

# RECREATION INSTRUCTION

For more information regarding the Recreation Instruction Division, contact Jo Ellis, South Park Recreation Center, 1141 Massachusetts St., 785-832-7930 or [jellis@ci.lawrence.ks.us](mailto:jellis@ci.lawrence.ks.us).

## DANCE

### BALLROOM DANCING

*Ages: 18 and Up. Enrollment Min 6 / Max 12 couples. Fees are assessed at a couple rate.* Discover the excitement of dancing! Learn the classics. The Cha Cha: The fun dance. The Waltz: Beautiful and graceful dance in ¾ time. East Coast Swing: The grandmother of all swing. The wedding or anniversary dance. Partners preferred, singles placed on waiting list for partner matching. **No class 11/23. Instructor: Blue and Shirley Barrand.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314161 A	BALLRM	M	7-8PM	6/1-7/20	SPRC-FR	\$70
314161 B	BALLRM	M	7-8PM	7/27-8/17	SPRC-FR	\$35
414161 A	BALLRM	M	7-8PM	9/14-11/2	SPRC-FR	\$70
414161 B	BALLRM	M	7-8PM	11/9-12/14	SPRC-FR	\$44

### COUNTRY COUPLES VARIETY DANCING

*Ages: 16 and Up. Enrollment Min 6 / Max 15 couples. Fees assessed at a couple rate.* This class teaches a wide variety of country dances including the two-step, waltz, polka and swing dance. Come learn the basic movements and sharpen your dance skills in this progressive class. **No Class 7/5 and 11/29. Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314162 A	COUNTRY	SU	5:15-6:15PM	5/31-7/12	CB-CR1&2	\$52
314162 B	COUNTRY	SU	5:15-6:15PM	7/19-8/23	CB-CR1&2	\$52
414162 A	COUNTRY	SU	5:15-6:15PM	9/13-10/18	CB-CR1&2	\$52
414162 B	COUNTRY	SU	5:15-6:15PM	11/1-12/13	CB-CR1&2	\$52

### LATIN DANCE

*Ages: 16 and Up. Enrollment Min 6 / Max 15 couples. Fees assessed at a couple rate.* 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 and, oh, those smooth Latin moves. **Instructor Mike Salerno. No Class 11/25.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314163 A	LATIN	SU	7:25-8:25PM	7/19-8/23	CB-CR1&2	\$52
414163 A	LATIN	SU	7:25-8:25PM	11/1-12/13	CB-CR1&2	\$52



### MIDDLE EASTERN BELLY DANCERCISE

*Ages: 12 and Up. Enrollment Min 8 / Max 20.* This is a different way to exercise, emphasizing body and muscle awareness, passive stretching and the natural movements of Middle Eastern dance. Using both traditional and modern music, you'll be introduced to muscles you never knew you had before! Belly Dancercise is an overall body movement experience that is an introduction to this beautiful ancient dance form. *Prerequisite for Middle Eastern Dance.* **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314201 A	MIDEBELL	M	6-6:55PM	6/1-7/20	CB-DS	\$32
314201 B	MIDEBELL	M	7-7:55PM	6/1-7/20	CB-DS	\$32
414201 A	MIDEBELL	M	6-6:55PM	9/14-11/2	CB-DS	\$32
414201 B	MIDEBELL	M	7-7:55PM	9/14-11/2	CB-DS	\$32

### MIDDLE EASTERN DANCE 1

*Ages: 12 and Up. Enrollment Min 8 / Max 20.* This beginner/intermediate level class explores complex movements, combinations and simple choreographies, with introductions to finger cymbals and various styles of Middle Eastern Dance incorporated. *Prerequisite: Minimum three sessions of Belly Dance.* **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314211 A	MIDEAST1	M	8-8:55PM	6/1-7/20	CB-DS	\$32
414211 A	MIDEAST1	M	8-8:55PM	9/14-11/16	CB-DS	\$42

### MIDDLE EASTERN DANCE 2/3

*Ages: 12 and Up. Enrollment Min 6 / Max 15.* Combined Intermediate and Advanced levels and Dance Company Class. Advanced choreographies and improvisation techniques put cultural context in the dancer's movement vocabulary. Includes complex finger cymbal patterns, musical interpretation, advanced training in regional styles and cultural nuance for development of performance potential. *Access to performance opportunities.* *Prerequisite: One year of Middle Eastern Dance 1.* **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314212 A	MDEAST23	T	6:45-8:15PM	6/2-7/21	CB-DS	\$45
414212 A	MDEAST23	T	6:45-8:15PM	9/15-11/17	CB-DS	\$56

### MIDDLE EASTERN DANCE, PARENT/CHILD

*Ages: 4 to adult. Enrollment Min 4 pairs / Max 9 pairs. Fees assessed at a couple rate.* This is a two week workshop to team up, learn some basics and dance interactively. *Must sign up as a couple.* **Instructor: JoAnne Zingo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314200 A	PARENTCH	M	6-6:55PM	8/3-8/10	CB-DS	\$15
414200 A	PARENTCH	M	6-6:55PM	11/30-12/7	CB-DS	\$15

**MIDDLE EASTERN DANCE, YOUNGER SET**

*Ages: 7-15. Enrollment Min 5 / Max 10.* This youth appropriate two week class provides an introduction to Middle Eastern Culture, Music and Dance. **Instructor: JoAnne Zingo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314200	B	YOUNGER	M	7-7:55PM	8/3-8/10	CB-DS	\$8
414200	B	YOUNGER	M	7-7:55PM	11/30-12/7	CB-DS	\$8

**MIDDLE EASTERN TECHNIQUE WORKSHOP**

*Ages: 12 and Up. Enrollment Min 8 /Max 15.* This workshop involving intensive training starts with 10-15 minutes stretching and warm up, followed by a full hour of dance focusing on cultural/ethnic style including use of veil, cane and finger cymbals with movement across the floor and combinations, ending with 10-15 minutes cool down. *Not for beginners in ME Dance - All intermediate and up dancers welcome regardless of teacher.* **Instructor: JoAnne Zingo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314202	A	MDESTECH	T	7-8:30PM	8/4-8/25	CB-DS	\$25

**SINGLES DANCE WORKSHOP**

*Ages: 18 and Up. Enrollment Min 10 / Max 40.* Do you want to take a dance class but do not have a partner? Too busy to commit to a long series of dance classes? Then the Singles Dance Workshop is just the right venue for you. Meet and dance with other singles in these three hour workshops. The first two hours will be instruction with at least two styles of dance followed by a one-hour dance to practice and socialize. Couples are welcome, but dancers will rotate partners frequently during the class. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314149	A	SWING	SU	2-5PM	8/16	CB-CR1&2	\$15
414149	A	LATIN	SU	2-5PM	10/11	CB-CR1&2	\$15
414149	B	SWING	SU	2-5PM	12/6	CB-CR1&2	\$15

**SWING DANCING**

*Ages: 16 and Up. Enrollment Min 6 couples / Max 15 couples. Fees assessed at couple rate.* Listen to the beat and let your feet turn up the heat! Learn the basic movements in today's hottest dance craze. The course starts with the basic steps and progresses to moves that will impress everyone on the dance floor. **No class 7/5 and 11/29. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314164	A	SWING	SU	6:20-7:20PM	5/31-7/12	CB-CR1&2	\$52
314164	B	SWING	SU	6:20-7:20PM	7/19-8/23	CB-CR1&2	\$52
414164	A	SWING	SU	6:20-7:20PM	9/13-10/18	CB-CR1&2	\$52
414164	B	SWING	SU	6:20-7:20PM	11/1-12/13	CB-CR1&2	\$52

**ULTIMATE DANCE PARTY**

*Ages: 18 and Up. Enrollment Min 20 couples / Max 40 couples. Fees are assessed at a per couple rate.* It's time to dance! You have learned all the steps and now you and your partner want to get out for an evening. Where can you go? Come to the South Park Recreation Center for the "Ultimate Dance Party." 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 dance your favorite dance to some great music. South Park Recreation Center is a smoke-free, alcohol-free environment. Come dance the night away. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314160	A	ULTDANCE	S	7-9PM	7/18	CB-CR1	\$15
314160	B	ULTDANCE	S	7-9PM	8/29	CB-CR1	\$15
414160	A	ULTDANCE	S	7-9PM	10/3	CB-CR1	\$15
414160	B	ULTDANCE	S	7-9PM	11/7	CB-CR1	\$15
414160	C	ULTDANCE	S	7-9PM	12/5	CB-CR1	\$15

**WEDDING DANCE CRASH COURSE**

*Ages: 18 and Up. Enrollment Min 4 couples / Max 20 couples. Fees assessed at a couples rate.* Do you have two left feet or have 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. **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314166	A	WEDCRASH	SU	2-5PM	7/12	CB-CR1&2	\$30
414166	A	WEDCRASH	SU	2-5PM	9/20	CB-CR1&2	\$30
414166	B	WEDCRASH	SU	2-5PM	11/15	CB-CR1&2	\$30

**West Coast Swing**

*Ages: 16 and Up. Enrollment Min 6 couples / Max 15 couples. Fees assessed at per couple rate.* Known as one of the most challenging of the lead-and-follow swing dances, West Coast Swing uses a wide range of styles and tempos of music -- Blues, Rock, Hip-Hop and Country. Its loads of fun! **No Class 7/5. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
314165	A	WESTCST	SU	7:25-8:25PM	5/31-7/12	CB-CR1&2	\$52
414165	A	WESTCST	SU	7:25-8:25PM	9/13-10/18	CB-CR1&2	\$52

**FITNESS**

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

**MATS**

Due to limited number of mats available, please bring a mat, blanket or other cushion for your personal use.

**YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS**

All LPRD fitness instructors are required to attend on-going 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.



**FALL**  
*Arts & Crafts*  
**FESTIVAL**

*30th Annual*  
**10 a.m. – 5 p.m.**  
**November 15**  
**Community Building**  
**115 W. 11th St.**

*33rd Annual*  
**Holiday**  
**Bazaar**

**10 a.m. – 5 p.m. • September 13**  
**Historic South Park • 1141 Massachusetts St.**



**40/20- LOW IMPACT AEROBICS** NEW

*Ages: 16 and Up. Enrollment Min 8 / Max 30.* A great workout for all levels of fitness enthusiasts, this class combines energetic, up-beat 40 minutes of easy to follow low-impact high intensity aerobics with 20 minutes of toning for all muscle groups using a variety of fitness equipment.

**No class 11/24, 11/26. Instructor: Pat Middaugh.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
415102 A	40/20	TR	10:30-11:25AM	9/15-11/5	CB-GYM	\$35
415102 B	40/20	TR	10:30-11:25AM	11/10-12/10	CB-GYM	\$18

**ADULT TUMBLING**

*Ages: 18 and Up. Enrollment Min 6 / Max 10.* This class offers adults of all skill levels the fundamentals of tumbling and strength conditioning. A strong emphasis is placed on flexibility and improving muscle tone throughout the body.

**No class 11/26. LPRD gymnastics staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316405 A	ADTUMB	R	7:30-8:25PM	6/4-7/23	ELCR	\$40
416405 A	ADTUMB	R	7:30-8:25PM	9/17-11/5	ELRC	\$40
416405 B	ADTUMB	R	7:30-8:25PM	11/12-12/10	ELRC	\$20

**AEROBICS - HIGH-INTENSITY/LOW IMPACT**

*Ages: 16 and Up. Enrollment Min 10 / Max 75.* This less-jarring method of burning fat enhances cardiovascular fitness while lessening the impact and stress on the lower legs. Benefits include: fewer injuries, burning of fat as effectively as high-impact aerobics, decrease in body fat, increase in lung capacity, strengthening the heart and reducing the resting heart rate.

**No class 11/23 and 11/25. Instructor: Vicki Lysen.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315152 A	HIGH/LOW	MW	5:30-6:30PM	6/1-6/24	HPRC-GY	\$18
415152 A	HIGH/LOW	MW	5:30-6:30PM	9/14-11/4	HPRC-GY	\$35
415152 B	HIGH/LOW	MW	5:30-6:30PM	11/9-12/9	HPRC-GY	\$18



*"I feel more energized after class, it release stress and the prices are very reasonable."*

— Jean B.

**BODY BLAST**

*Ages: 16 and Up. Enrollment Min 8 / Max 25.* Body Blast incorporates the best exercises from the weight room with up-beat, energetic music! Learn proper form and technique while using weights and stability balls to tighten and tone your core (Abs & Back), upper and lower body. Half of the class will focus on your mid-section and the other half on your upper and lower body. This class can be modified for all fitness levels. Join us to shrink those ABS. Bring a mat for floor workout.

**No class 7/4 and 11/28. Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315100 A	BODYBLAST	S	10-10:50AM	6/6-7/25	CB-CR1	\$21
315100 B	BODYBLAST	S	10-10:50AM	8/1-8/29	CB-CR1	\$14
415100 A	BODYBLAST	S	10-10:50AM	9/19-11/7	CB-CR1	\$23
415100 B	BODYBLAST	S	10-10:50AM	11/14-12/12	CB-CR1	\$11

**CARDIO X-TRAINER**

*Ages: 16 and Up. Enrollment Min 8 / Max 40.* Are you up for the challenge of a total body workout? Come join us for an intense muscle training/strengthening from head to toe as well as an energetic and effective cardiovascular workout! Exercises can be modified to fit anyone's fitness level. We are constantly changing what we do so this class provides something of interest for everybody. Some activities may be performed outdoors, weather permitting. Feel free to bring your own weights and a mat for floor work.

**No class 11/24 and 11/26. Instructor: Nicole Heck.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315122 A	CARDIO	TR	5:35-6:30PM	6/2-7/23	HPRC-GY	\$35
315122 B	CARDIO	TR	5:35-6:30PM	7/28-8/27	HPRC-GY	\$22
415122 A	CARDIO	TR	5:35-6:30PM	9/15-11/5	HPRC-GY	\$35
415122 B	CARDIO	TR	5:35-6:30PM	11/10-12/10	HPRC-GY	\$18

**CIRCUIT TRAINING**

*Ages: 16 and Up. Enrollment Min 8 / Max 20.* An exciting challenging workout! This class incorporates intervals of aerobic and anaerobic exercises with sports drills including the jump rope, polymetrics, resistance bands and cone-drills, to achieve the ultimate fat burning workout. If you are on a weight loss program, this is a workout for you!

**This class can be modified for all fitness levels. No class 11/23 and 11/25. Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315101 A	CIRTRAIN	MW	5:30-6:25PM	6/1-7/22	DCSS	\$35
315101 B	CIRTRAIN	MW	5:30-6:25PM	7/27-8/26	DCSS	\$22
415101 A	CIRTRAIN	MW	5:30-6:25PM	9/14-11/4	DCSS	\$35
415101 B	CIRTRAIN	MW	5:30-6:25PM	11/9-12/9	DCSS	\$18

**CYCLING 101**

*Ages: 16 and Up. Enrollment Min 6 / Max 10.* This class is for participants new to spinning. Cycle 101 teaches basic spin moves as well as how to adjust and set up the bikes. There will be a slow 10 minute warm up, increasing intensity to introduce the techniques of Slow Flat Ride, Hill Ride and Sprint Rides. The beginners' ride is slow and gentle enough for all fitness levels to be able to follow while experiencing an effective workout!

**No class 11/23, 11/24, 11/25, 11/26. Instructor: Nicole Heck, Thalia**

**Tooke, Melanie Johnson, Stacy Zunino.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315350 A	CYCLE(SZ)	T	5:45-6:30PM	6/2-7/21	CB-CR3	\$55
315350 B	CYCLE(NH)	W	7-7:45PM	6/3-7/22	CB-CR3	\$55
315350 C	CYCLE(TT)	R	7:15-8AM	6/4-7/23	CB-CR3	\$55

315350 D	CYCLE(SZ)	R	7-7:45PM	6/4-7/23	CB-CR3	\$55
315350 E	CYCLE(SZ)	T	5:45-6:30PM	7/28-8/25	CB-CR3	\$35
315350 F	CYCLE(NH)	W	7-7:45PM	7/29-8/26	CB-CR3	\$35
315350 G	CYCLE(TT)	R	7:15-8AM	7/30-8/27	CB-CR3	\$35
315350 H	CYCLE(SZ)	R	7-7:45PM	7/30-8/27	CB-CR3	\$35
415350 A	CYCLE(MJ)	M	10:15-11AM	9/14-11/2	CB-CR3	\$55
415350 B	CYCLE	M	6-6:45PM	9/14-11/2	CB-CR3	\$55
415350 C	CYCLE(SZ)	T	5:45-6:30PM	9/15-11/3	CB-CR3	\$55
415350 D	CYCLE(NH)	W	7-7:45PM	9/16-11/4	CB-CR3	\$55
415350 E	CYCLE(TT)	R	7:15-8AM	9/17-11/5	CB-CR3	\$55
415350 F	CYCLE(SZ)	R	7-7:45PM	9/17-11/5	CB-CR3	\$55
415350 G	CYCLE(MJ)	M	10:15-11AM	11/9-12/7	CB-CR3	\$28
415350 H	CYCLE	M	6-6:45PM	11/9-12/7	CB-CR3	\$28
415350 I	CYCLE(SZ)	T	5:45-6:30PM	11/10-12/8	CB-CR3	\$28
415350 J	CYCLE(NH)	W	7-7:45PM	11/11-12/9	CB-CR3	\$28
415350 K	CYCLE(SZ)	R	7-7:45PM	11/12-12/10	CB-CR3	\$28

**CYCLING - POWER RIDE**

*Ages: 16 and Up. Enrollment Min 6 / Max 10.* Our Power Ride is a class for moderate and advanced participants that offers an excellent cardiovascular workout as it targets and challenges your entire lower body. This ride includes an Endurance Ride that will metabolize fat efficiently, Race Day Rides that will include challenging mountain climbs, while the Strength Ride will promote muscular and cardiovascular development. This highly aerobic ride can cover 15-20 miles in the 45 minute class time. It is truly a fantastic cardiovascular workout!! Be ready to sweat it out and burn up to 700 calories! **No class 7/4; 11/28. Instructor: Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315352 A	POWRID	S	9-9:45AM	6/6-7/25	CB-CR3	\$48
315352 B	POWRID	S	9-9:45AM	8/1-8/29	CB-CR3	\$35
415352 A	POWRID	S	9-9:45AM	9/19-11/7	CB-CR3	\$55
415352 B	POWRID	S	9-9:45AM	11/14-12/12	CB-CR3	\$28

**CYCLING - RIP N' RIDE**

*Ages: 16 and Up. Enrollment Min 6 / Max 10.* This interval class combines cardio, strength and muscle conditioning for those who want to achieve both in a single class. This class will alternate 10 minutes of riding with 5 minutes of weights, lunges and squats throughout the 45 minute class. This is an excellent way to get cardio and muscle conditioning as well as a physical and mental exercise. Using weights is optional. You may stay on the bike if you do not want to "Rip." **No class 11/24, 11/26. Instructor: Christie Ogunnowo/Melanie Johnson.**



CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315351 A	RIP(MJ)	W	10:15-11AM	6/3-7/22	CB-CR3	\$55
315351 B	RIP(CO)	R	5:45-6:30PM	6/4-7/23	CB-CR3	\$55
315351 C	RIP(MJ)	W	10:15-11AM	7/29-8/26	CB-CR3	\$35
315351 D	RIP(CO)	R	5:45-6:30PM	7/30-8/27	CB-CR3	\$35
415351 A	RIP(MJ)	W	10:15-11AM	9/16-11/4	CB-CR3	\$55
415351 B	RIP(CO)	R	5:45-6:30PM	9/17-11/5	CB-CR3	\$55
415351 C	RIP(MJ)	W	10:15-11AM	11/11-12/9	CB-CR3	\$28
415351 D	RIP(CO)	R	5:45-6:30PM	11/12-12/10	CB-CR3	\$28

**DANCE FITNESS**

*Ages: 16 and Up. Enrollment Min 8 / Max 30.* Get your groove on with this fast-paced dance exercise class that stresses whole body fitness. Consists of 30 minutes of cardiovascular routines and 30 minutes of toning and stretching. Aerobic routines may be performed either at high or low impact. Follow-the-leader routines are simple for beginners to learn yet challenging enough for advanced students. A real workout! Rubberbands used for some toning exercises will be provided. **No class 11/24 and 11/26. Instructor: Rosie Shelton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315250 A	DANFIT	TR	9-10AM	6/2-7/23	CB-GY	\$35
315250 B	DANFIT	TR	5:30-6:30PM	6/2-7/23	DCSS	\$35
315250 C	DANFIT	TR	9-10AM	7/28-8/27	CB-GY	\$22
315250 D	DANFIT	TR	5:30-6:30PM	7/28-8/27	DCSS	\$22
415250 A	DANFIT	TR	9-10AM	9/15-11/5	CB-GY	\$35
415250 B	DANFIT	TR	5:30-6:30PM	9/15-11/5	DCSS	\$35
415250 C	DANFIT	TR	9-10AM	11/10-12/10	CB-GY	\$18
415250 D	DANFIT	TR	5:30-6:30PM	11/10-12/10	DCSS	\$18

**INTERVAL EXPRESS**

*Ages: 16 and Up. Enrollment Min 8 / Max 25.* Jump on the train of a conditioning class combining cardio along with strength segments utilizing weights, bands and other equipment to strengthen and tone all the major muscle groups, as well as stretching and strengthening the core segment. Exercise can be modified to fit any fitness level. Some exercises may be performed outdoors. Feel free to bring your own mats and weights to use. Join us for this comprehensive fusion workout! **No class 11/23, 11/25. Instructor: Nicole Heck.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315211 A	INTEREXP	MW	5:45-6:40PM	6/1-7/22	CB-CR1	\$35
315211 B	INTEREXP	MW	5:45-6:40PM	7/27-8/26	CB-CR1	\$22
415211 A	INTEREXP	MW	5:45-6:40PM	9/14-11/4	CB-CR1	\$35
415211 B	INTEREXP	MW	5:45-6:40PM	11/9-12/9	CB-CR1	\$18

**PILATES**

*Ages: 16 and Up. Enrollment Min 8 / Max 20.* Pilates is a modern approach to body conditioning that will keep you on the cutting edge of fitness. We will focus on core muscles such as hips, thighs and abdominals that will strengthen and tone by stretching as the body moves. Main principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **No class 7/4; 11/23; 11/25; 11/26 and 11/28. Instructor: Jamie Frank(JF)/Dhyana Coil(DC)/Amanda Henry (AH).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315223 A	PLTE(JF)	MW	5:45-6:40PM	6/1-7/22	HPRC-BR	\$35
315223 B	PLTE	MW	6:45-7:40PM	6/1-7/22	HPRC-BR	\$35
315223 C	PLTE(DC)	R	5:30-6:25PM	6/4-7/23	FUMC	\$23
315223 D	PLTE(JF)	F	6:15-7:05AM	6/5-7/24	HPRC-BR	\$23
315223 E	PLTE(AH)	S	11-11:55AM	6/6-7/25	CB-CR1	\$21
315223 F	PLTE(JF)	MW	5:45-6:40PM	7/27-8/26	HPRC-BR	\$22
315223 G	PLTE	MW	6:45-7:40PM	7/27-8/26	HPRC-BR	\$22
415223 H	PLTE(DC)	R	5:30-6:25PM	7/30-8/27	FUMC	\$14
315223 I	PLTE(JF)	F	6:15-7:05AM	7/31-8/28	HPRC-BR	\$14
315223 J	PLTE(AH)	S	11-11:55AM	8/1-8/29	CB-CR1	\$14
415223 A	PLTE(JF)	MW	5:45-6:40PM	9/14-11/4	HPRC-BR	\$35
415223 B	PLTE	MW	6:45-7:40PM	9/14-11/4	HPRC-BR	\$35
415223 C	PLTE(DC)	R	5:30-6:25PM	9/17-11/5	FUMC	\$23
415223 D	PLTE(AH)	S	11-11:55AM	9/19-11/7	CB-CR1	\$23
415223 E	PLTE(JF)	MW	5:45-6:40PM	11/9-12/9	HPRC-BR	\$18
415223 F	PLTE	MW	6:45-7:40PM	11/9-12/9	HPRC-BR	\$18
415223 G	PLTE(DC)	R	5:30-6:25PM	11/12-12/10	HPRC-BR	\$11
415223 H	PLTE(AH)	S	11-11:55AM	11/14-12/12	CB-CR1	\$11

**SLIMNASTICS**

*Ages: 16 and Up. Enrollment Min 8 / Max 50.* Feel good while getting slim and trim. This exercise class for men and women will concentrate on muscle toning and strengthening all muscle groups. We will focus on toning and sculpting your muscles to create a healthy, well-balanced body. Exercises are done to music, but there are no routines to learn. You will need to bring a mat for the floor work. **No class 11/23; 11/25; and 11/27.**

**Instructor: Rosie Shelton.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315310 A	SLIMNAST	MWF	9-10AM	6/1-7/24	CB-GY	\$48
315310 B	SLIMNAST	MWF	9-10AM	7/27-8/28	CB-GY	\$30
415310 A	SLIMNAST	MWF	9-10AM	9/14-11/6	CB-GY	\$48
415310 B	SLIMNAST	MWF	9-10AM	11/9-12/11	CB-GY	\$24

**STRENGTH TRAINING WORKSHOP**

*Ages: 16 and Up. Enrollment Min 6 / Max 10.* Learn how to strengthen all your major muscles safely and effectively using a variety of equipment including universal machines, free weights and resistance tubing and bands in a non-threatening setting. We'll cover effective program design for continuous progress, injury-prevention techniques, instruction for a variety of equipment and information regarding the benefits of strength training. **No class 11/24 and 11/26.** **Instructor: Allison Fischer.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315331 A	STRENGTH	TR	6:15-7:10PM	6/2-7/23	HPRC-HR	\$35
315331 B	STRENGTH	TR	6:15-7:10PM	7/28-8/27	HPRC-HR	\$22
415331 A	STRENGTH	TR	6:15-7:10PM	9/15-11/5	HPRC-HR	\$35
415331 B	STRENGTH	TR	6:15-7:10PM	11/10-12/10	HPRC-HR	\$18

**YOGA**

*Ages: 16 and Up. Enrollment Min 8 / Max 25.* Get comfortable and stretch out your stiff muscles. Learn to correctly align your spine through slow, progressive traction. While using the full capacity of your lungs through correct breathing, you will completely oxygenate your body and brain, improving blood circulation and your sense of well-being. *Bring a blanket or exercise mat. See the Life-Long Recreation section for additional sections designed for those 50+.* **No class 11/25 and 11/26.** **Instructor: Melissa Mitchell(MM)/Sara Pike(SP).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315271 B	YOGA(SP)	W	7-8:15PM	6/3-7/22	SPRC-FR	\$42
315271 C	YOGA(MM)	R	6-7:15PM	6/4-7/23	SPRC-FR	\$42
415271 B	YOGA(SP)	W	7-8:15PM	9/16-11/4	SPRC-FR	\$42
415271 C	YOGA(MM)	R	6-7:15PM	9/17-11/5	SPRC-FR	\$42
415271 E	YOGA(SP)	W	7-8:15PM	11/11-12/9	SPRC-FR	\$21
415271 F	YOGA(MM)	R	6-7:15PM	11/12-12/10	SPRC-FR	\$21



**YOGILATES**

*Ages: 16 and Up. Enrollment Min 8 / Max 25.* The best of both worlds -- the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, increase range of motion and balance for a complete workout. **No class 11/24, 11/26 and 11/28.**

**Instructor: Jamie Frank/Charity Barnum.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315121 A	YGTS(CB)	TR	5:30-6:25PM	6/2-7/23	CB-CR2	\$35
315121 B	YGTS(JF)	S	8-8:55AM	6/6-7/25	CB-CR2	\$21
315121 C	YGTS(CB)	TR	5:30-6:25PM	7/28-8/27	CB-CR2	\$22
315121 D	YGTS(JF)	S	8-8:55AM	8/1-8/29	CB-CR2	\$14
415121 A	YGTS(CB)	TR	5:30-6:25PM	9/15-11/15	CB-CR2	\$35
415121 B	YGTS(JF)	S	8-8:55AM	9/19-11/7	CB-CR2	\$23
415121 C	YGTS(CB)	TR	5:30-6:25PM	11/10-12/10	CB-CR2	\$18
415121 D	YGTS(JF)	S	8-8:55AM	11/14-12/12	CB-CR2	\$11

**ZUMBA**

*Ages: 16 and Up. Enrollment Min 8 / Max 25.* Zumba is rapidly becoming the next fitness sensation! Zumba aerobics incorporates Salsa, Belly Dance, West African and other World Dance moves in a FUN, party-like exercise format. You don't have to know how to dance to do Zumba. The easy-to-follow routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **No class 7/4; 11/23 to 11/28.** **Instructors: Amanda Henry/Susan Pomoroy/Susan King/ Thalia Tooke/Charity Barnum/ Christie Ogunnowo.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315000 A	ZMBA(AH)	M	5:30-6:25PM	6/1-7/20	CB-CR2	\$23
315000 B	ZMBA(SP)	T	5:30-6:25PM	6/2-7/21	FUMC	\$23
315000 C	ZMBA(SK)	W	5:30-6:25PM	6/3-7/22	CB-CR2	\$23
315000 D	ZMBA(TT)	R	6:30-7:25PM	6/4-7/23	CB-CR2	\$23
315000 E	ZMBA(CB)	F	5:30-6:25PM	6/5-7/24	CB-CR2	\$23
315000 F	ZMBA(CO)	S	11-11:50AM	6/6-7/25	CB-CR2	\$21
315000 G	ZMBA(AH)	M	5:30-6:25PM	7/27-8/24	CB-CR2	\$15
315000 H	ZMBA(SP)	T	5:30-6:25PM	7/28-8/25	FUMC	\$15
315000 I	ZMBA(SK)	W	5:30-6:25PM	7/29-8/26	CB-CR2	\$15
315000 J	ZMBA(TT)	R	6:30-7:25PM	7/30-8/27	CB-CR2	\$15
315000 K	ZMBA(CB)	F	5:30-6:25PM	7/31-8/28	CB-CR2	\$15
315000 L	ZMBA(CO)	S	11-11:50AM	8/1-8/29	CB-CR2	\$15
415000 A	ZMBA(AH)	M	5:30-6:25PM	9/14-11/2	CB-CR2	\$23
415000 B	ZMBA(SP)	T	5:30-6:25PM	9/15-11/3	FUMC	\$23
415000 C	ZMBA(SK)	W	5:30-6:25PM	9/16-11/4	CB-CR2	\$23

**BREAKFAST WITH SANTA**

SATURDAY DECEMBER 12, 8:30-11:30 A.M.

COMMUNITY BUILDING 115 W. 11TH ST.

ENJOY ALL-YOU-CAN-EAT PANKCAKES, SAUSAGE, ORANGE JUICE & COFFEE

CHILD \$ 7  
ADULT \$ 9



415000 D	ZMBA(TT)	R	6:30-7:25PM	9/17-11/5	CB-CR2	\$23
415000 E	ZMBA(CB)	F	5:30-6:25PM	9/18-11/6	CB-CR2	\$23
415000 F	ZMBA(CO)	S	11-11:50AM	9/19-11/7	CB-CR2	\$23
415000 G	ZMBA(AH)	M	5:30-6:25PM	11/9-12/7	CB-CR2	\$12
415000 H	ZMBA(SP)	T	5:30-6:25PM	11/10-12/8	FUMC	\$12
415000 I	ZMBA(SK)	W	5:30-6:25PM	11/11-12/9	CB-CR2	\$12
415000 J	ZMBA	R	6:30-7:25PM	11/12-12/10	CB-CR2	\$12
415000 K	ZMBA(CB)	F	5:30-6:25PM	11/13-12/11	CB-CR2	\$12
415000 L	ZMBA(CO)	S	11-11:50AM	11/14-12/12	CB-CR2	\$12

**ZUMBA INTERVAL**

Ages: 16 and Up. Enrollment Min 8 / Max 25. Move, sweat, laugh and groove - what do you have to lose! Zumba Interval combines high energy and motivating music with unique dance moves and combinations that improves coordination, increase cardio strength and flexibility. Utilizing the principles of fitness intervals, resistance and strength training for an all over body workout. **No class 7/4 and 11/28. Instructor: Susan Pomeroy.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315001 A	ZINT	S	9-9:50AM	6/6-7/25	CB-CR2	\$21
315001 B	ZINT	S	9-9:50AM	8/1-8/29	CB-CR2	\$14
415001 A	ZINT	S	9-9:50AM	9/19-11/7	CB-CR2	\$23
415001 B	ZINT	S	9-9:50AM	11/14-12/12	CB-CR2	\$11

**ZUMBA JAM PARTY**

Ages: 16 and Up. Enrollment Min 15 / Max 75. Join the 2 hour intense workout party with two certified Zumba instructors. Routines are created to fuse pulsating Latin rhythms with easy to follow moves to create a dynamic workout that will blow you away. This is like no other workout you will experience, so be ready to move, sweat, laugh and groove. **Instructors: LPRD Zumba Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315005 A	JAMPARTY	SU	1-3PM	5/31	CB-GYM	\$5
315005 B	JAMPARTY	SU	1-3PM	7/12	CB-GYM	\$5
315005 C	JAMPARTY	SU	1-3PM	8/30	CB-GYM	\$5
415005 A	JAMPARTY	SU	1-3PM	10/18	CB-GYM	\$5
415005 B	JAMPARTY	SU	1-3PM	12/13	CB-GYM	\$5



**ZUMBA, POWER LUNCH**

Ages: 16 and Up. Enrollment Min 8 / Max 25. Jazz up your lunch by adding Zumba into your schedule. Burn fat and get energized over your lunch hour. The routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This is a unique, fun, easy and effective workout. Locker facilities available. Bring a friend and let's do lunch. **Instructor: Amy Ash/Susan King.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315004 A	PWRZ(SK)	MWF	12:10-12:50PM	6/1-7/24	CB-GYM	\$48
315004 B	PWRZ(SK)	MWF	12:10-12:50PM	7/27-8/28	CB-GYM	\$30
415004 A	PWRZ(AA)	MWF	12:10-12:50PM	9/14-11/6	CB-GYM	\$48
415004 B	PWRZ(AA)	MWF	12:10-12:50PM	11/9-12/11	CB-GYM	\$24

**GYMNASTICS**

**Deadline for ALL enrollment is one week prior to the start of class.** Parks and Recreation offers a comprehensive gymnastics program to guide children in their gymnastic skill development, as well as increased self-esteem, independence and character, while having fun and unique experiences in a healthy atmosphere. Classes offered include tumbling for boys and girls and a wide-ranging gymnastics program at several age levels. All classes are held at the East Lawrence Recreation Center, 1245 E. 15th St. The instructional staff members are very qualified and meet standards of the USA Gymnastics and LPRD guidelines. **Program Director: Jo Ellis, 832-7930.**

**PARENT/TOT TUMBLING**

Ages: 2-3. Enrollment Min 6 / Max 10. Ratio 1:10. This parent-participation class lets your child learn basic flexibility, strength and body movement. A fun group and individual program involving tumbling, motor skills, climbing, jumping, balance, flexibility and strength. **One parent per child required. No class 11/25; 11/17; 11/28.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316103 A	PRNT/TOT	F	6:30-7:15PM	6/5-7/24	ELRC-MPR	\$40
316103 B	PRNT/TOT	S	11:30AM-12:15PM	6/6-8/1	ELRC-MPR	\$40
316103 C	PRNT/TOT	MTWR	9:30-10:15AM	6/8-6/18	ELRC-MPR	\$40
316103 D	PRNT/TOT	MTWR	11:30AM-12:15PM	7/20-7/30	ELRC-MPR	\$40
416103 A	PRNT/TOT	W	9:30-10:15AM	9/16-11/4	ELRC-MPR	\$40
416103 B	PRNT/TOT	F	6:30-7:15PM	9/18-11/6	ELRC-MPR	\$40
416103 C	PRNT/TOT	S	11:30AM-12:15PM	9/19-11/7	ELRC-MPR	\$40
416103 D	PRNT/TOT	W	9:30-10:15AM	11/11-12/9	ELRC-MPR	\$20
416103 E	PRNT/TOT	F	6:30-7:15PM	11/13-12/11	ELRC-MPR	\$20
416103 F	PRNT/TOT	S	11:30AM-12:15PM	11/14-12/12	ELRC-MPR	\$20

**TUMBLING**

Ages: 3-5. Enrollment Min 6 / Max 12 (M/W/F daytime classes Max 6). Ratio 1:6. We'll cover skills of tumbling, body flexibility, movement and warm-up routines in an energetic atmosphere. **No class 7/4, 11/23-11/28.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316104 A	TUM(3YR)	T	5:30-6:25PM	6/2-7/21	ELRC-MPR	\$40
316104 B	TUM(3YR)	W	6:30-7:25PM	6/3-7/22	ELRC-MPR	\$40
316104 C	TUM(3YR)	R	4:30-5:25PM	6/4-7/23	ELRC-MPR	\$40
316104 D	TUM(3YR)	S	10:30-11:25AM	6/6-8/1	ELRC-MPR	\$40
316104 E	TUM(3YR)	MTWR	10:30-11:25AM	6/8-6/18	ELRC-MPR	\$40
316104 F	TUM(3YR)	MTWR	10:30-11:25AM	6/29-7/9	ELRC-MPR	\$40
316104 G	TUM(3YR)	MTWR	9:30-10:25AM	7/20-7/30	ELRC-MPR	\$40
416104 A	TUM(3YR)	M	9:30-10:25AM	9/14-11/2	ELRC-MPR	\$40
416104 B	TUM(3YR)	M	4:30-5:25AM	9/14-11/2	ELRC-MPR	\$25
416104 C	TUM(3YR)	T	5:30-6:25PM	9/15-11/3	ELRC-MPR	\$40
416104 D	TUM(3YR)	W	10:30-11:25AM	9/16-11/4	ELRC-MPR	\$40
416104 E	TUM(3YR)	W	6:30-7:25PM	9/16-11/4	ELRC-MPR	\$40
416104 F	TUM(3YR)	F	9:30-10:25AM	9/18-11/6	ELRC-MPR	\$40
416104 G	TUM(3YR)	S	10:30-11:25AM	9/19-11/7	ELRC-MPR	\$40

**PLAY AROUND THE BEND ALL YOU WANT IN A YEAR FOR ONLY \$750**

**ANNUAL GOLF PASS INCLUDES:** ● 3 DRIVING RANGE TOKENS PER VISIT



- CART RENTAL IS ASSESSED AT THE STANDARD FULL PRICE RATE
- 12 MONTHS UNLIMITED GREENS FEES FROM DATE OF PURCHASE



416104 H	TUM(3YR)	M	9:30-10:25AM	11/9-12/7	ELRC-MPR	\$20
416104 I	TUM(3YR)	M	4:30-5:25AM	11/9-12/7	ELRC-MPR	\$20
416104 J	TUM(3YR)	T	5:30-6:25PM	11/10-12/8	ELRC-MPR	\$20
416104 K	TUM(3YR)	W	10:30-11:25AM	11/11-12/9	ELRC-MPR	\$20
416104 L	TUM(3YR)	W	6:30-7:25PM	11/11-12/9	ELRC-MPR	\$20
416104 M	TUM(3YR)	F	9:30-10:25AM	11/13-12/11	ELRC-MPR	\$20
416104 N	TUM(3YR)	S	10:30-11:25AM	11/14-12/12	ELRC-MPR	\$20
316105 A	TMB(4-5)	M	5:30-6:25PM	6/1-7/20	ELRC-MPR	\$40
316105 B	TMB(4-5)	T	4:30-5:25PM	6/2-7/21	ELRC-MPR	\$40
316105 C	TMB(4-5)	R	6:30-7:25PM	6/4-7/23	ELRC-MPR	\$40
316105 D	TMB(4-5)	F	5:30-6:25PM	6/5-7/24	ELRC-MPR	\$40
316105 E	TMB(4-5)	S	9:30-10:25AM	6/6-8/1	ELRC-MPR	\$40
316105 F	TMB(4-5)	MTWR	11:30AM-12:25PM	6/8-6/18	ELRC-MPR	\$40
316105 G	TMB(4-5)	MTWR	11:30AM-12:25PM	6/29-7/9	ELRC-MPR	\$40
316105 H	TMB(4-5)	MTWR	10:30-11:25AM	7/20-7/30	ELRC-MPR	\$40
416105 A	TMB(4-5)	M	10:30-11:25AM	9/14-11/2	ELRC-MPR	\$40
416105 B	TMB(4-5)	M	5:30-6:25PM	9/14-11/2	ELRC-MPR	\$40
416105 C	TMB(4-5)	T	4:30-5:25PM	9/15-11/3	ELRC-MPR	\$40
416105 D	TMB(4-5)	W	5:30-6:25PM	9/16-11/4	ELRC-MPR	\$40
416105 E	TMB(4-5)	R	6:30-7:25PM	9/17-11/5	ELRC-MPR	\$40
416105 F	TMB(4-5)	F	10:30-11:25AM	9/18-11/6	ELRC-MPR	\$40
416105 G	TMB(4-5)	F	5:30-6:25PM	9/18-11/6	ELRC-MPR	\$40
416105 H	TMB(4-5)	S	9:30-10:25AM	9/19-11/7	ELRC-MPR	\$40
416105 I	TMB(4-5)	M	10:30-11:25AM	11/9-12/7	ELRC-MPR	\$20
416105 J	TMB(4-5)	M	5:30-6:25PM	11/9-12/7	ELRC-MPR	\$20
416105 K	TMB(4-5)	T	4:30-5:25PM	11/10-12/8	ELRC-MPR	\$20
416105 L	TMB(4-5)	W	5:30-6:25PM	11/11-12/9	ELRC-MPR	\$20
416105 M	TMB(4-5)	R	6:30-7:25PM	11/12-12/10	ELRC-MPR	\$20
416105 N	TMB(4-5)	F	10:30-11:25AM	11/13-12/11	ELRC-MPR	\$20
416105 O	TMB(4-5)	F	5:30-6:25PM	11/13-12/11	ELRC-MPR	\$20
416105 P	TMB(4-5)	S	9:30-10:25AM	11/14-12/12	ELRC-MPR	\$20

**HOT SHOTS**

This class provides a more advanced curriculum than in our preschool program. Permission from the program director is required prior to enrollment. Call 832-7930 for dates and times or for more information.

**BEGINNING BOYS & GIRLS GYMNASTICS - LEVEL 1**

Ages: 6 and Up. Enrollment Min 6 / Max 12. Boys ratio: 1:5; Girls ratio: 1:6. Your child will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength with gymnastic apparatuses. Children will be expected to perform all the necessary skills before advancing to the next level. **No class 11/24, 11/25, 11/26.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316206 A	BEGBOYS	T	6:30-7:25PM	6/2-7/21	ELRC-MPR	\$40
316206 B	BEGBOYS	R	5:30-6:25PM	6/4-7/23	ELRC-MPR	\$40
416206 A	BEGBOYS	T	6:30-7:25PM	9/15-11/3	ELRC-MPR	\$40
416206 B	BEGBOYS	R	5:30-6:25PM	9/17-11/5	ELRC-MPR	\$40
416206 C	BEGBOYS	T	6:30-7:25PM	11/10-12/8	ELRC-MPR	\$20
416206 D	BEGBOYS	R	5:30-6:25PM	11/12-12/10	ELRC-MPR	\$20
316202 A	BEGGIRLS	M	6:30-7:25PM	6/1-7/20	ELRC-MPR	\$40
316202 B	BEGGIRLS	W	5:30-6:25PM	6/3-7/22	ELRC-MPR	\$40
316202 C	BEGGIRLS	R	5:30-6:25PM	6/4-7/23	ELRC-MPR	\$40
316202 D	BEGGIRLS	MTWR	9:30-10:25AM	6/29-7/9	ELRC-MPR	\$40
416202 A	BEGGIRLS	M	6:30-7:25PM	9/14-11/2	ELRC-MPR	\$40
416202 B	BEGGIRLS	T	5:30-6:25PM	9/15-11/3	ELRC-MPR	\$40
416202 C	BEGGIRLS	W	4:30-5:25PM	9/16-11/4	ELRC-MPR	\$40
416202 D	BEGGIRLS	R	5:30-6:25PM	9/17-11/5	ELRC-MPR	\$40
416202 E	BEGGIRLS	M	6:30-7:25PM	11/9-12/7	ELRC-MPR	\$20
416202 F	BEGGIRLS	T	5:30-6:25PM	11/10-12/8	ELRC-MPR	\$20
416202 G	BEGGIRLS	W	4:30-5:25PM	11/11-12/9	ELRC-MPR	\$20
416202 H	BEGGIRLS	R	5:30-6:25PM	11/12-12/10	ELRC-MPR	\$20



**GIRLS GYMNASTICS - LEVEL 2**

Ages: 6 and Up. Enrollment Min 6 / Max 12. Ratio: 1:6. Girls will develop routines and become familiar with event requirements. Your child will build on the skills acquired during the beginning classes to develop routines that are in accordance with the USA Gymnastics manual. **No class 11/23; 11/25. NOTE: Students in this program must have passed Beginning Gymnastics or have the permission of the Director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316401 A	LEV2GIRL	MW	6:30-7:25PM	6/1-7/22	ELRC-MPR	\$65
416401 A	LEV2GIRL	MW	6:30-7:25PM	9/14-11/4	ELRC-MPR	\$65
416401 B	LEV2GIRL	MW	6:30-7:25PM	11/9-12/9	ELRC-MPR	\$33

**INTERMEDIATE GYMNASTICS - LEVEL 3**

Ages: 6 and Up. Enrollment Min 6 / Max 12. Ratio: 1:6. Open to students who have completed Level 2, your child will work on upper level skills and routines as suggested by the USA Gymnastics manual. **No class 11/24 and 11/26. NOTE: Students in this program must have passed Level 2 Gymnastics or have the permission of the Director prior to enrollment.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316402 A	LEV3GIRLS	TR	6:30-7:25PM	6/2-7/23	ELRC-MPR	\$65
416402 A	LEV3GIRLS	TR	6:30-7:25PM	9/15-11/5	ELRC-MPR	\$65
416402 B	LEV3GIRLS	TR	6:30-7:25PM	11/10-12/10	ELRC-MPR	\$33

**GYMNASTICS BIRTHDAY BASH**

Join LPRD qualified gymnastic staff for a fun-filled, one-hour birthday party! Sixty minutes of supervised instruction in our gymnastics facility and a private party room for 30 minutes. Depending on the age, activities will include a group warm up to music, an obstacle course, uneven bars, balance beam, trampoline, parachute games and other activities and birthday fun! You provided the decorations and the food. Each birthday child will receive a t-shirt. *Please schedule 2 weeks in advance. For more information, please call (785) 832-7930.*

**NATIONAL GYMNASTICS DAY**

Sept. 12 at East Lawrence Recreation Center. Mark your calendars now! Join the LPRD gymnastics staff from 2-5PM for food, games, moonwalk, demonstrations, door prizes and lots of fun.



## G-FORCE POWER TUMBLING/CHEERLEADING

Lawrence Parks and Recreation has teamed up with G-Force to offer recreational power tumbling/cheerleading classes along with competitive cheerleading and power tumbling teams for youth and adults. This progressive program will keep your child challenged and motivated. Min: 4 / Max 12. Ratios 1:6 unless otherwise noted. *No classes the week of November 23-26.*

### AIRBORNE/ADVANCED TUMBLING

■ Ages: 12-18. Enrollment Min 4 / Max 12. A class designed for the advanced tumbler, working on handsprings, flipping and twisting.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316428 A	ADVANCED	M	6:30-7:55PM	6/1-7/20	GFORCE	\$76
316428 B	ADVANCED	R	4:30-5:55PM	6/4-7/23	GFORCE	\$76
316428 C	ADVANCED	M	6:30-7:55PM	7/27-8/24	GFORCE	\$57
316428 D	ADVANCED	R	4:30-5:55PM	7/30-8/27	GFORCE	\$57
416428 A	ADVANCED	M	6:30-7:55PM	9/14-11/2	GFORCE	\$76
416428 B	ADVANCED	R	4:30-5:55PM	9/17-11/5	GFORCE	\$76
416428 C	ADVANCED	M	6:30-7:55PM	11/9-12/14	GFORCE	\$76
416428 D	ADVANCED	R	4:30-5:55PM	11/12-12/17	GFORCE	\$57

### AIR CONTROL/ INTERMEDIATE 1 TUMBLING

■ Ages: 6-11. Enrollment Min 4 / Max 12. This class will continue to work on beginning round offs and back handsprings while concentrating on technique.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316427 A	INTER	M	4:30-5:25PM	6/1-7/20	GFORCE	\$60
316427 B	INTER	R	6:30-7:25PM	6/4-7/23	GFORCE	\$60
316427 C	INTER	M	4:30-5:25PM	7/27-8/24	GFORCE	\$42
316427 D	INTER	R	6:30-7:25PM	7/30-8/27	GFORCE	\$42
416427 A	INTER	R	6:30-7:25PM	9/17-11/5	GFORCE	\$60
416427 B	INTER	S	11-11:55AM	9/19-11/7	GFORCE	\$60
416427 C	INTER	R	6:30-7:25PM	11/12-12/17	GFORCE	\$42
416427 D	INTER	S	11-11:55AM	11/14-12/19	GFORCE	\$42

### AIR CONTROL/ INTERMEDIATE 2 TUMBLING

■ Ages: 6-11. Enrollment Min 4 / Max 12. Designed for the advanced tumbler to finish back handsprings and connecting skills.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316416 A	INTER2	W	7-8:25PM	6/3-7/22	GFORCE	\$76
316416 B	INTER2	R	4:30-5:55PM	6/4-7/23	GFORCE	\$76
316416 C	INTER2	W	7-8:25PM	7/29-8/26	GFORCE	\$57
316416 D	INTER2	R	4:30-5:55PM	7/30-8/27	GFORCE	\$57
416416 A	INTER2	W	7-8:25PM	9/16-11/4	GFORCE	\$76
416416 B	INTER2	R	4:30-5:55PM	9/17-11/5	GFORCE	\$76
416416 C	INTER2	W	7-8:25PM	11/11-12/16	GFORCE	\$57
416416 D	INTER2	R	4:30-5:55PM	11/12-12/17	GFORCE	\$57

### BACK HANDSPRING

■ Ages: 6-11. Enrollment Min 4 / Max 12. Participants will work on standing and round off back handsprings. You must have a perfected, strong round off for this class.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316430 A	BACKHAND	T	5-5:55PM	6/2-7/21	GFORCE	\$60
316430 B	BACKHAND	R	7:30-8:25PM	6/4-7/23	GFORCE	\$60
316430 C	BACKHAND	T	5-5:55PM	7/28-8/25	GFORCE	\$42
316430 D	BACKHAND	R	7:30-8:25PM	7/30-8/27	GFORCE	\$42
416430 A	BACKHAND	T	5-5:55PM	9/15-11/3	GFORCE	\$60
416430 B	BACKHAND	R	7:30-8:25PM	9/17-11/6	GFORCE	\$60
416430 C	BACKHAND	T	5-5:55PM	11/10-12/15	GFORCE	\$42
416430 D	BACKHAND	R	7:30-8:25PM	11/12-12/17	GFORCE	\$42



### BACK TUCK

■ Ages: 6-11 / 12-18. Enrollment Min 4 / Max 12. This class will concentrate on standing and running back tucks.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316429 A	BKTK(12U)	M	6-6:55PM	6/1-7/20	GFORCE	\$60
316429 B	BKTK(6-11)	T	6-6:55PM	6/2-7/21	GFORCE	\$60
316429 C	BKTK(12U)	M	6-6:55PM	7/27-8/24	GFORCE	\$42
316429 D	BKTK(6-11)	T	6-6:55PM	7/28-8/25	GFORCE	\$42
416429 A	BKTK(12U)	M	6-6:55PM	9/14-11/2	GFORCE	\$60
416429 B	BKTK(6-11)	T	6-6:55PM	9/15-11/3	GFORCE	\$60
416429 C	BKTK(12U)	M	6-6:55PM	11/9-12/14	GFORCE	\$42
416429 D	BKTK(6-11)	T	6-6:55PM	11/10-12/15	GFORCE	\$42

### BOYS TUMBLING

■ Ages: 7-11. Enrollment Min 4 / Max 12. This class will work on tumbling skills from rolls to cartwheels to beginning backhand springs. It will also teach trampoline safety & skill progressions. This class is ideal for boys who want to start exploring and developing power tumbling and trampoline skills.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316441 A	BOYS	W	4:30-5:25PM	6/3-7/22	GFORCE	\$60
316441 B	BOYS	R	5:30-6:25PM	6/4-7/23	GFORCE	\$60
316441 C	BOYS	W	4:30-5:25PM	7/29-8/26	GFORCE	\$42
316441 D	BOYS	R	5:30-6:25PM	7/30-8/27	GFORCE	\$42
416441 A	BOYS	W	4:30-5:25PM	9/16-11/4	GFORCE	\$60
416441 B	BOYS	R	5:30-6:25PM	9/17-11/5	GFORCE	\$60
416441 C	BOYS	W	4:30-5:25PM	11/11-12/16	GFORCE	\$42
416441 D	BOYS	R	5:30-6:25PM	11/12-12/17	GFORCE	\$42

### CHEER

■ Ages: 6-11. Enrollment Min 4 / Max 12. This introductory class will introduce a variety of cheerleading aspects such as motions and jumps as well as cheer tumbling

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316411 A	CHEER	T	7:30-8:25PM	6/2-7/21	GFORCE	\$60
316411 B	CHEER	R	6:30-7:25PM	6/4-7/23	GFORCE	\$60
316411 C	CHEER	T	7:30-8:25PM	7/28-8/25	GFORCE	\$42
316411 D	CHEER	R	6:30-7:25PM	7/30-8/27	GFORCE	\$42
416411 A	CHEER	T	7:30-8:25PM	9/15-11/3	GFORCE	\$60
416411 B	CHEER	R	6:30-7:25PM	9/17-11/5	GFORCE	\$60
416411 C	CHEER	T	7:30-8:25PM	11/10-12/15	GFORCE	\$42
416411 D	CHEER	R	6:30-7:25PM	11/12-12/17	GFORCE	\$42

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**CO-ED STUNTING 1 & 2**

■ Ages: 12-18. Enrollment Min 4 / Max 12. Learn how to stunt like the KU cheerleaders.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316436 A	CO-STUNT	M	7-7:55PM	6/1-7/20	GFORCE	\$90
316436 B	CO-STUNT	W	6:30-7:25PM	6/3-7/22	GFORCE	\$90
316436 C	CO-STUNT	M	7-7:55PM	7/27-8/24	GFORCE	\$72
316436 D	CO-STUNT	W	6:30-7:25PM	7/29-8/26	GFORCE	\$72
416436 A	CO-STUNT	M	7-7:55PM	9/14-11/2	GFORCE	\$90
416436 B	CO-STUNT	W	6:30-7:25PM	9/16-11/4	GFORCE	\$90
416436 C	CO-STUNT	M	7-7:55PM	11/9-12/14	GFORCE	\$72
416436 D	CO-STUNT	W	6:30-7:25PM	11/11-12/16	GFORCE	\$72

**COLLEGE TUMBLING**

■ Ages: 16-24. Enrollment Min 4 / Max 12. This class is for the older student wanting to improve their skills, no matter what your ability level.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
416437 A	COLLEGE	W	7:30-8:55PM	9/16-11/4	GFORCE	\$95
416437 B	COLLEGE	W	7:30-8:55PM	11/11-12/16	GFORCE	\$76

**ELITE**

■ Ages: 10-18. Enrollment Min 4 / Max 12. This class is for the advanced athlete who has mastered flipping on the floor and trampoline. It will begin twisting skills, multiple rotations & advanced skill combinations. Must have permission from director before enrolling.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316442 A	ELITE	W	5:30-6:55PM	6/3-7/22	GFORCE	\$76
316442 B	ELITE	W	5:30-6:55PM	7/29-8/26	GFORCE	\$57
416442 A	ELITE	W	5:30-6:55PM	9/16-11/4	GFORCE	\$76
416442 B	ELITE	S	10-11:25AM	9/19-11/7	GFORCE	\$76
416442 C	ELITE	W	5:30-6:55PM	11/11-12/16	GFORCE	\$57
416442 D	ELITE	S	10-11:25AM	11/14-12/19	GFORCE	\$57

**FLIGHT TEST/BEGINNER TUMBLING**

■ Ages: 6-11. Enrollment Min 4 / Max 12. Designed for those new to power tumbling. This class will introduce rolls, inversion and works through cartwheel variations.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316426 A	BEGINNER	M	4:30-5:25PM	6/1-7/20	GFORCE	\$60
316426 B	BEGINNER	W	5:30-6:25PM	6/3-7/22	GFORCE	\$60
316426 C	BEGINNER	M	4:30-5:25PM	7/27-8/24	GFORCE	\$42
316426 D	BEGINNER	W	5:30-6:25PM	7/29-8/26	GFORCE	\$42
416426 A	BEGINNER	M	4:30-5:25PM	9/14-11/2	GFORCE	\$60
416426 B	BEGINNER	W	5:30-6:25PM	9/16-11/4	GFORCE	\$60
416426 C	BEGINNER	S	10-10:55AM	9/19-11/7	GFORCE	\$60
416426 D	BEGINNER	M	4:30-5:25PM	11/9-12/14	GFORCE	\$42
416426 E	BEGINNER	W	5:30-6:25PM	11/11-12/16	GFORCE	\$42
416426 F	BEGINNER	S	10-10:55AM	11/14-12/19	GFORCE	\$42



**GI JOE**

■ Ages: 7-11. Enrollment Min 4 / Max 12. A great class for boys who want activity and challenge, but not for those looking for a tumbling class. This class focuses on sports skills such as strength, agility, speed and teamwork. They will be introduced to trampoline safety & basic tumbling skills occasionally.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316433 A	GIJOE	M	5:30-6:25PM	6/1-7/20	GFORCE	\$60
316433 B	GIJOE	M	5:30-6:25PM	7/27-8/24	GFORCE	\$42
416433 A	GIJOE	M	5:30-6:25PM	9/14-11/2	GFORCE	\$60
416433 B	GIJOE	M	5:30-6:25PM	11/9-12/14	GFORCE	\$42

**INTRO TO FLIGHT/PEE WEE TUMBLING**

■ Ages: 3-5. Enrollment Min 4 / Max 12. A class just for the younger students to learn body awareness, positions and techniques.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316425 A	PEEWEE	M	5:30-6:25PM	6/1-7/20	GFORCE	\$60
316425 B	PEEWEE	W	4:30-5:25PM	6/3-7/22	GFORCE	\$60
316425 C	PEEWEE	M	5:30-6:25PM	7/27-8/24	GFORCE	\$42
316425 D	PEEWEE	W	4:30-5:25PM	7/29-8/26	GFORCE	\$42
416425 A	PEEWEE	M	5:30-6:25PM	9/14-11/2	GFORCE	\$60
416425 B	PEEWEE	W	4:30-5:25PM	9/16-11/4	GFORCE	\$60
416425 C	PEEWEE	S	11-11:55AM	9/19-11/7	GFORCE	\$60
416425 D	PEEWEE	M	5:30-6:25PM	11/9-12/14	GFORCE	\$42
416425 E	PEEWEE	W	4:30-5:25PM	11/11-12/16	GFORCE	\$42
416425 F	PEEWEE	S	11-11:55AM	11/14-12/19	GFORCE	\$42

**JET TUMBLE**

■ Ages: 12-16. Enrollment Min 4 / Max 12. A class offered to area cheerleaders to learn and work on back handsprings, flipping and other stunts.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316432 A	JETTUM	T	7-8:25PM	6/2-7/21	GFORCE	\$76
316432 B	JETTUM	T	7-8:25PM	7/28-8/25	GFORCE	\$57
316432 A	JETTUM	T	7-8:25PM	9/15-11/3	GFORCE	\$76
316432 B	JETTUM	T	7-8:25PM	11/10-12/15	GFORCE	\$57

**PARENT/TOT**

■ Ages: 1 1/2 - 3 years with parent. Enrollment Min 4 / Max 12. A great class for bonding with your young athlete. Toddlers will get to explore movement, body awareness, coordination and balance while they get to "play" in the gym. Class is structured and lead by a trained instructor.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316443 A	PARNTTOT	M	6:30-7:15PM	6/1-7/20	GFORCE	\$60
316443 B	PARNTTOT	T	6-6:45PM	6/2-7/21	GFORCE	\$60
316443 C	PARNTTOT	M	6:30-7:15PM	7/27-8/24	GFORCE	\$42
316443 D	PARNTTOT	T	6-6:45PM	7/28-8/25	GFORCE	\$42
416443 A	PARNTTOT	M	6:30-7:15PM	9/14-11/2	GFORCE	\$60
416443 B	PARNTTOT	T	6-6:45PM	9/15-11/3	GFORCE	\$60
416443 C	PARNTTOT	M	6:30-7:15PM	11/9-12/14	GFORCE	\$42
416443 D	PARNTTOT	T	6-6:45PM	11/10-12/15	GFORCE	\$42

**STANDING TUMBLING**

**■ Ages: 8-18. Enrollment Min 4 / Max 12.** Focusing only on standing tumbling skills such as handsprings, flips and combinations. You must have an unassisted standing backhand spring on the floor to join this class. Instructors will work with athletes to build strength, speed and technique.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316444 A	STANDTUM	W	4:30-5:25PM	6/3-7/22	GFORCE	\$60
316444 B	STANDTUM	W	4:30-5:25PM	7/29-8/26	GFORCE	\$42
416444 A	STANDTUM	W	4:30-5:25PM	9/16-11/4	GFORCE	\$60
416444 B	STANDTUM	W	4:30-5:25PM	11/11-12/16	GFORCE	\$42

**TRAMPOLINE**

**■ Ages: 6-11. Enrollment Min 4 / Max 12.** This class will teach fun skills as well as safety and body control on both the trampoline and Double Mini.

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316434 A	TRAMPO	W	5:30-6:25PM	6/3-7/22	GFORCE	\$60
316434 B	TRAMPO	W	5:30-6:25PM	7/29-8/26	GFORCE	\$42
416434 A	TRAMPO	M	4:30-5:25PM	9/14-11/2	GFORCE	\$60
416434 B	TRAMPO	W	5:30-6:25PM	9/16-11/4	GFORCE	\$60
416434 C	TRAMPO	M	4:30-5:25PM	11/9-12/14	GFORCE	\$42
416434 D	TRAMPO	W	5:30-6:25PM	11/11-12/16	GFORCE	\$42

**SPIRIT DAY AT KU**

**■ Ages: 6 and Up.** Join LPRD and G-Force Jets for the annual Spirit Day hosted by the University of Kansas Cheer Squad and Rock Chalk Dancers. Start the day off with a 2 hour cheer and dance clinic before heading to Memorial Stadium to cheer on the Jayhawks. Under the direction of the Cheer and Dance squads, participants will cheer throughout the game in the north bowl of the stadium. At halftime participants will perform with the Rock Chalk Dancers on the field. **Date and time TBA. Call South Park Recreation Center for details, (785)832-7930**

**KIDS CORNER**

**KID'S CORNER - DANCE**

**DANCE PARENTS**

Experience has shown that your children learn more and perform better when parents are not regularly in the classroom. For this reason, we designate the last class of every Dance session as Parent Observation Day. You are welcome to observe your child's progress on this day. Thank you for your cooperation.

**BALLET, BEGINNING**

**Ages: 5 -7. Enrollment: Min 6 / Max 9.** Beginning Ballet emphasizes stretches, large muscle movement and basic barre technique with a combination of fun and dance discipline. Your child's new found skills will help build confidence and self-esteem. *Leotards and footless tights recommended. No special shoes needed.* **No class 11/25 and 11/29. Instructors: Angela Harris(AH)/Emily Hughes(EH).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314110 A	BALLET(EH)	W	4:30-5:15PM	6/3-7/22	CB-DS	\$32
414110 A	BALLET(AH)	W	4:30-5:15PM	9/16-11/4	CB-DS	\$32
414110 B	BALLET(AH)	W	4:30-5:15PM	11/11-12/9	CB-DS	\$16

**BOOGIE WOOGIE**

**Ages: 3-4. Enrollment Min 6 / Max 9.** This fun and creative dance class is designed specially for preschoolers with little or no dance experience. Students will be introduced to movement, music and rhythm. **No class 11/26. Instructor: Emily Hughes(EH).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314106 A	BGWW	R	5:20-5:50PM	6/4-7/23	CB-DS	\$32
314106 B	BGWW(EH)	F	9:30-10AM	6/5-7/24	CB-DS	\$32
414106 A	BGWW	R	5:20-5:50PM	9/17-11/5	CB-DS	\$32
414106 B	BGWW	R	5:20-5:50PM	11/12-12/10	CB-DS	\$16

**CHEERY-O'S**

**Ages: 4-6. Enrollment Min 6 / Max 9.** We'll teach basic cheerleading and tumbling to your child in this fun, introductory cheerleading and movement class. Your child will learn simple cheers, chants and dances that help build coordination, balance and confidence. **No class 11/24. Instructor: Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
316410 A	CHEERY	T	4:30-5:15PM	6/2-7/21	CB-DS	\$32

416410 A	CHEERY	T	4:30-5:15PM	9/15-11/3	CB-DS	\$32
416410 B	CHEERY	T	4:30-5:15PM	11/10-12/8	CB-DS	\$16

**DEVELOPING DANCERS**

**Ages 4-6. Enrollment Min 6 / Max 9.** Does your child wiggle and bounce to music? Developing Dancers will keep that natural rhythm going. We'll develop your child's flexibility, coordination, creativity and confidence through fun music and dance activities. **No class 11/25. Instructors: Angela Harris(AH)/Emily Hughes(EH).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314102 A	DDAN(EH)	W	5:20-6:05PM	6/3-7/22	CB-DS	\$32
414102 A	DDAN(AH)	W	5:20-6:05PM	9/16-11/4	CB-DS	\$32
414102 B	DDAN(AH)	W	5:20-6:05PM	11/11-12/9	CB-DS	\$16

**GOTTA DANCE**

**Ages: 5-7. Enrollment Min 6 / Max 9.** Introduce the art of dance to your child. This "combination" class will cover pre-ballet, creative dance and jazz skills at an introductory level in a fun environment. **No class 11/26. Instructor: Emily Hughes(EH).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314104 A	GTDN	R	4:30-5:15PM	6/4-7/23	CB-DS	\$32
314104 B	GTDN(EH)	F	10:15-11AM	6/5-7/24	CB-DS	\$32
414104 A	GTDN	R	4:30-5:15PM	9/17-11/5	CB-DS	\$32
414104 B	GTDN	R	4:30-5:15PM	11/12-12/10	CB-DS	\$16

**HIP HOP**

**Ages: 7-11. Enrollment Min: 6 / Max 9.** This Hip Hop dance class caters to beginners and those looking to refine their dance moves. You will get exposed to original dance styles that will build your dance repertoire as well as your cardio, flexibility, strength and coordination. Get ready to have a great workout and shake your groove thing! **No class 11/25. Instructors: Angela Harris/Emily Hughes(EH).**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314105 A	HIPHOP(EH)	W	6:15-7PM	6/3-7/22	CB-DS	\$32
414105 A	HIPHOP(AH)	W	6:15-7PM	9/16-11/4	CB-DS	\$32
414105 B	HIPHOP(AH)	W	6:15-7PM	11/11-12/9	CB-DS	\$16

**TIPPY TOES**

**Ages: 2-3. (1 parent per child). Enrollment Min 5 / Max 9.** A dance class designed just for little ones and their parents. Spend quality time with your child while learning creative movements and dance fundamentals in a fun environment. This is a parent/caregiver participation class. **No class 11/24 and 11/26. Instructor: Kylie Watts.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314131 A	TIPT(KW)	T	5:30-6PM	6/2-7/21	CB-DS	\$32
314131 B	TIPT	R	6-6:30PM	6/4-7/23	CB-DS	\$32
414131 A	TIPT(KW)	T	5:30-6PM	9/15-11/3	CB-DS	\$32
414131 B	TIPT	R	6-6:30PM	9/17-11/5	CB-DS	\$32
414131 C	TIPT(KW)	T	5:30-6PM	11/10-12/8	CB-DS	\$16
414131 D	TIPT	R	6-6:30PM	11/12-12/10	CB-DS	\$16





**KID'S CORNER - LANGUAGE**  
**SPANISH ADVENTURES**

*Ages 3-5; 6-12. Enrollment Min 6 / Max 10.* Hola Ninos! Start them young and let them experience learning a second language. Participants will learn Spanish while listening to songs, playing games and learning Spanish vocabulary. **No class 11/23. Instructor: Phil Gratz.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321001 A	SPA(3-5)	M	5:30-6PM	6/1-7/20	SPRC-SR	\$32
321001 B	SPA(6-12)	M	6:10-7PM	6/1-7/20	SPRC-SR	\$32
421001 A	SPA(3-5)	M	5:30-6PM	9/14-11/2	SPRC-SR	\$32
421001 B	SPA(6-12)	M	6:10-7PM	9/14-11/2	SPRC-SR	\$32
421001 C	SPA(3-5)	M	5:30-6PM	11/9-12/7	SPRC-SR	\$16
421001 D	SPA(6-12)	M	6:10-7PM	11/9-12/7	SPRC-SR	\$16

**KID'S CORNER - MUSIC**  
**TINY TOTS MUSIC**

*Ages: 16-30 months or 2 1/2 -4 years with parent. One parent per child. Enrollment Min 6 / Max 9.* Engage your child in activities to build a strong foundation through musical skills through singing, instrumental play and rhythmic movements with a variety of musical styles. *This is a parent/caregiver participation class.* **No class 11/26. Instructor: Phil Gratz**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314111 A	TT16-30M	R	6-6:30PM	6/4-7/23	SPRC-SR	\$32
314111 B	TT2½-4Y	R	6:45-7:30PM	6/4-7/23	SPRC-SR	\$32
414111 A	TT16-30M	R	6-6:30PM	9/17-11/5	SPRC-SR	\$32
414111 B	TT2½-4Y	R	6:45-7:30PM	9/17-11/5	SPRC-SR	\$32
414111 C	TT16-30M	R	6-6:30PM	11/12-12/10	SPRC-SR	\$16
414111 D	TT2½-4Y	R	6:45-7:30PM	11/12-12/10	SPRC-SR	\$16

**KID'S CORNER - SPECIAL INTERESTS**  
**BABYSITTING, ADVENTURES IN**

*Ages: 11-15. Enrollment Min 6 / Max 15.* Do you know how to handle those tough bedtime issues, or what to do if a child wants to do nothing but watch TV? This clinic is designed for the new babysitter who wants the information necessary to perform a safe and efficient job. Learn fun techniques, accident prevention, how to handle emergencies and much more. *Attendees will receive a certificate upon completion.* **Instructor: American Red Cross Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
313131 A	ADVTBABY	W	6-8PM	6/3-6/17	ELRC-MR	\$30
413131 A	ADVTBABY	W	6-8PM	10/7-10/21	ELRC-MR	\$30

**FIRST AID FOR LITTLE PEOPLE**

*Ages: 5-8. Enrollment Min 5 / Max 12.* "Harv" and "Marv" are two cartoon kids who guide participants through scenarios that teach them how to deal with common injuries and illnesses. Topics discussed include identifying an emergency, cuts, burns and fractures, as well as how to get help and what to do until help arrives. *Participants will receive a book and certificate.* **Instructor: American Red Cross Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321051 A	FIRSTAID	W	6-7PM	6/24	ELRC-MR	\$8
421051 A	FIRSTAID	W	6-7PM	11/4	ELRC-MR	\$8

**KIDS, LET'S BUILD A MUD FORT**

*Ages: 7-12. Enrollment Min 6 / Max 15 Couples.* Civil War on the Western Frontier for kids. On day one, we'll meet at the Union Pacific Depot, learn how six mud forts were built to protect early Lawrence, make a model of a fort with real mud, have a snack and take a walking tour of historic places. On day two, teams will dig and build mud forts north of Constant Park. *One adult registration required for each child.* **Instructor: Katie Armitage.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321131 A	MUDFORT	MT	9-11AM	8/10-8/11	UPD/CP	\$20

**SCIENCE - PRESCHOOL STYLE**

**■ Ages: 4-6. Enrollment Min 10 / Max 16.** Join the experts from Mad Science of Kansas City as they spark the imaginations of 4-6 year olds through developmentally and age-appropriate science experiments for preschoolers. These fun, fast-paced classes are specifically developed to hold the interest of our younger Mad Scientists. **Summer: Section A - Color Lab, Eye to Eye, Keep in Touch, Lights On and Listen Closely. Section B - Butterflies, Energy in Motion, Let's Look Closely, Let's Measure, Shapes and Structures. Fall: Session A - Animal Friends, Dinosaurs, Mad Mixtures, Space Frontiers and Human Body. Session B - Adventures in Air, Magnetic Attraction, Science of Music, Water Works and Weather Wonders Enjoy the weather.** **Instructor: Mad Science of Kansas City.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321006 A	SCIENCE	T	6-6:45PM	6/2-6/30	SPRC-SR	\$37
321006 B	SCIENCE	T	6-6:45PM	7/7-8/4	SPRC-SR	\$37
421000 A	SCIENCE	T	6-6:45PM	9/15-10/13	SPRC-SR	\$37
421000 B	SCIENCE	T	6-6:45PM	10/20-11/17	SPRC-SR	\$37

**SUMMER CAMPS - (SEE YOUTH CAMPS - SUMMER PAGE 57)**

**TEE-OFF WITH DAD**

*Ages: 5 and Up. Enrollment Min 9 / Max 18.* Let's see who the real golfer is! Can Dad **REALLY** hit a 300-yard drive? Probably not, so the kids are coming along to carry Pop through a fun 9-holes of golf. Kick the evening off with dinner and an instructional clinic hitting the fairways and the greens. There is no better way to bond a father and child than through the game of golf and a cookout. Don't let this great opportunity pass you by. *If you don't have kids clubs, please call ahead to reserve a set at 832-7930.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321075 A	TEEOFF	R	5:30-8PM	6/18	EBGC	\$24
321075 B	ADDCHILD					\$12

**TODDLER OPEN GYM**

**Fee: \$1.00 per child.** *Ages: 6 and under.* Does your child need some space to be active? Bring them to the Community Building, 115 W. 11th St., and let them burn off some extra energy. Individuals and groups are welcome to drop by Monday, Wednesday and/or Friday. Register at the front desk and let the kids enjoy the wide-open space of the gymnasium. Ratio 1 parent: 5 children. **Every Monday, Wednesday and Friday. 10:30 a.m. to Noon, Community Building, 115 W. 11th St. Running through Friday, May 15 and will resume in the fall on Monday, September 14.**





**MARTIAL ARTS**

**KARATE - OKINAWAN KENPO**

*Ages: 6 and Up. Enrollment Min 8 / 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, also strengthen your body. Posture is improved and one's self-confidence is increased. The consequence of training is that one can usually avoid violence, or minimize it when it is unavoidable. Instructors have years of teaching experience and are members of and certified by the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU). **No class 11/23 and 11/25.** **Instructor: Mark Hurt, Mandana Ershadi-Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
317110 A	KARATE	MW	6:45-7:40PM	6/1-7/22	CB-CR1	\$39
317110 B	KARATE	MW	6:45-7:40PM	7/27-8/26	CB-CR1	\$25
417110 A	KARATE	MW	6:45-7:40PM	9/14-11/4	CB-CR1	\$39

**SELF DEFENSE**

*Ages 13 and Up. Enrollment Min 6 / Max 20.* Class introduces the fundamentals of self-defense and is suitable for people of any physical condition. Awareness and risk assessment will be discussed. Simple, effective physical self-defense techniques will be taught so please wear loose clothing. The instructors have years of experience teaching martial arts as well as, specific experience teaching self-defense clinics. **Instructors: Mandana Ershadi-Hurt, Mark Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
317120 A	SELFDEF	S	2-5PM	7/26	CB-CR1&2	\$16
417120 A	SELFDEF	S	2-5PM	11/14	CB-CR1&2	\$16

**TAE KWON DO**

*Ages: 8 and Up. Enrollment Min 8 / Max 20.* Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance, and power through the practice of Tae Kwon Do forms and one-step sparring. As the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **No class 11/24 and 11/26.** **Instructor: Jake Thibodeau, Black Belt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
317131 A	TKD8-12Y	TR	6:45-7:45PM	6/2-7/23	TLC	\$39
317131 B	TKD13&UP	TR	7:50-9:05PM	6/2-7/23	TLC	\$39
317131 C	TKD8-12Y	TR	6:45-7:45PM	7/28-8/27	TLC	\$25
317131 D	TKD13&UP	TR	7:50-9:05PM	7/28-8/27	TLC	\$25

417131 A	TKD8-12Y	TR	6:45-7:45PM	9/15-11/5	TLC	\$39
417131 B	TKD13&UP	TR	7:50-9:05PM	9/15-11/5	TLC	\$39
417131 C	TKD8-12Y	TR	6:45-7:45PM	11/10-12/10	TLC	\$20
417131 D	TKD13&UP	TR	7:50-9:05PM	11/10-12/10	TLC	\$20

**TAI CHI, BEGINNING**

*Ages 16 and Up. Enrollment Min 8 / Max 12.* This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical movement and mental discipline. Slow movements also strengthen muscles, joints, not to mention reduction of stress, fatigue and the risk of falls due to increased balance. **No class 11/24.** **Instructor: Wendy Griswold.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
315500 A	BGTAICHI	T	6:30-7:45PM	7/7-8/25	SPRC-FR	\$42
415500 B	BGTAICHI	T	6:30-7:45PM	9/15-11/3	SPRC-FR	\$42
415500 D	BGTAICHI	T	6:30-7:45PM	11/10-12/8	SPRC-FR	\$21

**SPECIAL INTEREST**

**SPECIAL INTEREST - BUSINESS/COMPUTERS/PERSONAL FINANCE**

**MICROSOFT TOOLS BOOT CAMP**

*Ages: 18 and Up. Enrollment Min 6 / Max 12.* Get ready to brush up on your PC skills. We'll explore the world of technology and introduce you to Windows XP, Microsoft Word, Internet Explorer (IE), Excel and PowerPoint. This class is designed for anyone who would like to improve their PC skills; even those who can barely use a mouse. **No class 11/24.** **Instructor: Ron Strait.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421147 A	BOOTCAMP	T	6:30-8:30PM	9/8-10/13	RFP-CL	\$62
421147 B	BOOTCAMP	T	6:30-8:30PM	10/27-12/8	RFP-CL	\$62

**VISTA TOOLS BOOT CAMP**

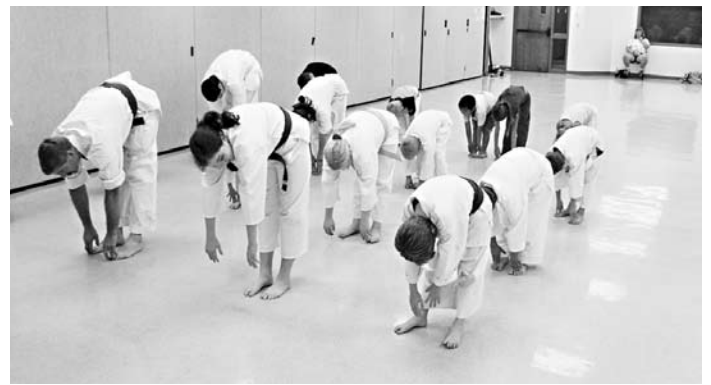
*Ages: 18 and Up. Enrollment Min 6 / Max 12.* Have you just bought a new computer, but don't know anything about Windows Vista, or how it might differ from Windows XP? This is the class for you! Vista Tools Boot Camp will walk you through Microsoft Word, Internet Explorer, Excel, and PowerPoint as well as introduce you to the new aspects of Windows Vista. *Because our computer lab is formatted with Windows XP, this class will be taught through demonstrations and lectures.* **No class 11/25.** **Instructor: Ron Strait.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421148 A	BOOTCAMP	W	6:30-8:30PM	9/9-10/14	RFP-CL	\$62
421148 B	BOOTCAMP	W	6:30-8:30PM	10/28-12/9	RFP-CL	\$62

**SPECIAL INTEREST - HOME AND HOBBIES**

**BEER TASTING**

*Ages: 21 and Up. Enrollment Min 20 / Max 35.* Just how much do you know about beer? Learn the basic history of beer, brewing methods and





*"I get to come [to woodworking class] and play. The teacher is very patient and in the end I've learned something."*

— Richard F.

different styles, nationalities and tastes. Come join us as we discuss and sample different types of beer. *Summer: Sec. A: Beers of Scotland; Fall: Sec. A: Oktoberfest and Sec. B: Holiday Beers. Remember, you must be 21 years old to attend. Valid identification is required. Instructor: Steve Berger/Wine Cellar. NSD.*

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321116 A	BEERTAST	R	6:30-8PM	7/23	MACELI'S	\$22
421116 A	BEERTAST	R	6:30-8PM	10/15	MACELI'S	\$22
421116 B	BEERTAST	R	6:30-8PM	12/3	MACELI'S	\$22

**BRIDGE, BEGINNING**

*Ages: 18 and Up. Enrollment 8 / Max 16.* Have you ever wanted to learn to play bridge? Now is the time to get started. The game is more popular than ever as a pastime, a social experience, and a tool for mental exercise. Our accredited instructor provides a friendly atmosphere for learning the fundamentals of scoring, bidding, and play of the hand. Come join the fun and meet lots of interesting new friends. **Instructor: Don Brenneman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321112 A	BEGBRIDG	M	6:45-8:45PM	6/1-7/6	DCSS	\$40
321112 C	BEGBRIDG	W	6:45-8:45PM	7/15-8/19	DCSS	\$40
421112 A	BEGBRIDG	T	6:45-8:45PM	8/25-9/29	DCSS	\$40

**BRIDGE, DUPLICATE**

*Ages: 18 and Up. Enrollment Min 8 / Max 16.* This course will help you advance from Social Bridge to Tournament Bridge. Each session will start with a short review and an introduction to new material followed by an abbreviated Duplicate Bridge session in which master points will be awarded. *Prerequisite: Intermediate Bridge or permission from instructor.* **Instructor: Don Brenneman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321111 A	DUPLBRI	R	6:45-9:45PM	6/4-7/16	DCSS	\$50
421111 A	DUPLBRI	R	6:45-9:45PM	9/17-10/29	DCSS	\$50

**BRIDGE, INTERMEDIATE**

*Ages: 18 and Up. Enrollment 8 / Max 16.* Once you are comfortable with the basics and want to continue to learn more about the game, this class will help you sharpen your skills and increase your confidence and playing ability. *Prerequisite: Beginning Bridge.* **Instructor: Don Brenneman.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321112 B	INTBRIDGE	T	6:45-8:45PM	6/9-7/14	DCSS	\$40
321112 D	INTBRIDGE	M	6:45-8:45PM	7/20-8/24	DCSS	\$40
421112 B	INTBRIDGE	W	6:45-8:45PM	9/2-10/7	DCSS	\$40

**FALL LAWN CARE**

*Ages: 18 and Up. Enrollment Min 6 / Max 15.* Want to get your lawn into shape but aren't sure how? This 2-part class teaches all the basics, including how and why to aerate and de-thatch, how to select the best

seed for this area and spread it properly to get the most for your money, how to properly calibrate your fertilizer spreader, selecting the best fertilizer for your lawn, and how to keep your lawn looking great in the years to come. **Instructor: Douglas County Extension Master Gardeners.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421118 A	LACA	T	7-8PM	9/1-9/8	KSEXT	\$10

**FENCING, BEGINNING AND INTERMEDIATE**

*Ages: 11 and Up. Enrollment Min 6 / Max 10.* Traditional fencing at its finest. Participants will learn proper form, technique, discipline and tactics in Olympic-style foil fencing that is essential for the development of the complete fencer. Fencing builds not only physical conditioning, but also mental acuity. *This program is co-sponsored with the Lawrence Community Fencing Club. Class held at the First Baptist Church, 1330 Kasold Dr. No class 11/24.* **Instructor: Brian McDow.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321120 A	BEGFEN	T	5:30-6:30PM	6/16-7/21	FBC	\$28
421120 A	BEGFEN	T	5:30-6:30PM	9/15-10/20	FBC	\$28
421120 B	INTFEN	T	5:30-6:30PM	10/27-12/8	FBC	\$28



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**GARDENING BULBS: SELECTION, PLANTING, AND CARE**

*Ages: 18 and Up. Enrollment Min 6 / Max 15.* Tulips and daffodils are staples of the garden, but before you make the investment, learn about the best varieties for our area and how to properly plant and care for the bulbs and flowers. **Instructor: Douglas County Extension Master Gardeners.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421117 A	BULBS	T	7-8PM	9/15	KSEXT	\$5

**WINE TASTING**

*Ages 21 and Up. Enrollment Min 20 / Max 35.* Are you interested in learning more about wine? Learn the basic history of wine along with the techniques of choosing and tasting wines. Samples of different wines will be available at each class along with cheese and crackers. *Spring: Section A: American Merlots and Section B: Pinot Grigio/Pinot Gris; Fall: Section A: Malbac Wine from Argentina and Section B: American Vordaux/Red Merithge Claret Style Reds.* Must be 21 years of age to participate. **Valid identification is required. Instructor: Ron Hassen / Ray's Liquor. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321113 A	WINETAST	W	6:30-8:30PM	6/17	MACELI'S	\$24
321113 B	WINETAST	W	6:30-8:30PM	8/19	MACELI'S	\$24
421113 A	WINETAST	W	6:30-8:30PM	9/23	MACELI'S	\$24
421113 B	WINETAST	W	6:30-8:30PM	11/11	MACELI'S	\$24

**WOODWORKING, BEGINNING**

*Ages: 18 and Up. Enrollment Min 6 / Max 12.* This course is for the individual who has had little or no experience with woodworking tools, materials and equipment, as well as those who are more experienced. *A portion of the sessions will be used for structured projects but there will be time for individual projects approved by the instructor.* **No class 11/25. Instructor: Jay Hundley.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421500 A	BEGWDWRK	W	6:30-9:30PM	9/9-12/2	LHS	\$110

**YARD/GARDEN CLEANUP: WHAT YOU REALLY NEED TO KNOW BEFORE WINTER**

*Ages: 18 and Up. Enrollment Min 6 / Max 15.* Some plants need a little extra care before winter's arrival: learn what needs extra TLC and how to do it, and see what can be put off until spring! **Instructor: Douglas County Extension Master Gardeners.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421119 A	YARDGAR	T	7-8PM	9/22	KSEXT	\$5

**SPECIALINTEREST - LANGUAGE**

**SIGN LANGUAGE, BASIC/ADVANCED**

*Ages: 18 and Up. Enrollment Min 8 / Max 16.* *This course has additional supplies costs.* Learn how to put sentences together, as well as idioms and slang. If possible, the history of sign language will also be covered and the care and use of hearing aid devices. We will go to a restaurant for

the final, which will consist of using the sign language you have learned throughout the course. Learn sign language - whether to be an interpreter, teacher, audiologist or just for fun. Instructor will discuss the books needed for this class. **Instructor: Karon Ballard.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321330 A	BASSIGN	T	7-9PM	6/2-8/4	SPRC-SR	\$70
421330 A	ADVSIGN	T	7-9PM	9/15-11/17	SPRC-CR	\$70
421330 B	BASSIGN	R	7-9PM	9/17-11/19	SPRC-CR	\$70

**SPANISH MADE E-Z**

*Ages: 16 and Up. Enrollment Min 8 / Max 15.* Since society is now a more global community, it's important to be as diverse as possible and to communicate effectively. Throughout this course, you'll learn some of the basics of the Spanish language and useful words and phrases - getting you connected to a second language. Games and fun projects will be incorporated to increase understanding and retention of the language. Great for those traveling to Spanish speaking countries. **No Class 11/23.**

**Instructor: Phil Gratz.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321100 A	SPANEZ	M	7:15-8:45PM	6/1-7/20	SPRC-SR	\$42
421100 A	SPANEZ	M	7:15-8:45PM	9/14-11/2	SPRC-SR	\$42
421100 B	SPANEZ	M	7:15-8:45PM	11/9-12/7	SPRC-SR	\$21

**SPECIAL INTEREST - MUSIC**

**GUITAR, BEGINNING**

*Ages: 14 and Up. Enrollment Min 4 / Max 6.* Students will need to bring a guitar to class. In this introductory class you will learn chords, tablature, rhythm patterns and standard notation through the use of familiar melodies and songs. **No Class 11/23. Instructor: Marianne Carter.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421006 A	GUITAR	M	7-8PM	9/14-11/2	CB-CR	\$50
421006 B	GUITAR	M	7-8PM	11/9-12/14	CB-CR	\$32

**TENNIS**

**SUMMER TENNIS**

*Ages 3 and Up. Enrollment Min 4 / Max 6.* Our qualified instructors teach group lessons that provide fundamentals and techniques of tennis. We offer stroke analysis, tactics and strategy at a variety of skill levels to all age groups. *Pee Wee (Age 3)* - Designed for little ones to focus on hand/eye coordination, get comfortable with the ball and racquet, along with fun and games. *Tennis Tots (Ages 4-5)* - Introduction to tennis through stroke development and games. *Child: Level 1 (Ages 5-7)* - Introduction to strokes, serving, footwork and drills. *Child: Level 2 (Ages 7-12)* - Further development of basic strokes, volleys, serves and overheads. *Child: Level 3 (Ages 8-15)* - Improvement of strokes, basic service, block volley and placement. *Adult Beginner (16 and Up)* - Introduction to the strokes, scoring and play drills. *Adult Intermediate (16 and Up)* - Improvement of strokes through drills, placement of shots, volley angles and approach shots. *You must provide your own racquet. Tennis balls will be furnished. In case of inclement weather, call 832-7999, ext. 4, or listen to KLWN*





1320AM. Instructor: Jill Cannon, Mena Sanchez and Kevin Brennan.

#### Session #1

CODE	SEC CLASS	DAY	TIME	DATE	LOC*	FEE
319153 A	CHILD2	MTWR	6-6:50PM	6/1-6/11	LTC-CT5	\$38
319152 A	CHILD1	MTWR	6-6:50PM	6/1-6/11	LTC-CT6	\$38
319200 A	ADULTBEG	MTWR	7-7:50PM	6/1-6/11	LTC-CT5&6	\$38
319201 A	INTADULT	MTWR	8-8:50PM	6/1-6/11	LTC-CT5&6	\$38
319151 A	TENTOTS	MTWR	9-9:40AM	6/8-6/18	LTC-CT5	\$38
319152 B	CHILD1	MTWR	9-9:50AM	6/8-6/18	LTC-CT6	\$38
319154 A	CHILD3	MTWR	10-10:50AM	6/8-6/18	LTC-CT5	\$38
319153 B	CHILD2	MTWR	10-10:50AM	6/8-6/18	LTC-CT6	\$38
319152 C	CHILD1	MTWR	11-11:50AM	6/8-6/18	LTC-CT5	\$38
319150 A	PEEWEE	MTWR	11-11:30AM	6/8-6/18	LTC-CT6	\$38

#### Session #2

CODE	SEC CLASS	DAY	TIME	DATE	LOC*	FEE
319152 D	CHILD1	MTWR	6-6:50PM	6/15-6/25	LTC-CT5	\$38
319153 C	CHILD2	MTWR	6-6:50PM	6/15-6/25	LTC-CT6	\$38
319200 B	BEGADULT	MTWR	7-7:50PM	6/15-6/25	LTC-CT5&6	\$38
319201 B	INTADULT	MTWR	8-8:50PM	6/15-6/25	LTC-CT5&6	\$38

#### Session #3

CODE	SEC CLASS	DAY	TIME	DATE	LOC*	FEE
319153 D	CHILD2	MTWR	9-9:50AM	6/29-7/9	LTC-CT5	\$38
319154 B	CHILD3	MTWR	9-9:50AM	6/29-7/9	LTC-CT6	\$38
319152 E	CHILD1	MTWR	10-10:50AM	6/29-7/9	LTC-CT5	\$38
319150 B	PEEWEE	MTWR	10-10:30AM	6/29-7/9	LTC-CT6	\$38
319151 B	TENTOTS	MTWR	11-11:40AM	6/29-7/9	LTC-CT5	\$38
319153 E	CHILD2	MTWR	11-11:50AM	6/29-7/9	LTC-CT6	\$38
319152 F	CHILD1	MTWR	6-6:50PM	6/29-7/9	LTC-CT5	\$38
319200 C	BEGADULT	MTWR	7-7:50PM	6/29-7/9	LTC-CT5&6	\$38
319201 C	INTADULT	MTWR	8-8:50PM	6/29-7/9	LTC-CT5&6	\$38

#### Session #4

CODE	SEC CLASS	DAY	TIME	DATE	LOC*	FEE
319153 F	CHILD2	MTWR	6-6:50PM	7/13-7/23	LTC-CT5	\$38
319154 C	CHILD3	MTWR	6-6:50PM	7/13-7/23	LTC-CT6	\$38
319200 D	BEGADULT	MTWR	7-7:50PM	7/13-7/23	LTC-CT5&6	\$38
319201 D	INTADULT	MTWR	8-8:50PM	7/13-7/23	LTC-CT5&6	\$38
319150 C	PEEWEE	MTWR	9-9:30AM	7/20-7/30	LTC-CT5	\$38
319153 G	CHILD2	MTWR	9-9:50AM	7/20-7/30	LTC-CT6	\$38
319152 G	CHILD1	MTWR	10-10:50AM	7/20-7/30	LTC-CT5	\$38
319151 C	TENTOTS	MTWR	10-10:40AM	7/20-7/30	LTC-CT6	\$38
319154 D	CHILD3	MTWR	11-11:50AM	7/20-7/30	LTC-CT5	\$38
319153 H	CHILD2	MTWR	11-11:50AM	7/20-7/30	LTC-CT6	\$38

#### Fall

CODE	SEC CLASS	DAY	TIME	DATE	LOC*	FEE
419150 A	PEEWEE	S	9-9:30AM	9/12-10/17	LTCCT5	\$35
419153 A	CHILD2	S	9-9:50AM	9/12-10/17	LTCCT6	\$35
419152 A	CHILD1	S	10-10:50AM	9/12-10/17	LTCCT5	\$35
419154 A	CHILD3	S	10-10:50AM	9/12-10/17	LTCCT6	\$35
419151 A	TENTOTS	S	11-11:40AM	9/12-10/17	LTCCT5	\$35
419153 B	CHILD2	S	11-11:50AM	9/12-10/17	LTCCT6	\$35
419152 B	CHILD1	MW	6:30-7:20PM	9/14-9/30	LTCCT5	\$35
419200 A	BEGADULT	MW	7:30-8:20PM	9/14-9/30	LTCCT5&6	\$35
419153 C	CHILD2	TR	6:30-7:20PM	9/15-10/1	LTCCT5	\$35
419201 A	INTADULT	TR	7:30-8:20PM	9/15-10/1	LTCCT5&6	\$35

\*CT - Court

#### TENNIS WITH FIRST SERVE

Ages: Level 1 - ages 6-7; Level 2 - ages 8-12; Level 3 - ages 13-18; Adult beginning/intermediate - ages 18 and Up. Enrollment Min 4 / Max 10. Lawrence Parks and Recreation has teamed up with First Serve to offer an indoor recreational tennis program catering to both youth and adults. Lessons will be taught by First Serve instructors. **Level I** - Proper technique, movement and basic strategies. **Level II** - Stroke production and techniques of the game. **Level III** - Enhanced stroke development and strategy match play. **Adult Beginning** - Fundamentals, strategies and scoring. **Adult Intermediate** - Advanced stroke development and strategy match play. **No classes 11/24 and 11/25.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
419152 C	LEVEL1	T	6:30-7:30PM	10/27-12/8	FS	\$50
419153 D	LEVEL2	T	6:30-7:30PM	10/27-12/8	FS	\$50
419154 B	LEVEL3	T	6:30-7:30PM	10/27-12/8	FS	\$50
419200 B	BEGADULT	W	7-8PM	10/28-12/9	FS	\$50
419201 B	INTADULT	W	7-8PM	10/28-12/9	FS	\$50

#### TENNIS BLOCK PARTY

Are you ready to create a racquet? The biggest tennis party ever is coming to Lawrence through the cooperation of LPRD and First Serve Tennis. This block party is an ambitious and exciting community initiative that will bring new ways to involve and expose you to the health and social benefits of tennis. The block party will be held **Saturday, May 2, from 10 a.m. to 12 p.m. at First Serve, 5200 Clinton Parkway.** It will feature two hours of instruction and interactive games offering people of all ages and abilities the opportunity to enjoy and learn the sport of tennis - from health and fitness to fun and competition.

#### PRIVATE TENNIS LESSONS

Does your child need to improve on their stroke, coordination or certain skills? Parks and Recreation have the program you are looking for. Our instructors are available on a limited basis to teach private tennis lessons at the Tennis Courts located at Lawrence High School. Private lessons are available on a weekly basis generally occurring when classes or leagues are **NOT** in session. The costs for private lessons are \$15 for a half-hour and \$12 for a semi-private lesson for a half-hour, per person. *Registration for private lessons is only available at South Park Recreation Center. Please call 832-7930 for more information.*

#### L.T.A. JUNIOR TEAM TENNIS

Game based approach class with drills for 45 minutes and coached live play for 45 minutes by 2 USPTA professionals. Players will work on fundamentals, on court strategy during drills and transition to execution during match play. *For more information contact Kirsty Elliott at 841-0636.*

#### DUPONT WORLD TEAM TENNIS LEAGUES

WTT leagues have 2 men and 2 women on a team. They compete against other teams in one set of Men's Doubles and Singles, one set of Women's Doubles and Singles, and 2 sets of Mixed Doubles. All play will be in Lawrence. Rostered members must have current LTA and WTT memberships. League winners advance to regionals. *For more information, contact Michelle McIntosh at 785-218-5809 or mmcintosh@ku.edu.*

#### USTA HEART OF AMERICA

##### ADULT TEAMS

Rostered members must have current LTA and USTA memberships and current NTRP Ratings. League winners can advance to sectionals. *For more information contact William Zung, 832-1731 or email: wezung@hotmail.com.*

#### TRIPS

##### QUANTRILL'S RAID GRAVEYARD WALK

Ages: 8 and Up. Enrollment Min 10 / Max 20. **All participants must be pre-registered through the Lawrence Parks and Recreation Department.** Join local historian Katie Armitage, on the anniversary night of Quantrill's Raid. Visit the graves of the victims of the Raid and meet the people who rest there as they come alive to tell their story. **Instructor: Katie Armitage.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321710 A	QUANTRILL	F	8-9:30PM	8/21	OHC	\$10