

KANSAS CITY, MISSOURI
PARKS & RECREATION

ACTIVITY GUIDE

FALL 2022





Our Mission

To improve the quality of life, health and wellness of our community by providing socially equitable, community-driven programming and environmentally sound natural resource management.

More About Us

Kansas City, Missouri Parks and Recreation provides facilities, programs and recreational opportunities for the community that contribute to an aesthetically pleasing environment and enhanced quality of life. The department maintains 221 parks, 12,242 acres of parkland, 158 miles of trails and bikeways, 29 lakes, hundreds of athletic fields and tennis courts, 106 playgrounds, and five public golf courses. Miles of scenic boulevards and parkways crisscross the city, where 48 fountains and 122 monuments and sculptures surprise and delight. Ten community centers, along with eight museums, provide the setting for socially equitable and community-driven programming.

Board of Parks & Recreation Commissioners

Jack Holland, President

Jackie Nguyen

Alejandra Perez

Scott Wagner

Mary Williams-Neal

Board of Parks & Recreation Director

Chris Cotten

What's inside...

KC Parks Community Centers	3
Special Events	9
Active Agers Programs	12
Youth Programs	14
Homeschool Programs	16
E-Sports Program	16
Athletics	17
Racquet Sports	18
Martial Arts	20
Boxing	20
Ice Sports	21
Aquatics	22
Adaptive & Inclusive Recreation	23
Fitness	24
Arts, Books, & Cards	26
Bruce R. Watkins Cultural Heritage Center	27
Lakeside Nature Center	27

COMMUNITY CENTERS

The heart of our neighborhoods beats in our community centers. KCMO Parks & Recreation operates ten unique centers throughout the city that provide a wide array of activities, services and events for all ages.

ADMISSION

YOUTH (Ages 17 and under)

Facility: Free

ADULT

Facility Pass: \$5/day

All Access Pass: \$30/month, \$300/annual

Group (2 or more): \$30 for initial membership, \$10 off for each additional membership, must be members of the same household.

SENIOR (60+)

Facility Pass: \$3/day

All Access Pass: \$20/month, \$200/annual

Group (2 or more): \$20 for initial membership, \$10 off for each additional membership, must be members of the same household.

LOCATION GUIDE

BCCC	Brush Creek Community Center
CHS	Central High School
GCC	Garrison Community Center
GKCC	Gregg/ Klice Community Center
HCC	Hillcrest Community Center
KCNCC	Kansas City North Community Center
LCCC	Line Creek Community Center
MCC	Marlborough Community Center
SCLHM	Shoal Creek Living History Museum
SECC	Southeast Community Center
TACC	Tony Aguirre Community Center
WRCC	Westport Roanoke Community Center



The KCMO Parks & Recreation Department facilities and programs are available to people of all abilities. If accommodations or individualized supports are needed to participate, please contact Taryn Andersen at (816) 513-7624.





BRUSH CREEK COMMUNITY CENTER

3801 Emanuel Cleaver II Blvd., Kansas City, MO 64110 816-513-0730

GENERAL INFORMATION

Brush Creek Community Center is centrally located and offers an exciting array of programs that include senior social clubs, basketball and camps. Amenities include computer lab, outdoor swimming pool, gymnasium, kitchen and meeting rooms.

GYM RENTAL

Full Court (Capacity 250)
 Half Court (Capacity 125)
 Full Court Prime Time (Athletic): \$100/ hour
 Prime Time Hours after 6 p.m. and weekends
 Full Court Non-Prime Time (Athletic): \$30/ hour
 Non-Prime Time Hours before 6 p.m. weekdays
 Full Court (Non-Athletic), \$100/ hour

HOURS OF OPERATION	
Monday – Thursday:	10 a.m. - 9 p.m.
Friday – Sunday:	9 a.m. - 6 p.m.

ROOM RENTAL

Multipurpose Room (120 capacity): \$65/ hour
 Community Room (25 capacity): \$45/ hour
 Mirror Room (13 capacity): \$35/ hour
 Art Room 2 (10 capacity): \$35/ hour
 Class Room (13 capacity): \$35/ hour
 Computer Room (10 capacity): \$35/ hour
 Kitchen: \$25 flat rate with room rental
 Kitchen: \$25/ hour without room rental
 After hours: Room rental plus \$50/ hour



GARRISON COMMUNITY CENTER

1124 E. Fifth St., Kansas City, MO 64106 816-513-7720

GENERAL INFORMATION

Garrison Community Center is a 100+ year-old historical landmark located on the northeast edge of downtown Kansas City, just east of the City Market on Fifth Street. The center offers a variety of fun activities and events in which to participate and exciting clubs to join.

GYM RENTAL

Full Court (Capacity 200)
 Full Court Prime Time (Athletic): \$50/ hour
 Prime Time Hours after 6 p.m. and weekends
 Full Court Non-Prime Time (Athletic): \$30/ hour
 Non-Prime Time Hours before 6 p.m. weekdays
 Full Court (Non-Athletic), \$100/ hour

HOURS OF OPERATION	
Monday - Thursday:	11 a.m. – 9 p.m.
Friday:	9 a.m.-6 p.m.
Saturday:	9 a.m.-6 p.m.
Sunday:	CLOSED

ROOM RENTAL

Multipurpose Room (Capacity 65): \$20 per hour
 Kitchen: \$25 flat fee
 Deposit: 50% of total (minimum \$25)
 After Hours Staff Charge: \$95 per hour.



GREGG/KLICE COMMUNITY CENTER

1600 John "Buck" O'Neil Way, Kansas City, MO 64108 816-513-0652

GENERAL INFORMATION

Gregg/Klice Community Center offers many different events and programs for every age. Join us at our convenient location near the jazzy heart of Kansas City.

HOURS OF OPERATION	
Monday – Thursday:	6 a.m. - 9 p.m.
Friday:	6 a.m. - 6 p.m.
Saturday – Sunday:	9 a.m. - 6 p.m.

GYM RENTAL

Full Court (Capacity 250)
 Full Court (Athletic): \$100/ hour
 Full Court (Non-Athletic), \$100/ hour

ROOM RENTAL

Aerobics Room (Capacity 30 – 35): \$35/ hour
 Large Meeting Room (Capacity 100): \$65/ hour
 Computer Room (Capacity 30): \$35/ hour
 Kitchen \$25 (flat fee with room rental)
 Afterhours: Room rental plus \$50/ hour

HILLCREST COMMUNITY CENTER

10401 Hillcrest Road, Kansas City, MO 64134 816-513-8560

GENERAL INFORMATION

Hillcrest Community Center offers many wonderful events and programs for all ages in south Kansas City. Come visit our picturesque, lodge inspired facility today!



HOURS OF OPERATION	
Monday - Thursday:	7 a.m. - 9 p.m.
Friday:	7 a.m. - 6 p.m.
Saturday/ Sunday:	9 a.m. - 6 p.m.

GYM RENTAL

Full Court (Capacity 200)
 Half Court (Capacity 100)
 Full Court (Athletic): \$100/ hour
 Half Court (Athletic), \$35/ hour
 Full Court (Non-Athletic), \$100/ hour

ROOM RENTAL

Meeting Room A, B, C (capacity 16 each)
 Meeting Room A or C: \$35/ hour
 Meeting Room A/B or B/C: \$40/ hour
 Meeting Room A/B/C (capacity 50) \$45/ hour
 Kitchen \$25 (flat fee per event)
 Afterhours: Room rental plus \$50/ hour
 Patio Rental \$20/ hour
 Patio Rental (with gym or room rental) \$15/ hour
 Bounce House \$25/ hour with gym rental



KANSAS CITY NORTH COMMUNITY CENTER

3830 N.E. Antioch Road, Kansas City, MO 64117 816-513-7740

GENERAL INFORMATION

Kansas City North Community Center has full-sized gymnasium, cardio/weight room, auditorium, kitchen, meeting rooms, pottery studio, exercise room and tennis courts adjacent to the building.

GYM RENTAL

Full Court (Capacity 250)
 Half Court (Capacity 125)
 Full Court Prime Time (Athletic): \$100/ hour
 Prime Time Hours after 6 p.m. and weekends
 Half Court (Athletic):\$35/ hour
 Full Court Non-Prime Time (Athletic), \$30/ hour
 Non-Prime Time Hours before 6 p.m. weekdays
 Full Court (Non-Athletic), \$100/ hour

HOURS OF OPERATION

Monday – Thursday: 7 a.m. - 9 p.m.
 Friday: 7 a.m. - 6 p.m.
 Saturday – Sunday: 9 a.m. - 6 p.m.

ROOM RENTAL

Aerobics Room (Capacity 30 – 35): \$35/ hour
 Large Meeting Room (Capacity 100): \$65/ hour
 Computer Room (Capacity 30): \$35/ hour
 Kitchen \$25 (flat fee with room rental)
 Afterhours: Room rental plus \$50/ hour



LINE CREEK COMMUNITY CENTER ICE ARENA

5940 N.W. Waukomis Drive, Kansas City, MO 64151 816-513-0760

GENERAL INFORMATION

Line Creek Community Center and Ice Arena is a 34,000 square-foot family recreation center located in the of Frank Vaydik Park surrounded by woods and bordered by Line Creek. To the south of the center are two baseball diamonds and a soccer field. To the north is the ever popular KC Northern Miniature Railroad.

The center and arena are located off I-29 and Waukomis Drive.

ADMISSION

Facility Pass: \$8/day
 Skate Rental: \$2
 Freestyle – 30 min: \$7
 Freestyle membership pass: \$125
 Stick n Puck: \$14
 Stick Time: \$14
 Adult Learn to Play: \$18
 Birthday Package: \$150

ICE GROUP

Weekday before 6 p.m.: \$4
 Weekday after 6 p.m.: \$5
 Weekend: \$5

HOURS OF OPERATION

Monday: 7 a.m. - 9 p.m.
 Tuesday - Friday: 6 a.m. - 9 p.m.
 Saturday/ Sunday: 9 a.m. - 6 p.m.

RENTALS

Trailside Room (Capacity 15): \$35/hour
 Warming Room (Capacity 15): \$35/hour
 Ice Rink (Capacity 200)

MARLBOROUGH COMMUNITY CENTER

8200 The Paseo Blvd., Kansas City, MO 64131 816-513-7800



HOURS OF OPERATION

Monday – Thursday:	11 a.m. - 9 p.m.
Friday - Saturday:	9 a.m. - 6 p.m.
Sunday:	CLOSED

ROOM RENTAL

Meeting Room (Capacity 30): \$30/ hour
 Kitchen \$25 (flat fee with room rental)
 Afterhours: Room rental plus \$70/ hour

GYM RENTAL

Full Court (Capacity 100)
 Full Court (Athletic): \$35/ hour
 Full Court (Non-Athletic), \$45/ hour

GENERAL INFORMATION

Marlborough Community Center offers activities, events, and programs for all ages in the southern region of Kansas City



SOUTHEAST COMMUNITY CENTER

4201 E. 63rd St., Kansas City, MO 64130 816-513-0632

GENERAL INFORMATION

Bringing families and friends together is the goal of Southeast Community Center in Swope Park. The center has Wi-Fi, a full-sized basketball court, meeting rooms, game room, craft room, and fitness area with weights and cardiovascular equipment. A variety of aerobics classes are offered, and a track is installed above the gym so members can walk or run in year-round comfort.

GYM RENTAL

Full Court (Capacity 200)
 Half Court (Capacity 100)
 Full Court (Athletic): \$100/ hour
 Half Court (Athletic), \$35/ hour
 Full Court (Non-Athletic), \$100/ hour

HOURS OF OPERATION

Monday - Thursday:	6 a.m. - 9 p.m.
Friday:	6 a.m. - 6 p.m.
Saturday/ Sunday:	9 a.m. - 6 p.m.

ROOM RENTAL

Multipurpose Room AB(Capacity 75): \$65/hr
 Community Room (Capacity 25): \$45/hr
 Classroom 1 (Capacity 25): \$45/hr
 Classroom 2 (Capacity 15): \$35/hr
 Classroom 3 (Capacity 15): \$35/hr
 Multi-fitness Studio (Capacity 7): \$35/hr
 Kitchen (Capacity 3): \$25/hr flat rate
 (up to 4 hrs)
 After hours: Regular rate plus \$50/hr



TONY AGUIRRE COMMUNITY CENTER

2050 W. Pennway, Kansas City, MO 64108 816-513-8530

Tony Aguirre Community Center offers wonderful events, programs, and classes for people of all ages in the northern westside of Kansas City.

HOURS OF OPERATION	
Monday – Thursday:	7 a.m. - 9 p.m.
Friday:	7 a.m. - 6 p.m.
Saturday – Sunday:	9 a.m. - 6 p.m.

GYM RENTAL

Full Court (Capacity 200)
 Full Court Prime Time (Athletic): \$50/ hour
 Prime Time Hours after 6 p.m. and weekends
 Full Court Non-Prime Time (Athletic), \$30/ hour
 Non-Prime Time Hours before 6 p.m. weekdays
 Full Court (Non-Athletic), \$100/ hour

ROOM RENTAL

Aerobics Room (Capacity 30 – 35): \$35/ hour
 Large Meeting Room (Capacity 100): \$65/ hour
 Computer Room (Capacity 30): \$35/ hour
 Kitchen \$25 (flat fee with room rental)
 Afterhours: Room rental plus \$50/ hour



WESTPORT COMMUNITY CENTER

3601 Roanoke Road, Kansas City, MO 64111 816-513-7660

GENERAL INFORMATION

The center, originally opened in 1963, recently underwent a \$1.25 million face lift that included an updated pottery room, reception area, bathrooms, new furnace/AC and security system. The center is available to rent for meetings, wedding receptions, birthday parties, family reunions and dinner parties.

HOURS OF OPERATION	
Monday - Thursday:	10 a.m. - 9 p.m.
Friday:	10 a.m. - 6 p.m.
Saturday/ Sunday:	9 a.m. - 6 p.m.

GYM RENTAL

Full Court (Capacity 150)
 Full Court (Athletic): \$50/ hour
 Prime Time Hours after 6 p.m. and weekends
 Full Court Non-Prime Time (Athletic), \$30/ hour
 Non-Prime Time Hours before 6 p.m. weekdays
 Full Court (Non-Athletic), \$100/ hour

ROOM RENTAL

Meeting Room (capacity 25): \$35/ hour
 Craft Room (capacity 25): \$35/ hour
 Kitchen \$25 (flat fee per event)
 Afterhours: Room rental plus \$50/ hour

SPECIAL EVENTS

Community Baby Shower

Hillcrest's Annual Baby Shower provides a gift bag of goodies to expectant mothers and also has vendors present for them to receive information on local resources that are available to them. Registration deadline 9/7/22.

ACTIVITY CODE: 223502111		
AGE	FEE	LOCATION
All ages	FREE	HCCC
DAY	DATE	TIME
Sa	9/17	1 - 3 p.m.

WOMEN FIT DAY

Women can participate in a variety of exercises. The goal is to motivate and encourage them to make fitness a way of life.

ACTIVITY CODE: 223511106		
AGE	FEE	LOCATION
18+	\$5	SECC
DAY	DATE	TIME
Sa	9/10	9 a.m. - Noon

Vendors Day

This event will give local entrepreneurs a chance to showcase what makes their businesses special! Come walk through our community center and see what your area establishments have to offer. Vendors, \$25 per booth.

ACTIVITY CODE: 223510109		
AGE	FEE	LOCATION
All ages	FREE	WRCC
DAY	DATE	TIME
Sa	10/1	10 a.m. - 4 p.m.

Health Assessment Day

Offering free fitness consultations for the community to educate the people about living healthier lives

ACTIVITY CODE: 223511103		
AGE	FEE	LOCATION
18+	FREE	SECC
DAY	DATE	TIME
Sa	10/8	9 a.m. - Noon

Walktober Returns in October



The month of October is especially ideal for exercising outside ~ the temperatures are cool and the colors are spectacular. This year, you are invited to walk, ride or run a different trail from Noon-2pm on October 2nd, 9th, 16th and 23rd. Commemorative Walktober buttons, designed by artist Liz Vargas, will be available for the first 200 participants at each location. Attend all four events and collect all four designs! Each event will also include a Plein Air Quick Paint Competition featuring local artists painting live on location.

Visit kcparks.org/walktober for complete schedule and button designs

Youth Summit

The purpose of this summit is to bring our youth together and discuss with them the issues that are plaguing our community. These things involve peer pressure, drugs, social media, bullying, depression, etc. We will bring in guest speakers to give their input and have open discussions.

ACTIVITY CODE: 223511105		
AGE	FEE	LOCATION
13 - 18	FREE	SECC
DAY	DATE	TIME
Sa	10/15	10 a.m. - Noon



Tony Aguirre Halloween Hunt

This is our second annual Halloween Hunt and it's getting bigger and scarier every year. Bring your scariest ghouls and goblins to the TACC front lawn—or Gym if weather decides to scare, and they'll be able to fill their bags with hidden treats while listening to the scary sounds of Halloween. Hotdogs, chips and bottled water will be served when all the candy is found. Free with a canned good, or \$2 per person

ACTIVITY CODE: 223506108		
AGE	FEE	LOCATION
2 - 12	\$2/ person	TACC
DAY	DATE	TIME
Th	10/27	5 - 7 p.m.

Trunk or Treat

This fun community event provides families with an alternative to trick-or-treating door-to-door. Trunk or treat events have grown in popularity in recent years, as families seek fun and safe alternatives to trick-or-treating door-to-door.

ACTIVITY CODE: 223511109		
AGE	FEE	LOCATION
Under18	FREE	SECC
DAY	DATE	TIME
F	10/28	6 - 7:30 p.m.

TACC Annual Fall Festival

Come join us for our annual Fall Festival. Leaves are falling and the colors are changing. Bring the family down to the Tony Aguirre Center and join in the fun and festivities. Make a scarecrow, decorate a pumpkin and grab a snack.

ACTIVITY CODE: 223506111		
AGE	FEE	LOCATION
6 - 13	FREE	TACC
DAY	DATE	TIME
Sa	10/29	11 a.m. - 1 p.m.

10

Spooky Skate

Special skating event with a flair of spookiness! Come dressed in your costume and admission is free. The first 75 skaters registered ages 3-13 get free goodie bag. \$8 admission, \$2 skate rental, Free for those that come in with a costume.

ACTIVITY CODE: 223504106		
AGE	FEE	LOCATION
All ages	\$8	LCCC
DAY	DATE	TIME
Sa	10/29	2 - 4 p.m.

Wilderness Run

The Wilderness Run is BACK! Participants can choose between a 2 mile or 5 mile course that will take you through the woods, across fields, through the village and more!



ACTIVITY CODE: 223540104		
AGE	FEE	LOCATION
12+	\$20-\$40/person	SCLHM
DAY	DATE	TIME
Sa	11/5	9 a.m.

Max Out Day

Offering a free one-month membership to the member who can squat, and bench press the most weight.

ACTIVITY CODE: 223511115		
AGE	FEE	LOCATION
18+	\$5/ drop-in	SECC
DAY	DATE	TIME
Sa	11/12	10 a.m. - Noon



Turkey Bowling

You read that right...bowling with skates on ice!! Test out your bowling skills on our frozen bowling lanes. \$8 admission, \$2 skate rental, \$5 admission if you bring in a canned good.

ACTIVITY CODE: 223504301		
AGE	FEE	LOCATION
All	\$8	LCCC
DAY	DATE	TIME
Sa	11/19	2 - 4 p.m.

Westside Turkey Day

One of our most valuable neighborhood partners will be delivering Thanksgiving baskets to needy residents of the West Side. The WCAN Westside Can Center will prepare baskets with the help of some really great volunteers including the Tony Aguirre Community Center and KC Parks and Rec. Thanks to the generosity of KC Parks and Rec, we hope to reach 10 more families this year for a total of 60 families fed. Registration 10/1 - 11/19/22.

ACTIVITY CODE: 223506112		
AGE	FEE	LOCATION
All ages	FREE	TACC
DAY	DATE	TIME
Sa	11/19	11 a.m. - 3 p.m.

Holiday Party

Holiday parties are a wonderful way to bring the communities together and converse with your neighbors. These parties frequently involve activities including arts & crafts, games and entertainment, which helps foster community participation. Registration deadline 12/5/22

ACTIVITY CODE: 223100120		
AGE	FEE	LOCATION
Under14	FREE	SECC
DAY	DATE	TIME
Sa	12/10	6 - 7:30 p.m.

Northland Holiday Party/Skate with Santa

Come to Line Creek Community Center and Skate with Santa!! Bring your family to celebrate winter with us during our regular public skate session. There will also be a photo booth located in our Trailside Room for fun pictures to commemorate your annual Skate with Santa holiday tradition. Registration deadline Dec. 3, 2022.

ACTIVITY CODE: 223504302		
AGE	FEE	LOCATION
Under13	FREE	LCCC
DAY	DATE	TIME
Sa	12/10	2 - 4 p.m.

TACC Holiday Party

Our Annual Holiday party is back at Tony Aguirre Community Center. Come and take a pic with Santa, play some games, create some memories and stuff yourself with Holiday treats. Oh and don't forget—Santa will be giving presents too! See you on Dec 10th! Registration deadline 11/30/22

ACTIVITY CODE: 223506107		
AGE	FEE	LOCATION
Under17	FREE	TACC
DAY	DATE	TIME
Sa	12/10	10 a.m. - 1 p.m.

ACTIVE AGERS



Garrison Cooking Club

Join us in the kitchen! We will learn fun recipes that you can take home and share with the family!

Session I (6 weeks) | Session II (7 weeks)

ACTIVITY CODE: 223507105			
AGE		FEE	
55+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
Th	9/15	11 a.m. - Noon	GCC
Th	10/27	11 a.m. - Noon	GCC

Active Agers Club

Active Agers will enhance their brain, develop social skills through table games, and other activities in a positive setting. Free with Silver Sneakers membership. 7 weeks.

ACTIVITY CODE: 223100106		
AGE	FEE	LOCATION
60+	\$3/ day	MCC
DAY	DATE	TIME
Th	9/8	Noon - 4 p.m.
Th	10/27	Noon - 4 p.m.

Senior Bingo

Participants will play Bingo and have an opportunity to win exciting prizes! 7 weeks.

AGE	FEE	LOCATION
60+	\$3/ day	HCCC
DAY	DATE	TIME
W	9/21	1 p.m.
W	10/19	1 p.m.
W	11/16	1 p.m.

Active Agers Social Club

Active agers playing cards, dominoes, bingo, arts and crafts, while discussing daily events and enjoying light refreshments. Free with Silver Sneakers membership. 6 - 7 weeks.

ACTIVITY CODE: 223100106		
AGE	FEE	LOCATION
60+	\$3/ day	GCC
DAY	DATE	TIME
T	9/13	11a.m. - 1 p.m.
T	10/25	11a.m. - 1 p.m.

Open Art

The making or showing of Painting, Ceramics, Pottery, or Arts & Crafts.

ACTIVITY CODE: 223511111		
AGE	FEE	LOCATION
60+	\$5/ day	SECC
DAY	DATE	TIME
T/ Th	9/6	9 a.m. - Noon
T/ Th	10/25	9 a.m. - Noon

Senior Art Class

Our Senior Art Class is lead by Nelson-Atkins art teachers, each session will focus on a new art technique and give participants an opportunity to create a project expressing what they learned that session. 6 week sessions.

ACTIVITY CODE: 223502107		
AGE	FEE	LOCATION
60+	\$3/ day	HCCC
DAY	DATE	TIME
T - Th	9/6	1 - 3 p.m.



Chair Aerobics

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seating exercises, standing support, and can be modified depending on fitness level.

Session I (6 weeks), Session II (7 weeks)

ACTIVITY CODE: 223505101			
AGE		FEE	
60+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T/Th	9/6	1 p.m.	BCCC
T/Th	11/1	1 p.m.	BCCC
Th	9/13	9:30 - 10:30 a.m.	GCC
Th	10/25	9:30 - 10:30 a.m.	GCC
T/W	9/6	10 a.m. - 11 a.m.	GKCC
T/W	11/1	10 a.m. - 11 a.m.	GKCC
M/W	9/8	10 a.m. - 11 a.m.	MCC
M/W	10/27	10 a.m. - 11 a.m.	MCC

Silver Sneakers Fitness Class

Silver Sneakers is a senior fitness class that offers exercise in a series of modified techniques. 7 week sessions.

ACTIVITY CODE: 223502108			
AGE		FEE	
60+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
M/W	9/6	10:30 a.m.	HCCC
M/W	10/24	10:30 a.m.	HCCC

Water Aerobics

Water Aerobics is a science-based exercise program designed to build and increase muscle strength, cardio endurance, flexibility, and toning. A forty-five-minute session includes a warmup, intervals of muscle sets and cardio, stretching and a cool down.

ACTIVITY CODE: 2223503101			
AGE		FEE	
50+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
M/F	9/9	10 - 10:45 a.m.	GKCC
T/W	9/6	9 - 9:45 a.m.	GKCC
M/W	9/7	6 - 6:45 p.m.	GKCC

Senior Exercise Class

Class description: Helping senior citizens work on their balance, flexibility, strength and overall fitness to have a better quality of life.

ACTIVITY CODE: 223511101			
AGE		FEE	
50+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
W/F	9/7	Noon	SECC

Seated Yoga

Seated yoga will allow individuals to build strength, flexibility and endurance while keeping their heart happy and healthy with light exercises from the comfort of a chair.

ACTIVITY CODE: 223505102			
AGE		FEE	
60+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
Th	9/8	9:30 - 10:30 a.m.	MCC
Th	10/27	9:30 - 10:30 a.m.	MCC

YOUTH



LET'S PLAY!



Let's Play Soccer

Introducing kids to soccer which will be played indoor. Each week will cover a basic skill like passing, dribbling, trapping, shooting, and goal keeping. Participants will also play a scrimmage after each lesson. 7 week sessions.

ACTIVITY CODE: 223507102			
AGE	FEE		
4 - 6	\$40		
DAY	DATES	TIME	LOCATION
Th	10/27	6 p.m.	GCC
Th	12/15	6 p.m.	GCC

Let's Play! Basketball

Let's Play! is an introductory basketball program intended to teach kids the basics of basketball. The goal of the program is for kids to walk away with the 3 F's – fundamentals, friendship and fun! 6 week sessions.

ACTIVITY CODE: 223540102			
AGE	FEE		
4 - 6	\$40		
DAY	DATES	TIME	LOCATION
Th	10/12	6 p.m.	BCCC

Kids in the Kitchen

We have a great way to spend your Saturday mornings so get off the couch and into the Kitchen! Kids in the kitchen is a great way to learn kitchen safety, learn how to cook and prepare some great snacks/meals for you and your family. We have a list of recipes to choose from and the kids are in control. Stop by TACC this fall for some food and fun. 4 weeks sessions. 2 hour class, once a week.

ACTIVITY CODE: 223506102			
AGE	FEE		
8 - 16	\$10		
DAY	DATES	TIME	LOCATION
Sa	10/8	11 a.m.	TACC
Sa	11/5	11 a.m.	TACC
Sa	12/3	11 a.m.	TACC

Aqua Tots

Aqua Tots is a parent/caregiver and child swim class. Parent join their aqua tot in the water for a group, beginner, water exploration. The skills covered are: learning to ask for permission before entering the water, entering/exiting the water in a safe manner, feeling comfortable in the water, submerging to the mouth, nose and eyes completely, exploring buoyancy on the front and back position, changing body position in the water with support, and basic water safety rules and how to avoid water hazards around the home. 4 week sessions

ACTIVITY CODE: 223503106			
AGE	FEE		
6 months - 2 years	\$40		
DAY	DATES	TIME	LOCATION
Th	9/3	10 a.m.	GKCC
Th	10/1	10 a.m.	GKCC



Fall Break Camp

Fall Break will be a camp for your children to have a good time in a safe environment. Youth will enjoy socializing, arts & crafts, games, athletic/ fitness activities. Children will provide their own lunch, but snacks will be provided.

ACTIVITY CODE: 223100314			
AGE		FEE	
6 - 13		\$10/ day	
DAY	DATES	TIME	LOCATION
M - W	11/21 - 11/23	7:30am - 5:30pm	TACC
M - W	11/21 - 11/23	7:30am - 5:30pm	BCCC
M - W	11/21 - 11/23	7:30am - 5:30pm	SECC
M - W	11/21 - 11/23	7:30am - 5:30pm	WRCC

Schools Out Day Camp

Worried about what to do with your kids on school holidays? Bring them by our center for a mini day camp! Children enjoy sports, games, arts and crafts, and educational activities. This camp is held on weekdays when school is out of session.

Time: 7:30 a.m. - 5:30 p.m.

ACTIVITY CODE: 223100508			
AGE		FEE	
6 - 13		\$10/ day	
LOCATION	DATES		
KCNCC	9/2, 10/7, 10/10, 11/23		
TACC	9/6,9/23,10/7,10/28,10/31,11/4,12/9,12/23		
HCCC	9/30, 10/13-14, 11/11		
SECC	10/27 - 28		

Winter Break Camp

KC Parks is hosting youth for 2 weeks of Winter Break Camp. We have plenty of activities planned for your kiddo's enjoyment! Children will provide their own lunch, but snacks will be provided.

ACTIVITY CODE: 223100214			
AGE		FEE	
6 - 13		\$10/ day	
DAY	DATES	TIME	LOCATION
M - F	12/19 & 12/26	7:30am - 5:30pm	BCCC
M - F	12/19 & 12/26	7:30am - 5:30pm	SECC
T - F	12/27 & 1/3/23	7:30am - 5:30pm	WRCC
M - F	12/21 & 12/27	7:30am - 5:30pm	TACC
M - F	12/21 & 12/27	7:30am - 5:30pm	HCCC

Afterschool Care

KC Parks partners with Camp Fire Heartland to offer after school sites for students whose parents need aftercare. This program offers arts and crafts, social emotional learning skills, outdoor and indoor games, team building, etc. This program only meets on days that school is in session.

ACTIVITY CODE: 223100100			
AGE		FEE	
5 - 13		\$80/ month	
DAY	DATES	TIME	LOCATION
M - F	8/15	3:30 - 6 p.m.	GKCC
M - F	8/15	3:30 - 6 p.m.	TACC
M - F	8/15	3:30 - 6 p.m.	WRCC

KCN Afterschool Care

Kids will have the opportunity to participate in fun recreation activities as well as complete assignments. A snack will be served to all students. This program only meets on days that school is in session.

ACTIVITY CODE: 223508100			
AGE		FEE	
Grade K - 6		\$20/ week	
DAY	DATES	TIME	LOCATION
M - F	8/22	3:30 - 6 p.m.	KCNCC

HOMESCHOOL



Homeschool P.E.

Homeschool P.E. offers a way for your child to learn valuable physical AND social skills that will last a lifetime. Whether your child is an athlete on a select sports team, or an artist that has never kicked a ball, Homeschool P.E. has something to offer.

ACTIVITY CODE: 223100117			
AGE		FEE	
6 - 13		\$15/ session \$3/ drop-in	
DAY	DATES	TIME	LOCATION
W	9/7,10/5, 11/30	Noon - 1 p.m.	KCNCC
W	9/7/22-2/22/23	Noon - 1 p.m.	SECC

Homeschool Skate

Students will have the opportunity to be physically fit and earn P.E. credit all while having fun doing it.

ACTIVITY CODE: 223504100			
AGE		FEE	
3 - 18		\$4/ first 2, then \$2/ family	
DAY	DATES	TIME	LOCATION
F	9/2,10/7,11/4,12/2	9 - 10:30 a.m.	LCCC

Homeschool Art

This class has its foundation in art history with different projects each week based on the artist, period, or culture. Art history is used as a guide to create art with a focus on techniques, vocabulary, materials, self-expression, and process rather than a specific end project. Learn about modern art and crazy techniques you'll find nowhere else.

ACTIVITY CODE: 223511107			
AGE		FEE	
6 - 13		\$4/ drop-in	
DAY	DATES	TIME	LOCATION
W	9/7/22-2/22/23	1 - 2 p.m.	SECC

E-SPORTS



E-Sports Gaming

Join us every Saturday to see who's the best of the best at your favorite games! Play against your peers and compete in the tournament to claim bragging rights!

ACTIVITY CODE: 223510105			
AGE		FEE	
All Ages		\$10/ drop-in	
DAY	DATES	TIME	LOCATION
Sa	9/10-12/17/22	Noon - 2 p.m.	WRCC

KCN Thursday Throwdown E-Sports Tournament Series

Join us every third Thursday of the month for an esports gaming tournament. Different games will be played using Nintendo switch gaming consoles. Prizes and giveaways to winners and participants. Every third Thursday of the Month

ACTIVITY CODE: 223508105			
AGE		FEE	
6 - 13		\$10/ drop-in	
DAY	DATES	TIME	LOCATION
Th	9/15,10/20,11/14,12/12	6:30 - 8 p.m.	KCNCC

ATHLETICS



Youth Flag Football League

Youth flag football league is intended to be an introductory league where kids can have the opportunity to learn the fundamentals of flag football in a safe and encouraging environment. Practices begin week of August 29, games are played September 10 – October 29.

ACTIVITY CODE: 223540100			
GRADES		FEE	
K - 1st 1st - 2nd	\$40/ player \$175 / team		
DAY	DATES	TIME	LOCATION
Sa	9/10 - 10/29	9 a.m. - 2 p.m.	CHS

Let's Play! Basketball

Let's Play! is an introductory basketball program intended to teach kids the basics of basketball. The goal of the program is for kids to walk away with the 3 F's – fundamentals, friendship and fun! 6 week sessions.

ACTIVITY CODE: 223540102			
AGE		FEE	
4 - 8		\$40	
DAY	DATES	TIME	LOCATION
Th	10/12 - 11/16	6 - 7p.m.	BCCC

Let's Play Soccer

Introducing kids to soccer which will be played indoor. Each week will cover a basic skill like passing, dribbling, trapping, shooting, and goal keeping. Participants will also play a scrimmage after each lesson. 7 week sessions.

ACTIVITY CODE: 223507102			
AGE		FEE	
4 - 6		\$40	
DAY	DATES	TIME	LOCATION
Th	9/8 - 10/27	6 p.m.	GCC
Th	10/27 - 12/15	6 p.m.	GCC

Middle School Basketball League

The league at GCC is a competitive youth league for 6th - 8th grade. It will give middle school age players the opportunity to continue to hone their skills and prepare for the upcoming interscholastic season.

ACTIVITY CODE: 223540101			
GRADES		FEE	
6th - 8th		\$40/ player \$175 / team	
DAY	DATES	LOCATION	
Sa	9/24 - 11/12	GCC	

Youth Basketball Skills

This program is designed to teach the fundamentals of passing, dribbling, & shooting.

ACTIVITY CODE: 223510102			
AGE		FEE	
6 - 17		\$5 drop-in or Free/ membership	
DAY	DATES	TIME	LOCATION
M/W	9/7 - 10/19	6 - 7 p.m.	WRCC
T/TH	10/19 - 12/15	6 - 7 p.m.	WRCC
M	9/5 - 10/17	6 - 9 p.m.	WRCC

Men's Basketball Leagues

The league is a moderate competitive level basketball league for adults.

ACTIVITY CODE: 223540103			
AGE		FEE	
18+		\$55/ player \$375/ team	
DAY	DATES	LOCATION	
M	10/3 - 11/2	GKCC	
Su	10/30	BCCC	

RACQUET SPORTS

Pickleball

Come play one of the fastest growing and most popular sports. Get a great workout while having fun learning the game and making friends. Both beginner and advanced play offered.

ACTIVITY CODE:		223100115	
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
M/W/F	10/31	9a.m. - Noon	TACC
T/Th	9/6	11a.m. - 1p.m.	WRCC
T/Th	10/25	11a.m. - 1p.m.	WRCC
M/W	9/6	1:30 - 3:30p.m.	HCCC
M/W	10/24	1:30 - 3:30p.m.	HCCC
M - F	9/9	9:30a.m.-12:30p.m.	GCC
M - F	10/24	9:30a.m.-12:30p.m.	GCC
T/Th/Su	8/14 - 12/15	11:30a.m. - 4p.m.	KCNCC
M/T/W/F	8/15 - 12/16	8 a.m. - 11:30 p.m.	KCNCC

Table Tennis

Table Tennis can improve reflexes, hand-eye coordination and balance, while toning and strengthening the core muscles of the upper and lower body. Whether you are a beginner or advanced, join us for open play!

ACTIVITY CODE:		223507104	
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
M/F	9/9 - 10/21	10 a.m. - 1 p.m.	GCC
M/F	10/24 - 12/16	10 a.m. - 1 p.m.	GCC

Active Agers Badminton

Badminton will be played two days a week at Hillcrest in a fun and relaxed environment where seniors can learn and enjoy the game.

ACTIVITY CODE:		223502106	
AGE		FEE	
60+		\$3 drop-in	
DAY	DATES	TIME	LOCATION
T/Th	9/6 - 10/23	9 - 11 a.m.	HCCC
T/Th	10/24 - 12/18	9 - 11 a.m.	HCCC





**Join us for
Fall 2022**

**FOR BOYS AND GIRLS
AGES 4-14**

Fee \$85

**Plus \$20 National AYSO
Fee/Insurance **

Fee includes training and a full jersey kit (shirt, shorts, socks) and training provided by our trained coaches starting mid-August through the end of October.

**Register today @
www.kcayso.org**

Contact us today at:
registrar6h1161@gmail.com

**JOIN IN
THE FUN
TODAY!**

Everyone Plays® | Balanced Teams
Open Registration | Positive Coaching
Good Sportsmanship | Player Development

REGISTER FOR AYSO SOCCER!



**FEES INCLUDE
SOCCER JERSEY KIT**





MARTIAL ARTS

Youth Judo

Students will experience progressive skills in Judo. Classes include warmup, skills practice, and fun. We'll work on a combination of wrestling, throwing, and submissions techniques. Beginner and advanced classes offered.

ACTIVITY CODE: 223100116			
AGE		FEE	
6 - 17		\$7/ drop-in, \$40/ month	
DAY	DATES	TIME	LOCATION
T/Th	9/5	6:30 - 7:30 p.m.	KCNCC
T/Th	10/3	6:30 - 7:30 p.m.	KCNCC
T/Th	11/7	6:30 - 7:30 p.m.	KCNCC
T/Th	12/5	6:30 - 7:30 p.m.	KCNCC
T/Th	9/5	7 - 8:30 p.m.	KCNCC
T/Th	10/3	7 - 8:30 p.m.	KCNCC
T/Th	11/7	7 - 8:30 p.m.	KCNCC
T/Th	12/5	7 - 8:30 p.m.	KCNCC

Adult Judo

Students will experience progressive skills in Judo. Classes include warmup, skills practice, and fun. We'll work on a combination of wrestling, throwing, and submissions techniques.

ACTIVITY CODE: 223100116			
AGE		FEE	
18+		\$7/ drop-in, \$40/ month	
DAY	DATES	TIME	LOCATION
M/Th	9/5	6:30 - 7:30 p.m.	KCNCC
M/Th	10/3	6:30 - 7:30 p.m.	KCNCC
M/Th	11/7	6:30 - 7:30 p.m.	KCNCC
M/Th	12/5	6:30 - 7:30 p.m.	KCNCC

HEMA Swords Class

Class Description: Heartland HEMA (Historical European Martial Arts) specializes in instructing students of all levels and physical ability in the use of a variety of renaissance and medieval weaponry.

ACTIVITY CODE: 223508104			
AGE		FEE	
13+		\$10/ drop-in, \$40/ month	
DAY	DATES	TIME	LOCATION
M/W	9/5	6 - 8 p.m.	KCNCC
M/W	10/3	6 - 8 p.m.	KCNCC
M/W	11/7	6 - 8 p.m.	KCNCC
M/W	12/5	6 - 8 p.m.	KCNCC

BOXING

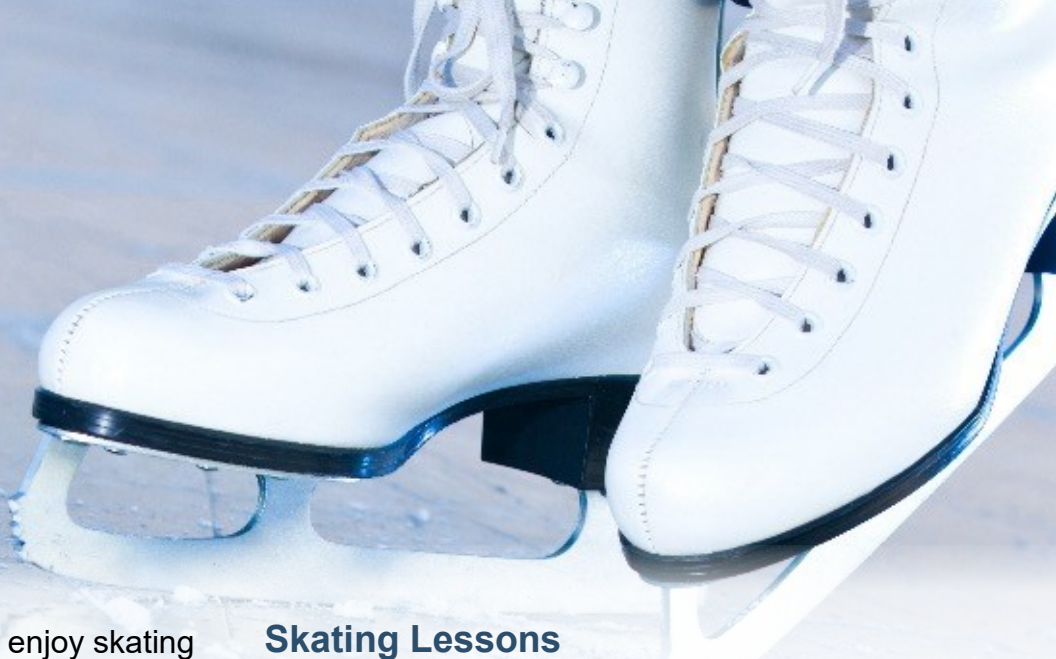


Youth Boxing

Develop basic skills of boxing while learning discipline and instilling a sense of respect for self and others.

ACTIVITY CODE: 223100511			
AGE		FEE	
5 - 17		FREE	
DAY	DATES	TIME	LOCATION
T/Th	9/6	5 p.m.	GCC
T/Th	10/25	5 p.m.	GCC

ICE SPORTS



Public Skating

Guests of all ages are welcome to enjoy skating at Line Creek Community Center during our daily Public Ice Skating Sessions! We have ice hockey and figure skates available to rent and we also offer skating trainers for new skaters that may need a little extra assistance on the rink.

Go to kcparks.org for available daily times.

ACTIVITY CODE: 223504104			
AGE		FEE	
All ages		\$8/admission, \$2/skate rental	
DAY	DATES	TIME	LOCATION
M	Ongoing	Noon - 1:30 p.m.	LCCC
T	Ongoing	7 - 8:30 p.m.	LCCC
Th	Ongoing	3:45 - 5:45 p.m.	LCCC
Sa	Ongoing	1 - 3:30 p.m.	LCCC

Freestyle

This is Ice time dedicated to figure skaters to practice routines and skill development. Please check our freestyle calendar online for available daily times. 30 minute sessions. \$7/session, \$3.25/coaching, \$125/session pass

ACTIVITY CODE: 223504103			
AGE		FEE	
All Ages			
DAY	DATES	TIME	LOCATION
T	Ongoing	Refer to the website	LCCC

Adult Skills and Drills

Created for the beginner skater to learn some new skills or just get a great workout through drills and a scrimmage.

AGE		FEE	
18+		\$18 drop-in	
DAY	DATES	TIME	LOCATION
T	Ongoing	8:45 - 10 p.m.	LCCC

Skating Lessons

This is an on-ice skating program conducted in 30-minute classes. Participants will enjoy learning in a group setting, where they can work on their agility, balance, and skating skills through various on-ice skating instructions.

Go to learntoskatekc.com for more information.

ACTIVITY CODE: 223504103			
AGE		FEE	
5+		\$100/ Session	
DAY	DATES	TIME	LOCATION
T/Th	9/13	6 p.m. & 6:30 p.m.	LCCC
T/Th	11/1	6 p.m. & 6:30 p.m.	LCCC

Stick and Puck

Come practice and hone your hockey skills in an open practice time. Adults and youth are welcome

AGE		FEE	
All Ages		\$7drop-in	
DAY	DATES	TIME	LOCATION
M - Th	Ongoing	10 - 11 a.m.	LCCC

Adult Hockey League

Come join one of 4 levels (A, B, C, or D) of adult ice hockey in our Northland Hockey League. The Northland Hockey League offers players within a wide range of skill levels the opportunity to participate in organized, competitive play.

Go to northlandhockeyleaguekc.com for more information

ACTIVITY CODE: 223504107			
AGE		FEE	
18+		Refer to the website	
DAY	DATE	TIME	LOCATION
Su/M/Th/F	9/4	Refer to the website	LCCC



AQUATICS

Youth and Adult Swim Lessons

Gregg/Klice Community Center offers Learn-to-Swim Level 1 and Level 2

Level 1: Swimmers will gain confidence in the water and learn water safety. Skills taught include bobbing, opening eye underwater and grabbing objects, glides, back float, treading water and other beginner techniques.

Level 2: Teaches swimmers fundamental skills. The lesson include: rotary breathing, front, jellyfish and tuck and back floats, glides, recovery from a front and back float or glide to vertical position, roll overs, changing direction when swimming, and other new swim expertise.

4 weeks/ 8 classes

ACTIVITY CODE:		223503105	
LOCATION		FEE	
GKCC		\$40/ session	
DAY	DATES	TIME	AGE
T/ Th	9/6 - 9/29	6 p.m.	5 - 17
T/ Th	10/4 - 10/27	6 p.m.	5 - 17
T/ Th	11/1 - 11/24	6 p.m.	5 - 17
T/ Th	12/6 - 12/29	6 p.m.	5 - 17
T/ Th	9/6 - 9/29	7 p.m.	18+
T/ Th	10/4 - 10/27	7 p.m.	18+
T/ Th	11/1 - 11/24	7 p.m.	18+
T/ Th	12/6 - 12/29	7 p.m.	18+



Aqua Tots

Aqua Tots is a parent/caregiver and child swim class. Parent join their aqua tot in the water for a group, beginner, water exploration. The skills covered are: learning to ask for permission before entering the water, entering/exiting the water in a safe manner, feeling comfortable in the water, submerging to the mouth, nose and eyes completely, exploring buoyancy on the front and back position, changing body position in the water with support, and basic water safety rules and how to avoid water hazards around the home. 4 week sessions

ACTIVITY CODE:		223503106	
AGE		FEE	
6 months - 2 years		\$40	
DAY	DATES	TIME	LOCATION
Th	9/3 - 9/24	10 - 11 a.m.	GKCC
Th	10/1 - 10/22	10 - 11 a.m.	GKCC
Th	11/5 - 11/26	10 - 11 a.m.	GKCC

Water Aerobics

Water Aerobics is an exercise program designed to build and increase muscle strength, cardio endurance, flexibility, and toning. A 45 minute session includes a warmup, intervals of muscle sets and cardio, stretching and a cool down. FREE with monthly membership.

ACTIVITY CODE:		223503101	
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
M/ F	Ongoing	10 - 10:45 a.m.	GKCC
T/ W	Ongoing	9 - 9:45 a.m.	GKCC
M/ W	Ongoing	6 - 7 p.m.	GKCC

ADAPTIVE & INCLUSIVE RECREATION



KC Parks provides inclusive recreation opportunities to welcome, accommodate and successfully include individuals with disabilities within the existing Parks and Recreation Department programs.

Pop-Up Play in the Park

Check out KC Parks accessible and inclusive playgrounds for our Pop-Up Play in the Park! Meet other families in the area with children with disabilities while enjoying what KC Parks outdoor spaces has to offer. Other games and activities will be provided!

Locations:

Tiffany Hills Park Variety KC All Inclusive Playground, Hodge Park, Martin Luther King, Jr. Square Park

ACTIVITY CODE:		223540105	
AGE		FEE	
0 - 12 years		FREE	
DAY	DATES	TIME	
Th	9/14, 9/21, 9/28	10 a.m. - Noon	

Artistic Adventures

Come tap into your creative side! Participants will create an art project every other Tuesday afternoon. This program is designed for adults with intellectual disabilities and is part of our Adaptive and Inclusive Recreation programming.

ACTIVITY CODE:		223540108	
AGE		FEE	
18+		\$5	
DAY	DATES	TIME	LOCATION
F	9/6, 9/20, 10/4, 10/18	2 - 4 pm	SECC

Inclusion Coordinator

Taryn Andersen
816-513-7624
taryn.andersen@kcmo.org

Special Olympics Social

Come get your social on every third Friday of the month! There will be a different activity each month including swimming, video game competitions, art projects, and many more! Must be a participant of KC Parks Special Olympics program to participate. Contact Taryn Andersen at taryn.andersen@kcmo.org or call 816-513-7624 to find out how to become a KC Parks Special Olympics athlete!

ACTIVITY CODE:		223540107	
AGE		FEE	
8 - 21		Free	
DAY	DATES	TIME	LOCATION
F	9/16,10/21,11/18,12/16	6 - 7:30 pm	Various

Special Olympics Basketball

Special Olympics Basketball is a free program offered through Special Olympics Missouri. Athletes must have an intellectual disability or closely related developmental disability to participants. Athletes must complete a physical and release form prior to the first day of practice. Depending on the number of athletes and abilities of athletes, athletes have the opportunity to participate in individual skills, team skills, 3 on 3 basketball, or regular basketball. Contact Taryn Andersen, Inclusion Coordinator at taryn.andersen@kcmo.org or 816.513.7624 for more information.

ACTIVITY CODE:		223540106	
AGE		FEE	
8 - 21		Free	
DAY	DATES	TIME	LOCATION
T/ Th	11/29	TBA	BCCC

FITNESS



Adult Boot Camp

Fitness Boot Camp helps you get in shape and stay that way. From entry level to novice, participants will work all muscle groups, practice different methods of cardio workouts, and learn healthy eating habits. FREE with Membership.

ACTIVITY CODE:		223100105	
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
M/W/F	Ongoing	6 - 6:45 a.m.	GKCC
T/Th	Ongoing	5:30 - 6:30 p.m.	GKCC
M/W	Ongoing	6:30 - 7:30 p.m.	SECC

Yoga and Stretching

Restore your body and mind in yoga! Yoga helps build strength, activates your core muscles, and increases flexibility. Beginner friendly. FREE with Membership.

ACTIVITY CODE:		223503104	
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
W	9/7	6 p.m. & 6:30 p.m.	GKCC
W	10/26	6 p.m. & 6:30 p.m.	GKCC

Extreme Core Blast

Teaching new core exercises and techniques to strengthen your abs.

ACTIVITY CODE:		223511102	
AGE		FEE	
18+		\$5/ drop-in, Free/Membership	
DAY	DATES	TIME	LOCATION
T/Th	Ongoing	7 - 8 p.m.	SECC

Youth Strength and Conditioning

This activity is designed to improve youth athletic performance in their respected sports. 7 week sessions.

ACTIVITY CODE:		223501103	
AGE		FEE	
10 - 17		\$24/ Session	
DAY	DATES	TIME	LOCATION
W	9/7 - 10/19	6 p.m. & 6:30 p.m.	BCCC
W	10/26 - 12/14	6 p.m. & 6:30 p.m.	BCCC





Youth Exercise Class

Youth that attend these classes will receive a variety of ways to enhance their fitness levels. Plyometrics, natural body weight control (core, pushups, pull-ups), resistance training, and stretching will be incorporated into this. This class is a great way to make fitness a part of your lives.

ACTIVITY CODE:		223511104	
AGE		FEE	
14 - 18		\$5/ drop-in, Free/Membership	
DAY	DATES	TIME	LOCATION
M/W	9/5 - 2/27/23	5 - 6 p.m.	SECC
T/Th	9/6 - 2/28/23	4 - 5 pm.	SECC



Couch to 5K Conditioning

Help clients improve speed with proper running technique, increase stamina and endurances, and help clients get back in shape and run a marathon.

ACTIVITY CODE:		223507101	
AGE		FEE	
18+		\$30/ Session, Free/Membership	
DAY	DATES	TIME	LOCATION
Sa	9/10	9:30 - 10:30 a.m.	GCC
Sa	10/29	9:30 - 10:30 a.m.	GCC



Personal Training

Teaching participants the proper way to work out and how to live healthier lives overall. 50-minute sessions

ACTIVITY CODE:		223511100	
AGE		FEE	
14+		\$5/ drop-in, Free/Membership	
DAY	DATES	TIME	LOCATION
Sa	Ongoing	Varies	SECC

ARTS, BOOKS, & CARDS

Brush Creek Card Club

Participant will meet and play Bridge, Bizwiz and other card games.

ACTIVITY CODE:		223501104	
AGE		FEE	
18+		\$1/ drop-in	
DAY	DATES	TIME	LOCATION
W	9/7 - 12/31	1 - 5 p.m.	BCCC



Garrison Book Club

Join the Garrison Community Center Book Club every 3rd Thursday of each month. We will explore new and exciting stories to discuss! All reading materials will be provided by Kansas City Public Library.

ACTIVITY CODE:		223507103	
AGE		FEE	
18+		FREE	
DAY	DATES	TIME	LOCATION
Th	9/15	6 - 7 p.m.	GCC
Th	10/20	6 - 7 p.m.	GCC
Th	11/17	6 - 7 p.m.	GCC
Th	12/15	6 - 7 p.m.	GCC



Family Clay Workshop (Spooky Tree Project)

The family Clay Workshop was created as a concept for families to get their hands dirty, and to do something different as well as learning about clay. To squish it and bash it, roll it, flatten it, decorate it and join it to make something new and exciting they can take home and keep.

ACTIVITY CODE:		223511113	
AGE		FEE	
All Ages		\$10/ person	
DAY	DATES	TIME	LOCATION
W	10/5	6 - 7 p.m.	SECC
W	10/19	6 - 7 p.m.	SECC



BRUCE R. WATKINS CULTURAL HERITAGE CENTER

3700 Dr. Martin Luther King, Jr. Blvd., Kansas City, MO 64130 816-513-0700

GENERAL INFORMATION

The Center is named in honor of Bruce R. Watkins, a political and social activist. Watkins was fueled by the need to recognize and preserve the varied contributions African-Americans made to the development of Kansas City. The center opened in December 1989 as the outgrowth of Watkins' efforts. Construction of the Center was made possible through the work and contributions of the Bruce R. Watkins Fountain Inc., the Kansas City Parks and Recreation Department, and the State of Missouri.

HOURS OF OPERATION

Tuesday - Saturday: 10 a.m. - 6 p.m.

Black Women Bring Good Things to Life

Art Exhibit

AGE		FEE	
All Ages		FREE	
DAY	DATES	TIME	LOCATION
T - S	9/6 & 10/24	10 a.m. - 6 p.m.	BRW



LAKESIDE NATURE CENTER

4701 E. Gregory Blvd., Kansas City, MO 64132 816-513-8960

GENERAL INFORMATION

Lakeside Nature Center, located in Swope Park, is one of Missouri's largest wildlife rehabilitation facilities and provides educational and recreational opportunities that focus on the environment. The center typically houses about 75 animals including two bald eagles, two turkey vultures, three barred owls, three varieties of hawks and two Kestrel falcons. The Center even has a box turtle named "Wilma" that is thought to be about 80 years old.

ANIMAL ASSISTANCE

If you have a native Missouri animal in need, please call the Center 816-513-8960 and leave a message. You will be contacted shortly and given instructions on what to do.

HOURS OF OPERATION

Tuesday - Sunday: 9 a.m. - 4 p.m.
 Closed Mondays and some Holidays
 Free Admission: a small fee is charged for some wildlife programs

SPECIAL EVENTS

EVENT	DATE	TIME
Hike with a Naturalist	9/10	10 a.m.
Celebrating Scouts	9/17	10 a.m. - 4 p.m.
Hike with a Naturalist	9/10	10 a.m.
Trunk or Treat	10/16	4 - 6 p.m.
Hike with a Naturalist	9/10	10 a.m.
What's Out at Night	10/22	10 a.m. - 2 p.m.
Around Since the Dinosaurs	12/17	10 a.m. - 2 p.m.

KANSAS CITY, MISSOURI
PARKS & RECREATION

kcparks.org

