

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 FIT

Ages: 16 and Up. Enrollment Min 15 / Max 15. 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	DAY	TIME	DATE	LOC	FEE
212434	1A	TR	9-9:45AM	3/22-5/19	LIAC	\$68
212434	1B	TR	10-10:45AM	3/22-5/19	LIAC	\$68

AQUA HIIT

Ages: 16 and Up. Enrollment Min 10 / Max 15. 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	DAY	TIME	DATE	LOC	FEE
212437	1A	TR	5:30-6:15PM	3/22-5/19	LIAC-S&DW	\$63

AQUA STRETCH FUSION II

Ages: 16 and Up. Enrollment Min 8 / Max 15. 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	DAY	TIME	DATE	LOC	FEE
212412	1B	TR	8:15-9:15AM	3/22-5/19	LIAC-CPSE	\$63

Jivin' Joints

Ages: 16 and Up. Enrollment Min 15 / Max 15. This 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 can experience a reduced level of pain, an improved ability to function independently in day-to-day life, and 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. **Instructors: LMH Therapy Services.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
212430	1A	MWF	8:45-9:30AM	3/21-5/20	LIAC	\$101
212430	1B	MWF	9:45-10:30AM	3/21-5/20	LIAC	\$101

SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 8 / Max 15. 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	DAY	TIME	DATE	LOC	FEE
212420	1A	MWF	7:15-8AM	3/21-5/20	LIAC	\$95

CODE DIRECTORY

LOCATION

LIAC..... Lawrence Indoor Aquatic Center, 4706 Overland Dr
S&DW..... Shallow and Deep Water
CPSE..... Competition Pool, Shallow End

ADMISSION AND PASS OPTIONS

DAILY ADMISSION CHARGES

Ages 3-17	\$5
Ages 18-59	\$6
ANNUAL PASS	\$250
30-DAY PASS	\$30
PUNCH CARDS	
Youth/Senior	\$35
Adult	\$45

For detailed pass and pricing options, visit our website at <http://lprd.org/aquatics/admission>

SENIOR SWIM DAYS

Swimming is an ideal form of exercise for seniors due to its low impact on joints and bones. Enjoy the benefits weekly. Wednesdays are Senior Swim Days for people 60 years old and over. **Every Wednesday, all day long, seniors swim for FREE!**

DEEPLY FIT

Ages: 16 and Up. Enrollment Min 8 / Max 15. Take the plunge into deep water aquatic fitness. Challenge your body, core muscles, and have fun! **Flotation belt required (provided). No swimming skills necessary.** **Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
212438	1A	MWF	8:15-9:15AM	3/21-5/20	LIAC	\$95

LABLAST SPLASH

Ages: 16 and Up. Enrollment Min 8 / Max 15. LaBlast Splash is a shallow aqua dance fitness workout based on Ballroom Dancing. It is partner-free and you learn the true skill of dance while blasting away calories in the pool. **Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
212439	1A	MW	5:30-6:15PM	3/21-5/18	LIAC	\$63

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. **Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
212413	1A	MW	6:30-7:15PM	3/21-5/18	LIAC	\$63

AQUATIC PERSONAL TRAINING

Are you trying to be more accountable for your own health? Do you like the aquatic environment? Want guidance and motivation on a personal basis? Want workouts personalized specifically for you now and in future as your skills increase? Aquatic personal training sessions are for you! Working with a nationally certified aquatic personal trainer will help you reach your goals today and in future. No swimming skills are required. Individual sessions are 45 minutes in length. Cost is \$ 35.00 per 45 minute session. **Contact Lori Madaus at the Lawrence Indoor Aquatic Center, (785) 832-SWIM (7946) for additional information.**

MAD SCIENCE WORKSHOPS

Lawrence Parks and Recreation has partnered with Mad Science of Kansas City to help your child to touch, see, hear, smell, and taste what science is all about! Campers will explore how science affects the world around us through discovery, games, hands-on activities, and a variety of take-home projects. All supplies are included in the fee.

AT THE SCENE OF THE CRIME WORKSHOP

■ **Ages: 6-12. Enrollment Min 10 / 20.** Become a forensic scientist and learn the science behind solving a crime! Campers will solve their own CSI mystery and eat homemade ice cream. **Participants will need to provide a sack lunch and a healthy snack.** **Instructor: Mad Science of Kansas City.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
221004	A	F	9AM-4PM	3/4	SPL-CR	\$60

RADICAL REACTIONS WORKSHOP

■ **Ages: 6-12. Enrollment Min 10 / 20.** What do stomach acids do? Find out with our popper stoppers and liquid ooze. Discover how a clock can run on soda or water without batteries. **Participants will need to provide a sack lunch and a healthy snack.** **Instructor: Mad Science of Kansas City.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
221004	B	F	9AM-4PM	3/11	SPL-CR	\$60

EDISON'S WORKBENCH WORKSHOP

■ **Ages: 6-12. Enrollment Min 10 / 20.** Team up with your fellow camp inventors to explore the inventions of others--kids, women, Rube Goldberg, Thomas Edison and more! Draw inspiration from the wacky and practical. The goal of this full one-day camp is to understand that we have no limitations. Our dreams will inspire invention! **Participants will need to provide a sack lunch and a healthy snack.** **Instructor: Mad Science of Kansas City.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
221004	C	F	9AM-4PM	4/15	SPL-CR	\$60



CODE DIRECTORY

LOCATIONS

SPL Sports Pavilion Lawrence®, 100 Rock Chalk Ln
CR Champion Room
GR Gymnastics Room
FR Fitness Room

SYMBOLS

■ Not eligible for scholarship program
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RADICAL ROBOTS WORKSHOP

■ **Ages: 6-12. Enrollment Min 10 / 20.** Join Mad Science and our Radical Robots for a scientific journey through circuitry and sensors. Explore several different types of robots including those that follow lines and sound. Complete this full one-day camp by building your own robot to take home. **Participants will need to provide a sack lunch and a healthy snack.** **Instructor: Mad Science of Kansas City.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
221004	D	M	9AM-4PM	4/18	SPL-CR	\$60

MAD SCIENCE CAMPS

SPATASTIC

■ **Ages: 7-12. Min 10 / Max 20.** This is pure indulgence. Whip your bath into a frothy fizzing sea of color and fragrance. Kids will be able to make fragrant bath gels, aromatherapy oils, bath fizzers, spa lotion, face masks, oatmeal soap, shampoo, and more! This kit allows kids to mix colors, fresh ingredients, and fragrances to make their own line of unique products. **Instructor: Mad Science of Kansas City.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
221177	A	MTWRF	9AM-12PM	3/14-3/18	SPL-CR	\$165

SPORTS CAMPS

NINJA CAMP

Ages: 6-12. Min 6 / Max 28. Campers will be taught a combination of agility, ropes, bars and parkour training. Camp involves a variety of different challenges focused on our Ninja Warrior Curriculum. Other activities may include volleyball, basketball, soccer, nature walks, and more. If your child loves to jump, flip, and defy gravity, this is the camp for them! Campers will need to provide their own lunch, water bottle, and a healthy snack or two. **Campers will need to provide their own lunch.** **Instructor: LPRD Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
216014	A	MTWRF	9AM-4PM	3/14-3/18	SPL-GR	\$180

DANCE CAMPS

SING DANCE CAMP

Ages: 4-6 / 7-10. Min 5 / Max 12. Does your dancer want to be a double threat? Then this is the perfect camp for them! During this special Spring Break camp, participants will not only learn awesome new dance moves but also how to dance and sing at the same time! This camp is inspired by the movie "Sing". **Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214031	A(4-7)	MTWRF	1-2:30PM	3/14-3/18	SPL-FR	\$60
214031	B(7-10)	MTWRF	2:45-4:45PM	3/14-3/18	SPL-FR	\$80

ADULT DANCE

BALLROOM DANCING

Ages: 15 and Up. Enrollment Min 4 couples / Max 8 couples. This class is designed to give you a feel for the basic step, connection, and music of several dances per class. Learn fun techniques to spice up your dancing. Dancers will be introduced to the Waltz, Fox Trot, Jive and Cha Cha. **Partner enrollment required. Price reflects per person rate. Instructor: Shirley Barrand.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214180	A	W	7-8PM	3/30-5/4	HPRC-BR	\$30

COUNTRY COUPLES VARIETY DANCING

Ages: 15 and Up. Enrollment Min 10 / Max 30. Get ready to scoot your boots with a wide variety of country dances including the two-step, swing, waltz and polka dance. Learn the basic movements and sharpen your dance skills in the progressive class. **No class 4/17. Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214150	A	SU	5:40-6:40PM	4/3-5/15	SPL-LR	\$30

LATIN DANCE

Ages: 15 and Up. Enrollment Min 8 / Max 20. 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 and impressing your family and friends with your fancy footwork. **No class 4/17. Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214151	A	SU	6:50-7:50PM	4/3-5/15	SPL-LR	\$30

LINE DANCING

Ages: 15 and Up. Enrollment Min 10 / Max 30. Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No class 4/17. No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214152	A	SU	4:30-5:30PM	4/3-5/15	SPL-LR	\$30

FRIDAY WORKSHOPS

Workshop fees are listed at a per-person rate. Some programs require partner's enrollment.

CHA CHA WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 20. This class teaches the fundamentals and basic to intermediate patterns of Cha-Cha, a Latin dance that uses both single and triple rhythm movements. A versatile dance with interlocking slots that include both sideways patterns and forward and backward patterns, all that can be incorporated into various styles of music. All levels are welcome. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214146	B	F	5:45-8PM	5/13	SPL-LR	\$15

EAST COAST SWING, BEGINNER/ INTERMEDIATE

Ages 15 and Up. Enrollment Min 8 / Max 20. 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 wide range of upbeat music from Big Band to Contemporary to Country. Single time and Triple time footwork and movements will be presented. All levels are welcome! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214140	A	F	5:45-8PM	5/6	SPL-LR	\$15

CODE DIRECTORY

FACILITY

SPL.....Sports Pavilion Lawrence®, 100 Rock Chalk Ln
HPRC.....Holcom Park Recreation Center, 1115 W 11th St

ROOM

BR.....Bly Room
LR.....Legacy Room
FR.....Fitness Room
VR.....Victory Room

LINE DANCING WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214141	A	F	5:45-8PM	3/18	SPL-LR	\$15
214141	B	F	5:45-8PM	4/22	SPL-LR	\$15
214141	C	F	5:45-8PM	5/27	SPL-LR	\$15

ULTIMATE DANCE PARTY

Ages: 18 and Up. Enrollment Min 10 / Max 30. It's time to dance! You have learned all the steps, now you and your partner want to go out for an evening. 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 enjoy your favorite dance to some great music and dance the night away! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214160	A	F	6-8PM	3/11	SPL-LR	\$10
214160	B	F	6-8PM	4/15	SPL-LR	\$10
214160	C	F	6-8PM	5/20	SPL-LR	\$10

WEST COAST SWING, BEGINNER/ INTERMEDIATE WORKSHOP

Ages: 15 and Up. Enrollment Min 6 / Max 20. Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop, or Country. 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, with lots of time to practice. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214145	C	F	5:45-8PM	4/8	SPL-LR	\$15

SUNDAY WORKSHOPS

Workshop fees are listed at a per-person rate. Some programs require partner's enrollment.

DANCE FUNDAMENTALS II - TRIPLE RHYTHM MOVEMENTS & MORE

Ages: 15 and Up. Enrollment Min 8 / Max 20. This program is packed full of triple-rhythm dance movements and patterns like sailor steps, coaster steps and crossing triples. You'll review foot positions and some basic techniques that were explained in Dance Fundamentals I, and brush up on arm positions or port de bras. Then you'll add additional moves like knee pops, boogie walks, camel walks and sailor shuffles. **Singles and partners welcome. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214149	A	SU	1:15-4:15PM	3/13	SPL-LR	\$20

DANCE FUNDAMENTALS III – SPINS AND TURNS

Ages: 15 and Up. Enrollment Min 8 / Max 20. Elevate your dancing ability! Learn how to execute Spins and Turns 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, chainnés, 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. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214149	B	SU	1:15-4:15PM	5/15	SPL-LR	\$20

HUSTLE WORKSHOP

Ages 15 and Up. Enrollment Min 10 / Max 20. Hustle, an American dance originating in the 1970's during the heyday of Disco, is a very exciting and energetic dance with the flexibility to look elegant and graceful, sultry and intimate, or funky and fun. It shares patterns and concepts with Swing, Salsa, and other dances with wraps and turn patterns. In this workshop, we will concentrate on foundational elements and patters to help modernize the popular hustle and get you grooving on the dance floor! All levels are welcome! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214147	A	SU	1:15-4:15PM	4/24	SPL-LR	\$20

NIGHT CLUB SWAY

Ages: 15 and Up. Enrollment Min 10 / Max 30. Learn the Ultimate Slow Dance, Night Club Sway in this workshop. Basic and fundamental moves will be taught that allow you to move smoothly, fluidly and with style and grace on the floor. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214142	A	SU	1:15-4:15PM	5/1	SPL-LR	\$20

WEDDING DANCE CRASH COURSE

Ages: 18 and Up. Enrollment Min 10 / Max 30. 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. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214161	A	SU	1:15-4:15PM	3/6	SPL-LR	\$20
214161	B	SU	1:15-4:15PM	4/10	SPL-LR	\$20

WEST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

Ages: 15 and Up. Enrollment Min 8 / Max 20. West Coast Swing is a slotted dance done to any style of slow and bluesy music. Both 6 and 8-count movements will be presented. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor. Lots of practice time. All levels are welcome. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214145	A	SU	1:15-4:15PM	3/27	SPL-LR	\$20

YOUTH DANCE

All dance classes follow a set curriculum to help provide each dancer 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 inner dancer through the art of movement. Dancers build strength, flexibility, balance, confidence, body awareness, self-control and discipline through movement.

All dance classes invite only students into the dance studio during class time (with the exception of U & Me). We find that students focus and have the greatest opportunity for learning when parents are not in the studio. A designated Show Off Night in May will wrap up the session. You are invited to observe your child's progress during that time. Thank you for your understanding and cooperation.

Contact Jo Ellis, recreation supervisor, at 785-330-7358 or jellis@lawrenceks.org with any dance questions.

U AND ME

Ages: 2-3 with parents. Enrollment Min 5 / Max 12. Encourage your child's individual personality, spend some quality time together, and make some fun memories with 30 minutes of silly songs and playful dancing with your toddler. We encourage growth of social skills, motor skills, and creativity in this unique parent-and-dancer class. This class is used to develop listening skills and gain comfort with a classroom setting. **Only registered participants and one parent per registered participant are allowed in the classroom, no siblings. Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214015	A	S	11:45AM-12:15PM	3/26-4/16	SPL-FR	\$25

MINI BALLET

Ages: 3-4. Enrollment Min 5 / Max 12. Designed for our youngest dancers! Start learning the basics of ballet, including positions, center movements, and across-the-floor leaps in a fun environment. Hone in on gross motor skills, listening skills, and classroom skills. **Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214013	A	T	5:30-6:15PM	3/22-5/10	SPL-VR	\$52

MINI HIP-HOP

Ages: 3-4. Enrollment Min 5 / Max 12. Mini Hip-Hop is a very cool yet age appropriate dance class for this age group. The dancers will learn basic hip-hop as well as show some of their own best dance moves while grooving to their favorite music. **Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214017	A	R	5:30-6:15PM	3/24-5/12	SPL-VR	\$52

MINI JAZZ

Ages: 3-4. Enrollment Min 5 / Max 12. Come and play! Preschool dancers will explore the basics of the jazz style in a creative movement setting. Use your imagination and dance like a flower, a lion, or maybe the color blue! We'll play movement games and introduce basic dance concepts. **Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214014	A	M	5:30-6:15PM	3/21-5/9	SPL-VR	\$52

GLOWING STARS BALLET

Ages: 5-6. Enrollment Min 5 / Max 12. Get ready to leap and twirl! Dancers will begin learning the building blocks necessary to get a head start in Ballet. We'll start introducing the barre and basic movements to develop flexibility and fluidity of motion. **Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214023	A	T	6:25-7:20PM	3/22-5/10	SPL-VR	\$52

GLOWING STARS HIP HOP

Ages: 5-6. Enrollment Min 5 / Max 12. This class is for young beginners specifically focuses on developing rhythm and coordination while encouraging individual style in the art of hip-hop. **Instructor: LPRD Dance Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214016	A	R	6:25-7:20PM	3/24-5/12	SPL-VR	\$52

NEXT LEVEL HIP HOP

Ages: 7-10. Enrollment Min 5 / Max 12. Our hip-hop dancers develop focus, strength, and agility while having fun. This is an excellent class for high-energy kids who want to take a fast and fun dance class.

Instructor: LPRD Dance Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
214010	A	M	6:25-7:20PM	3/21-5/9	SPL-VR	\$52

YOUTH DANCE WORKSHOPS

INFORMATION COMING SOON

DISCLAIMER

Due to ever-increasing enrollment in our fitness and exercise classes, the number of participants prohibits bringing children to class, not only due to space requirements but also the distraction of children to the instructor and class participants.

MATS

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 by 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.

CODE DIRECTORY

FACILITY

SPL.....Sports Pavilion Lawrence®, 100 Rock Chalk Ln
 HPRC.....Holcom Park Recreation Center, 2700 W 27th St

ROOM

BR.....Wayne Bly Room
 GY.....Gymnasium
 FR.....Fitness Room
 LR.....Legacy Room

FITNESS CLASSES

BASIC HULA (NEW) ★½

Ages: 15 and Up. Enrollment Min 6 / Max 12. This mixed-level beginner class is for brand new students, beginners, and those who want to learn hula at a more relaxed pace. Our students gain a strong foundation in hula basics, including steps, beginning level hula dances, and an introduction to oli (Hawaiian chant). **Instructor: Victoria Chance.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215115	A	S	10-11AM	3/26-4/16	SPL-LR	\$30
215115	B	S	10-11AM	4/23-5/14	SPL-LR	\$30

ESSENTRICS, STRENGTHEN THROUGH STRETCH ★½

Ages: 15 and Up. Enrollment Min 10 / Max 14. Classes may use a combination of standing, floor, or barre movements to rebalance muscle tone through stretch, improve posture and balance, restore ease and range of motion to joints, and relieve chronic aches and pains. Leave each class moving freer and feeling younger than when you came in. **Bring a mat and towel. Instructor: Kirstin Olson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215027	A	S	8:45-9:45AM	3/26-5/21	HPRC-BR	\$36

H.I.I.T: "HIGH INTENSITY INTERVAL TRAINING" ★★½

Ages: 15 and Up. Enrollment Min 10 / Max 15. HIIT is an intense cardiovascular exercise alternating with less intense recovery periods; using Tabata formats! It's a fat blasting workout. You'll lose weight – not muscle – increase metabolism and build a healthier heart. **Bring a mat. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215101	A	MW	5:45-6:40PM	3/21-5/18	HPRC-GY	\$63

KAP COMBO ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. A combination class that consists of kickboxing, Abs & Power Sculpt. Three powerful combos packed in one class. KAP incorporates kickboxing techniques with an intense cardio workout alternating with strength training to challenge all your muscle groups with weights and resistance bands, finishing with killer Abs and Core. This class will leave you sweating, pumped, energized and ready to take on the world. **Bring a mat. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215076	A	T	5:45-6:40PM	3/22-5/17	HPRC-GY	\$36

★ **Introductory:** Just starting to exercise or haven't exercised in six months.

★★ **Intermediate:** Fairly active in sports, dance or some type of regular exercise (2 to 3 times per week).

★★★ **Advanced:** Very Active in sports or have been exercising four or more times per week for six months.

PILATES EXPRESS ★½

Ages: 15 and Up. Enrollment Min 10 / Max 20. A challenging workout for your core, arms, legs and lower body that creates flexibility, balance and strength. This total body workout infuses Pilates with a hint of yoga and basic ballet fundamentals to tone and elongate muscles. You will see results quickly and eliminate stress with this fusion of low impact movements. **Bring a mat. Instructor: Shannon Carlson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215223	A	MW	12:10-12:50PM	3/21-5/18	SPL-FR	\$63

POP PILATES ★½

Ages: 15 and Up. Enrollment Min 8 / Max 15. Pop Pilates combines Pilates inspired moves with the rhythmic qualities of choreographed dance for a total body workout that is fun and effective. Incorporating proper breathing, alignment, and balance you will flow through one move to the next, developing a solid core while leaving no muscle untouched. All levels welcome as there are options and modifications to fit the needs of each individual. **Bring a mat. Instructor: Shannon Carlson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215052	A	S	9:30-10:20AM	3/26-5/21	SPL-LR	\$36

POWER SCULPT ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. The ultimate strength training program to build muscle. Challenge all of your muscle groups by using barbells, handheld weights and weight room exercises. Instructor will focus on teaching correct lifting techniques, use of repetitions and selecting the right amount of weights to optimize muscle growth. **Bring a mat. Instructor: Christie Ogunnowo.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215011	B	S	10-10:50AM	3/26-5/21	HPRC-BR	\$36

POWER TONE EXPRESS ★½

Ages: 15 and Up. Enrollment Min 10 / Max 20. This class incorporates strength, balance and flexibility training using various equipment to bring body-changing results. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215034	A	MW	12:10-12:50PM	3/21-5/18	SPL-LR	\$63

RAISE THE BARRE ★★

Ages: 15 and Up. Enrollment Min 5 / Max 14. Get your burn, sweat and stretch in 30 minutes, twice a week! This class combines ballet inspired strengthening moves with the mind body aspect of yoga and the precision core integration of Pilates. Dynamic stretching along with focused movement are designed to lengthen and sculpt the body safely and effectively. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215030	A	TR	6:20-6:50PM	3/22-5/19	SPL-FR	\$63

STRENGTH TRAINING ★½

Ages: 15 and Up. Enrollment Min 10 / Max 14. Full-body conditioning workout for everyone designed to enhance muscle definition, balance, strength, and endurance in major muscle groups. Focus on the upper and lower body, as well as the core. The class uses resistance bands, weights and your own body weight. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215006	A	TR	5:30-6:15PM	3/22-5/19	SPL-FR	\$63

TRX EXPRESS ★½

Ages: 15 and Up. Enrollment Min 6 / Max 9. Improve your performance and take your training to the next level. You will develop strength, balance, flexibility and core stability simultaneously. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215116	A	TR	4:45-5:15PM	3/22-5/19	SPL-LR	\$72

TRX FLOW ★

Ages: 15 and Up. Enrollment Min 6 / Max 9. Challenge yourself with a little flow, rhythm, balance and have the ability to work at your own level and pace in a safe and effective, non-impact environment. Build real strength and tone like never before in your arms, shoulders, back, derriere, and legs. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215107	A	TR	9-9:45AM	3/22-5/19	SPL-LR	\$72

TRX FIT ★½

Ages: 15 and Up. Enrollment Min 6 / Max 9. Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, strengthening your core and promoting weight loss. This TRX experience will lead you down the road to your best all-around fitness. **Bring a mat and water bottle.**

Instructor: Amy Whittaker.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215112	A	TR	6-6:45PM	3/22-5/19	SPL-LR	\$72

UNIVERSAL GROOVY DANCE

Ages: 15 and Up. Enrollment Min 8 / Max 12. Rock that body with Universal Groovy Dance! If you like to dance, you will love UGD as it combines the latest moves from African, Colombian, American and Latin dances! No knee torques/twisting, just funky and easy to follow dances! For 50 minutes, you're constantly moving, shaking, burning and shedding all those unwanted calories. You will SWEAT! **Bring a mat.**

Instructor: Christie Ogunnowo.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215004	A	S	11-11:50AM	3/26-5/21	HPRD	\$36

WEIGHTS EXPRESS ★★

Ages: 15 and Up. Enrollment Min 10 / Max 14. Build strength through toning and utilizing a variety of equipment to sculpt all major muscle groups. Circuits and stations will also be incorporated into the program. Never the same boring routine, each class will be different. **Bring a mat.**

Instructor: Teresa Kelley.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215023	A	MW	5:30-6PM	3/21-5/18	SPL-FR	\$63
215023	B	TR	12:15-12:45PM	3/22-5/19	SPL-LR	\$63

WERK OUT ★

Ages: 18 and Up. Enrollment Min 10 / Max 20. Let loose, laugh, shake, twerk, sweat, burn calories and lift each other up. It is a night out with the girls! Cannot dance - WHO CARES! THE LIGHTS ARE OUT! The music is poppin' and the only thing that matters is that you are having good time. Shake your booty and tone the junk in your trunk. This is not a workout - it is a party. **Instructor: Mea Austin.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215100	A	F	6-7PM	3/25	SPL-LR	\$10
215100	B	F	6-7PM	4/29	SPL-LR	\$10

YOGA, BEGINNING ★

Ages: 15 and Up. Enrollment Min 10 / Max 15. This class is designed as an introduction to the practice of Yoga. Class is slower paced and focuses on developing clear and safe alignment in foundational poses. This class also is good for the student who have had Yoga but would like to revisit the basics. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety and stability with each pose. If you have never tried yoga this class is for you. **Bring a mat. No class 4/17. Instructor: M.A. Saunders.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215015	A	SU	3-4PM	3/20-5/15	HPRC-BR	\$32

YOGA ADVENTURE ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. Take a deep dive into the yoga experience, exploring a fusion of yoga styles to improve flexibility, stamina, strength and balance. This class is appropriate for individuals who are familiar with basic yoga poses and want to learn more, and who like to work up a sweat during their yoga practice. **Bring a mat. No class 4/17. Instructor: Fran Hopkins.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215123	A	SU	4-5:15PM	3/20-5/15	SPL-FR	\$64

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. Instructor: Tatum Bandy.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215022	A	TR	12:10-12:50PM	3/22-5/19	SPL-FR	\$63

YOGA, SLOW FLOW ★

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 a gentle approach. No experience is required. **Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215016	A	T	10-11AM	3/22-5/17	SPL-FR	\$36

YOGA STRETCH ★

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.

Bring a mat. Instructor: M.A. Saunders.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215017	A	M	5:30-6:30PM	3/21-5/16	HPRC-BR	\$36

YOGILATES ★½

Ages: 15 and Up. Enrollment Min 10 / Max 25. The best of both worlds -- the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, increased range of motion and balance for a complete workout. **Bring a mat. Instructors: Fran Hopkins (FH) | Shannon Carlson (SC).**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215121	A(FH)	TR	5:30-6:25PM	3/22-5/19	HPRC-BR	\$63
215121	B(SC)	S	8:30-9:20AM	3/26-5/21	SPL-FR	\$36

ZUMBA ★★

Ages: 15 and Up. Enrollment Min 10 / Max 20. A fitness program that combines Latin and international a music with dance moves. Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Combine cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **Instructors: Pat Middaugh (PM) | Susan King (SK) | Amy Ash (AA).**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215000	A(PM)	MWF	12:10-12:50PM	3/21-5/20	HPRC-GYM	\$75
215000	B(SK)	M	5:30-6:25PM	3/21-5/16	SPL-LR	\$36
215000	C(SK)	W	5:30-6:25PM	3/23-5/18	SPL-LR	\$36
215000	D(AA)	S	9-9:50AM	3/26-5/21	SPL-LR	\$36

FITNESS IN THE WORKPLACE WORKSHOPS

Looking for a fresh start and guidance for the New Year? Join Mea Austin, Executive Coach and Speaker, on how to reflect and put into practice new ways of thinking and doing things. Overcome obstacles, meet goals and improve professional and personal relationships. Workshops will focus on the present and goals for the future to give you the life you really want. Reach your goals and hold yourself accountable.

THE PARADIGM SHIFT

Ages: 18 and Up. Enrollment Min 8 / Max 20. Paradigms are the multitude of habits controlling your thoughts and behaviors. They govern your communication, relationships, work habits, and ultimately your success or failure. Do you feel like you are doing all the right things to achieve your goals, but you still can't seem to get there? Do you see people with more happiness or success and think, "What am I doing wrong?" Are you struggling in the Covid environment to stay positive? Learn and implement the latest science around habit. Receive tools designed to help you start or stop behaviors. Uncover the path to shift your paradigm and create a more intentional, peaceful, and satisfying life. **Instructor: Mea Austin.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
215117	A	S	11:30AM-1PM	4/2	SPL-LR	\$20

SPORTS PAVILION LAWRENCE®

100 Rock Chalk Lane

Sports Pavilion Lawrence® houses gymnastics classes ranging from parent-tot, preschool, beginning boys/girls, intermediate boys/girls and Ninja Warrior. Monthly tuition is deducted on the first of each month. When enrolling for the program, you will be asked to put a credit card (Visa, Mastercard, Discover) on file for monthly tuition and to secure your child(ren)'s spot in the class. Having a credit card on file is a requirement for enrollment. If parents would like to pay tuition with cash or check, payment must be received by the last day of the month to prevent the credit card from being charged.

Payments are processed on the first business day of the month. Account holders will be notified by email when payment is processed. If the method of payment is declined for any reason, you will be notified by email. If payment has not been received by the third business day of the month by noon, a \$20 late fee will be assessed. If payment has not been received by noon on the seventh business day of the month, enrollment will be cancelled. LPRD reserves the right to discontinue enrollments and participation for non-payment.

Enrollments for the continuous program can be cancelled anytime during the year. Enrollment cancellations MUST be made no later than the 25th of the month in writing to Landon Noll at Inoll@lawrenceks.org. Questions regarding gymnastics billing should be directed to Landon Noll at (785) 330-7364 or Inoll@lawrenceks.org.

LITTLE BEARS

Ages: 18 months-2 years with parent. One parent per child. Enrollment Min 4 / Max 10. Children and their parents explore different activities using various pieces of gymnastic equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success! **Only registered participants are allowed in the classroom – no siblings.** Instructor: LPRD Gymnastics Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916017	A	F	9:15-10AM	ONGOING	SPL-GR	\$45
916017	B	F	4:30-5:15PM	ONGOING	SPL-GR	\$45

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. Instructor: LPRD Gymnastics Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916000	A	R	5:30-6:15PM	ONGOING	SPL-GR	\$45
916000	B	S	9-9:45AM	ONGOING	SPL-GR	\$45

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 circuits will be provided to continue building strength, agility, confidence, coordination and social skills. Instructor: LPRD Gymnastics Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916001	S	M	4:30-5:25PM	ONGOING	SPL-GR	\$45
916001	A	M	5:30-6:25PM	ONGOING	SPL-GR	\$45
916001	U	T	5:30-6:25PM	ONGOING	SPL-GR	\$45
916001	M	W	5:30-6:25PM	ONGOING	SPL-GR	\$45
916001	T	R	4:30-5:25PM	ONGOING	SPL-GR	\$45
916001	O	S	9-9:55AM	ONGOING	SPL-GR	\$45
916001	L	S	10-10:55AM	ONGOING	SPL-GR	\$45
916001	W	SU	1-1:55PM	ONGOING	SPL-GR	\$45
916001	Q	SU	2-2:55PM	ONGOING	SPL-GR	\$45

CODE DIRECTORY

FACILITY

SPL.....Sports Pavilion Lawrence®, 100 Rock Chalk Lane

ROOM

GR.....Gymnastics Room

BEGINNING GIRLS

Ages: 6-10 / 10-14. Enrollment Min 4 / Max 14. Participants will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength with gymnastics apparatuses. **Participants will be expected to perform all necessary skills before advancing to the next level.** Instructor: LPRD Gymnastics Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916010	L(10-14)	M	5:30-6:25PM	ONGOING	SPL-GR	\$45
916010	C(6-10)	T	5:30-6:25PM	ONGOING	SPL-GR	\$45
916010	F(6-10)	W	5:30-6:25PM	ONGOING	SPL-GR	\$45
916010	T(6-10)	W	6:30-7:25PM	ONGOING	SPL-GR	\$45
916010	G(6-10)	R	5:30-6:25PM	ONGOING	SPL-GR	\$45
916010	K(6-10)	S	9-9:55AM	ONGOING	SPL-GR	\$45
916010	J(6-10)	S	10-10:55AM	ONGOING	SPL-GR	\$45
916010	Q(6-10)	SU	1-1:55PM	ONGOING	SPL-GR	\$45

BEGINNING BOYS

Age: 6-10. Enrollment Min 4 / Max 6. Class will focus on proper skill progression and fundamental strength development. Boys will work on developing proper swing on the apparatus, as well as develop good basic tumbling skills. Instructor: LPRD Gymnastics Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916008	A	M	5:30-6:25PM	ONGOING	SPL-GR	\$45

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, proper technique, and building onto skills while increasing their time in the gym. Instructor: LPRD Gymnastics Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916011	A	M	6:30-7:55PM	ONGOING	SPL-GR	\$69

INTERMEDIATE GIRLS I

Ages: 6 and Up. Enrollment Min 4 / Max 7. 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 onto skills while increasing their time in the gym. **Participants will be expected to master 90 percent of Intermediate Girls I skills and show initiative and drive in gymnastics before advancing to Intermediate Girls II.** They must also have permission from the gymnastics programmer prior to enrollment. Instructor: LPRD Gymnastics Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916012	B	T	6:30-7:55PM	ONGOING	SPL-GR	\$69
916012	A	W	6:30-7:55PM	ONGOING	SPL-GR	\$69

INTERMEDIATE GIRLS II

Ages: 6 and Up. Enrollment Min 4 / Max 7. Students learn more difficult skills on the balance beam, bars, and vault. Conditioning becomes more challenging to meet the advanced level of the students. Tumbling skills include round-off back handsprings, front handsprings, back tucks and more. **This is a permission only class.** Instructor: LPRD Gymnastics Staff.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916013	A	TR	6:30-7:55PM	ONGOING	SPL-GR	\$128

GYMNASTICS

GYMNASTICS

LITTLE NINJA WARRIORS

Ages: 4-5. Enrollment Min 4 / Max 12. A class designed just for little ones. Little Ninjas will learn basic entry-level parkour, gymnastics and Ninja Warrior skills. Events include hanging obstacles, pegboard, vault, cargo net, safety falls, agility, tumbling skills along with hand eye coordination. Participants will develop balance, focus, strength, social skills and the ability to trust. **Instructor: LPRD Gymnastics Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916004	A	T	5:30-6:25PM	ONGOING	SPL-GR	\$45
916004	C	W	4:30-5:25PM	ONGOING	SPL-GR	\$45
916004	B	R	6:30-7:25PM	ONGOING	SPL-GR	\$45
916004	D	SU	2-2:55PM	ONGOING	SPL-GR	\$45

NINJA WARRIOR STARS

Ages: 6-9. Enrollment Min 4 / Max 14. Building and reinforcing upon the core skills learned in Little Ninjas. Participants will learn basic parkour skills, safety rolls, basic vaulting, wall and bar progressions, along with development of core strength and speed. With our special ninja training equipment, students will improve their balance, agility, gymnastics skills and flexibility all while having FUN! **Instructor: LPRD Gymnastics Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916005	C	T	6:30-7:25PM	ONGOING	SPL-GR	\$45
916005	A	R	4:30-5:25PM	ONGOING	SPL-GR	\$45
916005	B	S	10-10:55AM	ONGOING	SPL-GR	\$45
916005	D	SU	1-1:55PM	ONGOING	SPL-GR	\$45

NINJA WARRIOR ADVANCE

Ages: 10-14. Enrollment Min 4 / Max 14. Advanced Beginners is for Ninjas who have mastered the skills in the beginning program. A "test mission" must be completed in order to move into this class. Students will master all beginner progressions such as rolling, hand support, spotted flipping, wall progressions, precision jumps and basic transitions. Students will be lead through courses that include our most difficult and rigorous obstacles. **Instructor: LPRD Gymnastics Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916003	A	W	6:30-7:55PM	SPL-GR	SPL-GR	\$69

TUMBLING, BEGINNING

Ages: 6-9. Enrollment Min 4 / Max 14. This class is for athletes interested in learning the basics. This introductory class starts the foundation of body awareness and muscle control to progress through proper tumbling technique. Develop strength, flexibility and body control that allows each student to progress quickly and safely. **Participants will be expected to master 90 percent of Beginning Tumbling skills and show initiative and drive in tumbling before advancing to the Intermediate Tumbling. They must also have permission from the gymnastics programmer prior to enrollment. Instructor: LPRD Gymnastics Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916018	A	M	6:30-7:25PM	ONGOING	SPL-GR	\$45

TUMBLING, INTERMEDIATE

Ages: 9-12. Enrollment Min 4 / Max 14. A skill based course that focuses on developing strength and flexibility, as well as mastering tumbling skills. **Instructor: LPRD Gymnastics Staff.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
916019	A	M	6:30-7:25PM	ONGOING	SPL-GR	\$45

NOTE TO PARENTS/GUARDIANS

Participants must master 90 percent of the required skills set by the USA gymnastics guidelines before they progress to the next level. If you have ideas, suggestions, or questions about any part of our program, do not hesitate to call Sports Pavilion Lawrence® at (785) 330-7355. We welcome all comments because they help us to improve our program and offer better service to you.

SPECIAL EVENTS

GYMNASTICS – KIDS' NIGHT OUT

Ages: 3-14. Enrollment Min 6 / Max 21. Kids Night Out is a three-hour action packed night out for the kids. Children 3 and up (potty-trained) will be lead through obstacle courses, open gym and activities by the gymnastics staff. The night will include fun, games, pizza and lots of gymnastics! **Instructor: LPRD Gymnastics Staff.**

Themes: A – Dino Dinosaurs | B – Jungle

CODE	SEC	DAY	TIME	DATE	LOC	FEE
216025	A	F	6-9PM	3/25	SPL-GR	\$30
216025	B	F	6-9PM	4/29	SPL-GR	\$30

SPORTS PAVILION LAWRENCE® GYMNASTICS PARTIES

Ages: 2 and Up. Join LPRD's qualified-gymnastics staff for a fun-filled birthday party. Depending on the age, activities will include group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games, other activities and birthday fun! Each birthday child will receive a special surprise. LPRD provides the entertainment and parents provide the cake, drinks and decorations. Please schedule two weeks in advance. **First 60 minutes of birthday fun in the gymnastics room and 30 minutes in the party room following the entertainment.** The perfect entertainment for children aged 2 and up. **Parties begin at \$150* for up to 15 children.**

***Refreshment packages are in addition. Sports Pavilion Lawrence® parties are offered.** Parties held at 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: 3-4:30 p.m., 5-6:30 p.m. For more information, contact Landon Noll, gymnastics programmer at (785) 330-7364 or Inoll@lawrenceks.org.**

GYMNASTICS OPEN GYM – TUMBLE N' PLAY

Ages: 1-5 with parents. Toddler open gym is for parents to hang out with their children as they explore the various equipment, socialize and otherwise play in the gym. Our instructors will have fun stations throughout the gymnastics room. A parent or guardian must accompany the child. **No Drop Ins – pre-registration required – deadline 2 business day prior to the event.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
216017	A	M	10:15-11:15AM	3/7	SPL-GR	\$5
216017	B	M	10:15-11:15AM	3/14	SPL-GR	\$5
216017	C	M	10:15-11:15AM	3/21	SPL-GR	\$5
216017	D	M	10:15-11:15AM	3/28	SPL-GR	\$5
216017	E	M	10:15-11:15AM	4/4	SPL-GR	\$5
216017	F	M	10:15-11:15AM	4/11	SPL-GR	\$5
216017	G	M	10:15-11:15AM	4/18	SPL-GR	\$5
216017	H	M	10:15-11:15AM	4/25	SPL-GR	\$5
216017	I	M	10:15-11:15AM	5/2	SPL-GR	\$5
216017	J	M	10:15-11:15AM	5/9	SPL-GR	\$5
216017	K	M	10:15-11:15AM	5/16	SPL-GR	\$5
216017	L	M	10:15-11:15AM	5/23	SPL-GR	\$5
216017	M	M	10:15-11:15AM	5/30	SPL-GR	\$5

CODE	SEC	DAY	TIME	DATE	LOC	FEE
216018	A	W	10:15-11:15AM	3/2	SPL-GR	\$5
216018	B	W	10:15-11:15AM	3/9	SPL-GR	\$5
216018	C	W	10:15-11:15AM	3/16	SPL-GR	\$5
216018	D	W	10:15-11:15AM	3/23	SPL-GR	\$5
216018	E	W	10:15-11:15AM	3/30	SPL-GR	\$5
216018	F	W	10:15-11:15AM	4/6	SPL-GR	\$5
216018	G	W	10:15-11:15AM	4/13	SPL-GR	\$5
216018	H	W	10:15-11:15AM	4/20	SPL-GR	\$5
216018	I	W	10:15-11:15AM	4/27	SPL-GR	\$5
216018	J	W	10:15-11:15AM	5/4	SPL-GR	\$5
216018	K	W	10:15-11:15AM	5/11	SPL-GR	\$5
216018	L	W	10:15-11:15AM	5/18	SPL-GR	\$5
216018	M	W	10:15-11:15AM	5/25	SPL-GR	\$5

GYMNASTICS

CODE SEC	DAY	TIME	DATE	LOC	FEE
216019 A	F	10:15-11:15AM	3/4	SPL-GR	\$5
216019 B	F	10:15-11:15AM	3/11	SPL-GR	\$5
216019 C	F	10:15-11:15AM	3/18	SPL-GR	\$5
216019 D	F	10:15-11:15AM	3/25	SPL-GR	\$5
216019 E	F	10:15-11:15AM	4/1	SPL-GR	\$5
216019 F	F	10:15-11:15AM	4/8	SPL-GR	\$5
216019 G	F	10:15-11:15AM	4/15	SPL-GR	\$5
216019 H	F	10:15-11:15AM	4/22	SPL-GR	\$5
216019 I	F	10:15-11:15AM	4/29	SPL-GR	\$5
216019 J	F	10:15-11:15AM	5/6	SPL-GR	\$5
216019 K	F	10:15-11:15AM	5/13	SPL-GR	\$5
216019 L	F	10:15-11:15AM	5/20	SPL-GR	\$5
216019 M	F	10:15-11:15AM	5/27	SPL-GR	\$5

CODE SEC	DAY	TIME	DATE	LOC	FEE
216020 A	S	11:15AM-12PM	3/5	SPL-GR	\$5
216020 B	S	11:15AM-12PM	3/12	SPL-GR	\$5
216020 C	S	11:15AM-12PM	3/19	SPL-GR	\$5
216020 D	S	11:15AM-12PM	3/26	SPL-GR	\$5
216020 E	S	11:15AM-12PM	4/2	SPL-GR	\$5
216020 F	S	11:15AM-12PM	4/9	SPL-GR	\$5
216020 G	S	11:15AM-12PM	4/16	SPL-GR	\$5
216020 H	S	11:15AM-12PM	4/23	SPL-GR	\$5
216020 I	S	11:15AM-12PM	4/30	SPL-GR	\$5
216020 J	S	11:15AM-12PM	5/7	SPL-GR	\$5
216020 K	S	11:15AM-12PM	5/14	SPL-GR	\$5
216020 L	S	11:15AM-12PM	5/21	SPL-GR	\$5
216020 M	S	11:15AM-12PM	5/28	SPL-GR	\$5

YOUTH OPEN GYM – FLIPPIN' ZONE

Ages: 6-14. Youth open gym is a great way for gymnasts and ninjas warriors to practice their skills, socialize, have fun, and be active in a safe and controlled environment. Open gym coaches will provided spotting, rules and supervision. **No Drop Ins – pre-registration required – deadline 2 business days prior to the event.**

CODE SEC	DAY	TIME	DATE	LOC	FEE
216030 A	F	6:30-8PM	3/4	SPL-GR	\$5
216030 B	F	6:30-8PM	3/11	SPL-GR	\$5
216030 C	F	6:30-8PM	3/18	SPL-GR	\$5
216030 D	F	6:30-8PM	3/25	SPL-GR	\$5
216030 E	F	6:30-8PM	4/1	SPL-GR	\$5
216030 F	F	6:30-8PM	4/8	SPL-GR	\$5
216030 G	F	6:30-8PM	4/15	SPL-GR	\$5
216030 H	F	6:30-8PM	4/22	SPL-GR	\$5
216030 I	F	6:30-8PM	4/29	SPL-GR	\$5
216030 J	F	6:30-8PM	5/6	SPL-GR	\$5
216030 K	F	6:30-8PM	5/13	SPL-GR	\$5
216030 L	F	6:30-8PM	5/20	SPL-GR	\$5
216030 M	F	6:30-8PM	5/27	SPL-GR	\$5

CODE SEC	DAY	TIME	DATE	LOC	FEE
216031 A	SU	6:30-8PM	3/6	SPL-GR	\$5
216031 B	SU	6:30-8PM	3/13	SPL-GR	\$5
216031 C	SU	6:30-8PM	3/20	SPL-GR	\$5
216031 D	SU	6:30-8PM	3/27	SPL-GR	\$5
216031 E	SU	6:30-8PM	4/3	SPL-GR	\$5
216031 F	SU	6:30-8PM	4/10	SPL-GR	\$5
216031 G	SU	6:30-8PM	4/24	SPL-GR	\$5
216031 H	SU	6:30-8PM	5/1	SPL-GR	\$5
216031 I	SU	6:30-8PM	5/8	SPL-GR	\$5
216031 J	SU	6:30-8PM	5/15	SPL-GR	\$5
216031 K	SU	6:30-8PM	5/22	SPL-GR	\$5
216031 L	SU	6:30-8PM	5/29	SPL-GR	\$5

SCHOOL'S OUT PROGRAMS

SCHOOL'S OUT – GYM IS IN

Ages: 6-12. Enrollment Min 7 / Max 21. Leave your kids with our trained gymnastics staff for a day. They will play games all around the facility as well as in the gymnastics room where they will play, explore and work on skills. Participants will need to bring a healthy snack, sack lunch and a water bottle. **Instructor: LPRD Gymnastics Staff.**

CODE SEC	DAY	TIME	DATE	LOC	FEE
216027 A	F	9AM-4PM	3/4	SPL-GR	\$45
216027 B	R	9AM-4PM	3/10	SPL-GR	\$45
216027 C	F	9AM-4PM	3/11	SPL-GR	\$45
216027 D	R	9AM-4PM	4/14	SPL-GR	\$45
216027 E	F	9AM-4PM	4/15	SPL-GR	\$45
216027 F	M	9AM-4PM	4/18	SPL-GR	\$45



CODE DIRECTORY

FACILITY	
PT.....	Peaslee Tech, 2920 Haskell Ave., Ste. 100
SPL.....	Sports Pavilion Lawrence®, 100 Rock Chalk Lane
ROOM	
FR.....	Fitness Room
CR.....	Champion Room

INSTRUCTIONAL

ADULT

WOODWORKING OPEN SHOP / BEGINNERS AND ADVANCED

Open woodworking shop is ideal for participants to pick the number of sessions and your dates that you would like to work on your projects. Open shop is available every Wednesday from 6-9 p.m. at the Peaslee Tech woodworking shop. There are several options to choose from: 10, 20 or 30 sessions. All sessions must be used within 12 months of enrollment. Open Shop payment will be processed as a monthly payment for 12 months. When enrolling for open woodworking you will be asked to put a credit card (Visa, MasterCard, Discover) on file for processing the monthly fee. Placing a credit card on a file is a requirement for enrollment in this program unless all sessions are paid for at the time of enrollment: 10 session-\$300; 20 session - \$576; 30 session - \$864. Payments are processed on the first business day of the month. Accounts holders will notified by email when payment is processed. If the method of payment is declined for any reason, you will be notified by email. If payment has not been received by noon on the third day of the month (except when the third falls on a weekend, a \$20 late fee will be assessed. If payment has not been received by noon on the seventh business day of the month, enrollment will be cancelled. LPRD reserves the right to discontinue enrollments and participation for non-payment. Questions regarding this should be directed to Jo Ellis, Recreation Program Supervisor at (785) 330-7358 or jellis@lawrenceks.org.

BEGINNERS, WOODWORKING OPEN SHOP

Ages: 18 and Up. Woodworking is designed to introduce students to general woodworking practices. Participants will study project planning and design, wood and wood products, safe operation hand and power tools, and joinery techniques. **Price reflects monthly fee. Materials and supplies are covered in the cost. Co-sponsored with Peaslee Tech. Instructor: Jay Hundley**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
921300	A	W	6-9PM	10 SESSIONS	PT	\$25
921301	A	W	6-9PM	20 SESSIONS	PT	\$48
921302	A	W	6-9PM	30 SESSIONS	PT	\$72

ADVANCED, WOODWORKING OPEN SHOP

Ages: 18 and Up. For experienced participants who want to master their woodworking and furniture making skills. Based on skill development and with the use of the fully functioning shop. Your instructor will emphasize hands-on-training and lead discussion on woodworking theory and application. **Price reflects monthly fee. No materials are provided with this program. Co-sponsored with Peaslee Tech. Instructor: Jay Hundley**

CODE	SEC	DAY	TIME	DATE	LOC	FEES
921303	A	W	6-9PM	10 SESSIONS	PT	\$25
921304	A	W	6-9PM	20 SESSIONS	PT	\$48
921305	A	W	6-9PM	30 SESSIONS	PT	\$72

YOUTH

SAFE SITTER

Ages: 11-16. Enrollment Min 6 / Max 8. Using a well-rounded medical based curriculum, Safe Sitter prepares youth to be better adults and parents by teaching more than just basic babysitting skills. CPR for both children and infants will be taught along with skills such as feeding, changing, and dealing with problem behavior. Also, the class looks at the business side of babysitting, covering how to market oneself as a sitter and how to choose and negotiate job offers. Safe Sitter gives youth the confidence and skills needed for being a skillful babysitter. **Participants will receive a certificate and a babysitter handbook upon completion of the program. Instructors: Katie Ellena**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
221200	A	W	5-8PM	3/3-3/9	SPL-CR	\$85
221200	B	W	5-8PM	4/13-4/20	SPL-CR	\$85
221200	C	W	5-8PM	5/11-5/18	SPL-CR	\$85

MARTIAL ARTS

GATOR BITES

Ages: 5-7. Enrollment Min 6 / Max 12. A class created just for little ones. Basic Tae Kwon Do and self-defense concepts for kids will be taught through games and age-appropriate practical exercises. Children learn to follow direction, and boundaries are set in a fitting manner. The program emphasizes learning the basics skills, listening well, and having fun. **No class 4/17. Instructor: Grace Daniels**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
217130	A	SU	6-6:40PM	3/20-5/15	SPL-FR	\$32

LITTLE DRAGONS

Ages: 5-7. Enrollment Min 6 / Max 12. This class is designed with the younger student in mind and will teach them the basic stances, develop coordination, control and balance. Participants will gain confidence, attention span and respect for others in a positive, fun environment. **No class 4/17. Instructor: Natasha Hurt**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
217125	A	SU	12-12:40PM	3/27-5/22	SPL-FR	\$32

KARATE - OKINAWAN KENPO

Ages: 8 and Up. Enrollment Min 10 / Max 15. Okinawan Kenpo is a style of traditional Okinawan Karate, a system of self-defense and personal development. Learn techniques effective in close fighting. During this process of learning and practicing techniques, you will also strengthen your body. Posture is improved and one's self-confidence is increased. As a result of this class, one can usually avoid violence, or minimize it when it is unavoidable. Instructors have years of teaching experience and are members of and certified by the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU). **No class 4/17. Instructor: Natasha Hurt**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
217110	A	SU	12:45-2PM	3/27-5/22	SPL-FR	\$56

TAE KWON DO

Ages: 8 and Up. Enrollment Min 10 / Max 12. 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 the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **Instructor: Grace Daniels, Black Belt**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
217131	A(8-12)	TR	7-7:55PM	3/22-5/19	SPL-FR	\$68
217131	B(13+)	TR	8-9:15PM	3/22-5/19	SPL-FR	\$81

LIFELONG RECREATION

Lifelong Recreation programs focus on physical activity, social engagement, education, arts, creativity and healthy lifestyles for all adults with a focus on the schedule and interests of people ages 50 years-old and older. Lifelong classes are priced 10 percent lower than general fitness classes. If you have a suggestion for an activity or program that we do not currently offer, please share your ideas with us!

CODE DIRECTORY

FACILITY

SPL.....Sports Pavilion Lawrence®, 100 Rock Chalk Ln
 HPRC.....Holcom Park Recreation Center, 2700 W 27th St
 SRC.....Senior Resource Center, 745 Vermont St
 ELRC.....East Lawrence Recreation Center, 1245 E 15th St
 CB.....Community Building, 115 W 11th St

ROOM

BR.....Wayne Bly Room
 GY.....Gymnasium
 FR.....Fitness Room
 LR.....Legacy Room
 CR.....Champion Room

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) 832-7909, email gsgurdson@lawrenceks.org or subscribe at

<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 (2 to 3 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? A personal trainer can design a personalized exercise program to meet both short and long-term fitness goals. Working with a trainer will provide motivation and accountability. A trainer will teach you proper form and technique and select the exercises that assure you are getting the most benefit from your workout.

Personal training is offered at any Lawrence recreation center. A one-hour session with Lawrence Parks and Recreation personal trainers can be purchased individually or with a partner. Different pricing packages are available. Participants of all ages will need to complete a registration and consent form. Clients considered medically high-risk will need medical clearance.

Information about personal training, trainers, forms and pricing are available online at www.lprd.org or contact Gayle Sigurdson at (785) 832-7909, gsgurdson@lawrenceks.org.

MATS

Mats are not available for individual use through the Parks and Recreation Department. Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend on-going workshops and in-service seminars to maintain current certification. CPR and First Aid certification are also required from our instructors. We are proud to ensure the best in a fun, safe environment. Participation in any activity does present an element of risk. LPRD recommends participants check with a physician prior to participation in a fitness class or sports activities.

OPEN WALKING

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

For more information, contact the individual recreation center.

FITNESS

AEROBIC DANCE AND TONE ★★★

Exercise has never been so fun! Get moving with fun, lively music from all eras that will condition and strengthen your body. Then tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance and flexibility. This total body package will keep you looking and feeling young. **Instructor: Teresa Kelley**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227201	A	MWF	8:50-9:50AM	3/21-5/20	HPRC-GY	\$68

SENIOR STRENGTH TRAINING, BEGINNING & ADVANCED ★★½

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.

Instructors: Deb Geraghty (DG); Melanie Johnson (MJ)

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227233	A	MWF	7:30-8:20AM	3/21-5/20	HPRC-BR	\$68
227233	B	MWF	8:30-9:20AM	3/21-5/20	HPRC-BR	\$68
227234	A	MWF	9:30-10:20AM	3/21-5/20	HPRC-BR	\$68
227234	B	MWF	10:30-11:20AM	3/21-5/20	HPRC-BR	\$68
227234	C	TR	8:30-9:20AM	3/22-5/19	ELRC	\$57
227234	D	TR	9:30-10:20AM	3/22-5/19	ELRC	\$57

DANCE FITNESS ★★

Experience a total body, cardio workout through a variety of easy-to-follow dance routines set to old and new favorites. Class will alternate between a long non-stop cardio dance segment followed by strength/core exercises or an interval style class with cardio dances interspersed with strength training. Simple enough for beginners, yet challenging for advanced students. **Instructor: Rosie Shelton**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227250	A	TR	9-10AM	3/22-5/19	CB	\$57

FITNESS YOGA ★★

Promote general health and wellbeing through the practice of basic Hatha yoga postures and Vinyasa flow sequences. In this laid-back class, participants are encouraged to work at their own level of ability so they can develop greater strength, flexibility, balance, agility, endurance and focus. **Students should bring a yoga mat. Instructor: Fran Hopkins.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227282	A	W	5:30-6:30PM	3/23-5/18	CB	\$33

JOINTS IN MOTION ★

A class for gentle, effective exercise that does not strain joints. Working from seated and standing positions (no floor work), this class provides the benefits of exercise for those new to exercise or managing chronic conditions. **Instructor: Teresa Kelley**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227290	A	TR	5:30-6:30PM	3/22-5/19	SPL-CR	\$57

LIFELONG RECREATION

LABLAST ★★

LaBlast is a perfect balance of dance and fitness. This 'workout in disguise' will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz, and many more. No partner needed! During LaBlast classes, you'll dance to music from every artist, genre, and era! **Instructor: Susan Pomeroy**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227302	A	TR	10-11AM	3/22-5/19	HPRC-GY	\$57

PILATES AND POSES ★★

This class combines the core strengthening of Pilates with the flexibility and relaxation of yoga flow. This complete workout addresses coordination, balance and range of motion. Please bring a mat to class.

Instructor: Chelsea Fowler

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227335	A	T	5:30-6:30PM	3/24-5/17	SRC	\$33

PILATES SILVER ★★

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	DAY	TIME	DATE	LOC	FEE
227204	A	TR	9-9:50AM	3/22-5/19	HPRC-GY	\$57

RESTORATIVE YOGA ★

Restorative yoga offers students a delicious way to relax, and ease anxiety. Restorative yoga also encourages physical, mental and emotional relaxation by gently releasing tension and tight muscles through stillness and breath. All yoga poses are held for longer periods of time using bolsters, blankets, and blocks to prop students into passive poses. Many poses are on the floor, please bring your own mat. Chairs will be available. Your body can experience the healing benefits of a slower pace yoga with basic breath work (Pranayama), and mediation.

Instructor: Kim McDanel

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227333	A	R	6-7PM	3/24-5/19	CB	\$33

SLIMNASTICS ★★

Slimnastics offers an optimal mix of strength, balance, endurance and flexibility training using body-weight exercises, resistance bands and hand weights. We will focus on all muscle groups to create a strong, well-balanced, healthy body. **Instructor: Rosie Shelton**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227310	A	MWF	9-10AM	3/21-5/20	CB	\$68

SUPER SENIOR CIRCUIT ★★

Ages: 50 and Up. 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. **Instructors: Chad Harper, Tevin Mitchell**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227255	A	MWF	7:30-8:20AM	3/21-5/20	SPL-FR	\$68
227255	B	MWF	8:30-9:20AM	3/21-5/20	SPL-FR	\$68
227255	C	MWF	9:30-10:20AM	3/21-5/20	SPL-FR	\$68
227255	D	MWF	10:30-11:20AM	3/21-5/20	SPL-FR	\$68
227255	I	TR	7:30-8:20AM	3/22-5/19	SPL-FR	\$57
227255	F	TR	8:30-9:20AM	3/22-5/19	SPL-FR	\$57
227255	G	MWF	9-9:50AM	3/21-5/20	SPL-FR	\$68
227255	H	MWF	10-10:50AM	3/21-5/20	SPL-FR	\$68

TAI CHI FOR ENERGY ★

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining both Sun and Chen styles. Chen is complex, with fast and slow movements; Sun incorporates agile steps and qigong movements for healing. This class is suitable for persons with prior experience in Sun Style tai chi, particularly Tai Chi for Arthritis, who wish to deepen their tai chi practice.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227503	A	TR	5:30-6:15PM	3/22-5/19	CB	\$57

TAI CHI FOR ALL ★

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	DAY	TIME	DATE	LOC	FEE
227502	A	TR	11:15AM-12PM	3/22-5/19	HPRC-GY	\$57

LIFELONG YOGA ★

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: Mary Ann Saunders**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227270	A	R	9:30-10:20AM	3/24-5/19	CB-CR	\$33
227270	B	R	10:30-11:20AM	3/24-5/19	CB-CR	\$33
227270	C	TR	9:30-10:30AM	3/22-5/19	HPRC-BR	\$57



RECREATION INSTRUCTION

BEGINNING UKULELE

This beginning ukulele 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**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227410	A	W	6:30-7:30PM	4/6-4/27	SRC	\$37

INTERMEDIATE UKULELE

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 the teacher. **Instructor: Linda Tilton**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227424	A	W	6:30-7:30PM	5/11-6/1	SRC	\$34

CONTINUING MINDFULNESS

Mindfulness is a set of skills that have been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This is for participants who have completed the basic class or received other instruction in meditation prior to registering. Instructor is available to advise on suitability of class. **Instructor: Dr. Jeff Nichols**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227297	A	W	4:30-6PM	4/6-27	SRC	\$37

FENCING-MODERN OLYMPIC SPORT

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 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**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227105	A	R	7-9PM	3/24-5/12	SPL-LR	\$72

FENCING-BOUITS AND COMPETITIONS

Improve your fencing while bouting. The emphasis will be on choosing objectives for each bout and strategic and tactical decisions to become a better fencer not just merely win bouts. Each evening will be a mini-tournament. Minimum of 7 weeks of fencing experience required. Adults 18 or older.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227106	A	R	7-9PM	5/19-26	SPL-LR	\$19

FOREST BATHING: TOOLS TO CONNECT

The Lifelong Recreation program is pleased to partner with Shannon Gorres, MDiv, MA, and Certified Forest Therapy Guide for monthly Forest Bathing Walks. The walks include specific practices for relaxation, awareness, and wholeness. This spring series of classes will add simple tools to enhance the embodied and mindful interactions. Each walk is based on a theme and fee includes a closing tea and use of materials. The group will meet at the trailhead. Participants will receive specific directions and instructions following registration.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
227473	A	F	1:30-3PM	2/25	DADPERRY	\$20
227473	B	F	1:30-3PM	3/25	PETERSON	\$20
227473	C	F	1:30-3PM	4/22	PRAIRIEPARK	\$20
227473	D	F	1:30-3PM	5/20	PATDAWSON	\$20
227473	E	F	1:30-3PM	2/25	FULLSERIES	\$20

PRAIRIE PARK NATURE CENTER

2730 Harper Street

NATURE CENTER HOURS

Mondays - Closed

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

Sundays: 1 p.m.-4 p.m.

PROGRAMS FOR CHILDREN/TEENS

NATURE STORY TIME FOR PRESCHOOLERS

Ages: 1-4. Enrollment Max 6. For children who enjoy both stories and animals, there will be morning story time for preschool age children every Thursday at 10 AM. Each week will feature a story and a live animal. Children may color a coloring page afterwards. Pre-registration is helpful, but drop-ins will be accepted. The cost is \$3 per session.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
223203	A	R	10-10:30AM	3/24-5/19	PPNC	\$27

WILD ADVENTURES FOR PRESCHOOLERS

Ages: 2-5. Enrollment Max 8. 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	DAY	TIME	DATE	LOC	FEE
223202	A	T	10-11AM	3/22-5/17	PPNC	\$36

AFTER SCHOOL ADVENTURE ACTIVITIES

ARCHERY, BEGINNERS

Ages: 7-16. Enrollment Min 5 / Max 8. Learn to use archery equipment in a safe and structured environment with an NASP certified instructor. We provide all equipment for the class. **Taught by certified instructors.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
223332	A	W	3-4:30PM	4/13	PPNC	\$15

ARCHERY CLUB

Ages: 7-16. Enrollment Min 5 / Max 8. 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	DAY	TIME	DATE	LOC	FEE
223333	A	W	3-4PM	4/13	PPNC	\$10
223333	B	W	3-4PM	4/27	PPNC	\$10

HOMESCHOOL SCIENCE FIELDTRIPS

Ages: 6-13. Enrollment Min 5 / Max 10. Two-hour fieldtrip programs for home-schooled students will combine live animal programs with outdoor field investigations.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
223322	A	W	10AM-12PM	3/23	PPNC	\$10
223322	B	W	10AM-12PM	4/13	PPNC	\$10
223322	C	M	10AM-12PM	4/25	PPNC	\$10
223322	D	M	10AM-12PM	5/10	PPNC	\$10

CODE DIRECTORY

LOCATIONS

PPNC Prairie Park Nature Center, 2730 Harper St

NO CHILD INSIDE HIKES

Ages: 7-12. Enrollment Min 5 / Max 8. Don't spend your after school hours in front of the television. Get out and get moving with a guided investigative nature hike to a new area each week. We will be frogging at the wetlands, stalking birds with binoculars, identifying tracks and much more.

CODE	SEC	DAY	TIME	DATE	LOC	FEE
223261	A	W	3-4:30PM	4/6	PPNC	\$5
223261	B	W	3-4:30PM	4/20	PPNC	\$5
223261	C	W	3-4:30PM	5/4	PPNC	\$5
223261	D	W	3-4:30PM	5/18	PPNC	\$5

WEEKEND PROGRAMS

SATURDAY FREE PROGRAM – 1:30-2PM

SUNDAY AFTERNOON FREE PROGRAM – 1:30-2PM

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.

OUTDOOR DUTCH OVEN COOKING

Ages: 10 and Up. Enrollment Min 5 / Max 8. 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. **Children under 16 years-old must be accompanied by a registered adult.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
223347	A	SU	2-5PM	3/20	PPNC	\$15

GARDENING FOR BUTTERFLIES AND OTHER POLLINATORS

Ages: 8 and Up. Enrollment Min 6 / Max 10. 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. **Must be accompanied by a registered adult.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
223328	A	SU	2-3:30PM	4/24	PPNC	\$8

HIKES AND TRIPS

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

SOUNDS OF SPRING: THE CALL OF FROGS AND TOADS

Ages: 10 and Up. Enrollment Min 5 / Max 8. 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. **Children under 15 must be accompanied by a registered adult.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE
223320	A	F	7-9PM	4/15	PPNC	\$5

WILDLIFE MOMS

Ages: Family. 1:30-2:30 p.m. Sunday, May 8. 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.**

EARTH DAY ACTIVITIES, PLANT AND SEED EXCHANGE

Ages: 18 and Up. 1-3 p.m. Saturday, April 23. Have plants you must prune or cull? Seeds you don't want to plant anymore? How about trading your excess with others? Take home new plants for your yard and have an instant new garden. No time to re-pot your plant donations? No problem – bags and newspaper will do. **This program is free to the public.**

ADULT PROGRAMS

BEGINNING BIRDING

Ages: 50 and Up. Enrollment Min 3 / Max 5. Shake off the cabin fever with a tour of local birding hot spots from the Baker Wetlands to Clinton Lake. We will take a three-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	DAY	TIME	DATE	LOC	FEE
223346	A	M	9AM-12PM	4/4	PPNC	\$20

NATURE'S CREATIONS FOR ADULTS

Ages: 18 and Up. Enrollment Min 3 / Max 8. Make your own seasonal wreath to welcome spring with local wildflowers!

CODE	SEC	DAY	TIME	DATE	LOC	FEE
223326	A	R	2:30-3:30PM	5/19	PPNC	\$15

ENVIRONMENTAL EDUCATION/ SPECIALIZED PROGRAMS

Group Visits: To ensure the quality of your visit, visiting groups must schedule dates and times with the nature center by calling (785) 832-7980.

For more information, please contact the Nature Center at (785) 832-7980. You can also find information on the lprd website, www.lprd.org.

Preschool environmental programs

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

PRIMARY AND SECONDARY 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

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.