Urban Forestry Program
Teresa Gustafson, Urban Forester
541-663-1952 - tresa@citylagrande.org

Win Prizes! Trees are Terrific Poster Contest
4th & 5th students are invited to participate in the 2020 “Trees are Terrific” poster contest. Learn about the awesome trees we have in La Grande and make a poster to help celebrate Arbor Day. All of the posters will be on display at the Public Library in April and contest winners will be announced at the Arbor Day Celebration on April 24. The poster contest deadline will be March 20. Call Teresa for more info.

Celebrate! Arbor Day April 24, 2020
Arbor Day is dedicated to celebrating, planting and caring for trees. The first Arbor Day was in 1872 in Nebraska. Nebraska had no trees! The Governor, J. Sterling Morgan knew how important it is to have trees so he created Arbor Day. The people of Nebraska planted one million trees on the first Arbor Day! Check out this site that is loaded with great games and activities to learn more about trees and why they're so important to our world. https://www.arborday.org/kids/.

Grow La Grande! Spring Tree Planting Day April 25, 9:00 am - Noon.
Saturday, April 25 is the annual spring community tree planting day. This is a fun, family friendly event where kids, and grownups too, can learn the best way to plant a tree and help us reach our goal of planting 100 trees each year. Volunteers meet at the Parks & Recreation Office, 2402 Cedar Street at 9:00 am. If you would like to bring a little wonder to your neighborhood you can plant a tree in front of your own home in La Grande—contact the Urban Forestry Division to learn how.

Did You Know? A common tree you can find around town is the Colorado Blue Spruce. In the forest the blue spruce can grow to 75 feet tall but is usually smaller in town. The spruce tree is a conifer meaning it has cones. The leaves are blue-green, needle shaped and are stiff and pointed on the end.

Colorado Blue Spruce
Picea pungens

You can learn how to identify more trees with the Arbor Day Foundation online tree ID guide: www.arborday.org/trees/whattree

Right Tree Right Place!

Having a Party?
Rent a Pavilion
The Pavilions at Riverside and Pioneer Parks are available. More information and to book your spot, just log on to www.lagrandeparks.org and click on the Pavilion Rental tab at the top of the page or call 541-962-1352 and we’ll walk you through it.

Rent the Pool
Veterans’ Memorial Pool is available to rent for your next birthday party, company event, or party. Pool rentals are available outside or regular scheduled pool hours. For more information, contact main office at 541-962-1367.

City of La Grande Dignitaries
2020 City Council
Mayor: Steve Clements
Position 1: Doug Briney
Position 2: Mark Gomez
Position 3: Gary Lillard
Position 4: Robert Mills
Position 5: Jennifer Williams
Position 6: Nicole Howard
Position 7: Justin Rock

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Veterans’ Memorial Pool
Winter/Spring 2020
January thru May 2020
www.lagrandeparks.org

POOLS

Lap Swimming
Monday/Wednesday/Friday 5:30 - 7:00pm
Monday - Friday 5:30 - 7:00pm
Closed Saturday

Morning Lap Swim December thru February
December - February the LHS Swimm Team is practicing from 5:30 - 7:00am (M - F) with 1 lane available + small pool.

Recreation Swim
Monday - Friday 3:30 - 5:30pm (small pool only)
Monday - Friday 7:00 - 8:30pm
Saturday 1:00 - 4:00pm
Closed Sunday

Night Swim
February 11:00pm - 1:00am
Closed Saturday

Family Night
Wednesday 7:00 - 8:30pm
$2.50/person (resident); $3.00/person (non-resident)

Family is defined as the child’s parent/guardian & children ages 17 & younger living in the same household. Child’s parent or guardian must be in the water with the children at all times.

Pool Closures & Special Hours
January 1 (New Years) - Closed
February 1 (High School District Meet) - Closed

SPRING BREAK (MARCH 23 - 27)
EXTENDED REC SWIM HOURS 1:00 - 5:30pm

Lap Swim Information
Pool is 25 yards with 8 lanes and a temperature of 82 degrees. 3 lanes are available during recreation swim times [W/F 7:00 - 8:30pm & Saturday 1:00 - 4:00pm] when numbers of recreation swimmers are low. If numbers of swimmers are high we will have to remove the lane lines.
Absolutely no back stroke allowed during this time.

Recreation Swim Information
Non-swimmers under 54 inches must be accompanied in the water by a supervisor at least 14 years of age. The supervisor is allowed to supervise no more than two non-swimmers who must remain within arms reach at all times. Non-swimmers must stay in the small pool at all times. Children must pass a swimming test without stopping and in good form in order to be allowed in large lap pool. Swimming ability is under the discretion of the lifeguard giving the swim test.

Other Pool Rules and Information
• SHOWERS REQUIRED BEFORE ENTERING ALL POOLS.
• YOUR ACTIVITY MAY BE SHARED WITH OTHER PROGRAMS
• ONLY COAST GUARD APPROVED LIFE JACKETS
• WATER WINGS NOT ALLOWED
• SWIM DIAPERS WITH SNUG FITTING PLASTIC PANTS
• REQUIRED FOR NON-POTTY TRAINED CHILDREN
• PLEASE OBSERVE ALL SAFETY RULES

Comments? Questions? Suggestions?
The Veterans Memorial Pool is a public facility owned by the City of La Grande and its citizens and part of the City’s Parks & Recreation Department.

Your questions, comments and suggestions are always welcome and may be submitted directly to the Aquatic Superintendent: troberts@cityoflagrande.org or 541-962-1367.

Fee Type | La Grande | Non-Res
Daily Under 2yr free | w/paid adult | w/paid adult
Daily Youth (2-17) | $3.50 | $4.00
Daily Adult (18-64) | $5.00 | $5.50
Daily Senior(65+ & Veterans) | $3.50 | $4.00
Adult Monthly Member* | $35/mo. | $45/mo.
Youth/Senior Monthly* | $25/mo. | $35/mo.
Family Monthly Member* | $75/mo. | $85/mo.
Annual Pass - Youth | $171.00 | $200.00
Annual Pass - Adult | $239.00 | $275.00
Annual Pass - Senior | $205.00 | $239.00
Annual Pass - Family | $440.00 | $550.00
EOU Student | FREE | FREE

CUSTOMER APPRECIATION DAY
Saturday, January 11th
Customer Appreciation Day!
1/2 price admission!
1:00 - 5:00pm

FREE

NEW YEAR NEW YOU
FITNESS ROOM ACCESS ONLY $1
THRU THE MONTH OF JANUARY!

IT'S BACK! We’ll entertain the kids! Admission includes swimming and dinner: hot dog, chips, soda, and ice pop. Prizes and games.

FEBRUARY 21st from 6:00 to 8:00pm
DATE: January 24th @ 7:00 p.m.
COST: $5.00 at the door.

NEVERLAND
CALLING ALL LOST BOYS AND LOST GIRLS!

IT'S BACK!
WE'LL ENTERTAIN THE KIDS!
ADMISSION INCLUDES SWIMMING AND DINNER: HOT DOG, CHIPS, SODA, AND ICE POP. PRIZES AND GAMES.
FEBRUARY 21ST FROM 6:00 TO 8:00PM
DATE: JANUARY 24TH @ 7:00 PM
COST: $5.00 AT THE DOOR.

Veterans’ Memorial Pool Winter/Spring 2020
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POOL Special Events & Discounts
Saturday, January 11th
Customer Appreciation Day!
1/2 price admission!
1:00 - 5:00pm

Presidents Day
Monday, February 17th
Celebrate President’s Day with $1 Rec Swim 3:30 - 5:30pm!

KIDS NITE OUT
IT’S BACK! We’ll entertain the kids! Admission includes swimming and dinner: hot dog, chips, soda, and ice pop. Prizes and games.
FEBRUARY 21ST from 6:00 to 8:00pm
DATE: January 24th @ 7:00 p.m.
COST: $5.00 at the door.

UNDERWATER EASTER EGG HUNT
Friday, April 10
$5 at the door
7pm – 6pm - 3yrs
7:30pm - 4 - 6yrs • 8pm - 7 - 9yrs

Veterans’ Memorial Pool
Winter/Spring 2020
January thru May 2020
www.lagrandeparks.org
Swim Lessons & Events

We are pleased to offer progressive swimming classes (descriptions listed on page to the right) for children 6 Months old and older. Our well-trained staff is dedicated to ensuring an enjoyable learning experience for your child.

GROUP LESSONS

Group lessons include eight 1/2 hour classes in levels Tadpole thru Stingray. Classes taught between 5:30 - 7:00pm
La Grande resident $40.00 and non-resident $45.00. Register in person or online at www.lagrandeparks.org

SESSION (4) JANUARY 7 - 30 Tues/Thurs *Registration opens Nov 18, closes Dec 18
SESSION (5) FEBRUARY 4 - 27 Tues/Thurs *Registration opens Dec 22, closes Jan 22
SESSION (6) MARCH 2 - 17 Mon/Tue/Thurs *Registration opens Jan 18, closes Feb 19
SESSION (7) APRIL 7 - 30 Tue/Thur *Registration opens Feb 25, closes Mar 25
SESSION (8) MAY 8 - 28 Tue/Thur *Registration opens Mar 22, closes Apr 22

PRIVATE LESSONS

Private swimming lessons offer the advantage of 1-on-1 instruction, but will only be open for registration for 3 days Friday, Saturday, and Sunday online and in person after the group lessons rosters are pulled to know what spaces we have available. First come, first serve. Please contact Teresa Roberts @ 541-962-1367 for questions.

Private Lesson cost: La Grande resident $125.00 and non-resident $145.00

Scholarships are available based on level of household income for group lessons only and only levels starfish through stingray. Please contact Teresa Roberts at 541-962-1367 or e-mail troberts@cityoflagrande.org for more information.

Get Fit, Stay Healthy - Fitness Classes and Information

Fitness Room - Included with Admission or Membership

Tread Mill, Elliptical, Stair Stepper, Peck Flexor, Hip Flexor, Universal Gym is all included when you pay regular admission, use a pass, or have a membership. Fitness Room is open during all open pool hours!

Mid-Day Gentle Exercise

Led by great volunteer instructors and is geared towards older adults looking to stretch out and have a great time. Classes take place in our 92° warm water pool so no swimming skills are required and your hair won’t get wet.

Monday, Wednesday and Friday, 11:30am - 12:15pm

General Admission or use current pass.

Exercise on Your Own in 92° Water

Mon/Wed/Fri - 5:30 - 7:30am & 5:30 - 7:00pm;
Monday thru Friday - 11:00am - 1:00pm; Saturday 4:00 - 5:00pm

General Admission or use any current pass.

Deep Water Aerobics

This class is led by volunteer instructors and takes place in the 82° lap pool. This low impact exercise is appropriate for all ages and great for your health.

Monday, Wednesday and Friday, 6:00 - 7:00pm • General Admission or use current pass.

Swim Lesson Descriptions

Safety Skill: Queuing “Ready, Set, Go” “One-Two-Three”
Water entries: Lifting in, walking in or stairs
Water adjustment: kick, splash & sprinkle
Supported head up front float
Assisted back float 2 count
Blow bubbles out mouth
Grab ring a couple inches underwater

Assistant head up front glide
Assisted back glide
Arm movement: “reach and pull” or “big arms”
Retrieve rings on bottom of dock
Assisted leg action on front – head up Songs and games to make learning fun

Exiting skills: Must be 3 years of age to advance to the Lil’ Shrimp. Repeating this class just before going into next class is beneficial.

Pool Rule: No Running

Safety Skill: Back Float

Assistant rollover from front to back
Assisted intro to flutter kick w/arm action
Head under water
Blow bubbles out mouth/nose
Assist/unassisted front float 2/3 count
Assist/unassisted back float 2/3 count

Assistant front glide
Assisted back glide
Assisted front glide with kick
Assisted back glide with kick
Assisted jump into shallow water
Songs and games to make learning fun

Exiting skills: Must be 4 years old to advance to Starfish. Head under water and blow bubbles. Assisted front and back float 2/3 count. Assisted rollover front to back.

Pool Rule: Good Shower

Safety Skill: Bobbing to Safety

Front/Back float 6-sec. with rec.
Flutter kick front and back 5 yards
Bobbing to safety (shoulder depth)
Front glide with kick 10’
Bobbing 15 times
Intro to treading water (small pool)

Back glide with kick 10’
Assisted/unassisted rollover
Back crawl 5 yards
Front crawl arm action
Under water exploration
Front crawl 5 yards

Exiting skills: Front glide w/kick 10’, front crawl 5yd roll to back and front 6 sec. Back crawl 5yd

Pool Rule: Never Swim Alone

Safety Skill: Treading Water

Under water exploration
Intro back stroke kick 10 yards
Tread water 30 sec.
Jump into deep return to pool edge
Front crawl with side breathing 15 yards
Intro breast stroke kick

Bobbing to safety
Intro diving sit and kneeling (9’) Back crawl 15 yards
Intro breast stroke arms
Deep water adjustment
Change direction on wall

Exiting skills: Jump into deep swim front crawl 15yd, maintain position by treading water for 30 seconds and back crawl 15yd.

Pool Rule: Never Swim If You Are Sick

Safety Skill: Elementary Back Stroke

Front crawl with side breathing 25 yards
Intro to flip turns
Streamline front and back
Intro to butterfly kicks

Elem back stroke 25 yards
Catchup freestyle
Breast stroke kick 10 yards
Diving stand/straddle in 9’
Intro to egg beater kick

Exiting skill: Stride dive into deep swim front crawl W/PROPER SIDE BREATHING 25yd, change direction at wall and swim elementary backstroke 25yd Tread water for 1 minute.

Get comfortable in deep water using zero resistance equipment.

Veterans’ Memorial Pool • 401 Palmer • 541-962-1347 • Teresa Roberts, Superintendent • troberts@cityoflagrande.org • www.lagrandeparks.org
Winter/Spring Recreation Programs

January thru May 2020 • www.lagrandeparks.org

Youth Basketball League
Early Bird Discount Ends January 3 and Regular Registration on the 6. No further registrations will be taken after January 6.
- Games will be played at Riveria Activity Center and Willow Elementary School on Saturdays.
- Coaches meeting will be held on Monday, January 13 @ 6pm at the Parks and Recreation office.
- Mandatory Meet My Coach Day will be held on Saturday, January 18th at Riveria Activity Center at the following times: 9am - 1st, 2nd & 3rd Graders 10am; 4th, 5th, & 6th Graders
- Practices are at the discretion of the coach and availability of the gyms.

1st, 2nd, 3rd Grade Boys & Girls (Boys & Girls play separately)
Cost: Early registration $40 Regular $45
Season: January 25-March 14 (8 Week Season)
4th, 5th, 6th Grade Boys (Boys & Girls play separately)
Cost: Early registration $40 Regular $45
Season: January 25-March 14 (8 Week Season)

VOLUNTEER COACHES ARE NEEDED!

Pee Wee Soccer League
Introduce your kids to the joys of soccer by learning the basic fundamentals of the game. All games and practices will be held Saturday mornings at Benton Park. Registration Fee includes a team shirt and schedules.

Ages 3, 4, and 5 (not in kindergarten).
6 Week Season - Saturdays - April 11 - May 16
Early Bird Discount: $30; regular $35
Early Bird Discount until March 16 and no registrations after March 23.

Coaches meeting will be held on Wed April 1 @ 6pm at the Parks and Recreation office (2402 Cedar St.)
Mandatory Meet My Coach and Team Day will be Saturday, April 4 @ 10am at Benton Park. (meet your coach, receive team shirt, and schedules)

VOLUNTEER COACHES ARE NEEDED!
Please sign up online at www.lagrandeparks.org

Amigurumi for Adults
Want to take your crochet skills to the next level? Always wanted to learn? This is the class for you!! Amigurumi is the Japanese art of crocheting small, stuffed yarn creatures. For those more advanced, we’ll cover Amigurumi techniques and how they’re different from standard techniques. For beginners, we’ll cover basic stitches and how to read a pattern. By the time we’re finished, you’ll have an adorable mini stuffed animal to take home with you!
Date: Tuesdays in February (4, 11, 18, 25)
Time: 6-7pm Cost: $25
Location: Parks and Recreation Office (2402 Cedar St.)

VOLUNTEER COACHES ARE NEEDED!

SPRING BREAK CAMP
Spring Break Camp is open to all K-5th graders and includes a variety of games, activities, and field trips. Snacks are provided, but lunch is not. Please provide your child’s lunch and extra water daily.
March 23 - 27 - Early Registration (by March 13) - $100; Regular Registration (by March 19) - $125

FAMILY EXCURSIONS
OREGON ZOO/OMSI
Want to take the hassle and planning out of family day trips? Sign up with us! We will do the transportation and admission fees, you take care of the fun!! You and your children can enjoy a fun filled day at the Oregon Zoo and the Oregon Museum of Science and Industry without worrying about the stress of Portland traffic. Spots are limited, so sign up soon!
Date: May 16
Reg deadline: May 11
Cost: $48/adult, $38/Youth (<12)

ICE SKATING - PENDLETON
Always wanted to go Ice Skating, but don’t want the hassle and expense of driving to Pendleton? Let us worry about transportation, and you worry about the FUN!! The Parks and Recreation department will be running a van to the Pendleton Ice Rink on free skate day. The bus will leave at 10:45am and return at 4:15pm. Anyone 10+ years of age is welcome to attend. Children 9 and under must be accompanied by an adult.
Date: Jan 20 (No School) - Depart 10:45am
Cost: $5 per person

TRI CITIES AMERICANS HOCKEY
Saturday, March 14
$25/adult; $20/youth (<18)
Register by March 4

MARINERS vs. RANGERS OPENING DAY!!
Thursday, March 26th
$40 incl tickets & transportation
Register by March 1st

Departure times and info @ lagrandeparks.org