

**ZUMBA**

*Ages: 15 and Up. Enrollment Min 10 / Max 25.* Join the craze with Zumba, a fitness sensation. Zumba aerobics incorporate salsa, belly dance, West African and other world dance moves in a fun, party-like exercise format. You don't have to know how to dance to do Zumba. The easy-to-follow routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This fun, unique, easy and effective workout is for everyone! **No previous dance experience necessary.** **Instructors:** Susan King (SK), Christie Ogunnowo (CO), April Hart (AH), Pat Middaugh (PM).

| CODE   | SEC | CLASS    | DAY | TIME          | DATE      | LOC    | FEE  |
|--------|-----|----------|-----|---------------|-----------|--------|------|
| 115000 | A   | ZMBA(PM) | MWF | 12:10-12:50PM | 1/6-3/7   | CB-GYM | \$62 |
| 115000 | B   | ZMBA(SK) | M   | 5:30-6:25PM   | 1/6-3/3   | CB-CR1 | \$30 |
| 115000 | C   | ZMBA(AH) | TR  | 6:30-7:25PM   | 1/7-3/6   | CB-CR1 | \$46 |
| 115000 | D   | ZMBA(SK) | W   | 5:30-6:25PM   | 1/8-3/5   | CB-CR1 | \$30 |
| 115000 | E   | ZMBA(SK) | SA  | 9-9:50AM      | 1/11-3/8  | CB-CR1 | \$30 |
| 115000 | F   | ZMBA(CO) | SA  | 11-11:50AM    | 1/11-3/8  | CB-CR2 | \$30 |
| 215000 | A   | ZMBA(PM) | MWF | 12:10-12:50PM | 3/24-5/16 | CB-GYM | \$55 |
| 215000 | B   | ZMBA(SK) | M   | 5:30-6:25PM   | 3/24-5/12 | CB-CR1 | \$26 |
| 215000 | C   | ZMBA(AH) | TR  | 6:30-7:25PM   | 3/25-5/15 | CB-CR1 | \$41 |
| 215000 | D   | ZMBA(SK) | W   | 5:30-6:25PM   | 3/26-5/14 | CB-CR1 | \$26 |
| 215000 | E   | ZMBA(SK) | SA  | 9-9:50AM      | 3/29-5/17 | CB-CR1 | \$26 |
| 215000 | F   | ZMBA(CO) | SA  | 11-11:50AM    | 3/29-5/17 | CB-CR2 | \$26 |

**GYMNASTICS**

Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic skill development, as well as increase self-esteem, independence and character, while having fun and unique experiences in a healthy atmosphere. Classes offered include tumbling for boys and girls, and a wide-ranging gymnastics program at several age levels. All classes are held at the East Lawrence Recreation Center, 1245 E. 15th St. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines. *Program Director: Jo Ellis, (785) 832-7920; Gymnastic Director: Lori Tochtrop, (785) 331-6622.*

**PARENT/TOT TUMBLING**

*Ages: 2-3. Enrollment Min 4 / Max 10.* This parent-participation class lets your child learn basic flexibility, strength and body movement. This program involves tumbling, motor skills, climbing, jumping, and balance. *One parent per child required.*

| CODE   | SEC | CLASS    | DAY | TIME         | DATE      | LOC      | FEE  |
|--------|-----|----------|-----|--------------|-----------|----------|------|
| 116103 | A   | PRNT/TOT | W   | 9:30-10:15AM | 1/15-3/5  | ELRC-MPR | \$46 |
| 116103 | B   | PRNT/TOT | F   | 6:30-7:15PM  | 1/17-3/7  | ELRC-MPR | \$46 |
| 116103 | C   | PRNT/TOT | S   | 11AM-11:45AM | 1/18-3/8  | ELCR-MPR | \$46 |
| 216103 | A   | PRNT/TOT | W   | 9:30-10:15AM | 3/26-5/7  | ELRC-MPR | \$40 |
| 216103 | B   | PRNT/TOT | F   | 6:30-7:15PM  | 3/28-5/9  | ELRC-MPR | \$40 |
| 216103 | C   | PRNT/TOT | S   | 11-11:45AM   | 3/29-5/10 | ELCR-MPR | \$40 |

**TUMBLING**

*Ages: 3-5. Enrollment Min 4 / Max 12 (MWF daytime classes: Max 6).* Participants will learn a variety of skills from tumbling, body flexibility, movement and warm-up routines in an energetic atmosphere.

| CODE   | SEC | CLASS    | DAY | TIME          | DATE      | LOC      | FEE  |
|--------|-----|----------|-----|---------------|-----------|----------|------|
| 116104 | A   | TUM(3YR) | M   | 9:30-10:15AM  | 1/13-3/3  | ELCR-MPR | \$46 |
| 116104 | B   | TUM(3YR) | T   | 5:30-6:15PM   | 1/14-3/4  | ELRC-MPR | \$46 |
| 116104 | C   | TUM(3YR) | W   | 10:30-11:15AM | 1/15-3/5  | ELRC-MPR | \$46 |
| 116104 | D   | TUM(3YR) | W   | 6:30-7:15PM   | 1/15-3/5  | ELRC-MPR | \$46 |
| 116104 | E   | TUM(3YR) | R   | 4:30-5:15PM   | 1/16-3/6  | ELRC-MPR | \$46 |
| 116104 | F   | TUM(3YR) | F   | 10:30-11:15AM | 1/17-3/7  | ELRC-MPR | \$46 |
| 116104 | G   | TUM(3YR) | S   | 10-10:45AM    | 1/18-3/8  | ELRC-MPR | \$46 |
| 216104 | A   | TUM(3YR) | M   | 9:30-10:15AM  | 3/24-5/5  | ELCR-MPR | \$40 |
| 216104 | B   | TUM(3YR) | T   | 5:30-6:15PM   | 3/25-5/6  | ELRC-MPR | \$40 |
| 216104 | C   | TUM(3YR) | W   | 10:30-11:15AM | 3/26-5/7  | ELRC-MPR | \$40 |
| 216104 | D   | TUM(3YR) | W   | 6:30-7:15PM   | 3/26-5/7  | ELRC-MPR | \$40 |
| 216104 | E   | TUM(3YR) | R   | 4:30-5:15PM   | 3/27-5/8  | ELRC-MPR | \$40 |
| 216104 | F   | TUM(3YR) | F   | 10:30-11:15AM | 3/28-5/9  | ELRC-MPR | \$40 |
| 216104 | G   | TUM(3YR) | S   | 10-10:45AM    | 3/29-5/10 | ELRC-MPR | \$40 |
| 116105 | A   | TUM(4-5) | M   | 10:30-11:25AM | 1/13-3/3  | ELRC-MPR | \$46 |
| 116105 | B   | TUM(4-5) | M   | 5:30-6:25PM   | 1/13-3/3  | ELRC-MPR | \$46 |
| 116105 | C   | TUM(4-5) | T   | 4:30-5:25PM   | 1/14-3/4  | ELRC-MPR | \$46 |
| 116105 | D   | TUM(4-5) | W   | 5:30-6:25PM   | 1/15-3/5  | ELRC-MPR | \$46 |
| 116105 | E   | TUM(4-5) | R   | 6:30-7:25PM   | 1/16-3/6  | ELRC-MPR | \$46 |
| 116105 | F   | TUM(4-5) | F   | 9:30-10:25AM  | 1/17-3/7  | ELRC-MPR | \$46 |
| 116105 | G   | TUM(4-5) | F   | 4:30-5:25PM   | 1/17-3/7  | ELRC-MPR | \$46 |
| 116105 | H   | TUM(4-5) | S   | 9-9:55AM      | 1/18-3/8  | ELRC-MPR | \$46 |
| 216105 | A   | TUM(4-5) | M   | 10:30-11:25AM | 3/24-5/5  | ELRC-MPR | \$40 |
| 216105 | B   | TUM(4-5) | M   | 5:30-6:25PM   | 3/24-5/5  | ELRC-MPR | \$40 |
| 216105 | C   | TUM(4-5) | T   | 4:30-5:25PM   | 3/25-5/6  | ELRC-MPR | \$40 |
| 216105 | D   | TUM(4-5) | W   | 5:30-6:25PM   | 3/26-5/7  | ELRC-MPR | \$40 |
| 216105 | E   | TUM(4-5) | R   | 6:30-7:25PM   | 3/27-5/8  | ELRC-MPR | \$40 |
| 216105 | F   | TUM(4-5) | F   | 9:30-10:25AM  | 3/28-5/9  | ELRC-MPR | \$40 |
| 216105 | G   | TUM(4-5) | F   | 4:30-5:25PM   | 3/28-5/9  | ELRC-MPR | \$40 |
| 216105 | H   | TUM(4-5) | S   | 9-9:55AM      | 3/29-5/10 | ELRC-MPR | \$40 |

**HOT SHOTS**

This class provides a more advanced curriculum than in our preschool program. **Permission from the program director is required prior to enrollment.** Call (785) 832-7920 for dates and times or for more information.

**BEGINNING BOYS**

*Ages: 6 and Up. Enrollment Min 4 / Max 6.* Class will focus on proper skill progression and fundamental strength development. Boys will work on developing proper swing on the apparatus, as well as develop good basic tumbling skills.

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC      | FEE  |
|----------|-----------|-----|-------------|-----------|----------|------|
| 116206 A | BEGBOYS   | T   | 6:30-7:25PM | 1/14-3/4  | ELRC-MPR | \$46 |
| 116206 B | BEGBOYS   | W   | 5:30-6:25PM | 1/15-3/5  | ELRC-MPR | \$46 |
| 116206 C | BEGBOYS   | S   | 10-10:55AM  | 1/18-3/8  | ELRC-MPR | \$46 |
| 216206 A | BEGBOYS   | T   | 6:30-7:25PM | 3/25-5/6  | ELRC-MPR | \$40 |
| 216206 B | BEGBOYS   | W   | 5:30-6:25PM | 3/26-5/7  | ELRC-MPR | \$40 |
| 216206 C | BEGBOYS   | S   | 10-10:55AM  | 3/29-5/10 | ELRC-MPR | \$40 |

**ADVANCED BOYS**

*Ages: 6 and Up. Enrollment Min 4 / Max 6.* Boys will build on the skills they have already mastered along with the introduction of more advanced skills. Class will focus on refining skills, body line and techniques.

**NOTE: Students in this program must have passed Beginning Boys Gymnastics or have the permission of the director prior to enrollment.**

| CODE     | SEC CLASS | DAY | TIME        | DATE     | LOC      | FEE  |
|----------|-----------|-----|-------------|----------|----------|------|
| 116207 A | ADVBOYS   | R   | 5:30-6:25PM | 1/16-3/6 | ELRC-MPR | \$46 |
| 216207 A | ADVBOYS   | R   | 5:30-6:25PM | 3/27-5/8 | ELRC-MPR | \$40 |

**GIRLS GYMNASTICS — LEVEL 1A**

*Ages: 6 and Up. Enrollment Min 4 / Max 12.* Your child will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength with gymnastic apparatuses. Participants will be expected to perform all the necessary skills before advancing to the next level.

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC      | FEE  |
|----------|-----------|-----|-------------|-----------|----------|------|
| 116200 A | 1AGIRLS   | M   | 6:30-7:25PM | 1/13-3/3  | ELRC-MPR | \$46 |
| 116200 B | 1AGIRLS   | T   | 5:30-6:25PM | 1/14-3/4  | ELRC-MPR | \$46 |
| 116200 C | 1AGIRLS   | W   | 4:30-5:25PM | 1/15-3/5  | ELRC-MPR | \$46 |
| 116200 D | 1AGIRLS   | R   | 5:30-6:25PM | 1/16-3/6  | ELRC-MPR | \$46 |
| 116200 E | 1AGIRLS   | F   | 5:30-6:25PM | 1/17-3/7  | ELRC-MPR | \$46 |
| 116200 F | 1AGIRLS   | S   | 9-9:55AM    | 1/18-3/8  | ELRC-MPR | \$46 |
| 216200 A | 1AGIRLS   | M   | 6:30-7:25PM | 3/24-5/5  | ELRC-MPR | \$40 |
| 216200 B | 1AGIRLS   | T   | 5:30-6:25PM | 3/25-5/6  | ELRC-MPR | \$40 |
| 216200 C | 1AGIRLS   | W   | 4:30-5:25PM | 3/26-5/7  | ELRC-MPR | \$40 |
| 216200 D | 1AGIRLS   | R   | 5:30-6:25PM | 3/27-5/8  | ELRC-MPR | \$40 |
| 216200 E | 1AGIRLS   | F   | 5:30-6:25PM | 3/28-5/9  | ELRC-MPR | \$40 |
| 216200 F | 1AGIRLS   | S   | 9-9:55AM    | 3/29-5/10 | ELRC-MPR | \$40 |

**GIRLS GYMNASTICS — LEVEL 1B**

*Ages: 6 and Up. Enrollment Min 4 / Max 12.* For students who have mastered all gymnastics skills and progressions in the 1A level. Emphasis is placed on strength, flexibility and learning basic skills and body positions while increasing her time in the gym. Students in this program must have passed Level 1A or have the permission from the director prior to enrollment.

| CODE     | SEC CLASS | DAY | TIME        | DATE     | LOC      | FEE  |
|----------|-----------|-----|-------------|----------|----------|------|
| 116201 A | 1BGIRLS   | M   | 5-6:25PM    | 1/13-3/3 | ELRC-MPR | \$58 |
| 116201 B | 1BGIRLS   | T   | 4:30-5:55PM | 1/14-3/4 | ELRC-MPR | \$58 |
| 116201 C | 1BGIRLS   | R   | 4-5:25PM    | 1/16-3/6 | ELRC-MPR | \$58 |
| 216201 A | 1BGIRLS   | M   | 5-6:25PM    | 3/24-5/5 | ELRC-MPR | \$51 |
| 216201 B | 1BGIRLS   | T   | 4:30-5:55PM | 3/25-5/6 | ELRC-MPR | \$51 |
| 216201 C | 1BGIRLS   | R   | 4-5:25PM    | 3/27-5/8 | ELRC-MPR | \$51 |

**GIRLS GYMNASTICS — LEVEL 2**

*Ages: 6 and Up. Enrollment Min 4 / Max 14.* Girls will develop routines and become familiar with event requirements. Participants will build on the skills acquired during the beginning classes to develop routines that are in accordance with the USG Gymnastics manual. **Students in this program must have passed Level 1B Gymnastics or have the permission from the director prior to enrollment.**

| CODE     | SEC CLASS | DAY | TIME        | DATE     | LOC      | FEE   |
|----------|-----------|-----|-------------|----------|----------|-------|
| 116402 A | LEV2GIRLS | MW  | 4:30-6:25PM | 1/13-3/5 | ELRC-MPR | \$107 |
| 116402 B | LEV2GIRLS | TR  | 6-7:55PM    | 1/14-3/6 | ELRC-MPR | \$107 |
| 216402 A | LEV2GIRLS | MW  | 4:30-6:25PM | 3/24-5/7 | ELRC-MPR | \$94  |
| 216402 B | LEV2GIRLS | TR  | 6-7:55PM    | 3/25-5/8 | ELRC-MPR | \$94  |

**GIRLS GYMNASTICS — LEVEL 3**

*Ages: 6 and Up. Enrollment Min 4 / Max 14.* Open to students who have completed Level 2. Participants will work on upper-level skills and routines as suggested by the USG Gymnastic manual. **Students in this program must have passed Level 2 Gymnastics or have permission from the director prior to enrollment.**

| CODE     | SEC CLASS | DAY | TIME        | DATE     | LOC      | FEE   |
|----------|-----------|-----|-------------|----------|----------|-------|
| 116403 A | LEV3GIRLS | MW  | 6:30-8:25PM | 1/13-3/5 | ELRC-MPR | \$107 |
| 216403 A | LEV3GIRLS | MW  | 6:30-8:25PM | 3/24-5/7 | ELRC-MPR | \$94  |

**GIRLS GYMNASTICS — LEVEL 4**

*Ages: 6 and Up. Enrollment Min 4 / Max 14.* Open to students who have completed Level 3, your child will work on upper-level skills and routines as suggested by the USG Gymnastics manual. **Students in this program must have passed Level 3 Gymnastics or have permission from the director prior to enrollment.**

| CODE     | SEC CLASS | DAY | TIME        | DATE     | LOC      | FEE   |
|----------|-----------|-----|-------------|----------|----------|-------|
| 116404 A | LEV4GIRLS | MW  | 6:30-8:25PM | 1/13-3/5 | ELRC-MPR | \$107 |
| 216404 A | LEV4GIRLS | MW  | 6:30-8:25PM | 3/24-5/7 | ELRC-MPR | \$94  |

**GYMNASTICS BIRTHDAY BASH**

Join LPRD's qualified gymnastic staff for a fun-filled, one-hour birthday party including 60 minutes of supervised instruction in our gymnastics facility and a private party room for 30 minutes. Depending on the age, activities will include a group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games and other activities to create birthday fun! You provide decorations and food. Each birthday child will receive a special surprise. **Please schedule two weeks in advance. For more information, please call (785) 832-7920.**





### OPEN GYM GYMNASTICS

Open Gym is unstructured but is supervised play at East Lawrence Recreation Center, 1245 E. 15th St., for youth ages 6 years old to 12 years old (**Gymnastics Open Gym**). No registration is required but a parent/guardian needs to sign them in at the door. The fee is \$5 per child. Exact cash and checks accepted at the door. **Gymnastics Open Gym held 7:30-9 p.m. Fridays: Jan. 17, Jan. 31, Feb. 14, Feb. 28, March 14, March 28, April 11, April 25 and May 9.** For more information, contact the Community Building at (785) 832-7920.

### G-FORCE POWER TUMBLING/CHEERLEADING

Lawrence Parks and Recreation has teamed up with G-Force to offer recreational power tumbling and cheerleading classes along with competitive cheerleading and power tumbling teams for youth. This progressive program will keep your child challenged and motivated. **G-Force is not an air-conditioned facility.**

#### TUMBLING & TRAMPOLINE CLASSES

All "T&T" classes will include skill instruction on floor, trampoline and double-mini trampoline. Each class level follows a curriculum that will teach athletes progressively to the next ability level. Classes labeled "Junior" will work the same skills as the non-junior classes; they are specifically for younger athletes.

### T&T, ADVANCED

■ Ages: 8 and Up. Enrollment Min 4 / Max 12. Advanced students will learn how to connect back handsprings, and learn back and front flips on floor. On trampoline they will learn how to combine jumps, drops and flips into a routine. They will also begin to learn different kinds of flips such as lay-outs and twisting flips on trampoline.

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116425 A | ADVANC    | W   | 4:30-5:55PM | 1/8-3/5   | GFORCE | \$94 |
| 116425 B | ADVANC    | R   | 6:30-7:55PM | 1/9-3/6   | GFORCE | \$94 |
| 216425 A | ADVANC    | W   | 4:30-5:55PM | 3/26-5/14 | GFORCE | \$84 |
| 216425 B | ADVANC    | R   | 6:30-7:55PM | 3/27-5/15 | GFORCE | \$84 |

### T&T, BEGINNING

■ Ages: 4-6, 5-8. Enrollment Min 4 / Max 12. This class will learn the importance of a great Handstand, Cartwheel, Bridge & Round-off. They will also learn how to connect skills into a series. On Trampolines they will learn basic through more advanced skills, such as belly & back drops as well as learning how to put skills together to make a routine. We also begin to focus on progression and how one strong skill prepares them to learn the next.

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116412 A | T&T(5-8)  | M   | 4:30-5:25PM | 1/6-3/3   | GFORCE | \$81 |
| 116412 B | T&T(4-6)  | T   | 5:30-6:25PM | 1/7-3/4   | GFORCE | \$81 |
| 116412 C | T&T(5-8)  | W   | 6:30-7:25PM | 1/9-3/6   | GFORCE | \$81 |
| 216412 A | T&T(5-8)  | M   | 4:30-5:25PM | 3/24-5/12 | GFORCE | \$72 |
| 216412 B | T&T(4-6)  | T   | 5:30-6:25PM | 3/25-5/13 | GFORCE | \$72 |
| 216412 C | T&T(5-8)  | W   | 6:30-7:25PM | 3/27-5/15 | GFORCE | \$72 |

### T&T, BEGINNER 2

■ Ages: 6-9. Enrollment Min 4 / Max 12. Athletes will continue developing the cartwheel, teach handstands and training on the Trampoline and Double Mini. **Students in this program must have passed Beginner 1 or have permission from the director prior to enrollment.**

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116430 A | BEG2      | M   | 5:30-6:25PM | 1/6-3/3   | GFORCE | \$81 |
| 216430 A | BEG2      | M   | 5:30-6:25PM | 3/24-5/12 | GFORCE | \$72 |

### T&T, INTERMEDIATE

■ Ages: 6-9, 8-12. Enrollment Min 4 / Max 12. Athletes will finish up technique on round-offs, master bridge kick-overs, and learn front and back handsprings. They will also begin to learn flipping skills on trampoline such as front and back flips. Correct technique, gym etiquette and safety drills are also focused on.

| CODE     | SEC CLASS  | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|------------|-----|-------------|-----------|--------|------|
| 116413 A | INTR(8-12) | M   | 4:30-5:25PM | 1/6-3/3   | GFORCE | \$81 |
| 116413 B | INTR(6-9)  | T   | 6:30-7:25PM | 1/7-3/4   | GFORCE | \$81 |
| 216413 A | INTR(8-12) | M   | 4:30-5:25PM | 3/24-5/12 | GFORCE | \$72 |
| 216413 B | INTR(6-9)  | T   | 6:30-7:25PM | 3/25-5/13 | GFORCE | \$72 |

### T&T, INTERMEDIATE 2

■ Ages: 6-12. Enrollment Min 4 / Max 12. Athletes will continue mastering handstand and bridge variations as well as the back hand-spring. **Students in this program must have passed Intermediate 1 or have permission from the director prior to enrollment.**

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116431 A | INT2      | R   | 5:30-6:25PM | 1/9-3/6   | GFORCE | \$81 |
| 216431 A | INT2      | R   | 5:30-6:25PM | 3/27-5/15 | GFORCE | \$72 |

### T&T, PRE-SCHOOL

■ Ages: 3-4. Enrollment Min 4 / Max 12. This is an introduction to skills as well as social interaction and class structure. We focus on following directions and socialization while we teach body control, coordination and fundamental tumbling skills such as rolls, cartwheels, and basic jumping technique on the trampolines including straddle & turning skills and beginning seat & doggy drops.

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116411 A | PRESCHOL  | M   | 5:30-6:15PM | 1/6-3/3   | GFORCE | \$81 |
| 116411 B | PRESCHOL  | R   | 4:30-5:15PM | 1/9-3/6   | GFORCE | \$81 |
| 216411 A | PRESCHOL  | M   | 5:30-6:15PM | 3/24-5/12 | GFORCE | \$72 |
| 216411 B | PRESCHOL  | R   | 4:30-5:15PM | 3/27-5/15 | GFORCE | \$72 |

### TRAMPOLINE

■ Ages: 7-12. Enrollment Min 4 / Max 12. This class teaches trampoline and double-mini trampoline skills only. It is great for those who just want to learn skills and safety as well as those who enjoy trampoline in their class, and want to learn more. It is for the beginner and intermediate athlete.

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116414 A | TRAMPO    | W   | 7:30-8:25PM | 1/8-3/5   | GFORCE | \$81 |
| 216414 A | TRAMPO    | W   | 7:30-8:25PM | 3/26-5/14 | GFORCE | \$72 |





### TUMBLING CLASSES

These classes focus only on floor skills. Students may use the trampolines to aid in learning skills, however, they will not learn trampoline-specific skills. Those enrolling in these classes should meet the requirements and have a general knowledge of beginner and intermediate level floor skills.

#### TUMBLING 1

■ **Ages:** 8-12, 12-18. **Enrollment Min 4 / Max 12.** Students will begin learning front and back handsprings both from a standing position and after a round-off. **Requirement: Strong running round-off and an assisted back handspring.**

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116415 A | T(12-18)  | M   | 6:30-7:55PM | 1/6-3/3   | GFORCE | \$94 |
| 116415 B | T(12-18)  | T   | 4:30-5:55PM | 1/7-3/4   | GFORCE | \$94 |
| 116415 C | T(8-12)   | T   | 6-6:55PM    | 1/7-3/4   | GFORCE | \$81 |
| 216415 A | T(12-18)  | T   | 6:30-7:55PM | 3/24-5/12 | GFORCE | \$84 |
| 216415 B | T(12-18)  | T   | 4:30-5:55PM | 3/25-5/13 | GFORCE | \$84 |
| 216415 C | T(8-12)   | T   | 6-6:55PM    | 3/25-5/13 | GFORCE | \$72 |

#### TUMBLING 2

■ **Ages:** 8-12, 12-18. **Enrollment Min 4 / Max 12.** In this class students will learn running series tumbling and running round-off back handspring back-tucks. They will finish learning standing back handsprings and begin learning standing back tucks. **Requirement: unassisted round-off back handspring.**

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116416 A | T2(12-18) | T   | 7:30-8:55PM | 1/7-3/4   | GFORCE | \$94 |
| 116416 B | T2(8-12)  | W   | 4:30-5:25PM | 1/8-3/5   | GFORCE | \$94 |
| 216416 A | T2(12-18) | T   | 7:30-8:55PM | 3/25-5/13 | GFORCE | \$84 |
| 216416 B | T2(8-12)  | W   | 4:30-5:25PM | 3/26-5/14 | GFORCE | \$84 |

#### TUMBLING 3

■ **Ages:** 8 and Up. **Enrollment Min 4 / Max 12.** Athletes in this class learn back tuck skills, how to series back handsprings into flipping skills, and they will work on combining these elements to create unique and exciting passes. **Requirements: unassisted standing back handspring and running round-off back handspring series.**

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116417 A | T3        | T   | 4:30-5:55PM | 1/7-3/4   | GFORCE | \$94 |
| 116417 B | T3        | R   | 7:30-8:55PM | 1/9-3/6   | GFORCE | \$94 |
| 216417 A | T3        | T   | 4:30-5:55PM | 3/25-5/13 | GFORCE | \$84 |
| 216417 B | T3        | R   | 7:30-8:55PM | 3/27-5/15 | GFORCE | \$84 |

#### TUMBLING 4

■ **Ages:** 8 and Up. **Enrollment Min 4 / Max 12.** This class is for the elite athlete who has mastered the back tuck. Instructors in this class will teach flipping variations, connecting flips and twisting skills. **Requirements: unassisted standing back tuck and running round-off back handspring back-tuck.**

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116418 A | T4        | M   | 6:30-7:55PM | 1/6-3/3   | GFORCE | \$94 |
| 116418 B | T4        | T   | 7-8:25PM    | 1/7-3/4   | GFORCE | \$94 |
| 216418 A | T4        | M   | 6:30-7:55PM | 3/24-5/12 | GFORCE | \$84 |
| 216418 B | T4        | T   | 7-8:25PM    | 3/25-5/13 | GFORCE | \$84 |

### TUMBLING, BOYS

■ **Ages:** 7-12. **Enrollment Min 4 / Max 12.** This class is for boys only. Taught by a male instructor, they will learn progressive tumbling skills based on the ability of the students in the class. They will also learn coordination and agility drills that are useful in many other sports! All taught in a "boy specific" style. It is for the beginner and intermediate athlete.

| CODE     | SEC CLASS | DAY | TIME        | DATE      | LOC    | FEE  |
|----------|-----------|-----|-------------|-----------|--------|------|
| 116419 A | BOYTUMB   | W   | 6:30-7:25PM | 1/8-3/5   | GFORCE | \$81 |
| 216419 A | BOYTUMB   | W   | 6:30-7:25PM | 3/26-5/14 | GFORCE | \$72 |

### SKILL CLASSES

For more information about the following specialty classes, please contact G-Force at (785) 843-5387. Back Handspring 1 and 2, Back Tuck 1 and 2, Front Tumbling and Twisting and Tricks.

### TRYOUTS FOR COMPETITIVE SQUADS

Open to all ages. Tryouts will be held from 9-11 a.m. for ages 11 and under, and from 1-3 p.m. for ages 12 and over on Saturday, April 12. A parent meeting will take place during both tryout times. All qualified participants will receive a summer schedule for practices at the parent meeting. **Additional paperwork and fees are required for team participants by Lawrence Parks and Recreation.**

### FAMILY

#### ACTIVE PARENTING NOW

■ **Ages:** 16 and Up. **Enrollment Min 10 / Max 30.** Join Christina Jordan, Family Mediator, Counselor and Trainer with over 12 years of experience, in this workshop that provides parents with skills that help them develop cooperation, responsibility and self esteem in their children. This evidence-based curriculum helps parents learn positive, non-violent discipline techniques so they can avoid power struggles. **Fee includes an Active Parenting book. Instructor: Christina Jordan, Kansas Licenses Master Social Worker and Kansas Supreme Court Approved Mediator.**

| CODE     | SEC CLASS | DAY | TIME      | DATE      | LOC     | FEE  |
|----------|-----------|-----|-----------|-----------|---------|------|
| 121000 A | 2-4YRS    | S   | 10AM-12PM | 1/11-1/25 | ELRC-MR | \$65 |
| 121000 B | 5-12YRS   | S   | 10AM-12PM | 2/15-3/1  | ELRC-MR | \$65 |
| 221000 A | TEENS     | S   | 10AM-12PM | 3/29-4/12 | ELRC-MR | \$65 |

#### CHILDREN IN THE MIDDLE

■ **Ages:** 16 and Up. **Enrollment Min 10 / Max 30.** This two part discussion group format is for separated, divorcing or never married parents to connect parents to their child's needs and models positive problem solving methods. **Fee includes a Children in the Middle book. Instructor: Christina Jordan, Kansas Licenses Master Social Worker and Kansas Supreme Court Approved Mediator.**

| CODE     | SEC CLASS | DAY | TIME      | DATE    | LOC     | FEE  |
|----------|-----------|-----|-----------|---------|---------|------|
| 121001 A | CHILDMID  | S   | 10AM-12PM | 2/1-2/8 | ELRC-MR | \$45 |

#### AFTER THE STORM

■ **Ages:** 16 and Up. **Enrollment Min 10 / Max 30.** As parents learn to work together, various methods of resolving conflict can be helpful. This program is designed for high conflict parents to learn the benefits about learning anger management strategies and developing sensitivities to the effect of ongoing conflict with children. **Fee includes a After the Storm book. Instructor: Christina Jordan, Kansas Licenses Master Social Worker and Kansas Supreme Court Approved Mediator.**

| CODE     | SEC CLASS | DAY | TIME      | DATE     | LOC     | FEE  |
|----------|-----------|-----|-----------|----------|---------|------|
| 221002 A | AFTRSTOR  | S   | 10AM-12PM | 3/8-3/15 | ELRC-MR | \$45 |

#### ACTIVE PARENTING FOR STEPFAMILIES

■ **Ages:** 16 and Up. **Enrollment Min 10 / Max 30.** This new video-based discussion program is designed to help couples work together to raise children in the challenging stepfamily environment. With this program, parents will learn how to use powerful communication and negotiation skills to strengthen marriage and family. Designed both for parents and stepparents. Active Parenting for Stepfamilies is also useful for foster parents, adoptive parents, single parents and others affected by loss and change. **Fee includes an Active Parenting book. Instructor: Christina Jordan, Kansas Licenses Master Social Worker.**

| CODE     | SEC CLASS | DAY | TIME      | DATE      | LOC     | FEE  |
|----------|-----------|-----|-----------|-----------|---------|------|
| 221003 A | ACTSTEP   | S   | 10AM-12PM | 4/19-4/26 | ELRC-MR | \$65 |