

Activities Guide

THE CITY OF LAWRENCE PARKS, RECREATION,
ARTS AND CULTURE DEPARTMENT



Prairie Park Nature Center

Celebrating 25
Years of Nature



Sports Pavillion Lawrence®

A decade of Sports
and Strength

STRETCH YOUR LIMITS!

2025 WINTER/SPRING ACTIVITIES GUIDE

This edition of the City of Lawrence Activities Guide is full of parks and recreation programs and activities to take part in throughout winter/spring 2024.

There is something for everyone! Parks and Recreation staff have created activities providing the best opportunity to stay active and affect your life in a healthy way. It is our commitment to help you pursue living a healthy, active lifestyle. Here's to good health for all!

ONLINE ENROLLMENT

If you have participated in a City of Lawrence, Parks and Recreation Department program in the past, you can enroll online. If the last time you participated in a parks and recreation activity or program was prior to 2020 and you are unable to access your account online, please email lpd@lawrenceks.org to reactivate your account.

WALK-IN / MAIL-IN

Visit any City of Lawrence, Parks and Recreation Department, facility to enroll. *(For a complete listing of the facilities and their enrollment hours, see page 2).* Visa, MasterCard and Discover only. You can also drop your registration and payment in the mail using the Registration Form found at the end of this Activities Guide. Pay by check. 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 registration.*

For registration, scholarship and policy information, please visit <http://lpd.org/programs>

Photo on front cover by Taylor Mah

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

LAWRENCE PARKS AND RECREATION DEPARTMENT DIRECTORY*

TDD PHONE (785) 832-3205 | P.O. Box 708, Lawrence, KS 66044-0708

CITY COMMISSION

Bart Littlejohn, Mayor

Mike Dever, Vice-Mayor

Brad Finkeldei

Lisa Larsen

Amber Sellers

Craig Owens, City Manager

The Unmistakable Identity Outcome of the Lawrence Strategic Plan is centered on achieving that Lawrence is a welcoming community, synonymous with arts, diverse culture, fun, and a quintessential downtown. City parks and community events contribute to the vibrancy experienced by all people in Lawrence.

PARKS AND RECREATION ADVISORY BOARD

Lisa Hallberg, Chair

Vicki Collie-Akers, Vice-Chair

Taylor Bussinger

Ruth DeWitt

Marilyn Hull

Lee Ice

John Nalbandian

LAWRENCE CULTURAL ARTS COMMISSION

Daniel Smith, Chair

Monique Mercurio, Vice Chair

Marlo Angell

Matthew Gaus

Alicia Kelly

Tim Metz

Kelly Quaranta

**All staff and board positions held as of November 25, 2024*

ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

STAFF

Luis Ruiz, Director – Recreation

lrui@lawrenceks.org

Lindsay Hart, Assistant Director – Recreation

lihart@lawrenceks.org

Mark Hecker, Assistant Director – Parks

mhecker@lawrenceks.org

Porter Arneill, Assistant Director – Arts & Culture

parneill@lawrenceks.org

Roger Steinbrock, Communications & Events Manager

rsteinbrock@lawrenceks.org

CEMETERIES: Oak Hill, Memorial Park, Maple Grove

Inquiries handled at Memorial Park:

1517 E. 15th St. • (785) 832-3451

Hours: 9 a.m. to 1 p.m. (Mon-Fri)

COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

CODES

CB...Community Building **AR**.....Art Room

CR Community Room **DS**.....Dance Studio

CR1 ...Community Room 1 **GY**.....Gymnasium

CR2...Community Room 2 **KR**.....Kaw Room

RESERVATION/ENROLLMENT HOURS

9 a.m. to 5 p.m. (Mon-Fri)

STAFF

Annette Deghand, Recreation Operations Manager

adeghand@lawrenceks.org

Bobby Wilson, Recreation Operations Manager

bwilson@lawrenceks.org

Gayle Sigurdson, Lifelong Recreation Supervisor

gsigurdson@lawrenceks.org

Justin Deaver, Recreation Programmer – Unified Recreation

jdeaver@lawrenceks.org

Abby Bush-Wilder, Communications & Events Coordinator

awilder@lawrenceks.org

Emma Wagemaker, Communications & Events Coordinator

ewagemaker@lawrenceks.org

Ashlee Roll-Gregory, Administrative Technician

EAGLE BEND GOLF COURSE & LEARNING CENTER

1250 E. 902 Road

(785) 748-0600 • 1-877-861-GOLF (4653)

STAFF

Greg Dannevik, Golf Course Professional

gdannevik@lawrenceks.org

Ryan Cloud, Assistant Golf Course Professional

rcloud@lawrenceks.org

HOLCOM PARK RECREATION CENTER

2700 W. 27th St. • (785) 832-7940

CODES

HPRC.....Holcom Park Recreation Center

GY.....Gymnasium

BR.....Wayne Bly Room

SC.....Sand Courts

ENROLLMENT HOURS

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

STAFF

Elias Parenti, Recreation Programmer

eparenti@lawrenceks.org

LAWRENCE INDOOR AQUATIC CENTER

4706 Overland Drive • (785) 832-SWIM (7946)

CODES

LIAC.....Lawrence Indoor Aquatic Center

RESERVATION/ENROLLMENT HOURS

8 a.m. - 5 p.m. (Mon-Fri)

STAFF

Lori Madaus, Aquatics Supervisor

lmadaus@lawrenceks.org

Becky Childers, Assistant Aquatics Supervisor

bchilders@lawrenceks.org

Lisa Hughes, Senior Administrative Specialist

lhughes@lawrenceks.org

PARKS AND MAINTENANCE DIVISION

STAFF

Tyler Fike, Horticulture & Forestry Manager

(785) 832-7970, *tfike@lawrenceks.org*

Pat Hennessey, Park Operations Manager

(785) 330-7359, *phennessey@lawrenceks.org*

Darin Pearson, Park Operations Manager/

Eagle Bend

dpearson@lawrenceks.org

Mitch Young, Park District Supervisor/Cemeteries

miyoung@lawrenceks.org

DIRECTORY/OTHER CODES

Stretch Your Limits — www.lprd.org

PRAIRIE PARK NATURE CENTER

2730 Harper St. • (785) 832-7980

CODES

PPNC.....Prairie Park Nature Center

ENROLLMENT HOURS:

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

STAFF

Dara Wilson, Nature Center Supervisor

dwilson@lawrenceks.org

Rachel Neff, Naturalist

rneff@lawrenceks.org

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St. • (785) 832-7950

CODES

ELRC.....East Lawrence Recreation Center

GR.....Gymnastics Room

TZ.....Tumble Zone

ENROLLMENT HOURS:

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

STAFF

Madison Husbenet, Recreation Programmer

mhusbenet@lawrenceks.org

SPORTS PAVILION LAWRENCE

100 Rock Chalk Lane • (785) 330-7355

CODES

SPL.....Sports Pavilion

GR.....Gymnastics Room

Lawrence®

CR.....Champion Room

FR.....Fitness Room

LR.....Legacy Room

RESERVATION/ENROLLMENT HOURS

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

STAFF

Taylor Martin, Facilities Operations Supervisor

tmartin@lawrenceks.org

Jo Mendoza, Recreation Instruction

Supervisor

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Alex Husbenet, Youth Sports Supervisor

ahusbenet@lawrenceks.org

Bennett Johnson, Recreation Programmer

rwilson@lawrenceks.org

Ross Schraeder, Recreation Programmer

rschraeder@lawrenceks.org

Landon Noll, Recreation Programmer

lnoll@lawrenceks.org

Molly Gordon, Recreation Programmer

mgordon@lawrenceks.org

Paula Craig, Administrative Specialist

pcraig@lawrenceks.org

OTHER LOCATIONS

CARN

Carnegie Building,
200 W. 9th St.

PKSBP

Centennial Park—
Skateboard Park,
600 Rockledge Rd.

CLSC

Clinton Lake Softball Complex,
5101 Speicher Rd.

CMW

Crescent Moon Winery,
15930 246th St.

DCFG

Douglas County Fairgrounds,
2120 Harper St.

PT

Peaslee Tech,
2920 Haskell Ave., Suite 100

RCL

Royal Crest Lanes,
933 Iowa St.

SRC

Senior Resource Center,
745 Vermont St.

TW

Trivedi Wine,
1826 E. 1150 Road

RCP

Rock Chalk Park,
100 Rock Chalk Lane

RVRPK

Riverfront Park,
1594 N. 3rd St.

OVLPK

Overlook Park,
800 N. 1402 Road

LNP

Lawrence Nature Park,
201 S. Folks Road

BURPK

Burcham Park,
200 Indiana St.

LYONS

Lyons Park,
700 North Lyon St.

HOME

Your own home

TBA

To be announced

New Class	Class Name	Fitness Level	Ages/Class Size	Description					
NEW	ESSENTRICS	●							
Co-Sponsored Class not eligible for scholarships	<p>■ Ages: 15 and Up. Enrollment Min 10 / Max 15. A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. Bring a mat. No class 11/22, 11/25.</p> <p>Instructor: Kirstin Olson.</p>			Class Notes					
Night Class (noted in bold)	CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE	Class Location (listed pages 2-3)
Activity Number	115027	A	ESSEN	W	5:30-6:30PM	9/13-10/25	HPRC-BR	\$30	Class Fee
Section of Class (Blue = Winter / Orange = Spring)	215027	B	ESSEN	S	8:45-9:45AM	9/16-10/28	HPRC-BR	\$30	Dates of Class
Name 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 (2-3 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. If you are in need of special accommodations for our programs/classes, please call The Community Building at (785) 832-7920.

AQUATICS

ADMISSION FEES/PASS OPTIONS

ADMISSION FEES/PASS OPTIONS

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

ISN'T IT TIME YOU JOINED LPRD AQUATICS?

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

DAILY ADMISSION CHARGES

For current pricing, please visit our website at: <http://www.lprd.org/aquatics/admission>.

ANNUAL AND MONTHLY PASSES

LPRD Aquatics has swimming passes designed to save you money! Check out what's available below and head over to our website: <http://lprd.org/aquatics/admission> for more details and pricing.

ALL AGES ANNUAL PASS

Passes are valid for 365 days from the date of purchase at any LPRD Aquatic facility. This pass option offers the dedicated swimmer a discount. May be purchased at the Indoor or Outdoor Aquatic Centers. For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.

ALL AGES 30-DAY PASS

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. May be purchased at the Indoor or Outdoor Aquatic Centers. For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.

PUNCH CARDS

Each punch card contains 10 punches. Each punch is equivalent to one daily admission. May be purchased at the Indoor or Outdoor Aquatic Centers or the LPRD administrative office. Punch cards cannot be combined with other forms of payment or used for special events or promotional swim days. Only valid toward full daily admission. For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.

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 Outdoor Aquatic Center. Safety prompts and instruction are given by the lifeguard staff.

SPECIAL SAVINGS DAYS

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!

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, 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 20. 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. Leisure pool; 3-lane lap area. **No class 3/18, 3/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112434	1A	AQFIT	TR	9-9:45AM	1/7-2/6	LIAC	\$45
112434	1B	AQFIT	TR	10-10:45AM	1/7-2/6	LIAC	\$45
112434	2A	AQFIT	TR	9-9:45AM	2/18-4/3	LIAC	\$54
112434	2B	AQFIT	TR	10-10:45AM	2/18-4/3	LIAC	\$54
212434	1A	AQFIT	TR	9-9:45AM	4/15-5/15	LIAC	\$45
212434	1B	AQFIT	TR	10-10:45AM	4/15-5/15	LIAC	\$45

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. Competition pool shallow & deep. **No class 3/18, 3/20. Instructor: Colleen Boley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112437	1A	AQHIIT	TR	5:30-6:15PM	1/7-2/6	LIAC	\$45
112437	2A	AQHIIT	TR	5:30-6:15PM	2/18-4/3	LIAC	\$54
212437	1A	AQHIIT	TR	5:30-6:15PM	4/15-5/15	LIAC	\$45

AQUA STRETCH FUSION II

Ages: 16 and Up. Enrollment Min 8 / Max 20. 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. Competition pool; shallow end. **No class 3/18, 3/20. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112412	1B	FUSION2	TR	8:15-9:15AM	1/7-2/6	LIAC-CPSE	\$45
112412	2B	FUSION2	TR	8:15-9:15AM	2/18-4/3	LIAC-CPSE	\$54
212412	1B	FUSION2	TR	8:15-9:15AM	4/15-5/15	LIAC-CPSE	\$45

AQUATICS



SCAN ME!

FULL LIST OF HOURS

Indoor Aquatic Center

<https://lprd.org/aquatics/iac>

JIVIN' JOINTS

Ages: 16 and Up. Enrollment Min 15 / Max 20. This is a group recreational water-based exercise program. Specifically designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce pain and stiffness. Leisure pool; 3 lane lap area. **No Class 3/17, 3/19, 3/21. Instructor: Carolee Meseraull.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112430	1A	JIVNJNTS	MWF	8:45-9:30AM	1/6-2/7	LIAC	\$68
112430	1B	JIVNJNTS	MWF	9:45-10:30AM	1/6-2/7	LIAC	\$68
112430	2A	JIVNJNTS	MWF	8:45-9:30AM	2/17-4/4	LIAC	\$81
112430	2B	JIVNJNTS	MWF	9:45-10:30AM	2/17-4/4	LIAC	\$81
212430	1A	JIVNJNTS	MWF	8:45-9:30AM	4/14-5/16	LIAC	\$68
212430	1B	JIVNJNTS	MWF	9:45-10:30AM	4/14-5/16	LIAC	\$68



SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 8 / Max 20. Water provides the conditioning of buoyance 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. Leisure pool; 3 lane lap area. **No Class 3/17, 3/19, 3/21. Instructor: Carmen Thomas.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112420	1A	SHALLOW	MWF	7:15-8AM	1/6-2/7	LIAC	\$68
112420	2A	SHALLOW	MWF	7:15-8AM	2/17-4/4	LIAC	\$81
212420	1A	SHALLOW	MWF	7:15-8AM	4/14-5/16	LIAC	\$68

DEEPLY FIT

Ages: 16 and Up. Enrollment Min 8 / Max 20. Take the plunge into deep water aquatic fitness. Challenge your body, core muscles, and have fun! Flotation belt required (provided). No swimming skills necessary. Competition Pool; deep water. **No Class 3/17, 3/19, 3/21. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112438	1A	DEEPLIT	MWF	8:15-9:15AM	1/6-2/7	LIAC	\$68
112438	2A	DEEPLIT	MWF	8:15-9:15AM	2/17-4/4	LIAC	\$81
212438	1A	DEEPLIT	MWF	8:15-9:15AM	4/14-5/16	LIAC	\$68

AQUA TONE

Ages: 16 and up. Enrollment Min 8 / Max 20. 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. Competition pool, shallow end. **No Class 3/17, 3/19. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112413	1A	AQTONE	MW	5:30-6:15PM	1/6-2/5	LIAC	\$45
112413	2A	AQTONE	MW	5:30-6:15PM	2/17-4/2	LIAC	\$54
212413	1A	AQTONE	MW	5:30-6:15PM	4/14-5/14	LIAC	\$45

LABLAST SPLASH

Ages: 16 and Up. Enrollment Min 8 / Max 20. 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. Competition pool, shallow end. **No Class 3/17, 3/19. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112439	1A	LABLAST	MW	6:30-7:15PM	1/6-2/5	LIAC	\$45
112439	2A	LABLAST	MW	6:30-7:15PM	2/17-4/2	LIAC	\$54
212439	1A	LABLAST	MW	6:30-7:15PM	4/14-5/14	LIAC	\$45

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 \$45 per 45-minute session. Contact Lori Madaus at the Lawrence Indoor Aquatic Center for additional information, lmadaus@lawrenceks.org, (785) 832-7946 (SWIM).**



LEARN-TO-SWIM CLASSES

TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON

At the beginning of the season, we suggest that you repeat the last level that was completed the summer before. 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 you are in doubt as to which level to enroll your child in, you may call and set up a swim evaluation at our facilities at no cost to you.

AQUATICS

NOTE TO PARENTS/GUARDIANS

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.

The American Red Cross has updated their Learn to Swim curriculum, please read the course descriptions carefully when deciding which level best suits the participant's skill level.

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 Swim (3 years old): 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 the 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 (PRCHOOL) (4 year olds): 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 (5-6 year olds): Participants work 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 (5-7 year olds): *Skills learned include front and back floats unsupported for 15 seconds with recovery 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 1 minute; front and back glides with two different kicks; front crawl and elementary backstroke 15 yards, begin learning the diving progression.*

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 open turns on front and back pushing off in streamlined position, surface dives and dives off the side of the pool and swim underwater for 3 body lengths, survival and back floats in deep water as well as tread water for 1 minute each. This level is taught in the competition pool (LIAC).*

Level 5: Increased endurance, coordination and refinement of strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns. *This level is taught in the competition pool (LIAC).*

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 toward meeting your personal goals. *This level is taught in the competition pool (LIAC).*

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. *This level is taught in the competition pool (LIAC).*

AVAILABLE LESSONS

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112114	2A	PRESCHL	S	9-9:25AM	1/11-2/1	LIAC	\$33
112102	2A	LEVEL 2	S	9-9:45AM	1/11-2/1	LIAC	\$33
112105	2A	LEVEL 5	S	9-9:45AM	1/11-2/1	LIAC	\$33
112100	2A	P/CHILD	S	9:30-9:55AM	1/11-2/1	LIAC	\$33
112115	2A	AQUATOT	S	10-10:25AM	1/11-2/1	LIAC	\$33
112102	2B	LEVEL 2	S	10-10:45AM	1/11-2/1	LIAC	\$33
112103	2A	LEVEL 3	S	10-10:45AM	1/11-2/1	LIAC	\$33
112101	2A	LEVEL 1	S	10:30-10:55AM	1/11-2/1	LIAC	\$33
112103	2B	LEVEL 3	S	11-11:45AM	1/11-2/1	LIAC	\$33
112104	2A	LEVEL 4	S	11-11:45AM	1/11-2/1	LIAC	\$33
112108	2A	ADULT	S	11-11:45AM	1/11-2/1	LIAC	\$33
212114	2A	PRESCHL	S	9-9:25AM	2/15-3/8	LIAC	\$33
212102	2A	LEVEL 2	S	9-9:45AM	2/15-3/8	LIAC	\$33
212105	2A	LEVEL 5	S	9-9:45AM	2/15-3/8	LIAC	\$33
212100	2A	P/CHILD	S	9:30-9:55AM	2/15-3/8	LIAC	\$33
212115	2A	AQUATOT	S	10-10:25AM	2/15-3/8	LIAC	\$33
212102	2B	LEVEL 2	S	10-10:45AM	2/15-3/8	LIAC	\$33
212103	2A	LEVEL 3	S	10-10:45AM	2/15-3/8	LIAC	\$33
212101	2A	LEVEL 1	S	10:30-10:55AM	2/15-3/8	LIAC	\$33
212103	2B	LEVEL 3	S	11-11:45AM	2/15-3/8	LIAC	\$33
212104	2A	LEVEL 4	S	11-11:45AM	2/15-3/8	LIAC	\$33
212107	2A	JR SWIM	S	11-11:45AM	2/15-3/8	LIAC	\$33

CAMPS

SPRING BREAK CAMPS

GYMNASTICS CAMP

Age: 5-12. Enrollment Min 6 / Max 21. Our gymnastics camp will offer fun skill-building for youth ages 6-12 in small groups. Activities include gymnastics, athletic games, arts and crafts, outdoor adventures and most of all FUN! Come join us for a week of gymnastics where campers have the opportunity to participant on the tumble track, play in the pit, climb the cargo net and swing on the bars.. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
216014	A	GC	MTWRF	9AM-4PM	3/17-3/21	SPL-GR	\$199

SPRING BREAK CAMP

Ages: 6-12. Enrollment Min: 10 / Max: 20. Experience a week of outdoor fun at Prairie Park Nature Center with live animal programs, hikes, games, crafts, and even field trips. This year we'll be going to the St. Patrick's Day Parade and the Topeka Zoo. Field trip expenses included in enrollment fee.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223234	A	SBCAMP	MTWRF	9AM-3:30PM	3/17-3/21	PPNC	\$190

SPRING INTO FUN CAMP

Ages: 5-12. Get ready for a fun-packed week at Spring into Fun Camp, where the fun never stops—rain or shine! Designed for kids ages 5-12, this indoor camp is all about having fun, creativity, field trips, and active play in a safe and exciting environment. Held at Holcom Recreation Center. For more information call Elias Parenti 785-832-7949. **All children must have current Health Information Form turned in prior to attending the program. All patrons must bring a brown bag lunch!!!**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225120	A	SBC	MTWRF	9AM-4PM	3/17-3/21	HPRC	\$130



DANCE

Our adult dance classes are suitable for complete beginners, experienced dancers or those just looking for a fun and enjoyable way to get fit; we are sure to have a class to suit you! Improve coordination, link moves together and find comfort and confidence in various dance styles. You'll be taught all the dance essentials: terminology, traveling steps, and, most importantly, rhythm.

Prices listed at a per-person rate. Some programs require partner enrollment.

SESSIONS

BALLROOM DANCING

Ages: 15 and Up. Enrollment Min 8 couples / Max 16 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	CLASS	DAY	TIME	DATE	LOC	FEE
114180	A	BRD	W	7-8PM	1/15-3/5	HPRC-BR	\$53
214180	A	BRD	W	7-8PM	3/26-5/14	HPRC-BR	\$53

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 partner necessary. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114152	A	LINE	SU	4:30-5:30PM	1/5-2/9	SPL-LR	\$40
114152	B	LINE	SU	4:30-5:30PM	2/16-3/30	SPL-LR	\$40
214152	A	LINE	SU	4:30-5:30PM	4/6-5/18	SPL-LR	\$40

LATIN DANCE

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** As we turn up the heat, move your feet to the smooth Latin beat. You'll learn all the steps, proper techniques, mothions, 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. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214151	A	LATIN	SU	6:50-7:50PM	4/6-5/18	SPL-LR	\$40

DANCE

COUNTRY COUPLES VARIETY DANCING

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* 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 this progressive class. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114150	A	CCVD	SU	6:50-7:50PM	2/16-3/30	SPL-LR	\$40

WEST COAST SWING

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* 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	CLASS	DAY	TIME	DATE	LOC	FEE
114145	A	WCS	SU	5:40-6:40PM	1/5-2/9	SPL-LR	\$40

SWING DANCING

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* 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 and loads of fun. Class also includes an introduction to the stylish, slow and bluesy West Coast swing. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114154	A	SWING	SU	6:50-7:50PM	1/5-2/9	SPL-LR	\$40
214154	A	SWING	SU	5:40-6:40PM	4/6-5/18	SPL-LR	\$40

NIGHT CLUB DANCES

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* Get ready to tear up the dance floor with two popular nightclub dances. You'll learn dances from both ends of the spectrum: the slow and graceful nightclub sway, and the fast and smooth hustle. You'll be swaying and hustling to ballads, pop, hip-hop, disco, and more! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114153	A	NCD	SU	5:40-6:40PM	2/16-3/30	SPL-LR	\$40



FRIDAY WORKSHOPS

ULTIMATE DANCE PARTY

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* 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	CLASS	DAY	TIME	DATE	LOC	FEE
114160	A	ULTDNC	F	6-8PM	1/24	SPL-LR	\$15
114160	B	ULTDNC	F	6-8PM	2/14	SPL-LR	\$15
114160	C	ULTDNC	F	6-8PM	3/14	SPL-LR	\$15
214160	A	ULTDNC	F	6-8PM	4/4	SPL-LR	\$15
214160	B	ULTDNC	F	6-8PM	5/9	SPL-LR	\$15

LINE DANCING WORKSHOP

■ *Ages: 15 and Up. Enrollment Min 10 couples / 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	CLASS	DAY	TIME	DATE	LOC	FEE
114141	A	LINEWS	F	5:45-8PM	1/10	SPL-LR	\$20
114141	B	LINEWS	F	5:45-8PM	2/7	SPL-LR	\$20
114141	C	LINEWS	F	5:45-8PM	3/7	SPL-LR	\$20
214141	A	LINEWS	F	5:45-8PM	4/11	SPL-LR	\$20
214141	B	LINEWS	F	5:45-8PM	5/2	SPL-LR	\$20
214141	C	LINEWS	F	5:45-8PM	5/30	SPL-LR	\$20

EAST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* 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	CLASS	DAY	TIME	DATE	LOC	FEE
114140	A	ECS	F	5:45-8PM	3/28	SPL-LR	\$20

NIGHT CLUB DANCES

■ *Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.* Get ready to tear up the dance floor with two popular nightclub dances. You'll learn dances from both ends of the spectrum: the slow and graceful nightclub sway, and the fast and smooth hustle. You'll be swaying and hustling to ballads, pop, hip-hop, disco, and more! **Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214153	A	NCD	F	5:45-8PM	5/23	SPL-LR	\$20

DANCE

TWO-STEP, BEGINNER INTERMEDIATE

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** A mainstay of every country dance venue in the world. Two-Step is a traveling dance to a moderate to fast country music with a driving beat. Learn the basics and movements so you can look your best on the dance floor. Learn lead and follow concepts that apply to all dances. Gain the confidence to get out on the social dance floor. **Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214144	A	TWOSTEP	F	5:45-8PM	4/25	SPL-LR	\$20

WEST COAST SWING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** 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	CLASS	DAY	TIME	DATE	LOC	FEE
114145	B	WCS	F	5:45-8PM	1/31	SPL-LR	\$20

SUNDAY WORKSHOPS

WEDDING DANCE CRASH COURSE

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** 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	CLASS	DAY	TIME	DATE	LOC	FEE
114161	A	WCC	SU	1:15-4:15PM	1/12	SPL-LR	\$25
114161	B	WCC	SU	1:15-4:15PM	2/23	SPL-LR	\$25
214161	A	WCC	SU	1:15-4:15PM	4/6	SPL-LR	\$25

INTERMEDIATE LINE DANCING

■ **Ages 15 and Up. Enrollment Min 10 / Max 30.** For those comfortable with line dancing who would like to try longer dance sequences and more challenging choreography, this class is for you! This intermediate line dance class covers many genres of group social line dances from around the world: Country, Pop, Latin, Oldies, R&B, Swing and more. **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114156	A	INTLINE	SU	3:15-4:15PM	1/19	SPL-LR	\$12
114156	B	INTLINE	SU	3:15-4:15PM	2/16	SPL-LR	\$12
114156	C	INTLINE	SU	3:15-4:15PM	3/16	SPL-LR	\$12
214156	A	INTLINE	SU	3:15-4:15PM	4/27	SPL-LR	\$12
214156	B	INTLINE	SU	3:15-4:15PM	5/18	SPL-LR	\$12

NIGHT CLUB DANCES

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Get ready to tear up the dance floor with two popular nightclub dances. You'll learn dances from both ends of the spectrum: the slow and graceful nightclub sway, and the fast and smooth hustle. You'll be swaying and hustling to ballads, pop, hip-hop, disco, and more! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114153	B	NCD	SU	1:15-4:15PM	2/9	SPL-LR	\$25

TWO-STEP, BEGINNER/INTERMEDIATE

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** A mainstay of every country dance venue in the world. Two-Step is a traveling dance to a moderate to fast country music with a driving beat. Learn the basics and movements so you can look your best on the dance floor. Learn lead and follow concepts that apply to all dances. Gain the confidence to get out on the social dance floor. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114144	A	TWOSTEP	SU	1:15-4:15PM	1/26	SPL-LR	\$25

WEST COAST SWING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** 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	CLASS	DAY	TIME	DATE	LOC	FEE
114145	C	WCS	SU	1:15-4:15PM	3/23	SPL-LR	\$25

DANCE FUNDAMENTALS I – SINGLE RHYTHM MOVEMENTS

■ **Ages: 15 and Up. Enrollment Min 8 / Max 20.** 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. The first two hours will be instruction on basic dance steps and patterns followed by a one-hour dance to practice. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114149	A	DF1	SU	1:15-4:15PM	2/2	SPL-LR	\$25

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 and port de bras. Then you'll add additional moves like knee pops, boogie walks, camel walks and sailor shuffles. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114149	B	DF2	SU	1:15-4:15PM	3/9	SPL-LR	\$25

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. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214149	A	DF3	SU	1:15-4:15PM	5/4	SPL-LR	\$25

DANCE

YOUTH DANCE

The youth dance program is proud to offer quality and cost efficient classes to the community. Our classes provide the perfect opportunity for the beginner and intermediate dancer to explore basic dance fundamentals, as they discover a style that meets their needs and interests. Dancers build self-confidence and expression while discovering more about the joys of movement in a creative, supportive environment. We look forward to seeing your dancer in the studio!

MINI BALLET

Ages: 3-4. Enrollment Min 5 / Max 12. Designed for tiny dancers who love to twirl, whirl and walk on their tippy toes! The beginning basics of ballet will be taught including positions, center movements, and across-the-floor leaps. Dancers will hone in on gross motor skills as well as listening and classroom skills in a fun, supportive environment. **No class 3/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128001	A	MB	R	5:30-6:15PM	1/23-4/10	CB-DS	\$105

MINI BALLET & HIP HOP

Ages: 3-4. Enrollment Min 5 / Max 12. A combination class offering a taste of the basic fundamentals of ballet and hip hop. Dancers will explore the similarities and differences of each style through hip hop's high energy, sharp, edgy movements and the fluid, graceful, control of ballet. Both forms of movement builds self-confidence, discipline, body awareness, coordination, balance, strength and flexibility. This is a great class to learn the basics of ballet and hip-hop in one fun class! **No class 3/22, 3/17, 3/19. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128002	A	MBHH	S	11:10-11:55AM	1/18-4/5	CB-DS	\$105
128002	B	MBHH	M	6:25-7:10PM	1/20-4/7	CB-DS	\$105
128002	C	MBHH	W	5:30-6:15PM	1/22-4/9	CB-DS	\$105

BEAMING BALLET & HIP HOP

Ages: 5-6. Enrollment Min 5 / Max 12. A combination class offering a taste of the basic fundamentals of ballet and hip-hop. Dancers will explore the similarities and differences of each style through hip-hop's high energy, sharp, edgy movements and the fluid, graceful, control of ballet. Both forms of movement builds self-confidence, discipline, body awareness, coordination, balance, strength and flexibility. This is a great class to learn the basics of ballet and hip-hop in one fun class! **No class 3/14. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128003	A	BBHH	S	10:15-11:05AM	1/18-4/5	CB-DS	\$105
128003	B	BBHH	M	5:30-6:20PM	1/20-4/7	CB-DS	\$105
128003	C	BBHH	W	6:20-7:10PM	1/22-4/9	CB-DS	\$105

PARENT & ME DANCE

Ages: 2-3. Enrollment Min 5 / Max 12. Dance together and share the experience of playful movement, silly songs, fun games and colorful props! With guardian's assistance, dancers will practice taking turns, listening, and following instructions all while developing motor skills and social interactions. Bond and enjoy quality time in this whimsical class! One dancer per guardian please. **No class 3/22. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128000	A	PMD	S	9:30-10:05AM	1/18-3/8	CB-DANCE	\$76
128000	B	PMD	T	5:30-6:05PM	1/21-4/8	CB-DANCE	\$105
228000	A	PMD	S	9:30-10:05AM	3/29-5/17	CB-DANCE	\$76

RISING POP BALLET

Ages: 7-13. Enrollment Min 5 / Max 12. A fun twist on the traditional ballet class, using the same technical training and vocabulary as classical ballet, but incorporating modern music and a faster pace. Class will challenge each dancer's personal level through barre and center work, across the floor skills and choreography. Coordination, flexibility and self-confidence will increase in this popular class! **No class 3/18. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128004	A	RPB	T	6:20-7:10PM	1/21-4/8	CB-DANCE	\$105

RISING URBAN HIP HOP

Ages: 7-13. Enrollment Min 5 / Max 12. An entergetic class combining the technique and styles of hip-hop, street dance, jazz and contemporary. Class will challenge each dancer's personal level through skills in the center, across the floor work and choreography. Strength, agility and self-expression will increase in this creative class! **No class 3/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128005	A	RHHA	R	6:20-7:10PM	1/23-4/10	CB-DANCE	\$105

MINI REC DANCE

Ages: 3-4. Enrollment Min 5 / Max 12. A creative recreation dance class perfect for the beginner and experienced dancer who enjoys moving and grooving! Basic dance fundamentals will be explored, guiding dancers to express emotion, release energy and take delight in their movement through fun songs, dances and games. **No class 3/21. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128008	A	MRD	F	10:00-10:45AM	1/24-4/11	CB-DANCE	\$105
228008	A	MRD	S	11:10-11:55AM	4/26-5/17	CB-DANCE	\$38

BEAMING REC DANCE

Ages: 5-6. Enrollment Min 5 / Max 12. A creative recreation dance class perfect for the beginner and experienced dancer who enjoys moving and grooving! Basic dance fundamentals will be explored, guiding dancers to express emotion, release energy and take delight in their movement through fun songs, dances and games. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
228009	A	PMD	S	10:15-11:05AM	4/26-5/17	CB-DANCE	\$38



FITNESS

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

- **Introductory:** Just starting to exercise or haven't exercised in six months.
- **Intermediate:** Fairly active in sports, dance or some type of regular exercise (2-3 times per week).
- **Advanced:** Very active in sports or have been exercising four or more times per week for six months.

BARRELATES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. The perfect fusion combination of Barre and Pilates for a full-body strength training workout. Combining the dynamic, dance-inspired movements of barre with lengthening and strengthening exercises of Pilates will target multiple muscle groups at once. This class will incorporate music and will be both challenging and fun, all levels welcome. **Instructor: Vanessa Curtis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115030	A	BE	MW	12:10-12:50PM	1/6-3/12	SPL-FR	\$85
215030	A	BE	MW	12:10-12:50PM	3/24-5/14	SPL-FR	\$68

BOTTOMS UP ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Lower body exercises aimed at sculpting your core, booty, hips and thighs. A touch of cardio ensures that you burn calories while you sculpt. The music and teaching style make it so fun; it won't feel like work! Easily adaptable for low impact. This tushy toning class is a blast. **Bring a mat. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115007	A	BU	TR	5:30-6PM	1/7-3/13	HPRC-BR	\$85
215007	A	BU	TR	5:30-6PM	3/25-5/15	HPRC-BR	\$68

UPPER CUTS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Dynamic punches, dumbbells, and body weight resistance to build upper body strength. This high-energy session builds stamina, improve coordination, and tones muscle. The motivating music empowers. This fun and effective workout will make you strong and confident. Throw down, time down and knockout stress. Easily modified for low impact. **Bring a mat. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115009	A	UC	TR	6:10-6:40PM	1/7-3/13	HPRC-BR	\$85
215009	A	UC	TR	6:10-6:40PM	3/25-5/15	HPRC-BR	\$68

BODY BURN ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Come burn away those extra calories during this class with invigorating total body exercise! When you combine strength training with cardio and core work, your body will be lit on fire to help scorch away those unwanted pounds. Exercises can be modified for any fitness level. **Bring a mat. Instructor: Nicole Heck.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115003	A	BB	R	5:45-6:40PM	1/9-3/13	CB-RM2	\$48
215003	A	BB	R	5:45-6:40PM	3/27-5/15	CB-RM2	\$38

SPIN WITH JORDAN ●

Ages: 15 and Up. Enrollment Min 8 / Max 15. Something for everyone! A high energy-low impact cardio workout set to music. Climb hills, sprints and flat riding on an indoor bike led by an inspiring instructor. Gain strength and endurance while getting maximum results with minimum impact on your joints. Your pace, your goals, your ride! **Instructor: Jordan Kopp.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115357	A	SPIN	TR	5:30-6:15PM	1/7-3/13	CB-KR	\$85
215357	A	SPIN	TR	5:30-6:15PM	3/25-5/15	CB-KR	\$68

CYCLE STRENGTH ●●

Ages: 15 and Up. Enrollment Min 7 / Max 14. Heart-pumping non-stop base workout, with a little bit of something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges, and jumps all to music hand-picked to motivate and inspire! **Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115356	A	CYCLE	S	9-9:45AM	1/11-3/15	CB-KR	\$48
215356	A	CYCLE	S	9-9:45AM	3/29-5/17	CB-KR	\$38

ESSENTRICS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. **Bring a mat. Instructor: Kirstin Olson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115027	A	ESSEN	W	5:30-6:30PM	1/8-3/12	HPRC-BR	\$48
115027	B	ESSEN	S	8:45-9:45AM	1/11-3/15	HPRC-BR	\$48
215027	A	ESSEN	W	5:30-6:30PM	3/26-5/7	HPRC-BR	\$33
215027	B	ESSEN	S	8:45-9:45AM	3/29-5/10	HPRC-BR	\$33

EXPRESS CONDITIONING ●●

Ages: 15 and Up. Min: 10 / Max 20. By training with free-weights, resistance-bands, and body-weight this workout will give you an exciting range of strengthening, balance, and core exercises while improving cardiovascular health. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115029	A	EXPCON	TR	12:15-12:45PM	1/7-3/13	CB-RM2	\$85
215029	A	EXPCON	TR	12:15-12:45PM	3/25-5/15	CB-RM2	\$68

FULL BODY FUSION ●●

Ages: 15 and Up. Min: 10 / Max 20. If you're not seeing results from your current workout or feeling bored with your fitness routine, this class is for you. This is a blend of strength training, cardio, flexibility, and core conditioning that effectively targets all major muscle groups. The motivating music and variety of exercises will keep you engaged. Sculpt, strengthen, and invigorate your mind and body **Bring a mat. Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115008	A	FBF	S	10-10:50AM	1/11-3/15	SPL-LR	\$48
215008	A	FBF	S	10-10:50AM	3/29-5/17	SPL-LR	\$38

FITNESS

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	CLASS	DAY	TIME	DATE	LOC	FEE
115076	A	KAP	T	5:45-6:30PM	1/7-3/11	HPRC-GY	\$48
215076	A	KAP	T	5:45-6:30PM	3/25-5/14	HPRC-GY	\$38

PILATES, EXPRESS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Pilates mat class will use your body weight to strengthen and tone the body with an emphasis on breath, core conditioning and body awareness. Learn to activate your deep core muscles to build strength, stability and flexibility. Core strength is the powerhouse of all movements, a class that is beneficial for all bodies! **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115024	A	PE	TR	5:30-6PM	1/7-3/13	SPL-FR	\$85
215024	A	PE	TR	5:30-6PM	3/25-5/15	SPL-FR	\$68

POP PILATES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates incorporates proper breathing, alignment and balance to flow through one move to the next synced to today's top 40 hits. **Bring a mat. Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115032	A	POP	S	9:30-10:20AM	1/11-3/15	SPL-FR	\$48
215032	A	POP	S	9:30-10:20AM	3/29-5/17	SPL-FR	\$38

POWER SCULPT ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 18. 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	CLASS	DAY	TIME	DATE	LOC	FEE
115011	A	PWRSCPT	S	10-10:50AM	1/11-3/15	CB-CR1	\$48
215011	A	PWRSCPT	S	10-10:50AM	3/29-5/17	CB-CR1	\$38

STRENGTH TRAINING ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This class is a full body-strengthening workout using different types of resistance. We will use kettlebells, free weights, Pilates rings, BOSU balls, stability balls, resistance tubing and bands, as well as body weight exercises. This class is designed to enhance muscle definition, balance, flexibility, strength, and endurance. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115122	A	ST	TR	6:15-7PM	1/7-3/13	SPL-FR	\$85
215122	A	ST	TR	6:15-7PM	3/25-5/15	SPL-FR	\$68

TAI CHI ●

Ages: 15 and Up. Min 10 / Max 20. Tai Chi is a gentle and meditative form of exercise. Aided by the breath and the use of mindful, focused movements, Tai Chi enhances many aspects of physical health and overall wellness. Improve your posture, strength, balance, flexibility, range of motion and circulation. Calm your mind and relieve stress by joining class. **No class 4/20. Instructor: Ron Ching.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115109	A	TC	SU	6-7PM	1/5-3/9	SPL-FR	\$48
215109	A	TC	SU	6-7PM	3/23-5/11	SPL-FR	\$34

TAI CHI AT TRIVEDI ●

Ages 21 and Up. Enrollment Min 10 / Max 20. Take your relaxation up a notch and join us for a one-hour Tai Chi class followed by a tasting of wines on the stunning grounds of Trivedi Wine. When you arrive, you'll be lead through an hour-long Tai Chi class, then have the opportunity to indulge your taste buds with a guided tasting in the Trivedi Wine tasting room. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
215288	A	TCAT	S	11AM-1PM	5/3	TW	\$30

TRX STRENGTH ●●

Ages: 15 and Up. Enrollment Min 6 / Max 9. This class uses the TRX Suspension Trainer to perform strength exercises, targeting large and small muscle groups. TRX Strength is the ideal way to strengthen and tone, while focusing on functional movement and core stabilization. Adaptable and appropriate for any TRX user. **Bring a mat. Instructor: Christine Lester.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115113	A	TRXFIT	MW	5:30-6:15PM	1/6-3/12	SPL-LR	\$85
215113	A	TRXFIT	MW	5:30-6:15PM	3/24-5/14	SPL-LR	\$68

TRX FIT ●●

Ages: 15 and Up. Enrollment Min 6 / Max 9. Total Resistance Exercise uses TRX Suspension Trainer and body weight exercises to develop strength, balance, flexibility and core stability simultaneously. This is a perfect blend of strength and cardio. Relatively easy to learn and works well for individuals at all fitness levels. **Bring a mat. Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115112	A	TRXFIT	MW	6:45-7:30PM	1/6-3/12	SPL-LR	\$85
115112	B	TRXFIT	TR	6-6:45PM	1/7-3/13	SPL-LR	\$85
215112	A	TRXFIT	MW	6:45-7:30PM	3/24-5/14	SPL-LR	\$68
215112	B	TRXFIT	TR	6-6:45PM	3/25-5/15	SPL-LR	\$68

WEIGHTS EXPRESS ●●

Ages: 15 and Up. (MW) Enrollment Min 10 / Max 15. (TR) Enrollment Min 6 / Max 9. This express class will get you in and out in 30 minutes twice a week. You will 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	CLASS	DAY	TIME	DATE	LOC	FEE
115023	A	WEIGHTS	MW	5:30-6PM	1/6-3/12	SPL-FR	\$85
115023	B	WEIGHTS	TR	12:15-12:45PM	1/7-3/13	SPL-LR	\$85
215023	A	WEIGHTS	MW	5:30-6PM	3/24-5/14	SPL-FR	\$68
215023	B	WEIGHTS	TR	12:15-12:45PM	3/25-5/15	SPL-LR	\$68

FITNESS

WERQ ●●

Ages: 15 and Up. (MW) Enrollment Min 10 / Max 20. This fiercely fun class features a variety of dance styles from pop and jazz to hip hop with an upbeat and current playlist. Tone your muscles, improve your coordination, rhythm and improve your mood. You are guaranteed an energetic, fun and great workout without even knowing you are doing it. **Instructor: Ryce Herron.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115012	A	WE	T	6:40-7:35PM	1/7-3/11	HPRC-GYM	\$48
115012	B	WE	W	5:30-6:25PM	1/8-3/12	CB-GYM	\$48
215012	A	WE	T	6:40-7:35PM	3/25-5/13	HPRC-GYM	\$38
215012	B	WE	W	5:30-6:25PM	3/26-5/14	CB-GYM	\$38

YOGA BEGINNERS FLOW ●

Ages: 15 and Up. Enrollment Min 10 / Max 15. Suitable for beginning student who enjoy a gentler class. This class features a slow pace by developing body awareness; learn basic postures and proper alignment. Learn how to sequence breath and movements and become familiar with the connection to your physical and energetic body. **Bring a mat. Instructor: Kim McDanel.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115040	A	BF	T	5:20-6:15PM	1/7-3/11	ELRC-GR	\$48
215040	A	BF	T	5:20-6:15PM	3/25-5/13	ELRC-GR	\$38

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	CLASS	DAY	TIME	DATE	LOC	FEE
115022	A	EXPYOGA	TR	12:10-12:50PM	1/7-3/13	SPL-FR	\$85
215022	A	EXPYOGA	TR	12:10-12:50PM	3/25-5/15	SPL-FR	\$68

YOGA, FLOW INTERMEDIATE ●

Ages: 15 and Up. Enrollment Min 10 / Max 18. Flow is a challenging intermediate level class. Participants will link breath awareness with rhythmic and dynamic motion to awaken, invigorate, and empower! Arm balances and inversions are commonly explore, along with a full array of postures, including a period of meditative rest at the end of class. **Bring a mat. Instructor: Kim McDanel.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115041	A	FLOIN	R	5:20-6:15PM	1/9-3/13	ELRC-GR	\$48
215041	A	FLOIN	R	5:20-6:15PM	3/27-5/15	ELRC-GR	\$38

YOGA, POWER ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This power vinyasa yoga class is an invigorating practice that links the body with the power of the breath. With advanced variations offered, the practice builds strength, flexibility, and promotes physical well-being. **Bring a mat. No class 4/20. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115123	A	PWRYOGA	SU	4-5:15PM	1/5-3/9	SPL-FR	\$58
215123	A	PWRYOGA	SU	4-5:15PM	3/23-5/11	SPL-FR	\$41

YOGA, RESTORATIVE ●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Restorative yoga is all about relaxation. Class will provide relief of tension and pain by creating a connection between the body and the mind through breath and mediation. Stabilizing postures will help strengthen muscle groups in a low-impact

way. You will leave this class feeling renewed and restored. **Bring a mat.**

Instructor: Kymbre Dwyer.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115046	A	RY	W	6:15-7:15PM	1/8-3/12	SPL-FR	\$48
215046	A	RY	W	6:15-7:15PM	3/26-5/14	SPL-FR	\$38

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 this gentle approach to their practice. No experience is required. **Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115016	A	SLOYOGA	T	10-11AM	1/7-3/11	SPL-FR	\$48
215016	A	SLOYOGA	T	10-11AM	3/25-5/13	SPL-FR	\$38

YOGA STRETCH ●

Ages: 15 and Up. Enrollment Min 10 / Max 18. 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: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115017	A	YS	M	5:30-6:25PM	1/6-3/10	HPRC-BR	\$48
215017	A	YS	M	5:30-6:25PM	3/24-5/12	HPRC-BR	\$38

YOGA, VINYASA SCULPT ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. An ideal blend of a Vinyasa Flow Yoga practice with the addition of hand weights. Class is designed to incorporate small weights into yoga poses in a creative, strength-building program. Increase your flexibility and strength, improve lean muscle mass and calm the mind. **Bring a mat. Instructor: Melissa Kisslinger.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115118	A	VINYOGA	W	5:30-6:25PM	1/8-3/12	ELRC-GR	\$48
215118	A	VINYOGA	W	5:30-6:25PM	3/26-5/14	ELRC-GR	\$38

WINE AND UNWIND ●●

■ *Ages: 21 and Up. Enrollment Min 10 / Max 20.* Yoga at Crescent Moon is a unique experience that combines relaxation, mindfulness and nature. Led by an experienced instructor, Tatum Bandy, participants stretch their bodies, calm their minds, and rejuvenate their spirits in the tranquil vineyard setting. Begin the evening with yoga and conclude with wine tasting and light bites. **Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
215276	A	WW	F	6-8PM	3/7	CMW	\$30

FITNESS

GYMNASTICS

YOGILATES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 35 (TR), Max 20 (S). 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	CLASS	DAY	TIME	DATE	LOC	FEE
115121	A	YOGI (FH)	TR	5:30-6:25PM	1/7-3/13	CB-GYM	\$85
115121	B	YOGI (SC)	S	8:30-9:20AM	1/11-3/15	SPL-FR	\$48
215121	A	YOGI (FH)	TR	5:30-6:25PM	3/25-5/15	CB-GYM	\$68
215121	B	YOGI (SC)	S	8:30-9:20AM	3/29-5/17	SPL-FR	\$38

ZUMBA ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A fitness program that combines Latin and international 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. Combining all elements of fitness - 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), Mary Davidson (MD).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115000	A	ZUM(PM)	MWF	12:10-12:50PM	1/6-3/14	HPRC-GY	\$105
115000	B	ZUM(SK)	M	5:30-6:25PM	1/6-3/10	CB-GY	\$48
115000	C	ZUM(AA)	T	5-5:50PM	1/7-3/11	SPL-LR	\$48
115000	D	ZUM(MD)	TR	12:10-12:50PM	1/7-3/13	CB-GY	\$85
115000	E	ZUM(AS)	S	9-9:50AM	1/11-3/15	SPL-LR	\$48
215000	A	ZUM(PM)	MWF	12:10-12:50PM	3/24-5/16	HPRC-GY	\$84
215000	B	ZUM(SK)	M	5:30-6:25PM	3/24-5/12	CB-GY	\$38
215000	C	ZUM(AA)	T	5-5:50PM	3/25-5/13	SPL-LR	\$38
215000	D	ZUM(MD)	TR	12:10-12:50PM	3/25-5/15	CB-GY	\$68
215000	E	ZUM(AA)	S	9-9:50AM	3/29-5/17	SPL-LR	\$38



SPORTS PAVILION LAWRENCE®

100 ROCK CHALK LN.

Parks and Recreation offers a comprehensive gymnastics/ninja program to guide children in their gymnastic and ninja skill development, as well as increase self-esteem, independence and character while having fun and unique experiences in a healthy atmosphere.

Classes held at the Sports Pavilion Lawrence® include Little Bears, Tumble Bears, Gym Bears, Hot Shots, Beginning Girls/Boys, Intermediate I Boys/Girls, Intermediate II Girls, Little Ninjas, Ninja Stars, Advanced Ninja Warriors and Elite Ninja Warriors. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines.

For questions please contact the Gymnastics Programmer at lnoll@lawrenceks.org or (785) 330-7364.

LITTLE BEARS

Ages: 18 months - 3 years with parent. Enrollment Min 4 / Max 16 (T) | Min 4 / Max 10 (F). **One parent per child. No siblings allowed.** 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! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118000	A	LB	T	4:40-5:25PM	1/21-3/11	SPL-GR	\$98
118000	B	LB	F	5:30-6:15PM	1/24-3/14	SPL-GR	\$98
218000	A	LB	T	4:40-5:25PM	3/25-5/13	SPL-GR	\$98
218000	B	LB	F	5:30-6:15PM	3/28-5/16	SPL-GR	\$98

TUMBLE BEARS

Ages: 3. Enrollment Min 4 / Max 12. Participants will improve their physical awareness, body coordination and explore movement. Large motor skills are improved using the bars, tumble track, and balance beam. Emphasis is placed on learning tumbling skills such as forward rolls, balancing, strength coordination and movement exploration. **No class 4/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118001	A	TB	SU	1-1:45PM	1/19-3/9	SPL-GR	\$98
118001	B	TB	W	4:40-5:25PM	1/22-3/12	SPL-GR	\$98
118001	C	TB	R	4:40-5:25PM	1/23-3/13	SPL-GR	\$98
118001	D	TB	R	5:30-6:15PM	1/23-3/13	SPL-GR	\$98
118001	E	TB	S	9:00-9:45AM	1/25-3/15	SPL-GR	\$98
218001	A	TB	SU	1-1:45PM	3/23-5/11	SPL-GR	\$86
218001	B	TB	W	4:40-5:25PM	3/26-5/14	SPL-GR	\$98
218001	C	TB	R	4:40-5:25PM	3/27-5/15	SPL-GR	\$98
218001	D	TB	R	5:30-6:15PM	3/27-5/15	SPL-GR	\$98
218001	E	TB	S	9:00-9:45AM	3/29-5/17	SPL-GR	\$98

GYMNASTICS

GYM BEARS

Ages: 4-5. Enrollment Min 4 / Max 12. Students will be introduced to all gymnastics equipment. New target skills and circuits will be provided to continue building strength, agility, confident, coordination and social skills.
Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118002	A	GB	M	4:30-5:25PM	1/20-3/10	SPL-GR	\$98
118002	B	GB	M	5:30-6:25PM	1/20-3/10	SPL-GR	\$98
118002	C	GB	T	5:30-6:25PM	1/21-3/11	SPL-GR	\$98
118002	D	GB	W	5:30-6:25PM	1/22-3/12	SPL-GR	\$98
118002	E	GB	R	4:30-5:25PM	1/23-3/13	SPL-GR	\$98
118002	F	GB	S	9:00-9:55AM	1/25-3/15	SPL-GR	\$98
118002	G	GB	S	10-10:55AM	1/25-3/15	SPL-GR	\$98
218002	A	GB	M	4:30-5:25PM	3/24-5/12	SPL-GR	\$98
218002	B	GB	M	5:30-6:25PM	3/24-5/12	SPL-GR	\$98
218002	C	GB	T	5:30-6:25PM	3/25-5/13	SPL-GR	\$98
218002	D	GB	W	5:30-6:25PM	3/26-5/14	SPL-GR	\$98
218002	E	GB	R	4:30-5:25PM	3/27-5/15	SPL-GR	\$98
218002	F	GB	S	9:00-9:55AM	3/29-5/17	SPL-GR	\$98
218002	G	GB	S	10-10:55AM	3/29-5/17	SPL-GR	\$98

HOT SHOT (ADVANCED PRESCHOOL)

Ages: 4-5. Enrollment Min 4 / Max 6. This class provides a more advanced curriculum than our preschool program. Acceptance into this class is based on the child's eagerness to learn, focus in class, and basic concept of beginning level gymnastics skills. Students must have specific skills mastered prior to entering this class. **Permission is required prior to enrollment.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118003	A	HS	T	5:30-6:25PM	1/21-3/11	SPL-GR	\$98
118003	B	HS	W	5:30-6:25PM	1/22-3/12	SPL-GR	\$98
218003	A	HS	T	5:30-6:25PM	3/25-5/13	SPL-GR	\$98
218003	B	HS	W	5:30-6:25PM	3/26-5/14	SPL-GR	\$98

BEGINNING GIRLS

Ages: 6-9 / 9-12. Participants will be introduced to all four gymnastics apparatuses - Bars, Floor, Beam, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. Gross motor movement including flexibility and coordination is incorporated into every lesson. Gymnasts will also gain social skills along with an understanding of our gym values of patience, respect, focus, courage, and teamwork. **No class 4/20.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118004	A	BG(6-9)	SU	2-2:55PM	1/19-3/9	SPL-GR	\$98
118004	B	BG(9-12)	M	5:30-6:25PM	1/20-3/10	SPL-GR	\$98
118004	C	BG(6-9)	T	5:30-6:25PM	1/21-3/11	SPL-GR	\$98
118004	D	BG(6-9)	W	5:30-6:25PM	1/22-3/12	SPL-GR	\$98
118004	E	BG(6-9)	R	5:30-6:25PM	1/23-3/13	SPL-GR	\$98
118004	F	BG(6-9)	S	10-10:55AM	1/25-3/15	SPL-GR	\$98
218004	A	BG(6-9)	SU	2-2:55PM	3/23-5/11	SPL-GR	\$86
218004	B	BG(9-12)	M	5:30-6:25PM	3/24-5/12	SPL-GR	\$98
218004	C	BG(6-9)	T	5:30-6:25PM	3/25-5/13	SPL-GR	\$98
218004	D	BG(6-9)	W	5:30-6:25PM	3/26-5/14	SPL-GR	\$98
218004	E	BG(6-9)	R	5:30-6:25PM	3/27-5/15	SPL-GR	\$98
218004	F	BG(6-9)	S	10-10:55AM	3/29-5/17	SPL-GR	\$98

BEGINNING BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. Participants will be introduced to all six of the boys' gymnastics apparatuses - Parallel Bars, High Bar, Floor, Rings, Pommel, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills.

Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118005	A	BB	M	5:30-6:25PM	1/20-3/10	SPL-GR	\$98
118005	B	BB	R	5:30-6:25PM	1/23-3/13	SPL-GR	\$98
218005	A	BB	M	5:30-6:25PM	3/24-5/12	SPL-GR	\$98
218005	B	BB	R	5:30-6:25PM	3/27-5/15	SPL-GR	\$98



INTERMEDIATE BOYS

Ages: 6 and Up. Enrollment Min 4 / Max 6. This class is for participants who have mastered all the gymnastics skills and progressions in Beginning Boys. Emphasis is placed on strength, flexibility, plus learning intermediate skills and body positions while increasing their time in the gym. **Permission is required prior to enrollment.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118006	A	IB	R	6:30-7:55PM	1/23-3/13	SPL-GR	\$147
218006	A	IB	R	6:30-7:55PM	3/27-5/15	SPL-GR	\$147

INTERMEDIATE GIRLS I

Ages: 6 and Up. Enrollment Min 4 / Max 7. This class is for participants who have mastered all gymnastics skills and progressions in Beginning Girls. Emphasis is placed on strength, flexibility, and learning intermediate skills and body positions while increasing their time in the gym. **Permission is required prior to enrollment.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118007	A	IG1	M	6:30-7:55PM	1/20-3/10	SPL-GR	\$146
118007	B	IG1	T	6:30-7:55PM	1/21-3/11	SPL-GR	\$146
218007	A	IG1	M	6:30-7:55PM	3/24-5/12	SPL-GR	\$146
218007	B	IG1	T	6:30-7:55PM	3/25-5/13	SPL-GR	\$146

GYMNASTICS

INTERMEDIATE GIRLS II

Ages: 6 and Up. Enrollment Min 4 / Max 7. This class is for participants who have mastered all gymnastics skills and progressions in Beginning Girls. Emphasis is placed on strength, flexibility, and learning intermediate skills and body positions while increasing their time in the gym. **Permission is required prior to enrollment. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118008	A	IG2	MW	6:30-7:55PM	1/20-3/12	SPL-GR	\$245
218008	A	IG2	MW	6:30-7:55PM	3/24-5/14	SPL-GR	\$245

ADVANCED GIRLS

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. **Permission is required prior to enrollment. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118009	A	AG	TR	6:30-7:55PM	1/21-3/13	SPL-GR	\$256
218009	A	AG	TR	6:30-7:55PM	3/25-5/15	SPL-GR	\$256

LITTLE NINJA WARRIORS

Ages: 4-5. Enrollment Min 4 / Max 12. Are you ready to start your ninja training? Little Ninja Warrior is the introductory class created to give little ones their first exposure to body awareness, parkour and tricking. Ninjas will be taught a different skill to diversify their training through agility, balance, hanging, skills and kicks. Ninjas will develop character building, body awareness, trust in oneself, and safe approaches to difficult tasks. **No class 3/31. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118010	A	LNW	SU	2-2:55PM	1/19-3/9	SPL-GR	\$98
118010	B	LNW	M	4:30-5:25PM	1/20-3/10	SPL-GR	\$98
118010	C	LNW	T	5:30-6:25PM	1/21-3/11	SPL-GR	\$98
118010	D	LNW	W	4:30-5:25PM	1/22-3/12	SPL-GR	\$98
118010	E	LNW	R	5:30-6:25PM	1/23-3/13	SPL-GR	\$98
118010	F	LNW	S	9-9:55AM	1/25-3/15	SPL-GR	\$98
218010	A	LNW	SU	2-2:55PM	3/23-5/11	SPL-GR	\$86
218010	B	LNW	M	4:30-5:25PM	3/24-5/12	SPL-GR	\$98
218010	C	LNW	T	5:30-6:25PM	3/25-5/13	SPL-GR	\$98
218010	D	LNW	W	4:30-5:25PM	3/26-5/14	SPL-GR	\$98
218010	E	LNW	R	5:30-6:25PM	3/27-5/15	SPL-GR	\$98
218010	F	LNW	S	9-9:55AM	3/29-5/17	SPL-GR	\$98



NINJA WARRIOR I

Ages: 6-8. Enrollment Min 4 / Max 14. Ready for the ninja gym? Ninja Warrior Stars is the second level class developed for kids who love to play and are ready to hone their ninja abilities. From rock climbing to obstacle courses, this class is designed to strengthen the body, and develop better parkour and tricking skills. Ninjas will be taught a different skill to diversify their training through agility, balance, hanging, skills and kicks. Ninjas will develop character building, body awareness, trust in oneself, and safe approaches to difficult tasks. **No class 4/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118011	A	NWS	SU	1-1:55PM	1/19-3/9	SPL-GR	\$98
118011	B	NWS	T	6:30-7:25PM	1/21-3/11	SPL-GR	\$98
118011	C	NWS	W	5:30-6:30PM	1/22-3/12	SPL-GR	\$98
118011	D	NWS	R	4:30-5:25PM	1/23-3/13	SPL-GR	\$98
118011	E	NWS	S	10-10:55AM	1/25-3/15	SPL-GR	\$98
218011	A	NWS	SU	1-1:55PM	3/23-5/11	SPL-GR	\$86
218011	B	NWS	T	6:30-7:25PM	3/25-5/13	SPL-GR	\$98
218011	C	NWS	W	5:30-6:30PM	3/26-5/14	SPL-GR	\$98
218011	D	NWS	R	4:30-5:25PM	3/27-5/15	SPL-GR	\$98
218011	E	NWS	S	10-10:55AM	3/29-5/17	SPL-GR	\$98

NINJA WARRIOR II

Ages: 9-14. Enrollment Min 4 / Max 14. Do you have what it takes to be a Ninja Warrior? This upper-level class centering on mastery of skills through the practice of teamwork and safe risk taking. Ninjas will be taught a different skill set to diversify their training from agility, balance, hanging, skills and kicks. Ninjas will learn the importance of technique as they attempt parkour courses, develop character building, body awareness, trust in oneself, and safe approaches to difficult. **Permission is required prior to enrollment. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118012	A	NWII	W	6:30-7:25PM	1/22-3/12	SPL-GR	\$98
118012	B	NWII	R	6:30-7:25PM	1/23-3/13	SPL-GR	\$98
218012	A	NWII	W	6:30-7:25PM	3/26-5/14	SPL-GR	\$98
218012	B	NWII	R	6:30-7:25PM	3/27-5/15	SPL-GR	\$98

NINJA WARRIOR ELITE

Ages 6-14. Min: 4 / Max 7. This class works on parkour, gymnastics and ninja warrior skills. Events include hanging obstacles, peg board, difficult vaults, flexibility, balance, cargo net, safety falls, agility, strength, hand grips, focus, spatial/air awareness, harder tumbling skills, vertical for the warped wall reach and hand/eye coordination. The warriors will also develop social skills and the ability to trust and listen to an adult figure. **Must take advance ninja warrior class as a prerequisite or test in. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118013	A	ENW	W	6:30-7:55PM	1/22-3/12	SPL-GR	\$147
218013	A	ENW	W	6:30-7:55PM	3/26-5/14	SPL-GR	\$147



GYMNASTICS OPEN GYM

Pre-registration is required. If the minimum number is not meet two business days prior to the start date of the program it will be cancelled. Walk-in registration can be processed if spots are available.

TUMBLE N' PLAY (PRESCHOOL OPEN GYM)

Ages: 1-5 with parent. Enrollment Min 4 / Max 15. 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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116017	A	TP	M	10:15-11:15AM	JAN-FEB	SPL-GR	\$5
116018	A	TP	W	10:15-11:15AM	JAN-FEB	SPL-GR	\$5
116019	A	TP	F	10:15-11:15AM	JAN-FEB	SPL-GR	\$5
116020	A	TP	S	11:15AM-12PM	JAN-FEB	SPL-GR	\$5
216017	A	TP	M	10:15-11:15AM	MARCH-MAY	SPL-GR	\$5
216018	A	TP	W	10:15-11:15AM	MARCH-MAY	SPL-GR	\$5
216019	A	TP	F	10:15-11:15AM	MARCH-MAY	SPL-GR	\$5
216020	A	TP	S	11:15AM-12PM	MARCH-MAY	SPL-GR	\$5

FLIPPIN' ZONE (YOUTH OPEN GYM)

Ages: 6-14 Enrollment Min 4 / Max 15. 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 and supervision.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
116030	A	FZ	F	6:30-7:30PM	JAN-FEB	SPL-GR	\$5
216030	A	FZ	F	6:30-7:30PM	MARCH-MAY	SPL-GR	\$5

GYMNASTICS/NINJA BIRTHDAY PARTIES

Looking for a place to hold your child's birthday party? We have the perfect entertainment for children 2 years-old to 12 years-old in our gymnastics/ninja gym. Parties are offered on Saturday from 1-2:30pm, 3-4:30pm and 5-6:30pm and Sunday 3-4:30pm and 5-6:30pm. The first hour of fun will be in the gymnastics/ninja room with our staff doing obstacle courses, uneven bars, balance beam pit, ninja courses, and games Wrap up your party with the last 30 minutes in the party room for treats and presents. You can book at party by visiting our website at www.lprd.org and click on the gymnastics link or contact Landon Noll, Gymnastics Programmer at (785) 330-7358 / lnoll@lawrenceks.org. **Fees: \$175 per party for up to 20 children.**

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. First aid and rescue skills for both children and infants will be taught along with skills such as changing diapers, 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 confidence and skills needed for being a skillful babysitter. **Participants will receive a certificate and a babysitter handbook upon completion of the program. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121200	A	SAFESIT	S	12-6PM	2/1	SPL-LR	\$110
221200	A	SAFESIT	S	12-6PM	3/22	SPL-LR	\$110

SKATEBOARDING

Lawrence Parks and Recreation and River Rat have teamed up to offer skateboarding lessons. This fun, challenging and engaging sport offers a wide range of benefits. From physical health, social skills, creativity and perseverance, skateboarding can help kids to develop a range of skills and qualities.

YOUTH SKATEBOARDING BEG/INT.

■ *Ages: 6-18. Enrollment Min 5 / Max 14.* Skaters get comfortable on your board, build confidence and have fun in a supportive environment! Students will learn skate park etiquette, balance, basic skills and simple tricks perfect for beginners. **Bring your own board and safety gear to class. Helmets are required. Wrist guards, elbow and knee pads are highly recommended. Instructor: River Rat.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214044	A	YSBI	M	6-6:45PM	3/24-4/14	PKSBK	\$60
214044	B	YSBI	M	6-6:45PM	4/28-5/19	PKSBK	\$60

YOUTH SKATEBOARDING INT./ADV.

■ *Ages: 10-18. Enrollment Min 5 / Max 14.* Prerequisite 2 years of skate experience. A trick oriented class designed for the intermediate and advanced skaters who are ready to push their personal edge to the next level. **Bring your own board and safety gear to class. Helmets are required. Wrist guards, elbow and knee pads are highly recommended. Instructor: River Rat.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214055	A	YSIA	M	7-7:45PM	3/24-4/14	PKSBK	\$60
214055	B	YSIA	M	7-7:45PM	4/28-5/19	PKSBK	\$60

ADULT

BEGINNING GUITAR

■ *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
114175	A	BGUITAR	M	7-8PM	1/27-3/3	CARN-CR	\$100
214175	A	BGUITAR	M	7-8PM	3/24-4/28	CARN-CR	\$100

ADULT SKATEBOARDING WORKSHOP

■ *Ages 14+.* Enrollment Min 5 / Max 12. Brand new to a board or has it been awhile? Get comfortable on your board, gain confidence and most of all have fun with your River Rat friends in a supportive environment! **Bring your own board and safety gear to class. Helmets are required. Wrist guards, elbow and knee pads are highly recommended.** **Instructor: River Rat.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214066	A	YSIA	SU	9-9:50AM	3/30	PKSBK	\$20
214066	B	YSIA	SU	9-9:50AM	4/27	PKSBK	\$20

TAI CHI AT TRIVEDI

■ *Ages 21+ Enrollment Min 10 / Max 20.* Take your relaxation up a notch and join us for a one-hour Tai Chi class followed by a tasting of wines on the stunning grounds of Trivedi Wine. When you arrive, you'll be lead through an hour-long Tai Chi class, then have the opportunity to indulge your taste buds with a guided tasting in the Trivedi Wine tasting room. **Instructor: Susan Pomeroy**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
215288	A	TCAT	S	11AM-1PM	5/3	TW	\$25

WOODWORKING

■ *Ages 18 and Up. Enrollment Min 6 / Max 12.* If you're ready to learn more about woodworking techniques to help you get started building your own projects, this class can be an exciting step in the right direction. Presented by Peaslee Tech instructors who are friendly and knowledgeable who will teach you the appropriate techniques and safety. This program has something to offer woodworkers of all skill and experience levels. **Instructor: Jay Hundley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121304	A	WW	W	6-9PM	1/15-3/5	PT	\$280
221304	A	WW	W	6-9PM	3/26-5/14	PT	\$280

WELDING FOR THE HOBBYIST AND ARTIST

■ *Ages 18 and Up. Enrollment Min 6 / Max 12.* In this 3-session class, you will learn welding safety, shop tool safety, wire types and sizes, proper equipment set-up and the right way to perform a weld bead. All welding equipment is provided for each participant. Co-sponsored with Peaslee Tech. **Instructor: Samantha Hayes.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121307	A	WHA	S	8AM-12PM	1/18-2/1	PT	\$320
221307	A	WHA	S	8AM-12PM	4/5-4/19	PT	\$320

Lifelong Recreation provides programs designed to maintain an active lifestyle for adults of all ages. The content and schedule of fitness classes are designed for older adults. Instructors have the training and experience to modify content for individual participants. If you have suggestions for programs; something you have always wanted to do, something unusual, challenging, or just more fun with a group, please share your ideas.

NEWSLETTER

Watch for our quarterly newsletter, which highlights activities, events, trips and programs from the guide or activities planned after publication. Most travel is planned after publication of the guide. Subscribe at <http://www.lawrenceks.org/subscriptions>. Copies are also available at all Recreation Centers.

For more information about the Lifelong Recreation program, contact Gayle Sigurdson at 785-832-7909 or gsigurdson@lawrenceks.org.

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, gsigurdson@lawrenceks.org.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend ongoing workshops and inservice 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 activity.

FITNESS

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



LIFELONG RECREATION

- **Introductory:** Just starting to exercise or haven't exercised in six months.
- **Intermediate:** Fairly active in sports, dance or some type of regular exercise (2-3 times per week).
- **Advanced:** Very active in sports or have been exercising four or more times per week for six months.

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	CLASS	DAY	TIME	DATE	LOC	FEE
127201	A	ADAT	MWF	8:50-9:50AM	1/6-3/14	HPRC-GY	\$105
227201	A	ADAT	MWF	8:50-9:50AM	3/24-5/9	HPRC-GY	\$84

CORE STRENGTH ●●●●

Core exercises train the muscles in your pelvis, lower back, hips, and stomach to work in harmony. This leads to better balance and stability. This class will focus on strengthening your core, essential for overall wellness. **Instructor: Stephanie Foglesong.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127411	A	CORE	TR	1-1:40PM	1/7-3/13	SPL-FR	\$85
227411	A	CORE	TR	1-1:40PM	3/25-5/15	SPL-FR	\$68

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	CLASS	DAY	TIME	DATE	LOC	FEE
127250	A	DANFIT	TR	9-10AM	1/7-3/13	CB-GY	\$85
227250	A	DANFIT	TR	9-10AM	3/25-5/15	CB-GY	\$68

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	CLASS	DAY	TIME	DATE	LOC	FEE
127302	A	LABLAST	TR	10-11AM	1/7-3/13	HPRC-GY	\$85
227302	A	LABLAST	TR	10-11AM	3/25-5/15	HPRC-GY	\$68

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	CLASS	DAY	TIME	DATE	LOC	FEE
127204	A	PILSLVR	TR	9-9:50AM	1/7-3/13	HPRC-GY	\$85
227204	A	PILSLVR	TR	9-9:50AM	3/25-5/15	HPRC-GY	\$68

SENIOR STRENGTH TRAINING ●●●●

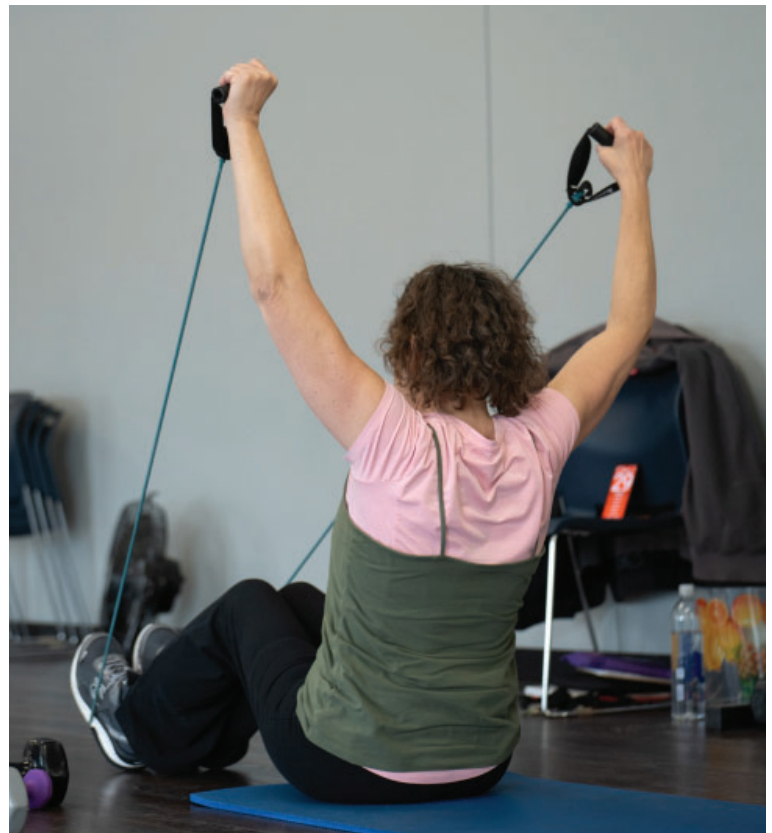
Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment 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	CLASS	DAY	TIME	DATE	LOC	FEE
127233	A	SST(MJ)	MWF	7:30-8:20AM	1/6-3/14	HPRC-BR	\$105
127233	B	SST(MJ)	MWF	8:30-9:20AM	1/6-3/14	HPRC-BR	\$105
127234	A	SST(DG)	MWF	9:30-10:20AM	1/6-3/14	HPRC-BR	\$105
127234	B	SST(DG)	MWF	10:30-11:20AM	1/6-3/14	HPRC-BR	\$105
127234	C	SST(DG)	TR	8:30-9:20AM	1/7-3/13	ELRC-GY	\$85
127234	D	SST(DG)	TR	9:30-10:20AM	1/7-3/13	ELRC-GY	\$85
227233	A	SST(MJ)	MWF	7:30-8:20AM	3/24-5/16	HPRC-BR	\$84
227233	B	SST(MJ)	MWF	8:30-9:20AM	3/24-5/16	HPRC-BR	\$84
227234	A	SST(DG)	MWF	9:30-10:20AM	3/24-5/16	HPRC-BR	\$84
227234	B	SST(DG)	MWF	10:30-11:20AM	3/24-5/16	HPRC-BR	\$84
227234	C	SST(DG)	TR	8:30-9:20AM	3/25-5/15	ELRC-GY	\$68
227234	D	SST(DG)	TR	9:30-10:20AM	3/25-5/15	ELRC-GY	\$68

SLIMNASTICS ●●

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
127310	A	SLIMNAST	MWF	9-10AM	1/6-3/14	CB-GY	\$105
227310	A	SLIMNAST	MWF	9-10AM	3/24-5/16	CB-GY	\$84



LIFELONG RECREATION

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: Stephanie Foglesong (SF) | Carlo Washington (CW) | Brandon Lavergne (BL).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127255	A	SSC(SF)	MWF	7:30-8:20AM	1/6-3/14	SPL-FR	\$105
127255	B	SSC(SF)	MWF	8:30-9:20AM	1/6-3/14	SPL-FR	\$105
127255	C	SSC(SF)	MWF	9:30-10:20AM	1/6-3/14	SPL-FR	\$105
127255	D	SSC(SF)	MWF	10:30-11:20AM	1/6-3/14	SPL-FR	\$105
127255	E	SSC(CW)	MWF	8:00-8:50AM	1/6-3/14	SPL-LR	\$105
127255	F	SSC(CW)	MWF	9:00-9:50AM	1/6-3/14	SPL-LR	\$105
127255	G	SSC(CW)	MWF	10:00-10:50AM	1/6-3/14	SPL-LR	\$105
127255	H	SSC(CW)	TR	7:30-8:20AM	1/7-3/13	SPL-FR	\$85
127255	I	SSC(CW)	TR	8:30-9:20AM	1/7-3/13	SPL-FR	\$85
127255	J	SSC(CW)	TR	10-10:50AM	1/7-3/13	SPL-LR	\$85
127255	K	SSC(SF)	MWF	1:00-1:50PM	1/6-3/14	SPL-FR	\$105
127255	L	SSC(BL)	TR	10:30-11:20AM	1/7-3/13	CB-CR2	\$85
227255	A	SSC(SF)	MWF	7:30-8:20AM	3/24-5/16	SPL-FR	\$84
227255	B	SSC(SF)	MWF	8:30-9:20AM	3/24-5/16	SPL-FR	\$84
227255	C	SSC(SF)	MWF	9:30-10:20AM	3/24-5/16	SPL-FR	\$84
227255	D	SSC(SF)	MWF	10:30-11:20AM	3/24-5/16	SPL-FR	\$84
227255	E	SSC(CW)	MWF	8:00-8:50AM	3/24-5/16	SPL-LR	\$84
227255	F	SSC(CW)	MWF	9:00-9:50AM	3/24-5/16	SPL-LR	\$84
227255	G	SSC(CW)	MWF	10:00-10:50AM	3/24-5/15	SPL-LR	\$84
227255	H	SSC(CW)	TR	7:30-8:20AM	3/25-5/15	SPL-FR	\$68
227255	I	SSC(CW)	TR	8:30-9:20AM	3/25-5/15	SPL-FR	\$68
227255	J	SSC(CW)	TR	10-10:50AM	3/25-5/15	SPL-LR	\$68
227255	K	SSC(SF)	MWF	1:00-1:50PM	3/24-5/16	SPL-FR	\$84
227255	L	SSC(BL)	TR	10:30-11:20AM	3/25-5/15	CB-CR2	\$68

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	CLASS	DAY	TIME	DATE	LOC	FEE
127502	A	TCALL	TR	11:15AM-12PM	1/7-3/13	HPRC-GY	\$85
227502	A	TCALL	TR	11:15AM-12PM	3/25-5/15	HPRC-GY	\$68

TAI CHI FOR ARTHRITIS ●

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	TCALL	TR	11:15AM-12PM	1/7-3/13	HPRC-GY	\$85
227502	A	TCALL	TR	11:15AM-12PM	3/25-5/15	HPRC-GY	\$68

TAI CHI FOR ENERGY ●

Tai Chi for Energy is a more sophisticated Tai Chi for Health form, combining the complementary energy of both Sun and Chen styles. Chen is vigorous and complex, integrating fast and slow movements with powerful spiral force. Sun incorporates agile steps and powerful qigong movements for healing. This class is suitable for those with prior experience in Sun Style tai chi, particularly Tai Chi for Arthritis, who wish to enlarge and deepen their tai chi practice. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127503	A	TCENRGY	TR	5:30-6:15PM	1/7-3/12	CB-CR2	\$85
227503	A	TCENRGY	TR	5:30-6:15PM	3/25-5/15	CB-CR2	\$68

TRX FLEX FUSION ●●

Looking for a perfect blend of strength and balance exercises for a stable core? TRX Flex Fusion combines full-body strengthening with flexibility training to increase mobility and resilience. This quintessential TRX experience will lead you down the road to your best all-around fitness. **Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127340	A	TRXFLEX	TR	9-9:45AM	1/7-3/13	SPL-LR	\$85
227340	A	TRXFLEX	TR	9-9:45AM	3/25-5/15	SPL-LR	\$68

LIFELONG YOGA ●

Revitalize muscles and increase flexibility while learning how to stabilize your spine through the mindful movement and breath. By 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 Anne Saunders (MS).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127270	A	YOGA(MS)	R	10-11AM	1/9-3/13	CB-CR	\$48
227270	A	YOGA(MS)	R	10-11AM	3/27-5/15	CB-CR	\$38

YOGA, FITNESS ●●

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	CLASS	DAY	TIME	DATE	LOC	FEE
127282	A	FITYOGA	W	5:30-6:30PM	1/8-3/12	CB-CR	\$48
227282	A	FITYOGA	W	5:30-6:30PM	3/26-5/14	CB-CR	\$38

YOGA FOUNDATIONS ●●

This class includes poses that improve balance, strength, and mobility. Breathing exercises and guided relaxation will help enhance mental well-being and reduce stress. For students new to yoga or looking to maintain an active lifestyle. This class is designed for students who are able to get up and down on and off the floor without assistance. Note, the 9:00 class is faster-paced than the 10:00 class.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127272	A	YOGAFOU	TR	9-9:50AM	1/7-3/13	HPRC-BR	\$85
127272	B	YOGAFOU	TR	10-10:50AM	1/7-3/13	HPRC-BR	\$85
227272	A	YOGAFOU	TR	9-9:50AM	3/25-5/15	HPRC-BR	\$68
227272	B	YOGAFOU	TR	10-10:50AM	3/25-5/15	HPRC-BR	\$68

LIFELONG RECREATION

RECREATION INSTRUCTION

ART IS A VERB

Join us for a series of classes based on the idea that art is something you do, not something you make. Set aside time each week to learn a technique for expression that nurtures social and emotional health, reinforces skills for relaxation and focus and reminds us that art is a form of play. Each class will introduce a different technique or medium. Note: This session's techniques will differ from or expand on those in the previous series. **Instructors: Jerry Dowdle and Kim McDanel.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
227479	A	ARTVERB	W	6:30-8PM	3/26-4/30	CB-ART	\$115

BAROQUE RECORDER – A LIFELONG INSTRUMENT

Have you always wanted to play a musical instrument or did you participate in music during school? We will explore the Baroque recorder as a wonderful vehicle for making music as a lifelong learner. Playing an instrument is great for your physical, mental and emotional well-being. As you begin to play, you can create beautiful sounds on the recorder and enjoy an authentic musical experience. Beginning and experienced musicians are welcome. Instructor Jean Hein is a founding member, recorder soloist and executive director of Columbia Baroque, South Carolina's professional chamber ensemble. **Instructor: Jean Hein.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127478	A	BR(BEG)	M	1:30-2:30PM	1/27-5/5	SRC	\$120
127478	B	BR(INT)	M	11AM-12PM	1/27-5/5	SRC	\$120

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	CLASS	DAY	TIME	DATE	LOC	FEE
127105	A	FENCING	R	7-9PM	1/23-3/13	SPL-LR	\$72
227105	A	FENCING	R	7-9PM	3/27-5/15	SPL-LR	\$72

MINDFUL DRAWINGS

Using drawing techniques from Zentangle, doodling, free flow drawing exercises based off the book, drawing from the right side of the brain by Betty Edwards, we will explore creative and expressive mark making, shadow and shapes, using traditional drawing tools as well as found objects, (kitchen tools, old worn brushes, toys, stencils etc.) This workshop meets for 2 Sunday afternoons for a deeper dive exploring the creative flow and unique drawing techniques. This class is for everyone.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127253	A	MIND	SU	1-3PM	4/27-5/4	CB-AR	\$37

GELLI PRINTING

Explore how to print without a press using a Gelli plate. Gelli plates are reusable printing plates made from a commercial gel that allows you to make monoprints without a large, expensive press and nontoxic. The Gelli plate gives the artist the freedom to experiment with fabric, paper, organic materials like flowers, leaves, to create textures and multiple color layers. The imagery and possibilities are endless. We will explore different types of imagery, mark making, experimenting with different printing papers using water-based inks and acrylic paints. This workshop meets two Sunday afternoons for a deeper dive into Gelli printing.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127324	A	GELLI	SU	1-3PM	2/16-2/23	CB-AR	\$37

BEYOND SELFIES AND SNAPSHOTS

Learn how to make your pictures stand out and pop using simple tools and techniques. The goal of this class is to use the camera you already have, to pursue photography as a fun and creative hobby. We will explore classic art tools such as composition, use of perspective, lighting, time of day, inexpensive easy hacks, and much more. This class will be a combination of lectures, discussions, and hands-on projects. Time will be allocated for questions and answers. Suggested practice projects will be given out throughout the classes to help you apply what you have learned. Students will use phone cameras or point and shoot cameras. **Instructor: Wayne Jarvis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127488	A	SELFIE	T	6-9PM	3/25-4/29	CAR-HTG	\$147

FILM CLASS - KATHARINE HEPBURN

Fiercely independent and ahead of her time, Katharine Hepburn's larger-than-life persona was as legendary as her career. Winner of four Oscars, she still holds the record for most academy awards for best actress in history. Screwball comedies, dramas, social commentary, Shakespeare... she was fearless and thoroughly modern in her choices. Through a selection of her films, we'll immerse into Kate's world and explore this legend. This class is a mix of viewing and discussions facilitated by Kellee Pratt, cinephile, classic film blogger, and ambassador to the turner classic movies (tcm) festival.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127449	A	FILM	W	6:30-9PM	2/26-4/16	CARNHR	\$28

UPCYCLED PUPPETS

This narrated bus tour started it all 11 years ago--an opportunity to learn about the big, historic trees of Lawrence. Our new version this spring will focus on North Lawrence and East Lawrence; emphasizing Oak Hill Cemetery, South Park, the East Bottoms, the railroads of Lawrence, and Bismarck Grove. **Tour Guide: Jon Standing.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
727144	A	TTOL	S	10AM-12:30PM	5/4	HPRC	\$24

UKULELE, BEGINNING

Join us for an afternoon where imagination meets sustainability as we create drama from the recycling bin. Bring a bag of clean, lightweight trash for the communal pile. Each student will create a unique puppet that turns recycled materials into whimsical characters with their own personality and life story. Instructor Janice Craft will teach design basics for all ages and skill levels. This class is for adults. Friends age 12 and above are welcome to register with an adult and share an afternoon that promotes creativity and environmental awareness.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127450	A	PUPPET	SU	1-4PM	3/9	PPNC	\$27

UKULELE, INTERMEDIATE

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	CLASS	DAY	TIME	DATE	LOC	FEE
127424	A	INTUKE	W	6:30-7:30PM	3/12-4/2	SRC	\$44
227424	A	INTUKE	W	6:30-7:30PM	4/16-5/7	SRC	\$44

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. **Instructor: Grace Daniels.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117130	A	GATOR	M	5:30-6:10PM	1/9-3/9	ELRC-GR	\$40
217130	A	GATOR	M	5:30-6:10PM	3/24-5/12	ELRC-GR	\$40

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 3/31. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117125	A	DRAGON	SU	12-12:40PM	1/19-3/9	CB-1	\$40
217125	A	DRAGON	SU	12-12:40PM	3/23-5/18	CB-1	\$40

KARATE - OKINAWAN KENPO

Ages: 8 and Up. Enrollment Min 10 / Max 30. 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. **The instructor has 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 3/31. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117110	A	KARATE	SU	12:45-2PM	1/19-3/9	CB-CR1	\$56
217110	A	KARATE	SU	12:45-2PM	3/23-5/18	CB-CR1	\$56

TAE KWON DO

Ages: 8+. Enrollment Min 10 / Max 15. 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	CLASS	DAY	TIME	DATE	LOC	FEE
117131	A	TKD	TR	6:30-7:30PM	1/21-3/13	ELRC-GR	\$80
217131	A	TKD	TR	6:30-7:30PM	3/25-5/15	ELRC-GR	\$80

KUNG FU

Ages: 13 and up. Enrollment Min 6 / Max 12. Kung Fu's specialty is a close contact combat using quick punches and kicks with a tight defense, coordinated through agile stances and footwork for a quick advance. The ideal behind the system is to keep ones movement, technique, and adaptations as simple as possible. Participants will instill a habit of discipline, self-esteem and feel more confident in their ability to defend themselves. Health and fitness will improve while challenging the use of the body and the mind. **Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117133	A	KF	M	6:15-7:15PM	1/20-3/10	SPL-FR	\$45
217133	A	KF	M	6:15-7:15PM	3/24-5/12	SPL-FR	\$45

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

PROGRAMS FOR CHILDREN

WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS

Ages: 2-5. Enrollment Min 2 / Max 15. Join us for weekly sessions of stories, activities, and information about animals and their habitats. Each week, a new topic will be presented, and outdoor activities are planned, so be sure to come prepared. **Parents are required to attend with their preschoolers and are encouraged to participate. Registration for the entire session is required in advance, and the program takes place every Tuesday.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123202	A	WILDADVT	T	10-11AM	1/21-3/4	PPNC	\$50
223202	B	WILDADVT	T	10-11AM	3/25-5/6	PPNC	\$50

HIP HOP PRAIRIE DOGS & OWLS - YOUTH DANCE WORKSHOP

Ages: 7-13. Enrollment Min 5 / Max 12. Who let the "prairie dogs" out? Who, who, who! Spring time is almost here, and PPNC wildlife is ready to bust a move! This upbeat workshop will explore time, space and energy through games, basic hip hop moves and the artistry of creating an original dance – all while learning fun facts about prairie dogs and owls! Dancers will incorporate nature's hip style as they express their own personality & moves. A 40 minute hip hop lesson followed by a 20 minute meet and greet with PPNC prairie dogs and the owls.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123337	A	HHPDO	S	10:30-11:30AM	2/8	PPNC-MTRM	\$15

PARENTS & ME PETTING ZOO - YOUTH DANCE WORKSHOP

Ages: 2-5. Enrollment Min 5 / Max 12. This unique parent and me workshop is creative movement at its best! Join us as we explore the exciting world of PPNC critters through playful movement, silly songs, fun games and the use of colorful props! Enjoy 40 minutes of animal inspired action, spend the last 20 minutes with a one on one meet, and greet of the PPNC's finest residents! One dancer per guardian, please.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123337	B	PMPZ	S	10:30-11:30AM	3/8	PPNC-MTRM	\$15

TWIRLING TAPPING TURTLES - YOUTH DANCE WORKSHOP

Ages: 6-10. Enrollment Min 5 / Max 12. A one of a kind workshop that will surely bring your dancer out of their shell! Dancers will twirls and tap their feet to the beat, combining basic dance fundamentals with totally awesome turtle facts! Class will create a turtle inspired dance to show off to an audience of none other than the PPNC turtles! A 40 dance lesson followed by a 20 minute meet and greet with PPNC turtles. No tap shoes required, but please wear hard soled, closed toed shoes.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223337	A	TTT	S	10:30-11:30AM	4/5	PPNC-MTRM	\$15

PRAIRIE PARK NATURE CENTER



CANOEIST'S GUIDE TO WETLAND CONSERVATION

Ages: 6 and Up. Enrollment Min 6 / Max 12. Enjoy an evening of canoeing while learning about fascinating conservation topics that will interest folks of all ages! How did invasive jellyfish get into our lakes? What are the dangers of harmful algal blooms? How can I help save endangered aquatic wildlife? Our guides are sure to pique your curiosity while teaching you the basics of canoeing and pointing out local wildlife. No canoe experience is required. Life jackets, paddles, and boats provided. No more than three participants per boat. Children under the age of 14 must be accompanied in the boat by an adult. This program has been made possible with the support from the Douglas County Heritage Conservation Council.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223360	A	PADDLE	S	5:30-7:30PM	4/12	PPNC	\$30
223360	B	PADDLE	S	5:30-7:30PM	5/24	PPNC	\$30

PROGRAMS FOR YOUTH AND ADULTS

ARCHERY

Ages: 7 and Up. Enrollment Min 3 / Max 8. Discover the exciting world of archery with us! Whether you're a beginner or an experienced archer, our compound bow classes are designed to help you improve your skills and have fun at the same time. Join us today and unlock your inner archer!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223353	A	ARCHRY	S	5:30-7PM	4/5	PPNC	\$25
223353	B	ARCHRY	S	5:30-7PM	5/3	PPNC	\$25

TURTLE YOGA

Ages: All. Enrollment Min 6 / Max 20. Practice yoga while enjoying the company of turtles around you. After the class help feed and learn more about Prairie Park's turtles. It's turtletastic fun for all ages!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123121	A	TURTLE	S	10:30-11:30AM	1/18	PPNC	\$10
123121	B	TURTLE	R	5:30-6:30PM	2/13	PPNC	\$10
223355	A	TURTLE	S	10:30-11:30AM	3/22	PPNC	\$10
223355	B	TURTLE	R	5:30-6:30PM	4/24	PPNC	\$10
223355	C	TURTLE	S	10:30-11:30AM	5/10	PPNC	\$10

INSECT PINNING WORKSHOP

Ages: 12 and Up. Enrollment Min 5 / Max 15. Learn to create elegant displays of mounted butterflies, beetles, and more through the delicate art of insect pinning. We'll teach you how to start your own entomology collection so you can preserve your insect finds for a lifetime. Participants will choose their own specimens and create a gorgeous shadow box accented with moss, herbs, and other whimsical décor.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123123	A	INSECT	R	6:30-8PM	2/6	PPNC	\$40

PADDLE FOR THE PLANET: HELP CLEAN UP MARY'S LAKE

Ages: 12 and Up. Enrollment Min 5 / Max 15. Learn to create elegant displays of mounted butterflies, beetles, and more through the delicate art of insect pinning. We'll teach you how to start your own entomology collection so you can preserve your insect finds for a lifetime. Participants will choose their own specimens and create a gorgeous shadow box accented with moss, herbs, and other whimsical décor.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123123	A	INSECT	R	6:30-8PM	2/6	PPNC	\$40

PROGRAMS FOR TEENS AND ADULTS

HIKE FOR HEALTH WITH A NATURALIST

Ages: 14 and Up. Enrollment Min 5 / Max 15. Get your daily workout in while enjoying the beauty of the outdoors. This will be an energetic hike that will get your heart rate up. While this hike will be faster-paced, there will still be a few stops along the way for you to learn about the wonders of your local ecosystem from Naturalist Rachel. **Please bring a water bottle and wear your favorite hiking/athletic shoes. Directions for parking will be sent to participants the day before our hike. Locations include Rock Chalk Park (3/10) and Riverfront Park (4/15).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223356	A	HIKE	M	5:30-7PM	3/10	RCP	\$5
223356	B	HIKE	M	5:30-7PM	4/14	RVRPK	\$5

MINDFULNESS MONDAY WALK WITH A NATURALIST

Ages: 14 and Up. Enrollment Min 5 / Max 25. Get away from the hustle and bustle of it all on this serene stroll. All ages and fitness levels are welcome on this slower-paced meander through nature. Learn to notice the quiet wonders of the natural world and reflect on poems from authors like Mary Oliver, Walt Whitman, Ralph Waldo Emerson, and Camille Dungy. **Please bring a water bottle, and wear your favorite hiking/athletic shoes. Directions for parking will be sent to participants the day before our hike. Locations include Prairie Park Nature Center (3/31) and Lawrence Nature Park (4/28).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223357	A	MINDFUL	M	5:30-7PM	3/31	PPNC	\$5
223357	B	MINDFUL	M	5:30-7PM	4/28	LNP	\$5

PROGRAMS FOR ADULTS

BIRDS & THE BEES: LOVE IN THE ANIMAL KINGDOM

Ages: 18 and Up. Enrollment Min 6 / Max 30. Are you looking for a one-of-a-kind night out? How about an evening of learning the intimate habits of Earth's wilder animals? Join PPNC for a humorous and informative program on romance, dating, and mating in the animal kingdom. Enjoy appetizers, sweets, a photo booth, trivia, and more! **Please note that this event is only open to individuals who are 18 years of age or older.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123122	A	BIRDBEE	S	7-9PM	2/15	PPNC	\$25

PRAIRIE PARK NATURE CENTER

SPECIAL PROGRAMS FOR SCHOOL DAYS OFF

BREAKFAST WITH THE ANIMALS

Ages: 6-13. Enrollment Min 5 / Max 20. Spend a fun-filled morning at Prairie Park Nature Center, where you can learn about the eating habits of animals and enjoy breakfast in the company of your favorite animals. This event includes a live animal program, exciting games and crafts, and the opportunity to feed the animals alongside the PPNC staff. It's a perfect way to spend a morning off from school!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123349	A	BREAKANI	F	9AM-12PM	3/7	PPNC	\$30

SPRING BREAK CAMP: PLEASE SEE CAMPS SECTION

SPECIAL EVENTS

NIGHTTIME AT THE NATURE CENTER

Ages: All. Enrollment Min 10 / Max 50. Ever wonder what happens after the nature center closes? Come enjoy a completely different sensory experience and see how much wilder the animals are after dark! Handheld red lights will be provided to each participant to view the nature center in the dark. Watch the nocturnal animals start their day while the diurnal animals settle in for the night. There will also be opportunities for up-close encounters with some creatures of the night. **Children 2 and under are free.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123340	A	NATNC	S	6-8PM	2/22	PPNC	\$10

SNAKES AND SCONES!

Ages: All. Enrollment Min 10 / Max 50. Celebrate St. Patrick's Day at Prairie Park Nature Center! Come meet our friendly snakes and enjoy some classic British scones. There will be giveaways too! Find a gold coin in the nature center for a small prize or find a miniature leprechaun for a gift card to a restaurant in downtown Lawrence. Bring on the Irish culture with a slithery good time at the nature center! It's a guarantee you won't find a celebration like this anywhere else. **Children 2 and under are free.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223323	A	SNAKES	S	6-8PM	3/15	PPNC	\$10

SPAGHETTI AND MEATBALLS WITH THE ANIMALS

Ages: All. Enrollment Min 10 / Max 40. Come and join us at Prairie Park Nature Center for a one-of-a-kind family experience! Feast on spaghetti and meatballs while surrounded by your favorite animals. Additionally, you can participate in a live animal program, play games with prizes, and explore the nature center during evening hours. **Admission is free for children aged 2 and under.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123347	A	SPAGANI	F	6-8PM	2/7	PPNC	\$15

ENCHANTED TEA PARTY WITH THE ANIMALS

Ages: All. Enrollment Min 10 / Max 25. Join our woodland animals for an enchanted tea party at the nature center! Wear your favorite princess dress, fairy outfit, or whatever makes you feel magical! We will provide the enchanted animals, cookies, tea, and other yummy snacks. It's the perfect thing to do with your little ones this Mother's Day weekend. **Children under the age of 2 are free.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223358	A	ENCHANT	S	10-11:30AM	5/17	PPNC	\$15

SNAIL TERRARIUM WORKSHOP

Ages: 4 and up. Enrollment Min 6 / Max 18. Get ready to dive into the delightful world of snails with our hands-on Snail Terrarium Workshop at the nature center! This class will guide you through creating your very own mini-ecosystem, complete with adorable snails, live plants, and lush moss. By the end of the class, you'll have a beautiful, whimsical terrarium to take home, along with all the knowledge needed to keep your new snail friends and their cozy environment happy and healthy. Don't miss this unique opportunity to connect with nature and bring a little piece of it into your home. Sign up today and let your snail adventure begin! All supplies provided **Children ages 4 to 8 must be accompanied by an adult.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123241	A	SNAILS	S	10-12PM	4/19	OFF	\$40

VALENTINE'S POSSUM GRAM

Make this Valentine's Day unforgettable with a unique Possum Gram for your loved one! Package includes delivery of a personalized card, flowers, chocolate, and an up-close animal encounter with our possum ambassador, Teacup! To place an order, please register for an expected delivery time frame and then email your card message, recipient's name, and delivery address to naturecenter@lawrenceks.org. Our naturalists can deliver to residences or workplaces within the Lawrence city limits. Please ensure permission and access to the delivery location email, especially for business locations. Note that we do not deliver to schools. For any inquiries, please contact Prairie Park Nature Center at (785) 832-7980

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123789	A	POSSUM		9:30-10	2/11	OFF	\$80
123789	B	POSSUM		10-10:30	2/11	OFF	\$80
123789	C	POSSUM		10:30-11	2/11	OFF	\$80
123789	D	POSSUM		11-11:30	2/11	OFF	\$80
123789	E	POSSUM		11:30-12	2/11	OFF	\$80
123789	F	POSSUM		1-1:30	2/12	OFF	\$80
123789	G	POSSUM		1:30-2	2/12	OFF	\$80
123789	H	POSSUM		2-2:30	2/12	OFF	\$80
123789	I	POSSUM		2:30-3	2/12	OFF	\$80
123789	J	POSSUM		3-3:30	2/12	OFF	\$80
123789	K	POSSUM		9:30-10	2/13	OFF	\$80
123789	L	POSSUM		10-10:30	2/13	OFF	\$80
123789	M	POSSUM		10:30-11	2/13	OFF	\$80
123789	N	POSSUM		11-11:30	2/13	OFF	\$80
123789	O	POSSUM		11:30-12	2/13	OFF	\$80
123789	P	POSSUM		9-9:30	2/14	OFF	\$95
123789	Q	POSSUM		9:30-10	2/14	OFF	\$95
123789	R	POSSUM		10-10:30	2/14	OFF	\$95
123789	S	POSSUM		10:30-11	2/14	OFF	\$95
123789	T	POSSUM		1-1:30	2/14	OFF	\$95
123789	U	POSSUM		1:30-2	2/14	OFF	\$95
123789	V	POSSUM		2-2:30	2/14	OFF	\$95
123789	W	POSSUM		9:30-10	2/15	OFF	\$80
123789	X	POSSUM		10-10:30	2/15	OFF	\$80
123789	Y	POSSUM		10:30-11	2/15	OFF	\$80
123789	Z	POSSUM		11-11:30	2/15	OFF	\$80

NATURE TRIPS

KANSAS SUGARBUSH WORKSHOP

Ages: All. Enrollment Min 5 / Max 12. Learn how your favorite pancake topping, syrup, is made. Did you know that other trees besides maple can be used to make a delicious syrup? We will show you how to identify native trees to tap for sugar making, the tools needed, how to make the final products and enjoy samples.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123335	A	SGRBSH	S	10-12PM	2/1	PPNC	\$15

DUCKS, HERONS, AND EAGLES, OH MY!

Ages: All. Enrollment Min 4 / Max 12. Embark on an unforgettable winter birding expedition. Bundle up and let us take you on a journey to spot some of winter's most fascinating and resilient feathered friends. Stand-out visitors include both migratory and resident species such as snow geese, a diversity of ducks and birds, trumpeter swans, pelicans, bald eagles, herons and more. You can also view resident wildlife such as deer, beavers, muskrats, and turtles. Our guide from the Prairie Park Nature Center will bring viewing scopes and assist with identifying the wide array of species. Don't forget to bring your binoculars and cameras to capture the perfect shot. Please dress warmly and wear appropriate shoes for possible short hikes at our beautiful birdwatching location(s).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123220	A	BIRDS	S	9AM-12PM	1/11	PPNC	\$30

MUSHROOM FORAY FIELD TRIP

Ages: All. Enrollment Min 5 / Enrollment Max 12. Have you heard the hype behind the mushroom boom? Hop on the shuttle and venture out with a mushroom specialist and discover the diversity of our local fungi. Our instructor will teach you easy, convenient ways to identify native mushrooms. Learn which fungi are edible and which you shouldn't touch with a ten-foot pole. **Pre-registration is required. Our instructor will e-mail information regarding trip location before the program. Please note that a registered adult must accompany children under 16.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223352	A	MUSHRM	F	5:30-7PM	4/11	PPNC	\$10

EDUCATION BY RESERVATION

Explore the nature center's programs, featuring interesting animal ambassadors. The programs are suitable for all ages and can be held on-site or off-site, making them great for school groups, scouts, birthdays and organizations. Whether you're planning an educational outing, a birthday party or a group activity, we have something special for everyone. Find more information by contacting the nature center at (785) 832-7980 or visiting the LPRD website at www.lprd.org/ppnc. Get ready for an adventure that will create lasting memories.



SPECIAL EVENTS

COOKIES WITH BROOKE - WINTER WONDERLAND

Ages: 12 and up. Brooke is back to help us create some wintery works of art! Come learn to decorate cookies with Brooke. This is a beginner class appropriate for ages 12 and up. Each participant will decorate half a dozen winter themed cookies. All supplies are provided, including a box to transport your cookies. Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, January 16, 6:00 p.m. - 8:00 p.m. **For more information, call Elias Parenti 785-832-7949.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
125014	A	WIN	T	6-8PM	1/16	HRC	\$30

COOKIES WITH BROOKE - VALENTINE'S DAY THEME

Ages: 12 and up. Join us to make beautiful edible Valentines for your loved ones! We won't tell if you keep them all for yourself instead! This is a beginner class appropriate for ages 12 and up. Each participant will decorate half a dozen Valentine themed cookies. All supplies are provided, including a box to transport your cookies. Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, February 13, 6:00 p.m. - 8:00 p.m. **For more information, call Elias Parenti 785-832-7949.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
125014	B	VAL	T	6-8PM	2/13	CR-SPL	\$40

COOKIES WITH BROOKE - ST. PATRICK'S DAY

Ages: 12 and up. Come see what we found at the end of the rainbow! We're creating cookies as good as a pot of gold! This is a beginner class appropriate for ages 12 and up. Each participant will decorate half a dozen delicious St Patrick's themed cookies. All supplies are provided, including a box to transport your cookies. Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, February 13, 6:00 p.m. - 8:00 p.m. **For more information, call Elias Parenti 785-832-7949.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
125014	C	PAT	T	6-8PM	3/13	CR-SPL	\$40

COOKIES WITH BROOKE - HOPPY COOKING DECORATING

Ages: 12 and up. Come see what we found at the end of the rainbow! We're creating cookies as good as a pot of gold! This is a beginner class appropriate for ages 12 and up. Each participant will decorate half a dozen delicious St Patrick's themed cookies. All supplies are provided, including a box to transport your cookies. Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, February 13, 6:00 p.m. - 8:00 p.m. **For more information, call Elias Parenti 785-832-7949.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225014	C	HOPPY	T	6-8PM	4/10	HRC	\$40

CRAFTS WITH THE BAREFOOT BUILDER LLC - SNOWMAN IN THE SNOW

Ages: 16 and up. Assemble and paint your own 4ft winter snowman board with snow that really lights up as the finishing touch! Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, February 13, 6:00 p.m. - 8:00 p.m. **For more information, call Elias Parenti 785-832-7949.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
125013	A	CSNOW	F	6-8PM	1/10	HRC	\$45

HOP TO IT!

Ages: 2-12. Let the fun come to your yard this spring while Lawrence Parks and Recreation staff "egg" your house! Kiddos will get to enjoy this Easter egg hunt from their own yards while you get to relax and watch it all unfold! Staff will hide 20 eggs or more in each yard containing candy and fun holiday surprises. The easter bunny will even leave a goodie bag and letter to send the kids on their hunt. **\$30 registration plus \$10 per additional child (section B).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225016	A	HOP	F	8AM-5PM	4/18	HOME	\$30
225016	B	ADDCHILD					\$10

CRAFTS WITH THE BAREFOOT BUILDER LLC - SCRAPPY HEART

Ages: 16 and up. Assemble and paint your own Scrappy Heart to decorate and show your love this season, or all year long!! Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, February 13, 6:00 p.m. - 8:00 p.m.

For more information, call Elias Parenti 785-832-7949.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
125013	B	CHEART	F	6-8PM	2/7	HRC	\$35

CRAFTS WITH THE BAREFOOT BUILDER LLC - BARN QUILT

Ages: 16 and up. Choose from 5 different designs, or bring your own, and customize a barn quilt to match your own style to display indoors or out all year long! Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, February 13, 6:00 p.m. - 8:00 p.m. **For more information, call Elias Parenti 785-832-7949.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225013	C	CBARN	F	6-8PM	3/7	HRC	\$45

CRAFTS WITH THE BAREFOOT BUILDER LLC - BUNNY IN BUSHES

Ages: 16 and up. Paint and assemble a cute little bunny to hide in your bushes this Easter and Spring! Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, February 13, 6:00 p.m. - 8:00 p.m. **For more information, call Elias Parenti 785-832-7949.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225013	A	CBUNNY	F	6-8PM	4/11	HRC	\$35

CRAFTS WITH THE BAREFOOT BUILDER LLC - JAR STRONG ART W/ FLOWERS (INTERCHANGABLE)

Ages: 16 and up. Paint, hammer, and string together your own Jar with flowers. The flowers can be changed out each season to make this décor that lasts all year long! Held at Holcom Park Recreation Center, 2700 W. 27th St., Thursday, February 13, 6:00 p.m. - 8:00 p.m. **For more information, call Elias Parenti 785-832-7949.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225013	B	CJAR	F	6-8PM	5/9	HRC	\$35

HOLIDAY EXTRAVAGANZA

9 a.m.-4 p.m. Saturday, Dec. 7th.

Join us at Sports Pavilion Lawrence® on Saturday, Dec. 7 for our largest craft show of the year, the Holiday Extravaganza! Featuring nearly 200 vendors, you are sure to discover unique gifts, crafts and holiday treasures.

Unified Recreation Programs are adapted and integrated recreational activities for individuals with disabilities. LPRD encourages individuals with disabilities to consider all programs offered by the department. If you have questions or need additional assistance, call Justin Deaver at (785) 832-7920, or email at jdeaver@lawrenceks.org.

MONTHLY NEWSLETTER

Watch for our monthly newsletters for highlights and updated information on activities, events, trips, and programs. If you would like to be placed on the mailing list, call (785)832-7906, email jdeaver@lawrenceks.org. Copies are also available at all City recreation centers.

COFFEE AND BOWLING TRANSPORTATION

We offer transportation to and from the programs Coffeehouse and Bowling for an additional fee of \$12. Enjoy the activity and leave the driving to us.

PROGRAMS

COFFEEHOUSE DINNER AND DANCE

Ages: 16 and Up. Enrollment Min 10 / Max 80. Grab your friends and get your groove back at Coffeehouse! Join us for a catered dinner, then a fun evening of dancing, refreshments, socialization and live entertainment in a "coffeehouse" atmosphere.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122200	A	CHDD	M	5:30-8PM	1/27	DCFG	\$40
122200	B	CHDD	M	5:30-8PM	2/24	DCFG	\$40
222200	A	CHDD	M	5:30-8PM	3/24	DCFG	\$40
222200	B	CHDD	M	5:30-8PM	4/28	DCFG	\$40
222200	C	CHDD	M	5:30-8PM	5/19	DCFG	\$40

COFFEEHOUSE DANCE ONLY

Ages: 16 and Up. Enrollment Min 6 / Max 30. Grab your friends and get your groove back at Coffeehouse! Join us for a fun evening of dancing, refreshments, socialization and live entertainment in a "coffeehouse" atmosphere. **This Coffeehouse will not include dinner and is the dance portion only.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122201	A	CHDANC	M	6:30-8PM	1/27	DCFG	\$18
122201	B	CHDANC	M	6:30-8PM	2/24	DCFG	\$18
222201	A	CHDANC	M	6:30-8PM	3/24	DCFG	\$18
222201	B	CHDANC	M	6:30-8PM	4/28	DCFG	\$18
222201	C	CHDANC	M	6:30-8PM	5/19	DCFG	\$18

BOWLING AND PIZZA PARTY

Ages: 16 and Up. Enrollment Min 10 / Max 40. Roll your way to fun! Join us at Royal Crest Lanes for two games of bowling! Please arrive by 10:30 a.m. so that all lanes can begin at the same time. Followed by a pizza party. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122300	A	B&PP	S	10:30AM-12:30PM	1/18	RCL	\$40
222300	A	B&PP	S	10:30AM-12:30PM	3/8	RCL	\$40
222300	B	B&PP	S	10:30AM-12:30PM	4/19	RCL	\$40
222300	C	B&PP	S	10:30AM-12:30PM	5/10	RCL	\$40

UNIFIED RECREATION

BOWLING ONLY

Ages: 16 and Up. Enrollment Min 10 / Max 40. Roll your way to fun! Join us at Royal Crest Lanes for two games of bowling! Please arrive by 10:30 a.m. so that all lanes can begin at the same time. **This Bowling section will not include dinner and is bowling only.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122301	A	BOWL	S	10:30AM-12PM	1/18	RCL	\$18
222301	A	BOWL	S	10:30AM-12PM	3/8	RCL	\$18
222301	B	BOWL	S	10:30AM-12PM	4/19	RCL	\$18
222301	C	BOWL	S	10:30AM-12PM	5/10	RCL	\$18

ADAPTIVE ZUMBA

Ages: 16 and Up. Enrollment Min 5 / Max 20. A fitness program that combines Latin and international 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 all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **Instructor: Susan Pomeroy and staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122400	A	AZUMBA	R	6:30-7:30PM	1/9-3/13	CB	\$48
222400	A	AZUMBA	R	6:30-7:30 PM	3/27-5/15	CB	\$38

ACTING 101

Ages: 16 and Up. Enrollment Min 5 / Max 30. Do you feel like you have acting skills built up inside you, just waiting to get out? Now is your time to shine! This class involves acting, public speaking, skits, plays and maybe a chance to be a star. Even if you don’t want the spotlight on you, there is always a demand for “extras.” Come join the fun and try something new! **No class 1/22; 2/26; 3/25; 4/22.** **Instructor: Molly Gordon and staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122401	A	ACT101	M	6:30-8PM	1/13-5/12	CARN	\$54

SCRAP AND SNAP

Ages: 16 and Up. Enrollment Min 5 / Max 10. Join us for an engaging and creative scrapbooking class where you’ll learn to transform your cherished photos and mementos into beautiful keepsakes! Whether you’re a beginner or looking to refine your skills, this class offers something for everyone **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122191	A	SCRAP	T	6-7:30PM	1/7,14,21	CB	\$34

CERAMIC ADVENTURES

Ages: 16 and Up. Enrollment Min 5 / Max 10. Embark on a creative journey in our “Ceramic Adventures” class, where you’ll explore the exciting world of clay! Designed for all skill levels, this hands-on class will guide you through various pottery techniques, including hand-building, and glazing. **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122191	B	CERAM	T	6-7:30PM	1/28,2/4,11	CB	\$34

CANVAS CREATIONS

Ages: 16 and Up. Enrollment Min 5 / Max 10. Unleash your inner artist in our “Canvas Creations” class! This welcoming and inspiring environment is perfect for painters of all levels, from beginners to seasoned pros. Each session, you’ll explore various painting techniques and styles, including acrylic, watercolor, and mixed media. **Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122191	C	CANVAS	T	6-7:30PM	2/18,25,3/4,11	CB	\$34

CULINARY CREATIONS

Ages: 18 and Up. Enrollment Min 6 / Max 10. The primary focus of this course is to combine the science of nutrition and the art of cooking to create healthy foods and meals that satisfy hunger, the palate, the eye, and personal health/medical conditions. We will explore food, preparation, and techniques for the retention of nutrition, appearance, and flavor. Bring your appetite! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
222810	A	CULIN	T	6-8PM	4/1-5/6	ELRC	\$60

MINDFUL MOVEMENTS

Ages: 16 and Up. Enrollment Min 6 / Max 10. “Mindful Movements,” a specially designed yoga class that emphasizes inclusivity and accessibility for all participants. This class focuses on gentle movements and mindful practices, accommodating various abilities and needs

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
222207	A	MIND	S	9:30-10:30AM	2/1-22	ELC	\$28

UNIFIED RECREATION YOUTH DANCE

Ages: 6-13. Enrollment Min 6 / Max 10. Come move and groove with us! A dance class designed to meet the needs of all abilities. Each class will practice basic dance fundamentals through games, use of props, across the floor movement and choreography. Dancers will increase coordination, balance and over all body awareness in a fun, supportive environment. There will be a small classroom performance on the last day! **Instructor: LPRD Dance Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122232	A	URYD	F	5-6PM	1/24-2/28	CB-RM2	\$40



WINTER ADULT SPORTS

BASKETBALL

Fees are assessed at a per team rate. **Registration Deadline: 12/13/24, Start Date: 1/6/25. Register on or before 12/6/24 and receive a \$15 discount.** Leagues are offered to Men's, Women's and Coed Divisions running Sundays, Tuesdays, and Fridays for approximately 9 weeks. Men's leagues are offered in competitive divisions and recreational divisions where dunking is not allowed. Leagues may be separated into divisions if enough teams are registered to create better parity. All competitive leagues will consist of a seven-game regular season followed by a single-elimination tournament for all teams. Recreation leagues will consist of an eight-game regular season and no postseason tournament (standings will not be kept).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
150100	A	MENS	SU	5-9PM	1/5-3/16	CB/SPL	\$385
150100	D	MENS	T	6-10PM	1/7-3/18	CB/SPL	\$385
150100	E	WOMENS	T	6-10PM	1/7-3/18	CB/SPL	\$385
150100	I	COED	F	6-10PM	1/10-3/21	CB/SPL	\$385

VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 12/13/24, Start Date: 1/5/25. Register on or before 12/8/24 and receive a \$15 discount.** Leagues are offered in Women's and Coed divisions with Power (PWR) divisions designed for competitive play and Recreation (REC) divisions designed for recreational play with spiking and serving overhead not allowed. Double Header (DH) leagues are designed for the most competitive teams with each team playing two matches per night in a twelve-match regular season. In single game leagues, teams will play a seven-match regular season. All Power leagues will include a single-elimination postseason tournament for all teams. In Recreation leagues, teams will play an eight-match schedule with no postseason tournament (standings will not be kept).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
150300	A	COEDPWR	SU	5-9PM	1/5-3/16	SPL/ELRC	\$265
150300	G	COEDREC	SU	5-9PM	1/5-3/16	SPL/ELRC	\$265
150300	B	WOMNREC	M	6-9:30PM	1/6-3/17	SPL/ELRC	\$265
150300	C	COEDPWR	W	6-9:30PM	1/8-3/19	SPL/ELC	\$265
150300	D	COEDPRDH	W	6-9:30PM	1/8-3/19	SPL/ELC	\$365
150300	E	COEDPWR	R	6-9:30PM	1/9-3/20	SPL/ELC	\$265
150300	I	WOMNPWR	R	6-9:30PM	1/9-3/20	SPL/ELC	\$265

SPRING ADULT SPORTS

Registration for spring sports begins March 14!

BASKETBALL

Fees are assessed at a per team rate. **Registration Deadline: 3/14/25, Start Date: 3/30/25. Register on or before 3/7/25 and receive a \$15 discount.** Leagues are offered to Men's, Women's and Coed Divisions running Sundays, Tuesdays, Thursdays, and Fridays for approximately 9 weeks. Men's leagues are offered in competitive divisions. Leagues may be separated into divisions if enough teams are registered to create better parity. All competitive leagues will consist of a seven-game regular season followed by a single-elimination tournament for all teams. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250100	A	MENS	SU	5-9PM	3/30-6/1	CB/SPL	\$385
250100	D	MENS	T	6-10PM	4/1-6/3	CB/SPL	\$385
250100	E	WOMENS	T	6-10PM	4/1-6/3	CB/SPL	\$385
250100	I	COED	F	6-10PM	4/4-6/6	CB/SPL	\$385

PICKLEBALL

Fees are assessed at a per team rate. **Registration Deadline: 3/14/25, Start Date: 4/1/25.** Offered for Men's, Women's, & Mixed (MX) Doubles (DB) and Men's and Women's Doubles Beginner (BEG) in leagues running Tuesdays and Wednesdays for approximately nine weeks. Teams will play a seven-game regular season schedule followed by a single elimination tournament for all teams. Games will be played primarily at Sports Pavilion Lawrence® (SPL). Each game will be comprised of a three-set match scored to eleven (win by one.) Beginner leagues are intended for recreational play and will not include a postseason tournament. Leagues with more than eight teams may be divided into divisions based on their competitive level (determined by registration responses and records from previous seasons.) All dates listed below are approximate and dependent on league size

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250850	A	MENSBEG	T	6-9PM	4/1-6/3	SPL	\$40
250850	B	WMNSNG	T	6-9PM	4/1-6/3	SPL	\$40
250850	C	MENDB	T	6-9PM	4/1-6/3	SPL	\$40
250850	D	WMNDB	T	6-9PM	4/1-6/3	SPL	\$40
250850	E	MXDBBEG	W	6-9PM	4/2-6/4	SPL	\$40
250850	F	MXDBOP	W	6-9PM	4/2-6/4	SPL	\$40

KICKBALL

Fees are assessed at a per team rate. **Registration Deadline: 3/14/25, Start Date: 4/4/25. Register on or before 3/7/25 and receive a \$15 discount.** Teams will play a five-game schedule followed by a single elimination tournament for all teams in each division. Teams may be required to play Double Headers occasionally to fit games in on schedule. All leagues are no-bunt leagues. Games will be played primarily at Lyons Park.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250400	C	COED	F	6:15-10:15PM	4/4-6/6	LYONS	\$215

SOFTBALL

Fees are assessed at a per team rate. **Registration Deadline: 3/14/25, Start Date: 3/30/25. Register on or before 3/7/25 and receive a \$15 discount.** Offered to Men's, Women's, and Coed teams running Sunday through Friday for approximately 9 weeks. Leagues are offered in four divisions (in order of most to least competitive): Class A Double Header (ADH), Double Header (DH), Weekly (WK), and Recreation (REC). Double Header teams will play two games per night for five weeks. Weekly teams will play one game per night for five weeks. Recreation leagues are intended for purely recreational teams with only one home run allowed and will play one game per night for five weeks. All competitive leagues will conclude with a single-elimination tournament for all teams. There will be no tournament for recreational leagues. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250201	A	COEDWK	SU	2-9PM	3/30-6/1	CLSC	\$250
250201	B	COEDREC	SU	2-9PM	3/30-6/1	CLSC	\$230
250201	I	COEDDH	SU	2-9PM	3/30-6/1	CLSC	\$430
250201	D	COEDREC	M	6:15-10:15PM	3/31-6/2	CLSC	\$230
250201	E	COEDWK	T	6:15-10:15PM	4/1-6/3	CLSC	\$250
250201	F	COEDREC	T	6:15-10:15PM	4/1-6/3	CLSC	\$230
250202	A	MENS DH	M	6:15-10:15PM	3/31-6/2	CLSC	\$430
250202	C	MENS DH	T	6:15-10:15PM	4/1-6/3	CLSC	\$430
250202	E	MENS DH	W	6:15-10:15PM	4/2-6/4	CLSC	\$430
250202	F	MENSWK	W	6:15-10:15PM	4/2-6/4	CLSC	\$250
250202	H	MENSWK	R	6:15-10:15PM	4/3-6/5	CLSC	\$250
250202	G	MENSREC	R	6:15-10:15PM	4/3-6/5	CLSC	\$250
250202	I	MENS DH	F	6:15-10:15PM	4/4-6/6	CLSC	\$430
250202	J	MENSADHF	F	6:15-10:15PM	4/4-6/6	CLSC	\$430
250204	B	WOMNREC	M	6:15-10:15PM	3/31-6/2	CLSC	\$230

ADULT SPORTS

VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 3/14/25, Start Date: 3/30/25. Register on or before 3/7/25 and receive a \$15 discount.** Leagues are offered in Women's 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. Coed leagues are offered for indoor and sand (SND) volleyball. Double Header (DH) leagues are designed for the most competitive teams with each team playing two matches per night in a twelve-match regular season. In single-game leagues, teams will play a seven-match regular season. All Power leagues will include a single-elimination postseason tournament for all teams. In recreation leagues, teams will play an eight-match schedule with no postseason tournament (standings will not be kept.) All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250300	A	COSNDPWR	SU	5-9PM	3/30-6/1	HOLSC/DPP	\$265
250300	F	COEDREC	SU	5-9PM	3/30-6/1	SPL	\$265
250300	B	WOMNREC	M	6-9:30PM	3/31-6/2	SPL	\$265
250300	C	COEDPWR	W	6-9:30PM	4/2-6/4	SPL	\$265
250300	D	COEDPRDH	W	6-9:30PM	4/2-6/4	SPL	\$365
250300	E	COSNDPWR	R	6-9PM	4/3-6/5	HOLSC/DPP	\$265
250300	I	WOMNPWR	R	6-9:30PM	4/3-6/5	SPL	\$265



Holiday EXTRAVAGANZA

ARTS & CRAFTS FAIR

**SPORTS PAVILION LAWRENCE®
100 ROCK CHALK LANE**

WE'D LOVE TO SEE YOU THERE, REGISTER TODAY!

9AM-4PM
Sat, Dec 7th

YOUTH SPORTS

BASKETBALL – 2ND SESSION

Ages: Kindergarten through 8th grade (Boys and Girls Leagues). The objective of the basketball program is to provide an opportunity for children to play basketball in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of basketball. Participants will also learn fair play, teamwork and sportsmanship. **Please be sure to indicate school and grade during the 2024-25 school year when filling out registration.** Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. One hour practice time will be determined by the coach. Practices will begin in late January. **Games for grades K-4 will be held on Saturdays, Feb. 1 – March 8, and grades 5-8 will play Sundays, Feb. 2 – March 23, with no games scheduled Feb. 9 and March 16.** Game shirts included in fee for 5th through 8th graders. **Registration deadline: Friday, Jan. 3. \$15 late fee added after deadline.** Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane. **Scholarship applications are available at the Community Building, 115 W. 11th St or Sports Pavilion Lawrence®.**

Leagues (Code Breakdown)

Intro-K - (boys and girls) Kindergarten/pre-school (pre-school must be 5 years of age before 8/1/23)

Rk1 – Rookie 1 – 1st grade

Rk2 – Rookie – 2nd grade

Rkg – Rookie Girls – 1st & 2nd grade girls

Rec3 – Recreation 3 – 3rd grade

Rec4 – Recreation 4 – 4th grade

Rg – Recreation Girls – 3rd & 4th grade girls

Jhawk5 – Jayhawk 5 – 5th grade

Jhawk6 – Jayhawk 6 – 6th grade

Jhg – Jayhawk Girls – 5th & 6th grade girls

Jhawk7/8 – Jayhawk 7/8 – 7th & 8th grade

Jhg7/8 – Jayhawk 7/8 – 7th & 8th grade girls

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
124101	A	INTRO-K	S	TBA	1/20 – 3/8	TBA	\$55
124101	B	RK1	S	TBA	1/20 – 3/8	TBA	\$55
124101	C	RK2	S	TBA	1/20 – 3/8	TBA	\$55
124101	D	REC3	S	TBA	1/20 – 3/8	TBA	\$55
124101	E	REC4	S	TBA	1/20 – 3/8	TBA	\$55
124101	F	JHAWK5	SU	TBA	1/20 – 3/23	TBA	\$60
124101	G	JHAWK6	SU	TBA	1/20 – 3/23	TBA	\$60
124101	H	JHAWK7/8	SU	TBA	1/20 – 3/23	TBA	\$60
124101	I	RKG	S	TBA	1/20 – 3/8	TBA	\$55
124101	J	RG	S	TBA	1/20 – 3/8	TBA	\$55
124101	K	JHG	SU	TBA	1/20 – 3/23	TBA	\$60
124101	L	JHG7/8	SU	TBA	1/20 – 3/23	TBA	\$60

YOUTH INDOOR SOCCER (K-6TH)

Ages: Kindergarten through 6th grade (Boys and Girls Leagues). The objective of the indoor soccer program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of indoor soccer. Participants will also learn fair play, teamwork and sportsmanship. **Please be sure to indicate school and grade during the 2024-25 school year when filling out registration.** Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. Practice times will be determined by the coach. Practices will begin in late January. **Games will be held on Saturdays, Feb. 1 – March 8.** Game shirts included in fee. **Registration deadline: Friday, Jan. 3. \$15 late fee added after deadline.** Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane. **Scholarship applications are available at the Community Building, 115 W. 11th St or Sports Pavilion Lawrence®.**

Leagues (Code Breakdowns)

SC1- (co-rec) – Kindergarten

SC2 - (boys) – 1st & 2nd grade

SC3 - (girls) – 1st & 2nd grade

SC4 - (boys) – 3rd & 4th grade

SC5 - (girls) – 3rd & 4th grade

SC6 - (boys) – 5th & 6th grade

SC7 - (girls) – 5th & 6th grade

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
124100	A	SC1	S	TBA	1/22-3/8	TBA	\$55
124100	B	SC2	S	TBA	1/22-3/8	TBA	\$55
124100	C	SC3	S	TBA	1/22-3/8	TBA	\$55
124100	D	SC4	S	TBA	1/22-3/8	TBA	\$55
124100	E	SC5	S	TBA	1/22-3/8	TBA	\$55
124100	I	SC6	S	TBA	1/22-3/8	TBA	\$65
124100	J	SC7	S	TBA	1/22-3/8	TBA	\$65

YOUTH VOLLEYBALL (4TH-8TH)

Grades: 4th-5th, 6th-8th. The objective of the youth volleyball program is to provide an opportunity for children to play volleyball in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of volleyball. Participants will also learn fair play, teamwork and sportsmanship. **Please be sure to indicate school and grade during the 2024-25 school year when filling out registration.** Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. Practice times will be determined by the coach. Practices will begin in late January. **Games will be held on Sundays, Jan. 26 – March 16 at Holcom Recreation Center, 2700 W. 27th St. Game shirts included in fee. Registration deadline: Friday, Dec. 29. \$15 late fee added after deadline.** Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane. **Scholarship applications are available at the Community Building, 115 W. 11th St or Sports Pavilion Lawrence®.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
124500	A	YV(4-5)	SU	TBA	1/13 – 3/16	TBA	\$50
124501	A	YV(6-8)	SU	TBA	1/13 – 3/16	TBA	\$50

YOUTH SPORTS

SPRING/SUMMER SPORTS LEAGUES

Registration for spring sports begins Feb. 1!

YOUTH BASEBALL/SOFTBALL

Ages: Kindergarten through 6th grade (Boys) and Kindergarten through 8th grade (girls). 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 2024-25 school year.** Teams and leagues will be formed by current grade level as of May 1, 2024. 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 Monday, May 12. **Games will be held in the evenings Monday – Friday and Saturday mornings. Registration Deadline: Friday, April 4. \$15 late fee added after deadline. Scholarship applications are available at the Community Building, 115 W. 11th St or Sports Pavilion Lawrence®.**

Leagues (Code Breakdowns)

K-Boys – Tball (boys) Kindergarten/pre-school (pre-school must be 5 years of age before 8/1/24)

KG-Girls – T-Ball (girls) Kindergarten/pre-school (pre-school must be 5 years of age before 8/1/24)

RKBB1 – Rookie Baseball – (boys combo coach pitch & t-ball) – Grade 1

RKBB2 – Rookie Baseball – (boys combo coach pitch & t-ball) – Grade 2

RKSB12 – Rookie Softball – (girls combo coach pitch & t-ball) – Grades 1 & 2

RBB34 – Rec Baseball – (boys coach pitch) – Grades 3 & 4

RSBG34 – Rec Softball – (girls coach pitch) – Grades 3 & 4

RSB34MP – Rec Softball – (girls machine pitch) – Grades 3 & 4

JHBB4 – Jhawk Baseball – (boys combo player pitch & coach pitch) – Grade 4

JHBB56 – Jhawk Baseball – (boys player pitch) – Grades 5 & 6

JHSB56 – Jhawk Softball – (girls machine pitch) – Grades 5 & 6

JHSB78 – Jhawk Softball – (girls combo player pitch & coach pitch) – Grades 7 & 8

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
224401	A	K-BOYS	MTWRFS	TBA	5/12-8/1	TBA	\$50
224401	B	KG-GIRLS	MTWRFS	TBA	5/12-8/1	TBA	\$50
224401	C	RKBB1	MTWRFS	TBA	5/12-8/1	TBA	\$50
224401	D	RKBB2	MTWRFS	TBA	5/12-8/1	TBA	\$50
224401	E	RKSB12	MTWRFS	TBA	5/12-8/1	TBA	\$50
224401	F	RBB34	MTWRFS	TBA	5/12-8/1	TBA	\$55
224401	G	RSB34	MTWRFS	TBA	5/12-8/1	TBA	\$55
224401	H	RSB34MP	MTWRFS	TBA	5/12-8/1	TBA	\$55
224401	I	JHBB4	MTWRFS	TBA	5/12-8/1	TBA	\$60
224401	J	JHBB56	MTWRFS	TBA	5/12-8/1	TBA	\$65
224401	K	JHSB56MP	MTWRFS	TBA	5/12-8/1	TBA	\$60
224401	L	JHSB78	MTWRFS	TBA	5/12-8/1	TBA	\$60

COMPETITIVE LEAGUES

BASEBALL

TEAM ENTRY LEAGUES

Registration forms available online after Dec. 1. \$150 team deposit due at the time of registration. Balance and rosters due Friday, April 5, 2024 Douglas County Amateur Baseball Association (DCABA) has the following divisions: eight 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 by Friday, April 5, 2024. Teams may play up to other divisions, but cannot play below their age classification. A player's eligibility is determined by the age they are as of May 1, 2024.

Team Entry Leagues include:

U8 – Two options that are the team's choice. All players must be at least 8 years old or younger on May 1, 2024 to be eligible for either league. Games will begin the week of May 13, 2024.

American League – Machine pitch. Recommended for 7 year olds and first year 8 year olds.

National League – Machine pitch. Recommended for 8 year olds and/or returning DCABA participants.

U10 – Two options that are the team's choice. All players must be at least 10 years old or younger on May 1, 2024 to be eligible for either league. Games will begin the week of April 8, 2024

American League – National Little League rules. Runners cannot 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 teams.

U12 – Two options that are the team's choice. All players must be at least 12 years old or younger on May 1, 2024 to be eligible for either league. Games will begin the week of April 8, 2024

American League – USSSA baseball rules. Regular lead offs and steals: runners can advance on a dropped third strike. Recommended for 11 year olds and first year 12 year olds.

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 teams.

U14 – Two options that are the team's choice. All players must be at least 14 years old or younger on May 1, 2024 to be eligible for either league.

Houk League – USSSA baseball rules. Regular lead offs and steals: runners can advance on a dropped third strike. This league is for the more experienced teams. Recommended for 13 year olds and first year 14 year olds. Games will be played Monday – Thursday starting the week of April 29, 2024.

Ice/Heinrich League – USSSA baseball rules. Regular lead offs and steals: runners can advance on a dropped third strike. This league is for the more experienced teams. Games will begin the week of April 8, 2024.

HOUSEHOLD INFORMATION

PLEASE PRINT

Name:				Gender:			
Address:	City:	St:	Zip:				
Cell:	Home Phone:						
Email:							
Emergency Contact:	Phone:						

PARTICIPANTS FIRST NAME	PARTICIPANTS LAST NAME	DOB	CLASS NAME	CLASS CODE	SECTION	FEE	START DATE

I would like to make a donation to the Wee Folks Scholarship Fund! Amount: \$ _____

PARTICIPANT WAIVER/RELEASE AND AUTHORIZATION AGREEMENT

1. In consideration of my (and/or my child's) being permitted to participate in this activity or these activities, I hereby waive, release and discharge the City of Lawrence, Kansas ("City"), its commissioners, officers, employees, agents or representatives, and successors or assigns, from any and all liability, claims, actions, damages, costs, liabilities, settlements, judgments, costs, expenses, lawsuits, or attorney fees, arising from any accident, injury, illness or damage to personal property incurred while or resulting from participating in the activity or activities.

2. In the event of a medical emergency or perceived emergency while participating in this activity or these activities, I authorize the City, through its officers, employees, agents or representatives, to contact emergency medical services and seek treatment for me or the participant for whom I sign this document as parent or guardian, including from any hospital, physician, or medical provider. I further agree to accept financial responsibility for all treatment received and services rendered as a result.

3. If any damage to City facilities or equipment occurs as a result of misuse by me or the participant on whose behalf I sign this document as parent or guardian, I agree to accept financial responsibility for any repairs or replacements needed, at the City's sole discretion.

4. I authorize the City to use or publish, for marketing or publicity purposes, whether in print or by electronic means, any photographs or recordings taken of me or the participant on whose behalf I sign this document as parent or guardian, while participating in the activity or activities.

I HAVE READ AND UNDERSTAND THE WAIVER, REGISTRATION, AND REFUND POLICIES

Printed Name of Participant: _____

(if different from participant)

Printed Name of Person Signing: _____

(if signer is not participant)

Signature: _____

Relationship to Participant: _____
(if signer is not participant)