

Grain Valley Parks & Recreation

# ACTIVITY GUIDE

Fall/Winter 2016-17



PAINTING PARTY



PRINCESS PARTY

*Registration  
Is Now Open!*

# WELCOME

## CONTACT US:

### GRAIN VALLEY PARKS & RECREATION

### GRAIN VALLEY COMMUNITY CENTER

713 Main Street  
Grain Valley, MO 64029  
(816) 847-6230  
[www.cityofgrainvalley.org](http://www.cityofgrainvalley.org)

### COMMUNITY CENTER HOURS OF OPERATION

Monday – Thursday  
5:30am – 10:00pm

Friday  
5:30am – 6:00pm

Saturday  
8:00am – 8:00pm

Sunday  
9:00am – 6:00pm

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## MISSION STATEMENT

The mission of Grain Valley Parks and Recreation is to provide exceptional recreational and leisure services to all citizens of the community through a diverse offering of programs in quality park and recreational facilities.

The City of Grain Valley Parks and Recreation Department offers a wide variety of programs and activities to those of all ages, interests and abilities. As our community continues to grow, we will continue to strive to meet the recreational needs of all our citizens.

## PARKS & RECREATION STAFF



Shannon Davies – **Director of Parks & Recreation**  
[sdavies@cityofgrainvalley.org](mailto:sdavies@cityofgrainvalley.org)

Melissa Strader – **Recreation Supervisor**  
[mstrader@cityofgrainvalley.org](mailto:mstrader@cityofgrainvalley.org)

Jim Meyer – **Community Center Manager**  
[jmeyer@cityofgrainvalley.org](mailto:jmeyer@cityofgrainvalley.org)

Jerry Jones – **Park Superintendent**  
[jjones@cityofgrainvalley.org](mailto:jjones@cityofgrainvalley.org)

Colton Chance – **Park Maintenance**

Scott Parrish – **Park Maintenance**

## PARK BOARD

The purpose of the Park Board is to plan, maintain, and improve city parks. The Board consists of nine members, appointed by the Mayor, whose terms of office are staggered resulting in three replacements/reappointments prior to June 1 of each year. Board members must be a resident of Grain Valley for one year. The Park Board meets the third Tuesday of each month at 7:00pm at the Grain Valley Community Center, and meetings are open to the public. If you are interested in serving on the Park Board, please complete an application at Grain Valley City Hall.

## 2016 PARK BOARD MEMBERS

Jared English • **President**  
John Savala • **Vice President**  
Norm Combs • **Treasurer**  
Brad Welle • **Secretary**

Don Caslavka  
Nathan Hays  
Pam Coon  
Derek Bell

Terry Hill  
Valerie Palecek • **Alderman Liaison**  
Shannon Davies • **P&R Director**

## CONNECT WITH US

and stay informed on upcoming programs & events

Receive bimonthly program updates by e-mail with *The Park Preview* eNewsletter.

Just send your e-mail address to: [mstrader@cityofgrainvalley.org](mailto:mstrader@cityofgrainvalley.org)

Facebook:

@GrainValleyParksAndRecreation

Twitter:

@GVParksAndRec

Instagram:

grainvalleyparksandrec

Online Registration:

<http://grainvalley.recdesk.com>



## 3 EASY WAYS TO REGISTER FOR ANY PROGRAM:

- Online with a Visa, MasterCard, or Discover, at <http://grainvalley.recdesk.com>
- Call with your Visa, MasterCard, or Discover.
- Come in and one of our staff members will be happy to help you!

## PHOTO POLICY

On occasion, our staff may photograph participants in park programs or at special events. Please be aware that these photos are for our use only and may be used in future brochures, flyers or on our web page. By registering for any recreation programs, you agree to allow publication of any photos taken at any program, event or facility.

# YOUTH PROGRAMS

## TOT TIME

Tot Time provides a fun and interactive environment where moms, dads and grandparents can bring their kids for unstructured play. The program is held in the community center gymnasium where children can pick from a wide assortment of toys, games and activities in a setting that encourages kids to create, socialize, explore and learn together.

**Ages:** 0 Years to Pre-K

**When:** Starts Tuesday, September 20 & runs through the end of the school year  
Tuesdays & Thursdays:  
10:30am – 12:00pm

**Where:** Grain Valley Community Center

**Fee:** Pre-registration not needed  
\$2.00 Per Child  
Children under 1 and parents are FREE!

## PRESCHOOL PLAYERS – INSTRUCTIONAL BASKETBALL

Preschool Players is a 6 week parent interactive program that focuses on skill development and fun! This program will rotate participants through stations that focus on major skills of the game. Parents/guardians will be asked to be station volunteers. Fee includes a t-shirt and a medal for each player!

**Ages:** 3 to 6 Years

**When:** Every Saturday from December 10 – January 14  
3 & 4 Years: 10:00am – 10:45am  
5 & 6 Years: 11:00am – 11:45am

**Where:** Grain Valley Community Center

**Fee:** \$40.00 per participant  
(includes t-shirt & medal)

## KIDS KARATE (BOYS & GIRLS)

**Ages:** Little Dragons: 3 to 5 Years  
Beginning Karate: 5 Years & Older

**When:** October 4 – December 13 (10 Weeks)

**Where:** Grain Valley Community Center

**Fee:** Little Dragons: \$45.00  
Beginning Karate: \$55.00

## PRESCHOOL PUMPKINS

Dress in your Halloween costume (optional), play a pumpkin game, and decorate a small pumpkin to take home!!

A parent/adult will need to stay with the child and enjoy the fun!



**Ages:** 3 to 6 Years

**When:** Tuesday, October 18  
6:30pm – 7:30pm

**Where:** Grain Valley Community Center

**Fee:** \$6.00 Per Child

## YOU SNOOZE...YOU LOSE!



***Nothing kills a program quicker than waiting until the last minute to register!***

If there are not enough registrants one week prior to the start of the program (unless another date is listed) it may be cancelled.

# YOUTH PROGRAMS

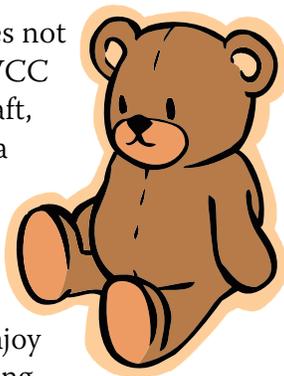
## STORYTIME WITH MRS. CLAUS

Make this season extra special by stopping by the Holiday Village for storytime! Mrs. Claus will entertain children big and small with her favorite Christmas stories and will gladly take photos with guests (so parents – be sure to bring your camera for this great photo opportunity)!

- Ages:** All Ages Welcome (stories will be geared for ages 9 and younger)
- When:** Mondays, December 5 & 19  
6:00pm, 6:30pm or 7:00pm
- Where:** Holiday Village in Armstrong Park
- Fee:** \$4.00 Per Child
- Pre-Registration is required and space is limited at each time slot!

## TEDDY BEAR SLEEPOVER

Bring your furry friend (does not have to be a bear) to the GVCC where we will be doing a craft, having a snack, and reading a story before it's time to say goodbye to your teddy for the night. Come back on Saturday morning to pick up your animal friend and enjoy donuts and juice while looking at pictures of what your pal did during their special sleepover! **Pre-registration is required & the last day to sign up is Monday, February 13!**



- Ages:** 3 to 9 Years
- When:** Teddy Drop off Date/Time:  
Friday, February 17, 2017 ~ 6:00pm – 7:00pm  
Teddy Pick Up Date/Time:  
Saturday, February 18, 2017 ~ 9:00am – 10:00am
- Where:** Grain Valley Community Center
- Fee:** \$8.00 Per Teddy

## PRINCESS PARTY

Calling all princesses between the ages of 3-9 years! You are cordially invited to be our royal guest. Royal games, magical crafts, delicious appetizers and enchanting stories will be on our royal agenda! Dressing like a princess is optional but encouraged. Parents – make sure to bring your cameras! Sign up early to ensure your spot; **the last day to register will be Monday, January 23.**

- Ages:** 3 to 9 Years
- When:** Saturday, January 28, 2017  
1:00pm – 2:30pm
- Where:** Grain Valley Community Center
- Fee:** \$11.00 Per Child

## PAINTING PARTY

Use the power of creativity and channel your inner artist! With step-by-step instruction, each participant will create their very own canvas painting to take home along with memories from this fun celebration!

- Ages:** 8 to 13 Years
- Dates:** Thursday, September 29  
6:15pm – 8:15pm  
Thursday, February 23  
6:15pm – 8:15pm
- Where:** Grain Valley Community Center
- Fee:** \$15.00 Per Participant / Per Class

## DID YOU KNOW?

"Park programs can build psychological and emotional assets [while] at the same time they challenge young people physically or intellectually."

- *The Urban Institute (2004)*

# SPECIAL EVENTS

## DOG PADDLE DAY

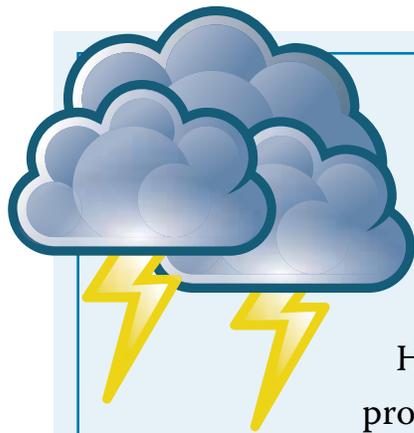


The Grain Valley Aquatic Center has gone to the dogs! Here's an opportunity for your pooch to beat the heat, ride the slide and just have a 'dog gone' good time. Dogs will follow their owners' rules and be accompanied by an adult! No more than one dog per person!

**When:** Tuesday, September 6  
6:00pm - 8:00pm

**Where:** Grain Valley Aquatic Center

**Fee:** \$5.00 Per Dog



## RAINOUT HOTLINE

Call the Rainout Hotline to check on programs and athletic activities during inclement weather!

**(816) 847-6230** • PROMPT #2

## HALLOWEEN CANDY SCRAMBLE

Mark your calendars for this FUN pre-Halloween event at Armstrong Park. Bring your flashlights and hunt for the hidden candy. We will also have a Candy Walk, Worm Bobbing, and more. Refreshments will be provided!



**The last day to register will be Monday, October 17!**

**BIG THANK YOU to Valley Community Church for sponsoring this event!**

**Ages:** 3 to 12 Years

**When:** Thursday, October 20  
6:30pm – 8:00pm

**Where:** Armstrong Park

**Fee:** \$8.00 Per Child

## TRAIL OR TREAT

Join us for a very special Trail or Treating event! Elected officials and local merchants will be stationed around the City's newest Butterfly Trail to pass out candy and other treats! Kids, make sure to wear your Halloween costumes and parents, bring your cameras! This will be a treat you surely won't want to miss!

**When:** Friday, October 28  
6:00pm

**Where:** Butterfly Trail (RD Mize Road & Long Dr)

**Fee:** FREE



# SPECIAL EVENTS

## MAYOR'S TREE LIGHTING & HOLIDAY FESTIVAL

Spread the joy by bringing a non-perishable food item or monetary contribution to the Mayor's Tree Lighting & Holiday Festival which supports the Grain Valley Assistance Council! While at the festival you will enjoy Christmas Caroling, a visit with Santa, free refreshments at the Holiday Village, a heated tent to relax in, and more!

**When:** Thursday, November 17  
6:00pm

**Where:** Armstrong Park

**Fee:** FREE for the whole family!

## HOLIDAY CRAFT & PRODUCT SHOW

**When:** Saturday, December 3  
10:00am – 4:00pm

**Where:** Grain Valley Community Center

**Fee:** Free to the public  
Vendors please call (816) 847-6230 for booth information

## SANTA CLAUS CALLS

Here is your child's opportunity to tell Santa what he or she wants for Christmas. All parents have to do is complete and turn in the telephone registration form at the Grain Valley Community Center.

**Ages:** K - 2nd Grade

**When:** December 6 & 8  
Evening Calls Made

**Fee:** FREE

**Registration:** Begins in November at the Grain Valley Community Center.

## CANDY CANE HUNT

Santa's elves have been busy hiding hundreds of candy canes in Armstrong Park! Make sure to dress warm for this fantastic outdoor event! Special prizes will be awarded for finding the "special" candy canes! We will also have candy cane crafts and of course hot chocolate!

**The last day to register will be Tuesday, November 29!**

**Ages:** 1 to 8 Years

**When:** Saturday, December 3  
10:00am – 11:00am

**Where:** The hunt will be held in Armstrong Park, but please check-in at the Grain Valley Community Center first

**Fee:** \$7.00 Per Child

## FATHER/DAUGHTER VALENTINE DANCE

Little girls and their daddies or grandpas will enjoy an evening full of fun. Dancing, refreshments and prizes will make this date one to remember. Each couple will also receive special keepsake picture. Pre-purchase your tickets; there are a limited number available.

**The last day to register will be Wednesday, February 1, 2017!**

**Ages:** Daughters K-12th Grades

**When:** Saturday, February 4, 2017  
7:00pm – 9:00pm

**Where:** Grain Valley Community Center

**Fee:** \$18.00 per couple,  
\$7.00 for each additional daughter

**Registration:** Begins in January at the Grain Valley Community Center

# ADOPTION PROGRAM



## GRAIN VALLEY PARKS & RECREATION ADOPTION PROGRAM



Looking for an opportunity to remember that special loved one? Perhaps you have been searching for a unique way to advertise your business? Or maybe, you would just like to make a donation towards the beautification of the Grain Valley Park system. Through our Adoption Program, the Grain Valley Parks and Recreation Department is offering three unique opportunities for individuals, groups, organizations or businesses to get their “message” out to the public. Our Adoption Program is a wonderful way to remember important people, dates and events, as well as offer effective advertising opportunities for your business.

### ADOPT-A-BRICK • \$100

Message On Paver Brick  
(4”X 8”)

LOCATION:  
Community Center Main Entrance

### ADOPT-A-TREE • \$200

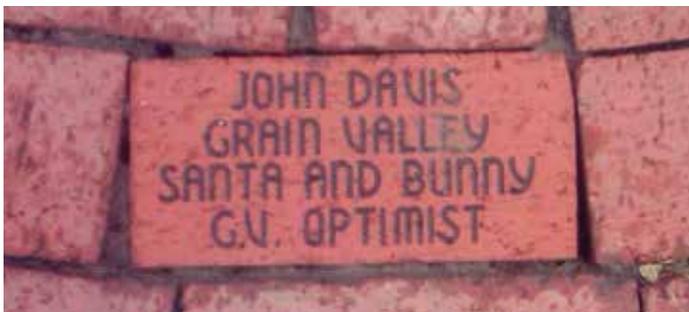
Message On Metal Plaque (3”X 3”)  
Plaque Mounted on 4”X 4”  
Decorative Post

LOCATION:  
In-Ground Beside Tree

### ADOPT-A-BENCH • \$500

Message On Metal Plaque  
(4”X 10”)

LOCATION:  
Mounted to Bench Backrest



If you are interested in adopting a brick, tree, and/or bench, please complete our Adoption Program form and return it to the Grain Valley Parks & Recreation Department.

- Once submitted, we will contact you to confirm the content of your “message” and placement location.
- Availability may be limited as adoptions are on a first-come, first-serve basis.
- Your generous gift will be recognized and appreciated by those visiting our park system for years to come. GVPR would like to thank you for your participation in the Adoption Program.
- For more information please contact Melissa Strader, Recreation Supervisor, at (816) 847-6230.

# ADULT PROGRAMS & LEAGUES

## USSSA ADULT SOFTBALL TOURNAMENTS

When: Select Saturdays April - October  
Where: Monkey Mountain Park  
Coordinator: Rick Connolly  
Slow Pitch Area Director  
(913) 283-7942 • ricksfball@aol.com

### DID YOU KNOW?

"Aerobic exercise reduces the level of brain loss and keeps cognitive abilities sharp. It also slashes your lifetime risk of Alzheimer's in half and your risk of general dementia by 60 percent"

- John Medina,  
Affiliate professor of bioengineering at the  
University of Washington School  
of Medicine and author of Brain Rules

## FITNESS CLASSES

Class	Description	Day/Times
Zumba fitness	Aerobics designed to Latin music for an overall toning & aerobic workout.	Thursdays 6:30pm – 7:20pm
Classical Mat Pilates	Increase your strength, improve flexibility, and enhance your mental acuity to achieve amazing results.	Mondays 5:30pm – 6:30pm
Yoga fusion	Learn techniques in strengthening your body core, breathing, meditation, self awareness, & inner peace.	Tuesdays 6:30pm – 7:20pm
Hoop fit	A holistic exercise program that blends cardio hooping & strength training with high intensity interval training.	Tuesdays 5:30pm – 6:20pm

for more classes, please visit our website at [www.cityofgrainvalley.org](http://www.cityofgrainvalley.org). Times & dates are subject to change.

## WANT TO TEACH A FITNESS CLASS?

Are you interested in teaching a fitness class for us?  
We are always looking to expand the classes we offer!

Contact Jim Meyer to learn more at  
[jmeyer@cityofgrainvalley.org](mailto:jmeyer@cityofgrainvalley.org) or (816) 847-6230!

# SENIOR CITIZEN PROGRAMS

The City of Grain Valley recognizes senior citizens as valued residents of our community. All Grain Valley senior citizens 65 years of age or older who live in the city limits, qualify for a free lifetime membership to the Grain Valley Community Center fitness facility. Non-residents can receive a discount for a lifetime membership or it is FREE to SilverSneakers and Silver&Fit members! We take great pride in the well-being of our senior citizens, and offer many events and activities for our senior population. For more information or questions, call community center staff at (816) 847-6230.

## Fitness Center Hours of Operation:

Monday – Thursday	5:30am – 10:00pm
Friday	5:30am – 6:00pm
Saturday	8:00am – 8:00pm
Sunday	9:00am – 6:00pm

## SILVERSNEAKERS FITNESS

A class designed for improving flexibility, balance, coordination and strength building. Classes are free to seniors that have insurance health plans that cover SilverSneakers fitness activities. Contact your insurance provider for details.

**When:** Weekly: Mondays, Wednesdays & Fridays  
9:30am – 10:30am

**Where:** Grain Valley Community Center

**Fee:** \$2.00 or Free for SilverSneakers and Silver&Fit members

## SENIOR COFFEE

Time to visit with friends & make new ones, with coffee.

**When:** Weekly: Mondays • 9:00am – 11:00am

**Where:** Grain Valley Community Center

**Fee:** FREE

## THURSDAY BRIDGE

Come visit the community center, and play bridge with your friends & neighbors of Grain Valley.

**When:** Weekly: Thursdays • 12:30pm – 4:00pm

**Where:** Grain Valley Community Center

**Fee:** Donations

## SENIOR LUNCHEON/BINGO

A tradition since 1987. Lunch is served by city & business leaders. Meals are prepared by the Grain Valley School District. The Visiting Nurses Association will also be on site offering free blood pressure checks!

**When:** 1st Wednesday of every month  
Visiting Nurses Assn: 11:30am  
Luncheon: 11:30am – 1:30pm  
Bingo: 1:30pm – 4:00pm

**Where:** Grain Valley Community Center

**Fee:** Donations accepted  
(\$3.00 minimum recommended)

## SENIOR LINE DANCING

A fun way to exercise & learn something you've always wanted to do.

**Weekly:** Tuesdays & Thursdays • 9:00am – 10:30am

**Where:** Grain Valley Community Center

**Fee:** \$2.00 or FREE for SilverSneakers and Silver&Fit Members

## PICKLEBALL

Pickleball is a fun, active game that can be mastered by anyone from youth to senior citizens. We provide all equipment needed. New players will be taught by the Pickleball Supervisor and the court is open to both novice and experienced players!

**Weekly:** Tuesdays & Thursdays • 1:00pm – 3:00pm

**Where:** Grain Valley Community Center

**Fee:** \$2.00 for walk-ins  
FREE for SilverSneakers and Silver&Fit Members

## SILVERSNEAKERS YOGA

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement.

**Weekly:** Mondays • 10:30am – 11:15am

**Where:** Grain Valley Community Center

**Fee:** \$2.00 or FREE for SilverSneakers and Silver&Fit Members

# COMMUNITY CENTER

The Grain Valley Community Center is home to a gymnasium, fitness center, locker room & shower facilities, conference/meeting room, reception room, and full commercial kitchen.



## Gymnasium:

Equipment available for Basketball & Volleyball. Also available for rentals for Basketball & Volleyball during normal facility hours. Requests should be made at the community center office.

## Fitness Center:

Treadmills, elliptical, bicycles (upright & recumbent), weight training machines, free weights, and TV's.

## Conference/Meeting Room:

Seats up to 35 people with existing tables & chairs. Dry erase board, flip chart, & TV/VCR available for use.

## Reception/Multipurpose Room:

Holds up to 300 people or 250 seated with existing tables and chairs.

## Commercial Kitchen:

Includes ice machine, refrigerator, coffee makers, water coolers, stove, and oven. Available to rent for those having a small meeting or large reception.

## FACILITY USER INFORMATION

Come visit the Grain Valley Community Center – **your first visit is FREE!** Locker room facilities are available for users of the fitness center and the gymnasium may be used for recreational activities such as basketball, volleyball, aerobics, and other types of exercise.

*Above prices are subject to change.*

## Community Center Hours Of Operation

Monday – Thursday	5:30am – 10:00pm
Friday	5:30am – 6:00pm
Saturday	8:00am – 8:00pm
Sunday	9:00am – 6:00pm

## USER FEES

### Gymnasium fees

Under 18 Years of Age	\$3.00
18 Years of Age & Older	\$5.00

### Fitness Center Fees & Information

- Must be 18 years of age or older.
- 16 – 17 years of age permitted with a paid legal guardian/parent.
- The fitness center will close 15 minutes prior to the posted facility hours.
- Times are subject to change based on usage and staff availability.

	Resident	Non-Resident
Walk In Fee	\$ 5.00	\$ 5.00
Individual Monthly Pass:	\$ 30.00	\$ 35.00
Individual Yearly Pass:	\$ 190.00	\$ 215.00
Couple Yearly Pass:	\$ 260.00	\$ 300.00
Family / Corporate Yearly Pass:	\$ 325.00	\$ 380.00
Senior Individual Lifetime Pass:	Free	\$ 100.00
Senior Couple Lifetime Pass:	Free	\$ 150.00

**\* SilverSneakers and Silver&Fit Accepted \***

## HOLIDAY FITNESS MEMBERSHIP SPECIAL

(December – January)

**Buy 1 Month, Get 1 Month FREE**  
**Buy 1 Year, Get 3 Months FREE**

- Fitness room with cardio equipment, free weights, and TV's
- Gym for walking, basketball & volleyball
- Locker room & shower facilities

# COMMUNITY CENTER

## RENTAL INFORMATION

The GVCC is available to rent for meetings, receptions, parties, dinners, and other social gatherings. We offer a Reception/Multipurpose Room as well as a Meeting Room. The full commercial kitchen is complimentary, or available for a small fee of \$30.00 if cooking is involved. Rentals are made by appointment only. A reservation permit must be completed and applicable deposit made at the GVCC.

## Reception/Multipurpose Room

**\$80.00 Per Hour**

- Separate deposit of \$150.00, on all rentals, must be paid at time of reservation. This deposit will be refunded if cleaning & damage check is complete.
- Rental fee includes set up and tear down of existing tables and chairs.
- Community center staff will be on site during your event.
- Small groups may reserve the multipurpose room for a reduced rate (see small group parties).



## Meeting Room

Resident: **\$30.00 Per Hour**  
Non-Resident: **\$45.00 Per Hour**

- Security/Cleaning Deposit on all reservations of \$25.00 must be paid at time of reservation.



## Small Group Parties (45 People Or Less)

Rent the gymnasium for a 2 hour party— only \$50.00! Drinks and refreshments may be brought in. Additional time is \$50.00 per hour. Rental time includes set-up and clean-up. This rate is only good for rentals during regular facility hours and with 45 people or less. A separate deposit of \$50.00 will be due at the time of reservation.

- Not available Saturdays after 4:00pm.

## Gymnasium

Resident: **\$30.00 Per Hour**  
Non-Resident: **\$45.00 Per Hour**

- Available for Basketball or Volleyball

*Above prices are subject to change.*

# AQUATIC CENTER

The Grain Valley Aquatic Center features a zero-depth entrance, tot slide, 12' floating python, diving board, and slides. Concession stand, shaded concession tables, and lounge areas are also available to keep you and your family refreshed on those hot summer days.

## AQUATIC CENTER SEASONAL SCHEDULE

### Aquatic Center will open on Memorial Day Weekend:

Saturday, May 27, 2017

### OPEN SWIM HOURS:

Monday-Sunday Noon – 6:00pm

*Times are subject to change when school starts in mid August*

### LAST SWIM OF THE YEAR IS LABOR DAY:

Monday, September 4, 2017 (Hours: 12:00pm – 4:00pm)

### ADMISSION FEES

Daily Admission: \$5.00 • Age 4 & Under: Free

### SEASON PASS FEES

#### Resident:

Individual: \$65.00 • Family: \$120.00

#### Non-Resident:

Individual: \$95.00 • Family: \$190.00

Season passes may be purchased at the community center front desk. Family passes are for those living at the same address, and are limited to four (4) people per pass. Additional family members are \$15.00 each.

*Above prices are subject to change.*

## AQUATIC CENTER RENTALS

The Aquatic Center is available to reserve for private parties on Friday, Saturday & Sunday evenings, and on Saturday mornings. Reservations are for 2 hours. A \$25.00 security/cleaning deposit & full payment are due at time of reservation. Reservations may be booked starting the 1st Monday in April by Grain Valley residents and the 1st Monday in May by non-residents. Please contact Grain Valley Parks & Recreation at (816) 847-6230 to reserve your party.

### Rental Times:

Fridays: 6:30pm – 8:30pm  
Saturdays: 9:30am – 11:30am &  
6:30pm – 8:30pm  
Sundays: 6:30pm – 8:30pm

(Times are subject to change)

### Rental Rates:

Up to 30 Guests: \$145.00  
30 – 75 Guests: \$185.00  
Over 75 Guests: \$225.00

(Number of guests includes swimmers & non-swimmers)



# COMMUNITY SERVICES

## IMMUNIZATIONS & SCREENINGS JACKSON COUNTY HEALTH DEPARTMENT

### Immunization and Blood Pressure Clinic

**Dates:** 2nd Monday of each month  
**Time:** 1:00pm – 3:30pm  
**Where:** Grain Valley Community Center

### Immunization Clinic Services

*(Including but not limited to)*

Childhood Immunization: FREE  
Blood Pressure Check: FREE

TB tests and payable vaccines by appointment only.  
Call (816) 404-6443.

## VOLUNTEERS NEEDED

*The Grain Valley Parks and Recreation Department is always looking for people interested in donating their time to:*

1. Instruct a class
2. Help with special events
3. Assist with facility maintenance
4. Other services you would like to offer

We also welcome any local youth organization or club interested in donating their time to fulfill community service hours, earn merit badges, or complete special projects.

If you or your organization are interested in volunteering your time, please contact Melissa Strader at (816) 847-6230 or [mstrader@cityofgrainvalley.org](mailto:mstrader@cityofgrainvalley.org).

# ADVERTISING OPPORTUNITIES

**DID YOU KNOW...**that you have the opportunity to promote your business or organization by advertising in the Grain Valley Parks & Recreation Activity Guide?!

This high profile publication is an excellent and cost-efficient way to reach out to your target audiences!

## RATES:

**1/8th of a page– \$100.00**

**1/4th of a page– \$200.00**

Delivered to every household in Grain Valley (approximately 4,500)!

**Thousands of people WILL BE looking!**

Please contact Melissa Strader for more information:  
**(816) 847-6230 or [mstrader@cityofgrainvalley.org](mailto:mstrader@cityofgrainvalley.org)**



## ARMSTRONG PARK

This 10 acre park is located in the heart of Grain Valley and is loaded with amenities for the entire family. The park currently boasts four picnic shelters with BBQ grills, picnic tables, a gazebo, restrooms, two large playground areas with swings, a skate park, asphalt walking trails, and two lighted baseball fields. For larger gatherings, our Pavilion is a great facility to host your company picnic, banquet, or wedding reception. The Pavilion has three, elevated stages, private restrooms and is 2-3 times the size of our regular shelters. Shelter, Pavilion and athletic field reservations may be obtained by calling (816) 847-6230.

## NEIGHBORHOOD PARKS

Grain Valley has four “pocket parks” nestled back in the middle of housing developments; Clover Park, Eagle Park, Kirby Park, and Farmington Meadows Park.

## FOOTBALL FIELD COMPLEX

This complex has two multipurpose fields for football and soccer, restrooms and a picnic shelter.

## BUTTERFLY TRAIL

This beautiful asphalt trail, located in the heart of Grain Valley at RD Mize Road and Long Drive is a .8-mile, figure eight loop that traverses around a 10-acre lake. Walking, jogging and biking are all allowed as well as fishing. All animals must be leashed and under control while on the trail.



## MONKEY MOUNTAIN PARK

This Park is known for its athletic fields. Monkey Mountain Park has 4 baseball/softball fields and 1 multipurpose field. Other amenities include two playgrounds and a picnic shelter for the whole family to enjoy.

# PARKS

Grain Valley Park Amenities	BBQ Grills	Baseball Fields	Benches	Bleachers	Electrical Outlets	Drinking Fountain	Walking Path	Picnic Shelters	Playgrounds	Picnic Tables	Restrooms	Multi-Purpose Field	Fishing
<b>Armstrong Park</b> 713 S Main Street	X	X	X	X	X	X	X	X	X	X	X	X	
<b>Clover Park</b> Clover Drive & Brome Drive	X		X						X	X			
<b>Cross Creek Park</b> Stonebrook Drive & Cross Creek Drive							X						
<b>Eagle Park</b> Willow Street & Broadway Street	X		X							X			
<b>Farmington Meadows Park</b> Sandy Court & Laura Lane													X
<b>Football Field Complex</b> 28605 E Old U.S. 40 Highway	X			X	X			X		X	X	X	
<b>Kirby Park</b> RD Mize Road & Barr Road	X		X							X			
<b>Monkey Mountain Park</b> 35007 E Old U.S. 40 Highway	X	X	X	X		X		X	X	X	X	X	
<b>Butterfly Trail</b> RD Mize Road & Long Drive			X				X						X

## DID YOU KNOW?

"The three classic symptoms of mental fatigue (inattentiveness, irritability, and poor impulse control) were found to be substantially relieved by park-like surroundings, according to a study of young adults published in the Journal of Environmental Psychology."

- Parks and Recreation Magazine (NRPA)  
October 2011, p.18

### PAVILION RATES

\$35.00 per hour  
\$50.00 cleaning/security deposit

### SHELTER RATES

\$25.00 per time block  
\$40.00 for entire day (*both time blocks*)  
Rental Time Blocks:  
9:00am - 2:30pm • 3:00pm - 8:30pm

### BALL FIELD RATES

\$20.00 per hour • \$100.00 per day  
\$20.00 field prep fee  
\$15.00 lights (per hour)