



### 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 <sup>NEW</sup>

*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 <sup>NEW</sup>

*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 <sup>NEW</sup>

*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 |