The cover of the activity guide is a collage of various recreational activities. At the top left, a group of diverse children are gathered around a basketball on a wooden gym floor. To their right, a woman in a blue tank top is shown from the chest up, looking upwards. Below the basketball group, a woman with blonde hair in a bun is seen from behind, sitting on a wooden chair. In the center, a young girl in a white polka-dot jacket and blue skirt is ice skating on a rink. Below her, two men are running on a treadmill in a gym. To the right of the treadmill, a woman in a pink shirt is playing pickleball. At the bottom right, a young boy is wearing red boxing gloves and a red shirt, appearing to be in a boxing stance. The entire collage is set against a background of green and yellow wavy lines on the left and a large green circle on the right containing the title.

KANSAS CITY, MISSOURI PARKS & RECREATION ACTIVITY GUIDE *Winter • Spring* -2023



OUR MISSION STATEMENT

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.

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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

Parks & Recreation Director

Chris Cotten



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
HCCC	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., KCMO 64110

P. 816-513-0730

HOURS OF OPERATION

Monday - Thursday: 10 a.m. - 9 p.m.

Friday - Sunday: 9 a.m. - 6 p.m.

GARRISON COMMUNITY CENTER

1124 E. Fifth St., KCMO 64106

P. 816-513-7720

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

GREGG/KLICE COMMUNITY CENTER

1600 John "Buck" O'Neil Way, KCMO 64108

P. 816-513-0652

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.

HILLCREST COMMUNITY CENTER

10401 Hillcrest Road, KCMO 64134

P. 816-513-8560

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.

KANSAS CITY NORTH COMMUNITY CENTER

3830 N.E. Antioch Road, KCMO 64117

P. 816-513-7740

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.

LINE CREEK COMMUNITY CENTER ICE ARENA

5940 N.W. Waukomis Drive, KCMO 64151

P. 816-513-0760

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.

MARLBOROUGH COMMUNITY CENTER

8200 The Paseo Blvd., KCMO 64131

P. 816-513-7800

HOURS OF OPERATION

Monday - Thursday: 11 a.m. - 9 p.m.

Friday - Saturday: 9 a.m. - 6 p.m.

Sunday: CLOSED

SOUTHEAST COMMUNITY CENTER

4201 E. 63rd St., KCMO 64130

P. 816-513-0632

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.

TONY AGUIRRE COMMUNITY CENTER

2050 W. Pennway, KCMO 64108

P. 816-513-8530

HOURS OF OPERATION

Monday - Friday: 8 a.m. - 6 p.m.

Saturday: 9 a.m. - 6 p.m.

Sunday: Closed

WESTPORT COMMUNITY CENTER

3601 Roanoke Road, KCMO 64111

P. 816-513-7660

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.

ALL ACCESS MEMBERSHIP

at KC Parks
Community
Centers



KANSAS CITY NORTH
MARLBOROUGH
TONY AGUIRRE
GREGG/ KLICE
BRUSHCREEK
SOUTHEAST
LINECREEK
WESTPORT
HILLCREST
GARRISON



ADULT ALL ACCESS

Annual Membership

\$300

All Access Monthly Membership

\$30

All Access Monthly Membership

Automatic Renewal

\$25

ACTIVE AGING ALL ACCESS

Annual Membership

\$200

Monthly Membership

\$20

Monthly Membership

Automatic Renewal

\$15

YOUTH ALL ACCESS

Annual Membership

FREE

Youth 14 and under,
must be accompanied
by a paying adult.

*Line Creek Community Center
Is NOT included in this offer.*

All Access Memberships MUST be purchased at one of the Community Centers.

The pass may be used for the following at all KC Parks Community Centers:

Swim Lessons (indoor pools only) | Fitness Centers | Open Swim | Open Gym
Public Ice Skating | Select Classes

This pass cannot be used for rentals, classes (unless specified), or activity fees.

kcparks.org



The KCMO Parks and 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.



CALENDAR OF EVENTS

January–May 2023

Stuff N' Fluff

Come join us at the Tony Aguirre Community Center for our own version of Build-A-Bear with our community Stuff N' Fluff. Choose from three different 8-inch unstuffed animals and stuff them yourselves! We will have music and refreshments to go along with the event!

ACTIVITY CODE: 234506100		
AGE	FEE	LOCATION
5 - 14	\$12/ person	TACC
DAY	DATE	TIME
Sa	1/14	10 - 11 a.m.
Sa	5/13	10 - 11 a.m.

Superhero Skate

Class Description: Up-Up and Away... dress up as your favorite Super-Hero and test your special powers at skating. \$8 admission, \$2 skate rental, \$5 admission with costume.

ACTIVITY CODE: 234504100		
AGE	FEE	LOCATION
All ages	\$8	LCCC
DAY	DATE	TIME
Tu	1/31	7 - 8:30 p.m.

Ties and Tiaras

Daughters and a special figure in their life are welcome to attend "Ties and Tiaras" at Gregg Klice Community Center. Dress up, gather your friends, and dance the night away! Refreshments will be provided. \$30 per couple/ \$10 for additional child.

ACTIVITY CODE: 234503100		
AGE	FEE	LOCATION
2+	\$30/ couple	GKCC
DAY	DATE	TIME
Fri	2/3	6:30 - 8:30 p.m.



Kid's Night Out

Kids Night Out at the Tony Aguirre Community Center is an evening filled with fun! Parents get a night out, while their kids do, too! Kids will get a pizza party with friends, enjoy games, crafts, a movie and do some recreational activities!

ACTIVITY CODE: 234506101		
AGE	FEE	LOCATION
5 - 13	\$15/ person	TACC
DAY	DATE	TIME
Fri	2/24	5:30 - 8 p.m.

Parent's Night Out

Children enjoy sports, games, arts and crafts, and educational activities while parents have a night off.

ACTIVITY CODE: 234511100		
AGE	FEE	LOCATION
6 - 13	\$15/ person	SECC
DAY	DATE	TIME
F	1/27, 2/24, 3/31, 4/14, 5/26	6 - 10 p.m.

VIP Dance

Sons and a special figure in their life are welcome to attend "V.I.P. (Very Important Person) Dance" at Gregg Klice Community Center. Dress up, gather your friends, and dance the night away! Refreshments will be provided. \$30 per couple/ \$10 for additional child.

ACTIVITY CODE: 234503101		
AGE	FEE	LOCATION
2+	\$30/ couple	GKCC
DAY	DATE	TIME
Fri	2/10	6:30 - 8:30 p.m.

Sweetheart Skate

Cool off those flames and come out to our Sweetheart Skate. Bring a date and get a 2 for 1 admission. Come out and enjoy some good music and a lovely time. \$8 admission, \$2 skate rental

ACTIVITY CODE: 234504100		
AGE	FEE	LOCATION
All ages	\$8	LCCC
DAY	DATE	TIME
Sa	2/11	2 - 4 p.m.

Black Love Day/ Black History Event

"Passing Our History Down with Poetry, Stories, and Music: The Griots". Black History Month will be coupled with Black Love Day and feature an exciting event of dancing, drums, music, dramatic performances, and more. The youth of Hillcrest will create a presentation during the program.

ACTIVITY CODE: 234502102		
AGE	FEE	LOCATION
All ages	\$10	HCCC
DAY	DATE	TIME
M	2/13	6 - 8 p.m.

Clothes and Shoes Giveaway

Donate lightly worn clothing and shoes to give back to your community.

ACTIVITY CODE: 234511103		
AGE	FEE	LOCATION
All Ages	FREE	SECC
DAY	DATE	TIME
M - Sa	3/6 - 11	All Day

Under-Water Spring EggStravaganza!

Grab your swim wear and join us for our under-water Egg Hunt! But first, enjoy games, arts and crafts projects, face painting, music and more. (We have a shallow area for the little ones)

ACTIVITY CODE: 231503104		
AGE	FEE	LOCATION
2+	FREE	GKCC
DAY	DATE	TIME
Sa	4/1	Noon - 2 p.m.



Easter Egg Hunt

These events provide our community with a safe place to enjoy activities and games with family and friends.

ACTIVITY CODE: 231506104			
AGE		FEE	
2 - 13		FREE	
DAY	DATES	TIME	LOCATION
Sa	4/1	10 a.m. - Noon	GCC
Sa	4/1	2 - 3:30 p.m.	SECC
Sa	4/8	10 - 11 a.m.	LCCC
Sa	4/8	10 a.m. - Noon	Mulkey

Senior Appreciation Day

This day is to honor and show appreciation to the seniors in the community we serve.

ACTIVITY CODE: 231502105		
AGE	FEE	LOCATION
60+	FREE	HCC
DAY	DATE	TIME
F	4/7	10:30 a.m.

Senior Citizen's Prom

Join us for the 2nd Annual Senior Citizen Prom! Put on your best suit and tie or formal dress and let the party begin! Enjoy the live DJ, refreshments, raffle prizes, a photo booth, and more!! We will also crown our 2023 Prom King & Queen!

ACTIVITY CODE: 231503105		
AGE	FEE	LOCATION
55+	\$15	GKCC
DAY	DATE	TIME
Fri	4/14	2 - 6 p.m.

Mardi Gras

We are back! Join us for fun, food, drinks, and entertainment.

ACTIVITY CODE: 234503105		
AGE	FEE	LOCATION
60+	\$10	GKCC
DAY	DATE	TIME
Tu	2/21	11 a.m. - 2 p.m.



DADDY *daughter* DANCE

Dads, grandpas, uncles, and father figures, please join us for our Daddy daughter princess dance at SECC! This is a wonderful way to connect and spend time with your princess while having fun. You will make lasting memories while enjoying dancing, photo ops, and more! \$30 per couple/ \$10 for additional child.

ACTIVITY CODE: 231511101		
AGE	FEE	LOCATION
6 - 15	\$30/ couple	SECC
DAY	DATE	TIME
Sa	4/22	2 - 5 p.m.

Mother-Son Superhero Dance

A night to remember as mothers and sons gather in their superhero attire for a night of fun, music, and dancing. There will be a mother/ son duo contest, dance off, arts & crafts and video game station. \$30 per couple and \$10 each additional child.



ACTIVITY CODE: 231502101		
AGE	FEE	LOCATION
4 - 16	\$30/ couple	HCCC
DAY	DATE	TIME
Sa	5/13	5 - 7 p.m.



HoopFest Sr.

Each team will play a double elimination tournament. Games will be refereed and a 15 minutes or 15 points system implemented. Trophies and T-shirts awarded to the top 3 teams.

ACTIVITY CODE: 234502106		
AGE	FEE	LOCATION
17+	\$125 / team	HCCC
DAY	DATE	TIME
Sa	3/18	10 a.m. - 6 p.m.

HoopFest Jr.

Each team will play a double elimination tournament. Games will be refereed and a 15 minutes or 15 points system implemented. Trophies and T-shirts awarded to the top 3 teams.

ACTIVITY CODE: 234502106		
AGE	FEE	LOCATION
12 - 13 & 14 - 15	\$100 / team	HCCC
DAY	DATE	TIME
Sa	5/27	10 a.m. - 8 p.m.
Su	5/28	Noon - 8 p.m.

Mark your calendar! Earth Day Clean up April 22, 2023



Join hundreds of volunteers beautifying parks and boulevards throughout Kansas City. All residents are encouraged to participate. More info coming soon.

kcparks.org/volunteering

ACTIVE AGERS

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	
50+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T/Th	1/3	1 - 2 p.m.	BCCC
T/Th	3/7	1 - 2 p.m.	BCCC
M/W	1/4	10:30 a.m.	HCCC
M/W	3/8	10:30 a.m.	HCCC
T/Th	1/3	10 - 10:45 a.m.	GKCC
T/Th	2/7	10 - 10:45 a.m.	GKCC
T/Th	3/2	10 - 10:45 a.m.	GKCC
T/Th	4/4	10 - 10:45 a.m.	GKCC
M/W	1/4	9:30 - 10:30 a.m.	MCC
M/W	3/8	9:30 - 10:30 a.m.	MCC

Silver Sneakers Classic

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

ACTIVITY CODE: 223507101			
AGE		FEE	
60+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T	1/3	9:30 - 10:30 a.m.	GCC
T	2/14	9:30 - 10:30 a.m.	GCC
T	3/28	9:30 - 10:30 a.m.	GCC

KC Public Library Tech Classes

This class is designed to teach Active Agers how to use some of today's technology. The class is taught by the KC Public Library.

ACTIVITY CODE: 234501107			
AGE		FEE	
55+		FREE	
DAY	DATES	TIME	LOCATION
M	1/23 - 2/13	1 - 2:30 p.m.	BCCC
M	2/27 - 3/20	1 - 2:30 p.m.	BCCC
M	3/27 - 4/17	1 - 2:30 p.m.	BCCC

Walking Club

Want to shake those cobwebs off your shoes and take a stroll? Our Walking Clubs are a good way to stay active and catch up on our current events with friends.

ACTIVITY CODE: 234100100			
AGE		FEE	
55+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
Th	1/12 - 5/27	10 - 11 a.m.	GCC
Th	3/9 - 4/20	6 - 7:30 p.m.	WRCC
Sa	3/11 - 4/22	Noon - 1:30 p.m.	WRCC



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
T/Th	1/3	11 a.m. - Noon	BCCC
T/Th	3/7	11 a.m. - Noon	BCCC
Th	1/5	9:30 - 10:30 a.m.	MCC
Th	3/9	9:30 - 10:30 a.m.	MCC

Chair Dance

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

ACTIVITY CODE: 223501102			
AGE		FEE	
50+		\$40/ Session	
DAY	DATES	TIME	LOCATION
M/W	1/9	11 - 11:45 a.m.	WRCC
M/W	3/6	11 - 11:45 a.m.	WRCC



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.

ACTIVITY CODE: 223100106		
AGE	FEE	LOCATION
60+	\$3/ day	MCC
DAY	DATE	TIME
Th	1/1	Noon - 4 p.m.
Th	3/8	Noon - 4 p.m.

Garrison Cooking Club

Join us in the kitchen! We will learn fun recipes that you can take home and share with the family! 9 weeks

ACTIVITY CODE: 234507105			
AGE		FEE	
55+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
Th	1/5 - 5/4	11 a.m. - 1 p.m.	GCC

Arts & Crafting for Active Aging

Discover dozens of crafts for seniors which may involve activities as scrapbooking, knitting, sewing, painting, jewelry making, and more.

ACTIVITY CODE: 234510101			
AGE		FEE	
50+		\$75/ Session	
DAY	DATES	TIME	LOCATION
Th	1/12 - 2/23	11:30 a.m. - 12:15 p.m.	WRCC
Th	3/9 - 4/27	11:30 a.m. - 12:15 p.m.	WRCC

Active Aging Specific Ceramics/ Pottery

Pottery and Ceramics is all about shaping clay, heating clay, and decorating clay. There is more to it, attendees will have the opportunity to learn about clay and how to shape a creative vision into a creative piece of work. During the creative process participants will learn to use clay-working tools, kilns, paints, and shaping wheels.

ACTIVITY CODE: 234512100			
AGE		FEE	
50+		\$75/ Session	
DAY	DATES	TIME	LOCATION
M	1/9 - 2/27	6:30 - 7:15 p.m.	KCNCC
M	3/6 - 4/24	6:30 - 7:15 p.m.	KCNCC
W	1/11 - 2/22	6:30 - 7:15 p.m.	KCNCC
W	3/7 - 4/25	6:30 - 7:15 p.m.	KCNCC

Soul Line Dance

Line Dance is repeating sequence of steps while arranged in one or more lines or rows. The instruction segments are structured to increase heart rate and body movement. Classes are a wonderful way to have fun and be fit while you dance about room! Various music genres and styles are used to keep you moving.

ACTIVITY CODE: 223510312			
AGE		FEE	
50+		\$40/ Session	
DAY	DATES	TIME	LOCATION
M/W	1/14 - 3/1	11 - 11:45 a.m.	WRCC
M/W	3/11 - 4/29	11 - 11:45 a.m.	WRCC

YOUTH ZONE



Birthday Packages are coming early 2023 at four community centers
KC North, Westport, Line Creek and Hillcrest!

Please contact one of these locations for more details!

STEAM Workshops

Students explore and learn different art forms and techniques while honing critical thinking skills, cultural awareness, and creativity. Students will be led by professional artists who will lead and mentor young creatives as they put their imaginations on display.

ACTIVITY CODE:		234512113	
AGE		FEE	
6 - 17		\$70 Session	
DAY	DATES	TIME	LOCATION
W	1/11 - 2/22	1 - 1:45 p.m.	WRCC
W	3/7 - 4/25	1 - 1:45 a.m.	WRCC
T	1/10 - 2/21	1 - 1:45 a.m.	KCNCC
T	3/7 - 4/25	1 - 1:45 a.m.	KCNCC
Th	1/12 - 2/23	1 - 1:45 a.m.	KCNCC
Th	3/9 - 4/27	1 - 1:45 a.m.	KCNCC

Youth Basketball League

Participants will learn the basics fundamental and instruction. All participants will have the chance to improve their skills through training and games. Join us in a fun and safe environment. Games Played on Saturday at various locations Hillcrest, Southeast and Greg Klice

ACTIVITY CODE:		234503106	
GRADES		FEE	
K - 7th		\$200 / team	
DAY	DATES	LOCATION	
Sa	1/7	Various	



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. Parents will assist their child in learning and utilizing the skills and drills. Participants will also play a scrimmage after each lesson.

ACTIVITY CODE:			
AGE		FEE	
2 - 5		\$40	
DAY	DATES	TIME	LOCATION
S	3/13	6 p.m.	Various

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! Instruction held at various locations Hillcrest, Southeast and Greg Klice. Parents will assist their child in learning and utilizing the skills and drills.

ACTIVITY CODE:		223540102	
AGE		FEE	
2 - 5		\$40	
DAY	DATES	TIME	LOCATION
M	2/6	6 p.m.	Various

Youth Developmental Basketball League

Participants will learn the basics fundamental and instruction. All participants will have the chance to improve their skills through training and games. Join us in a fun and safe environment. Games Played on Saturday at various locations Hillcrest, Southeast and Greg Klice.

ACTIVITY CODE:		234100106	
GRADES		FEE	
K - 7th		\$40/ player	
DAY	DATES	LOCATION	
Sa	3/30	Various	

Youth Zone Camps

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	1/4 - 5/25	3:30 - 6 p.m.	KCNCC

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	1/3, 2/17, 4/14,		
SECC	1/2, 1/16, 2/17, 4/7		
HCCC	2/3, 2/16, 2/17, 3/3, 7/7		



Spring Break Camp

KC Parks is hosting youth for an 1 week of Spring 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: 231100			
(CENTER LAST 3) BCCC 501, GKCC 503, HCCC 502			
KCNCC 508, SECC 511, TACC 506			
AGE		FEE	
6 - 13		\$10/ day	
DAY	DATES	TIME	LOCATION
M - F	3/20 - 24	7:30am - 5:30pm	BCCC
M - F	3/20 - 24	7:30am - 5:30pm	GKCC
T - F	3/20 - 24	7:30am - 5:30pm	HCCC
M - F	3/20 - 24	7:30am - 5:30pm	KCNCC
M - F	3/20 - 24	7:30am - 5:30pm	SECC
M - F	3/20 - 24	7:30am - 5:30pm	TACC

SUMMER DAY CAMPS

June 5 – August 11, 2023



Lunch & snacks provided!

Join us for summer camp at one of our KC Parks & Recreation community centers.
7:30 a.m. - 5:30 p.m.
Monday - Friday
Ages 6 - 13

Home School

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. 4 week sessions

ACTIVITY CODE: 223100117			
AGE		FEE	
6 - 13		\$15/ session \$3/ drop-in	
DAY	DATES	TIME	LOCATION
W	1/4, 2/1, 3/1, 5/5	Noon - 1 p.m.	KCNCC

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	1/6, 2/3, 3/3, 4/7	9 - 10:30 a.m.	LCCC



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	1/19, 2/16, 3/16, 4/20	6:30 - 8 p.m.	KCNCC

Athletics

Youth Basketball Skills

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

ACTIVITY CODE: 234100106			
AGE		FEE	
6 - 17		\$5 drop-in or Free/ membership	
DAY	DATES	TIME	LOCATION
W	1/4	6 - 7 p.m.	WRCC
M	1/9	6 - 7 p.m.	WRCC
Sa	1/5	10 - 11 a.m.	HCCC
T	3/7	6 - 7 p.m.	WRCC
Th	3/9	6 - 7 p.m.	WRCC

Youth Basketball League

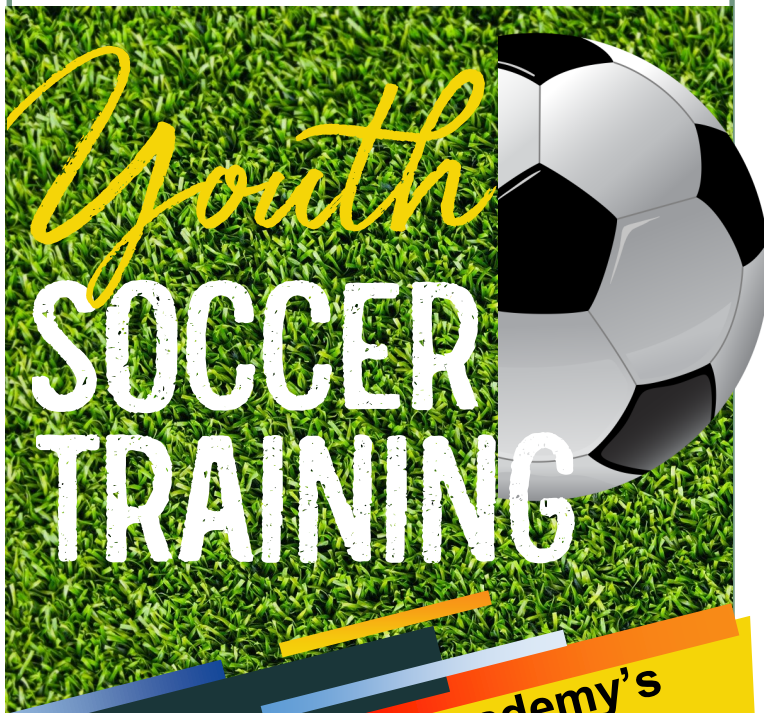
Participants will learn the basics fundamental and instruction. All participants will have the chance to improve their skills through training and games. Join us in a fun and safe environment. Games Played on Saturday at various locations Hillcrest, Southeast and Greg Klice

ACTIVITY CODE: 234100106			
GRADES		FEE	
K - 7th		\$200 / team	
DAY	DATES	LOCATION	
Sa	1/7	Various	

Youth Developmental Basketball League

Participants will learn the basics fundamental and instruction. All participants will have the chance to improve their skills through training and games. Join us in a fun and safe environment. Games Played on Saturday at various locations Hillcrest, Southeast and Greg Klice.

ACTIVITY CODE: 234100106			
GRADES		FEE	
K - 7th		\$40/ player	
DAY	DATES	LOCATION	
Sa	3/30	Various	



**Ryogoku Soccer Academy's
Training Facilities**
Swope Park (7331 Oakwood Dr., KCMO)

Training designed to help develop individuals looking to improve their performance at any level. Our coaching staff teaches Globally Innovative and Elite Positional Game Methods. With daily classroom instruction and on the field training, we strive to ensure each individual achieves a high level of understanding that translates to any environment. Additional training opportunities available.

Applications available upon request by emailing
Brad@RyogokuSoccerAcademy.org.

Practice
Monday, Wednesday, and Thursday.
5:30 - 7 p.m.

King of the Court

Sports are a great way to reach our youth and teach them life skills that will help them in a variety of aspects in life. Activities: (Dribble drills, Layup drills, Passing drills, 3 on 3 Drills, King of the court, 21, March Madness, Championship Week)

ACTIVITY CODE:		234100106	
AGE		FEE	
12 - 18		Free/ youth membership	
DAY	DATES	TIME	LOCATION
T	1/3 - 3/2	3:30 - 5:30 p.m.	MCC
T	3/8 - 5/3	3:30 - 5:30 p.m.	MCC

Youth Developmental Volleyball League

Participants will learn the basics fundamental and instruction. All participants will have the chance to improve their skills through training and games. Join us in a fun and safe environment.

ACTIVITY CODE:		234100106	
GRADES		FEE	
5th - 6th		\$40/ player	
DAY	DATES	LOCATION	
Sa	3/8	HCCC	

Coed Adult Volleyball

This co-ed recreational volleyball league offers a great way to exercise and socialize with friends. Participants have fun competing in a fun safe environment.

ACTIVITY CODE:		231540100	
AGE		FEE	
18+		\$50/ player	
DAY	DATES	LOCATION	
Sa	1/23	SECC	

Coed Adult Kickball

This co-ed recreational Kickball league offers a great way to exercise and socialize with friends. Participants have fun competing in a fun safe environment.

ACTIVITY CODE:		231540100	
AGE		FEE	
18+		\$50/ player	
DAY	DATES	LOCATION	
Sa	4/11	SECC	



**Join us for
Winter and Spring
2023**

**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**



Racquet Sports/ Billiards

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!

No class 1/16 and 2/20

ACTIVITY CODE:		223507104	
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
M/F	1/6 - 3/3	10 a.m. - 1 p.m.	GCC
M/F	3/6 - 5/5	10 a.m. - 1 p.m.	GCC

Adult Billiards Club

This club consist of singles and double teams. Tuesdays are for practice games are played on Thursdays. Participants may compete in both leagues.

ACTIVITY CODE:		234502104	
AGE		FEE	
60+		\$10	
DAY	DATES	TIME	LOCATION
T	1/10	12:30 p.m.	HCCC
Th	1/12	12:30 p.m.	HCCC

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	1/3 - 4/18	10:30a.m. - 12:30p.m.	WRCC
Th	1/5 - 4/20	10:30a.m. - 12:30p.m.	WRCC
M/W	Ongoing	1:30 - 3:30p.m.	HCCC
M/W	Ongoing	1:30 - 3:30p.m.	HCCC
M/F	1/6 - 3/3	10 a.m.-1 p.m.	GCC
M/F	3/6 - 5/5	10 a.m.-1 p.m.	GCC

Recreational/ Beginners

M/T/W/F	1/3 - 5/5	8 - 11:30a.m.	KCNCC
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Advanced Players

T	1/3 - 5/4	Noon - 2:20 p.m.	KCNCC
Th	1/3 - 5/4	Noon - 2:30 p.m.	KCNCC
Su	1/3 - 5/4	Noon - 4 p.m.	KCNCC

EMPLOYMENT OPPORTUNITIES

Part-time, Seasonal, and Full Time

Seasonal Recreation Leaders

(Summer Camps)

\$16.12 - 24.58/hour DOQ

Building Maintenance Worker

(Full Time)

\$18.37 - 28.01/hour DOQ

Lifeguard

(Seasonal and Part-Time)

\$16.12 - 24.58/hour DOQ



Boxing

Cardio Boxing

Cardio Boxing combines boxing techniques and cardio fitness to evaluate your heart rate and burn calories.

ACTIVITY CODE:		234503110	
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
M	1/9	5:30 - 6:15 p.m.	GKCC
M	2/6	5:30 - 6:15 p.m.	GKCC
M	3/6	5:30 - 6:15 p.m.	GKCC



Youth Boxing

Develop basic skills of boxing while learning discipline and instilling a sense of respect for self and others. GKCC 7 weeks

ACTIVITY CODE:		223100512		
AGE		FEE		
5 - 17		\$40/GKCC FREE/ GCC		
DAY	DATES	TIME	AGE	LOCATION
T/Th	1/3	5:30 p.m.	5 - 9	GKCC
T/Th	2/2	5:30 p.m.	5 - 9	GKCC
T/Th	3/7	5:30 p.m.	5 - 9	GKCC
T/Th	4/4	5:30 p.m.	5 - 9	GKCC
T/Th	1/3	6:30 p.m.	10 - 17	GKCC
T/Th	2/2	6:30 p.m.	10 - 17	GKCC
T/Th	3/7	6:30 p.m.	10 - 17	GKCC
T/Th	4/4	6:30 p.m.	10 - 17	GKCC
T/Th	1/3	5 p.m.	8 - 17	GCC
T/Th	3/7	5 p.m.	8 - 17	GCC

No Ring Boxing and Fitness

Learn and execute the basic skills of boxer at an introductory level. There is NO RING but a 16 X 16 border that will serve as the boundaries of the ring. This class offers NO CONTACT fun and fitness

ACTIVITY CODE:		223100511		
AGE		FEE		
6 - 14		\$5/ drop-in		
DAY	DATES	TIME	LOCATION	
T	1/10	6 - 7:30 p.m.	HCCC	
T	1/17	6 - 7:30 p.m.	HCCC	
T	1/24	6 - 7:30 p.m.	HCCC	
T	1/31	6 - 7:30 p.m.	HCCC	
T	2/7	6 - 7:30 p.m.	HCCC	
T	2/21	6 - 7:30 p.m.	HCCC	
T	2/28	6 - 7:30 p.m.	HCCC	
T	3/7	6 - 7:30 p.m.	HCCC	

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

BEGINNER			
DAY	DATES	TIME	LOCATION
T/Th	1/3	6:30 - 7:30 p.m.	KCNCC
T/Th	1/31	6:30 - 7:30 p.m.	KCNCC
T/Th	2/28	6:30 - 7:30 p.m.	KCNCC
T/Th	3/28	6:30 - 7:30 p.m.	KCNCC
T/Th	4/25	6:30 - 7:30 p.m.	KCNCC

ADVANCED			
DAY	DATES	TIME	LOCATION
T/Th	1/3	7 - 8:30 p.m.	KCNCC
T/Th	1/31	7 - 8:30 p.m.	KCNCC
T/Th	2/28	7 - 8:30 p.m.	KCNCC
T/Th	3/28	7 - 8:30 p.m.	KCNCC
T/Th	4/25	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	1/2	6:30 - 7:30 p.m.	KCNCC
M/Th	1/30	6:30 - 7:30 p.m.	KCNCC
M/Th	2/27	6:30 - 7:30 p.m.	KCNCC
M/Th	3/	6:30 - 7:30 p.m.	KCNCC



HEMA Swords Class

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	1/4	6 - 8 p.m.	KCNCC
M/W	2/1	6 - 8 p.m.	KCNCC
M/W	3/1	6 - 8 p.m.	KCNCC
M/W	3/29	6 - 8 p.m.	KCNCC
M/W	4/26	6 - 8 p.m.	KCNCC

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			
All Ages			
DAY	DATES	TIME	LOCATION
T	Ongoing	Refer to the website	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: 223504105			
AGE		FEE	
5+		\$105/ Session	
DAY	DATES	TIME	LOCATION
T	1/3	6 p.m. & 6:30 p.m.	LCCC
Th	1/5	6 p.m. & 6:30 p.m.	LCCC
T	2/28	6 p.m. & 6:30 p.m.	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.

ACTIVITY CODE: 223504101			
AGE		FEE	
18+		\$18 drop-in	
DAY	DATES	TIME	LOCATION
T	Ongoing	8:45 - 10 p.m.	LCCC

Stick and Puck

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

ACTIVITY CODE: 223504102			
AGE		FEE	
All Ages		\$14 drop-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:		223503101	
LOCATION		FEE	
GKCC		\$40/ session	
DAY	DATES	TIME	AGE
T/ Th	1/3 - 1/26	6 p.m.	5 - 17
T/ Th	1/31 - 2/28	6 p.m.	5 - 17
T/ Th	3/7 - 3/30	6 p.m.	5 - 17
T/ Th	4/4 - 4/27	6 p.m.	5 - 17
T/ Th	5/2 - 5/25	6 p.m.	5 - 17
T/ Th	1/3 - 1/26	7 p.m.	18+
T/ Th	1/31 - 2/28	7 p.m.	18+
T/ Th	3/7 - 3/30	7 p.m.	18+
T/ Th	4/4 - 4/27	7 p.m.	18+
T/ Th	5/2 - 5/25	7 p.m.	18+

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/ Th	Ongoing	9 - 9:45 a.m.	GKCC
M/ W	Ongoing	6 - 7 p.m.	GKCC

Parent + Me Swim Social Hour

Parents of preschoolers, join us with your little one for our new swim social hour every Tuesday and Saturday morning! The first 30 minutes will be structured play time and the last half hour is open swim. Parent attendance is required. \$5 one parent + child, \$2 for each additional child

ACTIVITY CODE:		223503106	
AGE		FEE	
6 months - 5 years		\$5 one parent + child	
DAY	DATES	TIME	LOCATION
T/ Sa	1/10 - 1/31	10 - 11 a.m.	GKCC
T/ Sa	2/4 - 2/28	10 - 11 a.m.	GKCC
T/ Sa	3/4 - 3/18	10 - 11 a.m.	GKCC



Adaptive/ Inclusive Recreation

Adult Walking Club

Get out of the cold and still meet your walking goals! Participants will be given a pedometer to use during walking club and steps will be tracked throughout the program. Once certain step goals are reached, participants will earn prizes! This program is part of our Adaptive and Inclusive Recreation program and is for adults with intellectual/developmental disabilities.

ACTIVITY CODE:		234100100	
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
W	1/4	2 - 3 p.m.	SECC
W	2/1	2 - 3 p.m.	SECC
W	3/1	2 - 3 p.m.	SECC
W	4/5	2 - 3 p.m.	SECC



Adult Chair Zumba

Fitness is for Everyone! Come and get your sweat on while dancing and having fun! Whether you are a beginner or just want a lower impact workout, this Chair One Fitness class is for you. This class is part of our Adaptive and Inclusive Recreation program and is for adults with intellectual/developmental disabilities.

ACTIVITY CODE:		223505101	
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T/TH	1/3	2 - 3 p.m.	SECC
T/TH	1/31	2 - 3 p.m.	SECC
T/TH	2/28	2 - 3 p.m.	SECC
T/TH	4/4	2 - 3 p.m.	SECC

Adult Artistic Adventures

Come tap into your creative side! Participants will create an arts and craft project the last Monday of the month! This program is designed for adults with intellectual or developmental disabilities and is part of our Adaptive and Inclusive Recreation programming. Participants must be able participate with a staff to participant ratio of 2:12. Participants may bring a personal assistant if needing extra help.

ACTIVITY CODE:		223540108	
AGE		FEE	
18+		\$10 drop-in	
DAY	DATES	TIME	LOCATION
M	1/30	5:30 - 7 p.m.	SECC
M	2/27	5:30 - 7 p.m.	SECC
M	3/27	5:30 - 7 p.m.	SECC
M	4/24	5:30 - 7 p.m.	SECC

Special Olympics Swimming

Special Olympics Swimming is a free program offered through Special Olympics Missouri. Athletes must have an intellectual disability or closely related developmental disability. Athletes must complete the Athlete Registration and Medical Form including a physical prior to the first day of practice. Athletes will learn different swimming strokes and have the chance to compete in area and state competitions.

ACTIVITY CODE:		234540107	
AGE		FEE	
8 - 21		FREE	
DAY	DATES	TIME	LOCATION
Th	2/2 - 6/1	4 - 5 pm.	GKCC

Special Olympics Track and Field

Special Olympics Athletics (Track and Field) is a free program offered through Special Olympics Missouri. Athletes much have an intellectual disability or closely related disability. Athletes must complete the Athlete Registration and Medical Form including a physical prior to the first day of practice. Athletes will learn the fundamentals of track and field through weekly practices and compete against other athletes throughout Missouri.

ACTIVITY CODE:		234540107	
AGE		FEE	
8 - 21		Free	
DAY	DATES	TIME	LOCATION
T	3/28 - 5/30	6 - 7 p.m.	CHS

Valentine's Day Cookie Decorating

Celebrate Valentine's Day by socializing with peers and decorating Valentine's Day cookies! Each participant will receive 3 freshly baked cookies and supplies to decorate. This program is designed for teens and adults with intellectual or developmental disabilities and is part of our Adaptive and Inclusive Recreation programming. Participants must be able participate with a staff to participant ratio of 2:12. Participants may bring a personal assistant if needing extra help.

ACTIVITY CODE:		234511107	
AGE		FEE	
13+		\$15	
DAY	DATES	TIME	LOCATION
M	2/13	5:30 - 7 p.m.	SECC

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 - 7 a.m.	GKCC
T/Th	Ongoing	5:30 - 6:30 p.m.	GKCC
M/W	Ongoing	1 - 2 p.m.	SECC
W	Ongoing	7 - 8 p.m.	HCCC



Youth Strength and Conditioning

This activity is designed to improve youth athletic performance in their respected sports. 8 week sessions.

ACTIVITY CODE:		223501103	
AGE		FEE	
8 - 13		\$5 Drop-in	
DAY	DATES	TIME	LOCATION
W	1/4	6 - 7 p.m.	HCCC



Group Training Class

Come workout in a great environment with others who have the same goals and motivation as you.

ACTIVITY CODE:		234511106	
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T/Th	1/3 - 5/4	1 - 2 p.m.	SECC
T/Th	1/3 - 5/4	4 - 5 p.m.	SECC
T/Th	1/3 - 5/4	7 - 8 p.m.	SECC





Zumba

Zumba is a combination of dance and fitness movement experienced while listening to international rhythms and other music that may move you! The classes are designed to get your heart rate up and boost cardio endurance. Classes feature merengue, salsa, reggaeton, samba, belly dance and other dance techniques. moves designed to get your heart rate up and boost cardio endurance.

ACTIVITY CODE: 223512101			
AGE		FEE	
14+		\$40/ Session	
DAY	DATES	TIME	LOCATION
F	1/13 - 2/24	1 - 1:45 p.m.	WRCC
F	3/10 - 4/28	1 - 1:45 p.m.	WRCC
T	1/10 - 2/21	10 - 10:45 a.m.	KCNCC
T	3/7 - 4/25	10 - 10:45 a.m.	KCNCC
T	1/10 - 2/21	6:30 - 7:15 p.m.	KCNCC
T	3/7 - 4/25	6:30 - 7:15 p.m.	KCNCC
Th	1/12 - 2/23	6:30 - 7:15 p.m.	KCNCC
Th	3/9 - 4/27	6:30 - 7:15 p.m.	KCNCC

Mobility and Stretching Class

Work on your flexibility to feel younger and to reduce the risk of injuries as you age.

ACTIVITY CODE: 234511107			
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
W	1/4 - 5/3	1 - 2 p.m.	SECC
W	1/4 - 5/3	4 - 5 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	1/4 - 25	5:30 - 6:30 p.m.	GKCC
W	2/1 - 22	5:30 - 6:30 p.m.	GKCC
W	3/8 - 29	5:30 - 6:30 p.m.	GKCC
W	4/5 - 26	5:30 - 6:30 p.m.	GKCC

Yoga on My Mind

Yoga classes are aimed to help attendees develop and enhance physical postures (yoga poses) and breathing techniques. Attendees will also learn basic yoga poses, focused meditation, and relaxation strategies. 7 week sessions

ACTIVITY CODE: 223505102			
AGE		FEE	
18+		\$40/ Session	
DAY	DATES	TIME	LOCATION
M	1/9	8 - 8:45 a.m.	KCNCC
M	3/6	8 - 8:45 a.m.	KCNCC
W	1/11	8 - 8:45 a.m.	KCNCC
W	3/8	8 - 8:45 a.m.	KCNCC
F	1/13	8 - 8:45 a.m.	KCNCC
F	3/10	8 - 8:45 a.m.	KCNCC
W	1/11	10:30 - 11:15 a.m.	WRCC
W	3/8	10:30 - 11:15 a.m.	WRCC

Arts, Books, and 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/F	1/4 - 3/3	1 - 5 p.m.	BCCC
W/F	3/8 - 5/5	1 - 5 p.m.	BCCC

Bridge Club

Participant will meet and play Bridge.

ACTIVITY CODE: 223501104			
AGE		FEE	
18+		\$1/ drop-in	
DAY	DATES	TIME	LOCATION
Th	1/5 - 3/2	11 a.m. - 3 p.m.	BCCC
Th	3/9 - 5/4	11 a.m. - 3 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	1/19	6 - 7 p.m.	GCC
Th	2/16	6 - 7 p.m.	GCC
Th	3/16	6 - 7 p.m.	GCC
Th	4/20	6 - 7 p.m.	GCC

Cultural Art for Teens

Workshops for Dance, Theater & Performing Arts - an intrinsic part of cultures around the world... Dare to explore!

ACTIVITY CODE: 234510100			
AGE		FEE	
13+		\$60/ Session	
DAY	DATES	TIME	LOCATION
Th	1/12 - 2/23	6:30 - 7:15 p.m.	WRCC
Th	3/9 - 4/27	6:30 - 7:15 p.m.	WRCC

Cultural Art for Teens

Workshops for Art, Art Expression and Art Projects - a few popular art and craft ideas for teenagers to better that creative genius inside. Emphasis on the building blocks of art - the seven elements: line, color, value, shape, form, space, and texture.

ACTIVITY CODE: 234510100			
AGE		FEE	
13+		\$70/ Session	
DAY	DATES	TIME	LOCATION
T/Th	1/10 - 2/23	11 - 11:45 p.m.	WRCC
T/Th	3/7 - 4/27	11 - 11:45 p.m.	WRCC

CHAMP

Youth Mentor Program

The Hillcrest mentor program covers a variety of subjects, topics and situations to help youth navigate through life successfully.

ACTIVITY CODE: 234502105			
AGE		FEE	
7 - 14		FREE	
DAY	DATES	TIME	LOCATION
Th	1/12	6 - 7 p.m.	HCCC

All About Mom

Garrison Community Center

Children can celebrate mom by coming and joining us in making her a special homemade gift and card.

ACTIVITY CODE: 231507106		
AGE	FEE	LOCATION
5 - 13	\$5	GCC
DAY	DATE	TIME
Sa	5/6	10 a.m. - Noon

Ceramics, Pottery and Plants

Adult Ceramics/ Pottery

Pottery and Ceramics is all about shaping clay, heating clay, and decorating clay. There is more to it, attendees will have the opportunity to learn about clay and how to shape a creative vision into a creative piece of work. During the creative process participants will learn to use clay working tools, kilns, paints, and shaping wheels. 7 week session.

ACTIVITY CODE:		234512100	
AGE		FEE	
18+		\$95 Session	
DAY	DATES	TIME	LOCATION
M	1/9 - 2/27	6 - 6:30 p.m.	WRCC
M	3/6 - 4/24	6 - 6:30 p.m.	WRCC
Th	1/12 - 2/23	6 - 6:30 p.m.	WRCC
Th	3/9 - 4/27	6 - 6:30 p.m.	WRCC
T	1/10 - 2/21	6:30 - 7 p.m.	WRCC
T	3/7 - 4/25	6:30 - 7 p.m.	WRCC
Th	1/12 - 2/23	7 - 7:30 p.m.	WRCC
Th	3/9 - 4/27	7 - 7:30 p.m.	WRCC
Th	1/12 - 2/23	7:30 - 8 p.m.	WRCC
Th	3/9 - 4/27	7:30 - 8 p.m.	WRCC
M	1/9 - 2/27	6:30 - 7:15 p.m.	KCNCC
M	3/6 - 4/24	6:30 - 7:15 p.m.	KCNCC
Th	1/11 - 2/22	6:30 - 7:15 p.m.	KCNCC
Th	3/7 - 4/25	6:30 - 7:15 p.m.	KCNCC

Plants and Potting

Come in and learn about indoor plant care and finding the right plant for the right location. We will cover the basics including light levels, temperature, water and fertilizer. Included is a hands-on re-potting demonstration, pinching & propagation techniques.

ACTIVITY CODE:		234510103	
AGE		FEE	
18+		\$95/ Session	
DAY	DATES	TIME	LOCATION
F	1/13 - 2/24	2 - 2:45 p.m.	WRCC
F	3/10 - 4/28	2 - 2:45 p.m.	WRCC



Active Aging Specific Ceramics/ Pottery

Pottery and Ceramics is all about shaping clay, heating clay, and decorating clay. There is more to it, attendees will have the opportunity to learn about clay and how to shape a creative vision into a creative piece of work. During the creative process participants will learn to use clay-working tools, kilns, paints, and shaping wheels.

ACTIVITY CODE:		234512100	
AGE		FEE	
50+		\$75/ Session	
DAY	DATES	TIME	LOCATION
M	1/9 - 2/27	6:30 - 7:15 p.m.	KCNCC
M	3/6 - 4/24	6:30 - 7:15 p.m.	KCNCC
W	1/11 - 2/22	6:30 - 7:15 p.m.	KCNCC
W	3/7 - 4/25	6:30 - 7:15 p.m.	KCNCC

Youth Ceramics/ Pottery

Pottery and Ceramics is all about shaping clay, heating clay, and decorating clay. There is more to it, attendees will have the opportunity to learn about clay and how to bring a creative vision to a finished piece of art. In the creative process participants will learn to use clay working tools, kilns, and shaping wheels. 7 week session.

ACTIVITY CODE:		234512100	
AGE		FEE	
6 - 17		\$70 Session	
DAY	DATES	TIME	LOCATION
S	1/14 - 2/25	9 - 9:45 a.m.	WRCC
S	3/11 - 4/29	9 - 9:45 a.m.	WRCC
M	1/9 - 2/27	1 - 1:45 a.m.	KCNCC
M	3/6 - 4/24	1 - 1:45 a.m.	KCNCC
W	1/11 - 2/22	1 - 1:45 a.m.	KCNCC
W	3/7 - 4/25	1 - 1:45 a.m.	KCNCC

Arts & Crafts



Handle a Candle

Learn to quickly and easily make an array of amazing looking and fragrant smelling candles for personal use and gifts! Learn candle decorating, use of fragrance oils, and dyes for personalized creativity!

ACTIVITY CODE:		234510102	
AGE		FEE	
18+		\$95/ Session	
DAY	DATES	TIME	LOCATION
F	1/13 - 2/24	1 - 1:45 p.m.	WRCC
F	3/10 - 4/28	1 - 1:45 p.m.	WRCC

Arts & Crafting for Active Aging

Discover dozens of crafts for seniors which may involve activities as scrapbooking, knitting, sewing, painting, jewelry making, and more.

ACTIVITY CODE:		234510101	
AGE		FEE	
50+		\$75/ Session	
DAY	DATES	TIME	LOCATION
Th	1/12 - 2/23	11:30 a.m. - 12:15 p.m.	WRCC
Th	3/9 - 4/27	11:30 a.m. - 12:15 p.m.	WRCC

Paints & Palettes for Kids

Painting is a process! Learn the foundation of visual arts such paints, brushes, color palettes, brush technique, and use of painting surfaces. Classes allow for artists to put their vision of canvas!

ACTIVITY CODE:		234512101	
AGE		FEE	
6 -17		\$70/ Session	
DAY	DATES	TIME	LOCATION
F	1/13 - 2/24	10:30 - 11:15 a.m.	WRCC
F	3/10 - 4/28	10:30 - 11:15 a.m.	WRCC
M/W	1/9 - 3/1	10:30 - 11:15 a.m.	KCNCC
M/W	3/6 - 4/26	10:30 - 11:15 a.m.	KCNCC

Open Art

Open art provides a unique opportunity to create your art projects. Clay building, Painting, Pottery, etc...

ACTIVITY CODE:		223511111	
AGE		FEE	
18+		\$5/ drop-in	
DAY	DATES	TIME	LOCATION
T/Th	1/3 - 5/29	9 a.m. - Noon	SECC

Weekly Open Art

Create art with no bounds! Explore various art-forms and ways to utilize art as a medium for self-expression. Learn to use art to communicate and tell a story. Learn how to use colors that 'pop' in the process of creating work that speaks. This your time to create using any type of artform.

ACTIVITY CODE:		234510101	
AGE		FEE	
6+		\$15/ drop-in	
DAY	DATES	TIME	LOCATION
Sa	1/14 - 2/25	9 - 9:45 a.m.	WRCC
Sa	3/11 - 4/29	9 - 9:45 a.m.	WRCC
Sa	1/14 - 2/25	10 - 10:45 a.m.	WRCC
Sa	3/11 - 4/29	10 - 10:45 a.m.	WRCC
Sa	1/14 - 2/25	11 - 11:45 a.m.	WRCC
Sa	3/11 - 4/29	11 - 11:45 a.m.	WRCC
Sa	1/14 - 2/25	9 - 9:45 a.m.	KCNCC
Sa	3/11 - 4/29	9 - 9:45 a.m.	KCNCC
Sa	1/14 - 2/25	10 - 10:45 a.m.	KCNCC
Sa	3/11 - 4/29	10 - 10:45 a.m.	KCNCC
Sa	1/14 - 2/25	11 - 11:45 a.m.	KCNCC
Sa	3/11 - 4/29	11 - 11:45 a.m.	KCNCC

Jump Into Arts

Students explore and learn different art forms and techniques while honing critical thinking skills, cultural awareness, and creativity. Students will be led by professional artists who will lead and mentor young creatives as they put their imaginations on display.

ACTIVITY CODE:		234510101	
AGE		FEE	
6 -17		\$70/ Session	
DAY	DATES	TIME	LOCATION
T/Th	1/10 - 2/23	11 - 11:45 a.m.	WRCC
T/Th	3/7 - 4/25	11 - 11:45 a.m.	WRCC



Music and Dance

Music Appreciation

Attendees will explore the fundamentals of music such as terminology, instrument classifications, tempo, rhythm, and form. Each student will also have opportunities to examine music playlists, song writing, and music production .

ACTIVITY CODE: 234510104			
AGE		FEE	
14+		\$95/ Session	
DAY	DATES	TIME	LOCATION
Th	1/12 - 2/23	5 - 5:45 p.m.	WRCC
Th	3/9 - 4/27	5 - 5:45 p.m.	WRCC

Youth Beginners Dance

Hip Hop classes teach rhythm, coordination, and age-appropriate choreography with no suggestive music/movements. This class is upbeat and great for kids who like to move!

ACTIVITY CODE: 223510312			
AGE		FEE	
6 - 17		\$60/ Session	
DAY	DATES	TIME	LOCATION
M/W	1/9 - 3/1	6 - 6:30 p.m.	WRCC
M/W	3/6 - 4/26	6 - 6:30 p.m.	WRCC
M/W	1/9 - 3/1	6:30 - 7 p.m.	WRCC
M/W	3/6 - 4/26	6:30 - 7 p.m.	WRCC
M/W	1/9 - 3/1	7 - 7:30 p.m.	WRCC
M/W	3/6 - 4/26	7 - 7:30 p.m.	WRCC

Dance Class

For adults 18 years and up! Come join our FUN adult classes and be introduced to, or brush up on your dance skills.

ACTIVITY CODE: 234501312			
AGE		FEE	
18+		\$8/ drop-in	
DAY	DATES	TIME	LOCATION
W	1/4 - 3/1	6 - 8 p.m.	BCCC
W	3/8 - 5/3	6 - 8 p.m.	BCCC

Soul Line Dance

Line Dance is repeating sequence of steps while arranged in one or more lines or rows. The instruction segments are structured to increase heart rate and body movement. Classes are a wonderful way to have fun and be fit while you dance about room! Various music genres and styles are used to keep you moving.

ACTIVITY CODE: 223510312			
AGE		FEE	
50+		\$40/ Session	
DAY	DATES	TIME	LOCATION
M/W	1/14 - 3/1	11 - 11:45 a.m.	WRCC
M/W	3/11 - 4/29	11 - 11:45 a.m.	WRCC

Water Parks



***Kansas City,
Missouri has two
public water
parks to meet
your aquatic
needs, no matter
where you live!
Open Memorial
Day – Labor Day***

Springs Aquatic Center

9400 N. Congress Ave.

816-880-0279

816-350-2628 for programs

Follow us on Facebook, Twitter

and Instagram: **@TheSpringsKC**

The Bay Water Park

7101 Longview Rd.

816-965-9218

816-350-2628 for programs

Follow us on Facebook, Twitter

and Instagram: **@TheBayKC**

*Prior to opening, passes can be purchased online at **kcparks.org** or at any KC Parks community center. Photo IDs can be picked up at any KC Parks community center or at the water park after opening. After opening, passes can also be purchased during normal operating hours at The Springs and The Bay*

SEASON PASSES

DAY	THE SPRINGS	THE BAY
48" and taller	\$119	\$109
Under 48"	\$99	\$89
Senior, age 65 and older	\$99	\$99
4-pack of adult passes	\$350	\$300

Golf

KC Parks' five municipal golf courses offer diverse playing venues and opportunities to learn and play the game of golf, as well as provide green spaces throughout the city.

The most historic of the five facilities is **Swope Memorial** built in 1915 and redesigned by renowned architect A.W. Tillinghast in 1934. This demanding layout has hosted several championships, including the PGA Kansas City Open in the 1940s and more recently the 2005 USGA Women's Public Links. In 2001 **Shoal Creek Golf Course** became the new flagship of Kansas City's five courses. These two championship courses offer the most skilled players exceptional challenges and depict the true beauty and diversity of the Kansas City landscape.

Hodge Park Golf Course in the Northland and **Minor Park Golf Course** in South Kansas City both offer fun, affordable golf for players of any skill level. Each course is designed to pose a challenge and cater to anyone who plays the game. The holes are shorter to allow a relaxing, recreational experience. These family-friendly courses offer a great opportunity to walk and enjoy the health benefits of fresh air and exercise.

Heart of America Golf Course / Tom Watson Golf Academy offers the ultimate learning and playing opportunities in the heart of Swope Park. This facility is pure fun and recreation for anyone of any age and any skill. HOA offers three options: a beautiful regulation-length 9-hole course; a fun par-three 9-hole course; and a Tom Watson-designed junior course. HOA is home of the Tom Watson Golf Academy and also offers the best junior golf programs in Kansas City. The First Tee of Greater Kansas City, an organization that promotes the game of golf to youth in urban areas, has its offices at HOA as well. No matter where you live in Kansas City, these regulation courses provide great values that are convenient and give even the newest golfers a place to learn and play.



Heart Of America Golf Course



Hodge Park Golf Course



Minor Park Golf Course



Shoal Creek Golf Course



Swope Memorial Golf Course



KC PARKS PUBLIC GOLF COURSES

Heart of America Golf Course

7501 Blue River Rd.

Pro Shop & Tee Times: 816-513-8940

hoagolfacademy.com

Features: Clubhouse, Pro Shop, Snack Bar, Memberships, Lessons, Tournament Packages, Leagues, Meeting Rooms, Practice Facilities

Courses: The River Course:

9 holes, 2,604 yards, Par 35

The Rock Course:

9 holes, 1,641 yards, Par 27

The Hill:

3-hole junior course, 1,102 yards

Hodge Park Golf Course

7000 N.E. Barry Rd.

Pro Shop & Tee Times: 816-781-4152

hodgeparkgolf.com

Features: Clubhouse, Pro Shop, Snack Bar, Memberships, Lessons, Tournament Packages, Leagues, Junior Golf, Camp, Practice Facilities

Course: 6,223 yards, Par 71

Minor Park Golf Course

11215 Holmes Rd.

Pro Shop & Tee Times: 816-942-4033

minorparkgolfcourse.com

Features: Clubhouse, Pro Shop, Snack Bar, Memberships, Lessons, Tournament Packages, Leagues, Practice Facilities

Course: 5,796 yards, Par 70

Shoal Creek Golf Course

8905 Shoal Creek Pkwy

Pro Shop & Tee Times: 816-407-7242

Weddings / Events: 816-407-7242 (Ext. 24)

shoalcreekgolf.com

Features: Clubhouse, Pro Shop, Snack Bar, Memberships, Lessons, Tournament Packages, Leagues, Meeting Rooms, Banquet Facilities, Practice Facilities

Course: 6,983 yards, Par 71

Swope Memorial Golf Course

6900 Swope Memorial Dr.

Pro Shop & Tee Times: 816-513-8910

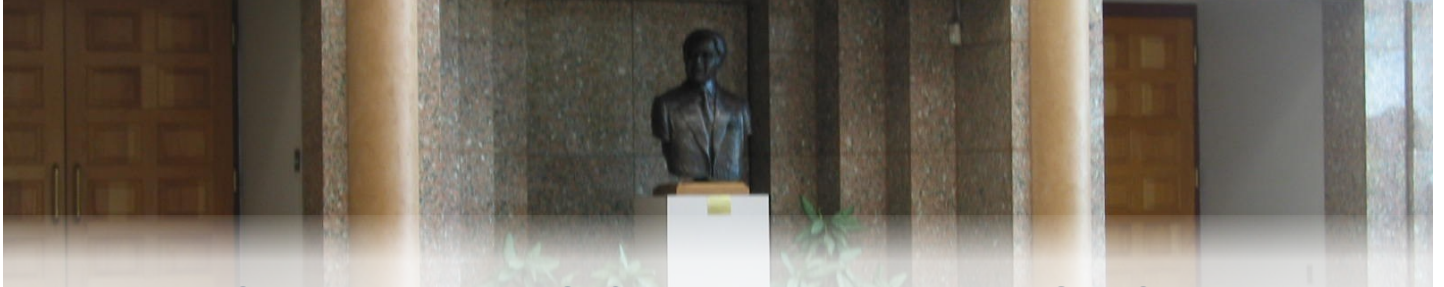
swopememorialgolfcourse.com

Features: Clubhouse, Pro Shop, Snack Bar, Memberships, Lessons, Tournament Packages, Leagues, Meeting Rooms, Banquet Facilities, Practice Green

Course: 6,274 yards, Par 72

FOOTGOLF

FootGolf is a combination of the popular sports of soccer and golf. The game is played with a regulation No. 5 soccer ball at a golf course on shortened holes with 21-inch diameter cups. The rules largely correspond to golf rules. The first FootGolf course in the KC metro area is located at the current par 3 (The Rock) golf course at the Heart of America Course in Swope Park. Come out, and give it a try!



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.



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

Mother Nature Reads:

First Saturday of the month, 10 a.m.

Boy Scout Programs:

LNC can be your next Adventure to earn a Badge.

Girl Scout Programs:

LNC can be a part of earning Skill-Building Badges and Journey Awards.

Habitat Hikes:

Enjoy a guided hike with a naturalist

