

JANUARY

2025 Newsletter

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

Wellness Center January Specials

January 1st - 31st

WC Membership Also Includes:

- Racquetball Courts
- Public Swim at the NRC Pool
- Basketball Check Out Card
(Request from WC Staff)
- NEW MEMBERS will receive 2 free personal training sessions per membership.

	6 Months	Annual
Single	\$169	\$319
Family	\$249	\$469
Single Senior	\$119	\$219
Family Senior	\$189	\$359
Special Pops, Student, & Military	\$119	\$219

Community Wide Garage Sale

Sunday, January 19th

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 the advertising up to us!

11:00 AM - 3:00 PM

Fee: \$25 per booth

Location: NRC Gymnasium

Entrance: FREE!!!

Registration Deadline: Monday, January 13th

Youth Indoor Soccer Clinic

Deadline: Friday, January 24th

Tuesdays & Thursdays

February 11th - February 27th

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

Ages 3-5: (5:30 PM - 6:30 PM)

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

Fee: \$32

Splash of Color - Youth Mountain Scene

Wednesday, January 15th

Let your imagination run wild as you explore the joy of painting in a supportive and fun environment.

3:30 PM - 5:00 PM

Fee: \$25 per class

Ages: 10 years -16 years Deadline: 01/12/25

Splash of Color - Adult Mountain Scene

Thursday, January 23rd

This is a fun interactive class that will have your imagination running wild.

6:00 PM - 8:00 PM

Fee: \$30 per class

Ages: 16 years and up

Deadline: 01/19/2025

SafeSitter

Monday, January 20th

SafeSitter Essentials is a 1-day class designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. This instructor-led class is filled with fun games and role-playing exercises.

Students get to use manikins to practice rescue skills like choking rescue and CPR (certifications are not given in first aid/CPR).

9:00 AM - 3:30 PM

Fee: \$50

Ages: 6th - 8th Graders

Deadline: Monday, January 6th

Note: Bring a sack lunch & water bottle.

Youth Indoor Soccer League

Deadline: Friday, January 24th

K/5yrs through 8th Grade

League Begins:

March 1st (K/5yr & 1/2 Grades)

March 3rd (3/4, 5/6 & 7/8 Grades)

(No games Spring Break Week,

March 16th - March 23rd)



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

7th/8th grade: \$42



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



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

Teddy Bear Picnic & Parade

Friday, January 17th

Parents/Grandparents and child(ren) join us in our stuffed animal parade. This fun event includes stories, arts and crafts project and decorating a teddy bear cookie.

11:00 AM – 11:45 AM

Fee: \$9 Ages: 18 months and up

Deadline: Sunday, January 12th

 NRC Clubhouse

January: 16th, 17th, & 20th

@ Sunset Elementary

6:30 AM – 6:00 PM

Fees: Full Day \$34 OR 1/2 Day \$19

(6:30 AM – 12:30 PM

OR 12:30 PM – 6:00 PM)

**Paperwork available for pick up at NRC.

BRING A JACKET/COAT, SACK

LUNCH & WATER BOTTLE!

Evening Swimming Lessons

Monday – Thursday

February 10th – February 20th

Aquaducks: 6:15 PM – 6:45 PM

Students learn to feel comfortable in the water with instruction.

Goldfish: 6:15 PM – 7:00 PM

Fundamentals of aquatic skills and beginning to learn basic strokes.

 Fee: \$38

Deadline: Monday, February 3

Tot Time Drop-In

Wednesdays,

January 8th – January 22nd

Obstacle courses, tumbling mats, blocks, balls, and more will be set up! This is an open & unstructured play time for parents and their toddlers. NRC staff will not provide any instruction.

10:00 AM – 11:30 AM

Fee: \$3 per toddler (Parents Free)

Ages: 18 months – 4 years

Water Babies

Tuesdays & Thursdays

January 28 – February 6

Instructor will introduce the child to the water with the help of the parent.

6:15 PM – 6:45 PM

 Fee: \$38

Ages: 6 months & up

Deadline: 01/21/2025

Build With Basics

Virtual Fitness Program

January 7th – February 6th

Introducing Build with Basics, a 10-workout virtual fitness program designed to break down barriers to movement and simplify your exercise routine.

Fee: \$17; includes a t-shirt

Ages: 12 and up Deadline: Call for information

Note: E-mails will be sent with a YouTube link for your workout videos.

Pre-School Tae Kwon Do

Saturdays, January 18th & 25th

This 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.

1:00 PM – 2:00 PM

Fee: \$24

Ages: 4 – 5 years old

Deadline: Tuesday, January 14th

USD 373 Early Release
School Day Care

Wednesday, January 22nd

@ Slate Creek Elementary

Pre-Registration Required:

Parents must pre-register for childcare on Early Release School Days. Registration will open on January 8th and will close on January 15th.

How to Register: Call

(316) 283-7330 to register.

Scout Night

Wednesday, February 5th

Boys and girls of all ages involved in scouting can swim for \$0.75 by showing proof of membership.

7:30 PM – 9:00 PM

Fee: \$0.75

**Leaders swim for FREE

Location: NRC Center Pool

Gymnastics

Deadline Saturday, February 1st

Saturdays,

February 8th – March 15th

Beginner Level ONLY:

OR Wednesdays,

February 5th – March 12th

Parent-Tot through Advanced Levels!

 Fee: \$48

Upcoming Activities

Activity	Dates	Deadline
Pre-school Exploratory Art & Sensory Class	02/04	02/02
Scout Night @ NRC	02/05	call for more info.
Building Better Balance	02/07–03/28	02/05
Swim Lessons	02/10–02/20	02/03
Youth Indoor Soccer Clinic	02/11–02/27	01/24
Splash of Color – Youth	02/12	02/09
Feeding Children Peacefully	02/13 & 02/20	02/09
Try-It-Out–Tuesdays	02/18	call for more info.
NRC Cheer Squad	02/18–04/29	02/12
Tiny Toes Playland	02/18–03/11	02/17
Adult Gymnastics	02/20–04/03	02/13
Splash of Color – Adult	02/20	02/16
Lifeguard Training	02/21–02/23	02/14
Women's Self Defense Class	02/22	02/18

Ballroom Basics

Tuesdays,

February 4th – February 18th

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

6:30 PM – 7:30 PM

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

Instructors: Katie Schmidt and Christopher Riesen

Deadline: Friday, January 31st