

NEWTON RECREATION COMMISSION

SUMMER 2024 ACTIVITY GUIDE



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

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GENERAL INFORMATION

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Rick Golubski

Stacey Musser

Bradley Cook

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NRC Clubhouse Coord.	Esmeralda Hernandez	ehernandez@newtonrec.org

TABLE OF CONTENTS

ADULT PROGRAMS	
GARAGE SALE	7
WOMEN'S SELF DEFENSE CLASS	9
CAR-CORE-DIO FITNESS CHALLENGE	7 & 20
ART:	
ADULT ART AND PAINTING CLASSES	6
PRE-K EXPLORATORY & SENSORY ART	8
PRE-K HOLIDAY ART CLASSES	8
YOUTH ART AND PAINTING CLASS	6 & 7
AQUATICS:	
AQUATIC FITNESS CLASSES	12 & 13
LAZY RIVER WORKOUT	13
INDOOR PUBLIC SWIM	17
KIDS SURF & TURF	17
MUNICIPAL POOL	13
SCOUT NIGHT	17
SWIM LESSONS	14-16
FITNESS:	
BUSINESS MEMBERSHIPS	18
ELASTICIZE	20
FITNESS CLASSES	20-22
NRC WELLNESS CENTER	18-19
PERSONAL TRAINING	20
SILVERSNREAKERS® & SILVER&FIT	19 & 22
TAKE CONTROL WITH EXERCISE	21
CAR-CORE-DIO FITNESS CHALLENGE	7 & 20
WELLNESS CENTER SPECIALS	19
YOGA	20
ZUMBA GOLD	20
MARTIAL ARTS/SELF-DEFENSE:	
INTRO TO TAE KWON DO	9
PRE-SCHOOL TAE KWON DO	9
TAE KWON DO	9
WOMEN'S SELF DEFENSE	9
PRESCHOOL/TODDLER:	
PRE-K EXPLORATORY & SENSORY ART	8
PRE-K HOLIDAY ART CLASSES	8
PRE-SCHOOL TAE KWON DO	9
TEDDY BEAR PICNIC & PARADE	8
TINY TOES PLAYLAND	8
TOT TIME DROP-IN	8
RENTAL INFORMATION:	
FACILITY RENTALS	10
TABLES & CHAIRS	11
SAFETY TRAINING:	
GROUP CPR & FIRST AID	17
SPECIAL EVENTS:	
BATTLE OF THE SCHOOLS FUN RUN	7
FISHING FRIDAYS	17
SPORTS:	
ADULT SOFTBALL	25
ADULT CORNHOLE	25
ADULT DISC GOLF	25
ADULT PICKLEBALL	25
YOUTH BASEBALL/SOFTBALL	23
YOUTH TENNIS	24
YOUTH PROGRAMS	
BATTLE OF THE SCHOOLS FUN RUN	7
BRICKLAB	4
CHEERLEADING CLINIC	5
GYMNASTICS CLINIC	5
NEWTON COMMUNITY CAMP 101	4
NRC CLUBHOUSE	3 & 4
SAFESITTER BABY SITTING TRAINING	7
OTHER:	
EVERYONE SHOULD PARTICIPATE	23
JUST FOR SENIORS!	26
ON-GOING SCHEDULE	27

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
Saturday	7:30 AM - 5:00 PM
Sunday	12:30 PM - 5:00 PM

(Administrative Office opens at 8:00 AM, Monday - Friday)
(Administrative Office opens at 8:30 AM, Saturdays)

CONTACT INFORMATION

NRC	(316) 283-7330
Web-site	www.newtonrec.org
Facebook	facebook.com/NewtonKSRec/
Twitter	NewtonKSRec
Instagram	instagram.com/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.

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

NRC CLUBHOUSE

SUMMER 2024
NRC CLUBHOUSE

Summer was designed to give kids a break from school, let them dive into a world of exciting experiences. From mind-bending adventure games to honing their sports skills, unleashing creativity through building and experiments, and of course, simply having a blast! At NRC Clubhouse we're dedicated to nurturing your child's growth - mentally, physically and socially.

Our weekly field trips to fun and educational destinations adds an extra layer of excitement to their journey.

ENROLLMENT PACKETS ARE AVAILABLE NOW!

*Paperwork for each child must be completed
before attendance in the program.*

Our Program is KDHE Licensed and DCF approved,
ensuring quality and safety!

SUMMER CLUBHOUSE DATES

Tuesday, May 28th - TBD

6:30 AM - 6:00 PM

Located at Sunset Elementary; 619 Boyd Ave.

1ST GRADE - 12 YEARS OLD

To participate in Summer NRC Clubhouse, children
need to have finished kindergarten and must be under
the age of 13 years old.



FEES:

UNITED WAY SCHOLARSHIP APPLICATIONS ARE AVAILABLE.

1/2 Day: \$18

1/2 Day Full Week: \$65 per child

*(To receive the 1/2 day rate you must attend between
6:30 AM - 12:30 PM OR 12:30 PM - 6:00 PM)*

Full Day: \$32 per child

Full Week: \$118/\$100 each additional child

Late Fee: \$1/min after 6pm

Follow our Facebook page: @NRCClubhouse

See Page 4 for Before & After School Care Information

SUMMER FAMILY MEETING
MONDAY, MAY 13TH

Whether you have participated in previous summers or this is your first one with us, we invite you to our Summer Family Meeting! Come mingle with fellow parents, meet our dedicated staff, ask any questions you may have, and get a sneak peek into summer activities.

TIME: 6:30 PM

LOCATION: Sunset Elementary Gymnasium
619 Boyd Ave; Newton



NRC CLUBHOUSE & CAMPS

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

NRC CLUBHOUSE
BEFORE & AFTER SCHOOL CARE

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

Locations

Northridge Elementary
Slate Creek Elementary
Southbreeze Elementary
Sunset Elementary

Contact

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

School Day Rates



Morning \$6
Afternoon up to an hour \$6
over an hour \$13
Late Fee \$1/min after 6pm

Hours

6:30am - 7:30am
3:10pm - 6:00pm
FULL DAYS
6:30am - 6:00pm

ALL DAY CARE:

Monday, April 1st & Monday April 29th

DAILY RATE: \$32 per Full Day or \$18 per 1/2 Day

(To receive the 1/2 day rate you must attend between
6:30am - 12:30pm OR 12:30pm-6pm)

Late Fee: \$1/min after 6pm

Location: Sunset Elementary

Follow our Facebook
page: @NRCClubhouse



BRICKLAB

TUESDAYS, JUNE 4TH - JULY 9TH

Kids will play with interlocking bricks to work on STEAM (Science, Technology, Engineering, Art, and Math) activities. This program is a hands-on activity where kids will be encouraged to use creative and innovative thinking in topics relating to Science, Math, Social Studies, and Literacy. Problem-solving, critical thinking and team work will be put into practice as creations are made with the BrickLAB interlocking bricks.

Register at: <https://newtonrec.org/bricklab>

TIME: 2:00 PM - 4:00 PM

AGES: 6 years – 12 years

INSTRUCTOR: Harvey County 4-H Interns

LOCATION: NRC

REGISTRATION DEADLINE: Friday, May 31st

MINIMUM ENROLLMENT: 10 MAXIMUM ENROLLMENT: 30

NOTE: Interlocking bricks are a Lego-type brick.

FREE



NEWTON COMMUNITY CAMP 101

MONDAY, JUNE 17TH - FRIDAY, JUNE 21TH

Join our 2nd annual NRC Clubhouse - Newton Community Camp 101. This camp is an awesome experience. Participants will see behind the scenes while touring a variety of Newton businesses during the week, eat lunch at local Newton restaurants and work to complete a community service project together at the end of the week.

TIME: 8:00 AM - 5:00 PM

FEE: \$129

AGES: Entering 3rd Grade - Completed 5th Grade

INSTRUCTOR: Candice Egizi-Sifuentez & NRC Staff

LOCATION: Meeting in NRC Cottonwood Room

Traveling to Newton Community Businesses

REGISTRATION DEADLINE: Monday, June 10th

MINIMUM ENROLLMENT: 10 MAXIMUM ENROLLMENT: 15

NOTE: **MUST PRE-REGISTER** and attend all 5 days of camp. Please prepare your children that **we will be walking to most businesses (up to 1-2 miles)**. We will be bused to businesses not in walking distance.

PRIVATE
GYMNASTICS LESSONS

Love Gymnastics but prefer one-on-one instruction? Sign up for private gymnastics lessons today! Private lessons will be set up to fit individual needs and schedules. The process is easy, come in and register and then our instructor will contact you and set up the lesson schedule.

LESSONS AVAILABLE TUESDAY EVENINGS IN JUNE & JULY

Six 30 MINUTE LESSONS: \$90

ADDITIONAL PERSONS: \$55

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

GYMNASTICS / CHEER

GYMNASTICS CLINIC

SESSION I: MONDAY - SATURDAY - JUNE 10TH - JUNE 15TH

SESSION II: MONDAY - SATURDAY; JULY 22ND - JULY 27TH

FEE: \$48

INSTRUCTOR: Brooke Moore

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINE:

Mondays, June 3rd & July 15th

MINIMUM ENROLLMENT: 4

MAXIMUM ENROLLMENT: 10

NOTE: Additional children are allowed to be present, but **MUST STAY SEATED WITH PARENT FOR THE ENTIRE CLASS**.

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 lobby.



PARENT-TOT GYMNASTICS

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: Monday - Friday; 11:00 AM - 11:30 AM
& Saturday; 9:00 AM - 9:30 AM

PRE-SCHOOL GYMNASTICS

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: Monday - Friday; 11:35 AM - 12:20 PM
& Saturday; 9:35 AM - 10:20 AM

BEGINNER GYMNASTICS

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

TIME: Monday - Friday; 2:00 PM - 2:45 PM
& Saturday; 10:25 AM - 11:10 AM

OR

Monday - Friday; 4:35 PM - 5:20 PM
& Saturday; 1:00 PM - 1:45 PM

INTERMEDIATE GYMNASTICS

This class builds on existing skills, helps develop balance, coordination, flexibility, and confidence within the four gymnastics events. Participants MUST be able to do an unassisted cartwheel and handstand to advance to this level.

TIME: Monday - Friday; 2:50 PM - 3:35 PM
& Saturday; 11:15 AM - 12:00 PM

ADVANCED GYMNASTICS

This class is for students who have mastered the skills in the Intermediate Class and are ready to continue at a more advanced level. Participants MUST be able to do an unassisted cartwheel, handstand, and a standing backbend to take this class.

TIME: Monday - Friday; 3:40 PM - 4:25 PM
& Saturday; 12:05 PM - 12:50 PM



CHEERLEADING CLINIC

Monday - Saturday; July 8th - July 13th

FEE: \$48

INSTRUCTOR: Brooke Moore

LOCATION: NRC Santa Fe and Railer Rooms

REGISTRATION DEADLINE: Monday, July 1st

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 12

All skill levels welcome. Participants will get the opportunity to learn various cheerleading skills in tumbling, jumps, cheering, and stunting appropriate for the age group and class. This clinic will provide an overview of the cheerleading program offered throughout the year. Please wear athletic clothing and sneakers (No sandals, boots, or crocs). Make sure hair is pulled back out of eyes. NO glitter or jewelry.

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

TIMES: Monday - Friday; 11:00 AM - 11:45 AM
& Saturday; 9:30 AM - 10:15 AM

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

TIMES: Monday - Friday; 1:00 PM - 1:50 PM
& Saturday; 10:20 AM - 11:10 AM

TUMBLING AND STUNTING I: A fun, entry-level class designed to promote athleticism and teach participants beginner cheer tumbling and stunts. Class will focus on foundational tumbling including but not limited to, forward and backward rolls, cartwheels, handstands, bridges, etc. Participants will also learn a variety of ground level stunts.

AGES: 1st grade and up

TIMES: Monday - Friday; 2:10 PM - 3:10 PM
& Saturday; 11:30 AM - 12:30 PM

TUMBLING AND STUNTING II: Intermediate level class designed to advance participants’ cheerleading skills specifically in tumbling and stunting. Class will focus on standing and connective tumbling including, but not limited to, round offs, standing backbends, handstand variations, and walkover drills. Participants will learn a variety of thigh level stunts.

AGES: Participants MUST be able to do a handstand and unassisted cartwheel OR mastered the skills taught in Tumbling and Stunting I to take this class.

TIMES: Monday - Friday; 3:15 PM - 4:15 PM
& Saturday; 12:35 PM - 1:35 PM

TUMBLING AND STUNTING III: A high-energy class for participants ready to advance their cheer skills in tumbling and stunting. Class will consist of standing and connective tumbling including, but not limited to, roundoff-jumps, walkovers, handsprings, roundoff back handsprings, and tuck drills. Participants will learn stunt variations and transitions into beginner and intermediate level stunts, as well as prep level stunts appropriate for age and skill.

AGES: Participants MUST be able to do a roundoff and unassisted backbend kickover OR mastered skills taught in Tumbling and Stunting II to advance to this level.

TIMES: Monday - Friday; 4:20 PM - 5:20 PM
& Saturday; 1:40 PM - 2:40 PM

ART PROGRAMS

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

"NEW" **SPLASH OF COLOR**

ADULT WATERCOLORS AND ACRYLICS
THURSDAY, APRIL 11TH

Using a mixed media of watercolors and acrylics, you will paint a striking Kansas sunset with a windmill on the plains. All supplies & aprons are provided.
TIME: 6:00 PM - 7:30 PM
FEE: \$30
AGES: 14 years and up
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, April 7th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

ADULT DOGWOOD BRANCH PAINTING
THURSDAY, MAY 23RD

Bring spring indoors by painting your own blue bird on a Dogwood branch in acrylics on 11x14” canvas. Your blue bird will be singing a merry tune by the time you hang him on your wall. All supplies & aprons are provided.
TIME: 6:00 PM - 7:30 PM
FEE: \$30
AGES: 14 years and up
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, May 19th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

ADULT ACRILIC PAINTING
THURSDAY, JUNE 20TH

Remember cool breezes, palm trees swaying and grass skirts swishing as we paint a Hawaiian scene on an 11x14” canvas with acrylics. All supplies & aprons are provided.
TIME: 6:00 PM - 7:30 PM
FEE: \$30
AGES: 14 years and up
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, June 16th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

ADULT MIXED MEDIA
THURSDAY, JULY 25TH

See the ocean lap on the shore as your Egret/Sand Crane walks along looking for food. It’s easier than it looks, and you’ll be so proud of it when finished. Remember summer forever with sailboats, lighthouses, and birds by the shore with this mixed media (watercolors/acrylics) on an 11x14” canvas. All supplies & aprons are provided.
TIME: 6:00 PM - 7:30 PM
FEE: \$30
AGES: 14 years and up
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, July 21st
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

"NEW"

TWEENAGER WATERCOLORS
SATURDAY, APRIL 20TH

Paint a strikingly colorful sunset with watercolors, then trace roaming buffalos on the plains with markers. All supplies & aprons are provided.
TIME: 1:00 PM - 2:00 PM
FEE: \$25
AGES: 10 years - 14 years
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Cottonwood Room
REGISTRATION DEADLINE: Sunday, April 14th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

TWEENAGER ACRILICS PAINTING
SATURDAY, MAY 11TH

How about creating a vibrant water scene on canvas using acrylic paints, featuring playful dragonflies, frogs, and lily pads?
TIME: 1:00 PM - 2:00 PM
FEE: \$25
AGES: 10 years - 14 years
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, May 5th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

TWEENAGER MIXED MEDIA
WEDNESDAY, JUNE 5TH

Let’s hear the whistles blowing when you trace an ole Santa Fe steam locomotive on a colorful Kansas scene. This will be in mixed media, and all supplies & aprons are provided.
TIME: 5:00 PM - 6:00 PM
FEE: \$25
AGES: 10 years - 14 years
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, June 2nd
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

TWEENAGER MIXED MEDIA
WEDNESDAY, JULY 10TH

Remember summer forever with sailboats, lighthouses, and birds by the shore with this mixed media (watercolors/acrylics) on an 11x14” canvas. All supplies & aprons are provided.
TIME: 5:00 PM - 6:00 PM
FEE: \$25
AGES: 10 years - 14 years
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, July 7th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

YOUTH ART PROGRAMS ON FOLLOWING PAGE...

FEATURED PROGRAMS

ADULT PROGRAMS



CAR-CORE-DIO
FITNESS CHALLENGE
APRIL 15TH - MAY 10TH

Are you ready to take your fitness to the next level? Join us for an exhilarating Cardio and Ab Fitness Challenge designed to boost your endurance, strengthen your core, and ignite your motivation! Modifications will be offered for all fitness levels.
FEE: \$17; shirt included
AGES: 12 and up
REGISTRATION DEADLINE: Monday, April 8th
NOTES: E-mails will be sent out with a YouTube link for your workout videos. 3 videos will be sent out each week.
MINIMUM ENROLLMENT: 6

COMMUNITY WIDE GARAGE SALE
SATURDAY, JULY 27TH

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: 9:00 AM - 1:00 PM
FEE: \$25 per booth
LOCATION: NRC Gymnasium
ENTRANCE: FREE!
REGISTRATION DEADLINE: Monday, July 22nd
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 7:30am.



SAFE SITTER - BABY SITTING TRAINING
MONDAY, JUNE 10TH

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 and CPR (certifications not given).
TIME: 9:00 AM - 3:30 PM
FEE: \$50
AGES: 6th - 8th Grade
LOCATION: NRC Cottonwood Room
REGISTRATION DEADLINE: Friday, May 31st
MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 8
NOTE: Please bring a sack lunch.

"NEW"

YOUTH FINGER PAINTING
WEDNESDAY, APRIL 17TH

Come join the fun of finger-painting kites flying high in the sky. All supplies & aprons are provided.
TIME: 5:00 PM - 6:00 PM
FEE: \$20
AGES: 6 years - 10 years old
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, April 14th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

YOUTH ART WITH CONSTRUCTION PAPER
WEDNESDAY, JUNE 5TH

We’ll make our own traveling scene by making an ole Santa Fe steam locomotive gliding through the Kansas plains using construction paper. This will be a different experience. All supplies & aprons are provided.
TIME: 1:00 PM - 2:00 PM
FEE: \$20
AGES: 6 years - 10 years old
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, June 2nd
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

YOUTH MIXED MEDIA
WEDNESDAY, JULY 10TH

Remember summer forever with sailboats, lighthouses, and birds by the shore with this mixed media (watercolors/markers). All supplies & aprons are provided.
TIME: 1:00 PM - 2:00 PM
FEE: \$20
AGES: 6 - 10 years old
INSTRUCTORS: Connie Rhodes and Barbara Gabel
LOCATION: NRC Sunflower Room
REGISTRATION DEADLINE: Sunday, July 7th
MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20



BATTLE OF THE SCHOOLS
1 MILE FUN RUN
SATURDAY, MAY 4TH

- * The school with the most participants will receive the traveling trophy!
- * 1st, 2nd, and 3rd place awards will be given to each grade.
- * All participants will be placed into a Grand Prize drawing!

TIME: Check In - 9:15 AM;
Start - 10:00 AM

FEE: \$15

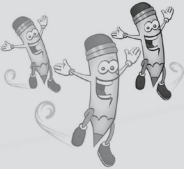
AGES: Kindergarten - 6th Grade

LOCATION: Centennial Park

T-SHIRT DEADLINE: Monday, April 15th

NOTE: Participants may register the day

of the race but will not receive a t-shirt. Packets available to pick up by Thursday, May 2nd.



PRESCHOOL PROGRAMS

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



TEDDY BEAR PICNIC & PARADE
FRIDAY, APRIL 26TH

Parents/Caregivers and child 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 cookie.

TIME: 11:00 AM - 11:45 AM

FEE: \$8

AGES: 18 months and up

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday, April 21st

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 20



PRE-SCHOOL EXPLORATORY ART
& SENSORY CLASS
TUESDAY, APRIL 30TH

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: Sunday, April 28th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 12

NOTE: Parents/Caregivers need to stay and participate with child

TOT TIME DROP-IN
TUESDAYS, MAY 14TH - MAY 28TH

Our gymnasium will be reserved for toddlers to come play with parents! 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. Parents must interact with and be responsible for their own children.

TIME: 10:00 AM - 11:30 AM

FEE: \$3 per toddler (Parents Free); must be paid day of attendance

AGES: 18 months - 5 years

LOCATION: NRC Gymnasium

NOTE: Parents/Caregivers are responsible for proper use of equipment. If we do not have participants by 10:45am, equipment will be taken down.



TINY TOES PLAYLAND
TUESDAYS, JUNE 4TH - JULY 2ND (NO CLASS JUNE 18TH)

Join us for an exciting and interactive structured toddler gym time session. This class is designed specifically for your little ones to play, learn, and grow in a safe and stimulating environment!

TIME: 10:00 AM - 10:45 AM

FEE: \$20

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Gymnasium

REGISTRATION DEADLINE: Monday, June 3rd

MINIMUM ENROLLMENT: 8 MAXIMUM ENROLLMENT: 18

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



FLOWERS FOR MOM
OR MOTHER FIGURE
TUESDAY, MAY 7TH

Mother's Day is just around the corner and we have the perfect crafts to share with you! It is always nice to present flowers to mom on Mother's Day. In this class we will have a combination of super cute flowers you can make for mom.

TIME: 10:00 AM (class will be 30-45 minutes)

FEE: \$15

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood

REGISTRATION DEADLINE: Sunday, May 5th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 10

NOTE: Parents/Caregivers need to stay and participate with children.



HOOKED ON DAD
OR FATHER FIGURE
WEDNESDAY, JUNE 12TH

With Father's Day approaching, it's time to start thinking about crafts that honor the fathers (or father figures) in your child(rens) lives. Join NRC staff to make a gift guaranteed to make Dad feel loved and special. Plus, these Father's Day crafts will come straight from your child(rens) hands.

TIME: 10:00 AM (class will be 30-45 minutes)

FEE: \$15

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday, June 9th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 10

NOTE: Parents/Caregivers need to stay and participate with children.



PATRIOTIC ART
MONDAY, JULY 1ST

With 4th of July around the corner, we have just the thing to keep little hands occupied while creating some crafts for your star-spangled celebration. We have planned to incorporate sensory play and creativity into these crafts. These particular projects will allow kids to create colorful crafts using their imagination.

TIME: 11:00 AM

(class will be 30-45 minutes)

FEE: \$15

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Thursday, June 27th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 10

NOTE: Parents/Caregivers need to stay and participate with children.



PRE-SCHOOL TAE KWON DO
SATURDAY, APRIL 20TH & 27TH

Has your little one been intrigued by Tae Kwon Do?

This class is an introductory Tae Kwon Do class that will emphasize discipline, courtesy, and 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

AGES: 4 years - 5 years

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINE: Tuesday, April 16

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 10

WOMEN'S SELF DEFENSE CLASS
SATURDAY, MAY 18TH

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, May 14th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 25

INTRODUCTORY TAE KWON DO CLASS
SATURDAY, JUNE 22ND

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 and 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 welcome)

INSTRUCTOR: Dany Monares

LOCATION: NRC Santa Fe Room

DEADLINE: Tuesday, June 18th

MINIMUM ENROLLMENT: 5 MAXIMUM ENROLLMENT: 20



FREE

MARTIAL ART

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.

RENTAL INFORMATION

SARAH HENSIEK, OFFICE MANAGER, SHENSIEK@NEWTONREC.ORG

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 for all your rental needs.

HOW DO I RENT A FACILITY?

It is a simple process. Reservation forms are available at the Newton Activity Center during normal business hours Monday through Friday. 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 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.

PARTY PACKAGE

Rent the Center Pool for 1 hour and a room for 1 hour for \$105 plus a \$40 refundable deposit.

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. The Center's kitchen is also available to rent for \$5 per hour. This is the larger of the two rooms and is ideal for larger gatherings such as family dinners, meetings and even dances.



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.

REGULAR RATES: Cover the regular business hours. During those hours, rates are \$35 per hour.

PREMIUM RATES: Cover 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 \$50 per hour. 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: \$40 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.

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

RENTALS & INFORMATION

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
- 2) Get text message updates to your phone by providing us with your cell phone carrier.
- 3) Check NRC Facebook @NewtonKSRec
- 4) Call the Newton Recreation Commission, after 4pm, at (316) 283-7330.

DID YOU KNOW...

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



PICKLEBALL EQUIPMENT AVAILABLE

If you are interested in playing a game of Pickleball, we have the equipment for you. All participants must have an adult playing with them. Equipment can be set up anytime when no NRC Activities are scheduled. Call (316) 283-7330 to check court availability.



RACQUETBALL COURTS

The Newton Recreation Commission has two racquetball courts which are available to rent by the hour. Also, monthly racquetball passes are available. Pass holders may call in advance to reserve courts. RACQUETBALL DROP-IN FEE: \$5/Hour MONTHLY RACQUETBALL PASS: \$25

***Racquetball Pass Included In Wellness Center Membership.*



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 run. 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.

HAVE YOU MOVED OR CHANGED YOUR PHONE NUMBER?

Please keep us updated on your contact information so we can serve you better. If you've moved, changed your phone number, or have any other updates we need to know about, please stop by our front desk or give us a call at (316) 283-7330

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

WE ARE ALWAYS SEARCHING FOR NEW PROGRAM IDEAS!

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

WATER FITNESS

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 Center Pool
INSTRUCTORS: Cathy Woodward
NOTE: Friday class will move to the Municipal Pool's lazy river starting on June 21st. This class will be from 9:15 AM - 10:00 AM.

AQUA STRENGTH & STRETCH CLASS

All ages are welcomed to join this higher intensity class. Target heart rate will be reached early and maintained during session. Work-out 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

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 Center Pool
INSTRUCTOR: Becky Butcher
NOTE: Access lift available.



AQUACISE EVENING CLASS

WHEN: Mondays, Tuesdays, & Thursdays
TIME: 5:15 PM - 6:00 PM
LOCATION: NRC Center Pool
INSTRUCTORS: Cathy Woodward, Sandra Deyo
NOTE: Tuesday class will move to the Municipal Pool's lazy river starting on June 18th. This class will be from 5:15 PM - 6:00 PM.



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
NOTE: Tuesday class will move to the Municipal Pool's lazy river starting on June 18th. This class will be from 5:15 PM - 6:00 PM.

ADAPTED AQUACISE

Water exercise for the physically and/or mentally challenged and their caregivers.
WHEN: Mondays
TIME: 2:00 PM - 2:45 PM
INSTRUCTORS: Becky Butcher
FEES: \$15/Month or \$5 Drop-In



MUNICIPAL POOL

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

SUMMER 2024 - MUNICIPAL POOL
401 N. SANTA FE (ATHLETIC PARK)
OPENS TUESDAY, MAY 28TH

PUBLIC SWIM

DAILY: 1:00 - 5:00 PM
FEES: 3 and under: Free
4 and older: \$4.50

FAMILY SWIM

Tuesday & Friday: 7:00 - 9:00 PM
Family of 4: \$15.00
Individual: \$4.50



LAP SWIM: JUNE 3RD - AUGUST 9TH

Monday/Wednesday/Friday: 6:30 - 7:30 AM
Monday-Friday: Noon - 12:45 PM (lap swim & water walk)
Tuesday & Friday: 6:00 - 6:45 PM
Individual: \$2.50
NOTE: In case of inclement weather it will be moved indoors. Water walk is located in the lazy river.

CHILDREN 7 & UNDER MUST BE ACCOMPANIED BY SOMEONE WHO IS RESPONSIBLE FOR THE CHILD(REN) THAT IS AT LEAST 16 YEARS OF AGE.
DAY CARES: KDHE ratios and regulations apply.

DAY CARE PROVIDERS PLEASE CALL AHEAD
(316) 284-6087

LAZY RIVER WORKOUT
STARTING ON JUNE 18TH

Who doesn't like a lazy river?! How would you like to join a water walking class in a lazy river? A low impact workout led by an instructor using the resistance of the water. Various exercises can be done that improve the core, legs, and arms. This class helps benefit your balance, coordination, and flexibility. Come have some fun in the sun and join our lazy river!

DAYS & TIME: Tuesdays 5:15 PM - 6:00 PM
Fridays 9:15 AM - 10:00 AM
FEES: \$4.50 - drop in fee
\$35 - 10-class card
LOCATION: Municipal Pool
INSTRUCTORS: Cathy Woodward & Becky Butcher

SUMMER SWIM PASSES

Advance passes are available May 1st at the Newton Recreation Commission. Books of 25 tickets are \$95.00. Beginning May 28th the passes may be purchased at the pool office also.
Passes are nonrefundable and NRC is not responsible for loss or theft of tickets.



No flotation devices are allowed at the Newton Municipal Pool. Life jackets are available at the pool office.

MUNICIPAL POOL RENTALS

PRIVATE PARTY AREAS

Two new private rental areas are available during open swim hours! Cake is the only exception, with a rental, to our outside food policy.

\$25 per hour; max capacity 30

AFTER HOURS POOL RENTAL

SATURDAYS, 6:00 PM - 9:00 PM
SUNDAYS, 10:00 AM - 12:00 PM & 6:00 PM - 9:00 PM

\$325 per hour; max capacity 275

PLEASE CONTACT (316) 283-7330 FOR AVAILABILITY.



SWIM LESSONS

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

SUMMER SWIM ROUNDUP
SATURDAY, MAY 11TH

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

TIME: 9:00 AM - 10:30 AM
FEE: FREE!
AGES: 3 years and up
LOCATION: NRC Activity Center Pool
NOTE: The NRC office will be open following the roundup for summer swim lesson registrations. Please drop in at any time.

Plan your swim lessons for the entire Summer. All classes are open for registration.

SWIM LESSONS

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.

Private Lessons- See page 16 for more information.



**Parents do not get into the water, for any special circumstances please make prior arrangement.*

***Diving will not be included with any lessons at the NRC Pool due to water depth.*

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.

WATER BABIES
TUESDAYS AND THURSDAYS



SESSION I: APRIL 16TH - APRIL 25TH
SESSION II: MAY 21ST - MAY 30TH
SESSION II: AUGUST 20TH - AUGUST 29TH

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. Emphasis in this session will be put on development of warm and trusting relationships between parents and children and the instructor.



TIME: 6:15 PM - 6:45 PM
FEE: \$38
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Cathy Woodward & Becky Butcher
REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 12
NOTE: Be sure to sign up quick, enrollment fills up fast.

AQUADUCKS
MONDAY - THURSDAY



MORNING SESSION I: JUNE 3RD - JUNE 13TH
MORNING SESSION II: JUNE 17TH - JUNE 27TH
MORNING SESSION III: JULY 8TH - JULY 18TH
MORNING SESSION IV: JULY 22ND - AUGUST 1ST

Students learn to feel safe and comfortable in the water with instruction. Over 3 years of age. *Parents do not get into the water, for any special circumstances please make prior arrangements.

EVENING SESSION I: JUNE 17TH - JUNE 27TH
EVENING SESSION II: JULY 8TH - JULY 18TH

SATURDAY SESSION I: JUNE 8TH - JUNE 29TH
SATURDAY SESSION II: JULY 6TH - JULY 27TH

TIME: Morning: 10:00 - 10:30 AM or 10:35 - 11:05 AM
Evening: 5:00 - 5:30 PM
Saturday: 10:00 - 10:45 AM or 11:00 - 11:45 AM
FEE: \$38
LOCATION: NRC Activity Center Pool
REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4

SWIM LESSONS

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

GOLDFISH (LEVEL 1)
MONDAY - THURSDAY



MORNING SESSION I: JUNE 3RD - JUNE 13TH
MORNING SESSION II: JUNE 17TH - JUNE 27TH
MORNING SESSION III: JULY 8TH - JULY 18TH
MORNING SESSION IV: JULY 22ND - AUGUST 1ST

Fundamentals of aquatic skills, and beginning to learn basic strokes. Over 5 years of age.

EVENING SESSION I: JUNE 17TH - JUNE 27TH
EVENING SESSION II: JULY 8TH - JULY 18TH

SATURDAY SESSION I: JUNE 8TH - JUNE 29TH
SATURDAY SESSION II: JULY 6TH - JULY 27TH

TIME: Morning: 10:20 - 11:05 AM or 11:15 AM - 12:00 PM
Evening: 6:30 - 7:15 PM
Saturday: 10:00 - 10:55 AM
FEE: \$38
LOCATION: NRC Activity Center Pool (PM & Saturdays)
TBD (Weekday AM)
REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4



PENGUIN (LEVEL 3)
MONDAY - THURSDAY



MORNING SESSION I: JUNE 3RD - JUNE 13TH
MORNING SESSION II: JUNE 17TH - JUNE 27TH
MORNING SESSION III: JULY 8TH - JULY 18TH
MORNING SESSION IV: JULY 22ND - AUGUST 1ST

Improving basic strokes, rhythmic breathing, and personal water safety.

EVENING SESSION I: JUNE 17TH - JUNE 27TH
EVENING SESSION II: JULY 8TH - JULY 18TH

SATURDAY SESSION I: JUNE 8TH - JUNE 29TH
SATURDAY SESSION II: JULY 6TH - JULY 27TH

TIME: Morning: 10:20 - 11:05 AM or 11:15 AM - 12:00 PM
Evening: 6:30 - 7:15 PM
Saturday: 10:00 - 10:55 AM
FEE: \$38
LOCATION: NRC Activity Center Pool (PM)
TBD (Weekday AM & Saturdays)
REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4

OTTER (LEVEL 4)
MONDAY - THURSDAY



MORNING SESSION I: JUNE 3RD - JUNE 13TH
MORNING SESSION II: JUNE 17TH - JUNE 27TH
MORNING SESSION III: JULY 8TH - JULY 18TH
MORNING SESSION IV: JULY 22ND - AUGUST 1ST

Stroke development, guided practice, treading water, and diving.

EVENING SESSION I: JUNE 17TH - JUNE 27TH
EVENING SESSION II: JULY 8TH - JULY 18TH

SATURDAY SESSION I: JUNE 8TH - JUNE 29TH
SATURDAY SESSION II: JULY 6TH - JULY 27TH

TIME: Morning: 10:20 - 11:05 AM or 11:15 AM - 12:00 PM
Evening: 6:10 - 6:55 PM
Saturday: 10:00 - 10:55 AM
FEE: \$38
LOCATION: Municipal Pool (PM)
TBD (Weekday AM & Saturdays)
REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4

SWIM LESSONS

BART PEACE, ASSISTANT SUPERINTENDENT, bpeace@newtonrec.org

SEAL (LEVEL 5)



MONDAY - THURSDAY

MORNING SESSION I: JUNE 3RD - JUNE 13TH
MORNING SESSION II: JUNE 17TH - JUNE 27TH
MORNING SESSION III: JULY 8TH - JULY 18TH
MORNING SESSION IV: JULY 22ND - AUGUST 1ST

Continued stroke development, sidestroke, breaststroke, and turns.

EVENING SESSION I: JUNE 17TH - JUNE 27TH
EVENING SESSION II: JULY 8TH - JULY 18TH

SATURDAY SESSION I: JUNE 8TH - JUNE 29TH
SATURDAY SESSION II: JULY 6TH - JULY 27TH

TIME: 9:30 - 10:15 AM, 10:20 - 11:05 AM, or 11:15 AM - 12:00 PM
Evening: 6:10 PM - 6:55 PM
Saturday: 10:00 - 10:55 AM

FEE: \$38

LOCATION: Municipal Pool (PM & Saturdays)
TBD (Weekday AM)

REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4

POLAR BEAR (LEVEL 6)



MONDAY - THURSDAY

MORNING SESSION I: JUNE 3RD - JUNE 13TH
MORNING SESSION II: JUNE 17TH - JUNE 27TH
MORNING SESSION III: JULY 8TH - JULY 18TH
MORNING SESSION IV: JULY 22ND - AUGUST 1ST

Endurance, diving, and introduction to butterfly stroke.

EVENING SESSION I: JUNE 17TH - JUNE 27TH
EVENING SESSION II: JULY 8TH - JULY 18TH

SATURDAY SESSION I: JUNE 8TH - JUNE 29TH
SATURDAY SESSION II: JULY 6TH - JULY 27TH

TIME: 9:30 - 10:15 AM, 10:20 - 11:05 AM, or 11:15 AM - 12:00 PM
Evening: 5:15 PM - 6:00 PM
Saturday: 11:00 - 11:55 AM

FEE: \$38

LOCATION: Municipal Pool (PM & Saturdays)
TBD (Weekday AM)

REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4

SEA LION (LEVEL 7/8)



MONDAY - THURSDAY

MORNING SESSION I: JUNE 3RD - JUNE 13TH
MORNING SESSION II: JUNE 17TH - JUNE 27TH
MORNING SESSION III: JULY 8TH - JULY 18TH
MORNING SESSION IV: JULY 22ND - AUGUST 1ST

Polish and refine strokes, endurance, open turns and surface diving.

EVENING SESSION I: JUNE 17TH - JUNE 27TH
EVENING SESSION II: JULY 8TH - JULY 18TH

SATURDAY SESSION I: JUNE 8TH - JUNE 29TH
SATURDAY SESSION II: JULY 6TH - JULY 27TH

TIME: 9:30 - 10:15 AM, 10:20 - 11:05 AM, or 11:15 AM - 12:00 PM
Evening: 5:15 PM - 6:00 PM
Saturday: 11:00 - 11:55 AM

FEE: \$38

LOCATION: Municipal Pool (PM & Saturdays)
TBD (Weekday AM)

REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4

DOLPHIN (LEVEL 7/8)



MONDAY - THURSDAY

MORNING SESSION I: JUNE 3RD - JUNE 13TH
MORNING SESSION II: JUNE 17TH - JUNE 27TH
MORNING SESSION III: JULY 8TH - JULY 18TH
MORNING SESSION IV: JULY 22ND - AUGUST 1ST

Advancing skills, endurance, rescue skills and introduction to swim team and distance swimming.

EVENING SESSION I: JUNE 17TH - JUNE 27TH
EVENING SESSION II: JULY 8TH - JULY 18TH

SATURDAY SESSION I: JUNE 8TH - JUNE 29TH
SATURDAY SESSION II: JULY 6TH - JULY 27TH

TIME: 9:30 - 10:15 AM, 10:20 - 11:05 AM, or 11:15 AM - 12:00 PM
Evening: 5:15 PM - 6:00 PM
Saturday: 11:00 - 11:55 AM

FEE: \$38

LOCATION: Municipal Pool (PM & Saturdays)
TBD (Weekday AM)

REGISTRATION DEADLINE: One week prior to each session
MINIMUM ENROLLMENT: 4

PRIVATE SWIM LESSONS

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

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

AQUATICS CLASSES

SCOUT NIGHT @ THE MUNICIPAL POOL

TUESDAY, JUNE 18TH

Boys and girls of all ages involved in scouting can swim for \$2.50 by showing proof of membership. All leaders can swim for free.

TIME: 7:00 PM - 9:00 PM

LOCATION: Municipal Pool

SCOUT NIGHT@ THE CENTER POOL

WEDNESDAY, JULY 17TH

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

LOCATION: NRC Center Pool

KIDS SURF-N-TURF

TUESDAYS & THURSDAYS

3:30 PM - 4:15 PM

This is an after school program based on land and water play. The class components focus on games, fun, and water fitness. Participants should have the ability to swim in deep water.

LOCATION: NRC Center Pool &

Cottonwood Room

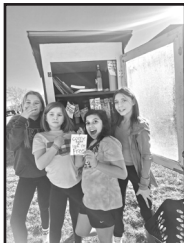
INSTRUCTOR: Becky Butcher

FEE: \$5.00 - drop in fee

\$32 - 10 class card

\$16 - 10 class card for 2nd family member

NOTE: No class when school is not in session.



GROUP CPR & FIRST AID TRAINING



This new offering of CPR and First Aid is great for businesses or family 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.



FISHING FRIDAYS

FRIDAY, JUNE 14TH - EAST LAKE

FRIDAY, JULY 12TH - WEST LAKE

FRIDAY, AUGUST 9TH - SPRING LAKE

Meet us on a few Fridays this summer for a morning of fishing. Each Fishing Friday will be at a different body of water around Newton. You bring your own tackle and water bottle, we will provide bait and lunch.

TIME: 9:00 AM - 12:00 PM

FEE: FREE

AGES: 6 years - 15 years

LOCATION: East Lake - meet at Volunteer Hall by boat ramp/dock
West Lake - meet at dock

Spring Lake - Shelter/Springlake Dr. 100

REGISTRATION DEADLINE: Sunday, June 9th

Sunday, July 7th

Sunday, August 4th

NOTE: Must pre-register for each Fishing Friday. Bring your own fishing tackle and water bottle, let us know at registration if you are in need of a fishing rod. We will provide fishing bait and a lunch of hot dogs & chips. Parents do not need to stay unless you want to.

MAXIMUM ENROLLMENT: 12 participants per day



INDOOR PUBLIC SWIMMING HOURS



YEAR ROUND HOURS

Mondays & Wednesdays: Noon - 1:00 PM

Mondays - Thursdays: 7:30 PM - 9:00 PM

Saturdays & Sundays: 2:00 PM - 3:30 PM

THROUGH MAY 26, 2024

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

LAP SWIM HOURS

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

(Lap swim will be held at the Municipal Pool June 3rd - August 9th)

POOL ADMISSION FEES

\$2 per person

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 10

NRC WELLNESS CENTER

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

MAKE THE NRC WELLNESS CENTER YOUR HEADQUARTERS FOR FITNESS!

****Check out our "Special Prices" on Page 19****



MEMBERSHIP FEES			
VISITOR PASS		\$6/DAY	\$15/WEEK
	MONTHLY	6-MONTH	ANNUAL
Single	\$36	\$185	\$370
Family	\$58	\$295	\$575
Single Senior	\$26	\$130	\$260
Family Senior	\$44	\$225	\$445
Student/Military/ Special Pops	\$26	\$130	\$260
Family - Student/ Military/Special Pops	\$44	\$225	\$445

NOTE: SENIOR = 55 YEARS OR OLDER

WELLNESS CENTER MEMBERSHIP AMENITIES INCLUDE-

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

We feature: 27 cardiovascular stations including 3 upright bikes, 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 12-15 YEARS OF AGE WHEN ACCOMPANIED BY AN ADULT OR OLDER MAY BECOME WELLNESS CENTER MEMBERS OR PARTICIPATE IN A FITNESS CLASS. PARTICIPANTS 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 JOINING/ENROLLING	FEE PER EMPLOYEE
>100	\$175
50 - 99	\$205
25 - 49	\$255
10 - 24	\$315
1 - 9	\$360

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

NRC WELLNESS CENTER

July 1st - 31st SPECIALS
WELLNESS CENTER MEMBERSHIPS

	6-Month	Annual
Single	\$169	\$319
Family	\$249	\$469
Single Senior	\$119	\$219
Family Senior	\$189	\$359
Student	\$119	\$219

3 PERSONAL TRAINING SESSIONS FOR \$60



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

FREE SUPERVISED CHILD PLAY

WHEN:
Tuesday & Thursday
9:00 AM - 10:00 AM



HEALTH INSURANCE ELIGIBLE? WE WELCOME & ACCEPT...

BENEFITS INCLUDE...

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



PERSONAL TRAINING

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

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

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.

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/Railer Room
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/Santa Fe Room
INSTRUCTORS: Lynette Roth, Cathy Anderson

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

ELASTICIZE

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 regiments, 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
MINIMUM ENROLLMENT: 4

ZUMBA GOLD

THURSDAYS 6:00 PM - 6:45 PM

Ditch the workout - join the party! This Brazilian/Latin dance class is a low impact, body energizing aerobic experience. Zumba features fast & slow rhythms to tone & sculpt your body while burning fat. Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it easy for seniors, beginners, or others who have limitations.
FEE: \$5 drop in fee; \$18 per month
LOCATION: NRC Railer Room
INSTRUCTOR: Rose Jackson
NOTE: Class concludes in May.

CAR-CORE-DIO FITNESS CHALLENGE
APRIL 15TH - MAY 10TH

Are you ready to take your fitness to the next level? Join us for an exhilarating Cardio and Ab Fitness Challenge designed to boost your endurance, strengthen your core, and ignite your motivation!
FEE: \$17; shirt included
AGES: 12 and up
REGISTRATION DEADLINE: Monday, April 8th
NOTES: E-mails will be sent out with a YouTube link for your workout videos. 3 videos will be sent out each week.
MINIMUM ENROLLMENT: 6



A HEALTHIER HARVEY COUNTY



Working together to improve the health, safety, and success of all people in Harvey County.
@HealthyHarvey
www.healthylharveycoalition.com
healthylharveycoalition@gmail.com

FITNESS CLASSES

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

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 \$4.00 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 \$4.00 drop in
LOCATION: NRC Activity Center Pool
INSTRUCTORS: Tracie Strain, Carol Schmitt



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: \$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 program is designed to improve your cardiovascular stamina. Stretching, balance, and movement are emphasized. Weights are used and minimal floor exercises are optional.
FEE: \$3 drop in fee; \$10 per month
LOCATION: NRC Sunflower Room
INSTRUCTOR: Tracie Strain

COMMUNITY MOVERS & SHAKERS
MONDAYS 11:00 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 low to moderate intensity cardiovascular exercise class includes strength exercises using elastic tubing and dumbbells 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

BUILDING BETTER BALANCE
FRIDAYS

APRIL 5TH - APRIL 26TH
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
LOCATION: NRC Cottonwood Room
INSTRUCTOR: Becky Butcher
REGISTRATION DEADLINE: Wednesday, April 3rd
MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 10

SILVERSNEAKERS

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

***SENIOR WELLNESS CENTER MEMBERS, SILVERSNEAKERS® CLASSES ARE FREE!**

***\$33 - 10 CLASS CARD OR \$3.50 PER CLASS IF YOU ARE NOT A MEMBER OR IT IS 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, 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.

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG

YOUTH BASE/SOFTBALL




YOUTH BASEBALL/SOFTBALL LEAGUES
REGISTRATION DEADLINE: FRIDAY, APRIL 26TH

YOUTH BASEBALL/SOFTBALL BEGINS: Monday, June 3rd

BLAST BALL REGISTRATION DEADLINE: Friday, April 19th

BLAST BALL WILL BEGIN: Monday, May 6th 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 can be found on our website at www.newtonrec.org

LEAGUE	GRADES	GAMES	FEE 	DAYS
Blast Ball Boys/Girls	4 year	4	\$30	Mondays
T-Ball Boys/Girls	5 year/K	6	\$35	M/T/Th
Boys Coach Pitch	1/2	8	\$35	M/W
Girls Coach Pitch	1/2	8	\$35	T/Th
Pitching Machine Boys	3/4	8	\$35	M/W
Pitching Machine Girls	3/4	8	\$35	T/Th
Kid Pitch Boys	5/6	8	\$40	M-F
Kid Pitch Girls	5/6	8	\$40	M-F
Kid Pitch Boys	7/8	8	\$40	M-F
Kid Pitch Girls	7/8	8	\$40	M-F

AGE DIVISION IS DETERMINED BY CHILDS CURRENT GRADE OR LAST GRADE COMPLETED

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 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.

YOUTH TENNIS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG

MUNCHKIN TENNIS

Kids, join high school and college tennis players for instructional tennis lessons. Become the future tennis stars. NRC will take care of all supplies. We supply racquets and balls. Try something new this summer.

MUNCHKIN TENNIS - BEGINNERS: AGES 4-6				
DATE	TIME	FEE	DAYS	LOCATION
June 3rd - June 13th	9:00-9:45 AM	\$34	Monday-Thursday	TBD
June 17th - June 27th	9:00-9:45 AM	\$34	Monday-Thursday	TBD
MUNCHKIN TENNIS - MUNCHKIN: AGES 7-9				
June 3rd - June 13th	9:00-9:45 AM	\$34	Monday-Thursday	TBD
June 17th - June 27th	9:00-9:45 AM	\$34	Monday-Thursday	TBD



YOUTH TENNIS

Participants will learn various tennis fundamentals through instruction and match play. Participants must supply their own racquet.



YOUTH TENNIS - ROOKIE: AGES 10-12				
DATE	TIME	FEE	DAYS	LOCATION
June 3rd - June 13th	10:00-11:00 AM	\$36	Monday-Thursday	TBD
June 17th - June 27th	10:00-11:00 AM	\$36	Monday-Thursday	TBD
YOUTH TENNIS - PONY: AGES 13-14				
June 3rd - June 13th	10:00-11:00 AM	\$36	Monday-Thursday	TBD
June 17th - June 27th	10:00-11:00 AM	\$36	Monday-Thursday	TBD

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

EMPLOYMENT OPPORTUNITIES

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

Youth Baseball/ Softball Umpires, Lifeguards, Swim Instructors, Municipal Pool Consession, & Seasonal Grounds Maintenance.

PLEASE APPLY AT THE NEWTON ACTIVITY CENTER FRONT DESK, 415 N. POPLAR.

ADULT SPORTS

COED SUMMER SOFTBALL LEAGUE
REGISTRATION DEADLINE: WEDNESDAY, MAY 22ND

Not doing much on a Sunday afternoon? Form a team and come play coed softball. There has to be an equal amount of females and males in the line up and teams will hit their own softballs. T-shirt awarded to the Champions & Runners-Up of the tournament.

LEAGUE BEGINS: Sunday, June 2nd

ENTRY FEE: \$265

GAME GUARANTEE: 6 games with a post season tournament

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



CORNHOLE LEAGUE
REGISTRATION DEADLINE: FRIDAY, JUNE 28TH

Come out and play Cornhole with us on Thursday 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: Thursday, July 11th

ENTRY FEE: \$30 per team or \$15 per person

SESSIONS GUARANTEE: 4 w/end of season tournament

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



3RD ANNUAL PICKLEBALL TOURNAMENT
REGISTRATION DEADLINE: FRIDAY, JUNE 28TH

Time to put your skills to the test! Sign up today for the 3rd Annual Pickleball Tournament. Players will call their own games and lines. Can your team bring home the trophy?!

TOURNAMENT DATE: Saturday, July 20th

ENTRY FEE: \$40 per team

MINIMUM ENROLLMENT: 6

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



DOUBLES DISC GOLF TOURNAMENT
REGISTRATION DEADLINE: FRIDAY, APRIL 12TH
REGISTRATION DEADLINE: FRIDAY, JULY 19TH

Teams will meet on Saturday with a random card and play 1 round with only one team on top! Teams win with a play off if there is a tie.

TOURNAMENT DATES: Saturday, April 27th
Saturday, August 10th

ENTRY FEE: \$40 per team

LOCATION: TBD

MINIMUM ENROLLMENT: 4 teams

NOTE: Not PDGA Sanctioned.



SINGLES DISC GOLF TOURNAMENT
REGISTRATION DEADLINE: FRIDAY, APRIL 12TH
REGISTRATION DEADLINE: FRIDAY, JULY 19TH

Players will meet on Saturday with a random card on one of the two courses. The player with the best score after both courses wins it all!

TOURNAMENT DATES: Saturday, April 20th
Saturday, August 3rd

ENTRY FEE: \$20 per person

LOCATION: TBD

MINIMUM ENROLLMENT: 6

NOTE: Not PDGA Sanctioned.



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)

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

NOTE: Friday class will move to the Municipal Pool's lazy river starting on June 21st. This class will be from 9:15 AM - 10:00 AM.

AT YOUR OWN PACE

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

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

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

NOTE: Lap swim moves to the Municipal Pool on June 3rd



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, 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

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, Tracie Strain

CLIMATE CONTROL INDOOR WALKING TRACK

The NRC Gym has a walking track (12 laps equal 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: \$90; 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

BATTLE OF THE SCHOOLS

1 MILE FUN RUN

SATURDAY, MAY 4TH

* The school with the most participants will receive a traveling trophy!

* 1st, 2nd, and 3rd place awards will be given to each grade.

* All participants will be placed into a Grand Prize drawing!

TIME: Check In - 9:15 AM;
Start - 10:00 AM

FEE: \$15

AGES: Kindergarten - 6th Grade

LOCATION: Athletic Park

T-SHIRT DEADLINE:

Monday, April 15th

NOTE: Participants may register the day of the race but will not receive a t-shirt. Packets available to pick up by Thursday, May 2nd.



UPCOMING ADULT SPORTS TOURNAMENTS

* 3rd Annual Pickleball Tournament*

Saturday, July 20th

* Doubles Disc Golf Tournament*

Saturday, April 27th & Saturday, August 10th

* Singles Disc Golf Tournament*

Saturday, April 20th & Saturday, August 3rd

SEE PAGE 25 FOR MORE INFORMATION

SAFE SITTER BABY-SITTING TRAINING

MONDAY, JUNE 10TH



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 Grade

REGISTRATION DEADLINE: Friday, May 31st

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 8

NOTE: Please bring a sack lunch.

FISHING FRIDAYS

Friday, June 14th - East Lake

Friday, July 12th - West Lake

Friday, August 9th - Spring Lake

Meet us on a few Fridays this summer for a morning of fishing. Each Fishing Friday will be at a different body of water around Newton. You bring your own fishing rod, tackle and water bottle, we will provide bait and lunch.

TIME: 9:00 AM - 12:00 PM

FEE: FREE

AGES: 6 years - 15 years

LOCATION: East Lake - meet at Volunteer Hall boat ramp/dock

West Lake - meet at dock

Spring Lake - Shelter/Springlake Dr. 100

REGISTRATION DEADLINE: Monday, June 9th,
Monday, July 7th & Monday, August 4th

NOTE: Must pre-register for each Fishing Friday. Bring your own fishing tackle and water bottle, let us know at registration if you are in need of a fishing rod. We will provide fishing bait and a lunch of hot dogs & chips. Parents do not need to stay unless you want to.

MAXIMUM ENROLLMENT: 12 participants per day



ON-GOING SCHEDULE

Aquatics AM Class	M-F	8:00-8:50 AM
Aquatics PM Class	M/T/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	S	8:00-8:45 AM
Kids Surf-N-Turf	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 5, 2023 - May 26th)

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



NRC Clubhouse 2024

Summer Family Meeting
Monday, May 13th

Whether you have participated in previous summers or this is your first one with us, we invite you to our Summer Family Meeting! Come mingle with fellow parents, meet our dedicated staff, ask any questions you may have, and get a sneak peek into summer activities.



TIME: 6:30 PM
LOCATION: Sunset Elementary Gymnasium
619 Boyd Ave; Newton

* SEE PAGE 3 FOR MORE INFORMATION ON SUMMER NRC CLUBHOUSE