



SHAWNEE



Good Seasons 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. Space is limited, and tickets sell out quick. Registration begins December 1.

Saturday, February 2
6:30pm - 8:30pm
\$40 per couple. Additional girl \$20

Ages 6 - 13
Registration Code: 189101-01



Princess Tea Party

BACK BY POPULAR DEMAND! Join us for the 2nd annual Princess Tea Party! Your little princess has been invited for photos, crafts, snacks, and of course lemonade! This event is geared towards kiddos ages 2-5 with a parent or guardian. Princess attire is welcome, but not required. Wear your dancing shoes and bring your camera, memories are sure to be made. Register early as we filled up quickly last year!

Saturday, February 2
Session 1
189102-01 10:30am - 11:30am
Session 2
189102-02 2:30pm - 4:00pm

\$10/child
\$3/adult



Reach Into Wellness

SATURDAY, JANUARY 19 • 8:00AM - 12:30PM

Doors open at 7:45am • Opening sessions begin at 8:10am



Registration is Only \$49

Register by January 2 and save \$5 AND receive a chair massage at the event sponsored by the Chiropractic Pain Clinic!

Wellness Starts Here!

New Year, New YOU!!! Let 2019 be THE year you start off right. Join our keynote speaker, Cathy Newton, as she shares tips to "Excel, Engage and Energize". Round out your morning with returning, updated and brand NEW sessions where you will learn tricks and techniques on how to live your best life. Our vendor space will be open throughout the morning to connect with local businesses that want to help you along your health & wellness journey! There will be door prizes, snacks and MORE. For speaker bios, retreat schedule, vendor list and to register, please visit www.cityofshawnee.org/reachintowellness.

Speakers and Sessions include



Cathy Newton

Keynote



Dr. Dana Huebner

How to Stay Young



Denise Williams

Essential Oils



Diane Doolin

Winter Wellness



Erin Schneider

Stretch and Roll



Lisa Gates

Cut the Clutter!



Claire Sinovic

Cruciferous Cuisine



Susan Richard

Hand Yoga



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. 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 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 9

- 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 1min 40 sec

Certification Fee - \$225

281102-01 3/11 Mon-Fri 8am-5pm

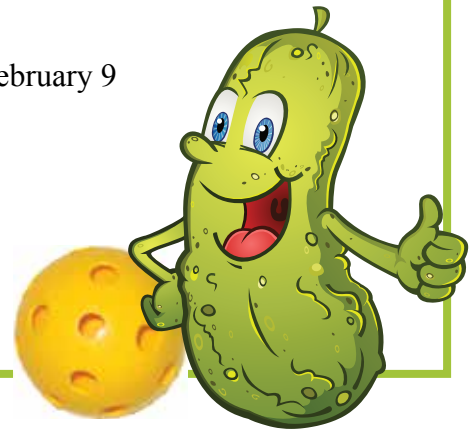
Pickleball Tournament

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 9

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, 2019. 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 15 and teams will reserve fields, based on the draw, Friday, February 22. 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 2019 and we can't wait to show you the exciting trips we planned! Join us at any our Tri-City Travel Showcase for the first opportunity to register for 2019 trips! Receive a travel show discount on trips paid in full (some exclusions apply)! Refreshments provided, with a chance to win one of our door prizes. Pre-registration is not required, but appreciated!

187200-01 Jan 30 W 1:00pm FREE

Location: Town Hall, 11501 W. 57th Street, Shawnee, KS



1st Annual City of Shawnee April Showers Craft Festival

Saturday, April 12, 2019
9:00 a.m. - 4:00 p.m.

Vendor Applications will be accepted beginning January 2. The application can be found at www.cityofshawnee.org/AprilShowers



T.A.K.E. FOUNDATION™ Defense Training You have it in you.™



Fight Like a Girl!

We've all been there; in a situation that makes you feel just a little bit uneasy. Sometimes it's walking to your front door at night - darkness can play some scary tricks on you. Other times it's in bright daylight, when that stranger walking toward you gives you an unwarranted stare that throws your sense of comfort a little out of whack. 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 priceless awareness education and practical application of the skills demonstrated and learned 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. So whether you're in search of that advantage to feel in control of everyday situations, or you want to make sure a bad experience is never repeated, take part in T.A.K.E. Defense Training. Power: You have it in you. To register for this free class contact the Shawnee Parks and Recreation Department at (913) 631-5200. A \$10.00 donation is requested, but not mandatory.

Code # 189201-01 **Date** Mar 30 **Day** Sa **Time** 10:00am
Class Length: 2 hours

YOUTH

NEW! 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. Register by Wednesday the week of to get \$10 off the total cost. Also, siblings are 10% off with one regular purchase.

Treasure Hunt Night

189103-01 Jan 25 F 6:00pm \$25

Gamer Night

189104-01 Mar 22 F 6:00pm \$25

Program Length: 3.5 hours

SPORTS

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 3-31 Th 6:00pm \$22

182101-02 Feb 7-Feb 28 Th 6:00pm \$22

182101-03 Mar 7-Mar 28 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 8-29 Tu 5:30pm \$42

182102-02 Feb 5-26 Tu 5:30pm \$42

182102-03 Mar 5-26 Tu 5:30pm \$42

Class Length: 90 minutes



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!

No class 3/15. Instructor: Happy Feet Coach

Location: Happy Feet Legends Facility, 9701 W 67th St

182104-01 Jan 4-25 W 10:30am \$45

182104-02 Jan 7-28 M 4:30pm \$45

182104-03 Jan 8-29 Tu 10:15am \$45

182104-04 Feb 4-25 M 4:30pm \$45

182104-05 Feb 6-27 Tu 10:15am \$45

182104-06 Feb 6-27 W 10:30am \$45

182104-07 Mar 4-25 M 4:30pm \$45

182104-08 Mar 5-26 Tu 10:15am \$45

182104-09 Mar 6-27 W 10:30am \$45

Class Length: 30 minutes

NEW! Preschool Tennis

Yes!!! 3 to 5 year olds 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:** PlayWest Tennis

Location: Kansas City Racquet Club, 6501 E. Frontage Rd.

182105-01 Jan8-Feb12 Tu 10:30am \$65

182105-02 Jan8-Feb12 Tu 11:00am \$65

182105-03 Jan8-Feb12 Tu 1:30pm \$65

182105-04 Jan 12-Feb16 Sa 9:00am \$65

182105-05 Feb 19-Apr 2 Tu 10:30am \$65

182105-06 Feb 19-Apr 2 Tu 11:00am \$65

182105-07 Feb 19-Apr 2 Tu 1:30pm \$65

182105-08 Feb 23-Apr 6 Sa 9:00am \$65

Class Length: 30 minutes

Start Smart Sports Development (age 3 - 6)

Start Smart sports development program helps prepare children for organized sports without the threat of competition or the fear of getting hurt. This program will focus on a variety of general skills including: throwing, catching, kicking and batting. 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

Sports Development

183106-01 Jan 8-Feb 12 W 6:00pm

Baseball

183106-02 Feb 19-Mar 26 W 6:00pm

Class Length: 45 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 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 30-Mar 6 W 6:00pm \$65

Ages 9 - 12

182103-02 Jan 30-Mar 6 W 7:00pm \$65

Class Length: 1 hour

HEALTH & FITNESS

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 7-Feb 11 M 4:15pm \$80

Class Length: 1 hour

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 8-Feb 12 Tu 6:30pm \$66

184101-02 Feb 19-Apr 2 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 8-Feb 12 Tu 6:30pm \$66

184102-02 Feb 19-Apr 2 Tu 6:30pm \$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 10-Feb 14 Th 6:00pm \$66

184103-02 Feb 21-Apr 4 Th 6:00pm \$66

Class Length: 55 minutes

Location: Academy of the Arts, 5413 Martindale

NEW! Story Book Theatre (ages 3 - 6)

Designed for the younger, beginning acting students. Classic stories and popular favorites will be brought to life through creative drama exercises. Students will use their imaginations (along with lots of fun props and costume pieces) 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. **Instructor:** Academy of the Arts

184104-01 Jan 10-31 Th 4:30 p.m. \$44

Class Length: 55 minutes

Location: Academy of the Arts, 5413 Martindale

ARTS & CRAFT

Kids Maker Club (ages 5 - 10)

Joins us each Tuesday for an afternoon of fun & crafting! This year, we will be available each week and will also mix in crafting constructions & cool contraptions along with arts & crafts projects! We will take "brain breaks" throughout our time together to get up and move, as well as time for homework help if needed. Guest speakers and other fun will happen, too! Youth will be provided a snack.

Instructor: Parks and Recreation Staff

185102-01 Jan 8-29 Tu 4:00pm \$22

185102-02 Feb 5-26 Tu 4:00pm \$22

185102-03 Mar 5-26 Tu 4:00pm \$22

Class Length: 1 hour

After School Painting Club (ages 5 - 11)

Each painting is created on a quality canvas board which is easily framed to be treasured forever. A step-by-step individualized process using different techniques is used. All washable paints. This class is a must!

Instructor: Pam Sheehan

"Winter Fun!"

186102-01 Jan 14 M 4:30pm \$18

"February Fox!"

186102-02 Feb 11 M 4:30pm \$18

"March Flowers"

186102-03 Mar 4 M 4:30pm \$18

Class Length: 1 hour

PERSONAL ENRICHMENT

Mad Science Jr. – Living World (ages 3 - 5)

Little ones get to discover living things! Sessions will include Dinosaurs, Butterflies, Energy in Motion, Keeping in Touch with senses and the Science of Music! Each topic lets youth dive into how others interact with our world.

186106-01 Jan 14-Feb 11 M 10:00am \$44

Class Length: 45 minutes



HyVee's Kids in the Kitchen (ages 5 - 10)

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 19 Sa 9:00am \$10

186103-02 Feb 16 Sa 9:00am \$10

186103-03 Mar 16 Sa 9:00am \$10

Class Length: 1 hour

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

Schools Out! Principles of Flight (ages 7 - 12)

Children will explore the fundamentals of aerodynamics in this hands-on program about how things fly. From the basic principles of flight to building airplanes and testing them in wind tunnels to hovercraft and balloon copter building, children will understand what makes things fly and how different types of aircraft fly. Campers will take home various paper airplane designs, balloon copters and more! **Instructor:** Mad Science

186101-01 Feb 4 M-F 9:00am \$44

Class Length: 7 hours

ADULT

SPORTS

Schools Out! Jedi Engineering with LEGO® Materials

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Instructor: Play-Well TEKologies

Ages 5 - 7

186102-01 Mar 8 F 9:00am \$30

Ages 7-11

186102-02 Mar 8 F 1:00pm \$30

Class Length: 3 hours

Schools Out! Jr. Engineers (ages 7 - 12)

Young engineers will have lots to talk about after a full day of building and testing structures out of lots of different materials! They check out pyramids, arches, inflatable beams, and build bridges and sky scrapers. In between, children will have fun playing games and puzzles with shapes and structures. **Instructor:** Mad Science

186104-01 Mar 11 M 9:00am \$44

Class Length: 7 hours

Schools Out! Ooey Gooey Science (ages 7 - 12)

Investigate the insides of Tall Paul. Make boogers that you can hold. Learn about the digestive process and take home edible excrement. This fun science class is delivered by trained instructors who will not just do experiments, but youth will get to engage and participate as well.

Instructor: Mad Science

186105-01 Mar 12 Tu 9:00am \$44

Class Length: 7 hours

Schools Out! Fizzy, Gassy Reactions (ages 7 - 12)

What do stomach acids do? Find out with our popper stoppers and liquid ooze. Discover how a clock can run on soda or water without batteries. This science class is delivered by trained instructors who will not just do experiments, but youth will get to engage and participate as well. **Instructor:** Mad Science

186107-01 Mar 13 W 9:00am \$44

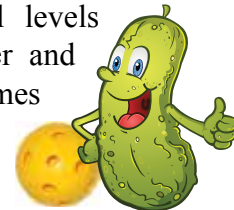
Class Length: 7 hours

Drop-In Volleyball (ages 16+)

Grab your friends and join us Monday evenings for 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 12/31, 1/21 and 2/18.**

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 visit www.cityofshawnee.org/opengym for a current schedule. **No pickleball 12/31, 1/21 and 2/18.**



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



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

182203-01 Feb 7 Th 9:00am \$20

Class Length: 2 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.

Instructor: Master Suzan Crochet

182201-01	Jan 3-31	T,Th	7:00pm	\$45
182201-02	Feb 5-28	T,Th	7:00pm	\$45
182201-03	Mar 5-28	T,Th	7:00pm	\$45

Class Length: 1 hour

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 1/19.**

Instructor: Bill Douglas

183201-01	Jan 5-Feb 23	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 3-Feb 7	Tu,Th	8:30am	\$63
183202-02	Feb 12-Mar 28	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 1/21 and 2/18. Instructor: Lori Meyer

183205-01	Jan 2-30	M,W,F	8:00am	\$35
183205-02	Feb 1-27	M,W,F	8:00am	\$35
183205-03	Mar 1-29	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 2-Feb 6	W	5:30pm	\$28
183203-02	Feb 13-Mar 27	W	5:30pm	\$33

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 1/21 and 2/18. Instructor: Lesley Ice

183206-01	Jan 3-Feb 7	M,Th	6:30pm	\$47
183206-02	Feb 11-Mar 28	M,Th	6:30pm	\$62

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 1/19.**

Instructor: Casa de Fitness

183207-01 Jan 5-Feb 9 Sa 8:30am \$30

183207-02 Feb 16-Mar 30 Sa 8:30am \$42

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. This class is not recommended for those with mobility issues. **Instructor:** Sandee Munson

183204-01 Jan 10-Feb 14 Th 5:30pm \$42

183204-02 Feb 28-Apr 4 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 1/21 and 2/18. Instructor:** Kathy Ray

183208-01 Jan 7-Feb 11 M 6:00pm \$35

183208-02 Feb 25-Mar 25 M 6:00pm \$35

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. **No class 11/21.**

Instructor: Sandee Munson

183304-01 Jan 9-Feb 13 W 9:30am \$42

183304-02 Feb 27-Apr 3 W 9:30am \$42

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 1/21 and 2/18.**



Fit After Fifty (ages 50+)

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 or 12 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 1/21, and 2/18. Instructor:** Debbie Shearer

12 flexible - 60 minute workouts

183301-01 Jan 2-Mar 29 M-F 8:15am \$45

6 flexible - 60 minute workouts

183301-02 Jan 2-Mar 29 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 3-Feb 7	Th	9:00am	\$21
183302-03	Feb 14-Mar 28	Th	9:00am	\$24

Intermediate

183302-05	Jan 8-Feb 5	Tu	9:15am	\$18
183302-06	Feb 12-Mar 26	Tu	9:15am	\$24

Advanced

183302-02	Jan 3-Feb 7	Th	10:00am	\$21
183302-04	Feb 14-Mar 28	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 3-Feb 7	Tu,Th	11:00am	\$39
183303-02	Feb 12-Mar 28	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 1/20, and 2/17.

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 18th; Friday, February 15th; and Friday March 15th from 7:30-11:00pm. No advance registration is required. \$5 fee payable at the door.

Hosted by: Bob & Ginger Bowsher

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	Feb 9	Sa	7:00pm	\$20
184201-02	Mar 2	Sa	7:00pm	\$20

Class Length: 90 minutes

NEW! Ballet for Beginners (ages 16+)

Join others as you learn the fundamentals of 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 10-Feb 7	Th	6:30pm	\$55
184202-02	Feb 14-Mar 7	Th	6:30pm	\$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 1/21. Instructor: Cheryl Murray

185201-01 Jan 14-Feb 4 M 6:30pm \$25

Class Length: 2 hours

NEW! Knitting Lace: the Stonepoint Poncho (ages 16+)

The Stonepoint Poncho will be a stylish addition to your Spring through Fall wardrobe. An easy shape and a simple repeating lace pattern make this design suitable for both novice and experienced knitters. You'll learn pattern reading and lace knitting skills. You must be able to cast on and work knit and purl stitches.

Instructor: Cheryl Murray

185202-01 Feb 11-Mar 25* M 6:30pm \$47

Class Length: 2 hours

*Please note, this class meets every other Monday.

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



HUNTER ED COURSE

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

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

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

186201-03 Mar 2 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 15-16 F-Sa varies \$30

186207-02 Mar 8-9 F-Sa varies \$30

186207-03 Mar 22-23 F-Sa varies \$30

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

Saturday: 8:30am - 5:00pm



TRIPS & TOURS

KC Symphony Happy Hour (ages 50+)

Whether it is date night or ladies night out, we've got a fun evening planned for you! First we'll enjoy happy hour hors d'oeuvres prior to the show "I Love You Verdi Much" by the KC Symphony at the Kauffman Center for Performing Arts. Happy Hour appetizers, mini-coach transportation, and the hour long KC Symphony show are all included in your registration.

187201-01 Feb 12 Tu \$62
Depart: 2:35pm - Return: 8:10pm

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!

187202-01 Feb 28 Th \$22
Depart: 8:45am - Return: 4:30pm

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 16-Feb 20 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 6-Apr 10 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 1/21 and 2/18.**

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

186215-01 Jan 12 Sa 9:00am \$35
 186215-02 Feb 9 Sa 9:00am \$35
 186215-03 Mar 9 Sa 9:00am \$35

Class Length: 7 hours



KC Stadium Tour (ages 50+)

Play Ball! We're hitting the mecca of Kansas City Sports, both Kauffman and Arrowhead Stadiums! We'll begin our day with a legends tour of Kauffman Stadium including The Hall of Fame, Royals Dugout, Interview Room, Press Box, and the Outfield Plaza. After we've worked up an appetite, it's off to Strouds for their world famous pan fried chicken. We'll just back on our motor coach for a trip to Arrowhead Stadium where we'll tour the Chiefs Hall of Honor, Club Level, Suites, Locker Room, and the field sideline.

187204-01 Mar 20 W \$87
Depart: 11:20pm - Return: 4:55pm

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:

- **Beginners Computer Workshop**
- **Computer Maintenance**
- **Google's Other Features**
- **Internet Basics**
- **Intoduction to Excel**
- **Intro to Android Tablets & Phones**
- **Introduction to Facebook**
- **Introduction to iPad & iPhone**
- **Organizing & Editing Photos**
- **Organizing Files and Folders**
- **The Cloud**
- **Windows 10**

Class Title	Code #	Date	Time
Internet Basics	186303-01	Thurs, Jan 3	1:00pm
Introduction to Facebook	186305-01	Tues, Jan 8	9:00am
Organizing Files & Folders	186308-01	Thurs, Jan 10	9:00am
Introduction to iPad & iPhone*	186315-01	Tues, Jan 15	9:00am
Introduction to Excel	186314-01	Thurs, Jan 17	1:00pm
Intro to Android Tablets	186317-01	Tues, Jan 22	1:00pm
Google's Other Features	186309-01	Thurs, Jan 24	1:00pm
Windows 10	186304-01	Tues, Jan 29	1:00pm
Beginners Computer Workshop	186301-01	Thurs, Jan 31	9:00am
Organizing & Editing Photos	186320-01	Tues, Feb 5	9:00am
Google's Other Features	186309-02	Thurs, Feb 7	1:00pm
Beginners Computer Workshop	186301-02	Tues, Feb 12	9:00am
Introduction to iPad & iPhone*	186315-02	Thurs, Feb 14	9:00am
The Cloud	186311-01	Tues, Feb 19	1:00pm
Computer Maintenance	186302-01	Thurs, Feb 21	9:00am
Windows 10	186304-02	Tues, Feb 26	1:00pm
Intro to Android Tablets & Phones	186317-01	Thurs, Feb 28	9:00am
Windows 10	186304-03	Tues, Mar 5	1:00pm
Organizing & Editing Photos	186320-02	Thurs, Mar 7	9:00am
Internet Basics	186303-02	Tues, Mar 12	1:00pm
Google's Other Features	186309-03	Thurs, Mar 14	1:00pm
Organizing Files & Folders	186308-02	Tues, Mar 19	9:00am
Introduction to Facebook	186305-02	Thurs, Mar 21	9:00am
Introduction to Excel	186307-01	Tues, Mar 26	1:00pm
The Cloud	186311-02	Thus, Mar 28	1:00pm

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

Registration is Easy!

On-Line:

www.recreatshawnee.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: _____