

LAWRENCE PARKS AND RECREATION DEPARTMENT

ACTIVITIES GUIDE

SUMMER/FALL 2018

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slam-dunk
summer
and fall
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2018 SUMMER/FALL ACTIVITIES GUIDE

This edition of *Lawrence Parks and Recreation Department Activities Guide* is chock-full of activities to do all throughout the summer and fall. This guide contains all of the programs available from June to December. You will notice changes in the guide's table of contents as many subsections were converted into their own sections, which will help you locate classes easier.

With more than 550 program offerings, LPRD aims to keep people of all ages and backgrounds in the Lawrence community active and healthy. Whether you are looking in this guide to find a summer camp for your kids or a fitness class to stay in shape and energized, or to try something new, LPRD has a program that is just right for you.

ENROLLMENT IS EASY!

ONLINE ENROLLMENT

* If you have enrolled in a Parks and Recreation program after January 2000, you're already in our database and can log in using your home phone (10 digits, no spaces or dashes) as your username. You'll use your last name as your Password. We encourage you to change these after logging in the first time. If you aren't registered, click on "New User" and follow the prompts to create your personal login and password. If you need assistance, email us at parksrec@lawrenceks.org.

ONLINE*

Starting 6 a.m. Sunday, April 29 (for all summer/fall activities)

Visit our website at www.lprd.org; create a username and password (if you haven't already). Log in and stretch your limits with Parks and Recreation.

WALK-IN / MAIL-IN**

Starting 8 a.m. Monday, April 30 (for all summer/fall activities)

Visit any Parks and Recreation facility to enroll. (For a complete listing of the facilities and their enrollment hours, see page 2). Visa, MasterCard only. You can also drop your registration and payment in the mail. Pay by check or credit card. Send your registration and payment to Lawrence Parks and Recreation Department, Administrative Office, 1141 Massachusetts St., Lawrence, KS 66044. *Make checks payable to LPRD.*

** Walk-in registration takes priority over mail-in registrations.

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THE CITY OF LAWRENCE DOES NOT DISCRIMINATE ON THE BASIS OF RACE, SEX, RELIGION, COLOR, GENDER IDENTITY, NATIONAL ORIGIN, AGE, ANCESTRY, SEXUAL ORIENTATION OR DISABILITY.

LAWRENCE PARKS AND RECREATION DEPARTMENT DIRECTORY

TDD PHONE (785) 832-3205

P.O. Box 708, Lawrence, KS 66044-0708

CITY COMMISSION*

Stuart Boley, Mayor
Lisa Larsen, Vice Mayor
Jennifer Ananda

Matthew Herbert
Leslie Soden
Tom Markus, City Manager

PARKS AND RECREATION ADVISORY BOARD*

Allen Humphrey, Chair
John Blazek

Mandy Enfield
Sue Hack
**at time of printing*

ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450
Reservation/Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

STAFF **Derek Rogers**, Director
drogers@lawrenceks.org
Mark Hecker, Assistant Director – Parks
mhecker@lawrenceks.org
Brandy Shoemaker, Recreation Operations Manager
bshoemaker@lawrenceks.org
Tim Laurent, Recreation Operations Manager
tlaurent@lawrenceks.org
Roger Steinbrock, Marketing Supervisor
rsteinbrock@lawrenceks.org
Karen Risner, Administrative Support
Paula Craig, Administrative Support

CEMETERIES: Oak Hill, Memorial Park, Maple Grove
Inquiries handled at the LPRD Administrative Office:
1141 Massachusetts St. • (785) 832-3451
Hours: 8 a.m. to 5 p.m. (Mon-Fri)

COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920
Reservation/Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

CODES **CB** Community Building **DS**..... Dance Studio
CR1 Community Room 1 **GY** Gymnasium
CR2 Community Room 2 **WR**..... Wellness Room
CR3 Community Room 3 **CFR** Conference Room
AR Art Room **KR** Kaw Room

STAFF **Annette Deghand**, Special Populations Supervisor
adeghand@lawrenceks.org
Josh Maike, Adult Sports Supervisor
jmaike@lawrenceks.org
Ross Schraeder, Recreation Center Programmer
rschraeder@lawrenceks.org
Gayle Sigurdson, Recreation Programmer
gsigurdson@lawrenceks.org
Ashlee Roll-Gregory, Administrative Support

EAGLE BEND GOLF COURSE & LEARNING CENTER

1250 E. 902 Road • (785) 748-0600 • 1-877-861-GOLF (4653)

STAFF **Darin Pearson**, Park Operations Manager/Eagle Bend
dpearson@lawrenceks.org
Ryan Cloud, Assistant Golf Course Professional
rcloud@lawrenceks.org
Greg Dannevik, Assistant Golf Operations
gdannevik@lawrenceks.org

HOLCOM PARK RECREATION CENTER

2700 W. 27th St. • (785) 832-7940
Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

CODES **HPRC** Holcom Park Recreation Center
GY Gymnasium
BR Wayne Bly Room
HR Louie Heinrich Room

STAFF **Duane Peterson**, Special Events/Facility Operations Supervisor
dpeterson@lawrenceks.org
Alison Dudley, Recreation Center Programmer
adudley@lawrenceks.org

LAWRENCE INDOOR AQUATIC CENTER

4706 Overland Drive • (785) 832-SWIM (7946)
Reservation/Enrollment Hours:

7:30 a.m. to 6 p.m. (Mon-Fri), 1 p.m. to 6 p.m. (Sat & Sun)

CODES **LIAC** Lawrence Indoor Aquatic Center
WR Tom Wilkerson Room
CPSE Competition Pool, Shallow End
DWDW Diving Well, Deep Water

STAFF **Lori Madaus**, Aquatics Supervisor
lmadaus@lawrenceks.org
Becky Childers, Assistant Aquatics Supervisor
bchilders@lawrenceks.org
Lisa Hughes, Administrative Support

CARL KNOX NATATORIUM

19th and Louisiana Streets (on the campus of Lawrence High School)

CODES **CKN** Carl Knox Natatorium
S&DW Shallow and Deep Water

LAWRENCE OUTDOOR AQUATIC CENTER

727 Kentucky St. • (785) 832-7990

CODES **LOAC** Lawrence Outdoor Aquatic Center

PARKS AND MAINTENANCE DIVISION

STAFF **Crystal Miles**, Horticulture & Forestry Manager
(785) 832-7970, *cmiles@lawrenceks.org*
Pat Hennessey, Park Operations Manager/
Sports Pavilion Lawrence
(785) 330-7359, *phennessey@lawrenceks.org*
Rowan Green, Park Operations Manager
(785) 832-7971, *rgreen@lawrenceks.org*
Darin Pearson, Park Operations Manager/Eagle Bend
(785) 832-7959, *dpearson@lawrenceks.org*
Mitch Young, Park District Supervisor/Cemeteries
(785) 832-3451, *mlyoung@lawrenceks.org*

PRAIRIE PARK NATURE CENTER

2730 Harper St. • (785) 832-7980

Reservation/Enrollment Hours:

9 a.m. to 5 p.m. (Tue-Sat), 1 p.m. to 4 p.m. (Sun), Closed (Mon)

CODES **PPNC** Prairie Park Nature Center

STAFF **Marty Birrell**, Nature Interpretive Supervisor
mbirrell@lawrenceks.org
Justine Bigott, Naturalist
jbigott@lawrenceks.org

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St. • (785) 832-7950

Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

CODES **ELRC** East Lawrence Recreation Center
GY Gymnasium
MPR Multi-purpose Room
MR Meeting Room

STAFF **Stephen Mason**, Recreation Center Programmer
smason@lawrenceks.org

DIRECTORY/OTHER CODES

STRETCH YOUR LIMITS — WWW.LPRD.ORG

SPORTS PAVILION LAWRENCE

presented by Lawrence Memorial Hospital

100 Rock Chalk Lane • (785) 330-7355 • www.sportspavilionlawrence.org
Reservation/Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

CODES	SPL	Sports Pavilion Lawrence
	FR	Fitness Room
	GR	Gymnastics Room
	GY	Gymnasium
	TF	Turf Field
	CR	Champion Room
	VR	Victory Room
	TK	Track
	WR	Weight Room
	CA	Cardio Area
	LR	Legacy Room

STAFF

Lee Ice, Assistant Director – Recreation
ice@lawrenceks.org

Chad Tower, Facilities Operations Supervisor
ctower@lawrenceks.org

Jo Ellis, Recreation Instruction Supervisor
jellis@lawrenceks.org

Bobby Wilson, Recreation Center Programmer
rwilson@lawrenceks.org

Jeff Hawkins, Recreation Programmer
jhawkins@lawrenceks.org

Alex Husbenet, Recreation Programmer
ahusbenet@lawrenceks.org

Kristy Bellinger, Recreation Programmer
kbellinger@lawrenceks.org

Jalon Hutchens, Gymnastics Programmer
jhutchens@lawrenceks.org

BP	Burcham Park, 200 Indiana St.
CARN, CARN-EG, CARN-CR, CARN-HR ...	Carnegie Building, 200 W. Ninth St.
CLSC	Clinton Lake Softball Complex, 5101 Speicher Road
CMW	Crescent Moon Winery, 15930 246th St.
EPIC	Epic Fun, 711 W. 23rd St., Suite 1
FG#21, FG#1&#2, FG-KSEXT	4-H Fairgrounds, 2120 Harper St.
GFORCE	G-Force, 725 N. Second St.
HOBPK	Hobbs Park, 702 E. 11th St.
HSC	Holcom Sports Complex, 2601 W. 25th St.
JT	Jayhawk Tennis, 233 Rock Chalk Lane
LHS-WS	Lawrence High School Woodshop, 1901 Louisiana St.
LVC	Lawrence Visitor Center, 402 N. Second St.
LPM	Lawrence Presbyterian Manor, 1429 Kasold Drive
ML	Mary's Lake, 2730 Harper St.
PTTC	Dwayne Peaslee Technical Training Center, 2920 Haskell Ave.
RCL	Royal Crest Lanes, 933 Iowa St.
RFP-CL ...	River Front Plaza-Computer Lab, Sixth and New Hampshire streets
RVFPK	Riverfront Park, U.S. highways 24, 40 and 59, by the Kansas River
SP	South Park, 1141 Massachusetts St.
TBA	To Be Announced/Assigned
TL	Theatre Lawrence, 4660 Bauer Farm Drive
TLC	Trinity Lutheran Church, 1245 New Hampshire St.
UPD	Union Pacific Depot, 402 N. Second St.

DEPARTMENT/
REGISTRATION

AQUATICS

CAMPS/SCHOOL'S
OUT PROGRAMS

DANCE

FITNESS

GOLF

3

Class Name — **New Class** — **Fitness Level** — **Ages/Class Size** — **Class Description**

Co-sponsored — Class Not Eligible for Youth Scholarships

For age 50-plus — **Class Omit Dates** — **Class Notes**

Class Code — **CODE SEC CLASS** — **DAY** — **TIME** — **DATE** — **LOC** — **FEE** — **Class Fee**

Night Class (Noted in bold) — **Dates of Class**

Section of Class — **Time of Class**

Name of Class — **Day of Class**

Fall Class (Noted in blue)

SENIOR STRENGTH TRAINING ^{NEW} ★★☆☆

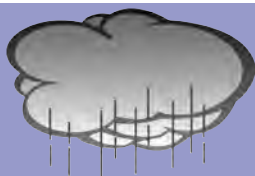
50+ Ages: 50 and Up. Enrollment Min 10 / Max 20. Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights and resistance tubing and bands. **A physician's release is required prior to beginning of class.**

No class 7/4. Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
300000	A	BGSS	MWF	8-8:50AM	6/4-7/13	HPRC-BR	\$57
300000	B	ADSS	MWF	9-9:50AM	6/4-7/13	HPRC-BR	\$57
300000	C	BGSS	MWF	5:30-6:20PM	6/4-7/13	HPRC-BR	\$57
400000	A	BGSS	MWF	8-8:50AM	9/10-10/26	HPRC-BR	\$69
400000	B	ADSS	MWF	9-9:50AM	9/10-10/26	HPRC-BR	\$69
400000	C	BGSS	MWF	5:30-6:20PM	9/10-10/26	HPRC-BR	\$69

★ **Introductory:** Just starting to exercise or haven't exercised in six months.
★★ **Intermediate:** Fairly active in sports, dance or some type of regular exercise (two to three times per week).
★★★ **Advanced:** Very active in sports or have been exercising four or more times per week for six months.

DAYS: M — Monday T — Tuesday W — Wednesday R — Thursday F — Friday S — Saturday SU — Sunday



FOR INFORMATION ON PROGRAM AND ACTIVITIES CANCELLATIONS DUE TO INCLEMENT WEATHER, VISIT RAINOUTLINE.COM OR LISTEN TO 1320 AM, KLWN.

IF YOU ARE IN NEED OF SPECIAL ACCOMMODATIONS FOR OUR PROGRAMS/CLASSES, PLEASE CALL THE COMMUNITY BUILDING AT (785) 832-7920.

ON THE COVER: Lily Bruffett drives toward the basket while Amayah Dillon (right), assisted by her teammate Merrit Hale (center), works to block out Bruffett during a basketball game at Sports Pavilion Lawrence. (Photo by Brett Cady.)

REGISTRATION INFORMATION

Registration for all 2018 summer/fall programs begins

6 a.m. Sunday, April 29 – Online

8 a.m. Monday, April 30 – Walk-In/Mail-In

Registration for these programs will end the first day of scheduled class
or when the class has reached enrollment limit.

It is not our policy to prorate classes.

To register, fill out registration form(s) completely. All program registration is done on a first-come, first-served basis.

Incomplete or inaccurate registrations will be returned without being processed. **PLEASE REMEMBER THAT A SIGNATURE IS NECESSARY ON EVERY FORM.**

Activities and programs have minimum and maximum enrollments. Registration is required before the first class meets. This enables us to notify you if the class is cancelled due to insufficient enrollment or of any changes in class time and/or location. A transfer or refund may be issued if a class is cancelled.

WITHDRAW/TRANSFER/REFUND POLICY

Lawrence Parks and Recreation reserves the right to cancel or combine any program due to lack of enrollment.

If someone wishes to withdraw/transfer from a class/activity/program, notification must be done at least five business days (Monday-Friday) prior to the start of the class/activity/program. A household credit will be provided in the full amount of the fee charged at the time of enrollment for those withdrawing from a class/activity/program at least five days prior to the start of the class/activity/program. Withdrawals/transfers within the five days prior to the start date of a class/activity/program may be granted on a case-by-case basis by the Recreation Supervisor, if the class/activity/program doesn't fall below the minimum number of participants needed to hold a class (minimums provided in class descriptions in the *Activities Guide*) or if a class waiting list exists for the class/activity/program.

Transfers will be granted without additional fees. A \$10 processing fee will be assessed for those wanting a refund. Refunds will not be granted without authorization of the Division Supervisor.

Parks and Recreation does NOT prorate classes or activities except in the event of a medical emergency or illness arising mid-season. A prorated refund will be issued if a doctor's note is received within two weeks of the first class, provided that one-third of the program has not transpired.

Waiting lists will be formed when programs are filled. A fee will NOT be assessed unless contacted by Parks and Recreation when space becomes available. Those who are not contacted should not attend the class. Every attempt will be made to accommodate people on a waiting list.

Both Adult and Youth Sports registration deadline policies state teams will be formed at the time of the deadline date, according to the number of registrations that have been received. Late registrations will be accepted ONLY to fill those teams or leagues that have not reached their maximum capacity. For Adult Sports, no new teams will be formed once league schedules have been distributed. For Youth Sports, late registrants will not be guaranteed placement on the same team as other participants from the school they attend. All late registration fees noted on the sport registration form apply.

Due to supervision and insufficient space, children are not allowed to accompany parents/guardians to adult classes unless specifically noted in the class description.

If enrolling more than one child in a parent participation class, please contact Jo Ellis, recreation instruction supervisor, for more information at (785) 330-7355.

Payment must accompany all registrations. Payment is accepted by cash, check, money order, Visa or MasterCard. Telephone and faxed registrations will NOT be accepted.

Seniors (age 60+) receive a 10 percent discount on fitness classes and individual sports, excluding Eagle Bend Golf Course & Learning Center.

SCHOLARSHIP PROGRAM

Scholarships are available to youth and special populations participants who meet specific guidelines. A separate application must be completed at the time of enrollment. Classes that are co-sponsored and designated trips are not eligible for scholarships. A ■ symbol at the beginning of the class description designates those programs or activities that will not be included in the scholarship program. For more information, call (785) 832-3450.

All classes/activities, times/dates/days, instructors and pricing listed are subject to change. Check for changes at the time of enrollment.

In the event of a cancelled class, a makeup date will be added. If participants are unable to attend the scheduled makeup, participants may not attend a similar program/class in replacement of the rescheduled program/class, nor will a credit/refund be given to participants unable to attend makeup classes.

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645 New Hampshire St.

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609 Massachusetts St.

*LPRD thanks you
for your support!***1 p.m. Friday, June 15****Shotgun Start
Eagle Bend Golf Course
and Learning Center**1250 E. 902 Road
Below the dam at Clinton LakeLunch 11:30 a.m.
Dinner to follow golfCost: \$100 Individual
\$400 Team**For more information, please visit: <http://lprd.org/golfclassic>***The
Carnegie Building*

Let the historic Carnegie Building add that special flair to your wedding day. Its classic ambience provides elegant design, modern comfort and unique event space for any special occasion. This mid-sized venue is an ideal space to create beautiful memories that will last a lifetime.

To find out more or to schedule a tour, please contact Lawrence Parks and Recreation at (785) 832-3450 or visit our website at www.lprd.org.

Lawrence Parks and Recreation also has outdoor park space for wedding ceremonies, as well as other indoor spaces for receptions.

City of Lawrence
PARKS AND RECREATION



Discover the strongest you.

Improve your speed, strength and agility
with Sports Performance Training at the
LMH Performance and Wellness Center.

LMH Sports Performance Training takes athletes to the next level.

Strengthen your performance with sport-specific athletic training designed to improve speed, functional strength and agility while also lowering the risk of athletic injury. LMH Therapy Services offers customized Sports Performance Training for athletes ages 8-18 who want a new training home to maximize athletic performance. Licensed Sports Physical Therapists, Certified Strength and Conditioning Specialists, and Athletic Trainers cater to each athlete's specific needs, offering individualized assessments and training programs best suited to personal goals.

Boost your performance. Schedule now: **785-505-5840 • lmh.org/perform**



LMH Performance & Wellness Center

A Service of Lawrence Memorial Hospital

*Stay healthy. Stay close.
Stay for Life.*

SPRING AQUATIC HOURS

Continuing through May 25

The water areas at all aquatic facilities close 15 minutes before the facility closes. Waterslides and Diving areas close 30 minutes before the facility closes. Some areas of the facility may be reserved for swimming instruction and fitness classes in both the competition center and the family pool during the day. **Admission is charged for everyone, including non-swimmers.**

INDOOR AQUATIC CENTER

4706 Overland Drive (north of Free State High School)
(785) 832-7946 (SWIM)

LAP SWIMMING

Monday-Friday: 5:15 a.m. to 8 p.m.
Saturday: 9 a.m. to 8 p.m.
Sunday: 1 p.m. to 6 p.m.

WATERSLIDE & DIVING AREA

Monday-Friday: 6 p.m. to 7:45 p.m.

Saturday: 1 p.m. to 7:45 p.m.
Sunday: 1 p.m. to 5:45 p.m.

WARM WATER WORKOUTS

Monday-Friday: noon to 4 p.m.

ZERO-DEPTH AND CHILDREN'S AREA

Monday-Friday: 4 p.m. to 8 p.m.
Saturday: 1 p.m. to 8 p.m.
Sunday: 1 p.m. to 6 p.m.

CARL KNOX NATATORIUM

Located on the Lawrence High School Campus
(785) 832-7946 (SWIM)

LAP SWIMMING (through May 17)

Monday-Thursday: 6:15 p.m. to 8:30 p.m.
Friday-Sunday: Closed

SUMMER AQUATIC HOURS

The water areas at all aquatic facilities close 15 minutes before the facility closes. Waterslides and Diving areas close 30 minutes before the facility closes. Some areas of the facility may be reserved for swimming instruction and fitness classes in both the competition center and the family pool during the day. **Admission is charged for everyone, including non-swimmers.**

INDOOR AQUATIC CENTER

4706 Overland Drive (north of Free State High School)
(785) 832-7946 (SWIM)

REGISTRATION HOURS

Monday-Friday: 8 a.m. to 5 p.m.

SUMMER HOURS

Facility hours May 26-July 29
July 4: 1 p.m. to 6 p.m.

LAP SWIMMING

Monday-Friday: 5:15 a.m. to 8 p.m.
Saturday: 9 a.m. to 8 p.m.
Sunday: 1 p.m. to 6 p.m.

WATERSLIDE & DIVING AREA

Monday-Saturday: 1 p.m. to 7:45 p.m.
Sunday: 1 p.m. to 5:45 p.m.

WARM WATER WORKOUTS

Monday-Friday: noon to 1 p.m.

ZERO-DEPTH AND CHILDREN'S AREA

Monday-Saturday: 1 p.m. to 8 p.m.
Sunday: 1 p.m. to 6 p.m.

Maintenance Shutdown July 30-Sept. 3

OUTDOOR AQUATIC CENTER

Eighth and Kentucky streets
(785) 832-7990

REGISTRATION HOURS

Daily: 1 p.m. to 6 p.m.

SUMMER HOURS PUBLIC SWIMMING May 26-Aug. 18

Daily: 1 p.m. to 8 p.m.
July 4: 1 p.m. to 6 p.m.
Aug. 19, 26, Sept. 2: 1 p.m. to 6 p.m.
Aug. 20-24, 27-31: 4 p.m. to 8 p.m.
Aug. 25, Sept. 1, 3: 1 p.m. to 8 p.m.

MORNING LAP SWIM June 4-Aug. 18

Monday-Saturday: 10 a.m. to 12:45 p.m.
Aug. 20-24, 27-31: 7:30 a.m. to 12:45 p.m.
Aug. 25, Sept. 1: 9 a.m. to 12:45 p.m.

This time is available to swim laps or water walk before the pool is open for general swim. The facility is not open for recreational swimming or sunbathing until 1 p.m. Regular admission is charged. A safety break

occurs from 12:45 p.m. to 1 p.m. daily. All swimmers must exit the water and wait for the pool to open to the public. Lanes for lap swimming are also available Monday through Friday, 1 p.m. to 8 p.m., during public swim hours. Availability of lanes will depend on swimming lessons and competitive practice.

CARL KNOX NATATORIUM

Located on the Lawrence High School Campus
(785) 832-7946 (SWIM)

LAP SWIMMING Closed May 18-Sept. 3

SOUTH PARK WADING POOL

Located in South Park
(for children 6 and under)

SUMMER HOURS

Facility hours June 4-Aug. 11
Monday-Friday: 1:30 p.m. to 7 p.m.
Saturday: 1 p.m. to 6 p.m.

Closed July 4

For a minimal fee, morning reservations are available for day care/private parties. For more information please call (785) 832-7920.

FALL AQUATIC HOURS

Starting Sept. 4

The water areas at all aquatic facilities close 15 minutes before the facility closes. Waterslides and Diving areas close 30 minutes before the facility closes. Some areas of the facility may be reserved for swimming instruction and fitness classes in both the competition center and the family pool during the day. **Admission is charged for everyone, including non-swimmers.**

INDOOR AQUATIC CENTER

4706 Overland Drive (north of Free State High School)
(785) 832-7946 (SWIM)

LAP SWIMMING

Monday-Friday: 5:15 a.m. to 8 p.m.
Saturday: 9 a.m. to 8 p.m.
Sunday: 1 p.m. to 6 p.m.

WATERSLIDE & DIVING AREA

Monday-Friday: 6 p.m. to 7:45 p.m.
Saturday: 1 p.m. to 7:45 p.m.
Sunday: 1 p.m. to 5:45 p.m.

WARM WATER WORKOUTS

Monday, Tuesday, Thursday-Friday:
noon to 4 p.m.
Wednesday: noon to 4 p.m.

ZERO-DEPTH AND CHILDREN'S AREA

Monday-Friday: 4 p.m. to 8 p.m.
Saturday: 1 p.m. to 8 p.m.
Sunday: 1 p.m. to 6 p.m.

CARL KNOX NATATORIUM

Located on the Lawrence High School Campus
(785) 832-7946 (SWIM)

Closed through Sept. 3

LAP SWIMMING (beginning Sept. 4)
Monday-Thursday: 6:15 p.m. to 8:30 p.m.
Friday-Sunday: Closed

GET DRENCHED!

Lawrence Parks and Recreation Department's Aquatics Division provides a safe and inviting environment accessible to the community. Through responsible use of public and private dollars, we strive for a professional staff that is dedicated to providing excellent customer service while maintaining the highest quality of aquatic programming and facilities available.

LPRD Aquatics — the city's largest provider of aquatic activities — offers four facilities of splashing excitement, fun and fitness for every member of the family.

Thrill seekers can challenge one of our exciting waterslides, such as the drop slide at the Outdoor Aquatic Center. Daring riders take a nearly vertical plunge down a steep chute, reaching breathtaking speeds before being shot like a cannon to "free-fall" into the water below. The Indoor Aquatic Center boasts a 145-foot waterslide that brings all the thrills of a traditional water park inside for year-round fun.

Guests of all ages are drawn to the fun of the zero-depth "beaches" featured at the Indoor and Outdoor Aquatic centers, as well as the South Park Wading Pool. All the fun of the beach without getting sand in your

pants! Hide behind a curtain of water in the Rain Drop, or get soaked by the spray of a gigantic daisy, a silly spittin' snake or one of several different water fountains.

Kids will have a blast testing their balance on the Log Slice Scoot and the Lily Pad Path. Try to tackle the fierce floating dragon or make new friends on one of the mini-slides or floating animals.

Swimming for fitness and safety is our top priority! That's why each facility offers a unique aquatic experience with something for everyone. Year-round programs like Learn-to-Swim courses, aquatic fitness classes, aquatic training courses and special family events provide educational, fun and diverse leisure opportunities for the whole family.

Mom and Dad can have fun, too! Relax in a lounge chair in the shade while enjoying a cold Pepsi from our full-line cafe concession stand. All this in a fun, family-oriented community water park.

The Aquatics Division offices are located on the second floor of the Indoor Aquatic Center, 4706 Overland Drive, (785) 832-SWIM (7946).



INDOOR AQUATIC CENTER

4706 Overland Drive (north of Free State High School) • (785) 832-SWIM (7946)

Lawrence Parks and Recreation's Indoor Aquatic Center is a community-supported family aquatic center featuring a 10-lane, 50-meter competition pool with diving well and underwater classroom; a separate family pool with zero-depth entry; waterslide and interactive children's play features; meeting rooms; shower/locker rooms and a cafe vending area. The pools hold 850,000 gallons of water and are heated. The temperature of the water is set at 82° in the competition pool and 86° on the family side. Locker rooms and all pools are fully accessible by both ramp entry and lift. Submersible wheelchairs are also available.

OUTDOOR AQUATIC CENTER

Eighth and Kentucky streets (downtown Lawrence) • (785) 832-7990

The Lawrence Outdoor Aquatic Center provides the good old-fashioned atmosphere of a traditional neighborhood pool with all the fun and excitement of a first-class water park. Nestled in beautiful Watson Park, the Outdoor Aquatic Center features waterslides; zero-depth children's area; diving well; interactive play features, including fountains; spray mushrooms; a 50-meter competition area and a drop waterslide.

The fun and convenience extends out of the water too, with shaded lounge areas, ample deck space, adjoining grass playground and a full-line cafe concessions area. The Outdoor Aquatic Center is also host to numerous events, aquatic camps and swimming programs.



CARL KNOX NATATORIUM

1901 Louisiana St., Lawrence High School campus • (785) 832-SWIM (7946)

A traditional indoor L-shaped pool, the Carl Knox Natatorium, located on the campus of Lawrence High School, provides a peaceful, slow-paced environment for young and old alike. With six 25-yard lap lanes, diving well, sun deck and fully accessible changing rooms, the Carl Knox Natatorium is the perfect spot if you are looking to beat the crowds. With designated times for lap swimming, along with Learn-to-Swim programs and aquatic fitness classes, the Carl Knox Natatorium offers programs to meet all of your swimming needs. *The Carl Knox Natatorium is only open during the school year.*

SOUTH PARK WADING POOL

1141 Massachusetts St. • (785) 832-SWIM (7946)

The South Park Wading Pool is the place for parents to bring children who are 6 and under for an afternoon outing. It provides a beautiful zero-depth entry pool, water sprays, fountains and our favorite seal, Skippy. Fully accessible restroom facilities with private changing rooms are also available. The Parks and Recreation Department provides qualified staff to supervise the wading pool area, but please remember — all children must be accompanied by an adult supervisor when using the facility. The wading pool is available free of charge to the public. For a small fee, morning reservations are available for day care/private parties. *The South Park Wading Pool is open for the summer season only.*



ADMISSION FEES/PASS OPTIONS

Several admission options are offered to swimmers in the Lawrence community. Daily admission, annual passes, 30-day passes and discount punch cards are available. All forms of admission are valid at any Lawrence Parks & Recreation Aquatic Facility. Watch for specially priced events all year long! *Prices subject to change.*

ISN'T IT TIME YOU JOINED LPRD AQUATICS?

Join LPRD Aquatics today for an exciting way to stay fit and have fun swimming year round! Member discounts are offered on daily admission and allow unlimited swimming at all LPRD swimming pools.

DAILY ADMISSION CHARGES

For current pricing, please visit our website at <http://www.lprd.org/aquatics/admission>.

ANNUAL AND MONTHLY PASSES

LPRD Aquatics has swimming passes designed to save you money! Check out what's available below and head over to our website, <http://lprd.org/aquatics/admission>, for more details and pricing.

ALL AGES ANNUAL PASS

Passes are valid for 365 days from the date of purchase at any LPRD Aquatic facility. This pass option offers the dedicated swimmer a discount. *May be purchased at the Indoor or Outdoor Aquatic Centers.*

For more information and pricing, please visit our website at <http://lprd.org/aquatics/admission>.

ALL AGES 30-DAY PASS

Passes are valid for 30 days from date of purchase at any LPRD Aquatic facility. This pass option offers the swimmer a discounted daily swim admission. *May be purchased at the Indoor or Outdoor Aquatic Centers.* For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.

DISCOUNT PUNCH CARDS

Each punch card contains 36 punches, discounting daily admission rates. Each punch is equivalent to \$1. *May be purchased at the Indoor or Outdoor Aquatic Centers or the Carl Knox Natatorium. Punch cards expire on Dec. 31 of the current calendar year. Punch cards cannot be combined with other forms of payment or used for special events or promotional swim days. Only valid toward full daily admission.* For more information and pricing, please visit our website at <http://lprd.org/aquatics/admission>.

EARLY BIRD SUMMER PASS

Available for purchase Monday, May 21-Friday, May 25 only in advance at the Indoor Aquatic Center. Avoid the crowds on Opening Day at the Outdoor Aquatic Center and save some cash when you purchase your summer pass in advance! Passes will be available for discounted prices when you purchase 101 days of summer fun on a new or existing monthly pass. For more information and pricing, please visit our website at <http://lprd.org/aquatics/admission>. This offer is good for one week only, so stop by the Indoor Aquatic Center during operating hours to take advantage of this amazing summer deal! Full price monthly passes will be available for purchase starting Saturday, May 26. Pass valid Saturday, May 26-Monday, Sept. 3 at any LPRD aquatic facility. Hours and dates of operation may vary at each location.

RENTALS & RESERVATIONS

The Lawrence Parks and Recreation Indoor Aquatic Center is a great destination for your next party, family reunion or meeting! The LPRD Aquatics staff is dedicated to assisting you in making everyday meetings into exceptional events! Private rooms for parties and exclusive full facility rentals are available. Meeting space with A/V equipment, tables and chairs is also available for businesses, organizations, schools, reunions and birthday parties. Rental rates and times are based on services requested. Please allow 2 weeks lead time before your event. *For information, contact the Aquatics Division at 832-SWIM.*

AFTER HOURS PARTIES

Looking for the perfect place for a party? How about a pool party? The Lawrence Indoor Aquatic Center is available for private group rentals outside of regular hours. Our professional lifeguard staff will be on duty to provide a safe environment. It's perfect for company retreats or family reunions. *Call the Aquatics Division at 832-SWIM for information on private rentals.*

BIRTHDAY PARTY PACKAGES

Dive in to the best party location in town! The Indoor Aquatic Center is great at creating a splash-tacular time! We have everything needed for a birthday party your child is sure to love. Check out all of our party options from do-it-yourself room rentals to worry-free packages based on your party size. With our "Have-it-all" packages, we take care of all the extras, such as pizza, ice cream and treat bags. Lawrence Indoor Aquatic Center's helpful and friendly staff will assist you in hosting a wet-and-wild event. Please allow at least two weeks lead time to plan your event. For more information, call the Aquatic Center at (785) 832-SWIM or go online to www.lawrenceks.org/lprd/aquatics.

SAFETY CONCERNS

Aquatic facilities follow strict guidelines involving lightning safety. Staff use lightning detection systems, visual identification and support from the National Weather Service in Topeka to maintain swimmer safety. When lightning is detected within 0-3 miles, ALL swimmers must exit the water and take shelter at all swim locations including the Indoor Aquatic Center and Carl Knox Natatorium. Safety prompts and instruction are given by the lifeguard staff.

SPECIAL INTEREST**WAVES OF FITNESS**

Looking for some extra incentive to assist you on the path toward an active, healthy lifestyle? Sign up for our self-guided fitness program to log your swim workouts and win prizes for achieving personal monthly goals. Whether you're a lap swimmer, water walker, or water fitness class participant, Waves of Fitness can give you the extra motivation you need to keep up the hard work. Simply sign up and track your workouts (miles, laps, hours, etc.) at the Indoor or Outdoor Aquatic Center front desks. For each month you meet your own personal exercise goal, you'll receive a great prize. The cost is free, but the benefits are endless!



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SPECIAL SAVINGS DAYS

SENIOR SWIM DAYS

Swimming is an ideal form of exercise for seniors due to its low impact on joints and bones. Enjoy the benefits weekly. Wednesdays are Senior Swim Days for people 60 years old and over. *Every Wednesday, all day long, seniors swim for FREE!*

BUCK NIGHT

One of our most popular events continues! The first Friday of each month, everyone swims for only \$1 after 5 p.m. at the Lawrence Aquatic Centers. *Fridays – May 4*, June 1***, July 6**, Aug. 3***, Sept. 7*, Oct. 5*, Nov. 2* and Dec. 7* (* Indoor Aquatic Center only, ** Outdoor Aquatic Center only, *** Indoor AND Outdoor Aquatic Centers).*

TWO DOLLAR TUESDAYS

This summer, everyone can cool off with this hot deal! Admission rates for all ages are only \$2 every Tuesday after 6 p.m., May 29-Aug. 28, at both aquatic centers.

MOTHER'S DAY SWIM

Treat Mom to a day of fun she deserves! On Mother's Day, all moms get in FREE to LIAC when accompanied by a child. *Sunday, May 13.*

MILITARY SWIM

The Lawrence Aquatic Centers would like to honor those who have served in our nation's military. On Armed Forces Day, Flag Day and Veteran's Day, patrons who present a valid US military ID will receive free admission to the pool(s) for the day. *May 19, June 14, Nov. 11.*

FATHER'S DAY SWIM

Looking for the perfect gift for Dad this Father's Day? Why not take him swimming? Dads swim for FREE all day long at both aquatic centers, so grab your deserving dad and join us for a dip. *Sunday, June 17.*

GRANDPARENT'S SWIM

Make swimming a full-family affair! Grandparents swim absolutely FREE at the Indoor Aquatic Center when accompanied by a grandchild. *Sunday, Sept. 9.*

MONTH OF GIVING

This promotion allows you discounted entry when you help those in need. To swim at the Indoor Aquatic Center, all you need is a non-perishable food item and \$2 for admission. Adults, teens, senior and kids – everyone can give. Donations will go to a local food pantry. *Thursday, Nov. 1-Friday, Nov. 30.*

AQUATIC FITNESS CLASSES

Are you ready to take the plunge? Ready for the soothing properties of the water? Aqua workouts are for every fitness level and are low to non-impact on joints and muscles. Water fitness has all the components of fitness: cardiovascular fitness, flexibility, muscular and endurance strength. Water has the ability to offer aerobic activity, resistance training and flexibility all at the same time. Working out in the water is perfect for those who find certain movements on land-running, striding, kicking, dancing-too jarring or painful. We have a wide variety of classes, including classes for expecting mothers, seniors, individuals with arthritis, or those recovering from an injury. **NO SWIMMING SKILLS ARE REQUIRED.** Whether you are new to water fitness or a water fitness enthusiast, we have the class for you. *Registration is required by the Wednesday before the class begins.*

AQUA BABY & ME

Ages: 6-18 months. Enrollment Min 8 / Max 15. This class gives you the opportunity to bond with your child while working out. This class is designed for all fitness levels and uses your baby's natural weight and growth to increase resistance during the workout. It is required that you have your child with you in the water during the class. Swim diapers are required, and we recommend parents wear shoes. **This is not a learn-to-swim class. No class 11/24. Instructor: Colleen Boley.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
312425	1A	AQUABABY	S	9:15-9:45AM	6/9-7/21	LOAC \$23
412425	1A	AQUABABY	S	9:15-9:45AM	9/15-10/20	LIAC \$20
412425	2A	AQUABABY	S	9:15-9:45AM	11/3-12/15	LIAC \$20

AQUAFIT

Ages: 16 and Up. Enrollment Min 15 / Max 20. AquaFit uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility, strength or balance, water exercise will help you regain your prior level of function. **No class 11/20, 11/22. Instructor: LMH Therapy Services.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
312434	1A	AQUAFIT	TR	9-9:45AM	6/5-7/19	LIAC \$49
312434	1B	AQUAFIT	TR	10-10:45AM	6/5-7/19	LIAC \$49
412434	1A	AQUAFIT	TR	9-9:45AM	9/11-10/18	LIAC \$42
412434	1B	AQUAFIT	TR	10-10:45AM	9/11-10/18	LIAC \$42
412434	2A	AQUAFIT	TR	9-9:45AM	10/30-12/13	LIAC \$42
412434	2B	AQUAFIT	TR	10-10:45AM	10/30-12/13	LIAC \$42

AQUA HIIT

Ages: 16 and Up. Enrollment Min 8 / Max 15. High Intensity Interval Training advanced class. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Tuesday & shallow water Thursday. Flotation belts required (supplied) in deep water; no swimming skills required. **No class 11/20, 11/22. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
312437	1A	AHIIT	TR	5:30-6:15PM	6/5-7/19	LIAC-S&DW \$46
412437	1A	AHIIT	TR	5:30-6:15PM	9/11-10/18	LIAC-S&DW \$39
412437	2A	AHIIT	TR	5:30-6:15PM	10/30-12/13	LIAC-S&DW \$39

AQUA STRETCH FUSION II

Ages: 16 and Up. Enrollment Min 8 / Max 15. Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patterns to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Various types of supplied equipment used at participant's choice. Class will be held in deep water on Wednesdays. **No class 11/20, 11/22. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
312412	1B	FUSION	TR	8:15-9:15AM	6/5-7/19	LIAC-CPSE \$46
412412	1B	FUSION	TR	8:15-9:15AM	9/11-10/18	LIAC-CPSE \$39
412412	2B	FUSION	TR	8:15-9:15AM	10/30-12/13	LIAC-CPSE \$39



AQUA TONE

Ages: 16 and Up. Enrollment Min 8 / Max 15. Aqua Tone is a shallow water class using the water for resistance to increase cardiovascular endurance, increase muscle tone and decrease impact on joints. This class incorporates the use of several pieces of aquatic exercise equipment including: hand buoys, gloves, noodles and kickboards. **Location of classes: LIAC – Competition Pool Shallow End. No class 7/4, 10/31, 11/19, 11/21. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312413	1A ATONE	MW	5:30-6:15PM	6/4-7/18	LIAC-CPSE	\$46
412413	1A ATONE	MW	5:30-6:15PM	9/10-10/17	LIAC-CPSE	\$39
412413	2A ATONE	MW	5:30-6:15PM	10/29-12/12	LIAC-CPSE	\$36

AQUA ZUMBA

Ages: 16 and Up. Enrollment Min 8 / Max 15. Aqua Zumba is an invigorating workout involving splashing, stretching, twisting, shouting, laughing, hooting and hollering integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. The Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and exhilarating beyond belief. **No class 7/4, 10/31, 11/19, 11/21.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312411	1A AQZUMBA	MW	6:30-7:15PM	6/4-7/18	LIAC-CP	\$46
412411	1A AQZUMBA	MW	6:30-7:15PM	9/10-10/17	LIAC-CP	\$39
412411	2A AQZUMBA	MW	6:30-7:15PM	10/29-12/12	LIAC-CP	\$36

DEEPLY FIT

Ages: 16 and Up. Enrollment Min 8 / Max 15. Take the plunge into deep water aquatic fitness. Challenge your body, core muscles, and have fun! **Flotation belt required (provided). No swimming skills necessary. No class 7/4, 11/19, 11/21, 11/23.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312438	1A DEEPLYFIT	MWF	8:15-9:15AM	6/4-7/20	LIAC	\$68
412438	1A DEEPLYFIT	MWF	8:15-9:15AM	9/10-10/19	LIAC	\$59
412438	2A DEEPLYFIT	MWF	8:15-9:15AM	10/29-12/14	LIAC	\$59

PRE-NATAL WATER FITNESS

Ages: 16 and Up. Enrollment Min 8 / Max 15. This fitness class is open to women in all stages of pregnancy. Water fitness has many benefits during pregnancy, including but not limited to decreased back pain, improved sleep patterns, increased energy levels and faster postnatal recovery. In this class, you will have the opportunity to work out in an environment safe for the rapid changes involved in pregnancy while gaining a support system of other pregnant women. Medical consent form is required prior to participation. **No class 11/24. Instructor: Colleen Boley.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312426	1A PRENATAL	S	10-10:45AM	6/9-7/21	LOAC	\$23
412426	1A PRENATAL	S	10-10:45AM	9/15-10/20	LIAC	\$20
412426	2A PRENATAL	S	10-10:45AM	11/3-12/15	LIAC	\$20

SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 8 / Max 20. Water provides support while offering constant resistance. This class is a total body workout using aerobic activities to improve cardiovascular conditioning and balance work to increase your muscle tone and overall fitness. Class begins with a water walking warm-up, and then moves into the cardiovascular conditioning and balance work, finishing with stretches.

No class 7/4, 11/19, 11/21, 11/23. Instructor: Colleen Boley.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312420	1A SHALLOW	MWF	7:30-8:30AM	6/4-7/20	LIAC	\$68
412420	1A SHALLOW	MWF	7:30-8:30AM	9/10-10/19	LIAC	\$59
412420	2A SHALLOW	MWF	7:30-8:30AM	10/29-12/14	LIAC	\$59

SLOW GLIDERS

Ages: 16 and Up. Enrollment Min 8 / Max 20. Water is a safe, ideal environment and allows you to exercise without putting excess strain on your joints and muscles. This class focuses on gentle movements designed to help decrease pain and stiffness, improve strength, flexibility, balance and coordination. It is a fun, refreshing way to stay fit and active.

No class 11/20, 11/22. Instructor: Colleen Boley.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312433	1A GLIDE	TR	8-8:45AM	6/5-7/19	LIAC	\$46
412433	1A GLIDE	TR	8-8:45AM	9/11-10/18	LIAC	\$39
412433	2A GLIDE	TR	8-8:45AM	10/30-12/13	LIAC	\$39

AQUATIC BODY CONDITIONING

Ages: 16 and Up. Enrollment Min 8 / Max 20. Can't decide which water fitness class to take? Try our Shallow Water/Deep Water Combo. This class allows the low-impact/no-impact option. This is a total body workout while increasing flexibility, strength and cardiovascular endurance. A flotation belt is required. **No class 11/20, 11/22. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412410	1F ABC	TR	6:30-7:30PM	9/11-10/18	CKN-S&DW	\$39
412410	2F ABC	TR	6:30-7:30PM	10/30-12/13	CKN-S&DW	\$39

JIVIN' JOINTS

Ages: 16 and Up. Enrollment Min 15 / Max 20. This is a group recreational water-based exercise program designed specifically for people with arthritis and related diseases. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce their pain and stiffness while supported by the water's buoyancy and resistance. Participants experience a reduced level of pain, an improved ability to function independently in day-to-day life, and a decrease in feelings of isolation and depression. Classes also provide a friendly, fun atmosphere in which participants can make new friends and try new activities. **No class 7/4, 11/19, 11/21, 11/23. Instructor: LMH**

Therapy Services.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312430	1A JIVNJNTS	MWF	8:45-9:30AM	6/4-7/20	LIAC	\$74
312430	1B JIVNJNTS	MWF	9:45-10:30AM	6/4-7/20	LIAC	\$74
412430	1A JIVNJNTS	MWF	8:45-9:30AM	9/10-10/19	LIAC	\$63
412430	1B JIVNJNTS	MWF	9:45-10:30AM	9/10-10/19	LIAC	\$63
412430	2A JIVNJNTS	MWF	8:45-9:30AM	10/29-12/14	LIAC	\$63
412430	2B JIVNJNTS	MWF	9:45-10:30AM	10/29-12/14	LIAC	\$63

STEP 'N' FLEX

Ages: 16 and Up. Enrollment Min 8 / Max 10. The best of both worlds! Twenty minutes of step aerobics that will provide both cardio and muscular endurance and 20 minutes of strength training using the Body Bar Flex. Body Bar Flex is ideal for balance, flexibility, traditional strength and resistance training. You will tone, strengthen and stretch all major muscle groups. Equipment provided. Suitable for all individuals. No prior exercise experience needed. **Not a water aerobics class. No class 7/4, 11/19, 11/21.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
311009	1A STEPINFLEX	MW	8:45-9:30AM	6/4-7/18	LIAC	\$46
411009	1A STEPINFLEX	MW	9:45-10:30AM	9/10-10/17	LIAC	\$39
411009	2A STEPINFLEX	MW	9:45-10:30AM	10/29-12/12	LIAC	\$39

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LEARN-TO-SWIM CLASSES

TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON

At the beginning of the season, we suggest that you repeat the last level that was completed the summer before. Most children remain in the same level for two or more sessions. It is also easier to move children up a level than to move them down a level. Swim lesson staff make the final decision in the placement of children into the most appropriate class level based on their skill. If you are in doubt as to which level to enroll your child in, you may call and set up a swim evaluation at our facilities at no cost to you.

NOTE TO PARENTS/GUARDIANS

LPRD wants your child to participate in its learn-to-swim program. We do ask for student cooperation and attention when attending class. It is our goal to provide each child with equal time and attention by staff. If a child doesn't want to enter the water or does not cooperate with staff, parents/guardians are asked to work with the supervisor in charge to seek resolution. We ask each participant to be on time and attend every lesson. Each lesson contains new material, which is vital to success in the class. *We also ask parents/guardians to have patience, be positive and give praise. It is important to give children additional time to practice outside of class. The more practice time children receive, the more successful they will be in swimming lessons.*

MAKE-UP LESSONS

Make-up swim lessons will be held only if the LPRD staff makes the cancellation. There are no make-up days for lessons missed for personal reasons.

WAITING LISTS

Waiting lists for each section will only be formed when programs are filled. Those on the waiting lists will be contacted in the order that they were placed on the list, if and when an opening becomes available.

SWIM LESSON DESCRIPTIONS

All of the levels contain age/level appropriate safety skills. To complete a level, the participant must be able to complete all skills and exit skills assessments.

The American Red Cross has updated their Learn to Swim curriculum, please read the course descriptions carefully when deciding which level best suits the participant's skill level.

Parent/Child (PNTCHILD) (6 months to 3 years old): The foundation of the American Red Cross Parent and Child class is a set of basic skills that prepares young children to be comfortable in the water. This class will not make your child an independent swimmer; instead, this class will prepare your child to enter the Learn-to-Swim Program. *Skills learned include getting adjusted to the water environment; showing comfort on both their front and back positions with assistance; submerging with assistance and changing body positions in the water. Each child MUST be accompanied by an adult in the water.*

Aqua Tots Swim (3 years old): This class bridges the Parent/Child class to the Learn-to-Swim program and is designed for preschool aged children who have never been in a swim class but are ready to hold on to the wall and be in the pool without a parent. This class focuses on the fundamentals of freestyle and floating. In order to move to the next class, students must be comfortable putting their face in the water for three or more seconds.

Preschool (PR SCHOOL) (4 years old): Preschool Aquatics teaches age-appropriate water and safety skills in a positive, logical progression beginning with fundamental water safety and aquatic skills. Skills learned in this level are the same fundamental skills that are taught in levels 1 and 2 of the Learn-to-Swim program. These skills include independent water entry, front and back glides, and combined arm and leg actions in the water. Children are required to stay in the Preschool program until they turn five years of age.

Level 1 (5-6 years old): Participants work on comfort in the water and entering and exiting the pool by themselves. *Skills learned include blowing bubbles and getting the head and face wet; floating on front and back with support and recovering to a standing position; alternating and simultaneous arm and leg motion on front and back.*

Level 2 (5-7 years old): *Skills learned include front and back floats unsupported for 15 seconds with recovery to a standing position; front and back glides for 2 body lengths; and combined arm and leg actions on front and back for 15 feet.*

Level 3: *Skills learned include survival and back floats and treading water for 1 minute; front and back glides with two different kicks; front crawl and elementary backstroke 15 yards, begin learning the diving progression.*

Level 4: Improve on skills and increase endurance on strokes learned in previous levels, including front and back crawl for 25 yards, elementary backstroke, breaststroke, sidestroke with scissor kick and butterfly for 15 yards. *Skills learned include open turns on front and back pushing off in streamlined position, surface dives and dives off the side of the pool and swim underwater for 3 body lengths, survival and back floats in deep water as well as tread water for 1 minute each. This level is taught in the competition pool (LIAC).*

Level 5: Increased endurance, coordination and refinement of strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns. *This level is taught in the competition pool (LIAC).*

Level 6: Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. *Skills learned include introduction to other aquatic activities, areas of focus include Personal Water Safety, Diving and Fitness Swimming. Each option focuses on preparing students to participate in other advanced aquatic courses. This level is taught in the competition pool (LIAC).*

Adult: This swim program has a little bit for everyone. Did you always wish you had learned to swim as a child? Well, it is never too late to get started. The purpose of this level is what YOU want to get out of it. For some that may mean personal safety; for others it may be learning to swim the basic strokes to be used for fitness swimming. Your needs will be discussed at the beginning of class, and the class will be geared toward meeting your personal goals. *This level is taught in the competition pool (LIAC).*

Adult 2: Do you already know how to swim but would like to swim with more efficiency and endurance? Adult 2 is targeted to those individuals who have basic swimming skills and want to swim for fitness or increase their endurance and stroke proficiency for triathlons. *This level is taught in the competition pool (LIAC).*

Junior Swim (JRSWIM): Are you between the ages of 9 and 16? Have you always wanted to learn to swim, but never have? If you feel too old to be in a traditional level one, two, or three class, this is the course for you. Junior swim is targeted towards those individuals between the ages of 9 and 16 that would like to overcome their fear of the water and learn the basic skills needed to be safe and enjoy the water. *This level is taught in the competition pool (LIAC).*



OUTDOOR AQUATIC CENTER

Saturdays, June 2-23

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312001 1A	LEVEL 1	S	10-10:25AM	6/2-6/23	LOAC	\$28
312002 1A	LEVEL 2	S	10-10:45AM	6/2-6/23	LOAC	\$28
312003 1A	LEVEL 3	S	10-10:45AM	6/2-6/23	LOAC	\$28
312004 1A	LEVEL 4	S	10-10:45AM	6/2-6/23	LOAC	\$28
312015 1A	AQUATOTS	S	10:30-10:55AM	6/2-6/23	LOAC	\$28
312000 1A	PNTCHILD	S	11-11:25AM	6/2-6/23	LOAC	\$28
312014 1A	PRESCHOL	S	11-11:25AM	6/2-6/23	LOAC	\$28
312002 1B	LEVEL 2	S	11-11:45AM	6/2-6/23	LOAC	\$28
312003 1B	LEVEL 3	S	11-11:45AM	6/2-6/23	LOAC	\$28
312000 1B	PNTCHILD	S	11:30-11:55AM	6/2-6/23	LOAC	\$28
312014 1B	PRESCHOL	S	11:30-11:55AM	6/2-6/23	LOAC	\$28

Saturdays, July 7-28

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312014 5A	PRESCHOL	S	9-9:25AM	7/7-7/28	LOAC	\$28
312002 5A	LEVEL 2	S	9-9:45AM	7/7-7/28	LOAC	\$28
312003 5A	LEVEL 3	S	9-9:45AM	7/7-7/28	LOAC	\$28
312009 5A	ADULT2	S	9-9:45AM	7/7-7/28	LOAC	\$28
312000 5A	PNTCHILD	S	9:30-9:55AM	7/7-7/28	LOAC	\$28
312015 5A	AQUATOTS	S	10-10:25AM	7/7-7/28	LOAC	\$28
312002 5B	LEVEL 2	S	10-10:45AM	7/7-7/28	LOAC	\$28
312005 5A	LEVEL 5	S	10-10:45AM	7/7-7/28	LOAC	\$28
312008 5A	ADULT	S	10-10:45AM	7/7-7/28	LOAC	\$28
312000 5B	PNTCHILD	S	10:30-10:55AM	7/7-7/28	LOAC	\$28
312001 5A	LEVEL 1	S	11-11:25AM	7/7-7/28	LOAC	\$28
312003 5B	LEVEL 3	S	11-11:45AM	7/7-7/28	LOAC	\$28
312004 5A	LEVEL 4	S	11-11:45AM	7/7-7/28	LOAC	\$28
312007 5A	JR. SWIM	S	11-11:45AM	7/7-7/28	LOAC	\$28
312014 5B	PRESCHOL	S	11:30-11:55AM	7/7-7/28	LOAC	\$28

Saturdays, Aug. 4-25

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312001 6A	LEVEL 1	S	9-9:25AM	8/4-8/25	LOAC	\$28
312001 6B	LEVEL 1	S	9:30-9:55AM	8/4-8/25	LOAC	\$28
312002 6A	LEVEL 2	S	9-9:45AM	8/4-8/25	LOAC	\$28
312003 6A	LEVEL 3	S	9-9:45AM	8/4-8/25	LOAC	\$28
312004 6A	LEVEL 4	S	9-9:45AM	8/4-8/25	LOAC	\$28
312000 6A	PNTCHILD	S	10-10:25AM	8/4-8/25	LOAC	\$28
312015 6A	AQUATOTS	S	10-10:25AM	8/4-8/25	LOAC	\$28
312014 6A	PRESCHOL	S	10:30-10:55AM	8/4-8/25	LOAC	\$28
312002 6B	LEVEL 2	S	10-10:45AM	8/4-8/25	LOAC	\$28
312003 6B	LEVEL 3	S	10-10:45AM	8/4-8/25	LOAC	\$28
312000 6B	PNTCHILD	S	10:30-10:55AM	8/4-8/25	LOAC	\$28
312015 6B	AQUATOTS	S	11-11:25AM	8/4-8/25	LOAC	\$28
312014 6B	PRESCHOL	S	11:30-11:55AM	8/4-8/25	LOAC	\$28

Weekly Swim Lessons, June 4-14

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312015 2A	AQUATOT	MTWR	9-9:25AM	6/4-6/14	LOAC	\$48
312002 2A	LEVEL 2	MTWR	9-9:45AM	6/4-6/14	LOAC	\$48
312003 2A	LEVEL 3	MTWR	9-9:45AM	6/4-6/14	LOAC	\$48
312004 2A	LEVEL 4	MTWR	9-9:45AM	6/4-6/14	LOAC	\$48
312005 2A	LEVEL 5	MTWR	9-9:45AM	6/4-6/14	LOAC	\$48
312006 2A	LVL6DIVE	MTWR	9-9:45AM	6/4-6/14	LOAC	\$48
312001 2A	LEVEL 1	MTWR	9:30-9:55AM	6/4-6/14	LOAC	\$48
312015 2B	AQUATOTS	MTWR	10-10:25AM	6/4-6/14	LOAC	\$48
312001 2B	LEVEL 1	MTWR	10-10:25AM	6/4-6/14	LOAC	\$48
312002 2B	LEVEL 2	MTWR	10-10:45AM	6/4-6/14	LOAC	\$48
312003 2B	LEVEL 3	MTWR	10-10:45AM	6/4-6/14	LOAC	\$48
312004 2B	LEVEL 4	MTWR	10-10:45AM	6/4-6/14	LOAC	\$48
312000 2A	PNTCHILD	MTWR	10:30-10:55AM	6/4-6/14	LOAC	\$48
312014 2A	PRESCHOL	MTWR	10:30-10:55AM	6/4-6/14	LOAC	\$48
312001 2C	LEVEL 1	MTWR	11-11:25AM	6/4-6/14	LOAC	\$48
312002 2C	LEVEL 2	MTWR	11-11:45AM	6/4-6/14	LOAC	\$48
312003 2C	LEVEL 3	MTWR	11-11:45AM	6/4-6/14	LOAC	\$48
312004 2C	LEVEL 4	MTWR	11-11:45AM	6/4-6/14	LOAC	\$48
312006 2B	LVL6FIT	MTWR	11-11:45AM	6/4-6/14	LOAC	\$48
312007 2A	JRSWIM	MTWR	11-11:45AM	6/4-6/14	LOAC	\$48
312014 2B	PRESCHOL	MTWR	11:30-11:55AM	6/4-6/14	LOAC	\$48
312002 2D	LEVEL 2	MTWR	12-12:45PM	6/4-6/14	LOAC	\$48
312003 2D	LEVEL 3	MTWR	12-12:45PM	6/4-6/14	LOAC	\$48
312004 2D	LEVEL 4	MTWR	12-12:45PM	6/4-6/14	LOAC	\$48
312005 2B	LEVEL 5	MTWR	12-12:45PM	6/4-6/14	LOAC	\$48
312008 2A	ADULT	MTWR	12-12:45PM	6/4-6/14	LOAC	\$48

Weekly Swim Lessons, June 18-28

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312015 3A	AQUATOT	MTWR	9-9:25AM	6/18-6/28	LOAC	\$48
312002 3A	LEVEL 2	MTWR	9-9:45AM	6/18-6/28	LOAC	\$48
312003 3A	LEVEL 3	MTWR	9-9:45AM	6/18-6/28	LOAC	\$48
312004 3A	LEVEL 4	MTWR	9-9:45AM	6/18-6/28	LOAC	\$48
312007 3A	JRSWIM	MTWR	9-9:45AM	6/18-6/28	LOAC	\$48
312008 3A	ADULT	MTWR	9-9:45AM	6/18-6/28	LOAC	\$48
312001 3A	LEVEL 1	MTWR	9:30-9:55AM	6/18-6/28	LOAC	\$48
312000 3A	PNTCHILD	MTWR	10-10:25AM	6/18-6/28	LOAC	\$48
312014 3A	PRESCHOL	MTWR	10-10:25AM	6/18-6/28	LOAC	\$48
312002 3B	LEVEL 2	MTWR	10-10:45AM	6/18-6/28	LOAC	\$48
312003 3B	LEVEL 3	MTWR	10-10:45AM	6/18-6/28	LOAC	\$48
312005 3A	LEVEL 5	MTWR	10-10:45AM	6/18-6/28	LOAC	\$48
312007 3B	JR. SWIM	MTWR	10-10:45AM	6/18-6/28	LOAC	\$48
312015 3B	AQUATOTS	MTWR	10:30-10:55AM	6/18-6/28	LOAC	\$48
312001 3B	LEVEL 1	MTWR	10:30-10:55AM	6/18-6/28	LOAC	\$48
312014 3B	PRESCHOL	MTWR	11-11:25AM	6/18-6/28	LOAC	\$48
312002 3C	LEVEL 2	MTWR	11-11:45AM	6/18-6/28	LOAC	\$48
312003 3C	LEVEL 3	MTWR	11-11:45AM	6/18-6/28	LOAC	\$48
312004 3B	LEVEL 4	MTWR	11-11:45AM	6/18-6/28	LOAC	\$48
312005 3B	LEVEL 5	MTWR	11-11:45AM	6/18-6/28	LOAC	\$48
312006 3A	LVL6SAFE	MTWR	11-11:45AM	6/18-6/28	LOAC	\$48
312000 3B	PNTCHILD	MTWR	11:30-11:55AM	6/18-6/28	LOAC	\$48
312001 3C	LEVEL 1	MTWR	12-12:25PM	6/18-6/28	LOAC	\$48
312002 3D	LEVEL 2	MTWR	12-12:45PM	6/18-6/28	LOAC	\$48
312003 3D	LEVEL 3	MTWR	12-12:45PM	6/18-6/28	LOAC	\$48
312004 3C	LEVEL 4	MTWR	12-12:45PM	6/18-6/28	LOAC	\$48
312005 3C	LEVEL 5	MTWR	12-12:45PM	6/18-6/28	LOAC	\$48
312009 3A	ADULT2	MTWR	12-12:45PM	6/18-6/28	LOAC	\$48



Weekly Swim Lessons, July 9-19

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE	
312115	4A	AQUATOT	MTWR	10-10:25AM	7/9-7/19	LIAC	\$48
312102	4A	LEVEL2	MTWR	10-10:45AM	7/9-7/19	LIAC	\$48
312103	4A	LEVEL3	MTWR	10-10:45AM	7/9-7/19	LIAC	\$48
312104	4A	LEVEL4	MTWR	10-10:45AM	7/9-7/19	LIAC	\$48
312106	4A	LEVEL6 FIT	MTWR	10-10:45AM	7/9-7/19	LIAC	\$48
312100	4A	PNTCHILD	MTWR	10:30-10:55AM	7/9-7/19	LIAC	\$48
312114	4A	PRESCHOL	MTWR	11-11:25AM	7/9-7/19	LIAC	\$48
312102	4B	LEVEL2	MTWR	11-11:45AM	7/9-7/19	LIAC	\$48
312103	4B	LEVEL3	MTWR	11-11:45AM	7/9-7/19	LIAC	\$48
312104	4B	LEVEL4	MTWR	11-11:45AM	7/9-7/19	LIAC	\$48
312107	4A	JR. SWIM	MTWR	11-11:45AM	7/9-7/19	LIAC	\$48
312101	4A	LEVEL1	MTWR	11:30-11:55AM	7/9-7/19	LIAC	\$48
312114	4B	PRESCHOL	MTWR	12-12:25PM	7/9-7/19	LIAC	\$48
312105	4A	LEVEL5	MTWR	12-12:45PM	7/9-7/19	LIAC	\$48
312106	4B	LVL6DIVE	MTWR	12-12:45PM	7/9-7/19	LIAC	\$48
312107	4B	JR SWIM	MTWR	12-12:45PM	7/9-7/19	LIAC	\$48
312108	4A	ADULT	MTWR	12-12:45PM	7/9-7/19	LIAC	\$48
312114	4C	PRESCHOL	MTWR	5-5:25PM	7/9-7/19	LIAC	\$48
312102	4C	LEVEL 2	MTWR	5-5:45PM	7/9-7/19	LIAC	\$48
312100	4B	PNTCHILD	MTWR	5:30-5:55PM	7/9-7/19	LIAC	\$48
312115	4B	AQUATOT	MTWR	5:30-5:55PM	7/9-7/19	LIAC	\$48
312101	4B	LEVEL 1	MTWR	6-6:25PM	7/9-7/19	LIAC	\$48
312103	4C	LEVEL 3	MTWR	6-6:45PM	7/9-7/19	LIAC	\$48
312105	4B	LEVEL 5	MTWR	6-6:45PM	7/9-7/19	LIAC	\$48
312114	4D	PRESCHOOL	MTWR	6:30-6:55PM	7/9-7/19	LIAC	\$48

Weekly Swim Lessons, Sept. 17-Oct. 10

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE	
412101	1A	LEVEL1	MW	5-5:25PM	9/17-10/10	LIAC	\$48
412102	1A	LEVEL2	MW	5-5:45PM	9/17-10/10	LIAC	\$48
412103	1D	LEVEL3	MW	5-5:45PM	9/17-10/10	LIAC	\$48
412100	1A	PNTCHILD	MW	5:30-5:55PM	9/17-10/10	LIAC	\$48
412107	1A	JRSWIM	MW	6-6:45PM	9/17-10/10	LIAC	\$48
412102	1B	LEVEL2	MW	6-6:45PM	9/17-10/10	LIAC	\$48
412103	1E	LEVEL3	MW	6-6:45PM	9/17-10/10	LIAC	\$48
412108	1A	ADULT	MW	7-7:45PM	9/17-10/10	LIAC	\$48
412104	1B	LEVEL4	MW	7-7:45PM	9/17-10/10	LIAC	\$48

Weekly Swim Lessons, Oct. 23-Nov. 15

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE	
412102	3B	LEVEL2	TR	5-5:45PM	10/23-11/15	LIAC	\$48
412103	3D	LEVEL3	TR	5-5:45PM	10/23-11/15	LIAC	\$48
412104	3C	LEVEL4	TR	5-5:45PM	10/23-11/15	LIAC	\$48
412115	3A	AQUATOTS	TR	6-6:25PM	10/23-11/15	LIAC	\$48
412102	3D	LEVEL2	TR	6-6:45PM	10/23-11/15	LIAC	\$48
412103	3F	LEVEL3	TR	6-6:45PM	10/23-11/15	LIAC	\$48
412100	3B	PNTCHILD	TR	6:30-6:55PM	10/23-11/15	LIAC	\$48
412106	3A	LVL6DIVE	TR	7-7:45PM	10/23-11/15	LIAC	\$48
412108	3B	ADULT	TR	7-7:45PM	10/23-11/15	LIAC	\$48

PRIVATE SWIMMING LESSONS

Is there an instructor your child would like to spend a little more time with in one-on-one instruction? Whether your child needs to improve a stroke or skill, or you would just like the individual attention of one instructor, we have a program for you. Many of our certified instructors are available to teach private lessons at our facilities. They are available on a weekly basis during times that public swimming lessons are NOT being held. The cost is \$25 per 30 minute session. We offer only American Red Cross certified Water Safety Instructors for all of our classes. However, the American Red Cross does not sanction these

classes or curriculum for private lessons. **Registration for private lessons is only available at the LIAC. Please call (785) 832-SWIM for more information.**

AQUATIC TRAINING CLASSES

CALLING ALL LIFEGUARDS!

Lawrence Parks & Recreation Department Aquatics Division wants YOU to work as a certified lifeguard during our year-round swimming season. We're excited about building a great team of professional lifeguards and therefore reserve the right to hire only the most qualified applicants for all positions and do not guarantee employment based on training completion. All lifeguard candidates must be at least 16 years of age in order to qualify for employment with LPRD Aquatics. **For more information on this program, contact the Aquatic Division at (785) 832-SWIM.**

WATER SAFETY INSTRUCTOR COURSE

This dynamic American Red Cross course teaches the dedicated individual how to instruct infants, children and adults in water safety and swimming lessons. Participants must be at least 16 years of age upon completion of the course requirements in order to receive certification. Prerequisite skills include knowledge of all swimming strokes and ability to demonstrate on the first day of class. Ask about employment incentives with LPRD Aquatics. *LPRD Aquatics staff reserves the right to hire only the most qualified and dynamic applicants for all positions and does not guarantee employment based on training completion. Fees for the class include all materials, including books and certification cards upon successful completion of course requirements. Because the course content is fast-paced and power-packed with information, all course times and dates must be attended. For more information on this program, contact the Aquatic Division at 832-SWIM. Must attend all sessions of the class.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE	
312110	A	WSI	TWRF	8:30AM-12:30PM	5/29-6/8	LIAC	\$225

LIFEGUARD TRAINING

The American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illness until emergency medical services (EMS) personnel take over. This course includes certifications in Lifeguarding, First Aid, AED and Waterpark Lifeguarding. This is a blended learning program so participants must have access to a computer and printer to complete the online portion of the course. Prerequisites: Minimum age is 15 by the last day of the course; successfully pass the following swimming skills: Continuously swim 300 yards using the front crawl, breaststroke or a combination of both; tread water for 2 minutes using legs only; swim 20 yards, retrieve a 10 pound brick, surface and swim to starting point with the brick in 1 minute 40 seconds or less. Cannot use goggles. *You must attend all days and times scheduled for the course.* For more information, contact the Aquatic Division at (785) 832-SWIM.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE	
412120	A	LGT	F	4-8PM	9/14&9/21	LIAC	\$225
			SA	8AM-5PM	9/15&9/22		
			SU	12-6PM	9/16&9/23		
412120	B	LGT	RFSS	8:30AM-4:30PM	12/27-12/30	LIAC	\$225

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SUMMER CAMPS

AQUATICS

WET 'N' WILD AQUATIC CAMP

Ages: 5-12. Enrollment Min 10 / Max 60. End the summer with a splash! Kids will have a blast during this week full of poolside adventure. This year's theme is "Dive Into the Elements!" Each day will feature swimming lessons, water safety instruction, free swim, snacks, and activities revolving around three of the four elements: Earth, Air and Water. At the end of every week, parents are invited to join in on the fun with a pizza party. Pre-registration is required for our camps and they fill quickly, so sign up today. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
311140 A	EARTH	MTWRF	8AM-12PM	7/23-7/27	LOAC	\$70
311140 B	AIR	MTWRF	8AM-12PM	7/30-8/3	LOAC	\$70
311140 C	WATER	MTWRF	8AM-12PM	8/6-8/10	LOAC	\$70

COMPUTER ANIMATION | VIDEO AND TECHNOLOGY

Youth Tech Inc. is an interactive computer camp that focuses on providing enrichment opportunities to students in the world of computers. With a caring environment at the core of camp values, Youth Tech strives to create a positive learning community that encourages creativity, fun and academic excellence. For more information about Youth Tech Inc. please visit www.youthtechinc.com. **No refunds after the first day of camp.**

ANIMATION

■ Ages: 10-17. Enrollment Min 4 / Max 12. In this class students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. This class will utilize Adobe's award winning animation software in Adobe Flash. Students will create fun interactive animations that they can share with the world. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321153 A	ANIMAT	MTWR	9AM-12PM	6/11-6/14	SPL-VR	\$155

APPLICATION DESIGN

■ Ages: 10-17. Enrollment Min 4 / Max 12. This camp offers students a hands-on look at the world of application design and development. This interactive course will instruct students about the design and development of applications. Students will design their own app, which can be shared with friends and family members with an Apple or Android device. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321142 A	APPLDES	MTWR	1-4PM	7/23-7/26	SPL-VR	\$155

iCODE

■ Ages: 6-10. Enrollment Min 4 / Max 12. This course offers younger students a fun, interactive look at coding. Students will create virtual apps and write their own programs that they can share with friends and family. This course makes learning to code fun and explores problem solving and programming logic. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321152 A	ICODE	MTWR	9:30AM-12PM	7/23-7/26	SPL-VR	\$122



iGAME CREATORS

■ Ages: 6-10. Enrollment Min 4 / Max 12. Want to create video games? This is an introductory course for younger students who want learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun interactive games. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321158 A	IGAME	MTWR	9:30AM-12PM	6/18-6/21	SPL-VR	\$127
321158 B	IGAME	MTWR	9:30AM-12PM	7/30-8/2	SPL-VR	\$127

iWEB

■ Ages: 6-10. Enrollment Min 4 / Max 12. This class offers younger students a look at web design. Students enrolled in this course will create a website about their favorite things. This course will also teach students about internet safety as well as skills needed in the 21st century. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321159 A	IWEB	MTWR	9:30AM-12PM	7/9-7/12	SPL-VR	\$102

MOVIE MAKERS

■ Ages: 10-17. Enrollment Min 4 / Max 12. This hands-on, interactive course will instruct students on the world of digital video design and production. Students will learn concepts that will help them become an effective director of digital video projects. Students enrolled in this course will learn how to create a wide range of movie productions even producing their very own 3D video that they can share with friends and family. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321140 A	MOVIEMA	MTWR	1-4PM	7/9-7/12	SPL-VR	\$152

THE GAMING ACADEMY

■ Ages: 10-17. Enrollment Min 4 / Max 12. The gaming academy is an all-day course for students who love games. During this course students will be immersed into the world of 2D and 3D game design. The gaming academy is a combination of our Video Game Design, Advanced Game Design and 3D Game Design courses. The course offers students a variety of hands on experience designing and building their very own games. Students need to bring a sack lunch. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321150 A	GAMING	MTWR	9AM-4PM	6/25-6/28	SPL-VR	\$297

VIDEO GAME DESIGN

■ Ages: 10-17. Enrollment Min 4 / Max 12. This course provides students with a fun interactive look at the world of mobile video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321141 A	VIDEGAM	MTWR	1-4PM	6/11-6/14	SPL-VR	\$177
321141 B	VIDEGAM	MT	9AM-4PM	6/25-6/26	SPL-VR	\$177
321141 C	VIDEGAM	MTWR	9AM-12PM	7/16-7/19	SPL-VR	\$177





WEB DESIGN & DEVELOPMENT

■ *Ages: 10-17. Enrollment Min 4 / Max 12.* This course is an in-depth look at the world of web design and development. Students enrolled in this session will learn how to build their own web site from start to finish using award winning suite of products. The learning for this camp does not end at the door students will have access to their web site with free hosting for one year. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321155 A	WEBDES	MTWR	1-4PM	6/18-6/21	SPL-VR	\$155

YOUNG ENGINEERS

■ *Ages: 6-10. Enrollment Min 4 / Max 12.* Technology and innovation collide to create this course. This interactive class looks to unlock the imagination of young engineers. Ever thought of creating piano out of bananas or a video game controller out of a piece of paper? Why not? This course will utilize an invention kit for the 21st century and guide students through the process of building several fun, interactive creations. **Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321156 A	YOUENG	MTWR	1-3:30PM	7/16-7/19	SPL-VR	\$112

3D GAME DESIGN

■ *Ages: 10-17. Enrollment Min 4 / Max 12.* This class offers an interactive look at the world of 3D Game Design. This awesome 3D video game design course offers the chance for students to create and immerse themselves in a 3D world. If you are looking to design professional 3D games that both look and feel just like the ones you play at home, then you don't want to miss this course. **Video Game Design is suggested prior to this course. Instructor: Youth Tech Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321154 A	3DGAME	WR	9AM-4PM	6/27-6/28	SPL-VR	\$155
321154 B	3DGAME	MTWR	1-4PM	7/30-8/2	SPL-VR	\$155

CYCLING

CONFIDENT, CAPABLE COMMUTERS

Ages: 16 and Up. Enrollment Min 3 / Max 16. Do you want to take advantage of all the benefits of commuting by bicycle but aren't sure how to get started? Have you been riding for years but never received any instruction on the rules of the road? This class, taught by instructors certified by the League of American Bicyclists, is designed to be beneficial to all levels of riders. Participants will learn how to ride safely in traffic and on multi-use trails, basic bike maintenance and group riding skills. **Participants must provide their own bicycle and helmet. For more information, please contact (785) 832-7950.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
325600 A	CCC	MW	6:30-9:30PM	6/18-6/23	ELRC-MR	\$20
		S	9AM-1PM			
325600 B	CCC	TR	6:30-9:30PM	7/17-7/21	HPRC-BR	\$20
		S	9AM-1PM			
325600 C	CCC	MW	6:30-9:30PM	8/20-8/25	ELRC-MR	\$20
		S	9AM-1PM			

PRE-DRIVER'S ED

Ages: 12-16. Enrollment Min 5 / Max 10. Is your teen itching to get out of the house? Eagerly anticipating the freedom of a driver's license? Show them the opportunities traveling by bicycle can offer! Pre-driver's Ed will introduce the rules of the road and teach participants the skills needed to safely and effectively use their bike as a form of transportation. Each day kids will learn and practice new skills before going on a group ride. On the final day all the participants will enjoy a movie at Southwind Theaters! Participants will ride on sidewalks as well as roads and must provide their own bike and helmet. Participants are also encouraged to bring spending money for snacks at various destinations. **For more information, please contact (785) 832-7950.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
325750 A	PREED	MTWRF	1-5PM	6/11-6/15	HOBPK	\$100
325750 B	PREED	MTWRF	1-5PM	6/25-6/29	HOBPK	\$100

YOUTH CYCLING CAMP

Ages: 8-12. Enrollment Min 5 / Max 10. Does your little one love riding their bike and never seem to burn up enough energy? Youth Cycling Camp is a weeklong camp where participants will travel from Hobbs Park to various parks in Lawrence by bike for crafts and games. Travel will be done on sidewalks and there will be a focus on safe riding and street crossing. All participants must provide their own bike and helmet. In case of inclement weather, the camp will move to the East Lawrence Recreation Center. **For more information, please contact (785) 832-7950.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
325700 A	YCYCLE	MTWRF	1-5PM	6/4-6/8	HOBPK	\$100
325700 B	YCYCLE	MTWRF	1-5PM	6/18-6/22	HOBPK	\$100

DANCE

DANCE PARTY CAMP

Ages: 7-10. Enrollment Min 6 / Max 12. We know you can dance. Come enjoy a week filled with friends, laughter and oh yeah, dancing. Dancers will learn Jazz, contemporary and Hip Hop. Dancers will put on a little show for their parents at the end of the week. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314002 A	DPC	MTWRF	1-4PM	7/9-7/13	CB-DS	\$95

LITTLE ROCK STARS DANCE CAMP

Ages: 6-8. Enrollment Min 6 / Max 12. Do you have a "little rock star" at home? Is dancing, singing, movin' and groovin' a part of your child's daily routine? Little Rock Stars Summer Dance Camp is designed for the aspiring young performer in your house. Daily activities include lessons in Hip Hop, musical theatre dance, and much more. There will also be arts & crafts and games. The talented team at LPRD will rock our way through this exciting five-day camp. The camp Grammy Awards will be held at the end of the week for parents to come watch. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314007 A	ROCKSTA	MTWRF	1-4PM	7/30-8/3	CB-DS	\$95

MOANA DANCE CAMP NEW

Ages: 4-5 / 6-8. Enrollment Min 6 / Max 12. Come be party of our Ohana (dance family)! Be courageous like Moana and explore new territories using your imagination. Explore movement and basics of dance to the music from the movie while improving balance and gross motor skills. Create crafts commemorating her adventures and with working on our very own show for our parents at the end of the week! **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314003 A	MOANA4-5	MTWRF	1-2:30PM	6/25-6/29	CB-DS	\$55
314003 B	MOANA6-8	MTWRF	1-4PM	6/11-6/15	CB-DS	\$95

TROLLS DANCE CAMP NEW

Ages: 4-5 / 6-8. Enrollment Min 6 / Max 12. Students will learn basic dance movements, play movement games and work on eye-hand coordination and agility skills; dance to music from the movie; and create story-related arts and crafts! **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314004 A	TROLLS(4-5)	MTWRF	1-2:30PM	7/16-7/20	CB-DS	\$55
314004 B	TROLLS(6-8)	MTWRF	1-4PM	7/23-7/27	CB-DS	\$95

ENRICHMENT CAMPS

BRIXOLOGY

■ *Ages: 7-12. Enrollment Min 10 / Max 20.* Sets the foundation for our next generation of makers! Learn about the exciting field of engineering as a Mad Scientist guides you and your team to accomplish engineering-themed projects using LEGO® bricks. Step in the shoes of an aerospace engineer while assembling a space station and delve into the physics of carnival rides, structural basics of bridges and nature's very own engineering marvels. Tinker with LEGO® bricks during camp and build your own models to test and rebuild at home! Get into engineering the Mad Science way! **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321164	A	BRIXO	MTWF	1:30-4:30PM	6/11-6/14	CB-AR \$130

CLAWS, CODES AND COSMOS ^{NEW}

■ *Ages: 7-12. Enrollment Min 10 / Max 20.* Claws, Codes and Cosmos will spend four days with Mad Science exploring the "awesomeness" that is science! Discover how to send secret message to your friends using special codes. Learn about your surrounding environment and how science will help us protect our planet. Explore how Newton's laws are at work in your favorite sport. Become a young astronaut for a day while exploring the mysteries of the solar system. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321167	A	CCC	MTWR	9AM-4PM	7/23-7/26	CB-AR \$230

CLUES, CRIMES AND CULPRITS

■ *Ages: 5-7. Enrollment Min 10 / Max 20.* Oh no! The Mad Science monkey is missing! Will you help us figure out where the monkey is? How he got out? And, what he is up to? Join the Mad Science crew as we gather the evidence from the crime scene, and take it back to the lab to analyze it. As the week goes on we will use chemistry, forensics science, physics, and biology to solve the crime. Blood typing, DNA examination, and pH testing are only a few of the scientific tests our young sleuths will get to participate in. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314008	A	CCC	MTWR	1:30-4:30PM	7/9-7/12	CB-AR \$145
314008	B	CCC	MTWR	9AM-12PM	7/16-7/19	SPL-CR \$145

EUREKA! – THE INVENTORS CAMP

■ *Ages: 7-12. Enrollment Min 10 / Max 20.* Creative Contraption Warning! This is a camp designed by you-the Inventor! Each day you'll be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all – your mind. With a little bit of ingenuity, you'll construct catapults and forts and then lay siege, fabricate a winning Egg Drop design, construct a dancing robot and assemble a working light saber to take home. While Thomas Edison said invention is 10 percent inspiration and 90 percent perspiration, this camp is 100 percent fun! **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321162	A	EUREKA	MTWR	9AM-4PM	6/4-6/7	CB-AR \$230
321162	B	EUREKA	MTWR	9AM-4PM	7/9-7/12	SPL-CR \$230



GROSSOLOGY ^{NEW}

■ *Ages: 7-12. Enrollment Min 10 / Max 20.* Life is full of slippery, slimy, gooey and gassy stuff! Campers will get into up to their elbows as we investigate DNA, digestion, chemical reactions, electrochemical reaction, mucus that are all part of what makes life possible. Some frenetic fireworks. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321166	A	GROSSO	MTWR	9AM-4PM	7/23-7/26	SPL-CR \$230

LEGO NINJANEERING

■ *Ages: 5-7. Enrollment Min 10 / Max 12.* Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of an experience Play-Well instructor while exploring the fantasy world of Ninjago. This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering Masters with LEGO camp. **Instructor: Play-Well TEKologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321172	A	NINJAN	MTWR	9AM-12PM	6/11-6/14	CARN-HR \$160
321172	B	NINJAN	F	9AM-12PM	6/15	SPL-LR \$40

LEGO NINJANEERING MASTERS

■ *Ages: 8-12. Enrollment Min 10 / Max 12.* Master the world Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced LEGO camp, Ninjaneering masters will learn real world concepts in physics, engineering and architecture while exploring the fantasy world of Ninjago. **Instructor: Play-Well TEKologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321173	A	NINJAN	MTWR	1-4PM	6/11-6/14	CARN-HR \$160
321173	B	NINJAN	F	1-4PM	6/15	SPL-LR \$40

LEGO ROBOTICS WE DO

■ *Ages: 5-7. Enrollment Min 10 / Max 12.* Build and program robots in this introductory Robotics class using the LEGO WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs. **Instructor: Play-Well TEKologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321174	A	ROBOTICS	MTWR	9AM-12PM	7/16-7/19	CARN-HR \$180
321174	B	ROBOTICS	F	9AM-12PM	7/20	SPL-LR \$45



LEGO ROBOTICS EV3

■ **Ages: 8-12. Enrollment Min 10 / Max 12.** Build and program robots using the new LEGO Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pickup and carry objects and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun. **Instructor: Play-Well TEKologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321175 A	ROBOTICS	MTWR	1-4PM	7/16-7/19	CARN-HR	\$180
321175 B	ROBOTICS	F	1-4PM	7/20	SPL-LR	\$45

LEGO STEM, INTRODUCTION TO

■ **Ages: 5-7. Enrollment Min 10 / Max 12.** Give your imagination a boost with tens of thousands of LEGO parts! Build engineer-designed projects such as: Cities, Garbage Trucks, Catamarans, and Dinosaurs. Design, build and explore your craziest ideas in a supportive environment. **Instructor: Play-Well TEKologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321170 A	STEM	MTWR	9AM-12PM	7/30-8/2	CARN-HR	\$160
321170 B	STEM	F	9AM-12PM	8/3	SPL-LR	\$40

LEGO STEM CHALLENGE

■ **Ages: 8-12. Enrollment Min 10 / Max 12.** Gear up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Forklifts, Houseboats, Mini Golf Courses, and the London Tower Bridge Design, build and explore your craziest ideas in a supportive environment. **There are no prerequisites for this course.** **Instructor: Play-Well TEKologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321171 A	STEM	MTWR	1-4PM	7/30-8/2	CARN-HR	\$160
321171 B	STEM	F	1-4PM	8/3	SPL-LR	\$40

ROCKIN' ROBOTS

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** Learn about the history of robot design, how robots sense, decide and carry out tasks, program a robot to do a series of maneuvers and participate in robot relays. Build a working robot to take home. **All supplies included.** **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321151 A	ROCKROB	MTWR	1:30-4:30PM	6/18-6/21	CB-AR	\$155

SCIENCE LAB, MY FIRST

■ **Ages: 4-6. Enrollment Min 10 / Max 20.** This camp offers young children ages 4-6 an exciting introduction to basic environmental science. Each session is devoted to different aspects of the Outdoors, allowing children to progressively enrich their understanding of how living things grow and how they interact with the environment around them. During the course of each session, children will perform hands-on experiments, play themed games, and enjoy a snack and story related to the theme for that day. A mural will grow through the course of the program as children illustrate their latest discoveries at the close of each session. Each child will receive their own lab coat and goggles. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321146 A	FIRSTSCI	MTWR	9AM-12PM	6/18-6/21	SPL-CR	\$145

SCIENCE LAB, SUPER SUMMER

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** Let Mad Science get you moving with this great 4-day camp. Do you love to build, design and fix things? Put on your engineer's hat to see how science is used to build skyscrapers, bridges, and tunnels. Use simple machines to help lift weights. Spend a day being a true Mad Scientist as you learn about chemical reactions that you might encounter in your daily life. Every wonder how a camera works? See how cameras capture light to store images and how move makers make images move and create 3-D effects during "Shutterbugs" day. Finally, take a walk on the wild side as you explore the nature of birds, beasts, and bugs. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314009 A	SSSL	MTWR	9AM-4PM	6/25-6/28	SPL-CR	\$230
314009 B	SSSL	MTWR	9AM-4PM	7/16-7/19	CB-AR	\$230

SECRET AGENT LAB

■ **Ages: 6-12. Enrollment Min 10 / Max 20.** Step into the shoes of a detective – uncover the science involved in evidence gathering and analysis. Become a super sleuth and learn clever ways of performing tasks in this hands-on view of the science that spies use. From decoding messages to metal detectors and night vision, campers will have the opportunity to check out spy equipment and discover the technological tools of detection! **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321148 A	SECAGENT	MTWR	9AM-12PM	6/4-6/7	SPL-CR	\$130
321148 B	SECAGENT	MTWR	1:30-4:30PM	6/25-6/28	CB-AR	\$130

3,2,1 BLAST OFF

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** This action-packed week will focus on rockets and the physics of rocket flight. After learning the model rocket safety code, campers will build several different types of rockets and participate in the launching of multiple different rockets during the 4-day camp. Children will be divided into three groups – altitude trackers, launch preparation and launchers – for all rocket launches and will get the opportunity to try all three roles. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321160 A	3,2,1	MTWR	9AM-4PM	6/11-6/14	SPL-CR	\$230





SPORTS

ALL-SPORTS CAMPS

Ages: 6-12. Enrollment Min 15 / Max 40. The objective of this camp is to provide an opportunity for children to learn fundamentals and skills of various sports along with playing other popular games. We will have specialized instruction for baseball, basketball, soccer and tennis from former athletes at the college level or coaches with years of experience. We will also play other popular games such as kickball, dodgeball and flag football along with others. Registration deadline is one week prior to the start of each session. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326250 A	CAMP	MTWRF	8-11:30AM	6/4-6/8	SPL	\$90
326250 B	CAMP	MTWRF	8-11:30AM	6/11-6/15	SPL	\$90
326250 C	CAMP	MTWRF	8-11:30AM	6/18-6/22	SPL	\$90
326250 D	CAMP	MTWRF	8-11:30AM	6/25-6/29	SPL	\$90
326250 E	CAMP	MTWRF	8-11:30AM	7/9-7/13	SPL	\$90
326250 F	CAMP	MTWRF	8-11:30AM	7/16-7/20	SPL	\$90
326250 G	CAMP	MTWRF	8-11:30AM	7/23-7/27	SPL	\$90
326250 H	CAMP	MTWRF	8-11:30AM	7/30-8/3	SPL	\$90
326250 I	CAMP	MTWRF	8-11:30AM	8/6-8/10	SPL	\$90

CHEER AND SPIRIT CAMP

Ages: 6-12. Enrollment Min 10 / Max 25. Teamwork is always a key ingredient in our cheerleading camp. Participants are encouraged to learn the basics of cheerleading while working as a team. Campers will be exposed to dance, cheers, chants, motion drills, jumps and basic stunts addition to learning techniques of cheerleading. Students will follow a progressive format and learn correct body mechanics while learning these skills. **Instructor: G-Force Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316450 A	CHERCAMP	MTWRF	9-11AM	6/11-6/15	GFORCE	\$115

GYMNASTICS CAMP

Ages: 5-12. Enrollment Min 7 / Max 28. Experience the thrill of gymnastics – bounce on the trampoline, roll over the bars and hang by the rings. Camp is designed for participants to improve and learn new skills, increase physical fitness and build a positive self-image. If you child loves to jump, flip and defy gravity, this is the camp for them. **No class 7/4. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316014 A	GYMCAP	MTWRF	12:30-3:30PM	6/4-6/8	SPL-GR	\$95
316014 B	GYMCAP	MTWRF	12:30-3:30PM	6/11-6/15	SPL-GR	\$95
316014 C	GYMCAP	MTWRF	12:30-3:30PM	6/18-6/22	SPL-GR	\$95
316014 D	GYMCAP	MTWRF	12:30-3:30PM	6/25-6/29	SPL-GR	\$95
316014 E	GYMCAP	MTRF	12:30-3:30PM	7/2-7/6	SPL-GR	\$76
316014 F	GYMCAP	MTWRF	12:30-3:30PM	7/9-7/13	SPL-GR	\$95
316014 G	GYMCAP	MTWRF	12:30-3:30PM	7/16-7/20	SPL-GR	\$95
316014 H	GYMCAP	MTWRF	12:30-3:30PM	7/23-7/27	SPL-GR	\$95
316014 I	GYMCAP	MTWRF	12:30-3:30PM	7/30-8/3	SPL-GR	\$95
316014 J	GYMCAP	MTWRF	12:30-3:30PM	8/6-8/10	SPL-GR	\$95

START SWINGING SUMMER GOLF CAMP

Ages: 6-10 / 11-14. Enrollment Min 3 / Max 20. Start Swinging class will focus on terminology and concepts in golf. It will introduce the junior to traditional fundamentals covering putting, chipping, pitching and full swing techniques. Juniors will receive instruction in a group setting and the one on one attention based on advancement on learning of skills.

Beginning and advanced juniors may enroll in this class. Juniors may sign up for consecutive camps.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
360100 A	SSWG6-10	TWR	10-10:45AM	6/5-6/7	EBGC	\$50
360100 B	SSWG6-10	TWR	10-10:45AM	6/12-6/14	EBGC	\$50
360100 C	SSWG6-10	TWR	10-10:45AM	6/19-6/21	EBGC	\$50
360100 D	SSWG6-10	TWR	10-10:45AM	6/26-6/28	EBGC	\$50
360100 E	SSWG6-10	TWR	10-10:45AM	7/10-7/12	EBGC	\$50
360100 F	SSWG6-10	TWR	10-10:45AM	7/17-7/19	EBGC	\$50
360100 G	SSWG6-10	TWR	10-10:45AM	7/24-7/26	EBGC	\$50
360101 A	SSWG11-14	TWR	11:15AM-12PM	6/5-6/7	EBGC	\$50
360101 B	SSWG11-14	TWR	11:15AM-12PM	6/12-6/14	EBGC	\$50
360101 C	SSWG11-14	TWR	11:15AM-12PM	6/19-6/21	EBGC	\$50
360101 D	SSWG11-14	TWR	11:15AM-12PM	6/26-6/28	EBGC	\$50
360101 E	SSWG11-14	TWR	11:15AM-12PM	7/10-7/12	EBGC	\$50
360101 F	SSWG11-14	TWR	11:15AM-12PM	7/17-7/19	EBGC	\$50
360101 G	SSWG11-14	TWR	11:15AM-12PM	7/24-7/26	EBGC	\$50

START SWINGING AFTER SCHOOL FALL GOLF CAMP

Ages: 6-10 / 11-14. Enrollment Min 3 / Max 20. Start Swinging class will focus on terminology and concepts in golf. It will introduce the junior to traditional fundamentals covering putting, chipping, pitching and full swing techniques. Juniors will receive instruction in a group setting and the one on one attention based on advancement on learning of skills.

Beginning and advanced juniors may enroll in this class. Juniors may sign up for consecutive camps.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
460100 A	SSWG6-10	WR	4:30-5:15PM	8/29-8/30	EBGC	\$35
460100 B	SSWG6-10	WR	4:30-5:15PM	9/5-9/6	EBGC	\$35
460100 C	SSWG6-10	WR	4:30-5:15PM	9/12-9/13	EBGC	\$35
460101 A	SSWG11-14	WR	5:30-6:15PM	8/29-8/30	EBGC	\$35
460101 B	SSWG11-14	WR	5:30-6:15PM	9/5-9/6	EBGC	\$35
460101 C	SSWG11-14	WR	5:30-6:15PM	9/12-9/13	EBGC	\$35

ROCK CHALK TENNIS CAMP

Ages: 6-18. Enrollment Min 6 / Max 18. For beginner-intermediate tennis players interested in learning/improving skills and having a lot of fun! This camp will be a combination of drills focusing on technique, and team events where kids will learn about sportsmanship while competing in fun games. **All campers will receive a camp t-shirt. Snack will also be provided. All campers need to bring: racket, water jug, and tennis shoes. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316452 A	TENCAM	TWRF	8AM-12PM	5/29-6/1	JTC	\$125
316452 B	TENCAM	MTWR	8AM-12PM	8/6-8/9	JTC	\$125

UNIVERSITY OF KANSAS TENNIS CAMP

Directed by Head Coach Todd Chapman.

Camp 1: 6/24-6/27

Camp 2: 7/8-7/11

Please go to www.kutenniscamp.com for more information and to register.

TUMBLING AND TRAMPOLINE CAMP

Ages: 6-12. Enrollment Min 10 / Max 25. This camp is designed for beginning and intermediate tumblers. Learn all the fundamental skills for both trampoline and tumbling, from basic skills to flipping and twisting. Campers will learn combination bounces, linking skills together in routines as well as individual skill practice. Participants learn body control, aerial awareness, safety and of course FUN! **Instructor: G-Force Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316451 A	TTCAMP	MTWRF	9-11AM	7/9-7/13	GFORCE	\$115

YOUTH LACROSSE CAMP

Ages: 9-18. Enrollment Min 15 / Max 60. The purpose of the camp is to introduce the game of lacrosse to new players and to help experienced players refine their skills. An emphasis will be placed on teaching basic fundamental skills such as throwing, catching and cradling; however, instruction will also include shooting, offense and defense. **Instructor: Britt Mitchell.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326900 A	LACR(3-5)	MTW	9AM-12:30PM	7/30-8/1	SPL	\$95
326900 B	LACR(6-8)	MTW	9AM-12:30PM	7/30-8/1	SPL	\$95
326900 C	LACR(9-12)	MTW	9AM-12:30PM	7/30-8/1	SPL	\$95

YOUTH SOCCER CAMP

Ages: 6-12. Enrollment Min 15 / Max 40. The objective of the camp is for kids to learn different soccer fundamentals and skills in an organized and safe manor. **Instructor: Riny DeBoer.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326350 A	CAMP	MTWR	2-4PM	6/4-6/7	SPL	\$60
326350 B	CAMP	MTWR	2-4PM	6/11-6/14	SPL	\$60
326350 C	CAMP	MTWR	8:30-10:30AM	7/9-7/12	SPL	\$60
326350 D	CAMP	MTWR	2-4PM	7/30-8/2	SPL	\$60

SUMMER YOUTH VOLLEYBALL CAMP

Ages: 7-11 / 12-18. The session for 12- to 18-year-olds will be split into 12-14 and 15-18 based on enrollment. Enrollment Min 15 / Max 50. Sports Pavilion Lawrence and Lawrence Juniors Volleyball are teaming up to offer a volleyball camp for those that want to improve their volleyball skills in a fun, player centered environment. Whether you are a volleyball club player or play recreation, this camp is for you. Everyone will have ample opportunity to learn new skills, advance their game and meet new friends. **Instructor: Coaches with years of experience will run the camp from the club level. Early bird deadline is Friday, July 13. After July 13, the fee will increase by \$10 and a camp T-shirt is not guaranteed.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326450 A	VC1(7-11)	MTWR	8-10AM	7/23-7/26	SPL	\$100
326450 B	VC2(12-18)	MTWR	10AM-12:30PM	7/23-7/26	SPL	\$125

SPECIAL POPULATIONS**UNIFIED DAY CAMP**

This is a fully-integrated camp for youth with and without disabilities. Register for a week at a time or for the entire summer. Choose half day camp, full day camp or mix and match options to meet your schedule needs. Youth gain socialization, exercise, integration and the opportunity to have a summer filled with friends and fun. Nine, one-week sessions. A structured program with different activities scheduled weekly. Examples of daily activities include: bowling, activities at recreation and aquatic centers, music, dancing, basketball, acting, arts and crafts and in-town field trips. Children must be registered at least one week in advance or for the entire summer. Registration deadline is one week in advance. A camp packet must be completed and returned before the deadline. **Staff to child ratio is 1:4. This is NOT one-on-one. Bring a sack lunch daily or utilize the Lawrence Summer Free Lunch Program available at the sites. Junior Camp is for ages 5-12, located at ELRC; Senior Camp is for ages 13-21, located at the ELRC. No camp 7/4, 7/5, 7/6.**

Junior Camp, Half Day

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
322600 A	UNIDAYJR	MTWR	12-4PM	6/4-6/8	ELRC	\$65
		F	9AM-4PM			
322600 B	UNIDAYJR	MTWR	12-4PM	6/11-6/15	ELRC	\$65
		F	9AM-4PM			
322600 C	UNIDAYJR	MTWR	12-4PM	6/18-6/22	ELRC	\$65
		F	9AM-4PM			
322600 D	UNIDAYJR	MTWR	12-4PM	6/25-6/29	ELRC	\$65
		F	9AM-4PM			
322600 E	UNIDAYJR	MT	12-4PM	7/2-7/3	ELRC	\$25
322600 F	UNIDAYJR	MTWR	12-4PM	7/9-7/13	ELRC	\$65
		F	9AM-4PM			
322600 G	UNIDAYJR	MTWR	12-4PM	7/16-7/20	ELRC	\$65
		F	9AM-4PM			
322600 H	UNIDAYJR	MTWR	12-4PM	7/23-7/27	ELRC	\$65
		F	9AM-4PM			
322600 I	UNIDAYJR	MTWR	12-4PM	7/30-8/3	ELRC	\$65
		F	9AM-4PM			

Senior Camp, Half Day

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
322605 A	UNIDAYSR	MTWR	12-4PM	6/4-6/8	ELRC	\$65
		F	9AM-4PM			
322605 B	UNIDAYSR	MTWR	12-4PM	6/11-6/15	ELRC	\$65
		F	9AM-4PM			
322605 C	UNIDAYSR	MTWR	12-4PM	6/18-6/22	ELRC	\$65
		F	9AM-4PM			
322605 D	UNIDAYSR	MTWR	12-4PM	6/25-6/29	ELRC	\$65
		F	9AM-4PM			
322605 E	UNIDAYSR	MT	12-4PM	7/2-7/3	ELRC	\$25
322605 F	UNIDAYSR	MTWR	12-4PM	7/9-7/13	ELRC	\$65
		F	9AM-4PM			
322605 G	UNIDAYSR	MTWR	12-4PM	7/16-7/20	ELRC	\$65
		F	9AM-4PM			
322605 H	UNIDAYSR	MTWR	12-4PM	7/23-7/27	ELRC	\$65
		F	9AM-4PM			
322605 I	UNIDAYSR	MTWR	12-4PM	7/30-8/3	ELRC	\$65
		F	9AM-4PM			

Junior Camp, Full Day

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
322601 A	UNIDAYJR	MTWRF	9AM-4PM	6/4-6/8	ELRC	\$90
322601 B	UNIDAYJR	MTWRF	9AM-4PM	6/11-6/15	ELRC	\$90
322601 C	UNIDAYJR	MTWRF	9AM-4PM	6/18-6/22	ELRC	\$90
322601 D	UNIDAYJR	MTWRF	9AM-4PM	6/25-6/29	ELRC	\$90
322601 E	UNIDAYJR	MT	9AM-4PM	7/2-7/3	ELRC	\$36
322601 F	UNIDAYJR	MTWRF	9AM-4PM	7/9-7/13	ELRC	\$90
322601 G	UNIDAYJR	MTWRF	9AM-4PM	7/16-7/20	ELRC	\$90
322601 H	UNIDAYJR	MTWRF	9AM-4PM	7/23-7/27	ELRC	\$90
322601 I	UNIDAYJR	MTWRF	9AM-4PM	7/30-8/3	ELRC	\$90

Senior Camp, Full Day

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
322606 A	UNIDAYSR	MTWRF	9AM-4PM	6/4-6/8	ELRC	\$90
322606 B	UNIDAYSR	MTWRF	9AM-4PM	6/11-6/15	ELRC	\$90
322606 C	UNIDAYSR	MTWRF	9AM-4PM	6/18-6/22	ELRC	\$90
322606 D	UNIDAYSR	MTWRF	9AM-4PM	6/25-6/29	ELRC	\$90
322606 E	UNIDAYSR	MT	9AM-4PM	7/2-7/3	ELRC	\$36
322606 F	UNIDAYSR	MTWRF	9AM-4PM	7/9-7/13	ELRC	\$90
322606 G	UNIDAYSR	MTWRF	9AM-4PM	7/16-7/20	ELRC	\$90
322606 H	UNIDAYSR	MTWRF	9AM-4PM	7/23-7/27	ELRC	\$90
322606 I	UNIDAYSR	MTWRF	9AM-4PM	7/30-8/3	ELRC	\$90

WINTER BREAK CAMPS**INTEGRATED HOLIDAY CAMP, FULL DAY**

Ages: 5-12. This is a fully integrated camp for youth with and without disabilities. Youth gain socialization, exercise, integration and the opportunity to have a break filled with friends and fun. A structured program with different activities scheduled daily. Examples of daily activities include: bowling, activities at recreation and aquatic centers, and arts and crafts. Registration deadline is one week in advance. A camp packet must be completed and returned before the deadline. **Staff to child ratio is 1:4. This is NOT one-on-one. Bring a sack lunch daily.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
422194 A	HOLIDAY	RF	9AM-4PM	12/27-12/28	ELRC	\$40
422194 B	HOLIDAY	WRF	9AM-4PM	1/2-1/4	ELRC	\$60





THEATRE CAMPS

Lawrence Parks and Recreation and Theatre Lawrence have partnered up. School's Out, Theatre's In includes Theatre workshops for grades 1-5 during the summer and school holidays, with all classes held at Theatre Lawrence, 4660 Bauer Farm Drive. Classes generally include acting, singing, props, costumes, dance and performance! A great all-day experience for beginners and beyond. Participants need to bring a sack lunch.

CRITTERS OF CACTUS CREEK

■ *Ages: 6-12. Enrollment Min 6 / Max 12.* Welcome to Cactus Creek, the most charming small town in the wild west! When a ragtag group of performers roll in, the townsfolk are pleased as punch to have some genuine entertainment! With every critter in cactus creek focused on the upcoming show, the Buzzard Bait bandits have an opportunity to wreak havoc on the town! Will Cactus Creek surrender to the rule of these dastardly foes, or can they come up with an idea to save the town? **Performance 3 p.m. Friday, June 1, with free admission. Instructor: Theatre Lawrence Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321126 A	CRITT	TWRF	9AM-4PM	5/29-6/1	TL	\$190

WHAT A KNIGHT!

■ *Ages: 6-12. Enrollment Min 6 / Max 12.* Join Arthur and the knights of the Round Table on Camelot's craziest quest in this hilarious adventure! A castle full of colorful characters join in the fun, including precocious princesses, a talking dragon – and not forgetting Merlin and his magic mirror! **Performance 3 p.m. Friday, June 15, with free admission. Instructor: Theatre Lawrence Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321127 A	KNIGHT	MTWRF	9AM-4PM	6/11-6/15	TL	\$250

THE PIRATE LADIES OF THE CARIBBEAN

■ *Ages: 6-12. Enrollment Min 6 / Max 12.* A chest of gold doubloons sent by the Queen to care for orphaned children has been stolen by pirates! The orphanage seeks help from Esmeralda, once an orphan herself. Little do they know that she is now the notorious pirate Lucky Lu, leader of the Lawless Ladies! A classic sword fight is the climax to this swashbuckling pirate comedy with a treasure chest of female roles. **Performance 3 p.m. Friday, July 27, with free admission. Instructor: Theatre Lawrence Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321128 A	CARIB	MTWRF	9AM-4PM	7/23-7/27	TL	\$250

STARFARCE PART 3: AGAIN, WITH THE FARCE

■ *Ages: 6-12. Enrollment Min 6 / Max 12.* Part 3 of the Starfarce trilogy features the ongoing saga of Hannah Solo, Princess Layla, and Duke Skywalker and their alien friends and foes. **Performance 3 p.m. Friday, Aug. 3, with free admission. Instructor: Theatre Lawrence Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321129 A	STARFA	MTWRF	9AM-4PM	7/30-8/3	TL	\$250

SCHOOL'S OUT, THEATRE'S IN WORKSHOPS

■ *Ages: 6-12. Enrollment Min 6 / Max 12.* School's Out, Theatre's In at Theatre Lawrence (SOTI). How can you help your child build self-confidence, make friends, and discover their talents? How about developing their reading and comprehension, advancing social skills and self-expression, all while having a great time? Get thee to the theatre! The SOTI program is designed for all children from the shy to outgoing, by offering workshops that appeal to a child's natural creativity, curiosity and imagination! Campers will need to bring a sack lunch. Each of our SOTI dates features a different theme, providing a new adventure at each visit.

Instructor: Theatre Lawrence Staff.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
414005 A	SOTI	F	9AM-4PM	10/12	TL	\$65
414005 B	SOTI	F	9AM-4PM	10/19	TL	\$65
414005 C	SOTI	F	9AM-4PM	11/2	TL	\$65
414005 D	SOTI	RF	9AM-4PM	11/8-11/9	TL	\$120

AVIATION

AVIATION YOUTH CAMP

Ages: 12-15. Enrollment Min 16 / Max 40. Aviation Youth Camp is a day camp offering an introduction on the fundamentals of flight to area middle school students at the Lawrence Municipal Airport on Saturday, May 19. The camp is a joint partnership of the Lawrence Municipal Airport Aviation Advisory Board, the Lawrence Parks and Recreation Department, the Jayhawk Model Masters and the Northeast Kansas 99's Women Pilots. **Registration fee includes all instructional material, a camp t-shirt, a graduation pizza party and a 15-20 minute Discovery Flight of Lawrence. Instructor: Jayhawk Model Masters.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
325100 A	AVCAMP	S	8AM-2PM	5/19	LMA	\$25

TRADITIONAL

NEIGHBORHOOD DROP-IN PLAYGROUND LICENSED PROGRAMS

Ages: 5-12. An exciting neighborhood activity program planned for children. Activities include trips, special events, swimming, games and contests. Specialists will visit the playground each week to work in the areas of nature, arts and crafts. Playground supervisors will request parental consent in writing before allowing the child to leave a playground. Weekly schedules will be available at each playground. Playgrounds are open Monday-Friday. Lunches will be provided at the Summer Food Free Lunch Program site in South Park and Broken Arrow Park or children can bring a sack lunch. Lunch will be supervised by staff. **There are three options available for enrollment: weekly, bi-weekly and monthly to accommodate any summer schedule. Instructor: LPRD Staff. Pre-registration is required. No camp 7/4, 7/5, 7/6. For more information, please contact (785) 832-7940.**

Broken Arrow Park, 2900 Louisiana St.

Enrollment Min 15 / Max 60.

CODE	SEC CLASS	DAY	TIME	DATE	FEE
325300 A	BROKENPG	MTWRF	7:30AM-5:30PM	6/4-7/29	\$250
325300 B	BROKENPG	MTWRF	7:30AM-5:30PM	7/2-7/27	\$250
325300 C	BROKENPG	MTWRF	7:30AM-5:30PM	6/4-6/15	\$140
325300 D	BROKENPG	MTWRF	7:30AM-5:30PM	6/18-6/29	\$140
325300 E	BROKENPG	MTWRF	7:30AM-5:30PM	7/2-7/13	\$100
325300 F	BROKENPG	MTWRF	7:30AM-5:30PM	7/16-7/27	\$140
325300 G	BROKENPG	MTWRF	7:30AM-5:30PM	6/4-6/8	\$90
325300 H	BROKENPG	MTWRF	7:30AM-5:30PM	6/11-6/15	\$90
325300 I	BROKENPG	MTWRF	7:30AM-5:30PM	6/18-6/22	\$90
325300 J	BROKENPG	MTWRF	7:30AM-5:30PM	6/25-6/29	\$90
325300 K	BROKENPG	MT	7:30AM-5:30PM	7/2-7/3	\$50
325300 L	BROKENPG	MTWRF	7:30AM-5:30PM	7/9-7/13	\$90
325300 M	BROKENPG	MTWRF	7:30AM-5:30PM	7/16-7/20	\$90
325300 N	BROKENPG	MTWRF	7:30AM-5:30PM	7/23-7/27	\$90

South Park, 1141 Massachusetts St.

Enrollment Min 15 / Max 100.

CODE	SEC CLASS	DAY	TIME	DATE	FEE
325302 A	SPARKPG	MTWRF	7:30AM-5:30PM	6/4-6/29	\$250
325302 B	SPARKPG	MTWRF	7:30AM-5:30PM	7/2-7/27	\$250
325302 C	SPARKPG	MTWRF	7:30AM-5:30PM	6/4-6/15	\$140
325302 D	SPARKPG	MTWRF	7:30AM-5:30PM	6/18-6/29	\$140
325302 E	SPARKPG	MTWRF	7:30AM-5:30PM	7/2-7/13	\$100
325302 F	SPARKPG	MTWRF	7:30AM-5:30PM	7/16-7/27	\$140
325302 G	SPARKPG	MTWRF	7:30AM-5:30PM	6/4-6/8	\$90
325302 H	SPARKPG	MTWRF	7:30AM-5:30PM	6/11-6/15	\$90
325302 I	SPARKPG	MTWRF	7:30AM-5:30PM	6/18-6/22	\$90
325302 J	SPARKPG	MTWRF	7:30AM-5:30PM	6/25-6/29	\$90
325302 K	SPARKPG	MT	7:30AM-5:30PM	7/2-7/3	\$50
325302 L	SPARKPG	MTWRF	7:30AM-5:30PM	7/9-7/13	\$90
325302 M	SPARKPG	MTWRF	7:30AM-5:30PM	7/16-7/20	\$90
325302 N	SPARKPG	MTWRF	7:30AM-5:30PM	7/23-7/27	\$90

SUMMER FOOD PROGRAM

Lawrence Summer Food Program will offer free meals to ALL youth between the ages of 1-18, **June 4 through Aug. 3. Sites will be closed July 3-4.** Locations and times for meals are as follows:

LUNCH ONLY**East Lawrence Recreation Center, 1245 E. 15th St.**

June 4-Aug. 3 (excluding July 3-4)
Lunch only from Noon-1 p.m.

South Park, 1141 Massachusetts St.

June 4-Aug. 3 (excluding July 3-4)
Lunch only from Noon-1 p.m.

Broken Arrow Park, 2900 Louisiana St.

June 4-Aug. 3 (excluding July 3-4)
Lunch only from 11:30 a.m.-12:30 p.m.

Lawrence Public Library, 707 Vermont St.

June 4-Aug. 3 (excluding July 3-4)
Lunch only from Noon-1 p.m.

Holcom Park Recreation Center, 2700 W. 27th St.

June 4-Aug. 3 (excluding July 3-4)
Lunch only from 11:30 a.m.-12:30 p.m.

BREAKFAST AND LUNCH**Hillcrest Elementary School**

June 4-July 27 (excluding July 3-4)
Breakfast from 7:30 a.m.-8:30 a.m.
Lunch from 11:30 a.m.-12:30 p.m.

New York Elementary School

June 4-July 27 (excluding July 3-4)
Breakfast from 7:30 a.m.-8:30 a.m.
Lunch from 11:30 a.m.-12:30 p.m.

Woodlawn Elementary School

June 4-July 27 (excluding July 3-4)
Breakfast from 7:30 a.m.-8:30 a.m.
Lunch from 11:30 a.m.-12:30 p.m.

Adults **must** accompany anyone under the age of 4. Adults may purchase lunch for \$3.45. **For more information, please contact the K-State Research & Extension of Douglas County at (785) 843-7058. Visit www.usd497.org for more information.**

**HALF DAYS AT HOLCOM**

Ages: 5-12. Enrollment Min 15 / Max 40. Looking for something to fill the rest of your afternoon with? Come join us at Holcom Park for a classic summer camp experience! Camp will include a variety of structured activities such as crafts, field trips, sports, science, and more! Camp will include indoor and outdoor activities at Holcom Park Recreation Center, Holcom Park and off-site field trips. **All enrollees must complete a health history form. Water will be provided. Registration deadlines are the Friday before the first day of camp. For more information, please contact (785) 832-7940.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
325307 A	HALFDAY	MTWRF	12-5PM	6/4-6/8	HPRC	\$70
325307 B	HALFDAY	MTWRF	12-5PM	6/11-6/15	HPRC	\$70
325307 C	HALFDAY	MTWRF	12-5PM	6/18-6/22	HPRC	\$70
325307 D	HALFDAY	MTWRF	12-5PM	6/25-6/29	HPRC	\$70
325307 E	HALFDAY	MTWRF	12-5PM	7/9-7/13	HPRC	\$70
325307 F	HALFDAY	MTWRF	12-5PM	7/16-7/20	HPRC	\$70
325307 G	HALFDAY	MTWRF	12-5PM	7/23-7/27	HPRC	\$70

FUN DAYS OF SUMMER

Ages: 5-12. Enrollment Min 10 / Max 20. Just when you thought all the excitement of summer camp was over, it continues! Keep that summer fun, flowing with new friends and activities. Activities will include: arts and crafts, field trips, swimming, movies and variety of games. All enrollee's must fill out registration and health forms. Water will be provided. **Registration deadline: 6:30 p.m. Friday, July 27. For more information, please contact (785) 832-7940. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
325350 A	FUNDAYS	MTWRF	8:30AM-3:30PM	7/30-8/3	BAP	\$90
325350 B	FUNDAYS	MTWRF	8:30AM-3:30PM	7/30-8/3	SP	\$90

END OF SUMMER FLINGS

Ages: 5-12. Enrollment Min 10 / Max 20. Hold on to that summer with one last week of camp! You don't want to miss all the fun before school starts. Activities will include: arts and crafts, field trips, swimming, movies and variety of games. All enrollee's must fill out registration and health forms and bring a brown bag lunch. Water will be provided. **Registration deadline: 6:30 p.m. Friday Aug. 3. For more information, please contact (785) 832-7940. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
325351 A	FUNDAYS	MTWRF	8:30AM-3:30PM	8/6-8/10	BAP	\$90
325351 B	FUNDAYS	MTWRF	8:30AM-3:30PM	8/6-8/10	SP	\$90

KIDS DAY OFF

Ages: 5-12. Min 10 / Max 50. Join LPRD for fun-filled days while school is out for in-service workdays. Your children will participate in arts and crafts, field trips and games. **Registration deadline: 6:30 p.m. Friday, Nov. 2. Participants will need to bring a sack lunch. For more information, please contact (785) 832-7940.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425190 A	KIDSDAY	RF	8:30AM-3:30PM	11/8-11/9	HPRC	\$60

HOLIDAY HAPPENINGS

Ages: 5-12. Min 10 / Max 50. Come join the fun during your holiday vacation! We will do a variety of activities, including arts and crafts, games, sports and field trips. **Registration deadline: Friday, Dec. 21, 6:30 p.m. or until full. Participants will need to bring a sack lunch. For more information, please contact (785) 832-7940.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425160 A	HOLHAP	RF	8:30AM-3:30PM	12/27-12/28	HPRC	\$40
425160 B	HOLHAP	WRF	8:30AM-3:30PM	1/2-1/4	HPRC	\$60

LAWRENCE PARKS AND RECREATION DEPARTMENT



PRAIRIE PARK NATURE CENTER

2018 SUMMER ADVENTURE CAMPS

Get wild outside with our nature camps this summer! Kids will see animals, learn outdoor skills and explore the natural world. Camps are designed for children 6 to 13 years of age. Participants will explore science through outdoor adventures. Each week will focus on different wildlife, conservation, outdoor survival, extreme animals and much more. Each camp includes fishing, canoeing and archery. Live animal programs, games, crafts and lots of science and nature explorations will make this a memorable camp experience. Campers must bring a lunch and wear appropriate outdoor clothing and footwear. **WE NOW OFFER EXTENDED CAMP HOURS.** If you are interested in extending the summer fun for your child, sign up for an early drop-off and later pick-up. Look for the extended camp code of each week's camp.

ENROLL TODAY AT WWW.LPRD.ORG OR AT ANY LPRD FACILITY!

CLAWS, PAWS, JAWS

Ages: 6-13. Enrollment Min 20 / Max 40. Are you ready to tear into summer? Explore the world of animals on land and sea. Come discover the impressive features and adaptations of several top predators in North America. Learn how and why animals eat, hide, travel, climb, and a whole lot more! Campers will identify jaws, paws and claws of different animals and make fun animal crafts to take home. **Now offering 1.5 extra camp hours for a max of 20.**

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	A1	SCIADV	MTWRF	9AM-3PM	6/4-6/8	\$120
323241	A2	EXTEND	MTWRF	8:30AM-4PM	6/4-6/8	\$145

KID VS WILD

Ages: 6-13. Enrollment Min 20 / B1 Max 30; B2 Max 20. What is your survival IQ? Can you survive the most extreme environments like many animals? You will learn valuable survival skills while exploring the strategies animals use to survive daily life. Learn about navigation, fire building, water purification and how not to get lost. **Now offering 1.5 extra camp hours for a max of 20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	B1	SCIADV	MTWRF	9AM-3PM	6/11-6/15	\$120
323241	B2	EXTEND	MTWRF	8:30AM-4PM	6/11-6/15	\$145

MOST EXTREME ANIMALS

Ages: 6-13. Enrollment Min 20 / C1 Max 30; C2 Max 20. Who is the fighter pilot of the animal world or the oldest creature on Earth? We will explore the most amazing feats of animals in this camp. Participate in the Animal Olympics and see if you can be as amazing as the most extreme animals. **Now offering 1.5 extra camp hours for a max of 20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	C1	SCIADV	MTWRF	9AM-3PM	6/18-6/22	\$120
323241	C2	EXTEND	MTWRF	8:30AM-4PM	6/18-6/22	\$145

LIGHTS, CAMERA, ANIMALS

Ages: 6-13. Enrollment Min 20 / Max 40. Star in your own Nature TV episode! Campers will channel famous TV personalities such as the wild Kratt brothers, Bindi Irwin and Jeff Corwin as they work on Prairie Park Nature Center's first ever episode of "Lights, Camera, Animals!" We will explore different animal topics each day, wherein kids will put their newfound knowledge to use in an entertaining and educational video. Campers will bring home the final cut to share with family and friends. **Now offering 1.5 extra camp hours for a max of 20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	E1	SCIADV	MTWRF	9AM-3PM	6/25-6/29	\$120
323241	E2	EXTEND	MTWRF	8:30AM-4PM	6/25-6/29	\$145



WHERE THE WILD THINGS ARE

Ages: 6-13. Enrollment Min 20 / F1 Max 30; F2 Max 20. Develop your naturalist skills by learning to identify animal tracks, read wildlife signs and find the secret hiding places of animals in the wild.

Learn to identify snakes, bugs, and birds. Investigate how important good habitat is to the survival of animals in the wild.

Now offering 1.5 extra camp hours for a max of 20. Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	F1	SCIADV	MTWRF	9AM-3PM	7/9-7/13	\$120
323241	F2	EXTEND	MTWRF	8:30AM-4PM	7/9-7/13	\$145

CREATURE QUEST

Ages: 6-13. Enrollment Min 20 / G1 Max 30; G2 Max 20. Hunt for the most extreme animals in nature and find out which need the most protection. This camp will highlight ways that animals are adapted to extreme conditions, wild ways of getting food, and the most bizarre survival techniques. Try your hand at Animal Olympics and find clues to nature's more endangered critters.

Now offering 1.5 extra camp hours for a max of 20. Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	G1	SCIADV	MTWRF	9AM-3PM	7/16-7/20	\$120
323241	G2	EXTEND	MTWRF	8:30AM-4PM	7/16-7/20	\$145

ECOENERGY CAMP

Ages: 6-12. Enrollment Min 10 / Max 25. Come just for the day and investigate how to generate some green, clean energy (no coal here)! Build and take home a solar car, cook in a solar oven, harness the power of wind and water with lots of hands-on fun.

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323242	A	ECO	T	8:30AM-4PM	7/3	\$40

ART IN NATURE CAMP

Ages: 6-12. Enrollment Min 10 / Max 25. Bring out your creative side in this day of hands-on nature arts and crafts. Make a nature sketchbook, paint with nature's colors, make a nature-based, custom-designed t-shirt to take home. We will get artsy and quite possibly dirty but there will be lots of fun.

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323243	A	NATART	R	8:30AM-4PM	7/5	\$40



THE PLANET AVENGERS

Ages: 6-13. Enrollment Min 20 / Max 40. Planet Avengers Assemble! Join a team of Earth's mightiest heroes, devoted to protecting the planet from foes no single hero can withstand alone. This camp will promote kid activism for a better planet. Learn about recycling, reducing your carbon footprint, habitat conservation, renewable energy sources and more through fun games, investigative activities and field trips. **Now offering 1.5 extra camp hours for a max of 20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	H1	SCIADV	MTWRF	9AM-3PM	7/23-7/27	\$120
323241	H2	EXTEND	MTWRF	8:30AM-4PM	7/23-7/27	\$145

JUNIOR NATURALISTS

Ages: 6-13. Enrollment Min 20 / I1 Max 30; I2 Max 20. Learn what being a Naturalist is all about. You will become a junior nature center naturalist for one week. Learn how to feed and care for the nature center animals and about their natural habitats and behaviors. You will develop other naturalist skills such as wildlife and plant identification, tracking, navigation and much more. You will meet professional biologists who work environmental jobs. **Now offering 1.5 extra camp hours for a max of 20.**

Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	I1	SCIADV	MTWRF	9AM-3PM	7/30-8/3	\$120
323241	I2	EXTEND	MTWRF	8:30AM-4PM	7/30-8/3	\$145

LAST CHANCE SUMMER CAMP

Ages: 6-13. Enrollment Min 15 / Max 25. Camp especially scheduled for homeschooled and private school students who may be getting an extra-long summer vacation. Campers will learn valuable survival skills like navigation, fire building, water purification and how to not get lost. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
323241	J1	SCIADV	MTWRF	9AM-3PM	8/6-8/10	\$120

ALL CAMPS LISTED ARE HELD AT PRAIRIE PARK NATURE CENTER



City of Lawrence

PARKS AND RECREATION

PRAIRIE PARK NATURE CENTER

2730 Harper St.

Lawrence KS 66046

(785) 832-7940

HOURS OF OPERATION

TUESDAY-SATURDAY - 9 A.M. - 5 P.M.

SUNDAY - 1-4 P.M.

MONDAY - CLOSED





ADULT BELLY DANCE

Belly Dance on your bucket list? Dancer in search of a new creative outlet? Our Belly Dance courses will introduce your body to its potential to move. Isolations are the heart of belly dance, accomplished through alignment, posture and the power of positive thought. Stretch yourself physically and mentally for four fun and fast paced weeks. Add stand-alone workshops with veils and choreography to round out the Level I basic skill set.

BELLY DANCE LEVEL 1 BASICS

Ages: 12 and Up. Enrollment Min 10 / Max 20. Each class is a journey for your mind and body, starting with an "out of the floor" warmup, learning the secrets of isolating your torso, adding arm movements, and finally moving across the floor in Egyptian style. **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314201 A	LEVEL1	T	6:30-7:25PM	6/5-6/26	CB-DS	\$20
314201 B	LEVEL1	T	6:30-7:25PM	7/10-7/31	CB-DS	\$20
314201 C	LEVEL1	T	6:30-7:25PM	8/14-9/4	CB-DS	\$20
414201 A	LEVEL1	T	6:30-7:25PM	9/11-10/2	CB-DS	\$20
414201 B	LEVEL1	T	6:30-7:25PM	10/16-11/6	CB-DS	\$20

BELLY DANCE LEVEL 1 RHYTHM AND VEILS WORKSHOP

Ages: 12 and Up. Enrollment Min 10 / Max 20. Spend time learning about the rhythms of belly dance, then float across the room with a veil as your partner. **No prerequisite for this class. Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314202 A	RHYVEIL	T	6:30-7:25PM	7/3	CB-DS	\$10
414202 A	RHYVEIL	T	6:30-7:25PM	10/9	CB-DS	\$10
414202 B	RHYVEIL	T	6:30-7:25PM	11/13	CB-DS	\$10

BELLY DANCE LEVEL 1 CHOREOGRAPHY WORKSHOP

Ages: 12 and Up. Enrollment Min 10 / Max 20. Learn basic foot patterns and incorporate belly dance movement and arms in a short dance. **Prerequisite is 3 sessions of level 1 basics and 1 rhythm and veils workshop. Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314203 A	SKILLS	S	12-2PM	8/11	CB-DS	\$15
414203 A	SKILLS	S	12-2PM	11/17	CB-DS	\$15

BELLY DANCE LEVEL 1 TECHNIQUE

Ages: 12 and Up. Enrollment Min 10 / Max 20. If you decide to continue your dance studies, Level 1 Technique provides ongoing classwork to develop your movement vocabulary. Tie the basic movements and steps together into luscious layers of dance! Students should expect to take this class for six months to a year. **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314204 A	BDV1	M	7:30-8:30PM	6/4-7/2	CB-DS	\$25
314204 B	BDV1	M	7:30-8:30PM	7/9-8/6	CB-DS	\$25
414204 A	BDV1	M	7:30-8:30PM	9/10-10/8	CB-DS	\$25
414204 B	BDV1	M	7:30-8:30PM	10/15-11/12	CB-DS	\$25

BELLY DANCE LEVEL 2 INTERMEDIATE-ADVANCED

Ages: 12 and Up. Enrollment Min 10 / Max 20. Want to expand your skills and knowledge of this ancient art form? The mixed level class is the next destination for those who have successfully completed the *Level 1 Basics and Techniques* classwork. These classes are designed by and for Intermediate and Advanced dancers to add movement skills, embrace the history and culture of the dance form, and prepare for performance opportunities throughout the year. **Prerequisite for this course is completion of Level 1 Basics and Technique and with instructor approval. Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314210 A	BDL2	T	7:30-9PM	6/5-7/3	CB-DS	\$40
314210 B	BDL2	T	7:30-9PM	7/10-8/7	CB-DS	\$40
414210 A	BDL2	T	7:30-9PM	9/11-10/9	CB-DS	\$40
414210 B	BDL2	T	7:30-9PM	10/16-11/13	CB-DS	\$40

BELLY DANCE LEVEL 2 TECHNIQUE INTENSIVE

Ages: 12 and Up. Enrollment Min 10 / Max 20. During this four-week intensive across the floor movement workshops for Intermediate and Advanced dancers only. Dancers will incorporate veil, finger cymbals and skirts as props. **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314211 A	TECHN	T	7:30-9PM	8/14-9/4	CB-DS	\$25

CHA CHA WORKSHOP

Ages: 15 and Up. Enrollment Min 8 / Max 30. This class teaches the fundamentals and basic to intermediate patterns of Cha-Cha, a Latin dance that uses both single and triple rhythm movements. A versatile dance than can be danced to various styles of music from Latin and Pop music to Oldies and Country music. The dance has a spatial patter of interlocking slots that include both sideway patterns and forward and backward patterns. Come and join the fun to learn this slow but peppy Latin dance. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
414167 A	CHACHA	F	6:30-9PM	12/7	SPL-LR	\$15

COUNTRY COUPLES VARIETY DANCING

Ages: 15 and Up. Enrollment Min 8 / Max 30. This class teaches a wide variety of country dances including the two-step, waltz, polka and swing dance. Come learn the basic movements and sharpen your dance skills in this progressive class. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314162 A	COUNTRY	SU	5:15-6:15PM	6/3-7/8	CB-CR1&2	\$30
414162 A	COUNTRY	SU	5:15-6:15PM	9/9-10/14	CB-CR1&2	\$30





DANCE FUNDAMENTALS I – SINGLE RHYTHM MOVEMENTS & BASICS

Ages: 15 and Up. Enrollment Min 8 / Max 30. Too busy to commit to a full session of dance classes? Then this is the right class for you. The first two hours will be instruction on basic dance steps and patterns followed by a one-hour dance to practice. This workshop will focus on single-rhythm dance movements and patterns like struts, rock steps, swivets, jazz boxes and grapevines. The five major and four minor foot positions will be discussed along with body isolation and how it is used with swivets. Singles and partners welcome. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
414151 A	LEVEL1	SU	2-5PM	9/23	CB-CR1	\$20

DANCE FUNDAMENTALS II – TRIPLE-RHYTHM MOVEMENTS & MORE

Ages: 15 and Up. Enrollment Min 8 / Max 30. This program is packed full of triple-rhythm dance movements and patterns like sailor steps, coaster steps and crossing triples. Review foot positions and some basic techniques that were explained in Dance Fundamentals I and brush up on arm positions or Port de Bras. Add additional moves like knee pops, boogie walks, camel walks and sailor shuffles. Singles and partners welcome. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
414151 B	LEVEL2	SU	2-5PM	11/4	CB-CR1	\$20

DANCE FUNDAMENTALS III – SPINS & TURNS

Ages: 15 and Up. Enrollment Min 8 / Max 30. Too busy to commit to a long series of dance classes? Then this is the right class for you. Learn about progressive and stationary spins and turns. Some of the many spins and turns defined, explained and practiced are traveling pivots, chainés, 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. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314151 A	LEVEL3	SU	2-5PM	7/15	CB-CR1	\$20
414151 C	LEVEL3	SU	2-5PM	12/2	CB-CR1	\$20

EAST COAST SWING, BEGINNER/INTERMEDIATE

Ages: 15 and Up. Enrollment Min 8 / Max 30. 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. All levels are welcome. Single time and Triple time footwork and movements will be presented.

Instructor: Mike Salerno.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314144 A	ECS	F	6:30-9PM	7/13	SPL-LR	\$15

HUSTLE WORKSHOP

Ages: 15 and Up. Enrollment Min 8 / Max 30. 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. More applicable and popular than ever, modern Hustle is danced to a synopated rhythm creating a unique pulse perfect for pop, disco, jazz, and techno tunes. In this workshop, we will concentrate on foundational elements and patterns to get you out on the dance floor. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
414168 A	HUSTLE	F	6:30-9PM	11/16	SPL-LR	\$15

INTERMEDIATE DANCE WORKSHOPS

Ages: 15 and Up. Enrollment Min 8 / Max 30. This intermediate-level workshop is suitable for those who have already had previous dance experience. Learn dance patterns and footwork, Salsa/Cha-Cha (August), Night Club (September), East Coast Swing (October), and West Coast Swing (June/December). **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314149 A	INTWORK	SU	2-5PM	6/10	CB-CR2	\$20
314149 B	INTWORK	SU	2-5PM	8/12	CB-CR2	\$20
414149 A	INTWORK	SU	2-5PM	9/16	CB-CR2	\$20
414149 B	INTWORK	SU	2-5PM	10/21	CB-CR2	\$20
414149 C	INTWORK	SU	2-5PM	12/9	CB-CR2	\$20



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LATIN DANCE

Ages: 15 and Up. Enrollment Min 8 / Max 30. As we turn up the heat, move your feet to the smooth Latin beat. You'll learn all the steps, proper techniques, motions, patterns and movements to the Salsa, Cha-Cha and more. Before you know it, you'll be dancing with the stars and impressing your family and friends with your fancy footwork and, oh, those smooth Latin moves. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314163	A	LATIN	SU	7:25-8:25PM	6/3-7/8	CB-CR1&2	\$30
414163	A	LATIN	SU	7:25-8:25PM	9/9-10/14	CB-CR1&2	\$30

LINE DANCING

Ages: 15 and Up. Enrollment Min 8 / Max 30. Unlock the mysteries of line dancing. Learn the components of basic to intermediate dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No class 11/25. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314148	A	LINEDAN	SU	5:15-6:15PM	7/15-8/19	CB-CR1&2	\$30
414148	A	LINEDAN	SU	5:15-6:15PM	10/21-12/2	CB-CR1&2	\$30

LINE DANCING WORKSHOP

Ages: 15 and Up. Enrollment Min 8 / Max 30. Unlock the mystery of Line Dancing. Learn the components of basic to intermediate dances. Dance to all types of music from Country, Swing, Pop, Latin, to Oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314148	B	LINE	F	6:30-9PM	10/5	SPL-LR	\$15

NIGHT CLUB DANCES

Ages: 15 and Up. Enrollment Min 8 / Max 30. Learn dances from both ends of the dance spectrum: slow and graceful Night Club Sway (aka Night Club Two-Step) and the fast and smooth Hustle. Not to be confused with Country Two-Step, Night Club Two-Step is a slow and romantic dance that features rock steps and long glides across the dance floor. It is done to contemporary and popular ballads. The Hustle is a fast and smooth slotted dance full of spins and turns. It is danced to music from current pop and hip hop to '70s disco music. **No class 11/25. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314147	A	NIGHTCLU	SU	6:20-7:20PM	7/15-8/19	CB-CR1&2	\$30
414147	A	NIGHTCLU	SU	6:20-7:20PM	10/21-12/2	CB-CR1&2	\$30

NIGHT CLUB SWAY

Ages: 15 and Up. Enrollment Min 8 / Max 30. Tired of doing the high school waddle when you and your partner show dance? Learn the Ultimate Slow Dance, Night Club Sway. Learn the basics and fundamental moves that allow you to move smoothly, fluidly and with style and grace on the dance floor. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314140	A	NIGHTSWA	F	6:30-9PM	8/17	SPL-LR	\$15

SWING DANCING

Ages: 15 and Up. Enrollment Min 8 / Max 30. Listen to the beat and let your feet turn up the heat! Learn the basic movements in today's hottest dance craze. The course starts with the basic steps and progresses to moves that will impress everyone on the dance floor. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314164	A	SWING	SU	6:20-7:20PM	6/3-7/8	CB-CR1&2	\$30
414164	A	SWING	SU	6:20-7:20PM	9/9-10/14	CB-CR1&2	\$30

ULTIMATE DANCE PARTY

Ages: 18 and Up. Enrollment Min 8 / Max 30. It's time to dance! You have learned all the steps and now you and your partner want to get out for an evening. Where can you go? Come to the Community Building for the "Ultimate Dance Party." 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 dance the night away with your favorite dance to some great music. The Community Building is a smoke-free, alcohol-free environment. **Pre-registration is required for this event. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314160	A	ULTDANCE	S	7-9PM	6/16	CB-CR1&2	\$8
314160	B	ULTDANCE	S	7-9PM	7/21	CB-CR1&2	\$8
314160	C	ULTDANCE	S	7-9PM	8/18	CB-CR1&2	\$8
414160	A	ULTDANCE	S	7-9PM	9/15	CB-CR1&2	\$8
414160	B	ULTDANCE	S	7-9PM	10/6	CB-CR1&2	\$8
414160	C	ULTDANCE	S	7-9PM	11/3	CB-CR1&2	\$8
414160	D	ULTDANCE	S	7-9PM	12/1	CB-CR1&2	\$8





WEDDING DANCE CRASH COURSE

Ages: 18 and Up. Enrollment Min 8 / Max 30. Do you have two left feet or have never danced before? This class 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 and partner connection. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314166 A	WEDCRASH	SU	2-5PM	6/3	CB-CR1&2	\$15
314166 B	WEDCRASH	SU	2-5PM	7/8	CB-CR1&2	\$15
414166 A	WEDCRASH	SU	2-5PM	9/9	CB-CR1&2	\$15
414166 B	WEDCRASH	SU	2-5PM	10/14	CB-CR1&2	\$15
414166 C	WEDCRASH	SU	2-5PM	11/18	SPL-LR	\$15

WEST COAST SWING

Ages: 15 and Up. Enrollment Min 8 / Max 30. Known as one of the most challenging of the lead-and-follow swing dances, West Coast Swing uses a wide range of styles and tempos of music – Blues, Rock, Hip-Hop and Country. It's loads of fun! **No class 11/25. Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314165 A	WESTCST	SU	7:25-8:25PM	7/15-8/19	CB-CR1&2	\$30
414165 A	WESTCST	SU	7:25-8:25PM	10/21-12/2	CB-CR1&2	\$30

WEST COAST SWING, BEGINNER/INTERMEDIATE

Ages: 15 and Up. Enrollment Min 8 / Max 30. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop, or Country. Both 6-count 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. Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
414143 A	WCS	F	6:30-9PM	9/7	SPL-LR	\$15

YOUTH

All dance department classes follow a set curriculum to help provide each dancer the best technical training for their age and skill level. Classes are taught in a creative, fun and positive environment. Our goal is to encourage each student to express their inner dancer through the art of movement. Dancers build strength, flexibility, balance, confidence, body awareness, self-control and discipline while enjoying their movement.

All dance classes, except Baby Bop, invite only students into the dance studio during class time. We find that students focus and have the greatest opportunity for learning when alone with the instructor. For this reason, we designate the last day of every dance session as Parent Observation Day. You are welcome to observe your child's progress on this day. Thank you for your cooperation.

Recreation Dance classes offer a wide selection of stylized movement. It is a great way to find a dance style and class that meets your dancer's needs through a short eight to 13-week commitment.

The Monthly Dance Program begins in September is a nine-month dance curriculum designed to gradually build a dancer's technique over the course of the school year. Students enrolled in the program will perform in a May recital, giving the dancer a sense of accomplishment and a fun performance experience. Each dancer will be evaluated and moved into the next appropriate level of classes after the nine-month session. **Monthly class enrollment will begin July 1.**

A \$30 processing fee will be charged when enrolling for ongoing classes.

\$10 off Youth Dance session classes only if enrolled 14 days prior to the start dates of the programs.

BABY BOP

Ages: 2-3 with parent. Enrollment Min 6 / Max 12. This 30-minute class is designed with the young dancer in mind. We encourage playful movement with simple songs and exercises. This class encourages the growth of basic motor skills, discipline and independence in a fun and playful environment. **Only registered participants are allowed in the classroom, no siblings. No class 11/22, 11/24. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314015 A	BABBOP	R	9-9:30AM	6/7-7/26	SPL-FR	\$58
314015 B	BABBOP	S	10:30-11AM	6/9-7/28	CB-DS	\$58
314015 C	BABBOP	S	12:30-1PM	6/9-7/28	SPL-FR	\$58
414015 A	BABBOP	R	9-9:30AM	9/13-12/13	SPL-FR	\$88
414015 B	BABBOP	S	10:30-11AM	9/15-12/15	CB-DS	\$88
414015 C	BABBOP	S	12:30-1PM	9/15-12/15	SPL-FR	\$88

MINI BALLERINAS

Ages: 3-4. Enrollment Min 6 / Max 12. An introduction to the basic ballet positions and movements developed for our youngest dancers to improve coordination, flexibility and self-confidence. **No class 7/4, 10/31, 11/20-11/22. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314017 A	MINIBA	T	5-5:30PM	6/5-7/24	SPL-CR	\$58
314017 B	MINIBA	W	4:40-5:10PM	6/6-7/25	CB-DS	\$52
314017 C	MINIBA	R	9:35-10:05AM	6/7-7/26	SPL-FR	\$58
414017 A	MINIBA	T	5-5:30PM	9/11-12/11	SPL-CR	\$88
414017 B	MINIBA	W	4:40-5:10PM	9/12-12/12	CB-DS	\$82
414017 C	MINIBA	R	9:35-10:05AM	9/13-12/13	SPL-FR	\$88

MINI BALLET

Ages: 3-4. Enrollment Min 6 / Max 12. A creative class designed for the younger dancer to be introduced to various ballet movements. Your child will learn creative ballet movements, and dance fundamentals in a fun environment. **No class 11/24. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314101 A	MINBAL	S	9-9:30AM	6/9-7/28	CB-DS	\$58
919101 A	MINBAL	S	9-9:30AM	ONGOING	CB-DS	\$34





MINI CREATIVE MOVERS NEW

Ages: 3-4. Enrollment Min 6 / Max 12. A combo class blending together basic dance & tumbling skills through creative movement. Dancers will develop coordination, body awareness & locomotor skills through fun songs, creative games, across the floor adventures & the use of props. **No class 11/19, 11/22. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314102 A	MCM	M	5:30-6PM	6/4-7/23	SPL-CR	\$58
314102 B	MCM	R	4:40-5:10PM	6/7-7/26	CB-DS	\$58
914102 A	MCM	M	5:30-6PM	ONGOING	SPL-CR	\$34
914102 B	MCM	R	4:40-5:10PM	ONGOING	CB-DS	\$34

PINT-SIZE BALLERINAS

Ages: 5-7. Enrollment Min 6 / Max 12. An introduction to basic ballet positions and movements developed for the dancers to improve coordination, flexibility and self-confidence. **No class 11/20. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314021 A	PSB	T	5:35-6:15PM	6/5-7/24	SPL-CR	\$70
414021 A	PSB	T	5:35-6:15PM	9/11-12/11	SPL-CR	\$108

PINT-SIZE BALLET

Ages: 5-6. Enrollment Min 6 / Max 12. An introduction to basic ballet positions and movements developed for the dancers to improve coordination, flexibility and self-confidence. **No class 7/4, 10/31, 11/21, 11/24. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314104 A	PSB	W	5:15-5:55PM	6/6-7/25	CB-DS	\$63
314104 B	PSB	S	9-9:40PM	6/9-7/28	SPL-FR	\$70
914104 A	PSB	W	5:15-5:55PM	ONGOING	CB-DS	\$34
914104 B	PSB	S	9-9:40PM	ONGOING	SPL-FR	\$34

PINT-SIZE URBAN FUNK NEW

Ages: 5-7. Enrollment Min 6 / Max 12. This high-energy funk dance is set to pop, rock and hip-hop music. A short warm up is followed by a fun, funk dance combination that is built upon and repeated. Each week a new combination is taught. Class ends with a short cool down. **No class 11/19, 11/24. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314103 A	PSURBAN	M	4:45-5:25PM	6/4-7/23	SPL-CR	\$70
314103 B	PSURBAN	S	9:35-10:15AM	6/9-7/28	CB-DS	\$70
914103 A	PSURBAN	M	4:45-5:25PM	ONGOING	SPL-CR	\$34
914103 B	PSURBAN	S	9:35-10:15AM	ONGOING	CB-DS	\$34

RISING BALLET

Ages: 6-8. Enrollment Min 6 / Max 12. Join LPRD Dance staff to emphasize stretches, large muscle movement and basic barre technique while combining fun and dance discipline to help build confidence. **No class 7/4, 10/31, 11/21, 11/24. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314109 A	RB	W	6-6:45PM	6/6-7/25	CB-DS	\$63
314109 B	RB	S	9:45-10:25AM	6/9-7/28	SPL-FR	\$70
914109 A	RB	W	6-6:45PM	ONGOING	CB-DS	\$34
914109 B	RB	S	9:45-10:25AM	ONGOING	SPL-FR	\$34

RISING JAZZ/HIP HOP I/II

Ages: 6-8. Enrollment Min 6 / Max 12. It's 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 11/22. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314020 A	RJHH	R	6:05-6:50PM	6/7-7/26	CB-DS	\$70
914020 A	RJHH	R	6:05-6:50PM	ONGOING	CB-DS	\$34

YOUTH BALLET I

Ages: 8-12. Enrollment Min 6 / Max 12. This class will progress with new ballet skills focusing on proper alignment, technique and discipline. Your dancer will be encouraged to increase overall strength, flexibility and musicality in a fun, supportive atmosphere. A year of dance experience is recommended. **No class 11/24. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314110 A	YB	S	11:30-12:15PM	6/9-7/28	SPL-FR	\$70
914110 A	YB	S	11:30-12:15PM	ONGOING	SPL-FR	\$34

YOUTH JAZZ/HIP HOP I/II

Ages: 8-12. Enrollment Min 6 / Max 12. It's 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 11/24. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314018 A	YJHH	S	1:15-2PM	6/9-7/28	SPL-FR	\$70
914018 A	YJHH	S	1:15-2PM	ONGOING	SPL-FR	\$34

OPEN STUDIO is a new, invitation only, dance class with the focus on honing basic jazz, hip hop and ballet skills through technique work, choreography and performance. This private class is an extension of our 9-month, dance program curriculum designed with the intention to challenge dancers whom are ready for the next step up. Our goal is to generate a new upper level class for the more intermediate & advanced dancers. Enrollment in a 2nd dance class is recommended but not required. **For more information contact Jo Ellis, Recreation Program Supervisor at (785) 330-7358.**



FITNESS

STRETCH YOUR LIMITS — WWW.LPRD.ORG



FITNESS

Due to ever-increasing enrollment in our fitness and exercise classes, the number of participants prohibits bringing children to class, not only due to space requirements but also the distraction of children to the instructor and class participants.

Receive a \$10 discount when you register for land Fitness classes 14 days prior to the start date. Discount only applies to terrestrial fitness classes, not Aquatic.

MATS

Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend ongoing workshops and in-service seminars to maintain current certification. CPR and First Aid certification are also required by our instructors. We are proud to ensure the best in a fun, safe environment. Participation in any activity does present an element of risk. LPRD recommends participants check with a physician prior to participation in a fitness class or sports activities.

BALLET FIT ★★

Ages: 15 and Up. Enrollment Min 10 / Max 15. Anybody can do ballet fit; previous dance experience is not required! This ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body. Ballet fit improves flexibility, posture, strength and core stability, and is a full body workout, where every muscle is sculpted and stretched to fun music! Guaranteed to give you a cardio workout, help define the abs and lift the booty! **No class 11/24. Instructor: Molly Gordon.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314115	A	BALFIT	S	10:30-11:25AM	6/9-8/25	SPL-FR	\$58
414115	A	BALFIT	S	10:30-11:25PM	9/15-12/15	SPL-FR	\$62

BOOTY BLAST ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Shape and tone your belly, tush, hips and thighs in this fun and effective class. We will incorporate multiple types of movements including Pilates to lift and firm that junk in your trunk. **Bring a yoga mat. This class is suitable for beginners or more advanced exercisers. No class 11/24. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315018	A	BOOTBL	S	11:15-11:55AM	6/9-8/25	SPL-LR	\$58
415018	A	BOOTBL	S	11:15-11:55AM	9/15-12/15	SPL-LR	\$62

CORE EXPRESS ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. The core is more than just abs! Various fun tools will be used to create instability which will wake up not only deep abdomen muscles but also the various stabilizers of the back. Results will be seen in your daily activities especially balance and stability. Various options will be given for each exercise, so this class is great for everyone. **No class 11/22. Instructor: Christie Ogunowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315008	A	COREEX	R	6:45-7:30PM	6/7-8/23	SPL-FR	\$58
415008	A	COREEX	R	6:45-7:30PM	9/13-12/13	SPL-FR	\$62

CYCLING – CARDIO CYCLE ★★

Ages: 15 and Up. Enrollment Min 6 / Max. 14. This class is a fun, athletic, cardiovascular cycling class – the ultimate calorie killer. Start pedaling and let go as the music takes you on the ride of your life along various terrains, speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat! A freestyle indoor cycling workout, the focus of this class is a total mind and body journey. A great way to lose yourself while training at your own level. Choose your own intensity. **No class 7/4, 10/31, 11/19, 11/21. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315354	A	CARDCYCL	MW	5:30-6:15PM	6/4-8/22	CB-KR	\$102
415354	A	CARDCYCL	MW	5:30-6:15PM	9/10-12/12	CB-KR	\$110

CYCLE EXPRESS ★★

Ages: 15 and Up. Enrollment Min 6 / Max 14. A high intensity 45 minutes Spin Class geared towards all levels! This class will get the feet moving and the heart pumping by combining strength and endurance components associated with Cycling: Jumps, Sprints, Twist and climb your way to an intense session of aerobic and anaerobic training on a stationary bike! All levels will be demonstrated! **No class 11/24, 12/8. Instructor: Christie Ogunowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315356	A	CYCEXP	S	9-9:45AM	6/9-8/25	CB-KR	\$64
415356	A	CYCEXP	S	9-9:45AM	9/15-12/22	CB-KR	\$69

CYCLING – INTERVAL CYCLING ★★

Ages: 15 and Up. Enrollment Min 6 / Max 14. Great for those looking for a complete workout! This high-intensity cycling class will combine hill climbs, speedwork, jumps and sprints to give you the best workout possible. **No class 11/20. Instructor: Ryann Waller.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415355	A	INTCYCL	T	6:15-7PM	9/11-12/11	CB-KR	\$69

CYCLING – POWER RIDE ★★

Ages: 15 and Up. Enrollment Min 6 / Max 14. Our Power Ride is a class for moderate and advanced participants that offers an excellent cardiovascular workout as it targets and challenges your entire lower body. This ride includes an Endurance Ride that will metabolize fat efficiently, Race Day Rides that will include challenging mountain climbs, and a Strength Ride that will promote muscular and cardiovascular development. This highly aerobic ride can cover 15-20 miles in the 45-minute class time. It is truly a fantastic cardiovascular workout! Be ready to sweat it out and burn up to 700 calories. **No class 7/4, 10/31, 11/19, 11/21. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315352	A	PWRD	MW	4:30-5:15PM	6/4-8/22	CB-KR	\$102
415352	A	PWRD	MW	4:30-5:15PM	9/10-12/12	CB-KR	\$110



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H.I.I.T: "HIGH INTENSITY INTERVAL TRAINING" ^{NEW} ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. HIIT is an intense Cardiovascular exercise alternating with less intense recovery periods using Tabata formats! It's a fat blasting workout. You'll lose weight – not muscle – increase metabolism and build a healthier heart. **No class 7/4, 10/31, 11/19, 11/22. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315101	A	HIIT	MW	5:45-6:40PM	6/4-8/22	HPRC-GY	\$84
415101	A	HIIT	MW	5:45-6:40PM	9/10-12/12	HPRC-GY	\$91

HIP HOP INFERNO ★★

Ages: 18 and Up. Enrollment Min 10 / Max 25. Join Mea Austin for a workout that feels like a night out at a club. We use top Hip Hop, dance and pop hits to get you in the fat burning zone. The music will be pumping and so will your heart rate. Drop it low and drop those extra pounds. Shake your booty and shake off stress. You won't even know you are working out. **No class 11/24. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315005	A	HIPHOP	S	10:25-11:05AM	6/9-8/25	SPL-LR	\$58
415005	A	HIPHOP	S	10:25-11:05AM	9/15-12/15	SPL-LR	\$62

KICKBOXING TURBO ★★

Ages: 15 and Up. Enrollment Min 10 / Max 25. This is a class that combines aerobics, boxing, martial arts and 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 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 11/20. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315076	A	KICKBOX	T	5:45-6:40PM	6/5-8/21	SPL-FR	\$58
415076	A	KICKBOX	T	5:45-6:40PM	9/11-12/11	SPL-FR	\$62

KPW (KICKBOXING, PILATES, WEIGHTS) Formally FitMix ^{NEW} ★★

Ages: 15 and Up. Enrollment Min 10 / Max 25. KPW training delivers a dynamic full-body 40-minute workout, consisting of HIIT (high intensity interval training), interval training, strength training and core work to maximize results. Workout with music that motivates. Bring a mat to class. **No class 7/4, 10/31, 11/19, 11/21. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315120	A	KPW	MW	6:30-7:10PM	6/4-8/22	ELRC-GY	\$84
415120	A	KPW	MW	6:30-7:10PM	9/10-12/12	ELRC-GY	\$91

**KICKBOXING FUSION ★★**

Ages: 15 and Up. Enrollment Min 10 / Max 25. Throw down in this sweat-drenched punching, kicking, muscle sculpting class. You will torch fat with an overall body workout like no other. Motivating music amps up the energy while you "knock out" stress and have fun. **No class 11/24. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315075	A	KBFUS	S	9:35-10:15AM	6/9-8/25	SPL-LR	\$58
415075	A	KBFUS	S	9:35-10:15AM	9/15-12/15	SPL-LR	\$62

OXYGEN Formally Pilates Combo ^{NEW} ★★

Ages: 15 and Up. Enrollment Min 10 / Max 15. This infusion of Yoga, Pilates and Ballet will tone your core and elongate muscles. Deep breathing oxygenates your muscles and your soothes your mind. A dark room with soft lighting creates a peaceful, calming environment. This class is designed to eliminate stress and increase flexibility, balance and strength. **Modifications are made for beginners while challenging movements are offered for the experienced. Bring a Yoga mat to class. No class 7/4, 10/31, 11/19, 11/21. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315009	A	OXYGEN	MW	5:35-6:15PM	6/4-8/22	ELRC-MR	\$84
415009	A	OXYGEN	MW	5:35-6:15PM	9/10-12/12	ELRC-MR	\$91

PILATES ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. A challenging workout for your core, arms, legs and lower body that creates flexibility, balance and strength. This is a total body workout that infused Pilates with a hint of yoga and basic ballet fundamentals to tone and elongate muscles. You will see results quickly and eliminate stress with this fusion of low impact movements. **Bring a Yoga mat to class. No class 7/4, 11/19, 11/21. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315223	A	PILATES	MW	12:10-12:50PM	6/4-8/22	SPL-FR	\$84
415223	A	PILATES	MW	12:10-12:50PM	9/10-12/12	SPL-FR	\$94

PIYO LIVE ★★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. PiYo LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use your body weight to perform a series of continuous, target moves to define every single muscle, big and small. **No class 7/4, 10/31, 11/19, 11/21, 11/23. Instructor: Anna Oliver.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315020	A	PIYO	MW	7:05-7:55PM	6/4-8/22	SPL-FR	\$84
315020	B	PIYO	F	8:30-9:20AM	6/8-8/24	SPL-FR	\$58
415020	A	PIYO	MW	7:05-7:55PM	9/10-12/12	SPL-FR	\$91
415020	B	PIYO	F	8:30-9:20AM	9/14-12/14	SPL-FR	\$62

**POUND ★★**

Ages: 15 and Up. Enrollment Min 10 / Max 20. Channel your inner performer and rock your body with this modern-day fusion of movement and music. POUND is a full-body cardio jam session, combining easy-to-follow cardio moves with strength training and drumming. Using Ripstix – weighted drumsticks engineered for exercise – POUND fuses Pilates, isometric movements, plyometric and yoga-based poses into a class. Burn up to 600 calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique, all while rocking out to your favorite music. **No class 7/4, 10/31, 11/19-11/22, 11/24. Instructors: Marianne Hoffman (MH), Marisa Bregman (MB), Christie Ogunnowo (CO).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315002	A	POND(MB)	MW	6:10-6:55PM	6/4-8/22	SPL-FR	\$84
315002	B	POND(MH)	TR	5:30-6:15PM	6/5-8/23	HPRC-BR	\$87
315002	C	POND(CO)	T	6:45-7:15PM	6/5-8/21	SPL-FR	\$46
315002	D	POND(MB)	S	8-8:45AM	6/9-8/25	SPL-FR	\$58
415002	A	POND(MB)	MW	6:10-6:55PM	9/10-12/12	SPL-LR	\$91
415002	B	POND(MH)	TR	5:30-6:15PM	9/11-12/13	HPRC-BR	\$94
415002	C	POND(CO)	T	6:45-7:15PM	9/11-12/11	SPL-FR	\$49
315002	D	POND(MB)	S	8-8:45AM	9/15-12/15	SPL-FR	\$62

POWER SCULPT ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. 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. **Not for the first time weight lifter. No class 11/22, 11/24. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315011	A	PWRSUPT	R	5:45-6:40PM	6/7-8/23	SPL-FR	\$58
315011	B	PWRSUPT	S	10-10:50AM	6/9-8/25	CB-CR2	\$58
415011	A	PWRSUPT	R	5:45-6:40PM	9/13-12/13	SPL-FR	\$62
415011	B	PWRSUPT	S	10-10:50AM	9/15-12/15	CB-CR2	\$62

LTC (LENGTHEN, TONE, CHISEL) ^{NEW} ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Forty-five minutes of heart pumping fun and soothing effects of lengthening and toning. LTC ties together a cardio workout to your favorite pop songs improving lung capacity, circulation, and heart strength with relaxing stretching and toning releasing tension while improving strength and flexibility. **No class 11/20, 11/22. Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315024	A	LTC	TR	4:50-5:35PM	6/5-8/23	SPL-FR	\$87
415024	A	LTC	TR	4:50-5:35PM	9/11-12/13	SPL-FR	\$94

STRENGTH AND STAMINA ★★

Ages: 15 and Up. Enrollment Min 10 / Max 25. Do you enjoy an exercise program that pushes you to the limits? Are you looking for a challenging, body burning workout? Do you value a wide variety of exercises to keep you motivated? Join us for an intense, total body muscle and cardio training course that energizes and challenges you! Workouts will include a variety of training methods, including but not limited to tabata circuits, HIIT (high intensity interval training), resistance training, plyometrics, calisthenics, as well as core and dumbbell weight work. You'll be glad when the workout is over, but you'll be glad you came! Exercises can be modified to fit anyone's fitness level. Some activities may be performed outdoors, weather permitting. Bring your own mat for floor work. **No class 11/20, 11/22. Instructor: Nicole Heck.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415104	A	STRSTAM	TR	5:45-6:35PM	9/11-12/13	HPRC-GY	\$94

TONE ZONE ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. This eclectic approach to fitness incorporates yoga, Pilates and various strength training exercises for full body toning and conditioning. Experience a sense of well-being while improving balance, strength, flexibility and coordination. Begin the journey of life-long fitness! **Bring a mat for floor work. No class 11/20, 11/22. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315060	A	TNZN	TR	12:10-12:50PM	6/5-8/23	CB-CR2	\$87
415060	A	TNZN	TR	12:10-12:50PM	9/11-12/13	CB-CR2	\$94

TRX BASIC ★

Ages: 15 and Up. Enrollment Min 6 / Max 9. A complete workout that will increase your total-body flexibility, promote mobility and stability and develop core strength. This class focuses on technique, flexibility, balance and strength by developing basic foundational exercises through easy to follow progressions. **This class may also include cardio, flexibility and balance elements. No class 7/4, 10/31, 11/19-11/22. Instructors: Holly McPeak (HM), Amy Whittaker (AW).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315105	B	TRX(AW)	TR	5:25-6:10PM	6/5-8/23	SPL-LR	\$106
415105	A	TRX(HM)	MW	5:10-5:55PM	9/10-12/12	SPL-LR	\$110
415105	B	TRX(AW)	TR	5:25-6:10PM	9/11-12/13	SPL-LR	\$114

TRX BODY BLAST ^{NEW} ★★

Ages: 15 and Up. Enrollment Min 6 / Max 9. High-octane workout set to music using TRX suspension. Incorporate cardio, strength, and core with a balance of high-intensity pushed and low impact recovery. Music creates Tabata like intervals that keep your mind and body engaged. All levels welcome. **Bring a mat to class. No class 11/22. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315108	A	TRXB	R	6:15-6:45PM	6/7-8/23	CB-KR	\$52
415108	A	TRXB	R	6:15-6:45PM	9/13-12/13	CB-KR	\$56





TRX FLOW ★

Ages: 15 and Up. Enrollment Min 6 / Max 9. Challenge yourself with a little flow, rhythm, balance and have the ability to work at your own level and pace in a safe and effective, non-impact environment. Build real strength and tone like never before in your arms, shoulders, back, derriere and legs. **No class 11/20, 11/22. Instructor: Holly McPeak (HM).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315107	A	TRXBA(HM)	TR	9-9:45AM	6/5-8/23	SPL-LR	\$106
415107	A	TRXBA(HM)	TR	9-9:45AM	9/11-12/13	SPL-LR	\$114

TR-XPRESS CARDIO CIRCUIT ★★

Ages: 15 and Up. Enrollment Min 6 / Max 9. Engage all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body conditioning program. We set the reps, you set the intensity. All Core All the Time. **No class 10/31, 11/19-11/22. Instructors: Holly McPeak (HM), Amy Whittaker (AW).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315106	B	TRXE(HM)	TR	8:15-8:45AM	6/5-8/23	SPL-LR	\$94
315106	C	TRXE(AW)	TR	6:15-6:45PM	6/5-8/23	SPL-LR	\$94
415106	A	TRXE(HM)	MW	4:30-5PM	9/10-12/12	SPL-LR	\$97
415106	B	TRXE(HM)	TR	8:15-8:45AM	9/11-12/13	SPL-LR	\$101
415106	C	TRXE(AW)	TR	6:15-6:45PM	9/11-12/13	SPL-LR	\$101

TRX YOGA FLOW ^{NEW} ★★

Ages: 15 and Up. Enrollment Min 6 / Max 9. A brand-new take on Yoga and supplement to our regular TRX class! Power Yoga with the TRX suspension trainer coordinates movements (asana/postures) with breath to enhance strength, mobility and balance. A dark room, soft lighting inspiring music create a peaceful, calming environment. Leave this class feeling strong and stress free. All levels welcome. **Bring a yoga mat to class. No class 11/22. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315109	A	TRXFLOW	R	6:55-7:25PM	6/7-8/23	CB-KR	\$52
415109	A	TRXFLOW	R	6:55-7:25PM	9/13-12/13	CB-KR	\$56

UNIVERSAL GROOVY DANCE ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Rock that body with the new classy Universal Groovy Dance! If you like Zumba, you will love UGD as it combines the latest moves from Africa, Colombian, American and Latin dances! No knees torquing/twisting, just Funky and easy to follow dances! In 50 minutes you're constantly moving, shaking, burning and shedding all those unwanted calories! You will SWEAT! **No class 11/24. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315004	A	UNGROV	S	11-11:50AM	6/9-8/25	CB-CR2	\$58
415004	A	UNGROV	S	11-11:50AM	9/15-12/15	CB-CR2	\$62

WEIGHTS EXPRESS ★★

Ages: 15 and Up. Enrollment Min 10 / Max 15. This class will get you in and out in 30 minutes twice a week. You will build strength through toning and utilizing a variety of equipment to sculpt all major muscle groups. Circuits and stations will also be incorporated into the program. Never the same boring routine, each class will be different. **No class 11/20, 11/22. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315023	A	WEIGHTS	MW	4:45-5:15PM	6/4-8/22	SPL-FR	\$88
315023	B	WEIGHTS	MW	5:30-6PM	6/4-8/22	SPL-FR	\$88
415023	A	WEIGHTS	MW	4:45-5:15PM	9/10-12/12	SPL-FR	\$94
415023	B	WEIGHTS	MW	5:30-6PM	9/10-12/12	SPL-FR	\$94

YOGA ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Get comfortable and stretch out your stiff muscles. Learn to correctly align your spine through slow, progressive traction. While using the full capacity of your lungs through correct breathing, you will completely oxygenate your body and brain, improving blood circulation and your sense of well-being. Bring a blanket or exercise mat. See the Lifelong Recreation section for additional sections designed for those 50-plus. **Please bring a mat to class. No class 11/22. Instructor: Stacy Wall.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315271	A	YOGA	R	6:45-8PM	6/7-8/23	CARN-HR	\$75
415271	A	YOGA	R	6:45-8PM	9/13-12/13	CARN-HR	\$81

YOGA, VINYASA ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Working with proper alignment and vinyasa flows and posture sequencing found in the Ashtanga yoga lineage, this class aims to support practitioners as they find their bodies through their personal yoga practice. Come prepared to focus, meet challenges, and explore all that yoga asana has to offer. **No class 7/4, 11/19, 11/21. Instructor: Sara Crangle.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315277	A	ASHYOGA	MW	6-7:15AM	6/4-8/22	SPL-LR	\$99
415277	A	ASHYOGA	MW	6-7:15AM	9/10-12/12	SPL-LR	\$106

YOGA, BEGINNER ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. This class is designed as an introduction to the practice of Yoga. Class is slower paced than an all-levels class and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try. **No class 11/25. Instructor: M.A. Saunders.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315015	A	BEGYOGA	SU	2:45-4PM	6/3-8/19	CB-DS	\$75
415015	A	BEGYOGA	SU	2:45-4PM	9/9-12/9	CB-DS	\$71



**YOGA, BUTI ★★**

Ages: 15 and Up. Enrollment Min 10 / Max 15. One ridiculously amazing buti! A blend of yoga, strength training and tribal dance equals muscle-sculpting, butt-shaking Buti. The class is a one-stop cardio-sculpt shop: For 60 minutes, you flow from Warrior variations, squats and hip-openers to dancing to bass-heavy jams. **No class 11/20, 11/22.**

Instructor: Bethany Hess.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315282 A	BUTIYOG	T	6-7AM	6/5-8/21	SPL-FR	\$58
315282 B	BUTIYOG	R	7-8PM	6/7-8/23	CB-DS	\$58
415282 A	BUTIYOG	T	6-7AM	9/11-12/11	SPL-FR	\$62
415282 B	BUTIYOG	R	7-8PM	9/13-12/13	CB-DS	\$62

YOGA EXPRESS ★★

Ages: 15 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 11/20, 11/22.**

Instructor: Tatum Bandy.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315022 A	YOGEXPR	TR	12:10-12:50PM	6/5-8/23	SPL-FR	\$87
415022 A	YOGEXPR	TR	12:10-12:50PM	9/11-12/13	SPL-FR	\$94

YOGA MEDITATION WORKSHOP ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Meditation reduces stress and increases your ability to focus and your feelings of well-being. We will discuss what meditation is and easy ways to start your own meditation practice. Together we'll explore methods such as sutra meditation, mudra and breathing techniques, mantra meditation, single pointed concentration, mindfulness and guided relaxation. **Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315278 A	MEDIT	F	7-8:30PM	7/13	SPL-FR	\$15
415278 A	MEDIT	F	7-8:30PM	10/19	SPL-FR	\$15

YOGA, THE NATURE PROCESS® ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Reduce your stress and anxiety by learning skills to deepen your connection to the natural world and experience yourself as part of nature. Become aware of your 54 senses. Feel yourself as a part of a greater whole of Nature by using your sensory connections to return to a state of balance and wellbeing. This two-hour workshop includes an explanation of the five steps of The Nature Process, a walk through the trails behind SPL and a guided meditation in nature through natural presence, natural body, natural attractions, natural communication and natural release. **Instructor: Annemarie Chilton,** certified TNP facilitator.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315021 A	NATPROC	F	7-9PM	6/15	SPL-FR	\$20
415021 A	NATPROC	F	7-9PM	9/7	SPL-FR	\$20

YOGA NIDRA ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Yoga Nidra (yogic sleep) is an hour long guided meditation while laying down which can cause a release of tension, profound relaxation and peace of mind. Through the meditation we will explore the physical body, the breath, the emotional body and the connection to a higher self. We will discuss how Yoga Nidra can help ease insomnia, stress and chronic pain and easy ways to start a home practice. **Please bring a yoga mat and a blanket.**

Instructor: Annemarie Chilton.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315279 A	NIDRA	F	7-8:30PM	8/10	SPL-FR	\$15
415279 A	NIDRA	F	7-8:30PM	11/16	SPL-FR	\$15

YOGA, PRENATAL ★

Ages: 15 and Up. Enrollment Min 10 / Max 15. The class is specifically designed for the prenatal mom! A beautiful class for mom and baby to bond, create a loving space and connection with your child, and prepare your body for the birth of your child. **Please bring a mat to class. No class 11/21.**

Instructor: Annemarie Chilton.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315272 A	PREYOGA	T	5:30-6:45PM	6/5-8/21	ELRC-MR	\$88
415272 A	PREYOGA	W	5:30-6:45PM	9/12-12/12	HPRC-BR	\$95

YOGA, SLOW FLOW ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Mindful, slow paced floor poses, seated postures, spinal twisting, standing postures, gentle back bends, and deep breathing. This class features a slow paced integration in the beginning of class and a long savasana at the end of class. Props will be used when needed. This is an ideal class for those new to yoga, as well as the experienced student who enjoys this gentle approach to their practice. **No experience is required. Bring a mat or blanket to class. No class 11/20.**

Instructor: Tatum Bandy.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
415016 A	SLOWFLOW	T	10-11AM	9/11-12/11	SPL-FR	\$62

YOGA FOR STRESS RELIEF ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Increase your well-being by treating yourself to a relaxing evening of yoga. We will explore tools for reducing stress and anxiety including journaling, restorative and level I yoga poses and guided relaxation. December can be a busy time, take a Friday evening to relax and renew yourself for the coming month. The more you care for yourself, the more you will be able to care for everyone and everything else in your life. **Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
415280 A	STRESS	F	7-8:30PM	12/7	SPL-FR	\$15





YOGA STRETCH ★

Ages: 15 and Up. Enrollment Min 10 / Max 20. A unique class that combines Yoga and stretching for flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion.

No class 11/22. Instructor: M.A. Saunders.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315017	A	YOGAST	R	5:30-6:30PM	6/7-8/23	ELRC-MR	\$58
415017	A	YOGAST	R	5:30-6:30PM	9/13-12/13	ELRC-MR	\$62

YOGA AT THE WINERY WORKSHOP ★

Ages: 21 and Up. Enrollment Min 10 / Max 20. Take your relaxation up a notch and join us for a one hour yoga class followed by a tasting of six wines and light bites on the stunning grounds of Crescent Moon Winery. Bring your yoga mat and meet us at the vineyard. When you arrive, you'll be lead through an hour-long Vinyasa class, then have the opportunity to indulge your taste buds with a guided tasting of six wines in the Crescent Moon Winery's tasting room. This is open to all levels.

Instructor: Tatum Bandy.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315276	A	VINOVIN	F	6:30-8:30PM	6/1	CMW	\$20
315276	B	VINOVIN	F	6:30-8:30PM	8/17	CMW	\$20
415276	A	VINOVIN	F	6:30-8:30PM	10/12	CMW	\$20

YOGILATES ★★

*Ages: 15 and Up. Enrollment Min 10 / Max 25. The best of both worlds – the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, increased range of motion and balance for a complete workout. **Please bring a mat to class.** No class 11/20, 11/22, 11/24. Instructor: Fran Hopkins.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315121	A	YGTS	TR	5:30-6:25PM	6/5-8/23	CB-CR1	\$87
315121	B	YGTS	S	9-9:50AM	6/9-8/25	CB-CR1	\$58
415121	A	YGTS	TR	5:30-6:25PM	9/11-12/13	CB-CR1	\$94
415121	B	YGTS	S	9-9:50AM	9/15-12/15	CB-CR1	\$62

YOGILATES PLUS ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. A unique class combining yoga, ki work 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 your sweat. It's about energy, power and rhythm. Think sculpted abdominals and increased overall core strength. No class 11/25. Instructor: Fran Hopkins.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315123	A	YOGALA	SU	3-4:15PM	6/3-8/19	SPL-FR	\$58
415123	A	YOGALA	SU	3-4:15PM	9/9-12/9	SPL-FR	\$62

ZUMBA ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. 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 7/4, 10/31(PM), 11/19, 11/21, 11/23-11/25. Instructors: Pat Middaugh (PM), Susan King (SK), Anna Oliver (AO), Amy Whittaker (AW), Paula Fay (PF).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315000	A	ZUMBA(PM)	MWF	12:10-12:50PM	6/4-8/24	CB-GYM	\$106
315000	B	ZUMBA(AW)	M	5:30-6:25PM	6/4-8/20	CB-GYM	\$58
315000	C	ZUMBA(AW)	W	5:30-6:25PM	6/6-8/22	CB-GYM	\$54
315000	D	ZUMBA(PF)	F	5:30-6:25PM	6/8-8/24	SPL-LR	\$58
315000	E	ZUMBA(AO)	S	8:30-9:20AM	6/9-8/25	SPL-LR	\$58
415000	A	ZUMBA(PM)	MWF	12:10-12:50PM	9/10-12/14	CB-GYM	\$117
415000	B	ZUMBA(SK)	M	5:30-6:25PM	9/10-12/10	CB-GYM	\$62
415000	C	ZUMBA(PF)	T	7-7:55PM	9/11-12/11	SPL-LR	\$62
415000	D	ZUMBA(SK)	W	5:30-6:25PM	9/12-12/12	CB-GYM	\$58
415000	E	ZUMBA(PF)	F	5:30-6:25PM	9/14-12/14	SPL-LR	\$62
415000	F	ZUMBA(AO)	S	8:30-9:20AM	9/15-12/15	SPL-LR	\$62

ZUMBA COMBO ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Add variety to your Zumba workout with this class that meets twice a week. In one class, Zumba will take the "work" out of your workout by mixing low and high intensity moves for an interval style, calorie burning dance fitness party using Latin and World Rhythms. Your other class, Zumba Toning, brings the challenge of adding resistance using light weight maraca-like toning sticks that help define and tone your upper body, while still bringing the dance party element to bring you a full body workout!" No class 7/4, 10/31, 11/19, 11/21. Instructor: Anna Oliver.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315007	A	ZUMBA(AO)	MW	6:05-6:55PM	6/4-8/22	SPL-LR	\$84
415007	A	ZUMBA(AO)	MW	6:05-6:55PM	9/10-12/12	SPL-LR	\$91

ZUMBA TONING ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. This class combines the Zumba workout with lightly weighted Zumba Toning Sticks for a whole body strengthening experience. With their rhythmic percussive sounds, these Zumba Toning Sticks will add some spice to your resistive workout routine. This class blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones. No class 7/4, 11/21. Instructor: Anna Oliver.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315001	A	ZUMTON	W	9-9:50AM	6/6-8/22	SPL-LR	\$54
415001	A	ZUMTON	W	9-9:50AM	9/12-12/12	SPL-LR	\$62



GOLF

EAGLE BEND GOLF COURSE & LEARNING CENTER

1250 E. 902 Road (below Clinton Lake Dam) • (785) 748-0600
For information and questions regarding golf, contact Darin Pearson, golf operations supervisor, at dpearson@lawrenceks.org

Eagle Bend is owned and operated by the City of Lawrence's Parks and Recreation Department. The City received the land through a lease with the Army Corps of Engineers.

Eagle Bend is designed along the Wakarusa River channel located below the Clinton Reservoir Dam. Eagle Bend is dedicated to continuing the preservation of the environment and habitat of wildlife. Much wildlife inhabits Eagle Bend, including rabbits, red foxes, coyotes, deer, quail, blue heron, muskrats, turtles, eagles, hawks, Canadian geese, woodpeckers, fish and snakes.

The first six holes on the course are open with few trees. The remaining holes are heavily wooded and sit in the shadow of the Wakarusa River. The bald eagle is indigenous to the area and played a major role in the naming of the course. During its construction, bald eagle sightings were plentiful and can still be seen in the fall and early spring. Since the river bends around the course, the name Eagle Bend was a natural choice. No signature hole is designated, but a consensus favors No. 16, a 560-yard, par 5 with a split fairway, and No. 17, an elevated 170-yard, par 3 with the river channel cutting across the entire front side of the green.

FACILITIES

18 holes of championship golf, a full-service pro shop, snack bar, driving range, short-game facility, practice putting and chipping greens and golf instruction by two PGA professionals.

	Yardage	Course rating and slope	Recommended handicap
Gold	6984 yards	73.9/130	0-7
Blue	6542 yards	71.9/126	8-15
White	5989 yards	69.3/121	16+
Red	5274 yards	71.5/120	Beginners
Yellow	3160 yards		Juniors
Green	1612 yards		Beginning Juniors

JUNIORS GOLF FREE

The family outing just got better! The **Juniors Golf Free** program at Eagle Bend makes it easier for families to enjoy time together on the links. Monday through Friday juniors age 11 and under golf FREE with a playing adult (limit two juniors per paying adult). Call today to set your family tee time, (785) 748-0600.

HOURS OF OPERATION AND TEE TIMES

Club House opens at 7 a.m. weekdays (Monday-Thursday) and 6 a.m. on weekends (Friday, Saturday, Sunday and holidays) during daylight savings. Tee times begin at 7:30 a.m. on weekdays and 7 a.m. on weekends and holidays. Reservations can be made up to seven days in advance by calling (785) 748-0600 or 1-877-861-GOLF (4653). In order to secure your tee-time, you must check in at least 15 minutes prior to your reserved tee time.

LESSONS

All golf instruction is organized and directed by PGA Class A Golf Professionals Greg Dannevik and PGA Apprentice Ryan Cloud.



ADULT CLINICS WELCOME TO GOLF

Ages: 18 and Up. Enrollment Min 2 / Max 10. This clinic is designed to introduce new golfers to the game of golf with beginners in mind and includes step-by-step instructions on the basic fundamentals, explained in simple terms. **Golfers may sign up for consecutive classes. If the golfer chooses to sign up for additional classes, the instructor will build upon lessons taught in previous classes. After four Welcome to Golf classes, it is encouraged the golfer moves to the Building Blocks class.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
360210 A	WELCOME	W	6-7PM	5/9	EBGC	\$25	
360210 B	WELCOME	W	6-7PM	5/23	EBGC	\$25	
360210 C	WELCOME	W	6-7PM	6/6	EBGC	\$25	
360210 D	WELCOME	W	6-7PM	6/20	EBGC	\$25	
360210 G	WELCOME	W	6-7PM	8/8	EBGC	\$25	
360210 H	WELCOME	W	6-7PM	8/22	EBGC	\$25	
360210 I	WELCOME	S	11AM-12PM	5/5	EBGC	\$25	
360210 J	WELCOME	S	11AM-12PM	5/12	EBGC	\$25	
360210 K	WELCOME	S	11AM-12PM	5/19	EBGC	\$25	
360210 L	WELCOME	S	11AM-12PM	5/26	EBGC	\$25	
360210 M	WELCOME	S	11AM-12PM	6/2	EBGC	\$25	
360210 N	WELCOME	S	11AM-12PM	6/9	EBGC	\$25	
360210 O	WELCOME	S	11AM-12PM	6/16	EBGC	\$25	
360210 P	WELCOME	S	11AM-12PM	6/23	EBGC	\$25	
360210 Q	WELCOME	S	11AM-12PM	6/30	EBGC	\$25	
360210 R	WELCOME	S	11AM-12PM	7/21	EBGC	\$25	
360210 S	WELCOME	S	11AM-12PM	8/4	EBGC	\$25	
360210 T	WELCOME	S	11AM-12PM	8/18	EBGC	\$25	
460210 A	WELCOME	S	11AM-12PM	9/1	EBGC	\$25	
460210 B	WELCOME	S	11AM-12PM	9/8	EBGC	\$25	
460210 C	WELCOME	S	11AM-12PM	9/15	EBGC	\$25	
460210 D	WELCOME	S	11AM-12PM	9/22	EBGC	\$25	
460210 E	WELCOME	S	11AM-12PM	9/29	EBGC	\$25	

GET GOLF READY

Ages: 18 and Up. Enrollment Min 2 / Max 6. *Get Golf Ready* is a low-cost program to help get the new golfer out onto the course and having fun. We will be following the curriculum developed by the PGA and associated golf industry leaders and helping you plug into the game of golf. **This class will get you ready for the course after 5 lessons. Get more information from www.pga.com or contact the Eagle Bend Pro Shop at (785) 748-0600.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
360105 A	GOLFREEDY	R	6-7PM	5/3-5/31	EBGC	\$100	
360105 B	GOLFREEDY	R	6-7PM	6/7-7/5	EBGC	\$100	

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BUILDING BLOCKS

Ages: 18 and Up. Enrollment Min 2 / Max 10. This class is intended to build the skills of a golfer who is not a beginner. Knowledge of golf fundamentals and etiquette is required. The class will cover all advanced fundamentals and terminology. Golfers may sign up for consecutive classes. If the golfer chooses to sign up for additional classes, the instructor will keep building on his or her progress.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
360220 A	BLDBLOCK	S	12-1PM	5/26	EBGC	\$25
360220 B	BLDBLOCK	S	12-1PM	6/2	EBGC	\$25
360220 D	BLDBLOCK	S	12-1PM	6/16	EBGC	\$25
360220 E	BLDBLOCK	S	12-1PM	6/23	EBGC	\$25
360220 G	BLDBLOCK	S	12-1PM	7/14	EBGC	\$25
360220 H	BLDBLOCK	S	12-1PM	7/21	EBGC	\$25
360220 I	BLDBLOCK	S	12-1PM	7/28	EBGC	\$25
360220 J	BLDBLOCK	S	12-1PM	8/4	EBGC	\$25
360220 K	BLDBLOCK	S	12-1PM	8/18	EBGC	\$25
460220 A	BLDBLOCK	S	12-1PM	9/8	EBGC	\$25
460220 B	BLDBLOCK	S	12-1PM	9/15	EBGC	\$25

SHORT GAME CLINIC

Ages: 18 and Up. Enrollment Min 2 / Max 10. This class is intended to build the short game skills of a golfer whose skill level is beginning to advanced. Knowledge of golf fundamentals and etiquette is required. The class will cover all advanced fundamentals and terminology of all short game inside 100 yards, including: chipping, pitching, bunker play and putting. Golfers may sign up for consecutive classes. If the golfer chooses to sign up for additional classes, the instructor will keep building on his or her progress.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
360106 A	SHORT	S	10-11AM	5/5	EBGC	\$20
360106 B	SHORT	S	10-11AM	5/19	EBGC	\$20
360106 C	SHORT	S	10-11AM	6/9	EBGC	\$20
360106 D	SHORT	S	10-11AM	6/23	EBGC	\$20
360106 E	SHORT	S	10-11AM	7/14	EBGC	\$20
360106 F	SHORT	S	10-11AM	7/21	EBGC	\$20
360106 G	SHORT	S	10-11AM	8/4	EBGC	\$20
360106 H	SHORT	S	10-11AM	8/18	EBGC	\$20
460106 A	SHORT	S	10-11AM	9/8	EBGC	\$20

PRIVATE INSTRUCTION

All private instruction is organized and directed by PGA Class A Golf Professionals, Greg Dannevik and PGA Apprentice Ryan Cloud. *Private lessons are by appointment only. Please call (785) 748-0600.*

LEAGUES

For additional information or to join a league, please sign up at Eagle Bend's Pro Shop.

EAGLE BEND'S MEN'S GOLF LEAGUE

Fee: Annual dues are \$30. New daily league fees: \$25 (9-hole green fee, cart and prize money); \$15 (9-hole green fee, walking and prize money) play fee for league days only. Any male, 18 years or older, is eligible to play. Eagle Bend Men's League provides a fun and relaxing atmosphere for participants with varying formats each week. We will hold two match play contests and other events throughout the year. There will also be occasional special Saturday Men's League events held. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. Choose your own tee time anytime on Thursdays. Someone from Men's League must be in your group for your score to be verified. **League runs April 5-Sept. 27.**

EAGLE BEND'S SENIOR MEN'S GOLF LEAGUE

50+ Fee: Annual dues are \$30. (The annual due also allows a member to play in Men's League). New daily league fees: \$25 (9-hole green fee, cart and prize money); \$15 (9-hole green fee, walking and prize money) play fee for league days only. Any male 50 years or older is eligible to play. Senior League promotes a positive, fun atmosphere for senior golfers. Golfers of all abilities are welcome. Various formats, weekly prizes, year-end championship and an end of the year luncheon are planned. Special Thursday morning editions of senior league are planned throughout the year. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Monday mornings, March 5-Aug. 20.**

EAGLE BEND'S WOMEN'S GOLF LEAGUE

Fee: Annual dues are \$15. Appropriate green fees and cart fees apply each week plus \$3 prize money fee. Women's league is open to any female, 18 or older. Women's league is a once-a-week league for golfers of all skill levels, promoting a fun and relaxed atmosphere. It is a weekly league with varying formats. Also, once a month a cookout and complementary golf clinic will be held before play. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Wednesday evenings, May 2-Sept. 26.**

EAGLE BEND'S JUNIOR GOLF LEAGUE

Fee: Junior League fees are \$70, includes every play day. Boys and girls age 12-17 years old, who have not reached their 18th birthday by May 31st are eligible. Once registration is finalized, golfers will be divided up into age groups for their playing groups. Junior league is a league promoting fun competition for junior golfers. Juniors are expected to have basic knowledge of etiquette and basic golf skills. There will be a weekly medalist for six weeks. Golfers will compete according to gender for low score. The best 4 scores of the 6 weeks will count toward stroke average. This enables participants to miss up to two weeks of the six-week league, or to eliminate two weak scores from poor rounds, and still compete for the season award. Each flight will have a season medalist winner for total low rounds of the season. For 2018, there will be a clinic every day before play, the clinic is included in the price for junior league. The clinic will start at 10:30 a.m. every Monday when we have league play. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Monday mornings, June 11-July 23.**

EAGLE BEND'S COUPLES GOLF LEAGUE

Fee: Annual dues are \$10. Anyone age 18 years old and older is eligible to play. A person may sign up as a single as well and be paired with another single. Couples league will be a twice a month league. This league will promote a fun and relaxing atmosphere with different weekly formats designed for team play. Weekly prizes will be awarded. Once a month a clinic will be held before play and a cookout will be held after play. Sign up to play each scheduled week in the Eagle Bend Golf Shop or call for tee time. **League runs Friday evenings May 25-Aug. 17.**

TOURNAMENTS

Eagle Bend Golf Course and Learning Center is also open to outside groups for company outings and tournaments. Groups can reserve the course in three different formats. To find out more details, contact Eagle Bend at (785) 748-0600.

BIRTHDAY PARTIES

Eagle Bend offers birthday parties. From a golf clinic birthday party to hosting a birthday party at our outdoor pavilion, Eagle Bend can meet your needs. Price varies on the option of party. Please contact the Pro Shop for more details, (785) 748-0600.

HOLE SPOTLIGHT: HOLE 7

430 Yards/Blue Tees • Par 4 • Handicap 1

What a golf hole! A long tee shot is needed on the No. 1 handicap hole. If done, you will have anywhere from 175 to 200 yards to one of the most severe greens on the course. Accuracy is important with bunkers to the left and a steep drop off to the right. A par here should leave you smiling.

SERVICES GUIDE

The Solid Waste Division provides comprehensive solid waste services for residents, businesses, and industry. Services include collection, disposal, recycling, and technical assistance.

BULKY ITEMS & AUTOMOBILE TIRES

To request a special item pickup for bulky items, carpet, tires, and construction, remodeling, or building materials, fill out the online form at lawrenceks.org/swm or call 832-3032.

YARD WASTE COLLECTION

Residential yard waste is collected weekly separate from trash. Material includes vegetative waste resulting from the care and maintenance of landscaped areas, lawns, and gardens, which includes leaves, grass clippings, garden waste, brush, and prunings from trees and shrubs. For a complete list of yard waste collection guidelines and to purchase a 95-gallon yard waste cart, visit lawrenceks.org/swm.

RESIDENTIAL RECYCLING SERVICES

In Lawrence, curbside recycling service is available to residential customers living in single-family and multi-family residences. Visit LawrenceRecycles.org for your collection schedule, guidelines, and a list of permitted recyclable materials. Also online is the Recyclable Materials Directory, where you can search for recycling options for electronics, metal scraps, and more.

BUSINESS RECYCLING SERVICES

Businesses may sign up for recycling collection service. Call 832-3032 for information on business recycling opportunities in Lawrence.

HAZARDOUS WASTE DISPOSAL

The Household Hazardous Waste Program accepts hazardous waste from Douglas County households throughout the year. Call 832-3032 to schedule your drop-off appointment for paint, pesticides, oil, cleaners, and more. Safe, affordable disposal options are available to Douglas County businesses that generate small amounts of hazardous waste. Call 832-3032 for program details.

COLLECTION GUIDELINES & CARTS

A complete list of collection guidelines for trash, recycling, and yard waste is available on the City's website at lawrenceks.org/swm. Residents may request additional carts online or by calling the Solid Waste Division at 832-3032. Additional fees will apply for extra trash carts, while recycling carts are provided at no additional fee.

HOLIDAY COLLECTION SERVICE

The only holidays affecting the solid waste collection schedule are Thanksgiving Day, Christmas Day, and New Year's Day. No residential trash, recycling, and yard waste collection takes place on these three holidays. Collection will be delayed by one day for the remainder of the week following these holidays. There is no change to solid waste collection for all other holidays.



City of Lawrence

Solid Waste Division • 832-3032
solidwaste@lawrenceks.org

LawrenceRecycles.org

facebook.com/LawrenceRecycles

SINGLE-STREAM RECYCLING

Yes

Do not bag your recyclables. Place loosely in your cart.

Glass

- Food & Beverage Containers
- All Colors Accepted

Mixed Paper

- Magazines & Junk Mail
- Milk & Juice Cartons
- Chipboard (boxes, tubes)
- Paperback & Telephone Books

Newsprint & Office Paper

- White & Colored Paper
- Shredded Paper (place in clear plastic bag, tied off)

Cardboard

- Cardboard Boxes (flattened/no nested material)
- Pizza Boxes (free of residue)

Plastics

- Plastic Bottles, Tubs, & Jars (marked with recycling symbols #1 through #7)
- Plastic Deli Clamshells
- Plastic items need to be larger than 2 inches.

Metal

- Tin, Steel, and Aluminum Food & Beverage Containers
- Scrap Metal (less than 30 inches and 50 pounds per piece)
- Metal items need to be larger than 2 inches.



No

NO Plastic Bags & Wrap

- Food Wrap & Bags
- Bubble Wrap & Soda Rings
- Recycle these items at groceries

NO Styrofoam

- Packing Peanuts & Blocks
- To-Go Clamshells, Cups, Plates

NO Items 2 Inches or Smaller

- Bottle Caps & Lids (Plastic & Metal)
- Small Pill Bottles & Straws
- Nails & Paper Clips

NO Prohibited Glass

- Pyrex & Cooking Dishes
- Glass & Ceramic Serveware
- Window & Mirror Glass

NO Rope Items

- Garden Hoses
- Metal & Plastic Wire

NO Hazardous Waste

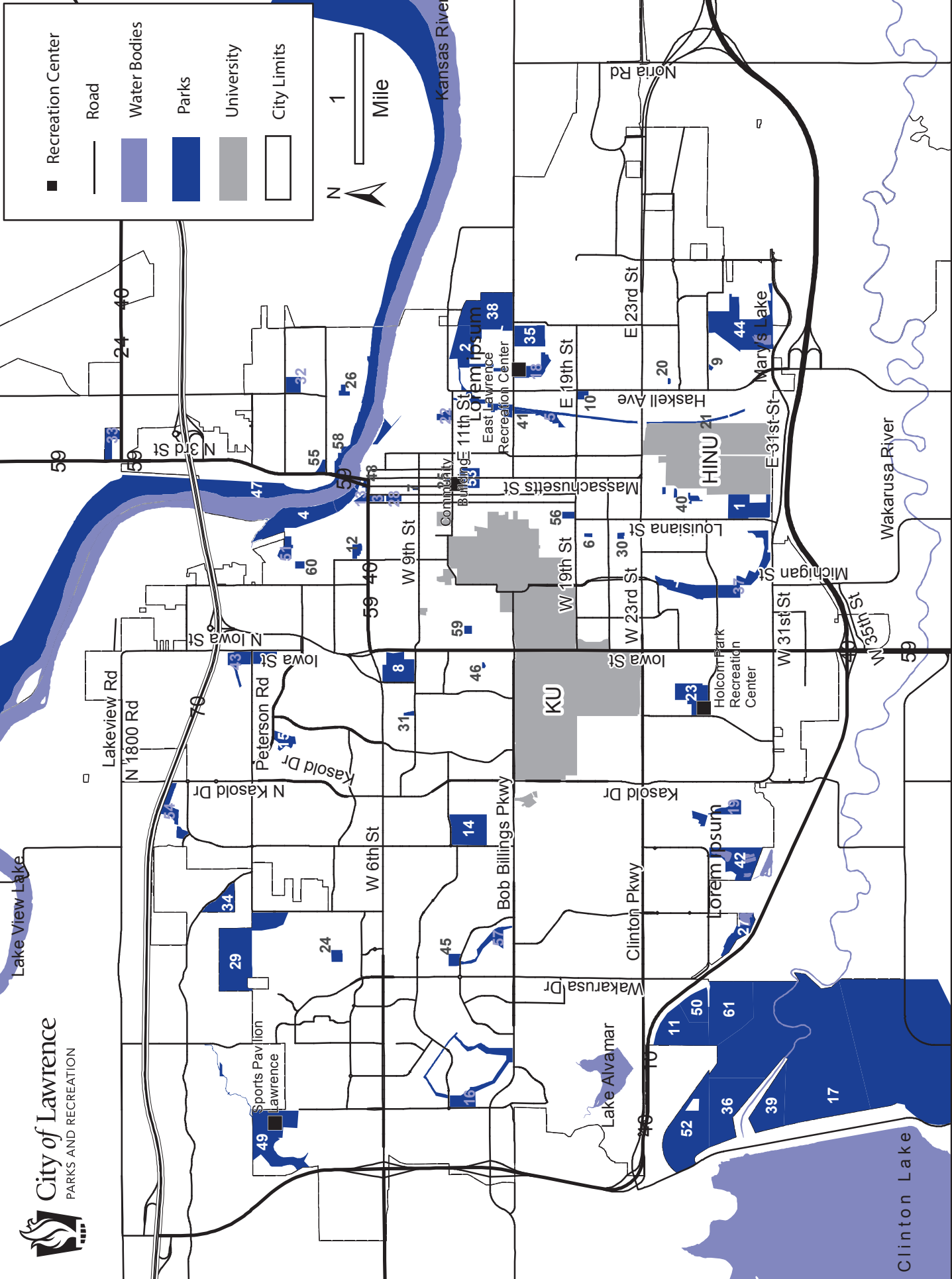
- Aerosol & Paint Cans
- Batteries & Light Bulbs

NO Electronics

- Cables & Chargers
- TVs, Cell Phones, Appliances



Search the *Recyclable Materials Directory* at LawrenceRecycles.org to find local recycling and reuse options for "No" items.



- | | | | | |
|--|--------------------------------|-------------------------------------|-------------------------------------|---|
| 1. Broken Arrow Park | 13. Constant Park | 26. John Taylor Park | 39. Outlet Park | 51. Sandra J. Shaw Community Health Park |
| 2. Brook Creek Park | 14. Dad Perry Park | 27. Kanza Southwind Nature Preserve | 40. Park Hill Parks | 52. Sesquicentennial Point |
| 3. Buford M. Watson, Jr., Park | 15. Deerfield Park | 28. Lawrence Aquatic Center | 41. Parnell Park | 53. South Park |
| 4. Burcham Park | 16. DeVictor Park | 29. Lawrence Nature Park | 42. Pat Dawson Billings Nature Area | 54. Stonegate Park |
| 5. Burroughs Creek Trail & Linear Park | 17. Eagle Bend Golf Course | 30. Lawrence Tennis Center | 43. Peterson Park | 55. Union Pacific Depot |
| 6. Carl Knox Natatorium | 18. Edgewood Park | 31. Ludlam Park | 44. Prairie Park | 56. Veterans Park |
| 7. Carnegie Building | 19. Green Meadows Park | 32. Lyons Park | 45. Quail Run Park | 57. Viola & Conrad McGrew Nature Preserve |
| 8. Centennial Park | 20. HAND Park | 33. Maple Grove Cemetery | 46. Quarry Park | 58. Walnut Park |
| 9. Chaparral Park | 21. Haskell Rail Trail | 34. Martin Park | 47. Riverfront Park | 59. Water Tower Park |
| 10. Chief Jim McSwain Park | 22. Hobbs Park | 35. Memorial Park Cemetery | 48. Robinson Park | 60. Woody Park |
| 11. Clinton Lake Softball Complex | 23. Holcom Park | 36. Mutt Run | 49. Rock Chalk Park | 61. Youth Sports Complex |
| 12. Clinton Park | 24. Indoor Aquatic Center | 37. Naismith Valley Park | 50. Rotary Arboretum | |
| | 25. Japanese Friendship Garden | 38. Oak Hill Cemetery | | |

KANSAS BIKE SAFETY CODE

- Always wear a proper fitting helmet approved by ANSI, SNELL or ASTM, and wear it forward over your forehead
- Have a light on the front and a light or reflector on the rear of your bicycle and reflectorized pedals as required by Kansas law. Always turn the lights on at dusk or when riding through rain, snow or fog
- Keep two feet from curb or edge of roadway and ride in a straight line, never more than two abreast, as required by Kansas law. If you want to be safe in traffic, you have to act like a motor vehicle driver.
- Observe and obey all stop signs, traffic signs and signals — the same as required of motor vehicles by Kansas law. Always ride carefully and stay alert.
- Give hand signals at any location when changing the direction of the bicycle, and always dismount at the curb or far right side, as required by Kansas law. Be predictable.
- Always give pedestrians the right of way. Never ride on the sidewalks in business districts. Avoid using sidewalks, otherwise use extra care.
- Never carry more riders than what the bicycle is designed for, and never carry items that obstruct vision or prevent proper control of the bicycle.

• Motorized vehicles are prohibited.

- Speed limit is 15 mph.

LAWRENCE BIKE REGULATIONS

- Bikes may not be ridden on any sidewalk within any Downtown Commercial District (CD), as established in Chapter 20, the Development Code or upon any sidewalk where specifically prohibited by posted sign.
- Bikes shall not be parked on the street or in alleys in a manner that obstructs or endangers pedestrians or vehicle traffic.
- Lawrence residents are encouraged to license their bicycles with the Police Department, 111 E. 11th St., 841-7210.

PEDESTRIAN SAFETY TIPS

- Walk to the right on recreational paths and be aware of faster moving traffic.
- Be visible. Wear light-colored or reflective clothing, especially in dim conditions or at night.
- Be alert at intersections. Always look both ways before crossing the street and use crosswalks.
- If you must walk in the street, face oncoming traffic.

For a trail map, please visit <http://lawks.us/lpdrtrails>.

PATH USE TIPS

- Travel on the right side of the path.
- Pass on the left.
- Announce you are passing by saying, “On your left.”
- Slow down in traffic.
- Bicyclists yield to pedestrians.
- Keep dogs on leash and away from others.
- Horses are prohibited.



KEEP OUR STREAMS AND RIVERS CLEAN

The City of Lawrence storm sewer system consists of street curbs, curb inlets, surface drains and ditches. Stormwater runoff is from rainfall and snow melt that flows over the ground and enters this system. As it flows, it can pick up debris, chemicals, dirt, and other pollutants. It is then discharged directly into our streams and rivers without prior treatment.

Throughout the year there are a few things everyone can do to ensure that the stormwater runoff leaving their property is clean.

• **All yard waste such as grass clippings, leaves and yard trimmings, needs to be properly disposed of.** Yard waste that is blown out into the street or into ditches or streams can cause localized flooding by clogging the storm drain system. It can also add pollutants to receiving streams and rivers.

• **If you are going to apply fertilizers or pesticides to your lawn or gardens, be sure to follow all product instructions.**

Fertilizers contain large amounts of phosphorous and nitrogen which depletes oxygen in water, resulting in fish kills. Pesticides contain toxic materials that are harmful to humans, animals, aquatic organisms and plants.

• **Do you own a pet? Be sure to clean up your pets waste.** Pet waste is considered raw sewage. Allowing it to enter our waterways releases both potentially harmful bacteria and oxygen-consuming materials. Dispose of pet wastes by flushing them down the toilet or by bagging and placing them in the trash for regular collection.

• **Have your vehicle serviced regularly.** Any automotive fluids such as oil or antifreeze can pollute our streams and rivers. Oil can damage or kill underwater vegetation and aquatic life, and antifreeze, which is composed primarily of a poisonous compound called ethylene glycol, can kill pets, fish and other wildlife. If you notice a leak, be sure to use a drying agent to clean it up, and then have your vehicle serviced to fix the leak.

For more information visit:

www.lawrenceks.org/public_works/stormwater or call (785) 832-3136

BE AWARE OF THE DON'T CAUSE A CLOG



Contain, don't drain.



FATS, OIL, AND GREASE — also called FOG — can have negative impacts on wastewater collection and treatment systems. Most wastewater collection system blockages can be traced to FOG. Blockages in the wastewater collection system are serious, causing sewage spills, manhole overflows, or sewage backups in homes and businesses. Sewer overflows and backups can cause health hazards, damage home interiors, and threaten the environment. A common cause of overflows is sewer pipes blocked by grease. Grease gets into the sewer from household drains as well as from poorly maintained grease traps in restaurants and other businesses.

CAUTION: Never pour grease or oil down a sink or other drain. Home garbage disposals and dishwashers do not keep FOG out of the plumbing system. Hot water and products such as detergents that claim to dissolve grease only pass it down the line and cause problems elsewhere in the sewer system. Always scrape or wipe food scraps into the trash or compost before washing dishes.



YOU CAN HELP! KEEP YOUR DRAIN FAT-FREE!



POUR OR SCRAPE GREASE AND FAT, such as bacon fat, into a suitable sealable container and dispose of in the trash once cooled and solidified. Wipe any residue with a paper towel, or scrape with a spatula into the trash before washing the pan in the sink.

POUR FLOWABLE OIL, such as vegetable or fryer oil, into a sturdy sealable container for recycling at the City of Lawrence/Douglas County Household Hazardous Waste Facility. Small amounts (less than a quart) of cooking oil can be absorbed in kitty litter or frozen and packaged in sealed containers for trash disposal. **Call 785-832-3032 for a drop-off time.**



www.lawrenceks.org/utilities/fog
(785) 832-7800 | Utilities@lawrenceks.org



City of Lawrence
UTILITIES

GOT LEFTOVERS? PUT YOUR HAZARDOUS WASTE IN *the right place!*

City of Lawrence/Douglas County Household Hazardous Waste Facility

Program available to City of Lawrence & Douglas County residents. **Call 832-3032** to schedule a drop-off appointment. Items accepted:

- ✓ Paint
- ✓ Pesticides/Herbicides
- ✓ Cleaning Products
- ✓ Fluorescent Light Bulbs
- ✓ Varnish/Stain
- ✓ Medications (no DEA controlled substances)
- ✓ Batteries
- ✓ Automotive Products
- ✓ Solvents
- ✓ Aerosol Spray Cans
- ✓ And much more!



Product Reuse Program

Household products brought to the Household Hazardous Waste Facility that are in good, usable condition are put on our Product Reuse shelves. These items are **FREE** of charge. Call the Solid Waste Division at 832-3032 to schedule an appointment to come 'shop' at our Product Reuse Facility!

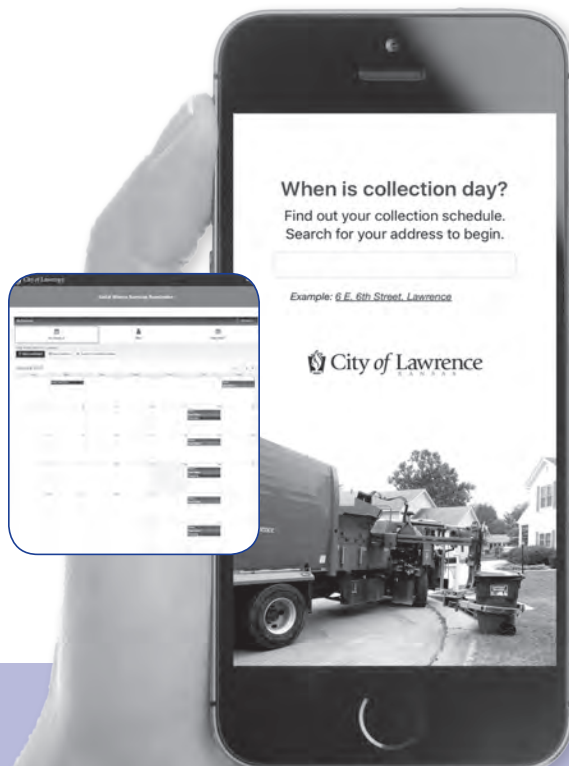
Have Business Hazardous Waste? Call 832-3032 for information.



City of Lawrence



Never miss your trash day again!



Reminders for trash, recycling, and yard waste collection service

Go to lawrenceks.org/swm/service-reminder to:

- ▶ Sign up for collection reminders by email, phone call, and text message.
- ▶ Download collection schedule into iCal, Google calendar, or Microsoft Outlook calendar.
- ▶ Print your collection schedule.

NEW! The 'Lawrence Waste & Recycling' mobile app available for download on the iTunes App Store and Google Play. This mobile app is another option for receiving push notifications for trash, recycling, and yard waste collection service.





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. Classes offered include tumbling for boys and girls and a wide-ranging gymnastics program at several age levels. Classes are held at the East Lawrence Recreation Center, 1245 E. 15th St., and Sports Pavilion Lawrence, 100 Rock Chalk Lane. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines. Program Director: Jo Ellis, (785) 330-7358 or Kristy Bellinger, billing, (785) 330-7361, Jalon Hutchens, recreation programmer, (785) 330-7364. **Classes listed below are provided by facility.***

***For East Lawrence Center Only: Register 14 days prior to the class start date to receive a \$10 discount.**

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St.

No class 11/19-11/24.

LITTLE BEARS

Ages: 18 months-3 years old with parent. One parent per child. Enrollment Min 4 / Max 10. Children and their parents explore different activities using various pieces of gymnastic equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success! **No class 7/4, 10/31, 11/19, 11/21, 11/24.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316101 A	LITTBE	M	9:10-9:55AM	6/4-8/6	ELRC-MPR	\$90
316101 B	LITTBE	W	6:30-7:15PM	6/6-8/8	ELRC-MPR	\$81
316101 C	LITTBE	S	9:30-10:15AM	6/9-8/11	ELRC-MPR	\$90
416101 A	LITTBE	M	9:10-9:55AM	9/10-12/3	ELRC-MPR	\$108
416101 B	LITTBE	W	6:30-7:15PM	9/12-12/5	ELRC-MPR	\$99
416101 C	LITTBE	S	9:30-10:15AM	9/15-12/8	ELRC-MPR	\$108

TUMBLE BEARS

Ages: 3. Enrollment Min 4 / Max 12. Participants will improve their physical awareness, body coordination and knowledge of 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 7/4, 10/31, 11/19-11/22.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316102 A	TUMBEAR	M	11-11:45AM	6/4-8/6	ELRC-MPR	\$90
316102 B	TUMBEAR	T	6:30-7:15PM	6/5-8/7	ELRC-MPR	\$90
316102 C	TUMBEAR	W	5:30-6:15PM	6/6-8/8	ELRC-MPR	\$81
316102 D	TUMBEAR	R	6:30-7:15PM	6/7-8/9	ELRC-MPR	\$90
416102 A	TUMBEAR	M	11-11:45AM	9/10-12/3	ELRC-MPR	\$108
416102 B	TUMBEAR	T	6:30-7:15PM	9/11-12/4	ELRC-MPR	\$108
416102 C	TUMBEAR	W	5:30-6:15PM	9/12-12/5	ELRC-MPR	\$99
416102 D	TUMBEAR	R	6:30-7:15PM	9/13-12/6	ELRC-MPR	\$108

GYM BEARS

Ages: 4-5. Enrollment Min 4 / 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 7/4, 10/31, 11/19-11/22, 11/24.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316103 A	GYMBEAR	M	10-10:55AM	6/4-8/6	ELRC-MPR	\$90
316103 B	GYMBEAR	M	4:30-5:25PM	6/4-8/6	ELRC-MPR	\$90
316103 C	GYMBEAR	T	5:30-6:25PM	6/5-8/7	ELRC-MPR	\$90
316103 D	GYMBEAR	T	6:30-7:25PM	6/5-8/7	ELRC-MPR	\$90
316103 E	GYMBEAR	W	4:30-5:25PM	6/6-8/8	ELRC-MPR	\$81
316103 F	GYMBEAR	R	5:30-6:25PM	6/7-8/9	ELRC-MPR	\$90
316103 G	GYMBEAR	S	10:20-11:15AM	6/9-8/1	ELRC-MPR	\$90
416103 A	GYMBEAR	M	10-10:55AM	9/10-12/3	ELRC-MPR	\$108
416103 B	GYMBEAR	M	4:30-5:25AM	9/10-12/3	ELRC-MPR	\$108
416103 C	GYMBEAR	T	5:30-6:25PM	9/11-12/4	ELRC-MPR	\$108
416103 D	GYMBEAR	T	6:30-7:25PM	9/11-12/4	ELRC-MPR	\$108
416103 E	GYMBEAR	W	4:30-5:25PM	9/12-12/5	ELRC-MPR	\$99
416103 F	GYMBEAR	R	5:30-6:25PM	9/13-12/6	ELRC-MPR	\$108
416103 G	GYMBEAR	S	10:20-11:15AM	9/15-12/8	ELRC-MPR	\$108

BEGINNING BOYS

Age: 6-9. Enrollment Min 4 / Max 12. 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 strong basic tumbling skills. **No class 11/19, 11/20.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316206 A	BEGBOYS	M	5:30-6:25PM	6/4-8/6	ELRC-MPR	\$90
316206 B	BEGBOYS	T	4:30-5:25PM	6/5-8/7	ELRC-MPR	\$90
416206 A	BEGBOYS	M	5:30-6:25PM	9/10-12/3	ELRC-MPR	\$108
416206 B	BEGBOYS	T	4:30-5:25PM	9/11-12/4	ELRC-MPR	\$108

BEGINNING GIRLS

Ages: 6-9. Enrollment Min 4 / Max 12. Gymnasts 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 7/4, 10/31, 11/19, 11/21, 11/22, 11/24.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316200 A	BEGGIRLS	M	6:30-7:25PM	6/4-8/6	ELRC-MPR	\$90
316200 B	BEGGIRLS	W	4:30-5:25PM	6/6-8/8	ELRC-MPR	\$81
316200 C	BEGGIRLS	W	5:30-6:25PM	6/6-8/8	ELRC-MPR	\$81
316200 D	BEGGIRLS	S	10:20-11:15AM	6/9-8/11	ELRC-MPR	\$90
416200 A	BEGGIRLS	M	6:30-7:25PM	9/10-12/3	ELRC-MPR	\$108
416200 B	BEGGIRLS	W	4:30-5:25PM	9/12-12/5	ELRC-MPR	\$99
416200 C	BEGGIRLS	W	5:30-6:25PM	9/12-12/5	ELRC-MPR	\$99
416200 D	BEGGIRLS	S	10:20-11:15AM	9/15-12/8	ELRC-MPR	\$108



PRESCHOOL OPEN GYMNASTICS

Our gymnastics preschool play is for children ages 1-5 years old and their parents. Preschoolers and parents are welcome to share some quality time in a fun, safe, and active environment with assistance from our highly trained instructors. Great social activity for toddlers and our space encourages activity for your little ones. **This is offered every Tuesday or Thursday from 10:15-11:15 a.m. The fee is \$5 per child per visit at East Lawrence Recreation Center with a maximum of 30 kids.**

Discounted punch cards are available to purchase. Each open gym gymnastics punch card contains 11 punches for \$50, discounting admission rates. Punch cards cannot be combined with other forms of payment. Cards must be pre-purchased. Having this card does not guarantee a spot in an open gym session. Parents and children must wait their turn in line and sign the waiver to participate. Lawrence Parks and Recreation is not responsible for lost, stolen or misplaced punch cards. Unused punches will not be replaced, exchanged, refunded or combined.

GYMNASTIC BIRTHDAY PARTIES

Ages: 3-12. \$175 for up to 20 children. Join LPRD's qualified gymnastics staff for a fun-filled birthday party. Depending on the age, activities will include group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games, other activities and birthday fun! Each birthday child will receive a special surprise. LPRD provides the entertainment and parents provide the cake, drinks and decorations. Please schedule two weeks in advance. **First 60 minutes of birthday fun in the gymnastics room and 30 minutes in the party room following the entertainment.** The perfect entertainment for children aged 3-12 years old. Parties held at the East Lawrence Recreation Center, 1245 E. 15th St. **Parties are available at the following times and days: Saturday - 1-2:30 p.m., 3-4:30 p.m., 5-6:30 p.m.; Sunday - 1-2:30 p.m., 3-4:30 p.m. For more information contact Sports Pavilion Lawrence at (785) 330-7355.**



SPORTS PAVILION LAWRENCE

100 Rock Chalk Lane

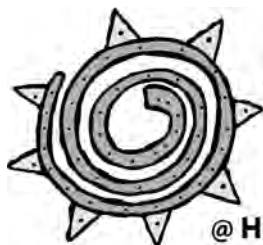
No classes 7/4, 9/3, 10/31 (evening classes only), 11/19-11/24.

Sports Pavilion Lawrence houses gymnastics classes ranging from preschool levels up to our competition team. With the higher levels of instruction, students require on-going training, this is why the gymnastics classes at Sport Pavilion are part of an on-going program with monthly tuition deducted on the first of each month. When enrolling for the program, you will be asked to put a credit card (Visa, MasterCard, or Discover) on file for monthly tuition, but also to secure your child(ren)'s position in the class. Much like a hotel reservation, the credit card on file is a requirement for enrollment, however if parents would like to pay with cash or check for the tuition, that payment must be received by the last day of the month to prevent the credit card from being charged.

Payments are processed on the first business day of the month. Account holders will be notified by email on the progress of the payment. If the method of payment is declined for any reason for the tuition, the parent is notified by email, and if payment is not received by the 3rd business day of the month, a \$20 late fee will be assessed. By the 7th day of the month, if payment is still not received, enrollment in the program will be cancelled. Lawrence Parks and Recreation reserves the right to cancel enrollment for non-payment at any time.

While our classes are part of an on-going program, participants can enroll and cease enrollment anytime, however are discouraged from enrolling for a single month. Those wanting short-term classes, are encouraged to visit our offerings at East Lawrence Center. Enrollments for the continuous program can be cancelled anytime during the year. **Enrollment cancellations MUST be made no later the 25th of the month in writing to Kristy Bellinger at kbellinger@lawrenceks.org.**

Questions regarding gymnastics billing should be directed to Kristy Bellinger at 785-330-7361, all other gymnastics questions can be directed to Jalon Hutchens at 785-330-7364.



SUMMER FEST

@ Historic South Park - 1141 Mass. St.

An LPRD Arts & Crafts Fair

Sunday, June 24

9 a.m. - 4 p.m.

Free & Open to the Public

Vendors:
see page 59
for more info





KIDS NIGHT OUT

■ *Ages: 3-14. Enrollment Min 7 / Max 14.* Need an evening without the kids? *Kids Night Out* gives parents the opportunity to take a well-deserved break. Go out for a night on the town feeling confident that your little ones are safe and having the time of their lives with their favorite gymnastics teachers. This incredible evening for your children is filled with a variety of fun games and activities, and they won't want the night to end! And don't worry about food – we'll take care of that too! Participants must be potty-trained to attend. **For more information, contact Jalon Hutchens at (785) 330-7364. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316015 A	KNO	S	6-10PM	6/9	SPL	\$30
316015 B	KNO	S	6-10PM	7/14	SPL	\$30
316015 C	KNO	S	6-10PM	8/11	SPL	\$30
416015 A	KNO	S	6-10PM	9/8	SPL	\$30
416015 B	KNO	S	6-10PM	10/13	SPL	\$30
416015 C	KNO	S	6-10PM	11/10	SPL	\$30
416015 D	KNO	S	6-10PM	12/8	SPL	\$30

NATIONAL GYMNASTICS DAY

Saturday, Sept. 15, 2-4 p.m. at Sports Pavilion Lawrence, 100 Rock Chalk Lane. Mark your calendars now! Join LPRD gymnastics staff for games, moonwalk, open gymnastics, demonstrations, Touch-a-Truck and lots of fun! This is a free event open to all youth up to 14 years old.

SHOP N' DROP

Ages: 5-12. Enrollment Min 7 / Max 21. Do you need a couple of hours without kids 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. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
416013 A	SHOPDRO	F	9AM-4PM	11/23	SPL-GR	\$30

CAMPS – SEE CAMPS/SCHOOL'S OUT PROGRAMS, PAGE 17

LITTLE BEARS

Ages: 2-3 with parent. One parent per child. Enrollment Min 4 / Max 10. Children and their parents explore different activities using various pieces of gymnastic equipment. The focus will be on balance, strength, gross and fine motor skill development, all while having fun and experiencing success! **No class 11/23.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
916101 A	LITBEARS	F	9-9:45AM	ONGOING	SPL-GR	\$40

TUMBLE BEARS

Ages: 3. Enrollment Min 4 / Max 12. Students will explore the wonderful world of gymnastics as we guide them through fun, themed obstacle courses and activities. Emphasis is on learning beginning gymnastics skills and positions but will also work to improve motor skill development such as: coordination, balance, strength, and agility. **No class 7/4, 10/31, 11/21, 11/22.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
916000 A	TUMBEAR	W	6-6:45PM	ONGOING	SPL-GR	\$40
916000 B	TUMBEAR	R	10-10:45AM	ONGOING	SPL-GR	\$40
916000 C	TUMBEAR	R	5:30-6:15PM	ONGOING	SPL-GR	\$40
916000 D	TUMBEAR	F	11-11:45AM	ONGOING	SPL-GR	\$40
916000 E	TUMBEAR	S	9-9:45AM	ONGOING	SPL-GR	\$40

GYM BEARS

Ages: 4-5. Enrollment Min 4 / Max 12. Beginning gymnastics skills will be introduced through fun, themed obstacle courses and activities. Focus will be on proper body positioning and forming good gymnastics habits. New target skills will be introduced to continue building strength, agility, confidence, coordination, and social skills. **No class 7/4, 9/3, 10/31, 11/19-11/24.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
916001 A	GYMBEAR	M	5:30-6:25PM	ONGOING	SPL-GR	\$40
916001 B	GYMBEAR	M	6:30-7:25PM	ONGOING	SPL-GR	\$40
916001 C	GYMBEAR	T	4:30-5:25PM	ONGOING	SPL-GR	\$40
916001 D	GYMBEAR	T	5:30-6:25PM	ONGOING	SPL-GR	\$40
916001 E	GYMBEAR	W	5-5:55PM	ONGOING	SPL-GR	\$40
916001 F	GYMBEAR	R	9-9:55AM	ONGOING	SPL-GR	\$40
916001 G	GYMBEAR	R	11-11:55AM	ONGOING	SPL-GR	\$40
916001 H	GYMBEAR	R	4:30-5:25PM	ONGOING	SPL-GR	\$40
916001 I	GYMBEAR	R	6:30-7:25PM	ONGOING	SPL-GR	\$40
916001 J	GYMBEAR	F	10-10:55AM	ONGOING	SPL-GR	\$40
916000 K	GYMBEAR	F	5:30-6:25PM	ONGOING	SPL-GR	\$40
916001 L	GYMBEAR	S	10-10:55AM	ONGOING	SPL-GR	\$40

BEGINNING BOYS

Age: 6-9. Enrollment Min 4 / Max 6. This is an introductory class to beginning gymnastics. Participants will be introduced to six of the boys' gymnastics apparatuses – Parallel Bars, High Bar, Floor, Rings, Pommel Horse, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. **Participants will be tested and expected to master 90 percent of the beginning level skills prior to advancing to the next level. No class 9/3, 11/19, 11/22, 11/24.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
916008 A	BEGBOYS	M	5:30-6:25PM	ONGOING	SPL-GR	\$40
916008 B	BEGBOYS	R	6:30-7:25PM	ONGOING	SPL-GR	\$40
916008 C	BEGBOYS	S	9-9:55AM	ONGOING	SPL-GR	\$40

BEGINNING GIRLS GYMNASTICS

Ages: 6-11. Enrollment Min 4 / Max 14. This is an introductory class to beginning gymnastics. Participants will be introduced to all four gymnastics apparatuses – Bars, Floor, Beam, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. **Participants will be tested and expected to master 90 percent of the beginning level skills prior to advancing to the next level. No class 7/4, 9/3, 10/31, 11/19-11/24.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
916010 A	BEGGIRL	M	4:30-5:25PM	ONGOING	SPL-GR	\$40
916010 B	BEGGIRL	T	4:30-5:25PM	ONGOING	SPL-GR	\$40
916010 C	BEGGIRL	T	5:30-6:25PM	ONGOING	SPL-GR	\$40
916010 D	BEGGIRL	T	6:30-7:25PM	ONGOING	SPL-GR	\$40
916010 E	BEGGIRL	W	4-4:55PM	ONGOING	SPL-GR	\$40
916010 F	BEGGIRL	W	5-5:55PM	ONGOING	SPL-GR	\$40
916010 G	BEGGIRL	R	5:30-6:25PM	ONGOING	SPL-GR	\$40
916010 H	BEGGIRL	F	4:30-5:25PM	ONGOING	SPL-GR	\$40
916010 I	BEGGIRL	S	9-9:55AM	ONGOING	SPL-GR	\$40
916010 J	BEGGIRL	S	10-10:55AM	ONGOING	SPL-GR	\$40





INTERMEDIATE BOYS GYMNASTICS

Ages: 6 and Up. Enrollment Min 4 / Max 6. This class is for participants who have mastered the gymnastics skills and progressions in Beginning Boys. Emphasis is placed on strength, flexibility, body positions and building on to skills while increasing their time in the gym. **Participants will be expected to master 90 percent of the Intermediate Boys skills before advancing to Advanced Boys. They also must have permission from the director prior to enrollment. No class 9/3, 11/19.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916009	A	INTBOYS	M	5-6:25PM	ONGOING	SPL-GR	\$64

INTERMEDIATE GIRLS GYMNASTICS

Ages: 6 and Up. Enrollment Min 4 / 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. **Participants in this program must have mastered 90 percent of the beginning level skills prior to advancing to the next level or have permission from the director prior to enrollment. No class 7/4, 9/3, 10/31, 11/19-11/23.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916012	A	INTGIRLS	M	5-6:25PM	ONGOING	SPL-GR	\$64
916012	B	INTGIRLS	T	6:30-7:55PM	ONGOING	SPL-GR	\$64
916012	C	INTGIRLS	W	6-7:25PM	ONGOING	SPL-GR	\$64
916012	D	INTGIRLS	R	7-8:25PM	ONGOING	SPL-GR	\$64
916012	E	INTGIRLS	F	4:30-5:55PM	ONGOING	SPL-GR	\$64
916012	F	INTGIRLS	F	6-7:25PM	ONGOING	SPL-GR	\$64

ADVANCED GIRLS GYMNASTICS

Ages: 6 and Up. Enrollment Min 4 / Max 14. This class is for upper level gymnasts who want to continue their gymnastics training without doing competition. **Participants must master 90 percent of the intermediate level skills prior to advancing to the next level or have permission from the director prior to enrollment. No class 7/4, 9/3, 10/31, 11/19, 11/21.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
916013	A	ADV GIRL	MW	6:30-8:30PM	ONGOING	SPL-GR	\$120

TIPS FOR PLACING YOUR CHILD IN THE RIGHT LEVEL

Most children remain the same level for three or more sessions. It is also easier to move children up a level than move them down a level. The gymnastics staff will make the final decision in the placement of children into the most appropriate class level based on their skill.

NOTE TO PARENTS/GUARDIANS

Participants must master 90 percent of the required skills set by the USA gymnastics guidelines before they progress to the next level. We would like to encourage your gymnast to continue in the development of his/her gymnastics career by enrolling in a part of our comprehensive gymnastic program. If you have ideas, suggestions, or questions about any part of our program, do not hesitate to call Sports Pavilion Lawrence at (785) 330-7355. We welcome all comments because they help us to improve our program and offer better service to you.

COMPETITIVE TEAM

Kansas School of Gymnastics is a non-subsidized competitive program of LPRD. Competitive gymnastics requires dedication, strength, discipline, and overall focus in order to be successful. We believe competitive gymnastics allows athletes an avenue to push themselves through constant critique and feedback, while continuing to achieve success. We believe in providing a healthy atmosphere where gymnasts are expected to do their best through safe and progressive coaching techniques. Students must have successfully mastered 90 percent of Intermediate Girls skills in order to be considered for our competition team. Competition team is a year-round commitment and requires additional competitive expenses – leotards, warm-ups, meet fees, travel expenses, etc. *For more information contact Jalon Hutchens, Recreation Programmer at 785-330-7364.*

OPEN GYMNASTICS

Our gymnastics open gym has sessions available for children ages 1-5 years old and their parents as well as sessions for those six years old to 14 years old. Participants and parents are welcome to share some quality time in a fun, safe and active environment with assistance from our highly trained instructors. This is a great social activity for everyone involved. Discounted punch cards are available for purchase. Each open gym gymnastic punch card contains 11 punches for \$50, discounting admission rates. Punch cards cannot be combined with other forms of payment. Cards must be pre-purchased. Having a punch card does not guarantee a spot in an open gym session. Parents and children must wait their turn in line and sign a waiver to participate. Lawrence Parks and Recreation is not responsible for lost, stolen or misplaced punch cards. Unused punches will not be replaced, exchanged, refunded or combined.

One year old to five years old with their parents – \$5 per participant – Max 30

Monday: 9-10 a.m., 10:15-11:15 a.m.

Wednesday: 9-10 a.m., 10:15-11:15 a.m.

Saturday: 11-11:45 a.m., noon-12:45 a.m.

Six years old to 14 years old – \$5 per participant – Max 40

Friday: 7:30-9 p.m.

Sunday: 4-5:30 p.m.

SPECIAL OPEN GYMS (YOUTH UNLESS PRESCHOOL INDICATED)

Friday, Oct. 12: 2:30-4 p.m.

Thursday, Oct. 18: 2:30-4 p.m.

Friday, Oct. 19: 2:30-4 p.m.

Friday, Nov. 9: 2:30-4 p.m.

Wednesday, Nov. 21: 2:30-4 p.m.

Friday, Nov. 23: 4:30-6 p.m.

Friday, Dec. 21: 2:30-4 p.m.

Saturday, Dec. 22: Preschool, 11-11:45 a.m., noon-12:45 p.m.

Friday, Dec. 28: Preschool, 9-10 a.m., 10:15-11:15 a.m.

Saturday, Dec. 29: Preschool, 11-11:45 a.m., noon-12:45 p.m.

SPORTS PAVILION GYMNASTICS PARTIES

Ages: 3-12. \$175 for up to 20 children. Join LPRD's qualified-gymnastics staff for a fun-filled birthday party. Depending on the age, activities will include group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games, other activities and birthday fun! Each birthday child will receive a special surprise. LPRD provides the entertainment and parents provide the cake, drinks and decorations. Please schedule two weeks in advance. **First 60 minutes of birthday fun in the gymnastics room and 30 minutes in the party room following the entertainment.** The perfect entertainment for children ages 3-12 years old. **Parties begin at \$175* for up to 20 children**

***Refreshment packages are in addition. Sports Pavilion parties are offered.** Parties held at the Sports Pavilion Lawrence 100 Rock Chalk Lane. **Parties are available at the following times and days: Saturday – 1-2:30 p.m., 3-4:30 p.m., 5-6:30 p.m.; Sunday – 1-2:30 p.m., 3-4:30 p.m. For more information contact Sports Pavilion Lawrence at (785) 330-7355.**

GYMNASTICS

INSTRUCTIONAL PROGRAMS

LIFELONG RECREATION

MARTIAL ARTS

NATURE

SPECIAL EVENTS



GUITAR, BEGINNING

Ages: 14 and Up. Enrollment Min 4 / Max 6. Students will need to bring a guitar to class. In this introductory class you will learn chords, tablature, rhythm patterns and standard notation through the use of familiar melodies and songs. **Instructor: Marianne Carter.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421006 A	GUITAR	M	7-8PM	9/10-10/29	CARN-CR	\$60
421006 B	GUITAR	M	7-8PM	11/5-12/10	CARN-CR	\$45

YOUTH

SAFE SITTER

Ages: 11-16. Enrollment Min 6 / Max 8. Using a well-rounded medical based curriculum, Safe Sitter prepares youth to be better adults and parents by teaching more than just basic babysitting skills. CPR for both children and infants will be taught along with skills such as feeding, changing, and dealing with problem behavior. Also the class looks at the business side of babysitting, covering how to market oneself as a sitter and how to choose and negotiate job offers. Safe Sitter gives youth the confidence and skills needed for being a skillful babysitter. **Participants will receive a certificate and a babysitter handbook upon completion of the program. Instructor: Katie Ellena.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321200 A	SAFESIT	W	5:30-8:45PM	6/13-6/20	CARN-CR	\$75
321200 B	SAFESIT	W	5:30-8:45PM	7/25-8/1	CARN-CR	\$75
421200 A	SAFESIT	W	5:30-8:45PM	9/19-9/26	CARN-CR	\$75
421200 B	SAFESIT	W	5:30-8:45PM	11/7-11/14	CARN-CR	\$75



ADULT

ROWING CLINIC

Ages: 14 and Up. Enrollment Min 10 / Max 20. Lawrence Parks and Recreation Department has teamed up with Kansas Athletics to offer a rowing clinic for the community. This clinic is designed as an introduction to rowing and is geared for people with minimal background in the sport. Rowing is one of the best aerobic, total-body exercises. It not only burns calories and develops cardiovascular health, but also tones all major muscle groups, including legs, arms, back and stomach. And of course, it's great fun! **The clinic will be held at the KU Boathouse located at Burcham Park, 220 Indiana St. Instructors: KU Coaches and student-athletes from the KU Rowing team.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421125 A	ROWING	S	9-11AM	9/8	BP	\$30

WOODWORKING, BEGINNING

Ages: 18 and Up. Enrollment Min 6 / Max 12. This course is for the individual who has had little or no experience with woodworking tools, materials and equipment, as well as those who are more experienced. A portion of the sessions will be used for structured projects but there will be time for individual projects approved by the instructor. **No class 10/31, 11/21. Instructor: Jay Hundley.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421500 A	BEGWDWRK	W	6:30-9:30PM	9/12-12/12	LHS-WS	\$165

Month of Giving

November 1 - 30
Indoor Aquatic Center

All food items will be donated to a local food pantry

Bring in a non-perishable food item and gain entry to the Indoor Aquatic Center for only \$2 from **November 1 - 30**





Lifelong Recreation provides programs designed to maintain an active lifestyle for people age 50 and older. If you are younger than 50 years old, but interested in any program in the 50-plus section of this guide, contact Gayle Sigurdson at (785) 832-7920 or gsigurdson@lawrenceks.org. We will be happy to enroll you, if space is available. If you have suggestions for programs: something you have always wanted to do, something unusual, challenging or just more fun with a group, please share your ideas.

Seniors (age 60+) receive a 10 percent discount on fitness classes.

EARLY BIRD DISCOUNT

Early registration assures your place in class. Register up to two weeks before your fitness class begins and receive a \$10 discount on the class fee.

NEWSLETTER

Watch for our quarterly newsletter, which highlights activities, events, trips and programs from the guide or activities planned after publication. Most travel is planned after publication of the guide. If you would like to be placed on the mailing list, call (785) 832-7920, email gsigurdson@lawrenceks.org or subscribe at <http://www.lawrenceks.org/subscriptions>. Copies are also available at all Recreation Centers.

FITNESS

Choosing the right fitness program will help you enjoy what you are doing and remain motivated over time. LPRD instructors can help guide you in adapting a class to your needs. To get you started, classes are rated one to three stars. For the best experience, consider your current fitness level and goals when registering. Still not sure? Guest passes are available for fitness classes. Use them to attend a single class session and make the right choice for your goals.

★ Introductory: Just starting to exercise or haven't exercised in six months.

★★ Intermediate: Fairly active in sports, dance or some type of regular exercise (2 to 3 times per week).

★★★ Advanced: Very active in sports or have been exercising four or more times per week for six months.

PERSONAL TRAINING

Not sure where to start on your fitness goals? A personal trainer can design a personalized exercise program to meet both short and long-term fitness goals. Working with a trainer will provide motivation and accountability. A trainer will teach you proper form and technique and select the exercises that assure you are getting the most benefit from your workout.

Personal training is offered at any Lawrence recreation center. A one-hour session with Lawrence Parks and Recreation personal trainers can be purchased individually or with a partner. Different pricing packages are available. Participants of all ages will need to complete a registration and consent form. Clients considered medically high-risk will need medical clearance.

Information about personal training, trainers, forms and pricing are available online at www.lprd.org or contact Gayle Sigurdson at (785) 832-7909 or gsigurdson@lawrenceks.org.

MATS

Mats are no longer available for individual use through the Parks and Recreation Department. Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend ongoing workshops and in-service seminars to maintain current certification. CPR and First Aid certification are also required from our instructors. We are proud to ensure the best in a fun, safe environment. Participation in any activity does present an element of risk. LPRD recommends participants check with a physician prior to participation in a fitness class or sports activity.

OPEN WALKING

Walking indoors is a chance to exercise in any weather, get your heart pumping and build friendships with other walkers. The public is welcome to walk in the gymnasiums at East Lawrence Recreation Center (7-9 a.m.) and Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. Walkers should plan to accommodate scheduled programming. For more information, contact the Recreation Center.

AEROBIC DANCE AND TONE ★★★

Enrollment Min 10 / Max 50. 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. **No class 7/4, 11/19, 11/21, 11/23. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
327201	A	AEROBIC	MWF	8:50-9:50AM	6/4-7/13	HPRC-GY	\$57
327201	B	AEROBIC	MWF	8:50-9:50AM	7/16-8/24	HPRC-GY	\$60
427201	A	AEROBIC	MWF	8:50-9:50AM	9/10-10/26	HPRC-GY	\$69
427201	B	AEROBIC	MWF	8:50-9:50AM	10/29-12/14	HPRC-GY	\$60

BEGINNING & ADVANCED SENIOR STRENGTH TRAINING ★★★

Enrollment Min 8 / Max 16. Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, resistance tubing and bands. Class includes a warm-up period and a post-workout stretch. **Advanced classes do floor exercises. No class 7/4, 11/19, 11/23. Instructors: (Beginning) – Cindy Baker (CB); Advanced – Melanie Johnson (MJ), Deb Geraghty (DG).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
327233	A	BGSS(CB)	MWF	8-8:50AM	6/4-7/13	HPRC-BR	\$57
327233	B	ADSS(MJ)	MWF	9-9:50AM	6/4-7/13	HPRC-BR	\$57
327233	C	BGSS(CB)	MWF	8-8:50AM	7/16-8/24	HPRC-BR	\$60
327233	D	ADSS(MJ)	MWF	9-9:50AM	7/16-8/24	HPRC-BR	\$60
327234	A	ADSS(DG)	MWF	8:30-9:20AM	6/4-7/13	HPRC-BR	\$57
327234	B	ADSS(DG)	MWF	9:30-10:20AM	6/4-7/13	HPRC-BR	\$57
327234	C	ADSS(DG)	MWF	10:30-11:20AM	6/4-7/13	HPRC-BR	\$57
327234	D	ADSS(DG)	MWF	8:30-9:20AM	7/16-8/24	HPRC-BR	\$60
327234	E	ADSS(DG)	MWF	9:30-10:20AM	7/16-8/24	HPRC-BR	\$60
327234	F	ADSS(DG)	MWF	10:30-11:20AM	7/16-8/24	HPRC-BR	\$60
327234	G	ADSS(DG)	TR	9-9:50AM	6/5-7/12	ELRC	\$49
327234	H	ADSS(DG)	TR	9-9:50AM	7/17-8/23	ELRC	\$49
427233	A	BGSS(CB)	MWF	8-8:50AM	9/10-10/26	HPRC-BR	\$69
427233	B	ADSS(MJ)	MWF	9-9:50AM	9/10-10/26	HPRC-BR	\$69
427233	C	BGSS(CB)	MWF	8-8:50AM	10/29-12/14	HPRC-BR	\$60
427233	D	ADSS(MJ)	MWF	9-9:50AM	10/29-12/14	HPRC-BR	\$60
427234	A	ADSS(DG)	MWF	8:30-9:20AM	9/10-10/26	HPRC-BR	\$69
427234	B	ADSS(DG)	MWF	9:30-10:20AM	9/10-10/26	HPRC-BR	\$69
427234	C	ADSS(DG)	MWF	10:30-11:20AM	9/10-10/26	HPRC-BR	\$69
427234	D	ADSS(DG)	MWF	8:30-9:20AM	10/29-12/14	HPRC-BR	\$60
427234	E	ADSS(DG)	MWF	9:30-10:20AM	10/29-12/14	HPRC-BR	\$60
427234	F	ADSS(DG)	MWF	10:30-11:20AM	10/29-12/14	HPRC-BR	\$60
427234	G	ADSS(DG)	TR	9-9:50AM	9/11-10/25	ELRC	\$55
427234	H	ADSS(DG)	TR	9-9:50AM	10/30-12/13	ELRC	\$49

CYCLING/TRX FUSION ★★

Enrollment Min 6 / Max 14. Get a complete workout with this class that integrates the cardio endurance of cycling with the strengthening, flexibility and balance benefits of TRX's body weight suspension. Combining aerobic and anaerobic training will help you meet both your strength and endurance goals in one class. **No class 7/4, 11/19, 11/21. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327293	A	CYCLTRX	MW	11:15AM-12PM	6/4-7/11	CB-KR	\$46
327293	B	CYCLTRX	MW	11:15AM-12:PM	7/16-8/22	CB-KR	\$49
427293	A	CYCLTRX	MW	11:15AM-12:PM	9/10-10/24	CB-KR	\$55
427293	B	CYCLTRX	MW	11:15AM-12:PM	10/29-12/12	CB-KR	\$49

CYCLING – PEDAL PUSHERS ★★

Enrollment Min 6 / Max 14. Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning and introductory class for older adults and is designed for those with no experience with indoor cycling. Bikers can modify their cycling resistance and pace according to their own fitness level. There are no fancy steps to learn so even if you don't know how to ride a bicycle, you can have an excellent aerobic workout. Hard-soled athletic shoes recommended. **No class 11/23. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327222	A	PDPS	F	11:15AM-12PM	6/8-7/13	CB-KR	\$37
327222	B	PDPS	F	11:15AM-12PM	7/20-8/24	CB-KR	\$37
427222	A	PDPS	F	11:15AM-12PM	9/14-10/26	CB-KR	\$42
427222	B	PDPS	F	11:15AM-12PM	11/2-12/14	CB-KR	\$37

DANCE FITNESS ★★

Ages: 15 and Up. Enrollment Min 15 / Max 40. Get your groove on with this fast-paced dance exercise class that stresses whole body fitness. The class will consist of 30 minutes of cardiovascular routines and 30 minutes of toning and stretching. Aerobic routines may be performed either at high or low impact. Follow-the-leader routines are simple for beginners to learn yet challenging enough for advanced students. A real workout! **No class 11/20, 11/22. Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327250	A	DANCFIT	TR	9-10AM	6/5-7/12	CB-GY	\$49
327250	B	DANCFIT	TR	5:30-6:30PM	6/5-7/10	CARN-HR	\$46
327250	C	DANCFIT	TR	9-10AM	7/17-8/23	CB-GY	\$49
327250	D	DANCFIT	TR	5:30-6:30PM	7/17-8/23	CARN-HR	\$49
427250	A	DANCFIT	TR	9-10AM	9/11-10/25	CB-GY	\$55
427250	B	DANCFIT	TR	5:30-6:30PM	9/11-10/25	CARN-HR	\$55
427250	C	DANCFIT	TR	9-10AM	10/30-12/13	CB-GY	\$49
427250	D	DANCFIT	TR	5:30-6:30PM	10/30-12/13	CARN-HR	\$49

FITNESS FOR LIFE ★★

Enrollment Min 10 / Max 40. Fitness For Life combines a low-impact dance aerobic workout with strength training and stretching. For the first half of the class, we will dance to a variety of music including pop favorites from the '50s, '60s and '70s, country line dances, disco and music from the Big Band Era. The second half of class incorporates strength and balance training for improved coordination and agility, as well as increasing muscular strength and endurance. Please bring a mat for the floor workout. **No class 7/4, 11/19, 11/21, 11/23. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327256	A	FIT4LIFE	MWF	10-11AM	6/4-7/13	HPRC-GY	\$57
327256	B	FIT4LIFE	MWF	10-11AM	7/16-8/24	HPRC-GY	\$60
427256	A	FIT4LIFE	MWF	10-11AM	9/10-10/26	HPRC-GY	\$69
427256	B	FIT4LIFE	MWF	10-11AM	10/29-12/14	HPRC-GY	\$60

FITNESS YOGA ★★

Enrollment Min 8 / Max 15. Incorporates the benefits of yoga into your fitness routine. This class will combine conditioning work with strength and flexibility poses, modified as needed. Class includes floor work, students should bring a yoga mat. **No class 7/4, 11/21. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327282	A	FITYOGA	W	5:30-6:30PM	6/6-7/11	CB-CR	\$30
327282	B	FITYOGA	W	5:30-6:30PM	7/18-8/22	CB-CR	\$34
427282	A	FITYOGA	W	5:30-6:30PM	9/12-10/24	CB-CR	\$38
427282	B	FITYOGA	W	5:30-6:30PM	10/31-12/12	CB-CR	\$34

JOINTS IN MOTION ★

Enrollment Min 6 / Max 12. Designed for people with arthritis or joint problems, this class is open to anyone looking for gentle exercise. The programs multiple components help reduce pain and stiffness and help maintain or improve functional mobility and muscle strength. The variety of exercises are designed for all levels of ability. **No class 11/20, 11/22. Instructor: Jade Katz.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327290	A	JOINMO	TR	5:30-6:30PM	6/5-7/12	SPL-VR	\$49
327290	B	JOINMO	TR	5:30-6:30PM	7/17-8/23	SPL-VR	\$49
427290	A	JOINMO	TR	5:30-6:30PM	9/11-10/25	SPL-VR	\$55
427290	B	JOINMO	TR	5:30-6:30PM	10/30-12/13	SPL-VR	\$49

LIFELONG GENTLE STRETCH ★

Enrollment Min 6 / Max 12. Stretching & breathing can increase blood flow to joints, flexibility, balance and feelings of well-being. Join us exploring gentle yoga postures to find peace, stillness and happiness while increasing strength and balance through the exploration of yoga postures & breathing techniques. **No class 11/20, 11/22. Instructor: Kristen Spencer**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327284	A	GENTSTRE	TR	10:45-11:35AM	6/5-7/12	HPC-BLY	\$49
327284	B	GENTSTRE	TR	10:45-11:35AM	7/17-8/23	HPC-BLY	\$49
427284	A	GENTSTRE	TR	10:45-11:35AM	9/11-10/25	HPC-BLY	\$55
427284	B	GENTSTRE	TR	10:45-11:35AM	10/30-12/13	HPC-BLY	\$49

PILATES SILVER ★★

Enrollment Min 10 / Max 50. Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core muscles: hips, thighs and abdominals, as well as strengthening and toning through stretching as the body moves. Main Pilates principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **No class 11/20, 11/22. Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327204	A	PILATES	TR	8:30-9:30AM	6/5-7/12	HPRC-GY	\$49
327204	B	PILATES	TR	8:30-9:30AM	7/17-8/23	HPRC-GY	\$49
427204	A	PILATES	TR	8:30-9:30AM	9/11-10/25	HPRC-GY	\$55
427204	B	PILATES	TR	8:30-9:30AM	10/30-12/13	HPRC-GY	\$49

SILVER STEPPERS ★★

Enrollment Min 10 / Max 20. Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping! Class consists of 45 minutes of step work and 15 minutes of stretching, flexibility, and balance work.

No class 7/4, 11/19, 11/21. Instructor: Susan Pomeroy.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327252	A	SILVSTEP	MW	10:30-11:30AM	6/4-7/11	CB-CR	\$46
327252	B	SILVSTEP	MW	10:30-11:30AM	7/16-8/22	CB-CR	\$49
427252	A	SILVSTEP	MW	10:30-11:30AM	9/10-10/24	CB-CR	\$55
427252	B	SILVSTEP	MW	10:30-11:30AM	10/29-12/12	CB-CR	\$49



POOCH PLUNGE 4-7 p.m.
Tuesday, Sept. 5

Lawrence Outdoor Aquatic Center
727 Kentucky St.

\$5 per dog



SLIMNASTICS ★★

Ages: 15 and Up. Enrollment Min 15 / Max 40. Feel good while getting slim and trim in this exercise class for men and women. Concentrating on muscle toning and strengthening all muscle groups, we will focus on toning and sculpting your muscles to create a healthy, well-balanced body. Exercises are done to music, but there are no routines to learn. Bring a mat for floor workout. **No class 7/4, 11/19, 11/21, 11/23.**

Instructor: Rosie Shelton.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327310 A	SLIMNAST	MWF	9-10AM	6/4-7/13	CB-GY	\$57
327310 B	SLIMNAST	MWF	9-10AM	7/16-8/24	CB-GY	\$60
427310 A	SLIMNAST	MWF	9-10AM	9/10-10/26	CB-GY	\$69
427310 B	SLIMNAST	MWF	9-10AM	10/29-12/14	CB-GY	\$60

SUPER SENIOR CIRCUIT ★★

Enrollment Min 8 / Max 14. This 50-minute "full body" group workout is designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to twelve different exercises in the circuit utilizing a combination of free weights, stability balls, and resistance bands. As a result, each participant will experience an improved level of strength and fitness as each participant performs every exercise at his or her current level of strength and fitness. Utilizing this common sense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **No class 7/4, 11/19, 11/21, 11/23. Instructors: Cindy Baker, Chad Harper.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327255 A	SUPCIRT	MW	8:30-9:20AM	6/4-7/11	SPL-FR	\$46
327255 B	SUPCIRT	MWF	9:30-10:20AM	6/4-7/13	SPL-FR	\$57
327255 C	SUPCIRT	MWF	10:30-11:20AM	6/4-7/13	SPL-FR	\$57
327255 D	SUPCIRT	MW	8:30-9:20AM	7/16-8/22	SPL-FR	\$49
327255 E	SUPCIRT	MWF	9:30-10:20AM	7/16-8/24	SPL-FR	\$60
327255 F	SUPCIRT	MWF	10:30-11:20AM	7/16-8/24	SPL-FR	\$60
427255 A	SUPCIRT	MW	8:30-9:20AM	9/10-10/24	SPL-FR	\$46
427255 B	SUPCIRT	MWF	9:30-10:20AM	9/10-10/26	SPL-FR	\$57
427255 C	SUPCIRT	MWF	10:30-11:20AM	9/10-10/26	SPL-FR	\$57
427255 D	SUPCIRT	MW	8:30-9:20AM	10/29-12/12	SPL-FR	\$49
427255 E	SUPCIRT	MWF	9:30-10:20AM	10/29-12/14	SPL-FR	\$60
427255 F	SUPCIRT	MWF	10:30-11:20AM	10/29-12/14	SPL-FR	\$60

TAI CHI - BEGINNING ★★

Enrollment Min 8 / Max 20. 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's 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 later life. This class practices the Yang style Tai Chi short form. **Sessions are longer than standard fitness schedule. No class 11/19, 11/21. Instructor: Craig Voorhees.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
427274 A	TAICHLLR	MW	10:15-11:15AM	9/10-12/5	CB-DS	\$88

TAI CHI - INTERMEDIATE ★★

For students with previous instruction in the Yang style tai chi short form who want to advance their practice. Students should discuss session choice and registration with instructor. **No class the week of Thanksgiving. Instructor: Craig Voorhees.**



TAI CHI FOR HEALTH ★

Enrollment Min 10 / Max 22. 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. **No class 11/20, 11/22. Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327502 A	TCHEALTH	TR	11:15AM-12PM	6/5-7/12	HPRC-GY	\$49
327502 B	TCHEALTH	TR	5:30-6:15PM	6/5-7/12	CARN-EG	\$49
327502 C	TCHEALTH	TR	11:15AM-12PM	7/17-8/23	HPRC-GY	\$49
327502 D	TCHEALTH	TR	5:30-6:15PM	7/17-8/23	CARN-EG	\$49
427502 A	TCHEALTH	TR	11:15AM-12PM	9/11-10/25	HPRC-GY	\$55
427502 B	TCHEALTH	TR	5:30-6:15PM	9/11-10/25	CARN-EG	\$55
427502 C	TCHEALTH	TR	11:15AM-12PM	10/30-12/13	HPRC-GY	\$49
427502 D	TCHEALTH	TR	5:30-6:15PM	10/30-12/13	CARN-EG	\$49

YOGA ★

Enrollment Min 10 / Max 15. Revitalize muscles and increase flexibility while learning how to stabilize your spine through the mindful movement and breath. By using the full capacity of the lungs through correct breathing, you will oxygenate the body and the brain, improving blood circulation and your sense of well-being. **No class 7/4, 11/19-23. Instructors: Leanna Henning (LH), Kristen Spencer (KS), Mary Anne Saunders (MS).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327270 A	YOGA(MS)	R	10-11AM	6/7-7/12	CB-CR	\$34
327270 B	YOGA(LH)	M	5:30-6:30PM	6/4-7/9	CARN-EG	\$34
327270 C	YOGA(MS)	W	1:30-2:30PM	6/6-7/11	LPM	\$30
327270 D	YOGA(KS)	TR	9:30-10:30AM	6/5-7/12	HPRC	\$49
327270 E	YOGA(MS)	R	10-11AM	7/19-8/23	CB-CR	\$34
327270 F	YOGA(LH)	M	5:30-6:30PM	7/16-8/20	CARN-EG	\$34
327270 G	YOGA(MS)	W	1:30-2:30PM	7/18-8/22	LPM	\$34
327270 H	YOGA(KS)	TR	9:30-10:30AM	7/17-8/23	HPRC	\$49
427270 A	YOGA(MS)	R	10-11AM	9/13-10/25	CB-CR	\$38
427270 B	YOGA(LH)	M	5:30-6:30PM	9/10-10/22	CARN-EG	\$38
427270 C	YOGA(MS)	W	1:30-2:30PM	9/12-10/24	LPM	\$38
427270 D	YOGA(KS)	TR	9:30-10:30AM	9/11-10/25	HPRC	\$55
427270 E	YOGA(MS)	R	10-11AM	11/1-12/13	CB-CR	\$34
427270 F	YOGA(LH)	M	5:30-6:30PM	10/29-12/10	CARN-EG	\$34
427270 G	YOGA(MS)	W	1:30-2:30PM	10/31-12/12	LPM	\$34
427270 H	YOGA(KS)	TR	9:30-10:30AM	10/30-12/13	HPRC	\$49

ZUMBA GOLD ★★

Enrollment Min 10 / Max 25. Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. **No class 11/20, 11/22. Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327102 A	ZBGD	TR	10-11AM	6/5-7/12	HPRC-GY	\$49
327102 B	ZBGD	TR	10-11AM	7/17-8/23	HPRC-GY	\$49
427102 A	ZBGD	TR	10-11AM	9/11-10/25	HPRC-GY	\$55
427102 B	ZBGD	TR	10-11AM	10/30-12/13	HPRC-GY	\$49

INTERESTED IN AQUATIC FITNESS? SEE THE AQUATICS SECTION BEGINNING ON PAGE 8. LOOK FOR THE 50+ SYMBOL.

COMPUTER CLASSES

INTRO TO IPADS

50+ *Ages: 50 and Up. Enrollment Min 3 / Max 6.* Thinking about getting an iPad or already own one and not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your iPad with you. iPads will also be available during class. We will cover the basic operation of the device and apps for recreation, health, education, finance and socializing. **Instructor: Karen Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
427604 A	INTIPAD	T	10-11:30AM	9/18-10/16	CARN	\$56



COMPUTER 101

Enrollment Min 4 / Max 10. Today, everything related to your everyday life can be done using computers. This class is designed for beginners or those with limited or no experience. It will cover computer components, basic computer terminology, moving and copying folders and files, desktop shortcuts, and an introduction to the Internet with hands-on work at every lesson. Take home curriculum included. **Instructor: Sharon Gan.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327147	B COMP101	S	2-3PM	6/16-6/30	RFP-CL	\$32

COMPUTER 102-THE INTERNET AND BEYOND

Enrollment Min 4 / Max 10. Designed for the Internet newbie, this class will work exclusively with the web browser Firefox. We'll research pop-up and ad blockers, how to download files, and manage bookmarks, refine your searches and demystify internet security. **Take home curriculum included. Basic computer skills required. Instructor: Sharon Gan.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327606	B COMP102	S	2-3:30PM	7/14-7/28	RFP-CL	\$32

RECREATION INSTRUCTION

ESTATE PLANNING, FUNDAMENTALS OF

Enrollment Min 8 / Max 30. Death is a certainty, incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning will help you create those plans. The class covers what happens under intestate succession if you die without a plan; the uses of a Will or Revocable Living Trust; an overview of probate administration; the impact of estate and gift taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation lasts about an hour, followed by an open question-and-answer period. **Instructor: Robert Ramsdell.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327010	A ESTAEPL	T	2-3:30PM	8/14	CARN-EG	FREE
427010	A ESTAEPL	T	6-7:30PM	9/18	SRC	FREE
427010	B ESTAEPL	R	10-11:30AM	11/15	CARN-EG	FREE

BEGINNING UKULELE

Enrollment Min 5 / Max 15. This beginning ukulele 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 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! **Instructor: Linda Tilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327410	A BEGUKE	W	6:30-7:30PM	6/6-6/27	CARN	\$29
427410	A BEGUKE	W	6:30-7:30PM	8/15-9/5	CARN	\$29

INTERMEDIATE UKULELE

Enrollment Min 5 / Max 10. This course is for ukulele players who already know basic chords and chord progressions. Focus is on finger-picking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from teacher. **Instructor: Linda Tilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327424	A INTUKE	W	6:30-7:30PM	7/11-8/1	CARN	\$29
427424	A INTUKE	W	6:30-7:30PM	9/26-10/17	CARN	\$29

GENERAL PALEONTOLOGY

Enrollment Min 10 / Max 20. This class is an overview of the fossil record including paleoecology with mention of the geological time framework. It includes the Paleozoic (660-290 million year old), Mesozoic (290-66 million year old), Cenozoic (66-1.8 million year old) eras as well as the Holocene (ice ages from 1.8 million to 10,000 years ago). A wide variety of representative fossils will be passed around for examination as well as an assortment of specimens displayed for viewing. These include trilobites, crinoids, dinosaur material, ammonites, Cenozoic mammal and reptile specimens and ice age specimens. A great introductory class which should promote much welcome questions and discussion.

Instructor: Craig Sundell.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
427434	A GPALEO	R	2-3:30PM	9/27	ELRC-MR	\$12

FOSILS OF THE KANSAS INLAND SEAWAY FROM HAYS TO COLORADO

Enrollment Min 6 / Max 12. Learn about the great inland seaway and its fossils that covered western Kansas during the 75-million-year-old Cretaceous period. This is revealed in the Niobrara Chalk and associated rocks and fossils found from Hays to the Colorado border. Learn about the life and ecology of mosasaurs, plesiosaurs, giant fish, the 1st known toothed birds and their associated marine environment from central and western Kansas. **Instructor: Craig Sundell.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
427444	A FOSSSEA	R	2-3:30PM	10/25	ELRC	\$12

PALEO FIELD TRIP

Enrollment Min 8 / Max 12. We will visit a 300 million year old marine site near Lawrence where everyone is guaranteed to find at least a dozen marine fossils. Our guide will discuss the diverse fauna, the rocks in which the fossils are found, why they were fossilized and concentrated in this locality and the environment in which they lived during the Pennsylvanian Period. The site requires only a short level walk to the collection site. Sturdy footwear, a hammer and a durable collection bag are recommended. **Instructor: Craig Sundell.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
427436	A PALEOFT	S	9AM-12PM	10/13	ELRC	\$19





PICKLEBALL

Pickleball courts are available for free play at Lyons Park, Holcom Park, Dad Perry Park East Lawrence Center and Sports Pavilion Lawrence. Call to confirm availability of indoor courts. If you are interested in league play, refer to page 63 in the Adult Sports section.

NATURE & OUTDOORS

In addition to nature and outdoor programming offered through Prairie Park Nature Center, the Lifelong program offers area hikes and trips. Watch for details in the August Lifelong newsletter available at your local recreation center or online at lprd.org.

INTRODUCTION TO SKYGAZING

Enrollment Min 8 / Max 12. Enjoying the outdoors includes looking up! Join us as we explore the sky and learn general astronomy of both night and day skies. Evening classes will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars and telescopes. Instruction will include use of planispheres, star charts, and apps. Instructor is Rick Heschmeyer, president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League. **Registration fee includes planisphere, astronomy flashlight, solar viewing glasses and education materials.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327450	A	STARGAZE	W	7:30-9PM	6/6-6/20	BAKER \$18

MORE RARE AND UNUSUAL TREES

Enrollment Min 8 / Max 18. A previous tree tour revealed our rare and unusual trees in Lawrence. We now have quite a few new ones to share. Join us on the bus to appreciate the special features and values of these unique specimens." **Instructor: Jon Standing.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
427442	A	RUTREE	S	10AM-12:30PM	9/22	HPC \$17

WHAT IS THAT TREE?

Enrollment Min 8 / Max 18. Those of us who have spent time in the woods have probably encountered a tree or two that can't be readily identified. You don't need to be an expert to familiarize yourself with local trees. This tour will focus on the form, leaves, fruits, and bark of our common trees. **Instructor: Jon Standing.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
427463	A	WATTREE	S	10AM-12PM	10/20	HPC \$17

SEE MORE OUTDOOR PROGRAMS IN THE NATURE SECTION BEGINNING ON PAGE 55. LOOK FOR THE 50+ SYMBOL

TRAVEL

The Lifelong Recreation program offers day trips, overnight and regional travel. Travel with friends, both old and new, while we take care of the details. Trips are announced in the quarterly newsletter and at Travel Shows. If you would like to be on the mailing list, contact Gayle Sigurdson, Lifelong Recreation programmer at (785) 832-7920 or gsigurdson@lawrenceks.org.



LIFELONG MEDITATE AND BREATHE

Enrollment Min 6 / Max 10. 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. Bring a yoga mat. **No class 11/19.**

Instructor: Kristen Spencer.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327278	A	LLMEDBRE	M	9:30-10:45AM	6/4-7/09	CARN \$36
427278	A	LLMEDBRE	M	9:30-10:45AM	9/10-10/22	CARN \$40

HOLIDAY WOOD CARVING

Enrollment Min 7 / Max 10. Make your own holiday gift or decoration while learning the centuries old art of wood carving. This two-day workshop will introduce the safe use of carving tools, different types of tools and wood used, and the various cuts used to create a figure of Santa Claus. The instructor will assist the students in making a beginner's project. Carlan Honaker is a master woodcarver, whose commissioned work adorns public places, such as the Old Supreme Court Chamber in the Kansas Statehouse and Cedar Crest, the governor's mansion. He has introduced scores of people to woodcarving. Registration fee includes tools and wood for the project.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
427446	A	WOODCARV	F/S	9AM-3PM	11/2-11/3	CB-AR \$42

SPORTS

BOCCE BALL FREE PLAY

LPRD has two bocce ball courts available for free play at Holcom Park. Equipment is available for check-out inside the recreation center.

BOCCE BALL LEAGUE

Enrollment Min 5 / Max 15. Lawrence Parks and Recreation is offering an adult (18+) Bocce Ball ladder league. Bocce ball is a relaxed but strategic game that can be easily learned. In this league, individual players will be ranked week to week based on their win/loss record. Each week individuals will be matched with an opponent to play a three game match.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327281	A	BBLEAG	SU	3-5PM	9/16-10/21	HP \$25

FENCING: MODERN OLYMPIC SPORT

50+ *Ages: 50 and Up. Enrollment Min 7 / Max 20.* 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 both 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,** fencing instructor for six decades.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327105	A	FENCEMOS	R	7-9PM	6/7-7/12	SPL-LR \$48
427105	A	FENCEMOS	R	7-9PM	9/13-10/25	SPL-LR \$56
427105	B	FENCEMOS	R	7-9PM	11/1-12/13	SPL-LR \$48

MARTIAL ARTS



Register 14 days prior to the class start date and receive a \$10 discount. (Does not apply to Self Defense.)

LITTLE NINJAS

Ages: 5-7. Enrollment Min 6 / Max 12. This class is designed with the younger student in mind and will teach them the basic stances, develop coordination, control and balance. Participants will gain confidence, attention span and respect for others in a positive, fun environment. **No class 11/25. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317125	A	LITNINJ	SU	12-12:40PM	6/3-8/19	CB-CR2	\$58
417125	A	LITNINJ	SU	12-12:40PM	9/9-12/9	CB-CR2	\$62

KARATE – OKINAWAN KENPO

Ages: 6 and Up. Enrollment Min 10 / Max 15. Okinawan Kenpo is a style of traditional Okinawan Karate, a system of self-defense and personal development. Learn techniques effective in close fighting. During this process of learning and practicing techniques, you will also strengthen your body. Posture is improved and one's self-confidence is increased. As a result of this class, one can usually avoid violence, or minimize it when it is unavoidable. **Instructors have years of teaching experience and are members of and certified by the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU). No class 7/4, 10/31, 11/25. Instructors: Mark Hurt (MH), Mandana Ershadi-Hurt (MH), Natasha Hurt (NH).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317110	A	KART(NH)	SU	12:45-2PM	6/3-8/19	CB-CR1&2	\$76
317110	B	KART(MH)	MW	6:45-7:40PM	6/4-8/22	CB-CR1&2	\$84
417110	A	KART(NH)	SU	12:45-2PM	9/9-12/9	CB-CR1&2	\$82
417110	B	KART(MH)	MW	6:45-7:40PM	9/10-11/5	CB-CR1&2	\$61

CHINESE KUNG FU

Ages: 12 and Up. Enrollment Min 8 / Max 15. Chinese Kung Fu enables students to cultivate close-quarter self-defense skills, striking methods using the hands and elbows, body trapping and leg sweeping skills and two person training drills as well as defenses against weapon and group attacks. Systems covered include Praying Mantis Kung Fu, 6 Harmony 10 Animal Xinyiquan, White Eyebrow, Wing Chun and Bajiquan. Participants will cultivate enhanced self-defense skills, flexibility, reaction sensitivity as well as health cultivation through Qi gung and Standing Post meditation. **No class 7/4, 10/31, 11/21. Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317135	A	KUNGFU	W	5:30-6:30PM	6/6-8/22	CB-CR1	\$54
417135	A	KUNGFU	W	5:30-6:30PM	9/12-12/12	CB-CR1	\$58

SELF DEFENSE

Ages: 13 and Up. Enrollment Min 8 / Max 20. Class introduces the fundamentals of self-defense and is suitable for people of any physical condition. Awareness and risk assessment will be discussed. **Simple, effective physical self-defense techniques will be taught, so please wear loose clothing. The instructors have years of experience teaching martial arts as well as specific experience teaching self-defense clinics. Instructors: Mandana Ershadi-Hurt, Mark Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317120	A	SELDEF	S	2-5PM	6/23	CB-CR1&2	\$16
417120	A	SELDEF	S	2-5PM	10/20	CB-CR1&2	\$16

TAE KWON DO

Ages: 8 and Up. Enrollment Min 10 / Max 20. Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance and power through the practice of Tae Kwon Do forms and one-step sparring. As the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **No class 11/20, 11/22. Instructors: Grace Daniels, Black Belt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317131	A	TKD8-12Y	TR	6:45-7:45PM	6/5-8/23	TLC	\$87
317131	B	TKD13&UP	TR	7:50-9:05PM	6/5-8/23	TLC	\$87
417131	A	TKD8-12Y	TR	6:45-7:45PM	9/11-12/13	TLC	\$94
417131	B	TKD13&UP	TR	7:50-9:05PM	9/11-12/13	TLC	\$94

TAI CHI, BEGINNING

Ages: 16 and Up. Enrollment Min 8 / Max 15. This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gently physical movement and mental discipline. Slow movements strengthen muscles and joints, in addition to reducing stress, fatigue and the risk of falls due to increase balance. Relaxation is emphasized and deepened throughout the course. **No class 11/19. Instructor: John Van Sickle**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315500	A	TAICHIT	M	5:30-6:30PM	6/4-8/20	CB-CR2	\$58
415500	A	TAICHIT	M	5:30-6:30PM	9/10-12/10	CB-CR2	\$62



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City of Lawrence

PRAIRIE PARK NATURE CENTER

2730 Harper St.

NATURE CENTER HOURS

Monday – Closed

Tuesday-Saturday – 9 a.m.-5 p.m.

Sunday – 1-4 p.m.

PROGRAMS FOR CHILDREN/TEENS

For all classes come prepared to go outdoors including bug repellent and sunscreen.

NATURE STORY TIME FOR PRESCHOOLERS

Ages: 1-4. Enrollment Max 15. For children who enjoy both stories and animals, there will be morning story time for preschool age children every Thursday at 10 a.m. Each week will feature a story and a live animal. Children may color a coloring page after the presentation. Pre-registration is helpful, but drop-ins will be accepted. The cost is \$3 per session.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323203	A	NATSTORY	R	10-10:30AM	6/7-8/9	PPNC \$30
423203	A	NATSTORY	R	10-10:30AM	9/6-10/25	PPNC \$24
423203	B	NATSTORY	R	10-10:30AM	11/1-12/13	PPNC \$18

WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS WEEKLY

Tuesdays, 10-11 a.m. Ages: 2-5. Enrollment Max 15. Drop in for stories, activities, and information about animals and the places in which they live. A different topic will be presented each week. Come prepared to go outdoors. Due to space limitations no more than one adult per child please. **Registration is also taken up to a week in advance of each weekly session of a program on a space available basis. Cost for an individual program session is \$4 per session. Please call in advance to reserve a spot. Payment will be at class time or you can enroll for the entire program using the code information below. For more information please call (785) 832-7980.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323202	A	WILDADVT	T	10-11AM	6/5-7/31	PPNC \$36
423202	A	WILDADVT	T	10-11AM	9/4-9/23	PPNC \$32
423202	B	WILDADVT	T	10-11AM	10/30-12/11	PPNC \$28

GARDENING FOR KIDS

Ages: 7-13. Enrollment Min 5 / Max 12. Get outside and into the garden. Kids will play and learn at the Nature Center's gardens as we cover a variety of fun garden topics. Classes will include indoor and outdoor hands-on garden investigation. Dress prepared to go outdoors and get messy. **Cost for an individual program session is \$4 per session. Please call in advance to reserve a spot. Payment will be collected at class time or you can enroll for the entire program using the code information below.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323329	A	GARKID	W	3-4:30PM	5/30-7/25	PPNC \$36

WILDLIFE EXPLORERS

Ages: 6-12. Enrollment Min 10 / Max 25. Explore the mysteries of different animal groups. Each week we will investigate what makes each class of animals unique and their importance in the environment. Outdoor exploration, indoor investigation, games, videos and lots of fun. **Call-ins welcome \$5 per person per session.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323266	A	WILDEXPL	R	1:30-3PM	6/7-8/2	PPNC \$45

ARCHERY, BEGINNERS

Ages: 7-16. Enrollment Min 5 / Max 12. Learn the basic Olympic-style archery using Genesis compound bows. **Taught by certified instructors.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323267	A	BEGARCH	R	9:30-11AM	6/7	PPNC \$15
323267	B	BEGARCH	R	9:30-11AM	6/14	PPNC \$15
323267	C	BEGARCH	R	9:30-11AM	6/28	PPNC \$15
323267	D	BEGARCH	R	9:30-11AM	7/12	PPNC \$15
423267	A	BEGARCH	W	3-4:30PM	8/12	PPNC \$15

ARCHERY CLUB

Ages: 7-16. Enrollment Min 5 / Max 12. Olympic style archery using Genesis compound bows. Build your archery skills while learning scoring. **Prerequisite: Beginning Archery. Taught by certified instructors.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323268	A	ARCHCLUB	R	11:15AM-12:15PM	6/21	PPNC \$10
323268	B	ARCHCLUB	R	11:15AM-12:15PM	6/28	PPNC \$10
323268	C	ARCHCLUB	R	11:15AM-12:15PM	7/19	PPNC \$10
323268	D	ARCHCLUB	R	11:15AM-12:15PM	7/26	PPNC \$10

LET'S GO FISHING

Ages: 7-13. Enrollment Max 8. Bring your own fishing pole or use one of PPNC's poles for a morning of fishing fun at Mary's Lake. Learn to use different bait and lures.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323263	A	FISHFUN	W	9:30-11:30AM	6/6	PPNC \$10

CANOEING FOR FUN

Ages: 7-13. Enrollment Max 8. Learn the basics of canoeing and canoe safety at Mary's Lake.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323265	A	CANOEFUN	W	9:30-11:30AM	6/13	PPNC \$15
323265	B	CANOEFUN	W	9:30-11:30AM	6/27	PPNC \$15
323265	C	CANOEFUN	W	9:30-11:30AM	7/11	PPNC \$15
323265	D	CANOEFUN	W	9:30-11:30AM	7/25	PPNC \$15

ECOENERGY CAMP

Ages: 6-12. Enrollment Min 10 / Max 25. Come just for the day and investigate how to generate some green, clean energy (no coal here)! Build and take home a solar car, cook in a solar oven, harness the power of wind and water with lots of hands-on fun.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323322	A	ECOE	T	8:30AM-4PM	7/3	PPNC \$40

ART IN NATURE CAMP

Ages: 6-12. Enrollment Min 10 / Max 25. Bring out your creative side in this day of hands-on nature arts and crafts. Make a nature sketchbook, paint with nature's colors, make a nature-based, custom-designed t-shirt to take home. We will get artsy and quite possibly dirty but there will be lots of fun.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323243	A	NATART	R	8:30AM-4PM	7/5	PPNC \$40

ADVENTURES AFTER DARK

Ages: 7-12. Enrollment Min 15 / Max 25. Come have a sleep over with the animals. Pack your pajamas for a fun night of canoeing, dinner, around the camp fire, and night hiking. We will end this fun evening with a movie as you fall asleep with the nature center animals. **Dinner and a light breakfast provided. Be sure to wear appropriate outdoor clothing and footwear. All participants must bring a sleeping bag, pillow, flashlight, necessary overnight toiletries and comfortable sleeping clothes. Shower facilities are not available.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323271	A	AFTDAR	FS	6PM-8AM	7/13	PPNC \$50



BREAKFAST WITH THE ANIMALS

Ages: 6-13. Enrollment Min 10 / Max 25. Have breakfast with your favorite animals at the nature center, and then help feed and care for the animals with our naturalists. Live animal programs, crafts and activities will make morning breakfast at the nature center a memorable event. Breakfast will include fresh fruit, juice, granola, cinnamon rolls and eggs. Please notify of any special dietary concerns.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323319 A	BREAKANI	F	9AM-12PM	7/6	PPNC	\$15

EXPLORING NATURE FOR HOME SCHOOLED STUDENTS

Ages: 6-13. Enrollment Min 5 / Max 20. Two-hour field trip programs for home-schooled students will cover a different topic each time. Class meets benchmarks for K-6 State Science outcomes. Call for topic schedule.

CODE	SEC CLASS	DAY	TIM	DATE	LOC	FEE
423321 A	EXPLORING	W	10AM-12PM	9/12	PPNC	\$10
423321 B	EXPLORING	W	10AM-12PM	9/26	PPNC	\$10
423321 C	EXPLORING	W	10AM-12PM	10/10	PPNC	\$10
423321 D	EXPLORING	W	10AM-12PM	10/24	PPNC	\$10
423321 E	EXPLORING	W	10AM-12PM	11/7	PPNC	\$10

NO CHILD INSIDE HIKING ADVENTURES

Ages: 7-12. Enrollment Min 5 / Max 12. Don't spend your after-school hours in front of the television. Get out and get moving with a guided investigative nature hike to a new area each week. We will be frogging at the wetlands, stalking birds with binoculars, identifying tracks and much more.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
423261 A	HIKECLUB	W	3-4:30PM	9/5	PPNC	\$5
423261 B	HIKECLUB	W	3-4:30PM	9/19	PPNC	\$5
423261 C	HIKECLUB	W	3-4:30PM	10/3	PPNC	\$5
423261 D	HIKECLUB	W	3-4:30PM	10/17	PPNC	\$5

HIKES AND TRIPS

WE'RE GOING TO THE ZOO

Ages: 7-13. Enrollment Min 8 / Max 14. Pack your lunch and hop on the wild bus with some of the Prairie Park Nature Center's Naturalists for a fun trip to the zoo. Spend a wild day with some exotic animals at the Topeka Zoo. **Trip includes entrance ticket and transportation to and from the Zoo. Pack your lunch for a picnic in the park.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323320 A	GOZOO	F	9:30AM-3:30PM	6/22	PPNC	\$30
323320 B	GOZOO	F	9:30AM-3:30PM	7/20	PPNC	\$30

CAMPS — SEE CAMPS/SCHOOL'S OUT PROGRAMS, PAGE 17

SPECIAL PROGRAMS FOR SCHOOL DAYS OFF

FALL BREAK CAMP

Ages: 6-12. Enrollment Min 10 / Max 25. Take a break from school for two days and get wild with animals, games, hikes and crafts at the nature center. Bring a sack lunch and suitable clothes and shoes for outdoor adventures.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
423244 A	FALLCAMP	RF	8:30AM-4PM	11/8-11/11	PPNC	\$60



PROGRAMS FOR SENIORS

INTRODUCTION ARCHERY FOR ADULTS

50+ *Ages: 50 and Up. Enrollment Min 5 / Max 12.* Archery is good for physical and mental focus, but open to all levels of skill. Enjoy learning the sport of target archery in a safe and structured environment with an NASP-certified instructor. We provide all equipment for class.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323262 A	LLARCH	R	3:30-4:30PM	6/7-6/28	PPNC	\$50

WEEKEND PROGRAMS FOR ADULTS AND FAMILIES

SATURDAY MORNING FREE PROGRAM (10-10:30 a.m.)

SUNDAY AFTERNOON FREE PROGRAM (1:30-2 p.m.)

A 30-minute free program on nature topics will be presented each day. Programs may include a short video, slide show and of course going outdoors to enjoy birds, wildflowers, bugs or a stroll through the park. **All ages are welcome. Children under 14 years old must be registered with a paying adult for all family programs. No unattended children will be allowed.**

GEOCACHING 101

Ages: 8 and Up. Enrollment Min 6 / Max 20. (Children under 15 must be enrolled with an enrolled adult.) Come out to the nature center to learn about geocaching, a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. Locate the three hidden containers, called geocaches, while enjoying the outdoors and learning how to use GPS handhelds.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323328 A	GEOCA	SU	2:30-4PM	7/15	PPNC	\$10
423328 A	GEOCA	SU	2:30-4PM	9/9	PPNC	\$10

MINIGARDENS

Ages: 4 and Up. Enrollment Min 4 / Max 20. Dreaming of fairies and dragons? Put together a minigarden of your favorite theme to take home with you. Gardens include container, soil, plants and decorations, you supply the creativity. **Children under 13 years old must be accompanied by an adult. One garden per registered participant.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
323327 A	MINIGARD	R	1-3PM	7/5	PPNC	\$20
323327 B	MINIGARD	SU	2-4PM	7/22	PPNC	\$20
423327 A	MINIGARD	SU	2-4PM	9/30	PPNC	\$20

FREE SUNDAY PROGRAMS

Children under 14 must be accompanied by an adult.

JUNE 17 – WILD ANIMAL DADS

1:30-2 p.m.

AUG. 26 – TALONS OF STEEL – BIRDS OF PREY

1:30-2:30 p.m.

NOV. 4 – FLYING TIGERS – THE OWLS OF KANSAS

1:30-2 p.m.

HOLIDAY NATURE ARTS AND CRAFTS

Ages: 6 and Up. Enrollment Min 5 / Max 15. Enjoy a fun afternoon of holiday crafting with your family at the nature center. Let nature inspire you as we make fun holiday decorations and ornaments. **Children under 14 years old must be accompanied by an adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423115	A	NATCRAFT	S	2-4PM	11/10	PPNC	\$10

SPECIAL EVENTS

SPRING NATIVE PLANT SALE

1-4 p.m. Sunday, May 20, at Prairie Park Nature Center
Attract butterflies, pollinators, birds and more to your garden by adding native plants. Going native not only adds beauty to your garden, but also has positive impacts on soil, water and air quality. Not sure where to start? Prairie Park Nature Center's Naturalist will be available to answer your questions. Cash, checks and credit cards will be accepted. **Unsold plants will be available for sale throughout the week.** Look for updates at www.lawrenceks.org/lprd/ppnc.

SAVING THE MAGNIFICENT MONARCH – SUPPORT MONARCH CONSERVATION

1-4 p.m. Sundays, Sept. 16, and Sept. 23, at Prairie Park Nature Center.

Ages: All. Children under 14 must be accompanied by an adult. Get involved in monarch butterfly conservation at the Nature Center. Learn about monarch migration, conservation troubles and how you can help. Catch, tag and release monarchs back into the wild. Butterfly nets will be available at the Nature Center. Before you go home, don't forget to buy some monarch friendly plant seeds to help grow your own monarch sanctuary. All seed sales go to monarch conservation efforts. **Preregistration is not required. All you can tag for \$3.**

HALLOWEEN TRICK-OR-TREAT

Sunday, Oct. 28, 1-4 p.m.

Halloween trick-or-treat around Mary's Lake. Cookies and Cider at the Nature Center. *Sponsored by Prairie Park Partners. Fee: \$3.*



ENVIRONMENTAL EDUCATION/SPECIALIZED PROGRAMS

For more information, please contact the Nature Center at (785) 832-7980. You can also find information on the lprd website, www.lprd.org.

PRESCHOOL ENVIRONMENTAL PROGRAMS

Prairie Park Nature Center is now offering specialized programs for preschools. Preschool students will enjoy live animals, stories, songs, art, rhymes and other appropriate early childhood activities.

PRIMARY AND SECONDARY SCHOOLS ENVIRONMENTAL PROGRAMS

Prairie Park Nature Center offers a wide variety of one-hour programs and two-hour field trips designed for school and organized groups

SCOUTING

For Girl Scouts and Boy Scouts, Prairie Park Nature Center offers a wide range of programs to help scouts complete necessary requirements for merit badge attainment.

BIRTHDAY PARTY PROGRAMS AT PRAIRIE PARK NATURE CENTER

\$130 fee for classroom rental for two hours with a 40 minute live animal program and a craft, game or hike. Maximum of 15 children, 10 adults.

VOLUNTEER OPPORTUNITIES

The Prairie Park nature Center is looking for volunteers. All volunteers are required to submit an application, pass an interview, receive the appropriate training and pass a background check before interacting with the public. All volunteers must be 18 years old to apply. Organized groups are also welcomed for special projects. **Please contact the nature center at (785) 832-7980 for more information.**

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INSTRUCTIONAL PROGRAMS

LIFELONG RECREATION

MARTIAL ARTS

NATURE

SPECIAL EVENTS



SKYHOUNDZ FRISBEE DISC CHAMPIONSHIP AND PAW VALLEY FESTIVAL

Free and open to the public. Grab your pooch and kick off the morning with the Paw Valley 5K. Following will be the Skyhoundz Frisbee Disc Throwing Contest held in South Park on **Saturday, May 19, at 11 a.m.** **This event will be held in conjunction with the Lawrence Humane Society's Paw Valley Festival.** Registration can be done online or the day of. Check in and registration open at 10 a.m. The Fourth Annual Paw Valley Festival will take place after the 5K from 10 a.m.-2 p.m. and will feature food, drinks, contests, local vendors, music and activities for two and four-legged friends of all ages. *Additional information is available at Holcom Park Recreation Center, 2700 W. 27th Street, (785) 832-7940. 5K and vendor information is available at the Lawrence Humane Society, (785) 843-6835.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225220	A	CANINE	S	11AM	5/19	SP	FREE

LAWRENCE CITY BAND SUMMER CONCERT SERIES

The Lawrence City Band, sponsored by LPRD with assistance from the Rice Foundation, will present this annual concert series at **8 p.m. Wednesdays throughout the summer** at the William Kelly Bandstand in historic South Park, 1141 Massachusetts St. *Free and open to the public.* The band is conducted by Paul Popiel. In the event of inclement weather, the concert will be moved to Murphy Hall, Room 130, on the University of Kansas campus.

- May 30** Dancing Around the Band Stand
- June 6** Riding the Waves in South Park
- June 13** Hollywood and Broadway Favorites
- June 20** Rockin' the Band Stand with Lawrence City Band
- June 27** Children's Concert
- July 4** An Independence Day Celebration
- July 11** Americana
- July 18** GRAND FINALE

BROWN BAG CONCERTS

LPRD and Downtown Lawrence, Inc. will again co-sponsor the free summer concert series on **Thursdays at Noon** in front of the U.S. Bank building, 900 Massachusetts St. Bring your lunch and enjoy the music. *Rain site will be the Watkins Community Museum, 1047 Massachusetts St.*

- June 7** The Beer Bellies
- June 14** TBA
- June 21** Spirit Dancer – Dennis Rogers, Native American
- June 28** Coal Creek Band
- July 5** KC Blue Kitty & the Kewl Katz
- July 12** TBA
- July 19** TBA
- July 26** TBA
- Aug. 2** TBA

For an up-to-date list of concerts, please visit <https://lawrenceks.org/lprd/specialevents/summerconcerts/>.

KIDS FISHING DERBY

Free to the public and open to children ages 5 to 13. Anglers 13 and younger are invited to test their fishing expertise at Mary's Lake (31st & Haskell St.) on **Saturday, June 9, 8:30 a.m.-noon.** **A pre-derby meeting will be held at 8:30 a.m.** All anglers are asked to provide their own fishing poles and bait. Door prizes will be given throughout the morning. Supervision provided, however parents are asked to help out. **Co-sponsored by Walmart, Crown Casting Club and Outside for a Better Inside.**

LPRD helps to sponsor additional fishing derbies throughout the year, teaming up with Outside for a Better Inside and the Crown Casting Club to provide more fishing fun! This includes:

9-11 a.m. Saturday, May 12 – Kids Fishing Derby
Bismarck Lake, 1616 N. 1700 Road.

9-11 a.m. Saturday, Sept. 22 – Kids Fishing Derby
Sandra J. Shaw Community Health Park, Second and Indiana Streets

All fishing equipment and bait will be provided to participants. No fishing skills are required. Fishing assistance and instruction will be available.

KIDS' NIGHT OUT

Ages: 5-12. They swim, you relax. Kids can jump right in and join us throughout the year for a ton of fun centered on a variety of themes. These kids-only nights always feature pizza, games, crafts and of course...swimming. Your kids will enjoy interactive activities in a safe and supervised environment at the pool while you take some time for yourself. Everyone should bring a towel and arrive with their swimsuits on. **Pre-registration is required by the Tuesday before the event date.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
311001	A	KNO	S	4-7PM	6/9	LOAC	\$15
311001	B	KNO	S	4-7PM	7/7	LOAC	\$15
411001	A	KNO	S	4-7PM	10/20	LIAC	\$15
411001	B	KNO	F	4-7PM	11/9	LIAC	\$15

BOOKWORMS AND WATERBUGS

How do these two critters create summertime fun? They like to dive into books and the pool! When we partner with the Lawrence Public Library, families can enjoy listening to a wet-and-wild tale on the lawn at Watson Park, and then head over to our Outdoor Aquatic Center for an hour of free swimming. *Guardians are required to attend. 10:30 a.m.-noon Fridays, June 15 and July 20. Recommended ages: 3-8 years old (plus parents).*

BEACH BASH SUMMER KICK-OFF PARTY

Break out the Hawaiian shirts and flip flops and splash into summer with us as we celebrate the official first day of the sunny season! Welcome in the warm weather as we offer live entertainment, a free craft station, contests and giveaways galore! Prizes will be awarded for the most creative costumes. **The event is open to the public and requires daily admission for participants. 5-8 p.m. Wednesday, June 20, at the Outdoor Aquatic Center.**



KIDS, LET'S BUILD A MUD FORT

Ages: 7-12. Enrollment Min 6 / Max 15. Take a trip back in time to pre-Civil War Lawrence. Meet at the Lawrence Visitors Center to learn about the mud forts resident built to defend their town from the Broder Ruffians, and build your own model mud fort. Then we'll travel to Constant Park to construct at 1/10th scale mud fort not far from their original location.

Participants must be accompanied by a paid adult. Participants need to provide a sack lunch. Instructor: Abby Magariel.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321131 A	MUDFORT	S	9AM-2PM	6/23	LVC	\$25

2018 SUMMER FEST

9 a.m.-4 p.m. Sunday, June 24, in Historic South Park, 1141 Massachusetts St. This annual outdoor craft show is for Non-Commercial and Commercial vendors. Activities for children available too! Food/Concession Vendors please contact LPRD prior to registering for event. Vendor spaces are 10 feet by 10 feet. Electricity and tables are available, but are limited. Registered vendors & exhibitors will receive more information via email 1-2 weeks prior to the event. *This event is free and open to the public. Register today and become an arts/crafts exhibitor or a food vendor. Deadline is Monday, June 18, or until full.*

For more information, please contact (785) 832-7940.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
625501 A	NONCOMM	SU	9AM-4PM	6/24	SP	\$70
625501 B	COMMERC	SU	9AM-4PM	6/24	SP	\$110
625501 C	NCOMELEC	SU	9AM-4PM	6/24	SP	\$90
625501 D	COMMELEC	SU	9AM-4PM	6/24	SP	\$130

LPRD YOUTH ALL-STAR TRIATHLON

Ages: 6-16. Kids are always on the move so why not make it official and join in on one of the fastest growing and challenging sports for kids! Our youth triathlon is about spotlighting the kids and letting them be the all-stars for the day and helping them discover their inner triathlete. Athletes aged 6-16 will compete in the age appropriate courses and awards will be presented to the top three male and female finishers in each age group.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
311128 A	TRIATH	SU	9AM	6/24	LIAC	\$25

SUMMER FREEZE OUT

Ages: All. We are bringing winter back to Lawrence for our summer freeze out event at the outdoor swimming pool. When the heat is too much to bear bring your family to the pool and enjoy frozen treats, games, crafts and of course swimming! **Daily admission applies. Summer Freeze Out will be held from 5-7:30 p.m. Wednesday, July 25, at the Lawrence Outdoor Aquatic Center.**

QUANTRILL'S RAID GRAVEYARD WALK

Ages: 8 and Up. Enrollment Min 10 / Max 24. Join Watkins Museum of History curator Brittany Keegan to learn about the founding of our historic Oak Hill Cemetery, hear stories of early Lawrence – including Quantrill's Raid – and meet some of the notable people buried in our historic Oak Hill Cemetery. **Instructor: Brittany Keegan.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321710 A	QUANT	F	8-9:30PM	8/17	OHC	\$20

POOCH PLUNGE

The dog days of summer are coming to a close, so we have the Outdoor Aquatic Center open one last day just for the dogs! This community tradition continues as we close the pool to humans and neutralize the chemicals to make the water safe for the canines. Your pup may want to dive in or simply splash around in the wading pool. Regardless, this event is fun for participants and spectators alike, so register today. On-site registration will also be available at the gate. Toys and treats will be provided for our furry friends. Vendors will be present. **All dogs must have documentation of current vaccinations and must be under their owner's control at all times. Interested vendors can contact Martha Terhaar, aquatic programmer, for more details at (785) 832-SWIM or mterhaar@lawrencecks.org.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
311142 A	POOCHPL	T	4-7PM	9/4	LOAC	\$5

CAMPS – SEE CAMPS/SCHOOL'S OUT PROGRAMS, PAGE 17

FALL ARTS & CRAFTS FESTIVAL

LPRD will host the 39th Annual Fall Arts & Crafts Festival **10 a.m.-5 p.m. Sunday, Sept. 9**, in historic South Park. This outdoor arts and crafts show is for non-commercial vendors only. Activities for children available too! This annual show continues to bring artisans from all over the state and surrounding states, providing a unique atmosphere to appeal to all shoppers and craftsman! Live music will sound throughout the park with multiple performances. Food/concession vendors please contact LPRD prior to registering for event. Vendor spaces are 10 feet by 10 feet. Electricity and tables are available but are limited. Registered vendors and exhibitors will receive more information via email 1-2 weeks prior to the event. *This event is FREE to the public. Register today to be an exhibitor. Deadline is Wednesday, Sept. 5, or until full. For information, please contact (785) 832-7940.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
625502 A	NONCOMM	SU	10AM-5PM	9/9	SP	\$70
625502 B	NONCMELE	SU	10AM-5PM	9/9	SP	\$90

FAMILY FUN NIGHT

Ages: All. This is a fun opportunity to relax with friends and family, and participate in fun family activities. We will have food, music, yard games, life-sized and interactive games! Games are provided, but you are also welcome to bring your own. *Registered participants will receive a bag with fun items and chances to win prizes throughout the evening.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
411127 A	FAMFUN	S	4:30-7:30PM	9/15	LIAC	\$7

NATIONAL GYMNASTICS DAY

Saturday, Sept. 15, from 2-4 p.m. at Sports Pavilion Lawrence, 100 Rock Chalk Lane. Mark your calendars now! Join LPRD gymnastics staff for games, moonwalk, open gymnastics, demonstrations, Touch-a-Truck and lots of fun! This is a free event open to all youth up to 14 years old.

POOL OF PUMPKINS

All ages welcome. Jump right in to our floating pumpkin patch and swim in search of your favorite pumpkin! Once you pick your pumpkin, you can take it to our decorating stations and turn your pumpkin into a work of art. In addition, we will have apple cider, snacks, fall crafts, a fall photo booth, and inflatable obstacle course (contingent on weather). Come join in the fall festivities and participate in our first annual Pool of Pumpkins event. We will NOT provide any carving stations. All carving must be done in the comfort of your own home. **Fee: \$10 – access to all activities. \$5 – Day of event; everything BUT pumpkin patch.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
411015 A	PUMPKINS	SU	12-2PM	10/14	LIAC	\$10





47TH ANNUAL HALLOWEEN PAINT-IN

Free and open to ages 3rd grade and up. Must be pre-registered to participate. Come join us in spreading Halloween spirit! LPRD, Downtown Lawrence, Inc. and the Lawrence Breakfast Optimists Club will hold the Halloween Paint-In on **Saturday, Oct. 20**. Students and adults must submit a sketch to Holcom Park Recreation Center, from which participants will paint on local Lawrence merchants' windows. *There will be an organizational meeting on Wednesday, Oct. 17, at 6:30 p.m. at Holcom Park Recreation Center, 2700 W. 27th St.* All participants must attend the organizational meeting. Each participant will receive a Halloween Paint-In T-shirt. *Registration deadline: Wednesday, Oct. 17, 6:30 p.m.* For more information, please contact (785) 832-7940.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425120 A	PAINT	S	8AM-12PM	10/20	DWNTWN	FREE

HALLOWEEN TRICK-OR-TREAT NIGHT

LPRD recommends Trick or Treating on Wednesday, Oct. 31, 6:30 p.m. to 8:30 p.m. Homeowners wishing to participate are asked to leave porch lights on for costumed youngsters. **HAVE A SAFE HALLOWEEN!**

HOLIDAY BAZAAR

LPRD will host the 42nd Annual Holiday Bazaar **9 a.m.-4 p.m. Sunday, Nov. 18**, at the Community Building, 115 W. 11th St. This indoor arts and crafts show includes only non-commercial vendors only. This show continues to bring artisans from all over the state and surrounding states that provide a unique atmosphere to appeal to all shoppers and craftsman! Enjoy holiday music while you browse. Concessions will be provided by Sandbar Subs. **No concession vendors will be accepted.** Vendor spaces are 8 feet by 8 feet. Electricity and tables are available but are limited. Registered vendors and exhibitors will receive more information via email 1-2 weeks prior to the event. *This event is FREE to the public. Register today to be an exhibitor. Deadline is Monday, Nov. 5, or until full.* For more information, please contact (785) 832-7940.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
625503 A	NONCOMM	SU	9AM-4PM	11/18	CB	\$70
625503 B	NCOMELEC	SU	9AM-4PM	11/18	CB	\$75

HOLIDAY EXTRAVAGANZA

LPRD's Annual Holiday Extravaganza will be held **9 a.m.-4 p.m. Saturday, Dec. 1**, at the Sports Pavilion Lawrence at Rock Chalk Park, 100 Rock Chalk Lane. This is an indoor show for non-commercial and commercial vendors. This annual show continues to bring artisans and vendors from all over the state and surrounding states, providing a unique atmosphere to appeal to all shoppers and craftsman! Concessions will be provided by Sandbar Subs. **No concession vendors will be accepted.** Vendor spaces are 10 feet by 10 feet. Electricity and tables are available but are limited. Registered vendors and exhibitors will receive more information via email 1-2 weeks prior to the event. This arts and crafts show includes commercial and noncommercial items with lots of talented artists and crafters from all over Kansas and surrounding areas. *This event is FREE to the public. Register today to be an exhibitor. Deadline is Monday, Nov. 19, or until full.* For more information, please contact (785) 832-7940.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
625504 A	NONCOMM	S	9AM-4PM	12/1	SPL-GY	\$75
625504 B	COMMERC	S	9AM-4PM	12/1	SPL-GY	\$115
625504 C	NCOMELEC	S	9AM-4PM	12/1	SPL-GY	\$80
625504 D	COMMELEC	S	9AM-4PM	12/1	SPL-GY	\$120

CANDY CANE HUNT

Ages: 6 and Under. Rumor has it that Santa is going to be at Holcom Park Recreation Center, 2700 W. 27th St., hiding candy canes for children from 4-6 p.m. with the hunt starting at 4:30 p.m. After the hunt, we will warm up inside the center with some hot chocolate, cookies, and arts and crafts while listening to great holiday music. *Registration deadline: Tuesday, Nov. 27.* For more information, please contact (785) 832-7940.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
430505 A	CANDY	S	4-6PM	12/1	HPRC	\$6

BREAKFAST WITH SANTA – CHRIS CAKES

Ages: 3-12. Come have breakfast with your favorite jolly man. Santa will join us for a meal and holiday arts and crafts. We'll enjoy pancakes, sausage, orange juice and water as we spread holiday cheer at the Community Building, 115 W. 11th St., in Downtown Lawrence. Registration to eat, participate in arts and crafts and visit with Santa. You may register for just arts and crafts and visit with Santa without taking advantage of the breakfast at the price of \$5 per person. *For more information, please contact (785) 832-7940.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425145 A	CHILD	S	8:30-11:30AM	12/8	CB	\$3
425145 B	ADULT	S	8:30-11:30AM	12/8	CB	\$5
425145 C	NOMEAL	S	8:30-11:30AM	12/8	CB	\$5

SANTA SPLASH

Ages: 2-12. The reindeer seem to be ahead of schedule this year and will be delivering Santa early to the Indoor Aquatic Center for some holiday fun. The craft room will be open for ornament making and stocking decorating at Noon. Then a special visitor will manage to stop by during his busy holiday season to review wish lists, give out presents and take photos with the children. Be sure to bring your camera! *Pre-registration is required by Wednesday, Dec. 12, to secure crafts; may pay day-of to participate in the Santa visit and swimming. All children must be accompanied by an adult. If adults choose to swim, daily admission applies.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
411007 A	SANTA	S	12-12:45PM	12/15	LIAC	\$7/CHILD



SPECIAL POPULATIONS

STRETCH YOUR LIMITS — WWW.LPRD.ORG

For more information on special population programs, please contact Annette Deghand, special populations supervisor at the Community Building, 115 W 11th Street; (785) 832-7920; TDD# 832-3205; or adeghand@lawrenceks.org.

Programs consist of adapted and integrated leisure recreational activities for all individuals with disabilities. LPRD encourages individuals with disabilities to consider all programs offered by the department. If additional assistance is needed in these programs, call (785) 832-7920.

MONTHLY NEWSLETTER

A special populations monthly newsletter, *Talkin' Recreation*, highlights new activities, events and trips. Many programs not published in this guide are included. If you would like to be placed on the mailing list, call (785) 832-7920 or e-mail the division.

SPECIAL EVENTS AND TRIPS

Trips and special events will be announced in the monthly newsletter with dates, times, fees and other information. Sign up and register for the newsletter by calling (785) 832-7920 or email the division.

PROGRAMS

ACTING 101

Ages: 13 and Up. Enrollment Min 5 / Max 30. Do you feel like you have some acting skills just built up inside of you, waiting to get out? Now is your time to shine! Even if you don't want the spotlight totally on you, there is always a demand for the "extras" with every performance. Come join the fun and try something new. We'll practice lines and dance moves to a play, which will be open to the public during a final performance, Monday, Dec. 19. Previous classes performed *The Wizard of Oz*, *Beauty and the Beast*, and several others. **No class 10/1, 11/5, 12/3.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
422401	A	ACTING	M	6:30-8PM	9/17-12/17	CARN-HR	\$45

ADAPTIVE YOGA

Ages: 13 and Up. Enrollment Min 10 / Max 15. Get comfortable and stretch out your stiff muscles. Learn to correctly align your spine through slow, progressive traction. Learn how to use the full capacity of your lungs through correct breathing, and completely oxygenate your body and brain, improving blood circulation and your sense of well-being. **No class 11/24.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
322207	A	YOGA	S	10:30-11:30AM	6/9-7/28	ELRC	\$35
322207	B	YOGA	S	10:30-11:30AM	8/11-9/29	ELRC	\$35
422207	A	YOGA	S	10:30-11:30AM	10/13-12/8	ELRC	\$35



COFFEEHOUSE DINNER AND DANCE

Fee includes dinner and Coffeehouse admission. Ages: 13 and Up. Enrollment Min 5 / Max 80. The first Monday of every month, a delicious, catered meal will be served before Coffeehouse. Come join your friends and have a great time before tearing up the dance floor at Coffeehouse. Participants must pre-register for the dinner. No registrations will be taken on-site. **Registration deadline is the 15th of every month prior to the dinner: May 15, June 15, July 15, Aug. 15, Sept. 15, Oct. 15 and Nov. 15.** Sponsored in part by Hy-Vee on 6th St. and Phil Wente with ShowPro Audio.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
322200	A	DINNER	M	5:45-8:30PM	6/4	FG21	\$30
322200	B	DINNER	M	5:45-8:30PM	7/2	FG21	\$30
322200	C	DINNER	M	5:45-8:30PM	8/6	CARNEGIE	\$30
422200	A	DINNER	M	5:45-8:30PM	9/10*	FG21	\$30
422200	B	DINNER	M	5:45-8:30PM	10/1	FG21	\$30
422200	C	DINNER	M	5:45-8:30PM	11/5	FG21	\$30
422200	D	DINNER	M	5:45-8:30PM	12/3	FG21	\$30

* Second Monday of the month due to holiday.

COFFEEHOUSE DANCE ONLY

Fee: \$15, at the door or pre-register and have payment portion done prior to arrival. Ages: 13 and Up. Enrollment Min 5 / Max 50. An evening of dancing, refreshments, socialization, and live entertainment in a "coffeehouse" atmosphere. Join in on all the fun the first Monday of every month. Some months will have a live band while other months music will be provided by Phil Wente, Show Pro Audio. Participants are required to pre-register. See Pre-Coffeehouse Dinner for more fun on these special evenings! **Registration deadline is the 15th of every month prior to the dinner: May 15, June 15, July 15, Aug. 15, Sept. 15, Oct. 15 and Nov. 15.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
322205	A	CHOUSE	M	7-8:30PM	6/4	FG21	\$15
322205	B	CHOUSE	M	7-8:30PM	7/2	FG21	\$15
322205	C	CHOUSE	M	7-8:30PM	8/6	CARNEGIE	\$15
422205	A	CHOUSE	M	7-8:30PM	9/10*	FG21	\$15
422205	B	CHOUSE	M	7-8:30PM	10/1	FG21	\$15
422205	C	CHOUSE	M	7-8:30PM	11/5	FG21	\$15
422205	D	CHOUSE	M	7-8:30PM	12/3	FG21	\$15

* Second Monday of the month due to holiday.

FUNDAMENTALS OF ART

Fee includes all supplies. Ages: 13 and Up. Enrollment Min 5 / Max 15. Learn about different types of art mediums and crafts. Decorate your home with your projects or wrap your artwork to make great gifts. This class is innovative and creative, adapted for all artistic abilities. Each session will have a different theme that the project will be based on. (Summer) **Section A: Sand Art; Section B: Home Decor.** (Fall) **Section A: 8-week session Ceramics; Section B: Fall Holidays (Halloween and Thanksgiving); Section C: Ornaments and Gifts.** **No class 11/20.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
322191	A	SANDART	T	7-8PM	6/5-6/26	CB-AR	\$35
322191	B	DECOR	T	7-8PM	7/10-7/31	CB-AR	\$35
422191	A	CERAMICS	T	7-8PM	8/14-10/2	CB-AR	\$65
422191	B	HOLIDAYS	T	7-8PM	10/16-11/6	CB-AR	\$35
422191	C	ORN&GIFT	T	7-8PM	11/13-12/11	CB-AR	\$35

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

TENNIS

TUMBLING

RECREATION FACILITIES



ADAPTIVE ZUMBA

Ages: 13 and Up. Enrollment Min 5 / Max 25. Zumba is rapidly becoming the next fitness sensation! Zumba is a lower impact, easy to follow, Latin inspired dance fitness workout that keeps you in the groove of life. Zumba is FUN, effective and simple and will give you an overall workout, all in a party-like exercise format. You don't have to know how to dance to do Zumba. **No class 11/23.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
322400 A	ZUMBA	R	7-8PM	6/7-7/26	CB-2	\$35
422400 A	ZUMBA	R	7-8PM	8/9-9/27	CB-2	\$35
422400 B	ZUMBA	R	7-8PM	10/11-12/6	CB-2	\$35

SOCIAL BOWLING

Ages: 13 and Up. Meets at Royal Crest Lanes, 9th and Iowa St., 3-5 p.m. the third Saturday of every month, unless indicated otherwise (see monthly newsletter). Join the fun, meet new people and try your bowling skills. Includes bowling and shoe rental. Choose an option to meet your needs. *Requires pre-registration prior to the 15th of every month prior to the program, May 15, June 15, July 15, Aug. 15, Sept. 15, Oct. 15, Nov. 15.*

Option A – Enrollment Min 5 / Max 30. Bowling with a pizza party at the bowling alley. Dinner party will be held after bowling at Royal Crest Lanes. *Pre-registration and pre-payment is required. No on-site registration will be accepted.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
322300 A	BOWL	S	3-5PM	6/16	RCL	\$30
322300 B	BOWL	S	3-5PM	7/21	RCL	\$30
322300 C	BOWL	S	3-5PM	8/18	RCL	\$30
422300 A	BOWL	S	3-5PM	9/15	RCL	\$30
422300 B	BOWL	S	3-5PM	10/20	RCL	\$30
422300 C	BOWL	S	3-5PM	11/17	RCL	\$30
422300 D	BOWL	S	3-5PM	12/15	RCL	\$30

Option B – Enrollment Min 5 / Max 10. Bowling Only, *Fee: \$15. Pre-registration and pre-payment is required. No on-site registration will be accepted.*

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
322301 A	BOWL	S	3-5PM	6/16	RCL	\$15
322301 B	BOWL	S	3-5PM	7/21	RCL	\$15
322301 C	BOWL	S	3-5PM	8/18	RCL	\$15
422301 A	BOWL	S	3-5PM	9/15	RCL	\$15
422301 B	BOWL	S	3-5PM	10/20	RCL	\$15
422301 C	BOWL	S	3-5PM	11/17	RCL	\$15
422301 D	BOWL	S	3-5PM	12/15	RCL	\$15

WHEELCHAIR BASKETBALL

Ages 18 and Up. Enrollment Min 5 / Max 25. This program will help individuals with physical disabilities increase their health, fitness, and quality of life through participation in organized wheelchair sports teams. The goal is to establish building blocks of an active life through the introduction of sports and recreation. Members of the Kansas Accessible Sports (KAS) will be on-site for hands-on instruction and teaching the basic fundamentals of the sport.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
422001 B	ADULTWC	T	7-9PM	9/4-12/18	ELRC	\$40

PERSONAL TRAINING

Not sure where to start on your fitness goals? Personal training packages with certified trainers are now available through the Special Populations Division of Lawrence Parks and Recreation at a variety of locations. Available packages include an introduction session and fitness assessment, individual training tailored for your goals or even small group sessions. Contact Annette Deghand at (785) 832-7908 or adeghand@lawrenceks.org for more information, pricing and to schedule an appointment with a trainer.

PRIVATE SWIM LESSONS

These lessons are designed for those children that might need some one on one instruction to improve a stroke or skill and gain some individual attention for a successful aquatic experience. No matter what the skill level is, the instructors will adapt these private lessons to meet the needs of the individual. Registration for all private lessons is only available at the Lawrence Indoor Aquatic Center. For more information regarding lessons for individuals with disabilities, contact Annette Deghand, (785) 832-7920 or adeghand@lawrenceks.org

CREATIVE MOVEMENT

Ages 13 and Up. Enrollment Min 5 / Max 20. This class will include a variety of standing and sitting, dancing with props, motor skills and coordination rhythm to many styles of music. Some musical instruments will also be played. Participants will enjoy the variety of movements and activity from this class. It's a little bit of dance, exercise and moving all while having fun to some great music. **No class 7/2.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
322500 A	MOVE	M	7-8PM	6/11-7/30	CARN	\$35

CAMPS – SEE CAMPS/SCHOOL'S OUT PROGRAMS, PAGE 17





SUMMER BASKETBALL

Fees are assessed at a per-team rate. **Registration Deadline: 5/11, Start Date: 6/10. Register on or before 5/4 and receive a discount.** Leagues are offered to men and Co-Ed teams running Sunday through Friday for approximately 9 weeks. Leagues are offered in two divisions, UPPER (UP) and Lower (LOW). UPPER DIVISION = highly competitive. LOWER DIVISION = Recreational. 3 on 3 leagues will be offered as open leagues where men and women can compete in one league. Games are played at Community Building, Sports Pavilion Lawrence and East Lawrence Recreation Center. Teams will play a 7 game schedule followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
350100 A	MENS	SU	5-9PM	6/10-8/5	TBA	\$330
350100 B	3ON3	M	6-10PM	6/11-8/6	TBA	\$150
350100 C	MENS	T	6-10PM	6/12-8/7	TBA	\$330
350100 D	MENS	W	6-10PM	6/13-8/8	TBA	\$330
350100 E	MENUPPER	R	6-10PM	6/14-8/9	TBA	\$330
350100 F	MENLOWER	R	6-10PM	6/14-8/9	TBA	\$330
350100 G	COED	F	6-10PM	6/15-8/10	TBA	\$330

FENCING: MODERN OLYMPIC SPORT

50+ Ages: 50 and Up. Enrollment Min 7 / Max 20. 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 both 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**, fencing instructor for 6 decades.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327105 A	FENCEMOS	R	7-9PM	6/7-7/12	SPL-LR	\$48
427105 A	FENCEMOS	R	7-9PM	9/13-10/25	SPL-LR	\$56
427105 B	FENCEMOS	R	7-9PM	11/1-12/13	SPL-LR	\$48

KICKBALL

Fees are assessed at a per-team rate. **Registration Deadline: 5/4, Start Date: 6/3. Register on or before 4/27 and receive a discount.** Leagues are offered for Coed teams and run on Sunday, Wednesday, and Friday for approximately 8 weeks. Leagues are offered in two divisions, BUNT and NO BUNT. Games are played at Lyons Park, Clinton Lake Sports Complex, and Hobbs Field. Teams will play a 7 game schedule followed by a single elimination tournament. Teams may be required to play Double Headers occasionally to fit games in on schedule.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
350400 A	COEDBUNT	F	6:15-10:15PM	6/8-7/27	LYONS	\$235
350400 B	COEDBUNT	SU	2-9PM	6/3-7/22	CLSC	\$235
350400 C	COEDNOBT	F	6:15-10:15PM	6/8-7/27	LYONS	\$235
350400 D	COEDNOBT	SU	2-9PM	6/3-7/22	CLSC	\$235
350400 E	COEDNOBT	W	6:15-10:15PM	6/6-7/25	HOBBS	\$235

PICKLEBALL

Lawrence Parks and Recreation will be hosting the 2nd Annual Pickle @ the Pavilion pickleball tournament the weekend of Aug. 18 and 19 at Sports Pavilion Lawrence, 100 Rock Chalk Ln. If you are you an avid pickleball player looking for some competition, then this is an opportunity for you to showcase your ability and meet and compete with other avid pickleballers. Please check our website www.teamsideline.com/sites/lawrencecks/home for more information.

Pickleball free play is offered at East Lawrence Recreation Center as well as Sports Pavilion Lawrence throughout the year. **For times/information regarding free play please contact the Adult Sports office at (785)832-7920 or email at adultsports@lawrencecks.org.**

SOCCER

Fees are assessed at a per-team rate. **Registration Deadline: 5/25, Start Date: 6/8. Register on or before 5/18 and receive a discount.** Leagues are offered to Men's and Co-Ed teams running on Friday evenings for approximately 9 weeks. Leagues are open to any players 16 and older of all levels of skill and experience. Games are played at Sports Pavilion Lawrence on the turf field. Teams will play a seven-game schedule followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
350600 A	MENS	F	6-10PM	6/8-8/3	SPL-TF	\$370
350600 B	COED	F	6-10PM	6/8-8/3	SPL-TF	\$370

SOFTBALL

Fees are assessed at a per-team rate. **Registration Deadline: 5/4, Start Date: 6/3. Register on or before 4/27 and receive a discount.** Offered for men, women, and Coed teams in leagues running Sunday through Friday for approximately 10 weeks. Leagues are offered in three divisions, UPPER (UP), Lower (LOW), and Recreation (REC). UPPER DIVISION is intended for teams who are very competitive and have a high skill level: Limit 3+1 home runs per game. LOWER DIVISION is intended for teams who are competitive but do not have a high skill level: Limit 1+1 home run per game. RECREATION DIVISION is intended for teams that are just beginning to play or play just for fun with no home runs allowed and no post season tournament. Games are played at Clinton Lake Sports Complex, Lyons Park, and Hobbs Stadium. Teams in UPPER and LOWER divisions will play a nine-game schedule followed by a single elimination tournament (teams may be required to play an occasional double header in order to get games completed on time). DOUBLE HEADER (DH) leagues will play 2 games per week for 5 weeks followed by a single elimination tournament. Teams in RECREATION divisions will play 8 games with no post season tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
350201 A	COEDUP	SU	2-9PM	6/3-8/5	CLSC	\$365
350201 B	COEDREC	SU	2-9PM	6/3-8/5	CLSC	\$295
350201 C	COEDUP	M	6:15-10:15PM	6/4-8/6	CLSC	\$365
350201 D	COEDREC	M	6:15-10:15PM	6/4-8/6	CLSC	\$295
350201 E	COEDUP	T	6:15-10:15PM	6/5-8/7	CLSC	\$365
350201 F	COEDLOW	T	6:15-10:15PM	6/5-8/7	CLSC	\$365
350201 G	COEDREC	T	6:15-10:15PM	6/5-8/7	CLSC	\$295
350202 A	MENLOW	M	6:15-10:15PM	6/4-8/6	CLSC	\$365
350202 B	MENREC	M	6:15-10:15PM	6/4-8/6	CLSC	\$295
350202 C	MENUP	T	6:15-10:15PM	6/5-8/7	CLSC	\$365
350202 D	MENLOW	T	6:15-10:15PM	6/5-8/7	CLSC	\$365
350202 E	MENDHUP	W	6:15-10:15PM	6/6-8/8	CLSC	\$375
350202 F	MENLOW	W	6:15-10:15PM	6/6-8/8	CLSC	\$365
350202 G	MENREC	W	6:15-10:15PM	6/6-8/8	CLSC	\$295
350202 H	MENDHUP	R	6:15-10:15PM	6/7-8/9	CLSC	\$375
350202 I	MENLOW	R	6:15-10:15PM	6/7-8/9	CLSC	\$365
350202 J	MENREC	R	6:15-10:15PM	6/7-8/9	CLSC	\$295
350202 K	MENDHUP	F	6:15-10:15PM	6/8-8/10	CLSC	\$375
350202 L	MENDHLOW	F	6:15-10:15PM	6/8-8/10	CLSC	\$375
350204 A	WOMENLOW	M	6:15-10:15PM	6/4-8/6	CLSC	\$365
350204 B	WOMENREC	M	6:15-10:15PM	6/4-8/6	CLSC	\$295

**VOLLEYBALL**

Fees are assessed at a per-team rate. **Registration Deadline: 5/11, Start Date: 6/11. Register on or before 5/4 and receive a discount.**

Leagues are offered in women and COED divisions with POWER (PWR) divisions designed for competitive play and RECREATION (REC) divisions designed for recreational play with spiking and serving overhand not allowed. DOUBLE HEADER (DH) leagues are designed for the most competitive teams with each team playing two matches per night. Leagues will run Monday through Friday for approximately 8 weeks. Matches are played at Sports Pavilion Lawrence (SPL), Holcom Park Recreation Center (HPRC) and Holcom Park Recreation Center Sand Courts (HPRC-SC). In POWER (PWR) and SAND Divisions teams will play a seven-match schedule followed by a single elimination tournament. In RECREATION (REC) Divisions teams will play 8 matches. DOUBLE HEADER (DH) leagues will play 12 matches followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
350300 A	COEDSAND	M	6-9PM	6/11-7/30	HPRC-SC	\$130
350300 B	COEDREC	T	7-10:30PM	6/12-7/31	TBA	\$185
350300 C	COEDPWR	W	7-10:30PM	6/13-8/1	TBA	\$185
350300 D	COEDSAND	R	6-9PM	6/14-8/2	HPRC-SC	\$130
350300 E	COEDPWRH	W	7-10:30PM	6/13-8/1	TBA	\$260
350300 F	COEDPWR	F	7-10:30PM	6/15-8/3	TBA	\$185
350300 G	WOMENREC	M	7-10:30PM	6/11-7/30	TBA	\$185
350300 H	WOMNSAND	W	6-9PM	6/13-8/1	HPRC-SC	\$130
350300 I	WOMNPWR	R	7-10:30PM	6/14-8/2	TBA	\$185
350300 J	WOMPWRDHR		7-10:30PM	6/14-8/2	TBA	\$260

FALL**3 PITCH SOFTBALL** NEW

Fees are assessed at a per-team rate. **Registration Deadline: 7/27, Start Date: week of 8/20.** Offered for men and Coed teams in leagues running Monday through Friday for approximately 6 weeks. NEW LEAGUE designed for fast-paced games with more offensive opportunities as teams pitch to their own players. NO balls and strikes are called as batters have 3 pitches to put the ball in play or they are out. Games last approximately 45 minutes and leagues have a 5+1 home run rule. Games are played at Clinton Lake Sports Complex, Lyons Park, and Hobbs Stadium. Teams will play a seven-game schedule followed by a single elimination tournament (teams may be required to play an occasional double header in order to get games completed on time). Teams will be asked to fill out an availability sheet to help facilitate a schedule and will play one or two games per week throughout the 6-week span.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
450203 A	COED3PTC	M-F	6:15-10:15PM	8/20-9/28	CLSC	\$225
450203 B	MEN3PTC	M-F	6:15-10:15PM	8/20-9/28	CLSC	\$225

BASKETBALL

Fees are assessed at a per-team rate. **Registration Deadline: 9/14, Start Date: 10/7. Register on or before 9/7 and receive a discount.** 3 on 3 league is offered for early fall (Aug. 30-Sept. 27) deadline to register will be 8/16. Leagues are offered to men and women running Sunday through Friday for approximately 9 weeks. Leagues are offered in two divisions, UPPER (UP) and Lower (LOW). UPPER DIVISION = highly competitive. LOWER DIVISION = Recreational. 3 on 3 leagues will be offered as open leagues where men and women can compete in one league. Games are played at Community Building, Sports Pavilion Lawrence and East Lawrence Recreation Center. Teams will play a seven-game schedule followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
450100 A	MENS	SU	5-9PM	10/7-12/9	TBA	\$330
450100 B	MENS	M	5-9PM	10/8-12/10	TBA	\$330
450100 C	MENS	T	6-10PM	10/9-12/11	TBA	\$330
450100 D	MENS	W	6-10PM	10/10-12/12	TBA	\$330
450100 E	MENUPPER	R	6-10PM	10/11-12/13	TBA	\$330
450100 F	MENLOWER	R	6-10PM	10/11-12/13	TBA	\$330
450100 G	COED	F	6-10PM	10/12-12/14	TBA	\$330
450100 H	3ON3	R	6-10PM	8/30-9/27	TBA	\$150

BOCCE BALL

Enrollment Min 5 / Max 15. Lawrence Parks and Recreation is offering an adult (18+) Bocce Ball ladder league. Bocce ball is a relaxed but strategic game that can be easily learned. In this league, individual players will be ranked week to week based on their win/loss record. Each week individuals will be matched with an opponent to play a three-game match.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
327281 A	BBLEAG	S	3-5PM	9/16-10/21	HP	\$25

DODGEBALL

Fees are assessed at a per-team rate. **Registration Deadline: 9/21, Start Date: 10/1.** Leagues are offered for Coed teams run on Monday and Friday for approximately 7 weeks. Teams will consist of at least 3 men and 3 women and each team will play a seven-match season (nine games per match) with a single elimination tournament at the conclusion of the regular season. Games are played at East Lawrence Recreation Center.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
450500 A	COEDDB	M	7-10PM	10/1-12/3	ELRC	\$150
450500 B	COEDDB	F	7-10PM	10/5-12/7	ELRC	\$150





KICKBALL

Fees are assessed at a per-team rate. **Registration Deadline: 7/27, Start Date: 8/19. Register on or before 7/20 and receive a discount.** Leagues are offered for Coed teams run on Sunday, Wednesday, and Friday for approximately 8 weeks. Leagues are offered in two divisions, BUNT and NO BUNT. Games are played at Lyons Park, Clinton Lake Sports Complex, and Hobbs Field. Teams will play a seven-game schedule followed by a single elimination tournament. Teams may be required to play Double Headers occasionally to fit games in on schedule.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
450400 A	COEDBUNT	F	6:15-10:15PM	8/24-10/12	LYONS	\$235
450400 B	COEDBUNT	SU	2-9PM	8/19-10/7	CLSC	\$235
450400 C	COEDNOBT	F	6:15-10:15PM	8/24-10/12	LYONS	\$235
450400 D	COEDNOBT	SU	2-9PM	8/19-10/7	CLSC	\$235
450400 E	COEDNOBT	W	6:15-10:15PM	8/22-10/10	HOBBS	\$235

SOCCER

Fees are assessed at a per-team rate. **Registration Deadline: 8/31, Start Date: 9/21. Register on or before 8/24 and receive a discount.** Leagues are offered to Men's and Co-Ed teams running on Friday evenings for approximately 9 weeks. Leagues are open to any players 16 and older of all levels of skill and experience. Games are played at Sports Pavilion Lawrence on the turf field. Teams will play a seven-game schedule followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
450600 A	MENS	F	6-10PM	9/21-11/16	SPL-TF	\$370
450600 B	COED	F	6-10PM	9/21-11/16	SPL-TF	\$370

SOFTBALL

Fees are assessed at a per-team rate. **Registration Deadline: 7/27, Start Date: 8/19. Register on or before 7/20 and receive a discount.** Offered for men, women, and Coed teams in leagues running Sunday through Friday for approximately 8 weeks. Leagues are offered in three divisions, UPPER (UP), Lower (LOW), and Recreation (REC). UPPER DIVISION is intended for teams who are very competitive and have a high skill level: Limit 3+1 home runs per game. LOWER DIVISION is intended for teams who are competitive but do not have a high skill level: Limit 1+1 home run per game. RECREATION DIVISION is intended for teams that are just beginning or play just for fun with no home runs allowed and no post season tournament. Games are played at Clinton Lake Sports Complex, Lyons Park, and Hobbs Stadium. Teams in UPPER and LOWER divisions will play a seven-game schedule followed by a single elimination tournament (teams may be required to play an occasional double header in order to get games completed on time). DOUBLE HEADER (DH) leagues will play 10 games followed by a single elimination tournament. Teams in RECREATION divisions will play 8 games.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
450201 A	COEDUP	SU	2-9PM	8/19-10/7	CLSC	\$295
450201 B	COEDREC	SU	2-9PM	8/19-10/7	CLSC	\$295
450201 C	COEDUP	M	6:15-10:15PM	8/20-10/8	CLSC	\$295
450201 D	COEDREC	M	6:15-10:15PM	8/20-10/8	CLSC	\$295
450201 E	COEDUP	T	6:15-10:15PM	8/21-10/9	CLSC	\$295
450201 F	COEDLOW	T	6:15-10:15PM	8/21-10/9	CLSC	\$295
450201 G	COEDREC	T	6:15-10:15PM	8/21-10/9	CLSC	\$295
450201 A	MENLOW	M	6:15-10:15PM	8/20-10/8	CLSC	\$295
450202 B	MENREC	M	6:15-10:15PM	8/20-10/8	CLSC	\$295
450202 C	MENUP	T	6:15-10:15PM	8/21-10/9	CLSC	\$295
450202 D	MENLOW	T	6:15-10:15PM	8/21-10/9	CLSC	\$295
450202 E	MENDHUP	W	6:15-10:15PM	8/22-10/10	CLSC	\$375
450202 F	MENLOW	W	6:15-10:15PM	8/22-10/10	CLSC	\$295
450202 G	MENREC	W	6:15-10:15PM	8/22-10/10	CLSC	\$295
450202 H	MENDHUP	R	6:15-10:15PM	8/23-10/11	CLSC	\$375
450202 I	MENLOW	R	6:15-10:15PM	8/23-10/11	CLSC	\$295
450202 J	MENREC	R	6:15-10:15PM	8/23-10/11	CLSC	\$295
450202 K	MENDHUP	F	6:15-10:15PM	8/24-10/12	CLSC	\$375
450202 L	MENDHLOW	F	6:15-10:15PM	8/24-10/12	CLSC	\$375
450204 A	WOMENLOW	M	6:15-10:15PM	8/20-10/8	CLSC	\$295
450204 B	WOMENREC	M	6:15-10:15PM	8/20-10/8	CLSC	\$295

VOLLEYBALL

Fees are assessed at a per-team rate. **Registration Deadline: 9/14 Start Date: 10/7. Register on or before 9/7 and receive a discount.** Leagues are offered in women and COED divisions with POWER (PWR) divisions designed for competitive play and RECREATION (REC) divisions designed for recreational play with spiking and serving overhand not allowed. DOUBLE HEADER (DH) leagues are designed for the most competitive teams with each team playing two matches per night. Leagues will run Monday through Friday for approximately 9 weeks. Matches are played at Sports Pavilion Lawrence (SPL) and Holcom Park Recreation Center (HPRC). In POWER (PWR) Divisions teams will play a nine-match schedule followed by a single elimination tournament. In RECREATION (REC) Divisions teams will play 10 matches. DOUBLE HEADER (DH) leagues will play 14 matches followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
450300 A	COEDPWR	S	6-9PM	10/7-12/9	TBA	\$225
450300 B	COEDREC	T	7-10:30PM	10/9-12/11	TBA	\$225
450300 C	COEDPWR	W	7-10:30PM	10/10-12/12	TBA	\$225
450300 D	COEDPWRDH	W	7-10:30PM	10/10-12/12	TBA	\$295
450300 E	COEDPWR	F	7-10:30PM	10/12-12/14	TBA	\$225
450300 F	WOMENPWR	S	6-9PM	10/7-12/9	TBA	\$225
450300 G	WOMENREC	M	7-10:30PM	10/8-12/10	TBA	\$225
450300 H	WOMENPWR	R	7-10:30PM	10/11-12/13	TBA	\$225
450300 I	WMPWRDH	R	7-10:30PM	10/11-12/13	TBA	\$295





SUMMER YOUTH SPORTS LEAGUES INTRODUCTION TO TEEBALL

Ages: 4-5. Enrollment Min 10 / Max 20. Introduction to Teeball provides an ideal entry level of play for boys and girls who will go on to other advanced levels of the game. Teaches baseball/softball fundamentals – hitting, running, throwing and fielding. Perfect activity for boys/girls pre-school age. A parent is required to participate with their child during instruction time. For more information, please contact Sports Pavilion Lawrence at (785) 330-7355. No class 7/19, 7/26.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326300 A	TEEBALL	M	5:45-6:35PM	4/30-5/21	SPL	\$45
326300 B	TEEBALL	T	5:45-6:35PM	5/1-5/22	SPL	\$45
326300 C	TEEBALL	R	5:45-6:35PM	5/3-5/24	SPL	\$45
326300 D	TEEBALL	M	7-7:50PM	6/4-6/25	SPL	\$45
326300 E	TEEBALL	T	5:45-6:35PM	6/5-6/26	SPL	\$45
326300 F	TEEBALL	R	7-7:50PM	6/7-6/28	SPL	\$45
326300 G	TEEBALL	M	5:45-6:35PM	7/9-7/30	SPL	\$45
326300 H	TEEBALL	T	5:45-6:35PM	7/10-7/31	SPL	\$45
326300 I	TEEBALL	R	5:45-6:35PM	7/5-8/9	SPL	\$45

FALL YOUTH CLINICS/INSTRUCTIONAL PROGRAMS FUTURE STARS

Ages: 3-5. Enrollment Min 7 / Max 15. This multi-sports class will help your children improve their motor skills while providing them plenty of fun and engaging activities. Each four-week session will introduce your future star to different sports (volleyball, basketball, soccer, t-ball, football) in a safe and non-competitive atmosphere. This class will teach your children to work with others and start developing the teamwork mentality. No class 7/4, 11/23, 11/25.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326001 A	FUTSTAR	T	10:30-11:20AM	6/19-7/17	SPL	\$40
326001 B	FUTSTAR	R	10:30-11:20AM	6/21-7/12	SPL	\$40
326001 C	FUTSTAR	S	10:30-11:20AM	6/23-7/14	SPL	\$40
326001 D	FUTSTAR	T	10:30-11:20AM	7/24-8/14	SPL	\$40
326001 E	FUTSTAR	R	10:30-11:20AM	7/26-8/16	SPL	\$40
326001 F	FUTSTAR	S	10:30-11:20AM	7/28-8/18	SPL	\$40
426001 A	FUTSTAR	T	10:30-11:20AM	9/4-9/25	SPL	\$40
426001 B	FUTSTAR	R	10:30-11:20AM	9/6-9/27	SPL	\$40
426001 C	FUTSTAR	S	10:30-11:20AM	9/8-9/29	SPL	\$40
426001 D	FUTSTAR	T	10:30-11:20AM	10/2-10/23	SPL	\$40
426001 E	FUTSTAR	R	10:30-11:20AM	10/4-10/25	SPL	\$40
426001 F	FUTSTAR	S	10:30-11:20AM	10/6-10/27	SPL	\$40
426001 G	FUTSTAR	T	10:30-11:20AM	10/30-11/20	SPL	\$40
426001 H	FUTSTAR	R	10:30-11:20AM	11/1-11/22	SPL	\$40

INTRODUCTION TO VOLLEYBALL

*Ages: kindergarten-3rd grade. Enrollment Min 10 / Max 20. Introduction to Volleyball provides an ideal entry-level program to learn the concept of the game and basic fundamentals – passing, setting, serving and rotations. A lighter volleyball along with modified net height and court dimensions will help promote success while allowing kids to focus on proper technique. Parents are required to participate during instruction time. **Deadline to register is one week prior to the start of each session.** For more information, please contact SPL at (785) 330-7355.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326107 A	INTROVB	T	6-6:50PM	8/21-9/11	SPL	\$45
326107 B	INTROVB	R	6-6:50PM	8/23-9/13	SPL	\$45
326107 C	INTROVB	T	6-6:50PM	9/18-10/9	SPL	\$45
326107 D	INTROVB	R	6-6:50PM	9/20-10/11	SPL	\$45

JEFF HAWKINS SKILLS ACADEMY

*Ages: kindergarten-8th grade. Enrollment Min 10 / Max 20. This program is a collaboration between Lawrence Parks & Recreation Department and former KU point guard Jeff Hawkins. These skills clinics are designed to teach the fundamentals and fine points of basketball. Focus will be placed on ball handling, foot work, shooting form and the details of becoming a more all-around player. These clinics will allow young athletes to grow on portions of their game that are often times not covered in team practices. The curriculum will be designed by Coach Hawkins using the many lessons he learned from Hall of Fame coaches Roy Williams and Bill Self. **Program is offered in either 1 or 2 sessions per week.***

1 session/week

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326850 A	K-1	T OR R	5:30-6:30PM	MAY	SPL	\$45/MON
326852 A	2-5	T OR R	5:30-6:30PM	MAY	SPL	\$45/MON
326854 A	6-8	T OR R	6:30-7:30PM	MAY	SPL	\$45/MON
326850 B	K-1	T OR R	5:30-6:30PM	JUNE	SPL	\$45/MON
326852 B	2-5	T OR R	5:30-6:30PM	JUNE	SPL	\$45/MON
326854 B	6-8	T OR R	6:30-7:30PM	JUNE	SPL	\$45/MON
326850 C	K-1	T OR R	5:30-6:30PM	JULY	SPL	\$45/MON
326852 C	2-5	T OR R	5:30-6:30PM	JULY	SPL	\$45/MON
326854 C	6-8	T OR R	6:30-7:30PM	JULY	SPL	\$45/MON
326850 D	K-1	T OR R	5:30-6:30PM	AUG.	SPL	\$45/MON
326852 D	2-5	T OR R	5:30-6:30PM	AUG.	SPL	\$45/MON
326854 D	6-8	T OR R	6:30-7:30PM	AUG.	SPL	\$45/MON
426850 A	K-1	T OR R	5:30-6:30PM	SEPT.	SPL	\$45/MON
426852 A	2-5	T OR R	5:30-6:30PM	SEPT.	SPL	\$45/MON
426854 A	6-8	T OR R	6:30-7:30PM	SEPT.	SPL	\$45/MON

2 sessions/week

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326851 A	K-1	TR	5:30-6:30PM	MAY	SPL	\$75/MON
326853 A	2-5	TR	5:30-6:30PM	MAY	SPL	\$75/MON
326855 A	6-8	TR	6:30-7:30PM	MAY	SPL	\$75/MON
326851 B	K-1	TR	5:30-6:30PM	JUNE	SPL	\$75/MON
326853 B	2-5	TR	5:30-6:30PM	JUNE	SPL	\$75/MON
326855 B	6-8	TR	6:30-7:30PM	JUNE	SPL	\$75/MON
326851 C	K-1	TR	5:30-6:30PM	JULY	SPL	\$75/MON
326853 C	2-5	TR	5:30-6:30PM	JULY	SPL	\$75/MON
326855 C	6-8	TR	6:30-7:30PM	JULY	SPL	\$75/MON
326851 D	K-1	TR	5:30-6:30PM	AUG.	SPL	\$75/MON
326853 D	2-5	TR	5:30-6:30PM	AUG.	SPL	\$75/MON
326855 D	6-8	TR	6:30-7:30PM	AUG.	SPL	\$75/MON
426851 A	K-1	TR	5:30-6:30PM	SEPT.	SPL	\$75/MON
426853 A	2-5	TR	5:30-6:30PM	SEPT.	SPL	\$75/MON
426855 A	6-8	TR	6:30-7:30PM	SEPT.	SPL	\$75/MON

LITTLE KICKERS NEW

*Ages: 2-5. Enrollment Min 7 / Max 20. Little Kickers is designed for children two years old to four years old who enjoy running around and playing soccer. Each participant will learn basic ball skills through fun activities. **Parents are welcome to watch or join in on the fun adventure.***

No class 11/24. For more information call (785) 330-7355.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
326200	B	LITTLEKICK	W	10-10:50AM	6/6-6/27	SPL-TF	\$40
326200	D	LITTLEKICK	R	5-5:50PM	6/7-6/28	SPL-TF	\$40
326200	F	LITTLEKICK	W	10-10:50AM	7/4-7/25	SPL-TF	\$40
326200	H	LITTLEKICK	R	5-5:50PM	7/5-7/26	SPL-TF	\$40
426200	B	LITTLEKICK	W	10-10:50AM	9/12-10/3	SPL-TF	\$40
426200	D	LITTLEKICK	R	10-10:50AM	9/13-10/4	SPL-TF	\$40
426200	F	LITTLEKICK	S	9-9:50AM	9/15-10/6	SPL-TF	\$40
426200	H	LITTLEKICK	W	10-10:50AM	10/10-10/31	SPL-TF	\$40
426200	J	LITTLEKICK	R	10-10:50AM	10/11-11/1	SPL-TF	\$40
426200	L	LITTLEKICK	S	9-9:50AM	10/13-11/3	SPL-TF	\$40
426200	N	LITTLEKICK	W	10-10:50AM	11/7-11/28	SPL-TF	\$40
426200	P	LITTLEKICK	R	10-10:50AM	11/8-11/29	SPL-TF	\$40
426200	R	LITTLEKICK	S	9-9:50AM	11/10-12/1	SPL-TF	\$40

JUNIOR KICKERS NEW

*Ages: 4-5. Enrollment Min 7 / Max 20. Junior Kickers is designed for children four years old and five years old and will introduce basic ball skills/fakes necessary for real game applications. **Parents are welcome to watch or join in on the fun adventure.** No class 11/24. For more information call (785) 330-7355.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
326200	A	LITTLEKICK	W	10-10:50AM	6/6-6/27	SPL-TF	\$40
326200	C	LITTLEKICK	R	5-5:50PM	6/7-6/28	SPL-TF	\$40
326200	E	LITTLEKICK	W	10-10:50AM	7/4-7/25	SPL-TF	\$40
326200	G	LITTLEKICK	R	5-5:50PM	7/5-7/26	SPL-TF	\$40
426200	A	LITTLEKICK	W	10-10:50AM	9/12-10/3	SPL-TF	\$40
426200	C	LITTLEKICK	R	10-10:50AM	9/13-10/4	SPL-TF	\$40
426200	E	LITTLEKICK	S	9-9:50AM	9/15-10/6	SPL-TF	\$40
426200	G	LITTLEKICK	W	10-10:50AM	10/10-10/31	SPL-TF	\$40
426200	I	LITTLEKICK	R	10-10:50AM	10/11-11/1	SPL-TF	\$40
426200	K	LITTLEKICK	S	9-9:50AM	10/13-11/3	SPL-TF	\$40
426200	M	LITTLEKICK	W	10-10:50AM	11/7-11/28	SPL-TF	\$40
426200	O	LITTLEKICK	R	10-10:50AM	11/8-11/29	SPL-TF	\$40
426200	Q	LITTLEKICK	S	9-9:50AM	11/10-12/1	SPL-TF	\$40

YOUTH VOLLEYBALL CLINIC

*Ages: 4th-8th grades. Enrollment Min 12 / Max 50. LPRD teams up with the Lawrence Landsharks Volleyball Club to offer this volleyball clinic for children wanting to improve their volleyball skills in a fun, player-centered environment. The clinic is designed for all skill levels, recreational to club volleyball. Everyone will have the opportunity to learn new skills, advance their game and develop new friendships. The clinic focuses on the skill training of serving, passing, setting and attacking the ball. Scrimmage will also be done to focus time on the utilization of the new skills learned. **Registration deadline is Friday, Oct. 5, for Sections A and B and Friday, Oct. 26, for Sections C and D. For more information, please contact Robert Wilson at (785) 330-7355. Instructors: Lawrence Landsharks coaches and players.***

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
426395	A	VBCL(6-8)	SU	2-4PM	10/14-10/28	SPL-GY	\$60
426400	A	VBCL(4-5)	SU	12-2PM	11/4-11/18	SPL-GY	\$60
426400	B	VBCL(6-8)	SU	2-4PM	11/4-11/18	SPL-GY	\$60

LASER TAG LEAGUE

Ages: 8-16 (parents allowed to enroll with children). LPRD has partnered with EpicFun LLC to offer an eight-week Laser Tag League on Thursday nights. Each week participants will play two games within 60 minutes. Between games, players will be able to use the arcade games at no extra cost. Rules will be determined by EPIC and scores will be posted online for both individuals and teams. EpicFun will create teams or four to eight based on participant requests and other factors. Prizes and Awards will be provided by Epic at the end of the season.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325800	A	EPICLT	R	4-9PM	9/6-10/25	EPICFUN	\$60



FALL YOUTH SPORTS LEAGUES

FLAG FOOTBALL NEW

*Ages: 2nd-7th grades, boys and girls. The objective of the flag football is to provide an opportunity for children to football in an organized, competitive, yet recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting, and skill development in a fun, safe atmosphere. Please be sure to indicate school when filling out registration. Teams will be formed by schools but kids may NOT be exclusively attending the same school. Team assignment depends on who volunteers to coach and the school the child attends. Practice times will be determined by the coach. Coaches will contact the teams on or around Tuesday, Aug. 21, regarding practice times and dates. Practices will begin the week beginning Sunday, Aug. 26. Games will be held on Sundays (between 1-5 p.m.), Sept. 9-Oct. 14. Games will be played at Holcom. Game shirts included in fee. Registration forms are available online at lprd.org. League Breakdown: Boy and Girls 2nd/3rd grades and Boys and Girls 4th/5th grades, and 6th/7th grades. **Registration deadline: Monday, Aug. 6.***

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
326550	A	FLFB(2-3)	SU	TBA	9/9-10/14	HPC	\$60
326550	B	FLFB(4-5)	SU	TBA	9/9-10/14	HPC	\$60
326550	C	FLFB(6-7)	SU	TBA	9/9-10/14	HPC	\$60

YOUTH INDOOR SOCCER

*Ages: kindergarten-4th grade (Boys and Girls Leagues). The objective of the soccer program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, safe atmosphere. Please be sure to indicate school when filling out registration. Teams will be formed by the school children attend, however children may not be placed on a team exclusively made up of children attending the same school. Team assignment depends on who volunteers to coach and the school the child attends. Practice times will be determined by the coach. Practices will begin the week of Monday, Oct. 22. Games will be held on Saturdays, Nov. 3-Dec. 15. Games will be played going cross court on the turf field. Game shirts included in fee. Coaches will contact team members on or after Thursday, Oct. 18, about their practice time. **Registration deadline: Wednesday, Sept. 26. Registration forms are available online at www.lprd.org.***

League Breakdown

- SC1 (co-ed) – Kindergarten
- SC2 (boys) – 1st & 2nd grade
- SC3 (girls) – 1st & 2nd grade
- SC4 (boys) – 3rd & 4th grade
- SC5 (girls) – 3rd & 4th grade

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
426201	A	SC1	S	TBA	11/3-12/15	SPL	\$50
426201	B	SC2	S	TBA	11/3-12/15	SPL	\$50
426201	C	SC3	S	TBA	11/3-12/15	SPL	\$50
426201	D	SC4	S	TBA	11/3-12/15	SPL	\$50
426201	E	SC5	S	TBA	11/3-12/15	SPL	\$50



BOYS AND GIRLS INTRAMURAL SOCCER

Ages: 5th-8th grades (Boys and Girls Leagues). The objective of the soccer program is to provide an opportunity for children to play indoor soccer in an organized, competitive setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, safe atmosphere. Please be sure to indicate school when filling out registration. Practice times will be determined by the coach. Practices will begin the week of Monday, Oct. 22. Games will be held on Saturdays, Nov. 3-Dec. 15. Games will be played on full turf field. Game shirt included in fee. Coaches will contact team members on or after Thursday, Oct. 18, about their practice time. **Registration deadline: Wednesday, Sept. 26. Registration forms are available online at www.lprd.org.**

League Breakdown

SC6 (boys) – 5th & 6th grade

SC7 (girls) – 5th & 6th grade

SC8 (boys) – 7th & 8th grade

SC9 (girls) – 7th & 8th grade

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
426201	F	SC6	S	TBA	11/3-12/15	SPL	\$60
426201	G	SC7	S	TBA	11/3-12/15	SPL	\$60
426201	H	SC8	S	TBA	11/3-12/15	SPL	\$60
426201	I	SC9	S	TBA	11/3-12/15	SPL	\$60

YOUTH VOLLEYBALL

Grades: 4th and 5th grades (VB1) 6th, 7th and 8th grades (VB2). Maximum 90 participants per league. 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. The season (including both practices and games) runs Monday, Aug. 20, through Sunday, Oct. 14. Practice will be held weekly for up to one hour. Games will be played on Sundays. **Registration deadline is Wednesday, July 18. For more information, please contact SPL at (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
426100	VB1	VOLLEY	SU	TBA	9/2-10/14	SPL	\$50
426401	VB2	VOLLEY	SU	TBA	9/2-10/14	SPL	\$50

BASKETBALL

Ages: kindergarten-8th grade (Boys and Girls Leagues). The objective of the basketball program is to provide an opportunity for children to play basketball in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of basketball. Participants will also learn fair play, teamwork and sportsmanship. **Please be sure to indicate school and grade during the 2018-19 school year when filling out registration. Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. One hour practice time will be determined by the coach. Practices will begin in late October. Games for grades K-4 will be held on Saturdays, Oct. 27-Dec. 8, and grades 5-8 will play Sundays, Oct. 28-Dec. 9, with no games scheduled the week of the Thanksgiving holiday. Game shirts included in fee for 5th through 8th graders. Registration deadline: Thursday, Sept. 6. \$15 late fee added after deadline. Late registration must be hand delivered to: Sports Pavilion Lawrence, 100 Rock Chalk Lane. Scholarships applications available at the Administrative Office. If not enrolling online, registration forms are available online at www.lprd.org/youthsports/basketball.**

League Breakdown

INTRO-K – (boys & girls) Kindergarten/pre-school (pre-school must be 6 years of age before 8/1/19)

Rk1 – Rookie 1 – 1st grade boys

Rk2 – Rookie 2 – 2nd grade boys

Rkg – Rookie Girls – 1st & 2nd grade girls

Rec3 – Recreation 3 – 3rd grade boys

Rec4 – Recreation 4 – 4th grade boys

Rg – Recreation Girls – 3rd & 4th grade girls

Jhawk5 – Jayhawk 5 – 5th grade boys

Jhawk6 – Jayhawk 6 – 6th grade boys

Jhg – Jayhawk Girls – 5th & 6th grade girls

Jhawk7/8 – Jayhawk 7/8 – 7th & 8th grade boys

Jhg7/8 – Jayhawk 7/8 – 7th & 8th grade girls

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424401	A	INTRO-K	S	TBA	10/15-12/16	TBA	\$45
424401	B	RK1	S	TBA	10/15-12/16	TBA	\$45
424401	C	RK2	S	TBA	10/15-12/16	TBA	\$45
424401	D	REC3	S	TBA	10/15-12/16	TBA	\$45
424401	E	REC4	S	TBA	10/15-12/16	TBA	\$45
424401	F	JHAWK5	SU	TBA	10/15-12/16	TBA	\$55
424401	G	JHAWK6	SU	TBA	10/15-12/16	TBA	\$55
424401	H	JHAWK7-8	SU	TBA	10/15-12/16	TBA	\$55
424401	I	RKG	S	TBA	10/15-12/16	TBA	\$45
424401	J	RG	S	TBA	10/15-12/16	TBA	\$45
424401	K	JHG	SU	TBA	10/15-12/16	TBA	\$55
424401	L	JHG7-8	SU	TBA	10/15-12/16	TBA	\$55

All youth sports registration forms are available online at www.lprd.org or at any Lawrence Parks and Recreation Department facility.

HOOPSTER (COMPETITIVE BASKETBALL LEAGUES)

Ages: 2nd-7th grades both boys and girls – Team entry. The objective of the basketball program is to provide an opportunity for teams to play basketball in an organized, competitive, setting. *Team and leagues are formed by coaches. Registration form can be found online at www.lprd.org/youthsports/basketball. For more information, please contact the youth sports office at (785) 330-7355.*

BIRTHDAY PARTIES

SPL BIRTHDAY PARTIES (COURTS)

Customize your child's party at SPL and then sit back and enjoy the fun with your kids while we take care of the party. Use our indoor turf field for soccer, flag football, whiffle ball or shoot hoops on one of our basketball courts. 60 minutes of fun filled supervised activities and a private party room for 30 minutes. Decorations need to be approved by SPL staff and Sandbar Subs has birthday party option for you food needs. **Please schedule two weeks in advance. For more information, please call (785) 330-7355.**





Lawrence Parks and Recreation has teamed up with Jayhawk Tennis to offer indoor and outdoor recreational tennis programs catering to both youth and adults. Co-sponsored with Jayhawk Tennis. Lessons held at Jayhawk Tennis, 101 Rock Chalk Lane. **Participants need to provide their own racket. No class 10/31, 11/21, 11/22, 11/24.**

TEAM PEE WEES

■ **Ages: 3-4. Enrollment Min 4 / Max 12.** This program is a thoughtful blend of tennis, fun and games, all of which are geared toward proper strokes and motor skills. This clinic will greatly assist young children with coordination and gives them a sound combination of basic motor skills for all sports. The use of shorter courts and softer balls allows for the youngest of players to enjoy success early while learning some basic fundamentals to help them begin their lifetime sport adventure. **No class 11/24. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319150 A	PEEWEE	MTWRF	10-10:30AM	6/4-6/8	JTC	\$38
319150 B	PEEWEE	MTWRF	10-10:30AM	6/18-6/22	JTC	\$38
319150 C	PEEWEE	MTWRF	10-10:30AM	7/2-7/6	JTC	\$38
319150 D	PEEWEE	MTWRF	10-10:30AM	7/16-7/20	JTC	\$38
319150 E	PEEWEE	MTWRF	10-10:30AM	7/30-8/3	JTC	\$38
419150 A	PEEWEE	T	5-5:30PM	8/21-10/16	JTC	\$59
419150 B	PEEWEE	S	1:30-2PM	8/25-10/20	JTC	\$59
419150 C	PEEWEE	T	5-5:30PM	10/23-12/18	JTC	\$59
419150 D	PEEWEE	S	1:30-2PM	10/27-12/15	JTC	\$46

TEAM RED

■ **Ages: 5-8. Enrollment Min 4 / Max 12.** Students will learn the mechanics of each stroke, as well as footwork, consistency, placement, and rallying skills. They will enjoy the fun of rallying and point play. We will enjoy the beginning stages of competing and incorporate lots of games and fun into the mix! Includes large, low-compression red balls, miniature nets and miniature courts. **No class 11/21, 11/24. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319151 A	TEMRED	MTWRF	9-10AM	6/4-6/8	JTC	\$75
319151 B	TEMRED	MTWRF	9-10AM	6/11-6/15	JTC	\$75
319151 C	TEMRED	MTWRF	9-10AM	6/18-6/22	JTC	\$75
319151 D	TEMRED	MTWRF	9-10AM	7/2-7/6	JTC	\$75
319151 E	TEMRED	MTWRF	9-10AM	7/16-7/20	JTC	\$75
319151 F	TEMRED	MTWRF	9-10AM	7/23-7/27	JTC	\$75
319151 G	TEMRED	MTWRF	9-10AM	7/30-8/3	JTC	\$75
419151 A	TEMRED	M	5-6PM	8/20-10/15	JTC	\$135
419151 B	TEMRED	W	5-6PM	8/22-10/17	JTC	\$135
419151 C	TEMRED	S	2-3PM	8/25-10/20	JTC	\$135
419151 D	TEMRED	M	5-6PM	10/22-12/17	JTC	\$135
419151 E	TEMRED	W	5-6PM	10/24-12/19	JTC	\$105
419151 F	TEMRED	S	2-3PM	10/27-12/15	JTC	\$105

TEAM ORANGE

■ **Ages: 7-10. Enrollment Min 4 / Max 12.** Students will sharpen their strokes, increase their court coverage, and learn to control the pace, spin, and depth of their shots. The kids will begin to compete in games and match play with a goal of tournament exposure. Includes low-compression orange balls & shortened court boundaries. **No class 11/21, 11/24. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319152 A	TEMORA	MTWRF	9-10AM	6/4-6/8	JTC	\$75
319152 B	TEMORA	MTWRF	9-10AM	6/11-6/15	JTC	\$75
319152 C	TEMORA	MTWRF	9-10AM	6/18-6/22	JTC	\$75
319152 D	TEMORA	MTWRF	9-10AM	7/2-7/6	JTC	\$75
319152 E	TEMORA	MWRFF	9-10AM	7/16-7/20	JTC	\$75
319152 F	TEMORA	MTWRF	9-10AM	7/23-7/27	JTC	\$75
319152 G	TEMORA	MTWRF	9-10AM	7/30-8/3	JTC	\$75
419152 A	TEMORA	M	6-7PM	8/20-10/15	JTC	\$135
419152 B	TEMORA	W	6-7PM	8/22-10/17	JTC	\$135
419152 C	TEMORA	S	2-3PM	8/25-10/20	JTC	\$135
419152 D	TEMORA	M	6-7PM	10/22-12/17	JTC	\$135
419152 E	TEMORA	W	6-7PM	10/24-12/19	JTC	\$105
419152 F	TEMORA	S	2-3PM	10/27-12/15	JTC	\$105

JAYHAWK DEVELOPMENT

■ **Ages: 10-17. Enrollment Min 4 / Max 12.** Our Junior Development clinics focus on proper technique and mechanics. Exposure to match and point play is introduced while continuing instruction on the fundamentals. This program is for the novice/recreational player that are looking to learn the game, as well as the player looking to improve on their fundamentals so that they can move up to our Jayhawk Academy. **No class 11/21, 11/24. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319153 A	JAYDEV	MTWRF	10-11:30AM	6/4-6/8	JTC	\$113
319153 B	JAYDEV	MTWRF	10-11:30AM	6/11-6/15	JTC	\$113
319153 C	JAYDEV	MTWRF	10-11:30AM	6/18-6/22	JTC	\$113
319153 D	JAYDEV	MTWRF	10-11:30AM	7/2-7/6	JTC	\$113
319153 E	JAYDEV	MTWRF	10-11:30AM	7/16-7/20	JTC	\$113
319153 F	JAYDEV	MTWRF	10-11:30AM	7/23-7/27	JTC	\$113
319153 G	JAYDEV	MTWRF	10-11:30AM	7/30-8/3	JTC	\$113
419153 A	JAYDEV	M	5-6:30PM	8/20-10/15	JTC	\$203
419153 B	JAYDEV	W	5-6:30PM	8/22-10/17	JTC	\$203
419153 C	JAYDEV	S	12-1:30PM	8/25-10/20	JTC	\$203
419153 D	JAYDEV	M	5-6:30PM	10/22-12/17	JTC	\$203
419153 E	JAYDEV	W	5-6:30PM	10/24-12/19	JTC	\$158
419153 F	JAYDEV	S	12-1:30PM	10/27-12/15	JTC	\$158





JAYHAWK ACADEMY

Ages: 11-17. Players looking to reach their full potential and to take their game to the next level while being challenged in a fun, team atmosphere. Academy participants typically play for their school team and are competing or looking to compete in District, Sectional and National level tournaments. We will be focusing on high level stroke production, constructing points, as well as developing the mental toughness it takes to become an elite player while working with our top professionals. Yearly tournament play is recommended at this level. Each participant is encouraged to be working privately with one of our professionals, enabling them to flourish as a player. Participants must be approved by JTC staff to be admitted into the Jayhawk Academy. **For more information contact Jayhawk Tennis at (785) 749-3200. Instructor: Jayhawk Tennis.**

BEGINNER/FIRST-TIME TENNIS

■ **Ages: 16 and Up. Enrollment Min 4 / Max 12.** It is a fun atmosphere of learning some concepts of strategy as well as enjoying the fun of competing in drills, games and point play! **No class 10/31, 11/21. Instructor: Jayhawk Tennis**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
419200 A	BEGFIR	W	7-8PM	8/22-10/17	JTC	\$117
419200 B	BEGFIR	W	7-8PM	10/24-12/19	JTC	\$91

BEGINNING/INTERMEDIATE ADULT CLASS

■ **Ages: 16 and Up. Enrollment Min 4 / Max 12.** This program is designed toward total novice or getting back into the game. Basic instruction on stroke production, rules of tennis and introductory strategy will be covered. **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
419201 A	ADULT	M	7-8PM	8/20-10/15	JTC	\$117
419201 B	ADULT	M	7-8PM	10/22-12/17	JTC	\$117

ADULT CARDIO TENNIS

■ **Ages: 16 and Up. Enrollment Min 4 / Max 12.** Cardio Tennis is a fun group activity, featuring heart pumping tennis drills and games that give players of all abilities the ultimate, high-energy workout. You can have great skill already or just starting out and will be successful with cardio tennis. You will be amazed at how many calories you can burn away in a short amount of time while having a blast on the court. **No class 6/26, 6/28, 7/3, 7/5, 7/10, 7/12. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319202 A	CARDIO	T	6:30-7:30PM	5/29-8/7	JTC	\$104
319202 B	CARDIO	R	12-1PM	5/31-8/9	JTC	\$104
419202 A	CARDIO	T	7-8PM	8/21-10/16	JTC	\$117
419202 B	CARDIO	T	7-8PM	10/23-12/18	JTC	\$117

ADULT INTERMEDIATE/ADVANCED TENNIS

■ **Ages: 16 and Up. Enrollment Min 4 / Max 12.** This drill is for players that are more consistent and can handle a faster pace. We will include more point focused drills, as well as advanced technique and strategies. The last half of this class will be match-play where players are paired up by coaches. **No class 10/31, 11/22. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
419204 A	INTER	W	7-8:30PM	8/22-10/17	JTC	\$176
419204 B	INTER	W	7-8:30PM	10/24-12/19	JTC	\$137

CLINICS

BEGINNING/INTERMEDIATE TENNIS CLINIC

Ages: 16 and Up. Enrollment Min 4 / Max 12. This class is for players who want to develop consistency and correct technique. We will also include basic strategies for singles and doubles through games and point play.

No class 6/25, 6/27, 7/2, 7/4, 7/9, 7/11. Instructor: Jayhawk Tennis.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319205 A	BEGINT	M	6:30-7:30PM	6/4-8/6	JTC	\$104
319205 B	BEGINT	W	12-1PM	5/30-8/8	JTC	\$104

INTERMEDIATE/ADVANCED TENNIS CLINIC

Ages: 16 and Up. Enrollment Min 4 / Max 12. This drill is for players that are more consistent and can handle a faster pace. We will include more point focused drills, as well as advanced technique and strategies. The last half of this class will be match play where players are paired by instructors. **No class 6/27, 7/4, 7/11. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319206 A	INTADV	W	6:30-8PM	5/30-8/8	JTC	\$156

INTERMEDIATE/ADVANCED MEN'S TENNIS CLINIC

Ages: 16 and Up. Enrollment Min 4 / Max 12. This clinic will be a great workout with stroke production and point play. Basic strategies will be introduced and learned through match play simulated drills. Both singles and doubles strategy will be introduced and implemented in a fun yet competitive setting. **Intended for the USTA 4.0 and above player. No class 6/25, 7/2, 7/9. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319207 A	INTADV	M	12-1PM	6/4-8/6	JTC	\$104

TUESDAY LADIES' TENNIS CLINIC

Ages: 16 and Up. Enrollment Min 4 / Max 12. This class is for intermediate and advanced ladies. It is a combination of drills and point play with an emphasis on doubles play and strategies. **No class 6/26, 7/3, 7/10. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319208 A	LADCLI	T	8:30-10AM	5/29-8/7	JTC	\$156

ADULT TENNIS CAMPS NEW

■ **Ages: 16 and Up. Enrollment Min 4 / Max 12.** Tennis camps for adults are for anyone wanting to concentrate a slot of time to hone-in on improving their skills and having fun! Players will be split into groups according to level where we will do rotations with different coaches on skill, technique, and strategies. Both doubles and singles positioning, and strategies will be covered between the two camps. The end of camp each day will focus more on putting what you learn to work through point play and games. We will have refreshments at the end of each day and players are welcome to stay for more match play if they choose to after the camp's end. **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
319209 A	TENNCAM	MTW	6:30-8:30PM	6/25-6/27	JTC	\$95
319209 B	TENNCAM	MTW	6:30-8:30PM	7/9-7/11	JTC	\$95





G-FORCE POWER TUMBLING/CHEERLEADING

Lawrence Parks and Recreation has teamed up with G-Force Jets to offer recreational power tumbling/cheerleading classes, along with competitive cheerleading and power tumbling teams for youth and adults. This progressive program will keep your child challenged and motivated. **Ratios 1:6 unless otherwise noted. No class 7/4, 10/31, 11/19-11/22.**

TUMBLING & TRAMPOLINE CLASSES

All T&T classes will include skill instruction on floor, trampoline, and double mini trampoline. Each class level follows a curriculum that will teach athletes progressively to the next ability level.

T&T, PRE-SCHOOL

■ **Ages: 3-4. Enrollment Min 4 / Max 12.** This is an introduction to skills, to social interaction and class structure. We focus on following directions and socialization while we teach body control, coordination and fundamental tumbling skills such as rolls, cartwheels, and basic jumping technique on the trampolines, including: straddle and turning skills and beginning seat and doggy drops. **No class 11/19, 11/22.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316411 A	PRESCHL	M	5:30-6:15PM	6/4-8/20	GFORCE	\$120
316411 B	PRESCHL	R	4:30-5:15PM	6/7-8/23	GFORCE	\$120
416411 A	PRESCHL	M	5:30-6:15PM	9/10-12/10	GFORCE	\$130
416411 B	PRESCHL	R	4:30-5:15PM	9/13-12/13	GFORCE	\$130

T&T, BEGINNING

■ **Ages: 4-6 / 5-8. Enrollment Min 4 / Max 12.** This class will learn the importance of a great handstand, cartwheel, bridge & round-off. They will also learn how to connect skills into a series. On trampolines they will learn basic and more advanced skills, such as belly & back drops as well as learning how to put skills together to make a routine. We also begin to focus on progression and how one strong skill prepares them to learn the next. **No class 11/19, 11/20, 11/22.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316412 A	T&T(5-8)	M	4:30-5:25PM	6/4-8/20	GFORCE	\$120
316412 B	T&T(4-6)	T	5:30-6:25PM	6/5-8/21	GFORCE	\$120
316412 C	T&T(5-8)	R	6:30-7:25PM	6/7-8/23	GFORCE	\$120
416412 A	T&T(5-8)	M	4:30-5:25PM	9/10-12/10	GFORCE	\$130
416412 B	T&T(4-6)	T	5:30-6:25PM	9/11-12/11	GFORCE	\$130
416412 C	T&T(5-8)	R	6:30-7:25PM	9/13-12/13	GFORCE	\$130

T&T, BEGINNER 2

■ **Ages: 8-12. Enrollment Min 4 / Max 12.** Athletes will continue developing the cartwheel, teach handstands and training on the Trampoline and Double Mini. **Students in this program must have passed Beginning or have permission from the director prior to enrollment. No class 11/19.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316430 A	BEG2	M	5:30-6:25PM	6/4-8/20	GFORCE	\$120
416430 A	BEG2	M	5:30-6:25PM	9/10-12/10	GFORCE	\$130

T&T, ADVANCED

■ **Ages: 8 and Up. Enrollment Min 4 / Max 12.** Advanced students will learn how to connect back handsprings and learn back and front flips on floor. On trampoline they will learn how to combine jumps, drops and flips into a routine. They will also begin to learn different kinds of flips such as lay-outs and twisting flips on trampoline. **No class 7/4, 10/31, 11/21, 11/22.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316425 A	ADVANC	W	4:30-5:55PM	6/6-8/22	GFORCE	\$138
316425 B	ADVANC	R	6:30-7:55PM	6/7-8/23	GFORCE	\$150
416425 A	ADVANC	W	4:30-5:55PM	9/12-12/12	GFORCE	\$150
416425 B	ADVANC	R	6:30-7:55PM	9/13-12/13	GFORCE	\$163

T&T, INTERMEDIATE

■ **Ages: 6-9 / 8-12. Enrollment Min 4 / Max 12.** Athletes will finish up technique on round-offs, master bridge kick-overs and learn front and back handsprings. They will also begin to learn flipping skills on trampoline such as front & back flips. Correct technique, gym etiquette and safety drills are also focused on. **No class 11/19, 11/20.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316413 A	INT(8-12)	M	4:30-5:25PM	6/4-8/20	GFORCE	\$120
316413 B	INT(6-9)	T	6:30-7:25PM	6/5-8/21	GFORCE	\$120
416413 A	INT(8-12)	M	4:30-5:25PM	9/10-12/10	GFORCE	\$130
416413 B	INT(6-9)	T	6:30-7:25PM	9/11-12/11	GFORCE	\$130

T&T, INTERMEDIATE 2

■ **Ages: 8-12. Enrollment Min 4 / Max 12.** Athletes will continue mastering handstand and bridge variations as well as the back handspring. **Students in this program must have passed Intermediate or have permission from the director prior to enrollment. No class 11/22.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316431 A	INT2	R	5:30-6:25PM	6/7-8/23	GFORCE	\$120
416431 A	INT2	R	5:30-6:25PM	9/13-12/13	GFORCE	\$130

TRAMPOLINE

■ **Ages: 7-12. Enrollment Min 4 / Max 12.** This class teaches trampoline and double-mini trampoline skills only. It is great for those who just want to learn skills and safety as well as those who enjoy trampoline in their class and want to learn more! It is for the beginner and intermediate athlete. **No class 7/4, 10/31, 11/21.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316414 A	TRAMPO	W	7:30-8:25PM	6/6-8/22	GFORCE	\$110
416414 A	TRAMPO	W	7:30-8:25PM	9/12-12/12	GFORCE	\$120





TUMBLING CLASSES

These classes will focus only on Floor skills. Students may use the trampolines to aid in learning skills. However, they will not learn trampoline specific skills. Those enrolling in these classes should meet the requirements and have a general knowledge of beginner and intermediate level floor skills.

TUMBLING 1

■ *Ages: 8-12 / 12-18. Enrollment Min 4 / Max 12.* Students will begin learning front and back handsprings both from a standing position and after a round-off. **Requirement: strong running round-off and an assisted back handspring.** No class 11/19, 11/20, 11/22.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316415 A	T1(12-18)	M	6:30-7:55PM	6/4-8/20	GFORCE	\$150
316415 B	T1(12-18)	T	4:30-5:55PM	6/5-8/21	GFORCE	\$150
316415 C	T1(8-12)	T	6-6:55PM	6/5-8/21	GFORCE	\$120
416415 A	T1(12-18)	M	6:30-7:55PM	9/10-12/10	GFORCE	\$163
416415 B	T1(12-18)	T	4:30-5:55PM	9/11-12/11	GFORCE	\$163
416415 C	T1(8-12)	T	6-6:55PM	9/11-12/11	GFORCE	\$130

TUMBLING 2

■ *Ages: 8-12 / 12-18. Enrollment Min 4 / Max 12.* In this class students will learn running series tumbling and running round-off back handspring back-tuck. They will finish learning standing back handsprings and begin learning standing back tucks. **Requirement: unassisted round-off back handspring.** No class 7/4, 10/31, 11/20, 11/21.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316416 A	T2(12-18)	T	7:30-8:55PM	6/5-8/21	GFORCE	\$150
316416 B	T2(8-12)	W	4:30-5:55PM	6/6-8/22	GFORCE	\$138
416416 A	T2(12-18)	T	7:30-8:55PM	9/11-12/11	GFORCE	\$163
416416 B	T2(8-12)	W	4:30-5:55PM	9/12-12/12	GFORCE	\$163

TUMBLING 3

■ *Ages: 8 and Up. Enrollment Min 4 / Max 12.* Athletes in this class will focus on back tucks, series back handsprings into flipping skills and different ways to combine skills to create unique passes. **Requirements: unassisted standing back handspring and running round-off back handspring series.** No class 11/20, 11/22.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316417 A	TUMB3	T	4:30-5:55PM	6/5-8/21	GFORCE	\$150
316417 B	TUMB3	R	7-8:25PM	6/7-8/23	GFORCE	\$150
416417 A	TUMB3	T	4:30-5:55PM	9/11-12/11	GFORCE	\$163
416417 B	TUMB3	R	7-8:25PM	9/13-12/13	GFORCE	\$163

TUMBLING 4

■ *Ages: 8 and Up. Enrollment Min 4 / Max 12.* This class is for the elite athlete. It is for those that have mastered the back tuck. Instructors in this class will teach flipping variations, connecting flips and twisting skills. **Requirements: unassisted standing back tuck and running round-off back handspring back-tuck.** No class 11/19, 11/20.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316418 A	TUMB4	M	6:30-7:55PM	6/4-8/20	GFORCE	\$150
316418 B	TUMB4	T	7-8:25PM	6/5-8/21	GFORCE	\$150
416418 A	TUMB4	M	6:30-7:55PM	9/10-12/10	GFORCE	\$163
416418 B	TUMB4	T	7-8:25PM	9/11-12/11	GFORCE	\$163

TUMBLING, BOYS

■ *Ages: 7-12. Enrollment Min 4 / Max 6.* This class is for boys only. Taught by a male instructor, they will learn progressive tumbling skills based on the ability of the students enrolled. They will also learn coordination and agility drills that will be useful in many other sports! All taught in a "boy specific" style. It is for the beginner and intermediate athlete. No class 7/4, 10/31, 11/21.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316419 A	BOYTUMB	W	6:30-7:25PM	6/6-8/22	GFORCE	\$110
416419 A	BOYTUMB	W	6:30-7:25PM	9/12-12/12	GFORCE	\$120

SKILL CLASSES

For more information about the following specialty classes: Back Handspring 1 and 2, Back Tuck 1 and 2, Front Tumbling, and Twisting and Tricks, please contact G-Force at (785) 843-5387.



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City of Lawrence
PARKS AND RECREATION

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SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

TENNIS

TUMBLING

RECREATION FACILITIES

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RECREATION CENTERS

Lawrence Parks and Recreation Department operates four recreation centers within the community. The recreation centers are **FREE** to the public; there are no memberships required. Each facility has space available for rent (*see Facility Rentals, page 75*). Below are listings of each facility and the recreational activities they provide. Activities and/or facility reservations may alter Open Gym hours listed.



COMMUNITY BUILDING

115 W. 11th St.
(785) 832-7920

The facility features:

Locker/shower facilities
Full-size gymnasium
Weight room
Cardio room

Hours of operation

7 a.m. to 9 p.m. (Mon-Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

Open Gym hours***

1 p.m. to 5 p.m.
(Mon, Wed, Fri)
10 a.m. to 6 p.m. (Tue, Thu)
Noon to 4:30 p.m. (Sat-Sun)

Toddler Open Gym hours**

10:30 a.m. to 11:45 a.m.
(Mon, Wed, Fri)

After-school Open Gym hours*

3 p.m. to 5 p.m. (Mon-Fri)

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St.
(785) 832-7950

The facility features:

Locker/shower facilities
Full-size gymnasium
Weight room
Cardiovascular equipment
Game areas (billiards,
Table tennis, foosball)

Hours of operation

7 a.m. to 9 p.m. (Mon-Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

Walking hours

7 a.m. to 9 a.m. (Mon-Fri)

Pickleball Free Play

9 a.m. to noon
(Mon-Fri)

Open Gym hours***

Noon to 3 p.m. (Mon-Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)



HOLCOM PARK RECREATION CENTER

2700 W. 27th St.
(785) 832-7940

The facility features:

Locker/shower facilities
Full-size gymnasium
Racquetball/handball court
Weight room
Cardiovascular equipment
Games room (billiards,
foosball)

Hours of operation

7 a.m. to 9 p.m. (Mon-Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

Walking hours

7 a.m. to 11 a.m. (Mon-Fri)

Open Gym hours***

11 a.m. to 3 p.m.
(Mon, Wed, Fri)
Noon to 3 p.m. (Tue, Thu)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

After-school Open Gym hours*

3 p.m. to 5 p.m. (Mon-Fri)
(During school year)

SPORTS PAVILION LAWRENCE

presented by Lawrence Memorial Hospital

100 Rock Chalk Lane
(785) 330-7355
www.sportspavilionlawrence.org

The facility features:

8 full-size basketball courts/
16 full-size volleyball courts
1/8-mile walking/running track
Gymnastics areas

For those in wheelchairs or those unable to stand, we offer VitaGlide, a wheelchair-accessible fitness machine, which assists in toning the upper body and rehabilitating the shoulders while providing a cardio workout.

Aerobic/fitness room
Cardio/weight areas
Indoor turf/soccer area
Meeting rooms

Hours of operation

5:30 a.m. to 9 p.m. (Mon-Fri)
7 a.m. to 6 p.m. (Sat)
1 p.m. to 9 p.m. (Sun)



* After-school Open Gym is available for children ages 7 to 18 years old. Staff cannot retain children who wish to leave.

** Toddler Open Gym is for kids 6 years old and younger. It starts the third week in September and runs through the second week in May. \$1 per child, per visit.

*** Open Gym hours are subject to change without notice.

ALL RECREATION CENTER WEIGHT ROOMS, GAME ROOMS, EQUIPMENT AND OPEN GYMNASIUM TIMES ARE AVAILABLE TO ALL CITIZENS AT NO COST. PLEASE VISIT RECREATION CENTER FOR OPEN GYMNASIUM SCHEDULE.

For more information regarding recreation facilities, contact the Lawrence Parks and Recreation Department Administrative Office at 1141 Massachusetts St.; (785) 832-3450; or parksrec@lawrenceks.org.

SHELTERS

Lawrence Parks and Recreation Department operates and maintains public park shelters throughout the community's 52 parks. Citizens can reserve them from April 15 through October 30, weather permitting. Reservations are taken one year in advance of the date being requested. *All shelter/gazebo reservation requests must be received three working days (Mon-Fri) prior to the date requested.*

There are also shelters located at Chief Jim McSwain Park, Deerfield Park, Brook Creek Park and John Taylor Park that are available on a first-come/first-serve basis and are not on the reserve list. Reservations for outdoor shelters and indoor facilities are taken at any of the department's recreational facilities. For large events, you must apply for a Special Use Permit prior to reservation approval. *For questions regarding shelter rentals and their availability, call (785) 832-3450.*

SHELTER RENTAL FEES

Half-day rental \$45 (between 10 a.m. and 3 p.m. or 4 p.m. and 9 p.m.) **Full-day rental \$75** (from 10 a.m. to 9 p.m.)

SHELTERS MAY BE RESERVED ONLINE THREE WORKING DAYS IN ADVANCE.

BROKEN ARROW SHELTER

2900 Louisiana St.

Capacity: 100-120 individuals

Amenities: lights, electricity, BBQ grill, picnic tables, drinking fountain and restrooms

Other Features in Park: Playground equipment, sand volleyball court, horseshoe pits, tennis court and other areas for recreational activities.

BURCHAM PARK SHELTER

200 Indiana St.

Capacity: 45-50 individuals

Amenities: BBQ grill, picnic tables, electricity, drinking fountain and restrooms

Other Features in Park: Playground equipment and other areas for recreational activity. Also connected to a hike/bike path.

CENTENNIAL PARK EAST SHELTER

2124 W. Ninth St.

Capacity: 140-150 individuals

Amenities: lights, electricity, BBQ grill, picnic tables, drinking fountain and restrooms

Other Features in Park: A 40' X 30' walkout deck, playground equipment and is located next to a disc golf course.

CENTENNIAL PARK WEST SHELTER

600 Rockledge Road

Capacity: 40 individuals

Amenities: lights, electricity, BBQ grill, picnic tables and restrooms

Other Features in Park: Skate park and disc golf course.

CLINTON LAKE OUTLET PARK WEST SHELTER

1316 E. 902 Road

Capacity: 40-50 individuals

Amenities: BBQ grill, picnic tables, water and restrooms

Other Features in Park: Playground equipment and areas for recreational activities.

CLINTON LAKE OUTLET PARK EAST SHELTER

1316 E. 902 Road

Capacity: 40-50 individuals

Amenities: BBQ grill, picnic tables, water and restrooms

Other Features in Park: Horseshoe pit and areas for recreational activities.

CLINTON PARK SHELTER

901 W. Fifth St.

Capacity: 60-65 individuals

Amenities: lights, electricity, BBQ grill, picnic tables, drinking fountain and restrooms

Other Features in Park: Playground equipment, basketball court and other areas for recreational activities.

"DAD" PERRY PARK NORTH SHELTER

Harvard and Parkside roads

Capacity: 90-100 individuals

Amenities: lights, electricity, BBQ grill, picnic tables and restrooms

Other Features in Park: Playground equipment, soccer field, other areas for recreational activities, connection to trails.

"DAD" PERRY PARK WEST SHELTER

1200 Monterey Way

Capacity: 90-100 individuals

Amenities: lights, electricity, BBQ grill, picnic tables and restrooms

Other Features in Park: Playground equipment, sand volleyball court, tennis court, basketball court, access to trail around the park.

HOBBS PARK SHELTER

702 E. 11th St.

Capacity: 40-50 individuals

Amenities: electricity, BBQ grill, picnic tables and drinking fountain

Other Features in Park: Baseball/softball field, basketball court, playground equipment and the historic Murphy-Bromelsick House.

HOLCOM PARK SHELTER

2700 W. 27th St., adjacent to Holcom Park Recreation Center

Capacity: 60-70 individuals

Amenities: lights, BBQ grill, picnic tables, electricity, drinking fountain and restrooms

Other Features in Park: Playground equipment, basketball court, sand volleyball court, baseball/softball fields, handball court and tennis court.

LYONS PARK SHELTER

700 N. Lyon St.

Capacity: 60-65 individuals

Amenities: lights, BBQ grill, picnic tables, electricity, drinking fountain and restrooms

Other Features in Park: Playground equipment, baseball/softball fields, basketball court and tennis court.

PRAIRIE PARK SHELTER

2811 Kensington Road, adjacent to Prairie Park Elementary School

Capacity: 60-70 individuals

Amenities: BBQ grill, lights, picnic tables, electricity, drinking fountain and restrooms

Other Features in Park: Playground equipment, basketball court and access to trails at Mary's Lake.

GENERAL RULES AND REGULATIONS FOR SHELTERS

- Shelters and gazebos may be reserved from April 15 to October 30.
- All reservation requests must be received two working days (Mon-Fri) prior to the date requested.
- Public parks within the city will be open daily to the public from 6 a.m. to 11:30 p.m. (Burcham Park: 5 a.m. to 10:30 p.m.) (City Code 15-208)
- Alcoholic liquor may be served during approved events at parks and facilities owned by the City of Lawrence and operated by the Parks and Recreation Department, provided that the sponsor or organizer has obtained a permit issued pursuant to the rules and regulations of the Parks and Recreation Department and that the drinking or consumption of alcoholic liquor is conducted in accord with the reasonable conditions established by the permit. (City Ordinance 8515)
- Dogs and cats in public parks must be kept on a leash at all times. (City Code 3-107, 3-202)
- Fires in parks require a permit, except in designated BBQ pits. (City Code 8-207.25)
- Persons reserving shelters and gazebos shall be responsible for the clean up. Glass bottles are discouraged in parks. (City Code 14-109)
- Public events in parks require a permit granted by Lawrence Parks and Recreation Department. (City Code 15-207)
- Tobacco-free parks: The use of tobacco products or smoking delivery devices in parks is prohibited.

GAZEBOS

Lawrence Parks and Recreation Department operates and maintains gazebos within the community parks. Rental of gazebos can be done after January 1 for the reservation period of April 15 through October 30, weather permitting. *All shelter/gazebo reservation requests must be received 3 working days (Mon-Fri) prior to the date requested.*

Reservations for gazebos are taken at any of the department's recreational facilities. For large events, you must apply for a Special Use Permit prior to reservation approval. *For questions regarding shelter rentals and their availability, call (785) 832-3450.*

SOUTH PARK GAZEBO (William Kelly Bandstand)

1141 Massachusetts St.

Capacity: 20-30 individuals

Amenities: lights, electricity, benches, drinking fountain and restrooms

Other Features in Park: As Lawrence's first park, it includes a wonderful flower garden, playground equipment and other areas for recreational activities.

WATSON PARK GAZEBO

Sixth and Kentucky streets

Capacity: 10-15 individuals

Amenities: lights, electricity, tables, BBQ grill, drinking fountain and benches

Other Features in Park: A wonderful view, a beautiful flower garden, basketball court, aquatic center and playground equipment.

LAWRENCE ROTARY ARBORETUM GAZEBO

5100 W. 27th St.

Capacity: 6-10 individuals

Amenities: lights, electricity, table and benches

Other Features in Park: A wonderful view of the arboretum, pergola, Xeriscape Garden and pond. A small stage is also near the gazebo, as well as a small stream with cascading waterfalls.

GAZEBO RENTAL FEES

Half-day rental \$50 (from 10 a.m. to 3 p.m. or 4 p.m. to 9 p.m.)

Full-day rental \$90 (from 10 a.m. to 9 p.m.)

GAZEBOS MAY BE RESERVED ONLINE THREE WORKING DAYS IN ADVANCE.

OTHER FACILITY RENTAL SPACE

Lawrence Parks and Recreation Department provides rental space within the Lawrence community's recreational facilities. Reservations for meeting rooms and other rental spaces can be completed 90 days from the day of rental (except for the Lawrence Union Pacific Depot, which can be completed one year in advance of the date requested). All reservations must be made at least two weeks in advance of the date requested.

Should your event require set up or take down, LPRD charges additional fees for the service. Fees are assessed depending on number of guests at an event: for up to 49 people, there is a \$35 set-up/take-down fee; 50 to 99 people, the fee is \$55; and for more than 100 people, the fee is \$80.

For groups handling their own set up/take down, the reservation (at the time of booking) needs to reflect the additional time needed to accommodate set up and take down (*this includes catering, DJs, bands or any other accommodations*).

There are small and large rooms, and gymnasium space available for renting. See room availability and fee schedule for each facility below. Reservations for facility rental spaces are taken at any of the department's recreational facilities. For large events, you must apply for a Special Use Permit prior to reservation being approved. For information regarding facility rentals and their availability, call (785) 832-3450.

COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

Space available for rent:

Gymnasium **(\$35 per hour)**

1/2 Gymnasium **(\$20 per hour)**

Community Room 1* **(\$30 per hour)**

Community Room 2 **(\$25 per hour)**

Community Rooms 1 and 2* **(\$40 per hour)**

Dance studio **(\$20 per hour)**

**Includes kitchen with stove, oven, microwave oven and refrigerator*

Facility reservations can be made on a space-available basis. To find out more details about Community Building rental space availability, contact us at (785) 832-7920. Reservations for facility rentals may be made at the Community Building during the following office hours: 8 a.m. to 5 p.m. **(Mon-Fri)**.

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St. • (785) 832-7950

Space available for rent:

Gymnasium **(\$35 per hour)**

1/2 Gymnasium **(\$20 per hour)**

Meeting Room* **(\$25 per hour)**

**Includes kitchen with stove, oven, microwave oven and refrigerator*

Facility reservations can be made on a space-available basis. To find out more details about East Lawrence Recreation Center rental space availability, contact us at (785) 832-7950. Reservations for facility rentals may be made at the East Lawrence Recreation Center during office hours: 8 a.m. to 5 p.m. **(Mon-Fri)**.

HOLCOM PARK RECREATION CENTER

2700 W. 27th St. • (785) 832-7940

Space available for rent:

Gymnasium **(\$35 per hour)**

1/2 Gymnasium **(\$20 per hour)**

Wayne Bly Room* **(\$30 per hour)**

Bly Room (South half) **(\$20 per hour)**

Bly Room (North half)* **(\$20 per hour)**

**Includes kitchen with stove top, microwave oven and refrigerator*

Facility reservations can be made on a space-available basis. To find out more details about Holcom Park Recreation Center rental space availability, contact us at (785) 832-7940. Reservations for facility rentals may be made at the Holcom Park Recreation Center during the following office hours: 8 a.m. to 5 p.m. **(Mon-Fri)**.

SPORTS PAVILION LAWRENCE

100 Rock Chalk Lane • (785) 330-7355 • www.sportspavilionlawrence.org

Space available for rent:

Gymnasium **(\$50 per hour)**

Cross Court **(\$30 per hour)***

Whole Turf Field **(\$135 per hour)**

1/3 Turf Field **(\$45 per hour)**

Half Turf Field **(\$75 per hour)**

Champion Room **(\$35 per hour)**

Victory Room **(\$30 per hour)**

Legacy Room **(\$40 per hour)**

**For information on renting more than one court, please contact SPL at (785) 330-7355*



LAWRENCE UNION PACIFIC DEPOT

402 N. Second St.

The Union Pacific Depot offers two rooms for public use: [the Community Room](#) and [the Arden Booth Free State Theater Room](#). This facility is available for a variety of events, including weddings, receptions, reunions, meetings and educational seminars. LPRD permits alcohol, but you must apply for and receive an Alcohol Permit two weeks prior to the booking date. For large events, a Special Use Permit must be applied for prior to a reservation being approved. You may apply for the Alcohol and Special Use permits at all Parks and Recreation facilities. You may also call (785) 832-7950 for more information. **Reservations may be subject to a deposit.**

Space available for rent:

- Community Room — **\$35 per hour**
- Theater Room — **\$25 per hour**
- Garden — **\$10 per hour**
- Entire Facility — **\$55 per hour**

The Community Room

- Measures 24' X 46'
- Capacity for 159 people (standing) or 70 people (seated)
- Use of tables/chairs included in rental fees
- Kitchenette with microwave oven, refrigerator and two-burner stove top

The Arden Booth Free State Theater Room

- Measures 12' X 28'
- Capacity for 49 people (standing) or 32 people (seated)
- Use of tables/chairs included in rental fees
- DVD/VHS viewing system (no additional fee)

The Union Pacific Depot also includes an outdoor, French-themed flower garden maintained by Parks and Recreation's professional landscaping staff. The garden's spectacular array of colors in the summer makes for an ideal place for outdoor events. Small bands or DJs are allowed with prior permission. **Reservations must be made at least two weeks in advance and are on a space-available basis.** Deposit required at time of rental. To find out more details about the Lawrence Union Pacific Depot rental space available, contact us at (785) 832-7950.

SET UP/TAKE DOWN FEES

LPRD charges additional fees for the division to provide set up and take down.

For events with:

- Up to 49 people: **\$35**
- 50 to 99 people: **\$55**
- More than 100 people: **\$85**

For groups handling their own set up/take down, the reservation (*at the time of booking*) needs to reflect the additional time needed to accommodate set up/take down (*this includes catering, DJs, bands or any other accommodations*).

For larger events, a Special Use Permit needs to be applied for and approved prior to finalizing the reservation. Alcohol Permits are \$25 and need to be applied for and approved prior to finalizing reservation. *For more information call (785) 832-3450.*



CARNEGIE BUILDING

200 W. Ninth St.

The renovated Carnegie Building, located in beautiful downtown Lawrence, is an ideal location for wedding receptions, reunions, parties and corporate functions. The facility also features smaller rooms for meetings, baby showers and other public and private events.

Rental rates:

Sunday-Friday:

- Heritage Room (71'x31') \$40/hr
- East Gallery Room (27'x24') \$30/hr
- Conference Room (27'x23') \$25/hr

Saturday rentals include the entire facility.

Saturday rate: \$995/day

Some time restrictions apply. A \$100 deposit is required for all reservations.

Reservations serving alcohol require a \$25 temporary alcohol permit.

For more information, please visit our website at www.lawrenceks.org/lprd/facilityrental or call us at (785) 832-7950. Tours can be arranged 8 a.m.-6 p.m. Monday-Friday. Reservations may be made at the Lawrence Parks and Recreation Administrative Offices, 1141 Massachusetts St., or East Lawrence Recreation Center, 1245 E. 15th St.



OTHER RECREATIONAL FACILITIES

SESQUICENTENNIAL POINT

6000 W. 27th St.

Sesquicentennial Point, which is on a hillside within the leased park lands overlooking Clinton Lake and the Wakarusa Valley. Sesquicentennial Point was developed to commemorate the 150th anniversary of Lawrence's founding and provides a gathering space for groups and offer adjacent hiking trails and picnic areas. The Point's plaza, near the top of the hill, includes a platform, inscribed with the names of major donors. Descending the hill, spaced 50 feet apart, are three half circles — defined by natural grasses and rock walls — leading to the time capsule pool. Stone elements, representing a 150-year time line and bisecting the half circles, step down the gentle slope. Envisioned for the future is a grassy amphitheater on the hillside below the time capsule. Sesquicentennial Point is destined to become a community treasure. To reserve Sesquicentennial Point for your event or to check its availability, please call (785) 832-7920.

BATTING CAGES

Clinton Lake Softball Complex

5101 Speicher Road

Part of the Clinton Lake Softball Complex, this facility features:

- 4 slow-pitch softball cages
- 2 fast-pitch softball cages
- 1 major-league baseball cage
- 2 minor-league baseball cages
- 1 rookie baseball cage

Hours of Operation:

This facility is open from March 1 to April 10 from 8 a.m. to 3 p.m. Monday through Friday and 8 a.m. to 6 p.m. Saturday and Sunday. From April 11 to October 1, from 8 a.m. to 9:30 p.m. daily. Cages will not be open during inclement weather.

Tokens:

Tokens may be purchased on site, 1 token for \$1 or 7 tokens for \$5. Each token provides 20 pitches. The token machine accepts one and five dollar bills only. Tokens may also be purchased at the LPRD Administrative Offices, 1141 Massachusetts St at a discounted rate of 15 tokens for \$10 or 25 tokens for \$15.

BIKING AND HIKING TRAILS

A variety of multi-use trails are available in Lawrence parks for bicyclists, hikers, joggers, walkers and nature lovers. Pick up a Recreation/Bike Trails map at any recreation center or bike shop. The trails range from 8.4 miles of hard surface walkways along Clinton Parkway to miles and miles of scenic nature trails in Riverfront Park, Naismith Valley Park, "Dad" Perry Park, Prairie Park/Mary's Lake area and many other parks. Mountain bike trails (rated by NORBA for skill levels) continue to be improved east of the North Eighth and Oak streets boat ramp in Riverfront Park. The city converted about a mile of the abandoned Santa Fe Railroad line — from Kansas Highway 10, 23rd to 29th streets, east of Haskell Indian Nations University — to a bike and hike trail. Ten miles stretch along the South Lawrence Trafficway from U.S. Highway 59 west through Clinton Lake property and a connection north of Clinton Parkway to Township Road North 1750. Recreational trails through Naismith Valley Park and the Heatherwood neighborhood north of Clinton Parkway are great for walkers. Additional trails have been improved in Prairie Park. Jogging trails are located along four miles of Clinton Parkway. Trails are not available to motorized vehicles by city code.

DISC GOLF COURSES

Centennial Park

600 Rockledge Drive

Come try your hand at disc golf. This 18-hole course has no green fees or expensive equipment to buy. Disc golf is played like regular golf except a flying disc is used in place of a ball. One point is counted each time the disc is thrown and when a penalty is incurred. The object is to acquire the lowest score.

Riverfront Park

U.S. highways 24, 40 and 59 junction, by the Kansas River

This course was developed to provide new challenges to disc golf enthusiasts and to keep up with the growing interest in the sport. Set in beautiful Riverfront Park, enjoy the scenic riverside as you toss the disc. Maps and scorecards are available at all recreation facilities or online at www.lprd.org.

DOG PARKS (OFF-LEASH)

"Mutt Run" Off-Leash Dog Park

1330 E. 902 Road

The park includes restrooms, separate drinking fountains for dogs and their owners and a small parking lot. Paths are mowed through the fields and along wooded areas. Users must be responsible for their pets and obey rules and regulations posted at the site. Rules are available at recreation centers or on the Web at www.lprd.org. To access the park, take Clinton Parkway west to the Clinton Dam road, turn south on the dam road and take the first left onto East 902 Road. Follow East 902 Road to the first left. The 30-plus acre park is at the bend in the road that leads to the north side of the spillway.

Riverfront Park — Dog Park

U.S. highways 24, 40 and 59 junction, by the Kansas River

The area is located in Riverfront Park and can be accessed from the park entrance located near the intersection of North Third Street and U.S. highways 24 and 40. Paths are mowed through the fields and along the Kansas River.

FISHING

Mary's Lake

2730 Harper St.

Cast off at Mary's Lake, adjacent to Prairie Park and the Prairie Park Nature Center. Priority is given to Parks and Recreation programs. For more information and fishing regulations, please contact us at (785) 832-3450.

Pat Dawson-Billings Nature Area

27th Street and Crossgate Drive

After developing the variety of fish in the ponds within the park, fishing is now allowed. Priority is given to Parks and Recreation programs.

Sandra J. Shaw Community Health Park

110 Maine St.

Fishing is allowed. Priority is given to Parks and Recreation programs.

HORSESHOE COURTS**Broken Arrow Park***2900 Louisiana St.*

Broken Arrow Park has 16 lighted, state-of-the-art horseshoe courts that are available for recreational use. The Lawrence Horseshoe Club conducts numerous tournaments at this facility, including the Kansas State Pitching Championships. You can reserve courts and check out horseshoes by calling (785) 832-3450.

SKATEBOARD PARKS**Centennial Park***600 Rockledge Drive***Deerfield Park***2901 Princeton Blvd.***Holcom Park***2601 W. 25th St.*

Our skate parks are not supervised. Users participate at their own risk and should wear safety equipment. Please visit www.lawrenceks.org/lprd/recreationfacilities/skatepark for a list of skatepark rules and regulations. Special events and contests will be held occasionally, and facilities may be reserved for competitions and/or exhibitions on a space-available basis. For more information, call (785) 832-3450.

TENNIS COURTS

The Lawrence Parks and Recreation Department provides lighted outdoor courts for free play at the following locations:

Holcom Park, 2700 W. 27th St.**Lyons Park, 700 N. Lyon St.****Veterans Park, 1840 Louisiana St.****Rock Chalk Park, 100 Rock Chalk Lane**

Players may activate the lights by push button, and lights will shut off automatically.

Non-lighted courts are located at:

"Dad" Perry Park, 1200 Monterey Way**Prairie Park, 2811 Kensington St.**

Additional courts are available at Central, South, West and Southwest Junior High Schools and at the University of Kansas. Bicycles, skateboards and/or roller blades are not allowed on tennis courts. *For more information, call (785) 832-3450.*

SOFTBALL AND BASEBALL FIELD RESERVATIONS

Lawrence Parks and Recreation softball/baseball fields may be reserved for private tournaments on a space-available basis. We begin taking reservations on the first working day in January and continue throughout the year. To reserve a field call (785) 832-7920. *Space is limited, so reserve your tournament early!*

**FISHING REGULATIONS AT MARY'S LAKE**

Mary's Lake was created in the 1950s. Lawrence Parks and Recreation Department worked with property owners in the '70s to use the natural area and lake for its Exceptional Summer Camps, as well as coordinated programming with special education classes in the public schools in the spring and fall seasons.

In 1991, Lawrence Parks and Recreation purchased the lake property and continued its development of the area with the addition of Prairie Park Nature Center in 1999 and natural trails from the center to the lake area and neighborhood park.

LAWRENCE PARKS AND RECREATION USES THE LAKE FOR NATURE PROGRAMS AND SPECIAL EVENTS, WHICH TAKE PRIORITY OVER PUBLIC FISHING.

Regulations for fishing are:*

1. All persons need a license to fish in the lake except persons age 65 or over and under age 16.
2. State daily creel limits apply.
3. Length limit for large mouth bass is 15" minimum, and two (2) per day limit on channel catfish.

The lake is patrolled and regulations are enforced by Wildlife and Parks and Department conservation officers. Inquiries about Mary's Lake and the adjacent 71-acre Prairie Park can be made at the Lawrence Parks and Recreation Department Administrative Office, (785) 832-3450.

Lawrence Parks and Recreation uses the lake for nature programs and special events. Public fishing is accepted by following the rules above, but LPRD programs and activities take priority over public fishing and the use of the docks. There is **NO** swimming and **NO** boating allowed. **NO** flotation devices of any kind are allowed in the lake.

* The regulations listed above also apply to the ponds at Pat Dawson-Billings Nature Area and the pond "Green's Lake" at Sandra J. Shaw Community Health Park.



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in partnership with



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	Faculty, Staff, & Students	Community Members & Visitors
Pay As You Ride	50¢ every 15 minutes	
Monthly Pass	\$13.99	\$25.99
Yearly Pass	\$48.99	\$99.99
Day Pass	\$6.99 for 24 hours of unlimited 2 hour rides	

◁ Monthly and yearly plans include unlimited 30 minute rides within the period.
Open to anyone over age 13. ▷

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Use the Veoride app to find an available bike near you and reserve it for up to 10 minutes.



STEP 2: SCAN TO UNLOCK

Scan the bike's QR code or enter its ID to unlock it. Enjoy your ride!



STEP 3: LOCK IT, LEAVE IT

When you're done, park in any bike rack designated in the app. Push the slider on the lock to end your trip.

www.veoride.com/ku



FOR RECREATION USE ONLY Date _____ Registrar _____ Loc. _____
 Cash MC VS D Check # _____

HOUSEHOLD INFORMATION
(PLEASE PRINT)

Name _____ Sex Male Female
Address _____ City _____ State _____ ZIP _____
Home Phone _____ Work Phone _____ Cell _____
E-mail _____
Secondary/Emergency Contact _____ Phone _____
 YES! I would like to make a donation to the LPRD scholarship fund. Amt: \$ _____

Participant's First Name	Participant's Last Name	Birth Date	Sex M/F	Class Code	Sec	Class Name	Fee	Start Date

In consideration of my (and/or my child's) participation in this activity, I hereby release and discharge the City of Lawrence, Kansas, from any and all liability arising from accident, injury and illness that I (or my child/children) may suffer as a result of participation in such activity. I further agree to indemnify and hold harmless the City of Lawrence, Kansas and its employees from any and all claims resulting from injuries, damages and losses sustained by me (and/or my child/children) arising out of, connected with or in any way associated with the activity. In the event of emergency, I authorize City officials to secure from any licensed hospital, physician or medical personnel any treatment deemed necessary for me (and/or my child's) immediate care and agree that I will be responsible for payment of any and all medical services rendered. If any damage to City facilities, equipment or materials occurs as a result of misuse by me (and/or my child) during use in activity enrolled or participating in, I will be responsible for payment of any repairs and/or replacement needed. Also, the undersigned and/or the participant(s) authorize the City to use at its discretion any photograph(s) (black/white or color and video footage) taken of participants while participating in City programs and activities for marketing in print or by electronic means. Registration is not valid without signature. For faxed registration, signature provided by transmittal will stand as a valid signature and will represent consent of waiver here within.

I HAVE READ AND UNDERSTAND THE WAIVER, REGISTRATION AND REFUND POLICIES

Signature Required _____ Date _____
Please Print Name _____ **REGISTRATION INVALID WITHOUT SIGNATURE**

METHOD OF PAYMENT

Check or Money Order (Payable to: City of Lawrence) Cash MasterCard Visa Discover

DO YOU NEED SPECIAL ACCOMMODATIONS TO PARTICIPATE IN THESE PROGRAMS? YES NO
If Yes, please explain. _____

KU NATURAL HISTORY
MUSEUM
The University of Kansas

Sunday, May 6
12 – 4 pm
Baker Wetlands



Be a citizen scientist and learn about
nature photography at BugBlitz!

Details at biodiversity.ku.edu



read books!
attend events!
win prizes!

Libraries UNPLUGGED

MAY 23 — AUG 18
SUMMER READING 2018

Kick-off Party | JUN 2 + Last Bash | AUG 18

It's ok to slow down.



lplks.org/summer

