

# activities guide

THE CITY OF LAWRENCE  
PARKS & RECREATION DEPARTMENT



# SUMMER 2024



[www.lprd.org](http://www.lprd.org)



[lprdks](https://www.facebook.com/lprdks)



[@lprdks](https://twitter.com/lprdks)



[lprdks](https://www.instagram.com/lprdks)

# STRETCH YOUR LIMITS!

## 2024 SUMMER 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 and Recreation staff have created activities providing the best opportunity to stay active and affect your life in a healthy way. It is our commitment to help you pursue living a healthy, active lifestyle. Here's to good health for all!

**Enrollment opens 8:00 a.m. Monday, May 6**

### ONLINE ENROLLMENT

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

### WALK-IN / MAIL-IN

Visit any City of Lawrence, Parks and Recreation Department, facility to enroll. *(For a complete listing of the facilities and their enrollment hours, see page 2).* Visa, MasterCard and Discover only. You can also drop your registration and payment in the mail using the Registration Form found at the end of this Activities Guide. Pay by check. Send your registration and payment to Lawrence Parks and Recreation Department, Administrative Office, 1141 Massachusetts St., Lawrence KS 66044. *Make checks payable to LPRD. Walk-in registration takes priority over mail-in registration.*

### TABLE OF CONTENTS

Department Directory/Class Coding . . .	Page 2	Instructional . . . . .	Page 23
Aquatics . . . . .	Page 4	Lifelong Recreation . . . . .	Page 24
Camps . . . . .	Page 7	Martial Arts . . . . .	Page 27
Dance . . . . .	Page 14	Nature . . . . .	Page 28
Fitness . . . . .	Page 17	Unified Recreation . . . . .	Page 29
Golf . . . . .	Page 20	Adult Sports . . . . .	Page 30
Gymnastics . . . . .	Page 21	Youth Sports . . . . .	Page 31

*Photo on front cover by Taylor Mah*

# LAWRENCE PARKS AND RECREATION 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.

## PARKS AND RECREATION ADVISORY BOARD

**John Nalbandian**, Chair

**Marilyn Hull**, Vice-Chair

**Jacki Becker**

**Andrea Chavez**

**Vicki Collie-Akers**

**Lee Ice**

**Val Renault**

**Lisa Hallberg**

## CULTURAL ARTS COMMISSION

**Alicia Kelly**

**Beverly Victoriano**

**Jill Stueve**

**Deena Amont**

**Daniel Smith**

**Marlo Angell**

**Rebekka Schlichting**

**Marciana Vequist**

**Tim Metz**

**Brook Donovan**

## TRANSIENT GUEST TAX GRANT PROGRAM ADVISORY BOARD

**Brendon Allen**

**Heidi Champagne**

**Lisa MacKinnon**

**Jose Pauda, Jr.**

**Tim Metz**

**Anthea Scouffas**

Currently 1 open seat as of

4/12/2024

\* All staff and board positions held as of April 19, 2024

## ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

### STAFF

**Lindsay Hart**, Interim Director – Recreation

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

**Mark Hecker**, Assistant Director – Parks

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

**Porter Arneill**, Assistant Director – Arts & Culture

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

**Roger Steinbrock**, Communications & Events Manager

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

**Abby Bush-Wilder**, Communications & Events Coordinator

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

**Emma Wagemaker**, Communications & Events Coordinator

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

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

Inquiries handled at Memorial Park:

1517 E. 15th St. • (785) 832-3451

Hours: 9 a.m. to 1 p.m. (Mon-Fri)

## COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

### CODES

**CB**.....Community Building

**CR**.....Community Room

**CR1**.....Community Room 1

**CR2**.....Community Room 2

**AR**.....Art Room

**DS**.....Dance Studio

**GY**.....Gymnasium

**KR**.....Kaw Room

## RESERVATION/ENROLLMENT HOURS

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

### STAFF

**Annette Deghand**, Recreation Operations Manager

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

**Kent Rettig**, Recreation Operations Manager

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

**Duane Peterson**, Recreation Operations Supervisor

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

**Gayle Sigurdson**, Lifelong Recreation Supervisor

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

**Justin Deaver**, Recreation Programmer – Unified Recreation

[jdeaver@lawrenceks.org](mailto: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](mailto:gdannevik@lawrenceks.org)

**Ryan Cloud**, Assistant Golf Course Professional

[rcloud@lawrenceks.org](mailto: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](mailto: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](mailto:lmadaus@lawrenceks.org)

**Becky Childers**, Assistant Aquatics Supervisor

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

**Lisa Hughes**, Senior Administrative Specialist

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

## PARKS AND MAINTENANCE DIVISION

### STAFF

**Tyler Fike**, Horticulture & Forestry Manager

(785) 832-7970, [tfike@lawrenceks.org](mailto:tfike@lawrenceks.org)

**Pat Hennessey**, Park Operations Manager

(785) 330-7359, [phennessey@lawrenceks.org](mailto:phennessey@lawrenceks.org)

**Darin Pearson**, Park Operations Manager/  
Eagle Bend

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

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

2730 Harper St. • (785) 832-7980

## PPNC.....Prairie Park Nature Center

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

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

1245 E. 15th St. • (785) 832-7950

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

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

**Madison Husbenet**, Recreation Programmer  
mhusbenet@lawrenceks.org

100 Rock Chalk Lane • (785) 330-7355

**SPL**..... Sports Pavilion      **GR**..... Gymnastics Room  
    Lawrence®      **CR**..... Champion Room  
**FR**..... Fitness Room      **LR**..... Legacy Room

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

**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

**Robert Wilson**, Recreation Programmer  
rwilson@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

**Carnegie Building,  
200 W. 9th St.**

**Centennial Park—  
Skateboard Park,  
600 Rockledge Rd.**

**Clinton Lake Softball Complex,  
5101 Speicher Rd.**

**Crescent Moon Winery,  
15930 246th St.**

**Douglas County Fairgrounds,  
2120 Harper St.**

**Peaslee Tech,  
2920 Haskell Ave., Suite 100**

**Royal Crest Lanes,  
933 Iowa St.**

**Senior Resource Center,  
745 Vermont St.**

**Trivedi Wine,  
1826 E. 1150 Road**

**Rock Chalk Park,  
100 Rock Chalk Lane**

**Riverfront Park,  
1594 N. 3rd St.**

**Overlook Park,  
800 N. 1402 Road**

**Lawrence Nature Park,  
201 S. Folks Road**

**Burcham Park,  
200 Indiana St.**

**Lyons Park,  
700 North Lyon St.**

## Your own home

**To be announced**

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

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

**For information on program and activities cancellations due to inclement weather, visit [rainoutline.com](http://rainoutline.com). If you are in need of special accommodations for our programs/classes, please call The Community Building at (785) 832-7920.**



# AQUATICS

## ADMISSION FEES/PASS OPTIONS

### ADMISSION FEES/PASS OPTIONS

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

### ISN'T IT TIME YOU JOINED LPRD AQUATICS?

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

### DAILY ADMISSION CHARGES

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

### ANNUAL AND MONTHLY PASSES

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

### ALL AGES ANNUAL PASS

Passes are valid for 365 days from the date of purchase at any LPRD Aquatic facility. This pass option offers the dedicated swimmer a discount. May be purchased at the Indoor or Outdoor Aquatic Centers. For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.

### ALL AGES 30-DAY PASS

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

### PUNCH CARDS

Each punch card contains 10 punches. Each punch is equivalent to one daily admission. May be purchased at the Indoor or Outdoor Aquatic Centers or the LPRD administrative office. Punch cards cannot be combined with other forms of payment or used for special events or promotional swim days. Only valid toward full daily admission. For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.

## SAFETY CONCERNS

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

## 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 7/4.**

**Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312434	1A	AQFIT	TR	9-9:45AM	6/4-7/18	LIAC	\$63
312434	1B	AQFIT	TR	10-10:45AM	6/4-7/18	LIAC	\$63

### AQUA HIIT

**Ages: 16 and Up. Enrollment Min 10 / Max 20.** High Intensity Interval Training advanced class. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Thursday and shallow water Tuesday. Flotation belts required (supplied) in deep water; no swimming skills required. Competition pool shallow & deep. **No class 7/4.**

**Instructor: Colleen Boley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312437	1A	AQHIIT	TR	5:30-6:15PM	6/4-7/18	LIAC	\$63

### AQUA STRETCH FUSION II

**Ages: 16 and Up. Enrollment Min 8 / Max 20.** Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patterns to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Competition pool; shallow end. **No class 7/4. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312410	1B	FUSION	TR	8:15-9:15AM	6/4-7/19	LIAC-CPSE	\$63

### JIVIN' JOINTS

**Ages: 16 and Up. Enrollment Min 15 / Max 20.** This is a group recreational water-based exercise program. Specifically designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce pain and stiffness. Leisure pool; 3 lane lap area. **Instructor: Carolee Meseraull.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312430	1A	JIVNJNTS	MWF	8:45-9:30AM	6/3-7/19	LIAC	\$95
312430	1B	JIVNJNTS	MWF	9:45-10:30AM	6/3-7/19	LIAC	\$95

### SHALLOW SHAKERS

**Ages: 16 and Up. Enrollment Min 8 / Max 20.** Water provides the conditioning of buoyancy 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. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312420	1A	SHALLOW	MWF	7:15-8AM	6/3-7/19	LIAC	\$95

# AQUATICS



SCAN  
ME!

## FULL LIST OF HOURS

### Indoor Aquatic Center

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

#### 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. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312438	1A	DEEPLYFIT	MWF	8:15-9:15AM	6/3-7/19	LIAC	\$95

#### AQUA TONE

**Ages: 16 and up. Enrollment Min 8 / Max 20.** Aqua tone is a shallow water class using the water for resistance to increase cardiovascular endurance, increase muscle tone and decrease impact on joints. This call incorporates the use of several pieces of aquatic exercise equipment including hand buoys, gloves, noodles and kickboards. Competition pool, shallow end. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312413	1A	AQTONE	MW	5:30-6:15PM	6/3-7/17	LIAC	\$63

#### 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. Competition pool, shallow end. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312439	1A	LABLAST	MW	6:30-7:15PM	6/3-7/17	LIAC	\$63

#### 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, [lmadaus@lawrenceks.org](mailto:lmadaus@lawrenceks.org), (785) 832-7946 (SWIM).**

## 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 (PRSCH00L) (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

# AQUATICS

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).*

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

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

## INDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312103	1A	LEVEL3	S	9-9:45AM	6/8-6/29	LIAC	\$33
312104	1A	LEVEL4	S	9-9:45AM	6/8-6/29	LIAC	\$33
312105	1A	LEVEL5	S	9-9:45AM	6/8-6/29	LIAC	\$33
312106	1A	LEVEL6	S	9-9:45AM	6/8-6/29	LIAC	\$33
312101	1A	LEVEL1	S	10-10:25AM	6/8-6/29	LIAC	\$33
312102	1A	LEVEL2	S	10-10:45AM	6/8-6/29	LIAC	\$33
312103	1B	LEVEL3	S	10-10:45AM	6/8-6/29	LIAC	\$33
312104	1B	LEVEL4	S	10-10:25AM	6/8-6/29	LIAC	\$33
312115	1A	AQUATOT	S	10:30-10:55AM	6/8-6/29	LIAC	\$33
312100	1A	PNTCHILD	S	11-11:25AM	6/8-6/29	LIAC	\$33
312114	1A	PRSCHOL	S	11-11:25PM	6/8-6/29	LIAC	\$33
312102	1B	LEVEL2	S	11-11:45AM	6/8-6/29	LIAC	\$33
312103	1C	LEVEL3	S	11-11:45AM	6/8-6/29	LIAC	\$33
312100	1B	PNTCHILD	S	11:30-11:55AM	6/8-6/29	LIAC	\$33
312114	1B	PRSCHOL	S	11:30-11:45PM	6/8-6/29	LIAC	\$33

## OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312014	4A	PRSCHOL	S	9-9:25AM	7/13-8/3	LOAC	\$33
312002	4A	LEVEL2	S	9-9:45AM	7/13-8/3	LOAC	\$33
312003	4A	LEVEL3	S	9-9:45AM	7/13-8/3	LOAC	\$33
312007	4A	JRSWIM	S	9-9:45AM	7/13-8/3	LOAC	\$33
312000	4A	PNTCHILD	S	9:30-9:55AM	7/13-8/3	LOAC	\$33
312015	4A	AQUATOT	S	10-10:25AM	7/13-8/3	LOAC	\$33
312002	4B	LEVEL2	S	10-10:45AM	7/13-8/3	LOAC	\$33
312005	4A	LEVEL5	S	10-10:45AM	7/13-8/3	LOAC	\$33
312008	4A	ADULT	S	10-10:45AM	7/13-8/3	LOAC	\$33
312000	4B	PNTCHILD	S	10:30-10:55AM	7/13-8/3	LOAC	\$33
312001	4A	LEVEL1	S	11-11:25AM	7/13-8/3	LOAC	\$33
312003	4B	LEVEL3	S	11-11:45AM	7/13-8/3	LOAC	\$33
312004	4A	LEVEL4	S	11-11:45AM	7/13-8/3	LOAC	\$33
312014	4B	PRSCHOL	S	11:30-11:55AM	7/13-8/3	LOAC	\$33

## INDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312115	2A	AQUATOT	MTWR	9-9:25AM	6/3-6/13	LIAC	\$55
312102	2A	LEVEL2	MTWR	9-9:45AM	6/3-6/13	LIAC	\$55
312103	2A	LEVEL3	MTWR	9-9:45AM	6/3-6/13	LIAC	\$55
312104	2A	LEVEL4	MTWR	9-9:45AM	6/3-6/13	LIAC	\$55
312115	2B	AQUATOT	MTWR	9:30-9:55AM	6/3-6/13	LIAC	\$55
312102	2B	LEVEL2	MTWR	10-10:45AM	6/3-6/13	LIAC	\$55
312103	2B	LEVEL3	MTWR	10-10:45AM	6/3-6/13	LIAC	\$55
312105	2A	LEVEL5	MTWR	10-10:45AM	6/3-6/13	LIAC	\$55
312100	2A	PNTCHILD	MTWR	10:30-10:55AM	6/3-6/13	LIAC	\$55
312114	2A	PRSCHOL	MTWR	10:30-10:55AM	6/3-6/13	LIAC	\$55
312101	2A	LEVEL1	MTWR	11-11:25AM	6/3-6/13	LIAC	\$55
312102	2C	LEVEL2	MTWR	11-11:45AM	6/3-6/13	LIAC	\$55
312103	2C	LEVEL3	MTWR	11-11:45AM	6/3-6/13	LIAC	\$55
312104	2B	LEVEL4	MTWR	11-11:45AM	6/3-6/13	LIAC	\$55
312106	2A	LVEL6FIT	MTWR	11-11:45AM	6/3-6/13	LIAC	\$55
312114	2B	PRSCHOL	MTWR	11:30-11:55AM	6/3-6/13	LIAC	\$55

## OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312015	3A	AQUATOT	MTWR	9-9:25AM	6/17-6/27	LOAC	\$55
312002	3A	LEVEL2	MTWR	9-9:45AM	6/17-6/27	LOAC	\$55
312003	3A	LEVEL3	MTWR	9-9:45AM	6/17-6/27	LOAC	\$55
312004	3A	LEVEL4	MTWR	9-9:45AM	6/17-6/27	LOAC	\$55
312006	3A	WATRSAFEMTWR	9-9:45AM	6/17-6/27	LOAC	\$55	
312001	3A	LEVEL1	MTWR	9:30-9:55AM	6/17-6/27	LOAC	\$55
312000	3A	PNTCHILD	MTWR	10-10:25AM	6/17-6/27	LOAC	\$55
312014	3A	PRSCHOL	MTWR	10-10:25AM	6/17-6/27	LOAC	\$55
312002	3B	LEVEL2	MTWR	10-10:45AM	6/17-6/27	LOAC	\$55
312003	3B	LEVEL3	MTWR	10-10:45AM	6/17-6/27	LOAC	\$55
312007	3A	JR. SWIM	MTWR	10-10:45AM	6/17-6/27	LOAC	\$55
312015	3B	AQUATOTSMTWR	10:30-10:55AM	6/17-6/27	LOAC	\$55	
312001	3B	LEVEL1	MTWR	10:30-10:55AM	6/17-6/27	LOAC	\$55
312014	3B	PRSCHOL	MTWR	11-11:25AM	6/17-6/27	LOAC	\$55
312002	3C	LEVEL2	MTWR	11-11:45AM	6/17-6/27	LOAC	\$55
312003	3C	LEVEL3	MTWR	11-11:45AM	6/17-6/27	LOAC	\$55



# AQUATICS

312004	3B	LEVEL4	MTWR	11-11:45AM	6/17-6/27	LOAC	\$55
312005	3A	LEVEL5	MTWR	11-11:45AM	6/17-6/27	LOAC	\$55
312000	3B	PNTCHILD	MTWR	11:30-11:55AM	6/17-6/27	LOAC	\$55

## OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312015	4A	AQUATOT	MTWR	9-9:25AM	7/8-7/18	LOAC	\$55
312002	5A	LEVEL2	MTWR	9-9:45AM	7/8-7/18	LOAC	\$55
312003	5A	LEVEL3	MTWR	9-9:45AM	7/8-7/18	LOAC	\$55
312004	5A	LEVEL4	MTWR	9-9:45AM	7/8-7/18	LOAC	\$55
312001	5A	LEVEL1	MTWR	9:30-9:55AM	7/8-7/18	LOAC	\$55
312000	5A	PNTCHILD	MTWR	10-10:25AM	7/8-7/18	LOAC	\$55
312014	5A	PRSCHOL	MTWR	10-10:25AM	7/8-7/18	LOAC	\$55
312003	5B	LEVEL3	MTWR	10-10:45AM	7/8-7/18	LOAC	\$55
312005	5A	LEVEL5	MTWR	10-10:45AM	7/8-7/18	LOAC	\$55
312015	5B	AQUATOTSM	MTWR	10:30-10:55AM	7/8-7/18	LOAC	\$55
312000	5B	PNTCHILD	MTWR	11-11:25AM	7/8-7/18	LOAC	\$55
312002	5B	LEVEL2	MTWR	11-11:45AM	7/8-7/18	LOAC	\$55
312004	5B	LEVEL4	MTWR	11-11:45AM	7/8-7/18	LOAC	\$55
312008	5A	ADULT	MTWR	12-11:45PM	7/8-7/18	LOAC	\$55
312014	5B	PRSCHOL	MTWR	11:30-11:55AM	7/8-7/18	LOAC	\$55

## SPECIAL EVENTS

### POOCH PLUNGE

The dog days of summer are coming to a close, so we have the Outdoor Aquatic Center open one last day just for the dogs! This community tradition continues as we close the pool to humans and neutralize the chemicals to make the water safe for the canines. Your pup may want to dive in 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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
311142	A	POOCH	T	4-7PM	TBD	LOAC	\$5



# CAMPS

## COMPUTER ANIMATION | VIDEO AND TECHNOLOGY

Lawrence Parks and Recreation has partnered with Youth Tech. Inc. to offer interactive computer camps that focuses on providing enrichment opportunities to students in the world of computers. With a caring environment at the core of camp values, Youth Tech strives to create a positive learning community that encourages creativity, fun and academic excellence. For more information about Youth Tech Inc., please visit [www.youthtechinc.com](http://www.youthtechinc.com). **No refunds after the first day of camp.**

### 3D GAME DESIGN

■ **Ages: 10-17. Enrollment Min 2 / Max 4.** This course offers an interactive look at the world of 3D Game Design. This awesome 3D video game design course offers the chance for students to create and immerse themselves in a 3D world. If you are looking to design professional 3D games that both look and feel just like the ones you play at home, then you don't want to miss this course. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318147	A	3DGAME	MTWR	1-4PM	6/24-6/27	SPL-VR	\$160

### ANIMATION

■ **Ages: 9-17. Enrollment Min 5 / Max 12.** Campers will learn the basics of animation and digital design. Students who enjoy going to various websites to see fun interactive animations will love this course. This class will utilize Adobe Flash for campers to incorporate computer graphics that can shared with the world. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318144	A	ANIMAT	MTWR	9AM-12PM	6/17-6/20	SPL-VR	\$160

### GAMERS' PARADISE

■ **Ages: 6-13. Enrollment Min 5 / Max 12.** Students will look at multiple areas of game design. From mobile game development to stand-alone games, if you have a gamer you will not want to miss this class. Students will create multiple games that they can share with friends and family. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318151	A	GAMERS	MTWR	1-3:30PM	7/15-7/18	SPL-VR	\$140

### GAMING ACADEMY

■ **Ages: 10-17. Enrollment Min 5 / Max 8.** This is an all-day course for students who love games. Students will be immersed into the world of 2D and 3D game design. The gaming academy is a combination of our Video Game Design, Advanced Game Design and 3D Game Design courses. Students are offered a variety of hands-on experience designing and building their very own games. Bring a sack lunch. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318146	A	GAMING	MTWR	9AM-4PM	6/24-6/27	SPL-VR	\$300

### GAMING AND CODING

■ **Ages: 6-12. Enrollment Min 5 / Max 8.** An unbelievable experience for students combining gaming and coding. Spend the morning taking an interactive look at coding and building virtual apps to share with friends. In the afternoon build simple video games combining the art of video game design and animation to create interactive characters that fly around the screen. Bring a sack lunch. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318148	A	GAMCODE	MTWR	9:30AM-3:30PM	7/8-7/11	SPL-VR	\$280



# CAMPS

## ICODE

■ **Ages: 6-12. Enrollment Min 2 / Max 4.** A camp for the younger student to interact with coding. Create virtual apps and write their own programs that they can share with friends and family. Learn to explore problem solving and programming logic. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318149	A	ICODE	MTWR	9:30AM-12PM	7/8-7/11	SPL-VR	\$140

## IGAME CREATORS

■ **Ages: 6-10. Enrollment Min 5 / Max 12 (Sec A) and Max 4 (Sec B).** Want to create video games? This is an introductory course for younger students who want to learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun interactive games! **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318142	A	IGAME	MTWR	9:30AM-12PM	6/10-6/13	SPL-VR	\$140
318142	B	IGAME	MTWR	1-3:30PM	7/8-7/11	SPL-VR	\$140

## MOVIE MAKERS

■ **Ages: 9-17. Enrollment Min 5 / Max 12.** This hands-on, interactive course will instruct students on the world of digital video design and production. Students will film, direct and edit their own digital video creations along with green screen and special effects work. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
321140	A	MOVIEMA	MTWR	9AM-12PM	6/3-6/6	SPL-VR	\$160

## ROBLOX STUDIO: PROGRAMMING & GAME DEVELOPMENT

■ **Ages: 9-15. Enrollment Min 5 / Max 12.** Calling all ROBLOX users! Join in with millions of gamers and immerse yourself in your own 3D worlds! ROBLOX Studio is a 3D-based program that uses physics, LUA programming, and individual creativity to build a world around you and your avatar – unlike any other software. Students will learn through concepts such as beginner physics, LUA programming, and game development. Build and publish their game to share with friends and family! **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318145	A	ROBLOX	MTWR	1-4PM	6/17-6/20	SPL-VR	\$160
318145	B	ROBLOX	MTWR	9AM-12PM	7/22-7/25	SPL-VR	\$160

## ROBOTICS – BATTLE BOTS

■ **Ages: 8-15. Enrollment Min 5 / Max 16.** A hands-on camp to build and program robots. Working in small teams, students will design robotics systems to compete in fun real-world activities. Each day will bring a new challenge, and your team's robot will have to morph to better adapt and compete. Compete in the battle bots competition at the end of the camp to prove their robot is the best. This class is perfect for the student who has a big imagination and likes to build things. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318152	A	ROBOT	MTWR	1-4PM	7/22-7/25	SPL-VR	\$155

## VIDEO GAME DESIGN

■ **Ages: 10-17. Enrollment Min 5 / Max 12 (Sec A) and Max 4 (Sec B).** Looking for a fun, interactive look at the world of mobile video game design and development. Learn the basics of video game design and produce several different interactive video games to share with their friends and family. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318141	A	VIDEGAM	MTWR	1-4PM	6/3-6/6	SPL-VR	\$170
318141	B	VIDEGAM	MTWR	9AM-12PM	6/24-6/27	SPL-VR	\$170

## WEB & APP DESIGN

■ **Ages: 9-17. Enrollment Min 5 / Max 12.** A hands-on look at the world of app and web design. This interactive course will instruct students about the world of design and development of websites and applications. Students will design their own website and app that they can share with their friends and family. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318150	A	APPDES	MTWR	9AM-12PM	7/15-7/18	SPL-VR	\$160

## YOUNG ENGINEERS

■ **Ages: 6-12. Enrollment Min 5 / Max 12.** Technology and innovation collide to create this course. This interactive class looks to unlock the imagination of young engineers. Ever thought of creating a piano out of bananas or a video game controller out of a piece of paper? Why not? This course will utilize an invention kit for the 21st century and guide students in the process of building several fun, interactive creations. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318143	A	YOUENG	MTWR	1-3:30PM	6/10-6/13	SPL-VR	\$140

## DANCE CAMPS

### TROLLS RAINBOW COLORED WORLD

**Ages: 5-7. Enrollment Min 5/Max 12.** Leap into the joyful, rainbow-colored world of Trolls! Dancers will explore and bring to life original adventures in Bergen Town, Vacay Island, and Troll Forest, by singing and dancing to favorite songs, creating colorful crafts and playing their own Troll in a mini performance. **Half full, limited spots. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318130	A	TRO	MTWRF1	2:30PM	6/24-6/28	CB-DS	\$72

### UNICORN MAGICAL CARNIVAL ON A CLOUD

**AGES: 5-7.. ENROLLMENT MIN 5 / MAX 12.** Your dancer will love dancing through the pink sky to Unicorn's Magical Carnival on a Cloud! Dancers will climb the sparkly rainbow and soar through the Cotton Candy Clouds as magical unicorns in this sweet creative movement camp! This magical camp is full of all things unicorn, dancing, carnival games, glittery crafts and even Rainbow Rewards (aka fun prizes)! It's sure to be a magical time! **Half full, limited spots. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318130	B	UMCC	MTWRF1	2:30PM	7/29-8/2	CB-DS	\$72

## ENRICHMENT CAMPS

### MAD SCIENCE OF KANSAS CITY CAMPS

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

### 3, 2, 1, BLASTOFF

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318166	A	BLAST	MTWRF9AM	4PM	7/22-7/26	SPL-CR	\$305

# CAMPS

## BRIXOLOGY

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** Learn about the exciting field of engineering as a Mad Scientist guides you and your team to accomplish engineering-themed projects using LEGO® bricks. Step in the shoes of an aerospace engineer while assembling a space station and delve into the physics of carnival rides, structural basics of bridges and nature's very own engineering, marvels. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318165	A	BRIX	MTWRF	9AM-12PM	7/15-7/19	CB-AR	\$170

## CLAWS, CODES, COSMOS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318164	A	CCC	MTWRF	9AM-4PM	6/24-6/28	SPL-CR	\$305

## EUREKA! THE INVENTORS CAMP

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** Creative Contraption Warning! This is a camp designed by you-the Inventor! Each day you'll be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all - your mind. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318161	A	EU	MTWRF	9AM-12PM	6/17-6/21	CB-AR	\$170

## GROSSOLOGY

**Ages: 7-12. Enrollment Min 10 / Max 20.** The Science of our Bodies - This camp offers a chance to explore just how gross our amazing bodies are! Discover cool chemical reactions and get right down to the microscopic level to discover the stuff we're all made of-cells! Venture inward on a journey down the "Organ Trail" and explore all our body systems. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318167	A	GROSS	MTWRF	9AM-4PM	7/8-7/12	SPL-CR	\$305

## MY FIRST SCIENCE LAB

■ **Ages: 4-7. Enrollment Min 10 / Max 20.** What do worms eat? Why do some things that float, while others sink? How do our senses work and what's inside our bodies? Young scientists will have fun exploring the lights, color, sound, and music of the natural world. Hands-on sessions will teach senses, bodies, animals, insects, and simple chemistry. Camp includes a daily take home activity as well as a lab coat and lab safety glasses. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318160	A	FSL	MTWRF	9AM-12PM	6/10-6/14	CB-AR	\$170

## ROCKIN ROBOTS

■ **Ages: 7-10. Enrollment Min 10 / Max 20.** Children learn about the uses of robots in our world, how they sense and move, and spend time programming robots and participating in robot relays. They discover the science of circuits and how robots use sensors to explore things around them. They build their very own working robot to take home with them! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318168	A	RR	MTWRF	9AM-12PM	7/29-8/2	SPL-CR	\$175

## SECRET AGENT LAB

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** Step into the shoes of a detective-uncover the science involved in evidence gathering and analysis. Become a super sleuth and learn clever ways of performing tasks in this hands-on view of the science that spies use. From decoding messages to metal detectors and night vision, campers will have the opportunity to check out spy equipment, and discover the technological tools of detection! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318163	A	SAL	MTWRF	9AM-12PM	6/24-6/28	CB-AR	\$170

## THE WRIGHT STUFF

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** From the earliest flying machines to the first rocket flights, this hands-on program will give children a bird's eye view of the history and science of flight. Your child will build many different flying devices and explore the science of aerodynamics and flight with the help of Newton's laws. Then we're heading out of the atmosphere with a look at rockets and our galactic neighborhood! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318162	A	WS	MTWRF	9AM-12PM	6/17-6/21	SPL-CR	\$170

## CHALLENGE ISLAND ENRICHMENT CAMPS

Challenge Island strives to provide an environment where students can create, explore fundamental concepts through play and express their creativity in ways they never thought possible. **All supplies are included in the fee.**

## MISSION SPACE CAMP™

■ **Ages: 6-11. Enrollment Min 10 / Max 20.** Calling all space explorers! You and your STEAM Team will embark on an unforgettable journey through space in search of a new home for humankind. This camp will whisk you away on a voyage of discovery through our galaxy and beyond. Your mission? Choose a new planet to inhabit and design and create an amazing city where humans can thrive. Can you convince everyone on Earth to jump into a rocket and join you? Get ready for an out-of-this-world adventure! **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318186	A	MS	MTWR	9AM-12PM	6/3-6/6	SPL-CR	\$145

## NERF WARS

**Ages: 6-9. Enrollment Min 20 / Max 60.** Teams will need to combine the right mix of speed, agility, strategy, and teamwork to defeat their opponents in the Nerf Tournament Arena. Matches are played by teams of 4 players in Capture the Flag format, with referees. Players must wear protective eyewear, and provide an unmodified Nerf Dart gun. Dart guns will be inspected before play begins. Equipment provided: elite darts and protective eyewear. **You may register as a single or as a team of four, but each player must register separately. Be sure to indicate your teammates on your registration form. For more information, contact Ross Schraeder at [rschraeder@lawrenceks.org](mailto:rschraeder@lawrenceks.org).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
326400	A	NW(6-9)	S	10-11:50AM	6/22	SPL-TF	\$20
326400	B	NW(10-13)	S	12-2PM	6/22	SPL-TF	\$20

# CAMPS



## ROAD TRIP USA CAMP™

■ **Ages: 6-11. Enrollment Min 10 / Max 20.** Rev up your R.V. for a cross country STEAM adventure! You and a team of friends will engineer your way from sea to shining sea from the Statue of Liberty to the Golden Gate Bridge from the Hawaiian Volcanoes to the Floridian Theme Parks to an open road of exciting pit-stops in between. This imagination-fueled excursion across the USA promises to have campers smiling from coast to coast! **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318189	A	RT	MTWRF	9AM-12PM	7/15-7/19	SPL-CR	\$175
318189	B	RT	MTWRF	1:30-4:30PM	7/29-8/2	CB-AR	\$175

## SLIMETOPIA® 3: HIGH SEAS ADVENTURE CAMP™

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** Prepare to stir up the most delicious-looking slime recipes on the Seven Seas! You and your STEAM Team have been chosen to be slime sous chefs on the S.S. Slimetopia® cruise ship and it's up to you to "feed" the slime hungry passengers morning, noon and night! You'll mix up Belgian Waffle Slime, Fast Food Hamburger Slime, Ice Cream Sundae Slime and Spectacular Sushi Slime just to name a few. Slimetopia® 3 is sure to sell out in a squishy, squashy splash, so book your cruise cabin ooey, gooey fast! **Note: Although the slimes in this camp may look and smell yummy, they are for playing not for tasting!** **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318187	A	SLIME	MTWR	1:30-4:30PM	6/3-6/6	SPL-CR	\$165
318187	B	SLIME	MTWRF	9AM-12PM	7/29-8/2	CB-AR	\$205

## STEAM TANK ENTREPRENEUR CAMP™

■ **Ages: 6-11. Enrollment Min 10 / Max 20.** Calling all innovative and inventive kids to an adventure in STEAM and entrepreneurship! You and your STEAM Team will design, create and open new businesses every day: From PIZZAprenur Day SWEETreprenur Day to SLIMETreprenur Day to PETreprenur Day. Can you convince the island sharks that your STEAM Team's business belongs in the new Challenge Island Mall? Don't miss out on this one-of-a-kind entrepreneurial experience! **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318188	A	RT	MTWRF	1:30-4:30PM	7/15-7/19	SPL-CR	\$175

## BRICKS4KIDS ENRICHMENT CAMPS

Kids discover more about STEM concepts and develop skills like critical thinking, collaboration, innovation, communication and much more! The interactive design of our LEGO®-based summer camp lends itself to social growth and self-discovery just as much as technical learning.

## SPORTS FANATICS LEGO® CAMP

■ **Ages: 6-11. Enrollment Min 10 / Max 20.** Play Ball! LEGO® Brick ball, that is! In our Bricks 4 Kidz Sports Fanatics Camp, our all-star Master Builder campers will be using LEGO® Bricks to create soccer, hockey, gymnasts that tumble, and much more! Campers can create their favorite sports team's logos, all out of LEGO® Bricks. Campers will love all that is in store for them when they attend our Bricks 4 Kidz LEGO® Sports Fanatics camp! Go Team LEGO® Bricks! We teach principles of STEM utilizing motorized LEGO® models. **All campers will bring home a mini-figure at the end of the camp. Half full, limited spots. Instructor: Bricks4Kidz Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318177	A	SP	MTWR	1-4PM	7/8-7/11	CB-AR	\$160

## GAME ON BRICK ADVENTURE LEGO® CAMP

■ **Ages: 6-11. Enrollment Min 10 / Max 20.** For kids today, it's all about the world of online video games and apps! In this interactive summer camp, campers will use LEGO® Bricks to create and build different characters from their favorite video games. Themes such as Super Mario Bros and Minecraft come to life through the use of our robots, mosaics, and 3D art, all made out of LEGO® Bricks. We teach principles of STEM utilizing motorized LEGO® models. **All campers will bring home a mini-figure at the end of the camp. Half full, limited spots. Instructor: Bricks4Kidz Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318176	A	GB	MTWR	9AM-12PM	7/8-7/11	CB-AR	\$160

## SUPERHEROES AND MARVEL LEGO® CAMP

■ **Ages: 6-11. Enrollment Min 10 / Max 20.** Join Bricks 4 Kidz for building Super Heroes with LEGO® bricks. Campers will recognize a family of incredible heroes, hero guardians in space, teen heroes, and of course their favorite classic heroes. Explore all the caped crusaders and discover their super powers. Build a fantasy world and protect it from enemies with custom contraptions made with LEGO® bricks. We teach principles of STEM utilizing motorized LEGO® models. **All campers will bring home a mini-figure at the end of the camp. Instructor: Bricks4kidz Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318178	A	SM	MTWR	9AM-12PM	8/5-8/9	SPL-CR	\$160

## BUILDING IS AWESOME LEGO® CAMP

■ **Ages: 6-11. Maximum met / Wait list being formed.** Do you think building is awesome? Campers will put their engineering skills to work as they build motorized models, 3D figure models and mosaics. They'll love these awesome models based on different LEGO® themes. Whether you take an imaginary ride on Metal Beard's ship or Emmet's double-decker couch, be sure to get on over to camp where building is awesome! We teach principles of STEM utilizing motorized LEGO® models. **All campers will bring home a mini-figure at the end of the camp. Instructor: Bricks4kidz Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318179	A	BA	MTWR	1-4PM	8/5-8/9	SPL-CR	\$160

Class maximum met / Waiting List being formed



# CAMPS

## YOUTH SKATEBOARDING

■ **Ages 6-10 / 11-18. Min 6 / Max 16.** Skaters will learn about skate park etiquette, board maintenance and how boards are built, history of skateboarding, and the basics of skating. Instructors will challenge student's skills at their personal level. The last day of camp family and friends are invited to enjoy a presentation from the River Rat skate team and the campers. **Skaters bring your own board and safety gear to camp. Helmets required, wrist guards, elbow and knee pads are highly recommended. Instructor: Josh Rukes.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318125	A	(6-10)	M-R	8-9:30AM	6/24-6/27	PKSBP	\$99
318125	B	(6-10)	M-R	8-9:30AM	7/29-8/1	PKSBP	\$99
318126	A	(11-18)	M-R	8-9:30AM	6/10-6/13	PKSBP	\$99
318126	B	(11-18)	M-R	8-9:30AM	7/15-7/18	PKSBP	\$99

## GYMNASTICS / NINJA CAMPS

### GYMNASTICS CAMP

**Ages: 6-12. Enrollment Min 5 / Max 28.** Our gymnastics camp will offer fun skill-building for youth ages 6-12 in small groups. Activities include gymnastics, athletic games, arts and crafts, outdoor adventures and most of all FUN! Come join us for a week of gymnastics where campers have the opportunity to participate on the tumble track, play in the pit, climb the cargo net and swing on the bars. **Campers need to provide a sack lunch and a healthy snack. Instructor: LPRD Staff.**

**Weekly themes:**

**A - Underwater**

**B - Dinosaurs**

**C - Olympics**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318136	A	GYMCAMP	MTWRF9AM-4PM		6/17-6/21	SPL-GR	\$199
318136	B	GYMCAMP	TWRF 9AM-4PM		7/15-7/19	SPL-GR	\$199
318136	C	GYMCAMP	MTWRF9AM-4PM		8/5-8/9	SPL-GR	\$199

### NINJA CAMP

**Ages: 6-12. Enrollment Min 5 / Max 28.** Looking for a unique and exciting week-long camp that your kids will LOVE! Ninja camp includes a variety of climbing, jumping, agility, and problem-solving skills to navigate through various Ninja courses. Campers will be challenged on the warp wall, slanted steps, climbing net, rock wall and more. Outdoor activities and games will also be incorporated. **Campers need to provide a sack lunch and a healthy snack. Instructor: LPRD Staff.**

**Weekly themes:**

**A - Teenage Mutant Ninja Turtles**

**B - Harry Potter**

**C - Super Hero**

**D - Space Exploration**

**E - Jungle**

**F - Bugs**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318137	A	NINCAM	MTWRF9AM-4PM		6/3-6/7	SPL-GR	\$199
318137	B	NINCAM	MTWRF9AM-4PM		6/10-6/14	SPL-GR	\$199
318137	C	NINCAM	MTWRF9AM-4PM		6/24-6/28	SPL-GR	\$199
318137	D	NINCAM	MTWRF9AM-4PM		7/8-7/12	SPL-GR	\$199
318137	E	NINCAM	MTWRF9AM-4PM		7/22-7/26	SPL-GR	\$199
318137	F	NINCAM	MTWRF9AM-4PM		7/29-8/2	SPL-GR	\$199

## SCIENCE & NATURE

### ADVENTURE CAMPS

#### AT PRAIRIE PARK NATURE CENTER

Science camps are designed for children 6 to 13 years of age. Participants will explore science through outdoor adventures. Each week will focus on different wildlife, conservation, outdoor survival, extreme animals and much more. Each camp includes fishing, canoeing and archery. Live animal programs, games, crafts and many science and nature explorations will make this a memorable camp experience. Campers must bring a lunch, and wear appropriate outdoor clothing and footwear. A snack, bug spray and sunscreen are required. **Call us at (785) 832-7980 for more information.**

### KIDS VS WILD

**Ages: 6-13. Maximum met / Wait list being formed.** What is your survival IQ? Would you be able to survive on your own in the wilderness? You will learn valuable survival skills while exploring the strategies animals use to survive daily life in the outdoors. Learn about navigation, fire building, foraging for food, and how to stay safe in wilderness environments. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	A	KID	MTWRF9AM-4PM		6/3-6/7	PPNC	\$190

Class maximum met / Waiting List being formed

### JUNIOR NATURALISTS

**Ages: 6-13. Maximum met / Wait list being formed.** Want a future job working with animals? Learn the skills you need to become a naturalist! Become a wildlife expert and learn to identify our local birds, bugs, plants, and more! Enjoy up-close encounters with Kansas critters and get the opportunity to feed your favorite nature center animals. Meet some amazing field biologists and learn about the exciting work they are doing in the oceans, jungles, deserts, and other far-away lands. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	B	JRNAT	MTWRF9AM-4PM		6/10-6/14	PPNC	\$190

Class maximum met / Waiting List being formed

### MOST EXTREME ANIMALS

**Ages: 6-13. Enrollment Min 10 / Max 25.** Who is the fighter pilot of the animal world or the oldest creature on Earth? Which animals can run the fastest or jump the highest? What critters can kill with one drop of poison or regrow their lost limbs? Come explore the amazing abilities of the world's most extreme animals in this exciting week of camp. Camp includes canoeing, fishing, and archery (weather permitting). **Limited spots. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	C	EXANIM	MTWRF9AM-4PM		6/17-6/21	PPNC	\$190

### LIGHTS, CAMERA, ANIMALS

**Ages: 6-13. Maximum met / Wait list being formed.** Star in your own nature documentary! Campers will channel famous TV personalities such as the Wild Kratt brothers and Steve Irwin as they prepare for a recorded performance to show off their favorite animals. We will explore different animal topics each day, investigating the performing prowess of animals who can sing, dance, and act. Camp includes canoeing, fishing, and archery (weather permitting). **Limited spots. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	D	LCA	MTWRF9AM-4PM		6/24-6/28	PPNC	\$190

Class maximum met / Waiting List being formed

# CAMPS

## PLANET SAVERS

**Ages: 6-13. Enrollment Min 10 / Max 30.** Want to be a real-life superhero? Learn how you can save the world by protecting our planet. Come learn about the wild superpowers of animals and develop your own super skills to live a more earth-friendly life. We will explore the ways we can help reduce, reuse and recycle. Meet nature's recyclers like our possum, bald eagle, turkey vulture, and more! Learn to make a solar oven, harness the power of the wind, and grow your own food! Camp includes canoeing, fishing, and archery (weather permitting). **Limited spots. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	E	PLANSV	MTW	9AM-4PM	7/1-7/3	PPNC	\$130

## WHERE THE WILD THINGS ARE

**Ages: 6-13. Maximum met / Waiting list being formed.** Investigate the habitats of the planet with activities that investigate the different regions of the world. Take an imaginary trip to the jungle, marvel at desert animals, and explore Kansas' own prairies. Games, live animals, and hands-on investigations help you explore the wonders of your planet. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	F	WILDTHG	MTW	9AM-4PM	7/8-7/12	PPNC	\$190

Class maximum met / Waiting List being formed

## CREATURE QUEST

**Ages: 6-13. Maximum met / Wait list being formed.** Hunt for the most extreme animals in nature. This camp will highlight ways that animals are adapted to extreme conditions, wild ways of getting food, and the most bizarre survival techniques. Enjoy adventurous hikes, scavenger hunts, obstacle courses, and more. Try your hand at Animal Olympics, make slime, and learn all about mythical cryptids. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	G	CRTQST	MTWRF	9AM-4PM	7/15-7/19	PPNC	\$190

Class maximum met / Waiting List being formed

## PRAIRIE SURVIVORS

**Ages: 6-13. Enrollment Min 15 / Max 30.** Prairie plants and animals have to endure extreme conditions in prairie environments: boiling summer days, freezing winter winds, droughts, tornadoes, and more. Early peoples of the Kansas prairie had to learn to adapt to these conditions as well. Campers will learn how plants, animals and indigenous peoples have learned to find food, build homes, and survive in our wild Kansas prairies. Camp includes canoeing, fishing and archery (weather permitting). **Limited spots. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	H	SCIADV	MTWRF	9AM-4PM	7/22-7/26	PPNC	\$190

## LAST CHANCE SUMMER CAMP

**Ages: 6-13. Enrollment Min 10 / Max 20.** Who is the fighter pilot of the animal world or the oldest creature on Earth? Which animals can run the fastest or jump the highest? What critters can kill with one drop of poison or regrow their lost limbs? Come explore the most amazing abilities of the world's most extreme animals in this exciting week of camp. Camp includes canoeing, fishing, and archery (weather permitting). **Limited spots. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	I	LASTCH	MTWRF	9AM-4PM	7/29-8/2	PPNC	\$190

## TENNIS

### ROCK CHALK TENNIS CAMP (8-13)

**Ages: 8-13. Enrollment Min 4 / Max 45.** This camp is for beginner-intermediate tennis players ages 8-13 interested in learning/improving skills and having tons of fun! This camp will include a combination of drills, focusing on technique and team events where kids will learn about sportsmanship while competing in fun games. All campers should bring a racquet, water jug and tennis shoes. **Each morning, campers will meet at Jayhawk Tennis.**

**Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
319200	A	TENCAMP	WRF	8AM-12PM	5/29-5/31	JTC	\$150

### ROCK CHALK TENNIS CAMP (5-7)

**Ages: 5-7. Enrollment Min 4 / Max 45.** This camp is for younger kids ages 5-7 who want to learn tennis. We will introduce tennis skills and develop basic tennis technique in a fun environment. We will also focus on improving consistency through a variety of fun, active games. Snacks will also be provided. All campers should bring a racquet, water jug and tennis shoes. **Each morning, campers will meet at Jayhawk Tennis. Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
319200	B	TENCAMP	WRF	10AM-12PM	5/29-5/31	JTC	\$75

## TRADITIONAL

### SUMMER PLAYGROUNDS

**Ages: 5-12. Enrollment Min: 15 / Max: TBA.** An exciting neighborhood activity program planned for children. Activities include trips, special events, swimming, games and contests. Specialists will visit the playground each week to work in the areas of nature, arts and crafts, and other exciting activities. The Neighborhood Drop-In Playground camp participates in the Free Summer Lunch Program. You are welcome to send lunch with your camper, but please refrain from sending food that needs to be heated or cooked. **Weekly schedules will be made available on Friday afternoons.** For more information, contact Elias Parenti at 785-832-7949 or [eparenti@lawrenceks.org](mailto:eparenti@lawrenceks.org).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325302	A	SP-PG	MTWRF	7:30AM-5:30PM	6/3-6/7	STHPK	\$130
325302	B	SP-PG	MTWRF	7:30AM-5:30PM	6/10-6/14	STHPK	\$130
325302	C	SP-PG	MTWRF	7:30AM-5:30PM	6/17-6/21	STHPK	\$130
325302	D	SP-PG	MTWRF	7:30AM-5:30PM	6/24-6/28	STHPK	\$130
325302	E	SP-PG	MTW	7:30AM-5:30PM	7/1-7/3	STHPK	\$80
325302	F	SP-PG	MTWRF	7:30AM-5:30PM	7/8-7/12	STHPK	\$130
325302	G	SP-PG	MTWRF	7:30AM-5:30PM	7/15-7/19	STHPK	\$130
325302	H	SP-PG	MTWRF	7:30AM-5:30PM	7/22-7/26	STHPK	\$130

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325300	A	SP-PG	MTWRF	7:30AM-5:30PM	6/3-6/7	BAPK	\$130
325300	B	SP-PG	MTWRF	7:30AM-5:30PM	6/10-6/14	BAPK	\$130
325300	C	SP-PG	MTWRF	7:30AM-5:30PM	6/17-6/21	BAPK	\$130
325300	D	SP-PG	MTWRF	7:30AM-5:30PM	6/24-6/28	BAPK	\$130
325300	E	SP-PG	MTW	7:30AM-5:30PM	7/1-7/3	BAPK	\$80
325300	F	SP-PG	MTWRF	7:30AM-5:30PM	7/8-7/12	BAPK	\$130
325300	G	SP-PG	MTWRF	7:30AM-5:30PM	7/15-7/19	BAPK	\$130
325300	H	SP-PG	MTWRF	7:30AM-5:30PM	7/22-7/26	BAPK	\$130

# CAMPS

## FUN DAYS OF SUMMER

**Ages: 5-12. Enrollment Min 10 / Max TBA.** Just when you thought all the excitement of summer camp was over, it continues! Keep that summer fun, flowing with new friends and activities. Activities will include: arts and crafts, field trips, swimming, movies and variety of games. All participants must have registration and health forms on file. Water will be provided. **Registration deadline: Friday, July 26. For more information, please contact (785) 832-7940. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325350	A	FUNDAYS	MTWRF	8:30AM-3:30PM	7/29-8/2	CB	\$130

## END OF SUMMER FLINGS

**Ages: 5-12. Enrollment Min 10 / Max TBA.** Hold on to that summer with one last week of camp! You don't want to miss all the fun before school starts. Activities will include: arts and crafts, field trips, swimming, movies and variety of games. All enrollees must fill out registration and health forms and bring a brown bag lunch. Water will be provided. **Registration deadline: Friday, Aug. 2. For more information, please contact (785) 832-7940. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325351	A	FLINGS	MTWRF	8:30AM-3:30PM	8/5-8/9	CB	\$130

## UNIFIED RECREATION CAMPS

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

When school is out, fun is in! Join us for a summer filled with friends and fun activities like swimming, bowling, fieldtrips, gymnastics, sports, arts and crafts, and much more at Unified Recreation Summer Camps.

## UNIFIED DAY CAMP ½ DAY

**Ages: 5-21. Enrollment Min 5 / Max 10. Limited spots.** The Unified Recreation Division is offering a nine-week summer camp fully integrated program for youth with and without disabilities. Participants will have a chance to gain socialization in a safe environment filled with friends and fun! **This is not one-on-one setting, and parents are encouraged to send attendants for those participants who need additional assistance. We offer a four to one (4:1) staff ratio.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322600	A	1/2DAY	MTWR	12-4PM	6/3-6/7	ELRC	\$90
			F	9AM-4PM			
322600	B	1/2DAY	MTWR	12-4PM	6/10-6/14	ELRC	\$90
			F	9AM-4PM			
322600	C	1/2DAY	MTWR	12-4PM	6/17-6/21	ELRC	\$90
			F	9AM-4PM			
322600	D	1/2DAY	MTWR	12-4PM	6/24-6/28	ELRC	\$90
			F	9AM-4PM			
322600	E	1/2DAY	MTW	12-4PM	7/1-7/3	ELRC	\$60
322600	F	1/2DAY	MTWR	12-4PM	7/8-7/12	ELRC	\$90
			F	9AM-4PM			
322600	G	1/2DAY	MTWR	12-4PM	7/15-7/19	ELRC	\$90
			F	9AM-4PM			
322600	H	1/2DAY	MTWR	12-4PM	7/22-7/26	ELRC	\$90
			F	9AM-4PM			
322600	I	1/2DAY	MTWR	12-4PM	7/29-8/2	ELRC	\$90
			F	9AM-4PM			

## UNIFIED DAY CAMP FULL DAY

**Ages: 5-21. Maximum met / Wait list being formed.** The Unified Recreation Division is offering a nine week summer camp fully integrated program for youth with and without disabilities. Participants will have a chance to gain socialization in a safe environment filled with friends and fun! **This is not one-on-one setting, and parents are encouraged to send attendants for those participants who need additional assistance. We offer a four to one (4:1) staff ratio.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322601	A	FULLDAY	MTWRF	9AM-4PM	6/3-6/7	ELRC	\$130
322601	B	FULLDAY	MTWRF	9AM-4PM	6/10-6/14	ELRC	\$130
322601	C	FULLDAY	MTWRF	9AM-4PM	6/17-6/21	ELRC	\$130
322601	D	FULLDAY	MTWRF	9AM-4PM	6/24-6/28	ELRC	\$130
322601	E	FULLDAY	MTW	9AM-4PM	7/1-7/3	ELRC	\$80
322601	F	FULLDAY	MTWRF	9AM-4PM	7/8-7/12	ELRC	\$130
322601	G	FULLDAY	MTWRF	9AM-4PM	7/15-7/19	ELRC	\$130
322601	H	FULLDAY	MTWRF	9AM-4PM	7/22-7/26	ELRC	\$130
322601	I	FULLDAY	MTWRF	9AM-4PM	7/29-8/2	ELRC	\$130

Class maximum met / Waiting List being formed





# DANCE

## ADULT

### 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
314150	A	CCVD	SU	5:40-6:40PM	7/14-8/18	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
314151	A	LATIN	SU	6:50-7:50PM	6/2-7/7	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
314152	A	LINE	SU	4:30-5:30PM	6/2-7/7	SPL-LR	\$40
314152	B	LINE	SU	4:30-5:30PM	7/14-8/18	SPL-LR	\$40

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314145	A	WCS	SU	6:50-7:50PM	7/14-8/18	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. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314154	A	SWING	SU	5:40-6:40PM	6/2-7/7	SPL-LR	\$40

## FRIDAY WORKSHOPS

### ULTIMATE DANCE PARTY

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** It's time to dance! You have learned all the steps, now you and your partner want to go out for an evening. For two hours, you will have the opportunity to dance two-step, waltz, East Coast Swing, West Coast Swing, Salsa, Cha-Cha, and other dances. Come enjoy your favorite dance to some great music and dance the night away! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314160	A	ULTDNC	F	6-8PM	7/12	SPL-LR	\$15
314160	B	ULTDNC	F	6-8PM	8/9	SPL-LR	\$15

### EAST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** One of the dances with the most staying power has been East Coast Swing and its variations. East Coast Swing is a circular dance done to a wide range of upbeat music from Big Band to Contemporary to Country. Single time and triple time footwork and movements will be presented. All levels are welcome! **Partner Enrollment required. Price reflects per person rate. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314140	B	ECS	F	5:45-8PM	8/30	SPL-LR	\$20

### LINE DANCING WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 10 / Max 30.** Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314141	A	LINEWS	F	5:45-8PM	6/28	SPL-LR	\$20
314141	B	LINEWS	F	5:45-8PM	7/19	SPL-LR	\$20
314141	C	LINEWS	F	5:45-8PM	8/23	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
314160	A	ULTDNC	F	6-8PM	7/12	SPL-LR	\$15
314160	B	ULTDNC	F	6-8PM	8/9	SPL-LR	\$15



# DANCE

## SUNDAY WORKSHOPS

### 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 sideways 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
314146	A	CHACHA	SU	1:15-4:15PM	6/30	SPL-LR	\$25

### DANCE FUNDAMENTALS III – SPINS AND TURNS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314149	A	DFIII	SU	1:15-4:15PM	7/7	SPL-LR	\$25

### EAST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** One of the dances with the most staying power has been East Coast Swing and its variations. East Coast Swing is a circular dance done to a wide range of upbeat music from Big Band to Contemporary to Country. Single time and triple time footwork and movements will be presented. All levels are welcome! **Partner Enrollment required. Price reflects per person rate. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314140	A	ECS	SU	1:15-4:15PM	8/11	SPL-LR	\$25

### INTERMEDIATE LINE DANCING

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314156	A	INTLINE	SU	3:15-4:15PM	6/23	SPL-LR	\$12
314156	B	INTLINE	SU	3:15-4:15PM	7/14	SPL-LR	\$12
314156	C	INTLINE	SU	3:15-4:15PM	8/18	SPL-LR	\$12

### TWO-STEP, BEGINNER/INTERMEDIATE

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314144	A	TWOSTEP	SU	1:15-4:15PM	6/9	SPL-LR	\$25



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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314161	A	WCC	SU	1:15-4:15PM	6/2	SPL-LR	\$25
314161	B	WCC	SU	1:15-4:15PM	7/21	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. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314145	B	WCS	SU	1:15-4:15PM	8/25	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.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314015	A	WIGGLE	S	11-11:35AM	6/8-6/29	CB-DS	\$32
314015	B	WIGGLE	S	11-11:35AM	7/13-8/3	CB-DS	\$32

### 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. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314012	A	MBHH	T	5:30-6:15PM	6/4-6/25	CB-DS	\$32
314012	B	MBHH	S	10-10:45AM	6/8-6/29	CB-DS	\$32
314012	C	MBHH	T	5:30-6:15PM	7/9-7/30	CB-DS	\$32
314012	D	MBHH	S	10-10:45AM	7/13-8/3	CB-DS	\$32

### 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! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314011	A	BBHH	T	6:20-7:10PM	6/4-6/25	CB-DS	\$32
314011	B	BBHH	T	6:20-7:10PM	7/9-7/30	CB-DS	\$32



### 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! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314105	A	RHHI	R	5:30-6:20PM	6/6-6/27	CB-DS	\$32
314105	B	RHHI	R	5:30-6:20PM	7/11-8/1	CB-DS	\$32

### 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. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314010	A	EHH	R	6:25-7:15PM	6/6-6/27	CB-DS	\$32
314010	B	EHH	R	6:25-7:15PM	7/11-8/1	CB-DS	\$32



# 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 **Bring a mat. Instructor: Vanessa Curtis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315030	A	BL	MW	12:15-12:45PM	6/3-8/21	SPL-FR	\$96

## BUTTS N GUTS ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* Shape and tone your core, booty, hips, and thighs in this fun class. We incorporate multiple types of movements, standing and on the floor, to lift that "junk in your trunk." Burn calories and get maximum muscle sculpting for your middle and the parts all around it. **No class 7/4. Bring a mat. Instructor: Mea Austin**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315007	A	BG	TR	5:30-6PM	6/4-8/22	HPRC-BR	\$92

## CORE N' MORE ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* This class is all about building core strength and improving functional fitness of the mid-section and glutes. We will use focused movements to tighten, tone and sculpt your core. This class is suitable for most fitness levels. **Bring a mat. No class 7/4. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315024	A	CM	TR	5:40-6:10PM	6/4-8/22	SPL-FR	\$92

## ESSENTRICS ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 15.* A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. **Bring a mat. Instructor: Kirstin Olson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315027	A	ESNTRC	S	8:45-9:45AM	6/15-8/24	HRC-BR	\$45

## KAP COMBO ●●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315076	A	KAP	T	5:45-6:40PM	6/4-8/20	HPRC-GY	\$54

## KNOCK OUT ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* Guaranteed stress relief that burns a ton of calories! This combo of kickboxing and conditioning will keep your heart pumping and sculpt your body. Throw down, trim down and knock out tension! Can be modified for minimal impact. **No class 7/4. Bring a mat. Instructor: Mea Austin**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315009	A	KO	TR	6:10-6:50PM	6/4-8/22	HPRC-BR	\$92

## 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 7/6. Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315032	A	PILATE	S	9:30-10:20AM	6/8-8/24	SPL-FR	\$49

## POWER HOUR ●●

*Ages: 15 and Up. Enrollment: Min 10 / Max 20.* A strong moving flow that cultivates balance, stability, flexibility, and vitality. Designed to change each week to target all major muscle groups in a variety of ways. Utilizing a mix of free weights, resistance bands, weighted bars, BOSU balls and more. It is suited for a beginner to fitness enthusiasts. **Bring a mat. No class 7/5. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315223	A	PWRHR	MWF	12:10-12:50PM	6/3-8/23	SPL-LR	\$114

## 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 7/6. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315011	A	SCULPT	S	10-10:50AM	6/8-8/24	CB-CR1	\$49

## PUMPED ●●

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* This class changes a bit every week with a different focus. Classes include kickboxing, upper and lower body strengthening, yoga, abs and cardio. Beginners welcome, you can modify anything we do, but this will challenge a fitness junkie. All fitness levels welcome! **No class 7/6. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315008	A	PUMP	S	10-10:50AM	6/8-8/24	SPL-LR	\$49

# FITNESS

## TABATA ●●●

**Ages: 15 and Up. Min 10 / Max 15.** Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. **Bring a mat.**

**Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315101	A	TABATA	MW	5:45-6:30PM	6/3-8/21	SPL-LR	\$96

## 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 7/4 and 8/6.**

**Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315112	A	TRXFIT	MW	6:45-7:30PM	6/3-8/21	SPL-LR	\$96
315112	B	TRXFIT	TR	6-6:45PM	6/4-8/27	SPL-LR	\$92

## STRENGTH TRAINING ●●

**Ages: 15 and Up. Enrollment Min 5 / Max 9.** Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, and promoting weight loss. This quintessential TRX experience will lead you down the road to your best all-around fitness. **Bring a mat. No class 7/4 and 8/6.** **Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315122	A	ST	TR	6:15-7:00PM	6/4-8/22	SPL-FR	\$92

## UNIVERSAL GROOVY DANCE ●●

**Ages: 15 and Up. Enrollment Min 10 / Max 20.** Rock that body with the latest moves from Africa, Colombian, American and Latin dances! No knees torquing/twisting, just Funky and easy to follow dances! In 50-minutes you're constantly moving, shaking, burning and shedding all those unwanted calories! You will SWEAT! **No class 7/6.** **Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315004	A	UGD	S	11-11:50AM	6/8-8/24	CB-CR1	\$49

## 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. No class 7/4 and 8/6.**

**Instructor: Teresa Kelley | Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315023	A	WGHT(TK) MW		5:30-6PM	6/3-8/21	SPL-FR	\$96
315023	B	WGHT(TK) TR		12:15-12:45PM	6/4-8/27	SPL-LR	\$92
315023	C	WGHT(MJ) TR		12:15-12:45PM	6/4-8/22	CB-CR2	\$92

## 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](http://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

## YIN MEETS YANG (NEW) ●●

**Ages: 15 and Up. Enrollment Min 10 / Max 20.** A blend of two styles into on practice. Bringing together the benefits of passively holding yoga poses with a more dynamic sequences and standing postures. Improve your strength, flexibility, stamina while balancing your energy. **Bring a mat. No class 7/6.**

**Instructor: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315280	A	YY	S	10:30-11:30AM	6/8-8/24	SPL-FR	\$49

## YOGA, BEGINNER ●

**Ages: 15 and Up. Enrollment Min 10 / Max 15.** This class is designed as an introduction to the practice of Yoga. Class is slower paced and focuses on developing clear and safe alignment in foundational poses. Good for the student who have had Yoga but would like to revisit the basics. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety and stability with each pose. If you have never tried yoga this class is for you. **Bring a mat.** **Instructor: M.A. Saunders.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315015	A	BGYOGA	SU	3-4PM	6/2-8/18	HPRC-BR	\$49

## YOGA, EXPRESS ●●

**Ages: 15 and Up. Enrollment Min 10 / Max 20.** Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **No class 7/4.** **Bring a mat.** **Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315022	A	EXYOGA	TR	12:10-12:50PM	6/4-8/22	SPL-FR	\$92

## YOGA, FLOW ●

**Ages: 15 and Up. Enrollment Min 10 / Max 15.** Suitable for beginning students as well as experienced students who enjoy a gentler class. Develop body awareness, 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 | Rachelle Bishop.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315040	A	FY(KM)	T	5:20-6:15PM	6/4-8/20	ELRC-GR	\$54
315040	B	FY(RB)	W	12:15-12:45PM	6/5-8/21	CB-CR2	\$54



# FITNESS

## YOGA, HATHA (NEW) ●

**Ages: 15 and Up. Enrollment Min 10 / Max 15.** Class will include centering, pranayama, warm ups, sun salutations, standing postures, balancing, forward bends, twists, gentle inversions and savasana. Modifications are offered to accommodate all levels. **Bring a mat. No class 7/4. Instructor: Shelby Miller.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315014	A	HY	R	5:20-6:15PM	6/6-8/22	ELRC-GR	\$49

## 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 7/7. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315123	A	PYOGA	SU	4-5:15PM	6/2-8/18	SPL-FR	\$63

## 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 meditation. Stabilizing postures will help strengthen muscle groups in a low-impact way. You will leave this class feeling renewed and restored. **Bring a mat. Instructor: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315046	A	YR	W	6:15-7:15PM	6/5-8/21	SPL-FR	\$54

## 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. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315016	A	SFYOGA	T	10-11AM	6/4-8/20	SPL-FR	\$54

## 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 your own mat. Instructor: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315017	A	YS	M	5:30-6:25PM	6/3-8/19	HRC-BR	\$54

## YOGA, VINYASA FLOW ●●

**Ages: 15 and Up. Enrollment Min 10 / Max 15.** Vinyasa Flow is a smooth rhythmic class that seamlessly strings postures together using the breath. This dynamic class was created to get the energy moving, the sweat flowing and ultimately, attain balance in the mind and body to achieve completeness. **Bring a mat. Instructor: Rechelle Bishop.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315118	A	VFYOGA	W	5:45-6:40PM	6/5-8/21	ELRC-GR	\$54

## YOGILATES ●●

**Ages: 15 and Up. Enrollment Min 10 / Max 40 (TR), Max 20 (S).** The best of both worlds -- the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, increased range of motion and balance for a complete workout. **Bring a mat. No class 7/4; 7/7. Instructors: Fran Hopkins (FH) | Shannon Carlson (SC).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315121	A (FH)	YGLTS	TR	5:30-6:25PM	6/4-8/22	CB-GYM	\$92
315121	B (SC)	YGLTS	S	8:30-9:20AM	6/8-8/24	SPL-FR	\$49

## 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 7/5, 7/6, and 8/6. Instructors: Pat Middaugh (PM), Amy Ash (AA), Mary Davidson (MD).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315000	A (PM)	ZUMBA	MWF	12:10-12:50PM	6/3-8/23	HPRC-GY	\$114
315000	B (MD)	ZUMBA	M	5:30-6:25PM	6/3-8/19	CB-GY	\$54
315000	C (AA)	ZUMBA	T	5-5:50PM	6/4-8/27	SPL-LR	\$54
315000	D (AA)	ZUMBA	S	9-9:50AM	6/8-8/24	SPL-LR	\$49





## WELCOME TO GOLF

### START SWINGING GOLF CAMP AGES 6-10

**Ages: 6 to 10. Enrollment Min 3 / Max 15.** Start Swinging class will focus on terminology and concepts in golf. It will introduce the junior to traditional fundamentals covering putting, chipping, pitching and full swing techniques. Juniors will receive instruction in a group setting and the one on one attention based on advancement on learning of skills. Beginning and advanced juniors may enroll in this class. Juniors may sign up for consecutive camps.

**Instructor: Eagle Bend staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
360100	A	SWING	WTH	10:30-11:30AM	6/5-6/6	EBGC	\$50
360100	B	SWING	WTH	10:30-11:30AM	6/12-6/13	EBGC	\$50
360100	C	SWING	WTH	10:30-11:30AM	6/26-6/27	EBGC	\$50
360100	D	SWING	WTH	10:30-11:30AM	7/10-7/11	EBGC	\$50
360100	E	SWING	WTH	10:30-11:30AM	7/24-7/25	EBGC	\$50
360100	F	SWING	WTH	10:30-11:30AM	7/31-8/1	EBGC	\$50

### START SWINGING GOLF CAMP AGES 11-14

**Ages: 6 to 10. Enrollment Min 3 / Max 15.** Start Swinging class will focus on terminology and concepts in golf. It will introduce the junior to traditional fundamentals covering putting, chipping, pitching and full swing techniques. Juniors will receive instruction in a group setting and the one on one attention based on advancement on learning of skills. Beginning and advanced juniors may enroll in this class. Juniors may sign up for consecutive camps.

**Instructor: Eagle Bend staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
360101	A	SWING	WTH	11:45AM-12:30PM	6/5-6/6	EBGC	\$50
360101	B	SWING	WTH	11:45AM-12:30PM	6/12-6/13	EBGC	\$50
360101	C	SWING	WTH	11:45AM-12:30PM	6/26-6/27	EBGC	\$50
360101	D	SWING	WTH	11:45AM-12:30PM	7/10-7/11	EBGC	\$50
360101	E	SWING	WTH	11:45AM-12:30PM	7/24-7/25	EBGC	\$50
360101	F	SWING	WTH	11:45AM-12:30PM	7/31-8/1	EBGC	\$50

### PRIVATE INSTRUCTION

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

### LEAGUES

For additional information or to join a league, please sign up at Eagle Bend's Pro Shop or contact Ryan Cloud at rcloud@lawrenceks.org.

### EAGLE BEND'S MEN'S GOLF LEAGUE

**Fee: Annual dues are \$50. Appropriate green fees and cart fees apply each week plus \$5 prize money fee.** Any male, 18 years or older, is eligible to play. Eagle Bend Men's League provides a fun and relaxing atmosphere for participants with varying formats each week. We will hold two match play contests and other events throughout the year. There will also be occasional special Saturday Men's League events held. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. Choose your own tee time anytime on Thursdays. Someone from Men's League must be in your group for your score to be verified. **League runs Thursdays, April 4-Sept. 19.**

### EAGLE BEND'S WOMEN'S GOLF LEAGUE

**Fee: Annual dues are \$50. Appropriate green fees and cart fees apply each week plus \$5 prize money fee.** Women's league is open to any female, 18 or older. Women's league is a once-a-week league for golfers of all skill levels, promoting a fun and relaxed atmosphere. It is a weekly league with varying formats. Also, once a month a cookout and complementary golf clinic will be held before play. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Wednesdays, April 14-Sept. 18.**

### EAGLE BEND'S MEN'S SENIOR GOLF LEAGUE

**Fee: Annual dues are \$50. Appropriate green fees and cart fees apply each week plus \$5 prize money fee.** Any male, 50 years or older is eligible to play. Senior League promotes a positive, fun atmosphere for senior golfers. Golfers of all abilities are welcome. Various formats, weekly prizes, year-end championship and an end of the year luncheon are planned. Special Thursday morning editions of senior league are planned throughout the year. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Monday, April 1- Oct. 28.**

### EAGLE BEND'S JUNIOR GOLF LEAGUE

**Fee: Junior League fees are \$66, includes every play day.** Juniors age 12-17 years old, who have not reached their 18th birthday by May 31st are eligible. Junior league is a league promoting fun competition for junior golfers. **This is not an instructional league.** Participants are expected to have basic knowledge of golf fundamentals and etiquette. Weekly medalists will be awarded for six weeks. Golfers will compete according to gender for low score. The best four scores of the six will count toward stroke average. This enables participants to miss up to two weeks of the six-week league, or to eliminate two weak scores from poor rounds and still compete for the season award. Each flight will have a season medalist winner for low round of the season. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Tuesday mornings, June 11- July 23.**

### TOURNAMENTS

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

### BIRTHDAY PARTIES

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



## HOLE SPOTLIGHT: HOLE 10

396 YARDS/ BLUE TEES PAR 4 HANDICAP 10

**Eagle Bend**  
GOLF COURSE

This tee shot can present problems with the large cottonwood in the middle of the fairway. A drive to either side of the tree will leave a mid-iron to an elevated green with a bunker on the left and a steep slope on the right. The green is large and has a swale that cuts through the middle, making

# GYMNASTICS

## 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](mailto: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 7/5. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318000	A	LB	T	4:40-5:25PM	6/4-7/23	SPL-GR	\$90
318000	B	LB	F	5:30-6:15PM	6/7-7/26	SPL-GR	\$79

### 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 7/4; 7/6. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318001	B	TB	W	4:40-5:25PM	6/5-7/24	SPL-GR	\$90
318001	C	TB	R	5:30-6:15PM	6/6-7/25	SPL-GR	\$79
318001	D	TB	S	9-9:45AM	6/8-7/27	SPL-GR	\$79

### 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 7/4; 7/6. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318002	A	GB	M	5:30-6:25PM	6/3-7/22	SPL-GR	\$90
318002	B	GB	T	5:30-6:25PM	6/4-7/23	SPL-GR	\$90
318002	C	GB	W	5:30-6:25PM	6/5-7/24	SPL-GR	\$90
318002	D	GB	R	4:30-5:25PM	6/6-7/25	SPL-GR	\$79
318002	E	GB	S	9-9:55AM	6/8-7/27	SPL-GR	\$79
318002	F	GB	S	10-10:55AM	6/8-7/27	SPL-GR	\$79

### 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. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318003	A	HS	T	5:30-6:25PM	6/4-7/23	SPL-GR	\$90
318003	B	HS	W	5:30-6:25PM	6/5-7/24	SPL-GR	\$90

### 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 7/4; 7/6. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318004	B	BG(9-12)	M	5:30-6:25PM	6/3-7/22	SPL-GR	\$90
318004	C	BG(6-9)	T	5:30-6:25PM	6/4-7/23	SPL-GR	\$90
318004	D	BG(6-9)	W	5:30-6:25PM	6/5-7/24	SPL-GR	\$90
318004	E	BG(6-9)	R	5:30-6:25PM	6/6-7/25	SPL-GR	\$79
318004	F	BG(6-9)	S	10-10:55AM	6/8-7/27	SPL-GR	\$79

### 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 7/4. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318005	A	BB	M	5:30-6:25PM	6/3-7/22	SPL-GR	\$90
318005	B	BB	R	5:30-6:25PM	6/6-7/25	SPL-GR	\$79

### 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 7/4. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318006	A	IB	R	6:30-7:55PM	6/6-7/25	SPL-GR	\$121

# GYMNASTICS

## 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 7/4. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318007	A	IG1	M	6:30-7:55PM	6/3-7/22	SPL-GR	\$138
318007	B	IG1	W	6:30-7:55PM	6/5-7/24	SPL-GR	\$138

## 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. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318008	A	IG2	W	6:30-7:55PM	6/5-7/24	SPL-GR	\$138

## 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 7/4. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318009	A	AG	TR	6:30-7:55PM	6/4-7/25	SPL-GR	\$235

## 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 7/6. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318010	B	LNW	M	4:30-5:25PM	6/3-7/22	SPL-GR	\$90
318010	C	LNW	T	5:30-6:25PM	6/4-7/23	SPL-GR	\$90
318010	D	LNW	W	4:30-5:25PM	6/5-7/24	SPL-GR	\$90
318010	E	LNW	S	9-9:55AM	6/8-7/27	SPL-GR	\$79

## 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 7/4, 7/6. Instructor: LPRD Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318011	B	NWI	T	6:30-7:25PM	6/4-7/23	SPL-GR	\$90
318011	C	NWI	W	5:30-6:25PM	6/5-7/24	SPL-GR	\$90
318011	D	NWI	R	4:30-5:25PM	6/6-7/25	SPL-GR	\$79
318011	E	NWI	S	10-10:55AM	6/8-7/27	SPL-GR	\$79



## 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 7/4. Instructor: LPRD Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318012	A	NWII	W	6:30-7:25PM	6/5-7/24	SPL-GR	\$90
318012	B	NWII	R	6:30-7:25PM	6/6-7/25	SPL-GR	\$79

## 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 combining 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. **Permission is required prior to enrollment. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318018	A	ENW	W	6:30-7:55PM	6/5-7/24	SPL-GR	\$138

## 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: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
316017	A	TMBLPLY	M	10:15-11:15AM	JUN-AUG	SPL-GR	\$5
316018	A	TMBLPLY	W	10:15-11:15AM	JUN-AUG	SPL-GR	\$5
316019	A	TMBLPLY	F	10:15-11:15AM	JUN-AUG	SPL-GR	\$5
316020	A	TMBLPLY	S	11:15AM-12PM	JUN-AUG	SPL-GR	\$5

### FLIPPIN' ZONE (YOUTH OPEN GYM)

**Ages: 6-14 Enrollment Min 4 / Max 15.** Youth open gym is a great way for gymnasts and ninjas warriors to practice their skills, socialize, have fun, and be active in a safe and controlled environment. Open gym coaches will provided spotting and supervision. **Fee represents cost per daily session. No class 7/5. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
316030	A	FLIPZON	F	6:30-7:30PM	JUN-AUG	SPL-GR	\$5

### 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](http://www.lprd.org) and click on the gymnastics link or contact Landon Noll, Gymnastics Programmer at (785) 330-7358 / [lnoll@lawrenceks.org](mailto:lnoll@lawrenceks.org). **Fees: \$150 per party for up to 20 children.**



# INSTRUCTIONAL

## YOUTH

### SAFE SITTER

**Ages: 11-16. Enrollment Min 6 / Max 8.** Using a well-rounded medical based curriculum, Safe Sitter prepares youth to be better adults and parents by teaching more than just basic babysitting skills. 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
321200	A	SITTER	S	12-6PM	6/1	SPL-LR	\$110
321200	B	SITTER	S	12-6PM	6/29	SPL-LR	\$110
321200	C	SITTER	S	12-6PM	7/13	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. Check out our Skateboarding Camps on the Camps page! Instructor: Josh Rukes.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314044	A	YS(6-18)	M	6:30-7:15PM	6/3-6/24	CN-PK	\$55
314044	B	YS(6-18)	M	6:30-7:15PM	7/8-7/29	CN-PK	\$55

## ADULT

### WOODWORKING OPEN SHOW/ BEGINNING & ADVANCED

**Ages 18 and Up. Enrollment Min 6 / 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. **Wood used for class is provided. Instructor: Jay Hundley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
321304	A	WW	W	6-9PM	6/5-8/21	PT	\$420

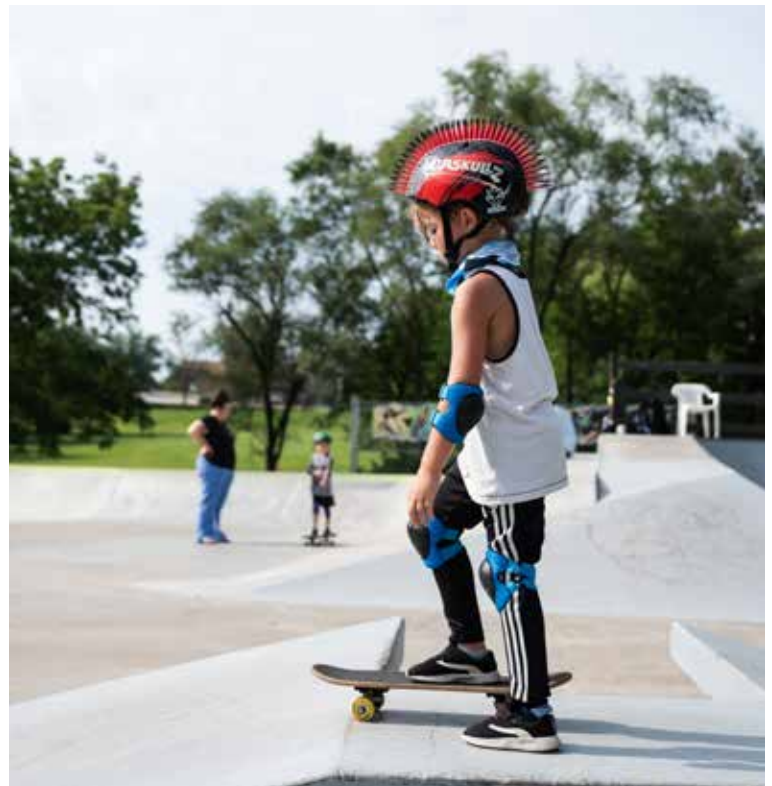
### TODDLER OPEN GYM, EAST LAWRENCE RECREATION CENTER

**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
333002	A	TOG	SA	9:30AM-10:30AM	6-1	ELC- TBL ZN	\$5
333002	B	TOG	SA	9:30AM-10:30AM	6-8	ELC- TBL ZN	\$5
333002	C	TOG	SA	9:30AM-10:30AM	6-15	ELC- TBL ZN	\$5
333002	D	TOG	SA	9:30AM-10:30AM	6-22	ELC- TBL ZN	\$5
333002	E	TOG	SA	9:30AM-10:30AM	6-29	ELC- TBL ZN	\$5
333002	F	TOG	SA	9:30AM-10:30AM	7-06	ELC- TBL ZN	\$5
333002	G	TOG	SA	9:30AM-10:30AM	7-13	ELC- TBL ZN	\$5
333002	H	TOG	SA	9:30AM-10:30AM	7-20	ELC- TBL ZN	\$5
333002	I	TOG	SA	9:30AM-10:30AM	7-27	ELC- TBL ZN	\$5
333002	J	TOG	SA	9:30AM-10:30AM	8-03	ELC- TBL ZN	\$5
333002	K	TOG	SA	9:30AM-10:30AM	8-10	ELC- TBL ZN	\$5
333002	L	TOG	SA	9:30AM-10:30AM	8-17	ELC- TBL ZN	\$5
333002	M	TOG	SA	9:30AM-10:30AM	8-24	ELC- TBL ZN	\$5
333002	N	TOG	SA	9:30AM-10:30AM	8-31	ELC- TBL ZN	\$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.



# LIFELONG RECREATION

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](mailto: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](http://www.lprd.org) or contact Gayle Sigurdson at 785-832-7909, [gsigurdson@lawrenceks.org](mailto: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 July 5. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327201	A	ADT	MWF	8:50-9:50AM	6/3-7/12	HPRC-GY	\$56
327201	B	ADT	MWF	8:50-9:50AM	7/15-8/23	HPRC-GY	\$59

## CORE STRENGTH

Core exercises train the muscles in your pelvis, lower back, hips, and stomach to work in harmony. This leads to better balance and stability. This class will focus on strengthening your core, essential for overall wellness. **No class July 4, 5. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327411	A	SF	TR	1-1:40PM	6/4-7/11	SPL-FR	\$44
327411	B	SF	TR	1-1:40PM	7/16-8/22	SPL-FR	\$48

## 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 July 4. Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327250	A	DNCFIT	TR	9-10AM	6/4-7/11	CB	\$44
327250	B	DNCFIT	TR	9-10AM	7/16-8/22	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 July 4. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327302	A	LABLAST	TR	10-11AM	6/4-7/11	HPRC-GY	\$44
327302	B	LABLAST	TR	10-11AM	7/16-8/22	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 July 4. Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327204	A	PILATES	TR	9-9:50AM	6/4-7/11	HPC-GY	\$44
327204	B	PILATES	TR	9-9:50AM	7/16-8/22	HPC-GY	\$48

# LIFELONG RECREATION

## 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 July 4, 5.** **Instructors:** Deb Geraghty (DG) | Melanie Johnson (MJ).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327233	A	MJ	MWF	7:30-8:20AM	6/3-7/12	HPRC-BR	\$56
327233	B	MJ	MWF	8:30-9:20AM	6/3-7/12	HPRC-BR	\$56
327234	A	DG	MWF	9:30-10:20AM	6/3-7/12	HPRC-BR	\$56
327234	B	DG	MWF	10:30-11:20AM	6/3-7/12	HPRC-BR	\$56
327234	C	DG	TR	8:30-9:20AM	6/4-7/11	ELC-GY	\$44
327234	D	DG	TR	9:30-10:20AM	6/4-7/11	ELC-GY	\$44
327233	C	MJ	MWF	7:30-8:20AM	7/15-8/23	HPRC-BR	\$59
327233	D	MJ	MWF	8:30-9:20AM	7/15-8/23	HPRC-BR	\$59
327234	E	DG	MWF	9:30-10:20AM	7/15-8/23	HPRC-BR	\$59
327234	F	DG	MWF	10:30-11:20AM	7/15-8/23	HPRC-BR	\$59
327234	G	DG	TR	8:30-9:20AM	7/16-8/22	ELC-GY	\$48
327234	H	DG	TR	9:30-10:20AM	7/16-8/22	ELC-GY	\$48

## SLIMNASTICS ●●

Slimnastics offers an optimal mix of strength, balance, endurance and flexibility training using body-weight exercises, resistance bands and hand weights. We will focus on all muscle groups to create a strong, well-balanced, healthy body. **No class July 5.** **Instructor:** Rosie Shelton.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327310	A	SLIM	MWF	9-10AM	6/3-7/12	CB	\$56
327310	B	SLIM	MWF	9-10AM	7/15-8/23	CB	\$59

## PILATES SILVER ●●

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 yoga mat.** **Instructor:**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327204	A	PILATES	TR	9-9:50AM	6/4-7/11	HPC-GY	\$44
327204	B	PILATES	TR	9-9:50AM	7/16-8/22	HPC-GY	\$48



## SUPER SENIOR CIRCUIT ●●

**Ages: 50 and Up.** This 50-minute full-body group workout 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 machines, free weights, stability balls, and resistance bands. As a result, each participant will experience an improved level of strength and fitness as each participant performs every exercise at his or her current level of strength and fitness. Utilizing this common-sense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **No class July 3, 4.** **Instructors:** Stephanie Foglesong and Carlo Washington.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327255	A	SF	MWF	7:30-8:20AM	6/3-7/12	SPL-FR	\$56
327255	B	SF	MWF	8:30-9:20AM	6/3-7/12	SPL-FR	\$56
327255	C	SF	MWF	9:30-10:20AM	6/3-7/12	SPL-FR	\$56
327255	D	SF	MWF	10:30-11:20AM	6/3-7/12	SPL-FR	\$56
327255	E	CW	MWF	8-8:50AM	6/3-7/12	SPL-LGCY	\$56
327255	F	CW	MWF	9-9:50AM	6/3-7/12	SPL-LGCY	\$56
327255	G	CW	MWF	10-10:50AM	6/3-7/12	SPL-LGCY	\$56
327255	H	CW	TR	7:30-8:20AM	6/4-7/11	SPL-FR	\$44
327255	I	CW	TR	8:30-9:20AM	6/4-7/11	SPL-FR	\$44
327255	J	SF	MWF	1-1:50PM	6/3-7/12	SPL-FR	\$56
327255	K	BL	TR	10:30-11:20AM	6/4-7/11	CB-CR2	\$44
327255	L	SF	MWF	7:30-8:20AM	7/15-8/23	SPL-FR	\$59
327255	M	SF	MWF	8:30-9:20AM	7/15-8/23	SPL-FR	\$59
327255	N	SF	MWF	9:30-10:20AM	7/15-8/23	SPL-FR	\$59
327255	O	SF	MWF	10:30-11:20AM	7/15-8/23	SPL-FR	\$59
327255	P	CW	MWF	8-8:50AM	7/15-8/23	SPL-LGCY	\$59
327255	Q	CW	MWF	9-9:50AM	7/15-8/23	SPL-LGCY	\$59
327255	R	CW	MWF	10-10:50AM	7/15-8/23	SPL-LGCY	\$59
327255	S	CW	TR	7:30-8:20AM	7/16-8/22	SPL-FR	\$48
327255	T	CW	TR	8:30-9:20AM	7/16-8/22	SPL-FR	\$48
327255	U	SF	MWF	1-1:50PM	7/15-8/23	SPL-FR	\$59
327255	V	BL	TR	10:30-11:20AM	7/16-8/22	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 July 3.** **Instructor:** Susan Pomeroy.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327502	A	TCFA	MW	11:15AM-12PM	6/3-7/10	HPRC-GY	\$44
327502	B	TCFA	TR	11:15AM-12PM	6/4-7/11	HPRC-GY	\$44
327502	C	TCFA	MW	11:15AM-12PM	7/15-8/21	HPRC-GY	\$48
327502	D	TCFA	TR	11:15AM-12PM	7/16-8/22	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 July 4.** **Instructor:** Susan Pomeroy.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327503	A	TCFE	TR	5:30-6:15PM	6/4-7/11	CB	\$44
327503	B	TCFE	TR	5:30-6:15PM	7/16-8/22	CB	\$48



# LIFELONG RECREATION

## 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 July 4 or August 6. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327340	A	TRX	TR	9-9:45AM	6/4-7/11	SPL-LGCY	\$44
327340	B	TRX	TR	9-9:45AM	7/16-8/22	SPL-LGCY	\$48

## 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
327270	A	LLYOGA	R	10-11AM	6/6-7/11	CB-CR	\$27
327270	B	LLYOGA	TR	9-10AM	6/4-7/11	HPRC-BR	\$44
327270	C	LLYOGA	R	10-11AM	7/18-8/22	CB-CR	\$27
327270	D	LLYOGA	TR	9-10AM	7/16-8/22	HPRC-BR	\$48
327270	E	LLYOGA	TR	10-11AM	6/4-7/11	HPRC-BR	\$44
327270	F	LLYOGA	TR	10-11AM	7/16-8/22	HPRC-BR	\$48

## YOGA, FITNESS ●●

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 yoga mat. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327282	A	FITYOGA	W	5:30-6:30PM	6/5-7/10	CB	\$27
327282	B	FITYOGA	W	5:30-6:30PM	7/17-8/21	CB	\$27

# 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. 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
327478	A	BEG	M	1:30-2:30PM	6/3-8/19	SRC	\$120
327478	B	INT	M	11AM-12PM	6/3-8/19	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! **Instructor: Linda Tilton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327410	A	BEGUKL	W	6:30-7:30PM	6/12-7/3	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
327424	A	INTUKL	W	6:30-7:30PM	7/17-8/7	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
327105	A	FENCING	R	7-9PM	6/6-8/1	SPL-LEG	\$72

## INTRODUCTION TO SKYGAZING

Prepare for the Perseid Meteor Shower and other joys of looking up! Join us as we explore the sky and learn general astronomy of the night sky. This evening class will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars and telescopes. Instruction will include use of planispheres, star charts, and apps. Instructor is Rick Heschmeyer, president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League. Registration fee includes planisphere, astronomy flashlight, solar viewing glasses and education materials

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327450	A	SKYGAZ	R	8-10PM	8/8-8/22	DISC	\$24

## GELLI PRINTING & NATURE

Explore printing and nature's flora and fauna without a press using a Gelli plate. The Gelli plate gives the artist 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 Spring bounty with water-based inks and acrylic paints. This workshop meets for 2 Sunday afternoons for a deeper dive into Nature Gelli printing. This class is for those who have previous experience with Gelli printing.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327324	A	GELLI	SU	1-3:30 PM	6/9-6/16	CB-ART	\$37



# 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. **Instructor: Grace Daniels.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317130	A	GATOR	M	6-6:40PM	6/3-8/19	ELRC-GR	\$54

## 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 7/7. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317125	A	DRAGON	SU	12-12:40PM	6/2-8/18	CB-CR1	\$50

## 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 7/7. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317110	A	KARATE	SU	12:45-2PM	6/2-8/18	CB-CR1	\$107

## 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 7/4. Instructor: Grace Daniels**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317131	A	TKD(8-12) TR		6:30-7:25PM	6/4-8/22	ELRC-GR	\$96
317131	B	TKD(13+) TR		7:35-8:35PM	6/4-8/22	ELRC-GR	\$96

## ADULT KUNG FU

**Ages: 13 and Up. Enrollment Min 8 / Max 15.** Wing Chun's specialty is a close contact combat using quick punches and kicks with a tight defense, coordinated through agile stances and footwork for a quick advance. The ideal behind the system is to keep ones movement, techniques and adaptations as simple as possible. Participants will instill a habit of discipline, self-esteem and feel more confident in their ability to defend themselves. Health and fitness will improve while challenging the use of the body and the mind. **Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317133	A	AKF	M	6:15-7:15PM	6/3-8/19	SPL-FR	\$54

# NATURE

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

## PROGRAMS FOR CHILDREN/TEENS

### WILD ADVENTURES FOR PRESCHOOLERS

**Ages: 2-5. Enrollment Min 3 / Max 10.** Join us for weekly sessions of stories, activities, and information about animals and their habitats. Each week, a new topic will be presented, and outdoor activities are planned, so be sure to come prepared. **Parents are required to attend with their preschoolers and are encouraged to participate. Registration for the entire session is encouraged, but drop-ins are permitted.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323202	A	WILDADV	T	10-11AM	6/4-7/23	PPNC	\$56
323202	B	WILDADV	T	10-11AM	8/13-10/1	PPNC	\$56

### WILDERNESS SURVIVORS

**Ages: 6-14. Enrollment Min 5 / Max 10.** Explore the great outdoors, learn survival skills, and discover the amazing world of plants and animals. Don't miss out on this amazing opportunity to have fun while also discovering the wonders of nature!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323266	A	WILDSUR	F	3-4:30PM	6/7-6/28	PPNC	\$60
323266	B	WILDSUR	F	10-11:30AM	7/12-8/2	PPNC	\$60

### ARCHERY

**Ages: 7 and Up. Enrollment Min 5 / Max 10.** Looking for a fun and engaging activity for the whole family, a group of friends, or a special date night? Consider archery lessons! Whether you're a beginner or interested in becoming a competitive archer, our classes offer a variety of skill-building exercises and games fun for ages 7 and up. Choose the class that fits your schedule and start your archery journey today!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323291	A	ARCH	S	10-11:30AM	5/18	PPNC	\$25
323291	B	ARCH	S	5:30-7PM	6/29	PPNC	\$25
323291	C	ARCH	S	10-11:30AM	8/3	PPNC	\$25
323291	D	ARCH	S	6-7:30PM	8/31	PPNC	\$25

### TURTLE YOGA

**Ages: 3 and older, 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	A	TURTLE	S	10:30-11:30AM	5/25	PPNC	\$10
323204	B	TURTLE	R	5:30-6:30PM	6/13	PPNC	\$10
323204	C	TURTLE	S	10:30-11:30AM	7/27	PPNC	\$10
323204	D	TURTLE	R	5:30-6:30PM	8/15	PPNC	\$10
323204	E	TURTLE	S	10:30-11:30AM	9/28	PPNC	\$10

# NATURE

## CANOEING

*Ages: 6 and Up. Enrollment Min 4 / Max 8.* Take a break and enjoy the beauty of nature by going on a canoe ride on the lake. Whether you're a beginner or an experienced canoeist, this canoeing guide is perfect for you. Our expert canoe guides will provide you with instructions on paddling techniques and equipment. This activity is open to individuals aged 6 and older, and a registered adult must accompany participants under 14 years old. **For your safety, life jackets will be provided.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323292	A	CANOE	S	10AM-12PM	6/1	PPNC	\$30
323292	B	CANOE	S	5:30-7:30PM	6/15	PPNC	\$30
323292	C	CANOE	S	10AM-12PM	7/20	PPNC	\$30
323292	D	CANOE	S	10AM-12PM	8/10	PPNC	\$30

## PROGRAMS FOR TEEN /ADULT

### LEAVE NO TRACE CAMPING GUIDE

*All Ages, Enrollment Min 5 / Max 20.* Looking to enjoy the great outdoors while minimizing your impact on the environment? Look no further than Leave No Trace, a national program dedicated to educating the public on responsible and sustainable outdoor practices. The Leave No Trace program promotes ethical behavior, appreciation for nature, and respect for public recreation areas. Whether you're an experienced hiker or a beginner camper, Leave No Trace can help you enjoy the natural world while preserving it for generations to come.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323290	A	CAMGUI	S	10-11:30AM	6/22	PPNC	\$7

### FLOAT TRIPS 101

*Ages: 14 and Up, Enrollment Min 5 / Max 25.* Float trips are a foolproof recipe for family fun in the sun! No matter where you live, you're close to a floatable waterway. In this class, we'll review the basics of planning and inspiring your next float trip!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323205	A	FLOAT	S	3-4PM	5/25	PPNC	\$7

### WILD NOCTURNAL HIKE AT PRAIRIE PARK NATURE CENTER

*All Ages, Enrollment Min 10 / Max 30.* Embark on a nocturnal hike with a naturalist at the Prairie Park Nature Center Preserve and observe the wildlife that emerges at night. Catch glimpses of bats, coyotes, raccoons, opossums, and more with handheld red lights. **Children aged 2 and under can enter for free when accompanied by a registered adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323206	A	WNHIKE	F	8:30-10PM	7/19	PPNC	\$10

## SPECIAL EVENTS

### TAKE A RIDE ON THE WILD SIDE: NOCTURNAL EXPEDITION

*Ages: 7 and Up. Enrollment Min 4 / Max 10.* Experience the thrill of the night as you ride with our expert guides to spot some of Eastern Kansas' most captivating nocturnal creatures. From beavers and muskrats to raccoons, coyotes, foxes, badgers, and bats, witness these majestic animals in their natural habitat. Remember to bring your hiking shoes, as there will be short hikes. The shuttle departs from Prairie Park Nature Center at 8 pm and returns by 10 pm. Please note that a registered adult must accompany children under 16. Book your adventure now and get ready for a thrilling experience!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323208	A	RIDE	S	8-10PM	7/6	PPNC	\$40



## 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](http://www.lprd.org).

### SCOUTING

For Girl Scouts and Boy Scouts, Prairie Park Nature Center offers a wide range of programs to help scouts complete necessary requirements for merit badge attainment.

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



# UNIFIED RECREATION

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

## 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](mailto: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
322200	A	CHDD	M	5:30-8PM	6/24	DCFG	\$40
322200	B	CHDD	M	5:30-8PM	7/22	DEPOT	\$40
322200	C	CHDD	M	5:30-8PM	8/26	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
322201	A	CHDANC	M	6:30-8PM	6/24	DCFG	\$18
322201	B	CHDANC	M	6:30-8PM	7/22	DEPOT	\$18
322201	A	CHDANC	M	6:30-8PM	8/26	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
322300	A	B&PP	S	10:30AM-12:30PM	6/8	RCL	\$40
322300	B	B&PP	S	10:30AM-12:30PM	7/13	RCL	\$40
322300	C	B&PP	S	10:30AM-12:30PM	8/10	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
322301	A	BOWL	S	10:30AM-12PM	6/8	RCL	\$18
322301	B	BOWL	S	10:30AM-12PM	7/13	RCL	\$18
322301	A	BOWL	S	10:30AM-12PM	8/10	RCL	\$18

### 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
322400	A	ZUMBA	TH	6:30-7:30PM	6/6-7/18	CB	\$40
322400	B	ZUMBA	TH	6:30-7:30PM	7/25-8/22	CB	\$40

### MUSIC APPRECIATION

*Ages: 16 and Up. Enrollment Min 5 / Max 10.* Our class offers a supportive and creative environment where participants can explore the joy of music express themselves and develop musical abilities through musical games, songwriting, and dancing. Participants will have the opportunity to sing their favorite songs and play boom whackers, egg shakers, and drums. Join us for a joyful journey of music-making at the community building **Instructor: Alea Rounds and staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322405	A	MUSIC	T	6-7:30 PM	6/4-6/25	CB	\$40

### DANCE AWAY

*Ages: 16 and Up. Enrollment Min 5 / Max 10.* Participants in an LPRD will participate in movement to fun music from many genres while improving range of motion, balance, and coordination. Dancers will learn some line dances, including Jerusalema. This class will also include improvisations (movement games) which improve spatial awareness and mirroring and imitation skills, a foundation of human interaction. The class will finish with a cool down, breathing, and relaxation. **Instructor: Susan Rieger and Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322501	A	DANCE	T	6:30-8PM	7/9-7/30	CB	\$40

### PATIO PARTY

*Ages 16 and Up. Enrollment Min 5/ Max 10.* Participants will over a 4-week span create multiple items for any patio party. Participants will make wind chimes, stepping stones, print-making bunting, and a piñata. These four items are for any great Patio Party, come enjoy making these items and get them ready for your next party. **Instructor: Gayle Sigurdson and LPRD staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322407	A	PATIO	T	6:00-7:30 PM	8/6-8/27	CB	\$40



# ADULT SPORTS

## ADULT SPORTS

### BASKETBALL

Fees are assessed at a per team rate. . **Registration Deadline: 6/7, Start Date: 6/23. Register on or before 5/31 for Early Bird Rate (reduced \$15 from listed fee).** Leagues are offered to Men's, Women's and Coed Divisions running Sundays, Tuesdays, Thursdays and Fridays for approximately 9 weeks. Men's leagues are offered in competitive divisions and recreational divisions where dunking is not allowed. Leagues may be separated into divisions if enough teams are registered to create better parity. All competitive leagues will consist of a seven-game regular season followed by a single-elimination tournament for all teams. Recreation leagues will consist of an eight-game regular season and 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
350100	A	MENS	SU	5-9PM	6/23-8/18	CB/SPL	\$385
350100	D	MENS	T	6-10PM	6/25-8/20	CB/SPL	\$385
350100	E	WOMENS	T	6-10PM	6/25-8/20	CB/SPL	\$385
350100	C	SNR3V3	R	6-10PM	6/27-8/22	CB/SPL	\$175
350100	G	MENSREC	R	6-10PM	6/27-8/22	CB/SPL	\$385
350100	I	COED	F	6-10PM	6/28-8/23	CB/SPL	\$385

### KICKBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/7, Start Date: 6/28. Register on or before 5/31 for Early Bird Rate (reduced \$15 from listed fee).** Leagues are offered for Coed teams on Fridays for approximately eight 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 for scheduling purposes. All dates listed below are approximate and dependent on league size

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
350400	C	COED	F	6:15-10:15PM	6/28-8/23	YSC	\$260

### PICKLEBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/7, Start Date: 6/25.** Offered for Men's, Women's, & Mixed (MX) Doubles (DB) and Men's and Women's Singles (SNG) in leagues running 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 DUPR Rating.) All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
350850	A	MENBEG	M	6-9PM	6/24-8/19	SPL	\$40
350850	B	WMNBEG	M	6-9PM	6/24-8/19	SPL	\$40
350850	C	MENDB	T	6-9PM	6/25-8/20	SPL	\$40
350850	D	WMNDB	T	6-9PM	6/25-8/20	SPL	\$40
350850	E	MXDBSNRW		6-9PM	6/26-8/21	SPL	\$40
350850	F	MXDBOP	W	6-9PM	6/26-8/21	SPL	\$40
350850	G	MXDBEG	W	6-9PM	6/26-8/21	SPL	\$40

### PICKLEBALL AT EAST LAWRENCE RECREATION CENTER

#### FREE PLAY HOURS

Monday, Wednesday, Friday – 9 AM-12 PM  
Monday evenings – 5-7:30 PM  
Saturday – 3-5:30 PM

### SOFTBALL

Fees are assessed at a per team rate. . **Registration Deadline: 6/7, Start Date: 6/23. Register on or before 5/31 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
350201	A	COEDWK	SU	2-9PM	6/23-8/18	CLSC	\$250
350201	B	COEDREC	SU	2-9PM	6/23-8/18	CLSC	\$230
350201	I	COEDDH	SU	2-9PM	6/23-8/18	CLSC	\$430
350201	D	COEDREC	M	6:15-10:15PM	6/24-8/19	CLSC	\$230
350201	E	COEDWK	T	6:15-10:15PM	6/25-8/20	CLSC	\$250
350201	F	COEDREC	T	6:15-10:15PM	6/25-8/20	CLSC	\$230
350202	A	MENS DH	M	6:15-10:15PM	6/24-8/19	CLSC	\$430
350202	C	MENS DH	T	6:15-10:15PM	6/25-8/20	CLSC	\$430
350202	E	MENS DH	W	6:15-10:15PM	6/26-8/21	CLSC	\$430
350202	F	MENSWK	W	6:15-10:15PM	6/26-8/21	CLSC	\$250
350202	H	MENSWK	R	6:15-10:15PM	6/27-8/22	CLSC	\$250
350202	G	MENSREC	R	6:15-10:15PM	6/27-8/22	CLSC	\$230
350202	K	MENS40+ R		6:15-10:15PM	6/27-8/22	CLSC	\$230
350202	I	MENS DH	F	6:15-10:15PM	6/28-8/23	CLSC	\$430
350202	J	MENSADHF		6:15-10:15PM	6/28-8/23	CLSC	\$430
350204	B	WOMNREC		6:15-10:15PM	6/24-8/19	CLSC	\$230

### ULTIMATE FRISBEE: SUMMER SESSION

Fees are assessed at a per team rate. **Registration Deadline: 5/20, Start Date: 5/20.** Teams will play a nine-game schedule followed by a single-elimination tournament for all teams in each division. Players will be drafted to teams by captains based on skill level. A draft process will be completed by Lawrence Ultimate (for more information, check their website: lawrenceultimate.com). All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
350450	A	MONWKLY	M	6-9PM	5/20-8/12	YSC	\$40





# ADULT SPORTS

# YOUTH SPORTS



## VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: Registration Deadline: 6/7, Start Date: 6/23. Register on or before 5/31 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
350300	A	COESNPW	SU	5-9PM	6/23-8/18	HOLS/DPP	\$265
350300	G	COEDRC	SU	5-9PM	6/23-8/18	SPL/ELC	\$265
350300	B	WOMNRC	M	6-9:30PM	6/24-8/19	SPL/ELC	\$265
350300	H	COEDRC	T	6-9PM	6/25-8/20	HOLS/DPP	\$265
350300	C	COEPWR	W	6-9:30PM	6/26-8/21	SPL/ELC	\$265
350300	D	COEPRDH	W	6-9:30PM	6/26-8/21	SPL/ELC	\$365
350300	E	COESNPW	R	6-9PM	6/27-8/22	HOLS/DPP	\$265
350300	I	WOMNPR	R	6-9:30PM	6/27-8/22	SPL/ELC	\$265

## SUMMER YOUTH SPORTS

### INTRO T-BALL - CLASS

**Ages: 4-5.** This program is open to boys and girls ages 4-5 years old. This program is designed to be a fun introduction to baseball and softball fundamentals. This is a parent/guardian participation program which allows players and parents/guardians to learn and practice together. Instruction will be given in throwing, catching, fielding, hitting and running bases through different drills and games. This program will be held indoors at Sports Pavilion on the turf field. **For more information, contact Bobby Wilson at (785) 330-7355 or [rwilson@lawrenceks.org](mailto:rwilson@lawrenceks.org).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324450	A	INTROTB	T	5:45-6:35PM	6/4-6/25	SPL	\$50
324450	B	INTROTB	W	5:45-6:35PM	6/5-6/26	SPL	\$50

### INTRO VOLLEYBALL

**Ages: Kindergarten through 3rd grade. Enrollment Min 6 / Max 12.** This is a parent involvement class. Intro Volleyball is for Kindergarten - 3rd graders for the current school year ('22-'23). This program provides an ideal entry-level program to learn the concept of the game and basic fundamentals - passing, setting, serving and rotation. This is a parent participation program. This provides a great opportunity for kids and parents to play and learn the game together! **Instruction provided by a club level coach with 25+ years of coaching experience. For more information, contact Bobby Wilson at (785) 330-7355 or [rwilson@lawrenceks.org](mailto:rwilson@lawrenceks.org).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324507	B	VBCAMP	T	6-6:50PM	7/2-7/23	SPL	\$50

## SUMMER YOUTH SPORTS CAMPS

### PRE-TRYOUT VOLLEYBALL CAMP

**Grades: 7-12.** Sports Pavilion Lawrence and Lawrence Juniors Volleyball are teaming up to offer a pre-tryout volleyball camp. This camp will aim to help prepare the participants for school team tryouts. The camp will be run by coaches and instructors with the Lawrence Juniors Volleyball Club. \$15 late fee if registered after July 8 and a camp shirt is not guaranteed. **For more information, contact Bobby Wilson at (785) 330-7355 or [rwilson@lawrenceks.org](mailto:rwilson@lawrenceks.org).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324560	A	VBCAMP	M-R	1-3PM	7/29-8/1	SPL	\$100

### SUMMER YOUTH VOLLEYBALL CAMP

**Ages: Kindergarten through 3rd grade. Enrollment Min 6 / Max 12.** Sports Pavilion Lawrence® and Lawrence Juniors Volleyball are teaming up to offer a volleyball camp for those that want to improve their volleyball skills in a fun, player centered environment. This camp will provide participants the opportunity to learn new skills, advance their game, and meet new friends. **Instruction will be provided by coaches and instructors with the Lawrence Juniors Volleyball Club.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324550	A	VBCAMP	MTWR	8-9:30AM	6/24-6/27	SPL	\$90
324550	B	VBCAMP	MTWR	9:30-11AM	6/24-6/27	SPL	\$90
324550	C	VBCAMP	MTWR	12-2PM	6/24-6/27	SPL	\$125



# YOUTH SPORTS

## FALL SPORTS LEAGUES

### FALL YOUTH VOLLEYBALL LEAGUE

**Ages: 4th through 5th grade / 6th through 8th grade.** The objective of this program is to provide an opportunity for children to play indoor volleyball in an organized recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun and safe atmosphere. Practices will begin the week of August 26. Teams will have one 1-hour practice each week. Practices will be on weeknights. Practice day and time will be determined by the coach once teams are formed. Games will be played on Sunday afternoons or evenings at Sports Pavilion Lawrence® from September 8 – October 13. **Registration deadline is Thursday, August 1. For more information, contact Bobby Wilson at (785) 330-7360 or [rwilson@lawrenceks.org](mailto:rwilson@lawrenceks.org).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424500	A	VB(4-5)	TBA	TBA	8/26-10/13	SPL	\$55
424501	A	MSVB(6-8)	TBA	TBA	8/26-10/13	SPL	\$55

## TENNIS

Lawrence Parks and Recreation has teamed up with Jayhawk Tennis to offer indoor and outdoor recreational tennis programs. Co-sponsored with Jayhawk Tennis.

### RED BALL

■ **Ages: 6-7. Enrollment Min 4 / Max 8.** Students will learn the mechanics of each stroke as well as footwork and rallying skills. They will enjoy the fun of rallying and point play. We will enjoy the beginning stages of competing and incorporate lots of games and fun into the mix! Includes large, low-compression red balls and miniature courts. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
319100	A	RED	S	9-9:50AM	6/8-6/22	JTC	\$45
319100	D	RED	S	9-9:50AM	7/6-7/27	JTC	\$60

### ORANGE BALL

■ **Ages: 8-10. Enrollment Min 4 / Max 8.** Students will sharpen their strokes, increase their court coverage, and learn to control the pace and spin of their shots. The students will begin to compete in games. Includes low-compression orange balls & shortened court boundaries. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
319100	B	ORANGE	S	10-10:50AM	6/8-6/22	JTC	\$45
319100	E	ORANGE	S	10-10:50AM	7/6-7/27	JTC	\$60

### JUNIOR DEVELOPMENT

■ **Ages: 11-14. Enrollment Min 4 / Max 8.** Students will focus on proper technique and mechanics. Exposure to match and point play is introduced while continuing instruction on the fundamentals. This program is for novice/recreational players who want to learn the game and players looking to improve on fundamentals. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
319100	C	JUNDEV	S	11-11:50AM	6/8-6/22	JTC	\$45
319100	F	JUNDEV	S	11-11:50AM	7/6-7/27	JTC	\$60



New youth  
sports programs  
coming soon,  
keep checking  
for updates!



# HOUSEHOLD INFORMATION

PLEASE PRINT

Name:		Gender:	
Address:	City:	St:	Zip:
Cell:	Home Phone:		
Email:			
Emergency Contact:	Phone:		

PARTICIPANTS FIRST NAME	PARTICIPANTS LAST NAME	DOB	CLASS NAME	CLASS CODE	SECTION	FEE	START DATE

I would like to make a donation to the Wee Folks Scholarship Fund! Amount: \$

PARTICIPANT WAIVER/RELEASE AND AUTHORIZATION AGREEMENT

1. In consideration of my (and/or my child's) being permitted to participate in this activity or these activities, I hereby waive, release and discharge the City of Lawrence, Kansas ("City"), its commissioners, officers, employees, agents or representatives, and successors or assigns, from any and all liability, claims, actions, damages, costs, liabilities, settlements, judgments, costs, expenses, lawsuits, or attorney fees, arising from any accident, injury, illness or damage to personal property incurred while or resulting from participating in the activity or activities.

2. In the event of a medical emergency or perceived emergency while participating in this activity or these activities, I authorize the City, through its officers, employees, agents or representatives, to contact emergency medical services and seek treatment for me or the participant for whom I sign this document as parent or guardian, including from any hospital, physician, or medical provider. I further agree to accept financial responsibility for all treatment received and services rendered as a result.

3. If any damage to City facilities or equipment occurs as a result of misuse by me or the participant on whose behalf I sign this document as parent or guardian, I agree to accept financial responsibility for any repairs or replacements needed, at the City's sole discretion.

4. I authorize the City to use or publish, for marketing or publicity purposes, whether in print or by electronic means, any photographs or recordings taken of me or the participant on whose behalf I sign this document as parent or guardian, while participating in the activity or activities.

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

Printed Name of Participant:	Printed Name of Person Signing:
<i>(if different from participant)</i>	
Signature:	Relationship to Participant:
<i>(if signer is not participant)</i>	