



Good Trips Start Here!

The Royal Ball

Daddy Daughter Date Night

Gowns, crowns, and your very own Prince Charming too, nothing short of a royal celebration will do! Dads grab your girls, its daddy daughter date night! Travel to a land far, far (not too far) away at the Shawnee Civic Centre, 13817 Johnson Drive. No ball is complete without a castle, dancing, princess sightings, and of course you! Each ticket includes a princess corsage, refreshments, a photo memento, dancing, and party favor to remember the event for years to come. It is recommended princesses be ages 5-13 when attending the ball. Space is limited, and tickets sell out quick. Registration begins December 1.

- 189101-01 Saturday, February 3
- 6:30pm till 9:00pm
- \$20 per person

Sponsored by:



Princess Tea Party

Grab your gown, nothing less will do! It's time for a princess tea, and we can't wait to see you! The gates are open! Join us for a princess tea at Princess Elsa's castle. Princess Elsa has invited all her friends for photos, crafts, snacks, and of course lemonade! This event is geared towards kiddos ages 2-5 with a parent. Princess attire is welcome, but not required. Wear your dancing shoes and bring your camera, memories are sure to be made!

- 189102-01 Saturday, February 3
- 10:00am-11:30am
- \$10/child
- \$3/adult



Reach Into Wellness

SATURDAY, JANUARY 27 • 8:00AM - 12:30PM
Doors open at 7:45am • Opening sessions begin at 8:15am



Registration is Only \$49
Register by January 5 and save \$5

New year; new **YOU!!!** Create your own personalized retreat by choosing from a variety of small group sessions including healthy (and yummy!) cooking demos, sensible fitness, emotional wellness and healthy living and pamper yourself with delicious healthy treats, door prizes and more!

Wellness Starts Here!

Tri-City Trips Travel Showcase

Shawnee, Mission, and Lenexa are teaming up again for 2018 and we can't wait to show you the exciting trips we planned! Join us at any of our Tri-City Travel Showcases for an opportunity to register for upcoming 2018 trips! Showcase perk - if you pay for a trip in full, receive a 10% discount! Refreshments provided, with a chance to win one of our door prizes. Pre-registration is not required, but appreciated!



TRI-CITY TRIPS
SHAWNEE • MISSION • LENEXA

187200-01 Jan 30 Tu 9:30am FREE

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

187200-02 Jan 31 W 1:00pm FREE

Location: The Shawnee Civic Centre, 13817 Johnson Drive, Shawnee, KS

187200-03 Feb 2 F 9:30am FREE

Location: The Lenexa Senior Center, 13425 Walnut Street, Lenexa, KS





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! Position available include: Cashier, Concession Attendant, Lifeguard, Swim Instructor, Shawnee Sharks Coaching staff, and Management. Cashier positions are open to individuals ages 14 and up. Lifeguard and Swim Instructor positions are open to individuals ages 15 and older. All other positions require 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 the Shawnee Civic Centre 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 10

- 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 designated time period

Certification Fee - \$225

281102-01 3/12 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. T-shirts can be purchased for an additional \$10.

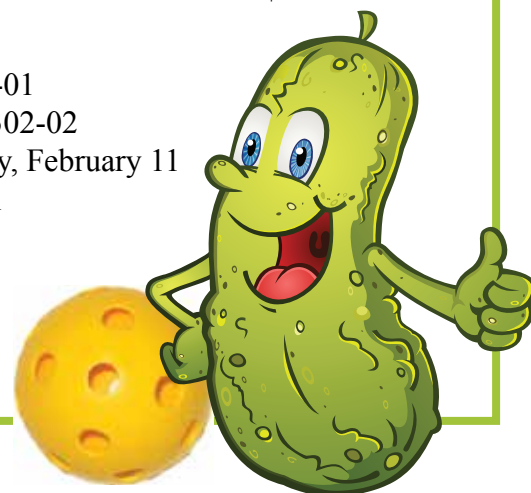
Men: 182302-01

Women: 182302-02

Date: Saturday, February 11

Time: 9:00am

Fee: \$20



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, 2018. 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 16 and teams will reserve fields, based on the draw, Friday, February 23. Contact the Parks and Recreation Department at (913) 631-5200 or parksandrec@cityofshawnee.org if you have questions.

Registration Fee - \$5

182202-01



SHAWNEE TOWN 1929

11501 W. 57th Street, Shawnee, KS 66203

Flapper Fancies

This Spring you can choose from an apron, flapper headband, hat, chemise or slip taken from Downton Abbey patterns. You may purchase the pattern from Etsy at eVintagepatterns or browse (and use) available patterns at Shawnee Town. The instructor will guide you through creating your personal selection. Prior sewing experience is required! You will purchase your own fabric and sundries before class meets. **Instructor:** Marilyn Lambert

195201-01 Mar 10-17 S 9:30am \$10

Class Length: 2 hours

Location: Town Hall, 11600 Johnson Drive



1920s Mystery Book Club

The 1920's was known for its great literature and mystery mayhem! As the Book Club enters its third year, we'll be focusing on Agatha Christie and some of the other great mystery writers of the time. Registration is free but please RSVP by calling (913) 248-2360. **Instructors:** Melody Kazmi, Johnson County Library and Sharron Uhler, Shawnee Town 1929.

February - The Mysterious Affair at Styles by Agatha Christie introduces Hercule Poirot to all avid mystery readers.

March - The Maltese Falcon by Dashiell Hammett has all the ingredients of a marvelous mystery – a treasure worth killing for, a private eye and a beautiful and treacherous woman.

195203-01 Feb 17 S 10:00am FREE

195203-02 Mar 17 S 10:00am FREE

Class Length: 1.5 hours

Location: February - JoCo Library, 13811 Johnson Dr.

March - Shawnee Town 1929 Farm House, 5701 Cody

Speakeasy – The Birth of American Pop Songs

Join us on Wednesday, March 28, from 7:00 - 8:30pm for a Prohibition cocktail and sample light, 1920s style hors d'oeuvres while you listen to George Harter, Founder of the Musical Theater Heritage Company at Crown Center, enlighten us on the evolution of American popular song during the 1920's. He will discuss how we went from the simple folk songs of Stephen Foster, to the Jazz Age and the music of George Gershwin, Ragtime and musical theater. Call (913) 248-2360 for reservations and the "password"!

Storytelling Workshop

Tell your favorite elementary or middle school teacher about this **FREE** all day workshop for Social Studies and English Language Arts teachers. They will learn how to make history come alive and make writing and speaking more fun by incorporating storytelling into their curriculum. This workshop is funded through the Freedom's Frontier National Heritage Area and Shawnee Town 1929 and lunch is provided. Registration is required.

Instructor: Judy Sima

195202-01 Feb 24 S 8:30 a.m. FREE

Class Length: 7.5 hours

Location: Town Hall, 11600 Johnson Drive

Arts & AGEing

This workshop is for museum professionals and volunteers on how to engage persons with memory loss and their caregivers in their museums through awareness, understanding and sensitivity. Arts and AGEing KC is putting on the all-day workshop with funding from the Freedom's Frontier National Heritage Area and support from Shawnee Town 1929. Advance registration is required. Catered lunch is available for \$5.

195204-01 Mar 13 T 8:30 a.m. FREE

Class Length: 7 hours

Location: Town Hall, 11600 Johnson Drive

TRIPS AND TOURS

Come explore with Shawnee Parks & Recreation and Tri-City Trips! All trips depart from and return to the Shawnee Civic Centre, 13817 Johnson Drive. Each trip has its own individual registration and cancellation deadline. All trips must meet the minimum enrollment by the registration deadline, although they may fill up prior to this date. If space remains, additional registrations may be taken until full. Call (913) 631-5200 for more information or to register!

Abilene with Ike (ages 16+)

Join us as we tour Dwight D. Eisenhower's Museum and Library and learn from Ike himself as our step-on guide! Ike will travel to and from Abilene with us and teach a detailed history of this famous former President of the United States of America. We will have lunch mid-day at the Brookville Hotel where we will enjoy family-style dining on dee...licious Country Fried Chicken plus all the fixin's. **Registration Deadline:** February 9

187205-01 Mar 10 Sa \$95

Depart: 8:00am – Return: 5:00pm



Prairie Band Casino (ages 50+)

Travel with us to Prairie Band Casino! Grab your lucky shoes and enjoy 4 hours of gaming with \$10 of playing money and a \$10 food voucher! Don't forget your government issued photo ID! **Registration Deadline:** February 24

187204-01 Mar 28 W \$22

Depart: 8:45am – Return: 3:20pm



Birds, Bees, and Blooms (ages 50+)

Fly into spring with an exciting trip to Byrd's Botanicals to start the day. We will explore the underground world of orchids before heading over to the Powell Gardens for their ever-changing floral exhibit. Lunch is included at Powell Garden's Cafe Thyme.

Registration Deadline: March 2

187202-01 Apr 4 W \$72

Depart: 8:55am – Return: 3:45pm

Quality Hill Playhouse- "Billboard Blockbusters" (ages 50+)

The cabaret revue of "Billboard Blockbusters" features many songs reminiscent of times gone by. Prior to the show, we will enjoy a delightful lunch (included) at The Majestic Hotel, just adjacent to the theater.

Registration Deadline: March 9

187203-01 Apr 26 Th \$83

Depart: 10:15am – Return: 3:45pm



YOUTH

Warm Springs Ranch (ages 50+)

It is always a fun time to see the baby colts at the Warm Springs Ranch! The horses are all on display and the babies are itching for your attention! After a guided tour and Budweiser tastings at Warm Springs Ranch we'll head to Columbia for an long time Mizzou staple, Shakespeare's Pizza, where these unique hand-tossed pies are among the best in the country. Next up we'll tour the local, Shelter gardens and make a required stop at Russell Stover's for some sweet treats on the ride home!

Registration Deadline: April 2

287201-01 May 15 Tu \$78

Depart: 7:40am – Return: 6:00pm



The Wizard of Oz Ballet (ages 50+)

Lions and Tigers and Bears! Oh MY! Let's go to the Kauffman Center and watch the Wizard of Oz ballet. The show is only in town for two weeks, but we got seats during opening night! We will have a delicious, catered dinner at Sylvester Powell, Jr. Community Center then off to the show in style. **Registration Deadline:** April 6

287202-01 May 11 F \$110

Depart: 4:45pm – Return: 11:30pm

Use a Vacation Day! (ages 21+)

Around 50% of Americans don't use their PAID vacation days ... Use one up with us, grab a couple of friends and hop on the bus! We're heading to three different local breweries for tasting and tours. Tours include Boulevard Brewing Co, Border Brewery and Cinder Block Brewery. Lunch is on your own at Jack Stack BBQ.

Registration Deadline: April 26

287206-01 May 3 Th \$73

Depart: 11:15am – Return: 5:45pm

SPORTS

Johnson County Track & Field Meet (ages 6 - 14)

This FREE track meet is open to Johnson County residents, ages 6-14, who may compete in a maximum of four events with no more than three running events. Check-in starts at 8:30am and ends at 10:30am with events running continuously between 9:00am-11:00am (800m and 1600m run at set times). Pre-registration is required. The deadline to register is April 24th. The first 300 participants receive a free t-shirt.

182105-01 Apr 28 Sa 9:00am FREE

Location: Shawnee Mission Northwest High School, 12701 W. 67th Street, Shawnee, KS 66216

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 4-25 Th 6:00pm \$22

182101-02 Feb 1-22 Th 6:00pm \$22

182101-03 Mar 1-29 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 2-30 Tu 5:30pm \$42

182102-02 Feb 6-27 Tu 5:30pm \$42

182102-03 Mar 6-27 Tu 5:30pm \$42

Class Length: 90 minutes

LTD Basketball Skills Academy (ages 6 - 12)

Join this fun and exciting way to learn the game of basketball through a six-week instructional training program. Build self-confidence by working on the basic fundamentals of the game. Participants enjoy skill development exercises, games and fun competitions! For more information and to meet the coaches, visit www.livin-the-dream.com.

Instructor: Livin' the Dream

Ages 6 - 8

182103-01 Jan 31-Mar 7 W 6:00pm \$65

Ages 9 - 12

182103-02 Jan 31-Mar 7 W 7:00pm \$65

Class Length: 1 hour

Happy Feet Soccer (ages 2½ - 6)

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 St

182104-01 Jan 3-24 W 2:00pm \$45

182104-02 Feb 7-28 W 2:00pm \$45

182104-03 Mar 7-28 W 2:00pm \$45

Class Length: 30 minutes



HEALTH & FITNESS

NEW! Family Fit (all ages with an adult)

Calling all kiddos! Grab your mom or dad, your favorite aunt or uncle and let's all get active together! We'll use games and music to get our bodies moving. All ages and fitness levels are welcome. **No Class:** 1/27.

Instructor: Stephanie Marks

183103-01 Jan 20-Feb 10 Sa 9:30am \$50*

Class Length: 45 minutes

*Fee includes up to five family members, each additional family member is \$5



Stretch n' Grow (ages 2 - 5)

Through music, dance, and fun, your child will learn body awareness, physical strength, flexibility and sport readiness. It's never too early to instill lifelong habits of fitness and exercise in your child's life.

Instructor: Dana Braxton

183101-01 Jan 26-Mar 2 F 11:00am \$50

Class Length: 45 minutes

Yoga Kids (ages 5 - 12)

Children will learn traditional yoga asanas (poses) such as cat/cow, downward dog, tree, cobra and much more. Using interactive games and animated postures, kids will learn about animals, nature and basic anatomy. Yoga is a fun class that helps children develop great skills in a supportive and non-competitive environment. Kids benefit from a practice of strengthening, stretching, relaxing, and breathing. **Instructor:** Annie Gupta

183102-01 Jan 8-Feb 12 M 4:15pm \$70

Class Length: 1 hour

Class Location: SWEAT Studio, 12206 Johnson Dr.

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 3/13. **Instructor:** Academy of the Arts Studio

184101-01 Jan 9-Feb 13 Tu 6:30pm \$66

184101-02 Feb 20-Apr 3 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 3/13.

Instructor: Academy of the Arts

184102-01	Jan 9-Feb 13	Tu	5:30pm	\$66
184102-02	Feb 20-Apr 3	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 Studio

184103-01	Jan 11-Feb 15	Th	6:00pm	\$66
184103-02	Feb 22-Apr 5	Th	6:00pm	\$66

Class Length: 55 minutes

Location: Academy of the Arts, 5413 Martindale

ARTS & CRAFT

Krafty Kids (ages 5 - 10)

Put on your creative cap, it's time to get artsy! We will cut, paint, glue and so much more! Join us each month as we tackle another fun and seasonally festive craft product. We'll bring the supplies you bring your creativity!

185102-01	Jan 9	Tu	3:40pm	\$5
185102-02	Feb 13	Tu	3:40pm	\$5
185102-03	Mar 6	Tu	3:40pm	\$5

Art Package - All three classes

185102-04	All 3 dates	Tu	3:40pm	\$12
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Class Length: 1 hour

Location: New City Church, 7456 Nieman Road



PERSONAL ENRICHMENT

Schools Out! 3, 2, 1 Blastoff (ages 7 - 12)

This action packed week will focus on rockets and the physics of rocket flight. After learning the model rocket safety code, campers will build several different types of rockets and participate in the launching of multiple different rockets during the program. Children will be divided into three groups; altitude trackers, launch preparation and launchers for all rocket launches and will get the opportunity to try all three roles.

Instructor: Mad Science

186101-01	Mar 12-16	M-F	9:00am	\$245*
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Class Length: 7 hours

*This price includes \$20 equipment fee



HyVee's Kids in the Kitchen (ages 2 ½ - 10 with a caregiver)

Learn to make snacks and treats with Shawnee Hy-Vee's Registered Dietitian. Join us for hands on instruction, kid friendly, peanut-free cooking!

Instructor: Nicole Joyner, Shawnee HyVee Dietitian

186103-01	Jan 20	Sa	9:00am	\$10
186103-02	Feb 17	Sa	9:00am	\$10
186103-03	Mar 17	Sa	9:00am	\$10

Class Length: 1 hour

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

ADULT

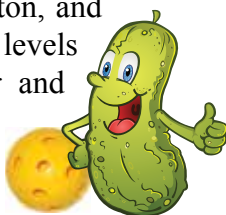
SPORTS

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 5:45-7:45pm and competitive play is from 8:00-10:00pm. Space is limited; first come, first play. **No volleyball 1/1, 1/15 and 2/19.**

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)



Sundays	5:30pm-8:30pm	\$2
Mon/Wed/Fri	9:00am-12:00pm	\$1
Wednesdays	5:30pm-9:30pm	\$2



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 1-27	T,Th	7:00pm	\$45
182201-03	Mar 1-29	T,Th	7:00pm	\$45

Class Length: 1 hour classes

Instructor: Master Suzan Crochet

HEALTH & FITNESS

Tai Chi (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 1/27.**

Instructor: Bill Douglas

183201-01 Jan 6-Mar 3 Sa 9:30am \$96

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: Janet Lee

183202-01 Jan 2-Feb 8 Tu,Th 8:30am \$63

183202-02 Feb 13-Mar 29 Tu,Th 8:30am \$73

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 1/15 and 2/19. Instructor: Lori Meyer

183205-01 Jan 3-31 M,W,F 8:00am \$35

183205-02 Feb 2-28 M,W,F 8:00am \$35

183205-03 Mar 2-30 M,W,F 8:00am \$35

Class Length: 55 minutes

**SIGN UP EARLY SO
GOOD CLASSES DON'T
GET CANCELLED!**

Interval Blast (ages 16+)

Don't have time for weights and cardio? Burn calories and rev-up your metabolism with fast-paced, fat burning intervals. Lose pounds and shape up with alternating periods of toning and plyometrics.

Instructor: Ronnie Ward

183203-01	Jan 3-Feb 7	W	5:30pm	\$27
183203-02	Feb 14-Mar 28	W	5:30pm	\$31

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 1/15 and 2/19. Instructor: Lesley Ice

183206-01	Jan 4-Feb 8	M,Th	6:30pm	\$45
183206-02	Feb 12-Mar 29	M,Th	6:30pm	\$58

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. **No class 1/27.**

Instructor: Casa de Fitness

183207-01	Jan 6-Feb 10	Sa	8:30am	\$30
183207-02	Feb 17-Mar 31	Sa	8:30am	\$42

Class Length: 55 minutes

NEW! Cardio Strength (ages 16+)

This running-focused class involves weight training and cardiovascular training. Participants will learn proper form as they strengthen core walking/running muscles using free weights. We will incorporate running intervals, incline work, rowing, and more to ramp up cardiovascular strength. Whether you are a novice runner preparing for your first 5K, or a seasoned road warrior, you will increase cardiovascular efficiency and gain strength to help you RUN STRONG! **Instructor:** Stephanie Marks

183109-01	Jan 16-Feb 22	Tu,Th	9:00am	\$84
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Class Length: 55 minutes

Yoga Basics (ages 16+)

Don't let yoga scare you! Come try it out with us! This beginner's yoga class will introduce you to the basic moves in a relaxed environment. No intimidating pretzel-like moves, just simple, everyday stretches that will leave you relaxed and refreshed! Please bring a towel and a mat. **Instructor:** Sandee Munson

183204-01	Jan 11-Feb 15	Th	5:30pm	\$42
183204-02	Mar 1-Apr 5	Th	5:30pm	\$42

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 1/15 and 2/19. Instructor: Kathy Ray

183208-01	Jan 8-Feb 5	M	6:00pm	\$28
183208-02	Feb 12-Mar 26	M	6:00pm	\$42

Class Length: 55 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 1/15 and 2/19.**

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 1/15, and 2/19. Instructor: Debbie Shearer

12 flexible - 60 minute workouts

183301-01 Jan 2-Mar 30 M-F 8:15am \$45

6 flexible - 60 minute workouts

183301-02 Jan 2-Mar 30 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 4-Feb 8 Th 9:00am \$21

183302-03 Feb 15-Mar 29 Th 9:00am \$24

Intermediate

183302-05 Jan 2-Feb 6 Tu 9:15am \$21

183302-06 Feb 13-Mar 27 Tu 9:15am \$24

Advanced

183302-02 Jan 4-Feb 8 Th 10:00am \$21

183302-04 Feb 15-Mar 29 Th 10:00am \$24

Class Length: 1 hour

Arthritis Exercise Program (ages 50+)

An exercise program specifically designed for people with arthritis and fibromyalgia, and is endorsed by the Arthritis Foundation. 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 2-Feb 8 Tu,Th 11:00am \$42

183303-02 Feb 13-Mar 29 Tu,Th 11:00am \$49

Class Length: 1 hour

NEW! Better Sleep (ages 16+)

Learn several components of the number-one doctor-recommended treatment for chronic insomnia. You will learn about how sleep works and how important it is for both mental and physical health; how to prevent chronic insomnia; relaxation techniques; sleep hygiene (what helps sleep and what gets in the way of sleep); and how to change problematic thoughts that interfere with sleep.

Instructor: Alicia Polk, LPC

183304-01 Jan 23-Feb 6 Tu 6:00pm \$33

Class Length: 90 minutes

NEW! Introduction to Mindfulness (ages 18+)

Learn several mindfulness techniques, including meditation, which will allow you to be present and experience your life more fully. A continually growing body of research shows that mindfulness can be an effective treatment for many conditions, both mental and physical. Mindfulness can decrease depression, anxiety, and stress and can help with coping of many physical conditions including chronic pain, cardiovascular disease, and cancer, among others. **Instructor:** Alicia Polk, LPC

183305-01 Feb 20-Mar 27 Tu 6:00pm \$66

Class Length: 90 minutes



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 1/14, and 2/18.**

Instructor: Donnalae Espee

Country Dance Party (ages 16+)

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 19th; Friday, February 16th; and Friday March 16th from 7:30-11:00pm. No advance registration is required. \$5 fee payable at the door.

Hosted by: Bob & Ginger Bowsher



Ballroom Dance (ages 16+)

Dancing, not just for the stars anymore! East Coast Swing, Fox Trot, Waltz and Rumba will keep you grooving to the beat. (Partners are encouraged). **Instructor:** Tonya Ebner

184201-01 Jan 12-26 F 7:30pm \$25

Class Length: 50 minutes

Location: Academy of the Arts, 5413 Martindale

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 2/19. Instructor: Cheryl Murray

185201-01 Jan 24-Feb 7 W 9:30am \$25

185201-02 Feb 12-Mar 5 M 6:30pm \$25

Class Length: 2 hours

Felted Fireside Footsies (ages 16+)

These fabulous knitted-then-felted slippers will warm your toes when the wind chill drops. You'll learn the basics of sock construction, including working with double-pointed needles and the secret of turning a heel. Then you'll felt your project to create winter-proof warmers. You should already know how to cast on, and work knit & purl stitches.

Instructor: Cheryl Murray

185202-01 Jan 22-Feb 5 M 6:30pm \$40

Class Length: 2 hours

Paint and Sip (ages 21 and up)

Who wants to have fun with friends and learn how to paint an amazing painting? This BYOB paint party is the place to be! Bring your friends and your favorite drinks to enjoy this paint party for "Adults Only Fun"!

Instructor: Pamela Sheehan, Gallery on the Go

185203-01 Jan 19 F 6:30pm \$38

185203-02 Feb 23 F 6:30pm \$38

185203-03 Mar 8 Th 6:30pm \$38

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: Attorneys Brett Chapin & Kristen Chapin

186209-01 Jan 31 W 6:30pm \$12

Class Length: 90 minutes



NEW! Organizing Simplified (ages 16+)

Learn how to help your household flow smoother by implementing better routines, planning meals, and using a more efficient laundry system. We will discuss ways to implement daily and weekly routines, getting the rest of the family on board, and customizing them to fit your household. We will plan one entire month of dinners by using a simple template you can change up and reuse each month, making grocery shopping and budgeting a breeze! Lastly, we'll talk about ways to improve our current laundry systems, minimizing the amount of dirty clothes, and getting all family members engaged and responsible for their own items!

Instructor: Shawna Childers, Organizing KC

186202-01 Feb 15 Th 6:30pm \$40

Class Length: 90 minutes

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, KDWPT

186201-01 Jan 2 Tu 9:00am \$15

186201-02 Feb 10 Sa 9:00am \$15

186201-03 Mar 10 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 16-17 F-Sa varies \$30

186207-02 Mar 2-3 F-Sa varies \$30

186207-03 Mar 16-17 F-Sa varies \$30

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

Saturday: 8:30am - 5:00pm

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 17-Feb 21 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 7-Apr 11 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 1/15 and 2/19.

NEW! Wine and Dine (ages 16+)

Grab your sweetheart or your favorite friends, we're ready to teach you to wine and dine, all on the grill! We'll pair a grilled Waldorf salad, reverse seared teres major, and a bourbon cherry cobbler, all with delicious wines!

Instructor: Andy Groneman, Smoke on Wheels BBQ

186203-01 Feb 10 Sa 6:00pm \$50

Class Length: 2 ½ hours

NEW! Healthy Cooking on the Grill (ages 16+)

Winter won't stick around forever! Get outside, grill, and get ready for the summer with some delicious dishes, all from the BBQ! We'll grill roasted baba ghanoush, pickled feta dip with grilled cukes, and grilled spaghetti squash with smoked garlic pesto. Eating healthy never tasted so good!

Instructor: Andy Groneman, Smoke on Wheels BBQ

186204-01 Mar 18 Su 3:00pm \$50

Class Length: 2 ½ hours

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) 620-1240 or visit www.kcsenior.net.

Classes Available:

- **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**
- **Organizing and Editing Photos**
- **Organizing Files and Folders**
- **The Cloud**
- **Transferring Photos**
- **Windows 10**

Class Title	Code #	Date	Time
Introduction to Facebook	186305-01	Thurs, Jan 4	9:00am
Internet Basics	186303-01	Tues, Jan 9	9:00am
Transferring Photos	186319-01	Thurs, Jan 11	9:00am
Organizing Files & Folders	186308-01	Tues, Jan 16	9:00am
Introduction to Excel	186314-01	Thurs, Jan 18	1:00pm
Intro to Android Tablets	186317-01	Tues, Jan 23	1:00pm
Google's Other Features	186309-01	Thurs, Jan 25	1:00pm
Windows 10	186304-01	Tues, Jan 30	1:00pm
Organizing & Editing Photos	186320-01	Thurs, Feb 1	9:00am
The Cloud	186311-01	Tues, Feb 6	1:00pm
Introduction to iPad*	186315-01	Thurs, Feb 8	9:00am
Beginners Computer Workshop	186301-01	Tues, Feb 13	9:00am
Internet Basics	186303-02	Thurs, Feb 15	9:00am
Computer Maintenance	186302-01	Tues, Feb 20	9:00am
Google's Other Features	186309-02	Thurs, Feb 22	1:00pm
Intro to Android Tablets & Phones	186317-02	Tues, Feb 27	9:00am
Windows 10	186304-02	Thurs, Mar 1	1:00pm
Organizing & Editing Photos	186320-02	Tues, Mar 6	9:00am
Internet Basics	186303-03	Thurs, Mar 8	1:00pm
Google's Other Features	186309-03	Tues, Mar 13	1:00pm
Introduction to Facebook	186305-02	Tues, Mar 20	9:00am
Introduction to Excel	186314-02	Thurs, Mar 22	1:00pm
The Cloud	186311-02	Tues, Mar 27	1:00pm
Internet Basics	186303-04	Thurs, Mar 29	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
C/O Shawnee City Hall
11110 Johnson Drive
Shawnee, Kansas 66203

Walk In:

Shawnee Civic Centre
13817 Johnson Drive
Shawnee, Kansas 66216

Shawnee Town 1929
11501 W. 57th Street
Shawnee, Kansas 66203

Phone In:

Shawnee Civic Centre
Call (913) 631-5200

Shawnee Town 1929
(913) 248-2360

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

 Follow us on Facebook for weekly updates!

Monday, Wednesday, Friday

1:00pm - 5:00pm

Tuesday

8:00am - 5:00pm/6:00pm - 8:00pm

Thursday

8:00am - 5:00pm/8:00pm - 10:00pm

Saturday and Sunday

Call (913) 631-5200 to confirm availability.

Days and times subject to change without prior notice.

Class Locations

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

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: _____