



For more information on special populations programs, please contact Annette Deghand, special populations supervisor, at the Community Building, 115 W. 11th St.; (785) 832-7920; TDD# (785) 832-3205; or adeghand@lawrenceks.org.

Programs consist of adapted and integrated leisure recreational activities for all individuals with disabilities. LPRD encourages individuals with disabilities to consider all programs offered by the department. If additional assistance is needed in these programs, call (785) 832-7920.

MONTHLY NEWSLETTER

A special populations monthly newsletter highlights new activities, events and trips. Many programs not published in this brochure are included. If you would like to be placed on the mailing list, call (785) 832-7920 or email the division.

SPECIAL EVENTS AND TRIPS

Trips and special events will be announced in the monthly newsletter with dates, times, fees and other information. *Tentative trips include: casinos, Disney on Ice, Branson, K.C. Royals, New Dinner Theatre, concerts, shows and much more. Be sure to sign up for the monthly newsletter, so you won't miss out! The deadline to register for most trips is the 15th of the month prior to the trip.*

PROGRAMS

PRE-COFFEEHOUSE DINNER

Fee includes dinner & Coffeehouse admission. Ages: 13 and Up. Enrollment Min 5 / Max 70. The first Monday of every month at Building 21 at the Douglas County Fairgrounds. A delicious, catered meal will be served before Coffeehouse. Come join your friends and have a great time before tearing up the dance floor at Coffeehouse. Participants must pre-register for the dinner. No registrations will be taken on-site. *The registration deadline is the 15th of every month prior to the dinner: Dec. 15, Jan. 15, Feb. 15, March 15 and April 15.* Sponsored in part by Hy-Vee, 400 W. Sixth St., and Phil Wente of Showpro Audio.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122200 A	DINNER	M	5:45-7PM	1/6	FG#21	\$25
122200 B	DINNER	M	5:45-7PM	2/3	FG#21	\$25
222200 A	DINNER	M	5:45-7PM	3/3	FG#21	\$25
222200 B	DINNER	M	5:45-7PM	4/7	FG#21	\$25
222200 C	DINNER	M	5:45-7PM	5/5	FG#21	\$25

COFFEEHOUSE

Fee: \$10. Ages: 13 and Up. Enrollment Min 5 / Max 50. An evening of dancing, refreshments, socialization and live entertainment in a "coffeehouse" atmosphere at Building 21 at the Douglas County Fairgrounds. Join in on all the fun the first Monday of every month. Music is provided by Phil Wente of Showpro Audio. *Participants are required to pre-register. See Pre-Coffeehouse Dinner for more fun on these special evenings! The registration deadline is the 15th of every month prior to the dinner: Dec. 15, Jan. 15, Feb. 15, March 15 and April 15.* Sponsored in part by Phil Wente of Showpro Audio. **Does not include dinner.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122201 A	CHOUSE	M	7-8:30PM	1/6	FG#21	\$10
122201 B	CHOUSE	M	7-8:30PM	2/3	FG#21	\$10
222201 A	CHOUSE	M	7-8:30PM	3/3	FG#21	\$10
222201 B	CHOUSE	M	7-8:30PM	4/7	FG#21	\$10
222201 C	CHOUSE	M	7-8:30PM	5/5	FG#21	\$10

FIT-TRITION FUN WITH THE ORGANWISE GUYS

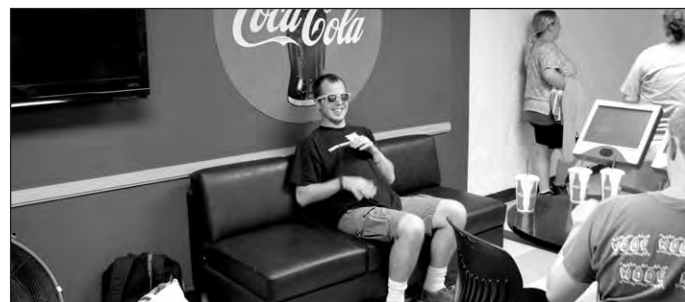
Enrollment Min 5 / Max 20. Meet the OrganWise Guys: a fun cast of characters who will empower you to be healthy and smart from the inside out! The OrganWise Guys will teach you how to make choices in your daily life that will keep your organs happy and healthy. In class we will cover topics ranging from healthy snack options and holiday food alternatives to personal hygiene and disease prevention. Participants will learn about health and nutrition through interactive games, the use of props and group exercises. Consider signing up for Zumba on the same night, starting at 7 p.m.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122410 A	FITTRIT	R	6:15-7PM	1/16-3/6	CB-AR	\$25
222410 A	FITTRIT	R	6:15-7PM	3/27-5/15	CB-AR	\$25

FUNDAMENTALS OF ART

Ages: 13 and Up. Enrollment Min 5 / Max 15. Session 1 will include some basic quilting and sewing projects, such as pre-punched felt and leather projects, which use yarn and plastic laces to sew them together. Quilts will be made from fleece squares that have cuts in the side that tie together. Session 2 will include painting projects made from watercolors, pastels, ink drawings, chalk drawings and maybe some printmaking. Session 3 is a jewelry session that will include primarily beads, charms, pendants, key chains, necklaces and bracelets. Back by popular demand is a scrapbooking class for the fourth session. Bring your pictures and we'll provide all other supplies to personalize your book. *Fee includes all supplies and four, four-week sessions.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122191 A	SEWING	T	7-8PM	1/14-2/4	CB-AR	\$30
122191 B	PAINTING	T	7-8PM	2/18-3/11	CB-AR	\$30
222191 A	JEWELRY	T	7-8PM	3/25-4/15	CB-AR	\$30
222191 B	SCRAPBOK	T	7-8PM	4/29-5/20	CB-AR	\$30



JUNIOR EXPLORERS

Ages: 5-12. Enrollment Min 5 / Max 15. School is out for the day, so come explore with all your friends at Parks and Recreation! This is a fully integrated program for youth with and without disabilities. Registration is due one week in advance and there is an additional camp application that must be completed before the deadline. Participants will have the opportunity to gain socialization in a fun-filled environment. Some activities include: swimming, field trips, basketball, arts and crafts, gymnastics, group activities and much more. Staff to child ratio is 1:4, but this is not a one-on-one setting. Parents are encouraged to send attendants for those participants who need additional assistance. Everyone must bring a sack lunch and drink daily.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122205 A	EXPLORJR	R	9AM-4PM	1/2	ELRC	\$25
122205 B	EXPLORJR	F	9AM-4PM	1/3	ELRC	\$25
122205 C	EXPLORJR	F	9AM-4PM	2/7	ELRC	\$25
122205 D	EXPLORJR	R	9AM-4PM	2/13	ELRC	\$25
122205 E	EXPLORJR	F	9AM-4PM	2/14	ELRC	\$25
222205 A	EXPLORJR	F	9AM-4PM	4/18	ELRC	\$25

SENIOR EXPLORERS

Ages: 13-21. Enrollment Min 5 / Max 15. School is out for the day, so come explore with all your friends at Parks and Recreation! This is a fully integrated program for youth with and without disabilities. Registration is due one week in advance and there is an additional camp application that must be completed before the deadline. Participants will have the opportunity to gain socialization in a fun-filled environment. Some activities include: swimming, field trips, basketball, arts and crafts, gymnastics, group activities and much more. Staff to child ratio is 1:4 but this is not a one-on-one setting. Parents are encouraged to send attendants for those participants who need additional assistance. Everyone must bring a sack lunch and drink daily.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122206 A	EXPLORSR	R	9AM-4PM	1/2	CB	\$25
122206 B	EXPLORSR	F	9AM-4PM	1/3	CB	\$25
222206 A	EXPLORSR	F	9AM-4PM	3/7	CB	\$25
222206 B	EXPLORSR	F	9AM-4PM	3/14	CB	\$25
222206 C	EXPLORSR	F	9AM-4PM	4/18	CB	\$25

ADAPTIVE ZUMBA

Ages: 13 and Up. Enrollment Min 5 / Max 20. Zumba is rapidly becoming the next fitness sensation! Zumba is a lower impact, easy to follow, Latin inspired dance fitness workout that keeps you in the groove of life. Zumba is FUN, effective and simple and will give you an overall workout, all in a party-like exercise format. You don't have to know how to dance to do Zumba. Zumba is being held in place of NEWS so if you participated in NEWS, you've already been introduced to Zumba. Consider signing up for Fit-trition Fun on the same night, starting at 6:15 p.m.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122400 A	ZUMBA	R	7-8PM	1/16-3/6	CB-2	\$30
222400 A	ZUMBA	R	7-8PM	3/27-5/15	CB-2	\$30

ACTING 101

Ages: 13 and Up. Enrollment Min 5 / Max 30. Do you feel like you have some acting skills just built up inside of you, wanting to get out? Now is your time to shine! This class will involve some acting, public speaking, skits, plays and maybe a chance to be a star of a play. Even if you don't want the spotlight totally on you, there is always a demand for the "extras" with every performance. Come join the fun and try something new. We'll practice lines and dance moves to a play, open to the public on Monday, Apr. 28. Previous classes performed *The Wizard of Oz*, *Beauty and the Beast* and several others. **No class 2/3, 3/3, 4/7.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122401 A	ACTING	M	6:30-8PM	1/13-4/28	CARN	\$35

SOCIAL BOWLING

Ages: 13 and Up. Meets at Royal Crest Lanes, Ninth and Iowa streets, 3 p.m. to 5 p.m. the third Saturday of every month, unless indicated otherwise (see monthly newsletter). Join the fun, meet new people and try your bowling skills. Includes bowling and shoe rental. Choose an option to meet your needs. *Pre-registration is required by the 15th of*



every month prior to the program: Dec. 15, Jan. 15, Feb. 15, March 15 and April 15.

Option A — Enrollment Min 5 / Max 30. Bowling and dinner at the bowling alley. Dinner party will be held after bowling at Royal Crest Lanes. *Pre-registration and pre-payment is required. No on-site registration will be accepted.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122300 A	BOWL	S	3-5PM	1/18	RCL	\$25
122300 B	BOWL	S	3-5PM	2/15	RCL	\$25
222300 A	BOWL	S	3-5PM	3/15	RCL	\$25
222300 B	BOWL	S	3-5PM	4/19	RCL	\$25
222300 C	BOWL	S	3-5PM	5/17	RCL	\$25

Option B — Enrollment Min 5 / Max 20. Bowling only. *Fee: \$10. Pre-registration and pre-payment is required. No on-site registration will be accepted.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122301 A	BOWL	S	3-5PM	1/18	RCL	\$10
122301 B	BOWL	S	3-5PM	2/15	RCL	\$10
222301 A	BOWL	S	3-5PM	3/15	RCL	\$10
222301 B	BOWL	S	3-5PM	4/19	RCL	\$10
222301 C	BOWL	S	3-5PM	5/17	RCL	\$10

SWIM TEAM/AQUA ZUMBA

Ages: 13 and Up. Enrollment Min 5 / Max 25. It doesn't matter what swimming ability you are, this class is for swimmers and walkers at all levels. Fine-tune your strokes and maybe learn a new one. Water walkers are also welcome in this class. Go at your own pace and have fun. Water exercises and strength training in the water will be included as well as Aqua Zumba. All of these will be while jamming to the music while we splash, twist, shout and laugh. Class is for all abilities; it is not a one-on-one setting. **No class 2/8; 2/22.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122180 A	SWIMTEAM	S	10:45-11:45AM	1/18-3/22	LIAC	\$30
222180 A	SWIMTEAM	S	10:45-11:45AM	4/5-5/24	LIAC	\$30

ALL-STAR SPORTS LEAGUES

Enrollment Min 10 / Max 40 (per league). The overall goal of the league is to provide an inclusive environment, which teaches individuals with disabilities the fundamentals of the sport, teamwork, sportsmanship and competition, all while having a great time. Awards for all players will be presented on the last night. Rules and adaptations are made to accommodate all levels and all abilities. Games will be held from 7 p.m. to 8 p.m. The winter league will play basketball. The spring league will play kickball (outside when weather permits).

ALL-STAR BASKETBALL

Ages: 13 and Up. Enrollment Min 10 / Max 40.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122110 A	ADULTBB	F	7-8 PM	1/17-3/7	ELRC-GY	\$30

ADULT ALL-STAR KICKBALL

Ages: 13 and Up. Enrollment Min 10 / Max 40.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
222110 A	ADULTKB	F	7-8 PM	3/28-5/16	ELRC-GY	\$30

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