ADVENTURE GUIDE

SUMMER 2023 SUMMER

Choose Your Next Mission Adventure

Outdoor swimming and fitness, youth summer camp, sports and city-wide events! Adventures abound!

6200 Martway St. | Mission, KS 66202 | 913.722.8200 | missionks.org

mission PARKS + RECREATION

MISSION FAMILY AQUATIC CENTER

Daily Hours
May 27-August 13
M-SAT: 12-7PM
S: 12–6PM

August 14-September 3
SAT: 12-7PM
S: 12-6PM

May 31 - Pool Closes at 4PM for Staff Training

July 4 - Pool Closes at 6PM
Labor Day- Pool Open 12-6PM

Splash Pad
August 14-September 3
M-F: 9AM-5PM (Free)
SAT: 12–7PM**
S: 12–6PM**
**With paid admission

Daily Admission
Individual: $7

Season Passes
Sold at PCC and MFAC. Proof of residency required at time of purchase. Membership and Super Pass pricing will be adjusted for 2023. Information will be updated at missionks.org.

Tot Time Swim (ages 5 and under)
F: 6/9-8/4, 9:30-11:30AM
Leisure Pool Only, Admission $7

Lunch Laps
Lap Lanes open for lap swimming only.
M-F: 6/5-8/11, 11AM-12PM

Special Dates

Moonlight Swim
Come out and enjoy a night swim! All ages are welcome. The pool will be open until 10PM. All features available.

F: 6/23 & 7/14, 7-10PM
Included with Membership
Admission $7

Under the Sea Pool Party
6-8PM Bring the family to the pool for an Under the Sea Pool Party! There will be music, games, a pinata, photo booth and more!

8-10PM Make sure you purchase your ticket to the dive-in movie. Inflatables will be allowed during this time. Movie: Finding Nemo (PG)

SAT: 7/29, 6-10PM
Admission: $4

Pool Party for Pooches!
A one-time event the day after the pool closes for the season. Bring your pooches out and help them cool off! All dogs must be licensed and registered to participate. Please bring record and /or registration tags. Owners are required to clean up after their pooch.

T: 9/5, 5:30-6:15PM or 6:30-7:15PM
$5/dog per session

Deep Water Aerobics
Get fit with this non-impact, high resistant, total body work-out! Benefits include less stress on the back, hips, knees and ankles. Bonus: We're outside!! Instructor: Carey Haivala

T/TH: 6PM, $40

Water Aerobics
Similar benefits to the deep-water class while keeping your feet on the ground! Totally approachable for EVERY fitness level. Instructor: Carey Haivala

T/TH: 7PM, $40

Yoga on Deck
Meditate with the soothing sounds of water gently lapping. Enjoy the beautiful summer evening while the sun sets. Wine tasting provided at the end by Aubrey Vineyards.

7/21, 8PM, $15

Welcome to the Powell Community Center

6200 Martway St.

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Hours

Mon-Fri	5:30AM-9PM
Sat	5:30AM-5PM
Sun	CLOSED

Special Hours

May 29, Memorial Day	5:30AM-2PM
July 4	CLOSED
August 21-September 4	Closed for maintenance.
September 5, Labor Day	CLOSED

PCC Daily Entry Fees

Youth (0-17)	$5
Senior (60 & up)	$5
Adult (18-59)	$7

3 Ways To Take A Class

- **JOIN THE PCC**
  Membership includes most adult fitness classes **(excludes premium classes)**.
- **DAILY PASS**
  Purchase a pass; which gives full access to the facility & adult fitness classes held that day.
- **REGISTER FOR A SESSION**
  Reserve your spot in class and save money.

3 WAYS TO REGISTER

#1: Enroll online at www.missionks.org, select Parks + Recreation and Register for a Recreation Program.
#2: Register in person during Community Center hours.
#3: By phone with a staff member at 913.722.8200.

Membership Information

Members Benefits Include:

- Free Adult Fitness Classes
- Discounts on Classes + Personal Training
- Discount on Child Watch
- Tot Time Swim on T/TH
- Weight/Cardio Trainings
- Open Volleyball (M/W)
- Pickleball at Scheduled Times
- Racquetball

RESIDENT & MISSION BUSINESS RATES*

	12 MO	Monthly Pay Plan	6 MO
Youth	$246	$26	$170
Adult	$318	$32	$215
Senior (60+)	$246	$26	$170
Household 2 Person	$443	$42	$295
Family	$504	$47	$335

NON-RESIDENT RATES

	12 MO	Monthly Pay Plan	6 MO
Youth	$329	$32	$225
Adult	$422	$40	$285
Senior (60+)	$329	$32	$225
Household 2 Person	$591	$54	$390
Family	$670	$61	$445

*Proof of residency for Mission residents or additional members 18+ years. Proof of employment required for Mission business employees (company must have active business license on file with Mission City Hall).

Membership Program with Insurance Benefits

- Talk to your insurance provider for details. Members are required to attend at least once a month to maintain the membership.

Call 913.722.8200 with questions. Proof of insurance required.

Community Center Member Benefits

For Members + Patrons Who Have Paid A Daily Fee

FREE Cardio/Weight Training 101

A PCC Personal Trainer will teach you how to properly use the weight equipment and help you learn how to use the cardio equipment to develop a balanced workout and avoid injuries. Class limited to 6 participants, 14+ years.
SAT: 7:30-8:30AM
Dates: 5/20, 6/17, 7/15, 8/19
FREE for members/daily pass

FREE Racquetball

Visit the Entry Desk or call 913.722.8200 to reserve a racquetball court. 10+, under 10 with adult. *Wallyball Net available to check out!

FREE Open Volleyball

Games will be created on a first-come, first-served basis. 14+ yrs.
M/W: 7-9PM (Ct#3)

FREE Tot Time Swim

T/TH: 9-11AM
Open Swim for Children Ages 5 & Under

- Parent/Guardian must be in the pool with child
- All Floatation Devices must be US Coast Guard Approved
- 3 Layers of Protection. Infant swim diapers are available for purchase at the South Entry Desk
- No water features available

Pickleball

May & August
M-F: 12:15-3:15PM (3 courts)
SAT: 9AM-12PM (3 courts)

June & July
SAT: 9AM-12PM (3 courts)

*All days/times subject to change. W

Policies + Conduct

Facility Amenities

CARDIO ROOM features over 35 pieces of state-of-the-art cardio equipment with the latest Life Fitness treadmills, ellipticals, flex striders, exercise bikes & Power Mills. WiFi, internet & Life Fitness Virtual Training available. (14+ yrs)

CYCLE STUDIO is equipped with bikes & is open for members to use during non-class times. (14+ yrs)

GYMNASIUMS 4 Courts, at least 1 court open for basketball at all times. (Under 10 w/ adult.)
SOUTH includes: Ct#1 & Ct#2
NORTH includes: Ct#3 & Ct#4

INDOOR TRACK 1/10 of a mile rubberized-oval with 3 lanes. (Under 14 w/ adult.)

INDOOR POOL features three lanes for lap swimming, lazy river, mushroom & slide for children & hot tub, sauna & steam room for adults. (Under 10 w/ adult; 14+ yrs for sauna, steam room & hot tub.)

ON-SITE CHILD WATCH is available for a two hour maximum length of stay. (2-9 yrs)
- $3.00 per child for non-members
- $1.00 per child for members
- M/T/TH/F: 7AM-12PM
- W: 8AM-12PM
- M-TH: 4:30-8:30PM
- SAT: 8:30AM-12:30PM

RACQUETBALL COURTS (2) are available & can be reserved in one hour increments. Call the Community Center at 913.722.8200 to reserve your time! Racquets & balls are available for check-out at South Entry Desk. (Under 10 w/ an adult.)

WEIGHT ROOM Selectorized machines, plate-loaded machines, & free weights, including dumbbells ranging from 3 - 100 lbs! (14+ yrs)

General Policies

1. Be Respectful, Be Courteous, Ask Questions!

2. Children under the age of 10 must be accompanied by a parent/guardian (14+ yrs) in all areas of the facility.

3. Organized/structured practices can only be conducted with a gym reservation.

4. Only PCC Personal Trainers & Instructors are allowed to conduct personal training sessions.

Inclement Weather Policy

Cancellations due to Inclement Weather: please call our Inclement Weather Line @ 913.722.8211 to find out the most up to date weather cancellations.

Refund Policy

A refund is available if requested three (3) business days before class start date with a $10 processing fee. If the class is canceled or the time is changed, patrons may choose a full refund or class transfer. Once class has started, credits for missed classes will only be issued WITH a Dr.'s note during the given month. Any refund requests must be submitted to the Programming Department.

Update your email address at the entry desk to receive messages when any class you're registered in is canceled.

Apply at
missionks.org/jobs

mission PARKS + RECREATION

PCC Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Adult Swim 5:30-8 AM	Adult Swim 5:30-8 AM	Adult Swim 5:30-8 AM	Adult Swim 5:30-8 AM	Adult Swim 5:30-8 AM	Adult Swim 5:30-9 AM
	AM Water Aerobics 8-10 AM	AM Water Aerobics 8-9 AM	AM Water Aerobics 8-10 AM	AM Water Aerobics 8-10 AM	AM Water Aerobics 8-10 AM	Swim Lessons 9-12 AM *Limited Pool Use
	Adult Swim 10 AM-3 PM	Adult Swim 9 AM-1 PM	Adult Swim 10 AM-3 PM	Adult Swim 9 AM-4 PM *Some open swim periods 3:30-4:30PM (Tentative)	Adult Swim 10 AM-3 PM	OPEN SWIM 12-4:30 PM
AFTERNOON	OPEN SWIM 3-8:30 PM	Swim Lessons 4-7:15 PM *Limited Pool Use	OPEN SWIM 3-8:30 PM	Swim Lessons 4-7:15 PM *Limited Pool Use	OPEN SWIM 3-8:30 PM	
EVENING	PM Water Aerobics 5:30-6:30 PM *Lazy River open; Slide is turned off	Adult Swim 7:30-8:30 PM	PM Water Aerobics 5:30-6:30 PM *Lazy River open; Slide is turned off	Adult Swim 7:30-8:30 PM		

*May have limited lap lanes available due to programming.
**Staff reserves the right to close during 11AM-3PM due to staffing.

Adult Swim: (Must be 14+ yrs)
Lap Pool: Open for Lap swimming or walking and private swim lessons.
Leisure Pool: River walking or swimming, floating, relaxing or any other form of exercise.

Open Swim: (Features on and pool is open to all ages! Must be 48" to ride the slide)
* Features will not be on during PM Water Aerobics
Lap Pool: Open for Lap swimming or walking and private swim lessons.
Leisure Pool: All areas open for use.

Tot Time Swim: A perfect time for kids ages 0-5 yrs to splash around with an adult in the water.
T/TH 9-11AM

AM Water Aerobics:
Lap Pool: Lap Pool open only to class participants.
Leisure Pool: River walking or swimming, floating, relaxing or any other form of exercise.

PM Water Aerobics:
Lap Pool: Lap Pool open only to class participants.
Leisure Pool: All areas open for use for all ages! Mushroom/water slide not available.

Swim Lessons:
Lap Pool/Leisure Pool: Reserved for group lessons. Steamroom, sauna & hot tub are available. Open Swim is unavailable during swim lessons.

Spa, Steam Room, and Sauna:
Open for any individual 14+ yrs. Closes 30 minutes prior to facility closure.

Pool Rules

All swimmers, members or guests who have paid an entry fee must demonstrate the ability to swim in the desired area.

1. Non-swimmers and children under 5 must be within arms reach of a responsible person (14+ yrs) and must be in the water with the child.
2. Children under 10 years must have a parent or responsible person on the deck.
3. Swimmers in unacceptable attire (i.e. denim) will be asked to change or leave.
4. No food or beverages in the pool area.
5. Rough play or unsafe actions are not permitted.
6. Children not potty-trained must wear 3 layers of protection (swim diaper, plastic diaper cover, and swim suit)
7. All flotation devices must be U.S. Coast Guard Approved.
8. Children must be 48" to go down the slide.

Learn to Swim programs, Open Swim and Lap Lane questions, contact Aquatics at 913.722.8207.

Schools Out...Pool's Open

Open Swim Starts at 1PM: 5/25, 5/26

Adult Aquatics

AM Water Aerobics

Participants use the natural resistance of water to provide a safe, full-body workout. Tone & strenghen muscle, increase cardiovasclar endurance & enjoy the feeling of being physically fit! Aqua Shoes recommended, but not required. Instructor: Shauna Utz

M/W/F: 8-8:40AM

M/W/F: 8:50-9:30AM

T/TH: 8-8:40AM

PM Water Aerobics

Aquatic exercise presents the best of three worlds: you can stretch & strengthen your muscles, condition your cardiovascular systems, & have fun in the water! Class is a moderate to high intensity cardiovascular workout without the impact. Instructor: Personal Trainer Phyllis Peterson

M: 5:35-6:30PM

Aqua Zumba

This class is designed for people wanting to make a splash with a low-impact, high-energy aquatic workout. Using water resistance, there is less impact on joints so you can really let loose! Instructor: Maki Gonzalez

W: 5:35-6:30PM

TH: 9-10AM

Adult Beginner Swim Lessons - 15 Yrs & Older

This class offers teens & adults individualized goal setting & instruction. Beginning to intermediate swimming instruction includes: basic stroke skills for front crawl, elementary backstroke, back crawl, breaststroke, side stroke, & underwater swimming. Class ratio 5:1. Ages 15 & older. Instructor: Aquatics Staff

SAT: 11:20-11:50AM $35 • $30MDR

MFAC Deep Water Aerobics

Get fit with this non-impact, high resistant, total body workout! Benefits include less stress on the back, hips, knees and ankles. Bonus: We're outside!! Instructor: Carey Haivala

T/TH: 6PM

MFAC Water Aerobics

Similar benefits to the deep-water class while keeping your feet on the ground! Totally approachable for EVERY fitness level. Instructor: Carey Haivala

T/TH: 7PM

Yoga on Deck

Meditate with the soothing sounds of water gently lapping. Enjoy the beautiful summer evening while the sun sets. Wine tasting provided at the end of our session!

$15/person
F: July 21 - 8PM

Youth Aquatics

Summer 2023 Swim Lesson Schedule

Class Level	Tuesday/Thursday	Saturday
Starfish 10:1 6 mos-3 yrs Catch Pool	5:35-6:05PM	9:35-10:05AM 10:45-11:15AM
Guppy 3:1 3-5 yrs Mushroom	5-5:30PM 6:10-6:40PM	9-9:30AM 11:20-11:50AM
Jellyfish 4:1 5+ yrs Mushroom	4:25-4:55PM 6:45-7:15PM	10:10-10:40AM 11:55-12:25PM
Clownfish 5:1 5+ yrs Lane 1	5-5:30PM	9-9:30AM
Turtle 6:1 6+ yrs Lane 1	4:25-4:55PM	9:35-10:05AM
Dolphin 6:1 6+ yrs Lane 2	6:45-7:15PM	10:10-10:40AM
Shark 6:1 6+ yrs Lane 2	5:35-6:05PM	10:45-11:15AM
Adult 5:1 13+ yrs Lane 1	6:10-6:40PM	11:20-11:50AM
Private 1:1/1:2 *Different Rates	Call to schedule	Call to schedule

Session Dates

T/TH	SAT
Session 1: 6/6-6/29	Session 1: 6/3-6/24
Session 2: 7/11-8/3	Session 2: 7/8-7/29
$65 • $60MDR	$35 • $30MDR

Choosing the Correct Level

PCC offers youth lessons ranging from 6 mos-15 yrs. Review the skill sets listed on page 9. If swimmers can do the listed skills with ease, enroll in the next level; if not, stay. Repeating a level is great because skill development is individualized. Call the aquatics office to schedule a complimentary swim assessment if you are unsure. Register at least 7 days in advance to avoid low enrollment cancellation.

Contact the Aquatics Coordinator, Jelissa Colbert at jcolbert@missionks.org or by phone at 913.722.8209 for questions regarding Swim Lessons, Private Swim Lessons or general pool concerns.

Private & Semi-Private Swim Instruction - 4 Yrs & Older

This program is available on a first-come, first-served basis. Call 913.722.8209 for more information & scheduling.

$85 • $80MDR - (4) 30 min private lessons
$65 • $60MDR - (4) 30 min semi-private lessons (per person)

Please Remember:

- Let us know if you have special needs accommodation.
- No make-ups/refunds are granted for missed classes.
- Parents must stay during classes & remain in the pool area for safety.
- Class ratio is approximate & subject to change.

Starfish
Ages 6 mos-3 yrs, Ratio 10:1 (Parent participation)
Emphasis on relaxing & having fun in and around the water.

- Exploration of Entry & Exit
- Parent Holds/Positions
- Blowing Bubbles
- Bobbing
- Front & Back Float
- Basic Arm & Kicking
- Turning Over
- Underwater Exploration
- Safety Skills

All skills are performed with support from the instructor, level is complete when participant has mastered the skill.

Guppy
Ages 3-5 yrs, Ratio 3:1

- Entering & exiting pool independently
- Blowing bubbles
- Submerge 3 seconds
- Front floats w/ assistance
- Back Floats w/ assistance
- Basic arm movement on front
- Kicks on front w/ assistance
- Kicks on back w/ assistance
- Rolling from front to back w/ assistance

Jellyfish
Ages 4-6 yrs, Ratio 4:1

- Front floats independently
- Back floats independently
- Glides on front 4 yd.
- Glides on back 4 yd.
- Swim on front w/ face submerged for 4 yd.
- Streamline kicks on front 4 yd.
- Streamline kicks on back 4 yd.
- Rolling from front to back independently

Clownfish
Ages 5+ yrs, Ratio 5:1

- Streamline kicks on front 7 yd.
- Streamline kicks on back 7 yd.
- Roll breathing w/ equipment 7 yd.
- Whip kicks 7 yd.
- Elementary backstroke 7 yd.
- Backstroke 7 yd.

Turtle
Ages 5+ yrs, Ratio 6:1

- Streamline kicks on front 10 yd.
- Streamline kicks on back 10 yd.
- Freestyle w/ rotary breathing 10 yd.
- Backstroke 10 yd.
- Elementary backstroke 10 yd.
- Breaststroke 7 yd.
- Dolphin kicks 3 yd.
- Butterfly arms w/o kick

Dolphin
Ages 6+ yrs, Ratio 6:1

- Freestyle w/ rotary breathing 17 yd.
- Backstroke 17 yd.
- Breaststroke 17 yd.
- Elementary backstroke 17 yd.
- Butterfly 7 yd.

Shark
Ages 6+ yrs, Ratio 6:1

- Freestyle with rotary breathing 25 yd.
- Backstroke 50 yd.
- Breaststroke 25 yd.
- Butterfly 15 yd.
- Open turns
- Flip turns

Check out our Splash Party Package online at www.missionks.org

Adult Fitness Schedule Summer 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early AM 5:30-8AM	**CORE Fusion** 6:30AM	**Metabolic MAYHEM** 6:30AM	**Basic Flow Yoga** 7AM	**Metabolic MAYHEM** 6:30AM **Morning Ride** 7:30AM	**CORE Fusion** 6:30AM **Basic Flow Yoga** 7AM	
Later AM 8-12PM	**AM Water Aerobics** 8A **Functional Yoga** 9AM **AM Water Aerobics** 8:50AM **SilverSneakers Yoga** 10:15AM 11AM 11:45PM	**AM Water Aerobics** 8AM **Exercise for Life 50+** 9:15AM **Barbell Burn** 10AM **Health BeneFIT** 10:15AM 11AM **Cardio Pump** 11:45AM	**AM Water Aerobics** 8AM **AM Water Aerobics** 8:50AM **Art of Relaxation** 9:30AM **SilverSneakers Yoga** 10:15AM 11AM 11:45PM	**AM Water Aerobics** 8AM **Aqua Zumba** 9AM **Exercise for Life 50+** 9:15AM **Barbell Burn** 10AM **Health BeneFIT** 10:15AM 11AM **Cardio Pump** 11:45AM	**AM Water Aerobics** 8AM **AM Water Aerobics** 8:50AM **Zumba Gold** 10AM	**Zumba Gold** 8AM **Shape Up Bootcamp** 9AM **Hatha Flow** 9AM **Pickleball** 9AM-12PM **Beg. Hula Hoop** 10AM **Tai Chi** 10AM **Adult Beg. Swim Lessons** 11:55AM
Mid-Day 12-5PM	**Pickleball** 12:15-3:15PM (May, August)	**Pickleball** 12:15-3:15PM (May, August)	**Pickleball** 12:15-3:15PM (May, August)	**Pickleball** 12:15-3:15PM (May, August)	**Pickleball** 12:15-3:15PM (May, August)	**Kendo ($$)** 2PM
Evening 5-9PM	**PM Water Aerobics** 5:35PM **Rep & Ride** 5:45PM **Strength Training** 5:45PM **Yoga Flow** 7PM **Tai Chi** 7PM	**Hatha Yoga** 6PM **Bollywood Fitness** 6PM **Cycle X** 6PM **Adult Beg. Swim Lessons** 6:10PM **Sculpt Kickboxing** 6:30PM **Zumba** 7PM **Tai Chi** 7PM	**Classical Stretching with Essentrics** 4:30PM **Aqua Zumba** 5:35PM **Rep & Ride** 5:45PM **Strength Training** 5:45PM **Adult Beg. Swim Lessons** 6:10PM **Karate, Beg.** 6:30PM **Specialized Karate** 5:15PM **Yoga Flow** 7PM **Tai Chi** 7PM **Karate, Int.** 7:30PM	**Adult Beg. Swim Lessons** 5PM **Belly Dance (Adv)** 5PM **Belly Dance (Beg)** 6PM **Power Cycle** 6PM **Zumba in the Park (Andersen Park)** 6PM **Adult Beg. Swim Lessons** 6:10PM **Bollywood Fitness** 7PM **Tai Chi** 7PM		

Fitness Classes FREE to PCC Members! Sign up for membership today!

Adult Fitness

Fitness Classes FREE to PCC Members!
Sign up for membership today!

Barbell Burn

This class takes barbell exercises traditionally done in the weight room and switches them up using music, with a focus on endurance. This style of training works all major muscle groups to achieve cardiovascular benefits and lean muscle mass. This class is great for all skill levels, from beginners to athletes. Instructor: Caitlin Brisendine

T/TH: 10-11AM

Shape Up Bootcamp

Boot camp workouts are designed to elevate your results and push your limits. This class focuses on maximum calorie burn, combining cardiovascular and endurance training. Each workout will be unique and challenging. Instructor: Caitlin Brisendine

SAT: 9-10AM

Cycle X

Cycle fast, cycle hard, cycle now! Looking to spin? Get that X factor in your fitness regime with Cycle X. Instructor: Becky Weaver

T: 6-6:45PM

Rep & Ride

High intensity class utilizing spin bikes for the cardio portion of class while focusing on muscular strength, hypertrophy & endurance during resistance rounds. Great workout for ALL fitness levels. Instructor: Maryellen Potts

M/W: 5:45-6:30PM

Power Cycle

A group indoor cycle class where you control the intensity and it's SO fun! With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Instructor: Kari Napier

TH: 6-7PM

Sculpt Kickboxing

Unleash the warrior within! This class combines cardio kick-boxing and weight training for an amazing workout. Benefits include improved endurance and coordination, high calorie burn, increased lean muscle mass, and feeling powerful. This is a bag-free workout; no gloves or previous experience are necessary. Instructor: Caitlin Brisendine

T: 6:30-7:25PM

Kendo (PREMIUM CLASS)

Learn Kendo in a traditional Dojo environment that will encourage you to push yourself to improve physically & mentally in order to build character & become a better individual & member of society. Instructor: Joshua Sherrill

SAT: 2-4:30PM

Member Benefits:

Free Adult Fitness Classes
Discounts on Classes & Personal Training
Tot Time Swim
Discount on Child Watch
Weight/Cardio Trainings
Open Volleyball (M/W)
Pickleball
Racquetball

Power Plate Training

Harness the power of vibration with the Power Plate Workout System. This machine has many benefits including strength training, stretching & massage. Please contact a personal trainer to schedule a training on the Power Plate.

$10/person

CORE Fusion

A scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core. Each workout features a mix of proven core exercises and new integrated core training innovations. Instructor: Quenen Rios

M/F: 6:30-7:15AM

Morning Ride

Kickstart your morning with a great workout to increase your speed, strength and endurance. You will sweat and boost your metabolism in this fun class! Instructor: Kari Napier

TH: 7:30-8:15AM

Track Treaders

Come & enjoy our 1/10 mile indoor track that is padded to reduce impact on your joints. A climate controlled track provides a perfect place on hot or chilly days. Lap counters are available for check-out at the South entry desk.

20-Visit Punch Card:
$27 Non-resident • $20 Resident

Classical Stretching with Essentrics

Essentrics is a new, fitness program EVERYONE can do - children, adults, seniors and athletes. This workout re-balances the body from head to toe, all 650 muscles, while increasing your flexibility and overall strength! It is gentle, yet challenging; rigorous, but therapeutic; healing AND energizing. Yes, all of those in ONE class! It has already changed lives and it can change yours! Instructor: Jill Paton, Certified Level 3 Essentrics Instructor

W: 4:30-5:30PM

Metabolic Mayhem

Crank up the pressure with intense cardio intervals kickstarting your metabolism to be a fat-burning machine! Instructor: Chris Reno

T/TH: 6:30-7:15AM

Strength Training

Attack your muscles with this class that is designed to tone muscles by developing muscular strength and endurance. A complete full body workout. Instructor: Jenn Basuel

M/W: 5:45-6:30PM

Pickleball

What is Pickleball?
A combination of racquetball, ping pong & tennis. It is a great sport for any physical ability as it is easy on the knees, quick to learn & crazy fun!

Pickleball

MAY & AUGUST
M-F: 12:15-3:15PM (3 courts)
SAT: 9AM-12PM (3 courts);

JUNE & JULY
SAT: 9AM-12PM (3 courts)

*All days/times subject to change.
Free for Community Center Members
$3/day per person
10 Visit Punch Card: $30

Connect with us on Social Media!

Facebook:
@MissionKSParksRec

Instagram:
Mission Parks & Rec

Twitter:
@MissionKSPksRec

SCAN ME

Bollywood Fitness

Dance and Fitness on Bollywood BEATS! Experience a different culture & learn some new dance moves, all while getting a great workout! Ages 14 & Older.
Instructor: Shyamly Jaiswal

T: 6-6:55PM

TH: 7-7:55PM

Belly Dance

Belly dance is a great workout for your entire body & you'll really work up a sweat!
Instructor: Anca Gaena

TH: Advanced 5-5:45PM

TH: Beginner 6-6:45PM

Check out our youth dance programs on pg. 17

Zumba®

Zumba is an exhilarating, effective, easy-to-follow, Latin inspired, calorie-burning dance fitness-party. This program features Salsa, Merengue, Cha Cha, Mambo, Samba, Belly Dancing, Reggaetone & Cumbia. Join the Party! Instructor: Angie Sherwood

T: 7-7:45PM

Zumba® in the Park

Zumba is an exhilarating, effective, easy-to-follow, Latin inspired, calorie-burning dance fitnesspar-ty. This program features Salsa, Merengue, Cha Cha, Mambo, Samba, Belly Dancing, Reggaetone & Cumbia. Join the Party! Instructor: Angie Sherwood

TH: 6-6:45PM

Private Tap Lessons

Learn how to tap with KC Dazzler's Cherrie Lucas. She offers private and semi-private lessons.
Call for availability: 816.665.6061

Private 45 minute lesson: $25/person

Semi-Private 45 minute lesson: $20/person

Beginner Hula Hooping & Hoop Dancing

Scaredy Cats Welcome! Bring a friend & try a new way to burn Big Calories! Hula Hooping is low impact, ideal for the core & a great cardio work-out. It improves balance, flexibility, agility & tones. MOST OF ALL IT'S FUN! Beginner Hoops Provided. To register or for more details go to www.kchoopgirl.com. Or reach out to Sirenna at kchoopgirl@gmail.com or 816.591.5186. Instructor: KC Hoop Girl, Sirenna Beyer

SAT: 10-11AM ($10 Pit-Stop or purchase a punch card at www.kchoopgirl.com)

Let Us Host Your Event

- Holiday Party
- Wedding Reception
- Celebration
- Meeting
- Team Practice

Up to 200 people
Small rooms also available

Contact us at 913.722.8215 or nlucas@missionks.org

Mind + Body Fitness

Functional Yoga
The slow physical poses enhance range of motion within the joints while the supported poses allow rest & release. All experience levels are welcome. Instructor: Beth Lucasey RN, RYT-200

M: 9-10AM

Yoga Flow
Yoga Flow will increase flexibility & blood flow to help reduce stress & repair the body, while improving your strength, balance & mental focus. Instructor: Sarah Blackman

M/W: 7-8PM

Basic Flow Yoga
Basic flow introduces the foundational yoga poses with focus on safe alignment & proper breathing techniques to beginners. Props provided. Instructor: Jackie Shellhorn

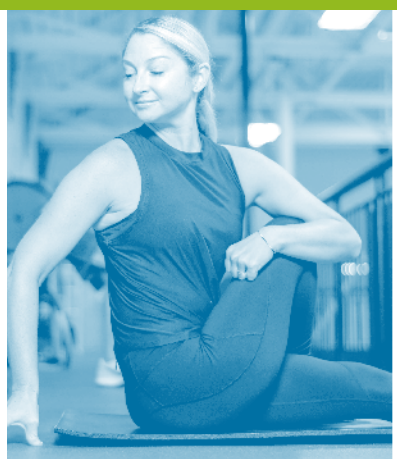
W/F: 7-8AM

Hatha Flow
Basic and gentle yoga focusing on alignment and the physical and mental benefits of poses. Perfect for beginners! Instructor: Olivia Wilson

SAT: 9-10AM

Tai Chi
Relax, relieve stress and improve balance using deep breathing meditation & Tai Chi techniques with Joe Wood, from Wood Martial Arts.

M/T/W/TH: 7-8PM
SAT: 10-11AM



The Art of Relaxation
Learn to relax & break the cycle of stress that builds in our everyday life. Use techniques everyone can apply to relieve stress at work or home. 15 minute guided grounding meditation at the end of class. Instructor: Jan Peck

W: 9:30-10AM

Hatha Yoga
Deep relaxation techniques helping emphasize the meditative aspect of yoga, creating a union of mind and body. Instructor: Olivia Wilson

T: 6-7PM

Specialized Rec Club

BINGO
SAT, May 20 – 7-9PM
$35 • $30MDR

DEADLINE TO ENROLL:
WED, May 17
Price includes snacks/drinks and PRIZES.

Water Park
SAT, June 17
Details TBA

Movie at PCC: The Super Mario Bros. Movie
SAT, July 15
$30 • $25MDR

DEADLINE TO ENROLL: WED, July 12
Price includes snacks and a drink.

Art Project: Mosaics
SAT, August 19 – 5-7PM
$20 • $45MDR

DEADLINE TO ENROLL:
MON, Aug 2
Price includes materials for mosaic, snacks and a drink

Specialized Karate
This karate class has been created to offer participants with special needs a format of karate that allows for a special system of belts & more individualized training. Ages 16 & older. Senseis Tyler Murphy

W: 5:15-6PM
$30 • $25MDR

Personal Training

Why consider Personal Training?

Our Personal Trainers excel at creating workout programs that keep you motivated & help you push past plateaus. They will skillfully demonstrate how to perform each exercise, as well as explain the benefits of each one. All Personal Trainers are professionally certified & have a variety of specialized training including: athletic training, strength workouts, senior workouts, suspension training, Pilates, athletic explosion, toning & plyometrics.

How do I book a personal trainer?

1. Contact one of the personal trainers.
2. The trainer will schedule a time with you at PCC.
3. Wait for your personal trainer in the South lobby.

Personal Training Rates

1 Person: $55 • $50MDR
2 People: $46 • $41MDR (per person)
3 People: $43 • $38MDR (per person)

- The non-membership fee is assessed for each appointment.
- Participants can book & pay for multiple personal training visits at one time.

PHYLLIS PETERSON
913.638.8105

- getthetouchnow@hotmail.com
- Masters of Exercise Science, KU
- ACE Personal Trainer
- AFAA Group Instructor
- Senior Fitness Training
- Cycling/Cross Training
- Myofascial Compression Techniques
- Kinesiology Taping

CHRIS RENO
615.710.5526

- chrisreno125@gmail.com
- NASM Certified Personal Trainer
- 6 years fitness experience
- My goal is to have the most positive impact I can on the lives of people I work with, helping them become the happiest and healthiest version of themselves. I help clients find the right balance by educating, maintaining positive behavior change and creating lifelong healthy habits.

BECKY WEAVER

- bsweaver2008@gmail.com
- Associates of Applied Science, OTA
- 10 Years AFAA Personal Trainer & Group Fitness Instructor
- Modification, compensatory techniques and use of adaptive equipment experience
- Experience with various health conditions and older adults
- "Re-set, re-adjust, re-start, re-focus … as many times as you need to!" The goal is to help you find your best self and to remain independent to do the things you need and wat by building confidence through an individual approach.

MARYELLEN POTTS
319.931.9027

- maryellen.potts04@gmail.com
- Certified Personal Trainer
- 20 years fitness experience
- Yoga Personal Trainer
- Takes a holistic approach when working with people and their fitness/wellness needs

SHAUNA UTZ

- shaunautz@yahoo.com
- Bachelors of Science in Health & Exercise Science
- PTA- Worked 5 years in Physical Therapy
- 18 years as Group Fitness Instructor
- ACE Personal Trainer
- Senior Fitness training
- Experience in weight loss, weight management, injury rehabilitation, triathlons and running

ROCCO MORANDO
913.302.2234

- rallysport26@yahoo.com
- Former Division I Athlete
- National Association of Speed and Explosion Coach
- ACE Fitness Nutrition Specialist
- Weight Loss Though Nutrition
- Speed and Strength for athletes of all ages
- Service Academy PT Test Prep
- IT PAYS TO BE A WINNER

Birthday Party Packages

Contact Natalie Lucas, Rental Coordinator at 913.722.8215 or nlucas@missionks.org for more information.

Rumble Tumble Party Packages

- $25 Security Deposit + $235
- 25 kids included
- 2 hour party package includes use of a party room and 1 ½ hours of play in the Indoor Playground (Ages 6M-6Y)
- Not available June/July

Splash Party Package

- $25 Security Deposit + $175
- 25 kids included
- 2 hour party package includes use of a party room and 1 ½ hours of swimming

Gym Party Package

- $25 Security Deposit + $155-$175
- 25 kids included
- 2 hour party package includes use of a party room and 1 ½ hours of open gym

Youth

Safe Sitter®

Safe Sitter® is designed to prepare students in grades 6-9 to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students learn: Safety Skills, Child Care Skills, First Aid & Rescue Skills including child and infant CPR, as well as Life & Business Skills. Safe Sitter® Essentials with CPR is a 6 1/2-hour class. Participants MUST have completed 5th grade. Instructor: Missy Bailey

$95/student

9AM-3PM
SAT: May 13
SAT: June 10
SAT: July 22
SAT: August 12

Karate

Kansas City Shizoku Karate-Do offers quality instruction, to get you into shape by participating in a practical and fun martial art that has been passed down through generations. Senseis Tyler Murphy & Sidney Thompson from Kansas City Shizoku Karate-Do.

Ages 7+ yrs.

Beginning
W: 6:30-7:30PM

Intermediate
W: 7:30-8:30PM
Monthly Fee; PCC Members receive a $5 discount each month

Zumba® Kids

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Perfect chance for kiddos to be active and jam out to their favorite music. Instructor: Maki Gonzalez

WED: 4:30-5:30PM

Little Ninjas Karate

The Little Ninjas is a program offered by the Kansas City Shizoku Karate-Do that gives children a head start in martial arts in a fun & safe environment. Basic skills of karate to develop focus & discipline in a fun way. Ages 4-7 yrs. Senseis Tyler Murphy & Sidney Thompson.

W: 6-6:30PM
Monthly fee; PCC Members receive a $5 discount each month

Youth Fitness Badge

To use the weight & cardio rooms, 12 & 13 year olds MUST complete a session with a personal trainer. Trainers will teach proper gym etiquette & lifting techniques. Contact a personal trainer to schedule a session. Youth Badge must be worn during workouts & youth must be accompanied by a parent/guardian at all times.

1 Person: $55 • $50MDR
2 People: $46 • $41MDR*
3 People: $43 • $38MDR*
*Price is per person.

Start Smart Sports

Start Smart classes are introductory sports programs for children 3-5 years old. This program prepares children for organized sports in a fun, non-competitive environment. Parents work together with their children and instructor to learn basic skills. Join us in this fun and progressive program.

Soccer
W: 5/3– 5/31 – 5-5:45PM
$40 / Location: Beverly Park

Baseball
W: 6/7-7/5 - 5-5:45PM
$40 / Location: Broadmoor Park

Tot Time Swim

A perfect time for kids ages 0-5 years to splash around with an adult in the water.
T/TH: 9-11AM

Tippi Toes Dance

$55/month

Toddler & Me:
Ages 18 mo-3 yrs
F: 9-9:45AM
SAT: 9:10-9:55AM

Baby Ballet:
Ages 2-3 yrs
F: 10-10:45AM
SAT: 10-10:45AM

Preschool Ballet, Tap, and Jazz:
Ages 3-5 yrs
M: 5-5:45PM
F: 11-11:45AM
SAT: 11-11:45AM

Elementary Ballet I:
Ages 5-8 yrs
M: 6-6:45PM

Elementary Hip Hop:
Ages 5-12 yrs
SAT: 12-12:45PM

To register, please visit tippitoesdance.com/kansas-city

Check out Tippi Toes Birthday Parties offered at PCC!!

Youth Swim Lesson Information on page 8-9.

Camps

Mission Summer Camp

Weekly Rates
$151: Resident, Missions Business & MDR
$161: Non-Resident Rate
Child(ren) first week's fees and add-ons (i.e. swim lessons, basketball skills, Lego, etc.) are due upon enrollment.

Week 1: Camp Blast Off
(June 5-9)
Friends, fun, and sun! That's what children look forward to during the summer months at summer camp! Get ready for a week filled with getting to know the campers and camp staff, the Powell Community Center, and the outdoor pool! Don't forget your sunscreen and water bottles, this summer will be filled with indoor and outdoor games and fun!

Week 2: Let's Go to the Beach!
(June 12-16)
We're bringing the beach to Mission! Prepare for a week of plundering pirates, splashing mermaids, chomping sharks, and a boatload of water activities! Bring your swimsuit and get ready to make a SPLASH!

Week 3: Disco Fever
(June 19-23)
It's time to get groovy and boogie all week long! This week will include tie-dye crafts, disco competitions, glow-in-the-dark parties, and other colorful activities! Children are not required to bring their bell bottom pants and peace sign medallions, but it is highly encouraged!

Now Hiring for Summer 2023
Apply @ missionks.org/jobs

Week 4: Camping at Summer Camp
(June 26-June 30)
We will be spending the week enjoying the great outdoors… don't forget your sunscreen! We will enjoy nature exploration, building recycled sculptures, and spending time at Mission's amazing parks! Campers will learn about this beautiful Earth they live on and enjoy what the great outdoors has to offer! Does anyone smell s'mores?

Week 5: Out of this World
(July 3-7) - No Camp on Tuesday, July 4th
Aliens, robots, and asteroids… oh my! Campers will blast off to space to play with the aliens, explore other planets, and have intergalactic battles… with foam light sabers, of course! Grab your space helmet and let's head towards the stars!

Week 6: Mission's Got Talent
(July 10-14)
What would camp be without a Talent Show? Campers and camp staff put on the best show of the summer for parents and friends. Prepare your acts and skits all week to blow the audience's minds with our wonderful talent!

Week 7: Spirit Week
(July 17-21)
Time to get creative and share some camp spirit with fun-filled, themed days! Monday is Pajama Day! Roll out of bed, put on the fuzzy slippers, and head to camp… Tuesday is Twin Day! Pick a friend and match outfits with them… Wednesday is Sports Day! Wear your favorite jersey and come as your favorite athlete… Thursday is Crazy Hair Day! Pigtails, braids, and waves, oh my… Friday is Neon Day! Grab your neon camp shirt and your brightest accessories!

Week 8: STEM Week!
(July 24-28)
Enjoy a week of creativity through Science, Technology, Engineering, and Math. We will have science experiments around every corner, games that challenge campers' number skills, and construction crafts as big as we can imagine it! Let's grab our lab coats and get to work!

Week 9: Camp Favorites!
(July 31-Aug 4)
Does the summer really have to end? As we wrap up the Mission Summer Camp, we will revisit our camper's favorite games & activities throughout this summer! Don't forget to bring a marker or two so campers can sign their friends' camp shirts to remember the best summer ever!

Summer Camp Add-ons
Swim Lessons (M/W)
-June (6/5-6/28) $50/child
-July (7/10-8/2) $50/child

Tennis Lessons (T/TH)
-June (6/7-6/30) $50/child
-July (7/12-8/4) $50/child

You Hoop Basketball Skills (T/F)
-June (6/6-6/29) $50/child
-July (7/11-8/3) $50/child

Karate Lessons (W)
-June (6/7-6/28) $25/child
-July (7/12-8/2) $25/child

Discounts/Other Camps:
Save $25 on summer camp enrollment fees when your child is concurrently enrolled into any of the following programs:

Play-Well LEGO Camp: Minecraft Engineering
July 24-28
$170 / child
Morning: 9AM-12PM (Ages 5-7)
Afternoon: 1-4PM (Ages 8-12)

The Knight School Chess Camp
June 26-30
$150 / child
Morning: 9AM-12PM (Ages 7-12)

50 & Beyond

50 & Beyond Matinee

Lights, Camera, Action! Do long lines & high prices make you frown? We'll show you quality movies for a low, low price! Popcorn, coffee and water are provided during the movie.

$1 for Members • $2 Non-Members
T: 12:30-2:30PM

5/2: 80 for Brady (PG-13)

5/16: Missing (PG-13)

6/6: American Underdog (PG-13)

6/20: Plane (R)

7/11: A Man Called Otto (PG-13)

7/25: Close (PG-13)

8/8: Avatar: The Way of Water (PG-13)

8/15: The Year of the Dog (PG-13)

SHICK

Senior Health Insurance Counseling for Kansas educates the public & assists consumers on topics related to Medicare & health insurance so they can make informed decisions. To schedule a free, confidential counseling session with a SHICK counselor, please call Amy Shackelford at 785.521.3315.

W: 9AM-1PM

The American Stroke Foundation: Next Step Program

The Next Step program of the American Stroke Foundation helps stroke survivors take the next step after formal medical care. Because a stroke impacts the brain, the most complex organ in our body, stroke recovery is a complex & lengthy process. Participants can choose from a variety of activities & classes to improve & maintain physical fitness, communication, emotional health & a healthy lifestyle. Participants are engaged with their families & their community & are taking the Next Step to live a quality life after stroke.

Pre-registration and intake assessment required. For more information: www.americanstroke.org or call 913.649.1776.

Ongoing Classes M/W/F: 9:30AM-2:30PM $80 monthly fee.

BINGO

Refreshments served with 10 games of bingo. Players receive two cards per game. Prizes are gift cards &/or variety gift packs. Call to get registered!

F: 1:30-3PM
$5 • $3MDR

May 19: Summer is here!
August 18: Dog Days of Summer

AARP Smart Driver Course

Learn about skills and strategies you can use on the road every day and discover defensive driving techniques to help you deal with aggressive drivers. We'll also explore local laws and traffic rules for drivers and get tips for proper maintenance of your vehicle so it's safe before you drive. Insurance discount is possible as well.

SAT: 6/24 - 9AM-1PM

W 8/16 - 9AM-1PM

Senior Weight & Cardio Training 101

Do you want to exercise, but need help getting started? PCC Personal Trainer will show you the basics, while making sure to teach you proper usage of each machine. They will help you feel more comfortable in the weight room & cardio room & will show you how simple each machine is to use. This class is free to everyone, but it is important to pre-register. Ages: 50 & older. Limited to first 6 participants.

SAT: 7:30-8:30AM
Dates: 5/13, 6/10, 7/8, 8/12
Free/Daily Pass for Non-Members

The Art of Relaxation

Relaxation is a learned behavior. Anyone can learn to relax & break the cycle of stress that builds in our everyday life. As a massage therapist for over 20 years, I use developed techniques everyone can apply to relieve stress at work or home. The stress that can cause anxiety, illness, headaches, muscle tension & neck pain. You can learn this - anyone can! 15 minute guided grounding meditation at the end of class. Instructor: Jan Peck

W: 9:30-10AM

Fitness Classes FREE to PCC Members!

Adult Fitness pg. 10

Aquatics pg. 7

Track Treaders

Are you looking for a safe place to walk? Come & enjoy our 1/10 mile indoor track that is padded to reduce impact on your joints. A climate controlled track provides a perfect place on hot or chilly days. Lap counters are available for check-out at the South entry desk to help keep track of your distances.

20-Visit Punch Card:
$27 Non-resident • $20 Resident

Zumba Gold

Modified Zumba class that recreates the original moves you love at a lower intensity. Class introduces choreography focusing on balance, range of motion & coordination, while jamming to some exciting, upbeat music. Get your dance workout in with a party-like atmosphere! Jan Peck (FRI) & Vici Simmons (SAT)

F: 10-10:45AM

SAT: 8-8:55AM

Exercise for Life 50+

Fun class geared towards 50+, offering a lively cardio warm-up followed by strength training exercises and proper stretching. Protocol focuses on form, which is critical for muscular development and strength. Some mat work may be included. This class builds and maintains muscle mass making joints stronger and protecting bone health, is a great low-impact cardio workout, supports weight loss and management, improves mood, mental and cardiovascular health and may help you live longer! Instructor: Personal Trainer Phyllis Peterson

T/TH: 9:15-10AM

Cardio Pump

Keep up the jams with this NEW cardio, strength class with Phyllis. It is a perfect blend of seated exercise and cardio set to upbeat music. Personal Trainer: Phyllis Peterson

T/TH: 11:45AM-12:15PM

Health BeneFIT

Health BeneFIT classes are FREE to all insurance members who hold insurance memberships at PCC.

Classes fill fast - don't wait to sign up!

Registration Open Dates for Summer

- June: 5/22
- July: 6/26
- August: 7/24
- September: 8/14

Health BeneFIT AM Water Aerobics

Participants use the natural resistance of water to provide a safe, full-body workout. Tone & strengthen muscles, increase cardiovascular endurance & enjoy the feeling of being physically fit! Aqua Shoes recommended, but not required. Instructor: Personal Trainer Shauna Utz

M/W/F: 8-8:40AM
M/W/F: 8:50-9:30AM
T/TH: 8-8:40AM

SilverSneakers Yoga

Get ready to move through a complete series of seated & standing yoga poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity. This class is suitable for nearly every fitness level. Instructor: Becky Weaver (M) & Jan Peck (W).
Participants may ONLY enroll into AND attend ONE SSYoga class/day.

M: 10:15-10:45AM
M: 11-11:30AM
M: 11:45AM-12:15PM
W: 10:15-10:45AM
W: 11-11:30AM
W: 11:45AM-12:15PM

Health BeneFIT

Enhance your cardio fitness, improve flexibility & reduce falls in this fun class. Instructor, Phyllis Peterson helps you regain movement, improve your overall fitness & fight the effects of aging.

T: 10:15-10:45AM
T: 11-11:30AM
TH: 10:15-10:45AM
TH: 11-11:30AM

Fitness Classes FREE to PCC Members!

Adult Fitness pg. 10

Aquatics pg. 7

50 & Beyond Trips

Water & Wine in Excelsior Springs

Wednesday, April 19

$103/person

There are more groupings of mineral water in Excelsior Springs than anywhere else in the world! We will learn more about this vast history in Excelsior Springs by visiting both the Hall of Waters and the Excelsior Springs Museum and Archives. Once we've fed our minds with the past, we'll head downtown for lunch and shopping before hopping on the bus for a quick tour around town to check out a eight wells within Excelsior Springs. Time to break once more with a wine tasting before heading back to the dry desert of Shawnee Mission (Okay, maybe not a desert, but it will feel like once after this water rich day!)

Call 913.722.8200 to reserve your spot.

(Transportation: Motorcoach)
Depart PCC: 9AM
Return approx.: 4:30PM

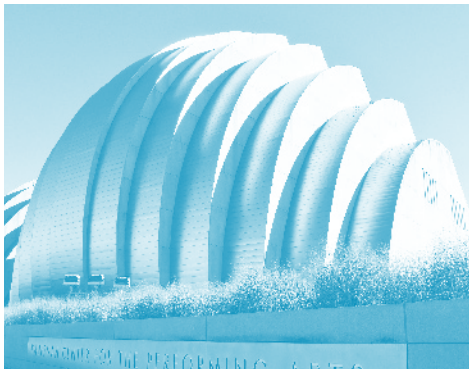
Les Misérables

Tuesday, May 2

$124/person

Sit back and relax. We're headed to the Musical Hall! But first, a catered pasta dinner at the Powell Community Center, a comfortable motor coach ride downtown, door drop off (and pick up!) and excellent seats for Les Misérables! We will be seated together in the center balcony, rows J, K, L, M, N. ONLY ONE PICKUP LOCATION: Powell Community Center.

(Transportation: Motorcoach)
Dinner Served at PCC: 5:30PM
Depart PCC: 6:30PM
Return approx.: 10:45PM



KC Symphony Happy Hour

Tuesday, May 23

$77/person

It's time to hit the town! Celebrate the happiest hour of the day with a tour of Kansas City favorite, Tom's Town Distillery! Following the tour enjoy 5 samples of Tom's Town Spirits and appetizers. After Tom's Town we will head to The Kauffman Center for a short Kansas City Symphony Concert.

(Transportation: Motorcoach)
Depart PCC: 2:35 PM
Return approx.: 7:20PM

Summer Solstice

Wednesday, June 21

$95/person

Let's celebrate SUMMER at the Somerset Ridge Vineyard & Winery in Paola, KS! Activities include a wine tasting, tour, and a delicious lunch.

(Transportation: Motorcoach)
Depart PCC: 11AM
Return approx.: 4PM

Manhattan Farm Tour

Thursday, September 14

$102/person

We're heading to the farm! First, we'll stop at Hildrebrand Farm, maybe you've seen their iconic glass milk bottles on the shelf at your local grocery store, or maybe you just love a cute black and white spotted cow, either way this tour is bound to be a unique, eye-opening experience into the world of dairy farming. We'll break for lunch at Manhattan's Bourbon & Baker before heading for one last stop at Britt's Farm to experience the process from seed to fruit on this active local farm.

(Transportation: Motorcoach)
Depart PCC: 7:50AM
Return approx.: 5:50PM

50 & Beyond Trips

Extended Travel Trips

Mt. Rushmore, Yellowstone & Western Frontier

9 Days – August 2, 2023

Price Includes:

- 3 - Sheridan
- 1 - Sheridan
- 2 - West Yellowstone
- 1 - Jackson
- 1 - Salt Lake City
- Yellowstone National Park
- Badlands National Park
- Grand Teton National Park
- Mount Rushmore & Mount Rushmore at Night
- Devil's Tower
- Crazy Horse Memorial
- Fort Hays
- Jackson Hole Valley
- Deadwood
- Buffalo Bill Historical Center
- Salt Lake City Tour
- Wall Drug Store
- Cowboy Cookout
- Rapid City
- Round Trip Airfare (MCI)
- 12 Meals (8-B, 4-D)
- Professional Tour Director
- Motorcoach Transportation
- Admission per Itinerary
- Comprehensive Sightseeing
- Baggage Handling at Hotels
- Hotel Transfers
- Transportation to and from your address to MCI
- Tour Activity LEVEL 3

Tour Rates Start At Booking

Discount*: $3,825 pp double occ

Regular Rate: $3,925 pp double occ

*Booking Discount: Receive $100 off per person on your final payment when your final payment is paid by check. (Due date 90 days prior to departure)

Christmas Markets of Montreal & Quebec City

5 Days – November 30, 2023

Price Includes:

- 2 nights - Montreal
- 2 nights – Quebec City
- Montreal City Tour
- Underground City
- Notre Dame Cathedral
- Via Rail Train - Montreal to Quebec
- Quebec City Tour
- Montmorency Falls
- Montreal Christmas Market
- Quartier Petit Champlain & German Christmas Market in Quebec City
- Gilles Copper Museum
- Round Trip Airfare (MCI)
- First Class Hotels
- 6 Meals (4-B, 2-D)
- Professional Tour Director
- Motorcoach Transportation
- Admission per Itinerary
- Comprehensive Sightseeing
- Baggage Handling at Hotels
- Hotel Transfers
- Transportation to and from your address to MCI
- Tour Activity LEVEL 2

Tour Rates Start At Booking

Discount*: $2,699 pp double occ

Regular Rate: $2,799 pp double occ

*Booking Discount: Receive $100 off per person on your final payment when your final payment is paid by check. (Due date 90 days prior to departure)

Treasures of Ireland

8 Days – March 2024 (Departure Date TBD)

Price Includes:

- 7 Nights First Class Resort Hotel 2 Nights in Dublin, 2 Nights in Limerick, 2 Nights in Killarney, 1 Night Castle Hotel
- Dublin City Tour
- Trinity College - Book of Kells
- Whiskey Distillery
- Pub Dinner
- Guinness Storehouse
- Cliffs of Moher
- Ring of Kerry
- Bunratty Castle Medieval Banquet
- Jaunting Car Ride in Killarney
- Limerick Tour
- Galway
- Adare
- Irish Entertainment & Dinner in Killarney
- Kilkenny
- Roundtrip Airfare - MCI Int'l Air Departure
- Taxes/Fuel
- 12 Meals: 7 Breakfasts & 5 Dinners
- Professional Tour Director
- Motorcoach Transportation
- Admissions per Itinerary
- Comprehensive Sightseeing
- Baggage Handling at Hotels
- Hotel Transfers
- Tour Activity LEVEL 3

Tour Rates Start At Booking

Discount*: $TBD pp double occ

Regular Rate: $TBD pp double occ

*Booking Discount: Receive $200 off per person on your final payment when your final payment is paid by check. (Due date 75 days prior to departure)

MISSION PARKS + RECREATION

Find your perfect park

.3 Mi Walking Trail
BBQ Grills
Soccer Fields
Picnic Tables
Playground
Softball Fields
Pergola
Restrooms (Summer only)
Water Fountains
Tennis Courts

1. Streamway Park
51st and Foxridge Dr
.4 Mi

2. Waterworks Park
53rd and Woodson Rd
.3 Mi

3. Broadmoor Park
5701 Broadmoor St
.3 Mi

4. Andersen Park
5930 W 61st St
x2

5. Mohawk Park
67th and Lamar Ave
.4 Mi

6. Park on Beverly
5935 Beverly Ave

7. Pearl Harbor Park
Martway & Maple St

8. Legacy Park
6000 Broadmoor St

Renting a Shelter or Park

Rent out a shelter for a maximum of 4 hours or a sports field for up to 1.5 hours. Contact Natalie Lucas, Rental Coordinator, at 913.722.8215, to book your team practices or a fun-filled day of play.

Fees

Park Permit Fee..... $5
Shelter or field (Mission resident).....$10/hr
Shelter or field (non-Mission resident).....$15/hr

Special Events for City of Mission

Bunny Eggstravaganza

Bring the familly for the annual Bunny Eggstravaganza! This egg-citing holiday event features egg hunts for all ages, clowns, and a visit from two very special bunnies! Bring your camera and a pail to hold all your eggs, candy, and prizes. Activities and special visitors include the Mission Police Department, JOCO Fire District #2, Abdallah Clowns, face painting, Janie Next Door, and more!

SAT: April 8 / Broadmoor Park / **FREE**

Kids to Parks

Lots of fun nature themed activities including track casting, nature walks, scavenger hunts, and more!

SAT: May 20 / 10AM–12PM
FREE (registration not required)
Streamway Park (Rainout location at PCC)

Arbor Day Celebration + Spring Clean Up

Celebrate 21 years of Tree City USA status and Mission's Championship Tree program by helping clean parks and sidewalks city-wide.

SAT: April 22 / 9-11 AM
Beverly Park / **FREE**

April

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	**8**
9	10	11	12	13	14	15
16	17	18	19	20	21	**22**
23	24	25	26	27	28	29
30						

May

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	**20**
21	22	23	24	25	26	27
28	29	30	31			

June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	**16**	17
18	19	20	21	22	**23**	24
25	26	27	28	29	30	

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	**8**
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	**11**	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Special Events for City of Mission

Backyard Campout

Grab your tents and lawn chairs for the annual Backyard Campout in Andersen Park. We're making up dinner before you head to the pool for a couple hours of swimming. There are tons of fun things to do in the park with your family including s'mores and an outdoor movie. Don't worry, we'll also have breakfast ready to go when the birds wake us up!

FRI: June 23 / 6PM
SAT: June 24 / 9AM
Andersen Park **$50 per family (up to 4)**
$10/additional person

Mission Summer Family Picnic

Come out and celebrate our annual picnic. Enjoy a hot dog dinner while playing family activities, live music and beer garden. CFD#2 will keep us nice and cool with a spray from the fire engine. Bring your favorite lawn chair or blankets to enjoy this FREE night of summer fun!

SAT: July 8 / 6-10PM
Broadmoor Park / **FREE**

Movie in the Park

Bring your lawn chair, grab a seat and enjoy a **FREE** movie in the park with Mission Parks + Recreation. Movie will start at dusk!

F: June 16 - Waterworks Park, Minions: The Rise of Gru
F: August 11 - Mohawk Park, Puss in Boots: The Last Wish

Concert in the Park

Bring your lawn chair and wrap up the summertime with a concert in the park. Relax, enjoy some beverages and your favorite tunes during this evening full of fun.

F: September 1 / 6:30PM / Broadmoor Park / **FREE**

Mission Family Aquatic Center

Opening Day

Saturday, May 27th

Seasonal Job Opportunities

Contact Jenna Dickman,

913.722.8207 or

jdickman@missionks.org

UPCOMING EVENTS

May

5/2 50 & Beyond Matinee: 80 for Brady (PG-13)
5/2 50 & Beyond Trip: Les Miserables
5/13 Senior Weight & Cardio Training 101
5/13 Safe Sitter (R) Class
5/16 50 & Beyond Matinee: Missing (PG-13)
5/19 50 & Beyond BINGO: Summer is here!
5/20 Cardio/Weight Training 101
5/20 Kids to Parks
5/23 50 & Beyond Trip: KC Symphony Happy Hour
5/25 PCC Open Swim @ 1PM
5/26 PCC Open Swim @ 1PM
5/27 MFAC Opening Day
5/30 Start Smart Soccer
5/31 MFAC Closed at 4PM for Staff Training

June

6/3 SAT Swim Lesson Session
6/5 Mission Summer Camp Wk #1
6/6 50 & Beyond Matinee: American Underdog (PG-13)
6/6 T/TH Swim Lesson Session
6/7 Start Smart Baseball
6/10 Senior Weight & Cardio Training 101
6/10 Safe Sitter (R) Class
6/12 Mission Summer Camp Wk #2
6/16 Movie in the Park: Minions: Rise of Gru @ Waterworks Park
6/17 Cardio/Weight Training 101
6/19 Mission Summer Camp Wk #3
6/20 50 & Beyond Matinee: Plane (R)
6/21 50 & Beyond Trip: Summer Solstice
6/23 Moonlight Swim @ MFAC
6/23-24 Backyard Campout @ Andersen Park
6/26 Mission Summer Camp Wk #4

July

7/3 Mission Summer Camp Wk #5
7/4 PCC Closed
7/4 MFAC Closes at 6PM
7/8 Senior Weight & Cardio Training 101
7/8 SAT Swim Lesson Session
7/8 Mission Summer Family Picnic @ Broadmoor Park
7/10 Mission Summer Camp Wk #6
7/11 50 & Beyond Matinee: A Man Called Otto (PG-13)
7/11 T/TH Swim Lesson Session
7/14 Moonlight Swim @ MFAC
7/15 Cardio/Weight Training 101
7/17 Mission Summer Camp Wk #7
7/21 Yoga on Deck @ MFAC
7/22 Safe Sitter (R) Class
7/24 Mission Summer Camp Wk #8
7/25 50 & Beyond Matinee: Close (PG-13)
7/29 Under the Sea Pool Party @ MFAC
7/31 Mission Summer Camp Wk #9

August

8/8 50 & Beyond Matinee: Avatar: The Way of Water (PG-13)
8/11 Movie in the Park: Puss in Boots: the Last Wish @ Mohawk Park
8/12 Senior Weight & Cardio Training 101
8/12 Safe Sitter (R) Class
8/15 50 & Beyond Matinee: The Year of the Dog (PG-13)
8/16 AARP Smart Driver Course
8/18 50 & Beyond BINGO: Dog Days of Summer
8/19 Cardio/Weight Training 101
8/21-9/4 PCC Closed for Maintenance

September

9/1 Concert in the Park @ Broadmoor Park
9/4 PCC Closed
9/4 MFAC Closes at 6PM
9/5 Pool Party for Pooches at MFAC
9/14 50 & Beyond Trip: Manhattan Farm Tour

Outside Summer Fun in Mission Parks

SAT: 4/22 / 9-11AM
Arbor Day Celebration + Spring Clean Up
Beverly Park **/ FREE**

SAT: 5/20 / 10AM–12PM
Kids to Parks
Streamway Park (Rainout location at PCC) **/ FREE (registration not required)**

F: 6/16 / dusk
Movie in the Park
Waterworks Park, Minions: The Rise of Gru **/ FREE**

F: 6/23 / 6PM through SAT: 6/24 / 9AM
Backyard Campout
Andersen Park **/ $50 per family (up to 4) $10/additional person**

SAT: 7/8 / 6-10PM
Mission Summer Family Picnic
Broadmoor Park **/ FREE**

F: 8/11 / dusk
Movie in the Park
Mohawk Park, Puss in Boots: The Last Wish **/ FREE**

F: 9/1 / 6:30PM
Concert in the Park
Broadmoor Park **/ FREE**