**FAMILY RECREATION**

**YOUTH/FAMILY LESSONS**

- **Creative Dance (ages 3-5)**
  - Basics of rhythmic dance movement with games, stories, and songs
  - Focuses on coordination, socialization, and dance techniques
  - Lessons are Saturday mornings for 45-minutes (4 week sessions)

- **Family Rock Climbing Lessons (ages 5+)**
  - Designed for families who want to learn to safely climb together
  - Basic knots, climbing commands, basic skills, and climbing movements
  - Lessons are Saturday mornings for 45-minutes (4 week sessions)

- **Ninja Warrior Training (ages 8+)**
  - Train like the ninja warriors do in this strength and cardio class
  - Children will feel stronger, faster, and more coordinated
  - Lessons are Saturday mornings for 50-minutes (4 week sessions)

- **Tumbling Tots (ages 3-7)**
  - Includes gymnastics, climbing, rolling, jumping, and balancing
  - Increases motor skills, body awareness, strength, flexibility, and balance
  - Lessons are Sunday afternoons for 50-minutes (4 week sessions)

- **Youth Swim Lessons (ages 18 months-12 years)**
  - Starfish Swim School® for preschoolers (age 3-5) and youth (age 6-12)
  - A variety of skills are taught that combine swimming techniques and safety
  - Lessons are Saturday mornings for 30-minutes (4 week sessions)

**YOUTH PRIVATE LESSONS**

- Youth Rock Climbing
- Youth Tennis

**DUCK TRAILS CAMPS [Summer]**

- **Duck Trails Classic Camp (ages 5-9)**
- **Sports Camp (ages 7-11)**
- **SportsScience Camp (ages 8-11)**
- **Climbing and Outdoor Survival Camp (ages 11-14)**

Duck Trails Camps provide a safe and fun recreational summer camp experience. Camp staff promote a low pressure, high energy, positive environment where children are encouraged to build friendships, explore their creativity, and have fun! Campers are introduced to a variety of activities that promote experiential learning, cultural awareness, and friendship. Activities help children grow in their self-esteem, confidence, leadership, and social skills.

**FOR MORE INFORMATION**

- Visit http://uorec.uoregon.edu/youth-family
- Contact Trish Dorman at trishd@uoregon.edu or call 541-346-1057
- To register visit the SRC Service Center

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**OPEN FAMILY RECREATION HOURS**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Rec</td>
<td>Sat/Sun</td>
<td>10am–5pm</td>
<td>Student Recreation Center</td>
</tr>
<tr>
<td>Family Climb</td>
<td>Sat/Sun</td>
<td>12–5pm</td>
<td>Rockwall</td>
</tr>
<tr>
<td>Family Swim</td>
<td>Sat/Sun</td>
<td>12:30–5pm</td>
<td>Pool</td>
</tr>
<tr>
<td>Family Tennis</td>
<td>Sat/Sun</td>
<td>12–5pm</td>
<td>Student Tennis Center</td>
</tr>
</tbody>
</table>

**DAY PASS COST**

- Adults: Included with membership OR $6 for UO members, $10 for community
- Child: $3
- Participants must have access to the SRC (membership or day-pass)
- Adults must accompany children during family recreation hours

**AVAILABLE FACILITIES**

- Fields
- Indoor Track
- Mat Room 47
- Old Town Courts 1 & 2
- Pool
- Rockwall
- Racquetball & Squash Courts
- Outdoor Tennis Courts
- Uptown Courts

*All areas may not be available due to classes, programs, and events.*