

# TONGANOXIE RECREATION COMMISSION

## JULY - AUGUST 2026

### PROGRAMS, SPECIAL EVENTS, AND IMPORTANT INFO

#### FRIDAY JULY 3

Glow Gallery is closed this month to give our staff a break for the 4<sup>th</sup> of July!

#### SATURDAY JULY 11

Free Yoga at Chieftain Park with PLY Healing.

8:30 - 9:30 AM

All ages welcome, byo towl or mat.



#### MONDAY JULY 13

Monthly Mindful Movement at the Rec Center. A relaxing and gentle yoga session that's meaningful and well-rounded.

7:00 - 8:00 PM

Registration required.

\$5 in-district/\$7 non-district

#### SATURDAY JULY 11

Tongie's Top Dogs begins! Register your pup for a group training session at the Hills Pet Nutrition Bark Park. Registration required. More info on our website, [www.tongierec.org](http://www.tongierec.org).

#### JULY 14 - 17

Lil Picasso's Art Camp. Students will create in mixed medias, learn about famous artists of the past and current working artists, and exposure to diverse art techniques. Registration required by 7/10.

\$15 in-district/\$10 non-district

#### SATURDAY JULY 18

Messy Day of Play is back at Chieftain Park! Dont forget to pack an extra towel in the car... it's going to be MESSY!

Recommended ages 2 - 10.

Free to attend.

#### JULY 20 - 22

Dungeons and Dragons Camp. Learn how to play the game, gain skills in communicaiton and story telling, and get all the information you need to start a campaign of your own. Registration required by 7/17

\$25 in-district/\$30 non-district

#### MONDAY JULY 27

Lil Braves Cheer Registration Opens! Cheerleaders will receive a t-shirt, bow, and pom-poms with the registration.

Practices begin: August 26

Games begin: September 10

Registration required.

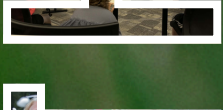
\$25 in-district/\$30 non-district

#### FRIDAY JULY 31

Parents Night Off! Drop the kiddos off at the Rec Center and enjoy a few hours to yourselves on a Friday evening. (Ages 6 - 14)

Registration required.

\$20 in-district/ \$25 non-district



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#### SATURDAY AUGUST 15 - NEW DATE

Free Yoga at Chieftain Park with PLY Healing.  
8:30 - 9:30 AM  
All ages welcome, byo towel or mat.

#### FRIDAY AUGUST 7

Glow Gallery!  
Spend the evening at the Rec Center and create UV-light reactive projects and drawings, and dance in the neon colors to family-friendly dance party music.  
4:30 - 6:30 PM  
Rec Center members attend for free. Day fees apply to non-members.

#### SATURDAY AUGUST 8

Dog Days of Bingo! Hosted by Tongie Rec and County Line Brewing, this all-ages event features five exciting rounds of bingo, paw-some prizes, dog-friendly snacks, and an afternoon full of fun, friends, and wagging tails.

Registration is required, and all pups must be friendly, leashed, and up to date on vaccines.

(PS: You do not need a dog to register. You are welcome to register and play and meet everyone's fuzzy buddy!)

1:30 - 3:30 PM  
\$5 per player

#### SATURDAY AUGUST 29

Tonganoxie Arts Council is back with another exciting workshop! More details TBA soon!  
For now, check out their website at [www.tonganoxieartscouncil.org](http://www.tonganoxieartscouncil.org).



# WWW.TONGIEREC.ORG | 913.845.3502

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

**Zumba!**  
MON | 5:30 - 6:30 PM  
International music and dance fitness.

**Fit 4 Fitness... Fit 4 Fun**  
TUES | 9:30 - 10:30 AM  
Fitness class for ages 50+

**Rec-n-Roll Indoor Playground**  
TUES | 9:00 - 11:00 AM  
Ages 0-5

**Irish Dance Lessons**  
TUES | 5:30 - 7:30 PM  
Adults & kids welcome.  
Register at [www.omirishdance.com](http://www.omirishdance.com)

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

**Stretch-n-Grow**  
THURS | 10:30 - 11:30 AM  
P[lay and grow with friends!  
Ages 0 - 5

**Tae Kwon Do Basics with Impact Martial Arts**  
SUN | 1:00 - 2:00 PM  
Introducing skills to begin the martial arts journey.

**Kids and Adult Crochet**  
Class dates and times vary, check out our website for more information.

**Check out our website listed above for more information about the Rec Center, memberships, open gym, pickleball, indoor walking, exercise equipment, and more!**