

GET DRENCHED!

Lawrence Parks and Recreation Department's Aquatics Division provides a safe and inviting environment accessible to the community. Through responsible use of public and private dollars, we strive for a professional staff that is dedicated to providing excellent customer service while maintaining the highest quality of aquatic programming and facilities available.

LPRD Aquatics — the city's largest provider of aquatic activities — offers four facilities of splashing excitement, fun and fitness for every member of the family.

Thrill seekers can challenge one of our exciting waterslides, such as the drop slide at the Outdoor Aquatic Center. Daring riders take a nearly vertical plunge down a steep chute, reaching breathtaking speeds before being shot like a cannon to “free-fall” into the water below. The Indoor Aquatic Center boasts a 145-foot waterslide that brings all the thrills of a traditional water park inside for year-round fun.

Guests of all ages are drawn to the fun of the zero-depth “beaches” featured at the Indoor and Outdoor Aquatic centers, as well as the South Park Wading Pool. All the fun of the beach without getting sand in your

pants! Hide behind a curtain of water in the Rain Drop, or get soaked by the spray of a gigantic daisy, a silly spittin’ snake or one of several different water fountains.

Kids will have a blast testing their balance on the Log Slice Scoot and the Lily Pad Path. Try to tackle the fierce floating dragon or make new friends on one of the mini-slides or floating animals.

Swimming for fitness and safety is our top priority! That’s why each facility offers a unique aquatic experience with something for everyone. Year-round programs like Learn-to-Swim courses, aquatic fitness classes, aquatic training courses and special family events provide educational, fun and diverse leisure opportunities for the whole family.

Mom and Dad can have fun, too! Relax in a lounge chair in the shade while enjoying a cold Pepsi from our full-line cafe concession stand. All this in a fun, family-oriented community water park.

The Aquatics Division offices are located on the second floor of the Indoor Aquatic Center, 4706 Overland Drive, (785) 832-SWIM (7946).



INDOOR AQUATIC CENTER

4706 Overland Drive (north of Free State High School) • (785) 832-SWIM (7946)

Lawrence Parks and Recreation's Indoor Aquatic Center is a community-supported family aquatic center featuring a 10-lane, 50-meter competition pool with diving well and underwater classroom; a separate family pool with zero-depth entry; waterslide and interactive children's play features; meeting rooms; shower/locker rooms and a cafe vending area. The pools hold 850,000 gallons of water and are heated. The temperature of the water is set at 82° in the competition pool and 86° on the family side. Locker rooms and all pools are fully accessible by both ramp entry and lift. Submersible wheelchairs are also available.

OUTDOOR AQUATIC CENTER

Eighth and Kentucky streets (downtown Lawrence) • (785) 832-7990

The Lawrence Outdoor Aquatic Center provides the good old-fashioned atmosphere of a traditional neighborhood pool with all the fun and excitement of a first-class water park. Nestled in beautiful Watson Park, the Outdoor Aquatic Center features waterslides; zero-depth children's area; diving well; interactive play features, including fountains; spray mushrooms; a 50-meter competition area and a drop waterslide.

The fun and convenience extends out of the water too, with shaded lounge areas, ample deck space, adjoining grass playground and a full-line cafe concessions area. The Outdoor Aquatic Center is also host to numerous events, aquatic camps and swimming programs.



CARL KNOX NATATORIUM

1901 Louisiana St., Lawrence High School campus • (785) 832-7946

A traditional indoor L-shaped pool, the Carl Knox Natatorium, located on the campus of Lawrence High School, provides a peaceful, slow-paced environment for young and old alike. With six 25-yard lap lanes, diving well, sun deck and fully accessible changing rooms, the Carl Knox Natatorium is the perfect spot if you are looking to beat the crowds. With designated times for lap swimming, along with Learn-to-Swim programs and aquatic fitness classes, the Carl Knox Natatorium offers programs to meet all of your swimming needs. *The Carl Knox Natatorium is only open during the school year.*

SOUTH PARK WADING POOL

1141 Massachusetts St. • (785) 832-3450

The South Park Wading Pool is the place for parents to bring children who are 6 and under for an afternoon outing. It provides a beautiful zero-depth entry pool, water sprays, fountains and our favorite seal, Skippy. Fully accessible restroom facilities with private changing rooms are also available. The Parks and Recreation Department provides qualified staff to supervise the wading pool area, but please remember — all children must be accompanied by an adult supervisor when using the facility. The wading pool is available free of charge to the public. For a small fee, morning reservations are available for day care/private parties. *The South Park Wading Pool is open for the summer season only.*





ADMISSION FEES/PASS OPTIONS

ADMISSION FEES/PASS OPTIONS

Several admission options are offered to swimmers in the Lawrence community. Daily admission, annual passes, 30-day passes and discount punch cards are available. All forms of admission are valid at any Lawrence Parks & Recreation Aquatic Facility. Watch for specially priced events all year long! *Prices subject to change.*

ISN'T IT TIME YOU JOINED LPRD AQUATICS?

Join LPRD Aquatics today for an exciting way to stay fit and have fun swimming year round! Member discounts are offered on daily admission and allow unlimited swimming at all LPRD swimming pools.

ANNUAL VS. MONTHLY MEMBERSHIPS

When considering an LPRD Aquatics swimming membership, it costs \$24 when you pay month-to-month. If you purchase an annual membership your cost is only \$186, which comes to just \$15.50 per month — a savings of over 35%!

DAILY ADMISSION CHARGES

Youth & Senior Admission: Ages 5-17, 60+ — **\$3**

Adult Admission: Ages 18-59 — **\$4**

No charge for children four years of age and under with an adult paid admission, limit 3 children per paying adult please.

ALL AGES ANNUAL PASS — \$186 PER PERSON

(Just \$15.50 per month!)

Passes are valid for 365 days from the date of purchase at any LPRD Aquatic facility. This pass option offers the dedicated swimmer the highest discount, calculating daily swim admission at 51 cents per day. *May be purchased at the Indoor Aquatic Center.*

ALL AGES 30-DAY PASS — \$24 PER PERSON

(Less than \$1 per day!)

Passes are valid for 30 days from date of purchase at any LPRD Aquatic facility. This pass option offers the swimmer a discounted daily swim admission calculated to 80 cents per day. *May be purchased at the Indoor Aquatic Center.*

DISCOUNT PUNCH CARDS — \$30 EACH

Each punch card contains 36 punches, discounting daily admission rates. Each punch is equivalent to \$1. Three punches for Youth & Seniors ages 5-17, 60+ years and/or four punches for Adults ages 17-59. May be purchased at the Indoor or Outdoor Aquatic Centers or the Carl Knox Natatorium. Punch cards cannot be combined with other forms of payment or used for special events or promotional swim days. Only valid towards full daily admission. **Punch cards expire on Dec. 31 of the current calendar year.**

RENTALS & RESERVATIONS

The Lawrence Parks and Recreation Indoor Aquatic Center is a great destination for your next party, family reunion or meeting! The LPRD Aquatics staff is dedicated to assisting you in making everyday meetings into exceptional events! Private rooms for parties and exclusive full facility rentals are available. Meeting space with A/V equipment, tables and chairs is also available for businesses, organizations, schools, reunions and birthday parties. Rental rates and times are based on services requested. Please allow two weeks lead time before your event. *For information, contact the Aquatics Division at (785) 832-SWIM.*

AFTER HOURS PARTIES

Looking for the perfect place for a party? How about a pool party? The Lawrence Aquatic Center is available for private group rentals outside of regular hours. Our professional lifeguard staff will be on duty to provide the safe environment. It's perfect for company retreats or family reunions. *Call the Aquatics Division at (785) 832-SWIM for information on private rentals.*

BIRTHDAY PARTY PACKAGES

Dive in to the best party location in town! The Lawrence Indoor Aquatic Center is great at creating a splash-tacular time! We have everything you need for a birthday party your child is sure to love. Check out all of our party options from do-it-yourself room rentals to letting us do all of the work with packages based on your party size. We can even take care of all the extras such as pizza, ice cream and treat bags. The Indoor Aquatic Center's helpful and friendly staff can assist in hosting a wet and wild event. Arranging your party is easy too. Just call or stop by the Indoor Aquatic Center Monday through Friday 8 a.m. to 4 p.m. **Please allow two weeks lead time to plan your event.** *For more information, call the Aquatic Center at 832-SWIM or go online to www.lawrenceks.org/lprd/aquatics.*

SCOUT BADGE PROGRAM

Does your scouting group need their aquatic merit badge? Let the professional lifeguards at the Lawrence Indoor Aquatic Center lead your scouts through a night of aquatic safety activities. We can customize a program to fit your needs using your own badge requirement. This program is designed for scouts in Indian Guides, Indian Princesses, Brownies, Cub Scouts, Webelos and other young scouting groups. A maximum of 10 scouts can be accommodated and all scouts must be accompanied by a leader. All pool rules apply during Scout Swim. The fee is \$5 per scout, payable on the night of the Scout Swim. Leaders must secure reservations at least one week prior by contacting the Aquatics Administrative Office at (785) 832-7946.

SAFETY CONCERNS

Aquatic facilities follow strict guidelines involving lightning safety. Staff use lightning detection systems, visual identification and support from the National Weather Service in Topeka to maintain swimmer safety. When lightning is detected within 3 miles, ALL swimmers must exit the water and take shelter at all swim locations including the Indoor Aquatic Center and Carl Knox Natatorium. Safety prompts and instruction are given by the lifeguard staff.

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SPECIAL INTEREST

WAVES OF FITNESS

Sign up for our self-guided fitness program to log your swim workouts and win prizes for achieving personal monthly goals. Looking for some extra incentive to assist you on the path toward an active, healthy lifestyle? Whether you're a lap swimmer, water walker, or water fitness class participant, Waves of Fitness can give you the extra motivation you need to keep up the hard work. Simply sign up and track your workouts (miles, laps, hours, etc.) at the Indoor or Outdoor Aquatic Center front desks. For each month you meet your own personal exercise goal, you'll receive a great prize. The cost is free, but the benefits are endless!

THE POOL POST

It's a WAVE of CURRENT information! Would you like to stay updated on the latest happenings of the LPRD Aquatic Division? Our monthly newsletter has gone electronic. Learn more about upcoming programs and classes, water safety tips, calendar of events and the Splash Flash, featuring quick notes and reminders. Sign up online at www.lawrenceks.org/ subscriptions and check the box for the Aquatics mailing list or complete a form that is available at the Indoor Aquatic Center's front desk.

SPECIAL SAVINGS DAYS

SENIOR SWIM DAYS

Get together with all of your close friends and head out to an aquatic center. Wednesdays are Senior Swim Days for people 60 years old and over. *Every Wednesday, all day long, seniors swim for FREE!*

BUCK NIGHT

Is your wallet feeling drained from all your holiday fun? Then give it a break and join us for Buck Nights! On the following nights, everyone swims for only \$1 after 5 p.m. Note: Punch cards are not accepted for this discounted swim night.

Fridays — Dec. 5, Jan. 2, Feb. 6, March 6, April 3 and May 1.

MONTH OF GIVING

This promotion allows you discounted entry when you help those in need. To swim at the Indoor Aquatic Center, all you need is a non-perishable food item and \$2 for admission. Adults, teens, seniors and kids—everyone can give. Donations will go to the Ballard Community Center's food pantry. *Monday-Sunday, Nov. 3-28.*

SWEETHEART SWIM

Show that special someone just how much you care with a trip to the Lawrence Indoor Aquatic Center for a 2-for-1 swim. Enjoy the warm waters and fun atmosphere with the one you love. Admission is 2 for the-price-of 1 all day. *Saturday, Feb. 14.*

MOTHER'S DAY AT THE POOL

Treat Mom to a day of relaxation she deserves! On Mother's Day, all moms get in FREE when accompanied by a child. *Sunday, May 10.*

MILITARY SWIM

The Lawrence Aquatic Centers would like to celebrate Armed Forces Day by honoring those who have served in our nation's military. On Saturday, May 16, patrons who present a valid US military ID will receive free admission to both pools for the day.



AMNESTY DAY

On Monday, Jan. 19, the Lawrence Indoor Aquatic Center will gladly honor any expired swim tickets or punch cards that you may have lying around the house. Since the Leisure Pool opens early and USD 497 doesn't have school, this is a perfect chance for you to use them up!

SPECIAL EVENTS

SANTA SPLASH

Ages: 2 to 12. The reindeer seem to be ahead of schedule this year and will be delivering Santa early to the Indoor Aquatic Center for some holiday fun. The craft room will be open for ornament making and stocking decorating at Noon. Then a special visitor will manage to stop by during his busy holiday season to review wish lists, give out presents and take photos with the children. Be sure to bring your camera! *Pre-registration is required by Wednesday, Dec. 17 to secure crafts; may pay day-of to participate in the Santa visit and swimming.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
411007	A	SANTA	S	12-12:45PM	12/20	LIAC	\$7

KID'S NIGHT OUT

Ages: 5 to 12. Enrollment Min 8 / Max 24. They swim, you relax (or dine, or shop, or ...). Kids can jump right in and join us throughout the year for a ton of fun. These kids-only nights always feature pizza, games, crafts and of course...swimming. Your kids will enjoy interactive activities in a safe and supervised environment at the pool while you take some time for yourself. Everyone should bring a towel and arrive with their swimsuits on. *Pre-registration is required by the Tuesday before the event date.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
111001	A	KNO	F	5:30-8:30PM	1/16	LIAC	\$15
111001	B	KNO	F	5:30-8:30PM	2/27	LIAC	\$15
211001	A	KNO	F	5:30-8:30PM	3/27	LIAC	\$15

UNDERWATER EGGSTRAVAGANZA

Ages: 2 to 12. Join us for our annual pool-wide egg hunt! The fun starts at noon with springtime crafts for the kids as we fill the pool with plastic eggs. We are pretty sure the Easter Bunny is planning to stop by with goody bags again this year, so he can say "hi" to all the boys and girls. Then, at 12:30 p.m. SHARP, kids can jump in and collect eggs in their basket. Some eggs will sink and some will float! Don't forget to keep your eyes open for the special golden eggs! After the hunt, everyone is welcome to stay and swim for an afternoon of family fun. *Pre-registration required by Wednesday, April 1, to secure crafts; may pay fee day-of to participate in egg hunt and swimming only.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
211004	A	EGGS	S	12-12:45PM	4/4	LIAC	\$7

EDUCATION/ROOM RENTAL

HOMESCHOOL OPPORTUNITY

Find out how you can conduct your school classes and then follow it up with swimming fun. Our Tom Wilkerson Room can be utilized as a classroom setting for regular subjects or even art or music classes and then transition to our pool for a great end of the day activity, as well as physical education credit. We can also provide access to a refrigerator/freezer if there are any snacks that need to be kept cold. Prices will vary based on length of time using the room. Call Mike at (785) 832-7946 or mescalante@lawrenceks.org for more information!



AQUATIC FITNESS CLASSES

Are you ready to take the plunge? Ready for the soothing properties of the water? Aqua workouts are for every fitness level and are low to non-impact on joints and muscles. Water fitness has all the components of fitness; cardiovascular fitness, flexibility, muscular and endurance strength. Water has the ability to offer aerobic activity, resistance training and flexibility all at the same time. Working out in the water is perfect for those who find certain movements on land-running, striding, kicking, dancing-too jarring or painful. We have a wide variety of classes, including classes for expecting mothers, seniors, individuals with arthritis, or those recovering from an injury. **NO SWIMMING SKILLS ARE REQUIRED.** Whether you are new to water fitness or a water fitness enthusiast we have the class for you. Registration is required by the Wednesday before the class begins. *Registration is required by the Wednesday before the class begins.*

AQUA BABY & ME

Ages: 6 months-18 months. This class gives you the opportunity to bond with your child while working out. This class is designed for all fitness levels and uses your baby's natural weight and growth to increase resistance during the workout. It is required that you have your child with you in the water during the class. Swim diapers are required, and we recommend parents wear shoes. **This is not a learn-to-swim class.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112425	1A	AQUABABY	S	9:15-9:45AM	1/17-3/14	LIAC	\$29
212425	1A	AQUABABY	S	9:15-9:45AM	3/28-5/16	LIAC	\$26

AQUA FIT (CO-SPONSORED WITH LMH THERAPY SERVICES)

Ages: 16 and Up. Enrollment Min 15 / Max 20. AquaFit uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility, strength or balance, water exercise will help you regain your prior level of function. **Instructor: LMH Therapy Services.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112434	1A	AQUAFIT	TR	9:15-10AM	1/13-3/12	LIAC	\$63
212434	1A	AQUAFIT	TR	9:15-10AM	3/24-5/14	LIAC	\$56
112434	1B	AQUAFIT	TR	10-10:45AM	1/13-3/12	LIAC	\$63
212434	2B	AQUAFIT	TR	10-10:45AM	3/24-5/14	LIAC	\$56

AQUA STRETCH FUSION II

Ages: 16 and Up. Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patterns to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Various types of supplied equipment used at participant's choice. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112412	1A	FUSION	MWF	8:15-9:15AM	1/12-3/13	LIAC-CPSE	\$88
212412	1A	FUSION	MWF	8:15-9:15AM	3/23-5/15	LIAC-CPSE	\$78

AQUA ZUMBA

Ages: 16 and Up. Aqua Zumba is an invigorating workout involving splashing, stretching, twisting, shouting, laughing, hooting and hollering integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. The Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and exhilarating beyond belief. **Location of classes: LIAC – Competition Pool Shallow End.** **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112411	1A	ZUMBA	MW	5:30-6:15PM	1/12-3/11	LIAC-CPSE	\$59
112411	1B	ZUMBA	MW	6:30-7:15PM	1/12-3/11	LIAC-CPSE	\$59
212411	1A	ZUMBA	MW	5:30-6:15PM	3/23-5/13	LIAC-CPSE	\$52
214111	1B	ZUMBA	MW	6:30-7:15PM	3/23-5/13	LIAC-CPSE	\$52

AQUAROBICS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Jump in the deep end and enjoy the benefits of deep water aerobic exercise! This class uses water's resistance to strengthen your whole body without impact on your joints. *Aquarobics* workouts target upper body, lower body, and core muscle groups. Get your heart rate up no matter your fitness level. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112410	1A	AQUAROBC	MW	5:15-6:15AM	1/12-3/11	LIAC-DWDW	\$59
212410	1A	AQUAROBC	MW	5:15-6:15AM	3/23-5/13	LIAC-DWDW	\$52

PRE-NATAL WATER FITNESS

Ages 16 and Up. Enrollment min 10 / max 15. This fitness class is open to women in all stages of pregnancy. Water fitness has many benefits during pregnancy, including but not limited to decreased back pain, improved sleep patterns, increased energy levels and faster postnatal recovery. In this class, you will have the opportunity to work out in an environment safe for the rapid changes involved in pregnancy while gaining a support system of other pregnant women. **Medical consent form is required prior to participation.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112426	1A	PRENATAL	S	10-10:45AM	1/17-3/14	LIAC	\$29
212426	1A	PRENATAL	S	10-10:45AM	3/28-5/16	LIAC	\$26

SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Water provides the conditioning of buoyancy while offering constant resistance and a cool, non-sweating workout. This low impact water walking class combined with light aerobics provides cardiovascular conditioning, improves muscle tone and balance. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112420	1A	SHALLOW	MWF	7:30-8:30AM	1/12-3/13	LIAC	\$88
212420	1A	SHALLOW	MWF	7:30-8:30AM	3/23-5/15	LIAC	\$78

AQUA HIIT

Ages: 16 and Up. Enrollment Min 10 / Max 20. High Intensity Interval Training advanced class. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Tuesday and shallow water Thursday. **Flotation belts required (supplied) in deep water; no swimming skills required.** **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112437	1A	AQUAHIIT	TR	5:30-6:15PM	1/13-3/12	LIAC-S&DW	\$59
212437	1A	AQUAHIIT	TR	5:30-6:15PM	3/24-5/14	LIAC-S&DW	\$52

HYDROBLAST

Ages: 16 and Up. Enrollment Min 10 / Max 20. A full body workout utilizing hand buoys, gloves, noodles and kickboards. Benefits are decreased impact on joints, increased strength and flexibility and social interaction. **No swimming skills required.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112420	1B	HYDRO	MW	6:30-7:30PM	1/12-3/11	CKN	\$59
212420	1B	HYDRO	MW	6:30-7:30PM	3/23-5/13	CKN	\$52

WET 'N' WILD

Ages: 16 and Up. Enrollment Min 10 / Max 20. Can't decide which water fitness class to take? Try our Shallow Water/Deep Water Combo. This class allows the low-impact/no-impact option. This is a total body workout while increasing flexibility, strength and cardiovascular endurance. **A flotation belt is required in deep water.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112410	1F	WETNILD	TR	6:30-7:30PM	1/13-3/12	CKN-S&DW	\$59
212410	1F	WETNILD	TR	6:30-7:30PM	3/24-5/14	CKN-S&DW	\$52

H2O SCULPT

Ages: 16 and Up. Class focuses on stretching and balance incorporating yoga and Pilates movements. Utilizes noodles, hand buoys and gloves for an added challenge to the workout.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112421	1A	H2O	MWF	5:30-6:30AM	1/12-3/13	LIAC	\$88
212421	1A	H2O	MWF	5:30-6:30AM	3/23-5/15	LIAC	\$78



SLOW GLIDERS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Water is a safe, ideal environment and allows you to exercise without putting excess strain on your joints and muscles. This class focuses on gentle movements designed to help decrease pain and stiffness, improve strength, flexibility, balance and coordination. It is a fun, refreshing way to stay fit and active.

Instructor: LPRD Staff.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112433	1A	GLIDE	TR	8-8:45AM	1/13-3/12	LIAC \$59
212433	1A	GLIDE	TR	8-8:45AM	3/24-5/14	LIAC \$52

ARTHRITIS FOUNDATION AQUATIC PROGRAM

The Arthritis Foundation Aquatic Program (AFAP) is a group, recreational, water-based exercise program designed specifically for people with arthritis and related diseases. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce their pain and stiffness while supported by the water's buoyancy and resistance. Participants in an AFAP class can experience a reduced level of pain, an improved ability to function independently in day-to-day life, a decrease in feelings of isolation and depression. Classes also provide a friendly, fun atmosphere in which participants can make new friends and try new activities. **AFAP classes are non aerobic and taught by AFAP certified instructors.**

JIVIN' JOINTS (AN ARTHRITIS FOUNDATION PROGRAM)

Ages 16 and Up. Enrollment Min 15 / Max 20. **Instructor: LMH Therapy Services.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112430	1A	JIVNJNTS	MWF	8:45-9:30AM	1/12-3/13	LIAC \$95
112430	1B	JIVNJNTS	MWF	9:45-10:30AM	1/12-3/13	LIAC \$95
212430	1A	JIVNJNTS	MWF	8:45-9:30AM	3/23-5/15	LIAC \$84
212430	1B	JIVNJNTS	MWF	9:45-10:30AM	3/23-5/15	LIAC \$84

LEARN-TO-SWIM CLASSES**TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON**

Most children remain in the same level for two or more sessions. It is also easier to move children up a level than to move them down a level. Swim lesson staff make the final decision in the placement of children into the most appropriate class level based on their skill. If a parent/guardian is unsure of the level to enroll their child, an evaluation and skill assessment may be set up by calling the Aquatic Division at 832-SWIM. There is no cost for assessments. Deadline for class registration is on Wednesday prior to the start date of class. Classes will be cancelled if minimum enrollment has not been met. **SIGN UP EARLY, SIGN UP OFTEN.**

NOTE TO PARENTS/GUARDIANS

To ensure the safety of all children and youth using our pools, we ask that children are under the direct supervision of their parent/guardian both prior to their lesson starting and promptly at the close of their scheduled swim lesson.

LPRD wants your child to participate in its learn-to-swim program. We do ask for student cooperation and attention when attending class. It is our goal to provide each child with equal time and attention by staff. If a child doesn't want to enter the water or does not cooperate with staff, parents/guardians are asked to work with the supervisor in charge to seek resolution. We ask each participant to be on time and attend every lesson. Each lesson contains new material, which is vital to success in the class. *We also ask parents/guardians to have patience, be positive and give praise. It is important to give children additional time to practice outside of class. The more practice time children receive, the more successful they will be in swimming lessons.*

MAKE-UP LESSONS

Make-up swim lessons will be held only if the LPRD staff makes the cancellation. There are no make-up days for lessons missed for personal reasons.

WAITING LISTS

Waiting lists for each section will only be formed when programs are filled. Those on the waiting lists will be contacted in the order that they were placed on the list, if and when an opening becomes available.

**SWIM LESSON DESCRIPTIONS**

All of the levels contain age/level appropriate safety skills. To complete a level, the participant must be able to complete all skills and exit skills assessments.

Parent/Child (PNTCHILD) (Ages 6 months to 3 years): The foundation of the American Red Cross Parent and Child class is a set of basic skills that prepares young children to be comfortable in the water. This class will not make your child an independent swimmer; instead, this class will prepare your child to enter the Learn-to-Swim Program. *Skills learned include getting adjusted to the water environment; showing comfort on both their front and back positions with assistance; submerging with assistance and changing body positions in the water. Each child MUST be accompanied by an adult in the water.*

Aqua Tots (Age 3 years): This class bridges the Parent/Child class to the Learn-to-Swim program and is designed for preschool aged children who have never been in a swim class but are ready to hold on to the wall and be in a pool **without** a parent. This class focuses on the fundamentals of freestyle and floating. In order to move to the next class, students must be comfortable putting their face in the water for three or more seconds.

Preschool (PR SCHOOL) (Age 4 years): Preschool Aquatics teaches age-appropriate water and safety skills in a positive, logical progression beginning with fundamental water safety and aquatic skills. Skills learned in this level are the same fundamental skills that are taught in levels 1 and 2 of the Learn-to-Swim program. These skills include independent water entry, front and back glides, and combined arm and leg actions in the water. Children are required to stay in the Preschool program until they turn five years of age.

Level 1 (Ages 5 to 6 years): Working on comfort in the water and entering and exiting the pool by themselves. *Skills learned include blowing bubbles and getting the head and face wet; floating on front and back with support and recovering to a standing position; alternating and simultaneous arm and leg motion on front and back.*

Level 2 (Ages 5-7 years): *Skills learned include front, back floats unsupported for 5 seconds, then recover to a standing position; front and back glides for 2 body lengths and combined arm and leg actions on front and back for 15 feet.*

Level 3: *Skills learned include survival and back floats and treading water for 30 seconds; front and back glides with two different kicks and combined arm and leg actions on front and back for 15 feet.*

Level 4: Improve on skills and increase endurance on strokes learned in previous levels, including front and back crawl for 25 yards, elementary backstroke, breaststroke, sidestroke with scissor kick and butterfly for 15 yards. *Skills learned include head-first entries, survival swimming and treading water using two kicks.*

Level 5: Increased endurance, coordination and refinement of strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns.

Level 6: Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. *Skills learned include introduction to other aquatic activities; areas of focus include Personal Water Safety, Diving and Fitness Swimming. Each option focuses on preparing students to participate in other advanced aquatic courses.*

Adult: This swim program has a little bit for everyone. Did you always wish you had learned to swim as a child? Well, it is never too late to get started. The purpose of this level is what YOU want to get out of it. For some that may mean personal safety; for others it may be learning to swim the basic strokes to be used for fitness swimming. Your needs will be discussed at the beginning of class, and the class will be geared towards meeting your personal goals.

Adult 2: Do you already know how to swim but would like to swim with more efficiency and endurance? *Adult 2 is targeted to those individuals who have basic swimming skills and want to swim for fitness or increase their endurance and stroke proficiency for triathlons.*

Junior Swim (JRJSWIM): Are you between the ages of 9 and 16? Have you always wanted to learn to swim, but never have? If you feel too old to be in a traditional level one, two, or three class, this is the course for you. Junior swim is targeted towards those individuals between the ages of 9 and 16 that would like to overcome their fear of the water and learn the basic skills needed to be safe and enjoy the water.

CARL KNOX NATATORIUM

Feb. 16-March 11

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
212103	1B	LEVEL3	MW	6:15-7PM	2/16-3/11	CKN	\$45
212107	1B	JRJSWIM	MW	7-7:45PM	2/16-3/11	CKN	\$45

INDOOR AQUATIC CENTER

Jan. 20-Feb. 12. Evening swim classes are held during public swim times.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112101	1A	LEVEL1	TR	5-5:25PM	1/20-2/12	LIAC	\$45
112115	1A	AQUATOT	TR	5-5:25PM	1/20-2/12	LIAC	\$45
112102	1A	LEVEL2	TR	5-5:45PM	1/20-2/12	LIAC	\$45
112103	1A	LEVEL3	TR	5-5:45PM	1/20-2/12	LIAC	\$45
112100	1A	PNTCHILD	TR	5:30-5:55PM	1/20-2/12	LIAC	\$45
112115	1B	AQUATOT	TR	5:30-5:55PM	1/20-2/12	LIAC	\$45
112114	1A	PRSSCHOOL	TR	6-6:25PM	1/20-2/12	LIAC	\$45
112101	1B	LEVEL1	TR	6:30-6:55PM	1/20-2/12	LIAC	\$45
112102	1B	LEVEL2	TR	6-6:45PM	1/20-2/12	LIAC	\$45
112103	1B	LEVEL3	TR	6-6:45PM	1/20-2/12	LIAC	\$45
112107	1A	JRJSWIM	TR	6-6:45PM	1/20-2/12	LIAC	\$45
112104	1A	LEVEL4	TR	7-7:45PM	1/20-2/12	LIAC	\$45
112105	1A	LEVEL 5	TR	7-7:45PM	1/20-2/12	LIAC	\$45
112108	1A	ADULT	TR	7-7:45PM	1/20-2/12	LIAC	\$45

Saturdays, Jan. 24-Feb. 14

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112114	2A	PRSSCHOOL	S	9-9:25AM	1/24-2/14	LIAC	\$25
112101	2A	LEVEL1	S	9-9:25AM	1/24-2/14	LIAC	\$25
112102	2A	LEVEL2	S	9-9:45AM	1/24-2/14	LIAC	\$25
112105	2A	LEVEL5	S	9-9:45AM	1/24-2/14	LIAC	\$25
112100	2A	PNTCHILD	S	9:30-9:55AM	1/24-2/14	LIAC	\$25



112115	2A	AQUATOT	S	9:30-9:55AM	1/24-2/14	LIAC	\$25
112100	2B	PNTCHILD	S	10-10:25AM	1/24-2/14	LIAC	\$25
112115	2B	AQUATOT	S	10-10:25AM	1/24-2/14	LIAC	\$25
112102	2B	LEVEL2	S	10-10:45AM	1/24-2/14	LIAC	\$25
112103	2A	LEVEL3	S	10-10:45AM	1/24-2/14	LIAC	\$25
112104	2A	LEVEL4	S	10-10:45AM	1/24-2/14	LIAC	\$25
112114	2B	PRSSCHOOL	S	10:30-10:55AM	1/24-2/14	LIAC	\$25
112101	2B	LEVEL1	S	10:30-10:55AM	1/24-2/14	LIAC	\$25
112103	2B	LEVEL3	S	11-11:45AM	1/24-2/14	LIAC	\$25
112104	2B	LEVEL4	S	11-11:45AM	1/24-2/14	LIAC	\$25
112106	2A	LEV6FIT	S	11-11:45AM	1/24-2/14	LIAC	\$25
112109	2A	ADULT2	S	11-11:45AM	1/24-2/14	LIAC	\$25

Feb. 16-March 11

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
212114	1A	PRSSCHOOL	MW	5-5:25PM	2/16-3/11	LIAC	\$45
212102	1A	LEVEL2	MW	5-5:45PM	2/16-3/11	LIAC	\$45
212103	1D	LEVEL3	MW	5-5:45PM	2/16-3/11	LIAC	\$45
212104	1A	LEVEL4	MW	5-5:45PM	2/16-3/11	LIAC	\$45
212115	1A	AQUATOT	MW	5:30-5:55PM	2/16-3/11	LIAC	\$45
212100	1B	PNTCHILD	MW	6-6:25PM	2/16-3/11	LIAC	\$45
212102	1B	LEVEL2	MW	6-6:45PM	2/16-3/11	LIAC	\$45
212103	1F	LEVEL3	MW	6-6:45PM	2/16-3/11	LIAC	\$45
212104	1B	LEVEL4	MW	6-6:45PM	2/16-3/11	LIAC	\$45
212114	1B	PRSSCHOOL	MW	6:30-6:55PM	2/16-3/11	LIAC	\$45
212105	1A	LEVEL5	MW	7-7:45PM	2/16-3/11	LIAC	\$45
212109	1B	ADULT2	MW	7-7:45PM	2/16-3/11	LIAC	\$45
212106	1B	L6WSAFE	MW	7-7:45PM	2/16-3/11	LIAC	\$45

Saturdays, Feb. 21-March 14

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
212114	2A	PRSSCHOOL	S	9-9:25AM	2/21-3/14	LIAC	\$25
212101	2A	LEVEL1	S	9-9:25AM	2/21-3/14	LIAC	\$25
212102	2A	LEVEL2	S	9-9:45AM	2/21-3/14	LIAC	\$25
212107	2A	JRJSWIM	S	9-9:45AM	2/21-3/14	LIAC	\$25
212100	2A	PNTCHILD	S	9:30-9:55AM	2/21-3/14	LIAC	\$25
212115	2A	AQUATOT	S	9:30-9:55AM	2/21-3/14	LIAC	\$25
212100	2B	PNTCHILD	S	10-10:25AM	2/21-3/14	LIAC	\$25
212115	2B	AQUATOT	S	10-10:25AM	2/21-3/14	LIAC	\$25
212102	2B	LEVEL2	S	10-10:45AM	2/21-3/14	LIAC	\$25
212103	2A	LEVEL3	S	10-10:45AM	2/21-3/14	LIAC	\$25
212104	2A	LEVEL4	S	10-10:45AM	2/21-3/14	LIAC	\$25
212114	2B	PRSSCHOOL	S	10:30-10:55AM	2/21-3/14	LIAC	\$25
212101	2B	LEVEL1	S	10:30-10:55AM	2/21-3/14	LIAC	\$25
212108	2A	ADULT	S	11-11:45AM	2/21-3/14	LIAC	\$25
212115	2C	AQUATOT	S	11-11:25AM	2/21-3/14	LIAC	\$25
212103	2B	LEVEL3	S	11-11:45AM	2/21-3/14	LIAC	\$25
212104	2B	LEVEL4	S	11-11:45AM	2/21-3/14	LIAC	\$25
212105	2A	LEVEL5	S	11-11:45AM	2/21-3/14	LIAC	\$25
212104	2C	PRSSCHOOL	S	11:30-11:55AM	2/21-3/14	LIAC	\$25



MERC COOKING CLASSES
Instruct, Inspire & Entertain

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www.TheMerc.Coop

Saturdays, March 28-April 18

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212100	3A	PNTCHILD	S	9-9:25AM	3/28-4/18	LIAC \$25
212114	3A	PRSSCHOOL	S	9-9:25AM	3/28-4/18	LIAC \$25
212101	3A	LEVEL1	S	9-9:25AM	3/28-4/18	LIAC \$25
212102	3A	LEVEL2	S	9-9:45AM	3/28-4/18	LIAC \$25
212100	3B	PNTCHILD	S	9:30-9:55AM	3/28-4/18	LIAC \$25
212115	3A	AQUATOT	S	9:30-9:55AM	3/28-4/18	LIAC \$25
212101	3B	LEVEL1	S	9:30-9:55AM	3/28-4/18	LIAC \$25
212100	3C	PNTCHILD	S	10-10:25AM	3/28-4/18	LIAC \$25
212115	3B	AQUATOT	S	10-10:25AM	3/28-4/18	LIAC \$25
212102	3B	LEVEL2	S	10-10:45AM	3/28-4/18	LIAC \$25
212103	3A	LEVEL3	S	10-10:45AM	3/28-4/18	LIAC \$25
212104	3A	LEVEL4	S	10-10:45AM	3/28-4/18	LIAC \$25
212114	3B	PRSSCHOOL	S	10:30-10:55AM	3/28-4/18	LIAC \$25
212101	3C	LEVEL1	S	10:30-10:55AM	3/28-4/18	LIAC \$25
212115	3C	AQUATOT	S	11-11:25AM	3/28-4/18	LIAC \$25
212103	3B	LEVEL3	S	11-11:45AM	3/28-4/18	LIAC \$25
212105	3A	LEVEL5	S	11-11:45AM	3/28-4/18	LIAC \$25
212106	3A	LEV6DIVE	S	11-11:45AM	3/28-4/18	LIAC \$25
212108	3A	ADULT	S	11-11:45AM	3/28-4/18	LIAC \$25
212114	3C	PRESCHOL	S	11:30-11:55AM	3/28-4/18	LIAC \$25

PRIVATE SWIMMING LESSONS

■ Is there an instructor your child would like to spend a little more time with in one-on-one instruction? Whether your child needs to improve a stroke or skill or you would just like the individual attention of one instructor, we have a program for you. Many of our certified instructors are available to teach private lessons at our facilities. They are available on a weekly basis during times that public swimming lessons are NOT being held. The cost is \$25 per 30 minute session. We offer only American Red Cross certified Water Safety Instructors for all of our classes. However, the American Red Cross does not sanction these classes or curriculum for private lessons. *Registration for private lessons is only available at the LIAC. Please call (785) 832-7946 for more information.*

AQUATIC TRAINING CLASSES

CALLING ALL LIFEGUARDS!

Lawrence Parks & Recreation Department Aquatics Division wants YOU to work as a certified lifeguard during our year-round swimming season. If you're willing to work, we're willing to train you! Training class fees are drastically reduced for those candidates who are willing to sign an employment contract with LPRD Aquatics. We're excited about building a great team of professional lifeguards and therefore reserve the right to hire only the most qualified applicants for all positions and do not guarantee employment based on training completion. All lifeguard candidates must be at least 16 years old in order to qualify for employment with LPRD Aquatics. *For more information on this program, contact the LPRD Aquatics office at 832-SWIM.*

WATER SAFETY INSTRUCTOR COURSE

■ **BEFORE ENROLLING:** All candidates must complete the skills prerequisite test on site before they are allowed to register. To set up an appointment, contact Becky Childers (785) 832-7946. **The cost is \$190 plus a \$35 fee is required at time of on-line registration and is a certification fee to the American Red Cross.** This dynamic American Red Cross course teaches the dedicated individual how to instruct infants, children and adults in water safety and swimming lessons. Participants must be at least 16 years of age upon completion of the course requirements in order to receive certification. Prerequisite skills include knowledge of all swimming strokes and the ability to demonstrate those skills. Upon completion of the pre-course skill test, participants will be admitted into the class. Class is drastically reduced in price for those candidates who are willing to sign an employment contract with LPRD Aquatics. *LPRD Aquatics staff reserves the right to hire only the most qualified and dynamic applicants for all positions and does not guarantee employment based on training completion. Fees for the class include all materials, including books and certification cards upon successful completion of course requirements. Because the course content is fast-paced and power-packed with information, all course times and dates must be attended. For more information on this program, contact the Aquatics Division at 832-SWIM. You must attend all days and times scheduled for the course.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212110	A	WSI	MTWR	8AM-4PM	3/16-3/19	LIAC \$190

LIFEGUARD TRAINING

■ **Ages: 15 and Up. BEFORE ENROLLING:** All candidates must complete the skills prerequisite test on site before they are allowed to register. To set up an appointment, contact Lori Madaus (785) 832-7946. **Cost: \$190 plus a \$35 fee is required at time of registration and is a certification fee to the American Red Cross.** This course trains individuals in the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes certifications in Lifeguard Training, Waterpark Lifeguard Training, First Aid, AED and CPR for the Professional Rescuer. This is a blended learning program so participants must have access to a computer and printer to complete the on-line portion of the course. Prerequisites: Minimum age 15 by the last day of the course; Successfully pass a pre-course screening and testing; Swim 300 yards continuously in the following manner 100 yards front crawl with rhythmic breathing and a stabilizing kick, 100 yards breaststroke (with a pull, breathe, kick and glide sequence), 100 yards of front crawl, breaststroke, or a combination of the two; Swim 20 yards using crawl stroke or breaststroke, surface dive 6-10 feet and retrieve a 10 lb. brick, and return to the starting point with both hands on the brick (this must be completed within a certain time limit). Tread water for two (2) minutes using only your legs. You must attend all days and times scheduled for the course.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412120	B	LGT	S	8AM-5PM	12/27	LIAC \$190
			SU	10AM-6PM	12/28	
			M	8AM-5PM	12/29	
			T	8AM-5PM	12/30	
112120	A	LGT	F	4-8PM	1/23&1/30	LIAC \$190
			S	8AM-5PM	1/24&1/31	
			SU	12-6PM	1/25&2/1	
212120	A	LGT	RFSSU	12:30-7:30PM	3/19-3/22	LIAC \$190

■ **LIFEGUARD TRAINING INSTRUCTOR**

Ages: 17 and Up. Cost: \$190 plus a \$35 fee is required at time of registration and is a certification fee to the American Red Cross. This course trains individuals in the skills and knowledge needed to teach Lifeguarding, shallow water lifeguarding, lifeguarding blended learning, waterfront skills module, waterpark skills module, CPR/AED for the professional Rescuers and Health Care Providers, Bloodborne Pathogens Training and Administering Emergency Oxygen. This is a blended learning program so participants must have access to a computer and printer to complete the on-line portion of the course. Prerequisites: Minimum age 17 by the last day of the course; Possess a current American Red Cross Lifeguarding/First Aid/CPR/AED certificate or equivalent from another organization; Successfully complete the online Session for the Lifeguarding Instructor Course; Obtain course materials before starting the first classroom session of the instructor course. **You must attend all days and times scheduled for the course.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112122	A	LGTI	SMTW	9AM-5PM	1/4-1/7	LIAC \$190

