

NEWTON RECREATION COMMISSION

FALL 2026 ACTIVITY GUIDE

415 N Poplar St, Newton KS
(316) 283-7330
www.newtonrec.org



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GENERAL INFORMATION

BRIAN BASCUE, SUPERINTENDENT, BBASCUE@NEWTONREC.ORG

NEWTON RECREATION COMMISSION BOARD

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

ADMINISTRATIVE STAFF

Superintendent	Brian Bascue	bbascue@newtonrec.org
Asst. Superintendent	Bart Peace	bpeace@newtonrec.org
Program Director	Candice Egizi-Sifuentez	cegizi@newtonrec.org
Sports Director	Tyler Boese	tboese@newtonrec.org
Wellness Director	Tracie Strain	tstrain@newtonrec.org
Business Manager	Lori Hein	lhein@newtonrec.org
Office Manager	Sarah Hensiek	shensiek@newtonrec.org
Grounds Supervisor	Joel Smith	jsmith@newtonrec.org
Head Custodian	Nathan Boese	nboese@newtonrec.org
Aquatic/Wellness SPC	Becky Butcher	rfriesen@newtonrec.org
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
Web-site	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.



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



TABLE OF CONTENTS

ART:	
ADULT ART CLASSES	5
HOLIDAY ART CLASSES	4
PRE-SCHOOL EXPLORATORY ART	6
STEAM CLASSES	7
AQUATICS:	
AQUATIC FITNESS CLASSES	12
INDOOR PUBLIC SWIM	13
HIGH TIDE TEENS	13
POOCHES' PLUNGE	13
SCOUT NIGHT	13
SWIM LESSONS	14
FITNESS:	
ADULT GYMANSTICS	8
BUILDING BETTER BALANCE CLASS	18
BUTTZ AND GUTZ	18
CARDIO STRONG & STEADY	19
ELASTICIZE	18
FITNESS CLASSES	17-19
NRC WELLNESS CENTER	15-16
PERSONAL TRAINING	17
SILVERSNKERS®	19
TAKE CONTROL WITH EXERCISE	19
VIRTUAL FITNESS CLASSES	18
YOGA	17 & 19
HOLIDAY PROGRAMS:	
38TH ANNUAL CHRISTMAS MARKET	5
HALLOWEEN PROGRAMS	4
CANDY SCRAMBLE & COSTUME CONTEST	4
TINY TOTS TURKEY TROT	4
WHERE IS "GINGY" - SCAVENGER HUNT	5
WINTER HOLIDAY CLASSES	4
MARTIAL ARTS/SELF-DEFENSE:	
FREE INTRO TO TAE KWON DO	10
PRESCHOOL TAE KWON DO	10
TAE KWON DO	10
PRESCHOOL/TODDLER:	
LITTLE CHAMPS GYM TIME	6
LITTLE EXPLORERS DROP OFF DAY	6
TODDLER HOLIDAY CLASSES	4
TODDLER CRAFT CLASSES	4 & 6
RENTAL INFORMATION:	
FACILITY RENTALS	11
PICKLEBALL	25
TABLES & CHAIRS	11
SAFETY TRAINING:	
GROUP CPR & FIRST AID TRAINING	13
SPORTS:	
ADULT SPORTS	24-25
YOUTH SPORTS	21-23
YOUTH PROGRAMS:	
5TH/6TH GRADE DANCE	7
BAKE THE BASICS	7
CHEERLEADING	9
GYMANSTICS	8
NRC CLUBHOUSE	3
SAFESITTER	7
SQUEAKY SOLES - RUNNING CLUB	7
OTHER:	
EVERYONE SHOULD PARTICIPATE	27
JUST FOR SENIORS!	26
WHY WEIGHT LOSS DOESN'T LAST	17
ON-GOING SCHEDULE	27
YOUTH AGREEMENT - REC CARD	10
SPONSORS	20

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

NRC CLUBHOUSE

Welcome to the NRC Clubhouse

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

Before & After School Care Begins: Thursday, August 13th, 2026

Locations

Northridge Elementary
 Slate Creek Elementary
 South Breeze Elementary
 Sunset Elementary

Hours

6:30 AM - 7:35 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:

Days:

Friday, October 9th
 Friday, October 30th
 Monday, November 23rd - Wednesday, November 25th

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.



Rates For Winter Break

Full Day - \$35; 1/2 Day - \$20
 All 8 days - \$195/\$160 additional child

Winter Camp:

Friday, December 18th, Monday, December 21st,
 Tuesday, December 22nd, Wednesday, December 23rd,
 Monday, December 28th, Tuesday, December 29th,
 Wednesday, December 30th, Monday, January 4th

Early Release Days:

Must pre-register to attend - Call for more information
 Wednesdays - September 16th, October 14th,
 November 11th, December 9th
 (No NRC Clubhouse on August 12th)

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

HOLIDAY PROGRAMS

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

FAMILY CANDY SCRAMBLE AND COSTUME CONTEST
WEDNESDAY, OCTOBER 28TH

Grab your flashlights, load up the kids, and head to Fischer Field where there will be thousands of pieces of candy scattered on the field. We will divide the kids into age groups for the children’s candy scramble and will have prizes for our costume contest winners in three age groups: Child I (9-12 years), Child II (5-8 years), and Tot (4 and under).

TIME: 7:00 PM

FEE: FREE

AGES: up to 12 years old

LOCATION: Fischer Field in Athletic Park

NOTE: Please pre-register by calling NRC and let us know how many will be attending. Children 12 and under must be accompanied by a parent or guardian age 18 and over. **Bring a flashlight and wear your costume!**

** If there is inclement weather, check the NRC Facebook Page for updates.



TINY TOTS TURKEY TROT
WEDNESDAY, NOVEMBER 25TH

Join us for a delightful Thanksgiving-themed event just for the little ones! This fun run features a short dash and a pint-sized obstacle course, along with a craft and tasty snacks. It’s the perfect way for tots to celebrate the season!

TIME: 10:00 AM - 11:00 AM

FEE: \$9

AGES: 2 years - 6 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Gymnasium

REGISTRATION DEADLINE: Sunday, November 22nd

MINIMUM ENROLLMENT: 8

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



YOUTH HOLIDAY CLASSES



CRAFT-O-WEEN
WEDNESDAY, OCTOBER 21ST

Park your broom at the door, come on in, and create something spook-tacular! You and your child will conjure up crafts to make your house boo-tiful. Plan to get messy with paint, glue, and more.

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

Fee: \$15

Ages: 2 years - 5 years

Instructor: Candice Egizi-Sifuentez

Location: NRC Sunflower Room

Registration Deadline: Friday, October 16th

Minimum Enrollment: 5 Maximum Enrollment: 12

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

SPOOKY SPLASH & TREATS PARTY
FRIDAY, OCTOBER 30TH

Join us for a spook-tacular Halloween celebration! Enjoy exciting games, a refreshing swim, a delicious pizza lunch, and get creative by making your own edible Monster Munch Bouquet. It’s a frightfully fun day you won’t want to miss!

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: Thursday, October 22nd

Minimum Enrollment: 10 Maximum Enrollment: 15

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

MERRY & BRIGHT CHRISTMAS ORNAMENT
TUESDAY, DECEMBER 15TH

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 11th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 12

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

GRINCHY HEART HOLIDAY PARTY
FRIDAY, DECEMBER 18TH

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: Friday, December 11th

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.

PROGRAMS

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

38TH ANNUAL
CHRISTMAS MARKET
SATURDAY, NOVEMBER 14TH



SAVE THE DATE!

Kick off your holiday shopping with us! Join us for our 38th Annual Christmas Market - a festive shopping tradition filled with handmade crafts, unique gifts, and popular direct sales vendors like Paparazzi Jewelry, Color Street, and Scentsy.

Shop local, enjoy the holiday spirit, and listen for door prize giveaways announced throughout the day!

TIME: 8:00 AM - 2:00 PM

LOCATION: NRC Gymnasium

ADMISSION: FREE

NOTE: Contact Candice Egizi-Sifuentez at cegizi@newtonrec.org or (316) 283-7330 for more information on reserving a booth. **Direct sales vendors MUST speak with Candice before registering for the event as space is limited and multiples of companies will not be allowed.** All vendors are expected to stay for the full duration of the event.

Vendor registration deadline Sunday, October 25th.

Don’t wait—booths fill quickly, and space is limited! Be sure to register soon.

DO YOU HAVE A SKILL, TALENT, OR
HOBBY YOU’D LOVE TO SHARE?

The Newton Recreation Commission is always looking for passionate individuals to teach classes, lead workshops, or introduce new programs to our community. Whether you’re an artist, fitness enthusiast, crafter, educator, musician, or have a unique skill to share, we’d love to hear from you!

PLEASE EMAIL

Bart Peace, Aquatics, bpeace@newtonrec.org

Candice Egizi-Sifuentez, Programs, cegizi@newtonrec.org

Tracie Strain, Wellness, tstrain@newtonrec.org

Tyler Boese, Sports, tboese@newtonrec.org

SHARE YOUR TALENTS AND HELP US
CREATE NEW OPPORTUNITIES FOR
OUR COMMUNITY!



WHERE IS “GINGY”
OUR GINGERBREAD MAN???

MONDAY - FRIDAY; DECEMBER 7TH - DECEMBER 11TH

HEY NEWTON!!! WE’RE HAVING A SCAVENGER HUNT!!!

WHERE IS OUR GINGERBREAD MAN??

Our NRC Gingerbread Man, Gingy, will be wandering around Newton — and we need your help to bring him home! You will need to join a private Facebook group to receive your clues on Gingy’s location.

Each day, Gingy will be hiding inside a local business somewhere in town. Stop by, find him, and pick up the special reindeer candy cane he’s left for you. Bring the candy cane back to the Newton Rec Commission, and you’ll receive that day’s piece of our 5-Day Gingerbread House Craft Kit!

By the end of the week, you’ll have a completed gingerbread house — this can be a fun family, co-worker, and friend competition!

Once your house is complete, you’ll submit your gingerbread house pictures to cegizi@newtonrec.org for our Facebook community contest. The top 3 photos with the most reactions will win a small holiday prize!

A festive way to celebrate the season and support our local businesses!

TIME: 11am – 6pm

AGE: 2 years and up

FEE: \$10 per kit

REGISTRATION DEADLINE:

Tuesday, December 1st

MINIMUM ENROLLMENT: 15



MAKERHAUS COLLECTIVE



ADULT (16+) TRACK
6:00 PM - 8:00 PM

NEUROGRAPHICA - DRAW YOUR WAY TO CALM

THURSDAYS, AUGUST 20TH - OCTOBER 29TH

MIXED MEDIA STUDIO - LAYER, TEXTURE, CREATE

THURSDAYS, NOVEMBER 5TH - DECEMBER 17TH

SENIOR/ADULT TRACK
10:00 AM - 12:00 PM

ZENTANGLE - THE ART OF CALM LINES

FRIDAYS, AUGUST 21ST - SEPTEMBER 11TH

MANDALAS - CIRCLES OF CALM

FRIDAYS, SEPTEMBER 18TH - OCTOBER 9TH

NEUROGRAPHICA MANDALAS - LINES THAT FLOW

FRIDAYS, OCTOBER 16TH - OCTOBER 23RD

MANDALAS STUDIO - EXPLORE & CREATE

FRIDAYS, OCTOBER 30TH - DECEMBER 18TH

(NO CLASS FRIDAY, NOVEMBER 27TH)

FOR MORE INFORMATION ON EACH SESSION VISIT
WWW.NEWTONREC.ORG /ADULT-ART-MAKERHAUS-COLLECTIVE

PRE-SCHOOL PROGRAMS

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



LITTLE CHAMPS GYM TIME
WEDNESDAYS, AUGUST 26TH - SEPTEMBER 16TH

Grab your toddler or preschooler and join us for this exciting, interactive gym-time program focused on playful sports exploration and active learning! Little ones will practice skills like throwing, kicking, running, bouncing, and teamwork through fun games and age-appropriate activities, all with YOU right by their side. We'll finish each class with a fun obstacle course featuring mats, tunnels, balance activities, and plenty of active play and adventure time!
TIME: 10:00 AM - 10:45 AM
FEE: \$20
AGES: 18 months - 5 years
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Gymnasium
REGISTRATION DEADLINE: Sunday, August 23rd
MINIMUM ENROLLMENT: 8 **MAXIMUM ENROLLMENT:** 18
NOTE: Parents/Caregivers need to stay and help their child.



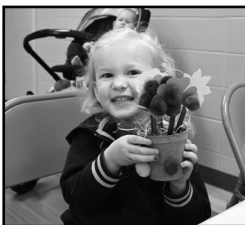
LITTLE EXPLORERS DROP-OFF DAY
TUESDAY, SEPTEMBER 15TH
WEDNESDAY, NOVEMBER 18TH

Give your preschooler a mini-adventure while you enjoy some well-deserved time to yourself! Our Little Explorers Drop-Off Day includes active play with mats, fun games, story time, and more for children ages 2–5. Play, explore, imagine—while you take a break!
TIME: 11:30 AM - 2:30 PM
FEE: \$15 per day
AGES: 2 years - 5 years
INSTRUCTOR: Candice Egizi-Sifuentez & Esmeralda Hernandez
LOCATION: NRC Santa Fe Room
REGISTRATION DEADLINE: Sundays, 9/13 and 11/15
MINIMUM ENROLLMENT: 6 **MAXIMUM ENROLLMENT:** 10
NOTE: Please feed your child lunch before you drop them off. A small snack will be provided at 1:30 PM.



PRE-SCHOOL EXPLORATORY ART
& SENSORY CLASS
WEDNESDAY, SEPTEMBER 30TH
TUESDAY, NOVEMBER 3RD

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 textures, colors, and media in each class.
TIME: 10:00 AM (Class is 40-50 minutes)
FEE: \$12 per class
AGES: 18 months - 5 years
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Cottonwood Room
REGISTRATION DEADLINES:
Sundays, 9/27 and 11/1
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 12
NOTE: Parents/Caregivers need to stay and help their child.



TEDDY BEAR PICNIC & PARADE
THURSDAY, AUGUST 27TH
FRIDAY, OCTOBER 2ND



Parents/Caregivers and children join us in our stuffed animal parade. Teddy bears are not mandatory, bring your favorite stuffed animal(s). 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, 8/23 and Monday, 9/28
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

TOT TIME DROP-IN
WEDNESDAY, OCTOBER 7TH & 14TH
TUESDAYS, NOVEMBER 10TH, 17TH

Our gymnasium will be reserved for toddlers to come play with parents on a few mornings in November! 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 TOT TIME is offered. Parents must interact with and be responsible for their own children.
TIME: 10:00 AM - 11:30 AM
FEE: \$3 per toddler (Parent/Guardian 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. **Please ensure that all children use the equipment properly and do not drag or move it around. Parents are responsible for supervising their children to help maintain the quality and safety of our equipment. Thank you for your cooperation!** If we do not have participants by 11:00 AM the equipment will be taken down.



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

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

YOUTH PROGRAMS

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

MAKERHAUS COLLECTIVE
HANDS-ON ART-INTENSIVE
STEAM CLASSES FOR KIDS!

"NEW"
SESSION I: AUGUST 17TH - SEPTEMBER 8TH
SESSION II: SEPTEMBER 21ST - OCTOBER 13TH
SESSION III: OCTOBER 26TH - NOVEMBER 17TH
SESSION IV: NOVEMBER 30TH - DECEMBER 22ND

ARTISANS: 5 - 8 YEARS
Tuesdays: 5:30 PM - 6:45 PM

INVENTORS: 9 - 12 YEARS
Mondays: 4:00 PM - 5:30 PM

Step inside the Wonderhaus Dome, a one-of-a-kind pop-up art studio that rolls right up to Newton Rec! Local artist and teacher Chérie Naegele leads hands-on classes where kids paint, build, sculpt, and invent — getting gloriously messy while they create something they're proud to bring home. Every project follows your child's curiosity instead of a worksheet, sparking confidence and imagination along the way. Two age groups, fresh themes each session. Come make something unforgettable.



FEE: \$30 per class; \$100 per four class session
(10% discount for those who qualify for ESP)
INSTRUCTOR: Chérie Naegele (Miss Ree)
LOCATION: NRC Lawn - Wonderhaus Dome
REGISTRATION DEADLINE: Friday prior to each class.
MINIMUM ENROLLMENT: 4

SIGN UP PER CLASS OR PER SESSION!
FOR MORE INFORMATION ON EACH CLASS
VISIT WWW.NEWTONREC.ORG/STEAM



BAKE THE BASICS
WEDNESDAY, SEPTEMBER 23RD
TUESDAY, OCTOBER 20TH

Bake up some fun while learning essential kitchen skills! In this hands-on baking class, participants will measure, mix, and create delicious sweet treats from scratch while learning proper measuring techniques, basic baking methods, kitchen safety, and food preparation skills. Each class offers a new baking experience, making it perfect for both new and returning bakers. No experience is needed—just bring your curiosity and a sweet tooth!
TIME: 3:30 PM - 5:00 PM
FEE: \$30
AGES: 10 - 14 years
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Fridays, 9/18 and 10/16
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 8



5TH/6TH GRADE DANCE

FRIDAY, AUGUST 21ST - BACK TO SCHOOL

Are you ready to dance? Grab all of your friends and come on down to the Rec Center for an evening of fun! All students attending must follow the USD 373 dress code and NRC rules. Remember, no black hard soled shoes are allowed in the Gym.
TIME: 7:00 PM - 9:00 PM
FEE: \$6
AGES: 5th/6th graders ONLY
LOCATION: NRC Gymnasium
NOTE: USD 373 dress code enforced - concessions will be available. ****We are looking for Parent Volunteer Chaperones. Please contact Candice Egizi-Sifuentez at (316) 283-7330 or cegizi@newtonrec.org if you are interested in being a Chaperone.**

SQUEAKY SOLES - RUNNING CLUB
TUESDAYS & THURSDAYS
SEPTEMBER 8TH - OCTOBER 15TH

Join us for our exciting Squeaky Soles Running Club, meeting twice a week on Tuesdays and Thursdays. On Tuesdays, we engage in energetic running games designed for enjoyment and fitness. Thursdays 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.
TIME: 4:00 PM - 5:00 PM
FEE: \$69



(lap incentives, snack, t-shirt & water bottle included in fee)
AGES: 3rd - 6th Grade
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Gymnasium
REGISTRATION DEADLINE: Tuesday, September 1st
MINIMUM ENROLLMENT: 8 **MAXIMUM ENROLLMENT:** 15
NOTE: **Required parent meeting immediately following practice at 5:00 PM on Tuesday, September 8th.**

SAFESITTER
FRIDAY, OCTOBER 9TH

Designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue (certifications not given in first aid).
TIME: 9:00 AM - 3:00 PM
FEE: \$50
AGES: 6th - 8th Graders
INSTRUCTOR: Candice Egizi-Sifuentez
LOCATION: NRC Cottonwood Room
REGISTRATION DEADLINE: Thursday, September 24th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 8
NOTE: ****Please bring a sack lunch and water bottle.****



GYMNASTICS

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



GYMNASTICS

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



PARENT-TOT

SESSION I: SATURDAYS, AUGUST 22ND - SEPTEMBER 26TH
SESSION II: SATURDAYS, OCTOBER 10TH - NOVEMBER 14TH
SESSION III: SATURDAYS, DECEMBER 5TH - JANUARY 16TH
(No Class 12/26)

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
TIME: 9:00 AM - 9:30 AM

PRE-SCHOOL

SESSION I: WEDNESDAYS, AUGUST 19TH - SEPTEMBER 23RD
OR SATURDAYS, AUGUST 22ND - SEPTEMBER 26TH
SESSION II: WEDNESDAYS, OCTOBER 7TH - NOVEMBER 11TH
OR SATURDAYS, OCTOBER 10TH - NOVEMBER 14TH
SESSION III: WEDNESDAYS, DECEMBER 2ND - JANUARY 13TH
OR SATURDAYS, DECEMBER 5TH - JANUARY 16TH
(No Class 12/23 or 12/26)

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
TIME: Wednesdays 4:30 PM - 5:15 PM
Saturdays 9:00 AM - 9:45 AM

BEGINNERS

SESSION I: WEDNESDAYS, AUGUST 19TH - SEPTEMBER 23RD
OR SATURDAYS, AUGUST 22ND - SEPTEMBER 26TH
SESSION II: WEDNESDAYS, OCTOBER 7TH - NOVEMBER 11TH
OR SATURDAYS, OCTOBER 10TH - NOVEMBER 14TH
SESSION III: WEDNESDAYS, DECEMBER 2ND - JANUARY 13TH
OR SATURDAYS, DECEMBER 5TH - JANUARY 16TH
(No Class 12/23 or 12/26)

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
TIME: Wednesdays 4:30 PM - 5:15 PM
Saturdays 9:00 AM - 9:45 AM

REGISTRATION DEADLINES:

One week prior to each session OR when session is full.

FEE: Youth \$52 (scholarships available); Adult \$55

INSTRUCTOR: Brooke Moore and Purely Moore Fitness Instructors

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 10

INTERMEDIATE

SESSION I: SATURDAYS, AUGUST 22ND - SEPTEMBER 26TH
SESSION II: SATURDAYS, OCTOBER 10TH - NOVEMBER 14TH
SESSION III: SATURDAYS, DECEMBER 5TH - JANUARY 16TH
(No Class 12/26)

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.
TIME: 10:00 AM - 10:45 AM

ADVANCED

SESSION I: SATURDAYS, AUGUST 22ND - SEPTEMBER 26TH
SESSION II: SATURDAYS, OCTOBER 10TH - NOVEMBER 14TH
SESSION III: SATURDAYS, DECEMBER 5TH - JANUARY 16TH
(No Class 12/26)

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.
TIME: 10:00 AM - 10:45 AM

ADULT GYMNASTICS

SESSION I: WEDNESDAYS, AUGUST 5TH - SEPTEMBER 9TH
SESSION II: WEDNESDAYS, OCTOBER 7TH - NOVEMBER 11TH
SESSION III: WEDNESDAYS, DECEMBER 2ND - JANUARY 13TH
(No Class 12/23)

In this class we will be building balance and flexibility, strength training and conditioning with basic gymnastics skills.
TIME: 5:30 PM - 6:30 PM

NOTES:

Limited seating available in the lobby area.
Only 1 adult per child 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.

CHEERLEADING

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



NRC CHEER SQUAD
FLAG FOOTBALL SEASON PRACTICES
TUESDAYS, AUGUST 18TH - OCTOBER 20TH
BASKETBALL SEASON PRACTICES
TUESDAYS, NOVEMBER 17TH - FEBRUARY 2ND

The NRC Cheer Squad is a high energy, team-based squad emphasizing athleticism, sportsmanship, hard work, and confidence. Participants have the opportunity to cheer and perform at NRC sports functions and to represent NRC when required during the enrolled cheer session. The skills taught will include, but are not limited to, motions, chants, spirit building, crowd involvement, halftime routines, jumps, tumbling and stunting. During each session participants are expected to attend practices and the specified number of games. Practices for ALL sessions are Tuesdays 4:30 PM - 5:45 PM; Participants will cheer for 6 games (1 game a week) for the specified age group during the enrolled session and will perform 2 halftime routines during their enrolled season.

SESSION I: FLAG FOOTBALL - Cheerleaders will cheer for 4th - 6th grade Flag Football teams on Thursdays (times TBD)
SESSION II: BASKETBALL - Cheerleaders will cheer for 5th - 6th grade Basketball teams on Saturdays (times TBD).

TIME: Tuesday practices 4:30 PM - 5:45 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
LOCATION: PMF/Flag Football Fields or NRC Gymnasium
REGISTRATION DEADLINES: Wednesdays, August 12th and November 11th

MINIMUM ENROLLMENT: 10 MAXIMUM ENROLLMENT: 15
NOTE: Parent meeting at 5:45 PM on the first day of each session. No Practice on 12/22 or 12/29.



CHEERLEADING CLASSES



FEE: \$52; scholarships available
INSTRUCTOR: Brooke Moore
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
NOTE: 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 classes on 9/7 and 12/26.

MINI CHEER & FUNDAMENTALS OF CHEERLEADING
SESSION I: MONDAYS, AUGUST 10TH - SEPTEMBER 21ST
SESSION II: MONDAYS, OCTOBER 5TH - NOVEMBER 9TH
SESSION III: MONDAYS, DECEMBER 7TH - JANUARY 11TH
4:30 PM - 5:15 PM

Mini Cheer

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

Fundamentals of Cheerleading

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

TUMBLING AND STUNTING

SESSION I: SATURDAYS, AUGUST 15TH - SEPTEMBER 19TH
SESSION II: SATURDAYS, OCTOBER 10TH - NOVEMBER 14TH
SESSION III: SATURDAYS, DECEMBER 5TH - JANUARY 16TH
12:00 PM - 1:00 PM

Tumbling and Stunting: Grade School

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

Tumbling and Stunting: Middle School

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

MARTIAL ARTS

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

INTRODUCTORY TAE KWON DO CLASS

SESSION I: SATURDAY, AUGUST 22ND

SESSION II: SATURDAYS, OCTOBER 24TH

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 beginners. 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

DEADLINE: Tuesdays, 8/18 and 10/20

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 25

FREE

PRE-SCHOOL TAE KWON DO

SESSION I: SATURDAYS, SEPTEMBER 19TH

SESSION II: SATURDAY, NOVEMBER 14TH

This class is an introductory Tae Kwon Do class which will emphasize discipline, courtesy, respect and will 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: \$12 per class

AGES: 4 years - 5 years

INSTRUCTOR: Dany Monares

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINE: Tuesdays, 9/15 and 11/10

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 10

2026-2027

REC CENTER YOUTH AGREEMENT

In an effort to provide a safe place for students, patrons, and the NRC staff, we have adopted a Youth Agreement Policy. All youth in 4th grade and below MUST be accompanied by an adult (18+) while at the Activity Center.

For youth 5th grade through age 15, wanting to be at NRC without an adult, 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 the form to NRC. Forms will not be accepted from youth.

We will begin enforcing this on September 1st, 2026.

Note: A Copy of NRC rules and other information will be given to parents when Youth Agreement form is turned in.

MARTIAL ARTS



TAE KWON DO

INSTRUCTOR: DANY MONARES / TIM STRECK

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 ensure 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 5:00 PM to 6:00 PM on Fridays, 1:00 PM to 2:00 PM or 3:30 PM to 4:30 PM on Saturdays and Sundays.

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 AND 8 CHAIR SET - \$20
A \$50 DEPOSIT IS REQUIRED
WITH RENTAL PAYMENT.

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
\$38 - 10-class card
\$32 - Wellness Center Member 10-class card
\$48 - Preferred Aquatics Monthly Membership
(unlimited classes)

AQUACISE MORNING CLASS

WHEN: Mondays, Wednesdays & Fridays
TIME: 8:00 AM - 8:50 AM
LOCATION: NRC Center Pool
INSTRUCTORS: 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 Center Pool
INSTRUCTORS: 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 Center Pool
INSTRUCTOR: Becky Butcher

GIFT CERTIFICATES ARE AVAILABLE
FOR ALL NRC ACTIVITIES

SENIOR SWIM

Senior swim is free and open to all over the age of 55.
WATER TEMPERATURE: 86-89 Degrees
WHEN: Monday - Friday
TIME: 1:00 PM - 2:00 PM
LOCATION: NRC Center Pool

ARTHRICISE

Water exercise is ideal for those who have difficulty in regular exercise programs. This class is led by an arthritis trained instructor.

WHEN: Tuesdays & Thursdays
TIME: 2:00 PM - 2:50 PM
LOCATION: NRC Center Pool
INSTRUCTOR: Becky Butcher

NOTE: Access lift available. No swimming is required.



AQUACISE EVENING CLASS

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

PRENATAL WATER CLASS

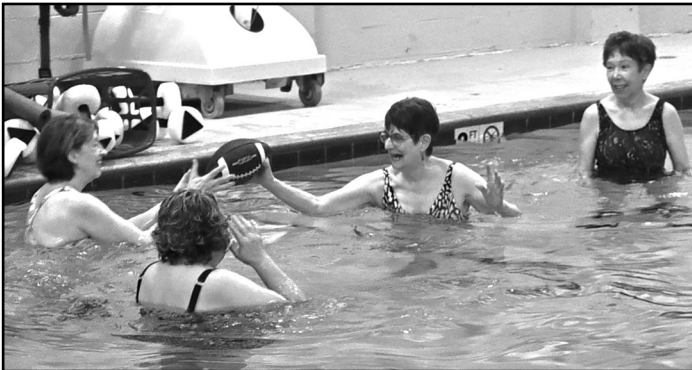
This class offers an exercise for moms-to-be or for those wanting to ease back into exercise after childbirth. Led by a Prenatal Aquacise Certified Instructor.

WHEN: Thursdays
TIME: 5:15 PM - 6:00 PM
LOCATION: NRC Center Pool
INSTRUCTOR: Cathy Woodward

ADAPTED AQUACISE

An exercise based class that is geared towards individuals with special needs. This class will focus on the enjoyment of water to increase function, strength and mobility through aquatic activities.

WHEN: Mondays
TIME: 10:00 AM - 10:45 AM
LOCATION: NRC Center Pool
INSTRUCTORS: Becky Butcher



BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

AQUATICS/CPR CLASSES

INDOOR PUBLIC
SWIMMING HOURS



OPEN SWIM HOURS

Mondays & Wednesdays: Noon - 1:00 PM
Mondays - Thursdays: 7:30 PM - 9:00 PM
Saturdays & Sundays: 2:00 PM - 3:30 PM

SEPTEMBER 8TH - MAY 28TH

Tuesdays/Thursdays/Fridays: 4:00 PM - 5:00 PM

POOL ADMISSION FEES

\$2 per person; all ages
Pool Admission included with Wellness Memberships

LAP SWIM HOURS

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

LAP SWIM FEES

\$2 per person
10 Class Card - \$13
Pool Admission included with Wellness Memberships

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

INDOOR SWIMMING POOL IS
AVAILABLE TO RENT
SEE PAGE 11

POOCHES' PLUNGE
SATURDAY, AUGUST 15TH

Dogs are invited to swim on the last day water will be in the pool. All dogs must have all required city tags.

TIME: 10:00 AM - 12:00 PM
FEE: \$4.50
LOCATION: Newton Municipal Pool



HIGH TIDE TEENS
TUESDAYS & THURSDAYS
3:30 PM - 4:15 PM

High Tide Teens is the perfect after-school program for pre-teens and teens! Each session brings something different, swimming, community service, team games, or activities with friends. Some days offer new experiences, while others build on favorites throughout the year. Come join the fun!

LOCATION: NRC Center Pool & Cottonwood Room
INSTRUCTOR: Becky Butcher
FEE: \$5 - drop in fee
\$32 - 10 class card; \$16 - 10 class card for 2nd family member
AGES: 5th - 8th Grades
NOTE: No class when school is not in session.

SCOUT NIGHT
TUESDAY, OCTOBER 6TH &
MONDAY, NOVEMBER 16TH

Boys and girls of all ages involved in scouting can swim for \$.75 by showing proof of membership. Leaders swim for free.

TIME: 7:30 PM - 9:00 PM
FEE: \$.75 for Scouts and Leaders swim for free
AGES: 5 years and up
LOCATION: NRC Center Pool
POOL CAPACITY: 35



GROUP CPR &
FIRST AID TRAINING

This CPR and First Aid course is great for businesses or other types of 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. Due to safety concerns, individuals not associated with a business or group will not be allowed to join the class. If interested, individuals or groups should contact Bart Peace at bpeace@newtonrec.org or (316) 283-7330.



SWIM LESSONS

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

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, floatation, 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.



IF YOU NEED FURTHER ASSISTANCE IN MAKING A DECISION ABOUT WHICH CLASS TO ENROLL YOUR CHILD, PLEASE CALL TO SET UP AN APPOINTMENT FOR AN EVALUATION.



*FOR SPECIAL CIRCUMSTANCES PLEASE MAKE PRIOR ARRANGEMENTS IF A CHILD NEEDS TO BE ACCOMPANIED IN THE WATER DURING A LESSON.

**DIVING WILL NOT BE INCLUDED WITH ANY LESSONS AT THE NRC POOL DUE TO THE WATER DEPTH.

LEVEL	TIME	DAYS	DATES	DEADLINE	FEE	PLACE
Water Babies	6:15 PM - 6:45 PM	Tuesdays & Thursdays	August 4 - August 13	July 2	\$40	NRC
*Aquaducks	6:15 PM - 6:45 PM	Monday - Thursday	September 14 - September 24	September 7	\$40	NRC
Goldfish	6:15 PM - 7:00 PM	Monday - Thursday	September 14 - September 24	September 7	\$40	NRC
Sunfish	6:15 PM - 7:00 PM	Monday - Thursday	October 5 - October 15	September 28	\$40	NRC
Penguin	6:15 PM - 7:00 PM	Monday - Thursday	October 5 - October 15	September 28	\$40	NRC
Water Babies	6:15 PM - 6:45 PM	Tuesdays & Thursdays	November 10 - November 19	November 2	\$40	NRC
*Aquaducks	6:15 PM - 6:45 PM	Monday - Thursday	December 7 - December 17	November 30	\$40	NRC
Goldfish	6:15 PM - 7:00 PM	Monday - Thursday	December 7 - December 17	November 30	\$40	NRC
Water Babies	6:15 PM - 6:45 PM	Tuesdays & Thursdays	January 12 - January 21	January 4	\$40	NRC
*Aquaducks	9:00 AM - 9:35 AM	Saturdays	January 9 - January 30	January 4	\$40	NRC
Goldfish	9:00 AM - 9:55 AM	Saturdays	January 9 - January 30	January 4	\$40	NRC
Sunfish	10:00 AM - 10:55 AM	Saturdays	January 9 - January 30	January 4	\$40	NRC
Penguin	10:00 AM - 10:55 AM	Saturdays	January 9 - January 30	January 4	\$40	NRC
**Otter	10:00 AM - 10:55 AM	Saturdays	January 9 - January 30	January 4	\$40	NRC

PRIVATE SWIM LESSONS

It is never too late to learn this necessary survival skill. Private lessons will be set up to fit individual needs and schedules. Contact Becky Butcher at rfriesen@newtonrec.org, Bart Peace at bpeace@newtonrec.org or call (316) 283-7330 for more information on setting up your private lessons.

SIX 30 MINUTE LESSONS: \$105

SWIM LESSON REFUND/ TRANSFER POLICY

Swim lesson registrations are non-refundable and non-transferable after the deadline date. Refunds and transfers are granted if Newton Recreation Commission cancels the session.

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

NRC WELLNESS CENTER

MAKE THE NRC WELLNESS CENTER YOUR HEADQUARTERS FOR FITNESS!



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...

- * 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 with an NRC Trainer.

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 (316) 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 AVAILABLE - PLEASE SEE PAGE 16

BUSINESS MEMBERSHIPS

A business membership entitles the employee, their spouse and legal dependent children under 24 years of age and living within their household that can be claimed on their income tax return, to Wellness Center benefits. All children 12 - 15 years old must be accompanied by an adult.

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



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.



ELIGIBLE THROUGH YOUR HEALTH INSURANCE?

BENEFITS INCLUDE...

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



EVENING YOGA
SUNDAY, SEPTEMBER 20TH
6:00 PM - 7:15 PM

This gentle, 75-minute restorative yoga class is designed to support relaxation of the body and calm the nervous system. Using supportive props we'll settle into a series of comfortable, fully supported postures held for several minutes at a time to encourage the body to release tension without effort. This class is appropriate for all levels, including beginners. After the session, you're invited to stay for a few moments of community and connection while enjoying light refreshments. **FEE:** \$20 per person/\$30 per pair; per session
LOCATION: NRC Railer Room
INSTRUCTOR: Shelley Kallsen
MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 12
REGISTRATION DEADLINE: Friday before class by 5 PM

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

YOGA FEES	
Drop-In Fee	\$10.00
Week Pass - Unlimited	\$20.00
Monthly Fee - Unlimited	\$52.00
10 Class Card	\$65.00

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
On-going clients receive reduced rates

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.

WHY WEIGHT LOSS DOESN'T LAST:
A WEIGHT-INCLUSIVE PERSPECTIVE
In honor of Weight Stigma Awareness Week
Thursday, September 17th
12:00 PM - 1:00 PM

Despite decades of dieting, weight loss programs, and wellness advice, the vast majority of people who lose weight regain it within a few years. Why does this happen - and what does science actually tell us about body weight? Join a weight-inclusive Registered Dietitian Nutritionist for an engaging one-hour class exploring the biological, psychological, and environmental factors that make long-term weight loss so difficult. We'll examine how genetics, metabolism, appetite regulation, stress, weight cycling, and social determinants of health influence body weight, and why willpower is not the missing ingredient. This evidence-based presentation will also address the impact of weight stigma on physical and mental health, challenge common misconceptions about weight and health, and introduce a more compassionate, sustainable approach to well-being that focuses on health-promoting behaviors rather than the number on the scale. Participants will leave with a deeper understanding of the science of weight regulation, the harms of weight bias, and practical ways to support health without pursuing weight loss. Learn more at www.SunriseNutritionConsulting.com.
FEE: \$10
LOCATION: NRC Sunflower Room
INSTRUCTOR: Paula Miller, MS, RDN, LD
MINIMUM ENROLLMENT: 4
REGISTRATION DEADLINE: Monday, September 14th



FITNESS CLASSES

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

ELASTICIZE

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

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: \$40 - 10 class card OR \$5 drop in fee
LOCATION: NRC Railer Room
INSTRUCTOR: Hannah Mosher
NOTE: October classes TBD. No classes in November

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 fee
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 fee
LOCATION: NRC Center Pool
INSTRUCTORS: Tracie Strain

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

We're excited to offer some of our past virtual fitness programs, for purchase through the Rec Center! Once purchased, you'll be able to access and view these workouts on YouTube. A link will be e-mailed to you within the week of registration. These programs range from beginner to intermediate, with some featuring alternative moves to suit your fitness level. You'll need a variety of weights to complete the workouts. Get ready to work out anytime, anywhere!
FEE: \$12 per program
NOTE: E-mail addresses will need to be provided at the time of registration. For more details on each program, visit our website or stop by the Rec Center.

COMMUNITY MOVERS & SHAKERS
MONDAYS 9:00 AM

Class is suitable for all ages and is 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 low to moderate intensity cardiovascular exercise class includes strength exercises using elastic tubing and dumbbells and concludes with stretching.
FEE: \$12-\$16 depending on the # of Mondays per month
LOCATION: Trinity Heights UMC at 1200 Boyd Ave
INSTRUCTOR: Tracie Strain



TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

SILVERSNEAKERS®

*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 and 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

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.

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

In addition to reducing pain and stiffness, this exercise 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 taught. There are optional floor exercises.
FEE: \$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 program is designed to improve your cardiovascular wellness. Stretching, balance, and pain free movement are emphasized. Various tools 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

SPONSORS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG

OUTSTANDING COMMUNITY SPONSOR



GAF

BASKETBALL SPONSORS

SLAM DUNK - THREE TEAM SPONSOR

Cottonwood Pediatrics
GAF

Roofing Services Unlimited

FREE THROW - TWO TEAM SPONSOR

H&R Block

LAY UP - ONE TEAM SPONSOR

Baier Family Optometry
Community National Bank
Intrust Bank
Kiwanis Club of Newton
Mettman Dental
Newton Lions Club
Partridge Roofing Services
Red Room Studios
Union State Bank

INDOOR SOCCER SPONSORS

GOAL - THREE TEAM SPONSOR

Boot Barn Inc.
Cottonwood Pediatrics
GAF
Mettman Dental
Prestressed Concrete

WALL PASS - TWO TEAM SPONSOR

H&R Block
Partridge Roofing Services
Sand Creek Golf Station

CORNER KICK - ONE TEAM SPONSOR

INTRUST Bank
Newton Lions Club
White Eagle Credit Union

NRC CHEER SQUAD SPONSOR

SCHEELS

BASEBALL SPONSORS

ALL-STAR - THREE TEAM SPONSOR

Cottonwood Pediatrics
GAF
Partridge Roofing Services
Prestressed Concrete

SLUGGER - TWO TEAM SPONSOR

Axtell Clinic
Caleb Hanke, State Farm Agent
Roofing Services Unlimited

ACE - ONE TEAM SPONSOR

Conrade Insurance
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Intrust Bank
Kiwanis Club of Newton
Mettman Dental
Newton Lions Club
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BATTLE OF THE SCHOOLS
1 MILE FUN RUN SPONSORS

Roofing Services Unlimited
SCHEELS

NRC CLUBHOUSE SPONSOR

INTRUST Bank



IF YOUR BUSINESS IS INTERESTED IN A SPONSORSHIP OPPORTUNITY
CONTACT TYLER BOESE AT TBOESE@NEWTONREC.ORG

YOUTH SOCCER

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG



YOUTH OUTDOOR SOCCER
REGISTRATION DEADLINE: FRIDAY, AUGUST 14TH



Boys and Girls 5 years old - 8th grade (Coed) learn the basic skills of soccer. Play will consist of five divisions: 5 years/K, 1st/2nd, 3rd/4th, 5th/6th, and 7th/8th. Schedules will be available online at www.newtonrec.org.
LEAGUE BEGINS: Saturday, September 12th
AGE GROUP: 5 years old - 8th grade
NOTE: A \$10 late fee will be charged after the deadline. Late registration does not guarantee a spot on a team. This program is available at a reduced rate for those qualifying. Background screenings are required for all Youth Head Coaches. For more information, contact NRC at (316) 283-7330 or visit www.newtonrec.org.

LEAGUE	GAMES	FEE	DAYS
5 years old/Kindergarten	6	\$38	Tuesdays & Saturdays
1st & 2nd Grade	6	\$38	Tuesdays & Saturdays
3rd & 4th Grade	8	\$38	Tuesdays & Saturdays
5th & 6th Grade	8	\$38	Tuesdays & Saturdays
7th & 8th Grade	8	\$42	TBD

YOUTH INSTRUCTIONAL SOCCER CLINIC FOR FOUR-YEAR OLDS
REGISTRATION DEADLINE: FRIDAY, AUGUST 7TH

Do you have a 4 year old that wants to play soccer just like big brother and/or sister? We are giving your child an opportunity to learn basic skills. Instructional soccer will teach dribbling drills, shooting, goal protection and more. Join us every Thursday for a month!
CLINIC DATES: Thursdays, August 13th - September 3rd
AGE: 4 years old, Boys and Girls
FEE: \$34, includes T-Shirt
LOCATION: 12th and Boyd Soccer Complex
SESSIONS: 4
TIME: 6:00 PM - 6:45 PM



YOUTH SPORTS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG



FLAG FOOTBALL

REGISTRATION DEADLINE: FRIDAY, AUGUST 14TH

Are you ready for some football? This league is offered for K-6th grade boys and girls. Play will consist of 3 divisions K/1st, 2nd/3rd and 4th/5th/6th. Schedules will be available online at www.newtonrec.org.

LEAGUE BEGINS: Thursday, September 10th

AGE GROUP: K - 6th Grade, Boys and Girls

NOTE: A \$10 late fee will be charged after the deadline. Late registration does not guarantee a spot on a team. This program is available at a reduced rate for those qualifying. Background screenings are required for all Youth Head Coaches. For more information, contact NRC at (316) 283-7330 or visit www.newtonrec.org.

LEAGUE	GAMES	FEE	DAYS
Kindergarten/1st Grade	6	\$38	Thursdays
2nd/3rd Grade	6	\$38	Thursdays
4th/5th/6th Grade	6	\$38	Thursdays



YOUTH VOLLEYBALL

REGISTRATION DEADLINE: FRIDAY, AUGUST 14TH

Boys and Girls, grades 3rd - 8th (Coed) join together to learn the basic skills of volleyball. Play will consist of three divisions, Rookie (3rd/4th), Pony (5th/6th), and Senior (7th/8th). Schedules will be available online at www.newtonrec.org.

LEAGUE BEGINS: Monday, September 14th

AGE GROUP: 3rd - 8th grade

NOTE: A \$10 late fee will be charged after the deadline. Late registration does not guarantee a spot on a team. This program is available at a reduced rate for those qualifying. Background screenings are required for all Youth Head Coaches. For more information, contact NRC at (316) 283-7330 or visit www.newtonrec.org.



LEAGUE	GRADES	GAMES	FEE	DAYS
Rookie	3rd/4th	6	\$38	Mondays
Pony	5th/6th	6	\$38	Mondays
Senior	7th/8th	6	\$38	TBD

YOUTH TENNIS CAMP

REGISTRATION DEADLINE: FRIDAY, SEPTEMBER 25TH

Great way for young players to sharpen their skills, stay active, and enjoy the game in a fun and encouraging environment. Whether they're picking up a racquet for the first time or building on what they've learned, this October camp is perfect for all skill levels!

CAMP DATES: Wednesdays & Fridays, October 7th - October 30th

TIME: Evenings beginning around 5:30 PM; exact group times will be determined based on enrollment.

AGE GROUP: 4 - 6 (Beginners), 7 - 9 (Munchkin), 10 - 12 (Rookie), 13 - 14 (Pony)

FEE: \$36 - Beginners & Munchkin; \$38 - Rookie & Pony

LOCATION: NRC Gymnasium

SESSIONS: 8



YOUTH PICKLEBALL CLINIC

REGISTRATION DEADLINE: FRIDAY, AUGUST 7TH

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 and Fridays.*

CLINIC DATES: Wednesday, August 12th - Friday, August 28th

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

ENTRY FEE: \$36

SESSIONS GUARANTEE: 6



YOUTH SPORTS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG



YOUTH RECREATIONAL BASKETBALL

REGISTRATION DEADLINE: FRIDAY, NOVEMBER 6TH



LEAGUE BEGINS: Saturday, December 5th

AGE GROUPS: 1st/2nd Grade (Boys & Girls), 3rd/4th Grade (Boys & Girls), 5th/6th Grade (Boys & Girls).

NOTE: A \$10 late fee will be charged after the deadline. Late registration does not guarantee a spot on a team. This program is available at a reduced rate for those qualifying. Background screenings are required for all Youth Head Coaches. For more information, contact NRC at (316) 283-7330 or visit www.newtonrec.org.

LEAGUE	GAMES	FEE	DAYS
1st & 2nd Grade	6	\$38	Saturdays
3rd & 4th Grade	8	\$38	Saturdays
5th & 6th Grade	8	\$38	Saturdays



INSTRUCTIONAL BASKETBALL CLINIC

REGISTRATION DEADLINE: WEDNESDAY PRIOR TO EACH CLINIC

Boys and Girls, five-years old or in kindergarten, are encouraged to participate in this clinic to gain basic basketball skills.

CLINIC DATES: Session I: November 4th - November 18th

Session II: November 23rd - December 9th (no clinic on Wednesday, November 25th)

DAYS/TIME: Mondays & Wednesdays; 6:30 PM

AGE GROUP: 5 years old - Kindergarten

FEE: \$34; includes T-Shirt

SESSIONS: 5



NRC is currently accepting applications for the following fall/winter sports:
Youth Flag Football Officials, Youth Outdoor Soccer Officials, Youth Volleyball Officials,
Youth and Adult Basketball Officials and Adult Basketball Scorekeepers.



ADULT SPORTS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG

WOMEN’S FALL VOLLEYBALL LEAGUE

REGISTRATION DEADLINE: WEDNESDAY, AUGUST 12TH

Bump, Set, Spike! Ladies, it’s that time again for our Fall season! Come on down Tuesday or Wednesday nights and have some fun playing Volleyball. Teams will play a 10 game regular season followed by a single-elimination tournament. T-shirts will be given to the team that wins the tournament in their division. *Teams will call their own games and lines.*

LEAGUE BEGINS: Competitive - Tuesday, August 18th
Recreational - Wednesday, August 19th

LEAGUE FEE: \$160

GAME GUARANTEE: 10 games, with a single elimination post season tournament

NOTE: Teams could play more than one game per evening. Teams will not be accepted without a registration fee. Standings and schedules will be available online at www.newtonrec.org.



COED FALL VOLLEYBALL LEAGUE

REGISTRATION DEADLINE: WEDNESDAY, AUGUST 12TH

Dig this, Coed Volleyball is back! Ladies and gentlemen, get your coed teams formed now and have fun playing volleyball on Sundays. Teams will play a 10 game regular season followed by a single-elimination tournament. T-shirts will be given out to the team that wins it all. May the best team win! *Teams will call their own games and lines.*

LEAGUE BEGINS: Sunday, August 16th

LEAGUE FEE: \$160

GAME GUARANTEE: 10 games, with a single-elimination post season tournament

NOTE: Teams could play more than one game per evening. Teams will not be accepted without a registration fee. Standings and schedules will be available online at www.newtonrec.org.

PICKLEBALL LEAGUE
REGISTRATION DEADLINE:
FRIDAY, SEPTEMBER 11TH



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, September 18th

ENTRY FEE: \$40 per team

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

SESSIONS GUARANTEE: 6 w/end of season tournament

MINIMUM ENROLLMENT: 6

NOTE: NRC can supply equipment. Standings, and schedules will be available online at www.newtonrec.org.

WOMEN’S PICKLEBALL LEAGUE
REGISTRATION DEADLINE:
FRIDAY, SEPTEMBER 25TH

Grab your paddle and join the Women’s Pickleball League - where fun, fitness, and friendly competition come together! Whether you’re a seasoned player or new to the game, this league is the perfect chance to stay active, meet new people, and enjoy the fastest-growing sport in the country.

LEAGUE BEGINS: Tuesday, October 6th

GAME TIMES: Morning to early afternoon sessions

ENTRY FEE: \$40 per team

SESSIONS GUARANTEE: 6 w/end of season tournament

MINIMUM ENROLLMENT: 6

NOTE: NRC can supply equipment. Standings, and schedules will be available online at www.newtonrec.org.



ADULT 3V3 BASKETBALL LEAGUE

REGISTRATION DEADLINE: FRIDAY, OCTOBER 23RD

Get ready to hit the court in our 3v3 Basketball League - where fast-paced action, fierce competition, and bragging rights are all on the line! Whether you’re looking to relive your glory days or prove you’re still the best in town, this league is your shot to shine! **Coed - Players must be 18+.**

LEAGUE NIGHTS: Thursdays

LEAGUE BEGINS: Thursday, November 5th

FEE: \$140 per team

GAME GUARANTEE: 6

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

"NEW"

CORNHOLE LEAGUE

REGISTRATION DEADLINE: FRIDAY, SEPTEMBER 11TH

Come out and play Cornhole with us on Friday 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: Friday, September 18th

ENTRY FEE: \$40 per team

SESSIONS GUARANTEE: 4 w/end of season tournament

DIVISIONS: Upper and Lower

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



DISC GOLF PUTTING LEAGUE

REGISTRATION DEADLINE: FRIDAY, NOVEMBER 20TH

Grab your putters and join the NRC for 6 weeks of fun activities involving putting! There will be three different games played that alternate with each week. If you only have one putter, the NRC can supply more putters for the night.

LEAGUE BEGINS: Saturday, December 5th

ENTRY FEE: \$24 per person

SESSIONS GUARANTEE: 5 sessions w/end of season tournament

NOTE: Participants will not be accepted without a registration fee. Standings and schedules will be available online at www.newtonrec.org.

ADULT PICKLEBALL CLINIC
REGISTRATION DEADLINE: FRIDAY, AUGUST 7TH

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 Wednesdays and Fridays.

CLINIC DATES: Wednesday, August 12th - Friday, August 28th

AGES & TIMES: 16 years and up (6:30 PM - 7:30 PM)

ENTRY FEE: \$40

SESSIONS GUARANTEE: 6

PICKLEBALL EQUIPMENT AVAILABLE

If you are interested in playing Pickleball, we can set up a net for you. All participants must have an adult playing with them. A net can be set up anytime when no NRC activities are taking place during the following hours:

Monday - Thursday: 8:00 AM - 3:00 PM or 8:00 PM - 10:00 PM

Friday: 8:00 AM - 3:00 PM

Saturday & Sunday: Call for availability

Please call (316) 283-7330 to check court availability and reserve your playing time.



JUST FOR SENIORS!

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



WATER FITNESS CLASSES

\$4.50 - drop in fee
\$38 - 10-class card
\$32 - Wellness Center Member 10-class card
\$48 - 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 a 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; 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.

LOCATION: NRC Activity Center

INSTRUCTORS: Becky Butcher, Tracie Strain

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.

LOCATION: NRC Activity Center

INSTRUCTORS: Becky Butcher, Tracie Strain

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.

LOCATION: NRC Activity Center

INSTRUCTORS: Carol Schmitt

CLIMATE CONTROL INDOOR WALKING TRACK

The NRC Gym has a walking track (12 laps equals one mile) 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: \$105



DID YOU KNOW...

NRC HAS LOCKERS

AVAILABLE FOR RENT

\$5/MONTH

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

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

FEATURED PROGRAMS

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 child's 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.

Please keep your Free/Reduced Lunch approval letter for 2026/2027 school year in a safe place. This letter is required for all ESP qualifying programs and can also be used to apply for a United Way scholarship for NRC Clubhouse.

We have started a new campaign for our scholarship funds. If you would like to make a tax deductible donation we can add it to any registration.

YOUTH & ADULT PICKLEBALL CLINICS

CLINIC DATES:

WEDNESDAY, AUGUST 12TH - FRIDAY, AUGUST 28TH

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. Clinics will meet on Wednesdays and Fridays.

AGES & TIMES: 9 - 15 years (5:30 PM - 6:15 PM)
YOUTH FEE: \$36

AGES & TIMES: 16 years and up (6:30 PM - 7:30 PM)
ADULT FEE: \$40

REGISTRATION DEADLINE: FRIDAY,
AUGUST 7TH
SESSIONS GUARANTEE: 6

SQUEAKY SOLES - RUNNING CLUB
TUESDAYS & THURSDAYS
SEPTEMBER 8TH - OCTOBER 15TH

Join us for our exciting Squeaky Soles Running Club, meeting twice a week on Tuesdays and Thursdays. On Tuesdays, we engage in energetic running games designed for enjoyment and fitness. Thursdays 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.



TIME: 4:00 PM - 5:00 PM

FEES: \$69 (t-shirt & water bottle included in fee)

AGES: 3rd - 6th Grade

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Gymnasium

REGISTRATION DEADLINE: Tuesday, September 1st

MINIMUM ENROLLMENT: 8 MAXIMUM ENROLLMENT: 15

NOTE: Required parent meeting at 5:00 PM on the first day Tuesday, September 8th.

ON-GOING SCHEDULE

Aquatics AM Class	M-F	8:00-8:50 AM
Aquatics PM Class	M/Th	5:15-6:00 PM
Adapted Aquacise	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	S	8:00-8:45 AM
	T/Th	6:00-6:45 PM
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 8, 2026 - May 28, 2027)		
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

FAMILY CANDY SCRAMBLE AND COSTUME CONTEST

**WEDNESDAY, OCTOBER 28TH
7:00 PM**

FREE

AGES: up to 12 years old

Children 12 and under must be
accompanied by a parent or
guardian age 18 and over.

**CREEP ON OVER TO PAGE 4
FOR ALL THE FRIGHTFUL
DETAILS ABOUT OUR FAMILY
CANDY SCRAMBLE - PLUS
EVEN MORE SPOOKY FUN
ACTIVITIES!**