Training certificate. An instructor-led swim test must be completed before the class begins. Age 15+. Max 10. *Instructor: Rikki Mojarro*

**WEDNESDAY-FRIDAY 5-8PM +  
SATURDAY-SUNDAY 10AM-5PM**

S1 5/6-5/10 | R \$274 | NR \$280 | ID: 39480

S2 6/3-6/7 | R \$274 | NR \$280 | ID: 39482

S3 7/8-7/12 | R \$274 | NR \$280 | ID: 39488

## Aqua Aerobics\*

Improve muscle tone and endurance in this challenging and fun water fitness class. Ideal for those with joint pain. For beginning and experienced water exercisers. Age 18+. Max 25. *Instructor: Rosemary Kaszubowski*

**TUESDAY/THURSDAY | 10:15-11:15AM**

S1 6/2-6/25 | R \$65 | NR \$71 | ID: 39495

S2 6/30-7/23 | R \$65 | NR \$71 | ID: 39497

S3 7/28-8/20 | R \$65 | NR \$71 | ID: 39499

## Beginning Adult Swim\*

Discover how to efficiently move in the water in this introduction to freestyle swimming. Come away with an understanding of the fundamentals in each movement and swim with ease. Age 18+. Max 10. *Instructor: Shannon Keegan*

6/5-6/26 | F | 10-11AM | R \$85 | NR \$91 | ID: 39509

# Aquatics Summer 2026 | Acuáticos Verano 2026



Go to [roguexmedford.com](http://roguexmedford.com)  
or scan for most current  
Aquatics & Open  
Gym Schedules



## AQUATICS ADMISSION FEES | SCHOLARSHIPS AVAILABLE

"ROGUE X PASS" - FOR ACCESS TO AQUATICS & EVENTS CENTER AREAS, PER SESSION.	ROGUE X MONTHLY PASSES (PER PERSON)		SINGLE SESSION DROP-IN FEE	
	RESIDENT	NON-RESIDENT*	RESIDENT	NON-RESIDENT*
YOUTH (1-17)	\$24	\$29	\$5	\$6
ADULT (18-54)	\$35	\$42	\$7	\$8
SENIOR (55+)/MILITARY	\$24	\$29	\$5	\$6
FAMILY PASS*	\$99 per pass	\$119 per pass	N/A	N/A

+Maximum of eight people living in the same household, including up to two adults and children to age 17.

## OTHER AQUATICS FEES

PRIVATE SWIM LESSONS	\$112 for 8, 30 min. lessons	PARTY ROOM RENTAL	\$205 for 2hrs.
GROUP SWIM LESSONS	\$69 for 8, 30 min. lessons	LOCKER RENTALS	\$3 per day
		PRIVATE REC. POOL RENTAL	\$1,150 for 2hrs.



Vaya a [roguexmedford.com](http://roguexmedford.com)  
o escanee para deportes  
Acuáticos y Horarios  
De Gimnasios Abiertos



## TARIFAS DE ADMISIÓN ACUÁTICA | BECAS DISPONIBLES

"ROGUE X PASS" - PARA ACCEDER A LAS ÁREAS DE ACUÁTICOS Y CENTRO DE EVENTOS, POR-SESIÓN.	PASES MENSUALES DE ROGUE X (POR PERSONA)		TARIFA DE ENTRADA SIN CITA PREVIA DE UNA SOLA SESIÓN	
	RESIDENTE	NO RESIDENTE*	RESIDENTE	NO RESIDENTE*
JOVENES (1-17)	\$24	\$29	\$5	\$6
ADULTO (18-54)	\$35	\$42	\$7	\$8
MAYOR (55+)/VETERANO MILITAR	\$24	\$29	\$5	\$6
PASE FAMILIAR*	\$99 por pase	\$119 por pase	N/A	N/A

+Máximo de ocho personas que viven en el mismo hogar, incluidos hasta dos adultos y niños hasta los 17 años.

## OTRAS TARIFAS ACUÁTICAS

LECCIONES DE NATACIÓN PRIVADAS	\$112 por 8, lecciones 30 min.	RENTA DE SALÓN P/FIESTA	\$205 / 2 horas
LECCIONES DE NATACIÓN EN GRUPO	\$69 por 8, lecciones 30 min.	RENTA DE CASILLEROS	\$3 / día
		ALQUILER DE PISCINA PRIVADA PARA RECREO	\$1,150 / 2 horas

# Summer 2026 Swim Lesson Schedule

## ROGUE X SWIM LESSONS

**NEW!** TWO-WEEK SESSIONS, 8 CLASSES TOTAL | MONDAY-THURSDAY  
REGISTRATION BEGINS JUNE 8

MORNING SESSIONS								
8:00 AM	PRIVATE	SALAMANDER	MINNOW	GUPPY	PERCH	PRIVATE	PRIVATE	PRIVATE
8:30 AM	PRIVATE	SALAMANDER	MINNOW	GUPPY	CATFISH	PRIVATE	PRIVATE	PRIVATE
9:00 AM	PRIVATE	SALAMANDER	MINNOW	GUPPY	BASS	PRIVATE	PRIVATE	PRIVATE
9:30 AM	TADPOLE	SALAMANDER	MINNOW	GUPPY	TROUT	PRIVATE	PRIVATE	PRIVATE
EVENING SESSIONS								
4:15 PM	TADPOLE	SALAMANDER	MINNOW	GUPPY	PERCH	PRIVATE	PRIVATE	PRIVATE
4:45 PM	PRIVATE	SALAMANDER	MINNOW	GUPPY	CATFISH	PRIVATE	PRIVATE	PRIVATE
5:15 PM	PRIVATE	SALAMANDER	MINNOW	GUPPY	BASS	PRIVATE	PRIVATE	PRIVATE
5:45 PM	PRIVATE	SALAMANDER	MINNOW	GUPPY	SALMON	PRIVATE	PRIVATE	PRIVATE

SWIM LESSON FEES				
SESSION	DATES	REGISTRATION BEGINS	# OF LESSONS	COST
1	JUN 15-JUN 25	MON, JUN 8 @ 9 AM	8	GROUP \$69   PRIVATE \$112
2	JUN 29- JUL 9	MON, JUN 22 @ 9 AM	8	GROUP \$69   PRIVATE \$112
3	JUL 13- JUL 23	MON, JUL 6 @ 9 AM	8	GROUP \$69   PRIVATE \$112
4	JUL 27-AUG 6	MON, JUL 27 @ 9 AM	8	GROUP \$69   PRIVATE \$112
5	AUG 10-AUG 20	MON, AUG 3 @ 9 AM	8	GROUP \$69   PRIVATE \$112


### RECREATION PROGRAM SCHOLARSHIPS

No child should ever be excluded from participating in recreation programs and childcare services because of family financial constraints.

The City of Medford partners with the Medford Parks and Recreation Foundation, a 501(c)3 non-profit, to provide fee discounts to qualifying children through the Play Everyday Scholarship Fund and the Rogue X Aquatics Scholarship Fund.

**TO APPLY FOR ASSISTANCE, CLICK THE "SCHOLARSHIPS" BUTTON AT PLAYMEDFORD.COM OR EMAIL PARKS@CITYOFMEDFORD.ORG.**

To make a tax-deductible donation to the scholarship fund, visit [medfordparksfoundation.org](http://medfordparksfoundation.org).



### LIFEGUARDS WANTED!



#### Make a splash!

Join our lifeguard team and make a positive impact in our community.

Competitive Pay • Flexible Hours  
Training Provided • Make Friends  
Save Lives • Stay In Shape

**APPLY TODAY!**  
*Just scan the code below.*



**PHONE: 541-774-2010**  
**EMAIL: HUMANRESOURCES@CITYOFMEDFORD.ORG**

# SWIM LESSON LEVELS ALL LESSONS INCLUDE WATER SAFETY TOPICS.

**TADPOLE (PARENT/GUARDIAN & CHILD)** 6mo-3yrs  
 Introduces basic skills that lay a foundation for learning to swim with parental support for infants and toddlers. Parents learn how to safely work with their child in the water, utilizing key fundamentals such as how to appropriately hold and encourage their child to participate in the water.

**SALAMANDER (LEVEL 1)** Age 3-6yrs  
 Introduces basic aquatic skills and orients students to the aquatic environment. In addition, students learn how to be safe around water with assistance.

**MINNOW (LEVEL 2)**  
 Students develop aquatics skills independently at longer distances and deeper water while continuing to explore simultaneous and alternating arm and leg actions on their front and back.

**GUPPY (LEVEL 3)**  
 Students independently improve coordination and control of combined simultaneous and alternating arm and leg actions at longer distances and increased repetitions than in previous stages.

**PERCH (LEVEL 1)**  
 Introduces basic aquatic skills and orients older students to the aquatic environment. In addition, students learn how to be safe around the water with support. Skills taught overlap those taught in Salamander and Minnow.

**CATFISH (LEVEL 2)**  
 Students further develop simultaneous and alternating arm and leg actions on their front and back and improve locomotion skills performed without support. Skills taught overlap those taught in Guppy.

**BASS (LEVEL 3)**  
 Students learn how to swim front crawl and elementary backstrokes. Scissors kick, dolphin kick and survival floating are introduced. Students also learn how to enter the water headfirst from a seated position while also expanding on previously learned skill proficiencies.

**TROUT (LEVEL 4)**  
 Students increase endurance and proficiency in front crawl and elementary backstroke and begin to learn the rudimentary form for sidestroke and breaststroke. This stage also introduces the back crawl and butterfly stroke and how to perform an open turn at a wall.

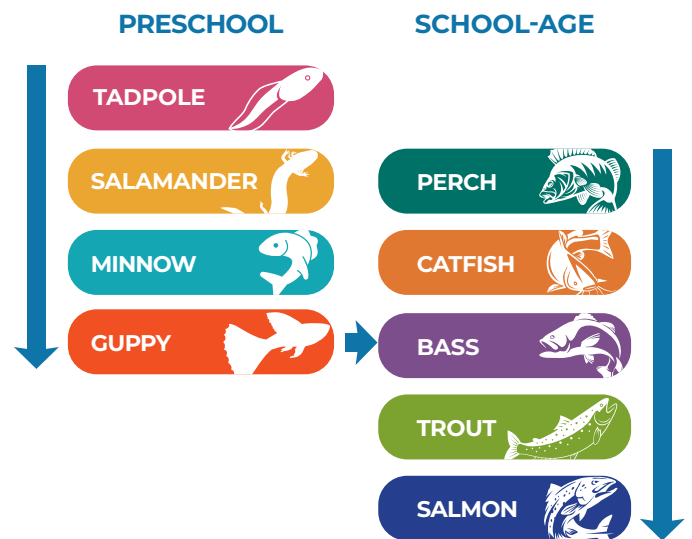
**SALMON (LEVEL 5)**  
 Students refine all six swim strokes and improve endurance at increased distances. Front and back flip turns are introduced in this stage.

**PRIVATE LESSONS (P)** Age 3yrs+  
 One student per instructor. Lessons are taught at the student's level.

Age: 3yrs+ | Day: Mon-Thu (1 month session)  
 Length: 30 mins / 10AM-12:30PM / 3-7PM | Cost: \$112/session

## WHAT STAGE IS THE STUDENT READY FOR?

Is the student comfortable working with an instructor without a parent/guardian in the water?	Not Yet ▶	<b>TADPOLE</b>
Can the student go underwater voluntarily?	Not Yet ▶	<b>SALAMANDER</b>
Can the student do a front glide, back glide, and back float with assistance?	Not Yet ▶	<b>MINNOW</b>
Can the student swim 15-25ft on their own?	Not Yet ▶	<b>GUPPY</b>
Can the student go underwater voluntarily?	Not Yet ▶	<b>PERCH</b>
Can the student do a front glide, back glide, and back float on their own?	Not Yet ▶	<b>CATFISH</b>
Can the student swim 15-25 yards of front crawl and elementary backstroke?	Not Yet ▶	<b>BASS</b>
Can the student swim 15-25 yards of front crawl, breaststroke, back crawl and elementary backstroke?	Not Yet ▶	<b>TROUT</b>
Can the student swim 25-50 yards of front crawl, breaststroke, back crawl and elementary backstroke using appropriate turning styles?	Not Yet ▶	<b>SALMON</b>



# Horario de clases de natación de verano de 2026

## CLASES DE NATACIÓN

**¡NUEVO!** SESIONES DE DOS SEMANAS, 8 CLASES EN TOTAL. LUNES-JUEVES.  
LAS REGRISTACIONES EMPIEZAN EL 8 DE JUNIO.

### LECCIONES DE LA MAÑANA

8:00 AM	PRIVADO	SALAMANDRA	PECECILLO	GUPPY	PERCA	PRIVADO	PRIVADO	PRIVADO
8:30 AM	PRIVADO	SALAMANDRA	PECECILLO	GUPPY	SILURO	PRIVADO	PRIVADO	PRIVADO
9:00 AM	PRIVADO	SALAMANDRA	PECECILLO	GUPPY	BAJOS	PRIVADO	PRIVADO	PRIVADO
9:30 AM	RENACUAJO	SALAMANDRA	PECECILLO	GUPPY	TRUCHA	PRIVADO	PRIVADO	PRIVADO

### SESIONES POR LA TARDE

4:15 PM	RENACUAJO	SALAMANDRA	PECECILLO	GUPPY	PERCA	PRIVADO	PRIVADO	PRIVADO
4:45 PM	PRIVADO	SALAMANDRA	PECECILLO	GUPPY	SILURO	PRIVADO	PRIVADO	PRIVADO
5:15 PM	PRIVADO	SALAMANDRA	PECECILLO	GUPPY	BAJOS	PRIVADO	PRIVADO	PRIVADO
5:45 PM	PRIVADO	SALAMANDRA	PECECILLO	GUPPY	SALMÓN	PRIVADO	PRIVADO	PRIVADO

### TARIFAS DE LAS CLASES DE NATACIÓN

SESIÓN	FECHAS	COMIENZA EL REGISTRO	# DE LECCIONES	COSTO
1	DEL 15 DE JUNIO AL 25 DE JUNIO	LUNES, 8 DE JUNIO @ 9 AM	8	GRUPO \$69   PRIVADO \$112
2	DEL 29 DE JUNIO AL 9 DE JULIO	LUNES, 22 DE JUNIO @ 9 AM	8	GRUPO \$69   PRIVADO \$112
3	DEL 13 AL 23 DE JULIO	LUNES, 6 DE JULIO @ 9 AM	8	GRUPO \$69   PRIVADO \$112
4	DEL 27 DE JULIO AL 6 DE AGOSTO	LUNES, 27 DE JULIO @ 9 AM	8	GRUPO \$69   PRIVADO \$112
5	DEL 10 AL 20 DE AGOSTO	LUNES, 3 DE AGOSTO @ 9 AM	8	GRUPO \$69   PRIVADO \$112

## BECAS PARA RECREACIÓN

Ningún niño debe ser excluido de participar en programas de recreación y servicios de cuidado infantil debido a limitaciones financieras familiares.

La ciudad de Medford se asocia con la Fundación de Parques y Recreación de Medford, una organización sin fines de lucro 501(c)3 para proporcionar descuentos en las tarifas a los niños que califiquen a través del Fondo de Becas Play Everyday y la Beca Acuática Rogue X Fund.

**PARA SOLICITAR ASISTENCIA, HAGA CLIC EN EL BOTÓN "BECAS" EN PLAYMEDFORD.COM O ENVÍE UN CORREO ELECTRÓNICO A PARKS@CITYOFMEDFORD.ORG**

Para hacer una donación deducible de impuestos al fondo de becas, visite [medfordparksfoundation.org](http://medfordparksfoundation.org).



## ¡SE BUSCAN SALVAVIDAS!



### ¡Hacer un chapoteo!

Únete a nuestro equipo de salvavidas y genera un impacto positivo en nuestra comunidad.

Pago competitivo • Horarios flexibles  
Capacitación proporcionada • Haz amigos  
Salva vidas • Mantente en forma

### ¡APLICA HOY!

Simplemente escanee el código a continuación.



**TELÉFONO: 541-774-2010**

EMAIL: [HUMANRESOURCES@CITYOFMEDFORD.ORG](mailto:HUMANRESOURCES@CITYOFMEDFORD.ORG)

# NIVELES DE CLASES DE NATACIÓN

TODAS LAS LECCIONES INCLUYEN TEMAS DE SEGURIDAD EN EL AGUA.

**RENACUAJO (PADRE/TUTOR E HIJO)** 6 meses-3 años  
Presenta habilidades básicas que forman las bases para aprender a nadar con el apoyo de los padres para bebés y niños pequeños. Los padres aprenden a trabajar de manera segura con su hijo en el agua utilizando fundamentos clave, cómo sostenerle adecuadamente y animar a su hijo a participar en el agua.

**SALAMANDRA (NIVEL 1)** Edad 3-6 años  
Introduce habilidades acuáticas básicas y orienta a los estudiantes hacia el ambiente acuático aprendiendo a sentirse seguro cerca del agua con ayuda.

**PECECILLO (NIVEL 2)**  
Los estudiantes comienzan a desarrollar sus habilidades acuáticas de forma independiente en distancias más largas y aguas más profundas mientras continúan explorando acciones simultáneas y alternas de brazos y piernas en la parte delantera y trasera.

**GUPPY (NIVEL 3)**  
Los estudiantes comienzan a desarrollar sus habilidades acuáticas de forma independiente en distancias más largas y aguas más profundas mientras continúan explorando acciones simultáneas y alternas de brazos y piernas en la parte delantera y trasera.

**PERCHA (NIVEL 1)**  
Introduce habilidades acuáticas básicas y orienta a los estudiantes mayores al medio acuático, además, los estudiantes aprenderán cómo estar seguro alrededor en el agua con apoyo. Las habilidades que se enseñan se superponen a las que se enseñan en Salamandra y Pececillo.

**SILURO (NIVEL 2)**  
Los estudiantes desarrollan aún más el brazo simultáneo y alterno y las acciones de las piernas en la parte delantera y trasera y mejoran sus habilidades de locomoción realizadas sin apoyo. Habilidades enseñadas se superponen a los que se enseñan en Guppy.

**BAJO (NIVEL 3)**  
Los estudiantes aprenderán a nadar estilo libre o crol y el preliminar estilo de espalda o dorso. Patada de tijera, patada de delfín y flotación de supervivencia son introducidos. Los estudiantes también aprenderán cómo entrar al agua de cabeza desde una posición sentada mientras se expande en habilidades previamente aprendidas.

**TRUCHA (NIVEL 4)**  
Los estudiantes aumentarán su resistencia y competencia en estilo libre o crol y estilo espalda elemental o dorso y comienzan a aprender la forma rudimentaria de brazada de costado y braza de pecho. Este nivel también presenta el estilo de espalda y la brazada de mariposa, así como realizar un giro abierto en una pared..

**SALMÓN (LEVEL 5)**  
Los estudiantes refinan los seis estilos de natación y mejoran su resistencia a mayores distancias. Los giros hacia adelante y hacia atrás son introducidos en esta etapa.

**CLASES PRIVADAS (P)** Edad 3 años+  
Un alumno por instructor. Las lecciones se imparten al nivel en que el estudiante se encuentre.

Edad: 3 años+ Día: Lunes-Jueves (sesión de 1 mes)  
Duración: 30 min. Hora: 10AM-12:30PM / 3-7PM  
Costo: \$112/sesión

## ¿PARA QUÉ ETAPA ESTÁ PREPARADO EL ALUMNO?

¿Se siente cómodo el estudiante trabajando con un instructor sin un padre/tutor en el agua?	Todavía no ▶	RENACUAJO
¿El estudiante se sumergirá voluntariamente bajo el agua?	Todavía no ▶	SALAMANDRA
¿Puede el estudiante hacer un deslizamiento frontal, un deslizamiento trasero y un flotador trasero con ayuda?	Todavía no ▶	PECECILLO
¿Puede el estudiante nadar de 15 a 25 pies por su cuenta?	Todavía no ▶	GUPPY
¿El estudiante se sumergirá voluntariamente bajo el agua?	Todavía no ▶	PERCHA
¿Puede el estudiante hacer un deslizamiento frontal, un deslizamiento trasero y un flotador trasero por su cuenta?	Todavía no ▶	SILURO
¿Puede el estudiante nadar de 15 a 25 yardas de crol y espalda elemental?	Todavía no ▶	BAJO
¿Puede el estudiante nadar de 15 a 25 yardas de crol, braza, crol y primaria? ¿espalda?	Todavía no ▶	TRUCHA
¿Puede el estudiante nadar de 25 a 50 yardas de crol, braza, crol y primaria? ¿Espalda con los estilos de giro adecuados?	Todavía no ▶	SALMÓN



# Rogue X Gym & Facility Rental Fees

OPEN GYM	SINGLE SESSION DROP-IN FEE	
	RESIDENT	NON-RESIDENT
YOUTH (1-17)	\$3	\$4
ADULT (18-54)	\$5	\$6
SENIOR (55+)/MILITARY	\$4	\$5

Scan for  
Aquatics &  
Open Gym  
Schedules

Escanee para  
deportes acuáticos  
y horarios de  
gimnasios abiertos



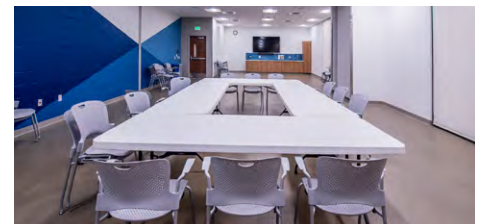
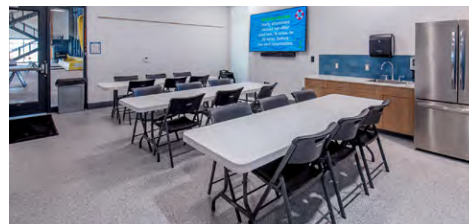
FACILITY RENTAL FEES	RATES	
EVENT CENTER COURT RENTAL FEE	\$53 /hr per court	
EVENT CENTER HALF-COURT RENTAL FEE	\$26.50/hr	
CLASSROOM/MEETING ROOM RENTAL	\$32/hr	
EVENT CENTER RENTAL   Full-day, exclusive use	\$2,695/day	8am-10pm
EVENT CENTER RENTAL   Half house, full-day, non-exclusive use	\$2,035/day	8am-10pm

## Tarifas de alquiler de instalaciones y gimnasios de Rogue X

GIMNASIO ABIERTO	TARIFA DE ENTRADA SIN CITA PREVIA DE UNA SOLA SESIÓN	
	RESIDENTE	NO RESIDENTE
JOVENES (1-17)	\$3	\$4
ADULTO (18-54)	\$5	\$6
MAYOR (55+)/MILITAR	\$4	\$5



TARIFAS DE ALQUILER DE INSTALACIONES	TARIFAS	
ALQUILER DE CANCHAS   Para uso deportivo	\$53/hora, por cancha	
TARIFA DE ALQUILER DE MEDIO CAMPO DEL CENTRO DE EVENTOS	\$26.50 por hora	
ALQUILER DE AULAS/SALAS DE REUNIONES	\$32 por hora	
ALQUILER DE CENTROS DE EVENTOS   día completo, uso exclusivo	\$2,695 por día	8am-10pm
ALQUILER DE CENTROS DE EVENTOS   media casa, día completo, uso no exclusivo	\$2,035 por día	8am-10pm



### BIRTHDAY PARTY PACKAGES | HOST A BIRTHDAY PARTY AT ROGUE X!

	FEE	TIME	DETAILS
AQUATICS PARTY ROOM (including recreational pool and water slide access)	\$205	2 hrs.	25 open swim wristbands, 25 people max.
SPLASH PAD PAVILION RENTAL (includes recreational pool access)	\$205	2 hrs.	25 open swim wristbands, 25 people max.
EVENT CENTER SPORTS-THEMED PARTY (basketball/futsal/pickleball/volleyball)	\$175	2 hrs.	40 attendees, 1 court, set-up for requested sport.

### PAQUETES DE FIESTA DE CUMPLEAÑOS | ¡ORGANIZA LA FIESTA DE CUMPLEAÑOS DE TU HIJO EN ROGUE X!

	HONORARIOS	TIEMPO	DETALLES
SALA DE FIESTAS ACUÁTICAS (incluyendo piscina recreativa y acceso a toboganes de agua)	\$205	2 horas	25 pulseras de natación abiertas, 25 personas max.
DE PABELLÓN DE CHAPOTEADERO DE VERANO (incluye acceso a la piscina recreativa)	\$205	2 horas	25 pulseras de natación abiertas, 25 personas max.
FIESTA TEMÁTICA DEPORTIVA DEL CENTRO DE EVENTOS (baloncesto/voleibol/pickleball)	\$175	2 horas	40 asistentes, 1 pista, montaje para el deporte solicitado.

# Programas Y Eventos De Verano



## Fútbol Sala Juvenil

Uno de nuestros programas de deportes juveniles más populares, donde muchos niños comienzan sus carreras futbolísticas. Nuestro programa insignia de deportes juveniles, donde muchos niños comienzan sus carreras futbolísticas. Esta liga introductoria desarrolla habilidades básicas y enseña el trabajo en equipo en un ambiente relajado y recreativo. ¡Los juegos son divertidos tanto para los niños como para las familias! Los jugadores reciben una camiseta y una medalla de participación. Los voluntarios, generalmente los padres, trabajan como entrenadores de equipo.

Edad: 4-5, 6-8

Costo: \$55 Residente, \$61 No Residente

Límite: 80, 4-5 años - 64, 6-8 años

Prácticas: Una noche de la semana por semana (lunes a jueves) TBD. en Rogue X. Las prácticas serán a las 5:45 p.m. o 6:45 p.m.

Juegos: sábados entre las 9 a.m. y la 1 p.m. de julio

Lugar de juego: Santo Center, Gimnasio

Fechas: del 6 de julio al 15 de agosto

Encuentro de entrenadores: jueves 23 de junio a las 6 pm en el Salón Mayor Santo

## Pequeños Hoopsters

La introducción perfecta al baloncesto para niños. Los fundamentos se enseñan en un ambiente divertido y recreativo. Los partidos se juegan después de la instrucción grupal e individual en técnicas de regate, pase y tiro y conceptos defensivos. Cada niño recibe una camiseta numerada y una medalla de participación de fin de año. Instructor: Personal de Recreación.

Edad: 5-6, 7-8

Día: Domingo

Hora: De 5 a 6 años, de 10 a.m. a 10:45 a.m.

De 7 a 8 años, de 11 a.m. a 11:45 a.m.

Min 10, Max 24 (por grupo de edad)

Costo: \$52 Residente, \$58 No Residente

SESIÓN DE VERANO

Fechas: 12 de julio - 8 de agosto

Lugar: Centro Comunitario Santo, Gimnasio

## Campamentos Durante el Día de Verano

Los campamentos de día cuentan con un diseño estructurado que busca garantizar actividades seguras y apropiadas para cada edad, que fomenten habilidades sociales, despierten nuevos intereses y promuevan la actividad física. Los campistas se dividirán en grupos después del primer día de campamento de la semana.

Edad: Estudiantes de 1.º a 6.º grado para el curso escolar 2026-27

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Para más información  
visita [playmedford.com](http://playmedford.com)  
o escanea el código:  
.....



## Conciertos Gratuitos en el Parque

vaya a la página 39 para obtener más información

## Películas Gratuitas en el Parque

vaya a la página 40 para obtener más información.

Junior Giants celebra la diversidad - ¡todos son bienvenidos a jugar!

**GRATIS!**

**Béisbol Y Softbol**

Liga de Verano Juvenil

Confianza

Liderazgo

Trabajo En Equipo

Integridad

**Inscríbete Hoy**

**GOJGIANTS.ORG**

**Necesitamos Voluntarios**

Medford Parks & Recreation  
Sign up online starting April 1 at [gojgiants.org](http://gojgiants.org)  
League starts mid-June | Ages 5-13  
For questions, please contact:  
Medford Parks & Recreation  
(541) 774-2407 | [medfordjuniorgiants@cityofmedford.org](mailto:medfordjuniorgiants@cityofmedford.org)

YOUTH PROGRAMS

PLAY  
CREATES  
JOY

# BUGS R US

## Bugs R Us Presentations

Children under 12 must attend with an adult; no charge for adults attending with children.

**Instructor: John Jackson**

Age: 3-12 | Cost: \$12

Additional \$3 for STEM Project Presentations

Located at Santo Community Center

Max 30 Pre-registration is required

## Dinosaur and Egg Dig | STEM

Learn about the history of dinosaurs and explore fossils, teeth, and claws while participating in a dinosaur fossil dig.

5/11 | M | 3:30-4:30PM | R/NR \$15 | ID: 34964

## Siskiyou Mountain Wildlife

Learn about the wide variety of animals in the Siskiyou Mountains. See real furs, pelts and feathers from uncommon animals such as a wolverine, lynx, spotted skunk, bald eagle, fisher and marten.

6/8 | M | 3:30-4:30PM | R/NR \$12 | ID: 38988

## Power Fruit | STEM

Build a working LED circuit using only fruits and vegetables. All materials provided.

7/20 | M | 3:30-4:30PM | R/NR \$15 | ID: 38987

## Bugs and Bugs as Food

Explore the world of insects, including bug anatomy, environment, diet, defenses, and camouflage. See some of the largest preserved insects and learn about insects through live examples, with the opportunity to eat freeze-dried crickets and mealworms.

8/3 | M | 3:30-4:30PM | R/NR \$12 | ID: 38986



UNLESS OTHERWISE NOTED,  
REGISTRATION STARTS  
APRIL 14 AT 9AM

# Discovery Programs 26-27 School Year



## Discovery 3's Preschool

Age: 3

## Discovery 4/5's Preschool

Ages: 4-5

*All children enrolled in the program must be toilet-trained.*

REGISTRATION OPENS APRIL 21 ONLINE OR AT THE SANTO COMMUNITY CENTER



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 For more information  
 visit [playmedford.com](http://playmedford.com)  
 or scan code:  
 .....



Day camps feature a structured schedule aimed at ensuring secure, age-appropriate activities that nurture social skills, kindle new interests, and promote physical activity. Campers are divided into age groups after the first day of camp for the week.

Age: Entering grades 1-6 for the 2026-27 School Year

.....  
 For more information  
 visit [playmedford.com](http://playmedford.com)  
 or scan code:  
 .....



Week	Dates	9AM-5:30PM	7:30-9AM (OPTIONAL)
Week 1	6/8-6/12	\$143R   \$149NR	\$35R   \$41NR
Week 2	6/15-6/18 (No Camp 6/19)	\$114R   \$120NR	\$28R   \$34NR
Week 3	6/22-6/26	\$143R   \$149NR	\$35R   \$41NR
Week 4	6/29-7/1 (No Camp 7/2-7/3)	\$86R   \$92NR	\$21R   \$27NR
Week 5	7/6-7/10	\$143R   \$149NR	\$35R   \$41NR
Week 6	7/13-7/17		
Week 7	7/20-7/24		
Week 8	7/27-7/31		
Week 9	8/3-8/7		
Week 10	8/10-8/14	\$114R   \$120NR	\$28R   \$34NR
Week 11	8/17-8/21		
Week 12	8/24-8/27 (No Camp 8/28)		

# Fun 4 All

## Organization Bio:

Fun4All's mission is to provide high-quality, engaging programming that truly lives up to its name. Camp curriculum is designed to be fun, interactive, and engaging. Every schedule is jam-packed with hands-on activities that keep participants excited and actively involved throughout the day.

Age 7-12. Located at Santo Community Center. Max 25.

## STEAM Explorers

Dive into hands-on experiments that mix science, art, and engineering. Launch mini catapults, light up paper circuits, and test bridge strength with toy cars in a fun, fast-paced week where curiosity and creativity collide.

7/6-7/9 | M-Th | 9AM-3PM | R \$235 | NR \$241 | ID: 39095

## Lego Builders Club

Design marble mazes, test bridge strength, and create theme park rides that really move. Build teamwork, creativity, and problem-solving skills one brick at a time.

S1 7/13-7/17 | M-F | 9AM-3PM | R \$285 | NR \$291 | ID: 39096

S2 8/10-8/14 | M-F | 9AM-3PM | R \$285 | NR \$291 | ID: 39097



## Brushstrokes & Beyond

Get ready to explore painting in all forms! From the delicate flow of watercolors to the hands-on fun of finger paints, create messy masterpieces that showcase creativity.

7/20-7/24 | M-F | 9AM-Noon | R \$169 | NR \$175 | ID: 39098



**UNLESS OTHERWISE NOTED,  
REGISTRATION STARTS  
APRIL 14 AT 9AM**



## Slime

Dive into a gooey, slimy adventure! Get hands-on with a variety of slime-making activities, from classic recipes to colorful, stretchy creations. Experiment with different textures and colors to make everything from monster slime to bubblegum slime.

7/20-7/24 | M-F | 1-4PM | R \$169 | NR \$175 | ID: 39099

## Craft & Jewelry Creations

Make it and wear it! Blend creativity and style with projects like friendship bracelets, resin keychains, Shrinky-dink charms, and personalized decor. Explore color, pattern, and design while making keepsakes.

7/27-7/30 | M-Th | 9AM-3PM | R \$235 | NR \$241 | ID: 39100



## Lego Masterminds

Builders explore design and engineering through vehicles, mini cityscapes, and obstacle course challenges, bringing big ideas to life piece by piece while sharpening creativity and critical thinking each day.

8/3-8/7 | M-F | 9AM-3PM | R \$285 | NR \$291 | ID: 39101

## Cosmic Curiosity

Investigate the universe through hands-on activities, building model rockets, learning about planets and stars, and diving into space-themed projects and experiments.

8/17-8/20 | M-Th | 9AM-3PM | R \$235 | NR \$241 | ID: 39102



# Enchanted Experiences

## Enchanted Experiences

Ages 2-12. All events offer photo opportunities.  
 Located at Santo Community Center.  
*All children must be accompanied by an adult.*  
*(Adult chaperones are free.) Max 20*

### Shells with the Mermaid Princess

The Mermaid Princess brings her aquatic knowledge to land to learn about seashells and seashell art with a Mermaid!

7/18 | Sa | 11AM-Noon | R \$22 | NR \$28 | ID: 39841



### Storytime & Craft with Princess Beauty

Be our guest for a reading and summer craft event with Beauty!

5/16 | Sa | 11AM-Noon | R \$22 | NR \$28 | ID: 40021

### Comics, Manga, and Animation

Create original characters and bring stories to life through comics, manga, and animation. Use imaginative drawing techniques, apply visual storytelling skills, and explore basic animation principles while collaborating on dynamic characters and narrative sequences. All materials provided. Age 7-12. Located at Santo Community Center. Max 10. *Instructor: Brianna Rigg*

6/14-8/16 | Su | 10AM-Noon | R \$63 | NR \$69 | ID: 39831  
 (No class 7/12)

### Kindermusik: Toddler

Parents and children snuggle, sway, and play together in this gentle, sensory-rich class, designed especially for infants from birth to 18 months old and their caregivers. Through soothing songs and rhythmic movement, babies build early communication and motor skills while deepening the parent-child bond. Age 1-1½. Located at Rogue X. Max 7. *Instructor: Muriel Sadlier-Hart of Rogue Music Academy*

8/6-8/20 | Th | 11:30AM-12:15PM | R \$49 | NR \$55  
 ID: 38933



### I Can Play Ukulele/Guitar Youth

Learn the fundamentals of playing the ukulele/guitar in a fun environment! Acquire the skills to play the most common chords and rhythms. No experience needed. Bring an instrument or call (541) 292-4247 to reserve a free rental before the first class. Age 7-15. Located at Rogue X. Max 10. *Instructor: Zachary Sprunger, Rogue Music Academy*

8/3-8/24 | M | 5:15-6PM | R/NR \$85 | ID: 38934

### Kid's Karate

Learn valuable self-defense skills in a fun, game-oriented karate class. Work towards black belt, gain confidence and become a leader. More info at DojoToYou.com. Age 5-14. Located at Rogue X. Max 20. *Instructor: Josh & Jeremy Roarty*

S1 5/11-6/3 | M/W | 5-5:45PM | R \$54 | NR \$60  
 ID: 39147 (No class 5/25)

S2 6/8-7/1 | M/W | 5-5:45PM | R \$62 | NR \$68  
 ID: 39148

S3 7/6-7/29 | M/W | 5-5:45PM | R \$62 | NR \$68  
 ID: 39149

S4 8/3-8/26 | M/W | 5-5:45PM | R \$62 | NR \$68  
 ID: 39150

SCAN CODE  
 TO REGISTER



## Specialized Recreation Sports Sampler

Designed and geared toward participants ages 5-13 with special needs. Any individual with a physical or intellectual challenge may participate. A different sport is featured weekly, allowing youth to experience various activities in a safe, focused, and comfortable environment. Staff teach the basics of the sport through instruction and practice and apply these skills in games. Groups are determined by size and ability level. At the end of each session, enjoy an hour of open gym to practice skills with new friends! Each participant must be accompanied by a 'buddy' (*parent, caregiver, older sibling, etc.*) who can take them to the restroom as needed. All participants should come with athletic shoes and water. Age 5-13. Located at Santo Community Center. Max 24. *Scholarships available. Instructor: Recreation Staff*

7/11-8/15 | Sa | 3-5PM | R/NR \$42 | ID: 39489

## Tots Sports Sampler

Designed for young children as an introduction to soccer, baseball/softball, and basketball. All three sports are sampled in an hour under the tutelage of our experienced sports staff. Program t-shirt included. All equipment provided. Scholarships available. Age 3-5. Located at Santo Community Center. Max 14. *Instructor: Recreation Staff*

### SUNDAY | 2-3PM

S1 6/7-6/21 | R \$39 | NR \$45 | ID: 39500

S2 7/12-7/26 | R \$39 | NR \$45 | ID: 39498

S3 8/9-8/23 | R \$39 | NR \$45 | ID: 39496

S4 9/6-9/20 | R \$39 | NR \$45 | ID: 39494

### SUNDAY | 3:15-4:15PM

S1 6/7-6/21 | R \$39 | NR \$45 | ID: 39493

S2 7/12-7/26 | R \$39 | NR \$45 | ID: 39492

S3 8/9-8/23 | R \$39 | NR \$45 | ID: 39491

S4 9/6-9/20 | R \$39 | NR \$45 | ID: 39490

## Ice Skating at the RRRink



The Medford Ice Arena (*The RRRink*) is going to be under construction over the Summer. Look for more classes in Fall of 2026.

## Golf Garage Academy Junior Golf Camps

From tee to green, get instruction on every game aspect, including full swing, short game, rules, and etiquette. Each camp is led by a certified PGA Professional who teach skills to succeed on and off the course. No matter the child's age or ability, the program suits their needs and skill level. Boys and girls, beginner, advanced players welcome! Age 7-13. Location: Monday & Tuesday at Stewart Meadows Golf Course and Wednesday at Golf Garage. Max 8. *Instructor: Golf Garage staff*

S1 6/15-6/17 | M-W | 9-11:30AM | R/NR \$99 | ID: 39525

S2 6/22-6/24 | M-W | 9-11:30AM | R/NR \$99 | ID: 39527

S3 6/29-7/1 | M-W | 9-11:30AM | R/NR \$99 | ID: 39528

S4 7/13-7/15 | M-W | 9-11:30AM | R/NR \$99 | ID: 39529

S5 7/20-7/22 | M-W | 9-11:30AM | R/NR \$99 | ID: 39530

S6 7/27-7/29 | M-W | 9-11:30AM | R/NR \$99 | ID: 39531

S7 8/3-8/5 | M-W | 9-11:30AM | R/NR \$99 | ID: 39532

S8 8/10-8/12 | M-W | 9-11:30AM | R/NR \$99 | ID: 39533

## Junior Golf

Start (*or continue*) your golf journey this season on a high note with Southern Oregon Golf Academy. Enjoy the great outdoors, some serious vitamin D, fantastic coaching and definable improvement in your game.



Classes feature:

- Southern Oregon's most experienced instruction staff.
- Southern Oregon's best public practice facility.
- The opportunity to learn and play on green grass.
- A friendly and encouraging environment.

Visit Southern Oregon Golf Academy for more opportunities. Age 7-16. Located at Centennial Golf Club, 1900 N. Phoenix Rd., Medford. Max 10. *Instructor: Southern Oregon Golf Academy staff*

S1 6/6-6/20 | Sa | 11-11:45AM | R \$55 | NR \$61 | ID: 34944

S2 7/11-7/25 | Sa | 11-11:45AM | R \$55 | NR \$61 | ID: 39035

S3 8/1-8/15 | Sa | 11-11:45AM | R \$55 | NR \$61 | ID: 39036



UNLESS OTHERWISE NOTED,  
REGISTRATION STARTS  
APRIL 14 AT 9AM

## North Medford Youth Football Camp

Gain basic football skills while training with NMHS players and coaches, and prepare to help your team in the upcoming season. Learn the fundamentals of blocking, tackling, passing, catching, kicking, and more. Age 6-14. Located at North Medford High School, 1900 N. Keene Way, Medford. Max 250.

7/7-7/9 | Tu-Th | 9:30-11:30AM | R \$101 | NR \$107 | ID: 39000

## Stomp Out Suicide Skills Camp for Baseball & Softball

A World Free of Suicide hosts the Stomp Out Suicide Skills Camp, featuring coaching from former Division I athletes and professional players at Lydos Lab Training Facility. Participants enhance their athletic skills while also learning about mental health awareness and suicide prevention. Campers could win exciting prizes like Medford Rogue tickets! Age 6-14. Located at Lithia & Driveway Fields. Max 250.

7/2 | Th | 9AM-Noon | R \$75 | NR \$81 | ID: 39019

Junior Giants celebrates diversity—all are welcome to play!

**FREE!** **Baseball and Softball Youth Summer League**

Confidence  
Integrity  
Teamwork  
Leadership

**Sign Up Now!**

60JRGIANTS.ORG

**Volunteers Needed!**

Medford Parks & Recreation  
Sign up online starting April 1 at [gojrgiants.org](http://gojrgiants.org)  
League starts mid-June | Ages 5-13  
For questions, please contact:  
Medford Parks & Recreation  
(541) 774-2407 | [medfordjuniorgiants@cityofmedford.org](mailto:medfordjuniorgiants@cityofmedford.org)

SCAN CODE TO REGISTER



## Coach Carmichael Soccer Camp

Build skills and enjoyment of the game. Learn ball techniques to enhance game awareness and productivity. Age 5-14. Located at Lithia & Driveway Fields. Max 75. *Instructors: SOU Men's Soccer Players & Head Coach Carmichael*

7/6-7/10 | M-F | 9AM-Noon | R \$175 | NR \$181 | ID: 38999

## Coach CKP Basketball Camp

Learn the fundamental techniques, including passing, dribbling, footwork, shooting, defense, and teamwork. Each day is designed to work on basic skills through fun activities that transition into scrimmages. Age 8-14. Located at Rogue X. Max 100. *Instructor: SOU Women's Basketball Players & Coaches*

6/15-6/18 | M-Th | 1-4PM | R \$151 | NR \$157 | ID: 39762



## Sand Blast Beach Volleyball Camp

Newcomers and experienced players welcome. Courts are divided by skill level and experience. Coaches help players develop skills and learn new strategies. Playing beach volleyball is the fastest way to improve your indoor skills. Age 4th-9th grade. Located at Fichtner-Mainwaring Park Sand Volleyball Courts. Max 40. *Instructor: Carmen and Aubrey Kievit*

6/18-6/20 | Th-Sa | 8:30-11AM | R/NR \$75 | ID: 39711

## Circuit Training for All Ages (13+)

For all levels of exercisers. Build functional strength, mobility and endurance, utilizing body weight, free weights, total body resistance exercise and more. *For more info., email [mike.hogan@cityofmedford.org](mailto:mike.hogan@cityofmedford.org).* Age 13+. *Youth scholarships available.* Located at Rogue X. Max 20. *Instructor: Mike Hogan*

TUESDAY/THURSDAY | 11-11:45AM

4/21-8/6 | R \$42 | NR \$48 | ID: 39122

TUESDAY/THURSDAY | NOON-12:45PM

4/21-8/6 | R \$42 | NR \$48 | ID: 39124

# Rec Academy Classes

## Organization Bio:

The Recreation Academy believes that play is a powerful tool for learning. The mission is to help children develop essential soft skills, such as communication, teamwork, problem-solving, and resilience, through engaging, active experiences that inspire growth and confidence.



Located at Jefferson Elementary,  
333 Holmes Ave., Medford.

## Sports Games & Madness

Play Gaga Ball, 9-Square in the air, foam-tipped archery, kickball, dodgeball, water games, and more. Activities rotate to keep kids engaged, learning, and having fun. Max 28.

### AGE 5-8 | 9AM-4PM

S1 6/15-6/18 | M-Th | R \$241 | NR \$247 | ID: 38954

S2 6/22-6/26 | M-F | R \$291 | NR \$297 | ID: 38955

S3 6/29-7/2 | M-Th | R \$241 | NR \$247 | ID: 38957

S4 7/6-7/10 | M-F | R \$291 | NR \$297 | ID: 38958

S5 7/13-7/17 | M-F | R \$291 | NR \$297 | ID: 38959

S6 7/20-7/24 | M-F | R \$291 | NR \$297 | ID: 38961

S7 7/27-7/31 | M-F | R \$291 | NR \$297 | ID: 38963

S8 8/3-8/7 | M-F | R \$291 | NR \$297 | ID: 38965

S9 8/10-8/14 | M-F | R \$291 | NR \$297 | ID: 38966

### AGE 9-12 | 9AM-4PM

S1 6/15-6/18 | M-Th | R \$241 | NR \$247 | ID: 38967

S2 6/22-6/26 | M-F | R \$291 | NR \$297 | ID: 38968

S3 6/29-7/2 | M-Th | R \$241 | NR \$247 | ID: 38969

S4 7/6-7/10 | M-F | R \$291 | NR \$297 | ID: 38970

S5 7/13-7/17 | M-F | R \$291 | NR \$297 | ID: 38971

S6 7/20-7/24 | M-F | R \$291 | NR \$297 | ID: 38972

S7 7/27-7/31 | M-F | R \$291 | NR \$297 | ID: 38973

S8 8/3-8/7 | M-F | R \$291 | NR \$297 | ID: 38974

S9 8/10-8/14 | M-F | R \$291 | NR \$297 | ID: 38976

## RC Racing 101

Become an RC pilot while flying drones and racing RC cars through custom-designed courses. Participants build skills in engineering, aerodynamics, and teamwork through hands-on challenges, obstacle courses, and high-energy missions. Age 7-12. Max 14.

### 1-4PM

S1 6/15-6/18 | M-Th | R \$161 | NR \$167 | ID: 38952

### 9AM-NOON

S2 7/6-7/10 | M-F | R \$191 | NR \$197 | ID: 38960

S3 7/20-7/24 | M-F | R \$191 | NR \$197 | ID: 38962

S4 8/3-8/7 | M-F | R \$191 | NR \$197 | ID: 38964

S5 8/10-8/14 | M-F | R \$191 | NR \$197 | ID: 38975

## Minecrafters Guild

Jump into the world of Minecraft and unleash creativity through building, challenges, and exploration. Develop skills, collaborate with fellow builders, and bring imaginative ideas to life in a fun, engaging environment. Age 7-12. Max 14.

### 9AM-NOON

S1 6/15-6/18 | M-Th | R \$161 | NR \$167 | ID: 38977

S2 6/22-6/26 | M-F | R \$191 | NR \$197 | ID: 38978

S3 6/29-7/2 | M-Th | R \$161 | NR \$167 | ID: 38979

S5 7/13-7/17 | M-F | R \$191 | NR \$197 | ID: 38981

S7 7/27-7/31 | M-F | R \$191 | NR \$197 | ID: 38983

### 1-4PM

S4 7/6-7/10 | M-F | R \$191 | NR \$197 | ID: 38980

S6 7/20-7/24 | M-F | R \$191 | NR \$197 | ID: 38982

S8 8/3-8/7 | M-F | R \$191 | NR \$197 | ID: 38984

S9 8/10-8/14 | M-F | R \$191 | NR \$197 | ID: 38985

## E-Sports Strategy

Competing across three exciting gaming worlds, Minecraft, Monopoly, and Rocket League. Rotate through each platform to build creativity, strategy, teamwork, and competitive skills through challenges and fast-paced tournaments. Age 7-12. Max 14.

6/22-6/26 | M-F | 1-4PM | R \$191 | NR \$197 | ID: 38941

SCAN CODE  
TO REGISTER



## Youth Basketball Camp

Develop basketball skills and have fun! Practice dribbling, shooting, defense, and more through focused drills that strengthen fundamentals. Max 20.

### AGE 6-9

7/13-7/17 | M-F | 9AM-Noon | R \$171 | NR \$177 | ID: 38938

### AGE 10-12

7/13-7/17 | M-F | 1-4PM | R \$171 | NR \$177 | ID: 38937



## Flag Football Camp

Jump into a week of fun at Flag Football Camp filled with skill drills, games, and friendly competition. Improve passing, defense, and agility through daily focuses, mini combine challenges, contests, and live gameplay scrimmages. Max 28.

### AGE 6-9 | 9AM-NOON

S1 6/29-7/2 | M-Th | R \$141 | NR \$147 | ID: 38947

S2 7/27-7/31 | M-F | R \$171 | NR \$177 | ID: 38948

### AGE 10-12 | 1-4PM

S1 6/29-7/2 | M-Th | R \$141 | NR \$147 | ID: 38944

S2 7/27-7/31 | M-F | R \$171 | NR \$177 | ID: 38946

## Hip Hop Dance Camp

Level up in Hip Hop at Rec Academy! Learn new moves, footwork, and routines in an energetic, creative environment, suitable for beginner to mid-level dancers. Age 5-12. Max 14.

S1 6/29-7/2 | M-Th | 1-4PM | R \$141 | NR \$147 | ID: 38949

S2 7/13-7/17 | M-F | 1-4PM | R \$171 | NR \$177 | ID: 38950

S3 7/27-7/31 | M-F | 1-4PM | R \$171 | NR \$177 | ID: 38951

## Little Hoopsters

The perfect introduction to basketball for kids. Fundamentals are taught in a fun, recreational atmosphere. Games are played after group and individual instruction in dribbling, passing, shooting and defensive concepts. Each child receives a numbered jersey and an end of year participation medal. Scholarships available. Located at Santo Community Center. Max 24. *Instructor: Recreation Staff*

### AGE 5-6

7/12-8/9 | Su | 10-10:45AM | R \$52 | NR \$58 | ID: 39520

### AGE 7-8

7/12-8/9 | Su | 11-11:45AM | R \$52 | NR \$58 | ID: 39519



## Youth Indoor Soccer

This introductory league develops essential skills and teaches teamwork in a recreational setting. Players receive a jersey and participation medal. Volunteers, usually parents, serve as team coaches. Shin guards required. Schedules and league info will be posted at [www.sportsmedford.com](http://www.sportsmedford.com). Scholarships available. Max 80.

### Volunteer Coaches Needed!

**Coaches Meeting:** Tuesday, Jun. 23 at 5:30-7PM.  
Located at Santo Community Center.

**Practices:** One night a week at Rogue X. 5:45PM or 6:45PM.

**Games:** Saturdays at **Santo Community Center Gym**.  
Between 9AM-2PM.

### AGE 4-5

7/6-8/15 | M-Th | 5:45-6:45PM | R \$55 | NR \$61 | ID: 39517

### AGE 6-8

7/6-8/15 | M-Th | 6:45-7:45PM | R \$55 | NR \$61 | ID: 39516



**UNLESS OTHERWISE NOTED,  
REGISTRATION STARTS  
APRIL 14 AT 9AM**

# Please Support Our Sponsors



**REC TENNIS**  
USTA PACIFIC NORTHWEST

## YOUTH TENNIS CAMP

In partnership with  
City of Medford Parks and Recreation

**Fichtner-Mainwaring Park**  
334 Holmes Ave, Medford, OR 97501

**Learn More**



**Weekly:** June 22 - August 14  
**Ages:** 6-12 | **Time:** 9am - 12pm

Equipment is provided.  
Scholarships are available!

## Summer Basketball Academy Camps

# MBA Hoops



**You can sign up weekly or for the Entire Summer camp**

**Gym location:**  
@Rogue X gym

**REGISTRATION IS NOW OPEN FOR SUMMER CAMPS**

**For boys & girls 3rd-9th grade**

**June 22nd-July 30th**  
Monday-Thursday  
10:00a.m.-3:00p.m.  
Camp fee: \$95 per week  
Entire 6 weeks: \$475

**Summer Kick-Off Tournament, July 11th-12th**

To register for the camp visit:  
[www.mannysbasketball.com](http://www.mannysbasketball.com)

For more information, contact  
Manny@541-499-5749



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PARKS, RECREATION AND FACILITIES

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GET SOME EXERCISE AND HAVE FUN!

# Adult Sports Leagues

- BASKETBALL
- SOCCER
- SOFTBALL
- VOLLEYBALL

**GO TO SPORTSMEDFORD.COM FOR MORE INFO.**



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LIFE IS A COLLECTION OF MOMENTS

## Art with Ashley

### Instructor Bio:

Ashley "Q" Quast is an interdisciplinary artist, working in various mediums ranging from printmaking to sculpture. She received her Master's of Fine Arts from Washington State University and is currently part of the fine arts faculty at two universities.

Located at Santo Community Center.

### Botanical Sketching: Drawing from Nature

Focus on sketching plants and natural forms using simple drawing materials, working from botanical references to explore observation, line, and light shading. The emphasis stays on slowing down, looking closely, and enjoying the drawing process rather than creating finished or detailed renderings. Age 16+. Max 10.

7/29 | W | 9AM-Noon | R \$52 | NR \$58 | ID: 38989

### Handmade Artist Books: Create, Bind, and Draw

Participants create a simple handmade paper book using accessible binding techniques such as thread or loop binding. After constructing the book, participants use it as a space for drawing, collage, watercolor, or mixed-media exploration. Age 16+. Max 10.

7/29 | W | 12:30-3:30PM | R \$52 | NR \$58 | ID: 39104



### Wildflower Watercolor

Experiment with color, texture, and fluid mark-making as you explore how water and pigment move, blend, and surprise. Create vibrant interpretations of wildflowers with experimental approaches. Age 16+. Max 10.

7/29 | W | 4-6PM | R \$41 | NR \$47 | ID: 39162

## Relief Printmaking with Hand Coloring

Learn the basics of relief printmaking using simple carving tools and soft block materials. After printing designs, apply watercolor by hand to add color, depth, and variation, with an emphasis on approachable techniques and creative experimentation. Age 16+. Max 10.

8/17 | M | 9AM-Noon | R \$52 | NR \$58 | ID: 39163

## Mixed Media Collage: Color, Texture, and Composition

Work with paper, imagery, and simple drawing and painting materials to experiment with layering, texture, color, and composition, with a focus on exploration and personal expression rather than technical skill. Age 16+. Max 10.

8/17 | M | 12:30-3:30PM | R \$52 | NR \$58 | ID: 39105

## Creative Drawing Lab: Line, Texture, and Mixed Media

Experiment with line, texture, and mixed media using accessible materials. Through guided prompts and demonstrations, explore mark making, layering, and expressive approaches to drawing without pressure to create finished pieces. Age 16+. Max 10.

8/17 | M | 4-6PM | R \$41 | NR \$47 | ID: 38990



# American Red Cross

## Adult/Child CPR/First Aid

Learn CPR for adults, children and infants, AED and first aid. Not intended for health care professionals. Certification is valid for two years. Located at Rogue X. Max 10. *Instructor: Daryl Armstead*

S1 5/30 | Sa | 9AM-3PM | R \$83 | NR \$89 | ID: 40038

S2 6/20 | Sa | 9AM-3PM | R \$83 | NR \$89 | ID: 39065

S3 8/1 | Sa | 9AM-3PM | R \$83 | NR \$89 | ID: 39066

S4 8/29 | Sa | 9AM-3PM | R \$83 | NR \$89 | ID: 39067



UNLESS OTHERWISE NOTED,  
REGISTRATION STARTS  
APRIL 14 AT 9AM

## Art with Brianna

### Instructor Bio:

Brianna Rigg has been a practicing artist for over 20 years, specializing in drawing, sculpture, and installation art. She holds a master of Fine Arts from the University of California, San Diego, a Master's of Arts in Teaching from Western Oregon University, and has been an adjunct professor for over ten years.

Located at Santo Community Center.

## Family Fun with Street Puppets

Build a larger-than-life, wearable street puppet designed for parades, festivals, holidays, or fun. Engage in a multicultural tradition while solving engineering challenges and developing skills in fabrication, painting, and papier-mâché. One child of any age may attend free with each registered adult. Age 18+. Max 8.

6/13-6/27 | Sa | 10AM-1PM | R \$39 | NR \$45 | ID: 39091

## Make a Hand-Tooled Leather Belt

Create a custom leather belt built to last a lifetime, for yourself or as a heartfelt gift. Learn essential leatherworking techniques, including stamping, carving, stitching, fastening, and finishing. Design a personalized, functional piece while developing skills applicable to future leather projects. Age 18+. Max 8.

6/13-6/27 | Sa | 3-6PM | R \$103 | NR \$109 | ID: 39092



## Acrylic Painting

Build foundational skills in acrylic painting by using grid techniques for under drawing, applying design strategies, and mastering color mixing and theory. Paint from life, photographs, and imagination to create original compositions that express a unique vision. All materials provided. Age 18+. Max 8.

6/14-8/16 | Su | 2-4PM | R \$95 | NR \$101 | ID: 39829

(No class 7/12)

SCAN CODE  
TO REGISTER



## Independent Projects : Skill Development, Studio Time & Group Critique

Develop independent artistic projects with guidance and a supportive artist community. Biweekly critiques provide constructive feedback, while alternating open studio sessions offer instruction in design, composition, and color theory with personalized support. Attendance is optional each week. Course concludes with a one-night exhibition and reception. Age 18+. Max 8.

6/14-8/16 | Su | 5-7PM | R \$93 | NR \$99 | ID: 39093  
(No class 7/12)

## Pet Portraits

Create a portrait of a beloved pet using the drawing or painting medium. Work from a photo using the grid-to-grid method to ensure accurate proportions and likeness. Bring clear photos of your pets. All materials provided. Age 16+. Max 6.

7/18-8/15 | Sa | 10AM-Noon | R \$52 | NR \$58 | ID: 39830  
(No class 8/1)

## Sculpture with Papier-mâché Clay

Use aluminum foil and lightweight papier-mâché clay to create a figurative sculpture. Design a person, plant, animal, or imaginary creature while exploring three-dimensional form and texture. All materials provided. Age 16+. Max 6.

7/18-8/15 | Sa | 1-3PM | R \$66 | NR \$71 | ID: 39828  
(No class 8/1)



## Mosaics: Piece by Piece

Create mosaic artwork using a variety of materials and techniques. Discover the fundamentals of color, pattern, and composition while cultivating patience and precision in this traditional art form. This class is sequential. All materials provided. Age 18+. Max 8.

7/18-8/15 | Sa | 4-6PM | R \$77 | NR \$83 | ID: 39827  
(No class 8/1)



## I Can Play Ukulele/Guitar

Discover the joy of playing the guitar and ukulele in a fun and supportive class for new musicians. Learn favorite songs in a low-pressure environment. Bring an instrument or call (541) 292-4247 to reserve a free rental instrument. Age 18+. Located at Rogue X. Max 10. *Instructor: Zachary Sprunger, Rogue Music Academy*

8/3-8/24 | M | 6:15-7PM | R/NR \$85 | ID: 38935

## Guitar and Ukulele for the Ageless 55+

Enjoy playing the guitar and ukulele in a fun class for new musicians aged 55 and up. Learn favorite songs in a relaxed environment. Bring an instrument or call (541) 292-4247 to reserve a free rental instrument. Age 55+. Located at Rogue X. Max 10. *Instructor: Zachary Sprunger, Rogue Music Academy*

8/3-8/24 | M | 4:15-5PM | R/NR \$85 | ID: 38936

## Circuit Training for All Ages (13+)

For all levels of exercisers. Build functional strength, mobility and endurance, utilizing body weight, free weights, total body resistance exercise and more. *For more info., email [mike.hogan@cityofmedford.org](mailto:mike.hogan@cityofmedford.org). Youth scholarships available.* Located at Rogue X. Age 13+. Max 20. *Instructor: Mike Hogan*

TUESDAY/THURSDAY | 11-11:45AM

4/21-8/6 | R \$42 | NR \$48 | ID: 39122

TUESDAY/THURSDAY | NOON-12:45PM

4/21-8/6 | R \$42 | NR \$48 | ID: 39124



UNLESS OTHERWISE NOTED,  
REGISTRATION STARTS  
APRIL 14 AT 9AM

## Adult Golf

Start or continue your golf journey this season on a high note with Southern Oregon Golf Academy. Enjoy the great outdoors, some serious vitamin D, fantastic coaching and definable improvement in your game.



Classes feature:

- Southern Oregon's most experienced instruction staff.
- Southern Oregon's best public practice facility.
- The opportunity to learn and play on green grass.
- A friendly and encouraging environment.

Visit Southern Oregon Golf Academy for more opportunities. Located at Centennial Golf Club, 1900 N. Phoenix Rd., Medford. Age 18+. Max 10. **Instructor: Southern Oregon Golf Academy**

S1 6/6-6/20 | Sa | Noon-1PM | R \$69 | NR \$75 | ID: 34948

S2 7/11-7/25 | Sa | Noon-1PM | R \$69 | NR \$75 | ID: 39033

S3 8/1-8/15 | Sa | Noon-1PM | R \$69 | NR \$75 | ID: 39034

## Pickleball Beginner

Beginner class emphasizes fundamental strokes, serving, rules, and terminology. Limited loaner paddles are available. Age 15+. Located at Rogue X. Max 8. **Instructor: Joel Heller**

**WEDNESDAY | 10:30AM-12:15PM**

S1 5/6-5/13 | R \$36 | NR \$42 | ID: 34953

S2 6/3-6/10 | R \$36 | NR \$42 | ID: 39037

S3 7/8-7/15 | R \$36 | NR \$42 | ID: 39039

## Pickleball Intermediate

Intermediate class works on techniques and strategies to improve consistency and skill level. Limited loaner paddles are available. Age 15+. Located at Rogue X. Max 8. **Instructor: Joel Heller**

**WEDNESDAY | 8:30-10:15AM**

S1 5/6-5/13 | R \$36 | NR \$42 | ID: 34958

S2 6/3-6/10 | R \$36 | NR \$42 | ID: 39041

S3 7/8-7/15 | R \$36 | NR \$42 | ID: 39042

**SCAN CODE  
TO REGISTER**



## Tai Chi with Jeremy & Josh



**Instructor Bio:**  
Jeremy and Joshua Roarty have been studying Martial Arts for over 30 years and have trained with various Tai Chi masters from the US and China. *For more info. go to DojoToYou.com*

## Tai Chi

Explore the movement through exercises led by experienced instructors. Increase strength, flexibility and balance through breathing, stretches, single-movement exercises and walking. Age 18+. Max 20.

**MONDAY & WEDNESDAY CLASSES @ ROGUE X**

S1 5/11-6/3 | 6-7PM | R \$54 | NR \$60 | ID: 39137  
(No class 5/25)

S2 6/8-7/1 | 6-7PM | R \$62 | NR \$68 | ID: 39138

S3 7/6-7/29 | 6-7PM | R \$62 | NR \$68 | ID: 39139

S4 8/3-8/26 | 6-7PM | R \$62 | NR \$68 | ID: 39140

**TUESDAY & THURSDAY CLASSES @ ROGUE X**

S1 5/12-6/4 | 9-10AM | R \$62 | NR \$68 | ID: 39133

S2 6/9-7/2 | 9-10AM | R \$62 | NR \$68 | ID: 39134

S3 7/7-7/30 | 9-10AM | R \$62 | NR \$68 | ID: 39135

S4 8/4-8/27 | 9-10AM | R \$62 | NR \$68 | ID: 39136

**SATURDAY CLASSES @ SANTO COMMUNITY CENTER**

S1 5/9-5/30 | 11-Noon | R \$33 | NR \$39 | ID: 39125

S2 6/6-6/27 | 11-Noon | R \$33 | NR \$39 | ID: 39126

S3 7/11-8/1 | 11-Noon | R \$33 | NR \$39 | ID: 39127

S4 8/15-8/29 | 11-Noon | R \$25 | NR \$31 | ID: 39128

## Kali

Kali is a Filipino martial art known for its lightning-fast movement. Learn how to use a stick in self-defense, but also incorporate striking with the hand and joint-locking. Age 18+. Located at Santo Community Center. Max 20.

S1 5/9-5/30 | Sa | Noon-1PM | R \$33 | NR \$39 | ID: 39129

S2 6/6-6/27 | Sa | Noon-1PM | R \$33 | NR \$39 | ID: 39130

S3 7/11-8/1 | Sa | Noon-1PM | R \$33 | NR \$39 | ID: 39131

S4 8/15-8/29 | Sa | Noon-1PM | R \$25 | NR \$31 | ID: 39132

# Dance with Julie

## Instructor Bio:

Julie Sorensen has been dancing since the age of three and just can't stop. She has enjoyed teaching all styles of dancing to all ages throughout her life.

Located at Rogue X.

## Line Dance

Line Dancing is great fun and good exercise. Learn simple dance patterns and new steps every week. No experience or partner needed. Age 16+. Max 30.

### BEGINNING | MONDAY | 7:15-8:15PM

S1 5/4-6/1 | R \$36 | NR \$42 | ID: 39068 (No class 5/25)

S2 6/8-6/29 | R \$36 | NR \$42 | ID: 39069

S3 7/6-7/27 | R \$36 | NR \$42 | ID: 39070

S4 8/3-8/24 | R \$36 | NR \$42 | ID: 39071

### BEGINNING | WEDNESDAY | 3-4PM

S1 5/6-5/27 | R \$36 | NR \$42 | ID: 39080

S2 6/3-6/24 | R \$36 | NR \$42 | ID: 39081

S3 7/1-7/22 | R \$36 | NR \$42 | ID: 39082 (No class 7/15)

S4 7/29-8/19 | R \$36 | NR \$42 | ID: 39083

### INTERMEDIATE BEGINNER | TUESDAY | 5:30-6:25PM

S1 5/5-5/26 | R \$36 | NR \$42 | ID: 39072

S2 6/2-6/23 | R \$36 | NR \$42 | ID: 39073

S3 6/30-7/21 | R \$36 | NR \$42 | ID: 39074

S4 7/28-8/18 | R \$36 | NR \$42 | ID: 39075

## Senior Tap Dance

Boost mind and body health while learning to tap dance in an energizing and positive atmosphere. Wear tap shoes or shoes with hard soles. Age 55+. Max 20.

### MONDAY | 11AM-NOON

S1 5/4-6/1 | R \$36 | NR \$42 | ID: 39117 (No class 5/25)

S2 6/8-6/29 | R \$36 | NR \$42 | ID: 39118

S3 7/6-7/27 | R \$36 | NR \$42 | ID: 39119

S4 8/3-8/24 | R \$36 | NR \$42 | ID: 39120

SCAN CODE  
TO REGISTER



# Adult Tap Dance

Get toes tappin' to a variety of fun music! Learn the basic tap steps, as well as a short routine. Wear tap shoes or shoes with hard soles. Age 18+. Max 20.

### BEGINNER/INTERMEDIATE | TUESDAY | 6:35-7:30PM

S1 5/5-5/26 | R \$36 | NR \$42 | ID: 39076

(Session 1 for continuing students only)

S2 6/2-6/23 | R \$36 | NR \$42 | ID: 39077

S3 6/30-7/21 | R \$36 | NR \$42 | ID: 39078

S4 7/28-8/18 | R \$36 | NR \$42 | ID: 39079

# Yoga with Miriam

## Instructor Bio:

Miriam Weekly is a certified yoga instructor who has taught for six years and has practiced for almost 20. Trained through the Rasa Yoga Teacher Training, she has taught a variety of classes from Power Vinyasa to Chair Yoga.

Located at Santo Community Center

## Slow Flow Yoga

A slow-paced class with modifications for each movement focusing on breath for all levels. Bring a yoga mat and yoga blocks. Age 18+. Max 15.

### MONDAY | 9-10:15AM

S1 4/27-5/18 | R \$37 | NR \$43 | ID: 34997

S2 6/1-6/29 | R \$37 | NR \$43 | ID: 39202

S3 7/6-7/27 | R \$37 | NR \$43 | ID: 39203

S4 8/3-8/24 | R \$37 | NR \$43 | ID: 39204

### WEDNESDAY | 9-10:15AM

S1 4/29-5/27 | R \$37 | NR \$43 | ID: 35001

S2 6/3-7/1 | R \$37 | NR \$43 | ID: 39205

S3 7/8-7/29 | R \$37 | NR \$43 | ID: 39206

S4 8/5-8/26 | R \$37 | NR \$43 | ID: 39207

### FRIDAY | 9-10:15AM

S1 5/1-5/29 | R \$37 | NR \$43 | ID: 34994

S2 6/5-6/26 | R \$37 | NR \$43 | ID: 39208

S3 7/10-7/31 | R \$37 | NR \$43 | ID: 39209

S4 8/7-8/28 | R \$37 | NR \$43 | ID: 39210



## Senior Chair Yoga

Move off the mat and onto the chair. Gain flexibility and strength. Reduce stress while experiencing all the benefits of yoga. Age 55+. Max 25.

### MONDAY | 10:30-11:15AM

S1 4/27-5/18 | R \$37 | NR \$43 | ID: 34987

S2 6/1-6/29 | R \$37 | NR \$43 | ID: 39213

S3 7/6-7/27 | R \$37 | NR \$43 | ID: 39214

S4 8/3-8/24 | R \$37 | NR \$43 | ID: 39215

### WEDNESDAY | 10:30-11:15AM

S1 4/29-5/27 | R \$37 | NR \$43 | ID: 34990

S2 6/3-7/1 | R \$37 | NR \$43 | ID: 39216

S3 7/8-7/29 | R \$37 | NR \$43 | ID: 39217

S4 8/5-8/26 R \$37 | NR \$43 | ID: 39218

### FRIDAY | 10:30-11:15AM

S1 5/1-5/29 | R \$37 | NR \$43 | ID: 34983

S2 6/5-6/26 | R \$37 | NR \$43 | ID: 39219

S3 7/10-7/31 | R \$37 | NR \$43 | ID: 39220

S4 8/7-8/28 | R \$37 | NR \$43 | ID: 39221

## Chair & Mat Hybrid Yoga

Bridge the gap between chair yoga and mat yoga in a slow-paced, beginner-friendly format. Perfect for those ready to move beyond the chair or who prefer not to get up and down from the floor repeatedly. Age 55+. Max 15.

### MONDAY | 11:30AM-12:15PM

S1 4/27-5/18 | R \$37 | NR \$43 | ID: 35116

S2 6/1-6/29 | R \$37 | NR \$43 | ID: 39196

S3 7/6-7/27 | R \$37 | NR \$43 | ID: 39197

S4 8/3-8/24 R \$37 | NR \$43 | ID: 39198

## Beginner Yoga

A yoga class for beginners or anyone seeking a gentle, back-to-basics experience. Mats available. Age 18+. Max 15.

### TUESDAY | 9:15-10:15AM

S1 4/28-5/26 | R \$37 | NR \$43 | ID: 34967

S2 6/2-6/30 | R \$37 | NR \$43 | ID: 39232

S3 7/7-7/28 | R \$37 | NR \$43 | ID: 39233

S4 8/4-8/25 | R \$37 | NR \$43 | ID: 39234

## Lunchtime Flow Yoga

A flow yoga class suitable for all levels, perfect for a lunch break. Bring a yoga mat. Age 18+. Max 15.

### NOON-1PM

S1 4/28-5/28 | Tu/Th | R \$69 | NR \$75 | ID: 34972

S2 6/2-6/30 | Tu | R \$37 | NR \$43 | ID: 39225

S3 7/7-7/28 | Tu | R \$37 | NR \$43 | ID: 39226

S4 8/4-8/25 | Tu | R \$37 | NR \$43 | ID: 39227

## Sunrise Vinyasa Flow

A practice to awaken the body and mind, build strength and flexibility, and cultivate clarity and vitality for the day. Expect poses linked by breath, including sun salutations and energizing sequences. Bring a yoga mat and yoga blocks. Age 18+. Max 15.

### 8-9AM

S1 4/28-5/28 | Tu/Th | R \$69 | NR \$75 | ID: 35005

S2 6/2-6/30 | Tu | R \$37 | NR \$43 | ID: 39199

S3 7/7-7/28 | Tu | R \$37 | NR \$43 | ID: 39200

S4 8/4-8/25 | Tu | R \$37 | NR \$43 | ID: 39201

## Prenatal Yoga

Specially designed for pregnant bodies with a special emphasis on breath and relaxation for all stages of pregnancy. Prepares the body and mind for the birthing process. Age 18+. Max 15.

### FRIDAY | 11:30AM-12:30PM

S1 5/1-5/29 | R \$41 | NR \$47 | ID: 34978

S2 6/5-6/26 | R \$41 | NR \$47 | ID: 39222

S3 7/10-7/31 | R \$41 | NR \$47 | ID: 39223

S4 8/7-8/28 | R \$41 | NR \$47 | ID: 39224

# Hikes with Rebecca

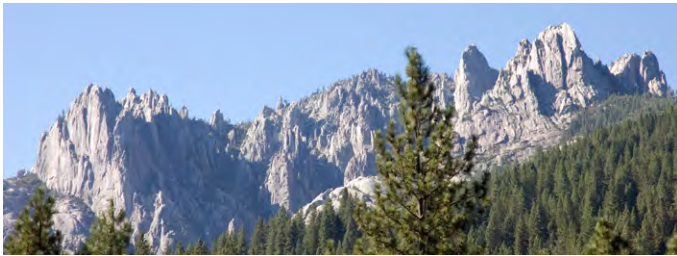
## Instructor Bio:

Based in the Rogue Valley, she leads supportive group hikes throughout Southern Oregon and beyond creating positive trail experiences.

By previewing local trails, Rebecca helps others feel prepared, capable, and confident — redefining what hiking as we age looks like and proving every step builds courage and community.

## Summer All Day Hikes 55+

Participants must be registered at least one week prior to each trip. Wear comfortable walking shoes. *Be sure to check the City of Medford website for the most up-to-date schedule of upcoming hikes.* All hikes depart from and return to Rogue X: 901 N. Rossanley Dr. Max 8.



**Castle Crags:** Hike through shady forest to clear, cold mountain springs flowing straight from the Granite Crags above. Perfect place to relax, take photos, and soak in the magic of Castle Crags.

6/10 | W | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39246  
Challenging | 5-6 miles | Elev. 1000 ft

**Rogue River Excursions:** Explore three different trails along the Rogue River. Experience rushing water and stunning waterfalls.

6/13 | Sa | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39248  
Challenging | 6-7 miles | Elev. 700 ft

**Train Mountain:** Near Klamath Falls this hike offers fresh air and a fun, unique way to explore the outdoors.

6/17 | W | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39256  
Easy | 2-3 miles | Elev. 100 ft

**Hike, Dip, Sip:** Explore the Rogue River and Applegate River. Trade bare feet for wine glasses, roll into a local winery, and toast to a day well spent.

7/15 | W | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39260  
Easy | 2-3 miles | Elev. 200 ft



UNLESS OTHERWISE NOTED,  
REGISTRATION STARTS  
APRIL 14 AT 9AM

**Lake Siskiyou:** Nestled beneath the towering presence of Mount Shasta, Lake Siskiyou offers a stunning, easygoing hike with postcard-worthy views at every turn. Last, stop in town to relax, refuel, and enjoy a well-earned treat after the hike.

7/22 | W | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39262  
Easy | 2-4 miles | Elev. 200 ft

**Umpqua Waterfalls:** Umpqua Waterfall Tour: Lemolo, Salt Creek & Watson Falls in a Single Scenic Adventure.

8/5 | W | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39263  
Moderate | 5-6 miles | Elev. 300-400 ft

**Crescent City Lighthouses:** Crescent City's lighthouses and rugged coastline offer a perfect blend of history, ocean views, and small-town charm.

8/12 | W | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39265  
Easy | 2-3 miles | Elev. 200 ft

**Redwoods Adventure:** Includes parts of the Jedediah Smith Redwoods State Park, with time along the crystal-clear Smith River and a hike through the legendary Grove of the Titans. Surrounded by some of the tallest trees on Earth.

8/19 | W | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39267  
Moderate | 3-4 miles | Elev. 300 ft

**Wagner Butte:** Enjoy sweeping views in the Rogue Valley. Hike out-and-back to the Sheep Creek mudslide area and beyond, taking in dramatic scenery and several breathtaking viewpoints along the way. Be sure to pack a hearty lunch.

8/22 | Sa | 8AM-5:30PM | R \$52 | NR \$58 | ID: 39268  
Challenging | 6 miles | Elev. 1200 ft

## Summer Hikes 55+

Hikes designed for active seniors 55+. Eat a hearty breakfast, bring a lunch, snacks, water and hiking shoes/clothes. Some hikes can be physically strenuous. Please be mindful when registering. Refunds are not available on that basis. All hiking tours depart from and return to Rogue X. Max 8.

**Raine Falls:** A summertime stop just outside of Grants Pass, offering a rigorous hike through a shaded forest to a peaceful waterfall. An ideal spot for a relaxed break, photos, and a refreshing pause as part of a guided adventure.

5/9 | Sa | 8AM-1PM | R \$21 | NR \$27 | ID: 39243  
Moderate | 3-4 miles | Elev. 450 ft

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**Anderson Butte:** One of Southern Oregon's best summertime viewpoints!

5/23 | Sa | 8AM-1PM | R \$21 | NR \$27 | ID: 39245  
Moderate/Challenging | 5 miles | Elev. 950 ft

**PCT to Grouse Gap:** Follow this beautiful stretch of the PCT. See meadows come alive with color, open views, and wide skies.

6/12 | F | 8AM-1PM | R \$21 | NR \$27 | ID: 39247  
Moderate | 2-3 miles | Elev. 470 ft

**Songer Butte Loop:** Experience a scenic and rewarding hike that offers wide-open views and peaceful high-desert beauty.

6/19 | F | 8AM-1PM | R \$21 | NR \$27 | ID: 39257  
Moderate | 3-4 miles | Elev. 600 ft

**Jacksonville Woodlands:** Step back in time with a hike through the Jacksonville Woodlands, where every bend in the trail tells a story.

6/26 | F | 8AM-1PM | R \$21 | NR \$27 | ID: 39258  
Easy | 2-3 miles | Elev. 200 ft

**Wonder Trail:** A perfect blend of forest, views, and peaceful vibes right on the edge of town.

7/10 | F | 8AM-1PM | R \$21 | NR \$27 | ID: 39259  
Moderate/Challenging | 5.5 miles | Elev. 900 ft

**Bigfoot Trap:** Tucked away in the Applegate Valley, the Bigfoot Trap hike is a quirky and scenic adventure with a fun dose of local legend. Follow a peaceful stretch of forest and river before reaching the famous wooden trap built in the 1970s to catch Sasquatch.

7/17 | F | 8AM-1PM | R \$21 | NR \$27 | ID: 39261  
Moderate | 4-5 miles | Elev. 700 ft

**Lake of the Woods:** A peaceful way to enjoy the beauty of Southern Oregon's high-elevation forests and clear mountain water.

8/7 | F | 8AM-1PM | R \$21 | NR \$27 | ID: 39264  
Easy | 2-3 miles | Elev. 200 ft

**Rogue River Exploration:** Spend the morning exploring some of the most beautiful spots along the Rogue River, including Rogue Gorge and National Falls, with a fun local stop for in-season pie.

8/14 | F | 8AM-1PM | R \$21 | NR \$27 | ID: 39266  
Easy | 2-3 miles | Elev. 200 ft

**Indian Creek Waterfall:** Walk through shallow water, splashing along the creek, cool off when hiking through shaded canyon walls.

8/23 | Su | 8AM-1PM | R \$21 | NR \$27 | ID: 39269  
Moderate | 2 miles | Elev. 200 ft



## Hike 55+ Advanced Balance & Mobility Class

Hike 55+ Advanced Balance & Mobility Class is designed to help you feel strong, confident, and ready for the trail. Focus on building the balance, muscle strength, and stability needed for uneven terrain, hills, and longer hikes, all in a supportive, encouraging environment. Participants in this class receive first access to register for our Challenging Fall Hike. Age 55+. Located at Rogue X. Max 12.

**THURSDAY | 8:30-9:45AM**

S1 6/11-6/25 | R \$30 | NR \$36 | ID: 39113

S2 7/9-7/23 | R \$30 | NR \$36 | ID: 39114

S3 8/6-8/20 | R \$30 | NR \$36 | ID: 39115

## Hike 55+ Balance & Mobility Class

Adaptable to every fitness level, whether just starting out or already active, have the option to progress and work toward the next level of strength and endurance. Focus on practical movements that translate directly to hiking and everyday activities, helping you stay independent, injury-free, and ready for outdoor adventures. Age 55+. Located at Rogue X. Max 12.

**THURSDAY | 10-11:15AM**

S1 6/11-6/25 | R \$30 | NR \$36 | ID: 39088

S2 7/9-7/23 | R \$30 | NR \$36 | ID: 39089

S3 8/6-8/20 | R \$30 | NR \$36 | ID: 39090

## Strength & Balance for Active Hikers (55+)

Through a combination of resistance exercises, functional movements, and balance training, develop muscle and stability needed to confidently tackle hills, uneven trails, and longer distances. Age 55+. Located at Santo Community Center. Max 12.

5/12-6/2 | Tu | 4:30-5:30PM | R \$32 | NR \$38 | ID: 39056

## Bollywood Dance for Beginners\*

An energetic introduction to the vibrant world of Bollywood. Learn the basic steps and techniques. Each week, build your confidence through learning short routines. Participate in a fun, choreographed dance by the end of the session, and improve strength, stamina, and flexibility in the process. Age 13+. Located at Rogue X. Max 12. **Instructor: Kamallata Jones**

S1 5/14-6/4 | Th | 6-7PM | R \$53 | NR \$59 | ID: 39053

S2 6/11-7/2 | Th | 6-7PM | R \$53 | NR \$59 | ID: 39054

S3 7/9-7/30 | Th | 6-7PM | R \$53 | NR \$59 | ID: 39055

*\*High-energy cardio dance involves vigorous movement, which may include jumping, twisting and rapid directional changes. Self-pacing is encouraged to modify movements.*

## NEW! Zumba\*

A lively, music-filled dance workout that blends easy-to-follow rhythms with fun, energizing moves. Perfect for all fitness levels. Focus on enjoyment, movement, and boosting your mood. No dance experience required. Age 13+. Located at Rogue X. Max 12. **Instructor: Yoko Huggins**

S1 5/6-5/20 | M/W | 5-6PM | R \$36 | NR \$42 | ID: 39155

S2 6/1-6/24 | M/W | 5-6PM | R \$36 | NR \$42 | ID: 39156

S3 7/6-7/29 | M/W | 5-6PM | R \$36 | NR \$42 | ID: 39157

S4 8/3-8/31 | M/W | 5-6PM | R \$36 | NR \$42 | ID: 39158

## Beginning Ballroom

Learn to dance, exercise and meet new people at the same time! The instructor is experienced, enthusiastic and keeps a lighthearted learning atmosphere. Age 16+. Located at Evergreen Ballroom, 6088 Crater Lake Ave, Central Point. Max 40. **Instructor: Cori Grimm**

S1 Salsa/Bachata  
5/18-6/1 | M | 6:30-7:30PM | R \$22 | NR \$28 | ID: 39142

S2 Tango  
6/8-6/22 | M | 6:30-7:30PM | R \$22 | NR \$28 | ID: 39143

S3 Rumba  
6/29-7/13 | M | 6:30-7:30PM | R \$22 | NR \$28 | ID: 39144

S4 Foxtrot  
7/27-8/10 | M | 6:30-7:30PM | R \$22 | NR \$28 | ID: 39145

Season Pass (5/18-8/10) | R \$60 | NR \$66 | ID: 39146

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## Hikes with Megan

### Instructor Bio:

A passionate nature enthusiast and experienced trail explorer, Megan brings her love for the outdoors to the Department by leading some of the best hiking opportunities in Southern Oregon.

### Summer Hikes 18+

Get the heart pumping and legs moving on the Rogue Valley's iconic trails. **Instructor: Megan Fowler**

Meet at Rogue X and take a van to the trailhead unless otherwise noted. (Estimated time includes travel time.)

*\*Hikes can be physically strenuous.*

**Fern Canyon Loop in Prairie Creek Redwoods:** This hike is where they filmed Jurassic Park 2 and the BBC series "Walking with Dinosaurs". The floor is nearly all creek bed, consisting of water, gravel, stumps, and downed trunks. This hike is very WET and will likely have running water on the trail. Bring sturdy, tall waterproof boots/shoes along with a pair of water shoes and an extra pair of socks, a rain jacket, hiking poles, umbrella, and/or poncho. Pack a sack lunch or enjoy lunch at a local favorite. Parking pass and reservation included. Max 7.

8/16 | Su | 8AM-6PM | R \$52 | NR \$58 | ID: 39981  
Easy | ~2-3 miles | Elev. 125 ft

**Gold Beach:** Enjoy coastal views of the Pacific Ocean by walking along Kissing Rock and Hunter Creek Beach. Bring a sack lunch or enjoy lunch at a local favorite. Max 8.

8/30 | Su | 8AM-6PM | R \$52 | NR \$58 | ID: 39982  
Easy | ~2-3 miles | Elev. 88 ft

### Horton Plaza FREE Classes

Horton Plaza offers FREE classes for seniors on Tuesdays. Call Horton Plaza at 541.770.1122 to confirm registration. Located at Horton Plaza, 1122 Spring St., Medford. Min 5 | Max 25. **Instructor: Horton Plaza Staff**

### Balance 55+

Improve your balance, strengthen your core, and enhance everyday movement with safe, low-impact exercises designed specifically for seniors.

5/5-8/25 | Tu | 10:30-11AM | R/NR FREE

### Gentle Chair Yoga 55+

Improve muscle tone and strength with personalized chair yoga.

5/5-8/25 | Tu | 11-11:30AM | R/NR FREE

# Day Trips with Jason

## Instructor Bio:

Jason Campbell is in his fourth year as the Day Trip driver for Parks & Recreation, a longtime educator and proud Oregonian who brings his passion for teaching, storytelling, and the best joke-telling around to every journey.

Eat a hearty breakfast, bring a lunch, snacks, water and hiking shoes/clothes. Some trips can be physically strenuous. Please be mindful when registering. Refunds are not available on that basis. All day trips depart from and return to Rogue X. Age 10+ *unless otherwise noted*. Max 8. **Instructor: Jason Campbell**

**Turtle Bay Day Trip:** Discover Turtle Bay, which is home to over 50 living animal species and 35,000 historical artifacts. View the garden and nursery or take a walk across the world-famous Sundial Bridge. Bring lunch or enjoy the Mosaic Restaurant at Turtle Bay.

6/23 | Tu | 7AM-5PM | R \$71 | NR \$77 | ID: 39413

**Wine Tour | 21+:** Visit some of the local wineries in the Applegate Valley. Small plate sampling provided. Wine tasting and lunch available. Winery locations TBD. Age 21+.

S1 6/24 | W | 10:30AM-6PM | R \$48 | NR \$54 | ID: 39414

S2 7/1 | W | 10:30AM-6PM | R \$48 | NR \$54 | ID: 39425

**S.O. Waterfalls Day Trip:** Experience the sights and sounds of spectacular waterfalls along the Rogue-Umpqua National Scenic Byway. Most stops require walking to see falls. (*This trip is physically strenuous. Please be mindful when registering.*) Destinations include: (*subject to change*) **WATSON FALLS:** 0.8-mile hike to get to falls with a 524-foot elevation gain. **TOKETEE FALLS:** 0.4-mile trail with 200 steps. **SUSAN CREEK FALLS:** 0.8 mile hike to get to the falls.

6/25 | Th | 7:30AM-6PM | R \$63 | NR \$69 | ID: 39421

**Bandon Day Trip:** Enjoy some shopping, lunch at one of the local restaurants, and visit some of the dramatic, walkable beaches.

6/29 | M | 7:30AM-6PM | R \$63 | NR \$69 | ID: 39422

**Wildlife Safari Day Trip:** The 600-acre drive-thru animal park features over 550 animals from around the world. Tour is given in an open-air truck provided by the park. Park admittance is included in the registration fee. Van leaves at 8:30AM. Bring a lunch or enjoy the Safari Grill.

6/30 | Tu | 8:30AM-4PM | R \$56 | NR \$62 | ID: 39423

**Gold Beach Day Trip:** Gold Beach, Oregon is a small coastal city in Curry County on the scenic southern Oregon Coast where the Rogue River meets the Pacific Ocean. Participants can buy a lunch at one of the local restaurants or bring one.

7/7 | Tu | 7:30AM-6PM | R \$63 | NR \$69 | ID: 39977

**Rain Rock Casino Day Trip:** Nestled in the scenic mountains of Yreka, CA, Rain Rock Casino stands as Northern California's premier casino resort. 349 slot machines and 8 different table games, ensuring there's something for every type of player. Transportation to and from the casino only. Van leaves at 9AM.

7/8 | W | 9AM-4PM | R \$31 | NR \$37 | ID: 39427

**Crater Lake Day Trip:** Wander and explore this national wonder at your own leisure. Bring a lunch or purchase one at the lodge. The return trip features a stop at the Natural Bridge.

7/9 | Th | 8AM-5PM | R \$31 | NR \$37 | ID: 39428

**Stout Grove Day Trip:** Enjoy the majesty of the Redwoods and visit the circa-1856 Crescent City Light House, the 900-foot pier and South Look out. The return trip features a stop at Sea Quake for lunch.

7/27 | M | 8AM-6PM | R \$63 | NR \$69 | ID: 39429

**Brookings Day Trip:** Bounded by the Chetco River and Port of Brookings Harbor to the south, Brookings is a lovely Oregon Coast City. Van leaves from Rogue X and travels to Brookings, where participants can do some shopping, visit Harris Beach State Park, and enjoy lunch at Superfly Distilling (*lunch location subject to change*).

7/28 | Tu | 8AM-6PM | R \$63 | NR \$69 | ID: 39430

**7 Feathers Day Trip:** Experience the excitement of Nevada-style gaming with over 9520 of the hottest slot machines and table games. Transportation to and from the casino only. Van leaves at 9AM.

7/29 | W | 9AM-4PM | R \$31 | NR \$37 | ID: 39431

**Oregon Caves & Great Cats Day Trip: Great Cats:** Home to over 50 individual cats representing 17 different species and subspecies. **Oregon Caves:** Offers a variety of tours, each providing a unique way to experience the cave's winding passages, ancient formations, and hidden wonders. Park admission is included in the registration fee. (*This trip is physically strenuous. Please be mindful when registering.*)

7/30 | Th | 8AM-5PM | R \$56 | NR \$62 | ID: 39432

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BURGERS  
SANDWICHES  
CALZONES, SALADS  
and much more!**

*Gluten-Free Pizza and other items available, too!*

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

Locations also in Grants Pass, Cave Junction & Brookings Harbor



CREATE  
LASTING  
MEMORIES

# CHALKABOUT MEDFORD + SUMMER KICK OFF

**EXPRESS ARTISTIC TALENTS WITH CHALK!**  
After the competition, enjoy a summer kick-off celebration with live music, food (*first 200 people*), and a movie:

**SATURDAY JUNE 27** { **9AM-4PM** }  
**ROGUE X**

**13+ years: \$25 per square**  
**Under 13 years: \$15 per square**  
(Includes chalk & 4ft x 5ft square)

Prizes for Judge's Choice & People's Choice in Youth & Adult

Reserve a square today! Scan:



**MEDFORD**  
PARKS, RECREATION AND FACILITIES



## World's Largest Swimming Lesson

Registrants who have a lesson scheduled for June 25 participate in the World's Largest Swimming Lesson!



[WLSL.org](http://WLSL.org)

Since its inception in 2010, the World's Largest Swim Lesson™ (WLSL) has helped reduce the risk of drowning. It occurs at all types of aquatic facilities from huge waterparks to public pools and swim schools. WLSL serves as a platform to help communities build awareness about the importance of teaching children to swim. Swimming is a life-saving skill and a vital tool to prevent drowning, the number one cause of death for U.S. children ages 1-4, and second leading cause for ages 5-14.

## Water Safety Day

Medford Parks and Recreation is inviting families to dive into summer safely with Water Safety Day, a free event featuring interactive demonstrations, safety workshops, and fun activities designed to equip attendees of all ages with essential water safety skills. Located at the Rogue X Splash Pad.

6/25 | Th | Noon-3PM | R/NR FREE

THE CITY OF MEDFORD PRESENTS

# Red, White & Pool

## Independence Day Celebration

1-3 pm at Rogue X

Activities include:

- Free open swim (265 people max)
- Free food (while supplies last)
- Free open gym
- Live band
- Contests






BRING YOUR POOCH FOR DOXIN RACING & MORE!



YAPPY HOUR  
PRESENTS

# DOXIN -DASH

MEDFORD PARKS & RECREATION

For ages 21+  
**FRI, AUG 28**  
6-9pm

**FREE\***  
(Donations accepted)

- Doxin Racing
- Dog Costume Contest
- Awards & Prizes
- Food Trucks
- Walkabout Brewery




Scan for more info:  
(ID: 39086)






\*Food & Drinks available for purchase

Walkabout Brewing Co. → 921 Mason Way, Medford

# GIGGLEMUG'S FAM JAMS '26

PRESENTING A MAGICAL FREE FAMILY CONCERT SERIES FEATURING FRIENDS OF GIGGLEMUG!







**ROGUE X**  
**JUN 27 • 10AM**  
**JUL 4 • 1:30PM**

---

**PEAR BLOSSOM  
PARK**  
**JUL 15 • 10AM**  
**JUL 28 • 10AM**

FOR DETAILS, SCAN CODE:

# Movies in the Park

**SATURDAY  
EVENINGS**  
MOVIES BEGIN  
AT DUSK



**FREE ENTRY!**  
*All Events  
Feature:*

Gift basket  
raffle

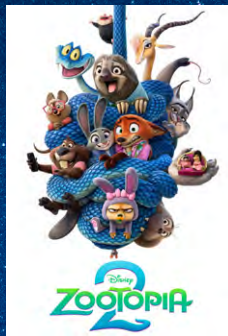
Event-branded  
giveaways

Pre-show  
kids activities



**MEDFORD**  
PARKS, RECREATION AND FACILITIES

**JUN 20**



**JUN 27**



**JUL 11**



**AT ROGUE X SLASH PAD**

**AUG 1**



**AUG 8**



**AT BEAR CREEK PARK**

## GENERAL PARK RULES

**Park Hours: 6am-10:30pm**

*Prescott Park Gate closes at 5pm, Nov-Feb.*

- **Alcohol:** Not permitted in most park areas or facilities. Allowed in certain areas with the Park Director's approval.
- **Amplification:** City permission is required for amplified speech or music in a park area. Permit Cost: \$20
- **Barbecues:** City Parks do not have barbecues. Propane barbecues are allowed, but insurance is required.
- **Camping:** Not allowed in any park unless pre-approved by City Council.
- **Dogs:** Must be on a 6-foot leash and under the control of a capable individual who must immediately remove any feces.
- **Firearms:** Firearms, fireworks and explosives are prohibited from all parks.
- **Horses/Exotic Animals:** Not permitted in park areas or bike paths except when approved for special events or at Prescott Park.
- **Vehicles:** Motorized vehicles are allowed only in designated parking areas. E-bikes: Class 2 and 3 are prohibited in all City parks.
- **Vending:** Land use regulations prohibit vending of goods except as specified in Section 2-185 of the City Code.
- The use of remote-controlled devices, such as cars, aircraft, model rockets, and drones, in park areas, unless otherwise designated, is prohibited.
- Smoking is prohibited in all City of Medford Parks and facilities.
- For a complete listing of city parks and rules, go to [playmedford.com](http://playmedford.com)

## BEAR CREEK SKATE PARK

- All participants are required to wear protective headgear while using the Skate Park, a state law for those 16 years of age and younger.
- No bike riding is allowed in the skate park facility.
- Facility is for skateboard and rollerblade activities only.
- Use facility at your own risk.
- Do not use this facility when skate surface is wet.

## TO RESERVE A PARK OR FACILITY

**Park Hours are 6am-10:30pm** (Except Prescott Park)

- View park sites and facility calendars at [playmedford.com](http://playmedford.com).
- Reserve by phone with a debit/credit card by calling 774-2400.
- To pay with cash, check or money order, visit the Parks & Recreation office at the Santo Community Center or at the Rogue X.
- Bring the rental confirmation to the location/event.
- As specified by the city, renters are required to provide valid insurance and are responsible for providing power.



**Park Pavilion Permit:** \$65 for each 3-hour time slot. "General Use" is considered under 50 attendees, with no amplification and if the event/gathering creates no neighborhood parking impact.

**Special Event Permits:** A special permit and a site plan are required for events and activities that generate high spectator, traffic, parking or park-impact volumes, such as festivals, car shows, events using booths, etc. Please call MPRD well in advance to plan and coordinate the event.

**Bear Creek Amphitheater:** Most events at this facility require a Special Event Permit. If the event only requires chairs; you may reserve by phone with a debit/credit card, or come in person to the Santo Community Center to pay with cash.

## SANTO COMMUNITY CENTER RENTALS

Rooms are often available for meetings, family gatherings or presentations. Rooms accommodate up to 49 people, and the Main Hall can hold up to 150. Tables and chairs are provided. TVs and projectors are available in several rooms. Call 541-774-2400 or email [parks@cityofmedford.org](mailto:parks@cityofmedford.org) for information.

*Additional fees may apply if abnormal amounts of staff or maintenance are required.*

## NOTICE OF PHOTOGRAPHY, VIDEO & LIVE STREAM

When you enter a Medford Parks, Recreation, & Facilities (MPRFD) event, program, or facility, you enter an area where photography, audio, and video recording may occur.

By entering the event premises, you consent to photography, audio recording, video recording and their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, advertising, inclusion on websites, social media, or any other purpose by MPRFD and representatives. Photos and videos may be used to promote similar MPRFD events in the future, highlight the event, and exhibit the capabilities of MPRFD.

# RECREATION AREA FACILITIES PROGRAM & EVENT LOCATIONS

**CONTACT US: 541-774-2400**

Amphitheater	Basketball	Dog Park	Equestrian Trails	Gazebo	Futsal	Meeting Rooms	Pool	Picnic Pavilion	Playground	Restrooms	Soccer	Softball/Baseball	Volleyball	Tennis/Pickleball	Trail Access	Splashpad	Slackline
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## COMMUNITY FACILITIES

<b>Parks &amp; Recreation Headquarters</b> Santo Community Center, 701 N Columbus Ave																	
I.O.O.F./Eastwood Cemetery, 1581 Siskiyou Blvd																	
Rogue Credit Union Community Complex, 901 Rossanley Dr																	
North Medford High Tennis Courts, 1900 N Keene Way Dr																	
Quality Fence Fields at Bear Creek Park, 970 Alba Dr																	
Virginia Vogel Plaza, 200 E Main St																	

## COMMUNITY PARKS

Bear Creek Park, 530 Highland Dr	★																
Fichtner-Mainwaring Park, 334 Holmes Ave																	
Hawthorne Park, 501 E Main St																	
Howard Memorial Sports Park, 1221 N Ross Ln																	
Prescott Park, 3030 Roxy Ann Rd																	
Lithia & Driveway Fields, 300 Lowry Lane																	

## NEIGHBORHOOD PARKS

Alba Park, 301 W Main St																	
Cedar Links Park, 3101 Cedar Links Dr																	
Donahue-Frohnmayr Park, 1678 Spring St																	
Earhart Park, 1320 Fortune Dr																	
Holmes Park, 185 S Modoc Ave																	
Howard Elementary, 286 Mace Rd																	
Jackson Park, 815 Summit Ave																	
Jefferson School Ballfields, 333 Holmes Ave																	
Kennedy School Park, 2860 N Keene Way Rd																	
Lewis Park, 130 Lewis Ave																	
Liberty Park, 625 N Bartlett St																	
Lone Pine Park, 3158 Lone Pine Rd																	
Orchard Hill Elementary, 1011 La Loma Dr																	
Oregon Hills Park, 6001 E McAndrews Rd																	
Pear Blossom Park, N Bartlett	★																
Railroad Park, 2222 Table Rock Rd																	
Roosevelt School Park, 1212 Queen Anne Ave																	
Ruhl Park, 235 S Modoc Ave																	
Summerfield Park, 3593 Cherry Ln																	
Union Park, 501 Plum St																	
Village Center Park, 3950 Shamrock Dr																	
Veteran's Memorial Park, 1601 S Pacific Hwy																	
Wilson School Park, 1400 Johnson St																	

## FUTURE PARK SITES

Chrissy Park: East Medford

Midway Park: Northwest Medford

Addysen Park: West Medford



# ASHLAND PARKS AND RECREATION

## SUMMER '26 PLAYGUIDE!

CONNECT WITH THESE GREAT OFFERINGS:

**SUMMER PROGRAMS FOR ALL AGES,  
NORTH MOUNTAIN PARK PROGRAMS,  
DANIEL MEYER MEMORIAL POOL & MORE!**



## WE'VE GONE DIGITAL!

Our Community Playguide is now fully digital. Scan the code above to view our program guide online!

**Questions? We are here to help!**  
Call 541-488-5340 or email us at:  
[parksinfo@ashlandoregon.gov](mailto:parksinfo@ashlandoregon.gov)



## EXPERIENCE ASHLAND PARKS THIS SUMMER!

Ashland Parks are your perfect summer destination for all-ages fun. Highlights of the summer are our nature programs at Lithia Park & North Mountain Park. We also offer a wide range of fitness and music programs as well as a robust senior activity schedule, free concerts and more! **Check out what Ashland Parks has in store for you this summer.**

## FUN, IT'S IN OUR NATURE!

**FIND OUT MORE! SCAN CODE:  
OR VISIT US ONLINE AT:  
[ASHLANDPARKSANDREC.ORG](http://ASHLANDPARKSANDREC.ORG)**



# Central Point PARKS & RECREATION



## MADE IN SOUTHERN OREGON

May 9th | 9:00am - 4:00pm | Pine Street  
Find the perfect gift for Mother's Day. Featuring local artists of all mediums. Discover what our Southern Oregon artists have to offer. Admission is free for the whole family.

## PARKS & REC SUMMER CAMPS

Looking for a way to entertain the kiddos this summer? Join us as we offer new and exciting camps each week! From crafts to sports, there is something for everyone this summer! Register at [www.centralpointoregon.gov/schedule](http://www.centralpointoregon.gov/schedule).



**PARKS & RECREATION**

**FOLLOW US!**

**@GREENPARKSCP**

541.664.3321 ext 130

[www.centralpointoregon.gov/parksrec](http://www.centralpointoregon.gov/parksrec)

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Dr. Bren Dixon      541.773.3327

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Look out for a StoryWalk® hosted by Jackson County Library Services at a City of Medford park this summer, featuring **Señorita Mariposa** by Latin Grammy Award Winner, Mister G!

Learn more at [JCLS.ORG/SRP](http://JCLS.ORG/SRP)



JACKSON COUNTY LIBRARY SERVICES




JACKSON COUNTY LIBRARY SERVICES

**SUMMER READING**

PLANT A SEED, READ LEE  
PLANTANA SEMILLA, READ LEE

Find fun summer events and join the Beanstack reading challenge!



IREAD 2026

**RETURNS JUNE 1**  
visit [jcls.org/srp](http://jcls.org/srp)



**MEDFORD**  
PARKS, RECREATION AND FACILITIES

Medford Parks, Recreation and Facilities  
901 Rossanley Dr., Medford, OR 97501  
541-774-2400

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COMMUNITY THRIVES HERE

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