

A circular logo for the 2024 Winter season. The numbers "20" and "24" are stacked in the center in a bold, blue, sans-serif font. Surrounding these numbers is a green circular border containing the word "WINTER" repeated four times, separated by small green dots.

Join us in 2024!



mission
PARKS + RECREATION

Special Events for City of Mission

2



Winter Waterland

Join us for an unforgettable winter extravaganza at our Winter Waterland Pool Party and Dive-In Movie event! Experience the magic of winter in a whole new way as we transform our pool area into a winter wonderland.

F: Jan 5
6-8PM
\$10/child



Membership Drive

10% Discount
Annual Memberships

(Paid in full only)

T: December 26 through
SAT: January 6

January

| 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 | | | |

February

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | | |

Snowball Dance



Join us for our first annual "Snowball," family dance. Children ages 3 to 12 are encouraged to invite a person in their life who brings them joy! This experience is designed for families of all compositions, emphasizing the bond between parents, relatives, siblings, and more. The afternoon will be filled with dancing, refreshments, and a snowball fight! Feel free to dress in your favorite winter attire. A sensory friendly area will be available, so that everyone can feel welcome. **Preregistration is required by: January 27.**

SAT: February 10
3-4:30PM

Price: \$30 Per Couple
Additional Child \$10



Archery Workshop

Learn the basics of archery and have lots of practice time. Certified archery instructors will teach you how to pull back, aim and fire a bow with precision. All equipment and instruction provided.

SAT: February 24
1-2:30PM: Family Archery
(All ages)
2:30-4PM: Adult Archery (16+)
\$12 per person

MFAC Membership

Enjoy fun in the sun at the Mission Family Aquatic Center with our lap pool, diving areas, play area and two waterslides! Memberships for the 2024 Season go on sale on April 1.

M: April 1
6-8PM

\$40 Resident
\$65 Non-resident



Special Events for City of Mission

March

| 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 | | | | | | |

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 | | | | |



Family Fun Night

Enjoy the PCC amenities during our FREE family night. Indoor Playground, craft room, and swimming. We hope to see you there!

F: March 1
5-8PM
FREE

OK Kid's Day

Outdoor Kansas Kid's Day is SO FUN and is an awesome opportunity to get your kiddos outside in nature. We focus on trying new things and creating experiences at our nature themed event at Streamway Park. (Rainout location at PCC.)

SAT: May 4
10AM-12PM
FREE



Bunny Egg-stravaganza

Bring the family for the annual Bunny Egg-stravaganza! 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, children's inflatables, Janie Next Door, and more!

SAT: March 30
Broadmoor Park
FREE

Egg Hunt Times:

10:15 AM 10 & Older Scavenger Hunt
10:20 AM 8 months- 1.5 y/o (with parent)
10:30 AM 1.5 - 3 y/o (no parents)
10:40 AM 1.5 - 3 y/o (with parent)
11:00 AM 4 - 5 y/o
11:20 AM 6 - 7 y/o
11:40 AM 8 - 9 y/o



Parent's Night Out

Need a night out, kids-free? Let us help! We'll entertain, feed and wear out your kiddos while you enjoy a wonderful evening to yourself. Activities will include a pizza dinner, games, swimming and "dive-in" movie to finish the night. Ages 5-12 yrs.

F: April 5
Drop off: 5PM
Pick up: 9PM
\$40 • \$35 MDR



Spring Social

Let's welcome spring together at our annual Spring Social event. We'll provide a delicious lunch with some musical entertainment. Grab a friend or come to make a new one and we'll see you at the social!

T: April 9
11:30AM-2PM
\$15 per person

Hours

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

2024 Holidays

| | |
|----------------------------|--------|
| December 24, Christmas Eve | Closed |
| December 25, Christmas Day | Closed |
| January 1, New Year's Day | Closed |

Important Class Dates

December 21 - January 5 SMSD Holiday Break

December 17 - January 1 No Classes

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.

Welcome to the Powell Community Center

6200 Martway St.

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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 |
|--------------------|-------|------------------|
| Youth | \$246 | \$26 |
| Adult | \$318 | \$32 |
| Senior (60+) | \$246 | \$26 |
| Household 2 Person | \$443 | \$42 |
| Family | \$504 | \$47 |

NON-RESIDENT RATES

| | 12 MO | Monthly Pay Plan |
|--------------------|-------|------------------|
| Youth | \$329 | \$32 |
| Adult | \$422 | \$40 |
| Senior (60+) | \$329 | \$32 |
| Household 2 Person | \$591 | \$54 |
| Family | \$670 | \$61 |

*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: 1/20, 2/17, 3/16, 4/20

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

M-F: 12:15-3:15PM (3 courts)

SAT: 9AM-12PM (3 courts)

**No Pickleball 1/1, 3/30

*All days/times subject to change.

Free for Community Center Members

\$5/day per person

10 Visit Punch Card: \$45

Adult Fitness Schedule Winter 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6

Early AM
5:30-8AM

Cycle X
6:15AM
Metabolic MAYHEM
6:30AM

Basic Flow Yoga
7AM

Metabolic MAYHEM
6:30AM
Morning Ride
7:30AM

Basic Flow Yoga
7AM

Later AM
8-12PM

AM Water Aerobics
8AM

Functional Yoga
9AM

AM Water Aerobics
8:50AM

SilverSneakers Yoga
10:15AM
11AM
11:45AM

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
11:45AM

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
11:20AM

Mid-Day
12-5PM

Pickleball
12:15-3:15PM

Pickleball
12:15-3:15PM

Pickleball
12:15-3:15PM

Pickleball
12:15-3:15PM

Pickleball
12:15-3:15PM

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

Adult Beg. Swim Lessons
6:10PM

Sculpt Kickboxing
6:30PM

Zumba
7PM

Tai Chi
7PM

Classical Stretching with Essentrics
4:30PM

Specialized Karate
5:15PM
Aqua Zumba
5:35PM

Rep & Ride
5:45PM

Strength Training
5:45PM

PiYo
6PM

Karate, Beg.
6:30PM

Yoga Flow
7PM

Tai Chi
7PM

Karate, Int.
7:30PM

Belly Dance (Adv)
5PM

Power Cycle
5:45PM

Belly Dance (Beg)
6PM

Adult Beg. Swim Lessons
6:10PM

Bollywood Fitness
7PM

Tai Chi
7PM

Kendo (\$\$)
2PM

Membership Drive

**Tue, December 26-
Sat, January 6**

10% Discount

Annual Memberships
(Paid in full only)

**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

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: 5:45-6:30PM

Cycle X

Cycle fast, cycle hard, cycle now! Looking to spin? Get that X factor in your fitness regime with our new class – Cycle X.

Instructor: Becky Weaver

T: 6:15-7:00AM



Adult Fitness

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

Sculpt Kickboxing

Unleash the warrior within!

This class combines cardio kickboxing 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

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

PiYo

Mix of cardio, Pilates and yoga, designed to burn calories and make you sweat! Instructor: Jenn Basuel

W: 6-6:45PM

Morning Ride

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

\$10/person

TH: 7:30-8:15AM

Member Benefits:

Free Adult Fitness Classes

Discounts on Classes &

Personal Training

Tot Time Swim

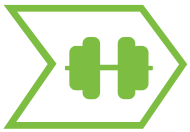
Discount on Child Watch

Weight/Cardio Trainings

Open Volleyball (M/W)

Pickleball

Racquetball



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Track Pass

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: TBD

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

M-F: 12:15–3:15PM (3 courts)
SAT: 9AM–12PM (3 courts)

No Pickleball 1/1, 3/30

*All days/times subject to change.

Free for Community Center Members

\$5/day per person

10 Visit Punch Card: \$45

Connect with us on Social Media!



SCAN ME

Facebook:

@MissionKSParksRec

Instagram:

Mission Parks & Rec

Twitter:

@MissionKSParksRec





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

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. 19



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



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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 Sirena at kchoopgirl@gmail.com or 816.591.5186. Instructor: KC Hoop Girl, Sirena 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

10



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 Yoga Flow

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

T: 6-7PM

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

Specialized Recreation Club

Game Night

SAT, Jan 20, Board Games at PCC
7-9PM

\$25 • \$20MDR

DEADLINE TO ENROLL: WED, Jan 17
Price includes snacks/drinks.

Valentine's Day Dance

SAT, Feb 17, Valentine's Day Dance
7-9PM

\$30 • \$25MDR

DEADLINE TO ENROLL: WED, Feb 14
Price includes snacks/drinks.



Movie Night

SAT, March 16 Kung Fu Panda 4 at PCC
7-9PM

\$25 • \$30MDR

DEADLINE TO ENROLL: WED, Mar 13
Price includes popcorn and drinks.

Day At The Zoo

SAT, April 20, KC Zoo and Aquarium
10AM-4PM

\$55 • \$50MDR

DEADLINE TO ENROLL: WED, March 27
Price includes transportation and admission to zoo. Participants are responsible for food/beverages and souvenirs.

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. Sensei 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.



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
- Qi Gong



CHRIS
RENO
615.710.5526

- chisreno125@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.



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

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.



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 want by building confidence through an individual approach.



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 Through Nutrition
- Speed and Strength for athletes of all ages
- Service Academy PT Test Prep
- IT PAYS TO BE A WINNER

Adult Enrichment

Pickleball Lessons

Whether you are new to the sport or have been playing awhile, a learn more about pickleball from one of the best! Pickleball lessons for beginners and advanced players with lessons alternating. Sign up for 1, 2, or all sessions. Enrollment is limited to 12 participants.

January 8 (Intro)

January 22 (Adv)

February 5 (Intro)

February 19 (Adv)

March 4 (Intro)

March 18 (Adv)

April 1 (Intro)

April 15 (Adv)

April 29 (Intro)

May 13 (Adv)

M: 12-1:30PM

\$35 | \$30 PCC Members



Men's Basketball League

We're back on for Men's league! Competitive play on Sunday mornings. All players must register, be on the roster and signed waiver before participating. Team captains must register their team prior to January 19 and attend mandatory captain's meeting on Tuesday, January 23 at 5PM.

TH: 7-10PM

January 25-March 14

\$50/player



Volleyball League

Grab a friend or make some new ones playing in our new volleyball league! Teams put together with free agents (or sign up a whole team). Seven-week league. Games played on Saturday afternoons. Register by March 20.

March 23-May 4

Game Times: 1:15PM; 2:15PM, 3:15PM

Let's Get Cooking



Simmer, Sip, & Serve: Winter Soups

Come join us for a simmering adventure into the heartwarming world of soups! This immersive and delightful soup cooking class will awaken your taste buds and elevate your culinary skills! The menu will consist of: Lasagna Soup, White Chicken Chili, and Loaded Baked Potato Soup.

TH: January 18

6-8PM

\$25/person



Mastering March Holiday Cooking

Celebrate the arrival of spring with our special March Holiday Cooking Class – a culinary adventure that will fill your kitchen with the vibrant colors and fresh flavors of the season! The menu will consist of: Reuben Sliders, Irish Potato Pie, and Irish Soda Bread Scones with Salty Whiskey Butter.

TH: March 21

6-8PM

\$25/person



Urban Living Series

Straw Bale & Container Gardening

Explore the benefits of straw bale gardening by learning the fundamentals of setting up and conditioning straw bales. Gain insights into selecting plants that thrive in straw bales while learning about what containers can maximize your gardening space.

M: April 22

6-8PM

\$15/person

JOIN OUR TEAM!


- Entry Desk
- Facility Staff
- Lifeguard
- Swim Lesson Instructor
- Summer Camp Staff
- Park Techs



SCAN ME

PCC Pool Schedule



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|---|--|---|---|---|---|
| Morning | Adult Swim 5:30 AM-3 PM *No Lap Lanes Available 8-9:30 AM | Adult Swim 5:30 AM-8:30 PM *No Lap Lanes Available 8-9 AM | Adult Swim 5:30 AM-3 PM *No Lap Lanes Available 8-9:30 AM | Adult Swim 5:30 AM-8:30 PM *No Lap Lanes Available 8-10 AM | Adult Swim 5:30 AM-3 PM *No Lap Lanes Available 8-9:30 AM | Adult Swim 5:30 AM-12 PM |
| | | Tot Time Swim 9-11 AM | Homeschool Swim 10-12 AM *One Lap Lane Available | Tot Time Swim 9-11 AM | | Swim Lessons 9-12 AM *Limited Pool Use* |
| Afternoon/Evening | OPEN SWIM 3-8:30 PM *No Lap Lanes, Slide or Mushroom Available 5:30-6:30 PM | Swim Lessons 4-7:15 PM *Limited Pool Use* | OPEN SWIM 3-8:30 PM *No Lap Lanes, Slide or Mushroom Available 5:30-6:30 PM | Swim Lessons 4-7:15 PM *Limited Pool Use* | OPEN SWIM 3-8:30 PM *No Lap Lanes Available | OPEN SWIM 12-4:30 PM *No Lap Lanes Available |
| Additional Information | Adult Swim Must be 14+ years old. All aquatic areas open for use. | Open Swim Aquatic features are on and pool is open to all ages. Must be 48" to ride the slide. | Tot Time Swim Kids ages 5 and under. Adult supervision required. | Homeschool Swim Swim time for homeschooling families. | Swim Lessons Pool is open for adult swim with limited use due to swim lessons in various areas of the pool. |  |

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.

Lap Lanes will be removed for pool basketball hoop usage Friday 3-8:30PM & Saturday 12-4:30PM

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

Homeschool Swim:

W/ 10AM-12PM

\$5/person

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: available for swim; space is limited due to swimming 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.

*May have limited lap lanes available due to programming.

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.

Open Swim Starts at 1PM:

1/2, 1/4, 1/5, 2/9, 3/8, 3/12, 3/14, 3/15, 4/12

Open Swim Starts at 2PM:

1/3, 1/15, 2/19, 3/11, 3/13, 4/15

Lap lanes will be removed for kids to enjoy the pool basketball hoop.



Adult Aquatics

AM Water Aerobics

Participants use the natural resistance of water to provide a safe, full-body workout. Tone & strengthen muscle, increase cardiovascular 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

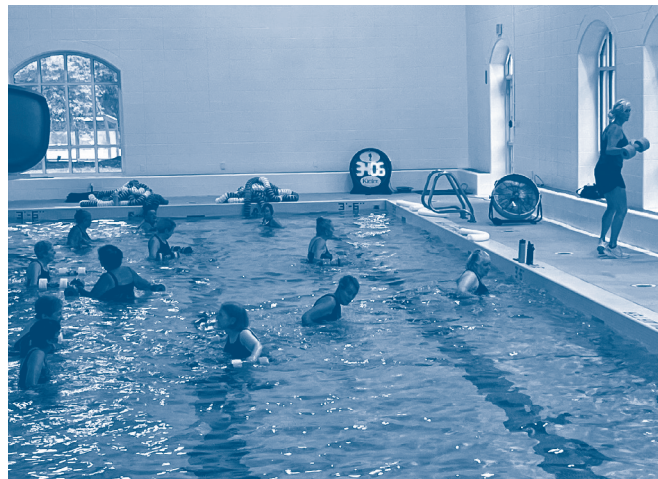
TH: 9-10AM

Adult Beginner Swim Lessons - 13 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

T/TH: 6:10-6:40PM \$65 • \$60MDR





Youth Aquatics

Winter 2024 Swim Lesson Schedule

| Class Level | T/TH | SAT |
|--|-------------|-----------------|
| Starfish 10:1 6 mos-3 yrs Catch Pool | 5:35-6:05PM | 9:35-10:05AM |
| Guppy 3:1 3-5 yrs Mushroom | 5-5:30PM | 9-9:30AM |
| Jellyfish 4:1 5+ yrs Mushroom | 4:25-4:55PM | 10:10-10:40AM |
| Clownfish 5:1 5+ yrs Lane 1 | 5-5:30PM | 9-9:30AM |
| Turtle 6:1 6+ yrs Lane 2 | 4:25-4:55PM | 9:35-10:05AM |
| Dolphin 6:1 6+ yrs Lane 2 | 6:45-7:15PM | 11:20-11:50AM |
| 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 | 11:55AM-12:25PM |

Reg. Open

12/1/23

1/3/24

2/2/24

3/1/24

T/TH

Session 1: 1/2-1/25

Session 2: 2/6-2/29

Session 3: 3/5-3/28

Session 4: 4/2-4/25

\$65 • \$60MDR

SAT

Session 1: 1/6-1/27

Session 2: 2/3-2/24

Session 3: 3/2-3/23

Session 4: 4/6-4/27

\$35 • \$30MDR

Enrollment opens four weeks prior to the start of the class.

PCC offers youth lessons ranging from 6 mos-15 yrs. Review the skill sets listed on page 17. 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

Enrollment opens four weeks prior to the start of the class. Check www.missionrecreation.com for most up to date availability. Contact Aquatic Coordinator, Jelissa Colbert, at 913-722-8209 for questions or concerns. This program is available on a first-come, first-served basis.

\$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



BIRTHDAY PARTY PACKAGES

Contact Natalie Lucas, Rental Coordinator at **913.722.8215** or send an email to: nlucas@missionks.org for more information**



RUMBLE TUMBLE PARTY PACKAGE

- \$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

**Price adjustments in 2024.

Parent's Night Out

Need a night out, kids-free? Let us help! We'll entertain, feed and wear out your kiddos while you enjoy a wonderful evening to yourself. Activities will include a pizza dinner, games, swimming and "dive-in" movie to finish the night. Ages 5-12 yrs.

F: April 5

Drop off: 5PM

Pick up: 9PM

\$40 • \$35 MDR



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. Participant manual and Start Smart shirt provided.

Basketball

W: 1/31-2/28 – 5-5:45PM

\$45 / Powell Community Center

Soccer

W: 3/6-4/3 – 5-5:45PM

\$45 / Broadmoor Park

Tennis

W: 4/17-5/15 – 5-5:45PM

\$45 / Andersen Park Tennis Courts



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 and safe environment. Basic skills of karate to develop focus & discipline in a fun way. Ages 4-7 yrs. Sensei Tyler Murphy

W: 6-6:30PM

Monthly fee; PCC Members receive a \$5 discount each month



Indoor Playground

Bring your little ones to a safe, clean indoor playground! For kids 6 years & under, we offer developmental toys, balls, inflatables and a variety of other toys – this is one program you won't want to miss! Parents must actively supervise children at all times. A ratio of one adult to three children is required. If you wish to bring more than 3 children, please call 913.722.8200. Punch cards expire on March 8, 2024.

T/F: 9:30-11:30AM

January 2 – March 8, 2024

\$4/child; 6 mos & under, along with parents are FREE!

10-visit punch card

\$30 for PCC Members

\$35 for non-members



Youth

19



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 Jazz Funk:

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!!

Camps

Spring Break Camp

Spend the week with our qualified staff swimming at the indoor pool, playing activities in the gym & creating some imaginative arts & crafts. Please bring a sack lunch, water bottle, swimsuit, towel & tennis shoes each day. Two snacks provided every day. Ages 5-12. (Child must be enrolled in kindergarten and at least 5 years old.)

Deadline to enroll: Wednesday, March 6

MON-FRI: 3/11-3/15

7:30AM-5:30PM

\$161 – PCC Members/Mission Residents/MBR

\$171 – Non members/non-residents



Mission Summer Camp

Ages K-12
(must have completed Kindergarten)
7:30AM-5:30PM

Weekly Activities include:

- Weekly Field Trips (TBD)
- 4 visits per week to MFAC
- Games
- Sports
- Arts & Crafts
- Science & Nature

Mission Summer Camp is fully licensed by the Kansas Department of Health & Environment

**Prior Camper Registration Opens:
January 22, 2024**

**New Camper Registration Opens:
January 29, 2024**

Parent Information Packet & Forms:
missionks.org/parks+recreation/programs+fitness/youth+programs/youth+camps

Weekly Rates

\$161: Mission Resident/PCC Member)

\$171 (Non-resident/Non-member)

Child(ren) first week's fees and add-ons (i.e. swim lessons, basketball skills, Lego, etc.) are due upon enrollment.



Week 1: Crazy for Camp Kick Off
(June 3-7)

Get ready for a whirlwind of excitement as we kick off a summer like no other! We'll dive headfirst into a sea of wacky and wonderful activities designed to get everyone in the camp spirit. Don't forget your swimsuit, sunscreen and water bottles, because this summer will be filled with indoor and outdoor fun!

Week 2: Color Me Crazy
(June 10-14)

Get ready for a week-long adventure filled with color-soaked brushes, swirling palettes, and a splash of artistic mayhem! "Color Me Crazy" camp is not just an art experience; it's a technicolor kaleidoscope of vibrant hues and endless possibilities!

Week 3: Let's Go to the Beach
(June 17-21)

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 4: Junior Rangers
(June 24-28)

Welcome to the Kids Junior Rangers Camp – where young explorers become guardians of the great outdoors! This immersive and educational camp is a gateway to a lifelong love of nature, environmental stewardship, and outdoor adventure. Join us as we empower the next generation of explorers in the wild!

Week 5: Party in the USA
(July 1-3) – *No Camp on July 4-5!*

Kick off the week of Independence Day with a patriotic extravaganza that captures the spirit of American pride and the joy of summer festivities. Join us as we salute the red, white, and blue in the most fun-filled way possible!

Week 6: Mission's Got Talent
(July 8-12)

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: Mystery Week
(July 15-19)

Join us for a week of unexpected twists and turns, where each day brings new surprises and activities. Mystery Week is designed to keep campers on their toes, eager to discover what each day holds.

Week 8: Spirit Week
(July 22-26)

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 9: Luau Adventure
(July 29-Aug 2)

This week will be filled with tropical vibes, Hawaiian inspired activities, and the spirit of aloha. Campers will experience the warmth of the islands, engage in creative crafts, and participate in lively festivities. Celebrate our final week with sunshine, laughter, and Hawaiian fun!

Summer Camp Add-ons

Swim Lessons (M/W: 10-11:30AM)

June (6/3-6/26) \$50/child

July (7/8-7/31) \$50/child

Tennis Lessons (T/TH: 9:30-11:30AM)

June (6/4-6/27) \$50/child

July (7/8-8/1) \$50/child

You Hoop Basketball Skills (T/F: 10-11AM)

June (6/4-6/28) \$50/child

July (7/9-8/2) \$50/child

Karate Lessons (TH: 10-11AM)

June (6/6-6/27) \$25/child

July (7/11-8/1) \$25/child

Pickleball Lessons (T: 9:30-10:30AM))

June (6/4-6/25) \$25/child

July (7/9-7/30) \$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
- The Knight School Chess Camp



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

9AM–3:30PM \$95/student

SAT: Jan 13

F: Feb 9

SAT: Mar 9

F: Apr 12

SAT: May 4

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. Sensei Tyler Murphy from Kansas City Shizoku Karate-Do.

Ages 7+ yrs.

Beginning

W: 6:30–7:30PM

SAT: 9–10AM

Intermediate

W: 7:30–8:30PM

Monthly Fee; PCC Members receive a \$5 discount each month

Snowball Dance

Join us for our first annual "Snowball," family dance. Children ages 3 to 12 are encouraged to invite a person in their life who brings them joy! This experience is designed for families of all compositions, emphasizing the bond between parents, relatives, siblings, and more. The afternoon will be filled with dancing, refreshments, and a snowball fight! Feel free to dress in your favorite winter attire. A sensory friendly area will be available, so that everyone can feel welcome.



Preregistration is required by: January 27.

Price: \$30 Per Couple – Additional Child \$10

SAT: Feb 10

3–4:30PM



Winter Waterland

Join us for an unforgettable winter extravaganza at our Winter Waterland Pool Party and Dive-In Movie event! Experience the magic of winter in a whole new way as we transform our pool area into a winter wonderland.

F: Jan 5

6–8pm

\$10/child

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. Ages 7–11 years old. Instructor: Maki Gonzalez

W: 4:30–5:15PM

Archery Workshop

Learn the basics of archery and have lots of practice time. Certified archery instructors will teach you how to pull back, aim and fire a bow with precision. All equipment and instruction provided.

SAT: Feb 24

1–2:30PM: Family Archery (All ages)

2:30–4PM: Adult Archery (16+)

\$12/person

Bunny Egg-stravaganza

Bring the family for the annual Bunny Egg-stravaganza! 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, children's inflatables, Janie Next Door, and more!

SAT | March 30 | Broadmoor Park

Egg Hunt Times:

10:15 AM 10 & Older Scavenger Hunt

10:20 AM 8 months- 1.5 y/o (with parent)

10:30 AM 1.5 - 3 y/o (no parents)

10:40 AM 1.5 - 3 y/o (with parent)

11:00 AM 4 - 5 y/o

11:20 AM 6 - 7 y/o

11:40 AM 8 - 9 y/o



Family Fun Night

Enjoy the PCC amenities during our FREE family fun night. Indoor Playground, craft room and swimming. We hope to see you there! All ages. (Indoor Playground ages 6 M-6 yrs.)

F: April 5

5-8PM

FREE

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.

OK Kid's Day

Outdoor Kansas Kid's Day is SO FUN and is an awesome opportunity to get your kiddos outside in nature. We focus on trying new things and creating experiences at our nature themed event at Streamway Park.

SAT: May 4, 10:00AM

FREE



Membership Drive

Tues, December 26 – Sat, January 6



10% Discount
Annual Memberships
(Paid in full only)



Plan Your Next Adventure with Mission Parks

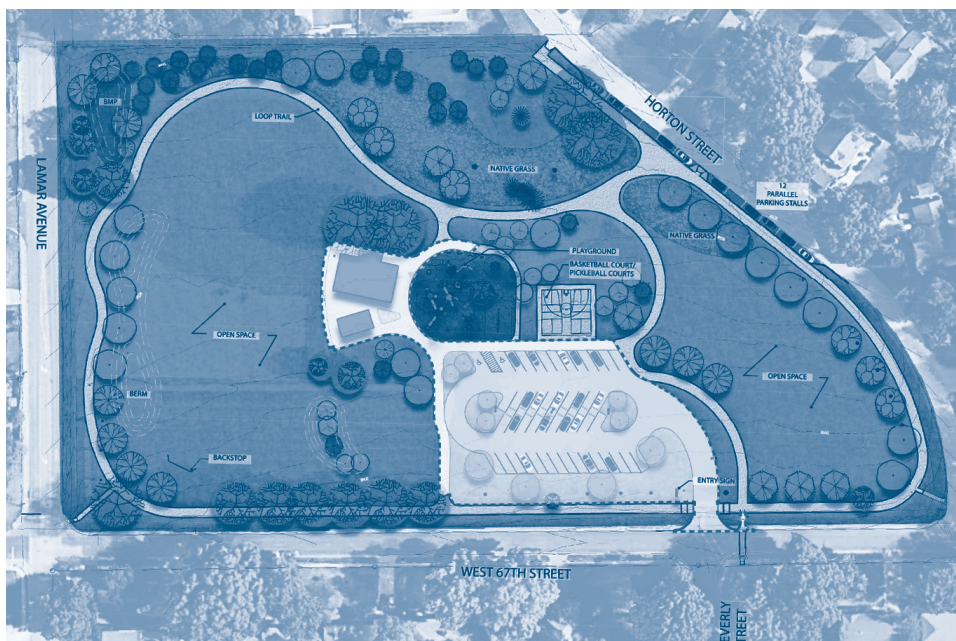
24



Water Works Park Project Kick-Off. New universal design restrooms, all-abilities playground, parking lot, pavilion, BMP and 10 ft wide concrete trails will begin in early January 2024 with an anticipated completion to coincide with Rushton Elementary's new amenities in August 2024.



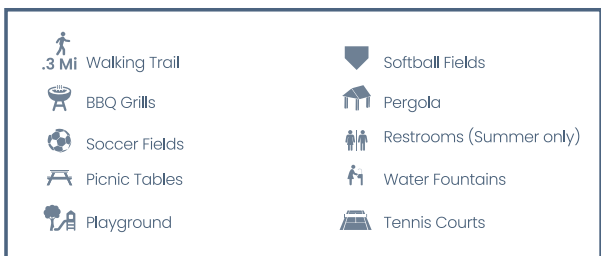
Mohawk Park Phase 1 completion – new universal design restrooms, parking lot, pavilion, native tree plantings and ADA access.



Mohawk Park Phase 2 planning- (Spring 2024) – A new 10 ft wide concrete perimeter trail installation, all-abilities playground, BMP and grading and landscaping in preparation for more native plants and trees.



Broadmoor Park Trail completion – new 10 ft wide concrete trail installation, ADA parking and trail access points, grading and landscaping in preparation for additional native tree plantings.



1. Streamway Park

5110 Foxridge Dr.



2. Waterworks Park

5814 W. 53rd St.



3. Broadmoor Park

5701 Broadmoor St.



4. Andersen Park

5930 W. 61st St.



5. Mohawk Park

6649 Lamar Ave.



6. Park on Beverly

5935 Beverly Ave.



7. Pearl Harbor Park

5925 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.

| Fields | Small Shelters (<50 ppl) | Large Shelters (>50 ppl) |
|-------------------------------------|-------------------------------------|-------------------------------------|
| \$10 /hour (Resident) | \$15 /hour (Resident) | \$20 /hour (Resident) |
| \$15 /hour (Non-Resident) | \$15 /hour (Non-Resident) | \$20 /hour (Non-Resident) |
| \$5 Permit Fee | \$5 Permit Fee | \$5 Permit Fee |

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

1/9: She Came to Me (R)

1/23: One Life (NR)

2/6: Family Plan (PG-13)

2/20: Maestro (R)

3/5: White Bird (NR)

3/19: On Fire (PG-13)

4/2: The Great Escaper (NR)

4/16: Freud's Last Session (NR)

4/30: The Boys in the Boat (PG-13)

AARP Smart Driver Course



Learn about skills and strategies you can use on the road every day and discover defensive driving techniques. Insurance discount is possible as well. Call PCC to register at 913.722.8200. Payment will be made the day of to the AARP instructor. Check or money order accepted. Make checks payable to AARP.

March 20

W: 9AM-1PM

AARP Members: \$20/person

Non-AARP Members: \$25/person

AARP Tax-Aide for Kansas



AARP Tax Aide for Kansas residents available on Thursdays between February 8-April 11. Appointments MUST be made and will be available in mid-January. You can go to www.kstaxaide.com or call 913-735-5489 to book your appointment.



50 & Beyond



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.

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

Jan 19: New Year, New You!

Feb 16: Love is in the Air

Mar 22: March Madness

Apr 19: Springtime

May 17: Summer's Coming



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 the Johnson County SHICK office at 913-715-8856.

W: 9:30AM-12:30PM



Senior Weight & Cardio Training 101

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: 1/13, 2/10, 3/9, 4/13

Free/Daily Pass for Non-Members

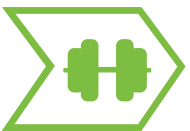
The Art of Relaxation

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: 9:30AM

Fitness Classes FREE to PCC Members!



Adult Fitness
pg. 6



Aquatics
pg. 28



Track Pass

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: 9:15-10:00AM

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

Spring Social

Let's welcome spring together at our annual Spring Social event. We'll provide a delicious lunch with some musical entertainment. Grab a friend or come to make a new one and we'll see you at the social!

T: April 9

11:30AM-2PM

\$15 per person



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 Fall

- January: 12/11
- February: 1/22
- March: 2/26
- April: 3/25
- May: 4/22

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: Sylvia Crawford (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. 6



Aquatics
pg. 28

We're hiring!

now hiring

Apply at missionks.org/jobs

50 & Beyond Trips



29



Shawnee Mission Travel Showcase

Wednesday, January 24
FREE

We're excited for this year and want to show you our amazing trips planned through August. Sign up at either location and get ready to explore! Pre-registration preferred and refreshments served. Be one of the first to hear of Shawnee Mission Trips + Tours for 2024! Call 913.722.8200 to get registered today.

Shawnee Civic Centre: 9AM
Powell Community Center: 1PM

Chocolate + Coffee

Wednesday, February 28
\$TBD – Announced at travel show

What is more important than the two "Cs"? Warm up with a hot cup of coffee at Kansas City's



own Roasterie Café. We will fly by and tour this iconic Kansas City landmark learning about the process and history. After a group lunch downtown, we'll take dessert to the next level with a demonstration and tasting at Chips Chocolate in Crown Center.

(Transportation: Motorcoach)
Depart PCC: TBD
Return approx: TBD

Spring Song

Saturday, March 30
\$TBD – Announced at travel show

Enjoy a whiskey tasting and small plates at Tom's Town before heading to the Nelson-Atkins Museum for an amazing hour-long concert performed by the KC Chorale, celebrating the spring and Easter season. Registration opens to the public Thursday, January 25.

(Transportation: Motorcoach)
Depart PCC: 2:20PM
Return approx.: 7:30PM

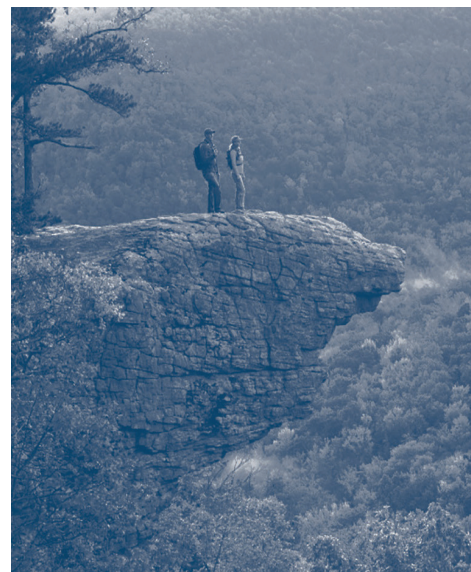


Jefferson City

Wednesday, April 24
\$TBD – Announced at travel show

Discover all Jefferson City has to offer. We'll visit the capitol building, the Missouri State Penn and have a delicious lunch at the landmark Madison's Café. One pickup location only: Powell Community Center.

(Transportation: Motorcoach)
Depart PCC: 6:30AM
Return approx: 8PM



Breathtaking Bentonville

Wednesday, May 15 –
Thursday, May 16
\$TBD – Announced at travel show

From Crystal Bridges to the Peel Botanical Garden, Bentonville, Arkansas is bursting with beauty! We will see all the Bentonville has to offer on this two day adventure. Including the Frank Lloyd Wright house at Crystal Bridges, the newly renovated Walmart Museum, and the highly rated Native American Museum. We'll fill our bellies with tasty eats and soak up Spring along the way. Both double and single occupancy rooms will be available. This trip will have one pick-up and drop-off location, the Shawnee Civic Centre.

(Transportation: Motorcoach)
Depart PCC: TBD
Return approx: TBD

Extended Travel Showcase

Learn about the upcoming domestic and international trips planned with our partner Premier World Discovery.

Wed, Feb 21 / 1PM
FREE





50 & Beyond Trips

Extended Travel Trips

30



Cape Cod

7 Days – July 20, 2024

Price Includes:

- 6 Nights First Class Hotel
- 5 Nights – Cape Cod
- 1 Night – Boston
- Boston City Tour
- Faneuil Hall Marketplace
- Martha's Vineyard Tour
- Nantucket Island Visit
- Nantucket Whaling Museum
- Plimoth Plantation
- Mayflower II
- Plymouth Rock
- Provincetown
- Cranberry Bog
- Cape Cod Nat'l Seashore
- Newport, RI
- Breakers Mansion
- New England Lobster Dinner
- Roundtrip Airfare – MCI
- 9 Meals: 6 – B & 3 – D
- Professional Tour Director
- Motorcoach Transportation
- Admissions & Sightseeing per itinerary
- Baggage Handling at Hotels
- Tour Activity LEVEL 2

Tour Rates Start At Booking

Discount*: \$3275 pp double occ

Regular Rate: \$3375 pp double occ

*Booking Discount: Receive \$100 off per person on your final payment when your final payment is paid by check.
(Due date 75 days prior to departure)

Nova Scotia

9 Days – August 10, 2024

Price Includes:

- 8 Nights Accommodations:
- 1 Night – Doubletree, Halifax/Dartmouth, NS
- 2 Nights – Inverary Inn Resort, Baddeck, NS
- 2 Nights – Charlottetown Rodd Hotel or Delta
- Prince Edward, Charlottetown, PEI
- 1 Night – Delta Beausejour, Moncton, NB
- 2 Nights – Marriott Harbourfront or Hotel Halifax, Halifax, NS
- Halifax City Tour
- Peggy's Cove
- Alexander Graham Bell Museum
- Baddeck
- Cabot Trail
- Cape Breton National Park
- Prince Edward Island Tour
- Charlottetown (PEI)
- Lobster Dinner
- Green Gables Farmhouse
- Hopewell Rocks
- Bay of Fundy
- Lunenburg Walking Tour
- College of Piping
- Multi-Night Stays in Baddeck, Charlottetown & Halifax
- Roundtrip Airfare – MCI
- 12 Meals: 8 – B & 4 – D
- Professional Tour Director
- Motorcoach Transportation
- Hotel Transfers
- Admissions & Sightseeing per Itinerary
- Baggage Handling at Hotels
- Tour Activity LEVEL 3

Tour Rates Start At Booking

Discount*: \$4075 pp double occ

Regular Rate: \$4175 pp double occ

*Booking Discount: Receive \$100 off per person on your final payment when your final payment is paid by check.
(Due date 75 days prior to departure)



Mackinac Island

8 Days – September 20, 2024

Price Includes:

- 7 Nights Accommodations
- 2 Nights – Doubletree by Hilton, Dearborn
- 2 Nights – Grand Hotel, Mackinac Island
- 1 Night – Drury Inn & Suites Frankenmuth
- 2 Nights – Marriott on the Falls or Sheraton on the Falls, Niagara Falls
- Henry Ford Museum
- Greenfield Village
- IMAX Movie – Niagara: Miracles, Myth & Magic
- Niagara Area Tour
- Niagara-on-the-Lake
- River Rouge Truck Plant
- Skylon Tower Dinner
- Bavarian town of Frankenmuth, MI
- Ferry ride to Mackinac Island
- Horse Drawn Carriage on Mackinac Island
- Maid of the Mist Cruise
- Journey Behind the Falls
- Roundtrip Airfare – MCI
- 11 Meals: 7 – B & 4 – D
- Admissions & Sightseeing per Itinerary
- Hotel Transfers
- Professional Tour Director
- Motorcoach Transportation
- Baggage Handling at Hotels
- Tour Activity LEVEL 3

Tour Rates Start At Booking

Discount*: \$3549 pp double occ

Regular Rate: \$3649 pp double occ

*Booking Discount: Receive \$100 off per person on your final payment when your final payment is paid by check.
(Due date 75 days prior to departure)

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-SAT: 8AM-1PM
M-TH: 4:30-8:30PM

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.

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

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.





Presented by

*Special
Events*

More Events & Details
on pages 2-3

