



# Special Events for City of Mission

## 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						

### OK Kid's Day

Get ready for a day of outdoor excitement at O.K. Kids Day! Activities will include: archery, nature crafts, animal print casting, a nature hike, snakes and other reptiles. Bring the whole family and celebrate the joy of the outdoors.



SAT: May 4, 10AM-12PM  
Streamway Park (Located behind Silverwood Apartments)

**FREE**

### Backyard Campout

Get ready for an unforgettable night at Andersen Park's annual campout! Grab your tents and lawn chairs for a thrilling evening. We'll kick things off with dinner, followed by a splash in the pool for Moonlight Swim. Enjoy s'mores, an outdoor movie, and wake up to a delicious breakfast!

F: June 21, 6PM  
SAT: June 22, 9AM  
Andersen Park

**\$50 per family (up to 4)**  
**\$10/ Additional Person**



### MFAC Opening Day

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.

SAT: May 25, 12PM  
MFAC

**\$45 Resident**  
**\$60 Non-resident**



### Moonlight Swim

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

F: 6/21, 7-10PM (all ages)  
S: 6/29, 7-10PM (ages 18+)  
Movie: The Meg 2

**\$8/person**



## July

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

\*Annual Maintenance Scheduled Aug 19 - Sept 2.



### Mission Summer Family Picnic

Enjoy the festivities at our annual picnic celebration! Treat yourself to a delicious hot dog dinner while engaging in fun family activities, live music from The Good Sam Club Band, and a vibrant beer garden. Remember to bring your favorite lawn chair or blankets to fully enjoy this fantastic evening of summer fun – and it's all FREE! Conclude the night with a spectacular laser light show.

SAT: July 13, 6-10PM  
Broadmoor Park

**FREE**



### Movie in the Park

Don't forget to bring your lawn chair, find a comfy spot, and immerse yourself in a complimentary movie in the park with Mission Parks + Recreation. The movie begins at dusk.

F: June 14 – Mohawk Park, Migration (PG)  
F: August 16 – Andersen Park Tennis Court, Kung Fu Panda 4 (PG)

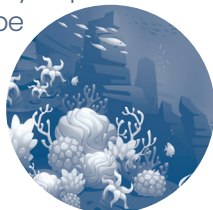
**FREE**

### Under the Sea

Bring the family! Music, games, a pinata, photo booth and more! The dive in movie will start at dusk! Make sure you purchase your ticket. Inflatables will be allowed during this time.

SAT: July 27, 6-10PM  
Movie: Shark Tale (PG)

**\$12/person**



### Concert in the Park

Don't forget your lawn chair as we wrap up the summer with a fantastic concert in the park!



DEEP GROOVES • CLASSIC TUNES

Kick back, sip on refreshing drinks from our beer garden, and groove to the sounds of Vinyl Revival. Food trucks will be on site for your dining pleasure. (Please note: Coolers are prohibited.)

F: August 30, 6PM  
Broadmoor Park

**FREE**

**\*Annual Maintenance Closure is scheduled for Aug 19-Sept 2.**

## Hours

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

## 2024 Holidays

May 27, Memorial Day	5:30AM-2PM
July 4, Independence Day	PCC Closed
September 2, Labor Day	PCC Closed

## Important Class Dates

August 19 – September 2	Closed for Maintenance
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## PCC Daily Entry Fees

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

# Welcome to the Powell Community Center

6200 Martway St.

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## 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](http://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.



# PCC 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: 5/18, 6/15, 7/20, 8/17

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.

Free for Community Center Members

\$5/day per person

10 Visit Punch Card: \$45

# PCC Pool Schedule



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

## 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 adult 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 (16+ yrs) and must be in the water with the child.
2. Children under 14 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.

Check out our Splash Party Package online at [www.missionks.org](http://www.missionks.org)







# 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: Phyllis Peterson

M: 5:35-6:30PM

## 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

## MFAC Aquatics

Classes held at the Mission Family Aquatic Center: **Deep Water Aerobics, MFAC Water Aerobics, Yoga on Deck, MFAC Aqua Circuit.** 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

## 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. Class includes aqua breath work.

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.

F: June 7, 7:30PM \$15/person

Wine tasting provided at the end of our session from Aubrey Vineyards (includes 5 wine tastings).

F: August 23, 7:30PM \$22/person

## MFAC Aqua Circuit

Class uses weights while providing a cardio/strength training workout. You will experience different workout stations for total body results. All fitness levels are welcome as modifications are considered.

Instructor: Carey Seetin

M: 6PM





# Youth Aquatics

## Summer 2024 Swim Lesson Schedule

Class Level	T/TH	SAT
Starfish 10:1 6 mos-3 yrs	5:35-6:05PM	9:35-10:05AM 10:45-11:15 AM
Guppy 3:1 3-5 yrs	5-5:30PM 6:10-6:40PM	9-9:30AM 11:20-11:50AM
Jellyfish 4:1 4-6 yrs	4:25-4:55PM 6:45-7:15PM	10:10-10:40AM 11:55AM-12:25PM
Clownfish 5:1 5+ yrs	5-5:30PM	9-9:30AM
Turtle 6:1 6+ yrs	4:25-4:55PM	9:35-10:05AM
Dolphin 6:1 6+ yrs	6:45-7:15PM	11:20-11:50AM
Shark 6:1 6+ yrs	5:35-6:05PM	10:45-11:15AM
Adult 5:1 13+ yrs	6:10-6:40PM	11:55AM-12:25PM

Reg. Open    T/TH    SAT  
 5/3/24    Session 1: 6/4-6/27\*    Session 1: 6/8-6/29  
 6/7/24    Session 2: 7/9-8/1\*    Session 2: 7/13-8/3  
 \$65 • \$60MDR    \$35 • \$30MDR  
 \*No lessons on 6/20 and 7/4

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](mailto: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](http://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



# Youth

## Mission Summer Camp

### Discounts/Other Camps:

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

### The Knight School Chess Camp

Keep your brain sharp during the summer while having a blast in this fun, friendly and high-energy Chess Camp!

Learning is made fun through videos, music-driven puzzles, movies and more. Ages 5-12 yrs. Participant must have completed kindergarten.

June 17 - 20  
9AM-12PM  
\$130/person



### Summer Camp Add-ons

Tennis Lessons (T/TH: 9:30-11:30AM)  
June (6/4-6/27) \$50/child  
July (7/8-8/1) \$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

### Play-Well LEGO Camp

Pokémon Engineering LEGO®  
Calling all Pokémon trainers! Join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Ages 5-7yrs. Participant must have completed kindergarten.

July 15-19  
9AM-12PM  
\$175/person

### Bash 'Em Bots using LEGO®

Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles.

Ages 7-12 yrs  
July 15-19  
1-4PM  
\$175/person

### 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

### Tippi Toes Dance

Summer Session: \$110  
(June-July)

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

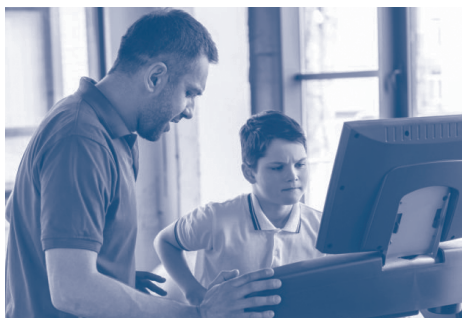
Preschool Ballet, Tap, and Jazz:  
Ages 3-5 yrs  
M: 5-5:45PM  
F: 11-11:45AM  
SAT: 11-11:45AM

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](http://tippitoesdance.com/kansas-city)  
Check out Tippi Toes Birthday Parties offered at PCC!





## 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.

## 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: June 8

SAT: July 13

TH: August 8



## 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.

Baseball

W: 6/5-7/3 - 5-5:45PM

\$45 / Broadmoor Park

Soccer

W: 7/17-8/14 - 5-5:45PM

\$45 / Broadmoor Park

## OK Kid's Day

Get ready for a day of outdoor excitement at O.K. Kids Day! Activities will include: archery, nature crafts, animal print casting, a nature hike, snakes and other reptiles. Bring the whole family and celebrate the joy of the outdoors.

SAT: May 4, 10AM-12PM

Streamway Park (Located behind Silverwood Apartments)

**FREE**



## 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

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

## 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

## 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 • SPLASH PARTY PACKAGE • MOHAWK PARTY RENTAL INFO**

\*\*Price adjustments in 2024.

# Adult Fitness Schedule Summer 2024

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early AM 5:30-8AM	<b>Grid Iron</b> 5:30AM	<b>Cycle X</b> 6:15AM	<b>Basic Flow Yoga</b> 7AM	<b>Metabolic MAYHEM</b> 6:30AM	<b>Grid Iron</b> 5:30AM	
	<b>Core Fusion</b> 6:30AM	<b>Metabolic MAYHEM</b> 6:30AM		<b>Morning Ride</b> 7:30AM	<b>Core Fusion</b> 6:30AM	
Later AM 8-12PM	<b>AM Water Aerobics</b> 8AM	<b>AM Water Aerobics</b> 8AM	<b>AM Water Aerobics</b> 8AM	<b>AM Water Aerobics</b> 8AM	<b>Basic Flow Yoga</b> 7AM	<b>Zumba Gold</b> 8AM
	<b>Functional Yoga</b> 9AM	<b>Exercise for Life 50+</b> 9:15AM	<b>AM Water Aerobics</b> 8:50AM	<b>Aqua Zumba</b> 9AM	<b>AM Water Aerobics</b> 8:50AM	<b>Cardio Blast</b> 8:20AM
	<b>AM Water Aerobics</b> 8:50AM	<b>Barbell Burn</b> 9:30AM	<b>Art of Relaxation</b> 9:30AM	<b>Exercise for Life 50+</b> 9:15AM	<b>Zumba Gold</b> 10AM	<b>Shape Up Bootcamp</b> 9AM
	<b>SilverSneakers Yoga</b> 10:15AM 11AM 11:45AM	<b>Health BeneFIT</b> 10:15AM 11AM	<b>SilverSneakers Yoga</b> 10:15AM 11AM 11:45AM	<b>Barbell Burn</b> 9:30AM 10:30AM		<b>Hatha Flow</b> 9AM
		<b>Cardio Pump</b> 11:45AM		<b>Health BeneFIT</b> 10:15AM 11AM		<b>Pickleball</b> 9AM-12PM
				<b>Cardio Pump</b> 11:45AM		<b>Beg. Hula Hoop (\$\$)</b> 10AM
						<b>Tai Chi</b> 10AM
						<b>Adult Beg. Swim Lessons</b> 11:20AM
Mid-Day 12-5PM	<b>Pickleball</b> 12:15-3:15PM (May & August)	<b>Pickleball</b> 12:15-3:15PM (May & August)	<b>Pickleball</b> 12:15-3:15PM (May & August)	<b>Pickleball</b> 12:15-3:15PM (May & August)	<b>Pickleball</b> 12:15-3:15PM (May & August)	
Evening 5-9PM	<b>PM Water Aerobics</b> 5:35PM	<b>Hatha Yoga</b> 6PM	<b>Classical Stretching with Essentrics</b> 4:30PM	<b>Belly Dance (Adv)</b> 5PM		<b>Kendo (\$\$)</b> 2PM
	<b>Rep &amp; Ride</b> 5:45PM	<b>Bollywood Fitness</b> 6PM	<b>Aqua Zumba</b> 5:35PM	<b>Power Cycle</b> 5:45PM		
	<b>Strength Training</b> 5:45PM	<b>Adult Beg. Swim Lessons</b> 6:10PM	<b>Rep &amp; Ride</b> 5:45PM	<b>Belly Dance (Beg)</b> 6PM		
	<b>Yoga Flow</b> 7PM	<b>Sculpt Kickboxing</b> 6:30PM	<b>PiYo</b> 6PM	<b>Adult Beg. Swim Lessons</b> 6:10PM		
	<b>Tai Chi</b> 7PM	<b>Zumba</b> 7PM	<b>Karate, Beg.</b> 6:30PM	<b>Bollywood Fitness</b> 7PM		
		<b>Tai Chi</b> 7PM	<b>Yoga Flow</b> 7PM	<b>Tai Chi</b> 7PM		
			<b>Tai Chi</b> 7PM			

**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: 9:30-10:30AM  
10:30-11:30AM

## 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 and 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



# Adult Fitness

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

## 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: 6:15-7AM

## 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

## 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: 5:45-6:30PM

## 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

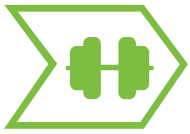
## Weekend Cardio Blast

Get ready to elevate your heart rate and ignite your weekend with our Weekend Cardio Blast class! This high-energy, dynamic workout is designed to torch calories, boost your endurance, and leave you feeling invigorated. With motivating music and a supportive atmosphere, you'll sweat, smile, and conquer your fitness goals – all while having a blast. Instructor: Caitlin Brisendine

SAT: 8:20AM







### 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

### 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

### Grid Iron

A fast-paced beginner friendly workout, Grid Iron is a barbell-based workout that's specifically designed to help you get lean, toned and fit, it uses a combination of motivating music, strength based moves, that will help you build strength and endurance quickly. Instructor: Quenen Rios  
M/F: 5:30AM

### 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: 6:30AM



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

\*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!

Facebook:  
@MissionKSParksRec

Instagram:  
Mission Parks & Rec

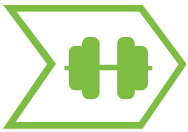
Twitter:  
@MissionKSPksRec



SCAN ME

## 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



## 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



## 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](http://www.kchoopgirl.com).

Or reach out to Sirena at [kchoopgirl@gmail.com](mailto: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](http://www.kchoopgirl.com))



## 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



## 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](mailto:nlucas@missionks.org)



# Mind + Body Fitness



## 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

## 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

Beth Lucasey RN, RYT-200

M: 9-10AM

## Yoga Flow

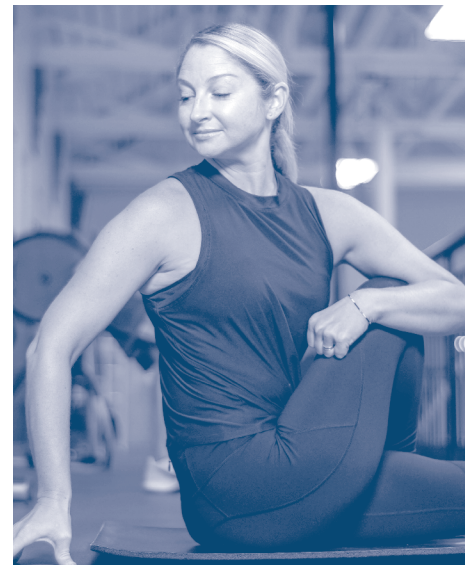
Yoga Flow will increase flexibility & blood flow to help reduce stress & repair the body, while improving your strength, balance & mental focus. Instructor: Sarah Blackman

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



## 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

## 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

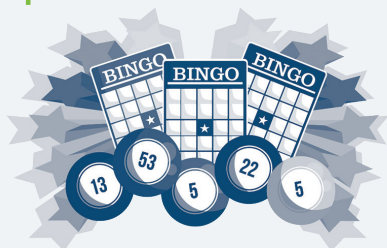
## Classical Stretching with Essentrics

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

# Specialized Recreation Club



## BINGO

SAT, June 15 - BINGO at PCC  
7-9PM

\$25 • \$20MDR

DEADLINE TO ENROLL: WED, June 12  
Price includes snacks/drinks.



## Movie Night

SAT, July 20 - Dinner & Movie at PCC  
6-8PM

\$30 • \$25MDR

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



## Game Night

SAT, Aug 17 - Game Night  
7-9PM

\$25 • \$20MDR

DEADLINE TO ENROLL: WED, Aug 14  
Price includes popcorn and drinks.



# Personal Training



## 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
- Qi Gong



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.



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



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



JELISSA  
COLBERT

- jaycolberfitness@gmail.com
- NASM Certified Personal Trainer
- In 2020, I embarked on my own weight loss journey and successfully shed nearly 60 pounds during the pandemic. Through this transformative experience, I discovered a passion for fitness and am eager to assist others in achieving similar goals.

# Adult Enrichment



## 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 May 24 and attend mandatory captain's meeting on Tuesday, May 28 at 5PM.

TH: 7-10PM  
May 30-July 25 (No games July 4)  
\$50/player

## Urban Living Series

### Urban Trees: Planting and Maintenance

Let your knowledge leaf out on Urban trees. Learn about invasive species and pests. Grow your tools and resources on best planting practices and maintenance to allow trees to thrive in your yard.

W: 6-8PM  
May 15  
\$20/person



## 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 June 3 .

SAT: June 8-July 20  
Game Times: 115P; 215P, 315P  
\$50/person



## Let's Get Cooking



## The Thrill of the Grill

Fire up your passion for outdoor cooking and sink your teeth into Grilled Chicken Bruschetta, Honey Lime Grilled Corn and Grilled Peaches with Vanilla Bean Mascarpone.

TH: 6-7:30PM  
May 9  
\$25/person



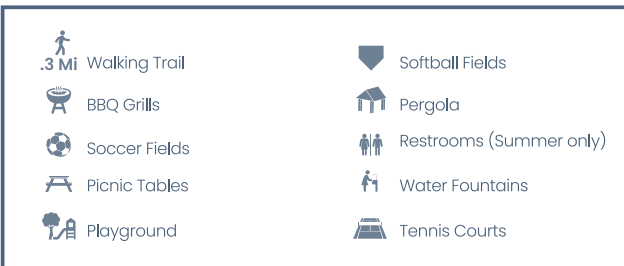
## Salad Symphony

Celebrate the vibrant world of fresh ingredients by making three amazing salads: BBQ Chicken Salad, Berry Beautiful Spinach Salad and Antipasto Potato Salad.

TH: 6-7:30PM  
July 18  
\$25/person



## Find your perfect park



### 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)
<b>\$10</b> /hour (Resident)	<b>\$15</b> /hour (Resident)	<b>\$20</b> /hour (Resident)
<b>\$15</b> /hour (Non-Resident)	<b>\$15</b> /hour (Non-Resident)	<b>\$20</b> /hour (Non-Resident)
<b>\$5</b> Permit Fee	<b>\$5</b> Permit Fee	<b>\$5</b> Permit Fee



# 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  
5/14: Oppenheimer (R)  
5/28: Unfrosted (PG-13)  
6/11: Past Lives (PG-13)  
6/25: One Life (PG)  
7/9: Ordinary Angels (PG)  
7/23: Shirley (PG-13)  
8/6: Cabrini (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.

SAT: June 15  
W: August 7  
9AM-1PM

AARP Members: \$20/person  
Non-AARP Members: \$25/person



**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



**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 17: Summer's Coming!  
Aug 16: Happy Hawaiian Shirt Day!



## 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](http://www.americanstroke.org) or call 913.649.1776.

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



## 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: Phyllis Peterson  
T/TH: 9:15-10AM

## 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

## 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: 5/11, 6/8, 7/13, 8/10

Free/Daily Pass for Non-Members

## 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



## 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

## 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. Instructor: Phyllis Peterson

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



## Fitness Classes FREE to PCC Members!



Adult Fitness  
pg. 12



Aquatics  
pg. 7



# 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: 5/20
- July: 6/24
- Aug: 7/29
- Sept: 8/12

## 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



## 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

**Fitness Classes FREE to PCC Members!**



Aquatics pg. 7



Adult Fitness pg. 12



# 50 & Beyond Trips



## Take Flight

Tuesday, June 11  
\$108

Get ready to take flight with Shawnee Mission Trips! Hop on board as we fly to the newly renovated Amelia Earhart Hangar Museum in Atchison, KS. We'll explore the museum and take part in a virtual reality flight experience. From there we'll refuel in Weston, MO the famous American Bowman Restaurant. Finally, we'll land downtown at the TWA Museum for one last look at the history behind Trans World Airlines.

(Transportation: Motorcoach)  
Depart PCC: 8:25AM  
Return PCC (approx): 4:30PM



## Shawnee Mission Travel Showcase

Wednesday, June 26  
FREE

It's been a wonderful year so far and we're excited to showcase our end of year trips! Sign up at either location and get ready to explore! Pre-registration preferred and refreshments served. Be one of the first to register for August - September trips with Shawnee Mission Trips + Tours! Call 913.722.8200 to get registered today.

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



## Moulin Rouge

Thursday, July 25  
\$135

Enjoy an incredible showing of Moulin Rouge at Music Hall! Dinner beforehand at 5:30PM at the PCC catered by Comfort Catering. Dinner includes roast beef, mashed potatoes/gravy, green beans, bread, salad and a special dessert. YUM! Showtime is 7:30PM and seating is center balcony, rows K,L,M,N,O.

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

## Merry & Bright: Branson

Tuesday, December 10  
Thursday, December 12  
\$TBD - Announced at travel show

Branson, here we come! Enjoy 5 shows, a stay at the wonderful Lodge of the Ozarks, some good shopping, and delicious food. Both double and single occupancy rooms are available. This trip will have one pick-up and drop-off location, the Powell Community Center.

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





# 50 & Beyond Trips

## Extended Travel Trips



### Mackinac Island, Grand Hotel & Niagara Falls

8 Days – September 27, 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/Transfers 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.)



### Switzerland & Christmas Markets of the Rhine

9 Days – December 9, 2024

Price Includes:

- 7 Nights Accommodation
- 1 Night Hotel – Lucerne, Switzerland
- 6 Night Cruise – Outside Cabin

#### 6 Excursions & Christmas Markets:

- Lucerne Walking Tour & Christmas Market
- Strasbourg City Tour & Christmas Market
- Speyer Walking Tour & Christmas Market
- Koblenz Walking Tour & Christmas Market
- Cologne Walking Tour & Christmas Market
- Cochem Walking Tour with Christmas Market
- Reichsburg Castle & Wine Tasting
- Rudesheim Visit
- Strasbourg Afternoon at Leisure
- Cologne Afternoon at Leisure
- Roundtrip Airfare – MCI
- 18 Meals (7 B, 5 L & 6 D)
- PWD Tour Director & English Speaking Ship Staff
- Hand Selected Wines & Beer w/ Dinners
- Welcome & Farewell Dinners
- Wifi Onboard
- Int'l Air Taxes/Fuel/Port Charges
- Baggage Handling at Hotel/Ship
- Roundtrip Hotel/Ship Transfers
- Tour Activity LEVEL 3

**Tour Rates Start At Booking Discount\*: \$4,095 pp double occ**  
**Regular Rate: \$4,295 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.)



### Rose Parade New Year's

6 Days – December 30, 2024

Price Includes:

- 5 Night Accommodation – Hilton Orange County/Costa Mesa, Costa Mesa
- New Year's Eve Dinner Party
- Tournament of Roses Parade
- Lunch at Lawry's in Beverly Hills
- Showcase of Floats
- Richard Nixon Library & Museum
- Hollywood & Beverly Hills Tour
- Rodeo Drive
- Grauman's Chinese Theatre
- Hollywood Walk of Fame
- Mission San Juan Capistrano
- Newport Beach & Laguna Beach
- San Diego City Tour
- San Diego Harbor Cruise
- Roundtrip Airfare – MCI
- 9 Meals: 5 Breakfast, 1 Lunch & 3 Dinners
- Professional Tour Director
- Motorcoach Transportation
- Admissions & Sightseeing per Itinerary
- Hotel Transfers & Baggage Handling at Hotel
- Tour Activity LEVEL 2

**Tour Rates Start At Booking Discount\*: \$3,649 pp double occ**  
**Regular Rate: \$3,749 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.)



# PCC 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 14 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!

2A. Gymnasium + Racquetball Courts: Youth under the age of 10 must be accompanied by a parent, legal guardian, or responsible person 16+ years.

2B. Aquatics Area + Fitness Spaces: Youth under the age of 14 must be accompanied by a parent, legal guardian, or responsible person 16+ years

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.

## We're hiring!

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



now hiring

Apply at [missionks.org/jobs](https://missionks.org/jobs)

# Summer at the MFAC!

Opening Day is Saturday, May 25!

## Daily Hours

May 25–Aug 11

Mon–Sat 12–7PM

Sun 12–6PM

Aug 12–Sept 2

Tues 4–8PM

Thurs 4–8PM

Sat 12–7PM

Sun 12–6PM

## Splash Pad

Aug 12–Sept 2

Mon–Fri: 9AM–5PM (free)

Open Sat/Sun with paid admission to MFAC.

## Daily Admission

Individual: \$8

## Season Passes

(Sold at PCC and MFAC. Proof of residency required at time of purchase.)

**Returning members:** the membership card from previous year will be used.

\$45/person Resident

\$60/person Non-resident

## Super Pass

### Participating Pools:

Fairway, Mission, Prairie Village

Cost is in addition to annual pool membership at a participating pool. Family passes are not available.

Residents must purchase memberships in their home city. Non-residents must establish one year of pool membership prior to Super Pass eligibility.

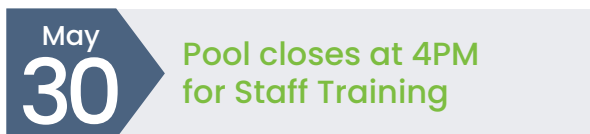
\$20/person Resident

\$25/person Non-Resident

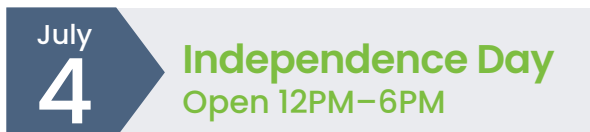


June 11  
June 20  
June 27  
July 9

**Swim Meets**  
Pool Closes at 4:30PM



May 30 Pool closes at 4PM for Staff Training



July 4 Independence Day Open 12PM–6PM



Sept 2 Labor Day Open 12PM–6PM





## Lunch Laps

(Lap Lanes only for lap swimming only)

6/3-8/9

Mon-Fri: 11AM-12PM

Weekdays 11-Noon

## Tot Time (Ages 5 & under)

Leisure Pool Only

F: 6/7-8/9, 9:30-11:30AM

\$8/person

## Swim 'N Float (ages 18+)

Lap Pool Only

SAT: 6/8-8/31, 9AM-12PM

\$8/person

## World's Largest Swimming Lesson

TH: 6/20, 9-11AM

Dive into safety this summer at the World's Largest Swim Lesson! Join us on June 20 for a free swim lesson event dedicated to teaching kids essential water safety skills.

\$45/person Resident

\$60/person Non-resident

## Classes offered at MFAC:

(see pg 7 for more information)

### Deep Water Aerobics

T/TH: 7/27

6PM

### MFAC Water Aerobics

T/TH: 7PM

### Yoga on Deck

F: 6/7, 8/23

7:30PM

### Aqua Circuit

M: 6PM

## Moonlight Swim (all ages)

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

Movie: The Meg 2

F: 6/21, 7-10PM (all ages)

S: 6/29, 7-10PM (ages 18+)

\$8/person

## Under the Sea Pool Party

Bring the family to the pool for an Under the Sea Pool Party! There will be music, games, a pinata, photo booth and more! The dive in movie will start at dusk! Make sure you purchase your ticket. Inflatables will be allowed during this time.

Movie: Shark Tale (PG)

Sat: 7/27, 6-10PM

\$4/person

## 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: 9/3, 5:30-6:15PM (25 lbs or less)

or 6:30-7:15PM

\$6/dog per session



# MFAC Opening Day



SATURDAY  
May 25

Presented by

*Special  
Events*

More Events & Details  
on pages 2-3

 **mission**  
PARKS + RECREATION

# Backyard Campout



June 21

# Under the Sea

POOL PARTY

JULY 27

MFAC



# Concert in the Park

AUGUST 30

BROADMOOR PARK

