



Fairway Parks & Recreation

Shawnee Indian Mission Historic Site Increases Operating Hours

As the city has now entered into a memorandum of agreement with the Kansas State Historical Society, the Shawnee Indian Mission is now operated and programmed by the City of Fairway. The site has seen increased traffic in the last few months, and lots of exciting programs are now underway! For more detail on events and programs being held at the Mission, see the back page of the Parks and Recreation brochure. The site is open:

Wednesday-Saturday, 10:00am-5:00pm

Texas Hold'em Tournament to Benefit Shawnee Indian Mission

The City of Fairway, The Shawnee Indian Mission Foundation, and the Friends of the Shawnee Indian Mission invite you to join us in an evening of cards, camaraderie and fun.

Date: Feb. 18th
Cost: \$25 individual

Time: 7:00-11:00p.m.
Location: 5403 W 53rd St.



City of Fairway



@FairwayPRD



@fairwaypool

Fairway Hiring for Summer

The Fairway Parks & Recreation Department is currently accepting applications for its seasonal positions. The application deadline is February 1st.

Information about the hiring process, including job descriptions and an application, is available on-line at

www.fairwaykansas.org.

Click on "Parks & Recreation," then "Employment Opportunities."



A SPECIAL NOTE FOR FIRST YEAR LIFEGUARD

APPLICANTS: Fairway will be offering certification classes for interested lifeguards this year. Questions regarding these classes can be sent to jswoyer@fairwaykansas.org.

SNACK BAR ATTENDANT ELIGIBILITY:

Recent changes in the way Child Labor laws are interpreted will bring significant changes to Parks & Recreation agencies in the area. Specifically, employees under the age of 16 cannot operate hot dog rollers, toaster ovens and convection ovens, all of which are used at the Fairway Pool. In fact, employees must be at least 16 years old to operate a microwave. As a result, Fairway is raising its minimum age for Snack Bar employment to 16 years old.

Adult Programs

Chair Yoga

Chair Yoga is instructed by Shannon Basham and designed to provide almost anyone the opportunity to be involved in a gentle form of Yoga. It focuses on the joints and muscles to increase flexibility, strength, balance and circulation.

Session I: Jan. 23-Mar. 13
Session II: Jan 25. –Mar 15
Cost: \$56 res. / \$62 non-res.
Mondays or Wednesdays
Time: 2:00-3:00 p.m.
Location: 4210 Shawnee Mission Parkway

Beginner's Yoga

Learn postures to increase flexibility, stamina and strength leading to a happier, relaxed attitude toward life! Fairway resident Gayle Martin, with 27 years of Yoga teaching experience, will lead this class.

Bring your mat!

Session I: Jan. 12-Mar. 2
Session II: Mar. 23-May 11
Cost: \$56 res. / \$62 non-res.
Thursdays Only
Time: 4:30-5:30 p.m.
Location: 4210 Shawnee Mission Parkway

Advanced Beginner's

We are offering a yoga class for students with at least six months yoga experience with a good knowledge of the postures (asanas). This class will give you more experience in flexibility, stamina and strength!

Bring your mat!

Session I: Jan. 12-Mar. 2
Session II: Mar. 23-May 11
Cost: \$56 res. / \$62 non-res.
Thursdays Only
Time: 6:00-7:00 p.m.
Location: 4210 Shawnee Mission Parkway

Prana Flow

Join us for a mellow yin-yang combo of movement and pauses that will challenge you and leave you relaxed and recharged.

Prana Flow is a distillation of vinyasa flow developed by Shiva Rae that features gentle waves of movement leading to a peak and then subsiding to sweet savansa.

Not a beginner class; some experience necessary for safety and maximum benefit. All levels welcome.

Session I: Jan. 23-Mar. 13
Cost: \$56 res. / \$58 non-res.
Monday's Only
Time: 6:15-7:30 p.m.
Location: City Hall

Mindful Strength Training

Strength training prevents loss of muscle mass and bone, it is also beneficial in our daily activities. In Mindful Strength Training we will perform light to medium weight exercises for the major muscle groups, stretching the major muscle groups, balancing poses and core work on the floor.

Please bring a mat. We will do assessments during our first session and weights will be purchased to fit your needs starting the second class. This class will focus on moving slowly, having good posture, correct form/alignment in each exercise and getting the most out of your strength training. We will also explore various ways to switch up your strength training program.

Session Dates: Jan. 24-Mar. 14
Cost: \$56 res. / \$62 non-res.
Tuesdays Only
Time: 2:00-3:00 p.m.
Location: 4210 Shawnee Mission Parkway

Nutrition Grocery Store Tour

Looking to take the next step in your journey to better health? Join us for a guided grocery store store focused on healthy eating. Participants will receive a complimentary pedometer and reusable grocery bag. Tour will meet at the Fairway Hen House. 2724 W 53rd St.

Session Dates: Jan. 25
Cost: \$8
Time: 10:00 a.m.

Outdoor Boot Camp

This boot camp is geared towards all fitness levels. It will be a total body workout with an emphasis on cardio, strength training, and nutrition. If raining, classes will meet in the multipurpose room.

Instructor and Fairway resident Kara Tilden is certified by the American Council on Exercise and has seven years experience teaching boot camps.

Session I: Jan. 3-Jan. 26
Session II: Jan. 31-Feb 23
Cost: \$64 res. / \$69 non-res.
Tuesdays and Thursdays
Time: 8:00-9:00 a.m.
Location: 6136 Mission Rd.

Personal Training

Take your fitness to the next level with private or small group personal training sessions.

Popular Fairway Boot Camp instructor Kara Tilden will offer private sessions for \$30 an hour, or 'couple' sessions for \$40 an hour. Try out the first class for free!

Upon registration, participants will be personally contacted to schedule sessions.

Bridge Club

Join us for a twice a month get together and play this challenging/engaging card game. Club will meet on the 2nd and 4th Mondays of the month. Refreshments will be provided. Partner not required.

Session I: Jan. 9-Mar. 24
Cost: Free
2nd and 4th Mondays
Time: 2:00-3:00 p.m.
Location: 6136 Mission Rd.

Youth Programs

Smart Start Basketball

Get your child ready for organized basketball! Smart Start Basketball is a developmentally appropriate basketball program designed for children aged 5-7.

Under the direction of an instructor certified by the National Alliance for Youth Sports, participants will work with a parent to learn dribbling, passing, and shooting.



Session I: Jan. 24-Feb. 28
Session II: Jan. 25-Mar 1
Cost: \$36 res. / \$41 non-res.
Tuesdays or Wednesdays
Time: 6:15-7:00 p.m.
Location: 6136 Mission Rd.



Clay and Art Classes

After the success of the new holiday clay workshops offered in December, the City of Fairway will be offering regular workshops/classes in ceramics and other arts starting in February. Keep an eye on the registration portal and email updates for session info.



Shawnee Indian Mission

Old Fashioned Valentines

Escape the winter cold to warm up your heart and soul in this toddler and Pre-K workshop. We will make old fashioned valentines for a special February 14 token of love, hear stories about Cupid folklore and snack on some yummy treats in the middle of a historic building.

Session: February 10th
Cost: \$5 per child
Friday morning
Time: 10:00-11:30am
Location: 3403 W 53rd St.
East Building

Kansas Day

Did you know that January 29 is Kansas Day? Kansas entering statehood on January 29, 1861 was marked with multiple complicated Constitutional Conventions, free state raids, votes for or against slavery and new settlement.

Kansas was the 34th state in the Union and this state holiday was established in 1877. Join us to learn about local history, see an official copy of the (Wyandotte) State Constitution and make state themed crafts for the kids!

Session: January 28th
Time: 10:00am-5:00pm
Location: 3403 W 53rd St.

Musikgarten

Musical Beginnings of KC will be teaching class the first Saturday of each month! The Musikgarten classes offered are designed to nurture this musical aptitude by engaging children and their families in singing and movement activities which help attune the ear, refine the voice, and develop a rhythmic body through which music can be expressed. Classes are geared for infant through Pre-K children.

For more information, visit www.musicalbeginningskc.com



MUSICAL BEGINNINGS
- of kansas city -

Spring Break at the Mission

This camp is geared for children aged 6 to 12 and will be Monday through Friday from 9am to 3:30pm. All participants will be responsible for a sack lunch and the Mission will supply a daily snack. The registration fee includes all activities and materials for the week. Campers will not leave the Mission grounds during the camp session.

Registration is very limited so early registration is recommended. Once registration is complete, the parent or guardian will be contacted via email to complete a camper packet that **MUST BE COMPLETED PRIOR TO CAMP.** If you have any questions, please contact Jennifer Laughlin at jloughlin@fairwaykansas.org

Session I: Mar 13-17
Cost: \$135 res. / \$145 non-res.
Monday through Friday
Time: 9:00am-3:30 p.m.
Location: 3403 W 53rd St.

