Local History

RESTING PLACE: OAK HILL CEMETERY AND THE CREATION OF THE CITIZENS MEMORIAL

Saturday, 8/19 | 8:30 - 9:30 am | Oak Hill Cemetery
This tour will explore the origins of Oak Hill Cemetery, the creation of the Citizens Monument, and the transfer and re-burial of Lawrence Massacre victims after the cemetery’s creation. Group will meet at Oak Hill Cemetery. Guide: Brittany Keegan.
Class Code: 327711-A | Fee: $25

BLACK CIVIL LEADERS IN MAPLE GROVE CEMETERY
Friday, 8/18 | 6:30 - 8:30 pm | Maple Grove Cemetery
Join Lawrence historian, Jeanne Klein, for a walking tour of Black civic leaders’ gravesites. Stories will cover civil rights activists, school board members, city councilmen, church leaders, teachers, club founders, constables, police officers, school custodians, and Civil War soldiers. Group will meet at Maple Grove Cemetery, 1700 North 3rd St., Lawrence.
Class Code: 327712-A | Fee: $25

WALKING TOUR: VOICES OF EAST LAWRENCE
Thursday, 9/28 | 4 - 6 pm | Intersection of 10th and Rhode Island
East Lawrence is filled with readily identifiable examples of the city’s social, economic, political, and cultural history. We will view the unique, historic architecture and listen for voices from the past, including the girl who saved the burning house during Quantrill’s Raid, the Germans in their beer garden who were loved then hated then gave us a Christmas Party for kids that is still held annually, the community organizers who lend their vibe, and Rick Dowdell at the Afro House on July 16, 1970. Join us to learn more about Lawrence’s oldest, ethnically and economically diverse neighborhood. Note: This tour requires approximately one mile of walking in neighborhoods with uneven and brick sidewalks. The group will meet at the starting point, intersection of 10th and Rhode Island.
Class Code: 427264- | Fee: $24

New Refund/Credit Policy
Persons wishing to withdraw from a class must notify LPRD five (5) business days (Monday - Friday) prior to the start of the program to be eligible for a refund/credit. Classes cancelled by the Parks and Recreation Department due to low participation will be eligible for a full refund. Up to two classes per session may be cancelled, without a makeup session, due to severe weather. Refunds or credits will not be issued. We reserve the right to cancel/combine any program due to lack of enrollment.

Withdrawals after the five days will be granted on a case-by-case basis by the Divisions Supervisor. All refunds are subject to a 5% cancellation charge. Classes and activities will not be pro-rated based on actual attendance. Refunds will not be granted without the approval of the Division Supervisor.

Refunds will be provided in the same method payment was made, with the exception of cash (no cash refunds). A credit on the household account is an additional option. Please allow up to 30 days for the city to process refunds.

Lifelong Recreation

Cary Grant Film Study
Wednesday, 9/6 - 11/1 | 6:30 - 9 pm | Carnegie Building
Cary Grant was one of the most recognizable yet private movie stars from the golden era of Old Hollywood. From classic comedies to romance to dramas, he was the dapper leading man everyone wanted to be, or to be with. However, the truth was more mysterious and darker than the image he created for the big screen. We’ll explore the man and the myth of Cary Grant through a selection of films and discussion. Class is a mix of viewing and discussions facilitated by Kellee Pratt, cinephile, classic film blogger and ambassador to the Turner Classic Movies (TCM) Festival. Join us! Class Code: 427481 | Fee: $28

Fencing - Modern Olympic Sport
Thursday, 9/21 - 11/16 | 7 - 9 pm | Sports Pavilion Lawrence®
This fencing class is for both beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basic skills, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Instructor: John Billard, fencing instructor for 6 decades. Class Code: 427205- | Fee: $72

Beginning Tai Chi
Monday/Wednesday, 9/11 - 12/6 | 9 - 10 am | Community Building
Tai Chi is a graceful, low-impact exercise especially suited to seniors. It consists of a series of slow and graceful, low-impact movements that increase body strength, enhance coordination and improve balance. Tai Chi’s relaxed performance calms the body, reduces emotional stress, and promotes deep 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 later life. This class practices the Yang style Tai Chi short form. Instructor, Craig Voorhees. Class Code: 427234 | Fee: $84

Lawrence Parks and Recreation Lifelong Program

Lawrence, Kansas
Fitness Classes

AEROBIC DANCE & TONE
MQF | 8:50-9:50 am | Holcom
Get moving with fun, lively music that will condition and strengthen your body. Tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance, and flexibility. This class will keep you looking and feeling young. Instructor: Teresa Kelley.
Class Code: 427201-A | Fee: $63 · 427201-B | Fee: $54

DANCE FITNESS
Tu|Th | 9-10 am | Community Building
Experience a total body, cardio workout through a variety of easy-to-follow dance routines. Class will alternate between non-stop cardio dance 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-A | Fee: $53 · 427250-B | Fee: $45

SLIMNASTICS
MQF | 8:30 am | Community Building
Slimnastics offers a mix of strength, balance, endurance and flexibility 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-A | Fee: $63 · 427310-B | Fee: $54

LabLAST
Tu |Th | 10-11 am | Holcom
LabLAST is a perfect balance of dance and fitness. This ‘workout in disguise’ will get you moving to dances like the Jive, Salsa, Quickstep, and many more. No partner needed! 'Workout in disguise' will get you moving to dances like the Jive, Salsa, Quickstep, and many more. No partner needed!
For enrollment details, please refer to Activity Guide.

SUPER SENIOR CIRCUIT
MQF | 7:30, 8, 8:30, 9, 9:30, 10, 10:30 am, 1 pm
Tu |Th | 7:30, 8, 8:30 am | Sports Pavilion Lawrence*
This 50 minute *full-body* group workout is designed for the active senior adult, regardless of previous experience with strength training. A total of ten to twelve different exercises in the circuit utilize a combination of free weights, stability balls, and resistance bands. Participants will experience an improved level of strength and fitness, while minimizing injury risk. Instructor: Stephanie Foglessong and Carla’s Washington.
Class Code: 427255
For enrollment details, please refer to Activity Guide.

LIFELONG YOGA
Tu|Th | 9:30-10:30 am | Holcom
Learn to correctly align your spine through slow progressive traction in this less-violent, 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 Jaunauts and Kim McDaniel.
Class Code: 427770
For details, please refer to Activity Guide.

PILATES SILVER
Tu|Th | 8:30 am | Holcom
Pilates is a modern approach to body conditioning. This method will focus on core muscles such as hips, thighs and abdominals that will strengthen and tone. Main principles include flowing motion, breathing, flexibility, centering, and control. Instructor: Pat Maddough.
Class Code: 427204-A | Fee: $53 · 427204-B | Fee: $45

SENIOR STRENGTH TRAINING
MQF | 7:30, 8:30, 9:30, 10:30 am | Holcom
Tu |Th | 8:30, 9:30 am | East Lawrence Center
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: 427313 | 427324
For enrollment details, please refer to Activity Guide.

FUNDAMENTALS OF CREATIVE WRITING
Tuesday, 9/26 - 10/31 | 6:30 - 8 pm | Carnegie Building
 Plunge into a hands-on, participatory exploration of effective writing techniques. Bring writing materials to every class, and prepare to do – and share – what you love! Instructor: Gary “Storyhawk” Heray, retired military journalist, marketing writer, managing editor and writing teacher.
Class Code: 427483 | Fee: $66

ART IS A VERB
Wednesday, 9/13 - 10/18 | 6 - 8 pm | Community Building
Art Room
Join us for a series of classes based on the idea that art is something you do, not something you make. Learn a technique for expression that nurtures social and emotional health, reinforces skills for relaxation and focus. Each class will introduce a different technique or medium. Note: The techniques in this session are different than those in the spring series. Instructors: Jill McNeil and Kim McDaniel.
Class Code: 427479 | Fee: $115

ASEMIC WRITING/MINDFUL DRAWING WORKSHOP
Sunday, 10/1 | 1 - 4 pm | Community Building
In this workshop we will be exploring and abstracting our own handwriting. Along with using imagery, traditional letters, calligraphy, textures, and symbols creating free flowing gestural imagery. We’ll discover varied uses for Japanese rice paper, deli paper, tissue paper along with mixed media paper. Unique mark making tools will be encouraged.
Class Code: 427253 | Fee: $24

MOVING FOR LIFE
Monday, 9/11 - 10/16 | 4 - 5 pm | Community Building
This fun, EASY dance class for those over 55, strengthens muscles and increases range of movement. Dance has been shown to improve brain function and build better balance. We will use modern dance warm-ups and build a dance phrase over the six weeks. Let’s dance, laugh and improve our health in this welcoming atmosphere. Instructor: Susan Rieger, professional dancer, choreographer and artistic director of ahdal dance theatre and the 940 Dance Company.
Class Code: 427682 | Fee: $42

BEGINNING UKULELE
Wednesday, 8/23 - 9/20 | 6:30 - 7:30 pm | Senior Resource Center
The beginning uke course will cover tuning, basic chords, and beginning strum patterns. 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.
Class Code: 427410 | Fee: $44

INTERMEDIATE UKULELE
Wednesdays, 10/4 - 10/25 | 6:30 - 7:30 pm | Senior Resource Center
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: $44

BAROQUE RECORDER - A LIFELONG INSTRUMENT
Class Code: 427478 | Fee: $120
Lawrence Parks and Recreation Lifelong Program

New Theatre
- Dreamgirls | August 23
- Catch Me if You Can | January 24, 2024

Local Travel
- Autumn in the Flint Hills | October 10
- Flavors of Weston | October 19
- The Kansas Influence | November 9
- The National WWI Museum and Memorial
- A Victorian Christmas Indulgence
- Waterfowl Migration at Loess Bluffs

Field Trips
- Walking Tour of East Lawrence | September 28
- Rotary Arboretum "Tree Walks" | October
- Resting Place: Oak Hill Cemetery and the Creation of the Citizens Memorial
- Black Civil Leaders in Maple Grove Cemetery

Overnight Travel
- Concordia | September 21-22
- Place Hold

Extended Travel
- Tuscany | March 6 - March 14, 2024
- Canadian Rockies & Glacier National Park | September 3 - September 9, 2024

Lawrence Parks and Recreation Lifelong Program

Fall Travel
Travel Show
Wednesday, July 19 | 2 pm • Holcom Recreation Center, 2700 W. 27th St.

Come learn about upcoming travel with Lawrence Parks and Recreation! For the fall we have many trips planned, both local and overnight. Join us for more information and early registration!

Early Registration for Trips in August - January
Itinerary Details • Local Trips Day Trips • Regional Travel • Extended Travel

Questions? Contact Gayle Sigurdson at gsigurdson@lawrenceks.org

FALL TRAVEL - REGISTRATION BEGINS AUGUST 1, 2023
Session 1: MWF - September 11 - October 27 | T/Tr: September 12 - October 26
Session 2: MWF - October 30 - December 15 | T/Tr: October 31 - December 14

LIFELONG STRENGTH AND LENGTH
Tuesday/Thursday, 7:15-8:15 pm | Sports Pavilion Lawrence®
This traditional Pilates Mat class focuses on strengthening the deep core and toning all muscle groups, followed by focused stretching. Developing stability and healthy posture is practiced, as well as breath and release work. Instructor: Melanie Johnson.
Class Code: 427303-A | Fee: $53 - 427303-B | Fee: $45

STEP BY STEP: YOGA TRANSITIONS WORKSHOP
Friday | 1 - 2 pm • Holcom
Have questions about how to move from one yoga pose to another? In this class, we will explore step-by-step yoga transitions between common yoga poses used in a standard yoga flow. We will also learn more about yoga pose modifications and the use of props. The goal is to build balance, awareness, strength, control, and confidence. If you are a beginner in yoga, this is for you! Please bring your yoga mat. Instructor: Kim McDaneld.
Class Code: 427248 | Fee: $20

TAI CHI FOR ALL
Tuesday/Thursday | 11:15-12 pm • Holcom
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 the class. There are no floor exercises.
Instructor: Susan Pomeroy.
Class Code: M/W: 427503-A | Fee: $53 - 427503-B | Fee: $45

RESTORATIVE YOGA
Thursday | 6 - 7 pm • Holcom
Restorative yoga encourages physical, mental and emotional relaxation. Poses are held for longer periods of time using bolsters, blankets, and blocks to prop into passive poses. Please bring your own mat. Chairs will be available. Your body can experience the healing benefits of a slower pace yoga with basic breath work (Pranayama), and meditation. Instructor: Kim McDaneld.
Class Code: 427233-A | Fee: $30 - 427233-B | Fee: $25

FITNESS YOGA
Wednesday | 5:30-6:30 pm • Community Building
Fitness Yoga promotes general health and well being through the practice of basic Hatha yoga postures and vinyasa flow sequences. Participants are encouraged to work at their own level so they can develop greater strength, flexibility, balance, agility, endurance and focus. Please bring a yoga mat. Instructor: Fran Hopkins.
Class Code: 427282-A | Fee: $38 - 427282-B | Fee: $25
LIFELONG STRENGTH AND LENGTH

Tuesday/Thursday | 10 - 10:45 | Sports Pavilion Lawrence®

This traditional Pilates Mat class focuses on strengthening the deep core and toning all muscle groups, followed by focused stretching. Developing stability and healthy posture is practiced, as well as breath and release work.

Instructor: Melanie Johnson.

Class Code: 427303-A | Fee: $53 - 427303-B | Fee: $45

STEP BY STEP: YOGA TRANSITIONS WORKSHOP

Friday | 1 - 2 pm | Holcom

Have questions about how to move from one yoga pose to another? In this class, we will explore step-by-step yoga transitions between common yoga poses used in a standard yoga flow. We will also learn more about yoga pose modifications and the use of props. The goal is to build balance, awareness, strength, control, and confidence. If you are a beginner in yoga, this is for you!

Please bring your yoga mat. Instructor: Kim McDaniel.

Class Code: 427484 | Fee: $20

TAI CHI FOR ALL

Tuesday/Thursday | 11:15-12 pm | Holcom

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. Your body can experience the healing benefits of a slower pace yoga with basic breath work (Pranayama), and meditation.

Instructor Melanie Johnson

Class Code: 427503-A | Fee: $53 - 427503-B | Fee: $45

RESTORATIVE YOGA

Thursday | 6 - 7 pm | Holcom

Restorative yoga encourages physical, mental and emotional relaxation. Poses are held for longer periods of time using bolsters, blankets, and blocks to prop into passive poses. Please bring your own mat. Chairs will be available. Your body can experience the healing benefits of a slower pace yoga with basic breath work (Pranayama), and meditation.

Instructor: Kim McDaniel.

Class Code: 427333 - A | Fee: $30 - 427333-B | Fee: $25

FITNESS YOGA

Wednesday | 5:30-6:30 pm | Community Building

Fitness Yoga promotes general health and well being through the practice of basic Hatha yoga postures and vinyasa flow sequences. Participants are encouraged to work at their own level so they can develop greater strength, flexibility, balance, agility, endurance and focus. Please bring a yoga mat. Instructor: Fran Hopkins.

Class Code: 427282 - A | Fee: $38 - 427282-B | Fee: $25
**Fitness Classes**

**AEROBIC DANCE & TONE**
MW | 8:30-9:50 am | Holcom

Get moving with fun, lively music that will condition and strengthen your body. Tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance, and flexibility. This class will keep you looking and feeling young. Instructor: Teresa Kelley.

Class Code: 427201-A | Fee: $63 | 427201-B | Fee: $54

**DANCE FITNESS**
Tu-Sa/Th | 9-10 am | Community Building

Experience a total body, cardio workout through a variety of easy-to-follow dance routines. Class will alternate between non-stop cardio dance 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: 42750-A | Fee: $53 | 42750-B | Fee: $45

**SLIMNASTICS**
MW | 5:30 pm | Community Building

Slimnastics offers a mix of strength, balance, endurance and flexibility 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-A | Fee: $63 | 427310-B | Fee: $54

**LaBLAST**
Tu-Th | 10:15 am | Holcom

LaBlast is a perfect balance of dance and fitness. This "workout in disguise" will get you moving to dances like the Jive, Salsa, Quickstep, and many more. No partner needed!

Instructor: Gary "Storyhawk" Henry, retired military journalist, marketing writer, and executive director of Columbia Baroque, South Carolina's professional chamber ensemble.

Class Code: 427483 | Fee: $66

**PIRATES SILVER**
Tu-Sa/Th | 9-9:50 am | Holcom

Pilates is a modern approach to body conditioning. This method will focus on core muscles such as hips, thighs and abdominals that will strengthen and tone. Main principles include flowing motion, breathing, flexibility, centering, and control.

Instructor: Pat Middaugh.

Class Code: 427204-A | Fee: $53 | 427204-B | Fee: $45

**SENIOR STRENGTH TRAINING**
MW | 7:30, 8:30, 9:30, 10:30 am | Holcom

Tu-Sa/Th | 8:30, 9:30 am | East Lawrence Center

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: 42753 | 42754

For enrollment details, please refer to Activity Guide.

**SUPER SENIOR CIRCUIT**
MW | 7:30, 8, 8:30, 9, 9:30, 10, 10:30 am, 11 am | University Building

Tu-Th | 7:30, 8:30 am | Sports Pavilion Lawrence*

This 50 minute *full body* group workout is designed for the active senior adult, regardless of previous experience with strength training. A total of ten to twelve different exercises in the circuit utilize a combination of free weights, stability balls, and resistance bands. Participants will experience an improved level of strength and fitness, while minimizing injury risk.

Instructor: Stephanie Boglesong and Carla Washington.

Class Code: 427255

For enrollment details, please refer to Activity Guide.

**LIFELONG YOGA**
Tu-Sa/Th | 9:30-10:30 am | Holcom

Thursday | 10-11 am | Community Building

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 Saurma and Kim McDanel.

Class Code: 427720

For details, please refer to Activity Guide.

**PILATES**

**FUNDAMENTALS OF CREATIVE WRITING**
Tuesday, 9/26 - 10/31 | 6:30 - 8 pm | Carnegie Building

Plunge into a hands-on, participatory exploration of effective writing techniques. Bring writing materials to every class, and prepare to do — and share — what you love! Instructor: Gary "Storyhawk" Henry, retired military journalist, marketing writer, managing editor and writing teacher.

Class Code: 427483 | Fee: $66

**ART IS A VERB**
Wednesday, 9/13 - 10/18 | 6 - 8 pm | Community Building Art Room

Join us for a series of classes based on the idea that art is something you do, not something you make. Learn a technique for expression that nurtures social and emotional health, reinforces skills for relaxation and focus. Each class will introduce a different technique or medium.

Note: The techniques in this session are different than those in the spring series.

Instructors: Jill Mickel and Kim McDanel.

Class Code: 427479 | Fee: $115

**ASEMIC WRITING/MINDFUL DRAWING WORKSHOP**
Sunday, 10/1 | 1 - 4 pm | Community Building

In this workshop we will be exploring and abstracting our own handwriting. Along with using imagery, traditional letters, calligraphy, textures, and symbols creating free flowing gestural imagery. We’ll discover varied uses for Japanese rice paper, deli paper, tissue paper along with mixed media paper. Unique mark making tools will be encouraged.

Class Code: 427553 | Fee: $24

**MOVING FOR LIFE**
Monday, 9/11 - 10/6 | 4 - 5 pm | Community Building

This fun, EASY dance class for those over 55, strengthens muscles and increases range of movement. Dance has been shown to improve brain function and build better balance. We will use modern dance warm-ups and build a dance phrase over the six weeks.

Let’s dance, laugh and improve our health in this welcoming atmosphere.

Instructor: Sue Sesser, professional dancer, choreographer and artistic director of shal! dance theatre and the 940 Dance Company.

Class Code: 427482 | Fee: $42

**BEGINNING Ukulele**
Wednesday, 8/23 - 9/20 | 6:30 - 7:30 pm | Senior Resource Center

The beginning ukulele course will cover tuning, basic chords, and beginning strum patterns. 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.

Class Code: 427410 | Fee: $44

**INTERMEDIATE Ukulele**
Wednesdays, 10/4 - 10/25 | 6:30 - 7:30 pm | Senior Resource Center

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 Uklestes. She also teaches ukulele workshops at the Walnut Valley Festival in Winfield, Kansas.

Class Code: 427424 | Fee: $44

**BAROQUE RECORDER - A LIFELONG INSTRUMENT**
Monday, 9/11 - 10/12 | 10 - 11 am | (Beginning - Section A)

Monday, 9/11 - 10/12 | 11 am - 12 pm | (Experienced - Section B)

Senior Resource Center, 745 Vermont St.

Have you always wanted to play a musical instrument or did you participate in music during school? We will explore the Baroque recorder as a lifelong learner.

Playing an instrument is great for your physical, mental, and emotional well-being.

Beginning and experienced musicians are welcome.

Instructor: Jean Hin is a founding member, recorder soloist and executive director of Columbia Baroque, South Carolina's professional chamber ensemble.

Class Code: 427478 | Fee: $120

FALL · 2023
Local History

RESTING PLACE: OAK HILL CEMETERY AND THE CREATION OF THE CITIZENS MEMORIAL
Saturday, 8/19 | 8:30 - 9:30 am | Oak Hill Cemetery
This tour will explore the origins of Oak Hill Cemetery, the creation of the Citizens Monument, and the transfer and re-burial of Lawrence Massacre victims after the cemetery’s creation. Group will meet at Oak Hill Cemetery. Guide: Brittany Keegan.
Class Code: 327711-A | Fee: $25

BLACK CIVIL LEADERS IN MAPLE GROVE CEMETERY
Friday, 8/18 | 6:30 - 8:30 pm | Maple Grove Cemetery
Join Lawrence historian, Jeanne Klein, for a walking tour of Black civic leaders’ gravesites. Stories will cover civil rights activists, school board members, city councilmen, church leaders, teachers, club founders, constables, police officers, school custodians, and Civil War soldiers.
Group will meet at Maple Grove Cemetery, 1700 North 3rd St., Lawrence. Class Code: 327712-A | Fee: $25

WALKING TOUR: VOICES OF EAST LAWRENCE
Thursday, 9/28 | 4 - 6 pm | Intersection of 10th and Rhode Island
East Lawrence is filled with readily identifiable examples of the city's social, economic, political, and cultural history. We will view the unique, historic architecture and listen for voices from the past, including the girl who saved the burning house during Quantrill’s Raid, the Germans in their beer gardens who were loved then hated then gave us a Christmas Party for kids that is still held annually, the community organizers who lend their vibe, and Rick Dowdell at the Afro House on July 16, 1970. Join us to learn more about Lawrence's oldest, ethnically and economically diverse neighborhood. Note: This tour requires approximately one mile of walking in neighborhoods with uneven and brick sidewalks. The group will meet at the starting point, intersection of 10th and Rhode Island.
Class Code: 327726-A | Fee: $24

New Refund/Credit Policy
Persons wishing to withdraw from a class must notify LPRD five (5) business days (Monday - Friday) prior to the start of the program to be eligible for a refund/credit. Classes cancelled by the Parks and Recreation Department due to low participation will be eligible for a full refund. Up to two classes per session may be canceled, without a makeup session, due to severe weather. Refunds or credits will not be issued. We reserve the right to cancel/combine any program due to lack of enrollment.

Withdrawals after the five days will be granted on a case-by-case basis by the Division Supervisor. All refunds are subject to a 5% cancellation charge. Classes and activities will not be pro-rated based on actual attendance. Refunds will not be granted without the approval of the Division Supervisor.
Refunds will be provided in the same method of payment was made, with the exception of cash (no cash refunds). A credit on the household account is an additional option. Please allow up to 30 days for the city to process refunds.

Lawrence Parks and Recreation Lifelong Program
<table>
<thead>
<tr>
<th>CLASS CODE</th>
<th>NAME</th>
<th>FEE</th>
<th>DATES</th>
<th>INSTRUCTOR</th>
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</tr>
</thead>
<tbody>
<tr>
<td>427282-A</td>
<td>Fitness Yoga</td>
<td>$50</td>
<td>W - 9/13 - 10/25</td>
<td>Fran Hopkins</td>
<td>5:30 - 6:30 pm</td>
</tr>
<tr>
<td>427503-A</td>
<td>Tai Chi For Energy</td>
<td>$53</td>
<td>TR - 9/12 - 10/26</td>
<td>Susan Pomeroy</td>
<td>5:30 - 6:15 pm</td>
</tr>
<tr>
<td>427274-A</td>
<td>Beginning Tai Chi</td>
<td>$84</td>
<td>MW - 9/11 - 12/6</td>
<td>Craig Voorhees</td>
<td>9 - 10 am</td>
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<tr>
<td>427270 - A</td>
<td>Yoga</td>
<td>$30</td>
<td>R - 9/14 - 10/26</td>
<td>Mary Anne Saunders</td>
<td>9:30 - 10:20 am</td>
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<tr>
<td>427270 - B</td>
<td>Yoga</td>
<td>$30</td>
<td>R - 9/14 - 10/26</td>
<td>Mary Anne Saunders</td>
<td>10:30 - 11:20 am</td>
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<tr>
<td>427250 - C</td>
<td>Dance Fitness</td>
<td>$63</td>
<td>TR - 9/12 - 10/26</td>
<td>Rosie Shelton</td>
<td>9 - 10 am</td>
</tr>
<tr>
<td>427310 - A</td>
<td>Slimnastics</td>
<td>$63</td>
<td>MW - 9/11 - 10/27</td>
<td>Rosie Shelton</td>
<td>9 - 10 am</td>
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**EAST LAWRENCE RECREATION CENTER | 1245 E. 15th St.**

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<tr>
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<tbody>
<tr>
<td>427234 - C</td>
<td>Senior Strength Training</td>
<td>$53</td>
<td>TR - 9/12 - 10/26</td>
<td>Deb Geraghty</td>
<td>8:30 - 9:20 am</td>
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<tr>
<td>427234 - D</td>
<td>Senior Strength Training</td>
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<td>TR - 9/12 - 10/26</td>
<td>Deb Geraghty</td>
<td>9:30 - 10:20 am</td>
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**HOLCOM PARK RECREATION CENTER | 2700 W. 27th St.**

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**SPORTS PAVILION LAWRENCE | 200 Rock Chalk Way**

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**EAST LAWRENCE RECREATION CENTER | 1245 E. 15th St.**

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**HOLCOM PARK RECREATION CENTER | 2700 W. 27th St.**

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