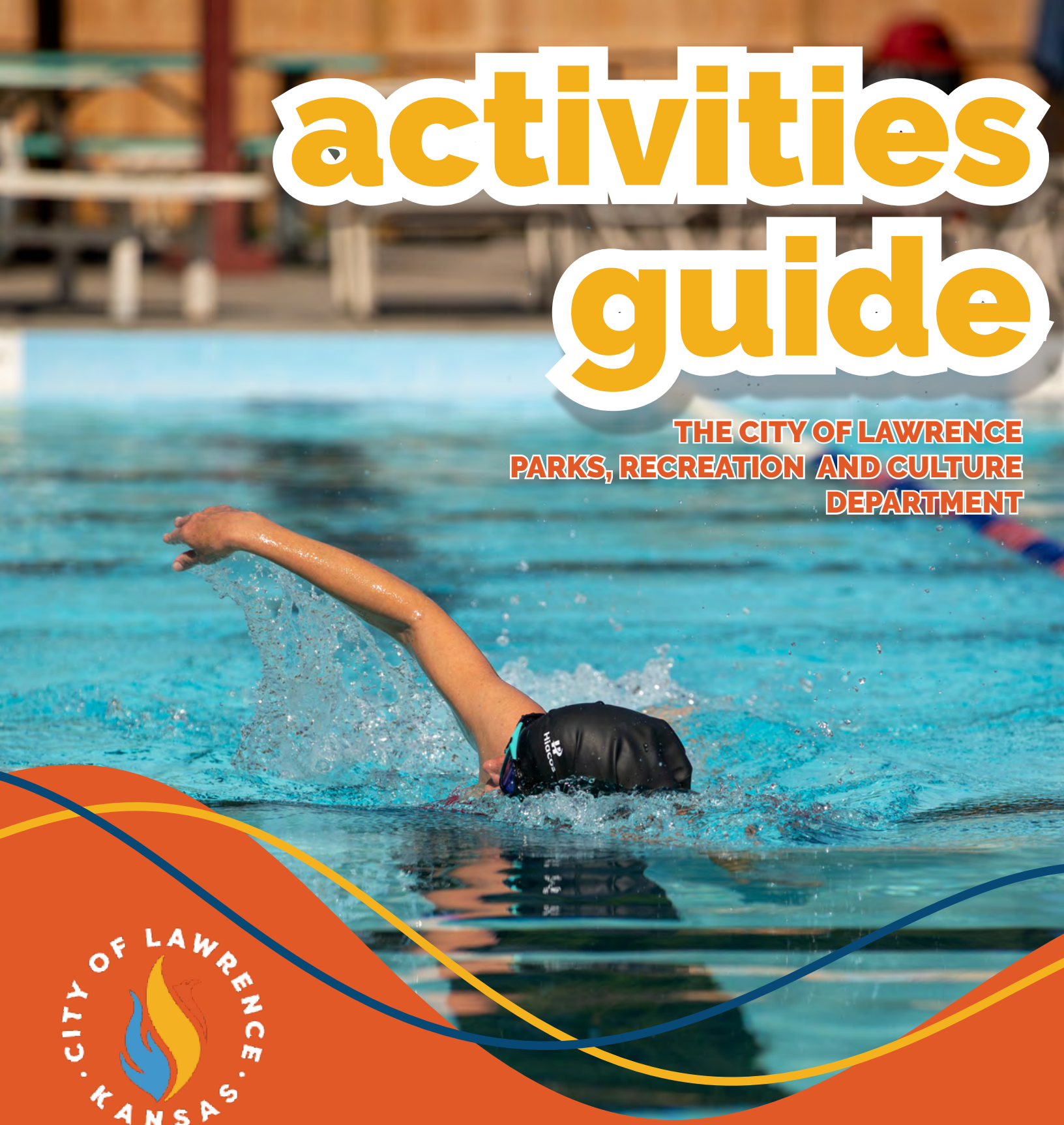
activities guide

THE CITY OF LAWRENCE
PARKS, RECREATION AND CULTURE
DEPARTMENT



CITY OF LAWRENCE · KANSAS ·

FALL 2025

www.lprd.org lprdks @lprdks lprdks

STRETCH YOUR LIMITS!

2025 FALL 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 2025.

There is something for everyone! Parks, Recreation and Culture 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!

Enrollment opens 8:00 a.m. Tuesday, August 12

ONLINE ENROLLMENT

If you have participated in a City of Lawrence, Parks, Recreation and Culture 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 lprd@lawrenceks.org to reactivate your account.

WALK-IN / MAIL-IN

Visit any City of Lawrence, Parks, Recreation and Culture 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, Recreation and Culture Department, Administrative Office, 1141 Massachusetts St., Lawrence KS 66044. *Make checks payable to LPRD. Walk-in registration takes priority over mail-in registration.*

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Photo on front cover by Abby Moore

LAWRENCE PARKS AND RECREATION DEPARTMENT DIRECTORY*

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

CITY COMMISSION

Mike Dever, Mayor
Brad Finkeldei, Vice-Mayor
Amber Sellers
Bart Littlejohn
Lisa Larsen
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

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 July 18, 2025***

ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

STAFF

Luis Ruiz, Director
lruiz@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
CR ..... Community Room
CR1 ...Community Room 1
CR2..Community Room 2
AR.....Art Room
DS.....Dance Studio
GY.....Gymnasium
KR.....Kaw Room

RESERVATION/ENROLLMENT HOURS

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

STAFF

Annette Deghand, Recreation Operations Manager
adeghand@lawrenceks.org
Gayle Sigurdson, Lifelong Recreation Supervisor
gsigurdson@lawrenceks.org
Justin Deaver, Recreation Operations Supervisor
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
Molly Gordon Recreation Programmer
mgordon@lawrenceks.org

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

Madison Husbenet, Recreation Programmer
mhusbenet@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

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
mlyoung*@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 Lawrence®
FR ..... Fitness Room
GR ..... Gymnastics Room
CR ..... Champion Room
LR ..... Legacy Room

RESERVATION/ENROLLMENT HOURS

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

STAFF

Robert Wilson, Recreation Operations Manager
rwilson@lawrenceks.org
Taylor Martin, Facilities Operations Supervisor
tmartin@lawrenceks.org
Jo Ellis, Recreation Instruction Supervisor
jellis@lawrenceks.org
Alex Husbenet, Youth Sports Supervisor
ahusbenet@lawrenceks.org
Ross Schraeder, Recreation Programmer
rschraeder@lawrenceks.org
Landon Noll, Recreation Programmer
lnoll@lawrenceks.org
Elias Parenti, Recreation Programmer
lnoll@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.

New Class | Class Name | Fitness Level | Ages/Class Size

NEW YOGA, FLOW ●

■ *Ages: 15 and Up. Enrollment Min 10 / Max 15.* Suitable for beginning students as well as experienced students who enjoy a gentler class. Develop 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 McDaneld | Rechelle Bishop.**

Description | Class Notes | Co-Sponsored (Class not eligible for scholarships) | Night Class (noted in bold) | Class Location (listed pages 2-3)

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412437	**1A**	**AQHIIT**	**TR**	**5:30-6:15PM**	**9/10-10/17**	**LIAC**	**$54**
412437	2A	AQHIIT	TR	5:30-6:15PM	10/29-12/12	LIAC	$54

Activity Number | Class Fee | Section of Class | 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.** For more information and pricing, please visit our website at **http://www.lprd.org/aquatics/admission.**

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 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. **No class 9/1, 11/24 and 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412413	1A	AQTONE	MW	5:30-6:15PM	8/25-10/8	LIAC	$63
412413	2A	AQTONE	MW	5:30-6:15PM	10/20-12/10	LIAC	$63

AQUA FIT

Ages: 16 and Up. Enrollment Min 15 / Max 20. AquaFit uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility, strength or balance, water exercise will help you regain your prior level of function. **No class 11/25 and 11/27. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412434	1A	AQFIT	TR	9-9:45AM	8/26-10/9	LIAC	$63
412434	1B	AQFIT	TR	10-10:45AM	8/26-10/9	LIAC	$63
412434	2A	AQFIT	TR	9-9:45AM	10/21-12/11	LIAC	$63
412434	2B	AQFIT	TR	10-10:45AM	10/21-12/11	LIAC	$63

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. **No class 11/25 and 11/27. Instructor: LPRD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412437	1A	AQHIIT	TR	5:30-6:15PM	8/26-10/9	LIAC	$63
412437	2A	AQHIIT	TR	5:30-6:15PM	10/21-12/11	LIAC	$63

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 patters 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 11/25 and 11/27. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412412	1B	FUSION2	TR	8:15-9:15AM	8/26-10/9	LIAC	$63
412412	2B	FUSION2	TR	8:15-9:15AM	10/21-12/11	LIAC	$63

JIVIN' JOINTS

Ages: 16 and Up. Enrollment Min 15 / Max 20. This is a group recreational water-based exercise program. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce pain and stiffness. Leisure pool; 3-lane lap area. **No class 9/1, 11/24, 11/26, 11/28 Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412430	1A	JIVNJNTS	MWF	8:45-9:30AM	8/25-10/10	LIAC	$95
412430	1B	JIVNJNTS	MWF	9:45-10:30AM	8/25-10/10	LIAC	$95
412430	2A	JIVNJNTS	MWF	8:45-9:30AM	10/20-12/12	LIAC	$95
412430	2B	JIVNJNTS	MWF	9:45-10:30AM	10/20-12/12	LIAC	$95

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. **9/1, 11/24, 11/26, 11/28. Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412420	1A	SHALLOW	MWF	7:15-8AM	8/25-10/10	LIAC	$95
412420	2A	SHALLOW	MWF	7:15-8AM	10/20-12/12	LIAC	$95

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 9/1, 11/24, 11/26, 11/28. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412438	1A	DEEPLYFIT	MWF	8:15-9:15AM	8/25-10/10	LIAC	$95
412438	2A	DEEPLYFIT	MWF	8:15-9:15AM	10/20-12/12	LIAC	$95

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. **No class 9/1, 11/24, 11/26. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412439	1A	LABLAST	MW	6:30-7:15PM	8/25-10/8	LIAC	$63
412439	2A	LABLAST	MW	6:30-7:15PM	10/20-12/10	LIAC	$63

AQUATICS

SCAN ME!

FULL LIST OF HOURS

Indoor Aquatic Center

https://lprd.org/aquatics/iac

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.

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 (PRSCHOOL) (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).*

INDOOR AQUATIC CENTER

SATURDAYS, SEPT. 14 - OCT. 5

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412114	2A	PRSCHOOLS		9-9:25AM	9/13-10/4	LIAC	$33
412102	2A	LEVEL 2	S	9-9:45AM	9/13-10/4	LIAC	$33
412103	2A	LEVEL 3	S	9-9:45AM	9/13-10/4	LIAC	$33
412100	2A	PNTCHILD	S	9:30-9:55AM	9/13-10/4	LIAC	$33
412115	2A	AQUATOT	S	10-10:25AM	9/13-10/4	LIAC	$33
412102	2B	LEVEL 2	S	10-10:45AM	9/13-10/4	LIAC	$33
412103	2B	LEVEL 3	S	10-10:45AM	9/13-10/4	LIAC	$33
412101	2A	LEVEL 1	S	10:30-10:55AM	9/13-10/4	LIAC	$33
412103	2C	LEVEL 3	S	11-11:45AM	9/13-10/4	LIAC	$33
412104	2A	LEVEL 4	S	11-11:45AM	9/13-10/4	LIAC	$33
412108	2A	ADULT	S	11-11:45AM	9/13-10/4	LIAC	$33

SATURDAYS, OCT. 19 - NOV. 9

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412101	4A	LEVEL 1	S	9-9:25AM	10/18-11/8	LIAC	$33
412102	4A	LEVEL 2	S	9-9:45AM	10/18-11/8	LIAC	$33
412107	4A	JRSWIM	S	9-9:45AM	10/18-11/8	LIAC	$33
412114	4A	PRSCHOOLS		9:30-9:55AM	10/18-11/8	LIAC	$33
412100	4B	PNT/CHILDS		10-10:25AM	10/18-11/8	LIAC	$33
412103	4A	LEVEL 3	S	10-10:45AM	10/18-11/8	LIAC	$33
412105	4A	LEVEL 5	S	10-10:45AM	10/18-11/8	LIAC	$33
412115	4A	AQUATOT	S	10:30-10:55AM	10/18-11/8	LIAC	$33
412103	4B	LEVEL 3	S	11-11:45AM	10/18-11/8	LIAC	$33
412104	4A	LEVEL 4	S	11-11:45AM	10/18-11/8	LIAC	$33
412108	4A	ADULT	S	11-11:45AM	10/18-11/8	LIAC	$33

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.**

WINTER BREAK

HOLOM PARK WINTER FUN

*Ages: 5-12. Enrollment Min 10 / Max 50.*Join our winter fun at Holcom Recreation Center where we provided children ages 5-12 a structured camp program. Children will participate in many different activities including but not limited to field trips, arts and crafts, movies and games. Campers must bring their own lunch. For more information please contact Madison Husbenet 785-832-7951, mhusbenet@lawrenceks.org. **All children participating in camp must have all camp paperwork turned in / current to attend the program.**. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425160	A	HOL	MT	9AM-4PM	12/22-12/23	HPRC	$52
425160	B	HOL	MTW	9AM-4PM	12/29-12/31	HPRC	$78

TODDLER OPEN GYM

TODDLER OPEN GYM, EAST LAWRENCE RECREATION CENTER

Ages: 1-6. Enrollment Min: 4 / Max: 15. Bring your kiddo out to the East Lawrence Recreation Centers Tumble Zone to run out some energy. The tumble zone will be open for kids to run, tumble and play while making new friends. Active adult supervision is required. **For more information, contact Madison Husbenet at 785-832-7951 or mhusbenet@lawrenceks.org.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
433002	A	TOG	SA	9:30AM-10:30AM	9/6	ELC- TBL ZN	$5
433002	B	TOG	SA	9:30AM-10:30AM	9/13	ELC- TBL ZN	$5
433002	C	TOG	SA	9:30AM-10:30AM	9/20	ELC- TBL ZN	$5
433002	D	TOG	SA	9:30AM-10:30AM	9/27	ELC- TBL ZN	$5
433002	E	TOG	SA	9:30AM-10:30AM	10/4	ELC- TBL ZN	$5
433002	F	TOG	SA	9:30AM-10:30AM	10/11	ELC- TBL ZN	$5
433002	G	TOG	SA	9:30AM-10:30AM	10/18	ELC- TBL ZN	$5
433002	H	TOG	SA	9:30AM-10:30AM	10/25	ELC- TBL ZN	$5
433002	I	TOG	SA	9:30AM-10:30AM	11/1	ELC- TBL ZN	$5
433002	J	TOG	SA	9:30AM-10:30AM	11/8	ELC- TBL ZN	$5
433002	K	TOG	SA	9:30AM-10:30AM	11/15	ELC- TBL ZN	$5
433002	L	TOG	SA	9:30AM-10:30AM	11/22	ELC- TBL ZN	$5
433002	M	TOG	SA	9:30AM-10:30AM	11/29	ELC- TBL ZN	$5
433002	N	TOG	SA	9:30AM-10:30AM	12/6	ELC- TBL ZN	$5
433002	O	TOG	SA	9:30AM-10:30AM	12/13	ELC- TBL ZN	$5
433002	P	TOG	SA	9:30AM-10:30AM	12/20	ELC- TBL ZN	$5
433002	Q	TOG	SA	9:30AM-10:30AM	12/27	ELC- TBL ZN	$5

ELRC TUMBLE ZONE BIRTHDAY PARTY PACKAGE

Come check out our Tumble Zone at the East Lawrence Center for a fun-filled birthday experience. You and your guests will enjoy 2 hours of exclusive use of the Tumble Zone and meeting room for refreshments and gifts! You provide the decor, and staff will have tables and chairs ready for you. The $150 includes access to our meeting room 30 minutes before your party for setup and 15 minutes after for cleanup. Need more time to party? Extend your reservation for $75/additional hour. Want to add extra fun? Upgrade to a nerf party for $25! Please note that staff will only provide supervision in the Tumble Zone. Parties are $150 for up to 20 children. **For more information, contact Madison Husbenet at 785-832-7951 or mhusbenet@lawrenceks.org.**

433002	K	TOG	SA	9:30AM-10:30AM 11/15	ELC- TBL ZN	$5
433002	L	TOG	SA	9:30AM-10:30AM 11/22	ELC- TBL ZN	$5
433002	M	TOG	SA	9:30AM-10:30AM 11/29	ELC- TBL ZN	$5
433002	N	TOG	SA	9:30AM-10:30AM 12/6	ELC- TBL ZN	$5
433002	O	TOG	SA	9:30AM-10:30AM 12/13	ELC- TBL ZN	$5
433002	P	TOG	SA	9:30AM-10:30AM 12/20	ELC- TBL ZN	$5
433002	Q	TOG	SA	9:30AM-10:30AM 12/27	ELC- TBL ZN	$5

ELRC TUMBLE ZONE BIRTHDAY PARTY PACKAGE

Come check out our Tumble Zone at the East Lawrence Center for a fun-filled birthday experience. You and your guests will enjoy 2 hours of exclusive use of the Tumble Zone and meeting room for refreshments and gifts! You provide the decor, and staff will have tables and chairs ready for you. The $150 includes access to our meeting room 30 minutes before your party for setup and 15 minutes after for cleanup. Need more time to party? Extend your reservation for $75/additional hour. Want to add extra fun? Upgrade to a nerf party for $25! Please note that staff will only provide supervision in the Tumble Zone. Parties are $150 for up to 20 children. **For more information, contact Madison Husbenet at 785-832-7951 or mhusbenet@lawrenceks.org.**

ADULT

Our adult dance classes are suitable for complete beginners, experienced dancers or just looking for a fun and enjoyable way to get fit, we 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, travelling steps, and, most importantly, rhythm.

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

BALLROOM DANCE

Ages: 15 and Up. Enrollment Min 4 couples / Max 8 couples. This class is designed to you give you a feel for the basic steps, 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. **No class 11/27. Partner enrollment required. Instructor: Shirley Barrand.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414180	A	BALL	W	7-8PM	10/1-11/19	HPRC-BR	$65

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 the progressive class **Partner Enrollment Requried. Price reflects per person rate. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414150	A	CCVD	SU	5:40-6:40PM	9/7-10/12	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
414151	A	LATIN	SU	6:50-7:50PM	9/7-10/12	SPL-LR	$40

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
414152	A	LINE	SU	4:30-5:30PM	9/7-10/12	SPL-LR	$40
414152	B	LINE	SU	4:30-5:30PM	10/19-11/23	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. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414154	A	SWING	SU	5:40-6:40PM	10/19-11/23	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
414145	C	WCS	F	5:45-8PM	9/26	SPL-LR	$20

SUNDAY WORKSHOPS

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

DANCE FUNDAMENTALS I – SINGLE RHYTHM DANCE MOVEMENTS

Ages: 15 and Up.Enrollment Min 10 / Max 30. 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.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414149	A	DFI	SU	1:15-4:15PM	9/14	SPL-LR	$25

DANCE FUNDAMENTALS II – TRIPLE RHYTHM MOVEMENTS & MORE

Ages: 15 and Up.Enrollment Min 10 / Max 30. 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.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414149	B	DFI	SU	1:15-4:15PM	10/12	SPL-LR	$25

DANCE FUNDAMENTALS III – SPINS AND TURNS

Ages: 15 and Up.Enrollment Min 10 / Max 30. 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.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414149	C	DFIII	SU	1:15-4:15PM	11/9	SPL-LR	$25

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.*** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414140	A	ECS	SU	1:15-4:15PM	9/28	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
414156	A	INTLINE	SU	3:15-4:15PM	9/21	SPL-LR	$12
414156	B	INTLINE	SU	3:15-4:15PM	10/19	SPL-LR	$12
414156	C	INTLINE	SU	3:15-4:15PM	11/16	SPL-LR	$12
414156	D	INTLINE	SU	3:15-4:15PM	12/14	SPL-LR	$12

HUSTLE

Ages: 15 and Up. Enrollment Min 10 / Max 30. Hustle, an American dance originating in the 1970's during the heyday of Disco, is a very exciting and energetic dance with the flexibility to look elegant and graceful, or funky and fun. It shares patterns and concepts with Swing, Salsa, and other dances with wraps and turn patterns. In this workshop, we will concentrate on foundational elements and patterns to help modernize the popular hustle and get you grooving on the dance floor! All levels are Welcome! ***Partner enrollment required.*** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414147	A	HW	SU	1:15-4:15PM	11/23	SPL-LR	$25

LINE DANCING WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414141	E	LDW	SU	1:15-4:15PM	12/7	SPL-LR	$25

TWO-STEP, BEGINNER/INTERMEDIATE WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. A mainstay of every country dance venue in the world. Two-Step is a traveling dance done to moderate to fast country music with a driving beat. Learn the basics and movements so you can look your best on the dance floor. Learn lead and follow concepts that apply to all dances. Gain the confidence to get out on the social dance floor. **Partner enrollment required.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414144	A	TS	SU	1:15-4:15PM	10/26	SPL-LR	$25

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.*** **Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414161	A	WCC	SU	1:15-4:15PM	9/7	SPL-LR	$25
414161	B	WCC	SU	1:15-4:15PM	10/5	SPL-LR	$25
414161	C	WCC	SU	1:15-4:15PM	11/2	SPL-LR	$25

DANCE

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
414143	A	INTLINE	SU	3:15-4:15PM	9/21	SPL-LR	$12
414143	B	INTLINE	SU	3:15-4:15PM	10/19	SPL-LR	$12
414143	C	INTLINE	SU	3:15-4:15PM	11/16	SPL-LR	$12
414143	D	INTLINE	SU	3:15-4:15PM	12/14	SPL-LR	$12

HUSTLE

Ages: 15 and Up. Enrollment Min 10 / Max 30. Hustle, an American dance originating in the 1970's during the heyday of Disco, is a very exciting and energetic dance with the flexibility to look elegant and graceful, or funky and fun. It shares patterns and concepts with Swing, Salsa, and other dances with wraps and turn patterns. In this workshop, we will concentrate on foundational elements and patterns to help modernize the popular hustle and get you grooving on the dance floor! All levels are Welcome! ***Partner enrollment required.*** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414147	A	HW	SU	1:15-4:15PM	11/23	SPL-LR	$25

LINE DANCING WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414141	D	LDW	SU	1:15-4:15PM	12/7	SPL-LR	$25

TWO-STEP, BEGINNER/INTERMEDIATE WORKSHOP

Ages: 15 and Up. Enrollment Min 10 / Max 30. A mainstay of every country dance venue in the world. Two-Step is a traveling dance done to moderate to fast country music with a driving beat. Learn the basics and movements so you can look your best on the dance floor. Learn lead and follow concepts that apply to all dances. Gain the confidence to get out on the social dance floor. **Partner enrollment required.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414144	A	TS	SU	1:15-4:15PM	10/26	SPL-LR	$25

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.*** **Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414161	A	WCC	SU	1:15-4:15PM	9/7	SPL-LR	$25
414161	B	WCC	SU	1:15-4:15PM	10/5	SPL-LR	$25
414161	C	WCC	SU	1:15-4:15PM	11/2	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
414145	B	WCC	SU	4:30-7:30PM	12/14	SPL-LR	$25

YOUTH DANCE

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

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

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

PARENT + ME DANCE

Ages: 2-3 with parent. Enrollment Min 5 / Max 12. Dance together and share the experience of playful movement, silly songs, fun games and colorful props! With a 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 parent per dancer, no siblings.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428000	A	PMD	S	9:55-10:25AM	10/4-11/22	CB-DS	$72

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 11/27.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428001	**A**	**MB**	**R**	**5:30-6:15PM**	**10/9-12/4**	**CB-DS**	**$72**

MINI BALLET & HIP HOP

Ages: 3-4. Enrollment Min 5 / Max 12. This combination class offers 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 build 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 11/24.*** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428002	**A**	**MBHH**	**M**	**5:30-6:15PM**	**10/6-12/1**	**CB-DS**	**$72**

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 11/24***. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428003	A	BBHH	M	6:20-7:10PM	10/6-12/1	CB-DS	$72

RISING URBAN HIP HOP

Ages: 7-10. Enrollment Min 5 / Max 12. An energetic 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 chorography. Strength, agility and self-expression will increase in this creative class! **No class 11/27. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428005	A	RUHH	R	6:20-7:10PM	10/9-12/4	CB-DANCE	$72

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 explores, 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
428008	A	MRD	S	11:10-11:55AM	10/4-11/22	CB-DANCE	$72

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 explores, 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
428009	A	PMD	S	10:15-11:05AM	10/4-11/22	CB-DANCE	$72

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. **No class 11/24, 11/26. Bring a mat. Instructor: Vanessa Curtis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415030	A	BL	MW	12:10-12:50PM	9/8-12/10	SPL-FR	$111

BODY BURN●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Come burn away those extra calories during an hour of 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 your own mat. **No class 10/31, 11/28. Instructor: Nicole Heck**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415003	A	BB	R	5:45-6:40PM	9/11-12/11	CB-CR2	$62

BODY TONE●◖

Ages: 15 and Up. Enrollment Min 10 / Max 20. Enhance your fitness from the ground up with our Body Tone class. This low-impact workout focuses on toning and strengthening key areas, specifically the lower body, abs, and arms. Participants will improve posture and increase mind-body awareness through a dynamic range of functional movements, all set to energizing music. This class is beginner-friendly, and individuals of all fitness levels are encouraged to join. **Bring a mat. No class 11/24, 11/26. Instructor: Christine Lester.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415014	A	BT	MW	12:15-12:45PM	9/8-12/10	CB-CR2	$111

FITNESS

LOWER BODY BLAST

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. **No class 11/25, 11/27. Bring a mat.** **Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415007	A	LBB	TR	5:30-6PM	9/9-12/11	HPRC-BR	$111

CORE AND SCULPT COUNTRY STYLE

Ages: 15 and Up. Enrollment Min 10 / Max 20. Country inspired dance, toning and sculpting moves give you a total body workout. Set to fun Country hits, we will work your arms, legs, booty and abs. Are you a country music fan? You will have so much fun in this class you won't even know you are working out!. **No class 11/25, 11/27. Bring a mat.** **Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415009	A	CCS	TR	6:10-6:40PM	9/9-12/11	HPRC-BR	$111

ESSENTRICS

Ages: 15 and Up. Enrollment Min 10 / Max 18. 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 11/26.** **Instructor: Kirstin Olson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415027	A	ESSEN	W	5:30-6:30PM	9/10-12/10	HPRC-BR	$62

EXPRESS CONDITIONING

Ages: 15 and Up. Enrollment Min 10 / Max 20. This workout incorporates free weights, resistance bands, and body weight exercises to provide a diverse range of strengthening, balance, and core activities, all while enhancing cardiovascular health. **No class 11/25, 11/27. Bring a mat.** **Instructor: Melanie Johnson. .**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415029	A	EC	TR	12:15-12:45PM	9/9-12/11	CB-CR2	$111

KAP COMBO

Ages: 15 and Up. Enrollment Min 10 / Max 20. A combination class that consists of kickboxing, Abs & Power Sculpt. Three powerful combo packs in one class. KAP incorporates kickboxing techniques with an intense cardio workout, alternates with strength training to challenge all your muscle groups with weights and resistance bands. Finish with killer Abs and Core. This class will leave you sweating, pumped, energized and ready to take on the world. **Bring a mat. No class 11/25.** **Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415076	A	KAP	T	5:45-6:30PM	9/9-12/9	HPRC-GY	$62

POP PILATES

Ages: 15 and Up. Enrollment Min 10 / Max 20. Pop Pilates combines Pilates inspired moves with the rhythmic qualities of choreographed dance for a total body workout that is fun and effective. Incorporating proper breathing, alignment, and balance you will flow through one move to the next. This will develop a solid core while leaving no muscle untouched. All levels welcome as there are options and modifications to fit the needs of each individual. **Bring a mat. No class 11/29.** **Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415032	A	POP	S	9:30-10:20AM	9/13-12/13	SPL-FR	$62

POWER MIX

Ages: 15 and Up. Enrollment Min 10 / Max 20. A little bit of everything – kickboxing, abs, legs, cardio, yoga and stretching. 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. No class 11/29.** **Instructor: Mea Austin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415008	A	PM	S	10-11AM	9/13-12/13	SPL-LR	$62

POWER SCULPT

Ages: 15 and Up. Enrollment Min 10 / Max 20. The ultimate strength-training program to build muscle. Challenge all of your muscle groups by using barbells, handheld weights and weight room exercises. Instructor will focus on teaching correct lifting techniques, use of repetitions and selecting the right amount of weights to optimize muscle growth. **Bring a mat. No class 11/29.** **Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415011	A	PWRSCPT	S	10-10:50AM	9/13-12/13	CB-CR1	$62

STRENGTH ENDURANCE

Ages: 15 and Up. Min 10 / Max 20. This functional strength training workout will target all major muscle groups, especially the core. Improve muscular strength and definition using various equipment, body weight exercises and flexibility training. All fitness levels welcome **No class 11/25. Bring a mat.** **Instructor: Tom Leggins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415001	A	SE	T	5:30-6:15PM	9/9-12/9	SPL-FR	$62

STRENGTH REMIX

Ages: 15 and Up. Min 10 / Max 20. The perfect combination of energized dance and traditional strength training using an assortment of equipment that delivers a full total-body workout. You'll get cardio blasting, strength-building and lean muscle generating exercises. By grouping these powerhouse moves together, you'll be unstoppable in reaching your fitness goals. **No class 11/29. Bring a mat.** **Instructor: Tom Leggins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415356	A	STR	S	9-9:45AM	9/13-12/13	CB-CR1	$62

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 and water bottle. No class 11/4, 11/24, 11/26, 11/27.** **Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415112	A	TRXFIT	MW	6:30-7:15PM	9/8-12/10	SPL-LR	$111
415112	B	TRXFIT	TR	6-6:45PM	9/9-12/11	SPL-LR	$111

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. **No class 11/24, 11/26. Bring a mat.** **Instructor: Tom Leggins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415113	A	TRXFIT	MW	5:30-6:15PM	9/8-12/10	SPL-LR	$111

FITNESS

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. **No class 11/25, 11/27. Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415022	A	YE	TR	12:10-12:50PM	9/9-12/11	SPL-FR	$111

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 11/30.* Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415123	A	PWRYOGA	SU	4:30-5:45PM	9/7-12/7	SPL-FR	$85

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 your own mat. No class 11/26. Instructor: Kymbre Dwyer**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415046	**A**	**YR**	**W**	**6:15-7:15PM**	**9/10-12/10**	**SPL-FR**	**$62**

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. No class 11/25. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415016	A	SFYOGA	T	10-11AM	9/9-12/9	SPL-FR	$62

YOGA, STRETCH

Ages: 15 and Up. Enrollment Min 10 / Max 15. A unique class that combines Yoga and stretching for flexibility and relaxation of yoga flow. Focus on coordination, balance and increasing your range of motion. **Bring a mat. No class 11/24. Instructor: Kymbre Dywer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415017	**A**	**YS**	**M**	**5:30-6:25PM**	**9/8-12/8**	**HRC-BR**	**$62**

YOGA, VINYASA SCULPT

Ages: 15 and Up. Enrollment Min 10 / Max 18. 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. No class 11/26. Instructor: Rechelle Bishop**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415118	**A**	**YVS**	**W**	**5:30-6:25PM**	**9/10-12/10**	**ELRC-GR**	**$62**

YOGILATES

Ages: 15 and Up. TR – Enrollment Min 10 / Max 40. S – Enrollment Min 10 / Max 20. 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. No class 11/25, 11/27, 11/29. Instructor: Fran Hopkins (FH) and Shannon Carlson (SC).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415121	**A (FH)**	**YGLTS**	**TR**	**5:30-6:25PM**	**9/9-12/11**	**CB-GYM**	**$111**
415121	B (SC)	YGLTS	S	8:30-9:20AM	9/13-12/13	SPL-FR	$62

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. Combing all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **No class 11/4, 11/24, 11/26, 11/27, 11/28, 11/29. Instructors: Susan King (SK), Pat Middough (PM), Amy Ash (AA), Diane Little (DL).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415100	A(PM)	ZUM	MWF	12:10-12:50PM	9/8-12/12	HPRC-GY	$137
415100	**B(SK)**	**ZUM**	**M**	**5:30-6:25PM**	**9/8-12/8**	**CB-GY**	**$62**
415100	C(AA)	ZUM	T	5-5:50PM	9/9-12/9	SPL-LR	$62
415100	**D(DL)**	**ZUM**	**W**	**5:30-6:25PM**	**9/10-12/10**	**CB-GY**	**$62**
415100	E(AA)	ZUM	S	9-9:50AM	9/13-12/13	SPL-LR	$62

GYMNASTICS

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) **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 ad fine motor sill development all while having fun and experiencing success! **No class 11/25, 11/28. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418000	A	LB	T	4:40-5:25PM	9/9-10/21	SPL-GR	$86
418000	**B**	**LB**	**F**	**5:30-6:15PM**	**9/12-10/24**	**SPL-GR**	**$86**
418000	C	LB	T	4:40-5:25PM	10/28-12/9	SPL-GR	$74
418000	**D**	**LB**	**F**	**5:30-6:15PM**	**11/7-12/12**	**SPL-GR**	**$62**

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 11/26, 11/27, 11/29, 11/30. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418001	A	TB	W	4:40-5:25PM	9/10-10/22	SPL-GR	$86
418001	**B**	**TB**	**R**	**5:30-6:15PM**	**9/11-10/23**	**SPL-GR**	**$86**
418001	C	TB	S	9:00-9:45AM	9/13-10/25	SPL-GR	$86
418001	D	TB	SU	2-2:45PM	9/14-10/26	SPL-GR	$86
418001	E	TB	W	4:40-5:25PM	10/29-12/10	SPL-GR	$74
418001	**F**	**TB**	**R**	**5:30-6:15PM**	**10/30-12/11**	**SPL-GR**	**$74**
418001	G	TB	S	9:00-9:45AM	11/1-12/13	SPL-GR	$74
418001	H	TB	SU	2-2:45PM	11/2-12/14	SPL-GR	$74

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. **No class 11/24, 11/25, 11/26, 11/27, 11/29. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418002	A	GB	M	4:30-5:25PM	9/8-10/20	SPL-GR	$86
418002	**B**	**GB**	**M**	**5:30-6:25PM**	**9/8-10/20**	**SPL-GR**	**$86**
418002	**C**	**GB**	**T**	**5:30-6:25PM**	**9/9-10/21**	**SPL-GR**	**$86**
418002	**D**	**GB**	**W**	**5:30-6:25PM**	**9/10-10/22**	**SPL-GR**	**$86**
418002	E	GB	R	4:30-5:25PM	9/11-10/23	SPL-GR	$86
418002	F	GB	S	9:00-9:55AM	9/13-10/25	SPL-GR	$86
418002	G	GB	S	10-10:55AM	9/13-10/25	SPL-GR	$86
418002	H	GB	M	4:30-5:25PM	10/27-12/8	SPL-GR	$74
418002	**I**	**GB**	**M**	**5:30-6:25PM**	**10/27-12/8**	**SPL-GR**	**$74**
418002	**J**	**GB**	**T**	**5:30-6:25PM**	**10/28-12/9**	**SPL-GR**	**$74**
418002	**K**	**GB**	**W**	**5:30-6:25PM**	**10/29-12/10**	**SPL-GR**	**$74**
418002	L	GB	R	4:30-5:25PM	10/30-12/12	SPL-GR	$74
418002	M	GB	S	9:00-9:55AM	11/1-12/13	SPL-GR	$74
418002	N	GB	S	10-10:55AM	11/1-12/13	SPL-GR	$74

HOT SHOT

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. ***Permission is required prior to enrollment.*** **No class 11/25, 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418003	**A**	**HS**	**T**	**5:30-6:25PM**	**9/9-10/21**	**SPL-GR**	**$86**
418003	**B**	**HS**	**W**	**5:30-6:25PM**	**9/10-10/22**	**SPL-GR**	**$86**
418003	**C**	**HS**	**T**	**5:30-6:25PM**	**10/28-12/9**	**SPL-GR**	**$74**
418003	**D**	**HS**	**W**	**5:30-6:25PM**	**10/29-12/10**	**SPL-GR**	**$74**

BEGINNING GIRLS

Ages: 6-9 / 9-12. Enrollment Min 4 / Max 14.. 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 11/24, 11/25, 11/26, 11/27, 11/29, 11/20. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418004	**A**	**BG(9-12)**	**M**	**5:30-6:25PM**	**9/8-10/20**	**SPL-GR**	**$86**
418004	**B**	**BG(6-9)**	**T**	**5:30-6:25PM**	**9/9-10/21**	**SPL-GR**	**$86**
418004	**C**	**BG(6-9)**	**W**	**5:30-6:25PM**	**9/10-10/22**	**SPL-GR**	**$86**
418004	**D**	**BG(6-9)**	**R**	**5:30-6:25PM**	**9/11-10/23**	**SPL-GR**	**$86**
418004	E	BG(6-9)	S	10:00-10:55AM	9/13-10/25	SPL-GR	$86
418004	F	BG(6-9)	SU	1:00-1:55PM	9/14-10/26	SPL-GR	$86
418004	**G**	**BG(9-12)**	**M**	**5:30-6:25PM**	**10/27-12/8**	**SPL-GR**	**$74**
418004	**H**	**BG(6-9)**	**T**	**5:30-6:25PM**	**10/28-12/9**	**SPL-GR**	**$74**
418004	**I**	**BG(6-9)**	**W**	**5:30-6:25PM**	**10/29-12/10**	**SPL-GR**	**$74**
418004	**J**	**BG(6-9)**	**R**	**5:30-6:25PM**	**10/30-12/11**	**SPL-GR**	**$74**
418004	K	BG(6-9)	S	10:00-10:55AM	11/1-12/13	SPL-GR	$74
418004	L	BG(6-9)	SU	1-1:55PM	11/2-12/14	SPL-GR	$74

GYMNASTICS

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. **No class 11/24, 11/27.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418005	A	BB	M	5:30-6:25PM	9/8-10/20	SPL-GR	$86
418005	B	BB	R	5:30-6:25PM	9/11-10/23	SPL-GR	$86
418005	C	BB	M	5:30-6:25PM	10/27-12/8	SPL-GR	$74
418005	D	BB	R	5:30-6:25PM	10/30-12/11	SPL-GR	$74

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. No class 11/24, 11/25.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418007	A	IG1	M	6:30-7:55PM	9/8-10/20	SPL-GR	$128
418007	B	IG1	T	6:30-7:55PM	9/9-10/21	SPL-GR	$128
418007	C	IG1	M	6:30-7:55PM	10/27-12/8	SPL-GR	$110
418007	D	IG1	T	6:30-7:55PM	10/28-12/9	SPL-GR	$110

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. No class 11/24, 11/25.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418008	A	IG2	MW	6:30-7:55PM	9/8-10/22	SPL-GR	$224
418008	B	IG2	MW	6:30-7:55PM	10/27-12/10	SPL-GR	$192

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. No class 11/25,11/27.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418009	A	AG	TR	6:30-7:55PM	9/9-10/23	SPL-GR	$224
418009	B	AG	TR	6:30-7:55PM	10/28-12/11	SPL-GR	$192

LITTLE NINJA WARRIORS

Ages: 4-5. Enrollment Min 4 / Max 12. This high energy Ninja class uses activity circuit to develop basic swinging, climbing, jumping and balance skills found in all levels of Ninja. This course combines strength skills with hanging obstacles and introductory Parkour elements to challenge kids' brains and bodies, inspiring them to conquer obstacles in and out class **No class 11/24, 11/25, 11/26, 11/27, 11/29, 11/30.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418010	A	LNW	M	4:30-5:25PM	9/8-10/20	SPL-GR	$86
418010	**B**	**LNW**	**T**	**5:30-6:25PM**	**9/9-10/21**	**SPL-GR**	**$86**
418010	C	LNW	W	4:30-5:25PM	9/10-10/22	SPL-GR	$86
418010	**D**	**LNW**	**R**	**6:30-7:25PM**	**9/11-10/23**	**SPL-GR**	**$86**
418010	E	NWS	S	9:00-9:55AM	9/13-10/25	SPL-GR	$86
418010	F	NWS	SU	2:00-2:55PM	9/14-10/26	SPL-GR	$86
418010	G	LNW	M	4:30-5:25PM	10/27-12/8	SPL-GR	$74
418010	**H**	**LNW**	**T**	**5:30-6:25PM**	**10/28-12/9**	**SPL-GR**	**$74**
418010	I	LNW	W	4:30-5:25PM	10/29-12/10	SPL-GR	$74
418010	**J**	**LNW**	**R**	**6:30-7:25PM**	**10/30-12/11**	**SPL-GR**	**$74**
418010	K	NWS	S	9:00-9:55AM	11/1-12/13	SPL-GR	$74
418010	L	NWS	SU	2:00-2:55PM	11/2-12/14	SPL-GR	$74

NINJA WARRIOR I

Ages: 6-8. Enrollment Min 4 / Max 14. Ninja Warrior I combines hanging obstacles with Parkour skills for intense fun. This class integrates basic fundamentals Ninja skills to develop balance, strength, power and precision necessary for successful ninjas. Each class offers the opportunity to advance through our series of challenges and obstacles. **No class 11/25, 11/26, 11/27, 11/29, 11/30.** **Instructor: LPRD Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418012	**A**	**NW**	**T**	**6:30-7:25PM**	**9/19-10/21**	**SPL-GR**	**$86**
418012	**B**	**NW**	**W**	**5:30-6:25PM**	**9/10-10/22**	**SPL-GR**	**$86**
418012	C	NW	R	4:30-5:25PM	9/11-10/23	SPL-GR	$86
418012	D	NW	S	10-10:55AM	9/13-10/25	SPL-GR	$86
418012	E	NW	SU	1-1:55PM	9/14-10/26	SPL-GR	$86
418012	**F**	**NW**	**T**	**6:30-7:25PM**	**10/28-12/9**	**SPL-GR**	**$74**
418012	**G**	**NW**	**W**	**5:30-6:25PM**	**10/29-12/10**	**SPL-GR**	**$74**
418012	H	NW	R	4:30-5:25PM	10/30-12/11	SPL-GR	$74
418012	I	NW	S	10-10:55AM	11/1-12/13	SPL-GR	$74
418012	J	NW	SU	1-1:55PM	11/2-12/24	SPL-GR	$74

NINJA WARRIOR II

Ages: 9-12. Enrollment Min 4 / Max 14. The obstacles for this program are modified to create challenges that will require courage, perseverance, and hard work to conquer. Dedicated strength and conditioning elements of this class will help prepare students to develop their parkour along with strength and speed activities.he opportunity to advance through our series of challenges and obstacles. **No class 11/27, 11/28.** **Instructor: LPRD Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418012	A	NWII	M	5:30-6:25PM	9/8-10/20	SPL-GR	$86
418012	B	NWII	R	6:30-7:25PM	9/11-10/23	SPL-GR	$86
418012	C	NWII	M	5:30-6:25PM	10/27-12/8	SPL-GR	$74
418012	D	NWII	R	6:30-7:25PM	11/30-12/11	SPL-GR	$74

ADVANCED NINJA WARRIOR

Ages: 9-12. **Prerequisite: Ninja Warrior I or II class or test in.** Do you have what it takes to be a Ninja Warrior? Advance Ninja Warrior is the upper-level class centering on mastery of skills through the practice of teamwork and safe risk taking. Each month, Ninjas will be taught a different skill set to diversify their training. Skills cycle through 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 difficulty. **No class 11/24.** **Instructor: LPRD Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418013	A	ANW	M	6:30-7:55PM	9/8-10/20	SPL-GR	$128
418013	B	ANW	M	6:30-7:55PM	10/27-12/8	SPL-GR	$110

ELITE NINJA WARRIOR

Ages 8-14. Min: 4 / Max 14. This is the perfect class for those who want to sharpen their fast thinking, problem solving skills while breaking through physical challenges. By combing power, precision, balance and momentum Ninjas will reach their maximum potential. Each class will offer opportunities to build strength and coordination and improve their Parkour abilities. **Prerequisite: Advanced Ninja Warrior class or test in. No class 11/24.** **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418014	A	ENW	W	6:30-7:55PM	9/10-10/22	SPL-GR	$128
418014	B	ENW	W	6:30-7:55PM	10/29-12/10	SPL-GR	$110

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. Fee represents cost per daily session. No class 11/25, 11/27, 11/29, 11/30.** **Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416017	A	TMBLPLY	M	10:15-11:15AM	SEPT-DEC	SPL-GR	$5
416018	A	TMBLPLY	W	10:15-11:15AM	SEPT-DEC	SPL-GR	$5
416019	A	TMBLPLY	F	10:15-11:15AM	SEPT-DEC	SPL-GR	$5
416020	A	TMBLPLY	S	11:15AM-12PM	SEPT-DEC	SPL-GR	$5

FLIPPIN' ZONE (YOUTH OPEN GYM)

Ages: 6-14 Enrollment Min 4 / Max 15. 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. A great way for gymnasts and ninja warriors to practice their skills, socialize, have fun, and be active in a safe, supervised and controlled environment. Open gym coaches will provided spotting, rules and supervision. **Fee represents cost per daily session. No class 11/29.** **Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416030	A	FLIPZON	F	6:30-7:30PM	SEPT-DEC	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: $150 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
421200	A	SAFESIT	S	12-6PM	10/11	SPL-LR	$110
421200	B	SAFESIT	S	12-6PM	12/13	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

Ages: 6-18. Enrollment Min 5 / Max 10. 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
414044	A	YSB(6-18)	M	6-6:45PM	9/8-9/29	PKSBK	$60
414044	B	YSB(6-18)	M	6-6:45PM	10/13-11/3	PKSBK	$60
414055	A	YSB(6-18)	M	7-7:45PM	9/8-9/29	PKSBK	$60
414055	B	YSB(6-18)	M	7-7:45PM	10/13-11/3	PKSBK	$60

INSTRUCTIONAL

YOUTH SKATEBOARDING

Ages: 6-18. Enrollment Min 5 / Max 10. 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
414044	A	YSB(6-18)	M	6-6:45PM	9/8-9/29	PKSBK	$60
414044	B	YSB(6-18)	M	6-6:45PM	10/13-11/3	PKSBK	$60
414055	A	YSB(6-18)	M	7-7:45PM	9/8-9/29	PKSBK	$60
414055	B	YSB(6-18)	M	7-7:45PM	10/13-11/3	PKSBK	$60

ADULT

WELDING FOR THE HOBBYIST AND ARTIST

Ages: 18 and Up. Enrollment Min 4 / 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
421307	A	WHA	S	8AM-12PM	9/20-10/14	PT	$320

WOODWORKING

Ages: 18 and Up. Enrollment Min 4 / Max 12. f you're ready to learn more about woodworking techniques to help you get started building you 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. Co-sponsored with Peaslee Tech. **No class 11/26.** **Instructor: Jay Hundley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421304	A	WW	W	6-9PM	9/10-10/22	PT	$210
421304	B	WW	W	6-9PM	10/29-12/17	PT	$210

OPEN GYM

TODDLER OPEN GYM, EAST LAWRENCE RECREATION CENTER

Ages: 1-6. Enrollment Min: 4 / Max: 15. Bring your kiddo out to the East Lawrence Recreation Centers Tumble Zone to run out some energy. The tumble zone will be open for kids to run, tumble and play while making new friends. Active adult supervision is required. **For more information, contact Madison Husbenet at 785-832-7951 or mhusbenet@lawrenceks.org.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
433002	A	TOG	SA	9:30AM-10:30AM	9/6	ELC- TBL ZN	$5
433002	B	TOG	SA	9:30AM-10:30AM	9/13	ELC- TBL ZN	$5
433002	C	TOG	SA	9:30AM-10:30AM	9/20	ELC- TBL ZN	$5
433002	D	TOG	SA	9:30AM-10:30AM	9/27	ELC- TBL ZN	$5
433002	E	TOG	SA	9:30AM-10:30AM	10/4	ELC- TBL ZN	$5
433002	F	TOG	SA	9:30AM-10:30AM	10/11	ELC- TBL ZN	$5
433002	G	TOG	SA	9:30AM-10:30AM	10/18	ELC- TBL ZN	$5
433002	H	TOG	SA	9:30AM-10:30AM	10/25	ELC- TBL ZN	$5
433002	I	TOG	SA	9:30AM-10:30AM	11/1	ELC- TBL ZN	$5
433002	J	TOG	SA	9:30AM-10:30AM	11/8	ELC- TBL ZN	$5
433002	K	TOG	SA	9:30AM-10:30AM	11/15	ELC- TBL ZN	$5
433002	L	TOG	SA	9:30AM-10:30AM	11/22	ELC- TBL ZN	$5
433002	M	TOG	SA	9:30AM-10:30AM	11/29	ELC- TBL ZN	$5
433002	N	TOG	SA	9:30AM-10:30AM	12/6	ELC- TBL ZN	$5
433002	O	TOG	SA	9:30AM-10:30AM	12/13	ELC- TBL ZN	$5
433002	P	TOG	SA	9:30AM-10:30AM	12/20	ELC- TBL ZN	$5
433002	Q	TOG	SA	9:30AM-10:30AM	12/27	ELC- TBL ZN	$5

ELRC TUMBLE ZONE BIRTHDAY PARTY PACKAGE

Come check out our Tumble Zone at the East Lawrence Center for a fun-filled birthday experience. You and your guests will enjoy 2 hours of exclusive use of the Tumble Zone and meeting room for refreshments and gifts! You provide the decor, and staff will have tables and chairs ready for you. The $150 includes access to our meeting room 30 minutes before your party for setup and 15 minutes after for cleanup. Need more time to party? Extend your reservation for $75/additional hour. Want to add extra fun? Upgrade to a nerf party for $25! Please note that staff will only provide supervision in the Tumble Zone. Parties are $150 for up to 20 children. **For more information, contact Madison Husbenet at 785-832-7951 or mhusbenet@lawrenceks.org.**

LIFELONG

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.

MATS

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

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All LPRD fitness instructors are required to attend 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.

●**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. **No class week of Thanksgiving.** **Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427201	A	ADT	MWF	8:50-9:50AM	9/8-10/24	HPRC-GY	$74
427201	B	ADT	MWF	8:50-9:50AM	10/27-12/12	HPRC-GY	$63

CORE STRENGTH ●

Core exercises train the muscles in your pelvis, lower back, hips, and stomach to work in harmony leading to better balance and stability. This class will focus on strengthening your core, which is essential for overall wellness. **No class week of Thanksgiving.** **Instructor: Stephanie Foglesong.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427411	A	CS	TR	1-1:40PM	9/9-10/23	SPL-FR	$60
427411	B	CS	TR	1-1:40PM	10/28-12/11	SPL-FR	$51

SENIOR STRENGTH TRAINING, BEGINNING & ADVANCED●●

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. **No class week of Thanksgiving.** **Instructors: Deb Geraghty (DG) | Melanie Johnson (MJ).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427233	A	MJ	MWF	7:30-8:20AM	9/8 -10/24	HPRC-BR	$74
427233	B	MJ	MWF	8:30-9:20AM	9/8 -10/24	HPRC-BR	$74
427234	A	DG	MWF	9:30-10:20AM	9/8 -10/24	HPRC-BR	$74
427234	B	DG	MWF	10:30-11:20AM	9/8 -10/24	HPRC-BR	$74
427234	C	DG	TR	8:30-9:20AM	9/9 - 10/23	ELC-GY	$60
427234	D	DG	TR	9:30-10:20AM	9/9 - 10/23	ELC-GY	$60
427233	C	MJ	MWF	7:30-8:20AM	10/27 -12/12	HPRC-BR	$63
427233	D	MJ	MWF	8:30-9:20AM	10/27 -12/12	HPRC-BR	$63
427234	E	DG	MWF	9:30-10:20AM	10/27 -12/12	HPRC-BR	$63
427234	F	DG	MWF	10:30-11:20AM	10/27 -12/12	HPRC-BR	$63
427234	G	DG	TR	8:30-9:20AM	10/28-12/11	ELC-GY	$51
427234	H	DG	TR	9:30-10:20AM	10/28 -12/11	ELC-GY	$51

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. **No class week of Thanksgiving.** **Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427250	A	DANFIT	TR	9-10AM	9/9-10/23	CB	$60
427250	B	DANFIT	TR	9-10AM	10/28-12/11	CB	$51

FITNESS YOGA ●●

Incorporate the benefits of yoga into your fitness routine. This class will combine conditioning work with strength and flexibility poses, modified as needed. Class includes floor work; students should bring a yoga mat. ***Students should bring a yoga mat*. No class week of Thanksgiving. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427282	**A**	**FITYOGA**	**W**	**5:30-6:30PM**	**9/10-10/22**	**CB**	**$33**
427282	**B**	**FITYOGA**	**W**	**5:30-6:30PM**	**10/29-12/10**	**CB**	**$29**

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! **No class week of Thanksgiving. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427302	A	LABLAST	TR	10-11AM	9/9-10/23	HPRC-GY	$60
427302	B	LABLAST	TR	10-11AM	10/28-12/11	HPRC-GY	$51

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. **No class week of Thanksgiving. Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427204	A	PILATES	TR	9-9:50AM	9/9-10/23	HPRC-GY	$60
427204	B	PILATES	TR	9-9:50AM	10/28-12/11	HPRC-GY	$51

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. No class the week of Thanksgiving. Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427310	A	SLIM	MWF	9-10AM	9/8-10/24	CB	$74
427310	B	SLIM	MWF	9-10AM	10/27-12/12	CB	$63

SUPER SENIOR CIRCUIT ●●

Ages: 50 and Up. This 50-minute "full body" group workout is 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 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 commonsense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **No class the week of Thanksgiving. Instructors: Stephanie Foglesong (SF); Carlo Washington (CW); Brandon Lavergne (BL).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427255	A	SF	MWF	7:30-8:20AM	9/8-10/24	SPL-FR	$74
427255	B	SF	MWF	8:30-9:20AM	9/8-10/24	SPL-FR	$74
427255	C	SF	MWF	9:30-10:20AM	9/8-10/24	SPL-FR	$74
427255	D	SF	MWF	10:30-11:20AM	9/8-10/24	SPL-FR	$74
427255	E	JK	MWF	8:00-8:50AM	9/8-10/24	SPL-LGCY	$74
427255	F	JK	MWF	9:00-9:50AM	9/8-10/24	SPL-LGCY	$74
427255	G	JK	MWF	10:00-10:50AM	9/8-10/24	SPL-LGCY	$74
427255	H	JK	TR	7:30-8:20AM	9/9-10/23	SPL-FR	$60
427255	I	JK	TR	8:30-9:20AM	9/9-10/23	SPL-FR	$60
427255	J	JK	TR	1:00-1:50PM	9/9-10/23	SPL-LGCY	$60
427255	K	SF	MWF	1:00-1:50PM	9/8-10/24	SPL-FR	$74
427255	L	BL	TR	10:30-11:20AM	9/9-10/23	CB-CR2	$60
427255	M	SF	MWF	7:30-8:20AM	10/27-12/12	SPL-FR	$63
427255	N	SF	MWF	8:30-9:20AM	10/27-12/12	SPL-FR	$63
427255	O	SF	MWF	9:30-10:20AM	10/27-12/12	SPL-FR	$63
427255	P	SF	MWF	10:30-11:20AM	10/27-12/12	SPL-FR	$63
427255	Q	JK	MWF	8:00-8:50AM	10/27-12/12	SPL-LGCY	$63
427255	R	JK	MWF	9:00-9:50AM	10/27-12/12	SPL-LGCY	$63
427255	S	JK	MWF	10:00-10:50AM	10/27-12/12	SPL-LGCY	$63
427255	T	JK	TR	7:30-8:20AM	10/28-12/11	SPL-FR	$51
427255	U	JK	TR	8:30-9:20AM	10/28-12/11	SPL-FR	$51
427255	V	JK	TR	10:00-10:50AM	10/28-12/11	SPL-LGCY	$51
427255	W	SF	MWF	1:00-1:50PM	10/27-12/12	SPL-FR	$63
427255	X	BL	TR	10:30-11:20AM	10/28-12/11	CB-CR2	$51

TAI CHI FOR HEALTH ●

Experience how Tai Chi's slow and gentle movements work to restore harmony, improve balance, and boost health. The Tai Chi for Health Institute (TCHI) was founded in 2010 by Dr. Paul Lam, a retired Australian family physician. Its purpose is to empower people to improve health and wellness through modernized tai chi programs, based on authentic tai chi forms. Over 30 different programs are easy to learn, safe, and bring about health benefits. The CDC, Arthritis Foundation, and the US Administration on Aging support TCHI programs. Class instructors are trained and certified by the TCHI. Participation requires no equipment or floor work. **No class week of Thanksgiving. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427503	A	SP	MW	11:15A-12PM	9/8-10/22	HPRC-GYM	$60
427503	**B**	**SP**	**TR**	**5:30-6:30PM**	**9/9-10/23**	**CB-CR1**	**$60**
427503	C	SP	MW	11:15A-12PM	10/27-12/10	HPRC-GYM	$51
427503	**D**	**SP**	**TR**	**5:30-6:30PM**	**10/28-12/11**	**CB-CR1**	**$51**

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. **No class week of Thanksgiving. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427502	A	TCFA	TR	11:15AM-12PM	9/9-10/23	HPRC-GY	$60
427502	B	TCFA	TR	11:15AM-12PM	10/28-12/11	HPRC-GY	$51

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. **No class November 4, 18, 20. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427340	A	TRX	TR	9-9:45AM	9/9-10/23	SPL-LGCY	$60
427340	B	TRX	TR	9-9:45AM	10/28-12/11	SPL-LGCY	$47

YOGA FOUNDATIONS

Stretch stiff muscles with poses that improve balance, core strength, and mobility. Breathing exercises and guided relaxation will help enhance mental well-being and reduce stress. For students new to yoga or who prefer less vigorous poses This class is designed for students able to get up and down on and off the floor without assistance. **Instructors: Kim McDaneld**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427270	A	LLYOGA	R	10-11AM	9/12-10/24	CB-CR	$32
427270	B	LLYOGA	TR	9-9:50AM	9/10-10/24	HPRC-BR	$56
427270	C	LLYOGA	TR	10-10:50AM	9/10-10/24	HPRC-BR	$56
427270	D	LLYOGA	R	10-11AM	10/31-12/12	CB-CR	$27
427270	E	LLYOGA	TR	9-9:50AM	10/29-12/12	HPRC-BR	$48
427270	F	LLYOGA	TR	10-10:50AM	10/29-12/12	HPRC-BR	$48

YOGA, LIFELONG

Stretch stiff muscles, relax and learn to correctly align your spine through slow progressive traction in this less-vigorous, beginning class adapted for older adults. While using the full capacity of the lungs through correct breathing, you will oxygenate the body and the brain, improving blood circulation and your sense of well-being. It is highly suggested you are able to get up and down on and off the floor without assistance to participate in the class at Holcom Parks and Recreation Center. **Instructors: Susan Thomas.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427270	A	LLYOGA	R	10:15-11:15AM	9/11-10/23	CB-CR	$33
427270	B	LLYOGA	R	10:15-11:15AM	10/30-12/11	CB-CR	$29

RECREATION INSTRUCTION

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. No class October 13 and November 24.** ***Instructor Jean Hein is a founding member, recorder soloist and executive director of Columbia Baroque, South Carolina's professional chamber ensemble.***

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427478	A	BEG	M	1:30-2:30PM	9/8-12/8	SRC	$120
427478	B	INT	M	11AM-12PM	9/8-12/8	SRC	$120

FENCING

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
427105	A	FENC	R	7-9PM	9/25-11/13	SPL-LR	$72

HITCHCOCK FILM CLASS

Alfred Hitchcock, was called the "master of suspense," with good reason. The iconic filmmaker excelled at rebranding his signature style across decades of films and always left us curious and clamoring for more. Come explore the 'Hitchcock touch' via a voyeur's peek into his background and a curation of his classic films. **Instructor: Kellee Pratt- local film historian, blogger, public speaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427449	A	FILM	W	6:30-9:30PM	9/3-10/22	CARN	$28

MIXED MEDIA: BUTTERFLIES

All you need are scissors, a piece of paper, a folding technique and your imagination. This workshop will focus on different folds, twists and turns to create all kinds of 2-D & 3D snowflakes for the coming winter Solstice, and Holiday season. Bring your creative papers and decorate! Hot teas and hot chocolate will be served. **Instructor: Kim McDaneld.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427332	A	MEDIA	SU	1-3PM	10/26-11/2	CB-ART	$58

LET IT SNOW 2.0:SNOWFLAKES

All you need are scissors, a piece of paper, a folding technique and your imagination. This workshop will focus on different folds, twists and turns to create all kinds of 2-D & 3D snowflakes for the coming winter Solstice, and Holiday season. Bring your creative papers and decorate! Hot teas and hot chocolate will be served. **Instructor: Kim McDaneld.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427331	A	SNOW	SU	1-3PM	12/7	CB-ART	$24

FUNDAMENTALS OF CREATIVE WRITING

Love to write? Plunge into a hands-on, participatory exploration of effective writing techniques. We'll identify and discuss proven methods of making writing shine, whether story, article or verse; then apply those practices with in-class exercises, homework assignments, and a final project. Class includes a private Facebook group for out-of-class discussions and a dedicated website for online publication of your work. Bring writing materials to every class, and prepare to do – and share – what you love! Instructor: Gary "Storyhawk" Henry, retired military journalist, marketing writer, managing editor, and writing teacher.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427483	A	CWRITE	T	6:30-9PM	9/10-10/15	CARN-HR	$66

GELLI PRINTING WITH IMAGE TRANSFER

The imagery and possibilities of monoprinting with gelli plates are endless. Gelli plates are reusable printing plates made from a commercial gel that allows you to make monoprints without a large, expensive press and non-toxic materials. The Gelli plate gives the artist the freedom to experiment with fabric, paper, organic materials, and stencils, to create textures and multiple color layers. We will explore different types of imagery, mark making, and experiment with different printing papers using water-based inks and acrylic paints. The class meets for two sessions. **Instructor: Kim McDaneld**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427336	A	GELLI	SU	1-3PM	9/28-10/5	CB-ART	$58

MARTIAL ARTS

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 11/30.*** **Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417125	A	DRAGON	SU	12-12:40PM	9/7-12/7	CB-CR1	$62

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 11/30.*** **Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417110	A	KARATE	SU	12:45-2PM	9/7-12/7	CB-CR1	$85

KUNG FU

Ages: 13 and Up. Enrollment Min 10 / Max 15. Wing Chun'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. **No class 11/24.** **Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417133	A	KF	M	6:15-7:15PM	9/8-12/8	SPL-FR	$62

TAI CHI

Ages: 15 and Up. Enrollment 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 11/27, 11/30.** **Instructor: Ron Ching.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415109	A	TC	SU	6-7:00PM	9/8-12/8	SPL-FR	$59
417109	B	TC	R	5:30-6:30PM	9/11-12/11	SPL-FR	$62

TAE KWON DO

Ages: 8-12, 13 and Up. Enrollment Min 10 / Max 12. Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance and power through the practice of Tae Kwon Do forms and one-step sparring. As the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **No class No class 11/25, 11/27.** **Instructor: Grace Daniels, Black Belt**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417131	A	tkd	TR	6:30-7:30PM	9/9-12/11	ELRC-Gr	$111

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 Max 15. Come for stories, activities, and information about animals and the places in which they live. A different topic will be presented each Tuesday. Come prepared to go outdoors. **Parents are required to attend with their preschoolers.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423202	A	WILDADV	T	10-11AM	9/16-10/21	PPNC	$50
423202	B	WILDADV	T	10-11AM	10/28-12/2	PPNC	$50

BREAKFAST WITH ANIMALS

Ages: 6-13. Enrollment Min 5 / Max 20. Spend a morning at the nature center learning about what animals eat. We begin by serving a delicious human breakfast, then have a live animal program about animal diets and food chains. Participants will get the exciting experience of feeding our critters and then enjoy some engaging crafts and activities.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423319	A	BREAKANI	F	9-11:30AM	10/10	PPNC	$35

FALL BREAK CAMP

Ages: 6-13. Enrollment Min 5 / Max 20. Take a break from school and get wild with animals, games, hikes, and crafts at the nature center. Bring a sack lunch, suitable clothes and shoes for some awesome outdoor adventures.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423244	A	FALLCAMP	MTW	9AM-3PM	11/24-11/26	PPNC	$150

PROGRAMS FOR ADULTS AND FAMILIES

PADDLE FOR THE PLANET: CANOEING FOR A GREENER PLANET

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. Canoes that fir up to three people are available. A limited amount of single kayaks are also available. Program costs is per person. Meet at the nature center building and we will walk down to the lake together! Children under the age of 14 must be accompanied in the boat by an adult. This program has been made possible with support from the Douglas County Heritage Conservation Council.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423400	A	WETLAND	W	5:30-7:30PM	9/17	PPNC	$30
423400	B	WETLAND	W	5:30-7:30PM	10/8	PPNC	$30

TURTLE YOGA

Ages: 3 and up. Enrollment Min 5 / Max 20. Enjoy a basic Hatha yoga practice with turtles! Breathe, stretch, and move the spine through a gentle standing and floor series designed to increase circulation, relax the mind, and boost endorphins with happy turtle encounters. The class will end with one on one turtle time! Please bring a yoga mat and water. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423204	B	TURTLE	S	10:30-11:30AM	9/20	PPNC	$15
423340	A	TURTLE	S	10:30-11:30AM	10/11	PPNC	$15
423340	B	TURTLE	S	10:30-11:30AM	11/15	PPNC	$15

MUSHROOM WALK

Ages: All. Min 2 / Max 20. Have you heard the hype behind the mushroom boom? 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. Children under the age of 14 must be accompanied by a registered adult. Children 2 and younger free.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423323	A	MUSHRM	F	5:30-7PM	10/17	PPNC	$15

WINTER SOLSTICE CELEBRATION

Ages: 3 and Up. Enrollment Min 6 / Max 30. Bring the family out and celebrate the magic of the Winter Solstice! Learn about solstice traditions around the world and make your own festive Yule log while sipping on cozy beverages. Participants under 14 must be accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423338	A	WINSOL	R	5:30-7:30PM	12/18	PPNC	$20

RENT & ROW AT MARY'S LAKE

Ages: 6 and Up. Enrollment Min 2 / Max 12. Come discover the beauty of Mary's Lake with our self-guided paddling event. After enrolling in advance, swing by Prairie Park Nature Center to pick up your ticket, then enjoy a short, scenic stroll to the lake. From there, pick up your equipment at the boat house and spend up to two hours soaking in the fresh air, smooth waters, and sunshine as you keep an eye out for wildlife on the lake. You can even bring your own fishing gear to see what you might catch! Just make sure to keep a life jacket on at all times on the water, and return your equipment when you're finished! Enrollment is per boat—grab a kayak for solo exploring, or team up with up to two others in a canoe for a shared journey. Whether you're a seasoned paddler or a curious first-timer, Mary's Lake offers the perfect backdrop for an awesome aquatic outing.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423700	A	CANOE	S	10AM-12 PM	9/13	PPNC	$40
423700	B	KAYAK	S	10AM-12 PM	9/13	PPNC	$25
423700	C	CANOE	S	10AM-12 PM	10/4	PPNC	$40
423700	D	KAYAK	S	10AM-12 PM	10/4	PPNC	$25
423700	E	CANOE	S	10AM-12 PM	11/1	PPNC	$40
423700	F	KAYAK	S	10AM-12 PM	11/1	PPNC	$25

ADULT AND TEEN PROGRAMS

WITCHY WORKSHOP

Ages: 12 and up. Enrollment Min 6 / Max 12. Come dressed in your most enchanting garb to create a variety of witchy wares. Craft your own talisman necklace using herbs, crystals, and essential oils. Use rosemary, cedar, lavender, and other medicinal plants to create smoke cleansing sticks. Build your own intricate magic wand to channel your inner sorceress. It's the perfect way to celebrate spooky season! All supplies will be provided.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423365	A	WITCHY	S	1-3:30PM	10/11	PPNC	$30

FREE PROGRAMS

TURKEY TIME AT THE NATURE CENTER

10-11 a.m., Saturday, Nov. 22

Join Prairie Park Nature Center and their favorite live turkey friends to learn more about wild turkeys in Kansas. Meet and pet these pardoned Thanksgiving turkeys for a gobblin' good time. No Registration Required.

MONARCH TAGGING ON THE PRAIRIE

9-11 a.m., Saturday, Sept. 27. All Ages

Join us for a free Monarch Tagging event amidst the blooms of our prairie in its full glory! Tagging helps scientists track monarch migration routes and monitor population health, guiding efforts to protect these iconic pollinators and their habitats. We'll provide all the supplies—tags, butterfly nets, and expert guidance—so you can help gently catch, tag, and release monarchs as they migrate south. Come on down to connect with conservation, community, and the magic of the monarchs.

LAKE RESTORATION WORKDAYS

Ages: 12 and up. Enrollment Min 4 / Max 20. Join us in restoring shoreline habitat at Mary's Lake in the Prairie Park preserve. By removing invasive species and planting beneficial native plants, you'll get to directly participate in local land stewardship work. Learn why healthy shoreline habitat is critical for the health of our aquatic ecosystems while enjoying some time in the beauty of the outdoors. All supplies will be provided. Children 14 and under must be accompanied by an adult. Long pants and close toed shoes are required. This program has been made possible with support from the Douglas County Heritage Conservation Council. **Registration is required**.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423360	A	RESTORE	S	1-3PM	9/27	PPNC	FREE
423360	B	RESTORE	S	1-3PM	10/18	PPNC	FREE
423360	C	RESTORE	S	1-3PM	11/8	PPNC	FREE

NATURE

SPECIAL EVENTS

SPOOKTACULAR NIGHT AT THE NATURE CENTER

Join us for a Spooktacular Night at the Nature Center! Come in costume, trick-or-treat and explore the center in a different sensory experience. We'll provide red lights for viewing our resident critters in the dark. See nocturnal animals in action and enjoy face painting, balloon animals, games, and more! Children 2 and under are free.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC2025-0011	NATNC	S	6:30-7:30PM	10/25	PPNC	$10
NC2025-0012	NATNC	S	7:30-8:30PM	10/25	PPNC	$10

WILD NOCTURNAL HIKE AT PRAIRIE PARK NATURE CENTER

Enrollment Min 10 / Max 50. All ages. Embark on a nocturnal hike with a naturalist at the Prairie Park Nature Center Preserve and observe the wildlife that emerges at night. Get the chance to glimpse bats, coyotes, raccoons, opossums, and other critters in the wild with handheld red lights. There will also be opportunities for up-close encounters with some creatures of the night. Children under the age of 14 must be accompanied by a registered adult. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC2025-0008	WIHIKE	S	8:30-10PM	9/13	PPNC	$10
NC2025-0009	WIHIKE	S	6:30-8PM	10/18	PPNC	$10

CRYPTID CREEP

Enrollment Min 8/ Max 20. All Ages. Explore the mysteries of nature's most notorious cryptids, including Bigfoot, Mothman, the Jersey Devil, and more. Enjoy s'mores around the campfire while being entertained by our local cryptozoology enthusiasts. Answer trivia questions about these mythical creatures to win your own cryptid-themed prizes. Children under 14 must be accompanied by a registered adult. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC2025-0010	CRYPTID	F	8-9:30PM	10/24	PPNC	$10

WINTER WONDERLAND AT THE NATURE CENTER

5 – 8 p.m. Saturdays, Dec. 13 and 20. See the magic and pet some merry ponies, goats, and other nature center critters. Visit the Nature Center's holiday elf for a special surprise and enjoy a hot cocoa bar and holiday crafts while viewing our animals under the twinkling lights. Don't forget to check out the winter wonderland photo booth and get an instantly shareable photo. Staggered entry throughout event to alleviate crowding and ensure building capacity is not met.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC2025-0014	WINWON	S	5PM	12/13	PPNC	$10
NC2025-0015	WINWON	S	6PM	12/13	PPNC	$10
NC2025-0016	WINWON	S	7PM	12/13	PPNC	$10
NC2025-0017	WINWON	S	5PM	12/20	PPNC	$10
NC2025-0018	WINWON	S	6PM	12/20	PPNC	$10
NC2025-0019	WINWON	S	7PM	12/20	PPNC	$10

EDUCATION BY RESERVATION

ENVIRONMENTAL EDUCATION/SPECIALIZED PROGRAMS

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

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

PRESCHOOL FIELD TRIPS

rairie: Park Nature Center offers specialized programs for preschools. Preschool students will enjoy live animals, stories, songs, art, rhymes and other appropriate early childhood activities.

PRIMARY AND SECONDARY SCHOOL FIELD TRIP

Prairie Park Nature Center offers a wide variety of one-hour programs and two-hour field trips designed for school and organized groups. Contact the nature center for more information at 785-832-7980.

BIRTHDAY AND GROUP PARTIES

Enjoy an exciting live animal program that will make this celebration one to remember! Partygoers can get up close and personal with their favorite critters that are usually behind glass! The 2-hour party package includes a 1-hour animal program followed by a 1-hour classroom rental for self-lead activities such as cake and presents. The package covers admission for 25 guests (additional guests $5 each, up to 35 guests maximum). Parties are scheduled for Saturday afternoons. Entrance to the party area is permitted up to 30 minutes before the party for decoration/preparation. Payment is required at the time of booking. Parties must be booked at least two weeks in advance. Contact the nature center for to reserve at 785-832-7980.

SPECIAL EVENTS

POOCH PLUNGE

Time: TBD. Tuesday, Sept. 2. The dog days of summer are ending, so we have the Outdoor Aquatic Center open one last day just for the dogs! This community tradition continues as we close the pool to humans and neutralize the chemicals to make the water safe for the canines. Your pup may want to dive in to the deep end or simply splash around in the wading pool. Regardless, this event is fun for participants and spectators alike. **On-site registration will also be available at the gate. Toys and treats will be provided for our furry friends. Vendors will be present. All dogs must have current documentation of vaccinations and under their owners control at all times. Interested vendors can contact the Indoor Aquatic Center for more details. No pre-registration required. Cost is $5 per dog at the door.**

WALK-TOBER - WALK THE LOOP

5:30 p.m. Thursdays, Oct. 2; Oct. 9; Oct. 16 and Oct. 23. Looking for a fun way to get outside in the cool October temperatures? Join us every week to explore the Lawrence Loop for Walktober! Each week we will discover a new part of the trail in one to four mile segments. Just starting your walking journey? No problem! Walkers can go as far as desired each week with no pressure to reach a finishline or end destination. Come as you are and connect with fellow community members! Walk the Loop is a FREE event to the public and no registration is required. Just wear your best comfy, walking shoes. Please visit http://lprd.org/specialevents or the department Facebook events page for more information on where to meet each week.

AUTUMN HARVEST FESTIVAL

9AM-4PM Sunday, September 28, in historic South Park. This outdoor artisan fair will feature hand made goods such as jewelry, paintings, textiles, pottery, home décor and much more. This event will also feature a select amount of food trucks. You must submit and application and be notified of your approval before attending this event as a vendor. **Applications to be a vendor at this event open on August 8th at 8 a.m. Food/concession vendors please contact PRC prior to registering for event. Booths for this event will vary in size and price, so please see the special events webpage for an event map. https://www.lawrenceks.org/lprd/specialevents/artsandcrafts/** Spaces with access to electricity are available, but are limited. Tables and chairs, and other booth materials are NOT available for use or rent during this event. Approved vendors and exhibitors will receive more information via email 1-2 weeks prior to the event. This event is FREE to the public. Apply today to be a vendor. **Deadline to apply is Monday, September 22, or until full.** *For information, please contact prspecialevents@lawrenceks.org, (785) 832-3461.*

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
625502	APPL	SU	9AM-4PM	OPEN8/8	SP	$10

52ND ANNUAL HALLOWEEN PAINT-IN

Free and open to ages 3rd grade and older. Must be pre-registered to participate. Come join us in spreading Halloween spirit! LPRD, Downtown Lawrence, Inc. and the Lawrence Breakfast Optimists Club will hold the Halloween Paint-In on **Saturday, Oct. 18.** Students and adults must submit a sketch to awilder@lawrenceks.org, from which participants will paint on local Lawrence merchants' windows. **Registration deadline is 5 p.m. Friday, Oct. 3.** *For more information, please contact prspecialevents@lawrenceks.org.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425120	A	PAINT	S	8AM-12PM	10/18	DWNTWN	FREE

HOLIDAY EXTRAVAGANZA

Our largest craft show of the year, the Holiday Extravaganza will be held from 9AM-4PM Saturday, **December 6,** at Sports Pavilion Lawrence®, 100 Rock Chalk Lane. This event is a great way to wrap up the year and celebrate the holiday season! **You must submit and application and be notified of your approval before attending this event as a vendor. Applications to be a vendor at this event open on August 8th at 8 a.m. and close on December 1st or until full. Booths for this event will vary in size and price, so please see the special events webpage for an event map**. https://www.lawrenceks.org/lprd/specialevents/artsandcrafts/ Electricity is available for an additional fee on a first come, first served basis. Tables, chairs and other booth materials are NOT available for use or rent at this event. This event is free to the public. *For more information, please contact prspecialevents@lawrenceks.org*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
625504	A	APPL	S	9AM-4PM	OPEN:8/8	SPL-GY	$10

CANDY CANE QUEST

Ages: 2-12 Enrollment Min 10 / Max 70. Want holiday fun delivered to your door? Our North Pole elves will visit your house with a sweet surprise, hiding 10 candy canes around your front yard. There will also be a goodie bag containing a craft and activities left at your door. If you would like to purchase for additional children, there will be additional candy canes added to your hunt for $5/child. Section B Prereq. To Section A.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425016	A		TR	8AM-5:30PM	12/18		$25
425016	A	ADDTL	TR	8AM-5:30PM	12/18		$5

CRAFTS WITH THE BAREFOOT BUILDER LLC - 4X4 PUMPKIN SET OF 3

Ages: 16 and up. Paint your own set of 3 pumpkins to decorate any space all season long! **For more information, call Elias Parenti 785-330-7356.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425013	A	PUMPK	F	6-8PM	9/16	SPL-CR	$35

CRAFTS WITH THE BAREFOOT BUILDER LLC - HOCUS POCUS PORCH SIGN

Ages: 16 and up. Paint and build your own sign to welcome the Halloween season! **For more information, call Elias Parenti 785-330-7356.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425013	B	HOCUS	F	6-8PM	10/7	SPL-CR	$45

CRAFTS WITH THE BAREFOOT BUILDER LLC - CUSTOMIZED TURKEY DOOR HANGER

Ages: 16 and up. Build and customize your own Turkey to welcome guests all season long! **For more information, call Elias Parenti 785-330-7356.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425013	C	TURKEY	F	6-8PM	11/11	SPL-CR	$35

CRAFTS WITH THE BAREFOOT BUILDER LLC - DIY WOODEN SERVING TRAY DATE

Ages: 16 and up. Build and paint your own serving tray to use this holiday season, and all year round! **For more information, call Elias Parenti 785-330-7356.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425013	D	TRAY	F	6-8PM	12/9	SPL-CR	$45

UNIFIED RECREATION

MONTHLY NEWSLETTER

Watch for our monthly newsletters for highlights and updated information on activities, events, trips, and programs. **If you have questions or need additional assistance, call Molly Gordon at (785) 832-7906, or email at mgordon@lawrenceks.org.**

PROGRAMS

COFFEEHOUSE DINNER AND DANCE

Ages: 16 and Up. Enrollment Min 10 / Max 60. 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
422200	A	COFFEE	M	5:30-8PM	9/22	DCFG	$40
422200	B	COFFEE	M	5:30-8PM	10/27	DCFG	$40
422200	C	COFFEE	M	5:30-8PM	11/24	DCFG	$40
422200	D	COFFEE	M	5:30-8PM	12/15	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
422205	A	CHDANCE	M	6:30-8PM	9/22	DCFG	$18
422205	B	CHDANCE	M	6:30-8PM	10/27	DCFG	$18
422205	C	CHDANCE	M	6:30-8PM	11/24	DCFG	$18
422205	D	CHDANCE	M	6:30-8PM	12/15	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
422300	A	BOWLING	SA	10:30AM-12:30PM	9/13	RCL	$40
422300	B	BOWLING	SA	10:30AM-12:30PM	10/11	RCL	$40
422300	C	BOWLING	SA	10:30AM-12:30PM	11/8	RCL	$40
422300	D	BOWLING	SA	10:30AM-12:30PM	12/13	RCL	$40

BOWLING ONLY

Ages: 16 and Up. Enrollment Min 6 / Max 20. 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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422301	A	BWLONLY	SA	10:30AM-12PM	9/13	RCL	$18
422301	B	BWLONLY	SA	10:30AM-12PM	10/11	RCL	$18
422301	C	BWLONLY	SA	10:30AM-12PM	11/8	RCL	$18
422301	D	BWLONLY	SA	10:30AM-12PM	12/13	RCL	$18

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 9/22, 10/27, 11/24. Instructor: Molly Gordon and LPRD Staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422401	A	ACTING	M	6:30-8PM	9/8-12/8	CARN	$46

ADAPTIVE ZUMBA

Ages: 16 and Up. Enrollment Min 5 / Max 30. 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 LRPD staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422400	A	ZUMBA	TH	6:30-7:30PM	9/11-10/16	CB	$40
422400	B	ZUMBA	TH	6:30-7:30PM	10/30-12/1	CB	$40

HOLIDAY DECORATIONS • GIFTS

Ages: 16 and Up. Enrollment Min 5 / Max 15. Get into the holiday spirit in this fun and festive Unified Rec art workshop! Create unique & original holiday gifts and decorations for family; friends and yourself. Each week will explore a different technique and skill set.**Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422191	A	ARTWS	T	6-7:30PM	10/28-11/18	CB	$46

CULINARY CREATIONS

Ages: 18 and Up. Enrollment Min 5 / 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/medical conditions. We will explore food, preparation and techniques for the retention of nutrition, appearance and flavor. **Instructor: LPRD staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422810	A	CULIN	T	6:30-7:30PM	9/16-10/21	ELRC	$55

ADULT SPORTS

BASKETBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/22, Start Date: 9/7. Register on or before 8/15 and receive a $15 discount.** Leagues are offered to Men's, Women's, and Coed teams running Sunday, Tuesday, and Friday for approximately nine weeks. Leagues may be separated into divisions if enough teams are registered to create better parity. Games are played at Community Building (CB). Teams will play a seven game schedule followed by a single elimination tournament.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450100	A	MENS	SU	5-9PM	9/7-11/16	CB/SPL	$385
450100	**D**	**MENS**	**T**	**6-10PM**	**9/9-11/10**	**CB/SPL**	**$385**
450100	**E**	**WOMENS**	**T**	**6-10PM**	**9/9-11/10**	**CB/SPL**	**$385**
450100	**I**	**COED**	**F**	**6-10PM**	**9/12-11/13**	**CB/SPL**	**$385**

KICKBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/22, Start Date: 9/12. Register on or before 8/15 and receive a $15 discount.** Leagues are offered for Coed teams run on Sunday and Friday for approximately six weeks. All leagues are NO BUNT leagues. Games are played at the Youth Sports Complex (YSC). Teams will play a six-game schedule followed by a single elimination tournament for all teams. Teams may be required to play double headers occasionally to fit games in on schedule. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450400	**C**	**COED**	**F**	**6:15-10:15PM**	**9/12-11/7**	**YSC**	**$215**

PICKLEBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/15, Start Date: 9/9.** 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
450850	**A**	**MENSBEG**	**T**	**6-9PM**	**9/9-11/18**	**SPL**	**$40**
450850	**B**	**WMNSBEG**	**T**	**6-9PM**	**9/9-11/18**	**SPL**	**$40**
450850	**C**	**MENDBOP**	**T**	**6-9PM**	**9/9-11/18**	**SPL**	**$40**
450850	**D**	**WMNDBOP**	**T**	**6-9PM**	**9/9-11/18**	**SPL**	**$40**
450850	**E**	**MXDBBEG**	**W**	**6-9PM**	**9/10-11/19**	**SPL**	**$40**
450850	**F**	**MXDBOP**	**W**	**6-9PM**	**9/10-11/19**	**SPL**	**$40**

SOFTBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/22, Start Date: 9/7 Register on or before 8/15 for Early Bird Rate (reduced $15 from listed fee.)** Offered to Men's, Women's, and Coed teams running Sunday through Friday for approximately 9 weeks. Leagues are offered in five divisions (in order of most to least competitive): Class A Double Header (ADH), Double Header (DH), Weekly (WK), Men's 40+ (40+) and Recreation (REC). Double Header teams will play two games per night for six weeks. Weekly teams will play one game per night for six weeks. Recreation and Men's 40+ leagues are intended for purely recreational teams with only one home run allowed and will play one game per night for six weeks. All competitive leagues will conclude with 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
450201	A	COEDWK	SU	2-9PM	9/7-11/12	CLSC	$250
450201	B	COEDREC	SU	2-9PM	9/7-11/12	CLSC	$230
450201	I	COEDDH	SU	2-9PM	9/7-11/12	CLSC	$430
450201	**D**	**COEDREC**	**M**	**6:15-10:15PM**	**9/8-11/3**	**CLSC**	**$230**
450201	**E**	**COEDWK**	**T**	**6:15-10:15PM**	**9/9-11/4**	**CLSC**	**$250**
450201	**F**	**COEDREC**	**T**	**6:15-10:15 PM**	**9/9-11/4**	**CLSC**	**$230**
450202	**A**	**MENSDH**	**M**	**6:15-10:15PM**	**9/8-11/3**	**CLSC**	**$430**
450202	**C**	**MENSDH**	**T**	**6:15-10:15PM**	**9/9-11/4**	**CLSC**	**$430**
450202	**E**	**MENSDH**	**W**	**6:15-10:15PM**	**9/10-11/5**	**CLSC**	**$430**
450202	**F**	**MENSWK**	**W**	**6:15-10:15PM**	**9/10-11/5**	**CLSC**	**$250**
450202	**H**	**MENSWK**	**R**	**6:15-10:15PM**	**9/11-11/6**	**CLSC**	**$250**
450202	**G**	**MENSREC**	**R**	**6:15-10:15PM**	**9/11-11/6**	**CLSC**	**$230**
450202	**I**	**MENSDH**	**F**	**6:15-10:15PM**	**9/12-11/7**	**CLSC**	**$430**
450202	**J**	**MENSAHD**	**F**	**6:15-10:15PM**	**9/12-11/7**	**CLSC**	**$430**
450204	**B**	**WOMENREC**	**M**	**6:15-10:15PM**	**9/8-11/3**	**CLSC**	**$230**

VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/22, Start Date: 9/7. Register on or before 8/15 for Early Bird Rate (reduced $15 from listed fee.)** 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
450300	**A**	**COEDSND**	**SU**	**5-9PM**	**9/7-11/9**	**HOLSC**	**$265**
450300	**F**	**COEDREC**	**SU**	**5-9PM**	**9/7-11/9**	**SPL**	**$265**
450300	**G**	**WOMNREC**	**M**	**6-9:30PM**	**9/8-11/10**	**SPL**	**$265**
450300	**C**	**COEDPWR**	**W**	**6-9:30PM**	**9/10-11/12**	**SPL**	**$265**
450300	**D**	**COEDPRDH**	**W**	**6-9:30PM**	**9/10-11/12**	**SPL**	**$365**
450300	**E**	**COEDSND**	**R**	**6-9PM**	**9/11-11/13**	**HOLSC/SPL**	**$265**
450300	**I**	**WOMNPWR**	**R**	**6-9:30PM**	**9/11-11/13**	**SPL**	**$265**

YOUTH SPORTS

BASKETBALL

Ages: Kindergarten through 8th grade (Co-rec 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 2025-26 school year when filling our 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 the week of October 20. **Games for grades K-4 will be held on Saturdays, Nov. 1 – Dec. 13, and grades 5-8 will play Sundays, Nov. 2 – Dec. 14, with no games scheduled the weekend of the Thanksgiving holiday. Game shirts included in fee for all leagues. Registration deadline: Friday, September 5. $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 Sports Pavilion Lawrence®, 100 Rock Chalk Lane, or The Community Building, 115 W. 11th St.**

Leagues (Code Breakdown)

INTRO-K – (Co-rec) Kindergarten/pre-school (pre-school must be 5 years of age before 8/1/23)
RK1 – Rookie 1 – 1st Grade
RK2 – Rookie 2 – 2nd Grade
REC3 – Recreation 2 – 3rd Grade
REC4 – Recreation 4 – 4th Grade
JHAWK5 – Jayhawk 5 – 5th Grade
JHAWK6 – Jayhawk 6 – 6th Grade
JHAWK7/8 – Jayhawk 7/8 – 7th and 8th Grade
RKG – Rookie Girls – 1st and 2nd Grade Girls
RG – Recreation Girls – 3rd and 4th Grade Girls
JHG – Jayhawk Girls – 5th and 6th Grade Girls
JHG7/8 – Jayhawk Girls 7/8 – 7th and 8th Grade Girls

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424401	A	INTRO-K	S	TBA	11/1-12/13	CB	$55
424401	B	RK1	S	TBA	11/1-12/13	ELC	$55
424401	C	RK2	S	TBA	11/1-12/13	ELC	$55
424401	D	REC3	S	TBA	11/1-12/13	HPC	$55
424401	E	REC4	S	TBA	11/1-12/13	HPC	$55
424401	F	JHAWK5	SU	TBA	11/2-12/14	SPL	$60
424401	G	JHAWK6	SU	TBA	11/2-12/14	SPL	$60
424401	H	JHAWK7/8	SU	TBA	11/2-12/14	SPL	$60
424401	J	RKG	S	TBA	11/1-12/13	CB	$55
424401	K	RG	S	TBA	11/1-12/13	HPC	$55
424401	L	JHG	SU	TBA	11/2-12/14	SPL	$60
424401	M	JHG7/8	SU	TBA	11/2-12/14	SPL	$60

HOOPSTER (COMPETITIVE BASKETBALL LEAGUES)

Ages: 2nd through 7th grades both boys and girls – Team Entry. The objective of the basketball program is to provide an opportunity for teams to play basketball in an organized, competitive, setting. Team and leagues are formed by coaches. For more information, please contact the youth sports office at (785) 330-7355.

YOUTH VOLLEYBALL

Ages: 4-5, 6-8. 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 on the registration.** Teams 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. Practices begin the week of August 25. One 1hr practice/week will be determined by the coach. Games will be held at Sports Pavilion Lawrence on Sunday afternoons or evenings September 7 – October 12. **Registration deadline: Friday, August 1st. $15 late fee added after deadline.** Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424500	A	YVB(4-5)	SU		8/25-10/12	SPL	$55
424501	A	YVB(6-8)	SU		8/25-10/12	SPL	$55

YOUTH SOCCER

Ages: K-6. **Registration deadline is Friday, September 5.** The objective of this 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 not only to teach basic skills and fundamentals, but also to teach fair play, teamwork and sportsmanship. Please be sure to indicate player's grade during the 2025-26 school year**. For more information, please contact Ross Schraeder at (785) 330-7361 or rschraeder@lawrenceks.gov.**

Leagues (Code Breakdown)

SC1 (co-ed) – Kindergarten
SC2 (boys) – 1st & 2nd grade
SC3 (girls) – 1st & 2nd grade
SC4 (boys) – 3rd & 4th grade
SC5 (girls) – 3rd & 4th grade
SC6 (boys) – 5th & 6th grade

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424600	A	SOCCR(K-4)	S		11/1-12/13	SPL	$55
424600	A	SOCCR(5-6)	S		11/1-12/13	SPL	$60

INTRO VOLLEYBALL

Ages: K-3. This session of Intro Volleyball is for Kindergarten - 3rd graders for the upcoming school year. This program provides an ideal entry-level program to learn the concept of the game and basic fundamentals - passing, setting, serving and rotation. This is a parent participation program. This provides a great opportunity for kids and parents to play and learn the game together! Instruction provided by a club level coach. **For more information, please contact Ross Schraeder at (785) 330-7361 or rschraeder@lawrenceks.gov.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424507	A	INTROVB	M		TBD	SPL	$50
424507	B	INTROVB	M		TBD	SPL	$50

Lawrence KANSAS

ACTIVITIES REGISTRATION
Lawrence Parks and Recreation
115 W. 11th St., Lawrence, KS 66044

HOUSEHOLD INFORMATION

PLEASE PRINT

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

PARTICPANTS FIRST NAME	PARTICPANTS 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: _____

Signature: _____

Printed Name of Person Signing: _____
(if different from participant)

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