

GET DRENCHED!

Lawrence Parks and Recreation Department, Aquatics Division provides a safe and inviting environment accessible to the community. Through responsible use of public and private dollars, we strive for a professional staff that is dedicated to providing excellent customer service while maintaining the highest quality of aquatic programming and facilities available.

LPRD Aquatics -the city's largest provider of aquatic activities- offers four facilities of splashing excitement, fun and fitness for every member of the family.

Thrill seekers can challenge one of our exciting waterslides such as the new drop slide at the Outdoor Aquatic Center. Daring riders take a nearly-vertical plunge down a steep chute reaching breath-taking speeds before being shot like a cannon to "free-fall" into the water below. The Indoor Aquatic Center boasts a 145-foot waterslide that brings all the thrills of a traditional water park inside for year-round fun.

Guests of all ages are drawn to the fun of the zero-depth "beaches" featured at the Indoor and Outdoor Aquatic Centers, as well as the South Park Wading Pool. All the fun of the beach without getting sand in your

pants! Hide behind a curtain of water in the Rain Drop, or get soaked by the spray of a gigantic daisy, a silly spittin' snake or one of several different water fountains.

Kids will have a blast testing their balance on the Log Slice Scoot and the Lily Pad Path. Try to tackle the fierce floating dragon or make new friends on one of the mini-slides or floating animals.

Swimming for fitness and safety is our top priority! That's why each facility offers a unique aquatic experience with something for everyone. Year-round programs like Learn-to-Swim courses, aquatic fitness classes, aquatic training courses and special family events provide educational, fun and diverse leisure opportunities for the whole family.

Mom and dad can have fun, too! Relax in a complimentary lounge chair in the shade while enjoying a cold Pepsi from our full-line café concession stands. All this in a fun, family-oriented community water park.

The Aquatics Division offices are located on the second floor of the Indoor Aquatic Center, 4706 Overland Drive, 832-SWIM (7946).



INDOOR AQUATIC CENTER

4706 Overland Drive (north of Free State High School) • (785) 832-SWIM (7946)

Lawrence Parks and Recreation's Indoor Aquatic Center is a community-supported, family aquatic center featuring a 10-lane, 50-meter competition pool with diving well and underwater classroom; a separate family pool with zero-depth entry; water slide and interactive children's play features; meeting rooms; shower/locker rooms and a café concession area. The pools hold 850,000-gallons of water and are heated. The temperature of water is set at 82° in the competition pool and 86° on the family side. Locker rooms and all pools are fully accessible by both ramp entry and lift. Submersible wheelchairs are also available.

OUTDOOR AQUATIC CENTER

8th St. & Kentucky St. (Downtown Lawrence) • (785) 832-7990

The Lawrence Outdoor Aquatic Center provides the good, old-fashioned atmosphere of a traditional neighborhood pool with all the fun and excitement of a first-class water park. Nestled in beautiful Watson Park, the Outdoor Aquatic Center features water slides; zero-depth children's area; diving well; interactive play features including fountains; spray mushrooms; a 50-meter competition area and a drop waterslide.

The fun and convenience extends out of the water too, with shaded lounge areas, ample deck space, adjoining grass playground and a full-line café concessions area. The Outdoor Aquatic Center is also host to numerous aquatic camps and swimming programs.



CARL KNOX NATATORIUM

1901 Louisiana St., Lawrence High School Campus • (785) 832-7946

A traditional indoor L-shaped pool, the Carl Knox Natatorium, located on the campus of Lawrence High School, provides a peaceful, slow-paced environment for young and old alike. With six 25-yard lap lanes, diving well, sun deck, and fully accessible changing rooms, the Carl Knox Natatorium is the perfect spot if you are looking to beat the crowds. With designated times for lap swimming, along with learn-to-swim programs and aquatic fitness classes, the Carl Knox Natatorium offers programs to meet all of your swimming needs. *The Carl Knox Natatorium is only open during the school year.*

SOUTH PARK WADING POOL

1141 Massachusetts St. • (785) 832-7920

The South Park Wading Pool is the place for parents to bring children who are 6 and under for an afternoon outing. It provides a beautiful zero-depth entry pool, water sprays, fountains and our favorite seal, Skippy. Fully-accessible restroom facilities with private changing rooms are also available. The Parks and Recreation Department provides qualified staff to supervise the wading pool area, but please remember - all children must be accompanied by an adult supervisor when using the facility. The wading pool is available free of charge to the public. For a small fee, morning reservations are available for daycare/private parties. *The South Park Wading Pool is open for the summer season only.*



ADMISSION FEES/PASS OPTIONS**ADMISSION FEES/PASS OPTIONS**

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

ISN'T IT TIME YOU JOINED LPRD AQUATICS?

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

ANNUAL VS. MONTHLY MEMBERSHIPS

When considering an LPRD Aquatics swimming membership, it costs \$20 when you pay month-to-month. If you purchase an annual membership your cost is only \$162, which comes to just \$13.50 per month – a savings of over 30%!

DAILY ADMISSION CHARGES

Youth & Senior Admission: Ages 5 -17, 60+ – **\$3**

Adult Admission: Ages 18-59 – **\$4**

No charge for children four years of age and under with an adult paid admission, limit 3 children per paying adult please.

ALL AGES ANNUAL PASS - \$162 PER PERSON (Just \$13.50 per month!)

Passes are valid for 365 days from the date of purchase at any LPRD Aquatic facility. This pass option offers the dedicated swimmer the highest discount, calculating daily swim admission at 44 cents per day. *May be purchased at the Indoor or Outdoor Aquatic Centers.*

ALL AGES 30-DAY PASS - \$20 PER PERSON

Passes are valid for 30 days from date of purchase at any LPRD Aquatic facility. This pass option offers the swimmer a discounted daily swim admission calculated to 67 cents per day. *May be purchased at the Indoor or Outdoor Aquatic Centers.*

DISCOUNT PUNCH CARDS - \$30 EACH

Each punch card contains 36 punches, discounting daily admission rates. Each punch is equivalent to \$1. 3 punches for Youth & Seniors ages 5-17 and 60+ years, and/or 4 punches for Adults ages 18-59. *May be purchased at the Indoor or Outdoor Aquatic Centers or the Carl Knox Natatorium. Punch cards expire on December 31 of the current calendar year.*

RENTALS & RESERVATIONS

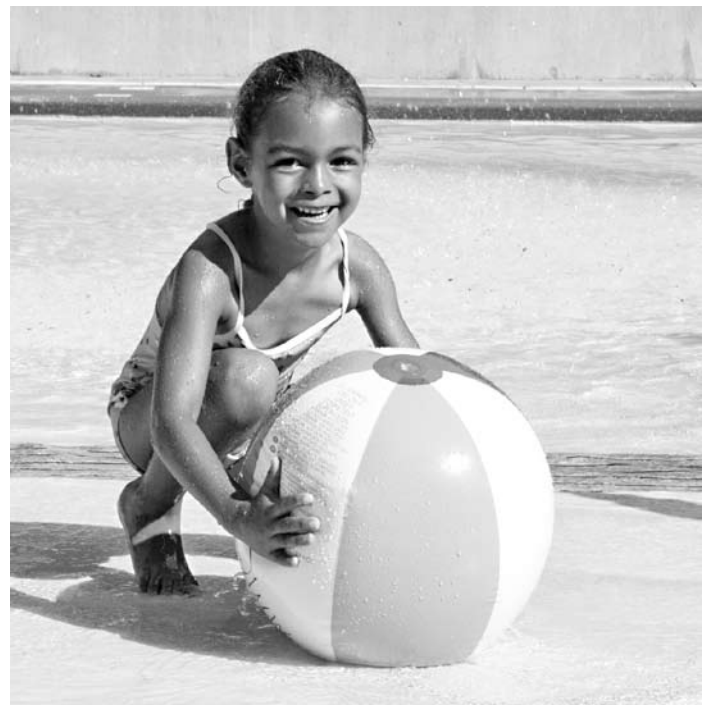
The Lawrence Parks and Recreation Indoor Aquatic Center is a great destination for your next party, family reunion or meeting! The LPRD-Aquatics staff is dedicated to assisting you in making everyday meetings into exceptional events! Private rooms for parties and exclusive full facility rentals are available. Meeting space with A/V equipment, tables and chairs is also available for businesses, organizations, schools, reunions and birthday parties. Rental rates and times are based on services requested. Please allow 2 weeks lead time before your event. *For information, contact the Aquatics Division at 832-SWIM.*

AFTER HOURS PARTIES

Looking for the perfect place for a party? How about a pool party? The Lawrence Aquatic Center is available for private group rentals outside of regular hours. Our professional lifeguard staff will be on duty to provide the safe environment. It's perfect for company retreats or family reunions. *Call the Aquatics Division at 832-SWIM for information on private rentals.*

BIRTHDAY PARTY PACKAGES

Make your child's next birthday a no-stress event by purchasing a Birthday Party Package from the Indoor Aquatic Center. Packages are available for groups of any size and include time in the Tom Wilkerson party room, swimming admission, personalized invitations, drinks, and your choice of party theme! Choose a package with pizza, cupcakes, or both! Best of all, your party can be arranged right over the phone by calling the Indoor Aquatic Center Monday -Friday, 8 a.m. to 4 p.m. *Please allow 2 weeks lead time to plan your event. For more information, visit the Aquatic Center or go online to www.lprd.org/aquatics.*

**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 Carl Knox Natatorium. Safety prompts and instruction are given by the lifeguard staff.

SPECIAL INTEREST**WAVES OF FITNESS**

Looking for some extra incentive to keep you on the path toward an active, healthy lifestyle? Whether you're a lap swimmer, water walker, or water fitness class participant, Waves of Fitness can give you the extra motivation you need to keep up the good work. Plus, there's no extra charge to participate; daily admission is all you need! Simply sign up and keep a log of your swimming workouts at the Indoor or Outdoor Aquatic Center front desk. Every month that you meet your own personal exercise goal, you'll receive great prizes! The cost is free, but the benefits are endless!

THE POOL POST

If you want to stay up to date on the latest aquatics information, sign up to receive the Pool Post-the monthly newsletter from the LPRD Aquatics Division. The Pool Post is full of information, important dates, and special discounts! You can also receive the latest news by email; just sign up on the Aquatic Email list. *Register for either by calling the Indoor Aquatic Center at 832-SWIM.*

SPECIAL SAVINGS DAYS**SENIOR SWIM DAYS**

Get together with all of your close friends and head out to an aquatic center. Wednesdays are Senior Swim Days for people 60 years old and over. *Every Wednesday, all day long, seniors swim for FREE!*

GRANDPARENT'S DAY

Make swimming a full-family affair! On the following days, grandparents swim absolutely FREE at the Indoor Aquatic Center when accompanied by a grandchild. *Sunday – September 13.*

BUCK NIGHT

One of our most popular events continues! The first Friday of each month, everyone swims for only \$1 after 5 p.m. at the Indoor Aquatic Center. *Fridays – May 1; June 5*; July 3*; August 7**; September 4*; October 2; November 6 and December 4 (*– Indoor AND Outdoor Aquatic Centers; **– Outdoor Aquatic Center only).*

MOTHER'S DAY AT THE POOL

Treat Mom to a day of relaxation she deserves! On Mother's Day, all moms get in FREE when accompanied by a child. *Sunday, May 10.*

FATHER'S DAY SWIM

Looking for the perfect gift for Dad this Father's Day? Why not take him swimming? Dads swim for free all day long at both aquatic centers, so grab your deserving dad and join us for a dip. *Sunday, June 21.*

SPRING SPECIAL EVENTS

FAMILY FUN FRIDAYS

Celebrate the end of your work week with a night of relaxation the whole family can enjoy! On Family Fun Fridays, the Outdoor Aquatic Center offers lots of extras after 5:00 pm: dollar hot dogs from the concession stand, a supervised craft room for kids, door prizes and other giveaways, diving contests, and live music starting at 6:30 pm! Daily admission is all you need to enjoy the fun, so come out and kick back! *Fridays, June 26, July 24.*

BOOKWORKMS AND WATERBUGS

Spend some quality time with your little ones and help them exercise their bodies AND minds in our newest summer program! We're partnering with the Lawrence Public Library to bring you a pair of very special story times that begin with wet 'n' wild tales in the library's children's section, followed by a family swim across the street in the Outdoor Aquatic Center's children's area. before the pool opens to the public. There is no fee for this program, but daily admission is required for those who wish to stay after the event for open swim at 1:00 p.m. *Fridays, June 26 and July 17, 10:30 am-12:30 pm. Recommended ages: 3-8 (plus parents!).*

KID'S NIGHT OUT: EARTH DAY

Ages: 5 to 12. It's Earth Day, and we want all you kids to come and celebrate with us! Leave the parents at home, because this party is just for you! We'll learn about our great planet and what we can do to keep it great through activities, crafts, and fun prizes! Plus, there'll be time for swimming and pizza, so sign up today! *Must register by Wednesday, April 22.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
211001	A	EARTHDAY	F	4:30-7:30PM	4/24	LIAC \$15

NATIONAL AQUATIC SAFETY MONTH

Summer is coming! Find out what your family needs to know to have a safe summer of swimming fun. Drop by for a skills evaluation with one of our Water Safety Instructors to see what level of swim lessons your child is ready for, and have the kids participate in a variety of safety lessons to earn free swim passes for the Outdoor Pool's opening weekend, as well as other great prizes! Daily admission is all you need to participate, and activities are available continuously throughout the afternoon. See you there! *Saturday, May 2, 1:00-3:00 pm.*

KID'S NIGHT OUT: FIESTA

Ages 5-12. Hey kids, join the friendly staff of the Outdoor Aquatic Center for a hot pool party! You can enjoy a kids-only night of swimming, pizza, caliente crafts, and south-of-the-border games and prizes, while Mom and Dad rest easy knowing you're in a safe and supervised environment. *Must register by Thursday, June 18.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
311001	A	FIESTA	S	5-8:30PM	6/20	LOAC \$15



KID'S NIGHT OUT: PREHISTORIC PARTY

Ages 5-12. Parents, help your kids break up their summer routine, and leave them with the friendly staff of the Indoor Aquatic Center for an evening of kids-only fun! We're embarking out on a prehistoric journey complete with stone age crafts, a dinosaur hunt, games, prizes, pizza, and lots of swimming fun. Pre-registration is required, so sign up today! *Must register by Thursday, July 16.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
311001	B	PREHIST	S	5-8:30PM	7/18	LOAC \$15

KIDS' NIGHT OUT: BACK TO SCHOOL BASH

Ages: 5-12. Are you bummed that the summer is over? Then let the fun last one day longer at our Back to School Bash! Give Mom and Dad a night off while you party with our staff at the Indoor Aquatic Center with summertime games, cool prizes and a pizza party. Pre-registration is required, so sign up today! *Must register by Wednesday, August 26.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
311001	C	B2SCHOOL	F	4:30-7:30PM	8/28	LIAC \$15

7TH ANNUAL POOCH PLUNGE

The pool is once again going to the dogs! The day after the Outdoor Aquatic Center closes for the season, it'll be open for your pooch pals to take a dip. This is a must-see event, so sign your favorite canine up today! On-site registrations are also accepted the day of the event. *All dogs must have documentation of all current shots and must be under their owner's control at all times. Fee includes a treat for all dogs.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
311142	A	POOCHPL	T	4-7PM	9/8	LOAC \$5

CAMPS – (SEE YOUTH CAMPS, PAGE 57)

FALL SPECIAL EVENTS

KIDS' NIGHT OUT: FALL FESTIVAL

Ages: 5-12. Hey, kids, are you tired of the same old babysitters? Join us for a kids-only night of autumn crafts, swimming fun, games and a pizza party. Mom and Dad can feel good knowing you're in a safe, supervised location while you have a fun night out. *Must register by Wednesday, September 16.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
411001	A	FALLFEST	F	4:30-7:30PM	9/18	LIAC \$15



“Finding Parks and Recreation has been huge for me and a good resource because I am new to the area. It has been a great outlet for me to enroll my kids in activities and keep them active.”

— Mary M.



KIDS' NIGHT OUT: SPOOK 'N SPLASH (COSTUME CONTEST)

Ages: 5-12. Our annual Halloween party is going to the kids, as we turn the spookiest night of the year into a fun-filled, kids-only party! The evening starts with a costume contest as we look for the scariest, funniest, cutest and most original costumes. Then we bid Mom and Dad farewell as we hit the water for a night of swimming, games, crafts, pizza and trick-or-treating fun. *Must register by Thursday, October 22.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
411001 B	SPLASH	S	4-7:30PM	10/24	LIAC	\$15

KIDS' NIGHT OUT: SANTA SPLASH

Ages: 5-12. Parents, it's hard to find the time to do your last-minute holiday shopping with the kids around. Leave them with the friendly staff at the Indoor Aquatic Center for the afternoon. We'll have fun making holiday crafts, playing games for holiday prizes, splashing around in the pool, eating pizza and even getting a visit from Santa Claus himself! *Pre-registration is required, so sign up today! Must register by Thursday, December 17.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
411001 C	SANTASPL	S	12-4PM	12/19	LIAC	\$15

AQUATIC FITNESS CLASSES

Have you ever wanted to get a TOTAL BODY workout? Want to try something different? Water aerobics/water walking is for you! Water aerobics/water walking can be modified to the individual needs from the beginner to the elite athlete. **BENEFITS** of water exercise classes: no swimming skills required, water is 12 times more resistant than air, decreased stress tension, weight, pain, impact on joints and risk of injury; increased strength, flexibility, energy, range of motion, muscle tone, endurance, balance and coordination; enhanced feeling of well being, recovery from injuries and social pleasures. *Registration is required by the Wednesday before the class begins.*

ARTHRITIS FOUNDATION AQUATIC PROGRAM

Ages: 16 and Up. Enrollment Min 10 / Max 20. This program offers gentle range of motion and endurance activities in warm water with the guidance from an Arthritis Foundation trained instructor. It is a recreation exercise program with a wellness concept for people with arthritis to manage symptoms, maintain independence and enjoy life. This is not a water aerobics class. *No classes 7/3, 9/7 and 11/23-11/28.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312433 1A	LIACAFAP	MWF	7-7:45AM	6/1-7/31	LIAC	\$61
312433 1B	LIACAFAP	TR	8-8:45AM	6/2-7/30	LIAC	\$41
412433 1A	LIACAFAP	MWF	7-7:45AM	8/17-10/9	LIAC	\$54

412433 1B	LIACAFAP	TR	8-8:45AM	8/18-10/8	LIAC	\$36
412433 1C	CKNAFAP	MW	7:30-8:15PM	8/17-10/7	CKN	\$36
412433 2A	LIACAFAP	MWF	7-7:45AM	10/19-12/18	LIAC	\$54
412433 2B	LIACAFAP	TR	8-8:45AM	10/20-12/17	LIAC	\$36
412433 2C	CKNAFAP	MW	7:30-8:15PM	10/19-12/16	CKN	\$36

ARTHRITIS FOUNDATION EXERCISE PROGRAM (LAND) CREAKY JOINTS

Ages 16 and up. Enrollment min 10/max 15 Move your body to stay healthy and upbeat. This class is for anyone (all ages) who experiences joint pain, stiffness, and/or limited range of motion. This class is perfect for anyone who sits too much and just needs to move their body in a safe supportive, supervised, fun and friendly environment. This class encourages you to do a full range of simple exercises that increase your freedom of movement. You can sit on a chair, sit on the floor or stand up during class as you prefer. Come join us and leave class feeling better than when you came in. This class follows all guidelines of the Arthritis Foundation Exercise Program. *No classes 9/7 and 11/23-11/28*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312435 1A	CREAKY	MW	8-8:45AM	6/1-7/29	LIAC	\$41
412435 1A	CREAKY	MW	8-8:45AM	8/17-10/7	LIAC	\$36
412435 2A	CREAKY	MW	8-8:45AM	10/19-12/16	LIAC	\$36

AQUA MOM & ME

Ages: 6months-18months. Just had a baby? Want to use the resistance of the water to help get back into pre-baby shape? We have the class for you. This new and exciting class gives you the opportunity to bond with your child while working out. This class is designed for all fitness levels and uses your baby's natural weight and growth to increase resistance during the workout. It is required that you have your child with you in the water during the class. Swim diapers are required and we recommend moms wear shoes. *This is not a learn-to-swim class. No classes 7/4 and 11/28.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312425 1A	AQUAMOM	S	10:15-10:45AM	6/6-7/25	LIAC	\$16
412425 1A	AQUAMOM	S	10:15-10:45AM	8/22-10/10	LIAC	\$18
412425 2A	AQUAMOM	S	10:15-10:45AM	10/24-12/19	LIAC	\$18

PRE-NATAL WATER FITNESS

Ages 16 and up. Enrollment min 10 / max 15. Aqua aerobics! A great way for pregnant moms to get a workout and feel rejuvenated! This fitness program is designed specifically for expectant mothers who want a safe and effective way to stay in shape. The format includes a pre-stretch, cardiovascular warm-up, aerobic segment, cool down toning and post-stretch designed to help pregnant women maintain their current levels of fitness. Come join us in the pool for low impact aerobics and great companionship with fellow moms-to-be! *No class 11/28.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412426 1A	PRENATAL	S	11-11:45AM	8/22-10/10	LIAC	\$18
412426 2A	PRENATAL	S	11-11:45AM	10/24-12/19	LIAC	\$18

WATER AEROBICS

Ages: 16 and Up. Enrollment Min 10 / Max 20. Classes are high impact without high impact on your joints. The workouts are in shallow water using the water for resistance to increase cardiovascular endurance and muscle tone. No swimming skills necessary. *Location of classes: Dawn Patrol-LIAC leisure three-lane pool; Belts & Bells and Water Warriors - LIAC diving well, deep water; Hydroblast and TNT - LIAC competition pool, shallow end; Wet n Wild - CKN shallow and deep water. No classes 9/7 and 11/23-11/28.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312410 1A	BELTBELL	MW	5:15-6:15AM	6/1-7/29	LIAC	\$41
312410 1B	WARRIORS	TR	6:30-7:30AM	6/2-7/30	LIAC	\$41

TRIAD
Leasing Company Your Rent-To-Own Center
Visit Our Showroom at 23rd & Haskell
Call today or check us out on the web at www.renttoowncenter.com

FURNITURE • ELECTRONICS • APPLIANCES
Retail • Lease Purchase
842-8505

VISA • MASTERCARD
DISCOVER

312410 1C	HBLAST	MW	6:30-7:30PM	6/1-7/29	LIAC	\$41
312410 1D	TNT	TR	6:30-7:30PM	6/2-7/30	LIAC	\$41
312410 1G	BELTBELL	TR	5:15-6:15AM	6/2-7/30	LIAC	\$41
412410 1A	BELTBELL	MW	5:15-6:15AM	8/17-10/7	LIAC	\$36
412410 1B	WARRIORS	MW	6:30-7:30AM	8/17-10/7	LIAC	\$36
412410 1C	WARRIORS	TR	6:30-7:30AM	8/18-10/8	LIAC	\$36
412410 1E	HBLAST	MW	6:30-7:30PM	8/17-10/7	LIAC	\$36
412410 1F	TNT	TR	6:30-7:30PM	8/18-10/8	LIAC	\$36
412410 1G	WETNWILD	TR	6:30-7:30PM	8/18-10/8	CKN	\$36
412410 1H	BELTBELL	TR	5:15-6:15AM	8/18-10/8	LIAC	\$36
412410 2A	BELTBELL	MW	5:15-6:15AM	10/19-12/16	LIAC	\$36
412410 2B	WARRIORS	MW	6:30-7:30AM	10/19-12/16	LIAC	\$36
412410 2C	WARRIORS	TR	6:30-7:30AM	10/20-12/17	LIAC	\$36
412410 2E	HBLAST	MW	6:30-7:30PM	10/19-12/16	LIAC	\$36
412410 2F	TNT	TR	6:30-7:30PM	10/20-12/17	LIAC	\$36
412410 2G	WETNWILD	TR	6:30-7:30PM	10/20-12/17	CKN	\$36
412410 2H	BELTBELL	TR	5:15-6:15AM	10/20-12/17	LIAC	\$36



WATER WALKING

Ages: 16 and Up. Enrollment Min 8 / Max 15. Classes emphasize overall toning and body balance. Basic routines involve various walking movements combined with swim strokes in chest deep water. Water provides cushioning and buoyancy while offering resistance and a cool, non-sweating workout. No swimming skills necessary. *Location of classes: Shallow Shakers (Shallow) – LIAC leisure three-lane lap pool; Stretch n Strengthen (Stretch) – (312420 1B = LOAC); (412420 1B & 2B = LIAC leisure three-lane lap pool); Aqua Sculpt (AquaScul) – CKN shallow end of pool. No classes 7/3, 7/4, 9/7 and 11/23-11/28.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312420 1A	SHALLOW	MWF	8-9AM	6/1-7/31	LIAC	\$61	
312420 1B	STRETCH	S	9-10AM	6/6-8/1	LOAC	\$20	
412420 1A	SHALLOW	MWF	8-9AM	8/17-10/9	LIAC	\$54	
412420 1B	STRETCH	S	9-10AM	8/22-10/10	LIAC	\$18	
412420 1C	AQUASCUL	MW	6:15-7:15PM	8/17-10/7	CKN	\$36	
412420 2A	SHALLOW	MWF	8-9AM	10/19-12/18	LIAC	\$54	
412420 2B	STRETCH	S	9-10AM	10/24-12/19	LIAC	\$18	
412420 2C	AQUASCUL	MW	6:15-7:15PM	10/19-12/16	CKN	\$36	



ZH20

Ages 16 and up. Enrollment min 10/ max 15 Latin dance meets the water in this exciting aqua aerobic dance workout. In this class we'll take Latin dances such as the Salsa, Cumbia, Merengue, Rumba and Cha Cha into the water to create a whole new dimension of water aerobics. No dance experience needed-just a desire to have an immense amount of fun shaking things up and getting a great workout. Come prepared to shake it loose and have an AWESOME time! *No class 7/4, 9/7, 11/23-11/28.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312410 1E	ZH20	MW	5:30-6:15PM	6/1-7/29	LIAC	\$41	
312410 1F	ZH20	S	11AM-12PM	6/6-8/1	LOAC	\$20	
412410 1D	ZH20	MW	5:30-6:15PM	8/17-10/7	LIAC	\$36	
412410 2D	ZH20	MW	5:30-6:15PM	10/19-12/16	LIAC	\$36	

CO-SPONSORED CLASSES (with Kreider Rehabilitation Services)

AQUA FIT

Ages: 16 and up. Enrollment Min 10 / Max 20. Aqua Fit uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility, strength or balance, water exercise will help you regain your prior level of function. *No class 11/23-11/28.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312434 1A	AQUAFIT	TR	9:15-10AM	6/2-7/30	LIAC	\$41	
412434 1A	AQUAFIT	TR	9:15-10AM	8/18-10/8	LIAC	\$36	
412434 2A	AQUAFIT	TR	9:15-10AM	10/20-12/17	LIAC	\$36	

JIVIN' JOINTS – An Arthritis Foundation Class

Ages 16 and Up. Enrollment Min 10 / Max 20. If you have a form of arthritis or related condition, you may benefit from a water exercise program. Aquatic exercise is proven to increase flexibility, strength, balance, coordination and endurance while decreasing pain. Water is a safe, ideal environment as it allows you to exercise without putting excess strain on your joints and muscles. This class offers gentle range of motion and endurance activities in warm water with guidance from a trained instructor. *Jivin' Joints is offered and instructed by licensed clinicians of Lawrence Memorial Hospital and Kreider Rehabilitation Services who have been trained by the Arthritis Foundation Aquatic Program. This is a non-clinical program (one that will not replace prescribed therapeutic exercise), and should be considered after consulting your physician or healthcare professional. No class 7/3, 9/7 and 11/23-11/28.*

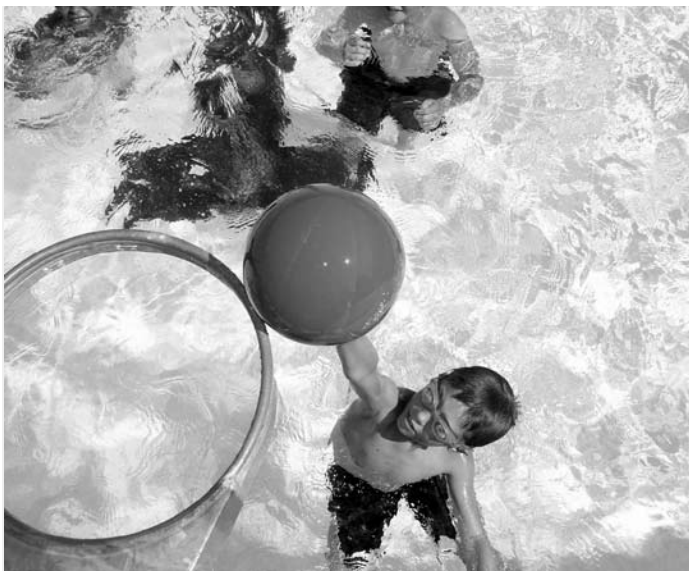
CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312430 1A	JIVNJNTS	MWF	9:15-10AM	6/1-7/31	LIAC	\$61	
412430 1A	JIVNJNTS	MWF	9:15-10AM	8/17-10/9	LIAC	\$54	
412430 2A	JIVNJNTS	MWF	9:15-10AM	10/19-12/18	LIAC	\$54	

MONTH OF GIVING
NOVEMBER 2 - 25
INDOOR AQUATIC CENTER

Bring in a non-perishable food item or a \$1 donation and gain entry to the aquatic center for only \$2 from November 2 - 25.



Food items will be donated to the Ballard Community Center / Monetary donations to be given to the Lawrence Community Shelter



LEARN-TO-SWIM CLASSES

TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON

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.

On Monday, April 13, from 5-7 p.m., we'll have Water Safety Instructors on hand to test your child's skill. After the skill test, the WSI will recommend a level for your child's enrollment. Or, you may contact us to schedule an assessment by calling the Aquatic Division at 832-SWIM. There is no cost for assessments.

NOTE TO PARENTS/GUARDIANS

LPRD wants your child to participate in its learn-to-swim program. We do ask for student cooperation and attention when attending class. It is our goal to provide each child with equal time and attention by staff. If a child doesn't want to enter the water or does not cooperate with staff, parents/guardians are asked to work with the supervisor in charge to seek resolution. We ask each participant to be on time and attend every lesson. Each lesson contains new material, which is vital to success in the class. *We also ask parents/guardians to have patience, be positive and give praise. It is important to give children additional time to practice outside of class. The more practice time children receive, the more successful they will be in swimming lessons.*

MAKE-UP LESSONS

Make up swim lessons will be held only if the LPRD staff makes the cancellation. There are no make-up days for lessons missed for personal reasons.

WAITING LISTS

Waiting lists for each section will only be formed when programs are filled. Those on the waiting lists will be contacted in the order that they were placed on the list, if and when an opening becomes available.

SWIM LESSON DESCRIPTIONS

All of the levels contain age/level appropriate safety skills. To complete a level, the participant must be able to complete all skills and exit skills assessments.

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.*

Aqua Tots Swim (ages 3-4 years) This class bridges the Parent/Child class to the Learn-to-Swim program. Aqua Tots is designed for pre-school age 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 basic fundamentals of freestyle and floating. In order to move to the next class, students must be comfortable putting their faces in the water for 3 or more seconds. Parents are encouraged to remain on the pool deck during the 15 minute instructional period of the class and then swim with their child for the last 10 minutes under instructor guidance to reinforce skills covered during class. *Small class ratio of 1 instructor to 5 participants offers plenty of personal attention.*

Preschool (4-5 year olds): Preschool Aquatics teaches aquatic and safety skills in a positive, logical progression beginning with fundamental water safety and aquatic skills. *Skills learned include: entering water independently, gliding on front and back, swim using combined arm and leg actions.*

Level 1 (Ages 4 to 5 years): Working 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 (Ages 5 to 7 years): *Skills learned include: front, back floats unsupported for 5 seconds, then recover to a standing position; front and back glides for 2 body lengths and combined arm and leg actions on front and back for 5 body lengths.*

Level 3: *Skills learned include: survival and back floats, treading water for 30 seconds, and swimming on front for 3-5 body lengths.*

Level 4: Improve on skills and increase endurance on strokes learned in previous levels, including front and elementary backstroke for 25 yards, elementary backstroke, breaststroke, sidestroke with scissor kick and butterfly for 15 yards. *Skills learned include: head first entries, survival swimming, and treading water using 2 kicks.*

Level 5: Increased endurance, coordination and refinement of strokes; front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns.

Level 6: Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. *Skills learned include: introduction to other aquatic activities, areas of focus include Personal Water Safety (L6SAFETY), Diving (L6DIVE) and Fitness Swimming (L6FITSWM). Each option focuses on preparing students to participate in other advanced aquatic courses.*

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.



Adult 2: Were you inspired by the Olympics? Do you already know how to swim but would like to swim with more efficiency and endurance? Adult 2 is targeted to those individuals who have basic swimming skills and want to swim for fitness or increase their endurance and stroke proficiency for triathlons.

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.

Water Safety Instructor Aide (WSI AIDE): Provides training to candidates who wish to assist American Red Cross Water Safety Instructors in teaching the American Red Cross Learn-to-Swim Program.



CARL KNOX NATATORIUM

Weekly Swim Lessons: September 14-October 8

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412103 1A	LEVEL3	MW	6:15-7PM	9/14-10/7	CKN	\$38
412103 1B	LEVEL3	TR	6:15-7PM	9/15-10/8	CKN	\$38
412106 1A	L6DIVE	MW	7-7:45PM	9/14-10/7	CKN	\$38
412107 1A	JR. SWIM	TR	7-7:45PM	9/15-10/8	CKN	\$38

Weekly swim lessons October 19-November 12

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412103 3A	LEVEL3	MW	6:15-7PM	10/19-11/11	CKN	\$38
412103 3B	LEVEL3	TR	6:15-7PM	10/20-11/12	CKN	\$38
412108 3A	ADULT	MW	7-7:45PM	10/19-11/11	CKN	\$38
412104 3A	LEVEL4	TR	7-7:45PM	10/20-11/12	CKN	\$38

OUTDOOR AQUATIC CENTER

Saturdays June 6-June 27

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312001 1E	LEVEL1	S	10-10:25AM	6/6-6/27	LOAC	\$20
312002 1E	LEVEL2	S	10-10:50AM	6/6-6/27	LOAC	\$20
312003 1E	LEVEL3	S	10-10:50AM	6/6-6/27	LOAC	\$20
312001 1F	LEVEL1	S	10:30-10:55AM	6/6-6/27	LOAC	\$20
312000 1C	PNTCHILD	S	11-11:25AM	6/6-6/27	LOAC	\$20
312002 1F	LEVEL2	S	11-11:50AM	6/6-6/27	LOAC	\$20
312003 1F	LEVEL3	S	11-11:50AM	6/6-6/27	LOAC	\$20
312000 1D	PNTCHILD	S	11:30-11:55AM	6/6-6/27	LOAC	\$20

Saturdays July 11-August 1

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312014 2B	PRNSCHOOL	S	9-9:25AM	7/11-8/1	LOAC	\$20
312002 2E	LEVEL2	S	9-9:50AM	7/11-8/1	LOAC	\$20
312003 2E	LEVEL3	S	9-9:50AM	7/11-8/1	LOAC	\$20
312009 2A	ADULT2	S	9-9:50AM	7/11-8/1	LOAC	\$20
312000 2C	PNTCHILD	S	9:30-9:55AM	7/11-8/1	LOAC	\$20
312001 2E	LEVEL1	S	10-10:25AM	7/11-8/1	LOAC	\$20
312002 2F	LEVEL2	S	10-10:50AM	7/11-8/1	LOAC	\$20
312003 2F	LEVEL3	S	10-10:50AM	7/11-8/1	LOAC	\$20
312005 2D	LEVEL5	S	10-10:50AM	7/11-8/1	LOAC	\$20
312008 2B	ADULT	S	10-10:50AM	7/11-8/1	LOAC	\$20
312000 2D	PNTCHILD	S	10:30-10:55AM	7/11-8/1	LOAC	\$20
312001 2F	LEVEL1	S	11-11:25AM	7/11-8/1	LOAC	\$20
312003 2G	LEVEL3	S	11-11:50AM	7/11-8/1	LOAC	\$20
312004 2D	LEVEL4	S	11-11:50AM	7/11-8/1	LOAC	\$20
312007 2B	JRSWIM	S	11-11:50AM	7/11-8/1	LOAC	\$20

Saturdays: August 8-August 29

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312001 3D	LEVEL1	S	9-9:25AM	8/8-8/29	LOAC	\$20
312002 3E	LEVEL2	S	9-9:50AM	8/8-8/29	LOAC	\$20
312003 3E	LEVEL3	S	9-9:50AM	8/8-8/29	LOAC	\$20
312001 3E	LEVEL1	S	9:30-9:55AM	8/8-8/29	LOAC	\$20
312000 3D	PNTCHILD	S	10-10:25AM	8/8-8/29	LOAC	\$20
312002 3F	LEVEL2	S	10-10:50AM	8/8-8/29	LOAC	\$20
312003 3F	LEVEL3	S	10-10:50AM	8/8-8/29	LOAC	\$20
312000 3E	PNTCHILD	S	10:30-10:55AM	8/8-8/29	LOAC	\$20

Weekly Swim Lessons June 1-June 11

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312002 1A	LEVEL2	MTWR	9-9:45AM	6/1-6/11	LOAC	\$38
312003 1A	LEVEL3	MTWR	9-9:45AM	6/1-6/11	LOAC	\$38
312004 1A	LEVEL4	MTWR	9-9:45AM	6/1-6/11	LOAC	\$38
312005 1A	LEVEL5	MTWR	9-9:45AM	6/1-6/11	LOAC	\$38
312006 1A	L6DIVE	MTWR	9-9:45AM	6/1-6/11	LOAC	\$38
312001 1A	LEVEL1	MTWR	9:30-9:55AM	6/1-6/11	LOAC	\$38
312001 1B	LEVEL1	MTWR	10-10:25AM	6/1-6/11	LOAC	\$38
312002 1B	LEVEL2	MTWR	10-10:45AM	6/1-6/11	LOAC	\$38
312003 1B	LEVEL3	MTWR	10-10:45AM	6/1-6/11	LOAC	\$38
312004 1B	LEVEL4	MTWR	10-10:45AM	6/1-6/11	LOAC	\$38
312005 1B	LEVEL5	MTWR	10-10:45AM	6/1-6/11	LOAC	\$38
312000 1A	PNTCHILD	MTWR	10:30-10:55AM	6/1-6/11	LOAC	\$38
312001 1C	LEVEL1	MTWR	11-11:25AM	6/1-6/11	LOAC	\$38
312002 1C	LEVEL2	MTWR	11-11:45AM	6/1-6/11	LOAC	\$38
312003 1C	LEVEL3	MTWR	11-11:45AM	6/1-6/11	LOAC	\$38
312004 1C	LEVEL4	MTWR	11-11:45AM	6/1-6/11	LOAC	\$38
312006 1B	L6FITSWIM	MTWR	11-11:45AM	6/1-6/11	LOAC	\$38
312007 1A	JRSWIM	MTWR	11-11:45AM	6/1-6/11	LOAC	\$38
312000 1B	PNTCHILD	MTWR	11:30-11:55AM	6/1-6/11	LOAC	\$38
312014 1A	PRNSCHOOL	MTWR	11:30-11:55AM	6/1-6/11	LOAC	\$38
312001 1D	LEVEL1	MTWR	12-12:25PM	6/1-6/11	LOAC	\$38
312002 1D	LEVEL2	MTWR	12-12:45PM	6/1-6/11	LOAC	\$38
312003 1D	LEVEL3	MTWR	12-12:45PM	6/1-6/11	LOAC	\$38
312004 1D	LEVEL4	MTWR	12-12:45PM	6/1-6/11	LOAC	\$38
312005 1C	LEVEL5	MTWR	12-12:45PM	6/1-6/11	LOAC	\$38
312009 1A	ADULT2	MTWR	12-12:45PM	6/1-6/11	LOAC	\$38

Weekly Swim Lessons June 15-June 25

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312002 2A	LEVEL2	MTWR	9-9:45AM	6/15-6/25	LOAC	\$38
312003 2A	LEVEL3	MTWR	9-9:45AM	6/15-6/25	LOAC	\$38
312004 2A	LEVEL4	MTWR	9-9:45AM	6/15-6/25	LOAC	\$38
312005 2A	LEVEL5	MTWR	9-9:45AM	6/15-6/25	LOAC	\$38
312006 2A	L6WSAFE	MTWR	9-9:45AM	6/15-6/25	LOAC	\$38
312001 2A	LEVEL1	MTWR	9:30-9:55AM	6/15-6/25	LOAC	\$38
312014 2A	PRNSCHOOL	MTWR	10-10:25AM	6/15-6/25	LOAC	\$38
312000 2A	PNTCHILD	MTWR	10-10:25AM	6/15-6/25	LOAC	\$38
312002 2B	LEVEL2	MTWR	10-10:45AM	6/15-6/25	LOAC	\$38
312003 2B	LEVEL3	MTWR	10-10:45AM	6/15-6/25	LOAC	\$38
312005 2B	LEVEL5	MTWR	10-10:45AM	6/15-6/25	LOAC	\$38
312007 2A	JRSWIM	MTWR	10-10:45AM	6/15-6/25	LOAC	\$38
312001 2B	LEVEL1	MTWR	10:30-10:55AM	6/15-6/25	LOAC	\$38
312001 2C	LEVEL1	MTWR	11-11:25AM	6/15-6/25	LOAC	\$38
312003 2C	LEVEL3	MTWR	11-11:45AM	6/15-6/25	LOAC	\$38
312004 2B	LEVEL4	MTWR	11-11:45AM	6/15-6/25	LOAC	\$38
312006 2B	L6DIVE	MTWR	11-11:45AM	6/15-6/25	LOAC	\$38
312002 2C	LEVEL2	MTWR	11-11:45AM	6/15-6/25	LOAC	\$38
312000 2B	PNTCHILD	MTWR	11:30-11:55AM	6/15-6/25	LOAC	\$38
312001 2D	LEVEL1	MTWR	12-12:25PM	6/15-6/25	LOAC	\$38
312002 2D	LEVEL2	MTWR	12-12:45PM	6/15-6/25	LOAC	\$38
312003 2D	LEVEL3	MTWR	12-12:45PM	6/15-6/25	LOAC	\$38
312004 2C	LEVEL4	MTWR	12-12:45PM	6/15-6/25	LOAC	\$38
312005 2C	LEVEL5	MTWR	12-12:45PM	6/15-6/25	LOAC	\$38
312008 2A	ADULT	MTWR	12-12:45PM	6/15-6/25	LOAC	\$38

Weekly Swim Lessons July 6-July 16

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312002 3A	LEVEL2	MTWR	9-9:45AM	7/6-7/16	LOAC	\$38
312003 3A	LEVEL3	MTWR	9-9:45AM	7/6-7/16	LOAC	\$38
312004 3A	LEVEL4	MTWR	9-9:45AM	7/6-7/16	LOAC	\$38
312005 3A	LEVEL5	MTWR	9-9:45AM	7/6-7/16	LOAC	\$38
312006 3A	L6FIT	MTWR	9-9:45AM	7/6-7/16	LOAC	\$38
312001 3A	LEVEL1	MTWR	9:30-9:55AM	7/6-7/16	LOAC	\$38
312000 3A	PNTCHILD	MTWR	10-10:25AM	7/6-7/16	LOAC	\$38
312002 3B	LEVEL2	MTWR	10-10:45AM	7/6-7/16	LOAC	\$38
312003 3B	LEVEL3	MTWR	10-10:45AM	7/6-7/16	LOAC	\$38
312004 3B	LEVEL4	MTWR	10-10:45AM	7/6-7/16	LOAC	\$38
312005 3B	LEVEL5	MTWR	10-10:45AM	7/6-7/16	LOAC	\$38
312006 3B	L6WSAFE	MTWR	10-10:45AM	7/6-7/16	LOAC	\$38
312001 3B	LEVEL1	MTWR	10:30-10:55AM	7/6-7/16	LOAC	\$38
312000 3B	PNTCHILD	MTWR	11-11:25AM	7/6-7/16	LOAC	\$38
312002 3C	LEVEL2	MTWR	11-11:45AM	7/6-7/16	LOAC	\$38
312003 3C	LEVEL3	MTWR	11-11:45AM	7/6-7/16	LOAC	\$38
312004 3C	LEVEL4	MTWR	11-11:45AM	7/6-7/16	LOAC	\$38
312006 3C	L6DIVE	MTWR	11-11:45AM	7/6-7/16	LOAC	\$38
312007 3A	JRSWIM	MTWR	11-11:45AM	7/6-7/16	LOAC	\$38
312000 3C	PNTCHILD	MTWR	11:30-11:55AM	7/6-7/16	LOAC	\$38
312014 3A	PRSSCHOOL	MTWR	11:30-11:55AM	7/6-7/16	LOAC	\$38
312001 3C	LEVEL1	MTWR	12-12:25PM	7/6-7/16	LOAC	\$38
312002 3D	LEVEL2	MTWR	12-12:45PM	7/6-7/16	LOAC	\$38
312003 3D	LEVEL3	MTWR	12-12:45PM	7/6-7/16	LOAC	\$38
312004 3D	LEVEL4	MTWR	12-12:45PM	7/6-7/16	LOAC	\$38
312005 3C	LEVEL5	MTWR	12-12:45PM	7/6-7/16	LOAC	\$38
312006 3D	L6DIVE	MTWR	12-12:45PM	7/6-7/16	LOAC	\$38
312008 3A	ADULT	MTWR	12-12:45PM	7/6-7/16	LOAC	\$38

INDOOR AQUATIC CENTER

Saturdays: June 6-June 27

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312101 1C	LEVEL1	S	9-9:25AM	6/6-6/27	LIAC	\$20
312102 1E	LEVEL2	S	9-9:50AM	6/6-6/27	LIAC	\$20
312103 1C	LEVEL3	S	9-9:50AM	6/6-6/27	LIAC	\$20
312104 1C	LEVEL4	S	9-9:50AM	6/6-6/27	LIAC	\$20
312100 1B	PNTCHILD	S	9:30-9:55AM	6/6-6/27	LIAC	\$20
312101 1D	LEVEL1	S	10-10:25AM	6/6-6/27	LIAC	\$20
312102 1F	LEVEL2	S	10-10:50AM	6/6-6/27	LIAC	\$20
312103 1D	LEVEL3	S	10-10:50AM	6/6-6/27	LIAC	\$20
312108 1A	ADULT	S	10-10:50AM	6/6-6/27	LIAC	\$20
312100 1C	PNTCHILD	S	10:30-10:55AM	6/6-6/27	LIAC	\$20
312106 1B	L6DIVE	S	11-11:50AM	6/6-6/27	LIAC	\$20
312104 1D	LEVEL 4	S	11-11:50AM	6/6-6/27	LIAC	\$20
312107 1B	JRSWIM	S	11-11:50AM	6/6-6/27	LIAC	\$20



Saturdays September 12-October 3

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412114 2A	PRSSCHOOL	S	9-9:25AM	9/12-10/3	LIAC	\$20
412102 2A	LEVEL 2	S	9-9:45AM	9/12-10/3	LIAC	\$20
412105 2A	LEVEL5	S	9-9:45AM	9/12-10/3	LIAC	\$20
412100 2A	PNTCHILD	S	9:30-9:55AM	9/12-10/3	LIAC	\$20
412100 2B	PNTCHILD	S	10-10:25AM	9/12-10/3	LIAC	\$20
412102 2B	LEVEL 2	S	10-10:45AM	9/12-10/3	LIAC	\$20
412103 2A	LEVEL3	S	10-10:45AM	9/12-10/3	LIAC	\$20
412101 2A	LEVEL1	S	10:30-10:55AM	9/12-10/3	LIAC	\$20
412103 2B	LEVEL3	S	11-11:45AM	9/12-10/3	LIAC	\$20
412104 2A	LEVEL4	S	11-11:45AM	9/12-10/3	LIAC	\$20
412109 2A	ADULT2	S	11-11:45AM	9/12-10/3	LIAC	\$20

Saturdays October 24-November 14

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412101 4A	LEVEL1	S	9-9:25AM	10/24-11/14	LIAC	\$20
412102 4A	LEVEL2	S	9-9:45AM	10/24-11/14	LIAC	\$20
412107 4A	JRSWIM	S	9-9:45AM	10/24-11/14	LIAC	\$20
412100 4A	PNTCHILD	S	9:30-9:55AM	10/24-11/14	LIAC	\$20
412100 4B	PNTCHILD	S	10-10:25AM	10/24-11/14	LIAC	\$20
412102 4B	LEVEL 2	S	10-10:45AM	10/24-11/14	LIAC	\$20
412103 4A	LEVEL3	S	10-10:45AM	10/24-11/14	LIAC	\$20
412115 4A	AQUATOT	S	10:30-10:55AM	10/24-11/14	LIAC	\$20
412103 4B	LEVEL3	S	11-11:45AM	10/24-11/14	LIAC	\$20
412104 4A	LEVEL4	S	11-11:45AM	10/24-11/14	LIAC	\$20
412109 4A	ADULT2	S	11-11:45AM	10/24-11/14	LIAC	\$20

Weekly Swim Lessons June 1-June 11

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312111 A	WSIAIDE	MTWR	9-9:45AM	6/1-6/11	LIAC	\$38
312102 1A	LEVEL2	MTWR	9-9:45AM	6/1-6/11	LIAC	\$38
312101 1A	LEVEL1	MTWR	10-10:25AM	6/1-6/11	LIAC	\$38
312102 1B	LEVEL2	MTWR	10-10:45AM	6/1-6/11	LIAC	\$38
312103 1A	LEVEL3	MTWR	10-10:45AM	6/1-6/11	LIAC	\$38
312104 1A	LEVEL4	MTWR	10-10:45AM	6/1-6/11	LIAC	\$38
312105 1A	LEVEL5	MTWR	10-10:45AM	6/1-6/11	LIAC	\$38
312100 1A	PNTCHILD	MTWR	10:30-10:55AM	6/1-6/11	LIAC	\$38
312102 1C	LEVEL2	MTWR	11-11:45AM	6/1-6/11	LIAC	\$38
312103 1B	LEVEL3	MTWR	11-11:45AM	6/1-6/11	LIAC	\$38
312107 1A	JRSWIM	MTWR	11-11:45AM	6/1-6/11	LIAC	\$38
312106 1A	L6WSAFE	MTWR	11-11:45AM	6/1-6/11	LIAC	\$38
312101 1B	LEVEL1	MTWR	11:30-11:55AM	6/1-6/11	LIAC	\$38
312114 1A	PRSSCHOOL	MTWR	12-12:25PM	6/1-6/11	LIAC	\$38
312102 1D	LEVEL2	MTWR	12-12:45PM	6/1-6/11	LIAC	\$38
312104 1B	LEVEL4	MTWR	12-12:45PM	6/1-6/11	LIAC	\$38
312109 1A	ADULT2	MTWR	12-12:45PM	6/1-6/11	LIAC	\$38

Weekly Swim Lessons June 15-June 25

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312104 2A	LEVEL4	MTWR	9-9:45AM	6/15-6/25	LIAC	\$38
312102 2A	LEVEL2	MTWR	9-9:45AM	6/15-6/25	LIAC	\$38
312114 2A	PRSSCHOOL	MTWR	10-10:25AM	6/15-6/25	LIAC	\$38
312103 2A	LEVEL3	MTWR	10-10:45AM	6/15-6/25	LIAC	\$38
312104 2B	LEVEL4	MTWR	10-10:45AM	6/15-6/25	LIAC	\$38
312105 2A	LEVEL5	MTWR	10-10:45AM	6/15-6/25	LIAC	\$38
312107 2A	JRSWIM	MTWR	10-10:45AM	6/15-6/25	LIAC	\$38
312101 2A	LEVEL1	MTWR	10:30-10:55AM	6/15-6/25	LIAC	\$38
312100 2A	PNTCHILD	MTWR	11-11:25AM	6/15-6/25	LIAC	\$38
312102 2B	LEVEL2	MTWR	11-11:45AM	6/15-6/25	LIAC	\$38
312104 2C	LEVEL4	MTWR	11-11:45AM	6/15-6/25	LIAC	\$38
312105 2B	LEVEL5	MTWR	11-11:45AM	6/15-6/25	LIAC	\$38

BARTLETT & WEST

From engineering to landscape architecture - GIS to field services, our people take a more-rounded view in creating value for our clients.

749.9452 BARTWEST.COM

GF Gene Fritzel
Construction Co., Inc.
(785) 841-6347



312101	2B	LEVEL1	MTWR	11:30-11:55AM	6/15-6/25	LIAC	\$38
312103	2B	LEVEL3	MTWR	12-12:45PM	6/15-6/25	LIAC	\$38
312107	2B	JRSWIM	MTWR	12-12:45PM	6/15-6/25	LIAC	\$38
312108	2A	ADULT	MTWR	12-12:45PM	6/15-6/25	LIAC	\$38
312101	2C	LEVEL1	MTWR	5-5:25PM	6/15-6/25	LIAC	\$38
312102	2C	LEVEL2	MTWR	5-5:45PM	6/15-6/25	LIAC	\$38
312103	2C	LEVEL3	MTWR	5-5:45PM	6/15-6/25	LIAC	\$38
312100	2B	PNTCHILD	MTWR	5:30-5:55PM	6/15-6/25	LIAC	\$38
312102	2D	LEVEL2	MTWR	6-6:45PM	6/15-6/25	LIAC	\$38
312103	2D	LEVEL3	MTWR	6-6:45PM	6/15-6/25	LIAC	\$38
312109	2A	ADULT2	MTWR	6-6:45PM	6/15-6/25	LIAC	\$38

Weekly Swim Lessons July 6-July 16

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312102	3A	LEVEL2	MTWR	9-9:45AM	7/6-7/16	LIAC	\$38
312105	3A	LEVEL5	MTWR	9-9:45AM	7/6-7/16	LIAC	\$38
312101	3A	LEVEL1	MTWR	10-10:25AM	7/6-7/16	LIAC	\$38
312102	3B	LEVEL2	MTWR	10-10:45AM	7/6-7/16	LIAC	\$38
312103	3A	LEVEL3	MTWR	10-10:45AM	7/6-7/16	LIAC	\$38
312104	3A	LEVEL4	MTWR	10-10:45AM	7/6-7/16	LIAC	\$38
312106	3A	L6FITSWM	MTWR	10-10:45AM	7/6-7/16	LIAC	\$38
312100	3A	PNTCHILD	MTWR	10:30-10:55AM	7/6-7/16	LIAC	\$38
312114	3A	PRSSCHOOL	MTWR	11-11:25AM	7/6-7/16	LIAC	\$38
312102	3C	LEVEL2	MTWR	11-11:45AM	7/6-7/16	LIAC	\$38
312103	3B	LEVEL3	MTWR	11-11:45AM	7/6-7/16	LIAC	\$38
312104	3B	LEVEL4	MTWR	11-11:45AM	7/6-7/16	LIAC	\$38
312107	3A	JRSWIM	MTWR	11-11:45AM	7/6-7/16	LIAC	\$38
312101	3B	LEVEL 1	MTWR	11:30-11:55AM	7/6-7/16	LIAC	\$38
312102	3D	LEVEL 2	MTWR	12-12:45PM	7/6-7/16	LIAC	\$38
312108	3A	ADULT	MTWR	12-12:45PM	7/6-7/16	LIAC	\$38

Weekly Swim Lessons July 20-July 30

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312104	4A	LEVEL4	MTWR	9-9:45AM	7/20-7/30	LIAC	\$38
312114	4A	PRSSCHOOL	MTWR	9:30-9:55AM	7/20-7/30	LIAC	\$38
312100	4A	PNTCHILD	MTWR	10-10:25AM	7/20-7/30	LIAC	\$38
312103	4A	LEVEL3	MTWR	10-10:45AM	7/20-7/30	LIAC	\$38
312104	4B	LEVEL4	MTWR	10-10:45AM	7/20-7/30	LIAC	\$38
312105	4A	LEVEL5	MTWR	10-10:45AM	7/20-7/30	LIAC	\$38
312106	4A	L6DIVE	MTWR	10-10:45AM	7/20-7/30	LIAC	\$38
312101	4A	LEVEL1	MTWR	10:30-10:55AM	7/20-7/30	LIAC	\$38

312100	4B	PNTCHILD	MTWR	11-11:25AM	7/20-7/30	LIAC	\$38
312102	4A	LEVEL2	MTWR	11-11:45AM	7/20-7/30	LIAC	\$38
312103	4B	LEVEL3	MTWR	11-11:45AM	7/20-7/30	LIAC	\$38
312104	4C	LEVEL4	MTWR	11-11:45AM	7/20-7/30	LIAC	\$38
312105	4B	LEVEL5	MTWR	11-11:45AM	7/20-7/30	LIAC	\$38
312101	4B	LEVEL1	MTWR	11:30-11:55AM	7/20-7/30	LIAC	\$38
312102	4B	LEVEL2	MTWR	12-12:45PM	7/20-7/30	LIAC	\$38
312104	4D	LEVEL4	MTWR	12-12:45PM	7/20-7/30	LIAC	\$38
312107	4A	JRSWIM	MTWR	12-12:45PM	7/20-7/30	LIAC	\$38
312100	4C	PNTCHILD	MTWR	5-5:25PM	7/20-7/30	LIAC	\$38
312102	4C	LEVEL2	MTWR	5-5:45PM	7/20-7/30	LIAC	\$38
312103	4C	LEVEL3	MTWR	5-5:45PM	7/20-7/30	LIAC	\$38
312101	4C	LEVEL1	MTWR	5:30-5:55PM	7/20-7/30	LIAC	\$38
312102	4D	LEVEL 2	MTWR	6-6:45PM	7/20-7/30	LIAC	\$38
312103	4D	LEVEL 3	MTWR	6-6:45PM	7/20-7/30	LIAC	\$38
312114	4B	PRSSCHOOL	MTWR	6:30-6:55PM	7/20-7/30	LIAC	\$38

Weekly Swim Lessons September 14-October 7

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412114	1A	PRSSCHOOL	MW	4:20-4:45PM	9/14-10/7	LIAC	\$38
412115	1A	AQUATOT	TR	4:20-4:45PM	9/15-10/8	LIAC	\$38
412100	1A	PNTCHILD	MW	5-5:25PM	9/14-10/7	LIAC	\$38
412100	1B	PNTCHILD	TR	5-5:25PM	9/15-10/8	LIAC	\$38
412102	1A	LEVEL2	MW	5-5:45PM	9/14-10/7	LIAC	\$38
412103	1C	LEVEL3	TR	5-5:45PM	9/15-10/8	LIAC	\$38
412103	1D	LEVEL3	MW	5-5:45PM	9/14-10/7	LIAC	\$38
412104	1A	LEVEL4	TR	5-5:45PM	9/15-10/8	LIAC	\$38
412101	1A	LEVEL1	MW	5:30-5:55PM	9/14-10/7	LIAC	\$38
412101	1B	LEVEL1	TR	5:30-5:55PM	9/15-10/8	LIAC	\$38
412107	1B	JRSWIM	MW	6-6:45PM	9/14-10/7	LIAC	\$38
412107	1C	JRSWIM	TR	6-6:45PM	9/15-10/8	LIAC	\$38
412102	1B	LEVEL2	MW	6-6:45PM	9/14-10/7	LIAC	\$38
412102	1C	LEVEL2	TR	6-6:45PM	9/15-10/8	LIAC	\$38
412103	1E	LEVEL3	MW	6-6:45PM	9/14-10/7	LIAC	\$38
412103	1F	LEVEL3	TR	6-6:45PM	9/15-10/8	LIAC	\$38
412108	1A	ADULT	MW	7-7:45PM	9/14-10/7	LIAC	\$38
412109	1A	ADULT2	TR	7-7:45PM	9/15-10/8	LIAC	\$38
412104	1B	LEVEL4	MW	7-7:45PM	9/14-10/7	LIAC	\$38
412104	1C	LEVEL 4	TR	7-7:45PM	9/15-10/8	LIAC	\$38

Weekly Swim Lessons October 19-November 12

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412101	3A	LEVEL1	MW	4:20-4:45PM	10/19-11/11	LIAC	\$38
412114	3A	PRSSCHOOL	TR	4:20-4:45PM	10/20-11/12	LIAC	\$38
412102	3A	LEVEL2	MW	5-5:45PM	10/19-11/11	LIAC	\$38
412102	3B	LEVEL2	TR	5-5:45PM	10/20-11/12	LIAC	\$38
412103	3C	LEVEL3	MW	5-5:45PM	10/19-11/11	LIAC	\$38
412103	3D	LEVEL3	TR	5-5:45PM	10/20-11/12	LIAC	\$38
412104	3B	LEVEL4	MW	5-5:45PM	10/19-11/11	LIAC	\$38
412104	3C	LEVEL4	TR	5-5:45PM	10/20-11/12	LIAC	\$38
412114	3B	PRSSCHOOL	MW	5:30-5:55PM	10/19-11/11	LIAC	\$38
412115	3A	AQUATOT	TR	5:30-5:55PM	10/20-11/12	LIAC	\$38
412102	3C	LEVEL2	MW	6-6:45PM	10/19-11/11	LIAC	\$38
412102	3D	LEVEL2	TR	6-6:45PM	10/20-11/12	LIAC	\$38
412103	3E	LEVEL3	MW	6-6:45PM	10/19-11/11	LIAC	\$38
412103	3F	LEVEL3	TR	6-6:45PM	10/20-11/12	LIAC	\$38
412100	3A	PNTCHILD	MW	6:30-6:55PM	10/19-11/11	LIAC	\$38
412100	3B	PNTCHILD	TR	6:30-6:55PM	10/20-11/12	LIAC	\$38
412107	3A	JRSWIM	MW	7-7:45PM	10/19-11/11	LIAC	\$38
412106	3A	L6DIVE	TR	7-7:45PM	10/20-11/12	LIAC	\$38
412109	3A	ADULT2	MW	7-7:45PM	10/19-11/11	LIAC	\$38
412108	3B	ADULT	TR	7-7:45PM	10/20-11/12	LIAC	\$38

CHIPOTLE MEXICAN GRILL

4000 W 6th St, Lawrence, KS • 785-843-1510

911 Massachusetts St, Lawrence, KS • 785-843-8800



PRIVATE SWIMMING LESSONS

Is there an instructor your child would like to spend a little more time with in one-on-one instruction? Whether your child needs to improve a stroke or skill, or you would just like the individual attention of one instructor, we have a program for you. Many of our certified instructors are available to teach private lessons at our facilities. They are available on a weekly basis during times that public swimming lessons are NOT being held. The cost is \$15 per 30 minute session. We offer only American Red Cross certified Water Safety Instructors for all of our classes. However, the American Red Cross does not sanction these classes or curriculum for private lessons. *Registration for private lessons is only available at the LIAC. Please call 832-SWIM for more information.*

AQUATIC TRAINING CLASSES

CALLING ALL LIFEGUARDS!

Lawrence Parks & Recreation Department Aquatics Division wants YOU to work as a certified lifeguard during our year-round swimming season. If you're willing to work, we're willing to train you! Training class fees are drastically reduced to those candidates who are willing to sign an employment contract with LPRD-Aquatics. We're excited about building a great team of professional lifeguards and therefore reserve the right to hire only the most qualified applicants for all positions and do not guarantee employment based on training completion. All lifeguard candidates must be at least 16 years of age in order to qualify for employment with LPRD-Aquatics. *For more information on this program, contact the Aquatic Division at 832-SWIM.*

JUNIOR INSTRUCTOR PROGRAM

Ever wonder what it is like to teach swim lessons? Come join the LPRD Jr. Instructor program. This is a volunteer program for anyone who wants to help at the pool. Earn volunteer credits to take classes (CPR, First Aid, lifeguard training, etc.). *For more information, contact the Aquatic Division at 832-SWIM.*

WATER SAFETY INSTRUCTOR COURSE

This dynamic American Red Cross course teaches the dedicated individual how to instruct infants, children and adults in water safety and swimming lessons. Participants must be at least 16 years of age upon completion of the course requirements in order to receive certification. Pre-requisite skills include knowledge of all swimming strokes and ability to demonstrate those skills on the first day of class prior to beginning training. Upon completion of the pre-course skill test, participants will be admitted into the class. Class is drastically reduced in price for those candidates who are willing to sign an employment contract with LPRD-Aquatics. *LPRD-Aquatics staff reserves the right to hire only the most qualified and dynamic applicants for all positions and does not guarantee employment based on training completion. Fees for the class include all materials, including books and certification cards upon successful completion of course requirements. Because the course content is fast-paced and power-packed with information, all course times and dates must be attended. For more information on this program, contact the Aquatic Division at 832-SWIM. MUST ATTEND ALL SESSIONS OF THE CLASS.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
312110 A	WSI	F	4-8PM	4/24 & 5/1	LIAC	\$165
		SA	8AM-5PM	4/25 & 5/2		
		SU	12-5PM	4/26 & 5/3		
312110 B	WSI	TWRF	8AM-12PM	5/26-6/4	LIAC	\$165
		MTWR				
412110 A	WSI	F	4-8PM	10/2 & 10/9	LIAC	\$165
		SA	8AM-5PM	10/3 & 10/10		
		SU	12-5PM	10/4 & 10/11		
412110 B	WSI	SMTW	7AM-5PM	12/27-12/30	LIAC	\$165

WATERPARK LIFEGUARD TRAINING

Ages: 15 and Up. Lawrence Parks & Recreation Department's Aquatics Division offers American Red Cross Waterpark Lifeguarding classes for ages 15 and older. *Class fees include all materials including books.* Course satisfies most employers' requirements for lifeguard positions. *Please contact the Aquatic Division Office at 832-SWIM for more information.* The Waterpark Lifeguarding class teaches participants the knowledge and skills needed to prevent and respond to aquatic emergencies both in a pool and at a waterpark environment. The course content and activities prepare candidates to recognize and respond quickly and effectively to



emergencies and prevent drownings and injuries. Prerequisites must be met on the first day of class for the candidate to continue with the class. These include being 15 years of age before the scheduled end of the class; the ability to swim non-stop for 300 yards using 100 yards of crawl, 100 yards of breaststroke, and 100 yards of either crawl or breaststroke; and the ability to swim 20 yards using crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with the object—legs only in 1:40 or less. **MUST ATTEND ALL SESSIONS OF THE CLASS.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
212120 A	WLGT	F	4-8PM	4/17&4/24	LIAC	\$165
		S	8AM-5PM	4/18&4/25		
		SU	12-5PM	4/19&4/26		
212120 B	WLGT	MTWR	4-8PM	5/4-5/14	LIAC	\$165
412120 A	WLGT	F	4-8PM	9/11 & 9/18	LIAC	\$165
		SA	8AM-5PM	9/12 & 9/19		
		SU	12-5PM	9/13 & 9/20		
412120 B	WLGT	MTWR	4PM-8PM	11/9-11/19	LIAC	\$165
412120 C	WLGT	SSUMT	8AM-5PM	12/19-12/22	LIAC	\$165
412120 D	WLGT	SUMTW	8AM-5PM	12/27-12/30	LIAC	\$165

LIFEGUARD TRAINING INSTRUCTOR

Ages: 17 and Up. Lifeguard Training Instructor is designed to train instructor candidates to teach the American Red Cross Lifeguard Training course by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate a participant's progress.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
412122 A	LGTI	SSUMT	7AM-5PM	12/19-12/22	LIAC	\$165

CLUB LIAC

Lifeguard/Instructor Aquatic Certifications – December 19 through December 30

CLUB LIAC is an opportunity for training when school is not in session. CLUB LIAC offers several different classes, including Lifeguard Training, Lifeguard Training Instructor and Water Safety Instructor courses. *For more information, contact the Aquatic Division at 832-SWIM.*

