

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]

NOV - DEC



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

3rd/4th GRADE BASKETBALL

Registration is closed. Games are in November/December on Saturday mornings and Monday evenings.

5th/6th GRADE BASKETBALL

Registration deadline is Friday, December 1st.
Games in January/February on Saturday mornings and Monday evenings.
Separate leagues for boys/girls.
Fee: \$35 district/ \$50 non-district.

COACH J'S BASKETBALL CLINIC

Starts right after school and concludes at 4:30 PM.
Kindergarten: January 8th - 10th
1st Grade: January 22nd - 25th
2nd Grade: January 29th - February 1st
Fee: \$20 district/ \$30 non-district

HAPPENING NEWS

CLOSED

Thanksgiving - Nov. 23
Christmas Eve - Dec. 24
Christmas Day - Dec. 25
New Years Day - Jan. 1

SPECIAL EVENTS

Tongie Rec Member Bash | Friday November 17th | 5 - 8 PM

Thankful Bingo (50+) | Wednesday November 15th | 1 - 3 PM | \$3 per player

Pet Photos with Santa | Saturday December 2nd | 12 - 4 PM
• Please visit www.tongierec.org for more info and registrations

Tongie Rec Winter Bash | Friday December 8th | 5 - 8 PM

Holly Jolly All Ages Bingo | Friday December 15th | 4- 6 PM | \$3 per player

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

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HAPPENINGS FOR ADULTS, YOUTH, AND ALL AGES

SENIORS FITNESS CLASS

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+

GENTLE MOVEMENT & MEDITATION



Tuesday | 9:30 - 10:30 AM

50 Minutes of low impact, gentle stretch and movement and 10 minutes of meditation with sound bowls. Take a moment to relax, stretch, and renew every Tuesday with Yvette Smith.

Fee: \$11 Drop-In Fee paid to instructor

Age: All Ages

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

Hoopng 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

KIDS CROCHET

Nov. 11, Dec. 7 | 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

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 | November 4 | 9:00 - 11:00 AM

Level 2 | November 16 | 5:30 - 7:30 PM

Level 1 | December 9 | 9:00 - 11:00 AM

Level 2 | December 21 | 5:30 - 7:30 PM

PEPPER SPRAY 101



November 16 | 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+

HOLIDAY PAINT PARTY

November 3 | Autumn Vibes | 6 - 8 PM
December 15 | Winter Decor | 6 - 8 PM

Come to the Rec Center and paint a hand-cut, wooden canvas to celebrate the beginning of the school year! This is a fun, creative activity that sends you home with fond memories and a cherished hand-made decoration.

Fee: \$30

Age: All ages welcome!

ALL AGES BINGO

Holly Jolly Bingo

Dec. 15 | 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!

55+ BINGO

Thankful Bingo

November 15 | 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+

SAFE SITTER

December 16 | 8 - 3 PM | \$50 resident/ \$60 non-resident

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.