

NEWTON RECREATION COMMISSION



WINTER & SPRING 2025-2026 ACTIVITY GUIDE

415 N Poplar St, Newton KS 67114
(316) 283-7330

@NewtonKSRec



GENERAL INFORMATION

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ESMERALDA HERNANDEZ, NRC CLUBHOUSE COORDINATOR, EHERNANDEZ@NEWTONREC.ORG

NRC CLUBHOUSE

NEWTON RECREATION COMMISSION BOARD

Mallorie Coffman - Chairman
Timothy Marlar
Rick Golubski
Bradley Cook
Nicholas Navrat

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NRC Clubhouse Coord.	Esmeralda Hernandez	ehernandez@newtonrec.org

NRC MISSION STATEMENT

TO IMPROVE THE HEALTH, QUALITY OF
LIFE AND RECREATIONAL OPPORTUNITIES
FOR ALL RESIDENTS IN USD 373 IN
COLLABORATION WITH THE COMMUNITY.

FACILITY HOURS

Monday - Thursday	5:30 AM - 10:00 PM
Friday	5:30 AM - 7:00 PM
(Administrative Office opens at 8:00 AM, Monday - Friday)	
Saturday	7:30 AM - 5:00 PM
(Administrative Office opens at 8:30 AM, Saturdays)	
Sunday	12:30 PM - 5:00 PM

CONTACT INFORMATION

NRC	(316) 283-7330
Website	www.newtonrec.org
Facebook	facebook.com/NewtonKSRec/
Instagram	instagram.com/newtonksrec/
TikTok	@newtonksrec
X	NewtonKSRec

Online registration, programming information and updates available online.
Please email staff with questions or concerns.

NEWTON RECREATION COMMISSION

WWW.NEWTONREC.ORG

NRC accepts VISA, MasterCard,
American Express, cash, and checks.

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Welcome to the
NRC Clubhouse

The NRC Clubhouse is Newton's before school, after school,
all day care, and summer childcare program.

Locations

Northridge Elementary
Slate Creek Elementary
South Breeze Elementary
Sunset Elementary

Hours

6:30 AM - 7:30 AM
3:10 PM - 6:00 PM
FULL DAYS
6:30 AM - 6:00 PM

Contact

Esmeralda Hernandez
ehernandez@newtonrec.org
OR
Candice Egizi-Sifuentez
cegizi@newtonrec.org
(316) 283-7330

School Day Rates

Morning: \$7
Afternoon: up to an hour \$7
over an hour \$14
Early Release: \$20
Late Fee: \$3/min after 6 PM

Follow our Facebook page:

@NRCClubhouse

Early Release and No School ALL DAY Care Information:

Winter Camp:

Friday, December 19th, Monday, December 22nd,
Tuesday, December 23rd, Friday, December 26th,
Monday, December 29th, Tuesday, December 30th,
Friday, January 2nd, Monday, January 5th

No School All Day Care:

Thursday, January 15th & Friday, January 16th
Monday, January 19th
Monday, February 16th
Friday, March 13th

Spring Break Camp:

Monday, March 16th - Friday, March 20th

Early Release Days:

Must pre-register to attend - Call for more information
Wednesdays: December 10th, January 28th,
February 18th , March 11th, April 8th

Rates:

1/2 Day: \$20
(To receive the 1/2 day rate you must attend
between 6:30 AM - 12:30 PM OR 12:30 PM - 6 PM)

Full Day: \$35

Late Fee: \$3/min after 6 PM

All Day Location: Sunset Elementary
619 Boyd Ave.

Weekly Rates For Winter & Spring Break
Winter Break: 5 days - \$120/\$100 additional child;
8 days - \$192/\$160 additional child
Spring Break: 5 days - \$120/\$100 additional child

Early Release: \$20
Early Release Location: Slate Creek Elementary
901 E 4th St.

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PROGRAMS & EVENTS

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG

COMMUNITY WIDE GARAGE SALE
SUNDAY, JANUARY 18TH



Join us for our Community Wide Garage Sale. If you are looking to get rid of your old stuff, rent a booth at our sale and leave all of the advertising up to us! Plus, the weather is guaranteed to be great inside of our gymnasium.
TIME: 11:00 AM - 3:00 PM
FEE: \$25 per booth
LOCATION: NRC Gymnasium
ENTRANCE: FREE!
REGISTRATION DEADLINE: Monday, January 12th
MINIMUM: 15 booths **MAXIMUM:** 35 booths
NOTE: Each booth will receive one table. If you need more they are available to rent for \$5 each and must be paid for at time of registration. Set up will begin at 9:30 AM.

SPLASH OF COLOR - ADULT
WEDNESDAY, DECEMBER 10TH - JOLLY SNOWMAN
THURSDAY, JANUARY 15TH - SNOW BUNNIES
THURSDAY, FEBRUARY 19TH - RED CARDINALS
THURSDAY, MARCH 19TH - BARNYARD WINDMILL
THURSDAY, APRIL 16TH - RAINY DAY FROG



Connie Rhodes and Barbara Gabel invite you to the world of artistic fun! This is a fun, interactive class that will have your imagination running wild.
TIME: 6:00 PM - 8:00 PM
FEE: \$30 per class
AGES: 16 years and up
INSTRUCTOR: Connie Rhodes & Barbara Gabel
LOCATION: NRC Cottonwood Room
REGISTRATION DEADLINE: Sunday prior to each class.
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

**YOUTH TAP CLASSES
AVAILABLE!**

WEDNESDAYS
MONTHLY FEE: \$35
INSTRUCTOR: Hannah Mosher
Inquire at the front desk for details.

SAFESITTER
MONDAY, JANUARY 19TH

SafeSitter Essentials is a 1-day class designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.
TIME: 9:00 AM - 3:30 PM
FEE: \$50
AGES: 6th - 8th Graders
LOCATION: NRC Cottonwood Room
REGISTRATION DEADLINE: Sunday, January 4th
MINIMUM ENROLLMENT: 4
MAXIMUM ENROLLMENT: 8
NOTE: Please bring a sack lunch and water bottle.



SQUEAKY SOLES - RUNNING CLUB
MONDAYS & WEDNESDAYS
MARCH 23RD - APRIL 29TH

Join us for our exciting Squeaky Soles Running Club, meeting twice a week on Mondays & Wednesdays. On Mondays, we engage in energetic running games designed for enjoyment and fitness. Wednesdays are dedicated to setting personal running goals and completing laps, with incentives provided for achieving milestones. It's a fantastic opportunity to enhance running skills in a supportive and motivating environment. Squeaky Soles participants will end the program at the Battle of the Schools 1-Mile Fun Run. Registration and payment will be required for the Fun Run.
TIME: 4:00 PM - 5:00 PM
FEE: \$69 two days a week (t-shirt & water bottle included in fee)
AGES: 3rd - 6th Grade
INSTRUCTOR: Candice Egizi-Sifuentez
MEETING LOCATION: NRC Gymnasium
REGISTRATION DEADLINE: Friday, March 13th
MINIMUM ENROLLMENT: 8 **MAXIMUM ENROLLMENT:** 20
NOTE: Water bottles will be stored at the Rec Center. Participants will take them home at the end of the program. We will not meet on Monday, April 27th, make up day Tuesday, April 28th.

BATTLE OF THE SCHOOLS 1-MILE FUN RUN
SATURDAY, MAY 2ND

* The school with the most participants will receive the traveling trophy!
* 1st, 2nd, and 3rd place awards will be given to each grade.
* All 1st Place winners will be placed into a Grand Prize drawing!
* All participants who did not come in 1st place will be placed into a Grand Prize drawing!
TIME: Check in at 9:15 AM, Line up at 9:45 AM; Run starts at 10:00 AM
FEE: \$15
AGES: Kindergarten - 6th Grade
LOCATION: Centennial Park
NOTE: Participants may register up to the day of the race but will not be guaranteed a t-shirt after deadline.
T-SHIRT DEADLINE: Friday, April 17th



PROGRAMS

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG

TEDDY BEAR PICNIC & PARADE
FRIDAY, JANUARY 23RD

Parents/Grandparents and child(ren) join us in our stuffed animal parade. Teddy bears are not mandatory, bring your favorite stuffed animal(s). Class includes stories, arts and crafts project, and decorating a teddy bear cookie.
TIME: 11:00 AM - 11:45 AM
FEE: \$9
AGES: 18 months and up
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Cottonwood Room
REGISTRATION DEADLINE: Sunday, January 18th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

**PRE-SCHOOL EXPLORATORY ART
& SENSORY CLASS**
SESSION I: FRIDAY, FEBRUARY 27TH
SESSION II: TUESDAY, MARCH 24TH



Experience art in a setting where exploration and discovery are the main focus. This class is based on sensory experience and the process of creating art. Young artists will experience different textures, colors, and media in each class.
TIME: 10:00 AM (Class is 30 - 45 minutes)
FEE: \$12
AGES: 18 months - 5 years
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Cottonwood Room
REGISTRATION DEADLINE: Session I: Monday, February 23rd
Session II: Sunday, March 22nd
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 12
NOTE: Parents need to stay and participate with children.



LITTLE CHAMPS GYM TIME
WEDNESDAYS, FEBRUARY 11TH - MARCH 4TH

Grab your toddler or preschooler and join us for this exciting, interactive gym-time program where little ones explore movement, meet new friends, and get a playful introduction to sports! From tossing to kicking, we build skills in a fun, supportive space - with YOU right by their side. We kick things off with parachute games and end each class with a mini obstacle course!
TIME: 10:00 AM - 10:45 AM
FEE: \$20
AGES: 18 months - 5 years
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Gymnasium
REGISTRATION DEADLINE: Monday, February 9th
MINIMUM ENROLLMENT: 8
MAXIMUM ENROLLMENT: 18
NOTE: Parents/Caregivers need to stay and help their child.



"NEW"
BAKE THE BASICS - COOKIES MADE EASY
THURSDAY, JANUARY 15TH

Get ready to mix, roll, and bake your way to delicious fun! In this hands-on class, kids will learn the basics of cookie baking while making favorites like chocolate chip, snickerdoodle, and/or sugar cookies. Each baker will learn simple measuring, mixing, and baking techniques - and of course, taste their sweet creations! No experience needed - just a love for cookies and creativity!
TIME: 3:00 PM - 4:30 PM
FEE: \$30
AGES: 8 - 11 years
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, January 11th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 8

BAKE THE BASICS - COOKIE CREATIONS
MONDAY, FEBRUARY 16TH

Learn the basics of baking in this fun, hands-on cookie class! Youth bakers will mix, roll, and bake classic favorites like chocolate chip, snickerdoodle, and sugar cookies while learning essential kitchen skills such as measuring, mixing, and oven safety. No experience needed - just a love for cookies and creativity!
TIME: 3:00 PM - 4:30 PM
FEE: \$30
AGES: 12 - 14 years
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Wednesday, February 11th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 8

TOT TIME DROP-IN
WEDNESDAYS, JANUARY 14TH & JANUARY 21ST
TUESDAYS, APRIL 7TH & APRIL 14TH

Our Gymnasium will be reserved for toddlers to come play with parents on a couple mornings this winter & spring! This is an open and unstructured play time for parents and their toddlers. NRC staff will not provide any instruction. Obstacle courses, tumbling mats, blocks, balls, and more will be set up each day. Parents must interact with and be responsible for their own children.
TIME: 10:00 AM - 11:30 AM
FEE: \$3 per toddler (Parents Free)
AGES: 18 months - 4 years
LOCATION: NRC Gymnasium
NOTE: This is a drop-in program and participants will need to pay each day upon arrival. Parents are responsible for proper use of equipment. If we do not have participants by 10:45 AM the equipment will be taken down.

HOLIDAY PROGRAMS

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG

HOLIDAY PROGRAMS

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG

CHRISTMAS LIGHT TOURS

WEDNESDAYS, DECEMBER 10TH OR DECEMBER 17TH
THURSDAYS, DECEMBER 11TH OR DECEMBER 18TH

All aboard! Join us on the NRC Express for a special Christmas Light Tour! The bus will be decked out in Christmas lights and the music will be festive. Our driver knows the BEST places in Wichita to visit for a magical evening filled with millions of twinkling lights! We will visit several places including Reindeer Road, Candy Cane Lane, Lights on Texas, Faulkner Street and more! What better way to get into the Christmas spirit than to sightsee as a family or with friends!

TIME: 6:00 PM - 9:00 PM

(approximately - loading begins at 5:50 PM . The bus will leave the parking lot at 6:00 pm sharp, please arrive early.)

FEE: 4 yrs and under FREE; 5 yrs and up: \$12 per person; or \$35 for family of 4 (each additional person \$6)

AGES: All Ages (all youth MUST be with an adult 18+)

LOCATION: Meet at Newton Rec Center; tour will be in Wichita

REGISTRATION DEADLINE: Mondays, 12/1 & 12/8

MINIMUM: 15 MAXIMUM: 35

NOTE: Participants MUST pre-register. Tour is approximately 3 hours, including drive time. If a restroom break is needed this may add 30 minutes to our tour. There are NO restrooms on the bus.

MERRY & BRIGHT CHRISTMAS ORNAMENT
TUESDAY, DECEMBER 16TH

Little Elves love to make ornaments to decorate the Christmas Tree. We will be making a variety of ornaments such as Globes, Reindeers and Candy Canes. Join our elf workshop today!

TIME: 10:00 AM (Class is 30-45 minutes)

FEE: \$17

AGES: 2 years - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room

REGISTRATION DEADLINE: Friday, December 12th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 12

NOTE: Parents/Caregivers need to stay and help their child.



GRINCHY HEART HOLIDAY PARTY
MONDAY, DECEMBER 22ND

Join us for our Grinchy Heart Holiday Party! Dive into the holiday spirit with gingerbread house decorating - we provide all the supplies. Enjoy a fun-filled day with swimming and a delicious pizza lunch. Start your holidays with festive fun and cheer!

TIME: 9:30 AM - 3:00 PM

FEE: \$35

AGES: 7 years - 12 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room, Center Pool and Kitchen

REGISTRATION DEADLINE: Sunday, December 14th

MINIMUM ENROLLMENT: 10 MAXIMUM ENROLLMENT: 20

NOTE: Pizza lunch is provided. Children must be comfortable in the water and be able to reasonably follow verbal instructions with little help.



MY FAIRY VALENTINE
TEA PARTY
FRIDAY, FEBRUARY 13TH

Step into a world of sparkle and sweetness at our My Fairy Valentine Tea Party! Little ones and their grown-ups will enjoy an enchanting morning filled with fairy magic and delicious treats. Sip pink "tea," decorate your own wand, and celebrate this lovely day together in true fairy fashion.

TIME: 10:30 AM - 11:30 AM

FEE: \$12 per child (adult included)

AGES: 3 years - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room

REGISTRATION DEADLINE: Sunday, February 8th

MINIMUM ENROLLMENT: 8 couples

MAXIMUM ENROLLMENT: 20 couples

NOTE: Fairy wings and crowns will be available to borrow during the tea party, or you're welcome to bring your own.

"NEW"

ESP LEPRECHAUN MAGIC RAINBOWS
FRIDAY, MARCH 13TH

They say everyone's Irish on St. Patrick's Day -- so get your kids in the spirit with Leprechaun's Magic. We will be making crafts with Rainbows and Gold.

TIME: 10:00 AM (Class is 30 - 45 minutes)

FEE: \$17

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Monday, March 9th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 10

NOTE: Parents/Caregivers need to stay and help their child.



EGGCELLENT GOODIES
THURSDAY, MARCH 26TH

Perfect fun for Easter - let your kids enjoy making Easter come alive right in front of their very own eyes. We will be making an Easter scene with bunnies, eggs, nests, and more. After all their hard work, they can go home and eat the project.

TIME: 11:00 AM (Class is approximately 1 hour)

FEE: \$25

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Kitchen and Sunflower Room

REGISTRATION DEADLINE: Sunday, March 22nd

MINIMUM ENROLLMENT: 8 MAXIMUM ENROLLMENT: 10

NOTE: Parents/Caregivers need to stay and help their child.

Peanut products could be used in this class.



EGGSTRAVAGANZA
FRIDAY, APRIL 3RD

Hunting Easter eggs is a tradition for youngsters. Join the NRC in celebrating this time honored activity. There is no egg limit with us! Eggs will contain candy, prizes, or coupons. The fields will be marked off according to age for the egg hunt.

TIME: 6:00 PM

FEE: FREE

AGES: Up to 12 years of age

LOCATION: 12th and Boyd Soccer Complex

NOTE: Grab supper for your family before the Eggstravaganza!

First Baptist Church will be serving free hamburgers, chips, and cookies from 5:00 PM - 6:00 PM.



EASTER
SCAVENGER
HUNT

MUST PRE-REGISTER

\$4/CHILD



WHERE IS OUR
RABBIT??

MARCH 30TH - APRIL 3RD

We need your help finding him! Participants will be required to register for this activity and join a *private Facebook Group*. A daily message will be posted in the private group for you to decode in order to find out where the NRC rabbit is hiding! Each day NRC's rabbit will be hiding somewhere in Newton. He will change locations each day. Once you find him you will pick an egg from his basket. Bring this egg to the Rec Center (415 N. Poplar) and see what you've won! *Only 1 egg per day per participant.*

DEADLINE: MARCH 23RD

FOR RULES & INFORMATION PLEASE VISIT
OUR WEBSITE: WWW.NEWTONREC.ORG

Prizes include candy filled Easter eggs, toys, gift certificates, coupons for local businesses, and more!

GYMNASTICS

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG



NEW LOCATION: PURELY MOORE FITNESS (PMF); 1805 W. FIRST ST., NEWTON, KS 67114

GYMNASTICS



PARENT-TOT

This is an interactive class with the instructor leading and the assistance of a parent/guardian. We will work with your child on basic tumbling and coordination skills at their own pace using games and songs.

AGES: 18 months - 3 years

DATES & TIME:

Session I: Saturdays, January 17th - February 21st

9:00 AM - 9:30 AM

Session II: Saturdays, March 7th - April 18th

9:00 AM - 9:30 AM

PRE-SCHOOL

This is a class for 3 - 5 year-olds that haven't started Kindergarten yet. It is a bridge between the Parent-Tot and Beginners class. Students will be working on entry level gymnastics skills with close guidance from the instructors.

AGES: 3 years - 5 years

DATES & TIME:

Session I: Saturdays, January 17th - February 21st

9:00 AM - 9:45 AM

OR Wednesdays, January 14th - February 18th

4:30 PM - 5:15 PM

Session II: Saturdays, March 7th - April 18th

9:00 AM - 9:45 AM

OR Wednesdays, March 4th - April 15th

4:30 PM - 5:15 PM

BEGINNERS

Introductory class that will teach kids the fundamentals of gymnastics in floor, beam, vault, and bars. Balance, coordination, and stretching will also be taught.

AGES: Kindergarten and up

DATES & TIME:

Session I: Saturdays, January 17th - February 21st

9:00 AM - 9:45 AM

OR Wednesdays, January 14th - February 18th

4:30 PM - 5:15 PM

Session II: Saturdays, March 7th - April 18th

9:00 AM - 9:45 AM

OR Wednesdays, March 4th - April 15th

4:30 PM - 5:15 PM

REGISTRATION DEADLINES: Session I: Saturday, January 10th

Session II: Saturday, February 28th

FEE: \$52

INSTRUCTOR: Brooke Moore and Purely Moore Fitness Instructors

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 10

INTERMEDIATE

This class builds on existing skills, helps develop balance, coordination, flexibility, and confidence.

AGES: Participants MUST be able to do an unassisted cartwheel and handstand to advance to this level.

DATES & TIME:

Session I: Saturdays, January 17th - February 21st

10:00 AM - 10:45 AM

Session II: Saturdays, March 7th - April 18th

10:00 AM - 10:45 AM

ADVANCED

For students who have mastered the skills in the Intermediate Class and are ready to continue at a more advanced level.

AGES: Participants MUST be able to do an unassisted cartwheel, handstand, and a standing backbend to take this class.

DATES & TIME:

Session I: Saturdays, January 17th - February 21st

10:00 AM - 10:45 AM

Session II: Saturdays, March 7th - April 18th

10:00 AM - 10:45 AM

ADULT GYMNASTICS

MONDAYS, JANUARY 12TH - FEBRUARY 16TH

MONDAYS, MARCH 2ND - APRIL 13TH (NO CLASS 3/16)

In this class we will be building balance and flexibility, strength training and conditioning with basic gymnastics skills.

TIME: 6:00 PM - 7:00 PM

FEE: \$55

REGISTRATION DEADLINES: Session I: Monday, January 5th
Session II: Monday, February 23rd

NOTES:

Limited seating available in the lobby area.

Participants should wear athletic clothing, bring a water bottle, and put long hair up in a ponytail.

No glitter or jewelry. Please wash hands and wait for instructor in the waiting area.

**All participants/guardians must sign a NRC & PMF waiver before attending classes.

NO CLASS ON WEDNESDAY, MARCH 18TH AND SATURDAY, MARCH 21ST.

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG

CHEERLEADING



NRC
CHEER SQUAD
SKILLS & DRILLS
TRAINING

TUESDAYS, FEBRUARY 17TH - APRIL 28TH

(No Class on Tuesday, March 17th)



The NRC Cheer Squad is designed to give young participants the opportunity to cheer and perform at NRC sports functions (Flag Football, Basketball, and Indoor Soccer) and to represent NRC when required during the enrolled cheer session.

This 10-week session is designed for current NRC squad members or any potential new members serious about cheerleading and who wish to excel in tumbling and stunting. The session will focus specifically on tumbling skills and technique, as well as basic and intermediate stunts and stunt variations. It will be a high energy, but fun training session geared toward athleticism. The Spring Cheer Squad Skills & Drills Training will have the opportunity for 2 halftime performances during the Indoor Soccer League.

TIME: 4:30 PM - 5:30 PM

FEE: \$80; includes T-Shirt, Hair Bow and Bag

A \$25 refundable deposit is required to check out your cheer skirt/bottom and notebook, due at time of registration.

AGES: 1st grade and up

INSTRUCTOR: Brooke Moore

NEW LOCATION: Purely Moore Fitness (PMF);
1805 W. First St., Newton, KS 67114

REGISTRATION DEADLINE: Wednesday, February 11th

MINIMUM ENROLLMENT: 10 MAXIMUM ENROLLMENT: 15

NOTE: Parent meeting at 5:45 PM on the first day of class.

No practice on March 17th.

CHEERLEADING CLASSES

FEE: \$52

INSTRUCTOR: Brooke Moore

NEW LOCATION: Purely Moore Fitness (PMF);
1805 W. First St., Newton, KS 67114

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 12

Please wear athletic clothing and sneakers (No sandals, boots, or crocs). Make sure hair is pulled back out of eyes. NO glitter or jewelry. No class on March 16th & 18th.

MINI CHEER

SESSION I: WEDNESDAYS, JANUARY 21ST - FEBRUARY 25TH

SESSION II: WEDNESDAYS, MARCH 11TH - APRIL 22ND

Introductory class designed to build enthusiasm for cheerleading, as well as teach children balance, coordination, and body awareness. Class is fun and entertaining. Games and activities are used to teach simple motions, vocal projection, basic jumps, and a chant. The class will NOT include tumbling and stunting.

AGES: 4 years - 6 years TIMES: 5:30 PM - 6:15 PM

FUNDAMENTALS OF CHEERLEADING

SESSION I: WEDNESDAYS, JANUARY 21ST - FEBRUARY 25TH

SESSION II: WEDNESDAYS, MARCH 11TH - APRIL 22ND

Class will focus on the basics of cheerleading. Participants will learn age-appropriate jumps, chants, basic tumbling, the fundamentals of basic stunts, as well as spirit and crowd involvement techniques. Students will also learn strategies to build balance, flexibility, and coordination necessary for cheer. Class is designed to give participants a fun, comprehensive cheer experience and build confidence.

AGES: 1st grade and up TIMES: 5:30 PM - 6:20 PM

TUMBLING AND STUNTING: GRADE SCHOOL

SESSION I: MONDAYS, JANUARY 19TH - FEBRUARY 23RD

SESSION II: MONDAYS, MARCH 9TH - APRIL 20TH

Designed specifically for grade school aged youth, this class teaches the fundamentals of tumbling and stunting. Participants will learn age-appropriate stunts, learn and develop tumbling at their skill level, and practice kicks and jumps necessary for any cheer squad.

AGES: 1st - 4th grades TIMES: 4:30 PM - 5:30 PM

TUMBLING AND STUNTING: MIDDLE SCHOOL

SESSION I: MONDAYS, JANUARY 19TH - FEBRUARY 23RD

SESSION II: MONDAYS, MARCH 9TH - APRIL 20TH

Great preparatory class for any athlete wanting to transition into school cheerleading. Class is centered on teaching Middle School youth stunting and tumbling appropriate for their age and skill level. Participants can expect to learn the fundamentals of a squad, a variety of stunts and stunt safety, tumbling, and jumps.

AGES: 5th - 8th grades TIMES: 4:30 PM - 5:30 PM



MARTIAL ARTS

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG

PRE-SCHOOL TAE KWON DO

SESSION I: SATURDAYS, JANUARY 31ST & FEBRUARY 7TH
SESSION II: SATURDAYS, APRIL 18TH & APRIL 25TH

Has your little one been intrigued by Tae Kwon Do? This class is an introductory Tae Kwon Do class that will emphasize discipline, courtesy, respect, and help develop motor skills with a whole lot of fun mixed in! Mr. Monares will end each class with a Korean fable. Participants do not need a uniform for this class.

TIME: 1:00 PM - 2:00 PM

FEE: \$24 per session

AGES: 4 years - 5 years

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINE: Tuesdays, 1/27 and 4/14

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 10

INTRODUCTORY TAE KWON DO CLASS

SATURDAY, FEBRUARY 28TH

Have you ever thought about taking a martial arts class but did not know what to expect? Here is an opportunity to attend a FREE, one-time, introductory class and experience what the traditional martial art of Tae Kwon Do is all about. This introductory class is designed for the beginner. This is a great opportunity for family members to participate in an activity together.

TIME: 1:00 PM - 2:00 PM

FEE: FREE

AGES: 6 years and up (families welcomed)

INSTRUCTOR: Dany Monares

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINE: Tuesday, February 24th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 20

WOMEN'S SELF DEFENSE CLASS

SATURDAY, MARCH 21ST

Learn how to defend yourself when someone is trying to attack you. With the guidance of NRC Tae Kwon Do instructor Dany Monares, you will gain self-confidence and learn effective techniques to defend yourself against an attacker.

TIME: 1:00 PM - 4:00 PM

FEE: \$15

AGES: 12 and older

INSTRUCTOR: Dany Monares

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINE: Tuesday, March 17th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 25



OOPS!

We cancelled it because you didn't register!
Sometimes excellent programs are cancelled when too many people wait until the last minute to register.

We need a minimum number of participants before a class will be held. If a program looks interesting, don't hesitate...

REGISTER TODAY!

We only ask that registration and payment be made by the deadline that is posted for a program.

MARTIAL ARTS



TAE KWON DO

INSTRUCTOR: DANY MONARES

Tae Kwon Do is a Korean style martial art, which literally means the "hand", "foot", "way of life." Through consistent training, Tae Kwon Do enables you to defend yourself and build self-confidence.

ALL LEVEL CLASS: This class emphasizes developing Tae Kwon Do kicks, stances, blocks, strikes and forms. Self-defense attack and counter techniques, sparring, and the tenets of Tae Kwon Do are also included. All ages and all levels of Tae Kwon Do are welcomed in this class.

WHEN: Monday & Wednesday

TIME: 6:00 PM - 7:00 PM

FEE: \$25 monthly per person;
(multi person family discount on monthly fee)
\$4 drop in fee per person

AGES: 6 years and older

LOCATION: NRC Santa Fe Room

MARTIAL ARTS MONTHLY FEES ARE DUE
BY THE 3RD CLASS. BEGINNING WITH
THE 4TH CLASS, THE DROP IN FEE OF \$4
PER CLASS WILL BE CHARGED FOR THE
REMAINDER OF THE MONTH.

SARAH HENSIEK, OFFICE MANAGER, SHENSIEK@NEWTONREC.ORG

RENTAL INFORMATION

GENERAL RENTAL INFORMATION

The Newton Recreation Commission has a number of facilities available for public rental. Our gymnasium, meeting rooms, park shelters, swimming pools, and athletic fields are available to rent.

HOW DO I RENT A FACILITY?

It is a simple process. Reservation forms are available at the Newton Activity Center during normal business hours. If the facility you wish to rent is available on the requested date and time, simply fill out the reservation form, pay the required deposit and the rental amount. The reservation goes into the computer and the facility is reserved for you and your event.

THINGS TO REMEMBER WHEN MAKING A RESERVATION

Several of our facilities require a damage/cleaning deposit which is separate from the rental amount. To insure the return of your entire deposit, please make sure that the facility is left clean and undamaged.

All reservations must include the time needed for any set up and/or clean up. Extra charges may be incurred for time not indicated on the reservation form.

For a slight fee, NRC will set up the facility according to your requests.

SWIMMING POOLS

The Newton Recreation Commission operates two pools; one seasonal located at Athletic Park and one indoor pool that is available all year.

The Center Pool is located in the Newton Activity Center and has a capacity of 35 swimmers. Pool depth ranges from a shallow 2 feet to 6 feet at its deepest. A handicap lift is located on the deck and for your convenience, locker rooms are located just a few steps away. The pool is a perfect tie in with a meeting room to host your child's birthday party.

WHEN CAN I RENT THE POOL?

POOL REGULAR RATES: Cover the hours of:

Fridays - 5:00 PM to 6:00 PM

Saturdays and Sundays - 1:00 PM to 2:00 PM or 3:30 PM to 4:30 PM

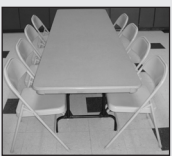
During those hours, rates are \$70 per hour. These fees include the staffing of a lifeguard. A two week notice is needed to guarantee a pool rental.

POOL PREMIUM RATES: Cover any hours at which time activities are not being held in the pool or hours at which time the Newton Activity Center is not open.

During those hours, rates are \$80 per hour. These fees include the staffing of a lifeguard. A two week notice is needed to guarantee a pool rental.

DID YOU KNOW ...

NRC OFFERS TABLE AND CHAIR RENTALS



1 Table - \$12
8 Chairs - \$12
1 Table & 8 Chair Set - \$20
with a \$50 Deposit
(per day; may pick up the evening before event)
Please call for more information.

MEETING ROOMS

The Newton Activity Center has two meeting rooms available.

The Sunflower Room will accommodate up to 80 people in any meeting or banquet style. This is the larger of the two rooms and is ideal for larger gatherings such as family dinners, meetings and even dances. Kitchen is included in the rental of the Sunflower Room.

The Cottonwood Room will accommodate up to 40 people and is well suited for smaller gatherings such as birthday parties or baby showers.

WHEN CAN I RENT A MEETING ROOM?

Each room is available to rent seven days a week.

SUNFLOWER ROOM REGULAR RATES: Cover the regular business hours. During those hours, rates are \$50 per hour.

COTTONWOOD ROOM REGULAR RATES: Cover the regular business hours. During those hours, rates are \$40 per hour.

PREMIUM RATES: Covers any hours at which time the Activity Center is not open. *Premium rate rentals are subject to approval and staffing availability. During those hours, rates are \$65 per hour for the Sunflower Room and \$55 per hour for the Cottonwood Room. NRC requires a staff member to be present during these times.

Rental of each meeting room requires a deposit of \$40 which is separate from the rental amount and is refunded if rental conditions are fulfilled.

PARK SHELTERS

The Newton Recreation Commission offers 2 park shelters for rent. Both shelters have a capacity of 25 people, tables, electrical outlets, bathrooms nearby and a fireplace. Reservations can be made beginning Easter weekend and running through the weekend before Halloween.

RENTAL RATES: \$50 per 4 hour increments. Shelter rentals require a deposit of \$40 which is separate from the rental amount and is refunded if rental conditions are fulfilled.

NRC GYMNASIUM

The Gymnasium in the Newton Activity Center houses 3 courts marked for basketball, volleyball, pickleball and tennis. A walking track (12 laps equal 1 mile) frames the courts and is available for walking anytime during business hours. Use of the track is free. During the months of February through April, the courts are converted into an indoor soccer field.

The gym floor is synthetic rubber and curtains can be lowered to separate each court. Each court has an electronic scoreboard and bleachers. The size of the gym lends itself to not only sports events but to dances, lock-ins and art shows. Any teams participating in NRC leagues are allowed to reserve courts for practice at no charge.

WHEN CAN I RENT THE GYMNASIUM?

The gymnasium is available to rent anytime that an NRC event or activity is not scheduled.

RATES: \$30 per hour per court.

NEEDING SPORTS EQUIPMENT FOR A FAMILY OR WORK OUTING?

HORSESHOES - \$5/SET
OUTDOOR VOLLEYBALL AND NET - \$5/SET
* A \$25 DEPOSIT IS REQUIRED*
OTHER SPORTS EQUIPMENT IS ALSO AVAILABLE FOR RENT.

AQUATICS CLASSES

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG



WATER FITNESS CLASSES

Water aerobic classes work toward cardiovascular fitness, toning, and flexibility. The water gives you a great workout while cushioning your joints. You don't even have to get your hair wet!

WATER FITNESS CLASS FEES

- \$4.50 - drop in fee
- \$35 - 10-class card
- \$30 - Wellness Center Member 10-class card
- \$44 - Preferred Aquatics Monthly Membership (unlimited classes)

AQUACISE MORNING CLASS

WHEN: Mondays, Wednesdays & Fridays
TIME: 8:00 AM - 8:50 AM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Cathy Woodward

AQUA STRENGTH & STRETCH CLASS

This is a higher intensity class. Target heart rate will be reached early and maintained during session. Workout is concluded with a stretch and cool down.
WHEN: Tuesdays & Thursdays
TIME: 8:00 AM - 8:50 AM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Becky Butcher

AT YOUR OWN PACE

This is an overall body strength training and aerobics class for those of all abilities and ages. This class also features lots of fellowship.
WHEN: Mondays, Wednesdays & Fridays
TIME: 9:00 AM - 9:50 AM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Becky Butcher

AQUA-DAPTIVE

An exercise based class that is geared towards individuals with special needs and/or disabilities. This class will focus on the enjoyment of water to increase function, strength and mobility through various aquatic activities.
WHEN: Mondays
TIME: 10:00 AM - 10:45 AM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Becky Butcher

SENIOR SWIM

Senior swim is free and open to all over the age of 55.
Held Monday-Friday from 1:00 PM - 2:00 PM.
WATER TEMPERATURE: 86-89 Degrees

ARTHRICISE

Water exercise is ideal for those who have difficulty in regular exercise programs. Come meet some new friends while getting some exercise. This class is led by an arthritis trained instructor. No swimming is required. A lift is available to enter and exit the pool.
WHEN: Tuesdays & Thursdays
TIME: 2:00 PM - 2:50 PM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Becky Butcher
NOTE: Access lift available. No swimming required.



EVENING AQUACISE CLASS

WHEN: Mondays & Thursdays
TIME: 5:15 PM - 6:00 PM
LOCATION: NRC Activity Center Pool
INSTRUCTORS: Nora Kelting, Cathy Woodward

PRENATAL WATER CLASS

This class offers an exercise for moms-to-be or for those wanting to ease back into exercise after childbirth. Led by a Prenatal Aquacise Certified Instructor.
WHEN: Thursdays
TIME: 5:15 PM - 6:00 PM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Cathy Woodward

TRY-IT-OUT-TUESDAY
WATER AEROBICS

TUESDAY, JANUARY 20TH
TUESDAY, FEBRUARY 17TH
TUESDAY, MARCH 17TH

Once a Month – Always Something New! Looking to dip your toes into water fitness or shake up your usual routine? Join us for Try-It-Out Tuesday, a once-a-month water aerobics class that explores a new focus each session. Whether it's cardio bursts, strength-building moves, or balance work, every class offers something different to keep things fresh and fun. Great for all fitness levels - just bring your swimsuit and a willingness to try something new!
TIME: 5:15 PM - 6:00 PM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Cathy Woodward
NOTE: Visit www.newtonrec.org to see each month's featured focus and get ready to make a splash!

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

SAFETY TRAINING



HIGH TIDE TEENS "NEW"
JUMP IN JANUARY
SPLISH SPLASH INTO EXERCISES FOCUSED ON WATER FITNESS

FUN FITNESS FEBRUARY
FUN GAMES & ACTIVITIES THAT PROMOTE FITNESS

MINDFULNESS MARCH
FOCUS ON SELF-CARE ACTIVITIES SUCH AS YOGA AND MEDITATION

This is an after school program based on land and water play. The class components focus on games, fun, and fitness. Participants should have the ability to swim in deep water.
DAYS & TIME: Tuesdays & Thursdays; 3:30 PM - 4:15 PM
LOCATION: NRC Pool & Cottonwood Room
INSTRUCTOR: Becky Butcher
FEE: \$30 per month; \$15 per month 2nd family member
AGES: 5th - 8th Grades
NOTE: No class when school is not in session.

SCOUT NIGHT
THURSDAY, JANUARY 8TH
WEDNESDAY, FEBRUARY 4TH
WEDNESDAY, MARCH 4TH

Boys and girls of all ages involved in scouting can swim for \$.75 by showing proof of membership. All leaders can swim for free.
TIME: 7:30 PM - 9:00 PM
FEE: \$0.75
AGES: 5 and up
LOCATION: NRC Activity Center Pool

PRIVATE
SWIM LESSONS



It is never too late or too early to learn this lifetime skill. Private lessons will be set up to fit individual needs and schedules. For more information on setting up your private lessons call (316) 283-7330 or contact:

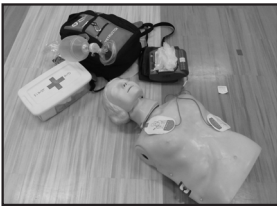
Becky Butcher at rfriesen@newtonrec.org
Bart Peace at bpeace@newtonrec.org

SIX 30 MINUTE LESSONS: \$99
ADDITIONAL PERSONS: \$55

GROUP CPR &
FIRST AID TRAINING



This CPR and First Aid course is great for businesses or other groups to safely receive training. Certifications will be issued upon successful completion of this course. Dates and times will be set according to the business/group and instructor availability. If interested, groups should contact Bart Peace at bpeace@newtonrec.org or (316) 283-7330. Individuals not associated with a business or group will not be allowed to join the class. Set up your training today!



LIFEGUARD TRAINING
FRIDAY, FEBRUARY 27TH - SUNDAY, MARCH 1ST

This is a Red Cross Lifeguard Training course. This course includes training in lifeguarding, CPR for the professional rescuer, first aid, and bloodbourne pathogens. American Red Cross certifications will be issued upon completion of this course. Online blended learning may be used for this class (at instructors discretion).
TIME: Starts Friday at 5:30 PM
Saturday and Sunday at 9:30 AM
FEE: \$150
AGES: 15 and up
INSTRUCTOR: NRC Staff
LOCATION: NRC Cottonwood Room and NRC Pool
REGISTRATION DEADLINE: Friday, February 13th
MINIMUM ENROLLMENT: 6 MAXIMUM ENROLLMENT: 12



GIFT CERTIFICATES ARE
AVAILABLE
FOR ALL NRC ACTIVITIES

AQUATICS CLASSES

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

INDOOR PUBLIC SWIMMING HOURS



Mondays & Wednesdays: Noon - 1:00 PM
Tuesdays/Thursdays/Fridays: 4:00 - 5:00 PM
Mondays - Thursdays: 7:30 - 9:00 PM
Saturdays & Sundays: 2:00 - 3:30 PM

PUBLIC SWIMMING FEES

\$2.00 per person, all ages
*Pool Admission included with Wellness Center Membership.

LAP SWIM HOURS

Mondays, Wednesdays, and Fridays
6:30 - 7:30 AM

LAP SWIM FEES

\$2.00 per person
10 Class Card - \$13.00
*Pool Admission included with Wellness Center Membership.

INDOOR SWIMMING POOL IS AVAILABLE TO RENT!
SEE PAGE 11

SUMMER SWIM ROUNDUP

SATURDAY, MAY 9TH

Need to know what lesson your child is ready for? Come in for a free swim evaluation. Take a few minutes before signing up for summer swimming lessons and let us advise you on which class would be most beneficial.

TIME: 9:00 AM - 10:30 AM
FEE: FREE

NOTE: The NRC office will be open following the roundup for summer swim lesson registrations. Pre-registration is not required for the roundup. Please drop in at any time during the event.



WATER BABIES

TUESDAYS & THURSDAYS

SESSION I: JANUARY 13TH - JANUARY 22ND

SESSION II: MARCH 3RD - MARCH 12TH

Introduce your infant to the water and encourage exploration into the basic concepts of swimming and water enjoyment. This program promotes water safety knowledge and practices, aquatic adjustment and swimming readiness skills. Development of warm and trusting relationships will be emphasized between the parents, children and the instructor.

TIME: 6:15 PM - 6:45 PM

FEE: \$38 per session

AGES: 6 months - 3 years

INSTRUCTORS: Becky Butcher

LOCATION: NRC Activity Center Pool

REGISTRATION DEADLINE: Tuesdays, 1/6 and 2/24

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 12



BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

SWIM LESSONS

SWIM LESSON LEVELS

Water Babies: Instructor will introduce the child to the water with the help of the parent. Parent Tot - 6 months and older.
*Aquaducks: Students learn to feel safe and comfortable in the water with instruction. Over 3 years of age.
Goldfish- Level 1: Fundamentals of aquatic skills, and beginning to learn basic strokes. Over 5 years of age.
Sunfish - Level 2: Assisted strokes, flotation, glides, front crawl, and back stroke.
Penguin- Level 3: Improving basic strokes, rhythmic breathing, and personal water safety.
**Otter- Level 4: Stroke development, guided practice, treading water, and diving.
Seal- Level 5: Continued stroke development, sidestroke, breaststroke, and turns.
Polar Bear- Level 6: Endurance, diving, introduction to butterfly stroke.
Sea Lion- Level 7: Polish and refine strokes, endurance, open turns and surface diving.
Dolphin- Level 8: Advancing skills, endurance, rescue skills and introduction to swim team and distance swimming.



*PARENTS DO NOT NEED TO GET IN THE WATER, FOR ANY SPECIAL CIRCUMSTANCES PLEASE MAKE PRIOR ARRANGEMENTS.
**DIVING WILL NOT BE INCLUDED WITH ANY LESSONS AT THE NRC POOL DUE TO THE WATER DEPTH.

LEVEL	TIME	DAYS	DATES	DEADLINE	FEE	PLACE
Saturday Lessons						
Aquaducks*	9:00 - 9:35 AM	Saturdays	January 10 - January 31	January 3	\$38	NRC
Goldfish	9:00 - 9:55 AM	Saturdays	January 10 - January 31	January 3	\$38	NRC
Sunfish	10:00 - 10:55 AM	Saturdays	January 10 - January 31	January 3	\$38	NRC
Penguin	10:00 - 10:55 AM	Saturdays	January 10 - January 31	January 3	\$38	NRC
Otter**	10:00 - 10:55 AM	Saturdays	January 10 - January 31	January 3	\$38	NRC
Aquaducks*	9:00 - 9:35 AM	Saturdays	April 4 - April 25	March 28	\$38	NRC
Goldfish	9:00 - 9:55 AM	Saturdays	April 4 - April 25	March 28	\$38	NRC
Sunfish	10:00 - 10:55 AM	Saturdays	April 4 - April 25	March 28	\$38	NRC
Penguin	10:00 - 10:55 AM	Saturdays	April 4 - April 25	March 28	\$38	NRC
Evening Lessons						
Aquaducks*	6:15 - 6:45 PM	Monday - Thursday	February 9 - February 19	February 2	\$38	NRC
Goldfish	6:15 - 7:00 PM	Monday - Thursday	February 9 - February 19	February 2	\$38	NRC
Sunfish	6:15 - 7:00 PM	Monday - Thursday	April 6 - April 16	March 30	\$38	NRC
Penguin	6:15 - 7:00 PM	Monday - Thursday	April 6 - April 16	March 30	\$38	NRC
Spring Break Swim Clinic						
Aquaducks*	10:00 - 11:00 AM	Monday - Thursday	March 16 - March 19	March 6	\$38	NRC
Goldfish	10:00 - 11:00 AM	Monday - Thursday	March 16 - March 19	March 6	\$38	NRC
Sunfish	11:00 AM - 12:00 PM	Monday - Thursday	March 16 - March 19	March 6	\$38	NRC
Penguin	11:00 AM - 12:00 PM	Monday - Thursday	March 16 - March 19	March 6	\$38	NRC

MAKE THE NRC WELLNESS CENTER YOUR HEADQUARTERS FOR FITNESS!

****Check out our "Special Prices" on Page 17****



MEMBERSHIP FEES			
VISITOR PASS		\$6/DAY	\$15/WEEK
	MONTHLY	6-MONTH	ANNUAL
Single	\$39	\$205	\$400
Family	\$65	\$325	\$625
Single Senior	\$29	\$140	\$275
Family Senior	\$49	\$245	\$480
Student/Military/ Special Pops	\$29	\$140	\$275
Family - Student/ Military/Special Pops	\$49	\$245	\$480

NOTE: SENIOR = 55 YEARS OR OLDER

WELLNESS CENTER MEMBERSHIP FEES INCLUDE...

- * Pickleball Courts
- * Public Swim at the NRC Pool
- * Basketball Check Out Card - *Must request from WC Staff*
- * **NEW MEMBERS** will receive 2 free personal training sessions per membership.

We feature: 27 cardiovascular stations including 3 upright and 3 recumbent bikes, 2 rowing machines, 2 recumbent ellipticals, 6 treadmills, 6 Precor elliptical crosstrainers, 2 stairmasters, 3 AMT advanced motion technology trainers, 15 free weight stations, and 15 Precor selectorized weight stations.

To become a member please schedule a one time orientation session by calling the NRC Wellness Center at 283-7330.

PERSONS 12 YEARS OF AGE (WHEN ACCOMPANIED BY AN ADULT UNTIL AGE 15) OR OLDER MAY BECOME WELLNESS CENTER MEMBERS OR PARTICIPATE IN A FITNESS CLASS. YOU MUST BE 16 OR OLDER TO USE FREE WEIGHT PLATE LOADED STATIONS.

BUSINESS MEMBERSHIPS

Business Memberships are annual fees that may be shared in any percentage between the employer and the employee. Membership entitles the employee, their spouse and dependent children, under 24, living within their household to the WC benefits.

# OF EMPLOYEES	FEE PER EMPLOYEE
>100	\$175
50 - 99	\$205
25 - 49	\$255
10 - 24	\$325
1 - 9	\$360

JANUARY 1ST - 31ST SPECIALS
WELLNESS CENTER MEMBERSHIPS

	6-Month	Annual
Single	\$180	\$349
Family	\$270	\$509
Single Senior	\$130	\$239
Family Senior	\$205	\$389
Special Pops/Student/Military	\$130	\$239

3 PERSONAL TRAINING SESSIONS FOR \$70
(MEMBERS OR REPEAT CUSTOMERS ONLY)



WELLNESS CENTER HOURS

Monday-Thursday
5:30 AM - 10:00 PM

Friday
5:30 AM - 7:00 PM

Saturday
7:30 AM - 5:00 PM

Sunday
12:30 PM - 5:00 PM

CHILD PLAY AREA

Kids' play area available for your convenience! This area is not supervised, so please tidy up after use.



HEALTH INSURANCE ELIGIBLE? WE NOW OFFER...

BENEFITS INCLUDE...

- SILVERSNEAKERS CLASSES
- ALL WATER FITNESS CLASSES
- CARDIO - STRONG & STEADY
- WELLNESS CENTER MEMBERSHIP
- TAKE CONTROL WITH EXERCISE
- AND MORE!



PERSONAL TRAINING

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG



YOGA

RECOVERING STRENGTH AND FLEXIBILITY
MONDAYS & THURSDAYS
9:00 AM - 10:15 AM

Improve strength, balance and range of motion using chairs and other props. Appropriate for those recovering from injury or who have otherwise lost mobility, or those seeking a more gradual approach to learning yoga.

LOCATION: NRC Santa Fe Room (Mondays)
and NRC Railer Room (Thursdays)
INSTRUCTOR: Cathy Anderson, Carolyn McNeill

ALL LEVELS
WEDNESDAYS & FRIDAYS
9:00 AM - 10:15 AM

Explore standing poses, hip-openers, seated poses, twists, backbends, basic inversions, and breathing exercises on deepening levels as you gain experience and skill. Teachers provide variations appropriate for beginners and more advanced students.

LOCATION: NRC Railer Room (Wednesdays)
and NRC Santa Fe Room (Fridays)
INSTRUCTORS: Lynette Roth, Cathy Anderson

PROFESSIONAL PERSONAL TRAINING

TRACIE STRAIN

ACE CERTIFIED PERSONAL TRAINER

Tracie is an American Council on Exercise Certified Personal Trainer with over 25 years of experience.

FEE

\$35 - Initial assessment & 1st session

\$30 - Additional sessions

\$80 - Six 30 minute sessions

Prerequisite of Wellness Center Member or may purchase package after participating in the 1st session

During sessions clients will be introduced to a variety of options tailored to their personal comfort level and chosen time commitments when designing their journey.

Personal Training is a perfect next step when transitioning from physical therapy to a custom tailored exercise routine.

For more information or to schedule an appointment please call the Newton Recreation Commission at (316) 283-7330.



EVENING YOGA
SUNDAY, DECEMBER 21ST
7:00 PM - 8:30 PM

Gift yourself (and a friend!) to a full hour and a half to rest & restore during the busy holidays! This gentle restorative yoga class uses bolsters, blankets, and more. to help you reset your body and mind. Let go of seasonal stress as you are guided in how to quiet the mind to find a sense of peace and calm. This event includes warm drinks and cookies after class!

FEE: \$20 per person/\$30 per pair

LOCATION: NRC Railer Room

INSTRUCTOR: Shelley Kallsen

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 16

REGISTRATION DEADLINE: Friday, December 19th by 5 PM

NOTE: More opportunities coming soon! Updates will be posted on our social media and our website.

FITNESS CLASSES

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

ELASTICIZE

TUESDAYS & THURSDAYS 6:00 PM - 6:45 PM
SATURDAYS 8:00 AM - 8:45 AM

FINDING THE BALANCE BETWEEN STRENGTH AND SURRENDER.

ELASTICIZE is a 45-minute, stretching and core-strengthening choreographed workout routine. The class alternates stretching and strength exercises, targeting specific muscle groups, resulting in greater flexibility, balance, stability, and ultimately, core-conditioning. ELASTICIZE is truly for everyone, as it provides the necessary dynamics often missed in more advanced workout regimens, and can also serve as a great transitional class for those beginning their fitness journey.

FEE: \$5 drop in fee; \$40 - 10 class card

LOCATION: NRC Railer Room

INSTRUCTOR: Hannah Mosher

VIRTUAL FITNESS PROGRAMS

CAR-CORE-DIO (13 VIDEOS)

GUNS, BUNS & ABS (6 VIDEOS)

5-30-2 FITNESS CHALLENGE WORKOUTS (8 VIDEOS)

THIGHMANS TROPHY (12 VIDEOS)

ARMERICA (13 VIDEOS)

BOOTY BUSTERS (13 VIDEOS)

NO MORE LOVE HANDLES (12 VIDEOS)

TONE & THRIVE (8 VIDEOS)

BUILD WITH BASICS (10 VIDEOS)

EXPRESS FIT (14 VIDEOS)

Length of each video ranges from 10 - 40 minutes.

Skip the gym - workout on your own time! These 10 Virtual Fitness Programs from the Rec Center offer a mix of beginner to intermediate workouts with optional modifications. Once registered, you'll receive a YouTube link within a week. Just grab your weights and get started - anytime, anywhere! For more details on each program, visit our website or stop by the Rec Center.

FEE: \$12 per program

AGES: 12 and up

NOTE: E-mail addresses will need to be provided at the time of registration.

BUTTZ AND GUTZ
MONDAYS & THURSDAYS
12:10 PM - 12:50 PM

Join our lunch bunch to strengthen your core and improve your rear view. Make the most out of your lunch hour by toning, strengthening and tightening your abs, lower back and glutes. No cardio, no sweat!



FEE: \$28 - 10 class card or \$4 drop in

LOCATION: NRC Railer Room

INSTRUCTOR: Tracie Strain

H2O BUTTZ AND GUTZ
TUESDAYS & FRIDAYS
12:10 PM - 12:50 PM



A combination of aerobics, strength training and stretching using noodles, boards, and dumbbells. Let the water massage your stress away for a great start to your weekend!

FEE: \$28 - 10 class card or \$4 drop in

LOCATION: NRC Activity Center Pool

INSTRUCTORS: Tracie Strain, Carol Schmitt

A HEALTHIER HARVEY COUNTY



Working together to improve the health, safety, and success of all people in Harvey County.



@HealthyHarvey



www.healthyharveycoalition.com
healthyharveycoalition@gmail.com

SILVERSNEAKERS

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

***WELLNESS CENTER MEMBERS, SILVERSNEAKERS® CLASSES ARE FREE!**
***\$33 - 10 CLASS CARD OR \$3.50 PER CLASS IF NOT PART OF YOUR HEALTH PLAN!**
***CHECK WITH US TODAY TO SEE IF YOUR HEALTH PLAN INCLUDES THIS VALUABLE BENEFIT!**

SILVERSNEAKERS® II - CIRCUIT
MONDAYS, WEDNESDAYS & FRIDAYS 8:00 AM - 8:45 AM

Experience standing, low-impact cardio alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.
LOCATION: NRC Activity Center
INSTRUCTORS: Becky Butcher, Tracie Strain

SILVERSNEAKERS® - CLASSIC
TUESDAYS & THURSDAYS 10:10 AM - 10:55 AM

Increase muscular strength, range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.
LOCATION: NRC Activity Center
INSTRUCTORS: Becky Butcher, Tracie Strain

SILVERSNEAKERS® - YOGA
WEDNESDAYS 3:30 PM - 4:20 PM

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.
LOCATION: NRC Activity Center
INSTRUCTORS: Carol Schmitt, Tracie Strain



The SilverSneakers® Fitness Program is the nation's leading exercise program designed exclusively for older adults. The program includes use of basic amenities and access to signature SilverSneakers® classes. The program is offered to Medicare-eligible members of a sponsoring health plan. Medicare-eligible members are adults age 65 or older, or in some cases, those of any age deemed disabled and receiving Medicare.

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

HEALTH & WELLNESS

BUILDING BETTER BALANCE
FRIDAYS, FEBRUARY 6TH - MARCH 27TH
10:00 AM - 10:45 AM

Every second of every day an older adult falls in the United States according to the CDC. This unfortunate statistic makes falling the leading cause of injury and injury related death in this age group. The good news is we can take steps to improve our stability to help avoid falls.

Building Better Balance is a dynamic 45 minute standing class designed to decrease the risk of falls with focus on improving balance and lower body strength. Participants will be able to identify fall risks and move more intentionally.
FEE: \$20 per month OR \$30 for both months
LOCATION: NRC Cottonwood Room
INSTRUCTOR: Becky Butcher
MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 10
REGISTRATION DEADLINE: Wednesdays, 2/4 & 3/4



PEACEFUL EATING WITH DIABETES
THURSDAYS, FEBRUARY 19TH & 26TH
12:00 PM - 1:00 PM

Peaceful Eating with Diabetes is a compassionate, non-diet approach to managing diabetes that helps you find balance with food, body, and blood sugars—without guilt or overwhelm. In this class, you'll clear up confusion about diabetes, learn how to tune in to your body's signals, make mindful food choices that support steady energy, and build confidence in nourishing yourself with freedom and flexibility. Through gentle nutrition guidance, practical tools, and self-compassion, you'll discover that caring for your blood sugar and enjoying food can coexist peacefully. Plenty of time will be provided for participants' questions. This offering is facilitated by Paula Miller, MS, RDN, LD, award winning Registered Dietitian Nutritionist, Be Body Positive Facilitator and owner of Sunrise Nutrition Consulting located in Cedar Village in south Newton.
FEE: \$25 (2 day class)
LOCATION: NRC Cottonwood Room
INSTRUCTOR: Paula Miller, MS, RDN, LD
MINIMUM ENROLLMENT: 4
REGISTRATION DEADLINE: Sunday, February 15th
NOTE: For more information please e-mail paula@sunrisenutritionconsulting.com or visit www.SunriseNutritionConsulting.com.

TAKE CONTROL WITH EXERCISE
MONDAYS & THURSDAYS 9:00 AM - 10:00 AM

In addition to reducing pain and stiffness, this Arthritis Foundation based program uses moderate activities to help increase joint flexibility, range of motion, balance; increase overall stamina and maintain muscle strength. Emphasis on improving the cardiovascular system with weights and rhythm is also included. There are optional floor exercises.



FEE: \$4.50 drop in fee;
\$16 once a week, per month;
\$28 twice a week, per month
*Free with Wellness Center Membership
LOCATION: NRC Sunflower Room
INSTRUCTOR: Larry Schmitt and Tracie Strain

CARDIO - STRONG & STEADY
TUESDAYS 9:30 AM - 10:00 AM

This class is designed to improve your cardiovascular stamina. Stretching, balance and pain free range of movement is emphasized. Weights are used and minimal floor exercises are optional.
FEE: \$3 drop in fee; \$10 per month
*Free with Wellness Center Membership
LOCATION: NRC Sunflower Room
INSTRUCTOR: Tracie Strain

COMMUNITY MOVERS & SHAKERS
MONDAYS 9:00 AM - 9:55 AM

Class is suitable for all ages and is a challenge by choice! We move to music using a chair for support, stability and stretching. Expect to improve your coordination, balance, strength, agility, attitude and mental focus. This class is low to moderate intensity cardiovascular exercise combined with strength exercises using elastic tubing with handles and concludes with stretching.
FEE: \$14-\$15 depending on the # of Mondays per month.
LOCATION: Trinity Heights UMC at 1200 Boyd Ave
INSTRUCTOR: Tracie Strain



IMPORTANT INFORMATION

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG

FREE! PICKLEBALL
EQUIPMENT AVAILABLE

If you are interested in having a game of Pickleball, we have the equipment for you. All participants must have an adult playing with them. Equipment can be set up on the weekdays, before 3:00 PM or after 8:00 PM. Selected weekend hours available. If NRC Activities are scheduled, we will not be able to set up equipment. Call (316) 283-7330 to check court availability.

NEEDING SPORTS EQUIPMENT FOR
A FAMILY OR WORK OUTING?

HORSESHOES
\$5/SET
OUTDOOR VOLLEYBALL AND NET
\$5/SET

****A \$25 DEPOSIT IS REQUIRED****
OTHER SPORTS EQUIPMENT IS
ALSO AVAILABLE TO RENT

PROGRAM UPDATES AND
CANCELLATIONS

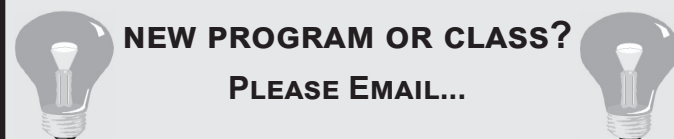
Wondering whether your activity has been postponed or cancelled due to inclement weather? We keep you updated several ways.

- ① Check the NRC website at www.newtonrec.org or Facebook.
- ② Get text message updates to your phone by providing us with your cell phone carrier.
- ③ Call the Newton Recreation Commission at (316) 283-7330.



Check us out on
Facebook, Instagram, X, and YouTube
@NewtonKSRec

***DEADLINES *UPCOMING EVENTS**
***PICTURES *CANCELLATIONS *ETC.**

DO YOU HAVE A BRIGHT IDEA FOR A
NEW PROGRAM OR CLASS?

PLEASE EMAIL...

Candice Egizi-Sifuentez - Programs, cegizi@newtonrec.org
Tracie Strain - Wellness, tstrain@newtonrec.org
Bart Peace - Aquatics, bpeace@newtonrec.org
Tyler Boese - Sports, tboese@newtonrec.org

DID YOU KNOW...

NRC HAS LOCKERS
AVAILABLE FOR RENT
Locker - \$5/Month



2025-2026

REC CENTER YOUTH AGREEMENT

In an effort to provide a safe place for students, patrons, and the NRC staff, we have adopted a youth policy. All youth in 4th grade and below MUST be accompanied by an adult while at the Activity Center.

For youth 5th grade through age 15, a Youth Agreement form must be turned in with up to date contact information for parents/guardians. Forms must be signed by both the parent/guardian AND youth planning on attending the Activity Center.

A parent/guardian **MUST** turn in completed form to NRC. Forms will not be accepted from youth.

We will begin enforcing this on September 1st, 2025.

Note: A copy of NRC rules and other information will be given to parent/guardian when Youth Agreement form is turned in.

YOUTH SPORTS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG

FALL YOUTH VOLUNTEER COACHES & SPONSORS

OUTDOOR SOCCER

JUNIOR – 5YRS./KINDERGARTEN

COTTONWOOD PEDIATRICS – GREG DAVENPORT
HESSTON REC – ANDREW STAUFFER
HESSTON REC – LOGAN SCHRAG
METTMAN DENTAL – OCEAN POSTON
PARTRIDGE ROOFING SERVICES – NATHANIEL MARTENS
SHIELD ROOFING – CALEB CARSON

ROOKIE – 3RD/4TH GRADES

COTTONWOOD PEDIATRICS – ADAM OBERMUELLER
GAF – BRANDON BIRZER
H&R BLOCK – TYLER BOESE
HESSTON REC – ALEX PEDROZA
METTMAN DENTAL – THOMAS WINE
PARTRIDGE ROOFING SERVICES – CALEB HANKE



PEE WEE – 1ST/2ND GRADES
BOOTBARN INC – ADAM OBERMUELLER
COTTONWOOD PEDIATRICS – CODY GRONAU
GAF – ELIZABETH SHOLDERS
H&R BLOCK – NICKI SANDATE
HESSTON REC – MIKE LINSCHIED
HESSTON REC – ALEX PEDROZA
HESSTON REC – JOSH TURNER
METTMAN DENTAL – BRANDON PALMER
PARTRIDGE ROOFING – SEAN TOMLINSON
UNION STATE BANK – JAMIE KARST

PONY & PUMA – 5TH/6TH /7TH/8TH GRADES
GAF – JAMES GARCIA
HESSTON REC – JOHANN REIMER
INTRUST BANK – TAYLOR WEDEL
KIWANIS CLUB – TYLER BUTLER

FLAG FOOTBALL

JUNIOR – KINDERGARTEN/1ST GRADES

GAF – JEROME MOORE
ROOFING SERVICES UNLIMITED – JASON GREEVER
SCHEELS – MATT WEAVER
UNION STATE BANK – NATHAN WALKER

ROOKIE – 2ND/3RD GRADES

INTRUST BANK – AUSTIN COOPER
SCHEELS – ANDREW KOEHN



PONY – 4TH/5TH/6TH GRADES
GAF – SCOTT SWEASY
GAF – TIM HARDER
ROOFING SERVICES UNLIMITED – SERENA ELDRIDGE
SCHEELS – SERENA ELDRIDGE

VOLLEYBALL

ROOKIE – 3RD/4TH GRADES

GAF – CHANTEL CHERNEY
INTRUST BANK – KACEY BURSE
METTMAN DENTAL – ERICA PORTER



PONY - 5TH/6TH GRADES
CURTIS C'S DINER – ERICA PORTER
GAF – CHANTEL CHERNEY
GAF – NATALIA RAMOS-THAW
METTMAN DENTAL – CATHERINE HILL
SHIELD ROOFING – JENNIE BUSENITZ
UNION STATE BANK – KATIE LUJANO

**A SPECIAL THANK YOU TO ALL OUR VOLUNTEER
COACHES & SPONSORS FOR THE FALL OF 2025**

YOUTH SPORTS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG



YOUTH RECREATIONAL INDOOR SOCCER

REGISTRATION DEADLINE: FRIDAY, JANUARY 23rd

NRC's largest youth sport is back for another season. Indoor Soccer is a faster paced and higher scoring game than the outdoor version.

NOTE: A \$10 late fee will be charged on all late registrations. Late registration does not guarantee a spot on a team. Late sign ups will be put on a waiting list. This program is available at a reduced rate for those qualifying for ESP. Registration forms, schedules, and cancellation information will be available online at www.newtonrec.org.

LEAGUE BEGINS:

Saturday, February 28th - K/5yr & 1/2 Grades

Monday, March 2nd - 3/4, 5/6 & 7/8 Grades

(Spring Break Week Off March 13th - March 22nd)



LEAGUE	GRADES	GAMES	FEE	DAYS
Junior Coed	5 year/K	6	\$38	Saturday
Pee Wee Coed	1/2	6	\$38	Saturday
Rookie Coed	3/4	8	\$38	M-F
Pony Coed	5/6	8	\$38	M-F
Puma Coed	7/8	8	\$42	M-F

**PONY & PUMA LEAGUES MAY BE COMBINED IF NEEDED.

INDOOR SOCCER CLINIC

REGISTRATION DEADLINE: FRIDAY, JANUARY 23rd

Please join NRC for an Indoor Soccer Clinic! Advance your soccer skills with current and past soccer players and coaches!

CLINIC DATES: Tuesdays and Thursdays; **February 10th - 26th**

AGE GROUPS/TIMES: 3 - 5 years (5:30 PM - 6:15 PM),
6 - 9 years and 10 - 13 years (6:15 PM - 7:00 PM)

FEE: \$34

LOCATION: NRC Gymnasium



"NEW"

YOUTH PICKLEBALL CLINIC

REGISTRATION DEADLINE: FRIDAY, APRIL 10TH

Learn the fundamentals of Pickleball—one of the most social and engaging sports today! This clinic is designed for beginners and those looking to build confidence on the court. Instructors will cover proper technique, basic strategy, and game rules before putting your new skills to the test in friendly matches. All equipment is provided. Youth Clinic will meet on Wednesdays.

CLINIC BEGINS: Wednesday, April 22nd

AGES & TIMES: 9 - 12 years (5:30 PM - 6:15 PM)

13 - 16 years (6:15 PM - 7:00 PM)

ENTRY FEE: \$36

SESSIONS GUARANTEE: 4



YOUTH BASEBALL/SOFTBALL LEAGUES

REGISTRATION DEADLINE: FRIDAY, APRIL 24TH

LEAGUE BEGINS: Monday, June 1st

BLAST BALL LEAGUE REGISTRATION DEADLINE:

Friday, April 17th

LEAGUES WILL BEGIN: Monday, May 4th at Themian Park

NOTE: A \$10 late fee will be charged on all late registrations.

Late registration does not guarantee a spot on a team.

Late sign ups will be put on a waiting list. Registration forms, schedules, and cancellation information will be available online at www.newtonrec.org.



LEAGUE	GAMES	FEE	DAYS
Blast Ball Boys/Girls (4 year)	4	\$34	Monday
T-Ball Boys/Girls (5 year/K)	6	\$38	M/T/Th
Boys Coach Pitch (1/2)	8	\$38	M/W
Girls Coach Pitch (1/2)	8	\$38	T/Th
Boys Pitching Machine (3/4)	8	\$38	M/W
Girls Pitching Machine (3/4)	8	\$38	T/Th
Boys Kid Pitch (5/6 & 7/8)	8	\$42	TBD
Girls Kid Pitch (5/6 & 7/8)	8	\$42	TBD

**KID PITCH 5/6 & 7/8 LEAGUES MAY BE COMBINED IF NEEDED.

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG

ADULT SPORTS

ADULT COED INDOOR SOCCER

REGISTRATION DEADLINE: FRIDAY, FEBRUARY 27TH

Kick it with your friends at the NRC in our Adult Coed Indoor Soccer League. Games are played on Wednesday & Friday evenings.

LEAGUE BEGINS: Wednesday, March 11th

WHO: Coed – Players must be 18+

FEE: \$275/Team

GAME GUARANTEE: 7 games with possible post season tournament.

NOTE: Teams will not be accepted without a registration fee. Cancellation hotline, standings and schedules will be available online at www.newtonrec.org.

ADULT KICKBALL LEAGUE

REGISTRATION DEADLINE: FRIDAY, MARCH 6TH

Kickball is no longer just for kids! Form a team and join the NRC for our Outdoor Coed Kickball League every Saturday for 4 weeks! Teams must have an equal amount of females and males in their lineup at all times. Can your team bring home the trophy?!

LEAGUE BEGINS: Saturday, March 21st

ENTRY FEE: \$140

GAME GUARANTEE: 4 games w/a possible end of season tournament

NOTE: Teams will not be accepted without a registration fee. Cancellation hotline, standings and schedules will be available online at www.newtonrec.org.

CORNHOLE LEAGUE

REGISTRATION DEADLINE: FRIDAY, APRIL 3RD

Come out and play Cornhole with us on Wednesday nights. You can sign up as a team of two, or a single person and we will match you with a teammate. Your team is guaranteed 4 sessions along with an end of season tournament.

LEAGUE BEGINS: Wednesday, April 15th

ENTRY FEE: \$40 per team

SESSIONS GUARANTEE: 4 w/end of season tournament

NOTE: Cancellation information, standings, and schedules will be available online at www.newtonrec.org.

Newton Recreation Commission is looking for responsible, knowledgeable, energetic people for the following positions:

**Youth Basketball & Indoor Soccer Officials,
Adult Softball Umpires, Youth Baseball/
Softball Umpires.**



Please apply at the Newton Activity Center front desk.
415 North Poplar Street



PICKLEBALL LEAGUE

REGISTRATION DEADLINE: FRIDAY, APRIL 3RD

Time to come out and have some fun! Sign up today for our Pickleball League. Players will call their own games and lines. There will be a single elimination tournament at the end of the season.

LEAGUE BEGINS: Friday, April 17th

ENTRY FEE: \$40 per team

DIVISIONS: Upper League and Lower League; leagues may be combined if needed.

SESSIONS GUARANTEE: 4 w/end of season tournament

MINIMUM ENROLLMENT: 6

NOTE: NRC will supply equipment. Cancellation information, standings, and schedules will be available online at www.newtonrec.org.



SINGLES & DOUBLES SPRING DISC GOLF TOURNAMENT

REGISTRATION DEADLINE: FRIDAY, APRIL 10TH

Grab your partner or come solo, and enter our annual Spring Disc Golf Tournament! Winning players/teams will be awarded a gift card to their favorite Disc Golf stores!

TOURNAMENT DATES: Singles - Saturday, April 18th;
Doubles - Saturday, April 25th

ENTRY FEE: Singles - \$25 per person;

Doubles - \$50 per team

NOTE: Teams will not be accepted without a registration fee. Cancellation hotline, standings and schedules will be available online at www.newtonrec.org. **These tournaments are not PDGA sanctioned.**

"NEW"

ADULT PICKLEBALL CLINIC

REGISTRATION DEADLINE: FRIDAY, APRIL 10TH

Learn the fundamentals of Pickleball—one of the most social and engaging sports today! This clinic is designed for beginners and those looking to build confidence on the court. Instructors will cover proper technique, basic strategy, and game rules before putting your new skills to the test in friendly matches. All equipment is provided. Adult Clinic will meet on Fridays.

CLINIC BEGINS: Friday, April 24th

TIME: 5:30 PM - 6:15 PM

AGE: 17 +

ENTRY FEE: \$40

SESSIONS GUARANTEE: 4

JUST FOR SENIORS!

BECKY BUTCHER, AQUATIC/Wellness SPECIALIST, RFRIESEN@NEWTONREC.ORG



WATER FITNESS CLASSES

\$4.50 - Drop In fee
\$35 - 10-class card
\$30 - Wellness Center Member 10-class card
\$44 - Preferred Aquatics Monthly Membership
(unlimited classes)

At Your Own Pace

MONDAYS, WEDNESDAYS & FRIDAYS 9:00 AM - 9:50 AM

This is an overall body strength training and aerobics class for those of all abilities and ages. This class also features lots of fellowship.

INSTRUCTOR: Becky Butcher
LOCATION: NRC Activity Center Pool

AQUA STRENGTH & STRETCH CLASS
TUESDAYS & THURSDAYS 8:00 AM - 8:50 AM

This is a higher intensity class. Target heart rate will be reached early and maintained during session. Work-out is concluded with stretch and cool down.

INSTRUCTOR: Becky Butcher
LOCATION: NRC Activity Center Pool

AQUACISE MORNING CLASS
MONDAYS, WEDNESDAYS, & FRIDAYS 8:00 AM - 8:50 AM

INSTRUCTOR: Cathy Woodward
LOCATION: NRC Activity Center Pool

ARTHRICISE
TUESDAYS & THURSDAYS 2:00 PM - 2:50 PM

Water exercise is ideal for those who have difficulty in regular exercise programs. Come meet some new friends while getting some exercise. This exercise class is led by an arthritis trained instructor. No swimming required and a lift is available.

INSTRUCTOR: Becky Butcher
LOCATION: NRC Activity Center Pool

SENIOR SWIM
MONDAY - FRIDAY 1:00 PM - 2:00 PM

Senior Swim is free and open to all over the age of 55.
WHEN: Monday - Friday
TIME: 1:00 PM - 2:00 PM.
FEE: FREE
WATER TEMPERATURE: 86-89 Degrees

LAP SWIM
MONDAYS, WEDNESDAYS & FRIDAYS 6:30 AM - 7:30 AM

FEE: \$2.00 per person and FREE for Wellness Center members
\$13 - 10 lap swim card

SILVERSNEAKERS® II - CIRCUIT
MONDAY, WEDNESDAY & FRIDAY 8:00 AM - 8:45 AM

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

INSTRUCTORS: Becky Butcher, Tracie Strain
LOCATION: NRC Activity Center

SILVERSNEAKERS® - CLASSIC
TUESDAY & THURSDAY 10:10 AM - 10:55 AM

Increase muscular strength, range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

INSTRUCTORS: Becky Butcher, Tracie Strain
LOCATION: NRC Activity Center

SILVERSNEAKERS® - YOGA
WEDNESDAY 3:30 PM - 4:20 PM

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

INSTRUCTORS: Carol Schmitt, Tracie Strain
LOCATION: NRC Activity Center

CLIMATE CONTROL INDOOR WALKING TRACK

The NRC Gym has a walking track (12 laps equal one mile or 13 1/2 laps equal one mile with soccer walls) which is available for walking at anytime during business hours. Use of the track is free.

PRIVATE SWIM LESSONS

It is never too late to learn this life skill. Private lessons will be set up to fit individual needs and schedules.

SIX 30 MINUTE LESSONS: \$99; ADDITIONAL PERSONS: \$55



SILVERSNEAKERS®
FITNESS PROGRAM MEMBERS CAN PARTICIPATE
IN ANY OF OUR SENIOR FITNESS PROGRAMS.

CANDICE EGIZI-SIFUENTEZ, PROGRAM DIRECTOR, CEGIZI@NEWTONREC.ORG

FEATURED PROGRAMS

ADULT KICKBALL LEAGUE
REGISTRATION DEADLINE:
FRIDAY, MARCH 6TH

Kickball is no longer just for kids! Form a team and join the NRC for our outdoor Coed Kickball league every Saturday for 4 weeks!

Teams must have an equal amount of females and males in their lineup at all times. Can your team bring home the trophy?!



LEAGUE BEGINS: Saturday, March 21st

ENTRY FEE: \$130

GAME GUARANTEE: 4 games; with a possible end of season tournament

NOTE: Teams will not be accepted without a registration fee. Cancellation hotline, standings and schedules available online at www.newtonrec.org.

BAKE THE BASICS - COOKIES MADE EASY
THURSDAY, JANUARY 15TH

Get ready to mix, roll, and bake your way to delicious fun! In this hands-on class, kids will learn the basics of cookie baking while making favorites like chocolate chip, snicker-doodle, and/or sugar cookies. Each baker will learn simple measuring, mixing, and baking techniques - and of course, taste their sweet creations! No experience needed - just a love for cookies and creativity!

TIME: 3:00 PM - 4:30 PM

FEE: \$30

AGES: 8 - 11 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room

REGISTRATION DEADLINE: Sunday, January 11th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 8

BAKE THE BASICS - COOKIE CREATIONS
MONDAY, FEBRUARY 16TH

Learn the basics of baking in this fun, hands-on cookie class! Youth bakers will mix, roll, and bake classic favorites like chocolate chip, snickerdoodle, and sugar cookies while learning essential kitchen skills such as measuring, mixing, and oven safety. No experience needed - just a love for cookies and creativity!

TIME: 3:00 PM - 4:30 PM

FEE: \$30

AGES: 12 - 14 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room

REGISTRATION DEADLINE: Wednesday, February 11th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 8

EVERYONE SHOULD
PARTICIPATE!



DENOTES SCHOLARSHIP PROGRAM:

NRC's scholarship program is available to those currently receiving **Free/Reduced School Lunches** or that have a current **KanCare Medical Card**.

Those who qualify for ESP will be able to participate in NRC's ESP Programs at a 50% reduced rate. Be sure to look for the above logo next to program information to see which programs qualify.

To receive this rate, please bring a copy of your letter of approval for free/reduced rate lunches or your KanCare Medical Card with you to NRC at the time of enrollment. We will make a copy of your paperwork and keep it on file until the next school enrollment.

ON-GOING SCHEDULE

Aquatics AM Class	M-F	8:00-8:50 AM
Aquatics PM Class	M/Th	5:15-6:00 PM
Aqua-Daptive	M	10:00-10:45 AM
At Your Own Pace	M/W/F	9:00-9:50 AM
Arthricise	T/Th	2:00-2:50 PM
Buttz and Gutz	M/Th	12:10-12:50 PM
Buttz and Gutz - H2O	T/F	12:10-12:50 PM
Cardio - Strong & Steady	T	9:30-10:00 AM
Elasticize	T/Th	6:00-6:45 PM
	S	8:00-8:45 AM
High Tide Teens	T/Th	3:30-4:15 PM
Lap Swim	M/W/F	6:30-7:30 AM
Public Swim	M/W	Noon-1:00 PM
	M-Th	7:30-9:00 PM
	Sat/Sun	2:00-3:30 PM
	T/Th/F	4:00-5:00 PM
(T/Th/F September 2, 2025 - May 22, 2026)		
Senior Swim	M-F	1:00-2:00 PM
SilverSneakers® Circuit	M/W/F	8:00-8:45 AM
SilverSneakers® Classic	T/Th	10:10-10:55 AM
SilverSneakers® Yoga	W	3:30-4:20 PM
Tae Kwon Do	M/W	6:00-7:00 PM
Take Control w/Exercise	M/Th	9:00-10:00 AM
Yoga - Recovering	M/Th	9:00-10:15 AM
Yoga - All Levels	W/F	9:00-10:15 AM

EGGSTRAVAGANZA

FRIDAY, APRIL 3RD

Hunting Easter eggs is a tradition for youngsters. Join the NRC in celebrating this time honored activity. There is no egg limit with us! Eggs will contain candy, prizes, or coupons. The fields will be marked off according to age for the hunts.

TIME: 6:00 PM * **LOCATION:** 12th and Boyd Soccer Complex

AGES: Up to 12 years of age * **FEE:** FREE



NOTE: Grab supper for your family before the Eggstravaganza!
First Baptist Church will be serving free hamburgers, chips, and cookies from 5:00 PM - 6:00 PM.

EASTER SCAVENGER HUNT

MUST PRE-REGISTER

\$4/CHILD



WHERE IS OUR RABBIT??

MARCH 30TH - APRIL 3RD

We need your help finding him! Participants will be required to register for this activity and join a *private Facebook Group*. A daily message will be posted in the private group for you to decode in order to find out where the NRC rabbit is hiding! Each day NRC's rabbit will be hiding in a different location somewhere in Newton. Once you find him you will pick an egg from his basket. Bring this egg to the Rec Center (415 N. Poplar) and see what you've won! *Only 1 egg per day per participant.*

DEADLINE: March 23rd

For rules & information please visit our
website: www.newtonrec.org

Prizes include candy filled Easter eggs, toys, gift certificates, coupons for local businesses, and more!