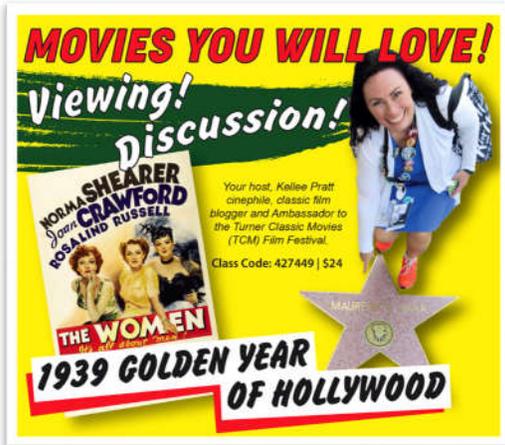


Lifelong Recreation

Fall
2021



1939 - THE GOLDEN YEAR OF HOLLYWOOD

Monday, September 13 - October 25 | 6:30 - 8:30 pm

Fire Station 5, 19th and Iowa St.

The year 1939 has been called the greatest year in movie history. We will explore the many films- beyond *Wizard of Oz* and *Gone With the Wind* - that earned that reputation plus a few that ushered in the transition into the war that defined the greatest generation. Additional materials fees to view films may apply. **Class Code: 427449 | Fee: \$24**

TREES OF THE IVAN BOYD ARBORETUM

Sunday, October 24 | 2:00-3:30 pm | Locations

Join us for a stroll along the sidewalks of the Baker University campus in Baldwin City. Baker was the first university in Kansas to earn the Tree Campus USA distinction for its commitment to promoting healthy trees and engaging students and staff in the spirit of conservation. In the arboretum, we'll appreciate 114 kinds of native and ornamental trees, learning a little about their biology, horticulture, and history. *Guide: Jon Standing.* **Class Code: 427471 | Fee: \$22**



RESILIENT FALLING-HOLIDAY EDITION

Friday, November 5 - 12 | 2:30 - 4:30 pm

East Lawrence Recreation Center, 1245 E 15th St.

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.* **Class Code: 427322 | Fee: \$27**



FITNESS CLASSES

AEROBIC DANCE & TONE

MWF | 8:50 - 9:50 am |

Holcom Recreation Center, 2700 W. 27th St.

Exercise has never been so fun! Get moving with fun, lively music from all eras that will condition and strengthen your body. Then tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance, and flexibility. This total body package will keep you looking and feeling young. *Instructor: Teresa Kelley.*

Class Code: 427201 | Fee: \$47/Session 1 • \$55/Session 2

DANCE FITNESS

TR | 9 - 10 am | Community Building, 115 W. 11th St.

Experience a total body, cardio workout through a variety of easy-to-follow dance routines set to old and new favorites. Class will alternate between a long non-stop cardio dance segment followed by strength/core exercises or an interval style class with cardio dances interspersed with strength training. Simple enough for beginners, yet challenging for advanced students. *Instructor: Rosie Shelton.*

Class Code: 427250 | Fee: \$38/Session 1 • \$44/Session 2

LaBLAST

TR | 10 - 11 am |

Holcom Recreation Center, 2700 W. 27th St.

LaBlast is a perfect balance of dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz, and many more. No partner needed! During LaBlast classes, you'll dance to music from every artist, genre, and era!

Instructor: Susan Pomeroy. Class Code: 427330

Fee: \$38/Session 1 • \$44/Session 2



LIFELONG YOGA

TR | 9:45 am |

Holcom Recreation Center, 2700 W. 27th St.

R | 9:15 am and 10:30 am

Community Building, 115 W. 11th St.

Stretch stiff muscles, relax and learn to correctly align your spine through slow progressive traction in this less-vigorous, class adapted for older adults. Practice correct breathing to oxygenate the body and the brain, improve blood circulation and your sense of well-being. *Instructors: Mary Ann Saunders and Shannon Carlson.*

Class Code: 427270 | Fee: \$38 (TR) /Session 1 • \$44/

Session 2 • \$23(TH)/Session 1 • \$27/Session 2

PILATES SILVER

TR | 8:30 - 9:30 am

Holcom Recreation Center, 2700 W. 27th St.

Pilates is a modern approach to body conditioning that will keep you on the cutting edge of fitness. This method will focus on core muscles such as hips, thighs and abdominals that will strengthen and tone through stretching as the body moves. Main principles include flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. *Instructor: Pat Middaugh.*

Class Code: 427204 | Fee: \$38/Session 1 • \$44/Session 2

SENIOR STRENGTH TRAINING

MWF | 7:30, 8:30, 9:30, 10:30 am

Holcom Recreation Center, 2700 W. 27th St.

TR | 9 am | East Lawrence Center, 1245 E. 15th St.

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. A variety of strength training equipment will be used, including free weights, resistance tubing, and bands. *Instructors: Melanie Johnson and Deb Geraghty.*

Class Code: 427233 (Melanie) and 427234 (Deb)

Fee: \$47 (MWF)/Session 1 • \$55/Session 2 /\$38 (TR)/Session 1 • \$44/Session 2

Session One: September 13 - October 22 | Session Two: October 25 - December 17

Registration for both sessions open on August 16. Some classes fill quickly, register early.

SLIMNASTICS

MWF | 9 - 10 am

Community Building, 115 W. 11th St.

Slimnastics offers an optimal mix of strength, balance, endurance and flexibility training using body-weight exercises, resistance bands and hand weights. We will focus on all muscle groups to create a strong, well-balanced, healthy body. *Instructor: Rosie Shelton.*

Class Code: 427310 | Fee: \$47/ Session 1 • \$55/Session 2

SUPER SENIOR CIRCUIT

MWF | 7:30, 8:30, 9:30, 10:30 am

TR | 7:30, 8:30 am | Sports Pavilion Lawrence

This 50 minute "full-body" group workout designed for the active senior adult, regardless of previous experience with strength training. Each participant will experience an improved level of strength and fitness. While minimizing injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. *Instructor: Chad Harper.* **Class Code: 427255 | Fee: \$47 (MWF) • \$36 (TR)/Session 1 \$55 (MWF) • \$44 (TR)/ Session 2**

TAI CHI FOR ALL

TR | 11:15-12pm | Holcom Recreation Center

This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all. Participants may stand or sit throughout class. There are no floor exercises. The Arthritis Foundation of America, Centers for Disease Control and Prevention and Administration on Aging each recommend this program as meeting their standards for health programming. *Instructor: Susan Pomeroy.*

Class Code: 427502 | Fee: \$38/Session 1 • \$44/Session 2

WANT TO FIND A FITNESS CLASS THAT BEST SUITS YOUR INTERESTS AND ABILITIES? GUEST PASSES ARE THE PERFECT WAY TO TRY OUT A CLASS BEFORE YOU REGISTER. ONE PASS PER CLASS - TRY UP TO FIVE!



TO REQUEST A GUEST PASS, PLEASE ARRIVE FIVE TO TEN MINUTES BEFORE THE CLASS BEGINS AND INQUIRE AT THE FRONT DESK.

EVENING CLASSES

FITNESS YOGA

W | 5:30 - 6:30 pm

Community Building, 115 W. 11th St.

Fitness Yoga promotes general health and well-being through the practice of basic Hatha yoga postures and vinyasa flow sequences. In this laid-back class, participants are encouraged to work at their own level of ability so they can develop greater strength, flexibility, balance, agility, endurance and focus. Class includes floor work, students should bring a yoga mat. *Instructor: Fran Hopkins.* **Class Code: 427282**

Fee: \$23/Session 1 • \$27/Session 2

JOINTS IN MOTIONTR | 5:30 - 6:30pm

Sports Pavilion Lawrence, 100 Rock Chalk Ln.

A class for gentle, effective exercise that does not strain joints. Working from seated and standing positions (no

floor work) this class provides the benefits of exercise for those new to exercise or managing chronic conditions. *Instructor: Teresa Kelley.* **Class Code: 427290**
Fee: \$38/Session 1 • \$44/Session 2

TAI CHI FOR ENERGY

TR | 5:30 - 6:15 pm

Community Building, 115 W. 11th St.

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining both Sun and Chen styles. Chen is complex, with fast and slow movements; Sun incorporates agile steps and qigong movements for healing. This class is suitable for persons with prior experience in Sun Style tai chi, particularly Tai Chi for Arthritis, who wish to deepen their Tai Chi practice. *Instructor: Susan Pomeroy.*

Class Code: 427503 | Fee: \$38/Session 1 • \$44/Session 2

CLASSES

BEGINNING UKULELE

Wednesday, August 18 - September 8 | 6:30 - 7:30 pm

Senior Resource Center, 745 Vermont St.

The beginning uke course will cover tuning, basic chords, and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to ukulele are welcome! Ukuleles and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one. Come share the joy of Aloha by learning to play the ukulele. *Instructor: Linda Tilton. Class Code: 427410 | Fee: \$34*



INTERMEDIATE UKULELE

Wednesday, September 22 - October 13 | 6:30 - 7:30 pm

Senior Resource Center, 745 Vermont St.

This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from the teacher. *Instructor: Linda Tilton is a performing member of the Kansas City Ukesters. She also teaches ukulele workshops at the Walnut Valley Festival in Winfield, Kansas. Class Code: 427424 | Fee: \$34*

BEGINNING MINDFULNESS

Wednesday, September 22 - October 27 | 4:30 - 6 pm | Senior Resource Center, 745 Vermont St.

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. *Instructor: Dr. Jeff Nichols. Class Code: 427271 | Fee: \$37*

CONTINUING MINDFULNESS

Wednesday, November 10-December 8 | 4:30 - 6 pm

Senior Resource Center, 745 Vermont St.

This is a continuation of Basic Mindfulness Meditation. Participants should have completed the basic class or received other instruction in meditation prior to registering. The instructor is available to advise on the suitability of the class. *Instructor: Dr. Jeff Nichols. Class Code: 427297 | Fee: \$26*



BEGINNING TAI CHI

Monday & Wednesday, September 20 - December 15 | 10 - 11 am | Community Building, 115 W. 11th St.

Tai Chi is a graceful, low impact exercise especially suited to seniors. It consists of a series of slow motion movements that increases body strength, enhances coordination and improves balance. Tai Chi relaxed performance calms the body, reduces emotional stress, and promotes clear thinking. Long practiced by people of all ages in China. Tai Chi is recognized in America as a way of carrying health and well-being into latter life. This class practices the Yang style tai chi short form. No classes during the week of Thanksgiving. *Instructor: Craig Voorhees. Class Code: 427274 | Fee: \$76*

Sports



FENCING-MODERN OLYMPIC SPORT

Thursday, September 23 - November 18 | 7 - 9 pm | Sports Pavilion Lawrence, 100 Rock Chalk Ln.

Fencing is one of only four sports to be included in every modern Olympic games, since the first in 1896. This fencing class is for beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. *Instructor: John Dillard*
Class Code: 427105 | Fee: \$55

FENCING-BOUTS AND COMPETITIONS

Thursday, December 2 - 16 | 7 - 9 pm | Sports Pavilion Lawrence, 100 Rock Chalk Ln.

Improve your fencing while bouting. The emphasis will be on choosing objectives for each bout and strategic and tactical decisions to become a better fencer not just merely win bouts. Each evening will be a mini tournament. Minimum of 7 weeks of fencing experience required. **Class Code: 427106 | Fee: \$19**

BOCCE BALL LEAGUE

Tuesday, September 14 - October 12 | 4 - 6 pm

Holcom Park, 2700 W. 27th St.

An ancient game with roots in the Roman Empire, bocce is an easy-paced, friendly, but competitive game. Our league is open to adults of all ages and levels of experience. The basics of the game are easy to learn and the nuances take years to master. The ladder league format matches players with an opponent for a two games match each week. **Class Code: 427281 | Fee: \$25**



Personal Training

Working with a personal trainer makes you accountable to your goals, and can help keep you from plateauing as your skills increase. Our experienced trainers are flexible to your schedule and will see that you make the most efficient use of your training time. Details at www.lprd.org, or call Gayle Sigurdson at 785-832-7909.

Just see what some of our current clients have to say:

I was extremely nervous considering my ongoing health battles, but Rasha has been such an amazing and encouraging trainer, she went over and beyond what I ever expected. - CR

Melanie watched my form carefully, so I always felt safe from injury. She kept things interesting and always made sure to leave with words of praise for my efforts. - CM

No matter the circumstance, Chad finds creative ways to use the equipment to keep the workout challenging and new. Part of what keeps me going is not knowing what to expect each session! - KE



Forest Bathing

Introductory Session | Thursday, September 2 | 1:00-2:30pm

Series | September 9 - October 14 | 1:00-2:30pm

Join Shannon Gorres, MDiv, MA, and Certified Forest Therapy Guide for a six week series of Forest Bathing Walks at a variety of locations. The walks are slow and sensory, with specific practices for relaxation, awareness, and wholeness. There are several opportunities to reflect with the group during listening circles. Each walk is based on a theme and includes a guided meditation and closing tea time.

The group meets at the trailhead each week. Participants will receive specific directions and instructions prior to each session. You may select individual sessions, or register for the entire series. The session themes and locations are:

- September 9 Earth-Grounding at Martin Park (unpaved, flat trail)
- September 16 Fire-Clearing at Dad Perry Park (unpaved, sloped trail)
- September 23 Air-Rising at Pat Dawson Billings Nature Area. Harvest Moon Time. (unpaved, flat trail)
- September 30 Water-Germinating at Rock Chalk Park (paved, sloped trail)
- October 7 Ether-Integrating at Brook Creek Park (unpaved, flat/sloped trail)
- October 14 One Life-Celebrating at Haskell-Baker Wetlands (unpaved, flat trail)



Introductory Exploration

– a taste of Forest Bathing, try it out and see if you want to sign up for the 6 week series.

Thursday, September 2 at
Sandra J. Shaw Community
Health Park (paved, flat trail)



City of Lawrence
PARKS AND RECREATION

For information, registration, and questions: www.lprd.org or 785-832-7909

Activity code: 427473 | Fee: \$18/session \$100/full series of six. Does not include introductory session.