

# 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 ]

## GET MOVING - FITNESS

### FIT 4 FITNESS... FIT 4 LIFE (50+)

**MONDAYS | 9:30 - 10:30 AM**

**DROP-IN FEE: \$6 IN-DISTRICT/\$8 NON-DISTRICT.**

Balance, strength and flexibility are important, especially as we age. In this class, designed for 50+, 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.

### CHAIR YOGA

**WEDNESDAYS | 12:00 - 1:00 PM**

**DROP-IN FEE: \$10 PAID TO INSTRUCTOR.**

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 may include reduced joint strain, improved flexibility, increased strength, reduced stress, improved mood, and increased concentration.

*[NOTE: There will be some instructional changes made to this class during March/April. Date, time, and fees are subject to change. Please call ahead of class to ensure availability.]*

### YOUR BEST SELF (18+)

**SATURDAYS | 11:00 AM - 12:00 PM**

**REGISTER ONLINE. \$7 IN-DISTRICT/\$9 NON-DISTRICT.**

Staci Fouts is back with another Adult Fitness class! This participant-driven class will include fun and energizing exercises with discussions on healthy eating, recipes, weight loss & exercise myths, and more! Staci has been leading and instructing health and exercise classes for many years and is excited to bring this new and improved fitness program to Tonganoxie!

### HULA HOOP FITNESS

**THURSDAYS | 5:45 - 6:45 PM & FRIDAYS | 10 - 11 AM**

**DROP-IN FEE: \$10 PAID TO INSTRUCTOR**

We use the hoop for a total body workout. Hooping is low impact, utilizes 30 core muscles, and enhances balance, speed, agility, and hand-eye coordination. Plus, it's great cardio! Dancing burns big calories, and most of all it's FUN! Discover the art of hoop dancing and transform your body, mind, and soul. Get happy, get healthy, get hooping!

Questions?

Email [jennifer-trc@sunflower.com](mailto:jennifer-trc@sunflower.com) or call 913.845.3502

## OPEN GYM SCHEDULE

*Beginning on March 24th, we will return to Summer Gym Hours. Rec Center will return to closing at 8:00 PM Mon- Thurs.*

### SUNDAY

1 - 3 PM | BASKETBALL

3 - 5 PM | PICKLEBALL

### MONDAY

7 - 9 AM | BASKETBALL

9 - 11 AM | PICKLEBALL

11 AM - 8:30 PM | BASKETBALL

### TUESDAY

7 - 9:30 AM | BASKETBALL

11:30 AM - 5 PM | BASKETBALL

5 - 8:00 PM | PICKLEBALL

### WEDNESDAY

7 - 9 AM | BASKETBALL

9 - 11 AM | PICKLEBALL

11 AM - 8:00 PM | BASKETBALL

### THURSDAY

7 - 10:30 AM | BASKETBALL

11:30 AM - 6:30 PM BASKETBALL

6:00 - 8:00 PM | VOLLEYBALL

### FRIDAY

7 - 10 AM | BASKETBALL

11 AM - 6:30 PM | BASKETBALL

### SATURDAY

8 - 11 AM | PICKLEBALL

11 AM - 3 PM | BASKETBALL



**GYM FLOOR UPDATES TBA  
HAPPENING SOON  
EXPECT GYM CLOSURE (4-8 WEEKS)  
SOMETIME IN MAY-JUNE 2025**



## TONGIE REC CENTER DAY FEES

\$1  
IN-DISTRICT  
STUDENT/60+

\$2  
IN-DISTRICT  
ADULT

\$3  
NON-DISTRICT  
STUDENT/60+

\$4  
NON-DISTRICT  
ADULT

AGES 0-5  
FREE

MEMBERS  
FREE

## TONGIE REC CENTER MEMBERSHIPS

\$40 (ANNUAL)  
• IN-DISTRICT  
• STUDENT/60+

\$60 (ANNUAL)  
• IN-DISTRICT  
• ADULT  
• 60+ COUPLE

\$100 (ANNUAL)  
• IN-DISTRICT  
• FAMILY

\$100 (ANNUAL)  
• NON-DISTRICT  
• STUDENT/60+

\$200 (ANNUAL)  
• NON-DISTRICT  
• ADULT

\$150 (ANNUAL)  
• NON-DISTRICT  
• 60+ COUPLE

\$300 (ANNUAL)  
• NON-DISTRICT  
• FAMILY

Please bring along some I.D. TRC wants to make sure residents of USD 404 are getting discounted rates in a fun and safe environment. Accepted ID includes drivers license, school ID (skyward profile), or current utility bill with address.



## STAY YOUNG YOUTH PROGRAMS

### STRETCH-N-GROW (AGES 0 - 5)

EVERY THURSDAY | 10:30 - 11:30 AM

**DROP-IN FEE: \$5 IN-DISTRICT/\$6 NON-DISTRICT**

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



### KIDS CROCHET

WEDNESDAY MARCH 12 | 4:30 - 6 PM

**\$15 IN-DISTRICT/\$18 NON-DISTRICT**

Students will learn how to get started crocheting, chain and single crochet stitches and learn about different kinds of yarn and hooks. They will also learn how to end a project. Materials provided.

### KIDS CROCHET +

WEDNESDAY MARCH 26 | 4:30 - 6 PM

**\$15 IN-DISTRICT/\$18 NON-DISTRICT**

Students will learn how to read a pattern to construct a hat. The first session students will read the pattern and get started. The second session will be to finish off the project.

### WORM WORLD

SATURDAY MARCH 29 | 1 - 2 PM

**\$10 IN-DISTRICT/\$12 NON-DISTRICT**

Build a worm habitat and observe how worms help break down soil. Learn why worms are important for healthy farms and gardens.

### BIRD NEST CREATIONS

SATURDAY APRIL 26 | 11 AM - 12 PM

**\$10 IN-DISTRICT/\$12 NON-DISTRICT**

Make a 3D bird nest using twigs, yarn, and paper eggs. Learn about local bird species while crafting!

## SPEND TIME TOGETHER SPECIAL EVENTS

### ST. PATRICK'S DAY PARADE

SATURDAY MARCH 15 | 11:00 AM

DOWNTOWN TONGANOXIE

The community hosts a parade on the Saturday prior to St. Patrick's Day. Wear your green, join the parade or just take in the festivities.

### FAMILY FRI-YAY

FRIDAY MARCH 14 | 5 - 7:30 PM

TONGANOXIE RECREATION CENTER

This will be our final Family Fri-Yay before the warmer weather heads our way! We will bring them back later in the year when the cold weather returns. Day fees/membership applies.

### EASTER EGG HUNT

SATURDAY APRIL 12 | 3 - 4 PM

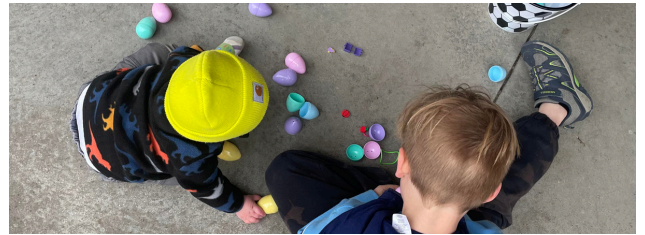
TONGANOXIE BASEBALL FIELDS

Tonganoxie Rec Commission hosts their annual Easter Egg Hunt on Saturday, April 12th. Bring your basket to collect eggs and your camera for pictures with the Easter Bunny. Games, crafts, and other activities included! Hunting ages for children 10 & under.

Ages 0 - 3: hunt @ 3:05

Ages 4 - 6: hunt @ 3:15

Ages 7 - 10: hunt @ 3:25



### PEPPER SPRAY 101

THURSDAY MARCH 20 | 5 - 8 PM

**\$25 CLASS ONLY/\$40 CLASS + TAKE HOME SPRAY**

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. Tammy Bartels has been teaching self-defense and pepper spray for 4 years and has a passion for bringing safety techniques to the community. Join us in learning how to protect ourselves and stay safe.

### HILLS PET NUTRITION BARK PARK - UPDATE ON OPENING



We are waiting for the planted grass to grow long and strong before we open the park. Thank you for your patience! We will announce the grand opening as soon as we possibly can!



UPCOMING IN MAY/JUNE 2025  
MOTHER'S DAY BINGO - 5/10  
SUMMER THEATER - JUNE  
SUMMER KICK-OFF - 6/21  
TRC YOUTH ART CAMP - JULY



FOLLOW US ON FACEBOOK!

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

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