

WICHITA

PARK & RECREATION

WINTER 2015

ACTIVITIES GUIDE

JANUARY – MARCH



NEW

CYCLING CLASSES

Youth & Adult

See pages 14, 23 – 24



Register NOW! Classes Start January 20th

Register Online at Wichita.gov

A Message from the Director of WICHITA PARK & RECREATION

As I have completed my first month as the Director of Park and Recreation with the City of Wichita, I am extremely pleased by the work of the Park and Recreation Staff, the potential growth and improvement of the department, and the overwhelming warm welcome I have received in Wichita. I have been asked what my goals are for the department and new services the community can expect. First of all, I want to educate the community of Wichita on how important our services are to the public and to reach the highest quality of life for the City of Wichita; it begins with our parks, recreation centers, pools, golf courses and programs.



Troy Houtman

- Parks and recreation facilities make our community a desirable places to **live, work, play, and visit**, thereby contributing to the ongoing economic vitality of community and instilling pride in our city.
- Programming provided through our Park and Recreation Department creates the development of **healthy lifestyles, strong minds, and fit bodies**. In addition many learning and educational opportunities are available in our programming, but most of all it's about having FUN!
- Parks and recreation activities help to **deter crime** and help our youth develop into contributing members of our communities.
- Park and recreation experiences help all members of our community continue their life experiences.
- Parks, greenways, and open spaces are critical components to **protecting and preserving our natural environment**.

As the department begins to prepare for 2015, we will be focused on improving our customer service, developing more free events for the public, creating more programming for youth activities, developing an awareness of community needs, creating an impact within the community, and engaging with the community on capital improvements. The Park and Recreation Department is a reflection of the City of Wichita and its residents; therefore every day we strive to meet the expectations of the community. **Email us at wichitaparkandrec@wichita.gov and tell us how we are doing, how we can improve, and what more we can do to make Wichita a great place to live.**



Winter 2015 ACTIVITIES GUIDE

The Wichita City Council is pleased to be able to provide high quality Park and Recreation programs.



Pictured above left to right:
James Clendenin, Jeff Longwell, Lavonta Williams,
MAYOR—Carl Brewer, Janet Miller, Jeff Blubaugh, Pete Meitzner

TABLE OF CONTENTS

Recreation Centers	4
Camps	5-7
Athletics	8-9
Tots Classes: Ages 2-5	10-13
Youth Classes: Ages 6-15	14-19
Adult Classes: Ages 16+	20-32
Active Adult Classes: Ages 55+	33
Riverside Tennis Center	39-39

All winter classes start the week of January 20th. Some classes and workshops may start later in the winter session. These start dates are listed under the "Begins" column. Find the registration form on **page 37** & review Wichita Park & Rec. policies on **page 35**.



4 EASY WAYS TO REGISTER



Online

Visit wichita.gov and click on Park & Recreation



Mail-In

your registration form along with check to 455 N Main St, 11th Floor, 67202



Call

any recreation center and register by phone utilizing a Visa or MasterCard credit/debit card (see page 3 for listings)



Walk-In

and register in person at any recreation center Monday through Friday. Hours vary by location.

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)

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)



Call your recreation center or visit wichita.gov to register for classes.



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.

Kids Konnection is offered at Edgemoor, Linwood, and Orchard on the following days:



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.

Specialty Camps



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 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.

How to Train Your Dragon 1/2 | Boston | Code 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 evil dragons. Enjoy a variety of games that will show off your battle skills and agility. **Registration deadline is 12/30.**



Lego Mania 1/19 | Boston | Code 6259
Its 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. **Registration deadline is 1/15.**

Ninja Turtle Power **NEW** 2/16 | Boston | Code 6381
Cowabunga dudes! Train to be a ninja so you can save the streets from Shredder and the other villains. Prepare by learning stealth maneuvers, run obstacle courses and take the ninja star skill test. Make green ooze, your own ninja mask and of course, pizza! **Registration deadline is 2/12.**

March Madness 3/16 | Boston | Code 6265
This day is sure to be a slam-dunk! Have fun while building basketball skills with games such as Twenty-One, Knockout and Around the World. Enjoy other all-star activities such as free throw, three point and vertical jump contests. **Registration deadline is 3/12.**

Club Hollywood **NEW** 3/18 | Boston | Code 6194
Feel like a superstar for a day! This all-access pass will let you walk the red carpet, strike a pose for the paparazzi, create a script for a commercial and practice for an audition. Have fun demonstrating your best celebrity impersonation, create alternate endings to your favorite movies and more! **Registration deadline is 3/13.**



Zombie Fest 3/20 | Boston | Code 6368
We want braaaains! Gather all the walking dead and come play games such as Pass the Brains and Zombie Tag. Then make and eat some Zombielicious foods. Finally, create your own zombie look using clothing and make-up. **Registration deadline is 3/18.**



Prehistoric Indian Life

4/17 | Code 6280 | \$35

Be a prehistoric Indian for a day! Join an experienced archaeologist and learn ways prehistoric Indians made their food, jewelry and tools. Make your own clay beads, pottery and paint. Then use the paint on the hand-made creations. Chip an arrowhead with a deer antler, make a stone axe plus create a necklace from stone, bone and wood. Campers will also chop wood with stone axes, grind corn into meal and use other prehistoric tools. Learn to build a campfire (*weather permitting*). **Registration deadline is 4/15.**



Wear clothing that can get messy and don't forget to bring your lunch! Camp held from 9am–4pm at O.J. Watson Park.





BOYS YOUTH BASEBALL

Location: Planeview
From the beginning to experienced player, there is a team for everyone! Youth may sign up individually, individuals will be placed on teams based on their location within the city. Established teams are welcome to join. Coaches are all volunteers. Season consists of 14 games. All players receive a free game jersey.

Registration Begins: January 5
Registration Ends: March 27
Season Starts: April 20
Fees:
Boys 8 & under (machine pitch): \$55
Boys 10 & under: \$65
Boys 12 & under: \$65
Boys 14 & under: \$70

COED YOUTH LACROSSE GRADES 2ND–8TH

Location: Stryker Sports Complex
Join the fastest growing youth sport in the nation! Eight weeks of a quality lacrosse program led by coaches with years of experience. See for yourself what lacrosse is all about. Equipment rental is available for \$20.

Registration Begins: January 5
Registration Ends: March 13
Season Starts: April 4
Fee per person: \$70

WICHITA PREMIER SOCCER LEAGUE

The WPSL is a new and exciting youth soccer league open to established teams as well as individual players of all skill levels. Recreational leagues for individual registration with volunteer coaches are available for ages 4–12 as well as competitive leagues for established teams. WPSL teams will receive free reserved practice sites. Games will be played on Saturdays at Stryker Soccer Complex. Season consists of 8 games. For more information regarding team fees visit Wichita.gov or call 268-4129

WPSL Team Registration Fees	WPSL Individual Registration Fees
• 9/10 and Under \$250	• 5/6 and Under \$50
• 11/12 and Under \$350	• 7/8 and Under \$55
• 13/14 and Under \$400	• 9/10 and Under \$65
• 15/16 and Under \$450	• 11/12 and Under \$70
• 17/18/19 and Under \$500	

(Registration fee includes game jersey)

EARLY REGISTRATION DISCOUNT

Register your team by March 6 and receive \$50 off of your registration fee

Registration Begins: January 5
Registration Ends: March 13
Games begin: April 4



Register for all youth athletics at wichita.gov

Wichita Park & Recreation | 455 N Main, 11th Floor | 8 am – 5pm | 268-4123

MEN'S AND COED SPRING LEAGUE SLOW-PITCH SOFTBALL

Locations: South Lakes & West Side Athletic Fields
Teams play double headers on the night of their choice. Competitive and recreational leagues will be offered each available night of play. Season will consist of 12 games. Tuesday – Friday games play 6:30–9:30pm. Saturday games play 5–8pm. Sunday offers 2 sessions: early games from 1–4pm or late games from 5–8pm.

Registration Begins: January 5 | **Registration Ends:** March 6
Season Starts: Week of March 13
Fee per team: \$450 (\$15 Late Registration fee for registrations after March 6)

ADULT COED KICKBALL LEAGUE **NEW**

Location: West Side Athletic Fields
Come and relive your childhood glory days with this classic recess game! Kickball is a fun and purely recreational game that will get your heart rate up while keeping your stress level down. Season is 6 weeks with 12 games (double headers). Games will be played on Wednesday evenings. Visit our webpage for league rules.

Registration Begins: January 5 | **Registration Ends:** March 20
Season Starts: April 1
Fee per team: \$350

SPRING LEAGUE 7 ON 7 ADULT FLAG FOOTBALL

Location: South Lakes Football Field
Looking for a fun and competitive game of football, but don't want to get all padded up? Check out this fast-paced, backyard style game of football played with a quarterback and six eligible receivers. Teams play an 8 game regular season with a single elimination post-season tournament. Limited contact allowed.

Registration Begins: January 5 | **Registration Ends:** March 20
Season Starts: March 28
Fee per team: \$375

CITY OF WICHITA GOLF LEAGUE

Location: MacDonald, LW Clapp, Tex Consolver, Auburn Hills, and Sim.
Teams will consist of two player who will face off against an opposing twosome for nine holes of play each Sunday. The team's lowest score on each hole will be added to determine their overall score. Teams will be handicapped and put into flights after the second week of play. This league will take place over eight Sundays (excluding holidays). All fees must be paid in advance to eliminate forfeits. You will NOT have to pay a green fee each week; this cost is included in your registration fee. Ages 14+

Registration Begins: January 5 | **Registration Ends:** April 3
League Starts: Sunday, April 12 | **Tee Times:** 3-4 pm time range
Fee: \$180 per team /\$40 each for weekend pass holders (must provide pass number when registering)



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
6263	Woodard	4	1/21	W	6:00p-6:30p	\$10
6264	Woodard	4	1/23	F	5:30p-6:00p	\$10

Soccer Tots

Code	Location	Classes	Begins	Day	Time	Fee
6297	Woodard	4	1/20	Tu	5:30p-6:00p	\$10
6298	Woodard	4	1/22	Th	5:30p-6:00p	\$10

Tiny Dancers

Code	Location	Classes	Begins	Day	Time	Fee
6323	Woodard	4	1/26	M	6:00p-6:30p	\$10
6322	Woodard	4	1/22	Th	6:00p-6:30p	\$10

Tiny Tots Fitness NEW

Code	Location	Classes	Begins	Day	Time	Fee
6093	Woodard	4	1/26	M	4:30p-5:00p	\$10
6091	Woodard	4	1/21	W	6:15p-6:45p	\$10
6092	Woodard	4	1/23	F	5:30p-6:00p	\$10

Touchdown Tots

Code	Location	Classes	Begins	Day	Time	Fee
6330	Woodard	4	1/21	W	5:30p-6:00p	\$10
6331	Woodard	4	1/22	Th	6:00p-6:30p	\$10

Wee Hoops

Code	Location	Classes	Begins	Day	Time	Fee
6338	Woodard	5	1/26	M	5:00p-5:30p	\$13
6337	Woodard	5	1/22	Th	5:30p-6:00p	\$13

DANCE

Ballet & Tap

Whirl and twirl into basic ballet positions and show us your happy feet during tap time! Both intermediate and advanced classes perform at a more progressive rate. Instructor approval or previous experience required.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning (ages 3-5)						
6113	Edgemoor	6	1/26	M	5:45p-6:30p	\$20
6114	Linwood	14	1/26	M	5:30p-6:15p	\$46
6116	Linwood	14	1/27	Tu	10:00a-10:45a	\$46
6118	Orchard	14	1/26	M	10:00a-10:45a	\$46
6117	Orchard	8	1/21	W	5:45p-6:30p	\$26
Intermediate (ages 4-8)						
6119	Edgemoor	6	1/26	M	6:40p-7:25p	\$20
6115	Linwood	14	1/26	M	6:15p-7:00p	\$46
6120	Orchard	8	1/21	W	6:40p-7:25p	\$26
Advanced (ages 5-10)						
6121	Edgemoor	6	1/26	M	7:35p-8:20p	\$20
6122	Orchard	8	1/21	W	7:30p-8:15p	\$26



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
6241	Woodard	4	1/26	M	6:30p-7:00p	\$9
6240	Woodard	5	1/22	Th	6:30p-7:00p	\$11

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
6260	Edgemoor	4	1/24	Sa	10:00a-10:45a	\$15
6261	Edgemoor	4	2/21	Sa	10:00a-10:45a	\$15
6262	Orchard	5	1/24	Sa	10:00a-10:45a	\$18

THEATRE & MUSIC

Performing Tots NEW

Step into the spotlight! Explore the interesting world of the performing arts with musical instruments, singing, dancing, theatre games and improvisation. Discover creative expression through tambourines, drums, blocks, and triangles as well as learning about tempo, rhythm and melody. Ages 3-5.

Code	Location	Classes	Begins	Day	Time	Fee
6077	Woodard	6	1/20	Tu	10:00a-10:45a	\$22
6078	Woodard	6	1/20	Tu	6:00p-6:45p	\$22

COOKING

Little Chefs NEW

Let's make a treat! Create and eat yummy snacks while learning kitchen etiquette. Ages 3-5.

Code	Location	Classes	Begins	Day	Time	Fee
6534	Linwood	5	1/20	Tu	2:30p-3:15p	\$23

FITNESS

Fit & Fun Tots NEW

Start movin' and groovin'! Participate in dancing and movement activities including how to count along with songs. Follow one and two-step directions as a group. Learn that exercise can be fun! Ages 3-5.

Code	Location	Classes	Begins	Day	Time	Fee
6073	Evergreen	5	1/24	Sa	11:30a-12:30p	\$20

Mommy and Me Yoga NEW

The downward facing dog says "woof woof!" Story time, fun music and yoga based games will bring yoga poses to life and strengthen the toddlers growing bodies. This parent/child class will teach stress management for the adult and calming techniques for the child. Ages 2-4.

Code	Location	Classes	Begins	Day	Time	Fee
6076	Evergreen	8	1/20	Tu	10:00a-10:45a	\$19
6367	Linwood	8	1/22	Th	10:00a-10:45a	\$19



RECREATION

Playtime for Toddlers

Toddlers can run, jump, and play to their heart's 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
6278	Boston	22	1/20	M/Tu/W	10:30a-12:30p	\$1
6279	Orchard	8	1/23	F	10:30a-12:00p	\$8

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
6124	Boston	3	1/26	M	9:15a-10:00a	\$11
6125	Edgemoor	4	1/23	F	5:15p-6:00p	\$15
6126	Edgemoor	4	2/20	F	5:15p-6:00p	\$15
6127	Evergreen	5	1/24	Sa	12:00p-12:45p	\$18
6128	Linwood	5	1/20	Tu	5:15p-6:00p	\$18
6130	Woodard	5	1/26	M	5:30p-6:15p	\$18
6129	Woodard	5	1/24	Sa	10:00a-10:45a	\$18

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
6167	Woodard	5	1/20	Tu	5:30p-6:00p	\$12
6166	Woodard	5	1/23	F	5:30p-6:00p	\$12

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
6177	Evergreen	6	1/26	M	6:00p-6:45p	\$20
6173	Linwood	8	1/21	W	6:15p-7:00p	\$26
6171	Orchard	8	1/23	F	5:15p-6:00p	\$26

SPORTS

Floor Hockey

The puck stops here! Learn the basics of stick handling, passing, and shooting along with fun game-like situations. Ages 3-5.

Code	Location	Classes	Begins	Day	Time	Fee
6211	Edgemoor	4	2/18	W	5:15p-6:00p	\$15

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
6212	Boston	4	1/21	W	9:15a-10:00a	\$15
6213	Woodard	5	1/24	Sa	11:00a-11:45a	\$18

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
6227	Boston	8	1/24	Sa	9:00a-9:45a	\$28
6228	Evergreen	8	1/20	Tu	5:15p-6:00p	\$28



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
6287	Boston	4	2/18	W	9:15a-10:00a	\$15
6288	Edgemoor	4	1/21	W	5:15p-6:00p	\$15
6289	Evergreen	5	1/24	Sa	11:00a-11:45a	\$18
6290	Woodard	5	1/20	Tu	6:00p-6:45p	\$18
6291	Woodard	5	1/22	Th	6:00p-6:45p	\$18



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
6304	Edgemoor	4	1/25	Su	1:00p-1:45p	\$15
6305	Edgemoor	4	2/22	Su	1:00p-1:45p	\$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
6324	Linwood	8	1/21	W	5:30p-6:15p	\$26
6327	McAdams	8	1/24	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
6342	Boston	3	2/23	M	9:15a-10:00a	\$11
6343	Woodard	5	1/21	W	6:30p-7:15p	\$18
6344	Woodard	5	1/23	F	6:00p-6:45p	\$18



ACTIVATE WICHITA

Help to improve our community by sharing your ideas and opinions. Visit Activate Wichita today!

Learn more at www.activate-wichita.org

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

MARTIAL ARTS

Kickin' Kids Karate

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
6254	Boston	8	1/24	Sa	1:00p-2:00p	\$38



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.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning (ages 3-5)						
6339	Linwood	6	1/26	M	5:45p-6:15p	\$14
Beginning (ages 4-7)						
6341	Evergreen	14	1/20	Tu/Th	6:00p-6:30p	\$33
Intermediate (ages 3-5)						
6340	Linwood	6	1/28	W	5:45p-6:15p	\$14

SPECIAL INTEREST

1-2-3 and A to Z **NEW**

Ready, set, learn! Get a jump on kindergarten by learning the alphabet and numbers through games, songs and counting activities. Kids will practice simple addition and subtraction as well as writing their names. Ages 3-5.

Code	Location	Classes	Begins	Day	Time	Fee
6048	Woodard	5	1/20	Tu	11:00a-11:45a	\$21
6049	Woodard	5	1/20	Tu	4:30p-5:15p	\$21

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
6101	Edgemoor	4	1/21	W	5:30p-6:15p	\$17
6102	Edgemoor	4	2/18	W	5:30p-6:15p	\$17
6103	Evergreen	5	1/20	Tu	5:45p-6:30p	\$21



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
6281	Linwood	1	2/7	Sa	10:00a-11:30a	\$17

Olaf and Friends

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
6269	Linwood	4	1/20	Tu	6:00p-7:00p	\$20
6270	Linwood	4	2/17	Tu	6:00p-7:00p	\$20



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
Beginning						
6535	Evergreen	8	1/24	Sa	12:00p-1:00p	\$36
6238	Woodard	4	1/26	M	7:00p-7:45p	\$14
Intermediate						
6237	Woodard	5	1/22	Th	7:00p-7:45p	\$17

FITNESS

Cardio Games **NEW**

Join the fitness party! Grab your friends, or make new ones, during this class featuring new and traditional games such as obstacle courses, tag and others. Build muscles and endurance while making fitness and health part of your daily life. Ages 8-15

Code	Location	Classes	Begins	Day	Time	Fee
6052	Evergreen	8	1/24	Sa	11:00a-11:45a	\$19

Dancing for Fitness

Burn up the dance floor and burn calories too! No partners are needed for this cardio fitness class. Blend Latin dance moves such as the Salsa and Cha-Cha along with ballroom dances such as the Waltz into a fun high-energy dance workout that develops core strength and increases balance. Ages 10+.

Code	Location	Classes	Begins	Day	Time	Fee
6200	Edgemoor	6	1/26	M	5:30p-6:15p	\$14

Indoor Cycle **NEW**

Put the pedal to the metal! Push yourself to fitness success in this class set to hip, motivating music. Move through sprints, climbs and runs. Improve cardiovascular fitness while building muscles and endurance. Must be 4'10" to participate. Ages 10-15.

Code	Location	Classes	Begins	Day	Time	Fee
6060	Woodard	5	1/21	W	5:00p-5:30p	\$9
6421	Woodard	5	1/22	Th	5:30p-6:00p	\$9

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
6249	Evergreen	8	1/24	Sa	10:00a-11:00a	\$30

Yoga for Families

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
6360	Linwood	8	1/22	Th	5:30p-6:15p	\$19

SPORTS

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						
6131	Boston	3	1/26	M	5:00p-5:45p	\$11
6132	Boston	4	2/18	W	5:00p-5:45p	\$15
6133	Edgemoor	4	1/23	F	6:10p-6:55p	\$15
6138	Woodard	5	1/26	M	6:15p-7:00p	\$18
6137	Woodard	5	1/23	F	6:15p-7:00p	\$18
Ages 6-12						
6134	Evergreen	5	1/24	Sa	11:00a-11:45a	\$18
6135	McAdams	5	1/24	Sa	10:00a-10:45a	\$18
6136	Orchard	5	1/24	Sa	11:15a-12:00p	\$18
Ages 11-14						
6140	Woodard	5	1/26	M	7:00p-7:45p	\$18
6139	Woodard	5	1/24	Sa	12:00p-12:45p	\$18

Basketball League

Enjoy being a part of a recreational co-ed basketball league! Sharpen your skills during the first few classes with a skills clinic and then you will be ready to compete! You will be placed on teams and play against each other the remainder of the session. A minimum of six games will be played based on the number of participants. Class is for 3rd-5th grade.

Code	Location	Classes	Begins	Day	Time	Fee
6141	Evergreen	10	1/23	F	4:30p-5:30p	\$16



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.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning (ages 8-12)						
6162	Woodard	5	1/20	Tu	6:00p-6:45p	\$17
Beginning (ages 13-15)						
6164	Woodard	6	1/21	W	6:00p-6:45p	\$20
6165	Woodard	5	1/23	F	6:45p-7:30p	\$17
Intermediate (ages 8-15)						
6163	Woodard	5	1/23	F	6:00p-6:45p	\$17

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!

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
6184	Woodard	5	1/23	F	7:00p-7:45p	\$25

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						
6274	Evergreen	8	1/20	Tu/Th	5:30p-6:30p	\$49
6276	Evergreen	8	2/17	Tu/Th	5:30p-6:30p	\$49
Intermediate						
6275	Evergreen	8	1/20	Tu/Th	6:30p-7:30p	\$49
6277	Evergreen	8	2/17	Tu/Th	6:30p-7:30p	\$49



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
Beginning						
6175	Evergreen	6	1/26	M	5:00p-5:45p	\$20
6176	Linwood	8	1/21	W	7:00p-7:45p	\$27
6174	Orchard	8	1/23	F	6:00p-7:00p	\$36

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
Beginning (ages 6-8)						
6229	Boston	8	1/24	Sa	10:00a-11:00a	\$36
Beginning (ages 6-12)						
6233	Evergreen	8	1/20	Tu	6:15p-7:00p	\$27
Beginning (ages 9-12)						
6230	Boston	8	1/24	Sa	11:00a-12:00p	\$36
Intermediate (ages 6-12)						
6232	Evergreen	8	1/20	Tu	7:15p-8:00p	\$27

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
6214	Boston	4	1/21	W	5:00p-5:45p	\$15

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. 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
6221	Edgemoor	4	2/20	F	6:10p-6:55p	\$15



SPORTS

It's Game Time Indoor Soccer

A great opportunity for kids to take the skills learned in beginning sports clinics and put them to use in a team setting. 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
6248	Edgemoor	4	2/19	Th	5:15p–6:00p	\$15

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
6292	Boston	3	2/23	M	5:00p–5:45p	\$11
6293	Edgemoor	4	1/22	Th	5:15p–6:00p	\$15
6294	Woodard	5	1/20	Tu	7:00p–7:45p	\$18

Code	Location	Classes	Begins	Day	Time	Fee
6295	Evergreen	5	1/24	Sa	12:00p–12:45p	\$18
6296	McAdams	5	1/24	Sa	11:00a–11:45a	\$18



SNAG™ Golf **NEW**

Get on the right course! Starting New at Golf (SNAG) indoor class builds strong fundamentals of putting, chipping, pitching and full swing in a fun and easy way. Special equipment and instructional materials are specifically designed to help achieve success. Ages 6–12.

Code	Location	Classes	Begins	Day	Time	Fee
6531	Linwood	6	1/31	Sa	9:00a–10:00a	\$34

DON'T WAIT TO REGISTER!

Many classes fill up quickly or have special registration end dates due to supply needs.

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
6307	Edgemoor	4	1/25	Su	2:00p–2:45p	\$15
6306	Edgemoor	4	2/22	Su	2:00p–2:45p	\$15

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
6178	Linwood	6	1/26	M	7:00p–8:15p	\$19

Code	Location	Classes	Begins	Day	Time	Fee
6179	Linwood	6	1/26	M	5:30p–6:45p	\$19

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
6252	Evergreen	8	1/24	Sa	2:00p–3:00p	\$24

Karate

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
6253	Boston	8	1/24	Sa	2:15p–3:45p	\$35

Kickin' Kids Karate

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
6254	Boston	8	1/24	Sa	1:00p–2:00p	\$38

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
6284	Evergreen	1	2/7	Sa	10:00a–12:00p	\$9

Code	Location	Classes	Begins	Day	Time	Fee
6282	Linwood	1	1/24	Sa	9:00a–12:00p	\$14
6283	Orchard	1	1/31	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
6311	Edgemoor	16	1/20	Tu/Th	6:15p–7:15p	\$47
6312	Evergreen	16	1/20	Tu/Th	6:30p–7:30p	\$47
6313	Linwood	14	1/22	M/Th	6:45p–7:45p	\$41
6315	Orchard	14	1/21	M/W	6:00p–7:00p	\$41

Code	Location	Classes	Begins	Day	Time	Fee
6310	Edgemoor	16	1/20	Tu/Th	7:15p–8:15p	\$47
6314	Linwood	14	1/22	M/Th	7:45p–8:45p	\$41
6316	Orchard	14	1/21	M/W	7:00p–8:00p	\$41

Wee Warriors

Kick it up a notch! 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
6341	Evergreen	14	1/20	Tu/Th	6:00p–6:30p	\$33

WE ARE ONLINE!!!

Benefits of online registration

- 1 Register 24/7
- 2 It is Quick, Easy, Convenient
- 3 Faster Service
- 4 Email Notifications
- 5 No Waiting in Lines

Visit Wichita.gov to register

COOKING

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 1/28. Ages 6–12.

Code	Location	Classes	Begins	Day	Time	Fee
6204	Orchard	4	1/31	Sa	10:00a–12:00p	\$35



Hispanic Cooking **NEW**

Muy Bueno! Prepare a feast of quesadillas, mini tostadas, nacho dip, buñuelos and soft tacos. Impress your friends and family! Food is provided. Registration deadline is 1/23. Ages 6–12.

Code	Location	Classes	Begins	Day	Time	Fee
6074	Evergreen	5	1/26	M	6:00p–7:00p	\$34



ARTS & CRAFTS

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
6169	Linwood	4	1/22	Th	6:00p–7:00p	\$20

Code	Location	Classes	Begins	Day	Time	Fee
6170	Linwood	4	1/22	Th	7:15p–8:30p	\$24

Cool Crafts **NEW**

Stay warm this winter with some cool crafts! Get creative—and a little messy—by making a different craft project each week. Make galaxy slime, a treasure box, glittered snowflakes and more. Ages 6–12.

Code	Location	Classes	Begins	Day	Time	Fee
6050	Evergreen	5	1/24	Sa	10:30a–11:30a	\$22



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
6195	Linwood	4	2/19	Th	6:00p–7:00p	\$20

Code	Location	Classes	Begins	Day	Time	Fee
6196	Linwood	4	2/19	Th	7:15p–8:30p	\$24

YOUTH



ARTS & CRAFTS

Drawing with Charcoal

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. Enroll in the one-day workshop for a quick introduction or refresher course. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
6070	Edgemoor	1	1/30	F	6:00p-7:30p	\$7
6208	Edgemoor	4	2/6	F	6:00p-7:30p	\$29

Kids Drawing

Anyone can learn to draw! Discover how to create simple cartoon characters by breaking down drawings into simple shapes. Ages 5-10.

Code	Location	Classes	Begins	Day	Time	Fee
6255	Edgemoor	4	1/24	Sa	11:00a-11:45a	\$15
6256	Edgemoor	4	2/21	Sa	11:00a-11:45a	\$15

Painting with Acrylics

Express yourself with color! Beginners will gain a better understanding of brush styles, strokes, color mixing and how to work on different textured surfaces. Put that knowledge to work by painting still-life. Intermediate students may also participate and receive one-on-one assistance. Call Edgemoor for supply list. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
6461	Edgemoor	3	3/6	F	6:00p-7:30p	\$21

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 squiggling. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
6286	Edgemoor	1	1/23	F	6:00p-7:30p	\$7

RECREATION

Homeschool 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
6243	Edgemoor	8	1/22	Th	1:30p-3:00p	\$16

MUSIC

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

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



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
6224	Linwood	8	1/20	Tu	5:30p-6:30p	\$33
6225	Linwood	8	1/20	Tu	6:30p-7:30p	\$33

SPECIAL INTEREST

Acting for the Camera NEW

Lights, camera, action! Let a professional from the talent industry help aspiring film actors understand the audition process and know what to expect. Learn about techniques to act naturally, how to read a story board and then be filmed during a practice audition. Tips on how to seek representation will also be discussed. Ages 12-17.

Code	Location	Classes	Begins	Day	Time	Fee
6536	Linwood	2	2/14	Sa	10:00a-12:00p	\$17



Creative Writing

Tap into your creative side! Learn the parts of a short story as well as the different types of stories and narrative styles. Participate by composing your own short story from brainstorming, composing a rough draft, to tying it all together. Bring a composition book or notebook. Ages 8-12.

Code	Location	Classes	Begins	Day	Time	Fee
6197	Edgemoor	4	1/21	W	6:30p-7:30p	\$20
6198	Edgemoor	4	2/18	W	6:30p-7:30p	\$20
6199	Evergreen	5	1/22	Th	5:45p-6:30p	\$19

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
6219	Edgemoor	6	1/26	M	4:30p-5:15p	\$17

Handwriting Basics NEW

Quit battling the scribble and learn the fading art of good penmanship! Understand the proper form and mechanics of cursive handwriting and Italic (slant) printing. Perfect proper size and slant along with spacing between letters and words. Ages 6-12.

Code	Location	Classes	Begins	Day	Time	Fee
6079	Evergreen	5	1/20	Tu	6:45p-7:30p	\$19

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
6271	Evergreen	8	1/24	Sa	11:00a-12:00p	\$30

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
6334	Watson	1	3/14	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
6335	Watson	1	3/14	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
6336	Watson	1	3/7	Sa	8:30a-10:00a	\$6



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

6099 Orchard 16 1/20 Tu/Th 7:00a–7:30a \$28

Advanced

6100 Woodard 5 1/21 W 5:30p–6:00p \$9

Abs Only

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

Code Location Classes Begins Day Time Fee

6104 Orchard 8 1/24 Sa 10:15a–10:45a \$14



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 weather permitting.

Code Location Classes Begins Day Time Fee

6105 Orchard 16 1/20 Tu/Th 6:15p–7:15p \$50

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

6108 Boston 8 1/20 Tu 5:30p–6:30p \$25

6106 Edgemoor 8 1/22 Th 5:30p–6:30p \$25

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

6107 Orchard 14 1/21 M/W 6:35p–7:20p \$33



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 muscles 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

6112 Orchard 8 1/24 Sa 9:15a–10:00a \$28

Bokwa

Sweat the alphabet and dance the digits! Bokwa is a 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

6149 Edgemoor 7 1/20 Tu 6:00p–6:45p \$17

6151 Orchard 8 1/21 W 9:15a–10:00a \$19

6150 Orchard 8 1/22 Th 6:00p–6:45p \$19

6152 Orchard 8 1/23 F 9:15a–10:00a \$19

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

6153 Edgemoor 8 1/24 Sa 10:00a–10:45a \$19

BOSU Fitness

Strike a balance in your life! 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

6154 Edgemoor 6 1/26 M 10:00a–10:45a \$14

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. Fitness Center membership included.

Code Location Classes Begins Day Time Fee

6180 Orchard 8 1/24 Sa 8:00a–9:00a \$38

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

6185 Edgemoor 8 1/21 W 9:00a–9:45a \$19

6186 Edgemoor 6 1/26 M 9:00a–9:45a \$14

6187 Linwood 6 1/26 M 6:30p–7:00p \$11

Dancing for Fitness

Burn up the dance floor and burn calories too! No partners are needed for this cardio fitness class. Blend Latin dance moves such as the Salsa and Cha-Cha along with ballroom dances such as the Waltz into a fun high-energy dance workout that develops core strength and increases balance.

Code Location Classes Begins Day Time Fee

Ages 10+

6200 Edgemoor 6 1/26 M 5:30p–6:15p \$14

Ages 16+

6201 Edgemoor 8 1/21 W 10:00a–10:45a \$19

6202 Edgemoor 8 1/23 F 9:00a–9:45a \$19



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. Fitness Center membership included.

Code Location Classes Begins Day Time Fee

6210 Orchard 16 1/20 Tu/Th 5:30p–6:15p \$56

\$4 Sample a fitness class



FITNESS

Lower Body Sculpt **NEW**

It's all about that bass! Get the firmest calves, legs and glutes you've ever had by working through a circuit of moderate to high-intensity exercises. Workouts will vary each week to target different muscles and keep things interesting.

Code	Location	Classes	Begins	Day	Time	Fee
6075	Evergreen	8	1/21	W	7:15p–8:00p	\$19

R.I.P.P.E.D.™ **NEW**

The One Stop Body Shock™! This total body, high intensity style program combines easy, yet effective cardio routines interlaced with free weights, resistance and body weight set to motivating music. Components change every 6–9 minutes and consist of Resistance, Intervals, Power, Plyometrics, Endurance and Diet/Nutrition.

Code	Location	Classes	Begins	Day	Time	Fee
6538	Boston	8	1/22	Th	9:30a–10:30a	\$25
6556	Linwood	7	1/27	Tu	9:15a–10:15a	\$22
6537	Linwood	8	1/24	Sa	9:00a–10:00a	\$25



Tabata **NEW**

Push your body to the limit! This high-intensity interval training incorporates periods of all-out training for 20 seconds followed by resting for 10 seconds. Movements such as front squats, air squats, thrusters or burpees are incorporated along with sprints for maximum fat burning.

Code	Location	Classes	Begins	Day	Time	Fee
6089	Evergreen	6	1/26	M	7:00p–7:45p	\$14
6087	Evergreen	8	1/21	W	5:15p–6:00p	\$19
6088	Evergreen	8	1/24	Sa	9:00a–9:45a	\$19
6090	Linwood	6	1/26	M	5:30p–6:15p	\$14



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

6317	Edgemoor	7	1/20	Tu	11:00a–12:00p	\$22
6318	Evergreen	8	1/20	Tu/Th	6:00p–6:45p	\$19
6319	Evergreen	8	2/17	Tu/Th	6:00p–6:45p	\$19
6320	Orchard	16	1/20	Tu/Th	10:00a–10:45a	\$38

Advanced

6321	Orchard	16	1/20	Tu/Th	11:00a–11:45a	\$38
------	---------	----	------	-------	---------------	------

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
6328	Edgemoor	8	1/20	Tu	10:00a–10:45a	\$19
6329	Edgemoor	8	1/22	Th	10:00a–10:45a	\$19

Upper Body Blast **NEW**

Bye-Bye batwings! Tone and strengthen your arms to achieve the toned look you've always wanted. Varying exercises in each class maintains interest and your effort controls the results.

Code	Location	Classes	Begins	Day	Time	Fee
6097	Evergreen	8	1/21	W	6:15p–7:00p	\$19

Weight Training for Women **NEW**

Develop a rock hard body in a non-intimidating environment! This women-only weight class challenges all your muscle groups as you learn the correct technique for using weights along with free weight exercises.

Code	Location	Classes	Begins	Day	Time	Fee
6098	Evergreen	8	1/24	Sa	10:00a–10:45a	\$19



Linwood Fitness Center Opening this Winter:

Visit Linwood Recreation Center for details.

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
6350	Boston	6	1/26	M	9:00a–10:15a	\$24
6351	Boston	6	1/26	M	6:00p–7:15p	\$24
6348	Boston	8	1/21	W	9:00a–10:15a	\$32
6349	Boston	8	1/21	W	6:00p–7:15p	\$32
6356	Edgemoor	6	1/26	M	9:45a–10:45a	\$19
6352	Edgemoor	8	1/20	Tu	5:45p–6:45p	\$25
6353	Edgemoor	8	1/20	Tu	7:00p–8:00p	\$25
6354	Edgemoor	8	1/21	W	9:45a–10:45a	\$25
6355	Edgemoor	8	1/22	Th	6:00p–7:00p	\$25
6357	Evergreen	8	1/20	Tu	6:45p–7:30p	\$19
6358	Evergreen	8	1/21	W	7:00p–7:45p	\$19
6359	Linwood	8	1/22	Th	6:30p–7:30p	\$25

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
6363	Auburn Hills	8	1/21	W	6:00p–7:00p	\$25
6366	Orchard	6	1/26	M	6:00p–7:00p	\$19
6361	Orchard	8	1/20	Tu	4:15p–5:15p	\$25
6362	Orchard	8	1/20	Tu	5:30p–6:30p	\$25
6364	Orchard	8	1/22	Th	4:15p–5:15p	\$25
6365	Orchard	8	1/22	Th	5:30p–6:30p	\$25

Start Your New Year Off Right!

Try out a fitness class between **December 29 – January 16**

For a complete class schedule go to Wichita.gov, click on park and recreation

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
6369	Boston	6	1/26	M	6:00p–7:00p	\$19
6148	Boston	8	1/22	Th	6:30p–7:30p	\$25
6370	Edgemoor	6	1/26	M	5:30p–6:15p	\$14
6373	Evergreen	8	1/20	Tu	7:30p–8:15p	\$19
6372	Evergreen	8	1/22	Th	7:00p–7:45p	\$19
6371	Evergreen	8	1/24	Sa	9:30a–10:15a	\$19
6374	Linwood	8	1/22	Th	5:45p–6:30p	\$19
6375	Orchard	14	1/21	M/W	5:45p–6:30p	\$33
6376	Orchard	8	1/24	Sa	10:00a–11:00a	\$23

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
6377	Hyde	6	1/26	M	7:00p–7:45p	\$14
6378	Hyde	6	1/28	W	7:00p–7:45p	\$14

CYCLING



Cycle Circuit **NEW**

Rotate to greatness! Quick-paced and powerful, this interval training class uses timed sets with limited rest periods to maximize strength building and cardiovascular fitness. Where strength and endurance collide!

Code	Location	Classes	Begins	Day	Time	Fee
6066	Woodard	5	1/26	M	6:30p–7:15p	\$12
6065	Woodard	5	1/21	W	7:15p–8:00p	\$12
6064	Woodard	5	1/23	F	4:15p–5:00p	\$12

Cycle Core **NEW**

Take the "muffin" out of your muffin top! Build endurance and strength during the first 45 minutes, then target your midsection with 15 minutes of intense core exercises.

Code	Location	Classes	Begins	Day	Time	Fee
6067	Woodard	5	1/20	Tu	6:00p–7:00p	\$16
6068	Woodard	5	1/24	Sa	11:15a–12:15p	\$16

ADULTS

CYCLING

Extreme Ride **NEW**

Intensify your ride! Push your conditioning to the max with fierce climbing, time trials and all-out sprints! Coupled with upper body strengthening and interval training, this will satisfy your passion for performance!

Code	Location	Classes	Begins	Day	Time	Fee
6071	Woodard	5	1/21	W	6:00p-6:45p	\$12
6419	Woodard	5	1/23	F	9:00a-9:45a	\$12
6072	Woodard	5	1/23	F	5:30p-6:15p	\$12

Indoor Cycle **NEW**

Let the spin begin! Perfect for all fitness levels, motivating music will propel you through sprints, climbs and runs. Improve cardiovascular fitness while strengthening muscles and building endurance.

Code	Location	Classes	Begins	Day	Time	Fee
6413	Woodard	5	1/26	M	6:00a-6:45a	\$12
6059	Woodard	5	1/26	M	5:30p-6:15p	\$12
6414	Woodard	5	1/21	W	6:00a-6:45a	\$12
6415	Woodard	5	1/21	W	9:00a-9:45a	\$12
6056	Woodard	5	1/22	Th	7:15p-8:00p	\$12
6058	Woodard	5	1/24	Sa	9:00a-9:45a	\$12

Sol Cycle **NEW**

The fitness solution to mind/body fusion! Climb, jog, sprint and dance in this workout that is far and above the average cycling class. Listen to high-energy music while a motivational instructor guides you through high and low resistance moves and arm workouts with or without weights. Warm-up and cool-down exercises complete this ultimate fat burning, stress relieving, full-body workout.

Code	Location	Classes	Begins	Day	Time	Fee
6082	Woodard	5	1/20	Tu	7:15p-8:00p	\$12
6083	Woodard	5	1/22	Th	6:00p-6:45p	\$12
6084	Woodard	5	1/24	Sa	10:00a-10:45a	\$12



is a proud sponsor of
WICHITA PARK & RECREATION

BOXING

Boxing Basics

Float 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 empower you by improving your self-defense skills. This no-contact class features punching bags, speed bags and punching mitts instead. Boxing gloves are provided or you may bring your own.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning—Coed						
6157	Woodard	8	1/21	W	6:45p-7:30p	\$26
Beginning—Women						
6161	Woodard	6	1/26	M	6:00p-6:45p	\$20
6160	Woodard	8	1/22	Th	6:15p-7:00p	\$26
Beginning—Men						
6159	Woodard	8	1/22	Th	7:15p-8:00p	\$26
Intermediate—Women						
6156	Woodard	8	1/20	Tu	7:00p-7:45p	\$26
Intermediate—Men						
6158	Woodard	8	1/21	W	7:30p-8:15p	\$26

Contact Boxing

There's no need to throw in the towel! These USA Amateur Boxing workouts consist 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. Register at Woodard.

Code	Location	Classes	Begins	Day	Time	Fee
Advanced—Women						
6183	Woodard	6	1/26	M	7:00p-7:45p	\$26
Advanced—Men						
6182	Woodard	8	1/20	Tu	8:00p-8:45p	\$34

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						
6274	Evergreen	8	1/20	Tu/Th	5:30p-6:30p	\$49
6276	Evergreen	8	2/17	Tu/Th	5:30p-6:30p	\$49
Intermediate						
6275	Evergreen	8	1/20	Tu/Th	6:30p-7:30p	\$49
6277	Evergreen	8	2/17	Tu/Th	6:30p-7:30p	\$49



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!

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						
6178	Linwood	6	1/26	M	7:00p-8:15p	\$19
Intermediate						
6179	Linwood	6	1/26	M	5:30p-6:45p	\$19

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. Class focuses on learning and applying fundamental techniques of Brazilian Jiu-Jitsu such as escapes, positioning and self-defense.

Code	Location	Classes	Begins	Day	Time	Fee
Women						
6533	Evergreen	8	1/24	Sa	1:00p-2:00p	\$29
Men						
6251	Evergreen	8	1/24	Sa	3:00p-4:00p	\$29

Karate

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
6253	Boston	8	1/24	Sa	2:15p-3:45p	\$35

Self-Defense Workshop

Protect yourself in 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
Agess 6+						
6284	Evergreen	1	2/7	Sa	10:00a-12:00p	\$9
Agess 8+						
6282	Linwood	1	1/24	Sa	9:00a-12:00p	\$14
6283	Orchard	1	1/31	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						
6311	Edgemoor	16	1/20	Tu/Th	6:15p-7:15p	\$47
6312	Evergreen	16	1/20	Tu/Th	6:30p-7:30p	\$47
6313	Linwood	14	1/22	M/Th	6:45p-7:45p	\$41
6315	Orchard	14	1/21	M/W	6:00p-7:00p	\$41
Intermediate						
6310	Edgemoor	16	1/20	Tu/Th	7:15p-8:15p	\$47
6314	Linwood	14	1/22	M/Th	7:45p-8:45p	\$41
6316	Orchard	14	1/21	M/W	7:00p-8:00p	\$41



SPORTS

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
6332	Evergreen	8	1/22	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
6223	Linwood	8	1/20	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

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 East Coast Swing and Tango. Fee is per person; couples encouraged.

Code	Location	Classes	Begins	Day	Time	Fee
6123	Minisa	8	1/21	W	7:00p-8:00p	\$29

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
6142	Linwood	8	1/21	W	6:00p-7:00p	\$30

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
6143	Linwood	8	1/22	Th	7:00p-8:00p	\$30

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
6144	Linwood	8	1/21	W	7:00p-8:00p	\$30
6145	Linwood	8	1/22	Th	6:00p-7:00p	\$30

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. Fee is per couple. No on-line registration available for these classes. Call to register.

Code	Location	Classes	Begins	Day	Time	Fee
Beginning						
6147	Edgemoor	6	1/26	M	6:30p-7:15p	\$32
Advanced						
6146	Edgemoor	6	1/26	M	7:30p-8:15p	\$32

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
6181	Kiwanis	8	1/19	M	6:00p-7:00p	\$29

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						
6189	Edgemoor	8	1/24	Sa	11:00a-11:45a	\$23
6190	Linwood	8	1/20	Tu	6:30p-7:30p	\$31
6191	Orchard	8	1/22	Th	6:30p-7:30p	\$31
Intermediate						
6192	Orchard	8	1/22	Th	7:45p-8:45p	\$31

Country Two-Step

It will be smooth movin' across the dance floor with this up-tempo country partner dance. Master the basics of the two-step, then add spins, wraps and weaving 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
6188	Edgemoor	8	1/24	Sa	12:00p-12:45p	\$44

Latin Dancing

Spice up your moves while learning the Salsa, Mambo, Cha-Cha, Rumba and Cumbia dance techniques.

Code	Location	Classes	Begins	Day	Time	Fee
6257	Boston	8	1/22	Th	5:30p-6:30p	\$29
6258	Edgemoor	8	1/24	Sa	12:45p-1:45p	\$29



Party on the Dance Floor

It's time to busta move! Update your dance steps and improve your confidence on the dance floor at clubs, parties or weddings with today's moves such as hip hop, shufflin', popping and body rolls. 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
6272	Evergreen	8	1/24	Sa	9:00a-10:00a	\$30

West Coast Swing Dance NEW

Get into the swing of things! This popular form of swing uses current styles of music such as Blues, Country, Oldies, Rock and Roll or Swing. Basic and intermediate moves will be taught in addition to simple turns. Fee is per person. Singles and couples welcome.

Code	Location	Classes	Begins	Day	Time	Fee
6539	Edgemoor	6	2/3	Tu	7:00p-8:00p	\$22

TECHNOLOGY

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
6267	Edgemoor	5	1/22	Th	10:30a-11:30a	\$21
6266	Edgemoor	5	1/22	Th	6:45p-7:45p	\$21

LANGUAGES

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. Students must purchase "Passport Books" by Angela Wilkes.

Code	Location	Classes	Begins	Day	Time	Fee
6218	Edgemoor	8	1/20	Tu	5:30p-7:00p	\$36

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."

Code	Location	Classes	Begins	Day	Time	Fee
6299	Edgemoor	8	1/21	W	5:30p-7:00p	\$36
6301	Evergreen	8	1/20	Tu	10:00a-11:30a	\$36
6300	Evergreen	8	1/20	Tu	6:30p-8:00p	\$36
6302	Evergreen	8	1/24	Sa	9:00a-10:30a	\$36

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
6303	Evergreen	8	1/22	Th	6:30p-8:00p	\$36



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	1/22	Th	6:00p-8:00p	\$25
6205	Orchard	3	1/26	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
6206	Orchard	3	2/23	M	6:00p-8:00p	\$25



COOKING

Hispanic Cooking

Make mouthwatering authentic dishes ranging from flour tacos to enchiladas. You'll be a hit at your next fiesta! Food is provided. Registration deadline is 1/19.

Code	Location	Classes	Begins	Day	Time	Fee
6242	Evergreen	5	1/21	W	6:30p-7:30p	\$29



MEDITERRANEAN FOOD CRUISE

NEW

Learn to make the fabulous foods of countries bordering the Mediterranean in these one-day workshops. A light meal is included with each class. Registration deadline is the Thursday prior to class. **Offered by BETA@Butler Community College.**

Spain

Spanish food has exploded in popularity in recent years. Taste why as we make a variety of tapas, paella, a Spanish tortilla and more.

Code	Location	Classes	Begins	Day	Time	Fee
6543	Boston	1	1/24	Sa	10:00a-1:00p	\$29



Greece

These exotic foods inspire cries of "Opa!" Flaming cheese, spanakopita, a classic Greek salad and the decadent layered pasta dish known as pastitsio will be prepared.

Code	Location	Classes	Begins	Day	Time	Fee
6544	Boston	1	2/21	Sa	10:00a-1:00p	\$29



Italy

Italian is the food of lovers which makes it perfect for couples. Luscious risotto, homemade pasta, garlic-and-rosemary pork loin and tiramisu will make this a meal to remember.

Code	Location	Classes	Begins	Day	Time	Fee
6545	Boston	1	3/7	Sa	10:00a-1:00p	\$29



Lebanon

Learn the secrets of one of Wichita's favorite cuisines, from perfect hummus and fattoush salad to gyros, pilaf and more.

Code	Location	Classes	Begins	Day	Time	Fee
6546	Boston	1	3/14	Sa	10:00a-1:00p	\$29



INTERNATIONAL 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 2/12.

Code	Location	Classes	Begins	Day	Time	Fee
6245	Orchard	1	2/15	Su	4:00p-7:00p	\$25

Herbs and Spices

Spice it up! Discover wonderful spices such as black caraway and lavender juniper that can dramatically enhance the flavors of your dishes. Use your new spice knowledge while preparing a variety of stews and soups using lentils, garbanzo beans, leeks, butternut squash and more! Knife skills will also be covered. Registration deadline is 2/5.

Code	Location	Classes	Begins	Day	Time	Fee
6246	Orchard	1	2/8	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 2/19.

Code	Location	Classes	Begins	Day	Time	Fee
6247	Orchard	1	2/22	Su	4:00p-7:00p	\$25

PASSAGE TO INDIA

NEW

Explore traditional and modern culinary delights from the diverse and cultural flavors of India. Food is provided. Registration deadline is the Thursday prior to class. **Offered by BETA@Butler Community College.**

Poultry

Make Tandoori Chicken, Tikka Masala and Korma using a wide variety of Indian spices.

Code	Location	Classes	Begins	Day	Time	Fee
6540	Boston	1	1/31	Sa	10:00a-1:00p	\$29

Vegan and Vegetarian

Create appetizers such as Samosas and Bahjis, and delicious meals including Daal and vegan curry.

Code	Location	Classes	Begins	Day	Time	Fee
6541	Boston	1	2/14	Sa	10:00a-1:00p	\$29

Meat

Prepare authentic dishes such as Vindaloo, Kofta meatballs and Kebabs.

Code	Location	Classes	Begins	Day	Time	Fee
6542	Boston	1	2/28	Sa	10:00a-1:00p	\$29



HOBBIES AND CRAFTS

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
6250	McAdams	8	1/24	Sa	2:00p-3:30p	\$44

Leather Journal Cover **NEW**

The great cover up! Use basic materials and apply techniques to make your own leather bound journal with exposed/sewn bindings. Cut and sew leather using the long-stitch and practice with methods for creating closures. Supplies provided. Ages 10+.

Code	Location	Classes	Begins	Day	Time	Fee
6527	Edgemoor	4	1/26	M	6:15p-7:15p	\$24

Mah Jongg **NEW**

The great brain game! Skill and strategy are essential in the Asian game played with 152 domino-like tiles. Learn the moves of the American Mah Jongg to develop strategies and create a winning hand. Rules and standards of the National Mah Jongg League are used. Class fee includes current NMJL card.

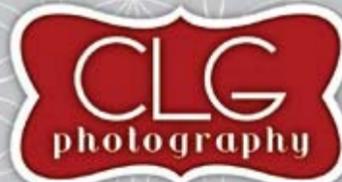
Code	Location	Classes	Begins	Day	Time	Fee
6547	Edgemoor	5	2/7	Sa	9:30a-11:30a	\$36



Natural Soap Making **NEW**

Handmade with love! Learn the foundations and history of soap making, along with popular cold-process methods. Create your own recipes using a simple set formula, craft signature soaps and utilize basic aromatherapy. Take a batch of eleven signature soap home for personal use, gifts or for profit!

Code	Location	Classes	Begins	Day	Time	Fee
6549	Linwood	1	2/4	W	6:00p-9:00p	\$35
6550	Orchard	1	2/22	Su	1:00p-4:00p	\$35



CLG
photography

Cassie Gillespie
owner

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

ctgphotography.net

ADULTS

HOBBIES AND CRAFTS

Self-Publishing Made Easy **NEW**

Changes in printing technology and distribution make self-publishing easier than ever! An overview of the different publishing options and pros and cons of each are addressed. Learn how to find editors and graphic designers, effective marketing tools and possible resources for distribution.

Code	Location	Classes	Begins	Day	Time	Fee
6551	Edgemoor	2	3/2	M	6:30p-8:00p	\$12
6552	Linwood	2	2/7	Sa	1:00p-2:30p	\$12

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
6285	McAdams	8	1/24	Sa	12:30p-2:00p	\$36



Drawing with Charcoal

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. Enroll in the one-day workshop for a quick introduction or refresher course. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
6070	Edgemoor	1	1/30	F	6:00p-7:30p	\$7
6208	Edgemoor	4	2/6	F	6:00p-7:30p	\$29

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
6268	Edgemoor	6	1/26	M	1:30p-3:30p	\$40

Painting with Acrylics

Express yourself with color! Beginners will gain a better understanding of brush styles, strokes, color mixing and how to work on different textured surfaces. Put that knowledge to work by painting still-life. Intermediate students may also participate and receive one-on-one assistance. Call Edgemoor for supply list. Ages 12+.

Code	Location	Classes	Begins	Day	Time	Fee
6461	Edgemoor	3	3/6	F	6:00p-7:30p	\$21

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 squirking. Ages 12+.



Code	Location	Classes	Begins	Day	Time	Fee
6286	Edgemoor	1	1/23	F	6:00p-7:30p	\$7

REAL ESTATE

Offered by CJ Home Investors, LLC

Designed to Sell **NEW**

Sell fast for top dollar! Get advice on preparing your home for sale including simple design changes, optimal color palettes, identifying critical repairs, and needed prep work. Learn to recognize the potential market for your neighborhood and how to effectively promote the sale. Bring photos of your house and rooms for discussion.

Code	Location	Classes	Begins	Day	Time	Fee
6557	Linwood	3	2/3	Tu	6:30p-8:00p	\$28

Flip This House? **NEW**

Find out if house flipping is for you so you don't flop! From roof to ground, this workshop will give you step-by-step information on how to find, fund, fix, and flip houses. Learn how to figure costs, required paperwork, tax advantages and information on how to research to get the answers you need.

Code	Location	Classes	Begins	Day	Time	Fee
6558	Linwood	6	2/5	Th	6:30p-8:00p	\$55

Intro to Real Estate Investment **NEW**

Take the guesswork out of investing! This workshop will provide you with straight talk on why you should consider real estate investing and how to get started. Gain an understanding of ways to secure financing, budgeting, managing a rehab project and how to build your team of real estate professionals and structuring deals.



Code	Location	Classes	Begins	Day	Time	Fee
6559	Orchard	1	1/24	Sa	1:00p-4:00p	\$20

HOME IMPROVEMENT

Offered by The Home Depot

Interior Trim Basics

Don't let yourself get cornered! Gain basic skills to help plan and install your interior trim from chair rails and baseboards to crown molding. Learn how to identify molding types and proper placement within the room. You will estimate the amount of materials needed and the proper tools to use for the job. Mitering, coping and other basic joinery methods will also be demonstrated.

Code	Location	Classes	Begins	Day	Time	Fee
6554	Linwood	1	2/7	Sa	10:00a-12:00p	\$8



Staining and Refinishing

Do you love Vintage Chic? Get a quick overview on the importance of stripping the old finish thoroughly and other preparation measures to ensure the wood is ready for stain. Basic staining techniques and general repair will also be covered along with selecting the right stains and finishes.

Code	Location	Classes	Begins	Day	Time	Fee
6555	Linwood	1	2/21	Sa	10:00a-12:00p	\$8

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
6553	Linwood	1	3/7	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 offers 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
6244	Orchard	10	1/22	Th	7:00p-8:30p	\$49

Advanced Bee Management **NEW**

Get your hive to thrive! Protect your investment and keep your beehive healthy by learning about cell building methods and how to cycle a nuc hive. An emphasis will be placed on queen rearing, queen replacement and grafting of queen cells to strengthen the colonies. Offered by American Bee Removal.

Code	Location	Classes	Begins	Day	Time	Fee
6086	Orchard	6	1/26	M	7:00p-8:30p	\$30

Backyard Birding

Keep your eye on the birdie! Learn how to attract birds to your yard and keep them healthy. How to properly use binoculars along with bird watching etiquette is also covered. Receive a set of designs for a birdhouse that is adjustable for several different species.

Instructed by staff from the Great Plains Nature Center.

Code	Location	Classes	Begins	Day	Time	Fee
6110	Linwood	1	1/27	Tu	6:30p-7:30p	\$10
6111	Orchard	1	2/10	Tu	6:30p-7:30p	\$10

Genealogy for Beginners

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.

Offered by Wichita Genealogical Society.

Code	Location	Classes	Begins	Day	Time	Fee
6222	Edgemoor	4	2/4	W	6:00p-7:30p	\$22

SPECIAL INTEREST

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
6525	Linwood	1	1/24	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
6548	Edgemoor	1	2/28	Sa	1:00p–4:00p	\$12

Wine Appreciation

Get ready to pop a cork! Discover more about wines and their regions from a knowledgeable wine expert, then learn the proper way tasting methods. Enjoy a fun assortment of six wines from around the world. Different wines are introduced in each class. Offered by Auburn Spirits. Contact Edgemoor for more information. Registration deadline is the Friday prior to class. Ages 21+.



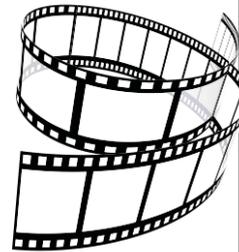
Code	Location	Classes	Begins	Day	Time	Fee
6345	Auburn Spirits	1	1/27	Tu	6:30p–8:00p	\$25
6346	Auburn Spirits	1	2/24	Tu	6:30p–8:00p	\$25



WICHITA PUBLIC LIBRARY
The Discovery Center
www.wichita.lib.ks.us

ACADEMY AWARD NOMINATED SHORTS

Save the date for this annual event, sure to be bigger and better than ever before. This is Wichita's chance to see Academy Award®-nominated short subjects—films running 40 minutes or less—in animation, live action and documentary categories. One of the first places in the nation to offer this program, Wichita Public Library's program attracts hundreds of film fans each year. These films are not rated and may not be suitable for all audiences. All showings are free, and running times vary.



SHOWINGS OF ALL CATEGORIES

Saturday, Feb. 14,
10 a.m. to 5 p.m.
Orpheum Theatre
101 N. Broadway

Saturday, Feb. 21,
10 a.m. to 4 p.m.
Warren Theatre
9150 W. 21st St.

Other showing information available at wichita.lib.ks.us



For all children and family activities and programs visit wichita.lib.ks.us to find out more.

TECHNOLOGY

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
6267	Edgemoor	5	1/22	Th	10:30a–11:30a	\$21
6266	Edgemoor	5	1/22	Th	6:45p–7:45p	\$21

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
6207	McAdams	8	1/24	Sa	4:00p–6:00p	\$21

FITNESS

Bokwa

Sweat the alphabet and dance the digits! Bokwa is a 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
6151	Orchard	8	1/21	W	9:15a–10:00a	\$19
6152	Orchard	8	1/23	F	9:15a–10:00a	\$19

Dancing for Fitness

Burn up the dance floor and burn calories too! No partners are needed for this cardio fitness class. Blend the Latin dance moves such as the Salsa and Cha-Cha and ballroom dances such as the Waltz into an easy to follow workout that develops core strength and increases balance.

Code	Location	Classes	Begins	Day	Time	Fee
6203	Edgemoor	8	1/23	F	10:00a–10:45a	\$19

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
6215	Edgemoor	8	1/20	Tu	9:00a–9:45a	\$19
6216	Edgemoor	8	1/22	Th	9:00a–9:45a	\$19
6217	Linwood	6	1/26	M	9:00a–9:45a	\$14

Indoor Cycle **NEW**

Easy Rider? Think again! Perfect for all fitness levels, motivating music will move you through various cycling exercises including sprints, climbs and runs. Improve cardiovascular fitness while strengthening muscles and building endurance.

Code	Location	Classes	Begins	Day	Time	Fee
6063	Woodard	5	1/26	M	8:00a–8:45a	\$12
6416	Woodard	5	1/21	W	10:00a–10:45a	\$12

Sol Cycle **NEW**

The fitness solution to mind/body fusion! Motivational music and an energetic instructor guides you through this unique cycling experience. High and low resistance moves along with warm-up and cool-down exercises allow you to progress at your own pace while participating in a full-body workout.

Code	Location	Classes	Begins	Day	Time	Fee
6417	Woodard	5	1/26	M	4:30p–5:15p	\$12
6560	Woodard	5	1/20	Tu	8:00a–8:45a	\$12



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
6308	Goldenrod	6	1/26	M	9:30a–10:15a	\$14
6309	Goldenrod	8	1/23	F	9:30a–10:15a	\$19

Yoga

Can you say ohmmm? 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
6347	Linwood	8	1/21	W	9:30a–10:15a	\$19





WICHITA PARKS FOUNDATION

All money raised goes to

SCHOLARSHIPS

- Recreational Programs
- Summer Camps
- Swimming Lessons

PARK DEVELOPMENT

- Developing existing park land
- Develop future park land
- Recreation and Aquatic Facilities

VOLUNTEERISM

- Park clean up days
- Event volunteers
- Fundraising committees

Wichita Parks Foundation supports the central role of Wichita's park and recreation system in building community, preserving natural areas, and enhancing the quality of life and the local economy for all residents—now and in the future.

WICHITA PARKS FOUNDATION GOALS FOR 2015

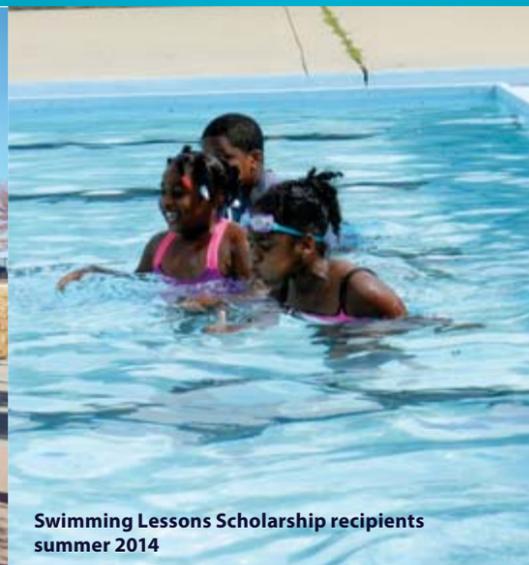
- Community fundraising for Wichita Dog Parks
- Community fundraising for Reforestation—ICTrees Fund

UPCOMING EVENTS FOR 2015

- Independence Day Block Party
- Dinner in the Park
- Poker Tournament



Volunteers from Martin Pringle planting trees on the Hyatt Lawn



Swimming Lessons Scholarship recipients summer 2014



Park Volunteers

Visit wichitaparksfoundation.org for more information, or call Stacey Hamm at 268-4124 to find out how you can help.

POLICIES

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.

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 8:30 am – 9:30 pm
 Friday 8:30 am – 8:00 pm
 Saturday 8:00 am – 3:30 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 basics 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.

January Session:

Tots	Mon	5:30p–6:30p	Ages 4–7	\$36
Beginner	Mon/Fri	6:30p–7:30p	Ages 8–16	\$72
Intermediate	Wed/Fri	5:30p–6:30p	Ages 8–18	\$72
Advanced	Tu/Th	5:30p–6:30p	Ages 8–18	\$72
High Performance	Tu/Th	6:30p–7:30p	Ages 8–18	\$72

February Session:

Tots	Mon	5:30p–6:30p	Ages 4–7	\$36
Beginner	Mon/Fri	6:30p–7:30p	Ages 8–16	\$72
Intermediate	Wed/Fri	5:30p–6:30p	Ages 8–18	\$72
Advanced	Tu/Th	5:30p–6:30p	Ages 8–18	\$72
High Performance	Tu/Th	6:30p–7:30p	Ages 8–18	\$72

March Session:

Tots	Mon	5:30p–6:30p	Ages 4–7	\$45
Beginner	Mon/Fri	6:30p–7:30p	Ages 8–16	\$90
Intermediate	Wed/Fri	5:30p–6:30p	Ages 8–18	\$90
Advanced	Tu/Th	5:30p–6:30p	Ages 8–18	\$90
High Performance	Tu/Th	6:30p–7:30p	Ages 8–18	\$90

ADULT LEAGUES

Indoor Men's Doubles 3.0–4.0

Open to men with NTRP ratings of 3.0 and above. This is a flight league where you advance based on your win-loss record from the previous week.

Jan. 8 – Feb. 26 | Thurs | 7:30 p–9:00p | \$80

Mar. 5 – Apr. 2 | Thurs | 7:30 p–9:00p | \$50

Indoor Men's Doubles 4.0 and above

Open to men with NTRP ratings of 4.0 and above. Run as a flight league where you advance based on your win-loss record from the previous week.

Jan. 6 – Feb. 24 | Tues | 7:30p–9:00p | \$80

Mar. 3 – Mar. 31 | Tues | 7:30p–9:00p | \$50



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.

Weekly | 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.

Weekly | 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.

Weekly | Wed | 6:30p–8:00p | \$15/class

Weekly | Sat | 9:00a–10:30a | \$15/class





WICHITA PARK & RECREATION COMMUNITY FUND

455 N Main St. Suite 1101

Wichita, KS 67202

Non-Profit Org.

U.S. Postage

PAID

Wichita, KS

Permit No. 84

Auburn Hills Golf Course Ladies Instructional Class

January 26 – February 23

Mondays 6 – 7 pm

\$75 per golfer

Class is limited to 30 golfers. Registration is required.

- This instructional class is designed to teach ladies the rules and etiquette of golf in a fun environment.
- Each golfer will have their swing filmed, diagnosed and swing management broken down by a golf professional.



Kristi Calkins
Golf Instructor

Visit or contact:

Auburn Hills Golf Course
443 S. 135th St. West
Wichita, KS 67235
316.219.9700

