

EP&R Dispatch

Volume: 2

Issue: 6

2011-12 Fall/Winter Programs

What's happening at Eudora Parks and Recreation?

Youth Basketball Leagues

YOUTH BASKETBALL FOR BOYS AND GIRLS

GRADES 1 - 6

PRICE: \$40

Saturday morning games played in
Eudora, De Soto, Baldwin, and Wellsville

Registration begins in October - Deadline: Nov. 11th!!

NEW THIS YEAR: "Skills Day/Draft" (mandatory) - Nov. 12th @ 11am

Coaches meeting and DRAFT - Nov. 12th after Skills Day

LEAGUE GAMES BEGIN SATURDAY, JANUARY 8th!



Register online at
www.eudoraparksandrec.org
or at the Eudora Community Center

Dance and Tap Classes



"We not
only learn
to dance, we
have fun too!"



Classes Being Offered:

Teeny Tappers - (4-5 yr old)

This is an introduction to beginning tap.

Broadway Babies (3-5 yr old)

This is a beginning Broadway jazz class.

Jazz II- (9-11 yr old)

Beginning to intermediate level jazz class.

Jazz I - (6-8 yr old)

This is a beginning level jazz class.

Jazz III- (12-14 yr old)

This is an intermediate level jazz class.

ALL classes held on Thursday evenings at the Eudora Community Center, 1630 Elm St.

For more information:

Go to: www.amandadanceacademy.com
Email: amandadanceacademy@gmail.com

DANCE!!!

Pricing For EP&R Classes

30 minute class - \$37 per month
If your child is enrolled in more than one
dance class you receive 50% off the 2nd class!

DISCOUNTS! — Payment on Time Discounts: \$5.00 off if tuition paid on time!

Family Discounts: 1st Child - Full; 2nd Child - \$5 off; 3rd Child - \$10 off



PlayDay Field Trip to Lawrence Gymnastics Academy

Fall No-School PlayDays

Join us at Eudora Parks and Recreation for our "No School PlayDays!"

When school's out and work's not!

All-day care for ages 5-12.

Registration is limited to 50 participants, please contact Kristal or Jimmy for more information at 542-1725

Next PlayDays: Oct. 14; 20-21; Nov. 21, 22, 23

\$25 per child - Bring own lunch - Times: 6:30am—6:00pm

Yoga - Stretching Class - For ALL levels

Join us for a "gentle flow" stretching class—
Ideal for beginners!

A great way to unwind from a stressful day or to just stretch out some tight muscles under the guidance of an instructor.

We will stretch and strengthen all major muscle groups.



When: Monday's and Wednesday's from 6:10-7:10pm

Where: Eudora Community Center—1630 Elm St.

Price: \$5 Drop-In price per class

For More Information, call Instructor Linda Roby @ 550-9442

Zumba! - The Hottest Class Around !!!

Ditch the workout...

JOIN THE PARTY!!!

Join the millions of people that have decided that having fun and working out are not mutually exclusive.



Sundays - 1:30pm-2:25pm

Eight-week sessions @ \$30 each
BEGINS OCTOBER 16!!

For More Info, Contact: Mary
mdavidso@usd497.org

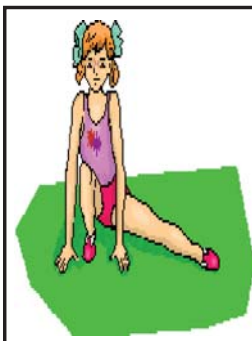
Tumbling Tots

Entry-level gymnastics for the little ones

Eudora Parks and Recreation is proud to present a weekly boys and girls tumbling program at our Community Center!

Intended for toddlers on up to 10 years of age

Class Days: **Saturday mornings**
(Next session - January 2012)



Times: **9:30am (Toddler - 5yrs)**
10:15am (6yrs-10yrs)

Price: **\$50 per 6-week session**

Contact Kristy Spellman
@ (913)375-2664 or
kristyspellman@yahoo.com
for more information

Fit-Mix!! - Brand-New Crosstraining Class !!!



Brand-New Program!

First Class FREE!

Based on the "muscle confusion" theory, Fit Mix is a unique mix of Kick Boxing, Tae Bo, Turbo Jams, Zumba, Aerobic Dance, Hip Hop and stretching.

The workout changes slightly each session, preventing boredom and fitness plateaus.

All levels of fitness welcome. Use weights to take it up a notch.

Class members encouraged to suggest music and fitness styles for new routines.

A fun way to burn calories, tone up and relieve stress!

\$5 per class
\$15 per month (1-night weekly)
or \$25 per month (2-nights weekly)
Pay two months at a time and get an additional \$5 off

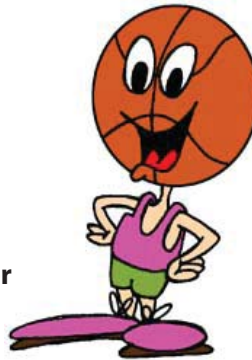
MONDAY and WEDNESDAYS
7:15pm - 8:15pm
Eudora Community Center, 1630 Elm, Eudora
Classes Ongoing!
For more information or to register,
contact Marianne Austin @ 785-393-0136 or
Austinracingent@gmail.com

"Bitty-Ball" Basketball Clinic - *Entry level basketball skills camp*

Offered for Boys & Girls — Ages 3 - 5

Clinic Dates:
Monday, November 7, 14, 21, 28
7:00-7:30pm—3 & 4 years
7:30-8:15pm—5 years

Registration beginning NOW at the Community Center
or online @ www.eudoraparksandrec.org
Price: \$27



.....
• This year's clinic will be led by
• Eudora HS coaches, staff, and
• players — incorporating basic
• fundamentals including ball
• handling, passing techniques,
• shooting technique, basic
• footwork, and defensive
• fundamentals.
• ...all in a fun and encouraging
• environment.
.....

Adult Volleyball Leagues - *Co-Rec and Women's Leagues*

Get your team together
and join our adult (16-up)
Co-Ed and Women's
volleyball leagues for some
fun and exercise!!

All adult leagues play on
Sunday afternoons at the
Eudora Community Center.

Price: \$110 per team



Fall/Winter Co-Rec League

Deadline: Oct. 21

Begins: Oct. 30

Winter Women's League

Deadline: Feb. 4

Begins: Feb. 12



Team "SoonerSmoots"
2010 Winter Co-Rec Champs

ARE YOU READY TO JOIN???

Introducing our wildly popular Rapid Fat-Loss Fitness Bootcamp!

Lawrence's #1 Bootcamp — Now featured in EUDORA!!

What is Rapid Fat-Loss Bootcamp, Anyway?

Our Camp is a fitness program that includes top notch fitness instruction, nutritional coaching and motivational training all designed to get you in the best shape of your life in the shortest and safest possible time, regardless of your current fitness level.



Here's what you'll get when you SIGN UP for the
"Rapid Fat-Loss BootCamp"

* "TRY BEFORE YOU BUY" FREE 1-Week Trial to all NEW Campers!

* 45-60 Minute EXPRESS Workout's for BUSY women looking for Maximum Fat-Burning in minimal time

* UGL Fitness Kit (Fatloss program, T-shirt, Body Fat Composition Testing) a \$50 instant savings!!!

* Free eBook "7 Steps to Skinny Jeans"

So do you think you can handle the challenge?

SIGN UP NOW!

Class Days and Times: TBD on Class size and needs...

All classes held at Eudora Community Center

To register and get more information, please visit uglfitness.com/ or call 785-979-7339

THE NEW REVOLUTION IN PHYSICAL FITNESS
UNDERGROUND LAB
CONTEMPORARY FITNESS



Eudora Wellness Center

"Where your wellness is our business..!"

MONTHLY MEMBERSHIPS

	Monthly	Six-Month	Annual
Adult Membership	\$20/month	\$100	\$240
Senior Membership (55+)	\$15/month	\$75	\$150
Family Membership	\$30/month	\$150	\$360***
Family Senior Membership	\$25/month	\$125	\$250***

(*** Includes Season Pool Pass!)

Weekly Punch Pass Memberships

7 punches/\$15 — Adult

7 punches/\$10 — Senior/Student

Daily Charges — \$3.00, adult \$2.00, student \$1.50, senior

Eudora Wellness Center offers:

(4) Treadmills, (5) Elliptical Machines, (2) Recumbent Bikes, (1) Upright Bike, (6) Dual Universal Weight Machines that work every part of your body, a Power-Squat Rack, with also plenty of dumbbells and benches for free weights.

Come check us out today! — NO contracts, no hidden fees....no nonsense!

A SPECIAL THANKS TO OUR 2011 SPONSORS!!!



HOURS OF OPERATION

Mon-Thurs.—6:30am-9:00pm

Fri.—6:30am-7:00pm

Sat.—9:00am-7:00pm

Sun.—1:00pm-5:00pm

Eudora Parks and Recreation
1630 Elm Street
P.O. Box 182
Eudora, Kansas 66025
(785)542-1725
www.eudoraparksandrec.org

Eudora Parks and Recreation
1630 Elm Street - P.O. Box 182
Eudora, Kansas 66025
(785)542-1725
www.eudoraparksandrec.org