

**LAWRENCE PARKS AND RECREATION DEPARTMENT**

TDD PHONE (785) 832-3205

P.O. Box 708, Lawrence, KS 66044-0708

**CITY COMMISSION\***

Mike Amyx, Mayor  
 Jeremy Farmer, Vice Mayor  
 Dr. Terry Riordan

Bob Schumm  
 Michael Dever  
 David L. Corliss, City Manager

**PARKS AND RECREATION ADVISORY BOARD**

Kevin Loos, Chair  
 Joe Caldwell  
 LaRisa Chambers-Lochner

Andrew Clayton  
 Sue Hack  
*\*at time of printing*

**ADMINISTRATIVE OFFICE**

1141 Massachusetts St. • (785) 832-3450  
 Reservation/Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

**STAFF** **Ernie Shaw**, Director  
*eshaw@lawrenceks.org*

**Mark Hecker**, Assistant Director  
*mhecker@lawrenceks.org*

**Jimmy Gibbs**, Recreation Operations Manager  
*jgibbs@lawrenceks.org*

**Tim Laurent**, Facility Operations Manager  
*tlaurent@lawrenceks.org*

**Roger Steinbrock**, Marketing Supervisor  
*rsteinbrock@lawrenceks.org*

**Amy Chavez**, Administrative Support

**Karen Risner**, Administrative Support

**Paula Craig**, Administrative Support

**CEMETERIES:** Oak Hill, Memorial Park, Maple Grove  
 Inquiries handled at the LPRD Administration Office:  
 1141 Massachusetts St. • (785) 832-3451  
 Hours: 8 a.m. to 5 p.m. (Mon-Fri)

**COMMUNITY BUILDING**

115 W. 11th St. • (785) 832-7920  
 Reservation/Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

**CODES** **CB** .... Community Building    **DS** ..... Dance Studio  
**CR1** .... Community Room 1    **GY** ..... Gymnasium  
**CR2** .... Community Room 2    **WR** ..... Wellness Room  
**CR3** .... Community Room 3    **CFR** ..... Conference Room  
**AR** ..... Art Room

**STAFF** **Annette Deghand**, Special Populations Supervisor  
*adeghand@lawrenceks.org*

**Paige Moore**, Adult Sports Supervisor  
*lmoore@lawrenceks.org*

**Ross Schraeder**, Recreation Center Programmer  
*rschraeder@lawrenceks.org*

**Gayle Sigurdson**, Recreation Programmer  
*gsigurdson@lawrenceks.org*

**June Morton**, Administrative Support

**Ashlee Roll-Gregory**, Administrative Support

**EAGLE BEND GOLF COURSE & LEARNING CENTER**

1250 E. 902 Road • (785) 748-0600 • 1-877-861-GOLF (4653)

**STAFF** **Darin Pearson**, Golf Operations Supervisor  
*dpearson@lawrenceks.org*

**Ryan Cloud**, Assistant Golf Course Professional  
*rcloud@lawrenceks.org*

**Greg Dannevik**, Assistant Golf Operations  
*gdannevik@lawrenceks.org*

**HOLCOM PARK RECREATION CENTER**

2700 W. 27th St. • (785) 832-7940  
 Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

**CODES** **HPRC** ..... Holcom Park Recreation Center  
**GY** ..... Gymnasium  
**BR** ..... Wayne Bly Room  
**HR** ..... Louie Heinrich Room

**STAFF** **Duane Peterson**, Special Events/Facility Operations Supervisor  
*dpeterson@lawrenceks.org*

**Alison Dudley**, Recreation Center Programmer  
*adudley@lawrenceks.org*

**LAWRENCE INDOOR AQUATIC CENTER**

4706 Overland Drive • (785) 832-SWIM (7946)  
 Reservation/Enrollment Hours:

7:30 a.m. to 6 p.m. (Mon-Fri), 1 p.m. to 6 p.m. (Sat & Sun)

**CODES** **LIAC** ..... Lawrence Indoor Aquatic Center  
**WR** ..... Tom Wilkerson Room  
**CPSE** ..... Competition Pool, Shallow End  
**DWDW** ..... Diving Well, Deep Water

**STAFF** **Lori Madaus**, Aquatics Supervisor  
*lmadaus@lawrenceks.org*

**Becky Childers**, Assistant Aquatics Supervisor  
*bchilders@lawrenceks.org*

**Mike Escalante**, Aquatic Programmer II  
*mescalante@lawrenceks.org*

**Lisa Hughes**, Administrative Support

**CARL KNOX NATATORIUM**

19th and Louisiana Streets (on the campus of Lawrence High School)

**CODES** **CKN** ..... Carl Knox Natatorium  
**S&DW** ..... Shallow and Deep Water

**LAWRENCE OUTDOOR AQUATIC CENTER**

727 Kentucky St. • (785) 832-7990

**CODES** **LOAC** ..... Lawrence Outdoor Aquatic Center

**PARKS AND MAINTENANCE DIVISION**

**STAFF** **Lynn Applegate**, Facilities Maintenance Supervisor  
 (785) 423-2822, *lapplegate@lawrenceks.org*

**John Gress**, Facilities Maintenance Supervisor  
 (785) 423-1139, *jgress@lawrenceks.org*

**Darin Pearson**, Supervisor (District 1)  
 (785) 832-7959, *dpearson@lawrenceks.org*

**Rowan Green**, Park District Supervisor (District 2)  
 (785) 832-7971, *rgreen@lawrenceks.org*

**Mitch Young**, Park District Supervisor (District 3 & Cemetery)  
 (785) 832-3451, *mlyoung@lawrenceks.org*

**Crystal Miles**, Horticulture & Forestry Manager  
 (785) 832-7970, *cmiles@lawrenceks.org*

**Pat Hennessey**, Park District Supervisor (District 4)  
 (785) 832-7979, *phennessey@lawrenceks.org*

**PRAIRIE PARK NATURE CENTER**

2730 Harper St. • (785) 832-7980

Reservation/Enrollment Hours:

9 a.m. to 5 p.m. (Tue-Sat), 1 p.m. to 4 p.m. (Sun), Closed (Mon)

**CODES** **PPNC** ..... Prairie Park Nature Center

**STAFF** **Marty Birrell**, Nature Interpretive Supervisor  
*mbirrell@lawrenceks.org*

**Andrea Woody**, Naturalist  
*awoody@lawrenceks.org*

**EAST LAWRENCE RECREATION CENTER**

1245 E. 15th St. • (785) 832-7950

Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

**CODES** **ELRC** ..... East Lawrence Recreation Center  
**GY** ..... Gymnasium  
**MPR** ..... Multi-purpose Room  
**MR** ..... Meeting Room

**STAFF** **Stephen Mason**, Recreation Center Programmer  
*smason@lawrenceks.org*

## SPORTS PAVILION LAWRENCE

100 Rock Chalk Lane • (785) 330-7355

[www.sportspavilionlawrence.org](http://www.sportspavilionlawrence.org)

Reservation/Enrollment Hours: 8 a.m. to 5 p.m. (Mon-Fri)

<b>CODES</b>	<b>SPL</b> .....	<b>Sports Pavilion Lawrence</b>
	<b>SPL-FR</b> .....	<b>Fitness Room</b>
	<b>SPL-GR</b> .....	<b>Gymnastics Room</b>
	<b>SPL-GY</b> .....	<b>Gymnasium (courts will be numbered)</b>
	<b>SPL-TF</b> .....	<b>Turf Field</b>
	<b>SPL-CR</b> .....	<b>Champion Room</b>
	<b>SPL-VR</b> .....	<b>Victory Room</b>
	<b>SPL-TK</b> .....	<b>Track</b>
	<b>SPL-WR</b> .....	<b>Weight Room</b>
	<b>SPL-CA</b> .....	<b>Cardio Area</b>

**STAFF**

**Chad Tower**, Facilities Operations Supervisor  
 ctower@lawrenceks.org

**Lee Ice**, Youth Sports Supervisor  
 ice@lawrenceks.org

**Jo Ellis**, Recreation Instruction Supervisor  
 jellis@lawrenceks.org

**Bobby Wilson**, Recreation Center Programmer  
 rwilson@lawrenceks.org

**Jeff Hawkins**, Recreation Programmer  
 jhawkins@lawrenceks.org

**Alex Husbenet**, Recreation Programmer  
 ahusbenet@lawrenceks.org

<b>CARN, CARN-EG, CARN-CR, CARN-HR</b> .....	Carnegie Building, 200 W. Ninth St.
<b>CG</b> .....	Cider Gallery, 810 Pennsylvania St.
<b>CLSC</b> .....	Clinton Lake Softball Complex, 5101 Speicher Road
<b>CTR</b> .....	Castle Tea Room, 1307 Massachusetts St.
<b>DCSS</b> .....	Douglas County Senior Services, Eighth and Vermont streets
<b>FBC</b> .....	First Baptist Church, 1330 Kasold Drive
<b>FG#21, FG#1&amp;#2, FG-KSEXT</b> .....	4-H Fairgrounds, 2120 Harper St.
<b>GFORCE</b> .....	G-Force, 725 N. Second St.
<b>HPTC</b> .....	Holcom Park Tennis Courts, 2601 W. 25th St.
<b>HSC</b> .....	Holcom Sports Complex, 2601 W. 25th St.
<b>JT</b> .....	Jayhawk Tennis, 5200 Clinton Parkway
<b>LHS-WS</b> .....	Lawrence High School Woodshop, 1901 Louisiana St.
<b>ML</b> .....	Mary's Lake, 2730 Harper St.
<b>OHC</b> .....	Oak Hill Cemetery, 1605 Oak Hill Ave.
<b>OMG</b> .....	Omni Method Gym, 721 E. Ninth St.
<b>RCL</b> .....	Royal Crest Lanes, 933 Iowa St.
<b>RFP-CL</b> .....	River Front Plaza-Computer Lab, Sixth and New Hampshire streets
<b>TBA</b> .....	To Be Announced/Assigned
<b>TC-RCP</b> .....	Tennis Courts at Rock Chalk Park, 101 George Williams Way
<b>TLC</b> .....	Trinity Lutheran Church, 1245 New Hampshire St.
<b>UPD</b> .....	Union Pacific Depot, 402 N. Second St.

**Class Name** — **Senior Strength Training** <sup>New Class</sup> <sup>Fitness Level</sup> <sup>Ages/Class Size</sup>

**Co-sponsored** — **50+** Ages: 50 and Up. Enrollment Min 10 / Max 20. Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights and resistance tubing and bands. **A physician's release is required prior to beginning of class.**

**For age 50-plus** — **No class 1/19, 2/16, 3/25. Instructor: LPRD Staff. NSD.**

**Class Omit Dates** — **No class 1/19, 2/16, 3/25. Instructor: LPRD Staff. NSD.**

**Class Description** — Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights and resistance tubing and bands. **A physician's release is required prior to beginning of class.**

**Class Notes** —

**No Senior Discount** —

**Class Location** — (Listed on pages 2-3)

**Class Fee** —

Class Code	CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
	127234	A	STREGTRA	MWF	8:30-9:20AM	1/5-3/6	HPRC-BR	\$68
	127234	B	STREGTRA	MWF	9:30-10:20AM	1/5-3/6	HPRC-BR	\$68
<b>Night Class</b> (Noted in bold)	<b>127234</b>	<b>C</b>	<b>STREGTRA</b>	<b>MWF</b>	<b>5:30-6:20PM</b>	<b>1/5-3/6</b>	<b>HPRC-BR</b>	<b>\$68</b>
	227234	A	STREGTRA	MWF	8:30-9:20AM	3/23-5/15	HPRC-BR	\$61
<b>Section of Class</b>	227234	B	STREGTRA	MWF	9:30-10:20AM	3/23-5/15	HPRC-BR	\$61
	<b>227234</b>	<b>C</b>	<b>STREGTRA</b>	<b>MWF</b>	<b>5:30-6:20PM</b>	<b>3/23-5/15</b>	<b>HPRC-BR</b>	<b>\$61</b>

**Class Fee** —

**Dates of Class** —

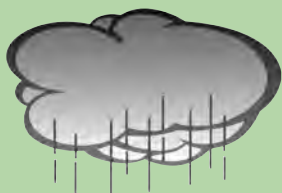
**Time of Class** —

**Day of Class** —

**Spring Class** (Noted in green)

- ★ **Introductory:** Just starting to exercise or haven't exercised in six months.
- ★★ **Intermediate:** Fairly active in sports, dance or some type of regular exercise (two to three times per week).
- ★★★ **Advanced:** Very active in sports or have been exercising four or more times per week for six months.

**DAYS: M** — Monday **T** — Tuesday **W** — Wednesday **R** — Thursday **F** — Friday **S** — Saturday **SU** — Sunday



FOR INFORMATION ON PROGRAM AND ACTIVITIES CANCELLATIONS DUE TO INCLEMENT WEATHER, VISIT [RAINOUTLINE.COM](http://RAINOUTLINE.COM) OR LISTEN TO 1320 AM, KLWN.

IF YOU ARE IN NEED OF SPECIAL ACCOMMODATIONS FOR OUR PROGRAMS/CLASSES, PLEASE CALL THE COMMUNITY BUILDING AT (785) 832-7920.