



## Quivira Recreation Association Program Guide Summer, 2021

### MAIN EVENTS

- May 17 Online Enrollment Opens
- June 1 Online Enrollment Due
- June 7 First Day of Classes/Spirit Wear order deadline.
- July 15 Last Day of Class

Online Enrollment begins  
May 17<sup>th</sup> at 4:00 PM!

<https://www.amilia.com/store/en/lake-quivira-summer-rec/shop>

Enroll/order Spirit Wear at the above link.

- **Registration Fee** - \$40 per family. Will be chit in June as "QRA Registration".
- **Schedule Format** - All classes are Mon/Wed or Tues/Thurs, unless noted.
- **Refund Policy** - No refunds issued after classes begin.
- **Class Check In** - The drop off/pick up location will be in front of The Q. An instructor will take participants to the class area and return them to The Q after class. For the safety of all, please adhere to the entrance and exit guidelines of the main parking lot.
- **Personal Items** – Items will NOT be allowed to be stored inside The Q/youth classrooms. Participants need to come with a backpack they can manage throughout the day.
- Participants will be responsible for knowing their class schedule and getting themselves to check in.
- **Class Length** - All classes are 50 minutes unless otherwise noted.
- **Rain Policy** – Outdoor classes cancelled due to inclement weather will not be made up (Indoor classes will continue as normal). In case of cancellations, parents will be notified by email. No alternative programming (such as movie day) can be offered at this time. Please watch for inclement weather and be available to pick up participants.
- **Masks** - Please have all participants bring a mask to camp daily. While not required for outdoor classes, masks will be required during any indoor activities.

# SPORTS

## Advanced Soccer

Learn how to perfect your skills in soccer by doing drills, games and scrimmaging. \$55

M/W 9:00 Ages 9+

## Recreational Soccer

Learn the basics of the game and improve your skills while having a great time!. \$55

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. \$55

T/Th 11:00 Ages 9+

## Basketball

Learn the fundamentals and strengthen your skills with drills and have fun improving your game. \$55

Tu/Th 9:00 Ages 9+

Tu/Th 11:00 Ages 6-8

## Tailgate Games

Fun & Friendly competitions in all your favorite tailgate games from cornhole, to washers, to spikeball, and more! \$55

Tu/Th 1:00 Ages 9+

## Game On

Each week play a different game including kickball, Angry Bird, and wiffle ball. \$55

Tu/Th 9:00 Ages 7+

## Kickball

Come and play a playground favorite! \$55

Tu/Th 2:00 Ages 8+

## Wiffle Ball

Have fun and improve your baseball skills wiffle ball style. \$55

Tu/Th 10:00 Ages 9+

## Baseball

Learn the fundamentals of baseball and have fun in scrimmages with your friends. Don't forget your glove !

\$55

M/W 11:00 Ages 9+

Tu/Th 1:00 Ages 6-8

## 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 10:00 Ages 9+

## Dodgeball

Hit pin, is dodgeball with a twist. Foam dodgeballs are used. Fun, exciting and safe! \$55

MW 10:00 Ages 6+

Tu/Th 10:00 Ages 6+

## Beach Games

Come play competitive team games on the beach! \$55

M/W 1:00 Ages 5-8

M/W 2:00 Ages 9+

## Volleyball

Come learn volleyball or improve your skills while having fun with friends. Who doesn't love some sand volleyball! \$55

Tu/Th 11:00 Ages 8+

## Jump Rope

Learn how to jump rope. Jump with someone, do the wheel, run in and out of the long rope, tricks, double dutch and more. Who knew jump rope was so fun! \$55

M/W 11:00 Ages 8+

## Run Club

Learn how to make running easier by learning technique and form, breathing patterns, and then putting it into practice. Kids that reach milestones will earn shoe tokens. \$55

M/W 8:00 Ages 8+

## Circuit Training

Do a series of circuit drills to get into better shape. Each station includes a physical activity that will make you stronger and work on your cardio. \$55

Tu/Th 1:00 Ages 9+

## Triathlon

Prepare for and participate in a triathlon. Participants will need a bike & be able to swim 50 yds. Includes registration for the Mini-Triathlon at the end of Summer

Rec! \$55

M/W 9:00 Ages 9+

## Football

Come learn football or improve your skills while having fun with friends. \$55

Tu/Th 11:00 Age 8+

# GET OUTSIDE & EXPLORE

## 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. Just bring a pole, we will bring the worms! \$55

M/W 8:00 Ages 10+  
Tu/Th 8:00 Ages 10+

## 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 a life jacket during class. \$55

M/W 9:00 Ages 6-10  
T/Th 9:00 Ages 6-10

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## Sailing

*Learn to sail from experts at the LQ Yacht Club. Class will meet 3 Saturdays. Each sailor must bring a life jacket & be able to swim 50 yds.*

*\$50*

*\*Saturdays 9:00 – 11:30\**

*6/12, 6/19, 6/26*

*(meet at the LQ Yacht Club)*

## Discovery

**New adventures everyday! This hands-on course will allow students to become more familiar with the LQ habitat through identifying animals, plants, fish and birds. \$55**

**Tu/Th 8:00 Ages 9+**

## 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 8am, but is open to anyone. \$55

M/W 8:00 Ages 4+  
Tu/Th 8:00 Ages 4+

## Babysitting

Interactive class that will provide situations and information needed to be a good sitter. Topics include emergencies, first aid, feeding, diapering, and entertaining kids. \$55

M/W 8:00 Ages 10+  
Tu/Th 8:00 Ages 10+

## 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 or just relax with friends. They will need a sack lunch each day! \$55

M/W 12:00 Ages 6+  
Tu/Th 12:00 Ages 6+

# WATER FUN

## Synchronized Swimming

It's a little swimming, gymnastics, and dance combined.  
Show off your strength, flexibility, and endurance performing fun water routines.

\$55

M/W 1:00 Ages 9+

## Kayaking

Explore the lake while learning how to kayak. Learn how to maneuver a kayak, what to do when capsized, how to race, and other fun activities!

Must be able to swim 50 yards. Life jacket required.

\*In case of rough waters, games will be played on the beach.

\$55

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 7+

## 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."

\$55

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 12:00 Ages 6-9

Tu/Th 1:00 Ages 6-9

Tu/Th 2:00 Ages 9+

## Diving

This popular class allows you to 'jump' out of your 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.

\$55

Tu/Th 12:00 Ages 9+

**In case of rough water, we will have fun beach activities!**

# SWIMMING

## Swim 1

- No previous lessons required
- Learning the basics of front/back floating
- Learning techniques to hold breath
- Working on getting comfortable going underwater
- Teaching freestyle form/kicking

\$55

M/W 1:00 Ages 4-5

Tu/Th 1:00 Ages 4-5

## Swim 2

- Child is able to float on front and back with minimum/no assistance
- Child is comfortable going underwater
- Learning backstroke form
- Improving freestyle
- Learning to jump in and kick to the top of the water

\$55

M/W 1:00 Ages 5-6

Tu/Th 1:00 Ages 5-6

## Swim III:

- Child is able to float on front and back with no assistance
- Child is comfortable going underwater/jumping in
- Working on advancing towards swimming freestyle and backstroke independently
- Learning to improve form on previous strokes
- If class is ready, introducing breaststroke and butterfly

\$55

M/W 2:00 Ages 6+

Tu/Th 2:00 Ages 6+

## Stroke development

- Child is able to swim freestyle and backstroke on his/her own
- Improving strokes with drilling and repetition
- Learning the basics of breaststroke and butterfly
- Learning diving and starts
- Improving endurance and confidence in swimmer

\$55

M/W 10:00 Ages 6+

M/W 12:00 Ages 6+

Tu/Th 2:00 Ages 6+

# JUST FOR FUN & ART!

## 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! \$55  
Tu/Th 2:00 Ages 10+

## Chess

Come enjoy this game of strategy with your friends and Mr. Roberts. No experience necessary! Open to all kids 1<sup>st</sup> grade and up. \$55  
Tu/Th 12:00

## Cool Science

Fizzy, flowing, oozing and funky! Create age appropriate experiments and concoctions that will do all kinds of fun things. \$60  
Tu/Th 11:00 Ages 6-8  
Tu/Th 12:00 Ages 9+

## Make it/Take it

Do you like to get your hands dirty and build things? Then this is the class for you. Make projects to take home and impress for friends and family. \$65  
M/W 12:00 Ages 10+

## How to Draw

Come and learn the fundamentals of how to draw with Suzy. New themes each week. You'll leave the class with a sketchbook of your own masterpieces!  
\$65  
M/W 10:00 Ages 8+  
M/W 2:00 Ages 8+

## Art to Share

Bring your creativity and enjoy creating art you will love to share with others. From Cards, to gift bags, and more! \$65  
Tu/Th 9:00 Ages 9+

## Art to Nature

Bring nature alive with creativity. Using objects from nature we will create works of art. Think rock painting and more! \$65  
Tu/Th 10:00 Ages 6-8

## Macrame

Learn a variety of fundamental knots to make projects out of jute string. \$65  
M/W 11:00 Ages 10+

## Beginning Crochet

Learn fundamental stitches of crochet and make projects after learning several types of stitches. \$65  
Tu/Th 9:00 Ages 10+

## Art to Wear

If you can wear it, we will make it, and much much more! Come create different works of art that you can wear! \$65  
M/W 12:00 Ages 6-9  
M/W 1:00 Ages 6-9  
Tu/Th 10:00 Ages 9+  
Tu/Th 12:00 Ages 9+

## Girls Day Out

Hang out with your friends while doing fun girly projects. \$60  
M/W 11:00 Ages 6-9  
Tu/Th 10:00 Ages 6-9

## Legos

Get creative with Legos. New themes each week to come and build. Compete for the most creative idea and you just may win a Lego kit of your very own! \$60  
M/W 8:00 Ages 7+

# TENNIS

**Future Stars** – *The Future Stars program for children with little or no tennis experience. The goal is to have children learn and experience tennis while having fun with children of their own age and skill level. Smaller racquets, 50% compression balls, and lowered nets are used.*

\$75

M/W 8:00 Ages 4-7

Tu/Th 10:00 Ages 4-7

**Hot Shots** – *The Hot Shots program will have an emphasis on quick rallies using correct fundamentals. Continued focus on development of forehand and backhand ground strokes, consistency, introduction to serving, geography of tennis court, point play and scoring.*

\$75

M/W 10:00 Ages 6-9

M/W 11:00 Ages 6-9

**Big Hitters** – *The Big Hitters program will have an emphasis on point construction and basic strategy to ready players for competition. Continued focus on refining serves, topspin ground strokes, consistency and volleys.*

\$75

M/W 9:00 Ages 7-11

Tu/Th 9:00 Ages 7-11

Tu/Th 11:00 Ages 7-11

**Challengers** – *The Challengers program is for more serious players with aspirations to play in tournaments and team competitions. Designed to prepare players both physically and mentally for the rigors of competition through intensive drills and training, this program requires a strong work ethic and dedication.*

\$75

Tu/Th 8:00 Ages 8-11

**Pickleball-** *This clinic will introduce your child to the basics of the game of pickleball. Developing hand-eye coordination, familiarity with the paddle and the ball, footwork, and pickleball specific movement through a series of exercises, drills, and games.*

\$60

Tu/Th 10:00 Ages 7-14

# CAMPS AND MORE

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

A lunch and water bottle will be need each day. Items will not be stored in the rec center throughout camp. Please bring a backpack campers can carry their items in during.

## 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  
Tu/Th 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  
M/W 9:00 – 11:50  
Ages 4-6

## Bitty Ball

Try it all – soccer, basketball, kickball, and more. Your never to young to learn! \$55

Tu/Th 12:00 Ages 4-6

## 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 if they would rather just relax. They will need a sack lunch each day!

\$55

M/W 12:00 Ages 6+

Tu/Th 12:00 Ages 6+

## **KidS Night Out With MS. SUZY**

Four Fridays to choose from:

Rates per family:

1 child: \$20/each night

2 children: \$35/each night

3 children: \$45/each night

4 or more children: \$50/each night

Friday June 11

\*Kids Ages 4-9

Friday June 18

\*Kids Ages 10+

Friday June 25

\*Kids Ages 4-9

Friday July 9

\*Kids Ages 10+

Add a \$5 meal deal/per child.

Enjoy fun with friends and a movie!

5pm – 9pm

\*There will be no exceptions on ages in order to provide a better experience for all.

# DANCE, YOGA, MUSIC & PERFORMANCE

## Drill Team/Cheer

Learn the latest dance moves and cheer techniques.

\$55

M/W 10:00 Ages 6-8

M/W 11:00 Ages 9+

## Hip Hop Groovy Dance

Hip Hop is everywhere. Come learn some new moves and dances with friends.

\$55

M/W 9:00 Ages 6-10

## 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.

\$55

M/W 10:00 Ages 9+

## Yoga for Kids

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.

Please bring a mat or towel to each class.

\$55

M/W 11:00 Ages 6+

M/W 12:00 Ages 4-6

M/W 1:00 Ages 6+

## Center Stage

Act, sing, move, improv, make costumes and props while creating a one of a kind performance.

\*Class length is 2 hours (1-2:50)

\$110

M/W 1:00 Ages 9+

## GLEE!

Come sing, dance and express yourself to current songs.

\$55

M/W 9:00 Ages 7+

## Ukelele

In this class we will make our own ukelele! Campers will learn how to tune their instrument and play a few simple songs using correct fingerings for each chord.

\$60

M/W 11:00

Ages 9+

## Rhythmic Unit

Learn about rhythm with ribbons, pound sticks, balls, etc. to music.

\$55

Tu/Th 1:00 Ages 8+