

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.

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	BGTAICHI	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	ESTAEP	T	2-3:30PM	2/18	CR-EG	FREE
221010 B	ESTAEP	T	6-7:30PM	5/13	DCSS	FREE

FINANCE AND INVESTING, BASIC PERSONAL

Ages: 18 and Up. Enrollment Min 8 / Max 20. In our IRA / 401(k) world, you are responsible for your own financial destiny. Basic Personal Finance & Investing will help you chart that course. The class provides an overview of financial planning considerations, including: financial goal setting; investment options such as stocks, bonds, mutual funds, and ETFs; risk tolerance and capacity; and diversification, asset allocation, and rebalancing of an investment portfolio. While the focus is on saving and investing for retirement, the principles apply to other long-term financial goals, such as saving for a child's college education. 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
121009	A	PERSFIN	R	2-3:30PM	2/20	CR-EG	FREE
221009	B	PERSFIN	R	6-7:30PM	5/15	DCSS	FREE

SPECIAL INTEREST — HOME & HOBBIES**BRIDGE 1**

Ages: 18 and Up. Min 8 / Max 16. This course is designed for the first time player or those interested in a review of the basics. Classes follow Audrey Grant's "Club Series" which lays the groundwork of Standard American bidding and introduces the basics of Play of the Hand and Scoring. Lessons focus on play and discussion of pre-dealt hands which follow a step-by-step progression to facilitate to the process of learning. Lessons are fun, friendly and interactive. **Instructor: Don Brenneman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121112	A	BRIDGE1	R	6:30-8:30PM	1/9-2/13	LIAC-TWR	\$40

BRIDGE 2

Ages: 18 and Up. Min 8 / Max 16. Designed for the first time player or those interested in a review of the basics. Classes follow Audrey Grant's "Diamond Series" which concentrates on the Play of the Hand, Opening Leads and Scoring. Lessons focus on play and discussion of pre-dealt hands which follow a step-by-step progression to facilitate the process of learning. **Instructor: Don Brenneman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121113	A	BRIDGE2	R	6:30-8:30PM	2/27-4/3	LIAC-TWR	\$40

BRIDGE 3

Ages: 18 and Up. Min 8 / Max 16. A course designed for the Advancing Player. Classes follow "Audrey Grant's "Commonly Used Conventions" which introduces and follows a logical trek through Stayman, Jacoby Transfers, Major and Minor Suit Openings, Responses and Rebids, Weak 2-bids and Strong 2-Club Openings. Lessons will focus on play and discussion of pre-dealt hands which follow step-to-step sequences designed to familiarize and solidify the concepts of Conventional Bidding. **Instructor: Don Brenneman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
221114	A	BRIDGE3	R	6:30-8:30PM	4/17-5/22	LIAC-TWR	\$40

FENCING

Ages: 11 and Up. Enrollment Min 6 / Max 10. Learn traditional fencing at its finest with instruction on proper form, technique, discipline and tactics in Olympic-style foil fencing. These skills are essential for the development of the complete fencer. Fencing is excellent for physical conditioning and mental acuity. **This program is co-sponsored with the Lawrence Community Fencing Club.** Class held at the First Baptist Church, 1330 Kasold Dr. **Instructor: Brian McDow.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121120	A	FENCING	T	5:30-6:30PM	1/14-2/18	FBC	\$35
221120	A	FENCING	T	5:30-6:30PM	3/25-4/29	FBC	\$35

WOODWORKING, BEGINNING

Ages: 18 and Up. Enrollment Min 6 / Max 12. This course is for the individual who has had little or no experience with woodworking tools, materials and equipment, as well as those who are more experienced. A portion of the sessions will be used for structured projects but there will be time for individual projects approved by the instructor. **No class 3/19.** **Instructor: Jay Hundley. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121500	A	BEGWDWRK	W	6:30-9:30PM	1/8-4/2	LHS-WS	\$135

SPECIAL INTEREST — MUSIC**GUITAR, BEGINNING**

Ages: 14 and Up. Enrollment Min 4 / Max 6. In this basic introductory class you will learn chords, tablature, rhythm patterns and standard notation through the use of familiar melodies and songs. **Students will need to bring a guitar to class.** **Instructor: Marianne Carter.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114167	A	BGGUITAR	M	7-8PM	1/20-3/10	CARN-CR	\$50
214167	A	BGGUITAR	M	7-8PM	3/24-5/12	CARN-CR	\$50

TENNIS**WINTER/SPRING TENNIS**

Lawrence Parks and Recreation has teamed up with Jayhawk Tennis to offer an indoor recreational tennis program catering to both youth and adults. Co-sponsored with Jayhawk Tennis. Lessons held at Jayhawk Tennis, 5200 Clinton Parkway. **Instructor: Jayhawk Tennis staff.**

PLAYERS QUICK START

Ages: 7-9. Enrollment Min 4 / Max 10. The perfect introduction to tennis by focusing on building tennis skills and strategies. Stroke developments are introduced in real-time as coaches guide them through playing the game. As players grow into their skills, the game is modified to keep them engaged and challenged at the appropriate level. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
119151	A	PLAYER	T	7:30-8:30PM	1/14-3/4	JT	\$78
219151	A	PLAYER	T	7:30-8:30PM	3/25-5/13	JT	\$78

BEGINNING YOUTH TENNIS

Ages: 10-12. Enrollment Min 4 / Max 10. This introductory class is for beginners in this age group, we will start from square one and teach proper grip, strokes and other tennis basics through drills and games. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
119152	A	BEGTEN	T	7:30-8:30PM	1/14-3/4	JT	\$78
219152	A	BEGTEN	T	7:30-8:30PM	3/25-5/13	JT	\$78

INTERMEDIATE/ADVANCED TENNIS

Ages: 13-16. Enrollment Min 4 / Max 10. A class designed for those who are familiar with the game of tennis and feel comfortable playing in a competitive setting. Class will focus on progressive development of the groundstroke, serving, various strokes and volley. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
119153	A	INTTEN	T	7:30-8:30PM	1/14-3/4	JT	\$78
219153	A	INTTEN	T	7:30-8:30PM	3/25-5/13	JT	\$78

BEGINNING ADULT TENNIS

Ages: 16 and up. Enrollment Min 4 / Max 10. This program is geared toward total novice or getting back into the game. Basic instruction on stroke production, rules of tennis and introductory strategy will be covered. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
119200	A	BEGADULT	W	7:30-8:30PM	1/15-3/5	JT	\$78
219200	A	BEGADULT	W	7:30-8:30PM	3/26-5/14	JT	\$78

