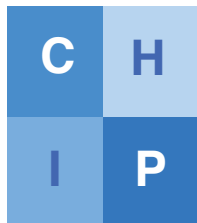


# Guide to Physical Fitness Opportunities in Douglas County



DOUGLAS COUNTY



**Community  
Health  
Improvement  
Project**

Working together to create a healthier community

## Opportunity

## Location of Opportunity

(Each Douglas County Location is numbered; address and additional information is provided)

Aerobics	7,11,29,39,45,52,63,72
Athletic Club	5,11,21,39,52,63,72
Baseball	3,7,12,18,29,34,36,45,51,70
- League, Grades K-12	7,29,34,45,70
- Camp, Grades 8-12	7,29,34,36,45,70
- Batting	18,34,70
Basketball	7,13,19,22,27,29,34,36,39,45,59,60,63
• Adult	7,13,19,22,27,29,34,36,39,45,59,60,63
• Grades 8-12	7,13,19,22,27,29,34,36,39,45,59,60,63
Biking	17,27,40,46,50
- Trails	17,46,50
- BMX	27
Boating	17,25,50,62
- Water Skiing	17,50
Bowling	35,65
Camping	17,25,50,62
Community Program	61,71
Dance	19,23,24,38,45,69
Disc Golf	16,62
Dog Parks, Off-Leash	53,62
Fishing	17,25,50,57
Golf	4,6,26,30,56,74
Gymnastics	41,45,63
Horseback Riding	32,58
Horseshoes	12
Ice Skating	13
Kayaking	17,25,50



**Opportunity****Location of Opportunity**

Martial Arts	1,7,37,45,48,54,55,63,73
Miniature Golf	74
Parks	3,8,12,13,14,16,20,22,33,46,51,53,57, 57,62,64,67,68,75
Racquetball-squash	19,34,39,63
Rollerblading	16,46,67
SCUBA Diving	10,44
Skateboard	16,67
Sledding	16
Soccer	7,22,34,36,45,63,77
- Indoor	34
Softball	7,12,18,29,34,36,45,51,70
- Batting	34,70
Sports Performance	72
Swimming	7,9,15,17,28,29,36,39,42,43,44,45,50,63
Tennis	7,22,29,31,34,36,45,49,59,63
- Indoor	31
Volleyball	7,12,22,29,34,36,45,63
- Adult	7,12,22,29,34,45,63
- Grades 4-12	7,12,22,29,34,45
Walking/Running/Hiking	2,8,13,14,17,22,27,46,47,50,59,60,62,63, 66,68,71,72
- Trails	14,17,22,46,50,59,62
- Downtown	Back cover
Water Aerobics	7,10,11,29,39,42,45,63,72
Weights	5,7,11,19,21,27,29,34,39,45,52,63,72
Wind surfing	17
Yoga	7,11,29,39,45,63,76



1. **Aikido Kansas Ki Society**  
619 E. 8th Street-(785) 843-8419  
Fee; Ages 7 and up
2. **Allen Fieldhouse**  
1651 Naismith Drive  
Walking only; 6 am-5 pm, M-F  
www.kuathletics.com
3. **Allen Park**  
Main & High Streets, Baldwin
4. **Alvamar Golf Course**  
1800 Crossgate Drive  
(785) 842-1907  
Fee-www.alvamar.com
5. **Baldwin Athletic Club**  
913 Ames, Baldwin  
(785) 594-2582  
www.baldwinathleticclub.com
6. **Baldwin City Golf Course**  
1500 Main Street, Baldwin  
(785) 594-3435-fee
7. **Baldwin City Recreation Com.**  
820 High Street, Baldwin  
(785) 594-3670  
www.baldwinrec.org
8. **Bluejacket Park**  
12th & Cedar, Eudora  
www.eudorapr.org
9. **Baldwin City Swimming Pool**  
317 Freemont, Baldwin  
(785) 594-3600—fee
10. **Blue Planet Dive Center**  
1301 East 25th  
(785)749-0500—fee
11. **Body Boutique**  
2330 Yale Road  
(785) 749-2424—fee
12. **Broken Arrow Park**  
2900 Louisiana Street  
(785) 832-7920-www.lprd.org
13. **Buford M. Watson Park**  
6th & Tennessee-www.lprd.org
14. **Burcham Park**  
200 Indiana Street— www.lprd.org
15. **Carl Knox Natatorium**  
1901 Louisiana Street  
(785) 832-7965
16. **Centennial Park**  
600 Rockledge— www.lprd.org
17. **Clinton Lake**  
West on Clinton Parkway  
(785) 843-7665—fee  
www.kdwp.state.ks.us
18. **Clinton Lake Softball Complex**  
5101 Speicher Rd.
19. **Community Building**  
115 West 11th Street  
(785) 832-7920—www.lprd.org
20. **CPA Park**  
9th & Main, Eudora  
www.eudorapr.org
21. **Curves for Women**  
2104 West 25th Street, Suite BC  
(785) 841-1431—fee  
www.curvesforwomen.com
22. **“Dad” Perry Park**  
1300 Monterey Way -www.lprd.org
23. **Dance City**  
5150 Clinton Parkway  
(785) 843-3344 –fee  
dancecity.talkoftheplanet.com
24. **Dance Gallery**  
2500 West 31st, Suite F  
(785) 841-0215-fee  
4940 Legends Drive  
(785) 838-9100—fee
25. **Douglas State Fishing Lake**  
1 mile north, 3 miles east of Baldwin,  
County Road 1055  
(785)594-3200
26. **Eagle Bend Golf Course**  
1250 E 902 Road  
(785) 748-0600 - fee  
www.lprd.org

27. **East Lawrence Recreation Center/Lawrence Teen Center**  
1345 East 15th Street  
(785) 832-7950—www.lprd.org
28. **Eudora City Swimming Pool**  
1638 Elm, Eudora  
(785) 542-2226—fee
29. **Eudora Parks & Recreation**  
4 East 7th Street, Eudora  
(785)542-1725—www.eudorapr.org
30. **Eudora Riverview Golf**  
2102 N. 1500 Road, Eudora  
(785) 542-3800—fee
31. **First Serve**  
5200 Clinton Parkway  
(785) 749-3200 — fee
32. **Free State Farms/RP Bar Ranch**  
1431 North 1900 Road  
(785) 841-1365  
Trail riding, classes-fee  
www.freestatefarm.com
33. **Grove Park**  
317 Fremont, Baldwin
34. **Holcom Park Recreation Center**  
2700 W 27th Street  
(785) 832-7940—www.lprd.org
35. **JayBowl**  
1301 Jayhawk Blvd, 1st floor  
(785) 864-3545—fee
36. **KU Summer/Year-Round Activities**—Athletics information  
(785) 864-3355—fee
37. **Kuk Sool Won of Lawrence**  
1410 Kasold Drive #21  
(785) 865-5169—fee  
www.lawrenceks.net
38. **Lawrence Arts Center**  
940 New Hampshire  
(785) 843-2787—fee  
www.lawrenceartscenter.com
39. **Lawrence Athletic Club**  
3201 Mesa Way— (785) 842-4966  
1302 E. 23rd Street— (785)841-8200  
Fee-www.lawrenceathleticclub.com
40. **Lawrence Bicycle Club**  
Offers group rides; yearly fee  
www.lawrencebicycleclub.org
41. **Lawrence Gymnastics Academy**  
4930 Legends Drive—(785) 865-0856  
Fee; Ages 13 months - high school
42. **Lawrence Indoor Aquatic Center**  
4706 Overland Drive  
(785) 832-SWIM- www.lprd.com
43. **Lawrence Masters Swim Club**  
(785) 841-5167  
Coached workouts—fee  
www.community.lawrence.com
44. **Lawrence Aquatic Center**  
727 Kentucky Street  
(785) 832-SWIM—fee  
www.lprd.org
45. **Lawrence Parks and Recreation Classes**—(785) 832-3450— fee  
www.lprd.org
46. **Lawrence Parks & Recreation Parks and Trails**  
(785) 832-3450  
Maps available—www.lprd.org
47. **Lawrence School Outdoor Running/Walking Tracks**  
Free State H.S. - 4700 Overland Drive  
Lawrence H.S. - 1901 Louisiana Street  
South Jr. High - 2734 Louisiana Street  
Southwest Jr. High - 2513 Inverness  
West Jr. High - 2700 Harvard Road
48. **Lawrence Tae-Kwon-Do School**  
1846 Vermont Street  
(785) 843-2131—fee
49. **Lawrence Tennis Center**  
21st & Virginia—LHS Campus  
(785) 832-7920—www.lprd.org



50. **Lone Star Lake**  
10 miles southwest of Lawrence  
(785) 748-0866  
Douglas County Road 1 and Road 460  
[www.douglas-county.com/public\\_works/countyparks.asp](http://www.douglas-county.com/public_works/countyparks.asp)
51. **Lucy Kaegi Park**  
17th & Elm Streets, Eudora  
[www.eudorapr.org](http://www.eudorapr.org)
52. **Mabee Fitness Center**  
618 8th Street  
Baker University, Baldwin  
(800) 873-4282
53. **Mutt Run**  
1330 East 902 Road  
[www.lprd.org](http://www.lprd.org)
54. **New Age Martial Arts**  
619 E 8th Street  
(785) 841-3296—fee
55. **New Horizons Tae Kwon Do**  
2329 Iowa Street—(785) 749-4400  
Fee; Ages 4 - Adults
56. **Orchards Executive Golf Course**  
3000 West 15th Street  
(785) 843-7456—fee  
Putting Green—free
57. **Paschal Fish Park**  
14th & Maple Streets, Eudora  
[www.eudorapr.org](http://www.eudorapr.org)
58. **Pathways Animal Assisted Therapy**  
811 North 500 Road, Baldwin  
Fee-[www.pathwaysaat.com](http://www.pathwaysaat.com)
59. **Pilla East & West Parks**  
7th & Main Streets, Eudora  
[www.eudorapr.org](http://www.eudorapr.org)
60. **Prairie Park & Nature Preserve**  
2730 Harper Street  
(785) 832-7980-[www.lprd.org](http://www.lprd.org)
61. **Red Dog Days**  
community workout program  
Memorial Stadium—summers
62. **Riverfront Park**  
Highways 24/40/59 by the Kansas River—[www.lprd.org](http://www.lprd.org)
63. **Robinson / KU Rec. Services**  
Naismith Drive  
6-8 am during school terms  
(785)864-3491—fee
64. **Rowena Park**  
333 Elmore Street, Lecompton
65. **Royal Crest Lanes**  
933 Iowa Street  
(785) 842-1334—fee
66. **Sandrats-Running Club**  
(785) 842-4351  
[www.sandrats.com](http://www.sandrats.com)
67. **Skate Park at Deerfield Park**  
2901 Princeton Boulevard  
[www.lprd.org](http://www.lprd.org)
68. **South Park**  
1341 Massachusetts Streets  
(785) 832-7930—[www.lprd.org](http://www.lprd.org)
69. **Stacy's Dance Studio**  
723 Eighth Street, Baldwin  
(785) 594-3949—fee
70. **Sport-2-Sport**  
5000 Clinton Parkway  
(785) 843-4263—fee
71. **SuperTarget**  
3201 Iowa Street  
(785) 832-0312  
Moving Targets Walking Program  
[community.lawrence.com/orgs](http://community.lawrence.com/orgs)
72. **TherapyWorks Wellness Center**  
1112 West 6th Street  
(785) 749-1300  
Fee- [www.therapyworks.org](http://www.therapyworks.org)
73. **Tracy's Karate**  
1012 Massachusetts Street  
(785) 749-4155— fee
74. **Twin Oaks Golf Complex**  
1326 East 1900th Road #1057  
Eudora—(785) 542-1747—fee

- 75. **Well's Overlook Park**  
US 59 Highway & North 1000 Road
- 76. **Yoga Center of Lawrence**  
920 Massachusetts, Suite 4  
(785) 830-YOGA (9642)  
Fee-www.yogacenter.lawrence ks.us
- 77. **Youth Sports, Incorporated**  
5101 Speicher Road  
Youth soccer fields, picnic area



## HEALTH TIPS

### **The first wealth is health. — Ralph Waldo Emerson**

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

#### ***What should you do?***

—Adults should engage in moderate intensity physical activities for at least 30 minutes on 5 or more days of the week.—  
*Centers for Disease Control and Prevention/American College of Sports Medicine*  
**OR**

—Adults should engage in vigorous intensity physical activity 3 or more days per week for 20 or more minutes per occasion  
— *Healthy People 2010*

### **Healthy People 2010 Physical Activity Objectives**

*Increase the proportion of adults who engage in regular, preferred daily, moderate physical activity for at least 30 minutes per day.*

**GOAL:** 30% of adults to engage in regular, moderate physical activity for at least 30 minutes per day.

Currently, 26% of Douglas County adults engage in regular, moderate physical activity for 30 minutes per day.



# Downtown Lawrence Walking Map



## Sample Step Counts\*:

Walking south:

Beginning @6th & Mass. to 7th Street – 247

From 7th to 8th St. – 273

From 8th to 9th St. – 286

From 9th to 10th St. – 277

From 10th to 11th St. – 293

From 11th to north side of South Park – 120

Total steps from 6th to South Park – 1,496 steps (.75 miles)

One trip around South Park – 999 steps

From Parking Garage (9th & New Hampshire):

To Weaver's Dept. Store – 288

To Liberty Hall – 937

To Round Corner Drugs – 574

To Syllas & Maddy's – 702

To Watkins Community Museum of History – 858

\*Actual #steps may vary depending on length of stride.

1 mile = Approx. 2,000 steps

This guide was created for you by the Douglas County CHIP Task Force on Physical Activity and Obesity.

Please contact the CHIP Director with changes, additions, or corrections at:

Phone: 785-843-3060

Email: [chip@ldchd.lawrence.ks.us](mailto:chip@ldchd.lawrence.ks.us)