

ACTIVITIES GUIDE FALL UPDATE FOR SPORTS PAVILION LAWRENCE FALL 2014

at Rock Chalk Park



City of Lawrence
PARKS AND RECREATION



Help us celebrate the opening of Sports Pavilion Lawrence by taking part in one of the many classes scheduled to begin this fall. Listed fitness classes below will take place in the fitness room or one of the gymnasium floors. All gymnastics programs listed will be housed in Sports Pavilion Lawrence's gymnastic room. Enrollment can be conducted online at: <http://www.lawrenceks.org/lprd/webenroll> or at any Lawrence Parks and Recreation Department facility. For additional questions regarding all fitness, gymnastics and dance classes, please contact Jo Ellis, recreation instruction supervisor, at (785) 832-7920 or jellis@lawrenceks.org. For the youth sports programming listed, please contact Chad Tower, facilities operations supervisor, at (785) 832-3450 or ctower@lawrenceks.org.

FITNESS

BOSU FITNESS

Ages: 16 and Up. Enrollment Min 10 / Max 20. The BOSU Balance Trainer (meaning both sides utilized) can be used on either the dome or platform to improve balance, posture, flexibility and core strength while delivering a killer cardio workout. Stabilization muscles work throughout every exercise. Modifications will be given for injuries, balance and intensity. **No class 11/29. Instructor: Jennifer Osburn.**

CODE	SEC	DAY	TIME	DATE	FEE
415018	A	S	8-8:55AM	10/4-12/20	\$35

BODY 360

Ages: 16 and Up. Enrollment Min 10 / Max 40. A slew of proven sculpting tools – stability balls, dumbbells, pilate rings to tone all 360 degrees of bod. This workout rolls from exercises to exercise without a break using the different props so you never burn out one muscle group or get board. **No class 11/24; 11/26; 11/28. Instructor: Becky Achen.**

CODE	SEC	DAY	TIME	DATE	FEE
415017	A	MWF	12:10-12:50PM	10/1-12/19	\$80

CARDIO MIX

Ages: 16 and Up. Enrollment Min 10 / Max 25. Shake up your fitness routine with a mix of kickboxing, step, floor and boot camp exercises. You'll also work your abs and back to build strength and endurance. Cardio segments vary each class. **No Class 11/26. Instructor: Tracey English.**

CODE	SEC	DAY	TIME	DATE	FEE
415013	A	W	8:45-9:45AM	10/1-12/17	\$42

CORE AND MORE

Ages: 16 and Up. Enrollment Min 10 / Max 25. Work on that six pack. This class targets the upper and lower abdominals, oblique's transverse and back muscles which supply power and support the entire body. **No class 11/29. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
415019	A	S	9-9:55AM	10/4-12/20	\$35

KICKBOXING TURBO

Ages: 15 and Up. Enrollment Min 10 / Max 25. This is a class that combines aerobics, boxing, martial arts and fun hip-hop. KBT is hot and produces astounding results! You will be kicking, punching, zig-zagging and toning your core as you are grooving away hundreds of calories in an action-packed, super fun moves! This class accommodates all fitness levels! Low and high impact will be demonstrated so you can work at your own pace! Join us to burn fat, have fun and kick your body into shape! **No class 11/25.**

Instructor: Christie Ogunnowo.

CODE	SEC	DAY	TIME	DATE	FEE
415075	A	T	5:35-6:30PM	10/7-12/16	\$35

MAX ABS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Max-Abs will target your core – which is the middle section of your body that supports the upper and lower body. Everyone needs a strong, healthy core to perform day to day tasks. To get ripped, this class will improve the looks and strength of your core, will zero in on the AB muscles, targeting the entire core. Max Abs will

deliver a faster, fitter and strong core. *Please bring a mat to class.* **No class 11/25. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	FEE
415124	A	T	6:35-7:05PM	10/7-12/16	\$23

MEDITATE AND BREATHE

Ages: 16 and Up. Enrollment Min 10 / Max 20. Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. **No class 11/30. Instructor: Annemarie Chilton.**

CODE	SEC	DAY	TIME	DATE	FEE
415014	A	SU	6-7:15PM	10/5-12/21	\$53

PIYO

Ages: 16 and Up. Enrollment 10 / Max 25. A unique class combining yoga and pilates exercises designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power and rhythm. Think sculpted abdominals and increased overall core strength. **No class 11/30. Instructor: Fran Hopkins.**

CODE	SEC	DAY	TIME	DATE	FEE
415020	A	SU	2:30-3:45PM	10/5-12/21	\$53

POWER SCULPT

Ages: 16 and Up. Enrollment Min 10 / Max 25. The ultimate strength training program to build muscle. Challenge all of your muscle groups by using barbells, hand held weights and weight room exercises. Instructor will focus on teaching correct lifting techniques, use of repetitions and selecting the right amount of weights to optimize muscle growth. **No class 11/27.**

Instructor: Christie Ogunnowo.

CODE	SEC	DAY	TIME	DATE	FEE
415011	A	R	5:40-6:35PM	10/2-12/18	\$39

ROCK BOTTOM

Ages: 16 and Up. Enrollment Min 10 / Max 25. Have you been looking for a class that specifically targets the "problem areas" of the lower body? This 30 minute format only caters to those areas we all want to get firmer – toned thighs, lifted butts and slender hips are just some of the benefits you will receive from taking the "Rock Bottom" challenge! **No class 11/24; 11/26.**

Instructor: Alice Stewart.

CODE	SEC	DAY	TIME	DATE	FEE
415012	A	MW	7-7:30PM	10/1-12/17	\$42

TABATA CORE

Ages: 16 and Up. Enrollment Min 10 / Max 25. Ready for a high intensity class that will challenge all major muscle groups in a short amount of time? Tabata training

works your body to the max in short timed intervals with little rest. Plyometric jumping, explosive movements and lots of cardio that ramps up quickly. This class is for the experienced fitness enthusiast who may want to "dig a little deeper." **No class 11/24; 11/26.**

Instructor: Alice Stewart.

CODE	SEC	DAY	TIME	DATE	FEE
415009	A	MW	6-6:55PM	10/1-12/17	\$58

TOTAL BODY WORKOUT

Ages: 16 and Up. Enrollment Min 10 / Max 25. Go from flab to fab! This class features cardio and strength training with hand-held weights, bands, balls and body resistance. Core work included. **No class 11/25; 11/27.**

Instructor: Tracey English.

CODE	SEC	DAY	TIME	DATE	FEE
415006	A	TR	10-10:55AM	10/2-12/18	\$58

TOTAL STEP

Ages: 16 and Up. Enrollment Min 10 / Max 20. A class full of variations; circle steps, cross over steps, lots of heart pumping cardiovascular training and more. Appropriate for all ages and abilities. We start out with simple skills and build on them until you forget that exercise isn't supposed to be this much fun. The last portion of class will be ab work. **No class 11/27. Instructor:**

Christie Ogunnowo.

CODE	SEC	DAY	TIME	DATE	FEE
415010	A	R	6:40-7:25PM	10/2-12/18	\$39



TURBO KICK

Ages: 16 and Up. Enrollment Min 10 / Max 25. Mix dance and kickboxing to get a fantastic workout. This class is high energy, cardio blending with interval strength training and endurance training. This class will give you a full body workout. **No class 11/29. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
415024	A	S	10-10:55AM	10/4-12/20	\$35

WEIGHTS EXPRESS

Ages: 16 and Up. Enrollment Min 10 / Max 25. For those with a busy schedule or those starting off in getting fit,

you picked the right class. Let us help you achieve your fitness goals! Use of hand weights, a chair, and/or concentrated moves. Instructor will bring in other equipment for use in this class! Never the same boring routine, each class will be different. **No class 11/25; 11/27. Instructor: Becky Achen.**

CODE	SEC	DAY	TIME	DATE	FEE
415023	A	TR	6:45-7:40PM	10/2-12/18	\$58

YOGA FOR ALL

Ages : 16 and Up. Enrollment Min 10 / Max 20. Beginning to advanced yogis find peace, stillness and happiness while increasing flexibility, strength and balance through the exploration of yoga postures, breathing techniques and philosophy. **No class 11/30. Instructor: Annemarie Chilton.**

CODE	SEC	DAY	TIME	DATE	FEE
415015	A	SU	4:30-5:45PM	10/5-12/21	\$53

YOGA EXPRESS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **No class 11/25; 11/27. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
415022	A	TR	12:10-12:50PM	10/2-12/18	\$58

YOGA, YIN

Ages: 16 and Up. Enrollment Min 10 / Max 20. Yin Yoga is the perfect complement to the more active Yang Yoga practices and is appropriate for all levels of experience. This practice develops new depths in your postures, deeper ranges of motion and an increased flow of energy that is achievable by focusing on the deeper tissues of the body. **No class 11/25. Instructor: Tatum Bandy.**

CODE	SEC	DAY	TIME	DATE	FEE
415016	A	T	10-11AM	10/7-12/16	\$38

ZUMBA

Ages: 16 and Up. Enrollment Min 10 / Max 30. Zumba is rapidly becoming the next fitness sensation! Zumba aerobics incorporate Salsa, Belly Dance, West African and other World Dance moves in a FUN, party-like exercise format. You don't have to know how to dance to do Zumba. The easy-to-follow routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **No class 11/25; 11/27. Instructors: Pat Middaugh.**

CODE	SEC	DAY	TIME	DATE	FEE
415000	C	TR	5:30-6:25PM	10/2-12/18	\$58

ZUMBA STEP

Ages: 16 and Up. Enrollment Min 10 / Max 30. Take lower body workouts and calorie burning to new heights with Zumba Step, the newest Zumba program. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Bringing maximum results without losing the easy-to-follow fitness-party! **No class 11/25; 11/27; 11/30. Instructor: Susan Pomeroy(A); LPRD staff(B).**

CODE	SEC	DAY	TIME	DATE	FEE
415029	A	TR	12:10-12:50PM	10/2-12/18	\$58
415029	B	SU	12:30-1:20PM	10/5-12/21	\$39



KIDS FITNESS ZUMBATIC

Ages: 5-10. Min 8 / Max 15. Designed exclusively for kids, Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. **No class 11/30. Instructor: LPRD staff.**

CODE	SEC	DAY	TIME	DATE	FEE
415040	A	SU	1:30-2:15PM	10/5-12/21	\$39

KIDS DANCE

BALLET FUNDAMENTALS

Ages: 6-8. Enrollment Min 5 / Max 9. Boys and girls will enjoy learning the basics of ballet, an art form that develops athleticism, coordination, agility, balance and expression. Students will discover their own potential for communicating through movement as they progress through the session. **No class 11/24. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414016	A	M	6:55-7:50PM	10/6-12/15	\$50

BOYS ATHLETIC DANCE

Ages: 7-10. Enrollment Min 5 / Max 9. Have fun in a high-energy environment while learning hip-hop

moves, breakdancing and street dancing. **No class**

11/25. Instructor: LPRD Staff.

CODE	SEC	DAY	TIME	DATE	FEE
414024	A	W	6:20-7:05PM	10/1-12/17	\$55

CHEERY O'S

Ages: 4-6. Enrollment Min 6 / Max 9. A fun, introductory cheerleading and movement class designed to teach basic cheerleading and tumbling to young kids. Participants will learn simple cheers, chants and dances that will help build their coordination, balance and confidence. **No class 11/24. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414021	A	M	6:05-6:50PM	10/6-12/15	\$50

DANCIN' WITH ME

Ages: 2-3 w/ parent. Enrollment Min 5 /Max 9. Have some fun on the floor with your toddler and introduce them to the world of dance and creative movement. Parents should wear comfortable clothing so as to not restrict movement. *This is a parent participation class. One parent per child. Only participants will be allowed in the dance studio. Children not enrolled in class will not be permitted in the dance studio.* **No class 11/24. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414025	A	M	5:30-6PM	10/6-12/15	\$50

DIVA POP STAR

Ages: 6-8. Enrollment Min 5 / Max 9. Learn basic jazz dance fundamentals and put them to the music of popular young artists. **No class 11/26. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
415026	A	W	7:10-8:05PM	10/1-12/17	\$55

HIP HOP FOR TOTS

Ages: 5-6. Enrollment Min 5 / Max 9. Cut loose to a hip hop groove, learning about rhythm, movement and direction. Kids will improve coordination, learning expression through movement games, choreography and dance. **No class 11/26. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414013	A	W	5:30-6:15PM	10/1-12/17	\$55



JAZZ AND HIP HOP

Ages: 7-10. Enrollments Min 5 / Max 9. Two popular dance styles in one high-energy class! Explore fundamentals of jazz steps and techniques with elements of hip-hop moves to contemporary and popular music. **No class 11/29. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414018	A	S	1:30-2:15PM	10/4-12/20	\$50

PRESCHOOL JAZZ

Ages: 3-4. Enrollments Min 5 / Max 9. This class is the beginning of a lifetime of dance appreciation. It is the essence of using imagination and exploration as building blocks for a dance foundation. Students focus on gross motor skills - skipping, hopping and jumping - through musicality and movement. **No class 11/27. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414020	A	R	10-10:30AM	10/2-12/18	\$55

ROCK & ROLL KIDS

Ages: 5-6. Enrollments Min 5 / Max 9. This class introduces little ones to dance routines they'll love. Toe tapping, high stepping, shoe sliding fun! Students will be introduced to movement, music and rhythm through dance and simple moves. **No class 11/29. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414019	A	S	12:40-1:25PM	10/4-12/20	\$50

TINY DANCERS

Ages: 3-4. Enrollment Min 5 / Max 9. Does your little one like to whirl and twirl to music! Let us introduce them to creative movements through fun activities with theme music and rhythmic movements. **No class 11/27. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414014	A	R	10:35-11:05AM	10/2-12/18	\$55

TINY BALLERINAS

Ages: 5-6. Enrollments Min 5 / Max 9. An introduction to basic ballet positions and movements developed for our youngest dancers to improve coordination, flexibility and self-confidence. **No class 11/29. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414017	A	S	11:50AM-12:35PM	10/4-12/20	\$50

TIPPY TOES

Ages: 2-3 w/ parent. Enrollment Min 5 / Max 9. A dance class designed just for little ones and their parents. Spend quality time with your child while learning creative movements and dance fundamentals in a fun environment. *This is a parent/caregiver participation class - one parent per child. Only participants will be allowed in the dance studio. Children not enrolled in class will not be*

permitted in the dance studio. **No class 11/27. Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	FEE
414015	A	S	11:15-11:45AM	10/4-12/20	\$50

GYMNASTICS

Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic skill development, as well as increased self-esteem, independence and character, while having fun and unique experiences in a healthy atmosphere. Classes offered include tumbling for boys and girls and a wide-ranging gymnastics program at several age levels. This listing is for those classes held at Lawrence Sports Pavilion at Rock Chalk Park, 101 George Williams Way. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines. Program Director: Jo Ellis, (785) 832-7920.

TUMBLEWEEDS

Ages: 3. Enrollment Min 6 / Max 12. Participants will improve their physical awareness, body coordination and explore movement. Large motor skills are improved using the bars, tumble track and balance beam. Emphasis is placed on learning tumbling skills such as forward rolls, balancing, strength coordination and movement exploration. **No class 11/25; 11/26; 11/27; 11/29.**

CODE	SEC	DAY	TIME	DATE	FEE
416000	A	T	5:30-6:15PM	10/7-12/2	\$59
416000	B	W	10:30-11:15AM	10/1-12/3	\$59
416000	C	W	6-6:45PM	10/1-12/3	\$59
416000	D	R	5:30-6:15PM	10/2-12/4	\$59
416000	E	S	10-10:45AM	10/4-12/6	\$59

GYMSTERS

Ages: 4-5. Enrollment Min 6 / Max 12. Students will be introduced to all gymnastics equipment throughout the session. New target skills and circuits will be provided to continue building strength, agility, confidence, coordination and social skills. **No class 11/25; 11/26; 11/27; 11/29.**

CODE	SEC	DAY	TIME	DATE	FEE
416001	A	T	4:30-5:25PM	10/7-12/2	\$59
416001	B	W	9:30-10:25AM	10/1-12/3	\$59
416001	C	W	5-5:55PM	10/1-12/3	\$59
416001	D	R	6:30-7:25PM	10/2-12/4	\$59
416001	E	S	9-9:55AM	10/4-12/6	\$59

HOT SHOTS

Ages: 4-5. Enrollment Min 6 / Max 12. This class provides a more advanced curriculum than our preschool program. *Permission from the program director is required prior to enrollment. Call (785) 832-7920 for more information.* **No class 11/24.**

CODE	SEC	DAY	TIME	DATE	FEE
416007	A	T	5-6:15PM	10/7	\$30 Monthly

BEGINNING BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. Class will focus on proper skill progression and fundamental strength development. Boys will work on developing proper swing on the apparatus, as well as develop good basic tumbling skills. **No class 11/24; 11/27; 11/29.**

CODE	SEC	DAY	TIME	DATE	FEE
416008	A	M	5:30-6:25PM	10/6	\$26 monthly
416008	B	R	6:30-7:25PM	10/2	\$26 monthly
416008	C	S	9-9:55AM	10/4	\$26 monthly

ADVANCED BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. Boys will build on skills they have already mastered along with introduction of more advanced skills. Class will focus on refining skills, body line and techniques. *Students in this program must have passed Beginning Boys Gymnastics or have permission from the director prior to enrollment.* **No class 11/24.**

CODE	SEC	DAY	TIME	DATE	FEE
416009	A	M	6:30-7:55PM	10/6	\$32 monthly



BEGINNING GIRLS

Ages: 6-9. Enrollment Min 6 / Max 14. Participants will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength with gymnastics apparatuses. *Participants will be expected to perform all necessary skills before advancing to the next level.* **No class 11/24; 11/25; 11/26; 11/29.**

CODE	SEC	DAY	TIME	DATE	FEE
416010	A	M	4:30-5:25PM	10/6	\$26 monthly
416010	B	T	6:30-7:25PM	10/7	\$26 monthly
416010	C	W	5-5:55PM	10/1	\$26 monthly
416010	D	S	10-10:55AM	10/4	\$26 monthly

BEGINNING/INTERMEDIATE GIRLS

Ages: 11-17. This class is designed for middle school/high school students who want to learn gymnastics or perfect the skills they already have. Focus is on strength, flexibility and proper technique. **No class**



11/25.

CODE	SEC	DAY	TIME	DATE	FEE
416011	A	T	7:30-8:25PM	10/7-12/2	\$26 monthly

INTERMEDIATE GIRLS

Ages: 6 and Up. Enrollment Min 6 / Max 14. This class is for participants who have mastered all the gymnastics skills and progressions in beginning girls. Emphasis is placed on strength, flexibility and learning basic skills and body positions while increasing their time in the gym. *Students in this program must have passed beginning girls or have permission from the director prior to enrollment.*

CODE	SEC	DAY	TIME	DATE	FEE
416012	A	M	5-6:25PM	10/6	\$32 monthly
416012	B	T	6:30-7:55PM	10/7	\$32 monthly
416012	C	W	6-7:25PM	10/1	\$32 monthly

ADVANCED GIRLS GYMNASTICS

Ages: 6 and Up. Enrollment Min 6 / Max 14. This class is for upper level gymnasts who want to continue their gymnastics training without doing competition. **Must be tested to be approved for this class. No class 11/24; 11/26.**

CODE	SEC	DAY	TIME	DATE	FEE
416013	A	MW	6:30-8:30PM	10/1	\$64 monthly

YOUTH CHEER

Ages: 7-11. Enrollment Min 6 / Max 14. Students will be introduced to all aspects of cheerleading - cheers, chants, dances, motions, jumps, stunting, and tumbling. Mini routines will be taught throughout the session so students can learn how to perform these skills at a performance level. Focus will be on teaching proper technique and safety, while learning how to maintain energy and perform in front of a crowd. **Some tumbling will be offered, but we recommend adding the Beg/Int Tumbling class to gain the full benefit from this program. No class 11/25.**

CODE	SEC	DAY	TIME	DATE	FEE
416002	A	T	6:30-7:25PM	10/7-12/2	\$59

MIDDLE SCHOOL/HIGH SCHOOL CHEER

Ages: 12 and Up. Enrollment Min 6 / Max 14. This class is designed for middle school and high school students who want to prepare or perfect their cheerleading skills for their schools teams. This class will be taught by qualified former high school or collegiate cheerleaders. Focus is on strength, flexibility, and proper technique. **Some stunting and tumbling will be offered in this class, but we recommend paring this class with the MS/HS tumbling class to gain the full benefit. No class 11/25.**

CODE	SEC	DAY	TIME	DATE	FEE
416003	A	T	5:30-6:25PM	10/7-12/2	\$59



BEGINNING/INTERMEDIATE TUMBLING

Ages: 7-11. Enrollment Min 6 / Max 14. This class is designed to focus on tumbling skills only. This is a great class for students who may be interested in cheerleading in the future or just want to perfect their tumbling. **No class 11/25.**

CODE	SEC	DAY	TIME	DATE	FEE
416004	A	T	5:30-6:25PM	10/7-12/2	\$59

MIDDLE SCHOOL/HIGH SCHOOL TUMBLING

Ages: 12 and Up. Enrollment Min 6 / Max 14. This class is for all middle school/high school students who want to focus specifically on tumbling skills. **No class 11/25.**

CODE	SEC	DAY	TIME	DATE	FEE
416005	A	T	6:30-7:55PM	10/7-12/2	\$72

CHEERLEADING/TUMBLING COMBO CLASS

Ages: 12 and Up. Enrollment Min 6 / Max 14. This combo class will incorporate cheer and tumbling. Focus is on strength, flexibility and proper technique. Stunting and tumbling will also be part of the curriculum. **No class 11/25.**

CODE	SEC	DAY	TIME	DATE	FEE
416006	A	T	5:30-7:55PM	10/7-12/2	\$94

YOUTH SPORTS

GIRLS YOUTH VOLLEYBALL

Ages: 4th and 5th grades. Max 90. The objective of the youth volleyball program is to provide an opportunity for children to play volleyball in an organized recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun and safe atmosphere. Season runs Sept. 28-Nov. 16. Practice will run up to 1.5 hours a week. Games will be played on Sundays.

Registration Deadline is Thursday, Sept. 11. For more information, please contact Sports Pavilion Lawrence at Rock Chalk Park at (785) 832-3450.

CODE	SEC	DAY	TIME	DATE	FEE
426100	A	SU	TBA	9/28-11/16	\$50

GIRLS INTRAMURAL VOLLEYBALL

Ages: 6th, 7th and 8th grades. Max 90. The objective of the youth volleyball program is to provide an opportunity for children to play volleyball in an organized recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun and safe atmosphere. Season runs 9/29-11/16. Practice will run up to 1.5 hours a week. Games will be played on Sundays.

Registration Deadline is Thursday, Sept. 11. For more information, please contact Sports Pavilion Lawrence at Rock Chalk Park at (785) 832-3450.

CODE	SEC	DAY	TIME	DATE	FEE
426101	A	SU	TBA	9/28-11/16	\$50

FUTURE STARS

Ages: 3-5. Enrollment Min 5 / Max 10. This multi-sports class will help your children improve their motor skills while providing them plenty of fun and engaging activities. Each six-week session will introduce your future star to different sports (volleyball, track, basketball, speed/agility, soccer, t-ball, football and tum-

bling) in a safe non-competitive atmosphere. This class will teach your children to work with others and start developing the teamwork mentality.

CODE	SEC	DAY	TIME	DATE	FEE
426001	A	W	10:30-11:30AM	9/17-10/22	\$60
426001	B	R	10:30-11:30AM	9/18-10/23	\$60
426001	C	S	10:30-11:30AM	9/20-10/25	\$60

YOUTH SPEED & AGILITY

Ages: 8-12. Enrollment Min 4 / Max 10. This training program focuses on improving coordination, reaction time, acceleration, jumping, hand/eye coordination and core strength training. Athletes will develop a basic understanding of the training components. Training sessions are 60 minutes long.

CODE	SEC	DAY	TIME	DATE	FEE
426002	A	TR	6-7PM	9/16-10/23	\$125
426002	B	TR	6-7PM	9/16-10/25	\$150

TEEN SPEED & AGILITY

Ages: 13- 18. Enrollment Min 4 / Max 10. This training focuses on speed, agility, flexibility, conditioning, strength, explosion and power. Weight training regimens are specified for each athlete. Training sessions are 60 minutes long.

CODE	SEC	DAY	TIME	DATE	FEE
426003	A	TR	6-7PM	9/16-10/23	\$125
426003	B	TR	6-7PM	9/16-10/25	\$150





City of Lawrence
PARKS AND RECREATION

SPORTS PAVILION LAWRENCE

at Rock Chalk Park

