

Members @ Work...



Activity Guide

February 2012



Department Staff

Contact Information.

Todd Spalding
 Vanda Meehan
 Lori Potts
 Shane DeWald
 Ted Lange
 Annette Braun
 Tiffany Parks
 Cindy Van Winkle
 Jess Carey
 Tracy Oliver
 Heather Agozino
 Angela Curphey
 Shanna Beltz
 High Blue Wellness Center Front Counter
 Park Department Fax
 Website

Parks and Recreation Director
 Assistant Director
 Facility Operations Manager
 Recreation Manager
 Building and Grounds Manager
 Fitness Supervisor
 Aquatics Supervisor
 Smart Start Preschool
 Recreation Specialist
 Administrative Services Supervisor
 Swim Coordinator
 Accounts Receivable
 Membership Specialist

Sports Association Phone Numbers

Youth Baseball and Softball
 Youth Soccer
 CCJAA
 BBA
 Adult Softball, Volleyball

Randy Hennier
 Shane DeWald
 Youth Football
 3rd to 7th Grade Basketball
 Shane DeWald

Park Board of Directors

Jackson Colaw
 Mike Miller
 Bill Tudor

Woodrow Dick
 Patty Morlok
 Bruce Chevalier

February 2012

816-348-7400, ext. 7406
 816-348-7400, ext. 7405
 816-348-7400, ext. 7407
 816-348-7400, ext. 7408
 816-331-0336
 816.348.7400, ext. 7450
 816.348.7400, ext. 7440
 816-322-7976
 816-348-7400, ext. 7416
 816-348-7400, ext. 7411
 816-348-7400, ext. 7419
 816.348.7400, ext. 7404
 816.348.7400, ext. 7431
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348-7400, ext. 7423
 816.348.7400, ext. 7408
 816-425-4269
 816-322-1688
 816-348-7400, ext. 7408

Gary Horner
 Felicia Thornhill
 Scott VonBehren



High Blue Wellness Center 16400 N. Mullen Road Belton, MO 64012 816.348.7400 www.beltonparks.org

Aerobics

February 2012

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:00 am Cardio Tone Melisa F.	8:30 - 9:30 am Pilates Annette	5:30 - 6:30 am Power Yoga Cathy		5:30 - 6:30 am Cardio/Weights Kelly	
9:00 - 9:30 am Body Sculpting Melisa F.	9:30 - 10:30 am Step Danielle	8:30 - 9:30 am Zumba Gold Melisa F.	8:30 - 9:30 am Pilates Annette	8:30 - 9:30 am Zumba Gold Tina	7:45 - 9:00 am PiYo Cathy
9:30 - 10:30 am Zumba Danielle	10:30 - 11:30 am Low Impact Annette	9:30 - 10:00 am Cardio Intervals 10:00 - 10:30 am Tone and Sculpt Kelly	9:30 - 10:30 am Zumba Toning Annette	9:00 - 9:30 am Cardio Blast Danielle	9:00 - 10:00 am Turbo Kick Rotating Instructor
9:30 - 10:30 am Silver Sneakers Yoga Stretch Jaimee		9:30 - 10:30 am Gentle Yoga Jaimee	10:30 - 11:00 am Body Balance Tina	9:30 - 10:30 am Body Sculpting Danielle	10:00 - 11:00 am Zumba Rotating Instructor
10:30 - 11:30 am Silver Sneakers MSROM Tina		10:30 - 11:30 am Silver Sneakers Cardio Circuit Nikki		9:30 - 10:30 am Silver Sneakers Yoga Stretch Kim	10:00 - 11:00 am Sports Performance Dave
10:30 - 11:30 am Vinyasa Yoga Kim		10:30 - 11:30 am Yoga Basics Kim		10:30 - 11:30 am Silver Sneakers MSROM Tina	
10:30 - 11:30 am Extreme Fit Julie				10:30 - 11:30 am Deep Stretch Jaimee	
					Sunday
5:00 - 5:55 pm Cardio Strength Yoga Cathy	5:15 - 6:15 pm Zumba Annette	5:15 - 6:15 pm Step & Sculpt Brenda	5:15 - 5:45 pm Upper Body Toning 5:45 - 6:15 pm Lower Body Toning Kelly L.		3:00 - 4:00 pm Sports Performance Dave
5:15 - 6:00 pm Body Sculpting Carrie	5:30 - 6:30 pm Boot Camp Brenda/Kelly	5:30 - 6:15 pm Turbo Kick Basics Lonna	5:15 - 6:15 pm Zumba Gold Melisa		4:00 - 4:30 pm Zumba Gold Melisa F.
6:00 - 6:55 pm Pilates Fusion Annette	6:15 - 7:30 pm Yoga Jaimee	6:15 - 7:15 pm Zumba Brenda	6:15 - 7:15 pm Zumba Danielle		4:30 - 5:00 pm Zumba Toning Melisa F.
6:05 - 6:55 pm Turbo-Kick Carrie		6:30 - 7:15 pm Family Fit Julie			5:00 - 6:00 pm Pumpin Iron Dave
	6:30 - 7:30 pm Sports Performance Dave		5:30 - 6:30 pm Sports Performance Dave		

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 - 7:30 am Cardio Circuit Heather B-I	5:30 - 6:30 am Boot Camp Jaimee I-A	6:30 - 7:30 am** Cardio Circuit Heather I		6:30 - 7:30 am Cardio Circuit Heather B-I	
	8:00 - 8:55 am Deep Water Dawn F. I-A		8:00 - 8:55 am Deep Water Dawn F I	8:00 - 8:55 am Aqua Fit Dawn A I	9:00 - 10:00 am Boot Camp Tina I
8:00 - 8:55 am Aqua Fit Dawn A. I	9:00 - 9:55 am Aqua Zumba Dawn F. I	8:00 - 9:00 am Aqua Fit Dawn A. I	9:00 - 10:00 am Aqua Zumba Dawn F I	9:00 - 9:55 am Cardio Slam Dawn A I-A	
9:00 - 9:55 am Silver Splash Dawn F. B	10:00 - 10:45 am Arthritis Foundation Julie B	9:00 - 9:55 am Cardio Slam Dawn A. I-A	10:00 - 10:45 am Arthritis Foundation Julie B		
		10:00 - 11:00 am Silver Splash Dawn F B	11:00 - 11:30 am Twist & Shout Tina B-I		
11:00 - 11:45 am Arthritis Foundation Julie B	11:00 - 11:30 am Twist & Shout Julie B-I	11:00 - 11:45 am Arthritis Foundation Julie B			
6:30 - 7:30 pm Aqua Zumba Dawn F. I	6:30 - 7:30 Kickbox H ₂ O Lori S I		7:15 - 8:00 pm Boot Camp Rustalyn I		

** Denotes classes that will be held in the lap pool. All other classes are held in the recreation pool.

Class Descriptions.

Arthritis Foundation Aquatic Program - Incorporates the buoyancy of water & the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain in stiffness. Gentle movements increase joint flexibility & range of motion, while restoring or maintaining muscle strength. Led by a certified Arthritis Foundation instructor!

Aqua Fit - Water isn't just for beginners...learn how to get a great workout in the water no matter what your fitness level is! You will improve muscle tone, flexibility, cardiovascular fitness, & increased range of motion!

Aqua Zumba - Like Zumba, try the same fun moves in the water with the same fun moving music! Come join the party!

Boot Camp - Most likely the hardest of our water classes, but for people of all ages! Modify as you go! The instructor will lead you through cardio as well as many strength training drills! Great workout!

Cardio Circuit - Cardio & Strength exercises performed in the pool for more resistance & less impact. Great cross training!

Cardio Slam - Higher intensity more cardio, great combo in the water!

Deep Water - Class is done in the lap pool. You will use an exercise belt to keep you buoyant. It's a great core and upper and lower body workout!

Kickbox H₂O - Kick and Punch your way through the water to a tighter and tone arms, legs and core - Great Cardio!

SilverSplash® - Join us in the pool for a variety of exercises that can help you build strength and increase your range of movement. A SilverSneakers kickboard is provided for balance support and you don't need swim skills!

Twist & Shout - Low impact. This class allows you to learn with moderate intensity through dance how fun exercise can be.

B-Beginner

I-Intermediate

A-Advanced

Amenities.

The High Blue Wellness Center includes a 59,000 square-foot facility complete with a fitness area, aerobics room, indoor recreation and competition pools and programs and activities for seniors, adults, kids and families.

Because our patrons deserve a first-class facility, the Center had undergone major renovations in October 2007 to the fitness area, which included the addition of new equipment and the Smart Key Wellness System.

Other facility amenities available to our members include:

- Competition and Recreation pools
- Aerobics classes for youth and adults
- Gymnasium
- Elevated walking/running track
- Multi-purpose rooms
- Kid's Corner
- Garage Gym

Hours of Operation.

Monday - Friday	5:00 am - 10:00 pm
Saturdays	7:00 am - 8:00 pm
Sundays	11:00 am - 7:00 pm

Code of Conduct.

At the High Blue Wellness Center our patrons are asked to be respectful of other users and Center staff. Destruction of property, abusive language and abusive behavior will not be tolerated.

Locker Room.

Lockers are available for use during visits to the Center. Several lockers are for rent at the following rates, effective March 1: **6 months** - \$60 short, \$70 long; **12 months** - \$75 short, \$95 long.

If you choose not to rent, you will need to provide your own lock. Please remove the lock when you leave. Any locks left on overnight may be cut off.

Kids Corner.

When parents work out at the High Blue Wellness Center, supervision is available for children who are between the ages of six months and 10 years. The state dictates the requirements for non-licensed child care, like Kids' Corner, which limits its capacity to 20.

While it is never our intention to turn kids away, Kid's Corner can reach its maximum capacity. As a result, we strongly encourage parents to make reservations, particularly at peak times, to ensure a spot. Maximum capacity: 20.

Please ask at the front counter for a complete listing of all the rules.

Rate Structure.

These are exciting times at the High Blue Wellness Center, and we are thankful that you are a part of the extraordinary growth that is redefining this facility. It's a great time to be a member!

Stop by the front counter to talk with one of our front counter attendants about which membership plan is best for you.

We will accept monthly automatic bank drafts for a minimum of 12 months. As always, we also will accept annual payments for your convenience.

New members must show a valid drivers license to purchase a pass as well as prove residency with a property tax receipt, driver's license or current utility bill.

A family constitutes up to two adults and their dependents up to age 23 living at the same address. Any children 18-23 must provide proof of school enrollment.

	Cass Resident	Non-Cass
Youth (under 19)		
Monthly Draft	\$16.00	\$22.00
Annual	\$192.00	\$264.00
Adult (19 - 59)		
Monthly Draft	\$33.00	\$43.50
Annual	\$396.00	\$522.00
Senior (60 and older)		
Monthly Draft	\$16.00	\$22.00
Annual	\$192.00	\$264.00
Senior Couple (60 and older)		
Monthly Draft	\$26.00	\$35.00
Annual	\$312.00	\$420.00
Family		
Monthly Draft	\$48.50	\$61.00
Annual	\$582.00	\$732.00

Hours.

Sunday	2:00 - 6:00 pm
Monday - Friday	8:00 am - 12:00 Noon & 4:00 pm - 9:00 pm
Saturday	8:00 am - 12:00 pm

Pricing.

Remember, membership does have it's privileges, especially when it comes to child care at the community center. We offer our members a reduced rate. Prices are:

Members	\$1.50 per 1-hour visit; \$3 per 2-hour visit \$20/monthly unlimited 1st child \$5 for each add'l
Non- Members	\$2.50 per 1-hour visit; \$5 per 2-hour visit

Rentals

February 2012

Rates, Spaces.

Looking for a great place to host your next special event? The High Blue Wellness Center offers three rooms to accommodate a variety of needs. Our rooms can accommodate your next event for 20 to 200 guests.

Rooms	Member Rate	NonMember Rate
A, B or C	\$37/hr	\$47/hr
A,B or B,C	\$63/hr	\$73/hr
A,B&C	\$95/hr	\$105/hr
Aerobics A or B	\$37/hr	\$47/hr
Aerobics A&B	\$63/hr	\$73/hr
After hours rental	\$ 35/hr + hourly	
Kitchen w/room	\$21/hr	\$31/hr

Shelters

Wallace Park Pavilion	\$25/2 hours (\$12.50/hr)
Cimarron Trails Pavilion	\$25/2 hours (\$12.50/hr)
Memorial Park Shelter #1 (New Shelters this fall!)	\$25/2 hours (\$12.50/hr)
Memorial Park Shelter #2 (New Shelters this fall!)	\$25/2 hours (\$12.50/hr)

Reservations must include any set-up and clean-up time. Full rental payment due at time of reservation.



Cimarron Trails Pavilion



New Community Building , COMING SOON!



Wellness Center Rooms for receptions, special events



February 2012

Youth Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10:30 am Ready, Set, Grow	9:30 - 10:30 am Ready, Set, Grow	9:30 - 10:30 am Ready, Set, Grow	9:00 - 9:30 am Crafty Kids	9:00 - 9:30 am Crafty Kids
10:30 - 11:00 am Crafty Kids		10:30 - 11:15 am Mom & Me	9:30 - 10:30 am Ready, Set, Grow	9:30 - 10:30 am Ready, Set, Grow
6:00 - 7:00 pm Junior Fitness Fun	5:15 - 6:15 pm Fit Kids		5:15 - 6:15 pm Preschool Fitness	
		6:15 - 7:15 pm Ready, Set, Grow	6:15 - 7:15 pm Junior Fitness Fun	

Instructors:

Tina Graham Summer Doss Kimberly Burke Lisa Ocheing Sandra Dunley Azlynn Stacy Julie Fahrni Rustalyn Kirchoff

Class Descriptions.

Crafty Kids - Fun craft items are made to keep! Ages 3-12

Early Fitness FUN - Explore exercise through interactive games. developing skills to enhance throwing, catching, kicking, and other sport related skills. Ages 3-6

Fit Kids - Ages 6-11 Let's keep our kids active all year with this fun filled class featuring games and fun exercise.

Free Style - A time where kids can do what they want to do. Let them come and choose their own activity. Such as Basketball, slide fun, tumbling, hula hoops and more. Ages 4-11

Mom & Me - Designed for New Moms and Moms to be. Babies, ages newborn to 12 months. Moms will lunge and squat their way into shape while bonding with baby.

Junior Fitness FUN - Explore exercise through interactive games. Developing skills to enhance throwing, catching, kicking, and other sports related skills. Ages 7-12

Preschool Fitness - This class teaches children the basics of many different types of sports, as well as giving them lots of play time and exercise! Ages 3-7

Ready Set and Grow-This program is designed to explore the benefits of fitness through music, dance and movement! Ages 3-5

*You must be in the building for all kids classes and pick up kids promptly!



Join us for our

Fifth Annual Easter Egg Hunt

Who: 0 to 10 years

When: Sat., March 31

Time: Hunt starts at 11 am

Where: Wallace Park

Fee: FREE!

Kids, bring a basket and join us for some fun at our annual Easter Egg Hunt! Find hidden eggs filled with “prizes” and don’t miss that “hoppy” Easter Bunny! Rumor has it that the Easter Bunny will be hiding more than 10,000 eggs for you to find that day!

Hunts will be divided by age group and will begin promptly at 11:00 am. The Easter Egg Hunt will go on rain or shine, so dress appropriately!

Pre-register your child at the High Blue Wellness Center prior to March 31. Cost is free, but pre-registration will help speed up check in and each child that pre-registers will receive an extra grab bag prize!



Annette Braun



Danielle Johnson



Tina Graham



Kelly Ronk-Lindell



Julie Fahrni

Personal Training.

For those serious about making permanent changes, one-on-one personal training provides the best way to maximize your workout and have a personalized workout made just for you. Our trainers will help you:

- Feel good and get results
- Reach your fitness and lifestyle goals
- Reach your peak performance
- Motivate and Inspire you to stay on track
- Provide safe and effective exercise
- Change your life

We offer several personal training packages to meet your needs. Inquire at the front counter.

Small Group Training.

Take your training to the next level with a semi-private experience. Kinesis is a method of training that takes place in an elegant and soothing space, devised to make you want to move more regularly and more assiduously, for an improved quality of life.

Your movements will feel free and natural thanks to a technology which enables resistance to gravity in a tridimensional space.

You will recover awareness of your movements you will acquire a correct posture and you will achieve the full harmony of body and mind.

Choose from any of our 30-minute classes listed on our Small Group schedule, including:

- Monthly Unlimited.....\$50
- Add' Family Members Monthly.....\$20/ea
- 10 Sessions.....\$35

Nutrition.

We also offer nutritional counseling. Check out our packages at the front counter.

1 Session - 1 Hour
Individual..... \$40
Includes: Body Fat Stats-BMI; Basic Nutrition Education; Individual Meal Plan

SmartKey - \$39

Unlock your potential with the Smart Key. Your Smart Key will be programmed by a Wellness Coach. The first session includes a cardio test, strength test and instruction on how to use the kiosk. The second session includes your first workout with a Wellness Coach using your Smart Key. During the second session, your Wellness Coach will make any needed adjustments and will also record any equipment settings. You will begin your training program by inserting your Smart Key into the kiosk. On the screen you can review your workout plans, check for messages, and update workout information. If you wish, you can view brief, instructive videos demonstrating exercise equipment, proper stretching techniques, and floor exercises. As each exercise machine is used, you will insert the key into a console attached to the machine, which will give you your adjustments. You will also be able to view past workouts in the form of charts and graphs. Reports can show calories burned, distance covered, weight lifted, and workloads. These can be printed by our Wellness Coaches for your use or to share with friends, doctors, therapists or whom-ever you wish.



Re-Program - \$25

Do you need a change for your Smart Key workout? Have one of our Wellness Coaches perform your cardio and strength assessments again. They will review your progress and help design a new workout to achieve your goals.

Aquatics

February 2012

Recreation Pool Hours:

Monday - Friday

5:30 am - 3:00 pm (excl fountains, buckets and slides)

3:00 - 8:30 pm (full access)

Saturday

9:00 am - 7:00 pm

Sunday

11:00 am - 6:00 pm

Slide Hours:

Monday - Friday

3:00 pm - 8:30 pm

Saturday

9:00 am - 7:00 pm

Sunday

12:00 Noon - 6:00 pm

Exercise/Lap Pool Hours:

Monday - Friday

5:30 am - 9:00 pm

Saturday

9:00 am - 7:30 pm

Sunday

11:00 am - 6:30 pm

Slide Rules.

- o All persons must enter and exit slide feet first only. Standing, stopping, or sliding down head first are strictly prohibited.
- o Elderly persons, those suffering from heart disease, high blood pressure, or persons using prescription medication should consult their physicians before using the water slide.
- o Dress code: No metal objects, locker keys, jewelry, metal snaps, watches, etc. permitted on the water slide
- o No diving from end of flume or into pool from deck.
- o Hands must be kept inside the flume.
- o No food or drinks in pool or water slide areas.
- o Skipping in line and rowdy play are prohibited.
- o No sunglasses or glasses are permitted on slide.
- o Facility use may be suspended or revoked at any time for rule violation.

Diving Rules.

- o Diving is allowed in deep end only. No diving is allowed in water less than 8 feet.
- o Only one person allowed at a time on the board.
- o Mount to diving boards by ladder only.
- o Dive straight out from the end of the board
- o Wait until the area in front of the diving board is clear before diving, then swim immediately to the side after diving off board
- o No swimming under diving boards
- o No hanging or triple bouncing off the diving boards
- o No diving in shallow water
- o Head, neck, and other injuries can result from improper diving, to avoid such injuries, use caution when diving.
- o No handstands, headstands, seat bounces, or any other competitive dives allowed unless with a trained professional/coach.

Sauna Rules.

- o Must be 18 years of age or older. Youths 14-17 may use sauna if accompanied by an adult.
- o Persons using prescription medications should consult their physicians before using sauna.
- o Please shower before entering.
- o Please wear appropriate swim attire and remove all jewelry.
- o Sauna is of dry heat variety. Do not add water to the equipment.
- o No one should spend more than 15 minutes in the sauna during any one session.
- o No food or drinks are allowed in sauna.

Pool Rules.

- o Adult supervision required for all non-swimmers and children under the age of 12.
- o No Running
- o No Food, Gum, Drinks allowed
- o Shower before entering the pool
- o Lap swimming only except when posted for open swim
- o Lap swimmers must share lanes
- o Rough play, pushing or horse play prohibited
- o No throwing, objects in pool
- o No standing or sitting on lane lines
- o No street shoes allowed in aquatic center
- o Starter blocks to be used in supervised pool/activities/programs only
- o Swim suits required, no cutoffs, under clothes or provocative swim wear permitted
- o Guard towers are restricted to lifeguard use only
- o Obey Lifeguards and other supervisory personnel.
- o Diving permitted off diving boards only.
- o Swim diapers are required for non-toilet trained guests and must be worn under appropriate swim attire.

February 2012

Adult Volleyball

18 years and older

When: Co-Ed: Mondays, Starting January 30
Women's: Wednesdays, Starting February 1
Time: 7:00 - 10:00 pm
Where: High Blue Wellness Center
Early Bird Fee: \$180/team, if registered by January 16
Fee: \$200/team
Registration Cutoff: January 23

Volleyball enthusiasts, get your friends and family and join our Co-Ed and/or Women's Volleyball Leagues. There is a minimum of four and a maximum of nine teams in each league. All games are rally-scored. Teams play three games per match. Track each team's record on the website at www.beltonparks.org.



Pickleball

Seniors

When: December - February
Time: Tuesdays & Thursdays, 1:00 - 3:00 pm
Where: High Blue Wellness Center - West Court
Cost: \$2/day

Join in the latest game to hit the courts...Pickleball! Pickleball is similar to tennis and badminton. It is played on a badminton court with large paddles and a ball similar to a wiffle ball. Pickleball has been sweeping the nation, especially with the senior population.

Programming

Belly Dance Level 1

14 years and older

When: Session A - February 21- March 20
Time: Tuesdays, 6:40 - 7:40 pm
Where: High Blue Wellness Center
Early Bird Fee: \$45 if registered by Jan. 6, Feb. 14
Fee: \$50
Instructor: Kaleela

This class is designed for women who are newcomers to belly dancing. All classes are ongoing, so you are never behind. You will gain the basic fundamental movements while having fun and increasing strength, confidence and self-esteem. Women of all shapes, sizes and abilities are invited to try this new challenge in a supportive and inviting environment. Participants wishing to advance to Level 2 will need to complete session A, B & C. Sessions do not need to be completed in order, and participants may start on any session.

Belly Dance Level 2

14 years and older

When: Winter Session 2 - February 21 - March 20
Time: Tuesdays, 7:45 - 8:45 pm
Where: High Blue Wellness Center
Early Bird Fee: \$45 if registered by Jan. 6, Feb. 14
Fee: \$50
Instructor: Kaleela

This class is designed for women who have completed all 3 sessions of Level 1 and are solid on the basics. We will focus on drilling the proper execution of technique, putting emotion into our dance, tribal combinations and some choreography.

Competitive & Recreational Soccer
www.fcfire.org



Girls Volleyball 4th - 8th graders

When: April 14 - May 26
Time: Saturdays, 9:00 am - 1:00 pm
Where: Belton School Gymnasiums
****Early Bird Fee:** \$55/player, if registered by March 10
Fee: \$65/player
Registration Cutoff: March 17
**** 6th-8th graders only - Players must tryout at the clinic to play in the Competitive League. There is an add'l fee of \$35 to play in the Competitive League. Payment is due the day of the clinic.**

Register for the fun and improve skills by joining this developmental volleyball league. 4th & 5th graders will participate in recreational play. We will once again be offering both recreational and competitive play for 6th - 8th graders. Free clinics will be offered for each group:
 4th - 5th graders - Sunday, March 25, from 2-3 pm
 6th - 8th graders - Sunday, April 8, from 4-5 pm



Group Self Defense All ages

When: Scheduled as Requested
Where: High Blue Wellness Center
Fee: \$100/group
 Groups may consist of a minimum of 10 participants and a maximum of 30
Instructors: Liz & Russ Babcock, both with black belts and more than 20 years combined experience

Belton Parks and Recreation is now offering group self defense training. Just get your group of 10-30 together and schedule your session today! This 90-minute class will start with an introduction and include segments on basic idea skills (i.e., staying in pairs, parking in well lit areas), weapons education and practical skills. The goal of the program is to build self confidence and empower participants. This class is for all ages and families are encouraged to take the class together.

To schedule your group training, please contact the front desk at 348.7400.



Sports Performance Training 13 years and older

When: Weekly, Ongoing
Time: Mondays - 6:30 - 7:30 pm
 Thursdays - 6:30 - 7:30 pm
 Saturdays - 10:00 - 11:00 am
 Sundays - 3:00 - 4:00 pm
Where: High Blue Wellness Center
Fee: FREE with membership!

It's Enhanced Conditioning. It Improves Strength. It Elevates Athleticism. Take your training to the next level with Trainer Dave Kraft. Step out of the ordinary and into the extraordinary with non-traditional training methods including: tire flip, farmer's walk, 2-inch rope exercises, sled push and pull and much more!



Adult Softball 18 years and older

When: April 1 - May 6
Time: Sundays, 4:00 - 10:00 pm
Where: Markey Park
Early Bird Fee: \$350/team if registered by March 16
Fee: \$375/team

One of our most popular adult programs is back for another season. Call your friends, family, neighbors and coworkers. It's time for softball sign ups. Register by calling the front counter at 348.7400. Track each team's record online at www.beltonparks.org.

Swim Conditioning

The High Blue Wellness Center is now offering six-week conditioning sessions for beginning, intermediate and advanced competitive level swimmers.

SKILLS AND TECHNIQUES (beginner level)

Swimmers must be a graduate of Level 4 swim lessons or able to demonstrate Level 4 skills in a tryout. Coaches will focus on proper technique of each competitive stroke with a view to increasing stroke efficiency and distance. This class is 45 minutes in length and has a maximum coach to swimmer ratio of 6:1.

PROFICIENCY AND STAMINA (intermediate level)

Swimmers must be a graduate of the beginner level of this program or demonstrate the ability to swim 100 continuous yards in Freestyle and Backstroke, and 25 continuous yards of Breaststroke. Coaches will focus on introducing Butterfly and legalizing the 4 competitive strokes as well as increasing stamina, speed and willpower. This class is 1 hour in length and has a maximum coach to swimmer ratio of 12:1.

CONDITIONING AND ENDURANCE (advanced level)

Swimmers must be a graduate of the intermediate level of this program or able to demonstrate proficiency in all four competitive strokes (legally according to USA Swimming standards) as well as swim a continuous 200 yards. Coaches will focus on fine-tuning techniques for competitive swimming as well as boosting muscle, cardiovascular and mental strength for competition in swimming and other sports. This class is 1 hour in length and has a maximum coach to swimmer ratio of 15:1.

Class Times and Days Vary. Contact the Wellness Center for more details and prices!

Swim Lessons

Parent/Tot (12 months-3 years) and 4 years and older

Evenings Session: January 9 - February 22
Times: Monday & Wednesday; Tuesday & Thursday
 Various times available depending on Level
Saturday Session: January 7 - February 25
Times: Various times available depending on Level
Where: High Blue Wellness Center
Early Bird Cost: Members - \$45/session - Levels 1-4;
 (if registered Thurs prior) \$29/session - Parent/Tot
 NonMembers - \$49/session - Levels 1-4;
 \$34/session - Parent/Tot
Cost: Members - \$55/session - Levels 1-4;
 \$39/session - Parent/Tot
 NonMembers - \$59/session - Levels 1-4;
 \$44/session - Parent/Tot

Indoor Pool

Let the High Blue Wellness Center host your next birthday celebration. It is our mission to provide you with the most comprehensive and complete planning and services so you can enjoy a pool party! We look forward to helping you with your hassle-free PARTY!

Basic Pool Party

Members - \$145
 NonMembers - \$155

- 1 Hr in the Pool Party Room
 - Unlimited Swim for up to 20 swimmers
 (You provide your own food, cake, ice cream, decorations, etc.)

Deluxe Pool Party

Members - \$235
 NonMembers - \$245

- 1 Hr in the Pool Party Room
 - Unlimited Swim for up to 20 swimmers
 - Party Attendant
 - Decorations - balloons and streamers
 - Plates, Napkins, Serving Ware, cups
 - 1/4 sheet cake or cupcakes for 24
 - Beverages - choice of 3, 2-liters of soda or 24 juice boxes

Premium Pool Party

Members - \$305
 NonMembers - \$315

- 1 Hr in the Pool Party Room
 - Unlimited swim for up to 20 swimmers
 - Party Attendant
 - Decorations - balloons and streamers
 - Plates, Napkins, Serving Ware, cups
 - 1/4 sheet cake or cupcakes for 24
 - Beverages - choice of 3, 2-liters of soda or 24 juice boxes
 - Ice cream cups for 20
 - 4 large pizzas

PARTY HOURS

Monday - Thursday 6:00 - 7:00 pm
 Fridays 4:00 - 5:00 pm 6:00 - 7:00 pm 8:00 - 9:00 pm
 Saturdays 10:00 - 11:00 am 12:00 - 1:00 pm 2:00 - 3:00 pm
 4:00 - 5:00 pm 6:00 - 7:00 pm
 Sundays 11:30 am - 12:30 pm 1:30 - 2:30 pm 3:30 - 4:30 pm
 5:30 - 6:30 pm



Karate

4 years and older

When: January Session - January 3 - 31

February Session - February 2 - 28

Time: Tues & Thurs

5:30 - 6:30 pm (Pee Wee); 6:30 - 7:30 pm (Beginners); 7:30 - 8:30 pm (Advanced)

Where: Hillcrest Elementary School

Early Bird Fee: \$45 (if registered by Nov. 29, Dec. 27, Jan. 31)

Fee: \$50

Instructors: Liz & Russ Babcock, both with black belts and more than 20 years combined experience

Come learn many facets of Traditional Karate: one class, countless benefits, emphasis on self discipline, respect and equality regardless of age, gender or athleticism. Classes will teach self defense, karate techniques, sparring, Kata and traditional Karate respect.

Parents are welcome to attend adult classes or learn alongside children in youth classes. Youth classes are offered from ages 4-6 and 7-14. Adult classes (15 years and older) are for all ages and ability. Belt testing and ceremony will be held at the end of the participant's fourth session. Belt testing and uniform fees are extra.

Kid's Night Out

5 - 12 years and older

When: Saturday, January 21

Time: 5:30 - 10:00 pm

Where: High Blue Wellness Center

Early Bird Fee: \$15, if registered by January 16

Fee: \$20

Kid's come enjoy a fun night out with your friends! There will be swimming, dodgeball, games, basketball, crafts, and more! A pizza dinner is provided. Kids need to bring their own swimsuit and towel for swimming.



Home School PE

5 to 14 years

When: January Session: January 4 - 25

Time: Wednesdays, 2:30 - 3:30 pm

Where: High Blue Wellness Center

Early Bird Fee: \$18 for 1st child; \$3/ea add'l if registered by Dec. 28, Jan. 25, Feb. 29

Fee: \$20 for 1st child; \$5/ea

Here's an excellent chance for Home School students to participate in a variety of activities that will help them stay healthy and physically active. Students will have the opportunity to participate in a variety of sports, exercises, games and much more. The class will offer ways to stay physically active as an individual and as a group. All classes will begin with a warm up and end with a cool down. Students also will learn the importance of hydration and safety in relation to physical activity.



Youth Basketball League

Kindergarten - 2nd grade

When: February 15 - March 21

Time: Wednesdays, 5:30 - 7:00 pm

Where: High Blue Wellness Center

Early Bird Fee: \$60 per participant if registered by Feb. 1

Fee: \$70

Boys and girls will have fun in this recreational basketball league for Kindergarten through 2nd grade students. The league will consist of two weeks of instruction/fundamentals and four weeks of league play.



BELTON YOUTH BASEBALL & SOFTBALL

Registration Information

Beginning **January 2** registration will begin for the 2012 season.

Don't wait.
Sign up
now!

HIGH BLUE WELLNESS CENTER—16400 N. Mullen Road
League Representatives will be on hand
Saturdays from 10:00 am - 2:00 pm to answer any questions
February 25 March 3 March 10

Ongoing registrations accepted at the High Blue Wellness Center during regular hours till March 22, 2012.
Hours are: Monday - Friday, 5:30 am—10:00 pm; Saturday, 7:00 am - 8:00 pm; Sundays, 11:00 am - 7:00 pm

Recreation League Fees: Baseball and Softball

GIRLS SOFTBALL		Early Bird		Length of Season
Division	Grade	Fee *	Fee	
Tee-Ball*	Pre-K & K	\$65	\$75	8 Games
Coach Pitch	1 st - 2 nd	\$80	\$90	10 Games
Player Pitch (10US)	3 rd & 4 th	\$90	\$100	10 Games
Player Pitch (12US)	5 th & 6 th	\$90	\$100	12 Games
Player Pitch (14US)	7 th & 8 th	\$90	\$100	12 Games
Player Pitch (16US)**	9 th & 10 th	\$90	\$100	12 Games

Early Bird Fee
(If registered by March 15th)

Final Registration date
March 22nd

*Tee-Ball (ages 4-5 years) will be separated into Boys and Girls Division. Boys and Girls will be combined dependent on Registration.

BOYS BASEBALL		Early Bird		Length of Season
Division	Grade	Fee *	Fee	
Tee-Ball*	Pre-K & K	\$65	\$75	8 Games
Machine Pitch	1 st	\$80	\$90	10 Games
Coach Pitch	2 nd	\$80	\$90	10 Games
Player Pitch (10UB)	3 rd & 4 th	\$90	\$100	10 Games
Player Pitch (12UB)	5 th & 6 th	\$90	\$100	12 Games
Player Pitch (14UB)	7 th & 8 th	\$90	\$100	12 Games
Player Pitch (16UB)**	9 th & 10 th	\$90	\$100	12 Games

** 16 & Under Leagues will be determined base upon Registration Numbers.

The 2012 Divisions will be divided by the player's current grade in school.

Game Locations:

Most games will be played in Belton Parks: Cimarron, Memorial and Markey. As necessary, games also may be played in Raymore, Grandview, Kansas City and Harrisonville.

Uniforms: Players will receive Cap/Visor, Jersey, and Pants

Awards: All Players will receive a participation award. In the older divisions 1st Place will be given appropriately and all other players will receive participation awards.

Registrations by mail must include complete registration form and full payment. Make all checks payable to Belton Parks and Recreation. Write your driver's license # and date of birth on the check.

Mail registrations to:
Belton Parks & Recreation
Attn: Youth Baseball / Softball
16400 N. Mullen Rd.
Belton, MO 64012

**If you have any questions or would like to volunteer, please feel free to contact:
Recreation Manager Shane DeWald at 816-348-7400, ext. 7408**