

# COMMUNITY

PARKS & RECREATION

SPRING/SUMMER 2023

ACTIVITY GUIDE



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.

CONTACT US

Grain Valley Parks & Recreation  
Grain Valley Community Center

713 Main Street  
Grain Valley, MO 64029  
(816) 847-6230  
www.cityofgrainvalley.org

COMMUNITY CENTER  
HOURS OF OPERATION

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

TABLE OF CONTENTS

Welcome..... 2  
Youth Programs ..... 4  
Connect With Us ..... 6  
Special Events..... 7  
Senior Citizen Activities..... 8  
Community Garden..... 9  
Community Center..... 10  
Aquatic Center ..... 12  
Community Services..... 14  
Park Adoption Program ..... 14  
Parks ..... 15

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.

Meet our Recreation Supervisor



Meet the Recreation Supervisor, Brandin Hallier. Brandin is a recent graduate from Northwest Missouri State and played baseball all four years as an undergraduate. Brandin began his position as the Recreation Supervisor at the beginning of this year. In his role, he manages seasonal concession employees, assists in planning and coordinating sports/recreational programs, and develops special events/programs.

Hallier says he is excited about the Spring/Summer season with Grain Valley Parks and Recreation, and can’t wait to meet program participants.

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

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

**Brandin Hallier** Recreation Supervisor  
[bhallier@cityofgrainvalley.org](mailto:bhallier@cityofgrainvalley.org)

**Jessica Root** Recreation Specialist  
[jroot@cityofgrainvalley.org](mailto:jroot@cityofgrainvalley.org)

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

**Jeff Smith** Park Maintenance

**Joe Welch** 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 7:00 pm 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 online at [cityofgrainvalley.org](http://cityofgrainvalley.org).

2023 PARK BOARD MEMBERS

Brian Bray  
**President**  
  
Jared English  
**Vice President**  
  
Shawn Brady  
**Secretary**

Norm Combs  
  
Becky Gray  
  
Charles Harris  
  
Mike Switzer  
  
Adam Hoover

Lisa Limberg  
  
Shannon Davies  
**Director of Parks and Recreation**  
  
Dale Arnold  
**Board of Aldermen Liaison**

GET INVOLVED



The Board consists of nine members and one Board of Alderman Liaison who the mayor appoints via resolution. Members’ terms of office are staggered resulting in three replacements/re-appointments prior to June 1 of each year. The Mayor also re-appoints current members via resolution when their term has expired. If you are interested in serving on the Park Board, scan the QR Code for more information.

**3 EASY WAYS TO REGISTER FOR ANY PROGRAM:**

Online with a Visa, MasterCard, or Discover,  
<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.

**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.

**AFTERNOON TOT TIME**

Meet us after a nap! Our Tot Time program is 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 have the freedom to explore different toys and activities in a setting that encourages kids to explore, create, and discover together. **FEATURING OUR INFLATABLES** and our Mom + Friend's Mingle Corner

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

**WHEN:** Monday and Wednesday  
2:00pm – 3:30pm

*\*During the school year, Tot Time will not be held on days when school is not in session.*

**WHERE:** Grain Valley Community Center

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

**THE POPULAR  
GRAIN VALLEY  
CLUE GAME IS  
BACK FOR  
ANOTHER YEAR!**

Check out page 7 for info!

**PRESCHOOL PLAYERS**

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. Fun (non-competitive) games will be played the last 3 days of the session. Parents/guardians will be asked to be station volunteers. Fee includes a t-shirt and a medal for each player!

**Instructional Soccer**

**AGES:** 3 to 5 Years

**WHEN:** Every Saturday from April 8 – May 13  
9:00am – 9:45am -OR-  
10:00am – 10:45am

**WHERE:** Armstrong Park Pavilion – Multipurpose Field

**FEE:** \$55.00 per participant (includes t-shirt & medal)

**Instructional T-Ball**

**AGES:** 3 to 5 Years

**WHEN:** Every Saturday from July 8 – August 12  
9:00am – 9:45am,  
10:00am – 10:45am -OR-  
11:00am – 11:45am

**WHERE:** Armstrong Park Ballfields

**FEE:** \$55.00 Per Participant (includes t-shirt & medal)



**MANDALORIAN  
ENGINEERING LEGO CAMP**

Here's a chance to join your friends and a trained Play-Well instructor to learn what it takes to become a true Mandalorian. We will build our gauntlet fighter ship to weave through the galaxy, our Z-6 jetpacks to maneuver through the air, and of course defend ourselves with our Mandalorian armor. Coming to a galaxy near you!

**AGES:** 6 to 11 Years (Boys & Girls)

**WHEN:** June 12 – June 15 (M-Th)  
2:00pm – 4:00pm each day

**WHERE:** Grain Valley Community Center

**FEE:** \$115.00 Per Participant

**BUILD-IT-YOURSELF  
WORKSHOPS**

Calling all first-time builders and artisans around! Build memories with us as we construct our way through an easy, step-by-step, hands-on lesson in birdhouse building!

**AGES:** 6 to 11 Years (Boys & Girls)

**WHEN:** Saturday, April 1  
10:00am – 11:00am

**WHERE:** Grain Valley Community Center

**FEE:** \$15.00 Per Child




**RAINOUT  
HOTLINE**

Call the Grain Valley Community Center to check on programs and athletic activities during inclement weather!

**(816) 847-6230**

**YOUTH TENNIS  
(BOYS & GIRLS)**



**AGES:** 6 Years and Older

**WHEN:** Session I • June 5 – June 15 (8 classes)  
Session II • June 19 – June 29 (8 classes)  
8:00am – 9:00am

**WHERE:** High School Tennis Courts

**FEE:** \$60.00 Per Child (8, 1-hour lessons)

**POPSICLES IN THE PARK**

Parents – bring your little ones for family fun time in the park! We will make new friends, hear a special story, and enjoy free popsicles! After, feel free to stay and play as long as you would like!

**AGES:** Family (Story will be geared toward younger ages: 2 to 7 years)

**WHEN:** Tuesday, June 13 @ 6:30pm  
Tuesday, July 11 @ 6:30pm

**WHERE:** Armstrong Park Gazebo

**FEE:** FREE  
Pre-registration not needed

**DID YOU KNOW?**

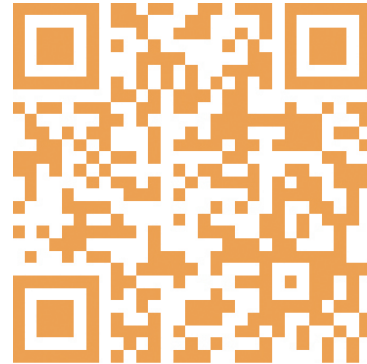
Texas A&M University found that extracurricular participation is associated with better reading and math engagement, grades, and achievement. Extracurriculars exercise brain areas involved in memory, creativity, and critical thinking.



## CONNECT WITH US



Follow us on Facebook  
[@gvmoparks](#)



Follow us on Instagram  
[@gvmoparks](#)



Sign Up for our Bimonthly  
Newsletter  
[eepurl.com/cdUBx5](#)



Receive Program Text Alerts  
[mobile-text-alerts.com/GVPR](#)



Register for any Program  
[grainvalley.recdesk.com](#)



City Website (Parks Dept.)  
[cityofgrainvalley.org/parks\\_and\\_recreation/](#)

**Social Media Policy:** Our staff may photograph participants in park programs or at special events. Please be aware that photos may be featured in future marketing materials, on social media, and/or on our website.

\*By registering for recreation programs, you agree to allow publication of any photos taken at any program, event or facility.

To remove an image online of yourself and/or your child(ren), please contact our Public Information Officer via email at [tlor@cityofgrainvalley.org](#)

## SPECIAL EVENTS

### STORYBOOK TRAIL

Enjoy reading, exercising and family time all in one! Families are encouraged to get out and go read with Mother Nature. This is a great event for all to enjoy. During each Storybook Trail time frame, a fun story will be displayed along a trail. As you walk/bike/run along the trail, you can stop at each page to find out what happens next! This program is absolutely FREE AND FUN! Stories will be posted at each trail for one week, so make sure not to miss out!

**WHEN:** April 7 – 16  
June 4 – 11

**WHERE:** Armstrong Park Trail

**FEE:** FREE

### NATIONAL NIGHT OUT AGAINST CRIME

**WHEN:** TBD

**WHERE:** Armstrong Park

**FEE:** FREE

### 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! Dogs are allowed to go off of the diving board and slides. No more than one dog per person. This program is only held once a year, the night before the pool is drained, so don't miss out!



**WHEN:** Tuesday, September 5  
6:00pm – 8:00pm

**WHERE:** Grain Valley Aquatic Center

**FEE:** \$5.00 Per Dog



### SUMMER MOVIE IN THE PARK

The Armstrong Park Pavilion is the venue to be at this summer. Join us for a variety of yard games, inflatable obstacle course, bounce house, and a family-friendly flick! Bring your outdoor blankets or chairs and enjoy an evening with your family and friends! Movie TBD and concession stand will be open for purchase.

**WHEN:** Friday, June TBD  
Games will begin at 7:30pm  
& movie will begin around 8:30pm

**WHERE:** Armstrong Park Trail

**FEE:** FREE to all ages

### GV CLUE GAME

Once again, the infamous game of Clue is coming out of the living room and onto one of GVPR's beautiful trails! From September 12 through October 1, we will need some super-sleuths to solve the mystery! Clues will be placed along a designated trail (specific location TBD), and when you think you've cracked the case e-mail your final guess to [bhallier@cityofgrainvalley.org](#) for a chance to have your family's picture posted on our social media pages.

*Please visit our website for details on the 2023 mystery and good luck, detectives!*

#GVClueGame #GVParksAndRec

### COMMUNITY DEVELOPMENT EVENT

**WHEN:** TBD

**WHERE:** Armstrong Park

**FEE:** FREE



# SENIOR CITIZEN ACTIVITIES

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®, Silver&Fit®, and Renew Active® 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.

## SILVERSNEAKERS FITNESS (Classic & Circuit)

### SilverSneakers® Classic

Features seated and standing exercises to increase muscular strength, range of movement, and activities for daily living. Great for beginning exercisers or participants with limitations.

- WHEN:** Mondays, Wednesdays, and Fridays (Weekly)  
9:30am – 10:30am
- FEE:** \$2.00 per class, or FREE for SilverSneakers®, ReNew Active®, or Silver&Fit® members

### SilverSneakers® Circuit

Features standing upper-body strength work alternated with low-impact cardio using a chair for standing support. Great for a moderate-intensity workout, and need to try to exercise in a standing position for a minimum of 30 minutes.

- WHEN:** Wednesdays & Fridays  
10:45am – 11:45am
- FEE:** \$2.00 per class, or FREE for SilverSneakers®, ReNew Active®, or Silver&Fit® members

## SENIOR COFFEE

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

- WHEN:** Every Monday  
9:00am – 10:00am
- WHERE:** Grain Valley Community Center
- FEE:** FREE

## SENIOR LINE DANCING

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

- WHEN:** 8:30am – 9:00am • Ultra Beginner • Tuesdays Only  
9:00am – 10:00am • Beginning • Tues. & Thurs.  
10:00am – 11:00am • Intermediate • Tues. & Thurs.  
\* *Dance times may be adjusted.*
- WHERE:** Grain Valley Community Center
- FEE:** \$2.00 per class, or FREE for SilverSneakers®, ReNew Active®, or 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!

- WHEN:** Weekly: Tuesdays & Thursdays  
1:00pm – 3:00pm
- WHERE:** Grain Valley Community Center
- FEE:** \$2.00 for walk-ins  
FREE for SilverSneakers®, Silver&Fit®, and Renew Active® members

## SENIOR YOGA

Senior 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.

- WHEN:** Every Monday  
10:40am – 11:25am
- WHERE:** Grain Valley Community Center
- FEE:** \$2.00 per class, or FREE for SilverSneakers®, ReNew Active®, or Silver&Fit® members

## 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: 10:45am  
Luncheon: 11:30am – 1:30pm  
Bingo: Immediately Following Luncheon
- WHERE:** Grain Valley Community Center
- FEE:** Donations accepted  
(\$3.00 minimum recommended)

## SENIOR BINGO DAY

Have some fun with other seniors playing Bingo and drinking coffee. The coffee is free, but space is limited. The entrance fee gets you two bingo cards with additional cards at \$1. Prizes will be awarded to winners.

- WHEN:** Wednesdays  
1:00pm – 3:00pm  
*Guests are encouraged to walk and visit our fitness room during breaks.*
- WHERE:** Grain Valley Community Center
- FEE:** \$2.00 per class, or FREE for SilverSneakers®, ReNew Active®, or Silver&Fit® members

## BRIDGE

Bridge is the ultimate trick-taking card game, easily the greatest source of enjoyment that four people can have with a pack of cards. Come play “Regular Party Bridge,” AKA “Contract Bridge.” One player out of the four must know the basics of the game.

- WHEN:** Thursdays  
12:00pm – 4:00pm
- WHERE:** Grain Valley Community Center
- FEE:** \$2.00 per class, or FREE for SilverSneakers®, ReNew Active®, or Silver&Fit® members

# COMMUNITY GARDEN



### Grain Valley Parks & Recreation offers a Community Garden for its residents.

A community garden means many things to many people. For some, a community garden is a place to grow food, flowers and herbs in the company of friends and neighbors. For others, it's a place to reconnect with nature or get physical exercise. Some use community gardens because they lack adequate space at their house or apartment to have a garden. Others take part in community gardening to build or revitalize a sense of community among neighbors.

The community garden is located in the heart of downtown Grain Valley on the northeast corner of Walnut and Main. The Garden Plots (4' X 12') cost only \$15.00 to reserve. We provide the soil and water. You provide your own tools and will be responsible for maintaining the plot throughout the growing season. Everything you harvest in your plot is yours to keep. Plots will be tilled and ready for planting at the beginning of April.

**Reservations begin March 1, 2023.**  
**Contact Grain Valley Parks and Recreation at 847-6230 for more information and to reserve your plot today.**



# 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.

### Community Center Hours of Operation

Monday – Thursday	8:00am – 10:00pm
Friday	8:00am – 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

## 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 on the stove. Rentals are made by appointment only. A reservation permit must be filled out and applicable deposit made at the GVCC.

### Reception/Multipurpose Room

**\$85.00 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 \$50.00 must be paid at time of reservation.



### Small Group Parties (45 People Or Less)

Rent the gymnasium for a 2 hour party— only \$60.00! Drinks and refreshments may be brought in. Additional time is \$60.00 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, without management's approval.

### Gymnasium

Resident:	\$35.00 Per Hour
Non-Resident:	\$50.00 Per Hour

Available for Basketball or Volleyball



# AQUATIC CENTER

*The Grain Valley Aquatic Center features a zero-depth entrance, tot slide, 12’ floating crocodile, 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, 2023**

## 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, 2023 (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.

### LIFEGUARDS & SWIM INSTRUCTORS WANTED!!!

Lifeguard and swim instructor positions are available at the Grain Valley Aquatic Center for the summer 2023 season.

To apply for lifeguard, please visit [www.midwestpool.com](http://www.midwestpool.com)

To apply for swim instructor, please contact Brandin Hallier (816) 847-6230

## 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 \$50.00 security/cleaning deposit & full payment are due at time of reservation. Reservations may be booked starting at 8:30am on 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

*(Some weeknights are available, please call for info. Times are subject to change.)*

## Rental Rates:

**Up to 30 Guests:** \$160.00  
**30 – 75 Guests:** \$200.00  
**Over 75 Guests:** \$240.00

*(Number of guests includes swimmers & non-swimmers)*

# PM WATER AEROBICS

**Session I:** June 5 – June 28  
**Session II:** July 10 – August 2  
**Class Times:** 8:00pm – 8:50pm  
**Class Days:** Mondays & Wednesdays  
**Registration:** Begins at 8:30am on the 1st Monday in April. Class sizes are limited – don’t wait!

# PRIVATE SWIM LESSONS

GVPR offers one-on-one instruction for all ages and abilities with our 30-minute private swim lessons! Give your child or yourself the opportunity to learn new skills and/or refine current skills with some special attention. Private lessons are great for those who have intense water fear, scheduling difficulties, or just would like to improve their stroke. Lessons are arranged based on instructor and participant availability as well as individual needs. Participant age range is 4 years through adult.

**FEE:** \$25.00 Per Lesson  
\$80.00 For a 4 lesson punch pass  
\$125.00 For an 8 lesson punch pass

# SWIMMING LESSONS

All sessions are two weeks in length with classes being held Monday through Thursday. Fridays are reserved for rain make-up lessons. All classes are 30 minutes in length.

<b>Class Times:</b>	10:30am – 11:00am 11:15am – 11:45am 6:15pm – 6:45pm 7:00pm – 7:30pm
<b>Session I</b>	June 5 – June 15
<b>Session II</b>	June 19 – June 29
<b>Session III</b>	July 10 – July 20
<b>Session IV</b>	July 24 – August 3
<b>Fee:</b>	\$50.00 Per Participant/Per Session
<b>Registration:</b>	Open now online & at the GVCC <i>Class sizes are limited!</i>

Each level in our Learn To Swim program is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Our instructors follow a plan for each level that introduces new swimming skills and builds upon previously learned skills. Students receive progress reports throughout the session.

## SHRIMP (Parent & Child Aquatics)

**Suggested Ages: 6 Months – About 3 Years**

**Skills That Will Be Introduced & Practiced:**  
Enter and exit the water safely. Submerge in a rhythmic pattern. Glide on the front and back with assistance. Perform combined stroke on front and back with assistance. Change body position in the water. Experience wearing a life jacket in the water. Each child must be accompanied by a participating adult and wear a swimsuit and swim diaper. *(Offered at all times except 10:30am)*

## NEMO (Preschool Aquatics)

**Suggested Ages: About 3 – 4 Years**

**Skills That Will Be Introduced & Practiced:**  
Entering the water independently using ladder, steps or side and travel at least 5 yards. Submerging mouth and blowing bubbles for at least 3 seconds. Exiting the water safely. Gliding on front for at least 2 body lengths. Rolling to back and floating for 3 seconds. Recovering to a vertical position. *(All skills are demonstrated with assistance)*

## SEAHORSE (Level 1)

**Suggested Ages: About 4 – 6 Years**

**Skills That Will Be Introduced & Practiced:**  
Entering the water independently using ladder, steps or side. Traveling at least 5 yards, bobbing 3 times then safely exiting the water. Gliding on front supported at least 2 body lengths. Rolling to a back float for 3 seconds with support. Recovering to a vertical position with support. *(Most skills are demonstrated with assistance)*

## STARFISH (Level 2)

**Suggested Ages: About 5 – 7 Years**

**Skills That Will Be Introduced & Practiced:**  
Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position. Moving into a back float for 5 seconds then recovering to a vertical position. Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position. Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

## GUPPY (Level 3)

**Suggested Ages: About 6 – 10 Years**

**Skills That Will Be Introduced & Practiced:**  
Jumping into deep water from the side. Swimming the front crawl for 15 yards. Maintaining position by treading or floating for 30 seconds. Swimming the elementary backstroke for 15 yards.

## FLIPPER (Level 4)

**Suggested Ages: About 8 + Years**

**Skills That Will Be Introduced & Practiced:**  
Swimming the front crawl for 25 yards. Swimming the elementary backstroke for 25 yards. Swimming the breaststroke for 15 yards. Swimming the back crawl for 15 yards. Open turns on the front and back.





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 Jim Meyer at (816) 847-6230 or [jmeyer@cityofgrainvalley.org](mailto:jmeyer@cityofgrainvalley.org).



GVPR 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.



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.



Adopt-A-Brick .....\$100.00

- Message On Paver Brick (4"X 8")
- Location: Community Center Main Entrance

Adopt-A-Tree .....\$200.00

- Message On Metal Plaque (3"X 3")
- Plaque Mounted on 4"X 4"
- Decorative Post
- Location: In-Ground Beside Tree

Adopt-A-Bench.....\$500.00

- Message On Metal Plaque (4"X 10")
- Location: Mounted to Bench Backrest



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.

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. This is also the location of the Veteran's Tribute at Legacy Plaza, recognizing those that have served or are currently serving our country.

FOOTBALL FIELD COMPLEX

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

BLUE BRANCH CREEK TRAIL

Blue Branch Creek Trail is a 1.5-mile recreational trail that follows Blue Branch Creek between Buckner Tarsney Road and Southwest Eagles Parkway. There are several points of entry to access the trail using on-street parking on Rock Creek Lane, Cross Creek Drive, and Laura Lane. There is a designated trailhead parking lot located at the end of Cross Creek Drive, just a quarter-mile north of Sni-A-Bar Boulevard.

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.



## 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 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>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	X		X	X		X
<b>BLUE BRANCH CREEK TRAIL</b> See Page 15 for Location			X				X						

## DID YOU KNOW?

Spending a small amount of time at a community park can have a significant impact on your health. Even just 30 minutes in a park can help: strengthen your heart and prevent heart diseases, decrease blood pressure and cholesterol, reduce inflammation, and boost your immune system.

## PAVILION RATES

\$40.00 per hour

\$50.00 cleaning/security deposit

## SHELTER RATES

\$30.00 per time block

\$45.00 for entire day (*both time blocks*)

Rental Time Blocks:

9:00am – 2:30pm • 3:00pm – 8:30pm

## BALL FIELD RATES

\$25.00 per hour • \$125.00 per day

\$30.00 field prep fee

\$25.00 lights (per hour)