

LAWRENCE PARKS AND RECREATION DEPARTMENT

ACTIVITIES GUIDE

WINTER/SPRING 2015

A *Grand* OPENING

Sports Pavilion Lawrence
makes its debut in
the community



City of Lawrence
PARKS AND RECREATION

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2015 WINTER/SPRING ACTIVITIES GUIDE

This edition of the *Lawrence Parks and Recreation Department Activities Guide* celebrates Lawrence’s newest recreation center, Sports Pavilion Lawrence. This great facility will not only provide space for current recreational programming, it will allow the Parks and Recreation Department to further develop and expand into new recreational areas for the community. The department continues to help lead the community in areas of health and wellness, and Sports Pavilion Lawrence will provide additional opportunities for the community to stay active year-round. Not only will programming assist citizens in their personal quest for wellness but also the concession area at Sports Pavilion Lawrence, Crimson Corner Market, will operate with LPRD’s nutrition standards developed for all of its facilities and complexes, offering healthy food and beverage options for patrons.

This edition is also packed with lots of fun activities! More than 450 programs and activities are waiting for you during the winter and spring seasons. Stay active and improve your personal health! Stretch your limits with LPRD!

All photos in this edition showcase the features of Sports Pavilion Lawrence, as well as the grand opening celebration.

ENROLLMENT IS EASY!

ONLINE ENROLLMENT

*If you have enrolled in a Parks and Recreation program after January 2000, you’re already in our database and can log in using your home phone (10 digits, no spaces or dashes) as your User Name. You’ll use your last name as your Password. We encourage you to change these after logging in the first time. If you aren’t registered, click on “New User” and follow the prompts to create your personal login and password. If you need assistance, email us at parksrec@lawrenceks.org.

***Walk-in registration takes priority over mail-in registrations.*

ONLINE*

Starting Sunday, Nov. 2 (for all winter/spring activities)

Visit our website at www.lprd.org; create a user name and password (if you haven’t already). Log in and stretch your limits with Parks and Recreation.

WALK-IN / MAIL-IN**

Starting Monday, Nov. 3 (for all winter/spring activities)

Visit any Parks and Recreation facility to enroll. (For a complete listing of the facilities and their enrollment hours, see page 2). Visa, MasterCard only. You can also drop your registration and payment in the mail. Pay by check or credit card. Send your registration and payment to Lawrence Parks and Recreation Department, Community Building — Registration, 115 W. 11th St., Lawrence, KS 66044. *Make checks payable to LPRD.*

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THE CITY OF LAWRENCE DOES NOT DISCRIMINATE ON THE BASIS OF RACE, SEX, RELIGION, COLOR, GENDER IDENTITY, NATIONAL ORIGIN, AGE, ANCESTRY, SEXUAL ORIENTATION OR DISABILITY.

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
jpgibbs@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
lapplegate@lawrenceks.org
John Gress, Facilities Maintenance Supervisor
jgress@lawrenceks.org
Darin Pearson, Supervisor (District 1)
dpearson@lawrenceks.org
Rowan Green, Park District Supervisor (District 2)
rgreen@lawrenceks.org
Mitch Young, Park District Supervisor (District 3 & Cemetery)
mlyoung@lawrenceks.org
Crystal Miles, Horticulture & Forestry Manager
cmiles@lawrenceks.org
Pat Hennessey, Park District Supervisor (District 4)
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

Continued on page 3

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.**

Class Not Eligible for Youth Scholarships

For age 50-plus

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

Class Description

Class Notes

No Senior Discount

Class Location (Listed on pages 2-3)

Class Code — **CODE SEC CLASS DAY TIME DATE LOC FEE**

Night Class (Noted in bold)

Section of Class

Name of Class

Class Fee

Dates of Class

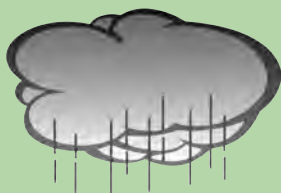
Time of Class

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 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.

Registration for all 2015 winter/spring programs begins

Sunday, Nov. 2 – Online

Monday, Nov. 3 – Walk-In/Mail-In

Registration for these programs will end the first day of scheduled class or when the class has reached enrollment limit.

It is not our policy to prorate classes.

To register, fill out registration form(s) completely. All program registration is done on a first-come, first-served basis.

Incomplete or inaccurate registrations will be returned without being processed. **PLEASE REMEMBER THAT A SIGNATURE IS NECESSARY ON EVERY FORM!**

Activities and programs have minimum and maximum enrollments. Registration is required before the first class meets. This enables us to notify you if the class is cancelled due to insufficient enrollment or of any changes in class time and/or location. A transfer or refund may be issued if a class is cancelled.

WITHDRAW/TRANSFER/REFUND POLICY

Lawrence Parks and Recreation reserves the right to cancel or combine any program due to lack of enrollment.

If someone wishes to withdraw/transfer from a class/activity/program, notification must be done at least five business days (Monday-Friday) prior to the start of the class/activity/program. A household credit will be provided in the full amount of the fee charged at the time of enrollment for those withdrawing from a class/activity/program at least five days prior to the start of the class/activity/program. Withdraws/transfers within the five days prior to the start date of a class/activity/program may be granted on a case-by-case basis by the Recreation Supervisor, if the class/activity/program doesn't fall below the minimum number of participants needed to hold a class (minimums provided in class descriptions in the *Activities Guide*) or if a class waiting list exists for the class/activity/program.

Transfers will be granted without additional fees. A \$10 processing fee will be assessed for those wanting a refund. Refunds will not be granted without authorization of the Division Supervisor.

Parks and Recreation does NOT prorate classes or activities except in the event of a medical emergency or illness arising mid-season. A prorated refund will be issued if a doctor's note is received within two weeks of the first class, provided that one-third of the program has not transpired.

Waiting lists will be formed when programs are filled. A fee will NOT be assessed unless contacted by Parks and Recreation when space becomes available. Those who are not contacted should not attend the class. Every attempt will be made to accommodate people on a waiting list.

Both Adult and Youth Sports registration deadline policies state teams will be formed at the time of the deadline date, according to the number of registrations that have been received. Late registrations will be accepted ONLY to fill those teams or leagues that have not reached their maximum capacity. For Adult Sports, no new teams will be formed once league schedules have been distributed. For Youth Sports, late registrants will not be guaranteed placement on the same team as other participants from the school they attend. All late registration fees noted on the sport registration form apply.

Due to supervision and insufficient space, children are not allowed to accompany parents/guardians to adult classes unless specifically noted in the class description.

If enrolling more than one child in a parent participation class, please contact Jo Ellis, recreation instruction supervisor, for more information at (785) 832-7920.

Payment must accompany all registrations. Payment is accepted by cash, check, money order, Visa or MasterCard. Telephone and faxed registrations will NOT be accepted.

Seniors (age 60+) receive a 10 percent discount excluding Eagle Bend Golf Course & Learning Center. Classes with "NSD" at the end of the class description are additional classes to which the senior discount does not apply.

SCHOLARSHIP PROGRAM

Scholarships are available to youth and special populations participants who meet specific guidelines. A separate application must be completed at the time of enrollment. Classes that are co-sponsored and designated trips are not eligible for scholarships. A ■ symbol at the beginning of the class description designates those programs or activities that will not be included in the scholarship program. For more information, call (785) 832-3450.

All classes/activities, times/dates/days, instructors and pricing listed are subject to change. Check for changes at the time of enrollment.

In the event of a cancelled class, a makeup date will be added. If participants are unable to attend the scheduled makeup, participants may not attend a similar program/class in replacement of the rescheduled program/class, nor will a credit/refund be given to participants unable to attend makeup classes.

ELECTROLYTES TO REPLENISH

HELP REPLACE WHAT YOU SWEAT OUT



PROUD PARTNER OF
**CITY OF LAWRENCE PARKS
& RECREATION**





SPORTSPAVILION
LAWRENCE

Grand Opening



Introducing



SPORTSPAVILION
LAWRENCE

The community celebrates the opening of the city's new public recreation center at Rock Chalk Park in grand style.

The grand opening of Sports Pavilion Lawrence at Rock Chalk Park on Oct. 5 brought the community together to celebrate the 180,000-square-foot facility and its anticipated future use. After a short ceremony highlighting the partnership between the City of Lawrence, KU Athletics, KU Endowment and Bliss Sports, more than 1,200 attendees filed in to get the first look at the first-class facility.

Gyms were open for volleyball, futsal, pickleball and basketball. The City's first indoor turf area was the site of free play soccer, with Sporting Kansas City's Jon Kempin stopping by to play goalie for the kids, pose for photos and sign autographs.

A room dedicated to gymnastics was available for kids to practice their balance on beams and work the uneven bars. The gymnastics room also features a spring floor and tumble track that kids of all ages had fun exploring.

Some visitors took laps around the eighth-mile indoor walking/jogging track and looked over the weights and cardio areas. Other sampled the healthy menu items available at Crimson Corner Market by Clinton Parkway Hy-Vee, which uses healthier nutrition standards developed by Lawrence Parks and Recreation Department earlier in the year.

There were demonstrations showcasing

fitness and dance programs available through Parks and Recreation. Demonstration classes were also offered throughout the facility's first week, providing an opportunity for the public to experience classes before enrolling. Outside the facility, people participated in tennis on the eight lighted tennis courts or took to the five miles of outdoor nature trails to explore the new area.

Sports Pavilion Lawrence will host tournaments throughout the year, bringing many visitors to the Lawrence community. The bigger impact, however, will be on citizens, as the city continues striving to be the healthiest, most active community in Kansas.

Grand Opening

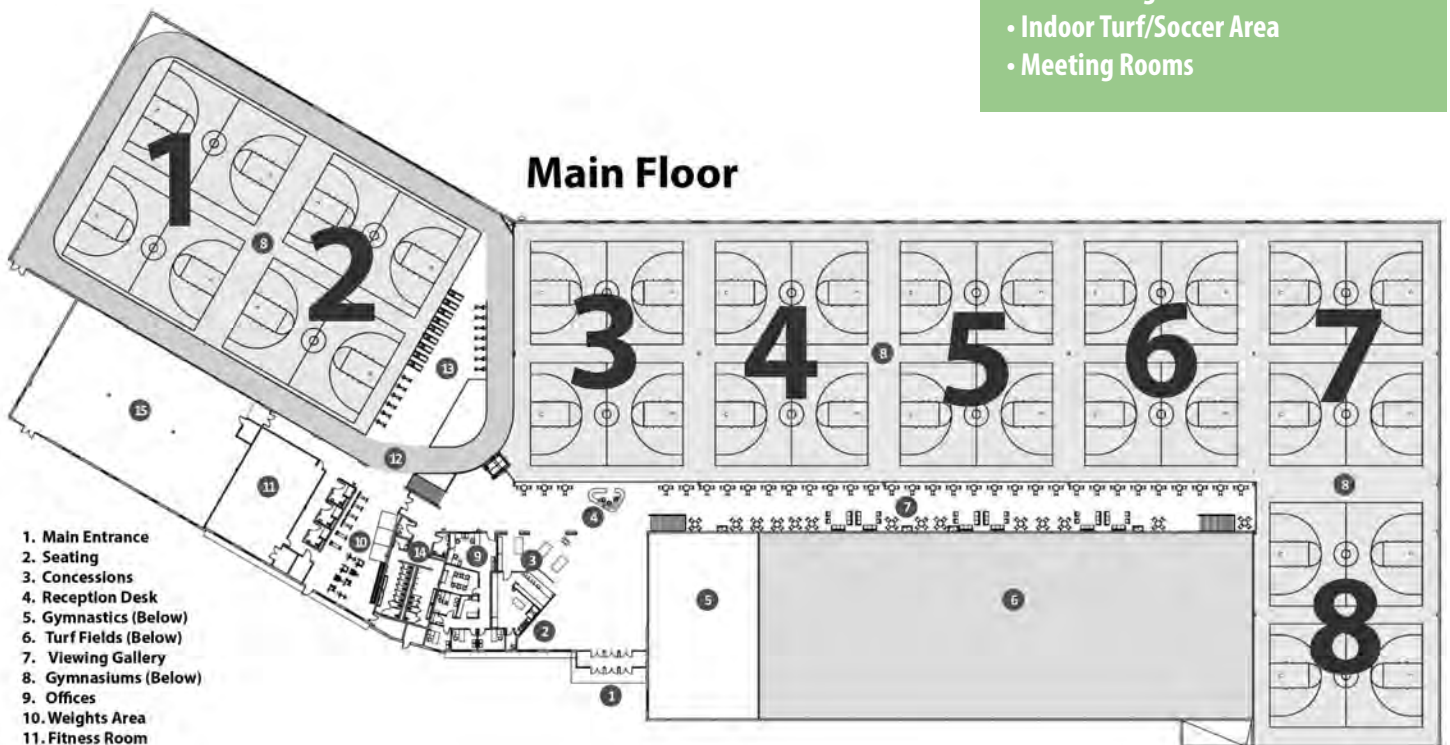


SPORTS PAVILION LAWRENCE



Sports Pavilion Lawrence Features:

- 8 Full-Size Basketball Courts/
16 Full-Size Volleyball Courts
- 1/8-Mile Walking/Jogging Track
- Gymnastics Areas
- Aerobic/Fitness Room
- Cardio/Weight Area
- Indoor Turf/Soccer Area
- Meeting Rooms



Main Floor

1. Main Entrance
2. Seating
3. Concessions
4. Reception Desk
5. Gymnastics (Below)
6. Turf Fields (Below)
7. Viewing Gallery
8. Gymnasiums (Below)
9. Offices
10. Weights Area
11. Fitness Room
12. Track
13. Cardio Area
14. Restrooms
15. Open Room
16. Meeting/Party Rooms



Weight Room Features:

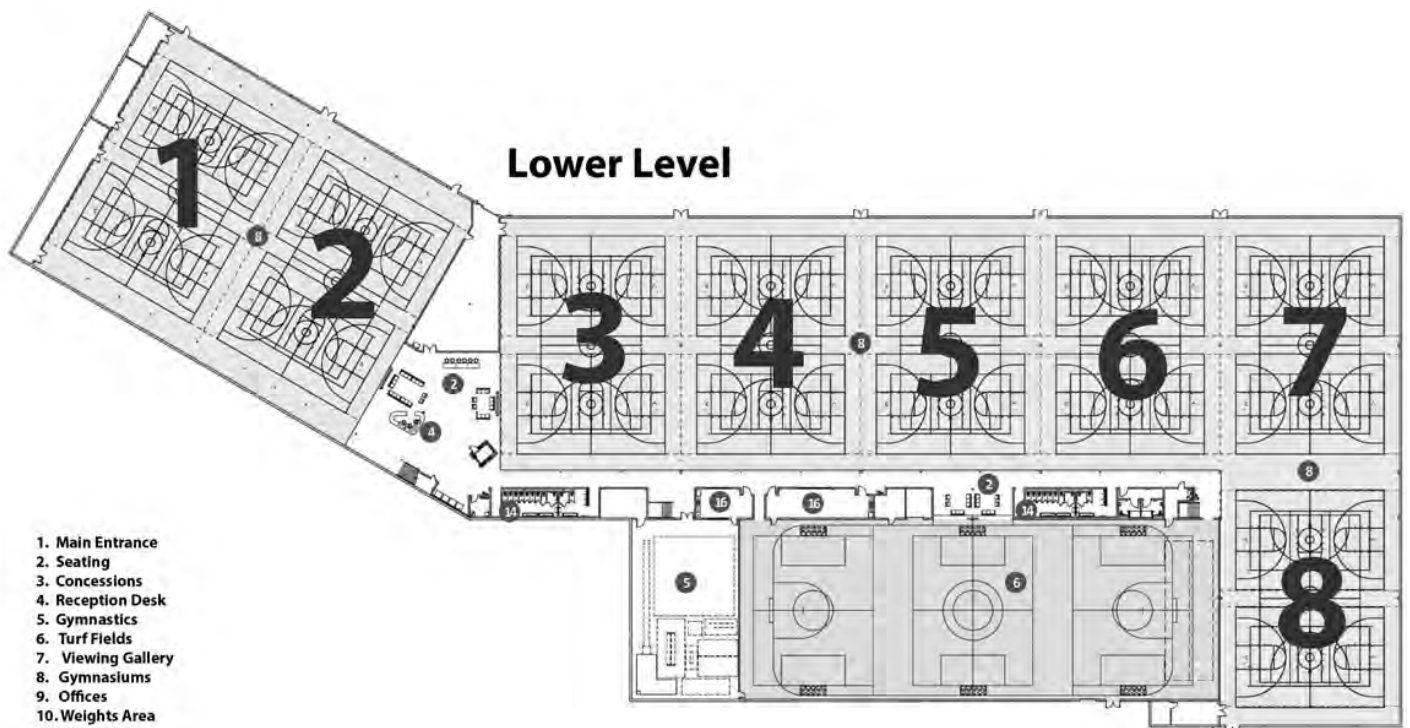
- Shoulder Press
- Chest Press
- Tricep Push Down Machine
- Pectoral Fly/Rear Deltoid Machine
- Leg Curl Machine
- Leg Extension Machine
- Free Weights

Cardio Room Features:

- Elliptical Cross-Trainers
- Upright Stationary Bikes
- Recumbent Stationary Bikes
- Scifit Upper Body Machine
- PowerMill Stair-Climber
- NuStep Recumbent Cross-Trainer
- Treadmills

Gymnasium Features:

- Full-Court Basketball
- Full-Court Volleyball
- Full-Court Futsal
- Crosscourt Basketball
- Crosscourt Volleyball
- Pickleball (Court 8)



1. Main Entrance
2. Seating
3. Concessions
4. Reception Desk
5. Gymnastics
6. Turf Fields
7. Viewing Gallery
8. Gymnasiums
9. Offices
10. Weights Area
11. Fitness Room
12. Track
13. Cardio Area
14. Restrooms
15. Open Room
16. Meeting/Party Rooms

Grand Opening



**SPORTSPAVILION
LAWRENCE**



Turf Area Features:

- Large Soccer/Futsal Field
- 3 Youth Soccer/Futsal Fields
- Flag Football
- Athletic/Fitness Training

Gymnastics Room Features:

- Spring Floor
- Tumble Track With Foam Pit
- Balance Beam
- Uneven Bars
- Rope/Rings
- Various Preschool Apparatus

Outside Features:

- 8 Lighted Tennis Courts
- More Than 5 Miles of Hard/
Soft Surface Trails



MONTH OF GIVING

MONTH OF GIVING

Join Lawrence Parks and Recreation Department in a Month of Giving at the **Lawrence Indoor Aquatic Center**, 4706 Overland Drive.

Bring in a non-perishable food item, along with \$2 for admission, from Nov. 3 to 28. Donations will be given to the Ballard Community Center's food pantry. For more information, please contact Roger Steinbrock, marketing supervisor, at (785) 832-3458.



MONTH OF SHARING

MONTH OF SHARING

Celebrate a Month of Sharing with Lawrence Parks and Recreation Department and share a gift of the holidays with a youngster in the community.

Lawrence Parks and Recreation Department facilities are collection sites for toys that will be given to nonprofit agencies that assist those in need throughout the community.

To participate, bring new, unused, unopened toys to any Parks and Recreation Department facility and place them in the decorated seasonal box. Toys will be distributed to children beginning Wednesday, Dec. 17.

New, unused, unopened toys are being collected from Monday, Nov. 24, to Tuesday, Dec. 16, at the following locations:

- Administrative Office in South Park**, 1141 Massachusetts St.
- Community Building**, 115 W. 11th St.
- East Lawrence Recreation Center**, 1245 E. 15th St.
- Holcom Park Recreation Center**, 2700 W. 27th St.
- Lawrence Indoor Aquatic Center**, 4706 Overland Drive
- Prairie Park Nature Center**, 2370 Harper St.

Sports Pavilion Lawrence,
100 Rock Chalk Lane

The Month of Sharing concludes Tuesday, Dec. 16, to allow for distribution. For more information, please contact Roger Steinbrock, marketing supervisor, at (785) 832-3458.



10

WINTER/SPRING AQUATIC HOURS

Beginning Dec. 1

*The water areas at all aquatic facilities close 15 minutes before the facility closes. **Waterslides and diving areas close 30 minutes before the facility closes.** Some areas of the facility may be reserved for swimming instruction and fitness classes in both the competition center and the family pool during the day. Admission is charged for everyone, including non-swimmers.*

INDOOR AQUATIC CENTER

4706 Overland Drive
(north of Free State High School)
(785) 832-7946 (SWIM)

LAP SWIMMING

Monday-Friday: 5:15 a.m. to 7:45 p.m.
Saturday: 9 a.m. to 7:45 p.m.
Sunday: 1 p.m. to 5:45 p.m.

WATERSLIDE & DIVING AREA

Monday-Friday: 6 p.m. to 7:30 p.m.
Saturday: 1 p.m. to 7:30 p.m.
Sunday: 1 p.m. to 5:30 p.m.

WARM WATER WORKOUTS

Monday-Friday (except Wednesdays): noon to 3:30 p.m.
Wednesday: noon to 2:30 p.m.

ZERO-DEPTH AND CHILDREN'S AREA

Monday-Friday (except Wednesdays): 3:30 p.m. to 7:45 p.m.
Wednesday: 2:30 p.m. to 7:45 p.m.
Saturday: 1 p.m. to 7:45 p.m.
Sunday: 1 p.m. to 5:45 p.m.

CARL KNOX NATATORIUM

Located on the Lawrence High School campus
(785) 832-7946 (SWIM)

LAP SWIMMING

Monday-Thursday: 6:15 p.m. to 8:30 p.m.
Friday-Sunday: Closed

HOLIDAY HOURS

INDOOR AQUATIC CENTER

Dec. 23, 27, 30 Lap Swimming: Regular Hours
Jan. 2, 19 Leisure Pool: 1 p.m. to 7:45 p.m.
Feb. 20
March 16-20 Weekends: Regular Hours

Nov. 26 Lap Swimming: 5:15 a.m. to 2:45 p.m.
Leisure Pool: 10 a.m. to 2:45 p.m.
Dec. 24 Lap Swimming: 5:15 a.m. to 2:45 p.m.
Leisure Pool: 10 a.m. to 2:45 p.m.
Dec. 26 Lap Swimming: 9 a.m. to 7:45 p.m.
Leisure Pool: 1 p.m. to 7:45 p.m.
Dec. 31 Lap Swimming: 5:15 a.m. to 4:45 p.m.
Leisure Pool: 10 a.m. to 2:45 p.m.

Nov. 27 CLOSED
Dec. 25 CLOSED
Jan. 1 CLOSED

CARL KNOX NATATORIUM

Nov. 26-27 CLOSED
Dec. 22-Jan. 5 CLOSED
March 16-20 CLOSED

GET DRENCHED!

Lawrence Parks and Recreation Department's Aquatics Division provides a safe and inviting environment accessible to the community. Through responsible use of public and private dollars, we strive for a professional staff that is dedicated to providing excellent customer service while maintaining the highest quality of aquatic programming and facilities available.

LPRD Aquatics — the city's largest provider of aquatic activities — offers four facilities of splashing excitement, fun and fitness for every member of the family.

Thrill seekers can challenge one of our exciting waterslides, such as the drop slide at the Outdoor Aquatic Center. Daring riders take a nearly vertical plunge down a steep chute, reaching breathtaking speeds before being shot like a cannon to "free-fall" into the water below. The Indoor Aquatic Center boasts a 145-foot waterslide that brings all the thrills of a traditional water park inside for year-round fun.

Guests of all ages are drawn to the fun of the zero-depth "beaches" featured at the Indoor and Outdoor Aquatic centers, as well as the South Park Wading Pool. All the fun of the beach without getting sand in your

pants! Hide behind a curtain of water in the Rain Drop, or get soaked by the spray of a gigantic daisy, a silly spittin' snake or one of several different water fountains.

Kids will have a blast testing their balance on the Log Slice Scoot and the Lily Pad Path. Try to tackle the fierce floating dragon or make new friends on one of the mini-slides or floating animals.

Swimming for fitness and safety is our top priority! That's why each facility offers a unique aquatic experience with something for everyone. Year-round programs like Learn-to-Swim courses, aquatic fitness classes, aquatic training courses and special family events provide educational, fun and diverse leisure opportunities for the whole family.

Mom and Dad can have fun, too! Relax in a lounge chair in the shade while enjoying a cold Pepsi from our full-line cafe concession stand. All this in a fun, family-oriented community water park.

The Aquatics Division offices are located on the second floor of the Indoor Aquatic Center, 4706 Overland Drive, (785) 832-SWIM (7946).



INDOOR AQUATIC CENTER

4706 Overland Drive (north of Free State High School) • (785) 832-SWIM (7946)

Lawrence Parks and Recreation's Indoor Aquatic Center is a community-supported family aquatic center featuring a 10-lane, 50-meter competition pool with diving well and underwater classroom; a separate family pool with zero-depth entry; waterslide and interactive children's play features; meeting rooms; shower/locker rooms and a cafe vending area. The pools hold 850,000 gallons of water and are heated. The temperature of the water is set at 82° in the competition pool and 86° on the family side. Locker rooms and all pools are fully accessible by both ramp entry and lift. Submersible wheelchairs are also available.

OUTDOOR AQUATIC CENTER

Eighth and Kentucky streets (downtown Lawrence) • (785) 832-7990

The Lawrence Outdoor Aquatic Center provides the good old-fashioned atmosphere of a traditional neighborhood pool with all the fun and excitement of a first-class water park. Nestled in beautiful Watson Park, the Outdoor Aquatic Center features waterslides; zero-depth children's area; diving well; interactive play features, including fountains; spray mushrooms; a 50-meter competition area and a drop waterslide.

The fun and convenience extends out of the water too, with shaded lounge areas, ample deck space, adjoining grass playground and a full-line cafe concessions area. The Outdoor Aquatic Center is also host to numerous events, aquatic camps and swimming programs.



CARL KNOX NATATORIUM

1901 Louisiana St., Lawrence High School campus • (785) 832-7946

A traditional indoor L-shaped pool, the Carl Knox Natatorium, located on the campus of Lawrence High School, provides a peaceful, slow-paced environment for young and old alike. With six 25-yard lap lanes, diving well, sun deck and fully accessible changing rooms, the Carl Knox Natatorium is the perfect spot if you are looking to beat the crowds. With designated times for lap swimming, along with Learn-to-Swim programs and aquatic fitness classes, the Carl Knox Natatorium offers programs to meet all of your swimming needs. *The Carl Knox Natatorium is only open during the school year.*

SOUTH PARK WADING POOL

1141 Massachusetts St. • (785) 832-3450

The South Park Wading Pool is the place for parents to bring children who are 6 and under for an afternoon outing. It provides a beautiful zero-depth entry pool, water sprays, fountains and our favorite seal, Skippy. Fully accessible restroom facilities with private changing rooms are also available. The Parks and Recreation Department provides qualified staff to supervise the wading pool area, but please remember — all children must be accompanied by an adult supervisor when using the facility. The wading pool is available free of charge to the public. For a small fee, morning reservations are available for day care/private parties. *The South Park Wading Pool is open for the summer season only.*





ADMISSION FEES/PASS OPTIONS

ADMISSION FEES/PASS OPTIONS

Several admission options are offered to swimmers in the Lawrence community. Daily admission, annual passes, 30-day passes and discount punch cards are available. All forms of admission are valid at any Lawrence Parks & Recreation Aquatic Facility. Watch for specially priced events all year long! *Prices subject to change.*

ISN'T IT TIME YOU JOINED LPRD AQUATICS?

Join LPRD Aquatics today for an exciting way to stay fit and have fun swimming year round! Member discounts are offered on daily admission and allow unlimited swimming at all LPRD swimming pools.

ANNUAL VS. MONTHLY MEMBERSHIPS

When considering an LPRD Aquatics swimming membership, it costs \$24 when you pay month-to-month. If you purchase an annual membership your cost is only \$186, which comes to just \$15.50 per month — a savings of over 35%!

DAILY ADMISSION CHARGES

Youth & Senior Admission: Ages 5-17, 60+ — **\$3**

Adult Admission: Ages 18-59 — **\$4**

No charge for children four years of age and under with an adult paid admission, limit 3 children per paying adult please.

ALL AGES ANNUAL PASS — \$186 PER PERSON

(Just \$15.50 per month!)

Passes are valid for 365 days from the date of purchase at any LPRD Aquatic facility. This pass option offers the dedicated swimmer the highest discount, calculating daily swim admission at 51 cents per day. *May be purchased at the Indoor Aquatic Center.*

ALL AGES 30-DAY PASS — \$24 PER PERSON

(Less than \$1 per day!)

Passes are valid for 30 days from date of purchase at any LPRD Aquatic facility. This pass option offers the swimmer a discounted daily swim admission calculated to 80 cents per day. *May be purchased at the Indoor Aquatic Center.*

DISCOUNT PUNCH CARDS — \$30 EACH

Each punch card contains 36 punches, discounting daily admission rates. Each punch is equivalent to \$1. Three punches for Youth & Seniors ages 5-17, 60+ years and/or four punches for Adults ages 17-59. May be purchased at the Indoor or Outdoor Aquatic Centers or the Carl Knox Natatorium. Punch cards cannot be combined with other forms of payment or used for special events or promotional swim days. Only valid towards full daily admission. **Punch cards expire on Dec. 31 of the current calendar year.**

RENTALS & RESERVATIONS

The Lawrence Parks and Recreation Indoor Aquatic Center is a great destination for your next party, family reunion or meeting! The LPRD Aquatics staff is dedicated to assisting you in making everyday meetings into exceptional events! Private rooms for parties and exclusive full facility rentals are available. Meeting space with A/V equipment, tables and chairs is also available for businesses, organizations, schools, reunions and birthday parties. Rental rates and times are based on services requested. Please allow two weeks lead time before your event. *For information, contact the Aquatics Division at (785) 832-SWIM.*

AFTER HOURS PARTIES

Looking for the perfect place for a party? How about a pool party? The Lawrence Aquatic Center is available for private group rentals outside of regular hours. Our professional lifeguard staff will be on duty to provide the safe environment. It's perfect for company retreats or family reunions. *Call the Aquatics Division at (785) 832-SWIM for information on private rentals.*

BIRTHDAY PARTY PACKAGES

Dive in to the best party location in town! The Lawrence Indoor Aquatic Center is great at creating a splash-tacular time! We have everything you need for a birthday party your child is sure to love. Check out all of our party options from do-it-yourself room rentals to letting us do all of the work with packages based on your party size. We can even take care of all the extras such as pizza, ice cream and treat bags. The Indoor Aquatic Center's helpful and friendly staff can assist in hosting a wet and wild event. Arranging your party is easy too. Just call or stop by the Indoor Aquatic Center Monday through Friday 8 a.m. to 4 p.m. **Please allow two weeks lead time to plan your event.** *For more information, call the Aquatic Center at 832-SWIM or go online to www.lawrenceks.org/lprd/aquatics.*

SCOUT BADGE PROGRAM

Does your scouting group need their aquatic merit badge? Let the professional lifeguards at the Lawrence Indoor Aquatic Center lead your scouts through a night of aquatic safety activities. We can customize a program to fit your needs using your own badge requirement. This program is designed for scouts in Indian Guides, Indian Princesses, Brownies, Cub Scouts, Webelos and other young scouting groups. A maximum of 10 scouts can be accommodated and all scouts must be accompanied by a leader. All pool rules apply during Scout Swim. The fee is \$5 per scout, payable on the night of the Scout Swim. Leaders must secure reservations at least one week prior by contacting the Aquatics Administrative Office at (785) 832-7946.

SAFETY CONCERNS

Aquatic facilities follow strict guidelines involving lightning safety. Staff use lightning detection systems, visual identification and support from the National Weather Service in Topeka to maintain swimmer safety. When lightning is detected within 3 miles, ALL swimmers must exit the water and take shelter at all swim locations including the Indoor Aquatic Center and Carl Knox Natatorium. Safety prompts and instruction are given by the lifeguard staff.

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SPECIAL INTEREST

WAVES OF FITNESS

Sign up for our self-guided fitness program to log your swim workouts and win prizes for achieving personal monthly goals. Looking for some extra incentive to assist you on the path toward an active, healthy lifestyle? Whether you're a lap swimmer, water walker, or water fitness class participant, Waves of Fitness can give you the extra motivation you need to keep up the hard work. Simply sign up and track your workouts (miles, laps, hours, etc.) at the Indoor or Outdoor Aquatic Center front desks. For each month you meet your own personal exercise goal, you'll receive a great prize. The cost is free, but the benefits are endless!

THE POOL POST

It's a WAVE of CURRENT information! Would you like to stay updated on the latest happenings of the LPRD Aquatic Division? Our monthly newsletter has gone electronic. Learn more about upcoming programs and classes, water safety tips, calendar of events and the Splash Flash, featuring quick notes and reminders. Sign up online at www.lawrenceks.org/ subscriptions and check the box for the Aquatics mailing list or complete a form that is available at the Indoor Aquatic Center's front desk.

SPECIAL SAVINGS DAYS

SENIOR SWIM DAYS

Get together with all of your close friends and head out to an aquatic center. Wednesdays are Senior Swim Days for people 60 years old and over. *Every Wednesday, all day long, seniors swim for FREE!*

BUCK NIGHT

Is your wallet feeling drained from all your holiday fun? Then give it a break and join us for Buck Nights! On the following nights, everyone swims for only \$1 after 5 p.m. Note: Punch cards are not accepted for this discounted swim night.

Fridays — Dec. 5, Jan. 2, Feb. 6, March 6, April 3 and May 1.

MONTH OF GIVING

This promotion allows you discounted entry when you help those in need. To swim at the Indoor Aquatic Center, all you need is a non-perishable food item and \$2 for admission. Adults, teens, seniors and kids—everyone can give. Donations will go to the Ballard Community Center's food pantry. *Monday-Sunday, Nov. 3-28.*

SWEETHEART SWIM

Show that special someone just how much you care with a trip to the Lawrence Indoor Aquatic Center for a 2-for-1 swim. Enjoy the warm waters and fun atmosphere with the one you love. Admission is 2 for the-price-of 1 all day. *Saturday, Feb. 14.*

MOTHER'S DAY AT THE POOL

Treat Mom to a day of relaxation she deserves! On Mother's Day, all moms get in FREE when accompanied by a child. *Sunday, May 10.*

MILITARY SWIM

The Lawrence Aquatic Centers would like to celebrate Armed Forces Day by honoring those who have served in our nation's military. On Saturday, May 16, patrons who present a valid US military ID will receive free admission to both pools for the day.



AMNESTY DAY

On Monday, Jan. 19, the Lawrence Indoor Aquatic Center will gladly honor any expired swim tickets or punch cards that you may have lying around the house. Since the Leisure Pool opens early and USD 497 doesn't have school, this is a perfect chance for you to use them up!

SPECIAL EVENTS

SANTA SPLASH

Ages: 2 to 12. The reindeer seem to be ahead of schedule this year and will be delivering Santa early to the Indoor Aquatic Center for some holiday fun. The craft room will be open for ornament making and stocking decorating at Noon. Then a special visitor will manage to stop by during his busy holiday season to review wish lists, give out presents and take photos with the children. Be sure to bring your camera! *Pre-registration is required by Wednesday, Dec. 17 to secure crafts; may pay day-of to participate in the Santa visit and swimming.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
411007	A	SANTA	S	12-12:45PM	12/20	LIAC	\$7

KID'S NIGHT OUT

Ages: 5 to 12. Enrollment Min 8 / Max 24. They swim, you relax (or dine, or shop, or ...). Kids can jump right in and join us throughout the year for a ton of fun. These kids-only nights always feature pizza, games, crafts and of course...swimming. Your kids will enjoy interactive activities in a safe and supervised environment at the pool while you take some time for yourself. Everyone should bring a towel and arrive with their swimsuits on. *Pre-registration is required by the Tuesday before the event date.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
111001	A	KNO	F	5:30-8:30PM	1/16	LIAC	\$15
111001	B	KNO	F	5:30-8:30PM	2/27	LIAC	\$15
211001	A	KNO	F	5:30-8:30PM	3/27	LIAC	\$15

UNDERWATER EGGSTRAVAGANZA

Ages: 2 to 12. Join us for our annual pool-wide egg hunt! The fun starts at noon with springtime crafts for the kids as we fill the pool with plastic eggs. We are pretty sure the Easter Bunny is planning to stop by with goody bags again this year, so he can say "hi" to all the boys and girls. Then, at 12:30 p.m. SHARP, kids can jump in and collect eggs in their basket. Some eggs will sink and some will float! Don't forget to keep your eyes open for the special golden eggs! After the hunt, everyone is welcome to stay and swim for an afternoon of family fun. *Pre-registration required by Wednesday, April 1, to secure crafts; may pay fee day-of to participate in egg hunt and swimming only.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
211004	A	EGGS	S	12-12:45PM	4/4	LIAC	\$7

EDUCATION/ROOM RENTAL

HOMESCHOOL OPPORTUNITY

Find out how you can conduct your school classes and then follow it up with swimming fun. Our Tom Wilkerson Room can be utilized as a classroom setting for regular subjects or even art or music classes and then transition to our pool for a great end of the day activity, as well as physical education credit. We can also provide access to a refrigerator/freezer if there are any snacks that need to be kept cold. Prices will vary based on length of time using the room. Call Mike at (785) 832-7946 or mescalante@lawrenceks.org for more information!



AQUATIC FITNESS CLASSES

Are you ready to take the plunge? Ready for the soothing properties of the water? Aqua workouts are for every fitness level and are low to non-impact on joints and muscles. Water fitness has all the components of fitness; cardiovascular fitness, flexibility, muscular and endurance strength. Water has the ability to offer aerobic activity, resistance training and flexibility all at the same time. Working out in the water is perfect for those who find certain movements on land-running, striding, kicking, dancing-too jarring or painful. We have a wide variety of classes, including classes for expecting mothers, seniors, individuals with arthritis, or those recovering from an injury. **NO SWIMMING SKILLS ARE REQUIRED.** Whether you are new to water fitness or a water fitness enthusiast we have the class for you. Registration is required by the Wednesday before the class begins. *Registration is required by the Wednesday before the class begins.*

AQUA BABY & ME

Ages: 6 months-18 months. This class gives you the opportunity to bond with your child while working out. This class is designed for all fitness levels and uses your baby's natural weight and growth to increase resistance during the workout. It is required that you have your child with you in the water during the class. Swim diapers are required, and we recommend parents wear shoes. **This is not a learn-to-swim class.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112425	1A	AQUABABY	S	9:15-9:45AM	1/17-3/14	LIAC	\$29
212425	1A	AQUABABY	S	9:15-9:45AM	3/28-5/16	LIAC	\$26

AQUA FIT (CO-SPONSORED WITH LMH THERAPY SERVICES)

Ages: 16 and Up. Enrollment Min 15 / Max 20. AquaFit uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility, strength or balance, water exercise will help you regain your prior level of function. **Instructor: LMH Therapy Services.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112434	1A	AQUAFIT	TR	9:15-10AM	1/13-3/12	LIAC	\$63
212434	1A	AQUAFIT	TR	9:15-10AM	3/24-5/14	LIAC	\$56
112434	1B	AQUAFIT	TR	10-10:45AM	1/13-3/12	LIAC	\$63
212434	2B	AQUAFIT	TR	10-10:45AM	3/24-5/14	LIAC	\$56

AQUA STRETCH FUSION II

Ages: 16 and Up. Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patterns to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Various types of supplied equipment used at participant's choice. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112412	1A	FUSION	MWF	8:15-9:15AM	1/12-3/13	LIAC-CPSE	\$88
212412	1A	FUSION	MWF	8:15-9:15AM	3/23-5/15	LIAC-CPSE	\$78

AQUA ZUMBA

Ages: 16 and Up. Aqua Zumba is an invigorating workout involving splashing, stretching, twisting, shouting, laughing, hooting and hollering integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. The Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and exhilarating beyond belief. **Location of classes: LIAC – Competition Pool Shallow End.** **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112411	1A	ZUMBA	MW	5:30-6:15PM	1/12-3/11	LIAC-CPSE	\$59
112411	1B	ZUMBA	MW	6:30-7:15PM	1/12-3/11	LIAC-CPSE	\$59
212411	1A	ZUMBA	MW	5:30-6:15PM	3/23-5/13	LIAC-CPSE	\$52
214111	1B	ZUMBA	MW	6:30-7:15PM	3/23-5/13	LIAC-CPSE	\$52

AQUAROBICS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Jump in the deep end and enjoy the benefits of deep water aerobic exercise! This class uses water's resistance to strengthen your whole body without impact on your joints. *Aquarobics* workouts target upper body, lower body, and core muscle groups. Get your heart rate up no matter your fitness level. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112410	1A	AQUAROBC	MW	5:15-6:15AM	1/12-3/11	LIAC-DWDW	\$59
212410	1A	AQUAROBC	MW	5:15-6:15AM	3/23-5/13	LIAC-DWDW	\$52

PRE-NATAL WATER FITNESS

Ages 16 and Up. Enrollment min 10 / max 15. This fitness class is open to women in all stages of pregnancy. Water fitness has many benefits during pregnancy, including but not limited to decreased back pain, improved sleep patterns, increased energy levels and faster postnatal recovery. In this class, you will have the opportunity to work out in an environment safe for the rapid changes involved in pregnancy while gaining a support system of other pregnant women. **Medical consent form is required prior to participation.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112426	1A	PRENATAL	S	10-10:45AM	1/17-3/14	LIAC	\$29
212426	1A	PRENATAL	S	10-10:45AM	3/28-5/16	LIAC	\$26

SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Water provides the conditioning of buoyancy while offering constant resistance and a cool, non-sweating workout. This low impact water walking class combined with light aerobics provides cardiovascular conditioning, improves muscle tone and balance. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112420	1A	SHALLOW	MWF	7:30-8:30AM	1/12-3/13	LIAC	\$88
212420	1A	SHALLOW	MWF	7:30-8:30AM	3/23-5/15	LIAC	\$78

AQUA HIIT

Ages: 16 and Up. Enrollment Min 10 / Max 20. High Intensity Interval Training advanced class. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Tuesday and shallow water Thursday. **Flotation belts required (supplied) in deep water; no swimming skills required.** **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112437	1A	AQUAHIIT	TR	5:30-6:15PM	1/13-3/12	LIAC-S&DW	\$59
212437	1A	AQUAHIIT	TR	5:30-6:15PM	3/24-5/14	LIAC-S&DW	\$52

HYDROBLAST

Ages: 16 and Up. Enrollment Min 10 / Max 20. A full body workout utilizing hand buoys, gloves, noodles and kickboards. Benefits are decreased impact on joints, increased strength and flexibility and social interaction. **No swimming skills required.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112420	1B	HYDRO	MW	6:30-7:30PM	1/12-3/11	CKN	\$59
212420	1B	HYDRO	MW	6:30-7:30PM	3/23-5/13	CKN	\$52

WET 'N' WILD

Ages: 16 and Up. Enrollment Min 10 / Max 20. Can't decide which water fitness class to take? Try our Shallow Water/Deep Water Combo. This class allows the low-impact/no-impact option. This is a total body workout while increasing flexibility, strength and cardiovascular endurance. **A flotation belt is required in deep water.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112410	1F	WETNILD	TR	6:30-7:30PM	1/13-3/12	CKN-S&DW	\$59
212410	1F	WETNILD	TR	6:30-7:30PM	3/24-5/14	CKN-S&DW	\$52

H2O SCULPT

Ages: 16 and Up. Class focuses on stretching and balance incorporating yoga and Pilates movements. Utilizes noodles, hand buoys and gloves for an added challenge to the workout.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112421	1A	H2O	MWF	5:30-6:30AM	1/12-3/13	LIAC	\$88
212421	1A	H2O	MWF	5:30-6:30AM	3/23-5/15	LIAC	\$78



SLOW GLIDERS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Water is a safe, ideal environment and allows you to exercise without putting excess strain on your joints and muscles. This class focuses on gentle movements designed to help decrease pain and stiffness, improve strength, flexibility, balance and coordination. It is a fun, refreshing way to stay fit and active.

Instructor: LPRD Staff.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112433	1A	GLIDE	TR	8-8:45AM	1/13-3/12	LIAC \$59
212433	1A	GLIDE	TR	8-8:45AM	3/24-5/14	LIAC \$52

ARTHRITIS FOUNDATION AQUATIC PROGRAM

The Arthritis Foundation Aquatic Program (AFAP) is a group, recreational, water-based exercise program designed specifically for people with arthritis and related diseases. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce their pain and stiffness while supported by the water's buoyancy and resistance. Participants in an AFAP class can experience a reduced level of pain, an improved ability to function independently in day-to-day life, a decrease in feelings of isolation and depression. Classes also provide a friendly, fun atmosphere in which participants can make new friends and try new activities. **AFAP classes are non aerobic and taught by AFAP certified instructors.**

JIVIN' JOINTS (AN ARTHRITIS FOUNDATION PROGRAM)

Ages 16 and Up. Enrollment Min 15 / Max 20. **Instructor: LMH Therapy Services.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112430	1A	JIVNJNTS	MWF	8:45-9:30AM	1/12-3/13	LIAC \$95
112430	1B	JIVNJNTS	MWF	9:45-10:30AM	1/12-3/13	LIAC \$95
212430	1A	JIVNJNTS	MWF	8:45-9:30AM	3/23-5/15	LIAC \$84
212430	1B	JIVNJNTS	MWF	9:45-10:30AM	3/23-5/15	LIAC \$84

LEARN-TO-SWIM CLASSES**TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON**

Most children remain in the same level for two or more sessions. It is also easier to move children up a level than to move them down a level. Swim lesson staff make the final decision in the placement of children into the most appropriate class level based on their skill. If a parent/guardian is unsure of the level to enroll their child, an evaluation and skill assessment may be set up by calling the Aquatic Division at 832-SWIM. There is no cost for assessments. Deadline for class registration is on Wednesday prior to the start date of class. Classes will be cancelled if minimum enrollment has not been met. **SIGN UP EARLY, SIGN UP OFTEN.**

NOTE TO PARENTS/GUARDIANS

To ensure the safety of all children and youth using our pools, we ask that children are under the direct supervision of their parent/guardian both prior to their lesson starting and promptly at the close of their scheduled swim lesson.

LPRD wants your child to participate in its learn-to-swim program. We do ask for student cooperation and attention when attending class. It is our goal to provide each child with equal time and attention by staff. If a child doesn't want to enter the water or does not cooperate with staff, parents/guardians are asked to work with the supervisor in charge to seek resolution. We ask each participant to be on time and attend every lesson. Each lesson contains new material, which is vital to success in the class. *We also ask parents/guardians to have patience, be positive and give praise. It is important to give children additional time to practice outside of class. The more practice time children receive, the more successful they will be in swimming lessons.*

MAKE-UP LESSONS

Make-up swim lessons will be held only if the LPRD staff makes the cancellation. There are no make-up days for lessons missed for personal reasons.

WAITING LISTS

Waiting lists for each section will only be formed when programs are filled. Those on the waiting lists will be contacted in the order that they were placed on the list, if and when an opening becomes available.

**SWIM LESSON DESCRIPTIONS**

All of the levels contain age/level appropriate safety skills. To complete a level, the participant must be able to complete all skills and exit skills assessments.

Parent/Child (PNTCHILD) (Ages 6 months to 3 years): The foundation of the American Red Cross Parent and Child class is a set of basic skills that prepares young children to be comfortable in the water. This class will not make your child an independent swimmer; instead, this class will prepare your child to enter the Learn-to-Swim Program. *Skills learned include getting adjusted to the water environment; showing comfort on both their front and back positions with assistance; submerging with assistance and changing body positions in the water. Each child MUST be accompanied by an adult in the water.*

Aqua Tots (Age 3 years): This class bridges the Parent/Child class to the Learn-to-Swim program and is designed for preschool aged children who have never been in a swim class but are ready to hold on to the wall and be in a pool **without** a parent. This class focuses on the fundamentals of freestyle and floating. In order to move to the next class, students must be comfortable putting their face in the water for three or more seconds.

Preschool (PR SCHOOL) (Age 4 years): Preschool Aquatics teaches age-appropriate water and safety skills in a positive, logical progression beginning with fundamental water safety and aquatic skills. Skills learned in this level are the same fundamental skills that are taught in levels 1 and 2 of the Learn-to-Swim program. These skills include independent water entry, front and back glides, and combined arm and leg actions in the water. Children are required to stay in the Preschool program until they turn five years of age.

Level 1 (Ages 5 to 6 years): Working on comfort in the water and entering and exiting the pool by themselves. *Skills learned include blowing bubbles and getting the head and face wet; floating on front and back with support and recovering to a standing position; alternating and simultaneous arm and leg motion on front and back.*

Level 2 (Ages 5-7 years): *Skills learned include front, back floats unsupported for 5 seconds, then recover to a standing position; front and back glides for 2 body lengths and combined arm and leg actions on front and back for 15 feet.*

Level 3: *Skills learned include survival and back floats and treading water for 30 seconds; front and back glides with two different kicks and combined arm and leg actions on front and back for 15 feet.*

Level 4: Improve on skills and increase endurance on strokes learned in previous levels, including front and back crawl for 25 yards, elementary backstroke, breaststroke, sidestroke with scissor kick and butterfly for 15 yards. *Skills learned include head-first entries, survival swimming and treading water using two kicks.*

Level 5: Increased endurance, coordination and refinement of strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns.

Level 6: Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. *Skills learned include introduction to other aquatic activities; areas of focus include Personal Water Safety, Diving and Fitness Swimming. Each option focuses on preparing students to participate in other advanced aquatic courses.*

Adult: This swim program has a little bit for everyone. Did you always wish you had learned to swim as a child? Well, it is never too late to get started. The purpose of this level is what YOU want to get out of it. For some that may mean personal safety; for others it may be learning to swim the basic strokes to be used for fitness swimming. Your needs will be discussed at the beginning of class, and the class will be geared towards meeting your personal goals.

Adult 2: Do you already know how to swim but would like to swim with more efficiency and endurance? *Adult 2 is targeted to those individuals who have basic swimming skills and want to swim for fitness or increase their endurance and stroke proficiency for triathlons.*

Junior Swim (JRWSWIM): Are you between the ages of 9 and 16? Have you always wanted to learn to swim, but never have? If you feel too old to be in a traditional level one, two, or three class, this is the course for you. Junior swim is targeted towards those individuals between the ages of 9 and 16 that would like to overcome their fear of the water and learn the basic skills needed to be safe and enjoy the water.

CARL KNOX NATATORIUM

Feb. 16-March 11

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
212103	1B	LEVEL3	MW	6:15-7PM	2/16-3/11	CKN	\$45
212107	1B	JRWSWIM	MW	7-7:45PM	2/16-3/11	CKN	\$45

INDOOR AQUATIC CENTER

Jan. 20-Feb. 12. Evening swim classes are held during public swim times.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112101	1A	LEVEL1	TR	5-5:25PM	1/20-2/12	LIAC	\$45
112115	1A	AQUATOT	TR	5-5:25PM	1/20-2/12	LIAC	\$45
112102	1A	LEVEL2	TR	5-5:45PM	1/20-2/12	LIAC	\$45
112103	1A	LEVEL3	TR	5-5:45PM	1/20-2/12	LIAC	\$45
112100	1A	PNTCHILD	TR	5:30-5:55PM	1/20-2/12	LIAC	\$45
112115	1B	AQUATOT	TR	5:30-5:55PM	1/20-2/12	LIAC	\$45
112114	1A	PRSSCHOOL	TR	6-6:25PM	1/20-2/12	LIAC	\$45
112101	1B	LEVEL1	TR	6:30-6:55PM	1/20-2/12	LIAC	\$45
112102	1B	LEVEL2	TR	6-6:45PM	1/20-2/12	LIAC	\$45
112103	1B	LEVEL3	TR	6-6:45PM	1/20-2/12	LIAC	\$45
112107	1A	JRWSWIM	TR	6-6:45PM	1/20-2/12	LIAC	\$45
112104	1A	LEVEL4	TR	7-7:45PM	1/20-2/12	LIAC	\$45
112105	1A	LEVEL 5	TR	7-7:45PM	1/20-2/12	LIAC	\$45
112108	1A	ADULT	TR	7-7:45PM	1/20-2/12	LIAC	\$45

Saturdays, Jan. 24-Feb. 14

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112114	2A	PRSSCHOOL	S	9-9:25AM	1/24-2/14	LIAC	\$25
112101	2A	LEVEL1	S	9-9:25AM	1/24-2/14	LIAC	\$25
112102	2A	LEVEL2	S	9-9:45AM	1/24-2/14	LIAC	\$25
112105	2A	LEVEL5	S	9-9:45AM	1/24-2/14	LIAC	\$25
112100	2A	PNTCHILD	S	9:30-9:55AM	1/24-2/14	LIAC	\$25



112115	2A	AQUATOT	S	9:30-9:55AM	1/24-2/14	LIAC	\$25
112100	2B	PNTCHILD	S	10-10:25AM	1/24-2/14	LIAC	\$25
112115	2B	AQUATOT	S	10-10:25AM	1/24-2/14	LIAC	\$25
112102	2B	LEVEL2	S	10-10:45AM	1/24-2/14	LIAC	\$25
112103	2A	LEVEL3	S	10-10:45AM	1/24-2/14	LIAC	\$25
112104	2A	LEVEL4	S	10-10:45AM	1/24-2/14	LIAC	\$25
112114	2B	PRSSCHOOL	S	10:30-10:55AM	1/24-2/14	LIAC	\$25
112101	2B	LEVEL1	S	10:30-10:55AM	1/24-2/14	LIAC	\$25
112103	2B	LEVEL3	S	11-11:45AM	1/24-2/14	LIAC	\$25
112104	2B	LEVEL4	S	11-11:45AM	1/24-2/14	LIAC	\$25
112106	2A	LEV6FIT	S	11-11:45AM	1/24-2/14	LIAC	\$25
112109	2A	ADULT2	S	11-11:45AM	1/24-2/14	LIAC	\$25

Feb. 16-March 11

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
212114	1A	PRSSCHOOL	MW	5-5:25PM	2/16-3/11	LIAC	\$45
212102	1A	LEVEL2	MW	5-5:45PM	2/16-3/11	LIAC	\$45
212103	1D	LEVEL3	MW	5-5:45PM	2/16-3/11	LIAC	\$45
212104	1A	LEVEL4	MW	5-5:45PM	2/16-3/11	LIAC	\$45
212115	1A	AQUATOT	MW	5:30-5:55PM	2/16-3/11	LIAC	\$45
212100	1B	PNTCHILD	MW	6-6:25PM	2/16-3/11	LIAC	\$45
212102	1B	LEVEL2	MW	6-6:45PM	2/16-3/11	LIAC	\$45
212103	1F	LEVEL3	MW	6-6:45PM	2/16-3/11	LIAC	\$45
212104	1B	LEVEL4	MW	6-6:45PM	2/16-3/11	LIAC	\$45
212114	1B	PRSSCHOOL	MW	6:30-6:55PM	2/16-3/11	LIAC	\$45
212105	1A	LEVEL5	MW	7-7:45PM	2/16-3/11	LIAC	\$45
212109	1B	ADULT2	MW	7-7:45PM	2/16-3/11	LIAC	\$45
212106	1B	L6WSAFE	MW	7-7:45PM	2/16-3/11	LIAC	\$45

Saturdays, Feb. 21-March 14

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
212114	2A	PRSSCHOOL	S	9-9:25AM	2/21-3/14	LIAC	\$25
212101	2A	LEVEL1	S	9-9:25AM	2/21-3/14	LIAC	\$25
212102	2A	LEVEL2	S	9-9:45AM	2/21-3/14	LIAC	\$25
212107	2A	JRWSWIM	S	9-9:45AM	2/21-3/14	LIAC	\$25
212100	2A	PNTCHILD	S	9:30-9:55AM	2/21-3/14	LIAC	\$25
212115	2A	AQUATOT	S	9:30-9:55AM	2/21-3/14	LIAC	\$25
212100	2B	PNTCHILD	S	10-10:25AM	2/21-3/14	LIAC	\$25
212115	2B	AQUATOT	S	10-10:25AM	2/21-3/14	LIAC	\$25
212102	2B	LEVEL2	S	10-10:45AM	2/21-3/14	LIAC	\$25
212103	2A	LEVEL3	S	10-10:45AM	2/21-3/14	LIAC	\$25
212104	2A	LEVEL4	S	10-10:45AM	2/21-3/14	LIAC	\$25
212114	2B	PRSSCHOOL	S	10:30-10:55AM	2/21-3/14	LIAC	\$25
212101	2B	LEVEL1	S	10:30-10:55AM	2/21-3/14	LIAC	\$25
212108	2A	ADULT	S	11-11:45AM	2/21-3/14	LIAC	\$25
212115	2C	AQUATOT	S	11-11:25AM	2/21-3/14	LIAC	\$25
212103	2B	LEVEL3	S	11-11:45AM	2/21-3/14	LIAC	\$25
212104	2B	LEVEL4	S	11-11:45AM	2/21-3/14	LIAC	\$25
212105	2A	LEVEL5	S	11-11:45AM	2/21-3/14	LIAC	\$25
212104	2C	PRSSCHOOL	S	11:30-11:55AM	2/21-3/14	LIAC	\$25



MERC COOKING CLASSES
Instruct, Inspire & Entertain

Complete class schedule at
www.TheMerc.Coop

Saturdays, March 28-April 18

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212100	3A	PNTCHILD	S	9-9:25AM	3/28-4/18	LIAC \$25
212114	3A	PRSSCHOOL	S	9-9:25AM	3/28-4/18	LIAC \$25
212101	3A	LEVEL1	S	9-9:25AM	3/28-4/18	LIAC \$25
212102	3A	LEVEL2	S	9-9:45AM	3/28-4/18	LIAC \$25
212100	3B	PNTCHILD	S	9:30-9:55AM	3/28-4/18	LIAC \$25
212115	3A	AQUATOT	S	9:30-9:55AM	3/28-4/18	LIAC \$25
212101	3B	LEVEL1	S	9:30-9:55AM	3/28-4/18	LIAC \$25
212100	3C	PNTCHILD	S	10-10:25AM	3/28-4/18	LIAC \$25
212115	3B	AQUATOT	S	10-10:25AM	3/28-4/18	LIAC \$25
212102	3B	LEVEL2	S	10-10:45AM	3/28-4/18	LIAC \$25
212103	3A	LEVEL3	S	10-10:45AM	3/28-4/18	LIAC \$25
212104	3A	LEVEL4	S	10-10:45AM	3/28-4/18	LIAC \$25
212114	3B	PRSSCHOOL	S	10:30-10:55AM	3/28-4/18	LIAC \$25
212101	3C	LEVEL1	S	10:30-10:55AM	3/28-4/18	LIAC \$25
212115	3C	AQUATOT	S	11-11:25AM	3/28-4/18	LIAC \$25
212103	3B	LEVEL3	S	11-11:45AM	3/28-4/18	LIAC \$25
212105	3A	LEVEL5	S	11-11:45AM	3/28-4/18	LIAC \$25
212106	3A	LEV6DIVE	S	11-11:45AM	3/28-4/18	LIAC \$25
212108	3A	ADULT	S	11-11:45AM	3/28-4/18	LIAC \$25
212114	3C	PRESCVOL	S	11:30-11:55AM	3/28-4/18	LIAC \$25

PRIVATE SWIMMING LESSONS

■ Is there an instructor your child would like to spend a little more time with in one-on-one instruction? Whether your child needs to improve a stroke or skill or you would just like the individual attention of one instructor, we have a program for you. Many of our certified instructors are available to teach private lessons at our facilities. They are available on a weekly basis during times that public swimming lessons are NOT being held. The cost is \$25 per 30 minute session. We offer only American Red Cross certified Water Safety Instructors for all of our classes. However, the American Red Cross does not sanction these classes or curriculum for private lessons. *Registration for private lessons is only available at the LIAC. Please call (785) 832-7946 for more information.*

AQUATIC TRAINING CLASSES

CALLING ALL LIFEGUARDS!

Lawrence Parks & Recreation Department Aquatics Division wants YOU to work as a certified lifeguard during our year-round swimming season. If you're willing to work, we're willing to train you! Training class fees are drastically reduced for those candidates who are willing to sign an employment contract with LPRD Aquatics. We're excited about building a great team of professional lifeguards and therefore reserve the right to hire only the most qualified applicants for all positions and do not guarantee employment based on training completion. All lifeguard candidates must be at least 16 years old in order to qualify for employment with LPRD Aquatics. *For more information on this program, contact the LPRD Aquatics office at 832-SWIM.*

WATER SAFETY INSTRUCTOR COURSE

■ **BEFORE ENROLLING:** All candidates must complete the skills prerequisite test on site before they are allowed to register. To set up an appointment, contact Becky Childers (785) 832-7946. **The cost is \$190 plus a \$35 fee is required at time of on-line registration and is a certification fee to the American Red Cross.** This dynamic American Red Cross course teaches the dedicated individual how to instruct infants, children and adults in water safety and swimming lessons. Participants must be at least 16 years of age upon completion of the course requirements in order to receive certification. Prerequisite skills include knowledge of all swimming strokes and the ability to demonstrate those skills. Upon completion of the pre-course skill test, participants will be admitted into the class. Class is drastically reduced in price for those candidates who are willing to sign an employment contract with LPRD Aquatics. *LPRD Aquatics staff reserves the right to hire only the most qualified and dynamic applicants for all positions and does not guarantee employment based on training completion. Fees for the class include all materials, including books and certification cards upon successful completion of course requirements. Because the course content is fast-paced and power-packed with information, all course times and dates must be attended. For more information on this program, contact the Aquatics Division at 832-SWIM. You must attend all days and times scheduled for the course.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212110	A	WSI	MTWR	8AM-4PM	3/16-3/19	LIAC \$190

LIFEGUARD TRAINING

■ **Ages: 15 and Up. BEFORE ENROLLING:** All candidates must complete the skills prerequisite test on site before they are allowed to register. To set up an appointment, contact Lori Madaus (785) 832-7946. **Cost: \$190 plus a \$35 fee is required at time of registration and is a certification fee to the American Red Cross.** This course trains individuals in the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes certifications in Lifeguard Training, Waterpark Lifeguard Training, First Aid, AED and CPR for the Professional Rescuer. This is a blended learning program so participants must have access to a computer and printer to complete the on-line portion of the course. Prerequisites: Minimum age 15 by the last day of the course; Successfully pass a pre-course screening and testing; Swim 300 yards continuously in the following manner 100 yards front crawl with rhythmic breathing and a stabilizing kick, 100 yards breaststroke (with a pull, breathe, kick and glide sequence), 100 yards of front crawl, breaststroke, or a combination of the two; Swim 20 yards using crawl stroke or breaststroke, surface dive 6-10 feet and retrieve a 10 lb. brick, and return to the starting point with both hands on the brick (this must be completed within a certain time limit). Tread water for two (2) minutes using only your legs. You must attend all days and times scheduled for the course.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412120	B	LGT	S	8AM-5PM	12/27	LIAC \$190
			SU	10AM-6PM	12/28	
			M	8AM-5PM	12/29	
			T	8AM-5PM	12/30	
112120	A	LGT	F	4-8PM	1/23&1/30	LIAC \$190
			S	8AM-5PM	1/24&1/31	
			SU	12-6PM	1/25&2/1	
212120	A	LGT	RFSSU	12:30-7:30PM	3/19-3/22	LIAC \$190

■ **LIFEGUARD TRAINING INSTRUCTOR**

Ages: 17 and Up. Cost: \$190 plus a \$35 fee is required at time of registration and is a certification fee to the American Red Cross. This course trains individuals in the skills and knowledge needed to teach Lifeguarding, shallow water lifeguarding, lifeguarding blended learning, waterfront skills module, waterpark skills module, CPR/AED for the professional Rescuers and Health Care Providers, Bloodborne Pathogens Training and Administering Emergency Oxygen. This is a blended learning program so participants must have access to a computer and printer to complete the on-line portion of the course. Prerequisites: Minimum age 17 by the last day of the course; Possess a current American Red Cross Lifeguarding/First Aid/CPR/AED certificate or equivalent from another organization; Successfully complete the online Session for the Lifeguarding Instructor Course; Obtain course materials before starting the first classroom session of the instructor course. **You must attend all days and times scheduled for the course.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112122	A	LGTI	SMTW	9AM-5PM	1/4-1/7	LIAC \$190



EAGLE BEND GOLF COURSE & LEARNING CENTER

1250 E. 902 ROAD, (BELOW CLINTON LAKE DAM), (785) 748-0600

For information and questions regarding golf, contact Darin Pearson, golf operations supervisor, at dpearson@lawrenceks.org

Eagle Bend is owned and operated by the City of Lawrence's Parks and Recreation Department. The City received the land through a lease with the Army Corps of Engineers.

Eagle Bend is designed along the Wakarusa River channel located below the Clinton Reservoir Dam. Eagle Bend is dedicated to continuing the preservation of the environment and habitat of wildlife. Much wildlife inhabits Eagle Bend, including rabbits, red foxes, coyotes, deer, quail, blue heron, muskrats, turtles, eagles, hawks, Canadian geese, woodpeckers, fish and snakes.

The first six holes on the course are open with few trees. The remaining holes are heavily wooded and sit in the shadow of the Wakarusa River. The bald eagle is indigenous to the area and played a major role in the naming of the course. During its construction, bald eagle sightings were plentiful and can still be seen in the fall and early spring. Since the river bends around the course, the name Eagle Bend was a natural. No signature hole is designated, but a consensus favors No. 16, a 560-yard, par 5 with a split fairway, and No. 17, an elevated 165-yard, par 3 with the river channel cutting across the entire front side of the green.

FACILITIES

18 holes of championship golf, a full service pro shop, snack bar, driving range, short-game facility, practice putting and chipping greens and golf instruction by two PGA professionals.

	Yardage	Course rating and slope	Recommended handicap
Gold	6,984 yards	73.9/130	0-7
Blue	6,542 yards	71.9/126	8-15
White	5,989 yards	69.3/121	16+
Red	5,274 yards	71.5/120	Beginners
Yellow	3,160 yards		Juniors
Green	1,612 yards		Beginning Juniors



PRICES*+

Walking Fees	9 Holes	18 Holes	Driving Range
Mon-Fri	\$12	\$19	30 balls per token — \$5/token
Sat-Sun/Holidays	\$17	\$25	
Junior (Mon-Fri)	\$8	\$8	
Junior (Sat-Sun)	\$12	\$12	
Pull Cart	\$5	\$5	
Seniors	\$10	\$15 (Mon-Fri)	

Riding Fees	9 Holes	18 Holes
Mon-Fri	\$18	\$30
Sat-Sun/Holidays	\$29	\$42
Junior (Mon-Fri)	\$14	\$19
Junior (Sat-Sun)	\$18	\$23
Seniors	\$16	\$26 (Mon-Fri)

*All rates subject to change

+Prices reflected are at the time of printing — October 2014

Driving Range Season Pass

Individual — \$300

12-MONTH PASS OPTION

The 12-Month Golf Pass may be purchased at the Pro Shop and provides the purchaser with unlimited green fees for a 12-month period beginning from the date of purchase. Cart rental, if desired, will be assessed at the standard, full-price rate and will not be reduced for any specials or discounts being offered to the public. **Contact the Pro Shop for current rate information at (785) 748-0600**

Annual Golf Pass (anytime)*+

Golf Only — \$1,000

Golf and Range — \$1,200

Golf, Range and Cart — \$1,500

*All rates subject to change

+Prices reflected are at the time of printing — October 2014

JUNIORS GOLF FREE

The family outing just got better! The **Juniors Golf Free** program at Eagle Bend makes it easier for families to enjoy time together on the links. Monday through Friday juniors age 11 and under golf FREE with a playing adult (limit two juniors per paying adult). Call today to set your family tee time, (785) 748-0600.

HOURS OF OPERATION AND TEE TIMES

Club House opens at 7 a.m. weekdays (Monday-Thursday) and 6 a.m. on weekends (Friday, Saturday, Sunday and holidays) during daylight savings. Tee times begin at 7:30 a.m. on weekdays and 7 a.m. on weekends and holidays. Reservations can be made up to seven days in advance by calling (785) 748-0600 or 1-877-861-GOLF (4653). In order to secure your tee-time, you must check in at least 15 minutes prior to your reserved tee time.

PRIVATE LESSONS

All golf instruction is organized and directed by PGA Class A Golf Professional, Greg Dannevik and PGA Apprentice Ryan Cloud.

Disc Jockey | Sound Rental | Live Event | Video Projection

Your Fun Connection

Video projection available for Sporting Events & Backyard Movies

Showpro Audio

Complete Audio/Video Services

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ADULT CLINICS

WELCOME TO GOLF (ADULT 1-DAY CLASS)

This clinic is designed to introduce new golfers to the game of golf with beginners in mind and includes step-by-step instructions on the basic fundamentals, explained in simple terms. It also includes demonstration of short game techniques such as putting and chipping that will improve skills around the greens. *Golfers may sign up for consecutive classes.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FREE
260210 A	WELCOME	F	5:30-6:30PM	3/20	EBGC	\$20
260210 B	WELCOME	F	5:30-6:30PM	3/27	EBGC	\$20
260210 C	WELCOME	F	5:30-6:30PM	4/3	EBGC	\$20
260210 D	WELCOME	F	5:30-6:30PM	4/10	EBGC	\$20
260210 E	WELCOME	F	5:30-6:30PM	4/17	EBGC	\$20
260210 F	WELCOME	F	5:30-6:30PM	4/24	EBGC	\$20
260210 G	WELCOME	S	12-1PM	3/21	EBGC	\$20
260210 H	WELCOME	S	12-1PM	3/28	EBGC	\$20
260210 I	WELCOME	S	12-1PM	4/11	EBGC	\$20
260210 J	WELCOME	S	12-1PM	4/18	EBGC	\$20
260210 K	WELCOME	S	12-1PM	4/25	EBGC	\$20

BUILDING BLOCKS (ADULT 1-DAY CLASS)

This class is intended to build the skills of a golfer who is not a beginner. The golfer will come to the class with some prior knowledge of golf. The class will go over all advanced fundamentals and terminology. *Golfers may sign up for consecutive classes.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FREE
260220 A	BLDBLOCK	S	12-1PM	3/14	EBGC	\$20
260220 B	BLDBLOCK	S	12-1PM	3/21	EBGC	\$20
260220 C	BLDBLOCK	S	12-1PM	3/28	EBGC	\$20
260220 D	BLDBLOCK	S	12-1PM	4/4	EBGC	\$20
260220 E	BLDBLOCK	S	12-1PM	4/11	EBGC	\$20
260220 F	BLDBLOCK	S	12-1PM	4/18	EBGC	\$20
260220 G	BLDBLOCK	S	12-1PM	4/25	EBGC	\$20

JUNIOR GOLF PROGRAMMING: SEE YOUTH SPORTS, PAGE 60.

PRIVATE INSTRUCTION

All private instruction is organized and directed by PGA Class A Golf Professional, Greg Dannevik and PGA Apprentice Ryan Cloud. *Private lessons are by appointment only. Please call (785) 748-0600.*

LEAGUES

For additional information or to join a league, please sign up at Eagle Bend's Pro Shop.

EAGLE BEND'S MEN'S GOLF LEAGUE

A weekly league with varying formats. Objective of the league is to provide a fun and relaxing atmosphere to improve your golf game. Open to all males 18 years old and up. **Runs Tuesdays, April-October.**

EAGLE BEND'S WOMEN'S GOLF LEAGUE

A once-a-week league for golfers of all skill levels. Weekly league with varying formats Open to all females, 18 years old and up. **Runs Wednesdays, May-September.** *League membership fee plus appropriate green fees will be charged.*

EAGLE BEND'S MEN'S SENIOR GOLF LEAGUE

A league promoting a positive, fun atmosphere for senior golfers. Meets once a week for 30 weeks. Golfers of all abilities are welcome. Various weekly formats, weekly prizes and an end-of-year luncheon are planned. Any male 50 years old and up are eligible to join. **League runs Mondays, April-October.**

EAGLE BEND'S JUNIOR 9-HOLE GOLF LEAGUE

A league promoting fun competition for junior golfers. This is not an instructional league. Participants are expected to have basic knowledge of etiquette and basic golf skills. There will be a weekly medalist for six weeks. Golfers will compete according to gender for low score. The best four scores of the six will count toward stroke average. This enables participants to miss up to two weeks of the six-week league, or to eliminate two weak scores from poor rounds, and still complete for the season award. Each flight will have a season medalist winner for low round of the season. Boys and girls age 12-17 years old, who have not reached their 18th birthday by June 10, are eligible. **League is open to the first 48 golfers. League runs Mondays, June-July, with tee times starting at 10 a.m.**

SEASON SPECIALS

WINTER SPECIAL

Nov. 1 Through Feb. 28 *(every day of the week)*

\$26 — 18 holes with cart

\$16 — 9 holes with cart

(All special and/or discounted rates are not valid with any other offers or discounts)

TOURNAMENTS

Eagle Bend Golf Course and Learning Center is open to outside groups for company outings and tournaments. Groups can reserve the course in three different formats. To find out more details, contact Greg Dannevik at (785) 748-0600.



Eagle Bend
GOLF COURSE

HOLE SPOTLIGHT: HOLE 15

439 yards/blue tees • Par 4 • Handicap 2

A fade off the mounds in the distance is required on this long and difficult hole. A fairway wood or long iron is required to hit a large green tucked into the trees. With a swale on the right and left, and a tilted green, par here feels like a birdie.



Lifelong recreation provides programs designed to maintain an active lifestyle for those over 50 years old. If you are younger than 50 years old but interested in any program in the 50-plus section of this guide, contact Gayle Sigurdson at (785) 832-7920 or gsigurdson@lawrenceks.org. We will be happy to enroll you, if space is available. Look for the **50+** throughout the guide to identify other programs designed with consideration of the interests and schedules of people age 50-plus. If have suggestions for programs — something you have always wanted to do, or something unusual, challenging or just more fun with a group — please share your ideas. Watch for our quarterly newsletter highlighting activities, events, trips and programs from the guide or activities planned after publication. If you would like to be placed on the mailing list, call (785) 832-7920, email gsigurdson@lawrenceks.org or subscribe at www.lawrenceks.org/subscriptions.

Seniors (age 60-plus) receive a 10 percent discount excluding Eagle Bend Golf Course & Learning Center and travel. Classes with “NSD” at the end of the class description are additional classes to which the senior discount does not apply.

FITNESS

Choosing the right fitness program will help you enjoy what you are doing and remain motivated over time. LPRD instructors can help guide you in adapting a class to your needs. To get you started, classes are rated one to three stars. For the best experience, consider your current fitness level and goals when registering. Still not sure? Guest passes are available for fitness classes. Use them to attend a single class session and make the right choice for your goals.

★ **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.

PERSONAL TRAINING

Not sure where to start on your fitness goals? Personal training packages with certified trainers are available through LPRD at a variety of locations. Available packages include a fitness assessment, individual training or small group sessions. Contact Gayle Sigurdson at (785) 832-7920 to schedule an appointment.

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.

AEROBIC DANCE EXERCISE ★★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 50. Join our friendly class and have fun moving to lively music while you reap the many health benefits of aerobic conditioning. Increase your stamina and agility while improving your immune system and cardiopulmonary function through dancing. Enhance your balance, flexibility and muscle strength during the toning and stretching segment of class. Come be part of this group and gain the benefits! **Instructor: Nicki Listerman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127201	A	AEROBIC	MWF	8:50-9:50AM	1/5-3/6	HPRC-GY	\$68
227201	A	AEROBIC	MWF	8:50-9:50AM	3/23-5/15	HPRC-GY	\$61

A.M. WALKING CLUB

50+ Need exercise? Then come down to the ELRC from 7 a.m. to 10 a.m. Monday through Friday. You’ll get your heart pumping and have a great time building friendships with fellow walkers. **FREE!** For more information, contact Stephen Mason at (785) 832-7950.

CYCLING — PEDAL PUSHERS ★★

50+ Ages: 50 and Up. Enrollment Min 6 / Max 14. This beginning course is designed for older adults with no indoor cycling experience. The benefits are endless, from increased endurance to strengthening your lower body, core and upper body, as well as being an excellent aerobic workout. *Individuals are responsible for the intensity of their own workout.* **Instructor: Vicki Lysen.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127222	A	PDPS	F	12-12:45PM	1/9-3/6	CB-CR3	\$34
227222	A	PDPS	F	12-12:45PM	3/27-5/15	CB-CR3	\$30

FIT AFTER FIFTY ^{NEW} ★★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 30. Exercise while you’re in your prime. Fit After Fifty is designed for active adults and works on stability, balance and strength. **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127253	A	FITFIFTY	TR	10-11AM	1/6-3/5	SPL-GY	\$54
227253	A	FITFIFTY	TR	10-11AM	3/24-5/14	SPL-GY	\$48

FITNESS FOR LIFE ★★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 30. *Fitness For Life* combines a low-impact dance aerobic workout with strength training and stretching. For the first half of the class, we will dance to a variety of music including pop favorites from the 50s, 60s and 70s, country line dances, disco and music from the Big Band Era. The second half of class incorporates strength and balance training for improved coordination and agility, as well as increasing muscular strength and endurance. **Please bring a mat for the floor workout.** **Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127256	A	FIT4LFE	MWF	10-11AM	1/5-3/6	HPRC-GY	\$68
227256	A	FIT4LFE	MWF	10-11AM	3/23-5/15	HPRC-GY	\$61

FLEXERCISE ^{NEW} ★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 30. This complete, entry-level program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127254	A	FLEXER	MWF	8-9AM	1/5-3/6	SPL-GY	\$68
127254	B	FLEXER	T	8:20-9:20AM	1/6-3/3	ELRC-MR	\$34
227254	A	FLEXER	MWF	8-9AM	3/23-5/15	SPL-GY	\$61
227254	B	FLEXER	T	8:20-9:20AM	3/24-5/12	ELRC-MR	\$30

PILATES SILVER ★★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 35. Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core muscles: hips, thighs and abdominals, as well as strengthening and toning through stretching as the body moves. Main Pilates principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127204	A	PILATES	TR	8:15-9:15AM	1/6-3/5	HPRC-GY	\$54
227204	A	PILATES	TR	8:30-9:15AM	3/24-5/14	HPRC-GY	\$48

SENIOR STRENGTH TRAINING, BEGINNING & ADVANCED ★★

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. Class includes a warm-up period and a post-workout stretch. **A physician's release is required prior to beginning of class. Advanced classes do floor exercises. Instructors: Cindy Baker (CB), Vicki Lysen (VL).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127233	A	BGSS(CB)	MWF	8-8:50AM	1/5-3/6	HPRC-HR \$68
127233	B	ADSS(CB)	MWF	9-9:50AM	1/5-3/6	HPRC-HR \$68
127234	A	ADSS(VL)	MWF	8:30-9:20AM	1/5-3/6	HPRC-BR \$68
127234	B	ADSS(VL)	MWF	9:30-10:20AM	1/5-3/6	HPRC-BR \$68
127234	C	ADSS(VL)	MWF	10:30-11:20AM	1/5-3/6	HPRC-BR \$68
227233	A	BGSS(CB)	MWF	8-8:50AM	3/23-5/15	HPRC-HR \$61
227233	B	ADSS(CB)	MWF	9-9:50AM	3/23-5/15	HPRC-HR \$61
227234	A	ADSS(VL)	MWF	8:30-9:20AM	3/23-5/15	HPRC-BR \$61
227234	B	ADSS(VL)	MWF	9:30-10:20AM	3/23-5/15	HPRC-BR \$61
227234	C	ADSS(VL)	MWF	10:30-11:20AM	3/23-5/15	HPRC-BR \$61

SILVER N' FIT ^{NEW} ★

50+ Ages: 50 and Up. Enrollment 10 / Max 30. A class where you will be working with hand weights, resistance bands and your own body weight. We'll get you moving and grooving to the music you're going to remember and love! **Instructor: LPRD staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127251	A	SILVFIT	TR	8:45-9:45AM	1/6-3/5	SPL-FR \$54
227251	A	SILVFIT	TR	8:45-9:45AM	3/24-5/14	SPL-FR \$48

SILVER STEPPERS ★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 20. Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping! Abs and stretching included. **Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127252	A	SILVSTEP	W	8:45-9:45AM	1/7-3/4	ELRC-MR \$34
227252	A	SILVSTEP	W	8:45-9:45AM	3/25-5/6	ELRC-MR \$30

SUPER SENIOR CIRCUIT ★★

50+ Ages: 50 and Up. Enrollment Min 8 / Max 12. This 50 minute "full body" group workout designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to twelve different exercises in the circuit utilizing a combination of machines, free weights, stability balls, and resistance bands. As a result, each participant will experience an improved level of strength and fitness as each participant performs every exercise at his or her current level of strength and fitness. Utilizing this common sense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **Instructor: Cindy Baker.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127255	A	SUPCIRT	MWF	10:30-11:20AM	1/5-3/6	SPL-FR \$68
227255	A	SUPCIRT	MWF	10:30-11:20AM	3/23-5/15	SPL-FR \$61

TAI CHI ^{NEW} ★

50+ Ages: 50 and Up. Enrollment 8 / Max 20. Tai Chi is a graceful, low-impact exercise especially suited to seniors. It consists of a series of slow-motion movements that increases body strength, enhances coordination and improves balance. Tai Chi's relaxed performance calms the body, reduces emotional stress and promotes clear thinking. Long practiced by people of all ages in China, Tai Chi is recognized in America as a way of carrying health and well-being into later life. **Instructor: Craig Vorhees.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127274	A	TAICHLLR	MW	10-11AM	1/5-3/4	CB-DS \$54
127274	B	TAICHLLR	M	6:45-7:45PM	1/5-3/2	CB-DS \$34
227274	A	TAICHLLR	MW	10-11AM	3/23-5/13	CB-DS \$48
227274	B	TAICHLLR	M	6:45-7:45PM	3/23-5/11	CB-DS \$30

WALKING CLUB ^{NEW} ★

50+ Ages: 50 and Up. Enrollment Min 5 / Max 25. Walking indoors is an opportunity to work on your walking posture and form, free from obstacles.

Members of this group will meet to walk twice weekly. The time will include monthly screenings and other motivating tools to track progress and share success. **Instructors: LPRD Staff and community partners.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127235	A	WALKCLUB	TR	10-11AM	1/6-3/3	SPL-VR \$34
227235	A	WALKCLUB	TR	10-11AM	3/24-5/14	SPL-VR \$30

YOGA ★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 15. Stretch stiff muscles and learn to correctly align your spine through slow progressive traction in this less-vigorous, beginning class adapted for older adults. While using the full capacity of the lungs through correct breathing, you will completely oxygenate the body and the brain, improving blood circulation and your sense of well being. *Co-sponsored with DCSS.* **Instructors: Annie Wilsey (AW), Alison Dishinger (AD).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127270	A	YOGA(AW)	R	10-11AM	1/8-3/5	CB-DS \$34
127270	B	YOGA(AD)	M	5:15-6:15PM	1/5-3/2	CARN-EG \$34
227270	A	YOGA(AW)	R	10-11AM	3/26-5/14	CB-DS \$30
227270	B	YOGA(AD)	M	5:15-6:15PM	3/23-5/11	CARN-EG \$30

YOGILATES FOR 50+ ^{NEW} ★★

50+ The best of both worlds — the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. This class will focus on coordination, balance and increasing your range of motion for a complete workout. Please bring a mat to class. **Instructor: Kelsie Middaugh.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127223	A	YGTSLLR	MW	7:15-8:15PM	1/5-3/4	HPRC-BR \$54
227223	A	YGTSLLR	MW	7:15-8:15PM	3/23-5/13	HPRC-BR \$48

ZUMBA GOLD ★★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 25. Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. **Instructors: Susan Pomeroy (SP), Amy Ash (AA), Katie Kutilek (KK).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127102	A	ZBGD(AA)	MF	8:30-9:30AM	1/5-3/6	SPL-GY \$54
127102	B	ZBGD(SP)	TR	9:30-10:30AM	1/6-3/5	HPRC-GY \$54
127102	C	ZBGD(KK)	T	7:30-8:25PM	1/6-3/3	SPL-FR \$34
127102	D	ZBGD(KK)	R	7:30-8:25PM	1/8-3/5	SPL-FR \$34
227102	A	ZBGD(AA)	MF	8:30-9:30AM	3/23-5/15	SPL-GY \$48
227102	B	ZBGD(SP)	TR	9:30-10:30AM	3/24-5/14	HPRC-GY \$48
227102	C	ZBGD(KK)	T	7:30-8:25PM	3/24-5/12	SPL-FR \$30
227102	D	ZBGD(KK)	R	7:30-8:25PM	3/26-5/14	SPL-FR \$30

Interested in Aquatic fitness? See the Aquatics section beginning on page 11. Look for the **50+** symbol.

INSTRUCTION

BRIDGE 1

50+ Ages: 18 and Up. Min 8 / Max 16. This course is designed for the first time player or those interested in a review of the basics. Classes follow Audrey Grant's "Club Series," which lays the groundwork of Standard American bidding and introduces the basics of Play of the Hand and Scoring. Lessons focus on play and discussion of pre-dealt hands, which follow a step-by-step progression to facilitate to the process of learning. Lessons are fun, friendly and interactive. **Instructor: Don Brenneman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121112	A	BRIDGE1	W	9-11AM	1/14-2/18	SPL-VR \$40

BRIDGE 2

50+ Ages: 18 and Up. Min 8 / Max 16. Designed for the first time player or those interested in a review of the basics. Classes follow Audrey Grant's "Diamond Series," which concentrates on the Play of the Hand, Opening Leads and Scoring. Lessons focus on play and discussion of pre-dealt hands, which follow a step-by-step progression to facilitate the process of learning. **Instructor: Don Brenneman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121113	A	BRIDGE2	W	9-11AM	3/18-4/22	SPL-VR \$40

BRIDGE 3

50+ Ages: 18 and Up. Min 8 / Max 16. A course designed for the Advancing Player. Classes follow Audrey Grant's "Commonly Used Conventions," which introduces and follows a logical trek through Stayman, Jacoby Transfers, Major and Minor Suit Openings, Responses and Rebids, Weak 2-bids and Strong 2-Club Openings. Lessons will focus on play and discussion of pre-dealt hands, which follow step-to-step sequences designed to familiarize and solidify the concepts of Conventional Bidding. **Instructor: Don Brennaman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221114 A	BRIDG3	W	9-11AM	5/20-6/24	SPL-VR	\$40

DANCE 101 FOR OLDER ADULTS 

50+ Ages: 50 and Up. Enrollment Min 10 / Max 20. Dance has been a way of achieving mind-body centering for thousands of years. It promotes balance, agility, and strength through artful movements. This class will explore gestures of daily life, simple ballet and modern dance moves, gestures from works of art, and historic dance forms that were once done by people of all shapes and ages. Come and experience the benefits and joys of dancing in your own body and with other bodies. **No dance experience necessary. Instructor: Joan Stone, KU Professor of Dance, Emerita.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227404 A	DANCE101	M	5:30-6:30PM	3/23-5/11	CB-DS	\$30

BROADWAY DANCE 

50+ Ages 50 and Up. Enrollment Min 6 / Max 12. Dance to the Broadway classics! Improve posture, balance and motor skills with a combination of Broadway jazz and tap moves to Broadway musical melodies! **Instructor: Gina Manglaracino.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127407 A	BROADANC	T	1-2PM	2/3-3/10	CB-DS	\$30

BIG BAND BALLROOM 

50+ Ages 50 and Up. Enrollment Min 6 / Max 12. Come learn basic ballroom steps such as the Waltz, Foxtrot, Two Step, Swing, Polka, Latin Dances and much more! With or without a partner, you'll be "In the Mood" to dance and have fun! So be ready to put on your blue suede shoes and dance! **Instructor: Gina Manglaracino.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227406 A	BBBALLRM	T	1-2PM	4/21-5/26	CB-DS	\$30

MOSAIC 

50+ Ages: 50 and Up. Enrollment Min 5 / Max 10. Recycle those chipped dishes and broken jewelry into one of a kind mosaic art. In this 2 day workshop you will learn to design, cut, glue, and finish a picture frame hand crafted from broken china and other found and repurposed objects. All materials are included, but you are welcome to bring your own china, beads, jewelry, etc. to personalize your creation. **Instructor: Deedee Walters.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227403 A	MOSAIC	W	6-8PM	4/22-4/29	CB-AR	\$60

BASIC FELTING TECHNIQUES 

50+ Ages: 50 and Up. Enrollment Min 6 / Max 12. Felting is an age-old craft that creates beautiful pieces by applying moisture, heat and pressure to wool. This introductory class will teach techniques of wet felting, needle felting and recycling felt. Students will create two and three dimensional pieces, pre-felts and apply basic surface design techniques. **All supplies are provided. Instructor: LPRD staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127402 A	FELTECH	M	6-8PM	2/2-2/23	CB-AR	\$45

PAPIER-MÂCHÉ 

50+ Ages 50: and Up. Enrollment Min 5 / Max 10. Most of us are probably familiar with this craft as a humble grade school project, but papier-mâché has a grand history. Because the medium is easily malleable, everything from dolls to curved furniture have been made from it. Learn the basic techniques for creating lightweight, strong pieces that easily lend themselves to ornamentation and surface design. **Instructor: Rose Campbell.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227405 A	PAPMACH	F	1-4PM	3/27-4/17	CB-AR	\$45

BUY, SELL AND TRADE SAFELY ON THE INTERNET 

50+ Ages: 50 and Up. Enrollment Min 4 / Max 10. Are you trying to downsize, but find that your stuff is too few or too valuable for a garage sale? This class will teach you how to successfully and safely use the Internet to sell your items to a wider market. **Instructor: Ashlee Roll-Gregory.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227601 A	BSTNET	M	6-7PM	3/9-3/30	RFP-CL	\$30

COMPUTER 101

50+ Ages: 50 and Up. Enrollment Min 6 / Max 12. This course is designed for those with little or no computer experience. We use hands-on training to help you become more comfortable while operating computers. You will learn terminology, parts of the computer, use of the mouse and keyboard, and get a general understanding of the computer. We will cover email, word processing and the Internet. **Instructor: Andrew Torres.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227147 A	COMP101	S	2-4PM	3/7-3/14	RFP-CL	\$30

CONTAINER GARDENING 

50+ Ages: 50 and Up. Enrollment Min 5 / Max 20. Container gardens offer many benefits, including versatility, less disease and weeding, and accessibility — all in a small space. Join a master gardener just before the last frost and in time for Mother's Day. The class will discuss: containers, soil, sun/shade plants, watering and fertilizing. **Instructor: Susan Phillips.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227303 A	CONTGARD	S	9-10AM	4/25	ELC-MR	\$5

CREATING FAMILY ARCHIVES 

50+ Ages: 50 and Up. Enrollment Min 8 / Max 40. This class is for those with a box of pictures, clippings and other family ephemera with which they are someday going to do something. Learn about different types of family archives, genealogy techniques and area resources that will guide you toward a defined plan for preserving your family history. **Instructors: LPRD Staff and community partners.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127603 A	FAMARCH	T	7-8:30PM	2/17-3/17	CARN-H	\$40

FACEBOOK FLUENCY 

50+ Ages: 50 and Up. Enrollment 4 / Max 10. This class will start with creating a Facebook account and walk through how to safely use the many features that are available. Specific skills taught will include security features; posting pictures, links and videos; messaging and comments. It will end with a "brick wall" session to address individual questions and uses. **Instructor: Social Media Club of Lawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227602 A	FACEF	R	7-8PM	4/9-4/30	RFP-CL	\$30

MAKING COMPUTER VIDEOS

50+ Ages: 50 and Up. Enrollment Min 4 / Max 8. This class will show PC users how to make DVD videos of special occasions such as reunions, parties, vacations, weddings and birthdays. Participants will learn to incorporate still photographs or movie clips with captions and narrations and how to add music to enhance the DVD production. Students must bring pictures, movie clips, music, recordings on a flash drive or other device (DVDs, CDs, smart phone with cord or secure digital camera cards with USB adapters) to the first class. **Instructor: Andrew Torres.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227146 A	COMPVID	S	2-4PM	3/21-3/28	RFP	\$30



MINDFULNESS, THE ART OF BEING PRESENT

50+ Ages: 50 and Up. Enrollment Min 5 / Max 12. Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies to lead to lower stress, better health and greater happiness. This class will teach the basic elements of mindfulness practice.

Instructor: Dr. Jeff Nichols.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127271	A	MINDFUL	W	6-7:30PM	2/18-3/25	CTR	\$35

AMERICAN STANDARD MAH JONGG

50+ Ages: 50 and Up. Enrollment Min 4 / Max 12. This fascinating rummy-like game was originally played solely by the Chinese ruling classes. Now with patience and a few lessons, anyone can master the intricacies of this classic game. **Classes will meet at the Castle Tea Room.**

Instructor: Pearl Neaves.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127304	A	ASMAHJ	W	7-9PM	2/18-3/25	CTR	\$35

SOCIAL MAH JONGG

50+ Ages: 50 and Up. Enrollment Min 4 / Max 12. A simplified Mah Jongg game that will be familiar to rummy players. We will play with the beautiful Chinese tiles and an emphasis on fun over competition.

Instructor: Beth Hart.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127301	A	SOMAHJ	M	2:30-4:30PM	1/5-3/2	DCSS	\$5
227301	A	SOMAHJ	M	2:30-4:30PM	3/23-5/11	DCSS	\$5

BEGINNER SENIOR TENNIS

50+ Ages: 50 and Up. Enrollment Min 4 / Max 10. A player who is just starting to play tennis or who has limited playing experience and is still working primarily on getting the ball over the net. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127127	A	BEGTENNIS	R	11:30-12:30PM	1/15-3/5	JT	\$82
227127	A	BEGTENNIS	R	11:30-12:30PM	3/26-5/14	JT	\$82

INTERMEDIATE SENIOR TENNIS

50+ Ages: 50 and Up. Enrollment Min 4 / Max 10. A player that can place shots with moderate success, can sustain a rally of slow pace and has knowledge of scoring but is not comfortable with all strokes. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127128	A	INTTENNIS	R	10:30-11:30AM	1/15-3/5	JT	\$82
227128	A	INTTENNIS	R	10:30-11:30AM	3/26-5/14	JT	\$82

WINE TASTING NIGHT

50+ Ages: 50 and Up. Enrollment Min 12 / Max 40. Are you interested in learning more about the choosing and pairing of different varieties of wine? Join us for a relaxed night of tasting and discussing wines at the Cider Gallery with Cindy Reynolds from Somerset Ridge Vineyard & Winery. **Instructor: Cindy Reynolds.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227400	A	SINGLE	R	7-8:30PM	3/26	CG	\$25
227400	B	COUPLE	R	7-8:30PM	3/26	CG	\$40

NATURE & OUTDOORS

WEDNESDAY WALKS

50+ Ages: 50 and Up. Enrollment Min 5 / Max 20. Walking with others increases your chance of success. This group will explore the many trails in the Lawrence Parks system. Most are paved with minimal grade changes. Meet at the trailhead at 9 a.m. and walk at your own pace for an hour. We will track progress and support each other's efforts. Schedule provided following enrollment. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227236	A	WEDWALK	W	9-10AM	4/1-5/13		\$10

HIKER'S GUILD

50+ Ages: 50 and Up. Enrollment Min 6 / Max 13. Explore area trails, selected for their different views and terrains. We will drive (non-chartered bus) within 50 miles. Hike for an average of 3 to 5 miles, then enjoy a bag lunch and return. Rain dates follow one week later. **Depart from the Community Building. Return times vary.**

GEORGE LATHAM TRAIL

This 4.5 mile loop trail located near Berryton, Kansas is a favorite hike for spring because you can still admire panoramic views of the lake and steep, rocky ravines before thick foliage blocks the view. Well marked natural trail with elevation changes and variety of terrain. **This is a challenging hike for experienced hikers.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227237	A	HIKEGULD	S	9AM	3/28	CB	\$10

PRAIRIE SPIRIT TRAIL/OTTAWA

Part of the Rails to Trails system, we will walk and turn back for a 2 hour hike through prairie and farm land. Hard packed limestone with gentle elevation changes, shared use trail. **This is an average hike.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227237	B	HIKEGULD	S	9AM	4/11	CB	\$10

SLOUGH CREEK POINT

This interpretive trail near Perry Lake has 3 miles of paved trail through a variety of habitats, including native grasses and woods. **This is an accessible hike for all.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227237	C	HIKEGUILD	S	9AM	4/25	CB	\$10

HIKER'S CHOICE

Our only limit is the location must be within 50 miles of Lawrence. Hikers will vote on the earlier walks and the destination will be announced that morning.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227237	D	HIKEGULD	S	9AM	5/9	CB	\$10

See more outdoor programs in the Nature section beginning on page 25. Look for the **50+** symbol.

TRAVEL

DAY TRIPS

50+ Ages 50 and Up. Trips depart from the Community Building. Prices include admission fees, tickets, gratuities, some meals, LPRD escort and transportation by chartered bus, non-chartered bus or vans. If you need to cancel and request a refund or credit, all non-refundable fees (show tickets, admissions, meals, etc.) and administrative costs will be deducted from the refund or credit. These amounts will vary depending on the trip. **For more information or specific itineraries contact Gayle Sigurdson at (785) 832-7920 or gsigurdson@lawrenceks.org.** You may also subscribe to the City of Lawrence's information updates by going to www.lawrenceks.org/subscriptions, entering your email at the top of the page and scrolling down to Recreation and Activities, then checking the box by Lifelong Recreation. You will need to confirm your subscription through a confirmation email that will be sent to you.

SHEAR MADNESS – NEW THEATRE

Enrollment Min 8 / Max 11. A renowned classical pianist is murdered in her apartment above the Shear Madness beauty salon, and you, the audience, interrogate the suspects, evaluate the clues and solve the mystery. Shear Madness is America's most popular and longest running play, now in its 25th year at Washington, D.C.'s, prestigious John F. Kennedy Center for the Performing Arts. **Registration deadline Wednesday, Dec. 5.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127801	A	NTHEATER	W	10:30AM-4PM	1/7	CB	\$60

WWI MUSEUM

Enrollment Min 8 / Max 12. Steeped in history, the National World War I Museum at Liberty Memorial is America's only museum dedicated to sharing the stories of the Great War through the eyes of those who lived it. Interactive displays, thought-provoking films and eyewitness testimonies help guide visitors through one of the largest collections of WWI artifacts in the world. We will have a guided tour with additional time available to explore the collection or have lunch on your own. **Fee includes admission and tour. Registration deadline Wednesday, Jan. 19.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127802	A	WWITOUR	W	9AM-2PM	1/28	CB	\$35

STATE CAPITOL TOUR

Enrollment Min 8 / Max 12. The Kansas State Capitol is an impressive public monument as well as the working offices for the governor and legislators. Over a century after it was originally completed, a significant preservation and restoration project was recently honored with the Medallion Award for Rehabilitation from the Kansas Preservation Alliance. Join us for a guided tour of the building, famous murals and visitor center. **Registration deadline Wednesday, Feb. 4.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127802	B	CAPTUR	W	9AM-12PM	2/18	CB \$25

SOMERSET WINE TRIP

Enrollment Min 8 / Max 15. We will start at the BBQ Shack featured on *Diners, Drive-ins and Dives* then ride the Miami Trolley along the Somerset Wine trail, stopping at four area wineries. **Registration includes trolley and wine tasting along the trail. Lunch on your own.**

Registration deadline Monday, March 2.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227804	A	WINETOUR	S	10:30AM-6PM	4/18	CB \$50

HAIRSPRAY — NEW THEATRE

Enrollment Min 8 / Max 11. Hailed by the *New York Times* as “the best musical of the decade,” *Hairspray* is the story of a “pleasantly plump” mother and her teenage daughter in the 1960s ... both full figured and ready to fight for what’s right! **Registration deadline Wednesday, April 10.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227801	A	NTHEATER	W	10:30-4PM	5/13	DCSS \$60

LAWRENCE HISTORICAL HOMES TOUR

50+ Ages: 50 and Up. Enrollment Min 8 / Max 9. Travel through 100 years of Lawrence history. You will look at and learn about two early homes from 1858, the Italianate-style houses of the 1870s and 1880s, the large Victorian houses of the 1890s, the Foursquares of the 1900s and finally the 1956 hyperbolic paraboloid house, now listed on the National Register of Historic Places. **Departure will be from the Castle Tea Room, 1307 Massachusetts St. Instructor: Katie Armitage, co-author *Nineteenth Century Houses in Lawrence, Kansas.***

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221700	A	HOMETOUR	W	10AM-12PM	4/22	CTR \$15

TREE TREASURES TOUR

50+ Ages: 50 and Up. Enrollment Min 8 / Max 9. We’ll take a tour to appreciate and learn about the biggest and most beautiful trees of Lawrence. Emphasis will be on the biology, history and value of these remarkable specimens. **Instructor: Jon Standing.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227411	A	TREETRES	T	10AM-12PM	5/19	DCSS \$17

REGIONAL TRIPS ^{NEW}**GRASSROOTS ART TOUR**

Ages: 50 and Up. Enrollment 12 / Max 20. Grassroots art is a term describing art made by people with no formal artistic training, using ordinary materials in an extraordinary way. It is best experienced in person and Lucas, Kan., is an exceptional opportunity to do so. The day will start with a picnic lunch near Bowl Plaza and the sculpture garden. Docent tours of the Grassroots Art Center and the Garden of Eden, S.P. Dinsmoor’s home and legacy that features concrete sculptures of biblical characters and his populist political beliefs. Time will be available for viewing other collections and studios around town. We’ll stop for a unique Kansas dinner on the way home (on your own.) Registration includes transportation, lunch and tours. **Registration deadline is April 17.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227803	A	GRAAT	S	9AM	5/2	CB \$50

EXTENDED TRIPS ^{NEW}

50+ Extended trips are arranged through Collette Tours. Leave and return to Lawrence. Prices include air and ground transportation, four to five star lodging, most meals and guided tours. For trip booklets with detailed itinerary, contact Gayle Sigurdson at (785) 832-7920 or gsigurdson@lawrenceks.org.

SOUTHERN CHARM TOUR

APRIL 18-24, 2015: 7 DAYS, 9 MEALS

Tour begins in Jacksonville, Fla. From there we travel to the United States’ oldest city, St. Augustine, first settled in 1565. Upon arrival, enjoy a guided trolley tour highlighting the Old Spanish Quarter and historic Bayfront, “Old Town.” Day 3: Jekyll Island and St. Simons Island, the winter retreat of prominent Gilded Age families. Their grand “cottages” still stand. Travel north along the unspoiled Georgia coast of vast marshlands, winding rivers and beautiful beaches. Arrive in Savannah and enjoy a guided tour of Savannah’s sprawling Historic District, and visit Andrew Low Home and Gardens to learn about the driving force behind the Girl Scouts and its founder. Travel along the coast through South Carolina’s Low Country to the charming town of Beaufort, the “Queen of the Carolina Sea Islands.” Then, on to beautiful antebellum Charleston, where magnificent formal gardens grace much of the historic district. Charleston has survived the Civil War, major fires, an earthquake and hurricanes — and still exudes elegance, charm and grace. Enjoy a guided tour of the city highlighting the historic homes and restored buildings, some with origins prior to the Revolution. Stop at the battery overlooking Fort Sumter then explore one of America’s oldest working plantations, Boone Hall. **\$2,579 per person (double occupancy), \$3,379 per person (single occupancy). Final Payment due Tuesday, Feb. 17.**

COMMUNITY PARTNERS**ACRYLIC PAINTING CLASS**

Ages: 60 and Up. Enrollment Min 6 / Max 20. Join Lori as she teaches acrylic painting to students of all levels of expertise. Supplies not included. If you already have supplies please bring them and if you are starting out and need assistance in getting supplies, please call Lori at (785) 917-0118. This class will meet every Saturday, 9:30 a.m. to noon at the Douglas County Senior Services. **Instructor: Lori Dalrymple.**

MEDICARE SEMINAR

Join us for a lunch time information session about Medicare. We’ll discuss the parts of Medicare, the choices to be made and the deadlines to make those decisions. If you have questions or are confused about Medicare, join us at the Douglas County Senior Center, located at Eighth and Vermont streets. **noon to 1:30 p.m. Wednesdays, Jan. 14, Feb. 11, March 11, April 15 and May 13.**

AARP SMART DRIVER COURSE

50+ Refresh your driving skills with the AARP Smart Driver Course. You will learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. Plus, there are no tests to pass; simply sign up and learn. Upon completion you could receive a multi-year discount on your car insurance. **\$15 for AARP members or \$20 for non-members.** Lunch from noon to 1 p.m. on your own. **Please call Douglas County Senior Services at (785) 842-0543 to register.**

ARTHRITIS FOUNDATION EXERCISE PROGRAM

50+ The Arthritis Foundation Exercise Program is a community-based recreational group exercise and education program designed specifically for people with arthritis and related diseases. The program’s multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional ability. Each class includes a variety of exercises, endurance-building routines, relaxation exercises and health education topics. Individuals from basic to advanced capabilities will benefit from the program. This class is conducted by a trained and certified instructor in partnership with the local Arthritis Foundation chapter and Lawrence Parks and Recreation. **Classes meet in the spring on Tuesdays and Thursdays, 10 to 11 a.m. Fee: \$15.** Location: Lawrence Senior Center. **Please call Douglas County Senior Services at (785) 842-0543 to register.**

WALK WITH A DOC ^{NEW}

50+ Walk with a Doc is a free, non-profit program for anyone interested in taking steps for their health. Bring friends and loved ones or come alone, and enjoy a refreshing, rejuvenating walk in the park. Physicians, specialists and healthcare professionals from your community will provide support and answer general questions. Come out and see what is happening in your community. Watch for more details in early 2015. Go to lmh.org or call Lawrence Memorial Hospital Connect Care at (785) 749-5800 for more information.

PRAIRIE PARK NATURE CENTER

2730 Harper St.

Nature Center Hours

Mondays: Closed

Tuesday through Saturday: 9 a.m. to 5 p.m.

Sundays: 1 p.m. to 4 p.m.

PROGRAMS FOR CHILDREN/TEENS

For all classes come prepared to go outdoors including bug repellent and sunscreen.

NATURE STORY TIME FOR PRESCHOOLERS

Ages: 1-4. Max 15. For children who enjoy both stories and animals, there will be morning story time for preschool age children every Thursday at 10 a.m. Each week will feature a story and a live animal. Children may color a coloring page afterwards. Pre-registration is helpful, but drop-ins will be accepted. The cost is \$3 per session.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123203 A	STORYHR	R	10-10:30AM	1/8-3/5	PPNC	\$27
223203 A	STORYHR	R	10-10:30AM	4/2-5/21	PPNC	\$24

WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS WEEKLY

Tuesdays, 10 a.m. to 11 a.m. *Ages: 2-5. Max 15.* Drop in for stories, activities, and information about animals and the places in which they live. A different topic will be presented each week. Come prepared to go outdoors. *Due to space limitations no more than one adult per child please. Registration is also taken up to a week in advance of each weekly session of a program on a space available basis. Cost for an individual program session is \$4 per session. Please call in advance to reserve a spot. Payment will be at class time or you can enroll for the entire program using the code information below.* For more information please call (785) 832-7980.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123202 A	WILDADVT	T	10-11AM	1/13-3/3	PPNC	\$32
223202 A	WILDADVT	T	10-11AM	3/31-5/19	PPNC	\$32

GROSSOLOGY

Ages: 7-12. Enrollment: Min. 6/Max. 15. If you think gross things are the coolest, this is the class for you! Join us for hands-on activities, games and live animals as we learn just how important gross animals are.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123231 A	GROSS	F	1-3PM	2/6	PPNC	\$10
223231 B	GROSS	S	1-3PM	3/28	PPNC	\$10

SPRING BREAK CAMP: SEE YOUTH CAMPS — SPRING BREAK, PAGE 63.



AFTER SCHOOL PROGRAMS

NATURE NUTS: AFTERSCHOOL EXPLORATIONS AND CRAFTS

Ages: 7-12. Enrollment Min 5 / Max 12. Come learn, explore and create after school. Kids will get inspired to create fun crafts to take home after exploring different topics on plants, animals and nature each class.

Come prepared to go outdoors. Enrollment required.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123265 A	NATEXPOR	W	3-4:30PM	1/7	PPNC	\$5
123265 B	NATEXPOR	W	3-4:30PM	1/21	PPNC	\$5
123265 C	NATEXPOR	W	3-4:30PM	2/4	PPNC	\$5
123265 D	NATEXPOR	W	3-4:30PM	2/18	PPNC	\$5
223265 A	NATEXPOR	W	3-4:30PM	4/1	PPNC	\$5
223265 B	NATEXPOR	W	3-4:30PM	4/15	PPNC	\$5
223265 C	NATEXPOR	W	3-4:30PM	4/29	PPNC	\$5
223265 D	NATEXPOR	W	3-4:30PM	5/13	PPNC	\$5

AFTER SCHOOL ADVENTURE ACTIVITIES

BEGINNERS' ARCHERY

Ages: 7-16. Enrollment Min 5 / Max 10. Learn to use archery equipment in a safe and structured environment with an NASP-certified instructor. We provide all equipment for the class.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223332 A	BEGARCH	W	3-4:30PM	4/8	PPNC	\$10
223332 B	BEGARCH	W	3-4:30PM	4/22	PPNC	\$10

ARCHERY CLUB

Ages: 7-16. Enrollment Min 5 / Max 12. Olympic style archery using Genesis compound bows. Build you archery skills, learn scoring, and work on accuracy. *Prerequisite: Beginning Archery. Taught by certified instructors.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223333 A	ARCHCLUB	W	3-4PM	4/15	PPNC	\$8
223333 B	ARCHCLUB	W	3-4PM	4/29	PPNC	\$8

SPECIAL PROGRAMS FOR SCHOOL DAYS OFF

WILD THINGS CAMP

Ages: 6-10. Enrollment Min 10 / Max 25. Take a break from school for 2 days and get wild with animals, games, hikes and crafts at the nature center. Bring a sack lunch and suitable clothes and shoes for outdoor adventures.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123333 A	WNTRADV	RF	8AM-4PM	2/26-2/27	PPNC	\$50

ADULT PROGRAMS

CREATE YOUR OWN NATURE JOURNAL

Ages: 18 and Up. Max 5 / Min 15. Create a book designed for your outdoor adventures. Join Instructor Gayle Sigurdson in creating and binding your own nature journal. Using beautiful paper and creative juices, this two-hour class will help you produce a journal you can be proud to take outside. **All materials are included.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223340 A	CRENATJO	T	7-8:30PM	3/24	PPNC	\$15

NATURE JOURNALING

Ages: 18 and Up. Max 15 / Min 5. Love the outdoors and love to write. Put your thoughts, sketches and reflections on paper in this class led by celebrated Lawrence Author Kelly Barth and Artist Dena Freisen will lead a class meeting on nature illustration.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223324 A	NATJOUR	T	7-8PM	3/31-4/21	PPNC	\$45

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NATURE PHOTOGRAPHY FOR ADULTS PHOTOGRAPHING WILDLIFE

Ages: 18 and Up. Enrollment min 5 / Max 20. Bring your digital camera and learn about the art of taking photos of wildlife. We will have a variety of interesting subjects from amphibians to snakes, birds to insects. A blind will be set up at the bird watching station to catch birds in the wild.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123225 A	PHOTOWILD	R	1-2:30PM	3/5	PPNC	\$15

MEET AND EAT ADULT LECTURE SERIES

50+ *Ages: 50 and Up. Enrollment Min 4 / Max 35.* Enjoy food for thought and body once a month at a special luncheon get together. The program will include a presentation on a current environmental topic, followed by a box lunch and discussion. *An optional short outdoor guided hike will follow. \$10 fee includes lunch. Participants may drop in for just the program or bring a bag lunch for \$3. Please notify in advance if a special diet is desired. Guest lecturers and topics to be announced.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123400 A	MEETEAT	W	11:30-1PM	01/21	PPNC	\$10
123400 B	MEETEAT	W	11:30-1PM	02/18	PPNC	\$10
123400 C	MEETEAT	W	11:30-1PM	03/11	PPNC	\$10

NATURES CREATIONS FOR 50+

50+ *Ages: 50 and Up. Enrollment Max 20 / Min 5.* We supply the materials, you supply the creativity. Choose between a decorative spring wreath or a quaintly painted bird house. Your creation will be a welcome spring addition to your house or yard.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123326 A	NATCRES	R	1PM	2/12	PPNC	\$15
223326 A	NATCRES	R	1PM	4/2	PPNC	\$15

GEOCACHING FOR ADULTS

50+ *Ages: 50 and Up. Enrollment Min 4 / Max 10.* Come out to the nature center to learn about geocaching, high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. Locate the 3 hidden containers, called geocaches, while enjoying the outdoors and learning how to use GPS handhelds.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223338 A	GEOCA	T	2-3:30PM	4/7	PPNC	\$5

INTRODUCTION TO ARCHERY FOR 50+ ADULTS

50+ *Ages: 50 and Up. Enrollment Max 12 / Min 5.* Archery is good for physical and mental focus, but open to all levels of skill. Enjoy learning the sport of target archery in a safe and structured environment with an NASP certified instructor. We provide all equipment for class.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223331 A	LLARCH	R	3-4:30 PM	4/9-4/30	PPNC	\$40

WEEKEND PROGRAMS FOR ADULTS AND FAMILIES

SATURDAY MORNING FREE PROGRAM (10 A.M. TO 10:30 A.M.)

SUNDAY AFTERNOON FREE PROGRAM (1:30 P.M. TO 2 P.M.)

A 30-minute free program on nature topics will be presented each day. Programs may include a short video, slide show and of course going outdoors to enjoy birds, wildflowers, bugs or a stroll through the park. All ages are welcome. *Children under 14 must be registered with a paying adult for all family programs. No unattended children will be allowed.*



LET'S FEED THE BIRDS

Ages: 5 to Adult. Enrollment Min 5 / Max 25. Under 15 must be accompanied by a registered adult. Want to attract more birds in your backyard? Our class will teach the basics on how to choose different types of seeds, feeders and alternative food sources that will help attract a variety of birds to your yard throughout the year. Make a simple bird feeder, learn tips on basic bird identification and much more!

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123323 A	BIRDFEED	S	9-10:30AM	1/10	PPNC	\$7

NATURAL SYMBOLS OF KANSAS

Ages: 5 and Up. Celebrate the anniversary of Kansas statehood with a program about the natural symbols of Kansas. The historical significance of the bison, cottonwood, honeybee and other natural symbols will be discussed. A special appearance by Kansa, the nature center's bald eagle, is included. *No pre-enrollment is necessary.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123210 A	NATKS	SU	1:30-2PM	1/25	PPNC	NONE

NATURE PHOTOGRAPHY PHOTOGRAPHING WILDLIFE

Ages: 18 and Up. Enrollment min 5 / max 20. Bring your digital camera and learn about the art of taking photos of wildlife. We will have a variety of interesting subjects from amphibians to snakes, birds to insects. A blind will be set up at the bird watching station to catch birds in the wild.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123225 A	PHOTOWILD	SU	2:30-4 PM	2/15	PPNC	\$15

NATURES CREATIONS FOR KIDS AND FAMILIES

Ages: 6 and Up. Enrollment Max 20 / Min 5. We supply the materials; you supply the creativity. Choose between a decorative spring wreath or quaintly painted bird house. Your creation will be a welcome spring addition to your house or yard. **Children under 14 must be accompanied by an adult.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123325 A	NATCRES	SU	2PM	03/1	PPNC	\$15
223325 A	NATCRES	SU	2 PM	04/26	PPNC	\$15

VENOM ADVENTURES

Ages: 5 and Up. Spiders, snakes and bugs . . . oh, my! Learn which are the real hazards of the outdoors and which are just imaginary dangers. Learn to identify plants you want to avoid from poison ivy to nettles. You'll learn how to steer clear of less than desirable wildlife. Get up close and personal to live snakes, toads and spiders. *No pre-enrollment is necessary.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223330 A	VENADV	SU	1:30-2:30PM	4/12	PPNC	NONE

THE BUG GOURMET

Ages: 12 to Adult. Enrollment Min 5 / Max 12. Under 15 must be accompanied by a registered adult. Thousands of birds can't be wrong, bugs make good eating. This class will feature hands on cooking for the bravest gourmets. Make a savory cricket snack, add them to cookies, stir-fry, or chocolate coat them for a day of daring eating

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223336 A	BUGGO	SU	2-3:30PM	4/5	PPNC	\$10

COME FLY A KITE

Ages: 7 and Up. Children under 15 years-old must be registered with an adult. Enrollment Min 5 / Max 20. Celebrate spring, Earth Day and the spring equinox all rolled into one with some kite-flying fun. Come build your own kite, or bring one you have already. We will build kites and take them out to the newly mowed prairie to enjoy some spring kite flying. **All materials provided.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223336	A	KITES	SU	2-4PM	4/19	PPNC \$8

GARDENING FOR BUTTERFLIES

Ages: 8 to Adult. Enrollment Min 6 / Max 20. Attract these little flying jewels to your garden with just the right plants for caterpillars and adults. Make a butterfly sanctuary in your own yard or planter. Each participant will get a list of suitable larvae and nectaring plants, as well as take home six garden starter plants for native butterflies

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223328	A	BUTTERGA	SU	2-3:30PM	5/3	PPNC \$8

HIKES AND TRIPS

Be prepared to go outside, including appropriate outdoor and footwear.

WATCHING WINTER EAGLES

Ages: 18 and Up. Enrollment Min 5 / Max 12. Take a winter afternoon field trip to observe wintering bald eagles along the Kaw River, at Clinton Lake and Perry Lake. Visit one of the Clinton Lake nest sites. Bring binoculars and cameras to capture images of these magnificent symbols as they congregate around the open waterways. Dress for the weather and possible short hikes.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123220	A	EAGWATCH	R	9AM-12PM	1/8	PPNC \$15

SOUNDS OF SPRING: THE CALL OF FROGS AND TOADS

Ages: 10 and Up. Children under 15 must be registered with an adult. Enrollment Min 5 / Max 14. Take a hike with the author of *Calls of Kansas Frogs and Toads*, Keith Coleman, to listen for the sounds of spring amphibians. Learn to identify the calls of toads, tree frogs, leopard frogs and others.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223320	A	FROGTOAD	F	7-9PM	4/17	PPNC \$5

ENVIRONMENTAL EDUCATION/SPECIALIZED PROGRAMS

For more information, please contact the nature center at (785) 832-7980. You can also find information on the web at www.lawrenceks.org/lprd/ppnc.

PRESCHOOL ENVIRONMENTAL PROGRAMS

Prairie Park Nature Center is now offering specialized programs for preschools. Preschool students will enjoy live animals, stories, songs, art, rhymes and other appropriate early childhood activities.



PRIMARY AND SECONDARY SCHOOL ENVIRONMENTAL PROGRAMS

Prairie Park Nature Center offers a wide variety of one-hour programs and two-hour field trips designed for school and organized groups.

HOME-SCHOOL SCIENCE FIELD TRIPS

Ages: 6-13. Enrollment Min 5 / Max 20. Two-hour field trip programs for homeschooled students will combine live animal programs with outdoor field investigations. *Jan. 16 — Eagles in Kansas; Jan. 30 — Kansas Natural Symbols; Feb. 13 — How Animals Survive the Winter; Feb. 27 — Weather Wonders; April 10 — Great Migrations; April 24 — Sounds of Spring; May 8 — The Nature of Color; May 22 — Species on the Brink.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123230	A	HOME	W	10 AM-12PM	1/14	PPNC \$10
123230	B	HOME	W	10 AM-12PM	1/28	PPNC \$10
123230	C	HOME	W	10 AM-12PM	2/11	PPNC \$10
123230	D	HOME	W	10 AM-12PM	2/25	PPNC \$10
223322	A	HOME	W	10AM-12PM	4/8	PPNC \$10
223322	B	HOME	W	10AM-12PM	4/22	PPNC \$10
223322	C	HOME	W	10AM-12PM	5/6	PPNC \$10
223322	D	HOME	W	10AM-12PM	5/20	PPNC \$10

SCOUTING

For Girl Scouts and Boy Scouts, Prairie Park Nature Center offers a wide range of programs to help scouts complete necessary requirements for merit badge attainment.

CUB SCOUT MERIT BADGE

Ages: All ages of cub scouts. Children must be registered with adult. Due to space limitations no more than one adult per child please. Enrollment required. Program cost for scouts only. Join us at Prairie Park Nature Center to discover wildlife and nature while completing requirements for Tiger Cub, Wolf Cub and Bear Cub Merit Badges.

Tiger Badge, 1 P.M. — Scouts will meet live animals and get crafty with leaf rubbing and bird feeders. Come learn about “Leave No Trace” principals and recycling, then go on a hike to plant seeds and clean up trash in the park.

Wolf Badge, 2 P.M. — Scouts will work on “Your Living World.” Come learn about pollution, recycling, ways to save energy and ways that people have worked to protect our world. Scouts will also hunt for litter in the park.

Bear Badge, 3 P.M. — Come meet a Park Naturalist to learn about what Conservation Officers do to help conserve wildlife and our local wild areas. Meet live animals and learn about endangered and extinct species. Build a bird feeder to take home and go for a trash clean up hike.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123335	A	CUBSCOUT	S	1-2PM	1/10	PPNC \$5
123335	B	CUBSCOUT	S	2-3PM	1/10	PPNC \$5
123335	C	CUBSCOUT	S	3-4PM	1/10	PPNC \$5

BIRTHDAY PARTY PROGRAMS

\$110 fee for classroom rental for two hours with a 40-minute live animal program and a craft, game or hike. Maximum of 15 children, 10 adults. (\$5 for each additional person).

SPECIAL EVENTS

EARTH DAY

Saturday, April 18, 11 a.m. to 4 p.m., South Park
Join us at South Park to celebrate Earth Day with a few of our animal friends.

LAWRENCE EAGLE DAYS

Saturday, Jan. 24, 9 a.m. to 4 p.m., Free State High School.
Come out to learn all about wintering bald eagles in Kansas at this community event. Prairie Park Nature Center will offer 2 special programs featuring the nature center’s education eagles and raptors. This is a free program to the community and is sponsored by Jayhawk Audubon Society.



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 ★★★

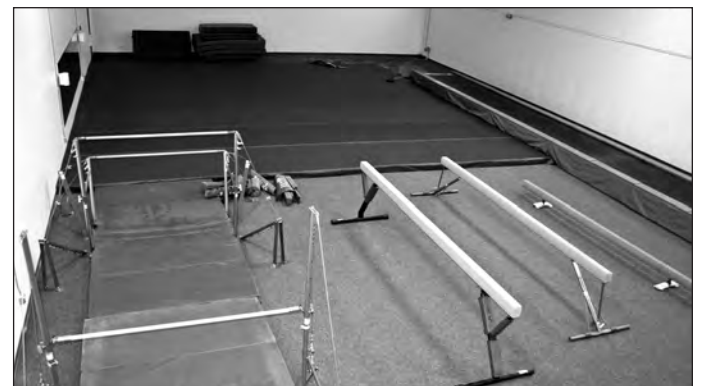
Ages: 16 and Up. Enrollment Min 10 / Max 75. This less-jarring method of burning fat enhances cardiovascular fitness while lessening the impact and stress on the lower legs. Benefits include: fewer injuries, burning of fat as effectively as high-impact aerobics, decreased body fat, increased lung capacity,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





BARRELATES NEW ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. Combining the detailed and skillful body work of Pilates, and the self-control and elegance of the ballet barre, this class develops the most intricate of muscle groups. While toning the body, the exercises performed correct muscular physique and skeletal stature through the shaping and rethinking the discipline of the mind/body connection. Child play area available! **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115031 A	BARREL	S	11-11:55AM	1/10-3/7	OMNI	\$45
215031 A	BARREL	S	11-11:55AM	3/28-5/16	OMNI	\$40

BODY 360 ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 40. A slew of proven sculpting tools — stability balls, dumbbells, Pilates rings to tone all 360 degrees of bod. This workout rolls from exercises to exercise without a break using the different props so you never burn out one muscle group or get board. **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115017 A	BODY360	MW	12:10-12:50PM	1/5-3/4	SPL-FR	\$54
215017 A	BODY360	MW	12:10-12:50PM	3/23-5/13	SPL-FR	\$48

BODY BURN ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Burn away those extra calories during an hour of invigorating total body exercise. When you combine strength training with cardio and core training, your body will be lit on fire and will scorch away those unwanted pounds. Exercises can be modified for any fitness level. **Bring a mat for floor work; weights provided (but you may bring your own).** Some activities may be performed outdoors, weather permitting. **Instructor: Nicole Heck.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115120 A	BODYBURN	MW	5:45-6:40PM	1/5-3/4	CB-CR1&2	\$54
215120 A	BODYBURN	MW	5:45-6:40PM	3/23-5/13	CB-CR1&2	\$48

BOSU FITNESS ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Do you BOSU? The BOSU Balance Trainer (meaning both sides utilized) can be used on either the dome or platform to improve balance, posture, flexibility and core strength while delivering a killer cardio workout. Stabilization muscles work throughout every exercise. Modifications will be given for injuries, balance and intensity. **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115018 A	BOSU	S	8-8:55AM	1/10-3/7	SPL-FR	\$34
215018 A	BOSU	S	8-8:55AM	3/28-5/16	SPL-FR	\$30

CARDIO MIX ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Shake up your fitness routine with a mix of kickboxing, step, floor and boot camp exercises. You'll also work your abs and back to build strength and endurance. Cardio segments vary each class. **Instructor: Tracey English.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115013 A	CARDMIX	W	8:45-9:45AM	1/7-3/4	SPL-FR	\$34
215013 A	CARDMIX	W	8:45-9:45AM	3/25-5/13	SPL-FR	\$30

CARDIO X-TRAINER ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 40. Are you up for the challenge of a total body workout? Join us for an intense, head-to-toe muscle training and strengthening fitness course that energizes and gets your heart pumping. Exercises can be modified to fit anyone's fitness level. We are constantly changing what we do, so this class provides something of interest for everyone. *Some activities may be performed outdoors, weather permitting.* **Bring your own mat for floor work.**

Instructor: Nicole Heck.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115122 A	CARDIO	TR	5:45-6:40PM	1/6-3/5	HPRC-GY	\$54
215122 A	CARDIO	TR	5:45-6:40PM	3/24-5/14	HPRC-GY	\$48

CIRCUIT TRAINING BOOT-CAMP ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 15. An exciting challenging workout but non-military style! This class incorporates intervals of aerobic and anaerobic sections with sports drills including the jump rope, plyometrics, speed training, agility drills, cone drills and much more to achieve the ultimate fat burning of up to 1000 calories in an hour! You'll use your whole body to burn fat, strengthen your core, and increase your endurance and flexibility. Whether your goals are weight loss, strength, endurance or core toning; you'll be challenged and motivated to go further than your limits! **This class can be modified for all fitness levels.**

Instructor: Christie Ogunnowo.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115101 A	CIRTRAIN	MW	5:45-6:40PM	1/5-3/4	DCSS	\$54
215101 A	CIRTRAIN	MW	5:45-6:40PM	3/23-5/13	DCSS	\$48

CORE AND MORE ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Work on that six pack. This class targets the upper and lower abdominals, oblique's transverse and back muscles which supply power and support the entire body.

Instructor: Zack Sherman.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115019 A	COREMORE	S	9-9:55AM	1/10-3/7	SPL-FR	\$34
215019 A	COREMORE	S	9-9:55AM	3/28-5/16	SPL-FR	\$30

CYCLING – CARDIO CYCLE ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. A fun, athletic, cardiovascular cycling class — the ultimate calorie killer. Start pedaling and let go as the music takes you on the ride of your life along various terrains, speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat. A freestyle indoor cycling workout, the focus of this class is a total mind and body journey. It's a great way to lose yourself while training at your own level. **Choose your own intensity.** **Instructor: Melanie Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115354 A	CYCLCARD	MW	5:40-6:25PM	1/5-3/4	CB-CR3	\$76
215354 A	CYCLCARD	MW	5:40-6:25PM	3/23-5/13	CB-CR3	\$68



CYCLING – INTERVAL CYCLING ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. Great for those looking for a complete workout! This high-intensity cycling class will combine hill climbs, speed work, jumps and sprints to give you the best workout possible. **Instructor: Ryann Pem.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115355 A	INTCYC	T	5:40-6:25PM	1/6-3/3	CB-CR3	\$38
115355 B	INTCYC	R	5:40-6:25PM	1/8-3/5	CB-CR3	\$38
215355 A	INTCYC	T	5:40-6:25PM	3/24-5/12	CB-CR3	\$34
215355 B	INTCYC	R	5:40-6:25PM	3/26-5/14	CB-CR3	\$34

CYCLING – POWER RIDE ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. For intermediate and advanced participants, Power Ride offers an excellent cardiovascular workout as it targets and challenges your entire lower body. Including an endurance ride that metabolizes fat efficiently, race day rides with challenging mountain climbs, and a strength ride that promotes muscular and cardiovascular development, this highly aerobic class can cover 15-20 miles in the 45-minute class time. It is a fantastic cardiovascular workout – so be ready to sweat it out and burn up to 700 calories. **Instructor: Tracy Williams.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115352 A	POWRID	TR	4:30-5:15PM	1/6-3/5	CB-CR3	\$76
215352 A	POWRID	TR	4:30-5:15PM	3/24-5/14	CB-CR3	\$68

CYCLING – SPIN-IT ★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. This introductory class teaches basic spin moves, bike set-up, pace, proper cadence and tension. During each 45-minute session, you'll get a warm up and cool down, core body strengthening rides, and lots of stretching for an effective workout. **Instructors: Becky Achem (BA), Melanie Johnson (MJ).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115350 A	CYCLE(BA)	W	8-8:45PM	1/7-3/4	CB-CR3	\$38
115350 B	CYCLE(MJ)	W	4:45-5:30PM	1/7-3/4	CB-CR3	\$38
215350 A	CYCLE(BA)	W	8-8:45AM	3/25-5/13	CB-CR3	\$34
215350 B	CYCLE(MJ)	W	4:45-5:30PM	3/25-5/13	CB-CR3	\$34

CYCLING – VIRTUAL POWER RIDE ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 14. This journey will take riders on a first-person journey, allowing them to become absorbed in the experience of a virtual ride. Whether your training to improve your endurance, strength or power this is the class for you. **Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115356 A	VIRTPOW	S	9-9:45AM	1/10-3/7	CB-CR3	\$38
215356 A	VIRTPOW	S	9-9:45AM	3/28-5/16	CB-CR3	\$34

DANCE FITNESS ★★

Ages: 16 and Up. Enrollment Min 10 / Max 30. Get your groove on with this fast-paced dance exercise class that stresses whole-body fitness. Consisting of a 30-minute cardiovascular routine and a 30-minute toning and stretching routine that may be performed either at high or low impact. Follow-the-leader routines are simple for beginners to learn, yet challenging enough for advanced students. Dance Fitness guarantees a real workout! **Rubberbands used for some toning exercises will be provided.** **Instructor: Rosie Shelton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115250 A	DANCFIT	TR	9-10AM	1/6-3/5	CB-GY	\$54
115250 B	DANCFIT	TR	5:30-6:30PM	1/6-3/5	DCSS	\$54
215250 A	DANCFIT	TR	9-10AM	3/24-5/12	CB-GY	\$48
215250 B	DANCFIT	TR	5:30-6:30PM	3/24-5/12	DCSS	\$48

PRE-GLADIATOR TRAINING ^{NEW}★★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. This class acts as a prerequisite to Gladiator Training, or a scaled version of the class that focuses on primal movements within the exercises. Each workout is broken down and explained as if the client had never trained before. Focus on mobility and range of motion will be an intricate part of each class. Results and Progression are recorded for easy tracking of improvement. Child play area available! **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115330 A	PREGLAD	T	5:30-6:25PM	1/6-3/3	OMNI	\$45
215330 A	PREGLAD	T	5:30-6:25PM	3/24-5/12	OMNI	\$40

GLADIATOR TRAINING ★★★

Ages: 16 and Up. Enrollment Min 8 / Max 12. This class is intentionally programmed to increase your muscular strength and condition your cardiovascular endurance. Each participant will receive a training schedule and tracking sheet to record individual results and progress. The third component of this class is to develop mobility and range of motion throughout the entire body, attention and focus will be spent on specific areas of tightness, soreness, or just areas of concern. Price reflects the personal attention of the setting, and use of the facility and equipment. **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115335 A	GLADITOR	TR	6:30-7:25PM	1/6-3/5	OMG	\$77
215335 A	GLADITOR	TR	6:30-7:25PM	3/24-5/12	OMG	\$68

LIFT AND LUNGE ^{NEW}★★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. Focusing on strengthening and lengthening, this class is programmed with plenty of bodyweight exercises incorporated with lifting to target every muscle group. Because of the varied elements covered in each session participants will see maximum progress and results. Child play area available! **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115024 A	LIFTLUN	MWF	9-10AM	1/5-3/6	OMNI	\$95
215024 A	LIFTLUN	MWF	9-10AM	3/23-5/15	OMNI	\$84

KETTLE WORX ^{NEW}★★★

Ages: 16 and Up. Enrollment Min 10/ Max 20. KettleworX is a fast, fun and effective workout that keeps your body moving in all 3 planes of movement. Workouts are pre-choreographed to sculpt and tone your entire body, using light-weight kettlebells. **Instructor: Zack Sherman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115026 A	KETTLE	S	10-10:55AM	1/10-3/7	SPL-FR	\$34
215026 A	KETTLE	S	10-10:55AM	3/28-5/16	SPL-FR	\$30



Breakfast With Santa
Saturday, December 13 8:30 to 11:30 a.m.
Community Building 115 W. 11th St.



\$7 - KIDS
 3 to 12
 years old

\$9 - ADULTS

FOR MORE INFORMATION, CONTACT
 Duane Peterson, Special Events supervisor
 @ (785) 832-7940

See page 55
 for more info



Solid Waste

*LAWRENCE HAS A LOT TO OFFER...
LET'S KEEP IT THAT WAY!*

SERVICES GUIDE

The Solid Waste Division provides comprehensive solid waste services for residents, businesses, and industry. Services include collection, disposal, recycling, and technical assistance.

BULKY ITEMS & AUTOMOBILE TIRES

To request a special item pickup for bulky items, carpet, tires, and construction, remodeling, or building materials, fill out the online form at www.lawrenceks.org/swm or call 832-3032.

YARD WASTE COLLECTION

On Mondays, March through mid-December, (weather permitting), excluding holidays, set out your grass, leaves and small woody debris for collection. Set out yard waste in cans, City trash carts or yard waste carts (NO recycling carts), compostable paper bags, or bundles by 6:00 a.m. To purchase a 95-gallon yard waste cart, visit www.lawrenceks.org/swm.

RESIDENTIAL RECYCLING SERVICES

Curb It With Blue! In the Fall of 2014, the City implemented a residential recycling collection service for both single-family and multi-family customers. Visit www.LawrenceRecycles.org for your collection schedule, guidelines, and a list of permitted recyclable materials. Also online is a list of cardboard and glass drop-off locations.

BUSINESS RECYCLING SERVICES

Businesses may sign up for corrugated cardboard and office paper recycling collection service. The containers and service are provided free of charge. Call 832-3030 for details.

HAZARDOUS WASTE DISPOSAL

The Household Hazardous Waste Program accepts hazardous waste from Douglas County households throughout the year. Call 832-3030 to schedule your drop-off appointment for paint, pesticides, oil, cleaners, and more. Safe, affordable disposal options are available to Douglas County businesses who generate small amounts of hazardous waste. Call 832-3030 for program details.

COLLECTION GUIDELINES & CARTS

A complete list of collection guidelines for trash, recycling, and yard waste is available on the City's website at www.lawrenceks.org/swm. Residents may request additional carts online or by calling the Solid Waste Division at 832-3032. Additional fees will apply for extra trash carts, while recycling carts are provided at no additional fee.

HOLIDAY SCHEDULE

The schedule for collection of trash, recycling, and yard waste may change due to a holiday. Visit www.lawrenceks.org/swm to view the holiday schedule information.

SERVICE NOTIFICATION

Sign up today at notify.lawrenceks.org to receive trash, recycling, and yard waste collection service notifications by e-mail or text, and download the collection service calendar for your address.



City of Lawrence
PUBLIC WORKS

Solid Waste Division • 832-3032
solidwaste@lawrenceks.org

www.LawrenceRecycles.org

www.facebook.com/LawrenceRecycles

FAQ's Frequently Asked Questions About Recycling

October 21, 2014 marked the first day of collection for the City's new residential single-stream recycling collection service for single-family and multi-family residences.



What is single-stream recycling? Single-stream recycling means all permitted recyclable materials (see list below) may be combined at your house and set out for collection in a single recycling container.

ACCEPTED ITEMS	NOT ACCEPTED
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Glass food and beverage containers <input checked="" type="checkbox"/> Mixed paper (magazines, catalogues, junk mail, chipboard, milk/juice cartons, paperback books, telephone books) <input checked="" type="checkbox"/> Newsprint (newspaper, advertising supplements) <input checked="" type="checkbox"/> Office paper <input checked="" type="checkbox"/> Shredded paper, provided it is bagged in clear, plastic bags <input checked="" type="checkbox"/> Corrugated cardboard containers <input checked="" type="checkbox"/> Tin, steel and aluminum food and beverage containers <input checked="" type="checkbox"/> Scrap metal sized to less than 30-inches in each direction and less than 50 pounds per piece <input checked="" type="checkbox"/> Plastic containers marked with recycling symbols #1 through #7 (plastic bottles, tubs and jars) 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Plastic Bags or Wrap <input checked="" type="checkbox"/> Styrofoam <input checked="" type="checkbox"/> Trash <input checked="" type="checkbox"/> Pyrex - Glass Cookware <input checked="" type="checkbox"/> Ceramics - Cups and Dishes <input checked="" type="checkbox"/> Food Scraps <input checked="" type="checkbox"/> Motor Oil Containers / Filters <input checked="" type="checkbox"/> Yard Waste <input checked="" type="checkbox"/> Garden Hoses <input checked="" type="checkbox"/> Clothing and Textiles <input checked="" type="checkbox"/> Light Bulbs <input checked="" type="checkbox"/> Electronics

Q: Can I request an additional recycling cart or a different size recycling cart?

A: Residents may request a second 95-gallon recycling cart at no additional fee. Smaller recycling carts are available to residents with special needs. Please fill out the online form available at www.LawrenceRecycles.org or call the Solid Waste Division at 832-3032.

Q: Are there any guidelines for placing permitted recyclables in the recycling cart?

A: Rinse food residue off all recyclables, place only dry paper in your cart, and flatten chipboard and cardboard boxes. Do not bag the recyclables. For a complete list of set out guidelines, visit www.LawrenceRecycles.org.

Q: Where are the recyclables processed?

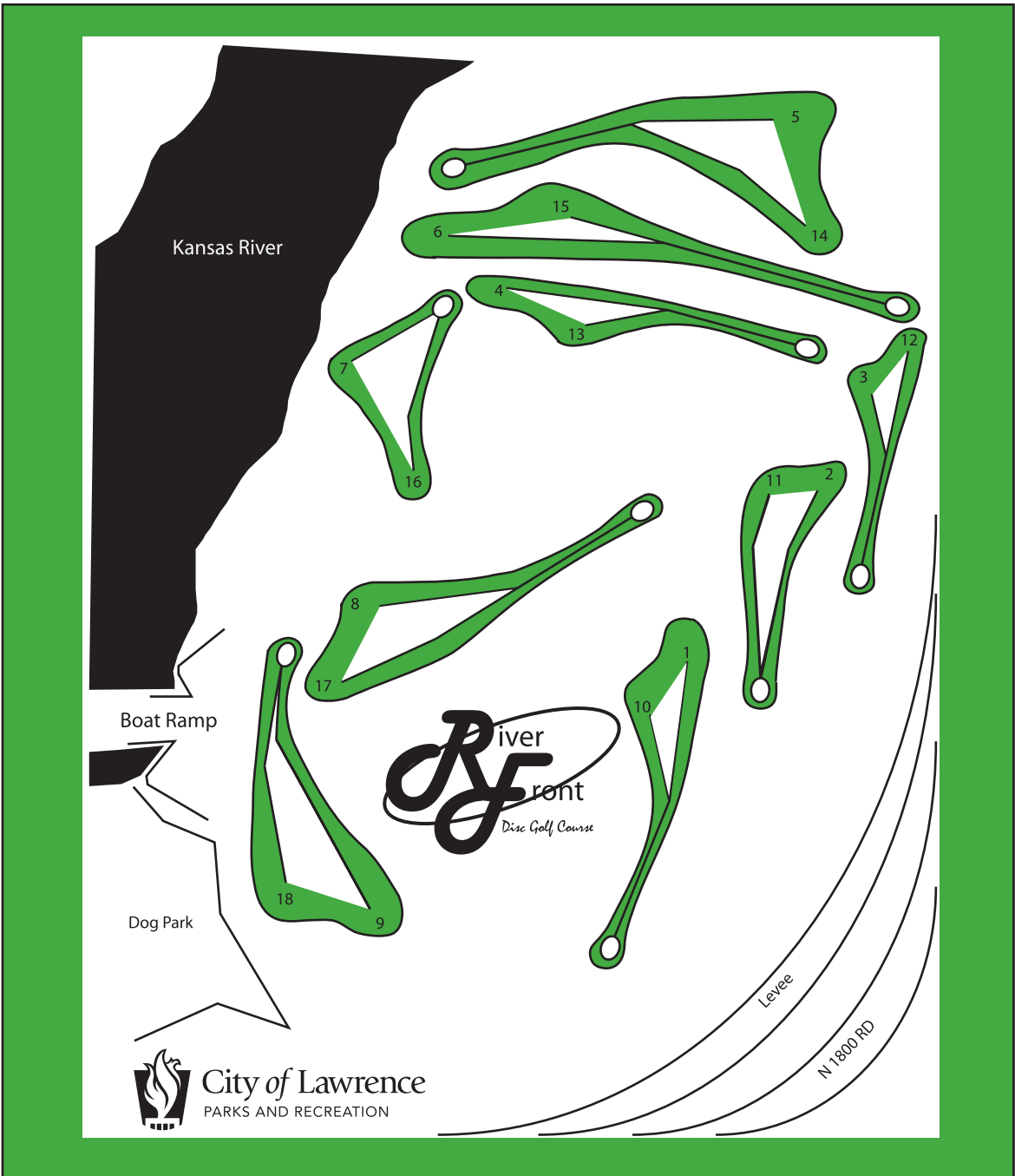
A: The recyclable materials collected by the City crews are transported to the Hamm Material Recovery Facility (MRF). Hamm sorts, processes, and markets the recyclables.

Q: Where can I recycle plastic bags?

A: Plastic bags can be dropped off for recycling at most grocery stores (near the store entrance).

Q: With every-other-week collection, I have a hard time remembering which week to set out my recycling cart. Are there any tools that can help?

A: Recycling collection frequency is every-other week on the same day as your trash day. The City has developed a few tools to help you remember which week is your recycling week. You may sign up to receive text or email alerts reminding you when to set out your recycling cart and if there are any service delays due to a holiday. Sign up today at notify.lawrenceks.org! On this same website, you may download and print a collection service calendar for your address. In addition, on www.LawrenceRecycles.org, there is an interactive map allowing you to type in your home address. It will inform you of your trash, recycling, and yard waste collection schedule.



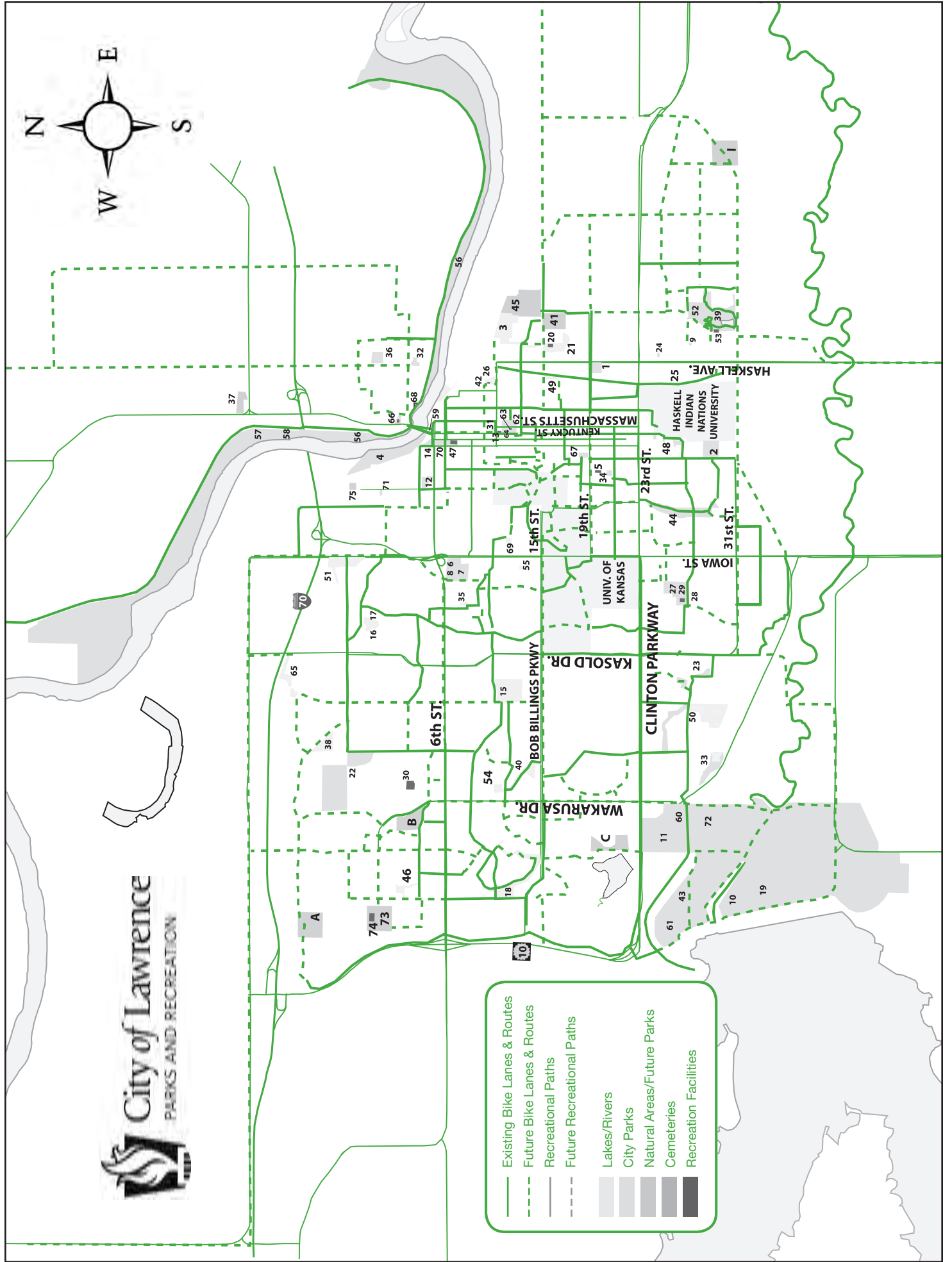
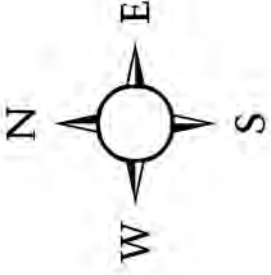
Riverfront Disc Golf Course

HWY 24/40/59 Junction

Score Card

HOLES	1	2	3	4	5	6	7	8	9	Front Nine Total	10	11	12	13	14	15	16	17	18	Back Nine Total	Total	
	458	307	427	358	186	456	209	455	357	3213	360	396	517	267	267	263	272	450	291	3083	6296	
Players																						

Help Keep the course clean



	Existing Bike Lanes & Routes
	Future Bike Lanes & Routes
	Recreational Paths
	Future Recreational Paths
	Lakes/Rivers
	City Parks
	Natural Areas/Future Parks
	Cemeteries
	Recreation Facilities

- | | | | | |
|-------------------------|-------------------------------------|-------------------------------------|----------------------------|------------------------------------------|
| 1. 19th & Haskell Park | 27. Holcom Park | 41. Memorial Park Cemetery | 55. Quarry Park | 70. Watson Park |
| 2. Broken Arrow Park | 28. Holcom Park | 42. Murphy-Bromelsick House | 56. Riverfront Park | 71. Woody Park |
| 3. Brook Creek Park | Recreation Center | 43. "Mutt Run" Off-Leash Dog Park | 57. Riverfront Park | 72. YSC |
| 4. Burcham Park | 29. Holcom Sports Complex | 44. Naismith Valley Park | 58. Disc Golf Course | 73. Rock Chalk Park |
| 5. Carl Knox Natatorium | 30. Indoor Aquatic Center | 45. Oak Hill Cemetery | 59. Robinson Park | 74. Sports Pavilion Lawrence |
| 6. Centennial Park | 31. Japanese Friendship Garden | 46. Oregon Trail Park | 60. Rotary Arboretum | 75. Sandra J. Shaw Community Health Park |
| 7. Centennial Park | 32. John Taylor Park | 47. Outdoor Aquatic Center | 61. Sesquicentennial Point | |
| 8. Disc Golf Course | 33. KANZA Southwind Nature Preserve | 48. Park Hills Parks | 62. South Park | A Future Park (Undeveloped) |
| 9. Centennial Park | 34. Lawrence Tennis Center | 49. Parnell Park | 63. South Park | B Future Park (Undeveloped) |
| 10. Chaparral Playlot | 35. Luclam Park | 50. Pat Dawson-Billings Nature Area | 64. South Park Wading Pool | C Future Park (Undeveloped) |
| 11. Clinton Lake | 36. Lyons Park | 51. Peterson Road Park | 65. Stonegate Park | D Future Park (Undeveloped) |
| 12. Softball Complex | 37. Maple Grove Cemetery | 52. Prairie Park | 66. Union Pacific Depot | |
| 13. Clinton Park | 38. Martin Park | 53. Prairie Park Nature Center | 67. Veterans Park | |
| 14. Community Building | 39. Mary's Lake | 54. Quail Run Park | 68. Walnut Park | |
| 15. "Dad" Perry Park | 40. McGrew Nature Preserve | | 69. Water Tower Park | |

KANSAS BIKE SAFETY CODE

- Always wear a proper fitting helmet approved by ANSI, SNELL or ASTM, and wear it forward over your forehead
- Have a light on the front and a light or reflector on the rear of your bicycle and reflectorized pedals as required by Kansas law. Always turn the lights on at dusk or when riding through rain, snow or fog
- Keep two feet from curb or edge of roadway and ride in a straight line, never more than two abreast, as required by Kansas law. If you want to be safe in traffic, you have to act like a motor vehicle driver. Observe and obey all stop signs, traffic signs and signals — the same as required of motor vehicles by Kansas law. Always ride carefully and stay alert.
- Give hand signals at any location when changing the direction of the bicycle, and always dismount at the curb or far right side, as required by Kansas law. Be predictable.
- Always give pedestrians the right of way. Never ride on the sidewalks in business districts. Avoid using sidewalks, otherwise use extra care.
- Never carry more riders than what the bicycle is designed for, and never carry items that obstruct vision or prevent proper control of the bicycle.

- Never attach yourself or the bicycle to any moving vehicle or attempt fancy or trick riding or any sort of game playing on any street. Never take both hands off the handlebars at the same time.
- All bicycle riders must stop before coming out of private driveways, alleys, or filling stations the same as required of motor vehicles by Kansas law. Pay attention and ride defensively.
- Be sure your breaks are operating efficiently and that your bicycle is in perfect running condition by frequently checking all parts.
- Never ride upon anything other than the permanently attached seat the bicycle was designed for, as required by Kansas law.
- Never weave in and out of traffic or swerve from side to side. Never make a sudden turn or U-turn without carefully looking first. Ride with the flow of traffic.

PATH USE TIPS

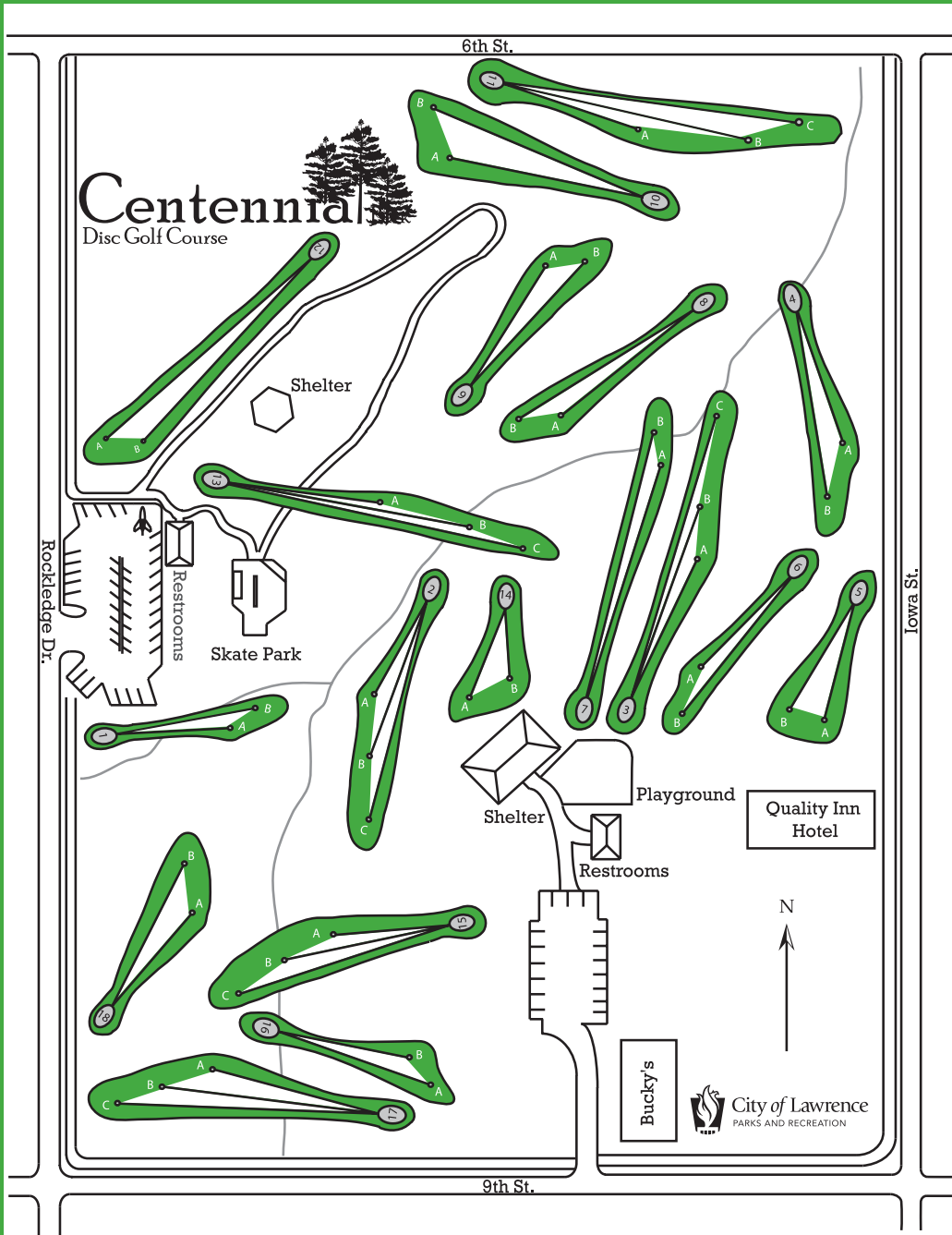
- Travel on the right side of the path.
- Pass on the left.
- Announce you are passing by saying, "On your left."
- Slow down in traffic.
- Bicyclists yield to pedestrians.
- Keep dogs on leash and away from others.

LAWRENCE BIKE REGULATIONS

- Horses are prohibited.
- Motorized vehicles are prohibited.
- Speed limit is 15 mph.
- Bikes may not be ridden on any sidewalk within any Downtown Commercial District (CD), as established in Chapter 20, the Development Code or upon any sidewalk where specifically prohibited by posted sign.
- Bikes shall not be parked on the street or in alleys in a manner that obstructs or endangers pedestrians or vehicle traffic.
- Lawrence residents are encouraged to license their bicycles with the Police Department, 111 E. 11th St., 841-7210.

PEDESTRIAN SAFETY TIPS

- Walk to the right on recreational paths and be aware of faster moving traffic.
- Be visible. Wear light-colored or reflective clothing, especially in dim conditions or at night.
- Be alert at intersections. Always look both ways before crossing the street and use crosswalks.
- If you must walk in the street, face oncoming traffic.



Centennial Park Disc Golf Course

Centennial Park 600 Rockledge Dr.

Score Card

HOLES	1	2	3	4	5	6	7	8	9	Front Nine Total	10	11	12	13	14	15	16	17	18	Back Nine Total	Total
A Course yds	234	264	239	267	283	294	285	239	320	2425	266	186	213	323	311	283	179	216	302	2279	4704
B Course yds	311	335	294	261	327	325	388	324	365	2930	362	281	283	499	356	326	264	216	327	2914	5844
C Course yds	472	335	425	261	504	325	388	231	510	3451	362	281	283	499	356	326	303	216	327	2953	6404
Pro Player Par A/B/C	3	3	3	3	3	3	3	3	3	27	3	3	3	3	3	3	3	3	3	27	54
Amateur A Par B/C	3	3	3	3	3	3	3	3	3	27	3	3	3	3	3	3	3	3	3	27	54
Par B/C	4	4	4	4	4	4	4	4	4	36	4	4	4	4	4	4	4	4	4	36	72

Help Keep the course clean

Find us on Facebook!



[facebook.com/LawrenceCityJobs](https://www.facebook.com/LawrenceCityJobs)



City of Lawrence

You Have a Right to Safe Housing



No matter where you rent, you have rights.

The City of Lawrence has a residential Rental Licensing and Inspection Program to ensure properties are safe and habitable. If you have safety concerns with where you live, and your landlord is not correcting the issues, you have the right to request an inspection by city staff. Find out more online.

www.lawrenceks.org/rent
rentallicensing@lawrenceks.org
(785) 832-3345



City of Lawrence

RAKING LEAVES THIS FALL?

Leaves don't belong in the street.

Streets are part of our stormwater drainage system. Leaves left along the curb can enter storm drains, increasing the risk of localized flooding and adding pollutants to the receiving streams and rivers. Street sweepers are unable to pick up large volumes of leaves. Leaves, grass clippings and other yard trimmings should be composted or placed in City carts, cans, or compostable paper bags for Monday pick-up.

3 Easy Ways To Handle Your Yard Trimmings:

MULCH MOWING

- Mow it and leave it!
- Keep lawnmower's blade sharp.
- Mow when grass is dry.
- Raise blade height, remove only top 1/3 of grass blade for best lawn health.
- Clippings provide up to 25% of your fertilizer needs.

COMPOSTING

- Place equal amounts of browns (leaves) and greens (grass) in a heap or bin.
- Always cover food scraps (no meats) with other composting materials.
- Turn occasionally.
- Cover pile with tarp to keep moisture in and prevent over soaking by rain.
- Keep moist as a wrung-out sponge.

CITY CARTS, CANS OR COMPOSTABLE PAPER BAGS

- Set out grass and leaves for Monday collection by 6 a.m. March through mid-December (weather permitting), excluding holidays.
- Plastic bags are not allowed for containment of grass and leaves.
- Give your trash can double duty! Use it for Monday yard trimmings pickup, then again for your regular trash later in the week.
- Wheeled carts are available from the City by calling 832-3032.
- Compostable paper bags are strong, easy to load, and available locally.



City of Lawrence
PUBLIC WORKS

For more information contact:

City of Lawrence | Stormwater Division | 785-832-3136 | www.lawrenceks.org/public_works/stormwater

Drug-Free Drains

You can help protect our water from pharmaceuticals and personal care products!

Every day the average adult uses nine personal care products that contain 126 unique compounds that could end up in our water. In addition to traces of products like shampoo, toothpaste, sunscreen, and cosmetics, minute amounts of prescription and over-the-counter drugs also make their way into water. They should be limited or prevented from entering our environment. Due to our increased use of these products and greater analytical sensitivity, very tiny amounts of compounds and drugs can be detected in conventional treatment plant outflow and end up in creeks, streams, and rivers. While there is no evidence these traces pose a risk to human health, scientists can sometimes find interference with aquatic organisms, and studies continue. Meanwhile, it's prudent to control what we put into water, and everyone's help is important.

In addition to following product recommendations for use and disposal and decreasing use when possible, you can help keep water clean by simply not flushing unused medication down the toilet! Controlling what goes down the drain is the easiest and most effective way to protect the environment, and you can start today!

Douglas County residents can call 832-3030 to schedule an appointment to drop off excess or expired prescription and over-the-counter medication at the City of Lawrence/Douglas County Household Hazardous Waste Facility. This facility cannot accept controlled or narcotic substances, such as prescription painkillers like Percocet, or others like Xanax. If residents cannot take their medication to the Household Hazardous Waste Facility, they can use the kitty litter or coffee ground method recommended by the Kansas Department of Health and Environment. This involves crushing or dissolving solid medications in water, coffee or another liquid, then making a paste by adding this liquid to a substance like coffee grounds or kitty litter. The final step is to put the paste in a closed container and place the container in the trash.



Fat-Free Sewers: Prevent Fats, Oils, and Grease from Damaging Your Home Environment Helping To Prevent Sewer Overflows And Backups Is Easy.

Fats, oils, and grease aren't just bad for arteries and waistslines; they're bad for sewers, too.

Sewer overflows and backups can cause health hazards, damage home interiors, and threaten the environment. A common cause of overflows is sewer pipes blocked by grease. Grease gets into the sewer from household drains as well as from poorly maintained grease traps in restaurants and other businesses.

Where Does the Grease Come From?

Grease is a by-product of cooking that comes from meat fats, lard, oil, shortening, butter, margarine, food scraps, baked goods, sauces, and dairy products. When washed down the sink, grease sticks to the insides of sewer pipes (both on your property and in the street). Over time, it can build up and block an entire pipe.

The results can be:

- Raw sewage overflowing in your home or the house next door.
- An expensive and unpleasant cleanup that often must be paid for by you, the home or business owner.
- An increase in operation and maintenance costs for local sewer departments, which leads to higher sewer bills for customers.
- Raw sewage overflowing into parks, yards, and streets.
- Potential contact with disease-causing organisms.

You Can Help! Help prevent sewer overflows by:

- Never pouring grease down sink drains or into toilets.
- Putting baskets/ strainers in sink drains to catch food scraps and other solids, and emptying them into the trash.
- Place small amounts (less than a quart) of oil and grease into sealed containers before disposing in the trash. For larger amounts of oil and grease, please call 832-3030.
- Speaking with your friends and neighbors about how to keep grease out of sewers.

Caution: Home garbage disposals do not keep grease out of the plumbing system. Moreover, hot water and products such as detergents that claim to dissolve grease only pass it down the line and cause problems elsewhere.

For more information visit www.lawrenceks.org/utilities



City of Lawrence



Come Celebrate
EARTH DAY 2015
in downtown Lawrence!

FREE ADMISSION!



Featuring the April Showers to
Water Towers: A Water Festival
for Douglas County

**SATURDAY,
APRIL 11TH**
Parade 11:00 AM
on Mass. St. from 7th to South Park
Celebration
11:30 AM – 4:00 PM
at South Park

KICK-BOXING TURBO ★★★

Ages: 16 and Up. Min 10 / Max 25. This is a class that combines aerobics, boxing, martial arts and fun hip-hops. KBT is hot and produces astounding results! You will be kicking, punching, zig-zagging and toning your core as you are grooving away hundreds of calories in an action-packed, super fun moves! This class accommodates all fitness levels! Low and high impact will be demonstrated so you can work at your own pace! Join us to burn fat, have fun and kick your body into shape! **Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115076	A KICKBOX	T	5:35-6:30PM	1/6-3/3	SPL-FR	\$34
215076	A KICKBOX	T	5:35-6:30PM	3/24-5/12	SPL-FR	\$30

KICKIN' CANCER ★★

Ages: 18 and Up. Enrollment Min 8 / Max 12. A specially designed program of gentle exercise for anyone who has experienced cancer. This class caters to all ages and at any stage of treatment, survivorships, caregivers or just bring a friend. This program will promote a safe return to physical activity and wellness through education, appropriate healthy exercise and emotional support. Tailored to each participant, the program and exercises are intended to meet the individual's needs and allow them to progress at a rate that is right for them. **Instructor: Susan Pomeroy, Certified Cancer Exercise Specialist**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115025	A KICKCAN	T	10:45-11:45AM	1/6-3/3	HPRC-BR	\$34
115025	B KICKCAN	T	6:30-7:30PM	1/6-3/3	LIAC-TWR	\$34
215025	A KICKCAN	T	10:45-11:45AM	3/24-5/12	HPRC-BR	\$30
215025	B KICKCAN	T	6:30-7:30PM	3/24-5/12	LIAC-TWR	\$30

MAX ABS ★★★

Ages: 16 and Up. Min 10 / Max 25. Max-Abs will target your core, which is the midsection of your body that supports the upper and lower body. Everyone needs a strong, healthy core to perform day to day tasks. To get ripped this class will improve the looks and strength of your core, we will zero in on the AB muscles, targeting the entire core. Max Abs will deliver faster, fitter and stronger core. Please bring mat to class.

Instructor: Christie Ogunnowo

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115124	A MAXABS	T	6:35-7:05PM	1/6-3/3	SPL-FR	\$26
215124	A MAXABS	T	6:35-7:05PM	3/24-5/12	SPL-FR	\$28

MEDITATE AND BREATHE ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. **No class 4/5. Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115014	A MEDBRE	SU	6-7:15PM	1/11-3/8	SPL-FR	\$45
215014	A MEDBRE	SU	6-7:15PM	3/29-5/17	SPL-FR	\$40

MEN'S ONLY ^{NEW}★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. Focusing on building strength and endurance, this class offers gender specific programming for the male physique. Including kettlebells, barbells, dumbbells, and lots of bodyweight exercise. **Instructor: Zack Sherman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115041	A MENONLY	R	6-6:55AM	1/8-3/5	SPL-FR	\$34
215041	A MENONLY	R	6-6:55AM	3/26-5/14	SPL-FR	\$30



PARTNERS THERAPY ^{NEW}★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. This class is designed and programmed for conditioning more than your body. Couples/partners/friends will be challenged mentally and physically under the encouraging and detailed coaching of the power couple Zach and Crystal. Combining weightlifting, cardio, and partner techniques in active release/massage therapy, this class is progressive, effective and healing. Child play area available! **Instructors: Crystal Shepherd, Zach Sherman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115032	A PARTHER	SU	2-2:55PM	1/11-3/8	OMNI	\$45
215032	A PARTHER	SU	2-2:55PM	3/29-5/17	OMNI	\$40

PILATES ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Pilates is a modern approach to body conditioning that will keep you on the cutting edge of fitness. We focus on core muscles (hips, thighs and abdominals) that strengthen and tone through stretching as the body moves. Main principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **Instructor: Crystal Shepherd.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115223	A PILATES	MW	5:35-6:30PM	1/5-3/4	HPRC-BR	\$54
215223	A PILATES	MW	5:35-6:30PM	3/23-5/13	HPRC-BR	\$48

PIYOKI ^{NEW}★★

Ages: 16 and Up. Enrollment 10 / Max 25. A unique class combining yoga, ki work and pilates exercises designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power and rhythm. Think sculpted abdominals and increased overall core strength. **No class 4/5. Instructor: Fran Hopkins.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115020	A PIYOKI	SU	2:30-3:45PM	1/11-3/8	SPL-FR	\$45
215020	A PIYOKI	SU	2:30-3:45PM	3/29-5/17	SPL-FR	\$40

CP&Associates
Architects & Planners
www.cp-assoc.com

Planning for the fun of All.

Park & Recreation Facilities Planning & Design



SKYHOUNDZ
disc championship
Sunday, May 3
2 p.m.
Historic South Park
This event is free & open to the public

POWER SCULPT ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. The ultimate strength training program is designed to shape and tone the entire body without building muscular size or bulk. Body sculpting challenge all of your muscle groups by using barbells, hand held weights, resistance bands, Stability balls and more. This class will increase your metabolism, and burn more calories far more than cardio only workouts! Studies show that this is the ONLY class that burns calories 24-48 hours after class. This class is valuable for strengthening the heart and lungs and also preventing Osteoporosis. Any fitness level can enroll as the instructor will modify low and high impact! **Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115011 A	PWRSUPT	R	5:40-6:35PM	1/8-3/5	SPL-FR	\$34
115011 B	PWRSUPT	S	10-10:50AM	1/10-3/7	CB-CR2	\$34
215011 A	PWRSUPT	R	5:40-6:35PM	3/26-5/14	SPL-FR	\$30
215011 B	PWRSUPT	S	10-10:50AM	3/28-5/16	CB-CR2	\$30

ROCK BOTTOM ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Have you been looking for a class that specifically targets the “problem areas” of the lower body? This 30 minute format only caters to those areas we all want to get firmer — toned thighs, lifted butts and slender hips are just some of the benefits you will receive from taking the “Rock Bottom” challenge!

Instructor: Alice Stewart.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115012 A	ROCKBOT	MW	7-7:30PM	1/5-3/4	SPL-FR	\$36
215012 A	ROCKBOT	MW	7-7:30PM	3/23-5/13	SPL-FR	\$32

SLIMNASTICS ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 50. Feel good while getting slim and trim in this exercise class for men and women. Concentrating on muscle toning and strengthening all muscle groups, we will focus on toning and sculpting your muscles to create a healthy, well-balanced body. Exercises are done to music, but there are no routines to learn.

Bring a mat for floor work. Instructor: Rosie Shelton.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115310 A	SLIMNAST	MWF	9-10AM	1/5-3/6	CB-GY	\$68
215310 A	SLIMNAST	MWF	9-10AM	3/23-5/15	CB-GY	\$61

SAVE OLYMPIC LIFTING  ★★★

Ages: 16 and Up. Enrollment Min 6 / Max 12. On a mission to save the lost art of Olympic style weightlifting, this class focuses on the complex and detailed work involved with each lift. Extra special attention on precision, and protection from injury. As part of training, most classes will have the opportunity to be recorded with a slow motion replay to locate exact point and measure of movement. This class is completely accommodating to all levels of experience. Child play area available!

Instructor: Crystal Shepherd.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115021 A	OLYLIFT	TR	7:30-8:30PM	1/6-3/5	OMNI	\$77
215021 A	OLYLIFT	TR	7:30-8:30PM	3/24-5/12	OMNI	\$68

TABATA CORE ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Ready for a high intensity class that will challenge all major muscle groups in a short amount of time? Tabata training works your body to the max in short timed intervals with little rest. Plyometric jumping, explosive movements and lots of cardio that ramps up quickly. This class is for the experienced fitness enthusiast who may want to “dig a little deeper.” **Instructor: Alice Stewart.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115009 A	TABATA	MW	6-6:55PM	1/5-3/4	SPL-FR	\$54
215009 A	TABATA	MW	6-6:55PM	3/23-5/13	SPL-FR	\$48

ZONE TONE ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Try this eclectic approach to exercise that combines yoga, pilates, various stretching and aerobics for overall toning. Experience a sense of well-being while improving balance, strength, flexibility and coordination. Begin the journey of life-long fitness! **Bring a mat for floor workout. Instructor: Melanie Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115060 A	TONEZONE	TR	12:10-12:50PM	1/6-3/5	CB-CR2	\$54
215060 A	TONEZONE	TR	12:10-12:50PM	3/24-5/14	CB-CR2	\$48

TOTAL BODY WORKOUT ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Go from flab to fab! This class features cardio and strength training with hand-held weights, bands, balls and body resistance. Core work included. **Instructor: Tracey English.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115006 A	TBW	TR	10-10:55AM	1/6-3/5	SPL-FR	\$54
215006 A	TBW	TR	10-10:55AM	3/24-5/14	SPL-FR	\$48

TOTAL STEP ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. A class full of variations; circle steps, cross over steps, lots of heart pumping cardiovascular training and more. Appropriate for all ages and abilities. We start out with simple skills and build on them until you forget that exercise isn't supposed to be this much fun. The last portion of class will be ab work.

Instructor: Christie Ogunnowo.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115010 A	TOTSTEP	T	6:40-7:25PM	1/6-3/3	SPL-FR	\$34
215010 A	TOTSTEP	T	6:40-7:25PM	3/24-5/12	SPL-FR	\$30

WEIGHTS EXPRESS ★★

Ages: 16 and Up. Enrollment Min 8 / Max 15. For those with a busy schedule or those starting off in getting fit, you picked the right class — 30-Minute Express Workout! You can dedicate at least 30 minutes, once per week to your own health with Fitness Motivators. Let us help you achieve your fitness goals! Use of hand weights, a chair, and/or concentrated moves. Instructor will bring in other equipment for use in this class! Never the same boring routine, each class will be different.

Instructor: LPRD Staff.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115023 A	WEIGEXP	MW	5:20-5:50PM	1/5-3/4	SPL-FR	\$54
215023 A	WEIGEXP	MW	5:20-5:50PM	3/23-5/13	SPL-FR	\$48

YOGA ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Get comfortable and stretch out your stiff muscles as you learn to correctly align your spine through slow, progressive traction. While using the full capacity of your lungs through correct breathing, you will oxygenate your body and brain, improving blood circulation and your sense of well-being. **Bring a blanket or exercise mat. See the Life-Long Recreation section, for additional sections designed for those 60+.** **No class 4/5. Instructors: Jay Hester (JH), Stacy Wall (SW).**

Instructor: Jay Hester (JH), Stacy Wall (SW).

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115271 A	YOGA(JH)	W	7-8:15PM	1/7-3/4	CR-HR	\$45
115271 B	YOGA(SW)	R	6-7:15PM	1/8-3/5	CR-HR	\$45
115271 C	YOGA(JH)	SU	3-4:15PM	1/11-3/8	CB-RM1	\$45
215271 A	YOGA(JH)	W	7-8:15PM	3/25-5/13	CR-HR	\$40
215271 B	YOGA(SW)	R	6-7:15PM	3/26-5/14	CR-HR	\$40
215271 C	YOGA(JH)	SU	3-4:15PM	3/29-5/17	CB-RM1	\$40





YOGA, PRENATAL ★

Ages: 16 and Up. Enrollment Min 6 / Max 10. This class is specifically designed for the prenatal mom! A beautiful class for mom and baby to be, create a loving space and connection with your child, and prepare your body for the birth of your child. **Please bring a mat to class.** **Instructor: Amie Carter.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115272 A	PREYOGA	T	5:30-6:45PM	1/6-3/3	ELRC-MR	\$50
215272 A	PREYOGA	T	5:30-6:45PM	3/24-5/12	ELRC-MR	\$44

YOGA, RESTORATIVE ★★

Ages: 16 and Up. Enrollment Min 10 / Max 15. Restorative Yoga is a class appropriate for all ages and levels of yoga. It is often described as 'active relaxation'; by using props to support the body it is able to fully release into poses maximizing benefits. Whether you are just looking to slow down in a hectic lifestyle, have physical issues that prevent a more active yoga practice, or are dealing with stress, anxiety, and/or other emotional disease this class seeks to bring balance into your body, mind, and world. The class also includes a gentle yoga warm-up and guided meditations. **Instructor: Alison Dishinger.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115274 A	RETYOGA	M	7-8:25PM	1/5-3/2	ELRC-MR	\$50
215274 A	RETYOGA	M	7-8:25PM	3/23-5/11	ELRC-MR	\$44

YOGA, YIN ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Yin Yoga is the perfect complement to the more active Yang Yoga practices and is appropriate for all levels of experience. This practice develops new depths in your postures, deeper ranges of motion and an increased flow of energy that is achievable by focusing on the deeper tissues of the body. **Instructor: Tatum Bandy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115016 A	YINYOGA	T	10-11AM	1/6-3/3	SPL-FR	\$34
215016 A	YINYOGA	T	10-11AM	3/24-5/12	SPL-FR	\$30

YOGA EXPRESS ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115022 A	YOGEXPR	TR	12:10-12:50PM	1/6-3/5	SPL-CR	\$54
215022 A	YOGEXPR	TR	12:10-12:50PM	3/24-5/14	SPL-CR	\$48

YOGA FOR ALL ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Beginning to advanced yogis find peace, stillness and happiness while increasing flexibility, strength and balance through the exploration of yoga postures, breathing techniques and philosophy. **No class 4/5. Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115015 A	YOGA	SU	4:30-5:15PM	1/11-3/8	SPL-FR	\$45
215015 A	YOGA	SU	4:30-5:15PM	3/29-5/17	SPL-FR	\$40

YOGILATES ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Try Yogilates for the best of both worlds — the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion for a complete workout. **Instructor: Fran Hopkins.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115121 A	YGTS	TR	5:30-6:25PM	1/6-3/5	CB-CR1	\$54
115121 B	YGTS	S	9-9:50AM	1/10-3/7	CB-CR2	\$34
215121 A	YGTS	TR	5:30-6:25PM	3/24-5/14	CB-CR1	\$48
215121 B	YGTS	S	9-9:50AM	3/28-5/16	CB-CR2	\$30

ZUMBA ★★

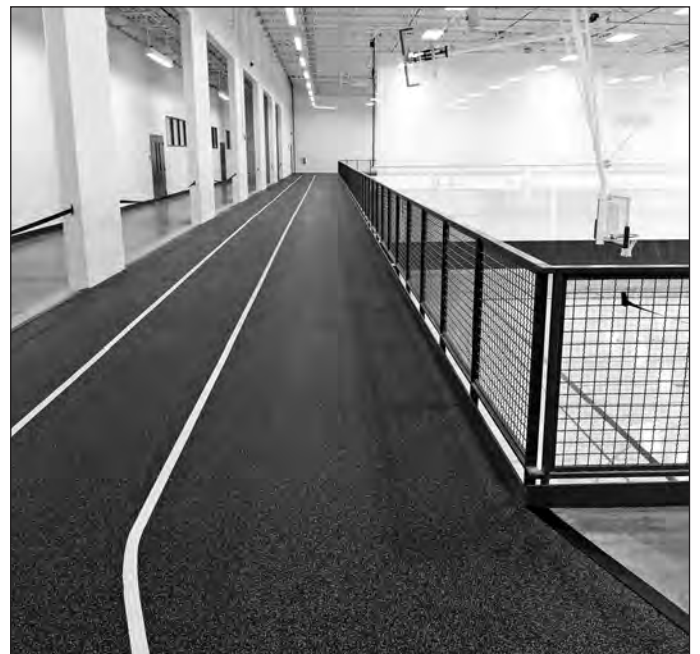
Ages: 16 and Up. Enrollment Min 10 / Max 25. Join the craze with Zumba, a fitness sensation. Zumba aerobics incorporate salsa, belly dance, West African and other world dance moves in a fun, party-like exercise format. You don't have to know how to dance to do Zumba. The easy-to-follow routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This fun, unique, easy and effective workout is for everyone! **No previous dance experience necessary. Instructors: Susan King (SK), Christie Ogunnowo (CO), Amy Whittaker (AW), Pat Middaugh (PM), Kelsey Middaugh (KM).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115000 A	ZMBA(PM)	MWF	12:10-12:50PM	1/5-3/6	CB-GYM	\$68
115000 B	ZMBA(SK)	M	5:30-6:25PM	1/5-3/2	CB-GYM	\$34
115000 C	ZMBA(KM)	TR	4:30-5:25PM	1/6-3/5	SPL-FR	\$54
115000 D	ZMBA(SK)	W	5:30-6:25PM	1/7-3/4	CB-GYM	\$34
115000 E	ZMBA(AW)	S	9-9:50AM	1/10-3/7	CB-CR2	\$34
115000 F	ZMBA(CO)	S	11-11:50AM	1/10-3/7	CB-CR2	\$34
215000 A	ZMBA(PM)	MWF	12:10-12:50PM	3/23-5/15	CB-GYM	\$61
215000 B	ZMBA(SK)	M	5:30-6:25PM	3/23-5/11	CB-GYM	\$30
215000 C	ZMBA(KM)	TR	4:30-5:25PM	3/24-5/14	SPL-FR	\$48
215000 D	ZMBA(SK)	W	5:30-6:25PM	3/24-5/13	CB-GYM	\$30
215000 E	ZMBA(AW)	S	9-9:50AM	3/28-5/16	CB-CR2	\$30
215000 F	ZMBA(CO)	S	11-11:50AM	3/28-5/16	CB-CR2	\$30

ZUMBA STEP ★★

Ages: 16 and Up. Enrollment Min 10 / Max 30. Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® program. Tone and strengthen gluts and legs with a gravity-defying blend of Zumba routines and step aerobics. Bring your students maximum results without losing the easy-to-follow fitness-party! **Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115029 A	ZUMSTE	TR	12:10-12:50PM	1/6-3/5	SPL-FR	\$54
215029 A	ZUMSTE	TR	12:10-12:50PM	3/24-5/14	SPL-FR	\$48



GYMNASTICS

Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic skill development, as well as increased self-esteem, independence and character, while having fun and unique experiences in a healthy atmosphere. Classes offered include tumbling for boys and girls and a wide-ranging gymnastics program at several age levels. Classes are held at Sports Pavilion Lawrence at Rock Chalk Park, 100 Rock Chalk Lane and East Lawrence Recreation Center, 1245 E. 15th St. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines. Program Director: Jo Ellis, (785) 330-7355. **Classes listed below are provided by facility.**

GYMNASTIC BIRTHDAY PARTIES

Ages 3-12 year olds. \$100 for up to 10 children, \$125 up to 20 children. Join LPRD's qualified gymnastics staff for a fun-filled birthday party. Depending on the age, activities will include group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games, other activities and birthday fun! Each birthday child will receive a special surprise. LPRD provides the entertainment and parents provide the cake, drinks and decorations. Please schedule two weeks in advance. **First 60 minutes of birthday fun in the gymnastics room and 30 minutes in the party room following the entertainment.** The perfect entertainment for children aged 3-12 years-old. Parties held at the East Lawrence Recreation Center, 1245 E. 15th St. **Parties are available at the following times and days: Saturday – 1 p.m. to 2:30 p.m., 3 p.m. to 4:30 p.m., and 5 p.m. to 6:30 p.m.; Sunday – 1 p.m. to 2:30 p.m., 3 p.m. to 4:30 p.m., and 5 p.m. to 6:30 p.m.** For more information contact the Community Building at (785) 830-7355.

EAST LAWRENCE RECREATION CENTER – GYMNASTICS

1245 E. 15th St.

DIAPER DYNOS GYMNASTICS

Ages: 18-24 months w/parent. Enrollment Min 6 / Max 13. The class is designed with a toddler's natural needs and joys in mind. The stations are set up to challenge all locomotor skills: running, jumping, rolling, and climbing to name a few. Children learn socialization skills such as making new friends, taking turns, and taking directions from an adult other than their parents. Parents participate by lending support, following their child's lead, and with the instructor, discovering each child's special personality in the gymnastic environment. *One parent per child.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116100 A	DIADYN	M	9:15-9:45AM	1/12-3/2	ELRC-MPR	\$56
116100 B	DIADYN	W	11-11:30AM	1/14-3/4	ELRC-MPR	\$56
116100 C	DIADYN	R	5:30-6PM	1/15-3/5	ELRC-MPR	\$56
216100 A	DIADYN	M	9:15-9:45AM	3/23-5/4	ELRC-MPR	\$49
216100 B	DIADYN	W	11-11:30AM	3/25-5/6	ELRC-MPR	\$49
216100 C	DIADYN	R	5:30-6PM	3/26-5/7	ELRC-MPR	\$49



PARENTS AND PEANUT GYMNASTICS

Ages: 2-3 w/parent. Enrollment Min 6 / Max 13. Children and their parents explore different activities using various pieces of gymnastic equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success! *One parent per child.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116101 A	PPGYM	W	9-9:45AM	1/14-3/4	ELRC-MPR	\$56
116101 B	PPGYM	W	6:30-7:15PM	1/14-3/4	ELRC-MPR	\$56
116101 C	PPGYM	F	6:30-7:15PM	1/16-3/6	ELRC-MPR	\$56
116101 D	PPGYM	S	9-9:45AM	1/17-3/7	ELRC-MPR	\$56
216101 A	PPGYM	W	9-9:45AM	3/25-5/6	ELRC-MPR	\$49
216101 B	PPGYM	W	6:30-7:15PM	3/25-5/6	ELRC-MPR	\$49
216101 C	PPGYM	F	6:30-7:15PM	3/27-5/8	ELRC-MPR	\$49
216101 D	PPGYM	S	9-9:45AM	3/28-5/9	ELRC-MPR	\$49

TUMBLEWEEDS

Ages: 3. Enrollment Min 6 / Max 12. Participants will improve their physical awareness, body coordination and explore movement. Large motor skills are improved using the bars, tumble track and balance beam. Emphasis is placed on learning tumbling skills such as forward rolls, balancing, strength coordination and movement exploration.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116102 A	TUMWEED	M	10-10:45AM	1/12-3/2	ELRC-MPR	\$56
116102 B	TUMWEED	M	5:30-6:15PM	1/12-3/2	ELRC-MPR	\$56
116102 C	TUMWEED	T	6:30-7:15PM	1/13-3/3	ELRC-MPR	\$56
116102 D	TUMWEED	W	10-10:45AM	1/14-3/4	ELRC-MPR	\$56
116102 E	TUMWEED	W	5:30-6:15PM	1/14-3/4	ELRC-MPR	\$56
116102 F	TUMWEED	F	9-9:45AM	1/16-3/6	ELRC-MPR	\$56
116102 G	TUMWEED	F	5:30-6:15PM	1/16-3/6	ELRC-MPR	\$56
116102 H	TUMWEED	S	10-10:45AM	1/17-3/7	ELRC-MPR	\$56
216102 A	TUMWEED	M	10-10:45AM	3/23-5/4	ELRC-MPR	\$49
216102 B	TUMWEED	M	5:30-6:15PM	3/23-5/4	ELRC-MPR	\$49
216102 C	TUMWEED	T	6:30-7:15PM	3/24-5/5	ELRC-MPR	\$49
216102 D	TUMWEED	W	10-10:45AM	3/25-5/6	ELRC-MPR	\$49
216102 E	TUMWEED	W	5:30-6:15PM	3/25-5/6	ELRC-MPR	\$49
216102 F	TUMWEED	F	9-9:45AM	3/27-5/8	ELRC-MPR	\$49
216102 G	TUMWEED	F	5:30-6:15PM	3/27-5/8	ELRC-MPR	\$49
216102 H	TUMWEED	S	10-10:45AM	3/28-5/9	ELRC-MPR	\$49

GYMSTERS

Ages: 4-5. Enrollment Min 6 / Max 12. Students will be introduced to all gymnastics equipment throughout the session. New target skills and circuits will be provided to continue building strength, agility, confidence, coordination and social skills.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116103	A	GYMSTER	M	11-11:55AM	1/12-3/2	ELRC-MPR	\$56
116103	B	GYMSTER	M	6:30-7:25PM	1/12-3/2	ELRC-MPR	\$56
116103	C	GYMSTER	T	5:30-6:25PM	1/13-3/3	ELRC-MPR	\$56
116103	D	GYMSTER	W	4:30-5:25PM	1/14-3/4	ELRC-MPR	\$56
116103	E	GYMSTER	R	6:05-7PM	1/15-3/5	ELRC-MPR	\$56
116103	F	GYMSTER	F	10-10:55AM	1/16-3/6	ELRC-MPR	\$56
116103	G	GYMSTER	S	11-11:55AM	1/17-3/7	ELRC-MPR	\$56
216103	A	GYMSTER	M	11-11:55AM	3/23-5/4	ELRC-MPR	\$49
216103	B	GYMSTER	M	6:30-7:25PM	3/23-5/4	ELRC-MPR	\$49
216103	C	GYMSTER	T	5:30-6:25PM	3/24-5/5	ELRC-MPR	\$49
216103	D	GYMSTER	W	4:30-5:25PM	3/25-5/6	ELRC-MPR	\$49
216103	E	GYMSTER	R	6:05-7PM	3/26-5/7	ELRC-MPR	\$49
216103	F	GYMSTER	F	10-10:55AM	3/27-5/8	ELRC-MPR	\$49
216103	G	GYMSTER	S	11-11:55AM	3/28-5/16	ELRC-MPR	\$49

HOT SHOTS

Ages: 4-5. Enrollment Min 6 / Max 12. This class provides a more advanced curriculum than our preschool program. **Permission from the program director is required prior to enrollment. For more information, please call (785) 330-7355 for more information.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116104	A	HOTSHOT	M	5:10-6:25PM	1/12-3/2	ELRC-MPR	\$70
216104	A	HOTSHOT	M	5:10-6:25PM	3/23-5/11	ELRC-MPR	\$62

BEGINNING BOYS

Age: 6-9. Enrollment Min 4 / Max 6. Class will focus on proper skill progression and fundamental strength development. Boys will work on developing proper swing on the apparatus, as well as develop good basic tumbling skills.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116206	A	BEGBOYS	T	5:30-6:25PM	1/13-3/3	ELRC-MPR	\$56
116206	B	BEGBOYS	R	7:05-8PM	1/15-3/5	ELRC-MPR	\$56
116206	C	BEGBOYS	S	10-10:55AM	1/17-3/7	ELRC-MPR	\$56
216206	A	BEGBOYS	T	5:30-6:25PM	3/24-5/12	ELRC-MPR	\$49
216206	B	BEGBOYS	R	7:05-8PM	3/26-5/14	ELRC-MPR	\$49
216206	C	BEGBOYS	S	10-10:55AM	3/28-5/16	ELRC-MPR	\$49

BEGINNING GIRLS

Ages: 6-9. Enrollment Min 6 / Max 14. Participants will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength with gymnastics apparatuses. **Participants will be expected to perform all necessary skills before advancing to the next level.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116200	A	BEGGIRLS	M	6:30-7:25PM	1/12-3/2	ELRC-MPR	\$56
116200	B	BEGGIRLS	T	4:30-5:25PM	1/13-3/3	ELRC-MPR	\$56
116200	C	BEGGIRLS	W	5:30-6:25PM	1/14-3/4	ELRC-MPR	\$56
116200	D	BEGGIRLS	R	7:05-8PM	1/15-3/5	ELRC-MPR	\$56
116200	E	BEGGIRLS	S	11-11:55PM	1/17-3/7	ELRC-MPR	\$56
216200	A	BEGGIRLS	M	6:30-7:25PM	3/23-5/4	ELRC-MPR	\$49
216200	B	BEGGIRLS	T	4:30-5:25PM	3/24-5/5	ELRC-MPR	\$49
216200	C	BEGGIRLS	W	5:30-6:25PM	3/25-5/6	ELRC-MPR	\$49
216200	D	BEGGIRLS	R	7:05-8PM	3/26-5/7	ELRC-MPR	\$49
216200	E	BEGGIRLS	S	11-11:55AM	3/28-5/9	ELRC-MPR	\$49

PRESCHOOL OPEN GYMNASTICS

Our gymnastics preschool play is for children ages 2 years old to 5 years old and their parents. Preschoolers and parents are welcome to share some quality time in a fun, safe, and active environment with assistance from our highly trained instructors. Great social activity for toddlers and our space encourages activity for your little ones. **This is offered every Tuesday and Thursday from 10:30-11:30 a.m. Ratio: 2 children per parent. Cost is \$3 per child per visit at East Lawrence Recreation Center.**

Open Gym: Ages: 6-12. 1st/3rd Friday of the month from 7:30 p.m. to 9 p.m.: Jan. 16, Feb. 6, Feb. 20, March 6, April 3, April 17, May 1 and May 15. Cost is \$4 per child per visit.

SPORTS PAVILION LAWRENCE AT ROCK CHALK PARK — GYMNASTICS

100 Rock Chalk Lane

Fees for all classes listed below are collected on a monthly basis. Classes begin Monday, Jan. 5. No class March 16-22.

SPL GYMNASTICS BIRTHDAY PARTIES

Ages: 3 and Up. Join our qualified gymnastic staff for a fun-filled birthday experience. Your child will enjoy 60 minutes of supervised instruction in our gymnastics facility, plus an additional 30 minutes in the private party room. Age appropriate activities include a group warm up, followed by an obstacle course, uneven bars, balance beams, trampoline, parachute games, and more! **Parties begin at \$120* for up to 15 children. *Refreshment packages are in addition to the base price. Times: Saturday 1 p.m. to 2:30 p.m., 3 p.m. to 4:30 p.m. and 5 p.m. to 6:30 p.m.; Sunday 1 p.m. to 2:30 p.m. and 3 p.m. to 4:30 p.m.**

TUMBLEWEEDS

Ages: 3. Enrollment Min 6 / Max 12. Students will explore the wonderful world of gymnastics as we guide them through fun, themed obstacle courses and activities. Emphasis is on learning beginning gymnastics skills and positions, but will also work to improve motor skill development such as; coordination, balance, strength, and agility.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116000	A	TUMBWED	T	10:30-11:15AM	MONTHLY	SPL-GR	\$28
116000	B	TUMBWED	T	5:30-6:15PM	MONTHLY	SPL-GR	\$28
116000	C	TUMBWED	W	6-6:45PM	MONTHLY	SPL-GR	\$28
116000	D	TUMBWED	R	9:30-10:15AM	MONTHLY	SPL-GR	\$28
116000	E	TUMBWED	R	5:30-6:15PM	MONTHLY	SPL-GR	\$28
116000	F	TUMBWED	S	9-9:45AM	MONTHLY	SPL-GR	\$28

GYMSTERS

Ages: 4-5. Enrollment Min 6 / Max 12. Beginning gymnastics skills will be introduced through fun, themed obstacle courses and activities. Focus will be on proper body positioning and forming good gymnastics habits. New target skills will be introduced to continue building strength, agility, confidence, coordination, and social skills.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116001	A	GYMSTERS	T	9:30-10:25AM	MONTHLY	SPL-GR	\$28
116001	B	GYMSTERS	T	4:30-5:25PM	MONTHLY	SPL-GR	\$28
116001	C	GYMSTERS	W	5-5:55PM	MONTHLY	SPL-GR	\$28
116001	D	GYMSTERS	R	10:30-11:25AM	MONTHLY	SPL-GR	\$28
116001	E	GYMSTERS	R	6:30-7:25PM	MONTHLY	SPL-GR	\$28
116001	F	GYMSTERS	S	10-10:55AM	MONTHLY	SPL-GR	\$28

HOT SHOTS

Ages: 4-5. Enrollment Min 6 / Max 12. This class provides a more advanced curriculum than our preschool program. Acceptance into this class is based on the child's eagerness to learn, focus in class, and basic concept of beg level gymnastics skills. Students must have specific skills mastered prior to entering this class. **Permission from the program director is required prior to enrollment. For more information, please call (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116007	A	HOTSHOT	T	5:30-6:45PM	MONTHLY	SPL-GR	\$35



BEGINNING BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. This is an intro class to beginning gymnastics. Participants will be introduced to (6) of the boys gymnastics apparatuses — Parallel Bars, High Bar, Floor, Rings, Pommel Horse, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. **Participants will be tested and expected to master 80% of the beginning level skills prior to advancing to the next level.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116008 A	BEGBOYS	M	5:30-6:25PM	MONTHLY	SPL-GR	\$28
116008 B	BEGBOYS	R	6:30-7:25PM	MONTHLY	SPL-GR	\$28
116008 C	BEGBOYS	S	9-9:55AM	MONTHLY	SPL-GR	\$28

ADVANCED BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. This class is for students who have mastered *Beginning Boys* and are ready to expand their knowledge in gymnastics. Focus will be on strength, flexibility, and proper progression and technique. **Students in this program must have passed *Beginning Boys Gymnastics* or have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116009 A	ADBOYS	M	6:30-7:55PM	MONTHLY	SPL-GR	\$38

BEGINNING GIRLS GYMNASTICS

Ages: 6-11. Enrollment Min 6 / Max 14. This is an intro class to beginning gymnastics. Participants will be introduced to all (4) gymnastics apparatuses- Bars, Floor, Beam, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. **Participants will be tested and expected to master 80% of the beginning level skills prior to advancing to the next level.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116010 A	BEGGIRL	M	4:30-5:25PM	MONTHLY	SPL-GR	\$28
116010 B	BEGGIRL	T	6:30-7:25PM	MONTHLY	SPL-GR	\$28
116010 C	BEGGIRL	W	5-5:55PM	MONTHLY	SPL-GR	\$28
116010 D	BEGGIRL	S	10-10:55AM	MONTHLY	SPL-GR	\$28
116010 I	BEGGIRL	R	5:30-6:25PM	MONTHLY	SPL-GR	\$28

BEGINNING/INTERMEDIATE GIRLS GYMNASTICS

Ages: 11 and Up. This class is designed for MS/HS students who want to learn gymnastics or perfect the skills they already have. Focus is on strength, flexibility and proper technique.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116011 A	BEGGIRL	T	7:30-8:25PM	MONTHLY	SPL-GR	\$28

INTERMEDIATE GIRLS GYMNASTICS

Ages: 6 and Up. Enrollment Min 6 / Max 14. This class is for participants who have mastered all the gymnastics skills and progressions in beginning girls. Emphasis is placed on strength, flexibility and learning basic skills and body positions while increasing their time in the gym. Students in this program must have passed beginning girls or have permission from the director prior to enrollment.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116012 A	INTGIRLS	M	5-6:25PM	MONTHLY	SPL-GR	\$38
116012 B	INTGIRLS	T	6:30-7:55PM	MONTHLY	SPL-GR	\$38
116012 C	INTGIRLS	W	6-7:25PM	MONTHLY	SPL-GR	\$38

ADVANCED GIRLS GYMNASTICS

Ages: 6 and Up. Enrollment Min 6 / Max 14. This class is for upper level gymnasts who want to continue their gymnastics training without doing competition. **Must be tested to be approved for this class.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116013 A	ADVGIRL	MW	6:30-8:30PM	MONTHLY	SPL-GR	\$64

COMPETITIVE TEAM

Kansas School of Gymnastics is a non-subsidized competitive program of LPRD. We are members of USA Gymnastics and exceed all of the required coaching and gym standards. Competitive gymnastics requires dedication, strength, discipline and overall focus in order to be successful. We believe competitive gymnastics allows athletes an avenue to push themselves through constant critique and feedback, while continuing to achieve success. We believe in providing a healthy atmosphere where gymnasts are expected to do their best through safe and progressive coaching techniques. **Students must have successfully mastered 80% of *Beginning Girls' skills* in order to be considered for our competition team. Fees are assessed at a monthly rate.** Competition team is a 9-month commitment and requires additional expenses for competition including: leotards, warm-ups, meet fees and other expenses. **Fees are assessed at a monthly rate by LPRD.**

CLASS	DAY	TIME	HR/WK	FEE
LEVEL 1	TR	6-8PM	4	\$64
LEVEL 2	MW	4:30-6:30PM	5.5	\$88
	S	9-10:30AM		
LEVEL 2	TR	6-8PM	5.5	\$88
	S	9-10:30AM		
LEVEL 3	MW	4:30-7PM	6.5	\$104
	SU	4-5:30PM		
LEVEL 3	MW	6-8:30PM	6.5	\$104
	SU	4-5:30PM		
LEVEL 4 & 5	MW	6-8:30PM	7	\$111
	SU	4-6PM		

CHEERLEADING/TUMBLING

YOUTH CHEER

Ages: 7-11. Students will be introduced to all aspects of cheerleading— cheers, chants, dance, motions, jumps, stunting, and tumbling. Mini routines will be taught throughout the session so students can learn how to perform these skills at a performance level. Focus will be on teaching proper technique and safety, while learning how to maintain energy and perform in front of a crowd. Some tumbling will be offered, but we recommend adding the Beg/Int Tumbling class to gain the full benefit from this program.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116002 A	YOUTH	T	6:30-7:25PM	MONTHLY	SPL-GR	\$28



Equipment Rental • Contractor • Homeowner • Unloader • Dollies • Cement Finishers • Scissor Lifts
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3301 W. 6th • 832-8767

7:30-5:30 Mon-Sat • Sun 9-4

Toll Free 1-800-294-8767





MIDDLE SCHOOL/HIGH SCHOOL CHEER

Ages: 12 and Up. This class is designed for MS and HS students who want to prepare or perfect their cheerleading skills for their school teams. This class will be taught by qualified former HS or Collegiate cheerleaders. Focus is on strength, flexibility, and proper technique. Some stunting and tumbling will be offered in this class, but we recommend pairing this class with the JH/HS tumbling class to gain the full benefit.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116003 A	CHEER	T	5:30-6:25PM	MONTHLY	SPL-GR	\$28

BEGINNING/INTERMEDIATE TUMBLING

Ages: 7-11. This class is designed to focus on tumbling skills only. This is a great class for students who may be interested in cheerleading in the future or just want to perfect their tumbling.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116004 A	BEGINT	T	5:30-6:25PM	MONTHLY	SPL-GR	\$28

MIDDLE SCHOOL/HIGH SCHOOL TUMBLING

Ages: 12 and Up. This class is for all MS/HS students who want to focus specifically on tumbling skills.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116005 A	TUMBL	T	6:30-7:55PM	MONTHLY	SPL-GR	\$38

MIDDLE SCHOOL/HIGH SCHOOL CHEERLEADING/TUMBLING COMBO CLASS

Ages: 12 and Up. This combo class will incorporate cheer and tumbling. Focus is on strength, flexibility and proper technique. *Stunting and tumbling will also be part of the curriculum.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116006 A	COMBO	T	5:30-7:55PM	MONTHLY	SPL-GR	\$50

PRESCHOOL OPEN GYMNASTICS AT SPL

Our gymnastics preschool play is for children ages 2 years old to 5 years old and their parents. Preschoolers and parents are welcome to share some quality time in a fun, safe and active environment with assistance from our highly trained instructors. Great social activity for toddlers and our space encourages activity for your little ones. **This is offered every Monday from 10:15 a.m. to 11:15 a.m. and Saturdays from 11 a.m. to noon. Ratio: 2 children per parent. Cost is \$3 per child per visit at Sports Pavilion Lawrence at Rock Chalk Park, 100 Rock Chalk Lane.**

GYMNASTICS OPEN GYM

Open gym is unstructured but is supervised play in the Gymnastics Room at Sports Pavilion Lawrence, 101 George Williams Way, for youth ages 6 years-old to 12 years-old. No registration is required but a parent/guardian needs to sign in participant at the door. The fee is \$3 per child. Exact cash and checks accepted at the door. **Gymnastics Open Gym is held 7:30 p.m. to 9 p.m. the 2nd and 4th Friday of every month: Jan. 9, Jan. 23, Feb. 13, Feb. 27, March 27, April 10, April 24 and May 8.**

Open gymnastics High School/College — Thursdays, 8 p.m. to 10 p.m. \$3 per person starting Thursday, Jan. 8. For more information, please contact Sports Pavilion Lawrence at (785) 330-7355.

G-FORCE POWER TUMBLING/CHEERLEADING

Lawrence Parks and Recreation has teamed up with G-Force to offer recreational power tumbling and cheerleading classes along with competitive cheerleading and power tumbling teams for youth. This progressive program will keep your child challenged and motivated.

TUMBLING & TRAMPOLINE CLASSES

All "T&T" classes will include skill instruction on floor, trampoline and double-mini trampoline. Each class level follows a curriculum that will teach athletes progressively to the next ability level. Classes labeled "Junior" will work the same skills as the non-junior classes; they are specifically for younger athletes.

T&T, ADVANCED

■ Ages: 8 and Up. Enrollment Min 4 / Max 12. Advanced students will learn how to connect back handsprings, and learn back and front flips on floor. On trampoline they will learn how to combine jumps, drops and flips into a routine. They will also begin to learn different kinds of flips such as lay-outs and twisting flips on trampoline.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116425 A	ADVANC	W	4:30-5:55PM	1/7-3/4	GFORCE	\$94
116425 B	ADVANC	R	6:30-7:55PM	1/8-3/5	GFORCE	\$94
216425 A	ADVANC	W	4:30-5:55PM	3/25-5/13	GFORCE	\$84
216425 B	ADVANC	R	6:30-7:55PM	3/26-5/14	GFORCE	\$84

T&T, BEGINNING

■ Ages: 4-6, 5-8. Enrollment Min 4 / Max 12. This class will learn the importance of a great Handstand, Cartwheel, Bridge & Round-off. They will also learn how to connect skills into a series. On Trampolines they will learn basic through more advanced skills, such as belly & back drops as well as learning how to put skills together to make a routine. We also begin to focus on progression and how one strong skill prepares them to learn the next.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116412 A	T&T(5-8)	M	4:30-5:25PM	1/5-3/3	GFORCE	\$81
116412 B	T&T(4-6)	T	5:30-6:25PM	1/6-3/4	GFORCE	\$81
116412 C	T&T(5-8)	W	6:30-7:25PM	1/7-3/6	GFORCE	\$81
216412 A	T&T(5-8)	M	4:30-5:25PM	3/23-5/11	GFORCE	\$72
216412 B	T&T(4-6)	T	5:30-6:25PM	3/24-5/12	GFORCE	\$72
216412 C	T&T(5-8)	W	6:30-7:25PM	3/25-5/13	GFORCE	\$72

T&T, BEGINNER 2

■ Ages: 6-9. Enrollment Min 4 / Max 12. Athletes will continue developing the cartwheel, teach handstands and training on the Trampoline and Double Mini. **Students in this program must have passed Beginner 1 or have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116430 A	BEG2	M	5:30-6:25PM	1/5-3/2	GFORCE	\$81
216430 A	BEG2	M	5:30-6:25PM	3/23-5/11	GFORCE	\$72

T&T, INTERMEDIATE

■ Ages: 6-9; 8-12. Enrollment Min 4 / Max 12. Athletes will finish up technique on round-offs, master bridge kick-overs, and learn front and back handsprings. They will also begin to learn flipping skills on trampoline such as front and back flips. Correct technique, gym etiquette and safety drills are also focused on.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116413 A	INTR(8-12)	M	4:30-5:25PM	1/5-3/2	GFORCE	\$81
116413 B	INTR(6-9)	T	6:30-7:25PM	1/6-3/3	GFORCE	\$81
216413 A	INTR(8-12)	M	4:30-5:25PM	3/23-5/11	GFORCE	\$72
216413 B	INTR(6-9)	T	6:30-7:25PM	3/24-5/12	GFORCE	\$72

T&T, INTERMEDIATE 2

■ Ages: 6-12. Enrollment Min 4 / Max 12. Athletes will continue mastering handstand and bridge variations as well as the back handspring. **Students in this program must have passed Intermediate 1 or have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116431 A	INT2	R	5:30-6:25PM	1/8-3/5	GFORCE	\$81
216431 A	INT2	R	5:30-6:25PM	3/26-5/14	GFORCE	\$72

JOIN LPRD FOR THIS ANNUAL DINNER AND DANCE!

Daddy-Daughter Date Night 2014

Come join us on a "Pirate Adventure" with your dad! It will be a night for Dad and Daughter to go sailing the high seas of fun, creating memories that will last a lifetime! Throughout the evening, in addition to dancing with Dad, there will be photos, flowers and dinner.

Saturday, Feb. 28

6:30 p.m. to 9 p.m.
Building 21, Douglas
County Fair Grounds



Owens
FLOWER SHOP



City of Lawrence
PARKS AND RECREATION

Photos by Kevin & Jennifer Gunnels



BERRY
PLASTICS CORPORATION
AND SUBSIDIARIES

COST OF ATTENDANCE:

\$40 dad + 1 daughter
\$20 per additional daughter

*Fee includes a 5x7 photo,
dinner, beverages, DJ and flower*

Ages: 6-14. Min 40 Couples / Max 80 Couples

*For more information, please contact
Sports Pavilion Lawrence at (785) 330-7355*

Registration Deadline: Thursday, Feb. 19
Code 114168 Sections A and B

T&T, PRE-SCHOOL

■ *Ages: 3-4. Enrollment Min 4 / Max 12.* This is an introduction to skills as well as social interaction and class structure. We focus on following directions and socialization while we teach body control, coordination and fundamental tumbling skills such as rolls, cartwheels, and basic jumping technique on the trampolines including straddle & turning skills and beginning seat & doggy drops.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116411 A	PRESCHOL	M	5:30-6:15PM	1/5-3/2	GFORCE	\$81
116411 B	PRESCHOL	R	4:30-5:15PM	1/8-3/5	GFORCE	\$81
216411 A	PRESCHOL	M	5:30-6:15PM	3/23-5/11	GFORCE	\$72
216411 B	PRESCHOL	R	4:30-5:15PM	3/26-5/14	GFORCE	\$72

TRAMPOLINE

■ *Ages: 7-12. Enrollment Min 4 / Max 12.* This class teaches trampoline and double-mini trampoline skills only. It is great for those who just want to learn skills and safety as well as those who enjoy trampoline in their class, and want to learn more. It is for the beginner and intermediate athlete.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116414 A	TRAMPO	W	7:30-8:25PM	1/7-3/4	GFORCE	\$81
216414 A	TRAMPO	W	7:30-8:25PM	3/25-5/13	GFORCE	\$72

TUMBLING CLASSES

These classes focus only on floor skills. Students may use the trampolines to aid in learning skills, however, they will not learn trampoline-specific skills. Those enrolling in these classes should meet the requirements and have a general knowledge of beginner and intermediate level floor skills.

TUMBLING 1

■ *Ages: 8-12, 12-18. Enrollment Min 4 / Max 12.* Students will begin learning front and back handsprings both from a standing position and after a round-off. **Requirement: Strong running round-off and an assisted back handspring.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116415 A	T(12-18)	M	6:30-7:55PM	1/5-3/2	GFORCE	\$94
116415 B	T(12-18)	T	4:30-5:55PM	1/6-3/3	GFORCE	\$94
116415 C	T(8-12)	T	6-6:55PM	1/6-3/3	GFORCE	\$81
216415 A	T(12-18)	M	6:30-7:55PM	3/23-5/11	GFORCE	\$84
216415 B	T(12-18)	T	4:30-5:55PM	3/24-5/12	GFORCE	\$84
216415 C	T(8-12)	T	6-6:55PM	3/24-5/12	GFORCE	\$72

TUMBLING 2

■ *Ages: 8-12; 12-18. Enrollment Min 4 / Max 12.* In this class students will learn running series tumbling and running round-off back handspring back-tucks. They will finish learning standing back handsprings and begin learning standing back tucks. **Requirement: unassisted round-off back handspring.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116416 A	T2(12-18)	T	7:30-8:55PM	1/6-3/3	GFORCE	\$94
116416 B	T2(8-12)	W	4:30-5:25PM	1/7-3/4	GFORCE	\$94
216416 A	T2(12-18)	T	7:30-8:55PM	3/24-5/12	GFORCE	\$84
216416 B	T2(8-12)	W	4:30-5:25PM	3/25-5/13	GFORCE	\$84



TUMBLING 3

■ *Ages: 8 and Up. Enrollment Min 4 / Max 12.* Athletes in this class learn back tuck skills, how to series back handsprings into flipping skills, and they will work on combining these elements to create unique and exciting passes. **Requirements: unassisted standing back handspring and running round-off back handspring series.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116417 A	T3	T	4:30-5:55PM	1/6-3/3	GFORCE	\$94
116417 B	T3	R	7:30-8:55PM	1/8-3/5	GFORCE	\$94
216417 A	T3	T	4:30-5:55PM	3/24-5/12	GFORCE	\$84
216417 B	T3	R	7:30-8:55PM	3/26-5/14	GFORCE	\$84

TUMBLING 4

■ *Ages: 8 and Up. Enrollment Min 4 / Max 12.* This class is for the elite athlete who has mastered the back tuck. Instructors in this class will teach flipping variations, connecting flips and twisting skills. **Requirements: unassisted standing back tuck and running round-off back handspring back-tuck.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116418 A	T4	M	6:30-7:55PM	1/5-3/2	GFORCE	\$94
116418 B	T4	T	7-8:25PM	1/6-3/3	GFORCE	\$94
216418 A	T4	M	6:30-7:55PM	3/23-5/11	GFORCE	\$84
216418 B	T4	T	7-8:25PM	3/24-5/12	GFORCE	\$84

TUMBLING, BOYS

■ *Ages: 7-12. Enrollment Min 4 / Max 12.* This class is for boys only. Taught by a male instructor, they will learn progressive tumbling skills based on the ability of the students in the class. They will also learn coordination and agility drills that are useful in many other sports! All taught in a "boy specific" style. It is for the beginner and intermediate athlete.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116419 A	BOYTUMB	W	6:30-7:25PM	1/7-3/4	GFORCE	\$81
216419 A	BOYTUMB	W	6:30-7:25PM	3/25-5/13	GFORCE	\$72

SKILL CLASSES

For more information about the following specialty classes, please contact G-Force at (785) 843-5387. Back Handspring 1 and 2, Back Tuck 1 and 2, Front Tumbling and Twisting and Tricks.

TRYOUTS FOR COMPETITIVE SQUADS

Open to all ages. Tryouts will be held from 9-11 a.m. for ages 11 and under, and from 1-3 p.m. for ages 12 and over on Saturday, April 18. A parent meeting will take place during both tryout times. All qualified participants will receive a summer schedule for practices at the parent meeting. Additional paperwork and fees are required for team participants by Lawrence Parks and Recreation.

KIDS CORNER**KIDS CORNER – DANCE****DANCE PARENTS**

All dance classes, except *Creative Movement, Dancin' With Me and Tippy Toes*, invite only students into the dance studio during class time. We find that students focus and have the greatest opportunity for learning when alone with the instructor. For this reason, we designate the last day of every dance session as Parent Observation Day. You are welcome to observe your child's progress on this day. Thank you for your cooperation.

DANCE BIRTHDAY PARTIES

If your child loves to dance then we have the perfect birthday setting for them. Children will have a blast putting their dance steps to music, dance games and birthday fun. Our dance instructors will serve as your personal hostess for the entire party. The instructor will lead a fun dance warm up, offer dance games, and teach a fun follow along routine that matches the theme for the first 45 minutes and the last 45 minutes in the party room. **Birthdays are held on Friday, Saturday or Sunday in 1 ½ hours.** *Girl themes – princess, pop diva, disco fever, One Direction pajama jam. Boy themes – stomp, superhero, animals.* The birthday child will receive a special gift! LPRD provides the entertainment and parents provide the cake, drinks and decorations. **Please schedule two weeks in advance. For more information, please contact the Community Building at (785) 832-7920.**

BALLET, BEGINNING

Ages: 5-7. Enrollment Min 6 / Max 9. This introductory ballet class emphasizes stretches, large muscle movement and basic barre technique, while combining fun and dance discipline to help build confidence. **Leotards and footless tights recommended. No special shoes needed. Instructor: LPRD staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114101 A	BEGBAL	W	6:50-7:35PM	1/14-3/4	CB-DS	\$40
214101 A	BEGBAL	W	6:50-7:35PM	3/25-5/13	CB-DS	\$40

BALLET, PINT-SIZE

Ages: 3-4. Enrollment Min 6 / Max 9. A creative class designed for the young dancer to be introduced to various ballet movements. Your child will learn creative ballet movements and dance fundamentals in a fun environment. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114009 A	PINTSIZE	T	9:35-10:05AM	1/13-3/3	CB-DS	\$40
114009 B	PINTSIZE	T	6:20-6:50PM	1/13-3/3	SPL-VR	\$40
114009 C	PINTSIZE	R	5:30-6PM	1/15-3/5	CB-DS	\$40
214009 A	PINTSIZE	T	9:35-10:05AM	3/24-5/12	CB-DS	\$40
214009 B	PINTSIZE	T	6:20-6:50PM	3/24-5/12	SPL-VR	\$40
214009 C	PINTSIZE	R	5:30-6PM	3/26-5/14	CB-DS	\$40

**BALLET, PRE**

Ages: 4-6. Enrollment Min 6 / Max 9. An introductory ballet and movement class for the prima ballerina in everyone. Your child will absorb basic barre, center and floor technique in a fun and nurturing atmosphere. Pre-Ballet helps build coordination, balance and confidence while teaching dance discipline. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114100 A	PREBALLT	W	6:05-6:45PM	1/14-3/4	CB-DS	\$40
114100 B	PREBALLT	S	9-9:40AM	1/17-3/7	CB-DS	\$40
214100 A	PREBALLT	W	6:05-6:45PM	3/25-5/13	CB-DS	\$40
214100 B	PREBALLT	S	9-9:40AM	3/28-5/16	CB-DS	\$40

B.A.D. BOYS ATHLETIC DANCE

Ages: 7-10. Enrollment Min 5 / Max 9. Have fun in a high energy filled environment while learning hip hop, break dancing and street dancing. **This class is open to boys only. Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114024 A	BAD	T	6:55-7:40PM	1/13-3/3	SPL-VR	\$40
214024 A	BAD	T	6:55-7:40PM	3/24-5/12	SPL-VR	\$40

CHEERY O'S

Ages: 4-6. Enrollment Min 6 / Max 9. A fun, introductory cheerleading and movement class designed to teach basic cheerleading and tumbling to young kids. Participants will learn simple cheers, chants and dances that will help build their coordination, balance and confidence. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114021 A	CHEERYO	M	6:05-6:50PM	1/12-3/2	SPL-VR	\$40
214021 A	CHEERYO	M	6:05-6:50PM	3/23-5/11	SPL-VR	\$40

COMBO – FUNK, HIP HOP, PROPS

Ages: 7-12. Enrollment Min 6 / Max 9. Using funk and popular dance music, this class explores a fusion of jazz, hip hop and popular dance, exploring a different slant to the funk groove. This class will explore new dance concepts by changing up the routine and having them thinking outside the box. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114107 A	COMBO	R	6:05-7PM	1/15-3/5	CB-DS	\$40
214107 A	COMBO	R	6:05-7PM	3/26-5/14	CB-DS	\$40

CREATIVE MOVEMENT

Ages: 2-3 with parents. Enrollment Min 6 / Max 9. **This is a parent-participation class: 1 adult to 1 child.** A preschooler's introduction to the joyful magic of dance. Rhythm and movement games teach students new ways to express themselves. Students learn basic dance elements and vocabulary, space, time and body awareness, as well as dance class etiquette. Adult participants should wear clothing that allows comfortable movement as this is a parent participation class. **Only participants will be allowed in the dance studio Children not enrolled in class will not be permitted in the dance studio. Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114001 A	CREATIVE	W	5:30-6PM	1/14-3/4	CB-DS	\$40
214001 A	CREATIVE	W	5:30-6PM	3/25-5/13	CB-DS	\$40

DANCIN' WITH ME

Ages: 2-3 with parents. Enrollment Min 5 / Max 9. **This is a parent-participation class: 1 adult to 1 child.** Have some fun on the floor with your toddler and introduce them to the world of dance and creative movement. Parents need to wear comfortable clothing they can participate in. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114025 A	DANCEME	M	5:30-6PM	1/12-3/2	SPL-VR	\$40
214025 A	DANCEME	M	5:30-6PM	3/23-5/11	SPL-VR	\$40

DIVA POP STAR

Ages: 6-8. Enrollment Min 5 / Max 9. Learn basic jazz dance fundamentals and put them to the music of popular young artists. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115026 A	DIVAPOP	M	6:55-7:50PM	1/12-3/2	SPL-VR	\$40
215026 A	DIVAPOP	M	6:55-7:50PM	3/23-5/11	SPL-VR	\$40



HIP HOP

Ages: 7-12. Enrollment Min 6 / Max 9. Catering to beginners and those looking to refine their dance moves with hip-hop. Participants will be exposed to original dance styles that will build their dance repertoires with confidence. Hip Hop also boosts cardio, flexibility, strength and coordination. Get ready to have a great workout and shake that groove thing! **Tennis shoes required. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114105 A	HIPHOP	W	7:40-8:35PM	1/14-3/4	CB-DS	\$40
214105 A	HIPHOP	W	7:40-8:35PM	3/25-5/13	CB-DS	\$40

HIP HOP FOR TOTS

Ages: 5-6. Enrollment Min 5 / Max 9. Cut loose to a hip hop groove and learn about rhythm, movement and direction. Kids will improve their coordination and learn to express themselves through movement games, choreography and fun freestyle dance. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114013 A	HIPHOP	T	5:30-6:15PM	1/13-3/3	SPL-VR	\$40
214013 A	HIPHOP	T	5:30-6:15PM	3/24-5/12	SPL-VR	\$40

HIP HOP, MINI

Ages: 4-6: Enrollment Min 6 / Max 9. Mini Hip Hop is a change from the traditional class and a great way for students to learn how to creatively express their personal style. Students will improve their strength and flexibility by incorporating the styles of hip-hop into defined movement and choreography. **Tennis shoes required. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114012 A	MINIHIP	T	5:45-6:25PM	1/13-3/3	CB-DS	\$40
214012 A	MINIHIP	T	5:45-6:25PM	3/24-5/12	CB-DS	\$40

HIP HOPPERS, TINY

Ages: 3-4. Enrollment Min 6 / Max 9. Little feet move to the beat! Catch the groove while increasing balance, coordination and strength. Boogie down to those lively tunes with safe and cool moves. **Tennis shoes required for this class. Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114011 A	TINYHIP	T	9-9:30AM	1/13-3/3	CB-DS	\$40
114011 B	TINYHIP	S	9:45-10:15AM	1/17-3/7	CB-DS	\$40
214011 A	TINYHIP	T	9-9:30AM	3/24-5/12	CB-DS	\$40
214011 B	TINYHIP	S	9:45-10:15AM	3/28-5/16	CB-DS	\$40

JAZZ AND HIP HOP

Ages: 7-10. Enrollments Min 5 / Max 9. Its two popular dance styles in one high-energy class! Explore fundamentals of jazz steps and techniques with elements of hip-hop moves to contemporary and popular music. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114018 A	JAZZHIP	S	1:30-2:15PM	1/17-3/7	SPL-FR	\$40
214018 A	JAZZHIP	S	1:30-2:15PM	3/28-5/16	SPL-FR	\$40

LEAPS AND TURNS

Ages: 4-5. Enrollment Min 6 / Max 9. This technique class introduces the beginning dancer to the staple of dance: leaps and turns. Students will be introduced to split and straddle leaps, pirouette and chaines turns to name a few. As their proficiency grows, the instructor may add simple combinations. Balance, elevation, body alignment and strengthening is also combined to improve the dancer's power. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114010 A	LEAPTURNS	S	11:20AM-12PM	1/17-3/7	CB-DS	\$40
214010 A	LEAPTURNS	S	11:20AM-12PM	3/28-5/16	CB-DS	\$40

PETITE BALLERINAS

Ages: 5-6. Enrollments Min 5 / Max 9. An introduction to basic ballet positions and movements developed for our youngest dancers to improve coordination, flexibility and self-confidence. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114017 A	PETIBAL	S	11:50-12:35	1/17-3/7	SPL-FR	\$40
214017 A	PETIBAL	S	11:50-12:35	3/28-5/16	SPL-FR	\$40

PRESCHOOL JAZZ

Ages: 3-4. Enrollments Min 5 / Max 9. This class is the beginning of a lifetime of dance appreciation. It is the essence of using imagination and exploration as building blocks for a dance foundation. Students focus on gross motor skills — skipping, hopping and jumping — through musicality and movement. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114020 A	PREJAZZ	R	8:45-9:15AM	1/15-3/5	SPL-VR	\$40
214020 A	PREJAZZ	R	8:45-9:15AM	3/26-5/14	SPL-VR	\$40

RIBBON DANCING

Ages: 4-6. Enrollment Min 6 / Max 9. Ribbon Dance combines the athletic dynamics of gymnastics with the rhythm and self-expression of dance. Since movements must be fluid to avoid tangling the ribbon students will improve overall body coordination as they learn basic ribbon skills such as circles, snakes, spirals, flicks, and throws. **Prerequisite: Ballet class. Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114109 A	RIBBON	S	10:20-11:15AM	1/7-3/7	CB-DS	\$40
214109 A	RIBBON	S	10:20-11:15AM	3/28-5/16	CB-DS	\$40

ROCK & ROLL KIDS

Ages: 5-6. Enrollments Min 5 / Max 9. This class introduces little ones to dance routines they'll love. Toe tapping, high stepping, shoe sliding fun! Students will be introduced to movement, music and rhythm through dance and simple moves. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114019 A	ROCKROLL	S	12:40-1:25PM	1/17-3/7	SPL-FR	\$40
214019 A	ROCKROLL	S	12:40-1:25PM	3/28-5/16	SPL-FR	\$40

TIPPY TOES

Ages: 2-3 with parent. (1 parent per child). Enrollment Min 5 / Max 9. A dance class designed just for little ones and their parents. Spend quality time with your child while learning creative movements and dance fundamentals in a fun environment. **This is a parent/caregiver participation class. Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114015 A	TIPTOES	S	11:15-11:45AM	1/17-3/7	SPL-FR	\$40
214015 A	TIPTOES	S	11:15-11:45AM	3/28-5/16	SPL-FR	\$40





TINY DANCERS

Ages: 3-4. Enrollment Min 5 / Max 9. Does your little one like to whirl and twirl to music! Let us introduce them to creative movements through fun activities with theme music and rhythmic movements. **Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114014 A	TINDANC	R	9:20-9:50AM	1/15-3/5	SPL-VR	\$40
214014 A	TINDANC	R	9:20-9:50AM	3/26-5/14	SPL-VR	\$40

KIDS CORNER – MAD SCIENCE WORKSHOPS

MAD SCIENCE BIRTHDAY PARTIES

Ages: 3-12. \$200 for up to 8 children, additional children \$8 each. Mad Science birthday parties entertain children of all ages with exciting, high-energy, interactive shows lead by Mad Scientists employees. Our no-mess, hassle-free, action-packed birthday parties last one hour along with 30 minutes in the party room. The Mad Scientist will tailor the activities specifically for the children, to assure that they have the most fun possible. Children leave Mad Science birthday parties with fun and educational take-home experiments like slippery slime, fantastic Mad Science putty or super bouncy balls. **Includes: 60 minutes of birthday fun with Mad Science and 30 minutes in the party room following the entertainment.** The perfect entertainment for children aged 3-12 years-old. Appropriate for any group size. Parties held at the Community Building, 115 W. 11th St. **Parties are available at the following times and days: Friday – 6:30 p.m. to 8 p.m.; Saturday – 1:30 p.m. to 3 p.m., 3:30 p.m. to 5 p.m. and 5:30 p.m. to 7 p.m.; Sunday – 1:30 p.m. to 3 p.m., 3:30 p.m. to 5 p.m. and 5:30 p.m. to 7 p.m.** For more information contact Sports Pavilion Lawrence at (785) 330-7355.

THE ORGAN TRAIL

■ Ages: 6-12. Enrollment Min 10/ Max 20. Explore your insides and learn how your heart is actually a pump, how your organs work as a team and make your own model lungs. Participants will need to bring a snack and a sack lunch. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121007 A	ORGANTR	R	9AM-4PM	2/12	ELRC-MR	\$55

AT THE SCENE OF THE CRIME

■ Ages: 6-12. Enrollment Min 10/Max 20. Reveal the elusive ice cream thief by learning actual forensic science techniques in this fun filled science sleuth program. Participants will need to bring a snack and a sack lunch. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121008 A	SCECRIME	F	9AM-4PM	2/13	ELRC-MR	\$55

KIDS CORNER – MUSIC

TINY TOTS MUSIC

Ages: 16-30 months, 2 ½-4 years with parent. Min: 6 / Max 10. Discover the fun of singing, dancing and playing instruments with your child while exposing them to an early music education. Enrich your child’s music environment through activities that will explore their rhythm, beat, and curiosity that will bridge the connection between music and movement. **Instructor: Marie Lesiak.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
113200 A	TT(16-30)	R	5:30-6PM	1/15-3/5	ELRC-MR	\$40
113200 B	TT(2½-4)	R	6:10-6:40PM	1/15-3/5	ELRC-MR	\$40
213200 A	TT(16-30)	R	5:30-6PM	3/26-5/14	ELRC-MR	\$40
213200 B	TT(2½-4)	R	6:10-6:40PM	3/26-5/14	ELRC-MR	\$40

KIDS CORNER – SPECIAL INTERESTS

DADDY-DAUGHTER DATE NIGHT (PIRATE)

Ages: 6-14. Enrollment Min 40 Couples / Max 80 Couples. Girls ages 6-14 are invited to come join us on “Pirate Adventure” with your dad! It will be a night for Dad and Daughter to go sailing the high seas of fun, creating memories that will last a lifetime! Throughout the evening, in addition to dancing with Dad, there will be photos, flowers and dinner. Enroll daughter only. The location of the event is Building 21 at the Douglas County Fair Grounds. Come join the fun! **Fee includes a 5x7 photo, dinner, beverages, DJ and flower. Enroll daughter only. Registration Deadline: Thursday, Feb. 19. Beginning Friday, Feb. 20, a late fee of \$15 will be applied. All registration on Feb. 20 must be done at Sports Pavilion Lawrence, 100 Rock Chalk Lane. For more information, please contact Sports Pavilion Lawrence at (785) 330-7355.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114168 A	DADDYDOT	S	6:30-9PM	2/28	FG-BLD21	\$40
114168 B	ADDDOT	S	6:30-9PM	2/28	FG-BLD21	\$20

SAFE SITTER

Ages: 11-16. Enrollment Min 5 / Max 8. Using a well-rounded medical based curriculum Safe Sitter prepares youth to be better adults and parents by teaching more than just basic babysitting skills. CPR for both children and infants will be taught along with skills such as feeding, changing, and dealing with problem behavior. Also the class looks at the business side of babysitting, covering how to market oneself as a sitter and how to choose and negotiate job offers. Safe Sitter gives youth the confidences and skills needed for being a skillful babysitter. **Participants will receive a certificate and a babysitter handbook upon completion of the program. Instructor: Safe Sitter.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121200 A	SAFESIT	W	5:30-8:45PM	1/14-1/21	CARN-CR	\$70
121200 B	SAFESIT	W	5:30-8:45PM	2/25-3/4	CARN-CR	\$70
221200 A	SAFESIT	W	5:30-8:45PM	4/22-4/29	CARN-CR	\$70

SCIENCE – PRESCHOOL STYLE

■ Ages: 4-6. Enrollment Min 10 / Max 15. Join the experts from Mad Science of Kansas City as they will spark the imaginations of student’s ages 4 to 6 years through developmentally and age appropriate science experiments for preschoolers through fun and engaging activities. These fun, fast-paced classes are specifically developed to hold the interest of our younger Mad Scientists. Each participant will receive a Mad Science T-Shirt. Winter Section – Butterflies, Energy & Motion, Let’s Look Closely, Let’s Measure, Shape & Structures. Spring Section – Adventures in Air, Color Lab, Eye to Eye, Mad Mixtures, World of Worms. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121006 A	SCIENCE	W	6-6:45PM	1/21-2/18	ELRC-MR	\$60
221006 A	SCIENCE	W	6-6:45PM	3/25-4/22	ELRC-MR	\$60

SPRING BREAK CAMP: SEE YOUTH CAMPS – SPRING BREAK, PAGE 63.





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.**



SPECIAL EVENTS

For more information on special events, contact Duane Peterson, facilities operations and special events supervisor, at Holcom Park Recreation Center, 2700 W. 27th St.; (785) 832-7940; or dpeterson@lawrenceks.org.

38TH ANNUAL HOLIDAY BAZAAR

LPRD will host the 38th Annual Holiday Bazaar on Sunday, **Nov. 16, 10 a.m. to 5 p.m.** at the Community Building, 115 W. 11th St. Spread some holiday cheer at the annual Holiday Bazaar! The festival will include holiday handmade arts and crafts, including pottery, ceramics, stained glass, leather crafts, wood carving, weaving, dried flower arrangements, oil painting, water colors, silversmithing, quilts, baskets, sculpture, seashell art, photography, acrylics, drawings, handmade jewelry (NO COMMERCIAL JEWELRY) and much more. Holiday music will also be showcased. For more information, call (785) 832-7940. **Event is free to the public.**

Register today to be an exhibitor. Exhibitor deadline: Monday, Nov. 10.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425180 A	EXHIBITOR	SU	9AM-4PM	11/16	CB	\$65

HOLIDAY EXTRAVAGANZA

This arts and craft show will be moving to the new Sports Pavilion Lawrence, 100 Rock Chalk Lane, and will include a showcase of all non-commercial and commercial items from local and regional artists for show and for sale. View a variety of arts and crafts, as well as demonstrations of work being sold by artists. There will be pottery, photography, Scentsy products, note cards, greeting cards, dip mixes, Christmas decorations and ornaments, peanut butter fudge, hand-made pies, dog and cat items, ceramics, jewelry and much more. Start your Christmas shopping early with us. Space for exhibitors is an 10'x10' space. Rates vary for handmade and commercial displays. For more information, call (785) 832-7940. **Event is free to the public. Register today to be an exhibitor. Exhibitor deadline: Monday, Nov. 24.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425200 A	HANDMADE	S	9AM-4PM	12/6	SPL-GY	\$65
425200 B	COMMRCAL	S	9AM-4PM	12/6	SPL-GY	\$105

CANDY CANE HUNT

Ages: 6 and Under. Rumor has it that Santa is going to be at the Holcom Park Recreation Center, 2700 W. 27th St., hiding candy canes for children. After the hunt, we will warm up inside the center with some hot chocolate and cookies and listen to great holiday music. **Registration deadline: Nov. 28.** For more information, contact (785) 832-7940.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
430505 A	CANDY	S	4-6PM	12/6	HPRC	\$5

BREAKFAST WITH SANTA

Ages: 3-12. Enjoy breakfast with your favorite jolly man, Santa! Santa will join us for breakfast and holiday arts and crafts. We'll enjoy pancakes, sausage, orange juice, coffee and water. Service will be provided by Chris Cakes.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425145 A	BWSCHILD	S	8:30AM-11:30PM	12/13	CB	\$7
425145 B	BWSADULT	S	8:30AM-11:30PM	12/13	CB	\$9

HOLIDAY HAPPENINGS

Ages: 5-12. Come join the fun during your holiday vacation! We will do a variety of activities, including arts and crafts, games, sports and field trips. **Registration deadline: Friday, Dec. 19, 6:30 p.m.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425160 A	HOLHAP	MTW TW	8:30AM-3:30PM	12/22-12/24 12/30-12/31	HPRC	\$65

KIDS DAY OFF

Ages: 5-12. Enrollment Min 10 / Max 50. Do your kids get bored staying at home with nothing to do on days off from school? Then sign them up for two full days of fun activities at Holcom Park Recreation Center. We will be going swimming at the Indoor Aquatic Center, field trips, arts and crafts and games at the recreation center. You will need to bring a brown bag lunch.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425190 A	KIDSDOFF	RF	8:30AM-3:30PM	11/13-11/14	HPRC	\$45
125190 A	KIDSDOFF	RF	8:30AM-3:30PM	2/26-2/27	HPRC	\$45

SPORTS PAVILION TRAIL RUN

Ages: 5 and Up. **Additional \$5 added to fee day of race.** 5K run or walk at Sports Pavilion Lawrence, on Saturday, April 5. All participants receive a Dam Run T-shirt. Entries submitted after Friday, April 3, are not guaranteed a T-shirt the day of the race. Fees are not refundable and must accompany the entry form. Entry forms available at all recreation centers, KU Recreation Services, Jock's Nitch Sporting Goods and City Hall, beginning the first of February. **Co-sponsored by runLawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
225210 A	SPLRUN5K	S	9AM	4/4	SPL-TRAILS	\$20
225210 C	SPLWALK	S	9AM	4/4	SPL-TRAILS	\$14

EGG HUNT EGGSTRAVAGANZA

Free to the public. 1 to 3 p.m. LPRD and Hy-Vee invite your family to take part in the Egg Hunt Eggstravaganza on Saturday, April 4. All children 3-12 years old are eligible to participate. The "Hunt" will take place at South Park, 1141 Massachusetts St. Each participant is allowed to collect a total of five eggs of different colors. There will be additional activities for children to participate in other than the hunt. **Co-sponsored by Hy-Vee.**

SKYHOUNDZ FRISBEE DISC CHAMPIONSHIP

Free and open to the public. Skyhoundz Frisbee Disc Throwing Contest held in South Park on **Sunday, May 3, at 2 p.m.** **Additional information available at Holcom Park Recreation Center, 2700 W. 27th Street, (785) 832-7940.**

KIDS FISHING DERBY

Ages: 5-13. **Free to the public and open to children.** Anglers 13 and younger are invited to test their fishing expertise at Mary's Lake (31st & Haskell Streets) on **Saturday, May 9, 8:30 a.m.-noon.** A pre-derby meeting will be held at 8:30 a.m. All anglers are asked to provide their own fishing poles and bait. Door prizes will be given throughout the morning. Supervision provided, however parents are asked to help out. **Co-sponsored by Wal-Mart and Kansas Wildscape.**

SPRING BREAK CAMP: SEE YOUTH CAMPS — SPRING BREAK, PAGE 63.

SPRING ARTS AND CRAFTS FESTIVAL

Held at the Douglas County Fairgrounds, Building 21. Free to the public. **Saturday, March 7, 9 a.m. to 4 p.m.** Exhibitors are invited to participate in this special event. Program fees are \$60 for non-commercial vendor and \$105 for commercial vendor. There is also a \$5 charge for (limited number) electricity. Call (785) 832-7940 for additional information. **Vendor registration deadline: Monday, March 2.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
225100 A	NONCOMM	S	9AM-4PM	3/7	FG#21	\$60
225100 B	COMM	S	9AM-4PM	3/7	FG#21	\$105





For more information on special population programs, please contact Annette Deghand, special populations supervisor, at the Community Building, 115 W 11th Street; (785) 832-7920; TDD# (785) 832-3205; or adeghand@lawrenceks.org.

Programs consist of adapted and integrated leisure recreational activities for all individuals with disabilities. LPRD encourages individuals with disabilities to consider all programs offered by the department. If additional assistance is needed in these programs, call (785) 832-7920.

MONTHLY NEWSLETTER

A special populations monthly newsletter highlights new activities, events and trips. Many programs not published in this brochure are included. If you would like to be placed on the mailing list, call (785) 832-7920 or e-mail the division.

SPECIAL EVENTS AND TRIPS

Trips and special events will be announced in the monthly newsletter with dates, times, fees and other information. *Tentative trips include: Disney on Ice, Branson, K.C. Royals, New Dinner Theatre, concerts, shows and much more. Be sure to sign up for the monthly newsletter, so you won't miss out! The deadline to register for most trips is the 15th of every month, prior to the trip.*

PROGRAMS

PRE-COFFEEHOUSE DINNER

Fee includes dinner & Coffeehouse admission. Ages: 13 & Up. Enrollment Min 5 / Max 70. The first Monday of every month at building 21 at the Douglas County Fairgrounds (unless otherwise indicated in the monthly newsletter). A delicious, catered meal will be served before Coffeehouse. Come join your friends and have a great time before tearing up the dance floor at Coffeehouse. **Participants must pre-register for the dinner. No registrations will be taken on site. Consider signing up for Fit-Trition Fun from 5:15-5:45 p.m. before Coffeehouse each month. The registration deadline is the 15th of every month prior to the dinner Dec. 15, Jan. 15, Feb. 15, March 15 and April 15.** Sponsored in part by Hy-Vee, 400 W. 6th St. and Phil Wentz with ShowPro Audio.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122200 A	DINNER	M	5:45-7PM	1/5	FG#21	\$25
122200 B	DINNER	M	5:45-7PM	2/2	FG#21	\$25
222200 A	DINNER	M	5:45-7PM	3/2	FG#21	\$25
222200 B	DINNER	M	5:45-7PM	4/6	FG#21	\$25
222200 C	DINNER	M	5:45-7PM	5/4	FG#21	\$25

COFFEEHOUSE

Fee: \$10. Ages: 13 & Up. Enrollment Min 5 / Max 50. An evening of dancing, refreshments, socialization and live entertainment in a "coffeehouse" atmosphere at building 21 at the Douglas County Fairgrounds (unless otherwise indicated in the monthly newsletter). Join in on all the fun the first Monday of every month. Music is provided by Phil Wentz of Show Pro Audio. **Participants are required to pre-register. Consider signing up for Fit-Trition Fun from 5:15-5:45 p.m. before Coffeehouse each month. See Pre-Coffeehouse Dinner for more fun on these special evenings! The registration deadline is the 15th of every month prior to the dinner: Dec. 15, Jan. 15, Feb. 15, March 15 and April 15.** Sponsored in part by Phil Wentz with ShowPro Audio. **Does not include dinner.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122201 A	CHOUSE	M	7-8:30PM	1/5	FG#21	\$10
122201 B	CHOUSE	M	7-8:30PM	2/2	FG#21	\$10
222201 A	CHOUSE	M	7-8:30PM	3/2	FG#21	\$10
222201 B	CHOUSE	M	7-8:30PM	4/6	FG#21	\$10
222201 C	CHOUSE	M	7-8:30PM	5/4	FG#21	\$10

FIT-TRITON FUN WITH THE ORGAN WISE GUYS

Enrollment Min 5 / Max 20. Before Coffeehouse each month, meet the OrganWise Guys: A fun cast of characters who will empower you to be healthy and smart from the inside out! The OrganWise Guys will teach you how to make choices in your daily life that will keep your organs happy and healthy. In class we will cover topics ranging from healthy snack options and holiday food alternatives to personal hygiene and disease prevention. Participants will learn about health and nutrition through interactive games, the use of props and group exercises. Consider signing up for Coffeehouse on the same night, starting at 5:45 p.m.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122410 A	FITTRIT	M	5:15-5:45PM	1/5	FG#21	\$5
122410 B	FITTRIT	M	5:15-5:45PM	2/2	FG#21	\$5
222410 A	FITTRIT	M	5:15-5:45PM	3/2	FG#21	\$5
222410 B	FITTRIT	M	5:15-5:45PM	4/6	FG#21	\$5
222410 C	FITTRIT	M	5:15-5:45PM	5/4	FG#21	\$5

FUNDAMENTALS OF ART

Ages: 13 and Up. Enrollment Min 5 / Max 15. Session 1 will include some basic quilting and sewing projects, such as pre-punched felt and leather projects, which use yarn and plastic laces to sew them together. Quilts will be made from fleece squares that have cuts in the side that tie together. Session 2 will include painting projects made from watercolors, pastels, ink drawings, chalk drawings and maybe some printmaking. Session 3 is a jewelry session that will include primarily beads, charms, pendants, key chains, necklaces and bracelets. Back by popular demand is a scrapbooking class for the 4th session. Bring your pictures and we'll provide all other supplies to personalize your book. *Fee includes all supplies and 4, 4-week sessions.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122191 A	SEWING	T	7-8PM	1/13-2/3	CB-AR	\$35
122191 B	PAINTING	T	7-8PM	2/17-3/10	CB-AR	\$35
222191 A	JEWELRY	T	7-8PM	3/24-4/14	CB-AR	\$35
222191 B	SCRAPBOK	T	7-8PM	4/28-5/19	CB-AR	\$35

JUNIOR EXPLORERS

Ages: 5-12. Enrollment Min 5 / Max 15. School is out for the day, so come explore with all your friends at Parks and Recreation! This is a fully integrated program for youth with and without disabilities. Registration is due one week in advance and there is an additional camp application



SPORTS PAVILION LAWRENCE SATURDAY, APRIL 4 TRAIL RUN

SPORTS PAVILION LAWRENCE

9 AM



\$20 Registration

REGISTRATION DEADLINE FRIDAY, APRIL 3

100 ROCK CHALK LN.

SEE PAGE 55 FOR MORE INFO

that must be completed before the deadline. Participants will have the opportunity to gain socialization in a fun-filled environment. Some activities include: swimming, field trips, basketball, arts and crafts, gymnastics, group activities and much more. Staff to child ratio is 1:4 but this is not a one-on-one setting. Parents are encouraged to send attendants for those participants who need additional assistance. Everyone must bring a sack lunch and drink daily.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122205 A	EXPLORJR	F	9AM-4PM	2/20	ELRC	\$25
122205 B	EXPLORJR	R	9AM-4PM	2/26	ELRC	\$25
122205 C	EXPLORJR	F	9AM-4PM	2/27	ELRC	\$25

SENIOR EXPLORERS

Ages: 13-21. Enrollment Min 5 / Max 15. School is out for the day, so come explore with all your friends at Parks and Recreation! This is a fully integrated program for youth with and without disabilities. Registration is due one week in advance and there is an additional camp application that must be completed before the deadline. Participants will have the opportunity to gain socialization in a fun-filled environment. Some activities include: swimming, field trips, basketball, arts and crafts, gymnastics, group activities and much more. Staff to child ratio is 1:4 but this is not a one-on-one setting. Parents are encouraged to send attendants for those participants who need additional assistance. Everyone must bring a sack lunch and drink daily.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122206 A	EXPLORSR	M	9AM-4PM	1/5	ELRC	\$25
222206 A	EXPLORSR	F	9AM-4PM	3/6	ELRC	\$25
222206 B	EXPLORSR	F	9AM-4PM	3/13	ELRC	\$25

ADAPTIVE ZUMBA

Ages: 13 and Up. Enrollment Min 5 / Max 20. Zumba is rapidly becoming the next fitness sensation! Zumba is a lower impact, easy to follow, Latin inspired dance fitness workout that keeps you in the groove of life. Zumba is FUN, effective and simple and will give you an overall workout, all in a party-like exercise format. You don't have to know how to dance to do Zumba.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122400 A	ZUMBA	R	7-8PM	1/15-3/6	CB-2	\$35
222400 A	ZUMBA	R	7-8PM	3/26-5/14	CB-2	\$35

ACTING 101

Ages: 13 and Up. Enrollment Min 5 / Max 30. Do you feel like you have some acting skills just built up inside of you, wanting to get out? Now is your time to shine! This class will involve some acting, public speaking, skits, plays and maybe a chance to be a star of a play. Even if you don't want the spotlight totally on you, there is always a demand for the "extras" with every performance. Come join the fun and try something new. We'll practice lines and dance moves to a play, open to the public on Monday, Apr. 27. Previous classes performed *The Wizard of Oz*, *Beauty and the Beast* and several others. **No class 2/2, 3/2, 4/6.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122401 A	ACTING	M	6:30-8PM	1/12-4/27	CARNEGIE	\$35

SOCIAL BOWLING

Ages: 13 and up. Meets at Royal Crest Lanes, 9th and Iowa St., 3-5 p.m. the third Saturday of every month, unless indicated otherwise (see monthly newsletter). Join the fun, meet new people and try your bowling skills. **Includes bowling and shoe rental.** Choose an option to meet your needs. *Pre-registration is required by the 15th of every month prior to the program, Dec. 15, Jan. 15, Feb. 15, March 15 and April 15.*



Option A — Enrollment Min 5 / Max 30. Bowling and dinner at the bowling alley. Dinner party will be held after bowling at Royal Crest Lanes. *Pre-registration and pre-payment is required. No on-site registration will be accepted.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122300 A	BOWL	S	3-5PM	1/17	RCL	\$25
122300 B	BOWL	S	3-5PM	2/21	RCL	\$25
222300 A	BOWL	S	3-5PM	3/21	RCL	\$25
222300 B	BOWL	S	3-5PM	4/18	RCL	\$25
222300 C	BOWL	S	3-5PM	5/16	RCL	\$25

Option B — Enrollment Min 5 / Max 20. Bowling Only, *Fee: \$10. Pre-registration and pre-payment is required. No on-site registration will be accepted.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122301 A	BOWL	S	3-5PM	1/17	RCL	\$10
122301 B	BOWL	S	3-5PM	2/21	RCL	\$10
222301 A	BOWL	S	3-5PM	3/21	RCL	\$10
222301 B	BOWL	S	3-5PM	4/18	RCL	\$10
222301 C	BOWL	S	3-5PM	5/16	RCL	\$10

SWIM TEAM

Ages: 13 and Up. Enrollment Min 5 / Max 25. It doesn't matter what swimming ability you are, this class is for swimmers and walkers at all levels. Fine-tune your strokes and maybe learn a new one. Water walkers are also welcome in this class. Go at your own pace and have fun. Water exercises and strength training in the water will be included. All of these will be while jamming to the music while we splash, twist, shout and laugh. Class is for all abilities; it is not a one-on-one setting.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122180 A	SWIMTEAM	W	6:45-7:30PM	1/14-3/4	LIAC	\$35
222180 A	SWIMTEAM	W	6:45-7:30PM	3/25-5/13	LIAC	\$35

ALL-STAR SPORTS LEAGUES

Enrollment Min 10/Max 40 (per league). The overall goal of the league is to provide an inclusive environment, which teaches individuals with disabilities the fundamentals of the sport, teamwork, sportsmanship and competition, all while having a great time. Awards for all players will be presented on the last night. Rules and adaptations are made to accommodate all levels and all abilities. Games will be held 7-8 p.m. Winter leagues will consist of basketball. The spring league will play pickleball.

ALL-STAR BASKETBALL

Ages: 13 and Up. Enrollment Min 10 / Max 40.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122110 A	ADULTBB	F	7-8 PM	1/16-3/6	ELRC-GY	\$35

ADULT ALL-STAR PICKLEBALL NEW

Ages: 13 and Up. Enrollment Min 10 / Max 40.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
222110 A	ADULTPB	F	7-8 PM	3/27-5/15	ELRC-GY	\$35

SPRING BREAK CAMP: SEE YOUTH CAMPS — SPRING BREAK, PAGE 63.

For more information regarding the Adult Sports Division, contact Paige Moore, adult sports supervisor, at the Community Building, 115 W. 11th St.: 785-832-7920; or lmoore@lawrenceks.org

All team registration material is available on the LPRD Web site, www.lprd.org. Click on Adult Sports to find information about all league activities. Adult Leagues are open to individuals ages 16 years old and up. **Participants ages 16 and 17 must have a parent signature to participate.**

If you are new to the community or interested in participating on a team but unable to find an active team on which to play, you can post your information on the "Need A Team" link. Supply your contact information, desired sport, league and level of competition so that teams in need of players can contact you to finish out the team's roster. Individual sport league fliers and registration forms are also available at all LPRD facilities prior to each deadline.

Start dates for all leagues are dependent on the conclusion of the previous season and are subject to change.

WINTER ADULT SPORTS LEAGUES

BASKETBALL

Fees are assessed at a per-team rate. Registration Deadline: 12/5; Start Date: 1/11/15. Offered to men and women with a wide-range of skill levels, highly competitive and recreational play. Leagues play Sunday through Friday. Games are played at the Community Building, East Lawrence Recreation Center and Sports Pavilion Lawrence. Leagues are offered as 8-game seasons. *When a league has more than one division, the lower division number indicates a more competitive level.* Register on or before 11/26 and receive a discount of approximately 5 percent off the registration fee.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150100 A	MENSDIV3	W	6-10PM	1/14-3/4	ELRC-GY	\$330
150100 C	MENSDIV1	SU	5-9PM	1/11-3/1	SPL-GY	\$330
150100 E	MENSDIV5	R	6-10PM	1/15-3/5	CB-GY	\$330
150100 F	MENSDIV2	SU	5-9PM	1/11-3/1	SPL-GY	\$330
150100 G	MENSDIV4	T	6-10PM	1/13-3/3	ELRC-GY	\$330
150100 H	MENSDIV6	R	6-10PM	1/15-3/5	ELRC-GY	\$330
150100 I	COED	F	6-10PM	1/16-3/6	SPL-GY	\$330
150100 J	MENSDIV7	M	6-10PM	1/12-3/2	ELRC-GY	\$330

BOWLING

Fees are assessed at a per-team rate. Registration Deadline: 12/5; Start Date: 1/11/15. Lawrence Parks and Recreation has teamed up with Royal Crest Lanes (RCL) to offer an 8 week session adult bowling league. Teams of four will play on Sunday evenings using a handicap based system meant to create even competition for all player levels. Teams must be coed with at least one member of the opposite sex playing each game. The league champions will receive a small cash prize as well as T-shirts. So whether you want to show off your skills or just practice and get better, come out to meet new people and enjoy the relaxed and social environment of our adult bowling league! The league has a \$64 team registration fee and an \$8/team member weekly fee paid to Royal Crest Lanes

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150700 A	COEDBOWL	SU	6-8:30PM	1/11-3/1	RCL	\$64
			WKLY FEE			\$8

PICKLEBALL

Registration Deadline: 12/5; Start Date: 1/8/15. Lawrence Parks and Recreation is now offering an adult Pickleball Ladder League. A combination of tennis, badminton and Ping-Pong, Pickleball has been gaining popularity since its invention in 1965. In this league individual players will be ranked week to week based on their winning percentage. Each week individuals will be paired up with a new partner based on this ranking to play one match. Matches will consist of three games played to 15 in a doubles format.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150800 A	PICKBALL	R	9-10AM	1/8-3/19	ELRC-GY	\$25
150800 B	PICKBALL	S	10-11AM	1/10-3/21	ELRC-GY	\$25
150800 C	PICKBALL	F	6-7PM	1/9-3/20	SPL-GY	\$25
150800 D	PICKBALL	SU	6-7PM	1/11-3/22	SPL-GY	\$25

VOLLEYBALL

Fees are assessed at a per-team rate on an 10-game schedule. Registration Deadline: 12/5; Start Date: 1/12/15. Offered in women and coed leagues. Leagues are structured to meet the needs of the most competitive and the strictly recreational player. Leagues consist of Women's Power (WPwr), Women's Recreation (WRec), Coed Recreation (CRec) and Coed Power (CPwr). Recreation leagues are generally for recreational players with spiking and serving overhand not allowed. *When a league has more than one division, the lower division number indicates a more competitive level.* Register on or before 11/26 and receive a discount of approximately 5 percent off the registration fee.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150300 A	CREC2	T	7-10:30PM	1/13-3/24	SPL-GY	\$225
150300 B	WPWR1	R	6-10:30PM	1/15-3/26	SPL-GY	\$225
150300 C	WPWR2	R	6-10:30PM	1/15-3/26	HPRC-GY	\$225
150300 D	WREC1	M	7-10:30PM	1/12-3/23	SPL-GY	\$225
150300 E	WREC2	M	7-10:30PM	1/12-3/23	SPL-GY	\$225
150300 F	CPWR1	W	7-10:30PM	1/14-3/25	SPL-GY	\$225
150300 G	CPWR2	W	7-10:30PM	1/14-3/25	HPRC-GY	\$225
150300 H	CPWR3	F	7-10:30PM	1/16-3/27	SPL-GY	\$225
150300 I	CREC1	T	7-10:30PM	1/13-3/24	SPL-GY	\$225

SPRING ADULT SPORTS LEAGUES

BASKETBALL — SPRING

Fees are assessed at a per-team rate. Registration Deadline: 3/6; Start Date: 3/29. Offered to men and women with a wide-range of skill levels, highly competitive and recreational play. Leagues play Sunday through Friday. Games are played at the Community Building and Holcom Park Recreation Center. Leagues are offered as 8-game seasons. *When a league has more than one division, the lower division number indicates a more competitive level.* Register on or before 2/25 and receive a discount of approximately 5 percent off the registration fee.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250100 A	MENSDIV2	SU	5-9PM	3/29-5/17	SPL-GY	\$330
250100 B	MENSDIV3	M	6-10PM	3/30-5/18	ELRC-GY	\$330
250100 C	MENSDIV4	T	6-10PM	3/31-5/19	ELRC-GY	\$330
250100 D	MENSDIV5	W	6-10PM	3/25-5/20	ELRC-GY	\$330
250100 E	COED	F	6-10PM	3/27-5/22	SPL-GY	\$330
250100 G	MENSDIV1	SU	5-9PM	3/29-5/17	SPL-GY	\$330
250100 H	MENSDIV6	R	6-10PM	3/26-5/21	ELRC-GY	\$330

BOWLING-SPRING

Fees are assessed at a per-team rate. Registration Deadline: 3/23; Start Date: 3/29. Lawrence Parks and Recreation has teamed up with Royal Crest Lanes (RCL) to offer an 8 week session adult bowling league. Teams of four will play on Sunday evenings using a handicap based system meant to create even competition for all player levels. Teams must be coed with at least one member of the opposite sex playing each game. The league champions will receive a small cash prize as well as T-shirts. So whether you want to show off your skills or just practice and get better, come out to meet new people and enjoy the relaxed and social environment of our adult bowling league!

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250700 A	COEDBOWL	SU	6-8:30PM	3/29-5/17	RCL	\$64
			WKLY FEE			\$8



YOUTH/ADULT BOWLING

Fees are assessed at a per pair rate. Registration Deadline: 3/23; Start Date: 3/29. Lawrence Parks and Recreation and Royal Crest Lanes (RCL) offer an opportunity for an adult to team with a child in the fun sport of bowling. This ideal for parents to play with a child or a grandparent to play with a grandchild.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250701 A	YTH/ADLT	M	6-8:30PM	4//6-6/15	RCL	\$40
	WKLY FEE					\$16

FUTSAL — SPRING

Fees are assessed at a per-team rate. Registration Deadline: 3/6; Start Date: 3/31. LPRD is excited to offer a spring Futsal League! Futsal is an indoor version of soccer played with a slightly smaller ball on the turf field at Sports Pavilion Lawrence that demands fast thinking and pinpoint passing. There will be both a Men's and a Coed division to serve players, ages 16 and older, of all levels of skill and experience. Leagues are 8-game seasons and will play 5 on 5 at the Sports Pavilion Lawrence on Tuesday and Thursday nights. Come practice your skills in a fun and competitive environment. **Register on or before 2/25 and receive a discount of approximately 5 percent off the registration fee.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250600 A	COED	T	6-10PM	3/31-5/19	SPL-TF	\$470
250600 B	MENS	R	6-10PM	4/2-5/21	SPL-TF	\$470

KICKBALL — SPRING

Fees are assessed at a per-team rate. Registration Deadline: 3/6; Start Date: 4/6. Take yourself back to the playground. Leagues are organized much like our coed softball leagues. Teams will play with 10 people on the field, five men and five women. League play consists of eight games. **Register on or before 2/25 and receive a discount of approximately 5 percent off the registration fee.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250400 A	COEDBUNT	F	6:15-10:15PM	4/10-5/22	TBA	\$235
250400 B	COEDBUNT	SU	1-9PM	4/12-5/17	TBA	\$235
250400 C	COEDNOBT	F	6:15-10:15PM	4/10-5/22	TBA	\$235
250400 D	COEDNOBT	SU	1-9PM	4/12-5/17	TBA	\$235

PICKLEBALL — SPRING

Registration Deadline: 3/6; Start Date: 3/27. Lawrence Parks and Recreation is now offering an adult Pickleball Ladder League. A combination of tennis, badminton and Ping-Pong, Pickleball has been quickly gaining popularity since its invention in 1965. In this league individual players will be ranked week to week based on their winning percentage. Each week individuals will be paired up with a new partner based on this ranking to play one match. Matches will consist of three games played to 15 in a doubles format.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250800 A	PICKBALL	R	9-10AM	3/26-5/28	ELRC-GY	\$25
250800 B	PICKBALL	S	10-11AM	3/28-5/30	ELRC-GY	\$25
250800 C	PICKBALL	F	6-7PM	3/27-5/29	SPL-GY	\$25
250800 D	PICKBALL	SU	6-7PM	3/29-5/31	SPL-GY	\$25

SOFTBALL — SPRING (SESSION 1)

Fees are assessed at a per team rate; eight games, except DBH, which is a 10-game league. Registration Deadline: 3/6. Start Date: 4/6. Offered for men, women and coed teams with a wide range of skill levels. *When a league has more than one division, the lower number indicates a more competitive level. Register on or before 2/25 and receive a discount of approximately 5 percent off the registration fee.*

CLASS A — LIMIT OF 5 HOME RUNS PER GAME

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250200 C	MENSDBH	F	6:15-10:15PM	4/10-5/22	TBA	\$365

CLASS B — LIMIT OF 3 HOME RUNS PER GAME

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250201 A	COED	SU	1-9PM	4/12-5/17	TBA	\$295
250201 D	MENSDBH	W	6:15-10:15PM	4/8-5/20	TBA	\$365
250201 E	MENS	R	6:15-10:15PM	4/9-5/21	TBA	\$295
250201 F	MENSDBH	F	6:15-10:15PM	4/10-5/22	TBA	\$365
250201 G	COED	F	6:15-10:15PM	4/10-5/22	TBA	\$295



CLASS C — LIMIT OF 1 HOME RUN PER GAME

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250202 A	COED	SU	1-9PM	4/12-5/17	TBA	\$295
250202 B	COED	M	6:15-10:15PM	4/6-5/18	TBA	\$295
250202 C	MENS	M	6:15-10:15PM	4/6-5/18	TBA	\$295
250202 D	COED	T	6:15-10:15PM	4/7-5/19	TBA	\$295
250202 E	MENS	T	6:15-10:15PM	4/7-5/19	TBA	\$295
250202 F	MENS	W	6:15-10:15PM	4/8-5/20	TBA	\$295
250202 G	MENS	R	6:15-10:15PM	4/9-5/21	TBA	\$295
250202 H	MENSDBH	F	6:15-10:15PM	4/10-5/22	TBA	\$365
250202 K	MENSDBH	W	6:15-10:15PM	4/8-5/20	TBA	\$365
250202 L	COED	W	6:15-10:15PM	4/8-5/20	TBA	\$295

CLASS D — NO HOME RUNS ALLOWED IN ANY GAME

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250203 A	MENS	W	6:15-10:15PM	4/8-5/20	TBA	\$295
250203 B	MENS	R	6:15-10:15PM	4/9-5/21	TBA	\$295
250203 C	MENSDBH	F	6:15-10:15PM	4/10-5/22	TBA	\$365
250203 E	MENS	T	6:15-10:15PM	4/7-5/19	TBA	\$295
250203 F	COED	SU	6:15-10:15PM	4/12-5/17	TBA	\$295
250203 G	COED	T	6:15-10:15PM	4/7-5/19	TBA	\$295

WOMEN'S — NO HOME RUN LIMITS

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250204 A	WOMENS1	M	6:15-10:15PM	4/6-5/18	TBA	\$295
250204 B	WOMENS2	M	6:15-10:15PM	4/6-5/18	TBA	\$295
250204 C	WOMENS3	M	6:15-10:15PM	4/6-5/18	TBA	\$295

MEN'S 50+ — 1 HOME RUN LIMIT PER GAME

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250205 A	50+TEAM	R	6:15-10:15PM	4/9-5/21	TBA	\$295
250205 B	50+IND	R	6:15-10:15PM	4/9-5/21	TBA	\$25

VOLLEYBALL — SPRING

Fees are assessed at a per-team rate on an 8-match schedule. Registration Deadline: 3/6; Start Date: 4/6. Offered for both men and women. The leagues are structured to meet the needs of the most competitive and the strictly recreational player. Leagues consist of Men's Power (MenPwr) Women's Power (WmnPwr), Women's Recreation (WmnRec), Coed Recreation (CdRec) and Coed Power (CdPwr); sc — sandcourt. Recreation leagues are generally for recreational players with spiking and serving overhand not allowed. *When a league has more than one division, the lower division number indicates a more competitive level. Register on or before 2/25 and receive a discount of approximately 5 percent off the registration fee.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250300 A	CDPWR1SC	M	6-9PM	4/6-5/18	HPRC-SC	\$130
250300 B	CDPWR2SC	M	6-9PM	4/6-5/18	HPRC-SC	\$130
250300 C	CDREC1	T	7-10:30PM	4/7-5/19	SPL-GY	\$185
250300 D	CDREC2	T	7-10:30PM	4/7-5/19	SPL-GY	\$185
250300 E	CDPWR1	W	7-10:30PM	4/8-5/20	SPL-GY	\$185
250300 F	CDPWR2	W	7-10:30PM	4/8-5/20	SPL-GY	\$185
250300 G	CDPWR3	W	7-10:30PM	4/8-5/20	HPRC-GY	\$185
250300 H	WMNPWR1	R	7-10:30PM	4/9-5/21	SPL-GY	\$185
250300 I	WMNPWR2	R	7-10:30PM	4/9-5/21	SPL-GY	\$185
250300 J	CDREC1SC	F	6-9PM	4/10-5/22	HPRC-SC	\$130
250300 K	CDREC2SC	F	6-9PM	4/10-5/22	HPRC-SC	\$130
250300 L	WMNREC	M	7-10:30PM	4/6-5/18	SPL-GY	\$185
250300 M	WMPWR1SCT		6-9PM	4/7-5/19	HPRC-SC	\$130
250300 N	WMPWR2SCT		6-9PM	4/7-5/19	HPRC-SC	\$130
250300 O	MNPWR1SC	R	6-9PM	4/8-5/20	HPRC-SC	\$130
250300 P	MNPWR2SC	R	6-9PM	4/8-5/20	HPRC-SC	\$130

BIRTHDAY PARTIES

RCP BIRTHDAY PARTIES (COURTS)

Customize your child's party at RCP and then sit back and enjoy the fun with your kids while we take care of the party. Use our indoor turf field for soccer, flag football, whiffle ball or shoot hoops on one of our basketball courts. 60 minutes of fun filled supervised activities and a private party room for 30 minutes. You can provide decorations and food or RCP concessions have birthday party options. **Please schedule two weeks in advance. For more information, please call (785) 330-7355.**

YOUTH CLINICS/INSTRUCTIONAL PROGRAMS

FUTURE STARS

Ages 3-5. Enrollment Min 5 / Max 10. This multi-sports class will help your children improve their motor skills while providing them plenty of fun and engaging activities. Each six-week session will introduce your future star to different sports (volleyball, track, basketball, speed/agility, soccer, t-ball, football, tumbling) in a safe and non-competitive atmosphere. This class will teach your children to work with others and start developing the teamwork mentality. **No Class 3/17, 3/19, 3/21.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126001 A	FUTSTAR	T	10:30-11:30AM	1/6-2/10	SPL-TF	\$60
126001 B	FUTSTAR	R	10:30-11:30AM	1/8-2/12	SPL-TF	\$60
126001 C	FUTSTAR	S	10:30-11:30AM	1/10-2/14	SPL-TF	\$60
226001 A	FUTSTAR	T	10:30-11:30AM	2/24-4/7	SPL-TF	\$60
226001 B	FUTSTAR	R	10:30-11:30AM	2/26-4-9	SPL-TF	\$60
226001 C	FUTSTAR	S	10:30-11:30AM	2/28-4/11	SPL-TF	\$60

LITTLE KICKERS

Pre-School Ages 2-5. Enrollment Min 5/Max 20. Little Kickers is a basic fun introduction to the game of soccer. This will be an interactive class for your little kicker to laugh, make new friends and do lots of kicking. This class is designed to introduce young children to the concept of fun and interaction within a relaxed environment. **Parents are welcome to watch or join in on this fun adventure. For more information call (785) 330-7355.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126200 A	LITTLEKICK	W	10-10:50AM	1/7-1/28	SPL-TF	\$35
126200 B	LITTLEKICK	R	10-10:50AM	1/8-1/29	SPL-TF	\$35
126200 C	LITTLEKICK	S	9-9:50AM	1/10-1/31	SPL-TF	\$35
226200 A	LITTLEKICK	W	10-10:50AM	2/11-3/4	SPL-TF	\$35
226200 B	LITTLEKICK	R	10-10:50AM	2/12-3/5	SPL-TF	\$35
226200 C	LITTLEKICK	S	9-9:50AM	2/7-3/7	SPL-TF	\$35

YOUTH SPEED & AGILITY

Ages 8-12. Enrollment Min 4 / Max 10. This training program focuses on improving coordination, reaction time, acceleration, jumping, hand eye coordination and core strength training. Athletes will develop a basic understanding of the training components. Training sessions are 60 minutes long.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
226002 A	SPDAGTY	TR	6-7PM	1/6-2/10	SPL-TF	\$125
226002 B	SPDAGTY	TR	6-7PM	1/6-2/14	SPL-TF	\$150
		S	9-10AM			
226002 A	SPDAGTY	TR	6-7PM	2/24-4/7	SPL-TF	\$125
226002 B	SDPAGTY	TR	6-7PM	2/24-4/11	SPL-TF	\$150
		S	9-10AM			

TEEN SPEED & AGILITY

Ages 13-18. Enrollment Min 4 / Max 10. This training program focuses on speed, agility, flexibility, conditioning, strength, explosion, power. Weight training regimens are specified for each athlete. Training sessions are 60 minutes long.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126003 A	SPDAGTY	TR	6-7PM	1/6-2/10	SPL-TF	\$125
126003 B	SPDAGTY	TR	6-7PM	1/6-2/14	SPL-TF	\$150
		S	9-10AM			
226003 A	SPDAGTY	TR	6-7PM	2/24-4/7	SPL-TF	\$125
226003 B	SDPAGTY	TR	6-7PM	2/24-4/11	SPL-TF	\$150
		S	9-10AM			



SNAG JUNIOR GOLF CAMPS

Ages: 5-10. Enrollment Min 4 / Max 10. SNAG stands for "Starting New at Golf." SNAG contains all the elements of golf and regulation golf. SNAG incorporates developmentally appropriate equipment and instruction that will allow all golf fundamentals (full shots, pitching, chipping and putting) to be taught. The game has its own simplified rules and terminology that adds fun to the learning and playing experience.

Students will be grouped by age and ability.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
260100 A	SNAG1DAY	M	5:30-6:15PM	3/16	EBGC	\$10
260100 B	SNAG1DAY	M	5:30-6:15PM	3/23	EBGC	\$10
260100 C	SNAG1DAY	M	5:30-6:15PM	3/30	EBGC	\$10
260100 D	SNAG1DAY	M	5:30-6:15PM	4/6	EBGC	\$10
260100 E	SNAG1DAY	M	5:30-6:15PM	4/13	EBGC	\$10
260100 F	SNAG1DAY	M	5:30-6:15PM	4/20	EBGC	\$10
260100 G	SNAG1DAY	M	5:30-6:15PM	4/27	EBGC	\$10
260104 A	SNAG2DAY	SSU	10-10:45AM	3/21-3/22	EBGC	\$20
260104 B	SNAG2DAY	SSU	10-10:45AM	3/28-3/29	EBGC	\$20
260104 C	SNAG2DAY	SSU	10-10:45AM	4/4-4/5	EBGC	\$20
260104 D	SNAG2DAY	SSU	10-10:45AM	4/11-4/12	EBGC	\$20
260104 E	SNAG2DAY	SSU	10-10:45AM	4/18-4/19	EBGC	\$20
260104 F	SNAG2DAY	SSU	10-10:45AM	4/25-4/26	EBGC	\$20

WINTER YOUTH SPORTS LEAGUES

BASKETBALL

Ages: Kindergarten through 6th grade (Boys and Girls Leagues). The objective of the basketball program is to provide an opportunity for children to play basketball in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of basketball. Participants will also learn fair play, teamwork and sportsmanship. **Please be sure to indicate school and grade during the 2014-15 school year when filling out registration.** Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. One hour practice time will be determined by the coach. Practices will begin in mid-January. **Games will be held on Saturdays, Jan. 31 through March 7.** Game shirts included in fee for Jayhawk League participants. **Registration deadline: Monday, Jan. 5. \$15 late fee added after deadline.** Late registration must be hand delivered to: South Park Recreation Center, 2700 West 27th St. **Scholarships applications available at the Community Building.** If not enrolling online, registration forms are available online at www.lawrenceks.org/youthsports/basketball.

LEAGUES (CODE BREAKDOWN)

INTRO-K — (boys) Kindergarten/preschool (preschool must be 6 years of age before 8/1/15)

INTRO-Kg — (girls) Kindergarten/preschool (preschool must be 6 years of age before 8/1/15)

Rk1 — Rookie 1 — 1st-grade boys

Rk2 — Rookie 2 — 2nd-grade boys

Rkg — Rookie Girls — 1st- & 2nd-grade girls

Rec3 — Recreation 3 — 3rd-grade boys

Rec4 — Recreation 4 — 4th-grade boys

Rg — Recreation Girls — 3rd- & 4th-grade girls

Jhawk5 — Jayhawk 5 — 5th-grade boys

Jhawk6 — Jayhawk 6 — 6th-grade boys

Jhg — Jayhawk Girls — 5th- & 6th-grade girls

Jhawk7/8 — Jayhawk 7/8 — 7th- & 8th-grade boys

Jhg7/8 — Jayhawk 7/8 — 7th- & 8th-grade girls

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
124101 A	INTRO-K	S	TBA	1/31-3/7	TBA	\$45
124101 B	RK1	S	TBA	1/31-3/7	TBA	\$45
124101 C	RK2	S	TBA	1/31-3/7	TBA	\$45
124101 D	REC3	S	TBA	1/31-3/7	TBA	\$45
124101 E	REC4	S	TBA	1/31-3/7	TBA	\$45
124101 F	JHAWK5	S	TBA	1/31-3/7	TBA	\$55
124101 G	JHAWK6	S	TBA	1/31-3/7	TBA	\$55
124101 H	JHAWK7-8	S	TBA	1/31-3/7	TBA	\$55
124101 I	INTRO-KG	S	TBA	1/31-3/7	TBA	\$45
124101 J	RKG	S	TBA	1/31-3/7	TBA	\$45
124101 K	RG	S	TBA	1/31-3/7	TBA	\$45
124101 L	JHG	S	TBA	1/31-3/7	TBA	\$55
124101 M	JHG7-8	S	TBA	1/31-3/7	TBA	\$55

All youth sports registration forms are available online at www.lprd.org or at any Lawrence Parks and Recreation Department facility.

GIRLS YOUTH VOLLEYBALL

Ages: 4th and 5th grades. Maximum 90 participants. The objective of the youth volleyball program is to provide an opportunity for children to play volleyball in an organized recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun and safe atmosphere. Practices begin week of Jan. 12. Season runs Jan. 25 through March 8. Practice will run up to 1.5 hours a week. Games will be played on Sundays. **Registration deadline is Dec. 17. For more information, please contact RCP at (785) 330-7355.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
124099 A	VOLLEY	SU	TBA	1/25-3/8	SPL-GY	\$50

GIRLS YOUTH VOLLEYBALL

Ages: 6th, 7th and 8th grades. Maximum 90 participants. The objective of the youth volleyball program is to provide an opportunity for children to play volleyball in an organized recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun and safe atmosphere. Practices begin week of Jan. 12. Season runs Jan. 25 through March 8. Practice will run up to 1.5 hours a week. Games will be played on Sundays. **Registration deadline is Dec. 17. For more information, please contact RCP at (785) 330-7355.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126101 A	VOLLEY	SU	TBA	1/25-3/8	RCP	\$50



YOUTH INDOOR SOCCER

Ages: Kindergarten through 6th grade (Boys and Girls Leagues). The objective of the soccer program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, safe atmosphere. Please be sure to indicate school when filling out registration. Teams will be formed by schools but kids may NOT be exclusively attending the same school. Team assignment depends on who volunteers to coach and the school the child attends. Practice times will be determined by the coach. Practices will begin the week of Jan. 12. Games will be held on Saturdays, Jan. 31 through March 7. Games will be played going cross court on the turf field. Game shirts included in fee. **Registration deadline: Wednesday, Dec. 17.**

LEAGUE BREAKDOWN

- SC1 (co-ed) — Kindergarten**
- SC2 (boys) — 1st and 2nd grade**
- SC3 (girls) — 1st and 2nd grade**
- SC4 (boys) — 3rd and 4th grade**
- SC5 (girls) — 3rd and 4th grade**
- SC6 (boys) — 5th and 6th grade**
- SC7 (girls) — 5th and 6th grade**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126201 A	SC1	S	TBA	1/31-3/7	RCP	\$50
126201 B	SC2	S	TBA	1/31-3/7	RCP	\$50
126201 C	SC3	S	TBA	1/31-3/7	RCP	\$50
126201 D	SC4	S	TBA	1/31-3/7	RCP	\$50
126201 E	SC5	S	TBA	1/31-3/7	RCP	\$50
126201 F	SC6	S	TBA	1/31-3/7	RCP	\$50
126201 G	SC7	S	TBA	1/31-3/7	RCP	\$50

MIDDLE AND HIGH SCHOOL INTRAMURAL SOCCER

Ages: 7th grade through 12th grade (Boys and Girls Leagues). The objective of the soccer program is to provide an opportunity for children to play indoor soccer in an organized, competitive setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, safe atmosphere. Please be sure to indicate school when filling out registration. Practice times will be determined by the coach. Practices will begin the week of Jan. 12. Games will be held on Saturdays, Jan. 31 through March 7. Games will be played on turf field. Game shirt included in fee. **Registration deadline: Wednesday, Dec. 17.**

LEAGUE BREAKDOWN

- SC8 (boys) — 7th and 8th grade**
- SC9 (girls) — 7th and 8th grade**
- SC10 (boys) — 9th-12th grade**
- SC11 (girls) — 9th-12th grade**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126101 A	SC8	S	TBA	1/31-3/7	RCP	\$50
126101 B	SC9	S	TBA	1/31-3/7	RCP	\$50
126101 C	SC10	S	TBA	1/31-3/7	RCP	\$50
126101 D	SC11	S	TBA	1/31-3/7	RCP	\$50



SUMMER YOUTH SPORTS LEAGUES

BLASTBALL

Ages: 4-5. Enrollment Min 10 / Max 20. Blastball provides an ideal entry level of play for boys and girls who will go on to other advanced levels of the game. Teaches baseball/softball fundamentals — hitting, running, throwing and fielding. Perfect summer activity for boys/girls preschool aged. A parent is required to participate with their child during instruction time. Blastball will take place indoors at Sports Pavilion Lawrence. For more information, please contact Chad Tower, Sports Pavilion Lawrence, (785) 330-7355.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
224300 A	BLASTB	M	5:45-6:45PM	6/1-6/22	SPL-TRF	\$45
224300 B	BLASTB	M	7-8PM	6/1-6/22	SPL-TRF	\$45
224300 C	BLASTB	T	5:45-6:45PM	6/2-6/23	SPL-	\$45
224300 D	BLASTB	T	7-8PM	6/2-6/23	ELRC-GY	\$45
224300 E	BLASTB	R	5:45-6:45PM	6/4-6/25	ELRC-GY	\$45
224300 F	BLASTB	R	7-8PM	6/4-6/25	ELRC-GY	\$45
224300 G	BLASTB	M	5:45-6:45PM	7/6-7/27	ELRC-GY	\$45
224300 H	BLASTB	T	5:45-6:45PM	7/7-7/28	ELRC-GY	\$45

YOUTH BASEBALL/SOFTBALL

Ages: Kindergarten through 6th grade (Boys and Girls Leagues). The objective of the baseball/softball program is to provide an opportunity for children to play baseball/softball in an organized, competitive, yet recreational setting during the summer. Our emphasis will be not only to teach some basic skills and fundamentals but also to teach fair play, team work and sportsmanship. **Please be sure to indicate grade during the 2014-15 school year.** Teams and leagues will be formed by current grade level as of May 1, 2015. Team assignment depends a great deal on who volunteers to coach and the school their child attends. Not all teams will be made up of children exclusively from the same school. One hour practice times will be determined by the coach and may begin the week of May 11. **Games will be held in the evenings Monday through Saturday. Scholarships applications available at the Community Building. Registration deadline for this program is Thursday, April 8.** For more information contact the Youth Sports Division at (785) 330-7355. If not enrolling online, registration forms are available online at prd.org by selecting youth sports, then baseball/softball.

LEAGUES (CODE BREAKDOWN)

INTRO-K — Introduction T-Ball (boys) Kindergarten/preschool (preschool must be 6 years of age before 08/01/15)

INTRO-KG — Introduction T-Ball (girls) Kindergarten/preschool (preschool must be 6 years of age before 08/01/15)

RKBB1-2 — Rookie Baseball (boys, combo coach pitch & t-ball) — 1st & 2nd grade

RKSB1-2 — Rookie Softball (girls, combo coach pitch & t-ball) — 1st & 2nd grade

RBBB3-4 — Rec Baseball (boys, coach pitch) — 3rd & 4th grade

RSBG3-4 — Rec Softball (girls, coach pitch) — 3rd & 4th grade

JHBBB4 — Jhawk Baseball (boys, combo player/pitch & coach pitch) — 4th grade only

JHBBB5-6 — Jhawk Baseball (boys, player pitch) — 5th & 6th grade

JHBSB4-6 — Jhawk Softball (girls, combo player pitch/coach pitch) — 4th, 5th & 6th grade

JHSB7-8 — Jhawk Softball (girls, player pitch) — 7th and 8th grade

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
224401 A	INTRO-K	MTWRFS	TBA	5/11-8/1	TBA	\$40
224401 B	INTRO-KG	MTWRFS	TBA	5/11-8/1	TBA	\$40
224401 C	RKBB1	MTWRFS	TBA	5/11-8/1	TBA	\$40
224401 D	RKBB2	MTWRFS	TBA	5/11-8/1	TBA	\$40
224401 E	RKSB1-2	MTWRFS	TBA	5/11-8/1	TBA	\$40
224401 F	RBBB3-4	MTWRFS	TBA	5/11-8/1	TBA	\$45
224401 G	RSBG3-4	MTWRFS	TBA	5/11-8/1	TBA	\$45
224401 H	JHBBB4	MTWRFS	TBA	5/11-8/1	TBA	\$55
224401 I	JHBBB5-6	MTWRFS	TBA	5/11-8/1	TBA	\$55
224401 J	JHSBG4-6	MTWRFS	TBA	5/11-8/1	TBA	\$50
224401 K	JHSBB7-8	MTWRFS	TBA	5/11-8/1	TBA	\$50

COMPETITIVE LEAGUES

BASEBALL

TEAM ENTRY LEAGUES

Registration forms available online after Dec. 1. \$150 team deposit due at the time of registration. Balance due Friday, March 27, 2015.

DOUGLAS COUNTY AMATEUR BASEBALL ASSOCIATION (DCABA)

DCABA has the following divisions: 8 years old and under (U8); 10 years old and under (U10) and 12 years old and under (U12). Each league can accommodate eight teams per division. Final rosters and team payment must be submitted before Friday, March 27, 2015. Teams may play up to other divisions but can not play below their age classification. A player's eligibility is determined by the age they are as of May 1, 2015.



SATURDAY, MARCH 7

9 a.m. - 4 p.m.

Douglas County
4-H Fairgrounds
Building 21



A wide variety of Commercial and Non-Commercial Vendors will have items on display for purchase.

ADMISSION IS FREE
& OPEN TO THE PUBLIC



CONCESSIONS
WILL BE AVAILABLE

Team Entry Leagues include:

U8 — Two options that are the team’s choice.

American League — Machine Pitch. Recommended for 7 year-olds and first-year 8 year-old participants.

National League — Machine Pitch. Recommended for 8 year olds and/ or returning DCABA participants. All players must be at least 8 years old or younger on Tuesday, May 1, 2015, to be eligible for either league.

Both U8 leagues are formed either by a team entry or by adding players to teams still in need of additional players. ALL U8 players must register individually.

U10 — Two options that are the team’s choice. Team entry only. Max: 16 teams — 8 teams per league.

American League — National Little League rules. Runners can not leave the base until the ball crosses the plate, no advancement on a dropped third strike. Recommended for first year teams into player pitch.

National League — USSSA baseball rules. Regular lead offs and steals; runners can advance on a dropped third strike. This league is for the more experienced team.

U12 — Two options that are the team’s choice. Team entry only. Max: 16 teams — 8 teams per league.

American League — National Little League Rules. Runners cannot leave the base until ball crosses the plate. Recommend for first-year U12 teams.

National League — USSSA baseball rules. Regular lead offs and steals; runners can advance on a dropped third strike. This league is for the more experienced team.

Age limits for all teams in all DCABA leagues are determined by age as of May 1, 2015. Players can play up, but not down. For more information, please contact the Youth Sports office at (785) 330-7355.

LOUIE HOLCOM AMATEUR BASEBALL ASSOCIATION

Heinrich League — Open to the first 8 teams that pay the \$150 team deposit. Balance due April 3, 2015.

Objective of this league is to provide a competitive league schedule for teams wishing to schedule tournaments (on their own) on the weekends. Players can not turn 15 years-old prior to Jan. 1, 2015.

League play consists of a 14-game schedule beginning the week of April 13, running through the first week of July. Schedules will be provided at the league coaches’ meeting the week of March 9, 2015.

League games will be played on Monday through Thursday, leaving weekends open for teams that want to play in out-of-town tournaments on their own. Make up games maybe rescheduled for weekends if both team are available. Teams must provide: team name, uniforms and their own equipment. Insurance and umpire fees covered by team registration fees. A coach from each team will be required to attend league meetings to review league rules, rainout and rescheduling procedures, as well as other items associated with league play. Games will be played at the Holcom Sports Complex.

Houk League — U14 — Players cannot turn 15 years-old prior to Jan. 1, 2015. Team entry. Games will begin mid-May 2015.

For more information, please contact the Youth Sports office at (785) 330-7355.

YOUTH CAMPS — SPRING BREAK

STRETCH YOUR LIMITS — WWW.LPRD.ORG

AQUATICS DIVISION

SPRING BREAK WET “N” WILD CAMP

Ages: 5-12. Enrollment Min 10 / Max 30. Parents, if you are looking for a fun learning experience for your kids during Spring Break, *Spring Break Wet “N” Wild Camp* is your destination. Kids always have a great time at the pool and this is a special offering, so sign up now. Each day the kids will learn about water safety, have a swim lesson by our instructors, do crafts, have snacks and end with free time. Parents will be invited to join us on Friday to watch their kids play and we will all enjoy a pizza party. **Pre-registration is required for the camp**, and they fill quickly, so sign up today!

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
211140	A	WETWILD	MTWRF 8AM-12PM	3/16-3/20	LIAC	\$68

NATURE DIVISION

ANIMALS GONE WILD SPRING BREAK WILDLIFE CAMP

Ages: 7-12. Enrollment Min 15 / Max 25. Take a break from school with a fun-filled week of meeting the animals of Prairie Park. Hold the snakes, make friends with a tortoise, play games, hike and have fun.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223328	A	SPBREAK	MTWRF 9AM-3PM	3/16-3/20	PPNC	\$95

SPECIAL EVENTS DIVISION

SPRING BREAK CAMP

Ages: 5-12. Enrollment Min 20 /Max 100. Registration Deadline: Friday, March 13, at 6:30 p.m. A structured program for children 5-12 years

of age, including field trips, special events, swimming, arts and crafts, movies and games. Held at Holcom Park and East Lawrence Recreation Center. Inclement weather locations will be, Holcom Park Recreation Center for those at the Holcom Park camp. A medical form will need to be on file. It can be found on the website at www.lawrenceks.org/lprd/specialevents.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
225120	A	SPBREAK	MTWRF 8:30AM-4PM	3/16-3/20	HPRC	\$65
225120	B	SPBREAK	MTWRF 8:30AM-4PM	3/16-3/20	ELRC	\$65

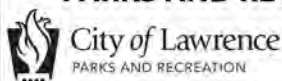
SPECIAL POPULATIONS DIVISION

INTEGRATED SPRING BREAK CAMP

Ages: 5-12 and 13-21. Enrollment Min 5 / Max 30. Join in on a fun-filled week! School is out, so come spend your free time doing activities, going on field trips, making new friends and having lots of fun. Tentative itinerary includes: swimming at the Indoor Aquatic Center, field trips, speakers, nature presentations, games, activities, arts and crafts and much more! *This will be an integrated program with the LPRD Spring Break Camp. Participants must bring a sack lunch and drink. This is not a one-on-one program. Approximate staff to child ratio is 1:4. Parents are encouraged to send attendants for children who need additional assistance. Registration deadline is Monday, March 9. An additional camp packet will need to be completed for registration.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
222100	A	AGE5-12	MTWRF 9AM-4PM	3/16-3/20	ELRC	\$65
222100	B	AGE13-21	MTWRF 9AM-4PM	3/16-3/20	ELRC	\$65


RUNNING OUT OF GIFT IDEAS FOR ... HOLIDAYS? BIRTHDAYS? OTHER OCCASIONS? PARKS AND RECREATION GIFT CERTIFICATES - SOMETHING THAT NEVER GOES OUT OF STYLE.



**May be purchased at any Lawrence Parks and Recreation facility
For More Information, please call (785) 832-7920**

RECREATION CENTERS

Lawrence Parks and Recreation Department operates four recreation centers within the community. The recreation centers are **FREE** to the public; there are no memberships required. Each facility has space available for rent (see *Facility Rentals, page 67*). Below are listings of each facility and the recreational activities they provide. Activities and/or facility reservations may alter Open Gym hours listed.



COMMUNITY BUILDING

115 W. 11th St.
(785) 832-7920

The facility features:
Locker/shower facilities
Full-size gymnasium
Weight room
Cardio room

Hours of operation
7 a.m. to 9 p.m. (Mon-Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

Open Gym hours
7 a.m. to 8:30 a.m. (Mon-Fri)
11 a.m. to 3 p.m. (Tue, Thu)
10 a.m. to 6 p.m. (Sat)
Noon to 4:30 p.m. (Sun)

Toddler Open Gym hours**
10:30 a.m. to 11:45 a.m.
(Mon, Wed, Fri)

After-school Open Gym hours*
3 p.m. to 5 p.m. (Mon-Fri)

For those in wheelchairs or those unable to stand, we offer VitaGlide, a wheelchair-accessible fitness machine, which assists in toning the upper body and rehabilitating the shoulders while providing a cardio workout.

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St.
(785) 832-7950

The facility features:
Locker/shower facilities
Full-size gymnasium
Weight room
Cardiovascular equipment
Game areas (billiards, Ping-Pong, foosball)

Hours of operation
7 a.m. to 9 p.m. (Mon-Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

Walking hours
7 a.m. to 10 a.m. (Mon-Fri)

Pickleball Free Play
10 a.m. to noon (Tue, Thu, Fri)

Open Gym hours
10 a.m. to 3 p.m. (Mon, Wed)
Noon to 3 p.m. (Tue, Thu, Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

After-school Open Gym hours*
3 p.m. to 5 p.m. (Mon-Fri)





HOLCOM PARK RECREATION CENTER

2700 W. 27th St.
(785) 832-7940

The facility features:
Locker/shower facilities
Full-size gymnasium
Racquetball/handball court
Weight room
Cardiovascular equipment
Games room (billiards, foosball, Ping-Pong)

Hours of operation
7 a.m. to 9 p.m. (Mon-Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

Walking hours
7 a.m. to 11 a.m. (Mon-Fri)

Open Gym hours
11 a.m. to 3 p.m. (Mon-Fri)
10 a.m. to 6 p.m. (Sat)
1 p.m. to 6 p.m. (Sun)

After-school Open Gym hours*
3 p.m. to 5 p.m. (Mon-Fri)


SPORTS PAVILION LAWRENCE

100 Rock Chalk Lane
(785) 330-7355
www.sportspavilionlawrence.org

The facility features:
8 full-size basketball courts/
16 full-size volleyball courts
1/8-mile walking/running track
Gymnastics areas

Aerobic/fitness room
Cardio/weight areas
Indoor turf/soccer area
Meeting rooms

Hours of Operation
5:30 a.m. to 9 p.m. (Mon-Fri)
7 a.m. to 6 p.m. (Sat)
1 p.m. to 9 p.m. (Sun)



*After-school Open Gym is available for children ages 7 to 18 years old. Staff cannot retain children who wish to leave.

**Toddler Open Gym is for kids 6 years old and younger. It starts the third week in September and runs through the second week in May. \$1 per child, per visit.

ALL RECREATION CENTER WEIGHT ROOMS, GAME ROOMS, EQUIPMENT AND OPEN GYMNASIUM TIMES ARE AVAILABLE TO ALL CITIZENS AT NO COST. PLEASE VISIT RECREATION CENTER FOR OPEN GYMNASIUM SCHEDULE.

For more information regarding recreation facilities, contact the Lawrence Parks and Recreation Department Administrative Office at 1141 Massachusetts St.; (785) 832-3450; or parksrec@lawrenceks.org. **NOTE:** Open Gym hours are subject to change without notice.

SHELTERS

Lawrence Parks and Recreation Department operates and maintains public park shelters throughout the community's 52 parks. Citizens can reserve them from April 15 through October 30, weather permitting. Reservations are taken one year in advance of the date being requested. *All shelter/gazebo reservation requests must be received two working days (Mon-Fri) prior to the date requested.*

There are also shelters located at Chief Jim McSwain Park, Deerfield Park, Brook Creek Park and John Taylor Park that are available on a first-come/first-serve basis and are not on the reserve list. Reservations for outdoor shelters and indoor facilities are taken at any of the department's recreational facilities. For large events, you must apply for a Special Use Permit prior to reservation approval. *For questions regarding shelter rentals and their availability, call (785) 832-3450.*

SHELTER RENTAL FEES

Half-day rental \$40 (between 10 a.m. and 3 p.m. or 4 p.m. and 9 p.m.) **Full-day rental** \$70 (from 10 a.m. to 9 p.m.)

SHELTERS MAY BE RESERVED ONLINE.

BROKEN ARROW SHELTER

2900 Louisiana St.

Capacity: 100-120 individuals

Amenities: lights, electricity, BBQ grill, picnic tables, drinking fountain and restrooms

Other Features in Park: Playground equipment, sand volleyball court, horseshoe pits, tennis court and other areas for recreational activities.

BURCHAM PARK SHELTER

200 Indiana St.

Capacity: 45-50 individuals

Amenities: BBQ grill, picnic tables, electricity, drinking fountain and restrooms

Other Features in Park: Playground equipment and other areas for recreational activity. Also connected to a hike/bike path.

CENTENNIAL PARK EAST SHELTER

600 Rockledge Road

Capacity: 140-150 individuals

Amenities: lights, electricity, BBQ grill, picnic tables, drinking fountain and restrooms

Other Features in Park: A 40' X 30' walkout deck, playground equipment and is located next to a disc golf course.

CENTENNIAL PARK WEST SHELTER

600 Rockledge Road

Capacity: 40 individuals

Amenities: lights, electricity, BBQ grill, picnic tables and restrooms

Other Features in Park: Skate park and disc golf course.

CLINTON LAKE OUTLET PARK WEST SHELTER

1316 E. 902 Road

Capacity: 40-50 individuals

Amenities: BBQ grill, picnic tables, water and restrooms

Other Features in Park: Playground equipment and areas for recreational activities.

CLINTON LAKE OUTLET PARK EAST SHELTER

1316 E. 902 Road

Capacity: 40-50 individuals

Amenities: BBQ grill, picnic tables, water and restrooms

Other Features in Park: Horseshoe pit and areas for recreational activities.

CLINTON PARK SHELTER

901 W. Fifth St.

Capacity: 60-65 individuals

Amenities: lights, electricity, BBQ grill, picnic tables, drinking fountain and restrooms

Other Features in Park: Playground equipment, basketball court and other areas for recreational activities.

"DAD" PERRY PARK NORTH SHELTER

Harvard and Parkside roads

Capacity: 90-100 individuals

Amenities: lights, electricity, BBQ grill, picnic tables and restrooms

Other Features in Park: Playground equipment, soccer field, other areas for recreational activities, connection to trails.

"DAD" PERRY PARK WEST SHELTER

1200 Monterey Way

Capacity: 90-100 individuals

Amenities: lights, electricity, BBQ grill, picnic tables and restrooms

Other Features in Park: Playground equipment, sand volleyball court, tennis court, basketball court, access to trail around the park.

HOBBS PARK SHELTER

702 E. 11th St.

Capacity: 40-50 individuals

Amenities: electricity, BBQ grill, picnic tables and drinking fountain

Other Features in Park: Baseball/softball field, basketball court, playground equipment and the historic Murphy-Bromelsick House.

HOLCOM PARK SHELTER

2700 W. 27th St., adjacent to Holcom Park Recreation Center

Capacity: 60-70 individuals

Amenities: lights, BBQ grill, picnic tables, electricity, drinking fountain and restrooms

Other Features in Park: Playground equipment, basketball court, sand volleyball court, baseball/softball fields, handball court and tennis court.

LYONS PARK SHELTER

700 N. Lyon St.

Capacity: 60-65 individuals

Amenities: lights, BBQ grill, picnic tables, electricity, drinking fountain and restrooms

Other Features in Park: Playground equipment, baseball/softball fields, basketball court and tennis court.

PRAIRIE PARK SHELTER

2811 Kensington Road, adjacent to Prairie Park Elementary School

Capacity: 60-70 individuals

Amenities: BBQ grill, lights, picnic tables, electricity, drinking fountain and restrooms

Other Features in Park: Playground equipment, basketball court and access to trails at Mary's Lake.

GENERAL RULES AND REGULATIONS FOR SHELTERS

1. Shelters and gazebos may be reserved from April 15 to October 30.
2. All reservation requests must be received two working days (Mon-Fri) prior to the date requested.
3. Public parks within the city will be open daily to the public from 6 a.m. to 11:30 p.m. (Burcham Park: 5 a.m. to 10:30 p.m.) (City Code 15-208)
4. Alcoholic liquor may be served during approved events at parks and facilities owned by the City of Lawrence and operated by the Parks and Recreation Department, provided that the sponsor or organizer has obtained a permit issued pursuant to the rules and regulations of the Parks and Recreation Department and that the drinking or consumption of alcoholic liquor is conducted in accord with the reasonable conditions established by the permit. (City Ordinance 8515)
5. Dogs and cats in public parks must be kept on a leash at all times. (City Code 3-107, 3-202)
6. Fires in parks require a permit, except in designated BBQ pits. (City Code 8-207.25)
7. Persons reserving shelters and gazebos shall be responsible for the clean up. Glass bottles are discouraged in parks. (City Code 14-109)
8. Public events in parks require a permit granted by Lawrence Parks and Recreation Department. (City Code 15-207)

GAZEBOS

Lawrence Parks and Recreation Department operates and maintains gazebos within the community parks. Rental of gazebos can be done after January 1 for the reservation period of April 15 through October 30, weather permitting. *All shelter/gazebo reservation requests must be received two working days (Mon-Fri) prior to the date requested.*

Reservations for gazebos are taken at any of the department's recreational facilities. For large events, you must apply for a Special Use Permit prior to reservation approval. *For questions regarding shelter rentals and their availability, call (785) 832-3450.*

SOUTH PARK GAZEBO (William Kelly Bandstand)

1141 Massachusetts St.

Capacity: 20-30 individuals

Amenities: lights, electricity, benches, drinking fountain and restrooms

Other Features in Park: As Lawrence's first park, it includes a wonderful flower garden, playground equipment and other areas for recreational activities.

WATSON PARK GAZEBO

Sixth and Kentucky streets

Capacity: 10-15 individuals

Amenities: lights, electricity, tables, BBQ grill, drinking fountain and benches

Other Features in Park: A wonderful view, a beautiful flower garden, basketball court, aquatic center and playground equipment.

LAWRENCE ROTARY ARBORETUM GAZEBO

5100 W. 27th St.

Capacity: 6-10 individuals

Amenities: lights, electricity, table and benches

Other Features in Park: A wonderful view of the arboretum, pergola, Xeriscape Garden and pond. A small stage is also near the gazebo, as well as a small stream with cascading waterfalls.

GAZEBO RENTAL FEES

Half-day rental \$50 (from 10 a.m. to 3 p.m. or 4 p.m. to 9 p.m.)

Full-day rental \$85 (from 10 a.m. to 9 p.m.)

GAZEBOS MAY BE RESERVED ONLINE.

OTHER FACILITY RENTAL SPACE

Lawrence Parks and Recreation Department provides rental space within the Lawrence community's recreational facilities. Reservations for meeting rooms and other rental spaces can be completed 90 days from the day of rental (except for the Lawrence Union Pacific Depot, which can be completed one year in advance of the date requested). All reservations must be made at least two weeks in advance of the date requested.

Should your event require set up or take down, LPRD charges additional fees for the service. Fees are assessed depending on number of guests at an event: for up to 49 people, there is a \$35 set-up/take-down fee; 50 to 99 people, the fee is \$55; and for more than 100 people, the fee is \$80.

For groups handling their own set up/take down, the reservation (at the time of booking) needs to reflect the additional time needed to accommodate set up and take down (*this includes catering, DJs, bands or any other accommodations*).

There are small and large rooms, and gymnasium space available for renting. See room availability and fee schedule for each facility below. Reservations for facility rental spaces are taken at any of the department's recreational facilities. For large events, you must apply for a Special Use Permit prior to reservation being approved. For information regarding facility rentals and their availability, call (785) 832-3450.

COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

Space available for rent:

- Gymnasium (**\$35 per hour**)
- 1/2 Gymnasium (**\$20 per hour**)
- Community Room 1* (**\$30 per hour**)
- Community Room 2 (**\$25 per hour**)
- Community Rooms 1 and 2* (**\$40 per hour**)
- Dance studio (**\$20 per hour**)

**Includes kitchen with stove, oven and refrigerator.*

Facility reservations can be made on a space-available basis. To find out more details about Community Building rental space availability, contact us at (785) 832-7920. Reservations for facility rentals may be made at the Community Building during the following office hours: 8 a.m. to 5 p.m. **(Mon-Fri)**.

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St. • (785) 832-7950

Space available for rent:

- Gymnasium (**\$35 per hour**)
- 1/2 Gymnasium (**\$20 per hour**)
- Meeting Room* (**\$25 per hour**)

**Includes kitchen with stove, oven and refrigerator*

Facility reservations can be made on a space-available basis. To find out more details about East Lawrence Recreation Center rental space availability, contact us at (785) 832-7950. Reservations for facility rentals may be made at the East Lawrence Recreation Center during office hours: 8 a.m. to 5 p.m. **(Mon-Fri)**.

HOLCOM PARK RECREATION CENTER

2700 W. 27th St. • (785) 832-7940

Space available for rent:

- Gymnasium (**\$35 per hour**)
- 1/2 Gymnasium (**\$20 per hour**)
- Wayne Bly Room* (**\$30 per hour**)
- Bly Room (South half) (**\$20 per hour**)
- Bly Room (North half)* (**\$20 per hour**)

**Includes kitchen with stove top, microwave oven and refrigerator*

Facility reservations can be made on a space-available basis. To find out more details about Holcom Park Recreation Center rental space availability, contact us at (785) 832-7940. Reservations for facility rentals may be made at the Holcom Park Recreation Center during the following office hours: 8 a.m. to 5 p.m. **(Mon-Fri)**.

SPORTS PAVILION LAWRENCE

100 Rock Chalk Lane • (785) 330-7355 • www.sportspavilionlawrence.org

Space available for rent:

- Gymnasium (**\$50 per hour**)
- Cross Court (**\$30 per hour**)*
- Whole Turf Field (**\$135 per hour**)
- 1/3 Turf Field (**\$45 per hour**)
- Half Turf Field (**\$75 per hour**)
- Champion Room (**\$35 per hour**)
- Victory Room (**\$30 per hour**)

**For information on renting more than one court, please contact SPL at (785) 330-7355*



LAWRENCE UNION PACIFIC DEPOT

402 N. Second St.

The Union Pacific Depot offers two rooms for public use: the **Community Room** and the **Arden Booth Free State Theater Room**. This facility is available for a variety of events, including weddings, receptions, reunions, meetings and educational seminars. LPRD permits alcohol, but you must apply for and receive an Alcohol Permit two weeks prior to the booking date. For large events, a Special Use Permit must be applied for prior to a reservation being approved. You may apply for the Alcohol and Special Use permits at the Administrative Offices in South Park, 1141 Massachusetts St. You may also call (785) 832-3450 for more information. **Reservations may be subject to a deposit.**

Space available for rent:

- Community Room — **\$30 per hour**
- Theater Room — **\$20 per hour**
- Garden — **\$10 per hour**
- Entire Facility — **\$55 per hour**

The Community Room

- Measures 24' X 46'
- Capacity for 159 people (standing) or 70 people (seated)
- Use of tables/chairs included in rental fees
- Kitchenette with microwave oven, refrigerator and two-burner stove top

The Arden Booth Free State Theater Room

- Measures 12' X 28'
- Capacity for 49 people (standing) or 38 people (seated)
- Use of tables/chairs included in rental fees
- DVD/VHS viewing system (no additional fee)

The Union Pacific Depot also includes an outdoor, French-themed flower garden maintained by Parks and Recreation's professional landscaping staff. The garden's spectacular array of colors in the summer makes for an ideal place for outdoor events. Small bands or DJs are allowed with prior permission. *Reservations must be made at least two weeks in advance and are on a space-available basis.* Deposit of \$100 required at time of rental. To find out more details about the Lawrence Union Pacific Depot rental space available, contact us at (785) 832-3450.

SET UP/TAKE DOWN FEES

LPRD charges additional fees for the division to provide set up and take down.

For events with:

- Up to 49 people: **\$35**
- 50 to 99 people: **\$55**
- More than 100 people: **\$80**

For groups handling their own set up/take down, the reservation (*at the time of booking*) needs to reflect the additional time needed to accommodate set up/take down (*this includes catering, DJs, bands or any other accommodations*).

For larger events, a Special Use Permit needs to be applied for and approved prior to finalizing the reservation. Alcohol Permits are \$25 and need to be applied for and approved prior to finalizing reservation. *For more information call (785) 832-3450.*



CARNEGIE BUILDING

200 W. Ninth St.

The newly renovated Carnegie Building, located in beautiful downtown Lawrence, is an ideal location for wedding receptions, reunions, parties and corporate functions. The facility also features smaller rooms for meetings, baby showers and other public and private events.

Rental rates:

Sunday-Friday:

- Heritage Room (71'x31') \$40/hr
- East Gallery Room (27'x24') \$30/hr
- Conference Room (27'x23') \$25/hr

Saturday rentals include the entire facility.

Saturday rate: \$975/day

Some time restrictions apply. A \$100 deposit is required for all Saturday reservations.

Reservations serving alcohol require a \$25 temporary alcohol permit.

For more information, please visit our website at www.lawrenceks.org/lprd/facilityrental or call us at (785) 832-3450. To arrange a tour, please call (785) 832-7920. Reservations may be made at the Lawrence Parks and Recreation Administrative Offices, 1141 Massachusetts St.



OTHER RECREATIONAL FACILITIES

SESQUICENTENNIAL POINT

6000 W. 27th St.

Sesquicentennial Point, which is on a hillside within the leased park lands overlooking Clinton Lake and the Wakarusa Valley. Sesquicentennial Point was developed to commemorate the 150th anniversary of Lawrence's founding and provides a gathering space for groups and offer adjacent hiking trails and picnic areas. The Point's plaza, near the top of the hill, includes a platform, inscribed with the names of major donors. Descending the hill, spaced 50 feet apart, are three half circles — defined by natural grasses and rock walls — leading to the time capsule pool. Stone elements, representing a 150-year timeline and bisecting the half circles, step down the gentle slope. Envisioned for the future is a grassy amphitheater on the hillside below the time capsule. Sesquicentennial Point is destined to become a community treasure. To reserve Sesquicentennial Point for your event or to check its availability, please call (785) 832-7920.

BATTING CAGES

Clinton Lake Softball Complex

5101 Speicher Road

Part of the Clinton Lake Softball Complex, this facility features:

- 4 slow-pitch softball cages
- 2 fast-pitch softball cages
- 1 major-league baseball cage
- 2 minor-league baseball cage
- 1 rookie baseball cage

Hours of Operation:

This facility is open from March 1 to April 10 from 8 a.m. to 3 p.m. Monday through Friday and 8 a.m. to 6 p.m. Saturday and Sunday. From April 11 to October 1, from 8 a.m. to 9:30 p.m. daily. Cages will not be open during inclement weather.

Tokens:

Tokens may be purchased on site, 1 token for \$1 or 7 tokens for \$5. Each token provides 20 pitches. The token machine accepts one and five dollar bills only. Tokens may also be purchased at the LPRD Administrative Offices, 1141 Massachusetts St at a discounted rate of 15 tokens for \$10 or 25 tokens for \$15.

Reservations:

For \$35/per hour or \$20/ per half hour you or your team can reserve a cage and receive unlimited pitches. Cages may be reserved between the hours of 3 p.m. and 8 p.m. on weekdays, 9 a.m. and 6 p.m. on

Saturdays and 1 p.m. and 6 p.m. on Sundays. Cages may only be reserved from March 1 through July 31. Reservations must be made at least two days in advance. You can reserve a cage online at www.lprd.org or stop by the Lawrence Park and Recreation Administrative Offices at 1141 Massachusetts St. between 8 a.m. and 5 p.m., Monday through Friday. For more information please call (785) 832-3450.

BIKING AND HIKING TRAILS

A variety of multi-use trails are available in Lawrence parks for bicyclists, hikers, joggers, walkers and nature lovers. Pick up a Recreation/Bike Trails map at any recreation center or bike shop. The trails range from 8.4 miles of hard surface walkways along Clinton Parkway to miles and miles of scenic nature trails in Riverfront Park, Naismith Valley Park, "Dad" Perry Park, Prairie Park/Mary's Lake area and many other parks. Mountain bike trails (rated by NORBA for skill levels) continue to be improved east of the North Eighth and Oak streets boat ramp in Riverfront Park. The city converted about a mile of the abandoned Santa Fe Railroad line — from Kansas Highway 10, 23rd to 29th streets, east of Haskell Indian Nations University — to a bike and hike trail. Ten miles stretch along the South Lawrence Trafficway from U.S. Highway 59 west through Clinton Lake property and a connection north of Clinton Parkway to Township Road North 1750. Recreational trails through Naismith Valley Park and the Heatherwood neighborhood north of Clinton Parkway are great for walkers. Additional trails have been improved in Prairie Park. Jogging trails are located along four miles of Clinton Parkway. Trails are not available to motorized vehicles by city code.

DISC GOLF COURSES

Centennial Park

600 Rockledge Drive

Come try your hand at disc golf. This 18-hole course has no green fees or expensive equipment to buy. Disc golf is played like regular golf except a flying disc is used in place of a ball. One point is counted each time the disc is thrown and when a penalty is incurred. The object is to acquire the lowest score.

Riverfront Park

U.S. highways 24, 40 and 59 junction, by the Kansas River

This course was developed to provide new challenges to disc golf enthusiasts and to keep up with the growing interest in the sport. Set in beautiful Riverfront Park, enjoy the scenic riverside as you toss the disc. Maps and scorecards are available at all recreation facilities or online at www.lprd.org.

DOG PARKS (OFF-LEASH)

"Mutt Run" Off-Leash Dog Park

1330 E. 902 Road

The park includes restrooms, separate drinking fountains for dogs and their owners and a small parking lot. Paths are mowed through the fields and along wooded areas. Users must be responsible for their pets and obey rules and regulations posted at the site. Rules are available at recreation centers or on the Web at www.lprd.org. To access the park, take Clinton Parkway west to the Clinton Dam road, turn south on the dam road and take the first left onto East 902 Road. Follow East 902 Road to the first left. The 30-plus acre park is at the bend in the road that leads to the north side of the spillway.

Riverfront Park — Dog Park

U.S. highways 24, 40 and 59 junction, by the Kansas River

The area is located in Riverfront Park and can be accessed from the park entrance located near the intersection of North Third Street and U.S. highways 24 and 40. Paths are mowed through the fields and along the Kansas River.

FISHING

Mary's Lake

2730 Harper St.

Cast off at Mary's Lake, adjacent to Prairie Park and the Prairie Park Nature Center. Priority is given to Parks and Recreation programs. For more information and fishing regulations, please contact us at (785) 832-3450.

Pat Dawson Billings Nature Area*27th Street and Crossgate Drive*

After developing the variety of fish in the ponds within the park, fishing is now allowed. Priority is given to Parks and Recreation programs.

HORSESHOE COURTS**Broken Arrow Park***2900 Louisiana St.*

Broken Arrow Park has 16 lighted, state-of-the-art horseshoe courts that are available for recreational use. The Lawrence Horseshoe Club conducts numerous tournaments at this facility, including the Kansas State Pitching Championships. You can reserve courts and check out horseshoes by calling (785) 832-3450.

SKATEBOARD PARKS**Centennial Park***600 Rockledge Drive***Deerfield Park***2901 Princeton Blvd.***Holcom Park***2601 W. 25th St.*

Our skate parks are not supervised. Users participate at their own risk and should wear safety equipment. Please visit www.lawrenceks.org/lprd/recreationfacilities/skatepark for a list of skatepark rules and regulations. Special events and contests will be held occasionally, and facilities may be reserved for competitions and/or exhibitions on a space-available basis. For more information, call (785) 832-3450.

TENNIS COURTS

The Lawrence Parks and Recreation Department provides lighted outdoor courts for free play at the following locations:

Holcom Park, 2700 W. 27th St.**Lyons Park, 700 N. Lyon St.****Veterans Park, 1840 Louisiana St.****Rock Chalk Park, 101 George Williams Way (Anticipated September 2014)**

Players may activate the lights by push button, and lights will shut off automatically.

Non-lighted courts are located at:

"Dad" Perry Park, 1200 Monterey Way**Prairie Park, 2811 Kensington St.**

Additional courts are available at Central, South, West and Southwest Junior High Schools and at the University of Kansas. Bicycles, skateboards and/or roller blades are not allowed on tennis courts. *For more information, call (785) 832-3450.*

SOFTBALL AND BASEBALL FIELD RESERVATIONS

Lawrence Parks and Recreation softball/baseball fields may be reserved for private tournaments on a space-available basis. We begin taking reservations on the first working day in January and continue throughout the year. To reserve a field call (785) 832-7950. *Space is limited, so reserve your tournament early!*

FISHING REGULATIONS AT MARY'S LAKE

Mary's Lake was created in the 1950s. Lawrence Parks and Recreation Department worked with property owners in the '70s to use the natural area and lake for its Exceptional Summer Camps, as well as coordinated programming with special education classes in the public schools in the spring and fall seasons.

In 1991, Lawrence Parks and Recreation purchased the lake property and continued its development of the area with the addition of Prairie Park Nature Center in 1999 and natural trails from the center to the lake area and neighborhood park.

**LAWRENCE PARKS AND RECREATION USES THE LAKE FOR NATURE PROGRAMS AND SPECIAL EVENTS, WHICH TAKE PRIORITY OVER PUBLIC FISHING.**

Regulations for fishing are:

1. All persons need a license to fish in the lake except persons age 65 or over and under age 16.
2. State daily creel limits apply.
3. Length limit for large mouth bass is 15" minimum, and two (2) per day limit on channel catfish.

The lake is patrolled and regulations are enforced by Wildlife and Parks and Department conservation officers. Inquiries about Mary's Lake and the adjacent 71-acre Prairie Park can be made at the Lawrence Parks and Recreation Department Administrative Office, (785) 832-3450.

Lawrence Parks and Recreation uses the lake for nature programs and special events. Public fishing is accepted by following the rules above, but LPRD programs and activities take priority over public fishing and the use of the docks. There is **NO** swimming and **NO** boating allowed. **NO** flotation devices of any kind are allowed in the lake.

2015 INDOOR SOCCER (MIDDLE/HIGH SCHOOL) REGISTRATION

Mail or hand-deliver to: Sports Pavilion Lawrence, 100 Rock Chalk Lane, Lawrence, KS 66049

\$15 LATE FEE AFTER DEC. 15

Participation Fee Middle/High School	\$50
------------------------------------------------	-------------

Player's Name (one child per form): _____ Phone: _____
Last First

Address: _____ Birth Date: _____
Street City State ZIP

Current Grade: _____ Male Female E-mail: _____

School Attending (if private or homeschooled, please note which district #497 school child would attend): _____

Name **ONE** friend you would like to be placed on a team with: _____ School: _____
Last First

We will do our best to place your son/daughter on a team with the **CLASSMATE OR FRIEND** listed above (friend must be registered by the deadline).
 Some schools may not have all their classmates on the same team.

Participant's Parents' Names: Father: _____ Mother: _____

I consent to my child's participation in the Lawrence Parks and Recreation-sponsored Youth Sports Program. I recognize there may be potential hazards in this activity. He/She is in good physical condition and will follow all Lawrence Parks and Recreation rules and regulations. I also consent to the use of my child's photo in publicity material for the Lawrence Parks and Recreation Department.

Participant or Guardian Signature: _____ Date: _____

Check league that applies:

\$15 late fee after Jan. 2

a) SC8 (boys, 7th and 8th grade) b) SC9 (girls, 7th and 8th grade) c) SC10 (boys, 9th-12th grade) d) SC11 (girls 9th-12th grade)

Parent Volunteer Coaches Needed! (Head coaches only)

I wish to be considered as a **head coach** for my son's/daughter's soccer team: _____ (Deduct \$10 if you sign up **PRIOR** to deadline)
Please note: Not ALL who sign up to coach will be given a team. There may be several people who are assigned to one team as co-coaches.

Name: _____ School: _____

Address (if different from above): _____

E-mail: _____

I coached last year: _____ Home Phone: _____ Daytime Phone: _____

OFFICE ONLY: Code#: 124100

Cash _____ Check # _____

Amt \$ _____ Date _____

Rec. by: _____

Location: _____

League: _____ Team #: _____

2015 INDOOR SOCCER (K-6TH) REGISTRATION

Mail or hand-deliver to: Sports Pavilion Lawrence, 100 Rock Chalk Lane, Lawrence, KS 66049

\$15 LATE FEE AFTER DEC. 15

Participation Fee K-6th	\$50
-----------------------------------	-------------

Player's Name (one child per form): _____ Phone: _____
Last First

Address: _____ Birth Date: _____
Street City State ZIP

Current Grade: _____ Male Female E-mail: _____

School Attending (if private or homeschooled, please note which district #497 school child would attend): _____

Name **ONE** friend you would like to be placed on a team with: _____ School: _____
Last First

We will do our best to place your son/daughter on a team with the **CLASSMATE OR FRIEND** listed above (friend must be registered by the deadline).
 Some schools may not have all their classmates on the same team.

Participant's Parents' Names: Father: _____ Mother: _____

I consent to my child's participation in the Lawrence Parks and Recreation-sponsored Youth Sports Program. I recognize there may be potential hazards in this activity. He/She is in good physical condition and will follow all Lawrence Parks and Recreation rules and regulations. I also consent to the use of my child's photo in publicity material for the Lawrence Parks and Recreation Department.

Participant or Guardian Signature: _____ Date: _____

Check league that applies:

\$15 late fee after Jan. 2

a) SC1 (co-ed, kindergarten) b) SC2 (boys, 1st and 2nd grade) c) SC3 (girls, 1st and 2nd grade) d) SC4 (boys, 3rd and 4th grade)
 e) SC5 (girls, 3rd and 4th grade) f) SC6 (boys, 5th and 6th grade) g) SC7 (girls, 5th and 6th grade)

Parent Volunteer Coaches Needed! (Head coaches only)

I wish to be considered as a **head coach** for my son's/daughter's soccer team: _____ (Deduct \$10 if you sign up **PRIOR** to deadline)
Please note: Not ALL who sign up to coach will be given a team. There may be several people who are assigned to one team as co-coaches.

Name: _____ School: _____

Address (if different from above): _____

E-mail: _____

I coached last year: _____ Home Phone: _____ Daytime Phone: _____

OFFICE ONLY: Code#: 126201

Cash _____ Check # _____

Amt \$ _____ Date _____

Rec. by: _____

Location: _____

League: _____ Team #: _____

2015 YOUTH SPORTS RECREATIONAL BASKETBALL REGISTRATION

Mail or hand-deliver to: Sports Pavilion Lawrence, 100 Rock Chalk Lane, Lawrence, KS 66049

\$15 LATE FEE AFTER JAN. 5

Participation Fees	
Intro, Rk, Rec	\$45
Jhawk	\$55

YOUTH SPORTS REGISTRATION

Player's Name (one child per form): _____ Phone: _____
Last First

Address: _____ Birth Date: _____
Street City State ZIP

Current Grade (2014-15 school year): _____ Male Female E-mail: _____

School Attending (if private or homeschooled, please note which USD 497 school child would attend): _____

Name **ONE** friend you would like to be placed on a team with: _____ School: _____
Last First

We will do our best to place your son/daughter on a team with the **CLASSMATE OR FRIEND** listed above (friend must be registered by the deadline). Some schools may not have all their classmates on the same team.

Participant's Parents' Names: Father: _____ Mother: _____

I consent to my child's participation in the Lawrence Parks and Recreation-sponsored Youth Sports Program. I recognize there may be potential hazards in this activity. He/She is in good physical condition and will follow all Lawrence Parks and Recreation rules and regulations. I also consent to the use of my child's photo in publicity material for the Lawrence Parks and Recreation Department.

Participant's or Guardian's Signature: _____ Date: _____

Check league that applies:

- | | | | |
|----------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> a) Intro (K, kindergarten boys) | <input type="checkbox"/> e) Rec4 (4th-grade boys) | <input type="checkbox"/> i) Intro (K, kindergarten girls) | <input type="checkbox"/> m) Jhg7/8 (7th- & 8th-grade girls) |
| <input type="checkbox"/> b) Rk1 (1st-grade boys) | <input type="checkbox"/> f) Jhawk5 (5th-grade boys) | <input type="checkbox"/> j) Rkg (1st- & 2nd-grade girls) | All Jayhawk Leagues: Circle T-shirt size |
| <input type="checkbox"/> c) Rk2 (2nd-grade boys) | <input type="checkbox"/> g) Jhawk6 (6th-grade boys) | <input type="checkbox"/> k) Rg (3rd- & 4th-grade girls) | Youth: YS YM YL |
| <input type="checkbox"/> d) Rec3 (3rd-grade boys) | <input type="checkbox"/> h) Jhawk7/8 (7th- & 8th-grade boys) | <input type="checkbox"/> l) Jhg (5th- & 6th-grade girls) | Adult: AXS AS AM AL AXL |

Parent Volunteer Coaches Needed! (Head coaches only)

I wish to be considered as a **head coach** for my son's/daughter's basketball team: _____ (Deduct \$10 if you sign up **PRIOR** to deadline)
Please note: Not ALL who sign up to coach will be given a team. There may be several people who are assigned to one team as co-coaches.

Name: _____ School: _____

Address (if different from above): _____

Email: _____

I coached last year: _____ Cell Phone: _____ Daytime Phone: _____

OFFICE ONLY: Code#: 424101

Cash _____ Check # _____

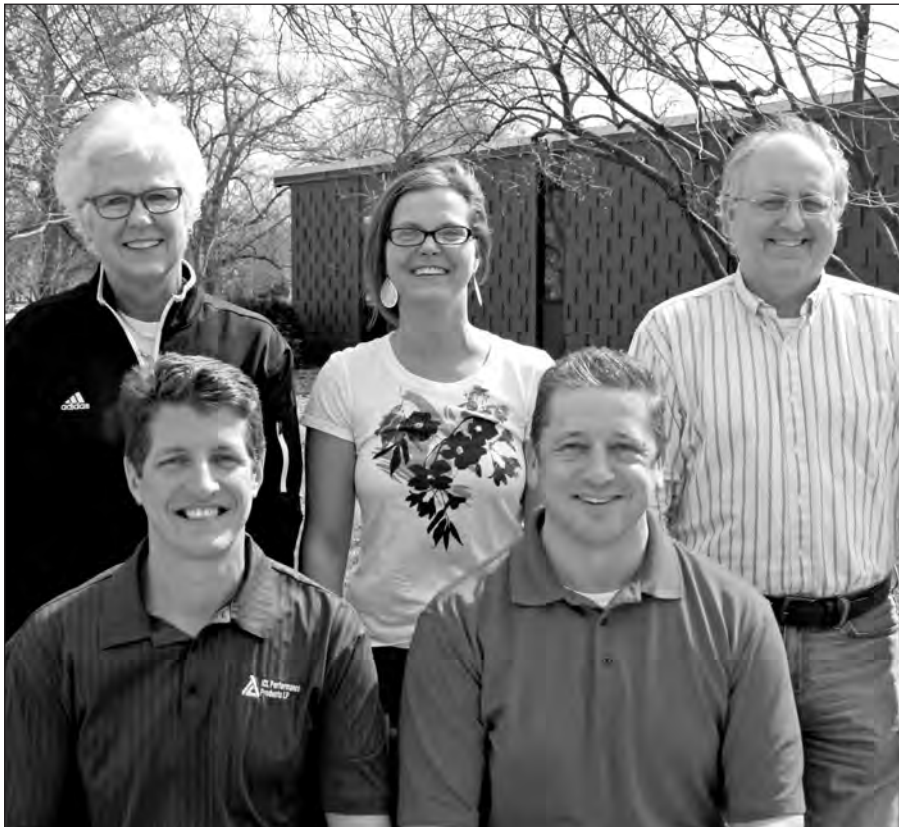
Amt \$ _____ Date _____

Rec. by _____

Location _____

League _____ Team # _____

LPRD ADVISORY BOARD/SIGNATURE SPONSORS



Serving on the Lawrence Parks and Recreation Department Advisory Board are, from left, Sue Hack, Kevin Loos, LaRisa Chambers-Lochner, Joe Caldwell and Andrew Clayton.

Cottin's Hardware & Rental

1832 Massachusetts St.

Jayhawk Trophy

3341 W. Sixth St.

The World Company

645 New Hampshire St.

Scotch Fabric Care Services

Seven Lawrence locations

Waxman Candles

609 Massachusetts St.

*LPRD thanks you
for your support!*

ADVISORY BOARD/SPONSORS 71



FOR RECREATION USE ONLY Date _____ Registrar _____ Loc. _____
 Cash MC VS D Check # _____

HOUSEHOLD INFORMATION
(PLEASE PRINT)

Name _____ Sex Male Female
Address _____ City _____ State _____ ZIP _____
Home Phone _____ Work Phone _____ Cell _____
E-mail _____
Secondary/Emergency Contact _____ Phone _____
 YES! I would like to make a donation to the LPRD scholarship fund. Amt: \$ _____

Participant's First Name	Participant's Last Name	Birth Date	Sex M/F	Class Code	Sec	Class Name	Fee	Start Date

In consideration of my (and/or my child's) participation in this activity, I hereby release and discharge the City of Lawrence, Kansas, from any and all liability arising from accident, injury and illness that I (or my child/children) may suffer as a result of participation in such activity. I further agree to indemnify and hold harmless the City of Lawrence, Kansas and its employees from any and all claims resulting from injuries, damages and losses sustained by me (and/or my child/children) arising out of, connected with or in any way associated with the activity. In the event of emergency, I authorize City officials to secure from any licensed hospital, physician or medical personnel any treatment deemed necessary for me (and/or my child's) immediate care and agree that I will be responsible for payment of any and all medical services rendered. If any damage to City facilities, equipment or materials occurs as a result of misuse by me (and/or my child) during use in activity enrolled or participating in, I will be responsible for payment of any repairs and/or replacement needed. Also, the undersigned and/or the participant(s) authorize the City to use at its discretion any photographs (black/white or color and video footage) taken of participants while participating in City programs and activities for marketing in print or by electronic means. Registration is not valid without signature. For faxed registration, signature provided by transmittal will stand as a valid signature and will represent consent of waiver here within.

I HAVE READ AND UNDERSTAND THE WAIVER, REGISTRATION AND REFUND POLICIES

Signature Required _____ Date _____
Please Print Name _____ REGISTRATION INVALID WITHOUT SIGNATURE

METHOD OF PAYMENT
 Check or Money Order (Payable to: City of Lawrence) Cash MasterCard Visa Discover

DO YOU NEED SPECIAL ACCOMMODATIONS TO PARTICIPATE IN THESE PROGRAMS? YES NO
If Yes, please explain. _____



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Adam Rolf, PT, DPT, ATC, CSCS

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