

activities guide

THE CITY OF LAWRENCE PARKS,
RECREATION AND CULTURE
DEPARTMENT



SUMMER 2026



www.lprd.gov



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STRETCH YOUR LIMITS!

2026 SUMMER ACTIVITIES GUIDE

This edition of the Parks, Recreation and Culture Activities Guide is full of parks and recreation programs and activities to take part in throughout summer 2026.

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, May 5

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 lpd@lawrenceks.gov 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, RECREATION AND CULTURE DIRECTORY*

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

CITY COMMISSION

Brad Finkeldei, Mayor
Mike Courtney, Vice-Mayor
Mike Dever
Kristine Pollan
Amber Sellers
Craig Owens, City Manager

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

PARKS AND RECREATION ADVISORY BOARD

Vicki Collie-Akers, Chair
Lee Ice, Vice-Chair
Taylor Bussinger
Larry Chance
Ruth DeWitt
Lisa Hallberg
John Nalbandian

LAWRENCE CULTURAL ARTS COMMISSION

Daniel Smith, Chair
Monique Mercurio, Vice Chair
Marlo Angell
Matthew Gaus
Alicia Kelly
Tim Metz
Kelly Quaranta

*** All staff and board positions held as of April 20, 2026**

ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

STAFF

Lindsay Hart, Interim Director – Recreation
lihart@lawrenceks.gov
Mark Hecker, Assistant Director – Parks
mhecker@lawrenceks.gov
Porter Arneill, Assistant Director – Arts & Culture
parneill@lawrenceks.gov
Roger Steinbrock, Communications & Events Manager
rsteinbrock@lawrenceks.gov

CEMETERIES: Oak Hill, Memorial Park, Maple Grove

Inquiries handled at the Administrative Office:
1141 Massachusetts • (785) 832-3451
Hours: 9 a.m. to 1 p.m. (Mon-Fri)
cemeteries@lawrenceks.gov

COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

CODES

CB...Community Building **AR**.....Art Room
CR Community Room **DS**.....Dance Studio
CR1 ...Community Room 1 **GY**.....Gymnasium
CR2..Community Room 2 **KR**.....Kaw Room

RESERVATION/ENROLLMENT HOURS

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

STAFF

Annette Deghand, Recreation Operations Manager
adeghand@lawrenceks.gov
Gayle Sigurdson, Lifelong Recreation Supervisor
gsigurdson@lawrenceks.gov
Justin Deaver, Recreation Operations Supervisor
jdeaver@lawrenceks.gov
Abby Bush-Wilder, Communications & Events Coordinator
awilder@lawrenceks.gov
Emma Wagemaker, Communications & Events Coordinator
ewagemaker@lawrenceks.gov
Ashlee Roll-Gregory, Administrative Technician
Molly Gordon, Recreation Programmer
mgordon@lawrenceks.gov

EAGLE BEND GOLF COURSE & LEARNING CENTER

1250 E. 902 Road
(785) 748-0600 • 1-877-861-GOLF (4653)

STAFF

Ryan Cloud, Golf Course Professional
rcloud@lawrenceks.gov
Rob Nicholson, Assistant Golf Course Professional
rnicholson@lawrenceks.gov

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.gov

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.gov
Becky Childers, Assistant Aquatics Supervisor
bchilders@lawrenceks.gov
Lisa Hughes, Senior Administrative Specialist
lhughes@lawrenceks.gov

PARKS AND MAINTENANCE DIVISION

STAFF

Pat Hennessey, Park Operations Manager
(785) 330-7359, *phennessey@lawrenceks.gov*
Darin Pearson, Park Operations Manager/
Eagle Bend
dpearson@lawrenceks.gov
Levi Parker, Horticulture & Forestry Manager
lparkin@lawrenceks.gov
Mitch Young, Park District Supervisor/Cemeteries
miyoung@lawrenceks.gov

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.gov

Xavier Murry, Naturalist

xmurry@lawrenceks.gov

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

Kahner Sampson, Recreation Programmer

ksampson@lawrenceks.gov

SPORTS PAVILION LAWRENCE®

100 Rock Chalk Lane • (785) 330-7355

CODES

SPL.....Sports Pavilion

Lawrence®

GR.....Gymnastics Room

CR.....Champion Room

FR.....Fitness Room

LR.....Legacy Room

RESERVATION/ENROLLMENT HOURS

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

STAFF

Robert Wilson, Recreation Operations

Manager

rwilson@lawrenceks.gov

Taylor Martin, Facilities Operations Supervisor

tmartin@lawrenceks.gov

Jo Mendoza, Recreation Instruction

Supervisor

jmendoza@lawrenceks.gov

Alex Husbenet, Youth Sports Supervisor

ahusbenet@lawrenceks.gov

Ross Schraeder, Recreation Programmer

rwilson@lawrenceks.gov

Landon Noll, Recreation Programmer

lnoll@lawrenceks.gov

Elias Parenti, Recreation Programmer

eparenti@lawrenceks.gov

Addie Driscoll, Recreation Programmer

adriscoll@lawrenceks.gov

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.

TBA

To be announced

New Class	Class Name	Fitness Level	Ages/Class Size	Description	Class Notes	Class Location	Class Fee	Dates of Class	Time of Class	Day of Class
	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 McDanel									
	Rechelle Bishop.									
CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE			
315040	A	FY(KM)	W	5:20-6:15PM	6/4-8/20	ELRC-GR	\$54			
315040	B	FY(RB)	S	12:15-12:45PM	6/5-8/21	CB-CR2	\$54			

- **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/MEMBERSHIP OPTIONS

ADMISSION FEES/MEMBERSHIP OPTIONS

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

ISN'T IT TIME YOU JOINED PRC AQUATICS?

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

DAILY ADMISSION CHARGES

For current pricing, please visit our website at: <https://lawrenceks.gov/lprd/aquatics/admission/>.

ANNUAL AND MONTHLY MEMBERSHIPS

PRC Aquatics has swimming memberships designed to save you money! Check out what's available below and head over to our website: <https://lawrenceks.gov/prc/aquatics/admission/> for more details and pricing.

ALL AGES ANNUAL MEMBERSHIPS

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

ALL AGES 30-DAY MEMBERSHIPS

Memberships are valid for 30 days from date of purchase at any PRC Aquatic facility. This memberships option offers the swimmer a discounted daily swim admission. May be purchased at the Indoor or Outdoor Aquatic Centers. For more information and pricing, please visit our website at: <https://lawrenceks.gov/lprd/aquatics/admission/>

PUNCH CARDS

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

SAFETY CONCERNS

Aquatic facilities follow strict guidelines involving lightning safety. Staff use lightning detection systems, visual identification and support from the National Weather Service in Topeka to maintain swimmer safety. When lightning is detected within zero - 3 miles, ALL swimmers must exit the water and take shelter at all swim locations including the Indoor Aquatic Center and Outdoor Aquatic Center. Safety prompts and instruction are given by the lifeguard staff.

AQUATIC FITNESS CLASSES

Are you ready to take the plunge? Ready for the soothing properties of the water? Aqua workouts are for every fitness level and are low to non-impact on joints and muscles. Water fitness has all the components of fitness; cardiovascular, flexibility, muscular and endurance strength. Water has the ability to offer aerobic activity, resistance training and flexibility all at the same time. Working out in the water is perfect for those who find certain movements on land—running, striding, kicking, dancing—too jarring or painful. We have a wide variety of classes, including classes for expecting mothers, seniors, individuals with arthritis, or those recovering from an injury. **NO SWIMMING SKILLS ARE REQUIRED.** Whether you are new to water fitness or a water fitness enthusiast, we have the class for you. **Registration is required by the Wednesday before the class begins.**

AQUA FIT

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312434	1A	AQUAFIT	TR	9-9:45AM	6/2-7/16	LIAC	\$70
312434	1B	AQUAFIT	TR	10-10:45AM	6/2-7/16	LIAC	\$70

AQUA STRETCH FUSION II

Ages: 16 and Up. Enrollment Min 8 / Max 25. Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patterns to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Competition pool; shallow end. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312412	1B	FUSION	TR	8:15-9AM	6/2-7/16	LIAC-CPSE	\$70

JIVIN' JOINTS

Ages: 16 and Up. Enrollment Min 15 / Max 20. This is a group recreational water-based exercise program. Specifically designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce pain and stiffness. Leisure pool; 3 lane lap area. **No class 6/19.** **Instructor: Carolee Meseraull.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312430	1A	JIVINJNTS	MWF	8:45-9:30AM	6/1-7/17	LIAC	\$100
312430	1B	JIVINJNTS	MWF	9:45-10:30AM	6/1-7/17	LIAC	\$100

SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 8 / Max 20. Water provides the conditioning of buoyance while offering constant resistance and a cool non-sweating workout. This low impact water walking class combined with light aerobics provides cardiovascular conditioning, improves muscle tone and balance. Leisure pool; 3 lane lap area. **No class 6/19.** **Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312420	1A	SHALLOW	MWF	7:15-8AM	6/1-7/17	LIAC	\$100

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 6/19.** **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312438	1A	DEEPLYFIT	MWF	8:15-9AM	6/1-7/17	LOAC	\$100

AQUATICS

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



← **SCAN ME!**

FULL LIST OF HOURS

Indoor Aquatic Center

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

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 \$50 per 45-minute session. Contact Lori Madaus at the Lawrence Indoor Aquatic Center for additional information, lmadaus@lawrenceks.gov, (785) 832-7946 (SWIM).**

AQUA TONE

Ages: 16 and up. Enrollment Min 8 / Max 25. Aqua Tone is a shallow water class using water for resistance to increase cardiovascular endurance, increase muscle tone and decrease impact on joints. This class incorporates the use of several pieces of aquatic exercise equipment including hand buoys, gloves, noodles and kickboards. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312413	1A	AQTONE	MW	5:30-6:15PM	6/1-7/15	LIAC	\$70

AQUA HIIT

Ages: 16 and up. Enrollment Min 10 / Max 25. High Intensity Interval Training advanced. 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 belt required (supplied) in deep water; no swimming skills required. Instructor: Colleen Boley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312437	1A	AQUAHIIT	TR	5:30-6:15PM	6/2-7/16	LIAC	\$70

HYDRO HUSTLE

Ages: 16 and up. Enrollment Min 8 / Max 20. Jump in and turn your workout into a pool party! This high-energy shallow water class combines cardio, strength and non-stop movement to upbeat music. The water adds natural resistance to help you burn calories, build endurance and tone muscles while staying low-impact and easy on your joints.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312421	1A	HYDRO	MW	5:30-6:15PM	6/1-7/15	LOAC	\$70

WATER WARRIORS

Ages: 16 and up. Enrollment Min 8 / Max 25. Get ready for a feel good, total body workout in the water! This shallow water class blends cardio, strength and core work to target your whole body from head to toe. The water adds natural resistance to help build strength while staying low-impact and joint friendly.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312431	1A	WAS	MW	6:30-7:15PM	6/1-7/15	LOAC	\$70

AQUATICS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312103	1A	LEVEL3	S	9-9:45AM	5/30-6/20	LIAC	\$38
312104	1A	LEVEL4	S	9-9:45AM	5/30-6/20	LIAC	\$38
312105	1A	LEVEL5	S	9-9:45AM	5/30-6/20	LIAC	\$38
312106	1A	LEVEL6	S	9-9:45AM	5/30-6/20	LIAC	\$38
312101	1A	LEVEL1	S	10-10:25AM	5/30-6/20	LIAC	\$38
312102	1A	LEVEL2	S	10-10:45AM	5/30-6/20	LIAC	\$38
312103	1B	LEVEL3	S	10-10:45AM	5/30-6/20	LIAC	\$38
312104	1B	LEVEL4	S	10-10:25AM	5/30-6/20	LIAC	\$38
312115	1A	AQUATOT	S	10:30-10:55AM	5/30-6/20	LIAC	\$38
312100	1A	PNTCHILD	S	11-11:25AM	5/30-6/20	LIAC	\$38
312114	1A	PRESCHOLS	S	11-11:25PM	5/30-6/20	LIAC	\$38
312102	1B	LEVEL2	S	11-11:45AM	5/30-6/20	LIAC	\$38
312103	1C	LEVEL3	S	11-11:45AM	5/30-6/20	LIAC	\$38
312100	1B	PNTCHILD	S	11:30-11:55AM	5/30-6/20	LIAC	\$38
312114	1B	PRESCHOLS	S	11:30-11:45PM	5/30-6/20	LIAC	\$38

OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312014	4A	PRESCHOLS		9-9:25AM	7/11-8/1	LOAC	\$38
312002	4A	LEVEL2	S	9-9:45AM	7/11-8/1	LOAC	\$38
312003	4A	LEVEL3	S	9-9:45AM	7/11-8/1	LOAC	\$38
312007	4A	JRSWIM	S	9-9:45AM	7/11-8/1	LOAC	\$38
312000	4A	PNTCHILD	S	9:30-9:55AM	7/11-8/1	LOAC	\$38
312015	4A	AQUATOT	S	10-10:25AM	7/11-8/1	LOAC	\$38
312002	4B	LEVEL2	S	10-10:45AM	7/11-8/1	LOAC	\$38
312005	4A	LEVEL5	S	10-10:45AM	7/11-8/1	LOAC	\$38
312008	4A	ADULT	S	10-10:45AM	7/11-8/1	LOAC	\$38
312000	4B	PNTCHILD	S	10:30-10:55AM	7/11-8/1	LOAC	\$38
312001	4A	LEVEL1	S	11-11:25AM	7/11-8/1	LOAC	\$38
312003	4B	LEVEL3	S	11-11:45AM	7/11-8/1	LOAC	\$38
312004	4A	LEVEL4	S	11-11:45AM	7/11-8/1	LOAC	\$38
312014	4B	PRESCHOLS		11:30-11:55AM	7/11-8/1	LOAC	\$38

INDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312115	2A	AQUATOT	MTWR	9-9:25AM	6/1-6/11	LIAC	\$60
312102	2A	LEVEL2	MTWR	9-9:45AM	6/1-6/11	LIAC	\$60
312103	2A	LEVEL3	MTWR	9-9:45AM	6/1-6/11	LIAC	\$60
312104	2A	LEVEL4	MTWR	9-9:45AM	6/1-6/11	LIAC	\$60
312115	2B	AQUATOT	MTWR	9:30-9:55AM	6/1-6/11	LIAC	\$60
312102	2B	LEVEL2	MTWR	10-10:45AM	6/1-6/11	LIAC	\$60
312103	2B	LEVEL3	MTWR	10-10:45AM	6/1-6/11	LIAC	\$60
312105	2A	LEVEL5	MTWR	10-10:45AM	6/1-6/11	LIAC	\$60
312100	2A	PNTCHILD	MTWR	10-10:25AM	6/1-6/11	LIAC	\$60
312114	2A	PRESCHOLMTWR		10-10:25AM	6/1-6/11	LIAC	\$60
312101	2A	LEVEL1	MTWR	11-11:25AM	6/1-6/11	LIAC	\$60
312102	2C	LEVEL2	MTWR	11-11:45AM	6/1-6/11	LIAC	\$60
312103	2C	LEVEL3	MTWR	11-11:45AM	6/1-6/11	LIAC	\$60
312104	2B	LEVEL4	MTWR	11-11:45AM	6/1-6/11	LIAC	\$60
312114	2B	PRESCHOLMTWR		11:30-11:55AM	6/1-6/11	LIAC	\$60



FOR ADULT SWIM, PLEASE VISIT PAGE 29

AQUATICS

OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312015	3A	AQUATOT	MTWR	9-9:25AM	6/15-6/25	LOAC	\$60
312002	3A	LEVEL2	MTWR	9-9:45AM	6/15-6/25	LOAC	\$60
312003	3A	LEVEL3	MTWR	9-9:45AM	6/15-6/25	LOAC	\$60
312004	3A	LEVEL4	MTWR	9-9:45AM	6/15-6/25	LOAC	\$60
312006	3A	WATRSAFEMTWR	9-9:45AM	6/15-6/25	LOAC	\$60	
312001	3A	LEVEL1	MTWR	9:30-9:55AM	6/15-6/25	LOAC	\$60
312000	3A	PNTCHILD	MTWR	10-10:25AM	6/15-6/25	LOAC	\$60
312014	3A	PRESCHOLMTWR	10-10:25AM	6/15-6/25	LOAC	\$60	
312002	3B	LEVEL2	MTWR	10-10:45AM	6/15-6/25	LOAC	\$60
312003	3B	LEVEL3	MTWR	10-10:45AM	6/15-6/25	LOAC	\$60
312007	3A	JR. SWIM	MTWR	10-10:45AM	6/15-6/25	LOAC	\$60
312015	3B	AQUATOTSMTWR	10:30-10:55AM	6/15-6/25	LOAC	\$60	
312001	3B	LEVEL1	MTWR	10:30-10:55AM	6/15-6/25	LOAC	\$60
312014	3B	PRESCHOLMTWR	11-11:25AM	6/15-6/25	LOAC	\$60	
312002	3C	LEVEL2	MTWR	11-11:45AM	6/15-6/25	LOAC	\$60
312003	3C	LEVEL3	MTWR	11-11:45AM	6/15-6/25	LOAC	\$60
312004	3B	LEVEL4	MTWR	11-11:45AM	6/15-6/25	LOAC	\$60
312005	3A	LEVEL5	MTWR	11-11:45AM	6/15-6/25	LOAC	\$60
312000	3B	PNTCHILD	MTWR	11:30-11:55AM	6/15-6/25	LOAC	\$60

OUTDOOR AQUATIC CENTER

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312015	4A	AQUATOT	MTWR	9-9:25AM	7/6-7/16	LOAC	\$60
312002	5A	LEVEL2	MTWR	9-9:45AM	7/6-7/16	LOAC	\$60
312003	5A	LEVEL3	MTWR	9-9:45AM	7/6-7/16	LOAC	\$60
312004	5A	LEVEL4	MTWR	9-9:45AM	7/6-7/16	LOAC	\$60
312001	5A	LEVEL1	MTWR	9:30-9:55AM	7/6-7/16	LOAC	\$60
312000	5A	PNTCHILD	MTWR	10-10:25AM	7/6-7/16	LOAC	\$60
312014	5A	PRESCHOLMTWR	10-10:25AM	7/6-7/16	7/6-7/16	LOAC	\$60
312003	5B	LEVEL3	MTWR	10-10:45AM	7/6-7/16	LOAC	\$60
312005	5A	LEVEL5	MTWR	10-10:45AM	7/6-7/16	LOAC	\$60
312015	5B	AQUATOTSMTWR	10:30-10:55AM	7/6-7/16	7/6-7/16	LOAC	\$60
312000	5B	PNTCHILD	MTWR	11-11:25AM	7/6-7/16	LOAC	\$60
312002	5B	LEVEL2	MTWR	11-11:45AM	7/6-7/16	LOAC	\$60
312004	5B	LEVEL4	MTWR	11-11:45AM	7/6-7/16	LOAC	\$60
312008	5A	ADULT	MTWR	11-11:45AM	7/6-7/16	LOAC	\$60
312014	5B	PRESCHOLMTWR	11:30-11:55AM	7/6-7/16	7/6-7/16	LOAC	\$60
312008	5A	ADULT	MTWR	11-11:45AM	7/7-7/17	LOAC	\$55
312014	5B	PRESCHOLMTWR	11:30-11:55AM	7/7-7/17	7/7-7/17	LOAC	\$55

SPECIAL EVENTS

POOCH PLUNGE

The dog days of summer are coming to a close, 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 simply splash around in the wading pool. This event is fun for participants and spectators alike. **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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
NO PRE-REGISTRATION			T	4-7PM	8/24	LOAC	\$5

CAMPS

COMPUTER ANIMATION | VIDEO AND TECHNOLOGY

Lawrence Parks, Recreation and Culture has partnered with Youth Tech. Inc. to offer interactive computer camps that focuses on providing enrichment opportunities to students in the world of computers. With a caring environment at the core of camp values, Youth Tech strives to create a positive learning community that encourages creativity, fun and academic excellence. For more information about Youth Tech Inc., please visit www.youthtechinc.com. **No refunds after the first day of camp. All supplies are included in the fee.**

3D GAME DESIGN

■ **Ages: 10-17. Enrollment Min 3 / Max 7.** An interactive look at the world of 3D Game Design. This camp offers the chance for students to create and immerse themselves in a 3D world. If you are looking to design professional 3D games that both look and feel just like the ones you play at home, then you don't want to miss this course. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318147	A	3DGAME	MTWR	1-4PM	7/6-7/9	SPL-VR	\$160

ANIMATION

■ **Ages: 9-17. Enrollment Min 5 / Max 12.** An all-day camp for students who love games for them to become immersed in the world of 2D and 3D game design. A combination of our Video Game Design, Advanced Game Design and 3D Game Design camp offering students a variety of hands-on experiences designing and building their very own games. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318144	A	ANIMAT	MTWR	9AM-12PM	6/22-6/25	SPL-VR	\$160
318144	B	ANIMAT	MTWR	1-4PM	8/3-8/6	SPL-VR	\$160

GAMING ACADEMY

■ **Ages: 10-17. Enrollment Min 3 / Max 5.** An all-day camp for students who love games for them to become immersed in the world of 2D and 3D game design. A combination of our Video Game Design, Advanced Game Design and 3D Game Design camp offering students a variety of hands-on experiences designing and building their very own games. Bring a sack lunch. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318146	A	GAMING	MTWR	9AM-4PM	7/6-7/9	SPL-VR	\$300

GAMING AND CODING

■ **Ages: 6-12. Enrollment Min 3 / Max 5.** Combining two unbelievable experiences for students, gaming and coding. Participants will spend the morning taking an interactive look at coding and building virtual apps. In the afternoon, campers will build simple video games combining the art of video game design and animation to create interactive characters that fly around the screen. Bring a sack lunch. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318148	A	CODING	MTWR	9:30AM-3:30PM	7/27-7/30	SPL-VR	\$290

GAMERS' PARADISE

■ **Ages: 6-13. Enrollment Min 5 / Max 12.** Campers will look at multiple areas of game design. From mobile game development to stand alone games, if you have a gamer, you will not want to miss this class. Participants will create multiple games that they can share with friends and family. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318151	A	PARADISE	MTWR	1-3:30PM	7/13-7/16	SPL-VR	\$145

CAMPS

ICODE

■ **Ages: 6-12. Enrollment Min 3 / Max 5.** A fun camp for the younger students to have an interactive look at coding. Students will create virtual apps and write their own programs Exploring problem solving and programming logic in an enjoyable environment. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318149	A	ICODE	MTWR	9:30AM-12PM	7/27-7/30	SPL-VR	\$145

IGAME CREATORS

■ **Ages: 6-10. Enrollment Min 5 / Max 12 (Sec A) and Max 5 (Sec B).** Want to create video games? This is an introductory course for younger students who want to learn to build simple video games. Combine the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun interactive games. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318142	A	IGAME	MTWR	9:30AM-12PM	6/15-6/18	SPL-VR	\$145
318142	B	IGAME	MTWR	1-3:30PM	7/27-7/30	SPL-VR	\$145

MOVIE MAKERS

■ **Ages: 9-17. Enrollment Min 5 / Max 12.** A hands-on, interactive camp will instruct students on the world of digital video design and production. Participants will film, direct and edit their own digital video creations along with the green screen and special effects work. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318140	A	MOVIEMA	MTWR	9AM-12PM	6/8-6/11	SPL-VR	\$160

ROBLOX STUDIO: PROGRAMMING & GAME DEVELOPMENT

■ **Ages: 9-15. Enrollment Min 5 / Max 12.** Calling all ROBLOX users! Join in with millions of gamers and immerse yourself in your own 3D world! This camp will use physics, LUA programming, and individual creativity to build a world around you, and your avatar - unlike any other software. Participants will build and publish their own game to share with friends and family! **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318145	A	ROBLOX	MTWR	1-4PM	6/22-6/25	SPL-VR	\$170
318145	B	ROBLOX	MTWR	9AM-12PM	7/20-7/23	SPL-VR	\$170

ROBOTICS – BATTLE BOTS

■ **Ages: 8-15. Enrollment Min 5 / Max 16.** A hands-on opportunity to build and program robots. Working in small teams, students will design robotics systems to compete in fun real-world activities. Each day will bring a new challenge, and your team's robot will have to morph to better adapt and compete. Competing in a battle bots' competition at the end of the camp to prove their robot is the best. A perfect chance for the student who has a big imagination and likes to build things. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318152	A	ROBOT	MTWR	1-4PM	7/20-7/23	SPL-VR	\$160
318152	B	ROBOT	MTWR	9AM-12PM	8/3-8/6	SPL-VR	\$160

VIDEO GAME DESIGN

■ **Ages: 10-17. Enrollment Min 5 / Max 12 (Sec A) and Max 5 (Sec B).** Is your child glued to their console? Let's channel that passion into creation and unleash their potential! Students will experience an interactive look at the world of video game design, teaching them to solve complex problems and think like engineers. Campers will learn the fundamentals of game design, develop critical logical thinking skills, and produce several different interactive video games. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318141	A	VIDEGAM	MTWR	1-4PM	6/8-6/11	SPL-VR	\$170
318141	B	VIDEGAM	MTWR	9AM-12PM	7/6-7/9	SPL-VR	\$170

WEB STUDIO

■ **Ages: 9-17. Enrollment Min 5 / Max 12.** Unlock your students' imagination and equip them with modern digital skills in this exciting camp. A perfect blend of creativity and technology, offering an amazing experience in multimedia production and web design. From the basics of digital development and moving beyond just consuming media to create it. An experience for students with a big imagination who are ready to turn their digital dreams into reality. They won't just learn about the future; they'll start building it. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318150	A	APPDES	MTWR	9AM-12PM	7/13-7/16	SPL-VR	\$160

YOUNG ENGINEERS

■ **Ages: 6-12. Enrollment Min 5 / Max 12.** Technology and innovation collide to create this camp the imagination of young engineers. Ever thought of creating piano out of bananas or a video game controller out of a piece of paper? Why not? This course will utilize an invention kit for the 21st century and guide students in the process of building several fun, interactive creations. **Instructor: Youth Tech Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318143	A	YE	MTWR	1-3:30PM	6/15-6/18	SPL-VR	\$145

ENRICHMENT CAMPS

MAD SCIENCE OF KANSAS CITY CAMPS

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

NASA! JOURNEY INTO OUTER SPACE

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** From our Earth's atmosphere to the outer reaches of our solar system, this hands-on program sends campers on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Learn about the four forces of flight, the challenges of space travel, and participate in a rocket launch! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318166	A	NASA	MTWRF	9AM-12PM	6/22-6/26	SPL-CR	\$180

BRIXOLOGY

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** Step in the shoes of an aerospace engineer while assembling a space station and delving into the physics of carnival rides, structural basics of bridges and nature's very own engineering rebuild at home! Get into engineering the Mad Science way! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318165	A	BRIX	MTWRF	1:30-4:30PM	6/22-6/26	SPL-CR	\$180

CLUES, CRIMES AND CULPRITS - OH NO!

■ **Ages: 5-8. Enrollment Min 10 / Max 20.** The Mad Science monkey is missing! Will you help us figure out where the monkey is? How did he get out? And what is he up to? Join the Mad Science crew as we gather the evidence from the crime scene and take it back to the lab to analyze it. As the week goes on, we will use chemistry, forensic science, physics, and biology to solve the crime. Blood typing, DNA examination, and pH testing are only a few of the scientific tests our young sleuths will get to participate in. **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318164	A	CCC	MTWRF	9AM-12PM	7/13-7/17	SPL-CR	\$180

CAMPS

THE WRIGHT STUFF

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** From the earliest flying machines to the first rocket flights, this hands-on program will give children a bird's eye view of the history and science of flight. Your child will build many different flying devices and explore the science of aerodynamics and flight with the help of Newton's laws. Then we're heading out of the atmosphere with a look at rockets and our galactic neighborhood! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318167	A	WS	MTWRF	1:30-4:30PM	7/13-7/17	SPL-CR	\$180

OUTDOOR EXPLORERS

■ **Ages: 5-7. Enrollment Min 10 / Max 20.** This camp offers young children an exciting introduction to basic environmental science. Each session is devoted to different aspects of the Outdoors, allowing children to progressively enrich their understanding of how living things grow and how they interact with the environment around them. Campers will perform hands-on experiments, play themed games, and enjoy stories related to the theme for that day. A mural will grow through the course of the program as children illustrate their latest discoveries at the close of each session! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318169	A	OE	MTWRF	9AM-12PM	7/27-7/31	SPL-CR	\$180

ROCKIN' ROBOTS

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** This is a beginner camp for Jr. Mad Scientists to learn about the uses of robots in our world, how they sense and move, and spend time programming robots and participating in robot relays. They discover the science of circuits and how robots use sensors to explore things around them. They build their very own working robot to take home with them! **Instructor: Mad Science of Kansas City.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318168	A	RR	MTWRF	1:30-4:30PM	7/27-7/31	SPL-CR	\$195

CHALLENGE ISLAND ENRICHMENT CAMPS

Lawrence Parks, Recreation and Culture has united with Challenge Island to strive to provide an environment where students can create, explore fundamental concepts through play and express their creativity in ways they never thought possible. **All supplies are included in the fee.**

DISCOVERY CHALLENGE ISLAND

■ **Ages: 5-11. Enrollment Min 10 / Max 20.** Wag on over to the most PAWSOME camp in town! Our Discovery Challenge Island STEAM Teams have been commissioned to engineer and design a luxurious resort created just for pets! Posh pet hotel rooms, fun-filled pet playgrounds and sporty pet stadiums to name just a few. This popular camp gets two paws up and is a must for every pet-loving kid! **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318186	A	ISQ	MTWR	9AM-12PM	6/15-6/18	SPL-CR	\$145

DISCOVERY CHALLENGE ISLAND © XTREME STEAM SPORTS ADVENTURE

■ **Ages: 5-11. Enrollment Min 10 / Max 20.** An indoor camp with outdoor spirit, our Xtreme STEAM Sports adventure scores big with every All-Star Kid! You and your STEAM Team will have a ball learning the science behind the world's most popular sports while engineering your way through a stadium full of sporting events: from football to baseball to bobsledding and basketball. A winner every time, this sporty camp is a Challenge Island fan favorite. **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318187	A	SLIME	MTWR	1:30-4:30PM	6/15-6/18	SPL-CR	\$145

DISCOVERY CHALLENGE ISLAND © SPACE EXPLORER

■ **Ages: 5-11. Enrollment Min 10 / Max 20.** Get ready for a journey through time and space as we meet the great explorers. From Copernicus to Galileo, from the Wright brothers to Amelia Earhart, from Neil Armstrong to Mae Jemison, this camp is guaranteed to be an out of this world experience!

Instructor: Challenge Island Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318188	A	ISQ	MTWR	9AM-12PM	7/6-7/9	SPL-CR	\$145

SLIMETOPIA 5, DINERS, DRIVE-THRUS AND DIVES ©

■ **Ages: 7-12. Enrollment Min 10 / Max 20.** You and your STEAM Team have been selected to host the new Slimetopia Diners, Drive-Thrus and Dives reality TV show! Prepare to embark on a cross-country culinary road trip to the slimiest eating establishments in the USA! With such instant Slimetopia classics as In and Out Burger Slime, Tex Mex Slime, King Cake Slime and more, you'll get an unforgettable "taste" of ooey, gooey local flavors from coast to coast. Note: Come prepared to get messy! **Instructor: Challenge Island Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318189	A	ISQ	MTWR	1:30-4:30PM	7/6-7/9	SPL-CR	\$165

BRICKS4KIDS ENRICHMENT CAMPS

Bricks 4 Kidz ® (B4K) Camps provide a high-energy, fast paced setting where kids discover, develop, and display their STEM and creative talents. The group setting is ideal for creative, collaborative learning, building character, and understanding how to relate to others. The kids can build on one another's ideas and make discoveries together that they might not make alone. **Due to the materials used in camp participants must have completed 1st grade. All supplies are included with the fee**

READY SET ... BUILD & ROLL, LEGO® BRICKS ON THE MOVE CAMP

■ **Ages: 6-12. Enrollment Min 10 / Max 16. (Camper must have attended 1st grade)** Get ready for a summer of STEAM! Science, Technology, Engineering, Art and Mathematics through hands-on, creative building! Students will design and build machines, vehicles and crazy contraptions, and other motorized models using LEGO® components including bricks, wheels, axles, and motors. Tackle daily challenges, show off your creativity, and team up with friends and fellow campers for racing and building fun! **All campers will bring home a mini-figure at the end of the camp. Instructor: Bricks4Kidz Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318176	A	BOTM	MTWR	9AM-12PM	7/20-7/23	SPL-CR	\$160

POWER UP! IT'S A BRICK-CRAFT ADVENTURE LEGO® CAMP

■ **Ages: 6-12. Enrollment Min 10 / Max 16. (Camper must have attended 1st grade).** Spend your summer learning about STEAM! Science, Technology, Engineering, Art and Mathematics through hands-on, creative building! Get ready to dive into a camp full of creativity, imagination, and hands on challenges! Each day you'll put your LEGO® skills to the test by building and testing motorized models. Every day brings a brand-new build and challenges. Campers will spend their time creating, modifying, and having fun! **All campers will bring home a mini-figure at the end of the camp. Instructor: Bricks4Kidz Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318177	A	GB	MTWR	9AM-12PM	8/3-8/6	CB-AR	\$160

CAMPS

YOUTH SKATEBOARDING

■ **Ages 6-18. Min 6 / Max 14.** Skaters will learn about skate park etiquette, board maintenance and how boards are built along with the history and the basics of skating. Instructors will challenge students' skills at their personal level. On the last day of camp family and friends are invited to enjoy a presentation from the campers. **Skaters bring your own board and safety gear to camp. Helmets required. Wrist guards, elbow and knee pads are highly recommended.** **Instructor: Josh Rukes.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318125	A	(6-18)	MTWR	8-9:30AM	6/8-6/11	PKSBP	\$105
318125	B	(6-18)	MTWR	8-9:30AM	8/3-8/6	PKSBP	\$105

AVIATION YOUTH CAMP

■ **Ages 12-17.** The Aviation Youth Camp is a half day camp offering an introduction on the fundamentals of flight to youth, ages 12-17. This camp is a joint partnership with the Lawrence Regional Airport Aviation Advisory Board, Parks, Recreation and Culture, and the Northeast Kansas 99's Women Pilots. Registration fee includes all instructional material, camp t-shirt, a graduation pizza party and a 15-20-minute Discovery Flight of Lawrence.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325100	A	AVIATION	SA	8:00 AM -1:00 PM	5/30	LMA	\$40

GYMNASTICS / NINJA CAMPS

GYMNASTICS CAMP

Ages: 6-12. Enrollment Min 5 / Max 28. Our gymnastics camp offers the perfect blend of fun and fitness, ensuring your children have an exciting and active time. Campers will enjoy engaging challenges designed to build strength, flexibility and coordination. Everyone will experience both structured practice of skills as well as a mixture of fun, games and obstacles courses. **Campers need to provide a sack lunch and a healthy snack.**

Instructor: LPRD Staff.

Weekly themes:

A - K-Pop

B - Spongebob

C - Fairytale

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318136	A	GYMCAMP	MTWRF	9AM-4PM	6/1-6/5	SPL-GR	\$224
318136	B	GYMCAMP	MTWRF	9AM-4PM	6/22-6/26	SPL-GR	\$224
318136	C	GYMCAMP	MTWRF	9AM-4PM	7/20-7/24	SPL-GR	\$224

NINJA CAMP

Ages: 6-12. Enrollment Min 5 / Max 28. Featuring several different obstacle and parkour training courses for youth to test their skills. Campers will learn strength, agility, coordination and character. Camp is adaptable to many skills and strength levels. Every week is a different theme. **Campers need to provide a sack lunch and a healthy snack.** **Instructor: LPRD Staff.**

Weekly themes:

A - Mario Bros

B - Around the World

C - Shark Week

D - Nerf

E - Mission Impossible

F - Jungle

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318137	A	NINCAM	MTWRF	9AM-4PM	6/8-6/12	SPL-GR	\$224
318137	B	NINCAM	MTWR	9AM-4PM	6/15-6/18	SPL-GR	\$179
318137	C	NINCAM	MTWRF	9AM-4PM	7/6-7/10	SPL-GR	\$224
318137	D	NINCAM	MTWRF	9AM-4PM	7/13-7/17	SPL-GR	\$224
318137	E	NINCAM	MTWRF	9AM-4PM	7/27-7/31	SPL-GR	\$224
318137	F	NINCAM	MTWRF	9AM-4PM	8/3-8/7	SPL-GR	\$224

SCIENCE & NATURE

ADVENTURE CAMPS

AT PRAIRIE PARK NATURE CENTER

Our adventure camps are designed for children 6 to 12 years of age. Participants will explore nature through interactive animal encounters, wilderness investigations, outdoor survival activities, wildlifethemed crafts, and more! Each camp also features fishing, canoeing, and archery, with no previous experience required--our counselors will teach your kiddos everything they need to know! Summer camps at Prairie Park Nature Center are a great way to get your child outdoors, engaging with nature and meeting new friends. Campers must bring a lunch and wear appropriate outdoor clothing and footwear. A snack, bug spray, and sunscreen are required. Our camp runs from 9 am until 3 pm each day, with the option to add on a 3-4 pm extension while availability lasts. ***A full week of camp must be purchased before adding the extended week option. Call us at (785) 832-7980 for more information.**

Camp Enrollment: Minimum 10 / Maximum 45.

Extended Hours: Minimum 5 / Maximum 15.

KIDS VS WILD

Ages: 6-12. What is your survival IQ? Would you be able to survive on your own in the wilderness? You will learn valuable survival skills while exploring the strategies animals use to survive daily life in the outdoors. Learn about navigation, fire building, foraging for food, and how to stay safe in wilderness environments. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	A	KID	MTWRF	9AM-3PM	6/1-6/5	PPNC	\$215
323241	A1	KID1	MTWRF	3-4PM	6/1-6/5	PPNC	\$60

JUNIOR NATURALISTS

Ages: 6-12. Want a future job working with animals? Learn the skills you need to become a naturalist! Become a wildlife expert and learn to identify our local birds, bugs, plants, and more! Enjoy up-close encounters with Kansas critters and get the opportunity to feed your favorite nature center animals. Meet some amazing field biologists and learn about the exciting work they are doing in the oceans, jungles, deserts, and other far-away lands. Camp includes canoeing, fishing, and archery (weather permitting).

Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	B	JRNAT	MTWRF	9AM-3PM	6/8-6/12	PPNC	\$215
323241	B1	JRNAT1	MTWRF	3-4PM	6/8-6/12	PPNC	\$60

MOST EXTREME ANIMALS

Ages: 6-12. Who is the fighter pilot of the animal world or the oldest creature on Earth? Which animals can run the fastest or jump the highest? What critters can kill with one drop of poison or regrow their lost limbs? Come explore the amazing abilities of the world's most extreme animals in this exciting week of camp. Camp includes canoeing, fishing, and archery (weather permitting).

Instructor: LPRD Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	C	EXANIM	MTWRF	9AM-3PM	6/15-6/19	PPNC	\$215
323241	C1	EXANIM1	MTWRF	3-4PM	6/15-6/19	PPNC	\$60

CAMPS

LIGHTS, CAMERA, ANIMALS

Ages: 6-12. Step into the wild world of animals and adventure! Campers will channel the curiosity and excitement of famous nature explorers like the Wild Kratt brothers and Steve Irwin as they discover amazing animal behaviors and talents. Each day, we'll explore new animal topics—learning about creatures that survive in fascinating ways through games, hands-on activities, and outdoor exploration. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	D	LCA	MTWRF	9AM-3PM	6/22-6/26	PPNC	\$215
323241	D1	LCA1	MTWRF	3-4PM	6/22-6/26	PPNC	\$60

PLANET SAVERS

Ages: 6-12. Want to be a real-life superhero? Learn how you can save the world by protecting our planet. Come learn about the wild superpowers of animals and develop your own super skills to live a more earth friendly life. We will explore the ways we can help reduce, reuse and recycle. Meet nature's recyclers like our possum, bald eagle, turkey vulture, and more! Learn to make a solar oven, harness the power of the wind, and grow your own food! Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	E	PLANSV	MTWRF	9AM-3PM	6/29-7/3	PPNC	\$215
323241	E1	PLANSV1	MTWRF	3-4PM	6/29-7/3	PPNC	\$60

WHERE THE WILD THINGS ARE

Ages: 6-12. Investigate the habitats of the planet with activities that investigate the different regions of the world. Take an imaginary trip to the jungle, marvel at desert animals, and explore Kansas' own prairies. Games, live animals, and hands-on investigations help you explore the wonders of your planet. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	F	WILDTHG	MTWRF	9AM-3PM	7/6-7/10	PPNC	\$215
323241	F1	WILDTHG1	MTWRF	3-4PM	7/6-7/10	PPNC	\$60

CREATURE QUEST

Ages: 6-12. Hunt for the most extreme animals in nature. This camp will highlight ways that animals are adapted to extreme conditions, wild ways of getting food, and the most bizarre survival techniques. Enjoy adventurous hikes, scavenger hunts, obstacle courses, and more. Try your hand at Animal Olympics, make slime, and learn all about mythical cryptids. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	G	CRTQUEST	MTWRF	9AM-3PM	7/13-7/17	PPNC	\$215
323241	G1	CRTQUEST1	MTWRF	3-4PM	7/13-7/17	PPNC	\$60

NATURE NINJA'S

Ages: 6-12. Sharpen your senses and train like a Nature Ninja! Campers will learn how animals use awareness, agility, and problem-solving to thrive outdoors. Through hands-on activities, campers will put these skills into action by navigating obstacle courses, participating in hands on crafts, and testing their speed and reflexes in fun, nature-inspired games. Adventure awaits on trails and in wooded areas as campers explore, climb, jump, and move with precision while discovering the excitement of the natural world. Camp also includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	H	NTRNJA	MTWRF	9AM-3PM	7/20-7/24	PPNC	\$215
323241	H1	NTRNJA1	MTWRF	3-4PM	7/20-7/24	PPNC	\$60

LAST CHANCE SUMMER CAMP

Ages: 6-12. What is your survival IQ? Would you be able to survive on your own in the wilderness? You will learn valuable survival skills while exploring the strategies animals use to survive daily life in the outdoors. Learn about navigation, fire building, foraging for food, and how to stay safe in wilderness environments. Camp includes canoeing, fishing, and archery (weather permitting). **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	I	LASTCH	MTWRF	9AM-3PM	7/27-7/31	PPNC	\$215
323241	I1	LASTCH1	MTWRF	3-4PM	7/27-7/31	PPNC	\$60



CAMPS

TRADITIONAL

SOUTH PARK SUMMER CAMP

Ages: 5-12. Enrollment Min: 15 / Max: TBA. This well-rounded camp experience offers children ages 5-12 a structured traditional camp that blends outdoor exploration, educational activities, indoor fun, and exciting field trips. Campers will enjoy a wide variety of activities including arts and crafts, swimming, games and physical recreation, all designed to encourage creativity, skill-building, and friendships in a safe and supportive environment. The South Park Summer camp participates in the Free Summer Lunch Program. All children participating in camp must have all camp paperwork turned in/current to attend the program. **For more information, please contact Madison Husbenet, 785-832-7951, mhusbenet@lawrenceks.gov. *Since we are moving to 9am-4pm, we will be offering after hours care from 4pm-5pm for a limited number of children. Please see activity code 325333 for sign up***

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325302	A	SPSC	MTWRF	9AM-4PM	6/1-6/5	CB- RM 1	\$135
325302	B	SPSC	MTWRF	9AM-4PM	6/8-6/12	CB- RM 1	\$135
325302	C	SPSC	MTWR	9AM-4PM	6/15-6/18	CB- RM 1	\$108
325302	D	SPSC	MTWRF	9AM-4PM	6/22-6/26	CB- RM 1	\$135
325302	E	SPSC	MTWR	9AM-4PM	6/29-7/2	CB- RM 1	\$108
325302	F	SPSC	MTWRF	9AM-4PM	7/6-7/10	CB- RM 1	\$135
325302	G	SPSC	MTWRF	9AM-4PM	7/13-7/17	CB- RM 1	\$135
325302	H	SPSC	MTWRF	9AM-4PM	7/20-7/24	CB- RM 1	\$135
325302	I	SPSC	MTWRF	9AM-4PM	7/27-7/31	CB- RM 1	\$135
325302	J	SPSC	MTWRF	9AM-4PM	8/3-8/7	CB- RM 1	\$135

SOUTH PARK SUMMER CAMP EXTENDED CARE

Ages: 5-12. Enrollment Min 5 / Max 20. Extended Care is available for families who need care beyond standard camp hours. Advance registration is required, and space is limited. Please sign up in advance to ensure availability.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
3253333	A	SPSC	MTWRF	4-5PM	6/1-6/5	CB-RM1	\$50
3253333	B	SPSC	MTWRF	4-5PM	6/8-6/12	CB-RM1	\$50
3253333	C	SPSC	MTWR	4-5PM	6/15-6/18	CB-RM1	\$40
3253333	D	SPSC	MTWRF	4-5PM	6/22-6/26	CB-RM1	\$50
3253333	E	SPSC	MTWR	4-5PM	6/29-7/2	CB-RM1	\$40
3253333	F	SPSC	MTWRF	4-5PM	7/06-7/10	CB-RM1	\$50
3253333	G	SPSC	MTWRF	4-5PM	7/13-7/17	CB-RM1	\$50
3253333	H	SPSC	MTWRF	4-5PM	7/20-7/24	CB-RM1	\$50
3253333	I	SPSC	MTWRF	4-5PM	7/27-7/31	CB-RM1	\$50
3253333	I	SPSC	MTWRF	4-5PM	8/3-8/7	CB-RM1	\$50



UNIFIED RECREATION CAMPS

Unified Recreation Programs are adapted and integrated recreational activities for individuals with disabilities. LPRC encourages individuals with disabilities to consider all programs offered by the department. **If you have questions or need additional assistance, call Molly Gordon at (785) 330-7906, or email at mgordon@lawrenceks.gov.**

When school is out, fun is in! Join us for a summer filled with friends and fun activities like swimming, bowling, fieldtrips, gymnastics, sports, arts and crafts, and much more at Unified Recreation SummerCamps.

UNIFIED DAY CAMP ½ DAY

Ages: 5-21. Enrollment Min 5 / Max 10. The Unified Recreation Division is offering an 9-week summer camp fully integrated program for youth with and without disabilities. Participants will have a chance to gain socialization in a safe environment filled with friends and fun! **This is not one-on-one setting, and parents are encouraged to send attendants for those participants who need additional assistance. We offer a 4 to 1 staff ratio.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322600	A	1/2DAY	MTWR	12-4PM	6/1-6/5	ELRC	\$100
			F	9AM-4PM			
322600	B	1/2DAY	MTWR	12-4PM	6/8-6/12	ELRC	\$100
			F	9AM-4PM			
322600	C	1/2DAY	MTWR	12-4PM	6/15-6/18	ELRC	\$80
322600	D	1/2DAY	MTWR	12-4PM	6/22-6/26	ELRC	\$100
			F	9AM-4PM			
322600	E	1/2DAY	MTWR	12-4PM	6/29-7/2	ELRC	\$80
322600	F	1/2DAY	MTWR	12-4PM	7/6-7/10	ELRC	\$100
			F	9AM-4PM			
322600	G	1/2DAY	MTWR	12-4PM	7/13-7/17	ELRC	\$100
			F	9AM-4PM			
322600	H	1/2DAY	MTWR	12-4PM	7/20-7/24	ELRC	\$100
			F	9AM-4PM			
322600	I	1/2DAY	MTWR	12-4PM	7/27-7/31	ELRC	\$100
			F	9AM-4PM			

UNIFIED DAY CAMP FULL DAY

Ages: 5-21. Enrollment Min 5 / Max 25. The Unified Recreation Division is offering a nine week summer camp fully integrated program for youth with and without disabilities. Participants will have a chance to gain socialization in a safe environment filled with friends and fun! **This is not one-on-one setting, and parents are encouraged to send attendants for those participants who need additional assistance. We offer a four to one (4:1) staff ratio.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322601	A	FULLDAY	MTWRF	9AM-4PM	6/1-6/5	ELRC	\$140
322601	B	FULLDAY	MTWRF	9AM-4PM	6/8-6/12	ELRC	\$140
322601	C	FULLDAY	MTWR	9AM-4PM	6/15-6/18	ELRC	\$112
322601	D	FULLDAY	MTWRF	9AM-4PM	6/22-6/26	ELRC	\$140
322601	E	FULLDAY	MTWR	9AM-4PM	6/29-7/2	ELRC	\$112
322601	F	FULLDAY	MTWRF	9AM-4PM	7/6-7/10	ELRC	\$140
322601	G	FULLDAY	MTWRF	9AM-4PM	7/13-7/17	ELRC	\$140
322601	H	FULLDAY	MTWRF	9AM-4PM	7/20-7/24	ELRC	\$140
322601	I	FULLDAY	MTWRF	9AM-4PM	7/27-7/31	ELRC	\$140

DANCE

ADULT DANCE

Our adult dance classes are suitable for complete beginners, experienced dancer 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.

COUNTRY COUPLES VARIETY DANCING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Country dancing for couples is a vibrant and joyful expression of rhythm and connection, stepping into tradition and community spirit. Whether it's the energetic two-step, the graceful waltz, or the spirited line dance. Learn the basics of the various types of country dancing, from traditional country line dances to modern two-step. This is a great dance to develop quick turns, assertive leading, and maneuvering around the dance floor. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314150	A	CCVD	SU	5:40-6:40PM	7/26-8/30	SPL-LR	\$40

LATIN DANCING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Beginning level instruction in several varieties of the popular Latin Social dances. This program emphasizes attention to proper technique in both the lead and follow dance positions, including proper footwork, alignment and posture. Music varies to broaden experience with different tempos and styles. **Partner Enrollment Required. Price reflects per person rate. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314151	A	LD	SU	6:50-7:50PM	7/26-8/30	SPL-LR	\$40

LINE DANCING

■ **Ages: 15 and Up. Enrollment Min 10 / Max 30.** Line dancing is a popular means of socializing, sharpening one's memory and keeping fit. Learn the main elements of line dancing and basic steps. Line Dancing synchronizes steps and vibrant rhythms which captivates the dance form that brings people together on the dance floor. **No class 7/5. No partner necessary. Instructor: Mike Salerno. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314152	A	LINE	SU	4:30-5:30PM	6/7-7/19	SPL-LR	\$40
314152	B	LINE	SU	4:30-5:30PM	7/26-8/30	SPL-LR	\$40

NIGHT CLUB SWAY

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Nightclub Sway is a smooth, versatile and elegant social dance that's perfect for those contemporary ballads and soft rock. Explore the basic patterns and turns for Nightclub Sway and combining elements to add a lot of variety to your dance. Many people find learning Nightclub Two Step both enjoyable and accessible, whether they're new to dancing or looking to expand their repertoire. **Price reflects per person rate. Partner enrollment required. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314142	A	NCD	SU	6:50-7:50PM	6/7-7/19	SPL-LR	\$40

SWING DANCING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Swing dance is a playful form of ballroom dancing that involves triple steps and arm flourishes. Learn proper technique in both the lead and follow dance positions, including proper footwork, alignment and posture. Explore its various styles, fundamental steps and groove to popular swing dance songs. **No class 7/5. Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314154	A	SWING	SU	5:40-6:40PM	6/7-7/19	SPL-LR	\$40

FRIDAY WORKSHOPS

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

LINE DANCING WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 10 / Max 30.** Line dancing is a popular means of socializing, sharpening one's memory and keeping fit. Learn the main elements of line dancing and basic steps. Line Dancing synchronizes steps and vibrant rhythms which captivates the dance form that brings people together on the dance floor. **No partner necessary. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314141	A	LINEWS	F	5:45-8:00PM	6/26	SPL-LR	\$20
314141	B	LINEWS	F	5:45-8:00PM	7/10	SPL-LR	\$20
314141	C	LINEWS	F	5:45-8:00PM	8/7	SPL-LR	\$20

TWO-STEP WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Join us as we lace up our boots and immerse ourselves in the vibrant rhythms of country tunes. In this lively and engaging class, you'll learn the fundamental steps, techniques, and styling that make Country Two Step a beloved dance style across honky-tonks and dance floors. Learn walking steps, turns, wraps, and dynamic patterns. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314144	A	TSW	F	5:45-8:00PM	7/24	SPL-LR	\$20

ULTIMATE DANCE PARTY

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Step into an unforgettable evening of movement, music and connection! This 2-hour adult dance event is designed for all experience levels – whether you're a seasoned dancer or just looking to try something new. Feel the joy of dancing in a vibrant, welcoming atmosphere. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

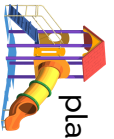
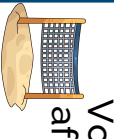
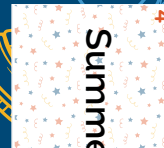
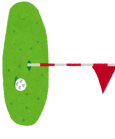
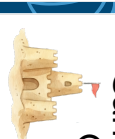
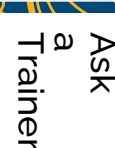
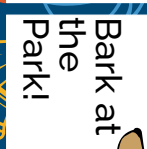
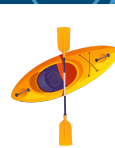
CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314160	A	ULTDNC	F	6:00-8:00PM	6/12	SPL-LR	\$15
314160	B	ULTDNC	F	6:00-8:00PM	8/14	SPL-LR	\$15

WEST COAST SWING WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Smooth and stylish, West Coast Swing is danced to blues, R&B, funk, pop, and even country music, making it not only the most popular style of social dance across the nation, but the fastest growing in popularity. This ultimate partner dance is for those who love to groove, express themselves, and connect with music. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314145	B	WCS	F	5:45-8:00PM	8/28	SPL-LR	\$20

JULY PARKS AND REC MONTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5 Visit your favorite playground	 6 Sand Volleyball after dark	 7 Visit the Outdoor Aquatic Center	 1 Ice Cream in the Park!	 2 Walk your favorite trail!	 3 Check out soccer festivities	 4 Summerfest!
 12 Short game golf clinic	 13 Youth Skate boarding class	 14 KRPA Mystery Activity	 15 City Band Concert	 9 Enjoy a round of disc golf	 10 Kids Night Out!	 11 Moonlight Safari
 19 Gymnastics Open Gyms!	 20 Have a picnic in your favorite park	 21 Sand Castle Creation Fest	 22 Ask a Trainer	 23 Bark at the Park!	 24 Glow in the dark pickleball tourney	 25 Rent & Row at Mary's Lake
 26 Enjoy a city splashpad!	 27 Bike the Lawrence Loop	 28 Tai Chi in the Park	 29 Play a round at Eagle Bend	 30 Popsicles in the park	 31 Family Glow Dance	

7/1 Ice Cream in the Park!

All ages welcome! Join us at South Park for Ice Cream in the Park, a free, family-friendly event with games, activities, and plenty of fun. Bring friends, meet neighbors, and enjoy a relaxed day in the park. No registration needed. Ice cream for the first 300 attendees! **4-5:30PM | South Park**

7/2 Walk Your favorite Trail

Slow down and enjoy the outdoors around Lawrence. Take a free, self-guided walk on your favorite trail, get fresh air, and recharge for National Parks and Recreation Month.

7/3 Catch the Big Game

Check out soccer activities around Lawrence as the big games take place nearby!

7/4 Summerfest

Celebrate the 250th Anniversary of the signing of the Declaration of Independence at Summerfest! Featuring food trucks, live music & performers, kids' zone, drone show & MORE

7/5 Visit Your Favorite Playground

Visit your favorite playground in Lawrence for a free, self-guided day of outdoor fun. Climb, swing, and explore while enjoying fresh air and celebrating local parks. **Playgrounds open 6AM-9PM.**

7/6 Sand Volleyball After Dark

Join us at PRC's sand volleyball courts for a free night of friendly competition under the lights. Come solo or with friends and enjoy open play from **8:30 to 10 pm. at Holcom Park Sand Volleyball Courts**

7/7 Visit the Outdoor Aquatic Center

Cool off at the Lawrence Outdoor Aquatic Center with slides, fountains, and fun water features. Daily admission is \$7 for ages 3-17 and 60+, or \$8 for ages 18-59 without a membership. **Open 1-6PM**

7/8 Soccer Skills Camp

Ages 7-14. This 2-hour youth soccer camp builds skills like dribbling, passing, shooting, and receiving through fun drills and small-sided games. Led by Sporting Kaw Valley coaches, it's a high-energy, positive environment for all skill levels. **Code: 319300 | 10AM-12PM | SPL | \$40**

7/9 Enjoy a Round of Disc Golf

Lawrence is home to two free 18-hole disc golf courses at Riverfront Park and Centennial Park. Both offer different levels of challenge, with Riverfront featuring more wooded, technical play. **Open 6AM-10PM**

7/10 Kids Night Out

Ages 5-12. Need a night out? Drop the kids off for 3 hours of fun at Gymnastics Kids Night Out. They'll climb, tumble, tackle obstacle courses, and play games with our coaches while you enjoy the evening off.

Code: 316013 | 6-9PM | SPL | \$30

7/11 Moonlight Safari

Experience a nighttime wildlife adventure with expert guides to spot Eastern Kansas creatures like raccoons, coyotes, and bats. Short hikes included, and an adult must accompany children under 16.

Code: 323208 | 7-10PM | PPNC | \$45

7/12 Short Game Golf Clinic- Free

Ages 18+. Improve your short game at Eagle Bend with focused instruction on chipping, pitching, bunker play, and putting. Learn simple techniques to build confidence and lower your scores.

11-11:45AM | Max 8 golfers, call 785-748-0600 to enroll.

7/13 Free Youth Skateboarding Class

Ages 6-18. Learn skateboarding basics in a supportive environment focused on balance, skills, tricks, and skate park etiquette. Helmets required, and skaters must bring their own board and safety gear.

Code: 314044 | 6-6:45PM | Centennial Park Skate Park

7/14 KRPA Surprise Adventure Activity

Ages 5-17. Join a free surprise adventure activity at the KRPA office in Clinton State Park Visitor Center. Each session features a mystery activity focused on exploration, creativity, and outdoor fun. **Code: 325002 | 9-11AM**

7/15 Summer Band Concert Series

Enjoy a relaxing evening with the Lawrence City Band, a free summer tradition featuring marches, classics, show tunes, and more. Bring a chair or blanket and spend the evening in the park with friends and family. **8PM | South Park**

7/16 Check out Lawrence Art

PRC stands for Parks, Recreation, and Culture. Explore downtown Lawrence and take a self-guided stroll to discover local artwork featured in the Unmistakable Public Art Exhibition. **Massachusetts Street**

7/17 Adult Swim Night

Join us at the Outdoor Aquatic Center for an adult only (18+) swim night featuring fun tunes, a photo op, and your classic pool concessions! \$8 for adults 18-59 and \$7 for adults 60+.

7/18 Royals Baseball Camp

Details to come! **<https://lprd.gov/youthsports>**

7/19 Gymnastics Open Gym

Ages 6-14. Youth Open Gym is a supervised space to jump, flip, climb, and play while building skills and confidence with coach support.

Code: 316030 | 1-1:50 PM | SPL | \$5

Ages 1-5 with a parent. A fun, supervised open gym where toddlers can climb, tumble, and explore through active play in a safe environment.

Code: 316023 | 2-2:50PM | SPL | \$5

7/20 Have a picnic in your favorite park

Pack your favorite snacks and enjoy a relaxing picnic at a Lawrence park. This free, self-guided activity is a simple way to slow down, relax, and spend time outdoors with family or friends.

7/21 Sand Castle Competition

Ages 15+. Build your best sand creation in this fun, family-friendly sandcastle competition. Compete solo or in teams using creativity and beach-safe tools, and be judged on design, detail, and imagination.

Code: 325003 | 6-90PM | Holcom Park Sand Volleyball Court | \$20

7/22 Ask a Trainer

Ages 18+. Stop by Sports Pavilion Lawrence for a free drop-in Q&A with PRC personal trainers. Learn proper form and equipment use for safer, more effective workouts. No registration needed; PRC membership required. **11AM-1PM | SPL**

7/23 Bark at the Park

Parks and Recreation is for everyone, including your furry friends. Bring your dog to Mutt Run Park for a free evening of play, socializing, and community connection. **Treats and water are available while supplies last | 5-6 pm**

7/24 Glow Pickleball Tournament

Ages 18+. Grab a partner for a blacklight pickleball tournament with pool play leading into brackets. Each team is guaranteed four matches, with recreational and competitive divisions available. Games run 6-9 pm, and registration is \$80 per team.

Code: 325017A | 6-10PM | SPL Court 7 | \$80

Code: 325017B | 6-10PM | SPL Court 8 | \$80

7/25 Rent and Row at Mary's Lake

Ages 5+. Enjoy a self-guided kayak or canoe adventure at Mary's Lake. Pick up gear at Prairie Park Nature Center and spend up to two hours on the water. All skill levels welcome. Life jackets required.

Code: 323700 | KAYAK | 10AM-12PM | PPNC | \$25

Code: 323700 | KAYAK | 10AM-12PM | PPNC | \$40

7/26 Enjoy one of our free splashpads

Cool off at Lawrence's free community splash pads at Lyons Park or Burroughs Creek Trail, 900 E 15th St. A fun, family-friendly way to beat the heat. Just bring a towel and enjoy. **Open 10AM-8PM**

7/27 Bike the Lawrence Loop

Bike the Lawrence Loop, a scenic trail connecting parks and natural areas around the city. This free, all-ages ride is a great way to get active and explore. Ride the full loop or a section. Helmets recommended.

7/28 Tai Chi in the Park

Ages 18+. Try a free Tai Chi for Health demo class. Learn slow, gentle movements that improve balance, restore harmony, and support overall health with certified instructors. **5:30-6:15PM | Veterans Park Tennis Court**

7/29 Play a Round at Eagle Bend

Eagle Bend Golf Course, a top-rated Kansas course, offers tee times and same-day bookings online. Practice your swing at the driving range with buckets starting at \$8. **Open dusk to dawn | 1250 E 902 Rd**

7/30 Popsicles in the Park

Come to "Dad" Perry Park for free popsicles, lawn games, and music. PRC staff will be at the west shelter handing them out on a first-come, first-served basis. No registration required. **5-7PM**

7/31 Family Glow Dance

Ages 4+ and kids under 3 free. To celebrate National Parks and Recreation Month, join a Family Glow Dance with neon lights, music, crafts, and pizza. Wear white or neon and come ready to dance and have fun together. Each registration includes one adult and one child.

Code: 325018 | Glow Dance | 6:30-8:30PM | Carnegie Building | \$35

Code: 325018 | Adtl. Member | 6:30-8:30PM | Carnegie Building | \$10

SUNDAY WORKSHOPS

EAST COAST WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** This course will focus on the rhythm and timing of swing dancing for East Coast Swing, mostly looking at techniques for social dancing single-time and double-time east coast swing. We'll explore leading and following technique for 6-count patterns that build a strong foundation for dancing east coast swing. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314140	A	ECS	SU	1:15-4:15PM	8/9	SPL-LR	\$25

INTERMEDIATE LINE DANCING

■ **Ages 15 and Up. Enrollment Min 10 / Max 30.** Intermediate Line Dance is for dancers who prefer faster dancing and an accelerated rate of learning compared with the Basic Line Dance. This class is designed for those who have some line dancing experience and are ready for more complex choreography than our Introduction to Line Dancing class. Come dance with us and take your skills to the next level! **No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314156	A	INTLINE	SU	3:15-4:15PM	6/14	SPL-LR	\$12
314156	B	INTLINE	SU	3:15-4:15PM	7/19	SPL-LR	\$12
314156	C	INTLINE	SU	3:15-4:15PM	8/16	SPL-LR	\$12

NIGHT CLUB SWAY WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Nightclub Sway is a smooth, versatile and elegant social dance that's perfect for those contemporary ballads and soft rock. Explore the basic patterns and turns for Nightclub Sway and combining elements to add a lot of variety to your dance. Many people find learning Nightclub Two Step both enjoyable and accessible, whether they're new to dancing or looking to expand their repertoire. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314142	B	NCD	SU	1:15-4:15PM	8/23	SPL-LR	\$25

WEDDING DANCE CRASH COURSE

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** In just three hours you will have the confidence to shine on the dance floor when all eyes are on you. Learn a variety of dances to fast and slow tempos, get comfortable with improvisation, look more natural, and tap into the pure joy and bliss of dance! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314161	A	WCC	SU	1:15-4:15PM	6/7	SPL-LR	\$25
314161	B	WCC	SU	1:15-4:15PM	7/12	SPL-LR	\$25

WEST COAST SWING WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Smooth and stylish, West Coast Swing is danced to blues, R&B, funk, pop, and even country music, making it not only the most popular style of social dance across the nation, but the fastest growing in popularity. This ultimate partner dance is for those who love to groove, express themselves, and connect with music.. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314145	A	WCS	SU	1:15-1:45PM	6/28	SPL-LR	\$25

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.

CROSSFIRE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A metabolism boosting workout utilizing multiple joint movements and full body exercises performed at a high intensity. Metabolic style training is FUN! Workouts move quickly, the exercises are constantly changing, and they force you to use your whole body as a unit. Incorporating super effective strength moves that build firm and lean muscle which is key to building a robust metabolism. Get ready for your fitness to get fired up! **No class 7/4 Bring a mat. Instructor: Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315008	A	CF	S	10-11AM	6/13-8/29	SPL-LR	\$58

ESSENTRICS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. **Bring a mat. Instructor: Kirstin Olson**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315027	A	ESNTRC	W	5:30-6:30PM	6/17-8/26	HRC-BR	\$58

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. **Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315029	A	EC	TR	12:15-12:45PM	6/2-8/27	CB-CR2	\$124

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 7/4. Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315032	A	PILATE	S	9:30-10:20AM	6/6-8/29	SPL-FR	\$63

FITNESS

POWER SCULPT ●●

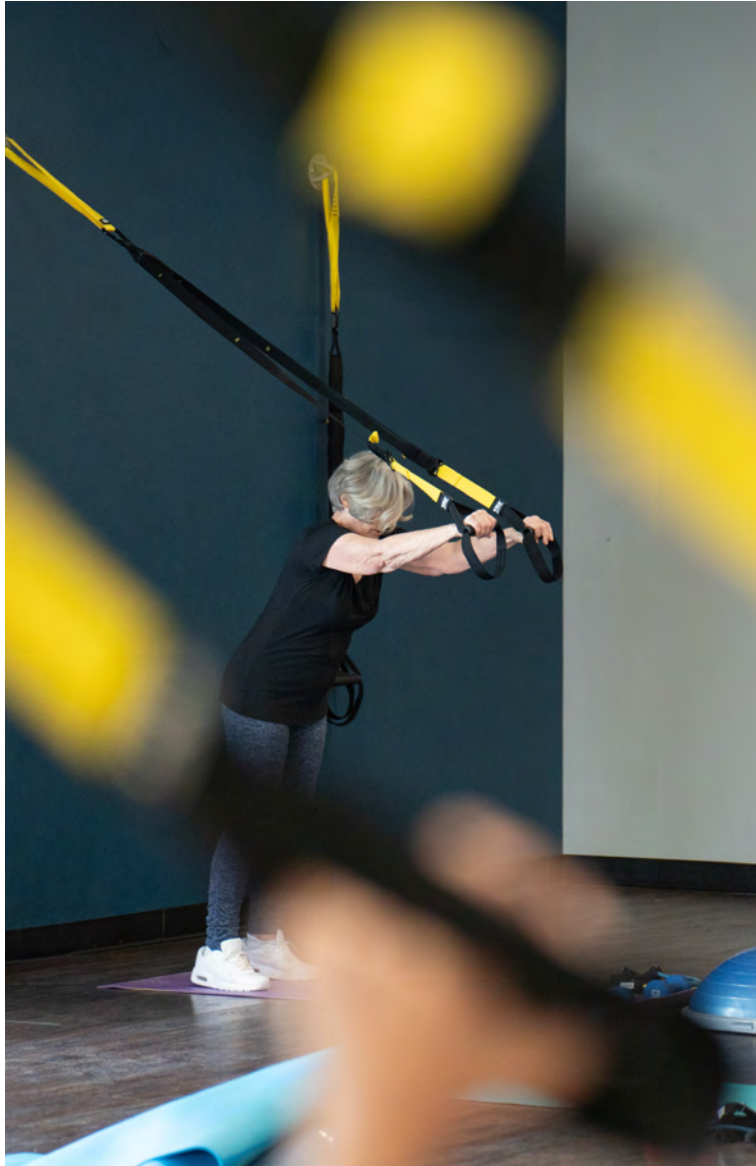
Ages: 15 and Up. Enrollment Min 10 / Max 20. The ultimate strength-training program to build muscle. Challenge all of your muscle groups by using barbells, handheld weights and weight room exercises. Instructor will focus on teaching correct lifting techniques, use of repetitions and selecting the right amount of weights to optimize muscle growth. **Bring a mat. No class 7/4. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315011	A	SCULPT	S	10:10-11AM	6/6-8/29	CB-CR2	\$63

PURE STRENGTH EXPRESS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. Functional strength training utilizes both resistance exercises & body weight movements to better equip you to handle daily feats of strength and athleticism, condensed to 30 minutes. Improve movement efficiency, coordination & mobility, and increase lean muscle mass to take on the physiological demands of real-life activities. Options for all levels. **Bring a mat. Instructor: Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315007	A	PSE	TR	6:00-6:30PM	6/9-8/27	HPRC-BR	\$114



PILATES AND STRENGTH FUSION ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. Participants will be challenged by combining a method of strength training and pilates to focus on flexibility and movement. Use the magic circle, free weights and bands to build strength, stability and mobility. **Bring a mat. Instructor: Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315009	A	PSD	TR	6:40-7:30PM	6/9-8/27	HPRC-BR	\$114

STRENGTH REMIX ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. 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. **Bring a mat. No class 7/4. Instructor: Christie Ogunnowo**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315356	A	SR	S	9:30-10AM	6/6-8/29	CB-CR2	\$63

TRX FIT ●●

Ages: 15 and Up. Enrollment Min 5 / Max 9. Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, and promoting weight loss. This quintessential TRX experience will lead you down the road to your best all-around fitness. **Bring a mat. No class 6/11, 8/4. Instructor: Amy Whittaker | Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315112	A	TXFIT(TH)MW		6:30-7:15PM	6/8-8/26	SPL-LR	\$114
315112	B	TXFIT(AW)TR		6-6:45PM	6/2-8/27	SPL-LR	\$120

TRX STRENGTH ●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315113	A	TRXFIT	MW	5:30-6:15PM	6/8-8/26	SPL-LR	\$114

WEIGHTS EXPRESS ●●

Ages: 15 and Up. MW – Enrollment Min 10 / Max 16 | TR – Enrollment Min 6 / Max 9. Get in and out in 30 minutes twice a week with this program. You will build strength through toning and utilizing a variety of equipment to sculpt all major muscle groups. Circuits and stations will also be incorporated into the program. Never the same boring routine, each class will be different. **No class 8/4. Bring a mat. No class 8/4. Instructor: Teresa Kelley. .**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315023	A	WGHT	MW	5:30-6PM	6/1-8/26	SPL-FR	\$124
315023	B	WGHT	TR	12:15-12:45PM	6/2-8/27	SPL-LR	\$120

YOGA, ACTIVE ADULTS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Focus on building strength, flexibility and mindfulness through dynamic and engaging practices suitable for all ages. Participants practice various yoga traditions, all of which combine forms of breathing, posture and exercise. **No class 6/11. Bring a mat. Instructor: Carol Rubino.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315035	A	YAA	R	5:30-6:30PM	6/4-8/27	SPL-FR	\$63

FITNESS

YOGA, AGELESS ATHLETES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Maintaining flexibility and mobility are imperative for athletes. Yoga helps relax, stretch, and strengthen specific areas of the body to optimize performance and reduce the risk of injury. This practice will address these issues to create faster recovery, better focus and stress relief. Athletes who are newer to yoga, as well as those with pre-existing experience will benefit from this course. **Bring a mat. Instructor: Carol Rubino.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315036	A	YAA	M	5:30-6:30PM	6/1-8/24	HPRC-BR	\$68

YOGA, BEGINNERS FLOW ●

Ages: 15 and Up. Min 10 / Max 15. This class is designed for beginning students who prefer a gentler approach. It emphasizes a slow pace that focuses on developing body awareness, learning fundamental postures, and understanding proper alignment. Participants will also learn how to synchronize breath with movement and explore the connection between their physical and energetic bodies. **Bring a mat. Instructor: Carol Rubino.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315040	A	YBF	T	5:30-6:30PM	6/2-8/25	ELRC-GR	\$68

YOGA, EXPRESS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315022	A	EXYOGA	TR	12:10-12:50PM	6/2-8/27	SPL-FR	\$124

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, improves flexibility, and promotes physical well-being. **Bring a mat. No class 7/5. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315123	A	PYOGA	SU	4:30-5:45PM	5/31-8/23	SPL-FR	\$75

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 meditation. Stabilizing postures will help strengthen muscle groups in a low-impact way. You will leave this class feeling renewed and restored. **Bring a mat. Instructor: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315046	A	YR	W	6:15-7:15PM	6/3-8/26	SPL-FR	\$68

YOGA, SLOW FLOW ●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315016	A	SFY(TB)	T	10-11AM	6/2-8/25	SPL-FR	\$68
315016	B	SFY(CL)	R	10-11AM	6/4-8/27	SPL-FR	\$68

YOGA, SCULPT ●

Ages: 15 and Up. Enrollment Min 10 / Max 15. An ideal combination of Vinyasa Flow Yoga with the integration of hand weights. It is designed to creatively incorporate small weights into various yoga poses, facilitating a strength-building program. Participants will work on enhancing flexibility and strength, improving lean muscle mass, and promoting mental relaxation. **Bring your own mat. Instructor: Susan Thomas.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315118	A	YS	W	5:30-6:30PM	6/3-8/26	ELRC-GR	\$68

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 7/4. Instructors: Fran Hopkins (FH) | Shannon Carlson (SC).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315121	A (FH)	YGLTS	TR	5:30-6:25PM	6/2-8/27	CB-GYM	\$124
315121	B (SC)	YGLTS	S	8:30-9:20AM	6/6-8/29	SPL-FR	\$63

ZUMBA ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A fitness program that combines Latin and international music with dance moves. Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **No class 6/19, 7/14. Instructors: Pat Middaugh (PM) | Amy Ash (AA) | Mary Davidson (MD) | Diane Little (DL).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315000	A (PM)	ZUMBA	MWF	12:10-12:50PM	6/1-8/28	HPRC-GY	\$162
315000	B (MD)	ZUMBA	M	5:30-6:25PM	6/1-8/24	CB-GY	\$68
315000	D (DL)	ZUMBA	W	5:30-6:25PM	6/3-8/26	CB-GY	\$68
315000	D (AA)	ZUMBA	S	9-9:50AM	6/6-8/29	SPL-LR	\$63

ZUMBATHON

Ages: 18 and Up. Enrollment Min 10 / Max 20. Ditch the workout.....Join the Party! Dance your way to a fitter you with exciting and unique Latin moves and rhythms with easy-to-follow choreography set to upbeat music. Zumba, feels more like a party than exercise.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
315000	L	ZUMBA	S	9-11AM	6/27	HPC	\$10



EAGLE BEND GOLF

WELCOME TO GOLF

START SWINGING GOLF CAMP AGES 6-10

Ages: 6 to 10. Enrollment Min 3 / Max 15. Start Swinging class will focus on terminology and concepts in golf. It will introduce the junior to traditional fundamentals covering putting, chipping, pitching and full swing techniques. Juniors will receive instruction in a group setting and the one on one attention based on advancement on learning of skills. Beginning and advanced juniors may enroll in this class. Juniors may sign up for consecutive camps.

Instructor: Eagle Bend staff

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
360100	A	SWING	WR	10:30-11:15AM	6/3-6/4	EBGC	\$50
360100	B	SWING	WR	10:30-11:15AM	6/10-6/11	EBGC	\$50
360100	C	SWING	WR	10:30-11:15AM	6/24-6/25	EBGC	\$50
360100	D	SWING	WR	10:30-11:15AM	7/8-7/9	EBGC	\$50
360100	E	SWING	WR	10:30-11:15AM	7/15-7/16	EBGC	\$50
360100	F	SWING	WR	10:30-11:15AM	7/29-7/30	EBGC	\$50

START SWINGING GOLF CAMP AGES 11-14

Ages: 6 to 10. Enrollment Min 3 / Max 15. Start Swinging class will focus on terminology and concepts in golf. It will introduce the junior to traditional fundamentals covering putting, chipping, pitching and full swing techniques. Juniors will receive instruction in a group setting and the one on one attention based on advancement on learning of skills. Beginning and advanced juniors may enroll in this class. Juniors may sign up for consecutive camps.

Instructor: Eagle Bend staff

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
360101	A	SWING	WR	11:45AM-12:30PM	6/3-6/4	EBGC	\$50
360101	B	SWING	WR	11:45AM-12:30PM	6/10-6/11	EBGC	\$50
360101	C	SWING	WR	11:45AM-12:30PM	6/24-6/25	EBGC	\$50
360101	D	SWING	WR	11:45AM-12:30PM	7/8-7/9	EBGC	\$50
360101	E	SWING	WR	11:45AM-12:30PM	7/15-7/16	EBGC	\$50
360101	F	SWING	WR	11:45AM-12:30PM	7/29-7/30	EBGC	\$50

PRIVATE INSTRUCTION

All private instruction is organized and directed by Ryan Cloud, PGA and Rob Nicholson. **Private lessons are by appointment only.** Please call (785) 748-0600.

LEAGUES

For additional information or to join a league, please sign up at Eagle Bend's Pro Shop or contact Ryan Cloud at rcloud@lawrenceks.gov.

EAGLE BEND'S MEN'S GOLF LEAGUE

Fee: Annual dues are \$50. Appropriate green fees and cart fees apply each week plus \$5 prize money fee. Any male, 18 years or older, is eligible to play. Eagle Bend Men's League provides a fun and relaxing atmosphere for participants with varying formats each week. We will hold two match play contests and other events throughout the year. There will also be occasional special Saturday Men's League events held. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. Choose your own tee time anytime on Thursdays. Someone from Men's League must be in your group for your score to be verified. **League runs Thursdays, April 2-Sept. 17**

EAGLE BEND'S WOMEN'S GOLF LEAGUE

Fee: Annual dues are \$50. Appropriate green fees and cart fees apply each week plus \$5 prize money fee. Women's league is open to any female, 18 or older. Women's league is a once-a-week league for golfers of all skill levels, promoting a fun and relaxed atmosphere. It is a weekly league with varying formats. Also, once a month a cookout and complementary golf clinic will be held before play. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Wednesdays, April 22-Sept. 16.**

EAGLE BEND'S MEN'S SENIOR GOLF LEAGUE

Fee: Annual dues are \$50. Appropriate green fees and cart fees apply each week plus \$5 prize money fee. Any male, 50 years or older is eligible to play. Senior League promotes a positive, fun atmosphere for senior golfers. Golfers of all abilities are welcome. Various formats, weekly prizes, year-end championship and an end of the year luncheon are planned. Special Thursday morning editions of senior league are planned throughout the year. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Monday, March 30 - Oct. 26.**

EAGLE BEND'S JUNIOR GOLF LEAGUE

Fee: Junior League fees are \$66, includes every play day. Juniors age 12-17 years old, who have not reached their 18th birthday by May 31st are eligible. Junior league is a league promoting fun competition for junior golfers. **This is not an instructional league.** Participants are expected to have basic knowledge of golf fundamentals and etiquette. Weekly medalists will be awarded for six weeks. Golfers will compete according to gender for low score. The best four scores of the six will count toward stroke average. This enables participants to miss up to two weeks of the six-week league, or to eliminate two weak scores from poor rounds and still compete for the season award. Each flight will have a season medalist winner for low round of the season. Sign up to play each week in the Eagle Bend Golf Shop or call for tee time. **League runs Tuesday mornings, June 2 - July 28.**

TOURNAMENTS

Eagle Bend Golf Course and Learning Center is also open to outside groups for company outings and tournaments. Groups can reserve the course in three different formats. To find out more details, contact Ryan Cloud or Greg Dannevik at Eagle Bend (785) 748-0600.

BIRTHDAY PARTIES

Eagle Bend offers birthday parties. From a golf clinic birthday party to hosting a birthday party at our outdoor pavilion, Eagle Bend can meet your needs. Price varies on the option of party. Please contact the Pro Shop for more details, (785) 748-0600.



HOLE SPOTLIGHT: HOLE 8

147 YARDS / BLUE TEE PAR # HANDICAP 14

Eagle Bend
GOLF COURSE

This beautiful par 3 can be very tricky because the tee shot is surrounded by trees, making it difficult to judge the wind. Pay close attention to the wind direction on the other holes, as that will give you a good indication of what it's doing here. No matter where the pin is located, a shot to the middle of the green is always the safest play.

GYMNASTICS

SPORTS PAVILION LAWRENCE®

100 ROCK CHALK LN.

Parks, Recreation & Culture invites your child to flip, tumble, and soar through our exciting Gymnastics Program—designed to build strength, confidence, and character in a fun, supportive environment.

Our action-packed Ninja Warrior program develops agility, endurance, and body control through obstacle-based training. Students learn proper techniques for climbing, vaulting, jumping, and swinging as they progress through a variety of courses designed to challenge both mind and body. Classes emphasize perseverance, confidence, and teamwork—skills that reach far beyond the gym.

Our trained instructors follow PRC's professional standards to ensure every child learns safely while gaining independence, self-esteem, and unforgettable experiences.

For questions please contact the Gymnastics Programmer at Inoll@lawrenceks.gov (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. Laugh, play, and explore with your toddler! Our amazing coaches will guide you both through exciting, hands-on circuits and creative stations that inspire movement, connection, and growth in a fun, safe space made just for curious little minds! **No class 6/19, 6/30, 7/3. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318000	A	LB	T	4:40-5:25PM	6/2-7/28	SPL-GR	\$100
318000	B	LB	F	5:30-6:15PM	6/5-7/31	SPL-GR	\$88

TUMBLE BEARS

Ages: 3. Enrollment Min 4 / Max 12. Your child will build confidence and have a blast while developing physical awareness and coordination! With the bars, tumble track, and balance beam, they'll strengthen large motor skills in a fun and supportive environment. From learning forward rolls and balancing to exploring creative movement, every activity helps boost their strength, coordination, and love for active play! **No class 6/11, 7/1, 7/2, 7/4. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318001	A	TB	W	4:40-5:25PM	6/3-7/29	SPL-GR	\$100
318001	B	TB	R	5:30-6:15PM	6/4-7/30	SPL-GR	\$88
318001	C	TB	S	9:00-9:45AM	6/6-8/1	SPL-GR	\$100

GYM BEARS

Ages: 4-5. Enrollment Min 4 / Max 12. Students will leap into action, discovering every corner of the gymnastics world! With new skills and engaging circuits, they'll grow stronger, faster, more confident, and ready to shine both on and off the mat. **No class 6/11, 6/29, 6/30, 7/1, 7/2, 7/4. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318002	A	GB	M	4:30-5:25PM	6/1-7/27	SPL-GR	\$100
318002	B	GB	M	5:30-6:25PM	6/1-7/27	SPL-GR	\$100
318002	C	GB	T	5:30-6:25PM	6/2-7/28	SPL-GR	\$100
318002	D	GB	W	5:30-6:25PM	6/3-7/29	SPL-GR	\$100
318002	E	GB	R	4:30-5:25PM	6/4-7/30	SPL-GR	\$100
318002	F	GB	S	9:00-9:55AM	6/6-8/1	SPL-GR	\$100
318002	G	GB	S	10-10:55AM	6/6-8/1	SPL-GR	\$100

HOT SHOT (ADVANCED PRESCHOOL)

Ages: 4-5. Enrollment Min 4 / Max 6. This class takes young gymnasts to the next level! Designed for children ready to challenge themselves, acceptance is based on eagerness to learn, focus, and mastery of beginning-level gymnastics skills. Students will build on their foundation with an advanced curriculum that pushes their abilities and ignites their passion for gymnastics. **No class 6/11, 6/30, 7/1. Permission is required prior to enrollment. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318003	A	HS	T	5:30-6:25PM	6/2-7/28	SPL-GR	\$100
318003	B	HS	W	5:30-6:25PM	6/3-7/29	SPL-GR	\$100
318003	C	HS	R	4:30-6:25PM	6/4-7/30	SPL-GR	\$88

BEGINNING GIRLS

Ages: 6-9 / 9-12. Enrollment Min 4 / Max 14. Participants will experience the excitement of all four gymnastics apparatuses—Bars, Floor, Beam, and Vault! Each lesson focuses on proper body alignment, building strength and balance, and mastering essential gymnastics skills. Through fun activities that enhance flexibility, coordination, and gross motor development, gymnasts also grow socially while embracing our core values: patience, respect, focus, courage, and teamwork. **No class 6/11, 6/29, 6/30, 7/1, 7/2, 7/4. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318004	A	BG(9-12)	M	5:30-6:25PM	6/1-7/27	SPL-GR	\$100
318004	B	BG(6-9)	T	5:30-6:25PM	6/2-7/28	SPL-GR	\$100
318004	C	BG(6-9)	W	5:30-6:25PM	6/3-7/29	SPL-GR	\$100
318004	D	BG(6-9)	R	5:30-6:25PM	6/4-7/30	SPL-GR	\$88
318004	E	BG(6-9)	S	10:00-10:55AM	6/6-8/1	SPL-GR	\$100

BEGINNING BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. Gymnasts will experience the thrill of all six boys' gymnastics apparatuses—Parallel Bars, High Bar, Floor, Rings, Pommel, and Vault! Each class focuses on building strength, balance, and proper body alignment while mastering essential skills. Students will develop confidence, coordination, and a solid foundation for gymnastics success. **No class 6/11, 7/2. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318005	A	BB	R	5:30-6:25PM	6/4-7/30	SPL-GR	\$100

INTERMEDIATE BOYS

Ages: 6 and Up. Enrollment Min 4 / Max 6. For gymnasts who've mastered the Beginning Boys curriculum, this class takes skills to the next level! Focus on strength, flexibility, and intermediate skills while spending extra time in the gym to refine techniques and build confidence. **No class 6/11. Permission is required prior to enrollment. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318006	A	IB	R	6:30-7:55PM	6/4-7/30	SPL-GR	\$130

INTERMEDIATE GIRLS I

Ages: 6 and Up. Enrollment Min 4 / Max 7. For gymnasts who've mastered the Beginning Boys curriculum, this class takes skills to the next level! Focus on strength, flexibility, and intermediate skills while spending extra time in the gym to refine techniques and build confidence. **Permission is required prior to enrollment. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318007	A	INTGI	M	6:30-7:55PM	6/1-7/27	SPL-GR	\$148
318007	B	INTGI	T	6:30-7:55PM	6/2-7/28	SPL-GR	\$148
318007	C	INTGI	W	6:30-7:55PM	6/3-7/29	SPL-GR	\$148

GYMNASTICS

INTERMEDIATE GIRLS II

Ages: 6 and Up. Enrollment Min 4 / Max 7. Designed for gymnasts who have mastered Intermediate I skills, this class progresses towards more advanced skills. With increased gym time, participants perfect boy positions, build confidence and continue their journey towards gymnastics excellence. **No class 6/29, 7/1. Permission is required prior to enrollment. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318008	A	INTGII	MW	6:30-7:55PM	6/1-7/29	SPL-GR	\$248

ADVANCED GIRLS

Ages: 6 and Up. Enrollment Min 4 / Max 7. Gymnasts will take their skills to the next level on the balance beam, bars and vault, tackling more advanced moves with confidence and precision. Conditioning challenges grow to match their advanced abilities, while tumbling skills expand pushing gymnasts to new heights of personal growth and excitement. **No class 6/11, 6/30, 7/2. Permission is required prior to enrollment. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318009	A	ADVGLRSTR		6:30-7:55PM	6/2-7/30	SPL-GR	\$232

LITTLE NINJA WARRIORS

Ages: 4-5. Enrollment Min 4 / Max 12. This high energy Ninja class uses activity circuits 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 of class. **No class 6/11, 6/29, 6/30, 7/1, 7/2, 7/4. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318010	A	LNW	M	4:30-5:25PM	6/1-7/27	SPL-GR	\$100
318010	B	LNW	T	5:30-6:25PM	6/2-7/28	SPL-GR	\$100
318010	C	LNW	W	4:30-5:25PM	6/3-7/29	SPL-GR	\$100
318010	D	LNW	R	6:30-7:25PM	6/4-7/30	SPL-GR	\$100
318010	E	LNW	S	9:00-9:55AM	6/6-8/1	SPL-GR	\$100

ALL STARS NINJA WARRIORS

Ages: 4-5. Enrollment Min 4 / Max 7. Permission is required prior to enrollment. Level up with this advanced preschool Ninja class! Designed for young athletes ready for a challenge, this class builds on fundamental Ninja skills while introducing more advanced techniques and focusing on precision and athleticism. **No class 6/11, 7/1, 7/2. Instructor: PRC Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318015	A	ASNW	W	4:30-5:25PM	6/3-7/29	SPL-GR	\$100
318015	B	ASNW	R	5:30-6:25PM	6/4-7/30	SPL-GR	\$88

NINJA WARRIOR I

Ages: 6-8. Enrollment Min 4 / Max 14. Pure action and excitement! Athletes tackle hanging obstacles and parkour challenges while developing the strength, balance, and focus every ninja needs. Each class is a chance to test skills, master new moves (including kicks), and advance through our thrilling obstacle series. **No class 6/11, 6/30, 7/1, 7/2, 7/4. Instructor: PRC Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318011	A	NW	T	6:30-7:25PM	6/2-7/28	SPL-GR	\$100
318011	B	NW	W	5:30-6:25PM	6/3-7/29	SPL-GR	\$100
318011	C	NW	R	4:30-5:25PM	6/4-7/30	SPL-GR	\$88
318011	D	NW	S	10:00-10:55AM	6/6-8/1	SPL-GR	\$100

NINJA WARRIOR II

Ages: 9-12. Enrollment Min 4 / Max 14. Ninja Warrior II combines hanging obstacles with Parkour skills for intense fun. This class integrates basic fundamental 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 6/11, 7/1, 7/2. Instructor: PRC Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318012	A	NWA	W	6:30-7:25PM	6/3-7/29	SPL-GR	\$100
318012	B	NWA	R	6:30-7:25PM	6/4-7/30	SPL-GR	\$88

ADVANCED NINJA WARRIOR

Ages: 6-14. Enrollment Min 4 / Max 7. Advanced Ninja Warrior is designed for students ready to take their skills to a higher level. This upper-level class emphasizes skill development through teamwork and safe risk-taking, cycling through Agility, Balance, Hanging, and Kicks. Ninjas will refine their technique on challenging parkour courses while building character, body awareness, self-confidence, and the ability to approach difficult obstacles safely. **Prerequisite: Ninja Warrior I or II class or test in. No class 6/29. Instructor: PRC Ninja Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318013	A	ANW	M	6:30-7:55PM	6/1-7/27	SPL-GR	\$148

ELITE NINJA WARRIOR

Ages 6-14. Min: 4 / Max 14. This is the perfect class for ninjas ready to push their limits and sharpen both their minds and bodies. By combining power, precision, balance, and momentum, students tackle physical challenges while developing problem-solving skills. Each class offers opportunities to build strength, coordination, and parkour abilities, helping ninjas reach their maximum potential with confidence and focus. **Permission is required prior to enrollment. No class 7/1. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
318014	A	ENW	W	6:30-7:55PM	6/3-7/29	SPL-GR	\$148



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. Open Gym is a playful adventure where toddlers can dive into the exciting world of gymnastics at their own pace! Little ones are invited to climb, tumble, and explore through supervised, unstructured play. Sparking imagination, confidence, and giggles in a safe and joyful environment. A parent or guardian must accompany the child. **A parent or guardian must accompany the child. Fee represents cost per daily session. No open gym on 6/19, 7/4. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
316017	A	TUMBLE	M	10:15-11:15AM	JUNE-AUG	SPL-GR	\$5
316018	A	TUMBLE	W	10:15-11:15AM	JUNE-AUG	SPL-GR	\$5
316019	A	TUMBLE	F	10:15-11:15AM	JUNE-AUG	SPL-GR	\$5
316020	A	TUMBLE	S	11:15AM-12PM	JUNE-AUG	SPL-GR	\$5
316022	A	TUMBLE	T	10:15-11:15AM	6/30	SPL-GR	\$5
316023	A	TUMBLE	SU	2:00-2:50PM	7/19	SPL-GR	\$5

FLIPPIN' ZONE (YOUTH OPEN GYM)

Ages: 6-14 Enrollment Min 4 / Max 15. Jump, flip, climb, and conquer! Youth Open Gym is where gymnasts and ninja warriors train, play, and make friends in a safe, supervised space. Our coaches are there to spot, guide, and cheer, so every leap and tumble is full of fun and confidence! **Fee represents cost per daily session. No open gym on 6/19, 7/10. Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
316030	A	FLIP	F	6:30-7:30PM	JUNE-AUG	SPL-GR	\$5
316030	B	FLIP	R	10:15-11:15AM	7/2	SPL-GR	\$5
316030	C	FLIP	SU	1-1:50PM	7/19	SPL-GR	\$5

KIDS NIGHT OUT

Ages: 6-12 Enrollment Min 5 / Max 21. Need a night out? We've got the kids covered! Drop them off for 3 hours of nonstop fun at our action-packed Gymnastics- Kids Night Out! Kids will climb, swing, tumble, and race through exciting obstacle courses, enjoy open gym, and play high-energy games led by our awesome gymnastics and ninja coaches. It's the perfect place for kids to burn energy, make friends, and have an absolute blast, while you enjoy a well-deserved night off! (Pizza is provided.) **Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
316013	A	KNO	F	6:00-9:00PM	7/10	SPL-GR	\$30

GYMNASTICS/NINJA BIRTHDAY PARTIES

Give your child a birthday full of energy, laughter, and unforgettable memories - our gymnastics and ninja parties are guaranteed fun from start to finish! For ages 2-12, party times are specific times on Saturdays and Sundays. Package includes: 1 hour of active fun - then 30 minutes for celebration in our party room - all led by our trained staff. You bring the treats and decorations if desired. Book your party by visiting our website at www.lprd.gov and go to the gymnastics link or contact Landon Noll, Gymnastics Programmer at 785-330-7358 / lnoll@lawrenceks.gov. Fee: \$175 per party (up to 20 children).

Available: Saturday - 1:00-2:30pm; 3:00-4:30pm; 5:00-6:30pm and Sunday - 1:00-2:30pm; 3:00-4:30pm; 5:00-6:30pm

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. This class also looks at the business side of babysitting, covering how to market oneself as a sitter and how to choose and negotiate job offers. Safe Sitter gives youth the confidence and skills needed for being a skillful babysitter. **Participants will receive a certificate and a babysitter handbook upon completion of the program. Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
321200	A	SS	S	12-5PM	6/13	SPL-LR	\$115
321200	B	SS	S	12-5PM	7/18	SPL-LR	\$115

ADULT

WOODWORKING OPEN SHOW/ BEGINNING & ADVANCED

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
321304	A	WW	W	6-9PM	6/10-7/15	PT	\$210
321304	B	WW	W	6-9PM	7/22-8/26	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 Kahner Sampson at 785-832-7953 or ksampson@lawrenceks.gov.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
333002	A	TOG	SA	9:30AM-10:30AM	6/6	ELC- TBL ZN	\$5
333002	B	TOG	SA	9:30AM-10:30AM	6/13	ELC- TBL ZN	\$5
333002	C	TOG	SA	9:30AM-10:30AM	6/20	ELC- TBL ZN	\$5
333002	D	TOG	SA	9:30AM-10:30AM	6/27	ELC- TBL ZN	\$5
333002	E	TOG	SA	9:30AM-10:30AM	7/11	ELC- TBL ZN	\$5
333002	F	TOG	SA	9:30AM-10:30AM	7/18	ELC- TBL ZN	\$5
333002	G	TOG	SA	9:30AM-10:30AM	7/25	ELC- TBL ZN	\$5
333002	H	TOG	SA	9:30AM-10:30AM	8/1	ELC- TBL ZN	\$5
333002	I	TOG	SA	9:30AM-10:30AM	8/8	ELC- TBL ZN	\$5
333002	J	TOG	SA	9:30AM-10:30AM	8/15	ELC- TBL ZN	\$5
333002	K	TOG	SA	9:30AM-10:30AM	8/22	ELC- TBL ZN	\$5
333002	L	TOG	SA	9:30AM-10:30AM	8/29	ELC- TBL ZN	\$5
333002	M	TOG	SA	9:30AM-10:30AM	9/5	ELC- TBL ZN	\$5
333002	N	TOG	SA	9:30AM-10:30AM	9/12	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 decorations, and staff will have table and chairs ready for you. Please note that staff will only provide supervision in the Tumble Zone. Parties are \$150 for up to 20 children. The \$150 includes access to our meeting room 30 minutes prior to your party for set up and 15 minutes after for clean up. Need more time to party? Extend your reservation for \$75/additional hour. Want extra fun? Upgrade to a Nerf birthday party for \$25. For more information, contact Kahner Sampson at 785-832-7953 or ksampson@lawrenceks.gov.

PRE-REGISTER OR DROP-IN

TODDLER OPEN GYM

AGES 1-6 WITH ACTIVE ADULT SUPERVISION

\$5 PER KID

enroll online at lprd.org

AT THE ELRC TUMBLE ZONE

ACTIVE ADULT SUPERVISION IS REQUIRED

For more information, contact Kahner Sampson at 785-832-7953 or ksampson@lawrenceks.gov.

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

NEWSLETTER

Watch for our seasonal newsletter for highlights and updated information on activities, events, trips and programs. If you would like to be placed on the mailing list, call (785) 832-7909, email gsigurdson@lawrenceks.gov or subscribe at <http://www.lawrenceks.gov/subscriptions>. Copies are also available at all recreation centers.

TRAVEL

Join Lifelong Travel for local tours, engaging day trips, and memorable extended journeys designed with you in mind. Explore destinations featuring live entertainment, regional history, agritourism experiences, inspiring art, and beautiful scenic settings – all enjoyed in great company and at a comfortable pace. New trips are announced at our biannual travel shows each January and July. Detailed itineraries and registration information are available at Lawrence Recreation Centers and online. For questions or to sign up for travel updates, call 785-832-7909. We look forward to traveling with you!

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.

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.gov.

LIFELONG

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 June 19. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327201	A	ADT	MWF	8:50-9:50AM	6/1-7/17	HPRC-GY	\$80
327201	B	ADT	MWF	8:50-9:50AM	7/20-8/28	HPRC-GY	\$60

CORE STRENGTH

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327411	A	SF	TR	1-1:40PM	6/2-7/16	SPL-FR	\$67
327411	B	SF	TR	1-1:40PM	7/21-8/27	SPL-FR	\$48



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 June 19. Instructors: Deb Geraghty (DG) | Melanie Johnson (MJ).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327233	A	MJ	MWF	7:30-8:20AM	6/1-7/17	HPRC-BR	\$80
327233	B	MJ	MWF	8:30-9:20AM	6/1-7/17	HPRC-BR	\$80
327234	A	DG	MWF	9:30-10:20AM	6/1-7/17	HPRC-BR	\$80
327234	B	DG	MWF	10:30-11:20AM	6/1-7/17	HPRC-BR	\$80
327234	C	DG	TR	8:30-9:20AM	6/2-7/16	ELC-GY	\$67
327234	D	DG	TR	9:30-10:20AM	6/2-7/16	ELC-GY	\$67
327233	C	MJ	MWF	7:30-8:20AM	7/20-8/28	HPRC-BR	\$60
327233	D	MJ	MWF	8:30-9:20AM	7/20-8/28	HPRC-BR	\$60
327234	E	DG	MWF	9:30-10:20AM	7/20-8/28	HPRC-BR	\$60
327234	F	DG	MWF	10:30-11:20AM	7/20-8/28	HPRC-BR	\$60
327234	G	DG	TR	8:30-9:20AM	7/21-8/27	ELC-GY	\$48
327234	H	DG	TR	9:30-10:20AM	7/21-8/27	ELC-GY	\$48

DANCE FITNESS ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327250	A	DNCFIT	TR	9-10AM	6/2-7/16	CB	\$67
327250	B	DNCFIT	TR	9-10AM	7/21-8/27	CB	\$48

MINDFUL STRENGTH YOGA ●●

This class promotes overall health and well-being through intentional movement and breath-centered practice. This class blends foundational Hatha yoga postures with steady vinyasa flow sequences to build strength, flexibility, balance, agility, endurance, and mental focus. Emphasis is placed on mindful alignment, controlled transitions, and cultivating awareness in both body and breath. Participants are encouraged to move at their own pace, and the class uses detailed instruction for ease of participants with low vision. **Students should bring a yoga mat. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327300	A	MINDFUL W		5:30-6:30PM	6/3-7/15	CB	\$37
327300	B	MINDFUL W		5:30-6:30PM	7/22-8/19	CB	\$26

LABLAST ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327302	A	LABLAST	TR	10-11AM	6/2-7/16	HPRC-GY	\$67
327302	B	LABLAST	TR	10-11AM	7/21-8/27	HPRC-GY	\$48

LIFELONG

PILATES SILVER ●●

Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core muscles: hips, thighs and abdominals, as well as strengthening and toning through stretching as the body moves. Main Pilates principles include flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **Instructor: Pat Middaugh.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327204	A	PILATES	TR	9-9:50AM	6/2-7/16	HPC-GY	\$67
327204	B	PILATES	TR	9-9:50AM	7/21-8/27	HPC-GY	\$48

SLIMNASTICS ●●

Slimnastics offers an optimal mix of strength, balance, endurance and flexibility training using body-weight exercises, resistance bands and hand weights. We will focus on all muscle groups to create a strong, well-balanced, healthy body. **No class Julne 19. Instructor: Rosie Shelton.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327310	A	SLIM	MWF	9-10AM	6/1-7/17	CB	\$80
327310	B	SLIM	MWF	9-10AM	7/20-8/28	CB	\$60

SUPER SENIOR CIRCUIT ●●

Ages: 50 and Up. This 50-minute full-body group workout designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to twelve different exercises in the circuit, utilizing a combination of machines, free weights, stability balls, and resistance bands. As a result, each participant will experience an improved level of strength and fitness as each participant performs every exercise at his or her current level of strength and fitness. Utilizing this common-sense approach minimizes injury risk while maximizing improvement in functional strength and weight management, in addition to improved balance and agility. **No class June 19. Instructors: Jordan Kopp, Brandon Lavergne and Stephanie Foglesong.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327255	A	SF	MWF	7:30-8:20AM	6/1-7/17	SPL-FR	\$80
327255	B	SF	MWF	8:30-9:20AM	6/1-7/17	SPL-FR	\$80
327255	C	SF	MWF	9:30-10:20AM	6/1-7/17	SPL-FR	\$80
327255	D	SF	MWF	10:30-11:20AM	6/1-7/17	SPL-FR	\$80
327255	E	JK	MWF	8:00-8:50AM	6/1-7/17	SPL-LGCY	\$80
327255	F	JK	MWF	9:00-9:50AM	6/1-7/17	SPL-LGCY	\$80
327255	G	JK	MWF	10:00-10:50AM	6/1-7/17	SPL-LGCY	\$80
327255	H	JK	TR	7:30-8:20AM	6/2-7/16	SPL-FR	\$67
327255	I	JK	TR	8:30-9:20AM	6/2-7/16	SPL-FR	\$67
327255	J	JK	TR	10-10:50AM	6/2-7/16	SPL-LGCY	\$67
327255	K	SF	MWF	1:00-1:50PM	6/1-7/17	SPL-FR	\$80
327255	L	BL	TR	10:30-11:20AM	6/2-7/16	CB-CR2	\$67
327255	M	SF	MWF	7:30-8:20AM	7/20-8/28	SPL-FR	\$60
327255	N	SF	MWF	8:30-9:20AM	7/20-8/28	SPL-FR	\$60
327255	O	SF	MWF	9:30-10:20AM	7/20-8/28	SPL-FR	\$60
327255	P	SF	MWF	10:30-11:20AM	7/20-8/28	SPL-FR	\$60
327255	Q	JK	MWF	8:00-8:50AM	7/20-8/28	SPL-LGCY	\$60
327255	R	JK	MWF	9:00-9:50AM	7/20-8/28	SPL-LGCY	\$60
327255	S	JK	MWF	10:00-10:50AM	7/20-8/28	SPL-LGCY	\$60
327255	T	JK	TR	7:30-8:20AM	7/21-8/27	SPL-FR	\$48
327255	U	JK	TR	8:30-9:20AM	7/21-8/27	SPL-FR	\$48
327255	V	JK	TR	10-10:50AM	7/21-8/27	SPL-LGCY	\$43
327255	W	SF	MWF	1:00-1:50PM	7/20-8/28	SPL-FR	\$60
327255	X	BL	TR	10:30-11:20AM	7/21-8/27	CB-CR2	\$48

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. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327503	A	SP	MW	11:15AM-12PM	6/1-7/15	HPRC-GYM	\$67
327503	B	SP	TR	5:30-6:15PM	6/2-7/16	CB-CR1	\$67
327503	C	SP	MW	11:15AM-12PM	7/20-8/26	HPRC-GYM	\$48
327503	D	SP	TR	5:30-6:15PM	7/21-8/27	CB-CR1	\$43

TAI CHI FOR ALL ●

This program is designed to improve health and quality of life for everyone. Movements are simple and adaptable for all. This class will focus on Sun 73, classified as an Intermediate Sun Style form by the Tai Chi for Health Institute founded by Dr. Paul Lam. While beginners are welcome, it is particularly suited to people with some experience in Sun Style tai chi. There are no floor exercises. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327502	A	SP	TR	11:15AM-12PM	6/2-7/16	HPRC-GYM	\$67
327502	B	SP	TR	11:15AM-12PM	7/21-8/27	HPRC-GYM	\$48
327502	C	SP	TR	11:15AM-12PM	7/21-8/27	HPRC-GYM	\$48
327502	D	SP	TR	12:15-1:00PM	7/21-8/27	HPRC-BLY	\$48

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 August 4. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327340	A	TRX	TR	9-9:45AM	6/2-7/16	SPL-LGCY	\$67
327340	B	TRX	TR	9-9:45AM	7/21-8/27	SPL-LGCY	\$43

LIFELONG YOGA ●

Stretch stiff muscles, relax and learn to correctly align your spine through slow progressive traction in this less-vigorous, beginning class adapted for older adults. While using the full capacity of the lungs through correct breathing, you will oxygenate the body and the brain, improving blood circulation and your sense of well-being. **Instructors: Susan Thomas.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327270	A	LLYOGA	R	10:15-11:15AM	6/4-7/16	CB-DS	\$37
327270	B	LLYOGA	R	10:15-11:15AM	7/23-8/27	CB-DS	\$26

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. Note, the 9:00 class is faster-paced than the 10:00 class. **Instructor: Kim McDanield.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
327202	A	LLYOGA	TR	9-9:50AM	6/2-7/16	HPRC-BR	\$67
327202	B	LLYOGA	TR	10-10:50AM	6/2-7/16	HPRC-BR	\$67
327202	C	LLYOGA	TR	9-9:50AM	7/21-8/27	HPRC-BR	\$48
327202	D	LLYOGA	TR	10-10:50AM	7/21-8/27	HPRC-BR	\$48

RECREATION INSTRUCTION

BAROQUE RECORDER

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. New members – please call 785-832-7909, and the instructor will guide you to the ensemble that best fits your ability. Instructor Jean Hein was 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
327478	A	ADV	M	11AM-12PM	6/1-8/17	SRC	\$120
327478	B	BEG/INT	M	12:45-1:45PM	6/1-8/17	SRC	\$120

INTRODUCTION TO STARGAZING

Prepare for the Perseid Meteor Shower and other joys of looking up! Join us as we explore the sky and learn general astronomy of the night sky. This evening class will look at what there is to see in the Cosmic Zoo using the naked eye, binoculars, and telescopes. Instruction will include the use of planispheres, star charts, and apps. Instructor is Rick Heschmeyer, president of the Astronomy Associates of Lawrence, a NASA/JPL Solar System Ambassador, and Master Outreach Award winner from The Astronomical League. Registration fees include a planisphere, astronomy flashlight, and education materials.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427450	A	STAR	R	8-10PM	8/6-8/20	BKR	\$24

SPRING ARTISAN FAIR

Lawrence
KANSAS



MAY 2, 2026



9 A.M.-4 P.M.



HOLCOM PARK REC
CENTER: 2700 W 27TH ST



Featuring artisanal goods such as jewelry, paintings, textiles, pottery, home décor, and much more – plus free bike helmets available while supplies last!

-FREE KIDS' ACTIVITY STATION-
Join us to make a special gift for Mom, while supplies last!

MARTIAL ARTS

LITTLE DRAGONS

Ages: 5-7. Enrollment Min 6 / Max 12. A class 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. **Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317125	A	LD	M	5:30-6:10PM	6/1-7/6	CB-CR1	\$32
317125	B	LD	M	5:30-6:10PM	7/13-8/24	CB-CR1	\$37

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. Instructor has years of teaching experience and is a member of and certified by the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU). **Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317110	A	KARATE	M	6:15-7:30PM	6/1-8/24	CB-CR1	\$82

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. **Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317133	A	KF	M	6:15-7:15PM	6/1-8/24	SPL-FR	\$68

TAE KWON DO

Ages: 8 and Up. Enrollment Min 10 / Max 12. Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance and power through the practice of Tae Kwon Do forms and one-step sparring. As the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **Instructor: Grace Daniels**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317131	A	TKD	TR	6:45-7:45PM	6/2-8/27	ELRC-GR	\$124

TAI CHI

Ages: 15 and Up. Enrollment Min 10 / Max 15. 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 7/5. Instructor: Ron Ching.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
317109	A	TC	SU	6-7PM	6/21-8/23	SPL-FR	\$48

NATURE

2730 Harper St.

Nature Center Hours

Mondays - Closed

Tuesday through Friday: 9 a.m.-3 p.m.

Saturdays: 9 a.m.- 5 p.m.

Sundays: Closed

For all classes, come prepared to go outdoors by bringing a water bottle, bug repellant, sunscreen and appropriate footwear.

PROGRAMS FOR CHILDREN

WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323202	A	WILDADV	R	10-11AM	6/4-6/25	PPNC	\$40
323202	B	WILDADV	R	10-11AM	7/2-7/23	PPNC	\$40

WILDERNESS EXPLORERS

Ages: 6-12. Explore the great outdoors, learn survival skills, and discover the amazing world of plants and animals. Don't miss out on this amazing opportunity to have fun while also discovering the wonders of nature!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323266	A	WILDEXP	W	10-11:30AM	6/10	PPNC	\$25
323266	B	WILDEXP	W	10-11:30AM	6/24	PPNC	\$25
323266	C	WILDEXP	W	10-11:30AM	7/8	PPNC	\$25
323266	D	WILDEXP	W	10-11:30AM	7/22	PPNC	\$25

PROGRAMS FOR ALL AGES

TURTLE YOGA

Ages: 3 and older, Enrollment Min 5 / Max 20. Enjoy a basic 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. Class will end with one-on-one turtle time! Ages 2 and under join for free with a registered adult. **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
323204	A	TURTLE	S	10:30-11:30AM	6/10	PPNC	\$15
323204	B	TURTLE	W	6-7PM	7/8	PPNC	\$15
323204	C	TURTLE	S	10:30-11:30AM	7/18	PPNC	\$15
323204	D	TURTLE	S	10:30-11:30AM	8/22	PPNC	\$15
323204	E	TURTLE	S	10:30-11:30AM	9/12	PPNC	\$15

ARCHERY

Ages: 7 and Up. Enrollment Min 5 / Max 10. Looking for a fun and engaging activity for the whole family, a group of friends, or a special date night? Consider archery lessons! Whether you're a beginner or interested in becoming a competitive archer, our classes offer a variety of skill-building exercises and games fun for ages 7 and up. Choose the class that fits your schedule and start your archery journey today!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323291	A	ARCH	F	6-7:30PM	6/26	PPNC	\$25
323291	B	ARCH	F	6-7:30PM	7/10	PPNC	\$25
323291	C	ARCH	S	6-7:30PM	8/8	PPNC	\$25
323291	D	ARCH	S	6-7:30PM	9/5	PPNC	\$25

RENT AND ROW AT MARY'S LAKE

Ages: 5 and Up. Enrollment Min 5 / Max 10. Experience Mary's Lake with a self-guided paddling adventure! Pick up your ticket at Prairie Park Nature Center, stroll to the lake, and grab your kayak or canoe gear at the boathouse. Enjoy up to two hours on the water-bring your own fishing gear if you like. Life jackets required. Kayaks are available for solo paddlers and canoes seat up to three. All skill levels welcome! Register by type of boat preferred.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323700	A	KAYAK	S	10AM-12PM	6/13	PPNC	\$25
323700	B	CANOE	S	10AM-12PM	6/13	PPNC	\$40
323700	C	KAYAK	S	10AM-12PM	6/27	PPNC	\$25
323700	D	CANOE	S	10AM-12PM	6/27	PPNC	\$40
323700	E	KAYAK	S	10AM-12PM	7/11	PPNC	\$25
323700	F	CANOE	S	10AM-12PM	7/11	PPNC	\$40
323700	G	KAYAK	S	10AM-12PM	7/25	PPNC	\$25
323700	H	CANOE	S	10AM-12PM	7/25	PPNC	\$40
323700	I	KAYAK	S	10AM-12PM	8/15	PPNC	\$25
323700	J	CANOE	S	10AM-12PM	8/15	PPNC	\$40
323700	K	KAYAK	S	10AM-12PM	8/29	PPNC	\$25
323700	L	CANOE	S	10AM-12PM	8/29	PPNC	\$40

ACRYLIC PAINTING

Ages: 12 and Up. We will use acrylic paints as a medium to create an easy, step-by-step animal galaxy painting. The class will follow a demonstration and instruction on painting techniques, brushwork, color blending, and more. Paints, brushes, and acrylic boards are supplied

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323241	A	PAINT	S	4-6:30PM	6/27	PPNC	\$40



NATURE

SPECIAL EVENT - TICKETED

BREAKFAST FOR DINNER WITH THE ANIMALS

All Ages, Enrollment Min 10 / Max 50. Join us at Prairie Park Nature Center for a unique experience of having breakfast for dinner alongside your favorite animals. Additionally, you can enjoy a live animal program, play games with prizes, and explore the nature center during evening hours. This event is free for children aged 2 and under.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC-05	BREAK	S	6-8PM	7/18	PPNC	\$15

KANSAS CRITTER CRAWL: A WILD ADVENTURE THROUGH PRAIRIE PARK NATURE PRESERVE

Discover the beauty and excitement of Kansas wildlife on a guided evening tour at Prairie Park Nature Center Preserve, perfect for visitors of all ages. Enjoy a leisurely 1-mile walk with your knowledgeable guide, who will introduce you to the area's unique animals, intriguing plant life, and hidden wonders. As night approaches, take in the unforgettable sight of bats gliding over the preserve and the landscape lit up with fireflies. The experience also includes guaranteed up-close encounters with local wildlife inside the nature center. Children aged 2 and under are welcome free with a registered adult.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC-04	KANSAS	S	8-9:30PM	6/13	PPNC	\$10

WILD NOCTURNAL HIKE AT PRAIRIE PARK NATURE CENTER

Embark on a nocturnal hike with a naturalist at the Prairie Park Nature Center Preserve and observe the wildlife that emerges at night. Catch glimpses of bats, coyotes, raccoons, opossums, and more with handheld red lights. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
NC-06		WILDHIKE	S	8:30-10PM	8/1	PPNC	\$10

NATURE TRIPS

NIGHT CANOEING AND HIKING

Ages: 5 and Up. Enjoy an evening of paddling on Mary's Lake, illuminated by the soft light of lanterns. You will have the chance to explore the lake at night and observe the wildlife that comes to life then. Please register each person attending with their preference : a canoe (for two people) or a kayak (for one person). This activity is open to individuals who are aged 10 years and older. If you are under 14, you must be accompanied by a registered adult. To ensure your safety, life jackets will be provided.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323294	A	CANOE	S	8-10PM	6/20	PPNC	\$50
323294	B	KAYAK	S	8-10PM	6/20	PPNC	\$35
323294	C	CANOE	F	8-10PM	7/17	PPNC	\$50
323294	D	KAYAK	F	8-10PM	7/17	PPNC	\$35

MOONLIGHT SAFARI

Ages: 5 and Up. Experience the thrill of the night as you ride with our expert guides to spot some of Eastern Kansas' most captivating nocturnal creatures. From beavers and muskrats to raccoons, coyotes, foxes, badgers, and bats, witness these majestic animals in their natural habitat. Remember to bring your hiking shoes, as there will be short hikes. The shuttle departs from Prairie Park Nature Center at 7 pm and returns by 10 pm. Please note that a registered adult must accompany children under 16. Book your adventure now and get ready for a thrilling experience!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323208	A	RIDE	S	7-10PM	7/11	PPNC	\$45

RESERVED PROGRAMS AND BIRTHDAY PARTIES

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



SPECIAL EVENTS

SPECIAL EVENTS

ADULT SWIM NIGHT

Ages: 18 and up. Join us at the Outdoor Aquatic Center for an adult only (18+) swim night featuring fun tunes, a photo op, and your classic pool concessions! \$8 for adults 18-59 and \$7 for adults 60+.

GYMNASTICS OPEN GYM

Jump, flip, climb, and conquer! Youth Open Gym is where gymnasts and ninja warriors train, play, and make friends in a safe, supervised space. Our coaches are there to spot, guide, and cheer, so every leap and tumble is full of fun and confidence! Pre-registration is required. Walk-in registration can be processed if spots are available.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
316030	B	FLIPPIN	TR	10:15-11:15AM	7/2	SPL	\$5
316022	A	TUMBLE	T	10:15-11:15AM	6/30	SPL	\$5

GLow VOLLEYBALL TOURNAMENT

Ages: 18 and up. Enrollment Min 4 / Max 8. Test your team's Volleyball skills under the blacklights during Lawrence PRC's Glow Volleyball Tournament. Teams of six will compete in a coed round robin style tournament with the top teams from each pool playing to determine the best Glow Volleyball team in the city. The second-best ranked teams from each pool will compete for third place.

Games will be played at a net height of 7' 11". Registration includes 3 guaranteed matches and 6 special PRC water bottles! Each match will consist of 3 sets played to 25 with a 50-minute time limit. Sets will end in a tie if a winner is not decided before the time limit. A point system based on set results will determine final tournament standings. Games will begin at 1 p.m. The final set of matches will begin at 7 p.m. Registration is \$180/team, only one team member should register. Team rosters should be sent to the tournament director by June 5th. Players are encouraged to wear their finest fluorescent clothes and accessories. The winning team will receive championship t-shirts, ordered after the event.

The recreational division is perfect for players looking for a fun, relaxed, and social tournament atmosphere. The competitive division is intended for players seeking a higher-level, more competitive tournament experience.

Tournament Rules can be found here: https://teamsideline.com/common/_GetDownload.aspx?d=1SqkwsKo1PCQWNU0G7iMxLZVSValiUNhSw9hp5CY%2feY%3d

For questions, please reach out to Kahner Sampson, 785-832-7953, For questions, please reach out to Kahner Sampson, 785-832-7953, ksampson@lawrenceks.gov

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325016	A	COED	S	1-8PM	6/6	SPL CRT7	\$180
325016	B	COED	S	1-8PM	6/6	SPL CRT8	\$180

GLow PICKLEBALL TOURNAMENT

Ages: 18 and up. Enrollment Min 8 / Max 16. Grab your pickleball partner and enjoy a night of fun under the blacklights! Teams of two will compete in a pool play-style tournament that leads into bracket play. Registration includes four guaranteed matches and two special PRC water bottles.

Each match will consist of one set played to 21, or until the 15-minute match period ends. Match results will determine if teams advance to the championship or consolation single-elimination brackets. Games will begin at 6 p.m., with the final matches starting at 9 p.m.

The recreational division is perfect for players looking for a fun, relaxed, and social tournament atmosphere. The competitive division is intended for players seeking a higher-level, more competitive tournament experience.

Players are encouraged to wear their best fluorescent clothes and accessories to glow under the blacklights! The winning team of each division's championship bracket will receive championship T-shirts, ordered after the event.

Registration is \$80 per team, and only one team member should register, including their partner's name during registration.

*Please note, this tournament will not be separated by gender or age.

All other tournament rules can be found here: https://teamsideline.com/common/_GetDownload.aspx?d=1SqkwsKo1PCQWNU0G7iMxLZVSValiUNh1mbTle5tTXE=

For questions, please reach out to Kahner Sampson, 785-832-7953, ksampson@lawrenceks.gov

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
325017	A	RECR	F	6-9:30PM	7/24	SPL CRT7	\$80
325017	B	COMP	F	6-9:30PM	7/24	SPL CRT8	\$80



LAWRENCE CITY BAND SUMMER CONCERT SERIES

The Lawrence City Band, sponsored by PRC with assistance from the Rice Foundation, will present this annual concert series at **8 p.m. Wednesdays throughout the summer** at the William Kelly Bandstand in historic South Park, 1141 Massachusetts St. *Free and open to the public.* The band is conducted by Paul Popiel and/or Martin Bergee. In the event of inclement weather, the concert will be moved to Murphy Hall, Room 130, on the University of Kansas campus. **Concerts run Wednesdays, May 27 – July 17.**

CONCERT THEMES

May 27: South Park Favorites
June 3: Trails, Travels and Traditions
June 10: American Icons: From Main Street to the Movies
June 17: Scenes from Home

June 24: The Youngster's Concert Returns!
July 1: Celebrating America's Semiquincentennial
July 8: Americana
July 15: Across the Pond and Back Again

UNIFIED RECREATION

Unified Recreation Programs are adapted and integrated recreational activities for individuals with disabilities. LPRD encourages individuals with disabilities to consider all programs offered by the department. **If you have questions or need additional assistance, call Molly Gordon at (785) 832-7906, or email at: mgordon@lawrenceks.gov.**

MONTHLY NEWSLETTER

Watch for our monthly newsletters for highlights and updated information on activities, events, trips, and programs. If you would like to be placed on the mailing list, call (785)832-7906, email unifiedrecinfo@lawrenceks.gov or subscribe at <http://www.lawrenceks.gov/subscriptions>. Copies are also available at all Recreation Centers.

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 diner while socializing with friends. Listen to music and dance to a live DJ, win prizes at bingo and enjoy a surprise activity each month, all in a "Coffeehouse" atmosphere.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322200	A	CHOUSE	M	5:30-7:30PM	6/22	DCFG	\$40
322200	B	CHOUSE	M	5:30-7:30PM	7/27	DEPOT	\$40
322200	C	CHOUSE	M	5:30-7:30PM	8/31	DCFG	\$40

COFFEEHOUSE DANCE ONLY

Ages: 16 and Up. Enrollment Min 10 / Max 15. Grab your friends and get your groove back at Coffeehouse! Join us for an evening of socializing with friends. Listen to music and dance to a live DJ, win prizes at bingo and enjoy a surprise activity each month, all in a "Coffeehouse" atmosphere. **This Coffeehouse will not include dinner and is the dance portion only.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322201	A	CHOUSE	M	6:30-7:30PM	6/22	DCFG	\$18
322201	B	CHOUSE	M	6:30-7:30PM	7/27	DEPOT	\$18
322201	C	CHOUSE	M	6:30-7:30PM	8/31	DCFG	\$18

SOCIAL BOWLING & PIZZA

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 followed by a pizza party. This league puts fun before competition. Please arrive by 10:30 a.m. so that all lanes can begin at the same time. **Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322300	A	BOWL	SA	10:30AM-12:30PM	6/13	RCL	\$43
322300	B	BOWL	SA	10:30AM-12:30PM	7/18	RCL	\$43
322300	C	BOWL	SA	10:30AM-12:30PM	8/15	RCL	\$43

SOCIAL 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
322301	A	BOWL	SA	10:30AM-12PM	6/13	RCL	\$20
322301	B	BOWL	SA	10:30AM-12PM	7/18	RCL	\$20
322301	C	BOWL	SA	10:30AM-12PM	8/15	RCL	\$20

FIXED CIRCUIT TRAINING

Ages: 16 and Up. Enrollment Min 5 / Max 30. Practice functional movement to enhance your daily routines through interval-based exercises. Enjoy listening to upbeat music while giving yourself a full body workout using a chair, free weights, resistant bands, stability balls and more. This fun, low impact class will gently increase your heart rate and improve overall strength, balance and endurance while burning calories. **Instructor: PRC staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322400	A	CIRCUIT	R	6:30-7:30PM	6/4-7/9	CB	\$42

UNIFIED REC BAND CLASS

Ages: 16 and Up. Do you love music? Do you love to sing and keep the beat? If so, this class is for you! Join KU Marching Jayhawks Drum Major, Kate, this summer at Unified Rec Band Class! Explore music genres, play instruments, sing songs and more! A mini-class performance will be held on the last day!

Instructor: PRC staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322191	A	RECBAND	R	6:30-7:30PM	6/2-6/30	ELRC	\$35

CHAIR STRETCH & TONE

Ages: 16 and Up. Sit, stand or both in this adapted chair yoga class. Breathe and move your spine through gentle modified yoga postures designed to increase flexibility of joints, tendons, muscles and your mind. Go to your own personal edge and you will feel stronger and more relaxed after each class.

Instructor: PRC Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322400	B	CHAIR	R	6:30-7:30PM	7/23-8/27	CB	\$42

INTUITIVE ART CLASS

Ages 16 and Up. This multimedia class will explore painting, drawing, collage and more! Intuitive art making is process driven, spontaneous and focused on feelings rather than a perfect final product. Come have fun and enjoy the process of expressing yourself! **Instructor: PRC staff**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
322191	B	ART	T	6:30-7:30PM	7/14-7/28	CB	\$45



ADULT SPORTS

ADULT SPORTS

BASKETBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/5, Start Date: 6/21. Register on or before 5/29 for Early Bird Rate (reduced \$15 from listed fee).** Leagues are offered to Men's, Women's and Coed Divisions running Sundays, Tuesdays and Thursdays for approximately 9 weeks. Leagues may be separated into divisions if enough teams are registered to create better parity. All leagues will consist of a seven-game regular season followed by a single-elimination tournament for all teams. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
350100	A	MENS	SU	6-9PM	6/21-8/16	CB/SPL	\$385
350100	D	MENS	T	6-10PM	6/23-8/18	CB/SPL	\$385
350100	E	WOMENS	T	6-10PM	6/23-8/18	CB/SPL	\$385
350100	I	COED	R	6-10PM	6/25-8/20	CB/SPL	\$385

KICKBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/5, Start Date: 6/26. Register on or before 5/29 for Early Bird Rate (reduced \$15 from listed fee).** Leagues are offered for Coed teams on Fridays for approximately eight 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 for scheduling purposes. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
350400	C	COED	F	6:15-10:15PM	6/26-8/21	YSC	\$260

PICKLEBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/5, Start Date: 6/23.** Offered for Men's, Women's, & Mixed (MX) Doubles (DB) and Men's and Women's Singles (SNG) in leagues running 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. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
350850	A	MENBEG	T	6-9PM	6/23-8/18	SPL	\$40
350850	B	WMNBEG	T	6-9PM	6/23-8/18	SPL	\$40
350850	C	MENDB	T	6-9PM	6/23-8/18	SPL	\$40
350850	D	WMNDB	T	6-9PM	6/23-8/18	SPL	\$40
350850	F	MXDBOP	W	6-9PM	6/24-8/19	SPL	\$40
350850	G	MXDBEG	W	6-9PM	6/24-8/19	SPL	\$40

SOFTBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/5, Start Date: 6/21. Register on or before 5/29 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 four divisions (in order of most to least competitive): Class A Double Header (ADH), Double Header (DH), Weekly (WK), and Recreation (REC). Double Header teams will play two games per night for six weeks. Weekly teams will play one game per night for six weeks. Recreation 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
350201	A	COEDWK	SU	2-9PM	6/21-8/16	CLSC	\$250
350201	B	COEDREC	SU	2-9PM	6/21-8/16	CLSC	\$230
350201	I	COEDDH	SU	2-9PM	6/21-8/16	CLSC	\$430
350201	D	COEDREC	M	6:15-10:15PM	6/22-8/17	CLSC	\$230
350201	E	COEDWK	T	6:15-10:15PM	6/23-8/18	CLSC	\$250
350201	F	COEDREC	T	6:15-10:15PM	6/23-8/18	CLSC	\$230
350202	A	MENS DH	M	6:15-10:15PM	6/22-8/17	CLSC	\$430
350202	C	MENS DH	T	6:15-10:15PM	6/23-8/18	CLSC	\$430
350202	E	MENS DH	W	6:15-10:15PM	6/24-8/19	CLSC	\$430
350202	F	MENS WK	W	6:15-10:15PM	6/24-8/19	CLSC	\$250
350202	H	MENS WK	R	6:15-10:15PM	6/25-8/20	CLSC	\$250
350202	G	MENS REC	R	6:15-10:15PM	6/25-8/20	CLSC	\$230
350202	I	MENS DH	F	6:15-10:15PM	6/26-8/21	CLSC	\$430
350202	J	MENS ADHF		6:15-10:15PM	6/26-8/21	CLSC	\$430
350204	B	WOMEN RCM		6:15-10:15PM	6/22-8/17	CLSC	\$230

ULTIMATE FRISBEE: SUMMER SESSION

Fees are assessed at a per team rate. **Registration Deadline: 5/25, Start Date: 5/18.** Teams will play a nine-game schedule followed by a single-elimination tournament for all teams in each division. Players will be drafted to teams by captains based on skill level. A draft process will be completed by Lawrence Ultimate (for more information, check their website: lawrenceultimate.com). All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
350450	A	MONWKLY	M	6-9PM	5/18-8/10	YSC	\$40



ADULT SPORTS

VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 6/5, Start Date: 6/21. Register on or before 5/29 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. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
350300	A	COEDSNPW	SU	5-9PM	6/21-8/16	HOLSC/DPP	\$265
350300	G	COEDREC	SU	6-9PM	6/21-8/16	SPL/ELC	\$265
350300	B	WOMNPWR	M	6-9:30PM	6/22-8/17	SPL/ELC	\$265
350300	C	COEDPWR	W	6-9:30PM	6/24-8/19	SPL/ELC	\$265
350300	D	COEDPRDH	W	6-9:30PM	6/24-8/19	SPL/ELC	\$365
350300	E	COEDSNPW	R	6-9PM	6/25-8/20	HOLSC/DPP	\$265
350300	I	WOMNPWR	R	6-9:30PM	6/25-8/20	SPL/ELC	\$265
350300	J	WOMNPRDH	R	6-9:30PM	6/25-8/20	SPL/ELC	\$365



YOUTH SPORTS

SUMMER YOUTH SPORTS

INTRO T-BALL - CLASS

Ages: 4-5. This program is open to boys and girls ages 4-5 years old. This program is designed to be a fun introduction to baseball and softball fundamentals. This is a parent/guardian participation program which allows players and parents/guardians to learn and practice together. Instruction will be given in throwing, catching, fielding, hitting and running bases through different drills and games. This program will be held indoors at Sports Pavilion on the turf field. **For more information, contact Ross Schraeder at (785) 330-7361.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324450	A	INTROTB	T	5:45-6:35PM	6/4-6/25	SPL	\$50
324450	B	INTROTB	F	5:45-6:35PM	6/4-6/25	SPL	\$50
324450	C	INTROTB	T	5:45-6:35PM	7/7-7/28	SPL	\$50
324450	D	INTROTB	F	5:45-6:35PM	7/10-7/31	SPL	\$50

PRE-TRYOUT VOLLEYBALL CAMP

Grades: 7-12. Sports Pavilion Lawrence and Lawrence Juniors Volleyball are teaming up to offer a pre-tryout volleyball camp. This camp will aim to help prepare the participants for school team tryouts. The camp will be run by coaches and instructors with the Lawrence Juniors Volleyball Club. \$15 late fee if registered after July 8 and a camp shirt is not guaranteed. **For more information, contact Ross Schraeder at (785) 330-7361.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324560	A	VBCAMP	M-R	TBD	TBD	SPL	\$100

SUMMER YOUTH SPORTS CAMPS

SUMMER YOUTH VOLLEYBALL CAMP

Ages: Kindergarten through 3rd grade. Enrollment Min 6 / Max 12. Sports Pavilion Lawrence® and Lawrence Juniors Volleyball are teaming up to offer a volleyball camp for those that want to improve their volleyball skills in a fun, player centered environment. This camp will provide participants the opportunity to learn new skills, advance their game, and meet new friends. **Instruction will be provided by coaches and instructors with the Lawrence Juniors Volleyball Club.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
324550	A	VBCAMP	MWTR	8-9:30AM	TBD	SPL	\$90
324550	B	VBCAMP	MWTR	9:30-11AM	TBD	SPL	\$90
324550	C	VBCAMP	MWTR	12-2PM	TBD	SPL	\$125

YOUTH SPORTS

FALL SPORTS LEAGUES

FALL YOUTH VOLLEYBALL LEAGUE

Ages: 4th through 5th grade / 6th through 8th grade. The objective of this program is to provide an opportunity for children to play indoor volleyball in an organized recreational setting. Our emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun and safe atmosphere. Practices will begin the week of August 26. Teams will have one 1-hour practice each week. Practices will be on weeknights. Practice day and time will be determined by the coach once teams are formed. Games will be played on Sunday afternoons or evenings at Sports Pavilion Lawrence® from September 7 – October 12. **Registration deadline is Friday, August 1. For more information, contact Ross Schraeder at (785) 330-7361.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424500	A	VB(4-5)	TBA	TBA	8/24-10/11	SPL	\$55
424501	A	MSVB(6-8)	TBA	TBA	8/24-10/11	SPL	\$55

TENNIS

Lawrence Parks and Recreation has teamed up with Jayhawk Tennis to offer indoor and outdoor recreational tennis programs. Co-sponsored with Jayhawk Tennis.

RED BALL

■ **Ages: 6-7. Enrollment Min 4 / Max 8.** Students will learn the mechanics of each stroke as well as footwork and rallying skills. They will enjoy the fun of rallying and point play. We will enjoy the beginning stages of competing and incorporate lots of games and fun into the mix! Includes large, low-compression red balls and miniature courts. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
319100	A	RED	S	9-9:50AM	6/6-6/27	JTC	\$60
319100	D	RED	S	9-9:50AM	7/11-7/25	JTC	\$45

ORANGE BALL

■ **Ages: 8-10. Enrollment Min 4 / Max 8.** Students will sharpen their strokes, increase their court coverage, and learn to control the pace and spin of their shots. The students will begin to compete in games. Includes low-compression orange balls & shortened court boundaries. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
319100	B	ORANGE	S	10-10:50AM	6/6-6/27	JTC	\$60
319100	E	ORANGE	S	10-10:50AM	7/11-7/25	JTC	\$45

JUNIOR DEVELOPMENT

■ **Ages: 11-14. Enrollment Min 4 / Max 8.** Students will focus on proper technique and mechanics. Exposure to match and point play is introduced while continuing instruction on the fundamentals. This program is for novice/recreational players who want to learn the game and players looking to improve on fundamentals. **Instructor: Jayhawk Tennis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
319100	C	JUNDEV	S	11-11:50AM	6/6-6/27	JTC	\$60
319100	F	JUNDEV	S	11-11:50AM	7/11-7/25	JTC	\$45



SUMMERFEST

JULY 4TH, 2026 | 4PM-10PM

DOUGLAS COUNTY
FAIRGROUNDS
2120 HARPER STREET

MAIN GROUNDS & BUILDING 21

- Live Music
- Kids Zone
- Food Trucks
- Drone Show & More!



More Info!



For more info, contact
prsprecialevents@lawrenceks.org



ACTIVITIES REGISTRATION

Lawrence Parks and Recreation
115 W. 11th St., Lawrence, KS 66044
(785) 832-7920

FOR RECREATION USE ONLY

Date

Registrar

Loc.

☐ Cash ☐ MC ☐ VS ☐ D ☐ Check #

HOUSEHOLD INFORMATION

(PLEASE PRINT)

Name

Sex ☐ Male ☐ Female

Address

City

State

ZIP

Home Phone

Work Phone

Cell

E-mail

Secondary/Emergency Contact

Phone

☐ YES! I would like to make a donation to the LPRD scholarship fund. Amt: \$

Participant's First Name	Participant's Last Name	Birth Date	Sex M/F	Class Code	Sec	Class Name	Fee	Start Date

In consideration of my (and/or my child's) participation in this activity, I hereby release and discharge the City of Lawrence, Kansas, from any and all liability arising from accident, injury and illness that I (or my child/children) may suffer as a result of participation in such activity. I further agree to indemnify and hold harmless the City of Lawrence, Kansas and its employees from any and all claims resulting from injuries, damages and losses sustained by me (and/or my child/children) arising out of, connected with or in any way associated with the activity. In the event of emergency, I authorize City officials to secure from any licensed hospital, physician or medical personnel any treatment deemed necessary for me (and/or my child's) immediate care and agree that I will be responsible for payment of any and all medical services rendered. If any damage to City facilities, equipment or materials occurs as a result of misuse by me (and/or my child) during use in activity enrolled or participating in, I will be responsible for payment of any repairs and/or replacement needed. Also, the undersigned and/or the participant(s) authorize the City to use at its discretion any photograph(s) (black/white or color and video footage) taken of participants while participating in City programs and activities for marketing in print or by electronic means. Registration is not valid without signature. For faxed registration, signature provided by transmittal will stand as a valid signature and will be held as binding and will represent consent of waiver here within.

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

Signature Required

Date

Please Print Name

REGISTRATION INVALID WITHOUT SIGNATURE

METHOD OF PAYMENT

☐ Check or Money Order (Payable to: City of Lawrence)

☐ Cash

☐ MasterCard

☐ Visa

☐ Discover

DO YOU NEED SPECIAL ACCOMMODATIONS TO PARTICIPATE IN THESE PROGRAMS? ☐ YES ☐ NO

If Yes, please explain.