

LAWRENCE PARKS AND RECREATION DEPARTMENT

ACTIVITIES GUIDE

WINTER/SPRING 2016

MAINTAINING THE CORE

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through maintenance program

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2016 WINTER/SPRING ACTIVITIES GUIDE

This edition of the *Lawrence Parks and Recreation Department Activities Guide* focuses on revitalization. We’ve revitalized several recreation facilities and parks across the community over the past six months conducting general maintenance, as well as refinishing gymnasium floors. Our feature story focuses on those revitalized areas and how they can help you revitalize your current lifestyle, helping you to live more active.

At Lawrence Parks and Recreation Department, we want to give you the assistance and tools necessary to meet your fitness goals. LPRD offers more than 550 activities and programs per season. We do our best to listen to your feedback and provide the classes and activities you feel will facilitate the best opportunities for your health.

At LPRD, we make a commitment to help you pursue a healthy, active lifestyle, so if you haven’t tried any of our programs in a while, we encourage you to stretch your limits with LPRD!

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 username. 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.

ONLINE*

Starting Sunday, Nov. 1 (for all winter/spring activities)

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

WALK-IN / MAIL-IN**

Starting Monday, Nov. 2 (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, Administrative Office, 1141 Massachusetts St., Lawrence, KS 66044. *Make checks payable to LPRD.*

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

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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 DIRECTORY

TDD PHONE (785) 832-3205

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

CITY COMMISSION*

Mike Amyx, Mayor	Matthew Herbert
Leslie Soden, Vice Mayor	Lisa Larsen
Stuart Boley	Diane Stoddard, Interim City Manager

PARKS AND RECREATION ADVISORY BOARD

LaRisa Chambers, Chair	Sue Hack
Joe Caldwell	Kevin Loos
Andrew Clayton	*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**, Interim 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 Administrative 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
Josh Maike, Adult Sports Supervisor
jmaike@lawrenceks.org
Ross Schraeder, Recreation Center Programmer
rschraeder@lawrenceks.org
Gayle Sigurdson, Recreation Programmer
gsigurdson@lawrenceks.org
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**, Park Operations Manager/Eagle Bend
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 **John Gress**, Facilities Maintenance Supervisor
(785) 423-1139, *jgress@lawrenceks.org*
Darin Pearson, Park Operations Manager/Eagle Bend
(785) 832-7959, *dpearson@lawrenceks.org*
Rowan Green, Park District Manager
(785) 832-7971, *rgreen@lawrenceks.org*
Mitch Young, Park District Supervisor (District 3 & Cemetery)
(785) 832-3451, *mlyoung@lawrenceks.org*
Crystal Miles, Horticulture & Forestry Manager
(785) 832-7970, *cmiles@lawrenceks.org*
Pat Hennessey, Park Operations Manager/
Sports Pavilion Lawrence
(785) 330-7359, *phennessey@lawrenceks.org*

PRAIRIE PARK NATURE CENTER

2730 Harper St. • (785) 832-7980

Reservation/Enrollment Hours:

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

CODES **PPNC** Prairie Park Nature Center

STAFF **Marty Birrell**, Nature Interpretive Supervisor
mbirrell@lawrenceks.org
Andrea Woody, Naturalist
awoody@lawrenceks.org

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St. • (785) 832-7950

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

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

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

SPORTS PAVILION LAWRENCE

presented by Lawrence Memorial Hospital

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
	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

Kristy Bellinger, Recreation Programmer
 kbellinger@lawrenceks.org

Jalon Grogan, Gymnastics Programmer
 jgrogan@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
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.
LPM	Lawrence Presbyterian Manor, 1429 Kasold Drive
ML	Mary's Lake, 2730 Harper St.
OHC	Oak Hill Cemetery, 1605 Oak Hill Ave.
OMG	Omni Universal Training, 110 Riverfront Road, Suites 1 and 2
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 — **New Class** — **Fitness Level** — **Ages/Class Size** — **Class Description**

Co-sponsored — **Class Not Eligible for Youth Scholarships** — **Class Notes**

For age 50-plus — **No Senior Discount**

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

Class Code — **Class Fee**

Night Class (Noted in bold) — **Dates of Class**

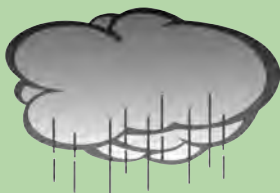
Section of Class — **Time of Class**

Name 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.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127233	A	STREGTRA	MWF	8-8:50AM	1/4-3/4	HPRC-BR	\$75
127233	B	STREGTRA	MWF	9-9:50AM	1/4-3/4	HPRC-BR	\$75
127233	C	STREGTRA	MWF	5:30-6:20PM	1/4-3/4	HPRC-BR	\$75
227234	A	STREGTRA	MWF	8-8:50AM	3/21-5/20	HPRC-BR	\$75
227234	B	STREGTRA	MWF	9-9:50AM	3/21-5/20	HPRC-BR	\$75
227234	C	STREGTRA	MWF	5:30-6:20PM	3/21-5/20	HPRC-BR	\$75

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.

ON THE COVER: Zumba participants work out in the Community Building, which had its floor recently refinished. (Photo by Roger Steinbrock.)

Registration for all 2016 winter/spring programs begins

Sunday, Nov. 1 – Online

Monday, Nov. 2 – 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

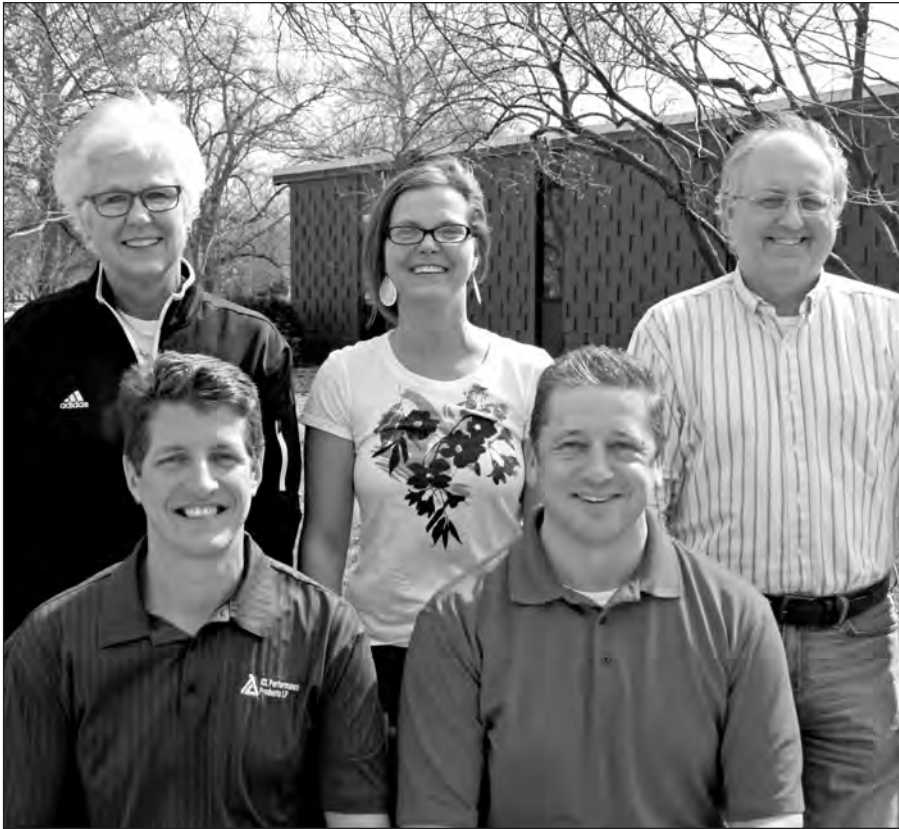
HELP REPLACE WHAT YOU SWEAT OUT



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**CITY OF LAWRENCE PARKS
& RECREATION**



LPRD ADVISORY BOARD/SIGNATURE SPONSORS



Serving on the Lawrence Parks and Recreation Department Advisory Board are, from left, Sue Hack, Kevin Loos, LaRisa Chambers, Joe Caldwell and Andrew Clayton.

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Jayhawk Trophy

3341 W. Sixth St.

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645 New Hampshire St.

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609 Massachusetts St.

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Lawrence Parks and Recreation also has outdoor park space for wedding ceremonies, as well as other indoor spaces for receptions.



COMING SOON

to Sports Pavilion Lawrence



LMH Performance & Wellness Center

A Service of Lawrence Memorial Hospital



Offering Sports Performance Training and a wide variety of health and wellness programs.

For more information or to enroll in programs, call 785-505-2719 or visit www.lmh.org/perform

LAWRENCE MEMORIAL HOSPITAL 

Lawrence Memorial Hospital is the Official Health and Wellness Partner of the City of Lawrence



While citizens keep fit through LPRD programs, facilities get a necessary makeover.

By Roger Steinbrock

With the one-year anniversary of Sports Pavilion Lawrence in October, numbers show the citizens of Lawrence are continuing to live healthy, active lifestyles. With the addition of the sports pavilion, the number of visitors to all Lawrence Parks and Recreation Department facilities will climb to more than 1 million people this year. That's a lot of foot traffic through the doors, a lot of basketballs being bounced on courts, a lot of laps in the pools, a lot of fitness class workouts — you get the picture. While these visits bring healthy, active lifestyles to life, they also bring wear and tear to facilities.

“Parks and Recreation has nearly 4,000 square acres of parks and facilities that serve the Lawrence community,” Ernie Shaw of

Lawrence Parks and Recreation said. “In order to maximize the useful life of all of the community assets, we put a high emphasis on a quality maintenance program.”

Jimmy Gibbs, recreation operations manager, agrees.

“Maintenance of facilities is important to sustained operations,” Gibbs said. “When we close the Indoor Aquatic Center in the late summer, it allows us to do some deep cleaning, things we can't accomplish when we are in operation on a daily basis.”

Over the past few months, some areas of Parks and Recreation facilities have been temporarily closed for general annual maintenance and revitalization. Some of the revitalization has been a little more in-depth, giving somewhat dull floors a new shine. Here's a breakdown of what has

transpired at Parks and Recreation facilities over the past few months:

COMMUNITY BUILDING

Portions of the Community Building were closed for two weeks to refinish the gymnasium floor, which required it to be stripped and stained. The process on the Community Building's floor took longer than most because the floor was stripped down to the wood. New lines were also painted on and then refinished. Other maintenance and cleaning were completed in the weight and cardio rooms.

HOLCOM PARK RECREATION CENTER

Holcom Park Recreation Center was only down for two days to refinish the gymnasium. The gym will have additional work done to



its skylight later this year, but the work shouldn't impact gym use.

EAST LAWRENCE RECREATION CENTER

East Lawrence Recreation Center saw the gymnastics room get a complete makeover. The room was closed for a little more than a month to revitalize it with new paint, carpet and wall mats, giving the room a completely different feel and making it more inviting for participants. The gymnasium at East Lawrence Recreation Center was also down for a couple of days for refinishing.

INDOOR AQUATIC CENTER

Lawrence Indoor Aquatic Center was closed for a little over two weeks for its annual maintenance. During the pool shutdown, water was

drained from the pools so new paint could be applied to the surfaces of the pools. Other cleaning was done throughout the building. Water features were inspected and maintenance was also performed as needed.

SPORTS PAVILION LAWRENCE

For two weeks courts at Sports Pavilion Lawrence were closed for refinishing. Courts were closed using a staggering method, providing the public with open courts while work was being completed.

PLAYGROUNDS

Other maintenance was also conducted on a couple of playgrounds in September. The playgrounds at East Lawrence Recreation Center and Buford M. Watson Jr. Park were closed to make accessibility

upgrades. Improved surfacing was also added at both playground areas.

TRAILS

Work has continued to connect the Outside for a Better Inside Trail in Sandra J. Shaw Community Health Park with a new trail in Burcham Park that runs along the Kansas River. The paved Burcham Park trail will also connect to the existing trail in Constant Park, providing continuous access from the Outside for a Better Inside Trail to Downtown Lawrence.

The Trails at Rock Chalk Park have been completed, and the Baldwin Creek Trail is currently being developed, which will connect the Trails at Rock Chalk Park all the way to Queens Road. The Baldwin Creek Trail is scheduled to be completed in summer 2016, weather permitting.

GETTING A START AT GOING FOR THE GOLD

Every Olympic year, Lawrence Parks and Recreation Department sees an uptick in interest in Olympic sports. With the Summer Games scheduled in 2016, gymnastics will continue to gain in popularity. However, Lawrence Parks and Recreation has already seen its gymnastics program significantly develop over the past few years.

With the addition of the gymnastics room at Sports Pavilion Lawrence, presented by Lawrence Memorial Hospital, the program has more than doubled its space for classes. Now classes are available at both SPL and the East Lawrence Recreation Center gymnastics room, which had been the headquarters for the program since it was relocated from the University of Kansas campus in 2005.

Parks and Recreation offers programming for those as young as 18 months old up to competitive team gymnastics for high schoolers. Classes are available in the morning, afternoon and evening.

Beginning in November, Parks and Recreation will be adding a new program called *Kids Night Out*, which will provide parents with programming for their children on Saturday evenings. A holiday camp has also been created for when kids are out of school at the end of the year, and the department will once again be offering



a spring break gymnastics camp.

Birthday parties in the gymnastics room are available on Saturdays and Sundays for ages 3 years old and older.

The department also offers Gymnastics Open Gym at Sports Pavilion Lawrence, 100 Rock Chalk Lane, for those who may not be able to commit to an eight-week program. It is offered for children 1 to 5 years

old on Mondays and Wednesdays, 9-10 a.m. and 10:15-11:15 a.m., and Saturdays, 11-11:45 a.m. and noon-12:45 p.m. Parents are required to attend with their child. For children 6 to 14 years old, open gym is held from 7-8:30 p.m. on Saturdays and 4-5:30 p.m. on Sundays.

At East Lawrence Recreation Center, 1245 E. 15th St., Gymnastics Open Gym is offered for ages 1 to 5 years old from 10:15-11:15 a.m. on Tuesdays and Thursdays and 11:30-12:30 p.m. on Saturdays. Parents are required to attend with their child. The cost for Open Gym is \$5 per child per session. For more information, please visit: www.lawrenceks.org/lprd/recreationinstruction/gymnastics/opengym.

To facilitate the expanded offerings, the department has hired Jalon Grogan as its gymnastics coordinator. Grogan, a graduate in education from the University of Nebraska-Lincoln, has been an elementary school teacher in both Nebraska and Florida. She has also been a personal trainer, a preschool teacher, gymnastics teacher and a group fitness instructor.

The department also offers activities for groups like homeschoolers, moms groups, girl scouts and preschools for morning and early afternoon private events.

LMH BECOMES SPONSOR AT SPL



Recently, Lawrence Memorial Hospital became a presenting sponsor at Sports Pavilion Lawrence. The sponsorship agreement includes allowing LMH signage inside SPL, banners at each of the city's three other recreation centers, a page in



this publication and visibility on the Lawrence Parks and Recreation Department's website and other social media, and opportunities to have interaction with Parks and Recreation patrons. The sponsorship provides Parks and Recreation with \$50,000 per year for five years. The money raised from sponsorships will offset operational costs of the facility.

LMH also signed a lease agreement to rent an area within Sports Pavilion Lawrence for 10 years to deliver health and wellness services to the public.

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. 2 to 30. 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

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 Monday, Dec. 21.

New, unused, unopened toys are being collected from Monday, Nov. 23, to Friday, Dec. 18, 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 Friday, Dec. 18, to allow for distribution. For more information, please contact Roger Steinbrock, marketing supervisor, at (785) 832-3458.

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. 21-23, 28-30	Lap Swimming: Regular Hours
Jan. 4-5, 18	Leisure Pool: 1 p.m. to 7:45 p.m.
March 14-18	Weekends: Regular Hours

Nov. 25	Lap Swimming: 5:15 a.m. to 2:45 p.m.	Leisure Pool: 10 a.m. to 2:45 p.m.
Nov. 27	Lap Swimming: 9 a.m. to 7:45 p.m.	Leisure Pool: 1 p.m. to 7:45 p.m.
Dec. 24, 31	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.

Nov. 26	CLOSED
Dec. 25	CLOSED
Jan. 1	CLOSED

CARL KNOX NATATORIUM

Nov. 25-26	CLOSED
Dec. 21-Jan. 11	CLOSED
March 14-18	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) 832-7920

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 percent!

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 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. Lawrence Indoor Aquatic Center's helpful and friendly staff can assist you 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 (785) 832-SWIM or go online to www.lawrenceks.org/lprd/aquatics.*



PET EXPO

Sunday, May 1 12-4 p.m.
Historic South Park

1141 Mass St.

**See page 61
for more info**

This event is free & open to the public



City of Lawrence
PARKS AND RECREATION

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 0 to 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.

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. **Punch cards are not accepted for this discounted swim night.** *Fridays — Dec. 4, Jan. 8, Feb. 12, March 4, April 1 and May 6.*

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. 2-30.*

AMNESTY DAY

On Monday, Jan. 18, 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 the USD 497 doesn't have school, this is the perfect chance for you to use them up!

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. *Sunday, 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 8.*

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 21, patrons who present a valid US military ID will receive free admission.

SPECIAL EVENTS**SANTA SPLASH**

Ages: 2-12. 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. 16, to secure crafts; may pay day of to participate in the Santa visit and swimming.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
411007	A	SANTA	S	12-12:45PM	12/19	LIAC	\$7

KIDS NIGHT OUT

Ages: 5-12. 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	SEE
111001	A	KNO	S	4-7PM	1/16	LIAC	\$15
111001	B	KNO	S	4-7PM	2/27	LIAC	\$15
211001	A	KNO	S	4-7PM	4/16	LIAC	\$15

UNDERWATER EGGSTRAVAGANZA

Ages: 2-12. 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, March 23, to secure crafts; may pay fee day-of to participate in egg hunt and swimming only.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
211004	A	EGGS	S	12-12:45PM	3/26	LIAC	\$7





EDUCATION/ROOM RENTAL

HOME-SCHOOL 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. Additional home school opportunity listed under the Aquatic Fitness Classes. Call Mike at (785) 832-7946 or mesalante@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: 6-18 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	1/16-3/12	LIAC	\$29
212425 1A	AQUABABY	S	9:15-9:45AM	3/26-5/21	LIAC	\$29

HOME SCHOOL AMPHIBIOUS FITNESS

Ages: 5-12. This fitness class features a mixture of land-based exercise, as well as swimming and water exercise. We will also have fun in this class, and leave time for diving or cannon balls. The class will start on land and feature body weight strength training and cardio, as well as stretching and then transition to the pool for swimming or water exercises, and then fun. Kids should be outfitted with on-land exercise clothes and shoes for the beginning of class, and either have their swimsuits on underneath or they will be allowed to change before entering the pool. **No class 1/18, 2/19, 2/26.** **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
111007 A	FIT	MWF	1:30-2:30PM	1/11-2/3	LIAC	\$45
111007 B	FIT	MWF	1:30-2:30PM	2/8-3/4	LIAC	\$45
211007 A	FIT	MWF	1:30-2:30PM	3/21-4/8	LIAC	\$40

AQUA FIT (CO-SPONSORED WITH LMH THERAPY SERVICES)

Ages: 16 and Up. Enrollment Min 15 / Max 20. Aqua Fit 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	9-9:45AM	1/12-3/10	LIAC	\$63
112434 1B	AQUAFIT	TR	10-10:45AM	1/12-3/10	LIAC	\$63
212434 1A	AQUAFIT	TR	9-9:45AM	3/22-5/19	LIAC	\$63
212434 1B	AQUAFIT	TR	10-10:45AM	3/22-5/19	LIAC	\$63

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	1/11-3/11	LIAC-CPSE	\$88
212412 1A	FUSION	MWF	8:15-9:15AM	3/21-5/20	LIAC-CPSE	\$88

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	1/11-3/9	LIAC-CPSE	\$59
112411 1B	ZUMBA	MW	6:30-7:15PM	1/11-3/9	LIAC-CPSE	\$59
212411 1A	ZUMBA	MW	5:30-6:15PM	3/21-5/18	LIAC-CPSE	\$59
214111 1B	ZUMBA	MW	6:30-7:15PM	3/21-5/18	LIAC-CPSE	\$59

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 what your fitness level. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112410 1A	AQUAROBC	MW	5:15-6:15AM	1/11-3/9	LIAC-DWDW	\$59
212410 1A	AQUAROBC	MW	5:15-6:15AM	3/21-5/18	LIAC-DWDW	\$59

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	1/16-3/12	LIAC	\$29
112426 1B	PRENATAL	R	6:30-7:15PM	1/14-3/10	LIAC	\$29
212426 1A	PRENATAL	S	10-10:45AM	3/26-5/21	LIAC	\$29
212426 1B	PRENATAL	R	6:30-7:15PM	3/24-5/19	LIAC	\$29

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	1/11-3/11	LIAC	\$88
212420 1A	SHALLOW	MWF	7:30-8:30AM	3/21-5/20	LIAC	\$88

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	1/12-3/10	LIAC-S&DW	\$59
212437	1A	AQUAHIIT	TR	5:30-6:15PM	3/22-5/19	LIAC-S&DW	\$59

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	1/11-3/9	CKN	\$59
212420	1B	HYDRO	MW	6:30-7:30PM	3/21-5/18	CKN	\$59

AQUATIC BODY CONDITIONING

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	ABC	TR	6:30-7:30PM	1/12-3/10	CKN-S&DW	\$59
212410	1F	ABC	TR	6:30-7:30PM	3/22-5/19	CKN S&DW	\$59

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	1/12-3/10	LIAC	\$59
212433	1A	GLIDE	TR	8-8:45AM	3/22-5/19	LIAC	\$59

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	1/11-3/11	LIAC	\$95
112430	1B	JIVNJNTS	MWF	9:45-10:30AM	1/11-3/11	LIAC	\$95
212430	1A	JIVNJNTS	MWF	8:45-9:30AM	3/21-5/20	LIAC	\$95
212430	1B	JIVNJNTS	MWF	9:45-10:30AM	3/21-5/20	LIAC	\$95

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 (785) 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 (PRPSCHOOL) (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 to 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 (JRJSWIM): 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. 15-March 9

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212103 1B	LEVEL3	MW	6:15-7PM	2/15-3/9	CKN	\$45
212107 1B	JRSWIM	MW	7-7:45PM	2/15-3/9	CKN	\$45

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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 and 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 (785) 832-SWIM.*

WATER SAFETY INSTRUCTOR COURSE

■ *Ages: 16 and Up.* 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. Pre-requisite 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 (785) 832-SWIM. The cost is \$190 plus a \$35 fee is required at time of on-line registration and is a certification fee paid to the American Red Cross. Enrollment Deadline Friday, Feb. 19.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212110	A WSI	SUMTW	8AM-4PM	3/13-3/16	LIAC	\$190

LIFEGUARD TRAINING

■ *Ages: 15 and Up.* This course trains individuals in the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes certifications in Lifeguard Training, Water Park 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. **Cost: \$190 plus a \$35 fee is required at time of registration and is a certification fee paid to the American Red Cross. Enrollment Deadlines: 412120 Section B – Tuesday, Dec. 8; 212120 Section A – Wednesday, Feb. 24; 212120 Section B – Friday, March 11; 212120 Section C – Monday, March 14.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412120	B LGT	SUMTW	8AM-5PM	12/27-12/30	LIAC	\$190
212120	A LGT	WRFS	8AM-4PM	3/16-3/19	LIAC	\$190
212120	B LGT	S	8AM-1PM	4/2-4/30	LIAC	\$190
212120	C LGT	SU	12-6PM	4/3-5/1	LIAC	\$190

LIFEGUARD TRAINING INSTRUCTOR

■ *Ages: 17 and Up.* This course trains individuals in the skills and knowledge needed to teach Lifeguarding, shallow water lifeguarding, lifeguarding blended learning, waterfront skills module, water park skills module, CPR/AED for the professional Rescuers and Health Care Providers, Blood-borne 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 on-line 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. Cost: \$190 plus a \$35 fee is required at time of registration and is a certification fee paid to the American Red Cross. Enrollment Deadline: Wednesday, Dec. 16.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112122	A LGTI	TWRF	8AM-4PM	1/5-1/8	LIAC	\$190

LIFEGUARD PRE-COURSE PREP

If you want to start your lifeguard career, but need help developing the swimming skills and endurance needed to pass the lifeguard course prerequisites, then this is the class for you. In a small group setting, each participant will be evaluated and instructed on stroke techniques, breathing techniques and endurance training specific to passing all of the entry requirements for American Red Cross Lifeguard Training Class.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112121	A PREP	T	6:30-7:15PM	2/2-2/23	LIAC-CP	\$25



GOLF

DEPARTMENT/
REGISTRATION

AQUATICS

GOLF

LIFELONG
RECREATION

NATURE

RECREATION
INSTRUCTION



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	6984 yards	73.9/130	0-7
Blue	6542 yards	71.9/126	8-15
White	5989 yards	69.3/121	16+
Red	5274 yards	71.5/120	Beginners
Yellow	3160 yards		Juniors
Green	1612 yards		Beginning Juniors

PASSES

Eagle Bend has several options for your golfing needs. Inquire at the pro shop about our monthly and annual passes for current rate information. *Contact the pro shop at (785) 748-0600 for more information.*

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.

ADULT CLINICS

WELCOME TO GOLF

Ages: 18 and Up. Enrollment Min 2 / Max 10. 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. **Golfer may sign up for consecutive classes. If the golfer chooses to sign up for additional classes, the instructor will build upon lessons taught in previous classes.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
260210 A	WELCOME	W	5:30-6:30PM	3/16	EBGC	\$25
260210 B	WELCOME	W	5:30-6:30PM	3/23	EBGC	\$25
260210 C	WELCOME	W	5:30-6:30PM	3/30	EBGC	\$25
260210 D	WELCOME	W	5:30-6:30PM	4/6	EBGC	\$25
260210 E	WELCOME	W	5:30-6:30PM	4/13	EBGC	\$25
260210 F	WELCOME	W	5:30-6:30PM	4/20	EBGC	\$25
260210 G	WELCOME	W	5:30-6:30PM	4/27	EBGC	\$25
260210 H	WELCOME	S	12-1PM	3/19	EBGC	\$25
260210 I	WELCOME	S	12-1PM	3/26	EBGC	\$25
260210 J	WELCOME	S	12-1PM	4/2	EBGC	\$25
260210 K	WELCOME	S	12-1PM	4/9	EBGC	\$25
260210 L	WELCOME	S	12-1PM	4/16	EBGC	\$25
260210 M	WELCOME	S	12-1PM	4/23	EBGC	\$25
260210 N	WELCOME	S	12-1PM	4/30	EBGC	\$25

ADULT — GET GOLF READY

Ages: 18 and Up. Enrollment Min 2 / Max 10. Get Golf Ready is a low cost program to help get the new golfer out onto the course and having fun. We will be following the curriculum developed by the PGA and associated golf industry leaders and helping you plug into the game of golf. This class will get you ready for the course after 5 lessons. Get more information from www.pga.com or give us a call. The cost for Get Golf Ready is \$100 for five one-hour sessions.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
260105 A	GETREAD	T	5:30-6:30PM	3/29-4/26	EBGC	\$100

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BUILDING BLOCKS

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. If the golfer chooses to sign up for additional classes, the instructor will build upon lessons taught in previous classes.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
260220	A	BDBLOCK	S	1-2PM	4/2	EBGC \$25
260220	B	BLDBLOCK	S	1-2PM	4/9	EBGC \$25
260220	C	BLDBLOCK	S	1-2PM	4/16	EBGC \$25
260220	D	BLDBLOCK	S	1-2PM	4/23	EBGC \$25

ADULT — SHORT GAME CLINIC

Ages: 18 and Up. Enrollment Min 2 / Max 10. This class is intended to build the short game skills of a golfer who is a beginner or a more advanced golfer. The golfer will come to the class with some prior knowledge of golf. The class will go over all advanced fundamentals and terminology of all short game inside 100 yards, includes chipping, pitching, bunker play and putting. **Golfer may sign up for consecutive classes. If the golfer chooses to sign up for additional classes, the instructor will build upon lessons taught in previous classes.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
260106	A	ADSHGM	S	10-11AM	4/2	EBGC \$20
260106	B	ADSHGM	S	10-11AM	4/9	EBGC \$20
260106	C	ADSHGM	S	10-11AM	4/16	EBGC \$20
260106	D	ADSHGM	S	10-11AM	4/23	EBGC \$20

GOLF FITNESS

ADULT GOLF FITNESS

Ages: 18 and Up. Enrollment Min 2 / Max 10 This class is designed to help with the golfer's fitness. It will focus on mobility, stability, flexibility and core strength. Each new enrollee will be tested on current mobility, stability, flexibility and core strength abilities. After the first initial test an individual plan will be developed for the enrollee to help them with the weakness in their golf fitness. **Individuals are encouraged to sign up for four consecutive classes.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
460207	A	GLFFIT	F	6-7PM	12/11	HPRC-BR \$25
460207	B	GLFFIT	F	6-7PM	12/18	HPRC-BR \$25
160207	A	GLFFIT	F	6-7PM	1/8	HPRC-BR \$25
160207	B	GLFFIT	F	6-7PM	1/15	HPRC-BR \$25
160207	C	GLFFIT	F	6-7PM	1/22	HPRC-BR \$25
160207	D	GLFFIT	F	6-7PM	1/29	HPRC-BR \$25
160207	E	GLFFIT	F	6-7PM	2/12	HPRC-BR \$25
160207	F	GLFFIT	F	6-7PM	2/19	HPRC-BR \$25
160207	G	GLFFIT	F	6-7PM	2/26	HPRC-BR \$25

JUNIOR GOLF PROGRAMMING: SEE YOUTH SPORTS, PAGE 69.

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 Thursdays, 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. **Leagues run on Mondays or Thursdays, 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. For more information, please contact the pro shop at (785) 748-0600.**

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.



HOLE SPOTLIGHT: HOLE 14

368 yards/blue tees • Par 4 • Handicap 12

Slicers, beware! Keep your ball to the left to set up the best approach to the green. The green is deep, making club selection from the fairway difficult. The extreme back-to-front slope of the green can be challenging on a hole where a birdie is possible.

Lifelong Recreation provides programs designed to help maintain an active lifestyle for those over 50 years old. Throughout the guide look for the **50+** symbol to identify those programs designed with older adults in mind. If you are interested in a Lifelong class, yet are under 50, please contact Gayle Sigurdson at (785) 832-7920 or gsigurdson@lawrenceks.org, and if space is available, we will be happy to accommodate you. If you have a suggestion for an activity or program that we do not currently offer, please share your ideas with us!

Seniors (age 60+) 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.

NEWSLETTER

Watch for our quarterly newsletter for highlights and updated information on activities, events, trips and programs. 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. Copies are also available at all Recreation Centers.

FITNESS

Choosing the right program can help you get the most out of your exercise routine and keep you motivated. For the best experience, take into consideration your current fitness level when registering for a class. Classes have been rated from one to three stars in order to help you make the best choice. Still not sure? Guest passes are available for fitness classes, and can be used to attend a single class session.

★ **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.

OPEN WALKING

Walking indoors is a chance to exercise in any weather, get your heart pumping and build friendships with other walkers. The public is welcome to walk in the gymnasiums at East Lawrence Recreation Center (7-9 a.m.) and Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. Walkers should plan to accommodate scheduled programming. *For more information, contact the individual recreation center.*

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 a 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	1/4-3/4	HPRC-GY	\$75
227201	A	AEROBIC	MWF	8:50-9:50AM	3/21-5/20	HPRC-GY	\$75

ARTHRITIS FOUNDATION EXERCISE PROGRAM ★

50+ Ages: 50 and Up. Enrollment Min 6 / Max 15. This community-based exercise program is designed specifically for people with arthritis and related diseases but is open to anyone. The program's multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength and functional ability. A variety of exercises are designed for people of all levels of ability. **Instructor is certified by the Arthritis Foundation. Class offered in partnership with Douglas County Senior Services. Instructor: Rebecca Clancy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127276	A	ARTHEX	TR	5:30-6:30PM	1/5-3/3	SPL-VR	\$58
227276	A	ARTHEX	TR	5:30-6:30PM	3/22-5/19	SPL-VR	\$58

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 and participants should bring a mat. Instructors: Cindy Baker(CB), Deb Geraghty(DG).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127233	A	BGSS(CB)	MWF	8-8:50AM	1/4-3/4	HPRC-BR	\$75
127233	B	ADSS(CB)	MWF	9-9:50AM	1/4-3/4	HPRC-BR	\$75
227233	A	BGSS(CB)	MWF	8-8:50AM	3/21-5/20	HPRC-BR	\$75
227233	B	ADSS(CB)	MWF	9-9:50AM	3/21-5/20	HPRC-BR	\$75
127234	A	ADSS(DG)	MWF	8:30-9:20AM	1/4-3/4	HPRC-BR	\$75
127234	B	ADSS(DG)	MWF	9:30-10:20AM	1/4-3/4	HPRC-BR	\$75
127234	C	ADSS(DG)	MWF	10:30-11:20AM	1/4-3/4	HPRC-BR	\$75
227234	A	ADSS(DG)	MWF	8:30-9:20AM	3/21-5/20	HPRC-BR	\$75
227234	B	ADSS(DG)	MWF	9:30-10:20AM	3/21-5/20	HPRC-BR	\$75
227234	C	ADSS(DG)	MWF	10:30-11:20AM	3/21-5/20	HPRC-BR	\$75
127238	A	ADSS(DG)	TR	9-9:50AM	1/5-3/3	ELRC-MR	\$58
227238	A	ADSS(DG)	TR	9-9:50AM	3/22-5/19	ELRC-MR	\$58



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, ranging from increased endurance to strengthening in 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: Melanie Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127222	A PDPS	F	11:15AM-12PM	1/8-3/4	CB-CR3	\$41
227222	A PDPS	F	11:15AM-12PM	3/25-5/20	CB-CR3	\$41

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	1/4-3/4	HPRC-GY	\$75
227256	A FIT4LFE	MWF	10-11AM	3/21-5/20	HPRC-GY	\$75

FITNESS YOGA ★★

50+ Ages: 50 and Up. Enrollment Min 6 / Max 12. Incorporate the benefits of yoga into your fitness routine. This class will combine conditioning work with strength and flexibility poses. Class includes floor work. Students should bring a yoga mat. **Instructor: Fran Hopkins.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127282	A FITYOGA	W	5:30-6:30PM	1/6-3/2	SPL-CR	\$36
227282	A FITYOGA	W	5:30-6:30PM	3/23-5/18	SPL-CR	\$36

HAND PUSHING ★

50+ Ages: 50 and Up. Enrollment Min 5 / Max 15. Hand pushing is a series of two person balance exercises, using techniques from the Tai Chi form. Hand pushing offers additional insight into the nature of the Tai Chi movements, and greatly improves a person's sense of balance. Open to beginners. **Instructor: Craig Voorhees.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127277	A HANDPUSH	SU	3-4PM	1/10-3/6	CB-DS	\$36
227277	A HANDPUSH	SU	3-4PM	3/27-5/22	CB-DS	\$36

NORDIC WALKING ★

50+ Ages: 50 and Up. Enrollment Min 5 / Max 15. Walking poles work your arms, shoulders, chest and upper back muscles through a functional range of motion as you walk — which can help you turn your daily walk into a full-body workout. Poles also take some of the load off your lower back, hips and knees, which may be helpful if you have arthritis or back problems. This class will teach the proper technique using poles for improved balance, stability and increased aerobic benefits. **Co-Sponsored by Lawrence Memorial Hospital. Instructors: Aynsley Anderson, Gayle Sigurdson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227280	A NORDWALK	S	9-10:30AM	4/2-4/9	DEPOT-TR	\$18
227280	B NORDWALK	R	6-7:30PM	4/14-4/21	DEPOT-TR	\$18

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	1/5-3/3	HPRC-GY	\$58
227204	A PILATES	TR	8:15-9:15AM	3/22-5/19	HPRC-GY	\$58

RUNNING CLUB ★

50+ Ages: 50 and Up. Enrollment Min 4 / Max 25. Running benefits both the mind and the body and is available to anyone. This class is designed for people who are new or returning to running. A supportive group, led by a certified running coach, will meet for a weekly run with tips on form, technique and extending your distance with walking intervals. Set your own wellness goals. **Instructor: Ellen Young.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227275	A RUNCLUB	T	6-7PM	3/22-5/10	SPL-VR	\$36

SILVER N' FIT ★★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 30. A class where you will be working with hand weights, a stability ball, 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: Kristen Spencer.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127251	A SILVFIT	TR	8:30-9:20AM	1/7-3/3	SPL-FR	\$48
227251	A SILVFIT	TR	8:30-9:20AM	3/22-5/19	SPL-FR	\$58

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	1/4-3/4	SPL-FR	\$75
227255	A SUPCIRT	MWF	10:30-11:20AM	3/21-5/20	SPL-FR	\$75

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! Class consists of 45 minutes of step work and 15 minutes of stretching, flexibility and balance work. **Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127252	A SILVSTEP	W	10:30-11:30AM	1/6-3/2	ELRC-GY	\$36
227252	A SILVSTEP	W	10:30-11:30AM	3/23-5/18	ELRC-GY	\$36

TAI CHI, BEGINNING ★★

50+ Ages: 50 and Up. Enrollment Min 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 latter life. This class practices the Yang style Tai Chi short form. **Instructor: Craig Voorhees.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127274	A BGTAICHI	MW	10-11AM	1/4-3/2	CB-DS	\$58
127274	B BGTAICHI	M	6:45-7:45PM	1/4-2/29	CB-DS	\$36
227274	A BGTAICHI	MW	10-11AM	3/21-5/18	CB-DS	\$58
227274	B BGTAICHI	M	6:45-7:45PM	3/21-5/16	CB-DS	\$36

**TAI CHI, INTERMEDIATE ★★**

50+ Ages: 50 and Up. Enrollment Min 8 / Max 20. For students with previous instruction in the Yang style Tai Chi short form who want to advance their practice. Classes that meet twice weekly allow for more in-depth instruction and flexibility in attendance. **Instructor: Craig Voorhees.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127273 A	INTAICHI	TF	10:15-11:15AM	1/5-3/4	CB-DS	\$58
127273 B	INTAICHI	MW	9-10AM	1/4-3/2	CB-CR	\$58
227273 A	INTAICHI	TF	10:15-11:15AM	3/22-5/20	CB-DS	\$58
227273 B	INTAICHI	MW	9-10AM	3/21-5/18	CB-CR	\$58
227273 C	INTAICHI	TF	9-10AM	3/22-5/20	CB-DS	\$58

LIFELONG YOGA ★

50+ Ages: 50 and Up. Enrollment Min 10 / Max 15. Stretch stiff muscles, relax 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 oxygenate the body and the brain, improving blood circulation and your sense of well-being. **Instructors: Lynne Intrachat (LI), Mary Ann Saunders (MS), Kristen Spencer (KS).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127270 A	YOGA(MS)	R	10-11AM	1/7-3/3	CB-CR	\$36
127270 B	YOGA(LI)	M	5:30-6:30PM	1/4-2/29	CARN-HR	\$36
127270 C	YOGA(MS)	W	1:30-2:30PM	1/6-3/2	LPM	\$36
127270 D	YOGA (KS)	TR	9:45-10:45AM	1/7-3/3	HPRC-BLY	\$55
127270 E	YOGA (KS)	WF	10-11AM	1/8-3/4	HPRC-BLY	\$55
227270 A	YOGA(MS)	R	10-11AM	3/24-5/19	CB-CR	\$36
227270 B	YOGA(LI)	M	5:30-6:30PM	3/21-5/16	CARN-HR	\$36
227270 C	YOGA(MS)	W	1:30-2:30PM	3/23-5/18	LPM	\$36
227270 D	YOGA (KS)	TR	9:45-10:45AM	3/22-5/19	HPRC-BLY	\$58
227270 E	YOGA (KS)	WF	10-11AM	3/23-5/20	HPRC-BLY	\$58

YOGILATES FOR 50+ ★★

50+ Ages: 50 and Up. Enrollment Min 8 / Max 12. The best of both worlds-the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. This class focuses 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	1/4-3/2	HPRC-BR	\$58
227223 A	YGTSLLR	MW	7:15-8:15PM	3/21-5/18	HPRC-BR	\$58

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. **Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127102 A	ZUMBAGLD	TR	9:30-10:30AM	1/5-3/3	HPRC-GY	\$58
227102 A	ZUMBAGLD	TR	9:30-10:30AM	3/22-5/19	HPRC-GY	\$58

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

INSTRUCTION**COMPUTER CLASSES****BUY, SELL AND TRADE SAFELY ON THE INTERNET**

50+ Ages: 50 and Up. Enrollment Min 4 / Max 12. 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	3/21-4/11	RFP-CL	\$32

COMPUTER 101 ^{NEW}

50+ Ages: 50 and Up. Enrollment Min 4 / Max 10. This class is designed for beginners or those with limited or no experience, this class will cover computer components, basic computer terminology, moving and copying folders and files, desktop shortcuts, and an introduction to the Internet with hands-on work at every lesson. **Take home curriculum included. Instructor: Sharon Gan.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127147 A	COMP101	T	2-3:30PM	2/23-3/8	RFP-CL	\$32

COMPUTER 102 – THE INTERNET AND BEYOND ^{NEW}

50+ Ages: 50 and Up. Enrollment Min 4 / Max 10. This course is designed for the Internet newbie. We'll be working exclusively with Firefox as our web browser. We'll research pop-up and ad blockers, how to download files, and manage bookmarks, refine your searches and demystify Internet security. Take home curriculum included. **Basic computer skills required. Instructor: Sharon Gan.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227606 A	COMP102	T	2-3:30	3/22-4/5	RFP-CL	\$32

FACEBOOK FLUENCY

50+ Ages: 50 and Up. Enrollment Min 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	3/10-3/31	RFP-CL	\$32

INTRO TO IPADS

50+ Ages: 50 and Up. Enrollment Min 3 / Max 6. Thinking about getting an iPad or already own one and not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your iPad with you. iPads will also be available during class. We will cover the basic operation of the device and apps for recreation, health, education, finance and socializing. **Instructor: Karen Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127604 A	INTIPAD	T	10-11:30AM	2/9-3/8	CB	\$56
227604 A	INTIPAD	T	10-11:30AM	4/5-5/3	CB	\$56



RECREATION INSTRUCTION

AMERICAN 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. **Instructor: Pearl Neaves.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127304	A	ASMAHJ	R	7-9PM	2/4-3/10	CARN-EG	\$35

AMERICAN MAH JONGG — OPEN PLAY

Open to players already familiar with the game, this is a chance to improve your skills by continuing to play with a variety of opponents. No instruction provided. There is a \$5 drop-in fee, and players provide their own 2016 cards. Games are scheduled on Thursdays 7 p.m. to 9 p.m. Jan. 21, Feb. 18, March 10, April 7 and May 5. RSVP to gsgurdson@lawrenceks.org for location.

ART FOR EVERYONE

50+ Ages: 50 and Up. Enrollment Min 5 / Max 12. This beginning level class teaches the basic skills of two dimensional arts through drawing, painting and printmaking. Each project will give you a chance to explore what techniques fit your style. Creative arts are a great opportunity to experience the benefits of lifelong learning. **Materials included.**

Instructor: Mary St. John.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127430	A	ARTALL	M	7-8:30PM	2/1-3/7	CB-AR	\$70

BRIDGE 1

50+ Ages: 50 and Up. Enrollment Min 8 / Max 16. This course is designed for the first time player. 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 discussion of pre-dealt hands which follow a step-by-step progression to facilitate learning the language of bidding. Lessons are fun, friendly and interactive. Bring a friend and join the fun! **Instructor: Don Brenneman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127311	A	BRIDGE1	W	9-11AM	1/6-2/10	LIAC-WR	\$40

BRIDGE 2

50+ Ages: 50 and Up. Enrollment Min 8 / Max 16. This course is designed for the first time player or those interested in a review of basics. Classes follow Audrey Grant's "Diamond Series," which concentrates on the Play of the Hand, Opening Leads and Scoring. Lessons focus on discussion of pre-dealt hands which follow a step-by-step progression to facilitate the process of learning. Lessons are fun, friendly and interactive. Bring a friend and join the fun! **Instructor: Don Brenneman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227312	A	BRIDGE2	W	9-11AM	3/9-4/6	LIAC-WR	\$40

BRIDGE 3

50+ Ages: 50 and Up. Enrollment Min 8 / Max 16. This course is designed for the NEWER player or those interested in a review of basics. Classes follow Audrey Grant's "Heart Series," which focuses on Defensive Play including Opening Leads, Second-Hand Play, Third-Hand Play and introduces Defensive Signaling. Lessons focus on discussion of pre-dealt hands which follow a step-by-step progression to facilitate learning the basics of defensive play. Lessons are fun, friendly and interactive. Bring a friend and join the fun! **Instructor: Don Brenneman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227313	A	BRIDGE3	W	9-11AM	5/4-6/8	LIAC-WR	\$40

CONQUERING THE CLUTTER

50+ Ages: 50 and Up. Enrollment Min 5 / Max 25. Do you have too much stuff and not enough space? Come discover why we tend to hold on to too much and learn how to clear it out. This workshop will look at how to reclaim space lost in clutter and identify and set manageable goals for both the personal and business areas of your life with a focus on local resources. **Instructor: Marguerite Carlson, OrganizeU.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227429	A	CONCLUTT	S	9-10:30AM	3/12	HPRC-BR	\$7

CREATIVE PHOTOGRAPHY WITH A POINT-AND-SHOOT CAMERA

50+ Ages: 50 and Up. Enrollment Min 5 / Max 15. Artistic photography is possible with your point-and-shoot camera! Learn about the mechanics and technical features common to all cameras and explore visual devices for creative photography. This illustrated lecture class includes time for discussion about your own photos. Class content includes how to self-publish photo books and digitize old negatives and prints. **Instructor: Mike Yoder, Senior Photographer at the Lawrence Journal-World.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127427	A	PASPHOTO	W	6:30-7:30PM	4/6-4/27	CARN-EG	\$24

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.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127603	A	FAMARCH	T	7-8:30PM	4/19-5/17	CARN-HR	\$40

THE HARVEY GIRLS AND KANSAS

50+ Ages: 50 and Up. Enrollment Min 15 / Max 25. The story of British-born Fred Harvey intertwines American business, the settling and preservation of the American West and women in the workforce from the 1880s all the way through World War II. His influence continues today in surprising and fascinating ways. This series of classes is a joint effort of Lawrence Parks and Recreation, Lawrence Public Library and Watkins Museum of History. Content will include documentary films, local railroad history and artifacts, reading and discussion of the book *Appetite for America* by Stephen Fried and a Harvey House lunch with a tour of the Great Overland Station. Lunch, transportation and books included in registration. The lunch trip will be Tuesday, March 29, 11 a.m. to 2:30 p.m. Join us also for a Kansas Humanities presentation on The Harvey Girls Multicultural Workforce with historian Michaeline Chance-Reay on Tuesday, April 5, at the Watkins Museum. **NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227431	A	HARVEYG	T	6-8-8PM	3/22-4/12	CARN-HR	\$47

JEWELRY DESIGN AND REPAIR

50+ Ages: 50 and Up. Enrollment Min 4 / Max 8. In this class you will learn basic beginning bead stringing techniques. We will explore design, spacing and placement. You will be able to create your own design with semi-precious stone beads and sterling silver and gold filled beads and clasps. Learn about various stringing materials, clasps and ear wire choices and you will leave with a finished bracelet and a pair of earrings that you can wear! Also, if you have beaded necklaces, bracelets and earrings that are broken, you will leave with the knowledge of being able to repair them yourself! **If you own needle nose pliers, please bring them to class. All supplies included. Instructor: Julie Kingsbury.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127423	A	JEWELDR	SU	3/6	1:30-3:30	CB-AR	\$30

MINDFULNESS MEDITATION

50+ Ages: 50 and Up. Enrollment Min 5 / Max 12. This class will explain the differences between everyday mindfulness as a way of life and having a meditation practice. You will have ample opportunity to learn techniques and approaches to both in a supportive atmosphere. Students are encouraged to develop routines that fit their own lives to help reduce stress and increase happiness. **Instructor: Nomi Redding, MSW. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227271	A	MINDFUL	T	5:30-7PM	4/12-5/10	CARN-EG	\$40

LIFELONG MEDITATE AND BREATHE

50+ Ages: 50 and Up. Enrollment Min 6 / Max 10. 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. **Instructor: Kristen Spencer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127278	A	LLMEDBRE	M	9:30-10:45AM	1/11-2/29	CARN-EG	\$33
227278	A	LLMEDBRE	M	9:30-10:45AM	3/21-5/16	CARN-EG	\$36

**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 handcrafted 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	M	6-8PM	4/18-4/25	CB-AR	\$60

PICK YOUR PASTA: CHOOSE YOUR CHEESE – ITALIAN CHEESES, PASTA, SALUMI AND WINES ^{NEW}

50+ Ages: 50 and Up. Enrollment Min 15 / Max 50. A short course on Italian cheese varieties, sausage types, cured meats, and prosciutto; and on choosing pasta shapes appropriate for their sauces, with brief remarks on complementary Italian wines. Learn about the traditional orchestration of Italian meals. Samples for tasting of various food categories will accompany Professor Kozma's lectures. Time permitting, Professor Kozma will share some basic recipes for first-rate Italian dining. **This is a three-lecture course of two hours per lecture on three successive Thursdays.** **Instructor:** Jan Kozma, Professor Emerita of Italian. NSD.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227428 A	ITALCPW	R	2-4PM	4/7-4/21	CARN-HR	\$37

BEGINNING UKULELE

50+ Ages: 50 and Up. Enrollment Min 5 / Max 15. This beginning uke course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to ukulele are welcome! Ukuleles and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one. Come share the joy of Aloha! **Instructor:** Linda Tilton. NSD.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127410 A	BEGUKE	W	6-7PM	2/10-3/2	CARN-EG	\$29

INTERMEDIATE UKULELE ^{NEW}

50+ Ages: 50 and Up. Enrollment Min 5 / Max 15. This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! **Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from teacher.** **Instructor:** Linda Tilton. NSD.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227424 A	INTUKE	W	6-7PM	3/23-4/13	ELRC-MR	\$29

WRITING OUR FAMILY STORIES

50+ Ages: 50 and Up. Enrollment Min 6 / Max 15. This course will provide guidance in collecting and writing your family stories. These stories help us stay in touch with who we are. Preserving these stories will help future generations know themselves better. We will use journaling methods and prompts to inspire your words. Everyone can do this! **Previous students are welcome to return — there are always more stories to tell.** **Instructor:** Iris Wilkinson.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127418 A	WRITJOUR	W	6-8PM	1/20-2/10	CARN-CR	\$38
227418 A	WRITJOUR	W	6-8PM	3/23-4/13	CARN-CR	\$38

ZENTANGLE

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn a new art form to not only create beautiful images but also explore meditative techniques to increase focus, develop creativity, and find a heightened sense of personal well-being and mindfulness.

INTRODUCTION TO ZENTANGLE ^{NEW}

50+ Ages: 50 and Up. Enrollment Min 6 / Max 12. This two-hour workshop is a basic introduction to the Zentangle method™ taught by a certified instructor. Class will cover the history, the applications and the steps of creating an original Zentangle tile. This class invites all levels and requires no artistic experience. **Materials included.** **Instructor:**

Kristina Crawford.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127425 A	ZENTAN	T	7-9PM	1/5	CARN-EG	\$20
127425 B	ZENTAN	T	7-9PM	1/19	CARN-EG	\$20
127425 C	ZENTAN	T	7-9PM	2/2	CARN-EG	\$20
127425 D	ZENTAN	T	7-9PM	2/16	CARN-EG	\$20
127425 E	ZENTAN	T	7-9PM	3/1	CARN-EG	\$20

MORE ZENTANGLES, BEYOND BASICS ^{NEW}

50+ Ages: 50 and Up. Enrollment Min 6 / Max 12. Two-hour workshop explores more Zentangle techniques and tangles in addition to different medium and project ideas. Learn more tangles and explore the possibilities. **Materials included.** **Instructor:** Kristina Crawford.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127426 A	ZENTANBB	T	7-9PM	1/12	CARN-EG	\$20
127426 B	ZENTANBB	T	7-9PM	1/26	CARN-EG	\$20
127426 C	ZENTANBB	T	7-9PM	2/9	CARN-EG	\$20
127426 D	ZENTANBB	T	7-9PM	2/23	CARN-EG	\$20
127426 E	ZENTANBB	T	7-9PM	3/8	CARN-EG	\$20

OUTDOORS**CONTAINER GARDENS**

50+ Ages: 50 and Up. Enrollment Min 5 / Max 15. 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, Master Gardener.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227303 A	CONTGARD	S	9-10AM	5/7	ELRC-MR	\$5

PLANTING FOR POLLINATORS ^{NEW}

50+ Ages: 50 and Up. Enrollment Min 5 / Max 15. Attracting many different kinds of pollinator insects will bring life and movement to your garden. Learn the various ways in which flowers are adapted to different insects. The class will discuss how to choose the right plants for your garden, those that bring beauty and support area and migrating wildlife. **Instructor:** Susan Phillips, Master Gardener.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227307 A	PLANPOLL	S	9-10AM	4/9	ELRC-MR	\$5

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 explore different walking techniques 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	3/23-5/11	TBA	\$10

HIKERS GUILD

50+ Ages: 50 and Up. Enrollment Min 6 / Max 15. Explore area trails, selected for their different views and terrains. Hikes are escorted by a local expert on the terrain, wildlife or history of the area. We will drive (department bus) within 50 miles to the trailhead, hike for an average of 3 to 5 miles and return. **Meet at 9 a.m.; return times vary. Extended hikes will include a lunch break.**

KAW RIVER STATE PARK

April 16 — Have you stood on the edge of your Kansas River and experienced its beauty? Join a member of Friends of the Kaw while hiking through an extensive oak-hickory forest on steep slopes with good views of the Kansas (Kaw) river. **Trip leaves from Sports Pavilion Lawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227237	A	HIKEGULD	S	9AM	4/16	SPL \$10

CLINTON LAKE NORTH SHORE

April 30 — Sometimes we don't appreciate what is in our own backyard. The 23 mile North Shore Trail system runs along the north shore of the lake, passing through forest as it follows the lake shore. We will be joined by a guide from the Department of Wildlife and Parks. **Trip leaves from Holcom Recreation Center.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227237	B	HIKEGULD	S	9AM	4/30	HPRC \$10

HIKERS CHOICE

May 14 — Hikers on earlier walks will make suggestions and vote for any destination within 50 miles of Lawrence. **We will vote on destinations to the east of Lawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227237	C	HIKEGULD	S	9AM	5/14	CB \$10

See more outdoor programs in the Nature section beginning on page 29.

SPORTS

BOCCE BALL LEAGUE

Lawrence Parks and Recreation is offering an adult (18+) Bocce Ball ladder league. Bocce ball is a relaxed but strategic game that can be easily learned. In this league, individual players will be ranked week to week based on their win/loss record. Each week individuals will be matched with an opponent to play a three game match.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227281	A	BBLEAG	W	6-8PM	4/6-5/25	HP \$25



BADMINTON

Free play begins March 22 at Sports Pavilion Lawrence and continues Tuesday nights, 6-8 p.m. Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Some equipment provided, players are welcome to bring their own rackets.

BOCCE BALL

LPRD has two bocce ball courts available for free play at Holcom Park. Equipment is available for check-out inside the recreation center.

PICKLEBALL

Pickleball courts are available for free play at Lyons Park, Holcom Park, Dad Perry Park East Lawrence Center and Sports Pavilion Lawrence. Call to confirm availability of indoor courts. If you are interested in league play, please see the Adult Sports section.

TRAVEL

50+ Ages 50 and Up. Prices include admission fees, tickets, some meals, LPRD escort and transportation. Registration is confirmed when payment is received. If you cancel your trip prior to the registration deadline, fees will be refunded. Cancellations after the registration deadline may receive a partial or no refund. Details regarding transportation and pick-up locations are included in the trip description. For more information or specific itineraries contact Gayle Sigurdson at (785) 832-7920 or gsigurdson@lawrenceks.org.

DAY TRIPS

NEW THEATRE — MOON OVER BUFFALO

50+ Ages 50 and Up. Enrollment Min 7 / Max 10. In this hilarious comedy two fading stars of the 1950's are playing a comedy and a drama in rotation in Buffalo, New York. On the brink of a disastrous split-up, they receive word that they might have just one last shot at regaining their stardom. One perfect performance is all they need. Unfortunately, everything that can go wrong does go wrong and no one on stage knows if they're in the drama or comedy. **This trip will be in the LPRD bus, and departs from the Community Building. Registration deadline: Friday, March 11, 2016.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227801	A	NTHEATRE	W	10:45AM	4/13	CB \$60



SATURDAY, MARCH 12

9 a.m. - 4 p.m.

**Douglas County
4-H Fairgrounds
Building 21**



ADMISSION IS FREE
& OPEN TO THE PUBLIC

A wide variety of Commercial and Non-Commercial Vendors will have items on display for purchase.

CONCESSIONS
WILL BE AVAILABLE



City of Lawrence
PARKS AND RECREATION



NEW THEATRE — BEAU JEST

50+ Ages 50 and Up. Enrollment Min 7 / Max 10. Sarah is a nice Jewish girl with a problem: her mother wants her married to a nice Jewish boy. Her mother has never met her boyfriend, a WASP executive named Chris Kringle. She tells her she is dating a Jewish doctor and Mom insists on meeting him. Sarah plans a dinner party and, over the heated protests of Chris, employs an escort service to send her a Jewish date. The aspiring actor who agrees to play the role is so convincing that Sarah falls head over heels in love with him. **This trip will be in the LPRD bus, and departs from the Community Building. Registration deadline: Friday, April 29, 2016.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227801	B	NTHEATRE	W	10:45AM	6/1	CB \$60

TREE TREASURES OF NORTH LAWRENCE

50+ Ages 50 and Up. Enrollment Min 8 / Max 16. We'll tour the North Lawrence neighborhood to appreciate the many kinds of big, old trees there, including some State Champions and some rare and unusual trees. Our focus will be on biology and horticulture spiced with a little North Lawrence history. **Limited wheelchair seats available. This trip will be in the LPRD bus and departs from the Union Pacific Depot. Instructor: Jon Standing.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227414	A	TREETRES	S	10AM-12PM	6/11	SP \$17

REGIONAL TRIPS AND EXTENDED TRAVEL

Trips and events are announced in the quarterly newsletter and at Travel Shows. The time and location of meetings varies. If you would like to be on the mailing list, contact Gayle Sigurdson, Lifelong Recreation programmer at (785) 832-7920 or gsigurdson@lawrenceks.org.

Watch for details on these trips planned for 2016

March Day Trip — Bluegrass Ridge Wind Farm and Conception Abbey tour

May — Tulip Festival in Pella, Iowa, and Des Moines area (3 day/2 night)

July — Crystal Bridges Museum of American Art and Bentonville area

TRAVEL CLUB AND TRAVEL SHOWS

Join other travelers to share trips or plan new ones. The **Travel Club** is an armchair travel program where local travelers share their trips, photos and stories. **Travel Shows** are scheduled twice a year to present travel opportunities from LPRD and our travel partners. There is no registration or fee to attend travel clubs or shows, but RSVPs are appreciated to help us plan.

COMMUNITY PARTNERS

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 p.m. Wednesdays, Jan 13, Feb 10, March 9, April 13 and May 11.

SKILLBUILDERS

A series of programs for adults making life transitions due to illness, a change in living spaces, care giving, the death of a loved one or other life events. Topics that assist in making decisions concerning daily activities include home maintenance, car maintenance, personal safety, adjusting to new circumstances as a single person, legal and financial resources and other pertinent issues are presented by local presenters. No registration is necessary. Attend only the sessions that interest you. Transportation is available through Douglas County Senior Services. Spring session dates: Thursdays, March 10, through May 12, 2016, 10 a.m. to 11:30 a.m., at the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Series is sponsored by the Outreach Services of Lawrence Public Library, VNA, Brandon Woods and Douglas County Senior Services. For more information, contact Pattie Johnston at the library, (785) 843-3833, ext. 115, or the Seniors page on the LPL website, www.lawrencepubliclibrary.org

LAWRENCE PUBLIC LIBRARY BOOK VAN

The Library delivers a weekly selection of books, DVDs, and more to retirement communities throughout Lawrence, but you do not need to be a resident of the site to use this service. You can also return items via the book van and request specific items through our catalog and have them delivered via the book van. You'll just need a valid library card to use this service. Route dates and times are available on the Seniors page of the LPL website, www.lawrencepubliclibrary.org, or by contacting Gregor at the library, (785) 843-3833, ext. 100.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

Book talks are offered at various locations throughout the community by the Lawrence Public Library, and open to the public. A variety of materials available from the library collection are reviewed by a library staff member. It is not a book club discussion so come and enjoy a brief review of classics, new authors, movies and other materials that you will find interesting. Dates, times and locations are available on the Seniors page of the LPL website, www.lawrencepubliclibrary.org, and by calling Shirley at the library (785) 843-3822.

RESOURCE FAIR FOR SENIOR CITIZENS

Lawrence Area Partners on Aging (LAPA)

Tuesday, March 8, from 9 a.m. to 1 p.m. at Sports Pavilion Lawrence

Calling all Lawrence seniors! LAPA is happy to invite you to the 12th annual Senior Resource Fair! Join us for a vendor fair featuring local companies and organizations in Lawrence whose sole purpose is to help seniors. Over 40 vendors offering everything from exercise to home care, bath tubs to hospice, real estate to insurance and everything in between. If you have a question we have an answer! Seniors and family members will find the resources needed to stay active, make new friends, stay in your own home or find a community designed for the next stage of your life. *If you have any questions, feel free to call Gail at (785) 272-6101.*





PRAIRIE PARK NATURE CENTER

2730 Harper Street

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. **Enrollment Max 15.** For children who enjoy both stories and animals, there will be morning story time for preschool age children every Thursday at 10 AM. 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	1/7-3/3	PPNC	\$27
223203 A	STORYHR	R	10-10:30AM	3/31-5/19	PPNC	\$24

WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS WEEKLY

Ages: 2-5. **Enrollment Max 15.** Tuesdays, 10 a.m. to 11 a.m. 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 \$4.00 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	1/12-3/1	PPNC	\$32
223202 A	WILDADVT	T	10-11AM	3/29-5/17	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	2/19	PPNC	\$10
223231 B	GROSS	S	1-3PM	3/26	PPNC	\$10

SPRING BREAK CAMP: SEE YOUTH CAMPS — SPRING BREAK, PAGE 70

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	1/6	PPNC	\$5
123265 B	NATEXPOR	W	3-4:30PM	1/20	PPNC	\$5
123265 C	NATEXPOR	W	3-4:30PM	2/3	PPNC	\$5
123265 D	NATEXPOR	W	3-4:30PM	2/17	PPNC	\$5
223265 A	NATEXPOR	W	3-4:30PM	3/30	PPNC	\$5
223265 B	NATEXPOR	W	3-4:30PM	4/13	PPNC	\$5
223265 C	NATEXPOR	W	3-4:30PM	4/27	PPNC	\$5
223265 D	NATEXPOR	W	3-4:30PM	5/11	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	4/6	PPNC	\$10
223332 B	BEGARCH	W	3-4:30PM	4/20	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	4/13	PPNC	\$8
223333 B	ARCHCLUB	W	3-4PM	4/27	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	2/25-2/26	PPNC	\$50

ADULT PROGRAMS

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	01/20	PPNC	\$10
123400 B	MEETEAT	W	11:30-1PM	02/17	PPNC	\$10
123400 C	MEETEAT	W	11:30-1PM	03/9	PPNC	\$10

NATURES CREATIONS FOR 50+

50+ **Ages:** 50 and Up. **Enrollment Min 5 / Max 20.** 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	2/11	PPNC	\$15
223326 A	NATCRES	R	1PM	3/31	PPNC	\$15



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	3/3	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	4/5	PPNC	\$5

INTRODUCTION TO ARCHERY FOR 50+ ADULTS

50+ *Ages: 50 and Up. Enrollment Min 5 / Max 12.* 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	4/7-4/28	PPNC	\$40

BEGINNING BIRDING

50+ *Ages: 50 and Up. Enrollment Min 3 / Max 12.* Shake off the cabin fever with a tour of local birding hot spots from the Baker Wetlands to Clinton Lake. We will take a 3 hour tour to view migrating waterfowl, songbirds, and nesting eagles in the area. Learn the fundamentals of bird identification. **Binoculars and field guides supplied.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223346	A	BEGBIRD	M	9AM-12PM	4/11	PPNC	\$15

FORAGE AND FEAST: COLLECTING WILD EDIBLES

Ages: 18 and Up. Enrollment Min 4 / Max 10. Have you ever tasted milkweed tempura? Take a hike to identify and collect wild edible plants of Kansas. We will take our plants back to the classroom kitchen and cook up a tasting menu of wild delectables.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223345	A	WILDEDBL	SU	2-4PM	5/22	PPNC	\$10

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.*

NIGHTTIME AT THE NATURE CENTER SERIES

Ages: 7 and Up. Enrollment Min 5 / Max 12. Ever wonder what happens after the nature center closes? Come enjoy a completely different sensory experience as the animals settle in for the night. Different programs, activities or crafts ever session. **Enrollment required. 16 and over \$10, sign up for Sec A, B or C 1. Under 16, fee is \$5, sign up for Sec A, B or C 2. Children under 16 must be accompanied by a registered adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123340	A1	NIGHTTIME	F	6-8PM	1/8	PPNC	\$10
123340	A2	NIGHTTIME	F	6-8PM	1/8	PPNC	\$5
123340	B1	NIGHTTIME	F	6-8PM	2/12	PPNC	\$10
123340	B2	NIGHTTIME	F	6-8PM	2/12	PPNC	\$5
123340	C1	NIGHTTIME	F	6-8PM	3/11	PPNC	\$10
123340	C2	NIGHTTIME	F	6-8PM	3/11	PPNC	\$5

LET'S FEED THE BIRDS

Ages: 5 and Up. 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	1/9	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	1/24	PPNC	NONE

MINIGARDENS

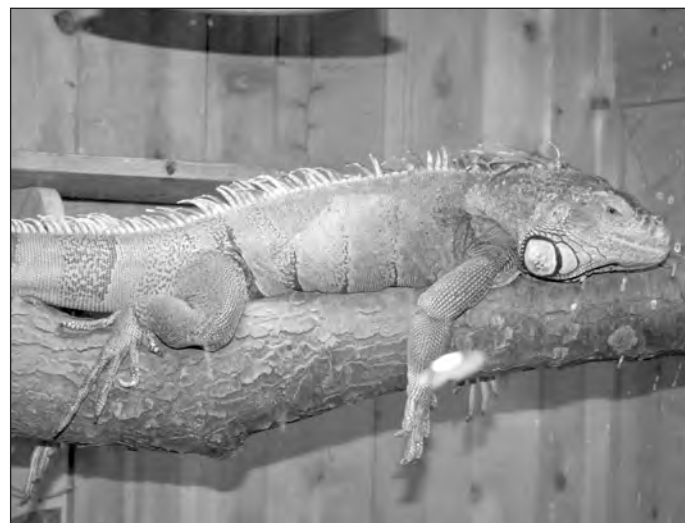
Ages: 4 and Up. Enrollment Min 4 / Max 20. Dreaming of fairies and dragons? Missing gardening? Put together a minigarden of your favorite theme to take home with you. Gardens include container, soil, plants and decorations, you supply the creativity. **Children under 13 must be accompanied by an adult. One garden per registered participant.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123327	A	MINIGARD	SU	2-4PM	2/28	PPNC	\$15

NATURES CREATIONS FOR KIDS AND FAMILIES

Ages: 6 and Up. Enrollment Min 5 / Max 20. 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. **Children under 14 must be accompanied by an adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123325	A	NATCRES	SU	2PM	2/28	PPNC	\$15
223325	A	NATCRES	SU	2PM	04/24	PPNC	\$15



MARCH MADNESS RAPTORS

Ages: 7 and Up. Enrollment Min 5 / Max 12. Celebrate the kick off of the March Madness season with a wildlife twist. The raptors of Kansas will be battling it out to see who will be the Chirp-ion of the Nature Center. Come and complete a raptor bracket before you meet the contestants. Live raptor program. **Enrollment required.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123336	A	MARCHMAD	S	10-11PM	3/12	PPNC	\$5

THE BUG GOURMET

Ages: 12 and Up. 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	4/3	PPNC	\$10

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	4/10	PPNC	NONE

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
223337	A	KITES	SU	2-4PM	4/17	PPNC	\$8

GARDENING FOR BUTTERFLIES

Ages: 8 and Up. 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	5/1	PPNC	\$8

FACES ONLY A MOTHER COULD LOVE (FREE PROGRAM)

Ages: Family. May 8, 1:30 p.m. to 2:30 p.m. In celebration of Mother's Day, come face to face with several ugly animals such as snapping turtles and vultures. Come learn how their ugliness can actually be the key to their survival. Moms know best!

HIKES AND TRIPS

Be prepared to go outside, including appropriate outdoor wear 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	1/7	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	4/15	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 pre-schools. Preschool students will enjoy live animals, stories, songs, art, rhymes and other appropriate early childhood activities.

PRIMARY AND SECONDARY SCHOOLS 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 home-schooled students will combine live animal programs with outdoor field investigations. *Call (785) 832-7980 for topic schedule.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123230	A	HOME	W	10AM-12PM	1/13	PPNC	\$10
123230	B	HOME	W	10AM-12PM	1/27	PPNC	\$10
123230	C	HOME	W	10AM-12PM	2/10	PPNC	\$10
123230	D	HOME	W	10AM-12PM	2/24	PPNC	\$10
223322	A	HOME	W	10AM-12PM	4/6	PPNC	\$10
223322	B	HOME	W	10AM-12PM	4/20	PPNC	\$10
223322	C	HOME	W	10AM-12PM	5/4	PPNC	\$10
223322	D	HOME	W	10AM-12PM	5/18	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.

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 23, 11 a.m. to 4 p.m.

Join us at South Park to celebrate Earth Day with a few of our animal friends.

LAWRENCE EAGLE DAYS

Saturday, Jan. 23, 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.



RECREATION INSTRUCTION

For more information regarding the Recreation Instruction Division, contact Jo Ellis at Sports Pavilion Lawrence, 100 Rock Chalk Lane; (785) 330-7355; or jellis@lawrenceks.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	M	8-8:55PM	1/4-2/29	SPL-FR	\$36
114115 B	BALFIT	R	7:30-8:25PM	1/7-3/3	CB-DS	\$36
114115 C	BALFIT	S	10-10:55AM	1/9-3/5	SPL-FR	\$36
214115 A	BALFIT	M	8-8:55PM	3/21-5/16	SPL-FR	\$36
214115 B	BALFIT	R	7:30-8:25PM	3/24-5/19	CB-DS	\$36
214115 C	BALFIT	S	10-10:55AM	3/26-5/21	SPL-FR	\$36

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	1/16	DCSS	\$5
114169 B	BALLBLIT	S	7-9PM	2/20	DCSS	\$5
214169 A	BALLBLIT	S	7-9PM	3/19	DCSS	\$5
214169 B	BALLBLIT	S	7-9PM	4/16	DCSS	\$5
214169 C	BALLBLIT	S	7-9PM	5/14	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. Beginning Belly Dance 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	BDBEGIN	T	6-6:55PM	1/19-3/8	CB-DS	\$40
214201 A	BDBEGIN	T	6-6:55PM	3/22-5/10	CB-DS	\$40

BELLY DANCE, INTERMEDIATE

Ages: 12 and Up. Enrollment Min 10 / Max 20. Take your skills from Beginning Belly Dance 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 Beginning Belly Dance.** **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114211 A	BDINT	M	8-8:55PM	1/19-3/8	CB-DS	\$40
214211 A	BDINT	M	8-8:55PM	3/22-5/10	CB-DS	\$40

BELLY DANCE, ADVANCED

Ages: 12 and Up. Enrollment Min 6 / Max 15. Build on skills from Intermediate Belly Dance 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 Intermediate Belly Dance.** **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114212 A	BDADV	T	6:35-7:30PM	1/19-3/8	CB-DS	\$40
214212 A	BDADV	T	6:35-7:30PM	3/22-5/10	CB-DS	\$40

BOLLYWOOD

Ages: 16 and Up. Enrollment Min 10 / Max 15. 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	1/19-3/8	SPL-FR	\$40
214023 A	BOLWOOD	T	7:45-8:40PM	3/22-5/10	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	2/14-3/20	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
114151 A	DANCFUN1	SU	2-5PM	2/28	CB-CR1	\$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 A	DANCFUN2	SU	2-5PM	4/24	CB-CR1	\$20

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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	FEES
214151	B	DANCFUN3	SU	2-5PM	5/22	CB-CR1	\$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	FEES
114146	A	ECS	F	6:30-9PM	1/15	SPL-FR	\$15

INTERMEDIATE DANCE WORKSHOP

Ages: 16 and Up. Enrollment Min 8 / Max 30. This intermediate-level workshop is suitable for those who have already had previous dance experience. Learn the dance patterns and footwork of the West Coast Swing. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEES
114149	A	INTWORK	SU	2-5PM	1/10	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	FEES
114163	A	LATIN	SU	6:20-7:20PM	2/14-3/20	CB-CR1&2	\$60

LINE DANCING

Ages: 16 and Up. Enrollment Min 8 / Max 30. 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	FEES
114148	A	LINEDAN	SU	5:15-6:15PM	1/3-2/7	CB-CR1&2	\$30
214148	A	LINEDAN	SU	5:15-6:15PM	4/3-5/8	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. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEES
114147	A	NIGHTCLU	SU	7:25-8:25PM	1/3-2/7	CB-CR1&2	\$60
214147	A	NIGHTCLU	SU	7:25-8:25PM	4/3-5/8	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	FEES
114164	A	SWING	SU	7:25-8:25PM	2/14-3/20	CB-CR1&2	\$60

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	FEES
214145	A	TWOSTEP	F	6:30-9PM	4/8	CB-CR1&2	\$15



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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	2/19	SPL-FR	\$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	5/20	CB-CR1	\$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	1/16	CB-CR1&2	\$8
114160	B	ULTDANCE	S	7-9PM	2/20	CB-CR1&2	\$8
214160	A	ULTDANCE	S	7-9PM	3/19	CB-CR1&2	\$8
214160	B	ULTDANCE	S	7-9PM	4/2	CB-CR1&2	\$8
214160	C	ULTDANCE	S	7-9PM	5/14	CB-CR1&2	\$8

WEDDING DANCE CRASH COURSE

Ages: 18 and Up. Enrollment Min 6 Couples / Max 15 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	1/24	CB-CR1&2	\$30
214166	A	WEDCRASH	SU	2-5PM	3/6	CB-CR1&2	\$30
214166	B	WEDCRASH	SU	2-5PM	4/10	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! **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114165	A	WESTCST	SU	6:20-7:20PM	1/3-2/7	CB-CR1&2	\$60
214165	A	WESTCST	SU	6:20-7:20PM	4/3-5/8	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 slotted 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	3/18	CB-CR1&2	\$15

**FITNESS**

Choosing the right program can help you get the most out of your exercise routine and keep you motivated. For the best experience, take into consideration your current fitness level when registering for a class. Classes have been rated from one to three stars in order to help you make the best choice. Still not sure? Guest passes are available for fitness classes, and can be used to attend a single class session.

★ **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.

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 in the Lifelong Recreation section. 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.

BODY BURN ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 30. 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	1/4-3/2	CB-CR1&2	\$58
215120	A	BODYBURN	MW	5:45-6:40PM	3/21-5/18	CB-CR1&2	\$58

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	SEE
115122	A	CARDIO	TR	5:45-6:40PM	1/5-3/3	HPRC-GY \$58
215122	A	CARDIO	TR	5:45-6:40PM	3/22-5/19	HPRC-GY \$58

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	SEE
115101	A	CIRTRAIN	MW	5:45-6:40PM	1/4-3/2	DCSS \$58
215101	A	CIRTRAIN	MW	5:45-6:40PM	3/21-5/18	DCSS \$58

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	SEE
115354	A	CYCLCARD	MW	5:40-6:25PM	1/4-3/2	CB-CR3 \$79
215354	A	CYCLCARD	MW	5:40-6:25PM	3/21-5/18	CB-CR3 \$79

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	SEE
115355	A	INTCYC	T	5:40-6:25PM	1/5-3/1	CB-CR3 \$41
115355	B	INTCYC	R	5:40-6:25PM	1/7-3/3	CB-CR3 \$41
215355	A	INTCYC	T	5:40-6:25PM	3/22-5/17	CB-CR3 \$41
215355	B	INTCYC	R	5:40-6:25PM	3/24-5/19	CB-CR3 \$41



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	SEE
115352	A	POWRID	TR	4:30-5:15PM	1/5-3/3	CB-CR3 \$79
215352	A	POWRID	TR	4:30-5:15PM	3/22-5/19	CB-CR3 \$79

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. **Instructor: Melanie Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
115350	A	CYCLE	W	4:45-5:30PM	1/6-3/2	CB-CR3 \$41
215350	A	CYCLE	W	4:45-5:30PM	3/23-5/18	CB-CR3 \$41

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	SEE
115356	A	VIRTPOW	S	9-9:45AM	1/9-3/5	CB-CR3 \$41
215356	A	VIRTPOW	S	9-9:45AM	3/26-5/21	CB-CR3 \$41

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! **Rubber bands used for some toning exercises will be provided.** **Instructor: Rosie Shelton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
115250	A	DANCFIT	TR	9-10AM	1/5-3/3	CB-GY \$58
115250	B	DANCFIT	TR	5:30-6:30PM	1/5-3/3	DCSS \$58
215250	A	DANCFIT	TR	9-10AM	3/22-5/19	CB-GY \$58
215250	B	DANCFIT	TR	5:30-6:30PM	3/22-5/19	DCSS \$58

PRE-GLADIATOR TRAINING ★★★

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	SEE
115330	A	PREGLAD	T	5:30-6:25PM	1/5-3/1	OUT \$50
215330	A	PREGLAD	T	5:30-6:25PM	3/22-5/17	OUT \$50

GLADIATOR TRAINING ★★★

Ages: 16 and Up. Enrollment Min 6 / 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	SEE
115335	A	GLADITOR	TR	6:30-7:25PM	1/5-3/3	OUT \$80
215335	A	GLADITOR	TR	6:30-7:25PM	3/22-5/19	OUT \$80



KICK-BOXING TURBO ★★★

Ages: 16 and Up. Min 10 / Max 25. This is a class that combines aerobics, boxing, martial arts and fun hip-hop. 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 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	5:40-6:35PM	1/5-3/1	SPL-FR	\$36
215076 A	KICKBOX	T	5:40-6:35PM	3/22-5/17	SPL-FR	\$36

MAX ABS ★★★

Ages: 16 and Up. Min 10 / Max 25. Max-Abs will target your core — which is the mid-section 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	6:40-7:10PM	1/5-3/1	SPL-FR	\$30
215124 A	MAXABS	T	6:40-7:10PM	3/22-5/17	SPL-FR	\$30

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.

Instructor: Emily Blessing.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115014 A	MEDBRE	SU	6-7:15PM	1/10-3/6	SPL-FR	\$48
215014 A	MEDBRE	SU	6-7:15PM	3/27-5/22	SPL-FR	\$48

MEDITATION WORKSHOP ^{NEW} ★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Meditation reduces stress and increases your ability to focus and your feelings of well-being. We will discuss what meditation is and easy ways to start your own meditation practice. Together we'll explore methods such as sutra meditation, mantra meditation, single pointed concentration, mindfulness and guided relaxation.

Instructor: Annemarie Chilton.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
215275 A	MEDIT	F	7-8:30PM	4/8	SPL-FR	\$10

PIYO ^{NEW} ★★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. PiYo LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You will use your body weight to perform a series of continuous, target moves to define every single muscle, big and small.

Instructor: Anna Oliver.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115020 A	PIYO	MW	7:05-7:55PM	1/4-3/2	SPL-FR	\$58
215020 A	PIYO	MW	7:05-7:55PM	3/21-5/18	SPL-FR	\$58

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	1/7-3/3	SPL-FR	\$36
115011 B	PWRSUPT	S	10-10:50AM	1/9-3/5	CB-CR2	\$36
215011 A	PWRSUPT	R	5:40-6:35PM	3/24-5/19	SPL-FR	\$36
215011 B	PWRSUPT	S	10-10:50AM	3/26-5/21	CB-CR2	\$36

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	1/4-3/4	CB-GY	\$72
215310 A	SLIMNAST	MWF	9-10AM	3/21-5/20	CB-GY	\$72



SPORTS PAVILION LAWRENCE/BOBCAT 5K

Sports Pavilion Lawrence 100 Rock Chalk Ln.

Trail Run

Saturday, April 5

\$20 individual/\$25 family

see page 61 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 a.m. To purchase a 95-gallon yard waste cart, visit www.lawrenceks.org/swm.

RESIDENTIAL RECYCLING SERVICES

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 the Recyclable Materials Directory, where you can search for recycling options for electronics, metal scraps, and more.

BUSINESS RECYCLING SERVICES

Businesses may sign up for recycling collection service. Call 832-3030 for information on business recycling opportunities in Lawrence.

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 that 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 to 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



Utilities EcoFlow Rapid Rainwater Reduction Program Moving Forward

The Lawrence Utilities Department continues to move forward on the EcoFlow Rapid Rainwater Reduction Program. The program identifies places in the sanitary sewer where excess water enters the system through manhole leaks, sewer line cracks, and private plumbing defects. The excess water uses capacity in the pipe and treatment plant. Not only is removal of excess water required by regulation, but it will also avoid the need to build larger facilities before they're needed.

PHASES 1 & 2

The City is working closely with TREKK Design Group, an engineering consultant, to locate the defects. The repairs are being completed by City Staff, local plumbers, and several construction contractors. During 2014 and 2015, the Utilities Department and TREKK completed manhole inspections, smoke testing, and private property evaluations in the Phase 1 and Phase 2 areas. The completed areas included a small neighborhood west of the KU campus and a larger area

east of Barker Avenue/Connecticut Street and north of East 23rd Street.

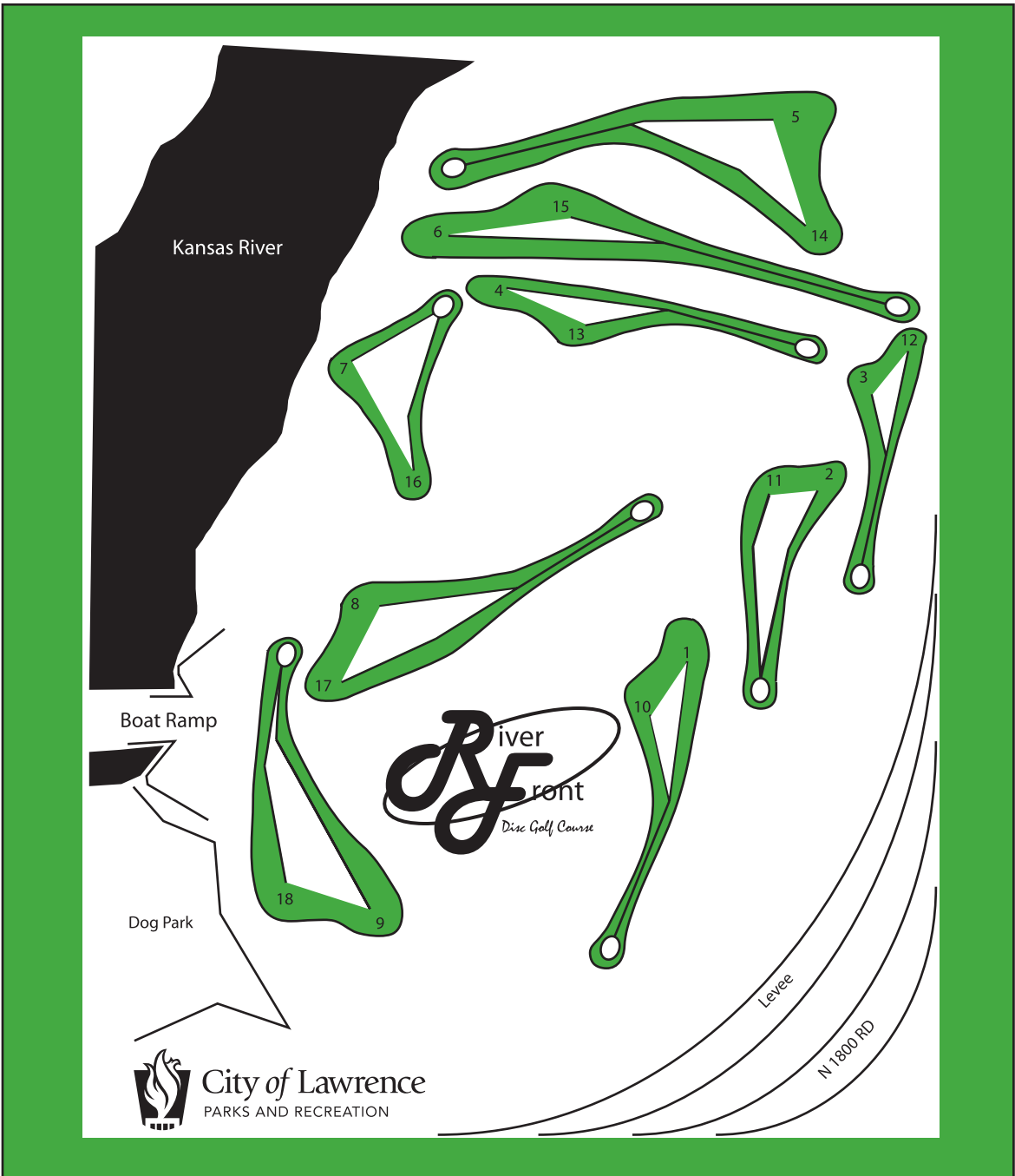
PHASE 3

Phase 3 of the program has just started and is focused on the area bounded by Barker Ave to the east, 27th Street to the south, and Louisiana Street to the west. The project team has begun contacting residents and homeowners in the Phase 3 area to schedule a free private property evaluation. This work will continue for several more years as the program moves to the west through the older parts of the City toward Iowa Street. The program will pay the cost for homeowners to remove eligible sources that allow excess water to enter the sanitary sewer. The City will work closely with the homeowner and resident to correct the defects. If you live in the current area of work or future areas, look for this project logo and our crews soon. You may also contact our EcoFlow Hotline at 785-832-3003 or lawrenceecoflow@gmail.com.



City of Lawrence

www.lawrenceks.org/utilities



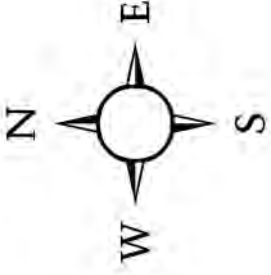
Riverfront Disc Golf Course

HWY 24/40/59 Junction

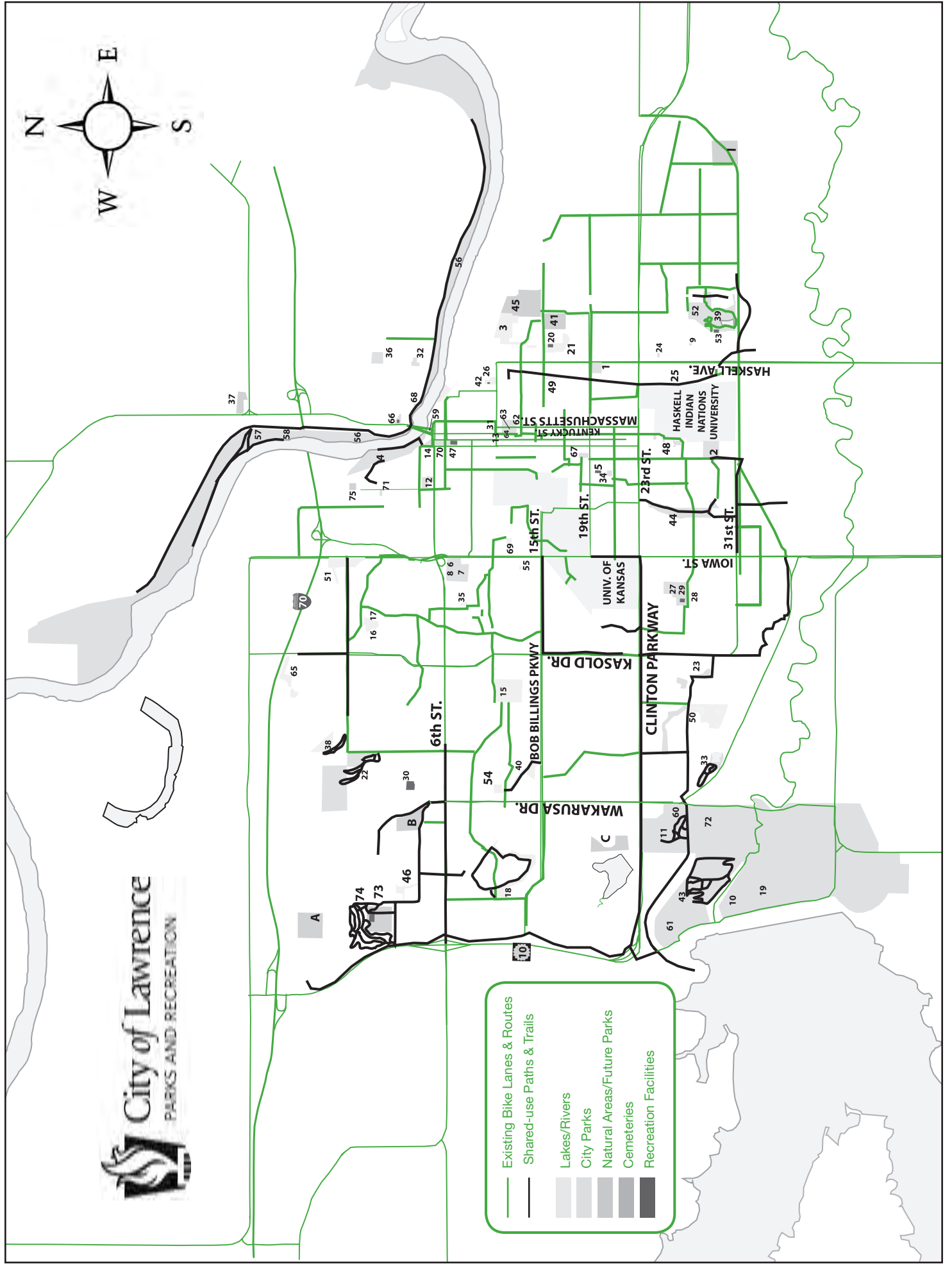
Score Card

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
- Shared-use Paths & Trails
- 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 Outlet Park | 36. Lyons Park | 51. Peterson Road Park | 65. Stonegate Park | D Future Park (Undeveloped) |
| 12. Clinton Lake | 37. Maple Grove Cemetery | 52. Prairie Park | 66. Union Pacific Depot | |
| 13. Softball Complex | 38. Martin Park | 53. Prairie Park Nature Center | 67. Veterans Park | |
| 14. Clinton Park | 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.

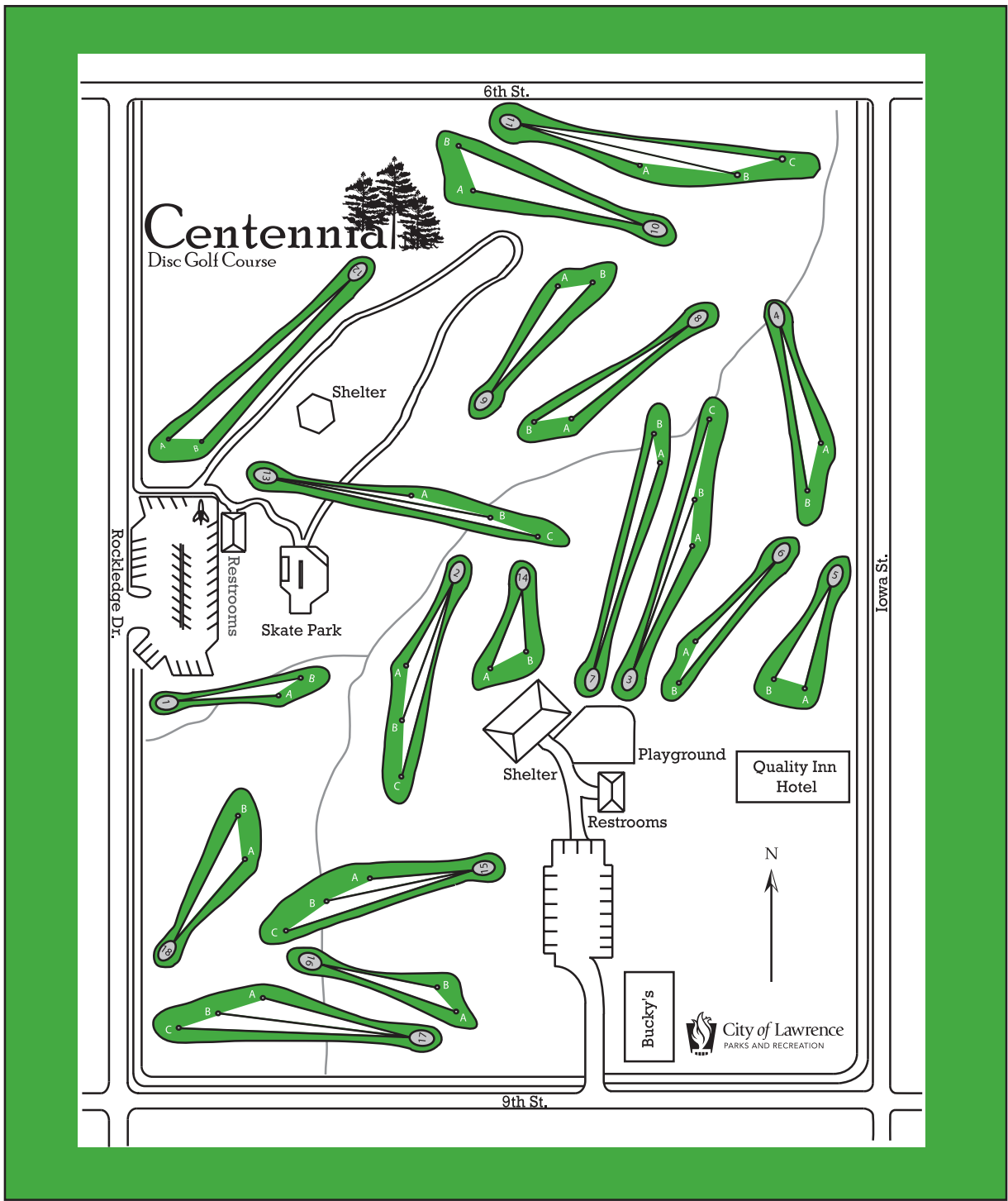
- Horses are prohibited.
- Motorized vehicles are prohibited.
- Speed limit is 15 mph.

LAWRENCE BIKE REGULATIONS

- 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	3	3	3	3	3	3	3	3	3	27	3	3	3	3	3	3	3	3	3	27	54
Par A/B/C																					
Amateur A	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

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 trash carts or yard waste carts (no recycling 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.

RESIDENTIAL CURBSIDE COLLECTION OF YARD WASTE

- 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.
- Yard waste carts are available for purchase at www.lawrenceks.org/swm.
- 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

Connect to Your City

EMAIL CITY HALL



cityhall@lawrenceks.org

WEBSITE



www.lawrenceks.org

LAWRENCE LISTENS



www.lawrenceks.org/Lawrence-Listens

FACEBOOK



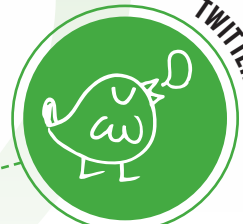
City of Lawrence, Kansas -
Municipal Government

EMAIL LISTS



www.lawrenceks.org/subscriptions

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@lawrenceks



 CALL US AT (785) 832-3400

Come celebrate.

Earth Day 2016

in downtown Lawrence!
FREE ADMISSION!

**SATURDAY,
APRIL 23**

Parade 11 a.m.
on Mass. Street from
7th Street to South Park

**Celebration
11:30 a.m.
to 4 p.m.**
at South Park



RIDE THE T FOR
FREE
ON THE 23RD!



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	1/5-3/3	OUT	\$80
215021	A OLYLIFT	TR	7:30-8:30PM	3/22-5/19	OUT	\$80

TONE ZONE ★★

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	1/5-3/3	CB-CR2	\$58
215060	A TONEZONE	TR	12:10-12:50PM	3/22-5/19	CB-CR2	\$58

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	R	6:40-7:25PM	1/7-3/3	SPL-FR	\$36
215010	A TOTSTEP	R	6:40-7:25PM	3/24-5/19	SPL-FR	\$36

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: Kristen Williams.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115023	A WEIGEXP	MW	5:30-6PM	1/4-3/2	SPL-FR	\$56
215023	A WEIGEXP	MW	5:30-6PM	3/21-5/18	SPL-FR	\$56



YOGA ★★

Ages: 16 and Up. Enrollment Min 10 / Max 25. Get comfortable and stretch out your stiff muscles. Learn to correctly align your spine through slow, progressive traction. While using the full capacity of your lungs through correct breathing, you will completely oxygenate your body and brain, improving blood circulation and your sense of well-being. Bring a blanket or exercise mat. *See the Lifelong Recreation section for additional sections designed for those 50+.* **No class 4/5.** **Instructors: Jay Hester (JH), Stacy Wall (SW), Mary Ann Saunders (MS), Tami Keasling (TK), Lynne Intrachat (LI).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115271	A YOGA(MS)	MW	5:30-6:25PM	1/4-3/2	HRC-BR	\$58
115271	B YOGA(JH)	W	7-8:15PM	1/6-3/2	CR-HR	\$48
115271	C YOGA(SW)	R	6-7:15PM	1/7-3/3	CR-HR	\$48
115271	D YOGA(LI)	SU	2:45-4PM	1/10-3/6	CB-CR2	\$48
215271	A YOGA(MS)	MW	5:30-6:25PM	3/21-5/18	HRC-BR	\$58
215271	B YOGA(JH)	W	7-8:15PM	3/23-5/18	CR-HR	\$48
215271	C YOGA(SW)	R	6-7:15PM	3/24-5/19	CR-HR	\$48
215271	D YOGA(LI)	SU	2:45-4PM	3/27-5/22	CB-CR2	\$48

YOGA, PRENATAL ★

Ages: 16 and Up. Enrollment Min 6 / Max 10. This class is specifically designed for the pre-natal 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: Susanne Kramer.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115272	A PREYOGA	T	5:30-6:45PM	1/5-3/1	ELRC-MR	\$59
215272	A PREYOGA	T	5:30-6:45PM	3/22-5/17	ELRC-MR	\$59

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 RESTYOGA	M	7-8:25PM	1/4-2/29	ELRC-MR	\$55
215274	A RESTYOGA	M	7-8:25PM	3/21-5/16	ELRC-MR	\$55

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	TR	10-11AM	1/5-3/3	SPL-FR	\$58
215016	A YINYOGA	TR	10-11AM	3/22-5/19	SPL-FR	\$58

**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: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115022	A	YOGEXPR	TR	12:10-12:50PM	1/5-3/3	SPL-FR	\$58
215022	A	YOGEXPR	TR	12:10-12:50PM	3/22-5/19	SPL-FR	\$58

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: Emily Blessing.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115015	A	YOGA	SU	4:30-5:45PM	1/10-3/6	SPL-FR	\$48
215015	A	YOGA	SU	4:30-5:45PM	3/27-5/22	SPL-FR	\$48

YOGA FOR STRESS RELIEF WORKSHOP ^{NEW} ★

Ages: 16 and Up. Enrollment Min 10 / Max 20. Increase your well-being by treating yourself to a relaxing evening. We will explore tools for reducing stress including journaling, restorative and level I yoga poses and guided relaxation. Take a Friday evening to relax and renew yourself. The better care you take of yourself, the more you will be able to care for all your loved ones. **Instructor: Annemarie Chilton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
215275	B	STRESS	F	7-8:30PM	5/20	SPL-FR	\$10

YOGA WORKSHOP, INTRO TO ^{NEW} ★

Ages: 16 and Up. Enrollment Min 10 / Max 20. You may have heard yoga helps reduce stress and increase well-being and physical fitness. But what is yoga and how do you get started? We will discuss the 8 limbs of yoga, learn philosophy, some postures and breathing techniques to help you reap the benefits of this ancient practice. **Instructor: Annemarie Chilton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115275	A	INTRO	F	7-8:30PM	2/26	SPL-FR	\$10

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	1/5-3/3	CB-CR1	\$58
115121	B	YGTS	S	9-9:50AM	1/9-3/5	CB-CR2	\$36
215121	A	YGTS	TR	5:30-6:25PM	3/22-5/19	CB-CR1	\$58
215121	B	YGTS	S	9-9:50AM	3/26-5/21	CB-CR2	\$36

YOGILATES PLUS ★★

Ages: 16 and Up. Enrollment 10 / Max 20. 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
115123	A	YOGOPL	SU	3-4:15PM	1/10-3/6	SPL-FR	\$48
215123	A	YOGOPL	SU	3-4:15PM	3/27-5/22	SPL-FR	\$48

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: Pat Middaugh (PM), Susan King (SK), Christie Ogunnowo (CO), Amy Ash (AA), Anna Oliver (AO), Amy Whittaker (AW).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115000	A	ZMBA(PM)	MWF	12:10-12:50PM	1/4-3/4	CB-GYM	\$72
115000	B	ZMBA(SK)	M	5:30-6:25PM	1/4-2/29	CB-GYM	\$36
115000	C	ZMBA(AO)	MW	6:05-6:55PM	1/4-3/2	SPL-FR	\$58
115000	D	ZMBA(AA)	TR	9-9:55AM	1/5-3/3	SPL-NR	\$58
115000	E	ZMBA(PM)	TR	4:30-5:25PM	1/5-3/3	SPL-FR	\$58
115000	F	ZMBA(SK)	W	5:30-6:25PM	1/6-3/2	CB-GYM	\$36
115000	G	ZMBA(AA)	R	6:30-7:25PM	1/7-3/3	SPL-NR	\$36
115000	H	ZMBA(AO)	S	9-9:50AM	1/9-3/5	SPL-FR	\$36
115000	I	ZMBA(CO)	S	11-11:50AM	1/9-3/5	CB-CR2	\$36
115000	J	ZMBA(AW)	SU	1-1:50PM	1/10-3/6	SPL-FR	\$36
215000	A	ZMBA(PM)	MWF	12:10-12:50PM	3/21-5/20	CB-GYM	\$72
215000	B	ZMBA(SK)	M	5:30-6:25PM	3/21-5/16	CB-GYM	\$36
215000	C	ZMBA(AO)	MW	6:05-6:55PM	3/21-5/18	SPL-FR	\$58
215000	D	ZMBA(AA)	TR	9-9:55AM	3/22-5/19	SPL-NR	\$58
215000	E	ZMBA(PM)	TR	4:30-5:25PM	3/22-5/19	SPL-FR	\$58
215000	F	ZMBA(SK)	W	5:30-6:25PM	3/23-5/18	CB-GYM	\$36
215000	G	ZMBA(AA)	R	6:30-7:25PM	3/24-5/19	SPL-NR	\$36
215000	H	ZMBA(AO)	S	9-9:50AM	3/26-5/21	SPL-FR	\$36
215000	I	ZMBA(CO)	S	11-11:50AM	3/26-5/21	CB-CR2	\$36
215000	J	ZMBA(AW)	SU	1-1:50PM	4/3-5/22	CB-CR2	\$36

ZUMBA TONING ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. This class combines the Zumba workout with lightly weighted Toning Sticks for a whole body strengthening experience. With their rhythmic percussive sounds, these Zumba Toning Sticks will add some spice to your resistive workout routine. Blending body sculpting techniques and specific Zumba moves into one calorie-burning strength training class. You'll learn how to use weighted, maraca-like toning sticks to enhance rhythm, build strength and tone all of the target zones. **Instructor: Anna Oliver.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115001	A	ZUMTON	MW	12:10-12:50PM	1/4-3/2	SPL-FR	\$58
115001	B	ZUMTON	W	9-9:50AM	1/6-3/2	SPL-FR	\$36
215001	A	ZUMTON	MW	12:10-12:50PM	3/21-5/18	SPL-FR	\$58
215001	B	ZUMTON	W	9-9:50AM	3/23-5/18	SPL-FR	\$36

ZUMBA STEP ★★

Ages: 16 and Up. Enrollment Min 10 / Max 20. 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	1/5-3/3	ELRC-GY	\$58
215029	A	ZUMSTE	TR	12:10-12:50PM	3/22-5/19	ELRC-GY	\$58



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. Gymnastics programmer: Jalon Grogan, (785) 330-7364. **Classes listed below are provided by facility.**

EAST LAWRENCE RECREATION CENTER – GYMNASTICS

1245 E. 15th St.

GYMNASTIC BIRTHDAY PARTIES

Ages: 3-12. \$150 for 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. and 3 p.m. to 4:30 p.m. For more information contact the East Lawrence Recreation Center at (785) 832-7950.**

DIAPER DYNOS

Ages: 18-24 Months w/ parent. Enrollment Min 4 / 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	1/18-3/7	ELRC-MPR	\$64
116100 B	DIADYN	S	9-9:30AM	1/23-3/12	ELRC-MPR	\$64
216100 A	DIADYN	M	9:15-9:45AM	3/21-5/9	ELRC-MPR	\$64
216100 B	DIADYN	S	9-9:30AM	3/26-5/14	ELRC-MPR	\$64



PARENTS AND PEANUT

Ages: 2-3 w/ parent. Enrollment Min 4 / 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	1/20-3/9	ELRC-MPR	\$64
116101 B	PPGYM	W	6:30-7:15PM	1/20-3/9	ELRC-MPR	\$64
116101 C	PPGYM	F	11-11:45AM	1/22-3/11	ELRC-MPR	\$64
116101 D	PPGYM	S	9:35-10:15AM	1/23-3/12	ELRC-MPR	\$64
216101 A	PPGYM	W	9-9:45AM	3/23-5/11	ELRC-MPR	\$64
216101 B	PPGYM	W	6:30-7:15PM	3/23-5/11	ELRC-MPR	\$64
216101 C	PPGYM	F	11-11:45AM	3/25-5/13	ELRC-MPR	\$64
216101 D	PPGYM	S	9:35-10:15AM	3/26-5/14	ELRC-MPR	\$64

TUMBLEWEEDS

Ages: 3. Enrollment Min 4 / 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	TUMBWEED	M	11-11:45AM	1/18-3/7	ELRC-MPR	\$64
116102 B	TUMBWEED	M	4:30-5:15PM	1/18-3/7	ELRC-MPR	\$64
116102 C	TUMBWEED	T	6:30-7:15PM	1/19-3/8	ELRC-MPR	\$64
116102 D	TUMBWEED	W	11-11:45AM	1/20-3/9	ELRC-MPR	\$64
116102 E	TUMBWEED	W	5:30-6:15PM	1/20-3/9	ELRC-MPR	\$64
116102 F	TUMBWEED	R	6:30-7:15PM	1/21-3/10	ELRC-MPR	\$64
116102 G	TUMBWEED	F	9-9:45AM	1/22-3/11	ELRC-MPR	\$64
116102 H	TUMBWEED	F	5:30-6:15PM	1/22-3/11	ELRC-MPR	\$64
216102 A	TUMBWEED	M	11-11:45AM	3/21-5/9	ELRC-MPR	\$64
216102 B	TUMBWEED	M	4:30-5:15PM	3/21-5/9	ELRC-MPR	\$64
216102 C	TUMBWEED	T	6:30-7:15PM	3/22-5/10	ELRC-MPR	\$64
216102 D	TUMBWEED	W	11-11:45AM	3/23-5/11	ELRC-MPR	\$64
216102 E	TUMBWEED	W	5:30-6:15PM	3/23-5/11	ELRC-MPR	\$64
216102 F	TUMBWEED	R	6:30-7:15PM	3/24-5/12	ELRC-MPR	\$64
216102 G	TUMBWEED	F	9-9:45AM	3/25-5/13	ELRC-MPR	\$64
216102 H	TUMBWEED	F	5:30-6:15PM	3/25-5/13	ELRC-MPR	\$64

Breakfast With Santa

Saturday, December 12

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 60
for more info



GYMSTERS

Ages: 4-5. Enrollment Min 4 / 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	10-10:55AM	1/18-3/7	ELRC-MPR	\$64
116103 B	GYMSTER	M	4:30-5:25PM	1/18-3/7	ELRC-MPR	\$64
116103 C	GYMSTER	M	6:30-7:25PM	1/18-3/7	ELRC-MPR	\$64
116103 D	GYMSTER	T	5:30-6:25PM	1/19-3/8	ELRC-MPR	\$64
116103 E	GYMSTER	T	6:30-7:25PM	1/19-3/8	ELRC-MPR	\$64
116103 F	GYMSTER	W	10-10:55AM	1/20-3/9	ELRC-MPR	\$64
116103 G	GYMSTER	W	4:30-5:25PM	1/20-3/9	ELRC-MPR	\$64
116103 H	GYMSTER	R	5:30-6:25PM	1/21-3/10	ELRC-MPR	\$64
116103 I	GYMSTER	F	10-10:55AM	1/22-3/11	ELRC-MPR	\$64
116103 J	GYMSTER	F	6:30-7:25PM	1/22-3/11	ELRC-MPR	\$64
116103 K	GYMSTER	S	10:20-11:15AM	1/23-3/12	ELRC-MPR	\$64
216103 A	GYMSTER	M	10-10:55AM	3/21-5/9	ELRC-MPR	\$64
216103 B	GYMSTER	M	4:30-5:25PM	3/21-5/9	ELRC-MPR	\$64
216103 C	GYMSTER	M	6:30-7:25PM	3/21-5/9	ELRC-MPR	\$64
216103 D	GYMSTER	T	5:30-6:25PM	3/22-5/10	ELRC-MPR	\$64
216103 E	GYMSTER	T	7:30-8:25PM	3/22-5/10	ELRC-MPR	\$64
216103 F	GYMSTER	W	10-10:55AM	3/23-5/11	ELRC-MPR	\$64
216103 G	GYMSTER	W	4:30-5:25PM	3/23-5/11	ELRC-MPR	\$64
216103 H	GYMSTER	R	5:30-6:25PM	3/24-5/12	ELRC-MPR	\$64
216103 I	GYMSTER	F	10-10:55AM	3/25-5/13	ELRC-MPR	\$64
216103 J	GYMSTER	F	6:30-7:25PM	3/25-5/13	ELRC-MPR	\$64
216103 K	GYMSTER	S	10:20-11:15AM	3/26-5/14	ELRC-MPR	\$64

HOT SHOTS

Ages: 4-5. Enrollment Min 4 / 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) 330-7361 for more information.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116104 A	HOTSHOT	M	5:30-6:25PM	1/18-3/7	ELRC-MPR	\$64
216104 A	HOTSHOT	M	5:30-6:25PM	3/21-5/9	ELRC-MPR	\$64

BEGINNING BOYS

Ages: 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	M	5:30-6:25PM	1/18-3/7	ELRC-MPR	\$64
116206 B	BEGBOYS	T	4:30-5:25PM	1/19-3/8	ELRC-MPR	\$64
116206 C	BEGBOYS	R	6:30-7:25PM	1/21-3/10	ELRC-MPR	\$64
216206 A	BEGBOYS	M	5:30-6:25PM	3/21-5/9	ELRC-MPR	\$64
216206 B	BEGBOYS	T	4:30-5:25PM	3/22-5/10	ELRC-MPR	\$64
216206 C	BEGBOYS	R	6:30-7:25PM	3/24-5/12	ELRC-MPR	\$64

BEGINNING GIRLS

Ages: 6-9. Enrollment Min 4 / 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	1/18-3/7	ELRC-MPR	\$64
116200 B	BEGGIRLS	T	4:30-5:25PM	1/19-3/8	ELRC-MPR	\$64
116200 C	BEGGIRLS	T	5:30-6:25PM	1/19-3/8	ELRC-MPR	\$64
116200 D	BEGGIRLS	W	4:30-5:25PM	1/20-3/9	ELRC-MPR	\$64
116200 E	BEGGIRLS	W	5:30-6:25PM	1/20-3/9	ELRC-MPR	\$64
116200 F	BEGGIRLS	R	5:30-6:25PM	1/21-3/10	ELRC-MPR	\$64
116200 G	BEGGIRLS	S	10:20-11:15AM	1/23-3/12	ELRC-MPR	\$64
216200 A	BEGGIRLS	M	6:30-7:25PM	3/21-5/9	ELRC-MPR	\$64
216200 B	BEGGIRLS	T	4:30-5:25PM	3/22-5/10	ELRC-MPR	\$64
216200 C	BEGGIRLS	T	5:30-6:25PM	3/22-5/10	ELRC-MPR	\$64
216200 D	BEGGIRLS	W	4:30-5:25PM	3/23-5/11	ELRC-MPR	\$64
216200 E	BEGGIRLS	W	5:30-6:25PM	3/23-5/11	ELRC-MPR	\$64
216200 F	BEGGIRLS	R	5:30-6:25PM	3/24-5/12	ELRC-MPR	\$64
216200 G	BEGGIRLS	S	10:20-11:15AM	3/26-5/14	ELRC-MPR	\$64

PRESCHOOL OPEN GYMNASTICS

Our gymnastics preschool play is for children ages 1 year old to 5 years old and must be accompanied by an adult. 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 or Thursday, 10:15 a.m. to 11:15 a.m., or Saturday, 11:30 a.m. to 12:30 p.m. The fee is \$5 per child per visit at East Lawrence Recreation Center. There is a maximum of 30 children.**

Discounted punch cards are available to purchase. Each open gym gymnastics punch card contains 11 punches for \$50, discounting admission rates. Punch cards cannot be combined with other forms of payment. Cards must be pre-purchased. Having this card does not guarantee a spot in an open gym session. Parents and children must wait their turn in line, and sign a waiver to participate. Lawrence Parks and Recreation is not responsible for lost, stolen or misplaced punch cards. All punches must be used within two calendar years. Unused punches will not be replaced, exchanged, refunded or combined.

SPORTS PAVILION LAWRENCE AT ROCK CHALK PARK – GYMNASTICS

presented by Lawrence Memorial Hospital

100 Rock Chalk Lane

Fees for all classes listed below are collected on a monthly basis. No class 1/1-2, 3/14-3/19, 5/28-5/30.

GYMNASTIC BIRTHDAY PARTIES

Ages: 3-12. \$150 for 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 pm and 3 p.m. to 4:30 p.m. For more information contact the East Lawrence Recreation Center at (785) 832-7950.**





KIDS NIGHT OUT NEW

Ages: 3 and Up. Enrollment Min 10 / Max 30. Need an evening without the kids? Kids Night Out gives our parents the opportunity to take a well-deserved break. Go out for a night on the town feeling confident that your little ones are safe and having the time of their lives with their favorite gymnastics teachers. This incredible evening for your children is filled with a variety of fun games and activities, and they won't want the night to end! And don't worry about food — we'll take care of that too! **Participants must be potty trained to attend. LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116015 A	KNO	S	6-10PM	1/9-1/30	SPL-GR	\$70
116015 AA	KNO	S	6-10PM	1/9	SPL-GR	\$20
116015 AB	KNO	S	6-10PM	1/16	SPL-GR	\$20
116015 AC	KNO	S	6-10PM	1/23	SPL-GR	\$20
116015 AD	KNO	S	6-10PM	1/30	SPL-GR	\$20
116015 B	KNO	S	6-10PM	2/6-2/27	SPL-GR	\$70
116015 BA	KNO	S	6-10PM	2/6	SPL-GR	\$20
116015 BB	KNO	S	6-10PM	2/13	SPL-GR	\$20
116015 BC	KNO	S	6-10PM	2/20	SPL-GR	\$20
116015 BD	KNO	S	6-10PM	2/27	SPL-GR	\$20
216015 A	KNO	S	6-10PM	3/5-3/26	SPL-GR	\$70
216015 AA	KNO	S	6-10PM	3/5	SPL-GR	\$20
216015 AB	KNO	S	6-10PM	3/12	SPL-GR	\$20
216015 AC	KNO	S	6-10PM	3/19	SPL-GR	\$20
216015 AD	KNO	S	6-10PM	3/26	SPL-GR	\$20
216015 B	KNO	S	6-10PM	4/2-4/30	SPL-GR	\$70
216015 BA	KNO	S	6-10PM	4/2	SPL-GR	\$20
216015 BB	KNO	S	6-10PM	4/9	SPL-GR	\$20
216015 BC	KNO	S	6-10PM	4/16	SPL-GR	\$20
216015 BD	KNO	S	6-10PM	4/23	SPL-GR	\$20
216015 BE	KNO	S	6-10PM	4/30	SPL-GR	\$20
216015 C	KNO	S	6-10PM	5/7-5/28	SPL-GR	\$70
216015 CA	KNO	S	6-10PM	5/7	SPL-GR	\$20
216015 CB	KNO	S	6-10PM	5/14	SPL-GR	\$20
216015 CC	KNO	S	6-10PM	5/21	SPL-GR	\$20
216015 CD	KNO	S	6-10PM	5/28	SPL-GR	\$20

PARENTS AND PEANUT

Ages: 2-3 w/ parent. Enrollment Min 4 / Max 10. One parent per child. 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
916101 A	PPGYM	T	10-10:45AM	MONTHLY	SPL-GR	\$32
916101 B	PPGYM	F	9-9:45AM	MONTHLY	SPL-GR	\$32

TUMBLEWEEDS

Age: 3. Enrollment Min 4 / 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
916000 A	TUMBWEED	T	11-11:45AM	MONTHLY	SPL-GR	\$32
916000 B	TUMBWEED	W	6-6:45PM	MONTHLY	SPL-GR	\$32
916000 C	TUMBWEED	R	10-10:45AM	MONTHLY	SPL-GR	\$32
916000 D	TUMBWEED	R	5:30-6:15PM	MONTHLY	SPL-GR	\$32
916000 E	TUMBWEED	F	11-11:45AM	MONTHLY	SPL-GR	\$32
916000 F	TUMBWEED	S	9-9:45AM	MONTHLY	SPL-GR	\$32

GYMSTERS

Ages: 4-5. Enrollment Min 4 / 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
916001 L	GYMSTER	M	6:30-7:25PM	MONTHLY	SPL-CR	\$32
916001 A	GYMSTER	T	9-9:55AM	MONTHLY	SPL-GR	\$32
916001 B	GYMSTER	T	4:30-5:25PM	MONTHLY	SPL-GR	\$32
916001 K	GYMSTER	T	5:30-6:25PM	MONTHLY	SPL-GR	\$32
916001 C	GYMSTER	W	5-5:55PM	MONTHLY	SPL-GR	\$32
916001 D	GYMSTER	R	9-9:55AM	MONTHLY	SPL-GR	\$32
916001 E	GYMSTER	R	11-11:55AM	MONTHLY	SPL-GR	\$32
916001 F	GYMSTER	R	4:30-5:25PM	MONTHLY	SPL-GR	\$32
916001 G	GYMSTER	R	6:30-7:25PM	MONTHLY	SPL-GR	\$32
916001 H	GYMSTER	F	10-10:55AM	MONTHLY	SPL-GR	\$32
916001 I	GYMSTER	F	4:30-5:25PM	MONTHLY	SPL-GR	\$32
916000 M	GYMSTER	F	5:30-6:25PM	MONTHLY	SPL-GR	\$32
916001 J	GYMSTER	S	10-10:55AM	MONTHLY	SPL-GR	\$32

HOT SHOTS

Ages: 4-5. Enrollment Min 4 / 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
916007 A	HOTSHOT	T	4:30-5:25PM	MONTHLY	SPL-GR	\$32





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 percent of the beginning level skills prior to advancing to the next level.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
916008 A	BEGBOYS	M	5:30-6:25PM	MONTHLY	SPL-GR	\$32
916008 B	BEGBOYS	R	6:30-7:25PM	MONTHLY	SPL-GR	\$32

BEGINNING GIRLS

Ages: 6-11. Enrollment Min 4 / 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 percent of the beginning level skills prior to advancing to the next level.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
916010 A	BEGGIRL	M	4:30-5:25PM	MONTHLY	SPL-GR	\$32
916010 B	BEGGIRL	T	5:30-6:25PM	MONTHLY	SPL-GR	\$32
916010 C	BEGGIRL	W	4-4:55PM	MONTHLY	SPL-GR	\$32
916010 D	BEGGIRL	W	5-5:55PM	MONTHLY	SPL-GR	\$32
916010 E	BEGGIRL	R	5:30-6:25PM	MONTHLY	SPL-GR	\$32
916010 F	BEGGIRL	F	4:30-5:25PM	MONTHLY	SPL-GR	\$32
916010 I	BEGGIRL	F	5:30-6:25PM	MONTHLY	SPL-GR	\$32
916010 G	BEGGIRL	S	9-9:55AM	MONTHLY	SPL-GR	\$32
916010 H	BEGGIRL	S	10-10:55AM	MONTHLY	SPL-GR	\$32

INTERMEDIATE GIRLS

Ages: 6 and Up. Enrollment Min 4 / 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
916012 A	INTGIRLS	M	5-6:25PM	MONTHLY	SPL-GR	\$42
916012 B	INTGIRLS	T	6:30-7:55PM	MONTHLY	SPL-GR	\$42
916012 C	INTGIRLS	W	6-7:25PM	MONTHLY	SPL-GR	\$42
916012 E	INTGIRLS	R	7-8:25PM	MONTHLY	SPL-GR	\$42
916012 D	INTGIRLS	F	4:30-5:55PM	MONTHLY	SPL-GR	\$42

ADVANCED GIRLS

Ages: 6 and Up. Enrollment Min 4 / 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
916013 A	ADVGIRL	MW	5:30-7:30PM	MONTHLY	SPL-GR	\$80

COMPETITIVE TEAM

Kansas School of Gymnastics is a non-subsidized competitive program of LPRD. 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 90 percent of Intermediate Girls skills in order to be considered for our competition team.** Competition team is a year round commitment and requires additional competitive expenses — leotards, warm-ups, meet fees, travel expenses, etc. **For more information, contact Jalon Grogan, Recreation Programmer at (785) 330-7364.**

CHEERLEADING/TUMBLING

YOUTH CHEER

Ages: 7-11. Enrollment Min 4 / Max 14. 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
916002 A	YOUTH	T	6:30-7:25PM	MONTHLY	SPL-GR	\$32

BEGINNING/INTERMEDIATE TUMBLING

Ages: 7-11. Enrollment Min 4 / Max 14. 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
916004 A	BEGINT	T	5:30-6:25PM	MONTHLY	SPL-GR	\$32

GYMNASTICS OPEN GYM

Our gymnastics open gym is available for children ages 1 year old to 5 years old and their parents, and 6-year-olds to 14-year-olds. Participants 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 everyone involved.

1-year-olds to 5-year-olds must be accompanied by an adult — \$5 per participant — Max 30. Monday 9-10 a.m. and 10:15-11:15 a.m., Wednesday 9-10 a.m. and 10:15-11:15 a.m., and Saturday 11-11:45 a.m. and noon-12:45 p.m. Six-year-olds to 14-year-olds — \$5 per participant — Max 40. Every Friday 7-8:30 p.m. and Sunday 4-5:30 p.m.

Discounted punch cards are available to purchase. Each open gym gymnastic punch card contains 11 punches for \$50, discounting admission rates. Punch cards cannot be combined with other forms of payment. Cards must be pre-purchased. Having this card does not guarantee a spot in an open gym session. Parents and children must wait their turn in line, and sign the waiver to participate. Lawrence Parks and Recreation is not responsible for lost, stolen or misplaced punch cards. All punches must be used within two calendar years. Unused punches will not be replaced, exchanged, refunded or combined.

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	1/13-3/9	GFORCE	\$121
116425 B	ADVANC	R	6:30-7:55PM	1/14-3/10	GFORCE	\$121
216425 A	ADVANC	W	4:30-5:55PM	3/23-5/18	GFORCE	\$121
216425 B	ADVANC	R	6:30-7:55PM	3/24-5/19	GFORCE	\$121

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	1/11-3/7	GFORCE	\$110
116412 B	T&T(4-6)	T	5:30-6:25PM	1/12-3/8	GFORCE	\$110
116412 C	T&T(5-8)	R	6:30-7:25PM	1/14-3/10	GFORCE	\$110
216412 A	T&T(5-8)	M	4:30-5:25PM	3/21-5/16	GFORCE	\$110
216412 B	T&T(4-6)	T	5:30-6:25PM	3/22-5/17	GFORCE	\$110
216412 C	T&T(5-8)	R	6:30-7:25PM	3/24-5/19	GFORCE	\$110

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	1/11-3/7	GFORCE	\$110
216430 A	BEG2	M	5:30-6:25PM	3/21-5/16	GFORCE	\$110

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	1/11-3/7	GFORCE	\$110
116413 B	INTR(6-9)	T	6:30-7:25PM	1/12-3/8	GFORCE	\$110
216413 A	INTR(8-12)	M	4:30-5:25PM	3/21-5/16	GFORCE	\$110
216413 B	INTR(6-9)	T	6:30-7:25PM	3/22-5/17	GFORCE	\$110

**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 hand-spring. **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	1/14-3/10	GFORCE	\$110
216431 A	INT2	R	5:30-6:25PM	3/24-5/19	GFORCE	\$110

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	1/11-3/7	GFORCE	\$110
116411 B	PRESCHOL	R	4:30-5:15PM	1/14-3/10	GFORCE	\$110
216411 A	PRESCHOL	M	5:30-6:15PM	3/21-5/16	GFORCE	\$110
216411 B	PRESCHOL	R	4:30-5:15PM	3/24-5/19	GFORCE	\$110

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	1/13-3/9	GFORCE	\$110
216414 A	TRAMPO	W	7:30-8:25PM	3/23-5/18	GFORCE	\$110

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	1/11-3/7	GFORCE	\$121
116415 B	T(12-18)	T	4:30-5:55PM	1/12-3/8	GFORCE	\$121
116415 C	T(8-12)	T	6-7:25PM	1/12-3/8	GFORCE	\$121
216415 A	T(12-18)	M	6:30-7:55PM	3/21-5/16	GFORCE	\$121
216415 B	T(12-18)	T	4:30-5:55PM	3/22-5/17	GFORCE	\$121
216415 C	T(8-12)	T	6-7:25PM	3/22-5/17	GFORCE	\$121

Join LPRD for this annual dinner and dance!

DADDY-DAUGHTER DATE NIGHT 2016

Under the Sea



SATURDAY,
MARCH 5

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

Little mermaids and their favorite date (dad, grandpa, uncle, stepdad, older brother, etc.) are formally invited to our Under the Sea special event. You will be treated like royalty with dinner and dessert. All, while dancing the night away to family-friendly music spun by Complete Music.

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ITALIAN GRILLE



City of Lawrence
PARKS AND RECREATION



Owens
FLOWER SHOP

BERRY
PLASTICS CORPORATION
AND KIDSWARES



PHOTOS BY KEVIN & JENNIFER GUNNELS

AGES: 6-14

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

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

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

Registration Deadline: Thursday, Feb. 25
Code 214168 Sections A and B



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	FREE
116416 A	T2(12-18)	T	7:30-8:55PM	1/12-3/8	GFORCE	\$121
116416 B	T2(8-12)	W	4:30-5:55PM	1/13-3/9	GFORCE	\$121
216416 A	T2(12-18)	T	7:30-8:55PM	3/22-5/17	GFORCE	\$121
216416 B	T2(8-12)	W	4:30-5:55PM	3/23-5/18	GFORCE	\$121

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	FREE
116417 A	TUMB3	T	4:30-5:55PM	1/12-3/8	GFORCE	\$121
116417 B	TUMB3	R	7:30-8:55PM	1/14-3/10	GFORCE	\$121
216417 A	TUMB3	T	4:30-5:55PM	3/22-5/17	GFORCE	\$121
216417 B	TUMB3	R	7:30-8:55PM	3/24-5/19	GFORCE	\$121

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	FREE
116418 A	TUMB4	M	6:30-7:55PM	1/11-3/7	GFORCE	\$121
116418 B	TUMB4	T	7-8:25PM	1/12-3/8	GFORCE	\$121
216418 A	TUMB4	M	6:30-7:55PM	3/21-5/16	GFORCE	\$121
216418 B	TUMB4	T	7-8:25PM	3/22-5/17	GFORCE	\$121

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	FREE
116419 A	BOYTUMB	W	6:30-7:25PM	1/13-3/9	GFORCE	\$110
216419 A	BOYTUMB	W	6:30-7:25PM	3/23-5/18	GFORCE	\$110

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 23, and Sunday, April 24. 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

All dance classes follow a set curriculum to help provide each dancer the best technical training for their age and skill level. Classes are taught in a creative, fun and positive environment. Our goal is to encourage each student to express their dancer within through the art of movement. Dancers build strength, flexibility, balance, confidence, body awareness, self control and discipline while enjoying their movement!

All dance classes, except *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.

Recreation Dance classes offer a wide selection of stylized movement. It is a great way to find a dance style and class that meets your dancer's needs through a short 8 week commitment.

The NEW Dance Program began in October is an 8-month dance curriculum designed to gradually build a dancer's technique over the course of the school year. Students enrolled in the program will have the opportunity to perform in a May recital, giving the dancer a sense of accomplishment and a fun performance experience. Each dancer will be evaluated and moved into the next appropriate level of classes after the 8-month session.

LITTLE TIPPY TOES

Ages: 2-3 w/ parent. **Enrollment Min 5 / Max 9.** A dance class designed just for little one 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. *One parent per child. Instructor: LPRD Staff.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FREE
114015 A	TIPTOES	T	9-9:30AM	1/19-3/8	CB-DS	\$48
114015 B	TIPTOES	R	5:30-6PM	1/21-3/10	CB-DS	\$48
114015 C	TIPTOES	S	11:15-11:45AM	1/23-3/12	SPL-FR	\$48
214015 A	TIPTOES	T	9-9:30AM	3/22-5/10	CB-DS	\$48
214015 B	TIPTOES	R	5:30-6PM	3/24-5/12	CB-DS	\$48
214015 C	TIPTOES	S	11:15-11:45AM	3/26-5/14	SPL-FR	\$48

MINI BALLERINAS

Ages: 3-4. **Enrollment 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 Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FREE
114017 A	MINIBALL	T	6:20-6:50PM	1/19-3/8	SPL-CR	\$48
114017 B	MINIBALL	R	9:35-10:05AM	1/21-3/10	SPL-CR	\$48
214017 A	MINIBALL	T	6:20-6:50PM	3/22-5/10	SPL-CR	\$48
214017 B	MINIBALL	R	9:35-10:05AM	3/24-5/12	SPL-CR	\$48



**MINI BALLET**

Ages: 3-4. Enrollment Min 5 / 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 Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
914101 A	MINIBALL	R	6:05-6:35PM	MONTHLY	CB-DS	\$24
914101 B	MINIBALL	S	9-9:30AM	MONTHLY	CB-DS	\$24

MINI CHEERY O'S

Ages: 3-4. Enrollment Min 5 / Max 9. This introductory class is designed for the youngest cheerleader to explore basic motor skills along with the fundamentals of movement. Fun cheers, chants and dances will increase coordination, balance and body awareness. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114022 A	MINICHE	M	5:30-6PM	1/18-3/7	SPL-CR	\$48
214022 A	MINICHE	M	5:30-6PM	3/21-5/9	SPL-CR	\$48

MINI DANCERS

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114012 A	MINIDANC	R	9-9:30AM	1/21-3/10	SPL-CR	\$48
214012 A	MINIDANC	R	9-9:30AM	3/24-5/12	SPL-CR	\$48

MINI FAIRYTALE PRINCESS BALLET

Ages: 3-4. Enrollment Min 5 / Max 9. Calling all princesses! This fairytale-themes class is designed to introduce your little princess to creative ballet movement and dance fundamentals in a fun environment. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114103 A	FAIRBAL	T	9:35-10:05AM	1/19-3/8	CB-DS	\$48
214103 A	FAIRBAL	T	9:35-10:05AM	3/22-5/10	CB-DS	\$48

MINI HIP HOPPERS

Ages: 3-4. Enrollment Min 5 / Max 9. Cut loose to 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 Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
914013 A	MINIHH	T	5:45-6:15PM	MONTHLY	SPL-CR	\$24
914013 B	MINIHH	S	9:35-10:05AM	MONTHLY	CB-DS	\$24

PINT SIZE BALLET

Ages: 5-6. Enrollment Min 5 / Max 9. Participants will learn the basic ballet positions and movements to aid in improving coordination, balance and flexibility. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
914104 A	PINTBALL	W	5:30-6:10PM	MONTHLY	CB-DS	\$24
914104 B	PINTBALL	S	11:50AM-12:35PM	MONTHLY	SPL-FR	\$24

PINT SIZE CHEERY O'S

Ages: 5-6. Enrollment Min 5 / Max 9. A perfect class to learn all of the basics aspects of cheerleading and tumbling for young kids. Participants will simple cheers, chants and dances that will help build their coordination, balance and confidence. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114021 A	PINTCHE	M	6:05-6:50PM	1/18-3/7	SPL-CR	\$48
214021 A	PINTCHE	M	6:05-6:50PM	3/21-5/9	SPL-CR	\$48

PINT SIZE JAZZ / HIP HOP

Ages: 5-6. Enrollment 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 Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
914019 A	JAZZHIP	T	6:55-7:40PM	MONTHLY	SPL-FR	\$24
914019 B	JAZZHIP	S	12:40-1:25PM	MONTHLY	SPL-FR	\$24

RISING BALLET

Ages: 6-8. Enrollment Min 5 / Max 9. This class emphasizes stretches, large muscle movement and basic barre technique, while combing fun and dance discipline to help build confidence. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
914109 A	RISBALL	W	6:15-7PM	MONTHLY	CB-DS	\$24

RISING JAZZ/HIP HOP

Ages: 6-8. Enrollment 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 Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
914020 A	JAZHIP	R	6:40-7:25PM	MONTHLY	CB-DS	\$24



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RISING HIP HOP

Ages: 6-8. Enrollment Min 5 / Max 9. This class teaches rhythm, coordination, musicality, and hip hop choreography without suggestive music/movements. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. Our Hip Hop dancers develop focus, strength, and agility while having fun. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114013	A HIPHOP	S	10:10-10:55AM	1/23-3/12	CB-DS	\$48
214013	A HIPHOP	S	10:10-10:55AM	3/26-5/14	CB-DS	\$48

YOUTH BALLET

Ages: 7-10. Enrollment Min 5 / Max 9. This class will take the beginning ballet dancer to the next level by developing a deeper understanding of proper technique, body awareness, confidence and discipline. **Prerequisite rising ballet. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
914110	A BALLET	W	7:05-7:55PM	MONTHLY	CB-DS	\$24

YOUTH DANCE FUNDAMENTALS

Ages: 7-10. Enrollment Min 5 / Max 9. Learn the basic fundamentals of ballet, jazz and hip hop in a fun environment. Increase overall body awareness, coordination; balance and confidence while building a better understanding of dance technique. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114107	A COMBO	S	11-11:50AM	1/23-3/12	CB-DS	\$48
214107	A COMBO	S	11-11:50AM	3/26-5/14	CB-DS	\$48

YOUTH DANCE FUNDAMENTALS FOR TWEENS

Ages: 10-12. Enrollment Min 5 / Max 9. An upbeat class for tweens to explore the basic fundamentals of ballet, jazz and hip hop. Tweens will improve coordination, balance and confidence while developing a dance foundation. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114026	A COMBO	M	6:55-7:45PM	1/18-3/7	SPL-CR	\$48
214026	A COMBO	M	6:55-7:45PM	3/21-5/9	SPL-CR	\$48

YOUTH JAZZ/HIP HOP

Ages: 7-10. Enrollment Min 5 / Max 9. This upbeat class combines basic hip-hop and jazz technique and choreography to contemporary and popular music. In this fast-paced and fun class students will use hip-hop and jazz to develop their coordination, rhythm, flexibility and self-expression. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
914018	A JAZZHIP	S	1:30-2:15PM	MONTHLY	SPL-FR	\$26

KIDS CORNER – FITNESS

KIDS YOGA

Ages: 8-12. Enrollment Min 8 / Max 15. Not quite a kid, not yet a teen. Being between these two worlds can present challenges, but can also offer opportunities for learning life-long physical and mental well-being techniques taught through Yoga. This class will incorporate traditional sun salutations, Yoga poses, partner work and games to nurture and the physical body. In addition, breath work, meditation and restorative postures will be taught to promote self-awareness and relaxation for the mind. **Instructor: Tatum Bandy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115278	A KIDYOG	M	4:30-5:15PM	1/18-3/7	SPL-FR	\$40
215278	A KIDYOG	M	4:30-5:15PM	3/21-5/9	SPL-FR	\$40

KIDS ZUMBA

Ages: 5-10. Enrollment Min 8 / Max 15. Designed exclusively for kids, classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all of the music kids love, like hip hop, reggaeton, cumbia and more. Parents love Kids Zumba because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. **Instructor: April Hart.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115040	A KIDZUM	SU	2-2:45PM	1/24-3/13	SPL-FR	\$40
215040	A KIDZUM	SU	2-2:45PM	3/27-5/15	SPL-FR	\$40

KIDS CORNER – SCHOOL'S OUT PROGRAM

Lawrence Parks and Recreation and Theatre Lawrence have partnered up. School's OUT, Theatre's IN! includes Theatre workshops for grades 1-5 on school holidays, with all classes held at Theatre Lawrence, 4660 Bauer Farm Dr. Classes generally include acting, singing, props, costumes, dance, and performance! A great all-day experience for beginners and beyond. **Participants need to bring a sack lunch.**

SOTI'S GOT TALENT NEW

Ages: 6-12. Enrollment Min 6 / Max 65. Hidden talents? Special skills? Sing, dance, and act your way into a show where you and your group can strut your stuff on stage! **This program is co-sponsored with Theatre Lawrence. Instructor: Theatre Lawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114005	A SOTI	MT	9AM-4PM	1/4-1/5	TL	\$80

INNOVATION STATION NEW

Ages: 6-12. Enrollment Min 6 / Max 65. Invent and create an original contraption! Then come up with a commercial to pitch your new product. Judges will award prizes for top inventions in a variety of categories! **This program is co-sponsored with Theatre Lawrence. Instructor: Theatre Lawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114005	B INNOVA	F	9AM-4PM	2/19	TL	\$45

MINE HAVEN NEW

Ages: 6-12. Enrollment Min 6 / Max 65. "Mine Haven" will craft an entire pixelated village out of cardboard boxes and bring characters to life with cardboard masks. Minecraft fans will know to beware of the creepers! **This program is co-sponsored with Theatre Lawrence. Instructor: Theatre Lawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114005	C MINEHA	RF	9AM-4PM	2/25-2/26	TL	\$80



KIDS CORNER — SPECIAL INTERESTS**DADDY-DAUGHTER DATE NIGHT — UNDER THE SEA**

Ages: 6-14. Enrollment Min 40 Couples / Max 80 Couples. Little mermaids and their favorite date (dad, grandpa, uncle, stepdad, older brother, etc.) are formally invited to our Under the Sea special event. You will be treated like royalty with dinner and dessert. All, while dancing the night away to family friendly music, spun by Complete Music. This memorable evening will be captured with a keepsake photo, flower and several make-and-take crafts. Little Mermaids must be 6-14 years of age. **Enroll daughter only. Fee includes a 5x7 photo, dinner, beverages, DJ and flower. Registration Deadline: Thursday, Feb. 25. Beginning Friday, Feb. 26, a late fee of \$15 will be applied. All registration on Feb. 26 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
214168 A	DADDYDOT	S	6:30-9PM	3/5	FG#21	\$40
214168 B	ADDDOT	S	6:30-9PM	3/5	FG#21	\$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: McKenzie Brungardt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121200 A	SAFESIT	W	5:30-8:45PM	1/6-1/13	CARN-CR	\$70
221200 A	SAFESIT	W	5:30-8:45PM	3/2-3/9	CARN-CR	\$70
221200 B	SAFESIT	W	5:30-8:45PM	4/27-5/4	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 4-6 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	1/20-2/17	ELRC-MR	\$60
221006 A	SCIENCE	W	6-6:45PM	3/23-4/20	SPL-VR	\$60

SPRING BREAK CAMP: SEE YOUTH CAMPS — SPRING BREAK, PAGE 70

**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 a.m. to 11:45 a.m., Community Building, 115 W. 11th St. Through Friday, April 29. Dates and times are subject to change due to LPRD programming.**

MARTIAL ARTS**BAGUA, MARTIAL ARTS**

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	1/6-3/2	SPL-CR	\$52
217138 A	BAGUA	W	6-7:15PM	3/23-5/18	SPL-CR	\$52

KARATE — OKINAWAN KENPO

Ages: 6 and Up. Enrollment Min 8 / Max 20. 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, Natasha Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117110 A	KARATE	MW	6:45-7:40PM	1/4-3/2	CB-CR1&2	\$63
117110 B	KARATE	SU	1-2:15PM	1/10-3/6	CB2	\$50
217110 A	KARATE	MW	6:45-7:40PM	3/21-5/18	CB-CR1&2	\$63
217110 B	KARATE	SU	1-2:15PM	3/27-5/22	CB2	\$50

KUNG FU

Ages: 12 and Up. Enrollment Min 8 / Max 12. Southern Chinese 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 install a habit of discipline and feel more confident in their ability to defend themselves while improving their health and fitness while challenging 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	M	5:30-6:30PM	1/4-2/29	ELRC	\$36
217135 A	KUNGFU	M	5:30-6:30PM	3/21-5/16	ELRC	\$36



LITTLE NINJAS

Ages: 5-7. Enrollment 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	1/10-3/6	CB-CR2	\$36
217125 A	LITNINJ	SU	12-12:40PM	3/27-5/22	CB-CR2	\$36

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	SELFDEF	S	2-5PM	2/27	CB-CR2	\$16

SHAOLIN KEMPO KARATE – ADULT

Ages: 13 and Up. Enrollment Min 8 / Max 20. This style combines Shaolin Kung Fu, Kenpo, and Karate to create a practical self-defense system with traditional martial arts roots. Many of the techniques are derived from studying the movements of the Five Animals: Snake, Tiger, Crane, Leopard, and Dragon. Shaolin Kempo Karate is incredibly versatile as it combines the four ways of fighting: hand-strikes, kicks, throws/locks, and grappling. Students will begin by learning basic footwork, blocks, and strikes and progress into learning forms, striking combinations, and defenses against punches, kicks, and grabs. The instructor has been studying Shaolin Kempo Karate for over 15 years and has been teaching students of all ages, beginners through advanced, for over 10 years. **Instructor: Paul Chiarantona.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117139 A	SHANO	S	4-5PM	1/23-3/12	SPL-FR	\$40
217139 A	SHANO	S	4-5PM	3/26-5/14	SPL-FR	\$40

SHAOLIN KEMPO KARATE – YOUTH

Ages: 6-12. Enrollment Min 8 / Max 12. Shaolin Kempo Karate is a martial arts style for all ages. In addition to learning basic footwork, stances, blocks, strikes, and self-defense techniques, students will improve their focus, strength, and hand-eye coordination. Students will learn techniques based on the movements of the Five Animals: Snake, Tiger, Crane, Leopard, and Dragon. Classes will be comprised of warm-ups and instruction and always conclude with a martial arts themed game to further students' abilities while having fun. As students explore the martial arts, they will also explore the importance of self-control, self-confidence, and respect for themselves and others. **Instructor: Paul Chiarantona.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117140 A	SHANO	S	3-3:45PM	1/23-3/12	SPL-FR	\$40
217140 A	SHANO	S	3-3:45PM	3/26-5/14	SPL-FR	\$40

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	1/5-3/3	TLC	\$63
117131 B	TKD13&UP	TR	7:50-9:05PM	1/5-3/3	TLC	\$63
217131 A	TKD8-12Y	TR	6:45-7:40PM	3/22-5/19	TLC	\$63
217131 B	TKD13&UP	TR	7:50-9:05PM	3/22-5/19	TLC	\$63

TAI CHI, BEGINNING

Ages: 16 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	1/5-3/1	CB-CR1	\$48
215500 A	BGTAICHI	T	6:45-8PM	3/22-5/17	CB-CR1	\$48



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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 Olberding, CPR 4 You LLC.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121600 A	HARTSAV	S	8:30AM-2:30PM	2/20	CB-AR	\$75
221600 A	HARTSAV	R	8:30AM-2:30PM	4/7	ELRC-MR	\$75

SPECIAL INTEREST — HOME & HOBBIES

ESTATE PLANNING, FUNDAMENTALS OF

Ages: 21 and Up. Enrollment Min 8 / Max 30. Death is a certainty, incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning will help you create those plans. The class covers what happens under intestate succession if you die without a plan; the uses of a Will or Revocable Living Trust; an overview of probate administration; the impact of estate and gift taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation last about an hour, followed by an open questions and answer period. **Instructor: Robert Ramsdell.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221010 A	ESTAEPL	R	2-3:30PM	3/10	CARN-EG	FREE
221010 B	ESTAEPL	T	6-7:30PM	5/31	DCSS	FREE

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 3/16. **Instructor: Jay Hundley, NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121500 A	BEGWDWRK	W	6:30-9:30PM	1/6-3/30	LHS-WS	\$

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	1/18-3/7	CARN-CR	\$56
214167 A	BGGUITAR	M	7-8PM	3/21-5/9	CARN-CR	\$56

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.**

JAYHAWK ACADEMY

Players looking to reach their full potential and to take their game to the next level while being challenged in a fun, team atmosphere. Academy participants typically play for their school team and are competing or looking to compete in District, Sectional and National level tournaments. We will be focusing on high level stroke production, constructing points, as well as developing the mental toughness it takes to become an elite player while working with our top professionals. Yearly tournament play is recommended at this level. Each participant is encouraged to be working privately with one of our professionals, enabling them to flourish as a player. Participants must be approved by JTC staff to be admitted into the Jayhawk Academy. For more information contact Jayhawk Tennis at (785) 749-3200.

JUNIOR DEVELOPMENT

Ages: 10 and Up. Enrollment Min 4 / Max 12. Our Junior Development clinics focus on proper technique and mechanics. Exposure to match and point play is introduced while continuing instruction on the fundamentals. This program is for the novice/recreational player that are looking to learn the game, as well as the player looking to improve on their fundamentals so that they can move up to our Jayhawk Academy.

Instructor: Jayhawk Tennis.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119153 A	JRDEV	W	7-8PM	1/6-2/17	JT	\$70
119153 B	JRDEV	S	2:30-3:30PM	1/9-2/20	JT	\$70
119153 C	JRDEV	W	7-8PM	2/24-4/6	JT	\$60
119153 D	JRDEV	S	2:30-3:30PM	2/27-4/9	JT	\$60
219153 A	JRDEV	W	7-8PM	4/13-5/18	JT	\$60
219153 B	JRDEV	S	2:30-3:30PM	4/16-5/21	JT	\$60

TEAM ORANGE

Ages: 7-10. Enrollment Min 4 / Max 12. Students will sharpen their strokes, increase their court coverage, and learn to control the pace, spin, and depth of their shots. The kids will begin to compete in games and match play with a goal of tournament exposure. Includes low-compression orange balls & shortened court boundaries. **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119152 A	TEORG	T	5-6PM	1/5-2/16	JT	\$70
119152 B	TEORG	R	5-6PM	1/7-2/18	JT	\$70
119152 C	TEORG	T	5-6PM	2/23-4/5	JT	\$70
119152 D	TEORG	R	5-6PM	2/25-4/7	JT	\$70
219152 A	TEORG	T	5-6PM	4/12-5/17	JT	\$60
219152 B	TEORG	R	5-6PM	4/14-5/19	JT	\$60





TEAM RED

Ages: 5-8. Enrollment Min 4 / Max 12. Students will learn the mechanics of each stroke, as well as footwork, consistency, placement, and rallying skills. They will enjoy the fun of rallying and point play. We will enjoy the beginning stages of competing and incorporate lots of games and fun into the mix! Includes large, low-compression red balls, miniature nets, & miniature courts. **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119151 A	TERED	T	5-6PM	1/5-2/16	JT	\$70
119151 B	TERED	S	1:30-2:30PM	1/9-2/20	JT	\$70
119151 C	TERED	T	5-6PM	2/23-4/5	JT	\$70
119151 D	TERED	S	1:30-2:30PM	2/27-4/9	JT	\$60
219151 A	TERED	T	5-6PM	4/12-5/17	JT	\$60
219151 B	TERED	S	1:30-2:30PM	4/16-5/21	JT	\$60

PEEWEEES

Ages: 4-6. Enrollment Min 4 / Max 12. 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. The use of shorter courts and softer balls allows for the youngest of players to enjoy success early while learning some basic fundamentals to help them begin their lifetime sport adventure! **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119150 A	PEEWEE	R	5-5:30PM	1/7-2/18	JT	\$35
119150 B	PEEWEE	S	1-1:30PM	1/9-2/20	JT	\$35
119150 C	PEEWEE	R	5-5:30PM	2/25-4/7	JT	\$35
119150 D	PEEWEE	S	1-1:30PM	2/27-4/9	JT	\$35
219150 A	PEEWEE	R	5-5:30PM	4/14-5/19	JT	\$30
219150 B	PEEWEE	S	1-1:30PM	4/16-5/21	JT	\$30

CARDIO TENNIS NEW

Ages: 16 and Up. Enrollment Min 4 / Max 12. Cardio Tennis is a fun group activity, featuring heart pumping tennis drills and games that give players of all abilities the ultimate, high-energy workout. You can have great skill already or just starting out and will be successful with cardio tennis. You will be amazed at how many calories you can burn away in a short amount of time while having a blast on the court! **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119154 A	CARDIO	T	6:30-7:30PM	1/5-2/16	JT	\$70
119154 B	CARDIO	T	6:30-7:30PM	2/23-4/5	JT	\$70
219154 A	CARDIO	T	6:30-7:30PM	4/12-5/17	JT	\$60

ADULT DRILL AND PLAY NEW

Ages: 16 and Up. Enrollment Min 4 / Max 12. This class is for adults of all ages. It incorporates a large amount of instruction from one of our qualified instructors. It is a fun atmosphere of learning some concepts of strategy as well as enjoying the fun of competing in drills, games, and point play! **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119200 A	DRIPL	R	7:30-8:30PM	1/7-2/18	JT	\$70
119200 B	DRIPL	R	7:30-8:30PM	2/25-4/7	JT	\$60
219200 A	DRIPL	R	7:30-8:30PM	4/14-5/19	JT	\$60

ADULT BEG/INT CLINIC NEW

Ages: 16 and Up. Enrollment Min 4 / Max 12. This class is for the adults newer to the game and want to take up the sport of a lifetime! It's never too late to learn by enjoying a relaxed atmosphere of instruction from a qualified instructor who wants everyone to learn and have a great time while doing so! **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119201 A	CLINIC	W	8-9PM	1/6-2/17	JT	\$70
119201 B	CLINIC	W	8-9PM	2/24-4/6	JT	\$60
219201 A	CLINIC	W	8-9PM	4/13-5/18	JT	\$60

INT/ADV LADIES CLINIC NEW

Ages: 16 and Up. Enrollment Min 4 / Max 12. This class is for the ladies who want to enjoy the combination of drills and point play. Players within this group are often involved in tournaments, one of our leagues or a local USTA team. We have a fantastic group who can enjoy bettering their game while competing with one another, AND have some social time on and off the court to make it a great experience! **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119203 A	LADIES	T	9-10:30AM	1/5-2/16	JT	\$105
119203 B	LADIES	T	9-10:30AM	2/23-4/5	JT	\$105
219203 A	LADIES	T	9-10:30AM	4/12-5/17	JT	\$90

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.

39TH ANNUAL HOLIDAY BAZAAR

LPRD will host the 39th Annual Holiday Bazaar on Sunday, **Nov. 15, 9 a.m. to 4 p.m.** at the Community Building, 115 W. 11th St. This arts and crafts show includes only non-commercial items with lots of talented artists and crafters from all over the Kansas and surrounding areas. Enjoy a holiday atmosphere while you browse. Register today to be an exhibitor with an 8' x 8' space; registration available online. *Exhibitor deadline: Monday, Nov. 9, or until full. For more information, please call (785) 832-7940. There is no admission charge to the public.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425180 A	EXHIBITOR	SU	9AM-4PM	11/15	CB	\$65

HOLIDAY EXTRAVAGANZA

The Holiday Extravaganza will be held Saturday, Dec. 5, from 9 a.m. to 4 p.m. at the Sports Pavilion Lawrence at Rock Chalk Park, 101 George Williams Way. This arts and crafts show includes commercial and non-commercial items with lots of talented artist and crafters from all over Kansas and surrounding areas with 10' x 10' spaces. Register today to be an exhibitor, registration available online. *Exhibitor deadline: Monday, Nov. 23, or until full. For more information, please call (785) 832-7940. There is no admission charge to the public.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425200 A	HANDMADE	S	9AM-4PM	12/5	SPL-GY	\$65
425200 B	COMMRCAL	S	9AM-4PM	12/5	SPL-GY	\$105

CANDY CANE HUNT

Ages: 6 and Under. Rumor has is that Santa is going to be at Holcom Park Recreation Center, 2700 W. 27th St., hiding candy canes for children from 4 p.m. to 6 p.m. with the hunt kicking off at 4:30 p.m. After the hunt, we will warm up inside the center with some hot chocolate, cookies, arts and crafts and games while listening to awesome holiday music! *Registration deadline: Tuesday, Dec. 1.*

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

BREAKFAST WITH SANTA

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

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

FAMILY GAME NIGHT

Parents and children are invited to visit East Lawrence Recreation Center, 1245 E. 15th St., the third Saturday of the month 6:30 p.m. to 8:30 p.m. for crafts, fun and games! Supplies will be available in the meeting room, as well as open play in the gymnasium and game area. **Fee is \$3 per child over three, parents are free.** *For more information, please call East Lawrence Recreation Center at (785) 832-7950.*

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. **Children will need to bring a brown bag lunch.** *Registration deadline: Friday, Dec. 18.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425160 A	HOLHAP	MTWR	8:30AM-3:30PM	12/21-12/24	HPRC	\$70
425160 B	HOLHAP	MTWR	8:30AM-3:30PM	12/28-12/31	HPRC	\$70

KIDS DAY OFF

Ages: 5-12. Enrollment Min 10 / Max 50. Join LPRD for fun-filled days while school is out for in-service workdays. Your children will participate in a variety of structured activities, field trips, sports, games, arts and crafts and so much more. **Children will need to bring a brown bag lunch.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425190 A	KIDSDOFF	RF	8:30AM-3:30PM	11/12-11/13	HPRC	\$50
125190 A	KIDSDOFF	RF	8:30AM-3:30PM	2/25-2/26	HPRC	\$50



SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS — SPRING BREAK

RECREATION FACILITIES

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SPORTS PAVILION LAWRENCE/BOBCAT 5K

Ages 5 and Up. This individual-only timed race and family fun run will be on the Trails at Rock Chalk Park. Timed runners start first with families beginning five minutes later. Individual participants will receive a T-shirt. Entries submitted after Friday, April 22, are not guaranteed a T-shirt the day of the race. No shirts or timed results will be provided for family entries, but remaining shirts will be available for purchase. Fees are nonrefundable and must accompany the entry form. **Additional \$5 added to fee day of race. Co-sponsored by Langston Hughes Bobcat Marathon Club.** For more information, please call Sports Pavilion Lawrence at (785) 330-7355.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225210	A	RCPK5K	S	TBD	4/30	RCPK-TR	\$20
225210	C	RCPK5KFM	S	TBD	4/30	RCPK-TR	\$25

EGG HUNT EGGSTRAVAGANZA

Ages: 3-12. Free to the public. 1 p.m. to 3 p.m. LPRD invites your family to take part in the community's annual Egg Hunt Eggstravaganza on Saturday, March 26. Children 3 years old to 12 years old are eligible to participate. The "Hunt" will take place in historic South Park, 1141 Massachusetts St. Each participant is allowed to collect a total of five different colored eggs. There will be additional activities for children to participate in before other than the hunt. For more information, please call (785) 832-7940.

CONFIDENT, CAPABLE, COMMUTERS

Ages: 16 and Up. Enrollment Min 3 / Max 16. Do you want to take advantage of all the benefits of commuting by bicycle but aren't sure how to get started? Have you been riding for years but never received any instruction on the rules of the road? This class, taught by instructors certified by the League of American Bicyclists, is designed to be beneficial to all levels of riders. Participants will learn how to ride safely in traffic and on the sidewalk, basic bike maintenance, and group riding skills. This course will have two class room sessions in the evenings and a Saturday morning outdoor session. **Participants must provide their own bicycle and helmet.** For more information, please call (785) 832-7950.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225600	A	CCC	TR	6-9PM	4/12-4/16	HPRC-BR	\$20
			S	9AM-1PM			
225600	B	CCC	TR	6-9PM	5/17-5/21	HPRC-BR	\$20
			S	9AM-1PM			

SKYHOUNDZ FRISBEE DISC CHAMPIONSHIP

Free and open to the public. Skyhoundz Frisbee Disc Throwing Contest held in South Park on **Sunday, May 1, at 2 p.m.** **This event will be held in conjunction with the LPRD Pet Expo for your pet's shopping needs and necessities.** Additional information available at Holcom Park Recreation Center, 2700 W. 27th St., (785) 832-7940.

PET EXPO

Join us for this new event aimed at your furry friends. Commercial and non-commercial vendors having only pet-related products are invited to register for this show. This event runs noon to 4 p.m. Sunday, May 1, in historic South Park, 1141 Massachusetts St. Items range from homemade dog treats, pet beds, collars, leashes and so much more! This event is **FREE** to the public and will be held in conjunction with the Skyhoundz Frisbee Disc Championship in South Park! Bring the family and friendly hounds (on a leash of course) down for a fun-filled day. Register today to be an exhibitor, registration available online. For more information, please call (785) 832-7940. **Deadline to register as a vendor: Tuesday, April 26, or until full.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225220	B	PETEXPO	SU	12-4PM	5/1	SP	\$50

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 7, 8:30 a.m. to 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 and Outdoor Kansas Kids Day.**

SPRING BREAK CAMP: SEE YOUTH CAMPS — SPRING BREAK, PAGE 70

SPRING ARTS AND CRAFTS FESTIVAL

Held at the Douglas County Fairgrounds, Building 21. Free to the public. **Saturday, March 12, 9 a.m. to 4 p.m.** This arts and crafts show includes commercial and noncommercial items with lots of talented artists and crafters from all over Kansas and surrounding areas. Enjoy a festive spring atmosphere while you browse. Register today to be an exhibitor, registration available online. For more information, please call (785) 832-7940. **Deadline is Monday, March 7, or until full. There is no admission charge to the public.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225100	A	HANDMADE	S	9AM-4PM	3/12	FG#21	\$65
225100	B	COMMRCAL	S	9AM-4PM	3/12	FG#21	\$105



Month of Giving



November 2 - 30
Indoor Aquatic Center

All food items will be donated to the Ballard Community Center

Bring in a non-perishable food item and gain entry to the Indoor Aquatic Center for only \$2 from **November 2 - 30**



SPECIAL POPULATIONS

STRETCH YOUR LIMITS — WWW.LPRD.ORG

For more information on special populations programs, please contact Annette Deghand, special populations supervisor, at the Community Building, 115 W. 11th St.; (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 and 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. 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. Sixth St., and Phil Wente with Showpro Audio.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122200 A	DINNER	M	5:45-7PM	1/4	FG#21	\$30
122200 B	DINNER	M	5:45-7PM	2/1	FG#21	\$30
222200 A	DINNER	M	5:45-7PM	3/7	FG#21	\$30
222200 B	DINNER	M	5:45-7PM	4/4	FG#21	\$30
222200 C	DINNER	M	5:45-7PM	5/2	FG#21	\$30

COFFEEHOUSE

Fee: \$10. Ages: 13 and 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 Wente of Show Pro Audio. **Participants are required to pre-register. 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 Wente with Showpro Audio. **Does not include dinner.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122201 A	CHOUSE	M	7-8:30PM	1/4	FG#21	\$15
122201 B	CHOUSE	M	7-8:30PM	2/1	FG#21	\$15
222201 A	CHOUSE	M	7-8:30PM	3/7	FG#21	\$15
222201 B	CHOUSE	M	7-8:30PM	4/4	FG#21	\$15
222201 C	CHOUSE	M	7-8:30PM	5/2	FG#21	\$15



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 four, 4-week sessions.*

CODE	SECCLASS	DAY	TIME	DATE	LOC	FEE
122191 A	SEWING	T	7-8PM	1/12-2/2	CB-AR	\$35
122191 B	PAINTING	T	7-8PM	2/16-3/8	CB-AR	\$35
222191 A	JEWELRY	T	7-8PM	3/22-4/12	CB-AR	\$35
222191 B	SCRAPBOK	T	7-8PM	4/26-5/17	CB-AR	\$35

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	1/14-3/3	CB-2	\$35
222400 A	ZUMBA	R	7-8PM	3/24-5/12	CB-2	\$35

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SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS — SPRING BREAK

RECREATION FACILITIES

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, April 25. Previous classes performed *The Wizard of Oz*, *Beauty and the Beast* and several others. **No class 2/1, 3/7, 4/4.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122401	A ACTING	M	6:30-8PM	1/11-4/25	CARNEGIE	\$35

SOCIAL BOWLING

Ages: 13 and Up. Meets at Royal Crest Lanes, W. Ninth and Iowa streets, 3 p.m. to 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	1/16	RCL	\$30
122300	B BOWL	S	3-5PM	2/20	RCL	\$30
222300	A BOWL	S	3-5PM	3/19	RCL	\$30
222300	B BOWL	S	3-5PM	4/16	RCL	\$30
222300	C BOWL	S	3-5PM	5/21	RCL	\$30

Option B — Enrollment Min 5 / Max 20. Bowling Only, *Fee: \$15.* *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	1/16	RCL	\$15
122301	B BOWL	S	3-5PM	2/20	RCL	\$15
222301	A BOWL	S	3-5PM	3/19	RCL	\$15
222301	B BOWL	S	3-5PM	4/16	RCL	\$15
222301	C BOWL	S	3-5PM	5/21	RCL	\$15

WHEELCHAIR BASKETBALL

Ages: 5-17 / 18 and Up. This program will help individuals with physical disabilities increase their health, fitness and quality of life through participation in organized wheelchair sports teams. The goal is to establish building blocks of an active life through the introduction of sports and recreation. Members of the Kansas Accessible Sports (KAS) will be on site for hands on instruction and teaching the basics fundamentals of the sport.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122001	A YOUTHWC	T	6-7PM	1/12-3/8	ELRC	\$35
122001	B ADULTWC	T	7-8PM	1/12-3/8	ELRC	\$35
222001	A YOUTHWC	T	6-7PM	3/22-5/17	ELRC	\$35
222001	B ADULTWC	T	7-8PM	3/22-5/17	ELRC	\$35



INTRODUCTION TO IPADS

Ages: 13 and Up. Thinking about getting an iPad or already own one, but are not sure if you are getting the most of it? This class will be a demonstration and learning session, and the iPads are provided during the class time. We will cover the basic operation of the device and apps for recreation, health, education, finance and socializing.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122290	A IPAD	W	7-8PM	1/13-2/3	CB	\$35
122290	B IPAD	W	7-8PM	2/17-3/9	CB	\$35
222290	A IPAD	W	7-8PM	3/23-4/13	CB	\$35
222290	B IPAD	W	7-8PM	4/27-5/18	CB	\$35

YOGA

Ages: 13 and Up. Get comfortable and stretch out your stiff muscles. Learn to correctly align your spine through slow, progressive traction. Learn how to use the full capacity of your lungs through correct breathing, and completely oxygenate your body and brain, improving blood circulation and your sense of well-being. **Bring your own mat.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122207	A YOGA	S	10-11AM	1/16-3/5	ELRC	\$35
222207	A YOGA	S	10-11AM	3/26-5/14	ELRC	\$35

SWIM LESSONS

These lessons are designed for those children that might need some one-on-one instruction to improve a stroke or skill and gain some individual attention for a successful aquatic experience. No matter what the skill level is, the instructors will adapt these private lessons to meet the needs of the individual. The cost is \$25 per 30 minute session. Registration for all private lessons is only available at the LIAC. *For more information regarding lessons for individuals with disabilities, contact Annette Deghand, (785) 832-7920 or adeghand@lawrenceks.org.*

OTHER SWIM OPTIONS

Instead of offering a class specifically for special populations, individuals are encouraged to consider registering for an already existing aquatics fitness classes. *For more information on class times, dates and levels of if additional staff assistance is needed for these classes, please contact Annette Deghand, (785) 832-7920 or adeghand@lawrenceks.org.*

SPRING BREAK CAMP: SEE YOUTH CAMPS — SPRING BREAK, PAGE 70



For more information regarding the Adult Sports Division, contact Josh Maike, adult sports supervisor, at the Community Building, 115 W. 11th St.; (785) 832-7920; or jmaike@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 individual's ages 16 years old and older. **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: 12/4. Start Date: 1/10/16.** Offered to men and women with a wide-range of skill levels, highly competitive (UPPER Leagues) and recreational (LOWER Leagues) 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. League schedules consist of 7 regular season games followed by a single-elimination tournament. **UPPER DIVISION: Divisions 1, 2 and 3. LOWER DIVISION: Divisions 4, 5, 6 and 7. Register on or before 11/27 to receive a discount.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150100 A	MENUPPER	SU	5-9PM	1/10-3/6	CB-GY&SPL	\$330
150100 B	MENLOWER	SU	5-9PM	1/10-3/6	CB-GY&SPL	\$330
150100 C	COEDMON	M	6-10PM	1/11-3/7	ELRC-GY	\$330
150100 D	MENUPPER	T	6-10PM	1/12-3/8	ELRC&SPL	\$330
150100 E	MENLOWER	T	6-10PM	1/12-3/8	ELRC&SPL	\$330
150100 F	MENUPPER	W	6-10PM	1/13-3/9	ELRC-GY	\$330
150100 G	MENUPPER	R	6-10PM	1/14-3/10	ELRC&SPL	\$330
150100 H	MENLOWER	R	6-10PM	1/14-3/10	ELRC&SPL	\$330
150100 I	COEDFRI	F	6-10PM	1/15-3/11	SPL	\$330

PICKLEBALL

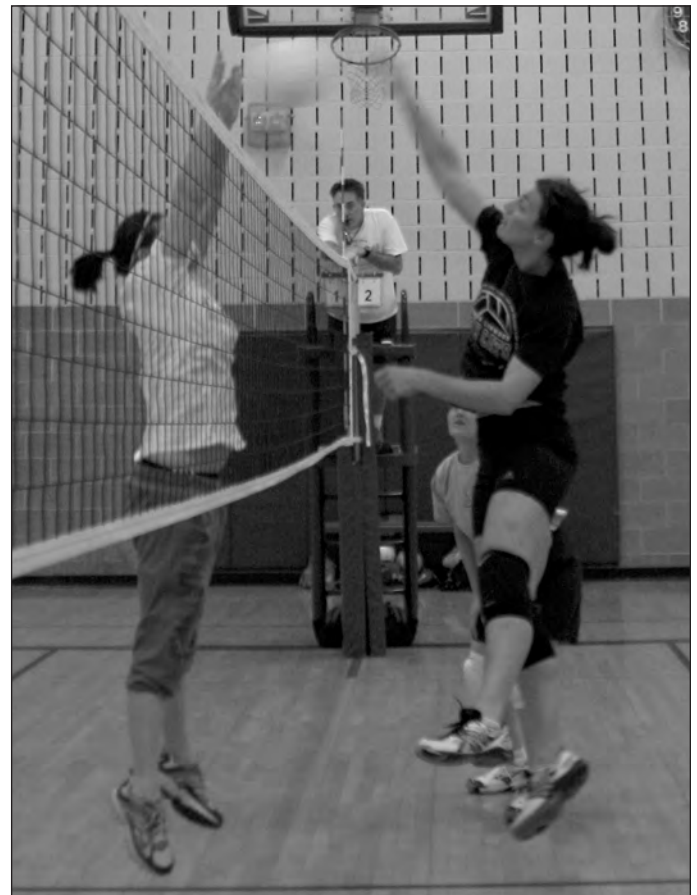
Registration Deadline: 12/4. Start Date: 1/7/16. A combination of tennis, badminton and Ping-Pong, pickleball has been quickly gaining popularity since its invention in 1965. LPRD offers pickleball in two formats: **INDIVIDUAL** — sign up and be placed in Ladder Leagues based on your ability (Advanced, Intermediate, Beginner) **TEAM** — sign up with a partner and participate against other teams weekly for the top spot in the standings. Matches will consist of three games played to 15 in a doubles format.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150800 A	PB-TEAM	R	9-10AM	1/7-3/17	ELRC-GY	\$50
150800 B	PB-INT	F	6-7PM	1/8-3/18	ELRC-GY	\$25
150800 C	PB-BEG	SU	6-7PM	1/10-3/20	SPL-GY	\$25
150800 D	PB-ADV	SU	6-7PM	1/10-3/20	SPL-GY	\$25

VOLLEYBALL

Fees are assessed at a per team rate on an 10-match schedule. **Registration Deadline: 12/4. Start Date: 1/10/16.** Offered as 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 (WOMENPWR), Women's Recreation (WOMENREC), Coed Recreation (COEDREC) and Coed Power (COEDPOWR). Recreation leagues are generally for recreational players with spiking and serving overhand not allowed. Schedule consists of 10 matches (8-regular season, 2 tournament). **Register on or before 11/27 to receive a discount.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150300 A	COEDPOWR	SU	7-10:30PM	1/10-3/20	HPRC-GY	\$225
150300 B	COEDREC	T	7-10:30PM	1/12-3/22	SPL-GY	\$225
150300 C	COEDPOWR	W	7-10:30PM	1/13-3/23	HPRC&SPL	\$225
150300 D	COEDREC	W	7-10:30PM	1/13-3/23	HPRC&SPL	\$225
150300 E	COEDPOWR	F	7-10:30PM	1/15-3/25	SPL-GY	\$225
150300 F	WOMENPWR	SU	7-10:30PM	1/10-3/20	HPRC-GY	\$225
150300 G	WOMENREC	M	7-10:30PM	1/11-3/21	SPL-GY	\$225
150300 H	WOMENPWR	M	7-10:30PM	1/11-3/21	SPL-GY	\$225
150300 I	WOMENPWR	R	6-10:30PM	1/14-3/24	HPRC&SPL	\$225
150300 J	WOMENREC	R	6-10:30PM	1/14-3/24	HPRC&SPL	\$225



SPRING ADULT SPORTS LEAGUES

BASKETBALL – SPRING

Fees are assessed at a per team rate. **Registration Deadline:** 3/4. **Start Date:** 3/27. Offered to men and women with a wide-range of skill levels, highly competitive (UPPER Leagues) and recreational (LOWER Leagues) 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. League schedules consist of 7 regular season games followed by a single-elimination tournament. **UPPER DIVISION: Divisions 1, 2 and 3. LOWER DIVISION: Divisions 4, 5, 6 and 7. Register on or before 2/26 to receive a discount.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250100 A	MENUPPER	SU	5-9PM	3/20-5/22	CB-GY&SPL	\$330
250100 B	MENLOWER	SU	5-9PM	3/20-5/22	CB-GY&SPL	\$330
250100 C	COEDMON	M	6-10PM	3/21-5/23	ELRC-GY	\$330
250100 D	MENUPPER	T	6-10PM	3/22-5/17	ELRC&SPL	\$330
250100 E	MENLOWER	T	6-10PM	3/22-5/17	ELRC&SPL	\$330
250100 F	MENUPPER	W	6-10PM	3/23-5/18	ELRC-GY	\$330
250100 G	MENUPPER	R	6-10PM	3/24-5/19	ELRC&SPL	\$330
250100 H	MENLOWER	R	6-10PM	3/24-5/19	ELRC&SPL	\$330
250100 I	COEDFRI	F	6-10PM	3/25-5/20	SPL	\$330

SPRING INDOOR FUTSAL

Fees are assessed at a per team rate. **Registration Deadline:** 3/4. **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 offered to serve players, ages 16 and older, of all levels of skill and experience. Games are played on Thursday and Friday nights. The season consists of 7 regular season games followed by a single-elimination tournament. **Register on or before 2/26 to receive a discount.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250600 A	COED	F	6-10PM	4/1-5/20	SPL-TF	\$370
250600 B	MENS	R	6-10PM	3/31-5/19	SPL-TF	\$370

KICKBALL – SPRING

Fees are assessed at a per team rate. **Registration Deadline:** 3/4. **Start Date:** 4/8. Take yourself back to the playground. Teams will play with 10 people on the field, five men and five women. Leagues have specific by-laws and are otherwise governed by ASA Slow Pitch Softball Rules. Games will be played at Hobbs Park, Holcom Park, Lyons Park and Clinton Lake Softball Complex. The season consists of 7 regular season games followed by a single-elimination tournament. **Register on or before 2/26 to receive a discount.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250400 A	COEDBUNT	F	6:15-10:15PM	4/8-5/20	TBA	\$235
250400 B	COEDBUNT	SU	1-9PM	4/10-5/22	TBA	\$235
250400 C	COEDNOBT	F	6:15-10:15PM	4/8-5/20	TBA	\$235
250400 D	COEDNOBT	SU	1-9PM	4/10-5/22	TBA	\$235



PICKLEBALL – SPRING

Registration Deadline: 3/4. **Start Date:** 3/24. A combination of tennis, badminton and Ping-Pong, pickleball has been quickly gaining popularity since its invention in 1965. LPRD offers pickleball in two formats: **INDIVIDUAL** – sign up and be placed in Ladder Leagues based on your ability (Advanced, Intermediate, Beginner) **TEAM** – sign up with a partner and participate against other teams weekly for the top spot in the standings. Matches consist of three games played to 15 in a doubles format.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250800 A	PB-TEAM	R	9-10AM	3/24-5/26	ELRC-GY	\$50
250800 B	PB-INT	F	6-7PM	3/25-5/27	ELRC-GY	\$25
250800 C	PB-BEG	SU	6-7PM	3/27-5/29	SPL-GY	\$25
250800 D	PB-ADV	SU	6-7PM	3/27-5/29	SPL-GY	\$25

SOFTBALL – SPRING

Fees are assessed at a per team rate. **Registration Deadline:** 3/4. **Start Date:** 4/3. Offered for men, women and COED teams with a wide range of skill levels. Leagues are offered as UPPER (UP) and LOWER (LOW). The difference is UPPER DIVISION = Class A, B and C: Limit 3 Home Runs per game. LOWER DIVISION=Class D: Limit 1 Home Run per game. Games are played at Lyons Park and Clinton Lake Sports Complex. Teams get 8 games (7 Regular season; 2 tournament). **Register on or before 2/26 to receive a discount.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250201 A	COEDUPP	SU	1-9PM	4/3-5/22	TBA	\$295
250201 B	COEDLOW	SU	1-9PM	4/3-5/22	TBA	\$295
250201 C	COEDUPP	M	6:15-10:15PM	4/4-5/23	TBA	\$295
250201 D	COEDLOW	M	6:15-10:15PM	4/4-5/23	TBA	\$295
250201 E	COEDUPP	T	6:15-10:15PM	4/5-5/24	TBA	\$295
250201 F	COEDLOW	T	6:15-10:15PM	4/5-5/24	TBA	\$295
250201 G	COEDUPP	F	6:15-10:15PM	4/8-5/27	TBA	\$295
250201 H	COEDLOW	F	6:15-10:15PM	4/8-5/27	TBA	\$295
250202 A	MENUPPER	M	6:15-10:15PM	4/4-5/23	TBA	\$295
250202 B	MENLOWER	M	6:15-10:15PM	4/4-5/23	TBA	\$295
250202 C	MENUPPER	T	6:15-10:15PM	4/5-5/24	TBA	\$295
250202 D	MENLOWER	T	6:15-10:15PM	4/5-5/24	TBA	\$295
250202 E	MENLOWER	W	6:15-10:15PM	4/6-5/25	TBA	\$295
250202 F	MENDHUPP	W	6:15-10:15PM	4/6-5/25	TBA	\$365
250202 G	MENUPPER	R	6:15-10:15PM	4/7-5/26	TBA	\$295
250202 H	MENLOWER	R	6:15-10:15PM	4/7-5/26	TBA	\$295
250202 I	MENDHUPP	F	6:15-10:15PM	4/8-5/27	TBA	\$365
250202 J	MENDHLOW	F	6:15-10:15PM	4/8-5/27	TBA	\$365
250204 A	WOMENUPP	M	6:15-10:15PM	4/4-5/23	TBA	\$295
250204 B	WOMENLOW	M	6:15-10:15PM	4/4-5/23	TBA	\$295

VOLLEYBALL – SPRING

Fees are assessed at a per team rate on an 8-match schedule. **Registration Deadline:** 3/4. **Start Date:** 4/4. Offered as 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 (WOMENPWR), Women's Recreation (WOMENREC), Coed Recreation (COEDREC) and Coed Power (COEDPOWR). Recreation leagues are generally for recreational players with spiking and serving overhand not allowed. Schedule consists of 10 matches (8-regular season, 2 tournament). **Register on or before 2/26 to receive a discount.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250300 A	COEDSAND	M	6-9PM	4/4-5/23	HP-SC	\$130
250300 B	COEDREC	T	7-10:30PM	4/5-5/24	SPL	\$185
250300 C	COEDPOWR	W	7-10:30PM	4/6-5/25	SPL	\$185
250300 D	COEDREC	W	7-10:30PM	4/6-5/25	ELRC	\$185
250300 E	COEDSAND	R	6-9PM	4/7-5/26	HP-SC	\$130
250300 F	COEDPOWR	F	7-10:30PM	4/8-5/27	SPL	\$185
250300 G	WOMENPWR	M	7-10:30PM	4/4-5/23	SPL	\$185
250300 H	WOMENREC	T	7-10:30PM	4/4-5/23	SPL	\$185
250300 I	WOMNSAND	M	6-9PM	4/5-5/24	HP-SC	\$130
250300 J	WOMENPWRR	W	7-10:30PM	4/7-5/26	SPL	\$185
250300 K	WOMENREC	R	7-10:30PM	4/7-5/26	ELRC-GY	\$185

WINTER YOUTH SPORTS LEAGUES

BASKETBALL — 2ND SESSION

Ages: Kindergarten-8th Grades (Boys and Girls Leagues). The objective of LPRD's youth 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, as well as teaching fair play, teamwork and sportsmanship. **Registration deadline is Monday, Jan. 4. A \$15 late fee after the deadline. Late registration MUST be delivered to Sports Pavilion Lawrence to see if we have room on existing team.** Please be sure to indicate school and grade during the 2015-16 school year when filling out registration. *Team and leagues will be formed by current grade level and school each child attends. 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 and will begin in the week of Jan. 18, Leagues for Kindergarten through 4th grade games will be held Saturdays, Jan. 30 through March 5, at neighborhood recreation centers. Leagues for 5th through 8th grade games will be held Sundays, Jan. 31 through March 6 at Sports Pavilion Lawrence.*

LEAGUES (CODE BREAKDOWN)

INTRO-K — (boys) Kindergarten/pre-school *(pre-school must be 6 years of age before 8/1/16)*

INTRO-Kg — (girls) Kindergarten/pre-school *(pre-school must be 6 years of age before 8/1/16)*

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	1/30-3/5	TBA	\$45	
124101 B	RK1	S	TBA	1/30-3/5	TBA	\$45	
124101 C	RK2	S	TBA	1/30-3/5	TBA	\$45	
124101 D	REC3	S	TBA	1/30-3/5	TBA	\$45	
124101 E	REC4	S	TBA	1/30-3/5	TBA	\$45	
124101 F	JHAWK5	SU	TBA	1/31-3/6	TBA	\$55	
124101 G	JHAWK6	SU	TBA	1/31-3/6	TBA	\$55	
124101 H	JHAWK7-8	SU	TBA	1/31-3/6	TBA	\$55	
124101 I	INTRO-KG	S	TBA	1/30-3/5	TBA	\$45	
124101 J	RKG	S	TBA	1/30-3/5	TBA	\$45	
124101 K	RG	S	TBA	1/30-3/5	TBA	\$45	
124101 L	JHG	SU	TBA	1/31-3/6	TBA	\$55	
124101 M	JHG7-8	SU	TBA	1/31-3/6	TBA	\$55	

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



WINTER YOUTH SPORTS LEAGUES

YOUTH VOLLEYBALL (GRADES 4-5)

Ages: 4th-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. Season runs Jan. 10-March. 6. Practice will run up to one hour a week. Games will be played on Sundays. **Registration deadline is Wednesday, Dec. 16. For more information, please contact SPL at (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
126100 A	VOLLEY	SU	TBA	1/10-3/6	SPL-GY	\$50	

YOUTH VOLLEYBALL (GRADES 6-8)

Ages: 6th-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. Season runs Jan. 10-March 6. Practice will run up to 1 hour a week. Games will be played on Sundays. **Registration deadline is Wednesday, Dec. 16. For more information, please contact SPL at (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
126101 A	VOLLEY	SU	TBA	1/10-3/6	SPL-GY	\$50	

YOUTH INDOOR SOCCER (K-4TH)

Ages: Kindergarten-4th Grades (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. 11. Games will be held on Saturdays, Jan. 30-March 5. Games will be played going cross court on the turf field. Game shirts included in fee. **Registration deadline: Wednesday, Dec. 23. \$15 late fee after the deadline.**

LEAGUE BREAKDOWN

- SC1 (co-ed) — Kindergarten**
- SC2 (boys) — 1st & 2nd grade**
- SC3 (girls) — 1st & 2nd grade**
- SC4 (boys) — 3rd & 4th grade**
- SC5 (girls) — 3rd & 4th grade**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
126201 A	SC1	S	TBA	1/30-3/5	SPL-TF	\$50	
126201 B	SC2	S	TBA	1/30-3/5	SPL-TF	\$50	
126201 C	SC3	S	TBA	1/30-3/5	SPL-TF	\$50	
126201 D	SC4	S	TBA	1/30-3/5	SPL-TF	\$50	
126201 E	SC5	S	TBA	1/30-3/5	SPL-TF	\$50	



BOYS AND GIRLS INTRAMURAL SOCCER (5TH-12TH)

Ages: 5th-12th Grades (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. 11. Games will be held on Saturdays, Jan. 30 to March 5. Games will be played on the full turf field. Game shirt included in fee. **Registration deadline: Wednesday, Dec. 23. \$15 late fee after the deadline.**

LEAGUE BREAKDOWN

SC6 (boys) — 5th & 6th grade

SC7 (girls) — 5th & 6th grade

SC8 (boys) — 7th & 8th grade

SC9 (girls) — 7th & 8th grade

SC10 (boys) — 9th-12th grade

SC11 (girls) — 9th-12th grade

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
126201	F	SC6	S	TBA	1/30-3/5	SPL-TF	\$60
126201	G	SC7	S	TBA	1/30-3/5	SPL-TF	\$60
126201	H	SC8	S	TBA	1/30-3/5	SPL-TF	\$60
126201	I	SC9	S	TBA	1/30-3/5	SPL-TF	\$60
126201	J	SC10	S	TBA	1/30-3/5	SPL-TF	\$60

SPRING/SUMMER YOUTH SPORTS LEAGUES

INTRODUCTION TO TEEBALL

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 activity for boys/girls preschool aged. A parent is required to participate with their child during instruction time. For more information, please contact Sports Pavilion Lawrence at (785) 832-7950. **No class 7/28.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324300	A	TEEBALL	M	5:45-6:45PM	5/2-5/23	SPL	\$45
324300	B	TEEBALL	T	5:45-6:45PM	5/3-5/24	SPL	\$45
324300	C	TEEBALL	R	5:45-6:45PM	5/5-5/26	SPL	\$45
324300	D	TEEBALL	T	7-8PM	6/6-6/27	SPL	\$45
324300	E	TEEBALL	R	5:45-6:45PM	6/7-6/28	SPL	\$45
324300	F	TEEBALL	R	7-8PM	6/9-6/30	SPL	\$45
324300	G	TEEBALL	M	5:45-6:45PM	7/11-8/1	SPL	\$45
324300	H	TEEBALL	T	5:45-6:45PM	7/12-8/2	SPL	\$45
324300	I	TEEBALL	R	5:45-6:45PM	7/14-8/11	SPL	\$45



YOUTH BASEBALL/SOFTBALL

Ages: Kindergarten-6th Grades (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 2015-16 school year.** Teams and leagues will be formed by current grade level as of May 1, 2016. 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 9. 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 7.** For more information contact the Youth Sports Division at (785) 330-7355. If not enrolling online, registration forms are available online at lprd.org by selecting youth sports, then baseball/softball.

LEAGUES (CODE BREAKDOWN)

INTRO-K — Introduction T-Ball (boys) Kindergarten/pre-school (pre-school must be 6 years of age before 08/01/16)

INTRO-KG — Introduction T-Ball (girls) Kindergarten/pre-school (pre-school must be 6 years of age before 08/01/16)

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 — Hawk Baseball (boys, combo player/pitch & coach pitch) 4th grade only

JHBBB5-6 — Hawk Baseball (boys, player pitch) 5th & 6th grade

JHBSB4-6 — Hawk Softball (girls, combo player pitch/coach pitch) 4th, 5th & 6th 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 25, 2016.

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 25, 2016. 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, 2016.

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, 2016. 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 1, 2016.

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, 2016.

League play consists of a 12 to 14 game schedule beginning the week of April 11, running through the first week of July. Schedules will be provided at the league coaches' meeting the week of March 7, 2016.

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 may be 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, 2016. Team entry. Games will begin mid-May 2016.

For more information, please contact the Youth Sports office at (785) 330-7355.

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YOUTH CLINICS/INSTRUCTIONAL PROGRAMS

S.N.A.G. JUNIOR CAMPS

Ages: 5-10. Enrollment Min 3 / 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. Junior may sign up for consecutive classes. **Instructor: Eagle Bend Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
360103 A	SNAG	M	5:30-6:15PM	3/21	EBGC	\$20
360103 B	SNAG	M	5:30-6:15PM	3/28	EBGC	\$20
360103 C	SNAG	M	5:30-6:15PM	4/4	EBGC	\$20
360103 D	SNAG	M	5:30-6:15PM	4/11	EBGC	\$20
360103 E	SNAG	M	5:30-6:15PM	4/18	EBGC	\$20
360103 F	SNAG	M	5:30-6:15PM	4/25	EBGC	\$20

FUTURE STARS

Ages: 3-5. Enrollment Min 7 / Max 15. This multi-sports class will help your children improve their motor skills while providing them plenty of fun and engaging activities. Each four-week session will introduce your future star to different sports (volleyball, basketball, 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.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126001 A	FUTSTAR	T	10:30-11:30AM	1/5-1/26	SPL	\$40
126001 B	FUTSTAR	R	10:30-11:30AM	1/7-1/28	SPL	\$40
126001 C	FUTSTAR	T	10:30-11:30AM	2/9-3/1	SPL	\$40
126001 D	FUTSTAR	R	10:30-11:30AM	2/11-3/3	SPL	\$40
226001 A	FUTSTAR	T	10:30-11:30AM	3/22-4/12	SPL	\$40
226001 B	FUTSTAR	R	10:30-11:30AM	3/24-4/14	SPL	\$40
226001 C	FUTSTAR	T	10:30-11:30AM	4/26-5/17	SPL	\$40
226001 D	FUTSTAR	R	10:30-11:30AM	4/28-5/19	SPL	\$40

LITTLE KICKERS

Ages: 2-5. Enrollment Min 7 / 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	1/6-1/27	SPL-TF	\$35
126200 B	LITTLEKICK	R	10-10:50AM	1/7-1/28	SPL-TF	\$35
126200 C	LITTLEKICK	S	9-9:50AM	1/9-1/30	SPL-TF	\$35
126200 D	LITTLEKICK	W	10-10:50AM	2/10-3/2	SPL-TF	\$35
126200 E	LITTLEKICK	R	10-10:50AM	2/11-3/3	SPL-TF	\$35
126200 F	LITTLEKICK	S	9-9:50AM	2/13-3/5	SPL-TF	\$35
226200 A	LITTLEKICK	W	10-10:50AM	3/23-4/13	SPL-TF	\$35
226200 B	LITTLEKICK	R	10-10:50AM	3/24-4/14	SPL-TF	\$35
226200 C	LITTLEKICK	S	9-9:50AM	3/26-4/16	SPL-TF	\$35
226200 D	LITTLEKICK	W	10-10:50AM	4/27-5/18	SPL-TF	\$35
226200 E	LITTLEKICK	R	10-10:50AM	4/28-5/19	SPL-TF	\$35
226200 F	LITTLEKICK	S	9-9:50AM	4/30-5/21	SPL-TF	\$35

BIRTHDAY PARTIES

SPL BIRTHDAY PARTIES (COURTS)

Customize your child’s party at SPL 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 SPL can provide the food with their many birthday party options. **Please schedule two weeks in advance.** For more information, please call (785) 330-7355.



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YOUTH CAMPS – SPRING BREAK

STRETCH YOUR LIMITS — WWW.LPRD.ORG



SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS – SPRING BREAK

RECREATION FACILITIES

70

GOLF DIVISION

SPRING BREAK YOUTH GOLF CAMPS

Ages: 5-10 / 7-10 / 11-14. Enrollment Min 3 / 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. **Instructor: Eagle Bend Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
260230 A	AGE7-10	WRF	3-3:45PM	3/16-3/18	EBGC	\$50
260230 B	AGE11-14	WRF	4-4:45PM	3/16-3/18	EBGC	\$50
260230 C	AGE5-10	WRF	5-5:45PM	3/16-3/18	EBGC	\$50

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	3/14-3/18	PPNC	\$90

RECREATION INSTRUCTION DIVISION

GYMNASTICS SPRING BREAK CAMP

Ages: 5-12. Enrollment Min 6 / Max 21. Join the LPRD gymnastics staff at Sports Pavilion Lawrence for spring break and experience the thrill of gymnastics! Bounce on the trampoline, roll over the bars, hang by the rings and jump into the pit. Camp is designed for participants to improve and learn new skills, increase physical fitness and build a positive self-image. If your child loves to jump, flip and defy gravity, this is the camp for them! **LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
216014 A	SPRING	M-R	9AM-4PM	3/14-3/17	SPL-GR	\$100

LEGO SPRING BREAK CAMP — MINE, CRAFT, BUILD USING LEGO

Ages: 5-6 / 7-12. Enrollment Min 12 / Max 24. Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO. **Instructors: Play-Well TEKologies.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221204 A	5-6YRS	M-F	9AM-12PM	3/14-3/18	SPL-NR	\$160
221204 B	7-12YRS	M-F	1-4PM	3/14-3/18	SPL-NR	\$160

SPRING BREAK THEATER CAMP

Ages: 6-12. Enrollment Min 6 / Max 65. The KINGDOM Games! Eastland and Westland must work together to decide who should be the right-ful KING. Can they overcome their age-old disputes and join the seven houses for peace? Or will they lose it all to the Dragon Realm of the North? A weeklong workshop ending with a Friday performance for friends and family. **This program is co-sponsored with Theatre Lawrence. Instructor: Theatre Lawrence.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214005 A	SPRBRK	M-F	9AM-4PM	3/14-3/18	TL	\$190

SPECIAL EVENTS DIVISION

SPRING BREAK CAMP

Ages: 5-12. Enrollment Min 20 / Max 100. Join LPRD for fun-filled days while school is out. Your child will participate in a variety of structured activities, field trips, the St. Patrick’s Day parade, science experiments, sports, games, arts and crafts and so much more. Camp will be held at both Holcom Park Recreation Center and East Lawrence Recreation Center. Register your kids today for an exciting Spring Break, registration also available online. **Children will need to bring a sack lunch.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
225120 A	SPBREAK	MTWRF	8:30AM-4PM	3/14-3/18	HPRC	\$70
225120 B	SPBREAK	MTWRF	8:30AM-4PM	3/14-3/18	ELRC	\$70

SPECIAL POPULATIONS DIVISION

INTEGRATED SPRING BREAK CAMP

Ages: 5-12 / 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 7. An additional camp packet will need to be completed for registration.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
222100 A	AGE5-12	MTWRF	8:30AM-4PM	3/14-3/18	ELRC	\$70
222100 B	AGE13-21	MTWRF	8:30AM-4PM	3/14-3/18	ELRC	\$70

YOUTH SPORTS DIVISION

SPORTS CAMPS

Ages 6-12. Enrollment Min 15 / Max 40. The objective of the camp is to provide an opportunity for children to learn different fundamentals and skills while playing their favorite games during the entire camp in an organized and safe manor. We will be playing all of your favorite games such as basketball, soccer, kickball, dodgeball, wiffleball, flag football and more. This action packed camp will provide a lot of activity and fun so bring your friends! **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
226250 A	CAMP	MTWR	8:30-11:30AM	3/14-3/17	SPL	\$75

SPRING BREAK SOCCER CAMP

Ages: 6-12. Enrollment Min: 15 / Max 40. The objective of the camp is for kids to learn different soccer fundamentals and skills in an organized and safe manor. **Instructor: Riny Deboer.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
226350 A	CAMP	MTW	8:30-11:30AM	3/14-3/16	SPL-TF	\$55
226350 B	CAMP	MTW	2-5PM	3/14-3/16	SPL-TF	\$55




RECREATION FACILITIES

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)

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

presented by Lawrence Memorial Hospital
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.

SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS — SPRING BREAK

RECREATION FACILITIES

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

- Shelters and gazebos may be reserved from April 15 to October 30.
- All reservation requests must be received two working days (Mon-Fri) prior to the date requested.
- 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)
- 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)
- Dogs and cats in public parks must be kept on a leash at all times. (City Code 3-107, 3-202)
- Fires in parks require a permit, except in designated BBQ pits. (City Code 8-207.25)
- Persons reserving shelters and gazebos shall be responsible for the clean up. Glass bottles are discouraged in parks. (City Code 14-109)
- 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 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, 100 Rock Chalk Lane

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.

LIBRARY LAWN SKATE RINK

Located in the plaza area next to the Lawrence Public Library, 707 Vermont St., in between the library and public parking garage. (785) 727-6622

The skate rink is made of a synthetic ice, which offers a smooth surface suitable for all skating activities. Synthetic ice has a similar surface to ice, and skaters of all ages and abilities will find the surface to be a safe and enjoyable alternative to refrigerated ice. The skate rink offers fun for the whole family, whether skating or watching, and fantastic holiday photo opportunities. We have skates, which are included in the admission price, for little feet to very large feet. The skating rink is equipped with bleacher and step seating, and it has heating lamps and bathrooms on-site. The skate rink will feature special events throughout the holiday season.

Hours of Operation:

Friday, Nov. 27

noon to 7:30 p.m. — Grand Opening

Nov. 28-Dec. 20

Monday, Tuesday, Thursday

and Friday — 4 p.m. to 7:30 p.m.

Wednesday — 3 p.m. to 7:30 p.m.

Saturday — 10:30 a.m. to 8 p.m.

Sunday — 1 p.m. to 6 p.m.

Dec. 21-Jan. 5

Monday-Friday — 10:30 a.m. to 7:30 p.m.

Saturday — 10:30 a.m. to 8 p.m.

Sunday — 1 p.m. to 6 p.m.

Fees:

\$3 (includes skate rental).

No personal skates are allowed.

Rules & Conduct:

- Skates must be rented from Lawrence Parks and Recreation. No personal skates allowed.
- Skate attendants are provided for your safety. When skating, please



listen for safety prompts.

- Skates must be worn on the skating surface at all times. No shoes or boots allowed on skating surface.
- When wearing skates outside the rink, please walk only on rubber surfaces.
- No skating or trespassing when the skate rink is closed.
- Return rental skates to the skate counter when finished.
- Children under 10 years old must be accompanied by an adult.
- No one under 3 years old is allowed on the skating surface.

For Your Safety:

- Do not carry children.
- Always skate with the flow of traffic.
- Do not throw snow, ice or other objects.
- Enter and exit rink through gates only.
- No chain skating, jumping, pushing or racing.
- Keep your hands free. Do not carry handbags, coat or other items.
- Do not use a camera or cell phone while skating. Take photographs from outside the railing.
- Always carry skates by the top of the boot. Blades are very sharp and will cause injury.

Prohibited:

Pets, weapons, glass, tobacco/vaping, food, beverages, fighting, reckless or rude behavior, profanity, drugs, alcohol, vandalism, toys or objects, strollers, trespassing, hockey sticks and hockey pucks.

SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS —
SPRING BREAK

RECREATION FACILITIES

77

COME JOIN US FOR THE HOLIDAYS

AT THE library lawn skate rink

Join LPRD in celebrating the spirit of the season at the Skate Rink on the Library Lawn. All throughout the holiday season, bring the whole family and join in the fun. The cost is only \$3 per person to skate as long as you'd like, and the skate rental is included in the fee. Check out our website for hours of operation and special events planned.

 City of Lawrence
PARKS AND RECREATION

www.lawrenceks.org/lprd/skaterink



Sandra J. Shaw

COMMUNITY HEALTH PARK

HISTORY

In November 2013, the Lawrence City Commission accepted the donation of 7.98 acres of land, which houses a lake and a trail, from the Bert Nash Community Mental Health Center to become a park named in memory of former CEO of Bert Nash, Sandra J. Shaw. Shaw was CEO of the Bert Nash Center for 22 years.

The park site, previously owned by the

Veterans of Foreign Wars, was bought by the Bert Nash Center in 2011. The former Veterans of Foreign Wars Post 852 was originally purchased by the VFW in the early 1960s from William R. Green Sr. The area was known as “Green’s Park.”

Prior to the city receiving the parcel, John McGrew and his nonprofit organization, Outside for a Better Inside, were successful in receiving a \$55,000 matching grant from the Sunflower

Foundation for the construction of a concrete trail through the park. Outside for a Better Inside raised the matching funds to complete the trail. In 2014, the city of Lawrence was successful in receiving a \$53,000 matching grant also from the Sunflower Foundation to construct a trail to connect the Outside for a Better Inside Trail through Burcham Park to Constant Park and its established trail, providing



Sandra J. Shaw Community Health Park is an 8-acre nature park with a 3 1/2-acre lake.



passage to downtown Lawrence and the Pinckney Neighborhood.

A simple shelter was donated and built by the Westar Energy Green Team, providing a shaded area and an observation deck overlooking the lake. The shelter was completed in 2014.

DESCRIPTION

Sandra J. Shaw Community Health Park is an 8-acre nature park with a 3

1/2-acre lake. A paved, hard-surface trail named for Outside for a Better Inside, the nonprofit organization that raised funds for its completion, runs along the lake. The park also has a hardwood forest, showcasing a variety of trees of varying ages, which can be accessed from the Outside for a Better Inside Trail beginning at 100 Maine St., or from an access road off of West Second Street (north of the

Kaw River Water Treatment Plant) approximately 300 feet to the west of the entrance to Burcham Park.

The amenities of the park include:

- Pond
- Fishing dock
- Outside for a Better Inside Trail
- Open space/natural area
- Shelter/outlook area on the trail overlooking the pond.



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 photograph(s) (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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(PHOTO) Monarch butterfly on tropical milkweed in the Lawrence Arts Center preschool Monarch Watch Waystation, registered & sponsored by Vinland Valley Nursery!



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Lawrence, KS 66044

Cottin's Hardware
& Rental
1832 Massachusetts St.
Lawrence, KS 66044

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