

#### SAFE SITTER KIND

Ages: 11-16. Enrollment Min 8 / Max 16. 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. CPR for both children and infants will be taught along with skills such as feeding, changing, and dealing with problem behavior. Also the class looks at the business side of babysitting, covering how to market oneself as a sitter and how to choose and negotiate job offers. Safe Sitter gives youth the confidences and skills needed for being a skillful babysitter. Participants will receive a certificate and a babysitter handbook upon completion of the program. Instructors: Safe Sitter Instructor. **CODE SEC CLASS** DAY TIME DATE LOC 121200 A **SAFESIT** w 5:30-8:45PM 2/12-2/19 LIAC-TWR **\$**65 221200 A **SAFESIT** W 5:30-8:45PM 4/30-5/7 LIAC-TWR \$65

## SCIENCE - PRESCHOOL STYLE

■ Ages: 4-6. Enrollment Min 10 / Max 15. Join the experts from Mad Science of Kansas City as they will spark the imaginations of student's ages 4-6 years through developmentally and age appropriate science experiments for preschoolers through fun and engaging activities. These fun, fast-paced classes are specifically developed to hold the interest of our younger Mad Scientists. Each participant will receive a Mad Science T-Shirt. Winter Section - Butterflies, Energy & Motion, Let's Look Closely, Let's Measure, Shape & Structures. Spring Section - Adventures in Air, Color Lab, Eye to Eye, Mad Mixtures, World of Worms. Instructor: Mad Science of Kansas City.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121006 A	SCIENCE	W	6-6:45PM	1/8-2/5	<b>ELRC-MR</b>	<b>\$55</b>
221006 A	SCIENCE	W	6-6:45PM	3/26-4/23	<b>ELRC-MR</b>	<b>\$55</b>

SPRING BREAK CAMP: SEE YOUTH CAMPS — SPRING BREAK, PAGE 59

#### **TODDLER OPEN GYM**

Fee: \$1 per child. Ages: 6 and under. Does your child need some space to be active? Bring them to the Community Building, 115 W. 11th St., and let them burn off some extra energy. Individuals and groups are welcome to drop by Mondays, Wednesdays and/or Fridays. Register at the front desk and let the kids enjoy the wide-open space of the gymnasium. Ratio 1 parent: 5 children. Every Monday, Wednesday and Friday. 10:30 a.m. to Noon, Community Building, 115 W. 11th St. Through Friday. May 9.

#### **MARTIAL ARTS**

#### KARATE - OKINAWAN KENPO

Ages: 6 and Up. Enrollment Min 8 / Max 30. Okinawan Kenpo is a style of traditional Okinawan Karate, a system of self-defense and personal development. During this process of learning and practicing techniques, strengthen your body and learn techniques effective in close fighting. Enjoy improved posture, increased self-confidence and gain training to avoid or minimize unavoidable violence. Instructors have years of teaching experience and are certified members of the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU). Instructor: Mark Hurt, Mandana Ershadi-Hurt.

CODE SEC CLASS		DAY TIME	DATE	LOC	FEE		
	117110 A	KARATE	MW	6:45-7:40PM	1/6-3/5	CB-CR1&2	<b>\$54</b>
	217110 A	KARATE	MW	6:45-7:40PM	3/24-5/14	CB-CR1&2	\$48

#### **KUNG FU BASICS**

Ages: 8 and Up. Enrollment Min 10 / Max 20. Kung Fu teaches the basic stances, blocks, strikes and kicks of Chinese martial arts for the young and old alike. Special attention is given to flexibility and endurance. Martial artists in China often build a foundation in the external martial art of Gong Fu / Wu Shu as children, then move on to other arts as they grow older. No class 4/20. Instructor: Bryan Peterson

CODE SEC CLASS		DAY	TIME	DATE	LOC	FEE
117132 A	KUNGFU	SU	1-2:30PM	1/5-3/2	CB-CR2	\$54
217132 A	KUNGFU	SU	1-2:30PM	3/23-5/18	CB-CR2	\$48

### **KUNG FU, PEE WEE**

Ages: 5-7. Enrollment Min 8 / Max 12. A Kung Fu class designed with the younger student in mind which will teach the basic stances, strikes, kicks and blocks of Chinese martial arts. Students will develop flexibility, strength and discipline. No class 4/20. Instructor: Bryan Peterson

CODE SEC CLASS			TIME	DATE	LOC	FEE	
	117134 A	PEEWEEKU	SU	12-12:40PM	1/5-3/2	CB-CR2	\$36
	217134 A	PEEWEEKU	SU	12-12:40PM	3/23-5/18	CB-CR2	\$32

### **SELF-DEFENSE**

Ages: 13 and Up. Enrollment Min 6 / Max 20. This workshop introduces the fundamentals of self-defense and is suitable for people of any physical condition. Awareness and risk assessment will be discussed, and simple, effective physical self-defense techniques will be taught. The instructors have years of experience teaching martial arts, as well as specific experience teaching self-defense clinics. Loose-fitting clothing recommended. Instructors: Mandana Ershadi-Hurt, Mark Hurt.

 CODE SEC CLASS
 DAY
 TIME
 DATE
 LOC
 FEE

 117120 A
 SELFDEF
 S
 2-5PM
 2/15
 CB-CR2
 \$16



#### **TAE KWON DO**

Ages: 8 and Up. Enrollment Min 8 / Max 20. 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 participants mature in the art, they gain more than the ability to kick and punch with improved coordination and reflexes, increased self-confidence, self-discipline and physical conditioning. The student gains greater respect for themselves, fellow students and people in society as a whole. Instructor: Jake Thibodeau, Black Belt.

moti dotoi.	June IIIIDe	Jucuu,	Didok Deit.			
CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117131 A	TKD8-12Y	TR	6:45-7:40PM	1/7-3/6	TLC	\$54
117131 B	TKD13&UP	TR	7:50-9:05PM	1/7-3/6	TLC	\$54
217131 A	TKD8-12Y	TR	6:45-7:40PM	3/25-5/15	TLC	\$48
217131 B	TKD13&UP	TR	7:50-9:05PM	3/25-5/15	TLC	\$48

#### TAI CHI. BEGINNING

Ages: 15 and Up. Enrollment Min 10 / Max 15. This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical movement and mental discipline. Slow movements strengthen muscles and joints, in addition to reducing stress, fatigue and the risk of falls due to increased balance. Instructor: Wendy Griswold.

CODE SEC CLASS		DAY	TIME	DATE	LOC	FEE
115500 A	<b>BGTAICHI</b>	T	6:45-8PM	1/7-3/4	DCSS	\$41
215500 A	BGTAICHI	T	6:45-8PM	3/25-5/13	DCSS	\$36

# PARTIES, BIRTHDAY

#### **DANCE BIRTHDAY PARTIES**

Ages: 3-12. \$100 for up to 10 children. If your child loves to dance then we have the perfect birthday setting for them. Children will have a blast putting their dance steps to music, dance games and birthday fun. Our dance instructors will serve as your personal hostess for the entire party. The instructor will lead a fun dance warm up, offer dance games, and teach a fun follow along routine that matches the theme for the first 45 minutes and the last 45 minutes in the party room. Birthdays are held on Friday, Saturday or Sunday in 1 ½ hours. The birthday child will receive a special gift! LPRD provides the entertainment and parents provide the cake, drinks and decorations. Please schedule two weeks in advance. Includes: 45 minutes of birthday dancing and 45 minutes in the party room following the dance party. Pick from the following birthday themes for girls - Princess, Pop Diva, Disco Fever, One Direction, Pajama Jam, for boys - Stomp, Superhero, Animals. Parties held at the Community Building Dance Studio, 115 W. 11th St. Parties are available at the following times and days: Fri. - 7 p.m. to 8:30 p.m.; Sat - 1 p.m. to 2:30 p.m., 3 p.m. to 4:30 p.m., 5 p.m. to 6:30 p.m.; Sun. -1 p.m. to 2:30 p.m., 3 p.m. to 4:30 p.m., 5 p.m. to 6:30 p.m. For more information, contact the Community Building at (785) 832-7920.





## MAD SCIENCE BIRTHDAY PARTIES

Ages: 3-12. \$200 for up to 8 children, additional children \$8 each. Mad Science birthday parties entertain children of all ages with exciting, high-energy, interactive shows lead by Mad Scientists employees. Our no-mess, hassle-free, action-packed birthday parties last one hour along with 30 minutes in the party room. The Mad Scientist will tailor the activities specifically for the children, to assure that they have the most fun possible. Children leave Mad Science birthday parties with fun and educational take-home experiments like slippery slime, fantastic Mad Science putty or super bouncy balls. Includes: 60 minutes of birthday fun with Mad Science and 30 minutes in the party room following the entertainment. The perfect entertainment for children aged 3-12 years-old. Appropriate for any group size. Parties held at the Community Building, 115 W. 11th St. Parties are available at the following times and days: Fri. — 6:30 p.m. to 8 p.m.; Sat. — 1:30 p.m. to 3 p.m., 3:30 p.m. to 5 p.m., 5:30 p.m. to 7 p.m.; Sun — 1:30 p.m. to 3 p.m., 3:30 p.m. to 5 p.m., 5:30 p.m. to 7 p.m. For more information contact the Community Building at (785) 832-7920.

#### **GYMNASTIC BIRTHDAY PARTIES**

Ages: 3-12. \$100 for up to 10 children, \$125 up to 20 children. Join LPRD's qualified gymnastics staff for a fun-filled birthday party. Depending on the age, activities will include group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games, other activities and birthday fun! Each birthday child will receive a special surprise. LPRD provides the entertainment and parents provide the cake, drinks and decorations. Please schedule two weeks in advance. First 60 minutes of birthday fun in the gymnastics room and 30 minutes in the party room following the entertainment. The perfect entertainment for children aged 3-12 years-old. Parties held at the East Lawrence Recreation Center, 1245 E. 15th St. Parties are available at the following times and days: Sat. - 1-2:30 p.m., 3-4:30 p.m., 5-6:30 p.m.; Sun. - 1-2:30pm, 3-4:30 p.m., 5-6:30 p.m. For more information contact the Community Building at (785) 832-7920.

#### SPECIAL INTEREST

SPECIAL INTEREST — BUSINESS/COMPUTERS/PERSONAL FINANCE

## **ESTATE PLANNING, FUNDAMENTALS OF**

Ages: 18 and Up. Enrollment Min 8 / Max 30. Death is a certainty, incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning will help you create those plans. The class covers what happens under intestate succession if you die without a plan; the uses of a Will or Revocable Living Trust; an overview of probate administration; the impact of estate and gift taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation lasts about an hour, followed by an open question-and-answer period. Instructor: Robert Ramsdell.

CODE SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121010 A	ESTAEPL	T	2-3:30PM	2/18	CR-EG	FREE
221010 B	<b>ESTAEPL</b>	T	6-7:30PM	5/13	DCSS	FREE