

SPORTS PAVILION LAWRENCE

100 Rock Chalk Lane • (785) 330-7355

www.sportspavilionlawrence.org

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

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

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

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

Class Name — **Senior Strength Training** ^{New Class} ^{Fitness Level} ^{Ages/Class Size}

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 — **\$68**

Dates of Class — **1/5-3/6**

Time of Class — **5:30-6:20PM**

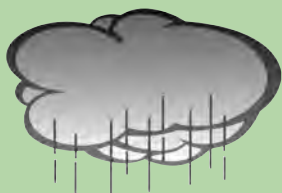
Day of Class — **MWF**

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
Night Class (Noted in bold)	127234	C	STREGTRA	MWF	5:30-6:20PM	1/5-3/6	HPRC-BR	\$68
	227234	A	STREGTRA	MWF	8:30-9:20AM	3/23-5/15	HPRC-BR	\$61
Section of Class	227234	B	STREGTRA	MWF	9:30-10:20AM	3/23-5/15	HPRC-BR	\$61
Name of Class	227234	C	STREGTRA	MWF	5:30-6:20PM	3/23-5/15	HPRC-BR	\$61

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 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.