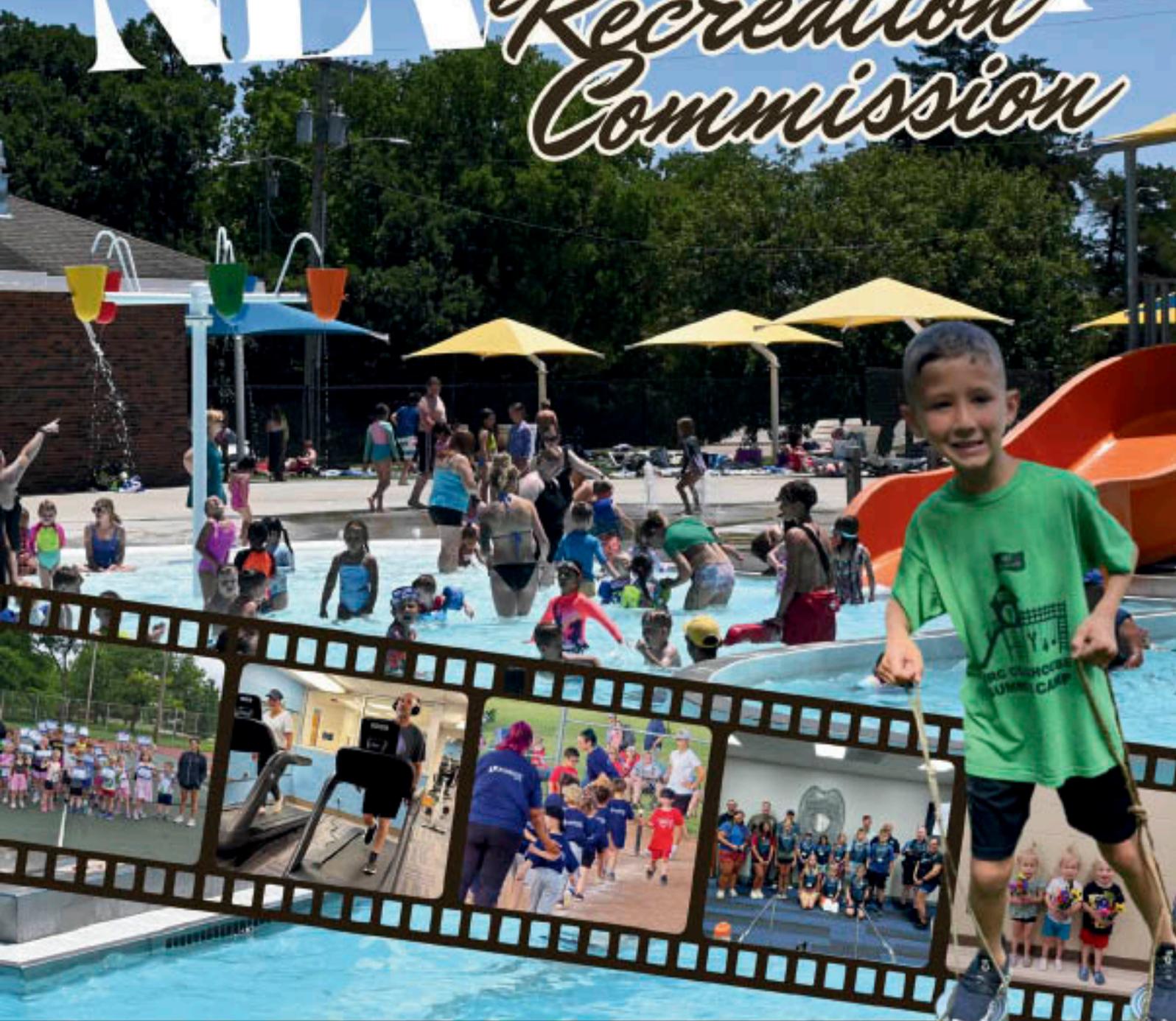


SUMMER 2026

NEWTON *Recreation Commission*



**415 N POPLAR ST.
NEWTON, KS 67114
(316) 283-7330**

@NewtonKSRec



GENERAL INFORMATION

BRIAN BASCUE, SUPERINTENDENT, BBASCUE@NEWTONREC.ORG

NEWTON RECREATION COMMISSION BOARD

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

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Head Custodian	Nathan Boese	nboese@newtonrec.org
Aquatic/Wellness Coord.	Becky Butcher	rfriesen@newtonrec.org
NRC Clubhouse Coord.	Esmeralda Hernandez	ehernandez@newtonrec.org

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NRC MISSION STATEMENT

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

FACILITY HOURS

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

CONTACT INFORMATION

NRC (316) 283-7330
 Website www.newtonrec.org
 Facebook facebook.com/NewtonKSRec/
 Instagram instagram.com/newtonksrec/
 TikTok @newtonksrec
 YouTube NewtonKSRec7804
 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.



SUMMER 2026 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 26th - Friday, August 7th
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: \$20

1/2 Day Full Week: \$70 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: \$35 per child

Full Week: \$120/\$100 each additional child

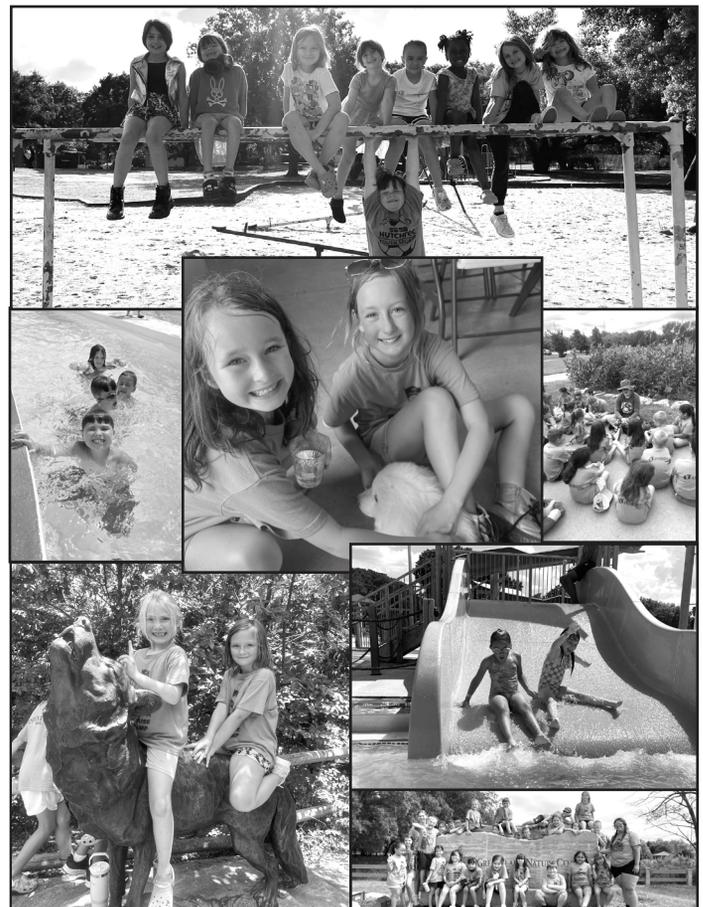
Late Fee: \$3/min after 6:00 PM

SUMMER FAMILY MEETING TUESDAY, MAY 12TH

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: 6:15 PM

LOCATION: Sunset Elementary Gymnasium
619 Boyd Ave, Newton



Follow our Facebook page: @NRCClubhouse

See Page 4 for Before & After School Care Information



**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
- South Breeze Elementary
- Sunset Elementary

Contact

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

Hours

- 6:30 AM - 7:35 AM
- 3:10 PM - 6:00 PM
- FULL DAYS**
- 6:30 AM - 6:00 PM

School Day Rates

- Morning \$7
- Afternoon up to an hour \$7
over an hour \$14
- Early Release \$20
- Late Fee \$3/min after 6:00 PM



EARLY RELEASE DAY CARE:

Wednesday, April 8th & May 13th (Slate Creek)

ALL DAY CARE:

Monday, April 20th (Sunset)

DAILY RATE: \$35 per Full Day or \$20 per 1/2 Day

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

Late Fee: \$3/min after 6:00 PM

Location: Sunset Elementary



Follow our Facebook page: @NRCClubhouse

CREW 10-14

FIELD TRIP EXPERIENCE

- FRIDAY, JUNE 12TH - TOP GOLF
- FRIDAY, JUNE 26TH - MALL TRIP (LUNCH INCLUDED)
- FRIDAY, JULY 10TH - STRATICA SALT MUSEUM
- FRIDAY, JULY 24TH - KENWOOD COVE WATER PARK

Take a break from the ordinary! Join us for a Crew 10-14 Field Trip Experience, a new summer program offering fun Friday field trips outside of Newton. Each month we'll visit two different destinations. Every trip is something new and exciting! Space is limited, so sign up early and get ready for a summer full of exploration, friends, and adventure.

TIME: 9:00 AM - 4:00/5:00 PM

FEE: \$35 per trip

AGES: 10 years - 14 years

MEETING LOCATION: NRC

REGISTRATION DEADLINE: Wednesdays, 5/27, 6/17, 6/24, & 7/15

MINIMUM ENROLLMENT: 10 **MAXIMUM ENROLLMENT:** 13

NOTE: Please send a lunch with your child.

"NEW"



NEWTON COMMUNITY CAMP 101

MONDAY, JULY 27TH - FRIDAY, JULY 31ST

Newton Community Camp 101 offers an exciting, behind-the-scenes look at our community! Throughout the week, participants will tour a variety of local businesses, enjoy lunch at Newton restaurants, and come together to complete a meaningful community service project.

TIME: 8:00 AM - 5:00 PM

FEE: \$135

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, July 13th

MINIMUM ENROLLMENT: 10 **MAXIMUM ENROLLMENT:** 15

NOTE: **MUST PRE-REGISTER** and attend all 5 days of camp. We will be transported to businesses not in walking distance.

**LITTLE EXPLORERS DROP-OFF DAY
TUESDAY, APRIL 21ST**

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

AGES: 2 years - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez & Esmeralda Hernandez

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINE: Sunday, April 19th

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.

"NEW"

TOT TIME DROP-IN

**TUESDAYS, APRIL 7TH & APRIL 14TH
WEDNESDAYS, MAY 13TH & MAY 20ST**

Our gymnasium will be reserved for toddlers to come play with parents! This is an open and unstructured playtime 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. If we do not have participants by 10:45 AM, equipment will be taken down.

TIME: 10:00 AM - 11:30 AM

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

AGES: 18 months - 4 years

LOCATION: NRC Gymnasium

NOTE: Parents/Caregivers are responsible for proper use of equipment.

SAFE SITTER - BABY SITTING TRAINING

SESSION I: MONDAY, JUNE 1ST

Designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or baby-sitting. 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 per session

AGES: 6th - 8th Grade

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Thursday, May 21st

MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 8

NOTE: Please bring a sack lunch and water bottle.



LITTLE CHAMPS GYM TIME

TUESDAYS, JUNE 30TH - JULY 21ST

Grab your toddler or preschooler and join us for this exciting, interactive gym-time program where little ones explore movement, meet new friends, and get a playful introduction to sports! From tossing to kicking, we build skills in a fun, supportive space - with YOU right by their side. We kick things off with parachute games and end each class with a mini obstacle course!

TIME: 10:00 AM - 10:45 AM

FEE: \$20

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Gymnasium

REGISTRATION DEADLINE: Sunday, June 28th

MINIMUM ENROLLMENT: 8 **MAXIMUM ENROLLMENT:** 18

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

TEDDY BEAR PICNIC & PARADE

FRIDAY, MAY 15TH

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: \$9

AGES: 18 months and up

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE:

Sunday, May 10th

MINIMUM ENROLLMENT: 5

MAXIMUM ENROLLMENT: 20

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



PRE-SCHOOL EXPLORATORY ART & SENSORY CLASS

FRIDAY, MAY 1ST

TUESDAY, JUNE 16TH

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.

TIME: 10:00 AM

(Class is 30 - 45 minutes)

FEE: \$12 per class

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday, April 26th & Friday, June 12th

MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 12

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



ADULT/YOUTH PROGRAMS

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

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

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

- * 1st, 2nd, and 3rd place awards will be given to each grade.
- * All participants will be placed into a Grand Prize drawing!

TIME: Check in at 9:15 AM, Line up at 9:45 AM; Run starts at 10:00 AM

FEE: \$15

AGES: Kindergarten - 6th Grade

LOCATION: Centennial Park; award ceremony at NRC

NOTE: Participants may register up to the day of the race but will not be guaranteed a t-shirt after deadline.

T-SHIRT DEADLINE: Friday, April 17th

*Please join us as we also celebrate the Newton Recreation Commission's 80th Anniversary following the ceremony!

**BAKE THE BASICS - CAKES****MONDAY, MAY 4TH**

Learn the fundamentals of cake baking in this fun, hands-on class! Youth bakers will measure, mix, and bake a classic cake from scratch while learning proper measuring techniques, mixing methods, and oven safety. Participants will also make their own homemade frosting to top their cake. No experience needed — just a love for sweets!

TIME: 3:30 PM - 5:00 PM

FEE: \$30

AGES: 10 - 14 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room

REGISTRATION DEADLINE: Wednesday, April 29th

MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 8

**COMMUNITY WIDE GARAGE SALE****SATURDAY, JULY 18TH**

Join us for our Community Wide Garage Sale. If you are looking to get rid of your old stuff, rent a booth at our sale and leave all of the advertising up to us! Plus, the weather is guaranteed to be great inside of our gymnasium.

TIME: 9:00 AM - 1:00 PM

FEE: \$25 per booth

LOCATION: NRC Gymnasium

ENTRANCE: FREE!

REGISTRATION DEADLINE: Monday, July 13th

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 7:30 AM.

PRIVATE GYMNASTICS LESSONS

Love gymnastics but prefer one-on-one instruction? Sign up for private gymnastics lessons with Valerie Reimer 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, Valerie, will contact you and set up the lesson schedule.

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

CHEERLEADING CLASSES

FEE: \$52

INSTRUCTOR: Brooke Moore



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

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 12

Please wear athletic clothing and sneakers (No sandals, boots, or cros). Make sure hair is pulled back out of eyes.

NO glitter or jewelry.

SPRING SESSION: SATURDAYS**MAY 2ND - JUNE 6TH****12:00 PM - 12:45 PM****MINI CHEER SUMMER SESSION:****MONDAYS, WEDNESDAYS, SATURDAYS, JULY 6TH - JULY 18TH****6:15 PM - 7:00 PM (M/W); 11:00 AM - 11:45 AM (S)****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

SPRING SESSION: MONDAYS**APRIL 27TH - JUNE 8TH (NO CLASS 5/25)****4:30 PM - 5:30 PM****GRADE SCHOOL SUMMER SESSION:****MONDAYS, WEDNESDAYS, SATURDAYS, JULY 6TH - JULY 18TH****6:15 PM - 7:15 PM (M/W); 11:00 AM - 12:00 PM (S)****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

**GYMNASTICS****NEW LOCATION: PURELY MOORE FITNESS (PMF); 1805 W. FIRST ST., NEWTON, KS 67114****PARENT-TOT**

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

AGES: 18 months - 3 years**DATES & TIME:**Spring Session: Saturdays, May 2nd - June 6th

9:00 AM - 9:30 AM

Summer Session I: Monday - Saturday, July 6th - July 11th

4:00 PM - 4:30 PM (M-F); 9:00 AM - 9:30 AM (S)

Summer Session II: Monday - Saturday, July 13th - July 18th

4:00 PM - 4:30 PM (M-F); 9:00 AM - 9:30 AM (S)

PRE-SCHOOL

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

AGES: 3 years - 5 years**DATES & TIME:**Spring Session: Wednesdays, April 29th - June 3rd

4:30 PM - 5:15 PM

OR Saturdays, May 2nd - June 6th

9:00 AM - 9:45 AM

Summer Session I: Monday - Saturday, July 6th - July 11th

4:30 PM - 5:15 PM (M-F); 9:00 AM - 9:45 AM (S)

Summer Session II: Monday - Saturday, July 13th - July 18th

4:30 PM - 5:15 PM (M-F); 9:00 AM - 9:45 AM (S)

BEGINNERS

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

AGES: Kindergarten and up**DATES & TIME:**Spring Session: Wednesdays, April 29th - June 3rd

4:30 PM - 5:15 PM

OR Saturdays, May 2nd - June 6th

9:00 AM - 9:45 AM

Summer Session I: Monday - Saturday, July 6th - July 11th

4:30 PM - 5:15 PM (M-F); 9:00 AM - 9:45 AM (S)

Summer Session II: Monday - Saturday, July 13th - July 18th

4:30 PM - 5:15 PM (M-F); 9:00 AM - 9:45 AM (S)

REGISTRATION DEADLINES:

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

FEE: \$52**INSTRUCTOR:** Brooke Moore and Purely Moore Fitness Instructors**MINIMUM ENROLLMENT:** 4 **MAXIMUM ENROLLMENT:** 10**INTERMEDIATE**

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

AGES: *Participants MUST be able to do an unassisted cartwheel and handstand to advance to this level.***DATES & TIME:**Spring Session: Saturdays, May 2nd - June 6th

10:00 AM - 10:45 AM

Summer Session I: Monday - Saturday, July 6th - July 11th

5:30 PM - 6:15 PM (M-F); 10:00 AM - 10:45 AM (S)

Summer Session II: Monday - Saturday, July 13th - July 18th

5:30 PM - 6:15 PM (M-F); 10:00 AM - 10:45 AM (S)

ADVANCED

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

AGES: *Participants MUST be able to do an unassisted cartwheel, handstand, and a standing backbend to take this class.***DATES & TIME:**Spring Session: Saturdays, May 2nd - June 6th

10:00 AM - 10:45 AM

Summer Session I: Monday - Saturday, July 6th - July 11th

5:30 PM - 6:15 PM (M-F); 10:00 AM - 10:45 AM (S)

Summer Session II: Monday - Saturday, July 13th - July 18th

5:30 PM - 6:15 PM (M-F); 10:00 AM - 10:45 AM (S)

ADULT GYMNASTICS**MONDAYS, APRIL 20TH - JUNE 1ST (NO CLASS 5/25)**

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

TIME: 6:00 PM - 7:00 PM**FEE:** \$55**REGISTRATION DEADLINES:** Monday, April 13th**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.**

HOLIDAY PROGRAMS

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

EGGCELLENT GOODIES

THURSDAY, MARCH 26TH

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

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

FEE: \$25

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Kitchen and Sunflower Room

REGISTRATION DEADLINE: Sunday, March 22nd

MINIMUM ENROLLMENT: 8 **MAXIMUM ENROLLMENT:** 10

NOTE: Parents/Caregivers need to stay and help their child. Peanut products may be used in this class.

WHERE IS OUR RABBIT?? EASTER SCAVENGER HUNT

MONDAY, MARCH 30TH - FRIDAY, APRIL 3RD

We need your help finding him! Participants will be required to register for this activity and join a private Facebook Group. A daily message will be posted in the private group for you to decode in order to find out where the NRC rabbit is hiding! Each day NRC's rabbit will be hiding somewhere in Newton.

He will change locations each day. Once you find him, you will pick an egg from his basket. Bring this egg to the Rec Center (415 N. Poplar) and see what you've won!

Only 1 egg per day per participant.

FEE: \$4 per child

AGES: Up to 12 years old

REGISTRATION DEADLINE: Monday, March 23rd

MINIMUM ENROLLMENT: 8 **MAXIMUM ENROLLMENT:** 10

NOTE: For rules & information please visit our website: www.newtonrec.org. Prizes include candy filled Easter eggs, toys, gift certificates, coupons for local businesses, and more!



EGGSTRAVAGANZA

FRIDAY, APRIL 3RD

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

TIME: 6:00 PM

FEE: FREE

AGES: Up to 12 years of age

LOCATION: 12th and Boyd Soccer Complex

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



A ROYAL MOTHER'S DAY TEA

OR MOTHER FIGURE

FRIDAY, MAY 8TH

Toddlers and their moms (or mother figures) are invited to a magical morning of tea, treats, and special time together! Little royals will wear crowns and tiaras and make a flower craft for their queen — a sweet gift made with love. Sip, snack, craft, and celebrate the most important lady in your life!

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

FEE: \$17

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday, May 3rd

MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 10

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



HOOKED ON DAD

OR FATHER FIGURE

FRIDAY, JUNE 19TH

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: \$17

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday, June 14th

MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 10

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



PATRIOTIC ART

WEDNESDAY, 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 (30-45 minutes)

FEE: \$17

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday, June 28th

MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 10

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



INTRODUCTORY TAE KWON DO CLASS SATURDAY, MAY 23RD

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

REGISTRATION DEADLINE: Tuesday, May 19th

MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 20

FREE

WOMEN'S SELF DEFENSE CLASS SATURDAY, JUNE 27TH

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, June 23rd

MINIMUM ENROLLMENT: 5 **MAXIMUM ENROLLMENT:** 25

PRE-SCHOOL TAE KWON DO SATURDAY, JULY 11TH & 18TH

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, July 7th

MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 10



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 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.

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
OTHER SPORTS EQUIPMENT IS ALSO AVAILABLE FOR RENT.

PROGRAM UPDATES AND CANCELLATIONS

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

- 1) Check the NRC website at www.newtonrec.org
- 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.

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

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.



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.*



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

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

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
- \$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
- NOTE:** Friday class will move to the Municipal Pool's lazy river starting on June 12th. 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

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
- FEE:** \$15/Month or \$5 Drop-In

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.

- WHEN:** Tuesdays & Thursdays
- TIME:** 2:00 PM - 2:50 PM
- LOCATION:** NRC Center Pool
- INSTRUCTOR:** Becky Butcher
- NOTE:** A lift is available to enter and exit the pool.



AQUACISE EVENING CLASS

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

PRENATAL WATER CLASS

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



LAZY RIVER WORKOUT STARTING ON JUNE 9TH

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 2026 - MUNICIPAL POOL
401 N. SANTA FE (ATHLETIC PARK)
OPENS TUESDAY, MAY 26TH**

PUBLIC SWIM

DAILY: 1:00 - 5:00 PM
FEE: 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 1ST - AUGUST 7TH

Monday/Wednesday/Friday: 6:30 - 7:30 AM
Monday-Friday: Noon - 12:45 PM
(lap swim & water walk in lazy river)
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.

LOG YOUR LAPS

If you would like, pool staff can help track the laps you swim or laps walked in the lazy river. Simply check in at the front window and share your lap count with us. Besides a healthier you, hair that smells like chlorine, pruney fingers and toes; you will also receive bragging rights.

SUMMER SWIM PASSES

Advance passes are available May 1st at the Newton Recreation Commission. Books of 25 tickets are \$95.00. Beginning May 26th 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.



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**



MUNICIPAL POOL RENTALS

PRIVATE PARTY AREAS

Two private rental areas are available during open swim hours! *Feel free to bring a party treat along with your rental. Drinks can be purchased at our concession stand.*

\$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.

"NEW" TODDLER TIME
FRIDAYS
JULY 3RD, 10TH, 17TH, 24TH, & 31ST

The zero depth and shallow play area will be available for toddlers and parents on Fridays starting July 3rd. Toys and games will be available for use. This area of the pool will be exclusive for the participants of this program. This is not an instructor lead class, Lifeguards will be on duty. Parents and toddlers can use the pool, and shallow play features as well as some of the items used in our swim lessons. In addition to enjoying the open play time, we hope this activity will begin a love and respect of the water.

TIME: 12:00 PM - 12:30 PM
FEE: \$3 per toddler (Parents Free); must be paid day of attendance
AGES: up to 5 years ONLY
LOCATION: Newton Municipal Pool
MAXIMUM PARTICIPATION: 20
NOTE: Parents/Caregivers need to stay with their child in the water at all times.

SWIM LESSONS

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

SUMMER SWIM ROUNDUP SATURDAY, MAY 2ND

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: 1:00 PM - 2:30 PM

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 Center 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: MAY 5TH - MAY 14TH

SESSION II: JUNE 2ND - JUNE 11TH

SESSION III: AUGUST 4TH - AUGUST 13TH

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: \$40

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 1ST - JUNE 11TH

MORNING SESSION II: JUNE 15TH - JUNE 25TH

MORNING SESSION III: JULY 6TH - JULY 16TH

MORNING SESSION IV: JULY 20TH - JULY 30TH



SATURDAY SESSION I: JUNE 6TH - JUNE 27TH

SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

Students learn to feel safe and comfortable in the water with instruction. Over 3 years of age.

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

TIME: Morning: 10:00 - 10:30 AM or 10:35 - 11:05 AM

Saturday: 10:00 - 10:45 AM or 11:00 - 11:45 AM

FEE: \$40

LOCATION: NRC Activity Center Pool

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4

SWIM LESSONS

GOLDFISH (LEVEL 1)

MONDAY - THURSDAY

MORNING SESSION I: JUNE 1ST - JUNE 11TH
MORNING SESSION II: JUNE 15TH - JUNE 25TH
MORNING SESSION III: JULY 6TH - JULY 16TH
MORNING SESSION IV: JULY 20TH - JULY 30TH

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

EVENING SESSION I: JUNE 15TH - JUNE 25TH
EVENING SESSION II: JULY 6TH - JULY 16TH

SATURDAY SESSION I: JUNE 6TH - JUNE 27TH
SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

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: \$40

LOCATION: NRC Activity Center Pool (PM & Saturdays)
 Newton Municipal Pool (Weekday AM)

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4

SUNFISH (LEVEL 2)

MONDAY - THURSDAY

MORNING SESSION I: JUNE 1ST - JUNE 11TH
MORNING SESSION II: JUNE 15TH - JUNE 25TH
MORNING SESSION III: JULY 6TH - JULY 16TH
MORNING SESSION IV: JULY 20TH - JULY 30TH

Students work on assisted strokes, flotation, glides, front crawl, back stroke.

EVENING SESSION I: JUNE 15TH - JUNE 25TH
EVENING SESSION II: JULY 6TH - JULY 16TH

SATURDAY SESSION I: JUNE 6TH - JUNE 27TH
SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

TIME: Morning: 10:20 - 11:05 AM or 11:15 AM - 12:00 PM
 Evening: 6:30 - 7:15 PM
 Saturday: 11:00 - 11:55 AM

FEE: \$40

LOCATION: NRC Activity Center Pool (PM & Saturdays)
 Newton Municipal Pool (Weekday AM)

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4



PENGUIN (LEVEL 3)

MONDAY - THURSDAY

MORNING SESSION I: JUNE 1ST - JUNE 11TH
MORNING SESSION II: JUNE 15TH - JUNE 25TH
MORNING SESSION III: JULY 6TH - JULY 16TH
MORNING SESSION IV: JULY 20TH - JULY 30TH

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

EVENING SESSION I: JUNE 15TH - JUNE 25TH
EVENING SESSION II: JULY 6TH - JULY 16TH

SATURDAY SESSION I: JUNE 6TH - JUNE 27TH
SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

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: \$40

LOCATION: NRC Activity Center Pool (PM)
 Newton Municipal Pool (Weekday AM & Saturdays)

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4

OTTER (LEVEL 4)

MONDAY - THURSDAY

MORNING SESSION I: JUNE 1ST - JUNE 11TH
MORNING SESSION II: JUNE 15TH - JUNE 25TH
MORNING SESSION III: JULY 6TH - JULY 16TH
MORNING SESSION IV: JULY 20TH - JULY 30TH

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

EVENING SESSION I: JUNE 15TH - JUNE 25TH
EVENING SESSION II: JULY 6TH - JULY 16TH

SATURDAY SESSION I: JUNE 6TH - JUNE 27TH
SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

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: \$40

LOCATION: Newton Municipal Pool

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 1ST - JUNE 11TH
MORNING SESSION II: JUNE 15TH - JUNE 25TH
MORNING SESSION III: JULY 6TH - JULY 16TH
MORNING SESSION IV: JULY 20TH - JULY 30TH

Continued stroke development, sidestroke, breaststroke, and turns.

EVENING SESSION I: JUNE 15TH - JUNE 25TH
EVENING SESSION II: JULY 6TH - JULY 16TH

SATURDAY SESSION I: JUNE 6TH - JUNE 27TH
SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

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: \$40

LOCATION: Newton Municipal Pool

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4

POLAR BEAR (LEVEL 6)



MONDAY - THURSDAY

MORNING SESSION I: JUNE 1ST - JUNE 11TH
MORNING SESSION II: JUNE 15TH - JUNE 25TH
MORNING SESSION III: JULY 6TH - JULY 16TH
MORNING SESSION IV: JULY 20TH - JULY 30TH

Endurance, diving, and introduction to butterfly stroke.

EVENING SESSION I: JUNE 15TH - JUNE 25TH
EVENING SESSION II: JULY 6TH - JULY 16TH

SATURDAY SESSION I: JUNE 6TH - JUNE 27TH
SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

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: \$40

LOCATION: Newton Municipal Pool

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4

SEA LION (LEVEL 7/8)



MONDAY - THURSDAY

MORNING SESSION I: JUNE 1ST - JUNE 11TH
MORNING SESSION II: JUNE 15TH - JUNE 25TH
MORNING SESSION III: JULY 6TH - JULY 16TH
MORNING SESSION IV: JULY 20TH - JULY 30TH

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

EVENING SESSION I: JUNE 15TH - JUNE 25TH
EVENING SESSION II: JULY 6TH - JULY 16TH

SATURDAY SESSION I: JUNE 6TH - JUNE 27TH
SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

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: \$40

LOCATION: Newton Municipal Pool

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4

DOLPHIN (LEVEL 7/8)



MONDAY - THURSDAY

MORNING SESSION I: JUNE 1ST - JUNE 11TH
MORNING SESSION II: JUNE 15TH - JUNE 25TH
MORNING SESSION III: JULY 6TH - JULY 16TH
MORNING SESSION IV: JULY 20TH - JULY 30TH

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

EVENING SESSION I: JUNE 15TH - JUNE 25TH
EVENING SESSION II: JULY 6TH - JULY 16TH

SATURDAY SESSION I: JUNE 6TH - JUNE 27TH
SATURDAY SESSION II: JULY 11TH - AUGUST 1ST

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: \$40

LOCATION: Newton Municipal Pool

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 rfriesen@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: \$105

SCOUT NIGHT @ THE MUNICIPAL POOL

TUESDAY, JUNE 16TH

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 15TH

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

HIGH TIDE TEENS

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 fitness. Participants should have the ability to swim in deep water.

DAYS & TIME: Tuesdays & Thursdays; 3:30 PM - 4:15 PM

LOCATION: NRC Pool & Cottonwood Room

INSTRUCTOR: Becky Butcher

FEE: \$30 per month; \$15 per month 2nd family member

AGES: 5th - 8th Grades

NOTE: No class when school is not in session.

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.



American Red Cross

FISHING FRIDAYS

FRIDAY, JUNE 12TH - EAST LAKE

FRIDAY, JULY 17TH - WEST LAKE

FRIDAY, AUGUST 7TH - SPRING LAKE POND

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 the 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/110 Springlake Dr.

REGISTRATION DEADLINE: Friday, June 5th

Friday, July 10th

Monday, August 3rd

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 22, 2025

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 1st - August 7th)

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

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	\$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 AMENITIES INCLUDE-

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

BUSINESS MEMBERSHIPS

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

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

JULY 1ST - 31ST SPECIALS
WELLNESS CENTER MEMBERSHIPS

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

3 PERSONAL TRAINING SESSIONS FOR \$70



WELLNESS CENTER HOURS

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

Friday
 5:30 AM - 7:00 PM

Saturday
 7:30 AM - 5:00 PM

Sunday
 12:30 PM - 5:00 PM

CHILD PLAY AREA

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



HEALTH INSURANCE ELIGIBLE? WE 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



YOGA FEES

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

YOGA

RECOVERING STRENGTH AND FLEXIBILITY

MONDAYS & THURSDAYS

9:00 AM - 10:15 AM

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

LOCATION: NRC Santa Fe Room (Mondays)
and NRC Railer Room (Thursdays)

INSTRUCTOR: Cathy Anderson, Carolyn McNeill

ALL LEVELS

WEDNESDAYS & FRIDAYS

9:00 AM - 10:15 AM

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

LOCATION: NRC Railer Room (Wednesdays)
and NRC Santa Fe Room (Fridays)

INSTRUCTORS: Lynette Roth, Cathy Anderson

PROFESSIONAL PERSONAL TRAINING

TRACIE STRAIN

ACE CERTIFIED PERSONAL TRAINER

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

FEE

\$35 - Initial assessment & 1st session

\$30 - Additional sessions

\$80 - Six 30 minute sessions

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

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

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

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

EVENING YOGA

SUNDAY, JUNE 28TH - WELCOME SPRING

7:00 PM - 8:15 PM

Give yourself (and a friend!) the opportunity to rest, restore and recharge this summer — a sunshine-inspired reset for the body and mind. These gentle restorative yoga classes use bolsters, blocks and blankets to help you let go of stress and fully relax. Refreshing lemonade and cookies are offered after class!

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

LOCATION: NRC Railer Room

INSTRUCTOR: Shelley Kallsen

MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 12

REGISTRATION DEADLINE: Friday before class by 5 PM

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

A HEALTHIER HARVEY COUNTY

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



@HealthyHarvey



www.healthyharveycoalition.com
healthyharveycoalition@gmail.com

**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

**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

YOUTH TAP CLASSES AVAILABLE!

WEDNESDAYS

MONTHLY FEE: \$35

INSTRUCTOR: Hannah Mosher

Inquire at the front desk for details.

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

LOCATION: NRC Railer Room

INSTRUCTOR: Hannah Mosher

VIRTUAL FITNESS PROGRAMS

CAR-CORE-DIO (13 VIDEOS)

GUNS, BUNS & ABS (6 VIDEOS)

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

THIGHMANS TROPHY (12 VIDEOS)

ARMERICA (13 VIDEOS)

BOOTY BUSTERS (13 VIDEOS)

NO MORE LOVE HANDLES (12 VIDEOS)

BUILD WITH BASICS (10 VIDEOS)

EXPRESS FIT (15 VIDEOS) - AVAILABLE IN JUNE 2025

Length of each video ranges from 10 - 40 minutes

We're excited to offer some of our past virtual fitness programs, from the last 4 years, 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

AGES: 12 and up

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.

SILVERSNEAKERS

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

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

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

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

LOCATION: NRC Activity Center

INSTRUCTORS: Becky Butcher, Tracie Strain



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

Increase muscular strength 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: \$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 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
 (Included with Wellness Center Membership)
LOCATION: NRC Sunflower Room
INSTRUCTOR: Tracie Strain



**YOUTH BASEBALL/SOFTBALL LEAGUES
REGISTRATION DEADLINE: FRIDAY, APRIL 24TH**

YOUTH BASEBALL/SOFTBALL BEGINS: Monday, June 1st

BLAST BALL REGISTRATION DEADLINE: Friday, April 17th

BLAST BALL WILL BEGIN: Monday, May 4th at Themian Park

NOTE: A \$10 late fee will be charged on all late registrations. Late registration does not guarantee a spot on a team. Late sign ups will be put on a waiting list. Registration forms, schedules, and cancellation information can be found on our website at www.newtonrec.org

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

LEAGUE	GRADES	GAMES	FEE 	DAYS
Blast Ball Boys/Girls	4 years	4	\$34	Mondays
T-Ball Boys/Girls	5 years/K	6	\$38	M/T/Th
Boys Coach Pitch	1/2	8	\$38	M/W
Girls Coach Pitch	1/2	8	\$38	T/Th
Pitching Machine Boys	3/4	8	\$38	M/W
Pitching Machine Girls	3/4	8	\$38	T/Th
Kid Pitch Boys	5/6	8	\$42	M-F
Kid Pitch Girls	5/6	8	\$42	M-F
Kid Pitch Boys	7/8	8	\$42	M-F
Kid Pitch Girls	7/8	8	\$42	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 Medical Card**.

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

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

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 1st - June 11th	9:00-9:45 AM	\$36	Monday-Thursday	TBD
June 15th - June 25th	9:00-9:45 AM	\$36	Monday-Thursday	TBD



MUNCHKIN TENNIS - MUNCHKIN: AGES 7-9

June 1st - June 11th	9:00-9:45 AM	\$36	Monday-Thursday	TBD
June 15th - June 25th	9:00-9:45 AM	\$36	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 1st - June 11th	10:00-11:00 AM	\$38	Monday-Thursday	TBD
June 15th - June 25th	10:00-11:00 AM	\$38	Monday-Thursday	TBD



YOUTH TENNIS - PONY: AGES 13-14

June 1st - June 11th	10:00-11:00 AM	\$38	Monday-Thursday	TBD
June 15th - June 25th	10:00-11:00 AM	\$38	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 Concession, NRC Clubhouse Aides & Seasonal Grounds Maintenance.

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

DOUBLES DISC GOLF TOURNAMENT
REGISTRATION DEADLINE: FRIDAY, APRIL 10TH
REGISTRATION DEADLINE: FRIDAY, JULY 17TH

Teams will meet on Saturday with a random card and play 1 round with only one team on top! If there is a tie, teams compete in a playoff to determine the winner.

TOURNAMENT DATES: Saturday, April 25th
 Saturday, August 1st

ENTRY FEE: \$50 per team

LOCATION: TBD

MINIMUM ENROLLMENT: 4 teams

NOTE: Not PDGA Sanctioned.



SINGLES DISC GOLF TOURNAMENT
REGISTRATION DEADLINE: FRIDAY, APRIL 10TH
REGISTRATION DEADLINE: FRIDAY, JULY 17TH

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, May 9th
 Saturday, August 8th

ENTRY FEE: \$25 per person

LOCATION: TBD

MINIMUM ENROLLMENT: 6

NOTE: Not PDGA Sanctioned.



COED SUMMER SOFTBALL LEAGUE
REGISTRATION DEADLINE: WEDNESDAY, MAY 20TH

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, May 31st

ENTRY FEE: \$280

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 26TH

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 9th

ENTRY FEE: \$35 per team or \$17.50 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.



PICKLEBALL TOURNAMENT
REGISTRATION DEADLINE: FRIDAY, JUNE 26TH

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

TOURNAMENT DATE: Friday, July 24th

ENTRY FEE: \$45 per team

MINIMUM ENROLLMENT: 6

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



JUST FOR SENIORS!

BECKY BUTCHER, AQUATIC/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)**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 12th. 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 1st.

*See page 13 for additional hours.


SILVERSNEAKERS® II - CIRCUIT
MONDAYS, WEDNESDAYS & FRIDAYS
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
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**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: \$105

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



NRC Clubhouse 2026

**Summer Family Meeting
Tuesday, May 12th**

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: 6:15 PM

**LOCATION: Sunset Elementary Gymnasium
619 Boyd Ave; Newton**

* SEE PAGE 3 FOR MORE INFORMATION ON SUMMER NRC CLUBHOUSE

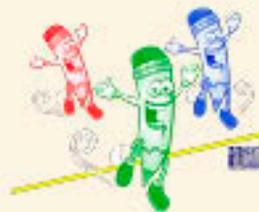
ON-GOING SCHEDULE

Aquatics AM Class	M-F	8:00-8:50 AM
Aquatics PM Class	M/Th	5:15-6:00 PM
Adapted Aquacise	M	2:00-2:45 PM
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
Teen High Tide	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
	<i>(T/Th/F September 2, 2025 - May 22, 2026)</i>	
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

BATTLE OF THE SCHOOLS

1 MILE FUN RUN

SATURDAY, MAY 2ND



- * 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: Centennial Park

T-SHIRT DEADLINE: Friday, April 17th

NOTE: Participants may register the day of the race but will not receive a t-shirt. Packets available to pick up by Thursday, April 30th.



