

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]

GET MOVING - FITNESS

FIT 4 FITNESS... FIT 4 LIFE (50+)

TUESDAYS | 9:30 - 10:30 AM

DROP-IN FEE: \$6 IN-DISTRICT/\$8 NON-DISTRICT.

Balance, strength and flexibility are important, especially as we age. In this class, designed for 50+, 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.

YOUR BEST SELF (18+)

SATURDAYS | 11:00 AM - 12:00 PM

REGISTER ONLINE. \$7 IN-DISTRICT/\$9 NON-DISTRICT.

Staci Fouts is back with another Adult Fitness class! This participant-driven class will include fun and energizing exercises with discussions on healthy eating, recipes, weight loss & exercise myths, and more! Staci has been leading and instructing health and exercise classes for many years and is excited to bring this new and improved fitness program to Tonganoxie! (No class May 3, 10, or 31)

HULA HOOP FITNESS

FRIDAYS | 10 - 11 AM

DROP-IN FEE: \$10 PAID TO INSTRUCTOR

We use the hoop for a total body workout. Hooping is low impact, utilizes 30 core muscles, and enhances balance, speed, agility, and hand-eye coordination. Plus, it's great cardio! Dancing burns big calories, and most of all it's FUN! Discover the art of hoop dancing and transform your body, mind, and soul. Get happy, get healthy, get hooping!

Questions?

Email jennifer-trc@sunflower.com or call 913.845.3502

GYM HOURS

SUNDAY HOURS | 1-5 PM

- 3 - 5 PM | PICKLEBALL

MONDAY HOURS | 7AM - 8PM

- 9 - 11 AM | PICKLEBALL

TUESDAY HOURS | 7AM - 8PM

- 9:30 - 11:30 AM | REC N ROLL
- 5 - 8 PM | PICKLEBALL

WEDNESDAY HOURS | 7AM - 8PM

- 9 - 11 AM | PICKLEBALL

THURSDAY HOURS | 7AM - 8PM

- 10:30 - 11:30 AM | S-N-G
- 6:00 - 8:00 PM | VOLLEYBALL

FRIDAY HOURS | 7AM - 6:30PM

- 10 - 11 AM | KC HOOP GIRLS
- 4/18 | 5-7:30PM | PICKLEBALL

SATURDAY HOURS | 8AM - 3PM

- 8 - 11 AM | PICKLEBALL

** The gym is available for open gym during all business hours except for the designated times on the above schedule. Players are expected to share the court (no full court games) and no full gym set ups of other activities like pickleball or volleyball will be allowed during open gyms. TRC reserves the right to alter the open gym schedule at any time as needed.*

GYM FLOOR UPDATES HAPPENING SOON

**EXPECT GYM CLOSURE
(4-8 WEEKS)
MAY-JUNE 2025**



Find updates at
www.tongierec.org

TONGIE REC CENTER DAY FEES

\$1
IN-DISTRICT
STUDENT/60+

\$2
IN-DISTRICT
ADULT

\$3
NON-DISTRICT
STUDENT/60+

\$4
NON-DISTRICT
ADULT

AGES 0-5
FREE

MEMBERS
FREE

TONGIE REC CENTER MEMBERSHIPS

\$40 (ANNUAL)
• IN-DISTRICT
• STUDENT/60+

\$60 (ANNUAL)
• IN-DISTRICT
• ADULT
• 60+ COUPLE

\$100 (ANNUAL)
• IN-DISTRICT
• FAMILY

\$100 (ANNUAL)
• NON-DISTRICT
• STUDENT/60+

\$200 (ANNUAL)
• NON-DISTRICT
• ADULT

\$150 (ANNUAL)
• NON-DISTRICT
• 60+ COUPLE

\$300 (ANNUAL)
• NON-DISTRICT
• FAMILY

Please bring along some I.D. TRC wants to make sure residents of USD 464 are getting discounted rates in a fun and safe environment. Accepted ID includes drivers license, school ID (skyward profile), or current utility bill with address.



LINE DANCING WORKSHOP

SUNDAY MAY 18 | 1 - 2:30 PM

\$20/\$25 IN-DISTRICT/NON-DISTRICT

Mike Salerno is back for another afternoon of line dancing!

REGISTRATION REQUIRED. SPACE IS LIMITED.



MAY - JUNE 2025 | www.tongierec.org

STAY YOUNG YOUTH PROGRAMS

STRETCH-N-GROW (AGES 0 - 5)

EVERY THURSDAY | 10:30 - 11:30 AM

DROP-IN FEE: \$5 IN-DISTRICT/\$6 NON-DISTRICT

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

FREE

**FREE STRETCH-N-GROW DATE | THURSDAY MAY 15
PLAYGROUND PARTY | NO REGISTRATION REQUIRED
CHIEFTAIN PARK | 10:30 - 11:30 AM | AGES 0-5**

KIDS CROCHET

WEDNESDAY MAY 7 | 4:30 - 6 PM

WEDNESDAY JUNE 4 | 4:30 - 6 PM

\$15 IN-DISTRICT/\$18 NON-DISTRICT

Students will learn how to get started crocheting, chain and single crochet stitches and learn about different kinds of yarn and hooks. They will also learn how to end a project. Materials provided.

KIDS CROCHET +

THURSDAY MAY 29 | 4:30 - 6 PM

SATURDAY JUNE 28 | 9 - 10:30 AM

\$15 IN-DISTRICT/\$18 NON-DISTRICT

Students will learn how to read a pattern to construct a hat. The first session students will read the pattern and get started. The second session will be to finish off the project.

FREE

STARRY NIGHT STORIES

SATURDAY JUNE 7 | 11 AM - 12 PM

\$0 - FREE | SPONSORED BY TONGANOXIE ARTS COUNCIL
inspired by Van Gogh's Starry Night, create your own swirling sky full of stars and stories using oil pastels.

MORE CREATE & EXPLORE CLASSES WITH MISS HEATHER
MAY 10 | MAY 24 | JUNE 7 | JUNLY 12



Dungeons and Dragons Summer Camp

MAY 28 -30 | 1 - 4 PM

AGES 8 - 14

\$10 in-district/\$12 non-district

Learn how to play this internationally enjoyed game. Learn social, problem solving, and creative skills.

SPEND TIME TOGETHER SPECIAL EVENTS



POP-UP DISC GOLF COURSES

MAY 31 | JUNE 28 | JULY 19 | AUG 9 | SEPT 13

VFW PARK | 11 AM - 8 PM | FREE TO ENJOY

PERMANANT COURSE COMING SOON

The disc golf baskets are dusted off and ready to be out for the warm spring and summer months! Enjoy a 9-Hole Disc Golf Course, free of cost. Need a disc? No problem! Stop by the Rec Center and borrow one of ours on your way to the course!



MOTHER'S DAY BINGO

SATURDAY MAY 10 | 1 - 3:30 PM

TONGANOXIE RECREATION CENTER

For Mother's Day Bingo, we do not collect the usual fee. Instead, we ask for participants to bring in a donation of feminine hygiene products for The Good Shepherd Thrift Store right here in Tonganoxie.

REGISTRATION REQUIRED. SPACE IS LIMITED.



SUMMER KICK-OFF: CAMP TONGANOXIE

SATURDAY JUNE 21 | 3 - 6 PM

CHIEFTAIN PARK

This year we invite you to join us at Camp Tonganoxie for an afternoon of fun! Enjoy a variety of yard games, fun-in-the-sun activities, crafts, sweet treats, and more! This is how we summer!

SUMMER ART CAMP

JULY 14 - JULY 17

\$10/\$12 IN-DISTRICT/NON-DISTRICT

Ms. Heather is thrilled to host a fun-filled, creative escape for your young artists. This two-day camp is designed for 1st-5th graders. Kids will dive into exciting hands-on projects with clay, printmaking, collage, mixed media, and painting - plus a few surprises along the way!



SUMMER SPOTLIGHT

A MIDSUMMER NIGHT'S DREAM

JUNE 2 - JUNE 27 | DATES/TIMES VARY

\$25 /\$35 SUMMER SPOTLIGHT WORKSHOP

\$30/\$30 SUMMER SPOTLIGHT CAST

Register for the workshop before the cast rehearsals to pick up on techniques and skills that support you during the theater season. All kiddos registered for the cast will be given a part in the final performances.

THURSDAY JUNE 26 | 7 PM | THS PERFORMING ARTS CENTER

FRIDAY JUNE 27 | 7 PM | THS PERFORMING ARTS CENTER



UPCOMING IN JULY/AUG 2025

**MESSY DAY OF PLAY - JULY
HOT WING HAVOC - AUGUST
DISC GOLF AT VFW PARK**



FOLLOW US ON FACEBOOK!

All information regarding programs and special events is subject to change.

Check our website and follow us on Facebook for the most up-to-date information and announcements.