Grain Valley Parks & Recreation

ACTIVITY GUIDE

Spring/Summer 2018

PROGRAM 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

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

Melissa Strader • **Recreation Supervisor**
mstrader@cityofgrainvalley.org

Jim Meyer • **Community Center Manager**
jmeyer@cityofgrainvalley.org

Jerry Jones • **Park Superintendent**
jjones@cityofgrainvalley.org

Jeff Davis • **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.

2018 PARK BOARD MEMBERS

Brad Welle • **President**
Bryan Nolte • **Vice President**
Terry Hill • **Secretary**
Don Caslavka
Norm Combs
Nathan Hays
Jared English
Charles Harris
Becky Gray
Bob Headley • **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**

Facebook:
@GrainValleyParksAndRecreation

Twitter:
@GVParksAndRec

Instagram:
grainvalleyparksandrec

Online Registration:
http://grainvalley.recdesk.com

GVPR ON FACEBOOK

GVPR ON TWITTER

GVPR ON INSTAGRAM

GVPR ONLINE REGISTRATION

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:	Now through the end of April Tuesdays & Thursdays 10:30am – 12:00pm ***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!

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
When:	Thursday, May 17 6:15pm – 8:15pm
Where:	Grain Valley Community Center
Fee:	$15.00 Per Participant

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. 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 6 Years
When:	Every Saturday from April 7 – May 12 3 & 4 Years: 9:00am – 9:45am 5 & 6 Years: 10:00am – 10:45am
Where:	Armstrong Park Pavilion - Multipurpose Field
Fee:	$40.00 per participant (includes t-shirt & medal)

INSTRUCTIONAL T-BALL

Ages:	3 to 6 Years
When:	Every Saturday from July 14 – August 18 3 & 4 Years: 9:00am – 9:45am 5 & 6 Years: 10:00am – 10:45am
Where:	Armstrong Park Ballfields
Fee:	$40.00 Per Participant (includes t-shirt & medal)

5-DAY LEGO ENGINEERING CAMP

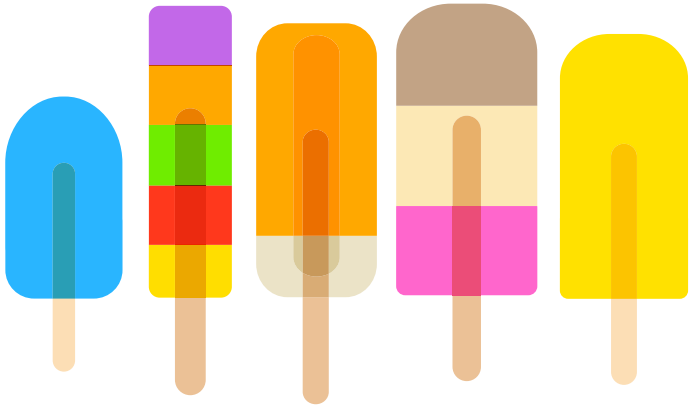
Intro to STEM with LEGO: Give your imagination a boost with tens of thousands of LEGO parts! Build engineer-designed projects such as: Cities, Garbage Trucks, Catamarans, and Dinosaurs. Design and build as never before, and explore your craziest ideas in a supportive environment.

STEM Challenge with LEGO: Gear up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Forklifts, Houseboats, Mini Golf Courses, and the London Tower Bridge Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

***Deadline to register is Monday, May 21.**

Ages:	Intro to STEM: 5 to 7 Years / Grades K – 2nd STEM Challenge: 7 to 12 Years / Grades 2nd – 5th
When:	Monday, May 28 - Friday, June 1 (5-day camp) Intro to STEM: 9:00am – 12:00pm STEM Challenge: 1:00pm – 4:00pm
Where:	Grain Valley Community Center
Fee:	$140.00 Per Participant

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 19 @ 6:30pm Tuesday, July 17 @ 6:30pm
Where:	Armstrong Park Gazebo
Fee:	FREE Pre-registration not needed

DID YOU KNOW?

Students who participate in 1 to 4 hours per week of extracurricular activities are 49% less likely to use drugs and 37% less likely to become teen parents than students who do not participate.

- U.S. Dept. of Education, 2002

RAINOUT HOTLINE

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

(816) 847-6230 – Prompt #2

YOUTH PROGRAMS

YOUNG REMBRANDTS SPRING DRAWING CLASSES

Young Rembrandts teaches drawing in a unique and encouraging way that ensures success for every child. Our classes teach drawing techniques, portraiture, and cartooning styles to explore different themes. Our teachers will be drawing along with the children for optimal first-hand learning. The ability to draw the world around you is a powerful skill and it's fun & rewarding.

4-Week Elementary Session

CARTOON STYLE DRAWING

There's no better way to get a jump on spring than with our Young Rembrandts cartoon class. Your child will experience the fun of drawing and animating dinosaur expressions and cool anime characters. These drawings will delight kids as they learn how to draw dynamic figures and action-filled scenes. And we'll have a great time as we draw cartoon animals of all shapes and sizes doing their favorite hobbies. All materials are provided.

Ages:	6 to 12 Years
When:	Every Monday From March 5 - 26 6:00pm – 7:00pm
Where:	Grain Valley Community Center
Fee:	$36.00 Per Participant

4-Week Preschool Session

PRESCHOOL DRAWING CLASS

Springtime is the right time to sign up your preschooler for a Young Rembrandts class. We'll blast off with excitement as we draw a fun astronaut. Then we'll come back to earth and draw a tree house, spring flowers and much more. Drawing is a terrific way to build fine motor skills, focus, and experience the joy of creativity in your preschooler. All materials are provided.

Ages:	4 to 6 Years
When:	Every Monday From April 2 – 23 5:30pm – 6:15pm
Where:	Grain Valley Community Center
Fee:	$36.00 Per Participant

Spring Break Elementary Workshop

PASTEL DRAWING - COLORFUL CRITTERS

If your child is an animal lover, this is the workshop to take! Kids will learn pastel drawing techniques to illustrate a striking owl. Challenge your kid's creativity as they learn to master drawing with pastels. Please wear an old shirt or smock to class. All materials are provided.

Ages:	6 to 12 Years
When:	Friday, March 9 1:00pm – 3:00pm
Where:	Grain Valley Community Center
Fee:	$20.00 Per Participant

YOUTH TENNIS (BOYS & GIRLS)

Ages:	Pee wee: 6 to 8 Years Beginner: 9 to 12 Years Junior/Beginner: 13 years & older
When:	Session I: June 4 – June 14 (8 classes) Session II: June 18 – June 28 (8 classes)
Where:	High School Tennis Courts
Fee:	$50.00 Per Child (8, 1-hour lessons)

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.

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 13 – 22
June 1 – 10

Where: Armstrong Park Trail/Track

Fee: FREE

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 will be Monday, March 5.**

Ages: 3 to 9 Years

When: Teddy Drop Off Date/Time:
Friday, March 9 ~ 6:00 – 7:00pm

Teddy Pick Up Date/Time:
Saturday, March 10 ~ 9:00am – 10:00am

Where: Grain Valley Community Center

Fee: $9.00 Per Teddy

COMMUNITY DEVELOPMENT EVENT

When: Thursday, June 28
5:00pm – 7:00pm

Where: Armstrong Park

Fee: FREE

SUMMER MOVIES IN THE PARK

Summer movies continue in 2018! The Armstrong Park Pavilion is the venue to catch some FREE family-friendly flicks. Bring your blanket or lawn chairs, kids, and friends! Movie titles are TBD and concession stand will be open.

- Friday, June 1 (Movie Only)
  Movie will begin at 8:30pm
- Friday, August 10 (Free Family Fun & A Movie)
  Games will begin at 7:30pm & movie will begin at 8:30pm

NATIONAL NIGHT OUT AGAINST CRIME

When: Tuesday, August 7
6:00pm – 8:30pm

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 4
6:00pm – 8:00pm

Where: Grain Valley Aquatic Center

Fee: $5.00 Per Dog

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

FITNESS CLASSES

GVPR offers many fitness classes to choose from like Water Aerobics, Zumba, Senior Fitness, and more.

Please call the Grain Valley Community Center (847-6230) to check the dates of our most current sessions.

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 or (816) 847-6230!

DID YOU KNOW?

On average, every hour you spend exercising increases your life expectancy by two hours.
- ARC, 2000

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 $10.00 to reserve. We provide the soil, seedlings/plants, 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.

Contact Grain Valley Parks and Recreation at 847-6230 for more information and to reserve your plot today.

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: 10:45am
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.

When: Weekly: Tuesdays & Thursdays
9:00am – 10:30am

Where: Grain Valley Community Center

Fee: $3.00
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!

When: Weekly: Tuesdays, Thursdays & Fridays
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.

When: 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.

Wi Fi ZONE

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	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

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 $55.00! Drinks and refreshments may be brought in. Additional time is $55.00 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

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 26, 2018

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 3, 2018 (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.

LIFEGUARDS & SWIM INSTRUCTORS WANTED!!!

Lifeguard and swim instructor positions are available at the Grain Valley Aquatic Center for the summer 2018 season.

To apply for lifeguard, please visit www.midwestpool.com.

To apply for swim instructor, please contact Melissa Strader at (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:	$150.00
30 – 75 Guests:	$190.00
Over 75 Guests:	$230.00

(Number of guests includes swimmers & non-swimmers)

PM WATER AEROBICS

Session I:	June 4—June 27
Session II:	July 9—August 1
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:	$20.00 Per Lesson
	$75.00 For a 4 lesson punch pass
	$120.00 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.

Class Times:	10:30am — 11:00am 11:15am — 11:45am 6:15pm — 6:45pm 7:00pm — 7:30pm
Session I:	June 4 – June 14
Session II:	June 18 – June 28
Session III:	July 9 – July 19
Session IV:	July 23 – August 2
Fee:	$45.00 Per Participant/Per Session
Registration:	Open now online & at the GVCC

Class sizes are limited!

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.

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.

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-BENCH
ADOPT-A-TREE

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.

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
Armstrong Park 713 S Main Street	X	X	X	X	X	X	X	X	X	X	X	X	
Clover Park Clover Drive & Brome Drive	X		X						X	X			
Cross Creek Park Stonebrook Drive & Cross Creek Drive							X						
Eagle Park Willow Street & Broadway Street	X		X							X			
Farmington Meadows Park Sandy Court & Laura Lane													X
Football Field Complex 28605 E Old U.S. 40 Highway	X			X	X			X		X	X	X	
Kirby Park RD Mize Road & Barr Road	X		X							X			
Monkey Mountain Park 35007 E Old U.S. 40 Highway	X	X	X	X		X		X	X	X	X	X	
Butterfly Trail RD Mize Road & Long Drive			X			X	X				X		X

DID YOU KNOW?

The U.S. Forest Service calculated that over a 50-year lifetime, one tree provides $62,000 worth of air pollution control.

- U.S. Department of Agriculture

PAVILION RATES

$35.00 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

$20.00 per hour • $100.00 per day
$25.00 field prep fee
$20.00 lights (per hour)