

WICHITA

PARK & RECREATION

FALL 2014 | ACTIVITIES GUIDE

SEPTEMBER – DECEMBER



**Become a
Beekeeper
pg. 28**



REGISTER ONLINE NOW AT WICHITA.GOV | CLASSES START SEPTEMBER 15TH
HOLIDAY ACTIVITIES | SPORTS | FITNESS | COOKING | ART | MUSIC | PHOTOGRAPHY



Holiday & Seasonal



GENERAL INFO

FALL 2014 ACTIVITIES GUIDE

Wichita Park & Recreation is located at 455 North Main, 11th floor
Wichita, KS 67202. Please call (316)-268-4361, Monday-Friday 8:00 a.m.
to 5:00 p.m. for information pertaining to the activities guide.

ARTS & CRAFTS

Christmas Ornament Workshop

Ho, Ho, Ho! Celebrate the holiday season by making your own special ornaments for your own tree or to give as gifts. Adult may also participate with child, but must register. Ages 3-5.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 3-5						
5672	Orchard	1	12/6	Sa	1:00p-2:30p	\$8
Ages 6-12						
5673	Orchard	1	12/13	Sa	10:00a-11:30a	\$8



Ghost Academy

Is there something strange—in your neighborhood? Hear about the technical aspects involved in investigations including equipment, terminology, techniques, different types of paranormal activity and evidence review. Listen to actual investigation recordings from the Wichita Sedgwick County Historical Museum, Cowtown, Orpheum Theater and others. Offered by the Wichita Paranormal Research Society.



Code	Location	Classes	Begins	Day	Time	Fee
5750	Linwood	1	10/4	Sa	1:00p-4:00p	\$15

Polar Express

All aboard for this magical journey! The adventure begins with a reading of "Polar Express" followed by a craft. Then jump on the train to go visit Santa. Along the way you will stop at the campfire to enjoy s'mores and hot chocolate. End the perfect day with a special gift from Santa! Kids are encouraged to wear their pajamas. Adult must also attend and register. Ages 3+.



Code	Location	Classes	Begins	Day	Time	Fee
5522	Watson	1	12/6	Sa	12:30p-2:00p	\$15
5523	Watson	1	12/6	Sa	2:30p-4:00p	\$15
5524	Watson	1	12/13	Sa	12:30p-2:00p	\$15
5525	Watson	1	12/13	Sa	2:30p-4:00p	\$15
5526	Watson	1	12/20	Sa	12:30p-2:00p	\$15
5527	Watson	1	12/20	Sa	2:30p-4:00p	\$15

Watson Spooky Train Ride NEW

All aboard for a spooktacular event! Experience the thrill of a train ride after dark, enjoy a scary story at the campfire circle (appropriate for all ages) and make your own tasty s'mores. Registration deadline is the Friday prior to the class. Ages 5+.

Code	Location	Classes	Begins	Day	Time	Fee
5701	Watson	1	10/11	Sa	7:00p-8:15p	\$12
5702	Watson	1	10/18	Sa	7:00p-8:15p	\$12
5703	Watson	1	10/25	Sa	7:00p-8:15p	\$12



COOKING

Holiday Cooking

Tis the season for good food and lots of fun! Learn to make delicious holiday snacks and goodies in this one-day workshop. Ages 6-12.

Code	Location	Classes	Begins	Day	Time	Fee
5683	Orchard	1	12/6	Sa	10:30a-12:00p	\$12



SPECIAL EVENTS

Eat Your Bugs!

The ultimate fear factor class just in time for Halloween! Eating insects (called entomophagy) is not uncommon in other cultures, but rare here. Come learn more about the nutritional value of insects, sample some unique party treats and get the recipes! Instructed by staff from Great Plains Nature Center. Ages 8+.



Code	Location	Classes	Begins	Day	Time	Fee
5714	Linwood	1	10/21	Tu	6:00p-7:00p	\$10

Fall Festival for Grandparents & Grandkids

Fall is made for festivals! Nothing is better on a colorful autumn day than celebrating with family as you decorate pumpkins together and enjoy a hayrack ride through scenic Watson Park. Stop along the way at the campfire circle for s'mores and a drink. Adult must also attend and register. Ages 3+.



Code	Location	Classes	Begins	Day	Time	Fee
5678	Watson	1	10/11	Sa	1:00p-2:30p	\$12
5679	Watson	1	10/18	Sa	1:00p-2:30p	\$12

HOW TO READ CLASS LISTINGS

Course Registration Code	Class Location	Number of Classes	Start Day of Class	Class Day	Class Time	Class Fee
5351	Linwood	11	9/16	Tu	10:00a-10:45a	\$36
5719	Orchard	12	9/15	M	10:00a-10:45a	\$39

Classes are intended for beginning level students unless otherwise noted.

All fall classes start the week of September 15th. Some classes and workshops may start later in the summer session. These start dates are listed under the "Begins" category.

- Register now for fall classes. Learn the four easy ways to register on page 32.
- Find the registration form on page 33.
- Please review Wichita Park & Rec. policies on page 31.

Para registrar en Español para clases, llame a Christina en Park and Recreation a 316-268-4628.

PART-TIME INSTRUCTORS WANTED... WE NEED YOU!

Wichita Park & Recreation is always seeking talented individuals to assist us with activities and programs. We are currently looking for part-time instructors to teach classes. To inquire about teaching opportunities, contact Barbara McGuire at bmcguire@wichita.gov.

The following categories are examples of the type of classes we are seeking instructors to teach or suggest your own.



- Dance
- Hobbies
- DIY Programs
- Yoga & Group Fitness
- Preschool Programs
- Youth Sports Clinics

Wichita Park & Recreation is always open to new ideas! If you have a special skill you would like to share and/or teach we would like to hear from you! Contact Barbara McGuire at 316-268-4192.

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Kids Konnection

Specialty Camps

KIDS KONNECTION provides the working parent a safe and affordable option for in-service days that kids will enjoy. Each day will be filled with a variety of activities including sports, games, contests, arts & crafts and special events.



- Kids Konnection will be held from 7 am–6 pm.
- Open to children ages 6–13.
- The daily fee is \$18 per child.
- DCF Vision Card is accepted at all locations.

Campers should bring their own lunch and drink daily. A morning and afternoon snack is provided. This camp is licensed by the KDHE. Please notify Wichita Park & Recreation if you need special accommodations to participate in our programs.

Kids Konnection is offered on the following days and locations:

DATE	LOCATION
September 2	Edgemoor, Evergreen, Linwood, Orchard
October 9–10	Edgemoor, Evergreen, Linwood, Orchard
November 10	Edgemoor, Evergreen, Linwood, Orchard
December 22–23	Edgemoor, Evergreen, Linwood, Orchard
December 26	Evergreen, Linwood, Orchard
December 29–31	Edgemoor, Evergreen, Linwood, Orchard
January 2	Edgemoor, Evergreen, Linwood, Orchard

These themed camps for ages 6–13 will release your child’s imagination! Unlike traditional camps that involve a variety of activities, a specialty camp focuses on one topic related directly to the theme. Each camp will engage your child with physical and intellectual challenges, crafts and interactive games.

- Camps are held from 8am–5pm
- Daily fee is \$21 per child.
- All camps are located at Boston Recreation Center unless otherwise noted.
- DCF Vision Card is not accepted for this program.
- Bring a lunch and drink.
- Due to supply needs, registration deadline is three days prior to camp.

Amazing Race NEW | 10/10 | Code 5772
Your passport to fun! Visit foreign countries throughout the day and complete tasks and games related to the culture. Face physical and mental challenges, solve clues, navigate using unique transportation and be the first to cross the finish line.

Wonka’s Chocolate Factory | 11/10 | Code 5769
Calling all Oompah Loompahs and anyone else who loves making and eating sweets! This day will focus on making mouth-watering treats such as cookies that taste like Reese’s, chocolate mice and more! We’ll take time to play some fun Wonka games too.

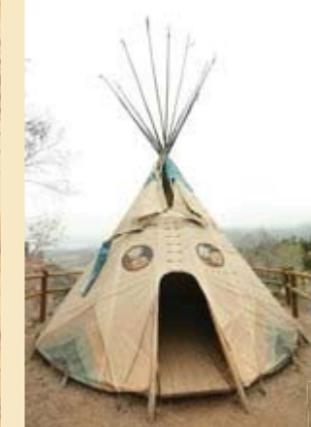


Lego Mania | 11/11 | Code 5768
It’s building time and your kids are an important piece! Play games such as Sky High Tower Challenge and Bridge Master that allow kids to create, build and compete using Lego bricks.

Prehistoric Indian Life

10/9 | Code 5770 | \$35

Live like a prehistoric Indian for a day! Join an experienced archeologist and learn about how prehistoric Indians made their food and tools. New this fall is making clay beads, pottery and paint. Then use the paint on hand-made ornaments. Campers will also make axes, chip an arrowhead, chop wood with stone axes, in addition to making necklaces from stone, bone and wood. Learn to build a campfire (weather permitting).



Wear clothing that can get messy and don’t forget to bring your lunch!

Camp held from 9am–4pm at O.J. Watson Park. Ages 6–13.



Weird Science NEW | 12/30 | Code 5773
It sounds good in theory! Kids will participate in some weird and wacky science experiments. Make raisins dance, create a cloud, witness a pop can collapse and more!

How to Train Your Dragon NEW | 1/2 | 5771
Dare to enter the dragon’s lair! All Vikings will learn proper sword techniques and complete Dragon Master Training to help protect the clan from the evil dragons. Enjoy a variety of games that will show off your battle skills and agility.

Recreation Center Addresses

Admin/Athletic Office

455 N. Main (67202)
316.268.4361

Boston

6655 E. Zimmerly (67207)
316.688.9301

Colvin

2820 S. Roosevelt (67210)
316.303.8023
(within Colvin School)

Edgemoor

5815 E. 9th St. (67208)
316.688.9392

Evergreen

2700 N. Woodland (67204)
316.303.8036

Linwood

1901 S. Kansas (67211)
316.337.9191

Lynette Woodard

2750 E. 18th St. (67214)
316.303.8015

McAdams

1329 E. 16th St. (67214)
316.337.9222

O.J. Watson Park

3022 S. McLean Blvd. (67217)
316.529.9940

Orchard

4808 W. 9th St. (67212)
316.337.9244

Ralph Wulz Riverside Tennis Center

551 Nims (67203)
316.337.9257

OFF-SITE PROGRAM LOCATIONS

Registration is not accepted at off-site locations

Auburn Hills Clubhouse

443 S. 135th St. West (67235)

Auburn Spirits

13303 W. Maple, Suite 111 (67235)

L.W. Clapp Golf Course

4611 E. Harry (67218)

Goldenrod Community Facility

1340 S. Pattie (67211)

Hyde Park Community Facility

201 S. Greenwood (67211)

Kiwanis Park Community Facility

5101 W. 2nd St. North (67212)

Minisa Park Community Facility

704 W. 13th St. North (67203)

Park Villa Community Facility

1029 N. Bitting (67203)

The Home Depot

8444 W. McCormick Avenue (67209)

Wichita Shooting Stars Archery Range

3999 E. 71st. St. South (67216)



TOTS IN TRAINING

Prepare your little ones for success and an active life-style! Children ages 1-2 years can get fit and ready in these structured programs that introduce core concepts and basic skills using a variety of fun games. Develop motor skills, balance and coordination while learning classroom and social skills. Parent participation required. A maximum of two children may be registered per parent/guardian in parented pre-school programs.



Little Sluggers

Code	Location	Classes	Begins	Day	Time	Fee
5503	Woodard	4	9/17	W	5:30p-6:00p	\$10
5504	Woodard	4	10/29	W	5:30p-6:00p	\$10
5505	Woodard	4	9/19	F	6:00p-6:30p	\$10
5506	Woodard	4	11/7	F	6:00p-6:30p	\$10

Soccer Tots

Code	Location	Classes	Begins	Day	Time	Fee
5547	Woodard	4	9/16	Tu	5:30p-6:00p	\$10
5548	Woodard	4	10/28	Tu	5:30p-6:00p	\$10
5549	Woodard	4	9/19	F	5:30p-6:00p	\$10
5550	Woodard	4	11/7	F	5:30p-6:00p	\$10

Tiny Dancers

Code	Location	Classes	Begins	Day	Time	Fee
5599	Woodard	4	9/15	M	6:00p-6:30p	\$10
5600	Woodard	4	10/27	M	6:00p-6:30p	\$10
5601	Woodard	4	9/18	Th	6:00p-6:30p	\$10
5602	Woodard	4	10/30	Th	6:00p-6:30p	\$10

Touchdown Tots

Code	Location	Classes	Begins	Day	Time	Fee
5610	Woodard	4	9/18	Th	6:00p-6:30p	\$10
5611	Woodard	4	10/30	Th	6:00p-6:30p	\$10
5612	Woodard	4	9/20	Sa	9:30a-10:00a	\$10
5613	Woodard	4	11/1	Sa	9:30a-10:00a	\$10

Wee Hoops

Code	Location	Classes	Begins	Day	Time	Fee
5621	Woodard	4	9/15	M	5:00p-5:30p	\$10
5622	Woodard	4	10/27	M	5:00p-5:30p	\$10
5623	Woodard	4	9/18	Th	5:30p-6:00p	\$10
5624	Woodard	4	10/30	Th	5:30p-6:00p	\$10

DANCE

Ballet & Tap

Whirl and twirl into basic ballet positions and show us your happy feet during tap time! Intermediate classes perform at a more progressive rate. Advanced class requires instructor approval or previous experience.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning (ages 3-5)						
5347	Edgemoor	10	9/15	M	5:45p-6:30p	\$33
5349	Linwood	12	9/15	M	5:30p-6:15p	\$39
5351	Linwood	11	9/16	Tu	10:00a-10:45a	\$36
5719	Orchard	12	9/15	M	10:00a-10:45a	\$39
5352	Orchard	10	9/17	W	5:45p-6:30p	\$33
Intermediate (ages 4-8)						
5348	Edgemoor	10	9/15	M	6:40p-7:25p	\$33
5350	Linwood	12	9/15	M	6:15p-7:00p	\$39
5353	Orchard	10	9/17	W	6:40p-7:25p	\$33
Advanced (ages 5-10)						
5354	Edgemoor	10	9/15	M	7:35p-8:20p	\$33
5355	Orchard	10	9/17	W	7:30p-8:15p	\$33

Hip Hop for Tots

Cut loose to a hip hop groove and learn about rhythm, movement and direction. Kids will improve their coordination and learn to express themselves through movement, games, choreography and fun freestyle dance. Ages 3-6.

Code	Location	Classes	Begins	Day	Time	Fee
5475	Woodard	4	9/15	M	6:30p-7:00p	\$9
5476	Woodard	4	10/27	M	6:30p-7:00p	\$9
5757	Woodard	4	9/18	Th	6:30p-7:00p	\$9
5758	Woodard	4	10/30	Th	6:30p-7:00p	\$9

COOKING

Mommy & Me: Cupcake Decorating

Making treats with a parent or loved one is always the icing on the cake! Have fun with food and get creative while learning techniques for designing and decorating cupcakes. Wear clothes that can get messy! Adult must participate, but does not need to register. Maximum of three children per adult. Fee is per child. Ages 3-7.

Code	Location	Classes	Begins	Day	Time	Fee
5715	Woodard	1	9/27	Sa	10:00a-11:30a	\$15
5716	Woodard	1	10/25	Sa	10:00a-11:30a	\$15

REGISTERING IS EASY
with Online Registration at
WICHITA.GOV

ARTS & CRAFTS

Little Artists

Calling all little Picassos! Create art using crayons, paints, clay and other mediums. Make a new project each class. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5717	Edgemoor	6	9/20	Sa	9:30a–10:15a	\$22
5718	Edgemoor	5	11/1	Sa	9:30a–10:15a	\$18
5755	Linwood	5	9/16	Tu	2:30p–3:15p	\$18

THEATRE & MUSIC

Music Makers

Help your toddler find his or her inner musician! They'll have a great time exploring musical instruments such as tambourines, drums, wood blocks and triangles. They'll also learn about tempo, rhythm and melody through singing, dancing and musical play. Ages 3–5.



Code	Location	Classes	Begins	Day	Time	Fee
5509	Woodard	5	9/16	Tu	10:00a–10:30a	\$13
5512	Woodard	4	10/28	Tu	10:00a–10:30a	\$10
5511	Woodard	5	9/16	Tu	4:15p–4:45p	\$13
5691	Woodard	4	10/28	Tu	4:15p–4:45p	\$10

Tots Center Stage

To be or not to be? This introductory acting class helps develop speaking skills and creative expression through fun theater games, improvisation and puppet shows. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5608	Woodard	5	9/16	Tu	10:45a–11:15a	\$13
5609	Woodard	4	10/28	Tu	10:45a–11:15a	\$10
5759	Woodard	5	9/16	Tu	5:00p–5:30p	\$13
5760	Woodard	4	10/28	Tu	5:00p–5:30p	\$10

RECREATION

Playtime for Toddlers

Toddlers can run, jump, and play to their hearts' content during this playtime. Enjoy toys, scooters, playground balls and other equipment. Parental supervision required. Fee is per child; free for the parent. Boston fee is per visit; Orchard fee is per session. Ages 1–5.

Code	Location	Classes	Begins	Day	Time	Fee
5521	Boston	38	9/15	M–W	10:30a–12:30p	\$1
5720	Orchard	10	9/19	F	10:30a–12:00p	\$10

SPORTS

Basketball Clinic

Nothing but net! Learn to dribble, pass and shoot through fun drills and activities. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5356	Boston	5	9/15	M	9:15a–10:00a	\$18
5357	Edgemoor	6	9/17	W	5:15p–6:00p	\$22
5359	Edgemoor	5	10/29	W	5:15p–6:00p	\$18
5358	Evergreen	5	9/20	Sa	12:00p–12:45p	\$18
5360	Linwood	5	10/28	Tu	5:15p–6:00p	\$18
5664	Orchard	5	9/20	Sa	10:15a–11:00a	\$18
5665	Orchard	5	10/25	Sa	10:15a–11:00a	\$18
5361	Woodard	5	9/15	M	5:30p–6:15p	\$18
5362	Woodard	5	11/3	M	5:30p–6:15p	\$18
5363	Woodard	5	9/20	Sa	12:00p–12:45p	\$18
5364	Woodard	4	11/1	Sa	12:00p–12:45p	\$15

Boxing for Tots

It's never too early to earn that golden glove! This fun and interactive boxing class designed for tots is a no-contact class as punching bags, speed bags and punching mitts are used. Boxing gloves provided or bring your own. Ages 4–7.

Code	Location	Classes	Begins	Day	Time	Fee
5411	Woodard	5	9/16	Tu	5:30p–6:00p	\$12
5413	Woodard	4	11/4	Tu	5:30p–6:00p	\$10
5671	Woodard	5	9/19	F	5:30p–6:00p	\$12
5412	Woodard	4	11/7	F	5:30p–6:00p	\$10

Cheerleading

Rah-Rah-Rah! Show team spirit while learning jumps and cheers. This class is a blast for tiny cheerleaders! Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5419	Evergreen	8	9/18	Th	6:45p–7:30p	\$26
5420	Linwood	8	9/17	W	6:15p–7:00p	\$26
5417	Orchard	8	9/19	F	5:15p–6:00p	\$26

Football Clinic

Touchdown! This class teaches the fundamentals of football including passing and receiving techniques along with the rules of football. Held indoors. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5453	Boston	5	9/17	W	9:15a–10:00a	\$18
5456	Woodard	5	9/16	Tu	6:30p–7:15p	\$18
5457	Woodard	4	11/4	Tu	6:30p–7:15p	\$15
5454	Woodard	5	9/20	Sa	10:00a–10:45a	\$18
5455	Woodard	4	11/1	Sa	10:00a–10:45a	\$15

Gymnastics

Kids will flip for this class! Basic tumbling moves on the floor will include various types of rolls, head stands, hand stands, pikes, tucks and back bends. Other gymnastic apparatus work such as balance beam, even & uneven parallel bars and vaulting techniques will also be incorporated. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5469	Boston	10	9/20	Sa	9:00a–9:45a	\$35



Soccer Clinic

Go toe-to-toe while learning the basics of soccer including offensive and defensive strategies. All classes will be held indoors. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5535	Boston	5	10/22	W	9:15a–10:00a	\$18
5536	Edgemoor	5	9/19	F	5:00p–5:45p	\$18
5537	Evergreen	5	9/20	Sa	11:00a–11:45a	\$18
5538	Linwood	5	9/16	Tu	5:15p–6:00p	\$18
5539	Woodard	5	9/16	Tu	6:00p–6:45p	\$18
5540	Woodard	4	11/4	Tu	6:00p–6:45p	\$15

Sports of All Sorts

Let's play ball! Children will be introduced to the primary skills of a variety of sports such as soccer, T-ball, basketball and more. These non-competitive interactive games will build confidence and stress teamwork. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5566	Edgemoor	6	9/21	Su	1:00p–1:45p	\$22
5567	Edgemoor	6	11/2	Su	1:00p–1:45p	\$22

Tennis

Time to hit the court! Learn proper grips and swings while performing fun drills. Ages 4–7.

Code	Location	Classes	Begins	Day	Time	Fee
5596	Edgemoor	5	9/16	Tu	5:30p–6:00p	\$15
5597	Orchard	5	9/16	Tu	5:30p–6:00p	\$15

Tiny Tumblers

Roll out the good times! Tots will use mats to learn basic tumbling movements such as forward/backward rolls, back bends and head stands. Also improve balancing techniques with fun activities and a small balance beam. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5603	Linwood	8	9/17	W	5:30p–6:15p	\$26
5604	McAdams	8	9/20	Sa	12:00p–12:45p	\$26

Wiffleball Clinic

Hit a home run! Learn the basics of throwing, hitting and running the bases. Plastic bats and balls are used. Ages 3–5.

Code	Location	Classes	Begins	Day	Time	Fee
5630	Boston	5	10/20	M	9:15a–10:00a	\$18



Join the fun Holiday & Seasonal workshops! See page 2

MARTIAL ARTS

Kickin' Kids Karate NEW

Become the ultimate Karate kid! Learn the basic concepts of Okinawan Goju Ryu Karate through fun drills that focus on balance, coordination, listening skills, cooperation, respect and teamwork. Practice basic no-contact punches and low kicks. Ages 4–7.

Code	Location	Classes	Begins	Day	Time	Fee
5778	Boston	10	9/20	Sa	1:00p–2:00p	\$47



Wee Warriors

Let's kick it up a notch! Kids will develop courtesy and respect for others by learning the basic traditions of Tae Kwon Do such as bowing and shaking hands to greet teachers and classmates, lining up and listening to instructions. Improve strength, agility and flexibility through exercises and fun drills. Increase self-confidence by learning basic punches, blocks and kicks. Linwood classes are for ages 3–5 and Evergreens are for ages 4–7.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5625	Evergreen	14	9/16	Tu/Th	6:00p–6:30p	\$33
5626	Linwood	6	9/15	M	5:45p–6:15p	\$14
5628	Linwood	6	10/27	M	5:45p–6:15p	\$14
Intermediate						
5627	Linwood	6	9/17	W	5:45p–6:15p	\$14
5629	Linwood	6	10/29	W	5:45p–6:15p	\$14

4 AREA LOCATIONS

1010 East Harry
263-1707

1652 South Webb Road
691-5331

601 North West
941-9190

6825 East 21st Street
440-3264



VOTED BEST TACO IN WICHITA 2011

SPECIAL INTEREST

A-B-C and Me!

Now I know my ABCs! Children will play games, sing songs and engage in activities that will help them learn letter names and sounds. They will also practice spelling and writing their names. Ages 3-5.

Code	Location	Classes	Begins	Day	Time	Fee
5479	Edgemoor	6	9/17	W	5:45p-6:30p	\$26
5480	Edgemoor	6	10/29	W	5:45p-6:30p	\$26
5330	Woodard	5	9/16	Tu	11:30a-12:15p	\$21
5331	Woodard	4	10/28	Tu	11:30a-12:15p	\$17

Olaf and Friends

NEW

Do you want to build a snowman? Step into an icy wonderland of fun games and crafts based off the movie Frozen®. Create winter treasures such as a miniature Olaf, an ice painting and frozen slime. Have a snowball fight, ice races and more! Ages 3-5

Code	Location	Classes	Begins	Day	Time	Fee
5785	Linwood	4	9/16	Tu	6:00p-7:00p	\$20

Fun with Math

This is a class you can count on! Using simple preschool songs, games and fun activities, children will learn to count, recognize numbers along with simple addition and subtraction. Tots will also listen to story problems and learn to solve them. Ages 3-5.

Code	Location	Classes	Begins	Day	Time	Fee
5681	Woodard	4	9/16	Tu	12:30p-1:15p	\$17
5682	Woodard	4	10/28	Tu	12:30p-1:15p	\$17

Cowboy & Cowgirl Roundup

Giddy-on-up to Watson Park to learn about roping and ride the ponies! Kids will love playing fun western style games. They'll be on the lookout for those cattle rustlers while taking a train ride at the end of the day! Ages 4-8.

Code	Location	Classes	Begins	Day	Time	Fee
5676	Watson	1	10/4	Sa	10:00a-11:30a	\$12

Princess Tea Party

"Hear ye, hear ye!" All princesses should arrive in their royal costumes and be prepared to create an elegant craft accessory and participate in regal party games. They will also be served scrumptious finger sandwiches, punch and cupcakes at the royal tea. Princesses will be presented with a keepsake and will live happily ever after. Ages 3-6.

Code	Location	Classes	Begins	Day	Time	Fee
5528	Linwood	1	10/4	Sa	10:00a-11:30a	\$17
5713	Linwood	1	10/4	Sa	1:00p-2:30p	\$17

Honey Bee Festival

Saturday, September 20
10 am – 3pm
Great Plains Nature Center

FREE



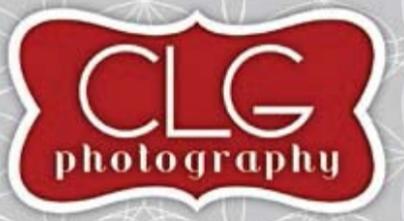
- Learn how & why bees are important
- Honey treat recipes & bee arts/crafts
- Nature hikes through Chisholm Creek Park
- "Vanishing of the Bees" film shown at 1:30 pm (90-minute documentary on colony collapse disorder)
- Shakespeare in the Park actors will "bee" on hand to provide bee-centric Shakespearean snippets. Performances at 10:30 am and 1 pm
- A musical group, The Stagehands, will perform bee-cific tunes 11am – 1pm

**6232 E. 29th St. N.
Wichita, KS
Call 316-683-5499**



Due to Holidays, all Rec. Centers
will be closed on

November 11, 27, 28
December 25 • January 1



Cassie Gillespie
owner

101 W. Spring Ave. • Conway Springs, KS
620.456.3545

ctgphotography.net

DANCE

Hip Hop Dance

Drop it like it's HOT! Learn the hottest dance routines and get your groove on while focusing on body placement, dance combinations and rhythms. Ages 7-14.

Code	Location	Classes	Begins	Day	Time	Fee
5472	Evergreen	8	9/18	Th	5:15p-6:00p	\$27
5473	Woodard	5	9/15	M	7:00p-7:45p	\$17
5474	Woodard	4	10/27	M	7:00p-7:45p	\$14

FITNESS

Jammin' Fitness Party

It's time to shake it up! This energetic cardio class is designed with 'tweens' in mind and includes fun kid-friendly dance moves set to the current radio hits they love. Ages 6-12.

Code	Location	Classes	Begins	Day	Time	Fee
5487	Evergreen	8	9/20	Sa	12:00p-1:00p	\$30

Yoga for Families

NEW

There is no place like ohm! A fun and playful way for kids to learn to focus and center themselves. This interactive class involves individual and group poses with the use of music to learn yoga techniques and postures. Class is child centered, but everybody benefits. Child may register without parent. Ages 8+.

Code	Location	Classes	Begins	Day	Time	Fee
5704	Linwood	10	9/18	Th	5:30p-6:15p	\$24



SPORTS

Adventures in Orienteering

NEW

Take the off-road challenge! Master the use of a map and a compass to navigate from point to point in this fun outdoor sport. Course challenges will test students' skills as they navigate through a marked course on the island. All materials provided. Ages 8+.

Code	Location	Classes	Begins	Day	Time	Fee
5696	Watson	1	9/27	Sa	12:30p-4:30p	\$12

Archery

Aim, set, release! Learn archery fundamentals, shooting skills and safe conduct. **Offered by Wichita Shooting Stars.** Contact Linwood for more information. Ages 8+.

Code	Location	Classes	Begins	Day	Time	Fee
5341	Archery Range	5	9/15	M	6:15p-7:45p	\$20
5342	Archery Range	5	9/16	Tu	6:15p-7:45p	\$20

Archery Workshop

Bullseye! Receive an introduction to basic archery fundamentals in this one-day workshop. Ages 7-12.

Code	Location	Classes	Begins	Day	Time	Fee
5662	Watson	1	9/27	Sa	10:00a-11:30a	\$7

Basketball Clinic

Dribble, shoot and score! This clinic teaches fundamentals, rules and offensive/defensive strategies.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 6-10						
5365	Boston	5	9/15	M	5:00p-5:45p	\$18
5366	Boston	5	10/22	W	5:00p-5:45p	\$18
5367	Edgemoor	6	9/18	Th	5:15p-6:00p	\$22
5371	Woodard	5	9/15	M	6:15p-7:00p	\$18
5373	Woodard	5	9/17	W	6:00p-6:45p	\$18
5372	Woodard	5	11/3	M	6:15p-7:00p	\$18
5374	Woodard	4	11/5	W	6:00p-6:45p	\$15

Ages 6-12

5369	Evergreen	5	9/20	Sa	11:00a-11:45a	\$18
5370	McAdams	6	9/20	Sa	10:00a-10:45a	\$22
5666	Orchard	5	9/20	Sa	11:15a-12:00p	\$18
5667	Orchard	5	10/25	Sa	11:15a-12:00p	\$18

Basketball for Teens

Show us you've got game! Whether you're a newcomer to the sport or you have some experience, this program will help take your basketball skills to the next level. You'll learn fundamentals through a variety of drills and 3-on-3 game play. Ages 11-14.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5375	Woodard	5	9/15	M	7:00p-7:45p	\$18
5668	Woodard	5	11/3	M	7:00p-7:45p	\$18
Intermediate						
5376	Woodard	5	9/15	M	7:45p-8:30p	\$18
5377	Woodard	5	11/3	M	7:45p-8:30p	\$18

DON'T WAIT TO REGISTER!
Many classes fill up quickly or have special registration end dates due to supply needs.

SPORTS

Boxing Basics

Go the distance and become a contender! Learn boxing exercise techniques, discipline and burn off energy. This is a no-contact class as punching bags, speed bags and punching mitts are used. Boxing gloves provided or you may bring your own. Ages 8–14.

Code	Location	Classes	Begins	Day	Time	Fee
5407	Woodard	5	9/16	Tu	6:00p–6:45p	\$17
5408	Woodard	5	10/28	Tu	6:00p–6:45p	\$17
5409	Woodard	5	9/19	F	6:00p–6:45p	\$17
5410	Woodard	4	11/7	F	6:00p–6:45p	\$14

Boxing Private Training

The fastest way to improve your boxing skills and move to the next level is with one-on-one training. Plus, it's also a dynamic work-out experience!



- \$15 per 30 minute private lesson.
- Lessons by appointment only Monday–Friday.
- Contact Woodard Recreation Center to register.
- No membership required!

Cheerleading

Ready? Ok! Show your team spirit while learning jumps and cheers. This class is a blast for cheerleaders! Ages 6–12.

Code	Location	Classes	Begins	Day	Time	Fee
5421	Evergreen	8	9/18	Th	6:00p–6:45p	\$27
5422	Linwood	8	9/17	W	7:00p–7:45p	\$27
5418	Orchard	8	9/19	F	6:00p–7:00p	\$36

Contact Boxing

It's time to roll with the punches! Students will learn USA Amateur Boxing techniques including footwork drills, shadow boxing, heavy bags, double end bags and defensive/offensive boxing drills. Sparring will be done in a controlled and monitored environment to ensure maximum safety. Boys and girls will not spar together. Mouthpiece and hand wraps required to participate. Waiver and Liability/Assumption of Risk form also required. Must have taken the Boxing Basics to enroll for this intermediate level class. Enrollment accepted only at Woodard. Ages 8–14.

Code	Location	Classes	Begins	Day	Time	Fee
5432	Woodard	5	9/19	F	7:00p–7:45p	\$25
5433	Woodard	4	11/7	F	7:00p–7:45p	\$20



Flag Football Clinic

Are you ready for some football? Kids will score big after learning football fundamentals. This program features instruction in rules and game strategies in game-like settings. Ages 6–10.

Code	Location	Classes	Begins	Day	Time	Fee
5680	Boston	5	9/17	W	5:00p–5:45p	\$18
5451	Woodard	5	9/20	Sa	11:00a–11:45a	\$18
5452	Woodard	4	11/1	Sa	11:00a–11:45a	\$15

Gymnastics

Kids will flip for this class! Basic tumbling moves on the floor will include various types of rolls, cartwheels, round-offs and walkovers. Other gymnastic apparatus work such as balance beam, even & uneven parallel bars and vaulting techniques will also be incorporated. Ages 9–12 will also be introduced to handsprings.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 6–8						
5470	Boston	10	9/20	Sa	10:00a–11:00a	\$44
Ages 9–12						
5471	Boston	10	9/20	Sa	11:00a–12:00p	\$44

It's Game Time Basketball

A great opportunity for kids to take the skills learned in beginning sports clinics and put them to use in a team setting. Each day, participants will be divided into teams and play structured games. Players must have attended the Wichita Park & Recreation basic skills clinic before registering. Ages 6–10.

Code	Location	Classes	Begins	Day	Time	Fee
5688	Edgemoor	6	10/30	Th	5:00p–5:45p	\$22

Pink Gloves Boxing

What a knockout! Learn boxing skills while you develop strength and stamina in this women's-only class. Circuit training at stations includes footwork drills, shadow boxing, bag work, total-body strengthening and one-on-one time with the trainer. Boxing gloves provided or bring your own. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5517	Evergreen	8	9/16	Tu/Th	5:30p–6:30p	\$49
5518	Evergreen	8	10/14	Tu/Th	5:30p–6:30p	\$49
Intermediate						
5519	Evergreen	8	9/16	Tu/Th	6:30p–7:30p	\$49
5520	Evergreen	8	10/14	Tu/Th	6:30p–7:30p	\$49

Soccer Clinic

Go toe-to-toe while learning the basics of soccer including offensive and defensive strategies. All classes will be held indoors.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 6–10						
5541	Boston	5	10/20	M	5:00p–5:45p	\$18
5542	Edgemoor	6	11/7	F	5:00p–5:45p	\$22
5545	Woodard	5	9/16	Tu	7:00p–7:45p	\$18
5546	Woodard	4	10/21	Tu	7:00p–7:45p	\$15
Ages 6–12						
5543	Evergreen	5	9/20	Sa	12:00p–12:45p	\$18
5544	McAdams	5	9/20	Sa	11:00a–11:45a	\$18

Sports of All Sorts

Let's play ball! Kids will be introduced to the fundamentals of a variety of sports such as soccer, T-ball, basketball and more. These non-competitive, interactive games will build confidence and stress teamwork. Ages 6–10.

Code	Location	Classes	Begins	Day	Time	Fee
5568	Edgemoor	6	9/21	Su	2:00p–2:45p	\$22
5569	Edgemoor	6	11/2	Su	2:00p–2:45p	\$22

T-Ball Clinic

Learn fundamentals such as throwing, catching and hitting. Designed for boys and girls just beginning to play baseball or softball. Class held outside on the Miracle Field. Ages 4–6.

Code	Location	Classes	Begins	Day	Time	Fee
5592	Orchard	5	9/16	Tu	6:00p–6:45p	\$18

Tennis

Hit the court and learn tennis fundamentals, rules and basic tennis terminology.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 4–7						
5596	Edgemoor	5	9/16	Tu	5:30p–6:00p	\$15
5597	Orchard	5	9/16	Tu	5:30p–6:00p	\$15
Ages 8–15						
5594	Edgemoor	5	9/16	Tu	6:00p–7:00p	\$25
5598	Orchard	5	9/16	Tu	6:00p–7:00p	\$25

Volleyball Basics

Serve up some fun! Prepare for middle school volleyball tryouts and develop solid skills for the bump, set, spike, serve and court positions. Work on improving those skills through practice games and drills. Ages 8–14.



Code	Location	Classes	Begins	Day	Time	Fee
5615	Edgemoor	5	9/19	F	6:00p–7:00p	\$22



Volleyball Open Gym

Teens will dig it! The first hour provides an opportunity for intermediate and advanced players to practice serves, hitting, serve receive and passing under guidance of an experienced coach. The second hour includes fun, fast-paced pick-up games of 4-on-4. Intended for individual practice, not team practice. Ages 11–16.

Code	Location	Classes	Begins	Day	Time	Fee
5616	Edgemoor	4	9/19	F	7:00p–9:00p	\$20
5617	Edgemoor	4	10/17	F	7:00p–9:00p	\$20

MARTIAL ARTS

Chinese Internal Boxing

Learn ancient Chinese martial arts including boxing, kicking and self-defense tactics. Must take beginner's class and receive instructor approval before taking the intermediate level. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5423	Linwood	11	9/15	M	7:00p–8:15p	\$35
Intermediate						
5424	Linwood	11	9/15	M	5:30p–7:00p	\$42

Jiu-Jitsu

This class is too jiu-jit to quit! Brazilian jiu-jitsu is a weaponless grappling martial art using take-downs, throws, sweeps and submissions. Ground fighting techniques are used instead of striking movements and focus on fundamentals such as escapes, positioning and self-defense. Ages 6–15.

Code	Location	Classes	Begins	Day	Time	Fee
5490	Evergreen	12	9/20	Sa	1:00p–2:15p	\$45

Karate NEW

This class has a kick to it! Students will receive instruction in the basic concepts of Okinawan Goju Ryu Karate through drills and forms that involve punching, blocking, kicking, stretching and self-defense. Belt advancement opportunities available. Ages 7+.

Code	Location	Classes	Begins	Day	Time	Fee
5779	Boston	10	9/20	Sa	2:15p–3:45p	\$44

Kickin' Kids Karate NEW

Become the ultimate Karate kid! Learn the basic concepts of Okinawan Goju Ryu Karate through fun drills that focus on balance, coordination, listening skills, cooperation, respect and teamwork. Practice basic no-contact punches and low kicks. Ages 4–7.

Code	Location	Classes	Begins	Day	Time	Fee
5778	Boston	10	9/20	Sa	1:00p–2:00p	\$47

Self-Defense Workshop

Be prepared to protect yourself in the event of a dangerous situation! Learn a variety of techniques to use in response to various attack scenarios such as use of pressure points, blocks, kicks and punches. Expect some hand-to-hand contact while practicing these control methods.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 6+						
5530	Evergreen	1	10/4	Sa	10:00a–12:00p	\$9
Ages 8+						
5531	Linwood	1	9/20	Sa	9:00a–12:00p	\$14

MARTIAL ARTS

Tae Kwon Do

Work your way up the martial arts ladder! Develop physical agility and self-discipline through basic techniques while learning respect for yourself and others. Belt advancement opportunities are available. Ages 6+.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5574	Edgemoor	12	9/16	Tu/Th	6:15p-7:15p	\$35
5575	Edgemoor	12	10/28	Tu/Th	6:15p-7:15p	\$35
5576	Evergreen	12	9/16	Tu/Th	6:30p-7:30p	\$35
5577	Evergreen	10	10/28	Tu/Th	6:30p-7:30p	\$29
5578	Linwood	14	9/15	M/Th	6:45p-7:45p	\$41
5580	Linwood	12	11/3	M/Th	6:45p-7:45p	\$35
Intermediate						
5572	Edgemoor	12	9/16	Tu/Th	7:15p-8:15p	\$35
5573	Edgemoor	12	10/28	Tu/Th	7:15p-8:15p	\$35
5579	Linwood	14	9/15	M/Th	7:45p-8:45p	\$41
5581	Linwood	12	11/3	M/Th	7:45p-8:45p	\$35

Wee Warriors

Let's kick it up a notch! Kids will develop courtesy and respect for others by learning the basic traditions of Tae Kwon Do such as bowing and shaking hands to greet teachers and classmates, lining up and listening to instructions. Improve strength, agility and flexibility through exercises and fun drills. Increase self-confidence by learning basic punches, blocks and kicks. Ages 4-7.

Code	Location	Classes	Begins	Day	Time	Fee
5625	Evergreen	14	9/16	Tu/Th	6:00p-6:30p	\$33

ARTS & CRAFTS



Beaded Sparkly Bracelet NEW

Just bead it! Create one-of-a-kind beaded jewelry that's uniquely you. A fun and affordable way to make accessories to match your outfit or your favorite sports team. Ages 8-14.

Code	Location	Classes	Begins	Day	Time	Fee
5765	Woodard	1	9/27	Sa	1:00p-2:30p	\$10
5764	Woodard	1	10/24	F	5:30p-7:00p	\$10

Cartooning Basics

You don't have to be a great artist to draw great cartoon characters! Grab a pencil and come learn how to use basic shapes to create simple cartoon people, animals or objects. Practice using shading, shadowing, contour and other drawing elements to bring your cartoons to life.



Code	Location	Classes	Begins	Day	Time	Fee
Ages 6-9						
5415	Linwood	4	9/18	Th	6:00p-7:00p	\$20
Ages 10-15						
5416	Linwood	4	9/18	Th	7:15p-8:30p	\$24

Create a Tutu

These are just tutu cute! Put a smile on a girl's face by learning to make custom tutus for all ages and every occasion. Also create a matching hair-poop clip. No sewing is involved, just patience! Ages 14+.

Code	Location	Classes	Begins	Day	Time	Fee
5749	Linwood	1	11/8	Sa	1:00p-3:00p	\$18

Color Composition NEW

Boldly go where no color has gone before! This class covers basic drawing and painting techniques with a focus on how to properly mix and combine colors. Students will be introduced to the various color schemes to help create stunning works of art. Supplies provided. Ages 10+.

Code	Location	Classes	Begins	Day	Time	Fee
5738	Edgemoor	5	9/15	M	6:45p-7:45p	\$25

Create A Comic Strip

Zap! Wham! Pow! Learn the whole process of making a comic book from creating and designing your characters, writing a script and finalizing your storyboard.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 6-9						
5442	Linwood	5	10/16	Th	6:00p-7:00p	\$24
Ages 10-15						
5443	Linwood	5	10/16	Th	7:15p-8:30p	\$30

Crochet NEW

Get hooked! Kids will learn about yarn, crochet tools, basic chain stitches and techniques to create a scarf. A great way to learn to make gifts for family and friends. Ages 8-15.

Code	Location	Classes	Begins	Day	Time	Fee
5706	Woodard	6	9/18	Th	5:30p-6:15p	\$15
5707	Woodard	6	9/19	F	5:30p-6:15p	\$15

Drawing with Charcoal NEW

It's all black and white in this drawing class! Get messy with charcoal as you learn shading and smudging techniques using an eraser, cloths and fingers to create the illusion of depth and shadow. Supplies provided. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
5737	Edgemoor	1	9/26	F	6:00p-7:30p	\$7

Leather Crafting NEW

What a riveting experience this will be! Explore the world of leather crafting including designing, cutting, hand stitching and stamping. Create small projects such as bracelets, pouches, masks and more using various hardware such as rivets, snaps and hole punches. Supplies provided. Ages 10+.

Code	Location	Classes	Begins	Day	Time	Fee
5739	Edgemoor	5	10/27	M	6:45p-7:45p	\$30

Make-It & Take-It Crafts

Inspiration starts here! Students will get crafty and make a different craft project each week such as finger woven headbands, wind chimes, clown centerpieces and more. Ages 6-12.

Code	Location	Classes	Begins	Day	Time	Fee
5507	McAdams	10	9/20	Sa	11:00a-12:00p	\$10

Shading Techniques

Set the tone for your drawings! Create the illusion of depth and three-dimensions by learning to create various shades of gray using techniques such as hatching, cross-hatching and squigling. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
5736	Edgemoor	1	9/19	F	6:00p-7:30p	\$7

MUSIC

Guitar Made Easy

Keep calm and play on! Join this fun beginners group where students learn guitar basics including tuning, strumming chords, understanding guitar charts, tablature and reading music. Guitars will be provided during this class so there's no need to invest in a guitar until you know if it is right for you! Additional on-site practice times are also available at no extra charge. Ages 8-15.

Code	Location	Classes	Begins	Day	Time	Fee
5467	Linwood	8	9/16	Tu	5:30p-6:30p	\$33
5468	Linwood	8	9/16	Tu	6:30p-7:30p	\$33



Hip Hop Music Studio NEW

Become a mix master! Create your own hip hop beats and produce instrumentals. Students will also practice writing lyrics along with recording, performing and mixing music. Studio equipment is provided for this hands-on experience and students will receive recordings of their in-class productions. Ages 12-18.

Code	Location	Classes	Begins	Day	Time	Fee
5761	Woodard	4	9/16	Tu/Th	6:00p-8:00p	\$15
5762	Woodard	4	10/7	Tu/Th	6:00p-8:00p	\$15
5763	Woodard	4	11/4	Tu/Th	6:00p-8:00p	\$15

Private Music Lessons

This will be music to your ears! Improve your music skills quickly with one-on-one private lessons held at Lynette Woodard Recreation Center. Each lesson is tailored to the individual needs of the student and held by appointment only. Fee is \$13 per 30-minute lesson. Contact Lynette Woodard Recreation Center directly to register.

Drums NEW

Can you feel the beat! Instruction for snare drums and drum kit will focus on proper grip, stroke technique, learning rhythms, drum patterns and expose the student to various types of musical drumming styles. Student will quickly learn to play along with their favorite bands.

- Lessons available Monday-Saturday
- Ages 7 & up



Guitar

Play like a rock star! Students will learn basic mechanics, chords, scales, beginning notes, how to tune, reading and tablature. Learn to play all styles of music. Purchase of book will be required after the first lesson. Try our acoustic or electric guitar or bring your own. Amp will be available.

- Lessons available Wednesday-Saturday
- Ages 8 & up



Piano

Become a treble maker! Students will be taught the foundation of playing the piano which includes notes, chords, staff, rhythm, phrasing and dynamics. Purchase of selected piano book required after first session.

- Lessons available Monday-Saturday
- Ages 7 & up



RECREATION

Homeschoolers Playtime Bonanza

It's time to jump, run and have some fun! Homeschoolers will enjoy the gym and game room for social and recreational free play activities. Parent must accompany child. Fee is per family or drop in for \$4. Ages 6-15.

Code	Location	Classes	Begins	Day	Time	Fee
5727	Edgemoor	6	9/18	Th	1:30p-3:00p	\$12
5728	Edgemoor	6	10/30	Th	1:30p-3:00p	\$12



Join the fun Holiday & Seasonal workshops! See page 2

YOUTH



Arcade Nights at Evergreen Rec. Center

Come check out the newly designed game room, no tokens needed! Get ready to put your skills to the test during competitions and contests. Make sure to arrive early, space is limited to 20 kids per Game Night.

2700 N. Woodland 303-8036
Every Friday this Fall 6:00–7:30 pm

Fee is \$3 per visit

Ages 8–14

- Professional arcade games
- Xbox360 and Wii games
- Large screen TVs

PHOTOGRAPHY

Hashtag Photography **NEW**

#getnoticed! Hashtags are popular social networking tools that are a great way to share your photos. Find out about popular photography locations that host photo competitions plus learn the process of transferring, uploading and tagging photos. Discover how the free Snapseed photo editing app can enhance your pictures for the ultimate photo-sharing experience. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
5781	Linwood	2	10/28	Tu	6:00p–8:00p	\$17
5782	Linwood	2	9/27	Sa	10:00a–12:00p	\$17

COOKING

Cupcake Decorating

Decorate your cake and eat it too! Have fun with food and get creative while learning techniques for designing and decorating cupcakes. All supplies provided. Wear clothes that can get messy. Registration deadline is the Thursday prior to class. Ages 8–14.



Code	Location	Classes	Begins	Day	Time	Fee
5710	Woodard	1	9/27	Sa	12:30p–2:00p	\$15
5711	Woodard	1	11/1	Sa	10:00a–11:30a	\$15

Delish Dinners & Desserts

Put on your chef's hat! Make a main dish from scratch and top it off with dessert! Learn measuring, utensil use and kitchen safety. Bring 1 lb. ground beef and 1 lb. chicken breast on the first night of class. Bring two containers to each class to take your creations home. Registration deadline is 10/8. Ages 6–12.

Code	Location	Classes	Begins	Day	Time	Fee
5446	Orchard	5	10/25	Sa	10:00a–12:00p	\$35

Mommy & Me: Cupcake Decorating

Making treats with a parent or loved one is always the icing on the cake! Have fun with food and get creative while learning techniques for designing and decorating cupcakes. Wear clothes that can get messy! Adult must participate, but does not need to register. Maximum of three children per adult. Fee is per child. Ages 3–7.

Code	Location	Classes	Begins	Day	Time	Fee
5715	Woodard	1	9/27	Sa	10:00a–11:30a	\$15
5716	Woodard	1	10/25	Sa	10:00a–11:30a	\$15

SPECIAL INTEREST

Acting Techniques **NEW**

To be or not to be! Students will be taught various acting styles and techniques such as comedic and dramatic acting along with improvisation. Also learn about rules of the theater and selecting costumes. Then put your skills to test as you perform a monologue and participate in a mock audition. Ages 10–16.

Code	Location	Classes	Begins	Day	Time	Fee
5729	Edgemoor	5	9/15	M	5:30p–6:30p	\$25
5730	Edgemoor	5	10/27	M	5:30p–6:30p	\$25

Cowboy & Cowgirl Roundup

Giddy-on-up to Watson Park to learn about roping and ride the ponies! Kids will love playing fun western style games. They'll be on the lookout for those cattle rustlers while taking a train ride at the end of the day! Ages 4–8.

Code	Location	Classes	Begins	Day	Time	Fee
5676	Watson	1	10/4	Sa	10:00a–11:30a	\$12

Creative Writing

Put your pen to the paper and let your imagination run wild! This class is perfect for aspiring young writers or kids who just need help with their writing techniques for school. Fun writing exercises will help young writers express their thoughts, feelings and emotions in their own words. Ages 8–12.

Code	Location	Classes	Begins	Day	Time	Fee
5444	Edgemoor	6	9/17	W	6:45p–7:45p	\$30
5445	Edgemoor	6	10/29	W	6:45p–7:45p	\$30

Olaf and Friends **NEW**

Do you want to build a snowman? Step into an icy wonderland of fun games and crafts based off the movie Frozen®. Create winter treasures such as a miniature Olaf, an ice painting and frozen slime. Have a snowball fight, ice races and more! Ages 6–10.

Code	Location	Classes	Begins	Day	Time	Fee
5786	Linwood	4	10/21	Tu	6:00p–7:15p	\$24



Fun With Math

Do the math! This class includes help with homework, problem areas and fun math games and activities. Students will get extra help with math standards, whether it is day-to-day math or state assessments. Grades 1–8.

Code	Location	Classes	Begins	Day	Time	Fee
5464	Edgemoor	6	9/18	Th	4:30p–5:15p	\$17
5465	Edgemoor	6	10/30	Th	4:30p–5:15p	\$17

It's Magic!

Now you see it, now you don't! This one-time workshop will have you on the edge of your seat with an exciting magic show. Students will also learn a few tricks that will amaze their friends.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 6-8						
5483	Woodard	1	9/27	Sa	10:00a–12:00p	\$10
5484	Woodard	1	11/8	Sa	10:00a–12:00p	\$10
Ages 9-14						
5485	Woodard	1	10/18	Sa	10:00a–12:00p	\$10
5486	Woodard	1	11/15	Sa	10:00a–12:00p	\$10

Metal Detecting

Enjoy the thrill of the hunt! This one-day class will inform you about the tools of the trade, basic detecting techniques, target identification and recovery of your treasure. **Offered by Wheat State Treasure Hunters.** Ages 12+. Children ages 12–14 must register with paying adult.

Code	Location	Classes	Begins	Day	Time	Fee
5751	Orchard	1	10/18	Sa	1:00p–4:00p	\$12

Pageant Training

You have the gown, now get the crown! A former Mrs. Kansas International winner will guide young ladies on different walking patterns along with how to answer interview questions, pick up choreography for opening numbers and showcase individual talents. Ages 6–12.

Code	Location	Classes	Begins	Day	Time	Fee
5515	Evergreen	8	9/20	Sa	10:00a–11:00a	\$30



LANGUAGES

French **NEW**

Parlez-vous francais? If you don't speak French, you will after learning the basic grammar, numbers and essential phrases for French conversation. Ages 8–15.

Code	Location	Classes	Begins	Day	Time	Fee
5534	Woodard	10	9/15	M	5:30p–6:30p	\$40

Spanish for Youth

Start your child on the bi-lingual path early! Learn numbers, colors and days of the week along with simple phrases. Ages 8–14.

Code	Location	Classes	Begins	Day	Time	Fee
5565	Woodard	8	9/16	Tu	5:30p–6:30p	\$40

SCOUT BADGES

Arrangements for additional one-day badge workshops can be made by contacting **Brian Hill at 316-529-9940 or bhill@wichita.gov.** These workshops meet all the badge requirements. Badge not provided.

Webelos: Forester

Take a break from city life and have a great time exploring the forest while studying trees and plants.

Code	Location	Classes	Begins	Day	Time	Fee
5618	Watson	1	9/20	Sa	10:30a–12:00p	\$6

Webelos: Naturalist

Nature loving scouts will love this opportunity to study living creatures and plants in Watson Park.

Code	Location	Classes	Begins	Day	Time	Fee
5619	Watson	1	9/20	Sa	8:30a–10:00a	\$6



Webelos: Readyman

Get ready for an emergency! You'll learn basic first aid skills and tips on how to handle emergencies to complete the requirements for your Readyman badge.

Code	Location	Classes	Begins	Day	Time	Fee
5620	Watson	1	9/27	Sa	8:30a–10:00a	\$6



Kids Konnection and Specialty Camps during in-service days from school. Pages 4 & 5



Evergreen Recreation Center 2014 FALL FESTIVAL

DRAWING
GAMES
CAKE WALK
RAFFLE

**Evergreen
Recreation Center**
303-8036
2700 North Woodland

Friday October 24
6:00 pm – 8:00 pm
Ages 4 – 12



Sponsored by:
Evergreen Golden Age Club • Aviator Church and
Evergreen Neighborhood Resource Center



GRADE SCHOOL HALLOWEEN PARTY

Friday, October 24 ★ 6:00 pm–8:00 pm

HALLOWEEN CANDY
HAUNTED ROOM
CARNIVAL GAMES
PRIZES

Costumes encouraged for this FREE program! (No weapons please)
Grades K–5th only!

Linwood Recreation Center
1901 S. Kansas
(Mt. Vernon & Hydraulic)
337-9191



Fitness Centers

Evergreen

Supervised weight room facility with Paramount fitness equipment including free weights, heavy bag and various exercise machines for maintaining or improving muscle mass, strength and toning.

Hours: M–F 9:00 am – 7:00 pm
Fee: \$2 per visit or \$27 for 10 weeks

Lynette Woodard

Supervised weight room facility with free weights, and various exercise machines for maintaining or improving muscle mass, strength and toning.

Hours: M–Th 3:00 pm – 6:00 pm & Fri 3:00 pm – 5:00 pm
Fee: \$2 per visit or \$27 for 10 weeks

Orchard

Fitness Center includes 14 cardio machines, cardio theater and a weights area. Lockers are available; plus one free personal trainer consultation with purchase of a membership.

Hours: M–F 8:00am – 8:00 pm
Fees: \$20 a month for Single Adult
\$35 a month for Family (2 adults, 2 kids same household)
\$15 a month for Active Adults 55+
\$4 drop in fee

Personal Fitness Training

Work one-on-one with an ACE certified personal trainer to help meet your personal fitness goals through diet and exercise. Appointment required. Private, couple and group sessions are available. Please contact Orchard or Lynette Woodard Recreation Centers for more information. Must have fitness membership to obtain personal training packages at Orchard Recreation Center.

	Individual	Couple	Each additional 3+
1hr	\$25	\$35	\$35 + 10 each
2hr	\$45	\$55	\$55 + 10 each
3hr	\$70	\$80	\$80 + 10 each
4hr	\$85	\$95	\$95 + 10 each

FITNESS

30-Minute Circuit

Devote just 30 minutes to a whole new you! Build strength, endurance and balance while rotating through 8–10 stations.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5320	Orchard	16	9/16	Tu/Th	7:00a–7:30a	\$28
5321	Orchard	16	11/13	Tu/Th	7:00a–7:30a	\$28
5322	Woodard	5	9/15	M	5:30p–6:00p	\$13
5323	Woodard	5	10/27	M	5:30p–6:00p	\$13
5324	Woodard	5	9/17	W	5:30p–6:00p	\$13
5325	Woodard	5	10/29	W	5:30p–6:00p	\$13
Advanced						
5326	Woodard	5	9/16	Tu	5:30p–6:00p	\$13
5327	Woodard	5	10/28	Tu	5:30p–6:00p	\$13
5328	Woodard	5	9/19	F	5:30p–6:00p	\$13
5329	Woodard	5	10/31	F	5:30p–6:00p	\$13

Abs Only

Get your abs in shape with a tightening and toning routine.

Code	Location	Classes	Begins	Day	Time	Fee
5332	Orchard	8	9/20	Sa	10:15a–10:45a	\$14
5333	Orchard	4	11/15	Sa	10:15a–10:45a	\$7

Advanced Fitness Training

Push yourself to the limit! This high intensity class will challenge you to achieve more. Class includes cardio and strength training using weight machines, dumbbells or your own body weight. Work is done in stations with possibly some boot camp style training outdoors.

Code	Location	Classes	Begins	Day	Time	Fee
5334	Orchard	16	9/16	Tu/Th	6:15p–7:15p	\$50
5335	Orchard	8	11/13	Tu/Th	6:15p–7:15p	\$25

Aerobics—Cardio Mix

Shake up your fitness routine with a mix of kickboxing, step, floor and boot camp exercises. You'll also work your abs and back to build strength and endurance. Cardio segments vary each class.

Code	Location	Classes	Begins	Day	Time	Fee
5336	Boston	4	9/16	Tu	5:30p–6:30p	\$13
5337	Edgemoor	4	9/18	Th	5:30p–6:30p	\$13

Aerobics—Step

Step up to the challenge! Tone up, burn calories and improve cardiovascular fitness using step platforms. First half of class features cardio work followed by strength training with weights and floor exercises.

Code	Location	Classes	Begins	Day	Time	Fee
5338	Evergreen	12	9/16	Tu	6:00p–6:45p	\$28
5339	Orchard	26	9/15	M/W	6:35p–7:20p	\$61



Fitness

Balance Circuit

Commit to be fit! Burn up to two times the calories than a traditional strength training workout with this class designed to improve core stability and strength. Target muscle groups with the use of Bosu balls, balance disks, stability balls and suspension training. Includes fitness center membership.

Code	Location	Classes	Begins	Day	Time	Fee
5345	Orchard	16	9/15	M/F	2:00p–2:45p	\$56
5343	Orchard	8	9/20	Sa	9:15a–10:00a	\$28
5346	Orchard	8	11/10	M/F	2:00p–2:45p	\$28
5344	Orchard	4	11/15	Sa	9:15a–10:00a	\$14

Bokwa

Sweat the alphabet and dance the digits! Bokwa is a brand new cardio fitness craze that is based on foot movements that follow the shape of letters and numbers. The steps are easy and repetitive, no counting beats and no dance experience necessary for this high energy workout.

Code	Location	Classes	Begins	Day	Time	Fee
5387	Boston	12	9/18	Th	6:45p–7:30p	\$28
5388	Edgemoor	11	9/16	Tu	6:00p–6:45p	\$26
5389	Hyde Pk	12	9/18	Th	9:15a–10:00a	\$28
5390	Orchard	10	9/18	Th	6:00p–6:45p	\$24

Boot Camp Basics

Build strength, endurance and cardio while getting ripped! This action packed military style workout for guys and gals will be held indoors and is great for beginning level students.

Code	Location	Classes	Begins	Day	Time	Fee
5392	Edgemoor	13	9/15	M	5:30p–6:15p	\$31
5393	Edgemoor	12	9/20	Sa	10:00a–10:45a	\$28
5394	Evergreen	12	9/16	Tu	6:15p–7:00p	\$28
5391	Orchard	4	9/15	M	5:30p–6:15p	\$10

BOSU Fitness

Do you BOSU? The BOSU Balance Trainer (meaning Both Sides Utilized) can be used on either the dome or platform to improve balance, posture, flexibility and core strength while delivering a killer cardio workout. Stabilization muscles work throughout every exercise. Modifications will be given for injuries, balance and intensity.

Code	Location	Classes	Begins	Day	Time	Fee
5731	Edgemoor	13	9/15	M	10:00a–10:45a	\$31
5395	Edgemoor	13	9/17	W	10:00a–10:45a	\$31

Cardio Kickboxing

Kick start your workouts! Mix up your routine with flexibility and strength-building kickboxing moves. You'll enjoy high-intensity drills and energizing music while burning calories. This cardiovascular workout consisting of jabs, hooks, uppercuts and kicks is designed to get you on your way to a leaner body. No equipment is used and gloves are not required.

Code	Location	Classes	Begins	Day	Time	Fee
5414	Linwood	13	9/15	M	5:30p–6:15p	\$31

Circuit Training

Feel the burn—the burn of calories, that is! This program includes high intensity and fast paced circuit training, body weight exercises emphasizing cardio and power along with agility exercises. Short rest periods are held in between each segment. This class will target aerobic endurance working all major muscle groups; some movements may simulate martial arts exercises. Orchard class includes fitness center membership.

Code	Location	Classes	Begins	Day	Time	Fee
5425	Evergreen	12	9/15	M	6:15p–7:00p	\$28
5426	Orchard	8	9/20	Sa	8:00a–9:00a	\$38
5427	Orchard	4	11/15	Sa	8:00a–9:00a	\$19

Core and More

Work on that six pack! This class targets the upper and lower abdominals, obliques, transverse and back muscles which supply power and support to the entire body.

Code	Location	Classes	Begins	Day	Time	Fee
5435	Edgemoor	13	9/15	M	9:00a–9:45a	\$31
5732	Edgemoor	13	9/17	W	9:00a–9:45a	\$31
5674	Evergreen	12	9/17	W	6:15p–7:00p	\$28
5436	Linwood	13	9/15	M	6:30p–7:00p	\$23

Fitness 101

Enjoy a new fitness program designed just for you, but work out in a group setting for more motivation! Instructor will customize your workout and track your progress. Cardio machines and weights are used. Orchard Fitness Center membership included.

Code	Location	Classes	Begins	Day	Time	Fee
5449	Orchard	16	9/16	Tu/Th	5:25p–6:10p	\$56
5450	Orchard	8	11/13	Tu/Th	5:25p–6:10p	\$28

Tai Chi

Find inner peace by practicing a series of gentle, flowing postures and movements to improve balance, coordination and relieve stress.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5588	Edgemoor	13	9/15	M	11:15a–12:15p	\$41
5586	Edgemoor	12	9/17	W	6:00p–7:00p	\$38
5587	Evergreen	12	9/16	Tu/Th	6:00p–6:45p	\$28
5589	Evergreen	12	10/28	Tu/Th	6:00p–6:45p	\$28
5590	Orchard	24	9/16	Tu/Th	10:00a–10:45a	\$57
Advanced						
5591	Orchard	24	9/16	Tu/Th	11:00a–11:45a	\$57

Total Body Workout

Go from flab to fab! This class features cardio and strength training with hand-held weights, bands, balls and body resistance. Core work included.

Code	Location	Classes	Begins	Day	Time	Fee
5606	Edgemoor	12	9/16	Tu	10:00a–10:45a	\$28
5607	Edgemoor	12	9/18	Th	10:00a–10:45a	\$28

Tribal Boot Camp

Loosen up and feel the beat! This fast-paced cardio workout incorporates Mexican and Latin tribal dance moves set to the Latin beats of Cumbia, Mexican Pop along with Techno for an urban electronic feel. Light weights and core work are also used to improve overall strength.

Code	Location	Classes	Begins	Day	Time	Fee
5614	Evergreen	12	9/15	M	7:00p–7:45p	\$28



Urban Hiking NEW

Come explore Wichita and roam the urban landscape! These leisurely weekly hikes throughout the city allow you to find new and interesting routes to walk and places to see. Explore Pawnee Prairie Park and its tree shrouded paths, the historic College Hill neighborhood, the natural surroundings of Oak Park and Riverside Park, and the creeks and trails surrounding the former Joyland. Treks range from 2–4 miles.

Code	Location	Classes	Begins	Day	Time	Fee
5784	Various	4	9/27	Sa	10:00a–12:00p	\$15



Yoga

Learn basic gentle stretching, breathing, mental focus and relaxation techniques to improve health and posture. Practice precision and alignment by holding poses. Props may be used. Personal floor mats encouraged.

Code	Location	Classes	Begins	Day	Time	Fee
5631	Boston	13	9/15	M	6:00p–7:15p	\$51
5632	Boston	13	9/15	M	9:00a–10:15a	\$51
5633	Boston	13	9/17	W	9:00a–10:15a	\$51
5634	Boston	12	9/17	W	6:00p–7:15p	\$47
5635	Edgemoor	13	9/15	M	9:45a–10:45a	\$41
5636	Edgemoor	12	9/16	Tu	5:45p–6:45p	\$38
5637	Edgemoor	12	9/16	Tu	7:00p–8:00p	\$38
5638	Edgemoor	13	9/17	W	9:45a–10:45a	\$41
5639	Edgemoor	12	9/18	Th	6:00p–7:00p	\$38
5641	Evergreen	12	9/16	Tu	6:30p–7:15p	\$28
5640	Evergreen	12	9/17	W	7:00p–7:45p	\$28
5643	Linwood	12	9/18	Th	6:30p–7:30p	\$38

Yoga for Families NEW

There is no place like ohm! A fun and playful way for kids to learn to focus and center themselves. This interactive class involves individual and group poses with the use of music to learn yoga techniques and postures. Class is child centered, but everybody benefits. Child may register without parent. Ages 8+.

Code	Location	Classes	Begins	Day	Time	Fee
5704	Linwood	10	9/18	Th	5:30p–6:15p	\$24

Yoga—Kripalu

Hatha postures practiced gently with an emphasis on being present in your body and sustaining a flowing breath. This class allows you to choose the level of physical intensity that is right for your body.

Code	Location	Classes	Begins	Day	Time	Fee
5644	Auburn Hills	12	9/17	W	6:00p–7:00p	\$38
5645	Orchard	12	9/15	M	6:00p–7:00p	\$38
5646	Orchard	11	9/16	Tu	4:15p–5:15p	\$35
5647	Orchard	11	9/16	Tu	5:30p–6:30p	\$35
5648	Orchard	12	9/18	Th	4:15p–5:15p	\$38
5649	Orchard	12	9/18	Th	5:30p–6:30p	\$38

\$4 Sample a fitness class

ADULTS

Fitness

Zumba Fitness

Join the hottest dance and fitness craze! Sculpt your body with simple Latin dance steps, interval and resistance training for a fun filled rhythmic workout.

Code	Location	Classes	Begins	Day	Time	Fee
5650	Boston	13	9/15	M	6:00p-7:00p	\$41
5651	Edgemoor	13	9/15	M	5:30p-6:15p	\$31
5653	Evergreen	12	9/16	Tu	7:30p-8:15p	\$28
5652	Evergreen	12	9/18	Th	6:00p-6:45p	\$28
5654	Evergreen	13	9/20	Sa	9:30a-10:15a	\$31
5655	Linwood	12	9/18	Th	5:45p-6:30p	\$28
5657	Orchard	26	9/15	M/W	5:45p-6:30p	\$61
5656	Orchard	12	9/20	Sa	9:00a-10:00a	\$38

Zumba Gold—Plus-Size

Just do it! Come join a fun cardio fitness class that is geared towards the needs of the plus-size individual or those who are body-conscious. A supportive group fitness program held in a private setting.

Code	Location	Classes	Begins	Day	Time	Fee
5658	Hyde	6	9/15	M	7:00p-7:45p	\$14
5660	Hyde	6	10/27	M	7:00p-7:45p	\$14
5659	Hyde	6	9/17	W	7:00p-7:45p	\$14
5661	Hyde	6	10/29	W	7:00p-7:45p	\$14

BOXING

Boxing Basics

Fly like a butterfly and sting like a bee! Learn proper techniques such as stance, jabs, power punches, footwork, hooks and uppercuts. Also learn offensive and defensive strategies to help you prepare for a match. This no-contact class features punching bags, speed bags and punching mitts instead. Boxing gloves are provided or bring your own.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning (5-weeks)						
5396	Woodard	Women	9/15	M	6:00p-6:45p	\$16
5397	Woodard	Women	11/3	M	6:00p-6:45p	\$16
5402	Woodard	Men	9/16	Tu	7:00p-7:45p	\$16
5403	Woodard	Men	10/28	Tu	7:00p-7:45p	\$16
5398	Woodard	Co-ed	9/18	Th	6:00p-6:45p	\$16
5399	Woodard	Co-ed	10/30	Th	6:00p-6:45p	\$16

Beginning (8-weeks)

5406	Woodard	Co-ed	9/17	W	7:00p-7:45p	\$26
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Intermediate (5-weeks)

5400	Woodard	Women	9/15	M	7:00p-7:45p	\$16
5401	Woodard	Women	11/3	M	7:00p-7:45p	\$16
5404	Woodard	Men	9/18	Th	7:00p-7:45p	\$16
5405	Woodard	Men	10/30	Th	7:00p-7:45p	\$16



Boxing—Private Training

The fastest way to improve your boxing skills and move to the next level is with one-on-one training. Plus, it's also a dynamic work-out experience!

- \$15 per 30-minute private lesson.
- Lessons by appointment only Monday–Friday.
- Contact Woodard Rec Center to register.
- No membership required!

Contact Boxing

There's no need to throw in the towel! In this 5-week program you will participate in USA Amateur Boxing workouts consisting of footwork drills, shadow boxing, heavy bags, double end bags, and defensive/offensive boxing drills. Conditioning drills, abdominal exercise and body weight strength exercises such as push-ups and squats will get you in shape fast! Sparring will be controlled and monitored. Mouth piece and hand wraps required along with signed waiver and release of liability & assumption of risk. Females and males will not spar together. Students must have taken boxing basics class. Register at Woodard.

Code	Location	Classes	Begins	Day	Time	Fee
5428	Woodard	Women	9/15	M	8:00p-8:45p	\$21
5430	Woodard	Women	10/27	M	8:00p-8:45p	\$21
5429	Woodard	Men	9/16	Tu	8:00p-8:45p	\$21
5431	Woodard	Men	10/28	Tu	8:00p-8:45p	\$21

Pink Gloves Boxing

What a knockout! Learn boxing skills while you develop strength and stamina in this women's-only class. Circuit training at stations includes footwork drills, shadow boxing, bag work, total-body strengthening and one-on-one time with the trainer. Boxing gloves provided or bring your own. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5517	Evergreen	8	9/16	Tu/Th	5:30p-6:30p	\$49
5518	Evergreen	8	10/14	Tu/Th	5:30p-6:30p	\$49
Intermediate						
5519	Evergreen	8	9/16	Tu/Th	6:30p-7:30p	\$49
5520	Evergreen	8	10/14	Tu/Th	6:30p-7:30p	\$49

MARTIAL ARTS

Chinese Internal Boxing

Learn ancient Chinese martial arts including boxing, kicking and self-defense tactics. Must take beginner's class and receive instructor approval before taking the intermediate level. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5423	Linwood	11	9/15	M	7:00p-8:15p	\$35
Intermediate						
5424	Linwood	11	9/15	M	5:30p-7:00p	\$42

Jiu-Jitsu

Your body becomes your weapon in this action packed class! Jiu-Jitsu is a weaponless grappling martial art using take downs, throws, sweeps and submissions. Focus on learning and applying fundamental techniques of Brazilian Jiu-Jitsu such as escapes, positioning and self-defense.

Code	Location	Classes	Begins	Day	Time	Fee
5489	Evergreen	12	9/20	Sa	2:15p-3:30p	\$44

Karate NEW

This class has a kick to it! Students will receive instruction in the basic concepts of Okinawan Goju Ryu Karate through drills and forms that involve punching, blocking, kicking, stretching and self-defense. Belt advancement opportunities available. Ages 7+.

Code	Location	Classes	Begins	Day	Time	Fee
5779	Boston	10	9/20	Sa	2:15p-3:45p	\$44

\$5

Green Fees

Wichita Public GOLF COURSES

October Customer Appreciation Days

at all five
Wichita Public Golf Courses

MACDONALD 10/1 • AUBURN 10/7
SIM 10/13 • CLAPP 10/20 • TEX 10/23

Visit golfwichita.com to learn more and book your tee time.

Coming late fall! Grand Opening of the Linwood Fitness Center. Call Linwood Rec. Center for more information.

Self-Defense Workshop

Be prepared to protect yourself in the event of a dangerous situation! Learn a variety of techniques to use in response to various attack scenarios such as use of pressure points, blocks, kicks and punches. Expect some hand-to-hand contact while practicing these control methods.

Code	Location	Classes	Begins	Day	Time	Fee
Ages 6+						
5530	Evergreen	1	10/4	Sa	10:00a-12:00p	\$9
Ages 8+						
5531	Linwood	1	9/20	Sa	9:00a-12:00p	\$14

Tae Kwon Do

Work your way up the martial arts ladder! Develop physical agility and self-discipline through basic techniques while learning respect for yourself and others. Belt advancement opportunities are available. Ages 6+.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5574	Edgemoor	12	9/16	Tu/Th	6:15p-7:15p	\$35
5575	Edgemoor	12	10/28	Tu/Th	6:15p-7:15p	\$35
5576	Evergreen	12	9/16	Tu/Th	6:30p-7:30p	\$35
5577	Evergreen	10	10/28	Tu/Th	6:30p-7:30p	\$29
5578	Linwood	14	9/15	M/Th	6:45p-7:45p	\$41
5580	Linwood	12	11/3	M/Th	6:45p-7:45p	\$35
Intermediate						
5572	Edgemoor	12	9/16	Tu/Th	7:15p-8:15p	\$35
5573	Edgemoor	12	10/28	Tu/Th	7:15p-8:15p	\$35
5579	Linwood	14	9/15	M/Th	7:45p-8:45p	\$41
5581	Linwood	12	11/3	M/Th	7:45p-8:45p	\$35

SPORTS

Adventures in Orienteering NEW

Take the off-road challenge! Master the use of a map and a compass to navigate from point to point in this fun outdoor sport. Course challenges will test students' skills as they navigate through a marked course on the island. All materials provided. Ages 8+.

Code	Location	Classes	Begins	Day	Time	Fee
5696	Watson	1	9/27	Sa	12:30p-4:30p	\$12

Archery

Aim, set, release! Learn archery fundamentals, shooting skills and safe conduct. Offered by Wichita Shooting Stars. Contact Linwood for more information. Ages 8+.

Code	Location	Classes	Begins	Day	Time	Fee
5341	Archery Range	5	9/15	M	6:15p-7:45p	\$20
5342	Archery Range	5	9/16	Tu	6:15p-7:45p	\$20

ADULTS

SPORTS

Golf Basics NEW

Whether it's for business or recreation, learn to tee off with confidence! A PGA Professional will introduce golf fundamentals and guide students through the mechanics of putting, chipping, pitching and the full swing. Also gain an understanding of golf rules, etiquette, handicap and scoring. Intermediate class helps experienced students sharpen their full swing and short game skills. Students are encouraged to bring their own clubs as a limited number will be available for use.



Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5698	Clapp	5	10/25	Sa	10:00a–11:00a	\$40
Intermediate						
5699	Clapp	5	10/25	Sa	11:30a–12:30p	\$40

Sand Volleyball—Coed Team

Get a great workout while playing in the sand! Register as a team for this 6-on-6 self-officiated league for intermediate players. Must be proficient in all skills and court strategy. T-shirts will be awarded to the team with the best record. Fee is per team with a maximum of eight on a roster. Must have all players' information and payment to register. Register as a team. Contact Watson Park if you would like to be assigned to a team. Ages 18+.

Code	Location	Classes	Begins	Day	Time	Fee
5529	Watson	6	8/12	Tu	6:15p–8:00p	\$60

Tennis

Game, set, match! Learn basic tennis fundamentals, rules and game strategies.

Code	Location	Classes	Begins	Day	Time	Fee
5593	Edgemoor	5	9/16	Tu	7:00–8:00p	\$25

Volleyball—Men's Individual

It's time to bump it up a notch! Join this self-officiated beginning to intermediate level league. Proficiency in all skills and court strategy required. Fee is per visit.

Code	Location	Classes	Begins	Day	Time	Fee
Drop In	Evergreen	6	9/16	Tu/Th	7:00p–9:00p	\$4

MUSIC

Guitar

Strum your heart out! Learn guitar basics including tuning, strumming chords, understanding guitar charts, tablature and reading music. Students must bring own guitar.

Code	Location	Classes	Begins	Day	Time	Fee
5466	Linwood	8	9/16	Tu	7:30p–8:30p	\$33

Private Music Lessons

This will be music to your ears! Improve your music skills quickly with one-on-one private lessons held at Lynette Woodard Recreation Center. Each lesson is tailored to the individual needs of the student and held by appointment only. Fee is \$13 per 30-minute lesson. Contact Lynette Woodard Recreation Center directly to register.

Drums NEW

Can you feel the beat! Instruction for snare drums and drum kit will focus on proper grip, stroke technique, learning rhythms, drum patterns and expose the student to various types of musical drumming styles. Student will quickly learn to play along with their favorite bands.

- Lessons available Monday–Saturday
- Ages 7 & up



Guitar

Play like a rock star! Students will learn basic mechanics, chords, scales, beginning notes, how to tune, reading and tablature. Learn to play all styles of music. Purchase of book will be required after the first lesson. Try our acoustic or electric guitar or bring your own. Amp will be available.

- Lessons held Wednesday–Saturday
- Age 8 and up



Piano

Become a treble maker! Students will be taught the foundation of playing the piano which includes notes, chords, staff, rhythm, phrasing and dynamics. Purchase of selected piano book required after first session.

- Lessons held Monday–Saturday
- Ages 7 and up



DANCE

Ballroom Dance

Spin your way onto the dance floor! Learn some of the most popular ballroom dances such as the Swing Hustle and Fox Trot. Fee is per person; couples encouraged.

Code	Location	Classes	Begins	Day	Time	Fee
5663	Minisa	10	9/17	W	7:00p–8:00p	\$36

Belly Dance

Shimmy your way into shape as you isolate and work various body parts such as the shoulders, chest and stomach. For beginners only.

Code	Location	Classes	Begins	Day	Time	Fee
5378	Linwood	11	9/17	W	6:00p–7:00p	\$41
5379	Linwood	11	9/18	Th	6:00p–7:00p	\$41

Belly Dance Choreography

If your hips don't lie, this class is for you! Experienced belly dancers will progress into advanced moves and belly dance choreography. Instructor approval required for this advanced class.

Code	Location	Classes	Begins	Day	Time	Fee
5380	Linwood	11	9/18	Th	7:00p–8:00p	\$41

Belly Dance Combinations and Props

Take your skills to the next level with new dance steps in this intermediate class. Discover how to use props such as veils, canes and zils.

Code	Location	Classes	Begins	Day	Time	Fee
5381	Linwood	11	9/17	W	7:00p–8:00p	\$41

Big Band Dancing

Swing with style! Learn basic dances such as the Waltz, Foxtrot, Salsa and Swing. Student requests also accepted. Lessons are designed to prepare you to dance socially with confidence. No on-line registration for the couple's classes. Call to register.

Code	Location	Classes	Begins	Day	Time	Fee
Couples—Beginning (Fee is per couple)						
5384	Edgemoor	6	9/15	M	6:30p–7:15p	\$32
5385	Edgemoor	6	10/27	M	6:30p–7:15p	\$32

Couples—Advanced (Fee is per couple)

5382	Edgemoor	6	9/15	M	7:30p–8:15p	\$32
5383	Edgemoor	6	10/27	M	7:30p–8:15p	\$32

Singles—Advanced (Fee is per couple)

5386	Edgemoor	6	9/20	Sa	12:00p–12:45p	\$16
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Clogging

Feel the beat in this high energy folk dance! Learn to create audible rhythms with your feet. You must provide your own clogging shoes.

Code	Location	Classes	Begins	Day	Time	Fee
3483	Kiwanis Pk	12	9/15	M	6:00p–7:00p	\$43

Country Line Dance

Get your boots a scootin'! Learn the most popular dances such as the Tush Push and more. No partner required.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5440	Edgemoor	6	9/20	Sa	11:00a–11:45a	\$17
5441	Edgemoor	5	11/1	Sa	11:00a–11:45a	\$15
5437	Linwood	9	9/16	Tu	6:30p–7:30p	\$34
5439	Orchard	10	9/18	Th	6:30p–7:30p	\$38

Intermediate

5438	Orchard	10	9/18	Th	7:45p–8:45p	\$38
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Country Two-Step

It will be smooth movin' across the dance floor with this up-tempo country partner dance. After mastering the basics of the two-step, we'll add spins, wraps and weaving movements so you're sure to impress. Fee is per couple. No online registration for this class. Call to register.

Code	Location	Classes	Begins	Day	Time	Fee
5734	Edgemoor	6	11/1	Sa	12:00p–12:45p	\$32
5735	Linwood	9	9/18	Th	7:00p–8:00p	\$64

Country Waltz

As elegant as the Ballroom Waltz and easy to learn! This progressive dance uses patterns that move diagonally across the dance floor. Learn the Rise & Fall along with the Swing & Sway movements. Partner required, fee is per couple. No on-line registration available for this class. Call to register.

Code	Location	Classes	Begins	Day	Time	Fee
5675	Linwood	9	9/18	Th	8:00p–9:00p	\$64

Latin Dancing

Spice up your moves while learning the Salsa, Mambo, Cha-Cha, Rumba and Cumbia dance techniques. No partner required.

Code	Location	Classes	Begins	Day	Time	Fee
5502	Boston	10	9/18	Th	5:30p–6:30p	\$36

Party on the Dance Floor

It's time to bust a move! Update your dance steps and improve your confidence on the dance floor at clubs, parties or weddings by learning today's moves such as hip hop, shufflin', popping and body rolls. Also learn some popular group dances such as the Cupid Shuffle, Cha-Cha Slide, the Wobble and many more!

Code	Location	Classes	Begins	Day	Time	Fee
5516	Evergreen	8	9/20	Sa	11:00a–12:00p	\$30

ART

Color Composition NEW

Boldly go where no color has gone before! This class covers basic drawing and painting techniques with a focus on how to properly mix and combine colors. Students will be introduced to various color schemes to help create stunning works of art. Supplies provided. Ages 10+.

Code	Location	Classes	Begins	Day	Time	Fee
5738	Edgemoor	5	9/15	M	6:45p–7:45p	\$25

Drawing with Charcoal NEW

It's all black and white in this drawing class! Get messy with charcoal as you learn shading and smudging techniques using an eraser, cloths and fingers to create the illusion of depth and shadow. Supplies provided. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
5737	Edgemoor	1	9/26	F	6:00p–7:30p	\$7

Oil Painting

Dream big as you choose your next project! Work one-on-one with the instructor to boost your artistic skills. This course is for everyone from basic to advanced painters. Bring supplies.

Code	Location	Classes	Begins	Day	Time	Fee
5513	Edgemoor	7	9/15	M	1:30p–3:30p	\$47
5514	Edgemoor	6	11/3	M	1:30p–3:30p	\$40

Shading Techniques

Set the tone for your drawings! Create the illusion of depth and three-dimensions by learning to create various shades of gray using techniques such as hatching, cross-hatching and squirling. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
5736	Edgemoor	1	9/19	F	6:00p–7:30p	\$7

ADULTS

COOKING

Cooking for Yourself

Be your own personal chef! Individuals with intellectual disabilities will learn to cook healthy meals and snacks. Learn how to measure, follow a recipe and select the right foods and ingredients to make the food melt in your mouth. Registration deadline is 10/10. Ages 18+.



Code	Location	Classes	Begins	Day	Time	Fee
5434	Orchard	4	10/15	W	5:30p-7:00p	\$25

Fat of the Matter NEW

Get the skinny on fast food! Participants will learn about the calorie and fat content in typical fast food items and then get a chance to make healthy, quick alternatives such as chicken nuggets and baked fries. Registration deadline is 11/14. **Offered by K-State Extension.**

Code	Location	Classes	Begins	Day	Time	Fee
5740	Woodard	1	11/17	M	6:30p-8:00p	\$10

Hispanic Cooking

Make mouth watering authentic dishes ranging from flour tacos to enchiladas. You'll be a hit at your next fiesta! Food is provided. Registration deadline is 9/12.

Code	Location	Classes	Begins	Day	Time	Fee
5477	Evergreen	5	9/17	W	6:30p-7:30p	\$29

Make Your Own Baby Food

Stimulate your baby's taste buds! Preparing, steaming, boiling, baking, roasting and seasoning of foods will be discussed and demonstrated. Learn how to introduce new foods as well as tricks to encourage your toddler to eat. Supplies and storage techniques will also be discussed.

Code	Location	Classes	Begins	Day	Time	Fee
5742	Linwood	1	10/18	Sa	1:00p-4:00p	\$17

Snack Attack NEW

Satisfy your munchies! Learn how to plan ahead so you can create quick and easy healthy snacks everyone will love. Give your taste buds a treat making and eating a variety of snacks in class such as granola, yogurt parfait and chicken feed. Registration deadline is 10/17. **Offered by K-State Extension.**



Code	Location	Classes	Begins	Day	Time	Fee
5741	Woodard	1	10/20	M	6:30p-8:00p	\$10

COMING SOON... Spinning Classes at Lynette Woodard!

VEGETARIAN CUISINE

This series focuses on techniques to help students prepare bold, creative, healthy and delicious vegetarian cuisine at home. Each class includes a light meal, printed recipes and hands-on experience. Registration deadline for these one-time classes is the Thursday prior to the day of class. **Offered by Garden Grill Café.**

Enticing Entrees

Enjoy flavors from around the world! Learn how to use tofu, seitan and vegetable proteins in your tamales, spanakopita and black bean burger. Registration deadline is 9/25.

Code	Location	Classes	Begins	Day	Time	Fee
5481	Orchard	1	9/28	Su	4:00p-7:00p	\$25

Herbs and Spices

It's time to spice it up! Discover some wonderful spices such as black caraway and lavender juniper that can dramatically enhance the flavors of your dishes. Use your new spice knowledge while learning to prepare a variety of stews and soups using lentils, garbanzo beans, leeks, butternut squash and more! Knife skills will also be covered. Registration deadline is 9/18.

Code	Location	Classes	Begins	Day	Time	Fee
5685	Orchard	1	9/21	Su	4:00p-7:00p	\$25

Sauces and Dressings

Great sauces can make the meal! Learn to how to make fabulous sauces such as key lime, marinara, alfredo, cheese red curry emulsion, Thai and much more. Registration deadline is 10/2.

Code	Location	Classes	Begins	Day	Time	Fee
5482	Orchard	1	10/5	Su	4:00p-7:00p	\$25

LANGUAGES

American Sign Language

Let your hands do the talking! We'll teach you to spell the alphabet along with simple words or phrases.

Code	Location	Classes	Begins	Day	Time	Fee
5340	Evergreen	10	9/15	M	6:30p-7:30p	\$34

French

Parlez-vous Francais? If you don't speak French, you will after picking up the basic grammar, numbers, and essential phrases for everyday French conversation. Edgemoor students must purchase "Passport Books" by Angela Wilkes. Woodard students must purchase "Easy French Step-by-Step" by Myrna Bell Rochester.

Code	Location	Classes	Begins	Day	Time	Fee
5462	Edgemoor	6	9/16	Tu	5:30p-7:00p	\$27
5463	Edgemoor	6	10/28	Tu	5:30p-7:00p	\$27
5533	Woodard	10	9/15	M	6:45p-7:45p	\$30

Spanish

Boost your communication skills by learning a new language! Practice common words, phrases and sentence structures. Edgemoor requires the textbook "Spanish in 10 Minutes a Day." Intermediate courses are for students who have taken beginning course; advanced courses must have taken beginning and intermediate.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
5551	Edgemoor	6	9/17	W	5:30p-7:00p	\$27
5552	Edgemoor	6	10/29	W	5:30p-7:00p	\$27
5557	Evergreen	10	9/17	W	6:15p-7:45p	\$45
5555	Evergreen	10	9/20	Sa	10:30a-12:00p	\$45
5559	Woodard	10	9/16	Tu	6:45p-7:45p	\$30
Intermediate						
5553	Edgemoor	6	9/17	W	7:00p-8:30p	\$27
5554	Edgemoor	6	10/29	W	7:00p-8:30p	\$27
5556	Evergreen	10	9/20	Sa	12:00p-1:30p	\$45
Advanced						
5558	Evergreen	10	9/20	Sa	9:00a-10:30a	\$45
5560	Woodard	10	9/17	W	5:45p-6:45p	\$30

Spanish in the Workplace

It's not necessary to master the entire Spanish language! Learn key phrases, idioms and structures to communicate with customers, patients, citizens and co-workers. Designed for newcomers who wish to take control of their Spanish in the workplace.

Code	Location	Classes	Begins	Day	Time	Fee
5561	Evergreen	10	9/18	Th	6:30p-8:00p	\$45
5562	Woodard	6	9/17	W	7:00p-7:45p	\$14
5564	Woodard	6	9/19	F	6:30p-7:15p	\$14

TECHNOLOGY

Let Technology Save You Money

Smart phones are more than just fun and games! Put money in your pocket by learning which mobile apps or websites can get you discounts, freebies, product reviews or price alerts. Learn how to redeem eCoupons, scan barcodes and earn points or rewards to your favorite store.

Code	Location	Classes	Begins	Day	Time	Fee
5783	Edgemoor	2	10/16	Th	7:00p-8:00p	\$9

Maximizing Your Technology

Lose your fear of technology and learn to embrace it! Discuss the digital revolution and how it affects you through the use of smart phones, social media, texting, GPS, games, and the many available apps. Learn how to protect your personal data from scams and other security issues and discuss future trends that can help improve your life. Class is interactive and discussion based.

Code	Location	Classes	Begins	Day	Time	Fee
5508	Edgemoor	4	9/18	Th	7:00p-8:00p	\$17



PHOTOGRAPHY

Digital Photography Basics

Beginning shutterbugs explore camera functions, composition, editing, printing and archiving. Bring camera and memory card.

Code	Location	Classes	Begins	Day	Time	Fee
5743	Edgemoor	3	10/16	Th	6:00p-8:00p	\$25
5677	Orchard	3	9/22	M	6:00p-8:00p	\$25

Digital Photography for the SLR User

Enhance your photography skills! This course is designed for cameras with a removable lens and covers basic camera settings, exposure, depth of field and composition along with common trouble shooting issues. Bring camera, camera manual and digital work examples. Non-SLR camera owners may attend this class as many of the topics/exercises can be used on point-and-shoot cameras.

Code	Location	Classes	Begins	Day	Time	Fee
5447	Orchard	3	10/20	M	6:00p-8:00p	\$25

Hashtag Photography NEW

#getnoticed! Hashtags are popular social networking tools that are a great way to share your photos. Find out about popular photography locations that host photo competitions plus learn the process of transferring, uploading and tagging photos. Discover how the free Snapseed photo editing app can enhance your pictures for the ultimate photo-sharing experience. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
5781	Linwood	2	10/28	Tu	6:00p-8:00p	\$17
5782	Linwood	2	9/27	Sa	10:00a-12:00p	\$17

Night Photography

Take the mystique out of getting a good night photo! Visit the Keeper of the Plains, WSU and the Delano and Downtown districts for photo shoots to learn how to determine the correct settings for different night time situations. Also learn creative techniques such as painting with light and ghosting affects. Bring a tripod and good walking shoes.

Code	Location	Classes	Begins	Day	Time	Fee
5780	Various	4	10/6	M	7:30p-9:00p	\$25
5744	Various	4	10/1	W	7:30p-9:00p	\$25

Photographing Fireworks NEW

End the year with a bang! Improve your ability to capture spectacular fireworks photos by learning the best camera settings, lenses, framing your shot and other factors such as wind or location. Put those skills to the test on the second class at a holiday fireworks display TBA.

Code	Location	Classes	Begins	Day	Time	Fee
5745	Linwood	2	11/19	W/Sa	6:00p-7:30p	\$13



HOME IMPROVEMENT

Offered by The Home Depot

Ceramic Tile

We've got this covered! Discover how to install ceramic tile floors, walls and countertops. You will learn to grout like a pro and the results will be stunning.

Code	Location	Classes	Begins	Day	Time	Fee
5746	Linwood	1	9/27	Sa	10:00a-12:00p	\$8

Faux Painting NEW

Faux like a pro! Learn the secrets to decorative finishes such as sponging, rag rolling, dual rollers and color washing. This is a hands-on session so come dressed to paint.

Code	Location	Classes	Begins	Day	Time	Fee
5747	Home Depot	1	10/11	Sa	10:00a-12:00p	\$8

Wall Repair

Got holes? We've got solutions! From small cracks to large holes, you'll learn how to perform that perfect patch! This hands-on workshop will give you the experience you need to get the job done.

Code	Location	Classes	Begins	Day	Time	Fee
5748	Linwood	1	11/8	Sa	10:00a-12:00p	\$8

SPECIAL INTEREST

Become a Bee Keeper

This can be a fun and tasty hobby! This step-by-step course will give you a thorough understanding of beekeeping from essential equipment, building a beehive, collecting bees, caring for the hive, developing a great tasting honey to selling the honey and products. Instructor will provide continued support once your hive has been established.

Offered by American Bee Removal.

Code	Location	Classes	Begins	Day	Time	Fee
5684	Orchard	10	9/18	Th	7:00p-8:30p	\$49



Genealogy for Beginners NEW

Shake your family tree and see what falls! Start your research and record your family history using various genealogy forms along with federal and state census materials. Learn how to locate other vital records and get internet tips that will aid you in your search.

Code	Location	Classes	Begins	Day	Time	Fee
5697	Edgemoor	4	10/1	W	6:00p-7:30p	\$22

Ghost Academy

Is there something strange—in your neighborhood? Hear about the technical aspects involved in investigations including equipment, terminology, techniques, different types of paranormal activity and evidence review. Listen to actual investigation recordings from the Wichita Sedgwick County Historical Museum, Cowtown, Orpheum Theater and others.

Offered by the Wichita Paranormal Research Society.

Code	Location	Classes	Begins	Day	Time	Fee
5750	Linwood	1	10/4	Sa	1:00p-4:00p	\$15

Metal Detecting

Enjoy the thrill of the hunt! This one-day class will inform you about the tools of the trade, basic detecting techniques, target identification and recovery of your treasure. Offered by Wheat State Treasure Hunters. Ages 12+. Children ages 12-14 must register with paying adult.

Code	Location	Classes	Begins	Day	Time	Fee
5751	Orchard	1	10/18	Sa	1:00p-4:00p	\$12

North Riverside Park History Stroll NEW

Where did the cannon go? Let a park historian answer this question and share the rich history associated with the park such as the Boy with a Boot Fountain, the Lily Pond, L.W. Clapp's Art Deco Comfort Station and the Riverside trolley car line. Learn about the remarkable Laura Ford Buckwalter, without whom there would be no Park Villa. Meet at the Park Villa parking lot.

Code	Location	Classes	Begins	Day	Time	Fee
5708	Park Villa	1	9/18	Th	5:30p-7:00p	\$10

South Riverside Park History Stroll

Join a park historian for a walking tour of South Riverside Park to learn about the history of the park. See where Wichita once had a swimming hole in the river, learn more about the designer of the Keeper of the Plains and visit the troll! Meet at the East end of the Riverside Tennis Center parking lot.

Code	Location	Classes	Begins	Day	Time	Fee
5709	Riverside Pk	1	9/25	Th	5:30p-7:00p	\$10

Wine Appreciation 201 NEW

Get ready to pop a cork! A knowledgeable wine expert will guide you through the proper way to taste wine. You'll also enjoy a fun assortment of six wines from around the world. Discover more about the wines and their regions. Offered by Auburn Spirits. Contact Edgemoor for more information. Ages 21+.

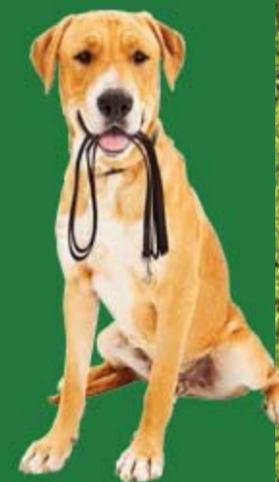


Code	Location	Classes	Begins	Day	Time	Fee
5752	Auburn Spirits	1	9/16	Tu	6:30p-8:00p	\$25

Dog Park Etiquette & Safety NEW

Let your dog off the hook! Become a responsible dog owner and find out what to do to make the visit to the dog park a successful one for you and your pet. Make informed decisions by gaining knowledge about the following concepts:

- Benefits of the dog park
- Dog park rules
- How to properly meet and greet dogs.
- Distinguish between appropriate play and aggressive or threatening behavior
- Recognize when a dog is stressed, tense or frightened
- How to avoid aggression
- What to do if your dog is being bullied or overstimulated



Only pet owners attend the first class at the Rec Center. Dogs and owners attend the second class at the dog park. Dogs must be 6 months or older, spayed or neutered and have current rabies vaccinations to participate. Fee is \$8 for a two-day workshop.

Code	1st Class	2nd Class	Day	Dates	Times
5776	Evergreen	Meridian Dog Park	W	10/8 & 10/15	6:00p-7:30p
5777	Evergreen	Meridian Dog Park	Sa	10/11 & 10/18	9:00a-10:30a
5774	Linwood	Chapin Dog Park	Tu	9/16 & 9/23	6:00p-7:30p
5775	Linwood	Chapin Dog Park	Sa	9/20 & 9/27	9:00a-10:30a

HOBBIES & CRAFTS

Beaded Sparkly Bracelet NEW

Just bead it! Create one-of-a-kind beaded jewelry that's uniquely you. A fun and affordable way to make accessories to match your outfit or your favorite sports team.



Code	Location	Classes	Begins	Day	Time	Fee
5766	Woodard	1	10/25	Sa	1:00p-2:00p	\$10
5767	Woodard	1	12/5	F	5:30p-6:30p	\$10

Create a Tutu

These are just tutu cute! Put a smile on a girl's face by learning to make custom tutus for all ages and every occasion. Also create a matching hair-poop clip. No sewing is involved, just patience! Ages 14+.

Code	Location	Classes	Begins	Day	Time	Fee
5749	Linwood	1	11/8	Sa	1:00p-3:00p	\$18



Crochet NEW

This class will have you in stitches! Lessons will cover crochet tools and techniques, yarn selection and reading simple patterns. Learn simple chain stitches along with working in the round to create circular projects. Supplies provided.

Code	Location	Classes	Begins	Day	Time	Fee
5705	Woodard	6	9/18	Th	6:30p-7:15p	\$15

Hair Bow Basics

Save money by learning to make boutique style hair bows! Understand the basics of ribbon selection, making loops symmetrical, layering, stacking and adding embellishments. Students will make up to six basic 2-color and 3-color bows along with cute hair clips. All materials supplied. Ages 14+.

Code	Location	Classes	Begins	Day	Time	Fee
5753	Linwood	1	9/20	Sa	10:00a-12:00p	\$20

Hair Bows—Advanced Techniques NEW

Dazzle with unique bows that will make people take notice! Create multi-layered boutique bows with lots of different textures and colors. Also learn bow styles such as the Lady Bug, Bumble Bee and ones with lots of loops. All materials supplied.

Code	Location	Classes	Begins	Day	Time	Fee
5754	Linwood	1	11/8	Sa	10:00a-12:00p	\$25

Jewelry Creations

Bead dazzled! Class covers beading basics and wire work including handmade clasps and ear wires. Students provide 20-gauge copper wire and beads.

Code	Location	Classes	Begins	Day	Time	Fee
5488	McAdams	9	9/20	Sa	2:00p-3:30p	\$44

Leather Crafting NEW

What a riveting experience this will be! Explore the world of leather crafting including designing, cutting, hand stitching and stamping. Create small projects such as bracelets, pouches, masks and more using various hardware such as rivets, snaps and hole punches. Supplies provided. Ages 10+.

Code	Location	Classes	Begins	Day	Time	Fee
5739	Edgemoor	5	10/27	M	6:45p-7:45p	\$30

Sewing

Save money and express your own style! Sewing machines provided for machine stitch, and sew-by-hand. Learn to read patterns to make clothing, drapes, and more. Students will receive a supply list the first day of class.

Code	Location	Classes	Begins	Day	Time	Fee
5532	McAdams	8	9/20	Sa	12:30p-2:00p	\$36

TECHNOLOGY

Let Technology Save You Money

Smart phones are more than fun and games! Put money in your pocket by learning which mobile apps or websites can get you discounts, freebies, product reviews or price alerts. Learn how to redeem eCoupons, scan barcodes and earn points or rewards to your favorite store.

Code	Location	Classes	Begins	Day	Time	Fee
5783	Edgemoor	2	10/16	Th	7:00p-8:00p	\$9

Maximizing Your Technology

Lose your fear of technology and learn to embrace it! Discuss the digital revolution and how it affects you through the use of smart phones, social media, texting, GPS, games, and the many available apps. Learn how to protect your personal data from scams and other security issues and discuss future trends that can help improve your life. Class is interactive and discussion based.

Code	Location	Classes	Begins	Day	Time	Fee
5508	Edgemoor	4	9/18	Th	7:00p-8:00p	\$17



HOBBIES & LEISURE

Domino Club

Dominate the dominos! Come and enjoy structured domino play. Players will participate in a singles/doubles championship tournament during the final week of the program. Snacks are provided weekly.

Code	Location	Classes	Begins	Day	Time	Fee
5448	McAdams	10	9/20	Sa	4:00p-6:00p	\$21

FITNESS

Bokwa

Sweat the alphabet and dance the digits! Bokwa is a brand new cardio fitness craze that is based on foot movements that follow the shape of letters and numbers. The steps are easy and repetitive, no counting beats and no dance experience necessary for this high energy workout.

Code	Location	Classes	Begins	Day	Time	Fee
5669	Orchard	10	9/17	W	9:15a-10:00a	\$24

Forever Fit

A low impact fitness class which promotes increased strength, range of movement, balance and flexibility with the use of hand-held weights and elastic tubing with handles. A chair is used for seated and/or standing support.

Code	Location	Classes	Begins	Day	Time	Fee
5458	Edgemoor	12	9/16	Tu	9:00a-9:45a	\$28
5459	Edgemoor	12	9/18	Th	9:00a-9:45a	\$28
5460	Linwood	13	9/15	M	9:15a-10:00a	\$31
5461	Woodard	10	9/20	Sa	8:15a-9:00a	\$24

Stretch and Tone

Get energized! Stay active and improve muscle tone and flexibility. Bring your own exercise mat. Contact Linwood for more information.

Code	Location	Classes	Begins	Day	Time	Fee
5570	Goldenrod Pk	13	9/15	M	9:30a-10:15a	\$31
5571	Goldenrod Pk	12	9/19	F	9:30a-10:15a	\$28

Yoga

Can you say ohmmmm? You'll love this Yoga class which will move you through basic stretches and poses. Bring your own mat.

Code	Location	Classes	Begins	Day	Time	Fee
5642	Linwood	13	9/17	W	9:30a-10:15a	\$31

SATISFACTION GUARANTEED!

You are important to us! Wichita Park & Recreation is committed to excellence by providing high-quality programs and services for you. If you or a family member is not satisfied with a class, program or activity offered by the City, let us know your concerns in writing. We will arrange for one of the following:

- Repeat the program at no additional charge.
- Receive a credit that may be applied to another activity.
- Receive a refund (allow 4 weeks to process). A partial refund may be given to programs with supply, lab or reservation fees.

BETTER CUSTOMER SERVICE!

To facilitate prompt, effective customer response and service, Wichita Park & Recreation is offering e-mail confirmation receipts to those customers with e-mail addresses in our records. Please provide your e-mail address to make the registration and receipt process faster, easier, and more accurate. We will continue to mail paper receipts via the U.S. Postal Service for those without e-mail if requested.

POLICIES

It is the policy of this department to promote customer satisfaction for all programs and services. The following policies pertain to all Recreation programs unless otherwise noted in the program description.

1. CLASS CANCELLATIONS. If Wichita Park & Recreation Department cancels a program, changes a location or time and you cannot attend, or if the program is full, you will receive a full credit on your Recreation Account or refund if you request it; no administrative fee will be deducted.

2. REFUNDS. Wichita Park & Recreation will not issue refunds, except for classes cancelled or changed by Wichita Park & Recreation, without a written request received in the office by mail, e-mail, or fax. Refunds follow the City's Finance Department payment schedule and take approximately 30 days to process.

POLICIES

3. RECREATION PROGRAMS. Due to financial commitments we must make before activities begin, the participant must notify Wichita Park & Recreation Department at least two days (48 hours) prior to the starting date to cancel enrollment in a class or activity.

- If your written withdrawal request is received more than two days (48 hours) before the start date of the program, you will receive a full credit to your Recreation Account to be used for a registration at a later date. A refund in the form of a check or bank card is subject to a \$5 administrative fee.

- If your written request is received less than two days (48 hours) prior to the start of the program, you will be charged a \$5 administrative fee and you may receive no refund or only a partial refund based on the number of students enrolled and any supply costs incurred on your behalf.

- If we do not receive your written request before the start of the class or activity, no Recreation Account credit or refund will be issued.

- At any time after the first class, partial credit to your Recreation Account will be allowed if you present a statement from your health care provider that states you are unable to finish the class.

- The only exception will be with Athletic Sports Leagues. After the start of the league, neither refunds nor proration of the league fees will be granted.

4. CREDITS: Credits on your Recreation Account will be available until the end of each calendar year, at which time a refund will be issued less a \$5 administrative fee.



Thanksgiving Special

Auburn Hills 443 S. 135th West 219-9700	Arthur B. Sim 2020 W. Murdock 337-9100	L.W. Clapp 4611 E. Harry 688-9341
MacDonald 840 N. Yale 688-9391	Tex Consolver 1931 S. Tyler 337-9494	

Play golf at any of the five Wichita Public Golf Courses between November 1st - 26th and donate to the Kansas Food Bank

BRING a non-perishable food item to receive
\$5 OFF regular green fee
\$2 OFF for Season Pass holders

*** Non-perishable food items will not be accepted past expiration date. One donation per discounted green fee.***

Visit golfwichita.com to learn more and book your tee time. **Wichita Public GOLF COURSES**

Can't find the program you want to take?

Call 268-4192 or email bmcguire@wichita.gov and share your new class ideas!



Ralph Wulz RIVERSIDE TENNIS CENTER

551 Nims • 337-9257

HOURS OF OPERATION

Monday – Thursday: 8:00 am – 9:00 pm
 Friday 8:00 am – 8:00 pm
 Saturday 8:00 am – 4:00 pm
 Sunday 11:00 am – 7:00 pm

COURT RATES

Courts may be reserved in advance by using a Visa or MasterCard debit/credit card. Reserve up to three days in advance. Cancellations must be made 24 hours in advance.

Indoor \$16/hr **Outdoor** \$4/hr
 24 hour cancellation policy

RATES

Private Lessons

Private instruction is available by contacting Riverside and setting up a time to work with your favorite Riverside Pro.

DIRECTOR OF TENNIS	CERTIFIED STAFF PRO
Private	Private
1 or 2 people: \$48/hr	1 or 2 people: \$40/hr
Semi-Private	Semi-Private
3 or 4 people: \$60/hr	3 or 4 people: \$54/hr



JUNIOR GROUP EVENING LESSONS

All participants are grouped by ability and must register by session.

Tots: This class helps to develop motor skills and eye-hand coordination while learning the basic of tennis.

Beginners: Players are grouped by ability to learn basic tennis strokes and rules of the game in a fun atmosphere.

Intermediate: Strategy becomes a bigger aspect of this class, with stroke production emphasized. Students are grouped by ability.

Advanced: This class focuses strictly on rallying with emphasis on proper technique.

High Performance: This class is for highly skilled players who have met specific requirements. Players will only focus on strategy.

EVENING SESSION DATES ARE:

September 8–October 3
October 6–31
November 3–26
December 1–19

			Sept. or Oct.	Nov.	Dec.
Tots	Mon	5:30–6:30p	Ages 4–8	\$36	\$27 \$27
Beginner	Mon/Fri	6:30–7:30p	Ages 8–12	\$72	\$63 \$54
Intermediate	Wed/Fri	5:30–6:30p	Ages 8–18	\$72	\$63 \$54
Advanced	Tue/Th	5:30–6:30p	Ages 10–18	\$72	\$63 \$54
High Performance	Tue/Th	5:30–6:30p	Ages 12–18	\$72	\$63 \$54

ADULT LEAGUES

Each four week session includes an additional week for weather related make-up games.

Coed Drop-in Doubles—Weather permitting

Players of all abilities can come to Riverside around 6:20 pm to get your name on the list and the RTC staff will match players up for a night of round robin doubles players.

Sept. 8–Dec. 15 | Mon | 6:30 p–8:30p | \$3 per night

Men's Doubles 4.0 & below

Open to men with an NTRP rating of 4.0 and below and is run as a flight league in which you change courts weekly based on your results from the previous week.

Sept. 11 – Oct. 30 | Thur | 7:30p–9:00p | \$80
 Nov. 6 – Dec. 18 | Thur | 7:30p–9:00p | \$60

Men's Doubles 4.0+

Open to men with an NTRP rating of 4.0 and above. Run as a flight league in which you change courts weekly based on your results from the previous week.

Sept. 9 – Oct. 28 | Tue | 7:30p–9:00p | \$80
 Nov. 4 – Dec. 16 | Tue | 7:30p–9:00p | \$60



ADULT GROUP LESSONS

Beginner Drill

This drill is for new players with little or no experience. The emphasis is on stroke production and includes some point play.

Sept. 7–Dec. 28 | Sun | 11:30a–1:00p | 15/class

Intermediate Drill

Perfect for players with some experience who want to gain strategy guidance. The first half is spent refining technique, and the second half is spent introducing doubles strategy. Some ability to rally is required to participate.

Sept. 7–Dec. 28 | Sun | 1:00p–2:30p | \$15/class

Advanced Drill

This drill, designed for players with playing experience, spends the first half focusing on stroke production. The second half is spent working on doubles strategy and patterns of play. Ability to rally consistently is required to participate.

Sept. 3–Dec. 31 | Wed | 6:30p–8:00p | \$15/class
 Sept. 6–Dec. 27 | Sat | 9:00a–10:30a | \$15/class





WICHITA PARK & RECREATION COMMUNITY FUND

455 N Main St. Suite 1101

Wichita, KS 67202

Non-Profit Org.

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Wichita, KS

Permit No. 84

A Night with Santa

Century II Exhibition & Convention Halls

Tuesday December 2 | 6:30 pm to 8:30 pm

Families are invited to join Wichita Park & Recreation for a **FREE Holiday Celebration!** Santa will be there along with his little helpers so have your wish list ready! Families will be able to take **photos with Santa**, or have our professional photographer take your picture for a fee.

Event is geared towards kids 12 & under.

Evenings activities include:

Inflatables

A wide variety of carnival games with prizes

Cake walk

Bingo

Letters to Santa and much more

Enter to win a fully decorated live Christmas tree.
Drawings will be held at 8:30 pm.



**For more information about the event or to find out
how to volunteer, contact Larry Dennis, 337-9222.**