



UPCOMING TOURNAMENTS CAMPS/SPECIAL EVENTS

Saturday, Nov. 21

MAYB Basketball Tournament

Saturday - 8 a.m.-8 p.m.

(Courts 1B-8 (Court 1A open for free play))

Thursday, Nov. 26

Thanksgiving Holiday - **CLOSED**

Saturday-Sunday, Nov. 28-29

Best in the Midwest Basketball Tournament

Saturday - 8 a.m.-8 p.m.

(Courts 1-5 (no free play court))

Sunday - 8 a.m.-5 p.m.

(Courts 2-8 (Court 1 open for free play))

Saturday, Nov. 28

Sporting Kaw Valley Futsal

Saturday - 8 a.m.-8 p.m.

(Courts 6-8 (no free play court))

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

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, track) to the public with limited hours (M-F 9 a.m.-1p.m.). *Additional hours to be added 11/9. (see last page (bottom left) for additional hours).*



COVID-19 NEWS

Mask use is required at all times while using our facilities. Please remember to wear a face covering that is comfortable and breathable.



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

Get a flu shot.

You'll have a lower risk of getting the flu, passing it on to others, and developing worse illnesses.

 **LMHHealth**

A partner for lifelong health



LPRD TRAINING/INSTRUCTION POLICY

Lawrence Parks and Recreation has created a new policy, providing guidelines for personal training/instruction by non-LPRD employees. The policy states only LPRD employees, volunteers or individuals who have obtained written permission from the City of Lawrence may conduct personal training on City property. "Training" in the policy includes but is not limited to personal training, coaching, lessons, team practices or other forms of physical fitness. Breaches in the policy may lead to expulsion from LPRD facilities or permanent loss of LPRD privileges. This policy affects all facilities and parks owned by the City of Lawrence and operated by the Parks and Recreation Department.

DANCE

Dance Fundamentals II (Ages 15 and Up)

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

This program is packed full of triple-rhythm dance movements and patterns like sailor steps, coaster steps and crossing triples. You'll receive foot positions and some basic techniques that were explained in Dance Fundamentals I and brush up on arm positions or port de bras. Then you'll add additional moves like knee pops, boogie walks, camel walks and sailor shuffles. Singles and partners welcome. \$20 per person.

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

Hustle Workshop (Ages 15 and up)

5:45-8 p.m. Friday, Nov. 6.

Hustle, an American dance originating in the 1970's during the heyday of Disco, is a very exciting and energetic dance with the flexibility to look elegant and graceful, sultry and intimate, or funky and fun. It shares patterns and concepts with Swing, Salsa, and other dances with wraps and turn patterns. In this workshop, we will concentrate on foundational elements and patters to help modernize the popular hustle and get you grooving on the dance floor! All levels are welcome! Partner enrollment required. \$15 per person.

Enroll online at: <http://lprd.org/activity?n=414147>.

West Coast Swing Workshop (Ages 15 and Up)

1:15-4:15 p.m. Sunday, Nov. 8.

West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop and Country. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns. Partner enrollment required. \$20 per person.

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

Wedding Dance Crash Course (Ages 15 and Up)

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

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. \$20 per person.

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

Line Dancing Workshop (Ages 15 and Up)

5:45-8 a.m. Friday, Nov. 20.

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 foundation of line dancing as well as a variety of dances. No partner necessary. \$15 per person.

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

Dance Fundamentals III (Ages 15 and Up)

1:15-4:15 p.m. Sunday, Nov. 22.

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, 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. Singles and partners welcome. \$20 per person.

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

FITNESS

Fitness Classes

The leaves might be falling, but don't let your fitness goals fall too! Heat up throughout the chilly months with fitness classes for every age, interest, and fitness level! Body Blast, Weights Express, Zumba, Knock Out, Yoga and more are here to help keep your muscles warm and your mind sharp! The second fall classes begin the week of November 9th. Enroll at least two weeks (14 days) to receive fee A. Fee B will be applied for all enrollments processed less than 14 days from the start of the session. Questions regarding fitness classes should be directed to Jo Ellis at (785) 330-7358 / jellis@lawrenceks.org.

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

Zumba Turkey Burn with Anna

9-10:15 a.m. Friday, Nov. 27.

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

Enroll online at: <http://lprd.org/activity?n=415005>

GYMNASTICS

Preschool and Recreation Gymnastics

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 3 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:

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

Shop 'N' Drop (Ages 5-12)

9 a.m. - 4 p.m. Friday, Nov. 27.

Do you need a couple of hours kid-free to do your Christmas shopping or just enjoy some free time? Drop your children off and we will entertain them with gymnastics, soccer, basketball, crafts, board games, movies and much more. Participants will need to bring a sack lunch. \$30 per child.

Enroll online at: <http://lprd.org/activity?n=416013>.

Tumble 'N' Play Program (Age 1-5)

Mondays, Wednesdays, Saturdays

Tumble 'N' Play time is for parents to spend time with their preschool-aged child in a fun, loosely structured environment. Our instructors will have fun stations throughout the gymnastics room. A parent or guardian must accompany the child. One child per adult. Pre-registration required. \$10 per session.

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

Kids Night Out (Ages 3-14, must be potty trained)

6-9 p.m. Every Friday night

Kids Night Out gives our parents an opportunity to take a well-deserved break. Go out for a night on the town feeling confident that your kids are safe and having the time of their lives with their favorite gymnastics instructors. Activities for the evening include a variety of games, structured play, crafts, obstacle courses and stations. Alternating between Ninja and Gymnastics. Pre-registration is required. \$25 per child.

Enroll online at: <http://lprd.org/activity?n=416015>.



SQUAD CLASSES FOR FAMILY & FRIENDS

Ages 3-6 and 6-14

You get to choose who you have in your child's class. Squad classes are available for groups of 2-5. Pick from gymnastics or ninja programs. Offered for preschool ages 3-6 or co-ed age 6-14. Fee is \$50 per month/child.

For more information, contact Landon Noll, gymnastics programmer at 785-330-7364/lnoll@lawrenceks.org to set up your time.

SPL Revised Hours beginning 11/9

Monday-Friday – 9 a.m.-1 p.m. & 4-8 p.m.

Saturday – 9 a.m.-1 p.m.

Sunday – CLOSED

Drop-in Pickleball available Monday-Friday,

9 a.m.-1 p.m. when in green

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



NINJA PROGRAM

Little Ninja Warriors

Tuesday and Thursday evenings

Little Ninjas will learn basic entry-level parkour, gymnastics and Ninja Warrior skills. Events include hanging obstacles, pegboard, vault, cargo net, safety falls, agility, tumbling skills along with hand eye coordination. Participants will develop balance, focus, strength, social skills and the ability to trust. \$40 per child.

Enroll online at: <http://lprd.org/activity?n=916004>.

Ninja Warrior Stars (Ages 6-9)

Thursday afternoons and Saturday mornings

Building and reinforcing upon the core skills learned in Little Ninjas. Participants will learn basic parkour skills, safety rolls, basic vaulting, wall and bar progressions, along with development of core strength and speed. With our special ninja training equipment, students will improve their balance, agility, gymnastics skills and flexibility all while having FUN! \$40 per child.

Enroll online at: <http://lprd.org/activity?n=916005>.

Ninja Warrior Advance (Ages 10-14)

Wednesday evenings

This class is for Ninjas who have mastered the skills in the beginning program. A "test mission" must be completed in order to move into this class. Students will master all beginner progressions such as rolling, hand support, spotted flipping, wall progressions and precision jumps and basic transitions. Students will be lead through courses that include our most difficult and rigorous obstacles. \$64 per child.

Enroll online at: <http://lprd.org/activity?n=916003>.

Tumbling (Ages 6-12)



Monday evenings

This introductory class starts the foundation of body awareness and muscle control to progress through proper tumbling technique. Students will develop strength, flexibility and body control to progress quickly and safely. \$40 per child.



Enroll online at: <http://lprd.org/activity?n=916018>.

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