



## 2009 SUMMER/FALL ACTIVITIES GUIDE

Do you know where the closest park is from your house? Do you know how many miles of walking and biking trails there are in Lawrence? In case you didn't know, there are 52 parks, including 2 off-leash dog parks and over 70 miles of walking and biking trails.

In this edition of the activities guide, we encourage you to take the dog for a walk; take your mom or dad for a walk; go on a family bike ride or go play in a park.

With the economy on everybody's mind, you need to find things your family can do for very little investment, getting out of the house and enjoying the many benefits of living in Lawrence. So, stretch your limits, think outside the box, get outside and enjoy the summer and fall seasons. Enjoy the benefits of participating in Parks and Recreation activities and programs.

### ENROLLMENT IS EASY!

#### ONLINE ENROLLMENT

\*If you have enrolled in a Parks and Recreation program after January 2000, you're already in our database and can log in using your home phone (10 digits, no spaces or dashes) as your User Name. You'll use your last name as your Password. We encourage you to change these after logging in the first time. If you aren't registered, click on "New User" and follow the prompts to create your personal login and password.

#### DON'T THINK YOU CAN?

Visit LPRD's web site for assistance with online enrollment. View our Help Page, which will walk you through the process of enrolling online. You can find the help page at:  
<http://www.lprd.org/webtrac/help.shtml>

*\*\*Walk-in registration takes priority over fax-in and mailed-in registrations.*

#### ONLINE\*

*Starting Sunday, November 30 (for all Summer/Fall activities)*

Visit our web site at [www.lprd.org](http://www.lprd.org); create a user name and password (if you haven't already). Log in and stretch your limits with Parks and Recreation.

#### WALK-IN / FAX-IN\*\* / MAIL IN\*\*

*Starting Monday, December 1 (for all Summer/Fall activities)*

Visit any Parks and Recreation facility to enroll. (For a complete listing of the facilities and their enrollment hours see page 2). Visa, MasterCard only. Faxed enrollments processed at South Park Recreation Center (785) 832-7938. You can also drop your registration and payment in the mail. Pay by check or credit card. Send your registration and payment to: Lawrence Parks and Recreation Department; South Park Recreation Center - Registration; 1141 Massachusetts St.; Lawrence, KS; 66044. *Make checks payable to: LPRD*

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*THE CITY OF LAWRENCE DOES NOT DISCRIMINATE ON THE BASIS OF RACE, SEX, RELIGION, COLOR, NATIONAL ORIGIN, AGE, ANCESTRY, SEXUAL ORIENTATION OR DISABILITY.*

# OTHER CODES

GFORCE	G-Force, 725 N. 2nd St.
DCSS	Douglas County Senior Services, 8th & Vermont St.
LTC	Lawrence Tennis Center, 21st & Virginia St.
UPD	Union Pacific Depot, 402 N. 2nd St.
CLSC	Clinton Lake Softball Complex, 5101 Speicher Road
ML	Mary's Lake, 2730 Harper St.
RFP-CL	River Front Plaza-Computer Lab, 6th & New Hampshire St.
TBA	To Be Announced/Assigned
Maceli's	Maceli's, 1031 New Hampshire St.
FBC	First Baptist Church, 1330 Kasold Drive
TLC	Trinity Lutheran Church, 1245 New Hampshire St.
FS	First Serve, 5200 Clinton Parkway
FUMC	First United Methodist Church, 867 Hwy. 40
LRA	Lawrence Rotary Arboretum, 5100 W. 27th St.
FG Bld21	4-H Fairgrounds, 2120 Harper St.
HSC	Holcom Sports Complex, 2601 W. 25th St.

**Class Name** — **SENIOR STRENGTH TRAINING** NEW **Class Description**

**Co-sponsored class not eligible for youth scholarships** — **Class Notes**

**Class Omit Dates** — **No Senior Discount**

**Class Code** — **Class Location** (Listed on pages 2 & 3)

**Night Classes (are noted in bold)** — **Class Fee**

**Section of Class** — **Dates of Class**

**Name of Class** — **Time of Class**

**Day of Class**

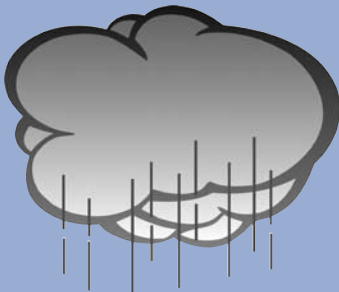
CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
115333	A	SRBEGINNING	MWF	8:10-9AM	1/6-3/7	HPRC-BR	\$34
115333	B	SRBEGINNING	MWF	9:05-9:55PM	1/6-3/7	HPRC-BR	\$34
115334	A	SRINTERMEDIATE	S	8:30-9:20AM	1/11-3/8	HPRC-HR	\$34
215333	A	SRBEGINNING	MWF	8:10-9AM	1/6-3/7	HPRC-BR	\$34
215333	B	SRBEGINNING	MWF	9:05-9:55PM	1/6-3/7	HPRC-BR	\$34
<b>215334</b>	<b>A</b>	<b>SRINTERMEDIATE</b>	<b>S</b>	<b>6:30-7:20PM</b>	<b>1/11-3/8</b>	<b>HPRC-HR</b>	<b>\$34</b>

**Class Description:** ■ *Ages 55 and Up. Enrollment Min 12 / Max 20.* Research indicates strength training for seniors is very effective in improving balance (preventing falls), improving strength in major muscle groups, increasing muscle mass and bone density. Class is designed to include functional movement patterns to enhance daily living activities. A variety of strength training equipment will be utilized including universal machines, free weights and resistance tubing and bands. Class includes a warm-up and a post-workout stretch component. **NOTE:** A physician's release is required prior to beginning of class. **No class 5/20. Instructor: Staff. NSD**

**DAYS:**

**M** - Monday    **T** - Tuesday    **W** - Wednesday    **R** - Thursday    **F** - Friday    **S** - Saturday    **Su** - Sunday

**Building and Room Codes in Green**



FOR INFORMATION ON PROGRAM AND ACTIVITIES CANCELLATIONS DUE TO INCLEMENT WEATHER CALL 832-7999 OR LISTEN TO 1320AM, KLWN.

IF YOU ARE IN NEED OF SPECIAL ACCOMMODATIONS FOR OUR PROGRAMS / CLASSES, PLEASE CALL SOUTH PARK RECREATION CENTER, 832-7930.