

Parks & Recreation

City of Mission | Winter 2017



Pickleball Tournament
Register by Mar. 22 - Page 14



3-on-3 Basketball Tournament
Register by Jan. 23 - Page 14



Ballroom and Latin Dance
Page 20

Bump Up The Excitement!

We've served up a fresh batch of new and fun classes, tournaments, programs and more. Sign up now!

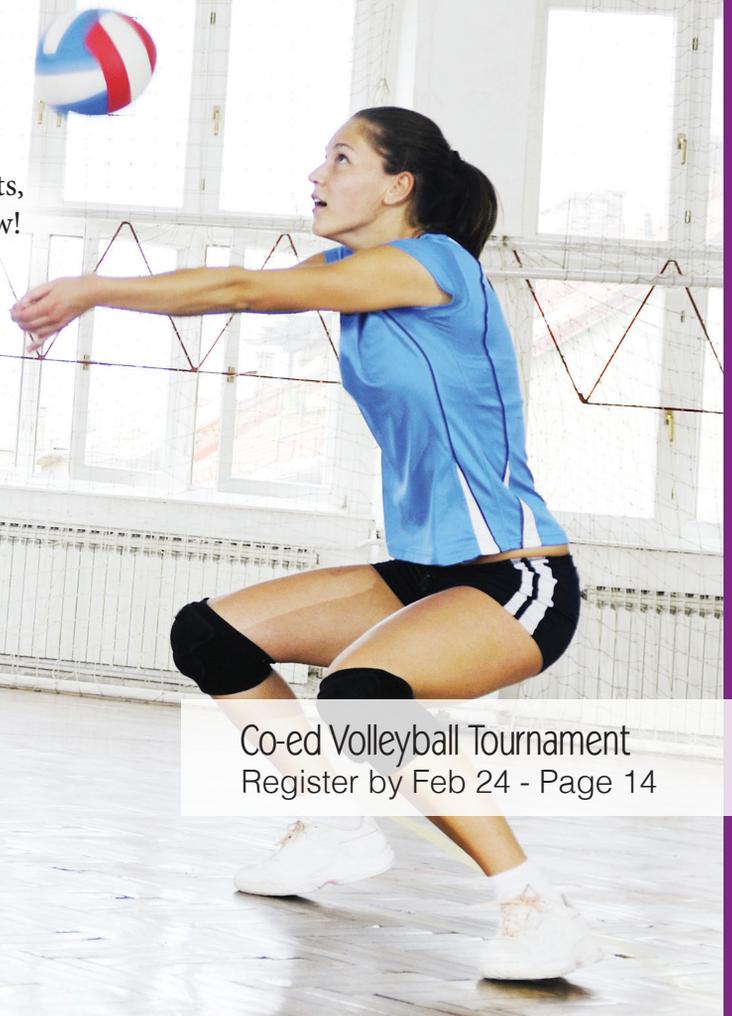


Spring Break AND Summer Camps
Page 18 and 22-23



**Healthy
Mind,
Healthy
Life for
Neurological
Disorders**

See page 16 for
more details.



Co-ed Volleyball Tournament
Register by Feb 24 - Page 14

Sylvester Powell, Jr. Community Center

Make Reservations for Your Holiday or Birthday Parties

Is your house too small for your growing family or would you rather not spend your free time cleaning the house for guests? Let us help! We have several rooms available for your birthday and holiday parties.

Prices effective Jan. 1, 2017

Pool Party

Pool Party Two hours and maximum 25 children. Includes the party room for 2 hours with the Pool for 1 1/2 hours.

\$25 Security Deposit/\$175.00



Rumble Tumble Party

Two hours and maximum 25 children. Includes an inflatable, playhouse, cars, trikes, slides, balls, blocks, pint size hoops and a small rock climbing wall. The party room is open for 2 hours with the Indoor Playground for 1 1/2 hours.

\$25 Security Deposit/\$235.00

Tumble and Splash Party

Three hours and maximum 25 children. Includes the party room for 3 hours, the Gym for 1 hour and the Pool for 1 hour. Upgrade the gym to the "Indoor Playground Set-Up" for an additional \$50 to include an inflatable, playhouse, cars, trikes, slides, balls, blocks, pint size hoops and a small rock climbing wall.

\$25 Security Deposit/\$250.00

Mad Science & Gym Party

Two hours and maximum 25 children. Includes party room for two hours with the gym for 1 1/2 hours. The Mad Scientist will perform for 30 minutes with Indoor Fireworks, Write with Lightening and a Who Dunit Magic Trick. Guests will be asked to assist during the experiments!

\$25 Security Deposit/\$240.00

Gym Party

Two hours and maximum 25 children. Includes the party room 2 hours with the Gym for 1 1/2 hours.

Basketball: \$25 Security Deposit/\$155.00
OR
Volleyball or Dodgeball or Pickleball: \$25 Security Deposit/\$175.00

Play-Well TEKologies Party

Two hours and maximum 15 children.

You bring the KIDS and we will bring 20,000 pieces of LEGO for 1 1/2 hours of Play-Well building. Choose from Cars, Battletracks, JEDI, Minecraft Mobs/Minercarts or a Superhero LEGO theme to reflect your birthday child! End with 1/2 hour in party room.

\$25 Security Deposit/\$355.00 (15 kids)
\$25 Security Deposit/\$460.00 (24 kids)



Tippi Toes Dance Party

Two hours and maximum 15 children. Pick any Tippi Toes songs or her favorite current tunes as the Dance Instructor teaches fun and kid-friendly dance moves. Party room for 2 hours with the Aerobics Room (ballet barres and full mirrors) for 1 1/2 hours.

\$25 Security Deposit/\$290.00 (15 kids)
\$25 Security Deposit/\$340.00 (24 kids)



Tippi Toes Princess Party

Two hours and maximum 15 children. Have her favorite princess attend her birthday party then participate in mini makeovers, book reading, games, dancing and pictures! Choose Rapunzel, Snow White, Bella, Tinker Bell, Ariel or Elsa!

\$25 Security Deposit/\$320.00 (15 kids)
\$25 Security Deposit/\$370.00 (24 kids)

Private Pool

Maximum 100 guests. Indoor Pool after SPJCC operating hours. Party Room available for additional cost.

\$50 Security Deposit/\$180.00/hr

3rd Party Birthday Party reservations made under 4 weeks in advance are subject to instructor availability.

Welcome To Sylvester Powell, Jr. Community Center **6200 Martway**

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Hours

Mon-Thur	5:30am-9:00pm
Fri	5:30am-8:00pm
Sat	6:00am-7:00pm
Sun	12:00pm-5:00pm



**Swim
Lessons
page 6-7**

SPJCC Daily Entry Fees

Youth (0-17)	\$5.00
Senior (60 & up)	\$5.00
Adult (18-59)	\$7.00

Special Hours

Christmas Eve, Dec. 24	Close at 5:00pm
Christmas, Dec. 25	Closed
New Year's Eve, Dec. 31	Close at 5:00pm
New Year's Day, Jan. 1	Closed
Easter, April 16	Closed



**HealthBeneFIT
Classes
page 25**

3 Ways To Take A Class

- **TRY IT BEFORE YOU BUY IT!**
TEST DRIVE any class one time for free using a Test Drive card, available at either entry desk.
- **SIGN-UP FOR A SESSION**
Guarantee your spot! By signing up for the session, you are reserving your spot in the class. Never worry about not getting in!
- **PIT-STOP FOR \$4-\$10**
Not signed-up for the entire class session, but you want to enjoy 30-90 minutes of group exercise? Simply tell the Entry Desk you want a Pit-Stop for a class!

3 WAYS TO REGISTER

- #1: Beat the line and enroll online at www.missionks.org and click "Play".
- #2: Register in person during Community Center hours.
- #3: By phone with a staff member at 913.722.8200.

How To Register Online

All: Visit missionks.org. Select "Play" → "Parks & Recreation" → "Register Here!" (on the left).

Returning Customers WITH email address on file:

- Click "Log-In" and then click "Can't Remember User ID"
- Follow prompts
- Information must be **identical** to the information previously given to SPJCC

New Customers:

- Click "Create New Account" and complete the required fields
- Approvals can take 24-48 hours
- You will be notified of account approval by email.

Natatorium Hours & Rules

Winter 2017 Community Center Pool Hours

	Lap Swim	Mushroom & Slide	Open Swim	Adult Swim Only (14 and older)
Mon-Thur	5:30am-7:50am 10:00am - 5:30pm (T/TH availability dependent on swim lessons. 4:00pm-6:30pm) 6:30pm-8:30pm	3:30pm-8:30pm (T/TH availability dependent on swim lessons. 4:00pm-6:30pm)	3:30pm-8:30pm (T/TH availability dependent on swim lessons. 4:00pm-6:30pm)	5:30am-3:30pm T/TH: Tot Time Swim 10:00-11:30am
Friday	5:30am-7:50am 10:00am-7:30pm	3:30pm-7:30pm	3:30pm-7:30pm	5:30am-3:30pm
Saturday	6:00am-9:00am 12:00pm-6:30pm	12:00pm-6:30pm	12:00pm-6:30pm	6:00am-9:00am
Sunday	12:00pm-4:30pm	12:00pm-4:30pm	12:00pm-4:30pm	

Pool Rules

During Open Swim all swimmers, members or patrons who have paid an entry fee must demonstrate the ability to swim in area desired. Adults are considered ages 14 and older. Children under the age of five must be within arms reach of a responsible party (14 years of age or older) who must be in the water with the child at all times.

1. Any non-swimmers including swimmers with life jackets must be within arms reach of a responsible party (14 years of age or older) who must be in the water with the child at all times.
2. Children under the age of 10 must have parent or responsible party on the pool deck.
3. Appropriate attire is required. (No cutoffs, gym shorts, sport bras, regular undergarments, street clothing, thongs and other excessively revealing suits allowed.)
4. No food or beverages in pool area.
5. Rough play or unsafe actions are not permitted.
6. All non-toilet trained children must wear a swim diaper and proper swim attire at all times. Infant swim diapers are available for purchase at the south entry desk for \$1.00.
7. All flotation devices must be stamped as U.S. Coast Guard approved.
8. Children must be 48" tall to go down the slide. Height requirement enforced by pool staff.

For questions regarding Learn to Swim programs, Open Swim and Lap Lane availability, contact the Aquatics Office at 913.722.8207.

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.

School's Out...Pool's Open

Open Swim at 1:30pm

December 21-23, 26-30

January 2, 3, 13, 16, 17

February 2, 3, 17, 20

March 10, 13-17

April 14

In the event of inclement weather Open Swim will remain at 3:30pm.



Adult Beginner Swim Lessons

This class offers teens and adults individualized goal setting and instruction. Beginning to intermediate swimming instruction includes: basic stroke skills for front crawl, elementary backstroke, back crawl, breast stroke, side stroke, and underwater swimming. Other skills included are basic rhythmic breathing and water safety skills. Instructor: *Staff*. Class ratio 5:1. Ages 15 & older.

SAT: 11:00-11:45am

1/7-2/4: \$30 • \$25MDR

2/11-3/4: \$25 • \$20MDR

3/11-4/1: \$25 • \$20MDR

4/8-4/29*: \$20 • \$15MDR

*No Class 4/15



How AM Water Aerobic Works:

1. Pick the number of days/week you'd like to come each month.
2. You'll pick either 8am or 9am at the time of enrollment, but you can come to either time so you can experience different curriculums!

Aquatic Exercise

Participants may bring their own aqua shoes. Participants use the natural resistance of water to provide a safe, full-body workout. Tone and strengthen muscle, increase cardiovascular endurance and enjoy the feeling of being physically fit!

M-F: 8:00-8:55am (\$5 Pit-Stop)

Just My Speed

Low impact water walking, aerobics, and toning allow individuals to improve cardiovascular endurance, while developing strength and flexibility of all major muscle groups. *Personal Trainer/Instructor: Shauna Utz.*

M/W/F: 9:00-9:55am (\$5 Pit-Stop)

M-F: (Unl)

1/3-2/3: \$77 • \$72MDR (24 visits)

2/6-3/3: \$65 • \$60MDR (20 visits)

3/6-3/31: \$65 • \$60MDR (20 visits)

4/3-4/28: \$65 • \$60MDR (20 visits)

3 days/wk:

1/3-2/3: \$61 • \$56MDR (14 visits)

2/6-3/3: \$53 • \$48MDR (12 visits)

3/6-3/31: \$53 • \$48MDR (12 visits)

4/3-4/28: \$53 • \$48MDR (12 visits)

2 days/wk:

1/3-2/3: \$45 • \$40MDR (10 visits)

2/6-3/3: \$37 • \$32MDR (8 visits)

3/6-3/31: \$37 • \$32MDR (8 visits)

4/3-4/28: \$37 • \$32MDR (8 visits)

Adult Aquatics



PM Aquatic Exercise

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

2 days/wk: 5:35-6:30pm (\$6 Pit-Stop)

1/3-2/2: \$45 • \$40MDR (10 visits)

2/6-3/2: \$37 • \$32MDR (8 visits)

3/6-3/30: \$37 • \$32MDR (8 visits)

4/3-4/27: \$37 • \$32MDR (8 visits)

M-TH: (Unl) 5:35-6:30pm (\$6 Pit-Stop)

1/3-2/2: \$62 • \$57MDR (19 visits)

2/6-3/2: \$53 • \$48MDR (16 visits)

3/6-3/30: \$53 • \$48MDR (16 visits)

4/3-4/27: \$53 • \$48MDR (16 visits)

Swim Lesson Information

Choosing the Correct Level

Sylvester Powell, Jr. Community Center offers youth swim lessons starting at six months to fifteen years old. Review the skill sets listed on page 7. If your swimmer can do the skills listed with ease, enroll in the next level; if they cannot, enroll in that class. Repeating a swimming level is okay and sometimes necessary. If you have any questions give the Aquatic Coordinator a call at 913-722-8207. **Please register 4-5 days before the class starts as lessons will be canceled if class numbers are low.**



Winter 2017 Swim Lesson Schedule

	Tues/Thurs	Saturday
Starfish Ages: 6 mo - 2 yrs	4:00 - 4:30pm	9:00 - 9:30am
Starfish Ages: 6 mo - 2 yrs	11:00 - 11:30am	10:20 - 10:50am
Tadpole Ages: 2 - 3 yrs	5:30 - 6:00pm	9:40 - 10:10am
Guppy Ages: 3 - 4 yrs	4:00 - 4:30pm	9:00 - 9:30am
Jellyfish Ages: 3 - 5 yrs	4:50 - 5:20pm	9:40 - 10:10am
Clownfish Ages: 4 - 5 yrs	5:30 - 6:00pm	10:20 - 10:50am
Turtle Ages: 5 & Up	4:00 - 4:40pm	9:00 - 9:40am
Eel Ages: 5 and Up	5:30 - 6:10pm	9:50 - 10:30am
Marlin Ages: 6 and Up	4:50 - 5:30pm	10:40 - 11:20am
Dolphin Ages: 7 and Up	4:40 - 5:20pm	10:20 - 11:00am
Shark Ages: 8 and Up	4:40 - 5:20pm	9:50 - 10:30am

Pricing

Parent & Child: \$50 • \$45MDR
 Toddler Lessons: \$50 • \$45MDR
 Youth Lessons: \$55 • \$50MDR

Session Dates

Tuesday & Thursday Session Dates:

Session 1: 1/3-2/2
 Session 2: 2/7-3/2
 Session 3: 3/7-3/30
 Session 4: 4/4-4/27

Saturday Morning Session Dates:

Session 1: 1/14-3/4
 Session 2: 3/11-5/6 *no class 4/15

Extended Swim Time

(Group Lessons - Weekday Lessons Only)

Does your swim lesson child want to swim for ONE hour AFTER their lesson?

- Ages 6 & under, Preschool Levels, Turtle and Eel
MUST HAVE AN ADULT IN WATER AT ALL TIMES.
- Ages 6 & older, Levels Marlins, Dolphins & Sharks
MUST HAVE AN ADULT ON DECK IN POOL AREA.

\$10/CHILD enrolled into Tuesday/Thursday Swim Lesson (No Saturdays)

Do you have another child or parent who wants to swim during their sibling's lesson?

\$20/participant for 1hr. (8 days)

Private & Semi-Private Swim Instruction

This program is available on a first come, first serve basis. For more information, call the Aquatics office at 913.722.8207.

Ages 4 & Older (fees are per participant)

Private: \$25 • \$20MDR / 30 min.

Semi-Private: \$20 • \$15MDR / 30 min.

Please Remember

- If your child has special needs, please let us know upon registration.
- No make-ups or refunds are allowed for missed class times.
- For safety purposes, parents are required to stay during classes and remain in the pool area.
- Class ratio is approximate and subject to change.



Swim Lessons

Parent & Child Lessons

Starfish

6 mo - 2 yrs, Ratio 8:1

Parent and Infant (with parent/guardian)

Emphasis on relaxing and having fun in and around the water.

- Songs/Games
- Moving through Water
- Parent Holds/Positions
- Exploration of Entry & Exit
- Bubble Blowing
- Front & Back Float
- Underwater Exploration
- Safety Skills

Tadpole

2-3 yrs, Ratio 8:1

Parent and Toddler (with parent/guardian)

All skills are performed with assistance from the parent/guardian.

- Bobbing
- Blowing Bubbles
- Floats on Front & Back
- Front & Back Glides
- Basic Arm & Kicking
- Action on Front & Back
- Turning Over
- Safety Skills
- Opening Eyes & Retrieving Objects



Toddler Lessons

Is Your Child Ready for Toddler Lessons?

The answer is Yes, if your child can:

- stand in chest-deep water without an adult
- and is willing to participate in class activities



Guppy

Ages 3-4 yrs, Ratio 5:1

All skills are performed with support from instructor.

- Entry & Exit
- Blowing Bubbles
- Submerge Face
- Turning Over
- Floats on Front & Back
- Safety Skills
- Glides on Front & Back
- Opening Eyes & Retrieving Objects
- Basic Arm & Kicking Action on Front/Back

Jellyfish

Ages 3-5 yrs, Ratio 5:1

The Guppy skills are all performed with less assistance from the instructor.

Clownfish

Ages 4-5 yrs, Ratio 5:1

The Guppy skills are all performed independent from the instructor. If Clownfish is successfully passed, swimmer can skip Turtle and proceed to Eel.

Youth Lessons

Turtle

 Ages 5 & Older, Ratio 6:1

All skills are performed with assistance from instructor.

- Entry & Exit
- Blowing Bubbles
- Fully Submerge Face
- Bobbing
- Floats on Front & Back
- Turning Over
- Change of Direction
- Safety Skills Objects
- Basic Arm & Kicking Action on Front & Back
- Opening Eyes & Retrieving
- Basic sculling and kick for treading water
- Glides on Front & Back

Eel

 Ages 5 & Older, Ratio 6:1

All Turtle skills are performed independent of instructor.

Marlin

 Ages 6 & Older, Ratio 6:1

- Entry into Deep Water
- Bobbing in Deep Water
- Rotary Breathing
- Treading Water – 30 seconds
- Front Crawl – 15 yards
- Scissor Kick – 10 yards
- Dolphin Kick – 15 yards
- Safety Skills
- Elementary Backstroke – 15 yards
- Push-off on Front & Back with Glides

Dolphin

 Ages 6 & Older, Ratio 8:1

- Safety Skills
- Underwater Swimming
- Front Crawl – 50 yard
- Breaststroke – 50 yards
- Butterfly – 15 yards
- Back Crawl – 25 yards
- Sidestroke – 25 yards
- Elementary Backstroke – 50 yards
- Open Turns on Front & Back

Shark

 Ages 8 & Older, Ratio 8:1

- Front Crawl – 100 yards
- Flip turn
- Breaststroke – 50 yards
- Butterfly – 25 yards
- Back Crawl – 50 yards
- Sidestroke – 50 yards
- Elementary Backstroke – 100 yards
- Safety Skills
- Standard Sculling

Personal Training



SAM BRETHER 913.231.8796
sambretat@yahoo.com
"Success is earned through Sacrifice."
• M.S., ATC, CSCS
• Licensed Athletic Trainer, Certified Strength & Conditioning Specialist, Health Coach



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• NASM Fitness Nutrition Specialist
• 10 years fitness experience
• Weight loss and lean muscle gain



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• Bachelor of Science - MU
• ACE Personal Trainer
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• Strength & Sports Conditioning
• Weight Loss & Maintenance
• Flexibility Training & Injury Prevention



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• Masters of Exercise Science, KU
• ACE Personal Trainer
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• Senior Fitness Training
• Cycling/Cross Training
• Myofascial Compression Techniques
• Kinesiology Taping



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• 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



ALLISON KAUP
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• ACE Certified Personal Trainer
• Master of Science in Engineering, Emphasis in Ergonomics
• Strength Training, Functional Fitness, Yoga



DONNA NEWCOMB 512.514.4104
donna.newcomb@gmail.com
• AFAA Certified Personal Trainer
• SilverSneakers Certified
• 20 Years Personal Training Experience

Youth Fitness Badge

Youth aged 12 & 13 MUST complete class with a personal trainer before they are allowed in the weight and cardio room. This training has been instituted to help your child learn proper gym etiquette and to insure that they are not injured due to poor technique. Please contact a personal trainer of your choice to schedule a session. After completion, the Youth Badge must be worn during workouts; youth must accompanied by parent/guardian at all times.

1 Person: \$48 • \$43MDR

2 People: \$39 • \$34MDR (Price is per person)

3 People: \$36 • \$31MDR (Price is per person)

Personal Training

Why consider Personal Training?

Our Personal Trainers excel at creating workout programs that keep you motivated and 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 and have a variety of specialized training including: athletic training, strength workouts, senior workouts, suspension training, Pilates, athletic explosion, toning and plyometrics.

How do I book a personal trainer?

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

PERSONAL TRAINING RATES

1 Person: \$48 • \$43MDR

2 People: \$39 • \$34MDR

(Price is per person)

3 People: \$36 • \$31MDR (Price is per person)

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



Adult Fitness Schedule

Winter 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early AM Open-8 am		Ride & More 5:40am Morning Ride 7:00am	Basic Flow 7:00am	Ride & More 5:40am Morning Ride 7:00am	Basic Flow 7:00am	Zumba 8:00am
Later AM 8-11 am	Aquatic Exercise* 8:00am Functional Yoga 8:30am Aquatic Exercise* 9:00am Exercise for Life 9:15am	Aquatic Exercise* 8:00am Exercise for Life 9:15am Health BeneFIT 10:30am	Aquatic Exercise* 8:00am Aquatic Exercise* 9:00am Exercise for Life 9:15am	Aquatic Exercise* 8:00am Exercise for Life 9:15am Health BeneFIT 10:30am	Aquatic Exercise* 8:00am Pilates and Flexibility 8:10am Aquatic Exercise* 9:00am	Kettlebell Fusion 9:15am Pickleball 9:30am Lifting 10:45am
Mid-Day 11 am-3 pm	Health BeneFIT Chair Yoga 11:00am H.I.I.T. 12:00pm Pickleball 12:15pm	Health BeneFIT 11:15am Health BeneFIT Walk,Talk & Tone 12:00pm Pickleball 12:15pm	Health BeneFIT Chair Yoga 11:00am H.I.I.T. 12:00pm Pickleball 12:15pm	Health BeneFIT 11:15am Health BeneFIT Walk,Talk & Tone 12:00pm Pickleball 12:15pm	H.I.I.T. 12:00pm Pickleball 12:15pm	Adult Beg. Swim Lessons 11:00am
Evening 5 pm-Close	Express 30 5:30pm Aquatic Exercise 5:35pm Strength Training 5:45pm Yoga Flow 7:00pm	Aquatic Exercise 5:35pm POUND™ 5:45pm Zumba 6:00pm BodyRock 6:30pm Bollywood Fitness 7:00pm	Express 30 5:30pm Aquatic Exercise 5:35pm MP Fitness 5:45pm Strength Training 5:45pm Karate, Beg 6:00pm Tap Fever 6:10pm New Beat 7:00pm MP Karate 7:00pm Karate, Int 7:00pm Yoga Flow 7:00pm Zumba 7:00pm	Aquatic Exercise 5:35pm POUND™ 5:45pm Yoga Fundamentals 5:45pm Dance Fitness 6:00pm BodyRock 6:30pm Bollywood Fitness 7:00pm	Beginning Belly Dance 5:30pm	SUNDAY

*Class also offered as a Health BeneFIT

POUND™

Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Ripstix™— weighted drumsticks designed to transform drumming into an intense, fat burning, full-body interval workout that will leave you dripping with sweat. (Ripstix are provided.)

Personal Trainer: TBD

T/TH: 5:45-6:15pm (\$5 Pit-Stop)

1/3-2/2: \$45 • \$40MDR

2/7-3/2: \$37 • \$32MDR

3/7-3/30: \$37 • \$32MDR

4/4-4/27: \$37 • \$32MDR

Strength Training

Attack your muscles with this class that is designed to tone the muscles by developing muscular strength and endurance. Participants will use barbells, dumbbells, tubing, bands, balls and step-modified weight benches to get a full body workout.

Personal Trainer: Theo Pappas

M/W: 5:45-6:30pm (\$6 Pit-Stop)

1/4-2/1: \$50 • \$45MDR

2/6-3/1: \$45 • \$40MDR

3/6-3/29: \$45 • \$40MDR

4/3-4/26: \$45 • \$40MDR



Adult Fitness

Kettlebell Fusion

Kettlebell Fusion will kick your fitness goals into high gear! This class stays exciting by incorporating the use of kettlebell(s), power ropes, medicine balls, body weight exercises, and plyometrics. Functional, full body movements work multiple groups simultaneously increasing strength, endurance and flexibility. Modifications are provided for all fitness levels. Be prepared to have fun and to burn LOTS of calories!

Personal Trainer: Theo Pappas

SAT: 9:15-10:15am (\$6 Pit-Stop)

1/7-2/4: \$30 • \$25MDR

2/11-3/4: \$25 • \$20MDR

3/11-4/1: \$25 • \$20MDR

4/8-4/29*: \$20 • \$15MDR, *No Class 4/15



BodyRock

Lose fat and reshape your body with classes that target your abs, glutes and thighs! This class combines aerobics with weights and mat exercise. Be sure to bring a water bottle.

Personal Trainer: Phyllis Peterson

T/TH: 6:30-7:30pm (\$6 Pit-Stop)

1/3-2/2: \$45 • \$40MDR

2/7-3/2: \$37 • \$32MDR

3/7-3/30: \$37 • \$32MDR

4/4-4/27: \$37 • \$32MDR

H.I.I.T. It Hard

The One Stop Body Shock! H.I.I.T. class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started! Modifications for all fitness levels are provided. *Personal Trainer: Theo Pappas*

M/W/F: 12:00-12:30pm (\$5 Pit-Stop)

1/4-2/3: \$50.50 • \$45.50MDR

2/6-3/3: \$44 • \$39MDR

3/6-3/31: \$44 • \$39MDR

4/3-4/28: \$44 • \$39MDR

Lifting

Take your strength and lifting to an entirely new level with proper form to improve your Squat, Deadlift and Bench Press. You will be provided with personalized progressive workouts while training in a group environment. We will spend 10 sessions mastering the 3 compound lifts to improve your overall strength and power. Lifting is for males and females at any level who are willing to work hard in the weight room and enjoy competition! *Personal Trainer: Theo Pappas*

SAT: 10:45-11:30am (\$7 Pit-Stop)

1/7-3/4: \$75 • \$70MDR



Tap Fever

Come join the fun and 'tap your troubles away!' With 15 years of dancing experience with The Dazzlers, join Instructor Cherrie Lucas in this class to have fun while improving your memory, balance, coordination and concentration skills. No tap dancing experience necessary. You will learn to put basic steps into combinations and bring out your inner Fred Astaire or Ginger Rogers! Tap dancing shoes not required, hard soled shoes recommended.

WED: 6:10-6:50pm (\$7 Pit-Stop)

1/4-2/1: \$35 • \$30MDR
2/8-3/1: \$29 • \$24MDR
3/8-3/29: \$29 • \$24MDR
4/5-4/26: \$29 • \$24MDR

Private Tap Lessons

Private Tap lessons are for those who are enrolled into the monthly sessions or for those who are needing extra practice to catch-up. Lessons are 30 minutes and must be scheduled with the instructor.

(\$12 Pit-Stop, No Monthly Fees)

Dance Fitness & Toning

This class is for anyone who loves to dance and wants to see results by using a combination of dance fitness and weight toning. The first half of the class is dance fitness, incorporating a variety of styles such as Zumba-based fitness routines, latin, pop, jazz and hip-hop. The second half of the class is focused on toning up the body using hand weights, squats, and mats. Cardio will help you burn calories in class, but building muscle will help you burn calories hours after you leave! All moves are designed to tone the feminine figure: smaller waistline, toned abs, tightened tush, firm thighs and arms. For the beginner to the advanced, come ready to sweat, have fun and get the results you're looking for! *Instructor: Summer Stone*

TH: 6:00-6:55pm (\$6 Pit-Stop)

1/5-2/2: \$30 • \$25MDR
2/9-3/2: \$25 • \$20MDR
3/9-3/30: \$25 • \$20MDR
4/6-4/27: \$25 • \$20MDR



Zumba®

Ready to Party Yourself Into Shape?

That's exactly what the Zumba® program is all about. It's 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 and Cumbia.

Join the Party™! *Instructors: Deanna Taphorn (Tuesday), Antoinette Dyson (Wednesday & Saturday)*

TUE: 6:00-6:55pm (\$6 Pit-Stop)

1/3-1/31: \$30 • \$25MDR
2/7-2/28: \$25 • \$20MDR
3/7-3/28: \$25 • \$20MDR
4/4-4/25: \$25 • \$20MDR

W: 7:00-7:55pm (\$6 Pit-Stop)

1/4-2/1: \$30 • \$25MDR
2/8-3/1: \$25 • \$20MDR
3/8-3/29: \$25 • \$20MDR
4/5-4/26: \$25 • \$20MDR

SAT: 8:00-9:00am (\$6 Pit-Stop)

1/7-2/4: \$30 • \$25MDR
2/11-3/4: \$25 • \$20MDR
3/11-4/1: \$25 • \$20MDR
4/8-4/29*: \$20 • \$15MDR

*No Class 4/15

New Beat

Make a new beat with your feet! Spend one hour a week learning two new dances to groove and shake. Don't be afraid! This class is for all abilities and ages. Register as fast as you can boogie! Ages 14 & older.

Instructor: LeTaya Frazier

WED: 7:00-8:00pm

1/4-2/1: \$30 • \$25MDR
2/8-3/1: \$25 • \$20MDR
3/8-3/29: \$25 • \$20MDR
4/5-4/26: \$25 • \$20MDR

Belly Dance

This is where all new dancers start! This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength. Belly dance is a great workout for your entire body and you'll really work up a sweat!

Instructor: Anca Gaena

FRI: 5:30-6:30pm (\$8 Pit-Stop)

1/6-2/3: \$30 • \$25MDR
2/10-3/3: \$25 • \$20MDR
3/10-3/31: \$25 • \$20MDR
4/7-4/28: \$25 • \$20MDR

Bollywood Fitness

Dance and Fitness on Bollywood BEATS!

This high-cardio dance/fitness class will sure pump you up! Experience a different culture and learn some new dance moves, all while getting a great workout! Ages 14 & Older.

Instructor: Shyamly Jaiswal

T OR TH: 7:00-7:55pm (\$7 Pit-Stop)

1/3-2/2: \$30 • \$25MDR
2/7-3/2: \$25 • \$20MDR
3/7-3/30: \$25 • \$20MDR
4/4-4/27: \$25 • \$20MDR

T/TH: 7:00-7:55pm (\$7 Pit-Stop)

1/3-2/2: \$55 • \$50MDR
2/7-3/2: \$45 • \$40MDR
3/7-3/30: \$45 • \$40MDR
4/4-4/27: \$45 • \$40MDR

Cycling

Express 30

Spin your way to a happier you! An abbreviated cycle class that fits perfectly into your evening drive. 30 minutes of nothing but indoor cycling that will help build strength, endurance and power.

Instructor: Ilya Stefanidis

M/W: 5:30-6:00pm (\$5 Pit-Stop)

1/4-2/1: \$34.25 • \$29.25MDR

2/6-3/1: \$31 • \$26MDR

3/6-3/29: \$31 • \$26MDR

4/3-4/26: \$31 • \$26MDR

Morning Ride

Get a great early morning ride! This is 60 minutes of indoor cycling for speed, strength and endurance. You will sweat and boost your metabolism in this fun class. Perfect for everyone from stay at home parents to the avid rider. *Personal Trainer: Allison Kaup*

T/TH: 7:00-8:00am (\$6 Pit-Stop)

1/3-2/2: \$55 • \$50MDR

2/7-3/2: \$45 • \$40MDR

3/7-3/30: \$45 • \$40MDR

4/4-4/27: \$45 • \$40MDR



Ride & More

Each class features a warm up, followed by cycling, ladder work, interval training exercises and core workouts to tone, strengthen and get you into shape!

Personal Trainer: Phyllis Peterson

T/TH: 5:40-6:40am (\$6 Pit-Stop)

1/3-2/2: \$55 • \$50MDR

2/7-3/2: \$45 • \$40MDR

3/7-3/30: \$45 • \$40MDR

4/4-4/27: \$45 • \$40MDR

PERSONAL TRAINING: BRING YOUR WORKOUT TO THE NEXT LEVEL

Why consider Personal Training?

Our Personal Trainers excel at creating workout programs that keep you motivated and 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 and have a variety of specialized training including: athletic training, strength workouts, senior workouts, suspension training, Pilates, athletic explosion, toning and plyometrics.



How do I book a personal trainer?

1. Contact one of the personal trainers (see page 8).
2. The trainer will schedule a time with you at SPJCC.
3. Wait for your personal trainer in the South lobby.

PERSONAL TRAINING RATES

1 Person: \$48 • \$43MDR

2 People: \$39 • \$34MDR (Price is per person)

3 People: \$36 • \$31MDR (Price is per person)

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



Mind & Body Fitness



Functional Yoga

This 90 minute class allows you the time to marry meditation and asana into a very deep practice. The slow physical poses enhance range of motion within the joints while the supported poses allow rest and release. All experience levels welcome.

Instructor: Beth Lucasey RN, RYT-200

M: 8:30-10:00am (\$10 Pit-Stop)

1/9-1/30: \$35 • \$30MDR

2/6-2/27: \$35 • \$30MDR

3/6-3/27: \$35 • \$30MDR

4/3-4/24: \$35 • \$30MDR

Basic Flow

Basic flow will introduce those new to yoga to the foundational poses with focus on safe alignment. Attention will also be paid to how breath work is linked to movement in yoga. Props provided for support in poses. Great class for those wanting to explore yoga.

Instructor: Jackie Shellhorn

W/F: 7:00-8:00am (\$6 Pit-Stop)

1/4-2/3: \$50 • \$45MDR

2/8-3/3: \$41 • \$36MDR

3/8-3/31: \$41 • \$36MDR

4/5-4/28: \$41 • \$36MDR

Yoga Flow

Yoga Flow will increase flexibility and blood flow to help reduce stress and repair the body, while improving your strength, balance and mental focus. *Personal Trainer: Allison Kaup*

M/W: 7:00-8:00pm (\$6 Pit-Stop)

1/4-2/1: \$50 • \$45MDR

2/6-3/1: \$45 • \$40MDR

3/6-3/29: \$45 • \$40MDR

4/3-4/26: \$45 • \$40MDR

Yoga Fundamentals

Learn classical yoga postures from the ground up through progressive sequences. Classes will focus on the principles of alignment and precise movements while improving strength and flexibility and cultivating stamina, discipline, and sensitivity and calming the mind. The use of props such as blankets, chairs and belts help the practitioner to access all the postures, regardless of their physical condition or level of experience. All levels welcome for this slower-paced class. *Dana Chamblin, Certified Iyengar Yoga Instructor*

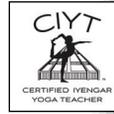
TH: 5:45-7:00pm (\$12 Pit-Stop)

1/5-2/2: \$40 • \$35MDR

2/9-3/2: \$37 • \$32MDR

3/9-3/30: \$37 • \$32MDR

4/6-4/27: \$37 • \$32MDR



Pilates & Flexibility

Learn core work, breathing and balance exercises to strengthen and balance your core and energy fields while improving your flexibility. You'll love the healthy, balanced lifestyle results! *Personal Trainer: Phyllis Peterson*

FRI: 8:10-9:00am (\$6 Pit-Stop)

1/6-2/3: \$30 • \$25MDR

2/10-3/3: \$25 • \$20MDR

3/10-3/31: \$25 • \$20MDR

4/7-4/28: \$25 • \$20MDR

Track Treaders

Are you looking for a safe place to walk? Come and 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 track your distances.

20-Visit Punch Card:

\$27 Non-resident • \$20 Resident

POWER PLATE TRAINING

Have you reached a plateau in your workout or stretching routine? Or are you looking for an interesting new way to workout? Harness the power of vibration with the Power Plate Workout System. This machine has many benefits including strength training, stretching and massage. Please contact a personal trainer to schedule a training on the Power Plate. \$10/person



Martial Arts & Athletics

Karate

Kansas City Tsuruoka Karate-Do offers quality instruction, to get you into shape by participating in a practical and fun martial art that has been passed down through generations. *Senseis Tyler Murphy & Sidney Thompson.* Ages 7 & older.

Beginning

WED: 6:00-7:00pm (\$8 Pit-Stop)

1/4-2/1: \$35 • \$30MDR
 2/8-3/1: \$29 • \$24MDR
 3/8-3/29: \$29 • \$24MDR
 4/5-4/26: \$29 • \$24MDR

Intermediate

WED: 7:00-8:00pm (\$8 Pit-Stop)

1/4-2/1: \$35 • \$30MDR
 2/8-3/1: \$29 • \$24MDR
 3/8-3/29: \$29 • \$24MDR
 4/5-4/26: \$29 • \$24MDR



Private Karate Lessons

Private Karate lessons are for students enrolled into any of the Wednesday night Karate classes. This additional instruction will help further their skills in order to advance to the next belt color. Lessons are 30 minutes and must be scheduled with the instructor.

SAT: 9:00-11:30am

(\$8 Pit-Stop, No Monthly Fees)

Inclement Weather Policy

Classes held M-F, between 5:30am-3:00pm:

- MPRD will follow SMSD cancellations
- Line & Social Media will be updated as soon as SMSD cancels school.

Classes held M-F, AFTER 3:30pm:

- Classes will be held as scheduled, unless otherwise notified.

Classes held on WEEKENDS:

- Classes will be held as scheduled, unless otherwise notified.

Credits will be issued to registered participants, in the event their activity is canceled.

For up-to-date information:

1. Inclement Weather Line at 913.722.8211
2. missionks.org - click 'PLAY'
3. Facebook: Sylvester Powell Jr. Community Center

Update your cell phone details & email address at the desk to receive messages when any class you're registered for is canceled. Weather depending cardio work will take place indoors.

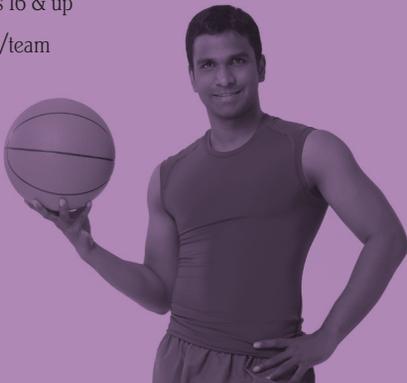
3-on-3 Basketball Tournament

Co-ed 3-on-3 basketball tournament. No refs, games played to 21 points on half court. Double elimination style tournament with 3 games guaranteed. Only team captains register their team. Must register by Jan 23.

Saturday, January 28

Ages 16 & up

\$40/team



Men's Basketball League

League play begins Sunday, January 15 and continues for eight weeks. Officials and scorekeepers provided. Mandatory captain's meeting scheduled for Thursday, January 12 at 7:00pm. All games played full court at SPJCC. Teams must be registered by January 6 by calling 913.722.8228. Six team maximum.

Sunday, January 15-March 5:

9:00am; 10:00am; or 11:00am

Game Times

Ages 16 & up

\$350/team

Volleyball Tournament

SPJCC is hosting their first co-ed volleyball tournament! Teams are guaranteed five games with the tournament style of pool play into a single elimination bracket. Lunch and hospitality room provided for team players only. Team captains only must register teams by Friday, February 24. Rosters will need to be completed and returned prior to tournament.

Saturday, March 4: 9:00am Games Start (Doors open for check in at 8:00am)

Ages 16 & older.

\$160/team



Enrichment



Investment Game

Have fun while getting the most out of your investments! Yes, you read that right, investment=FUN! Lane Boland, financial advisor and class instructor, will take you on a five week journey through his investment game. You will start with one million dollars in play money and make your investments as you see fit. Lane will guide you through the process, teaching you along the way. The class competes in a friendly setting and at the end the winner and the most "non-winner" will receive prizes. We can't tell you what it is .. but it's worth your time to come and check it out! *Instructor: Lane Boland, Financial Advisor*

TUES: 6:00-8:00pm
2/7-2/28: \$15 • \$10MDR

FRI: 9:00-11:00am
2/10-3/3: \$15 • \$10MDR



Paper Sculptures

Explore the 500 year old art of paper sculpture with techniques in quilling and contemporary design. Participants will work with paper to create unique designs for every occasion. First class, we'll learn the method and the rest of the time we'll make beautiful things! This technique works in miniature; participants should have steady hands and an eye for detail. Ages 12 & older.

TUES: 6:00-8:00pm
1/3-1/31: \$25 • \$20MDR
2/7-2/28: \$25 • \$20MDR
3/7-3/28: \$25 • \$20MDR
4/4-4/25: \$25 • \$20MDR

Guitar 101

Wow your friends and make some music! This hands-on class is designed for adults with little to no experience playing the guitar. Learn hand placement and basic chords while expanding your musical mind! You must bring your own guitar and tuner to class.* *Instructor: Joe English*

FRI: 6:00-7:00pm (or by appt.)
1/6-2/3: \$55 • \$50MDR
2/10-3/3: \$55 • \$50MDR
3/10-3/31: \$55 • \$50MDR

*Guitar rentals and discounts available through Guitar Dock. Call Joe for more details at 913-396-3149.



Winter Hours:
M-F: 12:15-3:15pm (3 courts)
*Limited space March 13-17

SAT: 9:30-11:30am (1 court)
10:30-11:30am (3 courts)
*No Pickleball 3/4, 4/1, 4/15
All days/times subject to change.

What is Pickleball?

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

Free for Community Center Members
\$2/day per person
10 Visit Punch Card: \$20
20 Visit Punch Card: \$40

Spring Pickleball Tournament: Saturday, April 1, 2017!



Test your pickleball prowess at the SPJCC pickleball tournament! Doubles tournament with men's, women's and mixed divisions. Open to players ages 45 and older. (Must be 45 by December 31, 2016.) Entry fees, lunch and T-shirt included. Brackets determined by self-assigned ratings, adjustments may be made. Must call 913.722.8228 to register. *Registration deadline: Wednesday, March 22.*

Saturday, April 1
Ages 45+
\$30/person

Specialized Recreation

Ordinary things in extraordinary ways!

MP Trip Outings Winter 2017

Ages 16 and older



Missouri Mavericks at the Independence Event Center

Date: Sat., Jan. 21: 5:15-9:45pm

\$40 • \$35MDR

DEADLINE TO ENROLL:

Jan 4

Price includes ticket; participant responsible for food/drink.

Valentine's Day Dinner & Dance

Date: Sat., Feb. 18: 5:30-8:30pm

\$25 • \$20MDR

DEADLINE TO ENROLL:

Feb 10

Price includes supper from Avelutto's.

Canvas Painting at Skills to Succeed

Date: Sat., Mar. 18: 4:30-8:30pm

\$50 • \$45MDR

DEADLINE TO ENROLL:

Mar 10

Price includes art project and supper at Houlihans.

Karaoke at Offkey Karaoke Lounge

Date: Sat., Apr. 22: 5:30-8:30pm

\$20 • \$15MDR

DEADLINE TO ENROLL:

Apr 14

Price includes a drink and snacks.

MP Fitness Fun and interactive 45-minute program that is a safe and effective high & low-impact exercise class created for the Mission Project participants, but open to everyone. This non-intimidating fitness class takes you through a variety of cardio, toning, and stretching exercises designed to keep you healthy and feeling great!

Instructor: Liz Burch

WED: 5:45-6:30pm (\$6 Pit-Stop)

1/4-2/1: \$30 • \$25MDR 3/8-3/29: \$25 • \$20MDR

2/8-3/1: \$25 • \$20MDR 4/5-4/26: \$25 • \$20MDR

MP 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 and more individualized training. *Senseis Tyler Murphy and Sidney Thompson*

WED: 7:00-8:00pm (\$8 Pit-Stop)

1/4-2/1: \$30 • \$25MDR 3/8-3/29: \$25 • \$20MDR

2/8-3/1: \$25 • \$20MDR 4/5-4/26: \$25 • \$20MDR

MP Dance Party

Groove, shake and move! Come dance the night away at SPJCC's dance party! Music played with videos while everyone has a good time with party facilitator Le'Taya Frazier. Dinner and drinks provided.

Friday, January 13 & Friday, February 10

6:00-7:30pm

\$20 • \$15MDR

Healthy Mind, Healthy Life for Neurological Disorders

Fit to Fly Program is launching a new workshop for youth neurological disorders, such as high functioning Autism, Tourettes Syndrome, Learning Disabilities, ADHD and Down Syndrome. We teach how to live a fun, healthy, active lifestyle. We will learn the basic fundamentals of exercise to current pop music, show how to create fun, healthy snacks and work on ways to improve self confidence. Plus we'll have games and time to dance! Great way to improve physical activity, social interaction and communication. Ages 8-16 years.

For more information: www.fittoflyprograminc.com

Saturday, February 18

Saturday, April 29

11:00am-2:30pm

\$40 • \$35MDR





Calling all kids! Help celebrate “Kids to Parks Day” with Mission Parks & Recreation! At our own Streamway Park, we will have lots of fun, nature-themed activities, including track casting, bird identification, nature walks, scavenger hunt and more! Grab your water bottle and get outside and play! No registration required.

Saturday, May 20
10:00am-12:00pm
@ Streamway Park
FREE!

HOW ABOUT A SUMMER JOB?!



Plenty of teens spend their winter and spring hunting for a summer job! If that’s you, the Mission Parks & Recreation Department hires more than 75 high school and college students to work our summer camps and at our outdoor aquatic center. Spend the summer with us and gain valuable work experience, learn new skills, make new friends and have fun! Job descriptions and applications will be posted in early 2017 and job interest cards are accepted year-round!



FREE!

FREE! Johnson County Youth Track & Field Meet Saturday, April 29th, 9:00-11:00am

Johnson County residents ages 6-14 will have the chance to compete in the 2nd Annual Johnson County Youth Track and Field Meet on April 29th at Shawnee Mission Northwest High School (12701 W. 67th Street, Shawnee KS). The 1600 meter will be held at 9:30am and the 800 meter will be held at 10:30am. All other events will continuously be offered between 9am-11am (check-in from 8:30am-10:30am). Children may participate in a max of 4 events with no more than 3 running events. This event is free, however **pre-registration is required. The deadline to register is April 25.**

List of events

*Children may participate in a max of 4 events with no more than 3 running events

- | | |
|---|--|
| 50 meter (6-10 yr olds) | 200 meter (9-14 yr olds) |
| 100 meter (6-14 yr olds) | 400 meter (9-14 yr olds) |
| Long Jump (6-14 yr olds) | 800 meter (11-14 yr olds)*event at 10:30am |
| Turbo Throw (6-14 yr olds)*nerf javelin | 1600 meter (13-14 yr olds)*event at 9:30am |

PITCH, HIT, RUN

Boys and girls, come and test your skills in the official competition of Major League Baseball for area youth. Youth are encouraged to come and compete in pitching, hitting and running. Participants divided into four age divisions, 7/8, 9/10, 11/12, 13/14 and everyone has the chance to advance through four levels of competition up to the National Finals at the 2017 MLB All-Star Game! Call to register today!



Saturday, May 6
9:00am Start
@ Broadmoor Park
FREE!

SPRING BREAK CAMP

Wild on Wildlife!

Not going anywhere for Spring Break since it's a wild world out there? Wildlife must find food, escape from predators, protect their young, locate a water source and survive in the wild. It's a busy life for animals & campers, so we'll enjoy the KC Zoo, active games, crafts, plenty of outside time and swimming! Be sure to watch the weather every morning and be ready to go into the WILD, bring lunch & a water bottle everyday (two snacks will be provided each day) and your gear to go swimming each day (except the 14th). Registration can be done at either desk, over the phone or online, though each child will need to have up-to-date paperwork on file. The child form can be found on our website, under the Spring & Summer Camp tab.



March 13-17: 7:30am-5:30pm

Field trip: Tuesday 3/14 to KC Zoo

Pool Days: 3/13, 3/15, 3/16, 3/17

\$140 • \$150MDR*

**If your child is concurrently enrolled into one of our LEGO camps, a discount for Spring Break Camp will be applied.*



Youth Classes & Programs

Super Hero Engineering

Save the world with LEGO Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

Ages 5-7 yrs.

M-F: 9:00am-12:00pm

3/13-3/17: \$155 • \$150MDR



Super Hero Masters

LEGO Super Heroes need your help to defeat the destructive forces of evil arch-villains as they threaten LEGOPolis! Explore the tools and techniques of your favorite caped crusaders and learn what makes them not only Super Heroes, but super engineers. An engineering curriculum designed by Play-Well challenges heroes to design, build, and save a city where ingenuity and imagination can solve any conflict.

Ages 7-12 yrs.

M-F: 1:00-4:00pm

3/13-3/17: \$155 • \$150MDR



Guitar 101

Wow your friends and make some music! This hands-on class is designed for youth ages 7-15 with little to no experience playing the guitar. Learn hand placement and basic chords while expanding your musical mind! You must bring your own guitar and tuner to class. Guitar rentals and discount available through Guitar Dock. Call Joe for more details 913-396-3149
Instructor: Joe English

Ages 7-15 yrs.

FRI: 5:00-6:00pm

1/6-2/3: \$55 • \$50MDR

2/10-3/3: \$55 • \$50MDR

3/10-3/31: \$55 • \$50MDR

Mermaid Training

Looking to learn the basics of swimming in a mermaid tail/monofin? Come join our own professional mermaid, Courtney Lewin. She teaches fin safety, how to maintain your fin, front sculling, back sculling, all that while strengthening your core muscles.

Must be able to swim 50 yards

Ages 8-10 yrs.

W/F: 4:00-4:45pm

Ages 10-13 yrs.

W/F: 4:45-5:30pm

1/11-1/20: \$45 • \$40MDR

1/25-2/3: \$45 • \$40MDR

2/8-2/17: \$45 • \$40MDR

2/22-3/3: \$45 • \$40MDR

3/22-3/31: \$45 • \$40MDR

4/5-4/14: \$45 • \$40MDR

4/19-4/28: \$45 • \$40 MDR



Story Time with Miss Diann

Turn your preschooler into an avid reader before they even start school! Reading aloud to young children encourages learning development and helps prepare them for independent reading down the line. Miss Diann will read a story and help children participate in a fun art activity. Parents participation encouraged during art lesson and required for supervision during story time.

Ages 0-6 yrs.

M: 10:00-10:30am

10/24-3/13: \$2 • \$1MDR

Free Family Fun Night

Free Family Fun Night has something for everyone at the Sylvester Powell, Jr. Community Center! In addition to the already great family activities the center has everyday, we'll throw in a movie, open swim, arts & crafts, Indoor Playground and more! All ages welcome, but children 10 & under must be accompanied by an adult. Free!! (Popcorn and drinks sold by the Parks and Recreation Commission for a minimal charge.)

Fridays 5:00-8:00pm

Dec 2: Elf

Jan 6: Finding Dory

Feb 3: Minions

Parent's Night Out

Parents enjoy a date night out or just relax at home - we'll keep the kids occupied for the evening! Children need to come dressed in swimsuits ready to splash into the indoor pool. We'll chow down pizza for dinner and end the night with popcorn and a movie.

Saturday, Feb. 4: 6:00-10:00pm

Ages 5-13

\$17/child • \$12/child MDR

Rumble Tumble

Roll, tumble and play with our morning tumbling class. Let your preschooler burn off energy in a safe, structured environment on our fun, pint-sized tumbling mats and pillars. Simple rolls, balancing and gross motor coordination are primary focus. Ages 3-5 yrs. *Instructor:*

Diann Vickers

MON: 10:45-11:15am (\$8 Pit-Stop)

1/9-1/30: \$25 • \$20MDR

2/6-2/27: \$25 • \$20MDR

3/6-3/27: \$25 • \$20MDR

4/3-4/24: \$25 • \$20MDR



Tippi Toes

Tippi Toes Dance

Toddler & Me:

Ages 18mos - 3yrs

Fridays: 9:15-9:45am - \$40/mo

Saturdays: 9:15-9:45am - \$40/mo

Tiny Toes

2-3 Yr. Olds

Fridays: 10:00-10:30am - \$40/mo

Saturdays: 10:00-10:30am - \$40/mo

Ballet/Tap/Jazz

3-5 Yr. Olds

Fridays: 10:45-11:30am - \$55/mo

Saturdays: 10:45-11:30am - \$55/mo

Mondays: 5:15-6:00pm - \$55/mo

Winter classes: 1/4-4/29

To register, please visit

www.tippitoesdance.com/kansas-city/

Check out New Tippi Toes Birthday Parties now offered at SPJCC!

Indoor Playground

Combat cabin fever at our Indoor Playground; a safe, clean indoor play area for kids 6 years & under! We offer developmental toys, balls, inflatables and a number of other toys! Parents must supervise their 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.

October 25 - March 10

T-F: 9:30-11:30am

\$2.00/child

10 - Visit Punch Card: \$18 • \$10MDR



TRU Basketball @ SPJCC



Program designed to craft the skills and game knowledge of every athlete at every level through a progressive, documented training curriculum. TRU Basketball has a patent pending R.I.G.H.T. Training Matrix to assess player skills, game ability and comprehension in order to place them on a team. For boys and girls ages 8 & up.

You Hoop Basic Skill Clinic

Fee includes one You Hoop basic skill training sessions per week, TRU video learning app, periodical evaluation and training t-shirt. For 1st time players.

MON: 4:30pm-6:00pm

1/9-2/27: \$200 paid in full
\$125 paid per month
3/6-4/24: \$200 paid in full
\$125 paid per month

You Hoop D-League

Fee includes two You Hoop advanced skill training sessions per week, five week Jr-NBA D-League, TRU video learning app, periodical evaluation and \$50 uniform. League begins in January. Player placement based off skills clinic.

T/TH/SU

Begins Jan. 2017: \$375 paid in full
\$175 paid per month

You Hoop Advanced Skill Clinic

Fee includes two You Hoop advanced skill training sessions per week, free play Sunday, TRU video learning app, periodical evaluation and training t-shirt.

T/TH/SU Time range: 4:30-9:00pm

1/10-3/2: \$300 paid in full
\$175 paid per month

Start Smart Basketball

Start Smart Classes are developmentally appropriate, introductory sports programs for children 3-5 years old. The program prepares children for organized sports in a fun, non-competitive environment. Parents work together with their children in a supportive environment to learn all of the

basic skills. Held once a week for 5 weeks, each week's exercises become increasingly more difficult as the class progresses and the children show improvement.

SAT: 10:30-11:00am

2/11 - 3/18: \$30 • \$25MDR
*No Class 3/4



Beginning Ballroom & Latin Dance

Welcome, the next generation of Ballroom and Latin Dancers! Beginners' classes focus on learning the basics for both Ballroom dances like the Waltz and Foxtrot and Latin such as Cha Cha and Swing. Dancing is great physical exercise that also develops strong feet, legs and core. We follow the Imperial Society of Teachers of Dancing (ISTD) syllabus and work to establish strengths in:

- dance technique, poise, and posture
- understanding of musical rhythm and structure
- general body conditioning, strength, and balance
- etiquette, confidence, and self-esteem

Boys are to wear white shirts and black trousers. Girls are to wear leotards and simple skirts. For the first semester, they dance in bare feet.

WED: 4:10-5:00pm (ages 6-8yrs)

Jan. 18 - May 3 (15 weeks, no class March 15)
\$155 - \$150MDR, or 4 payments of \$37.50

WED: 5:00-6:00pm (ages 8-12yrs)

Jan. 18 - May 3 (15 weeks, no class March 15)
\$155 - \$150MDR, or 4 payments of \$37.50



Karate

Kansas City Tsuruoka 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. Instructed by *senseis Tyler Murphy & Sidney Thompson* from Kansas City Tsuruoka Karate-Do. Ages 7 & older.

Beginning

WED: 6:00-7:00pm (\$8 Pit-Stop)

1/4-2/1: \$35 • \$30MDR
 2/8-3/1: \$29 • \$24MDR
 3/8-3/29: \$29 • \$24MDR
 4/5-4/26: \$29 • \$24MDR

Intermediate

WED: 7:00-8:00pm (\$8 Pit-Stop)

1/4-2/1: \$35 • \$30MDR
 2/8-3/1: \$29 • \$24MDR
 3/8-3/29: \$29 • \$24MDR
 4/5-4/26: \$29 • \$24MDR

Private Karate Lessons

Private Karate lessons are for students enrolled into any of the Wednesday night Karate classes. This additional instruction will help further their skills in order to advance to the next belt color. Lessons are 30 minutes and must be scheduled with the instructor.

SAT: 9:00-11:30am

(\$8 Pit-Stop, No Monthly Fees)

Youth Fitness Badge

Youth aged 12 & 13 MUST complete class with a personal trainer before they are allowed in the weight and cardio room. This training has been instituted to help your child learn proper gym etiquette and to insure that they are not injured due to poor technique. Please contact a personal trainer of your choice to schedule a session. After completion, the Youth Badge must be worn during workouts. Youth must be accompanied by parent/guardian at all times.

1 Person: \$48 • \$43MDR
 2 People: \$39 • \$34MDR*
 3 People: \$36 • \$31MDR*

*Price is per person.



Little Ninjas Karate

Get your kids started off right on the martial arts track! The Little Ninjas is a program offered by the Kansas City Tsuruoka Karate-Do. This class gives children a head start in martial arts in a fun and safe environment. The class will work on the basic skills of karate to develop focus and discipline through fun karate activities. Ages 4-7. *Senseis Tyler Murphy & Sidney Thompson.*

WED: 5:30-6:00pm (\$8 Pit-Stop)

1/4-2/1: \$30 • \$25MDR
 2/8-3/1: \$25 • \$20MDR
 3/8-3/29: \$25 • \$20MDR
 4/5-4/26: \$25 • \$20MDR



TOT TIME SWIM

A perfect time for kids aged 0-5 years to splash around with an adult in the water!

Tues/Thurs
 10:00-11:30am

Free to Members
 Daily Pass for
 Non-Members



Challengers Tiny Tykes Soccer Academy

Tiny Tykes is a NEW and EXCITING program, focusing on the development of children aged 2-5 years old. Our soccer experts and child development professionals have designed an innovative curriculum; introducing your young soccer stars to the basic soccer skills, while developing strength, balance, coordination, listening skills and teamwork. Our British coaches are experts at working with young children, and will combine soccer with fun games, stories, and music; keeping your children entertained and enthused to return next week.

WINTER SESSION - Mondays ONLY - January 30 - February 27

SPRING SESSION - Mondays March 27-April 24 - Saturdays - April 1-29

Tiny Tykes	2-3 yrs	M: 9:00-9:45am	\$70
Tiny Tykes	4-5 yrs	M: 10:00-10:45am	\$70
Tiny Tykes	2-3 yrs	Sa: 8:30-9:15am	\$70
Tiny Tykes	2-3 yrs	Sa: 9:15-10:00am	\$70
Tiny Tykes	4-5 yrs	Sa: 10:00-10:45am	\$70

Winter Location: SPJCC

Spring Location: Broadmoor Park (5701 Broadmoor)

Register online at www.challengersports.com



Summer Camps

Active Kids is What We Do Best!

Activities include: fieldtrips, three pool trips per week to the Mission Family Aquatic Center, games, sports, the arts, science & nature plus more! Fees include activities and field trips and two t-shirts (camper must wear camp shirt daily). Our camps are fully licensed by the Kansas Department of Health and Environment.

Extremely Important Forms Are: Health History, Authorization for Emergency Medical Care, & Medication Dispensing approval - if necessary. All forms must be completed at time of registration. Parent Information Packet & Forms are located at missionks.org > Play > SPJCC > Youth > Summer Camps.

At enrollment, your child(ren) first week's payment is due, along with any additional add-ons (i.e. swim lessons, lego camp, etc.). The remaining payments will be charged according to our payment plan dates.

For more information about camp or to enroll, please contact Sarah Sooter, Recreation Coordinator, at 913.722.8223 or ssooter@missionks.org

Mission Summer Camp Ages K-10

Weekly Rates (7:30am - 5:30pm)
\$134: Resident, Mission Business & MDR
\$144: Non-Resident Rate
July 3-7 Weekly Rates (no camp 7/4):
\$107: Resident, Mission Business & MDR
\$117: Non-Resident

Week 1: Camp Kick Off! (June 5 – June 9)
Friends, fun, and sun! — That's what children look forward to during the summer months! Bring your sunscreen and get ready for a week filled of outdoor activities from Frisbees to water games, we'll take advantage of the great outdoors, for opportunities to spend playing in the sunshine!

Week 2: Imagination Station! (June 12 – 16)
Unleash your child's imagination this summer! Each day this week, we will create something different through various processes, mediums, materials and of course our vast imaginations! From Superheroes to magicians... come explore the endless possibilities of fun with us!

Week 3: I Love the 80's (June 19 – 23)
Join us for a week of leg warmers, side ponytails, neon, music, dancing, 80's fashion show, costume contest, dance off & much more!

Week 4: Hogwarts Express (June 26 – 30)
You have been chosen to enter the wizarding world of Harry Potter. Experience the magic here at Hogwarts School of Witch Craft and Wizardry. Find your perfect wand, go face to face in a wizarding duel and practice your skills on the quidditch pitch.

Week 5: Heroes all Around! (July 3 – 7, no camp July 4)
The sun is red hot, the sky is true blue, the clouds pop out white and our city rocks with might! We will be sharing this week with the 4th of July. We'll celebrate our countries history with a camp BBQ!

Week 6: Name your Talent! (July 10 – 14)
What would camp be without a Talent Show?! Even though you get the whole week to prepare for your consistently fabulous performances that will blow our minds, we will enjoy the arts in other ways this week!

Sign Up!

Starts January 25, 2017

Week 7: Sports Fan-tastic! (July 17 – 21)
Now that you're getting your muscles a little more warmed up, this is the perfect time to show us what you're made of! Throughout the week, the camp will be participating in "Get Fit" Challenges. We'll participate in activities where we'll learn about nutrition, and learn some new, exciting, and fun ways to get your body movin' and groovin'!

Week 8: Pirates vs. Ninjas! (July 24 – 28)
A long awaited revival between two sworn enemies. Will the pirates walk away with the treasure, or will the ninjas swoop through and disappear with the goods? Represent your chosen team as we cheer on the potential victors!

Week 9: Water, Water, Everywhere! (July 31 – August 4)
After a, hopefully, hot summer, it's time to cool off! Water week has everything you need for fun in the sun. Get ready for water games, sprinklers, and our giant water sensory play table. Don't forget your biggest squirt gun for our whole camp water fight!





Tween 'N Teen Camp Ages 10-15

Teen Camp gives youth an alternative to just staying home or "hanging out" unsupervised. This program shows these teens that it's "OK" to still be a kid and to be involved in positive organizations at an age where peer pressure is strong. At the same time, TNT camp fosters leadership development by giving participants the opportunity to help with decision making, planning and activity coordinating.

Weekly Rates/Child (7:30am - 5:30pm):
\$139: Resident, Mission Business & MDR
\$149: NonResident Rate
July 3-7 Rates (no camp 7/4):
\$117: Resident, Mission Business & MDR
\$127: Non-Resident

Premium Field Trips: (5) TBD.
Additional \$25 for those weeks

Week 1: Camp Kick Off! (June 5 – June 9)
 Friends, fun, and sun! --- That's what children look forward to during the summer months! Bring your sunscreen and get ready for a week filled of outdoor activities from Ultimate Frisbee to water games, we'll take advantage of the great outdoors, for opportunities to spend playing in the sunshine! Friendship bracelet madness commences!

Week 2: Imagination! (June 12 – 16) What can we build with? How much weight can your project hold? Let's be creative and find the likes of wood, blocks, sticks and stones, newspaper, cardboard & more to create visions into reality! The sky is your limit!

Week 3: I Love the 80's (June 19 – 23)
 Join us for a week of leg warmers, side ponytails, neon, music, dancing, 80's fashion

show, costume contest, dance off & much more!

Week 4: Cultural Week! (June 26 – 30)

Grab your passport! This exciting multicultural week will explore different foods, traditions, crafts and customs from all over the world! Be sure to join us and learn about various countries, while sampling 'authentic' food at our Worlds Fair Day this week!!

Week 5: Heroes all Around! (July 3 – 7, no camp July 4)

The sun is red hot, the sky is true blue, the clouds pop out white and our city rocks with might! We will be sharing this week with the 4th of July. We'll celebrate our countries history with a camp BBQ!

Week 6: Let's Rock! (July 10 – 14)

Do you like music, or have an interest in creating it? This camp will let you explore music from around the world as well as create your own – you won't want to miss our Lip Sync Show!

Week 7: Teens in Teams! (July 17 - 21)

Do you have spirit? Do you like sports games? TV shows? Board games? We're setting up the ultimate teen team battles in various challenges and activities.

Week 8: Color Wars! (July 24 – 28)

Campers will be in team challenges for various games and activities such as Capture the Flag, Tug-of-War, Scavenger Hunts and more! Each team will be assigned a color and will create a special chant, symbol and uniform to use throughout the week! Don't miss the most colorful, competitive and exciting camp of the summer!

Week 9: Ocean Commotion! (July 31 – August 4)

After a, hopefully, hot summer, it's time to cool off! Water week has everything you need for fun in the sun. Get ready for water games, sprinklers, and our giant water sensory play table. Don't forget your biggest squirt gun for our teen camp water fight!

CAMP ADD-ONS:

Swim Lessons (M/W)

June (6/5-6/28): \$45/child

July (7/10-8/2): \$45/child

Tennis Lessons (T/TH)

June (6/6-6/29): \$45/child

July (7/11-8/3): \$45/child

Young Rembrandts (Tues Mornings)

June (6/6-6/29): \$45/child

July (7/11-8/3): \$45/child

Guitar Lessons (TBD)

Youth Tech Inc. (TBD)

DISCOUNTS/OTHER CAMPS:

Save \$30 on summer camp enrollment fees when your child is concurrently enrolled into any of the following programs:

Challengers

June 12-16

July 31 -Aug 4

Lego

June 19-23

July 17-21

More information will be released in Summer Camp Enrollment Packet. Payment for the above camps due at time of enrollment.

Youth Classes & Programs

Young Rembrandts® Cartooning

What runs from ear-to-ear and is contagious? The SMILE your child will have as they get to explore the fun, artistic world of cartooning! Your child will wear the biggest smile as they laugh and learn while drawing fun superhero expressions in the month of January. In February, students will jump for joy and spring into action with our heroic unlikely heroes lesson. Hop into the month of April with our funny frogs. Your heart will smile when you see the cute and cuddly creatures students draw in our baby animals and vintage phone lessons. And it doesn't stop there; our lively cartoon class is packed with hilarious and silly characters and scenes — all new this season!

TUES: 4:30-5:30pm
\$65 • \$59MDR
Session I: 1/17-2/21
Session II: 3/21-4/25

Young Rembrandts® Preschool

Keep your preschoolers warm and engaged during the cold winter months. Imaginative thoughts dance through your preschooler's imagination as they draw silly mice and adorable ducks in January. The lineup in February is full of fun- we'll draw a mouthwatering pizza and design our own hat and mittens! There's no better way to warm up than with warm colors in our parrot drawing and pirate ship lesson. The month of April will roar with excitement as we draw a wonderful dinosaur. But it's not all about lizards; your student will take flight as they draw an adorable birds nest and colorful butterfly. Later, students will explore more color with our flower and kite lessons.

TUES: 9:30-10:15am
\$54 • \$49MDR
Session I: 1/17-2/21
Session II: 3/21-4/25



Young Rembrandts® Australian Tour Drawing Workshop

We can't wait to take a tour of Australia this spring break! This workshop will provide us plenty of opportunities to try different techniques and media all in the hopes of challenging our artistic skills. We work on drawing the Sydney Opera house and its unique shell-shaped design, explore cartooning with Australian-related jokes and scenes, and dabble in pastels as we draw a furry koala bear. Sign up for a unique and exciting drawing experience!

M-F: 1:00-3:00pm
\$71 • \$66MDR
3/13-3/17

AARP Tax-Aide (Kansas Tax Returns Only)

FREE tax assistance and preparation for taxpayers with low and middle income - with special attention to those age 60 & older, will be available to those with KANSAS returns ONLY. AARP Tax-Aide will be on Tuesday's from February 7 - April 11, 2017 by scheduled Appointments Only Starting January 9, 2017. You do not need to be a member of SPJCC, AARP or a retiree to use this service.

What you should bring when you visit an AARP Tax-Aide site:

- Social Security cards (or ITIN document, or Social Security document showing full name and full ID number) for you, your spouse (if MFJ), and all dependents
- Picture ID for you (and spouse if filing joint) such as a valid driver's license or other government issued ID
- Copy of previous year's tax returns
- All W-2 forms received
- All 1099 forms received (1099-INT, 1099-DIV, 1099-R, 1099-B, 1099-misc, SSA-1099, RRB-1099, CSA-Form1099-R, etc.)

- All forms indicating federal income tax paid
- Unemployment compensation statements
- Dependent care provider information (name, employer ID, social security number)
- Details of real estate taxes for claiming Kansas Homestead refunds or Safe Senior Property Tax refunds
- Summary list of receipts and canceled checks for deductible items - if itemizing
- If expecting a refund, please bring a CHECK with routing and account numbers for direct deposit. Bank deposit slips may not be used to verify routing and account numbers.

Tue: 9:00am-3:00pm
Feb. 7 - Apr. 11, 2017

Please schedule your time at the North Entry Desk or by calling 913.722.8200.

(AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.)

50 & Beyond

Health Benefit classes are FREE to qualifying insurance members who hold insurance memberships at SPJCC. All other participants must pay class fees listed below. For more information on Insurance Memberships see page 30. Dates and fees subject to change.

Health Benefit

Enhance your cardio fitness, improve flexibility and reduce falls in this fun class. Instructor, Cindy Haskell will help you regain movement, improve your overall fitness and fight the effects of aging. She will mix up exercises utilizing hand weights, cardio movements, stretching tubes, balance exercises and a number of other techniques. Join us for a fun and safe class. **SPJCC Insurance Members: In order for the class to be FREE, you MUST register for this class.**

T/TH: 10:30-11:00am (\$5 Pit-Stop)

T/TH: 11:15-11:45am (\$5 Pit-Stop)

1/3-2/2: \$35 • \$30MDR

2/7-3/2: \$29 • \$24MDR

3/7-3/30: \$29 • \$24MDR

4/4-4/27: \$29 • \$24MDR

Health Benefit Walk, Talk & Tone!

Work your brain as well as your body! Come join us for 45-minutes of fun and fitness. Join our great group of older active adults! Instructor Cindy Haskell will mix in motivation and coordination to keep you active and interested! **SPJCC Insurance Members: In order for the class to be FREE, you MUST register for this class.**

T/TH: 12:00-12:45pm (\$5 Pit-Stop)

1/3-2/2: \$35 • \$30MDR

2/7-3/2: \$29 • \$24MDR

3/7-3/30: \$29 • \$24MDR

4/4-4/27: \$29 • \$24MDR

Health Benefit Chair Yoga

Get all the benefits of yoga with this class for people who need the assistance of a chair. Improve balance, flexibility and strength in this fun and exciting class. Instructor: Cindy Haskell.

MON: 11:00-11:30am (\$5 Pit-Stop)

1/9-1/30: \$17 • \$12MDR

2/6-2/27: \$17 • \$12MDR

3/6-3/27: \$17 • \$12MDR

4/3-4/24: \$17 • \$12MDR

WED: 11:00-11:30am (\$5 Pit-Stop)

1/4-2/1: \$20 • \$15MDR

2/8-3/1: \$17 • \$12MDR

3/8-3/29: \$17 • \$12MDR

4/5-4/26: \$17 • \$12MDR

Health Benefit Aquatic Exercise

Aquatic Exercise uses the natural resistance of water to provide a safe, full-body workout. Tone and strengthen muscles, increase cardiovascular endurance and enjoy the feeling of being physically fit! Participants may bring their own aqua shoes. Instructor Shauna Utz. **SPJCC Insurance**

Members: In order for the class to be FREE, you MUST register for this class.

M-F: 8:00-8:55am

1/3-2/3: \$45 • \$40MDR (10 visits)

2/6-3/3: \$37 • \$32MDR (8 visits)

3/6-3/31: \$37 • \$32MDR (8 visits)

4/3-4/28: \$37 • \$32MDR (8 visits)

Health Benefit Aquatic Therapy

This class is designed to help those recovering from injury or illness, as well as those experiencing the natural degeneration of joints and muscles. Participants may bring their own aqua shoes. Instructor Shauna Utz. **SPJCC Insurance Members: In order for the class to be FREE, you MUST register for this class.**

M/W/F: 9:00-9:55am

1/3-2/3: \$45 • \$40MDR (10 visits)

2/6-3/3: \$37 • \$32MDR (8 visits)

3/6-3/31: \$37 • \$32MDR (8 visits)

4/3-4/28: \$37 • \$32MDR (8 visits)

Senior Weight & Cardio Training 101

Do you want to exercise, but do not know where to start? *Personal Trainer, Theo Pappas* will show you the basics, while making sure to teach you proper usage of each machine. Theo will help you feel more comfortable in the weight room and cardio room and 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: 8:00-9:00am

Dates: 1/14, 2/11, 3/11, 4/8

Free/Daily Pass for Non-Members

Exercise for Life 50+

Overcome the effects of aging through personal fitness and healthy lifestyle choices. Here information on the importance of proper diet and exercise for healthy daily living and the prevention of illness. Basic balance, weight bearing exercises, and stretching techniques help you enjoy a more active and productive life. *Personal Trainer Phyllis Peterson*

M/T/W/TH: 9:15-10:15am (\$6 Pit-Stop)

1/3-2/2: \$47.75 • \$42.75MDR (19 visits)

2/6-3/2: \$41 • \$36MDR (16 visits)

3/6-3/30: \$41 • \$36MDR (16 visits)

4/3-4/27: \$41 • \$36MDR (16 visits)

2X/Week: 9:15-10:15am (\$6 Pit-Stop)

1/3-2/2: \$35 • \$30MDR (10 visits)

2/6-3/2: \$29 • \$24MDR (8 visits)

3/6-3/30: \$29 • \$24MDR (8 visits)

4/3-4/27: \$29 • \$24MDR (8 visits)

SHICK

Senior Health Insurance Counseling for Kansas educates the public and assists consumers on topics related to Medicare and health insurance so they can make informed decisions. Trained counselors will be on site at SPJCC on Fridays, January 6-April 28 for individual appointments. To schedule a free, confidential counseling session with a SHICK counselor, please call Martha Maurin at 913-286-0292.

Free Blood Pressure Checks

Come by the Adult Lounge on the 3rd Wednesday of each month for a free blood pressure check provided by Vernon Place Preventative Health Chiropractic Clinic. According to the American Heart Association, 76.4 million U.S. adults have been diagnosed with high blood pressure, which is referred to as the "silent killer" because it usually presents no symptoms. High blood pressure can damage your arteries, heart and other organs and increase your risk for heart disease and stroke. Be proactive and stop in for a free check-up!

1/18, 2/15, 3/15, 4/19

8:30-10:30am

Located in the Adult Lounge

Senior Potluck

Join us for potluck lunches where we socialize and share stories. It's easy! Register and bring your favorite food dish to share with the rest of the group. Ages 50 & Older. Pre-Registration requested. It's Free!!

TUE: 12:00-2:00pm

Dates:

- 1/3: Cabin Fever
- 2/7: History Mystery
- 3/7: Sports Galore
- 4/4: April Showers

The American Stroke Foundation: Next Step Program

Reclaiming Hope. Rebuilding Lives.

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 and lengthy process. Participants can choose from a variety of activities and classes to improve and maintain physical fitness, communication, emotional health and a healthy life style. Participants are engaged with their families and their community and are taking the Next Step to live a quality life after stroke.

Pre-registration and intake assessment required. For more information: www.americanstroke.org or call 913-649-1776.

Ongoing Classes M/W/F: 9:30-2:30pm
\$70 monthly fee

Bridge

Bridge is a game of strategy and skill. Test yours by swinging by SPJCC on Monday afternoons for some friendly contract bridge play. We provide cards, score sheets, coffee and water.

MON: 12:30-3:30pm

\$1 • \$0.50MDR per person

B1 .. 073 .. B-I-N-G-O!

Everyone loves to win! Refreshments served with 10 games of bingo. Players receive two cards per game. Prizes are gift cards and/or variety gift packs. Give us a call and let us know you are coming; you can always pay at the door.

FRI: 1:30-3:00pm

\$4 • \$2MDR

- 1/20: Winter Bliss
- 2/17: History Buffs
- 3/24: March Madness
- 4/21: Springtime!

AARP Smart Drivers Course

Interested in improving your driving skills and at the same time reducing auto insurance premiums? AARP's Driver Safety class is designed to provide mature drivers with information they can use to protect themselves from crime in parking areas, to avoid serious accidents, and to deal effectively with road rage on the part of others. The course also shows how changes in vision, hearing and physical reflexes can impact driving skills. There are no tests – written or driving. Every insurance company that operates in the state of Kansas must offer a discount to drivers who attend this APPROVED driver safety course. All fees go toward covering class materials. 1-hr lunch break on your own. *Registration required - pay in classroom on the day of class. Make checks payable to AARP.*

T/W: 9:00am-1:00pm

3/21-3/22 (Must attend both days)

\$20 Non-AARP Mem • \$15 AARP Mem

50 & Beyond Matinee

Lights, Camera, Action! Do long lines and 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.

Do you come to the movie based on how you feel when you wake up or how the weather is outside? Be sure to place money on your account ahead of time - this will make it a breeze for you at the time of registration.

\$1 for Members

\$2 Non-Members



TUE: 12:30-3:00pm

- 1/10: Greater (PG)
- 1/24: The Dressmaker (R)
- 2/14: Deepwater Horizon (PG-13)
- 2/28: Sully (PG-13)
- 3/14: Magnificent Seven (PG-13)
- 3/28: Florence Foster Jenkins (PG-13)
- 4/11: Snowden (R)
- 4/25: Collateral Beauty (PG-13)

Health & Wellmobile

The Kansas City Health & Wellmobile is a consumer health education and wellness screening program designed to promote healthier living among local community residents while providing an opportunity for consumers to receive basic health screenings and services where the work, live, and play. The Kansas City Health & Wellmobile will be at the Sylvester Powell, Jr. Community Center on the second Tuesday of the month providing free and low-cost Health Screenings and Wellness Exams. Some of the services offered include; blood pressure screening, blood glucose screening, hearing screening, heel scan bone density screening, BMI screening, and many more. Stop by the adult lounge to see Rachel Garrison for your wellness screening needs!

TUES: 9:30am-11:30am

1/10, 4/11

50 & Beyond Day and Regional Trips

TRI-CITY Travel Showcase

1/13 & 1/14, FREE

Mission, Lenexa and Shawnee are happy to partner up again for 2017 and we can't wait to show you our great trips this year! Join us for our Tri-City Travel Showcase for an opportunity to register for trips through August with a deposit to secure your space. Showcase perk - if you pay for a trip in full, receive a 10% discount! During each show, one person will win a free trip and refreshments provided. Please pre-register and let us know you're coming by calling 913.722.8200.

- Thursday, January 13, 6:30pm - Evening Showcase (Shawnee Civic Center, 13817 Johnson Dr, Shawnee, KS 66216)
- Friday, January 14, 10am - Morning Showcase (Lenexa Senior Center, 13425 Walnut St, Lenexa, KS 66215)

BBQ & Brews

2/25, \$69/person

For centuries Kansas City has been home to some of the world's greatest barbecue.

From Gates to Jack Stack and every nook and crannie in between, Bill Nicks will take you on a tour through KC's barbecue history beginning with a presentation and ending with a guided tour through KC with a barbecue lunch the famous Arthur Bryant's. Wash down your favorite barbecue with a cold one as we make stops along the way to discuss, tour, and taste some of KC's local brews. Kansas City's rich history of Barbecue and Brews goes hand in hand during this interactive tour!

- Depart SPJCC at 8:30am
- Return approx. 3:00pm

NCAA Basketball

3/23, \$136/person

Avoid the hassle of driving downtown, parking and fighting the crowds by traveling with SPJCC to see the NCAA Semi-Finals at the Sprint Center. Price includes transportation, tickets and one drink ticket redeemable at the game.

- Depart SPJCC at TBD
- Return approx. TBD

Day of History

4/7, \$65/person

A day of remembrance! Travel back in time to that fateful morning in 79 A.D when Pompeii bustled as a commercial port and strategic trading city but was struck by tragedy forever changing the resident's lives. Featuring 200 artifacts at Union Station, we will enjoy a tour of the new exhibit followed by lunch at the Over There Cafe at the WWI Museum. A tour guide will help us explore the WWI museum after lunch. (Transportation: Passenger Van)

- Depart SPJCC at 11:00am
- Return approx. 6:00pm

Mystery Dinner Train

4/23, \$130/person

Hop aboard for the mystery dinner train! Intriguing and delightful cast keep us entertained as they deduce whodunit and why. All while we enjoy a wonderful dinner consisting of a seasonal three course meal, including a salad, entree and dessert. (Soft drinks, coffee & tea are included).

- Depart SPJCC at 9:00am
- Return approx. 4:00pm

Regional Trips

Blue Springs Ranch (Bourbon, MO)

Take a Missouri adventure with us! Explore Meramec Caverns and float 5 miles along the Meramec River. Sleeping accommodations include the cabin life with air conditioning and electricity at Blue Springs Ranch, while enjoying the ranch's great activities; horseback riding, zip-lining and songs by the campfire. On the way home, we'll tour the Onondaga State Cave after lunch at Skippy's Route 66. Trip fees include all activities (including canoe/kayak on the river), dinner on Thur/Fri, breakfast

& lunch on Fri/Sat, baggage handling, ADA motor-coach transportation, and parks & recreation escorts. rtation, and parks & recreation escorts.

Days/Dates: TH-Sa, July 20-22

Depart: Thurs, July 20 at 9:00AM

Return: Sat, July 22 at 10:00PM (Approx.)

Fee: TBD

\$50 deposit upon registration

Registration deadline: **June 30, 2017**

Final payment due: **July 7, 2017**



50 & Beyond Extended Trips

Full itineraries for all extended trips are available at SPJCC or on our website. Once registration form is completed, please turn in, attn: Sarah at the community center.

Extended Trip Presentation February 7th @ 2pm

Alaska Cruise Tour

Featuring a 4 Day Land Tour & 7 Nights Aboard the Norwegian Sun
11 Days - July 21, 2017

Price Includes:

- Fairbanks
- Riverboat Discovery Sternwheeler
- Denali
- Alaska Railroad Fairbanks to Denali
- Denali Wilderness Natural History Tour
- Anchorage City Tour
- Hubbard Glacier
- Skagway
- Juneau
- Icy Straight Point
- Ketchikan

Cruisetour Includes

- Roundtrip Airfare
- 3 Nights Hotel Accommodations
- 7 Night Cruise on the Norwegian Sun
- All Port Charges & Gov't. Taxes
- All Meals Onboard Ship: 20 Meals: 7-B, 6-L & 7-D
- Hotel & Ship Transfers
- Nightly Onboard Entertainment
- Baggage Handling
- Port Charges & Air Taxes

Tour Rates

Inside Stateroom - Category IB:

\$4499 pp double

Single Supplement: +\$1900

Ocean View Stateroom - Category OC:

\$4799 pp double

Single Supplement: +\$2200

Ocean View with Balcony - Category BA:

\$5599 pp double

Single Supplement: +\$2800

(pp=per person)

Deposit of \$500 per person is due with Reservation Form to secure reservations. Final Payment is due on Saturday, April 22, 2017.

National Parks & Canyons of the Southwest

Featuring Grand Canyon West, Zion & Bryce Canyon National Parks
7 Days - October 7, 2017

Price Includes:

- Grand Canyon West
- Grand Canyon Skywalk
- Bryce Canyon National Park
- Zion National Park
- Zion Park Tram Tour
- Las Vegas, Nevada
- St. George, Utah
- Valley of Fire State Park
- 6 Nights - One Resort Hotel - Mesquite, NV
- Optional Tour - Hoover Dam & Las Vegas
- Roundtrip Airfare - MCI
- Tour Director
- 9 Meals: 6-Breakfasts, 1-Lunch & 2-Dinners
- Motorcoach Transportation
- Sightseeing per Itinerary
- Hotel Transfers
- Baggage Handling

Tour Rates

Booking Discount*: \$1895 pp double

Regular Rate: \$1995 pp double

Single Supplement: +\$450

(pp=per person)

Discover Cuba

Featuring Havana, Varadero & Pinar del Rio
7 Days - October 25, 2017

Price Includes:

- 2 Nights Varadero: All-Inclusive Resort
- 4 Nights in Havana
- Matanzas School of Art & Music
- Pharmaceutical Museum
- Museum of the Revolution
- Old Havana Walking Tour (UNESCO)
- Home & Studio of Artist Jose Fuster
- Walking Tour of the Colon Cemetery

- Havana Club Rum Museum Tour
 - Hemingway's Farm - Finca La Vigia
 - Habana Compas Dance Group Performance
 - Old Style Classic Car Club Discussion
 - Nacional Hotel Tour
 - Former Cuban Baseball Player Discussion
 - Pinar Del Rio & Vinales Valley (UNESCO)
 - Cigar Factory Visit & Tour
 - Tobacco Farm & Farmhouse Visit
 - Air Departure Taxes & Fees
 - Havana Airport Departure Taxes
 - Cuban Visa & Cuban Health Insurance
 - 7 Nights First Class Hotel Accommodations
 - Professional Bilingual Cuban Guide
 - 16 Meals - (6B, 6L, 4D)
 - Interactions & Admissions per Itinerary.
 - Baggage Handling - (1 Checked Bag pp)
 - Deluxe Air Conditioned Motorcoach
 - Hotel & Airport Transfers In Cuba
- Tour Activity Level: 2**
Tour Rates Start At
Rate Per Person: \$5295 double occupancy* departure

Holland & the Heart of Europe

Featuring Amsterdam & Bruges
9 Days - October 25, 2017

Price Includes:

- 7 Nights at One Hotel in Valkenburg
- Windmills & Wooden Shoes Visit
- Three Country Tour
- Monschau, Germany
- Henri Chapelle U.S. Cemetery, Belgium
- Maastricht, the Netherlands
- Clervaux, Luxembourg
- Bastogne Historical Center

- Mardasson Liberty Memorial
 - Bruges City Tour
 - Bruges Canal Cruise
 - Amsterdam City Tour
 - Amsterdam Canal Cruise
 - 10 Meals: 7 - Breakfasts & 3 - Dinners
- Tour Activity Level: 3**
Tour Rates Start At
Rate Per Person: \$3250 double occupancy*

Vienna & Christmas Markets River Cruise

Featuring Rothenburg & Nuremberg
9 Days: December 3-11, 2017

Price Includes:

- 6 Nights aboard the Amadeus Silver II
- Roundtrip Airfare
- 1 Night Hotel - Frankfurt
- 18 Meals (7-B, 5-L & 6-D)
- Local Wine with Dinners Onboard
- Welcome & Farewell Dinners
- Ship Staff
- Vienna City Tour
- Extended Vienna Port Docking
- Frankfurt Christmas Market
- Wurzburg Visit
- Rothenburg Walking Tour & Christmas Market
- Nuremberg City Tour & Christmas Market
- Regensburg Walking Tour & Christmas Market
- Melk Abbey & Gluehwein Tasting
- Sound of Vienna Onboard Concert
- Passau

Tour Rates Start At

Rate Per Person: \$3395 double occupancy*

Rules & Regulations

Rules & Regulations

1. Every participant must have a membership, purchase a daily pass or be attending a class and must check in at the (north or south) entry desk.

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

WEIGHT/CARDIO ROOM: Youth must be at least 14 years old to use weight room equipment.

POOL: Youth must be at least 14 years old to use sauna, steam room and hot tub.

TRACK: Youth under 14 years must have an adult by their side at all times.

3. No organized/structured practices can be conducted in the building without having rented a particular area, regardless of membership status.

4. Only SPJCC Personal Trainers and Instructors are allowed to conduct personal training sessions or instruction to other individuals in the Community Center.

5. Each room may have specific rules that may not exist in other areas. Please ask if you have questions.

6. Patrons who damage the facility or abuse the privileges may forfeit the ability to use the Center without refund.

Community Center Facility Policies

1. BE RESPECTFUL

The facility is here for everyone to enjoy. Damage to the facility increases costs, creates an unsafe atmosphere, and prevents others from enjoying their experience. Please use the facility with care.

2. BE COURTEOUS

All patrons are here to enjoy the benefits of recreation. Please be considerate of others who are using the same area or equipment.

3. ASK QUESTIONS

If you are unsure of how to use any part of the Center, or have questions about classes and activities, please ask. Facility staff is available during all open hours to assist every patron.

Community Center Benefits

For Members and Patrons Who Have Paid A Daily Fee

FREE Weight Training 101

Are you looking for someone to demonstrate what the selectorized, dumbbells, barbells, Maxx Racks, and the Cable Pulley equipment does and how to use them? The Mission Parks and Recreation Department offers weight room orientations for members and people paying daily fees. Hurry and enroll now - orientation limited to first 10 participants! Ages 14 & older.

SAT: 8:00-9:00am

Dates: 1/21, 2/18, 3/18, 4/22

FREE Cardio Training 101

Learn how to take full advantage of the cardio equipment! Track your mileage, calories burned and progress charts available on most machines. Also, learn how to use the machines to develop a balanced workout and avoid injuries. Hurry and enroll now - class limited to the first 10 participants! Ages 14 & older. For more

information on the Life Fitness Virtual Trainer Program, log on to virtualtrainer.lifefitness.com.
SAT: 7:00-8:00am

Dates: 1/21, 2/18, 3/18, 4/22

FREE Open Volleyball

Come by yourself or bring a group of friends to the Sylvester Powell, Jr. Community Center's open volleyball. Games will be created on a first-come, first-serve basis. Free for members and daily rate for all other participants!

MON: 4:30-6:30pm (Ct#4 only)
(10-18 y/o ONLY)

M/W: 6:30-9:00pm (Ct#3 & Ct#4 only)
(14+ y/o)

SUN: 3:00-5:00pm (Ct#2) (14+ y/o)

FREE Open Racquetball

To reserve a racquetball court, please visit the either Entry Desk of the community center or call (913) 722-8200. Ages 10 & older. Under 10 must be accompanied by a parent.

***Wallyball Net available to check out!**

FREE Tot Time Swim

Open Swim for Children Ages 5 & Under

- Parent or Guardian must be in the pool with child
- All Floatation Devices must be stamped as US Coast Guard Approved
- All Non-Toilet trained children must wear a swim diaper and proper swim attire at all times. Infant swim diapers are available for purchase at the South Entry Desk
- Mushroom will be turned on, but the slide will NOT be turned on T/Th: 10:00-11:30am

Pickleball

Winter Hours:

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

Saturday: 9:30-11:30am (1 court)

10:30-11:30am (3 courts)

***Limited space March 13-17**

***No Pickleball 3/4, 4/1, 4/15**

All days/times subject to change.

Membership Information

Welcome to SPJCC! We know you have a choice when choosing to join a gym or community center, so we hope we're a perfect fit for you! We feel very privileged every time someone joins our Community Center and we can't wait to see you around!

Members Benefits Include: (page 29)

- *Discounts on Classes & Personal Training*
- *Discount on the Mission Family Aquatic Center Membership*
- *Tot Time Swim on Tuesday/Thursday from 10:00-11:30am (Ages 5 and under)*
- *Discount on Child Care*
- *Weight/Cardio Trainings*
- *Open Volleyball (M/W/Sun)*
- *Pickleball at Scheduled Times*
- *Racquetball*

MISSION RESIDENT & MISSION BUSINESS RATES*

	ANNUAL	6-MONTH
Individual Youth	\$246/ BD \$26	\$170
Individual Adult	\$318/ BD \$32	\$220
Individual Senior	\$246/ BD \$26	\$170
Senior Couple	\$443/ BD \$42	\$300
Family	\$504/BD \$47	\$340

NON-MISSION RESIDENT RATES

	ANNUAL	6-MONTH
Individual Youth	\$329/ BD \$32	\$230
Individual Adult	\$452/ BD \$43	\$320
Individual Senior	\$329/ BD \$32	\$230
Senior Couple	\$591/ BD \$54	\$400
Family	\$761/ BD \$68	\$480

PREMIUM MEMBERSHIP

This membership option includes one monthly class session (up to \$45) per month per membership for each 12 month period, at no additional cost.

Premium (Res./bus.)	ANNUAL
Individual Youth	\$496/ BD \$46.83
Individual Adult	\$568/ BD \$52.83
Individual Senior	\$496/ BD \$46.83
Senior Couple	\$693/ BD \$62.83
Family	\$754/ BD \$67.83

Premium (Non-Resident)	ANNUAL
Individual Youth	\$579/ BD \$52.83
Individual Adult	\$702/ BD \$63.83
Individual Senior	\$579/ BD \$52.83
Senior Couple	\$841/ BD \$74.83
Family	\$1011/ BD \$88.83

BD's (Bank Drafts) are listed accordingly and are considered an annual membership for the first year and will be renewed monthly after completion of initial term. Cancellation requests must be provided in writing or via email before they will be processed. Fees are drafted on the 15th of each month. Any fees that are not collected on the 15th will be assessed a \$20 late fee.

*Proof of residency required for Mission residents or proof of employment required for Mission business employees and additional members 18 and older.

MEMBERSHIP PROGRAM FOR SENIORS

1. Medicare-eligible members can enjoy a membership through several participating insurance companies. Members are required to attend at least once a month to maintain the membership.
2. For these participants, we offer a limited amount of FREE classes, called Health Benefit, on page 25. You must register for these classes.
3. Check with your insurance provider on whether your plan will cover membership fees or bring your insurance card to SPJCC and we can check for you! Advantage plans through Coventry, Humana, Blue Cross/Blue Shield and UnitedHealthCare/AARP are the main companies accepted through SilverSneakers and Cigna & Aetna through Silver & Fit. For more information, contact Janet Moore, Membership Coordinator, at 913.722.8221. Proof of insurance required.

Facility Amenities

ADULT LOUNGE has comfortable seating, a flat-screen TV and free coffee! (18 & older)

INDOOR POOL features three lanes for lap swimming, lazy river, mushroom and slide for children and hot tub, sauna and steam room for adults. For age restrictions, see Pool Rules on page 5.

CARDIO ROOM features over 35 pieces of state-of-the-art cardio equipment with the latest Life Fitness treadmills, ellipticals, flex striders, exercise bikes and two Power Mills. Most pieces are equipped with flat-screen LDC's for watching your favorite cable show or doing a virtual run through the mountains. WiFi, internet capability and Life Fitness Virtual Training Program on most machines.

ON-SITE CHILDCARE is available for a two hour maximum length of stay. (Ages infant - 10 yrs.)
 \$3.00 per child for non-members \$1.00 per child for members
 Monday–Friday: 8:00am–12:00pm
 Monday–Thursday: 5:00pm–8:00pm
 Saturday: 9:00am–12:00pm

GYMNASIUMS 4 Courts, at least 1 court open for basketball at all times. (Ages 10 & under must be accompanied by a parent/guardian.)
 SOUTH includes: Ct#1 & Ct#2
 NORTH includes: Ct#3 & Ct#4

INDOOR TRACK 1/10 of a mile rubberized-oval with 3 lanes.

RACQUETBALL COURTS (2) are available and 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. (Ages 10 & under must be accompanied by a parent/guardian.)

CYCLE STUDIO is equipped with bikes and is open for members to use during non-class times. Workout videos available for check-out at the South Entry Desk. (14 & older)

WEIGHT ROOM will meet your needs for weight lifting and physical fitness! Featuring MTS circuits for multi-muscle toning, plate-loaded machines, and free weights, including dumbbells ranging from 3 - 100 lbs! (14 & older)



Mission Parks - a Place to Play

Find Your Perfect Park

Broadmoor Shelter



Andersen Shelter



	Restrooms (Summer Only)	Picnic Shelter	Pergola	Play-ground	Tennis Courts	Water Fountains	Walking Trail (miles)	Soccer Fields	Softball Fields	Picnic Tables	BBQ Grills	Electricity
Andersen Park 6000 W. 61st St.	✓	✓		2	2	✓				2	✓	✓
Broadmoor Park 5701 Broadmoor	✓	✓		✓			.3	1	1	4	✓	✓
Mohawk Park 67th & Lamar				2			.4	1	1	1		
Park on Beverly 5935 Beverly			✓									
Pearl Harbor Park Martway & Maple			✓									
Streamway Park 51st & Foxridge		✓					.4			2		
Waterworks Park 53rd & Woodson		✓		2			.3	1	1	2	✓	

reserve a park

Enjoy the green open spaces, fresh air and sunshine found at Mission's City Parks! Select from seven spacious parks to treat yourself or the entire family to a day of play.

Offering playground equipment, walking trails, shelters, barbeque grills, picnic areas, rest rooms, ball fields and space for special events, Mission's parks are enjoyable places to spend the day!

Rent out a shelter for a maximum of 4 hours or a sports field for up to 1.5 hours. Each rental is subject to a \$50 security damage deposit.

\$5.00 per hour for a shelter or field for Mission Residents \$10.00 per hour for a shelter or field for Non-Mission Residents

Contact Natalie Lucas, Rental Coordinator, at 913.722.8215, to book your team practices or a fun-filled day of play!



BUNNY EGGSTRAVAGANZA



Sylvester Powell, Jr. Community Center (North Side)
Saturday, April 15th, 2017
10:00am-12:00pm (See Individual Hunt Times Below)

FREE ADMISSION

Bring the family for the annual Bunny Eggstravaganza! This exciting holiday event features egg hunts for all ages, clowns, balloon artists and a visit from two very special Bunnies!! Bring your camera and a pail to hold all your eggs, candy and prizes.

EGG HUNT TIMES

10 & Older Scavenger Hunt	10:15am
8 Months-1 1/2 Yrs. (with parent)	10:30am
1 1/2- 3 Yrs. (no parents)	10:50am
1 1/2- 3 Yrs. (with parent)	10:50am
4-6 Yrs.	11:10am
7-9 Yrs.	11:30am

ACTIVITIES AND SPECIAL VISITORS

Mission Police Department Car & Motorcycle
JOCO Fire District #2 Fire Engine
Up, Up and Away Balloons
Abdallah Clowns
Face Painting
Children's Inflatables
Janie Next Door



Save the Date

Bridal Expo 2017

Presented by:
The Sylvester Powell, Jr. Community Center and Event Planning Divas



Saturday, January 21st, 2017

6:30-8:00pm - Vendor Consultations

8:00-10:00pm - Mock Reception

*Appetizers, Alcoholic and non-Alcoholic Beverages,
Dessert and DJ*

Raffle for a \$1000 Decor & Photography package from Event Planning Divas and \$500 off a Reception Package from SPJCC.

(Raffle at 8:15pm - must be present to win.)

For more information, contact the Rental Coordinator at 913.722.8215.

www.missionks.org

