

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 in March. Adult instructional programs are open to ages 16 and above unless otherwise noted.

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.

Session I:	Mondays & Wednesdays, March 2-30, 5:00pm-5:45pm	4801.102
	Tuesdays & Thursdays, March 3-31, 8:00pm-8:45pm	4801.101
Session II:	Mondays & Wednesdays, April 1-29, 5:00pm-5:45pm	4801.203
	Tuesdays & Thursdays, April 2-30, 8:00pm-8:45pm	4801.202
Session III:	Mondays & Wednesdays, May 4-27, 5:00pm-5:45pm	4801.303
	Tuesdays & Thursdays, May 5-28, 8:00pm-8:45pm	4801.302
Fee:	\$30.00 plus free t-shirt	
Location:	Premier Martial Arts, 115 N. Santa Fe	
Ages:	16 & up	

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. 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.

Dates: March 10-May 6 (NO Class March 17 & 18)	Beg. Line Dance: Wed., 7-8:00pm 4201.101	Beg. Country Couples: Tues., 8-9:00pm 4201.102	Int./Adv. Line Dance: Wed., 8-9:00pm 4201.103
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Beginning Quilting Class

Learn the basics of quilting by making a simple rail fence or basket weave quilt. This class involves sewing a whole quilt and students will have homework. Students will learn to use a rotary cutter, techniques for sewing blocks accurately, layering, and machine quilting. Carol Duree, Ph. 823-9376, is the teacher for the class. Stop by the Quilting Bee to see samples of the quilt you can make. Students need to pick up supply list at 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. 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.

Dates:	April 6-May 18, 2009 (NO Class May 4)		
When:	Mondays, 1:00pm-3:00pm	4301.209	OR Mondays, 6:00pm-8:00pm 4301.210
Fee:	\$70.00		
Ages:	16 & up		
Limit:	Minimum 2/Maximum 6		

Belly Dancing Class

The Parks & Recreation Department is again offering a dance/exercise class in Middle Eastern Dance (more commonly known as Belly Dancing). The class will be taught by Sondra Crank, who has over 25 years experience in Belly Dancing instruction. Belly Dance was a very popular dance/exercise form during the 1970's and 80's, and is experiencing 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. Classes meet at Friendship Center, 746 Commanche. Fee is \$20.00 per person.

Dates: March 9 - May 4
(No Class March 16)

Beginner :
Monday,
7:00-8:00pm
4101.101

Intermediate:
Monday,
8:00-9:00pm
4101.102

Advanced:
Monday,
9:00-10:00pm
4101.103

Wheel Thrown Ceramics

These two 6-week sessions will introduce students to using the potter's wheel to make clay forms. Glazing and kiln firing will also be taught. The main emphasis will be projects made on the potter's wheel. Beginner and advanced students will be in the same class. Students with previous experience are welcome to attend. The instructor is Ken Klostermeyer.

Dates: March 24 - April 30, 2009
When: Tuesdays & Thursdays, 6:00-8:00 p.m.
Where: KWU, Sam's Hall of Fine Arts
Fee: \$80.00 (materials included)
Ages: 16 and up
Class Size: 10 Students

4301.106

HULA Dance Class

New this spring 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: March 10-May 5, 2009 (No Class March 17)
When: Tuesdays, 7:00pm-8:00pm
Where: Friendship Center, 746 Commanche
Fee: \$20.00 per person
Ages: 16 and up

4201.105

ADULT/YOUTH INSTRUCTIONAL

These programs are designed so that family members of varying ages may participate together or to provide opportunities for younger ages than typically offered with adult programs. If you have questions about the specific requirements for the following classes, please contact Parks & Recreation at 309-5765.

Hobby Ceramics for Everyone

The Parks & Recreation Department will be offering a Introduction to Hobby Ceramics Class for the entire family. These workshops will introduce students to working with greenware and bisque. Learn to work with stain, glaze, and underglaze. Students will learn what a mold and slip are and how a kiln operates. Each class will have a finished ceramic piece. Limited space so sign up soon! Classes are held at the Memorial Hall Ceramic Room, 410 W. Ash. Instructor: Kevin Bernhardt.

When:	Fridays, 7-9 p.m.	March 6	4301.101	April 3	4301.201	May 1	4301.301
	Saturdays, 9-11a.m.	March 7	4301.105	April 4	4301.204	May 2	4301.302
Fee:	\$5.00 (includes supplies)						
Ages:	8 years old to Adult, younger if parent accompanies child						
Limit:	12 students						

Beginners Wheel Throwing Mini Workshop

This class is for the beginner potter and covers 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. Limited space so sign up soon! Classes are held at the Memorial Hall Ceramic Room, 410 W. Ash. The instructor is Kevin Bernhardt.

Session I:	March 13-April 3	4301.107
Session II:	May 8-May 29	4301.303
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

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

Session I:	Thursdays, March 5– April 9, 2009	4301.103
Session II:	Thursdays, April 16-May 21, 2009	4301.206
Time:	7:00 pm-8:30 pm	
Ages:	12 years old to Adult	
Fee:	\$75.00	
Location:	Kanza Fencing Club, 135 E. Claflin	
Limit:	10 students	