

THE CITY OF LAWRENCE PARKS,
RECREATION AND CULTURE DEPARTMENT

activities guide



SUMMER 2025



www.lprd.org



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STRETCH YOUR LIMITS!

2025 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 summer 2025.

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

Enrollment opens 8:00 a.m. Monday, April 21

ONLINE ENROLLMENT

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

WALK-IN / MAIL-IN

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

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Photo on front cover by Addie Driscoll

LAWRENCE PARKS, RECREATION AND CULTURE DIRECTORY*

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

CITY COMMISSION

Mike Dever, Mayor
Brad Finkeldei, Vice-Mayor
Lisa Larsen
Bart Littlejohn
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

Lisa Hallberg, Chair
Vicki Collie-Akers, Vice-Chair
Taylor Bussinger
Ruth DeWitt
Marilyn Hull
Lee Ice
John Nalbandian
LAWRENCE CULTURAL ARTS COMMISSION
Daniel Smith, Chair
Monique Mercurio, Vice Chair
Marlo Angell
Matthew Gaus
Alicia Kelly
Tim Metz
Kelly Quaranta

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

ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

STAFF

Luis Ruiz, Director
lruiz@lawrenceks.org
Lindsay Hart, Assistant Director – Recreation
lihart@lawrenceks.org
Mark Hecker, Assistant Director – Parks
mhecker@lawrenceks.org
Porter Arneill, Assistant Director – Arts & Culture
parneill@lawrenceks.org
Roger Steinbrock, Communications & Events Manager
rsteinbrock@lawrenceks.org

CEMETERIES: Oak Hill, Memorial Park, Maple Grove

Inquiries handled at the Administrative Office:
1141 Massachusetts • (785) 832-3451
Hours: 9 a.m. to 1 p.m. (Mon-Fri)
cemeteries@lawrenceks.org

COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

CODES

CBCommunity Building	ARArt Room
CRCommunity Room	DSDance Studio
CR1 ...Community Room 1	GYGymnasium
CR2 ..Community Room 2	KRKaw Room

RESERVATION/ENROLLMENT HOURS

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

STAFF

Annette Deghand, Recreation Operations Manager
adeghand@lawrenceks.org
Gayle Sigurdson, Lifelong Recreation Supervisor
gsigurdson@lawrenceks.org
Justin Deaver, Recreation Operations Supervisor
jdeaver@lawrenceks.org
Abby Bush-Wilder, Communications & Events Coordinator
awilder@lawrenceks.org
Emma Wagemaker, Communications & Events Coordinator
ewagemaker@lawrenceks.org
Ashlee Roll-Gregory, Administrative Technician
Molly Gordon, Recreation Programmer
mgordon@lawrenceks.org

EAGLE BEND GOLF COURSE & LEARNING CENTER

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

STAFF

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

HOLCOM PARK RECREATION CENTER

2700 W. 27th St. • (785) 832-7940

CODES

HPRC	Holcom Park Recreation Center
GY	Gymnasium
BR	Wayne Bly Room
SC	Sand Courts

ENROLLMENT HOURS

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

STAFF

Madison Husbenet, Recreation Programmer
mhusbenet@lawrenceks.org

LAWRENCE INDOOR AQUATIC CENTER

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

CODES

LIAC	Lawrence Indoor Aquatic Center
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RESERVATION/ENROLLMENT HOURS

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

STAFF

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

PARKS AND MAINTENANCE DIVISION

STAFF

Pat Hennessey, Park Operations Manager
(785) 330-7359, phennessey@lawrenceks.org
Darin Pearson, Park Operations Manager/
Eagle Bend
dpearson@lawrenceks.org
Mitch Young, Park District Supervisor/Cemeteries
miyoung@lawrenceks.org

DIRECTORY/OTHER CODES

Stretch Your Limits — www.lprd.org

PRAIRIE PARK NATURE CENTER

2730 Harper St. • (785) 832-7980

CODES

PPNC.....Prairie Park Nature Center

ENROLLMENT HOURS:

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

STAFF

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

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St. • (785) 832-7950

CODES

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

ENROLLMENT HOURS:

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

STAFF

Madison Husbenet, Recreation Programmer
mhusbenet@lawrenceks.org

SPORTS PAVILION LAWRENCE®

100 Rock Chalk Lane • (785) 330-7355

CODES

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

RESERVATION/ENROLLMENT HOURS

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

STAFF

Robert Wilson, Recreation Operations Manager
rwilson@lawrenceks.org
Taylor Martin, Facilities Operations Supervisor
tmartin@lawrenceks.org
Jo Ellis, Recreation Instruction Supervisor
jellis@lawrenceks.org
Alex Husbenet, Youth Sports Supervisor
ahusbenet@lawrenceks.org
Ross Schraeder, Recreation Programmer
rschraeder@lawrenceks.org
Landon Noll, Recreation Programmer
lnoll@lawrenceks.org
Elias Parenti, Recreation Programmer
eparenti@lawrenceks.org
Paula Craig, Administrative Specialist
pcraig@lawrenceks.org

OTHER LOCATIONS

CARN

Carnegie Building,
200 W. 9th St.

PKSBP

Centennial Park—
Skateboard Park,
600 Rockledge Rd.

CLSC

Clinton Lake Softball Complex,
5101 Speicher Rd.

CMW

Crescent Moon Winery,
15930 246th St.

DCFG

Douglas County Fairgrounds,
2120 Harper St.

PT

Peaslee Tech,
2920 Haskell Ave., Suite 100

RCL

Royal Crest Lanes,
933 Iowa St.

SRC

Senior Resource Center,
745 Vermont St.

TW

Trivedi Wine,
1826 E. 1150 Road

RCP

Rock Chalk Park,
100 Rock Chalk Lane

RVRPK

Riverfront Park,
1594 N. 3rd St.

OVLPK

Overlook Park,
800 N. 1402 Road

LNP

Lawrence Nature Park,
201 S. Folks Road

BURPK

Burcham Park,
200 Indiana St.

LYONS

Lyons Park,
700 North Lyons St.

TBA

To be announced

New Class	Class Name	Fitness Level	Ages/Class Size		Description
	NEW 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				Class Notes
Co-Sponsored					
Class not eligible for scholarships					
Night Class					
(noted in bold)					Class Location (listed pages 2-3)
Activity Number					

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 and Culture Aquatic Facility. Watch for specially priced events all year long! **Prices subject to change.**

ISN'T IT TIME YOU JOINED PRC AQUATICS?

Join PRC 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 PRC swimming pools.

DAILY ADMISSION CHARGES

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

ANNUAL AND MONTHLY PASSES

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

ALL AGES ANNUAL PASS

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 <https://lawrenceks.org/lprd/aquatics/admission/>.

ALL AGES 30-DAY PASS

Passes are valid for 30 days from date of purchase at any PRC 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: <https://lawrenceks.org/lprd/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. Punch cards cannot be combined with other forms of payment or used for special events or promotional swim days. Only valid towards full daily admission. For more information and pricing, please visit our website <https://lawrenceks.org/lprd/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	AQUAFIT	TR	9-9:45AM	6/3-7/10	LIAC	\$54
312434	1B	AQUAFIT	TR	10-10:45AM	6/3-7/10	LIAC	\$54

AQUA STRETCH FUSION II

Ages: 16 and Up. Enrollment Min 8 / Max 20. Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patterns to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Competition pool; shallow end. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312412	1B	FUSION	TR	8:15-9:15AM	6/3-7/10	LIAC-CPSE	\$54

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. **No class 7/4.**

Instructor: Carolee Meseraull.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312430	1A	JIVNJNTS	MWF	8:45-9:30AM	6/2-7/11	LIAC	\$81
312430	1B	JIVNJNTS	MWF	9:45-10:30AM	6/2-7/11	LIAC	\$81

SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 8 / Max 20. Water provides the conditioning of buoyance while offering constant resistance and a cool non-sweating workout. This low impact water walking class combined with light aerobics provides cardiovascular conditioning, improves muscle tone and balance. Leisure pool; 3 lane lap area. **No class 7/4.** **Instructor: LRPD Staff.**


CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312420	1A	SHALLOW	MWF	7:15-8AM	6/2-7/11	LIAC	\$81

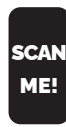
DEEPLY FIT

Ages: 16 and Up. Enrollment Min 8 / Max 20. Take the plunge into deep water aquatic fitness. Challenge your body, core muscles, and have fun! Flotation belt required (provided). No swimming skills necessary. Competition Pool; deep water. **No class 7/4.** **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312438	1A	DEEPLYFIT	MWF	8:15-9:15AM	6/2-7/11	LOAC	\$81

AQUATICS





FULL LIST OF HOURS

Indoor Aquatic Center

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

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*



body positions in the water. Each child MUST be accompanied by an adult in the water.

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

Preschool (PRCHOOL) (4 year olds): Preschool Aquatics teaches age-appropriate water and safety skills in a positive, logical progression beginning

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, (785) 832-7946 (SWIM).**

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	6/2-7/9	LIAC	\$54

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

AQUA HIIT

Ages: 16 and up. Enrollment Min 10 / Max 20. High Intensity Interval Training advanced. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Tuesday and shallow water Thursday. **Flotation belt required (supplied) in deep water; no swimming skills required. Instructor: Colleen Boley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312437	1A	AQUAHIIT	TR	5:30-6:15PM	6/3-7/10	LIAC	\$54

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.

AQUATICS

with fundamental water safety and aquatic skills. Skills learned in this level are the same fundamental skills that are taught in levels 1 and 2 of the Learn-to-Swim program. These skills include independent water entry, front and back glides, and combined arm and leg actions in the water. Children are required to stay in the Preschool program until they turn five years of age.

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

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

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

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

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

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	5/31-6/21	LIAC	\$33
312104	1A	LEVEL4	S	9-9:45AM	5/31-6/21	LIAC	\$33
312105	1A	LEVEL5	S	9-9:45AM	5/31-6/21	LIAC	\$33
312106	1A	LEVEL6	S	9-9:45AM	5/31-6/21	LIAC	\$33
312101	1A	LEVEL1	S	10-10:25AM	5/31-6/21	LIAC	\$33
312102	1A	LEVEL2	S	10-10:45AM	5/31-6/21	LIAC	\$33
312103	1B	LEVEL3	S	10-10:45AM	5/31-6/21	LIAC	\$33
312104	1B	LEVEL4	S	10-10:25AM	5/31-6/21	LIAC	\$33
312115	1A	AQUATOT	S	10:30-10:55AM	5/31-6/21	LIAC	\$33
312100	1A	PNTCHILD	S	11-11:25AM	5/31-6/21	LIAC	\$33
312114	1A	PRESCHOLS		11-11:25PM	5/31-6/21	LIAC	\$33
312102	1B	LEVEL2	S	11-11:45AM	5/31-6/21	LIAC	\$33
312103	1C	LEVEL3	S	11-11:45AM	5/31-6/21	LIAC	\$33

312100	1B	PNTCHILD	S	11:30-11:55AM	5/31-6/21	LIAC	\$33
312114	1B	PRESCHOLS		11:30-11:45PM	5/31-6/21	LIAC	\$33

OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312014	4A	PRESCHOLS		9-9:25AM	7/12-8/2	LOAC	\$33
312002	4A	LEVEL2	S	9-9:45AM	7/12-8/2	LOAC	\$33
312003	4A	LEVEL3	S	9-9:45AM	7/12-8/2	LOAC	\$33
312007	4A	JRSWIM	S	9-9:45AM	7/12-8/2	LOAC	\$33
312000	4A	PNTCHILD	S	9:30-9:55AM	7/12-8/2	LOAC	\$33
312015	4A	AQUATOT	S	10-10:25AM	7/12-8/2	LOAC	\$33
312002	4B	LEVEL2	S	10-10:45AM	7/12-8/2	LOAC	\$33
312005	4A	LEVEL5	S	10-10:45AM	7/12-8/2	LOAC	\$33
312008	4A	ADULT	S	10-10:45AM	7/12-8/2	LOAC	\$33
312000	4B	PNTCHILD	S	10:30-10:55AM	7/12-8/2	LOAC	\$33
312001	4A	LEVEL1	S	11-11:25AM	7/12-8/2	LOAC	\$33
312003	4B	LEVEL3	S	11-11:45AM	7/12-8/2	LOAC	\$33
312004	4A	LEVEL4	S	11-11:45AM	7/12-8/2	LOAC	\$33
312014	4B	PRESCHOLS		11:30-11:55AM	7/12-8/2	LOAC	\$33

INDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312115	2A	AQUATOT	MTWR	9-9:25AM	6/2-6/12	LIAC	\$55
312102	2A	LEVEL2	MTWR	9-9:45AM	6/2-6/12	LIAC	\$55
312103	2A	LEVEL3	MTWR	9-9:45AM	6/2-6/12	LIAC	\$55
312104	2A	LEVEL4	MTWR	9-9:45AM	6/2-6/12	LIAC	\$55
312115	2B	AQUATOT	MTWR	9:30-9:55AM	6/2-6/12	LIAC	\$55
312102	2B	LEVEL2	MTWR	10-10:45AM	6/2-6/12	LIAC	\$55
312103	2B	LEVEL3	MTWR	10-10:45AM	6/2-6/12	LIAC	\$55
312105	2A	LEVEL5	MTWR	10-10:45AM	6/2-6/12	LIAC	\$55
312100	2A	PNTCHILD	MTWR	10-10:25AM	6/2-6/12	LIAC	\$55
312114	2A	PRESCHOLMTWR		10-10:25AM	6/2-6/12	LIAC	\$55
312101	2A	LEVEL1	MTWR	11-11:25AM	6/2-6/12	LIAC	\$55
312102	2C	LEVEL2	MTWR	11-11:45AM	6/2-6/12	LIAC	\$55
312103	2C	LEVEL3	MTWR	11-11:45AM	6/2-6/12	LIAC	\$55
312104	2B	LEVEL4	MTWR	11-11:45AM	6/2-6/12	LIAC	\$55
312106	2A	LVEL6FIT	MTWR	11-11:45AM	6/2-6/12	LIAC	\$55
312114	2B	PRESCHOLMTWR		11:30-11:55AM	6/2-6/12	LIAC	\$55

OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312015	3A	AQUATOT	MTWR	9-9:25AM	6/16-6/26	LOAC	\$55
312002	3A	LEVEL2	MTWR	9-9:45AM	6/16-6/26	LOAC	\$55
312003	3A	LEVEL3	MTWR	9-9:45AM	6/16-6/26	LOAC	\$55
312004	3A	LEVEL4	MTWR	9-9:45AM	6/16-6/26	LOAC	\$55
312006	3A	WATRSAFEMTWR		9-9:45AM	6/16-6/26	LOAC	\$55
312001	3A	LEVEL1	MTWR	9:30-9:55AM	6/16-6/26	LOAC	\$55
312000	3A	PNTCHILD	MTWR	10-10:25AM	6/16-6/26	LOAC	\$55
312014	3A	PRESCHOLMTWR		10-10:25AM	6/16-6/26	LOAC	\$55
312002	3B	LEVEL2	MTWR	10-10:45AM	6/16-6/26	LOAC	\$55
312003	3B	LEVEL3	MTWR	10-10:45AM	6/16-6/26	LOAC	\$55
312007	3A	JR. SWIM	MTWR	10-10:45AM	6/16-6/26	LOAC	\$55
312015	3B	AQUATOTSMTWR		10:30-10:55AM	6/16-6/26	LOAC	\$55
312001	3B	LEVEL1	MTWR	10:30-10:55AM	6/16-6/26	LOAC	\$55

AQUATICS

312014	3B	PRESCHOLMTWR	11-11:25AM	6/16-6/26	LOAC	\$55
312002	3C	LEVEL2	MTWR 11-11:45AM	6/16-6/26	LOAC	\$55
312003	3C	LEVEL3	MTWR 11-11:45AM	6/16-6/26	LOAC	\$55
312004	3B	LEVEL4	MTWR 11-11:45AM	6/16-6/26	LOAC	\$55
312005	3A	LEVEL5	MTWR 11-11:45AM	6/16-6/26	LOAC	\$55
312000	3B	PNTCHILD	MTWR 11:30-11:55AM	6/16-6/26	LOAC	\$55

OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312015	4A	AQUATOT	MTWR	9-9:25AM	7/7-7/17	LOAC	\$55
312002	5A	LEVEL2	MTWR	9-9:45AM	7/7-7/17	LOAC	\$55
312003	5A	LEVEL3	MTWR	9-9:45AM	7/7-7/17	LOAC	\$55
312004	5A	LEVEL4	MTWR	9-9:45AM	7/7-7/17	LOAC	\$55
312001	5A	LEVEL1	MTWR	9:30-9:55AM	7/7-7/17	LOAC	\$55
312000	5A	PNTCHILD	MTWR	10-10:25AM	7/7-7/17	LOAC	\$55
312014	5A	PRESCHOLMTWR	10-10:25AM	7/7-7/17	LOAC	\$55	
312003	5B	LEVEL3	MTWR	10-10:45AM	7/7-7/17	LOAC	\$55
312005	5A	LEVEL5	MTWR	10-10:45AM	7/7-7/17	LOAC	\$55
312015	5B	AQUATOTSMTWR	10:30-10:55AM	7/7-7/17	LOAC	\$55	
312000	5B	PNTCHILD	MTWR	11-11:25AM	7/7-7/17	LOAC	\$55
312002	5B	LEVEL2	MTWR	11-11:45AM	7/7-7/17	LOAC	\$55
312004	5B	LEVEL4	MTWR	11-11:45AM	7/7-7/17	LOAC	\$55
312008	5A	ADULT	MTWR	11-11:45AM	7/7-7/17	LOAC	\$55
312014	5B	PRESCHOLMTWR	11:30-11:55AM	7/7-7/17	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
NO PRE-REGISTRATION			T	4-7PM	9/2	LOAC	\$5



CAMPS

COMPUTER ANIMATION | VIDEO AND TECHNOLOGY

Lawrence Parks, Recreation and Culture 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. **No refunds after the first day of camp. All supplies are included in the fee.**

3D GAME DESIGN

■ **Ages: 10-17. Enrollment Min 3 / Max 7.** 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.** In this class students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. This class will utilize award winning animation software. Students will create fun interactive animations that they can share with the world. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318144	A	ANIMAT	MTWR	9AM-12PM	6/23-6/26	SPL-VR	\$160

GAMING ACADEMY

■ **Ages: 10-17. Enrollment Min 3 / Max 5.** 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	7/7-7/10	SPL-VR	\$300

GAMING AND CODING

■ **Ages: 6-12. Enrollment Min 3 / Max 5.** This course combines two unbelievable experiences for students, gaming and coding. Students 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

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
318148	A	GAMCODE	MTWR	9:30AM-3:30PM	7/28-7/31	SPL-VR	\$290

CAMPS

iCODE

■ **Ages: 6-12. Enrollment Min 3 / Max 7.** This course offers younger students a fun, interactive look at coding. Students will create virtual apps and write their own programs that they can share with friends and family. This course makes learning to code fun and explores problem solving and programming logic. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318149	A	ICODE	MTWR	9:30AM-12PM	7/28-7/31	SPL-VR	\$145

iGAME CREATORS

■ **Ages: 6-10. Enrollment Min 5 / Max 12 (Sec A) and Max 7 (Sec B).** Want to create video games? This is an introductory course for younger students who want to learn to build simple video games. Combining 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	6/16-6/19	SPL-VR	\$145
318142	B	IGAME	MTWR	1-3:30PM	7/28-7/31	SPL-VR	\$145

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
318140	A	MOVIEMA	MTWR	9AM-12PM	6/9-6/12	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	6/23-6/26	SPL-VR	\$165
318145	B	ROBLOX	MTWR	9AM-12PM	7/21-7/24	SPL-VR	\$165

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	7/21-7/24	SPL-VR	\$160

VIDEO GAME DESIGN

■ **Ages: 10-17. Enrollment Min 5 / Max 12 (Sec A) and Max 5 (Sec B).** This course provides students with a fun interactive look at the world of mobile video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318141	A	VIDEGAM	MTWR	1-4PM	6/9-6/12	SPL-VR	\$170
318141	B	VIDEGAM	MTWR	9AM-12PM	7/7-7/10	SPL-VR	\$170

WEB & APP DESIGN

■ **Ages: 9-17. Enrollment Min 5 / Max 12.** This class offers students 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	7/14-7/17	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	6/16-6/19	SPL-VR	\$145

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. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318130	A(8-10)	TRCW	MTWRF	9AM-12PM	6/16-6/20	CB-DS	\$98
318130	B(5-7)	TRCW	MTWRF	9-10:30AM	6/23-6/27	CB-DS	\$49

MAGICAL MUSICAL FAIRYTALES

Ages: 5-7 / 8-10. Enrollment Min 5 / Max 12. Join us in an original themed camp where dancers explore and create movement inspired by favorite stories, musicals and movies! Campers will dance, sing, play games and get crafty in preparation for a one-of-a-kind, magical performance! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318131	A(8-10)	MMF	MTWRF	9AM-12PM	7/28-8/1	CB-DS	\$98
318131	B(5-7)	MMF	MTWRF	9-10:30AM	8/4-8/8	CB-DS	\$49



CAMPS

ENRICHMENT CAMPS

MAD SCIENCE OF KANSAS CITY CAMPS

Lawrence Parks, Recreation and Culture 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.**

CLUES, CRIMES AND CULPRITS - OH NO!

■ **Ages: 6-8. Enrollment Min 10 / Max 20.** The Mad Science monkey is missing! Will you help us figure out where the monkey is? How did he get out? And what is he up to? Jr. Mad Science Detectives will gather the evidence from the crime scene and take it back to the lab to analyze it. As the week goes on, we will use chemistry, forensic science, physics, and biology to solve the crime. Blood typing, DNA examination, and pH testing are only a few of the scientific tests our young sleuths will get to participate in. Each Jr. Mad Science Detective will receive a lab coat, magnifying glass, and a case notebook to keep at the end of the week **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318164	A	CCC	MTWRF	9AM-12PM	6/23-6/27	SPL-CR	\$185

NASA! JOURNEY INTO OUTER SPACE

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** From our Earth's atmosphere to the outer reaches of our solar system, this hands-on program for Mad Science Jr. Astronaut sends them on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Learn about the four forces of flight, the challenges of space travel, and participate in a rocket launch! Topics: Earth & Beyond; Astronaut in Training; Solar Launch; Space Race, Astronaut Training Earth and Beyond, Eye on the Sky Solar Launch AND Space Voyage **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318166	A	NASA	MTWRF	1:30-4:30PM	6/23-6/27	SPL-CR	\$180

SECRET AGENT LAB

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318163	A	SAL	MTWRF	9AM-12PM	7/14-7/18	SPL-CR	\$180

BRIXOLOGY

■ **Ages: 6-12. Enrollment Min 10 / Max 20.** This camp sets the foundation for our next generation of makers! Learn about the exciting field of engineering as a Mad Scientist guides you and your team to accomplish engineering-themed projects using LEGO® bricks. Step in the shoes of an aerospace engineer while assembling a space station and delve into the physics of carnival rides, structural basics of bridges and nature's very own engineering marvels. Tinker with LEGO® bricks during camp and build your own models to test and rebuild at home! Get into engineering the Mad Science way. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318165	A	BRIX	MTWRF	1:30-4:30PM	7/14-7/18	SPL-CR	\$180

MY FIRST SCIENCE LAB

■ **Ages: 4-6. 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	7/28-8/1	SPL-CR	\$185

ROCKIN ROBOTS

■ **Ages: 7-11. Enrollment Min 10 / Max 20.** This is a beginner camp for Jr. Mad Scientists to 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	1:30-4:30PM	7/28-8/1	SPL-CR	\$200

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.**

ISLANDMON STEAM QUEST®

■ **Ages: 5-11. Enrollment Min 10 / Max 20.** Join us for a mini-monstrous journey into the Challenge Island® wild! Our adventurous STEAM Teams® are on a quest to catch, collect and train all of the island's mini-monsters. They'll visit gyms, earn badges, go on treasure hunts, and even engage in a battle or two. With the help of their islandmon ally STEAMaroo and her adorable joey, STEAMPuff, our STEAM Teams will tackle an island-full of engineering challenges as they evolve into true STEAM Champions. Ready? Let's go! **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318186	A	ISQ	MTWR	9AM-12PM	6/16-6/19	SPL-CR	\$145

ISLAND DOLL WAVEMAKER CAMP®

■ **Ages: 5-11. Enrollment Min 10 / Max 20.** This pink-powered camp is energized by the legacies of wavemaking female role models like Ruth Handler (whose invention of the Barbie doll transformed the toy world) and Venus and Serena Williams (who made (tidal) waves in the tennis world). With an eye for design and a taste for adventure, our savvy, stylish STEAM teams will make their own waves as they create prototypes of skate parks, waterslides, monster trucks and, of course, their own Island Doll STEAMhouses®. **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318187	A	WAVEM	MTWR	1:30-4:30PM	6/16-6/19	SPL-CR	\$145

SLIMETOPIA® 4: ONCE UPON A SLIME ©

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** Once upon a time there was a bestselling camp that turned favorite children's books into fantastical slimy adventures. Our STEAM teams will mix up new slime classics like Alice's Unbirthday Cake Slime, Charlie's Everlasting Gobstopper Slime, Percy's Blue Cookie Slime and more. Join us for this all new slimy adventure! **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318188	A	SLIME	MTWR	9AM-12PM	7/21-7/24	SPL-CR	\$165

CAMPS

ISLANDTUBE FEVER CAMP™

■ **Ages: 5-11. Enrollment Min 10 / Max 20.** Tune into imagination and creativity at Challenge Island's Island Tube Camp! You and your STEAM team will build your very own studio and take part in a whole haul of super tuber activities: From slime to squishies to science experiments; from taste tests to mystery wheels to Secret Island Surprise Balls! One of our most "liked" camps, this Kids' Choice Challenge Island adventure gets thumbs up all around! **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318189	A	ITFC	MTWR	1:30-4:30PM	7/21-7/24	SPL-CR	\$145

BRICKS4KIDS ENRICHMENT CAMPS

Bricks 4 Kidz® (B4K) Camps provide a high-energy, fast paced setting where kids discover, develop, and display their STEM and creative talents. The group setting is ideal for creative, collaborative learning, building character, and understanding how to relate to others. The kids can build on one another's ideas and make discoveries together that they might not make alone.

LEGO® WHEELS IN MOTION CAMP

■ **Ages: 6-12. Enrollment Min 10 / Max 20. (Camper must have attended 1st grade)** Spend your summer learning about STEM! Science, Technology, Engineering and Mathematics through hands on creative building fun! Loads of LEGO fun! Students build machines, vehicles, contraptions, and other motorized models out of LEGO® components including bricks, gears, axles, wheels and motors. Including a car, dragsters, buggy and more. **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
318176	A	GB	MTWR	9AM-12PM	7/7-7/10	SPL-CR	\$160

LEGO® WORLD OF IMAGINATION CAMP

■ **Ages: 6-12. Enrollment Min 10 / Max 20. (Camper must have attended 1st grade).** Are you ready to plunge your skills, creativity and imagination into challenges and put your LEGO skills to the test throughout the camp by racing and building motorized models with LEGO Bricks. Each day offers new models and challenges. Campers will spend their time building and having fun! **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
318176	A	GB	MTWR	9AM-12PM	7/7-7/10	CB-AR	\$160

LEGO® FRIENDS ADVENTURE CAMP

■ **Ages: 6-11. Enrollment Min 10 / Max 20.** Enter a world of brick building! Imagine living in this brick world and working on a fun mission while you're here. Campers will love building motorized models! This LEGO fun camp focuses on the fun of building, navigating, and teamwork. This includes character builds, motorized builds, games, and crafting. **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
318177	A	SP	MTWR	1-4PM	7/7-7/10	SPL-CR	\$160

LEGO® FIRE, POLICE AND RESCUE CAMP

■ **Ages: 6-12. Enrollment Min 10 / Max 20. (Campers must have attended 1st grade)** Campers will put their engineering skills to work as they build cool vehicles, including a police car, ambulance, fire truck and other motorized rescue vehicles. Add a mini figure to your build and let the fun begin! **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	8/4-8/7	SPL-CR	\$160

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 along with the history and the basics of skating. Instructors will challenge students' skills at their personal level. On the last day of camp family and friends are invited to enjoy a presentation from 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)	MTWR	8-9:30AM	6/23-6/26	PKSBP	\$99
318125	B	(6-10)	MTWR	8-9:30AM	8/4-8/7	PKSBP	\$99
318126	A	(11-18)	MTWR	8-9:30AM	7/21-7/24	PKSBP	\$99

NERF WARS

Ages: 6-9, 10-13. 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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
326400	A	NW(6-9)	S	10-11:50AM	6/28	SPL-TF	\$20
326400	B	NW(10-13)	S	12-2PM	6/28	SPL-TF	\$20

GYMNASTICS / NINJA CAMPS

GYMNASTICS CAMP

Ages: 6-12. Enrollment Min 5 / Max 28. Our gymnastics camp offers the perfect blend of fun and fitness, ensuring your children have an exciting and active time. Campers will enjoy engaging challenges designed to building strength, flexibility and coordination. Everyone will experience both structured practice of skills as well as a mixture of fun, games and obstacles course. **Campers need to provide a sack lunch and a healthy snack. Instructor: LPRD Staff.**

Weekly themes:

- A – Friendship**
- B – Carnival**
- C – Harry Potter**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318136	A	NINCAM	MTWRF	9AM-4PM	6/2-6/6	SPL-GR	\$199
318136	B	GYMCAMP	TWRF	9AM-4PM	6/23-6/27	SPL-GR	\$199
318136	C	GYMCAMP	MTWRF	9AM-4PM	7/21-7/25	SPL-GR	\$199



CAMPS

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 – Summer Sun

B – Super Hero

C – NERF!

D – Emoji

E – Pirate

F – Jungle

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318137	A	NINCAM	MTWRF	9AM-4PM	6/9-6/13	SPL-GR	\$199
318137	B	NINCAM	MTWRF	9AM-4PM	6/16-6/20	SPL-GR	\$199
318137	C	NINCAM	MTWRF	9AM-4PM	7/7-7/11	SPL-GR	\$199
318137	D	NINCAM	MTWRF	9AM-4PM	7/14-7/18	SPL-GR	\$199
318137	E	NINCAM	MTWRF	9AM-4PM	7/28-8/1	SPL-GR	\$199
318137	F	NINCAM	MTWRF	9AM-4PM	8/4-8/8	SPL-GR	\$199

SCIENCE & NATURE

ADVENTURE CAMPS

AT PRAIRIE PARK NATURE CENTER

Our adventure camps are designed for children 6 to 12 years of age. Participants will explore nature through interactive animal encounters, wilderness investigations, outdoor survival activities, wildlife-themed crafts, and more! Each camp also features fishing, canoeing, and archery, with no previous experience required--our counselors will teach your kiddos everything they need to know! We will also go field trips each week to locations such as the Topeka Zoo, Gieringer's Family Farm, the Gymnastics Gym at Sports Pavilion Lawrence, Baker Wetlands, KU Natural History Museum and Spencer Art Museum, Haskell Cultural Center and Museum, Bloomington Beach, Regal Southwind Movie Theatre, and more! Summer camps at Prairie Park Nature Center are a great way to get your child outdoors, engaging with nature and meeting new friends. Campers must bring a lunch and wear appropriate outdoor clothing and footwear. A snack, bug spray, and sunscreen are required. Our camp runs from 9 am until 3 pm each day, with the option to add on a 3-4 pm extension while availability lasts. **Call us at (785) 832-7980 for more information.**

KIDS VS WILD

Ages: 6-12. Enrollment Min 10 / Max 30. 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	MTWRF	9AM-3PM	6/2-6/6	PPNC	\$205

JUNIOR NATURALISTS

Ages: 6-12. Enrollment Min 10 / Max 30. 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	MTWRF	9AM-3PM	6/9-6/13	PPNC	\$205

MOST EXTREME ANIMALS

Ages: 6-12. 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). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	C	EXANIM	MTWRF	9AM-3PM	6/16-6/20	PPNC	\$205

LIGHTS, CAMERA, ANIMALS

Ages: 6-12. Enrollment Min 10 / Max 40. 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). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	D	LCA	MTWRF	9AM-3PM	6/23-6/27	PPNC	\$205

PLANET SAVERS

Ages: 6-12. 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). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	E	PLANSV	MTW	9AM-3PM	6/30-7/2	PPNC	\$150

WHERE THE WILD THINGS ARE

Ages: 6-12. Enrollment Min 10 / Max 30. 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-3PM	7/7-7/11	PPNC	\$205

CAMPS

CREATURE QUEST

Ages: 6-12. Enrollment Min 10 / Max 30. 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-3PM	7/14-7/18	PPNC	\$205

PRAIRIE SURVIVORS

Ages: 6-12. Enrollment Min 15 / Max 30. Threatened by boiling summers, freezing winters, droughts, and tornadoes, prairie wildlife such as bison, prairie dogs, and red-tailed hawks have learned to endure extreme conditions. Peoples of the Great Plains have learned to adapt to these conditions as well. Engage in hands-on activities that teach the essentials of survival in the prairie. From building shelters to finding food and water, campers will gain practical skills while appreciating the resilience of prairie wildlife and indigenous peoples of the Great Plains. Camp includes canoeing, fishing and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	H	PRSVR	MTWRF	9AM-3PM	7/21-7/25	PPNC	\$205

LAST CHANCE SUMMER CAMP

Ages: 6-12. Enrollment Min 10 / Max 40. 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	I	LASTCH	MTWRF	9AM-4PM	7/28-8/1	PPNC	\$205

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	5/28-5/30	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	10:15AM-12:15PM	5/28-5/30	JTC	\$75

TRADITIONAL

SUMMER PLAYGROUNDS

Ages: 5-12. Enrollment Min: 15 / Max: TBA. This well-rounded summer camp experience combines the best of outdoor exploration with indoor fun and educational field trips, offering a great balance of adventure, creativity, and physical activity. It's designed to help kids make new friends, learn new skills, and create lifelong memories in a safe, supportive environment. The South Park Summer Playground camp participates in the Free Summer Lunch Program. **For more information, contact Madison Husbenet at 785-832-7851 or mhusbenet@lawrenceks.org.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325302	A	SPSC	MTWRF	8:30AM-4:30PM	6/2-6/6	CB- RM 1	\$130
325302	B	SPSC	MTWRF	8:30AM-4:30PM	6/9-6/13	CB- RM 1	\$130
325302	C	SPSC	MTWRF	8:30AM-4:30PM	6/16-6/20	CB- RM 1	\$130
325302	D	SPSC	MTWRF	8:30AM-4:30PM	6/23-6/27	CB- RM 1	\$130
325302	E	SPSC	MTWR	8:30AM-4:30PM	6/30-7/3	CB- RM 1	\$130
325302	F	SPSC	MTWRF	8:30AM-4:30PM	7/7-7/11	CB- RM 1	\$130
325302	G	SPSC	MTWRF	8:30AM-4:30PM	7/14-7/18	CB- RM 1	\$130
325302	H	SPSC	MTWRF	8:30AM-4:30PM	7/21-7/25	CB- RM 1	\$130

FUN DAYS OF SUMMER

Ages: 5-12. Enrollment Min 10 / Max TBA. This well-rounded summer camp experience combines the best of outdoor exploration with indoor fun and educational field trips, offering a great balance of adventure, creativity, and physical activity. It's designed to help kids make new friends, learn new skills, and create lifelong memories in a safe, supportive environment. **For more information, contact Madison Husbenet at 785-832-7851 or mhusbenet@lawrenceks.org.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325350	A	FUNDAYS	MTWRF	9:00-4:00PM	7/28-8/1	CB-RM1	\$130
325350	B	FUNDAYS	MTWRF	9:00-4:00PM	8/4-8/8	CB-RM1	\$130



FOR SPORTS-RELATED CAMPS, VISIT THESE PAGES:

- Golf – Page 16
- Youth Volleyball – Page 30
- Tennis – Page 31

DANCE

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.

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. The Unified Recreation Division is offering an 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	6/2-6/6	ELRC	\$90
			F	9AM-4PM			
322600	B	1/2DAY	MTWR	12-4PM	6/9-6/13	ELRC	\$90
			F	9AM-4PM			
322600	C	1/2DAY	MTWR	12-4PM	6/16-6/20	ELRC	\$90
			F	9AM-4PM			
322600	D	1/2DAY	MTWR	12-4PM	6/23-6/27	ELRC	\$90
			F	9AM-4PM			
322600	E	1/2DAY	MTWR	12-4PM	6/30-7/03	ELRC	\$72
322600	F	1/2DAY	MTWR	12-4PM	7/7-7/11	ELRC	\$90
			F	9AM-4PM			
322600	G	1/2DAY	MTWR	12-4PM	7/14-7/18	ELRC	\$90
			F	9AM-4PM			
322600	H	1/2DAY	MTWR	12-4PM	7/21-7/25	ELRC	\$90
			F	9AM-4PM			
322600	I	1/2DAY	MTWR	12-4PM	7/28-8/1	ELRC	\$90
			F	9AM-4PM			

UNIFIED DAY CAMP FULL DAY

Ages: 5-21. Enrollment Min 5 / Max 25. 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	6/2-6/6	ELRC	\$130
322601	B	FULLDAY	MTWRF	9AM-4PM	6/9-6/13	ELRC	\$130
322601	C	FULLDAY	MTWRF	9AM-4PM	6/16-6/20	ELRC	\$130
322601	D	FULLDAY	MTWRF	9AM-4PM	6/23-6/27	ELRC	\$130
322601	E	FULLDAY	MTWRF	9AM-4PM	6/30-7/3	ELRC	\$110
322601	F	FULLDAY	MTWRF	9AM-4PM	7/7-7/11	ELRC	\$130
322601	G	FULLDAY	MTWRF	9AM-4PM	7/14-7/18	ELRC	\$130
322601	H	FULLDAY	MTWRF	9AM-4PM	7/21-7/25	ELRC	\$130
322601	I	FULLDAY	MTWRF	9AM-4PM	7/28-8/1	ELRC	\$130

ADULT DANCE

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

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

BALLROOM DANCING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 16 couples.** This class is designed to give you a feel for the basic step, connection and music of several dances per class. Learn fun techniques to spice up your dancing. Dancers will be introduced to the Waltz, Fox Trot, Jive and Cha Cha. **Partner enrollment required. Instructor: Shirley Barrand.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314180	A	BRD	W	7-8PM	6/11-7/30	HPRC-BR	\$55

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	6/1-7/13	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 class 7/6. No partner necessary. Instructor: Mike Salerno. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314152	A	LINE	SU	4:30-5:30PM	6/1-7/13	SPL-LR	\$40
314152	B	LINE	SU	4:30-5:30PM	7/20-8/24	SPL-LR	\$40

NIGHT CLUB 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. **Price reflects per person rate. Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314153	A	NGTCLB	SU	6:50-7:50PM	7/20-8/24	SPL-LR	\$40

SWING 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
314154	A	SWING	SU	5:40-6:40PM	7/20-8/24	SPL-LR	\$40

DANCE

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. **No class 7/6. 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	6/1-7/13	SPL-LR	\$40

FRIDAY WORKSHOPS

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	6/27	SPL-LR	\$20
314141	B	LINEWS	F	5:45-8PM	7/18	SPL-LR	\$20
314141	C	LINEWS	F	5:45-8PM	8/22	SPL-LR	\$20

SALSA WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314148	A	SALSA	F	5:45-8PM	6/20	SPL-LR	\$20

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	6/13	SPL-LR	\$15
314160	B	ULTDNC	F	6-8PM	7/11	SPL-LR	\$15
314160	C	ULTDNC	F	6-8PM	8/8	SPL-LR	\$15

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 sideway patterns and forward and backward ones, all which can be incorporated into various styles of music. All levels are welcome. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314146	A	CHACHA	SU	1:15-4:15PM	8/24	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	6/8	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	6/22	SPL-LR	\$12
314156	B	INTLINE	SU	3:15-4:15PM	7/13	SPL-LR	\$12
314156	C	INTLINE	SU	3:15-4:15PM	8/17	SPL-LR	\$12

SALSA WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314143	B	SALSA	SU	1:15-4:15PM	6/29	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	6/1	SPL-LR	\$25
314161	B	WCC	SU	1:15-4:15PM	7/20	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	8/10	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.



PARENT • ME DANCE

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
328000	A	PARENT	S	11-11:35AM	6/7-6/28	CB-DS	\$32
328000	B	PARENT	S	11-11:35AM	7/12-8/2	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
328002	A	MBHH	S	10-10:45AM	6/7-6/28	CB-DS	\$32
328002	B	MBHH	S	10-10:45AM	7/12-8/2	CB-DS	\$32

MINI BALLET

Ages: 3-4. Enrollment Min 5 / Max 12. Designed for tiny dancers who love to twirl, whirl and walk on their tippy toes! The beginning basics of ballet will be taught including positions, center movements, and across-the-floor leaps. Dancers will hone in on gross motor skills as well as listening and classroom skills in a fun, supportive environment. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
328001	A	MBHH	M	5:30-6:15PM	6/9-6/30	CB-DS	\$32
328001	B	MBHH	M	5:30-6:15PM	7/14-8/4	CB-DS	\$32

BEAMING BALLET & HIP HOP

Ages: 5-6. 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
328003	A	BBHH	M	6:20-7:10PM	6/9-6/30	CB-DS	\$32
328003	B	BBHH	M	6:20-7:10PM	7/14-8/4	CB-DS	\$32

EAGLE BEND (GOLF)

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	10:30-11:15AM	6/4-6/5	EBGC	\$50
360100	B	SWING	WTH	10:30-11:15AM	6/11-6/12	EBGC	\$50
360100	C	SWING	WTH	10:30-11:15AM	6/25-6/26	EBGC	\$50
360100	D	SWING	WTH	10:30-11:15AM	7/9-7/10	EBGC	\$50
360100	E	SWING	WTH	10:30-11:15AM	7/23-7/24	EBGC	\$50
360100	F	SWING	WTH	10:30-11:15AM	7/30-7/31	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	6/4-6/5	EBGC	\$50
360101	B	SWING	WTH	11:45AM-12:30PM	6/11-6/12	EBGC	\$50
360101	C	SWING	WTH	11:45AM-12:30PM	6/25-6/26	EBGC	\$50
360101	D	SWING	WTH	11:45AM-12:30PM	7/9-7/10	EBGC	\$50
360101	E	SWING	WTH	11:45AM-12:30PM	7/23-7/24	EBGC	\$50
360101	F	SWING	WTH	11:45AM-12:30PM	7/30-7/31	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, March 31 - Oct. 27.**

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 3 - July 29.**

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 17 175 YARDS / BLUE TEE PAR # HANDICAP 1

Eagle Bend
GOLF COURSE

This par 3 can be tricky if you don't execute a solid tee shot, with a bunker to the left and water to the right. It's a hole where securing par should be the goal, allowing you to move onto the next hole with confidence. Regardless of the pin placement, aim for the center of the green to increase your chances of success.

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	12:10-12:50PM	6/2-8/20	SPL-FR	\$102

BODY TONE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Enhance your fitness from the ground up with our Body Tone class. This low-impact workout focuses on toning and strengthening key areas, specifically the lower body, abs, and arms. Participants will improve posture and increase mind-body awareness through a dynamic range of functional movements, all set to energizing music. This class is beginner-friendly, and individuals of all fitness levels are encouraged to join. **Bring a mat. Instructor: Christine Lester**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315014	A	BT	MW	12:15-12:45PM	6/2-8/20	CB-CR2	\$102

CORE AND SCULPT COUNTRY STYLE ●●

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. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315024	A	CM	TR	5:40-6:10PM	6/3-8/21	SPL-FR	\$92

COREBLITZ ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Join us for a comprehensive, low-impact strength training session designed to enhance muscle building while placing a special emphasis on core development. In this workout, you will engage in a variety of movements aimed at improving overall body conditioning and strength. This session targets the entire body while giving particular attention to the core **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315001	A	CB	T	5:30-6:15PM	6/3-8/19	SPL-FR	\$57

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	W	5:30-6:25PM	6/11-8/20	HRC-BR	\$52

EXPRESS CONDITIONING ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This workout incorporates free weights, resistance bands, and body weight exercises to provide a diverse range of strengthening, balance, and core activities, all while enhancing cardiovascular health. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315029	A	EC	TR	12:15-12:45PM	6/3-8/21	CB-CR2	\$102

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	6/3-8/19	HPRC-GY	\$57

LOWER BODY BLAST ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Lower body exercises aimed at sculpting your core, booty, hips, and thighs. A touch of cardio ensures that you burn calories while you sculpt. The music and teaching style make it so fun; it won't feel like work! Easily adaptable for low impact. This tushy toning class is a blast. **Bring a mat. Instructor: Mea Austin**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315007	A	LBB	TR	5:30-6PM	6/3-8/21	HPRC-BR	\$102

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 7/5. Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315032	A	PILATE	S	9:30-10:20AM	6/7-8/23	SPL-FR	\$52

POWER MIX ●●

Ages: 15 and Up. Enrollment: Min 10 / Max 20. A little bit of everything – kickboxing, upper body toning, abs, legs, cardio, yoga and stretching. If you're not seeing results from your current workout or feeling bored with your fitness routine, this class is for you! This is a blend of strength training, cardio, flexibility, and core conditioning that effectively targets all major muscle groups. The motivating music and variety of exercises will keep you engaged. Sculpt, strengthen, and invigorate your mind and body **Bring a mat. No class 7/5. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315008	A	PM	S	10-11AM	6/7-8/23	SPL-LR	\$52

FITNESS

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	6/7-8/23	CB-CR1	\$52

STEP IT UP SATURDAYS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Enhance your fitness routine by incorporating dynamic toning exercises, rhythmic dance movements, and the strengthening benefits of Step or Floor aerobics, all accompanied by energizing music. This program enables you to work at your own pace on the Step or floor, while integrating a variety of intervals to increase your heart rate and tone your lower body. Additionally, it features exercises specifically designed to define and sculpt your core and legs. This class is suitable for both beginner and advanced participants. **No class 7/5. Instructor: Christine Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315356	A	SIUS	S	9-9:45AM	6/7-8/23	CB-CR2	\$52

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 8/5. Instructor: Amy Whittaker | Tom Leggins**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315112	A	TRXFIT(TL)MW		6:30-7:15PM	6/2-8/20	SPL-LR	\$102
315112	B	TRXFIT(AW)R		6-6:45PM	6/3-8/21	SPL-LR	\$98

TRX STRENGTH ●

Ages: 15 and Up. Min 6 / Max 9. This class uses the TRX Suspension Trainer to perform strength exercises, targeting large and small muscle groups. TRX Strength is the ideal way to strengthen and tone, while focusing on functional movement and core stabilization. Adaptable and appropriate for any TRX user. **Bring a mat. Instructor: Tom Leggins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315113	A	TRXFIT	MW	5:30-6:15PM	6/2-8/20	SPL-LR	\$102

WEIGHTS EXPRESS ●●

Ages: 15 and Up. MW – Enrollment Min 10 / Max 16 | TR – Enrollment Min 6 / Max 9. This class will get you in and out in 30 minutes twice a week. You will build strength through toning and utilizing a variety of equipment to sculpt all major muscle groups. Circuits and stations will also be incorporated into the program. Never the same boring routine, each class will be different. **Bring a mat. No class 8/5. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315023	A	WGHT(TK) MW		5:30-6PM	6/2-8/20	SPL-FR	\$102
315023	B	WGHT(TK) TR		12:15-12:45PM	6/3-8/21	SPL-LR	\$98

YOGA, BEGINNERS FLOW ●

Ages: 15 and Up. Enrollment Min 10 / Max 15. This class is designed for beginning students who prefer a gentler approach. It emphasizes a slow pace that focuses on developing body awareness, learning fundamental postures, and understanding proper alignment. Participants will also learn how to synchronize breath with movement and explore the connection between their physical and energetic bodies. **Instructor: Melissa Kisslinger.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315040	A	YBF	T	5:20-6:15PM	6/3-8/19	ELRC-GR	\$57

YOGA, FLOW INTERMEDIATE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. Two years Yoga experience or permission from the instructor. Flow is an intermediate level class that presents challenges for participants. This class emphasizes the connection between breath awareness and rhythmic, dynamic movements to promote awakening, invigoration, and empowerment. It includes the exploration of arm balances and inversions, as well as a comprehensive range of postures, concluding with a period of meditative rest. **Bring a mat. Instructor: Melissa Kisslinger.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315041	A	YFI	R	5:20-6:15PM	6/5-8/21	ELRC-GR	\$57

YOGA, EXPRESS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315022	A	EXYOGA	TR	12:10-12:50PM	6/3-8/21	SPL-FR	\$102

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 7/6. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315123	A	PYOGA	SU	4:30-5:45PM	6/1-8/17	SPL-FR	\$65

YOGA, RESTORATIVE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Restorative yoga is all about relaxation. Class will provide relief of tension and pain by creating a connection between the body and the mind through breath and mediation. Stabilizing postures will help strengthen muscle groups in a low-impact way. You will leave this class feeling renewed and restored. **Bring a mat. Instructor: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315046	A	YR	W	6:15-7:15PM	6/4-8/20	SPL-FR	\$57

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	6/3-8/19	SPL-FR	\$57

YOGA, STRETCH ●

Ages: 15 and Up. Enrollment Min 10 / Max 18. This distinctive class integrates yoga and stretching techniques to enhance flexibility and relaxation within a yoga flow framework. Participants will focus on coordination, balance, and the improvement of their 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	6/2-8/18	HPRC-BR	\$57

FITNESS

YOGILATES ●●

Ages: 15 and Up. TR – Enrollment Min 10 / Max 40. S – Enrollment Min 10 / Max 20. The best of both worlds -- the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, increased range of motion and balance for a complete workout. **Bring a mat. No class 7/5. Instructors: Fran Hopkins (FH) | Shannon Carlson (SC).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315121	A (FH)	YGLTS	TR	5:30-6:25PM	6/3-8/21	CB-GYM	\$102
315121	B (SC)	YGLTS	S	8:30-9:20AM	6/7-8/23	SPL-FR	\$52

YOGA, VINYASA SCULPT ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. This class offers an ideal combination of Vinyasa Flow Yoga with the integration of hand weights. It is designed to creatively incorporate small weights into various yoga poses, facilitating a strength-building program. Participants will work on enhancing flexibility and strength, improving lean muscle mass, and promoting mental relaxation. **Bring a mat. Instructor: Rechelle Bishop.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315118	A	VS	W	5:30-6:25PM	6/4-8/20	ELRC-GR	\$57

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 7/4, 7/5, and 8/5. 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	6/2-8/22	HPRC-GY	\$123
315000	B (MD)	ZUMBA	M	5:30-6:25PM	6/2-8/18	CB-GY	\$57
315000	C (AA)	ZUMBA	T	5-5:50PM	6/3-8/19	SPL-LR	\$52
315000	D (DL)	ZUMBA	W	5:30-6:25PM	6/4-8/20	CB-GY	\$57
315000	E (AA)	ZUMBA	S	9-9:50AM	6/7-8/23	SPL-LR	\$52



GYMNASTICS

SPORTS PAVILION LAWRENCE®

100 ROCK CHALK LN.

Parks and Recreation offers a comprehensive gymnastics/ninja program to guide children in their gymnastic/ninja skill development, as well as increase self-esteem, independence and character while having fun and unique experiences in a healthy atmosphere. The instructional staff members are trained, CPR/First Aid certified and meet PRC guidelines. For questions, please contact the Gymnastics Programmer, Landon Noll, at lnoll@lawrenceks.org or (785) 330-7364.

LITTLE BEARS

Ages: 18 months – 3 years with parent. Enrollment Min 4 / Max 16 (T) One parent per child. No siblings allowed. Children and their parents explore different activities using various pieces of gymnastic equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success! **No class 7/4. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318000	A	LB	T	4:40-5:25PM	6/3-7/29	SPL-GR	\$110
318000	B	LB	F	5:30-6:15PM	6/6-8/1	SPL-GR	\$98

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 7/5. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318001	A	TB	W	4:40-5:25PM	6/4-7/30	SPL-GR	\$110
318001	B	TB	R	5:30-6:15PM	6/5-7/31	SPL-GR	\$110
318001	C	TB	S	9-9:45PM	6/7-8/2	SPL-GR	\$98

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 7/5. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318002	A	GB	M	5:30-6:25PM	6/2-7/28	SPL-GR	\$110
318002	B	GB	T	5:30-6:25PM	6/3-7/29	SPL-GR	\$110
318002	C	GB	W	5:30-6:25PM	6/4-7/30	SPL-GR	\$110
318002	D	GB	R	4:30-5:25PM	6/5-7/31	SPL-GR	\$110
318002	E	GB	S	9-9:55AM	6/7-8/2	SPL-GR	\$98
318002	F	GB	S	10-10:55AM	6/7-8/2	SPL-GR	\$98

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	6/3-7/29	SPL-GR	\$110
318003	B	HS	W	5:30-6:25PM	6/4-7/30	SPL-GR	\$110

GYMNASTICS

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 7/5. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318004	A	BG(9-12)	M	5:30-6:25PM	6/2-7/28	SPL-GR	\$110
318004	B	BG(6-9)	T	5:30-6:25PM	6/3-7/29	SPL-GR	\$110
318004	C	BG(6-9)	W	5:30-6:25PM	6/4-7/30	SPL-GR	\$110
318004	D	BG(6-9)	R	5:30-6:25PM	6/5-7/31	SPL-GR	\$110
318004	E	BG(6-9)	S	10-10:55AM	6/7-8/2	SPL-GR	\$98

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	6/2-7/28	SPL-GR	\$110
318005	B	BB	R	5:30-6:25PM	6/5-7/31	SPL-GR	\$110

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. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318006	A	IB	R	6:30-7:55PM	6/5-7/31	SPL-GR	\$164

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	6/2-7/28	SPL-GR	\$164
318007	B	IG1	W	6:30-7:55PM	6/4-7/30	SPL-GR	\$164

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	MW	6:30-7:55PM	6/2-7/30	SPL-GR	\$288

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. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318009	A	AG	TR	6:30-7:55PM	6/3-7/31	SPL-GR	\$288

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 7/5. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318010	A	LNW	M	4:30-5:25PM	6/2-7/28	SPL-GR	\$110
318010	B	LNW	T	5:30-6:25PM	6/3-7/29	SPL-GR	\$110
318010	C	LNW	W	4:30-5:25PM	6/4-7/30	SPL-GR	\$110
318010	D	LNW	S	9-9:55AM	6/7-8/2	SPL-GR	\$98

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 7/5. Instructor: LPRD Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318011	A	NWI	T	6:30-7:25PM	6/3-7/29	SPL-GR	\$110
318011	B	NWI	W	5:30-6:25PM	6/4-7/30	SPL-GR	\$110
318011	C	NWI	R	4:30-5:25PM	6/5-7/31	SPL-GR	\$110
318011	D	NWI	S	10-10:55AM	6/7-8/2	SPL-GR	\$98

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	6/4-7/30	SPL-GR	\$110
318012	B	NWII	R	6:30-7:25PM	6/5-7/31	SPL-GR	\$110

NINJA WARRIOR ADVANCE

Ages: 6-14. Enrollment Min 4 / Max 7. This is the perfect class for those who want to sharpen their ninja warrior, parkour and tricking skills. By combining power, precision, balance and momentum ninjas will build their potential. Each class will offer opportunities to build strength and coordination and improve their Ninja Warrior abilities. **Permission is required before enrollment. Instructor: LPRD Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318013	A	NWA	M	6:30-7:55PM	6/2-7/28	SPL-GR	\$164

ELITE NINJA WARRIOR

Ages 6-14. 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
318014	A	ENW	W	6:30-7:55PM	6/4-7/30	SPL-GR	\$164

GYMNASTICS

INSTRUCTIONAL

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 7/4 and 7/5. Instructor: LRPD 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 7/4. Instructor: LRPD 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 and click on the gymnastics link or contact Landon Noll, Gymnastics Programmer at (785) 330-7358 / lnoll@lawrenceks.org. **Fees: \$150 per party for up to 20 children.**



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: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
321200	A	SS	S	12-6PM	6/14	SPL-LR	\$110
321200	B	SS	S	12-6PM	7/12	SPL-LR	\$110



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. Co-sponsored with Peaslee Tech. Instructor: Jay Hundley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
321304	A	WW	W	6-9PM	6/4-7/9	PT	\$210
321304	B	WW	W	6-9PM	7/16-8/20	PT	\$210

WELDING FOR THE HOBBYIST AND ARTIST

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
321307	A	WHA	S	8AM-12PM	6/7-6/21	PT	\$210
321307	B	WHA	W	6-9PM	7/16-8/20	PT	\$210

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	6-7	ELC-TBL ZN	\$5
333002	B	TOG	SA	9:30AM-10:30AM	6-14	ELC-TBL ZN	\$5
333002	C	TOG	SA	9:30AM-10:30AM	6-21	ELC-TBL ZN	\$5
333002	D	TOG	SA	9:30AM-10:30AM	6-28	ELC-TBL ZN	\$5
333002	E	TOG	SA	9:30AM-10:30AM	7-05	ELC-TBL ZN	\$5
333002	F	TOG	SA	9:30AM-10:30AM	7-12	ELC-TBL ZN	\$5
333002	G	TOG	SA	9:30AM-10:30AM	7-19	ELC-TBL ZN	\$5
333002	H	TOG	SA	9:30AM-10:30AM	7-26	ELC-TBL ZN	\$5
333002	I	TOG	SA	9:30AM-10:30AM	8-02	ELC-TBL ZN	\$5
333002	J	TOG	SA	9:30AM-10:30AM	8-09	ELC-TBL ZN	\$5
333002	K	TOG	SA	9:30AM-10:30AM	8-16	ELC-TBL ZN	\$5
333002	L	TOG	SA	9:30AM-10:30AM	8-23	ELC-TBL ZN	\$5
333002	M	TOG	SA	9:30AM-10:30AM	8-30	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 provides programs designed to maintain an active lifestyle for adults of all ages. The content and schedule of fitness classes are designed for older adults. Instructors have the training and experience to modify content for individual participants. If you have suggestions for programs; something you have always wanted to do, something unusual, challenging, or just more fun with a group, please share your ideas.



NEWSLETTER

Watch for our quarterly newsletter, which highlights activities, events, trips and programs from the guide or activities planned after publication. Most travel is planned after publication of the guide. Subscribe at <http://www.lawrenceks.org/subscriptions>. Copies are also available at all Recreation Centers.

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

PERSONAL TRAINING

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

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

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

MATS

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

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

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

FITNESS

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

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

LIFELONG

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 4. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327201	A	ADT	MWF	8:50-9:50AM	6/2-8/22	HPRC-GY	\$126

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. **Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327411	A	SF	TR	1-1:40PM	6/3-8/21	SPL-FR	\$102

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	6/2-8/22	HPRC-BR	\$126
327233	B	MJ	MWF	8:30-9:20AM	6/2-8/22	HPRC-BR	\$126
327234	A	DG	MWF	9:30-10:20AM	6/2-8/22	HPRC-BR	\$126
327234	B	DG	MWF	10:30-11:20AM	6/2-8/22	HPRC-BR	\$126
327234	C	DG	TR	8:30-9:20AM	6/3-8/21	ELC-GY	\$102
327234	D	DG	TR	9:30-10:20AM	6/3-8/21	ELC-GY	\$102

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	6/3-8/21	CB	\$102

FITNESS YOGA ●●

Fitness Yoga promotes general health and well being 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 to develop greater strength, flexibility, balance, agility, endurance and focus. Class includes floor work, students should bring a yoga mat. This class uses detailed instruction for ease of participants with low vision. **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	6/4-8/20	CB	\$56

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! **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327302	A	LABLAST	TR	10-11AM	6/3-8/21	HPRC-GY	\$102

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. **Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327204	A	PILATES	TR	9-9:50AM	6/3-8/21	HPC-GY	\$102

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 4. Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327310	A	SLIM	MWF	9-10AM	6/2-8/22	CB	\$126

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 4. Instructors: Stephanie Foglesong and Carlo Washington.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327255	A	SF	MWF	7:30-8:20AM	6/2-8/22	SPL-FR	\$126
327255	B	SF	MWF	8:30-9:20AM	6/2-8/22	SPL-FR	\$126
327255	C	SF	MWF	9:30-10:20AM	6/2-8/22	SPL-FR	\$126
327255	D	SF	MWF	10:30-11:20AM	6/2-8/22	SPL-FR	\$126
327255	E	JK	MWF	8:00-8:50AM	6/2-8/22	SPL-LGCY	\$126
327255	F	JK	MWF	9:00-9:50AM	6/2-8/22	SPL-LGCY	\$126
327255	G	JK	MWF	10:00-10:50AM	6/2-8/22	SPL-LGCY	\$126
327255	H	JK	TR	7:30-8:20AM	6/3-8/21	SPL-FR	\$102
327255	I	JK	TR	8:30-9:20AM	6/3-8/21	SPL-FR	\$102
327255	J	JK	TR	10-10:50AM	6/3-8/21	SPL-LGCY	\$98
327255	K	SF	MWF	1:00-1:50PM	6/2-8/22	SPL-FR	\$126
327255	L	BL	TR	10:30-11:20AM	6/3-8/21	CB-CR2	\$102

TAI CHI FOR ENERGY ●

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining both Sun and Chen styles. Chen is complex, with fast and slow movements; Sun incorporates agile steps and qigong movements for healing. This class is suitable for persons with prior experience in Sun Style tai chi, particularly Tai Chi for Arthritis, who wish to deepen their tai chi practice. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327503	A	TCFE	TR	5:30-6:15PM	6/3-8/21	CB	\$102

LIFELONG RECREATION

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	TR	11:15AM-12PM	6/3-8/21	HPRC-GY	\$102

TAI CHI FOR ARTHRITIS ●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327506	A	SP	MW	11:15AM-12PM	6/2-8/20	HPRC-GY	\$102

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. **August 5. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327340	A	TRX	TR	9-9:45AM	6/3-8/21	SPL-LGCY	\$98

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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327270	A	LLYOGA	R	10:30-11:30AM	6/5-8/21	CB-DS	\$56

YOGA FOUNDATIONS ●●

Stretch stiff muscles with poses that improve balance, core strength, and mobility. Breathing exercises and guided relaxation will help enhance mental well-being and reduce stress. For students new to yoga or who prefer less vigorous poses. This class is designed for students able to get up and down on and off the floor without assistance. Note, the 9:00 class is faster-paced than the 10:00 class. **Instructor: Kim McDaniel.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327202	A	LLYOGA	TR	9-9:50AM	6/3-8/21	HPRC-BR	\$102
327202	B	LLYOGA	TR	10-10:50AM	6/3-8/21	HPRC-BR	\$102

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	RECORD	M	1:30-2:30PM	6/2-8/18	SCR	\$120
327478	B	RECORD	M	11AM-12PM	6/2-8/18	SCR	\$120

COLLAGE, MARK MAKING AND IMAGERY

Explore collage techniques with mark-making/drawing, using traditional tools and found objects. Multiple materials will be used to create sheer layers of color, imagery, stencils, textures, shapes, and layers of color. The class will also focus on different collage glue techniques. This class is intended to expand your collage vocabulary, how you work with collage and to inspire your creative process. This class will meet one Sunday afternoon. All materials and supplies are included. **Instructor: Kim McDaniel, an accomplished studio artist, retired from Hallmark Cards Inc.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327330	A	COLLAGE	S	12-3:30PM	6/8	CB-AR	\$31

INTRODUCTION TO STARGAZING

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 the 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 fees include a planisphere, astronomy flashlight, and education materials.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427450	A	STAR	W	8-10PM	8/7-8/21	BKR	\$24

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



MARTIAL ARTS

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	5:30-6:10PM	6/2-8/18	ELRC-GR	\$55

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. **Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317125	A	DRAGON	SU	12-12:40PM	6/1-8/17	CB-CR1	\$55

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 7/6. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317110	A	KARATE	SU	12:45-2PM	6/1-8/17	CB-CR1	\$77

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. **Instructor: Grace Daniels**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317131	A	TKD	TR	6:30-7:30PM	6/3-8/21	ELRC-GR	\$102

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	6/2-8/18	SPL-FR	\$57

TAI CHI

Ages: 13 and Up. Enrollment Min 10 / Max 15. . Tai Chi is a gentle and meditative form of exercise. Aided by the breath and the use of mindful, focused movements, Tai Chi enhances many aspects of physical health and overall wellness. Improve your posture, strength, balance, flexibility, range of motion and circulation. Calm your mind and relieve stress by joining class. **No class 7/6. Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315109	A	TC	SU	6-7PM	6/1-8/17	SPL-FR	\$52
315109	B	TC	R	5:30-6:30PM	6/5-8/21	SPL-FR	\$57



SPRING ARTISAN FAIR





MAY 3, 2025

9 A.M.-4 P.M.

HOLCOM PARK REC
CENTER: 2700 W 27TH ST



Featuring artisanal goods such as jewelry, paintings, textiles, pottery, home décor, and much more from local artists and entrepreneurs!

Plus, join us to make something special for Mom at our FREE kids' activity station, while supplies last!



NATURE

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

PROGRAMS FOR CHILDREN/TEENS

WILDERNESS SURVIVORS

Ages: 6-13. 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	W	10-11:30AM	6/11	PPNC	\$20
323266	B	WILDSUR	W	10-11:30AM	6/25	PPNC	\$20
323266	C	WILDSUR	W	10-11:30AM	7/9	PPNC	\$20
323266	D	WILDSUR	W	10-11:30AM	7/23	PPNC	\$20

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	F	6-7:30PM	6/27	PPNC	\$25
323291	B	ARCH	F	6-7:30PM	7/11	PPNC	\$25
323291	C	ARCH	S	6-7:30PM	8/9	PPNC	\$25
323291	D	ARCH	S	6-7:30PM	9/6	PPNC	\$25

PADDLE UP: CANOEING FOR A GREENER PLANET!

Ages: 6 and Up. Enrollment Min 4 / Max 12. Join us for an exciting canoeing experience where you can learn about essential conservation topics for all ages, such as how invasive jellyfish enter our lakes, the dangers of harmful algal blooms, and how to protect endangered aquatic wildlife. No prior canoeing experience is required, and we provide life jackets, paddles, and boats, with a maximum of three participants per boat. Registration is necessary for each participant, and children under 14 must be accompanied by an adult. This program is supported by the Douglas County Heritage Conservation Council. Meet at the nature center and we will walk down to the lake together!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323292	A	CANOE	W	6-8PM	6/25	PPNC	\$30
323292	B	CANOE	W	6-8PM	7/30	PPNC	\$30
323292	C	CANOE	W	6-8PM	8/27	PPNC	\$30

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	7/19	PPNC	\$15
323204	B	TURTLE	S	10:30-11:30AM	9/20	PPNC	\$15

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	BREAK	S	3-4PM	6/14	PPNC	\$7

SPECIAL EVENT - TICKETED

BREAKFAST FOR DINNER WITH THE ANIMALS

All Ages, Enrollment Min 10 / Max 50. Join us at Prairie Park Nature Center for a unique experience of having breakfast for dinner alongside your favorite animals. Additionally, you can enjoy a live animal program, play games with prizes, and explore the nature center during evening hours. This event is free for children aged 2 and under.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
NC2025-0005	BREAK	S		6-8PM	7/5	PPNC	\$15

WAG DASH OBSTACLE COURSE AT PRAIRIE PARK NATURE CENTER

All Ages, Enrollment Min 10 / Max 100. Come and participate in the Prairie Park Wag Dash event and have fun while running or walking with your furry friend. Strengthen your bond with your dog by overcoming obstacles on a 1-mile course around Prairie Park Nature Preserve. You and your dog will earn pet-friendly swag and dog treats. When registering, please use the human's information for who is walking the dog instead of the pet's name. The registration fee for each dog is \$25, but humans can enter for free.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
NC2025-0006	WAGDASH	S		10AM-12PM	6/14	PPNC	\$25

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
NC2025-0007	WILDHIKE	S		8:30-10PM	8/2	PPNC	\$10
NC2025-0008	WILDHIKE	S		8:30-10PM	9/13	PPNC	\$10

NATURE TRIPS

NIGHT CANOEING AND HIKING

Ages: 10 and Up. Enrollment Canoe Min 4 / Max 8 | Kayak Min 2 / Max 4. Enjoy an evening of paddling on Mary's Lake, illuminated by the soft light of lanterns. You will have the chance to explore the lake at night and observe the wildlife that comes alive during this time. Please register each person attending by their preference of either a canoe, which allows for two to three people, or a kayak, which can hold one person. Each price below is per paddler, so \$35 per person in a canoe and \$45 per person in a kayak. This activity is open to individuals who are aged 10 years and older. **If you are under 14 years old, you must be accompanied by a registered adult. To ensure your safety, life jackets will be provided.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323294	A	CANOE	S	8-10PM	6/21	PPNC	\$35
323294	B	KYAAK	S	8-10PM	6/21	PPNC	\$45
323294	C	CANOE	S	8-10PM	7/26	PPNC	\$35
323294	D	KYAAK	S	8-10PM	7/26	PPNC	\$45

NATURE

MOONLIGHT SAFARI

Ages: 7 and Up. Enrollment Min 4 / Max 12. 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 7 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	7-10PM	7/12	PPNC	\$45

KANSAS RIVER MONSTERS

Ages: 7 and Up. Enrollment Min 4 / Max 12. Join us for an evening by the Wakarusa River to discover its amazing wildlife and learn tips for spotting the secretive creatures of Kansas streams. Participants can wade into the river, so wear clothes that can get wet. The shuttle departs from Prairie Park Nature Center at 7 pm and returns by 9 pm. A registered adult must accompany children under 16. Don't miss this unique opportunity to explore nature!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323208	A	RIDE	S	7-10PM	7/12	PPNC	\$45

KANSAS FOSSIL EXPEDITION

Ages: 7 and Up. Enrollment Min 4 / Max 12. Join us for an evening by the Wakarusa River to discover its amazing wildlife and learn tips for spotting the secretive creatures of Kansas streams. Participants can wade into the river, so wear clothes that can get wet. The shuttle departs from Prairie Park Nature Center at 7 pm and returns by 9 pm. A registered adult must accompany children under 16. Don't miss this unique opportunity to explore nature!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323213	A	RIDE	F	7-9PM	7/25	PPNC	\$35

REPTILES AND RIBBITS EXPEDITION

Ages: 7 and Up. Enrollment Min 4 / Max 12. Join us for a coldblooded adventure! Find some of Kansas' not as furry residents and learn a few tips for spotting them. From small cricket frogs to big black snakes, we will explore the habitats of our slimy and slithery friends. Remember to bring your hiking shoes, as there will be short hikes. The shuttle departs from Prairie Park Nature Center at 7 pm and returns at 9 pm. Please note that a registered adult must accompany children under the age of 16.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323213	A	RIDE	F	7-9PM	7/25	PPNC	\$35

REEL IN THE FUN: A GUIDED FISHING TOUR

Ages: 7 and Up. Enrollment Min 4 / Max 12. Join us for a relaxing day by the water! Led by a fishing enthusiast, this expedition is for individuals of all experience levels, no license needed! We will visit three locations and learn about catching baitfish, reel fishing, and different kinds of bait. We will provide poles and bait, but you're welcome to bring your own. The shuttle departs from Prairie Park Nature Center at 9 am and returns by 2:30 pm. Please note that a registered adult must accompany children under 16. Pack a sack lunch and grab your sunscreen for this fishing adventure!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323214	A	RIDE	S	9AM-2:30PM	6/7	PPNC	\$55

EDUCATION BY RESERVATION

ENVIRONMENTAL EDUCATION/SPECIALIZED PROGRAMS

Explore the nature center's programs, featuring interesting animal ambassadors. The programs are suitable for all ages and can be held on-site or off-site, making them great for school groups, scouts, birthdays and organizations. Whether you're planning an educational outing, a birthday party or a group activity, we have something special for everyone. Find more information by contacting the nature center at (785) 832-7980 or visiting the LPRD website at www.lprd.org/ppnc. Get ready for an adventure that will create lasting memories.

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.

MONTHLY NEWSLETTER

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

COFFEE AND BOWLING TRANSPORTATION

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



UNIFIED RECREATION

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	CHOUSE	M	5:30-8PM	6/23	DCFG	\$40
322200	B	CHOUSE	M	5:30-8PM	7/28	DEPOT	\$40
322200	C	CHOUSE	M	5:30-8PM	8/25	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	CHOUSE	M	6:30-8PM	6/23	DCFG	\$18
322201	B	CHOUSE	M	6:30-8PM	7/28	DEPOT	\$18
322201	C	CHOUSE	M	6:30-8PM	8/25	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	BOWL	SA	10:30AM-12:30PM	6/14	RCL	\$40
322300	B	BOWL	SA	10:30AM-12:30PM	7/12	RCL	\$40
322300	C	BOWL	SA	10:30AM-12:30PM	8/16	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	SA	10:30AM-12PM	6/14	RCL	\$18
322301	B	BOWL	SA	10:30AM-12PM	7/12	RCL	\$18
322301	C	BOWL	SA	10:30AM-12PM	8/16	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	6/5-7/10	CB	\$40
322400	B	ZUMBA	TH	6:30-7:30PM	7/17-8/21	CB	\$40

PUNCH IT! ARTWORKS

Ages: 16 and Up. Enrollment Min 5 / Max 10. Join us for a vibrant, hands-on class that brings the world of punch needle art to life! Whether you're a beginner or a seasoned crafter, this class will guide you through the fun and relaxing process of creating textured art pieces using a punch needle tool and colorful yarns. Join us and discover how to "punch" your way to amazing artwork! **Instructor: Alee Rounds and staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322191	A	PUNCHIT	T	6:00-7:30PM	6/3-6/24	CB	\$45

FELT TOO FABULOUS

Ages: 16 and Up. Enrollment Min 5 / Max 10. Join us for a gateway into the world of felt art, where wool and creativity come together to create beautiful, one-of-a-kind masterpieces! Whether you're new to felting or already a fan. In each session, you'll learn how to transform simple felt into something extraordinary—whether it's colorful accessories, whimsical animals, or stunning home décor. Our hands-on approach lets you explore the versatility of felt, combining texture, color, and design to create pieces that are as unique as you are. Come unleash your inner artist and turn felt into something fabulous! **Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322191	B	FAB	T	6:00-7:30PM	7/1-7/22	CB	\$34

BRUSHLESS CREATIONS

Ages 16 and Up. Enrollment Min 5 / Max 10. Join us for a class all about breaking free from the traditional brush and discovering the endless possibilities of creating art with unconventional tools! In this hands-on class, you'll explore a variety of techniques to create stunning artworks using your hands, sponges, rollers, or even everyday objects. Instructors: Through guided exercises, you'll experiment with different textures, colors, and mediums to bring your unique vision to life. Whether you're making abstract pieces, textured landscapes, or mixed-media works, you'll learn how to express yourself in new and exciting ways without the need for a paintbrush. **Instructor: LPRD staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322191	BRUSH	C	T	6:00-7:30PM	7/29-8/19	CB	\$34



ADULT SPORTS

ADULT SPORTS

BASKETBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/6, Start Date: 6/22. Register on or before 5/30 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	6/22-8/17	CB/SPL	\$385
350100	D	MENS	T	6-10PM	6/24-8/19	CB/SPL	\$385
350100	E	WOMENS	T	6-10PM	6/24-8/19	CB/SPL	\$385
350100	C	SNR3V3	R	6-10PM	6/26-8/21	CB/SPL	\$175
350100	G	MENSREC	R	6-10PM	6/26-8/21	CB/SPL	\$385
350100	I	COED	F	6-10PM	6/27-8/22	CB/SPL	\$385

KICKBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/6, Start Date: 6/27. Register on or before 5/30 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	6/27-8/22	YSC	\$260

PICKLEBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/6, Start Date: 6/23.** 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	6/23-8/18	SPL	\$40
350850	B	WMNBEG	M	6-9PM	6/23-8/18	SPL	\$40
350850	C	MENDB	T	6-9PM	6/24-8/19	SPL	\$40
350850	D	WMNDB	T	6-9PM	6/24-8/19	SPL	\$40
350850	E	MXDBSNRW		6-9PM	6/25-8/20	SPL	\$40
350850	F	MXDBOP	W	6-9PM	6/25-8/20	SPL	\$40
350850	G	MXDBEG	W	6-9PM	6/25-8/20	SPL	\$40

SOFTBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/6, Start Date: 6/22. Register on or before 5/30 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	6/22-8/17	CLSC	\$250
350201	B	COEDREC	SU	2-9PM	6/22-8/17	CLSC	\$230
350201	I	COEDDH	SU	2-9PM	6/22-8/17	CLSC	\$430
350201	D	COEDREC	M	6:15-10:15PM	6/23-8/18	CLSC	\$230
350201	E	COEDWK	T	6:15-10:15PM	6/24-8/19	CLSC	\$250
350201	F	COEDREC	T	6:15-10:15PM	6/24-8/19	CLSC	\$230
350202	A	MENS DH	M	6:15-10:15PM	6/23-8/18	CLSC	\$430
350202	C	MENS DH	T	6:15-10:15PM	6/24-8/19	CLSC	\$430
350202	E	MENS DH	W	6:15-10:15PM	6/25-8/20	CLSC	\$430
350202	F	MENSWK	W	6:15-10:15PM	6/25-8/20	CLSC	\$250
350202	H	MENSWK	R	6:15-10:15PM	6/26-8/21	CLSC	\$250
350202	G	MENSREC	R	6:15-10:15PM	6/26-8/21	CLSC	\$230
350202	K	MENS40+ R		6:15-10:15PM	6/26-8/21	CLSC	\$230
350202	I	MENS DH	F	6:15-10:15PM	6/27-8/22	CLSC	\$430
350202	J	MENSADHF		6:15-10:15PM	6/27-8/22	CLSC	\$430
350204	B	WOMENREC		6:15-10:15PM	6/23-8/18	CLSC	\$230

ULTIMATE FRISBEE: SUMMER SESSION

Fees are assessed at a per team rate. **Registration Deadline: 5/19, Start Date: 5/19.** 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	5/19-8/11	YSC	\$40



ADULT SPORTS

YOUTH SPORTS

VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/6, Start Date: 6/22. Register on or before 5/30 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	COEDSNPW	SU	5-9PM	6/22-8/17	HOLSC/DPP	\$265
350300	G	COEDREC	SU	5-9PM	6/22-8/17	SPL/ELC	\$265
350300	B	WOMNREC	M	6-9:30PM	6/23-8/18	SPL/ELC	\$265
350300	H	COEDSREC	T	6-9PM	6/24-8/19	HOLS/DPP	\$265
350300	C	COEDPWR	W	6-9:30PM	6/25-8/20	SPL/ELC	\$265
350300	D	COEDPRDH	W	6-9:30PM	6/25-8/20	SPL/ELC	\$365
350300	E	COEDSNPW	R	6-9PM	6/26-8/21	HOLSC/DPP	\$265
350300	I	WOMNPWR	R	6-9:30PM	6/26-8/21	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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324450	A	INTROTB	T	5:45-6:35PM	6/3-6/24	SPL	\$50
324450	B	INTROTB	F	5:45-6:35PM	6/3-6/24	SPL	\$50

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.**

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

SUMMER YOUTH SPORTS CAMPS

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	6/16-6/19	SPL	\$90
324550	B	VBCAMP	MTWR	9:30-11AM	6/16-6/19	SPL	\$90
324550	C	VBCAMP	MTWR	12-2PM	6/16-6/19	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 7 – October 12. **Registration deadline is Thursday, August 1. For more information, contact Bobby Wilson at (785) 330-7360 or rwilson@lawrenceks.org.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424500	A	VB(4-5)	TBA	TBA	8/25-10/12	SPL	\$55
424501	A	MSVB(6-8)	TBA	TBA	8/25-10/12	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	6/7-6/28	JTC	\$45
319100	D	RED	S	9-9:50AM	7/12-7/26	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	6/7-6/28	JTC	\$45
319100	E	ORANGE	S	10-10:50AM	7/12-7/26	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	6/7-6/28	JTC	\$45
319100	F	JUNDEV	S	11-11:50AM	7/12-7/26	JTC	\$60

SUMMERFEST
JULY 3

Enjoy live music, food trucks, an artisan fair, drone show, and more at Summerfest 2025!

DOUGLAS COUNTY FAIRGROUNDS
2120 HARPER STREET

More Info!

For more info, contact
prsprecialevents@lawrenceks.org



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>	