

activities guide

THE CITY OF LAWRENCE
PARKS, RECREATION, ARTS AND
CULTURE DEPARTMENT



FALL 2024



www.lprd.org



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STRETCH YOUR LIMITS!

2024 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 winter/spring 2024.

There is something for everyone! Parks, Recreation, Arts and Culture 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 living a healthy, active lifestyle. Here's to good health for all!

Enrollment opens 8:00 a.m. Monday, August 12

ONLINE ENROLLMENT

If you have participated in a City of Lawrence, Parks, Recreation, Arts and Culture 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 lprd@lawrenceks.org to reactivate your account.

WALK-IN / MAIL-IN

Visit any City of Lawrence, Parks, Recreation, Arts and Culture 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 using the Registration Form found at the end of this Activities Guide. Pay by check. Send your registration and payment to Lawrence Parks, Recreation, Arts and Culture 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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Photo on front cover by Addie Driscoll

LAWRENCE PARKS, RECREATION, ARTS AND CULTURE DEPARTMENT DIRECTORY*

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

CITY COMMISSION

Bart Littlejohn, Mayor
Mike Dever, Vice-Mayor

Lisa Larsen

Brad Kinkeldei

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.

* All staff and board positions held as of July 26, 2024

ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

STAFF

Luis Ruiz, Director

lrui@lawrenceks.org

Lindsay Hart, Assistant Director – Recreation

lihart@lawrenceks.org

Mark Hecker, Assistant Director – Parks

mhecker@lawrenceks.org

Porter Arneill, Assistant Director – Arts & Culture

parneill@lawrenceks.org

Roger Steinbrock, Communications & Events Manager

rsteinbrock@lawrenceks.org

Abby Bush-Wilder, Communications & Events Coordinator

awilder@lawrenceks.org

Emma Wagemaker, Communications & Events Coordinator

ewagemaker@lawrenceks.org

CEMETERIES: Oak Hill, Memorial Park, Maple Grove

Inquiries handled at Administrative Office:

1141 Massachusetts 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

Robert Wilson, Recreation Operations Supervisor

rwilson@lawrenceks.org

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
SC.....Sand Courts

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

(785) 832-7970, *tfike@lawrenceks.org*

Pat Hennessey, Park Operations Manager

(785) 330-7359, *phennessey@lawrenceks.org*

Darin Pearson, Park Operations Manager/
Eagle Bend

dpearson@lawrenceks.org

DIRECTORY/OTHER CODES

Stretch Your Limits — 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

Dara Wilson, Nature Center Supervisor
dwilson@lawrenceks.org
Rachel Neff, Naturalist
rneff@lawrenceks.org

EAST LAWRENCE RECREATION CENTER
1245 E. 15th St. • (785) 832-7950

CODES

ELRC.....East Lawrence Recreation Center
GR.....Gymnastics Room
TZ.....Tumble Zone

ENROLLMENT HOURS:

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

STAFF

Madison Husbenet, Recreation Programmer
mhusbenet@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
Jo Ellis, Recreation Instruction Supervisor
jellis@lawrenceks.org
Alex Husbenet, Youth Sports Supervisor
ahusbenet@lawrenceks.org
Bennett Johnson, Adult Sports Recreation Programmer
bjohnson@lawrenceks.org
Ross Schraeder, Recreation Programmer
rschraeder@lawrenceks.org
Landon Noll, Recreation Programmer
lnoll@lawrenceks.org
Molly Gordon, Recreation Programmer
mgordon@lawrenceks.org
Paula Craig, Administrative Specialist
pcraig@lawrenceks.org

OTHER LOCATIONS

CARN

Carnegie Building,
200 W. 9th St.

PKSBP

Centennial Park–
Skateboard Park,
600 Rockledge Rd.

CLSC

Clinton Lake Softball Complex,
5101 Speicher Rd.

CMW

Crescent Moon Winery,
15930 246th St.

DCFG

Douglas County Fairgrounds,
2120 Harper St.

PT

Peaslee Tech,
2920 Haskell Ave., Suite 100

RCL

Royal Crest Lanes,
933 Iowa St.

SRC

Senior Resource Center,
745 Vermont St.

TW

Trivedi Wine,
1826 E. 1150 Road

RCP

Rock Chalk Park,
100 Rock Chalk Lane

RVRPK

Riverfront Park,
1594 N. 3rd St.

OVLPK

Overlook Park,
800 N. 1402 Road

LNP

Lawrence Nature Park,
201 S. Folks Road

BURPK

Burcham Park,
200 Indiana St.

LYONS

Lyons Park,
700 North Lyon St.

TBA

To be announced

New Class	Class Name	Fitness Level	Ages/Class Size	Description																								
	NEW YOGA, FLOW																											
	<p>■ 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, 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. Instructor: Kim McDanel</p>			Class Notes																								
Co-Sponsored Class not eligible for scholarships	<p>Rechelle Bishop.</p>			Class Location (listed pages 2-3)																								
Night Class (noted in bold)	<table border="1"> <thead> <tr> <th>CODE</th> <th>SEC</th> <th>CLASS</th> <th>DAY</th> <th>TIME</th> <th>DATE</th> <th>LOC</th> <th>FEE</th> </tr> </thead> <tbody> <tr> <td>412437</td> <td>1A</td> <td>AQHIIT</td> <td>TR</td> <td>5:30-6:15PM</td> <td>9/10-10/17</td> <td>LIAC</td> <td>\$54</td> </tr> <tr> <td>412437</td> <td>2A</td> <td>AQHIIT</td> <td>TR</td> <td>5:30-6:15PM</td> <td>10/29-12/12</td> <td>LIAC</td> <td>\$54</td> </tr> </tbody> </table>			CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE	412437	1A	AQHIIT	TR	5:30-6:15PM	9/10-10/17	LIAC	\$54	412437	2A	AQHIIT	TR	5:30-6:15PM	10/29-12/12	LIAC	\$54	Class Fee
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Activity Number				Dates of Class																								
Section of Class				Time of Class																								
Name of Class				Day 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. 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 <http://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, 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 FIT

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 11/26 and 11/28. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412434	1A	AQFIT	TR	9-9:45AM	9/10-10/17	LIAC	\$54
412434	1B	AQFIT	TR	10-10:45AM	9/10-10/17	LIAC	\$54
412434	2A	AQFIT	TR	9-9:45AM	10/29-12/12	LIAC	\$54
412434	2B	AQFIT	TR	10-10:45AM	10/29-12/12	LIAC	\$54

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 10/31, 11/26 and 11/28. Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412437	1A	AQHIIT	TR	5:30-6:15PM	9/10-10/17	LIAC	\$54
412437	2A	AQHIIT	TR	5:30-6:15PM	10/29-12/12	LIAC	\$54

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 11/26 and 11/28. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412412	1B	FUSION2	TR	8:15-9:15AM	9/10-10/17	LIAC	\$54
412412	2B	FUSION2	TR	8:15-9:15AM	10/29-12/12	LIAC	\$54

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 11/25, 11/27, 11/29. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412430	1A	JIVNJNTS	MWF	8:45-9:30AM	9/9-10/18	LIAC	\$81
412430	1B	JIVNJNTS	MWF	9:45-10:30AM	9/9-10/18	LIAC	\$81
412430	2A	JIVNJNTS	MWF	8:45-9:30AM	10/28-12/13	LIAC	\$81
412430	2B	JIVNJNTS	MWF	9:45-10:30AM	10/28-12/13	LIAC	\$81

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 11/25, 11/27, 11/29. Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412420	1A	SHALLOW	MWF	7:15-8AM	9/9-10/18	LIAC	\$81
412420	2A	SHALLOW	MWF	7:15-8AM	10/28-12/13	LIAC	\$81

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 11/25, 11/27, 11/29. Instructor: Susan Pomeroy.**


CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412438	1A	DEEPLYFITMWF		8:15-9:15AM	9/9-10/18	LIAC	\$81
412438	2A	DEEPLYFITMWF		8:15-9:15AM	10/28-12/13	LIAC	\$81

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 11/25, 11/27. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412439	1A	LABLAST	MW	6:30-7:15PM	9/9-10/16	LIAC	\$54
412439	2A	LABLAST	MW	6:30-7:15PM	10/28-12/11	LIAC	\$54

AQUATICS



← SCAN ME!

FULL LIST OF HOURS

Indoor Aquatic Center

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

LEARN-TO-SWIM CLASSES

TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON

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

NOTE TO PARENTS/GUARDIANS

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

MAKE-UP LESSONS

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

WAITING LISTS

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

SWIM LESSON DESCRIPTIONS

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

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

Parent/Child (PNTCHILD) (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 (PRCHOOL) (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).*

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).*



AQUATICS

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 (JRSMWIM): 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. 14 - OCT. 5

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412114	2A	PRSCHOL	S	9-9:25AM	9/14-10/5	LIAC	\$33
412102	2A	LEVEL 2	S	9-9:45AM	9/14-10/5	LIAC	\$33
412103	2A	LEVEL 3	S	9-9:45AM	9/14-10/5	LIAC	\$33
412100	2A	PNTCHILD	S	9:30-9:55AM	9/14-10/5	LIAC	\$33
412115	2A	AQUATOT	S	10-10:25AM	9/14-10/5	LIAC	\$33
412102	2B	LEVEL 2	S	10-10:45AM	9/14-10/5	LIAC	\$33
412103	2B	LEVEL 3	S	10-10:45AM	9/14-10/5	LIAC	\$33
412101	2A	LEVEL 1	S	10:30-10:55AM	9/14-10/5	LIAC	\$33
412103	2C	LEVEL 3	S	11-11:45AM	9/14-10/5	LIAC	\$33
412104	2A	LEVEL 4	S	11-11:45AM	9/14-10/5	LIAC	\$33
412108	2A	ADULT	S	11-11:45AM	9/14-10/5	LIAC	\$33

SATURDAYS, OCT. 19 - NOV. 9

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412101	4A	LEVEL 1	S	9-9:25AM	10/19-11/9	LIAC	\$33
412102	4A	LEVEL 2	S	9-9:45AM	10/19-11/9	LIAC	\$33
412107	4A	JRSMWIM	S	9-9:45AM	10/19-11/9	LIAC	\$33
412114	4A	PRSCHOL	S	9:30-9:55AM	10/19-11/9	LIAC	\$33
412100	4B	PNTCHILD	S	10-10:25AM	10/19-11/9	LIAC	\$33
412103	4A	LEVEL 3	S	10-10:45AM	10/19-11/9	LIAC	\$33
412105	4A	LEVEL 5	S	10-10:45AM	10/19-11/9	LIAC	\$33
412115	4A	AQUATOT	S	10:30-10:55AM	10/19-11/9	LIAC	\$33
412103	4B	LEVEL 3	S	11-11:45AM	10/19-11/9	LIAC	\$33
412104	4A	LEVEL 4	S	11-11:45AM	10/19-11/9	LIAC	\$33
412108	4A	ADULT	S	11-11:45AM	10/19-11/9	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/TODDLER

GYMNASTICS

CHALK IT UP

Ages: 6-12. Enrollment Min 7 / Max 21. These structured workshops will keep your kids active and excited the entire day! Campers will have access to all the apparatus and experience coaching, as well as a mixture of fun, games, and obstacles! This well-rounded experience relates to children's health, wellness, and the love of being in the gym! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416014	A	CIU	F	9AM-4PM	12/20	SPL-GR	\$70
416014	B	CIU	M	9AM-4PM	12/23	SPL-GR	\$70
416014	C	CIU	F	9AM-4PM	12/27	SPL-GR	\$70

NEW YEAR, NEW NINJAS

Ages: 6-12. Enrollment Min 7 / Max 21. These structured workshops will keep your kids active and excited the entire day! Campers will have access to all the ninja equipment and experience coaching, as well as a mixture of fun, games, and obstacles! This well-rounded experience relates to children's health, wellness, and the love of being in the gym! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416015	A	HW	M	9AM-4PM	12/30	SPL-GR	\$70
416015	B	HW	T	9AM-4PM	12/31	SPL-GR	\$70
416015	C	HW	R	9AM-4PM	1/2	SPL-GR	\$70
416015	D	HW	F	9AM-4PM	1/3	SPL-GR	\$70

TRADITIONAL

HOLIDAY HAPPENINGS

Ages: 5-12. Enrollment Min 7 / Max 21. A structured program for children 5-12 years of age, including field trips, special events, arts and crafts, movies and games. Bring a brown bag lunch!!! Held at Holcom Recreation Center. Inclement weather location will be Holcom Park Recreation Center. For more information call Elias Parenti 785-832-7949. All children must have current Health Information Form turned in prior to attending the program. **No camp 1/1. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425160	A	HH	MTRF	8:30AM-3:30PM	12/30-1/3	HPRC	\$130

TODDLER OPEN GYM

TODDLER OPEN GYM, EAST LAWRENCE RECREATION CENTER

Ages: 1-6. Enrollment Min: 4 / Max: 15. Bring your kiddo out to the East Lawrence Recreation Centers 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 Husbenet at 785-832-7951 or mhusbenet@lawrenceks.org.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
433002	A	TOG	SA	9:30AM-10:30AM	9/7	ELC- TBL ZN	\$5
433002	B	TOG	SA	9:30AM-10:30AM	9/14	ELC- TBL ZN	\$5
433002	C	TOG	SA	9:30AM-10:30AM	9/21	ELC- TBL ZN	\$5
433002	D	TOG	SA	9:30AM-10:30AM	9/28	ELC- TBL ZN	\$5
433002	E	TOG	SA	9:30AM-10:30AM	10/5	ELC- TBL ZN	\$5
433002	F	TOG	SA	9:30AM-10:30AM	10/12	ELC- TBL ZN	\$5
433002	G	TOG	SA	9:30AM-10:30AM	10/19	ELC- TBL ZN	\$5
433002	H	TOG	SA	9:30AM-10:30AM	10/26	ELC- TBL ZN	\$5

DANCE

433002	I	TOG	SA	9:30AM-10:30AM	11/2	ELC-TBLZN	\$5
433002	J	TOG	SA	9:30AM-10:30AM	11/9	ELC-TBLZN	\$5
433002	K	TOG	SA	9:30AM-10:30AM	11/16	ELC-TBLZN	\$5
433002	L	TOG	SA	9:30AM-10:30AM	11/23	ELC-TBLZN	\$5
433002	M	TOG	SA	9:30AM-10:30AM	11/30	ELC-TBLZN	\$5
433002	N	TOG	SA	9:30AM-10:30AM	12/7	ELC-TBLZN	\$5
433002	O	TOG	SA	9:30AM-10:30AM	12/14	ELC-TBLZN	\$5
433002	P	TOG	SA	9:30AM-10:30AM	12/21	ELC-TBLZN	\$5
433002	Q	TOG	SA	9:30AM-10:30AM	12/28	ELC-TBLZN	\$5

ELRC TUMBLE ZONE BIRTHDAY PARTY PACKAGE

Come check out our new Tumble Zone at the East Lawrence 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 Husbenet at 785-832-7951 or mhusbenet@lawrenceks.org.**



ADULT DANCE

Our adult dance classes are suitable for complete beginners, experienced dancers or just looking for a fun and enjoyable way to get fit, we 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, travelling steps, and, most importantly, rhythm.

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

BALLROOM DANCE

Ages: 15 and Up. Enrollment Min 4 couples / Max 8 couples. This class is designed to 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 11/27. Partner enrollment required. Instructor: Shirley Barrand.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414180	A	BALL	W	7-8PM	9/11-10/16	HPRC-BR	\$40
414180	B	BALL	W	7-8PM	10/30-12/11	HPRC-BR	\$40

COUNTRY COUPLES VARIETY DANCING

Ages: 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 the progressive class **Partner Enrollment Required. Price reflects per person rate. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414150	A	CCVD	SU	5:40-6:40PM	10/20-11/24	SPL-LR	\$40

LATIN DANCE

Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples. As we turn up the heat, move your feet to the smooth Latin beat. You'll learn all the steps, proper techniques, mothsions, patterns and movements to the salsa, cha-cha and more. Before you know it, you'll be dancing with the stars, impressing your family and friends with your fancy footwork. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414151	A	LATIN	SU	6:50-7:50PM	10/20-11/24	SPL-LR	\$40

LINE DANCING

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
414152	A	LINE	SU	4:30-5:30PM	9/8-10/13	SPL-LR	\$40
414152	B	LINE	SU	4:30-5:30PM	10/20-11/24	SPL-LR	\$40

NIGHT CLUB DANCING

Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples. Get ready to tear up the dance floor with two popular nightclub dances. You'll learn dances from both ends of the spectrum: the slow and graceful nightclub 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	NGCLB	SU	6:50-7:50PM	9/8-10/13	SPL-LR	\$40

SWING DANCING

Ages: 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	9/8-10/13	SPL-LR	\$40

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. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414146	A	CHACHA	SU	5:45-8PM	11/8	SPL-LR	\$20

DANCE

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	9/13	SPL-LR	\$20
414141	B	LINEWS	F	5:45-8PM	10/25	SPL-LR	\$20
414141	C	LINEWS	F	5:45-8PM	11/22	SPL-LR	\$20
414141	D	LINEWS	F	5:45-8PM	12/13	SPL-LR	\$20

SALSA WORKSHOP

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* Step onto the social Caribbean dance floor with the energetic Salsa! Learn the basics, movements, and concepts necessary to look terrific on the floor. Class will include presentation of proper footwork. Discuss of Cuban motion, and creation of torque for turns. **Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414148	A	SAL	F	5:45-8PM	10/11	SPL-LR	\$20

ULTIMATE DANCE PARTY

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* C! 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. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414160	A	ULTDNC	F	6-8PM	9/27	SPL-LR	\$15
414160	B	ULTDNC	F	6-8PM	11/1	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 couples / Max 20 couples.* E 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	9/15	SPL-LR	\$25

DANCE FUNDAMENTALS II – TRIPLE RHYTHM MOVEMENTS & MORE

■ *Ages: 15 and Up. Enrollment Min 8 couples / Max 20 couples.* 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	DFI	SU	1:15-4:15PM	10/13	SPL-LR	\$25

DANCE FUNDAMENTALS III – SPINS AND TURNS

■ *Ages: 15 and Up. Enrollment Min 8 couples / Max 20 couples.* 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	11/10	SPL-LR	\$25

WEST COAST SWING

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* Come and learn one of today's hottest dances. All levels are welcome. 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. **Partner Enrollment required. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414145	A	WCS	SU	4:30-7:30PM	12/8	SPL-LR	\$25

EAST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

■ *Ages 15 and Up. Enrollment Min 10 / Max 30.* One of the dances with the most staying power has been East Coast Swing and its variations. East Coast Swing is a circular dance done to a wide range of upbeat music from Big Band to Contemporary to Country. 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	SU	1:15-4:15PM	10/27	SPL-LR	\$25
414140	B	ECS	SU	1:15-4:15PM	12/15	SPL-LR	\$25

HUSTLE

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* Hustle, an American dance originating in the 1970's during the heyday of Disco, is a very exciting and energetic dance with the flexibility to look elegant and graceful, or funky and fun. It shares patterns and concepts with Swing, Salsa, and other dances with wraps and turn patterns. In this workshop, we will concentrate on foundational elements and patterns to help modernize the popular hustle and get you grooving on the dance floor! All levels are Welcome! **Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414147	A	HUSTLE	SU	1:15-4:15PM	11/24	SPL-LR	\$25

LINE DANCING WORKSHOP

■ *Ages: 15 and Up. Enrollment Min 10 couples / Max 30 couples.* 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	12/1	SPL-LR	\$25
414141	F	LINEWS	SU	1:15-4:15PM	12/22	SPL-LR	\$25

DANCE

INTERMEDIATE LINE DANCING

■ *Ages: 15 and Up. Enrollment Min 10 couples / Max 30 couples.* 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	INTLN	SU	3:15-4:15PM	9/29	SPL-LR	\$12
414143	B	INTLN	SU	3:15-4:15PM	10/20	SPL-LR	\$12
414143	C	INTLN	SU	3:15-4:15PM	11/17	SPL-LR	\$12
414143	D	INTLN	SU	3:15-4:15PM	12/8	SPL-LR	\$12

WEDDING DANCE CRASH COURSE

■ *Ages: 15 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	9/8	SPL-LR	\$25
414161	B	WDCC	SU	1:15-4:15PM	10/6	SPL-LR	\$25
414161	C	WDCC	SU	1:15-4:15PM	11/3	SPL-LR	\$25

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.

WIGGLES & GIGGLES

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 11/26, 11/30. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428000	A	WIGGLE	T	10-10:35AM	9/17-12/10	CB-DS	\$114
428000	B	WIGGLE	S	9:30-10:05AM	9/21-12/14	CB-DS	\$114

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 11/30. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428001	A	MB	S	11:05-11:50AM	9/21-12/14	CB-DS	\$114

MINI BALLET & HIP HOP

Ages: 3-4. Enrollment Min 5 / Max 12. This combination class offers 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 build 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 10/31, 11/25, 11/27, 11/28, 11/30. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428002	A	MBHH	M	6:25-7:10PM	9/16-12/9	CB-DS	\$114
428002	B	MBHH	W	5:30-6:15PM	9/18-12/11	CB-DS	\$114
428002	C	MBHH	R	10-10:45AM	9/19-12/12	CB-DS	\$104
428002	D	MBHH	S	10:15-11AM	9/21-12/14	CB-DS	\$114

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, 11/27. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428003	A	BBHH	M	5:30-6:20PM	9/16-12/9	CB-DS	\$114
428003	B	BBHH	W	6:20-7:10PM	9/18-12/11	CB-DS	\$114

RISING BALLET I & II

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 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428004	A	RB1&2	T	5:30-6:20PM	9/17-12/10	CB-DS	\$114

RISING HIP HOP I & II

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 10/31, 11/28. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428005	A	RHHI	R	5:30-6:20PM	9/19-12/12	CB-DS	\$104

DANCE

ELITE BALLET

Ages: 11-13. Enrollment Min 5 / Max 12. Dancers will be challenged at their personal level through barre work, skills in the center, across the floor work and choreography. Strength, flexibility, coordination and confidence will increase in this fun class! Open to beginners and immediate students. **No class 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428007	A	EL	T	6:25-7:15PM	9/17-12/10	CB-DS	\$114

ELITE HIP HOP

Ages 11-13. Enrollment Min 5 / Max 12. A high energy class designed for the beginner and intermediate dancer. Class will challenge each dancer at their personal level while exploring time, space, energy and the use of levels through skills in the center, across the floor work and upbeat choreography. Dancers are encouraged to express their own personality through appropriate movement and music. Strength, flexibility, coordination and confidence will increase in this fun, fast-paced class. **No class 10/31, 11/28. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428006	A	EHH	R	6:25-7:15PM	9/19-12/12	CB-DS	\$104



FITNESS

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.

BARRELATES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. The perfect fusion combination of Barre and Pilates for a full-body strength training workout. Combining the dynamic, dance-inspired movements of barre with lengthening and strengthening exercises of Pilates will target multiple muscle groups at once. This class will incorporate music and will be both challenging and fun, all levels welcome. **No class 11/25, 11/27. Bring a mat. Instructor: Vanessa Curtis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415030	A	BL	MW	12:10-12:50PM	9/9-12/11	SPL-FR	\$104

BODY BURN ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Come burn away those extra calories during an hour of invigorating total body exercise! When you combine strength training with cardio and core work, your body will be lit on fire to help scorch away those unwanted pounds. Exercises can be modified for any fitness level. Bring your own mat. **No class 10/31, 11/28. Instructor: Nicole Heck**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415003	A	BB	TR	5:45-6:40PM	9/12-12/12	CB-RM2	\$54

BOTTOMS UP ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Lower body exercises aimed at sculpting your core, booty, hips, and thighs. A touch of cardio ensures that you burn calories while you sculpt. The music and teaching style make it so fun; it won't feel like work! Easily adaptable for low impact. This tushy toning class is a blast! Bring a mat. **No class 10/31, 11/26, 11/28. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415007	A	BG	TR	5:30-6PM	9/10-12/12	HPRC-BR	\$100

FITNESS

CYCLE STRENGTH ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. 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 11/30. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
4150356	A	CS	TR	9-9:45AM	9/14-12/14	CB KWROOM	\$59

ESSETRICS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 18. 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 11/27, 11/30. Instructor: Kirstin Olson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415027	A	ESSEN	W	5:30-6:30PM	9/11-12/11	HPRC-BR	\$59
415027	B	ESSEN	S	8:45-9:45AM	9/14-12/14	HPRC-BR	\$59

FULL BODY FUSION ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. If you're not seeing results from your current workout or feeling bored with your fitness routine, this class is for you! This is a blend of strength training, cardio, flexibility, and core conditioning that effectively targets all major muscle groups. The motivating music and variety of exercises will keep you engaged. Sculpt, strengthen, and invigorate your mind and body. **Bring a mat. No class 11/30. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415008	A	FBF	S	10-10:50AM	9/14-12/14	SPL-LR	\$59

HIIT ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong. **Bring a mat. No class 11/25, 11/27. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415101	A	HIIT	MW	5:45-6:30PM	9/9-12/11	SPL-LR	\$104

KAP COMBO ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A combination class that consists of kickboxing, Abs & Power Sculpt. Three powerful combo packs in one class. KAP incorporates kickboxing techniques with an intense cardio workout, alternates with strength training to challenge all your muscle groups with weights and resistance bands. Finish with killer Abs and Core. This class will leave you sweating, pumped, energized and ready to take on the world. **Bring a mat. No class 11/26. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415076	A	KAP	T	5:45-6:30PM	9/10-12/10	HPRC-GY	\$59

PILATES, MAT ●●

Ages: 15 and Up. Enrollment: Min 10 / Max 20. Pilates will help center your mind and body by focusing on stretching and elongating your spine while strengthening your core. Build strength, flexibility, balance, coordination and stability along with other exercises in this class. Pilates is a great way to get your workout in while you unwind from a long day! Please bring a mat for floor work. **Bring a mat. No class 10/31, 11/26, 11/28. Instructor: Melanie Johnson**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415024	A	CM	TR	5:40-6:10AM	9/10-12/12	SPL-FR	\$100

POP PILATES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Pop Pilates combines Pilates inspired moves with the rhythmic qualities of choreographed dance for a total body workout that is fun and effective. Incorporating proper breathing, alignment, and balance you will flow through one move to the next. This will develop a solid core while leaving no muscle untouched. All levels welcome as there are options and modifications to fit the needs of each individual. **Bring a mat. No class 11/30. Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415032	A	POP	S	9:30-10:20AM	9/14-12/14	SPL-FR	\$59

POWER SCULPT ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. The ultimate strength-training program to build muscle. Challenge all of your muscle groups by using barbells, 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 11/30. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415011	A	PWRSCPT	S	10-10:50AM	9/14-12/24	CB-CR1	\$59

STRENGTH TRAINING ●●

Ages: 15 and Up. Min 10 / Max 20. This class is a full body strengthening workout using different types of resistance. We will use kettlebells, free weights, TRX, Pilates rings, BOSU balls, stability balls, resistance tubing and bands, as well as body weight exercises. This class is designed to enhance muscle definition, balance, flexibility, strength, and endurance. **Bring a mat. No class 10/31, 11/26, 11/28. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415122	A	ST	TR	6:15-7:00PM	9/10-12/12	SPL-FR	\$100

TAI CHI (NEW) ●

Ages: 15 and Up. Min 10 / Max 20. Tai Chi is a gentle and meditative form of exercise. Aided by the breath and the use of mindful, focused movements, Tai Chi enhances many aspects of physical health and overall wellness. Improve your posture, strength, balance, flexibility, range of motion and circulation. Calm your mind and relieve stress by joining class. **No class 10/31, 11/28, 12/1. Instructor: Ron Ching.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415109	A	TC	SU	6-7PM	9/8-12/8	SPL-FR	\$59
415109	B	TC	R	5:20-6:20PM	9/12-12/12	ELRC-GR	\$55

TAI CHI AT TRIVEDI ●

Ages: 21 and Up. Min 10 / Max 20. Relax, breathe, refresh, and stimulate your mind-body-spirit connection through a series of breathing exercises and mindful, focused movements. Certified Tai Chi instructor, Susan Pomeroy, will gently guide you through a slow motion practice in a calm and nurturing atmosphere. Following the class, indulge your taste buds with a wine tasting. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415288	A	TC	S	11AM-1PM	9/28	TW	\$25

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 10/31, 11/5, 11/25, 11/27, 11/28. Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415112	A	TRXFIT	MW	6:45-7:30PM	9/9-12/11	SPL-LR	\$104
415112	B	TRXFIT	TR	6-6:45PM	9/10-12/12	SPL-LR	\$96

FITNESS

UPPER CUTS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Dynamic punches, dumb bells, and body weight resistance to build upper body strength. This high-energy session builds stamina, improves coordination, and tones muscle. The motivating music empowers. This fun and effective workout will make you strong and confident. Throw down, trim down and knockout stress. Easily modified for low impact. **Bring a mat. No class 10/31, 11/26, 11/28.**

Instructor: Mea Austin

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415009	A	UC	TR	6:10-6:40PM	9/10-12/12	HPRC-BR	\$100

WEIGHTS EXPRESS ●●

*Ages: 15 and Up. (MW) Enrollment Min 10 / Max 16. (TR) This express 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 11/5, 11/25, 11/26, 11/27, 11/28.** Instructor: Teresa Kelley | Melanie Johnson.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415023	A	WGHT(TK) MW		5:30-6PM	9/9-12/11	SPL-FR	\$104
415023	B	WGHT(TK) TR		12:15-12:45PM	9/10-12/12	SPL-LR	\$100
415023	C	WGHT(MJ) TR		12:15-12:45PM	9/10-12/12	CB-CR2	\$104

WERQ WORKSHOP ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Come get your WERQout in with Beyoncé, Taylor Swift, Ariana Grande, Doja Cat, Megan Thee Stallion and many more! Get your groove on to a variety of dance styles that will energized you! Never been to class before? NO PROBLEM! This will be a fun one to get you hooked! Make sure to register for class at lprd.org to reserve your spot! **Instructor: Ryce Herron.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315013	A	WW	S	9-10AM	8/17	HPRC-GYM	\$5
315013	B	WW	F	5:45-6:45PM	9/6	HPRC-GYM	\$5

WERQ ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This fiercely fun class features a variety of dance styles from pop and jazz to hip hop with an upbeat and current playlist. Tone your muscles, improve your coordination, rhythm and improve your mood. You are guaranteed an energetic, fun and great workout without even knowing you are doing it. **No class 11/26, 11/27. Instructor: Ryce Herron.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415012	A	WE	T	6:40-7:35PM	9/10-12/10	HPRC-GYM	\$59
415012	B	WE	W	5:30-6:25PM	9/11-12/11	CB-GYM	\$59

WINE AND UNWIND ●

Ages: 15 and Up. Enrollment Min 10 / Max 20. oga at the Crescent Moon winery is a unique experience that combines relaxation, mindfulness and nature. Led by Tatum Bandy, participants will stretch their bodies, calm their minds, and rejuvenate their spirits in the tranquil vineyard setting. Begin the evening with yoga and concludes with wine tasting and light bites. **Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415276	A	WINERY	F	6-8PM	10/11	CMW	\$25

YOGA, EXPRESS ●●

Ages: 15 and Up. Min 10 / Max 15. A perfect, user-friendly introduction to the practice of yoga and ideal for students who are brand-new to yoga – or for anyone simply wanting a relaxing class, or to review the basics. Topics covered include basic breathing techniques, how to relax within a pose, as well as detailed physical instructions that instill confidence for the new practitioner. **Bring a mat. No class 12/1. Instructor: M.A. Saunders**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415015	A	EXYOGA	TR	12:10-12:50PM	9/10-12/12	SPL-FR	\$104

YOGA, BEGINNING ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **No class 11/26, 11/28. Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415022	A	YB	SU	3-4PM	9/8-12/8	HPRC-BR	\$59

YOGA, FLOW ●

Ages: 15 and Up. Enrollment Min 10 / Max 18. Suitable for beginning students as well as experienced students who enjoy a gentler class. Develop body awareness, 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 11/26. Instructor: Kim McDaneld | Rechelle Bishop.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415040	A	FY	T	5:20-6:15PM	9/10-12/10	ELRC-GR	\$59

YOGA, FUNDAMENTALS ●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Focus on simple Yoga postures, stretches and other types of movements that will boost energy levels, increase range of motion, improve balance and gently strengthen the body. **Bring a mat. No class 11/27. Instructor: Rechelle Bishop**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415018	A	YF	W	12:15-12:45PM	9/11-12/11	CB-CR2	\$59

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, flexibility, and promotes physical well-being. **Bring a mat. No class 12/1. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415123	A	PWRYOGA	SU	4-5:15PM	9/8-12/8	SPL-FR	\$75

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 11/27. Instructor: Kymbre Dwyer**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415046	A	YR	W	6:15-7:15PM	9/11-12/11	SPL-FR	\$59

FITNESS

GYMNASTICS

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 11/26. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415016	A	SFYOGA	T	10-11AM	9/10-12/10	SPL-FR	\$59

YOGA, STRETCH ●

Ages: 15 and Up. Enrollment Min 10 / Max 15. A unique class that combines Yoga and stretching for flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion. **Bring a mat. No class 11/25. Instructor: Kymbre Dywer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415017	A	YS	M	5:30-6:25PM	9/9-12/9	HRC-BR	\$59

YOGA, VINYASA SCULPT ●●

Ages: 15 and Up. Enrollment Min 10 / Max 18. An ideal blend of a Vinyasa Flow Yoga practice with the addition of hand weights. Class is designed to incorporate small weights into yoga poses in a creative, strength building program. Increase your flexibility and strength, improve lean muscle mass and calm the mind. **Bring a mat. No class 11/27. Instructor: Rechelle Bishop**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415118	A	YVS	W	5:30-6:25PM	9/11-12/11	ELRC-GR	\$59

YOGILATES ●●

Ages: 15 and Up. TR - Enrollment Min 10 / Max 40. S - Enrollment Min 10 / Max 20. 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 11/26, 11/28, 11/30. Instructor: Fran Hopkins (FH) and Shannon Carlson (SC).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415121	A (FH)	YGLTS	TR	5:30-6:25PM	9/10-12/12	CB-GYM	\$104
415121	B (SC)	YGLTS	S	8:30-9:20AM	9/14-12/14	SPL-FR	\$59

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 10/31, 11/5, 11/25-11/30. Instructors: Pat Middaugh (PM), Amy Ash (AA), Mary Davidson (MD).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415100	A	ZUM(PM)	MWF	12:10-12:50PM	9/9-12/13	HPRC-GY	\$128
415100	B	ZUM(SK)	M	5:30-6:25PM	9/9-12/9	CB-GY	\$59
415100	C	ZUM(AA)	T	5-5:50PM	9/10-12/10	SPL-LR	\$54
415100	D	ZUM(MD)	TR	12:10-12:50PM	9/10-12/12	CB-GY	\$104
415100	E	ZUM(AA)	S	9-9:50AM	9/14-12/14	SPL-LR	\$59

SPORTS PAVILION LAWRENCE®

100 ROCK CHALK LN.

Parks and Recreation offers a comprehensive gymnastics/ninja 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 held at the Sports Pavilion Lawrence® include Little Bears, Tumble Bears, Gym Bears, Hot Shots, Beginning Girls/Boys, Intermediate I Boys/Girls, Intermediate II Girls, Little Ninjas, Ninja Stars, Advanced Ninja Warriors and Elite 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 or (785) 330-7364.

LITTLE BEARS

Ages: 18 months - 3 years with parent. Enrollment Min 4 / Max 16 (T) One parent per child. No siblings allowed. Children and their parents explore different activities using various pieces of gymnastic equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success! **No class 11/26, 11/29. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418000	A	LB	T	4:40-5:25PM	9/10-10/22	SPL-GR	\$79
418000	B	LB	F	5:30-6:15PM	9/13-10/25	SPL-GR	\$79
418000	C	LB	T	4:40-5:25PM	10/29-12/10	SPL-GR	\$68
418000	D	LB	F	5:30-6:15PM	11/1-12/13	SPL-GR	\$68

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 11/27, 11/28, 11/30, 12/1. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418001	A	TB	SU	1-1:45PM	9/8-10/20	SPL-GR	\$79
418001	B	TB	SU	2-2:45PM	9/8-10/20	SPL-GR	\$79
418001	C	TB	W	4:40-5:25PM	9/11-10/23	SPL-GR	\$79
418001	D	TB	R	4:40-5:25PM	9/12-10/24	SPL-GR	\$79
418001	E	TB	R	5:30-6:15PM	9/12-10/24	SPL-GR	\$79
418001	F	TB	S	9-9:45AM	9/14-10/26	SPL-GR	\$79
418001	G	TB	SU	1-1:45 PM	10/27-12/8	SPL-GR	\$68
418001	H	TB	SU	2-2:45PM	10/27-12/8	SPL-GR	\$68
418001	I	TB	W	4:40-5:25PM	10/30-12/11	SPL-GR	\$68
418001	J	TB	R	4:40-5:25PM	11/7-12/12	SPL-GR	\$57
418001	K	TB	R	5:30-6:15PM	11/7-12/12	SPL-GR	\$57
418001	L	TB	S	9-9:45AM	11/2-12/14	SPL-GR	\$68

GYMNASTICS

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, confident, coordination and social skills. **No class 11/25, 11/26, 11/27, 11/30. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418002	A	GB	M	4:30-5:25PM	9/9-10/21	SPL-GR	\$79
418002	B	GB	M	5:30-6:25PM	9/9-10/21	SPL-GR	\$79
418002	C	GB	T	5:30-6:25PM	9/10-10/22	SPL-GR	\$79
418002	D	GB	W	5:30-6:25PM	9/11-10/23	SPL-GR	\$79
418002	E	GB	R	4:30-5:25PM	9/12-10/24	SPL-GR	\$79
418002	F	GB	S	9:00-9:55AM	9/14-10/26	SPL-GR	\$79
418002	G	GB	S	10-10:55AM	9/14-10/26	SPL-GR	\$79
418002	H	GB	M	4:30-5:25PM	10/28-12/9	SPL-GR	\$68
418002	I	GB	M	5:30-6:25PM	10/28-12/9	SPL-GR	\$68
418002	J	GB	T	5:30-6:25PM	10/29-12/10	SPL-GR	\$68
418002	K	GB	W	5:30-6:25PM	10/30-12/11	SPL-GR	\$68
418002	L	GB	R	4:30-5:25PM	11/2-12/14	SPL-GR	\$57
418002	M	GB	S	9:00-9:55AM	11/2-12/14	SPL-GR	\$68
418002	N	GB	S	10-10:55AM	11/2-12/14	SPL-GR	\$68

HOT SHOT

Ages: 4-5. Enrollment Min 4 / Max 6. This class provides a more advanced curriculum than our preschool program. Acceptance into this class is based on the child's eagerness to learn, focus in class, and basic concept of beginning level gymnastics skills. **Permission is required prior to enrollment. No class 11/26, 11/27, 11/28. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418003	A	HS	T	5:30-6:25PM	9/10-10/22	SPL-GR	\$79
418003	B	HS	W	5:30-6:25PM	9/11-10/23	SPL-GR	\$79
418003	C	HS	R	4:30-5:25PM	9/12-10/24	SPL-GR	\$79
418003	D	HS	T	5:30-6:25PM	10/29-12/10	SPL-GR	\$68
418003	E	HS	W	5:30-6:25PM	10/30-12/11	SPL-GR	\$68
418003	F	HS	R	4:30-5:25PM	11/7-12/12	SPL-GR	\$57

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 11/25, 11/26, 11/27, 11/28, 11/30, 12/1. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418004	A	BG(6-9)	SU	2-2:55PM	9/8-10/20	SPL-GR	\$79
418004	B	BG(9-12)	M	5:30-6:25PM	9/9-10/21	SPL-GR	\$79
418004	C	BG(6-9)	T	5:30-6:25PM	9/10-10/22	SPL-GR	\$79
418004	D	BG(6-9)	W	5:30-6:25PM	9/11-10/23	SPL-GR	\$79
418004	E	BG(6-9)	R	5:30-6:25PM	9/12-10/24	SPL-GR	\$79
418004	F	BG(6-9)	S	10-10:55AM	9/14-10/26	SPL-GR	\$79
418004	G	BG(6-9)	SU	2-2:55PM	10/27-12/8	SPL-GR	\$68
418004	H	BG(9-12)	M	5:30-6:25PM	10/28-12/9	SPL-GR	\$68
418004	I	BG(6-9)	T	5:30-6:25PM	10/29-12/10	SPL-GR	\$68
418004	J	BG(6-9)	W	5:30-6:25PM	10/30-12/11	SPL-GR	\$68
418004	K	BG(6-9)	R	5:30-6:25PM	11/7-12/12	SPL-GR	\$57
418004	L	BG(6-9)	S	10:00-10:55AM	11/2-12/14	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 11/25, 11/28. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418005	A	BB	M	5:30-6:25PM	9/9-10/21	SPL-GR	\$79
418005	B	BB	M	6:30-7:25PM	9/9-10/21	SPL-GR	\$79
418005	C	BB	R	5:30-6:25PM	9/12-10/24	SPL-GR	\$79
418005	D	BB	M	5:30-6:25PM	10/28-12/9	SPL-GR	\$68
418005	E	BB	M	6:30-7:25PM	10/28-12/9	SPL-GR	\$68
418005	F	BB	R	5:30-6:25PM	11/7-12/12	SPL-GR	\$57

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 11/28.. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418006	A	IB	R	6:30-7:55PM	9/12-10/24	SPL-GR	\$121
418006	B	IB	R	6:30-7:55PM	11/7-12/12	SPL-GR	\$86

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 11/24, 11/26, 11/27. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418007	A	IG1	M	6:30-7:55PM	9/9-10/21	SPL-GR	\$121
418007	B	IG1	T	6:30-7:55PM	9/10-10/22	SPL-GR	\$121
418007	C	IG1	W	6:30-7:55PM	9/11-10/23	SPL-GR	\$121
418007	D	IG1	M	6:30-7:55PM	10/28-12/9	SPL-GR	\$104
418007	E	IG1	T	6:30-7:55PM	10/29-12/10	SPL-GR	\$104
418007	F	IG1	W	6:30-7:55PM	10/30-12/11	SPL-GR	\$104

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 11/25, 11/27. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418008	A	IG2	MW	6:30-7:55PM	9/9-10/21	SPL-GR	\$220
418008	B	IG2	MW	6:30-7:55PM	9/11-10/23	SPL-GR	\$188

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 10/31, 11/26, 11/28. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418009	A	AG	TR	6:30-7:55PM	9/10-10/24	SPL-GR	\$220
418009	B	AG	TR	6:30-7:55PM	10/29-12/12	SPL-GR	\$172

GYMNASTICS

LITTLE NINJA WARRIORS

Ages: 4-5. Enrollment Min 4 / Max 12. This high energy Ninja class uses activity circuit to develop basic swinging, climbing, jumping and balance skills found in all levels of Ninja. This course combines strength skills with hanging obstacles and introductory Parkour elements to challenge kids' brains and bodies, inspiring them to conquer obstacles in and out class **No class 11/25, 11/26, 11/27, 11/28, 11/30, 12/1.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418010	A	LNW	SU	2-2:55PM	9/8-10/20	SPL-GR	\$79
418010	B	LNW	M	4:30-5:25PM	9/9-10/21	SPL-GR	\$79
418010	C	LNW	T	5:30-6:25PM	9/10-10/22	SPL-GR	\$79
418010	D	LNW	W	4:30-5:25PM	9/11-10/23	SPL-GR	\$79
418010	E	LNW	R	5:30-6:25PM	9/12-10/24	SPL-GR	\$79
418010	F	LNW	S	9-9:55 AM	9/14-10/26	SPL-GR	\$79
418010	G	LNW	SU	2-2:55PM	10/27-12/8	SPL-GR	\$68
418010	H	LNW	M	4:30-5:25PM	10/28-12/9	SPL-GR	\$68
418010	I	LNW	T	5:30-6:25PM	10/29-12/10	SPL-GR	\$68
418010	J	LNW	W	4:30-5:25PM	10/30-12/11	SPL-GR	\$68
418010	K	LNW	R	5:30-6:25PM	11/7-12/12	SPL-GR	\$57
418010	L	LNW	S	9-9:55AM	11/2-12/14	SPL-GR	\$68

NINJA WARRIOR I

Ages: 6-8. Enrollment Min 4 / Max 14. The obstacles for this program are modified to create challenges that will require courage, perseverance, and hard work to conquer. Dedicated strength and conditioning elements of this class will help prepare students to develop their parkour along with strength and speed activities. **No class 11/26, 11/27, 11/28, 11/30, 12/1.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418011	A	NWI	SU	1-1:55PM	9/8-10/20	SPL-GR	\$79
418011	B	NWI	T	6:30-6:25PM	9/10-10/22	SPL-GR	\$79
418011	C	NWI	W	5:30-5:25PM	9/11-10/23	SPL-GR	\$79
418011	D	NWI	R	6:30-7:25PM	9/12-10/24	SPL-GR	\$79
418011	E	NWI	S	10-10:55AM	9/14-10/26	SPL-GR	\$79
418011	F	NWI	SU	1-1:55PM	10/27-12/8	SPL-GR	\$68
418011	G	NWI	T	6:30-5:25PM	10/29-12/10	SPL-GR	\$68
418011	H	NWI	W	5:30-6:25PM	10/30-12/11	SPL-GR	\$68
418011	I	NWI	R	6:30-7:25PM	11/7-12/12	SPL-GR	\$57
418011	J	NWI	S	10-10:55AM	11/2-12/14	SPL-GR	\$68

NINJA WARRIOR II

Ages: 9-12. Enrollment Min 4 / Max 14. Ninja Warrior II combines hanging obstacles with Parkour skills for intense fun. This class integrates basic fundamentals Ninja skills to develop balance, strength, power and precision necessary for successful ninjas. Each class offers the opportunity to advance through our series of challenges and obstacles. **No class 11/27, 11/28.** **Instructor: LPRD Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418012	A	NWII	W	6:30-7:25PM	9/11-10/23	SPL-GR	\$79
418012	B	NWII	R	6:30-7:25PM	9/12-10/24	SPL-GR	\$79
418012	C	NWII	W	6:30-7:25PM	10/30-12/11	SPL-GR	\$68
418012	D	NWII	R	6:30-7:25PM	11/7-12/12	SPL-GR	\$57

ELITE NINJA WARRIOR

Ages 8-14. Min: 4 / Max 14. This is the perfect class for those who want to sharpen their fast thinking, problem solving skills while breaking through physical challenges. By combing power, precision, balance and momentum Ninjas will reach their maximum potential. Each class will offer opportunities to build strength and coordination and improve their Parkour abilities.

Prerequisite: Ninja Warrior II class or test in. No class 11/27. Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418013	A	ENW	W	6:30-7:55PM	9/11-10/23	SPL-GR	\$121
418013	B	ENW	W	6:30-7:55PM	10/30-12/11	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. 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. **A parent or guardian must accompany the child. Fee represents cost per daily session. No class 7/5 and 7/6.** **Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416017	A	TMBLPLY	M	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416018	A	TMBLPLY	W	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416019	A	TMBLPLY	F	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416020	A	TMBLPLY	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 provide spotting and supervision. **Fee represents cost per daily session. No class 11/29. Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416030	A	FLIPZON	F	6:30-7:30PM	SEPT-DEC	SPL-GR	\$5

HOLIDAY WORKSHOPS

Ages: 6-12. Enrollment Min 7 / Max 21. This structured workshop will keep your kids active and excited the entire day! Campers will have access to all the apparatus and experience coaching, as well as a mixture of fun, games, and obstacles! This well-rounded experience relates to children's health and wellness and the love of being in the gym! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416014	A	HW	F	9AM-4PM	12/20	SPL-GR	\$70
416014	B	HW	M	9AM-4PM	12/23	SPL-GR	\$70
416014	C	HW	F	9AM-4PM	12/27	SPL-GR	\$70
416014	D	HW	M	9AM-4PM	12/30	SPL-GR	\$70
416014	E	HW	T	9AM-4PM	12/31	SPL-GR	\$70
416014	F	HW	R	9AM-4PM	1/2	SPL-GR	\$70
416014	G	HW	F	9AM-4PM	1/3	SPL-GR	\$70

GYMNASTICS/NINJA BIRTHDAY PARTIES

Looking for a place to hold your child's birthday party? We have the perfect entertainment for children 2 years-old to 12 years-old in our gymnastics/ninja gym. Parties are offered on Saturday from 1-2:30pm, 3-4:30pm and 5-6:30pm and Sunday 3-4:30pm and 5-6:30pm. The first hour of fun will be in the gymnastics/ninja room with our staff doing obstacle courses, uneven bars, balance beam pit, ninja courses, and games Wrap up your party with the last 30 minutes in the party room for treats and presents. You can book at party by visiting our website at www.lprd.org and click on the gymnastics link or contact Landon Noll, Gymnastics Programmer at (785) 330-7358 / lnoll@lawrenceks.org. **Fees: \$150 per party for up to 20 children.**

INSTRUCTIONAL

YOUTH

PRESCHOOL SCIENCE CLASSES

■ *Ages: 4-6 Enrollment Min 10 / Max 20.* Explore with Mad Science instructors the Adventures in Air, Color Lab, Eye to Eye, Let's Look Closely, Water Works and Let's Measure. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421013	A	PS	W	6-6:30PM	9/11-10/9	SPL-CR	\$70
421013	B	PS	W	6-6:30PM	10/23-11/20	SPL-CR	\$70

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	10/19	SPL-LR	\$110
421200	B	SAFESIT	S	12-6PM	12/14	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: 6-10, 11-15. Enrollment Min 5 / Max 14.* 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
414044	A	YSB(6-10)	M	6-6:45PM	9/9-9/30	PKSBK	\$55
414044	B	YSB(6-10)	M	6-6:45PM	10/7-10/28	PKSBK	\$55
414055	A	YSB(11-15)	M	7-7:45PM	9/9-9/30	PKSBK	\$55
414055	B	YSB(11-15)	M	7-7:45PM	10/7-10/28	PKSBK	\$55

PRESCHOOL SCIENCE CLASSES

■ *Ages 14 and Up. Enrollment Min 4 / 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 11/25.** **Instructor: Marianne Carter.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414175	A	BGUITAR	M	7-8PM	9/9-10/14	CARN-CFR	\$100
414175	B	BGUITAR	M	7-8PM	10/28-12/9	CARN-CFR	\$100

ADULT

BUILD YOURSELF HAPPY - LEGOS AND WINE

■ *Ages: 21 and Up. Enrollment Min 10 / Max 20.* Playing with Lego as an adult is a fun and rewarding activity providing hours of entertainment and cognitive benefits. Bring your imagination and your inner child, using LEGOS to build a masterful creation while sipping on wine. So unplug, unbox and unwind..... this is your zone. **One glass of wine is included in the price.** **Instructor: Sandy Bryant with Bricks4Kidz**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415281	A	BYH	F	6-8PM	9/13	CMW	\$25

TAI CHI AT TRIVEDI

■ *Ages: 21 and Up. Enrollment Min 10 / Max 20.* Relax, breathe, refresh, and stimulate your mind-body-spirit connection through a series of breathing exercises and mindful, focused movements. Certified Tai Chi instructor, Susan Pomeroy, will gently guide you through a slow motion practice in a calm and nurturing atmosphere. Following the class, indulge your taste buds with a wine tasting. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415288	A	TCAT	S	11AM-1PM	9/28	TW	\$25

WINE AND UNWIND

■ *Ages: 21 and Up. Enrollment Min 10 / Max 20.* Yoga at the Crescent Moon winery is a unique experience that combines relaxation, mindfulness and nature. Led by Tatum Bandy, participants will stretch their bodies, calm their minds, and rejuvenate their spirits in the tranquil vineyard setting. Begin the evening with yoga and concludes with wine tasting and light bites. **Bring a mat.** **Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415276	A	WINERY	F	6-8PM	10/11	CMW	\$25

WELDING FOR THE HOBBYIST AND ARTIST

■ *Ages: 18 and Up. Enrollment Min 4 / Max 12.* In this 3-session class, you will learn welding safety, shop tool safety, wire types and sizes, proper equipment set-up and the right way to perform a weld bead. All welding equipment is provided for each participant. Co-sponsored with Peaslee Tech. **Instructor: Samantha Hayes**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421307	A	WHA	S	8AM-12PM	9/28-10/12	PT	\$320

WOODWORKING

■ *Ages: 18 and Up. Enrollment Min 4 / Max 12.* If you're ready to learn more about woodworking techniques to help you get started building your own projects, this class can be an exciting step in the right direction. Presented by Peaslee Tech instructors who are friendly and knowledgeable who will teach you the appropriate techniques and safety. This program has something to offer woodworkers of all skill and experience levels. Co-sponsored with Peaslee Tech. **No class 11/27.** **Instructor: Jay Hundley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421304	A	WW	W	6-9PM	9/11-10/23	PT	\$245
421304	B	WW	W	6-9PM	10/30-12/18	PT	\$245

LIFELONG

Lifelong Recreation provides programs designed to maintain an active lifestyle for adults of all ages. The content and schedule of fitness classes are designed for older adults. Instructors have the training and experience to modify content for individual participants. 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.

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. Subscribe at <http://www.lawrenceks.org/subscriptions>. Copies are also available at all Recreation Centers.

For more information about the Lifelong Recreation program, contact Gayle Sigurdson at 785-832-7909 or gsigurdson@lawrenceks.org.

PERSONAL TRAINING

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

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

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

MATS

Mats are not available for individual use through the Parks and Recreation Department. Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

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

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.

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 week of Thanksgiving. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427201	A	ADT	MWF	8:50-9:50AM	9/9-10/25	HPRC-GY	\$69
427201	B	ADT	MWF	8:50-9:50AM	10/28-12/13	HPRC-GY	\$59

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 for advanced students. **No class week of Thanksgiving. Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427250	A	DANFIT	TR	9-10AM	9/10-10/24	CB	\$56
427250	B	DANFIT	TR	9-10AM	10/29-12/12	CB	\$48

LABLAST ●●

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 week of Thanksgiving. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427302	A	LABLAST	TR	10-11AM	9/10-10/24	HPRC-GY	\$56
427302	B	LABLAST	TR	10-11AM	10/29-12/12	HPRC-GY	\$48

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 week of Thanksgiving. Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427204	A	PILATES	TR	9-9:50AM	9/10-10/24	HPRC-GY	\$56
427204	B	PILATES	TR	9-9:50AM	10/29-12/12	HPRC-GY	\$48



LIFELONG

SENIOR STRENGTH TRAINING, BEGINNING & ADVANCED ●●

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights and resistance tubing and bands. Class includes a warm-up period and a post-workout stretch. **No class week of Thanksgiving.** **Instructors: Deb Geraghty (DG) | Melanie Johnson (MJ).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427233	A	MJ	MWF	7:30-8:20AM	9/9-10/25	HPRC-BR	\$69
427233	B	MJ	MWF	8:30-9:20AM	9/9-10/25	HPRC-BR	\$69
427234	A	DG	MWF	9:30-10:20AM	9/9-10/25	HPRC-BR	\$69
427234	B	DG	MWF	10:30-11:20AM	9/9-10/25	HPRC-BR	\$69
427234	C	DG	TR	8:30-9:20AM	9/10-10/24	ELC-GY	\$56
427234	D	DG	TR	9:30-10:20AM	9/10-10/24	ELC-GY	\$56
427233	C	MJ	MWF	7:30-8:20AM	10/28-12/13	HPRC-BR	\$59
427233	D	MJ	MWF	8:30-9:20AM	10/28-12/13	HPRC-BR	\$59
427234	E	DG	MWF	9:30-10:20AM	10/28-12/13	HPRC-BR	\$59
427234	F	DG	MWF	10:30-11:20AM	10/28-12/13	HPRC-BR	\$59
427234	G	DG	TR	8:30-9:20AM	10/29-12/12	ELC-GY	\$48
427234	H	DG	TR	9:30-10:20AM	10/29-12/12	ELC-GY	\$48

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	SLIM	MWF	9-10AM	9/9-10/25	CB	\$69
427310	B	SLIM	MWF	9-10AM	10/28-12/13	CB	\$59

FITNESS YOGA ●●

Promote general health and wellbeing through the practice of basic Hatha yoga postures and Vinyasa flow sequences. In this laid-back class, participants are encouraged to work at their own level of ability so they can develop greater strength, flexibility, balance, agility, endurance and focus. **Students should bring a yogamat. No class week of Thanksgiving.** **Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427282	A	FITYOGA	W	5:30-6:30PM	9/11-10/23	CB	\$32
427282	B	FITYOGA	W	5:30-6:30PM	10/30-12/11	CB	\$27

TAI CHI FOR ARTHRITIS

Tai Chi for Arthritis is an evidenced-based program of the Tai Chi for Health Institute. It is beneficial for people with or without arthritis. This class is particularly suitable for beginners. Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness. Tai Chi for Arthritis helps to improve all of these. It improves physical balance and significantly reduces the rate of falls for older adults. Participants may stand or sit throughout the class. There are no floor exercises. The Arthritis Foundation of America, CDC, and the Administration on Aging each recommend this program. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427505	A	SP	MW	11:15AM-12PM	9/9-10/23	HPRC-GYM	\$56
427505	B	SP	MW	11:15AM-12PM	10/28-12/11	HPRC-GYM	\$48

SUPER SENIOR CIRCUIT ●●

Ages: 50 and Up. 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 (SF); Carlo Washington (CW); Brandon Lavergne (BL).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427255	A	SF	MWF	7:30-8:20AM	9/9-10/25	SPL-FR	\$69
427255	B	SF	MWF	8:30-9:20AM	9/9-10/25	SPL-FR	\$69
427255	C	SF	MWF	9:30-10:20AM	9/9-10/25	SPL-FR	\$69
427255	D	SF	MWF	10:30-11:20AM	9/9-10/25	SPL-FR	\$69
427255	E	CW	MWF	8:00-8:50AM	9/9-10/25	SPL-LGCY	\$69
427255	F	CW	MWF	9:00-9:50AM	9/9-10/25	SPL-LGCY	\$69
427255	G	CW	MWF	10:00-10:50AM	9/9-10/25	SPL-LGCY	\$69
427255	H	CW	TR	7:30-8:20AM	9/10-10/24	SPL-FR	\$56
427255	I	CW	TR	8:30-9:20AM	9/10-10/24	SPL-FR	\$56
427255	J	SF	MWF	1:00-1:50PM	9/9-10/25	SPL-FR	\$69
427255	K	BL	TR	10:30-11:20AM	9/10-10/24	CB-CR2	\$56
427255	L	SF	MWF	7:30-8:20AM	10/28-12/13	SPL-FR	\$59
427255	M	SF	MWF	8:30-9:20AM	10/28-12/13	SPL-FR	\$59
427255	N	SF	MWF	9:30-10:20AM	10/28-12/13	SPL-FR	\$59
427255	O	SF	MWF	10:30-11:20AM	10/28-12/13	SPL-FR	\$59
427255	P	CW	MWF	8:00-8:50AM	10/28-12/13	SPL-LGCY	\$59
427255	Q	CW	MWF	9:00-9:50AM	10/28-12/13	SPL-LGCY	\$59
427255	R	CW	MWF	10:00-10:50AM	10/28-12/13	SPL-LGCY	\$59
427255	S	CW	TR	7:30-8:20AM	10/29-12/12	SPL-FR	\$48
427255	T	CW	TR	8:30-9:20AM	10/29-12/12	SPL-FR	\$48
427255	U	SF	MWF	1:00-1:50PM	10/28-12/13	SPL-FR	\$59
427255	V	BL	TR	10:30-11:20AM	10/29-12/12	CB-CR2	\$48

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427502	A	TCFA	TR	11:15AM-12PM	9/10-10/24	HPRC-GY	\$56
427502	B	TCFA	TR	11:15AM-12PM	10/29-12/12	HPRC-GY	\$48

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427503	A	TCFE	TR	5:30-6:15PM	9/10-10/24	CB	\$56
427503	B	TCFE	TR	5:30-6:15PM	10/29-12/12	CB	\$48

LIFELONG

TRX FLEX FUSION ●●

Looking for a perfect blend of strength and balance exercises for a stable core? TRX Flex Fusion combines full-body strengthening with flexibility training to increase mobility and resilience. This quintessential TRX experience will lead you down the road to your best all-around fitness. **No class November 5, 19, 21. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427340	A	TRX	TR	9-9:45AM	9/10-10/24	SPL-LGCY	\$56
427340	B	TRX	TR	9-9:45AM	10/29-12/12	SPL-LGCY	\$44

YOGA, LIFELONG ●

Stretch stiff muscles, relax and learn to correctly align your spine through slow progressive traction in this less-vigorous, beginning class adapted for older adults. While 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. **Instructors: Mary Ann Saunders and Kim McDanel**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427270	A	LLYOGA	R	10-11AM	9/12-10/24	CB-CR	\$32
427270	B	LLYOGA	TR	9-9:50AM	9/10-10/24	HPRC-BR	\$56
427270	C	LLYOGA	TR	10-10:50AM	9/10-10/24	HPRC-BR	\$56
427270	D	LLYOGA	R	10-11AM	10/31-12/12	CB-CR	\$27
427270	E	LLYOGA	TR	9-9:50AM	10/29-12/12	HPRC-BR	\$48
427270	F	LLYOGA	TR	10-10:50AM	10/29-12/12	HPRC-BR	\$48

RECREATION INSTRUCTION

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 October 14 and November 25. Instructor Jean Hein is a founding member, recorder soloist and executive director of Columbia Baroque, South Carolina's professional chamber ensemble. Instructor: Jean Hein.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427478	A	BEG	M	1:30-2:30PM	9/9-12/9	SRC	\$120
427478	B	INT	M	11AM-12PM	9/9-12/9	SRC	\$120

BEGINNING UKELELE

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 and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one. Come share the joy of Aloha! **No class 9/11. Instructor: Linda Tilton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427410	A	BEGUKE	W	6:30-7:30PM	8/21-9/11	SRC	\$44

INTERMEDIATE UKELELE

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 the teacher. **Instructor: Linda Tilton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427424	A	INTUKE	W	6:30-7:30PM	10/2-10/23	SRC	\$44

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 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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427105	A	FENCING	R	7-9PM	9/26-11/14	SPL-LE	

BEYOND SELFIES AND SNAPSHOTS

Learn how to make your pictures stand out and pop using simple tools and techniques. The goal of this class is to use the camera you already have, to pursue photography as a fun and creative hobby. We will explore classic art tools such as composition, use of perspective, lighting, time of day, inexpensive easy hacks, and much more. This class will be a combination of lecture, discussion, and hands-on projects. Time will be allotted for questions and answers. Suggested practice projects to help you apply what you have learned will be given out throughout the classes. Students will use phone cameras or point-and-shoot cameras. **Instructor: Wayne Jarvis**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427488	A	SELFIE	T	6-9PM	9/3-10/8	CARN-HR	\$147

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 session will introduce a new technique or expand on a previous session. **Instructors: Kim McDanel and Jerry Dowdle.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427479	A	ARTVERB	W	6-8PM	9/25-10/30	CB-AR	\$115

FILM STUDY - DIRECTOR MICHAEL CURTIZ

From Hungary to Hollywood, prolific director Michael Curtiz directed some of the most popular and recognizable classic films in the Hollywood's Golden Era. Curtiz skillfully brought to the screen a variety of films across a variety of genres- film noir, westerns, swashbuckling adventures, musicals, dramas, comedies... he could do it all. Learn something new about classics like CASABLANCA and ROBIN HOOD and discover some lesser-known gems, too. Come join us for a new spin on some of cinema's best. This class is a mix of viewing and discussions facilitated by Kellee Pratt, cinephile, film blogger, writer for the Turner Classic Movies (TCM) Festival, Classic Film Hub, and member of the Classic Movie Blog Association Board.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427449	A	FILMS	W	6:30-9PM	9/4-10/23	CARN-HR	\$28

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! **Instructor: Gary "Storyhawk" Henry,** retired military journalist, marketing writer, managing editor, and writing teacher.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427483	A	CWRITE	T	6:30-9PM	9/10-10/15	CARN-HR	\$66

DRAWING FROM THE RIGHT SIDE OF THE BRAIN: EXPLORING DRAWING

Referencing drawing techniques using the book *Drawing on the Right Side of the Brain* by Betty Edwards. In these sessions, we will explore new ways of looking at positive and negative space, fun ways to draw with new perspectives and experiment with unique drawing tools and your imagination. This class is for EVERYONE. This three-session workshop meets three consecutive Sunday afternoons. **Instructor: Kim McDanel**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427484	A	EPLDRW	SU	1-3:30PM	10/13-10/27	CB-AR	\$56

COLLAGE & NATURE PRINTS FLORA FAUNA

Explore printing and nature's flora and fauna without a press using a Gelli plate, stencils, and other printing methods. The Gelli plate gives the artist the freedom to experiment with organic materials like flowers, leaves, and flora/fauna to create textures and multiple layers of color. We will explore different types of imagery and mark making using nature's Fall bounty with water-based inks and acrylic paints. Previous experience with Gelli printing is suggested. This workshop meets for two Sunday afternoons. **Instructor: Kim McDanel**.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427485	A	COLPRI	SU	1-3:30PM	11/3-11/10	CB-AR	\$37

LINO CUT PRINTMAKING

We will explore simple dynamic shapes and forms, creating unique images and patterns using a technique similar to woodblock carving using soft Linoleum. This style of printmaking lends itself to crafting larger independent Artist's prints. This workshop meets for two Sunday afternoons. **Instructor: Kim McDanel**.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427486	A	LINOCUT	SU	1-3:30PM	9/8-9/15	CB-AR	\$37

CREATIVE SNOWFLAKES: LET IT SNOW!

Let's make it snow! I love paper snowflakes. All you need are scissors, a piece of paper, a folding technique. In this single session we will focus on different folds and ways to cut the paper to create all kinds of snowflakes for the coming winter Solstice, and Holiday season. Bring your creative papers and decorate! Hot teas will be served.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427487	A	SNOW	SU	1-3:30PM	12/1	CB-AR	\$21



MARTIAL ARTS

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 11/25. Instructor: Grace Daniels.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417130	A	GATOR	M	6-6:40PM	9/9-12/9	ELRC-GR	\$74

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 12/1. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417125	A	DRAGON	SU	12-12:40PM	9/8-12/8	CB-CR1	\$74

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 12/1. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417110	A	KARATE	SU	12:45-2PM	9/8-12/8	CB-CR1	\$91

KUNG FU

Ages: 13 and Up. Enrollment Min 10 / 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, technique, 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 11/25. Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417133	A	KF	M	6:15-7:15PM	9/9-12/9	SPL-FR	\$74

TAI CHI

Ages: 15 and Up. Enrollment Min 10 / Max 20. Tai Chi is a gentle and meditative form of exercise. Aided by the breath and the use of mindful, focused movements, Tai Chi enhances many aspects of physical health and overall wellness. Improve your posture, strength, balance, flexibility, range of motion and circulation. Calm your mind and relieve stress by joining class. **No class 10/31, 11/28, 12/1. Instructor: Ron Ching.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415109	A	TC	SU	6-7:00PM	9/8-12/8	SPL-FR	\$59
415109	B	TC	TR	5:20-6:20PM	9/12-12/12	ELRC-GR	\$55

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 10/31, 11/26. Instructor: Grace Daniels, Black Belt**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417131	A	TKD(8-12)	TR	6:30-7:25PM	9/10-12/12	ELRC-GR	\$130
417131	B	TKD(13+)	TR	7:35-8:30PM	9/10-12/12	ELRC-GR	\$130



NATURE

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
323202	B	WILDADV	T	10-11AM	8/13-10/1	PPNC	\$56
423202	A	WILDADV	T	10-11AM	10/8-11/5	PPNC	\$50
423202	B	WILDADV	T	10-11AM	11/12-12/10	PPNC	\$50

EXPLORE NATURE FOR HOMESCHOOL STUDENTS

Ages: 6-13. Enrollment Min 5 / Max 20. 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 week in advance.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423321	A	EXPLRING	W	10-11:30AM	9/11	PPNC	\$20
423321	B	EXPLRING	W	10-11:30AM	9/25	PPNC	\$20
423321	C	EXPLRING	W	10-11:30AM	10/9	PPNC	\$20
423321	D	EXPLRING	W	10-11:30AM	10/23	PPNC	\$20
423321	E	EXPLRING	W	10-11:30AM	11/6	PPNC	\$20
423321	F	EXPLRING	W	10-11:30AM	11/20	PPNC	\$20

BREAKFAST WITH 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	F	9AM-12PM	10/18	PPNC	\$35

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	FALLCAMP	MTW	9AM-3PM	11/25-11/27	PPNC	\$130

NATURE

PROGRAMS FOR ADULTS AND FAMILIES

PADDLE FOR THE PLANET: HELP CLEAN UP MARY'S LAKE

Ages: 6 and up. Enrollment Min 6 / Max 12. Learn how to canoe while making a difference in your community! Participate in land stewardship work as you assist us in cleaning litter out of Mary's Lake. No previous canoe experience required; we'll teach you all you need to know! Life jackets, paddles, and boats provided. No more than three participants per boat. Children under the age of 14 must be accompanied in the boat by an adult. This program has been made possible with support from the Douglas County Heritage Conservation Council.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423243	A	CLEANUP	T	5:30-7:30PM	9/10	PPNC	\$5

CANOER'S GUIDE TO WETLAND CONSERVATION

Ages: 6 and up. Enrollment Min 6 / Max 12. Enjoy an evening of canoeing while learning about fascinating conservation topics that will interest folks of all ages! How did invasive jellyfish get into our lakes? What are the dangers of harmful algal blooms? How can I help save endangered aquatic wildlife? Our guides are sure to pique your curiosity while teaching you the basics of canoeing and pointing out local wildlife. No canoe experience is required. Life jackets, paddles, and boats provided. No more than three participants per boat. Children under the age of 14 must be accompanied in the boat by an adult. This program has been made possible with support from the Douglas County Heritage Conservation Council.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423400	A	WETLAND	R	5:30-7:30PM	9/19	PPNC	\$30
423400	B	WETLAND	R	5-7PM	10/3	PPNC	\$30

SUSTAINABLE HYDROPONICS WORKSHOP

Ages: 8 and up Enrollment Min 6/ Max 15. Join our Hydroponics Workshop and uncover all the fundamentals you need to know before diving into the world of soil-less gardening, guiding you through how to start and what to begin with. 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	10/5	PPNC	\$35

ARCHERY

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323191	C	ARCHRY	S	10-11:30AM	8/3	PPNC	\$25
323191	D	ARCHRY	S	6-7:30PM	8/31	PPNC	\$25

TURTLE YOGA

Ages: 3 and up. Enrollment Min 5 / Max 20. Enjoy a basic Hatha yoga practice with turtles! Breathe, stretch, and move the spine through a gentle standing and floor series designed to increase circulation, relax the mind, and boost endorphins with happy turtle encounters. The class will end with one on one turtle time! Please bring a yoga mat and water. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323204	E	TURTLE	S	10:30-11:30AM	9/28	PPNC	\$10
423340	A	TURTLE	R	5:30-6:30PM	10/24	PPNC	\$10
423340	B	TURTLE	S	10:30-11:30AM	11/16	PPNC	\$10

MUSHROOM WALK

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	MSHROOM	F	5:30-7PM	10/18	PPNC	\$15

ACRYLIC PAINTING WITH ANIMALS

Ages: 12 and Up. Enrollment Min 4 / Max 15. Discover the joy of nature painting using acrylics! Join us for easy, step-by-step tutorials and get up close with your favorite Nature Center animals. A perfect blend of art and wildlife awaits you. 2 and under can enter for free when accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423339	A	ACRL	S	5:30-7:30PM	10/12	PPNC	\$40

ADULT AND TEEN PROGRAMS

WITCHY WORKSHOP

Ages: 12 and up. Enrollment Min 6 / Max 12. Come dressed in your most enchanting garb to create a variety of witchy wares. Craft your own talisman necklace using herbs, crystals, and essential oils. Use sage, palo santo, lavender, and other medicinal plants to create smoke cleansing smudge sticks. Build your own intricate magic wand to channel your inner sorceress. It's the perfect way to celebrate spooky season! All supplies will be provided.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423365	A	WITCHY	S	1-3PM	10/26	PPNC	\$30

INSECT PINNING WORKSHOP

Ages: 12 and up. Enrollment Min 6 / Max 15. Learn to mount butterflies, beetles, and more through the delicate art of insect pinning. Our Section A class on September 12th will be a science-based crash course on how to catch and pin your own specimens. We'll teach you how to start your own entomology collection so you can preserve your insect finds for a lifetime. Section B will have a more artistic focus, allowing you to utilize our provided specimens to create an elegant shadowbox-style display.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423333	A	INSECT	R	5:30-7:30PM	9/12	PPNC	\$40
423333	B	INSECT	R	5:30-7:30PM	10/10	PPNC	\$40

FREE PROGRAMS

PRAIRIE PARK NATURE CENTER 25 ANNIVERSARY CELEBRATION

1 - 3 pm, Saturday, Sept. 14

Join us in celebrating the 25th anniversary of Prairie Park Nature Center! Come and get close to some of Lawrence's most beloved animal ambassadors. Support Monarch conservation by tagging Monarch butterflies in the prairie. Indulge in a delicious, shaved ice treat from locally-owned Snowball Island, and enjoy many more activities! Join us for an afternoon of excitement and nature appreciation. No Registration Required.

TURKEY TIME AT THE NATURE CENTER

10-11 a.m., Saturday, Nov. 23

Join Prairie Park Nature Center and their favorite live turkey friends to learn more about wild turkeys in Kansas. Meet and pet these pardoned Thanksgiving turkeys for a goblin' good time. No Registration Required.

NATURE

LAKE RESTORATION WORKDAYS

Ages: 12 and up. Enrollment Min 4 / Max 20. Join us in restoring shoreline habitat at Mary's Lake in the Prairie Park preserve. By removing invasive species and planting beneficial native plants, you'll get to directly participate in local land stewardship work. Learn why healthy shoreline habitat is critical for the health of our aquatic ecosystems while enjoying some time in the beauty of the outdoors. All supplies will be provided. Children 14 and under must be accompanied by an adult. Long pants and close toed shoes are required. This program has been made possible with support from the Douglas County Heritage Conservation Council. **Registration is required.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423360	A	RESTORE	S	1:30-4:30PM	9/28	PPNC	FREE
423360	B	RESTORE	S	1:30-4:30PM	10/19	PPNC	FREE
423360	C	RESTORE	S	1:30-4:30PM	11/9	PPNC	FREE

SPECIAL EVENTS

SPOOKTACULAR NIGHT AT THE NATURE CENTER

Join us for a Spooktacular Night at the Nature Center! Come in costume, trick-or-treat and explore the center in a different sensory experience. We'll provide red lights for viewing our resident critters in the dark. See nocturnal animals in action and enjoy face painting, balloon animals, games, and more! Children 2 and under are free.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423403	A	NATNC	S	6:30-7:30PM	10/26	PPNC	\$10
423403	B	NATNC	S	7:30-8:30PM	10/26	PPNC	\$10
423403	C	NATNC	SU	6:30-7:30PM	10/27	PPNC	\$10
423403	D	NATNC	SU	7:30-8:30PM	10/27	PPNC	\$10

WILD NOCTURNAL HIKE AT PRAIRIE PARK NATURE CENTER

Enrollment Min 10 / Max 50. All ages. Embark on a nocturnal hike with a naturalist at the Prairie Park Nature Center Preserve and observe the wildlife that emerges at night. Get the chance to glimpse bats, coyotes, raccoons, opossums, and other critters in the wild with handheld red lights. There will also be opportunities for up-close encounters with some creatures of the night. Children under the age of 14 must be accompanied by a registered adult. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423206	A	WIHIKE	F	6:30-8:30PM	10/25	PPNC	\$10

CRYPTID CAMPFIRE

Enrollment Min 8 / Max 20. All Ages. Explore the mysteries of nature's most notorious cryptids, including Bigfoot, Mothman, the Jersey Devil, and more. Enjoy s'mores around the campfire while being entertained by our local cryptozoology enthusiasts. Answer trivia questions about these mythical creatures to win your own cryptid-themed prizes. Children under 14 must be accompanied by a registered adult. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423332	A	CRYPTID	S	6-8PM	10/19	PPNC	\$10

WINTER SOLSTICE CELEBRATION

Ages: 3 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. Participants under 14 must be accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423338	A	WINSOL	S	10-12PM	12/14	PPNC	\$20

HOLIDAY POSSUM GRAM

Make this holiday unforgettable with an Opossum Gram! Our holiday package includes a personalized card, an opossum stuffed toy, chocolate, and an up-close animal encounter with our opossum ambassador, Tea Cup! To place an order, please register for an expected delivery time frame and then email your card message, recipient's name, and delivery address to naturecenter@lawrenceks.org. Our naturalists can deliver to residences or workplaces within the Lawrence city limits. Please ensure permission and access to the delivery location, especially for business locations. Note that we do not deliver to schools. For any inquiries, please contact Prairie Park Nature Center at (785) 832-7980.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423405	A	POSSUM	F	1 - 1:30PM	12/20	PPNC	\$75
423405	B	POSSUM	F	1:30 - 2PM	12/20	PPNC	\$75
423405	C	POSSUM	F	2 - 2:30PM	12/20	PPNC	\$75
423405	D	POSSUM	F	2:30 - 3PM	12/20	PPNC	\$75
423405	E	POSSUM	F	3 - 3:30PM	12/20	PPNC	\$75
423405	F	POSSUM	S	9 - 9:30AM	12/21	PPNC	\$75
423405	G	POSSUM	S	9:30 - 10AM	12/21	PPNC	\$75
423405	H	POSSUM	S	10 - 10:30AM	12/21	PPNC	\$75
423405	I	POSSUM	S	10:30 - 11AM	12/21	PPNC	\$75
423405	J	POSSUM	S	11 - 11:30AM	12/21	PPNC	\$75
423405	K	POSSUM	S	11:30 - 12 PM	12/21	PPNC	\$75
423405	L	POSSUM	M	9 - 9:30AM	12/23	PPNC	\$75
423405	M	POSSUM	M	9:30 - 10AM	12/23	PPNC	\$75
423405	N	POSSUM	M	10 - 10:30AM	12/23	PPNC	\$75
423405	O	POSSUM	M	10:30 - 11AM	12/23	PPNC	\$75
423405	P	POSSUM	M	11 - 11:30AM	12/23	PPNC	\$75
423405	Q	POSSUM	T	9 - 9:30AM	12/24	PPNC	\$75
423405	R	POSSUM	T	9:30 - 10AM	12/24	PPNC	\$75
423405	S	POSSUM	T	10 - 10:30AM	12/24	PPNC	\$75
423405	T	POSSUM	T	10:30 - 11AM	12/24	PPNC	\$75
423405	U	POSSUM	T	11 - 11:30AM	12/24	PPNC	\$75
423405	V	POSSUM	F	1 - 1:30PM	12/27	PPNC	\$75
423405	W	POSSUM	F	1:30 - 2PM	12/27	PPNC	\$75
423405	X	POSSUM	F	2 - 2:30PM	12/27	PPNC	\$75
423405	Y	POSSUM	F	2:30 - 3PM	12/27	PPNC	\$75
423405	Z	POSSUM	F	3-3:30PM	12/27	PPNC	\$75



NATURE

SPECIAL EVENTS

WINTER WONDERLAND AT THE NATURE CENTER

5 - 8 p.m. Saturdays, Dec. 7, 14 and 21. See the magic and pet some merry ponies, llamas, goats, and more. Visit the Nature Center's holiday elf for a special surprise and enjoy a hot cocoa bar and holiday crafts while viewing our animals under the twinkling lights. Don't forget to check out the winter wonderland photo booth and get an instantly shareable photo.

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	S	5PM	12/7	PPNC	\$10
423404	B	WINWON	S	5:20PM	12/7	PPNC	\$10
423404	C	WINWON	S	5:40PM	12/7	PPNC	\$10
423404	D	WINWON	S	6PM	12/7	PPNC	\$10
423404	E	WINWON	S	6:20PM	12/7	PPNC	\$10
423404	F	WINWON	S	6:40PM	12/7	PPNC	\$10
423404	G	WINWON	S	5PM	12/14	PPNC	\$10
423404	H	WINWON	S	5:20PM	12/14	PPNC	\$10
423404	I	WINWON	S	5:40PM	12/14	PPNC	\$10
423404	J	WINWON	S	6PM	12/14	PPNC	\$10
423404	K	WINWON	S	6:20PM	12/14	PPNC	\$10
423404	L	WINWON	S	6:40PM	12/14	PPNC	\$10
423404	M	WINWON	S	5PM	12/21	PPNC	\$10
423404	N	WINWON	S	5:20PM	12/21	PPNC	\$10
423404	O	WINWON	S	5:40PM	12/21	PPNC	\$10
423404	P	WINWON	S	6PM	12/21	PPNC	\$10
423404	Q	WINWON	S	6:20PM	12/21	PPNC	\$10
423404	R	WINWON	S	6:40PM	12/21	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 Lawrence Parks and Recreation website, 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. Contact the nature center for more information at 785-832-7980.

BIRTHDAY AND GROUP PARTIES

Enjoy an exciting live animal program that will make this celebration one to remember! Partygoers can get up close and personal with their favorite critters that are usually behind glass! The 2-hour party package includes a 1-hour animal program followed by a 1-hour classroom rental for self-lead activities such as cake and presents. The package covers admission for 25 guests (additional guests \$5 each, up to 35 guests maximum). Parties are scheduled for Saturday afternoons. Entrance to the party area is permitted up to 30 minutes before the party for decoration/preparation. Payment is required at the time of booking. Parties must be booked at least two weeks in advance. Contact the nature center for to reserve at 785-832-7980.

SPECIAL EVENTS

POOCH PLUNGE

4-7 p.m. Tuesday, Sept. 3. The dog days of summer are ending, so we have the Outdoor Aquatic Center open one last day just for the dogs! This community tradition continues as we close the pool to humans and neutralize the chemicals to make the water safe for the canines. Your pup may want to dive in to the deep end or simply splash around in the wading pool. Regardless, this event is fun for participants and spectators alike. **On-site registration will also be available at the gate. Toys and treats will be provided for our furry friends. Vendors will be present. All dogs must have current documentation of vaccinations and under their owners control at all times. Interested vendors can contact the Indoor Aquatic Center for more details. No pre-registration required. Cost is \$5 per dog at the door.**

PRAIRIE PARK NATURE CENTER 25TH ANNIVERSARY

1-3 p.m. Saturday, Sept. 14. Enjoy an afternoon of nature appreciation to celebrate the 25th anniversary of Prairie Park Nature Center! Come and experience Kansas wildlife up close with some of Lawrence's beloved animal ambassadors. Participate in monarch butterfly tagging, enjoy a yummy shaved ice treat from Snowball Island (the first 250 on hand will receive theirs free), and explore the center for many more fun activities. **This event is FREE to the public and no registration required.**

WALK-TOBER - WALK THE LOOP

5:30 p.m. Thursdays, Oct. 3; Oct. 10; Oct. 17 and Oct. 24. Looking for a fun way to get outside in the cool October temperatures? Join us every week to explore the Lawrence Loop for Walktober! Each week we will discover a new part of the trail in one to four mile segments. Just starting your walking journey? No problem! Walkers can go as far as desired each week with no pressure to reach a finishline or end destination. Come as you are and connect with fellow community members! Walk the Loop is a FREE event to the public and no registration is required. Just wear your best comfy, walking shoes. Please visit <http://lprd.org/specialevents> or the department Facebook events page for more information on where to meet each week.

SPORTS PAVILION 10TH ANNIVERSARY

Noon to 3 p.m. Saturday, Oct. 5. Join us to celebrate 10 years of Sports Pavilion Lawrence. Enjoy NERF, yard games and soccer free play on the turf. Then head to the courts for granny basketball, fitness class demos, pickleball, volleyball, basketball, and a free throw contest. Don't forget to grab a tasty treat from one of many food trucks outside. We hope to see everyone for this fun community celebration. **This event is FREE to the public and no registration is required.**

AUTUMN HARVEST FESTIVAL

9AM-4PM Sunday, October 13, in historic South Park. This outdoor crafts show will feature hand made and commercial goods such as jewelry, paintings, textiles, pottery, home décor and much more. Food/concession vendors please contact LPRD prior to registering for event. Vendor spaces are 10 feet by 10 feet. Electricity and tables are available but are limited. Registered vendors and exhibitors will receive more information via email 1-2 weeks prior to the event. **This event is FREE to the public. Register today to be an exhibitor. Deadline is Friday, September 27, or until full.** For information, please contact awilder@lawrenceks.org, (785) 832-3460.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
625502	A	NONCOMM	SU	9AM-4PM	10/13	SP	\$90
625502	B	NONCMELE	SU	9AM-4PM	10/13	SP	\$95
625502	C	COMM	SU	9AM-4PM	10/13	SP	\$130
625502	D	COMMELE	SU	9AM-4PM	10/13	SP	\$135
625502	E	FOODTRCK	SU	9AM-4PM	10/13	SP	\$90

53RD ANNUAL HALLOWEEN PAINT-IN

Free and open to ages 3rd grade and older. Must be pre-registered to participate. Come join us in spreading Halloween spirit! LPRD, Downtown Lawrence, Inc. and the Lawrence Breakfast Optimists Club will hold the Halloween Paint-In on **Saturday, Oct. 19**. Students and adults must submit a sketch to awilder@lawrenceks.org, from which participants will paint on local Lawrence merchants' windows. Each participant will receive a Halloween Paint-In T-shirt. **Registration deadline is 5 p.m. Friday, Oct. 4.** For more information, please contact awilder@lawrenceks.org.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425120	A	PAINT	S	8AM-12PM	10/19	DWNTWN	FREE

HOLIDAY EXTRAVAGANZA

Our largest craft show of the year, the Holiday Extravaganza will be held from 9AM-4PM Saturday, **December 7**, at Sports Pavilion Lawrence®, 100 Rock Chalk Lane. This event is a great way to wrap up the year and celebrate the holiday season! Booths for this event will be 10' by 10'. Electricity and tables are available for an additional fee on a first-come, first-serve basis. *This event is free to the public.* **Register today to be an exhibitor. Deadline is Friday, November 22, or until full.** For more information, please contact awilder@lawrenceks.org.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
625504	A	NONCOMM	S	9AM-4PM	12/2	SPL-GY	\$90
625504	B	COMMERC	S	9AM-4PM	12/2	SPL-GY	\$130
625504	C	NCOMELEC	S	9AM-4PM	12/2	SPL-GY	\$95
625504	D	COMMELEC	S	9AM-4PM	12/2	SPL-GY	\$135

CANDY CANE QUEST

Ages: 2-12 Enrollment Min 10 / Max 70. Want holiday fun delivered to your door? Our North Pole elves will visit your house with a sweet surprise, hiding 10 candy canes around your front yard. There will also be a goodie bag containing a craft and activities left at your door. If you would like to purchase for additional children, there will be additional candy canes added to your hunt for \$5/child. Section B Prereq. To Section A.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425016	A	CANDY	TR	8AM-5:30PM	12/19		\$20
425016	A	CANDY	TR	8AM-5:30PM	12/19		\$5



MONTHLY NEWSLETTER

Watch for our monthly newsletters for highlights and updated information on activities, events, trips, and programs. If you would like to be placed on the mailing list, call (785)832-7906, email jdeaver@lawrenceks.org. Copies are also available at all City recreation centers.

COFFEE AND BOWLING TRANSPORTATION

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

PROGRAMS

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	9/23	DCFG	\$40
422200	B	COFFEE	M	5:30-8PM	10/21	DCFG	\$40
422200	C	COFFEE	M	5:30-8PM	11/25	DCFG	\$40
422200	D	COFFEE	M	5:30-8PM	12/16	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 us for a fun evening of dancing, refreshments, 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	9/23	DCFG	\$18
422205	B	CHDANCE	M	6:30-8PM	10/21	DCFG	\$18
422205	C	CHDANCE	M	6:30-8PM	11/25	DCFG	\$18
422205	D	CHDANCE	M	6:30-8PM	12/16	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! Please arrive by 10:30 a.m. so that all lanes can begin at the same time. Followed by a pizza party. **Instructor: LPRD Staff.**

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422301	A	BWLONLY	SA	10:30AM-12PM	9/14	RCL	\$18
422301	B	BWLONLY	SA	10:30AM-12PM	10/12	RCL	\$18
422301	C	BWLONLY	SA	10:30AM-12PM	11/9	RCL	\$18
422301	D	BWLONLY	SA	10:30AM-12PM	12/14	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 9/23, 10/21, 11/25. Instructor: Molly Gordon and LPRD Staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422401	A	ACT	M	6:30-8PM	9/9-12/9	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 workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Combine 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 LRPD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422400	A	ZUMBA	TH	6:30-7:30PM	9/12-10/17	CB	\$40
422400	B	ZUMBA	TH	6:30-7:30PM	10/31-12/12	CB	\$40

ART WORKSHOP SAMPLER

Ages: 16 and Up. Enrollment Min 5 / Max 15. This Art Workshop Sampler will primarily focuses on designs and making different ornaments and other items need to be able to assemble of 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	9/10-10/15	CB	\$46

ADAPTIVE WATER FITNESS

Ages: 16 and Up. Enrollment Min 5 / Max 10. Water Fitness –combines some of the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music of Water Fitness. **No class during Thanksgiving Week. Instructor: LPRD staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422185	A		T	6-7PM	10/29-12/10	LIAC	\$35



ADULT SPORTS

BASKETBALL

Fees are assessed at a per team rate. Registration Deadline: 8/16, Start Date: 9/8. Register on or before 8/9 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	9/8-11/17	CB/SPL	\$385
450100	D	MENS	T	6-10PM	9/10-11/12	CB/SPL	\$385
450100	E	WOMENS	T	6-10PM	9/10-11/12	CB/SPL	\$385
450100	G	MENSREC	R	6-10PM	9/10-11/12	CB/SPL	\$385
450100	I	COED	F	6-10PM	9/13-11/15	CB/SPL	\$385

KICKBALL

Fees are assessed at a per team rate. Registration Deadline: 8/16, Start Date: 9/8. Register on or before 8/9 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 at the Youth Sports Complex (YSC). Teams will play a six-game schedule followed by a single elimination tournament for all teams. Teams may be required to play double headers occasionally to fit games in on schedule. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450400	C	COED	F	6:15-10:15PM	9/13-11/1	LYONS/YSC	\$215

PICKLEBALL

Fees are assessed at a per team rate. Registration Deadline: 8/16, Start Date: 9/8. Offered for Men's, Women's, & Mixed (MX) Doubles (DB) and Men's and Women's Doubles Beginner (BEG) in leagues running Tuesdays and Wednesdays for approximately nine weeks. Teams will play a seven-game regular season schedule followed by a single elimination tournament for all teams. 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.) Beginner leagues are intended for recreational play and will not include a postseason tournament. Leagues with more than eight teams may be divided into divisions based on their competitive level (determined by registration responses and records from previous seasons.) All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450850	A	MENSG	R	6-9PM	9/10-11/19	SPL	\$25
450850	B	WMNSG	R	6-9PM	9/10-11/19	SPL	\$25
450850	C	MENDB	T	6-9PM	9/10-11/19	SPL	\$40
450850	D	WMNDB	T	6-9PM	9/10-11/19	SPL	\$40
450850	E	MXDBSNR	W	6-9PM	9/11-11/20	SPL	\$40
450850	F	MXDBOP	W	6-9PM	9/11-11/20	SPL	\$40

ADULT SPORTS

SOFTBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/16, Start Date: 9/8. Register on or before 8/9 for Early Bird Rate (reduced \$15 from listed fee.)** Offered to Men's, Women's, and Coed teams running Sunday through Friday for approximately 9 weeks. Leagues are offered in five divisions (in order of most to least competitive): Class A Double Header (ADH), Double Header (DH), Weekly (WK), Men's 40+ (40+) and Recreation (REC). Double Header teams will play two games per night for six weeks. Weekly teams will play one game per night for six 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 six weeks. All competitive leagues will conclude with a single-elimination tournament for all teams. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450201	A	COEDWK	SU	2-9PM	9/8-11/13	CLSC	\$250
450201	B	COEDREC	SU	2-9PM	9/8-11/13	CLSC	\$230
450201	I	COEDDH	SU	2-9PM	9/8-11/13	CLSC	\$430
450201	D	COEDREC	M	6:15-10:15PM	9/9-11/4	CLSC	\$230
450201	E	COEDWK	T	6:15-10:15PM	9/10-11/5	CLSC	\$250
450201	F	COEDREC	T	6:15-10:15 PM	9/10-11/5	CLSC	\$430
450202	A	MENSDH	M	6:15-10:15PM	9/9-11/4	CLSC	\$430
450202	C	MENSDH	T	6:15-10:15PM	9/10-11/5	CLSC	\$430
450202	E	MENSDH	W	6:15-10:15PM	9/11-11/6	CLSC	\$250
450202	F	MENSWK	W	6:15-10:15PM	9/11-11/6	CLSC	\$250
450202	H	MENSWK	R	6:15-10:15PM	9/12-11/7	CLSC	\$250
450202	G	MENSREC	R	6:15-10:15PM	9/12-11/7	CLSC	\$230
450202	I	MENSDH	F	6:15-10:15PM	9/13-11/8	CLSC	\$430
450202	J	MENSAHDF		6:15-10:15PM	9/13-11/8	CLSC	\$430
450204	B	WOMNRECM		6:15-10:15PM	9/9-11/4	CLSC	\$230

VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/16, Start Date: 9/8. Register on or before 8/9 for Early Bird Rate (reduced \$15 from listed fee.)** Leagues are 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 serving overhand not allowed. Coed leagues are offered for indoor and sand (SND) volleyball. Double Header (DH) leagues are designed for the most competitive teams with each team playing two matches per night in a twelve-match regular season. In single-game leagues, teams will play a seven-match regular season. All Power leagues will include a single-elimination postseason tournament for all teams. In Recreation leagues, teams will play an eight-match schedule with no postseason tournament (standings will not be kept.) All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450300	A	COEDPWR	SU	5-9PM	9/8-11/10	SPL	\$265
450300	F	COEDPWR	SU	5-9PM	9/8-11/10	SPL	\$265
450300	B	COEDPDH	M	6-9:30PM	9/9-11/11	SPL	\$265
450300	C	COEDPWR	W	6-9:30PM	9/11-11/13	SPL	\$265
450300	D	COEDREC	W	6-9:30PM	9/11-11/13	SPL	\$365
450300	E	COEDSWRR		6-9PM	9/12-11/14	HOLSC/SPL	\$265
450300	I	WOMNPR	R	6-9:30PM	9/12-11/14	SPL	\$265

YOUTH SPORTS

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 2024-25 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. 2 - Dec. 14, and grades 5-8 will play Sundays, Nov. 3 - Dec. 15, with no games scheduled the weekend of the Thanksgiving holiday.** Game shirts included in fee for 5th - 8th graders. **Registration deadline: Friday, September 6. \$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
424401	A	INTRO-K	S	TBA	11/2-12/14	CB	\$50
424401	B	RK1	S	TBA	11/2-12/14	ELC	\$50
424401	C	RK2	S	TBA	11/2-12/14	ELC	\$50
424401	D	REC3	S	TBA	11/2-12/14	HPC	\$50
424401	E	REC4	S	TBA	11/2-12/14	HPC	\$50
424401	F	JHAWK5	SU	TBA	11/3-12/15	SPL	\$60
424401	G	JHAWK6	SU	TBA	11/3-12/15	SPL	\$60
424401	H	JHAWK7/8	SU	TBA	11/3-12/15	SPL	\$60
424401	J	RKG	S	TBA	11/2-12/14	CB	\$50
424401	K	RG	S	TBA	11/2-12/14	HPC	\$50
424401	L	JHG	SU	TBA	11/3-12/15	SPL	\$60
424401	M	JHG7/8	SU	TBA	11/3-12/15	SPL	\$60

HOOPSTER (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.



ACTIVITIES REGISTRATION

Lawrence Parks and Recreation
 115 W. 11th St., Lawrence, KS 66004
 (785) 832-7920

FOR RECREATION USE ONLY Date _____

Cash
 MC
 VS
 D
 Check # _____ Registrar _____ Loc. _____

HOUSEHOLD INFORMATION
 (PLEASE PRINT)

Name _____ Sex Male Female

Address _____ City _____ State _____ ZIP _____

Home Phone _____ Work Phone _____ Cell _____

E-mail _____

Secondary/Emergency Contact _____ Phone _____

YES! I would like to make a donation to the LPRD scholarship fund. Amt: \$ _____

Participant's First Name	Participant's Last Name	Birth Date	Sex M/F	Class Code	Sec	Class Name	Fee	Start Date

In consideration of my (and/or my child's) participation in this activity, I hereby release and discharge the City of Lawrence, Kansas, from any and all liability arising from accident, injury and illness that I (or my child/children) may suffer as a result of participation in such activity. I further agree to indemnify and hold harmless the City of Lawrence, Kansas and its employees from any and all claims resulting from injuries, damages and losses sustained by me (and/or my child/children) arising out of or connected with or in any way associated with the activity. In the event of emergency, I authorize City officials to secure from any licensed hospital, physician or medical personnel any treatment deemed necessary for me (and/or my child's) immediate care and agree that I will be responsible for payment of any and all medical services rendered. If any damage to City facilities, equipment or materials occurs as a result of misuse by me (and/or my child) during use in activity enrolled or participating in, I will be responsible for payment of any repairs and/or replacement needed. Also, the undersigned and/or the participant(s) authorize the City to use at its discretion any photograph(s) (black/white or color and video footage) taken of participants while participating in City programs and activities for marketing in print or by electronic means. Registration is not valid without signature. For faxed registration, signature provided by transmittal will stand as a valid signature and will represent consent of waiver here within.

I HAVE READ AND UNDERSTAND THE WAIVER, REGISTRATION AND REFUND POLICIES

Signature Required _____ Date _____

Please Print Name _____ **REGISTRATION INVALID WITHOUT SIGNATURE**

METHOD OF PAYMENT

Check or Money Order (Payable to: City of Lawrence)
 Cash
 MasterCard
 Visa
 Discover

DO YOU NEED SPECIAL ACCOMMODATIONS TO PARTICIPATE IN THESE PROGRAMS? YES NO

If Yes, please explain. _____