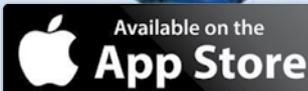
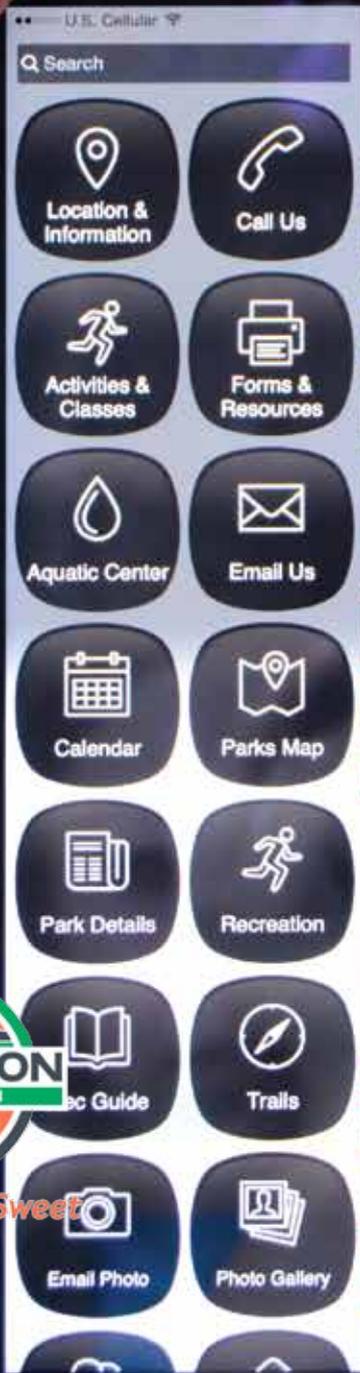


Hermiston Parks & Recreation

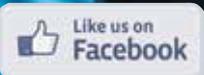
Come On Out to Play!

Fall 2016 Activity Guide

DOWNLOAD THE NEW APP



Where Life is Sweet



hermistonrec

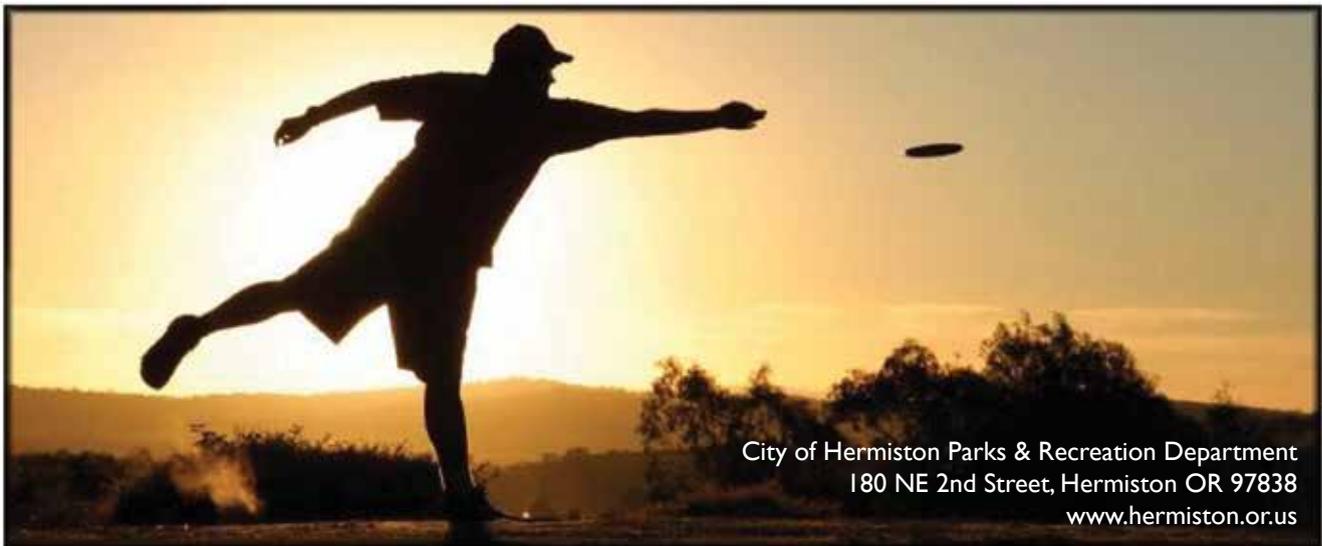
541.667.5018 www.hermiston.or.us

FALL 2016

Parks & Recreation Guide

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City of Hermiston Parks & Recreation Department
180 NE 2nd Street, Hermiston OR 97838
www.hermiston.or.us

Message from the Director:

Disc Golf Planning Meeting

Community Meeting September 8, 6:30pm City Hall.

Disc golf is growing in popularity throughout the country. It's easy to see why. Disc golf is a relatively inexpensive sport. A set of 3 discs can be as little as \$10 and generally on "green-fees." Disc golf is great exercise and fairly easy to learn.

Why doesn't Hermiston have a disc golf course? That's a great question and there are a growing number of local residents that are looking to change that right now.

Come see the latest facility concepts for a disc golf course in Hermiston at the Community Disc Golf Meeting Planned for September 8, 6:30pm at City Hall. Or email me to get on an interested persons list for future disc golf notifications.

Larry Fetter, Director
lfetter@hermiston.or.us
Hermiston Parks and Recreation

WELCOME TO PARKS & RECREATION

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

FALL 2016

Three Easy Ways to Register: By mail, by phone, by fax
phone 541-667-5018 • fax 541-567-5530 • www.hermiston.or.us



Parks and Recreation Committee

Jean Stahlberg	Steven Williams	Doug Primmer
Lisa Garcia	Mike Kay	Jackie Myers
Carlisle Harrison	Briana Cortaberra	Ryan Severs

Staff

Larry Fetter	Director of Parks and Recreation	Gina Wicks	Administrative Assistant
Dan Earp	Recreation Supervisor	Diana Picard	Recreation Coordinator
Brian Fricke	Municipal Service Worker II	Kasia Robbins	Recreation Coordinator
Ruperto Garcia	Municipal Service Worker I		

Volunteer

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

Registration Options

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

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

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

Contact

Office 180 NE 2nd Street, Hermiston, OR, 97838
Phone (541) 667-5018 Fax (541) 567-5530
Email parksandrec@hermiston.or.us

Congratulations!

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

Resident / Non-Resident Rates

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

Cancellation Policy

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

Withdrawal / Refund Policy

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

Photo Policy

Capturing the moment. By attending any Hermiston Parks & Recreation program, you understand that a picture of you or your family may be taken. We use photographs for quality improvement and also in future marketing materials. Names are not published without specific permission granted by a participant.



September

10th-

**Blue Mountain Rabbit
Breeders Show**

24th-

**Don Horneck Scholarship
Fundraiser**

October

8th-

**Altrusa Oktoberfest
& Auction**

20th-

Breakfast of Champions



December

1st-

Farm Fair Dinner Banquet

3rd-

**Festival of Trees
Dinner & Auction**

4th-

Festival of Trees Family Day

17th-

Breakfast with Santa

Business to Business

Luncheons

August 23, 2016

September 27, 2016

October 25, 2016

November 22, 2016

No Business to Business

Lunch in December

FRIDAY, OCTOBER 7TH

5TH ANNUAL
**COMMUNITY
CAMPFIRE
& HAYRIDE**

.....
Riverfront Park
.....

HAYRIDES 6-8PM

\$2 PER PERSON • \$8 PER FAMILY

CAMPFIRE 7-9PM

*Marshmallows and hot chocolate
provided!*



YOUTH SPORTS

Visit us online at www.hermistonrecreation.com



Youth Flag Football League

A great coed recreational football league dedicated to skill development and child enjoyment. All equipment is provided. The season consists of seven weeks where there will be a forty-five minute practice followed by a forty-five minute game all on Saturdays. Volunteer coaches needed.

Day: Saturdays
Dates: September 17th – October 29th
Cost: \$35 Resident
\$44 Non-Resident
\$15 Jersey (If needed)
Ages: 1st through 4th Grade League
Location: Theater Sports Park
Sign up Deadline: Wednesday, September 7th

Youth Volleyball League

A strong volleyball program dedicated to skill development and enjoyment. Join us for this coed non-competitive league. The season consists of 7 weeks where there will be a forty-five minute practice followed by a forty-five minute game all on Saturdays. Volunteer coaches needed.

Day: Saturdays
Dates: September 17th-October 29th
Cost: \$35 Resident
\$44 Non-Resident
\$15 Jersey (If needed)
Ages: 3rd through 6th Grade League
Location: Sandstone Middle School
Sign up Deadline: Wednesday, September 7th

YOUTH SPORTS

Visit us online at www.hermistonrecreation.com

Meet the Coach!

This is a meeting for parents and coaches of children participating in the Youth Flag Football or Youth Volleyball Leagues. This meeting will cover rules and other information, pass out schedules, and jerseys, and give you the opportunity to meet the coach.

Day: Tuesday
Date: September 13th
Times: 6:00pm-6:30pm Youth Football
7:00pm-7:30pm Youth Volleyball
Location: Hermiston Conference Center

Junior Football Clinics

Participants will learn the fundamentals of football through fun games designed to develop skills. They will be taught passing, running, catching, defense, and teamwork. Each week skill stations will be set up and the children will rotate through them. Be sure to sign up early for this popular clinic. (Age is based on the age as of September 17)

Days: Saturdays
Dates: September 17th – October 22nd
Times: 9:30am – 10:15am (3 year olds)
10:30am – 11:15am (4 year olds)
11:30am – 12:15pm (5 year olds/Kindergarten)
Cost: \$27 - Resident
\$34 - Non-Resident
Location: Theater Sports Park
Sign Up Deadline: Friday, September 9th

Basketball Academy - "Taking Your Game to the Next Level"

The Next Level Basketball Academy is an academy where kids will grow and learn about the game of basketball from a staff of experienced coaches. They will practice ball-handling, defense, shooting, and other basketball fundamentals. They will also learn self-esteem, teamwork, and sportsmanship. This academy is perfect for youth players participating in teams from the recreational league up to competitive AAU teams. Coaches include: local current and past local Head high school coaches, local high school athletes, and other local basketball coaches. Players will be grouped with other players in similar age & skill groups.

Day: Sundays
Dates: 10/16, 10/23, 10/30, 11/6, 11/13, 11/20
Time: 6:00pm-7:30pm
Grades: 1st - 8th
Cost: \$85 - Resident
\$100 - Non Resident (includes camp T-shirt)
Location: Sandstone Middle School
Sign up Deadline: Friday, October 7th



Gymnastics

Parent-Tot

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

Instructor: Kasia Robbins
Days: Thursdays
Dates: Sept., Oct., Nov. (No class Nov 24th).
Times: 4:30pm – 5:00 pm
Cost: \$20/Month - Resident
\$25/Month - Non Resident
Ages: 2 years – 4 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

YOUTH SPORTS

Visit us online at www.hermistonrecreation.com



Level 1

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

Instructor: Kasia Robbins
Day: Thursdays
Dates: Sept., Oct., Nov. (No class Nov 24th).
Times: 5:15pm to 6:00pm
Cost: \$24/Month - Resident
\$30/Month - Non Resident
Ages: 5-10 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 2

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

Instructor: Kasia Robbins
Day: Thursdays
Dates: Sept., Oct., Nov. (No class Nov 24th).
Times: 5:15pm to 6:00pm
Cost: \$24/Month - Resident
\$30/Month - Non Resident
Ages: 5-10 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 3

This gymnastics class is for children who have completed Level 2. The focuses are front handstand rolls, round offs, one-handed cartwheels, splits, and unassisted hand stands. This class also continues to work on the skills introduced in Level 2.

Instructor: Kasia Robbins
Day: Thursdays
Dates: Sept., Oct., Nov. (No class Nov 24th).
Times: 6:15pm to 7:00pm
Cost: \$24/Month - Resident
\$30/Month - Non Resident
Ages: 6-13 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

Level 4

This gymnastics class is for children who have completed Level 3. The focuses are front handsprings, back kick-overs, front hand stand rolls, splits, and assisted hand stands. This class also continues to work on the skills introduced in Level 3.

Instructor: Kasia Robbins
Day: Thursdays
Dates: Sept., Oct., Nov. (No class Nov 24th).
Times: 6:15pm to 7:00pm
Cost: \$24/Month - Resident
\$30/Month - Non Resident
Ages: 6-13 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior

YOUTH ENRICHMENT

Visit us online at www.hermistonrecreation.com



Dance Class

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

Instructor: Kasia Robbins
Days: Thursdays
Dates: Session 1: Sept. 1, 8, 15, 22, 29, Oct 6.
Session 2: Oct. 13, 20, 27, Nov. 3, 9, 17 (11/9 will be a Wednesday class).
Times: 3:45pm-4:15pm
Cost: \$30/Session - Resident
\$38/Session - Non-Resident
Ages: 3-6 years
Location: Hermiston Conference Center
Sign Up Deadline: One week prior.

Children's Community Theater

This is a great opportunity for youth to participate in a wonderful experience they will always remember. Not only will they learn stage presence, voice control, and acting techniques, but they will gain confidence and friends as well. This class will rehearse for two months then they will perform the play "The Jungle Book" for the community.

Instructor: Jenny Walker
Days: Tuesdays and Wednesdays
Dates: September 19th-November 18th
Times: 5:15pm-7:15pm
Cost: \$50 Resident
\$63 Non-Resident
Ages: 9-18 years
Location: Hermiston Conference Center
Sign Up Deadline: Friday, September 16th
City of Hermiston

FREE Flu Shot Clinic

Vaccine for all ages (kids to senior citizens)

**Saturday,
October 22nd
from 9am-2pm**

Flu Shot Today

at Hermiston High School
in the Main Commons
600 S 1st Street



541-667-3509



ADULT SPORTS

Visit us online at www.hermistonrecreation.com



Adult Volleyball Leagues

Hermiston Parks and Recreation is offering Adult Coed Volleyball Leagues. Captains must sign up all players. Roster size is unlimited.

Trophies and shirts will be awarded to the winners. Postseason single elimination tournaments will be included with each eight week season. No active college or high school players allowed.

4 on 4 Co-ed Recreational League

For teams looking to just have fun. 7'11" 5/8" nets will be used. No Competitive League Players allowed.

Day: Sundays

4 on 4 Co-ed Competitive League

For teams that care about winning and losing. 7'11" 5/8" nets will be used.

Day: Sundays

All Leagues

Dates: September 18th – November

Cost: Team Fee - \$145

Ages: 18+ years

Location: Hermiston High School Gold Gym

Sign up Deadline: Friday, August 26th

Coaches Meeting at City Hall: Wednesday, Sept. 7th – 6:45-7:15pm

Adult Flag Football Leagues

Hermiston Parks and Recreation is offering USTFL Adult Flag Football League. This league is 8 on 8 non-contact. Team captains must sign up the team. There are no longer individual player fees. Teams consist of a minimum of 8 players. Roster size is unlimited. This is an eight week season with a single elimination tournament. No active college or high school players.

Day: Saturdays

Dates: September 17th – November

Cost: \$475 team fee

Ages: 18+ years

Location: Field by Sunset Elementary

Sign up Deadline: Friday, August 26th

Coaches Meeting at City Hall: Wednesday, Sept. 7th – 6-6:30pm

ADULT ENRICHMENT

Visit us online at www.hermistonrecreation.com

Autumn Hike: North Fork Umatilla River

Enjoy a brisk autumn day hiking along the beautiful North Fork of the Umatilla River as it cascades out of the Blue Mountains. Hopefully, we will experience the bright reds of the vine maples and wildlife sightings. Transportation and trail snacks provided. Trail is from the North Fork Trailhead to Coyote Creek, which is approximately 5.4 miles roundtrip with about 400 feet in elevation gain. Space is limited.

Day: Saturday
Date: October 1st
Time: 10:00am
Cost: \$18 Resident
\$22 Non-Resident
Ages: 18+
Location: Meet at City Hall
Sign Up Deadline: Thursday, September 29th

Flatwater Kayaking: Walla Walla River

Early morning offers some of the best kayaking experiences to enjoy calm water and wildlife viewing opportunities. The cottonwoods along the river should be changing to their brilliant yellow. Recreation staff will serve a light breakfast of muffins and orange juice, then head out on the Walla Walla River. This section is approximately 4 miles long and will end at the confluence of the Columbia. Transportation is provided. No experience is necessary. Space is limited.

Day: Saturday
Date: October 8th
Time: 7:30am
Cost: \$25 Resident
\$32 Non-Resident
+\$10 kayak rental (optional).
Ages: 14 and up (14-17 must come with an adult).
Location: Meet at City Hall
Sign Up Deadline: Friday, October 7th



City of Hermiston

DANCE Social Sampler (NEW!)

This is a brand new class never offered before. A different dance will be taught at each of the 6 lessons and is designed to offer the beginner an overview of just a few of the dances that are being taught around the country and the world. Learn the very basic footwork for each dance and enjoy dancing to a variety of rhythms and temps to pop, hip-hop, country, and R&B. Dances covered will be Cha Cha, Waltz, I-Step Swing, Salsa, Couples Pattern, and even a line dance. We're not after proficiency here--just a sampling of dances to have fun! Wear comfortable shoes that allow for turning steps. No partner required.

Instructor: April Dyntaxa
Dates: October 6th -November 10th
Day: Thursdays
Time: 6:15pm-7:15pm
Cost: \$30 Residents
\$38 Non-Residents
Ages: 14 and older*

*14-17 must have an adult participating or watching the class.
Location: Hermiston Library Basement
Sign Up Deadline: Wednesday, October 5th

DANCE West Coast Swing!!

Learn the basic steps in this unique dance suited for that "funky" rhythm and blues music we all like. This slotted swing dance is very popular and can be plenty sassy as well as smooth and graceful. Wear comfortable shoes that allow for turning steps. No partner required.

Instructor: April Dyntaxa
Dates: October 6th -November 10th
Day: Thursdays
Time: 7:30pm-8:30 pm
Cost: \$30 Residents
\$38 Non-Residents
Ages: 14 and older*

*14-17 must have an adult participating or watching the class.
Location: Hermiston Library Basement
Sign Up Deadline: Wednesday, October 5th

Fall Photography Workshop: The Tree Farms

Learn how to capture the perfect fall foliage photo at the Greenwood Tree Farms just outside Hermiston. The Parks and Recreation department has received special permission to go onto the property for this workshop. You will be taught how to use the manual setting on your camera, and learn about aperture, shutter speed, ISO, and saturation to capture those vivid yellow colors. This may be the last year to take advantage of this opportunity so sign up early. Meet at City Hall and transportation is provided. No experience is necessary. A DSLR camera is required.

Day: Tuesday
Date: October 25th
Time: 4:00pm-7:00pm
Cost: \$15 Residents, \$19 Non-Residents.
Ages: 16 and older
Location: Meet at City Hall
Sign Up Deadline: Friday, October 21st.

SPECIAL EVENTS

Visit us online at www.hermistonrecreation.com

Community Campfire and Hayride

Enjoy a cool autumn night socializing with family and friends. Bonfires will be set up for marshmallow roasting (weather permitting). Marshmallows for roasting and hot chocolate will be provided. Hay rides will be provided near the Oxbow Trail starting at Riverfront Park.

Date: Friday, October 7th
Times: Hayrides: 6:00pm-8:00pm
Campfire: 7:00pm-9:00pm
Hayride Cost: \$2 per person or \$8 a family.
Ages: All welcome!
Location: Riverfront Park

Treats on Main and Beyond

Sponsored by Rogers Toyota of Hermiston

Come join us for a safe and fun Trick-or-Treat activity on Main Street. Participating businesses will have signs in their windows inviting you in to collect treats from them. Work your way around Downtown Main Street by following the specially marked pumpkins. Afterwards, join us at the Hermiston Conference Center for carnival games, bounce houses, haunted house, giant pumpkin, prizes, and much more for all ages. Opportunities for volunteering are available.

Day: Monday
Dates: October 31st
Times: 3pm-5pm Downtown
4pm-7pm Conference Center
Cost: Free
Location: Downtown Main St. and Conference Center



The Jungle Book

Sponsored by the Desert Arts Council

Hermiston Parks and Recreation's drama class presents this wonderful classic story that is bound to be quality entertainment for the whole family. Tickets are available in advance through the Hermiston Parks and Recreation office or you can purchase tickets at the door.

Days: Thursday and Friday
Dates: November 17th and 18th
Time: Curtain at 6:30pm
Cost: \$2 Pre ordered through Parks and Recreation office.
\$3 At the door.
Location: TBD



Pancakes with Santa

Sponsored by Rogers Toyota of Hermiston

Ho Ho Ho, Santa is hungry and he wants to share his favorite breakfast with you, pancakes! Come enjoy a wonderful holiday breakfast with Santa. Breakfast will be pancakes and sausage with delicious toppings that you can use to decorate your pancakes. Included with breakfast will be photos with Santa and staff from the library will share a holiday story with everyone. This will be an experience you and your family will not want to miss. Tickets must be purchased in advance. Seats are limited.

Day: Saturday
Date: December 17th
Time: 8:30am-10:30am
Tickets: \$8 for children ages 2-15
\$10 for ages 16 and older.
\$30 for a family of 4.
Location: Hermiston Conference Center
Deadline: Dec. 14th or until tickets are sold out.

Health Education & Wellness

offered by

Good Shepherd Medical Center

- Living Well classes
- Powerful Tools for Caregivers
- Diabetes Prevention—“Prevent T2”
- Medicare Open Enrollment assistance
- Healthy Fridays: Free health screenings
- Free Flu Shots!

Check out pages 20-22 for complete listings

541-667-3509



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\$75 - \$115 depending on unit

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MONDAY - FRIDAY

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Hermiston, OR 97838



Good Shepherd Health Care System Caring for You



**Good Shepherd
Medical Center**

541.667.3400

Family Birth Center

24 Hour Emergency Services,

Call 9-1-1 in case of emergency

In-Patient and Day Surgery

Diagnostic Imaging

541.667.3520

Lab

Open 7 A.M. to 6 P.M.

Monday through Saturday

Closed Sundays

541.667.3575

Health Education

541.667.3509

Home Health

435 NW 11th St.

541.667.3542

Vange John Memorial Hospice

645 W. Orchard Avenue

541.667.3543

CareVan Medical Transportation

541.667.3888

Home Medical Equipment

435 NW 11th St.

541.667.3477

Pharmacy

Hermiston

600 NW 11th St, Suite E04

Open 9 A.M. to 6 P.M.

Monday through Friday

Open 10 A.M. to 4 P.M. Saturdays

Closed Sundays and Holidays

541.667.3652

Boardman

220 S. Main Street

Open 10 A.M. to 6 P.M.

Monday through Friday

Closed Saturday and Sunday

541.667.3746

**Good Shepherd
Medical Group**

541.567.5305

Internal Medicine

Minette Lukban, MD

Brian Larsen, MD

Edward Ricketts, MD

Endocrinology

Jennifer C. Poste, MD

Family Nurse Practitioners

Eileen McElligot, FNP-C

Phyllis Hansell, FNP-C

Michelle McIntyre, FNP-C

**Pain Management, Physical
Medicine and Rehabilitation**

John Groner, MD

Infectious Disease

Leonidez De Guzman, MD

Pediatrics

541.667.3740

Mabel Yew, MD

**General and Da Vinci Robotic
Surgery, and Urology**

541.667.3804

Thomas Farney, MD, General

Surgeon

Christopher Keeler, DO,

General Surgeon

Thomas Holt, MD, Urology

Todd C. Jones, M.D., General

Surgeon

Women's Center

541.667.3801

Gary Trupp, MD OB/GYN

Diana Edenfield, MD OB/GYN

Leila Keeler, DO OB/GYN



610 NW 11th St. | Hermiston, OR 97838
541.667.3400 Phone | www.gshealth.org



Floral Arrangements for all occasions

215 E Main St Suite 3D, Hermiston
541-289-7333
Open M-F, 9-6; Sat 10-4

Bloomz



Coffee Bar

140 NE 2nd Street, Hermiston
541-289-7332

Full Service Coffee
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Gluten Free Pastries
Sandwiches
Bagel Dogs

Health Education & Wellness offered by Good Shepherd Medical Center

- Living Well classes
- Powerful Tools for Caregivers
- Diabetes Prevention—“Prevent T2”
- Medicare Open Enrollment assistance
- Healthy Fridays: Free health screenings
- Free Flu Shots!

Check out pages 20-22 for complete listings

541-667-3509



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- Motorcycle



Katelynn Zimmer

ZIMMER INSURANCE AGENCY

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Hermiston
541-567-5745

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



Multiple Policy Discount



The Arc Mission: The Arc advocates to enhance the dignity, expand the opportunities, and protect the rights of individuals with intellectual and developmental disabilities and their families.

Calendar of Events

- Wednesday nights** Zumba 6:30 to 7:15
- August 23rd** Activity Night 5:30 to 6:30
- September 20th** Activity Night 5:30 to 6:30
Music Awareness
Pendleton Salvation Army
Transportation Available
- October 25th** Activity Night 5:30 to 6:30
- October 30th** Halloween Dance 2:00 to 3:30pm
- November 20th** Fundraiser Potato Bar 5:00 to 6:30 pm
- December 10th** Christmas Party 2:00 to 3:30 pm

Bingo every Thursday night
Doors open at 6:00 pm. Bingo starts at 7:00 pm

Contact The Arc for questions and registration.



**215 W. Orchard Ave.
Hermiston, OR 97838
541-567-7615
arc@eotnet.net**

Achieve with us.



Adult Education Opportunities

Parenting Education Classes

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

Building a First Aid Kit / Preparando un Estuche para Primeros Auxilios [Hermiston]

August 24, 2016 / Agosto 24, 2016

@ 5:30 pm - 7:30 pm

Learn how to prevent infections and other ailments by treating minor cuts, abrasions, wounds in a proper form. In some cases, First Aid could save a life. Each person who attends the class will receive their First Aid Card.

Aprenda como prevenir las infecciones y otras dolencias por el tratamiento de heridas menores y las abrasiones en una forma adecuada. En algunos casos, los Primeros Auxilios pueden salvar una vida. Cada persona que asista a la clase recibirá su tarjeta de Primeros Auxilios.

Location/Lugar: Oregon Child Development Coalition (OCDC) 1300 Shannon Way, Hermiston, OR 97838

For Information call / Para más Información

Llame a: OCDC 541-564-8011

English / Spanish Class – Clase en Inglés/Español

Nutrition for Two [Hermiston]

September 02, 2016 @ 2:00 pm - 2:40 pm

September 19, 2016 @ 2:00 pm - 2:40 pm

October 07, 2016 @ 2:00 pm - 2:40 pm

October 31, 2016 @ 2:00 pm - 2:40 pm

November 07, 2016 @ 2:00 pm - 2:40 pm

December 05, 2016 @ 2:00 pm - 2:40 pm

Pregnant moms need to eat a healthy diet. Learn what foods to select and food to avoid ensuring you are able to get the nutrients needed to keep both you and baby healthy.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Nurturing Parenting / Crianza con Cariño [Hermiston]

September 6, 2016 / Septiembre @ 5:30 pm - 7:30 pm

September 13, 2016 / Septiembre @ 5:30 pm - 7:30 pm

September 20, 2016 / Septiembre @ 5:30 pm - 7:30 pm

September 27, 2016 / Septiembre @ 5:30 pm - 7:30 pm

October 04, 2016 / Octubre @ 5:30 pm - 7:30 pm

October 11, 2016 / Octubre @ 5:30 pm - 7:30 pm

A fun way to learn to work as a family, recognize and understand feelings, nurturing parenting routines, improve children's behaviors, attitudes and child development.

Una manera divertida para aprender como trabajar como familia, reconocer y comprender sentimientos, rutinas de crianza con cariño, mejorar los comportamientos y actitudes de los niños, y desarrollo de niñez.

Come and Join Us !/Venga y Únase con Nosotros!

Location/Lugar: OCDC – 1300 Shannon Way, Hermiston, OR 97838

For Information call / Para más Información

Llame a: OCDC 541-564-8011

English/Spanish Class / Clase en Inglés/Español

Kids in the Kitchen [Hermiston]

September 9, 2016 @ 2:00 pm - 2:40 pm

When involving children in preparing nutritious meals, it helps increase the probability that they will eat nutritious foods now and in the future. Parent and caregivers can get the information they need on how to involve their children in preparing healthy meals.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Eating Healthy on a Budget [Hermiston]

September 16, 2016 @ 1:00 pm - 1:30 pm

In today's economy it seems like making a dollar stretch is more like a challenge than ever before. Many parents do not know how to stretch food dollars by taking a little time and planning. However, many people save hundreds of dollars a year by planning meals ahead and shopping wisely.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Portion Distortion [Hermiston]

September 19, 2016 @ 1:00 pm - 1:30 pm

Anyone eating on the run or in a restaurant has probably noticed food portions have gotten larger. Some portions



Adult Education Opportunities

are even called “Super-sized”. This class will teach you the difference between portion size and serving size.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Menu Planning [Hermiston]

September 23, 2016 @ 1:00 pm - 1:30 pm

October 17, 2016 @ 10:00 am – 10:40 am

December 02, 2016 @ 10:00 am – 10:40 am

If you know how to get the most for your money when grocery shopping, you and your family can maintain a healthy diet. Learn grocery shopping tips that will help you make wise choices and learn why making shopping list and price comparisons are important. Get ideas to prepare those healthy choices.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Infant Feeding Behaviors [Hermiston]

October 7, 2016 @ 2:00 pm - 2:40 pm

October 24, 2016 @ 1:00 pm – 1:30 pm

November 14, 2016 @ 1:00 pm – 1:30 pm

December 12, 2016 @ 10:00 am – 10:40 am

A baby’s behavior can be very confusing. Learn how and why your infant behaves the way they do. In turn, this will help you to better understand what your baby needs.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Child Physical Activity [Hermiston]

October 10, 2016 @ 2:00 pm - 2:40 pm

November 04, 2016 @ 2:00 pm – 2:40 pm

November 14, 2016 @ 10:00 am – 10:40 am

November 21, 2016 @ 10:00 am – 10:40 am; 1:00 pm – 1:30 pm; 2:00 pm -2:40 pm

Regular physical activity at any age helps maintain a healthy body. Learn the many benefits of regular physical activity. Together we can practice fun ways to be physically active every day throughout the year.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Make Your Own Baby Food [Hermiston]

October 24, 2016 @ 2:00 pm - 2:40 pm

Feeding your infant can be expensive. Those attending the class should be able to identify two benefits of making your own baby foods.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Kids in Action [Hermiston]

October 28, 2016 @ 2:00 pm - 2:40 pm

December 02, 2016 @ 2:00 pm – 2:40 pm

Parents will be able to identify appropriate activities they can incorporate into their children’s lifestyles.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Screen Smart [Hermiston]

November 4, 2016 @ 1:00 pm - 1:30 pm

TV Screen time has been linked to the increase of childhood obesity. Consider how TV Screen time affects the development of a child.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

English Class

Physical Activity for Families [Hermiston]

December 16, 2016 @ 1:00 pm - 1:30 pm

Regular physical activity at any age helps maintain a healthy body. Learn the many benefits of regular physical activity. Together we can practice fun ways to be physically active every day throughout the year.

Location: WIC Office – 110 NE 4th. St., Hermiston, OR 97838

For Information call: WIC Office 541-667-2545 or 541-564-6878

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Hermiston Public Library

Ongoing programs



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

Ongoing Programs

The library's **Teen Advisory Council** meets on the third Monday of every month at 4:00 during the school year. Teens help plan events and choose library materials. All teens in grades 6-12 are welcome to attend. See the Hermiston Public Library web site calendar for updates on Teen events scheduled this winter.

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

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

Adult programs are scheduled throughout the year. Check our web site calendar for details.

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

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

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

Origami Club is a program that was created for the creative adult population of our community. Paper and ideas are provided, but if you want to bring your own material that will be acceptable as well. This program is the first Saturday of each month from 1-4 p.m.

Photography Club is another program that has been made available for adults. The only requirement here is that you must provide your own camera. For your first meeting we do encourage you to call the library to see where they will be meeting, as sometimes they meet at different locations. This program is held the 2nd Tuesday of each month, from 5:30-7:00 p.m.

Yarn Club was developed for teens and adults. This group is made of beginners to expert knitters and also for those who like to crochet. They meet every Thursday 5:30-6:45 and Saturdays from 10-12 p.m.

On a monthly basis we highlight the works of local artists.



Good Shepherd Medical Center

Activities and Classes

Classes & Events

Family Health & Fitness Day:

FREE health & wellness event for everyone in the family! Health screenings, activities, demonstrations, workshops, access to community resources, and safety education for all ages and all FREE!

Date: Saturday, Sep 24

Times: 9am-2pm

Place: Hermiston High School Gymnasiums

Info: Call the GS Education Dept at 541-667-3509 or email at healthinfo@gshealth.org

Powerful Tools for the Caregiver:

You can thrive as a family caregiver. Build a toolkit for taking better care of yourself while caring for a loved one. Learn how to reduce stress and relax, communicate effectively, reduce guilt and anger, make tough decisions, set goals and problem solve.

Dates: Thursdays starting Oct 13 through Nov 17

Times: 3pm – 4:30pm

Place: Conference room 7 (by the Education Dept)

Fee: FREE, includes book “The Caregiver Helpbook”

Pre-register: Call the Education Dept at 541-667-3509

Info: Contact facilitator Helena Wolfe at 541-561-5443

Prevent T2 Info Session:

One out of every three American adults has prediabetes—and 90% don't know it! Learn how the Prevent T2 program can help prevent or delay the progression to type 2 diabetes. Assess whether you're ready to make lifestyle changes. (PreventT2 classes will be scheduled to meet participant needs.)

Dates: Wednesdays, Oct 19, Nov 16 or Jan 11 (attend only 1)

Times: 4:00pm – 5:00pm or 6:00 – 7:00 pm

Place: GS Medical Office Plaza (620 NW 11th), Meeting Room-02

Fee: FREE

Pre-register: Call the GS Education Dept at 541-667-3509

Info: Contact lifestyle coach Helena Wolfe at 541-561-5443

Classes & Events

FREE Flu Shot Clinic:

Stop by and get your FREE flu vaccination! Available for all ages.

Date: Saturday, Oct 22

Times: 9am-2pm

Place: Hermiston High School Main Commons

Info: Call the GS Education Dept at 541-667-3509 or email at healthinfo@gshealth.org

Babysitting Basics 101

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

Dates: Saturdays: Sep 10, Oct 8, Nov 5, or Jan 7

Times: 9:00am-3:00pm

Place: GSMC Conference Center I

Fees: \$35, includes lunch & all class materials

Pre-register: Call 541-667-3509. Must pre-register & pre-pay.

Healthy Fridays

FREE health screenings including cholesterol, blood sugar (glucose), Body Mass Index (BMI), blood pressure checks and health information! This is an excellent opportunity for you to move towards better health. Open to all community members. *For best cholesterol and glucose test results, please fast 8-10 hours prior to blood draw.

Dates: First & Third Fridays of every month from 9:30-11:30am

Location: GSMC Conference Center 7 (by the Education Dept)

Info: Call 541-667-3509

Living Well with Chronic Conditions:

Find positive and practical ways to deal with chronic health issues by making a step-by-step plan to improve your health...and your life. Six weekly FREE classes. Classes can be attended alone or bring a support person. Pre-registration required.

Dates: Six weekly sessions: Starting Oct 11

Times: 3:00-5:00 pm

Place: GSMC Conference Center 7 (by the Education department)

Fees: FREE, includes take-home book

Pre-register: Call 541-667-3509

Classes & Events

Know Your Numbers

FREE blood pressure checks and health information at the Hermiston and Stanfield Senior Centers to encourage everyone to know their blood pressure numbers. Take advantage of the free checks to lower your risk of stroke and heart attack. Open to everyone!

Dates/Place: Fourth Thursday of every month: Hermiston Senior Center
Third Wednesday of every month: Stanfield Senior Center

Times: 11:00am-12:00pm

Info: Call 541-667-3509

MEDICARE BIRTHDAY PARTY!

Are you turning 65 this year? You're Invited to a Medicare Birthday Party! Join us for this FREE, Fun and Educational Event

- The Basics of Medicare
- Your rights and responsibilities
- Social Security & Disabilities

Date: Saturday, Oct 1

Times: 10am-1pm

Location: GSMC Conference room 2

Questions: Call 541-667-3507 or email: cherrera@gshealth.org

Medicare Open Enrollment is October 15 – December 3 :

Join us for FREE FRIDAY MEDICARE MADNESS! FREE Medicare Counseling & Information from trained SHIBA volunteers.

Dates: Oct 21, Oct 28, Nov 4, Nov 11, Nov 18, Dec 2

Times: 9:00 am – 1:00 pm

Location: GSMC conference room 7 (by the GS Education Dept)

Info: Call 541-667-3507 or email: cherrera@gshealth.org

FREE Help with Medicare

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

One on One Consultations:

Location: GSMC Education Department

Info: Call 541-667-3507 to schedule an appointment with a trained SHIBA volunteer

Good Shepherd Medical Center

Activities and Classes

Classes & Events

Safe Communities

Free monthly meetings to work on safety strategies for our communities. If you have an interest in working on strategies to help stop child abuse, domestic violence, bullying, traffic related or other safety related concerns, please join us! We discuss how to make safety a priority in our communities and put planning into action!

Dates: **Second Wednesday of every month**

Times: 12:00-1:00pm (lunch provided)

Location: GSMC Conference Center 2

Info/RSVP: Call 541-667-3509 to RSVP or for additional information

Quit Tobacco Help

Have you tried to quit tobacco, but found you needed support? Contact our tobacco cessation specialist to schedule your free consultation. We know that quitting tobacco isn't easy, and there is no one-size-fits-all solution. We tailor an approach to give you the best chance of success. Group sessions can also be scheduled by employers. Call 541-667-3509 for more information or to schedule an appointment.

File of Life

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

Grief Share:

A FREE Faith-Based grief program coordinated between Vange John Memorial Hospice, New Hope Church, and Sun Terrace. Meetings are 1pm every Wednesday at Sun Terrace (1550 NW 11th Street) Call Ter: 541-667-3543 or Vickie: 541-571-7791.

Diabetes Education*

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



City of Hermiston

Classes & Events

Life Saving Techniques

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

CPR / AED (taught in one, three hour class)

Dates: **Sep 15, Oct 3, Nov 7, Dec 5**

Times: 6:00-9:00pm

Fee: \$35

First Aid (taught in one, three hour class)

Dates: **Sep 12, Oct 10, Nov 14, Dec 12**

Times: 6:00-9:00pm

Fee: \$35

CPR / AED & First Aid Combo (taught in one, six hour class)

Dates: **Aug 19, Sep 16, Oct 21, Nov 18, Dec 9**

Times: 9:00am-3:00pm

Fee: \$70

Healthcare Provider (HCP) CPR Initial or Renewal (taught in one, 4 hour class)

Dates: **Aug 26, Sep 23, Oct 28, Nov 25, Dec 16**

Times: 9:00am-1:00pm

Fee: \$55

Red Cross Blood Drives

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

Dates: **Sep 19, Oct 17, Nov 21, Dec 19**

Times: 1:00-6:00pm

Place: GSMC Conference Rooms 1 & 2

Info/Appt: To schedule an appointment call 1-800-733-2767

Support Groups

Breast Cancer Support Group

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

Dates: **Meets on the 3rd Monday of each month**

Times: 6:30-8:00pm

Place: GS Medical Office Plaza (620 NW 11th), meeting room MO2

Info: Call Karen (541-561-6522), Shari (541-561-7407) or Esmeralda (541-720-7595 for Spanish speaking participants)

Diabetes Support Group

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

Dates: **Meets on the 3rd Tuesday of each month**

Times: 1:00-2:30pm

Place: GS Medical Office Plaza (620 NW 11th), meeting room MO2

Info: Call Marian (541-377-9761) or Sharon (541-626-1339)



Alzheimer's Support Group

Date: **Meets on the 4th Monday of each month**

Time: 5:30-7:00pm

Place: GS Medical Office Plaza (620 NW 11th), meeting room MO1

Info: Call 541-667-3509

Hope for Healing Support Group

Free, ongoing bereavement support group dealing with loss and grief issues.

Dates: **2nd & 4th Mondays of each month**

Times: 6:00-7:30pm

Place: GSMC conference rooms 5 & 6 (by the cafeteria)

Info: Call at Hospice: 541-667-3543



Good Shepherd Medical Center

Activities and Classes

Classes & Events

Parkinson's Disease Support Group

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

Date: Meets the 1st Monday of each month

Time: 1:00pm

Place: Hermiston Bowling Alley

Info: Facilitators: Carol & Charles: 541-720-4256 or 541-567-9420

Exercise

Advanced Karate:

Learn self-defense skills and get in shape.

Dates: Tuesdays & Thursdays, starting Sep 1

Times: Advanced (Instructor Approval) 6:00 PM

Place: GSMC Wellness Center (behind the hospital)

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

Tai Chi—Moving for Better Balance:

FREE class to work on balance, strengthen muscles, improve posture and core strength and reduce stress--great class for beginners, seniors or those with impaired mobility—great for all ages! Weight bearing workout that improves overall health. Program can be modified for all abilities. *Advanced class = able to perform the 8 basic movements and would like a place to practice. 12 week sessions.

Dates/Times:

Basic/Beginner's class: Mon & Wed: 9:00 – 10:00, starting October 10th

***Advanced class: Mon & Wed: 10:00—10:30am, starting October 10th**

Place: GSMC Wellness Center (behind the hospital)

Info: Call the Education Dept at 541-667-3509

Exercise

Bellydance Basics:

Work on balance, joint mobility, flexibility, and strength. No prior dance experience necessary. Fun class for all sizes, shapes, and ages! Can pay per class, or monthly payment with discount available.

Days/Times: Friday, 6:30-8:00pm, starting Sep 2

Place: GSMC Wellness Center

Instructor: Sahara Christine Sabri (541-571-7532)

Bands & Beyond:

Current class is full but if you would like additional assistance using resistance bands for a workout that increases overall health please call to schedule a one-on-one session.

Place: GSMC Wellness Center (behind the hospital)

Info: Call Kathy Thomas, Wellness Coordinator, 541.667.3400, x3050

Exercise

Body & Balance:

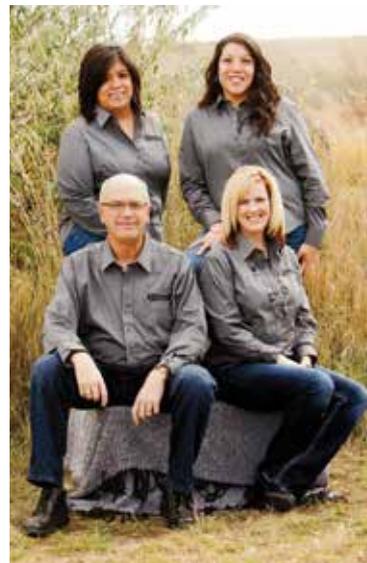
A fun and interactive class for the mind-body system that improves balance, strengthens body control, and maximizes our ability to engage in movement. We use the Bal-A-Vis-X approach for an enjoyable and safe exercise routine proven to help all ages and fitness levels. Class is FREE. Wear comfortable shoes and clothes.

Dates/Times: Tuesdays and Thursdays, 9:35-10:05am, starting Sep 1

Place: GSMC Wellness Center (behind the hospital)

Info: Call Debbie Machado, 541-289-8101

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Front row: Mike Stipe (Owner), Kristin Connell

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DESERT Arts

Desert Arts Council Season 2016-2017

<i>Friday, Dec. 9, 2016</i>	Kelly Kuo & Ron Blessinger Master Classes HHS Band Classes
<i>Saturday, Dec. 10, 2016</i>	Hermiston Homecoming: Kelly Kuo & Ron Blessinger HHS Auditorium
<i>Week of Jan. 9-14, 2017</i>	Utah Dance Co. Performances HHS Auditorium
<i>Saturday, Jan 14, 2017</i>	Dancing with the Hermiston Stars HHS Auditorium
<i>Feb. 20 - Feb. 24, 2017</i>	Missoula Children's Theatre rehearsals and workshops Hermiston Convention Center
<i>Saturday, Feb. 25, 2017</i>	Missoula Children's Theatre performance Hermiston Convention Center
<i>Friday, April 14, 2017</i>	Restless Vocal Band: Acapella Master Classes HHS Choir Classes
<i>Saturday, April 15, 2017</i>	Restless Vocal Band: Acapella Performance HHS Auditorium
<i>Friday, May 12, 2017</i>	Eastern Oregon Arts Festival Artist's Reception Downtown Hermiston
<i>Saturday, May 13, 2017</i>	Eastern Oregon Arts Festival Downtown Hermiston

TICKET OUTLETS

Hermiston Chamber of Commerce Hermiston City Parks & Recreation
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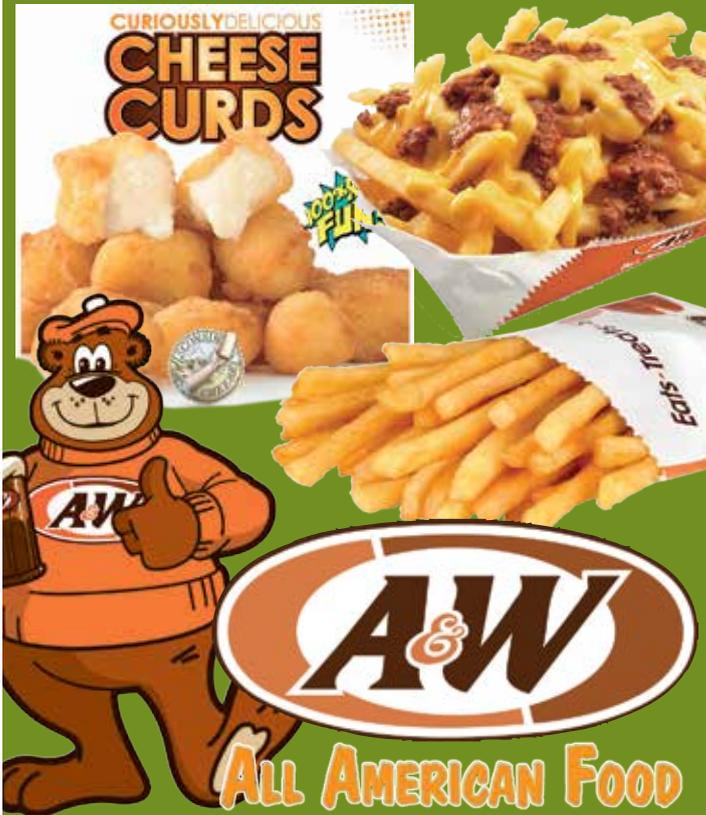
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**FREE health screenings, fun and activities
for all ages, from kids to young-at-heart seniors!**



2016 FACILITY RENTALS

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Picnic Shelters Rental

No Refunds

Beginning January 1, 2017, shelters can be reserved from April 1 through October 31 for the following fees:

	SESSIONS			
	Early	Late		
	8am-2pm	3pm-9pm		
\$40 - Resident			Rotary Cook Shack	\$40 plus \$20 for BBQ gas per session
\$50 - Non-resident			Event-tent rental	78'x40' \$100 for 4 hours (city parks only)
\$10 per extra table			Athletic Lights	\$25 per hour (2 hour minimum)



Butte Park

- Picnic Shelter
- Soccer Fields
- Funland
- 8 Tables
- Electricity
- Restroom
- Sprayground



McKenzie Park

- Picnic Shelter
- Playground
- BBQ Shack
- 8 Tables
- Electricity
- Restroom



Victory Sq. Park

- Picnic Shelter
- Playground
- Volleyball
- 8 Tables
- Electricity
- Restroom



Hodge Park

- Picnic Shelter
- Playground
- Volleyball
- 8 Tables
- Electricity
- Restroom



Rotary Cook Shack

- Electricity - Sinks/Water
- Gas Grill - 4 Tables

\$40 plus \$20 for gas BBQ per session – Resident

\$50 plus \$20 for gas BBQ per session – Non Resident

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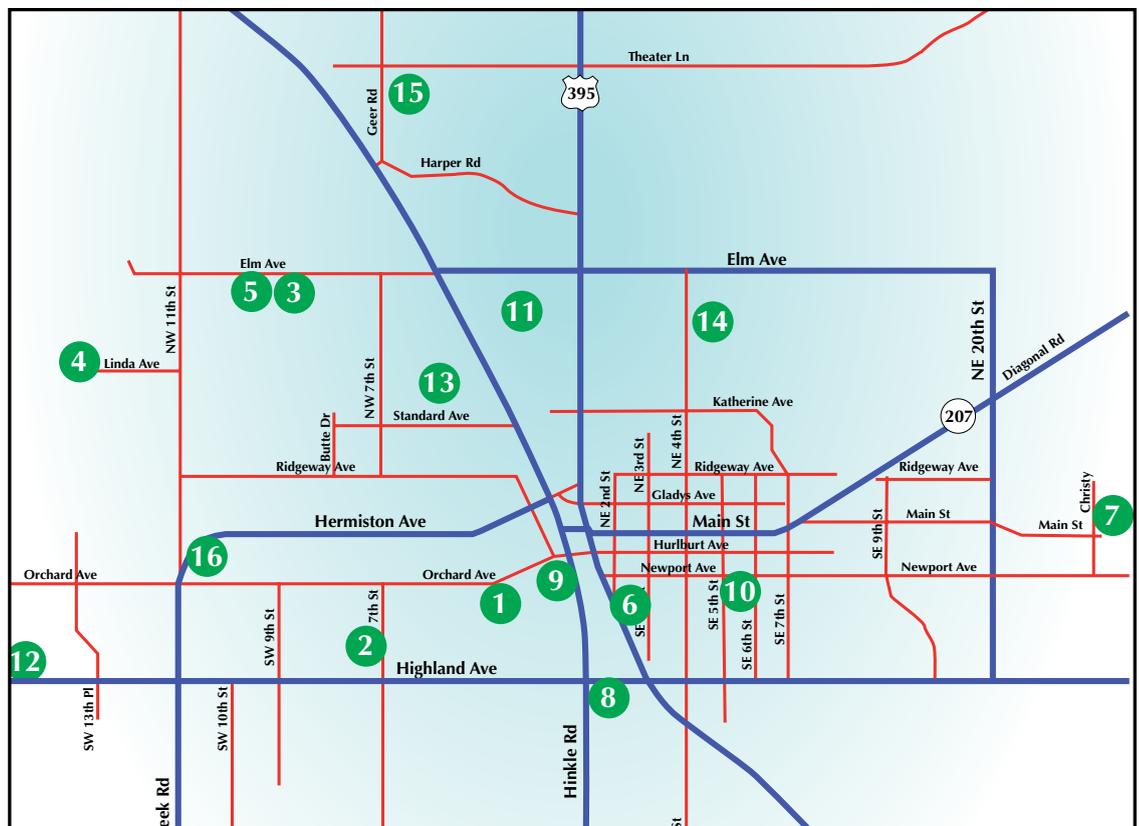
PARKS AND RECREATION FACILITIES

Park and Recreation Facilities

			Basketball	Baseball	Covered BBQ	Horseshoe Pits	Meeting Rooms	Picnic Shelter	Playground	Restrooms	Sand Volleyball	Soccer	Softball	Water Toys	Walking Trails
1	ARC Center	215 W Orchard Ave				*			*						
2	Belt Park	705 W Pine Ave					*								*
3	Butte Park	1245 NW 7th St.					*	*	*		*		*	*	
4	Harrison Park	NW 13th St.						*							
5	Hermiston Family Aquatic Center	879 W Elm Ave.					*	*	*				*		
6	Hermiston Conference Center	415 S HW 395				*			*						
7	Highland Park	134 NE 13th St.						*							
8	Hodge Park	100 W Highland St.					*	*	*	*					
9	McKenzie Park	320 S 1st St.		*	*		*	*	*						
10	Newport Park	515 E Newport St.	*	*				*	*		*				
11	Greenwood Park	80 W Beach Ave	*					*							
12	Riverfront Park	Orchard Ave Extension						*	*					*	
13	Rocky Heights School	650 W Standard Ave		*				*			*	*			
14	Sunset Park	1100 NE 4th St.						*	*						
15	Theater Sports Park	1800 NW 6th St.						*	*		*				
16	Victory Square Park	150 SW 10th st.	*					*	*	*					

Park Rules - City Code 93.04

- Park Hours are Sunrise to Midnight unless otherwise posted
- No alcohol or controlled substances
- No motorized vehicles
- No fires, fireworks and firearms
- Pets on leash only, clean up after pets, No horses
- No overnight parking or camping
- No damaging or defacing public property
- All trash must be placed in approved containers
- No excessive noises that disturb others
- No unauthorized commercial activities



RECREATION DIRECTORY

ACTIVITIES/SERVICES	ORGANIZATIONS	E-MAIL/WEB/ADDRESS	CONTACT NUMBER
Art Classes	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Adult Basketball	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Adult Flag Football	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Adult Softball	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Youth Basketball	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Youth Flag Football	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Dance/Gymnastics	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Youth Golf Program	City Of Hermiston	www.hermistonrecreation.com	541-667-5018
Special Services	The Arc of Umatilla County	www.thearcumatilla.org 215 W. Orchard	541-567-7615
Classes/Programs	Hermiston Public Library	www.hermistonlibrary.us	541-567-2882
Adult Soccer	Men's Latino League		541-701-1614
Adults Soccer	Women's League	gardoval1126102720@hotmail.com	
Youth Soccer	Ayso Commissioner	www.hermistonayso.org	541-701-6959/541-571-6577
Girl Scouts of America	www.girlscoutsofsw.org	abower@girlscoutsofsw.org	541-389-8146
Boys Scouts of America	Blue Mountain Council	www.scouting.org	509-735-7306
Basketball	AAU/HYBA	www.hermistonbasketballclub.org	541-561-5324
Grid Tackle Football	Grid Kids Program	jgutierrez31978@gmail.com	541-314-5399
Youth Baseball	Hermiston Little League	www.hermistonlittleleague.com	
Baseball	Hermiston American Legion	lance.hawkins@hemiston.kl2.or.us	541-667-6115
Youth Lacrosse	Hermiston Youth Lacrosse	www.tntpalmer2@msn.com	541-571-8680
Dance	Dance Unlimited	524 E. Main, Hermiston	541-567-4020
Dance/Gymnastics	Totally Kids Performing Art/Gym	www.totallykidsllc.weebly.com	541-848-0157
Music Group	Inland NW Musicians	inwm@machmedia.net	541-289-4676
Archery	NE Bowhunters	www.northeastbowhunter.org	541-571-4055
Hunter Safety Class	Oregon Fish & Wildlife	dmock21@charter.net	541-561-6654
Community Services	Capeco	www.capeco-works.org	541-567-7889
Umatilla-Morrow Head Start	Child Care, Classes, WIC	crr@umchs.org	541-567-6878
Wellness Activities	Good Shepherd Medical	www.gshealth.org	541-667-3509
Golf	Echo Hills Golf Course	www.echohillsgolfcourse.com	541-376-8244
Golf	Big River Golf Course	www.golfbigriver.com	541-922-3006
Bowling	Hermiston Desert Lanes	www.bowl-desertlanes.com	541-567-6364
Outreach Support Services	Pregnancy Care Services	debbie@pregnancycareservices.com	541-567-2393
Support Service Group	EO Down Syndrome Support Group	joypowers9@aol.com	541-720-7880
Youth Track Program	Little Hurricanes	Emilee.Strot@hermiston.kl2.or.us	541-667-6115
Special Olympics	Special Olympics	www.soor.org	
Home Schooled Groups	Homeschool Groups	umhsg@yahoo.com / marceemoo@aol.com	541-564-2096
Wrestling	Kids Wrestling Program	gregorio.d.cortaberra.mil@mail.mil	541-969-0677
Tae Kwon Do	E.O. Family Tae Kwon Do	evwatson24@hotmail.com	541-449-3341
Martial Arts	Hermiston School Of Karate	www.tmaakarate.com	509-308-6046
Tae Kwon Do & Boxing	Master Loney's Center	mdr1194@hotmail.com	541-720-7760
Roller-Derby	Hermiston Melon Smashers	hmsrollerderby@gmail.com	541-922-8202
Community Services	The ARC	Michele/kietzke@eontnet.net	541-567-7615
Counseling & Support Groups	Good Samaritan Ministries	319 W. Locust Ave, Hermiston	541-564-1041



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