

# ACTIVITIES GUIDE

WINTER/SPRING 2017

# DIG THIS

Finding new ways to stay happy and healthy

# Creating A Naturally Beautiful Smile Designed Specifically For You!

# RANJBAR

ORTHODONTICS

[www.ranjbarorthodontics.com](http://www.ranjbarorthodontics.com)

An Elite Preferred Invisalign Provider.



Our office will match most offers!

## Call For A Consultation

4828 Quail Crest Place | 785.832.1844

Complimentary Orthodontic Evaluations



## 2017 WINTER/SPRING ACTIVITIES GUIDE

This edition of the *Lawrence Parks and Recreation Department Activities Guide* highlights the additional programming created specifically for the lifelong population. While growing the Lifelong Recreation Division with an increase in accessibility and a wider selection of programs was the primary goal, we have been able to refocus our efforts on our community's wants and needs. Our feature story calls attention to the leaders responsible for these improvements and outlines the potential growth of our department.

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 opportunity for your health. It is our commitment to help you pursue healthy, active lifestyles.

### 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](mailto:parksrec@lawrenceks.org).

#### ONLINE\*

**Starting Sunday, Nov. 27** (for all winter/spring activities)

Visit our website at [www.lprd.org](http://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. 28** (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.*

### TABLE OF CONTENTS

Lawrence Parks and Recreation Department Directory . . . . .	Page 2
Directory/Other Codes . . . . .	Page 3
Registration Information . . . . .	Page 4
Pepsi Sponsorship . . . . .	Page 5
LPRD Advisory Board/Signature Sponsors . . . . .	Page 6
Library Lawn Skate Rink . . . . .	Page 6
LMH Performance & Wellness Center . . . . .	Page 7
<i>Born to Explore</i> . . . . .	Page 8
Month of Sharing/Aquatic Hours . . . . .	Page 10
Aquatics . . . . .	Page 11
Golf/Eagle Bend Golf Course & Learning Center . . . . .	Page 19
Lifelong Recreation . . . . .	Page 21
Nature/Prairie Park Nature Center . . . . .	Page 28
Recreation Instruction . . . . .	Page 31
Riverfront Park Disc Golf Course Map . . . . .	Page 39
Park and Path Map . . . . .	Page 40

Centennial Park Disc Golf Course Map . . . . .	Page 42
Daddy-Daughter Date Night . . . . .	Page 51
2017 Arts & Crafts Event Calendar . . . . .	Page 60
Special Events . . . . .	Page 61
Special Populations . . . . .	Page 63
Adult Sports . . . . .	Page 65
Youth Sports . . . . .	Page 67
Youth Camps . . . . .	Page 71
Recreation Facilities . . . . .	Page 73
Class/Activity Enrollment Form . . . . .	Page 80

*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  
Leslie Soden, Vice Mayor  
Stuart Boley

Matthew Herbert  
Lisa Larsen  
Tom Markus, City Manager

PARKS AND RECREATION ADVISORY BOARD\*

Sue Hack, Chair  
Joe Caldwell  
LaRisa Chambers

Andrew Clayton  
Allen Humphrey  
\*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  
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  
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** 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  
Rowan Green, Park Operations Manager  
(785) 832-7971, rgreen@lawrenceks.org  
Darin Pearson, Park Operations Manager/Eagle Bend  
(785) 832-7959, dpearson@lawrenceks.org  
Mitch Young, Park District Supervisor/Cemeteries  
(785) 832-3451, mlyoung@lawrenceks.org  
John Gress, Facilities Maintenance Supervisor  
(785) 423-1139, jgress@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

# DIRECTORY/OTHER CODES

STRETCH YOUR LIMITS — WWW.LPRD.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)

<b>CODES</b>	<b>SPL</b> .....	<b>Sports Pavilion Lawrence</b>
	<b>FR</b> .....	<b>Fitness Room</b>
	<b>GR</b> .....	<b>Gymnastics Room</b>
	<b>GY</b> .....	<b>Gymnasium</b>
	<b>TF</b> .....	<b>Turf Field</b>
	<b>CR</b> .....	<b>Champion Room</b>
	<b>VR</b> .....	<b>Victory Room</b>
	<b>TK</b> .....	<b>Track</b>
	<b>WR</b> .....	<b>Weight Room</b>
	<b>CA</b> .....	<b>Cardio Area</b>
	<b>LR</b> .....	<b>Legacy Room</b>

**STAFF**

**Chad Tower**, Facilities Operations Supervisor  
ctower@lawrenceks.org

**Lee Ice**, Youth Sports Supervisor  
lice@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 Hutchens**, Gymnastics Programmer  
jhutchens@lawrenceks.org

<b>CARN, CARN-EG, CARN-CR, CARN-HR</b> .....	Carnegie Building, 200 W. Ninth St.
<b>CLSC</b> .....	Clinton Lake Softball Complex, 5101 Speicher Road
<b>CMW</b> .....	Crescent Moon Winery, 15930 246th St.
<b>FG#21, FG#1&amp;#2, FG-KSEXT</b> .....	4-H Fairgrounds, 2120 Harper St.
<b>GFORCE</b> .....	G-Force, 725 N. Second St.
<b>HOBPK</b> .....	Hobbs Park, 702 E. 11th St.
<b>HPTC</b> .....	Holcom Park Tennis Courts, 2601 W. 25th St.
<b>HSC</b> .....	Holcom Sports Complex, 2601 W. 25th St.
<b>JT</b> .....	Jayhawk Tennis, 233 Rock Chalk Lane
<b>LHS-WS</b> .....	Lawrence High School Woodshop, 1901 Louisiana St.
<b>LPM</b> .....	Lawrence Presbyterian Manor, 1429 Kasold Drive
<b>ML</b> .....	Mary's Lake, 2730 Harper St.
<b>RCL</b> .....	Royal Crest Lanes, 933 Iowa St.
<b>RFP-CL</b> .....	River Front Plaza-Computer Lab, Sixth and New Hampshire streets
<b>RVFPK</b> .....	Riverfront Park, U.S. highways 24, 40 and 59, by the Kansas River
<b>SP</b> .....	South Park, 1141 Massachusetts St.
<b>TBA</b> .....	To Be Announced/Assigned
<b>TC-RCP</b> .....	Tennis Courts at Rock Chalk Park, 101 George Williams Way
<b>TL</b> .....	Theatre Lawrence, 4660 Bauer Farm Drive
<b>TLC</b> .....	Trinity Lutheran Church, 1245 New Hampshire St.
<b>UPD</b> .....	Union Pacific Depot, 402 N. Second St.

DEPARTMENT/  
REGISTRATION

AQUATICS

GOLF

LIFELONG  
RECREATION

NATURE

RECREATION  
INSTRUCTION

Class Name

New Class

Fitness Level

Ages/  
Class Size

Class Description

Co-sponsored

Class Not Eligible for Youth Scholarships

**SENIOR STRENGTH TRAINING** <sup>NEW</sup> ★★ ★ Level

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 20. Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights and resistance tubing and bands. **A physician's release is required prior to beginning of class.**

**No class 1/16. Instructor: LPRD Staff. NSD.**

Class Notes

No Senior Discount

Class Location  
(Listed on pages 2-3)

For age 50-plus

Class Omit Dates

Class Code

**Night Class**  
(Noted in bold)

Section of Class

Name of Class

Spring Class  
(Noted in green)

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
100000	A	STREGTRA	MWF	8-8:50AM	1/2-3/10	HPRC-BR	\$84
100000	B	STREGTRA	MWF	9-9:50AM	1/2-3/10	HPRC-BR	\$84
<b>100000</b>	<b>C</b>	<b>STREGTRA</b>	<b>MWF</b>	<b>5:30-6:20PM</b>	<b>1/2-3/10</b>	<b>HPRC-BR</b>	<b>\$84</b>
200000	A	STREGTRA	MWF	8-8:50AM	3/27-5/19	HPRC-BR	\$68
200000	B	STREGTRA	MWF	9-9:50AM	3/27-5/19	HPRC-BR	\$68
200000	<b>C</b>	<b>STREGTRA</b>	<b>MWF</b>	<b>5:30-6:20PM</b>	<b>3/27-5/19</b>	<b>HPRC-BR</b>	<b>\$68</b>

Class Fee

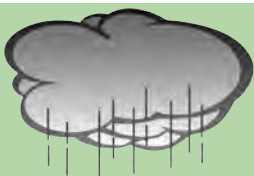
Dates of Class

Time of Class

Day of Class

- ★ **Introductory:** Just starting to exercise or haven't exercised in six months.
- ★★ **Intermediate:** Fairly active in sports, dance or some type of regular exercise (two to three times per week).
- ★★★ **Advanced:** Very active in sports or have been exercising four or more times per week for six months.

**DAYS:** M — Monday T — Tuesday W — Wednesday R — Thursday F — Friday S — Saturday SU — Sunday



FOR INFORMATION ON PROGRAM AND ACTIVITIES CANCELLATIONS DUE TO INCLEMENT WEATHER, VISIT RAINOUTLINE.COM OR LISTEN TO 1320 AM, KLWN.

IF YOU ARE IN NEED OF SPECIAL ACCOMMODATIONS FOR OUR PROGRAMS/CLASSES, PLEASE CALL THE COMMUNITY BUILDING AT (785) 832-7920.

**ON THE COVER:** A Paleo Field Trip participant digs into a 300 million-year-old marine site near Lawrence looking for diverse fauna fossils from the Pennsylvanian Period. (Photo by Alex Burgoon.)

Registration for all 2017 winter/spring programs begins

**Sunday, Nov. 27 – Online**

**Monday, Nov. 28 – 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) 330-7355.

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

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

#### SCHOLARSHIP PROGRAM

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

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

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

# ELECTROLYTES TO REPLENISH

HELP REPLACE WHAT YOU SWEAT OUT



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



## LPRD ADVISORY BOARD/SIGNATURE SPONSORS



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

### Cottin's Hardware & Rental

1832 Massachusetts St.

### Jayhawk Trophy

3341 W. Sixth St.

### Lawrence Journal-World

645 New Hampshire St.

### Waxman Candles

609 Massachusetts St.

***LPRD thanks you  
for your support!***

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. **For more information and hours of operation, see page 79 and check our website:**

[www.lawrenceks.org/lprd/skaterink](http://www.lawrenceks.org/lprd/skaterink)



City of Lawrence  
PARKS AND RECREATION





# Discover the strongest you.

Improve your speed, strength and agility  
with Sports Performance Training at the  
LMH Performance and Wellness Center.

## **LMH Sports Performance Training takes athletes to the next level.**

Strengthen your performance with sport-specific athletic training designed to improve speed, functional strength and agility while also lowering the risk of athletic injury. LMH Therapy Services offers customized Sports Performance Training for athletes ages 8-18 who want a new training home to maximize athletic performance. Licensed Sports Physical Therapists, Certified Strength and Conditioning Specialists, and Athletic Trainers cater to each athlete's specific needs, offering individualized assessments and training programs best suited to personal goals.

Boost your performance. Schedule now: **785-505-5840 • [lmh.org/perform](http://lmh.org/perform)**



**LMH Performance & Wellness Center**

A Service of Lawrence Memorial Hospital

*Stay healthy. Stay close.  
Stay for Life.*



# BORN TO EXPLORE

## Lifelong Recreation keeping baby boomers active.

By Alex Burgoon

For more than 70 years, Lawrence Parks and Recreation Department has strived to promote healthy, active lifestyles for Lawrence citizens through affordable and convenient programming. Within the more than 550 programs offered each season, LPRD has developed a more focused approach on programming for those 50 years old and older.

Before Lawrence garnered accolades for being a great place to retire, like being named one of Money Magazine's "25 Best Places to Retire" or one of MarketWatch's best places to retire in Kansas, LPRD had long been offering programs developed specifically for older adults. When the number of programs being offered began to increase in both scope and volume, a section within the department's *Activities Guide* was created exclusively for those 50 years

old and older: Lifelong Recreation.

Ernie Shaw, longtime leader of LPRD, said the department had tried for a number of years to initiate the 50-plus programs as a part of each programmers' responsibilities. When the Lifelong Recreation program was started, there was not enough focus on 50-plus programming to help it grow at the rate required to meet the population's demand for it.

"We had anticipated for a while that the baby boomer population was going to want to stay active once they retired," Shaw said. "Like most of our divisions, the primary focus and expertise is on areas of interest, so we needed that same focus/expertise to do justice to the Lifelong programs as well as the other divisions and to serve the growing population."

That greater focus was added in 2014, when Gayle Sigurdson was hired to be the Lifelong Recreation programmer. Sigurdson's addition

has allowed the development of a wider selection of programs and activities, and she believes citizens can now utilize the department as a resource for programs they would like to see offered.

"It is our goal to have the citizens of Lawrence recognize that an active leisure lifestyle contributes to successful aging and that taking the time to cultivate authentic recreation interests contributes to physical health, mental health and social engagement," Sigurdson said.

Recently, the Lifelong Recreation Division received a grant from the Kansas Health Foundation to increase access to LPRD's Lifelong programming off-site. The department now offers wellness classes at five apartment complexes serving adults over 50 years old.

"Bringing strength, nutrition and fall prevention to their homes addresses the hindrance of transportation to



participate,” Sigurdson said. “It is important that classes be available at all levels of fitness with a wide range of interests at a variety of locations, prices and schedules.”

LPRD also has developed a partnership with the UnitedHealthcare Community Plan/KanCare. As a benefit of the plan, participants enroll in classes and UnitedHealthcare picks up the tab.

In its number of program enrollees, LPRD has seen much growth in recent years, and recreation and leisure interests are increasingly becoming part of a lifelong continuum. The importance of physical activity is not only for the young. As different interests are pursued throughout life, adaptations are necessary to ensure safety and enjoyment.

Next year, Lifelong programs with potential growth include Travel and

Outdoors. The Travel program in 2017 will feature four types of trips: local behind-the-scenes tours, day trips with large and small groups, motor coach tours and overnight travel. Outdoors will offer local walks at a leisurely pace, guided hikes with a local expert, canoeing, archery and other skill-based classes.

As new programs develop, Sigurdson continues to coordinate with other organizations in Lawrence to ensure Lifelong Recreation is meeting the needs and serving the interests of Lawrence citizens; to make the best use of resources; and to create partnerships when and where it makes the most sense to create win-win situations. Current partners in Lifelong Recreation programming include the Lawrence Public Library, Lawrence Memorial Hospital and the Watkins Museum of History.

Sigurdson believes having each organization bring its strengths to the development of an activity will result in a higher quality program for participants.

“I would like the Lifelong Recreation Division to be the result of an active partnership with its participants too,” Sigurdson said.

Sigurdson has developed a small group that she regularly meets with to discuss what they’d like to do and see in the division’s programming. Through the group’s feedback and participant evaluation, programs are modified and added to fit the participants and their needs.

“We encourage citizens to consider Lifelong Recreation as a resource for programs they would like to see offered, or as an opportunity to share their passion and interests with others as a coach or instructor, Sigurdson said. “Our tree tours, paleontology classes, history programs and upcoming class on Pompeii all originated from someone seeking to pursue an interest and share it with others.

“The question is no longer ‘What can I do now?’” Sigurdson said. “It is ‘How can I keep doing what I enjoy?’”

# 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.

LPRD 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. 19.

New, unused, unopened toys are being collected from Monday, Nov. 21, to Friday, Dec. 16, at the following locations:

- Administrative Office in South Park**, 1141 Massachusetts St.
- Community Building**, 115 W. 11th St.
- East Lawrence Recreation Center**, 1245 E. 15th St.
- Holcom Park Recreation Center**, 2700 W. 27th St.
- Lawrence Indoor Aquatic Center**, 4706 Overland Drive
- Prairie Park Nature Center**, 2370 Harper St.
- Sports Pavilion Lawrence**, 100 Rock Chalk Lane

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



Help us  
make a  
youngster's  
holiday  
**BRIGHT!**



# WINTER/SPRING AQUATIC HOURS

Beginning Nov. 27

*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. 27-30 Lap Swimming: Regular Hours  
Jan. 2-4, 16 Leisure Pool: 1 p.m. to 7:45 p.m.  
March 20-24 Weekends: Regular Hours

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

Dec. 25 CLOSED  
Jan. 1 CLOSED

### CARL KNOX NATATORIUM

Dec. 16-Jan. 8 CLOSED  
March 20-24 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

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 and 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 (**\$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 three 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. 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](http://www.lawrenceks.org/lprd/aquatics).**



## POOCH EGG HUNT EGGSTRAVAGANZA

Saturday, April 15 • 9 - 10 a.m. • South Park



Humane

Co-sponsored by the Lawrence Humane Society



 City of Lawrence  
PARKS AND RECREATION

See page 62  
for more information.



### 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 0-3 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 <http://www.lawrenceks.org/subscriptions> and check the box for the Aquatics mailing list or complete a form that is available at the Indoor Aquatic Center's front desk.

### SPECIAL SAVINGS DAYS

#### SENIOR SWIM DAYS

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

#### BUCK NIGHT

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

**Fridays — Dec. 2, Jan. 6, Feb. 3, March 3, April 7 and May 5.**

### 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 a local food pantry. **Monday-Thursday, Nov. 1-30.**

### AMNESTY DAY

On Monday, Jan. 16, 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. **Tuesday, 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 14.**

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

### SPECIAL EVENTS

#### SANTA SPLASH

**Ages: 2 to 12.** The reindeer seem to be ahead of schedule this year and will be delivering Santa early to the Indoor Aquatic Center for some holiday fun. The craft room will be open for ornament making and stocking decorating at Noon. Then a special visitor will manage to stop by during his busy holiday season to review wish lists, give out presents and take photos with the children. Be sure to bring your camera! **Pre-registration is required by Wednesday, Dec. 14, to secure crafts; may pay day of to participate in the Santa visit and swimming.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
411007	A	SANTA	S	12-12:45PM	12/17	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	FEE
111001	A	KNO	S	4-7PM	1/14	LIAC	\$15
111001	B	KNO	S	4-7PM	2/25	LIAC	\$15
211001	A	KNO	S	4-7PM	4/8	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, April 12, to secure crafts; may pay fee day-of to participate in egg hunt and swimming only.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
211004 A	EGGS	S	12-12:45PM	4/15	LIAC	\$7

### 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.**

### 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	1/14-3/11	LIAC	\$29
212425 1A	AQUABABY	S	9:15-9:45AM	4/1-5/13	LIAC	\$23

### AQUA FIT (CO-SPONSORED WITH LMH THERAPY SERVICES)

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112434 1A	AQUAFIT	TR	9-9:45AM	1/10-3/9	LIAC	\$63
112434 1B	AQUAFIT	TR	10-10:45AM	1/10-3/9	LIAC	\$63
212434 1A	AQUAFIT	TR	9-9:45AM	3/28-5/11	LIAC	\$49
212434 1B	AQUAFIT	TR	10-10:45AM	3/28-5/11	LIAC	\$49

### 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	1/9-3/10	LIAC-CPSE	\$88
112412 1B	FUSION	TR	8:15-9:15AM	1/10-3/9	LIAC-CPSE	\$59
212412 1A	FUSION	MWF	8:15-9:15AM	3/27-5/12	LIAC-CPSE	\$68
212412 1B	FUSION	TR	8:15-9:15AM	3/28-5/11	LIAC-CPSE	\$46

### 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	1/9-3/8	LIAC-DWDW	\$59
212410 1A	AQUAROBC	MW	5:15-6:15AM	3/27-5/10	LIAC-DWDW	\$46

### AQUA TONE

**Ages: 16 and Up. Enrollment Min 8 / Max 15.** Aqua Tone is a shallow water class using the water for resistance to increase cardiovascular endurance, increase muscle tone and decrease impact on joints. This class incorporates the use of several pieces of aquatic exercise equipment including: hand buoys, gloves, noodles and kickboards. **Location of the classes: LIAC Competition Pool Shallow End. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112413 1A	ATONE	MW	5:30-6:15PM	1/9-3/8	LIAC-CPSE	\$59
212413 1A	ATONE	MW	5:30-6:15PM	3/27-5/10	LIAC-CPSE	\$46

### 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	1/14-3/11	LIAC	\$29
212426 1A	PRENATAL	S	10-10:45AM	4/1-5/13	LIAC	\$23







### 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	1/9-3/10	LIAC	\$88
212420	1A SHALLOW	MWF	7:30-8:30AM	3/27-5/12	LIAC	\$68

### 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	1/10-3/9	LIAC-S&DW	\$59
212437	1A AQUAHIIT	TR	5:30-6:15PM	3/28-5/11	LIAC-S&DW	\$46

### 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	1/10-3/9	CKN-S&DW	\$59
212410	1F ABC	TR	6:30-7:30PM	3/28-5/11	CKN-S&DW	\$46

### 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	1/10-3/9	LIAC	\$59
212433	1A GLIDE	TR	8-8:45AM	3/28-5/11	LIAC	\$46

### 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	1/9-3/10	LIAC	\$95
112430	1B JIVNJNTS	MWF	9:45-10:30AM	1/9-3/10	LIAC	\$95
212430	1A JIVNJNTS	MWF	8:45-9:30AM	3/27-5/12	LIAC	\$74
212430	1B JIVNJNTS	MWF	9:45-10:30AM	3/27-5/12	LIAC	\$74

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

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

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

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

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

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

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

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

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

**Junior Swim (JRSWIM):** 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.



50 Rounds with cart

**\$1,400**City of Lawrence  
PARKS AND RECREATION

1250 E. 902 Road

Eagle Bend Golf Course &amp; Learning Center

(785) 748-0600

**2017 Discounted Pass Program****Play Around the Bend ...All Year Long**

50 Rounds golf only

**\$700**

Purchase in the Pro Shop

Eagle Bend  
GOLF COURSE



## CARL KNOX NATATORIUM

Feb. 20-March 15

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212103 1B	LEVEL3	MW	6:15-7PM	2/20-3/15	CKN	\$45
212107 1B	JRSWIM	MW	7-7:45PM	2/20-3/15	CKN	\$45

## INDOOR AQUATIC CENTER

Jan. 24-Feb. 16

Evening swim classes are held during public swim times.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112101 1A	LEVEL1	TR	5-5:25PM	1/24-2/16	LIAC	\$45
112115 1A	AQUATOT	TR	5-5:25PM	1/24-2/16	LIAC	\$45
112102 1A	LEVEL2	TR	5-5:45PM	1/24-2/16	LIAC	\$45
112103 1A	LEVEL3	TR	5-5:45PM	1/24-2/16	LIAC	\$45
112100 1A	PNTCHILD	TR	5:30-5:55PM	1/24-2/16	LIAC	\$45
112115 1B	AQUATOT	TR	5:30-5:55PM	1/24-2/16	LIAC	\$45
112114 1A	PRRSCHOOL	TR	6-6:25PM	1/24-2/16	LIAC	\$45
112101 1B	LEVEL1	TR	6:30-6:55PM	1/24-2/16	LIAC	\$45
112102 1B	LEVEL2	TR	6-6:45PM	1/24-2/16	LIAC	\$45
112103 1B	LEVEL3	TR	6-6:45PM	1/24-2/16	LIAC	\$45
112107 1A	JRSWIM	TR	6-6:45PM	1/24-2/16	LIAC	\$45
112104 1A	LEVEL4	TR	7-7:45PM	1/24-2/16	LIAC	\$45
112105 1A	LEVEL 5	TR	7-7:45PM	1/24-2/16	LIAC	\$45
112108 1A	ADULT	TR	7-7:45PM	1/24-2/16	LIAC	\$45

Saturdays, Jan. 14-Feb. 4

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112114 2A	PRRSCHOOL	S	9-9:25AM	1/14-2/4	LIAC	\$25
112101 2A	LEVEL1	S	9-9:25AM	1/14-2/4	LIAC	\$25
112102 2A	LEVEL2	S	9-9:45AM	1/14-2/4	LIAC	\$25
112105 2A	LEVEL5	S	9-9:45AM	1/14-2/4	LIAC	\$25
112100 2A	PNTCHILD	S	9:30-9:55AM	1/14-2/4	LIAC	\$25
112115 2A	AQUATOT	S	9:30-9:55AM	1/14-2/4	LIAC	\$25
112100 2B	PNTCHILD	S	10-10:25AM	1/14-2/4	LIAC	\$25
112115 2B	AQUATOT	S	10-10:25AM	1/14-2/4	LIAC	\$25
112102 2B	LEVEL2	S	10-10:45AM	1/14-2/4	LIAC	\$25
112103 2A	LEVEL3	S	10-10:45AM	1/14-2/4	LIAC	\$25
112104 2A	LEVEL4	S	10-10:45AM	1/14-2/4	LIAC	\$25
112114 2B	PRRSCHOOL	S	10:30-10:55AM	1/14-2/4	LIAC	\$25
112101 2B	LEVEL1	S	10:30-10:55AM	1/14-2/4	LIAC	\$25
112103 2B	LEVEL3	S	11-11:45AM	1/14-2/4	LIAC	\$25
112104 2B	LEVEL4	S	11-11:45AM	1/14-2/4	LIAC	\$25
112106 2A	LEV6FIT	S	11-11:45AM	1/14-2/4	LIAC	\$25
112109 2A	ADULT2	S	11-11:45AM	1/14-2/4	LIAC	\$25

Feb. 20-March 15

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212114 1A	PRRSCHOOL	MW	5-5:25PM	2/20-3/15	LIAC	\$45
212102 1A	LEVEL2	MW	5-5:45PM	2/20-3/15	LIAC	\$45
212103 1D	LEVEL3	MW	5-5:45PM	2/20-3/15	LIAC	\$45
212104 1A	LEVEL4	MW	5-5:45PM	2/20-3/15	LIAC	\$45
212115 1A	AQUATOT	MW	5:30-5:55PM	2/20-3/15	LIAC	\$45
212100 1B	PNTCHILD	MW	6-6:25PM	2/20-3/15	LIAC	\$45
212102 1B	LEVEL2	MW	6-6:45PM	2/20-3/15	LIAC	\$45
212103 1F	LEVEL3	MW	6-6:45PM	2/20-3/15	LIAC	\$45
212104 1B	LEVEL4	MW	6-6:45PM	2/20-3/15	LIAC	\$45
212114 1B	PRRSCHOOL	MW	6:30-6:55PM	2/20-3/15	LIAC	\$45
212105 1A	LEVEL5	MW	7-7:45PM	2/20-3/15	LIAC	\$45
212109 1B	ADULT2	MW	7-7:45PM	2/20-3/15	LIAC	\$45
212106 1B	L6WSAFE	MW	7-7:45PM	2/20-3/15	LIAC	\$45

Saturdays, Feb. 18-March 11

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212114 2A	PRRSCHOOL	S	9-9:25AM	2/18-3/11	LIAC	\$25
212101 2A	LEVEL1	S	9-9:25AM	2/18-3/11	LIAC	\$25
212102 2A	LEVEL2	S	9-9:45AM	2/18-3/11	LIAC	\$25
212107 2A	JRSWIM	S	9-9:45AM	2/18-3/11	LIAC	\$25
212100 2A	PNTCHILD	S	9:30-9:55AM	2/18-3/11	LIAC	\$25
212115 2A	AQUATOT	S	9:30-9:55AM	2/18-3/11	LIAC	\$25
212100 2B	PNTCHILD	S	10-10:25AM	2/18-3/11	LIAC	\$25
212115 2B	AQUATOT	S	10-10:25AM	2/18-3/11	LIAC	\$25
212102 2B	LEVEL2	S	10-10:45AM	2/18-3/11	LIAC	\$25
212103 2A	LEVEL3	S	10-10:45AM	2/18-3/11	LIAC	\$25
212104 2A	LEVEL4	S	10-10:45AM	2/18-3/11	LIAC	\$25
212114 2B	PRRSCHOOL	S	10:30-10:55AM	2/18-3/11	LIAC	\$25
212101 2B	LEVEL1	S	10:30-10:55AM	2/18-3/11	LIAC	\$25
212108 2A	ADULT	S	11-11:45AM	2/18-3/11	LIAC	\$25
212115 2C	AQUATOT	S	11-11:25AM	2/18-3/11	LIAC	\$25
212103 2B	LEVEL3	S	11-11:45AM	2/18-3/11	LIAC	\$25
212104 2B	LEVEL4	S	11-11:45AM	2/18-3/11	LIAC	\$25
212105 2A	LEVEL5	S	11-11:45AM	2/18-3/11	LIAC	\$25
212114 2C	PRRSCHOOL	S	11:30-11:55AM	2/18-3/11	LIAC	\$25



Saturdays, April 1-22

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212100 3A	PNTCHILD	S	9-9:25AM	4/1-4/22	LIAC	\$25
212114 3A	PRRSCHOOL	S	9-9:25AM	4/1-4/22	LIAC	\$25
212101 3A	LEVEL1	S	9-9:25AM	4/1-4/22	LIAC	\$25
212102 3A	LEVEL2	S	9-9:45AM	4/1-4/22	LIAC	\$25
212100 3B	PNTCHILD	S	9:30-9:55AM	4/1-4/22	LIAC	\$25
212115 3A	AQUATOT	S	9:30-9:55AM	4/1-4/22	LIAC	\$25
212101 3B	LEVEL1	S	9:30-9:55AM	4/1-4/22	LIAC	\$25
212100 3C	PNTCHILD	S	10-10:25AM	4/1-4/22	LIAC	\$25
212115 3B	AQUATOT	S	10-10:25AM	4/1-4/22	LIAC	\$25
212102 3B	LEVEL2	S	10-10:45AM	4/1-4/22	LIAC	\$25
212103 3A	LEVEL3	S	10-10:45AM	4/1-4/22	LIAC	\$25
212104 3A	LEVEL4	S	10-10:45AM	4/1-4/22	LIAC	\$25
212114 3B	PRRSCHOOL	S	10:30-10:55AM	4/1-4/22	LIAC	\$25
212101 3C	LEVEL1	S	10:30-10:55AM	4/1-4/22	LIAC	\$25
212115 3C	AQUATOT	S	11-11:25AM	4/1-4/22	LIAC	\$25
212103 3B	LEVEL3	S	11-11:45AM	4/1-4/22	LIAC	\$25
212105 3A	LEVEL5	S	11-11:45AM	4/1-4/22	LIAC	\$25
212106 3A	LEV6DIVE	S	11-11:45AM	4/1-4/22	LIAC	\$25
212108 3A	ADULT	S	11-11:45AM	4/1-4/22	LIAC	\$25
212114 3C	PRESCHOL	S	11:30-11:55AM	4/1-4/22	LIAC	\$25

### PRIVATE SWIMMING LESSONS

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

### AQUATIC TRAINING CLASSES

#### CALLING ALL LIFEGUARDS!

Lawrence Parks 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.



### 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, Waterpark Lifeguard Training, First Aid, AED and CPR for the Professional Rescuer. 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: \$225 — required at time of registration. Enrollment Deadlines: 412120 Section B — Tuesday, Dec. 6; 212120 Section A — Friday, Feb. 24; 212120 Section B — Wednesday, March 1; 212120 Section C — Friday, March 10; 212120 Section D — Monday, March 13.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412120 B	LGT	TWRF	8AM-5PM	12/27-12/30	LIAC	\$225
212120 A	LGT	SSUMT	8AM-4PM	3/18-3/21	LIAC	\$225
212120 B	LGT	WRFS	8AM-4PM	3/22-3/25	LIAC	\$225
212120 C	LGT	S	8AM-2PM	4/1-5/6	LIAC	\$225
212120 D	LGT	SU	12PM-6PM	4/2-5/7	LIAC	\$225

### 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, waterpark 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: Friday, Dec. 16.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
112122 A	LGTI	TWRF	8AM-4PM	1/10-1/13	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	S	10-10:45AM	2/25-3/11	LIAC-CP	\$25



## 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, dpearson@lawrenceks.org

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

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

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

## FACILITIES

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

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

## 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 keep building on his or hers progress. **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	FREE
260210	A	WELCOME	W	5:30-6:30PM	3/15	EBGC	\$25
260210	B	WELCOME	W	5:30-6:30PM	3/22	EBGC	\$25
260210	C	WELCOME	W	5:30-6:30PM	3/29	EBGC	\$25
260210	D	WELCOME	W	5:30-6:30PM	4/5	EBGC	\$25
260210	E	WELCOME	W	5:30-6:30PM	4/12	EBGC	\$25
260210	F	WELCOME	W	5:30-6:30PM	4/19	EBGC	\$25
260210	G	WELCOME	W	5:30-6:30PM	4/26	EBGC	\$25
260210	H	WELCOME	S	12-1PM	3/18	EBGC	\$25
260210	I	WELCOME	S	12-1PM	4/1	EBGC	\$25
260210	J	WELCOME	S	12-1PM	4/8	EBGC	\$25
260210	K	WELCOME	S	12-1PM	4/15	EBGC	\$25
260210	L	WELCOME	S	12-1PM	4/22	EBGC	\$25
260210	M	WELCOME	S	12-1PM	4/29	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	FREE
260105	A	GETREAD	T	5:30-6:30PM	3/28-4/25	EBGC	\$100

**LANDPLAN ENGINEERING PA**

www.landplan-pa.com

Serving Lawrence for over 40 years!

Interior Fashion Center

634 Massachusetts St.  
Lawrence, KS 66044  
785-371-4068  
www.krings-interiors.com

"We design your dreams."



### 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	4/1	EBGC	\$25
260220	B	BLDBLOCK	S	1-2PM	4/8	EBGC	\$25
260220	C	BLDBLOCK	S	1-2PM	4/15	EBGC	\$25
260220	D	BLDBLOCK	S	1-2PM	4/22	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 keep building on his or hers progress. **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
260106	A	ADSHGM	S	10-11AM	4/1	EBGC	\$20
260106	B	ADSHGM	S	10-11AM	4/8	EBGC	\$20
260106	C	ADSHGM	S	10-11AM	4/15	EBGC	\$20
260106	D	ADSHGM	S	10-11AM	4/22	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.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
160207	A	GLFFIT	W	6-7PM	1/11	EBGC	\$25
160207	B	GLFFIT	W	6-7PM	1/18	EBGC	\$25
160207	C	GLFFIT	W	6-7PM	1/25	EBGC	\$25
160207	D	GLFFIT	W	6-7PM	2/1	EBGC	\$25
160207	E	GLFFIT	W	6-7PM	2/8	EBGC	\$25

JUNIOR GOLF PROGRAMMING: SEE YOUTH SPORTS, PAGE 67.

### 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

**50+** 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 is 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 15

439 yards/blue tees • Par 3 • Handicap 2

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



Lifelong Recreation programs focus on physical activity, social engagement, education, arts, creativity and healthy lifestyles for adults with a focus on the schedule and interests of people ages 50 and older. Throughout the guide look for the **50+** symbol to identify those programs designed with older adults in mind. 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 [gsgurdson@lawrenceks.org](mailto:gsgurdson@lawrenceks.org) or subscribe at [www.lawrenceks.org/](http://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 ongoing 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 part of this group and gain the benefits! **Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127201	A	AEROBIC	MWF	8:50-9:50AM	1/2-3/10	HPRC-GY	\$84
227201	A	AEROBIC	MWF	8:50-9:50AM	3/27-5/19	HPRC-GY	\$68

## 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 open to anyone. The program's multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength and functional ability. The variety of exercises is 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	5:40-6:30PM	1/3-3/9	SPL-VR	\$64
227276	A	ARTHEX	TR	5:40-6:30PM	3/28-5/18	SPL-VR	\$52



**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), Melanie Johnson (MJ).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127233	A	BGSS(CB)	MWF	8-8:50AM	1/2-3/10	HPRC-BR	\$84
127233	B	ADSS(MJ)	MWF	9-9:50AM	1/2-3/10	HPRC-BR	\$84
127234	A	ADSS(DG)	MWF	8:30-9:20AM	1/2-3/10	HPRC-BR	\$84
127234	B	ADSS(DG)	MWF	9:30-10:20AM	1/2-3/10	HPRC-BR	\$84
127234	C	ADSS(DG)	MWF	10:30-11:20AM	1/2-3/10	HPRC-BR	\$84
127238	A	ADSS(DG)	TR	9:30-10:20AM	1/3-3/9	ELRC-MR	\$64
227233	A	BGSS(CB)	MWF	8-8:50AM	3/27-5/19	HPRC-BR	\$68
227233	B	ADSS(MJ)	MWF	9-9:50AM	3/27-5/19	HPRC-BR	\$68
227234	A	ADSS(DG)	MWF	8:30-9:20AM	3/27-5/19	HPRC-BR	\$68
227234	B	ADSS(DG)	MWF	9:30-10:20AM	3/27-5/19	HPRC-BR	\$68
227234	C	ADSS(DG)	MWF	10:30-11:20AM	3/27-5/19	HPRC-BR	\$68
227238	A	ADSS(DG)	TR	9:30-10:20AM	3/28-5/18	ELRC-MR	\$52

**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 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	1/6-3/10	CB-CR3	\$46
227222	A	PDPS	F	11:15AM-12PM	3/31-5/19	CB-CR3	\$36

**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	1/2-3/10	HPRC-GY	\$84
227256	A	FIT4LFE	MWF	10-11AM	3/27-5/19	HPRC-GY	\$68

**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	1/4-3/8	CB-CR	\$40
227282	A	FITYOGA	W	5:30-6:30PM	3/29-5/17	CB-CR	\$32

**LIFELONG GENTLE STRETCH <sup>NEW</sup> ★**

**50+** Ages: 50 and Up. Enrollment Min 6 / Max 12. Stretching & breathing can increase blood flow to joints, flexibility, balance and feelings of well-being. Join us exploring gentle yoga postures to find peace, stillness and happiness while increasing strength and balance through the exploration of yoga postures & breathing techniques. **Instructor: Kristin Spencer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127284	A	GENTSTRE	TR	10:45-11:35AM	1/3-3/9	HPRC-BLY	\$64
227284	A	GENTSTRE	TR	10:45-11:35AM	3/28-5/18	HPRC-BLY	\$52

**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	W	6-7:30PM	4/26-5/3	DEPOT-TR	\$18

**ON A ROLL – SMR <sup>NEW</sup> ★★**

Ages: 15 and Up. Enrollment Min 10 / Max 20. Foam rolling improves the performance capability of your muscles and speeds recovery following exertion. This full body workout uses gentle but powerful moves that will increase flexibility, strengthen your core, improve balance and helps posture while using a foam roller. Release the tight muscles, fascial adhesions, and improve blood flow. **Instructor: Brooke Miller.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127283	A	ONAROLL	T	4-4:45PM	1/3-3/7	SPL-FR	\$40
227283	A	ONAROLL	T	4-4:45PM	3/28-5/16	SPL-FR	\$32

**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	8:30-9:30AM	1/3-3/9	HPRC-GY	\$64
227204	A	PILATES	TR	8:30-9:30AM	3/28-5/18	HPRC-GY	\$52



### 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	3/28-5/16	SPL	\$32

### 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	9:30-10:20AM	1/2-3/10	SPL-FR	\$84
127255	B	SUPCIRT	MWF	10:30-11:20AM	1/2-3/10	SPL-FR	\$84
227255	A	SUPCIRT	MWF	9:30-10:20AM	3/27-5/19	SPL-FR	\$68
227255	B	SUPCIRT	MWF	10:30-11:20AM	3/27-5/19	SPL-FR	\$68

### SILVER STEPPERS ★★

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 20. Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping! Abs and stretching included. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127252	A	SILVSTEP	W	10:30-11:30AM	1/4-3/8	ELRC-GY	\$40
227252	A	SILVSTEP	W	10:30-11:30AM	3/29-5/17	ELRC-GY	\$32

### 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	TAICHLLR	TF	9-10AM	2/7-5/5	CB-DS	\$84
127274	B	TAICHLLR	MW	6:45-7:45PM	2/6-5/3	HPC-BLY	\$84



### 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. **Contact Gayle Sigurdson for more information, (785) 832-7920.**

### TAI CHI FOR HEALTH ★★

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 20. This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all. Participants may stand or sit throughout class. There are no floor exercises. The Arthritis Foundation of America, Centers for Disease Control and Prevention and Administration on Aging each recommend this program as meeting their standards for health programming. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127502	A	TCHEALTH	TR	11:15AM-12PM	1/3-3/9	HPRC-GY	\$64
227502	A	TCHEALTH	TR	11:15AM-12PM	3/28-5/18	HPRC-GY	\$52

### TAI CHI FOR PARKINSON'S <sup>NEW</sup> ★

**50+** Ages: 50 and Up. Enrollment Min 6 / Max 10. Tai Chi is a graceful, low impact exercise especially suited for people with Parkinson's. It consists of a series of slow motion movements that increase body strength, enhance coordination, reduces emotional stress, and promotes clear thinking. Participants in this class should be able to walk independently and stand for 30 minutes. Practice will include rest breaks. **Instructor: Craig Voorhees.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127242	A	TAICHIPA	T	3-3:45PM	1/3-3/7	HPC-BLY	\$40
227242	A	TAICHIPA	T	3-3:45PM	3/28-5/16	HPC-BLY	\$32

### 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	1/5-3/9	CB-CR	\$40
127270	B	YOGA(LI)	M	5:30-6:30PM	1/2-3/6	CARN-EG	\$40
127270	C	YOGA(MS)	W	1:30-2:30PM	1/4-3/8	LPM	\$40
127270	D	YOGA(KS)	TR	9:30-10:30AM	1/3-3/9	HPRC-BLY	\$64
227270	A	YOGA(MS)	R	10-11AM	3/30-5/18	CB-CR	\$32
227270	B	YOGA(LI)	M	5:30-6:30PM	3/27-5/15	CARN-EG	\$32
227270	C	YOGA(MS)	W	1:30-2:30PM	3/29-5/17	LPM	\$32
227270	D	YOGA(KS)	TR	9:30-10:30AM	3/28-5/18	HPRC-BLY	\$52

### 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	10-11AM	1/3-3/9	HPRC-GY	\$64
227102	A	ZUMBAGLD	TR	10-11AM	3/28-5/18	HPRC-GY	\$52

Interested in Aquatic Fitness? See the Aquatic Section beginning on page 10. Look for the **50+** symbol.



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

**Planning for the fun of All.**

Park & Recreation Facilities Planning & Design



# SKYHOUNDZ

disc championship

**Saturday, May 6**

**11 a.m.**

**Historic South Park**  
This event is free & open to the public

**INSTRUCTION****COMPUTER CLASSES****BUY, SELL ON EBAY AND CRAIGSLIST**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 10. Are you trying to down-size, 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	3/27-4/17	CARN-CR	\$32

**COMPUTER 101**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 10. Today, everything related to your everyday life can be done using computers. 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	S	2-3:30PM	3/4-3/18	RFP-CL	\$32

**COMPUTER 102 – THE INTERNET AND BEYOND**

**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	S	2-3:30	4/1-4/15	RFP-CL	\$32

**FACEBOOK FLUENCY**

**50+** Ages: 50 and Up. Enrollment Min 4 / Max 10. Facebook has become an essential tool for staying in touch with family, friends and the community. Take time to learn how to safely use the many features that are available. This class will start with creating a Facebook account and walk through specific skills such as 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: Karen Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127602 A	FACEF	R	6:30-7:30PM	3/9-3/30	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	2/7-3/7	CARN-CR	\$56
227604 A	INTIPAD	T	10-11:30AM	5/2-5/30	CARN-CR	\$56

**BEYOND BASICS OF THE IPAD**

**50+** Ages: 50 and Up. Enrollment Min 3 / Max 6. Are you ready to take your iPad to the next level? Explore iCloud, the Photo App and editing your photos, and other Apple standard apps as requested. These include Reminders, Calendar, FaceTime, Maps, and Music. Please bring questions, your iPad and a basic understanding of how your iPad works. You will need an Apple ID and password before enrolling in this course. **Instructor: Karen Johnson.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227608 A	BBIPAD	T	10-11:30AM	4/4-4/18	CARN	\$34

**RECREATION INSTRUCTION****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 Brennaman. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127311 A	BRIDGE1	M	9:30-11:30AM	1/9-2/13	LIAC-WR	\$40
127311 B	BRIDGE1	M	12:30-2:30PM	3/6-4/10	LIAC-WR	\$40
227311 A	BRIDGE1	R	9:30-11:30AM	5/4-6/8	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 Brennaman. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127312 A	BRIDGE2	T	9:30-11:30AM	1/10-2/14	LIAC-WR	\$40
127312 B	BRIDGE2	M	9:30-11:30AM	3/6-4/10	LIAC-WR	\$40
227312 A	BRIDGE2	M	12:30-2:30PM	5/1-6/5	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 Brennaman. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127313	A	BRIDGE3	W	9:30-11:30AM	1/11-2/15	LIAC-WR	\$40
127313	B	BRIDGE3	T	9:30-11:30AM	3/7-4/11	LIAC-WR	\$40
227313	A	BRIDGE3	M	9:30-11:30AM	5/1-6/5	LIAC-WR	\$40

### BRIDGE 4

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 16. This course is designed for the advancing player. Classes follow Audrey Grant's "Commonly Used Conventions" which introduces and follows a logical trek through Stayman, Jacoby Transfers, Major and Minor Suit Openings, Responses and Rebids, Weak 2-Bids and Strong 2-Club Openings. Lessons will focus on discussion of pre-dealt hands, which follow step-by-step sequences designed to familiarize and solidify the concepts of Conventional Bidding. Bring a friend and join the fun! **Instructor: Don Brennaman. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127314	A	BRIDGE4	R	9:30-11:30AM	1/12-2/16	LIAC-WR	\$40
127314	B	BRIDGE4	W	9:30-11:30AM	3/8-4/12	LIAC-WR	\$40
227314	A	BRIDGE4	T	9:30-11:30AM	5/2-6/6	LIAC-WR	\$40

### BRIDGE 5

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 16. This class is designed for the advancing player. Classes follow Audrey Grant's "More Commonly Used Conventions" which introduces and explains the Negative Double and other special doubles, Overcalls, Two-Suited Overcalls, Blackwood, Gerber, Finding Key Cards, Leads and Signals, Forcing 1 No-Trump and 2 Over 1 Game Force. Lessons focus on play and discussion of pre-dealt hands, which follow step-by-step sequences designed to familiarize and solidify the concepts of Conventional Bidding. Bring a friend and join the fun! **Instructor: Don Brennaman. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127315	A	BRIDGE5	M	12:30-2:30PM	1/9-2/13	LIAC-WR	\$40
127315	B	BRIDGE5	R	9:30-11:30AM	3/9-4/13	LIAC-WR	\$40
227315	A	BRIDGE5	W	9:30-11:30AM	5/3-6/7	LIAC-WR	\$40

### BELLY DANCE

**50+** Ages: 50 and Up. Enrollment Min 5 / Max 10. Come learn the ancient art of belly dance. The only dance form developed by women, for women. You'll find that shimmying and undulating to beautiful music is a great way to improve fitness, increase flexibility, and mental acuity. Open to all ages and levels of dancer. Wear comfortable clothes, no shoes, bring a scarf for your hips and a smile for your face! Vicky has performed and taught belly dance professionally for 20 years. Come enjoy this fun and fast-paced class. **Instructor: Vicky David. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127447	A	BELLDANC	M	7-8:15PM	2/6-3/13	CB-DS	\$33



### BOOK CLUB PLUS

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 16. A good book is more than well-written, it grabs your interest, makes you think and want to learn more. Join us in reading *The All True Adventures of Lidie Newton* by Jane Smiley and a closer look at the role of women in the history of Lawrence. You'll meet Annie Diggs and Eleanor Henley, hear from an ancestor of Jetta Dix and learn about many other prominent women who have influenced the community we call home. **Note: the last class in this session includes a bus tour and will meet for two hours.** Class presented in partnership with the Lawrence Public Library and Watkins Community Museum. **NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127448	A	BOOKCLU	T	6:30-8:30PM	3/7-3/28	CARN-HR	\$28

### FILM NOIR FINAL FOUR

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 20. Is it a film genre or a style? Take a break from the college hoops action this spring for a deeper look into the darker side of cinema. We'll focus on four classic film noir essentials, with an overview of the history, influences and screen clips. Like a book club but for film, everyone is welcome from novice to passionate fan to discuss the details of why these classics endured. Trench coats and fedoras not required." **Additional material costs: varies, approx. \$12. Instructor: Kellee Pratt. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127449	A	FILMCLUB	T	6:45-8:15PM	2/7-2/28	CARN-HR	\$15

### GENERAL PALEONTOLOGY

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 20. This class is an overview of the fossil record including paleoecology with mention of the geological time framework. It includes the Paleozoic (660-290 million year old), Mesozoic (290-66 million year old), Cenozoic (66-1.8 million year old) eras as well as the Holocene (ice ages from 1.8 million to 10,000 years ago). A wide variety of representative fossils will be passed around for examination as well as an assortment of specimens displayed for viewing. These include trilobites, crinoids, dinosaur material, ammonites, Cenozoic mammal and reptile specimens and ice age specimens. This is a great introductory class which should promote much welcome questions and discussion. **Instructor: Craig Sundell. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227434	A	GENPALEO	R	2-3:30PM	3/30	ELC-MR	\$12

### FOSSILS OF THE KANSAS INLAND SEAWAY, HAYS TO CO

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 20. Learn about the great inland seaway and it's fossils that covered western Kansas during the 75 million year old Cretaceous period. This is revealed in the Niobrara Chalk and associated rocks and fossils found from Hays to the Colorado border. Learn about the life and ecology of mosasaurs, plesiosaurs, giant fish, the first known toothed birds and their associated marine environment from central and western Kansas. **Instructor: Craig Sundell. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227444	A	FOSSSEA	R	2-3:30PM	4/20	ELC-MR	\$12

**PALEO FIELD TRIP**

**50+** Ages: 50 and Up. Enrollment Min 10 / Max 20. We will visit a 300 million year old marine site near Lawrence where everyone is guaranteed to find marine fossils. Our guide will discuss the diverse fauna, the rocks in which the fossils are found, why they were fossilized and concentrated in this locality and the environment in which they lived during the Pennsylvanian Period. The site requires only a short level walk to the collection site. Sturdy footwear, a hammer and a durable collection bag are recommended. **Instructor: Craig Sundell. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227436 A	PALEOTRP	S	9AM-12PM	5/6	ELC	\$19

**THE ETRUSCANS AND POMPEII:  
HIGHLIGHTS OF ITALIAN CIVILIZATION**

**50+** Ages: 50 and Up. Enrollment Min 15 / Max 40. In many ways, the Roman Empire remains the ideal upon which Western civilization has shaped itself. This three session class begins with the Etruscans, who gave their name to Tuscany and lived mostly in central Italy. Lectures will be illustrated with images depicting Etruscan culture, religion, pottery, jewelry, painting, burial traditions, and their relationship to the Roman Empire. We will then consider the remains of Pompeii found after the eruption of the volcano, Vesuvius in 79 A.D., concentrating on Pompeian homes, entertainment, domestic gardens, foods, decorative painting and the high-end items of daily life, especially jewelry. Professor Kozma will guide discussion about how the excavations have produced artifacts that teach us about daily life at the height of Roman civilization. **Instructor: Professor Jan Kozma, Ph.D., Professor Emerita. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227445 A	POMPEII	T	2-4PM	2/28-3/14	CARN-HR	\$28

**WOOD CARVING**

**50+** Ages: 50 and Up. Enrollment Min 7 / Max 10. Whittle away some time while learning the centuries old art of wood carving. This two day workshop will introduce the safe use of carving tools, different types of tools and wood used, and the various cuts used to make a project. The instructor will assist the students in making a beginner's project. Carlan Honaker is a master woodcarver, whose commissioned work adorns public places, such as the Old Supreme Court Chamber in the Kansas Statehouse and Cedar Crest, the governor's mansion. He has introduced scores of people to woodcarving. **Registration fee includes tools and wood for the project. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227446 A	WOODCARV	FS	9AM-3PM	2/3-2/4	CB-AR	\$42

**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. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127423 A	JEWELDR	SU	3/5	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	4/4-5/2	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	1/2-3/6	CARN	\$40
227278 A	LLMEDBRE	M	9:30-10:45AM	3/27-5/15	CARN	\$32

**KANSAS STATE CHAMPION TREES**

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 16. Join us in an appreciative tour of the champion trees in Lawrence. We'll talk about the State Champion Tree program, view and photograph these giant trees, and tell stories about hunting for the big ones in Kansas. **Tour guide: Jon Standing.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
227441 A	KSSCT	S	10AM-12:30PM	4/22	ELC	\$17





### RARE AND UNUSUAL TREES

**50+** Ages: 50 and Up. Enrollment Min 8 / Max 16. We'll tour Lawrence in a small bus to view and learn about some "rare and unusual" trees here. Emphasis will be on the special features, value, and cultivation of these interesting specimens. **Tour guide: Jon Standing.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227442	A	RARETREE	S	10AM-12:30PM	5/20	ELC	\$17

### 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	R	6-7PM	2/16-3/9	CARN-EG	\$29

### INTERMEDIATE UKULELE

**50+** Ages: 50 and Up. Enrollment: Min 5 / Max 10. 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	R	6-7PM	4/6-4/27	CARN-EG	\$29

### OUTDOORS

The Lifelong outdoor program is expanding in 2017. There will still be walks with an easy pace, hikes that are more challenging and additional skills and education programs. Watch for details in the February, 2017 newsletter. If there is something on your bucket list such as archery, canoeing, orienteering, tracking, etc., contact Gayle Sigurdson at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org).

### 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	5/3-6/14	HP	\$25

### FENCING; MODERN OLYMPIC SPORT

**50+** Ages: 50 and Up. Enrollment Min 7 / Max 20. Fencing is one of only four sports to be included in every modern Olympic Games, since the first in 1896. This fencing class is for both beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. **Basic equipment provided.**

**Instructor: John Dillard, fencing instructor for 6 decades.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127105	A	FENCEMOS	R	7-9PM	1/19-3/16	SPL-LR	\$70
227105	A	FENCEMOS	R	7-9PM	3/30-5/18	SPL-LR	\$64

### BADMINTON

Free play begins March 17, at Sports Pavilion Lawrence, 100 Rock Chalk Lane, 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 racquets.

### 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.

### TRAVEL

The Lifelong travel program includes local trips in the LPRD department bus, day trips and extended travel motor coach tours. Trips are announced via email, the quarterly newsletter and at Travel Shows. *If you would like to be on the mailing list, contact Gayle Sigurdson, Lifelong Recreation programmer at (785) 832-7920 or [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org).*

### DAY TRIPS

#### NEW THEATRE – BOEING-BOEING

**50+** Ages 50 and Up. Enrollment Min 7 / Max 15. This stylishly retro production was a monster comedy hit on London's West End and a Tony winner on Broadway. Bernard is a bachelor juggling a very precarious social calendar. He is engaged simultaneously to 3 different stewardesses. Helped by his long suffering housekeeper Bertha, Bernard has devised a sophisticated timetable so that each girlfriend visits him on their layovers and remains oblivious of the other 2. Everything proceeds like clockwork until the arrival on the new double speed Super Boeing which changes the schedules of the airlines. Debra Jo Rupp, named Best TV sitcom mom for her role on That 70's Show, stars in this farcical whirlwind of mayhem.

**This trip will be in the LPRD bus, and departs from Holcom Recreation Center. Registration deadline: March 10, 2017.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227801	A	NTHEATRE	W	11AM-4PM	4/12	HPRC	\$60





## PRAIRIE PARK NATURE CENTER

2730 Harper St.

### Nature Center Hours

**Mondays:** Closed

**Tuesday through Saturday:** 9 a.m.-5 p.m.

**Sundays:** 1-4 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 a.m. Each week will feature a story and a live animal. Children may color a coloring page afterwards. Pre-registration is helpful, but drop-ins will be accepted. The cost is \$3 per session.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123203 A	STORYHR	R	10-10:30AM	1/5-3/2	PPNC	\$27
223203 A	STORYHR	R	10-10:30AM	3/30-5/18	PPNC	\$24

### WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS WEEKLY

**Tuesdays, 10-11 a.m. Ages:** 2-5. **Enrollment Max 15.** Drop in for stories, activities, and information about animals and the places in which they live. A different topic will be presented each week. Come prepared to go outdoors. *Due to space limitations no more than one adult per child please.* **Registration is also taken up to a week in advance of each weekly session of a program on a space available basis. Cost for an individual program session is \$4.00 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	1/10-2/28	PPNC	\$32
223202 A	WILDADVT	T	10-11AM	3/28-5/16	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	2/17	PPNC	\$10
223231 B	GROSS	S	1-3PM	3/25	PPNC	\$10

SPRING BREAK CAMP: SEE YOUTH CAMPS, PAGE 71

## AFTER-SCHOOL PROGRAMS

### WALK ON THE WILD SIDE: AFTER-SCHOOL SURVIVAL

#### ADVENTURES NEW

**Ages:** 7-12. **Enrollment Min 5 / Max 12.** Can you survive the most extreme environments like many animals? Come learn some valuable survival skills while exploring the strategies animals use to survive daily life. Learn about navigation, fire building, water purification and how not to get lost. **Enrollment required.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123260 A	WILD	W	3-4:30PM	1/4	PPNC	\$5
123260 B	WILD	W	3-4:30PM	1/18	PPNC	\$5
123260 C	WILD	W	3-4:30PM	2/1	PPNC	\$5
123260 D	WILD	W	3-4:30PM	2/15	PPNC	\$5
223260 A	WILD	W	3-4:30PM	3/29	PPNC	\$5
223260 B	WILD	W	3-4:30PM	4/12	PPNC	\$5
223260 C	WILD	W	3-4:30PM	4/26	PPNC	\$5
223260 D	WILD	W	3-4:30PM	5/10	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	4/5	PPNC	\$10
223332 B	BEGARCH	W	3-4:30PM	4/19	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	4/12	PPNC	\$8
223333 B	ARCHCLUB	W	3-4PM	4/26	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	2/23-2/24	PPNC	\$50

## ADULT PROGRAMS

### NATURE'S CREATIONS FOR ADULTS

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123326 A	NATCRES	R	1PM	2/9	PPNC	\$15
223326 A	NATCRES	R	1PM	3/30	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	4/4	PPNC	\$5

### INTRODUCTION TO ARCHERY FOR 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	4/13-5/4	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	4/10	PPNC \$15

## WEEKEND PROGRAMS FOR ADULTS AND FAMILIES

### SATURDAY MORNING FREE PROGRAM (10-10:30 a.m.)

### SUNDAY AFTERNOON FREE PROGRAM (1:30-2 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	1/6	PPNC \$10
123340	A2	NIGHTTIME	F	6-8PM	1/6	PPNC \$5
123340	B1	NIGHTTIME	F	6-8PM	2/10	PPNC \$10
123340	B2	NIGHTTIME	F	6-8PM	2/10	PPNC \$5
123340	C1	NIGHTTIME	F	6-8PM	3/10	PPNC \$10
123340	C2	NIGHTTIME	F	6-8PM	3/10	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	1/7	PPNC \$7

## NATURAL SYMBOLS OF KANSAS

Ages: 5 and Up. Celebrate the anniversary of Kansas statehood with a program about the natural s 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	1/29	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	2-4 PM	2/26	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	3/5	PPNC \$15
223325	A	NATCRES	SU	2PM	4/23	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
123326	A	MARCHMAD	S	10-11PM	3/11	PPNC \$5

## CAMP COOKING FOR SCOUTS <sup>NEW</sup>

Ages: 7-16. Participants must be accompanied by an adult. Scouts will learn the basics of meal planning, cooking over a fire, camp stove making and easy to prepare tasty dishes for the whole troop.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123346	A	COOKSCOUTS	SU	2-4PM	3/12	PPNC \$8

## OUTDOOR DUTCH OVEN COOKING <sup>NEW</sup>

Ages: 7 and Up accompanied by an adult. Enrollment Min. 5 / Max 15. Savor old fashioned camp cooking using a Dutch oven. Dutch oven cooking is a favorite for campers who want to make their meal in a fire pit. We will explore some favorite camping recipes for those that wish to master this historical skill. Learn to make biscuits, bread, stews and other delicious dishes.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223347	A	DUTCHCO	SU	2-5PM	3/19	PPNC \$10

## 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	4/2	PPNC \$10

## BACKCOUNTRY BACKPACKER COOKING

Ages: 7 and Up accompanied by an adult. Enrollment Min 5 / Max 15. Learn to plan and prepare tasty, lightweight, low cost meals for your next backpacking trip. No need to rely on expensive premade meals when you can conjure up some gourmet cooking right from the grocery store. Learn how to estimate amounts of food you will need. Become familiar with the operations of several models of backpacking stoves.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223344	A	BKPKCO	SU	2-5PM	4/9	PPNC \$15

## 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	4/30	PPNC \$8





### FORAGE AND FEAST

*Ages: 7 and Up accompanied by an adult. Enrollment Min 5 / Max 15.* Savor the delights of spring's natural foods like cat tail shoots, milkweed blossoms, wild onions and nettles. Take a foraging hike and then get ready to prepare some tasty dishes of wild, delectable edibles.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
223345 A	FORFEAST	SU	2-5PM	6/4	PPNC	\$10

### MOTHERS OF THE WILD

*Ages: Family. May 14. 1:30-2:30 P.M.* Come join us for our Mother's Day special program. Learn some of the secrets of wild mothers from ostriches to owls! Do mammals really abandon their young if you touch them? Myths debunked. **This program is free to the public.**

### HIKES AND TRIPS

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

### CANOEING THE DELAWARE NEW

*Ages: 7 and Up accompanied by an adult. Enrollment Min. 6 / Max 10.* Join us from 9 a.m. to about 2 p.m. Saturday, May 27, for a naturalist led canoe adventure from Perry Lake down the scenic Delaware River to the Lecompton boat ramps. This approximately 5 mile trip will take us past some terrific birding and wildlife viewing habitats. We will stop for lunch. The float takes about 4 hours depending on currents and wind conditions.

*Reserve a spot by calling the nature center at (785) 832-7980. No on-line enrollment is available for this activity. Cost: \$70 per canoe/\$50 per kayak.*

### 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	1/5	PPNC	\$15
123220 B	EAGWATCH	R	9AM-12PM	1/12	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	4/14	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](http://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 FIELDTRIPS

*Ages: 6-13. Enrollment Min 5 /Max 20.* Two-hour fieldtrip programs for home-schooled students will combine live animal programs with outdoor field investigations.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
123230 A	HOME	W	10 AM-12PM	1/11	PPNC	\$10
123230 B	HOME	W	10 AM-12PM	1/25	PPNC	\$10
123230 C	HOME	W	10 AM-12PM	2/8	PPNC	\$10
123230 D	HOME	W	10 AM-12PM	2/22	PPNC	\$10
223322 A	HOME	W	10AM-12PM	4/5	PPNC	\$10
223322 B	HOME	W	10AM-12PM	4/19	PPNC	\$10
223322 C	HOME	W	10AM-12PM	5/3	PPNC	\$10
223322 D	HOME	W	10AM-12PM	5/17	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: NEW PACKAGES!

*Enrollment Max 15 Children / 10 Adults.* Build your own birthday party package. The Prairie Park Nature Center is now offering Basic and Deluxe party packages. Customize your basic live animal, archery or fishing birthday celebration with deluxe party extras. All party packages include a two-hour classroom rental with a 40-minute program topic of your choosing. Call (785) 832-7980 for program topics and pricing.

## SPECIAL EVENTS

### EARTH DAY

*Saturday, April 22, 11 a.m.-4 p.m.*

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

### LAWRENCE EAGLE DAYS

*Saturday, Jan. 21, 9 a.m.-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.

Your  
Science  
Connection!



**WILD TERRITORY**  
Science & Nature Store

942 Massachusetts St.  
(785) 832-9453  
[www.wildterritory.com](http://www.wildterritory.com)





For more information regarding the Recreation Instruction Division, contact Jo Ellis, Sports Pavilion Lawrence, 100 Rock Chalk Lane, (785) 330-7355 or jellis@lawrenceks.org.

## DANCE

### 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	1/17-3/7	CB-DS	\$40
214201 A	BDBEGIN	T	6-6:55PM	3/28-5/16	CB-DS	\$40

### BELLY DANCE, INTERMEDIATE

*Ages: 12 and Up. Enrollment Min 10 / Max 15.* 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	T	7-7:55PM	1/17-3/7	CB-DS	\$40
214211 A	BDINT	T	7-7:55PM	3/28-5/16	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	8-8:55PM	1/17-3/7	CB-DS	\$40
214212 A	BDADV	T	8-8:55PM	3/28-5/16	CB-DS	\$40

### BOLLYWOOD

*Ages: 15 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	7:30-8:25PM	1/3-3/7	SPL-FR	\$50
114023 B	BOLWOOD	S	12:05-1PM	1/7-3/11	SPL-FR	\$50
214023 A	BOLWOOD	T	7:30-8:25PM	3/28-5/16	SPL-FR	\$40
214023 B	BOLWOOD	S	12:05-1PM	4/1-5/20	SPL-FR	\$40

### COUNTRY COUPLES VARIETY DANCING

*Ages: 15 and Up. Enrollment Min 6 couples / 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. **No class 4/16. Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114162 A	COUNTRY	SU	5:15-6:15PM	1/8-2/12	CB-CR1&2	\$60
214162 A	COUNTRY	SU	5:15-6:15PM	4/2-5/14	CB-CR1&2	\$60

### DANCE FUNDAMENTALS I — SINGLE RHYTHM MOVEMENTS & BASICS

*Ages: 15 and Up. Enrollment Min 8 / Max 30.* 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	2/5	CB-CR1&2	\$20

### DANCE FUNDAMENTALS II — TRIPLE-RHYTHM MOVEMENTS & MORE

*Ages: 15 and Up. Enrollment Min 8 / Max 30.* This program is packed full of triple-rhythm dance movements and patterns like sailor steps, coast-er 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	3/19	CB-CR1&2	\$20

### DANCE FUNDAMENTALS III

*Ages: 15 and Up. Enrollment Min 8 / Max 30.* Elevate your dancing ability. Learn how to execute Spins and Turn properly with balance and control. *Dance Fundamentals III* is all about spins and turns, progressive and stationary. Just some of the many spins and turns defined, explained, and practiced are traveling pivots, chainés, inside and outside spins, and Monterey turns. You will also learn and practice spotting techniques to increase your sense of balance and refine your spinning. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214151 B	DANCFUN3	SU	2-5PM	5/21	CB-CR1&2	\$20



**EAST COAST SWING, BEGINNER/INTERMEDIATE**

*Ages: 15 and Up. Enrollment Min 8 / Max 30.* One of the dances with the most staying power has been East Coast Swing and its variations. East Coast swing is a circular dance done to a wild range of upbeat music from big band to contemporary to country. All levels are welcome. Single-time and triple-time footwork and movements will be presented.

**Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114146	A	ECS	F	6:30-9PM	1/13	SPL-LR	\$15

**BEGINNING/INTERMEDIATE DANCE WORKSHOP**

*Ages: 15 and Up. Enrollment Min 8 / Max 30.* This beginning/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 (WCS) and East Coast swing (ECS). **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114149	A	WORK-WCS	SU	2-5PM	1/15	CB-CR1	\$20
214149	A	WORK-ECS	SU	2-5PM	3/12	CB-CR1	\$20
214149	B	WORK-WCS	SU	2-5PM	4/30	CB-CR1	\$20

**LATIN DANCE**

*Ages: 15 and Up. Enrollment Min 6 couples / 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. **No class 4/16. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114163	A	LATIN	SU	6:20-7:20PM	1/8-2/12	CB-CR1&2	\$60
214163	A	LATIN	SU	6:20-7:20PM	4/2-5/14	CB-CR1&2	\$60

**LINE DANCING**

*Ages: 15 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	FEE
114148	A	LINEDAN	SU	5:15-6:15PM	2/19-3/26	CB-CR1&2	\$30

**NIGHT CLUB DANCES**

*Ages: 15 and Up. Enrollment Min 6 couples / 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	FEE
114147	A	NIGHTCLU	SU	7:25-8:25PM	2/19-3/26	CB-CR1&2	\$60

**SALSA, BEGINNING/INTERMEDIATE**

*Ages: 15 and Up. Enrollment Min 8 / Max 30.* A popular Latin dance, Salsa is a dance done to moderate to fast Latin rhythms. Learn the basics, movements, and concepts necessary to look terrific on the social dance floor. Class will include presentation of proper footwork, discussion of Cuban motion and creation of torque for turns. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214146	A	SALSA	F	6:30-9PM	3/10	SPL-LR	\$15

**SWING DANCING**

*Ages: 15 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 six-count and eight-count moves, West Coast swing is a smooth and stylish dance. **No class 4/16. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114164	A	SWING	SU	7:25-8:25PM	1/8-2/12	CB-CR1&2	\$60
214164	A	SWING	SU	7:25-8:25PM	4/2-5/14	CB-CR1&2	\$60



**DICKEY'S**  
BARBECUE PIT

**LAWRENCE**  
721 Wakarusa Dr.  
785.865.1313

OPEN DAILY  
11 AM-9 PM  
ORDER ONLINE  
DICKEYS.COM



**KIDS EAT FREE SUNDAYS!**

1 Free Kid's Meal per paid adult meal of equal or greater value. 12 and under. Dine-in only. Not valid with other offers or online ordering. Must order from Kids' Meals menu.



**NIGHT CLUB SWAY WORKSHOP**

*Ages: 15 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	2/17	SPL-LR	\$15

**LINE DANCE WORKSHOP**

*Ages: 15 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. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214140	A	NHTCLUB	F	6:30-9PM	4/7	SPL-LR	\$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	1/21	CB-CR1&2	\$8
114160	B	ULTDANCE	S	7-9PM	2/18	CB-CR1&2	\$8
214160	A	ULTDANCE	S	7-9PM	3/18	CB-CR1&2	\$8
214160	B	ULTDANCE	S	7-9PM	4/15	CB-CR1&2	\$8
214160	C	ULTDANCE	S	7-9PM	5/20	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	1/22	CB-CR1	\$30
214166	A	WEDCRASH	SU	2-5PM	3/5	CB-CR1	\$30
214166	B	WEDCRASH	SU	2-5PM	4/9	CB-CR1	\$30

**WEST COAST SWING**

*Ages: 15 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	2/19-3/26	CB-CR1&2	\$60

**WEST COAST SWING, BEGINNER/INTERMEDIATE**

*Ages: 15 and Up. Enrollment Min 8 / Max 30.* Come and learn one of today's hottest dances. All levels are welcome. *West Coast Swing* is a slot-dance done to any style of slow and bluesy music whether it's Blues, Pop, or Country. Both six-count and eight-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	5/19	SPL-LR	\$15

**FITNESS**

Due to ever-increasing enrollment in our fitness and exercise classes, we must prohibit participants from bringing children to class. Distractions to participants and instructors may result in injury and with limited space safety is a primary concern. **For senior classes, please check out classes for yoga, cycling, Pilates, Tai Chi and Zumba on the Life-Long Recreation page. For more information, please contact the Community Building at (785) 832-7920.**

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.

**MATS**

Participants are responsible for providing their own workout mat.

Equipment Rental • Contractor • Homeowner • Skid Steer Loaders • Dollies • Concrete Equipment  
Scissor Lifts • Forklifts • Trenchers • Scaffolding • Boomlifts • Paint Equipment • Party Supplies • Canopies

**3301 W. 6th • 832-8767**

7:30-5:30 Mon-Sat • Sun 9-4

Toll Free 1-800-294-8767





**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.

**20/20 ★★**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A premier total body workout, this class includes 20 minutes of cardiovascular conditioning in the form of step, kickboxing, or hi/low aerobics and 20 minutes of lower body toning (abdominals, buttocks, hips, thighs) along with a warm up and cool down. Are you ready for the challenge? **Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115008	A	2020	R	6:45-7:30PM	1/5-3/9	SPL-FR	\$40
215008	A	2020	R	6:45-7:30PM	3/30-5/18	SPL-FR	\$32

**BALLET FIT ★★**

*Ages: 15 and Up. Enrollment Min 6 / Max 12.* Anybody can do ballet fit, this class does not require previous dance experience! This ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body! Improves flexibility, posture, strength and core stability. Ballet Fit is a full body workout, where every muscle is sculpted and stretched to fun music! Guaranteed to give you a cardio workout, help define the abs and lift the booty! **Instructor: Molly Gordon.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114115	A	BALFIT	R	7:30-8:25PM	1/5-3/9	CB-DS	\$40
114115	B	BALFIT	S	10:30-11:25AM	1/7-3/11	SPL-FR	\$40
214115	A	BALFIT	R	7:30-8:25PM	3/30-5/18	CB-DS	\$32
214115	B	BALFIT	S	10:30-11:25AM	4/1-5/20	SPL-FR	\$32

**C3 – CARVE, CHIP AND CHISEL NEW ★★**

*Ages: 15 and Up. Enrollment Min 10 / Max 25.* Enhance your body's capacity with sculpting moves that will carve, chip and chisel your body. Combinations of cardiovascular moves, calisthenic drills and fluid movements combined with body sculpting using free weights. Squats, planks, plyometric drills and sculpting moves will challenge to push you to new levels of fitness. **No class 4/16. Instructor: Kristen Williams.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115031	A	CCC	SU	1-1:50PM	1/8-3/12	SPL-FR	\$40
215031	A	CCC	SU	1-1:50PM	4/2-5/21	SPL-FR	\$32

**CIRCUIT TRAINING BOOT-CAMP ★★**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* An exciting challenging workout but non-military style! This class incorporates intervals of aerobic and anaerobic sections with sports drills including the jump rope, plyometrics, speed training, agility drills, cone drills and much more to achieve the ultimate fat burning of up to 1000 calories in an hour! You'll use your whole body to burn fat, strengthen your core, and increase your endurance and flexibility. Whether your goals are weight loss, strength, endurance or core toning; you'll be challenged and motivated to go further than your limits! **This class can be modified for all fitness levels.**

**Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115101	A	CIRTRAIN	MW	5:45-6:40PM	1/2-3/8	HPRC-GY	\$64
215101	A	CIRTRAIN	MW	5:45-6:40PM	3/27-5/17	HPRC-GY	\$52

**CYCLE EXPRESS ★★**

*Ages: 15 and Up. Enrollment Min 6 / Max 14.* A high intensity 45-minutes cycling class that is geared towards all levels! This class will get the feet moving and the heart pumping by combining strength and endurance components associated with cycling: jump, sprint, twist and climb your way to an intense session of aerobic and anaerobic training on a stationary bike! All levels will be demonstrated! **Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115356	A	CYCEXP	S	9-9:45AM	1/7-3/11	CB-CR3	\$44
215356	A	CYCEXP	S	9-9:45AM	4/1-5/20	CB-CR3	\$36

**CYCLING – CARDIO CYCLE ★★**

*Ages: 15 and Up. Enrollment Min 6 / Max 14.* A fun, athletic, cardiovascular cycling class — the ultimate calorie killer. Start pedaling and let go as the music takes you on the ride of your life along various terrains, speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat. A freestyle indoor cycling workout, the focus of this class is a total mind and body journey. It's a great way to lose yourself while training at your own level. **Choose your own intensity. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115354	A	CYCLCARD	MW	5:40-6:25PM	1/2-3/8	CB-CR3	\$88
215354	A	CYCLCARD	MW	5:40-6:25PM	3/27-5/17	CB-CR3	\$71

**CYCLING – INTERVAL CYCLING ★★**

*Ages: 15 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 Waller.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115355	A	INTCYC	T	5:40-6:25PM	1/3-3/7	CB-CR3	\$44
115355	B	INTCYC	R	5:40-6:25PM	1/5-3/9	CB-CR3	\$44
215355	A	INTCYC	T	5:40-6:25PM	3/28-5/16	CB-CR3	\$36
215355	B	INTCYC	R	5:40-6:25PM	3/30-5/18	CB-CR3	\$36



**CYCLING – POWER RIDE ★★**

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

**Instructor: Tracy Williams.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115352 A	POWRID	TR	4:30-5:15PM	1/3-3/9	CB-CR3	\$88
215352 A	POWRID	TR	4:30-5:15PM	3/28-5/18	CB-CR3	\$71

**CYCLING – SPIN-IT ★**

*Ages: 15 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	FEE
115350 A	CYCLE	W	4:45-5:30PM	1/4-3/8	CB-CR3	\$44
215350 A	CYCLE	W	4:45-5:30PM	3/29-5/17	CB-CR3	\$36

**DANCE FITNESS ★★**

*Ages: 15 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 30 minutes of toning and stretching that may be performed either at high or low impact. Follow-the-leader sequences are simple for beginners to learn, yet challenging enough for advanced students. Dance Fitness guarantees a real workout! **Instructor: Rosie Shelton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115250 A	DANCFIT	TR	9-10AM	1/3-3/9	CB-GY	\$64
115250 B	DANCFIT	TR	5:30-6:30PM	1/3-3/9	CARN-HR	\$64
215250 A	DANCFIT	TR	9-10AM	3/28-5/18	CB-GY	\$52
215250 B	DANCFIT	TR	5:30-6:30PM	3/28-5/18	CARN-HR	\$52

**HIIT (HIGH INTENSITY INTERVAL TRAINING) ★★★**

*Ages: 15 and Up. Enrollment 10 / Max 20.* HIIT is a total body heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided. **No class 4/16. Instructor: Kristen Williams.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115103 A	HIIT	SU	12-12:50PM	1/8-3/12	SPL-FR	\$40
215103 A	HIIT	SU	12-12:50PM	4/2-5/21	SPL-FR	\$32

**KICK-BOXING TURBO ★★**

*Ages: 15 and Up. Enrollment 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 Ogunowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115076 A	KICKBOX	T	5:45-6:40PM	1/3-3/7	SPL-FR	\$40
215076 A	KICKBOX	T	5:45-6:40PM	3/28-5/16	SPL-FR	\$32

**MASH-UP <sup>NEW</sup> ★★**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* This 30-minute class is one part cardio and one part sculpting all set to the soundtrack of nothing but mash ups songs. **Bring a mat for floor workout. Instructor: Christie Ogunowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115124 A	MASHUP	T	6:45-7:15PM	1/3-3/7	SPL-FR	\$34
215124 A	MASHUP	T	6:45-7:15PM	3/28-5/16	SPL-FR	\$28

**ON A ROLL <sup>NEW</sup> ★**

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* This full body workout uses gentle but powerful moves that will increase flexibility, strengthen your core, improve balance and help posture while using a foam roller. You will release the tight muscles, fascial adhesions, and improve blood flow. **Instructor: Brooke Miller.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
127283 A	ONAROLL	T	4-4:45PM	1/3-3/7	SPL-FR	\$40
227283 A	ONAROLL	T	4-4:45PM	3/28-5/16	SPL-FR	\$32



Disc Jockey | Sound Rental | Live Event | Video Projection

**Your Fun Connection**

Video projection available for Sporting Events & Backyard Movies

**Showpro Audio**

Complete Audio/Video Services

(785) 856-7767

**PIYO LIVE ★★★**

Ages: 15 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	PIYOLIVE	MW	7:05-7:55PM	1/2-3/8	SPL-FR	\$64
115020 B	PIYOLIVE	F	8:30-9:20AM	1/6-3/10	SPL-FR	\$40
215020 A	PIYOLIVE	MW	7:05-7:55PM	3/27-5/17	SPL-FR	\$52
215020 B	PIYOLIVE	F	8:30-9:20AM	3/31-5/19	SPL-FR	\$32

**POUND ★★**

Ages: 15 and Up. Enrollment Min 10 / Max 20. POUND — Rock out Workout. It's a jam session inspired by the energizing, infectious, sweat dripping fun of playing the drums! A fusion of cardio, strength training, Pilates and HIIT techniques, ramped up with the super hip elements of drumming. Grab your STIX! **Instructors: Marianne Hoffman (MH), Marisa Bregman (MB).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115002 A	PND(MB)	MW	5:45-6:30AM	1/2-3/8	SPL-FR	\$64
115002 B	PND(MH)	TR	4:45-5:15PM	1/3-3/9	HPRC-BR	\$49
115002 C	PND(MH)	TR	5:30-6:15PM	1/3-3/9	HPRC-BR	\$64
115002 D	PND(MB)	S	8-8:45AM	1/7-3/11	SPL-FR	\$40
215002 A	PND(MB)	MW	5:45-6:30AM	3/27-5/17	SPL-FR	\$52
215002 B	PND(MH)	TR	4:45-5:15PM	3/28-5/18	HPRC-BR	\$40
215002 C	PND(MH)	TR	5:30-6:15PM	3/28-5/18	HPRC-BR	\$52
215002 D	PND(MB)	S	8-8:45AM	4/1-5/20	SPL-FR	\$32

**POWER SCULPT ★★★**

Ages: 15 and Up. Enrollment Min 10 / Max 20. The ultimate strength training program is designed to shape and tone the entire body without building muscular size or bulk. Body sculpting challenges 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 far more calories 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	5:45-6:40PM	1/5-3/9	SPL-FR	\$40
115011 B	PWRSUPT	S	10-10:50AM	1/7-3/11	CB-CR2	\$40
215011 A	PWRSUPT	R	5:45-6:40PM	3/30-5/18	SPL-FR	\$32
215011 B	PWRSUPT	S	10-10:50AM	4/1-5/20	CB-CR2	\$32

**SLIMNASTICS ★★★**

Ages: 15 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 workout. Instructor: Rosie Shelton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115310 A	SLIMNAST	MWF	9-10AM	1/2-3/10	CB-GY	\$84
215310 A	SLIMNAST	MWF	9-10AM	3/27-5/19	CB-GY	\$68

**STRENGTH AND STAMINA ★★★**

Ages: 15 and Up. Enrollment Min 10 / Max 40. Do you enjoy an exercise program that pushes you to the limits? Are you looking for a challenging, body burning workout? Do you value a wide variety of exercises to keep you motivated? Join us for an intense, total body muscle and cardio training course that energizes and challenges you! Workouts will include a variety of training methods including, but not limited to, tabata circuits, HIIT (high intensity interval training), resistance training, plyometrics, calisthenics, as well as core and dumbbell weight work. You'll be glad when the workout is over, but you'll be glad you came! **Exercises can be modified to fit anyone's fitness level. Some activities may be performed outdoors, weather permitting. Bring your own mat for floor work. Instructor: Nicole Heck.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115104 A	STRSTAM	TR	5:45-6:40PM	1/3-3/9	HPRC-GY	\$64
215104 A	STRSTAM	TR	5:45-6:40PM	3/28-5/18	HPRC-GY	\$52

**TONE ZONE ★**

Ages: 15 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	1/3-3/9	CB-CR2	\$64
215060 A	TONEZONE	TR	12:10-12:50PM	3/28-5/18	CB-CR2	\$52

**TRX NEW ★**

Ages: 15 and Up. Enrollment Min 6 / Max 10. Designed to develop your core strength, the emphasis of this class is placed on teaching the foundational exercises to prepare you for more advanced workouts. With this simple, challenging and full body workout, you will build strength and stamina, increase total body mobility and stability, and strengthen your core. The TRX suspension system challenges both your stabilizers and your major muscle groups. This class also may include cardio, flexibility and balance elements. TRX movement is a fun and invigorating workout that is appropriate for all levels and no prior experience is necessary.

**Instructor: Brooke Miller.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115105 A	TRX	MW	6:05-6:55PM	1/2-3/8	SPL-FR	\$80
115105 B	TRX	T	4:50-5:35PM	1/3-3/7	SPL-FR	\$40
215105 A	TRX	MW	6:05-6:55PM	3/27-5/17	SPL-FR	\$64
215105 B	TRX	T	4:50-5:35PM	3/28-5/16	SPL-FR	\$32



# 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](http://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](http://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](http://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](http://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](http://www.lawrenceks.org/swm) to view the holiday schedule information.

## SERVICE NOTIFICATION

Sign up today at [notify.lawrenceks.org](http://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](mailto:solidwaste@lawrenceks.org)

[www.LawrenceRecycles.org](http://www.LawrenceRecycles.org)

[www.facebook.com/LawrenceRecycles](http://www.facebook.com/LawrenceRecycles)



**LEAD CAN BE A SIGNIFICANT RISK TO YOUR HEALTH, ESPECIALLY FOR PREGNANT WOMEN AND CHILDREN UNDER AGE SIX.**

**Run the cold water tap for two minutes before using it for drinking and cooking**

Lead and other metals can dissolve in water when it sits in pipes for a few hours.



**Do not use the hot water tap for drinking and cooking**

Always use cold tap water, including water used for making ice, beverages and infant formula. Hot tap water can cause a greater amount of lead to release from plumbing and may contain metals and bacteria that build up in the water heater.



**Remove and clean faucet aerators**

Lead particles and sediment can collect in the aerator screen located

at the tip of your faucet. Aerators should be replaced once a year and are available at local hardware stores.

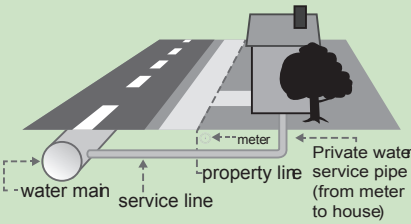
**Install lead-free plumbing fixtures**

Install fixtures and fittings that contain 0.25 percent lead or less.

**Replace private lead service pipes and household galvanized plumbing**

Replace private lead service pipe with new pipe. When lead is released from lead service pipe and passes through galvanized pipes, lead can collect on the inside, corroded walls of this plumbing and release lead in household water. Contact a licensed plumber about replacing household plumbing.

**HOW WATER IS DELIVERED**



**Drain your water heater annually**

Over time, metals, sediment and bacteria can build up in your water heater.

**Flush cold water taps after installing new household pipes or fixtures**

New plumbing can release metals after installation. Flush cold water taps for five minutes at a high flow rate once a day for three days, especially before using water for drinking and cooking.

**Use filtered tap water**

If you are pregnant or have children under age six, use cold, filtered tap water for drinking and cooking until all lead sources are removed. This includes water used for making infant formula, beverages and ice. Select a filter certified to meet NSF Standard 53 for lead. The filter package should specifically list the device as certified for removing the contaminant "lead." Routinely replace filter cartridges according to the manufacturer's instructions.

Lead in drinking water can affect each home in the City of Lawrence differently. Drinking water is essentially lead-free in the distribution system and prior to entering your individual water service pipes. However, there are sources where lead can enter your water:

**PRIVATE LEAD SERVICE PIPE**

The pipe that connects the water meter to your household plumbing. The material of water service pipes can vary, and some households still have lead service pipes. Lead service pipes were installed until the mid-1950s.

**LEAD SOLDER**

Connects pipes in household plumbing. Lead solder was used in plumbing prior to 1987.

**BRASS FAUCETS, VALVES AND FITTINGS**

Almost all faucets, valves and fittings have brass components. Until 2014, brass faucets and fittings sold in the United States that are labeled "lead-free" can contain up to 8 percent lead.

**GALVANIZED IRON PIPES**

Old, corroded pipes that can release lead in water if you have, or once had, a lead service pipe. Galvanized pipes were installed in many homes prior to the 1960's.



City of Lawrence  
UTILITIES

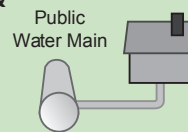
[lawrenceks.org/utilities/lead](http://lawrenceks.org/utilities/lead)  
(785) 832-7800 | [Utilities@lawrenceks.org](mailto:Utilities@lawrenceks.org)

*Our drinking water*

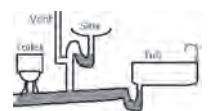
**WHERE DOES OUR DRINKING WATER COME FROM?** Lawrence's drinking water comes from the Kansas River and the Clinton Reservoir, as well as a small amount of alluvial wells.



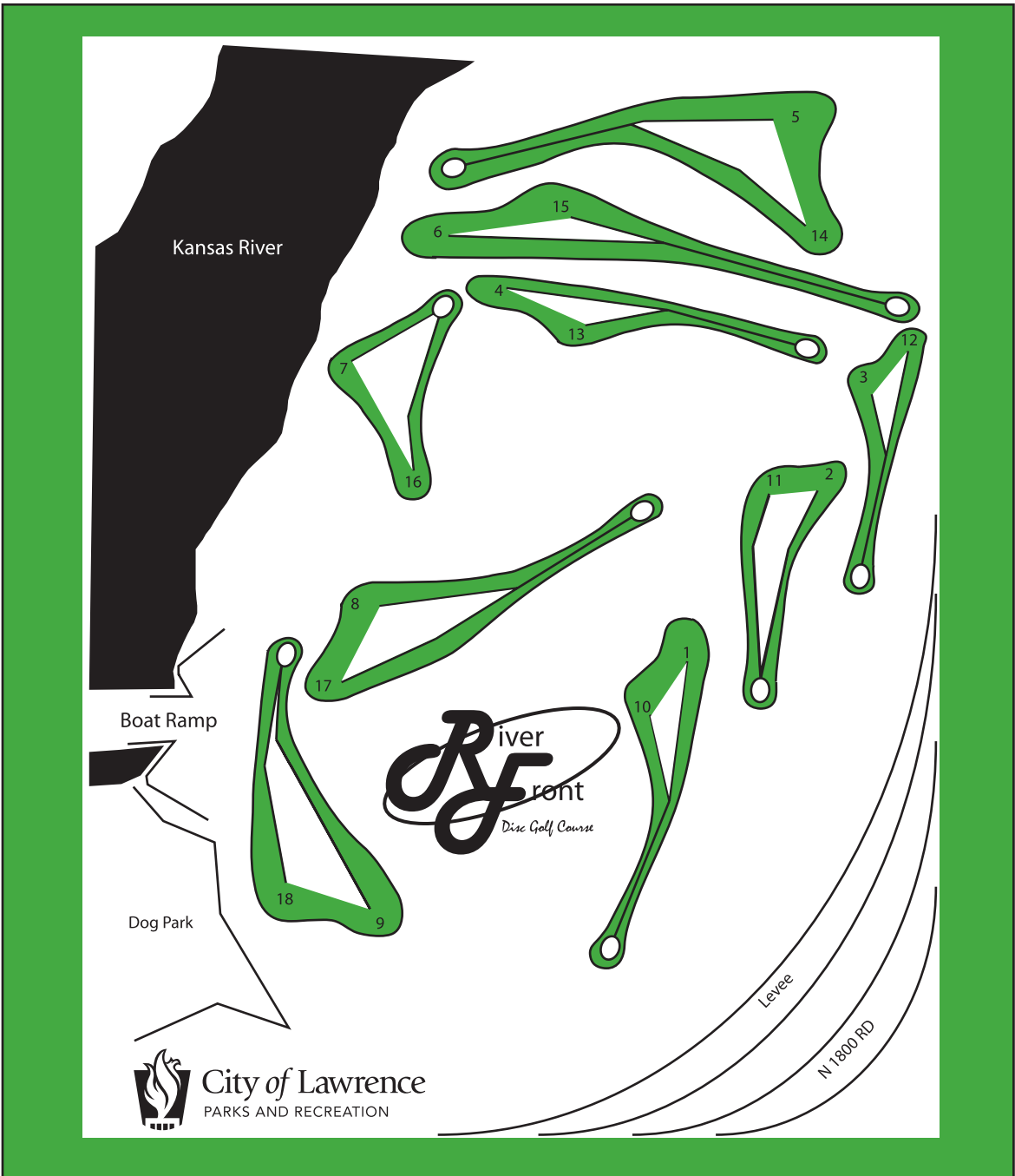
**WHO DISTRIBUTES DRINKING WATER?** The Lawrence Utilities Department is responsible for water treatment and adds phosphate additives (a food-grade chemical) to minimize the release of lead from service pipes & household plumbing. The City of Lawrence distributes the water to homes and businesses through nearly 500 miles of pipes in the city.



**WHERE CAN LEAD BE FOUND?** Lead can enter your water if you have a lead service pipe or household plumbing with lead. Phosphate additives can reduce lead release from these sources.







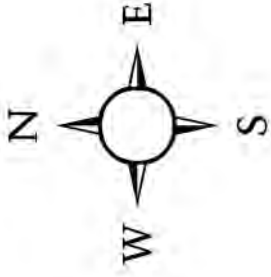
# Riverfront Disc Golf Course








HWY 24/40/59 Junction

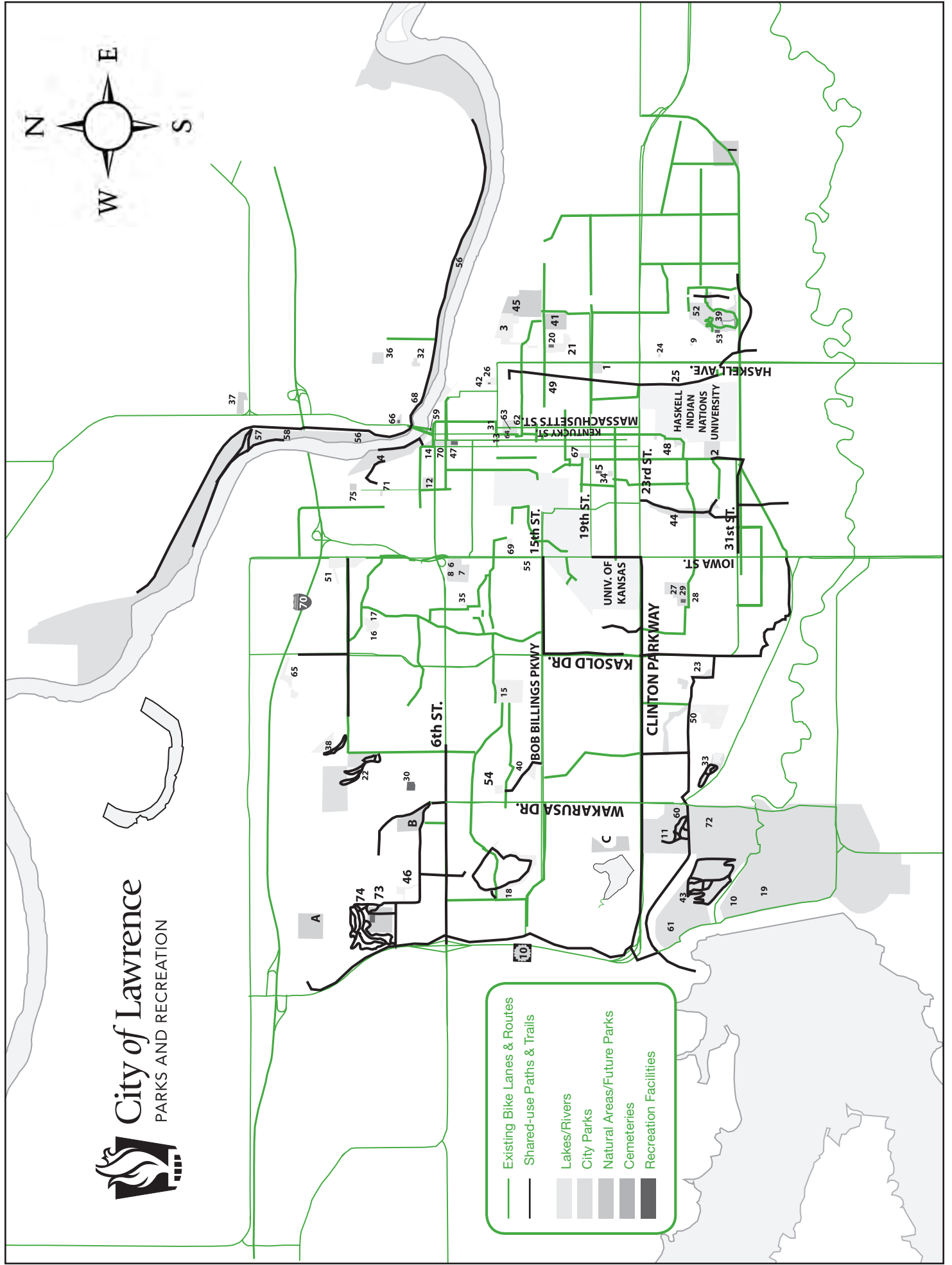
## Score Card

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        | 36. Lyons Park                      | 51. Peterson Road Park              | 65. Stonegate Park         | D Future Park (Undeveloped)              |
| 12. Softball Complex    | 37. Maple Grove Cemetery            | 52. Prairie Park                    | 66. Union Pacific Depot    |  |
| 13. Clinton Park        | 38. Martin Park                     | 53. Prairie Park Nature Center      | 67. Veterans Park          |  |
| 14. Community Building  | 39. Mary's Lake                     | 54. Quail Run Park                  | 68. Walnut Park            |  |
| 15. "Dad" Perry Park    | 40. McGrew Nature Preserve          |                                     | 69. Water Tower Park       |  |

## KANSAS BIKE SAFETY CODE

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

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

## PATH USE TIPS

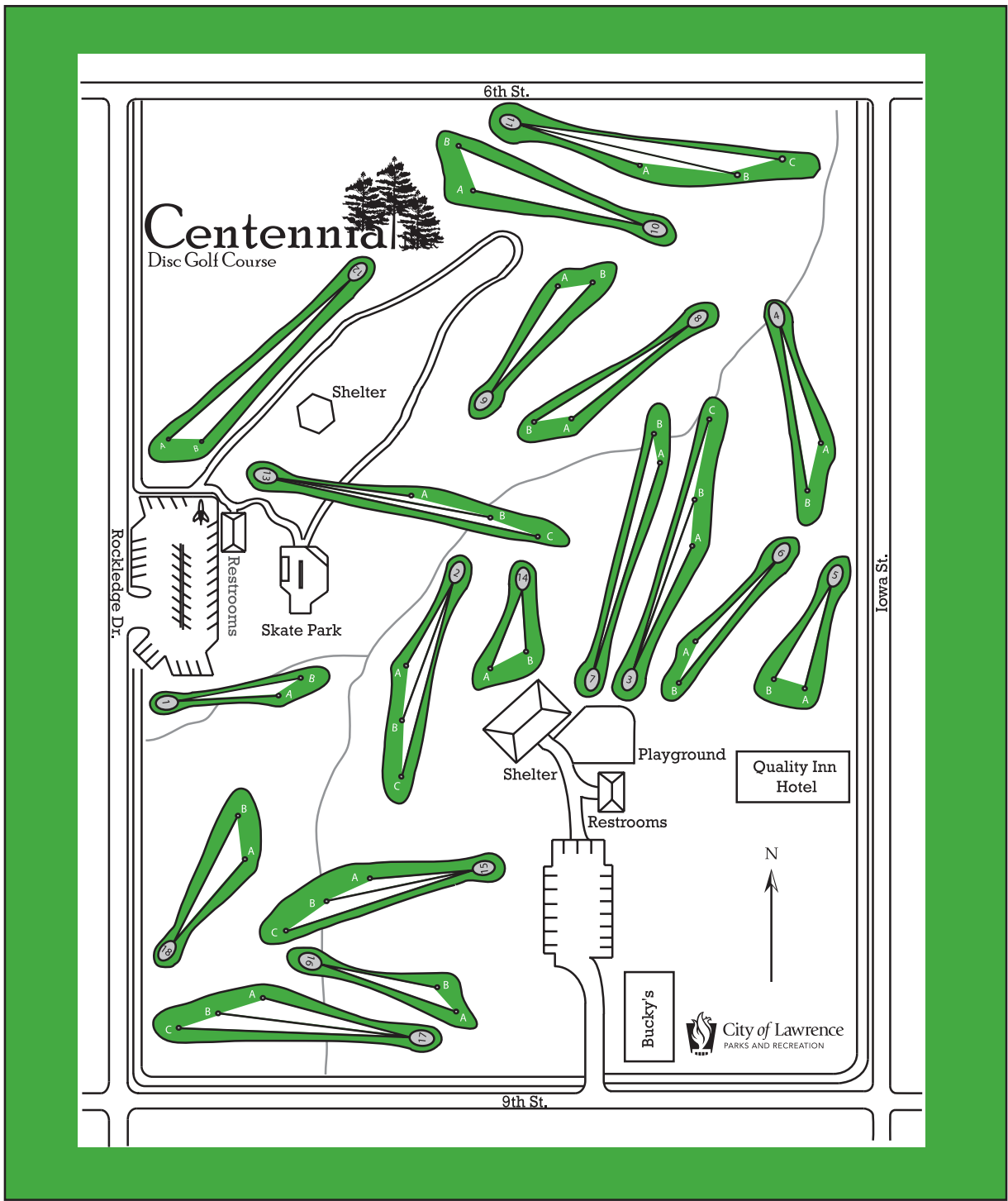
- Travel on the right side of the path.
- Pass on the left.
- Announce you are passing by saying, "On your left."
- Slow down in traffic.
- Bicyclists yield to pedestrians.
- Keep dogs on leash and away from others.

## LAWRENCE BIKE REGULATIONS

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

## PEDESTRIAN SAFETY TIPS

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



## Centennial Park Disc Golf Course

Centennial Park 600 Rockledge Dr.

### Score Card

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



# KEEP OUR STREAMS AND RIVERS CLEAN

The City of Lawrence storm sewer system consists of street curbs, curb inlets, surface drains and ditches. Stormwater runoff is from rainfall and snow melt that flows over the ground and enters this system. As it flows, it can pick up debris, chemicals, dirt, and other pollutants. It is then discharged directly into our streams and rivers without prior treatment.

Throughout the year there are a few things everyone can do to ensure that the stormwater runoff leaving their property is clean.

• **All yard waste such as grass clippings, leaves and yard trimmings, needs to be properly disposed of.** Yard waste that is blown out into the street or into ditches or streams can cause localized flooding by clogging the storm drain system. It can also add pollutants to receiving streams and rivers.

• **If you are going to apply fertilizers or pesticides to your lawn or gardens, be sure to follow all product instructions.**

Fertilizers contain large amounts of phosphorous and nitrogen which depletes oxygen in water, resulting in fish kills. Pesticides contain toxic materials that are harmful to humans, animals, aquatic organisms and plants.

• **Do you own a pet? Be sure to clean up your pets waste.** Pet waste is considered raw sewage. Allowing it to enter our waterways releases both potentially harmful bacteria and oxygen-consuming materials. Dispose of pet wastes by flushing them down the toilet or by bagging and placing them in the trash for regular collection.

• **Have your vehicle serviced regularly.** Any automotive fluids such as oil or antifreeze can pollute our streams and rivers. Oil can damage or kill underwater vegetation and aquatic life, and antifreeze, which is composed primarily of a poisonous compound called ethylene glycol, can kill pets, fish and other wildlife. If you notice a leak, be sure to use a drying agent to clean it up, and then have your vehicle serviced to fix the leak.

For more information visit:

[www.lawrenceks.org/public\\_works/stormwater](http://www.lawrenceks.org/public_works/stormwater) or call (785) 832-3136

# SHARE THE ROAD

*A few tips for bicyclists, motorists, and pedestrians*



**BICYCLISTS** should obey all traffic rules, signals and stop signs. Bicyclists should use hand signals when turning and stopping.



**MOTORISTS** should treat cyclists the same as any other vehicle and give at least 3 feet when passing cyclists.



**PEDESTRIANS** should avoid distractions by being alert at all times and stay aware of your surroundings. Remember that your eyes and ears are your best tools for staying safe.



Check out bike repair stand locations and videos about basic bike repairs at [www.lawrenceks.org/lprd/bike](http://www.lawrenceks.org/lprd/bike).

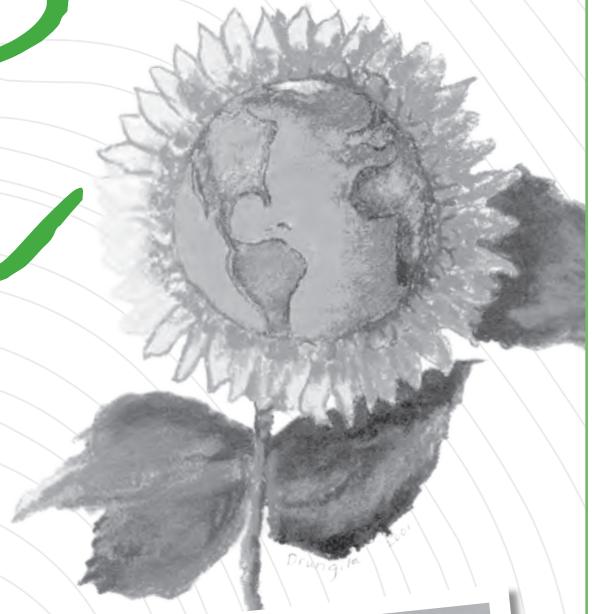
FOR MORE TIPS: [WWW.LAWRENCEKS.ORG/SHARE\\_THE\\_ROAD](http://WWW.LAWRENCEKS.ORG/SHARE_THE_ROAD)

GET THE NEW BIKE MAP: [WWW.LAWRENCEKS.ORG/BIKEMAP](http://WWW.LAWRENCEKS.ORG/BIKEMAP)

{Come celebrate}

# Earth DAY 2017

in downtown Lawrence!



FREE ADMISSION!  
**SATURDAY,**  
**APRIL 22**

Yoga • Live music • Food vendors  
Environmental info booths • Kids activities

### Parade 11 a.m.

on Mass. Street from  
7th Street to South Park

*Hosted by KU Environs*

### Celebration

**11:30 a.m. to 4 p.m.**

at South Park



RIDE THE T FOR  
**FREE**  
ON THE 22ND!



City of Lawrence  
PUBLIC WORKS

Earth Day activities listed at [www.LawrenceRecycles.org](http://www.LawrenceRecycles.org)



Become a Fan! [www.facebook.com/LawrenceRecycles](http://www.facebook.com/LawrenceRecycles)



### UNIVERSAL GROOVY DANCE ★★

*Ages: 15 and Up. Enrollment Min 10 / Max 25.* Rock that body with the new classy *Universal Groovy Dance!* If you like Zumba; you will love *Universal Groovy Dance* as it combines the latest moves from Africa, Colombian, American and Latin dances. No knees torques/twisting, just funky and easy to follow dances. In 50 minutes you're constantly moving, shaking, burning and shedding all those unwanted calories. You will SWEAT! **Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115004	A	UNGROV	S	11-11:50AM	1/7-3/11	CB-CR2 \$40
215004	A	UNGROV	S	11-11:50AM	4/1-5/20	CB-CR2 \$32

### WEIGHTS EXPRESS ★★

*Ages: 15 and Up. Enrollment Min 10 / Max 15.* This class will get you in and out in 30 minutes twice a week. You will build strength, toning and utilizing a variety of equipment to sculpt all major muscle groups. Never the same boring routine, each class will different. **Instructor: Teresa Kelley.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115023	A	WEIGHTS	MW	5:30-6PM	1/2-3/8	SPL-FR \$50
215023	A	WEIGHTS	MW	5:30-6PM	3/27-5/17	SPL-FR \$40

### YOGA, ALL LEVELS

*Ages: 15 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 mat or blanket for class.** See the *Lifelong Recreation section for additional sections designed for those 50+.* **No class 4/16. Instructors: Stacy Wall (SW), Lynne Intrachat (LI), Annemarie Chilton (AC).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115271	A	YOGA(AC)	W	7-8:15PM	1/4-3/8	CR-HR \$54
115271	B	YOGA(SW)	R	6:30-7:45PM	1/5-3/9	HPRC-BR \$54
115271	C	YOGA(LI)	SU	2:45-4PM	1/8-3/12	CB-DS \$54
215271	A	YOGA(AC)	W	7-8:15PM	3/29-5/17	CR-HR \$44
215271	B	YOGA(SW)	R	6:30-7:45PM	3/30-5/18	HPRC-BR \$44
215271	C	YOGA(LI)	SU	2:45-4PM	4/2-5/21	CB-DS \$39

### YOGA, ASHTANGA <sup>NEW</sup> ★★

*Ages: 15 and Up. Min: 10 / Max 20.* Ashtanga yoga is the root for all vinyasa yoga. This practice is healing and powerful, requiring practitioners to link their breath to each movement that results in a moving meditation that combines strength, flexibility, and stamina. This practice follows a predefined order of postures and vinyasas, based on which series you are practicing. Ashtanga is one of the more challenging varieties of yoga, so come prepared for a great challenge of mind, body, and spirit. Build your skills at this introductory class! **Instructor: Sara Crangle**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115277	A	ASHYOGA	W	6-7AM	1/4-3/8	SPL-LR \$40
115277	B	ASHYOGA	R	5:30-6:30PM	1/5-3/9	SPL-LR \$40
215277	A	ASHYOGA	W	6-7AM	3/29-5/17	SPL-LR \$32
215277	B	ASHYOGA	R	5:30-6:30PM	3/30-5/18	SPL-LR \$32

### YOGA EXPRESS ★★

*Ages: 15 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. **Bring a mat or blanket for class. Instructor: Tatum Bandy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115022	A	YOGEXPR	TR	12:10-12:50PM	1/3-3/9	SPL-FR \$64
215022	A	YOGEXPR	TR	12:10-12:50PM	3/28-5/18	SPL-FR \$52

### YOGA FOR STRESS RELIEF WORKSHOP ★

*Ages: 15 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. **Bring a mat or blanket for class. Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
215275	A	STRESS	F	7-8:30PM	4/21	SPL-FR \$10

### YOGA MEDITATION WORKSHOP ★

*Ages: 15 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. **Bring a mat or blanket for class. Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115275	A	MEDIT	F	7-8:30PM	1/27	SPL-FR \$10
215275	B	MEDIT	F	7-8:30PM	5/19	SPL-FR \$10

### YOGA, MOONFLOW <sup>NEW</sup> ★★

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* A great class to focus and get prepared to start the week refreshed and recharged. 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. **Bring a mat or blanket for class. No class 4/16. Instructor: Darby Lohrding.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115015	A	YOGA	SU	7-8:15PM	1/8-3/12	SPL-FR \$54
215015	A	YOGA	SU	7-8:15PM	4/2-5/21	SPL-FR \$39

### YOGA NIDRA ★

*Ages: 15 and Up. Enrollment Min 10 / Max 20.* Yoga Nidra (yogic sleep) is an hour long guided meditation while laying down which can cause a release of tension, profound relaxation and peace of mind. Through the meditation we will explore the physical body, the breath, the emotional body and the connection to a higher self. We will discuss how yoga nidra can help ease insomnia, stress and chronic pain and easy ways to start a home practice. **Bring a mat or blanket for class. Instructor: Annemarie Chilton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
115275	B	NIDRA	F	7-8:30PM	2/24	SPL-FR \$10



**YOGA, PRENATAL ★**

Ages: 15 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 create a loving space and connection, preparing your body for the birth of your child. **Bring a mat or blanket for class. Instructor: Susanne Kramer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115272	A	PREYOGA	T	5:30-6:45PM	1/3-3/7	ELRC-MR	\$66
215272	A	PREYOGA	T	5:30-6:45PM	3/28-5/16	ELRC-MR	\$53

**YOGA, RESTORATIVE ★★**

Ages: 15 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. **Bring a mat or blanket for class. Instructor: Sally Birmingham.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115274	A	RETYOGA	M	6:30-7:55PM	1/2-3/6	ELRC-MR	\$63
215274	A	RETYOGA	M	6:30-7:55PM	3/27-5/15	ELRC-MR	\$51

**YOGA, SLOW FLOW <sup>NEW</sup> ★**

Ages: 15 and Up. Enrollment Min 10 / Max 20. Mindful, slow paced floor poses, seated postures, spinal twisting, standing postures, gentle back bends, and deep breathing. This class features a slow paced integration in the beginning of class and a long savasana at the end of class. Props will be used when needed. This is an ideal class for those new to yoga, as well as the experienced student who enjoys this gentle approach to their practice. **No experience is required. Bring a mat or blanket to class. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115016	A	SLOWFLOW	T	10-11AM	1/3-3/7	SPL-FR	\$40
215016	A	SLOWFLOW	T	10-11AM	3/28-5/16	SPL-FR	\$32

**YOGA STRETCH <sup>NEW</sup> ★**

Ages: 15 and Up. Enrollment Min 10 / Max 15. A unique class that combines Yoga and stretching for flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion.

**Instructor: Lynne Intrachat.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115017	A	YOGASTR	R	5:30-6:30PM	1/5-3/9	ELRC-MR	\$40
215017	A	YOGASTR	R	5:30-6:30PM	3/30-5/18	ELRC-MR	\$32

**YOGA VINO VINYASA WORKSHOP**

Ages: 21 and Up. Enrollment Min 10 / Max 15. Take your relaxation up a notch and join us for a one hour yoga class followed by a tasting of six wines and light bites on the stunning grounds of Crescent Moon Winery. Bring your yoga mat and meet us at the vineyard. When you arrive, you'll be lead through an hour-long Vinyasas class, then you'll have the opportunity to indulge your taste buds with a guided tasting of six wines in the Crescent Moon Winery's tasting room. **This is open to all levels. Bring a mat or blanket for class. Instructor: Tatum Bandy. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115276	A	VINOVIN	F	6:30-8:30PM	2/24	CMW	\$20
215276	A	VINOVIN	F	6:30-8:30PM	4/28	CMW	\$20

**YOGILATES ★★**

Ages: 15 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. **Bring a mat or blanket for class. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115121	A	YGTS	TR	5:30-6:25PM	1/3-3/9	CB-CR1	\$64
115121	B	YGTS	S	9-9:50AM	1/7-3/11	CB-CR1	\$40
215121	A	YGTS	TR	5:30-6:25PM	3/28-5/18	CB-CR1	\$52
215121	B	YGTS	S	9-9:50AM	4/1-5/20	CB-CR1	\$32

**YOGILATES PLUS ★★**

Ages: 15 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 4/16. Bring a mat or blanket for class. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115123	A	YOGOPL	SU	3-4:15PM	1/8-3/12	SPL-FR	\$54
215123	A	YOGOPL	SU	3-4:15PM	4/2-5/21	SPL-FR	\$39

**ZUMBA ★★**

Ages: 15 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. No class 4/16 Instructors: Pat Middaugh (PM), Susan King (SK), Anna Oliver (AO), Amy Whittaker (AW).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115000	A	ZUMBA(PM)	MWF	12:10-12:50PM	1/2-3/10	CB-GY	\$84
115000	B	ZUMBA(SK)	M	5:30-6:25PM	1/2-3/6	CB-GY	\$40
115000	C	ZUMBA(AO)	MW	6:05-7PM	1/2-3/8	SPL-LR	\$64
115000	D	ZUMBA(PM)	TR	4:30-5:15PM	1/3-3/9	SPL-LG	\$64
115000	E	ZUMBA(SK)	W	5:30-6:25PM	1/4-3/8	CB-GY	\$40
115000	F	ZUMBA(AO)	S	9-9:50AM	1/7-3/11	SPL-LR	\$40
115000	G	ZUMBA(AW)	SU	6-6:50PM	1/8-3/12	SPL-LR	\$40
215000	A	ZUMBA(PM)	MWF	12:10-12:50PM	3/27-5/19	CB-GY	\$68
215000	B	ZUMBA(SK)	M	5:30-6:25PM	3/27-5/15	CB-GY	\$32
215000	C	ZUMBA(AO)	MW	6:05-7PM	3/27-5/17	SPL-LR	\$52
215000	D	ZUMBA(PM)	TR	4:30-5:15PM	3/28-5/18	SPL-LG	\$52
215000	E	ZUMBA(SK)	W	5:30-6:25PM	3/29-5/17	CB-GY	\$32
215000	F	ZUMBA(AO)	S	9-9:50AM	4/1-5/20	SPL-LR	\$32
215000	G	ZUMBA(AW)	SU	6-6:50PM	4/2-5/21	SPL-LR	\$28





## ZUMBA TONING ★★

*Ages: 15 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	1/2-3/8	SPL-LR	\$64
115001	B	ZUMTON	W	9-9:50AM	1/4-3/8	SPL-LR	\$40
215001	A	ZUMTON	MW	12:10-12:50PM	3/27-5/17	SPL-LR	\$52
215001	B	ZUMTON	W	9-9:50AM	3/29-5/17	SPL-LR	\$32

## GYMNASTICS

Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic skill development and increase personal self-esteem, independence and character, while having fun and unique experiences in a healthy atmosphere. We offer preschool, recreation and girls competitive team programs. 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 highly qualified and meet standards of the USA Gymnastics and LPRD guidelines. Gymnastics programmer: Jalon Hutchens, (785) 330-7364. **Classes listed below are provided by facility. There will be no classes 3/20-3/25.**

## 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, use of uneven bars, balance beam, trampoline, parachute games and more 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 three years-old to 12 years-old. Parties held at the East Lawrence Recreation Center, 1245 E. 15th St. **Parties are available at the following times and days: Sat. — 1-2:30 p.m., 3-4:30 p.m., 5-6:30 p.m.; Sun. — 1-2:30pm, 3-4:30 p.m.** For more information contact the East Lawrence Recreation Center at (785) 832-7950.

### BABY BEARS

*Ages: 18-24 months with parent. Enrollment Min 4 / Max 10.* 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 and taking turns. Parents participate by lending support, following their child's lead, and with the instructor, discovering each child's special personality in the gymnastics environment. **Participants will move up Little Bears when they reach two years-old. One parent is required per child.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116100	A	BABYBE	M	9:15-9:45AM	1/16-3/6	ELRC-MPR	\$64
216100	A	BABYBE	M	9:15-9:45AM	3/27-5/8	ELRC-MPR	\$56



### LITTLE BEARS

*Age: 2 with parent. Enrollment Min 4 / Max 10.* Children and their parents explore different activities using various pieces of gymnastics equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success! Children learn socialization skills such as making new friends and taking turns. **Participants will move up to Tumble Bears when they reach three years-old. One parent per child.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116101	A	LITTBE	W	9-9:45AM	1/18-3/8	ELRC-MPR	\$64
116101	B	LITTBE	W	6:30-7:15PM	1/18-3/8	ELRC-MPR	\$64
116101	C	LITTBE	S	9:30-10:15AM	1/21-3/11	ELRC-MPR	\$64
216101	A	LITTBE	W	9-9:45AM	3/29-5/10	ELRC-MPR	\$56
216101	B	LITTBE	W	6:30-7:15PM	3/29-5/10	ELRC-MPR	\$56
216101	C	LITTBE	S	9:30-10:15AM	4/1-5/13	ELRC-MPR	\$56

### TUMBLE BEARS

*Age: 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. Children learn socialization skills such as making new friends, taking turns, and taking directions from an adult other than their parents. **Participants move up to Gym Bears when they reach four years-old.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116102	A	TUMBEAR	M	11-11:45AM	1/16-3/6	ELRC-MPR	\$64
116102	B	TUMBEAR	M	4:30-5:15PM	1/16-3/6	ELRC-MPR	\$64
116102	C	TUMBEAR	T	6:30-7:15PM	1/17-3/7	ELRC-MPR	\$64
116102	D	TUMBEAR	W	11-11:45AM	1/18-3/8	ELRC-MPR	\$64
116102	E	TUMBEAR	W	5:30-6:15PM	1/18-3/8	ELRC-MPR	\$64
116102	F	TUMBEAR	R	6:30-7:15PM	1/19-3/9	ELRC-MPR	\$64
116102	G	TUMBEAR	F	9-9:45AM	1/20-3/10	ELRC-MPR	\$64
216102	A	TUMBEAR	M	11-11:45AM	3/27-5/8	ELRC-MPR	\$56
216102	B	TUMBEAR	M	4:30-5:15PM	3/27-5/8	ELRC-MPR	\$56
216102	C	TUMBEAR	T	6:30-7:15PM	3/28-5/9	ELRC-MPR	\$56
216102	D	TUMBEAR	W	11-11:45AM	3/29-5/10	ELRC-MPR	\$56
216102	E	TUMBEAR	W	5:30-6:15PM	3/29-5/10	ELRC-MPR	\$56
216102	F	TUMBEAR	R	6:30-7:15PM	3/30-5/11	ELRC-MPR	\$56
216102	G	TUMBEAR	F	9-9:45AM	3/31-5/12	ELRC-MPR	\$56

**HyVee catering** WHAT YOUR EVENT IS LOOKING FOR

BIRTHDAYS • COMPANY GATHERINGS • PICNICS • WEDDINGS • ANNIVERSARIES • SPORTING EVENTS • AND MORE

6th Street Hy-Vee • Lawrence • Kansas • 785-832-2539 • 1379catering@hy-vee.com



### GYM BEARS

Ages: 4-5. Enrollment Min 4 / Max 12. Students will be introduced to all gymnastics equipment throughout the session. New target skills and stations will be provided to continue building strength, agility, confidence, coordination and social skills. **Participants move from the Preschool Program to the Recreation Program when they reach six years old.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116103 A	GYMBEAR	M	10-10:55AM	1/16-3/6	ELRC-MPR	\$64
116103 B	GYMBEAR	M	4:30-5:25PM	1/16-3/6	ELRC-MPR	\$64
116103 C	GYMBEAR	M	6:30-7:25PM	1/16-3/6	ELRC-MPR	\$64
116103 D	GYMBEAR	T	5:30-6:25PM	1/17-3/7	ELRC-MPR	\$64
116103 E	GYMBEAR	T	6:30-7:25PM	1/17-3/7	ELRC-MPR	\$64
116103 F	GYMBEAR	W	10-10:55AM	1/18-3/8	ELRC-MPR	\$64
116103 G	GYMBEAR	W	4:30-5:25PM	1/18-3/8	ELRC-MPR	\$64
116103 H	GYMBEAR	R	5:30-6:25PM	1/19-3/9	ELRC-MPR	\$64
116103 I	GYMBEAR	F	10-10:55AM	1/20-3/10	ELRC-MPR	\$64
116103 J	GYMBEAR	S	10:20-11:15AM	1/21-3/11	ELRC-MPR	\$64
216103 A	GYMBEAR	M	10-10:55AM	3/27-5/8	ELRC-MPR	\$56
216103 B	GYMBEAR	M	4:30-5:25PM	3/27-5/8	ELRC-MPR	\$56
216103 C	GYMBEAR	M	6:30-7:25PM	3/27-5/8	ELRC-MPR	\$56
216103 D	GYMBEAR	T	5:30-6:25PM	3/28-5/9	ELRC-MPR	\$56
216103 E	GYMBEAR	T	6:30-7:25PM	3/28-5/9	ELRC-MPR	\$56
216103 F	GYMBEAR	W	10-10:55AM	3/29-5/10	ELRC-MPR	\$56
216103 G	GYMBEAR	W	4:30-5:25PM	3/29-5/10	ELRC-MPR	\$56
216103 H	GYMBEAR	R	5:30-6:25PM	3/30-5/11	ELRC-MPR	\$56
216103 I	GYMBEAR	F	10-10:55AM	3/31-5/12	ELRC-MPR	\$56
216103 J	GYMBEAR	S	10:20-11:15AM	4/1-5/13	ELRC-MPR	\$56

### BEGINNING BOYS

Ages: 6-10. Enrollment Min 4 / Max 6. Class will focus on proper skill progression, fundamental strength development, and balance. Boys will work on developing proper form on the following apparatus: floor, rings, bars, vault, and trampoline. **Participants will be expected to master 90% of the Beginning Boys skills before advancing to Intermediate Boys. They also must have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116206 A	BEGBOYS	M	5:30-6:25PM	1/16-3/6	ELRC-MPR	\$64
116206 B	BEGBOYS	T	4:30-5:25PM	1/17-3/7	ELRC-MPR	\$64
116203 C	BEGBOYS	R	6:30-7:25PM	1/19-3/9	ELRC-MPR	\$64
216206 A	BEGBOYS	M	5:30-6:25PM	3/27-5/8	ELRC-MPR	\$56
216206 B	BEGBOYS	T	4:30-5:25PM	3/28-5/9	ELRC-MPR	\$56
216206 C	BEGBOYS	R	6:30-7:25PM	3/30-5/11	ELRC-MPR	\$56

### BEGINNING GIRLS

Ages: 6-10. Enrollment Min 4 / Max 14. Participants will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength. Girls will work on developing proper form on the following apparatus: floor, beam, bars, vault, and trampoline. **Participants will be expected to master 90% of the Beginning Girls skills before advancing to Intermediate Girls. They also must have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116200 A	BEGGIRLS	M	6:30-7:25PM	1/16-3/6	ELRC-MPR	\$64
116200 B	BEGGIRLS	T	4:30-5:25PM	1/17-3/7	ELRC-MPR	\$64
116200 C	BEGGIRLS	T	5:30-6:25PM	1/17-3/7	ELRC-MPR	\$64
116200 D	BEGGIRLS	W	4:30-5:25PM	1/18-3/8	ELRC-MPR	\$64
116200 E	BEGGIRLS	W	5:30-6:25PM	1/18-3/8	ELRC-MPR	\$64
116200 F	BEGGIRLS	R	5:30-6:25PM	1/19-3/9	ELRC-MPR	\$64
116200 G	BEGGIRLS	S	10:20-11:15AM	1/21-3/11	ELRC-MPR	\$64
216200 A	BEGGIRLS	M	6:30-7:25PM	3/27-5/8	ELRC-MPR	\$56
216200 B	BEGGIRLS	T	4:30-5:25PM	3/28-5/9	ELRC-MPR	\$56
216200 C	BEGGIRLS	T	5:30-6:25PM	3/28-5/9	ELRC-MPR	\$56
216200 D	BEGGIRLS	W	4:30-5:25PM	3/29-5/10	ELRC-MPR	\$56
216200 E	BEGGIRLS	W	5:30-6:25PM	3/29-5/10	ELRC-MPR	\$56
216200 F	BEGGIRLS	R	5:30-6:25PM	3/30-5/11	ELRC-MPR	\$56
216200 G	BEGGIRLS	S	10:20-11:15AM	4/1-5/13	ELRC-MPR	\$56

### PRESCHOOL OPEN GYMNASTICS

Our gymnastics preschool play is for children ages 1-5 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 10:15-11:15 a.m. or Saturday 11:30 a.m.-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

100 Rock Chalk Lane

Fees for all classes listed below are collected on a monthly basis.  
No Classes: 3/20-3/25.

Sports Pavilion Lawrence houses gymnastics classes ranging from pre-school levels up to our competition team. With the higher levels of instruction, students are required to have on-going training. This is why gymnastics classes held at Sport Pavilion Lawrence are offered as year-long programs. Classes begin in June and are scheduled to run through the end of May the following year, with monthly fees charged on the first of each month. When enrolling for the gymnastics program at SPL, you will be asked to provide a credit card (Visa, MasterCard, or Discover) to be charged fees on a monthly basis, which will also reserve a spot in the class. A credit card on file is a requirement for enrollment. However, if a parent/guardian wishes to pay with an accepted alternate form of payment (cash or check) the payment must be received by the last day of the month to prevent an automatic charge of the credit card on file.

While classes have been developed as year-long programs, enrolled participants may cease their enrollment any time during the year. However, it is highly discouraged to enroll in a program for a single month or on a month-to-month basis. Those wanting short-term classes, are encouraged to review gymnastics options at East Lawrence Recreation Center. Enrollment cancellations MUST be made no later than the 25th of the month in writing to [kbellinger@lawrence.ks.org](mailto:kbellinger@lawrence.ks.org). If the method of payment is declined for any reason for fee payment, the cardholder will be notified by phone and email. If payment is not made by the third business day of the month, a \$20 late fee will be assessed. If no payment is received, Lawrence Parks and Recreation reserves the right to cancel enrollment from the program for non-payment. **Questions regarding gymnastics billing, please contact Kristy Bellinger at (785) 330-7361. All other gymnastics questions, please contact Jalon Hutchens at (785) 330-7364.**

### 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, use of 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 three years-old to 12 years-old. Parties held at the Sports Pavilion Lawrence, 100 Rock Chalk Lane. **Parties are available at the following times and days: Sat. — 1-2:30 p.m., 3-4:30 p.m., 5-6:30 p.m.; Sun. — 1-2:30pm, 3-4:30 p.m. For more information contact Kristy Bellinger at (785) 330-7361.**

### LITTLE BEARS

**Age: 2 with parent. Enrollment Min 4 / Max 10.** Children and their parents explore different activities using various pieces of gymnastics equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success! Children learn socialization skills such as making new friends and taking turns.

**Participants will move up to Tumble Bears when they reach three years-old. One parent per child.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
917101 A	LITBEARS	F	9-9:45AM	MONTHLY	SPL-GR	\$32

### TUMBLE BEARS

**Age: 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. Children learn socialization skills such as making new friends, taking turns, and taking directions from an adult other than their parents. **Participants move up to Gym Bears when they reach four years-old.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
917000 B	TUMBEAR	T	5:30-6:15PM	MONTHLY	SPL-GR	\$32
917000 C	TUMBEAR	W	6-6:45PM	MONTHLY	SPL-GR	\$32
917000 D	TUMBEAR	R	10-10:45AM	MONTHLY	SPL-GR	\$32
917000 E	TUMBEAR	R	5:30-6:15PM	MONTHLY	SPL-GR	\$32
917000 F	TUMBEAR	F	11-11:45AM	MONTHLY	SPL-GR	\$32
917000 G	TUMBEAR	S	9-9:45AM	MONTHLY	SPL-GR	\$32

### GYM BEARS

**Ages: 4-5. Enrollment Min 4 / Max 12.** Students will be introduced to all gymnastics equipment throughout the session. New target skills and stations will be provided to continue building strength, agility, confidence, coordination and social skills. **Participants move from the Preschool Program to the Recreation Program when they reach six years-old.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	SEE
917001 A	GYMBEAR	M	6:30-7:25PM	MONTHLY	SPL-GR	\$32
917001 C	GYMBEAR	T	4:30-5:25PM	MONTHLY	SPL-GR	\$32
917001 D	GYMBEAR	T	5:30-6:25PM	MONTHLY	SPL-GR	\$32
917001 E	GYMBEAR	W	5-5:55PM	MONTHLY	SPL-GR	\$32
917001 F	GYMBEAR	R	9-9:55AM	MONTHLY	SPL-GR	\$32
917001 G	GYMBEAR	R	11-11:55AM	MONTHLY	SPL-GR	\$32
917001 H	GYMBEAR	R	4:30-5:25PM	MONTHLY	SPL-GR	\$32
917001 I	GYMBEAR	R	6:30-7:25PM	MONTHLY	SPL-GR	\$32
917001 J	GYMBEAR	F	10-10:55AM	MONTHLY	SPL-GR	\$32
917001 K	GYMBEAR	F	4:30-5:25PM	MONTHLY	SPL-GR	\$32
917000 L	GYMBEAR	F	5:30-6:25PM	MONTHLY	SPL-GR	\$32
917001 M	GYMBEAR	S	10-10:55AM	MONTHLY	SPL-GR	\$32





### BEGINNING BOYS

*Ages: 6-10. Enrollment Min 4 / Max 6.* Class will focus on proper skill progression, fundamental strength development, and balance. Boys will work on developing proper form on the following apparatus: floor, rings, bars, vault, and trampoline. **Participants will be expected to master 90 percent of the Beginning Boys skills before advancing to Intermediate Boys. They also must have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
917008 A	BEGBOYS	M	5:30-6:25PM	MONTHLY	SPL-GR	\$32
917008 B	BEGBOYS	R	6:30-7:25PM	MONTHLY	SPL-GR	\$32
917008 D	BEGBOYS	F	6:15-7:10PM	MONTHLY	SPL-GR	\$32
917008 C	BEGBOYS	S	10-10:55AM	MONTHLY	SPL-GR	\$32

### BEGINNING GIRLS

*Ages: 6-10. Enrollment Min 4 / Max 14.* Participants will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength. Girls will work on developing proper form on the following apparatus: floor, beam, bars, vault, and trampoline. **Participants will be expected to master 90 percent of the Beginning Girls skills before advancing to Intermediate Girls. They also must have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
917010 A	BEGGIRL	M	4:30-5:25PM	MONTHLY	SPL-GR	\$32
917010 B	BEGGIRL	T	5:30-6:25PM	MONTHLY	SPL-GR	\$32
917010 C	BEGGIRL	T	6:30-7:25PM	MONTHLY	SPL-GR	\$32
917010 D	BEGGIRL	W	4-4:55PM	MONTHLY	SPL-GR	\$32
917010 E	BEGGIRL	W	5-5:55PM	MONTHLY	SPL-GR	\$32
917010 F	BEGGIRL	R	5:30-6:25PM	MONTHLY	SPL-GR	\$32
917010 G	BEGGIRL	F	4:30-5:25PM	MONTHLY	SPL-GR	\$32
917010 H	BEGGIRL	F	5:30-6:25PM	MONTHLY	SPL-GR	\$32
917010 I	BEGGIRL	S	9-9:55AM	MONTHLY	SPL-GR	\$32
917010 J	BEGGIRL	S	10-10:55AM	MONTHLY	SPL-GR	\$32

### INTERMEDIATE BOYS

*Ages: 6 and Up. Enrollment Min 4 / Max 6.* This class is for participants who have mastered the gymnastics skills and progressions in Beginning Boys. Emphasis is placed on strength, flexibility, body positions and building on to skills while increasing their time in the gym. **Participants will be expected to master 90 percent of the Intermediate Boys skills before advancing to Advanced Boys. They also must have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
917009 A	INTBOYS	M	6:30-7:55PM	MONTHLY	SPL-GR	\$42
917009 B	INTBOYS	W	4-5:25PM	MONTHLY	SPL-GR	\$42

### INTERMEDIATE GIRLS

*Ages: 6 and Up. Enrollment Min 4 / Max 14.* This class is for participants who have mastered the gymnastics skills and progressions in Beginning Girls. Emphasis is placed on strength, flexibility, proper technique and building on to skills while increasing their time in the gym. **Participants will be expected to master 90 percent of the Intermediate Girls skills before advancing to Advanced Girls. They also must have permission from the director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
917012 A	INTGIRLS	M	5-6:25PM	MONTHLY	SPL-GR	\$42
917012 B	INTGIRLS	T	6:30-7:55PM	MONTHLY	SPL-GR	\$42
917012 C	INTGIRLS	W	6-7:25PM	MONTHLY	SPL-GR	\$42
917012 D	INTGIRLS	R	7-8:25PM	MONTHLY	SPL-GR	\$42
917012 E	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 be considered for team or who want to continue their gymnastics training without doing competition. Gymnasts will continue to build on to their skill set while working to perfect their form and technique. **Advanced girls will be observed throughout the spring semester and those who are chosen will be invited to join team during the month of May.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
917013 A	ADV GIRL	MW	6:30-8:30PM	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. The LPRD competitive gymnastics program 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. Team members are selected from our advanced girls' classes during the months of April and May. Interested gymnasts from outside of our program may be tested during those months. Competition team is a year-round commitment and requires additional competitive expenses—leotards, warmups, meet fees, travel expenses, etc. **For more information, contact Jalon Hutchens, recreation programmer at (785) 330-7364.**



Join us for this annual dinner and dance!

DADDY-DAUGHTER DATE NIGHT 2017  
**DENIM**

**& Diamonds**

SATURDAY,  
MARCH 4

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

Little cowgirls and their favorite cowboy (Dad, Stepdad, Grandpa, Uncle, older Brother, etc.) are formally invited to our Denim & Diamonds special western event. You will be treated like rodeo royalty dancing the night away with dinner & dessert. The memorable evening will be captured with a keepsake photo and a flower.



City of Lawrence  
PARKS AND RECREATION

**DICKEY'S**  
BARBECUE PIT



**Owens**  
FLOWER SHOP



**AGES: 5-14**

**\$45 dad + 1 daughter**  
**\$22 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. 23**  
Code 214168 Sections A and B

PHOTOS BY KRISTY BELLINGER, WAUK-A-WAY PHOTOGRAPHY



### OPEN GYMNASTICS

Our gymnastics open gym has sessions available for children ages 1-5 years old and their parents as well as sessions for those 6-14 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. This is a great social activity for everyone involved. Discounted punch cards are available for 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 a punch 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.

**One year-old to five year-olds must be accompanied by an adult — \$5 per participant — max 30. Monday 9-10 a.m. / 10:15-11:15 a.m.; Wednesday 9-10 a.m. / 10:15-11:15 a.m.; Saturday 11-11:45 a.m. and Saturday 12-12:45 a.m. six year-olds to-14 year olds — \$5 per participant — max 40. Every Friday 7:30-9 p.m. and Sunday 4-5:30 p.m.**

### SPECIAL OPEN GYMS

Ages: 6-14. \$5 per participant — max 40.

**Monday, Jan. 16 — 2:30-4 p.m.**

**Friday, Feb. 17 — 2:30-4 p.m.**

**Thursday, Feb. 23 — 2:30-4 p.m.**

**Friday, Feb. 24 — 2:30-4 p.m.**

### KIDS NIGHT OUT

Ages: 3-14. Enrollment Min 7 / Max 14. Need an evening without the kids? Kids Night Out gives 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. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116015 A	KIDOUT	S	6-10PM	1/14	SPL-GR	\$25
116015 B	KIDOUT	S	6-10PM	2/11	SPL-GR	\$25
216015 A	KIDOUT	S	6-10PM	3/11	SPL-GR	\$25
216105 B	KIDOUT	S	6-10PM	4/8	SPL-GR	\$25

### 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.

### 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	1/11-3/15	GFORCE	\$125
116425 B	ADVANC	R	6:30-7:55PM	1/12-3/16	GFORCE	\$125
216425 A	ADVANC	W	4:30-5:55PM	3/29-5/17	GFORCE	\$100
216425 B	ADVANC	R	6:30-7:55PM	3/30-5/18	GFORCE	\$100

### T&T, BEGINNER 1

■ **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	1/9-3/13	GFORCE	\$100
116412 B	T&T(4-6)	T	5:30-6:25PM	1/10-3/14	GFORCE	\$100
116412 C	T&T(5-8)	R	6:30-7:25PM	1/12-3/16	GFORCE	\$100
216412 A	T&T(5-8)	M	4:30-5:25PM	3/27-5/15	GFORCE	\$80
216412 B	T&T(4-6)	T	5:30-6:25PM	3/28-5/16	GFORCE	\$80
216412 C	T&T(5-8)	R	6:30-7:25PM	3/30-5/18	GFORCE	\$80

### 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	1/9-3/13	GFORCE	\$100
216430 A	BEG2	M	5:30-6:25PM	3/27-5/15	GFORCE	\$80



**T&T, INTERMEDIATE 1**

■ *Ages: 6-9 / 8-12. Enrollment Min 4 / Max 12.* Athletes will finish learning round-offs techniques, 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	1/9-3/13	GFORCE	\$100
116413 B	INTR(6-9)	T	6:30-7:25PM	1/10-3/14	GFORCE	\$100
216413 A	INTR(8-12)	M	4:30-5:25PM	3/27-5/15	GFORCE	\$80
216413 B	INTR(6-9)	T	6:30-7:25PM	3/28-5/16	GFORCE	\$80

**T&T, INTERMEDIATE 2**

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116431 A	INT2	R	5:30-6:25PM	1/12-3/16	GFORCE	\$100
216431 A	INT2	R	5:30-6:25PM	3/30-5/18	GFORCE	\$80

**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 and turning skills and beginning seat and doggy drops.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116411 A	PRESCHOL	M	5:30-6:15PM	1/9-3/13	GFORCE	\$100
116411 B	PRESCHOL	R	4:30-5:15PM	1/12-3/16	GFORCE	\$100
216411 A	PRESCHOL	M	5:30-6:15PM	3/27-5/15	GFORCE	\$80
216411 B	PRESCHOL	R	4:30-5:15PM	3/30-5/18	GFORCE	\$80

**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	1/11-3/15	GFORCE	\$100
216414 A	TRAMPO	W	7:30-8:25PM	3/29-5/17	GFORCE	\$80



**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	1/9-3/13	GFORCE	\$125
116415 B	T(12-18)	T	4:30-5:55PM	1/10-3/14	GFORCE	\$125
116415 C	T(8-12)	T	6-6:55PM	1/10-3/14	GFORCE	\$100
216415 A	T(12-18)	M	6:30-7:55PM	3/27-5/15	GFORCE	\$100
216415 B	T(12-18)	T	4:30-5:55PM	3/28-5/16	GFORCE	\$100
216415 C	T(8-12)	T	6-6:55PM	3/28-5/16	GFORCE	\$80

**TUMBLING 2**

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116416 A	T2(12-18)	T	7:30-8:55PM	1/10-3/14	GFORCE	\$125
116416 B	T2(8-12)	W	4:30-5:55PM	1/11-3/15	GFORCE	\$125
216416 A	T2(12-18)	T	7:30-8:55PM	3/28-5/16	GFORCE	\$100
216416 B	T2(8-12)	W	4:30-5:55PM	3/29-5/17	GFORCE	\$100

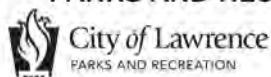
**TUMBLING 3**

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116417 A	TUMB3	T	4:30-5:55PM	1/10-3/14	GFORCE	\$125
116417 B	TUMB3	R	7:30-8:55PM	1/12-3/16	GFORCE	\$125
216417 A	TUMB3	T	4:30-5:55PM	3/28-5/16	GFORCE	\$100
216417 B	TUMB3	R	7:30-8:55PM	3/30-5/18	GFORCE	\$100



**RUNNING OUT OF GIFT IDEAS FOR ... HOLIDAYS? BIRTHDAYS? OTHER OCCASIONS?  
PARKS AND RECREATION GIFT CERTIFICATES - SOMETHING THAT NEVER GOES OUT OF STYLE.**



May be purchased at any Lawrence Parks and Recreation Facility  
For More Information, please call (785) 832-3450



#### TUMBLING 4

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116418 A	TUMB4	M	6:30-7:55PM	1/9-3/13	GFORCE	\$125
116418 B	TUMB4	T	7-8:25PM	1/10-3/14	GFORCE	\$125
216418 A	TUMB4	M	6:30-7:55PM	3/27-5/15	GFORCE	\$100
216418 B	TUMB4	T	7-8:25PM	3/28-5/16	GFORCE	\$100

#### TUMBLING, BOYS

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
116419 A	BOYTUMB	W	6:30-7:25PM	1/11-3/15	GFORCE	\$100
216419 A	BOYTUMB	W	6:30-7:25PM	3/29-5/17	GFORCE	\$80

#### 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 22. 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 *Giggles and Wiggles*, invite only students into the dance studio during class time. We find that students focus and have the greatest opportunity for learning when parents are not in the studio. 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 session commitment.

The NEW Dance Program began in September is a nine-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 nine-month session. **Additional fees apply for recital performance.**

#### GIGGLES AND WIGGLES

**Ages: 2-3 with parent participation. Enrollment Min 5 / Max 9.** Young dancers will focus on assisted movement, coordination and basic kinetic skills through circle time, basic tumbling skills and structured stations, all while incorporating kid friendly songs and lots of wiggles and giggles. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114015 A	GIGWIG	R	5:30-6PM	1/19-3/9	CB-DS	\$36
114015 B	GIGWIG	S	11:30AM-12PM	1/21-3/11	SPL-FR	\$36
214015 A	GIGWIG	R	5:30-6PM	3/30-5/11	CB-DS	\$32
214015 B	GIGWIG	S	11:30AM-12PM	4/1-5/13	SPL-FR	\$32

#### 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	FEE
114017 A	MINIBALL	T	6:05-6:35PM	1/17-3/7	SPL-LR	\$36
114017 B	MINIBALL	R	9:35-10:05AM	1/19-3/9	SPL-CR	\$36
214017 A	MINIBALL	T	6:05-6:35PM	3/28-5/9	SPL-LR	\$32
214017 B	MINIBALL	R	9:35-10:05AM	3/30-5/11	SPL-CR	\$32

#### 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
914017 A	MINIBALL	R	6:05-6:35PM	MONTHLY	CB-DS	\$26
914017 B	MINIBALL	S	9-9:30AM	MONTHLY	CB-DS	\$26

#### 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	1/19-3/9	SPL-CR	\$36
214012 A	MINIDANC	R	9-9:30AM	3/30-5/11	SPL-CR	\$32







### 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	5:30-6PM	MONTHLY	SPL-LR	\$26
914013 B	MINIHH	S	9:35-10:05AM	MONTHLY	CB-DS	\$26

### MUSICAL COMEDY

*Ages: 8-12. Enrollment Min 5 / Max 12.* Dance, sing, act and explore the basic skills of becoming a triple threat! This class will combine movement, expression of voice, acting techniques and use of props through fun activities, games and musical numbers. **Students will perform for family and friends on the last day of class.** **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114025 A	MUSICAL	M	6:20-7:10PM	1/16-3/6	SPL-CR	\$52
214025 A	MUSICAL	M	6:20-7:10PM	3/27-5/8	SPL-CR	\$46

### 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	5-5:40PM	MONTHLY	CB-DS	\$26
914104 B	PINTBALL	S	9-9:40AM	MONTHLY	SPL-FR	\$26

### 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 B	JAZZHIP	S	9:45-10:20PM	MONTHLY	SPL-FR	\$26

### 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	5:45-6:30PM	MONTHLY	CB-DS	\$26

### 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	\$26

### 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	1/21-3/11	CB-DS	\$52
214013 A	HIPHOP	S	10:10-10:55AM	4/1-5/13	CB-DS	\$46

### 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	6:35-7:25PM	MONTHLY	CB-DS	\$26

### YOUTH BOYS MAKING NOISE

*Ages: 7-10. Enrollment Min 5 / Max 9.* A class just for boys! Dance is a physically beneficial activity for boys too. It builds strength, muscle tone, balance and coordination, while teaching self-confidence and self-discipline. *Boys Making Noise* will be introduced hip hop, break dancing and street dancing. **Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
114024 A	BMN	M	5:30-6:15PM	1/16-3/6	SPL-CR	\$52
214024 A	BMN	M	5:30-6:15PM	3/27-5/8	SPL-CR	\$46

### 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	7:15-8:05PM	1/16-3/6	SPL-CR	\$52
214026 A	COMBO	M	7:15-8:05PM	3/27-5/8	SPL-CR	\$46

### YOUTH JAZZ/HIP HOP

*Ages: 7-10. Enrollment Min 5 / Max 9.* This upbeat class combines basic hip-hop and jazz techniques 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	1:15-2PM	MONTHLY	SPL-FR	\$26





**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.**

**SCHOOL'S OUT PROGRAM**

■ **Ages: 6-12. Enrollment Min 6 / Max 65.** School's Out, Theatre's In at Theatre Lawrence (S.O.T.I.) How can you help your child build self-confidence, make friends, and discover their talents? How about developing their reading and comprehension, advancing social skills and self-expression, all while having a great time? Get thee to the theatre! The SOTI program is designed for all children from the shy to outgoing, by offering workshops that appeal to a child's natural creativity, curiosity and imagination! Camps run from 9 a.m. to 4 p.m., please pack a sack lunch! Each of our SOTI dates features a different theme, providing a new adventure at each visit! **Themes include: Jan. 3-4, New Year's SOTI; Jan. 16, Year of the Rooster; Feb. 17, Academy of Alchemy; Feb. 23-24, Mardi Gras; March 10, How Rube! The Goldberg Gadgets and March 17, Luck of the Irish. Instructor: Theatre Lawrence.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114005	A	SOTI	TW	9AM-4PM	1/3-1/4	TL	\$90
114005	B	SOTI	M	9AM-4PM	1/16	TL	\$50
114005	C	SOTI	F	9AM-4PM	2/17	TL	\$50
114005	D	SOTI	RF	9AM-4PM	2/23-2/24	TL	\$90
214005	A	SOTI	F	9AM-4PM	3/10	TL	\$50
214005	B	SOTI	F	9AM-4PM	3/17	TL	\$50

**JUNIOR ACTING COMPANY**

■ **Ages: 6-12. Enrollment Min 6 / Max 25.** "The Jungle Book", by Vera Morris. Come hear the incredible tale of Mowgli, a young boy raised by wolves. With the help of his friends — the bear Baloo, the panther Bagheera and the python Kaa — Mowgli learns the ways of the jungle. This faithful adaptation has great roles for every actor! **Instructor: Theatre Lawrence.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114004	A	JUNGLE	T	4-6PM	2/28-5/2	TL	\$199

**ADVANCED ACTING COMPANY**

■ **Ages: 13-18. Enrollment Min 6 / Max 25.** "The Internet is Distract—OH LOOK A KITTEN!" by Ian McWethy. For all the benefit it brings, the web is a nefariously wacky place where selfies, Facebook lurkers, and poke-ball searching games threaten to take over our computers and phones. Will our brave heroine finish her paper and escape with her life before the school bell rings? A high-octane comedy that explores the rabbit hole of distraction we all go down every time we go online. **Instructor: Theatre Lawrence.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214004	A	INTER	R	4-6PM	3/2-5/4	TL	\$199

**KIDS CORNER – SPECIAL INTERESTS**

**DADDY-DAUGHTER DATE NIGHT – DENIM & DIAMONDS**

**Ages: 5-14. Enrollment Min 40 Couples / Max 100 Couples.** Little cow-girls and their favorite cowboy (Dad, Stepdad, Grandpa, Uncle, older Brother, etc.) are formally invited to our Denim & Diamonds special western event. You will be treated like rodeo royalty dancing the night away with dinner & dessert. The memorable evening will be captured with a keepsake photos and a flower. **Enroll daughter only. Fee includes a 5x7 photo, dinner, beverages, DJ and flower. Registration Deadline: Thursday, Feb. 23. Beginning Friday, Feb. 24, a late fee of \$15 will be applied. All registration after Thursday, Feb. 23, 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	3/4	FG-BLD21	\$45
214168	B	ADDOT	S	6:30-9PM	3/4	FG-BLD21	\$22



**SPORTS PAVILION LAWRENCE/BOBCAT 5K**

Sports Pavilion Lawrence 100 Rock Chalk Ln. **Trail Run**

**Saturday, April 8**

\$20 individual/\$30 family

see page 62 for more info





### 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. The class also looks at the business side of babysitting, covering how to market oneself as a sitter, as well as 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: Katie Ellena.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
121200 A	SAFESIT	W	5:30-8:45PM	1/11-1/18	CARN-CR	\$70
221200 A	SAFESIT	W	5:30-8:45PM	3/1-3/8	CARN-CR	\$70
221200 B	SAFESIT	W	5:30-8:45PM	4/19-4/26	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 participants 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. **Winter Section** — Adventure in Air, Waterworks, Weather Wonders, Space Frontiers, Sea, Sand and Sud. **Spring Section** — Animal Friends, 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	1/18-2/15	SPL-VR	\$60
221006 A	SCIENCE	W	6-6:45PM	3/29-4/26	SPL-VR	\$60

**SPRING BREAK CAMP: SEE YOUTH CAMPS, PAGE 72**

### 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. Drop by 10:30 a.m. Mondays, Wednesdays and/or Fridays. Register at the front desk and let the kids enjoy the wide-open space of the gymnasium. **Ratio 1 parent: 5 children. Every Monday, Wednesday and Friday. 10:30-11:45 a.m., Community Building, 115 W. 11th St. Program ends Friday, March 17. Dates and times are subject to change due to LPRD programming.**

## MARTIAL ARTS

### 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 Budokai (affiliated with the AAU). **No class 4/16. Instructors: Mark Hurt, Mandana Ershadi-Hurt, Natasha Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117110 A	KARATE	MW	6:45-7:40PM	1/2-3/8	CB-CR2	\$70
117110 B	KARATE	SU	1-2:15PM	1/8-3/12	CB-CR2	\$54
217110 A	KARATE	MW	6:45-7:40PM	3/27-5/17	CB-CR2	\$56
217110 B	KARATE	SU	1-2:15PM	4/2-5/21	CB-CR2	\$39

### 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 power. Participants will instill a habit of discipline and feel more confident in their ability to defend themselves while improving their health and fitness, while challenging both their minds and bodies. **Instructor: Tyler Rea.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117135 A	KUNGFU	W	5:30-6:30PM	1/4-3/8	ELRC-MR	\$45
217135 A	KUNGFU	W	5:30-6:30PM	3/29-5/17	ELRC-MR	\$36

### LITTLE NINJAS

**Ages: 5-7. Enrollment Min 6 / Max 12.** This class is designed with the younger student in mind and teaches the basic stances, develops coordination and furthers control and balance. Participants will gain confidence, attention span and respect for others in a positive, fun environment. **No class 4/16. Instructor: Natasha Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
117125 A	LITNINJ	SU	12-12:40PM	1/8-3/12	CB-CR2	\$45
217125 A	LITNINJ	SU	12-12:40PM	4/2-5/21	CB-CR2	\$32

### 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	2/18	CB-CR2	\$16



**TAE KWON DO**

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

**Instructor: Grace Daniels, Black Belt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117131	A	TKD8-12Y	TR	6:45-7:40PM	1/3-3/9	TLC	\$70
117131	B	TKD13&UP	TR	7:50-9:05PM	1/3-3/9	TLC	\$70
217131	A	TKD8-12Y	TR	6:45-7:40PM	3/28-5/18	TLC	\$56
217131	B	TKD13&UP	TR	7:50-9:05PM	3/28-5/18	TLC	\$56

**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 Sichel.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115500	A	BGTAICHI	T	6:45-8PM	1/3-3/7	CB-CR1	\$50
215500	A	BGTAICHI	T	6:45-8PM	3/28-5/16	CB-CR1	\$40

**SPECIAL INTEREST****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 health-care 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 an answer period. **Instructor: Robert Ramsdell.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
221010	A	ESTAEPL	T	2-3:30PM	2/28	CARN-EG	FREE
221010	B	ESTAEPL	W	6-7:30PM	4/12	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 3/22.**

**Instructor: Jay Hundley. NSD.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121500	A	BEGWDRK	W	6:30-9:30PM	1/4-3/29	LHS-WS	\$140

**SPECIAL INTEREST – MUSIC****GUITAR, BEGINNING**

*Ages: 14 and Up. Enrollment Min 4 / Max 6.* In this basic introductory class you will learn chords, tablature, rhythm patterns and standard notation through the use of familiar melodies and songs. **Students will need to bring a guitar to class.** **Instructor: Marianne Carter.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114167	A	BGGUITAR	M	7-8PM	1/16-3/6	CARN-CR	\$60
214167	A	BGGUITAR	M	7-8PM	3/27-5/15	CARN-CR	\$60

**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, 233 Rock Chalk Lane.* **Instructor: Jayhawk Tennis staff.**

**TEAM PEE WEES**

*Ages: 3-4. 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	W	5-5:30PM	1/11-3/15	JT	\$50
119150	B	PEEWEE	S	1:30-2PM	1/14-3/18	JT	\$50
219150	A	PEEWEE	W	5-5:30PM	3/29-5/17	JT	\$40
219150	B	PEEWEE	S	1:30-2PM	4/1-5/20	JT	\$40



**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	M	5-6PM	1/9-3/13	JT	\$100
119151 B	TERED	W	5-6PM	1/11-3/15	JT	\$100
119151 C	TERED	S	2-3PM	1/14-3/18	JT	\$100
219151 A	TERED	M	5-6PM	3/27-5/15	JT	\$80
219151 B	TERED	W	5-6PM	3/29-5/17	JT	\$80
219151 C	TERED	S	2-3PM	4/1-5/20	JT	\$80

**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	TEORA	M	5-6PM	1/9-3/13	JT	\$100
119152 B	TEORA	W	5-6PM	1/11-3/15	JT	\$100
119152 C	TEORA	S	2-3PM	1/14-3/18	JT	\$100
219152 A	TEORA	M	5-6PM	3/27-5/15	JT	\$80
219152 B	TEORA	W	5-6PM	3/29-5/17	JT	\$80
219152 C	TEORA	S	2-3PM	4/1-5/20	JT	\$80

**JUNIOR DEVELOPMENT**

*Ages: 10-17. Enrollment Min 4 / Max12 (Holcom); Min 4 / Max 20 (SPL).* 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	M	6-7:30PM	1/9-3/13	JT	\$150
119153 B	JRDEV	W	6-7:30PM	1/11-3/15	JT	\$150
119153 C	JRDEV	S	3-4:30PM	1/14-3/18	JT	\$150
219153 A	JRDEV	M	6-7:30PM	3/27-5/15	JT	\$120
219153 B	JRDEV	W	6-7:30PM	3/29-5/17	JT	\$120
219153 C	JRDEV	S	3-4:30PM	4/1-5/20	JT	\$120

**JAYHAWK ACADEMY**

*Ages: 11-17.* 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. **Please contact Jayhawk Tennis to enroll at (785) 749-3200.**

**ADULT BEGINNING CLASS**

*Ages: 16 and Up. Enrollment Min 4 / Max 12.* This program is designed toward total novice or getting back into the game. Basic instruction on stroke production, rules of tennis and introductory strategy will be covered. **Instructor: Jayhawk Tennis.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
119201 A	BEGADULT	M	6:30-7:30PM	1/9-3/13	JT	\$100
219201 A	BEGADULT	M	6:30-7:30PM	3/27-5/15	JT	\$80

**ADULT CARDIO TENNIS**

*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	1/10-3/14	JT	\$100
119154 B	CARDIO	R	6:30-7:30PM	1/12-3/16	JT	\$100
219154 A	CARDIO	T	6:30-7:30PM	3/28-5/16	JT	\$80
219154 B	CARDIO	R	6:30-7:30PM	3/30-5/18	JT	\$80

**ADULT INTERMEDIATE DRILL**

*Ages: 16 and Up. Enrollment Min 4 / Max 12.* This class is for adults of all ages. Participants in this drill should have some tennis experience. This drill 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
119204 A	INTER	W	6:30-7:30PM	1/11-3/15	JT	\$100
219204 A	INTER	W	6:30-7:30PM	3/29-5/17	JT	\$80



2017

# Arts & Crafts

## EVENT CALENDAR

### SPRING ARTS & CRAFTS FESTIVAL

*March 11*

Deadline: Monday, March 6

Non-Commercial & Commercial Vendors – 8' x 8' space

### SUMMER FEST

*June 25*

Deadline: Monday, June 19

Non-Commercial & Commercial Vendors – 10' x 10' space

### FALL ARTS & CRAFTS FESTIVAL

*Sept. 10*

Deadline: Tuesday, Sept. 5

Non-Commercial Vendors – 10' x 10' space

### HOLIDAY BAZAAR

*Nov. 19*

Deadline: Monday, Nov. 13

Non-Commercial Vendors – 8' x 8' space

### HOLIDAY EXTRAVAGANZA

*Dec. 2 & 3*

Deadline: Monday, Nov. 20

Non-Commercial & Commercial Vendors  
– 10' x 10' space



City of Lawrence  
PARKS AND RECREATION

# SPECIAL EVENTS

STRETCH YOUR LIMITS — WWW.LPRD.ORG

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.

## HOLIDAY EXTRAVAGANZA

LPRD's Annual Holiday Extravaganza will be held **9 a.m.-4 p.m. Saturday-Sunday, Dec. 3-4**, at Sports Pavilion Lawrence at Rock Chalk, 100 Rock Chalk Lane. This show is now a two-day event and is an indoor show for non-commercial and commercial vendors. **Vendors must attend both days of the event.** This annual show continues to bring artisans and vendors from all over the state and surrounding states, providing a unique atmosphere to appeal to all shoppers. Concessions will be provided. **No concession vendors will be accepted.** Vendor spaces are 10 feet by 10 feet. Electricity and tables are available but are limited. **This event is FREE to the public. Register today to be an exhibitor. Deadline is Monday, Nov. 21, or until full. For more information, call (785) 832-7940.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
625504	A	NONCOMM	SSU	9AM-4PM	12/3-12/4	SPL-GY	\$100
625504	B	COMMERC	SSU	9AM-4PM	12/3-12/4	SPL-GY	\$140
625504	C	NCOMELEC	SSU	9AM-4PM	12/3-12/4	SPL-GY	\$105
625504	D	COMMELEC	SSU	9AM-4PM	12/3-12/4	SPL-GY	\$145

## CANDY CANE HUNT

**Ages: 6 and Under.** Rumor has it that Santa is going to be at Holcom Park Recreation Center, 2700 W. 27th St., hiding candy canes for children from 4-6 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, Nov. 29. For more information, call (785) 832-7940.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
430505	A	CANDY	S	4-6PM	12/3	HPRC	\$6



## BREAKFAST WITH SANTA

**Ages: 3-12.** Come have breakfast with your favorite jolly man. Santa will join us for a meal and holiday arts and crafts. We'll enjoy pancakes, sausages, orange juice and water as we spread holiday cheer at the Community Building, 115 W. 11th St., in Downtown Lawrence. Register to eat, participate in the arts and crafts and visit with Santa. New in 2016: You may register for just arts and crafts and visit with Santa without taking advantage of the breakfast at the price of \$5 per person.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
425145	A	CHILD	S	8:30-11:30AM	12/10	CB	\$7
425145	B	ADULT	S	8:30-11:30AM	12/10	CB	\$9
425145	C	NOMEAL	S	8:30-11:30AM	12/10	CB	\$5

## 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	SEE
125190	A	KIDSDOFF	RF	8:30AM-3:30PM	2/23-2/24	HPRC	\$60

## SPORTS PAVILION LAWRENCE/BOBCAT 5K

**Ages 5 and Up.** This timed race will also be a family run with timed runners starting first with families beginning five minutes later. Individual participants will receive a T-shirt. Entries submitted after Monday, March 27, are not guaranteed a T-shirt the day of the race. One shirt per family entry. Additional shirts will be available for purchase. All participants will be timed. 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 contact Sports Pavilion Lawrence at (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	SEE
226210	A	RCPK5K	S	TBD	4/8	RCPK-TR	\$20
226210	B	RCPK5KFM	S	TBD	4/8	RCPK-TR	\$30



Eagle Bend Golf Course & Learning Center • 1250 E. 902 Road • (785) 748-0600

# Welcome to Golf

CLASSES FOR ONLY **\$25!** golf with beginners in mind  
see page 19 for more info



SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS

RECREATION FACILITIES

61

**EGG HUNT EGGSTRAVAGANZA**

Ages: 3-12. *Free to the public.* LPRD invites your family to take part in the community's annual Egg Hunt Eggstravaganza from **1-3 p.m. on Saturday, April 15.** Children 3-12 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 and after the hunt.

**POOCH EGG HUNT EGGSTRAVAGANZA**

Ages: *All.* Bring Fido to come hunt Egg's in historic South Park Saturday morning Saturday, April 15. Each dog is allowed to hunt a limited number of eggs that are filled with dog treats. Once they find the egg and claim it with their nose, it goes in their basket to open later. **Check in begins at 8 a.m.; the HUNT will begin at 9 a.m. sharp. Register each dog separately. Prizes available on site. Co-sponsored by the Lawrence Humane Society. Pre-registration is required. Deadline to register is Monday, April 10.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225200	B	DOGHUNT	S	9-10AM	4/15	SP	\$6

**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, call (785) 832-7950.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225600	A	CCC	TR	6:30-9:30PM	4/18-4/22	HPRC-BR	\$20
			S	9AM-1PM			
225600	B	CCC	TR	6:30-9:30PM	5/16-5/20	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 **Saturday, May 6, at 11 a.m. This event will be held in conjunction with the Humane Society Event for your pet's shopping needs and necessities. Additional information available at Holcom Park Recreation Center, 2700 W. 27th Street, (785) 832-7940.**

**KIDS FISHING DERBY**

Ages: *5-13. Free to the public and open to children.* Anglers 13 and younger are invited to test their fishing expertise at Mary's Lake (31st & Haskell Streets) on **Saturday, June 3, 8:30 a.m.-noon.** A pre-derby meeting will be held at 8:30 a.m. All anglers are asked to provide their own fishing poles and bait. Door prizes will be given throughout the morning. Supervision provided, however parents are asked to help out. **Co-sponsored by Wal-Mart and Kansas Wildscape.**

**SPRING BREAK CAMP: SEE YOUTH CAMPS, PAGE 72**

**SPRING ARTS AND CRAFTS FESTIVAL**

*Held at the Douglas County Fairgrounds, Building 21. Free to the public.* **Saturday, March 11, 9 a.m.-4 p.m.** This arts and crafts show includes commercial and non-commercial 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 6, or until full. There is no charge for admission to the public.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
625500	A	NONCOMM	S	9AM-4PM	3/11	FG#21	\$70
625500	B	COMM	S	9AM-4PM	3/11	FG#21	\$110
625500	C	NCOMELC	S	9AM-4PM	3/11	FG#21	\$75
625500	D	COMMELC	S	9AM-4PM	3/11	FG#21	\$115

**Because it's MORE FUN when you try it before you buy it,**

find the great stuff you'll lease today at [www.renttoowncenter.com](http://www.renttoowncenter.com)



**TRIAD LEASING LLC**  
**SALES & LEASE-PURCHASE**

FURNITURE • APPLIANCE • ELECTRONICS  
Find us at 23rd & Haskell or Call: 842-8505



# SPECIAL POPULATIONS

STRETCH YOUR LIMITS — WWW.LPRD.ORG



For more information on special population 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](mailto: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 15<sup>th</sup> of every month, prior to the trip.*

## PROGRAMS

### PRE-COFFEEHOUSE DINNER

*Fee includes dinner & Coffeehouse admission. Ages: 13 and Up. Enrollment Min 5 / Max 80.* 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 15<sup>th</sup> 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	1/9	FG#21	\$30
122200 B	DINNER	M	5:45-7PM	2/6	FG#21	\$30
222200 A	DINNER	M	5:45-7PM	3/6	FG#21	\$30
222200 B	DINNER	M	5:45-7PM	4/3	FG#21	\$30
222200 C	DINNER	M	5:45-7PM	5/1	FG#21	\$30

## COFFEEHOUSE

*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 15<sup>th</sup> 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	1/9	FG#21	\$15
122201 B	CHOUSE	M	7-8:30PM	2/6	FG#21	\$15
222201 A	CHOUSE	M	7-8:30PM	3/6	FG#21	\$15
222201 B	CHOUSE	M	7-8:30PM	4/3	FG#21	\$15
222201 C	CHOUSE	M	7-8:30PM	5/1	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 4<sup>th</sup> session. Bring your pictures and we'll provide all other supplies to personalize your book. *Fee includes all supplies and 4, 4-week sessions.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122191 A	SEWING	T	7-8PM	1/17-2/7	CB-AR	\$35
122191 B	PAINTING	T	7-8PM	2/21-3/14	CB-AR	\$35
222191 A	JEWELRY	T	7-8PM	3/28-4/18	CB-AR	\$35
222191 B	SCRAPBOK	T	7-8PM	5/2-5/23	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	1/19-3/9	CB-2	\$35
222400 A	ZUMBA	R	7-8PM	3/30-5/18	CB-2	\$35



## Planning for your Big Day?

Are you worried your partner's moves will leave the wrong impression? Don't sweat it! Your friends at LPRD offer **Wedding Dance Crash Course**, a one-day, three-hour seminar to help you, well... your partner through that "BIG" first dance. see page 32 for more information



SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS

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 24. Previous classes performed *The Wizard of Oz*, *Beauty and the Beast* and several others. **No class 2/6, 3/6, 4/3.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122401 A	ACTING	M	6:30-8PM	1/16-4/24	CARNEGIE	\$35

**SOCIAL BOWLING**

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

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122300 A	BOWL	S	3-5PM	1/21	RCL	\$30
122300 B	BOWL	S	3-5PM	2/18	RCL	\$30
222300 A	BOWL	S	3-5PM	3/18	RCL	\$30
222300 B	BOWL	S	3-5PM	4/15	RCL	\$30
222300 C	BOWL	S	3-5PM	5/20	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	1/21	RCL	\$15
122301 B	BOWL	S	3-5PM	2/18	RCL	\$15
222301 A	BOWL	S	3-5PM	3/18	RCL	\$15
222301 B	BOWL	S	3-5PM	4/15	RCL	\$15
222301 C	BOWL	S	3-5PM	5/20	RCL	\$15

**WHEELCHAIR BASKETBALL**

*Ages: 5-17 (youth) / 18 and Up (adult).* 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	F	7-9PM	1/3-3/14	HPRC	\$35
122001 B	ADULTWC	F	7-9PM	1/3-3/14	HPRC	\$35
222001 A	YOUTHWC	F	7-9PM	3/28-5/30	HPRC	\$35
222001 B	ADULTWC	F	7-9PM	3/28-5/30	HPRC	\$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	1/21-3/11	ELRC	\$35
222207 A	YOGA	S	10-11AM	4/1-5/20	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. 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](mailto: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](mailto:adeghand@lawrenceks.org).*

**ALL STAR YOUTH BASKETBALL**

*Ages 5-12. Enrollment Min 10 / Max 40.* This program will provide some basic instructional skills and game play. Each week the participants will be divided up into teams and the teams will consist of children with and without special needs. The goal of this program is to provide the children a fun, social setting among their peers, all while learning the fundamentals of the game.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
122230 A	BBALL	W	6-8PM	1/18-3/8	TBA	\$35

**SPRING BREAK CAMP: SEE YOUTH CAMPS, PAGE 72**

# ADULT SPORTS

STRETCH YOUR LIMITS — WWW.LPRD.ORG

For more information regarding the Adult Sports Division, contact Josh Maike, adult sports supervisor, 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 aged 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: 12/16, Start Date: 1/8. Register on or before 12/9 to receive a discount.** Leagues are offered to men and women running Sunday through Friday for approximately 9 weeks. Leagues are offered in two divisions, UPPER (UP) and LOWER (LOW). UPPER DIVISION = highly competitive. LOWER DIVISION = Recreational. 3 on 3 leagues will be offered as open leagues where men and women can compete in one league. Games are played at Community Building, Sports Pavilion Lawrence and East Lawrence Recreation Center. Teams will play a 7 game schedule followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150100 A	MENUPPER	SU	5-9PM	1/8-3/5	TBA	\$330
150100 B	MENLOWER	SU	5-9PM	1/8-3/5	TBA	\$330
150100 C	3ON3	M	6-10PM	1/9-3/6	TBA	\$150
150100 D	MENUPPER	T	6-10PM	1/10-3/7	TBA	\$330
150100 E	MENLOWER	T	6-10PM	1/10-3/7	TBA	\$330
150100 F	3ON3	W	6-10PM	1/11-3/8	TBA	\$150
150100 G	MENUPPER	R	6-10PM	1/12-3/9	TBA	\$330
150100 H	MENLOWER	R	6-10PM	1/12-3/9	TBA	\$330
150100 I	COED	F	6-10PM	1/13-3/10	TBA	\$330



### DODGEBALL

Fees are assessed at a per team rate. **Registration Deadline: 1/13, Start Date: 1/22.** Leagues are offered for Coed teams run on Sunday and Monday for approximately 7 weeks. Teams will consist of at least 3 men and 3 women and each team will play a 7 match season (9 games per match) with a single elimination tournament at the conclusion of the regular season. Games are played at East Lawrence Recreation Center.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150500 A	COEDDB	SU	7-10PM	1/22-3/19	ELRC	\$150
150500 B	COEDDB	M	7-10PM	1/23-3/20	ELRC	\$150

### INDOOR SOCCER

Fees are assessed at a per team rate. **Registration Deadline: 12/16, Start Date: 1/12 and 1/13. Register on or before 12/9 to receive a discount.**

Lawrence Parks and Recreation is excited to offer a winter Soccer League. There will be 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 or Friday nights. The season will consist of seven regular season games followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150600 A	MENS	F	6-10PM	1/13-4/7	SPL-TF	\$370
150600 B	COED	R	6-10PM	1/12-4/6	SPL-TF	\$370

### VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 12/16, Start Date: 1/8. Register on or before 12/9 to receive a discount.**

Leagues are offered in women and COED divisions with POWER (PWR) divisions designed for competitive play and RECREATION (REC) divisions designed for recreational play with spiking and serving overhand not allowed. DOUBLE HEADER (DH) leagues are designed for the most competitive teams with each team playing two matches per night. Leagues will run Monday through Friday for approximately 9 weeks. Matches are played at Sports Pavilion Lawrence (SPL) and Holcom Park Recreation Center (HPRC). Teams will play a 9 match schedule followed by a single elimination tournament. DOUBLE HEADER (DH) leagues will play 14 matches followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
150300 A	COEDPWR	SU	6-9PM	1/8-3/12	TBA	\$225
150300 B	COEDREC	T	7-10:30PM	1/10-3/14	TBA	\$225
150300 C	COEDPWR	W	7-10:30PM	1/11-3/15	TBA	\$225
150300 D	COEDWRDH	W	7-10:30PM	1/11-3/15	TBA	\$295
150300 E	COEDPWR	F	7-10:30PM	1/13-3/17	TBA	\$225
150300 F	WOMENPWRSU		6-9PM	1/8-3/12	TBA	\$225
150300 G	WOMENREC	M	7-10:30PM	1/9-3/13	TBA	\$225
150300 H	WMNPWRDHR		7-10:30PM	1/12-3/16	TBA	\$295
150300 I	WOMENPWRR		7-10:30PM	1/12-3/16	TBA	\$225

## SPRING ADULT SPORTS LEAGUES

### BASKETBALL

Fees are assessed at a per team rate. **Registration Deadline: 3/3, Start Date: 3/19. Register on or before 2/24 to receive a discount.**

Leagues are offered to men and women running Sunday through Friday for approximately 9 weeks. Leagues are offered in two divisions, UPPER (UP) and Lower (LOW). UPPER DIVISION = highly competitive. LOWER DIVISION = Recreational. 3 on 3 leagues will be offered as open leagues where men and women can compete in one league. Games are played at Community Building, Sports Pavilion Lawrence and East Lawrence Recreation Center. Teams will play a 7 game schedule followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250100 A	MENUPPER	SU	5-9PM	3/19-5/21	TBA	\$330
250100 B	MENLOWER	SU	5-9PM	3/19-5/21	TBA	\$330
250100 C	3ON3	M	6-10PM	3/20-5/22	TBA	\$150
250100 D	MENUPPER	T	6-10PM	3/21-5/23	TBA	\$330
250100 E	MENLOWER	T	6-10PM	3/21-5/23	TBA	\$330
250100 F	3ON3	W	6-10PM	3/22-5/24	TBA	\$150
250100 G	MENUPPER	R	6-10PM	3/23-5/25	TBA	\$330
250100 H	MENLOWER	R	6-10PM	3/23-5/25	TBA	\$330
250100 I	COED	F	6-10PM	3/24-5/26	TBA	\$330

SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS

RECREATION FACILITIES

**INDOOR SOCCER**

Fees are assessed at a per team rate. **Registration Deadline: 3/10, Start Date: 4/6.** 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 will consist of 7-regular season games followed by a single-elimination tournament. **Register on or before 3/3 to receive a discount..**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250600 A	MENS	F	6-10PM	4/7-5/26	SPL-TF	\$370
250600 B	COED	R	6-10PM	4/6-5/25	SPL-TF	\$370

**KICKBALL**

Fees are assessed at a per team rate. **Registration Deadline: 3/10, Start Date: 4/2. Register on or before 3/3 to receive a discount.** Leagues are offered for Coed teams run on Sunday, Wednesday, and Friday for approximately 7 weeks. Leagues are offered in two divisions, BUNT and NO BUNT. Games are played at Lyons Park and Clinton Lake Sports Complex. Teams will play a 7 game schedule followed by a single elimination tournament. Teams may be required to play Double Headers occasionally to fit games in on schedule.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250400 A	COEDBUNT	F	6:15-10:15PM	4/7-5/26	LYONS	\$235
250400 B	COEDBUNT	SU	2-9PM	4/2-5/21	CLSC	\$235
250400 C	COEDNOBT	F	6:15-10:15PM	4/7-5/26	LYONS	\$235
250400 D	COEDNOBT	SU	2-9PM	4/2-5/21	CLSC	\$235
250400 E	COEDNOBT	W	6:15-10:15PM	4/5-5/24	LYONS	\$235

**PICKLEBALL**

Are you an avid pickleball player looking for some competition? If so Lawrence Parks and Recreation will be offering multiple tournaments throughout the year at Sports Pavilion Lawrence which will provide a great opportunity to showcase your ability and meet and compete with other avid pickleballers. Please check our website [www.lawrenceks.org/lprd](http://www.lawrenceks.org/lprd) periodically to view upcoming tournament dates. Pickleball free play is offered at East Lawrence Recreation Center, as well as Sports Pavilion Lawrence throughout the year, **for times/information regarding free play please contact the Adult Sports office at (785) 832-7920 or email at [adultsports@lawrenceks.org](mailto:adultsports@lawrenceks.org).**

**SOFTBALL**

Fees are assessed at a per team rate. **Registration Deadline: 3/10, Start Date: 4/2. Register on or before 3/3 to receive a discount.** Offered for men, women, and Coed teams in leagues running Sunday through Friday for approximately 7 weeks. Leagues are offered in two divisions, UPPER (UP) and Lower (LOW). UPPER DIVISION = Class A, B and C: Limit 3 home runs per game. LOWER DIVISION = Class D: Limit 1 home run per game. All leagues will play 'one up' after home run limits are reached. Games are played at Lyons Park and Clinton Lake Sports Complex. Teams will play a 7 game schedule followed by a single elimination tournament (teams may be required to play an occasional double header in order to get games completed on time). DOUBLE HEADER (DH) leagues will play 10 games followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250201 A	COEDUP	SU	2-9PM	4/2-5/21	TBA	\$295
250201 B	COEDLOW	SU	2-9PM	4/2-5/21	TBA	\$295
250201 C	COEDUP	M	6:15-10:15PM	4/3-5/22	TBA	\$295
250201 D	COEDLOW	M	6:15-10:15PM	4/3-5/22	TBA	\$295
250201 E	COEDUP	T	6:15-10:15PM	4/4-5/23	TBA	\$295
250201 F	COEDLOW	T	6:15-10:15PM	4/4-5/23	TBA	\$295
250201 G	COEDUP	R	6:15-10:15PM	4/6-5/25	TBA	\$295
250201 H	COEDLOW	R	6:15-10:15PM	4/6-5/25	TBA	\$295
250202 A	MENUP	M	6:15-10:15PM	4/3-5/22	TBA	\$295
250202 B	MENLOW	M	6:15-10:15PM	4/3-5/22	TBA	\$295
250202 C	MENUP	T	6:15-10:15PM	4/4-5/23	TBA	\$295
250202 D	MENLOW	T	6:15-10:15PM	4/4-5/23	TBA	\$295
250202 K	MENUP	W	6:15-10:15PM	4/5-5/24	TBA	\$295
250202 E	MENLOW	W	6:15-10:15PM	4/5-5/24	TBA	\$295
250202 F	MENDHUP	W	6:15-10:15PM	4/5-5/24	TBA	\$375
250202 G	MENUP	R	6:15-10:15PM	4/6-5/25	TBA	\$295
250202 H	MENLOW	R	6:15-10:15PM	4/6-5/25	TBA	\$295
250202 I	MENDHUP	F	6:15-10:15PM	4/7-5/26	TBA	\$375
250204 J	MENDHLOW	F	6:15-10:15PM	4/7-5/26	TBA	\$375
250204 A	WOMENUP	M	6:15-10:15PM	4/3-5/22	TBA	\$295
250204 B	WOMENLOW	M	6:15-10:15PM	4/3-5/22	TBA	\$295

**VOLLEYBALL**

Fees are assessed at a per team rate. **Registration Deadline: 3/10, Start Date: 4/3. Register on or before 3/3 to receive a discount.** Leagues are offered in women and COED divisions with POWER (PWR) divisions designed for competitive play and RECREATION (REC) divisions designed for recreational play with spiking and serving overhand not allowed. DOUBLE HEADER (DH) leagues are designed for the most competitive teams with each team playing two matches per night. Leagues will run Monday through Friday for approximately 8 weeks. Matches are played at Sports Pavilion Lawrence (SPL), Holcom Park Recreation Center (HPRC) and Holcom Park Recreation Center Sand Courts (HPRC-SC). Teams will play a 7 match schedule followed by a single elimination tournament. DOUBLE HEADER (DH) leagues will play 12 matches followed by a single elimination tournament.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
250300 A	COEDSAND	M	6-9PM	4/3-5/22	HPRC-SC	\$130
250300 B	COEDREC	T	7-10:30PM	4/4-5/23	TBA	\$185
250300 C	COEDPWR	W	7-10:30PM	4/5-5/24	TBA	\$185
250300 D	CEDPWRDH	W	7-10:30PM	4/5-5/24	TBA	\$260
250300 E	COEDSAND	R	6-9PM	4/6-5/25	HPRC-SC	\$130
250300 F	COEDPWR	F	7-10:30PM	4/7-5/26	TBA	\$185
250300 G	WOMENREC	M	7-10:30PM	4/3-5/22	TBA	\$185
250300 H	WOMNSAND	T	6-9PM	4/4-5/23	HPRC-SC	\$130
250300 I	WOMENPWR	R	7-10:30PM	4/6-5/25	TBA	\$185
250300 J	WMNPWRDH	R	7-10:30PM	4/6-5/25	TBA	\$260



## BIRTHDAY PARTIES

### SPL BIRTHDAY PARTIES (COURTS/TURF AREA)

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.**

## YOUTH CLINICS/INSTRUCTIONAL PROGRAMS

### 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	1/3-1/24	SPL	\$40
126001 B	FUTSTAR	R	10:30-11:30AM	1/5-1/26	SPL	\$40
126001 C	FUTSTAR	T	10:30-11:30AM	2/7-2/28	SPL	\$40
126001 D	FUTSTAR	R	10:30-11:30AM	2/9-3/2	SPL	\$40
226001 A	FUTSTAR	T	10:30-11:30AM	3/21-4/11	SPL	\$40
226001 B	FUTSTAR	R	10:30-11:30AM	3/23-4/13	SPL	\$40
226001 C	FUTSTAR	T	10:30-11:30AM	4/25-5/16	SPL	\$40
226001 D	FUTSTAR	R	10:30-11:30AM	4/27-5/18	SPL	\$40

### LITTLE KICKERS

*Pre-School 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	1/4-1/25	SPL-TF	\$40
126200 B	LITTLEKICK	R	10-10:50AM	1/5-1/26	SPL-TF	\$40
126200 C	LITTLEKICK	S	9-9:50AM	1/7-1/28	SPL-TF	\$40
126200 D	LITTLEKICK	W	10-10:50AM	2/8-3/1	SPL-TF	\$40
126200 E	LITTLEKICK	R	10-10:50AM	2/9-3/2	SPL-TF	\$40
126200 F	LITTLEKICK	S	9-9:50AM	2/11-3/4	SPL-TF	\$40
226200 A	LITTLEKICK	W	10-10:50AM	3/22-4/12	SPL-TF	\$40
226200 B	LITTLEKICK	R	10-10:50AM	3/23-4/13	SPL-TF	\$40
226200 C	LITTLEKICK	S	9-9:50AM	3/25-4/15	SPL-TF	\$40
226200 D	LITTLEKICK	W	10-10:50AM	4/26-5/17	SPL-TF	\$40
226200 E	LITTLEKICK	R	10-10:50AM	4/27-5/18	SPL-TF	\$40
226200 F	LITTLEKICK	S	9-9:50AM	4/29-5/20	SPL-TF	\$40

## JEFF HAWKINS SKILLS ACADEMY NEW

*Ages: Kindergarten-8th grade. Enrollment Min 10 / Max 20.* This new program is a collaboration between Lawrence Parks & Recreation Department and former KU point guard Jeff Hawkins. These skills clinics are designed to teach the fundamentals and fine points of basketball. Focus will be placed on ball handling, foot work, shooting form and the details of becoming a more all-around player. These clinics will allow young athletes to grow on portions of their game that are often times not covered in team practices. The curriculum will be designed by Coach Hawkins using the many lessons he learned from Hall of Fame coaches Roy Williams and Bill Self. **Program is offered in either 1 or 2 sessions per week.**

### 1 session/week

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
426850 A	K-1	M O R T	5:30-6:30PM	DEC	SPL	\$45/MON
426852 A	2-5	M O R T	5:30-6:30PM	DEC	SPL	\$45/MON
426854 A	6-8	W O R R	5:30-6:30PM	DEC	SPL	\$45/MON
126850 B	K-1	M O R T	5:30-6:30PM	JAN	SPL	\$45/MON
126852 B	2-5	M O R T	5:30-6:30PM	JAN	SPL	\$45/MON
126854 B	6-8	W O R R	5:30-6:30PM	JAN	SPL	\$45/MON
126850 C	K-1	M O R T	5:30-6:30PM	FEB	SPL	\$45/MON
126852 C	2-5	M O R T	5:30-6:30PM	FEB	SPL	\$45/MON
126854 C	6-8	W O R R	5:30-6:30PM	FEB	SPL	\$45/MON
126850 D	K-1	M O R T	5:30-6:30PM	MARCH	SPL	\$45/MON
126852 D	2-5	M O R T	5:30-6:30PM	MARCH	SPL	\$45/MON
126854 D	6-8	W O R R	5:30-6:30PM	MARCH	SPL	\$45/MON

### 2 sessions/week

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
426851 A	K-1	M & T	5:30-6:30PM	DEC	SPL	\$75/MON
426853 A	2-5	M & T	5:30-6:30PM	DEC	SPL	\$75/MON
426855 A	6-8	W & R	5:30-6:30PM	DEC	SPL	\$75/MON
126851 B	K-1	M & T	5:30-6:30PM	JAN	SPL	\$75/MON
126853 B	2-5	M & T	5:30-6:30PM	JAN	SPL	\$75/MON
126855 B	6-8	W & R	5:30-6:30PM	JAN	SPL	\$75/MON
126851 C	K-1	M & T	5:30-6:30PM	FEB	SPL	\$75/MON
126853 C	2-5	M & T	5:30-6:30PM	FEB	SPL	\$75/MON
126855 C	6-8	W & R	5:30-6:30PM	FEB	SPL	\$75/MON
126851 D	K-1	M & T	5:30-6:30PM	MARCH	SPL	\$75/MON
126853 D	2-5	M & T	5:30-6:30PM	MARCH	SPL	\$75/MON
126855 D	6-8	W & R	5:30-6:30PM	MARCH	SPL	\$75/MON





### S.N.A.G. JUNIOR GOLF INSTRUCTION

*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
260103 A	SNAG	M	5:30-6:15PM	3/27	EBGC	\$20
260103 B	SNAG	M	5:30-6:15PM	4/3	EBGC	\$20
260103 C	SNAG	M	5:30-6:15PM	4/10	EBGC	\$20
260103 D	SNAG	M	5:30-6:15PM	4/17	EBGC	\$20
260103 E	SNAG	M	5:30-6:15PM	4/24	EBGC	\$20

### INTRO 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) 330-7355. No class 7/20.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
326300 A	TEEBALL	M	5:45-6:45PM	5/1-5/22	SPL	\$45
326300 B	TEEBALL	T	5:45-6:45PM	5/2-5/23	SPL	\$45
326300 C	TEEBALL	R	5:45-6:45PM	5/4-5/25	SPL	\$45
326300 D	TEEBALL	M	7-8PM	6/5-6/26	SPL	\$45
326300 E	TEEBALL	T	5:45-6:45PM	6/6-6/27	SPL	\$45
326300 F	TEEBALL	R	7-8PM	6/8-6/29	SPL	\$45
326300 G	TEEBALL	M	5:45-6:45PM	7/10-7/31	SPL	\$45
326300 H	TEEBALL	T	5:45-6:45PM	7/11-8/1	SPL	\$45
326300 I	TEEBALL	R	5:45-6:45PM	7/13-8/10	SPL	\$45

### INTRO TO VOLLEYBALL

*Ages: 2nd-3rd grades. Min 10 / Max 20.* Intro Volleyball provides an ideal entry level program to learn the concept of the game and basic fundamentals — passing, setting, serving and rotations. A lighter volleyball along with modified net height and court dimensions will help promote success while allowing kids to focus on proper technique. Parents are required to participate during instruction time. **For more information, please contact SPL at (785) 330-7355.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
226107 A	INTROVB	T	6PM	4/4-4/25	SPL	\$45
226107 B	INTROVB	R	6PM	4/6-4/27	SPL	\$45
226107 A	INTROVB	T	6PM	5/2-5/23	SPL	\$45
226107 A	INTROVB	R	6PM	5/4-5/25	SPL	\$45

## WINTER YOUTH SPORTS LEAGUES

### BASKETBALL — 2ND SESSION

*Ages: Kindergarten-8th grade (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. 9. 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 2016-17 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.23. **Leagues for Kindergarten through 4th grade games will be held Saturdays, Feb. 4 through March 11, at neighborhood recreation centers. Leagues for 5th through 8th grade games will be held Sundays, Feb. 5 through March 12 at Sports Pavilion Lawrence.**

### LEAGUES (CODE BREAKDOWN)

**INTRO-K — (boys) Kindergarten/pre-school** (pre-school must be 6 years of age before 8/1/17)

**INTRO-Kg — (girls) Kindergarten/pre-school** (pre-school must be 6 years of age before 8/1/17)

**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	2/4-3/11	TBA	\$45
124101 B	RK1	S	TBA	2/4-3/11	TBA	\$45
124101 C	RK2	S	TBA	2/4-3/11	TBA	\$45
124101 D	REC3	S	TBA	2/4-3/11	TBA	\$45
124101 E	REC4	S	TBA	2/4-3/11	TBA	\$45
124101 F	JHAWK5	SU	TBA	2/5-3/12	TBA	\$55
124101 G	JHAWK6	SU	TBA	2/5-3/12	TBA	\$55
124101 H	JHAWK7-8	SU	TBA	2/5-3/12	TBA	\$55
124101 I	INTRO-KG	S	TBA	2/4-3/11	TBA	\$45
124101 J	RKG	S	TBA	2/4-3/11	TBA	\$45
124101 K	RG	S	TBA	2/4-3/11	TBA	\$45
124101 L	JHG	SU	TBA	2/5-3/12	TBA	\$55
124101 M	JHG7-8	SU	TBA	2/5-3/12	TBA	\$55

All youth sports registration forms are available online at [www.lprd.org/youthsports](http://www.lprd.org/youthsports) or at any Lawrence Parks and Recreation Department facility.





### YOUTH INDOOR SOCCER (K-4TH)

*Ages: Kindergarten-4th grade (Boys and Girls Leagues).* The objective of the soccer program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, safe atmosphere. Please be sure to indicate school when filling out registration. Teams will be formed by schools but kids may NOT be exclusively attending the same school. Team assignment depends on who volunteers to coach and the school the child attends. Practice times will be determined by the coach. Practices will begin the week of Jan. 16. Games will be held on Saturdays, Jan. 28-March 4. Games will be played going cross court on the turf field. Game shirts included in fee. Coaches will contact team members on Jan. 12 about their practice times. **Registration deadline: Wednesday, Dec. 21. \$15 late fee after the deadline. No refunds given after teams have been formed.**

#### LEAGUE BREAKDOWN

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126201 A	SC1	S	TBA	1/28-3/4	SPL-TF	\$50
126201 B	SC2	S	TBA	1/28-3/4	SPL-TF	\$50
126201 C	SC3	S	TBA	1/28-3/4	SPL-TF	\$50
126201 D	SC4	S	TBA	1/28-3/4	SPL-TF	\$50
126201 E	SC5	S	TBA	1/28-3/4	SPL-TF	\$50

### BOYS AND GIRLS INTRAMURAL SOCCER (5TH-8TH)

*Ages: 5th-8th 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. 16. Games will be held on Saturdays, Jan. 28-March 4. Games will be played on the full turf field. Game shirt included in fee. Coaches will contact team members on Jan. 12 about their practice times. **Registration deadline: Wednesday, Dec. 21. No refunds given after teams have been formed.**

#### LEAGUE BREAKDOWN

- SC6 (boys)** — 5th & 6th grades
- SC7 (girls)** — 5th & 6th grades
- SC8 (boys)** — 7th & 8th grades
- SC9 (girls)** — 7th & 8th grades

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126201 F	SC6	S	TBA	1/28-3/4	SPL-TF	\$60
126201 G	SC7	S	TBA	1/28-3/4	SPL-TF	\$60
126201 H	SC8	S	TBA	1/28-3/4	SPL-TF	\$60
126201 I	SC9	S	TBA	1/28-3/4	SPL-TF	\$60

### 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. 16-March 12. Practice will run up to one hour a week. **Games will be played on Sundays starting Jan. 29. Games for this session will be played at Holcom Recreation Center, 2700 W. 27th St. Registration deadline is Monday, Dec. 12. For more information, please contact SPL at (785) 330-7355.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126100 A	VOLLEY	SU	TBA	1/16-3/12	HPRC	\$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. 16-March 12. Practice will run up to 1 hour a week. **Games will be played on Sundays starting Jan. 29. Games for this session will be played at Holcom Recreation Center, 2700 W. 27th St. Registration deadline is Monday, Dec. 12. For more information, please contact SPL at (785) 330-7355.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
126101 A	VOLLEY	SU	TBA	1/16-3/12	HPRC	\$50

## SPRING/SUMMER SPORTS LEAGUES

### YOUTH BASEBALL/SOFTBALL

*Ages: Kindergarten-6th grade (Boys and Girls Leagues).* The objective of the baseball/softball program is to provide an opportunity for children to play baseball/softball in an organized, competitive, yet recreational setting during the summer. Our emphasis will be not only to teach some basic skills and fundamentals but also to teach fair play, team work and sportsmanship. **Please be sure to indicate grade during the 2016-17 school year. Teams and leagues will be formed by current grade level as of May 1, 2017. 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 6. For more information contact the Youth Sports Division at (785) 330-7355. If not enrolling online, registration forms are available online at [lprd.org](http://prd.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 08/01/17*)

**INTRO-KG — Introduction T-Ball (girls) Kindergarten/pre-school** (*pre-school must be 6 years of age before 08/01/17*)

**RKBB1-2 — Rookie Baseball** (boys, combo coach pitch & t-ball) — 1st & 2nd grades

**RKSB1-2 — Rookie Softball** (girls, combo coach pitch & t-ball) — 1st & 2nd grades

**RBBB3-4 — Rec Baseball** (boys, coach pitch) — 3rd & 4th grades

**RSBG3-4 — Rec Softball** (girls, coach pitch) — 3rd & 4th grades

**JHBBB4 — Jhawk Baseball** (boys, combo player/pitch & coach pitch) — 4th grade only

**JHBBB5-6 — Jhawk Baseball** (boys, player pitch) — 5th & 6th grades

**JHSBB4-6 — Jhawk Softball** (girls, combo player pitch/coach pitch) — 4th, 5th & 6th grades

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
224401	A	INTRO-K	MTWRFSTBA		5/15-8/1	TBA	\$40
224401	B	INTRO-KG	MTWRFSTBA		5/15-8/1	TBA	\$40
224401	C	RKBB1	MTWRFSTBA		5/15-8/1	TBA	\$40
224401	D	RKBB2	MTWRFSTBA		5/15-8/1	TBA	\$40
224401	E	RKSB1-2	MTWRFSTBA		5/15-8/1	TBA	\$40
224401	F	RBBB3-4	MTWRFSTBA		5/15-8/1	TBA	\$45
224401	G	RSBG3-4	MTWRFSTBA		5/15-8/1	TBA	\$45
224401	H	JHBBB4	MTWRFSTBA		5/15-8/1	TBA	\$55
224401	I	JHBBB5-6	MTWRFSTBA		5/15-8/1	TBA	\$55
224401	J	JHSBG4-6	MTWRFSTBA		5/15-8/1	TBA	\$50
224401	K	JHSBB7-8	MTWRFSTBA		5/15-8/1	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 24, 2017.

**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 24, 2017. 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, 2017.

**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 Monday, May 1, 2017, 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, 2017. 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 eight teams that pay the \$150 team deposit. Balance due Saturday, April 1, 2017.

Objective of this league is to provide a competitive league schedule for teams wishing to schedule tournaments (on their own) on the weekends. Players cannot turn 15 years-old prior to Sunday, Jan. 1, 2017.

League play consists of a 12 to 14 game schedule beginning the week of April 10, running through the first week of July. Schedules will be provided at the league coaches' meeting the week of March 6, 2017.

League games will be played on Monday through Thursday, leaving weekends open for teams that want to play in out-of-town tournaments on their own. Make up games maybe rescheduled for weekends if both team are available. Teams must provide: team name, uniforms and their own equipment. Insurance and umpire fees covered by team registration fees. A coach from each team will be required to attend league meetings to review league rules, rainout and rescheduling procedures, as well as other items associated with league play. Games will be played at the Holcom Sports Complex.

**Houk League**

**U14** — Players cannot turn 15 years-old prior to Sunday, Jan. 1, 2017. Team entry. Games will begin mid-May 2017.

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

**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 April 3-May 18. Practice will run up to one hour a week. **Games will be played on Thursdays starting April 13. Games in this session will be played at Sports Pavilion Lawrence, 100 Rock Chalk Lane. Registration deadline is Monday, March 6. For more information, please contact SPL at (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
226100	A	VOLLEY	R	TBA	4/3-5/18	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 April 3-May 18. Practice will run up to 1 hour a week. **Games will be played on Thursdays starting April 13. Games in this session will be played at Sports Pavilion Lawrence, 100 Rock Chalk Lane. Registration deadline is Monday, March 6. For more information, please contact SPL at (785) 330-7355.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
226101	A	VOLLEY	R	TBA	4/3-5/18	SPL-GY	\$50





## WINTER BREAK CAMPS

### RECREATION INSTRUCTION DIVISION

#### WINTER BREAK GYMNASTICS CAMP

**Ages: 5-12. Enrollment 7 / Max 28.** Join the gymnastics staff for winter break and rid the winter blues with the thrill of gymnastics! Bounce on the trampoline, roll over the bars or hang by the rings. Camp is designed for participants to improve and learn new skills, increase physical fitness and build a positive self-image. Other activities will include volleyball, basketball, soccer, board games, movies and arts and crafts. **Campers will need to provide their own lunch. Instructor: LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
416014	B	GYMCAMP	MTWRF	9AM-4PM	12/26-12/30	SPL-GR \$140
116014	A	GYMCAMP	MTW	9AM-4PM	1/2-1/4	SPL-GR \$84

#### LEGO® PRE-ENGINEERING

**Ages: 5-7. Enrollment Min 11 / Max 16.** Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals. **Instructor: Play-Well TEKnologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421204	A	PREENGI	MTWRF	9AM-12PM	12/26-12/30	SPL-LR \$185

#### LEGO® ENGINEERING FUNDAMENTALS

**Ages: 8-12. Enrollment Min 11 / Max 16.** Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. **Instructor: Play-Well TEKnologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421204	B	ENGINE	MTWRF	1-4PM	12/26-12/30	SPL-LR \$185

#### MAD SCIENCE EUREKA! THE INVENTOR'S CAMP

**Ages: 6-12. Enrollment Min 8 / Max 20.** Creative Contraption Warning! This is a camp designed by you-the Inventor! Each day you'll be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all — your mind. With a little bit of ingenuity you'll construct catapults and forts and then lay siege. **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421162	A	EUREKA	MTWRF	9AM-NOON	12/26-12/30	CR-HR \$160

### SPECIAL EVENTS DIVISION

#### HOLIDAY HAPPENINGS

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. 23, 6:30 p.m. or until full.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
425160	A	HOLHAP	TWRF	8:30AM-3:30PM	12/27-12/30	HPRC \$85
425160	B	HOLHAP	TW	8:30AM-3:30PM	1/3-1/4	HPRC \$50

### SPECIAL POPULATIONS DIVISION

#### HOLIDAY CAMP, FULL DAY

**Ages: 5-12.** This is a fully-integrated camp for youth with and without disabilities. Youth gain socialization, exercise, integration and the opportunity to have a winter filled with friends and fun. A structured program with different activities scheduled weekly. Examples of daily activities include: bowling; activities at recreation and aquatic centers; music; dancing; basketball; acting; arts and crafts and in-town field trips. Registration deadline is one week in advance. A camp packet must be completed and returned before the deadline. **Staff to child ratio is 1:4. This is NOT one-on-one. Bring a sack lunch daily.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
422194	A	HOLIDAY	TWRF	9AM-4PM	12/27-12/30	ELRC \$75
422194	B	HOLIDAY	TW	9AM-4PM	1/2-1/4	ELRC \$50

### SPRING BREAK CAMPS

#### AQUATICS DIVISION

##### SPRING BREAK WET "N" WILD CAMP

**Ages: 5-12. Enrollment Min 10 / Max 30.** Parents, if you are looking for a fun learning experience for your kids during Spring Break, *Spring Break Wet "N" Wild Camp* is your destination. Kids always have a great time at the pool and this is a special offering, so sign up now. Each day the kids will learn about water safety, have a swim lesson by our instructors, do crafts, have snacks and end with free time. Parents will be invited to join us on Friday to watch their kids play and we will all enjoy a pizza party. **Pre-registration is required for the camp,** and they fill quickly, so sign up today!

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
211140	A	WETWILD	MTWR	8AM-12PM	3/20-3/23	LIAC \$55

#### GOLF DIVISION

##### SPRING BREAK YOUTH GOLF CAMPS

**Ages: 5-10 / 7-10 / 11-14. Enrollment Min 3 / Max 10.** Eagle Bend is offering Spring Break golf camps, March 22-24. **Instructor: Eagle Bend Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
260230	A	AGE7-10	WRF	3-3:45PM	3/22-3/24	EBGC \$50
260230	B	AGE11-14	WRF	4-4:45PM	3/22-3/24	EBGC \$50
260230	C	AGE5-10	WRF	5-5:45PM	3/22-3/24	EBGC \$50

#### NATURE DIVISION

##### ANIMALS GONE WILD SPRING BREAK WILDLIFE CAMP

**Ages: 6-12. 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
223234	A	SPBREAK	MTWRF	8:30AM-4PM	3/20-3/24	PPNC \$110

### 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! **Campers will need to provide their own lunch. LPRD Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
216014	A	SPRING	MTWR	9AM-4PM	3/20-3/23	SPL-GR \$115



**SPRING BREAK THEATER CAMP**

■ **Ages: 6-12. Enrollment Min 6 / Max 65.** “The Pet Confessions: Your pet’s secret lives revealed!” We have all wondered what goes on in the minds of our pets! Perhaps they have a secret life you know nothing about. Why does Dexter chase the mailman? Where does Milo go when he’s out all night? Students will unravel this mystery as they re-create dramatic adventures of our own real pets. This week-long camp will end with a Friday performance for family and friends. **Campers will need to provide their own lunch.** + **This program is co-sponsored with Theatre Lawrence. Instructor: Theatre Lawrence Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
214005 C	SPBRBK	MTWRF	9AM-4PM	3/20-3/24	TL	\$199

**LEGO® SUPER HERO ENGINEERING**

■ **Ages: 5-7. Enrollment Min 11 / Max 16.** Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict. **Instructor: Play-Well TEKnologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221204 A	SUPERHE	MTWRF	9AM-12PM	3/20-3/24	CR-HR	\$185

**LEGO® SUPER HERO MASTER ENGINEERING**

■ **Ages: 8-12. Enrollment Min 11 / Max 16.** LEGO® Super Heroes need your help to defeat the destructive forces of evil arch-villains as they threaten LEGOpolis! Explore the tools and techniques of your favorite caped crusaders and learn what makes them not only Super Heroes, but super engineers. An engineering curriculum designed by Play-Well challenges heroes to design, build, and save a city where ingenuity and imagination can solve any conflict. **Instructor: Play-Well TEKnologies Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
221204 B	SUPERHE	MTWRF	1-4PM	3/20-3/24	CR-HR	\$185

**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	3/20-3/24	HPRC	\$80
225120 B	SPBREAK	MTWRF	8:30AM-4PM	3/20-3/24	ELRC	\$80

**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	3/20-3/24	ELRC	\$80
222100 B	AGE13-21	MTWRF	8:30AM-4PM	3/20-3/24	ELRC	\$80

**YOUTH SPORTS DIVISION**

**ALL-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	3/20-3/23	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	MTWR	8:30-10AM	3/20-3/23	SPL-TF	\$60
226350 B	CAMP	MTWR	2-3:30PM	3/20-3/23	SPL-TF	\$60



2730 Harper St.  
Mondays: Closed  
Tuesday-Saturday: 9 a.m.-5 p.m.  
Sundays: 1p.m.-4 p.m.

GET... WILD... WITH...  
**PRAIRIE PARK NATURE CENTER**

Come visit us  
and meet our  
beloved bald  
eagle Kansa!




# 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 75*). 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](http://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](mailto:parksrec@lawrenceks.org). **Open Gym hours are subject to change without notice.**

SPECIAL EVENTS

SPECIAL POPULATIONS

ADULT SPORTS

YOUTH SPORTS

YOUTH CAMPS

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 3 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 \$45** (between 10 a.m. and 3 p.m. or 4 p.m. and 9 p.m.) **Full-day rental \$75** (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 3 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 \$90** (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](http://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 — **\$35 per hour**
- Theater Room — **\$25 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: **\$85**

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: \$995/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](http://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.

## 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](http://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](http://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.

### Sandra J. Shaw Community Health Park 110 Maine St.

Fishing is 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](http://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.



## 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.

\* The regulations listed above also apply to the ponds at Pat Dawson-Billings Nature Area and the pond "Green's Lake" at Sandra J. Shaw Community Health Park.





## 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.*

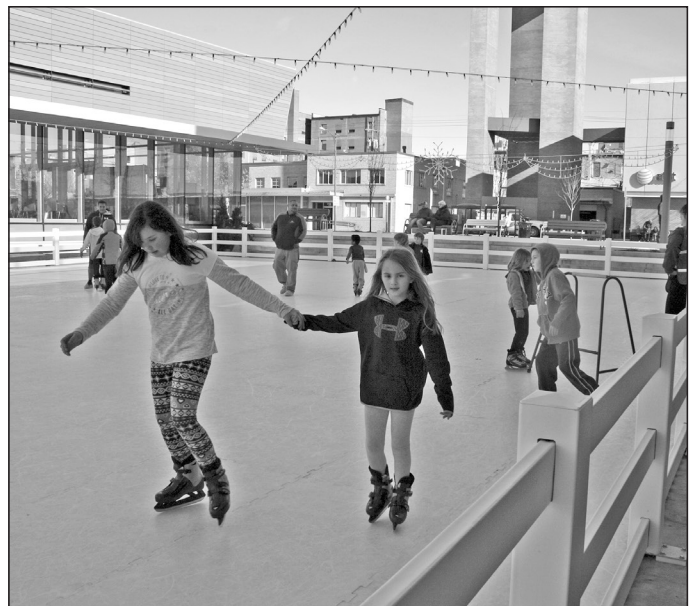
## SOFTBALL AND BASEBALL FIELD RESERVATIONS

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!*

## 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:

**Nov. 25**

Grand Opening — 1-7:30 p.m.

**Nov. 26-Dec. 20**

Friday — 4-7:30 p.m.

Saturday — 1-7:30 p.m.

Sunday — 1-7:30 p.m.

**Dec. 21-23, 26-30, Jan. 2-5**

Daily — 1-7:30 p.m.

**Dec. 24, 31**

1-4 p.m.

**Dec. 25, Jan. 1**

Closed

**Jan. 6-16**

Monday-Thursday — Closed  
(Except Jan. 16)

Friday — 4-7:30 p.m.

Saturday — 1-7:30 p.m.

Sunday — 1-7:30 p.m.

**Jan. 16**

1-7:30 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.



**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. \_\_\_\_\_

LAWRENCE  
JOURNAL-WORLD®



**FIND LOCAL NEWS & EVENTS HERE!**  
*Let's make it a regular thing.*



*Subscribe Today!*

Get 12 Months of the  
Lawrence Journal-World  
delivered daily for just

**\$18.25** *per month\**



Call  
**785-843-1000**



Click  
**LJWorld.com/subscribe**



Stop By  
**645 New Hampshire**

\*Plus sales tax. New subscribers only. Must sign up for SmartPay. See LJWorld.com/subscribe for complete details.

# NEW! SIGNATURE CARD!

# 1.99%

Intro  
APR

For Purchases & Transfers For 15 Months. WAC.

## TRIPLE POINTS ALL THE TIME

Or choose another great Truity card and enjoy the same introductory rate!

*Apply online at [TruityCU.org/CreditCards](http://TruityCU.org/CreditCards).*



  
**TRUITY**  
CREDIT UNION

\*1.99% Introductory Annual Percentage Rate (APR) good on purchases, cash advances and balance transfers for new Truity Visa® cards for the first 15 months; then, continue to save with the low prevailing variable rate. A 2% balance transfer or cash advance fee will apply. Truity Credit Union membership is required. Triple points on purchases available for members with Truity Signature Rewards cards and Advantage checking accounts; all other Signature cardholders earn 2 points per dollar. Refer to the cardholder agreement for more information. With approved credit.