

Tonganoxie Recreation Commission



THE HAPPENINGS



A guide to TRC's upcoming programs and events.

[300 E. US Hwy 24-40 Tonganoxie, KS 66086 | 913.845.3502]

JULY - AUGUST



Join our Recreation Activity center and sign up for a membership.

Annual Resident Membership

- 5 & Under - Free
- Adult - \$60
- Student/Senior (60+) - \$40
- Senior Couple/Family - \$60
- Family - \$100

Annual Non-Resident Membership

- 5 & Under - Free
- Adult - \$200
- Student/Senior (60+) - \$100
- Senior Couple/Family - \$150
- Family - \$300

Stop by for a visit and just pay the day fee.

Resident Day Fees

- 5 & Under - Free
- Adult - \$2
- Student/Senior (60+) - \$1

Non-Resident Day Fees

- 5 & Under - Free
- Adult - \$4
- Student/Senior (60+) - \$3

WEEKLY HAPPENINGS

Open court times for various sports every week. Sign up for a membership or pay the day fee to come play!

PICKLEBALL

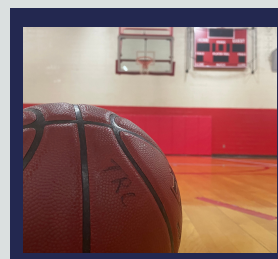
Mondays | 7 - 11 AM
Tuesdays | 5:30 - 8 PM
Wednesdays | 7 - 11 AM
Saturdays | 9 AM - 12 PM
Sundays | 3 - 5 PM



OPEN GYM & BASKETBALL

Check the calendar on our website. If the schedule is clear in the gym, it is open for you to use! Day fees apply, members play free!

2 Cross-court spaces available to play! All Ages welcome!



VOLLEYBALL

Thursdays | 6 - 8 PM

HAPPENING NEWS

TRC will be closed on the following dates for Independence Day.



Tuesday | July 4

Walking hallways are currently closed due to construction. We are expecting them to open back up sometime in August.

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Visit www.tongierec.org for more details about the happenings!

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HAPPENINGS FOR ADULTS

55+ YOGA

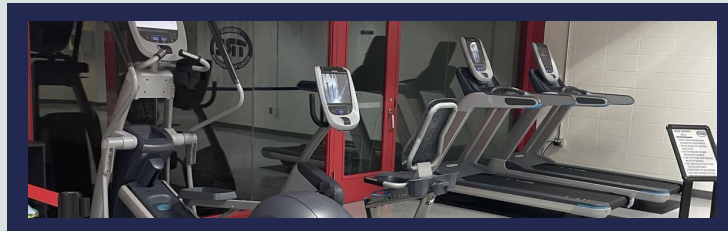
Every other Tuesday | 9:30 - 10:30 AM

[July 11, July 25, Aug. 8, Aug. 22]

Find your inner peace with yoga instructor Linzi Shriner, the owner of Peace, Love, & Yoga. This class will be specially focused for participants over the age of 55.

Fee: \$10 resident/ \$12 non-resident

Age: 55+



ADULT RUNNING CLUB

Tuesdays | 6:30 PM

Chris Reynolds wants to meet you at the Recreation Center to begin a running route! He will lead the way on the runs. This is a great way to get on your feet, get outside, and socialize with other runners in Tonganoxie.

Fee: FREE

Age: 18+

ADULTS CROCHET

Various dates/times

Students will learn how to get started, chain stitch, single crochet, double crochet and how to end a project.

Students will also learn about different types of yarns and hooks. All materials provided.

Fee: \$25 district/ \$30 non-district

Age: 16+

Level 1 | July 12 | 4:00 - 6:00 PM

Level 2 | July 29 | 9:00 - 11:00 AM

Level 1 | August 19 | 9:00 - 11:00 AM

Level 2 | August 23 | 4:00 - 6:00 PM

55+ BINGO

July 21 & August 9 | 1:00 - 3:00 PM

Come and play 10 rounds of Bingo at the Activity Center! Rounds include regular bingo, special bingo, and a blackout round. Prizes will be awarded to winners. Snacks and drinks will be provided.

Fee: \$3

Age: 55+

KEEPING SENIORS FIT

Saturdays | 10:00 - 10:45 AM

A fitness program designed for seniors that will be low impact, focusing on cardiovascular endurance, strength, flexibility and balance. This class will have no floor work, participants can use chairs to assist with balance, and will play 80s and Disco music to pump up the room!

Fee: \$10 per class | \$30 per month

Age: 50+

FIT 4 LIFE

Mondays | 10:30 - 11:30 AM

In this class, designed for 55+, we will use a combination of movement, exercises, hand weights and resistance bands to help strengthen and tone all areas of the body and work to increase balance. The instructor is a certified ISSA trainer and will add music to make the class motivating.

Monthly Fee: \$5 resident/ \$7 non-resident per day per month

Single Day Fee: \$6 resident/ \$8 non-resident

Age: 50+



Visit www.tongierec.org and choose Adult Activities!

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HAPPENINGS FOR YOUTH

KIDS CROCHET

July 6 & August 7 | 4:30 - 6:00 PM

Students will learn how to start a project, single crochet and how to end a project. Students will also learn about different hooks and yarns. All materials provided.

Fee: \$15 district/ \$18 non-district

Age: 8 - 16

ART DAY CAMP

July 10 - 14 | Ages 7 - 13

Young artists will explore many mediums with local artist and TES art teacher Amy Lawson. Class will meet in TES Art Room.

Fee: \$35 district/ \$45 non-district

Ages 7 - 9 | July 11 - 14 | 9 - 11 AM

Ages 10 - 13 | July 10 - 13 | 1 - 3 PM

STRETCH-N-GROW

Thursdays | 11:00 - 11:45 AM

The fabulously fun fitness program for kids! Engaging toddlers through preschoolers to move, exercise, make healthy choices and love doing it!

Fee: \$5

Age: 0 - 5

GIRLS RUNNING CLUB

Tuesdays | 4:00 PM [Grades 4 - 6]

Mia Bond wants to meet you at the Recreation Center to begin a running route! She will lead the way on the runs. This is a great way to get on your feet, get outside, and socialize with other runners in Tonganoxie.

Fee: \$30

Age: Grades 4 - 6

TABLETOP GAMING CLUB

Saturdays | 12 - 3 PM

Meet with the Tabletop Gaming Club for Magic the Gathering, D&D, and other similar story-telling games.

Fee: Day fees apply

Age: Grades 6 - 12



Visit www.tongierec.org and choose Youth Activities!

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HAPPENINGS FOR ALL AGES

PAINT PARTY

Fridays July - August | Dates/Times Vary - check our website!

Tammy Hudson has some amazing, seasonal designs she wants to paint with you! This session will be a colorful sign that reads, "Hello Summer!" TRC will provide refreshments at each party. All materials provided. Let's paint!

Fee: \$40 district/ \$45 non-district

Age: Varies per session.



CHAIR YOGA

Thursdays | 12 - 1 PM

A gentle form of Yoga modified for people of all ages with varying mobility. Poses are done sitting on a chair, standing and/or using the chair for support. Benefits include reduced joint strain, improved flexibility, increased strength, reduced stress, improved mood, and increased concentration.

Fee: \$10 per class | \$80 10-visit punch card

Age: All ages welcome!

** This is a drop-in class, no registration required.

REST ASSURED

Every other Tuesday | 9:30 - 10:30 AM

[July 18, Aug. 1, Aug. 15, Aug. 29]

Find rest, relaxation, and mindfulness. Linzi Shriner's meditation class will leave you feeling peaceful and renewed. Adaptable to all ages and mobilities, floor work optional, and chairs available. Take a break from the hustle and bustle of everyday life and give your mind and body some time to breathe.

Fee: \$10 resident/ \$12 non-resident

Age: All ages welcome!

ALL AGES BINGO

July 5 & August 25 | 4:00 - 6:00 PM

Come and play 10 rounds of Bingo at the Activity Center! Rounds include regular bingo, special bingo, and a blackout round. Prizes will be awarded to winners. Snacks and drinks will be provided.

Fee: \$3

Age: All ages welcome!

DISC GOLF CLINIC

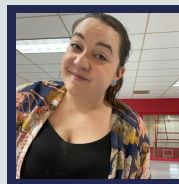
Friday Sept. 8 | 4:30 - 6:00 PM

Saturday Sept. 9 | 12:30 - 2:00 PM

Cooper Arnold is bringing his experience and skills in Disc Golf to Chieftain Park! Join him to learn and practice how to throw discs, the rules of the game, and techniques to take with you to your next disc golf course.

Fee: \$5 resident/ \$7 non-resident

Age: All ages welcome!



Questions?

Email our Program Director!
jennifer-trc@sunflower.com

Visit www.tongierec.org and choose Adult & Youth Activities!

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SPORTS HAPPENINGS

Summer Coed Leagues are Beginning!

Adult Coed Sand Volleyball | Sundays | Begins July 9

Adult Coed Kickball | Thursdays | Begins July 13

Coed Fall Soccer

This is a recreational league. Participants of all skill and experience levels are welcome. Participants will be given team shirts. Shin guards are required. A volunteer coach is needed for each team. If you wish to volunteer, please complete a coaching application after completing your child's registration. Practices will begin towards the middle-end of August. Games will be played on Saturdays, starting approximately September 9th.

Fee: \$35 district/ \$50 non-district

Grades: PreK - 8th (PreK must be 4 by Sept. 1)

Registration Deadline: Friday, July 28
(\$10 Late fee)

Coed Flag Football

This is a recreational league. Participants of all skill and experience levels are welcome. Games are played on Thursday evenings in Tonganoxie at Chieftain Park unless our number of teams requires travel to nearby communities. All coaches are volunteers. If you wish to be a volunteer coach, please complete the coaching application online through your account dashboard. Practices will begin in middle-late August. Games will begin in September. The season will last 6 weeks.

Fee: \$35 district/ \$50 non-district

Grades: 2nd - 3rd & 4th - 6th

Registration Deadline: Friday, July 28
(\$10 Late fee)

Instructional Flag Football

Participants will learn the basic skills needed to prepare them for our 2nd/3rd grade flag football league next year through drills and activities. Thursday's, September 7th - September 28th at Chieftain Park.

When: Sept. 7 - 28, 6 - 6:45 PM

Fee: \$25 district/ \$30 non-district

Grades: 1st Only

Registration Deadline: Friday, August 11
(\$10 Late fee)

Youth Volleyball

This is a recreational league. All skill and experience levels are welcome. Participants will be provided with team shirts. Knee pads are required. All coaches are volunteers. If you wish to be considered for a volunteer coaching position, please complete a coaching application within your account dashboard. Practices will begin towards the end of August. Games will begin in middle-late September. Games will be played on Sunday afternoons/early evenings.

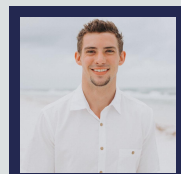
Fee: \$35 district/ \$50 non-district

Grades: 3rd-4th & 5th-6th

Registration Deadline: Friday, July 28
(\$10 Late fee)

Questions?

Email our Sports Director!
zach-trc@sunflower.com



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Follow our **Facebook** for daily updates and program announcements!



TONGANOXIE
PUBLIC LIBRARY



TONGANOXIE
WATER PARK

SPECIAL EVENT HAPPENINGS

Float-Fest

Saturday | July 14 | 8:00 - 10:00 PM

Enjoy an evening at the Tonganoxie Water Park with cool treats and a DJ! Swim and dance the evening away, have some fun, and enjoy the pool after the sun goes down! \$10 Wristband required for entry. Register for your wristband ahead of time at www.tongierec.org. Wristbands available for purchase at the Water Park starting at 5:00 pm the day of the event.

Under the Stars with Tonganoxie Public Library

Saturday | July 15 | 9:30 AM - 4:30 PM

A day of educational and entertaining activities! Step into space through a gigantic inflatable planetarium and hear stories of the solar system. Visit with astronomers and Bug Guy, design marble mazes, learn to build campfires and stop by the Cosmic Craft Station. A full day of far out fun for the entire family! All ages welcome. **No registration required - just come and enjoy!**

Ice Cream Social at Chieftain Park

Sunday | August 27 | 7:00 - 9:00 PM

Kick back with family and friends and enjoy a delicious dish of ice cream on TRC. This event is usually held on the last Sunday evening of August at Chieftain Park.

Interested in volunteer opportunities with Tongie Rec? We can always use extra hands for special events! Email our program director to sign up to volunteer! jennifer-trc@sunflower.com

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UPCOMING HAPPENINGS - SEPTEMBER



CPR TRAINING

Thursday September 14 | 6 - 8 PM

Come to the Rec Center for hands-only CPR training with the Tonganoxie Fire Department. It's important to be prepared for emergency situations, and knowing basic CPR can save someone's life. There will also be AED Awareness training during the program.

Fee: FREE

Ages: 12+

TRC'S FIREWORKS SHOW

Friday September 15 | 8:30 - 10:30 PM

We'll kick-off Tongie Days with a fireworks display on the Friday before the fair! Local vendors and fun activities TBA.

Fee: FREE Event!

Ages: All ages welcome!

Where: TRC Sports Complex

Interested in teaching a class? Leading a fitness program? Offering a workshop? We are looking for instructors of all types to add to our Happenings at Tongie Recreation! Email our program director with your ideas, and let's plan something fun! jennifer-trc@sunflower.com



Art at the Legends

Saturday September 23 | 10 AM - 7 PM

The Tonganoxie Arts Council is teaming up with Legends Outlets Kansas City to bring shoppers an art experience with fine art and fine craft vendors along with live art competitions.

Follow the Tonganoxie Arts Council online for updates about how to apply for this event.

Tonganoxie Arts Council on Facebook,
www.tonganoxieartscouncil.org

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Saturdays | 9 AM - 12 PM

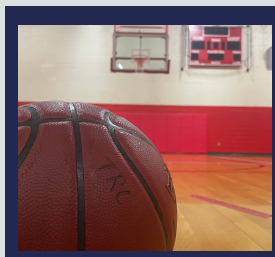
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