





Princess Tea Party

Saturday, February 2

10:30 a.m. - 12:00 p.m. OR 2:00 p.m. - 3:30 p.m.

The Shawnee Civic Centre

\$15/child (\$10/additional child)

Adults ages 18+ are welcome at no cost

This event is geared towards children ages 2-5

If you have children over the age of 5
contact us for information on Aladdin's Castle!

189101-01 10:30am-12:00pm

189101-02 2:00pm-3:30pm



The **GOODS** Start Here.

Less stuff, more memories! Give the gift of experiences with Shawnee Parks & Recreation this year! Pool and museum passes, camps, classes, daytrips and even a Parks & Recreation gift card! We can help you create the perfect gift package for your loved one this year. Visit us online at www.cityofshawnee.org/thegoodsstarthere for more information!

Reach Into Wellness Retreat *and Fair*

Saturday, January 25 • 9:00 a.m. - 1:30 p.m.

Registration is Only \$30

Retreat Schedule

8:30 - 9:10 a.m. - Exclusive Early Access to Wellness Fair

9:10 - 9:15 a.m. Welcome and Agenda

9:15 - 10:00 a.m. - Keynote

“Excel, Engage, Energize & Reach into Wellness!”

10:10 - 10:55 a.m.- Break Out Sessions #1

11:00 - 11:45 a.m.- Break Out Sessions #2

11:45 a.m. - 12:30 p.m.- Explore Wellness Fair

12:30 - 1:30 p.m.- Luncheon & Wrap-Up Discussion

Registration Includes

Wellness Retreat. Deep dive into various health & wellness topics from experts, snacks throughout the morning and an inspirational keynote!

Early & All-Day Access to the Vendor Fair. Visit multiple health & wellness content and product providers in nutrition, fitness, wellness pursuits and more.

Wrap-Up Luncheon. End the morning with fellow retreat participants enjoying a healthy meal and opportunity to discuss all the great information from the morning's sessions.

First Come, First Serve! Be one of the first 25 registrants and receive a complimentary chair massage!

NEW! Reach Into Wellness Fair

Our first Wellness Fair 9:00 a.m. - Noon! We will have vendors who specialize in health and wellness, from fitness centers, naturopathic providers, nutrition providers and more. They will be offering great content that morning, as well as giving you a chance to shop classes and equipment; its a “one stop shop” to start your new year off with resources and knowledge to a have a wonderful New Year, New You health journey! Fair tickets are only \$2.

For speaker bios, retreat schedule, vendor list and to register, please visit www.cityofshawnee.org/reachintowellness.

189201-01 1/25 Sa 9am-1:30pm



Wellness Starts Here!

Speakers and Sessions



Cathy Newton

Keynote



Dr. Dana Huebner

The Perfect Storm



Denise Williams

Essential Oils



Diane Doolin

Winter Wellness



Susan Richards

Hand Yoga



Lisa Gates

Cut the Clutter!

Now Taking Applications for Seasonal Summer Employment!

The Shawnee Parks and Recreation Department is looking for energetic individuals wanting to join our team this summer at the Shawnee Pools! Positions available include: Cashier, Concession Attendant, Lifeguard, Swim Instructor, Shawnee Sharks Coaching staff, and Management. Cashier, Lifeguard and Swim Instructor positions are open to individuals ages 15 and older. Concession attendant requires a minimum age of 16. Applications and information about certification classes are available at the Shawnee Civic Centre or online at www.cityofshawnee.org. If you have any questions, please feel free to contact Sean Keenan at (913) 742-6404.



Blended Learning Waterpark Lifeguard Classes

Participants will learn the lifesaving skills and knowledge necessary to respond to aquatic related emergencies. Blended learning combines online learning with on-site skills sessions where you will practice skills and demonstrate competency. Upon completion of this course students receive the American Red Cross certification in Waterpark Lifeguarding, CPR/AED, First Aid and Oxygen Administration. **Location:** Civic Centre and Shawnee Mission Northwest Pool

Prerequisite Testing: Saturday, March 14

- Minimum 15 years of age at completion of course
- Swim 300 yards continuously
- Tread water for 2 minutes without use of arms
- Retrieve 10 lb brick at 9 ft depth within 1 min 40 sec

Certification Fee - \$225

181101-01 3/16 Mon-Fri 8am-5pm

Pickleball Tournament

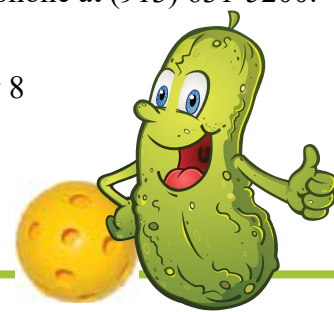
Calling all pickleballers! Join Shawnee Parks & Recreation for a recreational tournament! We will have two different divisions, Men's and Women's. In the name of recreational play, participants sign up as singles, and will have the opportunity to play with all other players in their bracket. You will carry your scores along with you as an individual, top scorers will walk away with all the pickles! Fees include your tournament play and lunch. Space is limited, register in person at the Shawnee Civic Centre or over the phone at (913) 631-5200.

Date: Saturday, February 8

Code: 182302-01

Time: 9:00am

Fee: \$22



Field Lottery

Is your team interested in using a Shawnee Parks and Recreation field for practice this summer? Registration for the Field Lottery will begin January 2, 2020. Teams are required to submit a roster showing all players, addresses and ages. A minimum of 50% of the players must be Shawnee residents. The lottery closes at Noon on Friday, February 14 and teams will reserve fields, based on the draw, Friday, February 21. Contact the Parks and Recreation Department at (913) 631-5200 or parksandrec@cityofshawnee.org if you have questions.

Registration Fee - \$5

182202-01





Tri-City Trips Travel Showcase

Shawnee, Mission, and Lenexa are teaming up again for 2020 and we can't wait to show you the exciting trips we planned! Join us at our Tri-City Travel Showcase for the first opportunity to register for 2020 trips! Refreshments provided, with a chance to win one of our door prizes. Pre-registration is not required, but appreciated!

187200-01 Feb 5 W 1:30pm FREE

Location: Sylvester Powell Jr Community Center
6200 Martway St. Mission, KS 66202



Defense Training

You have it in you.™

T.A.K.E. Defense Training provides girls and women of all ages with unique reality-based, hands-on self-defense training. You'll receive awareness education and practical application of the skills demonstrated in this session. We will also cover internet safety, community safety, home safety, safe travel and much more. It's our goal to give you the advantage if you're ever in a situation that makes you question your safety. To register for this free class contact the Shawnee Parks and Recreation Department at (913) 631-5200. A \$10.00 donation at the door is suggested, but not mandatory.

Code #	Date	Day	Time
189202-01	Mar 28	Sa	10:00am
Class Length: 2 hours			

April Showers Craft Festival

Saturday, April 18, 2020 ▪ 9:00 a.m. - 4:00 p.m.

New vendor applications will be accepted after January 13 and available at www.cityofshawnee.org/aprilshowers



YOUTH

Kids Night Out (ages 5 - 9)

Looking for a fun and safe place for your children to hang out on a Friday while you go shopping, on a date or just have a night off? Then Kids Night Out is the place to be! Each night will be based around a theme and we will have dinner, games in the gym, crafts, free play, a snack and a movie to end the night. Siblings are 10% off the regular price, too!

189103-01	Jan 10	F	6:00pm	\$15
(\$25 after Wednesday, January 8)				
189104-01	Feb 14	F	6:00pm	\$15
(\$25 after Wednesday, February 12)				
189105-01	March 13	F	6:00pm	\$15
(\$25 after Wednesday, March 11)				

Program Length: 3 hours

SPORTS

New! Lacrosse 101 (age 8 - 18)

Have you heard of the exciting and growing sport of Lacrosse? Are you interested in learning about this fun and exciting athletic activity? If so, then come join us for a fun morning of learning the basic skills, getting to practice with and use basic equipment, and more with other youth and coaches, open to all. Raffle prizes and snacks are a part of the morning. Sibling discounts available, too! **Instructor:** Mill Valley Lacrosse Association and Lacrosse Association of Kansas City

182107-01	Jan 4	Sa	10:00am	\$10
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Class Length: 2 hours

New! Sports Sampler (age 3 - 6)

Intro to Sports Sampler will help prepare children for organized sports by learning the basics of basketball, football, soccer, baseball/softball along with strength & conditioning skills. Your child will practice the motor skill tasks that will gradually build confidence while spending one-on-one quality time with you. **Instructor:** Dana Braxton

182103-01	Feb 5-Mar 11	W	6:00pm	\$42
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Class Length: 45 minutes

Super Kids (ages 4 - 6)

Learn basic Tae Kwon Do skills in a fun environment which emphasizes courtesy, integrity, perseverance, self-control and indomitable spirit. This class develops self-confidence, self-discipline, and gross motor skills. Additional family members may join for ½ price. **Instructor:** Master Suzan Crochet

182101-01	Jan 2-30	Th	6:00pm	\$22
182101-02	Feb 6-Feb 27	Th	6:00pm	\$22
182101-03	Mar 5-Mar 26	Th	6:00pm	\$22

Class Length: 45 minutes

Jr. Tae Kwon Do (ages 6 - 10)

This modified curriculum serves as a transition between Super Kids and the Adult Tae Kwon Do class, while setting a strong foundation for the adult program. If the student chooses to continue in the art, they can progress to the level of junior black belt. There is a strong emphasis on courtesy, integrity, perseverance, self-control, indomitable spirit and the understanding that each individual makes a difference in the world. Additional family members may join for ½ price. **Instructor:** Master Suzan Crochet

182102-01	Jan 7-28	Tu	5:30pm	\$42
182102-02	Feb 4-25	Tu	5:30pm	\$42
182102-03	Mar 3-31	Tu	5:30pm	\$42

Class Length: 90 minutes

Happy Feet Soccer (2 ½ - 5)

Build soccer skills through games and songs! The Happy Feet play-based approach teaches healthy habits through soccer! Build confidence, learn soccer, and have fun! This monthly program runs year round, so grab your friends and get your happy feet kicking! Each child gets a Happy Feet t-shirt upon first enrollment of the year! **Instructor:** Happy Feet Coach. **Location:** Happy Feet Legends Facility, 9701 W 67th Street

182104-0	Jan 6-27	M	5:00pm	\$45
182104-0	Jan 7-28	T	10:30am	\$45
182104-0	Feb 3-24	M	5:00pm	\$45
182104-0	Feb 4-25	T	10:30am	\$45
182104-0	Mar 2-23	M	5:00pm	\$45
182104-0	Mar 3-24	T	10:30am	\$45

Class Length: 30 minutes

New! Red Ball Tennis (5 - 8)

Red Ball introduces tennis to kids in an engaging way! A wide variety of games and activities are played to develop the foundations for coordination and tennis skills. Learn to rally, serve, and keep score. **Instructor:** Amy Fangman
Location: Kansas City Racquet Club, 6501 E. Frontage Road

182106-01 Jan 11-Feb 22 Sa 10:00am \$125
182106-02 Feb 24-Apr 6 M 4:30pm \$125

Class Length: 1 hour

Preschool Tennis (ages 3 - 6)

Yes!!! Preschoolers can be successful at tennis! We will go on a different story book adventure each week: under the sea, on a pirate's ship, to the beach etc....all while learning tennis skills that all transfer to other sports. Youth will work on balance, hand-eye coordination, footwork, teamwork, listening skills and spatial, body and movement awareness. **Instructor:** Amy Fangman **Location:** Kansas City Racquet Club, 6501 E. Frontage Road

182105-01 Jan 11-Feb 22 Sa 9:00am \$99
182105-02 Feb 29-Apr 11 Sa 9:00am \$99

Class Length: 45 minutes



DANCE & THEATRE

Tap/Jazz/Ballet Combo (ages 3 - 6)

Calling all soon-to-be dancers! A great starting point for beginners, this class will lead you into the various styles of dance through fun, games, and fundamentals. Pink ballet shoes and black tap shoes are required, and may be purchased ahead at the studio. Any color leotard and tights are suggested. ***No class 3/17.**
Instructor: Academy of the Arts Studio

184101-01 Jan 7-Feb 11 Tu 6:30pm \$66
184101-02 Feb 18-Mar 31 Tu 6:30pm \$66*

Class Length: 50 minutes

Dance with Me! (ages 1 ½ - 3 with caregiver)

This class is ideal for the youngest dancers ages 18 months through 3 years that are just wanting to try out a dance class. Parents attend class with their young dancer to learn introductory fundamentals of ballet! ***No class 3/17.**
Instructor: Academy of the Arts

184102-01 Jan 7-Feb 11 Tu 5:30pm \$66
184102-02 Feb 18-Mar 31 Tu 5:30pm \$66*

Class Length: 45 minutes

B.A.D. (Boys Athletic Dance) (ages 6 - 10)

Ba- Ba- Ba- Bad to the bone! Warning, this is not your typical dance class. Discover Hip Hop and breakdancing as you learn some new moves in this fun and high energy filled environment. ***No class 3/15.**
Instructor: Academy of the Arts

184103-01 Jan 9-Feb 13 Th 6:00pm \$66
184103-02 Feb 20-Apr 2 Th 6:00pm \$66*

Class Length: 55 minutes

Location: Academy of the Arts, 5413 Martindale

Story Book Theatre (ages 3 - 6)

Classic stories and popular favorites will be brought to life through creative drama exercises. Students will use their imaginations to tell the tales of Jack and the Beanstalk, Cinderella, The Rainbow Fish and many others. The last class session will be open to family and friends for sharing story time. ***No class on 3/4.**
Instructor: Academy of the Arts

184104-01 Jan 8-29 W 4:15pm \$44
184104-02 Feb 12-Mar 11 W 4:15pm \$44*

Class Length: 45 minutes

Location: Academy of the Arts, 5413 Martindale

PERSONAL ENRICHMENT

New! Boardgaming Fun (ages 9 - 13)

Are you looking for a fun, safe place on a Friday evening for your tween and teen to get off the screens and try something new? Then come hang out with us, enjoy some snacks, and learn/teach/play new and classic board games with us! Sibling discounts available.

186106-01 Feb 21 F 5:00pm \$10
186106-02 March 20 F 5:00pm \$10

Class Length: 3 hours

New! Tabletop Gaming 101 (ages 13 - 17)

Explore dungeons, battle monsters, find treasure and craft a story together with friends! This program will teach the ins and outs of tabletop role playing; being creative, storytelling, math and teamwork are all skills that youth will also be working on. Create characters, learn the rules and embark on an adventure that will fill the day with adventure and imagination. Food and drinks will be provided with the registration. Sibling discounts available.

186107-01	Jan 10	F	5:00pm	\$10
186107-02	Feb 14	F	5:00pm	\$10
186107-03	March 13	F	5:00pm	\$10

Class Length: 4 hours



Hy-Vee's Kids in the Kitchen (ages 4 - 9 with a caregiver)

Is your child curious about food and how it's made? Kids ages 4 - 9 are invited to join in on making several different snacks with you, trying some new and different things and new spins on classic treats... and of course sample what they're making! Together the group will measure, mix, make and eat their snacks, led by Hy-Vee's registered dietician! **Instructor:** Melissa White, MS RD LD CDE

"Winter Nibbles"

186103-01	Jan 11	Sa	9:00am	\$10
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"Valentine's Day Treats"

186103-02	Feb 8	Sa	9:00am	\$10
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"St. Patrick's Day Snacks"

186103-03	Mar 7	Sa	9:00am	\$10
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Class Length: 1 hour

Location: Hy-Vee Dinning Area, 13550 W. 63rd Street

School's Out! Birds and Beasts (ages 7 - 12)

Where do owls live and what do they eat? How do some bugs walk on water? These questions and more will be answered with a walk on the wild side of things to explore owls, birds and all kinds of bugs. Build your own birdhouse and participate in a territory and a food chain game following the rigid rules of nature. Finally, study insect life cycles and behavior by building your own tiny bug house. Before (8-9am) and aftercare (4-5pm) is available. **Instructor:** Mad Scientist

186101-01	Mar 16	M	9:00am	\$45
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Class Length: 7 hours

School's Out! Earth Awareness (ages 7 - 12)

Discover how science will help us protect our planet. Children will understand the basics of water pollution, acid rain and the benefits of solar energy and work together with other youth in learning about making our environment better. Before (8-9am) and aftercare (4-5pm) is available. **Instructor:** Mad Scientist

186102-01	Mar 17	Tu	9:00am	\$45
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Class Length: 7 hours

School's Out! Slimy Chemistry (ages 7 - 12)

Make a lemon battery, electroplate a penny and conduct electrochemistry with goldenrod paper. Clean up your own germs with soap and "exploding toothpaste" and then get dirty again with slime! Learn about all kinds of different chemical reactions and more with other youth. Before (8-9am) and aftercare (4-5pm) is available.

Instructor: Mad Scientist

186104-01	Mar 18	W	9:00am	\$45
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Class Length: 7 hours

School's Out! Countdown to Launch (ages 7 - 12)

Investigate Newton's Laws of Motion first hand. Learn about propulsion with air-propelled miniature rockets and then design your own! Experience your first real rocket launch in Mad Science when you fire off a rocket like the one you built. Before (8-9am) and aftercare (4-5pm) is available. **Instructor:** Mad Scientist

186105-01	Mar 19	Th	9:00am	\$45
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Class Length: 7 hours

ADULT

SPORTS

Drop-In Volleyball (ages 16+)

Grab your friends and join us Monday evenings beginning open volleyball! No registration, no teams and no supplies needed. Recreational play is \$2 per person from 5:30-7:30pm and competitive play is from 7:45-9:45pm. Space is limited; first come, first play. **No volleyball 1/20 and 2/17.**

Drop-In Pickleball (all ages)

This sport is a blend of tennis, badminton, and ping pong, created for a variety of skill levels and ages. You do not need a partner and equipment is provide. (Dates & Times vary, please pick up a schedule at the Shawnee Civic Centre). **No pickleball 12/25, 1/1, 1/20 and 2/17.**

Sundays	5:30pm-8:30pm	\$2
Mon/Wed/Fri	9:00am-1:00pm	\$1
Wednesdays	5:30pm-9:30pm	\$2

Pickleball Kickstart Clinic (ages 50+)

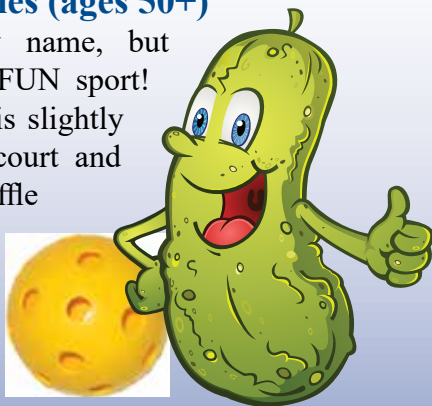
This crash course in pickleball rules and etiquette will start the ball rolling in your love for this lifelong sport! Equipment provided. **Instructor:** Don Swartz

182203-01	Jan 16	Th	9:00am	\$12
182203-01	Jan 29	W	6:00pm	\$12

Class Length: 2 hours

Pickleball for Rookies (ages 50+)

It might be a funny name, but pickleball is seriously FUN sport! Played on a court that is slightly smaller than a tennis court and uses a paddle and wiffle ball, Pickleball is a cross between badminton and tennis. Learn the rules, etiquette, and basic strategy of this unique game.



Equipment provided. **Instructor:** Don Swartz

182204-01	Jan 23-Feb 13	Th	9:00am	\$36
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Class Length: 1.5 hours

Tae Kwon-Do (ages 7+)

This international sport is also a form of self-defense. Learn the basics while developing courtesy, integrity, perseverance, self-control and an indomitable spirit. This class is designed for individuals and families. Additional family members may join for ½ price.

182201-01	Jan 2-30	T,Th	7:00pm	\$45
182201-02	Feb 4-27	T,Th	7:00pm	\$45
182201-03	Mar 3-31	T,Th	7:00pm	\$45

Class Length: 1 hour classes

Instructor: Master Suzan Crochet

HEALTH & FITNESS

Tai Chi & Qigong Meditation (ages 16+)

Harvard Health called Tai Chi “medication in motion” for all the many health issues it can treat. Best-selling author teaches slow motion meditative movements and visualization to lower stress, provide well-being, burn calories, provide cardiovascular benefit, and improve sports performance. **No class 1/25.**

Instructor: Bill Douglas

183201-01	Jan 11-Feb 29	Sa	9:30am	\$84
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Class Length: 90 minutes



PIYO (ages 16+)

It’s Pilates, no it’s Yoga, no it’s Pilates... Wait, it’s both! Enjoy the benefits of Yoga such as breathing management and relaxation and the flexibility and toning of Pilates. Your legs, arms, stomach, back and soul will thank you each week! Please bring a mat and towel.

Instructor: Kathy Ray

183202-01	Jan 7-Feb 13	Tu,Th	8:30am	\$63
183202-02	Feb 18-Apr 2	Tu,Th	8:30am	\$74

Class Length: 55 minutes

Morning Mix (ages 16+)

Kick start your mornings with fitness at its finest. Using a mix of styles such as step, strengthening, toning, and a small taste of bootcamp, energize your daily routine with this full body workout. This is a challenging workout, but participants are encouraged to work at their own pace. **No class 1/20 and 2/17. Instructor:** Lori Meyer

183205-01	Jan 3-31	M,W,F	8:00am	\$35
183205-02	Feb 3-28	M,W,F	8:00am	\$35
183205-03	Mar 2-30	M,W,F	8:00am	\$35

Class Length: 55 minutes

Circuit Blast (ages 16+)

Want to tame the exercise doldrums? Switch up exercises frequently and get a full body workout in the most effective way - CIRCUIT TRAINING! You get the benefits of muscle building and toning along with an intense cardio workout all at your own pace. **Instructor:** Ronni Ward

183203-01	Jan 8-Feb 12	W	5:30pm	\$27
183203-02	Feb 19-Apr 1	W	5:30pm	\$32

Class Length: 55 minutes

Power Pump (ages 16+)

Do you need a fun, energy packed, toning class that targets all the muscles you never knew you had? This hour long class will burn your muscles to fatigue, and get you toned in all the right places. The moves can be modified to every level and accommodate people of all ages! **No class 1/20 and 2/17. Instructor:** Lesley Ice

183206-01	Jan 6-Feb 13	M,Th	6:30pm	\$50
183206-02	Feb 20-Apr 2	M,Th	6:30pm	\$59

Class Length: 55 minutes



Zumba (ages 16+)

Dance your pants down a size! Using a variety of dance moves from all over Latin America, shed the pounds away with this aerobic workout. **Instructor:** Casa de Fitness

183207-01	Jan 11-Feb 15	Sa	8:30am	\$30
183207-02	Feb 22-Apr 4	Sa	8:30am	\$42

Class Length: 55 minutes

NEW! Restorative Yoga (ages 16+)

Slow down and stretch! Restorative yoga will help you open up through passive stretching. Relieve stress and enjoy long, meditative stretches while you practice control over your breathing. **Instructor:** Jude Devonshire

183204-01	Jan 9-Feb 13	Th	5:30pm	\$42
183204-02	Jan 10-Feb 14	F	9:15am	\$42
183204-03	Feb 20-Apr 2	Th	5:30pm	\$49
183204-04	Feb 21-Apr 3	F	9:15am	\$49

Class Length: 55 minutes

Yoga (ages 16+)

Relax the stress of the day away with gentle stretching and deep breathing. With increased flexibility, upper and lower body strengthening, greater mental and physical balance and increased circulation you will be ready to take on life's challenges. Please bring a towel and a mat. **No class 1/20 and 2/17. Instructor:** Kathy Ray

183208-01	Jan 6-Feb 10	M	6:00pm	\$35
183208-02	Feb 24-Mar 30	M	6:00pm	\$42

Class Length: 55 minutes

Chair Yoga (ages 50+)

If getting up and down off the mat is not your thing, this modified version of yoga incorporating the traditional poses may be for you. A yoga mat will be needed for some standing activities, but always holding onto the chair. Please bring a large towel or sofa throw blanket for comfort at relaxation time. **Instructor:** Jude Devonshire

183304-01	Jan 7-Feb 11	Tu	9:30am	\$42
183304-02	Feb 18-Mar 31	Tu	9:30am	\$49

Class Length: 45 minutes

Step Up Shawnee (ages 50+)

Walk for fun. Walk with friends. Walk for FREE! Step up to better health with your fellow Shawnee residents. Stop by the Shawnee Civic Centre Monday through Friday between 8:00am and 9:00am to get your joints moving and your heart rate up. **No Walking Club 1/20 and 2/17.**

Fit After Fifty (ages 16+)

A low impact aerobics class designed to help you feel better, look better and can even help prevent health problems! With this five day a week class, pick your own flexible schedule with a 6, 12 or 18 punch card. Each day features a different type of exercise. Monday are aerobics & use of the large exercise balls; Tuesdays are dance aerobics; Wednesdays are aerobics, strength training, & gentle stretching; Thursdays are low impact step aerobics & gentle stretching; Fridays are teachers choice!
No class 1/20, and 2/17. Instructor: Debbie Shearer

12 flexible - 60 minute workouts

183301-01 Jan 6-Mar 31 M-F 8:15am \$45

6 flexible - 60 minute workouts

183301-02 Jan 6-Mar 31 M-F 8:15am \$24

Senior Tai Chi (ages 50+)

Tai Chi consists of breathing exercises and a series of postures that flow into one another through connecting transition moves. These slow, graceful, precise body movements are said to improve body awareness and enhance strength and coordination while helping the participant achieve inner peace. Watch your strength, flexibility, and mental awareness increase.
Instructor: Debbie Shearer

Beginner

183302-01 Jan 9-Feb 13 Th 9:00am \$21

183302-03 Feb 20-Apr 2 Th 9:00am \$24

Intermediate

183302-05 Jan 7-Feb 11 Tu 9:15am \$21

183302-06 Feb 18-Mar 31 Tu 9:15am \$24

Advanced

183302-02 Jan 9-Feb 13 Th 10:00am \$21

183302-04 Feb 20-Apr 2 Th 10:00am \$24

Class Length: 1 hour

Arthritis Exercise (ages 50+)

An exercise program specifically designed for people with arthritis and fibromyalgia. You will use gentle activities to help increase joint flexibility and range of motion. Let this class help you maintain muscle strength and increases overall stamina. Participants must have their doctor's consent before beginning this exercise program.
Instructor: Debbie Shearer

183303-01 Jan 7-Feb 13 Tu,Th 11:00am \$42

183303-02 Feb 18-Apr 2 Tu,Th 11:00am \$49

Class Length: 1 hour

DANCE

Country Dance Lessons (ages 16+)

Do you enjoy all types of country dance? Join other dance enthusiasts Sundays from 6:30-9:00pm for lessons and practice. Line dances will be taught. No registration necessary. Pay \$4 at the door. **No lessons 1/19, and 2/16.**
Instructor: Donnalae Espee



Country Dance Party

Dance the night away in a smoke and alcohol-free environment (we provide pop and water at no charge). A great opportunity for families to dance together! Dances will be held on Friday, January 17th; Friday, February 21st; and Friday March 20th from 7:30-10:00pm. No advance registration is required. \$5 fee payable at the door.
Hosted by: Kevin & Shawn Kuse and Lori Ringwelski

Dancing Down the Aisle (ages 18+)

Are wedding bells in your future? Parents of the bride, friend of the groom, Nana and Papa? The reception isn't just for the bride and groom! Come learn the basics of ballroom so you are ready to hit the dance floor for all the upcoming weddings! (Price is per couple).
Instructor: Tonya Ebner. **Location:** Academy of the Arts, 5413 Martindale

184201-01 Jan 31 F 7:00pm \$20

184201-02 Feb 28 F 7:00pm \$20

Class Length: 90 minutes

Ballet for Beginners (ages 18+)

This beginners class is designed for adults. Students will learn fundamental ballet technique in a relaxed and fun environment. Ballet shoes are required.
Instructor: Tonya Ebner. **Location:** Academy of the Arts, 5413 Martindale

184202-01 Jan 9-Feb 6 Th 6:00pm \$55

184202-02 Feb 13-Mar 5 Th 6:00pm \$44

Class Length: 1 hour

ARTS & CRAFTS

Knitting for Newbies (ages 16+)

Learning to knit is as easy as 1, 2, 3! You can make a quick-knit project for yourself or as a gift. Learn the basic techniques including knit and purl stitches, cast on, bind off and ribbing. You will learn the tricks of the trade from yarns and gauge to pattern reading. First time knitter? Just need a refresher? You've come to the right place!

No class 1/20. Instructor: Cheryl Murray

185201-01 Jan 13-Feb 3 M 6:30pm \$25

Class Length: 2 hours

NEW! Knit a Shift Cowl (ages 16+)

The Shift Cowl is a colorful knitted accessory that introduces many fun techniques. Selecting the yarns for this cowl is as fun as knitting it. This project is a great way to mix solids, tonals, and variegated colors while learning slipped stitches, interesting shaping, and I-cord edges. You won't be able to put this project down! You should be able to confidently knit & purl before enrolling in this class.

No class 2/17. Instructor: Cheryl Murray

185202-01 Feb 10-Mar 2 M 6:30pm \$40

Class Length: 2 hours



PERSONAL ENRICHMENT

Estate Planning (ages 16+)

In the event of an unexpected tragedy, are you and your family protected? We will discuss the importance of having a will or a trust, how they are different, and whether you need one. We will also be answering these important questions: what is probate and how can I avoid it? What is a Power of Attorney and do I need one? Whether you are just starting a family or are past retirement, these are important questions for you and your loved ones.

Instructor: Attorney Kristen Chapin

186209-01 Feb 5 W 6:30pm \$12

Class Length: 90 minutes

Shawnee 101 (ages 16+)

Have you ever wondered how our city works? Join us for a very informative overview of city services. We will discuss where revenue comes from, how it is spent, and plans for the future. You will leave with a greater understanding of how your community works and what makes Shawnee shine! Although this class is free and open to the public, pre-registration is recommended.

Instructor: Shawnee City Manager Nolan Sunderman.

Location: The Monticello Library

186202-01 Mar 25 W 6:00pm FREE

Class Length: 1.5 hours

Internet Assisted Hunters Education (ages 11+)

To meet state requirements this class is designed to allow the qualified participant to complete the chapters and quizzes online. Students need to print off the Certificate of Completion at the end of the course. Participants must also successfully pass a quiz at the beginning of the in-classroom portion in order to continue with the instructional class where there will be a demonstration and a final written test. Enroll now, classes fill up quick! Complete the online portion of this class at programs.ksoutdoors.com. **Instructor:** Howie Peer, KDWP

186201-02 Feb 8 Sa 9:00am \$15

186201-03 Mar 14 Sa 9:00am \$15

Class Length: 8 hours

Intro to Bee Keeping (ages 16+)

Bees play a role in many of our lives! Join our class and find out more about the insect that has always intrigued you. If you want to raise bees, or already have bees this class will be for you. This two session class will cover basic beekeeping tasks, necessary equipment, building materials, ways to get bees, what to look for in the hive, diseases identification, how to get honey from the hive to the jar and much more. Bring your questions!

Instructor: John Speckman

186207-01 Feb 21-22 F-Sa varies \$30

186207-02 Mar 13-14 F-Sa varies \$30

Class Length: Friday: 6:30pm - 8:30pm

Saturday: 8:30am - 5:00pm



NEW! Backyard Chickens (ages 16+)

There is something about fresh eggs for breakfast! We will discuss the basics of chicken behavior, feeding, coop needs, chicken health and so much more! We will provide information regarding Shawnee backyard chicken ordinances. **Instructor:** Vonnie Fisher

186203-01 Mar 21 Sa 9:00am \$13
Class Length: 2 hours

Planting for Pollinator

Bees, butterflies, bats, birds and other insects are important actors in maintaining a healthy environment. Learn how to increase the number of pollinators in your area by making conscious choices to include plants that provide the right habitat for them. **Instructor:** JoJo Gordon.
Location: Shawnee Town 1929

195201-01 Mar 21 Sa 11:00am \$5

Beginning Bridge (ages 50+)

Try your hand at this timeless game! Start from the beginning and learn the fundamentals such as scoring, bidding, and play of the hand. **Instructor:** Jan Carpenter

186205-01 Jan 15-Feb 19 W 10:00am \$36
Class Length: 2 hours

Intermediate Bridge (ages 50+)

Take your bridge skills to a new level! If you've taken Beginning Bridge or already know the basics, join us to learn intermediate skills to improve your game! **Instructor:** Jan Carpenter

186206-01 Mar 4-Apr 8 W 10:00am \$36
Class Length: 2 hours



Progressive Bridge (ages 50+)

Join us weekly for a fun get-together and play bridge on Monday mornings at 11:15am. You do not need a partner and space is available on a first come, first serve basis. A suggested donation of \$0.50 is requested. **No Bridge 1/20 and 2/17.**



CPR Certification (ages 14+)

This First Aid, CPR, and AED certification course provides the knowledge and skills that may help save a life. It also offers the basics of first aid for the most common life-threatening emergencies, covering how to recognize them, how to call for help, and how to perform lifesaving skills. This course covers: Adult/Child CPR and AED Use; Infant CPR; First Aid Basics; Adult/Child/Infant Choking. The cost of the class includes book and certification card upon completion. **Instructor:** Shawnee Fire Department
Location: John B. Glaser Fire Station, 6535 Quivira

186204-01 Jan 11 Sa 9:00am \$50
186204-02 Feb 8 Sa 9:00am \$50
186204-03 Mar 14 Sa 9:00am \$50
Class Length: 7 hours

Trips and Tours

Prairie Band Casino (ages 50+)

Travel with us to Prairie Band Casino! Grab your lucky shoes and enjoy 5 hours of gaming with \$10 of playing money and a \$10 food voucher! Don't forget your government issued photo ID! **Registration opens:** December 1.

187201-01 Jan 23 Th \$22
Depart: 8:30am – **Return:** 4:30pm

Genghis Khan in KC (ages 50+)

Fact: Genghis Khan established the largest land empire in history. Expand your Genghis Khan knowledge while we visit the limited time, Genghis Khan Exhibit at Union Station! We will begin our day in the Regnier Extreme Screen Theatre to see Mysteries of China. Following the show, you will enjoy the Genghis Khan exhibit at your own pace. To wrap of the day we'll visit locally owned, Genghis Khan Mongolian BBQ. Genghis Khan has been a Kansas City staple for almost 20 years!

Registration Opens: December 1.

187202-01 Feb 27 Th \$80

Depart: 9:25am - **Return:** 2:35pm

Wonderful World of Disney (ages 50+)

Head to Marceline, MO, the hometown of Disney, where Walt found the magic. We'll visit the Disney museum, Disney farmhouse and have a delicious, home-cooked lunch at the local Methodist church. Step on guide takes us around town and regales us with Disney tales.

Registration Opens: December 1.

187203-01 Mar 13 F \$88

Depart: 7:40am - **Return:** 5:30pm

Fiddler on the Roof (ages 50+)

Raise your cup to joy, to love, to life during the showing of "Fiddler on the Roof" at Kauffman Center. We'll enjoy dinner in the Power & Light District (on your own), then we'll head to show for a night filled this theatrical masterpiece. **Registration Opens:** December 1.

187204-01 Mar 19 Th \$108

Depart: 3:50pm - **Return:** 11:00pm

Tax Day at Golden Eagle (ages 50+)

We're heading to Horton! Celebrate the end of tax season with a trip to Golden Eagle Casino for gaming and BINGO! Each player will receive \$15 on their players card and BINGO begins at 2:00pm. Don't forget your government issued ID. Registration opens to travel show attendees on February 5 and to the public on February 10.

287201-01 Apr 15 W \$25

Depart: 9:45am - **Return:** 6:10pm

Return to Life in the Past Lane (ages 50+)

Have you ever wanted to go back in time and visit the past? Well now you can! Two amazing museums have partnered together to give visitors an experience in two pivotal time periods in American history, the 1860's and the 1920's. Guests will be able to experience a morning in Shawnee in 1929 and an afternoon in Olathe in 1865--along with a tasty lunch. See a truck farm and it's supporting town at Shawnee Town 1929, and experience an authentic stagecoach stop with farm tours and a stagecoach ride at Mahaffie Stagecoach Stop and Farm. Lunch will be provided at Shawnee Town. Both sites are fully accessible, but some walking is expected. This trip will begin and return at Shawnee Town 1929.

Registration Opens: December 1.

287202-01 Apr 27 M \$68

Depart: 10:00am - **Return:** 4:30pm



Joslyn Adventure (ages 50+)

The Joslyn Castle is a mansion built in the Scottish Baronial style in 1903 and home to George and Sarah Joslyn. The mansion is available for tours and is a historical place in Omaha. We'll visit the castle first, with a trip to the Joslyn Art Museum next for a yummy lunch and docent led tour of the museum's permanent exhibits. Last stop of the day is Lauritzen Gardens, where we will take a tram tour through their 100 acre gardens. Registration opens to travel show attendees on February 5 and to the public on February 10.

287203-01 May 6 W \$114

Depart: 6:30am - **Return:** 7:00pm

Depart and return from Sylvester Powell Jr Community Center

We have more exciting trips and tours coming in 2020. Visit www.cityofshawnee.org/trips for more information!

SENCOM

SenCom, Senior Computer Users, is not for profit organization of seniors who chose to develop skills that allow them to complete a variety of computer tasks. **All SenCom Computer classes are held at the SenCom Computer lab at 6535 Quivira.** All classes are approximately 3 hours long, are taught by experienced SenCom instructors, and are \$30 each. For more information on workshops, please call (913) 631-5200. For more information on SenCom Membership, please call (913) 298-0575 or visit www.kcsenior.net.

Classes Available:

Introduction to Facebook
Beginners Computer Workshop
Computer Maintenance
Google's Other Features
Introduction to Facebook
Internet Basics
Intro to Android Tablets & Phones
Introduction to Excel
Introduction to iPad & iPhone
Organizing Files and Folders
The Cloud
Transfer, Organize & Edit Photos
Using Email
Windows 10
Windows Essential Tools

Class Title	Code #	Date	Time
Introduction to Facebook	186305-01	Thurs, Jan 2	9:00am
Windows 10	186304-01	Tues, Jan 7	1:00pm
Using Email	186310-01	Thurs, Jan 9	1:00pm
Windows Essential Tools	186321-01	Tues, Jan 14	1:00pm
Internet Basics	186303-01	Thurs, Jan 16	1:00pm
The Cloud	186311-01	Tues, Jan 21	9:00am
Google's Other Features	186309-01	Thurs, Jan 23	1:00pm
Beginners Computer Workshop	186301-01	Tues, Jan 28	9:00am
Transfer, Organize & Edit Photos	186320-01	Thurs, Jan 30	1:00pm
Organizing Files and Folders	186308-01	Tues, Feb 4	1:00pm
Introduction to Excel	186314-01	Thurs, Feb 6	1:00pm
Transfer, Organize & Edit Photos	186320-02	Tues, Feb 11	9:00am
Introduction to iPad & iPhone*	186315-01	Thurs, Feb 13	1:00pm
Windows 10	186304-02	Tues, Feb 18	1:00pm
Computer Maintenance	186302-01	Thurs, Feb 20	9:00am
Google's Other Features	186309-02	Tues, Feb 25	1:00pm
Intro to Android Tablets & Phones	186317-01	Thurs, Feb 27	9:00am
Windows 10	186304-03	Tues, Mar 3	1:00pm
Windows Essential Tools	186321-02	Thurs, Mar 5	9:00am
Internet Basics	186303-02	Tues, Mar 10	9:00am
Google's Other Features	186309-03	Thurs, Mar 12	1:00pm
Organize Files and Folders	186308-02	Tues, Mar 17	9:00am
Introduction to Facebook	186305-02	Thurs, Mar 19	9:00am
Transfer, Organize & Edit Photos	186320-03	Tues, Mar 24	9:00am
The Cloud	186311-02	Thurs, Mar 26	1:00pm
Using Email	186310-02	Tues, Mar 31	1:00pm

*The Intro to iPad class is held at The Shawnee Civic Centre, 13817 Johnson Drive.

Registration is Easy!

On-Line:

www.recreateshawnee.org

Mail In:

Shawnee Parks & Recreation
11110 Johnson Drive
Shawnee, Kansas 66203

Walk In:

Shawnee Civic Centre Shawnee Town 1929
13817 Johnson Drive 11501 W. 57th Street
Shawnee, Kansas 66216 Shawnee, Kansas 66203

Phone In:

(913) 631-5200

Credit Cards:

We accept Visa, MasterCard, Discover and American Express

Hours of Operation

Monday - Saturday, 8:00am - 10:00pm
Sunday, 11:00am - 9:00pm

Open Gym Hours

Visit www.cityofshawnee.org/opengym
for weekly gym hours

Class Locations

All classes listed are held at the Shawnee Civic
Centre 13817 Johnson Drive, unless noted.

Information?

Shawnee Civic Centre Shawnee Town 1929
Call (913) 631-5200 (913) 248-2360

REGISTRATION FORM

Shawnee Parks & Recreation Department
Shawnee Civic Centre
13817 Johnson Drive (913) 631-5200

Mailing Address:
11110 Johnson Drive
Shawnee, KS 66203

Staff Use Only	
Amount Paid	_____
Receipt #	_____
Initials	_____

(PRINT) Participants Name	Birthdate	Class Title/Code	Date	Day	Time	Fee

Waiver & Consent Statement:

The undersigned agrees to hold harmless and release the City of Shawnee, its agents and employees from any liability which may be suffered by the above named individual(s) registered in this program arising out of or in anyway connected with participation in this program. The undersigned and the participant(s) authorize the Shawnee Parks & Recreation Department to use at its discretion, any photograph(s) (black/white or color) taken of the participant(s) while participating in the program and waive any and all claims that the participant(s), the undersigned or their heirs or assigns may have or claim to have resulting from such photograph(s) or reproduction thereof.

The City of Shawnee does not discriminate against anyone on the basis of race, color, national origin, age or disability in the operation of any program, activity or service.

Cancellation Policy: If you must cancel from a class, call (913) 631-5200 at least five (5) business days before the program begins. You may transfer to another program or receive a full refund. You will be notified if a program is canceled due to insufficient enrollment. No refunds will be issued after the start of a class.

Shawnee Parks & Recreation is committed to making reasonable accommodations as required by the Americans With Disabilities Act. Requests must be made one week prior to the start of the program. Please indicate below what accommodations are needed. I have read & understand the waiver statement and cancellation policies.

X _____
Signature of person registering participants Home Phone # Work Phone # Cell Phone #

Street City State Zip

E-mail Address: _____

Make Checks Payable to : City of Shawnee

Credit Card #: _____

Expiration Date: _____ CVS: _____