

2024 September



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

NRC Clubhouse - All Day Care

Friday, October 11 & Thursday, October 31

@ 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 SACK LUNCH & WATER BOTTLE!!!

5th/6th Grade Dance

Friday, September 6 - Back to School

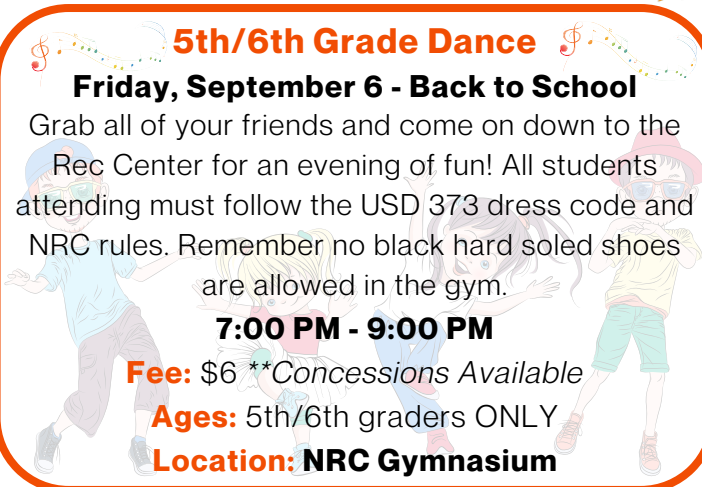
Grab all of your friends and come on down to the Rec Center for an evening of fun! All students attending must follow the USD 373 dress code and NRC rules. Remember no black hard soled shoes are allowed in the gym.

7:00 PM - 9:00 PM

Fee: \$6 ****Concessions Available**

Ages: 5th/6th graders ONLY

Location: NRC Gymnasium



Kids Surf & Turf



Begins Sept. 5 Tuesdays & Thursdays

This is an after-school program based on land and water play.

3:30 PM - 4:15 PM



Fees: \$5 - drop in fee, \$32 - 10 class card, \$16 - 10 class card add. family member

Ages: 5 years - 12 years



Splash of Color - Youth

Wednesday, September 11

Fall Landscape & Barn

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

3:30 PM - 5:00 PM

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

Deadline: Sunday, September 8



Squeaky Soles - Running Club

Wednesdays & Thursdays

September 11 - October 24

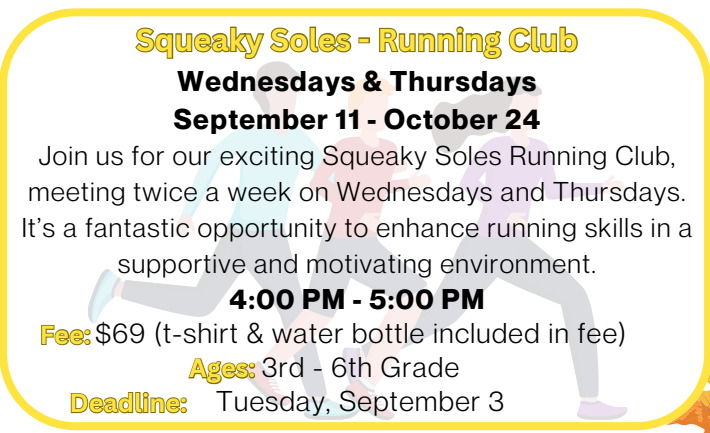
Join us for our exciting Squeaky Soles Running Club, meeting twice a week on Wednesdays and Thursdays. It's a fantastic opportunity to enhance running skills in a supportive and motivating environment.

4:00 PM - 5:00 PM

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

Ages: 3rd - 6th Grade

Deadline: Tuesday, September 3



Eating Well

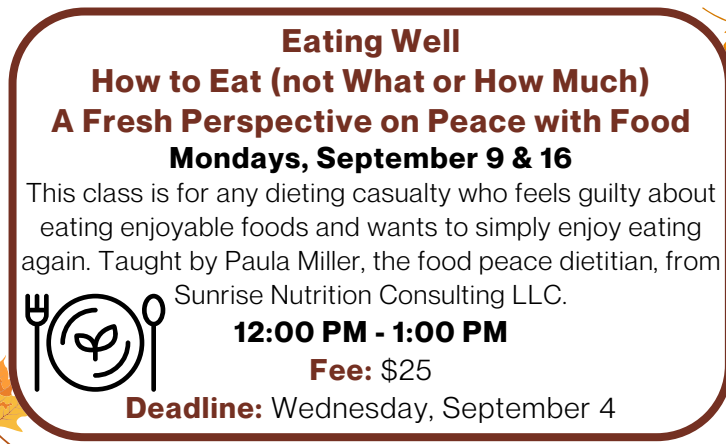
**How to Eat (not What or How Much)
A Fresh Perspective on Peace with Food**
Mondays, September 9 & 16

This class is for any dieting casualty who feels guilty about eating enjoyable foods and wants to simply enjoy eating again. Taught by Paula Miller, the food peace dietitian, from Sunrise Nutrition Consulting LLC.

12:00 PM - 1:00 PM

Fee: \$25

Deadline: Wednesday, September 4



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.

Splash of Color - Adult

Thursday, September 12

Fall Landscape with Waterfall

Connie Rhodes and Barbara Gabel invite you to the world of artistic fun! This is a fun interactive class that will have your imagination running wild.

6:00 PM - 8:00 PM

Fee: \$30 **Ages:** 16 years and up

Deadline: Sunday, September 8



Pre-School Tae Kwon Do

Saturdays, September 14 & 21

This class is an introductory Tae Kwon Do class which will emphasize discipline, courtesy, respect and will help develop motor skills with a whole lot of fun mixed in!

1:00 PM - 2:00 PM

Fee: \$24 **Ages:** 4 years - 5 years

Deadline: Tuesday, September 10



Swim Lessons

Monday - Thursday

September 16 - September 26

Aquaducks 6:15 PM - 6:45 PM

Goldfish 6:15 PM - 7:00 PM

Fee: \$38

Deadline: Monday, September 9



Cornhole Fall League

League Begins Friday, September 20

Come out and play Cornhole with us on Friday nights. You can sign up as a team of two, or a single person, and we will match you with a teammate.

Fee: \$35 per team or \$17.50 per person

Divisions: Upper and Lower

Deadline: Friday, September 13



Pickleball League

League Begins Friday, September 27

Time to come out and have some fun! Players will call their own games and lines. There will be a single-elimination tournament at the end of the season.

Fee: \$35 per team

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

Deadline: Friday, September 13

Upcoming Activities

Activity	Dates	Deadline
Tone & Thrive	10/1 - 10/24	9/22
TOT TIME Drop-In	10/1 - 10/15	Call for info.
Women's Self Defense	10/5	10/1
Sunfish & Penguin	10/7 - 10/17	10/1
Splash of Color - Youth	10/9	10/6
SafeSitter	10/11	9/26
Craft-O-Ween	10/22	10/18
Splash of Color - Adult	10/24	10/20
Candy Scramble	10/30	Call for info.
Spooky Splash & Treats	10/31	10/24

Pre-School Exploratory Art & Sensory Class

Tuesday, September 24

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.

10:00 AM (Class is 40-50 minutes)

Fee: \$12 **Ages:** 18 months - 5 yrs.

Deadline: Thursday, September 19

Building Better Balance

Session I: Fridays, September 27 - October 18

Session II: Fridays, October 25 - November 15

10:00 AM - 10:50 AM

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.

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

Deadline: Wednesday, September 25

Rec Center Youth Agreement Policy

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

For youth in 5th grade through age 15, a Youth Agreement form must be turned in with up-to-date contact information for parents/guardians. Forms must be signed by both parent/guardian AND youth planning on attending the Activity Center. This form can be picked up at the NRC Office.

****A Parent/Guardian MUST turn in the form to NRC. Forms will not be accepted from youth.****
We will begin enforcing this on September 1, 2024.