

NATIONAL GYMNASTICS DAY A SUCCESS

Recently, Lawrence Parks and Recreation Department hosted "National Gymnastic Day." The goal of "National Gymnastic Day" was to increase excitement for the sport of gymnastics and to communicate the sense of self-esteem and healthy benefits that gymnastics fosters.

This free special event was attended by more than 200 people that featured two hours of gymnastic instruction and interactive games and attractions. It offered children of all ages and abilities the opportunity to enjoy and learn the benefits gymnastics has to offer.



ROWING CLINIC GIVES COMMUNITY INSIDE LOOK AT THE SPORT

Lawrence Parks and Recreation Department teamed up with Kansas Athletics to offer a rowing clinic for the community in September.

The clinic was designed as an introduction to rowing for people with minimal knowledge of the sport. The participants got to take a tour of the boathouse and received a brief lesson of how to row on the Erg machine. Then they proceeded onto the river with the KU Rowing coaches and student-athletes. The clinic was full with 20 people in attendance.