

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]

JAN - FEB '24



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

PICKLEBALL

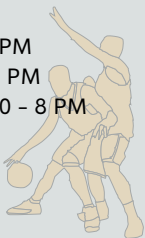
Monday | 9 - 11 AM
Tuesday | 5:30 - 8 PM
Wednesday | 9 - 11 AM
Saturday | 9 AM - 12 PM
Sunday | 3 - 5 PM

VOLLEYBALL

Thursday | 6:30 - 8 PM

OPEN GYM & BASKETBALL

Monday | 12 - 8 PM
Tuesday | 7 AM - 5:30 PM
Wednesday | 12 - 6:30 PM
Wednesday (18+) | 6:30 - 8 PM
Thursday | 12 - 5 PM
Friday | 12 - 6:30 PM
Saturday | 1 - 3 PM
Sunday | 1 - 3 PM



SPORTS HAPPENINGS

BASKETBALL SKILLS TIME

Our staff, Zach and Coach J will provide drills and activities for participants to work on enhancing skills related to basketball. If participants show up for all of the sessions that we meet, they will get a shirt at the conclusion of the basketball skills time.

3RD/4TH GRADE

Date & Time: Saturdays 9:30 - 11:00 AM | Jan. 11 - Feb. 29
Fee: \$25 residents/\$30 non-residents

5TH/6TH GRADE

Date & Time: Thursdays 3:30 - 5:00 PM | Jan. 11 - Feb. 29
Fee: \$35 residents/\$40 non-residents
Registration deadline: January 10

COACH J'S BASKETBALL CLINIC

Coach J's Basketball Clinics will be held after school. Participants will learn skills related to basketball. (after school - 4:30 PM)

KINDERGARTEN: January 8 - 10

1ST GRADE: January 22 - 25

2ND GRADE: January 29 - February 1

Fee: \$20 resident/\$30 non-resident

COED SPRING SOCCER

This is a recreational league. Players of all skill and experience levels are welcome. Games are played on Saturday mornings in Tonganoxie.

[7th/8th graders will travel to Leavenworth for a few games.]

Practices begin around March 1st.

Games begin March 30th.

Grades: PreK - 8th

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

Registration deadline: February 9th [\$10 late fee]

SPECIAL EVENTS



Crafts with Mrs. Garrett | Sat January 12th
10:30 am - 2:00 pm | FREE



Rec & Roll Night | January 19th | 6:30 - 8:00 pm
Free for Members | \$3 per kiddo

Chocolate Bingo | Friday February 9th | 4 - 6 pm
\$3 per player



Leavenworth County Goes Wild | Sat February 17th
1 - 4 PM | Donate items to Operation Wildlife.
o <https://owl-online.org/>

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

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HAPPENINGS FOR ADULTS, YOUTH, AND ALL AGES

Clay Creations



Saturday January 20 | 2 - 4 PM

Make your very own Air-Dry clay creation to take home with you the same day! Mrs. Garrett will support your creative ideas and show you different techniques to make your ideas come to life.

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

Age: All ages welcome!

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

Punch Card: \$30 resident/ \$40 non-resident for 5 classes

Age: 40+

Slime Workshop



Saturday February 3 | 2 - 4 PM

Who doesn't love SLIME? Especially when it's homemade! Come out to the Rec Center to create a slime to take home that day. Mrs. Garrett will walk you through the steps of making this sensory stimulating substance.

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

Age: All ages welcome!

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.**

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

HULA HOOP FITNESS

Fridays | 10 - 11 AM

Saturdays | 1 - 2 PM

Hoop is low impact, it utilizes 30 Core muscles, enhances balance, speed & agility & hand to eye coordination. Plus, it's great for the cardio! Hoop Dancing burns big calories! Most of all it's FUN!

Fee: Day Fee + \$10 paid to KC Hoop Girls

Age: All ages welcome!

REC & ROLL

Thursdays | 9:00 - 11:00 AM

Fridays | 8:00 - 10:00 AM

An indoor playground for kiddos to enjoy during the colder weather months. Inflatable bounce house, ride around toys, tree house, foam blocks, mini basketball, and so much more!

Fee: Members play FREE! \$3 per child, non-members

Age: 0 - 5

ADULTS CROCHET

Level I - Beginner

Students will learn how to get started, chain stitch, single crochet, double crochet, and how to end a project. Students will learn about different types of yarns and hooks. Materials provided.

January 3 | February 3 | March 6

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

Age: 16+

Level II - Beginner+

Students will review basic crochet stitches, learn half double crochet and treble crochet stitches. Students will also learn how to change colors and read a pattern.

January 17 | February 7 | March 23

Fee: \$20 residents/ \$25 non-residents

Materials needed: "K" crochet hook, 2 colors of worsted weight yarn (size 4)

Age: 16+

Level III - Intermediate

Students will learn how to construct a granny square using 3 different colors. No basic stitches will be taught in this class.

January 24 | February 10 | March 13

Fee: \$20 residents/ \$25 non-residents

Materials needed: "J" crochet hook, 3 colors of worsted weight yarn (size 4)

Age: 16+

PEPPER SPRAY 101

January 25 | 6 - 8 PM

Tonganoxie Recreation and Tammy Bartels are bringing self-defense to the Recreation Center. Pepper Spray 101 is a course in how to respond to uncomfortable approaches, the safety and use of pepper spray, and the legalities of pepper spray if used.

Fee: \$25 instruction only/ \$40 includes take-home spray

Age: 11+

ALL AGES BINGO

Chocolate Bingo

February 9 | 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!

Sponsored prizes from Rocky Mountain Chocolate Factory, Sis's Sweets, CST Sweets, & more TBA.

KIDS CROCHET

January 6 & February 21 | Times vary

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

SAFE SITTER

March 2 | 8 - 3 PM

This 6-1/2 hour course covers safety skills, child care skills, life and business skills; as well as CPR instruction and manikin practice. Space is limited to the first 6 participants to register.

Fee: \$50 district/ \$60 non-district

Age: 11 - 14

All program dates and times are subject to change.