



# activities guide

THE CITY OF LAWRENCE  
PARKS & RECREATION DEPARTMENT

fall  
2023



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# STRETCH YOUR LIMITS!

## 2023 FALL ACTIVITIES GUIDE

This edition of the City of Lawrence Activities Guide is full of parks and recreation programs and activities to take part in throughout fall 2023.

There is something for everyone! Parks and Recreation staff have created activities providing the best opportunity to stay active and affect your life in a healthy way. It is our commitment to help you pursue

### ONLINE ENROLLMENT

If you have participated in a City of Lawrence, Parks and Recreation Department program in the past, you can enroll online. If the last time you participated in a parks and recreation activity or program was prior to 2020 and you are unable to access your account online, please email [lpd@lawrenceks.org](mailto:lpd@lawrenceks.org) to reactivate your account.

### WALK-IN / MAIL-IN

Visit any City of Lawrence, Parks and Recreation Department, facility to enroll. *(For a complete listing of the facilities and their enrollment hours, see page 2).* Visa, MasterCard and Discover only. You can also drop your registration and payment in the mail. Pay by check. 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 registration.*

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# LAWRENCE PARKS AND RECREATION DEPARTMENT DIRECTORY

TDD PHONE (785) 832-3205 | P.O. Box 708, Lawrence, KS 66044-0708

## CITY COMMISSION

**Lisa Larsen**, Mayor  
**Bart Littlejohn**, Vice-Mayor  
**Brad Finkeldei**  
**Courtney Shipley**  
**Amber Sellers**  
**Craig Owens**, City Manager

The Unmistakable Identity Outcome of the Lawrence Strategic Plan is centered on achieving that Lawrence is a welcoming community, synonymous with arts, diverse culture, fun, and a quintessential downtown. City parks and community events contribute to the vibrancy experienced by all people in Lawrence.

## PARKS AND RECREATION ADVISORY BOARD

**John Nalbandian**, Chair  
**Amber Nickel**, Vice-Chair  
**Jacki Becker**  
**Patrick Brown**  
**Andrea Chavez**  
**Sam Thomas**  
**John Blazek**  
**Val Renault**  
**Marilyn Hull**

## LAWRENCE CULTURAL ARTS COMMISSION

**Daniel Smith**, Chair  
**Marlo Angell**, Vice Chair  
**Jill Stueve**  
**Deena Amont**  
**Mary Doveton**  
**Rebekka Schlichting**  
**Marciana Vequist**  
**Tim Metz**

Currently 3 open seats as of 5/01/2023

## TRANSIENT GUEST TAX GRANT PROGRAM ADVISORY BOARD

**Brendon Allen**  
**Katie Tiegreen**  
**Peter Bobkowski**  
**Heidi Champagne**  
**Lisa MacKinnon**  
**Jose Pauda, Jr.**  
**Tim Metz**

## ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

### STAFF

**Derek Rogers**, Director  
*drogers@lawrenceks.org*  
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**Roger Steinbrock**, Communications & Events Manager  
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**Abby Bush-Wilder**, Communications & Events Coordinator  
*awilder@lawrenceks.org*  
**Stephen Mason**, Communications & Events Coordinator  
*smason@lawrenceks.org*

## CEMETERIES: Oak Hill, Memorial Park, Maple Grove

Inquiries handled at Memorial Park:  
1517 E. 15th St. • (785) 832-3451  
Hours: 9 a.m. to 1 p.m. (Mon-Fri)

## COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

### CODES

**CB**.....Community Building    **AR**.....Art Room  
**CR**.....Community Room    **DS**.....Dance Studio  
**CR1**..Community Room 1    **GY**.....Gymnasium  
**CR2**..Community Room 2    **KR**.....Kaw Room

## RESERVATION/ENROLLMENT HOURS

9 a.m. to 5 p.m. (Mon-Fri)

### STAFF

**Annette Deghand**, Recreation Operations Manager  
*adeghand@lawrenceks.org*  
**Kent Rettig**, Recreation Operations Manager  
*krettig@lawrenceks.org*  
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**Gayle Sigurdson**, Lifelong Recreation Supervisor  
*gsigurdson@lawrenceks.org*  
**Justin Deaver**, Recreation Programmer – Unified Recreation  
*jdeaver@lawrenceks.org*  
**Ashlee Roll-Gregory**, Administrative Technician

## EAGLE BEND GOLF COURSE & LEARNING CENTER

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

### STAFF

**Greg Dannevik**, Golf Course Professional  
*gdannevik@lawrenceks.org*  
**Ryan Cloud**, Assistant Golf Course Professional  
*rcloud@lawrenceks.org*

## HOLCOM PARK RECREATION CENTER

2700 W. 27th St. • (785) 832-7940

### CODES

**HPRC**.....Holcom Park Recreation Center  
**GY**.....Gymnasium  
**BR**.....Wayne Bly Room

## ENROLLMENT HOURS

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

### STAFF

**Elias Parenti**, Recreation Programmer  
*eparenti@lawrenceks.org*

## LAWRENCE INDOOR AQUATIC CENTER

4706 Overland Drive • (785) 832-SWIM (7946)

### CODES

**LIAC**.....Lawrence Indoor Aquatic Center

## RESERVATION/ENROLLMENT HOURS

8 a.m. - 5 p.m. (Mon-Fri)

### STAFF

**Lori Madaus**, Aquatics Supervisor  
*lmadaus@lawrenceks.org*  
**Becky Childers**, Assistant Aquatics Supervisor  
*bchilders@lawrenceks.org*  
**Lisa Hughes**, Senior Administrative Specialist  
*lhughes@lawrenceks.org*

## PARKS AND MAINTENANCE DIVISION

### STAFF

**Tyler Fike**, Horticulture & Forestry Manager  
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**Darin Pearson**, Park Operations Manager/  
Eagle Bend  
*dpearson@lawrenceks.org*  
**Mitch Young**, Park District Supervisor/Cemeteries  
*miyoung@lawrenceks.org*

# DIRECTORY/OTHER CODES

Stretch Your Limits — [www.lprd.org](http://www.lprd.org)

## PRAIRIE PARK NATURE CENTER

2730 Harper St. • (785) 832-7980

### CODES

**PPNC**.....Prairie Park Nature Center

### ENROLLMENT HOURS:

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

### STAFF

**Rachel Neff**, Nature Center Supervisor  
[rneff@lawrenceks.org](mailto:rneff@lawrenceks.org)

## EAST LAWRENCE RECREATION CENTER

1245 E. 15th St. • (785) 832-7950

### CODES

**ELRC**.....East Lawrence Recreation Center

**GR**.....Gymnastics Room

**MR**.....Meeting Room

**TZ**.....Tumble Zone

### ENROLLMENT HOURS:

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

### STAFF

**Madison Norris**, Recreation Programmer  
[mnorris@lawrenceks.org](mailto:mnorris@lawrenceks.org)

## SPORTS PAVILION LAWRENCE®

100 Rock Chalk Lane • (785) 330-7355

### CODES

**SPL**.....Sports Pavilion  
**GR**.....Gymnastics Room  
**CR**.....Champion Room

**FR**.....Fitness Room  
**LR**.....Legacy Room

### RESERVATION/ENROLLMENT HOURS

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

### STAFF

**Taylor Martin**, Facilities Operations Supervisor  
[tmartin@lawrenceks.org](mailto:tmartin@lawrenceks.org)

**Jo Ellis**, Recreation Instruction Supervisor  
[jellis@lawrenceks.org](mailto:jellis@lawrenceks.org)

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[ahusbenet@lawrenceks.org](mailto:ahusbenet@lawrenceks.org)

**Bennett Johnson**, Adult Sports Recreation Programmer  
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**Landon Noll**, Recreation Programmer  
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**Molly Gordon**, Recreation Programmer  
[mgordon@lawrenceks.org](mailto:mgordon@lawrenceks.org)

**Paula Craig**, Administrative Specialist  
[pcraig@lawrenceks.org](mailto:pcraig@lawrenceks.org)

## OTHER LOCATIONS

### CARN

Carnegie Building,  
200 W. 9th St.

**HR**.....Heritage Room

**CFR**.....Conference Room

### CENPK

Centennial Park,  
600 Rockledge Rd.

### CL

Climb Lawrence,  
714 Vermont St.

### CLSC

Clinton Lake Softball Complex,  
5101 Speicher Rd.

### CMW

Crescent Moon Winery,  
15930 246th St.

### DCFG

Douglas County Fairgrounds,  
2120 Harper St.

### MASS

Massachusetts St.

### PT

Peaslee Tech,  
2920 Haskell Ave., Suite 100

### RCL

Royal Crest Lanes,  
933 Iowa St.

### SP

South Park,  
1141 Massachusetts St.

### SRC

Senior Resource Center,  
745 Vermont St.

### TW

Trivedi Wine,  
1826 E. 1150 Road

### YSC

Youth Sports Complex,  
4911 W. 27th St.

New Class	Class Name	Fitness Level	Ages/Class Size		Description				
	<b>NEW ESSENTRICS</b> ●●								
Co-Sponsored	■ <i>Ages: 15 and Up. Enrollment Min 10 / Max 15.</i> A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. <b>Bring a mat. No class 11/22, 11/25.</b>				Class Notes				
Class not eligible for scholarships									
Night Class (noted in bold)	<b>Instructor: Kirstin Olson.</b>				Class Location (listed pages 2-3)				
Activity Number	CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE	
	415027	A	ESSEN	W	5:30-6:30PM	9/13-10/25	HPRC-BR	\$30	Class Fee
	415027	B	ESSEN	S	8:45-9:45AM	9/16-10/28	HPRC-BR	\$30	
Section of Class					Dates of Class		Time of Class		Day of Class
Name of Class									

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

●● **Intermediate:** Fairly active in sports, dance or some type of regular exercise (2-3 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](http://rainoutline.com). If you are in need of special accommodations for our programs/classes, please call The Community Building at (785) 832-7920.



# AQUATICS

## ADMISSION FEES/PASS OPTIONS

### ADMISSION FEES/PASS OPTIONS

Several admission options are offered to swimmers in the Lawrence community. Daily admission, annual passes, 30-day passes and 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.** For more information and pricing, please visit our website at <https://www.lprd.org/aquatics/admission>.

## 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!**

## 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 TONE

**Ages: 16 and up. Enrollment Min 8 / Max 20.** 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. **No class 9/4, 11/20, 11/22. Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412413	1A	AQTONE	MW	5:30-6:15PM	8/21-10/11	LIAC	\$72
412413	2A	AQTONE	MW	5:30-6:15PM	10/23-12/13	LIAC	\$63

### 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 11/21, 11/23. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412434	1A	AQFIT	TR	9-9:45AM	8/22-10/12	LIAC	\$72
412434	1B	AQFIT	TR	10-10:45AM	8/22-10/12	LIAC	\$72
412434	2A	AQFIT	TR	9-9:45AM	10/24-12/14	LIAC	\$63
412434	2B	AQFIT	TR	10-10:45AM	10/24-12/14	LIAC	\$63

### AQUA HIIT

**Ages: 16 and Up. Enrollment Min 10 / Max 20.** 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 and shallow water Thursday. **Flotation belts required (supplied) in deep water; no swimming skills required. No class 11/21, 11/23. Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412437	1A	AQHIIT	TR	5:30-6:15PM	8/22-10/12	LIAC	\$72
412437	2A	AQHIIT	TR	5:30-6:15PM	10/24-12/14	LIAC	\$63

### AQUA STRETCH FUSION II

**Ages: 16 and up. Enrollment Min 8 / Max 20.** 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. Competition pool; shallow end. **No class 11/21, 11/23. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412412	1B	FUSION2	TR	8:15-9:15AM	8/22-10/12	LIAC	\$72
412412	2B	FUSION2	TR	8:15-9:15AM	10/24-12/14	LIAC	\$63



### JIVIN' JOINTS

**Ages: 16 and Up. Enrollment Min 15 / Max 20.** This is a group recreational water-based exercise program. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce pain and stiffness. Leisure pool; 3-lane lap area. **No class 9/4, 11/20, 11/22, 11/24. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412430	1A	JIVNJNTS	MWF	8:45-9:30AM	8/21-10/13	LIAC	\$108
412430	1B	JIVNJNTS	MWF	9:45-10:30AM	8/21-10/13	LIAC	\$108
412430	2A	JIVNJNTS	MWF	8:45-9:30AM	10/23-12/15	LIAC	\$95
412430	2B	JIVNJNTS	MWF	9:45-10:30AM	10/23-12/15	LIAC	\$95

# AQUATICS




## FALL HOURS

### Indoor Aquatic Center

<https://lprd.org/aquatics/iac>

## SHALLOW SHAKERS

**Ages: 16 and Up. Enrollment Min 8 / Max 20.** Water provides the conditioning of buoyance while offering constant resistance and a cool non-sweating workout. This low impact water walking class combined with light aerobics provides cardiovascular conditioning, improves muscle tone and balance. Leisure pool; 3-lane lap area. **No class 9/4, 11/20, 11/22, 11/24. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412420	1A	SHALLOW	MWF	7:15-8AM	8/21-10/13	LIAC	\$108
412420	2A	SHALLOW	MWF	7:15-8AM	10/23-12/15	LIAC	\$95

## DEEPLY FIT

**Ages: 16 and up. Enrollment Min 8 / Max 20.** Take the plunge into deep-water aquatic fitness. Challenge your body, core muscles, and have fun! Flotation belt required (provided). No swimming skills necessary. Competition Pool; deep water. **No class 9/4, 11/20, 11/22, 11/24. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412438	1A	DEEPLYFITMWF		8:15-9:15AM	8/21-10/13	LIAC	\$108
412438	2A	DEEPLYFITMWF		8:15-9:15AM	10/23-12/15	LIAC	\$95

## LABLAST SPLASH

**Ages: 16 and Up. Enrollment Min 8 / Max 20.** LaBlast Splash is a shallow aqua dance fitness workout based on Ballroom Dancing. It is partner-free and you learn the true skill of dance while blasting away calories in the pool. **No class 9/4, 11/20, 11/22. Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412439	1A	LABLAST	MW	6:30-7:15PM	8/21-10/11	LIAC	\$72
412439	2A	LABLAST	MW	6:30-7:15PM	10/23-12/13	LIAC	\$63

# 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 (PNTCHLD) (Ages 6 months to 3 years):** 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 (PRSCHOL) (4 year olds):** 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 year olds):** 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 year olds):** *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).*

# AQUATICS

**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).*

**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).*

**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).*

## INDOOR AQUATIC CENTER

Saturdays, Sept. 9-30

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412114	2A	PRSCHOL	S	9-9:25AM	9/9-9/30	LIAC	\$33
412102	2A	LEVEL 2	S	9-9:45AM	9/9-9/30	LIAC	\$33
412105	2A	LEVEL 5	S	9-9:45AM	9/9-9/30	LIAC	\$33
412100	2A	PNTCHLD	S	9:30-9:55AM	9/9-9/30	LIAC	\$33
412115	2A	AQUATOT	S	10-10:25AM	9/9-9/30	LIAC	\$33
412102	2B	LEVEL 2	S	10-10:45AM	9/9-9/30	LIAC	\$33
412103	2A	LEVEL 3	S	10-10:45AM	9/9-9/30	LIAC	\$33
412101	2A	LEVEL 1	S	10:30-10:55AM	9/9-9/30	LIAC	\$33
412103	2B	LEVEL 3	S	11-11:45AM	9/9-9/30	LIAC	\$33
412104	2A	LEVEL 4	S	11-11:45AM	9/9-9/30	LIAC	\$33
412108	2A	ADULT	S	11-11:45AM	9/9-9/30	LIAC	\$33

Saturdays, Oct. 21-Nov. 11

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412101	4A	LEVEL 1	S	9-9:25AM	10/21-11/11	LIAC	\$33
412102	4A	LEVEL 2	S	9-9:45AM	10/21-11/11	LIAC	\$33
412107	4A	JRSWIM	S	9-9:45AM	10/21-11/11	LIAC	\$33
412114	4A	PRSCHOL	S	9:30-9:55AM	10/21-11/11	LIAC	\$33
412100	4B	PNT/CHLD	S	10-10:25AM	10/21-11/11	LIAC	\$33
412103	4A	LEVEL 3	S	10-10:45AM	10/21-11/11	LIAC	\$33
412105	4A	LEVEL 5	S	10-10:45AM	10/21-11/11	LIAC	\$33
412115	4A	AQUATOT	S	10:30-10:55AM	10/21-11/11	LIAC	\$33
412103	4B	LEVEL 3	S	11-11:45AM	10/21-11/11	LIAC	\$33
412104	4A	LEVEL 4	S	11-11:45AM	10/21-11/11	LIAC	\$33
412108	4A	ADULT	S	11-11:45AM	10/21-11/11	LIAC	\$33

## AQUATIC PERSONAL TRAINING

Are you trying to be more accountable for your own health? Do you like the aquatic environment? Want guidance and motivation on a personal basis? Want workouts personalized specifically for you now and in future as your skills increase? Aquatic personal training sessions are for you! Working with a nationally certified aquatic personal trainer will help you reach your goals today and in future. No swimming skills are required. Individual sessions are 45 minutes in length. Cost is \$45 per 45-minute session. **Contact Lori Madaus at the Lawrence Indoor Aquatic Center for additional information.**

# CAMPS

## SCHOOLS OUT WORKSHOPS

### ENRICHMENT WORKSHOPS—MAD SCIENCE OF KANSAS CITY CAMPS

Lawrence Parks and Recreation has partnered with Mad Science of Kansas City to help your child to touch, see, hear, smell, and taste what science is all about! Campers will explore how science affects the world around us through discovery, games, hands-on activities, and a variety of take-home projects. All supplies are included in the fee. **Participants need to bring a sack lunch, water and a snack.**

### OOEY, GOOEY INSIDES

■ **Age: 7-12. Enrollment Min 10 / Max 20.** Investigate the insides of Tall Paul. Learn about the digestive process. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421010	A	OOEY	F	9AM-4PM	10/13	SPL-CR	\$72

### EDISON'S WORKBENCH

■ **Age: 7-12. Enrollment Min 10 / Max 20.** Team up with your fellow camp inventors to explore the inventions of others--kids, women, Rube Goldberg, Thomas Edison and more! Draw inspiration from the wacky and practical. The goal of this full one-day camp is to understand that we have no limitations. Our dreams will inspire invention! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421010	B	EDISON	R	9AM-4PM	10/19	SPL-CR	\$72

### COUNTDOWN TO LAUNCH

■ **Age: 7-12. Enrollment Min 10 / Max 20.** Investigate Newton's Laws of Motion firsthand. Learn about propulsion with air-propelled miniature rockets and then design your own! Experience your first real rocket launch in Mad Science when you fire off a rocket like the one you built. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421010	C	CNTDN	F	9AM-4PM	10/20	SPL-CR	\$72

### SPACE ACADEMY

■ **Age: 7-12. Enrollment Min 10 / Max 20.** Children will discover how astronauts live and work in space. The sun, moon, stars and gravity are only a few of the things that we must deal with on this Mad Science mission. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421010	D	SPACE	M	9AM-4PM	10/23	SPL-CR	\$72

### JUNIOR ENGINEERS

■ **Age: 7-12. Enrollment Min 10 / Max 20.** Young engineers will have lots to talk about after a full day of building and testing structures out of lots of different materials! They check out pyramids, arches, inflatable beams, and build bridges and skyscrapers. In between, children will have fun playing games and puzzles with shapes and structures. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421010	E	JRENG	R	9AM-4PM	12/21	SPL-CR	\$72

### CRAZY CHEMISTRY

■ **Age: 7-12. Enrollment Min 10 / Max 20.** In this workshop, we investigate chemical reactions happening all around us every day, in the kitchen, the laundry, the garden even the walls! Young scientists will build crystals, make sidewalk chalk, bath fizzers and a chromatography T-shirt, investigate water absorbing chemicals, and use chemical reactions to make their own ice cream. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421010	F	CRAZY	F	9AM-4PM	12/22	SPL-CR	\$72



# CAMPS

## GYMNASTICS

### SCHOOLS OUT GYMS IN

**Ages: 6-12. Enrollment Min 6 / Max 21.** This all day action packed day camp will keep your kids busy. Children will be lead through obstacle courses, open gym and activities by the gymnastics staff. The day will include fun gymnastics/ ninja skills, games around the facility including courts and turf, free play, and gym time! **Bring a sack lunch, water bottle, and a snack. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416027	A	SCHOOL	F	9AM-4PM	10/13	SPL-GR	\$65
416027	B	SCHOOL	R	9AM-4PM	10/19	SPL-GR	\$65
416027	C	SCHOOL	F	9AM-4PM	10/20	SPL-GR	\$65
416027	D	SCHOOL	M	9AM-4PM	10/23	SPL-GR	\$65
416027	E	SCHOOL	R	9AM-4PM	12/21	SPL-GR	\$65
416027	F	SCHOOL	F	9AM-4PM	12/22	SPL-GR	\$65

## WINTER BREAK CAMPS

### GYMNASTICS CAMP

**Age: 5-12. Enrollment Min 6 / Max 21.** Gymnastics camp is geared toward providing basic gymnastic instruction, as well as providing an environment to practice new skills. We strive to give each camper a great experience filled with drill progressions, new techniques and fun! Daily activities will include games around the facility including court and turf, free play, outdoor fun and lots of gymnastics. **Camper's need to provide a water bottle, sack lunch and a healthy snack. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416014	A	GYCMP	WRF	9AM-4PM	12/27-12/29	SPL-GR	\$135
416014	B	GYCMP	TW	9AM-4PM	1/2-1/3	SPL-GR	\$90

### MAD SCIENCE CAMPS

#### BRIXOLOGY

**Age: 7-12. Enrollment Min 10 / Max 20.** This camp will guide you and your team to accomplish engineering-themed projects 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. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421011	A	BRXLGY	MTW	9AM-12PM	12/27-12/29	SPL-CR	\$135



### SECRET AGENT LAB

**Age: 7-12. 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. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421011	B	SECRET	TW	9AM-12PM	1/2-1/3	SPL-CR	\$105

# DANCE

## ADULT DANCE

Our adult dance classes are suitable for complete beginners, experienced dancers or those just looking for a fun and enjoyable way to get fit; we are sure to have a class to suit you! Improve coordination, link moves together and find comfort and confidence in various dance styles. You'll be taught all the dance essentials: terminology, traveling steps, and, most importantly, rhythm.

**Prices listed at a per-person rate. Some programs require partner enrollment.**

### COUNTRY COUPLES VARIETY DANCING

**Age: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Get ready to scoot your boots with a wide variety of country dances including the two-step, swing, waltz and polka dance. Learn the basic movements and sharpen your dance skills in this progressive class. **Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414150	A	CCVD	SU	5:40-6:40PM	9/10-10/15	SPL-LR	\$40

### LINE DANCING

**Age: 15 and Up. Enrollment Min 10 / Max 30.** Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the 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
414152	A	LINE	SU	4:30-5:30PM	9/10-10/15	SPL-LR	\$40
414152	B	LINE	SU	4:30-5:30PM	10/22-11/26	SPL-LR	\$40

### NIGHT CLUB DANCES

**Age: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Get ready to tear up the dance floor with two popular night club dances. You'll learn dances from both ends of the spectrum: the slow and graceful night club sway, and the fast and smooth hustle. You'll be swaying and hustling to ballads, pop, hip hop, disco, and more! **Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414153	A	NGTCLB	SU	6:50-7:50PM	10/22-11/26	SPL-LR	\$40

### SWING DANCING

**Age: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Come and join the worldwide sensation of swing dancing. Classes will concentrate on the up-tempo single-count East Coast swing with basic patterns, a variety of footwork and loads of fun. Class also includes an introduction to the stylish, slow and bluesy West Coast swing. **Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414154	A	SWING	SU	5:40-6:40PM	10/22-11/26	SPL-LR	\$40

### WEST COAST SWING, BEGINNER/INTERMEDIATE

**Age: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Come and learn one of today's hottest dances. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop, or Country. 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, with lots of time to practice. All levels are welcome. **Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414155	A	WCS	SU	6:50-7:50PM	9/10-10/15	SPL-LR	\$40



# DANCE

## BALLROOM DANCE

■ **Enrollment Min 4 couples / Max 8 couples.** This class is designed to you give you a feel for the basic steps, connection, and music of several dances per class. Learn fun techniques to spice up your dancing. Dancers will be introduced to the Waltz, Fox Trot, Jive and Cha Cha. **No class 11/22. Partner enrollment required. Instructor: Shirley Barrand.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414180	A	BALL	W	7-8PM	9/13-10/18	HPRC-BR	\$40
414180	B	BALL	W	7-8PM	11/1-12/13	HPRC-BR	\$40

## HULA, BASIC

See Fitness, page 13.

## FRIDAY WORKSHOPS

Workshop fees are listed at a per-person rate. Some programs require partner's enrollment.

### CHA CHA WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** 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 with interlocking slots that include both sideway patterns and forward and backward ones, all which can be incorporated into various styles of music. All levels are welcome. **Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414146	A	CHACHA	F	5:45-8PM	12/1	SPL-LR	\$20

### EAST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** 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. Single time and triple time footwork and movements will be presented. All levels are welcome! **Partner Enrollment required. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414140	A	ECS	F	5:45-8PM	9/29	SPL-LR	\$20

### LINE DANCING WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 10 / Max 30.** Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the 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
414141	A	LINEWS	F	5:45-8PM	9/22	SPL-LR	\$20
414141	B	LINEWS	F	5:45-8PM	10/20	SPL-LR	\$20
414141	C	LINEWS	F	5:45-8PM	11/17	SPL-LR	\$20
414141	D	LINEWS	F	5:45-8PM	12/15	SPL-LR	\$20

### TWO-STEP, BEGINNER/INTERMEDIATE

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** A mainstay of every country dance venue in the world. Two-Step is a traveling dance to a moderate to fast country music with a driving beat. Learn the basics and movements so you can look your best on the dance floor. Learn lead and follow concepts that apply to all dances. Gain the confidence to get out on the social dance floor. **Singles and partners welcome. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414144	A	TWOSTEP	F	5:45-8PM	10/27	SPL-LR	\$20

## ULTIMATE DANCE PARTY

■ **Ages: 18 and Up. Enrollment Min 6 couples / Max 15 couples.** It's time to dance! You have learned all the steps, now you and your partner want to go out for an evening. 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 enjoy your favorite dance to some great music and dance the night away! **Partner enrollment required. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414160	A	ULTDNC	F	6-8PM	9/8	SPL-LR	\$15
414160	B	ULTDNC	F	6-8PM	10/6	SPL-LR	\$15
414160	C	ULTDNC	F	6-8PM	11/3	SPL-LR	\$15
414160	D	ULTDNC	F	6-8PM	12/8	SPL-LR	\$15

## SUNDAY WORKSHOPS

Workshop fees are listed at a per-person rate. Some programs require partner's enrollment.

### DANCE FUNDAMENTALS I – SINGLE RHYTHM DANCE MOVEMENTS

■ **Ages: 15 and Up. Enrollment Min 8 / Max 20.** This workshop will focus on single-rhythm dance movements and patterns like struts, rock steps, swivels, 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 swivels. The first two hours will be instruction on basic dance steps and patterns followed by a one-hour dance to practice. **Singles and partners welcome. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414149	A	DFI	SU	1:15-4:15PM	9/17	SPL-LR	\$25

### DANCE FUNDAMENTALS II - TRIPLE RHYTHM MOVEMENTS & MORE

■ **Ages: 15 and Up. Enrollment Min 8 / Max 20.** This program is packed full of triple-rhythm dance movements and patterns like sailor steps, coaster steps and crossing triples. You'll review foot positions and some basic techniques that were explained in Dance Fundamentals I, and brush up on arm positions and port de bras. Then you'll 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
414149	B	DFII	SU	1:15-4:15PM	10/22	SPL-LR	\$25

### DANCE FUNDAMENTALS III – SPINS AND TURNS

■ **Ages: 15 and Up. Enrollment Min 8 / Max 20.** Elevate your dancing ability! Learn how to execute Spins and Turns properly with balance and control. Dance Fundamentals III is all about spins and turns, progressive and stationary. Just some of the many spins and turns defined, explained and practiced are traveling pivots, chainnés, 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
414149	C	DFIII	SU	1:15-4:15PM	11/12	SPL-LR	\$25

# DANCE

## YOUTH DANCE

All youth dance classes follow a set curriculum to help provide each dancer the 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 through movement.

All dance classes, except Wiggles and Giggles, invite only students into the dance studio during class time. We find that students focus and have the greatest opportunity for learning with just 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 commitment.

### SPORTS PAVILION LAWRENCE® – 100 ROCK CHALK LANE



### LINE DANCING WORKSHOP

■ **Ages: 15 and Up. Enrollment Min: 10 / Max: 30.** Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the 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
414141	E	LINEWS	SU	1:15-4:15PM	12/3	SPL-LR	\$25

### INTERMEDIATE LINE DANCING

■ **Ages: 15 and Up. Enrollment Min 10 / Max 30.** For those comfortable with line dancing who would like to try longer dance sequences and more challenging choreography, this class is for you! This intermediate line dance class covers many genres of group social line dances from around the world: Country, Pop, Latin, Oldies, R&B, Swing and more. **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414143	A	INTLINE	SU	3:15-4:15PM	9/24	SPL-LR	\$12
414143	B	INTLINE	SU	3:15-4:15PM	10/29	SPL-LR	\$12
414143	C	INTLINE	SU	3:15-4:15PM	11/26	SPL-LR	\$12

### WEDDING DANCE CRASH COURSE

■ **Ages: 18 and Up. Enrollment Min 6 couples / Max 15 couples.** Do you have two left feet? Have you 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. **Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414161	A	WDCC	SU	1:15-4:15PM	9/10	SPL-LR	\$25
414161	B	WDCC	SU	1:15-4:15PM	10/8	SPL-LR	\$25
414161	C	WDCC	SU	1:15-4:15PM	11/5	SPL-LR	\$25

### GIGGLES & WIGGLES

**Ages 2-3 with parent. Enrollment Min 5 / Max 12.** Dancers and their parent learn playful movement together through simple songs, exercises, fun games and use of props. Dancers develop the growth of basic motor skills and discipline while becoming more internally aware of their body, balance, rhythm, creativity and social interaction. **Only registered participants are allowed in the classroom, one parent per dancer, no siblings. No class 11/23, 11/25. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414015	A	GW	S	11:45AM-12:20PM	9/9-12/9	SPL-FR	\$104
414015	B	GW	R	10:35-11:10AM	9/14-12/14	SPL-FR	\$104

### MINI BALLET

**Ages: 3-4. Enrollment Min 5 / Max 12.** Designed for tiny dancers who love to twirl, whirl and walk on their tippy toes! The beginning basics of ballet will be taught including positions, center movements, and across-the-floor leaps. Dancers will hone in on gross motor skills as well as listening and classroom skills in a fun, supportive environment. **No class 11/23. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414013	B	MBAL	R	9:40-10:25AM	9/14-12/14	SPL-FR	\$104

### MINI BALLET & HIP HOP

**Ages 3-4. Enrollment Min 5 / Max 12.** A combination class offering a taste of the basic fundamentals of ballet and hip hop. Dancers will explore the similarities and differences of each style through hip hop's high energy, sharp, edgy movements and the fluid, graceful, control of ballet. Both forms of movement builds self-confidence, discipline, body awareness, coordination, balance, strength and flexibility. This is a great class to learn the basics of ballet and hip hop in one fun class! **No class 11/25. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414012	A	MBHH	S	9:50-10:35AM	9/9-12/9	SPL-LR	\$104

### BEAMING BALLET & HIP HOP

**Ages 5-6. Enrollment Min 5 / Max 12.** A combination class offering a taste of the basic fundamentals of ballet and hip hop. Dancers will explore the similarities and differences of each style through hip hop's high energy, sharp, edgy movements and the fluid, graceful, control of ballet. Both forms of movement builds self-confidence, discipline, body awareness, coordination, balance, strength and flexibility. This is a great class to learn the basics of ballet and hip hop in one fun class! **No class 11/25. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414011	A	BBHH	S	10:45-11:35AM	9/9-12/9	SPL-FR	\$104

# DANCE

COMMUNITY BUILDING – 115 W. 11TH STREET

## MINI BALLET

**Ages: 3-4. Enrollment Min 5 / Max 12.** Designed for tiny dancers who love to twirl, whirl and walk on their tippy toes! The beginning basics of ballet will be taught including positions, center movements, and across-the-floor leaps. Dancers will hone in on gross motor skills as well as listening and classroom skills in a fun, supportive environment. **No class 11/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414013	A	MBAL	M	5:30-6:15PM	9/11-12/11	CB-DS	\$104

## MINI HIP HOP

**Ages: 3-4. Enrollment Min 5 / Max 12.** In this energetic class dancers will move and groove to fun, upbeat music while exploring time, space, energy, use of levels, sharp edges and hitting poses all while expressing their own personality. This class builds over all coordination, balance and motor skills in a fun, high energy environment. **No class 11/22. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414017	A	MHIPHOP	W	5:30-6:15PM	9/13-12/13	CB-DS	\$104

## BEAMING BALLET

**Ages: 5-6. Enrollment Min 5 / Max 12.** This class focuses on skills and technique needed to build a basic foundation of ballet through the introduction to barre work, center and across the floor skills and choreography. Dancers will increase self-confidence, strength, flexibility, balance and coordination in a structured and fun environment. **No class 11/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414027	A	BBALLET	M	6:20-7:10PM	9/11-12/11	CB-DS	\$104



## BEAMING HIP HOP

**Ages 5-6. Enrollment Min 5 / Max 12.** Fancy footwork and high energy movement will inspire dancers to express their personality in an upbeat, fun class. Dancers explore the use of levels, time, space and energy, hitting poses and sharp edges through center work, across the floor skills and choreography. This class will increase overall body awareness, coordination, discipline and self-confidence. **No class 11/22. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414016	A	BHIPHOP	W	6:20-7:10PM	9/13-12/13	CB-DS	\$104

## RISING BALLET I

**Ages 7-10. Enrollment Min 5 / Max 12.** A ballet class focused on developing body alignment and fluid movement in a fun, supportive environment. Proper technique will be taught through barre work, center and across the floor skills and choreography. Dancers will increase over all body awareness, coordination, balance, flexibility, discipline, self-confidence and grace. **No class 10/31, 11/21. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414109	A	RBALI	T	5:30-6:20PM	9/12-12/12	CB-DS	\$96

## RISING HIP HOP I

**Ages 7-10. Enrollment Min 5 / Max 12.** A high energy class focusing on basic hip hop technique while encouraging dancers to express their own personality through age appropriate movement and music. Dancers explore time, space, energy and the use of levels and tempos through skills in the center, across the floor work and upbeat choreography. Strength, flexibility, coordination and confidence will increase in this fun, fast paced class! **No class 11/23. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414105	A	RHIPI	R	5:30-6:20PM	9/14-12/14	CB-DS	\$104

## RISING BALLET II

**Ages 7-10. Enrollment Min 5 / Max 12. Pre requisite of two 12-week sessions of Rising Ballet I.** This ballet class is the next level for the dancer who is ready to be challenged with more skills while continuing to develop their body alignment and fluid movement in a fun, supportive environment. Proper technique will be taught through barre work, center and across the floor skills and choreography. Dancers will increase over all body awareness, coordination, balance, flexibility, discipline, self-confidence and grace. **No class 10/31, 11/21. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414109	B	RBALII	T	6:25-7:15PM	9/12-12/12	CB-DS	\$96

## RISING HIP HOP II

**Ages 7-10. Enrollment Min 5 / Max 12. Pre requisite of two 12-week sessions of Rising Hip Hop I.** This high energy hip hop class is the next level for the dancer who is ready to be challenged with more skills while honing in on expressing their technique and style. Dancers explore time, space, energy and the use of levels and tempos through skills in the center, across the floor work and upbeat choreography. Strength, flexibility, coordination and confidence will increase in this fun, fast paced class! **No class 11/23. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414105	B	RHIPII	R	6:25-7:15PM	9/14-12/14	CB-DS	\$104



# FITNESS

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

## 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.

- **Introductory:** Just starting to exercise or haven't exercised in six months.
- **Intermediate:** Fairly active in sports, dance or some type of regular exercise (2-3 times per week).
- **Advanced:** Very active in sports or have been exercising four or more times per week for six months.

## NEW CAST-A-WEIGHTS ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A strength training focusing on all muscle groups in this 30 minute class. Emphasizing on your core to tone and provide strength conditioning. Get a total body workout and gain a solid foundation. **Bring your own mat. No class 11/23. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415122	A	CW	TR	5:30-6PM	9/12-10/26	SPL-FR	\$53
415122	B	CW	TR	5:30-6PM	11/2-12/14	SPL-FR	\$45

## CYCLE STRENGTH ●●

*Ages: 15 and Up. Enrollment Min 7 / Max 14.* Heart-pumping non-stop base workout, with a little bit of something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges, and jumps all to music hand-picked to motivate and inspire! **No class 11/25. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415356	A	CYCLE	S	11-11:45AM	9/16-10/28	CB-KR	\$39
415356	B	CYCLE	S	11-11:45AM	11/4-12/16	CB-KR	\$34

## NEW CYCLING, RIDE AND ALIGN ●●

*Ages: 15 and Up. Enrollment Min 7 / Max 14.* A perfect combination to impact every part of your body. Increase your stamina and your cardiovascular system with the spin portion of the workout. Finishing with a full body stretching focusing on recovery and restoration. You'll leave class feeling strong with a boost of endorphins. Beginners will be challenged. **No class 11/20, 11/22. Instructor: Chelsea Fowler.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415351	A	RD	MW	5:30-6:25PM	9/11-10/25	CB-KR	\$63
415351	B	RD	MW	5:30-6:25PM	10/30-12/13	CB-KR	\$54

## ESSENTRICS ●●

■ *Ages: 15 and Up. Enrollment Min 10 / Max 15.* A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. **Bring a mat. No class 11/22, 11/25. Instructor: Kirstin Olson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415027	A	ESSEN	W	5:30-6:30PM	9/13-10/25	HPRC-BR	\$30
415027	B	ESSEN	S	8:45-9:45AM	9/16-10/28	HPRC-BR	\$30
415027	C	ESSEN	W	5:30-6:30PM	11/1-12/13	HPRC-BR	\$25
415027	D	ESSEN	S	8:45-9:45AM	11/4-12/16	HPRC-BR	\$25

## HULA, BASIC ●

*Ages: 15 and Up. Min: 6 / Max 12.* This mixed-level beginner class is for brand new students, beginners, and those who want to learn hula at a more relaxed pace. Our students gain a strong foundation in hula basics, including steps, beginning level hula dances, and an introduction to oli (Hawaiian chant). **No class 11/20. Instructor: Victoria Chance.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415115	A	HULA	M	6:15-7:15PM	9/11-10/23	SPL-LR	\$40
415115	B	HULA	M	6:15-7:15PM	10/30-12/11	SPL-LR	\$35

## NEW INTERVAL TRAINING ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* Experience the effectiveness of mixed intervals of strength and/or endurance muscle conditioning with cardio intervals. This platform is a great way to reach your fitness goals. **Bring your own mat. No class 11/23. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415127	A	IT	TR	6:10-6:55PM	9/12-10/26	SPL-FR	\$53
415127	B	IT	TR	6:10-6:55PM	11/2-12/14	SPL-FR	\$45

## KAP COMBO ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A combination class that consists of kickboxing, Abs & Power Sculpt. Three powerful combos packed in one class. KAP incorporates kickboxing techniques with an intense cardio workout alternating with strength training to challenge all your muscle groups with weights and resistance bands, finishing with killer Abs and Core. This class will leave you sweating, pumped, energized and ready to take on the world. **Bring a mat. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415076	A	KAP	T	5:45-6:40PM	9/12-10/24	HPRC-GY	\$30
415076	B	KAP	T	5:45-6:40PM	11/7-12/12	HPRC-GY	\$25

## POP PILATES ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates incorporates proper breathing, alignment and balance to flow through one move to the next synced to today's top 40 hits. **Bring a mat. No class 11/25. Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415032	A	POP	S	9:30-10:20AM	9/16-10/28	SPL-FR	\$30
415032	B	POP	S	9:30-10:20AM	11/4-12/16	SPL-FR	\$25

# FITNESS

## POWER HOUR ●●

**Ages: 15 and Up. Enrollment: Min 10 / Max 20.** A strong moving flow that cultivates balance, stability, flexibility, and vitality. Designed to change each week to target all major muscle groups in a variety of ways. Utilizing a mix of free weights, resistance bands, weighted bars, BOSU balls and more. It is suited for a beginner to fitness enthusiasts. **Bring a mat. No class 11/20, 11/22. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415223	A	PWRHR	MW	12:10-12:50PM	9/11-10/25	SPL-FR	\$53
415223	B	PWRHR	MW	12:10-12:50PM	10/30-12/13	SPL-FR	\$45

## POWER SCULPT ●●●

**Ages: 15 and Up. Enrollment Min 10 / Max 18.** The ultimate strength training program to build muscle. Challenge all of your muscle groups by using barbells, handheld 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. **Bring a mat. No class 11/25. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415011	A	PWRSCPT	S	10-10:50AM	9/16-10/28	CB-CR2	\$30
415011	B	PWRSCPT	S	10-10:50AM	11/4-12/16	CB-CR2	\$25

## TABATA ●●●

**Ages: 15 and Up. Min 10 / Max 20.** Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. **Bring a mat. No class 11/20, 11/22. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415101	A	TABATA	MW	5:45-6:40PM	9/11-10/25	HPRC-GY	\$53
415101	B	TABATA	MW	5:45-6:40PM	10/30-12/13	HPRC-GY	\$45

## TAI CHI AT TRIVEDI ●●

**Ages: 21 and Up. Enrollment Min 10 / Max 20.** Take your relaxation up a notch and join us for a one-hour Tai Chi class followed by a tasting of wines on the stunning grounds of Trivedi Wine. When you arrive, you'll be lead through an hour-long Tai Chi class, then have the opportunity to indulge your taste buds with a guided tasting of in the Trivedi Wine tasting room. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415288	A	TC	S	11AM-1PM	9/30	TW	\$25

## TOTAL BODY STRENGTH ●●●

**Ages: 15 and Up. Enrollment Min 10 / Max 25.** This strength based class targets your glamour muscles, the glutes, arms and abs. With fun music and high energy, you will condition, strengthen and tone some of the biggest muscle groups. All levels welcome. Some exercises may be performed outside. **Bring a mat. No class 11/23. Instructor: Nicole Heck.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415003	A	TBS	R	5:45-6:40PM	9/14-10/26	HPRC-GY	\$30
415003	B	TBS	R	5:45-6:40PM	11/2-12/14	HPRC-GY	\$25

## TRX EXPRESS ●

**Ages: 15 and Up. Enrollment Min 6 / Max 9.** This class will utilize TRX Suspension Trainers in combination with other equipment to provide an elevated strength and conditioning workout for performance improvement. A quick, 30-minute class blending support and freedom of movement for strength, endurance, balance, coordination, flexibility, power, and core stability across a wide range of intensity. **Bring a mat. No class 11/20, 11/22. Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415107	A	TRXEXP	MW	5:30-6PM	9/11-10/25	SPL-LR	\$53
415107	B	TRXEXP	MW	5:30-6PM	10/30-12/13	SPL-LR	\$45

## TRX FIT ●●

**Ages: 15 and Up. Enrollment Min 6 / Max 9.** Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, strengthening your core and promoting weight loss. This TRX experience will lead you down the road to your best all-around fitness. **Bring a mat and water bottle. No class 11/7, 11/23. Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415112	A	TRXFIT	TR	6-6:45PM	9/12-10/26	SPL-LR	\$53
415112	B	TRXFIT	TR	6-6:45PM	11/2-12/19	SPL-LR	\$45

## WEIGHTS EXPRESS ●●

**Ages: 15 and Up. (MW) Enrollment Min 10 / Max 15. (TR) Enrollment Min 6 / Max 9.** 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. **Bring a mat. No class 11/7, 11/20, 11/22, 11/23. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415023	A	WEIGHTS	MW	5:30-6PM	9/11-10/25	SPL-FR	\$53
415023	B	WEIGHTS	TR	12:15-12:45PM	9/12-10/26	SPL-LR	\$53
415023	C	WEIGHTS	MW	5:30-6PM	10/30-12/13	SPL-FR	\$45
415023	D	WEIGHTS	TR	12:15-12:45PM	10/31-12/14	SPL-LR	\$45

## YOGA, BEGINNER ●

**Ages: 15 and Up. Enrollment Min 10 / Max 12.** This class is designed as an introduction to the practice of Yoga. Class is slower paced and focuses on developing clear and safe alignment in foundational poses. Good for the student who have had Yoga but would like to revisit the basics. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety and stability with each pose. If you have never tried yoga this class is for you. **Bring a mat. No class 11/26. Instructor: M.A. Saunders.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415015	A	BEGYOGA	SU	3-4PM	9/10-10/22	HPRC-BR	\$30
415015	B	BEGYOGA	SU	3-4PM	10/29-12/10	HPRC-BR	\$25

## 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. **Bring a mat. No class 11/21, 11/23. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415022	A	EXPYOGA	TR	12:10-12:50PM	9/12-10/26	SPL-FR	\$53
415022	B	EXPYOGA	TR	12:10-12:50PM	10/31-12/14	SPL-FR	\$45

## YOGA, FLOW ●

**Ages: 15 and Up. Enrollment Min 10 / Max 15.** Suitable for beginning students as well as experienced students who enjoy a gentler class. Develop body awareness and learn basic postures and proper alignment. Learn how to sequence breath and movements and become familiar with the connection to your physical and energetic body. **Bring a mat. No class 11/20, 11/22. Instructor: Kim McDanel, Rechelle Bishop.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415040	A	YF(RB)	MW	12:10-12:50PM	9/11-10/25	SPL-LR	\$53
415040	B	YF(KM)	T	5:20-6:15PM	9/12-10/24	ELRC-GR	\$30
415040	C	YF(RB)	MW	12:10-12:50PM	10/30-12/13	SPL-LR	\$45
415040	D	YF(KM)	T	5:20-6:15PM	11/7-12/12	ELRC-GR	\$25

# FITNESS

## YOGA, INSIDE FLOW ●●

**Ages: 15 and Up. Enrollment Min 10 / Max 20.** This class is a dynamic and physically demanding form of yoga, with a focus on flowing from one posture to the next in a seamless manner. Different sequences with slow, fast, upbeat, relaxing songs starting from Hip Hop to pop music. Build physical strength and improve flexibility and mobility, in addition to physical benefits. You will improve mental focus, relaxation, and cultivate a sense of mindfulness and presence. **Bring a mat. No class 11/26. Instructor: Rechelle Bishop.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415002	A	IFYOGA	SU	6-7PM	9/10-10/22	SPL-FR	\$30
415002	B	IFYOGA	SU	6-7PM	10/29-12/10	SPL-FR	\$25

## NEW YOGA, MEDITATION ●

**Ages: 15 and Up. Enrollment Min 10 / Max 20.** A relaxed style of practice that incorporates yoga postures, gentle movement sequences and breathe work with supported silent meditation. Focus inward on your strength and stability with guided relaxation to support increased awareness and mindfulness of the breath and body. All level are welcome. **Bring your own mat. No class 11/20. Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415045	A	MY	M	5:30-6:25PM	9/11-10/23	HPRC-BR	\$30
415045	B	MY	M	5:30-6:25PM	10/30-12/11	HPRC-BR	\$25



## YOGA, POWER ●●●

**Ages: 15 and Up. Enrollment Min 10 / Max 20.** This power vinyasa yoga class is an invigorating practice that links the body with the power of the breath. With advanced variations offered, the practice builds strength, improves flexibility, and promotes physical well-being. **Bring a mat. No class 11/26. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415123	A	PWRYOGA	SU	4-5:15PM	9/10-10/22	SPL-FR	\$49
415123	B	PWRYOGA	SU	4-5:15PM	10/29-12/10	SPL-FR	\$42

## NEW YOGA, RESTORATIVE ●

**Ages: 15 and Up. Enrollment Min 10 / Max 20.** Restorative yoga is all about relaxation. Class will provide relief of tension and pain by creating a connection between the body and the mind through breath and mediation. Stabilizing postures will help strengthen muscle groups in a low-impact way. You will leave this class feeling renewed and restored. Bring your own mat. **No class 11/22. Instructor: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415046	A	RY	W	6:15-7:15PM	9/13-10/25	SPL-FR	\$30
415046	B	RY	W	6:15-7:15PM	11/1-12/13	SPL-FR	\$25

## 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. No class 11/21. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415016	A	SLOYOGA	T	10-11AM	9/12-10/24	SPL-FR	\$30
415016	B	SLOYOGA	T	10-11AM	10/31-12/12	SPL-FR	\$25

## YOGA, VINYASA FLOW ●●

**Ages: 15 and Up. Enrollment Min 10 / Max 15.** Vinyasa Flow is a smooth rhythmic class that seamlessly strings postures together using the breath. This dynamic class was created to get the energy moving, the sweat flowing and attain balance in the mind and body to achieve completeness. **Bring a mat. No class 11/22. Instructor: Sydney Heinen.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415118	A	VINYOGA	W	5:45-6:40PM	9/13-10/25	ELRC-GR	\$30
415118	B	VINYOGA	W	5:45-6:40PM	11/1-12/13	ELRC-GR	\$25

## YOGA AT THE WINERY ●●

**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. When you arrive, you'll be lead through an hour-long Vinyasas class, then you'll have the opportunity to indulge your taste buds with a guided tasting of six wines in the Crescent Moon Winery tasting room. **Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415276	A	WINERY	F	6-8PM	9/22	CMW	\$25

## NEW HELLO NAMASTE ●●

**Ages 15 and Up. Enrollment Min 10 / Max 15.** This class is designed to exploring the range of movement that yoga has to offer with a focus on a particular posture each class. The first half of the class is a practice to open the body; while the second half is a workshop of that intended posture. Although it is not requirement to go into the full expression, this class will prepare you step-by-step with the ability to get into, as well as, how to deepen the posture and take it further. **Bring a mat. No class 11/25. Instructor: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415280	A	NAMASTE	S	9-10AM	9/16-10/28	ELRC-GR	\$30
415280	B	NAMASTE	S	9-10AM	11/4-12/16	ELRC-GR	\$25

## YOGILATES ●●

**Ages: 15 and Up. Enrollment Min 10 / Max 35 (TR), Max 20 (S).** 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. **Bring a mat. No class 11/23, 11/25. Instructors: Fran Hopkins (FH) | Shannon Carlson (SC).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415121	A	YOGI (FH)	TR	5:30-6:25PM	9/12-10/26	CB-CR1	\$53
415121	B	YOGI (SC)	S	8:30-9:20AM	9/16-10/28	SPL-FR	\$30
415121	C	YOGI (FH)	TR	5:30-6:25PM	11/2-12/14	CB-CR1	\$45
415121	D	YOGI (SC)	S	8:30-9:20AM	11/4-12/16	SPL-FR	\$25



# FITNESS

## ZUMBA

**Ages: 15 and Up. Enrollment Min 10 / Max 20.** A fitness program that combines Latin and international music with dance moves. Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **No class 11/7, 11/20, 11/22, 11/23, 11/24, 11/25. Instructors: Pat Middaugh (PM), Susan King (SK), Amy Ash (AA), Mary Davidson (MD).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415000	A	ZUM(PM)	MWF	12:10-12:50PM	9/11-10/27	HPRC-GY	\$63
415000	B	ZUM(SK) M		5:30-6:25PM	9/11-10/23	CB-GY	\$30
415000	C	ZUM(AA) T		5-5:50PM	9/12-10/24	SPL-LR	\$30
415000	D	ZUM(MD) R		5:30-6:25PM	9/14-10/26	CB-GY	\$30
415000	E	ZUM(AS) S		8:45-9:35AM	9/16-10/28	SPL-LR	\$30
415000	F	ZUM(PM) MWF		12:10-12:50PM	10/30-12/15	HPRC-GY	\$54
415000	G	ZUM(SK) M		5:30-6:25PM	11/30-12/11	CB-GY	\$25
415000	H	ZUM(AA) T		5-5:50PM	11/14-12/19	SPL-LR	\$25
415000	I	ZUM(MD) R		5:30-6:25PM	11/2-12/14	CB-GY	\$25
415000	J	ZUM(AA) S		8:45-9:35AM	11/4-12/16	SPL-LR	\$25



# GYMNASTICS

## SPORTS PAVILION LAWRENCE®

100 ROCK CHALK LANE

**Lawrence Parks and Recreation has restructured our Gymnastics and Ninja Warrior programs starting this fall. All classes will be offered as sessions moving forward.**

### PRESCHOOL & RECREATION GYMNASTICS/NINJA WARRIOR

Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic and ninja skill development, as well as increase self-esteem, independence, and character while having fun and unique experiences in a healthy atmosphere. Classes are available for children ages 18 months and up.

Sports Pavilion Lawrence®, 100 Rock Chalk Lane, offers include Little Bears, Tumble Bears, Gym Bears, Beginning Girls/Boys, Intermediate I Boys/Girls, Intermediate II Girls, Advanced Girls, Little Ninjas, Ninja Stars and Advanced Ninja Warriors. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines.

For questions, please contact the Gymnastics Programmer at [lnoll@lawrenceks.org](mailto:lnoll@lawrenceks.org) or (785) 330-7364.

**No classes the week of Thanksgiving, 11/20-11/26.**

### NATIONAL GYMNASTICS AND DANCE DAY

**6-8:30 p.m. Friday, September 8**

**Sports Pavilion Lawrence®**

**Ages: 2 and Up.** We're flipping out for National Gymnastics and Dance Day. This day will bring the gymnastics and dance community together in celebration of the sport and its many benefits. As part of this year's celebration, LPRD will highlight the attractions of these energetic sports with an open house, introductory dance classes, gymnastics based skill stations, ninja courses, face painting, open gym and so much more. The movement starts here! **This is a free event.**



### LITTLE BEARS

**Ages: 18 months – 3 years with parent. 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! **One parent per child. No siblings allowed. No class 11/21, 11/24. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418000	A	LB	T	4:40-5:25PM	9/12-10/24	SPL-GR	\$79
418000	B	LB	F	5:30-6:15PM	9/15-10/27	SPL-GR	\$79
418000	C	LB	T	4:40-5:25PM	11/7-12/12	SPL-GR	\$57
418000	D	LB	F	5:30-6:15PM	11/3-12/15	SPL-GR	\$68

# GYMNASTICS

## TUMBLE BEARS

**Ages: 3. Enrollment Min 4 / Max 12.** Participants will improve their physical awareness, body coordination and explore movement. Large motor skills are improved using the bars, tumble track, and balance beam. Emphasis is placed on learning tumbling skills such as forward rolls, balancing, strength coordination and movement exploration. **No class 11/22, 11/23, 11/25, 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418001	A	TB	W	4:40-5:25PM	9/13-10/25	SPL-GR	\$79
418001	B	TB	R	5:30-6:15PM	9/14-10/26	SPL-GR	\$79
418001	C	TB	S	9:00-9:45AM	9/16-10/28	SPL-GR	\$79
418001	D	TB	SU	2-2:45PM	9/10-10/22	SPL-GR	\$79
418001	E	TB	W	4:40-5:25PM	11/1-12/13	SPL-GR	\$68
418001	F	TB	R	5:30-6:15PM	11/2-12/14	SPL-GR	\$68
418001	G	TB	S	9:00-9:45AM	11/4-12/16	SPL-GR	\$68
418001	H	TB	SU	2-2:45PM	10/29-12/10	SPL-GR	\$68



## GYM BEARS

**Ages: 4-5. Enrollment Min 4 / Max 12.** Students will be introduced to all gymnastics equipment. New target skills and circuits will be provided to continue building strength, agility, confidence, coordination and social skills. **No class 11/20, 11/21, 11/22, 11/23, 11/25. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418002	A	GB	M	4:30-5:25PM	9/11-10/23	SPL-GR	\$79
418002	B	GB	M	5:30-6:25PM	9/11-10/23	SPL-GR	\$79
418002	C	GB	T	5:30-6:25PM	9/12-10/24	SPL-GR	\$79
418002	D	GB	W	5:30-6:25PM	9/13-10/25	SPL-GR	\$79
418002	E	GB	R	4:30-5:25PM	9/14-10/26	SPL-GR	\$79
418002	F	GB	S	9:00-9:55AM	9/16-10/28	SPL-GR	\$79
418002	G	GB	S	10-10:55AM	9/16-10/28	SPL-GR	\$79
418002	H	GB	M	4:30-5:25PM	10/30-12/11	SPL-GR	\$68
418002	I	GB	M	5:30-6:25PM	10/30-12/11	SPL-GR	\$68
418002	J	GB	T	5:30-6:25PM	11/7-12/12	SPL-GR	\$57
418002	K	GB	W	5:30-6:25PM	11/1-12/13	SPL-GR	\$68
418002	L	GB	R	4:30-5:25PM	11/2-12/14	SPL-GR	\$68
418002	M	GB	S	9:00-9:55AM	11/4-12/16	SPL-GR	\$68
418002	N	GB	S	10-10:55AM	11/4-12/16	SPL-GR	\$68

## BEGINNING GIRLS

**Ages: 6-9 / 9-12. Enrollment Min 4 / Max 14.** 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. Gross motor movement including flexibility and coordination is incorporated into every lesson. Gymnasts will also gain social skills along with an understanding of our gym values of patience, respect, focus, courage, and teamwork. **No class 11/20, 11/21, 11/22, 11/23, 11/25, 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418004	A	BG(9-12)	M	5:30-6:25PM	9/11-10/23	SPL-GR	\$79
418004	B	BG(6-9)	T	5:30-6:25PM	9/12-10/24	SPL-GR	\$79
418004	C	BG(6-9)	W	5:30-6:25PM	9/13-10/25	SPL-GR	\$79
418004	D	BG(6-9)	R	5:30-6:25PM	9/14-10/26	SPL-GR	\$79
418004	E	BG(6-9)	S	10:00-10:55AM	9/16-10/28	SPL-GR	\$79
418004	F	BG(6-9)	SU	1:00-1:55PM	9/10-10/22	SPL-GR	\$79
418004	G	BG(9-12)	M	5:30-6:25PM	10/30-12/11	SPL-GR	\$68
418004	H	BG(6-9)	T	5:30-6:25PM	11/7-12/12	SPL-GR	\$57
418004	I	BG(6-9)	W	5:30-6:25PM	11/1-12/13	SPL-GR	\$68
418004	J	BG(6-9)	R	5:30-6:25PM	11/2-12/14	SPL-GR	\$68
418004	K	BG(6-9)	S	10:00-10:55AM	11/4-12/16	SPL-GR	\$68
418004	L	BG(6-9)	SU	1:00-1:55PM	10/29-12/10	SPL-GR	\$68

## BEGINNING BOYS

**Ages: 6-9. Enrollment Min 4 / Max 6.** Participants will be introduced to all six of the boys' gymnastics apparatuses - Parallel Bars, High Bar, Floor, Rings, Pommel, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. **No class 11/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418005	A	BB	M	5:30-6:25PM	9/11-10/23	SPL-GR	\$79
418005	B	BB	M	6:30-7:25PM	9/11-10/23	SPL-GR	\$79
418005	C	BB	M	5:30-6:25PM	10/30-12/11	SPL-GR	\$68
418005	D	BB	M	6:30-7:25PM	10/30-12/11	SPL-GR	\$68

## INTERMEDIATE BOYS

**Ages: 6 and Up. Enrollment Min 4 / Max 6.** This class is for participants who have mastered all the gymnastics skills and progressions in Beginning Boys. Emphasis is placed on strength, flexibility, plus learning intermediate skills and body positions while increasing their time in the gym. *Permission is required prior to enrollment.* **No class 11/23. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418006	A	IB	R	6:30-7:55PM	9/14-10/26	SPL-GR	\$121
418006	B	IB	R	6:30-7:55PM	11/2-12/14	SPL-GR	\$104

## INTERMEDIATE GIRLS I

**Ages: 6 and Up. Enrollment Min 4 / Max 7.** This class is for participants who have mastered all gymnastics skills and progressions in Beginning Girls. Emphasis is placed on strength, flexibility, and learning intermediate skills and body positions while increasing their time in the gym. *Permission is required prior to enrollment.* **No class 11/20, 11/21, 11/22. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418007	A	IGI	M	6:30-7:55PM	9/11-10/23	SPL-GR	\$121
418007	B	IGI	T	6:30-7:55PM	9/12-10/24	SPL-GR	\$121
418007	C	IGI	W	6:30-7:55PM	9/13-10/25	SPL-GR	\$121
418007	D	IGI	M	6:30-7:55PM	10/30-12/11	SPL-GR	\$104
418007	E	IGI	T	6:30-7:55PM	11/7-12/12	SPL-GR	\$87
418007	F	IGI	W	6:30-7:55PM	11/1-12/13	SPL-GR	\$104



# GYMNASTICS

## INTERMEDIATE GIRLS II

**Ages: 6 and Up. Enrollment Min 4 / Max 7.** This class is for participants who have mastered all gymnastics skills and progressions in Beginning Girls. Emphasis is placed on strength, flexibility, and learning intermediate skills and body positions while increasing their time in the gym. *Permission is required prior to enrollment.* **No class 11/22. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418008	A	IGII	M	6:30-7:55PM	9/11-10/23	SPL-GR	\$121
418008	B	IGII	W	6:30-7:55PM	9/13-10/25	SPL-GR	\$121
418008	C	IGII	M	6:30-7:55PM	10/30-12/11	SPL-GR	\$104
418008	D	IGII	W	6:30-7:55PM	11/1-12/13	SPL-GR	\$104



## ADVANCED GIRLS

**Ages: 6 and Up. Enrollment Min 4 / Max 7.** Students learn more difficult skills on the balance beam, bars, and vault. Conditioning becomes more challenging to meet the advanced level of the students. Tumbling skills include round-off back handsprings, front handsprings, back tucks and more. *Permission is required prior to enrollment.* **No class 11/21, 11/23. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418009	A	AG	TR	6:30-7:55PM	9/12-10/26	SPL-GR	\$219
418009	B	AG	TR	6:30-7:55PM	11/2-12/14	SPL-GR	\$173

## LITTLE NINJA WARRIORS

**Ages: 4-5. Enrollment Min 4 / Max 12.** Are you ready to start your ninja training? Little Ninja Warrior is the introductory class created to give little ones their first exposure to body awareness, parkour and tricking. Each month, Ninjas will be taught a different skill to diversify their training. The monthly skills cycle between Agility, Balance, Hanging, Skills and Kicks. Ninjas will develop character building, body awareness, trust in oneself, and safe approaches to difficult tasks. **No class 11/20, 11/21, 11/22, 11/23, 11/25, 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418010	A	LNW	M	4:30-5:25PM	9/11-10/23	SPL-GR	\$79
418010	B	LNW	T	5:30-6:25PM	9/12-10/24	SPL-GR	\$79
418010	C	LNW	W	4:30-5:25PM	9/13-10/25	SPL-GR	\$79
418010	D	LNW	R	6:30-7:25PM	9/14-10/26	SPL-GR	\$79
418010	E	NWS	S	9:00-9:55AM	9/16-10/28	SPL-GR	\$79
418010	F	NWS	SU	2:00-2:55PM	9/10-10/22	SPL-GR	\$79
418010	G	LNW	M	4:30-5:25PM	10/30-12/11	SPL-GR	\$68
418010	H	LNW	T	5:30-6:25PM	11/7-12/12	SPL-GR	\$57
418010	I	LNW	W	4:30-5:25PM	11/1-12/13	SPL-GR	\$68
418010	J	LNW	R	6:30-7:25PM	11/2-12/14	SPL-GR	\$68
418010	K	NWS	S	9:00-9:55AM	11/4-12/16	SPL-GR	\$68
418010	L	NWS	SU	2:00-2:55PM	10/29-12/10	SPL-GR	\$68

## NINJA WARRIOR STARS

**Ages: 6-9. Enrollment Min 4 / Max 14.** Ready for the ninja gym? Ninja Warrior Stars is the second level class developed for kids who love to play and are ready to hone their ninja abilities. From rock climbing to obstacle courses, this class is designed to strengthen the body, and develop better parkour and tricking skills. Each month, Ninjas will be taught a different skill to diversify their training. Skills cycle through Agility, Balance, Hanging, Skills and Kicks. Ninjas will develop character building, body awareness, trust in oneself, and safe approaches to difficult tasks. **No class 11/21, 11/22, 11/23, 11/25, 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418011	A	NWS	T	6:30-7:25PM	9/12-10/24	SPL-GR	\$79
418011	B	NWS	W	5:30-6:25PM	9/13-10/25	SPL-GR	\$79
418011	C	NWS	R	4:30-5:25PM	9/14-10/26	SPL-GR	\$79
418011	D	NWS	S	10-10:55AM	9/16-10/28	SPL-GR	\$79
418011	E	NWS	SU	1:00-1:55PM	9/10-10/22	SPL-GR	\$79
418011	F	NWS	T	6:30-7:25PM	11/7-12/12	SPL-GR	\$57
418011	G	NWS	W	5:30-6:25PM	11/1-12/13	SPL-GR	\$68
418011	H	NWS	R	4:30-5:25PM	11/2-12/14	SPL-GR	\$68
418011	I	NWS	S	10-10:55AM	11/4-12/16	SPL-GR	\$68
418011	J	NWS	SU	1:00-1:55PM	10/29-12/10	SPL-GR	\$68

## NINJA WARRIOR ADVANCE

**Ages: 10-14. Enrollment Min 4 / Max 14.** Do you have what it takes to be a Ninja Warrior? Advance Ninja Warrior is the upper-level class centering on mastery of skills through the practice of teamwork and safe risk taking. Each month, Ninjas will be taught a different skill set to diversify their training. Skills cycle through Agility, Balance, Hanging, Skills and Kicks. Ninjas will learn the importance of technique as they attempt parkour courses, develop character building, body awareness, trust in oneself, and safe approaches to difficult. **No class 11/22. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418012	A	NWA	W	6:30-7:55PM	9/13-10/25	SPL-GR	\$121
418012	B	NWA	W	6:30-7:55PM	11/1-12/13	SPL-GR	\$104

## GYMNASTICS OPEN GYM

Pre-registration is required. If the minimum number is not meet two business days prior to the start date of the program it will be cancelled. Walk-in registration can be processed if spots are available.

### TUMBLE N' PLAY (PRESCHOOL OPEN GYM)

**Ages: 1-5 with parent. Enrollment Min 4 / Max 15 (MWF), Max 30 (S).** Toddler open gym is for parents to hang out with their children as they explore the various equipment, socialize and otherwise play in the gym. Our instructors will have fun stations throughout the gymnastics room. **Parent or guardian must accompany the child. Fee represents cost per daily session. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416017	A	TUMBLE	M	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416018	A	TUMBLE	W	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416019	A	TUMBLE	F	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416020	A	TUMBLE	S	11:15AM-12PM	SEPT-DEC	SPL-GR	\$5

### FLIPPIN' ZONE (YOUTH OPEN GYM)

**Ages: 6-14 Enrollment Min 4 / Max 15.** Youth open gym is a great way for gymnasts and ninjas warriors to practice their skills, socialize, have fun, and be active in a safe and controlled environment. Open gym coaches will provided spotting, rules and supervision. **Fee represents cost per daily session. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416030	A	FLIPZONE	F	6:30-8PM	SEPT-DEC	SPL-GR	\$5



# GYMNASTICS

## GYMNASTICS BIRTHDAY PARTIES

Looking for a place to hold your child's birthday party? We have the perfect entertainment for children 3 years-old to 12 years-old in our gymnastics room. Parties are offered on Saturday from 1-2:30 p.m., 3-4:30 p.m. and 5-6:30 p.m. and Sundays from 3-4:30 p.m. and 5-6:30 p.m. The first hour of fun will be in the gymnastics room with our staff doing obstacles courses, uneven bars, balance beam, pit and games. Wrap up your party with the last 30 minutes in the party room for treats and presents. You can book a party by visiting our website at [www.lprd.org](http://www.lprd.org) or contact Landon Noll, Gymnastics Programmer, at 785-330-7355 / [lnoll@lawrenceks.org](mailto:lnoll@lawrenceks.org). **Fees: \$150 per party for up to 20 children.**

## SCHOOL'S OUT PROGRAMS

### SCHOOLS OUT GYMS IN

**Ages: 6-12. Enrollment Min 6 / Max 21.** This all day action packed day camp will keep your kids busy. Children will be lead through obstacle courses, open gym and activities by the gymnastics staff. The day will include fun gymnastics/ ninja skills, games around the facility including courts and turf, free play, and gym time! **Bring a sack lunch, water bottle, and a snack! Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416027	A	SOGI	F	9AM-4PM	10/13	SPL-GR	\$65
416027	B	SOGI	R	9AM-4PM	10/19	SPL-GR	\$65
416027	C	SOGI	F	9AM-4PM	10/20	SPL-GR	\$65
416027	D	SOGI	M	9AM-4PM	10/23	SPL-GR	\$65
416027	E	SOGI	R	9AM-4PM	12/21	SPL-GR	\$65
416027	F	SOGI	F	9AM-4PM	12/22	SPL-GR	\$65

## CAMPS

### GYMNASTICS CAMP

**Age: 5-12. Enrollment Min 6 / Max 21.** Gymnastics camp is geared toward providing basic gymnastic instruction, as well as providing an environment to practice new skills. We strive to give each camper a great experience filled with drill progressions, new techniques and fun! Daily activities will include games around the facility including court and turf, free play, outdoor fun and lots of gymnastics. **Campers need to provide a water bottle, sack lunch and a healthy snack. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416014	A	GC	WRF	9AM-4PM	12/27-12/29	SPL-GR	\$135
416014	B	GC	TW	9AM-4PM	1/2-1/3	SPL-GR	\$90

## EAST LAWRENCE RECREATION CENTER

1245 EAST 15TH STREET

### NEW ELRC TUMBLE ZONE BIRTHDAY PARTY PACKAGE

Come check out our new Tumble Zone at the East Lawrence Recreation Center for a fun-filled birthday experience. You and your guests will enjoy 2 hours of exclusive use of the Tumble Zone and Meeting Room for refreshments and gifts! You provide the decorations, and staff will have table and chairs ready for you. Please note that staff will only provide supervision in the Tumble Zone. Parties are \$150 for up to 20 children. **For more information, contact Madison Norris at 785-832-7951 or [mnorris@lawrenceks.org](mailto:mnorris@lawrenceks.org).**

### TODDLER OPEN GYM, TUESDAY

**Ages: 1-6. Enrollment Min: 4 / Max: 15.** Bring your kiddo out to the East Lawrence Recreation Center's Tumble Zone to run out some energy. The tumble zone will be open for kids to run, tumble and play while making new friends. Active adult supervision is required. **For more information, contact Madison Norris at 785-832-7951 or [mnorris@lawrenceks.org](mailto:mnorris@lawrenceks.org).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
433000	A	TOG	TU	2-3PM	8/15	ELRC-TZ	\$5
433000	B	TOG	TU	2-3PM	9/5	ELRC-TZ	\$5
433000	C	TOG	TU	2-3PM	9/19	ELRC-TZ	\$5
433000	D	TOG	TU	2-3PM	10/3	ELRC-TZ	\$5
433000	E	TOG	TU	2-3PM	10/17	ELRC-TZ	\$5
433000	F	TOG	TU	2-3PM	11/7	ELRC-TZ	\$5
433000	G	TOG	TU	2-3PM	11/21	ELRC-TZ	\$5
433000	H	TOG	TU	2-3PM	12/5	ELRC-TZ	\$5
433000	I	TOG	TU	2-3PM	12/19	ELRC-TZ	\$5

### TODDLER OPEN GYM, FRIDAY

**Ages: 1-6. Enrollment Min: 4 / Max: 15.** Bring your kiddo out to the East Lawrence Recreation Center's Tumble Zone to run out some energy. The tumble zone will be open for kids to run, tumble and play while making new friends. Active adult supervision is required. **For more information, contact Madison Norris at 785-832-7951 or [mnorris@lawrenceks.org](mailto:mnorris@lawrenceks.org).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
433001	A	TOG	F	9:30-10:30AM	8/25	ELRC-TZ	\$5
433001	B	TOG	F	9:30-10:30AM	9/8	ELRC-TZ	\$5
433001	C	TOG	F	9:30-10:30AM	9/22	ELRC-TZ	\$5
433001	D	TOG	F	9:30-10:30AM	10/13	ELRC-TZ	\$5
433001	E	TOG	F	9:30-10:30AM	10/27	ELRC-TZ	\$5
433001	F	TOG	F	9:30-10:30AM	11/10	ELRC-TZ	\$5
433001	G	TOG	F	9:30-10:30AM	12/8	ELRC-TZ	\$5

### TODDLER OPEN GYM, SATURDAY

**Ages: 1-6. Enrollment Min: 4 / Max: 15.** Bring your kiddo out to the East Lawrence Recreation Center's Tumble Zone to run out some energy. The tumble zone will be open for kids to run, tumble and play while making new friends. Active adult supervision is required. **For more information, contact Madison Norris at 785-832-7951 or [mnorris@lawrenceks.org](mailto:mnorris@lawrenceks.org).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
433002	A	TOG	S	10:15-11:15AM	8/26	ELRC-TZ	\$5
433002	B	TOG	S	10:15-11:15AM	9/9	ELRC-TZ	\$5
433002	C	TOG	S	10:15-11:15AM	9/23	ELRC-TZ	\$5
433002	D	TOG	S	10:15-11:15AM	10/14	ELRC-TZ	\$5
433002	E	TOG	S	10:15-11:15AM	10/28	ELRC-TZ	\$5
433002	F	TOG	S	10:15-11:15AM	11/11	ELRC-TZ	\$5
433002	G	TOG	S	10:15-11:15AM	11/25	ELRC-TZ	\$5
433002	H	TOG	S	10:15-11:15AM	12/9	ELRC-TZ	\$5
433002	I	TOG	S	10:15-11:15AM	12/23	ELRC-TZ	\$5

# INSTRUCTIONAL

## YOUTH

### NEW PODCASTING 101

■ **Ages: 16 and Up. Enrollment Min 6 / Max 12.** Join the Digital Conversation! With an evolving digital world, the ability to tell your story is more important than ever before. Podcasting has become one of the most accessible ways to communicate to people around the globe, share a message with any community, and connect with those around you. This program will include everything you need to record, produce, and publish your own podcast, including: knowledge of equipment, how to plan a show, audio editing information, and where to publish a podcast. The opportunity is here, so join the conversation! All equipment provided. **No class 11/23. Instructor: Chris Miller.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421400	A	PC	R	6-7PM	9/14-10/19	ELRC-MR	\$60
421400	B	PC	R	6-7PM	11/2-12/14	ELRC-MR	\$60

### NEW PODCASTING 101 WORKSHOP

■ **Ages: 16 and Up. Enrollment Min 6 / Max 12.** Join the Digital Conversation! With an evolving digital world, the ability to tell your story is more important than ever before. Podcasting has become one of the most accessible ways to communicate to people around the globe, share a message with any community, and connect with those around you. This workshop will touch on information of what you need to record, produce, and publish your own podcast, including: knowledge of equipment, how to plan a show, audio editing information, and where to publish a podcast. The opportunity is here, so join the conversation! All equipment is provided. **Instructor: Chris Miller**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421401	A	PC	S	2-3:30PM	9/9	ELRC-MR	\$35

### 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. First aid and rescue skills for both children and infants will be taught along with skills such as changing diapers, and dealing with problem behavior. The class also looks at the business side of babysitting, covering how to market oneself as a sitter, as well as 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: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421200	A	SAFESIT	S	12-6PM	10/21	SPL-LR	\$110
421200	B	SAFESIT	S	12-6PM	11/18	SPL-LR	\$110
421200	C	SAFESIT	S	12-6PM	12/16	SPL-LR	\$110

### SKATEBOARDING

Lawrence Parks and Recreation and River Rat have teamed up to offer skateboarding lessons. This fun, challenging and engaging sport offers a wide range of benefits. From physical health, social skills, creativity and perseverance, skateboarding can help kids to develop a range of skills and qualities.

### YOUTH SKATEBOARDING

■ **Ages: 5-7, 8-10, 11-15. Enrollment Min 4 / Max 10.** Skaters get comfortable on your board, build confidence and have fun in a supportive environment! Students will learn skate park etiquette, balance, basic skills and simple tricks perfect for beginners. **Bring your own board and safety gear to class. Helmets are required. Wrist guards, elbow and knee pads are highly recommended. Instructor: River Rat.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414033	A	YS(5-7)	M	5:30-6:15PM	9/11-10/2	CENPK	\$50
414033	B	YS(5-7)	M	5:30-6:15PM	10/16-11/6	CENPK	\$50
414044	A	YS(8-10)	M	6:30-7:15PM	9/11-10/2	CENPK	\$50
414044	B	YS(8-10)	M	6:30-7:15PM	10/16-11/6	CENPK	\$50
414055	A	YS(11-15)	M	7:30-8:15PM	9/11-10/2	CENPK	\$50
414055	B	YS(11-15)	M	7:30-8:15PM	10/16-11/6	CENPK	\$50



### CLIMB LAWRENCE

Lawrence Parks and Recreation has partnered with Climb Lawrence to evoke a wonderful mix of physical, mental and emotional challenges making it the right environment for children to develop skills in problem solving, self-reliance, discipline, teamwork and character.

### LITTLE CRUSHERS

■ **Ages: 4-7. Enrollment Min 3 / Max 8.** Little Crushers is designed for our youngest climbers who want to learn to climb or already enjoy the sport. As an introduction to climbing, we work with our students on their hand-eye coordination, motor skills, climbing vocabulary, and, of course, having fun! No experience necessary! Class includes the use of rental gear. **No class 11/20 & 11/22. Instructor: Climb Lawrence.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421305	A	LC	M	4-5PM	9/4-9/25	CL	\$80
421305	B	LC	W	5-6PM	9/6-9/27	CL	\$80
421305	C	LC	M	4-5PM	10/2-10/23	CL	\$80
421305	D	LC	W	5-6PM	10/4-10/25	CL	\$80
421305	E	LC	M	4-5PM	11/6-12/4	CL	\$80
421305	F	LC	W	5-6PM	11/8-12/6	CL	\$80

# INSTRUCTIONAL

## INTRO TO CLIMBING

■ **Ages: 8-16. Enrollment Min 3 / Max 10.** Intro to climbing is intended to introduce new climbers to the sport in a fun, safe and communal atmosphere. In this class climbers will participate in games and activities to teach them how to build confidence on the wall, develop the fundamentals to climbing technique, and familiarize themselves with climbing language. Class includes the use of rental gear. **No class 11/20 & 11/24. Instructor: Climb Lawrence.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421306	A	IC	M	5-6PM	9/4-9/25	CL	\$80
421306	B	IC	F	4-5PM	9/8-9/29	CL	\$80
421306	C	IC	M	5-6PM	10/2-10/23	CL	\$80
421306	D	IC	F	4-5PM	10/6-10/27	CL	\$80
421306	E	IC	M	5-6PM	11/6-12/4	CL	\$80
421306	F	IC	F	4-5PM	11/10-12/8	CL	\$80



## ADULT

### WELDING, OPEN SHOP

■ **Ages: 18 and Up. Min 4 / Max 12. Prerequisite: Welding class or previous Welding experience.** Open Welding is available every Wednesday from 6-9 p.m. at the Peaslee Tech welding shop. You pick the day you want to attend and pay the fee. **Refunds will not be issued for missed classes. Pre-registration is required. Co-sponsored with Peaslee Tech. Instructor: Luke Lang.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421307	A	WELD	W	6-9PM		PT	\$30

### WOODWORKING, OPEN SHOP: BEGINNING AND ADVANCED

■ **Ages: 18 and Up. Min: 4 / Max. 12.** Open Woodworking is available every Wednesday from 6-9 p.m. at the Peaslee Tech woodworking shop. You pick the day you want to attend and pay the fee. **Participants are required to supply their own wood. Refunds will not be issued for missed classes. Pre-registration is required. Co-sponsored with Peaslee Tech. Instructor: Jay Hundley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421304	A	WOOD	W	6-9PM		PT	\$30

### BEGINNING GUITAR

■ **Ages 14 and Up. Enrollment Min 3 / Max 6.** In this basic introductory class, you will learn chords, tablature, rhythm patterns and standard notation through the use of familiar melodies and songs. Students will need to bring a guitar to class. **No class 11/20. Instructor: Marianne Carter.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414175	A	BGUITAR	M	7-8PM	9/11-10/16	CARN-CFR	\$100
414175	B	BGUITAR	M	7-8PM	10/30-12/11	CARN-CFR	\$100

# LIFELONG

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](mailto: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.

Lifelong and community fitness classes are open to adults of all ages. Lifelong classes are designed and scheduled for older adults. Instructors have training and experience for age related modifications. Lifelong sessions are typically shorter and fees are lower than community classes.

## 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](mailto: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 (2-3 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](http://www.lprd.org) or contact Gayle Sigurdson at 785-832-7909, [gsigurdson@lawrenceks.org](mailto: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.



# LIFELONG RECREATION

## YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend ongoing workshops and inservice 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.

## AEROBIC DANCE AND TONE ●●●

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 the week of Thanksgiving.** **Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427201	A	AERODAN	MWF	8:50-9:50AM	9/11-10/27	HPRC-GY	\$63
427201	B	AERODAN	MWF	8:50-9:50AM	10/30-12/15	HPRC-GY	\$54

## SENIOR STRENGTH TRAINING ●●●

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. **No class the week of Thanksgiving.** **Instructors: Deb Geraghty (DG); Melanie Johnson (MJ).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427233	A	SST(MJ)	MWF	7:30-8:20AM	9/11-10/27	HPRC-BR	\$63
427233	B	SST(MJ)	MWF	8:30-9:20AM	9/11-10/27	HPRC-BR	\$63
427233	C	SST(MJ)	MWF	7:30-8:20AM	10/30-12/15	HPRC-BR	\$54
427233	D	SST(MJ)	MWF	8:30-9:20AM	10/30-12/15	HPRC-BR	\$54
427234	A	SST(DG)	MWF	9:30-10:20AM	9/11-10/27	HPRC-BR	\$63
427234	B	SST(DG)	MWF	10:30-11:20AM	9/11-10/27	HPRC-BR	\$63
427234	C	SST(DG)	TR	8:30-9:20AM	9/12-10/26	ELRC-GY	\$53
427234	D	SST(DG)	TR	9:30-10:20AM	9/12-10/26	ELRC-GY	\$53
427234	E	SST(DG)	MWF	9:30-10:20AM	10/30-12/15	HPRC-BR	\$54
427234	F	SST(DG)	MWF	10:30-11:20AM	10/30-12/15	HPRC-BR	\$54
427234	G	SST(DG)	TR	8:30-9:20AM	10/31-12/14	ELRC-GY	\$45
427234	H	SST(DG)	TR	9:30-10:20AM	10/31-12/14	ELRC-GY	\$45

## DANCE FITNESS ●●

Experience a total body, cardio workout through a variety of easy-to-follow dance routines set to old and new favorites. Class will alternate between a long non-stop cardio dance segment followed by strength/core exercises or an interval style class with cardio dances interspersed with strength training. Simple enough for beginners yet challenging enough for advanced students. **No class the week of Thanksgiving.** **Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427250	A	DANFIT	TR	9-10AM	9/12-10/26	CB-GY	\$53
427250	B	DANFIT	TR	9-10AM	10/31-12/14	CB-GY	\$45

## FITNESS YOGA ●●

Incorporate 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 the week of Thanksgiving.** **Instructor: Fran Hopkins.**

CODE	SEC	FITYOGA	DAY	TIME	DATE	LOC	FEE
427282	A	FITYOGA	W	5:30-6:30PM	9/13-10/25	CB-CR	\$30
427282	B	FITYOGA	W	5:30-6:30PM	11/1-12/13	CB-CR	\$25

## RESTORATIVE YOGA ●

Restorative yoga offers students a delicious way to relax, and ease anxiety. Restorative yoga also encourages physical, mental and emotional relaxation by gently releasing tension and tight muscles through stillness and breath. All yoga poses are held for longer periods of time using bolsters, blankets, and blocks to prop students into passive poses. Many poses are on the floor, please bring your own mat. Chairs will be available. Your body can experience the healing benefits of a slower pace yoga with basic breath work (Pranayama), and meditation. **Instructor: Kim McDaneld.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427333	A	RSTYOGA	R	6-7PM	9/14-10/26	HPRC-BR	\$30
427333	B	RSTYOGA	R	6-7PM	11/2-12/14	HPRC-BR	\$25

## NEW CHAIR YOPI PLUS

This gentle yet challenging class is a mixture of stretching, flexibility, balance, strengthening, and mind-body awareness with thoughtful consideration and adjustments for mobility issues. The exercises develop joints, muscles and connective tissue in a routine that complements therapy. **Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427263	A	CHYOPI	TR	5:30-6:30PM	9/12-10/26	SPL-CR	\$53
427263	B	CHYOPI	TR	5:30-6:30PM	10/31-12/14	SPL-CR	\$45

## LA BLAST ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427330	A	LABLAST	TR	10-11AM	9/12-10/26	HPRC-GY	\$53
427330	B	LABLAST	TR	10-11AM	10/31-12/14	HPRC-GY	\$45

## LIFELONG STRENGTH AND LENGTH ●●

This traditional Pilates Mat class focuses on strengthening the deep core and toning all muscle groups, followed by lengthening the muscles through focused stretching. Developing stability and healthy posture is practiced, as well as breath and release work. Props include bands, light weights, Pilates rings, and stability Pilates balls are used to further enhance this mind body class. **No class week of Thanksgiving.** **Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427303	A	LLSL	TR	10-10:45AM	9/12-10/26	SPL-LR	\$53
427303	B	LLSL	TR	10-10:45AM	10/31-12/14	SPL-LR	\$45

## NEW MOVING FOR LIFE ●

This fun, EASY dance class for those over 55, strengthens muscles and increases range of movement. Dance has been shown to improve brain function and build better balance. We will use modern dance warm-ups and build a dance phrase over the six weeks. Let's dance, laugh and improve our health in this welcoming atmosphere. Taught by Susan Rieger, professional dancer, choreographer and artistic director of aha! dance theatre and the 940 Dance Company. **Instructor: Susan Rieger.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427482	A	MFL	M	4-5PM	9/11-10/16	CB-DS	\$42

# LIFELONG RECREATION

## PILATES SILVER ●●

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 the week of Thanksgiving.** **Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427204	A	PM	TR	8:30-9:30AM	9/12-10/26	HPRC-GY	\$53
427204	B	PM	TR	8:30-9:30AM	10/31-12/14	HPRC-GY	\$45

## SLIMNASTICS ●●

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 the week of Thanksgiving.** **Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427310	A	RS	MWF	9-10AM	9/11-10/27	CB-GY	\$63
427310	B	RS	MWF	9-10AM	10/30-12/15	CB-GY	\$54

## STEP BY STEP: YOGA TRANSITIONS WORKSHOP ●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427248	A	STEP	F	1-2PM	10/6-10/27	HPRC-BR	\$20



## SUPER SENIOR CIRCUIT ●●

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 commonsense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **No class the week of Thanksgiving.** **Instructors: Stephanie Foglesong and Carlo Washington.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427255	A	SSC(SF)	MWF	7:30-8:20AM	9/11-10/27	SPL-FR	\$63
427255	B	SSC(SF)	MWF	8:30-9:20AM	9/11-10/27	SPL-FR	\$63
427255	C	SSC(SF)	MWF	9:30-10:20AM	9/11-10/27	SPL-FR	\$63
427255	D	SSC(SF)	MWF	10:30-11:20AM	9/11-10/27	SPL-FR	\$63
427255	E	SSC(CW)	MWF	8:00-8:50AM	9/11-10/27	SPL-LR	\$63
427255	F	SSC(CW)	MWF	9:00-9:50AM	9/11-10/27	SPL-LR	\$63
427255	G	SSC(CW)	MWF	10:00-10:50AM	9/11-10/27	SPL-LR	\$63
427255	H	SSC(CW)	TR	7:30-8:20AM	9/12-10/26	SPL-FR	\$53
427255	I	SSC(CW)	TR	8:30-9:20AM	9/12-10/26	SPL-FR	\$53
427255	J	SSC(SF)	MWF	1:00-1:50PM	9/11-10/27	SPL-FR	\$63
427255	K	SSC(SF)	MWF	7:30-8:20AM	10/30-12/15	SPL-FR	\$54
427255	L	SSC(SF)	MWF	8:30-9:20AM	10/30-12/15	SPL-FR	\$54
427255	M	SSC(SF)	MWF	9:30-10:20AM	10/30-12/15	SPL-FR	\$54
427255	N	SSC(SF)	MWF	10:30-11:20AM	10/30-12/15	SPL-FR	\$54
427255	O	SSC(CW)	MWF	8:00-8:50AM	10/30-12/15	SPL-LR	\$54
427255	P	SSC(CW)	MWF	9:00-9:50AM	10/30-12/15	SPL-LR	\$54
427255	Q	SSC(CW)	MWF	10:00-10:50AM	10/30-12/15	SPL-LR	\$54
427255	R	SSC(CW)	TR	7:30-8:20AM	10/31-12/14	SPL-FR	\$45
427255	S	SSC(CW)	TR	8:30-9:20AM	10/31-12/14	SPL-FR	\$45
427255	T	SSC(SF)	MWF	1:00-1:50PM	10/30-12/15	SPL-FR	\$54

## BEGINNING TAI CHI ●

Tai Chi is a graceful, low-impact exercise especially suited to seniors. It consists of a series of slow motion movements that increase body strength, enhance coordination and improve 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. Note: sessions are longer than standard fitness schedule. **No class the week of Thanksgiving.** **Instructor: Craig Voorhees.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427274	A	TAICHI	MW	9-10AM	9/11-12/6	CB-DS	\$84

## TAI CHI FOR ALL ●

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 the week of Thanksgiving.** **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427502	A	TCALL	MW	11:15AM-12PM	9/11-10/25	HPRC-GY	\$53
427502	B	TCALL	TR	11:15AM-12PM	9/12-10/26	HPRC-GY	\$53
427502	C	TCALL	MW	11:15AM-12PM	10/30-12/13	HPRC-GY	\$45
427502	D	TCALL	TR	11:15AM-12PM	10/31-12/14	HPRC-GY	\$45

# LIFELONG RECREATION

## TAI CHI FOR ENERGY ●

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining the complementary energy of both Sun and Chen styles. Chen is vigorous and complex, integrating fast and slow movements with powerful spiral force. Sun incorporates agile steps and powerful qigong movements for healing. This class is suitable for those with prior experience in Sun Style tai chi, particularly Tai Chi for Arthritis, who wish to enlarge and deepen their tai chi practice. **No class the week of Thanksgiving.** **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427503	A	TCFE	TR	5:30-6:15PM	9/12-10/26	CB-CR2	\$53
427503	B	TCFE	TR	5:30-6:15PM	10/31-12/14	CB-CR2	\$45

## TRX STRENGTH ●●

Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundation of improving your cardio, building muscular endurance, and promoting weight loss. This quintessential TRX experience will lead you down the road to your best all-around fitness. **No class week of Thanksgiving.** **Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427340	A	TRXSTR	TR	9-9:45AM	9/12-10/26	SPL-LR	\$53
427340	B	TRXSTR	TR	9-9:45AM	10/31-12/14	SPL-LR	\$45

## YOGA ●

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 the week of Thanksgiving.** **Instructors: Mary Anne Saunders (MS), Kim McDaniel (KM).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427270	A	YOGA(MS) R		9:30-10:20AM	9/14-10/26	CB-CR	\$30
427270	B	YOGA(MS) R		10:30-11:20AM	9/14-10/26	CB-CR	\$30
427270	C	YOGA(KM) TR		9:30-10:30AM	9/12-10/26	HPRC-BR	\$53
427270	D	YOGA(MS) R		9:30-10:20AM	11/2-12/14	CB-CR	\$30
427270	E	YOGA(MS) R		10:30-11:20AM	11/2-12/14	CB-CR	\$30
427270	F	YOGA(KM) TR		9:30-10:30AM	10/31-12/14	HPRC-BR	\$53

# RECREATION INSTRUCTION

## ART IS A VERB

Join us for a series of classes based on the idea that art is something you do, not something you make. Set aside time each week to learn a technique for expression that nurtures social and emotional health, reinforces skills for relaxation and focus and reminds us that art is a form of play. **Each class will introduce a different technique or medium. Note: The techniques in this session are different than those in the spring series.** **Instructors: Jill Mickel and Kim McDaniel.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427479	A	ARTVERB W		6-8PM	9/13-10/18	CB-ART	\$115

## ASEMIC WRITING/MINDFUL DRAWING WORKSHOP

**Enrollment Min 5 / Max: 10.** In this workshop we will be exploring and abstracting our own handwriting. Along with using imagery, traditional letters, calligraphy, textures, and symbols creating free flowing gestural imagery. We'll discover varied uses for Japanese rice paper, deli paper, tissue paper along with mixed media paper. **Unique mark making tools will be encouraged. (kitchen tools, old worn brushes, toys, stencils etc.) Those who enroll will receive an email from the instructor before the workshop.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427253	A	ASEMIC	SU	1-4PM	10/1	CB-ART	\$24

## FUNDAMENTALS OF CREATIVE WRITING

Love to write? Plunge into a hands-on, participatory exploration of effective writing techniques. We'll identify and discuss proven methods of making writing shine, whether story, article or verse; then apply those practices with in-class exercises, homework assignments and a final project. Class includes a private Facebook group for out-of-class discussions and a dedicated website for online publication of your work. Bring writing materials to every class, and prepare to do – and share – what you love! Taught by Gary "Storyhawk" Henry, retired military journalist, marketing writer, managing editor and writing teacher. **Instructor: Gary Henry.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427483	A	WRITING T		6:30-8PM	9/26-10/31	CARN-CR	\$66

## BAROQUE RECORDER- A LIFELONG INSTRUMENT

Have you always wanted to play a musical instrument or did you participate in music during school? We will explore the Baroque recorder as a wonderful vehicle for making music as a lifelong learner. Playing an instrument is great for your physical, mental, and emotional well-being. As you begin to play, you can create beautiful sounds on the recorder and enjoy an authentic musical experience. Beginning and experienced musicians are welcome. **No class November 20.** **Instructor Jean Hein is a founding members, recorder soloist and executive director of Columbia Baroque, South Carolina's professional chamber ensemble.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427478	A	BEG	M	10-11AM	9/11-12/4	SRC	\$120
427478	B	INT	M	11AM-12PM	9/11-12/4	SRC	\$120

## BEGINNING UKULELE

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! **No class 9/13.** **Instructor: Linda Tilton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427410	A	BEGUKE W		6:30-7:30PM	8/23-9/20	SRC	\$44

## INTERMEDIATE UKULELE

**Enrollment Min 5 / Max 10.** This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. 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
427424	A	INTUKE W		6:30-7:30PM	10/4-10/25	SRC	\$44

## CARY GRANT FILM STUDY

Cary Grant was one of the most private yet most recognizable movie stars of the golden era of Old Hollywood. From classic comedies to romance to dramas, he was the dapper leading man everyone wanted to be, or to be with. But the truth was more mysterious and darker than the image he created for the big screen. We'll explore the man and the myth of Cary Grant through a selection of films and discussion. Class is a mix of viewing and discussions facilitated by Kellee Pratt, cinephile, classic film blogger and ambassador to the Turner Classic Movies (TCM) Festival. Join us! **Instructor: Kellee Pratt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427481	A	FILM	W	6:30-9PM	9/6-11/1	CARN-HR	\$28



# LIFELONG

# MARTIAL ARTS

## WALKING TOUR: VOICES OF EAST LAWRENCE

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427264	A	VOICES	R	4-6PM	9/28	10TH&RI	\$24

## SPORTS

### BOCCE BALL FREE PLAY

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

### FENCING: MODERN OLYMPIC SPORT

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	INST	DAY	TIME	DATE	LOC	FEE
427105	A	FENCING	R	7-9PM	9/21-11/16	SPL-LR	\$72

### 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.



## 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)832-7909 or gsigurdson@lawrenceks.org.

## GATOR BITES

**Ages: 5-7. Enrollment Min 6 / Max 12.** A class created just for little ones. Basic Tae Kwon Do and self-defense concepts for kids will be taught through games and age-appropriate practical exercises. Children learn to follow direction, and boundaries are set in a fitting manner. The program emphasizes learning the basics skills, listening well, and having fun. **No class 9/18, 11/20.**

**Instructor: Grace Daniels**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417130	A	GATOR	M	6-6:40PM	9/11-10/23	ELRC-GR	\$40
417130	B	GATOR	M	6-6:40PM	10/30-12/11	ELRC-GR	\$40

## LITTLE DRAGONS

**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 11/26. Instructor: Natasha Hurt**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417125	A	DRAGON	SU	12-12:40PM	10/29-12/10	CB-CR1	\$39



## KARATE - OKINAWAN KENPO

**Ages: 8 and Up. Enrollment Min 10 / Max 30.** 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.

**The instructor has 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 11/26. Instructor: Natasha Hurt**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417110	A	KARATE	SU	12:45-2PM	9/10-10/22	CB-CR1	\$68
417110	B	KARATE	SU	12:45-2PM	10/29-12/10	CB-CR1	\$58

# MARTIAL ARTS

## TAE KWON DO

**Ages: 8-12, 13 and Up. Enrollment Min 10 / Max 12.** 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 11/23. Instructor: Grace Daniels, Black Belt**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417131	A	TKD(8-12) TR		6:30-7:25PM	9/12-10/26	ELRC-GR	\$70
417131	B	TKD(13+) TR		7:35-8:35PM	9/12-10/26	ELRC-GR	\$70
417131	C	TKD(8-12) TR		6:30-7:25PM	11/2-12/14	ELRC-GR	\$60
417131	D	TKD(13+) TR		7:35-8:35PM	11/2-12/14	ELRC-GR	\$60

## NEW XIN YI ANIMAL KUNG FU

**Ages 7-12. Min 6 / Max 12.** Xin Yi Animal Kung Fu involves a combination of physical conditioning, forms practice, partner drills and sparring. Practitioners learn to mimic the movements, postures and spirit of the animal they are studying, incorporating them into their own fighting techniques. Students will develop strength, flexibility, speed and reflexes while promoting mental focus, discipline and adaptability. **No class 11/20. Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417136	A	XYAKF	M	6:15-7PM	9/11-10/23	SPL-FR	\$46
417136	B	XYAKF	M	6:15-7PM	10/30-12/11	SPL-FR	\$39

## NEW WING CHUN KUNG FU

**Ages 13 and Up. Min 8 / Max 15.** Wing Chun's specialty is a close contact combat using quick punches and kicks with a tight defense, coordinated through agile stances and footwork for a quick advance. The ideal behind the system is to keep ones movement, techniques and adaptations as simple as possible. Participants will instill a habit of discipline, self-esteem and feel more confident in their ability to defend themselves. Health and fitness will improve while challenging the use of the body and the mind. **No class 11/20. Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417133	A	WCKF	M	7:15-8:15PM	9/11-10/23	SPL-FR	\$49
417133	B	WCKF	M	7:15-8:15PM	10/30-12/11	SPL-FR	\$42



# NATURE

## PRAIRIE PARK NATURE CENTER, 2730 HARPER STREET

**For all classes, come prepared to go outdoors with bug repellent and sunscreen.**

## PROGRAMS FOR CHILDREN

### WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS

**Ages: 2-5. Enrollment Max 15.** Come for stories, activities, and information about animals and the places in which they live. A different topic will be presented each Tuesday. **Come prepared to go outdoors. Parents are required to attend with their preschoolers.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423202	A	WILDADVT	T	10-11AM	9/12-10/31	PPNC	\$56
423202	B	WILDADVT	T	10-11AM	11/7-12/19	PPNC	\$49

### ARCHERY

**Ages: 7 and Up. Enrollment Min 3 / Max 12.** Learn the basics of Olympic-style archery using Genesis compound bows. **This program is for children and adults. Taught by experienced instructors.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423263	A	ARCHERY	S	9:30-11AM	9/2	PPNC	\$25
423263	B	ARCHERY	W	3-4:30PM	9/6	PPNC	\$25
423263	C	ARCHERY	S	9:30-11AM	9/30	PPNC	\$25
423263	D	ARCHERY	W	3-4:30 PM	10/4	PPNC	\$25

### EXPLORING NATURE FOR HOMESCHOOL STUDENTS

**Ages: 6-13. Enrollment Min 5 / Max 20 / \$15 per class.** Two-hour field trip programs for homeschooled students will cover a different topic each time. Class meets benchmarks for K-6 State Science outcomes. **Call for topic schedule. Pre-registration is required at least one day in advance.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423321	A	EXPLOR	W	10AM-12PM	8/30	PPNC	\$15
423321	B	EXPLOR	W	10AM-12PM	9/13	PPNC	\$15
423321	C	EXPLOR	W	10AM-12PM	9/27	PPNC	\$15
423321	D	EXPLOR	W	10AM-12PM	10/11	PPNC	\$15
423321	E	EXPLOR	W	10AM-12PM	10/25	PPNC	\$15
423321	F	EXPLOR	W	10AM-12PM	11/8	PPNC	\$15
423321	G	EXPLOR	W	10AM-12PM	11/22	PPNC	\$15
423321	H	EXPLOR	W	10AM-12PM	12/6	PPNC	\$15

### OUTDOOR ADVENTURE CLUB

**Ages: 6-13. Enrollment Min 3 / Max 12.** Explore the mysteries of different animals groups with outdoor exploration, games, and exciting hiking adventures. 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	3:30-4:30PM	8/30	PPNC	\$8
423261	B	HIKECLUB	W	3:30-4:30PM	9/13	PPNC	\$8
423261	C	HIKECLUB	W	3:30-4:30PM	9/27	PPNC	\$8
423261	D	HIKECLUB	W	3:30-4:30PM	10/11	PPNC	\$8
423261	E	HIKECLUB	W	3:30-4:30PM	10/25	PPNC	\$8
423261	F	HIKECLUB	W	3:30-4:30PM	11/8	PPNC	\$8
423261	G	HIKECLUB	W	3:30-4:30PM	11/22	PPNC	\$8
423261	H	HIKECLUB	W	3:30-4:30PM	12/6	PPNC	\$8

# PRAIRIE PARK NATURE CENTER

## SPECIAL PROGRAMS FOR SCHOOL DAYS OFF

### BREAKFAST WITH THE ANIMALS

*Ages: 6-13. Enrollment Min 5 / Max 20.* Spend a morning at the nature center learning about what animals eat. We begin by serving a delicious human breakfast, then have a live animal program about animal diets and food chains. Participants will get the exciting experience of feeding our critters and then enjoy some engaging crafts and activities.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423319	A	BREAKANI		9AM-12PM	10/13	PPNC	\$30

### FALL BREAK CAMP

*Ages: 6-13. Enrollment Min 5 / Max 20.* Take a break from school and get wild with animals, games, hikes and crafts at the nature center. **Bring a sack lunch, suitable clothes and shoes for some awesome outdoor adventures.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423244	A	FBCAMP	RF	9AM-4PM	10/19-10/20	PPNC	\$90

## WEEKEND PROGRAMS FOR ADULTS AND FAMILIES

Children under 14 years-old must be registered with a paying adult for all family programs. No unattended children will be allowed.

### CANOEING

*Ages: 6 and Up. Enrollment Min 4 / Max 12.* Enjoy a Saturday morning of paddling on the serene waters of Mary's Lake. No canoe experience is required; we'll teach you all you need to know! **Sign up/fee is by participant. No more than three people in one boat. Life jackets, paddles, and boats provided. Children under the age of 14 must be accompanied in the boat by an adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423402	A	CANOE	S	9:30-11:30AM	8/26	PPNC	\$25
423402	B	CANOE	S	9:30-11:30AM	9/9	PPNC	\$25
423402	C	CANOE	S	9:30-11:30AM	9/23	PPNC	\$25

### SUSTAINABLE AQUAPONICS WORKSHOP

*Ages: 8 and up. Enrollment Min 6 / Max 15.* Build your own self-sustaining aquatic wonderland! We'll be creating our own micro-ecosystems complete with live plants, fish, and snails. These beautiful aquaponics systems are self-cycling, with the waste created by the fish providing nutrients for the plants, and the plants cleaning the water for the fish! From herbs to houseplants, the range of plants that can be used is endless. **Children under the age of 14 must be accompanied by a registered adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423326	A	SUSTAIN	S	2-3:30PM	9/2	PPNC	\$35

### EDIBLE BIRDHOUSES

*Ages: 6 and up. Enrollment Min 5 / Max 15.* Support our local feathered-friends and create a gorgeous piece of art in our edible birdhouse class. You will cover your birdhouse in an array of nutritious seeds and then decorate it to your heart's desire. **Children under the age of 13 must be accompanied by a paying adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423324	A	EDIBLE	S	2-4PM	9/16	PPNC	\$30

### MINI-GARDENS

*Ages: 4 and Up. Enrollment Min 4 / Max 12.* Take the joy of gardening indoors and create your own mini botanical paradise. Put together a mini-garden of your favorite theme to take home with you. We supply containers, soil, plants, and decorations, you supply the creativity. **Children under 13 years-old must be accompanied by a registered adult. One garden per registered participant.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423327	A	MINIGARD	S	2-4PM	9/23	PPNC	\$30

### MUSHROOM WALK WITH A FUN-GUY

*Ages: All. Min 2 / Max 20.* Have you heard the hype behind the mushroom boom? Venture out with a mushroom specialist and discover the diversity of our local fungi. Our instructor will teach you easy, convenient ways to identify native mushrooms. Learn which fungi are edible and which you shouldn't touch with a ten-foot pole. **Children under the age of 14 must be accompanied by a registered adult. Children 2 and younger free.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423323	A	MSHRM	S	10:30AM-12PM	10/7	PPNC	\$5
423323	B	MSHRM	S	10:30AM-12PM	10/21	PPNC	\$5

### EASY NATURE ACRYLIC PAINTING

*Ages: 12 and Up. Enrollment Min 4 / Max 15.* We will use acrylic paints as a medium for some easy, step-by-step nature painting. Each class will focus on creating a different masterpiece befitting the season. The class will follow a demonstration on painting techniques, brushwork, color blending, and more. **Paints, brushes, and canvas are supplied.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423339	A	ACRL	S	2-4:30PM	10/21	PPNC	\$30
423339	B	ACRL	S	2-4:30PM	11/4	PPNC	\$30

## ADULT AND TEEN PROGRAMS

### ORGANIC INK WORKSHOP

*Ages: 10 and Up. Enrollment Min 3 / Max 15.* Learn to extract nature's colors to make dyes of many colors for yarns, paper or baskets.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423130	A	INKWS	SU	1-4PM	9/17	PPNC	\$15

### HOUSEPLANTS 101

*Ages: 12 and Up. Enrollment Min 6 / Max 15.* Learn how to become a superstar plant parent! We'll cover lighting requirements, soil types, watering schedules, affordable growing set-ups, and more. Enjoy a 101 tutorial on plant propagation and take home your very own plant cutting.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423331	A	PLANTS	S	2-3:30PM	10/7	PPNC	\$15

### BEESWAX FOOD WRAPS

*Ages: 12 and Up. Enrollment Min 4 / Max 10.* Go green by making your own reusable food wraps. Say no to single use plastic wrap and have some fun creating cute sandwich and container food wraps that can be used over and over. Each participant will have the opportunity to create 4 sizes of wax food wraps from a choice of printed cotton fabrics.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423248	A	WAXWR	R	2-3:30	11/9	PPNC	\$20



# PRAIRIE PARK NATURE CENTER

## INSECT PINNING WORKSHOP

*Ages 12 and Up. Enrollment Min 6 Max 15.* Learn to create elegant displays of mounted butterflies, beetles, and more through the delicate art of insect pinning. We'll teach you how to start your own entomology collection so you can preserve your insect finds for a lifetime. Participants will choose their own specimens to display, and take home their own pinning kit.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423333	A	INSECT	S	2-3:30PM	11/18	PPNC	\$35

## FREE PROGRAMS

### SAVING THE MAGNIFICENT MONARCH – SUPPORT MON-ARCH CONSERVATION

**1-4 p.m. Sunday, Aug. 27**  
**1-4 p.m. Saturday, Sept. 9**

*Ages: All.* Get involved in a citizen science project to help conserve the endangered monarch butterfly. 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. **Preregistration is not required. Children under 14 must be accompanied by an adult.**

### LAND STEWARDSHIP SATURDAYS

*Ages: 12 and Up. Enrollment Min 4 / Max 15.* Invasive species are a threat to our native flora and fauna. Help protect the biodiversity of Prairie Park by removing harmful invasive species such as amur honeysuckle. **Tools provided. Children under 18 must be accompanied by an adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423337	A	STEWARDSHIP	S	1-3PM	11/11	PPNC	FREE
423337	B	STEWARDSHIP	S	1-3PM	11/25	PPNC	FREE

### TURKEY TIME

**10-11 a.m. Saturday, Nov. 18**

*Ages: All.* Join Naturalist Dara and her favorite live turkey friends to learn more about wild turkeys in Kansas. Meet and pet these pardoned thanksgiving turkeys for a goblin' good time. **Program is free.**

## SPECIAL EVENTS

### NIGHTTIME AT THE NATURE CENTER

*Enrollment Min 10 / Max 50.* Ever wonder what happens after the nature center closes? Come enjoy a completely different sensory experience and see how much wilder the animals are after dark! Handheld red lights will be provided to each participant to view the nature center in the dark. Watch the nocturnal animals start their day while the diurnal animals settle in for the night. There will also be opportunities for up-close encounters with some creatures of the night. **Children 2 and under are free.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423403	A	NATNC	F	7-9PM	10/20	PPNC	\$10
423403	B	NATNC	S	6-8PM	11/11	PPNC	\$10

### WINTER SOLSTICE CELEBRATION

*Ages: 10 and Up. Enrollment Min 6 / Max 30.* Bring the family out and celebrate the magic of the Winter Solstice! Learn about solstice traditions around the world and make your own festive Yule log. **Registration is required. Participants under 14 must be accompanied by a registered adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423338	A	WINSOL	S	10-12AM	12/16	PPNC	\$12

## WINTER WONDERLAND AT THE NATURE CENTER

**5 – 8 p.m. Saturdays, Dec. 2; 9 and 16.** *Enrollment Max 20.* See the magic and pet some merry ponies, llamas, goats, and more. Enjoy a hot cocoa bar, holiday crafts and a chorus of carolers while viewing our animals underneath the twinkling lights. Check out the winter wonderland photo booth and get an instant shareable photo. **Free for ages 2 and under. Staggered entry throughout event to alleviate crowding and ensure building capacity is not met.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423404	A	WINWON	SA	5PM	12/2	PPNC	\$10
423404	B	WINWON	SA	5:20PM	12/2	PPNC	\$10
423404	C	WINWON	SA	5:40PM	12/2	PPNC	\$10
423404	D	WINWON	SA	6PM	12/2	PPNC	\$10
423404	E	WINWON	SA	6:20PM	12/2	PPNC	\$10
423404	F	WINWON	SA	6:40PM	12/2	PPNC	\$10
423404	G	WINWON	SA	7PM	12/2	PPNC	\$10
423404	H	WINWON	SA	7:20PM	12/2	PPNC	\$10
423404	I	WINWON	SA	5PM	12/9	PPNC	\$10
423404	J	WINWON	SA	5:20PM	12/9	PPNC	\$10
423404	K	WINWON	SA	5:40PM	12/9	PPNC	\$10
423404	L	WINWON	SA	6PM	12/9	PPNC	\$10
423404	M	WINWON	SA	6:20PM	12/9	PPNC	\$10
423404	N	WINWON	SA	6:40PM	12/9	PPNC	\$10
423404	O	WINWON	SA	7PM	12/9	PPNC	\$10
423404	P	WINWON	SA	7:20PM	12/9	PPNC	\$10
423404	Q	WINWON	SA	5PM	12/16	PPNC	\$10
423404	R	WINWON	SA	5:20PM	12/16	PPNC	\$10
423404	S	WINWON	SA	5:40PM	12/16	PPNC	\$10
423404	T	WINWON	SA	6PM	12/16	PPNC	\$10
423404	U	WINWON	SA	6:20PM	12/16	PPNC	\$10
423404	V	WINWON	SA	6:40PM	12/16	PPNC	\$10
423404	W	WINWON	SA	7PM	12/16	PPNC	\$10
423404	X	WINWON	SA	7:20PM	12/16	PPNC	\$10

## EDUCATION BY RESERVATION

**ENVIRONMENTAL EDUCATION/SPECIALIZED PROGRAMS** Group Visits: To ensure the quality of your visit, visiting groups must schedule dates and times with the nature center by calling (785) 832-7980. For more information, please contact the Nature Center at (785) 832-7980. You can also find information on the lprd website, [www.lprd.org](http://www.lprd.org).

**PRESCHOOL FIELD TRIPS** Prairie Park Nature Center offers specialized programs for preschools. Preschool students will enjoy live animals, stories, songs, art, rhymes and other appropriate early childhood activities.

**PRIMARY AND SECONDARY SCHOOL FIELD TRIP** Prairie Park Nature Center offers a wide variety of one-hour programs and two-hour field trips designed for school and organized groups. **\*NEW\*** 50-minute to one-hour programs are now available via ZOOM to the classroom by appointment. Cost is \$35 dollars for a select group of indoor talks on a variety of subjects. Contact the nature center for more information at 785-832-7980.

**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.

# UNIFIED RECREATION

Unified Recreation Programs are adapted and integrated recreational activities for individuals with disabilities. LPRD encourages individuals with disabilities to consider all programs offered by the department. **If you have questions or need additional assistance, call Justin Deaver at (785) 832-7920, or email at [jdeaver@lawrenceks.org](mailto:jdeaver@lawrenceks.org).**

## COFFEEHOUSE AND BOWLING TRANSPORTATION

We now offer transportation to and from Coffeehouse and Bowling for an additional fee of \$12. Enjoy the activity, and leave the driving to us.

## COFFEEHOUSE DINNER AND DANCE

*Ages: 16 and Up. Enrollment Min 10 / Max 60.* Grab your friends and get your groove back at Coffeehouse! Join us for a catered dinner, then a fun evening of dancing, refreshments, socialization, and live entertainment in a "coffeehouse" atmosphere.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422200	A	COFFEE	M	5:30-8PM	9/18	DCFG	\$40
422200	B	COFFEE	M	5:30-8PM	10/23	DCFG	\$40
422200	C	COFFEE	M	5:30-8PM	11/27	DCFG	\$40
422200	D	COFFEE	M	5:30-8PM	12/18	DCFG	\$40

## COFFEEHOUSE DANCE ONLY

*Ages: 16 and Up. Enrollment Min 6 / Max 30.* Grab your friends and get your groove back at Coffeehouse! Join in on all the fun with an evening of dancing, socialization, and, live entertainment in a "coffeehouse" atmosphere. **This Coffeehouse will not include dinner and is the dance portion only.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422205	A	CHDANCE	M	6:30-8PM	9/18	DCFG	\$18
422205	B	CHDANCE	M	6:30-8PM	10/23	DCFG	\$18
422205	C	CHDANCE	M	6:30-8PM	11/27	DCFG	\$18
422205	D	CHDANCE	M	6:30-8PM	12/18	DCFG	\$18

## BOWLING AND PIZZA PARTY

*Ages: 16 and Up. Enrollment Min 10 / Max 40.* Roll your way to fun! Join us at Royal Crest Lanes for two games of bowling followed by a pizza party. Please arrive by 10:30 a.m. so that all lanes can begin at the same time. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422300	A	BOWLING	SA	10:30AM-12:30PM	9/16	RCL	\$40
422300	B	BOWLING	SA	10:30AM-12:30PM	10/14	RCL	\$40
422300	C	BOWLING	SA	10:30AM-12:30PM	11/11	RCL	\$40
422300	D	BOWLING	SA	10:30AM-12:30PM	12/9	RCL	\$40

## BOWLING ONLY

*Ages 16 and Up. Enrollment Min 6 / Max 20.* Roll your way to fun! Join us at Royal Crest Lanes for two games of bowling! Please arrive by 10:30 a.m. so that all lanes can begin at the same time. **This Bowling section will not include dinner and is bowling only. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422301	A	BWLONLY	SA	10:30AM-12PM	9/16	RCL	\$18
422301	B	BWLONLY	SA	10:30AM-12PM	10/14	RCL	\$18
422301	C	BWLONLY	SA	10:30AM-12PM	11/11	RCL	\$18
422301	D	BWLONLY	SA	10:30AM-12PM	12/9	RCL	\$18

## ACTING 101

*Ages: 16 and Up. Enrollment Min 5 / Max 30.* Do you feel like you have acting skills built up inside you, just waiting to get out? Now is your time to shine! This class involves acting, public speaking, skits, plays, and maybe a chance to be a star. Even if you don't want the spotlight on you, there is always a demand for "extras." Come join the fun and try something new! **No Class 9/18; 10/23; 11/27. Instructor: Molly Gordon and LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422401	A	ACT101	M	6:30-8PM	9/25-12/11	CARN	\$46



## ADAPTIVE ZUMBA

*Ages: 16 and Up. Enrollment Min 5 / Max 30.* A fitness program that combines Latin and international music with dance moves. Take the "work" out of a workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Combining all elements of fitness—cardio, muscle conditioning, balance, and flexibility, boosted energy, and a serious dose of awesome each time you leave class **Instructor: Susan Pomeroy and LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422400	A	ZUMBA	TH	6:30-7:30PM	9/14-10/26	CB	\$40
422400	B	ZUMBA	TH	6:30-7:30PM	11/2-12/14	CB	\$40

## ART WORKSHOP SAMPLER

*Ages: 16 and Up. Enrollment Min 5 / Max 15.* This Art Workshop Sampler will primarily focus on designs and making different ornaments and other items needed to be able to assemble a tree for the Annual Festival of Trees. **Instructor: Lori Jo Moore and Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422191	A	ARTWS	T	6-7:30PM	9/12-10/17	CB	\$46

# ADULT SPORTS

## VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/18/23, Start Date: 9/6/2023. Register on or before 8/11/23 and receive a \$15 discount.** Leagues offered in Women's and Coed Divisions with POWER (PWR) divisions designed for competitive play and RECREATION (REC) divisions designed for recreational play with spiking and overhead serving not allowed. DOUBLE HEADER (DH) leagues are designed for competitive teams with each team playing two matches per night. Leagues will run Sunday-Friday for approximately 8 weeks. Matches are played at Sports Pavilion Lawrence® (SPL) and East Lawrence Recreation Center (ELRC). In POWER (PWR) divisions, teams will play a seven match schedule followed by a single elimination tournament. In RECREATION (REC) divisions, teams will play eight matches. DOUBLE HEADER (DH) leagues will play twelve matches followed by a single elimination tournament.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450300	A	COPWR	SU	5-9PM	9/10-11/12	SPL	\$260
450300	C	COPWR	W	6-9:30PM	9/6-11/8	SPL	\$260
450300	D	COPRDH	W	6-9:30PM	9/6-11/8	SPL	\$370
450300	E	COPWR	R	6-9:30PM	9/7-11/9	SPL	\$260
450300	F	COREC	SU	5-9PM	9/10-11/12	SPL	\$260
450300	G	COREC	M	6-9:30PM	9/11-11/13	SPL	\$260
450300	I	WMNPWR	R	6-9:30PM	9/7-11/9	SPL	\$260

## BASKETBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/18/23, Start Date: 9/5/2023. Register on or before 8/11/23 and receive a \$15 discount.** Leagues are offered to Men's, Women's, and Coed teams running Sunday, Tuesday, and Friday for approximately nine weeks. Leagues may be separated into divisions if enough teams are registered to create better parity. Games are played at Community Building (CB). 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	9/10-11/12	CB	\$380
450100	D	MENS	T	6-10PM	9/5-11/7	CB	\$380
450100	E	WOMENS	T	6-10PM	9/5-11/7	CB	\$380
450100	I	COED	F	6-10PM	9/8-11/10	CB	\$380

## KICKBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/11/23, Start Date: 9/1/23. Register on or before 8/4/23 and receive a \$15 discount.** Leagues are offered for Coed teams run on Sunday and Friday for approximately six weeks. All leagues are NO BUNT leagues. Games are played primarily at Youth Sports Complex (YSC). Teams will play a five game schedule with no postseason 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	C	CONOBT	F	6:15-10:15PM	9/1-10/13	YSC	\$195
450400	D	CONOBT	SU	2-9PM	9/10-10/22	YSC	\$195

## SOFTBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/11/23, Start Date: 9/1/23. Register on or before 8/4/23 and receive a \$15 discount.** Offered to Men's, Women's, and Coed teams running Sunday through Friday for approximately six weeks. Leagues are offered in five divisions (in order of most to least competitive): Class A Double Header, Double Header, Weekly, Men's 40+ and Recreation. Double Header teams will play two games per night for five weeks. Weekly teams will play one game per night for five weeks. Recreation and Men's 40+ leagues are intended for purely recreational teams with only one home run allowed and will play one game per night for five weeks. Leagues with more than eight teams may be divided into divisions based on their competitive level. No postseason tournament for Fall leagues.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450201	A	COWKLY	SU	2-9PM	9/3-10/15	CLSC	\$230
450201	B	COREC	SU	2-9PM	9/3-10/15	CLSC	\$230
450201	D	COREC	M	6:15-10:15PM	8/28-10/9	CLSC	\$230
450201	E	COWKLY	T	6:15-10:15PM	8/29-10/10	CLSC	\$230
450201	F	COREC	T	6:15-10:15PM	8/29-10/10	CLSC	\$230
450201	I	CODH	SU	2-9PM	9/3-10/15	CLSC	\$400
450201	K	CODH	T	6:15-10:15PM	8/29-10/10	CLSC	\$400
450202	A	MENDH	M	6:15-10:15PM	8/28-10/9	CLSC	\$400
450202	C	MENDH	T	6:15-10:15PM	8/29-10/10	CLSC	\$400
450202	E	MENDH	W	6:15-10:15PM	8/30-10/11	CLSC	\$400
450202	F	MENWKLY	W	6:15-10:15PM	8/30-10/11	CLSC	\$230
450202	H	MENWKLY	R	6:15-10:15PM	8/31-10/12	CLSC	\$230
450202	I	MENDH	F	6:15-10:15PM	9/1-10/13	CLSC	\$400
450202	J	MENWKLY	F	6:15-10:15PM	9/1-10/13	CLSC	\$230
450202	K	MEN40+	T	6:15-10:15PM	8/31-10/12	CLSC	\$230
450204	B	WMNREC	M	6:15-10:15PM	8/28-10/9	CLSC	\$230

## PICKLEBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/18/23, Start Date: 9/28/23.** Offered for Men's, Women's, & Mixed (MX) Doubles (DB) and Men's and Women's Singles (SGL) teams in leagues running Tuesday through Thursday for approximately eight weeks. Teams will play a seven game schedule followed by a single elimination tournament for the top four teams in each division. Games will be played primarily at Sports Pavilion Lawrence® (SPL). Each game will be comprised of a three set match scored to eleven (win by one.) Leagues with more than eight teams may be divided into divisions based on their competitive level (determined by DUPR Rating.)

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450850	A	MENSGL	R	6-9PM	8/31-11/9	SPL	\$25
450850	B	WMNSGL	R	6-9PM	8/31-11/9	SPL	\$25
450850	C	MENDB	T	6-9PM	8/29-11/7	SPL	\$40
450850	D	WMNDB	T	6-9PM	8/29-11/7	SPL	\$40
450850	E	MXDBSNRW		6-9PM	8/30-11/8	SPL	\$40
450850	F	MXDBOP	W	6-9PM	8/30-11/8	SPL	\$40

## PICKLEBALL AT EAST LAWRENCE RECREATION CENTER

### FREE PLAY HOURS

Monday, Wednesday, Friday – 9 AM-12 PM

Monday evenings – 5-7:30 PM

Saturday – 3-5:30 PM



# YOUTH SPORTS

## NEW ELRC FULL GYM BIRTHDAY PARTY PACKAGE

Does your child love sports? Hold your child's next birthday party at the East Lawrence Rec Center and have a fun-filled sports birthday experience. This birthday party package includes exclusive access for 2 hours to the full court in our gymnasium, our sports equipment (Basketball, Pickleball, and Volleyball) along with our meeting room. Bring your own refreshments, snacks, and decorations! The staff will set up tables and chairs for you. \$175 for 2 hours of the full court and meeting room. 30 kids maximum. **For more information, contact Madison Norris at 785-832-7951 or mnorris@lawrenceks.org.**

## YOUTH VOLLEYBALL

**Ages: Grades 4-5, 6-8. Registration deadline is Monday, August 7.** The objective of this program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting during the school year. Our emphasis will be not only to teach basic skills and fundamentals but also to teach fair play, teamwork and sportsmanship. One 1-hour practice will be held on a weekday evening. Practice day/time will be determined by the coach. **Practices will begin the week of August 28. Games will be played on Sunday afternoon-evening September 1 - October 15. For more information, please contact Bobby Wilson at (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424500	A	YVB(4-5)	SU		8/28-10/15	SPL	\$55
424501	A	YVB(6-8)	SU		8/28-10/15	SPL	\$55

## YOUTH SOCCER

**Ages: Grades K-6. Registration deadline is Friday, September 8.** The objective of this program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting during the school year. Our emphasis will be not only to teach basic skills and fundamentals, but also to teach fair play, teamwork and sportsmanship. Please be sure to indicate player's grade during the 2022-23 school year. **For more information, please contact Bobby Wilson at (785) 330-7355.**

### Leagues (Code 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  
**SC6 (boys)** - 5th & 6th grade

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424600	A	SCR(K-4)	S		10/23-12/16	SPL	\$55
424600	A	SCR(5-6)	S		10/23-12/16	SPL	\$60

## INTRO VOLLEYBALL

**Age: Grades K-3.** This session of Intro Volleyball is for Kindergarten - 3rd graders for the upcoming school year. This program provides an ideal entry-level program to learn the concept of the game and basic fundamentals - passing, setting, serving and rotation. This is a parent participation program. This provides a great opportunity for kids and parents to play and learn the game together! Instruction provided by a club level coach. **For more information, please contact Bobby Wilson at (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424507	A	INTROVB	M		9/18-10/9	SPL	\$50
424507	B	INTROVB	M		9/18-10/9	SPL	\$50

## BASKETBALL

**Ages: Kindergarten through 8th grade (Co-rec 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 2023-24 school year when filling our 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 the week of October 23. **Games for grades K-4 will be held on Saturdays, Nov. 4 - Dec. 16, and grades 5-8 will play Sundays, Nov. 5 - Dec. 17, with no games scheduled the weekend of the Thanksgiving holiday.** Game shirts included in fee for 5th - 8th graders. **Registration deadline: Friday, September 8. \$15 late fee added after deadline.** Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane. **Scholarship applications are available at Sports Pavilion Lawrence®, 100 Rock Chalk Lane, or The Community Building, 115 W. 11th St.**

### Leagues (Code Breakdown)

**INTRO-K** - (Co-rec) Kindergarten/pre-school (pre-school must be 5 years of age before 8/1/23)

**RK1 - Rookie 1** - 1st Grade

**RK2 - Rookie 2** - 2nd Grade

**REC3 - Recreation 2** - 3rd Grade

**REC4 - Recreation 4** - 4th Grade

**JHAWK5 - Jayhawk 5** - 5th Grade

**JHAWK6 - Jayhawk 6** - 6th Grade

**JHAWK7/8 - Jayhawk 7/8** - 7th and 8th Grade

**RKG - Rookie Girls** - 1st and 2nd Grade Girls

**RG - Recreation Girls** - 3rd and 4th Grade Girls

**JHG - Jayhawk Girls** - 5th and 6th Grade Girls

**JHG7/8 - Jayhawk Girls 7/8** - 7th and 8th Grade Girls

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424101	A	INTRO-K	S	TBA	11/4-12/16	CB	\$50
424101	B	RK1	S	TBA	11/4-12/16	ELRC	\$50
424101	C	RK2	S	TBA	11/4-12/16	ELRC	\$50
424101	D	REC3	S	TBA	11/4-12/16	HPRC	\$50
424101	E	REC4	S	TBA	11/4-12/16	HPRC	\$50
424101	F	JHAWK5	SU	TBA	11/5-12/17	SPL	\$60
424101	G	JHAWK6	SU	TBA	11/5-12/17	SPL	\$60
424101	H	JHAWK7/8	SU	TBA	11/5-12/17	SPL	\$60
424101	J	RKG	S	TBA	11/4-12/16	CB	\$50
424101	K	RG	S	TBA	11/4-12/16	HPC	\$50
424101	L	JHG	SU	TBA	11/5-12/17	SPL	\$60
424101	M	JHG7/8	SU	TBA	11/5-12/17	SPL	\$60

## HOOPER (COMPETITIVE BASKETBALL LEAGUES)

**Ages: 2nd through 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. **For more information, please contact the youth sports office at (785) 330-7355.**