



For more information regarding the Recreation Instruction Division, please contact Jo Ellis at Sports Pavilion Lawrence, 100 Rock Chalk Lane; (785) 330-7355; or jellis@lawrencecks.org.

DANCE

BALLET FIT

Ages: 16 and Up. Enrollment Min 6 / Max 12. Anybody can do ballet fit, this class does not require previous dance experience! This ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body! Improves flexibility, posture, strength and core stability. Ballet Fit is a full body workout, where every muscle is sculpted and stretched to fun music! Guaranteed to give you a cardio workout, help define the abs and lift the booty! **Instructor: Molly Gordon.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114115 A	BALFIT	R	7:05-8PM	1/15-3/5	CB-DS	\$40
214115 A	BALFIT	R	7:05-8PM	3/26-5/14	CB-DS	\$40

BALLROOM BLITZ

Ages: 18 and Up. Enrollment Min 6 / Max 25. Let's Dance! Whether you've taken some dance classes in the past or you are just starting to learn now is the time to have some fun and show off some of those steps! Join us at the Douglas County Senior Center for two hours of foxtrot, waltz, cha-cha, tango, east coast swing, west coast swing, salsa and many other dances on a fabulous hard wood floor. A night filled with music, dancing and fun! **Instructor: Christie Curtis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114169 A	BALLBLIT	S	7-9PM	1/24	DCSS	\$5
214169 A	BALLBLIT	S	7-9PM	3/28	DCSS	\$5
214169 B	BALLBLIT	S	7-9PM	4/18	DCSS	\$5

BELLY DANCE, BEGINNING

Ages: 12 and Up. Enrollment Min 10 / Max 20. You'll learn a dance that expresses your inner goddess, an exercise that emphasizes body and muscle awareness, passive stretching techniques, and a smattering of Middle Eastern culture. Move to the beats and music of the Arabian nights while you are introduced to muscles you never knew you had. Belly Dance Basics is an overall body movement experience and your introduction to this beautiful ancient dance form. **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114201 A	BDBASIC	T	6-6:55PM	1/13-3/3	CB-DS	\$40
214201 A	BDBASIC	T	6-6:55PM	3/24-5/12	CB-DS	\$40

BELLY DANCE, INTERMEDIATE

Ages: 12 and Up. Enrollment Min 10 / Max 20. Take your skills from Belly Dance Basics to the next level. This intermediate class explores the dance side of belly dance. You will improve on your technique and expand your movement vocabulary with complex movements, combinations and simple choreographies. **Prerequisite: Minimum of two sessions of Belly Dance Basics. Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114211 A	BDINT	T	7-7:55PM	1/13-3/3	CB-DS	\$40
214211 A	BDINT	T	7-7:55PM	3/24-5/12	CB-DS	\$40

BELLY DANCE, ADVANCED

Ages: 12 and Up. Enrollment Min 6 / Max 15. Build on skills from Belly Dance Intermediate when you add musical interpretation, culture nuance, elements of choreography and other concepts of Middle Eastern Dance to the dancer's movement repertoire. Those interested in performance will further develop their skills. **Prerequisite: Minimum of four sessions of Belly Dance, Intermediate. Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114212 A	BDADV	T	8-8:55PM	1/13-3/3	CB-DS	\$40
214212 A	BDADV	T	8-8:55PM	3/24-5/12	CB-DS	\$40

BOLLYWOOD

Ages: 16 and Up. Enrollment Min 10 / Max 25. Join us for an energetic Indian style dance infused with western fitness influences. Our contemporary Bollywood dance style is a fusion of bhangra, classical Indian dance styles, traditional filmy songs and western influences. Aerobics is integrated with stretching and introductory technical exercises for Indian dance movement which focuses on building stamina and burning plenty of calories. **Instructor: Molly Gordon.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114023 A	BOLWOOD	T	7:45-8:40PM	1/13-3/3	SPL-FR	\$40
214023 A	BOLWOOD	T	7:45-8:40PM	3/24-5/12	SPL-FR	\$40

COUNTRY COUPLES VARIETY DANCING

Ages: 16 and Up. Enrollment Min 6 / Max 15 couples. Fees are assessed at a per-couple rate and you must enroll a partner. This class teaches a wide variety of country dances including the two-step, waltz, polka and swing dance. Learn the basic movements and sharpen your dance skills in this progressive class. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114162 A	COUNTRY	SU	5:15-6:15PM	1/4-2/8	CB-CR1&2	\$60
214162 A	COUNTRY	SU	5:15-6:15PM	4/12-5/17	CB-CR1&2	\$60



DANCE FUNDAMENTALS I – SINGLE RHYTHM MOVEMENTS & BASICS

Ages: 16 and Up. Enrollment Min 8 / Max 30. Too busy to commit to a full session of dance classes? Then this is the right venue for you. The first two hours will be instruction on basic dance steps and patterns followed by a one-hour dance to practice. This workshop will focus on single-rhythm dance movements and patterns like struts, rock steps, swivels, jazz boxes and grapevines. The five major and four minor foot positions will be discussed along with body isolation and how it is used with swivels. **Singles and partners welcome. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214151	A	DANCFUN1	SU	2-5PM	3/1	CB-CR1&2	\$20

DANCE FUNDAMENTALS II – TRIPLE-RHYTHM MOVEMENTS & MORE

Ages: 16 and Up. Enrollment Min 8 / Max 30. Too busy to commit to a full session of dance classes? Then this is the right venue for you. This program is packed full of triple-rhythm dance movements and patterns like sailor steps, coaster steps and crossing triples. Review foot positions and some basic techniques that were explained in Dance Fundamentals I, and brush up on arm positions or Port de Bras. Add additional moves like knee pops, boogie walks, camel walks and sailor shuffles. **Singles and partners welcome. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214151	B	DANCFUN2	SU	2-5PM	4/26	CB-CR1&2	\$20

DANCE FUNDAMENTALS III

Ages: 16 and Up. Enrollment Min 8 / Max 30. Elevate your dancing ability. Learn how to execute Spins and Turn properly with balance and control. DF III is all about spins and turns, progressive and stationary. Just some of the many spins and turns defined, explained, and practiced are Traveling Pivots, Chainés, Inside and Outside Spins, and Monterey Turns. You will also learn and practice spotting techniques to increase your sense of balance and refine your spinning. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214152	A	DANCFUN3	SU	2-5PM	6/14	CB-CR1&2	\$20

EAST COAST SWING, BEGINNER/INTERMEDIATE

Ages: 16 and Up. Enrollment Min 8 / Max 30. One of the dances with the most staying power has been East Coast Swing and its variations. East Coast Swing is a circular dance done to a wild range of upbeat music from Big Band to Contemporary to Country. All levels are welcome. Single time and Triple time footwork and movements will be presented. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114144	A	ECS	F	6:30-9PM	1/16	CB-CR1&2	\$15

INTERMEDIATE DANCE WORKSHOP

Ages: 16 and Up. Enrollment Min 8 / Max 20. This intermediate-level workshop is suitable for those who have already had previous dance experience. Learn the dance patterns and footwork of the Two-Step/Waltz. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114149	A	INTWORK	SU	2-5PM	1/11	CB-CR1&2	\$20

LATIN DANCE

Ages: 16 and Up. Enrollment Min 6 / Max 15 Couples. Fees are assessed at a per-couple rate and you must enroll a partner. As we turn up the heat, move your feet to the smooth Latin beat. You'll learn all the steps, proper techniques, motions, patterns and movements to the salsa, cha-cha and more. Before you know it, you'll be dancing with the stars, impressing your family and friends with your fancy footwork and, oh, those



smooth Latin moves. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114163	A	LATIN	SU	6:20-7:20PM	1/4-2/8	CB-CR1&2	\$60
214163	A	LATIN	SU	6:20-7:20PM	4/12-5/17	CB-CR1&2	\$60

LINE DANCING

Ages: 16 and Up. Enrollment Min 8 / Max 20. Unlock the mystery of line dancing. Learn the components of basic to intermediate dances. Dance to all types of music from country, pop and Latin to oldies, swing and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114148	A	LINEDAN	SU	5:15-6:15PM	2/15-3/29	CB-CR1&2	\$30

NIGHT CLUB DANCES

Ages: 16 and Up. Enrollment Min 6 / Max 15 couples. Fees are assessed at a per-couple rate and you must enroll a partner. Learn dances from both ends of the dance spectrum: the slow and graceful Night Club Sway (aka Night Club Two-Step), and the fast and smooth Hustle. Not to be confused with Country Two-Step, Night Club Two-Step is a slow and romantic dance that features rock steps and long glides across the dance floor. It is done to contemporary and popular ballads. The Hustle is a fast and smooth slotted dance full of spins and turns. It is danced to music from current pop and hip hop to '70s disco music. **No class 3/15.**

Instructor: Mike Salerno.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114147	A	NIGHTCLU	SU	7:25-8:25PM	2/15-3/29	CB-CR1&2	\$60

SWING DANCING

Ages: 16 and Up. Enrollment Min 6 couples / Max 15 couples. Fees are assessed at a per-couple rate and you must enroll a partner. Come and join the worldwide sensation of Swing Dancing. Classes will concentrate on the up-tempo Single-Count East Coast Swing with basic patterns, a variety of footwork (Double-time, Triple-Time and Syncopations) and loads of fun. Class also includes an Introduction to slow and bluesy West Coast Swing. With 6-count and 8-count moves, West Coast Swing is a smooth and stylish dance. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114164	A	SWING	SU	7:25-8:25PM	1/4-2/8	CB-CR1&2	\$60
214164	A	SWING	SU	7:25-8:25PM	4/12-5/17	CB-CR1&2	\$60



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TWO-STEP, BEGINNER/INTERMEDIATE

Ages: 16 and Up. Enrollment Min 8 / Max 30. A mainstay of every country dance venue in the world, Two-Step is a traveling dance to moderate to fast country music with a driving beat. Learn the basics and movements so you can look your best on the dance floor. Learn lead and follow concepts that apply to all dances. Gain the confidence to get out on the social dance floor. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214145 A	TWOSTEP	F	6:30-9PM	4/10	CB-CR1&2	\$15

NIGHT CLUB SWAY WORKSHOP

Ages: 16 and Up. Enrollment Min 12 / Max 30. Tired of doing the high school waddle when you and your partner slow dance? Learn the Ultimate Slow Dance, Night Club Sway. Learn the basics and fundamental moves that allow you to move smoothly, fluidly and with style and grace on the dance floor. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114140 A	NHTCLUB	F	6:30-9PM	2/20	CB-CR1&2	\$15

LINE DANCE WORKSHOP

Ages: 16 and Up. Enrollment Min 12 / Max 30. Come and join the worldwide phenomenon that is Line Dancing. Learn some of the foundational elements of all Line Dances. Various styles of music will be used along with different rhythms. Learn classic dances as well as current dances that are done all over the world. Learn to "look good and dance easy" on the dance floor. This is a lifetime activity available to people of all ages.

Instructor: Mike Salerno.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214140 A	NHTCLUB	F	6:30-9PM	5/1	CB-CR1&2	\$15

ULTIMATE DANCE PARTY

Ages: 18 and Up. Enrollment Min 20 / Max 40. It's time to dance! You have learned all the steps, now you and your partner want to get out for an evening. Where can you go? Come to the Community Building for the "Ultimate Dance Party." For two hours, you will have the opportunity to dance two-step, waltz, East Coast Swing, West Coast Swing, salsa, cha-cha and other dances. Come dance your favorite dance to some great music. The Community Building is a smoke-free, alcohol-free environment, so you can dance the night away. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114160 A	ULTDANCE	S	7-9PM	1/17	CB-CR1&2	\$8
114160 B	ULTDANCE	S	7-9PM	2/21	CB-CR1&2	\$8
214160 A	ULTDANCE	S	7-9PM	3/21	CB-CR1&2	\$8
214160 B	ULTDANCE	S	7-9PM	4/4	CB-CR1&2	\$8
214160 C	ULTDANCE	S	7-9PM	5/2	CB-CR1&2	\$8

WEDDING DANCE CRASH COURSE

Ages: 18 and Up. Enrollment Min 6 couples / Max 20 couples. *Fees are assessed at a per-couple rate and you must enroll a partner.* Do you have two left feet? Have you never danced before? This class will provide a foundation in general social dancing to make your special day unforgettable. You will be introduced to the shared techniques of two or three social dances with the focus on timing and partner connection.

Instructor: Mike Salerno.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114166 A	WEDCRASH	SU	2-5PM	1/25	CB-CR1&2	\$30
214166 A	WEDCRASH	SU	2-5PM	3/8	CB-CR1&2	\$30
214166 B	WEDCRASH	SU	2-5PM	4/12	CB-CR1&2	\$30

WEST COAST SWING

Ages: 16 and Up. Enrollment Min 6 couples / Max 15 couples. *Fees are assessed at a per-couple rate and you must enroll a partner.* Known as one of the most challenging of the lead-and-follow swing dances, West Coast Swing uses a wide range of styles and tempos of music — blues, rock, hip-hop and country. This class is loads of fun! **No class 3/15.**

Instructor: Mike Salerno.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114165 A	WESTCST	SU	6:20-7:20PM	2/15-3/29	CB-CR1&2	\$60

WEST COAST SWING, BEGINNER/INTERMEDIATE

Ages: 16 and Up. Enrollment Min 8 / Max 30. Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slot-dance done to any style of slow and bluesy music whether it's Blues, Pop, or Country. Both 6-count and 8-count movements will be presented. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor. Lots of practice time. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214143 A	WCS	F	6:30-9PM	3/13	CB-CR1&2	\$15

FITNESS

Due to ever-increasing enrollment in our fitness and exercise classes, the number of participants prohibits bringing children to class, not only because of space requirements but also the distraction of children to the instructor and class participants. **For senior classes, please check out classes for yoga, cycling, Pilates, Tai Chi and Zumba on the Life-Long Recreation page. For more information, please contact the Community Building at (785) 832-7920.**

MATS

Mats are no longer available for individual use through the Parks and Recreation Department. Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend on-going workshops and in-service seminars to maintain current certification. CPR and First Aid certification are also required from our instructors. We are proud to ensure the best in a fun, safe environment. Participation in any activity does present an element of risk. LPRD recommends participants check with a physician prior to participation in a fitness class or sports activities.

AEROBICS — HIGH-INTENSITY/LOW-IMPACT ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 75. This less-jarring method of burning fat enhances cardiovascular fitness while lessening the impact and stress on the lower legs. Benefits include: fewer injuries, burning of fat as effectively as high-impact aerobics, decreased body fat, increased lung capacity, strengthening the heart and reducing the resting heart rate. **Instructor: Vicki Lysen.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115152 A	HIGH/LOW	MW	5:30-6:25PM	1/5-3/4	HPRC-GY	\$54
215152 A	HIGH/LOW	MW	5:30-6:25PM	3/23-5/13	HPRC-GY	\$48

BARRE FITNESS ^{NEW} ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 40. An exceptional one-hour regime of ballet, pilates, strength and flexibility training using a ballet barre. This total body conditioning technique has been intertwined to create an intense workout, guaranteed to transform and sculpt your entire body. The classes are choreographed to the hottest music in a fun, supportive and high-energy environment. Open to all levels. **Instructors: Tami Keasling (TK), Molly Gordon (MG).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115030 A	BARR(MG)	M	8-8:55PM	1/5-3/2	SPL-FR	\$34
115030 B	BARR(TK)	T	6-6:55AM	1/6-3/3	SPL-FR	\$34
215030 A	BARR(MG)	M	8-8:55PM	3/23-5/11	SPL-FR	\$30
215030 B	BARR(TK)	T	6-6:55AM	3/24-5/12	SPL-FR	\$30

