



Newton Recreation Commission

Winter/Spring Activity Guide
2024/2025

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NewtonKSRec



GENERAL INFORMATION

BRIAN BASCUE, SUPERINTENDENT, BBASCUE@NEWTONREC.ORG

NEWTON RECREATION COMMISSION BOARD

- Mallorie Coffman - Chairman
- Timothy Marlar
- Rick Golubski
- Stacey Musser
- Bradley Cook

ADMINISTRATIVE STAFF

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Aquatic/Wellness SPC	Becky Butcher	rfriesen@newtonrec.org
NRC Clubhouse Coord.	Esmeralda Hernandez	ehernandez@newtonrec.org

NRC MISSION STATEMENT

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

FACILITY HOURS

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

CONTACT INFORMATION

Phone Number	(316) 283-7330
Website	www.newtonrec.org
Facebook	facebook.com/NewtonKSRec/
X	NewtonKSRec
Instagram	instagram.com/newtonksrec/

Online registration, programming information and updates available online. Please e-mail staff with questions or concerns.



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



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NRC CLUBHOUSE

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

Welcome to the NRC Clubhouse

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

Hours

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

Contact

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

School Day Rates

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

Follow our Facebook page:

@NRCClubhouse



No School ALL DAY Information:

Winter Camp:

Friday, December 20th, Monday, December 23rd, Thursday, December 26th, Friday, December 27th, Monday, December 30th, Thursday, January 2nd, Friday, January 3rd & Monday, January 6th

Days:

Thursday, January 16th & Friday, January 17th
 Monday, January 20th
 Friday, March 14th
 Monday, April 21st

Spring Break Camp:

Monday, March 17th - Friday, March 21st

Early Release Days:

Must pre-register to attend - Call for more information

Rates:

- 1/2 Day: \$19
(To receive the 1/2 day rate you must attend between 6:30 AM - 12:30 PM OR 12:30 PM - 6 PM)
- Full Day: \$34
- Late Fee: \$1/min after 6 PM
- Location: Sunset Elementary
619 Boyd Ave.

Weekly Rates For Winter & Spring Break

- Winter Break: 5 days - \$118/\$100 additional child;
- 8 days - \$189/\$160 additional child
- Spring Break: \$118/\$100 additional child



PROGRAMS & EVENTS

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



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. With no equipment needed and standing-only exercises, we've made it easier to stay active. Want to challenge yourself? Just add weights to intensify the workout. Let's get moving and build a stronger, healthier you - one basic step at a time!

FEE: \$17; includes a t-shirt

AGES: 12 and up

REGISTRATION DEADLINE: Thursday, January 2nd

MINIMUM: 5

NOTE: E-mails will be sent out with a YouTube link for your workout videos on Tuesdays & Thursdays each week.

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 of the advertising up to us! Plus the weather is guaranteed to be great inside of our gymnasium.

TIME: 11:00 AM - 3:00 PM

FEE: \$25 per booth

LOCATION: NRC Gymnasium

ENTRANCE: FREE!

REGISTRATION DEADLINE: Monday, January 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 9:30 AM.

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. The goal of this class is to give you the basics to feel comfortable and confident dancing in social settings, improve posture, rhythm and health, and learn how to communicate effectively with your dance partner. With a wide range of music and a relaxed atmosphere, it is sure to be a great time!

TIME: 6:30 PM - 7:30 PM

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

INSTRUCTORS: Katie Schmidt and Christopher Riesen

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINE: Friday, January 31st

MINIMUM ENROLLMENT: 7 **MAXIMUM ENROLLMENT:** 20

SAFESITTER MONDAY, JANUARY 20TH

SafeSitter Essentials is a 1-day class 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 Graders

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Monday, January 6th

MINIMUM ENROLLMENT: 4

MAXIMUM ENROLLMENT: 8

NOTE: Please bring a sack lunch and water bottle.



SPLASH OF COLOR - ADULT

WEDNESDAY, DECEMBER 18TH - SNOWMAN FUN

THURSDAY, JANUARY 23RD - MOUNTAIN SCENE

THURSDAY, FEBRUARY 20TH - LIGHTHOUSE & SAILBOAT

THURSDAY, MARCH 20TH - VASE OF WILDFLOWERS

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.

TIME: 6:00 PM - 8:00 PM

FEE: \$30 per class

AGES: 16 years and up

INSTRUCTOR: Connie Rhodes & Barbara Gabel

LOCATION: NRC Sunflower Room

REGISTRATION DEADLINE: Sunday prior to each class.

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



SPLASH OF COLOR - YOUTH

WEDNESDAY, JANUARY 15TH - MOUNTAIN SCENE

WEDNESDAY, FEBRUARY 12TH - LIGHTHOUSE & SAILBOAT

WEDNESDAY, MARCH 12TH - VASE OF WILDFLOWERS

Join Connie Rhodes and Barbara Gabel for a fun, interactive acrylic painting class. Let your imagination run wild as you explore the joy of painting in a supportive and fun environment. Perfect for all skill levels!

TIME: 3:30 PM - 5:00 PM

FEE: \$25 per class

AGES: 10 years -16 years

INSTRUCTOR: Connie Rhodes & Barbara Gabel

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday prior to each class.

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



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

PROGRAMS

TOT TIME DROP-IN WEDNESDAYS, JANUARY 8TH - JANUARY 22ND TUESDAYS, APRIL 1ST & APRIL 15TH

Our Gymnasium will be reserved for toddlers to come play with parents on a few mornings this winter & spring! This is an open and unstructured play time for parents and their toddlers. NRC staff will not provide any instruction. Obstacle courses, tumbling mats, blocks, balls, and more will be set up each day. Parents must interact with and be responsible for their own children.

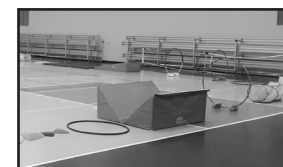
TIME: 10:00 AM - 11:30 AM

FEE: \$3 per toddler (Parents Free)

AGES: 18 months - 4 years

LOCATION: NRC Gymnasium

NOTE: This is a drop-in program and participants will need to pay each day upon arrival. Parents are responsible for proper use of equipment. If we do not have participants by 10:45 am the equipment will be taken down.



TEDDY BEAR PICNIC & PARADE FRIDAY, JANUARY 17TH

Parents/Grandparents and child(ren) join us in our stuffed animal parade. Teddy bears are not mandatory, bring your favorite stuffed animal(s). Includes stories, arts and crafts project and decorating a teddy bear cookie.

TIME: 11:00 AM - 11:45 AM

FEE: \$0

AGES: 18 months and up

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday, January 12th

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



PRE-SCHOOL EXPLORATORY ART & SENSORY CLASS



SESSION I: TUESDAY, FEBRUARY 4TH

SESSION II: WEDNESDAY, MARCH 26TH

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: Session I: Sunday, February 2nd

Session II: Sunday, March 23rd

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

NOTE: Parents need to stay and participate with children.



TINY TOES PLAYLAND

TUESDAYS, FEBRUARY 18TH - MARCH 11TH

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: \$25

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Gymnasium

REGISTRATION DEADLINE:

Monday, February 17th

MINIMUM ENROLLMENT: 8

MAXIMUM ENROLLMENT: 18

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



SQUEAKY SOLES - RUNNING CLUB

TUESDAYS & THURSDAYS

MARCH 25TH - MAY 1ST



Join us for our exciting Squeaky Soles Running Club, meeting twice a week on Tuesdays and Thursdays. On Tuesdays, we engage in energetic running games designed for enjoyment and fitness. Thursdays are dedicated to setting personal running goals and completing laps, with incentives provided for achieving milestones. It's a fantastic opportunity to enhance running skills in a supportive and motivating environment. Squeaky Soles participants will end the program at the Battle of the Schools 1-Mile Fun Run. Registration and payment will be required for the Fun Run.

TIME: 4:00 PM - 5:00 PM

FEE: \$69 two days a week

(t-shirt & water bottle included in fee)

AGES: 3rd - 6th Grade

INSTRUCTOR: Candice Egizi-Sifuentez

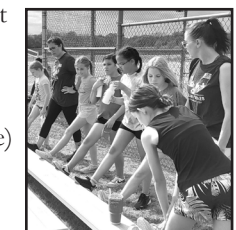
MEETING LOCATION: NRC Gymnasium

REGISTRATION DEADLINE: Tuesday, March 11th

MINIMUM ENROLLMENT: 8 **MAXIMUM ENROLLMENT:** 20

NOTE: Water bottles will be stored at the Rec Center.

Participants will take them home at the end of the program.



BATTLE OF THE SCHOOLS 1-MILE FUN RUN

SATURDAY, MAY 3RD



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

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

* All 1st Place winners will be placed into a Grand Prize drawing!

* All participants who did not come in 1st place 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

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 18th

HOLIDAY PROGRAMS

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

CHRISTMAS LIGHT TOURS

MONDAYS, DECEMBER 2ND OR DECEMBER 9TH

WEDNESDAYS, DECEMBER 4TH OR DECEMBER 11TH

All aboard! Join us on the NRC Express for a special Christmas Light Tour! The bus will be decked out in Christmas lights and the music will be festive. Our driver knows the BEST places in Wichita to visit for a magical evening filled with millions of twinkling lights! We will visit several places including Reindeer Road, Candy Cane Lane, The Arc's Lights, Lights on Texas, Faulkner Street and more! What better way to get into the Christmas spirit than to sightsee as a family or with friends!

TIME: 6:00 PM - 9:00 PM

(approximately - loading begins at 5:50 PM. The bus will leave the parking lot at 6:00 pm sharp, please arrive early.)

FEE: 4 yrs and under FREE; 5 yrs and up: \$12 per person; or \$35 for family of 4 (each additional person \$6)

AGES: All Ages (all youth MUST be with an adult 18+)

LOCATION: Meet at Newton Rec Center; tour will be in Wichita

REGISTRATION DEADLINE: Mondays, 11/25 & 12/2

MINIMUM: 15 **MAXIMUM:** 38

NOTE: Participants MUST pre-register. Tour is approximately 3 hours, including drive time. If a restroom break is needed this may add 30 minutes to our tour. There are NO restrooms on the bus.

MERRY & BRIGHT CHRISTMAS ORNAMENT

TUESDAY, DECEMBER 17TH

Little Elves love to make ornaments to decorate the Christmas Tree. We will be making a variety of ornaments such as Globes, Reindeers and Candy Canes. Join our elf workshop today!

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

FEE: \$17

AGES: 2 years - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room

REGISTRATION DEADLINE: Friday, December 13th

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

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



GRINCHY HEART HOLIDAY PARTY

FRIDAY, DECEMBER 20TH

Join us for our Grinchy Heart Holiday Party! Dive into the holiday spirit with gingerbread house decorating - we provide all the supplies. Enjoy a fun-filled day with swimming and a delicious pizza lunch. Start your holidays with festive fun and cheer!

TIME: 9:30 AM - 3:00 PM

FEE: \$35

AGES: 7 years - 12 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room, Center Pool and Kitchen

REGISTRATION DEADLINE: Sunday, December 15th

MINIMUM ENROLLMENT: 10 **MAXIMUM ENROLLMENT:** 20

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



LEPRECHAUN MAGIC RAINBOWS

THURSDAY, MARCH 13TH

They say everyone's Irish on St. Patrick's Day -- so get your kids in the spirit with Leprechauns Magic. We will be making crafts with Rainbows and Gold.

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

FEE: \$17

AGES: 18 months - 5 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Cottonwood Room

REGISTRATION DEADLINE: Sunday, March 9th

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

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



ST. PATRICK'S DAY PARTY

MONDAY, MARCH 17TH



St. Patrick's Day is coming! Don't let the Leprechauns have all the fun! Participants will play games, go SWIMMING, have a pizza lunch, and make their very own Leprechaun house.

TIME: 9:30 AM - 3:00 PM

FEE: \$35

AGES: 7 years - 12 years

INSTRUCTOR: Candice Egizi-Sifuentez

LOCATION: NRC Sunflower Room, Center Pool and Kitchen

REGISTRATION DEADLINE: Monday, March 10th

MINIMUM ENROLLMENT: 10 **MAXIMUM ENROLLMENT:** 20

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

EGGCELLENT GOODIES

FRIDAY, APRIL 11TH

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, April 6th

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

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

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

HOLIDAY PROGRAMS

EGGSTRAVAGANZA

FRIDAY, APRIL 18TH

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

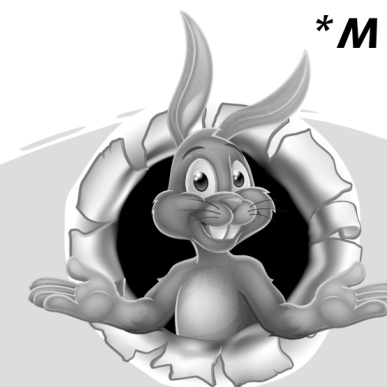
LOCATION: 12th and Boyd Soccer Complex



EASTER SCAVENGER HUNT

MUST PRE-REGISTER

\$4/CHILD



WHERE IS OUR RABBIT??

APRIL 14 - APRIL 18

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.*

DEADLINE: APRIL 7TH

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!

GYMNASTICS

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



GYMNASTICS

FEE: \$48

INSTRUCTOR: Brooke Moore

LOCATION: NRC Santa Fe Room

REGISTRATION DEADLINES: Session I: Saturday, February 1st / Session II: Saturday, March 29th

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 10

NOTES: 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.

No class on Wednesday, April 16th and Saturday, April 19th.

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: Session I: Saturdays, February 8th - March 15th; 9:00 AM - 9:30 AM

Session II: Saturdays, April 5th - May 17th; 9:00 AM - 9:30 AM

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: Session I: Saturdays, February 8th - March 15th; 9:35 AM - 10:20 AM

Session II: Saturdays, April 5th - May 17th; 9:35 AM - 10:20 AM

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: Session I: Saturdays, February 8th - March 15th; 10:25 AM - 11:10 AM

OR Wednesdays, February 5th - March 12th; 4:30 PM - 5:15 PM

Session II: Saturdays, April 5th - May 17th; 10:25 AM - 11:10 AM

OR Wednesdays, April 2nd - May 14th; 4:30 PM - 5:15 PM

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: Session I: Saturdays, February 8th - March 15th; 11:15 AM - 12:00 PM

Session II: Saturdays, April 5th - May 17th; 11:15 AM - 12:00 PM

ADVANCED

This class is 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: Session I: Saturdays, February 8th - March 15th; 12:05 PM - 12:50 PM

Session II: Saturdays, April 5th - May 17th; 12:05 PM - 12:50 PM



ADULT GYMNASTICS

THURSDAYS, DECEMBER 12TH - JANUARY 23RD (NO CLASS 12/26)

THURSDAYS, FEBRUARY 20TH - APRIL 3RD (NO CLASS 3/20)

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

TIME: 5:30 PM - 6:30 PM

FEE: \$50

REGISTRATION DEADLINES: Session I: Thursday, December 5th
Session II: Thursday, February 13th

PRIVATE GYMNASTICS LESSONS

Contact Candice Egizi-Sifuentez at
cegizi@newtonrec.org for more information.

SIX 30 MINUTE LESSONS: \$99

ADDITIONAL PERSONS: \$55

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

CHEERLEADING



TUESDAYS, FEBRUARY 18TH - APRIL 29TH

(No Class on Tuesday, March 18TH)



The NRC Cheer Squad is designed to give young participants the opportunity to cheer and perform at NRC sports functions (Flag Football, Basketball, and Indoor Soccer) and to represent NRC when required during the enrolled cheer session.

This 10-week session is designed for current NRC squad members or any potential new members serious about cheerleading and who wish to excel in tumbling and stunting. The session will focus specifically on tumbling skills and technique, as well as basic and intermediate stunts and stunt variations. It will be a high energy, but fun training session geared toward athleticism. The Spring Cheer Squad Skills & Drills Training will have the opportunity for 2 halftime performances during the Indoor Soccer League.

TIME: 4:30 PM - 5:30 PM

FEE: \$75; includes T-Shirt, Hair Bow and Bag

A \$15 refundable deposit is required to check out your cheer skirt/bottom and notebook, due at time of registration.

AGES: 1st grade and up

INSTRUCTOR: Brooke Moore

LOCATION: NRC Santa Fe Room/NRC Gymnasium

REGISTRATION DEADLINE: Wednesday, February 12th

MINIMUM ENROLLMENT: 10 MAXIMUM ENROLLMENT: 15

NOTE: Parent meeting at 5:45 PM on the first day of class.

No practice on March 18th.

COMMUNITY CHEERLEADING COMPETITION
SATURDAY, MAY 24TH

More information coming soon!

Check our website for updates www.newtonrec.org

CHEERLEADING CLASSES

FEE: \$48

INSTRUCTOR: Brooke Moore

LOCATION: NRC Santa Fe and Railer Rooms

REGISTRATION DEADLINE: One week prior to each session

MINIMUM ENROLLMENT: 4 MAXIMUM ENROLLMENT: 12

Please wear athletic clothing and sneakers (No sandals, boots, or crocs). Make sure hair is pulled back out of eyes. NO glitter or jewelry. No class on April 18th and 20th.

MINI CHEER (FRIDAYS, 4/11 - 5/23): 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: 4:30 PM - 5:15 PM

FUNDAMENTALS OF CHEERLEADING (FRIDAYS, 4/11 - 5/23):

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: 5:20 PM - 6:10 PM

TUMBLING AND STUNTING I (SUNDAYS, 4/13 - 5/25):

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: 1:30 PM - 2:30 PM

TUMBLING AND STUNTING II (SUNDAYS, 4/13 - 5/25):

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 high 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: 2:35 PM - 3:35 PM

TUMBLING AND STUNTING III (SUNDAYS, 4/13 - 5/25):

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: 3:40 PM - 4:40 PM

MARTIAL ARTS

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

PRE-SCHOOL TAE KWON DO

SATURDAYS, JANUARY 18TH & JANUARY 25TH

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, January 14th

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

WOMEN'S SELF DEFENSE CLASS

SATURDAY, FEBRUARY 22ND

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, February 18th

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

INTRODUCTORY TAE KWON DO CLASS

SATURDAY, MARCH 15TH

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. This is a great opportunity for family members to participate in an activity together.

TIME: 1:00 PM - 2:00 PM

FEE: FREE

AGES: 6 years and up (families welcomed)

INSTRUCTOR: Dany Monares

LOCATION: NRC Santa Fe Room

DEADLINE: Tuesday, March 11th

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

FREE

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 be held. 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.

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.

SARAH HENSIEK, OFFICE MANAGER, SHENSIEK@NEWTONREC.ORG

RENTAL INFORMATION

GENERAL RENTAL INFORMATION

The Newton Recreation Commission has a number of facilities available for public rental. Our gymnasium, meeting rooms, park shelters, swimming pools and athletic fields are available 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: Fridays 5:00 PM to 6:00 PM,
Saturdays and Sundays 1:00 PM to 2:00 PM or 3:30 PM to 4:30 PM

During those hours, rates are \$70 per hour. These fees include the staffing of a lifeguard.

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. Once again, these fees include the staffing of a lifeguard.

PARTY PACKAGE

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

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.

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 near by and a fireplace. Reservations can be made beginning Easter weekend and running through the weekend before Halloween.

RENTAL RATES: \$40 per 4 hour increments. Rental of both shelters 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.

RACQUETBALL COURTS

The Newton Recreation Commission has two Racquetball Courts which are available to rent. Monthly racquetball passes are available. Pass holders may call in advance to reserve courts.

RACQUETBALL DROP-IN FEE: \$5/Hour

MONTHLY RACQUETBALL MEMBERSHIP: \$25

RACQUETBALL PASS INCLUDED IN WELLNESS CENTER MEMBERSHIP.

AQUATICS CLASSES

BART PEACE, ASSISTANT SUPERINTENDENT, bpeace@newtonrec.org



WATER FITNESS CLASSES

Water aerobic classes work toward cardiovascular fitness, toning and flexibility. The water gives you a great workout while cushioning your joints. You don't even have to get your hair wet!

WATER FITNESS CLASS FEES

- \$4.50 - drop in fee
- \$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 Activity Center Pool
INSTRUCTOR: Cathy Woodward

AQUA STRENGTH & STRETCH CLASS

This is a higher intensity class. Target heart rate will be reached early and maintained during session. Work-out is concluded with a stretch and cool down.
WHEN: Tuesdays & Thursdays
TIME: 8:00 AM - 8:50 AM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: 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 Activity Center Pool
INSTRUCTOR: Becky Butcher

AQUA-DAPTIVE

An exercise based class that is geared towards individuals with special needs and/or disabilities. This class will focus on the enjoyment of water to increase function, strength and mobility through various aquatic activities.
WHEN: Mondays
TIME: 10:00 AM - 10:45 AM
LOCATION: NRC Activity Center Pool
INSTRUCTOR: Becky Butcher

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

ARTHRISE

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 Activity Center Pool
INSTRUCTOR: Becky Butcher
NOTE: Access lift available. No swimming required.



EVENING AQUACISE CLASS

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

TRY-IT-OUT-TUESDAY WATER AEROBICS

- TUESDAY, JANUARY 21ST
5:15 PM - 6:00 PM
CORE emphasis Water Exercise Class
- TUESDAY, FEBRUARY 18TH
5:15 PM - 6:00 PM
Boot Camp style STATIONS Water Exercise Class
- TUESDAY, MARCH 18TH
5:15 PM - 6:00 PM
CARDIO emphasis Water Exercise Class
- TUESDAY, APRIL 22ND
5:15 PM - 6:00 PM
NOODLE workout Water Exercise Class

SAFETY TRAINING

BART PEACE, ASSISTANT SUPERINTENDENT, bpeace@newtonrec.org



KIDS SURF & TURF TUESDAYS & THURSDAYS 3:30 PM - 4:15 PM

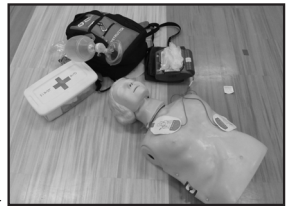
This is an after school program based on land and water play. The class components focus on games, fun, and water fitness. Participants should have the ability to swim in deep water.
LOCATION: NRC Pool & Cottonwood Room
INSTRUCTOR: Becky Butcher
FEES: \$5.00 - drop in fee
 \$32 - 10 class card
 \$16 - 10 class card for 2nd family member
NOTE: No class when school is not in session.



GROUP CPR & FIRST AID TRAINING



This CPR and First Aid course is great for businesses or other 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. Individuals not associated with a business or group will not be allowed to join the class. Set up your training today!



SCOUT NIGHT

THURSDAY, JANUARY 2ND
 WEDNESDAY, FEBRUARY 5TH
 WEDNESDAY, MARCH 5TH

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
FEES: \$0.75
AGES: 5 and up
LOCATION: NRC Activity Center Pool



FEBRUARY LIFEGUARD TRAINING

FRIDAY, FEBRUARY 21ST - SUNDAY, FEBRUARY 23RD

This is a Red Cross Lifeguard Training course. This course includes training in lifeguarding, CPR for the professional rescuer, first aid and bloodborne pathogens. American Red Cross certifications will be issued upon completion of this course. Online blended learning may be used for this class (at instructors discretion).
TIME: Starts Friday at 5:30 PM
 Saturday and Sunday at 9:30 AM
FEES: \$150
AGES: 15 and up
INSTRUCTOR: NRC Staff
LOCATION: NRC Cottonwood Room and NRC Pool
REGISTRATION DEADLINE: Friday, February 14th
MINIMUM ENROLLMENT: 6 **MAXIMUM ENROLLMENT:** 12



PRIVATE SWIM LESSONS



It is never too late or too early to learn this lifetime skill. Private lessons will be set up to fit individual needs and schedules. For more information on setting up your private lessons call (316) 283-7330 or contact:

Becky Butcher at rfriesen@newtonrec.org
 Bart Peace at bpeace@newtonrec.org

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

GIFT CERTIFICATES ARE AVAILABLE FOR ALL NRC ACTIVITIES

AQUATICS CLASSES

BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

INDOOR PUBLIC SWIMMING HOURS



Mondays & Wednesdays: Noon - 1:00 PM
 Tuesdays/Thursdays/Fridays: 4:00 - 5:00 PM
 Mondays -Thursdays: 7:30 - 9:00 PM
 Saturdays & Sundays: 2:00 - 3:30 PM

PUBLIC SWIMMING FEES

\$2.00 per person, all ages
 *Pool Admission included with Wellness Center Membership.

LAP SWIM HOURS

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

LAP SWIM FEES

\$2.00 per person
 10 Class Card- \$13.00
 *Pool Admission included with Wellness Center Membership.

INDOOR SWIMMING POOL IS AVAILABLE TO RENT!
SEE PAGE 11

SUMMER SWIM ROUNDUP

SATURDAY, MAY 10TH

Need to know what lesson your child is 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 which class would be most beneficial.

TIME: 9:00 AM - 10:30 AM
FEE: FREE

NOTE: The NRC office will be open following the roundup for summer swim lesson registrations. Pre-registration is not required for the roundup. Please drop in at any time during the event.



WATER BABIES

TUESDAYS & THURSDAYS

SESSION I: DECEMBER 3RD - DECEMBER 12TH
SESSION II: JANUARY 28TH - FEBRUARY 6TH

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. Development of warm and trusting relationships will be emphasized between the parents, children and the instructor.

TIME: 6:15 PM - 6:45 PM
FEE: \$38 per session
AGES: 6 months - 3 years
INSTRUCTORS: Becky Butcher
LOCATION: NRC Activity Center Pool
REGISTRATION DEADLINE: Sunday, 12/1 & Tuesday, 1/21
MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 12



BART PEACE, ASSISTANT SUPERINTENDENT, BPEACE@NEWTONREC.ORG

SWIM LESSONS

SWIM LESSON LEVELS

Water Babies- Instructor will introduce the child to the water with the help of the parent. Parent Tot - 6 months and older.
 *Aquaducks- Students learn to feel safe and comfortable in the water with instruction. Over 3 years of age.
 Goldfish- Level 1- Fundamentals of aquatic skills, and beginning to learn basic strokes. Over 5 years of age.
 Sunfish - Level 2- Assisted strokes, 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.



***PARENTS DO NOT NEED TO GET IN THE WATER, FOR ANY SPECIAL CIRCUMSTANCES PLEASE MAKE PRIOR ARRANGEMENTS.**
****DIVING WILL NOT BE INCLUDED WITH ANY LESSONS AT THE NRC POOL DUE TO THE WATER DEPTH.**

LEVEL	TIME	DAYS	DATES	DEADLINE	FEE	PLACE
Saturday Lessons						
Aquaducks*	9:00 - 9:35 AM	Saturdays	January 4 - January 25	December 30	\$38	NRC
Goldfish	9:00 - 9:55 AM	Saturdays	January 4 - January 25	December 30	\$38	NRC
Sunfish	10:00 - 10:55 AM	Saturdays	January 4 - January 25	December 30	\$38	NRC
Penguin	10:00 - 10:55 AM	Saturdays	January 4 - January 25	December 30	\$38	NRC
Otter**	10:00 - 10:55 AM	Saturdays	January 4 - January 25	December 30	\$38	NRC
Aquaducks*	9:00 - 9:35 AM	Saturdays	April 5 - April 26	March 31	\$38	NRC
Goldfish	9:00 - 9:55 AM	Saturdays	April 5 - April 26	March 31	\$38	NRC
Sunfish	10:00 - 10:55 AM	Saturdays	April 5 - April 26	March 31	\$38	NRC
Penguin	10:00 - 10:55 AM	Saturdays	April 5 - April 26	March 31	\$38	NRC
Evening Lessons						
Aquaducks*	6:15 - 6:45 PM	Monday - Thursday	February 10 - February 20	February 3	\$38	NRC
Goldfish	6:15 - 7:00 PM	Monday - Thursday	February 10 - February 20	February 3	\$38	NRC
Sunfish	6:15 - 7:00 PM	Monday - Thursday	April 7 - April 17	March 31	\$38	NRC
Penguin	6:15 - 7:00 PM	Monday - Thursday	April 7 - April 17	March 31	\$38	NRC
Spring Break Swim Clinic						
Aquaducks*	4:00 - 4:35 PM	F/M/T/Th	March 14, 17, 18 & 20	March 7	\$38	NRC
Goldfish	4:00 - 4:55 PM	F/M/T/Th	March 14, 17, 18 & 20	March 7	\$38	NRC
Sunfish	5:00 - 5:55 PM	F/M/T/Th	March 14, 17, 18 & 20	March 7	\$38	NRC
Penguin	5:00 - 5:55 PM	F/M/T/Th	March 14, 17, 18 & 20	March 7	\$38	NRC

MAKE THE NRC WELLNESS CENTER YOUR HEADQUARTERS FOR FITNESS!

****Check out our "Special Prices" on Page 17****



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 FEES INCLUDE...

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

We feature: 27 cardiovascular stations including 3 upright and 3 recumbent bikes, 2 rowing machines, 2 recumbent elliptical, 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	# OF EMPLOYEES	FEE PER EMPLOYEE
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.	>100	\$175
	50 - 99	\$205
	25 - 49	\$255
	10 - 24	\$315
	1 - 9	\$360

**JANUARY 1ST - 31ST SPECIALS
WELLNESS CENTER MEMBERSHIPS**

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

3 PERSONAL TRAINING SESSIONS FOR \$60
(MEMBERS OR REPEAT CUSTOMERS ONLY)



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 NOW OFFER...

BENEFITS INCLUDE...

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



PERSONAL TRAINING

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG



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

EVENING YOGA

SUNDAY, DECEMBER 15TH
7:00 PM - 8:30 PM

Gift yourself (and a friend!) to a full hour and a half to rest & restore during the busy holidays! This gentle restorative yoga class uses bolsters, blankets, and etc. to help you reset your body and mind. Let go of seasonal stress as you are guided in how to quiet the mind to find a sense of peace and calm. This event includes warm drinks and cookies after class!



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

LOCATION: NRC Railer Room

INSTRUCTOR: Shelley Kallsen

MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 16

REGISTRATION DEADLINE: Friday, December 13th by 5 PM

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

PROFESSIONAL PERSONAL TRAINING

TRACIE STRAIN

ACE CERTIFIED PERSONAL TRAINER

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

FEE

\$35 - Initial assessment & 1st session

\$30 - Additional sessions

\$80 - Six 30 minute sessions

On-going clients receive reduced rates

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

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

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

YOGA FEES

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

FITNESS CLASSES

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

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 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)

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.

*** SEE PAGE 4 FOR OUR NEWEST VIRTUAL FITNESS PROGRAM OPPORTUNITY.**

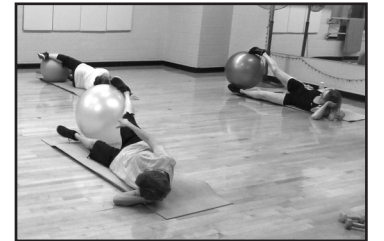
BUTTZ AND GUTZ
MONDAYS & THURSDAYS
12:10 PM - 12:50 PM

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

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

LOCATION: NRC Center Pool

INSTRUCTORS: Tracie Strain, Carol Schmitt

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

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, 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.

TRACIE STRAIN, WELLNESS DIRECTOR, TSTRAIN@NEWTONREC.ORG

HEALTH & WELLNESS

BUILDING BETTER BALANCE
FRIDAYS, FEBRUARY 7TH - MARCH 28TH
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 per month OR \$30 for both months
LOCATION: NRC Cottonwood Room
INSTRUCTOR: Becky Butcher
MINIMUM ENROLLMENT: 4 **MAXIMUM ENROLLMENT:** 10
REGISTRATION DEADLINE: Wednesdays, 2/5 & 3/5



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

In addition to reducing pain and stiffness, this Arthritis Foundation 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 included. 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 class is designed to improve your cardiovascular stamina. Stretching, balance and pain free range of movement is emphasized. Weights are used and minimal floor exercises are optional.

FEE: \$3 drop in fee; \$10 per month
 *Free with Wellness Center Membership
LOCATION: NRC Sunflower Room
INSTRUCTOR: Tracie Strain

COMMUNITY MOVERS & SHAKERS
MONDAYS 11:00 AM - 11:55 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 class is low to moderate intensity cardiovascular exercise combined with strength exercises using elastic tubing with handles 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



FEEDING CHILDREN PEACEFULLY
THURSDAY, FEBRUARY 13TH & 20TH
9:00 AM - 10:00 AM

Is feeding your children one of your least favorite parts of the day? Are they picky or demanding about food? Do you worry about their nutrition intake? Do you wish you could simply enjoy food together without worrying so much about what they eat? Eating well is one of life's great pleasures. Feeding Children Peacefully teaches you to transform feeding kids into joyful, healthful, struggle-free events, free from drama and conflict about food. Come learn what every caregiver needs to know about feeding kids so they grow up to feel good about eating and their bodies. This course is taught by Paula Miller, Licensed Be Body Positive Facilitator and Food Peace Dietitian, from Sunrise Nutrition Consulting LLC.

FEE: \$25 (2 day class)
LOCATION: NRC Cottonwood Room
INSTRUCTOR: Paula Miller, MS, RDN, LD
MINIMUM ENROLLMENT: 8
REGISTRATION DEADLINE: Sunday, February 9th
NOTE: For more information please e-mail paula@sunrisenutritionconsulting.com or visit www.SunriseNutritionConsulting.com.

IMPORTANT INFORMATION

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

FREE! PICKLEBALL EQUIPMENT AVAILABLE



If you are interested in having a game of Pickleball, we have the equipment for you. All participants must have an adult playing with them. Equipment can be set up on the weekdays, before 3:00 PM or after 8:00 PM. Selected weekend hours available. If NRC Activities are scheduled, we will not be able to set up equipment. Call (316) 283-7330 to check court availability.

NEEDING SPORTS EQUIPMENT FOR A FAMILY OR WORK OUTING?

HORSESHOES \$5/SET
OUTDOOR VOLLEYBALL AND NET \$5/SET

****A \$25 DEPOSIT IS REQUIRED****
OTHER SPORTS EQUIPMENT IS ALSO AVAILABLE TO RENT

PROGRAM UPDATES AND CANCELLATIONS

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

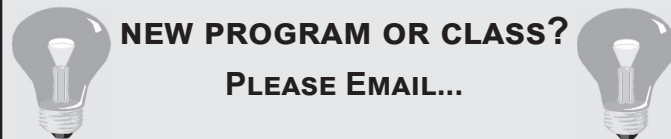
- 1 Check the NRC website at www.newtonrec.org or Facebook.
- 2 Get text message updates to your phone by providing us with your cell phone carrier.
- 3 Call the Newton Recreation Commission at (316) 283-7330.



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

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

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

DID YOU KNOW...

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



2024-2025 REC CENTER YOUTH AGREEMENT

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

For youth 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 the parent/guardian AND youth planning on attending the Activity Center.

A parent/guardian **MUST** turn in completed form to NRC. Forms will not be accepted from youth.

We will begin enforcing this on September 1st, 2024.

Note: A copy of NRC rules and other information will be given to parent/guardian when Youth Agreement form is turned in.

YOUTH SPORTS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG

FALL YOUTH VOLUNTEER COACHES & SPONSORS

OUTDOOR SOCCER

JUNIOR – 5YRS./KINDERGARTEN
 COMMUNITY NATIONAL BANK – ADAM OBERMUELLER
 COTTONWOOD PEDIATRICS – OMAR RAMOS-THAW
 PRESTRESSED CONCRETE – COURTNEY RUNDQUIST
 SHIELD ROOFING – CODY GRONAU



ROOKIE – 3RD/4TH GRADES
 CONRADE INSURANCE – VERONICA BARGDILL
 COTTONWOOD PEDIATRICS – CELESTE DELGADO
 HESSTON REC – REIMER
 PARTRIDGE ROOFING SERVICES – JUSTIN POWELL
 PRESTRESSED CONCRETE – CATHERINE HILL

PEE WEE – 1ST/2ND GRADES
 CHARLSEN INSURANCE – PATRICK CHARLSEN
 CONRADE INSURANCE – COURTNEY NAPIER
 COOL GUY HVAC – MORGAN MCGUIRE
 COTTONWOOD PEDIATRICS – ADAM OBERMUELLER
 HESSTON REC – PEDROZA
 PARTRIDGE ROOFING SERVICES – AUSTIN COY
 SHIELD ROOFING – BETHANY TYLER
 UNION STATE BANK – DUSTIN RUPP
 WHITE EAGLE CREDIT UNION – JESSE ORTIZ

PONY & PUMA – 5TH/6TH /7TH/8TH GRADES
 HESSTON REC – SCHRAG
 INTRUST BANK – VINCIENT SANSEDA
 PRESTRESSED CONCRETE – JAMES GARCIA
 STATE FARM CALEB HANKE – CALEB HANKE

FLAG FOOTBALL

PEE WEE – KINDERGARTEN/1ST GRADES
 COTTONWOOD PEDIATRICS – JERROD GUTHRIE
 PARTRIDGE ROOFING SERVICES – CHRIS BOYLE
 ROOFING SERVICES UNLIMITED – JARED WILL



ROOKIE – 2ND/3RD GRADES
 COTTONWOOD PEDIATRICS – JARON EILERT
 INTRUST BANK – AUSTIN COOPER
 ROOFING SERVICES UNLIMITED – PAUL WIEBE

PONY – 4TH/5TH/6TH GRADES
 COTTONWOOD PEDIATRICS – BRANDON JAMESON
 PARTRIDGE ROOFING SERVICES – JENNIFER JAY
 ROOFING SERVICES UNLIMITED – SERENA ELDRIDGE

VOLLEYBALL

ROOKIE – 3RD/4TH GRADES
 COTTONWOOD PEDIATRICS (GREEN) – SELENE CHASE
 COTTONWOOD PEDIATRICS (PURPLE) – CHANTEL CHERNEY



PONY - 5TH/6TH GRADES
 COTTONWOOD PEDIATRICS – AMY GERBER
 INTRUST BANK – AMBERLYN CAMPA
 UNION STATE BANK – CELESTE DELGADO
 WHITE EAGLE CREDIT UNION – CHANTEL CHERNEY

A SPECIAL THANK YOU TO ALL OUR VOLUNTEER COACHES & SPONSORS FOR THE FALL OF 2024

YOUTH SPORTS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG



INDOOR SOCCER CLINIC

REGISTRATION DEADLINE: FRIDAY, JANUARY 24th

Please join NRC for an Indoor Soccer Clinic! Advance your soccer skills with current and past soccer players and coaches!

CLINIC DATES: Tuesdays and Thursdays; February 11th - 27th

AGE GROUPS/TIMES: 3 - 5 years (5:30 PM - 6:30 PM), 6 - 9 years and 10 - 13 years (6:30 PM - 7:30 PM)

FEE: \$32

LOCATION: NRC Gymnasium



YOUTH RECREATIONAL INDOOR SOCCER

REGISTRATION DEADLINE: FRIDAY, JANUARY 24th

NRC's largest youth sport is back for another season. Indoor Soccer is a faster paced and higher scoring game than the outdoor version.

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. This program is available at a reduced rate for those qualifying for ESP. Registration forms, schedules, and cancellation information will be available online at www.newtonrec.org.

LEAGUE	GRADES	GAMES	FEE	DAYS
Junior Coed	5 year/K	6	\$36	Saturday
Pee Wee Coed	1/2	6	\$36	Saturday
Rookie Coed	3/4	8	\$36	M-F
Pony Coed	5/6	8	\$36	M-F
Puma Coed	7/8	8	\$42	M-F

**PONY & PUMA LEAGUES MAY BE COMBINED IF NEEDED.

LEAGUE BEGINS:

Saturday, March 1st - K/5yr & 1/2 Grades
 Monday, March 3rd - 3/4, 5/6 & 7/8 Grades
 (Spring Break Week Off March 16th - March 23rd)



YOUTH BASEBALL/SOFTBALL LEAGUES

REGISTRATION DEADLINE: FRIDAY, APRIL 25th

LEAGUE BEGINS: Monday, June 2nd

BLAST BALL LEAGUE REGISTRATION DEADLINE: Friday, April 18th - **LEAGUES WILL BEGIN:** Monday, May 5th 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 will be available online 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 year	4	\$32	Monday
T-Ball Boys/Girls	5 year/K	6	\$36	M/T/Th
Boys Coach Pitch	1/2	8	\$36	M/W
Girls Coach Pitch	1/2	8	\$36	T/Th
Boys Pitching Machine	3/4	8	\$36	M/W
Girls Pitching Machine	3/4	8	\$36	T/Th
Boys Kid Pitch	5/6	8	\$42	TBD
Girls Kid Pitch	5/6	8	\$42	TBD
Boys Kid Pitch	7/8	8	\$42	TBD
Girls Kid Pitch	7/8	8	\$42	TBD

ADULT SPORTS

TYLER BOESE, SPORTS DIRECTOR, TBOESE@NEWTONREC.ORG

ADULT KICKBALL LEAGUE

REGISTRATION DEADLINE: FRIDAY, MARCH 7th

Kickball is no longer just for kids! Form a team and join the NRC for our Outdoor Coed Kickball League every Saturday evening for 6 weeks! Teams must have an equal amount of females and males in their lineup at all times. Can your team bring home the trophy?!

LEAGUE BEGINS: Saturday, March 22nd

ENTRY FEE: \$130

GAME GUARANTEE: 6 games w/a possible end of season tournament

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

CORNHOLE LEAGUE

REGISTRATION DEADLINE: FRIDAY, MARCH 21st

Come out and play Cornhole with us on Wednesday 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: Wednesday, April 2nd

ENTRY FEE: \$35 per team

SESSIONS GUARANTEE: 4 w/end of season tournament

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

PICKLEBALL LEAGUE

REGISTRATION DEADLINE: FRIDAY, MARCH 21st

Time to come out and have some fun! Sign up today for our Pickleball League. Players will call their own games and lines. There will be a single elimination tournament at the end of the season.

LEAGUE BEGINS: Friday, April 4th

ENTRY FEE: \$35 per team

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

SESSIONS GUARANTEE: 4 w/end of season tournament

MINIMUM ENROLLMENT: 6

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



SINGLES & DOUBLES SPRING DISC GOLF TOURNAMENT

REGISTRATION DEADLINE: FRIDAY, APRIL 11th

Grab your partner or come solo, and enter our annual Spring Disc Golf Tournament! Winning players/teams will be awarded a gift card to their favorite Disc Golf stores!

TOURNAMENT DATES: Singles - Saturday, April 19th; Doubles - Saturday, April 26th

ENTRY FEE: Singles - \$25 per person; Doubles - \$50 per team

NOTE: Teams will not be accepted without a registration fee. Cancellation hotline, standings and schedules will be available online at www.newtonrec.org. **These tournaments are not PDGA sanctioned.**

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



**Youth Basketball Officials, Youth Indoor Soccer Officials,
 Adult Softball Umpires, Youth Baseball/Softball Umpires.**



Please apply at the Newton Activity Center front desk.
 415 North Poplar Street

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)

AT YOUR OWN PACE

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

This is an overall body strength training and aerobics class for those of all abilities and ages. This class also features lots of fellowship.

INSTRUCTOR: Becky Butcher
LOCATION: NRC Activity Center Pool

AQUA STRENGTH & STRETCH CLASS

TUESDAYS & THURSDAYS 8:00 AM - 8:50 AM

This is a higher intensity class. Target heart rate will be reached early and maintained during session. Work-out is concluded with stretch and cool down.

INSTRUCTOR: Becky Butcher
LOCATION: NRC Activity Center Pool

AQUACISE MORNING CLASS

MONDAYS, WEDNESDAYS, & FRIDAYS 8:00 AM - 8:50 AM

INSTRUCTOR: Cathy Woodward
LOCATION: NRC Activity Center Pool

ARTHRICISE

TUESDAYS & THURSDAYS 2:00 PM - 2:50 PM

Water exercise is ideal for those who have difficulty in regular exercise programs. Come meet some new friends while getting some exercise. This exercise class is led by an arthritis trained instructor. No swimming required and a lift is available.

INSTRUCTOR: Becky Butcher
LOCATION: NRC Activity Center Pool

SENIOR SWIM

MONDAY - FRIDAY 1:00 PM - 2:00 PM

Senior Swim is free and open to all over the age of 55.
WHEN: Monday - Friday
TIME: 1:00 PM - 2:00 PM.
FEE: FREE
WATER TEMPERATURE: 86-89 Degrees

LAP SWIM

MONDAYS, WEDNESDAYS & FRIDAYS 6:30 AM - 7:30 AM

FEE: \$2.00 per person and FREE for Wellness Center members
\$13 - 10 lap swim card

SILVERSNEAKERS® II - CIRCUIT

MONDAY, WEDNESDAY & FRIDAY 8:00 AM - 8:45 AM

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

INSTRUCTORS: Becky Butcher, Tracie Strain
LOCATION: NRC Activity Center

SILVERSNEAKERS® - CLASSIC

TUESDAY & THURSDAY 10:10 AM - 10:55 AM

Increase muscular strength, range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

INSTRUCTORS: Becky Butcher, Tracie Strain
LOCATION: NRC Activity Center

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.

INSTRUCTORS: Carol Schmitt, Tracie Strain
LOCATION: NRC Activity Center

CLIMATE CONTROL INDOOR WALKING TRACK

The NRC Gym has a walking track (12 laps equal one mile or 13 1/2 laps equal one mile with soccer walls) 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: \$99; 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

ADULT KICKBALL LEAGUE

REGISTRATION DEADLINE:
FRIDAY, MARCH 7TH

Kickball is no longer just for kids! Form a team and join the NRC for our outdoor Coed Kickball league every Saturday evening for 6 weeks! Teams must have an equal



amount of females and males in their lineup at all times. Can your team bring home the trophy?!

LEAGUE BEGINS: Saturday, March 22nd

ENTRY FEE: \$130

GAME GUARANTEE: 6 games; with a possible end of season tournament

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

ON-GOING SCHEDULE

Aquatics AM Class	M-F	8:00-8:50 AM
Aquatics PM Class	M/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
Arthnicise	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 3, 2024 - May 25, 2025)	
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

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.

SQUEAKY SOLES - RUNNING CLUB

TUESDAYS & THURSDAYS
MARCH 25TH - MAY 1ST

Join us for our exciting Squeaky Soles Running Club, meeting twice a week on Tuesdays and Thursdays. On Tuesdays, we engage in energetic running games designed for enjoyment and fitness. Thursdays are dedicated to setting personal running goals and completing laps, with incentives provided for achieving milestones. It's a fantastic opportunity to enhance running skills in a supportive and motivating environment. Squeaky Soles participants will end the program at the Battle of the Schools 1-Mile Fun Run. Registration and payment will be required for the Fun Run.

TIME: 4:00 PM - 5:00 PM

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

AGES: 3rd - 6th Grade

INSTRUCTOR: Candice Egizi-Sifuentes

LOCATION: NRC Gymnasium

REGISTRATION DEADLINE: Tuesday, March 11th

MINIMUM ENROLLMENT: 8

MAXIMUM ENROLLMENT: 20

NOTE: Water bottles will be stored at the Rec Center.

Participants will be able to take them home at the end of the program.



EGGSTRAVAGANZA

FRIDAY, APRIL 18TH

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



EASTER
SCAVENGER
HUNT

MUST PRE-REGISTER

\$4/CHILD



WHERE IS OUR RABBIT??

APRIL 14 - APRIL 18

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 in a different location somewhere in Newton. 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.

DEADLINE: April 7th

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!