

# ADVENTURE GUIDE



## Powell Community Center New Membership Drive!

Thursday, December 26th - Saturday, January 4th

**10% OFF** Paid-in-Full Annual Memberships\*

\*Offer valid for NEW patrons who have not held a PCC membership within the last 12 months.

Don't miss this limited-time opportunity to start fresh in 2025 and SAVE!

6200 Martway St. | Mission, KS 66202 | 913.722.8200 | [missionks.org](http://missionks.org)

 **MISSION**  
PARKS + RECREATION

# Special Events for City of Mission

**PCC  
Membership  
Drive  
Dec. 26-Jan. 4**

## January

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

## February

S	M	T	W	T	F	S
						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	



### 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 MEMBERSHIP DRIVE

**Thursday, December 26 -  
Saturday, January 4**

Annual Membership Savings (New paid in full only.)



### Mission Summer Camp Registration

Prior Camper Registration Opens:  
**SAT: January 27**

New Camper Registration Opens:  
**MON: February 3**

### Fort Night

Join us for Fort Night, where families team up to build cozy forts, enjoy snacks, and settle in for a magical movie night filled with creativity, bonding, and fun! Bring your fort building supplies/extra supplies will be available if needed.

6-7PM Fort Building  
7-9PM Movie & Popcorn  
F: Feb 21



## March

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

## April

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



### 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!

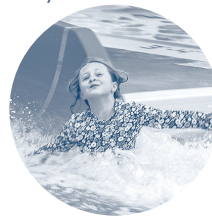
F: March 7  
5-8PM

**FREE**

### Parent's Night Out

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

F: April 11  
Drop off: 5PM  
Pick up: 9PM  
**\$40 • \$35 MDR**



### Bunny Egg-stravaganza

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

SAT: April 19  
Broadmoor Park

**FREE**



Egg Hunt Times:

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



### Spring Social

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

T: April 8 11:30AM-2PM  
**\$15 per person**

### O.K. Kids Day

Outdoor Kansas Kid's Day is SO FUN and is an awesome opportunity to get your kiddos outside in nature. We focus on trying new things and creating experiences at our nature themed event at the Powell Community Center. We're bringing the outdoors IN!

SAT: May 4 10AM-12PM

**FREE**



## Hours

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

### 2024 Holidays

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 as of January 1, 2025

Children (2 & Under)	FREE
Youth (3-11 yrs)	\$7
Adult (12+ yrs)	\$9



## 3 Ways To Take A Class

### • JOIN THE PCC

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

### • DAILY PASS

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

### • REGISTER FOR A SESSION

Reserve your spot in class and save money.

### 3 WAYS TO REGISTER

#1: Enroll online at [www.missionks.org](http://www.missionks.org), select  
Parks + Recreation and Register for a  
Recreation Program.

#2: Register in person during Community Center hours.

#3: By phone with a staff member at 913.722.8200.

# Welcome to the Powell Community Center

6200 Martway St.

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# 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\*

Youth

Adult

Senior (60+)

Household 2 Person

Family

Check our website  
for current rates  
[missionks.org/parks-recreation](http://missionks.org/parks-recreation)

## NON-RESIDENT RATES

Youth

Adult

Senior (60+)

Household 2 Person

Family

Check our website  
for current rates  
[missionks.org/parks-recreation](http://missionks.org/parks-recreation)

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

## Membership Program with Insurance Benefits

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

Call 913.722.8200 with questions. Proof of insurance required.

## Community Center Member Benefits

For Members + Patrons Who Have Paid A Daily Fee

### FREE Cardio/Weight Training 101

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

SAT: 7:30-8:30AM

Dates: 1/18, 2/15, 3/15, 4/20

FREE for members/daily pass

### FREE Racquetball

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

### FREE Open Volleyball

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

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

### FREE Tot Time Swim

T/TH: 9-11AM

Open Swim for Children Ages 5 & Under

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

### Pickleball

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

SAT: 7:30AM-12PM (3 courts)

\*All days/times subject to change.

Free for Community Center Members

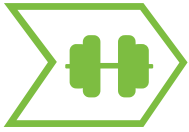
\$7/day per person • 10 Visit Punch Card: \$50

# Adult Fitness Schedule Winter 2025

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

**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: 6-6:45PM

## 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

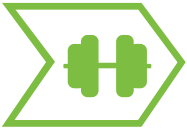
## Power Cycle

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



### A Great Ride with T

A intense cycle class combining the energetic beats of a variety of music with high-intensity cycling workouts, providing a fun and motivating environment. Consider this a Cycling Party for all ages! Instructor: T Howard  
W: 6:00AM

### 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

### Metabolic Mayhem

Crank up the pressure with intense cardio intervals kickstarting your metabolism to be a fat-burning machine! Instructor: Instructor: T Booker  
T/TH: 6:30-7:15AM

### 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

### 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

## Connect with us on Social Media!



**Facebook:**  
@MissionKSParksRec

**Instagram:**  
Mission Parks & Rec

**X (formerly Twitter):**  
@MissionKSPksRec



SCAN ME



### 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

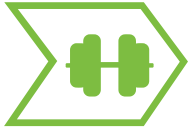
\$7/day per person  
10 Visit Punch Card: \$50

# PCC MEMBERSHIP DRIVE

Thursday, December 26 – Saturday, January 4

Annual Membership Savings (New paid in full only.)





### 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



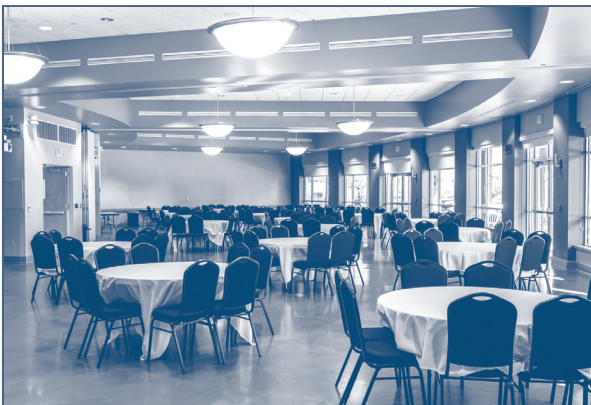
### Private Tap Lessons

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](http://www.kchoopgirl.com). Or reach out to Sirena at [kchoopgirl@gmail.com](mailto:kchoopgirl@gmail.com) or 816.591.5186. Instructor: KC Hoop Girl, Sirena Beyer  
SAT: 10-11AM (\$10 Pit-Stop or purchase a punch card at [www.kchoopgirl.com](http://www.kchoopgirl.com))



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

# Mind + Body Fitness

10



## Functional Yoga

The slow physical poses enhance range of motion within the joints while the supported poses allow rest & release. All experience levels are welcome. Instructor: Beth Lucasey RN, RYT-200  
M: 9-10AM

## 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

## Hatha Yoga Flow

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

## 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

## 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

## 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

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



CHRIS  
RENO  
615.710.5526

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



MARYELLEN  
POTTS  
319.931.9027

- [maryellen.potts04@gmail.com](mailto: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](mailto: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](mailto: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.



JELISSA  
COLBERT

- [jaycolberfitness@gmail.com](mailto: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.



JESSICA  
TOLLIE  
913.620.2163

- [tolliegirl04@yahoo.com](mailto:tolliegirl04@yahoo.com)
- NASM Corrective Exercise Specialist
- NASM Certified Personal Trainer
- NASM Stretch & Flexibility
- My goal is to serve others and help them improve the quality of their daily lives through education and functional movements. I started my life of health & wellness after having two beautiful twin daughters.

# 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 January 31.

SAT: February 1-March 29  
(No games March 22)

Games played at 1:15PM, 2PM, 2:45PM  
\$250/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 January 22 and attend mandatory captain's meeting on Tuesday, January 21 at 5PM.

TH: 6:15-10:15PM 7-10PM  
(Games on the hour)  
January 23-March 13  
\$60/player



## Learn to Play Mahjongg

This game of skill, strategy and luck will keep your brain active and bring together new friends and old. Four (or three) players compete to create a winning hand matching one of dozens created by the National May Jongg League. Players of all ages welcome!

M: 9-11AM  
M: 1-3PM  
January 13-February 10  
\$75 | \$70MDR

## Picture Perfect: Fundamentals of Photography

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  
February 8-March 1  
April 5-26  
\$100/person



## Specialized Recreation Club



## Shootin' Hoops with JaRon Rush

JaRon will lead us in some basketball drills and fun games.

SAT: January 18  
4-5:30pm  
\$30 • \$25MDR  
DEADLINE TO ENROLL: MON, Jan 13  
Price includes snacks & drinks.

## BINGO

Feeling lucky?  
Bring a friend  
to enjoy BINGO!



SAT, February 15  
6-8pm  
\$30 • \$25MDR

DEADLINE TO ENROLL: MON, Feb 10  
Price includes supper, snacks & drinks.

## Movie Night

Watch a new release (TBD) with friends at PCC!

SAT: March 15  
7-9pm  
\$20 • \$15MDR



DEADLINE TO ENROLL: MON, Mar 10  
Price includes popcorn and drinks.

## Cedar Cove Big Cat Sanctuary

SAT: April 12  
12-3PM  
\$60 • \$55MDR

DEADLINE TO ENROLL:  
MON, March 24

Price includes tour,  
Sonic beverage.



# BIRTHDAY PARTY PACKAGES

Contact Natalie Lucas, Rental Coordinator at **913.722.8215** or send an email to: [nlucas@missionks.org](mailto: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

# PCC Pool Schedule



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

## Adult Swim: (Must be 14+ yrs)

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

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

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

\* Features will not be on during PM Water Aerobics

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

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

Leisure Pool: All areas open for use.

**Tot Time Swim:** A perfect time for kids ages 0-5 yrs to splash around with an adult in the water.

T/TH 9-11AM

## Homeschool Swim:

W: 10AM-12PM

\$5/child

## AM Water Aerobics:

Lap Pool: Lap Pool open only to class participants.

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

## PM Water Aerobics:

Lap Pool: Lap Pool open only to class participants.

Leisure Pool: All areas open for use for all ages!

Mushroom/water slide not available.

## Swim Lessons:

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

Steamroom, sauna & hot tub are available.

Open Swim is unavailable during swim lessons.

## Spa, Steam Room, and Sauna:

Open for any individual 14+ yrs.

Closes 30 minutes prior to facility closure.

\*May have limited lap lanes available due to programming.

## Pool Rules

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

1. Non-swimmers and children under 5 must be within arms reach of a responsible person (16+ yrs) and must be in the water with the child.
2. Children under 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

1/2, 1/3, 1/21

2/7, 2/18

3/14, 3/18, 3/20, 3/21

### 2PM

1/20

2/17

3/17, 3/19

4/21



# 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

## 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

## 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 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





# Youth Aquatics

## Winter 2025 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

12/6/24  
1/3/25  
2/7/25  
3/7/25

### T/TH

1/7-1/30  
2/4-2/27  
3/4-3/27  
4/8-5/1

### SAT

1/11-2/1  
2/8-3/1  
3/8-3/29  
4/12-5/3

\$65 • \$60MDR

\$35 • \$30MDR

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

## 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](mailto:jcolbert@missionks.org) or by phone at 913.722.8209 for questions regarding Swim Lessons, Private Swim Lessons or general pool concerns.

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

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

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

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

### Please Remember:

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





### Starfish

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

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

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

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

### Guppy

Ages 3-5 yrs, Ratio 3:1

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

### Jellyfish

Ages 4-6 yrs, Ratio 4:1

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

### Clownfish

Ages 5+ yrs, Ratio 5:1

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

### Turtle

Ages 5+ yrs, Ratio 6:1

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

### Dolphin

Ages 6+ yrs, Ratio 6:1

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

### Shark

Ages 6+ yrs, Ratio 6:1

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





# Youth

## Start Smart Sports

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



**Basketball**  
W: 1/15-2/12  
5-5:45PM  
\$50 / PCC

**Soccer**  
W: 3/26-4/23  
5-5:45PM  
\$50 / Mohawk Park

**Tennis**  
W: 5/7-6/4 - 6-6:45PM  
\$50 / Andersen Park Tennis Court



**Check out our  
Splash Party  
Package**

[www.missionks.org](http://www.missionks.org)

## 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



## 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](http://tippitoesdance.com/kansas-city)

Check out Tippi Toes Birthday Parties offered at PCC!

## Safe Sitter®

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

9AM-3:30PM  
\$95/student

SAT: Jan 11  
F: Feb 7  
SAT: Mar 8  
SAT: Apr 12  
SAT: May 3



## 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: Jan 3, 2025 - Mar 14, 2025

\$4/child; 6 months & under, along with Parents are FREE!

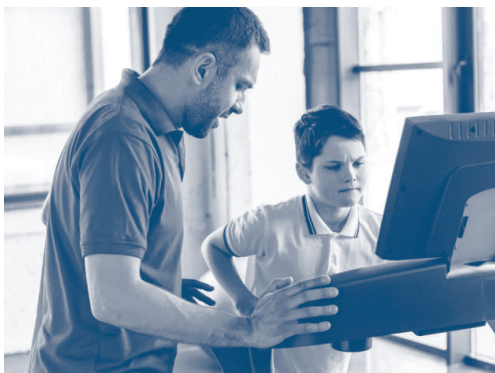
10-visit punch card: \$30 for PCC Members: \$35 for non-members

## 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.



# WE'RE HIRING!

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

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

# now hiring

# Camps



## Spring Break Camp

Spend the week with our qualified staff swimming at the indoor pool, playing activities in the gym & creating some imaginative arts & crafts. Please bring a sack lunch, water bottle, swimsuit, towel & tennis shoes each day. Two snacks provided every day.

**Deadline to enroll: Wednesday, March 12**

MON-FRI: 3/17-3/21  
7:30AM-5:30PM

\$171 – PCC Members/Mission Residents/MBR  
\$181 – Non members/non-residents

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

**Pickleball Lessons**  
(T: 9:30-10:30AM)  
June (6/3-6/24) \$25/child  
July (7/9-7/30) \$25/child

**Karate Lessons**  
(TH: 10-11AM)  
June (6/6-6/27) \$25/child  
July (7/11-8/1) \$25/child

**Swim Lessons**  
(M/W: 10:00-11:30AM)  
June (6/2-6/25) \$25/child  
July (7/7-7/30) \$25/child

### Discounts/Other Camps:

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

- The Knight School Chess Camp
- Pokémon Engineering LEGO®
- Bash 'Em Bots using LEGO®

#### Pokémon Engineering LEGO®

Calling all Pokémon trainers! Join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master.



July 14 - 18  
9AM-12PM  
Ages 5-7 yrs  
Participant must have completed kindergarten.  
\$175/person

#### The Knight School: Chess Camp

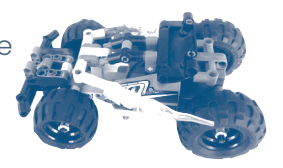
Keep your brain sharp during the summer while having a blast in this fun, friendly and high-energy Chess Camp! Learning is made fun through videos, music-driven puzzles, movies and more.



June 16- 19  
9AM-12PM  
Ages 5-12 yrs.  
Participant must have completed kindergarten.  
\$130/person

#### Bash 'Em Bots using LEGO®

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



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

# Mission Summer Camp

## Weekly Rates

\$171 – PCC Members/Mission Residents/

\$181 – Non members/non-residents

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

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

Ages K-12

(must have completed Kindergarten)

7:30AM-5:30PM

## Weekly Activities include:

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

### **Week 1:** Camp Kick Off (June 2-6)

Get ready for a whirlwind of fun as we launch into a summer full of adventure! We'll jump into a wild mix of exciting activities that will get everyone pumped for camp. Pack your swimsuit, sunscreen, and water bottles because this summer promises endless indoor and outdoor thrills that you won't want to miss!

### **Week 2:** Space Mission (June 9-13)

Prepare for liftoff! Join our crew of space explorers as we journey through the galaxy. Build rockets, discover alien planets, and solve cosmic challenges. It's a week full of stellar adventures as we explore the final frontier!

### **Week 3:** Stranded at Sea (June 16-20)

Ahoy, matey! Get ready for a sea-bound adventure like no other. Learn survival skills, navigate uncharted waters, and work together to escape from your desert island. It's a thrilling week of treasure hunts, ocean mysteries, and daring escapes!

### **Week 4:** Superhero: Junior Justice League (June 23-27)

Calling all young heroes! Your training starts now. Create your superhero identity, practice your powers, and team up to save the day. From building secret bases to learning superhero skills, it's time to unleash your inner Justice League!

### **Week 5:** Freedom Fest (June 30 - July 3)

Kick off an unforgettable week of summer fun and American pride at Freedom Fest! Get ready for a celebration that's bursting with energy, from patriotic games and team challenges to red, white, and blue crafts. We'll celebrate the spirit of freedom with outdoor adventures, star-spangled activities, and plenty of festive surprises. Join us as we honor the land of the free in the most exciting, action-packed way possible!

### **Week 6:** Shark Week (July 7-11)

What would camp be without a Talent Show? Campers and camp staff put on the best show of the summer for parents and friends. Prepare your acts and skits all week to blow the audience's minds with our wonderful talent!

### **Week 7:** Mission's Got Talent (July 14-18)

What's camp without a talent show? Campers and staff will team up to deliver the most spectacular performance of the summer for family and friends. Spend the week perfecting your acts and skits, and get ready to amaze the audience with all the incredible talent we have in store!

### **Week 8:** Spirit Week (July 21-25)

Get ready to show off your camp spirit with a week of exciting themed days! Monday kicks off with Pajama Day—roll out of bed, throw on those cozy slippers, and head to camp. On Tuesday, it's Twin Day! Find a buddy and match outfits for double the fun. Wednesday is Sports Day—wear your favorite jersey and come dressed as your favorite athlete. Thursday brings Crazy Hair Day, where pigtails, braids, and wild styles are the name of the game. Finally, wrap up the week with Neon Day on Friday—grab your brightest camp shirt and neon accessories to shine the day away!

### **Week 9:** American Ninja Warriors (July 28 - Aug 1)

Prepare to push your limits and become a true ninja! Whether you're jumping, climbing, or crawling, this action-packed week is all about building confidence, teamwork, and showing off your skills. Do you have what it takes to be a true American Ninja Warrior?

### **Week 10:** Summer Send-off (Aug 4 - 8)

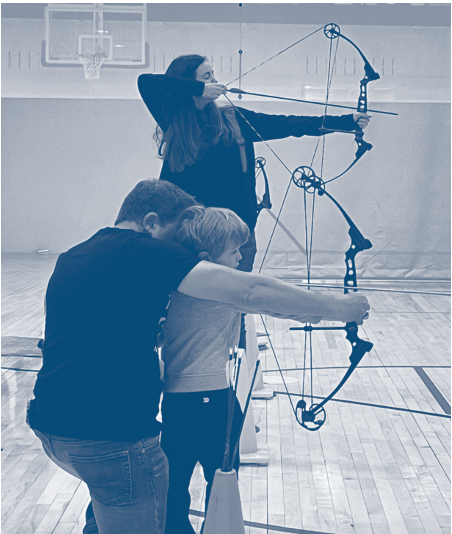
Come on down for one last week of summer magic at Summer Send-Off! We'll pack in all the fun and excitement that made this summer one to remember. It's a grand finale filled with laughter, adventure, and plenty of surprises as we celebrate friendships and say goodbye to summer in the most fun way possible!



### Fort Night

Join us for Fort Night, where families team up to build cozy forts, enjoy snacks, and settle in for a magical movie night filled with creativity, bonding, and fun! Bring your fort building supplies/extra supplies will be available if needed.

6-7PM Fort Building; 7-9PM Movie & Popcorn  
FRI: Feb 21  
\$20 Per 1 Adult/1 Child; additional enrollments \$8 each



### Archery Workshop

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

SAT: Feb 22  
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

### 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: Mar 7  
5-8PM  
**FREE**



### 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

### 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: Apr 11  
Drop-off: 5PM  
Pick up: 9PM  
\$35/child



### O.K. Kids Day

Outdoor Kansas Kid's Day is SO FUN and is an awesome opportunity to get your kiddos outside in nature. We focus on trying new things and creating experiences at our nature themed event at the Powell Community Center. We're bring the outdoors IN!

SAT: May 3  
10AM-12PM  
**FREE**



# 50 & Beyond



## The American Stroke Foundation: Next Step Program

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

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

## AARP Tax-Aide for Kansas



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

## 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.

T: March 11  
SAT: March 29  
9AM-1PM  
AARP Members: \$20/person  
Non-AARP Members: \$25/person

**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.

\$2 for Members • \$4 Non-Members

1/7: You Gotta Believe (PG)

1/21: White Bird (PG-13)

2/4: Goodrich (R)

2/18: Arthur the King (PG-13)

3/11: Sound of Hope:  
The Story of Possum Trot (PG-13)

3/25: Unsung Hero (PG)

4/8: Gladiator II (R)

4/22: Small Things Like These (PG-13)

## 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  
\$6 • \$3MDR

January 17: Happy New Year  
February 21: Brrrr... It's cold outside!  
March 28: Spring is COMING  
April 25: Rainy Days  
May 16: Summer Time





### 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



### 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

### 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

### 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 T in the weight room & cardio room & will show you how simple each machine is to use. This class is free to everyone, but it is important to pre-register. Ages: 50 & older. Limited to first 6 participants.

SAT: 7:30-8:30AM

Dates: 1/11, 2/8, 3/8, 4/12

Free/Daily Pass for Non-Members

### 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







## Health BeneFIT



### Health BeneFIT

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

T: 10:15-10:45AM

T: 11-11:30AM

TH: 10:15-10:45AM

TH: 11-11:30AM

Health BeneFIT 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 Winter

- Jan: 12/16
- Feb: 1/27
- Mar: 2/24
- Apr: 3/24
- May: 4/21



### 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

W: 10:15-10:45AM

M: 11-11:30AM

W: 11-11:30AM

M: 11:45AM-12:15PM

W: 11:45AM-12:15PM

# 50 & Beyond Trips



## Shawnee Mission Travel Showcase

Wednesday, January 22

**FREE**

We're excited for this year and want to show you our amazing trips planned through August. Sign up at either location and get ready to explore! Pre-registration preferred and refreshments served. Be one of the first to hear about the 2025 Shawnee Mission Trips + Tours. Call 913.722.8200 to get registered today.

Powell Community Center: 9AM

Shawnee Civic Centre: 1PM

### 2025 Lineup Includes:

State of the line motorcoach transportation, professional drivers and escorts to lead each trip.

- Warm Springs Ranch
- Kansas Universities Tours (KU, K-State, Emporia)
- Farm Tour
- Lion King (Music Hall Theater)
- Central MO Overnight Trip



## What are the benefits of local travel?

**Social connections:** Traveling can help you make new friends and share experiences with people of similar ages and life experiences.

**Mental stimulation:** Traveling exposes you to new sights, sounds, languages, foods, and smells, which can help keep your brain healthy.

**Physical & mental well-being:** Traveling can help you stay physically active and mentally stimulated.

**Fun:** It's a great time to make memories and have new adventures!

**Fitness Classes FREE to PCC Members!**



Adult Aquatics  
pg. 15



Adult Fitness  
pg. 6

# 50 & Beyond Trips

## Extended Travel Trips



### Nashville, Smoky Mountains & Bluegrass

8 Days – September 21, 2025

Price Includes:

- 2 Nights in Nashville at the Gaylord Opryland Resort
- 3 Nights – Louisville, KY
- 2 Nights – Gatlinburg, TN
- Churchill Downs
- Kentucky Horse Park
- Evan Williams Bourbon Experience
- The Ark Encounter
- Biltmore Estate
- Louisville Slugger Museum & Factory
- Smoky Mountains National Park
- Dollywood
- Nashville City Tour
- Country Music Hall of Fame
- Grand Ole Opry
- 3 Nights – Louisville, KY
- 2 Nights – Gatlinburg, TN
- Roundtrip Airfare – MCI
- 11 Meals: 7 – B & 4 – D
- Professional Tour Director
- Motorcoach Transportation
- Admissions & Sightseeing per Itinerary
- Baggage Handling at Hotels
- Tour Activity LEVEL 3

#### Tour Rates Start At Booking

**Discount\*: \$4049 pp double occ**

**Regular Rate: \$4149 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 prior to departure)



### Great Canadian Cities

9 days – August 6, 2025

Price Includes:

- 2 Nights – Montreal Marriott Chateau Champlain or Delta Hotels Montreal, Montreal
- 2 Nights – Hotel Clarendon or Delta Hotels by Marriott, Quebec City, vHilton
- 1 Night – Courtyard by Marriott or Sheraton, Ottawa
- 1 Night – Doubletree by Hilton Toronto Downtown or Courtyard by Marriott Downtown, Toronto
- 2 Nights – Marriott on the Falls or Sheraton on the Falls, Niagara Falls
- Montreal City Tour
- Notre Dame Cathedral
- Via Rail Train – Montreal to Quebec
- Quebec City Tour
- Montmorency Falls
- 1000 Islands Cruise
- Ottawa City Tour
- Toronto City Tour
- Niagara on the Lake
- Niagara Falls City Tour
- Copper Museum
- Niagara Falls Boat Tour
- Skylon Tower Dinner
- Roundtrip Airfare – MCI
- 11 Meals: 7 – B & 3 – D
- Professional Tour Director
- Motorcoach Transportation
- Admissions & Sightseeing per itinerary
- Baggage Handling at Hotels
- Tour Activity LEVEL 3

#### Tour Rates Start At Booking

**Discount\*: \$4375 pp double occ**

**Regular Rate: \$4475 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 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 C egna, 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 prior to departure)

# PCC Parks Update

## Dear Community Members:

We are thrilled to complete exciting updates in Mission parks and the Powell Community Center (PCC), made possible by our shared commitment to making these spaces a source of pride for everyone. Over the past year, we've focused on enhancing your experience in Water Works and Mohawk Parks by adding all-abilities playgrounds, restrooms, wider trails, and more trees along with upgrading existing facilities so each visit is more enjoyable. From expanded picnic areas and trails to fresh restrooms and sports amenities, these improvements were designed with all ages, interests, and cultures in mind.

Our investment in maintaining and upgrading our parks, community center, and outdoor pool is ongoing. We understand that clean, safe, and well-maintained facilities are essential for you to feel welcome and engaged. Our teams have been hard at work on everything from landscaping and seasonal maintenance to the addition of new lighting and security measures, ensuring that each park remains a vibrant, accessible, and inviting place for all to enjoy. We are committed to being proactive in addressing needs and creating an environment that feels like home.

Most importantly, we want to extend a heartfelt thank you to each and every one of you. Your ongoing participation and feedback have been invaluable as we continue this journey of improvement. Whether you're attending our events, volunteering, or simply enjoying all that Mission has to offer, your presence truly brings these areas to life. Together, we are creating a legacy that reflects the unique and diverse fabric of our community, and we look forward to sharing more moments and memories with you in the future. Thank you for being an essential part of our recreation offerings!

Director of Parks + Recreation

**Penn Almoney, CPRP**

## Water Works Park



Expanded picnic areas and trails to fresh restrooms and sports amenities. These improvements were designed with all ages, interests, and cultures in mind.



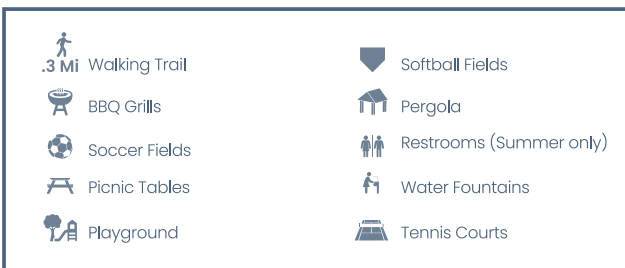
The Water Cycle display educates on the process Water Works Park.



## Mohawk Park Phase 2

Playground pieces being put into place with a new 10 ft. wide concrete perimeter trail and added all-abilities playgrounds.

## Find your perfect park



### 1. Streamway Park

5110 Foxridge Dr.



### 2. Water Works Park

5814 W. 53rd St.



### 3. Broadmoor Park

5701 Broadmoor St.



### 4. Andersen Park

5930 W. 61st St.



### 5. Mohawk Park

6649 Lamar Ave.



### 6. Park on Beverly

5935 Beverly Ave.



### 7. Pearl Harbor Park

5925 Maple St.



### 8. Legacy Park

6000 Broadmoor St.



## Renting a Shelter or Park

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

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

# PCC Policies + Conduct

## Facility Amenities

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

# 2024 ADVENTURES



# MFAC Passes

ON SALE

April 1



Presented by

*Special  
Events*

Upcoming Events &  
Details on pages 2-3

 **mission**  
PARKS + RECREATION

# PCC MEMBERSHIP DRIVE

December 26 –  
January 4



# Bunny EGGSTRAVAGANZA

April 19



O.K.  
Kids  
Day  
May 3

