



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 a key card for Sports Pavilion Lawrence for public access of the upcoming events and happenings at SPL. Sports Pavilion Lawrence is presented by Lawrence Memorial Hospital.

With tournaments and programs scheduled throughout the year, it is always a good thing to check with the front desk about information on free play availability on the courts and turf field.

UPCOMING TOURNAMENTS CAMPS/SPECIAL EVENTS

Saturday-Friday, December 30-January 5
Turf Area **closed** for maintenance (painting)

Saturday-Sunday, Jan. 6-7

Heart of America Volleyball Tournament
Saturday - 8 a.m. – 8 p.m.
Sunday - 8 a.m.-5 p.m.
Courts 1B-8 (Courts 1A will be open for free play to the public)

Saturday-Sunday, Jan. 13-14

Heart of America Volleyball Tournament
Saturday - 8 a.m. – 8 p.m.
Sunday - 8 a.m.-5 p.m.
Courts 1B-8 (Courts 1A will be open for free play to the public)

Saturday-Sunday, Jan. 20-21

Heart of America Volleyball Tournament
Saturday - 8 a.m. – 8 p.m.
Sunday - 8 a.m.-5 p.m.
Courts 1B-8 (Courts 1A will be open for free play to the public)

Saturday-Sunday, Jan. 27-29-14

Heart of America Volleyball Tournament
Saturday - 8 a.m. – 8 p.m.
Sunday - 8 a.m.-5 p.m.
Courts 1B-8 (Courts 1A will be open for free play to the public)

HOLIDAY HOURS AT SPL

Sunday, December 31 – 10 a.m. - 5 p.m.
Monday, January 1 - CLOSED

HELP WANTED

LPRD is looking for friendly, bright, energetic, fun-loving people to join our team!

Building Maintenance

As well as a number of other positions listed at: [the City of Lawrence Website](#)

FACILITY OPERATION UPDATE

Happy New Year!

As a reminder: we will be closing the turf area Saturday-Friday, December 30-January 5. During this time, we will be painting the walls in the area. It is tournament season so expect busy weekends in January. We have a full schedule of volleyball tournaments on the weekends. Week-day LPRD activities will start back up after the first of the year, so check with the front desk for more information.

From the Sandbar

We are excited about the new tournament season starting this month. We now have a wonderful smoothie bar available daily. Fill a cup full of your favorite fruit and veggies, and we will blend it and add any additional protein. Please let us know if you have a special ingredient you would like us to include. Tuesdays- Free Coffee Day Happy Holidays! Cheers - The Sandbar Subs

p.s. You are always welcomed to send thoughts and suggestions via email anytime. peach@thesandbar.com

PROGRAMS/CLASSES HIGHLIGHTS

Check out our full list of classes, programs and activities in the [LPRD Activities Guide](#), [the LPRD website](#) or call SPL for more information.

Youth Volleyball League

Teams are currently being formed. Practices begin the week of January 15 with games being played Sundays, Jan. 28 - March 11. Games will be played at Holcom Park Recreation Center, 2700 W. 27th St. For more information, please contact: Robert Wilson at rwilson@lawrenceks.org or (785) 330-7355.

Deadline Extended for Youth Indoor Soccer

The late fee deadline has been pushed back to Wednesday, Dec. 27. Starting Thursday, Dec. 28, there will be a \$15 late fee assessed to registrations. Indoor Soccer is open to those in kindergarten through eighth grade. Practice begin the week of Monday, Jan. 15. Games will be played on Saturdays, Jan. 27-March. 3. Fee is \$50 (Kindergarten through fourth grade) and (\$60 for fifth grade through eighth grade).

Enroll online at: <http://lprd.org/activity?n=126201>

Youth Lacrosse Clinic

Ages: 9-18. Enrollment Min 15 / Max 60. The purpose of the clinic is to introduce the game of lacrosse to new players and to help experienced players refine their skills. An emphasis will be placed on teaching basic fundamental skills such as throwing, catching and cradling; however, instruction will also include shooting, offense and defense. Equipment will be provided for all new players. Instructor: Britt Mitchell. Clinic will be held 1-3:30 p.m. Monday, Jan. 15, on the turf area at SPL. Cost is \$25 per participant.

ENROLL ONLINE

<http://lprd.org/activity?n=126900>

Youth Recreational Basketball League

Open to those in kindergarten through eighth grade (Boys and Girls Leagues). Fee: Kindergarten through fourth grade \$45 per child | Fifth grade through eighth grade \$55. Registration Deadline: Monday, Jan. 9. Practices begin the week of January 23. Teams and leagues will be formed by current grade level and the school the child attends. One-hour practices will be held weekly and are determined by the coach. Games for those in kindergarten through fourth grade will be held Saturdays, Feb. 4 - March 11 at neighborhood recreation centers. Games for those in fifth grade through eighth grade will be held Sundays, Feb. 5 - March 12 at Sports Pavilion Lawrence.

Youth volleyball provides children the opportunity to play indoor volleyball in a organized, recreational setting. The emphasis is teaching the values of good sportsmanship, teamwork, goal setting and skill development.

ENROLL ONLINE

<http://lprd.org/activity?n=124101>

YOUTH BASKETBALL OFFICIALS

LPRD is looking for officials to officiate Recreational and Hoopster League Games, pay ranges from \$15 -\$25 per game. If interested apply online [here](#).

FITNESS CLASSES

(ALL CLASSES AT SPL)

Winter fitness classes will begin the week of January 7. For a list of classes, please visit our [online activities guide](#).

Free Fitness Demos are being offered the following days and times. No registration is required. However, TRX has limited equipment and will allow participants on a first-come/first-serve basis. All demos listed are being held at SPL.

Tuesday, Jan. 2
5:25-6:10 p.m. TRX Basics
6:15-6:45 p.m. TR-Xpress
7-7:55 p.m. Zumba

Wednesday, Jan. 3
4:30-5 p.m. TR-Xpress
5:10-5:55 p.m. TRX Basics

Thursday, Jan. 4
12:10-12:50 p.m. Yoga Express

Saturday, Jan. 6
9:30-10:15 a.m. Hip Hop Inferno
10:20-11:05 a.m. Kickboxing Fusion
11:10-Noon Booty Blast



DANCE

Baby Hip Hop

Ages: 2-3 with parent. This 30-minute class is designed with the young dancer in mind. We encourage playful movement with simple songs and exercises. This class encourages the growth of basic motor skills, discipline and independence in a fun and playful environment. Only registered participants are allowed in the classroom, no siblings. Instructor: LPRD Staff.

ENROLL ONLINE

<http://lprd.org/activity?n=114015>

Mini Ballerinas

Ages: 3-4. An introduction to basic ballet positions and movements developed for our youngest dancers to improve coordination, flexibility and self-confidence. Instructor: LRPD Staff.

ENROLL ONLINE

<http://lprd.org/activity?n=114017>

Youth Musical Comedy

Ages: 8-12. Dance, sing, act and explore the basic skills of becoming a triple threat! This class will combine movement, expression of voice, acting techniques and use of props through fun activities, games and musical numbers. Students will perform for family and friends on the

last day of class. Instructor: LPRD Staff.

ENROLL ONLINE

<http://lprd.org/activity?n=114025>

Pint-Size Ballet

Ages: 5-6. Participants will learn the basic ballet positions and movements to aid in improving coordination, balance and flexibility. Instructor: LRPD Staff.

ENROLL ONLINE

<http://lprd.org/activity?n=914104>

Pint-Size Movers

Ages: 5-6. Explores the joy of movement while improving balance, coordination and motor skills. Children will learn the constructs of a dance class: warming up, dancing across the floor, focusing and following direction. Instructor: LRPD Staff.

ENROLL ONLINE

<http://lprd.org/activity?n=114022>

Rising Ballet

Ages: 6-8. This class emphasizes stretches, large muscle movement and basic barre technique, while combining fun and dance discipline to help build confidence. Instructor: LRPD Staff.

ENROLL ONLINE

<http://lprd.org/activity?n=914109>

Boys Making Noise

Ages: 7-10. A class just for boys! Dance is a physically beneficial activity for boys too. It builds strength, muscle tone, balance and coordination, while teaching self-confidence and self-discipline. *Boys Making Noise* will introduce hip hop, break dancing and street dancing to youth. Instructor: LPRD Staff.

ENROLL ONLINE

<http://lprd.org/activity?n=114024>

Kickboxing Fusion Demo

Saturday, Dec. 30
10:20-11:05 a.m.
Burn calories and bust a move with this fun and empowering combat based aerobic workout. Incorporating exercise formats like TRX, Pilates and Foam Rolling. Instructor: Mea Austin.

Youth Jazz/Hip Hop

Ages: 7-10. This upbeat class combines basic hip-hop and jazz techniques and choreography to contemporary and popular music. In this fast-paced, fun class, students will use hip-hop and jazz to develop their coordination, rhythm, flexibility and self-expression. Instructor: LRPD Staff.

ENROLL ONLINE

<http://lprd.org/activity?n=914018>

GYMNASTICS

Monthly classes are offered for ages two years-old and Up for Little Bears, Tumble Bears, Gym Bears, Beginning Girls and Boys, Intermediate and Advanced Girls. Contact Sports Pavilion for a schedule of our classes.

OPEN GYM

Gymnastics Open Gym- \$5 per child
PRESCHOOL: two years-old to five years-old (with parent)
Monday and Wednesday 9-10 a.m./ 10:15-11:15 a.m.
Saturday 11-11:45 a.m. / 12-12:45 p.m.

YOUTH six years-old to 12 years-old
Friday 7:30-9 p.m.
Sunday 4:30-6 p.m.

Gymnastics Winter Break Camp

Tuesday-Wednesday, Jan. 2-3 - \$56 per participant
9 a.m.-4 p.m. Ages: five years-old -12 years-old
Bounce on the trampoline, roll over the bars, hang by the rings and jump into the pit. Camp is designed for participants to improve and learn new skills, increase physical fitness and build a positive self-image.

ENROLL ONLINE

<http://lprd.org/activity?n=116014> - Jan. 2-3

Kids Night Out

Saturday, Jan.13
6-10 p.m.
\$25 per participant
3-14 (must be potty-trained)
Need an evening out without the kids? Your children will have a fun-filled evening with gymnastics, game and activities along with pizza. There will be a visit from a "special guest" this month.

ENROLL ONLINE

<http://lprd.org/activity?n=116015>

Social Media

Be aware and follow us!
Facebook
Twitter @SPLawrenceKS

**Administrative Office, Marketing Division
Parks and Recreation Department | City of Lawrence, KS**

**1141 Massachusetts St.
Lawrence, KS 66044**

Office (785) 832-3450 | fax (785) 832-3459

Gymnastics Birthday Parties

Looking for a perfect 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. Parties are offered on Saturday from 1-2:30 p.m., 3-4:30 p.m. and 5-6:30 p.m. and Sundays from 1-2:30 p.m. and 3-4:30 p.m. The first hour of fun will be in the gymnastics room with our staff doing obstacle courses, uneven bars, balance beam, parachute games and of course the pit! Wrapping up your party with the last 30 minutes in the party room for treats and presents. For more information contact Kristy Bellinger at (785) 330-7361 / kbelling@lawrenceks.org. Fees: \$150 per party for up to 20 children.

TENNIS

LPRD has teamed up with Jayhawk Tennis to offer an indoor recreation tennis program catering for two year-olds and adults. Youth tennis is offered for three year-olds and four year-olds five year-olds to eight year-olds, seven to 10 year-olds and 10-17 years olds. Adult classes offered are for beginning and intermediate along with cardio tennis. Call Sports Pavilion at (785) 330-7355 for a schedule.

SPL Standard Hours

Monday-Friday – 5:30 a.m.- 9 p.m.
Saturday – 7 a.m.- 6 p.m.
Sunday – 1 -9 p.m.

**100 Rock Chalk Lane
Lawrence KS 66049
(785)330-7355**

