

February 2025 Newsletter

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

Youth Indoor Soccer League

****You can still join the fun! The \$10 late fee kicks in on Monday, January 27th. Don't let this chance to score slip away!**

League Begins:

- March 1st (K/5yr & 1/2 Grades)
- March 3rd (3/4, 5/6 & 7/8 Grades)

(No games Spring Break Week, March 16th - March 23rd)

K/5yr - 6th Grade: \$36

7th/8th Grade: \$42

Youth Indoor Soccer Clinic ****Deadline: Friday, January 24th****

Tuesdays & Thursdays: February 11th - February 27th

Kick it up a notch and sharpen those soccer skills alongside seasoned players and coaches from both past and present!

Ages 3-5: (5:30 PM - 6:30 PM) **Ages 6-9 & 10-13:** (6:30 PM - 7:30 PM)

Fee: \$32

NRC Cheer Squad

Skills & Drills Training - Indoor Soccer Season: February 18th - April 29th

(No practice on March 18th)

The NRC Cheer Squad is a high energy, team-based squad emphasizing athleticism, sportsmanship, hard work, and confidence.

Cheerleaders will cheer 2 half time performances for 5th-6th grade

(days & times TBD).

Tuesday practices 4:30 PM - 5:45 PM

Fee: \$75; includes t-shirt, hair bow and bag

\$15 refundable deposit for a cheer skirt and notebook due at registration.

Ages: 1st grade and up **Deadline:** Wednesday, February 12th

Feeding Children Peacefully

Thursdays, February 13th & 20th

Come learn what every caregiver needs to know about feeding kids, so they grow up to feel good about eating and their bodies.

9:00 AM - 10:00 AM

Fee: \$25 (2-day class)

Deadline: Sunday, February 9th

Splash of Color - Adult Lighthouse & Sailboats

Thursday, February 20th

Connie Rhodes and Barbara Gabel invite you to the world of artistic fun!

6:00 PM - 8:00 PM

Fee: \$30

Ages: 16 years and up

Deadline: Sunday, February 16th



Evening Swimming Lessons

Monday - Thursday

February 10th - February 20th

Aquaducks: 6:15 PM - 6:45 PM

Students learn to feel comfortable in the water with instruction.

Goldfish: 6:15 PM - 7:00 PM

Fundamentals of aquatic skills and beginning to learn basic strokes.

Fee: \$38

Deadline: Monday, February 3rd

Pre-school Exploratory Art & Sensory Class

Tuesday, February 4th

Dive into a world of colorful chaos where little hands can explore, discover, and create! Young artists will experience textures, colors, and media in this class.

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

Fee: \$12

Ages: 18 months - 5 years

Deadlines: Sunday, February 2nd

Note: Parents/Caregivers need to stay & help their child.



Splash of Color - Youth

Lighthouse & Sailboats

Wednesday, February 12

Let your imagination run wild as you explore the joy of painting in a supportive and fun environment. Perfect for all skill levels!

3:30 PM - 5:00 PM

Fee: \$25 **Ages:** 10 years - 16 years

Deadline: Sunday, February 9th



Ballroom Basics

****Deadline: Friday, January 31st****

Tuesdays, February 4th - February 18th

Dance for fitness, dance for fun! This class will provide beginners with techniques in Foxtrot, Waltz, and Swing. With a wide range of music and a relaxed atmosphere, it is sure to be a great time!

6:30 PM - 7:30 PM

Fee: \$25 per person/\$35 per couple



Prices not determined by membership. Activity fees the same for everyone.

Those who currently receive Free/Reduced School Lunches or that have a current KanCare Card can receive a 50% reduced rate on our ESP programs.

Tiny Toes Playland

Tuesdays, February 18th - March 11th

This class is designed specifically for your little ones to play, learn, and grow in a safe and stimulating environment!



10:00 AM - 10:45 AM

Fee: \$25 **Ages:** 18 months - 5 years

Deadline: Monday, February 17th

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



USD 373 Early Release School Day Care

Wednesday, February 12th

@ Slate Creek Elementary



Pre-Registration Required: Parents must pre-register for childcare on Early Release School Days. Registration will open on January 29th and will close on February 5th.

How to Register: Call (316) 283-7330 to register.

Adult Gymnastics

Thursdays, February 20th - April 3rd

(No class March 20th)

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

5:30 PM - 6:30 PM

Fee: \$50

Deadline: Thursday, February 13th



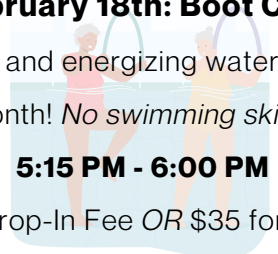
Try-It-Out-Tuesdays

Tuesday, February 18th: Boot Camp Stations

Join us for a fun and energizing water workout offered once a month! *No swimming skills needed.*

5:15 PM - 6:00 PM

Fees: \$4.50 Drop-In Fee OR \$35 for 10-Class Card



Lifeguard Training

Friday, February 21st - Sunday, February 23rd

This course includes training in lifeguarding, CPR for the professional rescuer, first aid, and bloodborne pathogens.

Friday at 5:30 PM

Saturday and Sunday at 9:30 AM

Fee: \$150 **Ages:** 15 and up

Location: NRC Cottonwood Room and NRC Pool

Deadline: Friday, February 14th

Women's Self Defense Class

Saturday, February 22nd

Learn how to defend yourself when someone is trying to attack you. Gain self-confidence and learn effective techniques to defend yourself against an attacker.

1:00 PM - 4:00 PM

Fee: \$15 **Ages:** 12 years and older

Deadline: Tuesday, February 18th



Building Better Balance

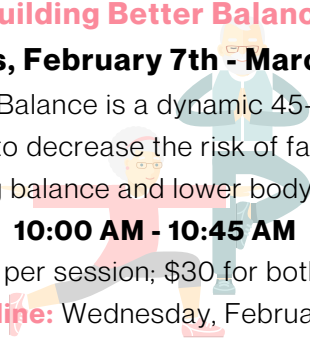
Fridays, February 7th - March 28th

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.

10:00 AM - 10:45 AM

Fee: \$20 per session; \$30 for both months

Deadline: Wednesday, February 5th



Gymnastics



****Deadline Saturday, February 1st****

Parent-Tot through Advanced Levels!

Saturdays, February 8th - March 15th

Beginner Level ONLY:

OR Wednesdays, February 5th - March 12th

Fee: \$48



Upcoming Activities

Activity	Dates	Deadline
• Scout Night	03/05	call for more info.
• Splash of Color - Youth	03/12	03/09
• Leprechaun Magic Rainbows	03/13	03/09
• Introductory Tae Kwon Do Class	03/15	03/11
• St. Patrick's Day Party	03/17	03/10
• Try-It-Out-Tuesday	03/18	call for more info.
• Splash of Color - Adult	03/20	03/16
• Adult Kickball League	03/22	03/07
• Squeaky Soles - Running Club	03/25 - 05/01	03/11
• Cornhole & Pickleball Leagues	call for more info.	03/21
• Pre-school Exploratory Art & Sensory Class	03/26	03/23

Spring Break Swim Clinic

Fri./Mon./Tues./Thurs.

March 14, 17, 18 & 20

Aquaducks: 4:00 PM - 4:35 PM

Goldfish: 4:00 PM - 4:55 PM

Sunfish & Penguin: 5:00 PM - 5:55 PM

Fee: \$38



Deadline: Monday, March 7th

