

activities guide

THE CITY OF LAWRENCE
PARKS, RECREATION AND
CULTURE DEPARTMENT

winter & spring 2026



www.lprd.org



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AGES 3+ | \$10 PER DAY

winter wonderland



enroll online!



scan here

*Entry is staggered
to alleviate crowding*



**Prairie Park Nature Center
2730 Harper St.**

5-8 PM SATURDAYS

- DECEMBER 13
- DECEMBER 20



WARM UP THIS WINTER WITH TEACUP

Looking for something to do on cold days? Stop by Prairie Park Nature Center! Explore our wildlife exhibits, learn something new, and say hi to Teacup the opossum

 **Prairie Park
Nature Center**
2730 Harper St.

HOURS:

- Monday: Closed
- Tuesday–Friday: 9 a.m. – 3 p.m.
- Saturday: 9 a.m. – 5 p.m.
- Sunday: Closed



STRETCH YOUR LIMITS!

2026 WINTER/SPRING ACTIVITIES GUIDE

This edition of the City of Lawrence Activities Guide is full of parks and recreation programs and activities to take part in throughout winter/spring 2026. **Registration begins 8 a.m. Tuesday, Dec. 9.**

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!

ONLINE ENROLLMENT

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

WALK-IN / MAIL-IN

Visit any City of Lawrence, Parks, Recreation and Culture Department, facility to enroll. *(For a complete listing of the facilities and their enrollment hours, see page 2).* Visa, MasterCard and Discover only. You can also drop your registration and payment in the mail using the Registration Form found at the end of this Activities Guide. Pay by check. Send your registration and payment to Lawrence Parks, Recreation and Culture Department, Administrative Office, 1141 Massachusetts St., Lawrence KS 66044. *Make checks payable to LPRD. Walk-in registration takes priority over mail-in registration.*

For registration, scholarship and policy information, please visit <http://lprd.org/programs>. You do not have to have a membership to enroll or take a program. For more information on memberships, please visit <https://lprd.org/membership>

Photo on front cover by Taylor Mah

TABLE OF CONTENTS

Department Directory/Class Coding.	Page 2	Lifelong Recreation.	Page 20
Aquatics.	Page 6	Martial Arts	Page 22
Camps.	Page 9	Nature.	Page 23
Dance	Page 10	Special Events	Page 25
Fitness	Page 13	Unified Recreation.	Page 26
Gymnastics	Page 16	Adult Sports	Page 27
Instructional	Page 19	Youth Sports.	Page 28

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

LAWRENCE PARKS AND RECREATION DEPARTMENT DIRECTORY*

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

CITY COMMISSION

Mike Dever, Mayor
Brad Finkeldei, Vice-Mayor
Amber Sellers
Bart Littlejohn
Lisa Larsen
Craig Owens, City Manager

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

PARKS AND RECREATION ADVISORY BOARD

Vicki Collie-Akers, Chair
Lee Ice, Vice-Chair
Taylor Bussinger
Ruth DeWitt
John Nalbandian

LAWRENCE CULTURAL ARTS COMMISSION

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

***All staff and board positions held as of November 14, 2025**

ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

STAFF

Lindsay Hart, Interim Director
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 Memorial Park:
1517 E. 15th St. • (785) 832-3451
Hours: 9 a.m. to 1 p.m. (Mon-Fri)

COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

CODES

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

RESERVATION/ENROLLMENT HOURS

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

STAFF

Annette Deghand, Recreation Operations Manager
adeghand@lawrenceks.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

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 Parkin, 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

Rachel Neff, Naturalist

rneff@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

Madison Husbenet, Recreation Programmer

mhusbenet@lawrenceks.gov

SPORTS PAVILION LAWRENCE

100 Rock Chalk Lane • (785) 330-7355

CODES

SPL.....Sports Pavilion

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

OTHER LOCATIONS

CARN

Carnegie Building,
200 W. 9th St.

PKSBP

Centennial Park—
Skateboard Park,
600 Rockledge Rd.

CLSC

Clinton Lake Softball Complex,
5101 Speicher Rd.

CMW

Crescent Moon Winery,
15930 246th St.

DCFG

Douglas County Fairgrounds,
2120 Harper St.

PT

Peaslee Tech,
2920 Haskell Ave., Suite 100

RCL

Royal Crest Lanes,
933 Iowa St.

SRC

Senior Resource Center,
745 Vermont St.

TW

Trivedi Wine,
1826 E. 1150 Road

RCP

Rock Chalk Park,
100 Rock Chalk Lane

RVRPK

Riverfront Park,
1594 N. 3rd St.

OVLPK

Overlook Park,
800 N. 1402 Road

LNP

Lawrence Nature Park,
201 S. Folks Road

BURPK

Burcham Park,
200 Indiana St.

LYONS

Lyons Park,
700 North Lyon St.

HOME

Your own home

TBA

To be announced

New Class	Class Name	Fitness Level	Ages/Class Size	Description					
	NEW ESSENTRICS								
	■ Ages: 15 and Up. Enrollment Min 10 / Max 15. A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. Bring a mat. No class 11/22, 11/25.								
Co-Sponsored Class not eligible for scholarships	Instructor: Kirstin Olson.								
Night Class (noted in bold)				Class Location (listed pages 2-3)					
Activity Number	CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE	Class Fee
	115027	A	ESSEN	W	5:30-6:30PM	1/7-3/11	HPRC-BR	\$30	
	215027	B	ESSEN	S	8:45-9:45AM	3/25-5/13	HPRC-BR	\$30	
Section of Class (Blue = Winter / Orange = Spring)									Dates of Class
Name of Class									Time of Class
									Day of Class

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

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

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

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

For information on program and activities cancellations due to inclement weather, visit rainoutline.com. If you are in need of special accommodations for our programs/classes, please call The Community Building at (785) 832-7920.

**SCAN
ENJOY
REPEAT**

**MEMBERS WILL CHECK IN
WITH THEIR ACCESS CARD
EACH TIME THEY VISIT.
BECOME A MEMBER BY
VISITING THE FRONT DESK
AT ANY REC CENTER!**



MEMBERSHIPS

Sports Pavilion Lawrence[®], Holcom Park Recreation Center and East Lawrence Recreation Center
Youth (17 and under), Adult (18-59), Senior (60+)

Membership Type	Residents (City of Lawrence)	Non-Residents
Youth Monthly	Douglas County Youth FREE	\$10
Adult Monthly	\$12	\$15
Household Monthly	\$20	\$24
Senior Monthly	\$8	\$10
Youth Annual	Douglas County Youth FREE	\$100
Adult Annual	\$120	\$150
Household Annual	\$200	\$240
Senior Annual	\$80	\$100

RECREATION FACILITY MEMBERSHIPS

**VISIT OUR WEBSITE FOR DETAILED MEMBERSHIP
INFORMATION INCLUDING:**

Frequently Asked Questions

Qualified Access Memberships

Membership Access and Benefits

Access Cards and Identification

Facility Use and Day Passes

<https://lawrenceks.gov/prc/membership/>



AQUATICS

ADMISSION FEES/MEMBERSHIP OPTIONS

ADMISSION FEES/MEMBERSHIP OPTIONS

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

ISN'T IT TIME YOU JOINED LPRD 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: <http://www.lprd.org/aquatics/admission>.

ANNUAL AND MONTHLY PASSES

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

ALL AGES ANNUAL AQUATIC MEMBERSHIP

Memberships are valid for 365 days from the date of purchase at the Indoor or Outdoor Aquatic Centers. Memberships are created for only one individual and cannot be shared with family and/or friends. For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.

ALL AGES 30-DAY AQUATIC PASS

Memberships are valid for 30 days from date of purchase at any PRC Aquatic facility. This membership option offers the swimmer a savings over daily swim admission. Memberships are created for only one individual and cannot be shared with family and/or friends. May be purchased at the Indoor or Outdoor Aquatic Centers. For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.

PUNCH CARDS

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

SAFETY CONCERNS

Aquatic facilities follow strict guidelines involving lightning safety. Staff use lightning detection systems, visual identification and support from the National Weather Service in Topeka to maintain swimmer safety. When lightning is detected within 0 - 3 miles, ALL swimmers must exit the water and take shelter at all swim locations including the Indoor Aquatic Center and Outdoor Aquatic Center. Safety prompts and instruction are given by the lifeguard staff.

AQUATIC FITNESS CLASSES

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

AQUA FIT

Ages: 16 and Up. Enrollment Min 15 / Max 20. Uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility, strength or balance, water exercise will help you regain your prior level of function. Leisure pool; 3-lane lap area. **No class 3/17, 3/19. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112434	1A	AQFIT	TR	9-9:45AM	1/6-2/12	LIAC	\$60
112434	1B	AQFIT	TR	10-10:45AM	1/6-2/12	LIAC	\$60
112434	2A	AQFIT	TR	9-9:45AM	2/24-4/2	LIAC	\$50
112434	2B	AQFIT	TR	10-10:45AM	2/24-4/2	LIAC	\$50
212434	1A	AQFIT	TR	9-9:45AM	4/14-5/14	LIAC	\$50
212434	1B	AQFIT	TR	10-10:45AM	4/14-5/14	LIAC	\$50

AQUA HIIT

Ages: 16 and Up. Enrollment Min 10 / Max 25. High Intensity Interval Training advanced class. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Tuesday and shallow water Thursday. Flotation belts required (supplied) in deep water; no swimming skills required. Competition pool shallow & deep. **No class 3/17, 3/19. Instructor: Colleen Boley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112437	1A	AQHIIT	TR	5:30-6:15PM	1/6-2/12	LIAC	\$60
112437	2A	AQHIIT	TR	5:30-6:15PM	2/24-4/2	LIAC	\$50
212437	1A	AQHIIT	TR	5:30-6:15PM	4/14-5/14	LIAC	\$50

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. **No class 3/17, 3/19. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112412	1B	FUSION2	TR	8:15-9AM	1/6-2/12	LIAC-CPSE	\$60
112412	2B	FUSION2	TR	8:15-9AM	2/24-4/2	LIAC-CPSE	\$50
212412	1B	FUSION2	TR	8:15-9AM	4/14-5/14	LIAC-CPSE	\$50

AQUATICS



FULL LIST OF HOURS

Indoor Aquatic Center

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

JIVIN' JOINTS

Ages: 16 and Up. Enrollment Min 15 / Max 20. This is a group recreational water-based exercise program. Specifically designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce pain and stiffness. Leisure pool; 3 lane lap area. **No class 1/19; 3/16; 3/18 and 3/20. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112430	1A	JIVNJNTS	MWF	8:45-9:30AM	1/5-2/13	LIAC	\$85
112430	1B	JIVNJNTS	MWF	9:45-10:30AM	1/5-2/13	LIAC	\$85
112430	2A	JIVNJNTS	MWF	8:45-9:30AM	2/23-4/3	LIAC	\$75
112430	2B	JIVNJNTS	MWF	9:45-10:30AM	2/23-4/3	LIAC	\$75
212430	1A	JIVNJNTS	MWF	8:45-9:30AM	4/13-5/15	LIAC	\$75
212430	1B	JIVNJNTS	MWF	9:45-10:30AM	4/13-5/15	LIAC	\$75



SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 8 / Max 25. 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 1/19; 3/16; 3/18 and 3/20. Instructor: Carmen Thomas.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112420	1A	SHALLOW	MWF	7:15-8AM	1/5-2/13	LIAC	\$85
112420	2A	SHALLOW	MWF	7:15-8AM	2/23-4/3	LIAC	\$75
212420	1A	SHALLOW	MWF	7:15-8AM	4/13-5/15	LIAC	\$75

DEEPLY FIT

Ages: 16 and Up. Enrollment Min 8 / Max 25. 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 1/19; 3/16; 3/18 and 3/20. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112438	1A	DEEPLIT	MWF	8:15-9AM	1/5-2/13	LIAC	\$85
112438	2A	DEEPLIT	MWF	8:15-9AM	2/23-4/3	LIAC	\$75
212438	1A	DEEPLIT	MWF	8:15-9AM	4/13-5/15	LIAC	\$75

AQUA TONE

Ages: 16 and up. Enrollment Min 8 / Max 25. Aqua tone is a shallow water class using the water for resistance to increase cardiovascular endurance, increase muscle tone and decrease impact on joints. This class incorporates the use of several pieces of aquatic exercise equipment including hand buoys, gloves, noodles and kickboards. Competition pool, shallow end. **No class 1/19; 3/16 and 3/18. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112413	1A	AQTONE	MW	5:30-6:15PM	1/5-2/11	LIAC	\$85
112413	2A	AQTONE	MW	5:30-6:15PM	2/23-4/1	LIAC	\$75
212413	1A	AQTONE	MW	5:30-6:15PM	4/13-5/13	LIAC	\$75

LABLAST SPLASH

Ages: 16 and Up. Enrollment Min 8 / Max 25. LaBlast Splash is a shallow aqua dance fitness workout based on Ballroom Dancing. It is partner-free and you learn the true skill of dance while blasting away calories in the pool. Competition pool, shallow end. **Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112439	1A	LABLAST	MW	6:30-7:15PM	1/5-2/11	LIAC	\$55
112439	2A	LABLAST	MW	6:30-7:15PM	2/23-4/1	LIAC	\$50
212439	1A	LABLAST	MW	6:30-7:15PM	4/13-5/13	LIAC	\$50

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. Contact Lori Madaus at the Lawrence Indoor Aquatic Center for additional information and pricing, Imadaus@lawrenceks.gov, (785) 832-7946 (SWIM).**



LEARN-TO-SWIM CLASSES

TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON

At the beginning of the season, we suggest that you repeat the last level that was completed the summer before. Most children remain in the same level for two or more sessions. It is also easier to move children up a level than to move them down a level. Swim lesson staff make the final decision in the placement of children into the most appropriate class level based on their skill. If you are in doubt as to which level to enroll your child in, you may call and set up a swim evaluation at our facilities at no cost to you.

AQUATICS

NOTE TO PARENTS/GUARDIANS

PRC 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 PRC 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 (PRSCH00L) (4 year olds): Preschool Aquatics teaches age-appropriate water and safety skills in a positive, logical progression beginning with fundamental water safety and aquatic skills. Skills learned in this level are the same fundamental skills that are taught in levels 1 and 2 of the Learn-to-Swim program. These skills include independent water entry, front and back glides, and combined arm and leg actions in the water. Children are required to stay in the Preschool program until they turn five years of age.

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

Level 2 (5-7 year olds): *Skills learned include front and back floats unsupported for 15 seconds with recovery to a standing position; front and back glides for 2 body lengths; and combined arm and leg actions on front and back for 15 feet.*

Level 3: *Skills learned include survival and back floats and treading water for 1 minute; front and back glides with two different kicks; front crawl and elementary backstroke 15 yards, begin learning the diving progression.*

Level 4: Improve on skills and increase endurance on strokes learned in previous levels, including front and back crawl for 25 yards, elementary backstroke, breaststroke, sidestroke with scissor kick and butterfly for 15 yards. *Skills learned include open turns on front and back pushing off in streamlined position, surface dives and dives off the side of the pool and swim underwater for 3 body lengths, survival and back floats in deep water as well as tread water for 1 minute each. This level is taught in the competition pool (LIAC).*

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

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

Junior Swim (JRSWIM): Are you between the ages of 9 and 16? Have you always wanted to learn to swim, but never have? If you feel too old to be in a traditional level one, two, or three class, this is the course for you. Junior swim is targeted towards those individuals between the ages of 9 and 16 that would like to overcome their fear of the water and learn the basic skills needed to be safe and enjoy the water. *This level is taught in the competition pool (LIAC).*

AVAILABLE LESSONS

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
112114	2A	PRESCHL	S	9-9:25AM	1/10-1/31	LIAC	\$38
112102	2A	LEVEL 2	S	9-9:45AM	1/10-1/31	LIAC	\$38
112105	2A	LEVEL 5	S	9-9:45AM	1/10-1/31	LIAC	\$38
112100	2A	P/CHILD	S	9:30-9:55AM	1/10-1/31	LIAC	\$38
112115	2A	AQUATOT	S	10-10:25AM	1/10-1/31	LIAC	\$38
112102	2B	LEVEL 2	S	10-10:45AM	1/10-1/31	LIAC	\$38
112103	2A	LEVEL 3	S	10-10:45AM	1/10-1/31	LIAC	\$38
112101	2A	LEVEL 1	S	10:30-10:55AM	1/10-1/31	LIAC	\$38
112103	2B	LEVEL 3	S	11-11:45AM	1/10-1/31	LIAC	\$38
112104	2A	LEVEL 4	S	11-11:45AM	1/10-1/31	LIAC	\$38
112108	2A	ADULT	S	11-11:45AM	1/10-1/31	LIAC	\$38
212114	2A	PRESCHL	S	9-9:25AM	2/14-3/7	LIAC	\$38
212102	2A	LEVEL 2	S	9-9:45AM	2/14-3/7	LIAC	\$38
212105	2A	LEVEL 5	S	9-9:45AM	2/14-3/7	LIAC	\$38
212100	2A	P/CHILD	S	9:30-9:55AM	2/14-3/7	LIAC	\$38
212115	2A	AQUATOT	S	10-10:25AM	2/14-3/7	LIAC	\$38
212102	2B	LEVEL 2	S	10-10:45AM	2/14-3/7	LIAC	\$38
212103	2A	LEVEL 3	S	10-10:45AM	2/14-3/7	LIAC	\$38
212101	2A	LEVEL 1	S	10:30-10:55AM	2/14-3/7	LIAC	\$38
212103	2B	LEVEL 3	S	11-11:45AM	2/14-3/7	LIAC	\$38
212104	2A	LEVEL 4	S	11-11:45AM	2/14-3/7	LIAC	\$38
212107	2A	JR SWIM	S	11-11:45AM	2/14-3/7	LIAC	\$38

CAMPS

GYMNASTICS

CHALK IT UP

Ages: 6-12. Enrollment Min 7 / Max 21. Campers will have access to all the equipment in the gymnastics room and experience coaching, as well as a mixture of fun, games, and obstacles! Please bring a sack lunch, healthy snack and a water bottle. Instructor: PRC Ninja Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416014	A	CIU	T	9AM-4PM	12/23	SPL-GR	\$70
416014	B	CIU	M	9AM-4PM	12/29	SPL-GR	\$70
416014	C	CIU	F	9AM-4PM	1/2	SPL-GR	\$70

NEW YEAR, NEW NINJAS

Ages: 6-12. Enrollment Min 7 / Max 21. This day camp will keep your kids active and excited the entire day! Campers will have access to all the ninja equipment and experience coaching, as well as a mixture of fun, games, and obstacles! Bring a sack lunch, healthy snack and a water bottle. Instructor: PRC Ninja Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416015	A	NINJA	M	9AM-4PM	12/22	SPL-GR	\$70
416015	B	NERF	F	9AM-4PM	12/26	SPL-GR	\$70
416015	C	NINJA	T	9AM-4PM	12/30	SPL-GR	\$70
416015	D	NERF	M	9AM-4PM	1/5	SPL-GR	\$70

SPRING BREAK CAMPS

NINJA SPRING BREAK CAMP

Age: 6-12. Enrollment Min 5 / Max 21. Looking for a unique and exciting week-long camp that your kids will LOVE! Ninja camp includes a variety of climbing, jumping, agility, and problem-solving skills to navigate through various Ninja courses. Campers need to provide their lunch. **Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
216015	A	NSBC	MTWRF	9AM-4PM	3/16-3/20	SPL-GR	\$224

SPRING BREAK CAMP

Ages: 6-12. Enrollment Min: 10 / Max: 20. Join us for an exciting spring break at Prairie Park Nature Center, where your child will enjoy outdoor adventures and animal encounters. Activities include games, arts and crafts, nature hikes, and a field trip to the Topeka Zoo. It's a fantastic opportunity for kids to make new friends and create lasting memories while exploring nature! Campers will need to bring a sack lunch, comfortable clothing, and shoes for outdoor adventures, as well as a spirit of adventure and enthusiasm!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223234	A	SBCAMP	MTWRF	9AM-3PM	3/16-3/20	PPNC	\$205

HOLCOM PARK SPRING INTO FUN CAMP

Ages: 5-12. Join our spring into fun camp at Holcom Park Recreation Center where children will participate in many different activities including but not limited to field trips, arts and crafts, movies and games. **Campers must bring their own lunch. 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.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225120	A	SBC	MTWRF	9AM-4PM	3/16-3/20	HPRC	\$135

UNIFIED SPRING BREAK CAMP

Ages: 5-21. Enrollment Min 7 / Max 21. Unified Recreation is offering a weeklong spring break camp for participants of all abilities. Participants will build social skills in a safe, fun environment. This is not a one-on-one program, so parents should provide attendants if extra support is needed. Staff ratio is 4:1.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
222100	A	USBC	M-F	9AM-4PM	3/16-3/20	ELRC	\$145

DANCE

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

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

SESSIONS

LINE DANCING

■ Ages: 15 and Up. Enrollment Min 10 / Max 30. Join in America's most popular dance craze! Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. This class teaches you the basic foundation of line dancing as well as a variety of dances. **No class 3/8. No partner necessary. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114152	A	LINE	SU	4:30-5:30PM	1/4-2/8	SPL-LR	\$40
114152	B	LINE	SU	4:30-5:30PM	2/15-3/29	SPL-LR	\$40
214152	A	LINE	SU	4:30-5:30PM	4/12-5/17	SPL-LR	\$40

LATIN DANCE

■ Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples. As we turn up the heat, move your feet to the smooth Latin beat. You'll learn all the steps, proper techniques, motions, patterns and movements to the salsa, cha-cha and more. Before you know it, you'll be dancing with the stars, impressing your family and friends with your fancy footwork. **No class 3/8. Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114151	A	LATIN	SU	5:40-6:40PM	2/15-3/29	SPL-LR	\$40

COUNTRY COUPLES VARIETY DANCING

■ Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples. Get ready to scoot your boots with a wide variety of country dances including the two-step, swing, waltz and polka dance. Learn the basic movements and sharpen your dance skills in this progressive class. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114150	A	CCVD	SU	6:50-7:50PM	1/4-2/8	SPL-LR	\$40
214150	A	CCVD	SU	5:40-6:40PM	4/12-5/17	SPL-LR	\$40

WEST COAST SWING

■ Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples. Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop, or Country. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor, with lots of time to practice. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214145	A	WCS	SU	6:50-7:50PM	4/12-5/17	SPL-LR	\$40

DANCE

SWING DANCING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Come and join the worldwide sensation of swing dancing. Classes will concentrate on the up-tempo single-count East Coast swing with basic patterns, a variety of footwork and loads of fun. Class also includes an introduction to the stylish, slow and bluesy West Coast swing. **No class 3/8. Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114154	A	SWING	SU	6:50-7:50PM	2/15-3/29	SPL-LR	\$40

NIGHT CLUB SWAY

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

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

FRIDAY WORKSHOPS

ULTIMATE DANCE PARTY

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** It's time to dance! You have learned all the steps, now you and your partner want to go out for an evening. For two hours, you will have the opportunity to dance two-step, waltz, East Coast Swing, West Coast Swing, Salsa, Cha-Cha, and other dances. Come enjoy your favorite dance to some great music and dance the night away! **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114160	A	ULTDNC	F	6-8PM	2/13	SPL-LR	\$15
214160	A	ULTDNC	F	6-8PM	4/24	SPL-LR	\$15



LINE DANCING WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114141	A	LINEWS	F	5:45-8PM	1/9	SPL-LR	\$20
114141	B	LINEWS	F	5:45-8PM	1/30	SPL-LR	\$20
114141	C	LINEWS	F	5:45-8PM	2/27	SPL-LR	\$20
214141	A	LINEWS	F	5:45-8PM	3/13	SPL-LR	\$20
214141	B	LINEWS	F	5:45-8PM	4/10	SPL-LR	\$20
214141	C	LINEWS	F	5:45-8PM	5/8	SPL-LR	\$20
214141	D	LINEWS	F	5:45-8PM	5/29	SPL-LR	\$20

EAST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** One of the dances with the most staying power has been East Coast Swing and its variations. East Coast Swing is a circular dance done to a wide range of upbeat music from Big Band to Contemporary to Country. Single time and triple time footwork and movements will be presented. All levels are welcome! **Partner Enrollment required. Price reflects per person rate. Instructor: Mike Salerno**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214140	A	ECS	F	5:45-8PM	5/22	SPL-LR	\$20

WEST COAST SWING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop, or Country. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor, with lots of time to practice. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114145	A	WCS	F	5:45-8PM	1/23	SPL-LR	\$20
214145	C	WCS	F	5:45-8PM	3/27	SPL-LR	\$20

SUNDAY WORKSHOPS

WEDDING DANCE CRASH COURSE

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Do you have two left feet? Have you never danced before? This class will provide a foundation in general social dancing to make your special day unforgettable. You will be introduced to the shared techniques of two or three social dances with the focus on timing and partner connection. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114161	A	WCC	SU	1:15-4:15PM	1/11	SPL-LR	\$25
114161	B	WCC	SU	1:15-4:15PM	2/15	SPL-LR	\$25
214161	A	WCC	SU	1:15-4:15PM	4/12	SPL-LR	\$25

DANCE

EAST COAST SWING WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** One of the dances with the most staying power has been East Coast Swing and its variations. East Coast Swing is a circular dance done to a wide range of upbeat music from Big Band to Contemporary to Country. Single time and Triple time footwork and movements will be presented. All Levels are welcome. **Partner Enrollment required! Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114140	A	ECS	SU	1:15-4:15PM	1/25	SPL-LR	\$25

INTERMEDIATE LINE DANCING

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114156	A	INTLINE	SU	3:15-4:15PM	1/18	SPL-LR	\$12
114156	B	INTLINE	SU	3:15-4:15PM	2/22	SPL-LR	\$12
214156	A	INTLINE	SU	3:15-4:15PM	3/22	SPL-LR	\$12
214156	B	INTLINE	SU	3:15-4:15PM	4/19	SPL-LR	\$12
214156	C	INTLINE	SU	3:15-4:15PM	5/17	SPL-LR	\$12

NIGHT CLUB SWAY

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
114153	B	NCD	SU	1:15-4:15PM	2/8	SPL-LR	\$25

TWO-STEP, BEGINNER/INTERMEDIATE

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214144	A	TWOSTEP	SU	1:15-4:15PM	3/29	SPL-LR	\$25

WEST COAST SWING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Come and learn one of today's hottest dances. All levels are welcome. West Coast Swing is a slotted dance done to any style of slow and bluesy music, such as Blues, Pop, or Country. Learn the concepts of compression and stretch. Class will include foundational elements as well as moves and patterns to get you grooving on the dance floor, with lots of time to practice. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214145	B	WCS	SU	1:15-4:15PM	3/1	SPL-LR	\$25

SALSA WORKSHOP

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Step onto the social Caribbean dance floor with the energetic Salsa! Learn the basics, movements, and concepts necessary to look terrific on the floor. Class will include presentation of proper footwork, discussion of Cuban motion, and creation of torque for turns. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214143	A	SW	SU	1:15-4:15PM	4/26	SPL-LR	\$25

DANCE FUNDAMENTALS I – SINGLE RHYTHM MOVEMENTS

■ **Ages: 15 and Up. Enrollment Min 8 / Max 20.** This workshop will focus on single-rhythm dance movements and patterns like struts, rock steps, swivels, jazz boxes and grapevines. The five major and four minor foot positions will be discussed along with body isolation and how it is used with swivels. The first two hours will be instruction on basic dance steps and patterns followed by a one-hour dance to practice. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno.**

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

DANCE FUNDAMENTALS II - TRIPLE RHYTHM MOVEMENTS & MORE

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214149	A	DF2	SU	1:15-4:15PM	3/15	SPL-LR	\$25

DANCE FUNDAMENTALS III – SPINS AND TURNS

■ **Ages: 15 and Up. Enrollment Min 8 / Max 20.** Elevate your dancing ability! Learn how to execute Spins and Turns properly with balance and control. Dance Fundamentals III is all about spins and turns, progressive and stationary. Just some of the many spins and turns defined, explained and practiced are traveling pivots, chainnés, inside and outside spins and Monterey turns. You will also learn and practice spotting techniques to increase your sense of balance and refine your spinning. **Singles and partners welcome. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214149	B	DF3	SU	1:15-4:15PM	5/3	SPL-LR	\$25



DANCE

YOUTH DANCE

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

Community Building – 115 W. 11th Street

MINI BALLET

Ages: 3-4. Enrollment Min 5 / Max 12. Designed for tiny dancers who love to twirl, whirl and walk on their tippy toes! The beginning basics of ballet will be taught including positions, center movements, and across-the-floor leaps. Dancers will hone in on gross motor skills as well as listening and classroom skills in a fun, supportive environment. **No class 3/19. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128001	A	MB	R	5:30-6:15PM	2/5-4/9	CB-DS	\$90

MINI BALLET & HIP HOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128002	A	MBHH	T	5:30-6:15PM	2/3-4/7	CB-DS	\$90

BEAMING BALLET & HIP HOP

Ages: 5-6. Enrollment Min 5 / Max 12. A combination class offering a taste of the basic fundamentals of ballet and hip-hop. Dancers will explore the similarities and differences of each style through hip-hop's high energy, sharp, edgy movements and the fluid, graceful, control of ballet. Both forms of movement builds self-confidence, discipline, body awareness, coordination, balance, strength and flexibility. This is a great class to learn the basics of ballet and hip-hop in one fun class! **No class 3/16. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128003	B	BBHH	T	6:20-7:10PM	2/3-4/7	CB-DS	\$90

PARENT & ME DANCE

Ages: 2-3. Enrollment Min 5 / Max 12. Dance together and share the experience of playful movement, silly songs, fun games and colorful props! With guardian's assistance, dancers will practice taking turns, listening, and following instructions all while developing motor skills and social interactions. Bond and enjoy quality time in this whimsical class! One dancer per guardian please. **No class 3/21. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128000	A	PMD	S	9:30-10:05AM	2/7-4/11	CB-DANCE	\$90

RISING URBAN HIP HOP

Ages: 7-13. Enrollment Min 5 / Max 12. An entergetic class combining the technique and styles of hip-hop, street dance, jazz and contemporary. Class will challenge each dancer's personal level through skills in the center, across the floor work and choreography. Strength, agility and self-expression will increase in this creative class! **No class 3/19. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128005	A	RHHA	R	6:20-7:10PM	2/5-4/9	CB-DANCE	\$90

MINI REC DANCE

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128008	A	MRD	S	10:25-11:10AM	2/7-4/11	CB-DANCE	\$90

BEAMING REC DANCE

Ages: 5-6. Enrollment Min 5 / Max 12. A creative recreation dance class perfect for the beginner and experienced dancer who enjoys moving and grooving! Basic dance fundamentals will be explored, guiding dancers to express emotion, release energy and take delight in their movement through fun songs, dances and games. **No class 3/19. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
128009	A	PMD	S	11:15-12:05AM	2/7-4/11	CB-DANCE	\$90



FITNESS

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

MATS

Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

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

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

BARRELATES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. The perfect fusion combination of Barre and Pilates for a full-body strength training workout. Combining the dynamic, dance-inspired movements of barre with lengthening and strengthening exercises of Pilates will target multiple muscle groups at once. This class will incorporate music and will be both challenging and fun, all levels welcome. **Bring a mat. No class 1/19, 2/16. Instructor: Vanessa Curtis.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115030	A	BE	MW	12:10-12:50PM	1/5-3/11	SPL-FR	\$86
215030	A	BE	MW	12:10-12:50PM	3/23-5/13	SPL-FR	\$76

BODY BURN ●●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115003	A	BB	R	5:45-6:40PM	1/8-3/12	CB-RM2	\$53
215003	A	BB	R	5:45-6:40PM	3/26-5/14	CB-RM2	\$42

BODY TONE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Build confidence and strength at your own pace! In this full body, low impact class you will use dumbbells, bands, and more to tone all the key areas including legs, arms and core. **All fitness levels are encouraged to join. Bring a mat. No class 1/19, 2/16. Instructor: Christine Lester.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115014	A	BT	MW	12:15-12:45PM	1/5-3/11	CB-CR2	\$86
215014	A	BT	MW	12:15-12:45PM	3/23-5/13	CB-CR2	\$76

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! **Bring a mat. Instructor: Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115008	A	CF	S	10-11AM	1/10-3/14	SPL-LR	\$53
215008	A	CF	S	10-11AM	3/28-5/16	SPL-LR	\$42

ESSENTRICS ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115027	A	ESSEN	W	5:30-6:30PM	1/7-3/11	HPRC-BR	\$53
215027	A	ESSEN	W	5:30-6:30PM	3/25-5/13	HPRC-BR	\$42

EXPRESS CONDITIONING ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115029	A	EC	TR	12:15-12:45PM	1/6-3/12	CB-CR2	\$95
215029	A	EC	TR	12:15-12:45PM	3/24-5/14	CB-CR2	\$76

PILATES & STRENGTH FUSION ●●

Ages: 15 and Up. Min: 10 / Max 20. 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
115009	A	PSF	TR	6:40-7:30PM	1/6-3/12	HPRC-BR	\$95
215009	A	PSF	TR	6:40-7:30PM	3/24-5/14	HPRC-BR	\$76

POP PILATES ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115032	A	POP	S	9:30-10:20AM	1/10-3/14	SPL-FR	\$53
215032	A	POP	S	9:30-10:20AM	3/28-5/16	SPL-FR	\$42

POWER SCULPT ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 18. The ultimate strength training program to build muscle. Challenge all of your muscle groups by using barbells, handheld weights and weight room exercises. Instructor will focus on teaching correct lifting techniques, use of repetitions and selecting the right amount of weights to optimize muscle growth. **Bring a mat. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115011	A	PWRSCPT	S	10:10-11AM	1/10-3/14	CB-CR1	\$53
215011	A	PWRSCPT	S	10:10-11AM	3/28-5/16	CB-CR1	\$42

FITNESS

PURE STRENGTH EXPRESS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. 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
115007	A	PSE	TR	6:00-6:30PM	1/6-3/12	HPRC-BR	\$95
215007	A	PSE	TR	6:00-6:30PM	3/24-5/14	HPRC-BR	\$76

STRENGTH ENDURANCE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A functional strength training workout that will target all major muscle groups, especially the core. Improve muscular strength and definition using various equipment, body weight exercises and flexibility training. All fitness levels welcome. **Bring a mat.** **Instructor: Tom Leggins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115001	A	SE	T	5:30-6:15PM	1/6-3/10	SPL-FR	\$53
215001	A	SE	T	5:30-6:15PM	3/24-5/12	SPL-FR	\$42

STRENGTH ENDURANCE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A functional strength training workout that will target all major muscle groups, especially the core. Improve muscular strength and definition using various equipment, body weight exercises and flexibility training. All fitness levels welcome. **Bring a mat.** **Instructor: Tom Leggins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115001	A	SE	T	5:30-6:15PM	1/6-3/10	SPL-FR	\$53
215001	A	SE	T	5:30-6:15PM	3/24-5/12	SPL-FR	\$42

STRENGTH REMIX ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. The perfect combination of energized dance and traditional strength training using an assortment of equipment that delivers a full total-body workout. You'll get cardio blasting, strength-building and lean muscle generating exercises. By grouping these powerhouse moves together, you'll be unstoppable in reaching your fitness goals **Bring a mat.** **Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115356	A	SR	S	9:30-10AM	1/10-3/14	CB-CR1	\$53
215356	A	SR	S	9:30-10AM	3/28-5/16	CB-CR1	\$42

TRX STRENGTH ●●

Ages: 15 and Up. Enrollment Min 6 / Max 9. This class uses the TRX Suspension Trainer to perform strength exercises, targeting large and small muscle groups. TRX Strength is the ideal way to strengthen and tone, while focusing on functional movement and core stabilization. Adaptable and appropriate for any TRX user. **Bring a mat. No class 1/19, 2/16.** **Instructor: Tom Leggins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115113	A	TRXFIT	MW	5:30-6:15PM	1/5-3/11	SPL-LR	\$86
215113	A	TRXFIT	MW	5:30-6:15PM	3/23-5/13	SPL-LR	\$76

TRX FIT ●●

Ages: 15 and Up. Enrollment Min 6 / Max 9. Total Resistance Exercise uses TRX Suspension Trainer and body weight exercises to develop strength, balance, flexibility and core stability simultaneously. This is a perfect blend of strength and cardio. Relatively easy to learn and works well for individuals at all fitness levels. **Bring a mat. No class 1/19, 2/16.** **Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115112	A	TRXFIT	MW	6:30-7:15PM	1/5-3/11	SPL-LR	\$86
115112	B	TRXFIT	TR	6-6:45PM	1/6-3/12	SPL-LR	\$95
215112	A	TRXFIT	MW	6:30-7:15PM	3/23-5/13	SPL-LR	\$76
215112	B	TRXFIT	TR	6-6:45PM	3/24-5/14	SPL-LR	\$76

WEIGHTS EXPRESS ●●

Ages: 15 and Up. (MW) Enrollment Min 10 / Max 15. (TR) Enrollment Min 6 / Max 9. This express class will get you in and out in 30 minutes twice a week. You will build strength through toning and utilizing a variety of equipment to sculpt all major muscle groups. Circuits and stations will also be incorporated into the program. Never the same boring routine, each class will be different. **Bring a mat. No class 1/19, 2/16.** **Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115023	A	WEIGHTS	MW	5:30-6PM	1/5-3/11	SPL-FR	\$86
115023	B	WEIGHTS	TR	12:15-12:45PM	1/6-3/12	SPL-LR	\$95
215023	A	WEIGHTS	MW	5:30-6PM	3/23-5/13	SPL-FR	\$76
215023	B	WEIGHTS	TR	12:15-12:45PM	3/24-5/14	SPL-LR	\$76

YOGA, ACTIVE ADULTS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 18. This class will 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. **Bring a mat.** **Instructor: Carol Rubino.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115035	A	YAA	R	5:30-6:30PM	1/8-3/12	SPL-FR	\$53
215035	A	YAA	R	5:30-6:30PM	3/26-5/14	SPL-FR	\$42

YOGA, AGELESS ATHLETES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 18. 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. No class 1/19, 2/16.** **Instructor: Carol Rubino.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115036	A	AAY	M	5:30-6:30PM	1/5-3/9	HPRC-BR	\$42
215036	A	AAY	M	5:30-6:30PM	3/23-5/11	HPRC-BR	\$42

YOGA BEGINNERS FLOW ●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115040	A	BFY	T	5:30-6:30PM	1/6-3/10	ELRC-GR	\$53
215040	A	BFY	T	5:30-6:30PM	3/24-5/12	ELRC-GR	\$42

YOGA, POWER ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This power vinyasa yoga class is an invigorating practice that links the body with the power of the breath. With advanced variations offered, the practice builds strength, flexibility, and promotes physical well-being. **Bring a mat. No class 4/5.** **Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115123	A	PWRYOGA	SU	4:30-5:45PM	1/4-3/8	SPL-FR	\$60
215123	A	PWRYOGA	SU	4:30-5:45PM	3/22-5/10	SPL-FR	\$42

FITNESS

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
115046	A	RY	W	6:15-7:15PM	1/7-3/11	SPL-FR	\$53
215046	A	RY	W	6:15-7:15PM	3/25-5/13	SPL-FR	\$42

YOGA, PARKINSON'S ●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This class will focus on different techniques of gentle movement and yoga breathing for all levels of people with Parkinson's disease that can be done in a chair. It can help to improve movement, increase flexibility, improve posture, loosen tight and painful muscles, rebuild confidence and through these benefits enhance the quality of life. **Bring a mat. No class 1/19, 2/16. Instructor: Carol Rubio.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115037	A	PY	MW	12:10-12:50PM	1/5-3/11	SPL-LR	\$86
215037	A	PY	MW	12:10-12:50PM	3/23-5/13	SPL-LR	\$76

YOGA SCULPT ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. An ideal blend of a Vinyasa Flow Yoga practice with the addition of hand weights. Class is designed to incorporate small weights into yoga poses in a creative, strength-building program. Increase your flexibility and strength, improve lean muscle mass and calm the mind. **Bring a mat. Instructor: Melissa Kisslinger.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115118	A	YS	W	5:30-6:30PM	1/7-3/11	ELRC-GR	\$53
215118	A	YS	W	5:30-6:30PM	3/25-5/13	ELRC-GR	\$42

YOGA, SLOW FLOW ●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115016	A	SLOYOGA	T	10-11AM	1/6-3/10	SPL-FR	\$53
215016	A	SLOYOGA	T	10-11AM	3/24-5/12	SPL-FR	\$42

YOGILATES ●●

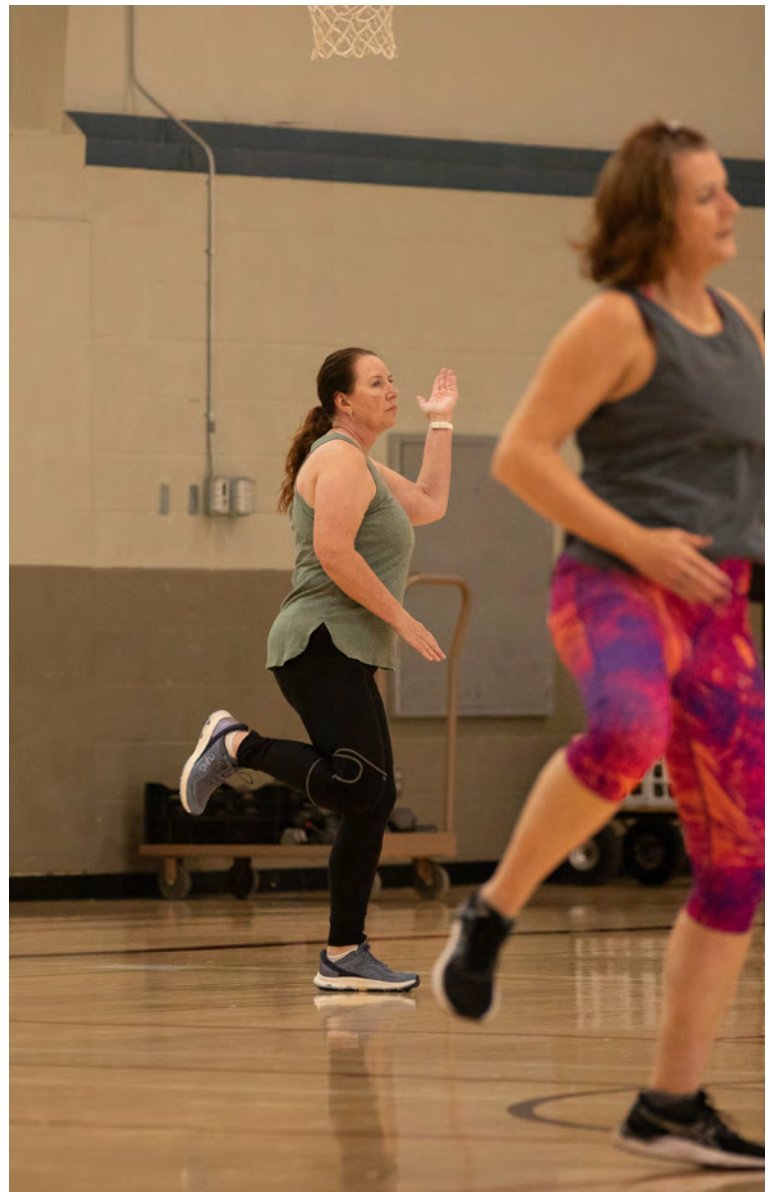
Ages: 15 and Up. Enrollment Min 10 / Max 35 (TR), Max 20 (S). The best of both worlds -- the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, increased range of motion and balance for a complete workout. **Bring a mat. Instructors: Fran Hopkins (FH) | Shannon Carlson (SC).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115121	A	YOGI (FH)	TR	5:30-6:25PM	1/6-3/12	CB-GYM	\$95
115121	B	YOGI (SC)	S	8:30-9:20AM	1/10-3/14	SPL-FR	\$53
215121	A	YOGI (FH)	TR	5:30-6:25PM	3/24-5/14	CB-GYM	\$76
215121	B	YOGI (SC)	S	8:30-9:20AM	3/28-5/16	SPL-FR	\$42

ZUMBA ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115000	A	ZUM(PM)	MWF	12:10-12:50PM	1/5-3/11	HPRC-GYM	\$86
115000	B	ZUM(SK)	T	5:30-6:25PM	1/6-3/10	CB-R2	\$53
115000	C	ZUM(DL)	W	5:30-6:25PM	1/7-3/11	CB-GYM	\$53
115000	E	ZUM(AA)	S	9-9:50AM	1/10-3/14	SPL-LR	\$53
215000	A	ZUM(PM)	MWF	12:10-12:50PM	3/23-5/13	HPRC-GYM	\$76
215000	B	ZUM(SK)	T	5:30-6:25PM	3/24-5/12	CB-R2	\$42
215000	C	ZUM(DL)	W	5:30-6:25PM	3/25-5/13	SPL-GYM	\$42
215000	E	ZUM(AA)	S	9-9:50AM	3/28-5/16	SPL-LR	\$42



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 lnoll@lawrenceks.gov or (785) 330-7364.

LITTLE BEARS

Ages: 18 months – 3 years with parent. Enrollment Min 4 / Max 16. 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. **Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118000	A	LB	T	4:40-5:25PM	1/20-3/10	SPL-GR	\$100
118000	B	LB	F	5:30-6:15PM	1/23-3/13	SPL-GR	\$100
218000	A	LB	T	4:40-5:25PM	3/24-5/5	SPL-GR	\$88
218000	B	LB	F	5:30-6:15PM	3/27-5/8	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 4/5. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118001	A	TB	W	4:40-5:25PM	1/21-3/11	SPL-GR	\$100
118001	B	TB	R	5:30-6:15PM	1/22-3/12	SPL-GR	\$100
118001	C	TB	S	9-9:45AM	1/24-3/14	SPL-GR	\$100
118001	D	TB	SU	2-2:45PM	1/25-3/15	SPL-GR	\$100
218001	A	TB	W	4:40-5:25PM	3/25-5/6	SPL-GR	\$88
218001	B	TB	R	5:30-6:15PM	3/26-5/7	SPL-GR	\$88
218001	C	TB	S	9-9:45AM	3/28-5/9	SPL-GR	\$88
218001	D	TB	SU	2-2:45PM	3/29-5/10	SPL-GR	\$76

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 2/16. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118002	A	GB	M	4:30-5:25PM	1/26-3/9	SPL-GR	\$76
118002	B	GB	M	5:30-6:25PM	1/26-3/9	SPL-GR	\$76
118002	C	GB	T	5:30-6:25PM	1/20-3/10	SPL-GR	\$100
118002	D	GB	W	5:30-6:25PM	1/21-3/11	SPL-GR	\$100
118002	E	GB	R	4:30-5:25PM	1/22-3/12	SPL-GR	\$100
118002	F	GB	S	9-9:55AM	1/24-3/14	SPL-GR	\$100
118002	G	GB	S	10-10:55AM	1/24-3/14	SPL-GR	\$100
218002	A	GB	M	4:30-5:25PM	3/23-5/4	SPL-GR	\$88
218002	B	GB	M	5:30-6:25PM	3/23-5/4	SPL-GR	\$88
218002	C	GB	T	5:30-6:25PM	3/24-5/5	SPL-GR	\$88
218002	D	GB	W	5:30-6:25PM	3/25-5/6	SPL-GR	\$88
218002	E	GB	R	4:30-5:25PM	3/26-5/7	SPL-GR	\$88
218002	F	GB	S	9-9:55AM	3/28-5/9	SPL-GR	\$88
218002	G	GB	S	10-10:55AM	3/28-5/9	SPL-GR	\$88

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118003	A	HS	T	5:30-6:25PM	1/20-3/10	SPL-GR	\$100
118003	B	HS	W	5:30-6:25PM	1/21-3/11	SPL-GR	\$100
118003	C	HS	R	4:30-5:25PM	1/22-3/12	SPL-GR	\$100
218003	A	HS	T	5:30-6:25PM	3/24-5/5	SPL-GR	\$88
218003	B	HS	W	5:30-6:25PM	3/25-5/6	SPL-GR	\$88
218003	C	HS	R	4:30-5:25PM	3/26-5/7	SPL-GR	\$88

BEGINNING GIRLS

Ages: 6-9 / 9-12. 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 2/16, 4/5. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118004	A	BG(9-12)	M	5:30-6:25PM	1/26-3/9	SPL-GR	\$76
118004	B	BG(6-9)	T	5:30-6:25PM	1/20-3/10	SPL-GR	\$100
118004	C	BG(6-9)	W	5:30-6:25PM	1/21-3/11	SPL-GR	\$100
118004	D	BG(6-9)	R	5:30-6:25PM	1/22-3/12	SPL-GR	\$100
118004	E	BG(6-9)	S	10-10:55AM	1/24-3/14	SPL-GR	\$100
118004	F	BG(6-9)	SU	1-1:55PM	1/25-3/15	SPL-GR	\$100
218004	A	BG(9-12)	M	5:30-6:25PM	3/23-5/4	SPL-GR	\$88
218004	B	BG(6-9)	T	5:30-6:25PM	3/24-5/5	SPL-GR	\$88
218004	C	BG(6-9)	W	5:30-6:25PM	3/25-5/6	SPL-GR	\$88
218004	D	BG(6-9)	R	5:30-6:25PM	3/26-5/7	SPL-GR	\$88
218004	E	BG(6-9)	S	10-10:55AM	3/28-5/9	SPL-GR	\$88
218004	F	BG(6-9)	SU	1-1:55PM	3/29-5/10	SPL-GR	\$75

GYMNASTICS

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 2/16. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118005	A	BB	M	5:30-6:25PM	1/26-3/9	SPL-GR	\$76
118005	B	BB	R	5:30-6:25PM	1/22-3/12	SPL-GR	\$100
218005	A	BB	M	5:30-6:25PM	3/23-5/4	SPL-GR	\$88
218005	B	BB	R	5:30-6:25PM	3/26-5/7	SPL-GR	\$88

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118006	A	IB	R	6:30-7:55PM	1/22-3/12	SPL-GR	\$148
218006	A	IB	R	6:30-7:55PM	3/26-5/7	SPL-GR	\$130

INTERMEDIATE GIRLS I

Ages: 6-13. Enrollment Min 4 / Max 7. Instructors continue working on Beginning Girls fundamentals while introducing intermediate skills. Focus on strength, flexibility, with extra time in the gym to refine techniques and build confidence. **Permission is required prior to enrollment. No class 2/16 Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118007	A	IGI	M	6:30-7:55PM	1/26-3/9	SPL-GR	\$111
118007	B	IGI	T	6:30-7:55PM	1/20-3/10	SPL-GR	\$148
218007	A	IGI	M	6:30-7:55PM	3/23-5/4	SPL-GR	\$130
218007	B	IGI	T	6:30-7:55PM	3/24-5/5	SPL-GR	\$130

INTERMEDIATE GIRLS II

Ages: 6-13. 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 body positions, build confidence, and continue their journey toward gymnastics excellence. **Permission is required prior to enrollment. No class 2/16. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118008	A	IGII	M/W	6:30-7:55PM	1/21-3/11	SPL-GR	\$217
218008	A	IGII	M/W	6:30-7:55PM	3/23-5/6	SPL-GR	\$217

ADVANCED GIRLS

Ages: 6-13. Enrollment Min 4 / Max 7. Students 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! **Permission is required prior to enrollment. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118009	A	AG	T/R	6:30-7:55PM	1/20-3/12	SPL-GR	\$248
218009	A	AG	T/R	6:30-7:55PM	3/24-5/7	SPL-GR	\$217

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 2/16, 4/5. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118010	A	LNW	M	4:30-5:25PM	1/26-3/9	SPL-GR	\$76
118010	B	LNW	T	5:30-6:25PM	1/20-3/10	SPL-GR	\$100
118010	C	LNW	W	4:30-5:25PM	1/21-3/11	SPL-GR	\$100
118010	D	LNW	R	6:30-7:25PM	1/22-3/12	SPL-GR	\$100
118010	E	LNW	S	9-9:55AM	1/24-3/14	SPL-GR	\$100
118010	F	LNW	SU	2-2:55PM	1/25-3/15	SPL-GR	\$100
218010	A	LNW	M	4:30-5:25PM	3/23-5/4	SPL-GR	\$88
218010	B	LNW	T	5:30-6:25PM	3/24-5/5	SPL-GR	\$88
218010	C	LNW	W	4:30-5:25PM	3/25-5/6	SPL-GR	\$88
218010	D	LNW	R	6:30-7:25PM	3/26-5/7	SPL-GR	\$88
218010	E	LNW	S	9-9:55AM	3/28-5/9	SPL-GR	\$88
218010	F	LNW	SU	2-2:55PM	3/29-5/10	SPL-GR	\$76

ALL STARS NINJA WARRIOR

Ages: 4-5. Enrollment Min 4 / Max 7. 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. **Permission is required prior to enrollment. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118015	A	ASNW	W	4:30-5:25PM	1/21-3/11	SPL-GR	\$100
118015	B	ASNW	R	5:30-6:25PM	1/22-3/12	SPL-GR	\$100
218015	D	ASNW	W	4:30-5:25PM	3/25-5/6	SPL-GR	\$88
218015	E	ASNW	R	5:30-6:25PM	3/26-5/7	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 4/5. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118011	A	NWI	T	6:30-7:25PM	1/20-3/10	SPL-GR	\$100
118011	B	NWI	W	5:30-6:25PM	1/21-3/11	SPL-GR	\$100
118011	C	NWI	R	4:30-5:25PM	1/22-3/12	SPL-GR	\$100
118011	D	NWI	S	10-10:55AM	1/24-3/14	SPL-GR	\$100
118011	E	NWI	SU	1-1:55PM	1/25-3/15	SPL-GR	\$100
218011	A	NWI	T	6:30-7:25PM	3/24-5/5	SPL-GR	\$88
218011	B	NWI	W	5:30-6:25PM	3/25-5/6	SPL-GR	\$88
218011	C	NWI	R	4:30-5:25PM	3/26-5/7	SPL-GR	\$88
218011	D	NWI	S	10-10:55AM	3/28-5/9	SPL-GR	\$88
218011	E	NWI	SU	1:00-1:55PM	3/29-5/10	SPL-GR	\$76

GYMNASTICS

NINJA WARRIOR II

Ages: 9-12. Enrollment Min 4 / Max 14. Step into the world of adventure with Ninja Warrior! This class combines hanging obstacles, parkour skills, and ninja kicks to build strength, balance, and precision. Students will take on dynamic courses and work to unlock new Ninja achievements along the way.

Permission is required prior to enrollment. Instructor: PRC Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118012	A	NW2	W	6:30-7:25PM	1/21-3/11	SPL-GR	\$100
118012	B	NW2	R	6:30-7:25PM	1/22-3/12	SPL-GR	\$100
218012	A	NW2	W	6:30-7:25PM	3/25-5/6	SPL-GR	\$88
218012	B	NW2	R	6:30-7:25PM	3/26-5/7	SPL-GR	\$88

ADVANCED NINJA

Ages: 6-13. 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.

Permission is required prior to enrollment. No class 2/16 Instructor: PRC Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118013	A	ANW	M	6:30-7:55PM	1/26-3/9	SPL-GR	\$111
218013	A	ANW	M	6:30-7:55PM	3/23-5/4	SPL-GR	\$130

ELITE NINJA

Ages 9-14. Min: 4 / Max 7. 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. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
118014	A	ENW	W	6:30-7:55PM	1/21-3/11	SPL-GR	\$148
218014	A	ENW	W	6:30-7:55PM	3/25-5/6	SPL-GR	\$130



GYMNASTICS OPEN GYM

Pre-registration is required. If the minimum number is not met 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. Not offered on 1/19, 2/16.**

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

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

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.org 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 - 3:00-4:30pm; 5:00-6:30pm

INSTRUCTIONAL

YOUTH

SAFE SITTER

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
221200	A	SAFESIT	S	12-5:30PM	3/21	SPL-LR	\$115

SKATEBOARDING

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

YOUTH SKATEBOARDING

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
214044	A	YSBI	M	6-6:45PM	3/23-4/13	PKSBK	\$65
214044	B	YSBI	M	6-6:45PM	4/27-5/18	PKSBK	\$65
214055	A	YSIA	M	7-7:45PM	3/23-4/13	PKSBK	\$65
214055	B	YSIA	M	7-7:45PM	4/27-5/18	PKSBK	\$65
214055	B	YSIA	M	7-7:45PM	4/28-5/19	PKSBK	\$60

ADULT

WOODWORKING

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121304	A	WW	W	6-9PM	1/21-3/11	PT	\$280
221304	A	WW	W	6-9PM	3/25-5/13	PT	\$280

WELDING FOR THE HOBBYIST AND ARTIST

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
121307	A	WHA	S	8AM-12PM	2/21-3/7	PT	\$320

TODDLER OPEN GYM, EAST LAWRENCE RECREATION CENTER

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
133002	A	TOG	SA	9:30AM-10:30AM	1/3	ELC- TBL ZN	\$5
133002	B	TOG	SA	9:30AM-10:30AM	1/10	ELC- TBL ZN	\$5
133002	C	TOG	SA	9:30AM-10:30AM	1/17	ELC- TBL ZN	\$5
133002	D	TOG	SA	9:30AM-10:30AM	1/23	ELC- TBL ZN	\$5
133002	E	TOG	SA	9:30AM-10:30AM	1/31	ELC- TBL ZN	\$5
133002	F	TOG	SA	9:30AM-10:30AM	2/7	ELC- TBL ZN	\$5
133002	G	TOG	SA	9:30AM-10:30AM	2/14	ELC- TBL ZN	\$5
133002	H	TOG	SA	9:30AM-10:30AM	2/21	ELC- TBL ZN	\$5
133002	I	TOG	SA	9:30AM-10:30AM	2/28	ELC- TBL ZN	\$5
133002	J	TOG	SA	9:30AM-10:30AM	3/7	ELC- TBL ZN	\$5
133002	K	TOG	SA	9:30AM-10:30AM	3/14	ELC- TBL ZN	\$5
133002	L	TOG	SA	9:30AM-10:30AM	3/21	ELC- TBL ZN	\$5
133002	M	TOG	SA	9:30AM-10:30AM	3/28	ELC- TBL ZN	\$5
233002	A	TOG	SA	9:30AM-10:30AM	4/4	ELC- TBL ZN	\$5
233002	B	TOG	SA	9:30AM-10:30AM	4/11	ELC- TBL ZN	\$5
233002	C	TOG	SA	9:30AM-10:30AM	4/18	ELC- TBL ZN	\$5
233002	D	TOG	SA	9:30AM-10:30AM	4/25	ELC- TBL ZN	\$5
233002	E	TOG	SA	9:30AM-10:30AM	5/2	ELC- TBL ZN	\$5
233002	F	TOG	SA	9:30AM-10:30AM	5/9	ELC- TBL ZN	\$5
233002	G	TOG	SA	9:30AM-10:30AM	5/16	ELC- TBL ZN	\$5
233002	H	TOG	SA	9:30AM-10:30AM	5/23	ELC- TBL ZN	\$5
233002	I	TOG	SA	9:30AM-10:30AM	5/30	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 Madison Husbenet at 785-832-7951 or mhusbenet@lawrenceks.org.



AT THE ELRC TUMBLE ZONE

ACTIVE ADULT SUPERVISION IS REQUIRED

For more information, contact Madison Husbenet at (785) 832-7951 or mhusbenet@lawrenceks.org

LIFELONG RECREATION

NEWSLETTER

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

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

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.

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 1/19, 2/16.** **Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127201	A	ADAT	MWF	8:50-9:50AM	1/5-3/13	HPRC-GY	\$112
227201	A	ADAT	MWF	8:50-9:50AM	3/23-5/15	HPRC-GY	\$96

CORE STRENGTH ●●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127411	A	CORE	TR	1-1:40PM	1/6-3/12	SPL-FR	\$95
227411	A	CORE	TR	1-1:40PM	3/24-5/14	SPL-FR	\$76

DANCE FITNESS ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127250	A	DANFIT	TR	9-10AM	1/6-3/12	CB-GY	\$95
227250	A	DANFIT	TR	9-10AM	3/24-5/14	CB-GY	\$76

LABLAST ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127302	A	LABLAST	TR	10-11AM	1/6-3/12	HPRC-GY	\$95
227302	A	LABLAST	TR	10-11AM	3/24-5/14	HPRC-GY	\$76

PILATES SILVER ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127204	A	PILSLVR	TR	9-9:50AM	1/6-3/12	HPRC-GY	\$95
227204	A	PILSLVR	TR	9-9:50AM	3/24-5/14	HPRC-GY	\$76

SENIOR STRENGTH TRAINING ●●●

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights and resistance tubing and bands. Class includes a warm-up period and a post-workout stretch. **Instructors: Deb Geraghty (DG) | Melanie Johnson (MJ).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127233	A	SST(MJ)	MWF	7:30-8:20AM	1/5-3/13	HPRC-BR	\$112
127233	B	SST(MJ)	MWF	8:30-9:20AM	1/5-3/13	HPRC-BR	\$112
127234	A	SST(DG)	MWF	9:30-10:20AM	1/5-3/13	HPRC-BR	\$112
127234	B	SST(DG)	MWF	10:30-11:20AM	1/5-3/13	HPRC-BR	\$112
127234	C	SST(DG)	TR	8:30-9:20AM	1/6-3/12	ELRC-GY	\$95
127234	D	SST(DG)	TR	9:30-10:20AM	1/6-3/12	ELRC-GY	\$95
227233	A	SST(MJ)	MWF	7:30-8:20AM	3/23-5/15	HPRC-BR	\$96
227233	B	SST(MJ)	MWF	8:30-9:20AM	3/23-5/15	HPRC-BR	\$96
227234	A	SST(DG)	MWF	9:30-10:20AM	3/23-5/15	HPRC-BR	\$96
227234	B	SST(DG)	MWF	10:30-11:20AM	3/23-5/15	HPRC-BR	\$96
227234	C	SST(DG)	TR	8:30-9:20AM	3/24-5/14	ELRC-GY	\$76
227234	D	SST(DG)	TR	9:30-10:20AM	3/24-5/14	ELRC-GY	\$76

LIFELONG RECREATION

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. Exercises are done to music, but there are no routines to learn.

No class 1/19, 2/16. Instructor: Rosie Shelton.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127310	A	SLIMNAST	MWF	9-10AM	1/5-3/13	CB-GY	\$112
227310	A	SLIMNAST	MWF	9-10AM	3/23-5/15	CB-GY	\$96

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 1/19, 2/16. Instructors: Stephanie Foglesong (SF) | Jordan Kopp (JK) | Brandon Laverne (BL).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127255	A	SSC(SF)	MWF	7:30-8:20AM	1/5-3/13	SPL-FR	\$112
127255	B	SSC(SF)	MWF	8:30-9:20AM	1/5-3/13	SPL-FR	\$112
127255	C	SSC(SF)	MWF	9:30-10:20AM	1/5-3/13	SPL-FR	\$112
127255	D	SSC(SF)	MWF	10:30-11:20AM	1/5-3/13	SPL-FR	\$112
127255	E	SSC(JK)	MWF	8-8:50AM	1/5-3/13	SPL-LR	\$112
127255	F	SSC(JK)	MWF	9-9:50AM	1/5-3/13	SPL-LR	\$112
127255	G	SSC(JK)	MWF	10-10:50AM	1/5-3/13	SPL-LR	\$112
127255	H	SSC(JK)	TR	7:30-8:20AM	1/6-3/12	SPL-FR	\$95
127255	I	SSC(JK)	TR	8:30-9:20AM	1/6-3/12	SPL-FR	\$95
127255	J	SSC(JK)	TR	10-10:50AM	1/6-3/12	SPL-LR	\$95
127255	K	SSC(SF)	MWF	1-1:50PM	1/5-3/13	SPL-FR	\$112
127255	L	SSC(BL)	TR	10:30-11:20AM	1/6-3/12	CB-CR2	\$95
227255	A	SSC(SF)	MWF	7:30-8:20AM	3/23-5/15	SPL-FR	\$96
227255	B	SSC(SF)	MWF	8:30-9:20AM	3/23-5/15	SPL-FR	\$96
227255	C	SSC(SF)	MWF	9:30-10:20AM	3/23-5/15	SPL-FR	\$96
227255	D	SSC(SF)	MWF	10:30-11:20AM	3/23-5/15	SPL-FR	\$96
227255	E	SSC(JK)	MWF	8-8:50AM	3/23-5/15	SPL-LR	\$96
227255	F	SSC(JK)	MWF	9-9:50AM	3/23-5/15	SPL-LR	\$96
227255	G	SSC(JK)	MWF	10-10:50AM	3/23-5/14	SPL-LR	\$96
227255	H	SSC(JK)	TR	7:30-8:20AM	3/24-5/14	SPL-FR	\$76
227255	I	SSC(JK)	TR	8:30-9:20AM	3/24-5/14	SPL-FR	\$76
227255	J	SSC(JK)	TR	10-10:50AM	3/24-5/14	SPL-LR	\$76
227255	K	SSC(SF)	MWF	1-1:50PM	3/23-5/15	SPL-FR	\$96
227255	L	SSC(BL)	TR	10:30-11:20AM	3/24-5/14	CB-CR2	\$76

TAI CHI FOR HEALTH ●

Experience how Tai Chi's slow and gentle movements work to restore harmony, improve balance, and boost health. The Tai Chi for Health Institute (TCHI) was founded in 2010 by Dr. Paul Lam, a retired Australian family physician. Its purpose is to empower people to improve health and wellness through modernized tai chi programs, based on authentic tai chi forms. Over 30 different programs are easy to learn, safe, and bring about health benefits. The CDC, Arthritis Foundation, and the US Administration on Aging support TCHI programs. Class instructors are trained and certified by the TCHI. Participation requires no equipment or floor work. **No class 1/19, 2/16.**

Instructor: Susan Pomeroy.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127503	A	SP	MW	11:15A-12PM	1/5-3/11	HPRC-GYM	\$86
127503	B	SP	TR	5:30-6:15PM	1/6-3/12	CB-CR1	\$95
227503	A	SP	MW 1	1:15AM-12PM	3/23-5/13	HPRC-GYM	\$76
227503	B	SP	TR	5:30-6:15PM	3/24-5/14	CB-CR1	\$76

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
127502	A	SP	TR	11:15A-12PM	1/6-3/12	HPRC-GYM	\$95
227502	A	SP	TR	11:15A-12PM	3/24-5/14	HPRC-GYM	\$76

TRX FLEX FUSION ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127340	A	TRXFLEX	TR	9-9:45AM	1/6-3/12	SPL-LR	\$95
227340	A	TRXFLEX	TR	9-9:45AM	3/24-5/14	SPL-LR	\$76

LIFELONG YOGA ●

Revitalize muscles and increase flexibility while learning how to stabilize your spine through the mindful movement and breath. By using the full capacity of the lungs through correct breathing, you will oxygenate the body and the brain, improving blood circulation and your sense of well-being. **Instructors: Susan Thomas.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127270	A	YOGA	R	10:15-11:15AM	1/8-3/12	CB-CR	\$53
227270	A	YOGA	R	10:15-11:15AM	3/26-5/14	CB-CR	\$42

YOGA, FITNESS ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127282	A	FITYOGA	W	5:30-6:30PM	1/7-3/11	CB-CR	\$53
227282	A	FITYOGA	W	5:30-6:30PM	3/25-5/13	CB-CR	\$42

LIFELONG REC

YOGA FOUNDATIONS ●●

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127272	A	YOGAFOU	TR	9-9:50AM	1/6-3/12	HPRC-BR	\$95
127272	B	YOGAFOU	TR	10-10:50AM	1/6-3/12	HPRC-BR	\$95
227272	A	YOGAFOU	TR	9-9:50AM	3/24-5/14	HPRC-BR	\$76
227272	B	YOGAFOU	TR	10-10:50AM	3/24-5/14	HPRC-BR	\$76

RECREATION INSTRUCTION

BAROQUE RECORDER – A LIFELONG INSTRUMENT

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

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

THE MOVIES OF WILLIAM WYLER

Come explore the American film director William Wyler, who tackled every genre of the 20th-century cinema's greatest classics. He guided a multitude of talents to Oscar winning performances across dramas, romance, comedy, westerns, musicals, and more. Local film historian Kellee Pratt will facilitate our celluloid journey with a mix of viewing and discussion

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
127449	A	FILM	W	6:30-9PM	2/25-4/15	CARN	\$32

COOKING UP CONVERSATIONS

"Cooking Up Conversations for Seniors" is a welcoming, engaging class designed to bring older adults together through the joy of food and meaningful dialogue. Each session features a different theme, with cooking demonstrations that highlight simple, delicious recipes. Participants not only get to watch and learn but also enjoy tasting the dishes and sharing stories in a warm, social setting. It's the perfect blend of culinary fun and community connection. 1/22/26: Connection Between Diet, Exercise & Sleep-Lentil Chili and Baked Tortilla Chips. 1/29/26: The Sunshine Vitamin-Salmon Burgers & Vegetable Succotash. 2/5/26: Cooking for 1 or 2-Sweet Pork Stir Fry. 2/12/26: What's Trending in Nutrition-Cauliflower Shells w/Cheese & Winter Fruit Salad. Class meets in the Dreher Building on the Douglas County Fairgrounds. Register by clicking the link: <https://bit.ly/health-safety-wellness-classes>

DAY	TIME	DATE	LOC	FEE
R	11A-12P	1/22	DREHER BLDG-DOCO FAIRGROUNDS	\$25
R	11A-12P	1/29	DREHER BLDG-DOCO FAIRGROUNDS	\$25
R	11A-12P	2/5	DREHER BLDG-DOCO FAIRGROUNDS	\$25
R	11A-12P	2/12	DREHER BLDG-DOCO FAIRGROUNDS	\$25

MARTIAL ARTS

LITTLE DRAGONS (NEW LOCATION)

Ages: 5-7. Enrollment Min 6 / Max 12. This class is designed with the younger student in mind and will teach them the basic stances, develop coordination, control and balance. Participants will gain confidence, attention span and respect for others in a positive, fun environment. **No class 1/19, 2/16.** **Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117125	A	DRAGON	M	5:30-6:10PM	1/5-3/9	ELRC-GR	\$42

KARATE - OKINAWAN KENPO (NEW LOCATION)

Ages: 8 and Up. Enrollment Min 10 / Max 30. Okinawan Kenpo is a style of traditional Okinawan Karate, a system of self-defense and personal development. Learn techniques effective in close fighting. During this process of learning and practicing techniques, you will also strengthen your body. Posture is improved and one's self-confidence is increased. As a result of this class, one can usually avoid violence, or minimize it when it is unavoidable. **The instructor has years of teaching experience and are members of and certified by the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU).** **No class 1/19, 2/16.** **Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117110	A	KARATE	M	6:15-7:30PM	1/5-3/9	ELRC-GR	\$56
217110	A	KARATE	M	6:15-7:30PM	3/23-5/11	ELRC-GR	\$56

TAE KWON DO

Ages: 8+. Enrollment Min 10 / Max 15. Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance and power through the practice of Tae Kwon Do forms and one-step sparring. As the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **Instructor: Grace Daniels, Black Belt**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117131	A	TKD	TR	6:45-7:45PM	1/6-3/12	ELRC-GR	\$95
217131	A	TKD	TR	6:45-7:45PM	3/24-5/14	ELRC-GR	\$76

KUNG FU

Ages: 13 and up. Enrollment Min 6 / Max 12. Kung Fu's specialty is a close contact combat using quick punches and kicks with a tight defense, coordinated through agile stances and footwork for a quick advance. The ideal behind the system is to keep ones movement, technique, and adaptations as simple as possible. Participants will instill a habit of discipline, self-esteem and feel more confident in their ability to defend themselves. Health and fitness will improve while challenging the use of the body and the mind. **No class 1/19, 2/16.** **Instructor: Tyler Rea.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117133	A	KF	M	6:15-7:15PM	1/5-3/9	SPL-FR	\$42
217133	A	KF	M	6:15-7:15PM	3/23-5/11	SPL-FR	\$42

TAI CHI

Ages: 15 and up. Enrollment Min 10 / Max 20. Tai Chi is a gentle and meditative form of exercise. Aided by the breath and the use of mindful, focused movements, Tai Chi enhances many aspects of physical health and overall wellness. Improve your posture, strength, balance, flexibility, range of motion and circulation. Calm your mind and relieve stress by joining class. **No class 4/5.** **Instructor: Ron Ching.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
117109	A	TC	SU	6-7PM	1/4-3/8	SPL-FR	\$53
217109	A	TC	SU	6-7PM	3/22-5/10	SPL-FR	\$37

PRAIRIE PARK NATURE CENTER

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

PROGRAMS FOR CHILDREN

WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123202	A	WILDADVT	T	10-11AM	1/20-3/3	PPNC	\$60
123202	B	WILDADVT	T	10-11AM	3/24-5/5	PPNC	\$60

SLEEPOVER AT THE NATURE CENTER

Ages: 7-13. Enrollment Min 5 / Max 10. Has your child ever asked you what animals do at night? They can find out what the nature center animals are like at night! Join us for a sleepover at the nature center. Dinner will be provided, crafts, games, and interactions with some animals as well as breakfast in the morning. Bring a sleeping bag, change of clothes, personal items (toothbrush, toothpaste, etc.) and join us for a fun night!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123205	A	SLEEP	F-S	6PM-10AM	1/2-1/3	PPNC	\$150

PROGRAMS FOR YOUTH AND ADULTS

ARCHERY

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223353	A	ARCHRY	S	10-11:30AM	3/21	PPNC	\$25
223353	B	ARCHRY	S	5:30-7PM	4/11	PPNC	\$25

TURTLE YOGA

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123121	A	TURTLE	S	10:30-11:30AM	1/10	PPNC	\$15
123121	B	TURTLE	S	10:30-11:30AM	3/7	PPNC	\$15
223355	A	TURTLE	S	10:30-11:30AM	5/2	PPNC	\$15

PADDLE UP: CANOEING FOR A GREEN PLANET

Ages: 6 and Up. Enrollment Min 6 / Max 12. Join us for a morning of canoeing while learning about conservation topics for all ages! Discover how invasive jellyfish entered our lakes, the dangers of harmful algal blooms, and how you can help save endangered aquatic wildlife. No canoeing experience necessary, and we provide life jackets, paddles and canoes for up to three people, as well as a few single kayaks. The program cost is per person. Meet at the nature center for a guided walk to the launch site. Children under the age of 14 must be accompanied in the boat by an adult. This program has been made possible with support from the Douglas County Heritage Conservation Council.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223361	A	PADDLE	S	10AM-12PM	4/18	PPNC	\$30

SPECIAL PROGRAMS FOR SCHOOL DAYS OFF

BREAKFAST WITH THE ANIMALS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123349	A	BREAKANI	M	9-11:30AM	2/13	PPNC	\$35

SPRING BREAK CAMP: PLEASE SEE CAMPS SECTION, PAGE 9

SPECIAL EVENTS

NIGHTTIME AT THE NATURE CENTER

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
NC-01		NATNC	S	6-8PM	2/21	PPNC	\$10

SPAGHETTI AND MEATBALLS WITH THE ANIMALS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
NC-02	A	SPAGANI	F	6-8PM	2/27	PPNC	\$15

PRAIRIE PARK NATURE CENTER

ENCHANTED TEA PARTY WITH THE ANIMALS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
NC-03		ENCHANT S		10-11:30AM	5/16	PPNC	\$15

SNAIL TERRARIUM WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
223241	A	SNAILS	S	10-11:30PM	4/4	OFF	\$30



VALENTINE'S POSSUM GRAM

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123789	A	POSSUM	T	9:30-10AM	2/10	OFF	\$90
123789	B	POSSUM	T	10-10:30AM	2/10	OFF	\$90
123789	C	POSSUM	T	10:30-11AM	2/10	OFF	\$90
123789	D	POSSUM	T	11-11:30AM	2/10	OFF	\$90
123789	E	POSSUM	T	11:30AM-12PM	2/10	OFF	\$90
123789	F	POSSUM	W	1-1:30PM	2/11	OFF	\$90
123789	G	POSSUM	W	1:30-2PM	2/11	OFF	\$90
123789	H	POSSUM	W	2-2:30PM	2/11	OFF	\$90
123789	I	POSSUM	W	2:30-3PM	2/11	OFF	\$90
123789	J	POSSUM	W	3-3:30PM	2/11	OFF	\$90
123789	K	POSSUM	R	9:30-10AM	2/12	OFF	\$90
123789	L	POSSUM	R	10-10:30AM	2/12	OFF	\$90
123789	M	POSSUM	R	10:30-11AM	2/12	OFF	\$90
123789	N	POSSUM	R	11-11:30AM	2/12	OFF	\$90
123789	O	POSSUM	R	11:30AM-12PM	2/12	OFF	\$90
123789	P	POSSUM	F	1-1:30PM	2/13	OFF	\$90
123789	Q	POSSUM	F	1:30-2PM	2/13	OFF	\$90
123789	R	POSSUM	F	2-2:30PM	2/13	OFF	\$90
123789	S	POSSUM	F	2:30-3PM	2/13	OFF	\$90
123789	T	POSSUM	F	3-3:30PM	2/13	OFF	\$90
123789	U	POSSUM	F	3:30-4PM	2/13	OFF	\$90
123789	V	POSSUM	S	9:30-10:30AM	2/14	OFF	\$100
123789	W	POSSUM	S	10-10:30AM	2/14	OFF	\$100
123789	X	POSSUM	S	10:30-11AM	2/14	OFF	\$100
123789	Y	POSSUM	S	11-11:30AM	2/14	OFF	\$100
123789	Z	POSSUM	S	11:30AM-12PM	2/14	OFF	\$100

NATURE TRIPS

KANSAS SUGARBUSH WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123335	A	SGRBUSH	S	10-12PM	1/31	PPNC	\$20

DUCKS, HERONS, AND EAGLES, OH MY!

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
123220	A	BIRDS	S	9AM-12PM	1/17	PPNC	\$35

MUSHROOM FORAY FIELD TRIP

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

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

EDUCATION BY RESERVATION

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

**SPECIAL EVENTS****HOP TO IT!**

Ages: 1-12. Let the fun come to your yard this spring while Lawrence Parks, Recreation and Culture staff "egg" your house! Kiddos will get to enjoy this Easter egg hunt from their own yards while you get to relax and watch it all unfold! Staff will hide 20 eggs or more in each yard containing candy and fun holiday surprises. The Easter bunny will even leave a goodie bag and letter to send the kids on their hunt. **\$30 registration plus \$10 per additional child (section B).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225016	A	HOP	F	8AM-5PM	4/3	HOME	\$30
225016	B	ADDCHILD					\$10

DOG EGGVENTURE

The ultimate sniff and seek egg adventure for your pup, delivered to your door. This tail-wagging experience brings the joy of Easter straight to your doorstep with an eggventure kit full of 10 treat filled eggs to hide your yard along with other doggie surprises. Egg hunts aren't just for humans, they are for your furry friends too!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
225017	A	DOG	F	8AM-5PM	4/3	HOME	\$30
225017	B	ADDDOG					\$5



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) 832-7920, 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 Molly Gordon at (785) 832-7920, or email at mgordon@lawrenceks.gov. Copies are also available at all City recreation centers.

COFFEE AND BOWLING TRANSPORTATION

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

PROGRAMS

COFFEEHOUSE DINNER AND DANCE

Ages: 16 and Up. Enrollment Min 10 / Max 60. Grab your friends and get your groove back at Coffeehouse! Join us for a catered dinner, then a fun evening of dancing, refreshments, socialization and live entertainment in a "coffeehouse" atmosphere.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122200	A	CHDD	M	5:30-7:30PM	1/26	DCFG	\$40
122200	B	CHDD	M	5:30-7:30PM	2/23	DCFG	\$40
222200	A	CHDD	M	5:30-7:30PM	3/23	DCFG	\$40
222200	B	CHDD	M	5:30-7:30PM	4/27	DCFG	\$40
222200	C	CHDD	M	5:30-7:30PM	5/18	DCFG	\$40

COFFEEHOUSE DANCE ONLY

Ages: 16 and Up. Enrollment Min 6 / Max 15. Grab your friends and get your groove back at Coffeehouse! Join us for a fun evening of dancing, refreshments, socialization and live entertainment in a "coffeehouse" atmosphere. **This Coffeehouse will not include dinner and is the dance portion only.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122201	A	CHDANC	M	6:30-7:30PM	1/26	DCFG	\$18
122201	B	CHDANC	M	6:30-7:30PM	2/23	DCFG	\$18
222201	A	CHDANC	M	6:30-7:30PM	3/23	DCFG	\$18
222201	B	CHDANC	M	6:30-7:30PM	4/27	DCFG	\$18
222201	C	CHDANC	M	6:30-7:30PM	5/18	DCFG	\$18

BOWLING AND PIZZA PARTY

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122300	A	B&PP	S	10:30AM-12:30PM	1/17	RCL	\$43
222300	A	B&PP	S	10:30AM-12:30PM	3/7	RCL	\$43
222300	B	B&PP	S	10:30AM-12:30PM	4/11	RCL	\$43
222300	C	B&PP	S	10:30AM-12:30PM	5/9	RCL	\$43

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. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122301	A	BOWL	S	10:30AM-12PM	1/17	RCL	\$20
222301	A	BOWL	S	10:30AM-12PM	3/7	RCL	\$20
222301	B	BOWL	S	10:30AM-12PM	4/11	RCL	\$20
222301	C	BOWL	S	10:30AM-12PM	5/9	RCL	\$20

ADAPTIVE ZUMBA

Ages: 16 and Up. Enrollment Min 5 / Max 20. A fitness program that combines Latin and international music with dance moves. Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Combine all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **Instructor: Susan Pomeroy and staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122400	A	AZUMBA	R	6:30-7:30PM	1/8-3/12	CB	\$53
222400	A	AZUMBA	R	6:30-7:30 PM	3/26-5/14	CB	\$43

ACTING 101

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122401	A	ACT101	M	6:30-8PM	2/2-5/11	CARN	\$54

CERAMIC ADVENTURES

Ages: 16 and Up. Enrollment Min 5 / Max 10. Embark on a creative journey in our "Ceramic Adventures" class, where you'll explore the exciting world of clay! Designed for all skill levels, this hands-on class will guide you through various pottery techniques, including hand-building, and glazing. **No class 3/17. Instructor: PRC staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122191	A	CERAM	T	6:30-7:30PM	3/3,3/10,3/24	CB	\$38

CULINARY CREATIONS

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
222810	A	CULIN	T	6:30-7:30PM	4/7-4/28	ELRC	\$60

ADAPTIVE LINE DANCING

Ages: 6 and up. Enrollment Min 6 / Max 10. Move, groove and have fun while learning and practicing popular line dances! This four week class will build your confidence and encourage you to get out on the dance floor. Dance to your favorite songs, including Boot Scootin' Boogie, Cha Cha Slide, Cupid Shuffle and more!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
122207	A	LINE	Y	6:30-7:30PM	2/3-2/24	CB	\$30

ADULT SPORTS

WINTER ADULT SPORTS

BASKETBALL

Fees are assessed at a per team rate. Registration Deadline: 12/12/25, Start Date: 1/4/26. Register on or before 12/5/25 and receive a \$15 discount. Leagues are offered to Men's, Women's and Coed Divisions running Sundays, Tuesdays, Thursdays, and Fridays for approximately 9 weeks. Men's leagues are offered in competitive divisions. Leagues may be separated into divisions if enough teams are registered to create better parity. All competitive leagues will consist of a seven-game regular season followed by a single-elimination tournament for all teams. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
150100	A	MENS	SU	5-9PM	1/4-3/15	CB/SPL	\$385
150100	D	MENS	T	6-10PM	1/6-3/17	CB/SPL	\$385
150100	E	WOMENS	T	6-10PM	1/6-3/17	CB/SPL	\$385
150100	I	COED	F	6-10PM	1/9-3/20	CB/SPL	\$385

VOLLEYBALL

Fees are assessed at a per team rate. Registration Deadline: 12/12/25, Start Date: 1/4/26. Register on or before 12/5/25 and receive a \$15 discount. Leagues are offered in Women's and Coed divisions with Power (PWR) divisions designed for competitive play and Recreation (REC) divisions designed for recreational play with spiking and serving overhand not allowed. Double Header (DH) leagues are designed for the most competitive teams with each team playing two matches per night in a twelve-match regular season. In single game leagues, teams will play a seven-match regular season. All Power leagues will include a single-elimination postseason tournament for all teams. In Recreation leagues, teams will play an eight-match schedule with no postseason tournament (standings will not be kept).

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
150300	A	COEDPWR	SU	5-9PM	1/4-3/15	SPL/ELRC	\$265
150300	G	COEDREC	SU	5-9PM	1/4-3/15	SPL/ELRC	\$265
150300	B	WOMNRECM		6-9:30PM	1/5-3/16	SPL/ELRC	\$265
150300	C	COEDPWR	W	6-9:30PM	1/7-3/18	SPL/ELC	\$265
150300	D	COEDPRDHW		6-9:30PM	1/7-3/18	SPL/ELC	\$365
150300	E	COEDPWR	R	6-9:30PM	1/8-3/19	SPL/ELC	\$265
150300	I	WOMNPWRR		6-9:30PM	1/8-3/19	SPL/ELC	\$265

SPRING ADULT SPORTS

Registration for spring sports begins March 14!

BASKETBALL

Fees are assessed at a per team rate. Registration Deadline: 3/13/26, Start Date: 3/29/26. Register on or before 3/6/26 and receive a \$15 discount. Leagues are offered to Men's, Women's and Coed Divisions running Sundays, Tuesdays, Thursdays, and Fridays for approximately 9 weeks. Men's leagues are offered in competitive divisions. Leagues may be separated into divisions if enough teams are registered to create better parity. All competitive leagues will consist of a seven-game regular season followed by a single-elimination tournament for all teams. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250100	A	MENS	SU	5-9PM	3/29-5/31	CB/SPL	\$385
250100	D	MENS	T	6-10PM	3/31-6/2	CB/SPL	\$385
250100	E	WOMENS	T	6-10PM	3/31-6/2	CB/SPL	\$385
250100	I	COED	F	6-10PM	4/3-6/5	CB/SPL	\$385

PICKLEBALL

Fees are assessed at a per team rate. Registration Deadline: 3/13/26, Start Date: 3/31/26. Leagues are offered to Men's, Women's and Coed Divisions running Sundays, Tuesdays, Thursdays, and Fridays for approximately 9 weeks. Men's leagues are offered in competitive divisions. Leagues may be separated into divisions if enough teams are registered to create better parity. All competitive leagues will consist of a seven-game regular season followed by a single-elimination tournament for all teams. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250850	A	MENSBEG	T	6-9PM	3/31-6/2	SPL	\$40
250850	B	WMNSNG	T	6-9PM	3/31-6/2	SPL	\$40
250850	C	MENDB	T	6-9PM	3/31-6/2	SPL	\$40
250850	D	WMNDB	T	6-9PM	3/31-6/2	SPL	\$40
250850	E	MXDBBEG	W	6-9PM	4/1-6/3	SPL	\$40
250850	F	MXDBOP	W	6-9PM	4/21-6/3	SPL	\$40

KICKBALL

Fees are assessed at a per team rate. Registration Deadline: 3/13/26, Start Date: 4/3/26. Register on or before 3/6/26 and receive a \$15 discount. Teams will play a five-game schedule followed by a single elimination tournament for all teams in each division. Teams may be required to play Double Headers occasionally to fit games in on schedule. All leagues are no-bunt leagues. Games will be played primarily at Lyons Park.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250400	C	COED	F	6:15-10:15PM	4/3-6/5	LYONS/YSC	\$215

SOFTBALL

Fees are assessed at a per team rate. Registration Deadline: 3/13/26, Start Date: 3/29/26. Register on or before 3/6/26 and receive a \$15 discount. Offered to Men's, Women's, and Coed teams running Sunday through Friday for approximately 9 weeks. Leagues are offered in four divisions (in order of most to least competitive): Class A Double Header (ADH), Double Header (DH), Weekly (WK), and Recreation (REC). Double Header teams will play two games per night for five weeks. Weekly teams will play one game per night for five weeks. Recreation leagues are intended for purely recreational teams with only one home run allowed and will play one game per night for five weeks. All competitive leagues will conclude with a single-elimination tournament for all teams. There will be no tournament for recreational leagues. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250201	A	COEDWK	SU	2-9PM	3/29-5/31	CLSC	\$250
250201	B	COEDREC	SU	2-9PM	3/29-5/31	CLSC	\$230
250201	I	COEDDH	SU	2-9PM	3/29-5/31	CLSC	\$430
250201	D	COEDREC	M	6:15-10:15PM	3/30-6/1	CLSC	\$230
250201	E	COEDWK	T	6:15-10:15PM	3/31-6/2	CLSC	\$250
250201	F	COEDREC	T	6:15-10:15PM	3/31-6/2	CLSC	\$230
250202	A	MENS DH	M	6:15-10:15PM	3/30-6/1	CLSC	\$430
250202	C	MENS DH	T	6:15-10:15PM	3/31-6/2	CLSC	\$430
250202	E	MENS DH	W	6:15-10:15PM	4/1-6/3	CLSC	\$430
250202	F	MENSWK	W	6:15-10:15PM	4/1-6/3	CLSC	\$250
250202	H	MENSWK	R	6:15-10:15PM	4/2-6/4	CLSC	\$250
250202	G	MENSREC	R	6:15-10:15PM	4/2-6/4	CLSC	\$250
250202	I	MENS DH	F	6:15-10:15PM	4/3-6/5	CLSC	\$430
250202	J	MENSADHF		6:15-10:15PM	4/3-6/5	CLSC	\$430
250204	B	WOMENRECM		6:15-10:15PM	3/31-6/1	CLSC	\$230

ADULT SPORTS

YOUTH SPORTS

VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 3/13/26, Start Date: 3/29/26. Register on or before 3/6/26 and receive a \$15 discount.** Leagues are offered in Women's and Coed divisions with Power (PWR) divisions designed for competitive play and Recreation (REC) divisions designed for recreational play with spiking and serving overhand not allowed. Coed leagues are offered for indoor and sand (SND) volleyball. Double Header (DH) leagues are designed for the most competitive teams with each team playing two matches per night in a twelve-match regular season. In single-game leagues, teams will play a seven-match regular season. All Power leagues will include a single-elimination postseason tournament for all teams. In recreation leagues, teams will play an eight-match schedule with no postseason tournament (standings will not be kept.) All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
250300	A	COSNDPWR	SU	5-9PM	3/29-5/31	HOLSC/DPP	\$265
250300	F	COEDREC	SU	5-9PM	3/29-5/31	SPL	\$265
250300	B	WOMNREC	M	6-9:30PM	3/30-6/1	SPL	\$265
250300	C	COEDPWR	W	6-9:30PM	4/1-6/3	SPL	\$265
250300	D	COEDPRDH	W	6-9:30PM	4/1-6/3	SPL	\$365
250300	E	COSNDPWR	R	6-9PM	4/2-6/4	HOLSC/DPP	\$265
250300	I	WOMNPWR	R	6-9:30PM	4/2-6/4	SPL	\$265

BASKETBALL – 2ND SESSION

Ages: Kindergarten through 8th grade (Boys and Girls Leagues). The objective of the basketball program is to provide an opportunity for children to play basketball in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of basketball. Participants will also learn fair play, teamwork and sportsmanship. **Please be sure to indicate school and grade during the 2025-26 school year when filling out registration.** Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. One hour practice time will be determined by the coach. Practices will begin in late January. **Games for grades K-4 will be held on Saturdays, Jan. 31 – March 7, and grades 5-8 will play Sundays, Feb. 1 – March 22, with no games scheduled Feb. 8 and March 15. Game shirts included in fee for all leagues. Registration deadline: Friday, Jan. 2. \$15 late fee added after deadline. Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane. Scholarship applications are available at the Community Building, 115 W. 11th St or Sports Pavilion Lawrence®.**

Leagues (Code Breakdown)

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

Rk1 – Rookie 1 – 1st grade

Rk2 – Rookie – 2nd grade

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

Rec3 – Recreation 3 – 3rd grade

Rec4 – Recreation 4 – 4th grade

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

Jhawk5 – Jayhawk 5 – 5th grade

Jhawk6 – Jayhawk 6 – 6th grade

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

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

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
124101	A	INTRO-K	S	TBA	1/19 – 3/7	TBA	\$55
124101	B	RK1	S	TBA	1/19 – 3/7	TBA	\$55
124101	C	RK2	S	TBA	1/19 – 3/7	TBA	\$55
124101	D	REC3	S	TBA	1/19 – 3/7	TBA	\$55
124101	E	REC4	S	TBA	1/19 – 3/7	TBA	\$55
124101	F	JHAWK5	SU	TBA	1/19 – 3/22	TBA	\$60
124101	G	JHAWK6	SU	TBA	1/19 – 3/22	TBA	\$60
124101	H	JHAWK7/8	SU	TBA	1/19 – 3/22	TBA	\$60
124101	I	RKG	S	TBA	1/19 – 3/7	TBA	\$55
124101	J	RG	S	TBA	1/19 – 3/7	TBA	\$55
124101	K	JHG	SU	TBA	1/19 – 3/22	TBA	\$60
124101	L	JHG7/8	SU	TBA	1/19 – 3/22	TBA	\$60



YOUTH SPORTS

YOUTH INDOOR SOCCER (K-6TH)

Ages: Kindergarten through 6th grade (Boys and Girls Leagues). The objective of the indoor soccer program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of indoor soccer. Participants will also learn fair play, teamwork and sportsmanship. **Please be sure to indicate school and grade during the 2025-26 school year when filling out registration.** Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. Practice times will be determined by the coach. Practices will begin in late January. **Games will be held on Saturdays, Jan. 31 – March 7. Game shirts included in fee. Registration deadline: Friday, Jan. 2. \$15 late fee added after deadline.** Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane. **Scholarship applications are available at the Community Building, 115 W. 11th St or Sports Pavilion Lawrence®.**

Leagues (Code Breakdowns)

SC1 - (co-rec) - Kindergarten	SC5 - (girls) - 3rd & 4th grade
SC2 - (boys) - 1st & 2nd grade	SC6 - (boys) - 5th & 6th grade
SC3 - (girls) - 1st & 2nd grade	SC7 - (girls) - 5th & 6th grade
SC4 - (boys) - 3rd & 4th grade	

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
124100	A	SC1	S	TBA	1/19-3/7	TBA	\$55
124100	B	SC2	S	TBA	1/19-3/7	TBA	\$55
124100	C	SC3	S	TBA	1/19-3/7	TBA	\$55
124100	D	SC4	S	TBA	1/19-3/7	TBA	\$55
124100	E	SC5	S	TBA	1/19-3/7	TBA	\$55
124100	I	SC6	S	TBA	1/19-3/7	TBA	\$65
124100	J	SC7	S	TBA	1/19-3/7	TBA	\$65

YOUTH VOLLEYBALL (4TH-8TH)

Grades: 4th-5th, 6th-8th. The objective of the youth volleyball program is to provide an opportunity for children to play volleyball in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of volleyball. Participants will also learn fair play, teamwork and sportsmanship. **Please be sure to indicate school and grade during the 2025-26 school year when filling out registration.** Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. Practice times will be determined by the coach. Practices will begin in late January. **Games will be held on Sundays, Feb 1 – March 15 at Holcom Recreation Center, 2700 W. 27th St. Game shirts included in fee. Registration deadline: Friday, Dec. 12. \$15 late fee added after deadline.** Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane. **Scholarship applications are available at the Community Building, 115 W. 11th St or Sports Pavilion Lawrence®.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
124500	A	YV(4-5)	SU	TBA	1/19 – 3/15	TBA	\$50
124501	A	YV(6-8)	SU	TBA	1/19 – 3/15	TBA	\$50

SPRING/SUMMER SPORTS LEAGUES

Registration for spring sports begins Feb. 1!

YOUTH BASEBALL/SOFTBALL

Ages: Kindergarten through 6th grade (Boys) and Kindergarten through 8th grade (girls). The objective of the baseball/softball program is to provide an opportunity for children to play baseball/softball in an organized, competitive, yet recreational setting during the summer. Our emphasis will be not only to teach some basic skills and fundamentals, but also to teach fair play, team work, and sportsmanship. **Please be sure to indicate grade during the 2025-26 school year.** Teams and leagues will be formed by current grade level as of May 1, 2024. Team assignment depends a great deal on who volunteers to coach and the school their child attends. Not all teams will be made up of children exclusively from the same school. One-hour practice times will be determined by the coach and may begin the week of Monday, May 12. **Games will be held in the evenings Monday – Friday and Saturday mornings. Registration Deadline: Friday, April 3. \$15 late fee added after deadline. Scholarship applications are available at the Community Building, 115 W. 11th St or Sports Pavilion Lawrence®.**

Leagues (Code Breakdowns)

K-Boys – Tball (boys) Kindergarten/pre-school (pre-school must be 5 years of age before 8/31/26)

KG-Girls – T-Ball (girls) Kindergarten/pre-school (pre-school must be 5 years of age before 8/31/26)

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

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

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

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

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

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

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

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

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

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
224401	A	K-BOYS	MTWRFS	TBA	5/18-8/1	TBA	\$50
224401	B	KG-GIRLS	MTWRFS	TBA	5/18-8/1	TBA	\$50
224401	C	RKBB1	MTWRFS	TBA	5/18-8/1	TBA	\$50
224401	D	RKBB2	MTWRFS	TBA	5/18-8/1	TBA	\$50
224401	E	RKSB12	MTWRFS	TBA	5/18-8/1	TBA	\$50
224401	F	RBB34	MTWRFS	TBA	5/18-8/1	TBA	\$55
224401	G	RSB34	MTWRFS	TBA	5/18-8/1	TBA	\$55
224401	H	RSB34MP	MTWRFS	TBA	5/18-8/1	TBA	\$55
224401	I	JHBB4	MTWRFS	TBA	5/18-8/1	TBA	\$60
224401	J	JHBB56	MTWRFS	TBA	5/18-8/1	TBA	\$65
224401	K	JHSB56MPMTWRFS	TBA	5/18-8/1	TBA	TBA	\$60
224401	L	JHSB78	MTWRFS	TBA	5/18-8/1	TBA	\$60

YOUTH SPORTS

COMPETITIVE LEAGUES

BASEBALL

TEAM ENTRY LEAGUES

Registration forms available online after Dec. 1. \$150 team deposit due at the time of registration. Balance and rosters due Friday, April 3, 2026

Douglas County Amateur Baseball Association (DCABA) has the following divisions: eight years-old and under (U8); 10 years -old and under (U10); and 12 years-old and under (U12). Each league can accommodate eight teams per division. Final rosters and team payment must be submitted by Friday, April 3, 2026. Teams may play up to other divisions, but cannot play below their age classification. A player's eligibility is determined by the age they are as of May 1, 2026.

Team Entry Leagues include:

U8 – Two options that are the team's choice. All players must be at least 8 years old or younger on May 1, 2026 to be eligible for either league. Games will begin the week of May 11, 2026.

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

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

U10 – Two options that are the team's choice. All players must be at least 10 years old or younger on May 1, 2026 to be eligible for either league. Games will begin the week of April 6, 2026

American League – National Little League rules. Runners cannot leave the base until the ball crosses the plate, no advancement on a dropped third strike. Recommended for first year teams into player pitch.

National League – USSSA baseball rules. Regular lead offs and steals: runners can advance on a dropped third strike. This league is for the more experienced teams.

U12 – Two options that are the team's choice. All players must be at least 12 years old or younger on May 1, 2026 to be eligible for either league. Games will begin the week of April 6, 2026

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

National League – USSSA baseball rules. Regular lead offs and steals: runners can advance on a dropped third strike. This league is for the more experienced teams.

U14 – Two options that are the team's choice. All players must be at least 14 years old or younger on May 1, 2026 to be eligible for either league.

Houk League – USSSA baseball rules. Regular lead offs and steals: runners can advance on a dropped third strike. This league is for the more experienced teams. Recommended for 13 year olds and first year 14 year olds. Games will be played Monday – Thursday starting the week of April 26, 2026.

Ice/Heinrich League – USSSA baseball rules. Regular lead offs and steals: runners can advance on a dropped third strike. This league is for the more experienced teams. Games will begin the week of April 6, 2026



Lawrence Ages 1-18
KANSAS

CANDY CANE QUEST

*Holiday fun
delivered to
your door!*

Thursday, Dec. 18
Delivered between 8AM-5PM

 **\$25**
\$5 per additional child

Price includes
candy cane hunt
and goodie bag



Scan to register!
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ACTIVITIES REGISTRATION
Lawrence Parks and Recreation
115 W. 11th St., Lawrence, KS 66044
(785) 832-7920

FOR RECREATION USE ONLY

Date

☐ Cash ☐ MC ☐ VS ☐ D ☐ Check # ☐ Registrar ☐ Loc.

HOUSEHOLD INFORMATION
(PLEASE PRINT)

Name

Sex ☐ Male ☐ Female

Address

State

ZIP

Home Phone

Work Phone

Cell

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

E-mail

Secondary/Emergency Contact

Phone

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

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

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

Signature Required

Date

Please Print Name

REGISTRATION INVALID WITHOUT SIGNATURE

METHOD OF PAYMENT

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

☐ Cash ☐ MasterCard ☐ Visa ☐ Discover

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

If Yes, please explain.



PLAY AROUND THE BEND!



EAGLE BEND GOLF COURSE

1250 E 902 Rd, Lawrence, KS 66049



ABOUT

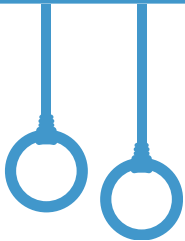
Eagle Bend features 18 championship holes, a pro shop, full practice facilities, club services, and PGA instruction.

BOOK TEE TIME



SPRING Lawrence K A N S A S BREAK CAMPS

MARCH ————— 2026



NINJA SPRING BREAK CAMP

Ninja camp includes a variety of climbing, jumping, agility, and problem-solving skills to navigate through various Ninja courses.

216015 | MTWRF | 9AM-4PM | 3/16-3/20 | SPL-GR | \$224



SPRING BREAK CAMP

Join us for an exciting spring break at Prairie Park Nature Center, your child will enjoy outdoor adventures and animal encounters

223234 | MTWRF | 9AM-3PM | 3/16-3/20 | PPNC | \$205



HOLCOM PARK SPRING INTO FUN

Join us at Holcom Park Recreation Center, where participants enjoy field trips, arts & crafts, movies, games, and more!

225120 | MTWRF | 9AM-4PM | 3/16-3/20 | HPRC | \$135



UNIFIED SPRING BREAK CAMP

Unified Recreation offers a weeklong spring break camp for participants of all abilities to build social skills in a fun, safe space.

222100 | MTWRF | 9AM-4PM | 3/16-3/20 | ELRC | \$145

[HTTPS://LAWRENCEKS.GOV/PRC/](https://lawrenceks.gov/prc/)



Lawrence
KANSAS

THANK YOU, PARKS STAFF!

Thank you to the Parks
crew for decking out
Downtown Lawrence
with holiday lights and
spreading cheer all
across the heart of our
city.