

Tonganoxie Recreation Commission

THE HAPPENINGS

A guide to TRC's upcoming programs and events.

[300 E. US Hwy 24-40 Tonganoxie, KS 66086 | 913.845.3502]

MAR- APR '24



Join our Recreation Activity center and sign up for a membership.

Annual Resident Membership

- 5 & Under - Free
- Adult - \$60
- Student/Senior (60+) - \$40
- Senior Couple/Family - \$60
- Family - \$100

Annual Non-Resident Membership

- 5 & Under - Free
- Adult - \$200
- Student/Senior (60+) - \$100
- Senior Couple/Family - \$150
- Family - \$300

Stop by for a visit and just pay the day fee.

Resident Day Fees

- 5 & Under - Free
- Adult - \$2
- Student/Senior (60+) - \$1

Non-Resident Day Fees

- 5 & Under - Free
- Adult - \$4
- Student/Senior (60+) - \$3

WEEKLY HAPPENINGS

PICKLEBALL

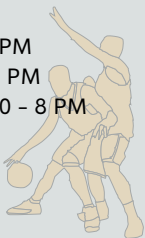
Monday | 9 - 11 AM
Tuesday | 5:30 - 8 PM
Wednesday | 9 - 11 AM
Saturday | 9 AM - 12 PM
Sunday | 3 - 5 PM

VOLLEYBALL

Thursday | 6:30 - 8 PM

OPEN GYM & BASKETBALL

Monday | 12 - 8 PM
Tuesday | 7 AM - 5:30 PM
Wednesday | 12 - 6:30 PM
Wednesday (18+) | 6:30 - 8 PM
Thursday | 12 - 5 PM
Friday | 12 - 6:30 PM
Saturday | 1 - 3 PM
Sunday | 1 - 3 PM



SPORTS HAPPENINGS

SUMMER BALL LEAGUES

TEE BALL | BASEBALL | SOFTBALL

All practices in Tonganoxie will begin around May 1st. Games will begin around June 1st. Some older age groups will travel to other communities. Shirts and caps/visors will be provided to all players.

Age Groups:

Tee Ball: 5 - 6 | Coach Pitch: 7 - 8 | Modified Pitch: 9 - 10
Kid Pitch: 11 - 12 | Player Pitch: 13 - 15

Fee: \$35 district/ \$50 non-district

Registration deadline: FRIDAY APRIL 5 (\$10 late fee)

Youth Volleyball Clinic

3rd/4th Grade: April 2, 4, 9, 11 (3:30 - 5 PM)

5th/6th Grade: April 16, 18, 23, 25 (3:30 - 5 PM)

TMS coaches will provide instruction for this clinic. Participants will learn and enhance their volleyball skills through drills and activities

Ages: 3rd - 6th Grade

Fee: \$25 district/ \$35 non-district

Registration deadline: MONDAY APRIL 1 (\$10 late fee)

Tiny Tykes - Soccer

April 8 - 29 | Monday Evenings at Chieftain Park

Tonganoxie is proud to offer Challenger Sports' TinyTykes Program in association with Challenger Soccer Academy. This new and exciting program teaches basic soccer skills while developing strength, balance, coordination, listening skills, and teamwork. Join us for 4 weekly sessions and register online today!

Ages: 2 - 5

Fee: \$50 (Gifts included)

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SPECIAL EVENTS



Tonganoxie Easter Egg Hunt | Sat March 23rd

3:00 pm - 4:00 pm | Check our Facebook Events for more info.



Showers & Flowers Bingo | Friday April 19th

4:30 - 7 pm | \$3 per player | *Registration required.*



Messy Day of Play | Sat April 13th

1 - 4 PM | Chieftain Park | \$2 per kiddo

Visit www.tongjierec.org for more details about the happenings!

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HAPPENINGS FOR ADULTS, YOUTH, AND ALL AGES

SAFE SITTER

June 11 | 8 - 3 PM

This 6-1/2 hour course covers safety skills, child care skills, life and business skills; as well as CPR instruction and manikin practice. Space is limited to the first 6 participants to register.

Fee: \$50 district/ \$60 non-district

Age: 11 - 14

FIT 4 LIFE

March: Tuesdays & Thursdays | 10 AM & 11 AM

April: Mondays | 10:30 - 11:30 AM

In this class, designed for 55+, we will use a combination of movement, exercises, hand weights and resistance bands to help strengthen and tone all areas of the body and work to increase balance. The instructor is a certified ISSA trainer and will add music to make the class motivating.

Monthly Fee: \$5 resident/ \$7 non-resident per day per month

Single Day Fee: \$6 resident/ \$8 non-resident

Punch Card: \$30 resident/ \$40 non-resident for 5 classes

Age: 40+

Saturday Morning Workouts

March & April | Saturdays | 8 - 9 AM

Agility, footwork, hand-eye coordination, plyometrics, etc.

Fee: \$35 district/ \$50 non-district

Age: 10 - 16

CHAIR YOGA

Thursdays | 12 - 1 PM

A gentle form of Yoga modified for people of all ages with varying mobility. Poses are done sitting on a chair, standing and/or using the chair for support. Benefits include reduced joint strain, improved flexibility, increased strength, reduced stress, improved mood, and increased concentration.

Fee: \$10 per class | \$80 10-visit punch card

Age: All ages welcome!

** This is a drop-in class, no registration required.

STRETCH-N-GROW

Thursdays | 11:00 - 11:45 AM

The fabulously fun fitness program for kids! Engaging toddlers through preschoolers to move, exercise, make healthy choices and love doing it!

Fee: \$5

Age: 0 - 5

HULA HOOP FITNESS

Fridays | 10 - 11 AM

Saturdays | 1 - 2 PM

Hoop is low impact, it utilizes 30 Core muscles, enhances balance, speed & agility & hand to eye coordination. Plus, it's great for the cardio! Hoop Dancing burns big calories! Most of all it's FUN!

Fee: Day Fee + \$10 paid to KC Hoop Girls

Age: All ages welcome!

ADULTS CROCHET

Level I - Beginner

Students will learn how to get started, chain stitch, single crochet, double crochet, and how to end a project. Students will learn about different types of yarns and hooks. Materials provided.

April 3 | May 5 | June 5

Fee: \$25 residents/ \$30 non-residents

Age: 16+

Level II - Beginner+

Students will review basic crochet stitches, learn half double crochet and treble crochet stitches. Students will also learn how to change colors and read a pattern.

April 13 | May 15 | June 22

Fee: \$20 residents/ \$25 non-residents

Materials needed: "K" crochet hook, 2 colors of worsted weight yarn (size 4)

Age: 16+

Level III - Intermediate

Students will learn how to construct a granny square using 3 different colors. No basic stitches will be taught in this class.

April 24 | May 25 | June 19

Fee: \$20 residents/ \$25 non-residents

Materials needed: "J" crochet hook, 3 colors of worsted weight yarn (size 4)

Age: 16+

Level IV - Advanced

Students will learn how to construct a lightweight shawl using basic crochet stitches.

April 27 | May 22 | June 27

Fee: \$30 residents/ \$35 non-residents

Age: 16+

Materials needed: "H" Crochet hook, cake yarn around 500 yards, size 2-3 weight.

KIDS CROCHET

April 18 | May 11 | June 13 | Times vary

Students will learn how to start a project, single crochet and how to end a project. Students will also learn about different hooks and yarns. All materials provided.

Fee: \$15 district/ \$18 non-district

Age: 8 - 16

Pokémon Party

April 20 | 4:30 - 7:00 PM

Join us for a morning of Pokémon fun!

We will be making poke balls with Pokémon inside, Pokémon theme snacks, inventing new Pokémon, and doing a Pokémon sculpture. All the Pokémon fun!

Fee: \$10 residents/ \$12 non-residents

Age: 5 - 14

SPORTS HAPPENINGS CONTINUED...

Adult Coed Slow-Pitch Softball

Sundays starting April 7

6 Game recreation league with a post-season tournament to follow. Participants must be graduated from high school.

Fee: \$250/300 (Per team depending on roster residency)

Age: 18+

Adult Coed Kickball

Tuesdays starting April 9

6 Game recreation league with a post-season tournament to follow. Participants must be graduated from high school.

Fee: \$250 per team

Age: 18+



FOLLOW US
ON FACEBOOK



All program dates and times are subject to change.