



2014 WINTER/SPRING ACTIVITIES GUIDE

This edition of the *Lawrence Parks and Recreation Activities Guide* looks at what Lawrence Parks and Recreation Department has done to add nutrition education to its offerings to assist citizens in their overall quality of life. The department has garnered several awards this year for its work in the area of nutrition education, integrating the classes in with the high-quality programming LPRD has developed over the years.

The department has also developed nutrition standards for all of its facilities and complexes, offering healthy food and beverage options for patrons.

You'll also find this edition jam-packed with lots of fun activities! Over 450 programs and activities await you during the winter and spring seasons. So stay active every season! Try something new or continue to live a healthy, active lifestyle! Stretch your limits with LPRD!

ENROLLMENT IS EASY!

ONLINE ENROLLMENT

*If you have enrolled in a Parks and Recreation program after January 2000, you're already in our database and can log in using your home phone (10 digits, no spaces or dashes) as your User Name. You'll use your last name as your Password. We encourage you to change these after logging in the first time. If you aren't registered, click on "New User" and follow the prompts to create your personal login and password. If you need assistance, email us at parksrec@lawrenceks.org.

***Walk-in registration takes priority over mail-in registrations.*

ONLINE*

Starting Sunday, Nov. 3 (for all winter/spring activities)

Visit our website at www.lprd.org; create a user name and password (if you haven't already). Log in and stretch your limits with Parks and Recreation.

WALK-IN / MAIL-IN**

Starting Monday, Nov. 4 (for all winter/spring activities)

Visit any Parks and Recreation facility to enroll. (For a complete listing of the facilities and their enrollment hours, see page 2). Visa, MasterCard only. You can also drop your registration and payment in the mail. Pay by check or credit card. Send your registration and payment to Lawrence Parks and Recreation Department, Community Building — Registration, 115 W. 11th St., Lawrence, KS 66044. *Make checks payable to LPRD.*

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