



MAIN EVENTS

May 8	Online Enrollment Opens
May 22	Online Enrollment Due (early bird special ends)
June 9	Ice Cream Social 5:00 - 7:00pm Beach
June 10	First Day of Classes
July 17	Awards Banquet & Last Day of Class
July 18	Fun Day & Triathlon

Quivira Recreation Association Program Guide Summer, 2019

Online
Enrollment &
Payment
opens 05/08

Turn in ALL forms by
5/22 to guarantee
your class and
receive \$5 off per
class!

*Exclusions Apply

- **Please note schedule format, Mon/Wed and Tues/Thurs unless otherwise noted. We will NOT take the 4th of July week off. There will be NO class on Thursday, July 4th.**
- **Refund Policy** - No refunds issued after Friday, June 14. Staffing/costs are fixed based on enrollment.
- All classes are 50 minutes unless otherwise noted.
- All classes will meet at the Youth Center unless otherwise noted. An instructor will take the participants to the class area and return the children to the Youth Center after the class.
- Rain policy - classes cancelled due to inclement weather will not be made up.
- In case of cancellations parents will be notified by email, and signage outside of Youth Center.

SPORTS

Triathlon

Prepare for and participate in a triathlon. Participants will need a bike, be able to swim 50 yards. Includes registration for the Mini-Triathlon on Fun Day!
\$50

M/W 9:00 Ages 9-11

M/W 10:00 Ages 12+

Advanced Soccer

For the serious soccer player wanting to improve ball skills, team concepts, and technical ability. \$50

M/W 9:00 Ages 9+

Recreational Soccer

Learn the basics of the game and improve your skills, while having a great time! \$50

Tu/Th 9:00 Ages 6-9

Sports Conditioning

This class is for the athlete looking to improve their overall fitness with a focus on speed and agility.

\$50

Tu/Th 11:00 Ages 9+

Basketball

Strengthen your skills with drills and have fun improving your game. Jump shots, free throws, scrimmages.

\$50

Tu/Th 9:00 Ages 9+

Tu/Th 10:00 Ages 6-8

Tu/Th 11:00 Ages 9+

Football

Come learn football or improve your skills, have fun with friends. \$50

Tu/Th 12:00 Ages 8+

Lacrosse

Come play with your friends. Carry, pass, catch and shoot the ball into the goal. And don't forget your using a stick! \$50

Tu/Th 9:00 Ages 9+

Field Hockey/ Ultimate Frisbee

This one incorporates some fun, competitive, yet not so well-known sports. \$50

Tu/Th 1:00 Ages 9+

Dodgeball-Hit Pin

Hit pin, is dodgeball with a twist. Foam dodge balls are used. Fun, exciting and safe! \$50

M/W 10:00 Ages 6+

Tu/Th 9:00 Ages 6+

Baseball with Mr. Bock

Join Mr. Bock and improve all of your baseball skills. \$50

M/W 11:00 Ages 9+

Top Shot

Top Shot offers archery, sling shot, and air soft activities and Nerf fun. Learn safety, fundamentals, and more!

*Nerf guns, darts, air soft gun & approved eye protection will be provided, however, participants may bring their own guns. NO CO2 cartridge guns will be allowed. \$60

Tu/Th 2:00 Ages 9+

Jump Rope & Giant Bubbles

Enjoy recreation jump roping to fun ditties and have some fun with bubbles both small & ginormous.... Have you seen our life size bubble wands?

\$50

Tu/Th 9:00 Ages 8+

Run Club

Come and run or walk approximately two miles with us each morning. Throughout the 6 weeks, we will log a full 26.2! Earn tokens as you go & complete the last 1.2 miles together as a group. \$50

Girls run club M/W 8:00 Ages 8+

Boys run club Tu/Th 8:00 Ages 8+

Gaga Ball

Come play this fun version of dodgeball in our gaga ball "pit" and try to be the last one standing.

\$50

Tu/Th 10:00 Ages 8+

Volleyball

Bump, set, & spike with your friends while you improve your skills in volleyball. \$50

Tu/Th 10:00 Ages 9+

Beach Games

Come play competitive team games on the beach, like kickball, softball, flag football, relays & more! \$50

M/W 1:00 Ages 5-8

M/W 2:00 Ages 9+

WATER FUN

Sailing

Learn to sail from experts from **LQ Yacht Club**. Class will meet 3 Saturdays. Each sailor must bring lifejacket, swimsuit, towel, water shoes, and be able to swim 50 yds.

\$45 Ages 9+

Saturdays 9:00-11:30

June 15, 22, 29

If you are interested in adult classes or other other sailing opportunities, please contact:

Charles Segebrecht, Commodore LQYC

csegebrecht@kc.rr.com

Water Polo

Kicking, splashing, laughing, scoring by throwing a ball all sounds fun, now add an inner tube! A fun and exciting game to add that will give you a great workout in a very fun way.

\$50

Tu/Th 2:00

Ages 10+

Water belts instead
of life jackets!

Kayaking

Explore the lake in a kayak and learn how to maneuver a kayak & canoe, what to do when capsized, how to race, and other fun activities! Participants should be able to swim 50 yds. Life jacket required.

\$50

M/W 10:00 Ages 9+

M/W 11:00 Ages 7-9

M/W 1:00 Ages 7-9

Tu/Th 11:00 Ages 7-9

Tu/Th 1:00 Ages 9+

Tu/Th 2:00 Ages 9+

Diving

This popular class allows kids to 'jump' out of their comfort zone and learn something new. Have a fun time learning something different everyday on the diving board!

Must be able to swim unassisted, without a life jacket, 50 yards.

\$50

T/Th 12:00 Ages 9+

SWIM CLASSES

All Swim Classes Meet at the Beach

Class size is limited to 5 kids

\$55 each

Swim I

Children will learn face submersion, unsupported floating, kicking and beginning safety. Child must be 4 years old. Class will be 30 minutes of swimming and 20 minutes of fun in the water.

Ages: 4-5

M/W 1:00

Tu/Th 1:00

Swim II

Children will gain increased independence, while learning rhythmic breathing, back crawl, and turning over. 50 minutes of instruction.

Ages: 5-6

M/W 1:00

Tu/Th 1:00

Swim III

Children will improve front crawl, learn backstroke and how to float on their back.

M/W 2:00

Tu/Th 2:00

Stroke Development

This class is designed for swimmers who can independently swim 25 yards with minimal stopping. Classes will focus on stroke improvement, technique, endurance and turns as well as competitive strokes

M/W 12:00

M/W 2:00

Tu/Th 2:00

Health & Nutrition

Learn tips & recipes for healthy eating. We will make delicious treats to fuel your body with the nutrients it needs. Kids will take home recipes to make over and over again. \$55

Tu/Th 8:00 Ages 8+

Circuit Training

Incorporate weights into circuit training with different stations to become fit and stronger.

Tu/Th 1:00 Ages 9+ \$50

Pound

Workout and rock out - Pound is a class where you will improve your rhythm, timing, endurance, and agility. Exercising while using light weighted drumsticks creates a fun atmosphere for kids of all ages. Let's all release our inner rock star.

Tu/Th 9:00 Ages 9+ \$50

Log Rolling

Jump on the log and see how long you stay above water. Set your own personal record or try to outlast your friends.

Learn balance and coordination in the waters of Lake Quivira on the "LQ Log Roll." \$50

M/W 9:00 Ages 6-9

M/W 10:00 Ages 9+

M/W 11:00 Ages 6-9

M/W 1:00 Ages 9+

Tu/Th 10:00 Ages 6-9

Tu/Th 11:00 Ages 9+

Tu/Th 12:00 Ages 6-9

Tu/Th 1:00 Ages 9+

Tu/Th 2:00 Ages 6-9

ART

Photography

Come have fun and learn some of the fundamental photography techniques! Students will photograph landscapes, portraits, and create a stop motion video, and so much more! No standard frames here, students will learn new ways of displaying their photos in creative ways! Let's get creative with our photographs!

Participants must provide their own digital camera.

\$65

M/W 2:00 Ages 9+

Art to Wear

This year we are expanding the jewelry class into wearable art! If you can wear it, we will make it; jewelry, t-shirt design, flip flops, headbands, crochet and much much more! Come create different works of art that you can wear! Students will need to provide white canvas shoes.

\$65

Tu/Th 9:00 Ages 6-8

Tu/Th 10:00 Ages 9+

Whimsical Painting

Come together with your friends to Paint, and have fun. Create festive, whimsical and colorful paintings while getting to learn techniques and express yourself. No skills required!

\$70

T/Th 9:00 Ages 10+

T/Th 10:00 Ages 6-9

Awesome Artists-Art Exploration

Explore the world of color, shapes, lines and texture through a variety of media. All of these elements of art are important to know as a young artist, but how can we use them in an exciting way? Bring your imagination while we explore through the use of tempera and watercolor paint, drawing materials, papier-mâché, recycled materials and collage. Emphasis will be on process, imagination and individual expression.

\$65

M/W 10:00 Ages 10+

M/W 1:00 Ages 6-9

All About Fibers

Each week kids will explore a different fiber technique and learn several different processes. They will learn how to crochet, embroider and sew. They will also create a latch hook rug & many more fiber techniques.

\$65

M/W 11:00 Ages 8+

DANCE, YOGA & GIVING BACK

Drill Team/Cheer

Learn the latest dance moves, jumps, chants and cheer techniques. Will perform at awards night!

\$50

M/W 10:00 Ages 6-8

M/W 11:00 Ages 9+

Hip Hop Groovy Dance

You've seen it in music videos and movies, Hip Hop is everywhere. Learn a hip hop dance routine and perform at awards night.

\$50

M/W 9:00 Ages 6-10

Yoga for Kids

Kids will learn traditional yoga poses such as cat/cow, downward dog, tree, & much more. Using interactive games and animated postures, kids will learn about animals, nature & basic anatomy. Kids benefit from stretching, relaxing & breathing.

\$50

T/Th 11:00 Ages 6+

Tu/Th 12:00 Ages 4-6

Tu/Th 1:00 Ages 6+

Giving Back

Babysitting Course

Interactive class that will provide situations and information needed to be a good sitter. Topics will include emergencies, first aid, feeding, diapering, & entertaining kids.

\$50

M/ W 8:00 Ages 10+

Tu/Th 8:00 Ages 10+

Citizen Outreach

Again this summer, we are excited to offer a class where kids can reach out to our community and give back to them by serving.

The class will raise support for the cause of the classes choice and harvesters. Sign up to be a part of an opportunity that will inspire others and your kids.

\$50

Tu/Th 11:00 Ages 9+

MUSIC & PERFORMING

Center Stage

Under New Direction!

Center stage is being reinvented while keeping everything you love!

Act, sing, move, improv, make costumes and props, Then dazzle your family and friends in the musical review on awards night.

\$100

M/W 1:00-2:50 Ages 9+

A circular graphic with a blue border and a grey interior. The text "GLEE! at the Lake" is written in white, centered within the circle.

GLEE!
at the Lake

Come sing, dance and express current popular songs. Be ready to impress your friends and family in a performance on Awards Night!

\$50

M/W 9:00 Ages 7+

Tiny Toons

A variety of songs, dances, instrument play, rhythm activities and creative movement.

\$50

M/W 12:00

Ages 4-6

Student Stomp

Come and get your rhythm on. Use your body to do body percussion, make drums for world drumming and do a "routine" from found objects a "a la STOMP" Don't forget the bucket brigade and folk dance too.

\$50

M/W 10:00

Ages 9+

GET OUTSIDE & EXPLORE

Advanced Cooking/Grilling

Learn grilling and cooking safety, knowledge of a variety of cooking/grilling utensils, how to properly cook/grill/inject their favorite meats, and more!

\$55

M/W 12:00 Ages 9+

Tu/Th 12:00 Ages 9+

Discovery

New Adventure everyday! This hands-on course will allow students to become more familiar with the LQ habitat through identifying animals, plants, fish & bird while out in our very own LQ trails!

\$50

Tu/Th 8:00 Ages 6+

Intro to Fishing

For kids who would like to learn about fishing. This will be an introductory class and will teach the basics of fishing, including: casting, baiting hooks, and taking fish off a hook. Participants must wear life jacket during class.

\$50

M/W 9:00 Ages 6-10

You bring the pole. We'll bring the bait!

Advanced Fishing

A more advanced class for experienced fisher-people! Should already know how to bait a hook, cast a line & remove a fish. Learn how to tie flies and fish certain areas for different types of fish.

\$50

M/W 8:00 Ages 10+

Tu/Th 8:00 Ages 10+

Science at the beach!

Cool Science

Fizzy, flowing, oozing and funky! Create age appropriate experiments and concoctions that will do all kinds of fun things. \$55

M/W 2:00 Ages 9+

Tu/Th 1:00 Ages 6-8

Rocketry / Newton's Law of Gravity

What goes up - must come down! Explore the science of Rocketry - build your own rocket and launch it. Learn the science and math behind building and flying rockets from small to large.

\$75

Tu/Th 2:00 Ages 9+

JUST FOR FUN

Girls Day Out

Hang out with your friends while doing manicures, pedicures & new hairdos. Plus, share beauty tips, create fun girly projects and of course, have time for girl talk. \$50

M/W 11:00 Ages 6-9

Tu/Th 10:00 Ages 6-9

Game On!

Each week play a different game including kickball, Angry Birds, & whiffle ball. \$50

Tu/Th 10:00 Ages 7+

Tailgate Games

Fun & Friendly competitions in all your favorite tailgate games from cornhole, to washers, to spikeball, and more! \$50

Tu/Th 1:00 Ages 9+

Kids in the Kitchen

Learn to make kid friendly, easy recipes while learning baking basics along the way. \$55

Tu/Th 11:00 Ages 6-8

Tu/Th 12:00 Ages 9+

Tu/Th 1:00 Ages 6-8

Imagination Station

Join us for an hour of drama, creative arts and interactive play. \$50

Tu/Th 11:00

Ages 6-9

Make It & Take It

Build a carrying case to put your projects in. Discover how to make a battery out of pennies, an electromagnetic \$50

M/W 1:00

Ages 10+

Legos

This is gonna be awesome! Take home your masterpieces. Enjoy building age appropriate Lego kits that kids can keep when completed. One large kit and smaller ones will be provided. We are excited to offer this new class for boys and girls. \$150

M/W 8:00 Ages 7+

Chess - Offered by Midwest Chess

The three best attributes kids will achieve through chess are confidence, socializing skills and enhanced reading and math scores. So open the door of possibilities for your child and we'll help guide you in the process. NO experience necessary!

\$120 M/W 12:00

*Bring your lunch to class

*Open to all kids who have completed kindergarten

*No early bird discount

Escape Room

Explore different "Rooms" that will have physical challenges leading to puzzles to solve; and find the key that will unlock a box for your escape!

\$50

M/W 2:00 Ages 10+

Tu/Th 2:00 Ages 10+

Pickleball

Pickleball is a paddle/court sport that combines the features of Tennis, Ping Pong and Badminton, with a few unique twists of its own. It is played on a court about half the size of a tennis court. The goal of the game is to have fun, exercise and socialize.

Equipment will be provided.

Must wear court shoes

\$50

T/TH 10:00 Ages 10+

CAMPS & SPECIAL EVENTS

Camp Lake Quivira

**Mini Camps for ages 4-6
3 hours of different activities
2 fun options**

Participants will be with the same instructor for the entire camp.

Students will need to bring a lunch each day.

Outdoor Camp

This class will take place outside as the students will play different types of field games, explore nature, and have fun on the beach! \$150

M/W 9:00 - 11:50

Ages 4-6

Creative Camp

This class will focus on creative art projects, music exploration, science projects and literary enrichment! \$150

Tu/Th 9:00 - 11:50

Ages 4-6

TIGER TOTS

Preschool type instruction will be mixed in with a variety of fun summer activities. For the child that has not yet attended kindergarten.

Children must be potty trained.

Class will meet in the Youth Center each week.

\$80

Friday 9:00 - 11:50 Ages 3-5

*No class July 5th

Kids Night Out with Ms. Suzy

Four Fridays to choose from, or do them all!

Rates per family:

1 child: \$20/each night

2 children: \$35/each night

3 children: \$40/each night

4 or more children: \$45/each night

Sorry, no early registration discount for Kids Night Out

Friday, June 14th

Kids 10 and under

Friday, June 21st

Kids 11 and up

Friday, June 28th

Kids 10 and under

Friday, July 12th

Kids 11 and up

There will be no exception on ages. This is to provide a better experience for all

Join us for FOUR kids nights out this year!
Add on a \$5 meal deal/child

Swimming, kickball, whiffle ball, a movie and lots of popcorn!

Lunch Camp

This is a supervised lunch. Participants will play games or swim when they are finished with their lunch. Kids may also bring a book. They will need to bring a sack lunch each day!

\$45

M/W 12:00 Ages 6+

Tu/Th 12:00 Ages 6+

Rise and Shine!

Join us before camp for some fun before the classes begin. This club is designed to offer working parents a way to start the day at 8:00 am, but is open to anyone. Our older campers who enroll in in our babysitting course will help run daily activities for the club.

\$45

M/W 8:00 All Ages

Tu/Th 8:00 All Ages

TENNIS AND GOLF CLINICS *NO EARLY BIRD DISCOUNTS

All tennis classes have instruction provided by our Tennis Pro
\$75 - per class unless noted

A Note to Parents:
Please refrain from
picking a class just
because it fits your
schedule. It's more
important to pick a class
based on your child's skill

Beginning Tennis

For the child with no or little experience

The goal is to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring - all tailored to age and size. Kids enjoy a fun, motivating introduction to tennis emphasizing fun and play. It's the fast, fun way to get kids into tennis and keep them playing.

Friday ONLY 12:00-12:30 Ages 4-6 \$50

M/W 8:00 Ages 5-8

Tu/Th 10:00 Ages 5-8

Beginner Intermediate - Player has some or no experience

For those players that have completed Beginning Tennis or some other instruction. They will continue to work on the basic elements of tennis while learning more advanced skills.

M/W 10:00 Ages 6-9 OR M/W 11:00 Ages 6-9

Intermediate - Player has 1 to 2 years of experience

Begin to learn proper technique for strokes, forehand, backhand volley and serves. Also will learn basic body movement and footwork while learning to track and judge the bounce of the ball.

M/W 9:00 Ages 7+ OR Tu/Th 9:00 Ages 7+ OR Tu/Th 11:00 Ages 7+

Advanced - Junior Tennis League Prep

Players will continue to work on serve and basic concepts of single, doubles and the rules of tennis. There will be an emphasis on stroke technique, and will begin practicing match play and prepare players for JTL.

Tu/Th 8:00 Ages 9+

GOLF GAMES

Learning the fundamentals of the game of Golf in a fun environment that encourages learning through games and play. Taught by PGA & LPGA professionals and accomplished players.

*No early bird discount

Early Start Golf Games \$75

Tu/Th 8:20 - 8:50 Ages 3-5

Golf Games \$150

Tu/Th 9:00 Ages 6-8

Tu/Th 10:00 Ages 9+