

activities guide



THE CITY OF LAWRENCE
PARKS, RECREATION AND CULTURE
DEPARTMENT



FALL 2026

www.lprd.org

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STRETCH YOUR LIMITS!

2026 FALL ACTIVITIES GUIDE

This edition of the City of Lawrence Activities Guide is full of parks and recreation programs and activities to take part in throughout fall 2026.

There is something for everyone! Parks, Recreation and Culture staff have created activities providing the best opportunity to stay active and affect your life in a healthy way. It is our commitment to help you pursue living a healthy, active lifestyle. Here's to good health for all!

Enrollment opens 8:00 a.m. Tuesday, August 11

ONLINE ENROLLMENT

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

WALK-IN / MAIL-IN

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

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Photo on front cover by Taylor Mah

LAWRENCE PARKS, RECREATION AND CULTURE DIRECTORY*

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

CITY COMMISSION

Brad Finkeldei, Mayor
Mike Courtney, Vice-Mayor
Mike Dever
Kristine Pollan
Amber Sellers
Majed Al-Ghafry, City Manager

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

PARKS AND RECREATION ADVISORY BOARD

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

LAWRENCE CULTURAL ARTS COMMISSION

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

* All staff and board positions held as of July 27, 2024

ADMINISTRATIVE OFFICE

1141 Massachusetts St. • (785) 832-3450

STAFF

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

CEMETERIES: Oak Hill, Memorial Park, Maple Grove

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

COMMUNITY BUILDING

115 W. 11th St. • (785) 832-7920

CODES

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

RESERVATION/ENROLLMENT HOURS

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

STAFF

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

EAGLE BEND GOLF COURSE & LEARNING CENTER

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

STAFF

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

HOLCOM PARK RECREATION CENTER

2700 W. 27th St. • (785) 832-7940

CODES

HPRC.....	Holcom Park Recreation Center
GY.....	Gymnasium
BR.....	Wayne Bly Room
SC.....	Sand Courts

ENROLLMENT HOURS

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

STAFF

Madison Husbenet, Recreation Programmer
mhusbenet@lawrenceks.gov

LAWRENCE INDOOR AQUATIC CENTER

4706 Overland Drive • (785) 832-SWIM (7946)

CODES

LIAC.....	Lawrence Indoor Aquatic Center
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RESERVATION/ENROLLMENT HOURS

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

STAFF

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

PARKS AND MAINTENANCE DIVISION

STAFF

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

DIRECTORY/OTHER CODES

Stretch Your Limits — www.lprd.org

PRAIRIE PARK NATURE CENTER

2730 Harper St. • (785) 832-7980

CODES

PPNC.....Prairie Park Nature Center

ENROLLMENT HOURS:

9 a.m. to 5 p.m. (Tue-Sat),
1 p.m. to 4 p.m. (Sun), Closed (Mon)

STAFF

Dara Wilson, Nature Center Supervisor
dwilson@lawrenceks.gov
Xavier Murry, Naturalist
xmurry@lawrenceks.gov

EAST LAWRENCE RECREATION CENTER

1245 E. 15th St. • (785) 832-7950

CODES

ELRC.....East Lawrence Recreation Center
GR.....Gymnastics Room
TZ.....Tumble Zone

ENROLLMENT HOURS:

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

STAFF

Kahner Sampson, Recreation Programmer
ksampson@lawrenceks.gov

SPORTS PAVILION LAWRENCE®

100 Rock Chalk Lane • (785) 330-7355

CODES

SPL.....Sports Pavilion
Lawrence®
FR.....Fitness Room
GR.....Gymnastics Room
CR.....Champion Room
LR.....Legacy Room

RESERVATION/ENROLLMENT HOURS

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

STAFF

Robert Wilson, Recreation Operations Manager
rwilson@lawrenceks.gov
Taylor Martin, Facilities Operations Supervisor
tmartin@lawrenceks.gov
Jo Mendoza, Recreation Instruction Supervisor
jmendoza@lawrenceks.gov
Alex Husbenet, Youth Sports Supervisor
ahusbenet@lawrenceks.gov
Ross Schraeder, Recreation Programmer
rwilson@lawrenceks.gov
Landon Noll, Recreation Programmer
lnoll@lawrenceks.gov
Elias Parenti, Recreation Programmer
eparenti@lawrenceks.gov
Addie Driscoll, Recreation Programmer
adriscoll@lawrenceks.gov

OTHER LOCATIONS

CARN

Carnegie Building,
200 W. 9th St.

PKSBP

Centennial Park—
Skateboard Park,
600 Rockledge Rd.

CLSC

Clinton Lake Softball Complex,
5101 Speicher Rd.

CMW

Crescent Moon Winery,
15930 246th St.

DCFG

Douglas County Fairgrounds,
2120 Harper St.

PT

Peaslee Tech,
2920 Haskell Ave., Suite 100

RCL

Royal Crest Lanes,
933 Iowa St.

SRC

Senior Resource Center,
745 Vermont St.

TW

Trivedi Wine,
1826 E. 1150 Road

RCP

Rock Chalk Park,
100 Rock Chalk Lane

RVRPK

Riverfront Park,
1594 N. 3rd St.

OVLPK

Overlook Park,
800 N. 1402 Road

LNP

Lawrence Nature Park,
201 S. Folks Road

BURPK

Burcham Park,
200 Indiana St.

LYONS

Lyons Park,
700 North Lyon St.

TBA

To be announced

New Class	Class Name	Fitness Level	Ages/Class Size		Description				
	NEW YOGA, FLOW								
	Ages: 15 and Up. Enrollment Min 10 / Max 15. Suitable for beginning students as well as experienced students who enjoy a gentler class. Develop body awareness, learn basic postures, and proper alignment. Learn how to sequence breath and movements and become familiar with the connection to your physical and energetic body. Bring a mat. Instructor: Kim McDanel				Class Notes				
Co-Sponsored									
Class not eligible for scholarships									
Night Class (noted in bold)	Rechelle Bishop.				Class Location (listed pages 2-3)				
	CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE	
	415040	A	FY(KM)	W	5:20-6:15PM	6/4-8/20	ELRC-GR	\$54	Class Fee
	415040	B	FY(RB)	S	12:15-12:45PM	6/5-8/21	CB-CR2	\$54	
Activity Number									
Section of Class									Dates of Class
Name of Class									Time of Class
									Day of Class

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

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

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

**SCAN
ENJOY
REPEAT**

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

Lawrence
KANSAS

MEMBERSHIPS

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

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

RECREATION FACILITY MEMBERSHIPS

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

Frequently Asked Questions

Qualified Access Memberships

Membership Access and Benefits

Access Cards and Identification

Facility Use and Day Passes

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



AQUATICS

ADMISSION FEES/ MEMBERSHIP OPTIONS

ADMISSION FEES/MEMBERSHIP OPTIONS

Several admission options are offered to swimmers in the Lawrence community. Daily admission, annual memberships, 30-day memberships and punch cards are available. All forms of admission are valid at any Parks, Recreation and Culture Aquatic Facility. Watch for specially priced events all year long! **Prices subject to change.** For more information and pricing, please visit our website at <http://www.lprd.org/aquatics/admission>.

AQUATIC FITNESS CLASSES

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

WATER WARRIORS

Get ready for a feel-good total body workout in the water! This shallow water class blends cardio, strength and core work to target your whole body from head to toe. The water adds natural resistance to help build strength while staying low-impact and joint friendly. Leisure pool; 3 lane lap pool area. **No class 11/24 and 11/26. Instructor: Abigail Kcehowski.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412431	1A	WATERW	TR	8-8:45AM	8/25-10/15	LIAC	\$80
412431	2A	WATERW	TR	8-8:45AM	10/27-12/17	LIAC	\$70

AQUA TONE

Ages: 16 and up. Enrollment Min 8 / Max 20. Aqua tone is a shallow water class using the water for resistance to increase cardiovascular endurance, increase muscle tone and decrease impact on joints. This call incorporates the use of several pieces of aquatic exercise equipment including hand buoys, gloves, noodles and kickboards. Competition pool, shallow end. **No class 9/7, 11/23 and 11/25. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412413	1A	AQTONE	MW	5:30-6:15PM	8/24-10/14	LIAC	\$75
412413	2A	AQTONE	MW	5:30-6:15PM	10/26-12/16	LIAC	\$70

AQUA FIT

Ages: 16 and Up. Enrollment Min 15 / Max 20. Uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility, strength or balance, water exercise will help you regain your prior level of function. Leisure pool; 3 lane lap area. **No class 11/24 and 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412434	1A	AQFIT	TR	9-9:45AM	8/25-10/15	LIAC	\$80
412434	1B	AQFIT	TR	10-10:45AM	8/25-10/15	LIAC	\$80
412434	2A	AQFIT	TR	9-9:45AM	10/27-12/17	LIAC	\$70
412434	2B	AQFIT	TR	10-10:45AM	10/27-12/17	LIAC	\$70

AQUA HIIT

Ages: 16 and Up. Enrollment Min 10 / Max 20. High Intensity Interval Training advanced class. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Tuesday and shallow water Thursday. Flotation belts required (supplied) in deep water; no swimming skills required. **No class 11/24 and 11/26. Instructor: Colleen Boley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412437	1A	AQHIIT	TR	5:30-6:15PM	8/25-10/15	LIAC	\$80
412437	2A	AQHIIT	TR	5:30-6:15PM	10/27-12/17	LIAC	\$70

AQUA STRETCH FUSION II

Ages: 16 and Up. Enrollment Min 8 / Max 20. Cardio warm-up segment followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patterns to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Competition pool; shallow end. **No class 11/24 and 11/26. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412412	1B	FUSION2	TR	8:15-9AM	8/25-10/15	LIAC	\$80
2412	2B	FUSION2	TR	8:15-9AM	10/27-12/17	LIAC	\$70

JIVIN' JOINTS

Ages: 16 and Up. Enrollment Min 15 / Max 20. This is a group recreational water-based exercise program. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce pain and stiffness. Leisure pool; 3 lane lap area. **No class 9/7, 11/23, 11/25 and 11/27. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412430	1A	JIVNJNTS	MWF	8:45-9:30AM	8/24-10/16	LIAC	\$115
412430	1B	JIVNJNTS	MWF	9:45-10:30AM	8/24-10/16	LIAC	\$115
412430	2A	JIVNJNTS	MWF	8:45-9:30AM	10/26-12/18	LIAC	\$105
412430	2B	JIVNJNTS	MWF	9:45-10:30AM	10/26-12/18	LIAC	\$105

SHALLOW SHAKERS

Ages: 16 and Up. Enrollment Min 8 / Max 20. Water provides the conditioning of buoyancy while offering constant resistance and a cool non-sweating workout. This low impact water walking class combined with light aerobics provides cardiovascular conditioning, improves muscle tone and balance. Leisure pool; 3 lane lap area. **No class 9/7, 11/23, 11/25 and 11/27. Instructor: LRPD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412420	1A	SHALLOW	MWF	7:15-8AM	8/24-10/16	LIAC	\$115
412420	2A	SHALLOW	MWF	7:15-8AM	10/26-12/18	LIAC	\$105

DEEPLY FIT

Ages: 16 and Up. Enrollment Min 8 / Max 20. Take the plunge into deep water aquatic fitness. Challenge your body, core muscles, and have fun! Flotation belt required (provided). No swimming skills necessary. Competition Pool; deep water. **No class 9/7, 11/23, 11/25 and 11/27. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412438	1A	DEEPLYFIT	MWF	8:15-9AM	8/24-10/16	LIAC	\$115
412438	2A	DEEPLYFIT	MWF	8:15-9AM	10/26-12/18	LIAC	\$105



**FULL LIST
OF HOURS**

Indoor Aquatic Center

AQUATICS

AQUATONE DANCE

Ages: 16 and Up. Enrollment Min 8 / Max 20. Aqua Tone Dance is a shallow full body workout combining cardio and dance. It is partner free and no dancing skills required. Come and blast calories away while having a great time in the pool. Competition pool, shallow. **No class 9/7, 11/23 and 11/25. Instructor: Susan Pomeroy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412410	1A	DANCE	MW	6:30-7:15PM	8/24-10/14	LIAC	\$75
412410	2A	DANCE	MW	6:30-7:15PM	10/26-12/16	LIAC	\$70

LEARN-TO-SWIM CLASSES

TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON

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

NOTE TO PARENTS/GUARDIANS

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

MAKE-UP LESSONS

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

WAITING LISTS

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

SWIM LESSON DESCRIPTIONS

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

The American Red Cross has updated their Learn to Swim curriculum, please read the course descriptions carefully when deciding which level best suits the participant's skill level.

Parent/Child (PNTCHILD) (Ages 6 months to 3 years): The foundation of the American Red Cross Parent and Child class is a set of basic skills that prepares young children to be comfortable in the water. This class will not make your child an independent swimmer; instead, this class will prepare your child to enter the Learn-to-Swim Program. *Skills learned include getting adjusted to the water environment; showing comfort on both their front and back positions with assistance; submerging with assistance and changing body positions in the water. Each child MUST be accompanied by an adult in the water.*

Aqua Tots Swim (3 years old): This class bridges the Parent/Child class to the Learn-to-Swim program and is designed for preschool aged children who have never been in a swim class but are ready to hold on to the wall and be in the pool without a parent. This class focuses on the fundamentals of freestyle and floating. In order to move to the next class, students must be comfortable putting their face in the water for three or more seconds.

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

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

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

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

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

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

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

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

AQUATICS

INDOOR AQUATIC CENTER

SATURDAYS, SEPT. 12-OCT. 3

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412114	2A	PRSSCHOOL	S	9-9:25AM	9/12-10/3	LIAC	\$38
412102	2A	LEVEL 2	S	9-9:45AM	9/12-10/3	LIAC	\$38
412103	2A	LEVEL 3	S	9-9:45AM	9/12-10/3	LIAC	\$38
412100	2A	PNTCHILD	S	9:30-9:55AM	9/12-10/3	LIAC	\$38
412115	2A	AQUATOT	S	10-10:25AM	9/12-10/3	LIAC	\$38
412102	2B	LEVEL 2	S	10-10:45AM	9/12-10/3	LIAC	\$38
412103	2B	LEVEL 3	S	10-10:45AM	9/12-10/3	LIAC	\$38
412101	2A	LEVEL 1	S	10:30-10:55AM	9/12-10/3	LIAC	\$38
412103	2C	LEVEL 3	S	11-11:45AM	9/12-10/3	LIAC	\$38
412104	2A	LEVEL 4	S	11-11:45AM	9/12-10/3	LIAC	\$38
412108	2A	ADULT	S	11-11:45AM	9/12-10/3	LIAC	\$38

SATURDAYS, OCT. 24-NOV. 14

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412101	4A	LEVEL 1	S	9-9:25AM	10/24-11/14	LIAC	\$38
412102	4A	LEVEL 2	S	9-9:45AM	10/24-11/14	LIAC	\$38
412107	4A	JRSWIM	S	9-9:45AM	10/24-11/14	LIAC	\$38
412114	4A	PRSSCHOOL	S	9:30-9:55AM	10/24-11/14	LIAC	\$38
412100	4B	PNT/CHILD	S	10-10:25AM	10/24-11/14	LIAC	\$38
412103	4A	LEVEL 3	S	10-10:45AM	10/24-11/14	LIAC	\$38
412105	4A	LEVEL 5	S	10-10:45AM	10/24-11/14	LIAC	\$38
412115	4A	AQUATOT	S	10:30-10:55AM	10/24-11/14	LIAC	\$38
412103	4B	LEVEL 3	S	11-11:45AM	10/24-11/14	LIAC	\$38
412104	4A	LEVEL 4	S	11-11:45AM	10/24-11/14	LIAC	\$38
412108	4A	ADULT	S	11-11:45AM	10/24-11/14	LIAC	\$38

AQUATIC PERSONAL TRAINING

Are you trying to be more accountable for your own health? Do you like the aquatic environment? Want guidance and motivation on a personal basis? Want workouts personalized specifically for you now and in future as your skills increase? Aquatic personal training sessions are for you! Working with a nationally certified aquatic personal trainer will help you reach your goals today and in future. No swimming skills are required. Individual sessions are 45 minutes in length. Cost is \$50 per 45-minute session. **Contact Lori Madaus at the Lawrence Indoor Aquatic Center for additional information.**

NOVICE WATER POLO CLASS

Ages: 10-15 years-old. Ready to try something new in the pool? Our Novice Water Polo Class is designed for swimmers who are interested in learning the fundamentals of water polo in a fun, supportive environment. Participants will develop basic skills such as ball handling, passing, shooting, treading water, and game strategy while improving swimming endurance and overall fitness. This class focuses on skill development, teamwork, sportsmanship, and water safety through drills, games, and introductory scrimmages. No prior water polo experience is required; participants should be comfortable swimming in deep water and able to swim at least 25 yards continuously. Whether you're looking to build confidence, stay active, or prepare for competitive play, this class is a great introduction to one of the fastest-growing aquatic sports. **Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412116	1A	WPOLO	S	12-12:45PM	9/12-10/3	LIAC	\$38
412116	2A	WPOLO	S	12-12:45PM	10/24-11/14	LIAC	\$38

CAMPS

CAMPS

CHALK IT UP

Ages: 6-12. Enrollment Min 7 / Max 21. Spend winter break flipping, jumping, and having fun! Camp includes gymnastics, active games, obstacle courses, crafts, and team activities led by experienced coaches. Open to all skill levels. Bring a sack lunch, a snack, and water bottle. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416014	A	CIU	M	9AM-4PM	12/21	SPL-GR	\$65
416014	B	CIU	T	9AM-4PM	12/22	SPL-GR	\$65
416014	C	CIU	W	9AM-4PM	12/23	SPL-GR	\$65
416014	D	CIU	M	9AM-4PM	1/4	SPL-GR	\$65

NEW YEAR NINJAS

Ages: 6-12. Enrollment Min 7 / Max 21. These structured workshops will keep your kids active and excited the entire day! Campers will have access to all the ninja equipment and experience coaching, as well as a mixture of fun, games, and obstacles! This well-rounded experience relates to children's health, wellness, and the love of being in the gym! **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416015	A	HW	M	9AM-4PM	12/18	SPL-GR	\$65
416015	B	HW	T	9AM-4PM	12/28	SPL-GR	\$65
416015	C	HW	R	9AM-4PM	112229	SPL-GR	\$65
416015	D	HW	F	9AM-4PM	12/30	SPL-GR	\$65

HOLCOM PARK WINTER FUN

Ages: 5-11. Enrollment Min 10 / Max 50. Join our winter fun at Holcom Recreation Center where we provided children ages 5-11 a structured camp program. Children will participate in many different activities including but not limited to field trips, arts and crafts, movies and games. Campers must bring their own lunch. For more information please contact Madison Husbenet 785-832-7951, mhusbenet@lawrenceks.gov. **All children participating in camp must have all camp paperwork turned in / current to attend the program. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425160	A	HOL	MT	9AM-4PM	12/21-12/22	HPRC	\$54
425160	B	HOL	MTW	9AM-4PM	12/28-12/30	HPRC	\$81

MAKE SURE TO LOOK AT THE SPECIAL EVENTS PAGE FOR MORE FUN! PAGE 22



DANCE

ADULT

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

Prices listed at a pre-person rate.

Some programs require partner enrollment.

COUNTRY COUPLES VARIETY DANCING

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414150	A	CCD	SU	5:40-6:40PM	10/25-11/29	SPL-LR	\$40

LINE DANCING

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414152	A	LINE	SU	4:30-5:30PM	9/13-10/18	SPL-LR	\$40
414152	B	LINE	SU	4:30-5:30PM	10/25-11/29	SPL-LR	\$40

SWING DANCING

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** Swing dance is a playful form of ballroom dancing that involves triple steps and arm flourishes. Learn proper technique in both the lead and follow dance positions, including proper footwork, alignment and posture. Explore its various styles, fundamental steps and groove to popular swing dance songs. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414154	A	SWING	SU	5:40-6:40PM	9/13-10/18	SPL-LR	\$40

WEST COAST SWING

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414145	A	WCS	SU	6:50-7:50PM	9/13-10/18	SPL-LR	\$40

NIGHT CLUB SWAY

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414142	A	NCD	SU	6:50-7:50PM	10/25-11/29	SPL-LR	\$40

FRIDAY NIGHT WORKSHOPS

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

LINE DANCING WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414141	A	LINEWS	F	5:45-8PM	9/11	SPL-LR	\$20
414141	B	LINEWS	F	5:45-8PM	10/9	SPL-LR	\$20
414141	C	LINEWS	F	5:45-8PM	10/30	SPL-LR	\$20
414141	D	LINEWS	F	5:45-8PM	11/13	SPL-LR	\$20
414141	F	LINEWS	F	5:45-8PM	12/11	SPL-LR	\$20

ULTIMATE DANCE PARTY

■ **Ages: 15 and Up. Enrollment Min 6 couples / Max 15 couples.** A two-hour workshop geared for participants to practice their favorite dances. Engage in easy-to-follow choreography, with options for various dance styles, allowing everyone to express their personality and enjoy a lively dance floor. **Partner enrollment required. Price reflects per person rate. Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414160	A	ULTDNC	F	6-8PM	9/25	SPL-LR	\$15
414160	B	ULTDNC	F	6-8PM	10/23	SPL-LR	\$15



DANCE

SUNDAY WORKSHOPS

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

DANCE FUNDAMENTALS I – SINGLE RHYTHM DANCE MOVEMENTS

■ **Ages: 15 and Up. Enrollment Min 10 / Max 30.** A course designed to provide students with a basic understanding of dance, focusing on the history, basic techniques, and contemporary references relevant to dance. This workshop aims to enhance the mind/body connection through sound biomechanical principles, practice elements of performing. **Singles and partners welcome.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414149	A	DFI	SU	1:15-4:15PM	9/20	SPL-LR	\$25

DANCE FUNDAMENTALS II – TRIPLE RHYTHM MOVEMENTS & MORE

■ **Ages: 15 and Up. Enrollment Min 10 / Max 30.** The next level workshop serves as a continuation of the foundational skills learned in Dance Fundamentals I. Focusing on intermediate modern dance technique and the application of movement principles essential for rhythmic awareness, aesthetic elements, and the development of self-confidence through the use of the body. **Singles and partners welcome.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414149	B	DFII	SU	1:15-4:15PM	10/11	SPL-LR	\$25

DANCE FUNDAMENTALS III – SPINS AND TURNS

■ **Ages: 15 and Up. Enrollment Min 10 / Max 30.** Elevate your dancing ability! Learn how to execute Spins and Turns properly with balance and control. Dance Fundamentals III is all about spins and turns, progressive and stationary. Just some of the many spins and turns defined, explained and practiced are traveling pivots, chainnés, inside and outside spins, and Monterey turns. You will also learn and practice spotting techniques to increase your sense of balance and refine your spinning. **Singles and partners welcome.** **Instructor: Mike Salerno.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414149	C	DFIII	SU	1:15-4:15PM	11/22	SPL-LR	\$25

EAST COAST SWING, BEGINNER/INTERMEDIATE WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414140	A	ECS	SU	1:15-4:15PM	11/29	SPL-LR	\$25



INTERMEDIATE LINE DANCING

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414143	A	INTLINE	SU	3:15-4:15PM	9/27	SPL-LR	\$12
414143	B	INTLINE	SU	3:15-4:15PM	10/18	SPL-LR	\$12
414143	C	INTLINE	SU	3:15-4:15PM	11/8	SPL-LR	\$12
414143	D	INTLINE	SU	3:15-4:15PM	12/13	SPL-LR	\$12

LINE DANCING WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414141	E	LDW	SU	1:15-4:15PM	12/6	SPL-LR	\$25

SALSA WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414144	A	TS	SU	1:15-4:15PM	10/26	SPL-LR	\$25

WEDDING DANCE CRASH COURSE

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414161	A	WCC	SU	1:15-4:15PM	9/13	SPL-LR	\$25
414161	B	WCC	SU	1:15-4:15PM	10/4	SPL-LR	\$25
414161	C	WCC	SU	1:15-4:15PM	11/1	SPL-LR	\$25

WEST COAST SWING WORKSHOP

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414145	B	WCS	SU	4:30-7:30PM	12/13	SPL-LR	\$25

DANCE

YOUTH DANCE

All youth dance classes follow a set curriculum to help provide each dancer the training for their age and skill level. Classes are taught in a creative, fun and positive environment. Our goal is to encourage each student to express their inner dancer through the art of movement. Dancers build strength, flexibility, balance, confidence, body awareness, self-control and discipline through movement.

All dance classes, except Wiggles and Giggles, invite only students into the dance studio during class time. We find that students focus and have the greatest opportunity for learning with just the instructor. For this reason, we designate the last day 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.

Recreation Dance classes offer a wide selection of stylized movement. It is a great way to find a dance style and class that meets your dancer's needs through a short commitment.

MINI BALLET

Ages: 3-4. Enrollment Min 5 / Max 12. Designed for tiny dancers who love to twirl, whirl and walk on their tippy toes! The beginning basics of ballet will be taught including positions, center movements, and across-the-floor leaps. Dancers will hone in on gross motor skills as well as listening and classroom skills in a fun, supportive environment. **No class 11/24. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428001	A	MB	T	5:30-6:15PM	10/6-12/21	CB-DS	\$76

MINI BALLET & HIP HOP

Ages: 3-4. Enrollment Min 5 / Max 12. This combination class offers a taste of the basic fundamentals of ballet and hip-hop. Dancers will explore the similarities and differences of each style through hip-hop's high energy, sharp, edgy movements and the fluid, graceful, control of ballet. Both forms of movement build self-confidence, discipline, body awareness, coordination, balance, strength and flexibility. This is a great class to learn the basics of ballet and hip-hop in one fun class! **No class 11/23 and 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428002	A	MBHH	M	5:30-6:15PM	10/5-11/30	CB-DS	\$76
428002	B	MBHH	R	5:30-6:15PM	10/8-12/3	CB-DS	\$76

BEAMING BALLET & HIP HOP

Ages: 5-6. Enrollment Min 5 / Max 12. This combination class offers a taste of the basic fundamentals of ballet and hip-hop. Dancers will explore the similarities and differences of each style through hip-hop's high energy, sharp, edgy movements and the fluid, graceful, control of ballet. Both forms of movement build self-confidence, discipline, body awareness, coordination, balance, strength and flexibility. This is a great class to learn the basics of ballet and hip-hop in one fun class! **No class 11/23 and 11/26. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428003	A	BBHH	M	6:20-7:10PM	10/5-11/30	CB-DS	\$76
428003	B	BBHH	R	6:20-7:10PM	10/8-12/3	CB-DS	\$76

RISING URBAN HIP HOP

Ages: 7-13. Enrollment Min 5 / Max 12. An energetic class combining the technique and styles of hip hop, street dance, jazz and contemporary. Class will challenge each dancer's personal level through skills in the center, across the floor work and choreography. Strength, agility and self-expression will increase in this creative class! **No class 11/24. Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
428005	A	RUHH	T	6:20-7:10PM	10/6-12/1	CB-DANCE	\$76

FITNESS

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

Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

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

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

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

●●● **Advanced:** Very Active in sports or have been exercising four or more times per week in the last six months.

BALANCE ZONE ●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Develop confidence and stability in a welcoming and accessible 60-minute class. Designed for beginners or those seeking to refine fundamental skills. Exercises will emphasize fundamental single-leg balance postures combined with gentle, effective core engagement. Learn safe weight-shifting techniques, strengthen stabilizing muscles, and conclude with light, relaxing stretches to promote tension relief. **Bring a mat. No class 11/22. Instructor: Carol Rubino.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415017	A	BZ	M	6:15-7:15PM	9/14-12/7	SPL-FR	\$63

BODY BURN ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Come burn away those extra calories during this invigorating total body exercise! When you combine strength training with cardio and core work, your body will be lit on fire to help scorch away those unwanted pounds. Exercises can be modified for any fitness level. **Bring a mat. No class 11/27. Instructor: Nicole Heck**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415003	A	BB	R	5:45-6:40PM	9/17-12/10	CB-CR2	\$63

FITNESS

CORE AND STRENGTH SURGE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This quick yet effective strength and core class will challenge your entire body using a variety of equipment including weights and resistance bands. Designed for all fitness levels, you will rotate through exercises that target all major muscle groups leaving you feeling stronger, energized and accomplished! **Bring a mat. No class 11/23, 11/25. Instructor: Christine Lester.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415005	A	CSS	MW	12:10-12:50PM	9/14-12/9	SPL-LR	\$114

CROSSFIRE ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A metabolism boosting workout utilizing multiple joint movements and full body exercises performed at a high intensity. Metabolic style training is FUN!! Workouts move quickly, the exercises are constantly changing, and they force you to use your whole body as a unit. Incorporating super effective strength moves that build firm and lean muscle which is key to building a robust metabolism. Get ready for your fitness to get fired up! **Bring a mat. No class 11/28. Instructor: Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415008	A	CF	S	10-11AM	9/19-12/12	SPL-LR	\$63

ESSENTRICS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A full body workout with the goal of rebalancing muscles and joints and increasing ease of movement through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. **Bring a mat. No class 11/25. Instructor: Kirstin Olson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415027	A	ESSEN	W	5:30-6:30PM	9/16-12/9	HPRC-BR	\$63

EXPRESS CONDITIONING ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This workout incorporates free weights, resistance bands, and body weight exercises to provide a diverse range of strengthening, balance, and core activities, all while enhancing cardiovascular health. **No class 11/24, 11/26. Bring a mat. Instructor: Melanie Johnson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415029	A	EC	TR	12:15-12:45PM	9/15-12/10	CB-CR2	\$114

PILATES, POWER 30 ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. In this Express Mat Pilates class, participants will focus on breathing, core work, and becoming more aware of their body. Learn how to engage your deep core muscles to boost your strength, stability, and flexibility by using different props during the session. Core strength is key to all movements, which makes this class great for everyone! All levels are welcome. **Bring a mat. No class 11/24, 11/26. Instructor: Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415007	A	PP	TR	6-6:30PM	9/15-12/10	HPRC-BR	\$114

PILATES AND STRENGTH FUSION ●●

Ages: 15 and Up. Enrollment Min 10 / Max 15. Participants will be challenged by combining a method of strength training and pilates to focus on flexibility and movement. Use the magic circle, free weights and bands to build strength, stability and mobility. **No class 11/24, 11/26. Bring a mat. Instructor: Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415009	A	PS	TR	6:40-7:30PM	9/15-12/10	HPRC-BR	\$114

POP PILATES ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Pilates combines Pilates inspired moves with the rhythmic qualities of choreographed dance for a total body workout that is fun and effective. Incorporating proper breathing, alignment, and balance you will flow through one move to the next. This will develop a solid core while leaving no muscle untouched. All levels welcome as there are options and modifications to fit the needs of each individual. **Bring a mat. No class 11/28. Instructor: Shannon Carlson.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415032	A	POP	S	9:30-10:20AM	9/19-12/12	SPL-FR	\$63

POWER SCULPT ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. The ultimate strength-training program to build muscle. Challenge all of your muscle groups by using barbells, handheld weights and weight room exercises. Instructor will focus on teaching correct lifting techniques, use of repetitions and selecting the right amount of weights to optimize muscle growth. **Bring a mat. No class 11/28. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415011	A	PWRSCPT	S	10:10-11AM	9/19-12/12	CB-CR1	\$63

STRENGTH ENDURANCE ●●

Ages: 15 and Up. Min 10 / Max 20. This functional strength training workout will target all major muscle groups, especially the core. Improve muscular strength and definition using various equipment, body weight exercises and flexibility training. All fitness levels welcome **No class 11/24, 11/29. Bring a mat. Instructor: Leon Beckum | Jake Fisher.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415001	A	SE(LB)	SU	2-2:45PM	9/13-12/6	SPL-FR	\$63
415001	B	SE(JF)	T	6-6:45PM	9/15-12/8	SPL-FR	\$63

STRENGTH REMIX ●●

Ages: 15 and Up. Min 10 / Max 20. The perfect combination of energized dance and traditional strength training using an assortment of equipment that delivers a full total-body workout. You'll get cardio blasting, strength-building and lean muscle generating exercises. By grouping these powerhouse moves together, you'll be unstoppable in reaching your fitness goals. **No class 11/28. Instructor: Christie Ogunnowo.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415356	A	STR	S	9:30-10AM	9/19-12/12	CB-CR1	\$63

STRENGTH IN 30 ●●

Ages: 15 and Up. Min 10 / Max 20. This 30-minute straight up strength workout twice a week, designed to take the guesswork out of your strength training program. This no-frills class targets every major muscle group and builds your strength. **No class 11/23, 11/25. Instructor: Ashley Turpin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415004	A	STR	MW	5:30-6PM	9/14-12/9	ELRC-GR	\$114

TRX FIT ●●

Ages: 15 and Up. Enrollment Min 6 / Max 9. Total Resistance Exercise uses TRX Suspension Trainer and body weight exercises to develop strength, balance, flexibility and core stability simultaneously. This is a perfect blend of strength and cardio. Relatively easy to learn and works well for individuals at all fitness levels. **Bring a mat and water bottle. No class 11/3, 11/23, 11/24, 11/25, 11/26. Instructor: Amy Whittaker.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415112	A	TRXFIT	MW	6:30-7:15PM	9/14-12/9	SPL-LR	\$114
415112	B	TRXFIT	TR	5:45-6:30PM	9/15-12/10	SPL-LR	\$110

FITNESS

TRX STRENGTH ●●

Ages: 15 and Up. Enrollment Min 6 / Max 9. This class uses the TRX Suspension Trainer to perform strength exercises, targeting large and small muscle groups. TRX Strength is the ideal way to strengthen and tone, while focusing on functional movement and core stabilization. Adaptable and appropriate for any TRX user. **No class 11/23, 11/25. Bring a mat. Instructor: Tessa Huffman.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415113	A	TRXS	MW	5:30-6:15PM	9/14-12/9	SPL-LR	\$114

WEIGHTS EXPRESS ●●

Ages: 15 and Up. Enrollment M/W Min 10 / Max 12; T/R Min 6 / Max 9. This class will get you in and out in 30 minutes twice a week. You will build strength through toning and utilizing a variety of equipment to sculpt all major muscle groups. Circuits and stations will also be incorporated into the program. Never the same boring routine, each class will be different. **Bring a mat. No class 11/3, 11/24, 11/25, 11/26. Instructor: Teresa Kelley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415023	A	WGHT	MW	5:30-6PM	9/14-12/9	SPL-FR	\$114
415023	B	WGHT	TR	11:30AM-12PM	9/15-12/10	SPL-LR	\$110
415023	C	WGHT	TR	12:15-12:45PM	9/15-12/10	SPL-LR	\$110

YOGA, ACTIVE ADULT ●●

Ages: 15 and Up. Min 10 / Max 20. Focus on building strength, flexibility and mindfulness through dynamic and engaging practices suitable for all ages. Participants practice various yoga traditions, all of which combine forms of breathing, posture and exercise. **No class 11/26. Bring a mat. Instructor: Carol Rubino.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415035	A	AAY	R	5:30-6:30PM	9/17-12/10	SPL-FR	\$63

YOGA, BEGINNING FLOW ●

Ages: 15 and Up. Min 10 / Max 15. Suitable for beginning students as well as experienced students who enjoy a gentler class. Develop body awareness, learn basic postures, and proper alignment. Learn how to sequence breath and movements and become familiar with the connection to your physical and energetic body. **No class 11/24. Bring a mat. Instructor: Carol Rubino.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415040	A	YBF	T	5:30-6:30PM	9/15-12/8	ELRC-GR	\$63

YOGA, EXPRESS ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Give yourself a break over the lunch hour and de-stress with an express yoga workout. A total body workout practiced at any fitness level. Various props provided such as blocks and straps to aide students in performing poses correctly. **No class 11/24, 11/26. Bring a mat. Instructor: Tatum Bandy.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415022	A	YE	TR	12:10-12:50PM	9/15-12/10	SPL-FR	\$114

YOGA, POWER ●●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. This power vinyasa yoga class is an invigorating practice that links the body with the power of the breath. With advanced variations offered, the practice builds strength, improves flexibility, and promotes physical well-being. **Bring a mat. No class 11/29. Instructor: Fran Hopkins.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415123	A	PWRYOGA	SU	4:30-5:45PM	9/13-12/6	SPL-FR	\$72

YOGA, RESTORATIVE ●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Restorative yoga is all about relaxation. Class will provide relief of tension and pain by creating a connection between the body and the mind through breath and mediation. Stabilizing postures will help strengthen muscle groups in a low-impact way. You will leave this class feeling renewed and restored. **Bring your own mat. No class 11/25. Instructor: Kymbre Dwyer.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415046	A	YR	W	6:15-7:15PM	9/16-12/9	SPL-FR	\$63

YOGA, SLOW FLOW ●

Ages: 15 and Up. Enrollment Min 10 / Max 20. Mindful, slow-paced floor poses, seated postures, spinal twisting, standing postures, gentle back bends, and deep breathing. This class features a slow-paced integration in the beginning of class and a long savasana at the end of class. Props will be used when needed. This is an ideal class for those new to yoga, as well as the experienced student who enjoys this gentle approach to their practice. No experience is required. Bring a mat. **No class 11/24, 11/26. Instructor: Tatum Bandy / Christine Lester.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415016	A	SFY(TB)	T	10-11AM	9/15-12/8	SPL-FR	\$63
415016	B	SFY(CL)	R	10-11AM	9/17-12/10	SPL-FR	\$63

YOGILATES ●●

Ages: 15 and Up. TR - Enrollment Min 10 / Max 40. S - Enrollment Min 10 / Max 20. The best of both worlds -- the core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. Focus on coordination, increased range of motion and balance for a complete workout. **Bring a mat. No class 11/24, 11/26, 11/28. Instructor: Fran Hopkins (FH) and Shannon Carlson (SC).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415121	A	YGLTS(FH)	TR	5:30-6:25PM	9/15-12/10	CB-GYM	\$114
415121	B	YGLTS(SC)	S	8:30-9:20AM	9/19-12/12	SPL-FR	\$63

YOGA, VINYASA ●

Ages: 15 and Up. Enrollment Min 10 / Max 18. Learn the basics of the Vinyasa yoga practice that combines breath with movement, resulting in a flowing and mindful practice that stretches and strengthens to bring balance to the body and mind. **Bring a mat. No class 11/23, 11/25. Instructor: Ashley Turpin.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415019	A	VY	MW	6:15-7:15PM	9/14-12/9	ELRC-GR	\$114

ZUMBA ●●

Ages: 15 and Up. Enrollment Min 10 / Max 20. A fitness program that combines Latin and international music with dance moves. Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **No class 11/3; 11/23; 11/24; 11/25; 11/26; 11/27; 11/28; and 11/29. Instructors: Susan King (SK), Amy Ash (AA), Diane Little (DL), Jake Fisher (JF) Mary Davidson (MD).**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
415100	A	ZUM(MD)	MWF	12:10-12:50PM	9/14-12/11	HPRC-GY	\$153
415100	B	ZUM(SK)	M	5:30-6:25PM	9/14-12/7	CB-GY	\$63
415100	C	ZUM(JF)	T	7-8PM	9/15-12/8	SPL-LR	\$58
415100	D	ZUM(DL)	W	5:30-6:25PM	9/16-12/9	CB-GY	\$63
415100	E	ZUM(JF)	R	6:45-7:45PM	9/17-12/10	SPL-LR	\$63
415100	F	ZUM(AA)	S	9-9:50AM	9/19-12/12	SPL-LR	\$63

GYMNASTICS

SPORTS PAVILION LAWRENCE®

100 ROCK CHALK LANE

Parks, Recreation and Culture offers a comprehensive gymnastics/ninja program to guide children in their gymnastic/ninja skill development, as well as increase self-esteem, independence and character while having fun and unique experiences in a healthy atmosphere. The instructional staff members are very qualified and meet the standards of USA Gymnastics and PRC guidelines. **For questions, please contact Landon Noll, gymnastics programmer, at lnoll@lawrenceks.gov or (785) 330-7364.**

LITTLE BEARS

Ages: 18 months – 3 years with parent. Enrollment Min 4 / Max 16. Laugh, play, and explore with your toddler! Our amazing coaches will guide you both through exciting, hands-on circuits and creative stations that inspire movement, connection, and growth in a fun, safe space made just for curious little minds. **No classes 11/24, 11/27. One parent per child. No siblings allowed. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418000	A	LB	T	4:40-5:25PM	9/9-10/21	SPL-GR	\$88
418000	B	LB	F	5:30-6:15PM	9/12-10/24	SPL-GR	\$88
418000	C	LB	T	4:40-5:25PM	10/28-12/9	SPL-GR	\$75
418000	D	LB	F	5:30-6:15PM	11/7-12/12	SPL-GR	\$75

TUMBLE BEARS

Ages: 3. Enrollment Min 4 / Max 12. Your child will build confidence and have a blast while developing physical awareness and coordination! With the bars, tumble track, and balance beam, they'll strengthen large motor skills in a fun and supportive environment. From learning forward rolls and balancing to exploring creative movement, every activity helps boost their strength, coordination, and love for active play! **No classes 11/23, 11/25, 11/26, 11/28. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418001	A	TB	M	4:40-5:25PM	9/14-10/19	SPL-GR	\$75
418001	B	TB	W	4:40-5:25PM	9/9-10/21	SPL-GR	\$88
418001	C	TB	R	5:30-6:15PM	9/10-10/22	SPL-GR	\$88
418001	D	TB	S	9-9:45AM	9/12-10/24	SPL-GR	\$88
418001	E	TB	M	4:40-5:25PM	10/26-12/7	SPL-GR	\$75
418001	F	TB	W	4:40-5:25PM	10/28-12/9	SPL-GR	\$75
418001	G	TB	R	5:30-6:15PM	10/29-12/10	SPL-GR	\$75
418001	H	TB	S	9-9:45AM	10/31-12/12	SPL-GR	\$75

GYM BEARS

Ages: 4-5. Enrollment Min 4 / Max 12. Students will be introduced to all gymnastics equipment. New target skills and circuits will be provided to continue building strength, agility, confidence, coordination and social skills. **No classes 11/23, 11/24, 11/25, 11/26, 11/28, 11/29. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418002	A	GB	M	5:30-6:25PM	9/14-10/19	SPL-GR	\$75
418002	B	GB	T	5:30-6:25PM	9/8-10/20	SPL-GR	\$85
418002	C	GB	W	5:30-6:25PM	9/9-10/21	SPL-GR	\$85
418002	D	GB	R	4:30-5:25PM	9/10-10/22	SPL-GR	\$85
418002	E	GB	S	9:00-9:55AM	9/12-10/24	SPL-GR	\$85
418002	F	GB	S	10-10:55AM	9/12-10/24	SPL-GR	\$85
418002	G	GB	SU	2:00-2:55PM	9/13-10/25	SPL-GR	\$85
418002	H	GB	M	5:30-6:25PM	10/26-12/7	SPL-GR	\$75
418002	I	GB	T	5:30-6:25PM	10/27-12/8	SPL-GR	\$75
418002	J	GB	W	5:30-6:25PM	10/28-12/9	SPL-GR	\$75

418002	K	GB	R	4:30-5:25PM	10/29-12/10	SPL-GR	\$75
418002	L	GB	S	9:00-9:55AM	10/31-12/12	SPL-GR	\$75
418002	M	GB	S	10-10:55AM	10/31-12/12	SPL-GR	\$75
418002	N	GB	SU	2:00-2:55PM	11/1-12/13	SPL-GR	\$75

HOT SHOT

Ages: 4-5. Enrollment Min 4 / Max 6. This class provides a more advanced curriculum than our preschool program. Acceptance in class is based on the child's eagerness to learn, focus, and basic concept of beginning level gymnastics skills. Permission is required prior to enrollment. Students must have specific skills mastered prior to entering this class. **No classes 11/25, 11/26. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418003	A	HS	W	5:30-6:25PM	9/9-10/21	SPL-GR	\$88
418003	B	HS	R	4:30-5:25PM	9/10-10/22	SPL-GR	\$88
418003	C	HS	W	5:30-6:25PM	10/28-12/9	SPL-GR	\$75
418003	D	HS	R	4:30-5:25PM	10/29-12/10	SPL-GR	\$75

BEGINNING GIRLS

Ages: 6-9 / 9-12. Participants will be introduced to all four gymnastics apparatuses - Bars, Floor, Beam, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills. Gross motor movement including flexibility and coordination is incorporated into every lesson. Gymnasts will also gain social skills along with an understanding of our gym values of patience, respect, focus, courage, and teamwork. **No classes 11/23, 11/24, 11/25, 11/26, 11/28, 11/29. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418004	A	BG(9-12)	M	5:30-6:25PM	9/14-10/19	SPL-GR	\$75
418004	B	BG(6-9)	T	5:30-6:25PM	9/8-10/20	SPL-GR	\$88
418004	C	BG(6-9)	W	5:30-6:25PM	9/9-10/21	SPL-GR	\$88
418004	D	BG(6-9)	R	5:30-6:25PM	9/10-10/22	SPL-GR	\$88
418004	E	BG(6-9)	S	10:00-10:55AM	9/12-10/24	SPL-GR	\$88
418004	F	BG(6-9)	SU	1:00-1:55PM	9/13-10/25	SPL-GR	\$88
418004	G	BG(9-12)	M	5:30-6:25PM	10/26-12/7	SPL-GR	\$75
418004	H	BG(6-9)	T	5:30-6:25PM	10/27-12/8	SPL-GR	\$75
418004	I	BG(6-9)	W	5:30-6:25PM	10/28-12/9	SPL-GR	\$75
418004	J	BG(6-9)	R	5:30-6:25PM	10/29-12/10	SPL-GR	\$75
418004	K	BG(6-9)	S	10:00-10:55AM	10/31-12/12	SPL-GR	\$75
418004	L	BG(6-9)	SU	1:00-1:55PM	11/1-12/13	SPL-GR	\$75



GYMNASTICS

BEGINNING BOYS

Ages: 6-9. Enrollment Min 4 / Max 6. Participants will be introduced to all six of the boys' gymnastics apparatuses - Parallel Bars, High Bar, Floor, Rings, Pommel, and Vault. Emphasis is on teaching proper body alignment and improving overall strength and balance in order to master gymnastics skills.

No class 11/26. Instructor: PRC Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418005	A	BB	R	5:30-6:25PM	9/10-10/22	SPL-GR	\$88
418005	B	BB	R	5:30-6:25PM	10/29-12/10	SPL-GR	\$75

INTERMEDIATE GIRLS I

Ages: 6 and Up. Enrollment Min 4 / Max 7. Instructors continue working on Beginning Girls fundamentals while introducing intermediate skills. Focus on strength, flexibility, with extra time in the gym to refine techniques and build confidence. **Permission is required prior to enrollment. No class 11/24, 11/25, 11/26. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418007	A	IGI	T	6:30-7:55PM	9/8-10/20	SPL-GR	\$130
418007	B	IGI	W	6:30-7:55PM	9/9-10/21	SPL-GR	\$130
418007	C	IGI	R	6:30-7:55PM	9/10-10/22	SPL-GR	\$130
418007	D	IGI	T	6:30-7:55PM	10/27-12/8	SPL-GR	\$111
418007	E	IGI	W	6:30-7:55PM	10/28-12/9	SPL-GR	\$111
418007	F	IGI	R	6:30-7:55PM	10/29-12/10	SPL-GR	\$111

INTERMEDIATE GIRLS II

Ages: 6 and Up. Enrollment Min 4 / Max 7. Designed for gymnasts who have mastered Intermediate I skills, this class progresses towards more advanced skills. With increased gym time, participants perfect boy positions, build confidence and continue their journey towards gymnastics excellence. **No classes 11/23, 11/25. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418008	A	IG2	MW	6:30-7:55PM	9/9-10/21	SPL-GR	\$202
418008	B	IG2	MW	6:30-7:55PM	10/26-12/9	SPL-GR	\$186

ADVANCED GIRLS

Ages: 6 and Up. Enrollment Min 4 / Max 7. Gymnasts will take their skills to the next level on the balance beam, bars and vault, tackling more advanced moves with confidence and precision. Conditioning challenges grow to match their advanced abilities, while tumbling skills expand pushing gymnasts to new heights of personal growth and excitement. **Permission is required prior to enrollment. No classes 11/24, 11/26. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418009	A	AG	TR	6:30-7:55PM	9/8-10/22	SPL-GR	\$217
418009	B	AG	TR	6:30-7:55PM	10/27-12/10	SPL-GR	\$186



LITTLE NINJA WARRIORS

Ages: 4-5. Enrollment Min 4 / Max 12. This Ninja high energy class uses activity circuits to develop basic swinging, climbing, jumping and balance skills found in all levels of Ninja. This course combines strength skills with hanging obstacles and introductory Parkour elements to challenge kids' brains and bodies, inspiring them to conquer obstacles in and out of class. **No classes 11/23, 11/24, 11/25, 11/26, 11/28, 11/29. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418010	A	LNW	M	4:30-5:25PM	9/14-10/19	SPL-GR	\$75
418010	B	LNW	T	5:30-6:25PM	9/8-10/20	SPL-GR	\$88
418010	C	LNW	W	4:30-5:25PM	9/9-10/21	SPL-GR	\$88
418010	D	LNW	R	6:30-7:25PM	9/10-10/22	SPL-GR	\$88
418010	E	LNW	S	9:00-9:55AM	9/12-10/24	SPL-GR	\$88
418010	F	LNW	SU	2:00-2:55PM	9/13-10/25	SPL-GR	\$88
418010	G	LNW	M	4:30-5:25PM	10/26-12/7	SPL-GR	\$75
418010	H	LNW	T	5:30-6:25PM	10/27-12/8	SPL-GR	\$75
418010	I	LNW	W	4:30-5:25PM	10/28-12/9	SPL-GR	\$75
418010	J	LNW	R	6:30-7:25PM	10/29-12/10	SPL-GR	\$75
41801	K	LNW	S	9:00-9:55AM	10/31-12/12	SPL-GR	\$75
418010	L	LNW	SU	2:00-2:55PM	11/1-12/13	SPL-GR	\$75

ALL STARS NINJA WARRIOR (ADVANCED PRESCHOOL)

Ages: 4-5. Enrollment Min 4 / Max 6. This Level up with this advanced preschool Ninja class. Designed for young athletes ready for a challenge, this class builds on fundamental Ninja skills while introducing advanced techniques and focusing on precision and athleticism. **Permission is required prior to enrollment. No classes 11/25, 11/26. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418015	A	ASNW	W	4:30-5:25PM	9/9-10/21	SPL-GR	\$88
418015	B	ASNW	R	5:30-6:25PM	9/10-10/22	SPL-GR	\$88
418015	C	ASNW	W	4:30-5:25PM	10/28-12/9	SPL-GR	\$75
418015	D	ASNW	R	5:30-6:25PM	10/29-12/10	SPL-GR	\$75

NINJA WARRIORS I

Ages: 6-8. Enrollment Min 4 / Max 14. The obstacles for this program are modified to create challenges that will require courage, perseverance, and hard work to conquer. Dedicated strength and conditioning elements of this class will help prepare students to develop their parkour along with strength and speed activities. **No classes 11/24, 11/25, 11/26, 11/28, 11/29. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418011	A	NWI	T	6:30-7:25PM	9/8-10/20	SPL-GR	\$88
418011	B	NWI	W	5:30-6:25PM	9/9-10/21	SPL-GR	\$88
418011	C	NWI	R	4:30-5:25PM	9/10-10/22	SPL-GR	\$88
418011	D	NWI	S	10:00-10:55AM	9/12-10/24	SPL-GR	\$88
418011	E	NWI	SU	1:00-1:55PM	9/13-10/25	SPL-GR	\$88
418011	F	NWI	T	6:30-7:25PM	10/27-12/8	SPL-GR	\$75
418011	G	NWI	W	5:30-6:25PM	10/28-12/9	SPL-GR	\$75
418011	H	NWI	R	4:30-5:25PM	10/29-12/10	SPL-GR	\$75
418011	I	NWI	S	10:00-10:55AM	10/31-12/12	SPL-GR	\$75
418011	J	NWI	SU	1:00-1:55PM	11/1-12/13	SPL-GR	\$75

GYMNASTICS

NINJA WARRIOR II

Ages: 9-12. Enrollment Min 4 / Max 14. Ninja Warrior II combines hanging obstacles with Parkour skills for intense fun. This class integrates basic fundamentals Ninja skills to develop balance, strength, power and precision necessary for successful ninjas. Each class offers the opportunity to advance through our series of challenges and obstacles. **No classes 11/23, 11/26.**

Instructor: PRC Ninja Staff.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418012	A	NWII	M	4:30-5:25PM	9/14-10/19	SPL-GR	\$75
418012	B	NWII	R	5:30-6:25PM	9/10-10/22	SPL-GR	\$88
418012	C	NWII	M	4:30-5:25PM	10/26-12/7	SPL-GR	\$75
418012	D	NWII	R	5:30-6:25PM	10/29-12/10	SPL-GR	\$75

INTERMEDIATE NINJA WARRIORS

Ages: 6 and Up. This is the perfect class for those who want to sharpen their ninja warrior, parkour and tricking skills. By combining power, precision, balance and momentum ninjas will build their potential. Each class will offer opportunities to build strength and coordination and improve their Ninja Warrior abilities. **Prerequisite: Ninja Warrior I or II class or test in. No class 11/23. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418016	A	INW	M	6:30-7:55PM	9/14-10/19	SPL-GR	\$111
418016	B	INW	M	6:30-7:55PM	10/26-12/7	SPL-GR	\$111

ADVANCED NINJA WARRIOR

Ages: 6 and Up. Do you have what it takes to be a Ninja Warrior? Advance Ninja Warrior is the upper-level class centering on mastery of skills through the practice of teamwork and safe risk taking. Each month, Ninjas will be taught a different skill set to diversify their training. Skills cycle through Agility, Balance, Hanging, Skills and Kicks. Ninjas will learn the importance of technique as they attempt parkour courses, develop character building, body awareness, trust in oneself, and safe approaches to difficulty. **Prerequisite: Ninja Warrior I or II class or test in. No class 11/25. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418013	A	ANW	W	6:30-7:55PM	9/9-10/21	SPL-GR	\$130
418013	B	ANW	W	6:30-7:55PM	10/28-12/9	SPL-GR	\$111

ELITE NINJA WARRIOR

Ages: 6 and Up. This is our top-level Ninja Warrior class. This class continues to utilize our gym's core values while working on the athlete's highest potential. The most difficult skills from our curriculum are offered in this class. Participants will be challenged in Balance, Agility, Hanging, and Kicking skills. **Permission is required prior to enrollment. No class 11/24, 11/26. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
418014	A	ENW	TR	6:30-7:55PM	9/8-10/22	SPL-GR	\$217
418014	B	ENW	TR	6:30-7:55PM	10/27-12/10	SPL-GR	\$186

GYMNASTICS OPEN GYM SPORTS PAVILION LAWRENCE®

Pre-registration is required. If the minimum number is not meet two business days prior to the start date of the program it will be cancelled. Walk-in registration can be processed if spots are available.

TUMBLE N' PLAY (PRESCHOOL OPEN GYM)

Ages: 1-5 with parent. Enrollment Min 4 / Max 15. Open Gym is a FUN opportunity for toddlers to explore the wonderful world of gymnastics at their own pace. Littles are invited to immerse themselves in unguided/supervised play, where they can explore in a safe and fun environment. **A parent or guardian must accompany the child. No open gym on 11/27. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416017	A	TUMBLE	M	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416018	A	TUMBLE	W	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416019	A	TUMBLE	F	10:15-11:15AM	SEPT-DEC	SPL-GR	\$5
416020	A	TUMBLE	S	11:15AM-12PM	SEPT-DEC	SPL-GR	\$5

FLIPPIN' ZONE (YOUTH OPEN GYM)

Ages: 6-14 Enrollment Min 4 / Max 20. Youth open gym is a great way for gymnasts and ninjas warriors to practice their skills, socialize, have fun, and be active in a safe and controlled environment. Open gym coaches will provide spotting, rules and supervision. **No open gym on 11/27. Instructor: PRC Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
416030	A	FZ	F	6:30-7:30PM	SEPT-DEC	SPL-GR	\$5

GYMNASTICS/NINJA BIRTHDAY PARTIES

Looking for a place to hold your child's birthday party? We have the perfect entertainment for children 2 years-old to 12 years-old in our gymnastics/ninja gym. **Parties are offered on Saturday from 1-2:30 p.m., 3-4:30 p.m. and 5-6:30 p.m. and Sunday from 3-4:30 p.m. and 5-6:30 p.m.** The first hour of fun will be in the gymnastics/ninja room with our staff doing obstacle courses, uneven bars, balance beam pit, ninja courses, and games. Wrap up your party with the last 30 minutes in the party room for treats and presents. You can book at party by visiting our website at www.lprd.org and go to the gymnastics link or contact Landon Noll, gymnastics programmer, at (785) 330-7364 or lnoll@lawrenceks.gov. **Fee: \$175 per party for up to 20 children.**

GYMNASTICS CAMPS – SEE PAGE 8



INSTRUCTIONAL

YOUTH

SAFE SITTER

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421200	A	SAFESIT	S	12-5PM	10/10	HPRC-BR	\$115
421200	B	SAFESIT	S	12-5PM	12/12	HPRC-BR	\$115

SKATEBOARDING

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

YOUTH SKATEBOARDING

Ages: 6-18. Enrollment Min 4 / Max 10. Skaters get comfortable on your board, build confidence and have fun in a supportive environment! Students will learn skate park etiquette, balance, basic skills and simple tricks perfect for beginners. **Bring your own board and safety gear to class. Helmets are required. Wrist guards, elbow and knee pads are highly recommended. Instructor: River Rat.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
414044	A	YSB(6-18)	M	6-6:45PM	9/14-10/5	PKSBK	\$65
414044	B	YSB(6-18)	M	6-6:45PM	10/19-11/9	PKSBK	\$65
414055	A	YSB(6-18)	M	7-7:45PM	9/14-10/5	PKSBK	\$65
414055	B	YSB(6-18)	M	7-7:45PM	10/19-11/9	PKSBK	\$65

ADULT

WOODWORKING OPEN SHOW / BEGINNING AND ADVANCED

Ages: 18 and Up. Min 6 / Max 12. If you're ready to learn more about woodworking techniques to help you get started building your own projects, this class can be an exciting step in the right direction. Presented by Peaslee Tech instructors who are friendly and knowledgeable and who will teach you the appropriate techniques and safety. This program has something to offer woodworkers of all skill and experience level. **No class 11/26. Wood used for class is provided. Co-sponsored with Peaslee Tech. Instructor: Jay Hundley.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421304	A	WW	W	6-9PM	9/9-10/21	PT	\$245
421304	B	WW	W	6-9PM	10/28-12/16	PT	\$245

WELDING FOR THE HOBBYIST AND ARTIST

Ages: 18 and Up. Min 4 / Max 12. In this 3-session class, you will learn welding safety, shop tool safety, wire types and sizes, proper equipment set-up and the right way to perform a weld bead. All welding equipment is provided for each participant. **Co-sponsored with Peaslee Tech. Instructor: Samantha Hayes.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
421307	A	WHA	S	8AM-12PM	9/19-10/3	PT	\$320

OPEN GYM

TODDLER OPEN GYM, EAST LAWRENCE RECREATION CENTER

Ages: 1-6. Enrollment Min: 4 / Max: 15. Bring your kiddo out to the East Lawrence Recreation Centers Tumble Zone to run out some energy. The tumble zone will be open for kids to run, tumble and play while making new friends. Active adult supervision is required. **For more information, contact Kahner Sampson at (785) 832-7953 or ksampson@lawrenceks.gov.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
433002	A	TOG	SA	9:30AM-10:30AM	9/19	ELC- TBL ZN	\$5
433002	B	TOG	SA	9:30AM-10:30AM	9/26	ELC- TBL ZN	\$5
433002	C	TOG	SA	9:30AM-10:30AM	10/3	ELC- TBL ZN	\$5
433002	D	TOG	SA	9:30AM-10:30AM	10/10	ELC- TBL ZN	\$5
433002	E	TOG	SA	9:30AM-10:30AM	10/17	ELC- TBL ZN	\$5
433002	F	TOG	SA	9:30AM-10:30AM	10/24	ELC- TBL ZN	\$5
433002	G	TOG	SA	9:30AM-10:30AM	10/31	ELC- TBL ZN	\$5
433002	H	TOG	SA	9:30AM-10:30AM	11/7	ELC- TBL ZN	\$5
433002	I	TOG	SA	9:30AM-10:30AM	11/14	ELC- TBL ZN	\$5
433002	J	TOG	SA	9:30AM-10:30AM	11/21	ELC- TBL ZN	\$5
433002	K	TOG	SA	9:30AM-10:30AM	11/28	ELC- TBL ZN	\$5
433002	L	TOG	SA	9:30AM-10:30AM	12/5	ELC- TBL ZN	\$5
433002	M	TOG	SA	9:30AM-10:30AM	12/12	ELC- TBL ZN	\$5
433002	N	TOG	SA	9:30AM-10:30AM	12/19	ELC- TBL ZN	\$5
433002	O	TOG	SA	9:30AM-10:30AM	12/26	ELC- TBL ZN	\$5
433002	P	TOG	SA	9:30AM-10:30AM	1/2	ELC- TBL ZN	\$5
433002	Q	TOG	SA	9:30AM-10:30AM	1/9	ELC- TBL ZN	\$5

ELRC TUMBLE ZONE BIRTHDAY PARTY PACKAGE

Come check out our Tumble Zone at the East Lawrence Recreation Center for a fun-filled birthday experience. You and your guests will enjoy 2 hours of exclusive use of the Tumble Zone and meeting room for refreshments and gifts! You provide the decor, and staff will have tables and chairs ready for you. The \$150 includes access to our meeting room 30 minutes before your party for setup and 15 minutes after for cleanup. Need more time to party? Extend your reservation for \$75/additional hour. Want to add extra fun? Upgrade to a nerf party for \$25! Please note that staff will only provide supervision in the Tumble Zone. Parties are \$150 for up to 20 children. **For more information, contact Kahner Sampson at (785) 832-7953 or ksampson@lawrenceks.gov.**



LIFELONG

Lifelong Recreation provides programs designed to maintain an active lifestyle for adults of all ages. The content and schedule of fitness classes are designed for older adults. Instructors have the training and experience to modify content for individual participants. If you have suggestions for programs; something you have always wanted to do, something unusual, challenging, or just more fun with a group, please share your ideas. For more information about the Lifelong Recreation program, contact Gayle Sigurdson at (785) 832-7909 or gsigurdson@lawrenceks.gov

NEWSLETTER

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

TRAVEL

Join Lifelong Travel for local tours, engaging day trips, and memorable extended journeys designed with you in mind. Explore destinations featuring live entertainment, regional history, agritourism experiences, inspiring art, and beautiful scenic settings – all enjoyed in great company and at a comfortable pace.

New trips are announced at our biannual travel shows each January and July. Detailed itineraries and registration information are available at Lawrence Recreation Centers and online. For questions or to sign up for travel updates, call 785-832-7909. We look forward to traveling with you!

FITNESS

Choosing the right program can help you get the most out of your exercise routine and keep you motivated. For the best experience, take into consideration your current fitness level when registering for a class. Classes have been rated from one to three stars in order to help you make the best choice. Still not sure? Guest passes are available for fitness classes and can be used to attend a single class session.

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

PERSONAL TRAINING

Not sure where to start on your fitness goals? A personal trainer can design a personalized exercise program to meet both short and long-term fitness goals. Working with a trainer will provide motivation and accountability. A trainer will teach you proper form and technique and select the exercises that assure you are getting the most benefit from your workout.

Personal training is offered at any Lawrence recreation center. A one-hour session with Lawrence Parks, Recreation and Culture personal trainers can be purchased individually or with a partner. Different pricing packages are available. Participants of all ages will need to complete a registration and consent form. Clients considered medically high-risk will need medical clearance.

Information about personal training, trainers, forms and pricing are available online at www.lprd.org or contact Gayle Sigurdson at (785) 832-7909, gsigurdson@lawrenceks.gov.

MATS

Mats are not available for individual use through the Parks and Recreation Department. Participants are responsible for providing their own workout mat.

YOUR FITNESS INSTRUCTOR'S QUALIFICATIONS

All PRC 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 from our instructors. We are proud to ensure the best in a fun, safe environment. Participation in any activity does present an element of risk. PRC recommends participants check with a physician regarding participation in a fitness class or sports activities.

FITNESS

AEROBIC DANCE AND TONE ●●●

Exercise has never been so fun. Get moving with fun lively music from all eras that will condition and strengthen your body. Then tone and stretch with a variety of moves and equipment that will focus on core stability, strength, balance, and flexibility. This total-body package will keep you looking and feeling young. **No class the week of Thanksgiving. Instructor: Teresa Kelley.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427201	A	TK	MWF	8:50-9:50AM	9/14-10/23	HPRC-GY	\$72
427201	B	TK	MWF	8:50-9:50AM	10/26-12/11	HPRC-GY	\$72

CORE STRENGTH

Core exercises train the muscles in your pelvis, lower back, hips, and stomach to work in harmony leading to better balance and stability. This class will focus on strengthening your core, which is essential for overall wellness. **No class the week of Thanksgiving. Instructor: Stephanie Foglesong.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427411	A	SF	TR	1-1:40PM	9/15-10/22	SPL-FR	\$57
427411	B	SF	TR	1-1:40PM	10/27-12/10	SPL-FR	\$57

SENIOR STRENGTH TRAINING ●●

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, resistance tubing and bands. Class includes a warm-up period and a post-workout stretch. **No class the week of Thanksgiving. Instructors: Deb Geraghty (DG); Melanie Johnson (MJ).**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427233	A	MJ	MWF	7:30-8:20AM	9/14-10/23	HPRC-BR	\$72
427233	B	MJ	MWF	8:30-9:20AM	9/14-10/23	HPRC-BR	\$72
427234	A	DG	MWF	9:30-10:20AM	9/14-10/23	HPRC-BR	\$72
427234	B	DG	MWF	10:30-11:20AM	9/14-10/23	HPRC-BR	\$72
427234	C	DG	TR	8:30-9:20AM	9/15-10/22	ELC-GY	\$57
427234	D	DG	TR	9:30-10:20AM	9/15-10/22	ELC-GY	\$57
427233	C	MJ	MWF	7:30-8:20AM	10/26-12/11	HPRC-BR	\$72
427233	D	MJ	MWF	8:30-9:20AM	10/26-12/11	HPRC-BR	\$72
427234	E	DG	MWF	9:30-10:20AM	10/26-12/11	HPRC-BR	\$72
427234	F	DG	MWF	10:30-11:20AM	10/26-12/11	HPRC-BR	\$72
427234	G	DG	TR	8:30-9:20AM	10/27-12/10	ELC-GY	\$57
427234	H	DG	TR	9:30-10:20AM	10/27-12/10	ELC-GY	\$57

DANCE FITNESS ●●

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

No class the week of Thanksgiving. Instructor: Rosie Shelton.

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427250	A	RS	TR	9-10AM	9/15-10/22	CB	\$57
427250	B	RS	TR	9-10AM	10/27-12/10	CB	\$57

MINDFUL STRENGTH YOGA

This class promotes overall health and well-being through intentional movement and breath-centered practice. This class blends foundational Hatha yoga postures with steady vinyasa flow sequences to build strength, flexibility, balance, agility, endurance, and mental focus. Emphasis is placed on mindful alignment, controlled transitions, and cultivating awareness in both body and breath. Participants are encouraged to move at their own pace, and the class uses detailed instruction for ease of participants with low vision. **No class the week of Thanksgiving. Instructor: Fran Hopkins.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427300	A	FH	W	5:30-6:30PM	9/16-10/21	CB	\$32
427300	B	FH	W	5:30-6:30PM	10/28-12/9	CB	\$32

GOLDEN GROOVE AND TONE ●●

The best of all worlds! This class combines the fun of dancing with benefits of light strength/resistance training. Use of equipment is always optional! Modifications will always be available for all fitness and/or mobility levels. No floor exercises. Get fit, feel strong, and have fun! Formerly LaBlast. **No class the week of Thanksgiving. Instructor: Susan Pomeroy.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427302	A	SP	TR	10-11AM	9/15-10/22	HPRC-GYM	\$57
427302	B	SP	TR	10-11AM	10/27-12/10	HPRC-GYM	\$57

PILATES SILVER ●●

Pilates is a modern approach to body conditioning that keeps you on the cutting edge of fitness. This class focuses on core muscles: hips, thighs and abdominals, as well as strengthening and toning through stretching as the body moves. Main Pilates principles include: flowing motion, breathing, flexibility, precision, centering and control. This class not only strengthens your body but your mind as well. **No class the week of Thanksgiving. Instructor: Pat Middaugh.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427204	A	PM	TR	9-9:50AM	9/15-10/22	HPRC-GY	\$57
427204	B	PM	TR	9-9:50AM	10/27-12/10	HPRC-GY	\$57

SLIMNASTICS ●●

Slimnastics offers an optimal mix of strength, balance, endurance and flexibility training using body-weight exercises, resistance bands and hand weights. We will focus on all muscle groups to create a strong, well-balanced, healthy body. Exercises are done to music, but there are no routines to learn.

No class the week of Thanksgiving. Instructor: Rosie Shelton.

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427310	A	RS	MWF	9-10AM	9/14-10/23	CB	\$72
427310	B	RS	MWF	9-10AM	10/26-12/11	CB	\$72

SUPER SENIOR CIRCUIT ●●

This 50-minute "full-body" group workout is designed for the active senior adult, regardless of previous experience with strength training. Every participant performs a total of ten to twelve different exercises in the circuit, utilizing a combination of free weights, stability balls, and resistance bands. As a result, each participant will experience improved strength and fitness as each participant performs every exercise at their current level. Using this practical approach reduces injury risk while improving functional strength, weight management, and balance and agility. **No class the week of Thanksgiving. Instructors: Stephanie Foglesong (SF); Avery Kingery (AK); Brandon Lavergne (BL).**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427255	A	SF	MWF	7:30-8:20AM	9/14-10/23	SPL-FR	\$72
427255	B	SF	MWF	8:30-9:20AM	9/14-10/23	SPL-FR	\$72
427255	C	SF	MWF	9:30-10:20AM	9/14-10/23	SPL-FR	\$72
427255	D	SF	MWF	10:30-11:20AM	9/14-10/23	SPL-FR	\$72
427255	E	AK	MWF	8:00-8:50AM	9/14-10/23	SPL-LGCY	\$72
427255	F	AK	MWF	9:00-9:50AM	9/14-10/23	SPL-LGCY	\$72
427255	G	AK	MWF	10:00-10:50AM	9/14-10/23	SPL-LGCY	\$72
427255	H	AK	TR	7:30-8:20AM	9/15-10/22	SPL-FR	\$57
4327255	I	AK	TR	8:30-9:20AM	9/15-10/22	SPL-FR	\$57
427255	J	AK	TR	10-10:50AM	9/15-10/22	SPL-LGCY	\$57
427255	K	SF	MWF	1:00-1:50PM	9/14-10/23	SPL-FR	\$72
427255	L	BL	TR	10:30-11:20AM	9/15-10/22	CB-CR2	\$57
427255	M	SF	MWF	7:30-8:20AM	10/26-12/11	SPL-FR	\$72
427255	N	SF	MWF	8:30-9:20AM	10/26-12/11	SPL-FR	\$72
427255	O	SF	MWF	9:30-10:20AM	10/26-12/11	SPL-FR	\$72
427255	P	SF	MWF	10:30-11:20AM	10/26-12/11	SPL-FR	\$72
427255	Q	AK	MWF	8:00-8:50AM	10/26-12/11	SPL-LGCY	\$72
427255	R	AK	MWF	9:00-9:50AM	10/26-12/11	SPL-LGCY	\$72
427255	S	AK	MWF	10:00-10:50AM	10/26-12/11	SPL-LGCY	\$72
427255	T	AK	TR	7:30-8:20AM	10/27-12/10	SPL-FR	\$57
427255	U	AK	TR	8:30-9:20AM	10/27-12/10	SPL-FR	\$57
427255	V	AK	TR	10-10:50AM	10/27-12/10	SPL-LGCY	\$53
427255	W	SF	MWF	1:00-1:50PM	10/26-12/11	SPL-FR	\$72
427255	X	BL	TR	10:30-11:20AM	10/27-12/10	CB-CR2	\$57

TAI CHI FOR BALANCE, MOBILITY, AND JOY IN MOTION ●

This class is led by a certified instructor of Dr. Paul Lam's Tai Chi for Health Institute. It focuses on comfortable stances and smooth, agile steps that build lower body strength without straining joints. It is ideal for fall prevention. No prior experience or special equipment is needed. No floor exercises are involved. Sun Style tai chi is gentle and low impact. Chairs will be provided for participants who wish to be seated during class. Class instructors are trained and certified by the TCHI. Participation requires no equipment or floor work. **No class the week of Thanksgiving. Instructor: Susan Pomeroy.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427503	ASP	MW		11:15AM-12PM	9/14-10/21	HPRC-GYM	\$57
427503	BSP	TR		12:15-1PM	9/15-10/22	HPRC-BLY	\$57
427503	CSP	MW		11:15AM-12PM	10/26-12/9	HPRC-GYM	\$57
427503	DSP	TR		12:15-1PM	10/27-12/10	HPRC-BLY	\$57

LIFELONG

SUN 73 INTERMEDIATE TAI CHI ●

Ready to take your Sun style tai chi to the next level? This class is led by a certified instructor of Dr. Paul Lam's Tai Chi for Health Institute. We will be shifting focus from WHAT movement comes next to HOW to transition between them. More focus on intentional movement and smooth weight shifting will help keep our minds sharp and our bodies more agile. Prior experience in Sun style tai chi is recommended, but not mandatory, for class enrollment. No special equipment is needed. Formerly Tai Chi for All. **No class week of Thanksgiving.** **Instructor: Susan Pomeroy.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427502	A	SP	TR	11:15AM-12PM	9/15-10/22	HPRC-GYM	\$57
427502	B	SP	TR	5:30-6:15PM	9/15-10/22	CB-CR1	\$57
427502	C	SP	TR	11:15AM-12PM	10/27-12/10	HPRC-GYM	\$57
427502	D	SP	TR	5:30-6:15PM	10/27-12/10	CB-CR1	\$57

TRX FLEX FUSION ●●

Looking for a perfect blend of strength and balance exercises for a stable core? TRX Flex Fusion combines full-body strengthening with flexibility training to increase mobility and resilience. This is quintessential TRX experience will lead you down the road to your best all-around fitness. **No class November 4, 24, 26.** **Instructor: Melanie Johnson.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427340	A	MJ	TR	9-9:45AM	9/15-10/22	SPL-LGCY	\$57
427340	B	MJ	TR	9-9:45AM	10/27-12/10	SPL-LGCY	\$53

YOGA FOUNDATIONS

Stretch stiff muscles with poses that improve balance, core strength, and mobility. Breathing exercises and guided relaxation will help enhance mental well-being and reduce stress. For students new to yoga or who prefer less vigorous poses This class is designed for students able to get up and down on and off the floor without assistance No class week of Thanksgiving. **Instructor: Kim McDaneld.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427202	A	KM	TR	9-9:50AM	9/15-10/22	HPRC-BR	\$57
427202	B	KM	TR	10-10:50AM	9/15-10/22	HPRC-BR	\$57
427202	C	KM	TR	9-9:50AM	10/27-12/10	HPRC-BR	\$57
427202	D	KM	TR	10-10:50AM	10/27-12/10	HPRC-BR	\$57

LIFELONG YOGA ●

Stretch stiff muscles, relax and learn to correctly align your spine through slow progressive traction in this less-vigorous, beginning class adapted for older adults. While using the full capacity of the lungs through correct breathing, you will oxygenate the body and the brain, improving blood circulation and your sense of well-being. It is highly suggested you are able to get up and down on and off the floor without assistance to participate in the class at Holcom Parks and Recreation Center **No class week of Thanksgiving.** **Instructors: Carol Rubino.**

CODE	SEC	INST	DAY	TIME	DATE	LOC	FEE
427270	A	CR	T	10:15-11:15AM	9/15-10/20	CB-CR1	\$32
427270	B	CR	R	10:15-11:15AM	9/17-10/22	CB-CR1	\$32
427270	C	CR	T	10:15-11:15AM	10/27-12/8	CB-CR1	\$32
427270	D	CR	R	10:15-11:15AM	10/29-12/10	CB-CR1	\$32

RECREATION

RECREATION INSTRUCTION

BAROQUE RECORDER- A LIFELONG INSTRUMENT

Have you always wanted to play a musical instrument, or did you participate in music during school? We will explore the Baroque recorder as a wonderful vehicle for making music as a lifelong learner. Playing an instrument is great for your physical, mental, and emotional well-being. As you begin to play, you can create beautiful sounds on the recorder and enjoy an authentic musical experience. New members – please call 785-832-7909, and the instructor will guide you to the ensemble that best fits your ability. **Instructor Jean Hein** is a founding members, recorder soloist and executive director of Columbia Baroque, South Carolina's professional chamber ensemble.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427478	A	ADV	M	11AM-12PM	9/14-12/7	SRC	\$120
427478	B	BEG/INT	M	12:45PM-1:45PM	9/14-12/7	SRC	\$120

FILM STUDY-JOAN CRAWFORD

Join local film historian Kellee Pratt in a deep dive into one of the biggest stars of the Golden Age of Hollywood, Joan Crawford. From movies to myths, she remains a polarizing figure that continues to dominate headlines to this day. We'll explore her career through a curated selection of her films and historical insights with engaging discussion.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427449	A	FILM	W	6:30-9PM	9/9-10/28	CARN	\$32

GELLI PRINTING: DRAWING AND COLLAGE

If you are new to gelli printing or an experienced printmaker, join us for two Sundays expanding on your technique. Learn how to use a gelli plate, explore mark making, the use of drawing materials and stencils to create texture and multiple layers of color and images-all without a press! **Instructor: Kim McDonald**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427331	A	GELLI	SU	1-3:30PM	10/11-10/18	CB	\$44

CREATIVE SNOWFLAKES

This workshop will focus on two types of paper snowflakes: 2-D and 3-D. You'll learn ways to cut the paper to create multiple patterns and shapes as well as unique folds and swirls. Bring your creative papers, ribbons, and sparkles to decorate! Hot tea and hot chocolate will be served for a creative winter afternoon. Ages 15 and older welcome for an intergenerational experience. **Instructor: Kim McDaneld**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
427487	A	SNOW	SU	1-3:30PM	12/13	CB	\$24



MARTIAL ARTS

MARTIAL ARTS

LITTLE DRAGONS

Ages: 5-7. Enrollment Min 6 / Max 12. This class is designed with the younger student in mind and will teach them the basic stances, develop coordination, control and balance. Participants will gain confidence, attention span and respect for others in a positive, fun environment. **No class 11/23. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417125	A	DRAGON	M	5:30-6:10PM	9/14-10/19	CB-CR1	\$30
417125	B	DRAGON	M	5:30-6:10PM	10/26-12/7	CB-CR1	\$30

KARATE - OKINAWAN KENPO

Ages: 8 and Up. Enrollment Min 10 / Max 30. Okinawan Kenpo is a style of traditional Okinawan Karate, a system of self-defense and personal development. Learn techniques effective in close fighting. During this process of learning and practicing techniques, you will also strengthen your body. Posture is improved and one's self-confidence is increased. As a result of this class, one can usually avoid violence, or minimize it when it is unavoidable. Instructor has years of teaching experience and is a member of and certified by the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU). **No class 11/23. Instructor: Natasha Hurt.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417110	A	KARATE	M	6:15-7:30PM	9/14-12/7	CB-CR1	\$84

TAE KWON DO

Ages: 8 and Up. Enrollment Min 10 / Max 12. Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance and power through the practice of Tae Kwon Do forms and one-step sparring. As the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **No class 11/24, 11/26. Instructor: Grace Daniels.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417131	A	TKD	TR	6:45-7:45PM	9/15-12/10	ELRC-GR	\$114

TAI CHI

Ages: 13 and Up. Enrollment Min 10 / Max 15. Tai Chi is a gentle and meditative form of exercise. Aided by the breath and the use of mindful, focused movements, Tai Chi enhances many aspects of physical health and overall wellness. Improve your posture, strength, balance, flexibility, range of motion and circulation. Calm your mind and relieve stress by joining class. **No class 11/29. Instructor: Ron Ching.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
417109	A	TC	SU	6-7PM	9/13-12/6	SPL-FR	\$63



NATURE

PRAIRIE PARK NATURE CENTER

2730 HARPER STREET

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

PROGRAMS FOR CHILDREN

WILD ADVENTURES FOR PRESCHOOLERS AND PARENTS

Ages: 2-5. Enrollment Max 15. Come for stories, activities, and information about animals and the places in which they live. A different topic will be presented each Tuesday. Come prepared to go outdoors. Parents are required to attend with their preschoolers.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423202	A	WILDADV	T	10-11AM	9/15-10/20	PPNC	\$50
423202	B	WILDADV	T	10-11AM	10/27-12/1	PPNC	\$50

ESCAPE ROOM AT THE NATURE CENTER: FLIGHT OF THE PEREGRINE FALCON

Ages: 6-13. Enrollment Min 5 / Max 20. Can you help save the peregrine falcons? Join us for an exciting escape room adventure designed especially for children! Participants will solve puzzles, crack codes and uncover clues while learning about the amazing world of peregrine falcons – the fastest animals on Earth. Working together as a team, kids will discover fascinating facts about falcon habitats hunting skills, migration and conservation. Each challenge brings them one step closer to completing their mission before time runs out!

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423334	A	ESCAPE	S	10-11:30AM	10/17	PPNC	\$35

FALL BREAK CAMP

Ages: 6-13. Enrollment Min 5 / Max 20. Take a break from school and get wild with animals, games, hikes, and crafts at the nature center. Bring a sack lunch, suitable clothes and shoes for some awesome outdoor adventures.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423244	A	FALLCAMP	MTW	9AM-3PM	11/23-11/25	PPNC	\$150

PROGRAMS FOR ADULTS AND FAMILIES

RENT AND ROW AT MARY'S LAKE

Ages: 6 and up. Experience Mary's Lake with a self-guided paddling adventure! Pick up your ticket at Prairie Park Nature Center, stroll to the lake and grab your kayak or canoe gear at the boathouse. Enjoy up to two hours on the water – bring your own fishing gear if you like. Life jackets required. Kayaks are available for solo paddlers and canoes seat up to three. All skill levels welcome! Enrollment is per boat.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423700	A	CANOE	S	10AM-12PM	9/19	PPNC	\$40
423700	B	KAYAK	S	10AM-12PM	9/19	PPNC	\$25
423700	C	CANOE	S	10AM-12PM	10/3	PPNC	\$40
423700	D	KAYAK	S	10AM-12PM	10/3	PPNC	\$25
423700	E	CANOE	S	10AM-12PM	11/7	PPNC	\$40
423700	F	KAYAK	S	10AM-12PM	11/7	PPNC	\$25

NATURE

ARCHERY

Ages: 7 and Up. Enrollment Min 3 / Max 12. Learn the basics of Olympic-style archery using Genesis bows. This program is for children and adults. Taught by experienced instructors.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
323291	C	ARCHRY	S	6-7:30PM	8/8	PPNC	\$25
323291	D	ARCHRY	S	6-7:30PM	9/5	PPNC	\$25
423263	A	ARCHRY	S	6-7:30PM	10/3	PPNC	\$25

TURTLE YOGA

Ages: 3 and up. Enrollment Min 5 / Max 20. Enjoy a basic yoga practice with turtles! Breathe, stretch, and move the spine through a gentle standing and floor series designed to increase circulation, relax the mind, and boost endorphins with happy turtle encounters. The class will end with one on one turtle time! Please bring a yoga mat and water. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423340	A	TURTLE	S	10:30-11:30AM	9/12	PPNC	\$15
423340	B	TURTLE	S	10:30-11:30AM	10/11	PPNC	\$15
423340	C	TURTLE	S	10:30-11:30AM	11/28	PPNC	\$15

MUSHROOM WALK

Ages: All. Min 2 / Max 20. Have you heard the hype behind the mushroom boom? Venture out with a mushroom enthusiast and discover the diversity of our local fungi. Our instructor will teach you easy, convenient ways to identify native mushrooms. Learn which fungi are edible and which you shouldn't touch with a ten-foot pole. Children under the age of 14 must be accompanied by a registered adult. Children 2 and younger free.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423323	A	MUSHRM	F	5:30-7PM	10/16	PPNC	\$15

KANSAS PANCAKE FEED

Ages: 3 and Up. Enrollment Min 6 / Max 25. Visit the nature center for pancakes and find out if Kansas is really flatter than a pancake! While enjoying breakfast, learn how the geology of Kansas shaped its flat terrain and rolling hills. Discover how sedimentary rocks, like limestone and sandstone, reveal the story of ancient oceans. Join us for delicious pancakes and fascinating insights into Kansas' natural history. Participants under 14 must be accompanied by a registered adult.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423248	A	PANCAKE	S	10AM-12PM	10/14	PPNC	\$10

POKÉMON TOURNAMENT AT THE NATURE CENTER

Ages: All. Enrollment Min 4 / Max 25. Get ready for an exciting Pokémon tournament at the nature center. Bring your deck and challenge other trainers at Prairie Park for some amazing battles. Plus, don't miss our live animal presentation where you can learn about the incredible creatures that inspire your favorite Pokémon.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423130	A	POKEMON	S	11AM-2 PM	9/5	PPNC	\$10

ADULT AND TEEN PROGRAMS

BUILD BAT BOXES!

Ages: 12 and up. Enrollment Min 6 / Max 15. Learn about the vital role bats, including vampire bats, play in our ecosystems and conservation efforts. Build a foolproof bat house to attract these incredible creatures to your home and support local initiatives. Leave with a greater appreciation for bats and your own crafted bat house.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
423239	A	BATBOX	F	5-7PM	10/130	PPNC	\$60

FREE PROGRAMS

TURKEY TIME AT THE NATURE CENTER

10-11 a.m. Saturday, Nov. 21

Join Prairie Park Nature Center and their favorite live turkey friends to learn more about wild turkeys in Kansas. Meet and pet these pardoned Thanksgiving turkeys for a gobblin' good time.
No Registration Required.

MONARCH TAGGING ON THE PRAIRIE

9-11 a.m. Saturday, Sept. 26. All Ages

Join us for a free Monarch Tagging event amidst the blooms of our prairie in its full glory! Tagging helps scientists track monarch migration routes and monitor population health, guiding efforts to protect these iconic pollinators and their habitats. We'll provide all the supplies—tags, butterfly nets, and expert guidance—so you can help gently catch, tag, and release monarchs as they migrate south. Come on down to connect with conservation, community, and the magic of the monarchs.

UP-GOER-FIVE AT PRAIRIE PARK NATURE CENTER

5-7 p.m. Ages: All.

Join us at the nature center for an exciting opportunity to hear KU students present their original research using only the 10,000 most common English words! This event makes complex scientific ideas accessible to everyone, inviting the community to engage with innovative projects and insights. Be inspired by the next generation of researchers and learn from their findings.

SPECIAL EVENTS

SPOOKTACULAR NIGHT AT THE NATURE CENTER

Join us for a Spooktacular Night at the Nature Center! Come in costume, trick-or-treat and explore the center in a different sensory experience. We'll provide red lights for viewing our resident critters in the dark. See nocturnal animals in action and enjoy face painting, balloon animals, games, and more! Children 2 and under are free.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC-09A	SPOOKY	S	6:30-7:30PM	10/24	PPNC	\$10
NC-09B	SPOOKY	S	7:30-8:30PM	10/24	PPNC	\$10



NATURE

WILD NOCTURNAL HIKE AT PRAIRIE PARK NATURE CENTER

Enrollment Min 10 / Max 50. All ages. Embark on a nocturnal hike with a naturalist at the Prairie Park Nature Center Preserve and observe the wildlife that emerges at night. Get the chance to glimpse bats, coyotes, raccoons, opossums, and other critters in the wild with handheld red lights. There will also be opportunities for up-close encounters with some creatures of the night. Children under the age of 14 must be accompanied by a registered adult. Children aged 2 and under can enter for free when accompanied by a registered adult.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC-07	WIHIKE	S	8-9:30PM	9/12	PPNC	\$10
NC-08	WIHIKE	S	7-8:30PM	10/17	PPNC	\$10

WINTER WONDERLAND AT THE NATURE CENTER

5 – 8 p.m. Saturdays, Dec. 12 and 19. See the magic and pet some merry ponies, goats, and other nature center critters. Visit the Nature Center's holiday elf for a special surprise and enjoy a hot cocoa bar and holiday crafts while viewing our animals under the twinkling lights. Don't forget to check out the winter wonderland photo booth and get an instantly shareable photo. Staggered entry throughout event to alleviate crowding and ensure building capacity is not met.

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
NC-10A	WINWON	S	5PM	12/12	PPNC	\$10
NC-10B	WINWON	S	6PM	12/12	PPNC	\$10
NC-10C	WINWON	S	7PM	12/12	PPNC	\$10
NC-11A	WINWON	S	5PM	12/19	PPNC	\$10
NC-11B	WINWON	S	6PM	12/19	PPNC	\$10
NC-11C	WINWON	S	7PM	12/19	PPNC	\$10

EDUCATION BY RESERVATION

ENVIRONMENTAL EDUCATION/SPECIALIZED PROGRAMS

Group Visits: To ensure the quality of your visit, visiting groups must schedule dates and times with the nature center by calling (785) 832-7980. For more information, please contact the Nature Center at (785) 832-7980. You can also find information on the lprd website, www.lprd.org.

PRESCHOOL FIELD TRIPS

Prairie: Park Nature Center offers specialized programs for preschools. Preschool students will enjoy live animals, stories, songs, art, rhymes and other appropriate early childhood activities.

PRIMARY AND SECONDARY SCHOOL FIELD TRIP

Prairie Park Nature Center offers a wide variety of one-hour programs and two-hour field trips designed for school and organized groups. Contact the nature center for more information at (785) 832-7980.

BIRTHDAY AND GROUP PARTIES:

Enjoy an exciting live animal program that will make this celebration one to remember! Partygoers can get up close and personal with their favorite critters that are usually behind glass! The 2-hour party package includes a 1-hour animal program followed by a 1-hour classroom rental for self-lead activities such as cake and presents. The package covers admission for 25 guests (additional guests \$5 each, up to 35 guests maximum). Parties are scheduled for Saturday afternoons. Entrance to the party area is permitted up to 30 minutes before the party for decoration/preparation. Payment is required at the time of booking. Parties must be booked at least two weeks in advance. Contact the nature center for to reserve at (785) 832-7980.

SPECIAL EVENTS

SPECIAL EVENTS

POOCH PLUNGE

Time: 4-7 p.m. Monday, Aug. 24. The dog days of summer are ending, so we have the Outdoor Aquatic Center open one last day just for the dogs! This community tradition continues as we close the pool to humans and neutralize the chemicals to make the water safe for the canines. Your pup may want to dive in to the deep end or simply splash around in the wading pool. Regardless, this event is fun for participants and spectators alike. **On-site registration will also be available at the gate. Toys and treats will be provided for our furry friends. Vendors will be present. All dogs must have current documentation of vaccinations and under their owners control at all times. Interested vendors can contact the Indoor Aquatic Center for more details. No pre-registration required. Cost is \$5 per dog at the door.**

GROWN-UPS NIGHT OUT

Ages: 5-11. Enrollment Min 10 / Max 50. Need a night out? We've got the kids covered! Join us for an evening with plenty of fun in a safe, supervised environment at Holcom Park Rec Center. Pizza will be provided. Fall Themes: A – Glow Night. B – Spy Kids

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
425161	A	GNO	F	5:30-9PM	9/18	HPRC	\$30
425161	B	GNO	F	5:30-9PM	11/13	HPRC	\$30

WALK-TOBER – WALK THE LOOP

5:30 p.m. Thursdays, Oct. 1, Oct. 8, Oct. 15, Oct. 22. Looking for a fun way to get outside in the cool October temperatures? Join us every week to explore the Lawrence Loop for Walktober! Each week we will discover a new part of the trail in one to four mile segments. Just starting your walking journey? No problem! Walkers can go as far as desired each week with no pressure to reach a finishline or end destination. Come as you are and connect with fellow community members! Walk the Loop is a FREE event to the public and no registration is required. Just wear your best comfy, walking shoes. Please visit <http://lprd.org/specialevents> or the department Facebook events page for more information on where to meet each week.



AUTUMN HARVEST FESTIVAL

11AM-5PM Sunday, October 4, in historic South Park. This outdoor artisan fair will feature hand made goods such as jewelry, paintings, textiles, pottery, home décor and much more. This event will also feature a select amount of food trucks. You must submit and application and be notified of your approval before attending this event as a vendor. **Applications to be a vendor at this event close on Sunday, September 20. Food/concession vendors please contact PRC prior to registering for event. Booths for this event will vary in size and price, so please see the special events webpage for an event map.** <https://www.lawrenceks.org/lprd/specialevents/artsandcrafts/> Spaces with access to electricity are available, but are limited. Tables and chairs, and other booth materials are NOT available for use or rent during this event. Approved vendors and exhibitors will receive more information via email 1-2 weeks prior to the event. This event is FREE to the public. **Apply today to be a vendor. Deadline to apply is Monday, September 20, or until full. For information, please contact Emma Wagemaker, ewagemaker@lawrenceks.gov, (785) 832-3461.**

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
625502	APPL	SU	11AM-5PM	10/4	SP	\$10

HOLIDAY EXTRAVAGANZA

Our largest artisan fair of the year, the Holiday Extravaganza will be held from **9 a.m.-4 p.m. Saturday, Dec. 5**, at Sports Pavilion Lawrence™, 100 Rock Chalk Ln. This event is a great way to wrap up the year and celebrate the holiday season! **You must submit and application and be notified of your approval before attending this event as a vendor. Applications to be a vendor at this event close on Sunday, Nov. 22, or until full. Booths for this event will vary in size and price, so please see the special events webpage for an event map.** <https://www.lawrenceks.org/lprd/specialevents/artsandcrafts/> Electricity is available for an additional fee on a first come, first served basis. Tables, chairs and other booth materials are NOT available for use or rent at this event. This event is free to the public. *For more information, please contact Emma Wagemaker, ewagemaker@lawrenceks.gov, (785) 832-3461.*

CODE	CLASS	DAY	TIME	DATE	LOC	FEE
625504	APPL	S	9AM-4PM	12/5	SPL-GY	\$10

CANDY CANE QUEST

Ages: 2-12 Enrollment Min 10 / Max 70. Want holiday fun delivered to your door? Our North Pole elves will visit your house with a sweet surprise, hiding 10 candy canes around your front yard. There will also be a goodie bag containing a craft and activities left at your door. If you would like to purchase for additional children, there will be additional candy canes and goodie bags added to your hunt for \$5/child. **Section B Prereq. To Section A.**

CODE	SEC	CLASS	DAY	TIME	DATE	FEE
425016	A	CCQ	TR	8AM-5:30PM	12/18	\$25
425016	A	CCQADD	TR	8AM-5:30PM	12/18	\$5



UNIFIED RECREATION

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

COFFEEHOUSE DINNER AND DANCE

Ages: 16 and Up. Enrollment Min 10 / Max 60. Grab your friends and get your groove back at Coffeehouse! Join us for a catered dinner while socializing with friends. Listen to music and dance to a live DJ, win prizes at bingo and enjoy a surprise activity each month, all in a "Coffeehouse" atmosphere.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422200	A	COFFEE	M	5:30-7:30PM	9/21	DCFG	\$40
422200	B	COFFEE	M	5:30-7:30PM	10/26	DCFG	\$40
422200	C	COFFEE	M	5:30-7:30PM	11/23	DCFG	\$40
422200	D	COFFEE	M	5:30-7:30PM	12/14	DCFG	\$40

COFFEEHOUSE DANCE ONLY

Ages: 16 and Up. Min 6 / Max 30. Grab your friends and get your groove back at Coffeehouse! Join us for an evening of socializing with friends. Listen to music and dance to a live DJ, win prizes at bingo and enjoy a surprise activity each month, all in a "Coffeehouse" atmosphere. This Coffeehouse will not include dinner and is the dance portion only.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422205	A	CHDANCE	M	6:30-7:30PM	9/21	DCFG	\$18
422205	B	CHDANCE	M	6:30-7:30PM	10/26	DCFG	\$18
422205	C	CHDANCE	M	6:30-7:30PM	11/23	DCFG	\$18
422205	D	CHDANCE	M	6:30-7:30PM	12/14	DCFG	\$18

BOWLING AND PIZZA PARTY

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

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422300	A	BOWLING	SA	10:30AM-12:30PM	9/12	RCL	\$43
422300	B	BOWLING	SA	10:30AM-12:30PM	10/10	RCL	\$43
422300	C	BOWLING	SA	10:30AM-12:30PM	11/14	RCL	\$43
422300	D	BOWLING	SA	10:30AM-12:30PM	12/12	RCL	\$43

BOWLING ONLY

Ages 16 and Up. Min 6 / Max 20. Roll your way to fun! Join us at Royal Crest Lanes for two games of bowling. This league puts fun before competition. Please arrive by 10:30 a.m. so that all lanes can begin at the same time. This Bowling section will not include dinner and is bowling only. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422301	A	BWLONLY	SA	10:30AM-12PM	9/12	RCL	\$20
422301	B	BWLONLY	SA	10:30AM-12PM	10/10	RCL	\$20
422301	C	BWLONLY	SA	10:30AM-12PM	11/14	RCL	\$20
422301	D	BWLONLY	SA	10:30AM-12PM	12/12	RCL	\$20

ACTING 101

Ages: 16 and Up. Enrollment Min 5 / Max 30. Do you feel like you have acting skills built up inside you, just waiting to get out? Now is your time to shine! This class involves acting, public speaking, skits, plays, and maybe a chance to be a star. Even if you don't want the spotlight on you, there is always a demand for "extras." Come join the fun and try something new! **No Class 10/26, 11/23. Instructor: Molly Gordon and LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422401	A	ACT101	M	6:30-8PM	9/28-12/7	CARN	\$60

CERAMIC ADVENTURES

Ages 16 and Up, Enrollment Min 6/ Max 12. Embark on a creative journey in our "Ceramic Adventures" class, where you'll explore the exciting world of clay! Designed for all skill levels, this hands-on class will guide you through various pottery techniques including hand-building, and glazing. **Instructor: Jessica Conner.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422191	A	CERAMIC T		6:30-7:30PM	9/15-9/29	CBAR	\$60

CULINARY CREATIONS

Ages 16 and Up, Enrollment Min 6/ Max 12. Learn to create healthy, affordable meals that satisfy hunger, the palate, and the eye. Explore easy food prep through an engaging experience, while having fun in a group setting. **No class 11/3. Instructor: Avery Kingery.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422810	A	CULINARYT		6:30-7:45PM	10/13-11/17	ELCMR	\$105

FIXED CIRCUIT TRAINING

Ages 16 and Up, Enrollment Min 6/ Max 12. Join Avery, an inclusive certified personal trainer, who designs programs for individuals of all abilities! In class you will practice functional movements to enhance your daily routines through interval-based exercises. Enjoy listening to upbeat music while giving yourself a full body workout using a chair, free weights, resistance bands, stability balls and more. This fun, low-impact class will gently increase your heart rate and improve overall strength, balance and endurance while burning calories. **Instructor: Avery Kingery.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422400	A	FCT	R	6:30-7:30PM	9/3-10/15	CBRM1	\$52

CHAIR STRETCH & TONE

Ages 16 and Up, Enrollment Min 6/ Max 12. Sit, stand or both in this adapted chair yoga class. Breathe and move your spine through gentle modified yoga postures designed to increase flexibility of joints, tendons, muscles and your mind. Go to your own personal edge and you will feel stronger and more relaxed with each class. **Instructor: Avery Kingery.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
422400	B	CS&T	R	6:30-7:30PM	10/29-12/17	CBRM1	\$52



ADULT SPORTS

BASKETBALL

Fees are assessed at a per team rate. Registration Deadline: 8/21, Start Date: 9/6. Register on or before 8/14 and receive a \$15 discount. Leagues are offered to Men's, Women's, and Coed teams running Sunday, Tuesday, and Friday for approximately nine weeks. Leagues may be separated into divisions if enough teams are registered to create better parity. Games are played at Sports Pavilion Lawrence and Community Building (CB). Teams will play a seven game schedule followed by a single elimination tournament.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450100	A	MENS	SU	5-9PM	9/6-11/15	CB/SPL	\$385
450100	D	MENS	T	6-10PM	9/8-11/9	CB/SPL	\$385
450100	E	WOMENS	T	6-10PM	9/8-11/9	CB/SPL	\$385
450100	I	COED	F	6-10PM	9/11-11/12	CB/SPL	\$385

KICKBALL

Fees are assessed at a per team rate. Registration Deadline: 8/21, Start Date: 9/11. Register on or before 8/14 and receive a \$15 discount. Leagues are offered for Coed teams run on Sunday and Friday for approximately six weeks. All leagues are NO BUNT leagues. Games are played at the Youth Sports Complex (YSC). Teams will play a six-game schedule followed by a single elimination tournament for all teams. Teams may be required to play double headers occasionally to fit games in on schedule. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450400	C	COED	F	6:15-10:15PM	9/11-11/6	YSC	\$215

PICKLEBALL

Fees are assessed at a per team rate. Registration Deadline: 8/21, Start Date: 9/8. Offered for Men's, Women's, & Mixed (MX) Doubles (DB) and Men's and Women's Doubles Beginner (BEG) in leagues running Tuesdays and Wednesdays for approximately nine weeks. Teams will play a seven-game regular season schedule followed by a single elimination tournament for all teams. Games will be played primarily at Sports Pavilion Lawrence® (SPL). Each game will be comprised of a three-set match scored to eleven (win by one.) Beginner leagues are intended for recreational play and will not include a postseason tournament. Leagues with more than eight teams may be divided into divisions based on their competitive level (determined by registration responses and records from previous seasons.) All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450850	A	MENSBEG	T	6-9PM	9/8-11/17	SPL	\$40
450850	B	WMNSBEG	T	6-9PM	9/8-11/17	SPL	\$40
450850	C	MENDBOP	T	6-9PM	9/8-11/17	SPL	\$40
450850	D	WMNDBOP	T	6-9PM	9/8-11/17	SPL	\$40
450850	E	MXDBBEG	W	6-9PM	9/9-11/18	SPL	\$40
450850	F	MXDBOP	W	6-9PM	9/9-11/18	SPL	\$40

ADULT SPORTS/YOUTH SPORTS

SOFTBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/21, Start Date: 9/6 Register on or before 8/14 for Early Bird Rate (reduced \$15 from listed fee.)** Offered to Men's, Women's, and Coed teams running Sunday through Friday for approximately 9 weeks. Leagues are offered in five divisions (in order of most to least competitive): Class A Double Header (ADH), Double Header (DH), Weekly (WK), and Recreation (REC). Double Header teams will play two games per night for six weeks. Weekly teams will play one game per night for six weeks. Recreation leagues are intended for purely recreational teams with only one home run allowed and will play one game per night for six weeks. All competitive leagues will conclude with a single-elimination tournament for all teams. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450201	A	COEDWK	SU	2-9PM	9/6-11/11	CLSC	\$250
450201	B	COEDREC	SU	2-9PM	9/6-11/11	CLSC	\$230
450201	I	COEDDH	SU	2-9PM	9/6-11/11	CLSC	\$430
450201	D	COEDREC	M	6:15-10:15PM	9/7-11/2	CLSC	\$230
450201	E	COEDWK	T	6:15-10:15PM	9/8-11/3	CLSC	\$250
450201	F	COEDREC	T	6:15-10:15 PM	9/8-11/3	CLSC	\$230
450202	A	MENSDH	M	6:15-10:15PM	9/7-11/2	CLSC	\$430
450202	C	MENSDH	T	6:15-10:15PM	9/8-11/3	CLSC	\$430
450202	E	MENSDH	W	6:15-10:15PM	9/9-11/4	CLSC	\$430
450202	F	MENSWK	W	6:15-10:15PM	9/9-11/4	CLSC	\$250
450202	H	MENSWK	R	6:15-10:15PM	9/10-11/5	CLSC	\$250
450202	G	MENSREC	R	6:15-10:15PM	9/10-11/5	CLSC	\$230
450202	I	MENSDH	F	6:15-10:15PM	9/11-11/6	CLSC	\$430
450202	J	MENSAHD	F	6:15-10:15PM	9/11-11/6	CLSC	\$430
450204	B	WOMENREC	M	6:15-10:15PM	9/7-11/2	CLSC	\$230

VOLLEYBALL

Fees are assessed at a per team rate. **Registration Deadline: 8/21, Start Date: 9/6. Register on or before 8/14 for Early Bird Rate (reduced \$15 from listed fee.)** Leagues are offered in Women's and Coed divisions with Power (PWR) divisions designed for competitive play and Recreation (REC) divisions designed for recreational play with spiking and serving overhand not allowed. Coed leagues are offered for indoor and sand (SND) volleyball. Double Header (DH) leagues are designed for the most competitive teams with each team playing two matches per night in a twelve-match regular season. In single-game leagues, teams will play a seven-match regular season. All Power leagues will include a single-elimination postseason tournament for all teams. In Recreation leagues, teams will play an eight-match schedule with no postseason tournament. All dates listed below are approximate and dependent on league size.

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
450300	A	COEDSND	SU	5-9PM	9/6-11/8	HOLSC	\$265
450300	F	COEDREC	SU	5-9PM	9/6-11/8	SPL	\$265
450300	G	WOMNREC	M	6-9:30PM	9/7-11/9	SPL	\$265
450300	C	COEDPWR	W	6-9:30PM	9/9-11/11	SPL	\$265
450300	D	COEDPRDH	W	6-9:30PM	9/9-11/11	SPL	\$365
450300	E	COEDSND	R	6-9PM	9/10-11/12	HOLSC/SPL	\$265
450300	I	WOMNPWR	R	6-9:30PM	9/10-11/12	SPL	\$265

YOUTH SPORTS

BASKETBALL

Ages: Kindergarten through 8th grade (Co-rec and Girls Leagues). The objective of the basketball program is to provide an opportunity for children to play basketball in an organized, competitive, yet recreational setting during the school year. Our emphasis will be on teaching the basic skills and fundamentals of basketball. Participants will also learn fair play, teamwork, and sportsmanship. **Please be sure to indicate school and grade during the 2026-27 school year when filling our registration.** Team and leagues will be formed by current grade level. Not all teams will be made up of children exclusively from the same school. Team assignment depends a great deal on who volunteers to coach and the school the child attends. One hour practice time will be determined by the coach. Practices will begin the week of October 19. **Games for grades K-4 will be held on Saturdays, Oct. 31 – Dec. 13, and grades 5-8 will play Sundays, Nov. 1 – Dec. 13, with no games scheduled the weekend of the Thanksgiving holiday.** Game shirts included in fee for all leagues. **Registration deadline: Friday, September 4. \$15 late fee added after deadline.** Late registration must be hand delivered to: Sports Pavilion Lawrence®, 100 Rock Chalk Lane. **Scholarship applications are available at Sports Pavilion Lawrence®, 100 Rock Chalk Lane, or The Community Building, 115 W. 11th St.**



ADULT SPORTS

LEAGUES (CODE BREAKDOWN)

INTRO-K – (Co-rec) Kindergarten/pre-school (pre-school must be 5 years of age before 8/1/26)

RK1 – Rookie 1 – 1st Grade

RK2 – Rookie 2 – 2nd Grade

REC3 – Recreation 2 – 3rd Grade

REC4 – Recreation 4 – 4th Grade

JHAWK5 – Jayhawk 5 – 5th Grade

JHAWK6 – Jayhawk 6 – 6th Grade

JHAWK7/8 – Jayhawk 7/8 – 7th and 8th Grade

RKG – Rookie Girls – 1st and 2nd Grade Girls

RG – Recreation Girls – 3rd and 4th Grade Girls

JHG – Jayhawk Girls – 5th and 6th Grade Girls

JHG7/8 – Jayhawk Girls 7/8 – 7th and 8th Grade Girls

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424401	A	INTRO-K	S	TBA	10/31-12/12	CB	\$55
424401	B	RK1	S	TBA	10/31-12/12	ELC	\$55
424401	C	RK2	S	TBA	10/31-12/12	ELC	\$55
424401	D	REC3	S	TBA	10/31-12/12	HPC	\$55
424401	E	REC4	S	TBA	10/31-12/12	HPC	\$55
424401	F	JHAWK5	SU	TBA	11/1-12/13	SPL	\$60
424401	G	JHAWK6	SU	TBA	11/1-12/13	SPL	\$60
424401	H	JHAWK7/8	SU	TBA	11/1-12/13	SPL	\$60
424401	J	RKG	S	TBA	10/31-12/12	CB	\$55
424401	K	RG	S	TBA	10/31-12/12	HPC	\$55
424401	L	JHG	SU	TBA	11/1-12/13	SPL	\$60
424401	M	JHG7/8	SU	TBA	11/1-12/13	SPL	\$60



HOOPSTER (COMPETITIVE BASKETBALL LEAGUES)

Ages: 2nd through 7th grades both boys and girls – Team Entry. The objective of the basketball program is to provide an opportunity for teams to play basketball in an organized, competitive, setting. Team and leagues are formed by coaches. **For more information, please contact the youth sports office at (785) 330-7355.**

YOUTH VOLLEYBALL

Ages: Grades 4-5, 6-8. Registration deadline is Monday, August 7. The objective of this program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting during the school year. Our emphasis will be not only to teach basic skills and fundamentals but also to teach fair play, teamwork and sportsmanship. One 1-hour practice will be held on a weekday evening. Practice day/time will be determined by the coach. Practices will begin the week of August 24. Games will be played on Sunday afternoon-evening September 6 – October 11. **For more information, please contact Ross Schraeder at (785) 330-7361 or rschraeder@lawrenceks.gov.**

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

YOUTH SOCCER

Ages: Grades K-6. Registration deadline is Friday, September 4. The objective of this program is to provide an opportunity for children to play indoor soccer in an organized, competitive, yet recreational setting during the school year. Our emphasis will be not only to teach basic skills and fundamentals, but also to teach fair play, teamwork and sportsmanship. Please be sure to indicate player's grade during the 2025-26 school year. **For more information, please contact Ross Schraeder at (785) 330-7361 or rschraeder@lawrenceks.gov.**

LEAGUES (CODE BREAKDOWN)

SC1 (co-ed) – Kindergarten

SC2 (boys) – 1st & 2nd grade

SC3 (girls) – 1st & 2nd grade

SC4 (boys) – 3rd & 4th grade

SC5 (girls) – 3rd & 4th grade

SC6 (boys) – 5th & 6th grade

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424600	A	SOCCR(K-4)	S		10/31-12/12	SPL	\$55
424600	A	SOCCR(5-6)	S		10/31-12/12	SPL	\$60

INTRO VOLLEYBALL

Age: Grades K-3. This session of Intro Volleyball is for Kindergarten – 3rd graders for the upcoming school year. This program provides an ideal entry-level program to learn the concept of the game and basic fundamentals – passing, setting, serving and rotation. This is a parent participation program. This provides a great opportunity for kids and parents to play and learn the game together! Instruction provided by a club level coach. **For more information, please contact Ross Schraeder at (785) 330-7361 or rschraeder@lawrenceks.gov.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
424507	A	INTROVB	M		TBD	SPL	\$50
424507	B	INTROVB	M		TBD	SPL	\$50



ACTIVITIES REGISTRATION

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

FOR RECREATION USE ONLY

Date

Sex ☐ Male ☐ Female

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

HOUSEHOLD INFORMATION

(PLEASE PRINT)

Name Sex ☐ Male ☐ Female

Address City State ZIP

Home Phone Work Phone Cell

E-mail

Secondary/Emergency Contact Phone

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

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

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

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

Signature Required

Date

Please Print Name

REGISTRATION INVALID WITHOUT SIGNATURE

METHOD OF PAYMENT

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

☐ Cash

☐ MasterCard

☐ Visa

☐ Discover

DO YOU NEED SPECIAL ACCOMMODATIONS TO PARTICIPATE IN THESE PROGRAMS?

☐ YES ☐ NO

If Yes, please explain.