

ADVENTURE GUIDE



**From Dream to Reality...
25 Years of Success**



Special Events for City of Mission

September

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

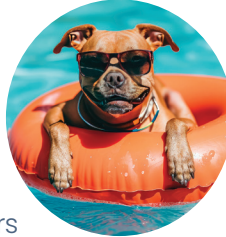
PCC 25th Anniversary Open House Sept. 9-12

October

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

Pool Party for Pooches

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



T: September 3
5:30-6:15PM (25 lbs or less) or 6:30-7:15PM
\$6/dog per session

Floating Pumpkin Patch

Splash into our pool pumpkin patch to find the most perfect Jack-o'-lantern! Enjoy games, crafts and refreshments. Children can come dressed in their costumes but remember a bathing suit! Preregistration required and children must be accompanied by an adult. Ages 2-12 yrs.



SAT: October 5
10AM
\$15/child

Powell Community Center 25th Anniversary

Open House, tours, giveaways, swag, fitness class and amenity use. Detailed schedule available at www.missionks.org.

No membership required!
September 9-12
5-8PM
FREE



25th Anniversary Celebration

Cake, crafts, giveaways, dive-in movie, scavenger hunt, games and prizes!

F: September 13
5-8PM
FREE

Spooky Walk

A night of haunts! Explore stations along the trail in Streamway Park. Silverwood Apartments and Mission Parks + Recreation puts on a SPOOKY show!



F: October 18
6-8PM
(Parking at 5701 Broadmoor)
Shuttle service provided.

FREE

Indoor Playground Costume Parade

Put on your finest costumes and come parade throughout the PCC for candy, treats and more!



T: October 29
10:30AM
FREE

November

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

December

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

PCC
Membership
Drive
Dec. 26-Jan. 4



Family Fun Night

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

F: November 1
5-8PM

FREE



Thanks for Seniors

Enjoy a delightful Thanksgiving style meal with musical entertainment, giveaways and so much fun!

TH: November 21
11:30AM-2PM

\$15/person

Cyber Monday

Discounted Annual Membership
(Paid in full only)
M: December 2



Holiday Lights + Festive Sights

Experience the magic of "Holiday Lights and Festive Sights" at the Mayor's Tree Lighting! Enjoy a dazzling tree lighting ceremony, explore a holiday market with local vendors, and indulge in festive family activities like games, crafts, and s'mores by the fire. It's the perfect evening to kick off the holiday season and create lasting memories.

F: December 6

6-9PM **FREE**

Cocktails with Mrs. Claus

Mrs. Claus is the hostess with the mostest and she's bringing the holiday cheer to you this season. Savor some of the North Pole's finest appetizers, while Mrs. Claus and her favorite elf shows you how to make two amazing winter cocktails! Prepare yourself for a spirited game of Christmas Carol Bingo and make sure to wear your most festive ugly sweater; Mrs. Claus will be handing out presents to all the good girls and boys. If you need care for your little ones, Mrs. Claus has brought several of her elves to provide activities for your children.



TH: December 19

6-8 PM

\$55/person (includes 2 hours of child watch for 1 child; add'l child \$10)

Burn Before the Turkey

Grab one last workout before the BIG meal! Free with a donation of 3 non-perishable items. Workout options include cycle, strength or aqua class.

W: November 27
6PM

FREE

(with three non-perishable items)



PCC Membership Drive

Thursday, December 26 - Saturday, January 4
Annual Membership Savings
(New paid in full only.)

Winter Waterland



Join us for an unforgettable winter extravaganza at our Winter Waterland Pool Party and Dive-In Movie event!
F: Jan 3 6-8pm \$10/child

Hours

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

2024 Holidays

September 2 - Labor Day	CLOSED
November 23 - Thanksgiving	CLOSED
December 24 - Christmas Eve	5:30AM-2PM
December 25 - Christmas	CLOSED
December 31 - New Year's Eve	5:30AM-2PM
January 1 - New Year's Day	CLOSED

PCC Daily Entry Fees

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

Welcome to the Powell Community Center

6200 Martway St.

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3 Ways To Take A Class

• JOIN THE PCC

Membership includes most adult fitness classes
(excludes premium classes).

• DAILY PASS

Purchase a pass; which gives full access to the facility
& adult fitness classes held that day.

• REGISTER FOR A SESSION

Reserve your spot in class and save money.

3 WAYS TO REGISTER

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

PCC Membership Information

Members Benefits Include:

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

RESIDENT & MISSION BUSINESS RATES*

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

NON-RESIDENT RATES

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

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

Membership Program with Insurance Benefits

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

Call 913.722.8200 with questions. Proof of insurance required.

Community Center Member Benefits

For Members + Patrons Who Have Paid A Daily Fee

FREE Cardio/Weight Training 101

A PCC Personal Trainer will teach you how to properly use the weight equipment and help you learn how to use the cardio equipment to develop a balanced workout and avoid injuries. Class limited to 6 participants, 14+ years.

SAT: 7:30-8:30AM

Dates: 9/21, 10/19, 11/16, 12/21

FREE for members/daily pass

FREE Racquetball

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

FREE Open Volleyball

Games will be created on a first-come, first-served basis. 14+ yrs.

M/W: 7-9PM (Ct#3)

FREE Tot Time Swim

T/TH: 9-11AM

Open Swim for Children Ages 5 & Under

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

Pickleball

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

SAT: 9AM-12PM (3 courts)

*All days/times subject to change.

Free for Community Center Members

\$5/day per person • 10 Visit Punch Card: \$45



50 & Beyond

50 & Beyond Matinee

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

\$1 for Members • \$2 Non-Members

9/10: The Fall Guy (PG-13)

9/24: The Long Game (PG)

10/8: We Grown Now (PG)

10/22: Ezra (R)

11/5: Longing (R)

11/19: Twisters (PG-13)

12/3: A Most Beautiful Thing (NR)

12/17: It Ends with Us (R)



BINGO

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

F: 1:30-3PM

\$5 • \$3MDR

9/20: Football Season

10/25: Happy Halloween!

11/15: Thankful

12/13: Holiday Season

AARP Smart Driver Course



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

SAT: October 12

9AM-1PM

AARP Members: \$20/person

Non-AARP Members: \$25/person



The American Stroke Foundation: Next Step Program

The Next Step program of the American Stroke Foundation helps stroke survivors take the next step after formal medical care. Because a stroke impacts the brain, the most complex organ in our body, stroke recovery is a complex & lengthy process. Participants can choose from a variety of activities & classes to improve & maintain physical fitness, communication, emotional health & a healthy lifestyle. Participants are engaged with their families & their community & are taking the Next Step to live a quality life after stroke. Pre-registration and intake assessment required. For more information: www.americanstroke.org or call 913.649.1776.

M/W/F: 9:30AM-2:30PM

\$80 monthly fee.

Senior Weight & Cardio Training 101

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

SAT: 7:30-8:30AM

Dates: 9/14, 10/12, 11/9, 12/14

Free/Daily Pass for Non-Members

Exercise for Life 50+

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

T/TH: 9:15-10AM

Cardio Pump

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

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



Zumba Gold

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

Jan Peck (FRI) & Vici Simmons (SAT)

F: 10-10:45AM

SAT: 8-8:55AM



The Art of Relaxation

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

Instructor: Jan Peck

W: 9:30-10AM

Track Pass

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

20-Visit Punch Card:

\$27 Non-resident • \$20 Resident



Fitness Classes FREE to PCC Members!



Adult Aquatics
pg. 24



Adult Fitness
pg. 11



Health BeneFIT

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

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

Registration Open Dates for Summer

- Sept: 8/12
- Oct: 9/23
- Nov: 10/28
- Dec: 11/25
- Jan 2025: 12/16

Health BeneFIT

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

T: 10:15-10:45AM

T: 11-11:30AM

TH: 10:15-10:45AM

TH: 11-11:30AM



Thanks for Seniors

Thursday, November 21

\$15

Enjoy a delightful Thanksgiving style meal with musical entertainment, giveaways and so much fun!

11:30AM-2PM



Health BeneFIT AM Water Aerobics

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

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

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

T/TH: 8-8:40AM



SilverSneakers Yoga

Get ready to move through a complete series of seated & standing yoga poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity. This class is suitable for nearly every fitness level. Instructor: Sylvia Crawford (M) & Jan Peck (W).

Participants may ONLY enroll into AND attend ONE SSYoga class/day.

M: 10:15-10:45AM

M: 11-11:30AM

M: 11:45AM-12:15PM

W: 10:15-10:45AM

W: 11-11:30AM

W: 11:45AM-12:15PM

50 & Beyond Trips



Meow at the Moon

Wednesday, September 18
\$110

It's time to meow at the moon in Louisburg, KS! We'll kick off the tour at the Cedar Cove Cat Sanctuary. With a private tour we will learn about the big cats at Cedar Cove, their species and their stories. You can visit Louisburg without stopping by the Louisburg Cider Mill Country Store. We'll enjoy dinner at Timber Creek Bar & Grill before taking in the night sky at the Powell Observatory. With a full moon and Saturn popping up, we are in for a treat!

(Transportation: Motorcoach)
Depart PCC: 12:55PM
Return PCC (approx): 10:35PM



Historic Topeka

Wednesday, October 2
\$95

Hop on board, we're headed our State Capitol! We'll have Dwight Eisenhower join us on the ride down for some history before we visit Brown v Board of Education. We'll break for a fried chicken lunch at the Hanover Pancake House and wrap up the day with a Kansas State Capitol Tour.

(Transportation: Motorcoach)
Depart PCC: 8:40AM
Return PCC (approx): 5:20PM

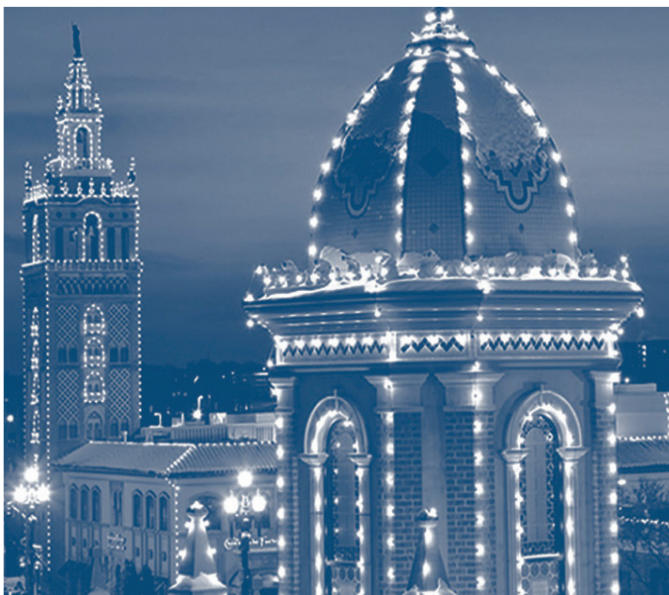


Disney 100

Wednesday, November 6
\$69

The Disney 100 Exhibit is only available for a limited time at Union Station! With over 250 artifacts from the Walt Disney Archives, we are in for a real treat! After the exhibit we will check out Crown Center for lunch (on your own) and shopping. Before heading back let's check out the treasures at the Hallmark Museum!

(Transportation: Motorcoach)
Depart PCC: 9:40AM
Return PCC (approx): 3:05PM



Holiday Lights Tour

Tuesday, December 3
\$25

Our annual trip around the metro getting into the holiday spirit! We'll start in the Plaza and make our way to the Mayor's Christmas tree in Crown Center. We'll head to Longview Lake to see Christmas in the Park and end our evening at Deanna Rose Farmstead. Dinner/beverage stop at Quik Trip during the evening.

Depart PCC: 4:45PM
Return PCC (approx): 8:45PM



50 & Beyond Trips

Extended Travel Trips



Costa Rica

9 Days – January 22, 2025

Price Includes:

- 8 Nights Hotel Accommodations
- 1 Night – Hotel Crowne Plaza Corobici, San Jose
- 2 Nights – Arenal Paraiso or Montana de Fuego, La Fortuna
- 2 Nights – Hotel El Establo, Montana Monteverde or Hotel Heliconia, Monteverde
- 2 Nights – Croc’s Resort & Casino or Jaco Laguna Resort & Beach Club, Jaco /Hermosa Beach Area
- 1 Night – Hotel Crowne Plaza Corobici, San Jose
- San Jose Poas Volcano National Park
- Coffee Plantation Visit
- Arenal Volcano National Park
- Sarchi Artisan Village
- Monteverde Cloud Forest Reserve
- Selvatura Park & Hanging Bridges
- Butterfly Garden
- Manuel Antonio National Park
- Carara National Park
- Orchid Garden Tour
- Jungle Crocodile Safari Cruise
- Roundtrip Airfare – MCI Int’l Air Departure Taxes, Fuel & Fees
- 14 Meals: 8 – B & 6–D
- Professional Naturalist Tour Director
- Motorcoach Transportation
- Hotel Transfers/Baggage Handling at Hotels
- Admissions & comprehensive sightseeing per Itinerary
- Tour Activity LEVEL 3

Tour Rates Start At Booking Discount*: \$3599 pp double occ Regular Rate: \$3699 pp double occ

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



San Diego

6 Days – February 20, 2025

Price Includes:

- 5 Nights – Embassy Suites San Diego Bay Downtown or Hilton Garden Inn San Diego Old Town, San Diego
- Old Town San Diego
- San Diego City Tour
- USS Midway Museum
- San Diego Harbor Cruise
- Palm Springs City Tour
- Temecula Valley Wine Tasting
- San Diego Zoo with Guided Bus Tour
- Pacific Surfliner Train
- Mission San Juan Capistrano
- La Jolla
- Coronado Island
- Roundtrip Airfare – MCI
- 8 Meals: 5 – B & 3 – D
- Professional Tour Director
- Motorcoach Transportation
- Baggage Handling at Hotels
- Admissions & comprehensive sightseeing per Itinerary
- Tour Activity LEVEL 3

Tour Rates Start At Booking Discount*: \$3399 pp double occ Regular Rate: \$3499 pp double occ

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



Rome & the Country Roads of Tuscany

9 Days – March 25, 2025

Price Includes:

- 5 Nights – Hotel Adua, Hotel Puccini or Hotel Manzoni, Montecatini Terme, Italy
- 2 Nights – Hotel President, Starhotels Metropole or NH Villa Carpegna, Rome
- Siena Walking Tour
- San Gimignano Visit
- Florence City Tour
- Academy Gallery – Statue of David
- Leaning Tower of Pisa
- Pisa’s Piazza Dei Miracoli
- Lucca Visit
- Assisi Tour
- Rome City Tour
- St. Peter’s Basilica
- Tuscany Winery Visit & Tasting
- Roman Farewell Dinner
- Roundtrip Airfare – MCI Int’l Air Departure Taxes, Fuel & Fees
- 10 Meals: 7 – B & 3 – D
- Professional Tour Director
- Motorcoach Transportation
- Hotel Transfers/Baggage Handling at Hotels
- Admissions & comprehensive sightseeing per Itinerary
- Tour Activity LEVEL 4

Tour Rates Start At Booking Discount*: \$4199 pp double occ Regular Rate: \$4299 pp double occ

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

Adult Fitness Schedule Fall 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early AM 5:30-8AM	Grid Iron 5:30AM	Cycle X 6:15AM	Basic Flow Yoga 7AM	Metabolic MAYHEM 6:30AM	Grid Iron 5:30AM	
	Core Fusion 6:30AM	Metabolic MAYHEM 6:30AM		Morning Ride 7:30AM	Core Fusion 6:30AM	
	AM Water Aerobics 8AM	AM Water Aerobics 8AM	AM Water Aerobics 8AM	AM Water Aerobics 8AM	AM Water Aerobics 8AM	Zumba Gold 8AM
Later AM 8-12PM	Functional Yoga 9AM	Exercise for Life 50+ 9:15AM	AM Water Aerobics 8:50AM	Aqua Zumba 9AM	AM Water Aerobics 8:50AM	Cardio Blast 8:20AM
	AM Water Aerobics 8:50AM	Barbell Burn 9:30AM	Art of Relaxation 9:30AM	Exercise for Life 50+ 9:15AM	Zumba Gold 10AM	Shape Up Bootcamp 9AM
	SilverSneakers Yoga 10:15AM	Health BeneFIT 10:15AM	SilverSneakers Yoga 10:15AM	Barbell Burn 9:30AM		Hatha Flow 9AM
	11AM	11AM	11AM	10:30AM		Karate, Beg. 9AM
	11:45AM	Cardio Pump 11:45AM	11:45AM	Health BeneFIT 10:15AM	Health BeneFIT 11AM	Pickleball 9AM-12PM
			Cardio Pump 11:45AM		Hula Hoop Beg. (\$\$) 10AM	Tai Chi 10AM
						Adult Beg. Swim Lessons 11:20AM
Mid-Day 12-5PM	Pickleball 12:15-3:15PM	Pickleball 12:15-3:15PM	Pickleball 12:15-3:15PM	Pickleball 12:15-3:15PM	Pickleball 12:15-3:15PM	
Evening 5-9PM	PM Water Aerobics 5:35PM	Hatha Yoga 6PM	Classical Stretching with Essentrics 4:30PM	Belly Dance (Adv) 5PM		Kendo 1PM
	Rep & Ride 5:45PM	Bollywood Fitness 6PM	Aqua Zumba 5:35PM	Power Cycle 5:45PM		
	Strength Training 5:45PM	Adult Beg. Swim Lessons 6:10PM	Rep & Ride 5:45PM	Belly Dance (Beg) 6PM		
	Yoga Flow 7PM	Shape Up Bootcamp 6:30PM	PiYo 6PM	Adult Beg. Swim Lessons 6:10PM		
	Tai Chi 7PM	Zumba 7PM	Karate, Beg. 6:30PM	Bollywood Fitness 7PM		
		Tai Chi 7PM	Yoga Flow 7PM	Tai Chi 7PM		
			Tai Chi 7PM			

Fitness Classes FREE to PCC Members!

Sign up for membership today!



Weekend Cardio Blast

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

SAT: 8:20AM

Strength Training

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

M: 5:45-6:30PM

Shape Up Bootcamp

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

T: 6:30-7:25PM

SAT: 9-10AM



Adult Fitness

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

PiYo

Mix of cardio, Pilates and yoga, designed to burn calories and make you sweat!

Instructor: Jenn Basuel

W: 6-6:45PM

Morning Ride

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

TH: 7:30-8:15AM

Barbell Burn

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

T/TH: 9:30-10:30AM

10:30-11:30AM

Cycle X

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

Instructor: Becky Weaver

T: 6:15-7AM

Rep & Ride

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

Instructor: Maryellen Potts

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

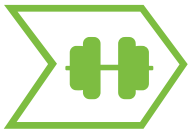
Power Cycle

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

TH: 5:45-6:30PM

Member Benefits:

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



Track Pass

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

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

Kendo

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

SAT: 1-3:30PM

Power Plate Training

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

\$10/person

Metabolic Mayhem

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

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



Pickleball

What is Pickleball?

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

Pickleball

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

*All days/times subject to change.

Free for Community Center Members

\$5/day per person
10 Visit Punch Card: \$45

Connect with us on Social Media!



Facebook:

@MissionKSParksRec

Instagram:

Mission Parks & Rec

X (formerly Twitter):

@MissionKSParksRec



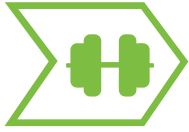
SCAN ME

Grid Iron

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

CORE Fusion

A scientific core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core. Each workout features a mix of proven core exercises and new integrated core training innovations. Instructor: Kari Napier
M/F: 6:30AM



Bollywood Fitness

Dance and Fitness on Bollywood BEATS! Experience a different culture & learn some new dance moves, all while getting a great workout! Ages 14 & Older.
Instructor: Shyamly Jaiswal
T: 6-6:55PM
TH: 7-7:55PM

Zumba®

Zumba is an exhilarating, effective, easy-to-follow, Latin inspired, calorie-burning dance fitness party. This program features Salsa, Merengue, Cha Cha, Mambo, Samba, Belly Dancing, Reggaetone & Cumbia. Join the Party! Instructor: Angie Sherwood
T: 7-7:45PM



Belly Dance

Belly dance is a great workout for your entire body & you'll really work up a sweat!
Instructor: Anca Gaena
TH: Advanced 5-5:45PM
TH: Beginner 6-6:45PM



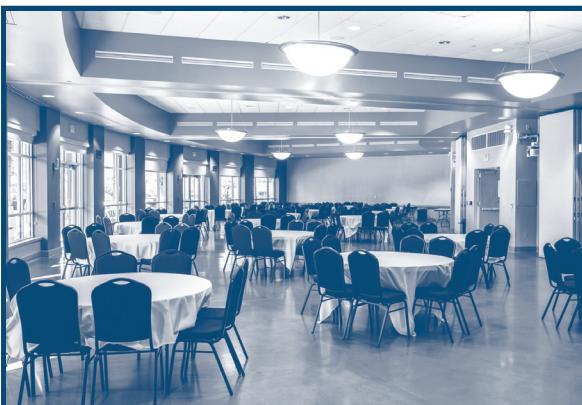
Private Tap Lessons

Learn how to tap with KC Dazzler's Cherrie Lucas. She offers private and semi-private lessons. Call for availability: 816.665.6061
Private 45 minute lesson: \$25/person
Semi-Private 45 minute lesson: \$20/person



Beginner Hula Hooping & Hoop Dancing

Scaredy Cats Welcome! Bring a friend & try a new way to burn big calories! Hula Hooping is low impact, ideal for the core & a great cardio work-out. It improves balance, flexibility, agility & tones. MOST OF ALL IT'S FUN! Beginner Hoops Provided. To register or for more details go to www.kchoopgirl.com. Or reach out to Sirena at kchoopgirl@gmail.com or 816.591.5186. Instructor: KC Hoop Girl, Sirena Beyer
SAT: 10-11AM (\$10 Pit-Stop or purchase a punch card at www.kchoopgirl.com)



Let Us Host Your Event

Up to 200 people. Small rooms also available.

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

Contact us at 913.722.8215 or nlucas@missionks.org

Mind + Body Fitness



Functional Yoga

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

M: 9-10AM

Basic Flow Yoga

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

W/F: 7-8AM

Yoga Flow

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

M/W: 7-8PM

Classical Stretching with Essentrics

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

W: 4:30-5:30PM

Hatha Yoga Flow

Basic and gentle yoga focusing on alignment and the physical and mental benefits of poses.

Perfect for beginners! Instructor: Olivia Wilson

T: 6-7PM

SAT: 9-10AM

The Art of Relaxation

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

Instructor: Jan Peck

W: 9:30-10AM

Tai Chi

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

M/T/W/TH: 7-8PM

SAT: 10-11AM



Specialized Recreation Club

All Things Pickles

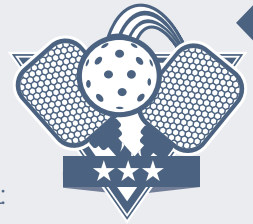
SAT, September 21
4-6PM

\$30 • \$25MDR

DEADLINE TO ENROLL:

WED, Sept 18

Price includes snacks/drinks. We'll have a short introduction into pickleball, with some time to play! Then we'll enjoy trying some pickle foods!



15



Holiday Prep!

SAT, October 19
6-8PM

\$30 • \$25MDR

DEADLINE TO ENROLL: WED, July 17

Ideas, instruction, & practicing on how to host Holiday Gatherings!



ZEN

SAT, November 16
7-9PM

\$30 • \$25MDR

DEADLINE TO ENROLL: WED, Nov 13

Price includes supper, snacks/drinks. Chair Yoga, candle making, meditation

Holiday BINGO

SAT, December 21
7-9PM

\$30 • \$25MDR

DEADLINE TO ENROLL: WED, Nov 13

Price includes supper, snacks/drinks.



Personal Training

How do I book a personal trainer?

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

Personal Training Rates

1 Person: \$55 • \$50MDR

2 People: \$46 • \$41MDR (per person)

3 People: \$43 • \$38MDR (per person)

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



PHYLLIS
PETERSON
913.638.8105

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



CHRIS
RENO
615.710.5526

- chisrenol25@gmail.com
- NASM Certified Personal Trainer
- 6 years fitness experience
- My goal is to have the most positive impact I can on the lives of people I work with, helping them become the happiest and healthiest version of themselves. I help clients find the right balance by educating, maintaining positive behavior change and creating lifelong healthy habits.



MARYELLEN
POTTS
319.931.9027

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



SHAUNA
UTZ

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



BECKY
WEAVER

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



ROCCO
MORANDO
913.302.2234

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



JELISSA
COLBERT

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

Adult Enrichment



Volleyball League

Grab a friend or make some new ones playing in our new volleyball league! Teams put together with free agents (or sign up a whole team). Eight-week league. Games played on Saturday afternoons. Register by September 13

SAT: September 21-November 9
Game Times: 1:15PM; 2:00PM, 2:45PM
\$50/person or \$275/team



Men's Basketball League

Competitive play on Thursday evenings. All players must register, be on the roster and signed waiver before participating. Team captains must register their team prior to Sept 10 and attend mandatory captain's meeting on Tuesday, Sept 10 at 5PM.

TH: 7-10PM (Games on the hour)
September 12 - November 7
(No games 10/31)
\$50/player

Cocktails with Mrs. Claus

Mrs. Claus is the hostess with the mostest and she's bringing the holiday cheer to you this season. Savor some of the North Pole's finest appetizers, while Mrs. Claus and her favorite elf shows you how to make two amazing winter cocktails! Prepare yourself for a spirited game of Christmas Carol Bingo and make sure to wear your most festive ugly sweater; Mrs. Claus will be handing out presents to all the good girls and boys. If you need care for your little ones, Mrs. Claus has brought several of her elves to provide activities for your children.

TH: 6-8PM

December 19

\$55/person (includes 2 hours of child watch for 1 child; add'l child \$10)



Picture Perfect: Fundamentals of Photography

17



Master the basics of photography and transform your snapshots into stunning photographs! Our 4-week beginner's course covers camera settings, exposure, shutter speed, aperture, lens techniques, and creative ideas to enhance your skills. Dust off your digital camera (not your smart phone) and start capturing exceptional images with confidence! Instructor: Professional photographer Jim Vaiknoras

S: 9-11AM

October 5-26

November 2-23

\$100/person



SCAN ME

BIRTHDAY PARTY PACKAGES

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



RUMBLE TUMBLE PARTY PACKAGE

- \$50 Security Deposit + \$280
- 25 kids included
- 2 hour party package includes use of a party room and 1 ½ hours of play in the Indoor Playground (Ages 6M-6Y)
- Not available June/July



SPLASH PARTY PACKAGE

- \$50 Security Deposit + \$225
- 25 kids included
- 2 hour party package includes use of a party room and 1 ½ hours of swimming



GYM PARTY PACKAGE

- \$50 Security Deposit + \$175 – \$195
- 25 kids included
- 2 hour party package includes use of a party room and 1 ½ hours of open gym

Youth

Little Ninjas Karate

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

W: 6-6:30PM

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



Karate

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

Ages 7+ yrs.

Beginning
W: 6:30-7:30PM
SAT: 9-10AM

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

Tot Time Swim

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

T/TH: 9-11AM



Start Smart Sports

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

Tennis

W: 9/11-10/9 - 6-6:45PM

\$50 / Andersen Park Tennis Court

Basketball

W: 11/6-12/11 (No class 11/27)-

5-5:45PM

\$50 / PCC

Tippi Toes

Tippi Toes Dance

Monthly session \$63/child
Registration fee \$45/child

Toddler & Me:

Ages 18 mo-3 yrs

F: 9-9:45AM

SAT: 9:10-9:55AM

Baby Ballet:

Ages 2-3 yrs

F: 10-10:45AM

SAT: 10-10:45AM

Preschool Ballet, Tap, and Jazz:

Ages 3-5 yrs

M: 5-5:45PM

F: 11-11:45AM

SAT: 11-11:45AM

Elementary Hip Hop:

Ages 5-8 yrs

M: 6-6:45PM

Elementary Ballet:

Ages 5-12 yrs

SAT: 12-12:45PM

To register, please visit tippitoesdance.com/kansas-city
Check out Tippi Toes Birthday Parties offered at PCC!

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



Safe Sitter®

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



9AM-3:30PM
 \$95/student
 SAT: Sept 7
 M: Oct 14
 SAT: Nov 9
 SAT: Dec 14

Indoor Playground

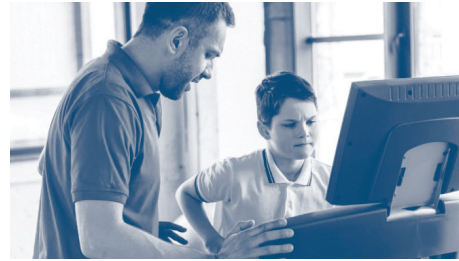
Bring your little ones to a safe, clean indoor playground! For kids 6 years & under, we offer developmental toys, balls, inflatables and a variety of other toys - this is one program you won't want to miss! Parents must actively supervise children at all times. A ratio of one adult to three children is required. If you wish to bring more than 3 children, please call 913.722.8200. Punch cards expire on March 14, 2025.

T/F, Oct 1, 2024 - Mar 14, 2025
 \$4/child; 6 months & under, along with Parents are FREE!
 10-visit punch card: \$30 for PCC Members: \$35 for non-members

Archery Workshop

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

SAT: Nov 9
 12:30-2PM: Family Archery (All ages) New Archers
 2-3:30PM: Family Archery (All ages) Returning Archers
 3:30-5PM: Adult Archery (16+)
 \$12/person



Youth Fitness Badge

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

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

Family Fun Night

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



F: Nov 1
 5-8PM
FREE



Floating Pumpkin Patch

Splash into our pool pumpkin patch to find the most perfect Jack-o'-lantern! Enjoy games, crafts and refreshments. Children can come dressed in their costumes but remember a bathing suit! Preregistration required and children must be accompanied by an adult. Ages 2-12 yrs.

SAT: Oct 5
 10AM
 \$15/child

Parent's Night Out

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

F: Dec 13
 Drop-off: 5PM
 Pick up: 9PM
 \$50/child



Winter Waterland

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

F: Jan 3
 6-8pm
 \$10/child

PCC Pool Schedule

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

Adult Swim: (Must be 14+ yrs)

Lap Pool: Open for Lap swimming or walking and private swim lessons.

Leisure Pool: River walking or swimming, floating, relaxing or any other form of exercise.

Open Swim: (Features on and pool is open to all ages! Must be 48" to ride the slide)

* Features will not be on during PM Water Aerobics

Lap Pool: Open for Lap swimming or walking and private swim lessons.

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

Leisure Pool: All areas open for use.

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

Homeschool Swim:

W: 10AM-12PM
\$5/child

AM Water Aerobics:

Lap Pool: Lap Pool open only to class participants.

Leisure Pool: River walking or swimming, floating, relaxing or any other form of exercise.

PM Water Aerobics:

Lap Pool: Lap Pool open only to class participants.

Leisure Pool: All areas open for use for all ages!
Mushroom/water slide not available.

Swim Lessons:

Lap Pool/Leisure Pool: available for adult swim; space is limited due to swimming lessons.

Steamroom, sauna & hot tub are available.

Open Swim is unavailable during swim lessons.

Spa, Steam Room, and Sauna:

Open for any individual 14+ yrs.

Closes 30 minutes prior to facility closure.

*May have limited lap lanes available due to programming.

Pool Rules

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

1. Non-swimmers and children under 5 must be within arms reach of a responsible person (16+ yrs) and must be in the water with the child.
2. Children under 12 years must have a parent or responsible person on the deck.
3. Swimmers in unacceptable attire (i.e. denim) will be asked to change or leave.
4. No food or beverages in the pool area.
5. Rough play or unsafe actions are not permitted.
6. Children not potty-trained must wear 3 layers of protection (swim diaper, plastic diaper cover, and swim suit)
7. All flotation devices must be U.S. Coast Guard Approved.
8. Children must be 48" to go down the slide.

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

SCHOOL'S OUT, POOL'S OPEN

1PM: 10/11, 10/18
11/26, 11/28, 11/29, 12/20,
12/23, 12/26, 12/27, 12/30, 12/31

2PM: 10/14
11/25, 11/27



Youth Aquatics

Fall 2024 Swim Lesson Schedule

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

Reg. Open

8/9/24
9/13/24
10/11/24

T/TH

9/10-10/3
10/15-11/7
11/12-12/5*

SAT

9/7-9/28
10/12-11/2
11/9-11/30

\$65 • \$60MDR

\$35 • \$30MDR

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

*No lessons on 11/28

Choosing the Correct Level

PCC offers youth lessons ranging from 6 mos-15 yrs. Review the skill sets listed on page 17. If swimmers can do the listed skills with ease, enroll in the next level; if not, stay. Repeating a level is great because skill development is individualized. Call the aquatics office to schedule a complimentary swim assessment if you are unsure. Register at least 7 days in advance to avoid low enrollment cancellation.

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

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

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

\$85 • \$80MDR - (4) 30 min private lessons

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

Please Remember:

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



Starfish

Ages 6 mos–3 yrs, Ratio 10:1
(Parent participation)

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

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

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

Guppy

Ages 3–5 yrs, Ratio 3:1

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

Jellyfish

Ages 4–6 yrs, Ratio 4:1

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

Clownfish

Ages 5+ yrs, Ratio 5:1

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

Turtle

Ages 5+ yrs, Ratio 6:1

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

Dolphin

Ages 6+ yrs, Ratio 6:1

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

Shark

Ages 6+ yrs, Ratio 6:1

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



Adult Aquatics

AM Water Aerobics

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

Instructor: Shauna Utz

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

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

T/TH: 8-8:40AM

PM Water Aerobics

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

M: 5:35-6:30PM

Adult Beginner Swim Lessons - 13 Yrs & Older

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

Instructor: Aquatics Staff

SAT: 11:20-11:50AM \$35 • \$30MDR

T/TH: 6:10-6:40PM \$65 • \$60MDR

Aqua Zumba

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

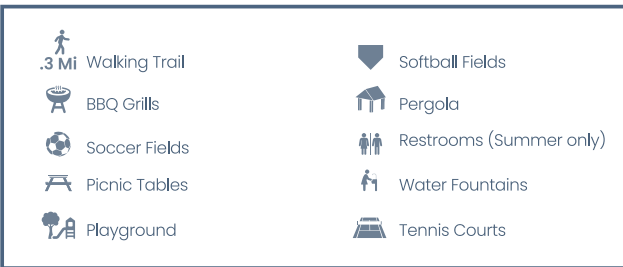
W: 5:35PM

Aqua Circuit

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

M: 6:45PM





Find your perfect park

1. Streamway Park

5110 Foxridge Dr.



2. Waterworks Park

5814 W. 53rd St.



3. Broadmoor Park

5701 Broadmoor St.



4. Andersen Park

5930 W. 61st St.



5. Mohawk Park

6649 Lamar Ave.



6. Park on Beverly

5935 Beverly Ave.



7. Pearl Harbor Park

5925 Maple St.



8. Legacy Park

6000 Broadmoor St.



Fields

\$10 /hour
(Resident)

\$15 /hour
(Non-Resident)

\$5 Permit
Fee

Small Shelters
(<50 ppl)

\$15 /hour
(Resident)

\$15 /hour
(Non-Resident)

\$5 Permit
Fee

Large Shelters
(>50 ppl)

\$20 /hour
(Resident)

\$20 /hour
(Non-Resident)

\$5 Permit
Fee

Renting a Shelter or Park

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

PCC Policies + Conduct

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Facility Amenities

CARDIO ROOM features over 35 pieces of state-of-the-art cardio equipment with the latest Life Fitness treadmills, ellipticals, flex striders, exercise bikes & Power Mills. WiFi, internet & Life Fitness Virtual Training available. (12+ yrs)

CYCLE STUDIO is equipped with bikes & is open for members to use during non-class times. (12+ yrs)

GYMNASIUMS 4 Courts, at least 1 court open for basketball at all times. (Under 12 w/adult)
SOUTH includes: Ct#1 & Ct#2
NORTH includes: Ct#3 & Ct#4

INDOOR TRACK 1/10 of a mile rubberized-oval with 3 lanes. (Under 12 w/adult)

INDOOR POOL features three lanes for lap swimming, lazy river, mushroom & slide for children & hot tub, sauna & steam room for adults. (Under 12 w/adult; 14+ yrs for sauna, steam room & hot tub.)

ON-SITE CHILD WATCH is available for a two hour maximum length of stay. (2-9 yrs)
\$3.00 per child for non-members
\$1.00 per child for members
M-SAT: 8AM-1PM
M-TH: 4:30-8:30PM

RACQUETBALL COURTS (2) are available & can be reserved in one hour increments. Call the Community Center at 913.722.8200 to reserve your time! Racquets & balls are available for check-out at South Entry Desk. (Under 12 w/an adult)

WEIGHT ROOM Selectorized machines, plate-loaded machines, & free weights, including dumbbells ranging from 3 - 100 lbs! (12+ yrs)

General Policies

1. Be Respectful, Be Courteous, Ask Questions!
2. Youth under the age of 12 must be accompanied by a parent, legal guardian, or responsible person 16+ years.
3. Organized/structured practices can only be conducted with a gym reservation.
4. Only PCC Personal Trainers & Instructors are allowed to conduct personal training sessions.

Inclement Weather Policy

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

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

Refund Policy

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

We're hiring!

- Entry Desk • Facility Staff • Lifeguard
- Swim Lesson Instructor • Park Techs

Apply at missionks.org/jobs

now hiring

THANKS

to everyone that joined us for a Mission Parks + Recreation program or event this summer! Special thanks to all the great staff who make it possible!



25th Anniversary Celebration

25

Powell
Community Center

1999-2024

September 13

Presented by

Special
Events

Upcoming Events &
Details on pages 2-3

MISSION
PARKS + RECREATION

Thanks
for Seniors

November 21

Suzanne

Holiday Lights &
Festive Sights

December 6

SPOOKY
WALK

October 18