

Upcoming Tournaments / Camps / Special Events

Thursday, July 1 – Sunday, July 4

GOAT NATIONALS

Thursday - 8 a.m. – 8 p.m.

Friday - 8 a.m. – 8 p.m.

Saturday - 8 a.m. – 8 p.m.

Sunday - 8 a.m. – 5 p.m.

(Courts 2-8)

Thursday, July 8 – Sunday, July 11

KU Volleyball Camps (Moved to campus)

Saturday, July 10 – Sunday, July 11

MAYB

Saturday - 8 a.m. – 8 p.m.

Sunday - 8 a.m. – 5 p.m.

(Courts 2-8)

Sunday, July 11 – Friday, July 16

Bill Self Basketball Camps (Moved to campus)

Thursday, July 22 – Sunday, July 25

Reebok World Championships

Thursday - 8 a.m. – 9 p.m.

Friday - 8 a.m. – 9 p.m.

Saturday - 8 a.m. – 9 p.m.

Sunday - 8 a.m. – 5 p.m.

(Courts 2-8)

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

Mask use is recommended 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

Get your ZZZ's.

Poor sleep is linked to health problems like high blood pressure, heart disease and obesity.

LMHHealth

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JULY '21

SPL Update

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.

Facility / Operation Update

SPL has reopened the Wellness area (cardio, weights, and track) to the public with the following hours.

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



Summer Tennis Clinics With Jayhawk Tennis

RED BALL, ORANGE BALL, JUNIOR DEVELOPMENT 319200
BEGINNER-INTERMEDIATE ADULT 319200

All lessons held at SPL tennis courts, 100 Rock Chalk Lane

Contact **Ross Schraeder** for more information
rschraeder@lawrenceks.org | (785) 330-7356



City of Lawrence
PARKS AND RECREATION

DANCE

East Coast Swing (Ages 15 and Up)

5:45 – 8 p.m. Friday, July 9

One of the dances with the most staying power has been East Coast Swing and its variations. East Coast Swing is a circular dance done to a wide range of upbeat music from Big Band to Contemporary to Country. Single time and Triple time footwork and movements will be presented. All levels are welcome! *Partner enrollment required.*

Enroll online at: <http://lprd.org/activity?n=314140>.

West Coast Swing (Ages 15 and Up)

1:15 – 4:15 p.m. Sunday, July 11

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=314145>.

Ultimate Dance Party (Ages 18 and Up)

6 – 8 p.m. Friday, July 16

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=314160>.

Wedding Crash Course (Ages 15 and Up)

1:15 – 4:15 p.m. Sunday, July 18

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=314161>.



Line Dancing Workshops (Ages 15 and Up)

5:45 – 8 p.m. Friday, July 23

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=314141>.

Dance Fundamentals III (Ages 15 and Up)

1:15 – 4:15 p.m. Sunday, July 25

Elevate your dancing ability! 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 of the many spins and turns defined, explained and practiced are traveling pivots, chainnés, 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. Singles and partners welcome.

Enroll online at: <http://lprd.org/activity?n=314149>.



FITNESS

Time to add into your summer fitness routine? We have fitness classes for every age, interest, and fitness level, from TRX, Yoga, Pilates, Strength Training, Zumba, Barre Fusion and more! Summer classes are in session now and will go through late-August.

Questions regarding fitness classes should be directed to Jo Ellis at (785) 330-7358 / jellis@lawrenceks.org.

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

ARTS AND CRAFT FAIRS

The Parks and Recreation Department hosts Arts and Crafts Fairs throughout the year for exhibitors to showcase and sell their work. These events are free and open to the public. Exhibitors are charged a fee to participate in the events. Please see each event's registration form for the requirements for vendors to display and take part in a particular fair.

For questions regarding the Holiday Bazaar or Holiday Extravaganza, please contact Ross Schraeder, facilities operations programmer, at (785) 330-7355 or visit the LPRD Arts and Crafts Festival Page for flyers and online enrolment:

<http://lawrenceks.org/lprd/specialevents/artsandcrafts/>

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)

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

11 – 11:45 a.m. | 12 – 12:45 p.m. Saturdays

Flippin' Zone (Ages 6-14)

6:30 – 8 p.m. Fridays, Sundays

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.

TENNIS

Red Ball (Ages 6-8)

8 – 8:50 a.m. Monday – Thursday, July 5 – 8

8 – 8:50 a.m. Monday – Thursday, July 26 – 29

Students will learn the mechanics of each stroke, as well as footwork and rallying skills. They will enjoy the fun of rallying and point play. They will enjoy the beginning stages of competing and incorporate lots of games and fun into the mix! Includes large, low-compression red balls, & miniature courts.

Enroll online at: <http://lprd.org/activity?n=319100>.

Orange Ball (Ages 8-10)

9 – 9:50 a.m. Monday – Thursday, July 5 – 8

9 – 9:50 a.m. Monday – Thursday, July 26 – 29

Students will sharpen their strokes, increase their court coverage, and learn to control the pace, spin, and depth of their shots. The students will begin to compete in games. Includes low-compression orange balls & shortened court boundaries.

Enroll online at: <http://lprd.org/activity?n=319100>.

Junior Development (Ages 11-14)

10:30 – 11:30 a.m. Monday – Thursday, July 5 – 8

10 – 10:50 a.m. Monday – Thursday, July 26 – 29

Students will focus on proper technique and mechanics. Exposure to match and point play is introduced while continuing instruction on the fundamentals. This program is for novice/recreational players who want to learn the game, as well as players looking to improve on fundamentals.

Enroll online at: <http://lprd.org/activity?n=319100>.

Beginner-Intermediate Adult

6 – 7 p.m. Tuesdays, July 6 – 20

This class is for players who want to develop consistency and correct technique. We will also include basic strategies for singles and doubles.

Enroll online at: <http://lprd.org/activity?n=319200>.

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