



**TODDLER OPEN GYM**

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

**MARTIAL ARTS**

**KARATE — OKINAWAN KENPO**

Ages: 6 and Up. Enrollment Min 8 / Max 30. Okinawan Kenpo is a style of traditional Okinawan Karate, a system of self-defense and personal development. Learn techniques effective in close fighting. During this process of learning and practicing techniques, also strengthen your body. Posture is improved and one's self-confidence is increased. The consequence of training is that one can usually avoid violence, or minimize it when it is unavoidable. **Instructors have years of teaching experience and are members of and certified by the United States Kenpo Federation and Midori Yama Budakai (affiliated with the AAU).** Instructor: **Mark Hurt, Mandana Ershadi-Hurt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
317110 A	KARATE	MW	6:45-7:40PM	6/3-7/24	CB-CR1&2	\$42
317110 B	KARATE	MW	6:45-7:40PM	7/29-8/28	CB-CR1&2	\$27
417110 A	KARATE	MW	6:45-7:40PM	9/9-10/30	CB-CR1&2	\$42

**KUNG FU BASICS**

Ages: 7 and Up. Enrollment Min 10 / Max 20. Kung Fu teaches the basic stances, blocks, strikes and kicks of Chinese martial arts for the young and old alike. Special attention is given to flexibility and endurance. Martial artists in China often build a foundation in the external martial art of Gong Fu / Wu Shu as children, then move on to other arts as they grow older. **No class 12/1. Instructor: Bryan Peterson**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
317132 A	KUNGFU	SU	1-2:30PM	6/2-7/21	CB-CR2	\$36
317132 B	KUNGFU	SU	1-2:30PM	7/28-8/25	CB-CR2	\$23
417132 A	KUNGFU	SU	1-2:30PM	9/8-12/8	CB-CR2	\$54

**KUNG FU, PEE WEE**

Ages: 4-6. Enrollment Min 10 / Max 15. A Kung Fu class designed for the younger student in mind that will teach the basic stances, strikes, kicks and blocks of Chinese martial arts. Students will develop flexibility, strength and discipline. **No class 12/1. Instructor: Bryan Peterson**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
317134 A	PEEWEEKF	SU	12-12:50PM	6/2-7/21	CB-CR2	\$32
317134 B	PEEWEEKF	SU	12-12:50PM	7/28-8/25	CB-CR2	\$20
417134 A	PEEWEEKF	SU	12-12:50PM	9/8-12/8	CB-CR2	\$48

**SELF DEFENSE**

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
317120 A	SELFDEF	S	2-5PM	6/15	CB-CR1&2	\$16
417120 A	SELFDEF	S	2-5PM	11/2	CB-CR1&2	\$16

**TAE KWON DO**

Ages: 8 and Up. Enrollment Min 8 / Max 20. Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance and power through the practice of Tae Kwon Do forms and one-step sparring. As the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **No class 7/4, 10/31, 11/26, 11/28. Instructor: Jake Thibodeau, Black Belt.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
317131 A	TKD8-12Y	TR	6:45-7:45PM	6/4-7/25	TLC	\$40
317131 B	TKD13&UP	TR	7:50-9:05PM	6/4-7/25	TLC	\$40
317131 C	TKD8-12Y	TR	6:45-7:45PM	7/30-8/29	TLC	\$27
317131 D	TKD13&UP	TR	7:50-9:05PM	7/30-8/29	TLC	\$27
417131 A	TKD8-12Y	TR	6:45-7:45PM	9/10-12/12	TLC	\$62
417131 B	TKD13&UP	TR	7:50-9:05PM	9/10-12/12	TLC	\$62



**MUMMY & SON**  
 OPEN TO MOMS AND SONS AGES 6 TO 12 YEARS OLD  
 Pre-registration Required

**Masquerade Ball**

**Saturday, October 26**

**6:30 - 9 pm.**

For more info, check page 44

4-H Fairgrounds  
 Building #21

**TAI CHI**

*Ages: 15 and Up. Enrollment Min 8 / Max 12.* This ancient Chinese movement improves strength, flexibility, concentration and balance by combining gentle physical movement and mental discipline. Slow movements also strengthen muscles and joints, not to mention reduction of stress, fatigue and the risk of falls due to increased balance. **No class 11/26. Instructor: Wendy Griswold, Jean Teller.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
415500 A	TAIC(WG)	T	7:15-8:30PM	9/10-10/29	ELRC-MR	\$34
415500 B	TAIC(JT)	T	7:15-8:30PM	11/5-12/10	ELRC-MR	\$22

**SPECIAL INTEREST****SPECIAL INTEREST – HOME AND HOBBIES****BRIDGE, BEGINNING**

*Ages: 18 and Up. Enrollment 8 / Max 16.* Have you ever wanted to learn to play bridge? Now is the time to get started. The game is more popular than ever as a pastime, a social experience and a tool for mental exercise. Our accredited instructor provides a friendly atmosphere for learning the fundamentals of scoring, bidding and play of the hand. Come join the fun and meet lots of interesting new friends. **Instructor: Don Brenneman. No class 7/4.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321111 A	BEGBRIDG	R	6:45-8:45PM	6/13-7/25	ELRC-MR	\$45

**BRIDGE, INTERMEDIATE**

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

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421112 A	INBRIDGE	R	6:45-8:45PM	9/19-10/24	ELRC-MR	\$45

**FENCING, BEGINNING**

*Ages: 11 and Up. Enrollment Min 6 / Max 10.* Traditional fencing at its finest. Participants will learn proper form, technique, discipline and tactics in Olympic-style foil fencing that is essential for the development of the complete fencer. Fencing builds not only physical conditioning, but also mental acuity. **This program is co-sponsored with the Lawrence Community Fencing Club. Class held at the First Baptist Church, 1330 Kasold Drive. No class 11/26. Instructor: Brian McDow.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321120 A	BEGFEN	T	5:30-6:30PM	6/4-7/9	FBC	\$35
421120 A	BEGFEN	T	5:30-6:30PM	9/10-10/15	FBC	\$35

**JUST ONCE PIANO FOR BUSY PEOPLE**

*Ages: 18 and Up. Min 4 / Max 20.* Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. **Fee includes a workbook and a practice CD. Instructor: Dan York.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321007 A	PIANO	W	6:30-9:30PM	6/26	ELRC-MR	\$54
421007 A	PIANO	SA	9AM-NOON	9/28	ELRC-MR	\$54

**ROWING CLINIC**

**■** *Ages: 14 and Up. Enrollment Min 4 / Max 20.* Lawrence Parks and Recreation Department has teamed up with Kansas Athletics to offer rowing clinics for the community. This clinic is designed as an introduction to rowing and is geared for people with minimal background in the sport. Rowing is one of the best aerobic, total-body exercises. It not only burns calories and develops cardiovascular health, but also tones all major muscle groups, including legs, arms, back and stomach. And of course, it's great fun! **The clinic will be held at the KU Boathouse located at Burcham Park, 220 Indiana St. Instructors: KU Coaches and student-athletes from the KU Rowing team.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421125 A	ROWING	S	9-11AM	9/14	BP	\$30

**WOODWORKING, BEGINNING**

*Ages: 18 and Up. Enrollment Min 6 / Max 12.* This course is for the individual who has had little or no experience with woodworking tools, materials and equipment, as well as those who are more experienced. A portion of the sessions will be used for structured projects but there will be time for individual projects approved by the instructor. **No class 11/27. Instructor: Jay Hundley. NSD.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421500 A	BEGWDRK W	W	6:30-9:30PM	9/11-12/4	LHS	\$135

**SPECIAL INTEREST – MUSIC****GUITAR, BEGINNING**

*Ages: 14 and Up. Enrollment Min 4 / Max 6.* Students will need to bring a guitar to class. In this introductory class you will learn chords, tablature, rhythm patterns and standard notation through the use of familiar melodies and songs. **No class 11/25. Instructor: Marianne Carter.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
421006 A	GUITAR	M	7-8PM	9/9-10/28	CARN-CR	\$52
421006 B	GUITAR	M	7-8PM	11/4-12/16	CARN-CR	\$48

**TEEN CORNER****HANDS ON LIFE SKILLS**

*Ages: 13-17. Enrollment Min 6 / Max 20.* Summer session: How to Ride the "T", Basic Household repairs, easy meals and bike repair. Fall session: How to Apply for a job, easy meals, basic sewing and problem solving. **Instructor: LPRD Instructors.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
321200 A	LIFESKIL	R	6-7PM	8/1-8/22	ELRC-MR	\$12
421200 A	LIFESKIL	R	6-7PM	11/7-12/5	ELRC-MR	\$12

**HIP HOP**

*Ages: 13-17. Enrollment Min 6 / Max 12.* This class teaches rhythm, coordination and hip hop choreography without suggestive music/movements. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. Our Hip Hop dancers develop focus, strength and agility while having fun. **No class 7/4, 10/31, 11/28. Instructor: LPRD Dance Staff.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314106 A	TNHIPHOP	R	6:50-7:45PM	6/6-8/8	CB-DS	\$42
414106 A	TNHIPHOP	R	6:50-7:45PM	9/12-12/5	CB-DS	\$51

**LINE DANCING**

*Ages: 13-17. Enrollment Min 6 / Max 12.* Line Dancing is a fun way to dance socially without a dance partner. We will cover the basic steps involved in line dancing as well as learn several easy & fun dances to your favorite country music. You never need a partner but you can bring all your friends and have a lot of fun. **Instructor: Mike Salerno.**

CODE	SEC CLASS	DAY	TIME	DATE	LOC	FEE
314120 A	LINEDAN	SU	4:10-5:10PM	7/21-8/25	CB-CR1	\$28
414120 A	LINEDAN	SU	4:10-5:10PM	10/20-11/24	CB-CR1	\$28