



SUMMER

MER

ACTIVITY GUIDE



 @MULVANE_REC

 @MULVANEREC

 WWW.MULVANEREC.COM



Annex Building



- WALKING TRACK
- ONE GYMNASIUM- 2 COURTS
- VOLLEYBALL NETS
- OPEN GYM BASKETBALL
- OPEN GYM VOLLEYBALL
- FITNESS CLASSES
- CARDIO EQUIPMENT ON WALKING TRACK

Main Building



- WEIGHT ROOM
- CARDIO ROOM
- ONE GYMNASIUM
- OPEN GYM PICKLEBALL
- CATPACK PROGRAM
- MAIN ADMIN OFFICES

Locations

(316) 777-0858

MRC Main Building

632 E. Mulvane Street

MRC Annex Building

411 SE. Louis Drive

(Connected to the Grade School Gym)

FACILITIES 2

INFORMATION 3 - 4

YOUTH PROGRAM..... 5

YOUTH AND ADULT SPORTS..... 6-7

ENRICHMENT/EVENTS..... 8

FITNESS 9-11



Our Mission Statement



To serve the citizens of the USD 263 School District by providing quality, affordable recreation programs that invite participation, build relationships, and enhance lives.

Mulvane Recreation Commission Directors



Andrea Kelly

Executive Director
Ext. 100
akelly@mulvanerec.com



Jeff Stos

Assistant Director
Ext. 107
jstos@mulvanerec.com



Kande Jones

Development Director
Ext. 102
kjones@mulvanerec.com



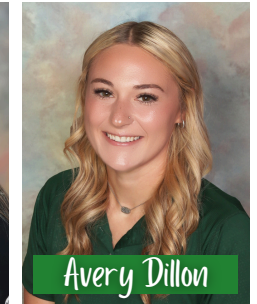
Holly Willig

Office Manager
Ext. 103
hwilig@mulvanerec.com



Ali Helms

Youth Program Director
Ext. 101
ahelms@mulvanerec.com



Avery Dillon

Sports Director
Ext. 105
adillon@mulvanerec.com



How Will You Celebrate?



Board Members

CALEB HATFIELD THERESA CUMMINS
DEBBIE KENDRICK RON HLADIK

Facility Hours

Monday - Thursday 5:30 am to 9:00 pm

Friday 5:30 am to 7:00 pm

Saturday 8:00 am to 5:00 pm

Sunday 1:00 pm to 5:00 pm

AMENITIES

- **Two Gymnasiums** - Three Courts Total
- **Walking Track**
- **Cardio Center** - Treadmills, Ellipticals, AMT's, Recumbent Bikes, Bikes, & Rowing Machine
- **Weight Room** - Weight Machines & Free Weights
- **Classrooms**
- **Two Fitness Studios**
- **Community Room** - Available to Rent

FACILITY RENTALS

- **Community Room**
- **Baseball & Softball Fields**

WARNING OF RISK

Recreational activities/programs are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparations, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreation activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries inherent to indoor/outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for MRC to guarantee absolute safety.

MEMBERSHIPS

Memberships and daily passes can be purchased anytime during operating hours or online 24/7.



MEMBERSHIPS

MEMBERSHIP RATES

TYPE	MONTHLY	DRAFT	6 MONTH	ANNUAL
Single	\$ 25.00	\$ 20.00	\$ 150.00	\$ 270.00
Family	\$ 40.00	\$ 35.00	\$ 240.00	\$ 432.00
Youth	\$ 13.00	\$ 10.00	\$ 78.00	\$ 141.00
Military Single	\$ 20.00	\$ 18.00	\$ 120.00	\$ 216.00
Military Family	\$ 30.00	\$ 28.00	\$ 180.00	\$ 324.00
Walking Track	\$ 12.00	\$ 10.00	\$ 72.00	\$ 130.00

Adult Day Pass	\$ 5.00
Youth Day Pass	\$ 3.00
Walking Track	\$ 3.00
Class Drop In	\$ 7.00

NEW FEES WITH UNLIMITED CLASSES START ON JUNE 1ST, 2026

**(Family is defined as the Member, Spouse, and their legal dependents. Military includes veterans, active duty, and retired service members.)*

ALL MEMBERSHIPS INCLUDE UNLIMITED FITNESS CLASSES!
(Walking Track excluded)

SPECIAL EVENTS AND NEW PROGRAMS

- **Red White and Bingo Event**
- **Wrestling Event**
- **Craft and Create**
- **Creative Kids Craft Club**
- **Adult Kickball**
- **Babysitting Training and Certification**

MULVANE AND Café Share

Monday & Thursday 12pm-5pm

Saturday 9am-11:30am

1014 N. 2nd Ave
Mulvane, Ks 67110
316-440-6687



Follow us!



@mulvanerec



@mulvane_rec



www.mulvanerec.com

REGISTRATION

Three Ways to Register -

- In person at 632 E. Mulvane Street where one of our friendly desk clerks can assist you.
- Via online at www.mulvanerec.com.
- Calling (316) 777-0858 during business hours

**CONTACT MRC AT 777-0858
FOR ASSISTANCE!**

CHANGES/CANCELLATIONS

- Programs are sometimes cancelled or altered due to low registration, changes in staff or facility availability
- If a program has been cancelled or altered, we will work with you to transfer your registration to another program of your choice.

CLASS / MEMBERSHIP FEES

RESIDENT/NON-RESIDENT FEES

Mulvane residents make significant contributions to the operation of this agency through the payment of property taxes. These contributions are above the fees that they also pay for programs and services offered by the MRC. In recognition of this contribution, Mulvane residents qualify for the 'Resident' rate for all programs. We have also chosen to extend a neighborly 'Resident' rate to our friends in Peck, Belle Plaine, & Udall. Those living outside of these boundaries qualify for the 'Non-Resident' price.

WAITING LISTS

Waiting lists are automatically created when there are more registrations for a program than space available. You can be added to the wait list and will be contacted if a space opens up. If you accept the available space, payment is due at that time.

DISCLAIMERS

Photography or video recording is permitted at all MRC events and activities, unless posted or asked otherwise. MRC reserves the right to require a person to leave the premises or cease taking photos or using a video device if the MRC finds such behavior to be disruptive.

By the use of the MRC facilities and services, participants of programs and special events grant permission for the MRC to take photos and videos of themselves and their children for publication in the program brochure, website, and additional uses as the MRC deems necessary, unless the registrant or participant expressly files a written request as to the use of photos or videos of themselves and/or their children. All professional photography on MRC property and at MRC events and programs must be approved through the MRC administrative offices. MRC facilities are monitored with video surveillance for MRC's private use as a means to safeguard property and participants. MRC does not allow 3rd parties to view surveillance footage.

REFUNDS

- Full refunds will be issued for any program cancelled by MRC.
- Participants may request refunds for classes/sports up to the start date or the program's first meeting or practice. Once the class/sport has begun, no refunds will be issued.
- Refunds for trips and contractual events/services/programs will only be issued if the spot can be filled from the waiting list.
- A \$5 administration fee will be charged against refunds for cancellations, including those due to medical concerns, to cover clerical and administrative costs. No administrative fees are charged when a program is cancelled by the MRC.
- Fees paid by credit cards will be refunded back to the credit card.
- Refund processing may take up to three weeks.

CLASS REGISTRATION DEADLINE

- Program registration is open on a first-come, first-served basis.
- Early registration is encouraged.
- Registration close dates are listed in the guide and online.

CLASS MAKEUP POLICY

- If classes need to be cancelled, MRC staff will notify all participants before the beginning of class.
- Any class missed will be made up as time allows.

CLEANING, SANITIZING, & SAFETY

All members are required to wipe down the equipment they use with a sanitation wipe provided by the MRC. If sanitation wipes are unavailable, please use the paper towels and disinfectant spray also provided by the MRC. Spray the disinfectant on the paper towel and then wipe the surface.



CATPACK BEFORE AND AFTER SCHOOL

Weekly Pricing

AM only: \$35
PM only: \$45
AM & PM: \$55



- ✔ Safe & Supervised Environment
- ✔ Flexible Hours for Busy Parents
- ✔ Fun Activities, Games & Social Time
- ✔ Positive Place to Build Friendships

Registration opens on
July 1st, 2026



Contact Us
316-777-0858



Learn More
www.mulvanerec.com

KINDER - 5TH GRADE

HOURS
6:30AM - 6:00PM

Sports Programs



Adult Coed Softball

This league offers a fun and competitive environment for players of all skill levels. Games will be played on Tuesday evenings at the Mulvane Sports Complex. The season will run for 8 weeks with each team guaranteed 8 games.

Early Bird Team Entry: June 8th - July 5th

Cost: \$250

Regular Team Entry: July 6th - July 19th

Cost: \$300

Season Dates: August 4th - September 22nd
(8 weeks)

Game Times: 6:00 PM, 7:00 PM, 8:00 PM

Location: Mulvane Sports Complex

Adult Coed Kickball

This league provides an enjoyable and competitive setting for athletes of every skill level. Games will take place on Thursday evenings at the Mulvane Sports Complex. The season lasts 8 weeks, with every team guaranteed 8 games.

Early Bird Team Entry: July 13th - August 9th

Cost: \$250

Regular Team Entry: August 10th - August 23rd

Cost: \$300

Season Dates: September 10th - October 29th
(8 weeks)

Game Times: 6:00 PM, 7:00 PM, 8:00 PM

Location: Mulvane Sports Complex

Adult Volleyball

Get your game on every Wednesday night! Whether you're looking to sharpen your skills or just have fun with friends,

volleyball is the perfect way to stay active. Grab your crew and dive into the excitement every week!

Fee: Day Pass/MRC Membership

Day/Time: Wednesday, 7:00 PM - 9:00 PM

Location: MRC Annex Gymnasium

**Schedule subject to change*

Adult Basketball

Looking for a pickup game? With two time slots each week, there's always a game to fit your schedule. Whether you're playing for fun or working on your skills, there's a spot for everyone to join the action!

Fee: Day Pass/MRC Membership

Day/Time:

Tuesday, 7:00-9:00 PM (Ages 16+)

Thursday, 7:00-9:00 PM (Ages 18+)

Location: MRC Annex Gymnasium

**Schedule subject to change*

Adult Pickleball

Ready for fast-paced fun? Pickleball combines the best of tennis, badminton, and ping pong into one exciting game. Whether you're a beginner or a pro, come join the action and enjoy some friendly competition!

Fee: Day Pass/MRC Membership

Age: 16+

Sunrise Session Morning Session

Monday 7:45am-9:15am 9:30am-11am

Tuesday 7:45am-9:15am 9:30am-11am

Thursday 7:45am-9:15am 9:30am-11am

Friday 7:45am-9:15am 9:30am-11am

Sunday 2pm-4pm

Location: MRC Annex Gymnasium

**Schedule subject to change*



STATE FARM® INSURANCE AGENT

Angela Fox

ADDRESS

1224 SE Louis Dr, Suite D
K-15 & Rock Road
Mulvane, KS 67110
K-15 & Rock Road



TOTAL CUSTOMER SATISFACTION IS OUR TOP PRIORITY!

WE CAN SCREEN PRINT ON:

- T-SHIRTS
- BASEBALL CAPS
- SWEATSHIRTS
- VISORS
- SPECIALITY ITEMS
- PROMOTIONAL ITEMS

316-788-1550



Sports Programs

1st/2nd Grade Intro to Volleyball Program

This instructional program focuses on introducing young athletes to the basic skills, rules, and techniques of volleyball in a fun learning environment. Participants will build confidence while learning the fundamentals of the game. Activities will be played using a "Biggie Soft Play" volleyball.

Early Bird Registration: June 15th - July 12th

Cost: \$25

Regular Registration: July 13th - July 26th

Cost: \$45

Program Schedule: August 11th - September 15th

Program Day/Time: Tuesdays from 5:45pm-6:45pm

***WE ARE HIRING FOR AN INSTRUCTOR**

3rd/4th & 5th/6th Grade Youth Volleyball

This is a Travelling League

This recreational volleyball league is designed to emphasize and improve team volleyball skills. The focus of the volunteer coaches will work with the players on the improvement of skills, continuing learning and analyzing the rules of the game, & improving on the proper form's techniques. This league is joined by Haysville & Clearwater. All home games will be played at the MRC Annex Gymnasium.

Early Bird Registration: June 15th - July 12th

Cost: \$45

Regular Registration: July 13th - July 26th

Cost: \$65

Practices: Begin the week of August 10th

(No practice September 7th - Labor Day)

Season Game Schedule: September 5th - October 10th

Location: MRC Annex Gymnasium

CHANGE YOUR STORY

Learn ● Grow ● Succeed

- Earn \$25 gift cards,
- Enjoy free childcare & meals
- Build a brighter future

Join a supportive community of learners and achievers!



Learn practical strategies that work in real life!

Empower yourself with knowledge and support to transform your financial future



Mulvane Community Foundation

NFL Flag Football

Divisions are subject to change. Official NFL reversible jersey & flags are included in the fee. Participants are required to provide their own mouth guard.

League Divisions: Kindergarten will be in a division of their own. The group will practice together and will split into two teams.

The 1st/2nd grade Division will be in a division that will separate into their own teams. All Flag Football Coaches will create their own practice schedule.

Early Bird Registration: June 15th - July 12th

Cost: \$45

Regular Registration: July 13th - July 26th

Cost: \$65

Practices: Begin the week of August 11th

(No practice September 7th - Labor Day)

Season Game Schedule: September 5th - October 10th

Location: Mulvane Sports Complex - North Soccer Field



Mulvane Manatee Swim Team

Traveling League

Clearwater, Conway Springs, & Belle Plaine

Early Bird Registration: April 6th-May 3rd

Cost: \$40

Regular Registration: May 4th-May 17th

Cost: \$60

Age Divisions: 8U/10U/12U/14U/16U/18U

Age Cut-Off: Age as of June 1st, 2026

Practice days/Times: Monday-Thursday, 12pm-12:45pm

Location: Mulvane City Pool

Swim Meet Schedule: TBD

First Practice May 26th-No Practice May 25th due to Memorial Day

Enrichment & Events



BABYSITTER TRAINING & SAFETY CERTIFICATION

Ready to start babysitting or watching younger siblings? This interactive class teaches essential safety skills including first aid basics, choking response, emergency decision-making, and responsible supervision. Participants also learn professional babysitting skills such as communication and leadership, while earning an HSI Babysitter Safety certification card and digital handbook. (This is not CPR/First Aid certification)

Ages: 11 - 16 years old

Registration: April 1st - May 1st

Cost: \$40 (sibling discount \$30) - lunch included

Program Dates: May 2nd

Times: 9:00am - 12:00pm

Location: Main MRC building

YOUTH FISHING

This hands-on fishing program is designed for 3rd-8th graders who want to learn the basics of fishing or build on skills they already have. Participants will learn how to safely use equipment, practice casting techniques, identify common local fish, and understand the importance of conservation and respecting nature.

Ages: 3rd - 8th Grade

Registration: April 1st - May 25th

Cost: \$30

Program Dates: June 1st - July 6th

Program Day: Mondays

Times: 8:00am - 11:00am

Location: Main MRC building for drop off and pickup

CRAFT AND CREATE

Unleash your creativity and enjoy a relaxing evening at our Adult Craft Night! Whether you're a seasoned crafter or just looking to try something new, this fun and social event is the perfect chance to create something unique. Each session will feature a hands-on project ranging from decorative door hangers to cozy floor mats and other creative crafts you'll be proud to display in your home

Ages: 18+

Cost: \$30

Program Dates: May 30th Coir Mats and July 25th Door Hangers

Times: 4:00pm

Location: Main MRC building

CREATIVE KIDS CRAFT CLUB

Join us for a hands-on creative arts program filled with colorful, imaginative projects designed for makers of all ages. Participants will explore a variety of crafting techniques as they create paper flowers, beaded-leg animals, Perler bead keychains, crochet basics, foil art, animal portraits, dream catchers, and weaving projects. Using simple materials like cardboard, yarn, beads, foil, paints, and everyday craft supplies, this program encourages creativity, fine-motor skill development, and artistic expression. Each session introduces a new craft, allowing participants to experiment, personalize, and take home a unique piece of art.

Ages: 7-12 yr old

Registration: May 4th - 27th

Cost: \$30

Program Dates: May 28th - June 18th

Program Day: Thursdays

Times: 10:30am-11:30am

Location: Main MRC building (Wildcat Room)



WRESTLING EVENT COMING!
JUNE 5TH
DOORS OPEN 5PM
SHOW STARTS AT 6PM
ANNEX BUILDING
KIDS FREE
\$15 GENERAL ADMISSION
\$35 FOR VIP EXPERIENCE

FITNESS

SCHEDULE

MON	5:30am	High Definition
	8:00am	Shine Uplift
	9:00am	StrongHer
	11:00am	Mini Movers
	4:15pm	Sr. Balance/Mobility
	5:30pm	Night Flow Yoga

THURS	5:30am	Tabata Tune Up
	5:30am	Shine Uplift Combo
	9:00am	Senior Strength
	7:00pm	Jagatuor Martial Arts

FRI	5:30am	Shine Uplift Combo
-----	--------	--------------------

TUES	5:30am	Tabata Tune Up
	5:30am	Shine Uplift Combo
	9:00am	Senior Strength
	7:00pm	Jagatuor Martial Arts

WED	5:30am	High Definition
	8:00am	Shine Uplift
	9:00am	StrongHer
	4:15pm	Sr. Balance/Mobility
	5:30pm	Night Flow Yoga

Session Dates

Summer Session 1
May 24th - June 27th

Summer Session 2
June 28th - August 1st

***No Make-Up Week**

NEW MEMBERSHIP FEES

Starting June 1st, 2026

(Family is defined as the Member, Spouse, and their legal dependents. Military includes veterans, active duty, and retired service members.)

Family	Individual	Day Pass	Walking Track
Auto-Bill \$35	Auto-Bill \$20	Adult \$5	Auto-Bill \$10
One Month \$40	One Month \$25	Senior 65+ \$3	One Month \$12
6 Month \$240	6 Month \$150	Youth \$3	6 Month \$72
Full Year \$432	Full Year \$270	Class Drop In \$7	Full Year \$130
Youth	Military Single	Military Family	
Auto-Bill \$10	Auto-Bill \$18	Auto-Bill \$28	
One Month \$13	One Month \$20	One Month \$30	
6 Month \$78	6 Month \$120	6 Month \$180	
Full Year \$141	Full Year \$216	Full Year \$324	

Unlimited classes for all memberships except for the walking track!



Night Flow Yoga

Introspective, slow movements link breath with motion. Focus is on calming the mind through breath work, while improving balance, flexibility, and strength. Slow enough for all levels while giving experienced students the opportunity for advanced skill.

\$25 per session

Instructor: Tracie Duncan

Senior Balance and Mobility

This class combines traditional resistance training with specialized exercises designed to enhance balance, agility, and mobility. Tailored specifically for seniors, it focuses on improving stability, coordination, and overall functional movement to promote independence and reduce the risk of falls.

\$20 per session

Instructor: Cassey Belt

Jagatuor Martial Arts School

JAGATUOR MARTIAL ARTS is a school/club led by internationally certified black belt instructor, Master Jason Sears. His affiliations include USAT (Team USA) and World Taekwondo (Kukkiwon). JAGATUOR MARTIAL ARTS is also listed as a UTA (United Taekwondo Alliance) partner school. Participants will learn many techniques to gain experience and, if desired, have the opportunity to promote as well as compete in local, regional, and national tournaments. Classes will focus on self-defense, blocks, sparring techniques as well as balance and breathing exercises. It's a good cardio workout as well. This course teaches practical defense such as situational awareness and danger avoidance. This course can leave you feeling empowered and welcomes all skill levels from beginner to expert.

\$25 per session

Instructor: Jason Sears

Senior Strength

Energize your body and mind in this dynamic fitness class designed specifically for older adults! Senior Strength blends fun, full-body cardio with targeted strength training to support muscle growth, improve bone density, and boost overall vitality. Each session features upbeat drum routines to elevate the heart rate, followed by resistance-based strength exercises tailored to your ability level. Whether you're new to fitness or continuing your wellness journey, this class offers a supportive, music-filled environment to keep you strong, steady, and smiling.

\$35 per session

Instructor: Cassy Kent

Mini Movers

Get ready to move, groove, and explore! Mini Movers is a fun and engaging class designed for toddlers and preschoolers who are just starting to walk up to age five. Through lively songs, interactive activities, and exciting obstacle courses, little ones will develop their motor skills, coordination, and confidence in movement. This class encourages parent participation to support and bond with your child every step of the way. Come join us for a joyful and active experience that nurtures your child's love of movement!

\$20 per session

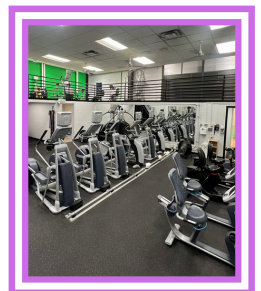
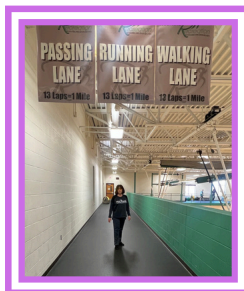
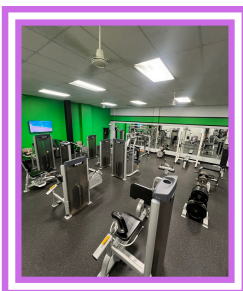
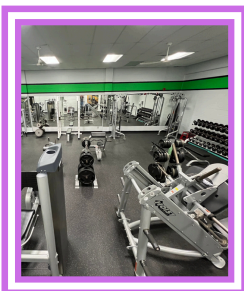
Instructor: Cassey Belt

Tabata Tune-Up

Get fit fast with this fun, time-efficient workout! Tabata Tune-Up uses short bursts of exercise 20 seconds of movement followed by 10 seconds of rest in quick, 4 minute rounds. You'll boost your heart health, build strength, burn calories, and improve endurance at your own pace. Every class is designed to help you tune up your fitness and feel stronger, one round at a time!

\$25 per session

Instructor: Tracey Stump



Shine Uplift

Join us for a high-energy, music-driven workout experience that blends feel-good dance cardio with powerful strength and toning segments designed to ignite your confidence and elevate your mood. Whether you're new to fitness or a seasoned pro, this class is your space to shine—no judgment, just joy. Expect upbeat choreography, motivating instructors, and a welcoming vibe that leaves you feeling strong, empowered, and uplifted from the inside out. Come as you are and leave with a sweat, a smile, and a reminder of your inner strength.

\$25 per session

Instructor: Amy Nelson

StrongHer

A strength-building class designed for women who want to feel empowered, capable, and confident in their bodies. Each session provides a structured set of weightlifting movements that focus on building lean muscle, improving bone density, and supporting long-term wellness.

This independently driven format allows participants to move at their own pace while still benefiting from a supportive, encouraging atmosphere. Whether you're new to lifting or returning to it, StrongHer meets you where you are. Offering the tools, space, and community to grow stronger, together.

\$25 per session

Instructor: Cassy Kent

Shine Uplift Combo

SHINE + UPLIFT Combo Class is the perfect fusion of strength, balance, and feel-good cardio—all set to the music you love. This energizing format blends the best of SHINE Fitness Training with the empowering UPLIFT program for a well-rounded, mood-boosting workout.

You'll start with 30 minutes of weight training and balance work to build strength and stability, followed by 15 minutes of upbeat cardio and a refreshing cool-down. Every routine moves intentionally through iconic hits from the '90s to today, helping you strengthen and tone your body while staying mentally connected and motivated.

More than just a workout, this class is about building confidence, creating community, and leaving stronger—inside and out.

\$35 per session

Instructor: Amy Nelson

High Definition

Are you ready for a full body workout? Then this is YOUR class! High Definition incorporates circuit and partner styles, body resistance bands, and weights aimed at toning and defining your muscles, all while keeping your heart rate up!

\$35 per session

Instructor: Tracey Stump

Meet Our Fitness Instructors!



Tracey Stump



Cassy Kent



Amy Nelson



Tracie Duncan



Cassey Belt



Jason Sears



RED WHITE AND BINGO

\$25 per person
includes 6 cards
with 10 games
Additional Cards
\$10

9 CLASSIC BINGO GAMES
GRAND PRIZE BLACKOUT GAME

★ June 26th ★
6pm
MRC Main Gym
632 E. Mulvane Street

ALL VETERAN AND ACTIVE MILITARY ENTERED INTO A SPECIAL DRAWING



WWW.MULVANEREC.COM



316-777-0858