

## 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 ]



### Recreation Activity Center Hours of Operation:

<b>MON</b>	7 AM - 8 PM
<b>TUES</b>	7 AM - 8 PM
<b>WED</b>	7 AM - 8 PM
<b>THUR</b>	7 AM - 8 PM
<b>FRI</b>	7 AM - 6:30 PM
<b>SAT</b>	9 AM - 3 PM
<b>SUN</b>	1 PM - 5 PM

For information regarding Day Fees and Memberships, please visit [www.tongierec.org](http://www.tongierec.org)

## SPECIAL EVENTS



### LUAU BINGO

Friday July 19 | 1 - 3 PM  
\$3 per person  
Registration required.



### FLOAT-FEST DISCO RODEO

Saturday July 20 | 8 - 10 PM | Tongie Water Park  
Registration required.

### ICE CREAM SOCIAL

Sunday August 25 | 7 - 8:30 PM | Chieftain Park  
No registration | FREE for ALL!



## Rec Center Weekly Happenings

### MONDAYS

7 - 11:30 AM | Indoor Walking  
7 - 9 AM | Open Gym Basketball  
9 - 11 AM | Pickleball  
11 AM - 8 PM | Open Gym Basketball

### TUESDAYS

7 - 11:30 AM | Indoor Walking  
7 AM - 5 PM | Open Gym Basketball  
5:30 - 8 PM | Pickleball

### WEDNESDAYS

7 - 11:30 AM | Indoor Walking  
7 - 9 AM | Open Gym Basketball  
9 - 11 AM | Pickleball  
12 - 8 PM | Open Gym Basketball

### THURSDAYS

7 - 11:30 AM | Indoor Walking  
7 - 10 AM | Open Gym Basketball  
12 - 6 PM | Open Gym Basketball  
6:30 - 8 PM | Open Gym Volleyball

### FRIDAYS

7 - 11:30 AM | Indoor Walking  
7 - 10 AM | Open Gym Basketball  
11 AM - 6:30 PM | Open Gym Basketball

### SATURDAYS

9 AM - 3 PM | Indoor Walking  
9 AM - 12 PM | Pickleball  
12 - 3 PM | Open Gym Basketball

### SUNDAYS

1 - 3 PM | Open Gym Basketball  
3 - 5 PM | Pickleball

**JULY - AUGUST 2024 | [www.tongierec.org](http://www.tongierec.org)**

**FITNESS PROGRAMS & CLASSES  
@ TRC REC CENTER**

**Fit 4 Fitness... Fit 4 Fun**

WED | 9:15 - 10:30 AM  
Fitness class for ages 50+  
Certified instructor

**Chair Yoga**

WED | 12 - 1 PM  
Gentle stretching for all ages  
and mobilities.

**Stretch-n-Grow**

THURS | 10:30 - 11:30 AM  
Play, imagine, and grow!  
Ages 0 - 5

**Hula Hoop Fitness**

FRI | 10 - 11 AM  
Dance, hoop, and have FUN

Email [jennifer-trc@sunflower.com](mailto:jennifer-trc@sunflower.com)  
for questions.

**SPORTS HAPPENINGS**

**FLAG FOOTBALL COED (FALL 2024)**

Practices begin late August.  
**Grades:** 2nd/3rd & 4th/5th/6th  
**Fee:** \$35 residents/\$50 non-residents  
Registrations due by the July 26.

**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.

**When:** Thursdays | Sept. 19 - Oct. 10

**Time:** 5:30 - 6:15 PM

**Age:** 1st Grade only

**Fee:** \$25 resident/\$30 non-resident

Registration due by August 30.

**Fall Youth Coed Soccer 2024**

Practices begin towards the middle-end of August.

**Grades:** PreK - 8th

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

Registration due by July 26.

**Fall Youth Volleyball 2024**

Practices begin towards the end of August.

**Grades:** 3rd/4th & 5th/6th

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

Registration due by July 26.

Email [zach-trc@sunflower.com](mailto:zach-trc@sunflower.com) for  
questions.

**OTHER PROGRAMS & CLASSES  
@ TRC REC CENTER**

**REC & ROLL (SUMMER)**

July 9 - August 27  
Tuesdays | 9:30 - 11:30 AM  
\$3 per kid | Punch card available.

**FAMILY FRI-YAYS**

Every second Friday July - Dec.  
5 - 7:30 PM  
Day fees/membership applies.

**Crochet Classes**

We offer a variety of classes for  
crochet for all different ages and  
abilities. Please visit our website  
for more information regarding  
class content, dates, and times.

**Edible Science and Art!**

Saturday July 20 | 1 - 3 PM  
\$10 residents/\$12 non-residents  
Ages 6 - 14 | Registration required.

**Safe Sitter**

Saturday August 3 | 8 AM - 3 PM  
\$50 residents/ \$60 non-residents  
Registration required.

**Pepper Spray 101**

Thursday August 8 | 5 - 7 PM  
\$25 class/ \$40 class + spray  
Registration required.

**Mental Health First Aid**

Saturday August 10 | 9 AM - 5 PM  
\$65 residents/\$75 non-residents  
Ages 18+ | Registration required.

**Printmaking Workshop with TAC**

Saturday August 10 | 1 - 3 PM  
\$10 per person  
Registration required.

Email [jennifer-trc@sunflower.com](mailto:jennifer-trc@sunflower.com)  
for questions.



**FOLLOW US ON FACEBOOK!**

# GET OUTSIDE

**TONGANOXIE REC COMMISSION  
POP-UP MINI DISC GOLF COURSES**

**JULY 9 | CHIEFTAIN PARK**

**JULY 23 | VFW PARK**

**AUGUST 6 | CHIEFTAIN PARK**

**AUGUST 20 | VFW PARK**

**8 AM - 8 PM**

**POP-UP MINI DISC GOLF COURSES**

Head to Chieftain Park and VFW Park this  
summer on these dates and play a few  
rounds on the mini disc golf courses.  
Course maps available at the Tonganoxie  
Recreation Center, and posted at the  
facilities at Chieftain Park.

Chieftain Park | July 9 | August 6

VFW Park | July 23 | August 20

**8 AM - 8 PM**

Questions?

Email [jennifer-trc@sunflower.com](mailto:jennifer-trc@sunflower.com).



*All information regarding programs and special  
events are subject to change.*

*Check our website and follow us on Facebook for the  
most up-to-date information and announcements.*