

Upcoming Tournaments / Camps / Special Events

SPL

Friday, Nov. 5 - Sunday, Nov. 7

1 Movement Invitational Basketball
Tournament

Saturday, Nov. 20

MAYB Basketball Tournament

All times and court usage could change up to two weeks prior to the event and/or scheduled LPRD classes and programs.

LPRD Facility Update

NOV. '21

This is a monthly update for those who have signed up on the City of Lawrence subscription page for information on Sports Pavilion Lawrence®, as well as those who have registered with Parks and Recreation, receiving an access card for public access to upcoming events and happenings at LPRD facilities. Sports Pavilion Lawrence® is presented by Lawrence Memorial Hospital.



Sports Pavilion Lawrence®
100 Rock Chalk Lane

Monday–Friday 7 a.m. – 9 p.m.
Saturday 7 a.m. – 6 p.m.
Sunday 1 – 9 p.m.

East Lawrence Rec Center
1245 East 15th St.

Monday–Friday 9 a.m. – 6 p.m.
Saturday 10 a.m. – 6 p.m.
Sunday 10 a.m. – 4 p.m.

Community Building
115 West 11th St.

Monday–Friday 9 a.m. – 6 p.m.
Saturday 10 a.m. – 6 p.m.
Sunday 10 a.m. – 4 p.m.

Holcom Park Rec Center
2700 West 27th St.

Monday–Friday 8 a.m. – 8 p.m.
Saturday 10 a.m. – 6 p.m.
Sunday 10 a.m. – 4 p.m.

CONNECT WITH US!




SPORTS PAVILION LAWRENCE®

 Sports Pavilion Lawrence®
 @SPLawrenceKS

EAGLE BEND

 Eagle Bend Golf Course
 @EagleBendKS

LPRD

 Lawrence Kansas Parks and Recreation
 @lprdks
 @lprdks

Mask use is required at all times while using our facilities.

Please remember to wear a face mask that is comfortable and breathable.

For more information, please visit:
www.lawrenceks.org/coronavirus

Use weights.

Proper weightlifting strengthens muscles and ligaments, so your joints don't have to do all the work.

 LMH Health

A partner for lifelong health

YOUTH DANCE

Day of the Dead (Ages 4-7)

10-11 a.m. Saturday, Nov. 6

You won't want to miss this one of a kind workshop! Dancers will learn fun new jazz steps while dancing to music from Coco!

Enroll online at: <http://lprd.org/activity?n=414020>.

Turkey Lurkey (Ages 4-7)

10-11 a.m. Saturday, Nov. 20

Come join us for a special musical theater workshop just before the holiday with the Turkey!

Enroll online at: <http://lprd.org/activity?n=414020>.

Mr. Grinch Dance Party (Ages 4-7)

10-11 a.m. Saturday, Dec. 11

Even the Grinch would enjoy this workshop! Come join us and learn some fresh new hip hop moves and a fun dance celebrating Mr. Grinch himself!

Enroll online at: <http://lprd.org/activity?n=414020>.

Stars and Stripes (Ages 4-7)

6-7 p.m. Friday, Nov. 12

It's a party in the USA! Come celebrate the red, white, and blue with us in this exciting jazz workshop!

Enroll online at: <http://lprd.org/activity?n=414020>.

The Nutcracker (Parent/Child Ballet) (Ages 4-7)

10-11 a.m. Saturday, Dec. 4

Dancers will love getting to learn some new ballet steps to classic music from The Nutcracker while dancing with their parents!

Enroll online at: <http://lprd.org/activity?n=414020>.

Ugly Sweater Christmas Party (Ages 4-7)

10-11 a.m. Saturday, Dec. 18

The only thing that could make an Ugly Sweater Christmas Party better would be making it a dance party! Come join us for a jazz and musical theater workshop that will put you in the mood for the holidays!

Enroll online at: <http://lprd.org/activity?n=414020>.

Looking for a part time job?

Youth Basketball Officiating and Score Keeping

LPRD is currently looking for Youth Basketball Officials and Score Keepers. Applicants must be at least 16 years of age. Must be very dependable, be knowledgeable of the rules, and have some basketball background and experience either as a player or official. Applicant must be available to work evenings, Sunday thru Thursday and/or Saturday mornings (Rec. Leagues). Competitive League play begins in November. Recreational games begin in October. Pay: \$15 - \$25 per game officiating depending on experience and league assigned to work, \$10 per game score keeping.

If you are interested and would like additional information, please contact the Youth Sports Office at 330-7355, or drop by Sports Pavilion Lawrence® at 100 Rock Chalk Ln.

Apply online at <http://lawrenceks.org/jobs>.

FITNESS

Hula Workshop (Ages 15+)

10 a.m.-12 p.m. Saturday, Nov. 12

This mixed-level beginner class is for brand new students, beginners, and those who want to learn hula at a more relaxed pace. Our students gain a strong foundation in hula basics, including steps, beginning level hula dances, and an introduction to oli (Hawaiian chant).

Instructor: Victoria Chance.

Enroll online at: <http://lprd.org/activity?n=415115>.

Turkey Burn (Ages 15+)

9-10 a.m. Friday, Nov. 29

Worried that Thanksgiving is going to throw off your fitness goals? Mea has the cure to that Post Turkey Day Guilt – TURKEY BURN with ZUMBA! Join us for this special Zumba event.

Pre-registration is required. Instructor: Mea Austin.

Enroll online at: <http://lprd.org/activity?n=415001>.

GYMNASTICS

Tumble 'n' Play – Open Gym

Pre-registration is required for ALL open gyms.

Enroll online at: <http://lprd.org>.

Tumble 'n' Play (Ages 1-5 with Parent) \$5 per child

10:15-11:15 a.m. Mondays, Wednesdays, Fridays

11-11:45 a.m. Saturdays

(M) Enroll online at: <http://lprd.org/activity?n=416017>.

(W) Enroll online at: <http://lprd.org/activity?n=416018>.

(F) Enroll online at: <http://lprd.org/activity?n=416019>.

(Sa) Enroll online at: <http://lprd.org/activity?n=416020>.

Flippin' Zone (Ages 6-14) \$5 per child

6:30-8 p.m. Fridays, Sundays

(F) Enroll online at: <http://lprd.org/activity?n=416030>.

(Su) Enroll online at: <http://lprd.org/activity?n=416031>.

Preschool and Recreation Gymnastics / Tumbling / Ninja Warrior

Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic skill development, as well as increase self-esteem, independence and character while having fun and unique experiences in a healthy atmosphere. Gymnastics classes for children ages 18 months and up at Sports Pavilion Lawrence are part of an ongoing program with monthly billing.

Questions regarding gymnastics should be directed to Landon Noll at (785) 330-7364 / lnoll@lawrenceks.org.

Find more information at:

<http://lawrenceks.org/lprd/gymnastics/youth-classes>.

Gymnastics Birthday Parties

1-2:30 p.m. | 3-4:30 p.m. | 5-6:30 p.m. Saturdays
3-4:30 p.m. | 5-6:30 p.m. Sundays

Looking for a place to hold your child's birthday party? We have the perfect entertainment for children three years-old to 12 years-old in our gymnastics room. The first hour of fun will be in the gymnastics room with our staff doing obstacles courses, uneven bars, balance beam and games. Wrap up your party with the last 30 minutes in the party room for treats and presents.

Fees: \$150 per party for up to 15 children.

For more information contact Landon Noll at:

lnoll@lawrenceks.org.

DANCE

Line Dance (Ages 15+)

4:30-5:30 p.m. Sunday, Nov. 7-Dec. 12

Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances.

Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=414152>.

Latin Dance (Ages 15+)

6:50-7:50 p.m. Sunday, Nov. 7-Dec. 12

As we turn up the heat, move your feet to the smooth Latin beat. You'll learn all the steps, proper techniques, motions, patterns and movements to the salsa, cha-cha, and more. Before you know it, you'll be dancing with the stars, impressing your family and friends with your fancy footwork.

Partner enrollment required. Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=414151>.

West Coast Swing Workshop (Ages 15+)

1:15-4:15 p.m. Sunday, Nov. 7

West Coast Swing is a slotted dance done to any style of slow and bluesy music. Both 6 and 8- count movements will be presented. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor. Lots of practice time. All levels are welcome.

Partner enrollment required. Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=414145>.

Line Dancing Workshop (Ages 15+)

5:45-8 p.m. Friday, Nov. 19

Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you with the basic foundation of line dancing as well as a variety of dances.

No partner necessary. Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=414141>.

Swing Dance (Ages 15+)

5:40-6:40 p.m. Sunday, Nov. 7-Dec. 12

Come and join the worldwide sensation of swing dancing. Classes will concentrate on the up-tempo single-count East Coast swing with the basic patterns, a variety of footwork and loads of fun. Class also includes an introduction to the stylish, slow and bluesy West Coast swing.

Partner enrollment required. Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=414154>.

Ultimate Dance Party (Ages 18+)

6-8 p.m. Friday, Nov. 5

It's time to dance! You have learned all the steps, now you and your partner want to go out for an evening. For two hours, you will have the opportunity to dance two-step, Waltz, East Coast Swing, West Coast Swing, Salsa, Cha-Cha and other dances. Come enjoy your favorite dance to some great music and dance the night away!

Partner enrollment required. Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=414160>.

Wedding Crash Course (Ages 15+)

1:15-4:15 p.m. Sunday, Nov. 14

This workshop will provide a foundation in general social dancing to make your special day unforgettable. You will be introduced to the shared techniques of two or three social dances with the focus on timing partner connection.

Partner enrollment required. Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=414161>.

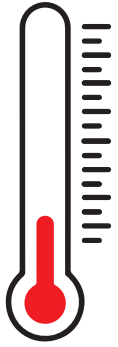
Dance Fundamentals III Spins and Turns (Ages 15+)

1:15-4:15 p.m. Sunday, Nov. 21

Learn how to execute spins and turns properly with balance and control. Dance Fundamentals III is all about spins and turns, progressive and stationary. Just some off the many spins and turns defined, explained and practice are traveling pivots, chainnes, inside and outside spins, and Monterey turns. You will also learn and practice spotting techniques to increase your sense of balance and refine your spinning.

Partner enrollment required. Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=414149>.



Winter Emergency Shelter

Nov. 1 – March 1

Volunteers Needed Ages
18+

Valid proof of COVID-19 vaccination required.

For more information, contact (785) 823-7958 or emergencyshelter@lawrenceks.org

To volunteer, visit lawrenceks.org/winter-shelter.

INSTRUCTIONAL

Safe Sitter (Ages 11-16)

5-8 p.m. Wednesday, Nov. 3-10

5-8 p.m. Wednesday, Dec. 1-8

Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you with the basic foundation of line dancing as well as a variety of dances.

No partner necessary. Instructor: Mike Salerno.

Enroll online at: <http://lprd.org/activity?n=421200>.

Guitar, Beginning (Ages 14+)

7-8 p.m. Monday, Nov. 8-Dec. 13

Students will need to bring a guitar to class. In this introductory class you will learn chords, tablature, rhythm patterns and standard notation through the use of familiar melodies and songs.

Instructor: Marianne Carter.

Enroll online at: <http://lprd.org/activity?n=421006>.

GYMNASTICS

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Gymnastics Birthday Parties

1–2:30 p.m. | 3–4:30 p.m. | 5–6:30 p.m. Saturdays

3–4:30 p.m. | 5–6:30 p.m. Sundays

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Fees: \$150 per party for up to 15 children.

For more information contact Landon Noll at:

lnoll@lawrenceks.org.

Tumble 'n' Play (Ages 1-5 with Parent) \$5 per child

10:15–11:15 a.m. Tuesdays, Thursdays

5:30-6:30 p.m. Wednesdays

(T) Enroll online at: <http://lprd.org/activity?n=416021>.

(W) Enroll online at: <http://lprd.org/activity?n=416022>.

(R) Enroll online at: <http://lprd.org/activity?n=416023>.

LIFELONG RECREATION

Resilient Falling (Ages 50+)

2:30-4:30 p.m. Monday, Nov. 8-Dec. 13

The holidays have their own challenges to balance-ice, snow, and travel to unfamiliar places. Prepare with this class that explores components of balance: strengthening leg and core muscles, mindfulness, and becoming aware of hazards in your environment. What makes this class unique is that we will actually practice falling safely and getting up. Half of the class will be active physical participation and the other half, informational. Participants must be able to get up from the floor with relative ease, in order to practice safe falling.

Instructor: Susan Rieger.

Enroll online at: <http://lprd.org/activity?n=427322>.

YOUTH CAMPS

Holiday Happenings (Ages 5-12)

8:30 a.m.-3:30 p.m. Tuesday-Friday, Dec. 21-24

8:30 a.m.-3:30 p.m. Monday-Friday, Dec. 27-31

The Lawrence Parks and Recreation Dept. is offering a few days of fun before the holidays! Offering arts & crafts, sports & games and field trips. Make sure you bring a brown bag lunch.

Enroll online at: <http://lprd.org/activity?n=425160>.