

**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





### INTERMEDIATE ADULT TENNIS

**Ages: 16 and up. Enrollment Min 4 / Max 10.** Participants will perfect skills and learn and develop strategy for match play. Instruction will be in a "team tennis style" practice atmosphere with both fundamental instruction and match play. **Tennis experience is necessary. Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119201	A INTADULT	W	7:30-8:30PM	1/15-3/5	JT	\$78
219201	A INTADULT	W	7:30-8:30PM	3/26-5/14	JT	\$78

### WELLNESS

#### FAMILY FOOD

**Ages: 3 and Up. Enrollment Min 5 / Max 20.** Here is your opportunity to discuss healthy eating as a family while allowing children to taste test new foods in a stress free setting. Each week we will discuss a new topic while taste testing a few new and exciting foods. **Topics include:**  
**1/11** — we will discuss the importance of a healthy breakfast for the whole family and taste test a few healthy on the go breakfast solutions;  
**2/8** — February is American Heart Month to celebrate we will try new foods with healthy fats and some great low fat dairy options;  
**3/8** — Join us for National Nutrition Month as we discuss the importance of My Plate and try a new food from every food group;  
**4/12** — This month we will talk about the importance of fruits and sample different kinds to make our own fruit rainbow;  
**5/10** — Vegetables will be the topic this month. We will discuss how to prepare delicious and healthy vegetable options. **Children must be signed up with a paying adult. This is a family participation class. Instructor: Amanda Coufal, Bachelor of Science, Dietetics.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
130205	1A BRKFT-AD	SA	10-11:30AM	1/11	ELRC-MR	\$7
130205	1B BRKFT-CH	SA	10-11:30AM	1/11	ELRC-MR	\$3
130205	2A HEART-AD	SA	10-11:30AM	2/8	ELRC-MR	\$7
130205	2B HEART-CH	SA	10-11:30AM	2/8	ELRC-MR	\$3
130205	3A PLATE-AD	SA	10-11:30AM	3/8	ELRC-MR	\$7
130205	3B PLATE-CH	SA	10-11:30AM	3/8	ELRC-MR	\$3
230205	1A FRUIT-AD	SA	10-11:30AM	4/12	ELRC-MR	\$7
230205	1B FRUIT-CH	SA	10-11:30AM	4/12	ELRC-MR	\$3
230205	2A VEG-AD	SA	10-11:30AM	5/10	ELRC-MR	\$7
230205	2B VEG-CH	SA	10-11:30AM	5/10	ELRC-MR	\$3

### FINDING BALANCE: TOOLS TO BUILD A HEALTHY LIFE

**Ages: 16 and Up. Enrollment Min 5 / Max 20.** Have you been thinking about eating healthier but don't know where to start? Has your exercise program not given you the results you have been looking for? This class can give you the nutrition tools you need to improve your overall wellness. Topics will range from reading and understanding nutrition labels, eating healthier on the go, healthier snacking, to the importance of fruits, vegetables, and a healthy breakfast, as well as adapting recipes and meal planning. **Instructor: Amanda Coufal, Bachelor of Science, Dietetics.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
230201	A BALANCE	W	6:30-7:15PM	3/5-3/26	LIAC-TWR	\$10

### LUNCH N' LEARN WELLNESS 101

**Ages: 18 and Up. Enrollment Min 10 / Max 15.** Want to get on the right path to optimize your health, wellness and weight? Then this is the class for you! The Wellness Forum's Wellness 101 class will provide you all the knowledge and resources you need to optimize your weight and wellness — all in eight fun-filled, quick and easy one-hour education classes with ongoing support for a full year! This science based class teaches you how to find your optimal health and wellness through your diet and lifestyle. A full referenced curriculum book is included in the price. Make the most of your lunch hour by bringing your lunch and learning how to change your health at the same time! **Instructor: Lorrie Glass, Certified Facilitator, Wellness Educator and Certified Personal Trainer. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115050	A WELLNES	T	12-1PM	1/7-2/25	ELRC-MR	\$199
215050	A WELLNES	T	12-1PM	3/25-5/13	ELRC-MR	\$199

### SOLUTION TO YOUR RESOLUTION

**Ages: 16 and Up. Enrollment Min 5 / Max 20.** Don't let your New Year's resolutions fall by the way side. In this four week class we will discuss tools to make healthier eating a habit instead of a struggle. Topics covered will include goal setting, motivation, balanced diet while trying to achieve weight loss/gain, navigating food labels and grocery stores. **Instructor: Amanda Coufal, Bachelor of Science, Dietetics.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
130201	A SOLUTION	W	6:30-7:15PM	1/8-1/29	ELRC-MR	\$10

### WELLNESS 101

**Ages: 18 and Up. Enrollment Min 10 / Max 15.** Are you on a serious Health Journey wanting to prevent, stop the progression of or reverse disease in your body, optimizing your healthiest weight at the same time? Wellness 101 is a science-based class teaching you how to find your optimal health and wellness through your diet and lifestyle. If you want to improve your health, wellness and weight this is the class for you! You will learn the right diet for humans, the role of macronutrients (carbohydrates, proteins and fats) and the amounts needed in our diet, why genetics are not the primary determinant of health, why incremental change will not solve our health problems, what constitutes an effective exercise program, how to plan meals and chose the right foods, the impact of dairy on our health, why you shouldn't rely on isolated vitamin pills to "fill the gaps," healthy eating patterns and much more! The Wellness Forum's Wellness 101 class will provide you all the knowledge and resources you need to optimize your weight and wellness — all in four fun-filled, educational classes with ongoing support for a full year! **Full referenced curriculum book and dinner is included for each class. Come hungry! Instructor: Lorrie Glass, Certified Facilitator, Wellness Educator and Certified Personal Trainer. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115051	A WELLNES	R	6-8:30PM	1/9-1/30	ELRC-MR	\$199
215051	A WELLNES	R	6-8:30PM	3/27-4/17	ELRC-MR	\$199

