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Spring Directory 2010



“Recreation Benefits Everyone!”

From social interaction to physical well-being, the benefits of recreation truly are endless. Programs offered by the Tonganoxie Recreation Commission are here to provide you with a variety of recreational opportunities that meet your needs. Enjoy your leisure time and get involved with the Tonganoxie Recreation Commission.

Tonganoxie Parks

Chieftain Park

Offers a lighted 1/2 mile walking trail and six workout stations. Features a large playground with swings and a climber that is sure to be a hit with your children. Chieftain Park also includes soccer fields, lighted tennis courts, basketball courts, sand volleyball courts, horseshoe pits and a shelter house with two BBQ pits & picnic tables for your enjoyment. Reservations are recommended.

City Park

City park was the first park ever defined by the city of Tonganoxie. It is located at 2nd and Main St. and includes a hiking/bike trail that connects the VFW trail and the Chieftain Trail. It has a small shelter, picnic tables and grills. It is also the home of the new state of the art water park, featuring zero depth entry, spray features, a toddler

pool, six lap lanes, two diving boards, a speed slide and a curly slide. Season passes available. (913) 845-9455 for pool information.

Centennial Park

Centennial Park is located on the south side of Tonganoxie at Highway 24-40 and Washington Street. Flower gardens and picnic facilities provide the perfect opportunity to get outdoors and enjoy Mother Nature.

VFW Memorial Park

The VFW Park includes many picnic areas, flower gardens, and an exercise trail linked to Chieftain Park. The park features a memorial dedicated to local veterans who served our country in foreign wars.

Tonganoxie Recreation Commission

Gayle Parker, Director
email gayle-trc@sunflower.com

Brad Eccles, Assistant Director
email brad-trc@sunflower.com

Phil Jeannin, Maintenance Supervisor

Tom Putthoff, Maintenance

Tonganoxie Recreation Commission Board Members

Drew Johnson, Chair

Ursula Kissinger

LeAnn Bond

David Dale

Steve Miller

Registration Guidelines

Pre-Registration is required for all programs unless otherwise noted. Registration will be accepted on a first-come basis. We now accept MC & Visa credit and debit.

Ways to register:

1. Walk-In: TRC offices are located at 521 E. 4th Street.
2. Mail Registration: Tonganoxie Recreation Commission, PO Box 479, Tonganoxie, KS 66086
3. Night Drop: Drop registration form in the night drop slot at the TRC office.

Registration forms available in the office or online at www.tongierec.org

Refund & Photo Policies

Refund Policy

The Tonganoxie Recreation Commission is proud to offer quality programs to our citizens. We hope that every participant is pleased with the program in which they enroll; however, occasionally there are times when a program does not meet the needs of all participants. Therefore, refunds will be issued as follows: If you cancel your enrollment at least one week prior to the start of the activity; you will receive a full refund. The Commission will also issue a refund if the class is canceled or if the time is changed and you cannot participate. If you become ill or are moving, your refund may be prorated based on the number of classes remaining. This refund policy does not apply to adult athletic leagues.

Photo Policy

Our staff may take pictures of you or your child participating in recreational activities. These photo-graphs could be used in future publications or other promotional pieces. If you do not wish to have your photo published, please inform the photographer.

Volunteers are needed to help with activities and events. Just a couple hours a year can help improve the quality of life in your community! Call us today to put your name on the resource list. Ages 10 and up please.



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Youth and Adult Sports



Youth Sports/Clinic

Coach Phil Jeannin 1st and 2nd Grade Basketball Clinic

Join Coach Phil Jeannin for this fun, fast paced basketball experience. The clinic participants will learn the basics of the game of basketball; passing, dribbling, shooting, also offensive and defensive techniques. Great learning experience before our participants enter the leagues in the 3rd grade.

When: February 23-26

Where: Tonganoxie Middle School Gym

Time: 3:15 – 4:30PM

Fee: \$15

Deadline: Friday, February 12 at 5PM

Who: All 1st and 2nd grade Boys and Girls

Youth Spring Soccer

When: Saturdays beginning March 20th

Deadline: Friday, February 12th at 5:00pm

Fee:	U6	\$20.00	Aug. 1, 03 to July 31, 05
	U8	\$25.00	Aug. 1, 01 to July 31, 03
	U10	\$30.00	Aug. 1, 99 to July 31, 01
	U12	\$35.00	Aug. 1, 97 to July 31, 99
	U14	\$40.00	Aug. 1, 95 to July 31, 97

Player reversible red/blue game shirts are available at the TRC office for \$14.

Shin guards are required.

Leagues: All Leagues Coed.

Late registration: \$10

Baseball/Softball Pitchers Clinic

When: Saturday, March 27

Where: Fairground Ball Fields (Tonganoxie Middle School Gym – Inclement Weather)

Time: Baseball Clinic 1-3PM
Softball Clinic 3-5PM

Program Fee: Free - Must pre-register at the TRC Office

Deadline: Friday, March 19 at 5PM

Phil Loomis, Tonganoxie High School Coach and Diane Goldbeck, former collegiate softball pitcher, will cover all aspects of successful pitching. Softball pitchers, please provide your own catchers. No cleats allowed in the gym.

Summer Baseball/Softball Leagues

Registration Deadline: Friday, March 19 at 5PM

Program Fees:

Under 6	\$15.00	T-Ball	Coed
Under 8	\$25.00	Coach Pitch	Boys & Girls
Under 10	\$30.00	Modified Pitch	Boys & Girls
Under 12	\$35.00	Player Pitch	Boys & Girls
Under 14	\$40.00	Player Pitch	Boys
Under 15	\$40.00	Player Pitch	Girls

Leagues: Ages as of June 1st 2010.

Season is scheduled to begin on Monday, May 17.

Uniforms: U8 through U14 Boys will need to purchase gray baseball pants on their own. Girls will need to purchase black shorts on their own. Team jerseys will be provided by the TRC for all leagues. T-Ball participants may wear shorts.

Join our Online Newsletter Group & get monthly reminder emails about upcoming activities and registration deadlines!



Adult Sports

Spring Coed Softball

When: Wednesday nights beginning on March 24

Where: TRC Ball Fields

Registration Deadline: Friday, March 12 at 5PM

Program Fee: \$200

Registration limited to first paid 8 teams.

Must be 18 years of age or out of High School

Spring Coed Kickball

When: Sunday evenings beginning March 28

Where: TRC Ball Fields

Registration Deadline: Friday, March 12 at 5PM

Program Fee: \$125

Registration limited to first paid 8 teams.

Must be 18 years of age or out of High School



Special Events

Daddy/Daughter Dance

Treat the little princess at home to a fun evening of dancing, games & tasty treats. Everyone will have a blast and she'll have a night to remember forever.

When: Friday, April 9

Where: Tonganoxie United Methodist Church

Time: 6:30 – 8:30

Fee: \$20/couple + \$5 for each additional child

Registration Deadline: Friday, March 26 by 5PM

Sponsored by A Touch of Class

22nd Annual St. Patrick's Day Parade

"St. Patrick's Day is an enchanted time - a day to begin transforming winter's dreams into summer's magic", Adrienne Cook. Come and watch the parade or meet by the pool at 9:30AM to be in it! Following the parade there will be lots of fun things to do around town, including a traditional Irish supper at the Congregational Church. Contact the Chamber at (913) 845-9244 to register your group to be in the parade or for more information on any of the activities. Sponsored by the Tonganoxie Chamber of Commerce. Check out www.tonganoxiechamber.org/ for more detailed information.

When: Saturday, March 13

Where: Downtown Tonganoxie

Time: 10AM

Easter Egg Hunt

Search for thousands of candy filled eggs in the park! The whole family can enjoy a Fire Truck and Police cars, face painters, bounce house and of course the Easter Bunny! Bring your cameras and a basket.

When: Saturday, March 27

Time: 3PM

Hunting Ages: Tiny Tots, 3-5 & 6-8 year olds

Where: Chieftain Park

Registration Not Required

Questionable Weather Hotline: 913-845-3502 or www.tongierec.org

Summer Recreation Kick Off

Celebrate summer! Bring the whole family out to enjoy Chieftain Park & help yourself to free hot dogs & pop. We will honor TRC Wall of Fame recipients, cheer on the Silly Critter Pet Show & enjoy other surprises that are in store. You can play some basketball, tennis, sand volleyball, horseshoes or soccer. Balls, rackets and horseshoes provided. Co-sponsored by TRC & First State Bank & Trust

When: Saturday, May 22



Where: Chieftain Park

Time: 5 – 7PM

Program Fee: FREE

Registration Not Required

Questionable Weather Hotline: 913-845-3502 or www.tongierec.org

Silly Critter Pet Show

Show off your favorite critter and enter to win some great prizes while raising money for a good cause. One or just come out to watch the show & grab a free hot dog, pun intended, at the Summer Kick Off party.

When: Saturday, May 22

Where: Chieftain Park

Time: 6PM

Program Fee: \$5 donation

Pre-Registration required at 913-845-3502 by April 30 at 5PM

Questionable Weather Hotline: 913-845-3502 or www.tongierec.org

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Fitness & Adult Programs

Fitness

Indoor Walking Club

Keep on walking rain or shine! Last day for indoor walking is February 27th.

When: Monday - Fridays
(when school is in session)
Where: THS West hallways
Time: 6 - 7:15AM
Program Fee: FREE

Call 913-845-3502 to register

Women's Weight Loss Boot Camp

Back by popular demand! Work with our Certified Personal Trainer to discover workout drills and techniques that will help you meet your fitness goals. Class time divided into cardiovascular and resistance training. Each class will end with a Q&A session on nutrition and weight loss.

When: T & Th, February 9 - March 4
T & Th, March 23 - April 20

Where: Tonganoxie Middle School
Gym/Commons

Time: 6 - 7 PM OR 7 - 8 PM

Program Fee: \$30 per session

Registration Deadlines: 1 week prior to the first class.

Instructor: Carey Detrick

Classes fill up quickly - Register early

Tonganoxie's Biggest Loser

We've given the couples a try, now lets see what you can do on your own. There will be small monthly prizes for the winner of the monthly weigh-in and a cash grand prize (amount depending on the number of participants.) for the participant that sheds the most percentage of weight overall.

When: Thursday, February 25, March 25, April 22 & May 20

Where: Tonganoxie Middle School

Time: 5:30PM

Fee: \$20

Registration Deadline: Friday, February 19

Unlimited Fitness Punch Card

Card is good for 10 visits, combining the use of gym equipment & all exercise classes. Day, evening & weekend classes include kickboxing, Pilates & aerobics. No membership needed.

When: start at anytime

Where: Unlimited Fitness, 1198 Front Street

Program Fee: \$30

Ages: 18 +

Pre-register through the TRC office

Co sponsored by TRC & Unlimited Fitness

Adult Programs

Tree Pruning Workshop

Do you have a tree in your yard that is causing problems, but you don't want to cut it down? Senior Forester, Mark Graves, will prune a few trees in Chieftain Park while teaching the basics of tree pruning, as well as some secrets of the trade.

When: Saturday, March 20th

Where: Chieftain Park Shelter House

Time: 10AM **Program Fee:** Free

Registration Deadline: Friday, March 12 by 5PM

Co Sponsored by Lawrence Parks & Recreation Department.

Pottery

Learn and expand your hand building technique as you create beautiful and functional pottery. Create tiles, mugs, vases... anything you can imagine. All glazes, clay and kiln time included in fee.

Taught by local artist Ernie Morrow.

When: Thursdays, March 25 - April 29

Where: Tonganoxie Middle School Art Room

Time: 7 - 9PM

Program Fee: \$35 - all supplies included

Registration Deadline: Friday, March 12 by 5PM

Instructor: Ernie Morrow

Taekwondo

This is a wonderful lifelong recreational program. See Youth Programs for more information

Sign Language

Learn a second language! By the end of the class you will be able to have a 5-minute conversation in American Sign Language. Our nationally certified interpreter will teach you 30 signs each class. What a great class to take with friends or family members.

When: Tuesdays, March 30 - April 27

Where: TMS (Spanish Room)

Time: 7 - 8:15PM

Ages: 12 & Up

Program Fee: \$25 per person

Registration Deadline: Friday, March 12 by 5PM

Instructor: Nicole Waitley

Basic Dog Obedience Training

This is a foundation level obedience class for dogs four months of age or older. We will cover the basic skills of sit, down, come, walking on a leash & stay, as well as practicing with distractions, problem solving, and more. Dogs need to be current on vaccinations & not dog or people aggressive. For more information check out www.yourbestdog.com or contact the trainer at kdowning@prodigy.net or 913-369-3439. Kim is an active member of the Association of Pet Dog Trainers.

When: Monday, June 7 - July 19

Where: Leavenworth County Fairgrounds

Time: 7 - 8PM

Fee: \$75

Registration Deadline: Friday, May 28 by 5PM

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Youth Programs



Stretch-N-Grow

A comprehensive fitness and health education program for kids offered worldwide. Stretch-n-Grow kids learn how to enjoy exercise and eating healthy through games, music and stories. The Stretch-n-Grow program teaches children the fundamentals of a healthy lifestyle. Developmentally appropriate physical movements focusing on the development of the main components of fitness and motor skills as well a creative thinking, problem solving and social skills. We make exercising, "EXERCiting!!"

When: Wed., March 3 – 31 (no class March 17)

Where: TES (South Gym)

Time: 6:30-7PM

Ages: 2 – 6

Fee: \$30

Registration Deadline: Wednesday, February 24

Cheer Clinic

Former Kansas City Chief Cheerleader and current Park University Cheer Coach, Krystal Webb, will conduct this exciting clinic.

When: Saturday, March 6

Where: Tonganoxie Middle School Gym

Time: 2- 4PM

Fee: \$20

Grades: 1 - 6

Registration Deadline: Friday, February 19

Taekwondo

While famous for its wide range of kicks, Taekwondo training involves a variety of techniques, including punching, kicking, dodging, jumping, parrying and blocking. This is a great life long recreational program for the whole family.

When: Mondays & Thursdays, March 22 – May 17

Where: Tonganoxie Elementary School (North Gym)

Time: 6 – 7PM (Green belt & Under)

Time: 7 – 8PM (Green belt & Up)

Age: 5 – senior adult

Program Fee: \$40

Registration Deadline: Friday, March 12 by 5PM

Children's Play at Chieftain

Participants will enjoy a wide variety of games ranging from soccer to duck-duck-goose. This class is designed to get children active, promote socialization skills and appreciate the outdoors. Parents are encouraged to participate in some activities. Snacks will be provided.

When: Wednesdays, April 7 - 28

Time: 10 – 10:45AM

Where: Chieftain Park

Program Fee: \$10

Ages: 3 - 5

Registration Deadline: Friday, March 26 by 5PM

Active Games Day

Take advantage of your day out of school to get outdoors and enjoy some fun games designed to get the body moving. We'll play a variety of games that may be new to you and some old favorites as well.

When: April 12 **Where:** Chieftain Park

Grades: 3rd & 4th from 10AM – Noon

5th & 6th from 1 – 3PM

Fee: \$15

Registration Deadline: Friday, April 2 by 5PM

Preschool Story Time at the Library

Songs, finger plays & stories, followed by a fun craft project.

When: Tuesdays at 10:30AM (except for holidays)

Where: Tonganoxie Public Library
Community Room

Program Fee: Free

Ages: Birth - 5

Registration not required

Sponsored by the Tonganoxie Public Library



- *Gentle Chiropractic Care*
- *Acupuncture*
- *Massage Therapy*
- *Digital X-Rays*
- *Sports Physicals*
- *Walk-Ins Welcome*

1198 Front Street, Tonganoxie, KS 66086
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Tonganoxie Recreation Commission - Home Page
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TONGANOXIE RECREATION COMMISSION "Creating Community Through Parks, People & Programs"

HOME CONTACT US ABOUT US YOUTH SPORTS YOUTH PROGRAMS ADULT SPORTS ADULT/FAMILY PROGRAMS REGISTRATION SPECIAL EVENTS

Call 913.845.3502 for more information

Welcome to your new TRC Website!
Be sure to click on Adult Programs to view Travel, Computer, Fitness & more!

TONGANOXIE RECREATION COMMISSION

Make yourself at home. Take a look around and check out what is going on right here in Tonganoxie!

Contact Information:
525 E. 4th Street
(Across from Post Office)
P.O. Box 479 Tonganoxie, KS 66086
Phone: 913.845.3502
Fax: 913.845.3692

CANCELLATIONS & FIELD CONDITIONS

Game cancellations will be posted here by 4PM on game day.

You may also call the weather hotline at **913.845.3502 AFTER 4PM** on game day.

Field conditions will be reported when warranted. Please cancel practices when appropriate.

Steps to Register

1. Print the form for your selected interest.
2. Fill out the form completely.
3. Completed forms can be mailed or dropped off at our walk-in office.

All of the registration forms for classes, activities and sports are available for download on the registration page.

Home Youth Sports About Us Contact Us Youth Programs Special Events Registration Adult Sports Adult Family Programs

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Finding fun just got easier! www.tongierec.org

Easy access to registration forms. League schedules, program details, field conditions and game cancellations.