



TODDLER OPEN GYM

Fee: \$1 per child. Ages: 6 and Under. Does your child need some space to be active? Bring them to the Community Building, 115 W. 11th St., and let them burn off some extra energy. Individuals and groups are welcome to drop by Mondays, Wednesdays and/or Fridays. Register at the front desk and let the kids enjoy the wide-open space of the gymnasium. **Ratio 1 parent: 5 children.** Every Monday, Wednesday and Friday. 10:30-11:45 a.m., Community Building, 115 W. 11th St. **Through Friday, May 8.**

MARTIAL ARTS

BAGUA, MARTIAL ARTS ^{NEW}

Ages: 14 and Up. Enrollment Min 8 / Max 15. This class will introduce students to the fundamentals of Bagua Zhang (Eight Trigrams Palm) as taught by Gao Yisheng and Wu Mengshia. In the course the student will first be taught correct movement and posture through a series of exercises that include "palm changes", which are executed while walking on a circle. After developing the necessary skills, the student learns how to issue power and engage in martial applications through a series of straight line forms. This is a very organized approach to the martial arts that is adaptable for a range of ages and fitness levels. **Instructor: Carol Magnuson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117138 A	BAGUA	W	6-7:15PM	1/7-3/4	SPL-CR	\$50
217138 A	BAGUA	W	6-7:15PM	3/25-5/13	SPL-CR	\$44

KARATE — OKINAWAN KENPO

Ages: 6 and Up. Enrollment Min 8 / Max 30. Okinawan Kenpo is a style of traditional Okinawan Karate, a system of self-defense and personal development. During this process of learning and practicing techniques, strengthen your body and learn techniques effective in close fighting. Enjoy improved posture, increased self-confidence and gain training to avoid or minimize unavoidable violence. Instructors have years of teaching experience and are certified members of the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU). **No class 4/5. Instructors: Mark Hurt, Mandana Ershadi-Hurt and Natasha Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117110 A	KARATE	MW	6:45-7:40PM	1/5-3/4	CB-CR1&2	\$59
117110 B	KARATE	SU	1-2:15PM	1/11-3/8	CB2	\$45
217110 A	KARATE	MW	6:45-7:40PM	3/23-5/13	CB-CR1&2	\$42
217110 B	KARATE	SU	1-2:15PM	3/29-5/17	CB2	\$40

HAKKA KUNG FU ^{NEW}

Ages: 14 and Up. Enrollment Min 8 / Max 15. Southern Chinese Hakka Kung Fu is a close quarter method of self defense highly prized for its contact sensitivity to counter attacks, elbow strikes and short explosive inch power. Participants will be instilled with a habit of discipline and feel more confident in their ability to defend themselves. While improving their health and fitness, this class will challenge them to use not just their bodies but also their minds. **Instructor: Tyler Rea.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117135 A	KUNGFU	TR	6:45-7:45PM	1/6-3/5	CB-CR1	\$59
217135 A	KUNGFU	TR	6:45-7:45PM	3/24-5/14	CB-CR1	\$52

LITTLE NINJAS

Ages: 5-7. Min 6 / Max 12. This class is designed with the younger student in mind which will teach them the basic stances, develop coordination, control and balance. Participants will gain confidence, attention span and respect for others in a positive, fun environment. **No class 4/5. Instructor: Natasha Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117125 A	LITNINJ	SU	12-12:40PM	1/11-3/8	CB-CR2	\$38
217125 A	LITNINJ	SU	12-12:40PM	3/29-5/17	CB-CR2	\$34

SELF-DEFENSE

Ages: 13 and Up. Enrollment Min 6 / Max 20. This workshop introduces the fundamentals of self-defense and is suitable for people of any physical condition. Awareness and risk assessment will be discussed, and simple, effective physical self-defense techniques will be taught. The instructors have years of experience teaching martial arts, as well as specific experience teaching self-defense clinics. **Loose-fitting clothing recommended. Instructors: Mandana Ershadi-Hurt, Mark Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117120 A	SELDFEF	S	2-5PM	2/28	CB-CR2	\$16

TAE KWON DO

Ages: 8 and Up. Enrollment Min 8 / Max 20. Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance and power through the practice of Tae Kwon Do forms and one-step sparring. As participants mature in the art, they gain more than the ability to kick and punch with improved coordination and reflexes, increased self-confidence, self-discipline and physical conditioning. The student gains greater respect for themselves, fellow students and people in society as a whole.

Instructor: Jake Thibodeau, Black Belt.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117131 A	TKD8-12Y	TR	6:45-7:40PM	1/6-3/5	TLC	\$59
117131 B	TKD13&UP	TR	7:50-9:05PM	1/6-3/5	TLC	\$59
217131 A	TKD8-12Y	TR	6:45-7:40PM	3/24-5/14	TLC	\$52
217131 B	TKD13&UP	TR	7:50-9:05PM	3/24-5/14	TLC	\$52

TAI CHI, BEGINNING ^{NEW}

Ages: 15 and Up. Enrollment Min 10 / Max 15. This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical movement and mental discipline. Slow movements strengthen muscles and joints, in addition to reducing stress, fatigue and the risk of falls due to increased balance. **Instructor: John Van Sickle.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115500 A	BGTAICHI	T	6:45-8PM	1/6-3/3	SPL-FR	\$45
215500 A	BGTAICHI	T	6:45-8PM	3/24-5/12	SPL-FR	\$40

SPECIAL INTEREST

SPECIAL INTEREST — HEALTH & WELLNESS

HEARTSAVER COURSE

Ages: 14 and Up. Enrollment Min 3/Max 5. The course will be taught from a DVD, and then the participants will practice the skill, and complete a skills check off. This course meets OSHA's requirements for First Aid Training, Covers general knowledge, medical emergencies, injuries, as well as environmental emergencies. CPR (includes adult, child, and infant) and AED are automatically included with this course. Audience: Non-EMS Firefighters, Police, Daycare workers, Teachers, Security Guards, Personal trainers, Health Club Workers, and anyone in the General Public. This course does not meet the requirements for nursing students. Nursing students need the BLS for Healthcare Providers course. **Instructor: Mandi Oiberding, CPR 4 You LLC.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121600 A	HARTSAV	R	8:30AM-2:30PM	1/22	ELRC-MR	\$75
121600 B	HARTSAV	S	8:30AM-2:30PM	2/21	ELRC-MR	\$75
221600 A	HARTSAV	R	8:30AM-2:30PM	3/12	ELRC-MR	\$75
221600 B	HARTSAV	S	8:30AM-2:30PM	4/18	ELRC-MR	\$75
221600 C	HARTSAV	R	8:30AM-2:30PM	5/7	ELRC-MR	\$75

SPECIAL INTEREST — HOME & HOBBIES

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	1/13-2/17	FBC	\$39
221120 A	FENCING	T	5:30-6:30PM	3/24-4/28	FBC	\$39



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 3/18.**

Instructor: Jay Hundley, NSD.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121500 A	BEGDWRK	W	6:30-9:30PM	1/7-4/1	LHS-WS	\$140

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	1/19-3/9	CARN-CR	\$52
214167 A	BGGUITAR	M	7-8PM	3/23-5/11	CARN-CR	\$52

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.**

QUICK START PEE WEES

Ages: 4-6. Min 4 / Max 10. This program is a thoughtful blend of TENNIS, FUN, and GAMES, all of which are geared toward proper strokes and motor skills. This clinic will greatly assist young children with coordination and give them a sound combination of basic motor skills for ALL sports. **No class 4/8.** **Instructors: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119150 A	PEEWEE	S	9:30-10AM	1/10-2/28	JT	\$82
219150 A	PEEWEE	S	9:30-10AM	3/28-5/23	JT	\$82

QUICK START PLAYERS

Ages: 7-10. Min 4 / Max 10. This group will further refine the fundamentals and concentrate on movement skills, stroke production, and the preparation of the student for their first competitive situation. This group will hit a ton of balls with a strong focus on mechanics. They will also learn the needed skills to begin competition en route to moving into our Int/Adv youth tennis classes. **No class 4/8.** **Instructors: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119151 A	PLAYERS	T	4:30-5:30PM	1/6-2/24	JT	\$82
119151 B	PLAYERS	R	4:30-5:30PM	1/8-2/26	JT	\$82
119151 C	PLAYERS	S	10-11AM	1/10-2/28	JT	\$82
219151 A	PLAYERS	T	4:30-5:30PM	3/24-5/12	JT	\$82
219151 B	PLAYERS	R	4:30-5:30PM	3/26-5/14	JT	\$82
219151 C	PLAYERS	S	10-11AM	3/28-5/23	JT	\$82

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	5:30-6:30PM	1/6-2/24	JT	\$82
119152 B	BEGTEN	R	5:30-6:30PM	1/8-2/26	JT	\$82
219152 A	BEGTEN	T	5:30-6:30PM	3/24-5/12	JT	\$82
219152 B	BEGTEN	R	5:30-6:30PM	3/26-5/14	JT	\$82

INTERMEDIATE/ADVANCED YOUTH 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. **No class 4/4.**

Instructor: Jayhawk Tennis.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119153 A	INTTEN	M	6:30-7:30PM	1/5-2/23	JT	\$82
119153 B	INTTEN	W	6:30-7:30PM	1/7-2/25	JT	\$82
219153 A	INTTEN	M	6:30-7:30PM	3/23-5/11	JT	\$82
219153 B	INTTEN	W	6:30-7:30PM	3/25-5/20	JT	\$82

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	M	7:30-8:30PM	1/5-2/23	JT	\$82
219200 A	BEGADULT	M	7:30-8:30PM	3/23-5/11	JT	\$82

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.** **No class 4/4.** **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119201 A	INTADULT	W	7:30-8:30PM	1/7-2/25	JT	\$82
219201 A	INTADULT	W	7:30-8:30PM	3/25-5/20	JT	\$82

SPL CORPORATE OUTINGS

Enhancing teamwork within your company can be as simple as a corporate outing with team building activities. We have facilities and team building ideas that can work with the objective and budget of your company. Exercise releases stress and stimulate brain function which can help relieve stress and stimulate conversation between employees. We can use these techniques inside on one of our many courts, turf field or track or outside on our tennis courts or trail system our facility has to offer to create a sense of camaraderie and teamwork. Activities can range from sporting events to fitness classes or even simple games and relay races. **For more information, please call (785) 330-7355.**

