

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 2. 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 9, and the class meets at the Friendship Center, 746 Commanche.

Beginner:	Monday, June 9 - July 28	7:00-8:00pm	4102.101
Intermediate:	Monday, June 9 - July 28	8:00-9:00pm	4102.102
Advanced:	Monday, June 9 - July 28	9:00-10:00pm	4102.103
Fee:	\$12.00 per person		

Aerobic Kickboxing & Step Interval Class

This class is a combination of high energy step aerobics with low and high impact routines to produce total body toning and cardiovascular conditioning. The class includes floor exercise and some use of weights. The work-outs are conducted to music. Men are welcome too! This class meets year-round at the Friendship Center, 746 Commanche. Our program emphasizes safety guidelines and features a certified instructor. When enrolling, new class members are required to fill out consent forms before participating. Before starting any strenuous exercise program, we recommend that you consult your physician. The instructor is Janet Linenberger.

Monthly Sessions Begin:	June 2 4002.101	July 2 4002.201	August 1 4002.301
Time:	6:00-7:00 a.m., Monday/Wednesday/Friday		
Fee:	\$15.00/month		

Country Dance

Join in on 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. **Beginner Line Dance:** This class is an introduction to beginner 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. **Intermediate Line Dance:** This class will offer the well-known and popular (classic) line dances currently being done across the country. It is a transition class between our Tuesday Beginner Line Dance class and the Wednesday Advance Line Dance Class. **Advanced Line Dance:** This class is geared towards dancers with some line dancing experience. Advanced Line Dance 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.

Beginner Line Dance:	Tuesdays, June 10 - July 29	7:00-8:00pm	4202.101
Beginner Country Couples:	Tuesdays, June 10 - July 29	8:00-9:00pm	4202.102
Intermediate Line Dance:	Wednesdays, June 11 - July 30	7:00-8:00pm	4202.103
Advanced Line Dance:	Wednesdays, June 11 - July 30	8:00-9:00pm	4202.104
Fee:	\$12.00 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.

Dates:	<u>Beginner</u>	<u>Previous Experience</u>
Session 1: June 4-25	7:00-8:30pm 4302.101	8:30-10:00pm 4302.102
Session 2: July 9-30	7:00-8:30pm 4302.201	8:30-10:00pm 4302.202
Where:	Sunset Park Tennis Courts	
Fee:	\$20.00/person per session	

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 7.

Dates:	Session 1: June 7-28 4302.103 / Session 2: July 12-August 2 4302.203	
When:	Saturday, 9:00-10:30am	
Where:	Sunset Park Tennis Courts	
Fee:	\$20.00/person per session	

Beginning Quilting Class

Learn the basics of quilting by making a simple rail fence or basket weave quilt. This class involves sewing a completed quilt and students will have homework. Students will learn to use a rotary cutter, techniques for sewing blocks accurately, layering, and machine quilting. Stop by the Quilting Bee to see samples of the quilt you can make. Students need to pick up a supply list at the Quilting Bee which includes a beginning quilting supply starter kit at a 15% discount. Students will receive a 10% discount on fabric and other supplies purchased for use in making the quilt for this class. Please come to the first class with supplies and fabric purchased and bring your sewing machine with walking foot. Classes will be held at the Quilting Bee, 120 S. Santa Fe. Shawn Delker at 823-9376 is the teacher for this class.

Dates:	June 17-July 29 (No Class July 8)	
When:	Tuesday, 1:00pm-3:00pm <u>OR</u> 4302.110	
	Tuesday, 6:30pm-8:30pm 4302.111	
Fee:	\$70.00	
Ages:	16 & up	
Limit:	Minimum 2/Maximum 6	

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

Dates: June 6 **4302.108** July 11 **4302.208** Aug. 1 **4302.301**
 June 7 **4302.109** July 12 **4302.209** Aug. 2 **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 18-August 8
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 4302.111

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 instructor is Anna Katkova who is the current coach of the Kanza Fencing Club. She previously coached the Women's National Team in Ukraine. Sign up now for this 6-week session.

Dates: June 12-July 17
Day/Times: Thursdays, 7:00pm-8:30pm
Ages: 13 and Older
Fee: \$60.00
Location: Kanza Fencing Club, 135 E. Claflin
Limit: 10 students

Get on the Ball

Strengthen your core, increase your balance, and tone your body. This class will implement the use of a stability ball to help improve your fitness level while adding some variety to your workout. The instructor is Linnette Burger. Try it, you'll have a ball!

Session 1: Tuesdays & Thursdays, June 3-26 **4002.102**
 Session 2: Tuesdays & Thursdays, July 1-31 **4002.202**
 Session 3: Tuesdays & Thursdays, August 5-28 **4002.302**
Times: 12:00pm-12:45pm
Ages: 16 and Older
Fee: \$10.00
Location: Friendship Center, 746 Commanche