

Registration for Adult Programs is explained on pages 4 & 5. More information on specific class requirements is included in each description. All classes will be taught by qualified instructors. Participants will meet once a week unless stated otherwise. Most classes are scheduled to start the week of June 1. Adult instructional programs are open to ages 16 and above unless otherwise noted.

Belly Dance

Again this summer the Parks & Recreation Department is offering a dance/exercise class, Middle Eastern Dance (more commonly known as belly dancing). The classes will be taught by Sondra Crank, who has over 20 years experience in Belly Dance instruction. Belly Dance was a very popular dance/exercise form during the 1970's and 80's, and is experiencing a resurgence in popularity across the U.S. The class will focus on body isolations and flexibility moves that later evolve into dance steps and movements. Our 7-week summer session begins June 8, and the class meets at the Friendship Center, 746 Commanche.

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|----------------------|-------------------------|--------------|-----------------|
| Beginner: | Monday, June 8- July 27 | 7:00-8:00pm | 4102.101 |
| Intermediate: | Monday, June 8- July 27 | 8:00-9:00pm | 4102.102 |
| Advanced: | Monday, June 8- July 27 | 9:00-10:00pm | 4102.103 |
| Fee: | \$20.00 per person | | |

Cardio Kickboxing Class

Cardio Kickboxing is a combination of aerobics, boxing, and martial arts and is one of the most popular fitness trends to hit gymnasiums in recent years. These workouts, which are inspired by martial arts, have motivated many people to start a fitness program. This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination, and balance. Kickboxing classes can be a great alternative for people who have become bored with weight-room cardiovascular activities, such as brisk walking or jogging on a treadmill. They also provide an option for people who enjoy the "semi dance" movements found in aerobics or step classes. The instructor is Rachael Weber at 785-577-4042.

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| Session I: | Mondays & Wednesdays, June 1-29, 5:00-5:45pm | 4802.102 |
| | Tuesdays & Thursdays, June 2-30, 8:00-8:45pm | 4802.103 |
| Session II: | Mondays & Wednesdays, July 1-29, 5:00-5:45pm | 4802.202 |
| | Tuesdays & Thursdays, July 2-30, 8:00-8:45pm | 4802.203 |
| Session III: | Mondays & Wednesdays, August 3-31, 5:00-5:45pm | 4802.301 |
| | Tuesdays & Thursdays, August 4-27, 8:00-8:45pm | 4802.302 |
| Where: | Premier Martial Arts, 115 N. Santa Fe | |
| Fee: | \$30.00 plus free t-shirt | |

Country Dance

Join in one of the biggest dance movements to hit our country and learn all the popular steps in our Country Western Dance Classes taught by Sondra Crank. The beginner line dance class is an introduction to line dances designed to teach the basic or starter steps. Knowledge of these basics is helpful in learning the popular dances done around the country. The intermediate/advanced line dance class is geared towards dancers with some line dancing experience. This class will offer new line dances featuring a variety of rhythms such as cha cha, waltz, polka, etc. Classes are open to high school ages and above. The Line Dancing classes do not require a partner. Enrollment is limited to 40. Classes are held at Friendship Center, 746 Commanche. Fees are \$20.00 per person.

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|------------------------------------|-------------------------------|-------------|-----------------|
| Beginner Line Dance: | Wednesdays, June 10 - July 22 | 7:00-8:00pm | 4202.101 |
| Beginner Country Couples: | Tuesdays, June 9 - July 21 | 8:00-9:00pm | 4202.102 |
| Intermediate/Advanced Line: | Wednesdays, June 10 - July 22 | 8:00-9:00pm | 4202.103 |
| Fee: | \$20.00 per person. | | |

Link Up To Golf

Don't just learn how to hit the ball --- this program will teach you how to PLAY THE GAME!! PGA Professionals Mike Hargrave and Steve Hardesty offer clinics designed by the PGA of America and advertised under the PLAY GOLF AMERICA slogan. Classes will help players new to the sport or players who are wishing to improve their existing games. All aspects of golf will be covered in the 8-week program, including woods, irons, chipping, putting, practice drills, course management, and actual supervised play on the golf course. Interested persons may call or stop by the Municipal Golf Course to sign up. Classes are held periodically throughout the year. Private groups can also be formed with 4-8 people. Individual lessons are also available in a variety of packages. All classes will be held at the Salina Municipal Golf Course. For more information, contact Steve or Mike at 826-7450. Clubs, balls, green fees, etc., are included. Fee: \$99.00 per person

Tennis Lessons

Grab a tennis racket and get in the swing of it with our adult introductory lessons for beginners or anyone wanting to revive their game. This program will stress basic fundamentals and skills needed to play tennis. Two 4-week sessions are offered this summer on Wednesday evenings with two different class times available. Balls are provided and some racquets are available if participants don't have one of their own. In the event of weather-related cancellations, classes will be rescheduled to the Saturday morning clinic that same week.

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|-------------------|----------------------------|-----------------------------|------------------------------|
| Dates: | | <u>Beginner</u> | <u>Previous Experience</u> |
| Session 1: | June 3-24 | 7:00-8:30pm 4302.101 | 8:30-10:00pm 4302.102 |
| Session 2: | July 8-29 | 7:00-8:30pm 4302.201 | 8:30-10:00pm 4302.202 |
| Where: | Sunset Park Tennis Courts | | |
| Fee: | \$25.00/person per session | | |
| Ages: | 15 and older | | |

Saturday Morning Tennis Clinics

These morning clinics are designed to provide added practice for participants in the adult tennis lessons. We will focus on drills and tips to build on what is being taught in the Wednesday evening classes. Two 4-week clinics are scheduled for Saturdays starting June 6.

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|--------------------|----------------------------|-----------------|
| Session I: | June 6-27 | 4302.103 |
| Session II: | July 11-August 1 | 4302.203 |
| When: | Saturday, 9:00-10:30am | |
| Where: | Sunset Park Tennis Courts | |
| Fee: | \$20.00/person per session | |
| Ages: | 15 and older | |

Beginning Quiltmaking Class

Learn the basics of quiltmaking by making a simple rail fence or basket weave quilt. Students will learn proper rotary cutter use, techniques for sewing blocks and applying borders accurately, layering, simple machine quilting and binding. There will be 6 sessions with homework in between. The instructor is Carol Duree. Classes will be held at the Quilting Bee, 120 S. Santa Fe, and you can stop by to see samples of the quilt you will make and to pick up the supply list. Each student will need to bring their own sewing machine with a walking foot. Students will receive a 10% discount on all fabric and supplies purchased at the Quilting Bee. Please come to the first class with fabric and supplies. For more information you can call the Quilting Bee at 785-823-9376.

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|---------------|--|-----------------|---|
| Dates: | Mondays, June 15, 22, 29, July 13, 20, 27, 2009 (No Class July 6) | | |
| Times: | 1:00pm-3:00pm | 4302.110 | <u>OR</u> 6:00pm-8:00pm 4302.111 |
| Fee: | \$70.00 plus supplies | | |
| Limit: | Minimum 2/Maximum 8 | | |

ADULT/YOUTH/FAMILY CLASSES

Hobby Ceramics for Everyone

The Parks & Recreation Department will be offering an Introduction to Hobby Ceramics Class. These workshops will introduce students to working with green ware and bisque. Learn to work with stain, glaze, and under glaze. Students will learn what a mold and slip are and how a kiln operates. Each class will have a finished ceramic piece. Space is limited so sign up soon. Classes are held at the Memorial Hall Ceramic Room, 410 W. Ash. Instructor: Kevin Bernhardt Limit - 12 students

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| Dates: | June 5 | 4302.108 | July 10 | 4302.208 | July 31 | 4302.301 |
| | June 6 | 4302.109 | July 11 | 4302.209 | August 1 | 4302.302 |
| When: | Friday, 7:00-9:00 p.m. / Saturday, 9:00-11:00 a.m. | | | | | |
| Fee: | \$5.00 (includes supplies) | | | | | |
| Ages: | 8 years old to Adult, younger if parent accompanies child | | | | | |

Beginners Wheel Throwing Mini Workshop

4302.210

This class is for the beginner potter and will cover the basic skills needed to wheel throw a simple pot. We will discuss the do's and don'ts of handling clay, firing, & glazing techniques. Students will leave the mini workshop with skills to proceed to an advanced beginner class. Space is limited so sign up soon! Classes are held at the Memorial Hall Ceramic Room, 410 W. Ash. The instructor is Kevin Bernhardt.

Dates: July 10-July 31
When: Fridays, 7-9 p.m.
Fee: \$20.00 (includes supplies)
Ages: 14 years old to Adult, younger if parent accompanies child
Limit: 6 students

Introduction to Foil Fencing

4302.211

Welcome to the introduction to foil fencing class. This class includes learning about the history of fencing, the equipment and rules, condition training, basic fencing moves and techniques. The equipment is provided. Fencing is a multifaceted sport, developing such physical qualities as dexterity, flexibility, coordination, endurance, spatial orientation, speed and strength. It also develops intellectual abilities. The instructors are Anna Katkova who is the current coach of the Kanza Fencing Club and John Miller. Anna previously coached the Women's National Team in Ukraine. Sign up now for this 6-week session.

Dates: July 16-August 20
Day/Times: Thursdays, 7:00pm-8:30pm
Ages: 13 years old to Adult
Fee: \$75.00
Location: Kanza Fencing Club, 135 E. Claflin
Limit: Minimum 3/Maximum 10

Hula Dance Class

4202.105

NEW this summer is a HULA Dance Class. HULA is a traditional Pacific Island dance characterized by gently swaying body motion to music as the hands gracefully interpret the words of the song. Our basic HULA class, taught by Sondra Crank, will introduce the hand motions and movements for this beautiful dance.

Dates: June 9 - July 21, 2009
When: Tuesdays, 7:00-8:00pm
Where: Friendship Center, 746 Commanche
Fee: \$20.00
Ages: 16 and up