

Summer **ACTIVITIES GUIDE** -2023



kcparks.org



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

Alejandra Perez

Mary Williams-Neal

Stephenie K Smith

Parks & Recreation Director

Chris Cotten

WATER PARKS

OPEN May 23 - September 4

THE SPRINGS AQUATIC PARK

9400 N Congress Ave.
Kansas City, MO.



Daily Admission

Under 48" tall:	\$8
48" and taller:	\$11
Senior, 60+:	\$9
Child, age 1 and under:	FREE

Group Admission/Punch Cards

Cheaper by the Dozen \$10.50/person
(12+patrons; no pre-registration required)

Pre-registered groups: \$7.75/person
To Pre-registered a groups, call 816-350-2628

Eight-visit punch card: \$84

Season Pass

Under 48" tall:	\$99
48" and taller:	\$119
Senior, 60+:	\$99
4-pack of Adult passes:	\$350

Party Packages

Is your child's birthday right around the corner? Make it a splish splashin' time they will never forget. The Springs has a great birthday package available for your child and eleven of their friends. All reservations must be made 7 days in advance. Parties are offered Monday through Friday at 1 p.m., 3 p.m., or 5 p.m. and on Saturdays and Sundays at 12 p.m., 2 p.m., or 4 p.m. The birthday parent may bring their own: Cake, Plates, Utensils and Decorations

Party Packages: Call 816-350-2628

The Simply Fun Package includes: \$330

All day admission for 15 (3 adults and 12 children).
Reservation of the birthday area for 90 minutes
A frozen treat from the concession stand!
A special t-shirt for the birthday child

The Deluxe Package includes: \$475

All day admission for 15 (3 adults and 12 children).
Reservation of the birthday area for 90 minutes
A hot dog, chips, drinks for each party guest
A special t-shirt for the birthday child

Kansas City, Missouri has two public water parks to meet your aquatic needs no matter where you live!

THE BAY WATER PARK

7101 Longview Rd.
Kansas City, MO.



Daily Admission

Under 48" tall:	\$6
48" and taller:	\$8
Senior, 60+:	\$7
Child, age 1 and under:	FREE

Season Pass

Under 48" tall:	\$89
48" and taller:	\$109
Senior, 60+:	\$99
4-pack of Adult passes:	\$300

Party Packages

Is your child's birthday right around the corner? Make it a splish splashin' time they will never forget. The Bay has a great birthday package available for your child and eleven of their friends. All reservations must be made 7 days in advance. All birthday parties are offered at 1 p.m., 3 p.m., or 5 p.m. The birthday parent may bring their own cake, plates, utensils and decorations

The Simply Fun Package includes: \$280

All day admission for 15 (3 adults and 12 children)
Reservation of the birthday area for 90 minutes
A frozen treat from the concession stand!
A special t-shirt for the birthday child

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

MAJOR POOLS

OPEN May 23 - September 4

BUDD PARK POOL

Budd Park Esplanade and Denver Ave.

Daily: Noon – 6 p.m.

Phone: 816-241-0433

BRUSH CREEK COMMUNITY CENTER POOL

3801 Emanuel Cleaver II Blvd.

Daily: Noon – 6 p.m.

Phone: 816-513-0730

GORMAN POOL

1101 NE 47th St.

Daily: Noon – 6 p.m.

Phone: 816-513-7760

GROVE PARK POOL

Truman Rd. and Benton Blvd.

Daily: Noon – 6 p.m.

Phone: 816-241-0667

LINE CREEK COMMUNITY CENTER POOL

5940 NE Waukomis Dr.

Daily: Noon – 6 p.m.

Phone: 816-513-0760

INDOOR POOLS

Open Swim: Children, \$2 | Seniors, \$3 | Adults \$5
Group open swim (10+), \$1 each

GREGG KLICE COMMUNITY CENTER POOL

1600 John Buck O'Neil Way

Phone: 816-513-0652

Monday: 7am-9am; 3pm-5:45pm
Tuesday: 7am-9am; 1pm-5:45pm
Wednesday: 7am-9am
Thursday: 7am- 9pm: 1pm-6pm
Friday: 10am-5pm
Saturday-Sunday: 10am-5pm

TONY AGUIRRE COMMUNITY CENTER POOL

2050 W. Pennway St.

Phone: 816-513-8530

Tuesday, 3 - 6 p.m.
Thursday, 3 - 6 p.m.
Saturday, Noon - 6 p.m.



Admission (cash only)

Regular Admission: \$4 (2 years old and above)

Six Punch Pass: \$12 (valid at any major pool)

Individual Season Pass: \$25 (valid at any major pool)

VIP Individual Season Pass: \$35 (bring a guest each time you visit)

The Simply Fun Birthday Package includes: \$105

All day admission for 15 (3 adults and 12 children)

Reservation of the birthday area for 90 minutes

Party Packages: 816-350-2628

NOW HIRING LIFEGUARDS and MORE

at Kansas City and Water Parks. Lifeguard start at \$15/ hour and Front Desk start at \$12.50/ hour

We offer free certification classes

For more information or to apply call 816-313-7860.

www.midwestpool.com

*Pool hours are subject to change. Please call and VERIFY that the pool is open before coming to the center.
We try our best to maintain these hours, but emergency closings can happen.*

SPRAYGROUNDS

OPEN May 23 - September 4
Daily 11 a.m. - 7 p.m.

BLUE VALLEY PARK SPRAYGROUND

23rd St. and Topping

DOUGLAS PARK SPRAYGROUND

2632 Jarboe

GILLHAM PARK SPRAYGROUND

41st and Gillham

HARMONY PARK SPRAYGROUND

10th St. and Agnes Ave.

LONGVIEW TRACT SPRAYGROUND

7101 Longview Rd.

LYKINS SQUARE SPRAYGROUND

E. 8th St. and Myrtle Ave.

PARADE PARK SPRAYGROUND

1600 John Buck O'Neil Way

SPRING VALLEY PARK SPRAYGROUND

E. 27th and Woodland Ave.

SUNNYSIDE PARK SPRAYGROUND

8255 Summit

RENTALS AVAILABLE SEASONALLY:

Memorial Day-Labor Day Weekends

Looking for a cool place to have your child's birthday party or family event? Shaded picnic tables are available for reservation at several spray grounds. Limited capacity, space fills quickly. The following spray grounds have picnic tables available from 11 a.m. – 7 p.m. each day for \$25 per picnic table (2-hour time block). Rentals are made on the odd hour. Book your table(s) at kcparks.org. Each table holds 8 – 10 people. The spray ground remains open during the rental.



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
LNC	Lakeside Nature 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.

SPECIAL MEMBERSHIP PRICE

at KC Parks
Community
Center

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



31 Day
SALE
May 1 - 31, 2023

Get
\$100 off
the cost of
Annual All Access
Memberships

ADULT ALL ACCESS

Annual Membership

Limited time special **\$200**

Regular price \$300

All Access Monthly Membership

Limited time special **\$25**

Regular price \$30

ACTIVE AGING

ALL ACCESS

Annual Membership

Limited time special **\$100**

Regular price \$200

Monthly Membership

Limited time special **\$15**

Regular price \$20

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.*

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.

Offer ends May 31, 2023



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

Fluffy Buddies

Come join us at the Tony Aguirre Community Center to celebrate our mother figures in our lives for our own version of Build-A-Bear with our community Fluffy Buddies. 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: 232506100

AGE	FEE	LOCATION
-----	-----	----------

5 - 14	\$12/ animal	TACC
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DAY	DATE	TIME
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Sa	5/13	10 - 11 a.m.
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Jigsaw Jam

Teams of two will receive the same 250-piece puzzle and have 1.5 hours to complete. First team to finish, wins! Putting the puzzle together isn't the only thing to do- teams have the option to purchase a challenge to place upon another team. This may slow the other team down (ex: use only one hand).

ACTIVITY CODE: 232506101

AGE	FEE	LOCATION
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18+	\$10/team (\$5/ person)	TACC
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DAY	DATE	TIME
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Sa	5/20	9 - 10:30 a.m.
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Mad Hatter Tea Party

You are cordially invited to take a trip down the rabbit hole for an adventure in Wonderland to see Alice and friends. This fun filled tea party will include snacks, games, and crafts.

ACTIVITY CODE: 232100100

AGE	FEE	LOCATION
-----	-----	----------

5 - 13	\$15/ person	Swope Bandstand
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DAY	DATE	TIME
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Sa	5/20	10:30 a.m. - 12:30 p.m.
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School's Out for the Summer Pool Party

It's getting hotter outside and school is out for the summer, let's celebrate the end of the academic year! Tony Aguirre Community Center will be hosting a Pool Party/Half-Day Camp in conjunction with Crossroads Charter and KCPS's last day of school. Lunch provided.

ACTIVITY CODE: 232506102

AGE	FEE	LOCATION
-----	-----	----------

6 - 13	\$15/ person	TACC
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DAY	DATE	TIME
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F	5/26	Noon - 5:30 p.m.
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Parent's Night Out

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

ACTIVITY CODE: 232511100

AGE	FEE	LOCATION
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6 - 13	\$10/ person	SECC
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DAY	DATE	TIME
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F	5/26, 6/9, 7/28, 8/25	6 - 10 p.m.
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Celebrating Trees and Trails

Get out and enjoy Nature with guided hikes focusing on Oaks and Geology. Also learn about how to Plant Native.

ACTIVITY CODE: 232560100

AGE	FEE	LOCATION
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All Ages	Free	LNC
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DAY	DATE	TIME
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Sa	6/3	10 a.m. - 2 p.m.
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Sneaker Ball

Come dressed up in your favorite formal wear and sneakers, gather your friends and family, and dance the night away!

ACTIVITY CODE: 232510100

AGE	FEE	LOCATION
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6+	\$10/ person	WRCC
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DAY	DATE	TIME
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Sa	6/10	2 - 5 p.m.
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DONUTS DAD *with*

Donuts with Dad is a fantastic way for fathers to enjoy spending time with their children while getting a chance to socialize with other dads. Come out, grab a donut, take a picture, meet other dads and make memories with your children!

ACTIVITY CODE: 232510101		
AGE	FEE	LOCATION
6 - 13	\$10/ person	WRCC
DAY	DATE	TIME
Sa	6/17	10 - 11:30 a.m.

Kids Field Day

Kids (7-12 years old) will compete in various sports to win prizes. Jump rope, relay racing, various exercises, tug of war, wheelbarrow, water bowling, long jump, obstacle course.

ACTIVITY CODE: 232511101		
AGE	FEE	LOCATION
7 - 12	\$5/ person	SECC
DAY	DATE	TIME
Sa	6/24	11 a.m. - 1 p.m.

Punch and Paint

We have all heard of Sip and Paint for grownups, well what about Punch and Paint for our little painters? Bring your children to our Punch and Paint party and let them create a masterpiece! The canvas, Punch and Paint will be provided.

ACTIVITY CODE: 232510102		
AGE	FEE	LOCATION
6 - 13	\$15/ person	WRCC
DAY	DATE	TIME
Sa	7/15	Noon - 2 p.m.

Bugs Extravaganza

Learn cool things about bugs including life cycles. Also find out how to support pollinator species.

ACTIVITY CODE: 232560101		
AGE	FEE	LOCATION
All Ages	Free	LNC
DAY	DATE	TIME
Sa	7/22	10 a.m. - 2 p.m.

Kids, Water, Fish, Frogs

Learn about all things water related including how water quality impacts wildlife.

ACTIVITY CODE: 232560102		
AGE	FEE	LOCATION
All Ages	Free	LNC
DAY	DATE	TIME
Sa	8/19	10 a.m. - 2 p.m.

Community Fun Day

This event will be centered around bringing families in our community together. We will have food vendors, music, and May Day types of games that families can compete in!

ACTIVITY CODE: 232510103		
AGE	FEE	LOCATION
All Ages	\$10/ person	WRCC
DAY	DATE	TIME
Sa	8/19	Noon - 3 p.m.

Run for Raptors Trail Race

The 7th annual trail run benefits Friends of Lakeside Nature Center! 5K walk. 10K and 15K run.

ACTIVITY CODE:		
AGE	FEE	LOCATION
All Ages		LNC
DAY	DATE	TIME
Sa	8/5	7:30 a.m.

KC PARKS & REC SUMMER CAMPS

2023 READY, SET, PLAY!



June 5 – August 11

Enriching camp activities that encourage social and emotional growth. Summer will be filled with field trips, swimming, art and crafts, science, sports, activities, and so much more!

The camps includes 1 field trip and swim trip per week.

Lunch and snacks provided.

Two NEW Camps Available for 2023 Sports Specialty Camp and Outdoor Adventure Camp

Monday - Friday

Ages: 8 - 13

Specialty Camp
9 a.m. - 4 p.m.
\$150/week

Extended
Specialty Camp
7:30 a.m. - 5:30 p.m.
\$170/week

Specialty Camp

Line Creek Community Center

Outdoor Adventure Specialty Camp

Frank Vaydik Park
outside of Line Creek Community Center

Traditional and Inclusion Summer Enrichment Camp

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

Monday - Friday

Ages 6 - 13

Day Camp: \$100/week

**Brush Creek • Hillcrest
Kansas City North • Southeast
Tony Aguirre • Westport Roanoke**



\$20 Registration Fee due at the time of initial enrollment. Get a 20% discount if enrolled in all 10 weeks and paid in full by May 1, 2023. 10% multi-child discount (cannot be combined with any other discounts).

Financial Assistance available

Sign up today at kcparks.org

ACTIVE AGERS

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: 232505100		
AGE	FEE	LOCATION
60+	\$3/ day	MCC
DAY	DATE	TIME
Th	5/30	Noon - 4 p.m.
Th	7/11	Noon - 4 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 (6 weeks)

ACTIVITY CODE: 232100101			
AGE		FEE	
50+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T/Th	5/30	1 - 2 p.m.	BCCC
T/Th	7/11	1 - 2 p.m.	BCCC
T/W	6/6	10 - 10:45 a.m.	GKCC
T/W	7/5	10 - 10:45 a.m.	GKCC
T/W	8/8	10 - 10:45 a.m.	GKCC

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: 232100102			
AGE		FEE	
60+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
M/W	5/30	9:30 - 10:30 a.m.	MCC
M/W	7/11	9:30 - 10:30 a.m.	MCC
M - Th	5/30	10 - 11 a.m.	HCC



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: 232505101			
AGE		FEE	
60+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T	5/30	9:30 - 10:30 a.m.	MCC
T	7/11	9:30 - 10:30 a.m.	MCC

Garrison Cooking Club

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

ACTIVITY CODE: 232507100			
AGE		FEE	
55+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
Th	8/3	11 a.m. - 1 p.m.	GCC
Th	8/17	11 a.m. - 1 p.m.	GCC

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 current events with friends.

ACTIVITY CODE: 232507101			
AGE		FEE	
55+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T/Th	5/30	8:30 - 9:30 a.m.	GCC
T/Th	7/11	8:30 - 9:30 a.m.	GCC



Senior Tour of the Westside

Senior citizens are invited to tour Kansas City's Westside neighborhood with the staff at Tony Aguirre Community Center! Participants will meet at TACC to start the tour. Transportation will be provided to and from Gregg/Klice and Hillcrest Community Center. The program will include lunch at La Fonda El Taquito, a sweet treat at Paletterías Tropicana, tour a local business, and time to walk and shop around the neighborhood.

ACTIVITY CODE:		232506103	
AGE		FEE	
60+		\$25/ Person	
DAY	DATES	TIME	LOCATION
F	5/12	10 a.m. - Noon	TACC

Motion and Movement

Senior citizens will go through a variety of exercises that will help them maintain good range of motion and good posture to keep their bodies fit.

ACTIVITY CODE:		232511102	
AGE		FEE	
55+		\$3/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T/Th	5/30 - 6-29	8:30 - 9:30 a.m.	SECC
T/Th	7/6 - 7/ 27	8:30 - 9:30 a.m.	SECC
T/Th	8/1 - 8-17	8:30 - 9:30 a.m.	SECC

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:		232508100	
AGE		FEE	
50+		\$75/ Session	
DAY	DATES	TIME	LOCATION
Sa	6/3 - 7/8	10:30 - 11:15 a.m.	KCNCC
Sa	7/15 - 8/19	10:30 - 11:15 a.m.	KCNCC
Sa	6/3 - 7/8	1 - 1:45 p.m.	KCNCC
Sa	7/15 - 8/19	1 - 1:45 p.m.	KCNCC
Sa	6/3 - 7/8	2 - 2:45 p.m.	KCNCC
Sa	7/15 - 8/19	2 - 2:45 p.m.	KCNCC
Su	6/4 - 7/9	10:30 - 11:15 a.m.	KCNCC
Su	7/16 - 8/20	10:30 - 11:15 a.m.	KCNCC
Su	6/4 - 7/9	1 - 1:45 p.m.	KCNCC
Su	7/16 - 8/20	1 - 1:45 p.m.	KCNCC
Su	6/4 - 7/9	2 - 2:45 p.m.	KCNCC
Su	7/16 - 8/20	2 - 2:45 p.m.	KCNCC

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:		232503100	
LOCATION		FEE	
GKCC		\$40/ session	
DAY	DATES	TIME	AGE
T/ Th	6/6 - 6/29	6 p.m.	5 - 17
T/ Th	7/6 - 8/1	6 p.m.	5 - 17
T/ Th	8/1 - 8/31	6 p.m.	5 - 17
T/ Th	6/6 - 6/29	7 p.m.	18+
T/ Th	7/6 - 8/1	7 p.m.	18+
T/ Th	8/1 - 8/31	7 p.m.	18+

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:		232506104	
AGE		FEE	
6 months - 4 years		\$5 one parent + child	
DAY	DATES	TIME	LOCATION
T/ Sa	5/2 - 5/30	11 a.m.	TACC
Sa	6/3 - 6/24	11 a.m.	TACC
Sa	7/8 - 7/29	11 a.m.	TACC
Sa	8/5 - 8/26	11 a.m.	TACC



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:		232503101	
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 - 6:45 p.m.	GKCC

YOUTH ZONE



Birthday Packages at four community centers
KC North, Westport, Line Creek and Hillcrest!

Please contact one of these locations
for more details!

Garrison Community Garden

The community gardening program is a hands-on group and individual learning experience that helps youth develop a love of gardening and an appreciation for nature. Through teamwork we plant fruits and vegetables, learn about nutrition, and many other skills as well.

ACTIVITY CODE:		232507102	
AGE		FEE	
5 - 17		\$5	
DAY	DATES	TIME	LOCATION
M	5/31 - 7/6	6:30 - 7:30 p.m.	GCC
M	7/10 - 8/17	6:30 - 7:30 p.m.	GCC

Summer Nerf Night

Visit Tony Aguirre Community Center for an evening of Nerf play! Each child will be equipped with a Nerf toy and pellets to use for the duration of the event. Kids will have the opportunity to compete individually and with a team, and games like Capture the Flag will take place.

ACTIVITY CODE:		232507102	
AGE		FEE	
6 - 12		\$5	
DAY	DATES	TIME	LOCATION
Sa	6/3	4 - 5 p.m.	TACC
Sa	6/10	4 - 5 p.m.	TACC
Sa	6/17	4 - 5 p.m.	TACC

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:		232510104	
AGE		FEE	
6 - 17		\$70/ Session	
DAY	DATES	TIME	LOCATION
Sa	6/3 - 7/8	10 - 10:45 a.m.	WRCC
Sa	7/15 - 8/19	10 - 10:45 a.m.	WRCC



Robotics

Come join the Westport robotics club! You can learn to build your very own robot!

ACTIVITY CODE:		232510105	
AGE		FEE	
10 - 16		\$40/ Session	
DAY	DATES	TIME	LOCATION
T	5/30 - 6/27	5 - 6 p.m.	WRCC
T	7/11 - 8/15	5 - 6 p.m.	WRCC

Let's Play Toddler Time

Parents and caregivers can bring their children to play inside with our equipment. We will bring out toys, hoola hoops, mats, balls and more! Parent/caregiver must stay with child.

ACTIVITY CODE:		232506106	
AGE		FEE	
1 - 5		\$3/ Non-Member \$2/ Member	
DAY	DATES	TIME	LOCATION
Sa	5/6 - 5/27	9:30 - 10:30 a.m.	TACC
Sa	6/3 - 6/24 ?	9:30 - 10:30 a.m.	TACC
Sa	7/1 - 7/22 ?	9:30 - 10:30 a.m.	TACC
Sa	8/5 - 8/26	9:30 - 10:30 a.m.	TACC

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:		232540100	
AGE		FEE	
4 - 6		\$40	
DAY	DATES	TIME	LOCATION
W	7/12 - 8/16	6 p.m.	WRCC

MAYOR'S NIGHT PROGRAMS

Night Hoops

Mayor's Night Hoops are not your standard athletic leagues. Participants will work with coaches to develop their individual basketball skills through drills and games. All participants will benefit from an educational component of the program. Join us in a fun, and safe environment as we continue to help keep our youth off the street.

ACTIVITY CODE:		232522100	
AGE		FEE	
10 - 17		\$15	
DAY	DATES	TIME	LOCATION
M - F	6/12 - 8/7	6 - 10 p.m.	GCC
M - F	6/12 - 8/7	6 - 10 p.m.	GKCC
M - F	6/12 - 8/7	6 - 10 p.m.	SECC

Night Kicks

Mayor's Night Kicks are not your standard athletic leagues. Participants will work with coaches to develop their individual Soccer skills through drills and games. All participants will benefit from an educational component of the program. Join us in a fun, and safe environment as we continue to help keep our youth off the street.

ACTIVITY CODE:		232522101	
AGE		FEE	
10 - 17		\$15	
DAY	DATES	TIME	LOCATION
M - F	6/12 - 8/7	6 p.m.	Observation Park

Night Nets

Mayor's Night Hoops are not your standard athletic leagues. Participants will work with coaches to develop their individual volleyball skills through drills and games. All participants will benefit from an educational component of the program. Join us in a fun, and safe environment as we continue to help keep our youth off the street.

ACTIVITY CODE:		232522102	
AGE		FEE	
10 - 17		\$15	
DAY	DATES	TIME	LOCATION
M - F	6/12 - 8/7	6 p.m.	HCCC

HOME SCHOOL

Homeschool Skate

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

ACTIVITY CODE:		232504100	
AGE		FEE	
3 - 18		\$4/ first 2, then \$2/ family	
DAY	DATES	TIME	LOCATION
F	6/2 - 7/7	9 - 10:30 a.m.	LCCC
F	7/14 - 8/18	9 - 10:30 a.m.	LCCC



E-Sports Tournament Series

Join us for esports gaming. Different games will be played using Nintendo switch gaming consoles.

ACTIVITY CODE:		232510106	
AGE		FEE	
10 - 17		\$10/ drop-in	
DAY	DATES	TIME	LOCATION
Sa	6/3 - 8/19	Noon	WRCC

ATHLETICS

Basketball Skills Camp

Middle and High Schoolers will go through and learn the basics and fundamentals through the skills camp. It will be led by a few area high school and AAU coaches. It will also focus on drills, footwork and technique, passing, dribbling etc. This will be for boys and girls

ACTIVITY CODE:		232540101	
AGE		FEE	
13 - 17		\$25/ player	
DAY	DATES	TIME	LOCATION
Sa	6/10	10 a.m. - 2 p.m.	SECC

Youth Basketball Skills

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

ACTIVITY CODE:		232100103	
AGE		FEE	
5 - 15		\$5 drop-in or Free/ membership	
DAY	DATES	TIME	LOCATION
M/W	5/31 - 7/5	6 - 7 p.m.	WRCC
Sa	6/3 - 8/19	10 - 11 a.m.	HCCC
T/Th	6/11 - 8/17	6 - 7 p.m.	WRCC



T-Ball

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

ACTIVITY CODE:		232540102	
AGE		FEE	
5 - 8		\$40/ player	
DAY	DATES	TIME	LOCATION
M/Tu	5/30 - 7/3	5:30 p.m.	Pleasant Valley
M/Tu	7/8 - 8/20	5:30 p.m.	Pleasant Valley

T-Ball

ACTIVITY CODE:		232540103	
AGE		FEE	
7 - 9		\$75/ player	
DAY	DATES	TIME	LOCATION
Sa	6/3 - 7/8	9 a.m.	GCC
Sa	7/15 - 8/19	9 a.m.	GCC

Skateboard Club

Sign up and join us in doing weekly skateboard hangouts! We will go to the park for an hour to do skateboarding and assist with ones that wish to learn how to get better at it. Helmets and Knee Pads are required.

ACTIVITY CODE:		232510107	
GRADES		LOCATION	
10 - 17		Penn Valley Skate Park	
DAY	DATES	TIME	FEE
Su	6/4 - 7/9	6 p.m.	\$75/ Session
Su	7/16 - 8/20	6 p.m.	\$75/ Session



Youth Kickball League

This youth league is intended to provide a break from your traditional experiences. This league will give players the opportunity to continue to hone their skills in a fun and safe environment.

ACTIVITY CODE:		232540104	
GRADES		FEE	
2 - 7		\$40 / player	
DAY	DATES	TIME	LOCATION
W	5/31 - 7/5	6 p.m.	Cleveland
W	7/12 - 8/18	6 p.m.	Cleveland

Coed Adult Kickball

Open to men's and women's teams. This coed league will offer a great way to socialize and exercise with friends. Participants have fun competing in a fun safe environment. 6 games (No game 5/29)

ACTIVITY CODE:		232540105	
AGE		FEE	
18+		\$175/ team \$30/ player	
DAY	DATES	LOCATION	
M	5/1 - 6/12	Pleasant Valley	
M	7/10 - 8/14	Pleasant Valley	

Adult Kickball Tournament

Kickball Tournament for adults ages 18 and up! Teams are comprised of 6-10 players and all teams are guaranteed at least three 4 inning games.

ACTIVITY CODE:		232540106	
GRADES		FEE	
18+		\$100 / team	
DAY	DATES	TIME	LOCATION
Sa	6/17	11 a.m. - 3 p.m.	WRCC



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.



**Join us for
Summer
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

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: 232507103			
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
W	5/30 - 7/6	6:30 - 8 p.m.	GCC
W	7/11 - 8/16	6:30 - 8 p.m.	GCC

Senior Badminton

This program offers Badminton and will be played Tuesdays at Hillcrest in a fun and relaxed environment where seniors can learn and enjoy the game.

ACTIVITY CODE: 232502100			
AGE		FEE	
60+		\$3 Drop-in	
DAY	DATES	TIME	LOCATION
T	5/30 - 6/27	9:30 - 10:30 a.m.	HCCC
T	7/11 - 8/15	9:30 - 10:30 a.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: 232100104			
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
T	5/30-8/17	10:30a.m. - 12:30p.m.	WRCC
Th	6/1 - 8/15	10:30a.m. - 12:30p.m.	WRCC
M/W	Ongoing	1:30 - 3:30p.m.	HCCC

Recreational/ Beginners

M/T/W/F	5/30-7/7	8 - 10a.m.	KCNCC
M/T/W/F	7/10-8/18	8 - 10a.m.	KCNCC

Advanced Players

Th/ Su	6/1 - 7/9	Th, 8 - 10 a.m. Su, Noon - 4 p.m.	KCNCC
Th/Su	7/13-8/20	Th, 8 - 10 a.m. Su, 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





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: 232508100	
AGE	FEE
6 - 17	\$7/ drop-in, \$40/ month

BEGINNER			
DAY	DATES	TIME	LOCATION
T/Th	6/1 - 6/29	6 - 7:30 p.m.	KCNCC
T/Th	7/6 - 7/27	6 - 7:30 p.m.	KCNCC
T/Th	8/1 - 8/31	6 - 7:30 p.m.	KCNCC

ADVANCED			
DAY	DATES	TIME	LOCATION
T/Th	6/1 - 6/29	7 - 8:30 p.m.	KCNCC
T/Th	7/6 - 7/27	7 - 8:30 p.m.	KCNCC
T/Th	8/1 - 8/31	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:		232508101	
AGE		FEE	
18+		\$7/ drop-in, \$40/ month	
DAY	DATES	TIME	LOCATION
M/Th	6/1 - 6/29	6 - 8:30 p.m.	KCNCC
M/Th	7/3 - July 31	6 - 8:30 p.m.	KCNCC
M/Th	8/3 - 31	6 - 8:30 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:		232508102	
AGE		FEE	
13+		\$10/ drop-in, \$40/ month	
DAY	DATES	TIME	LOCATION
M/W	6/5 - 6/28	6 - 8 p.m.	KCNCC
M/W	7/3 - 7/31	6 - 8 p.m.	KCNCC
M/W	8/2 - 8/30	6 - 8 p.m.	KCNCC

BOXING

Cardio Boxing

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

ACTIVITY CODE:		232503102	
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
M	6/5	5:30 - 6:15 p.m.	GKCC
M	7/3	5:30 - 6:15 p.m.	GKCC
M	7/31	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.

ACTIVITY CODE:			232100105	
AGE		FEE		
5 - 17		\$40/GKCC FREE/ GCC		
DAY	DATES	TIME	AGE	LOCATION
T/Th	6/6	5:30 p.m.	5 - 9	GKCC
T/Th	7/6	5:30 p.m.	5 - 9	GKCC
T/Th	8/8	5:30 p.m.	5 - 9	GKCC
T/Th	6/6	6:30 p.m.	10 - 17	GKCC
T/Th	7/6	6:30 p.m.	10 - 17	GKCC
T/Th	8/8	6:30 p.m.	10 - 17	GKCC
T/Th	5/30	5 p.m.	8 - 17	GCC
T/Th	7/11	5 p.m.	8 - 17	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:		232504101	
AGE		FEE	
All ages		\$8/admission, \$2/skate rental	
DAY	DATES	TIME	LOCATION
M - Th	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	Times vary check website	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:		232504102	
AGE		TIME	
All Ages		Refer to the website	
DAY	DATES	LOCATION	
M/T/W/Th/F	Ongoing	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 staking instructions.

Go to learntoskatekc.com for more information.

ACTIVITY CODE:		232504103	
AGE		FEE	
3+		\$105/ Session	
DAY	DATES	TIME	LOCATION
T	6/6 - 6/27	6 p.m. & 6:30 p.m.	LCCC
T	7/11 - 8/1	6 p.m. & 6:30 p.m.	LCCC
T	8/8 - 8/29	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:		232504104	
AGE		FEE	
18+		\$18 drop-in, \$180/ Session	
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:		232504105	
AGE		FEE	
All Ages		\$14 drop-in, \$125/ Session	
DAY	DATES	TIME	LOCATION
M - Th	Ongoing	10 - 11 a.m.	LCCC
F	Ongoing	12:30 - 1:30 p.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:		232504106	
AGE		FEE	
18+		Refer to the website	
DAY	DATE	TIME	LOCATION
Su/M/Th/F	5/29	Refer to the website	LCCC

ADAPTIVE/ INCLUSIVE RECREATION

Air Tie Dye Party

Let's celebrate the start of summer with tie dye and friends! Come out to Southeast Community Center to do a tie dye t-shirt project. Registration includes tie-dye materials and a white shirt. This program is designed for teens and adults with intellectual or developmental disabilities and is part of our Adaptive and Inclusive Recreation (AIR) programming. Participants must be able to participate with a staff to participant ratio of 2:12. Participants may bring a personal assistant if needing extra help.

ACTIVITY CODE:		232540107	
AGE		FEE	
13 - 21		\$15	
DAY	DATES	TIME	LOCATION
Th	6/22	6 - 8 p.m.	SECC



Mad Hatter Tea Party

You are cordially invited to take a trip down the rabbit hole for an adventure in Wonderland to see Alice and friends. This fun filled tea party will include snacks, games, and crafts. This event is for children with all abilities!

ACTIVITY CODE:		232100100	
AGE		FEE	
5 - 13		\$15	
DAY	DATE	TIME	LOCATION
Sa	5/20	10:30 - 12:30 p.m.	Swope Bandstand

Pop Up Play in the Park

Come check out various KC Parks playgrounds and parks! Each week, KC Parks staff will be visiting different parks and playgrounds and bringing equipment, games, and activities for children to play with.

ACTIVITY CODE:		232540108	
AGE		FEE	
8 - 21		FREE	
DAY	DATES	TIME	LOCATION
W	5/31	10 a.m. - Noon	Arno Park
W	6/7	10 a.m. - Noon	Hodge Park Playground
W	6/14	10 a.m. - Noon	Seven Oaks Park
W	6/21	10 a.m. - Noon	Penguin Park
W	6/28	10 a.m. - Noon	Bent Tree Park
W	7/5	10 a.m. - Noon	Sheila Dietrich Kemper Park

Special Olympics Bocce

Special Olympics Bocce is open to athletes ages 8-21 with an intellectual disability or closely related developmental disability. Athletes will learn the fundamentals of bocce through weekly practices and compete against other athletes throughout Missouri. Athlete Registration and Medical Forms must be filled out prior to the first week of practice.

Contact Taryn Andersen, Inclusion Coordinator, at 816-513-7624 or taryn.andersen@kcmo.or for more information and to get forms.

ACTIVITY CODE:		232540109	
AGE		FEE	
8 - 21		Free	
DA	DATES	TIME	LOCATION
T	7/11 - 10/3	6 - 7 p.m.	Columbus Square Park, Bocce Courts



Inclusion Summer Camp

Join us for **inclusion summer camp at Southeast Community Center**. This summer camp is designed for kids of all abilities, meaning kids with and without disabilities! Summer will be filled with field trips, swimming, art and crafts, science, sports, activities, and so much more! Lunch and snacks provided.

All participants will be put on a wait list and moved over to the official roster once registrations have been reviewed with priority given to children with disabilities. Participant max is 10 campers to keep participant to staff ratio low.

** If your child has a disability, please fill out the accommodation form that is attached to the registration and send back to our inclusion coordinator at taryn.andersen@kcmo.org so that summer staff can be proactive in accommodations and creating summer camp plans that make sure all kids have a quality experience!*

** We do not have the ability to have a one-on-one staff to camper ratio.*

ACTIVITY CODE:		232540110	
AGE		FEE	
6 - 13		\$100/ Week	
DAY	DATES	TIME	LOCATION
M - F	6/5 - 8/11	7:30 a.m. - 5:30 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:		232100106	
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
T/Th	Ongoing	6:15 - 7 a.m.	SECC
T/Th	Ongoing	1 - 1:40 p.m.	SECC

Group Training Class

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

ACTIVITY CODE:		232511103	
AGE		FEE	
18+		\$60	
DAY	DATES	TIME	LOCATION
T/Th	5/5 - 9/1	1 - 2 p.m.	SECC
T/Th	5/5 - 9/1	4 - 5 p.m.	SECC
T/Th	5/5 - 9/1	7 - 8 p.m.	SECC

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:		232510108	
AGE		FEE	
18+		\$40/ Session	
DAY	DATES	TIME	LOCATION
M	6/1 - 7/6	6 - 6:45 p.m.	WRCC
M	7/13 - 8/17	6 - 6:45 p.m.	WRCC

Mobility and Stretching Class

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

ACTIVITY CODE: 232511104			
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
W	5/3 - 9/1	1 - 2 p.m.	SECC
W	5/3 - 9/1	4 - 5 p.m.	SECC

Intro into Weightlifting

Come join us to learn how to properly and efficiently lift weights to gain lean muscle

ACTIVITY CODE: 232511105			
AGE		FEE	
14+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
W/F	Ongoing	11 a.m. - Noon	SECC
W/F	Ongoing	3 - 4 p.m.	SECC

High Intensity Interval Training

Come challenge yourself with a tough workout that will get your heart rate up and help you lose those extra pounds.

ACTIVITY CODE: 232511106			
AGE		FEE	
18+		\$5 Drop-in	
DAY	DATES	TIME	LOCATION
T/Th	Ongoing	Noon - 1 p.m.	SECC
T/Th	Ongoing	3 - 4 p.m.	SECC

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: 232511107			
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 - 6:45 p.m.	GKCC

Weight Loss Competition

A month long weight loss competition where the winner gets a FREE month membership and \$100!

ACTIVITY CODE: 23251111			
AGE		FEE	
18+		\$30	
DATES	LOCATION		
7/1 - 7/31	SECC		

Glute Blaster

Come join us if you're looking to tone and shape up your legs and glutes

ACTIVITY CODE: 232511108			
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
T/Th	Ongoing	6 - 7 p.m.	SECC

Beginner 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: 232506107			
AGE		FEE	
18+		Drop-in \$5/adult, \$3/active ager	
DAY	DATES	TIME	LOCATION
W	5/3 - 5/29	5:30 - 6 p.m.	TACC
W	6/7 - 6/28	5:30 - 6 p.m.	TACC
W	7/5 - 7/27	5:30 - 6 p.m.	TACC
W	8/2 - 8/30	5:30 - 6 p.m.	TACC

Spin

Individuals will participate in bike riding for 30 minutes to an hour. Benefits of this will help improve mainly cardiovascular endurance and strengthen and tone the lower body.

ACTIVITY CODE: 232511109			
AGE		FEE	
18+		\$5/ day FREE/ w membership	
DAY	DATES	TIME	LOCATION
M/W	5/30 - 6/28	7:30 - 8:30 a.m.	SECC
M/W	5/30 - 6/28	1 - 2 p.m.	SECC
M/W	7/3 - 7/31	7:30 - 8:30 a.m.	SECC
M/W	7/3 - 7/31	1 - 2 p.m.	SECC
M/W	8/2 - 8/16	7:30 - 8:30 a.m.	SECC
M/W	8/2 - 8/16	1 - 2 p.m.	SECC

ARTS, BOOKS, CARDS AND GAMES



Scrapbooking

Scrapbooking is a fun and creative activity to document precious memories, Keep souvenirs and mementos. (Bring Your Own Supplies)

ACTIVITY CODE:		232100107	
AGE		FEE	
16+		\$15	
DAY	DATES	TIME	LOCATION
W	5/3	1 - 2 p.m.	TACC
W	8/2	1 - 2 p.m.	TACC
T	6/13	5 - 8 p.m.	SECC
T	7/18	5 - 8 p.m.	SECC
T	8/15	5 - 8 p.m.	SECC

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:		232507104	
AGE		FEE	
18+		FREE	
DAY	DATES	TIME	LOCATION
Th	8/17	6 - 7 p.m.	GCC

Brush Creek Card Club

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

ACTIVITY CODE:		232501100	
AGE		FEE	
18+		\$2/ drop-in	
DAY	DATES	TIME	LOCATION
W/F	5/30 - 8/18	1 - 5 p.m.	BCCC

Bridge Club

Participant will meet and play Bridge.

ACTIVITY CODE:		232501101	
AGE		FEE	
18+		\$2/ drop-in	
DAY	DATES	TIME	LOCATION
Th	6/1 - 8/17	10 a.m. - Noon	BCCC

Youth Chess Club

Stimulating the mind, deepening awareness, and developing problem solving skills. Chess has a multitude of benefits for all ages but extremely is beneficial to youth by further developing general cognitive ability and scholastic achievement.

ACTIVITY CODE:		232505102	
AGE		FEE	
6 - 12		\$3/drop-in FREE/ w membership	
DAY	DATES	TIME	LOCATION
T	5/30 - 7/9	6 - 8 p.m.	MCC
T	7/11 - 8/16	6 - 8 p.m.	MCC



Adult Bingo

Come join us as we call numbers on our monthly day of Bingo! You will get a chance to meet new people, interact with the staff and maybe walk away with a prize!

ACTIVITY CODE:		232100108	
AGE		FEE	
18+		\$10	
DAY	DATES	TIME	LOCATION
Th	6/1	6 - 7 p.m.	SECC
Th	7/6	6 - 7 p.m.	SECC
Th	8/3	6 - 7 p.m.	SECC
W	6/21	6 - 8 p.m.	WRCC
W	7/19	6 - 8 p.m.	WRCC

CERAMICS AND 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.



Active Aging Specific Ceramics/ Pottery

ACTIVITY CODE:		232508104	
AGE		FEE	
50+		\$75/ Session	
DAY	DATES	TIME	LOCATION
Sa	6/3 - 7/8	10:30 - 11:15 a.m.	KCNCC
Sa	7/15 - 8/19	10:30 - 11:15 a.m.	KCNCC
Sa	6/3 - 7/8	1 - 1:45 p.m.	KCNCC
Sa	7/15 - 8/19	1 - 1:45 p.m.	KCNCC
Sa	6/3 - 7/8	2 - 2:45 p.m.	KCNCC
Sa	7/15 - 8/19	2 - 2:45 p.m.	KCNCC
Su	6/4 - 7/9	10:30 - 11:15 a.m.	KCNCC
Su	7/16 - 8/20	10:30 - 11:15 a.m.	KCNCC
Su	6/4 - 7/9	1 - 1:45 p.m.	KCNCC
Su	7/16 - 8/20	1 - 1:45 p.m.	KCNCC
Su	6/4 - 7/9	2 - 2:45 p.m.	KCNCC
Su	7/16 - 8/20	2 - 2:45 p.m.	KCNCC

Youth Ceramics/ Pottery

ACTIVITY CODE:		232100110	
AGE		FEE	
6 - 17		\$70 Session	
DAY	DATES	TIME	LOCATION
Sa	6/3 - 7/8	9 - 9:45 a.m.	WRCC
Sa	7/15 - 8/19	9 - 9:45 a.m.	WRCC
Sa	6/3 - 7/8	10:30 - 11:15 p.m.	KCNCC
Sa	7/15 - 8/19	10:30 - 11:15 p.m.	KCNCC
Sa	6/3 - 7/8	1 - 1:45 p.m.	KCNCC
Sa	7/15 - 8/19	1 - 1:45 p.m.	KCNCC
Su	6/4 - 7/9	10:30 - 11:15 p.m.	KCNCC
Su	7/16 - 8/20	10:30 - 11:15 p.m.	KCNCC
Su	6/4 - 7/9	1 - 1:45 p.m.	KCNCC
Su	7/16 - 8/20	1 - 1:45 p.m.	KCNCC

Adult Ceramics/ Pottery

ACTIVITY CODE:		232100109	
AGE		FEE	
18+		\$95 Session	
DAY	DATES	TIME	LOCATION
M	5/29 - 7/3	6 - 6:30 p.m.	WRCC
M	7/10 - 8/14	6 - 6:30 p.m.	WRCC
Th	6/1 - 7/7	6 - 6:30 p.m.	WRCC
Th	7/14 - 8/17	6 - 6:30 p.m.	WRCC
Sa	6/3 - 7/8	10:30 - 11:15 a.m.	KCNCC
Sa	7/15 - 8/19	10:30 - 11:15 a.m.	KCNCC
Sa	6/3 - 7/8	1 - 1:45 p.m.	KCNCC
Sa	7/15 - 8/19	1 - 1:45 p.m.	KCNCC
Su	6/4 - 7/9	10:30 - 11:15 a.m.	KCNCC
Su	7/16 - 8/20	10:30 - 11:15 a.m.	KCNCC
Su	6/4 - 7/9	1 - 1:45 p.m.	KCNCC
Su	7/16 - 8/20	1 - 1:45 p.m.	KCNCC

All Inclusive Family Time Ceramics/ Pottery

ACTIVITY CODE:		232508103	
AGE		FEE	
6+		\$75 Session	
DAY	DATES	TIME	LOCATION
Sa	6/3 - 7/8	4 - 4:45 p.m.	KCNCC
Sa	7/15 - 8/19	4 - 4:45 p.m.	KCNCC
Su	6/4 - 7/9	4 - 4:45 p.m.	KCNCC
Su	7/16 - 8/20	4 - 4:45 p.m.	KCNCC



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:		232510109	
AGE		FEE	
6 - 17		\$60/ Session	
DAY	DATES	TIME	LOCATION
M/W	5/31 - 7/5	6 - 6:30 p.m.	WRCC
M/W	7/10 - 8/16	6 - 6:30 p.m.	WRCC
M/W	5/29 - 7/5	6:30 - 7 p.m.	WRCC
M/W	7/10 - 8/16	6:30 - 7 p.m.	WRCC

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:		232510110	
AGE		FEE	
14+		\$40/ Session	
DAY	DATES	TIME	LOCATION
T	5/30 - 7/4	6 - 6:45 p.m.	WRCC
T	7/11 - 8/15	6 - 6:45 p.m.	WRCC

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:		232510111	
AGE		FEE	
50+		\$40/ Session	
DAY	DATES	TIME	LOCATION
Sa	6/3 - 7/8	11 - 11:45 a.m.	WRCC
Sa	7/15 - 8/19	11 - 11:45 a.m.	WRCC

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 one of 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

