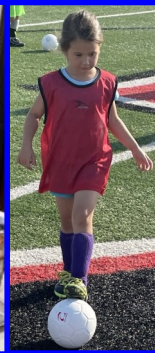




Rose Hill Recreation Commission

316-776-9880 www.rosehillrec.com



Winter 2023-2024



RHRC Holiday Schedule:

Thanksgiving:	Thursday, November 23	Closed
	Friday, November 24	Closed
Christmas:	Monday, December 25	Closed
New Year's:	Monday, January 1	Closed

Just in case of a mistake

Complete details of program policies, procedures, and guidelines are sometimes omitted from the program guide due to space limitations. Also, errors in days, times, registration, and fees may occur in the guide.

We thank you in advance for your patience!

Program Cancellation Policy

Participants may cancel or withdrawal from any program 2 business days prior to the program start date. All refunds requested by the participant will be charged a \$5 administration fee will be deducted automatically from the refund amount.

Any cancellation refund request with less than a 2 business day notice will be at the discretion of the Program Director or Superintendent of Recreation.

RHRC does not make courtesy calls to remind participants to come to the programs they are registered for. It is the participant/parent's responsibility to know date, time, and location of the programs they are signed up for.



Trudi Mankins **Sydney Mankins**
316-655-8508 316-253-8626



trulyamazingcatering@gmail.com




HAPPY HOUSE CHINESE RESTAURANT



OPEN HOURS

Monday:	Closed
Tuesday - Saturday:	11:00 am - 8:30 pm
Friday:	11:00 am - 9:00 pm
Sunday:	11:30 am - 8:30 pm

**202 E. Silknitter,
Rose Hill, KS 67133**

**☎ 316-776-7888
316-776-7889**

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Rose Hill Recreation Commission Scholarship Policy

Rose Hill Recreation Commission provides scholarship opportunities due to economic hardship for youth participants residing in the USD 394 boundaries. All requests are confidential. Proof of hardship is required. The following policies apply to the RHRC Scholarship program.

1. If scholarship applicants are on the free or reduced lunch program with USD 394 and reside in the USD 394 District boundaries then they qualify for the following scholarship with Rose Hill Recreation Commission.
2. 80% discount for up to a maximum of 4 programs per season for each child.
3. Participant's parent/guardian will be responsible for the remaining 20% of the regular registration fee plus any appropriate late fees. There is a minimum participation fee of \$5 if the 20% is less than the minimum charge.
4. Programs with an activity fee of \$80 or greater will not be eligible for scholarship.
5. All participant fees are due at the time of registration.

NEW!! YOUTH SOCCER LEAGUE COED

**SATURDAYS IN APRIL
AND EARLY MAY**

**MORNINGS AND EARLY
AFTERNOON GAMES**

**Registration Deadline:
Sunday, February 25**



Ages/fee:	Pre-K	\$30
	K-1st	\$35
	2nd-3rd	\$40
	4th-6th	\$40

Our leagues provide an opportunity for boys and girls to learn about and enjoy the game of soccer. Practices will start in March, and games will be on Saturdays in April, and early May. All games will be played in Rose Hill. Players will receive a t-shirt. Cleats and shin guards recommended

Volunteer Coaches are needed for this program!

**You DON'T
have to live
with bugs.**

- ▶ Inside pests
- ▶ Outside pests
- ▶ Spiders
- ▶ Wasps & hornets
- ▶ Ants
- ▶ Crickets
- ▶ Silverfish
- ▶ Spider web removal
- ▶ Wasp removal

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Youth Programs

3

School's Out, Dodgeball's In

Play America's most popular gym game - **Dodgeball!!!** No need to have a team, just show up! Bring your friends - the more the merrier!

And, best yet - **IT'S FREE!**

Dates: Wednesday, December 27
Thursday, February 15
Time: 10:30am
Ages: 8 years and older
Location: RHRC Gym



Move to Learn

This fun approach to developmentally appropriate physical activity that promotes gross and fine motor skills in a play-based environment. Children will explore and then be guided to discover new ways to move.

Dates: Session 1: Tuesdays, November 28 - December 19
Session 2: Tuesdays, January 9 - January 30
Session 3: Tuesdays, February 13 - March 5
Ages: Ages 18 months - 5 years old
Time: 9:00 - 9:45am
Location: RHRC Gym
Fee: \$25
Drop In Fee: \$8



Free Throw Contest

Test your skills and enter the RHRC Free Throw Contest. All participants will shoot 25 free throws. The number of participants will determine how many advance to the final round. 3rd/4th grade will shoot from 12 feet on 9-foot goals. Certificates will be awarded to the winners.

Dates: Thursday, December 28
Time: Check-in 10:00am, Starts at 10:30am
Location: RHRC Gym
Ages: 3rd Grade and Older
Fee: FREE



Intermediate Archery

This class will focus on continuing to grow skills from the beginners course. We will focus on more refining form, skills, and adjusting for varying distances. Only students who have taken the beginners course will be accepted for this session as it is a continuance and the safety/fundamentals learned in the beginner course are required.

Dates: Mondays, January 22 - February 26
Time: 7:15 - 8:15pm
Location: RHRC Gym
Ages: 10 years and older
Fee: \$45
Registration Deadline: Thursday, January 18
Late Registration Cost: \$55

Maximum of 12 participants
Instructors: Wilbur Scott, Robert Johnston





WINTER EVENTS

HOLIDAY MORNING MOVIE!
Saturday, December 2nd @10AM

**CANDY CANE LANE
STORY TIME & CRAFT!**
Saturday, December 9th @10AM

**MONDAY MORNING
STORY TIMES**
MONDAYS @10AM

BOOK CLUB
3RD THURSDAYS @7PM
BEGINS THURSDAY, JANUARY 18

306 N. Rose Hill Rd / (316)776-3013 / rosehillpl.info

Rose Hill Junior Spirit Squad

join
our
squad

DONT MISS SIGN UPS for the 2024 season!!!

Sign ups will be in April, May and June for the next football season. Program is for 1st -6th grades.

Please follow us on Facebook @RHJSS, call

Natalie Greenlee at 316-734-0598 or email
rosehilljuniorcheer@yahoo.com for more information.

Youth Basketball Leagues

Volunteer coaches needed in all ages!

Registration Deadline Sunday, November 26!!!

Mini Hoopers Basketball	Ages: 5 years old - Kindergarten	Fee: \$30
	Late Registration Cost: \$40	
Rookie Basketball	Ages: 1st - 2nd Grades	Fee: \$37
	Late Registration Cost: \$47	
Youth Basketball	Ages: 3rd - 6th Grades	Fee: \$55
	Late Registration Cost: \$65	



Daddy Daughter DATE NIGHT

Dads – put away the cell phones, the business calls, close that appointment book and bring your pretty princess out for a special evening just for daddies and their daughters.

We have prizes and special activities planned! Truly Amazing Catering will provide a great meal while Allison Sounds will keep you entertained!

Date: Saturday, February 10
Time: 6:00 - 8:30pm
Ages: All Ages
Location: RHMS Multipurpose Gym (201 E School St)
Fee: \$39 per couple, \$15 for each additional daughter
Registration Deadline: Sunday, February 4
Late Registration Cost: \$49 per couple, \$20 for each additional daughter

All Star Dance!

All Star Dance is a learning experience for guys and gals to better understand how music and movement compliment each other. With over 20 years of dance and theatre under her belt, Andrea Deschaine puts a new spin on choreography by thinking outside the box and straying from the normal dance routines.

Dates: Mondays, January 8 - February 26
Ages: K - 2nd Grades
Time: 6:00 - 6:45pm
Fee: \$45

Registration Deadline: Thursday, January 4
Late Registration Fee: \$55

Instructor: Andrea Deschaine

Minimum of 4, maximum of 10 participants in each class



Monart Drawing Classes: Horses & Farm Life

Learn about life on the farm while creating collages and drawings of a horse, duck, chicken, goat, mice, cat, dog and more! Students will enjoy watercolor, modeling clay, collage, pastels, and acrylic paint on canvas. Sign up for classes and be invited to come to a fun filled morning at The Art Park and interact with LIVE miniature ponies and chickens!

Dates: Mondays, January 29 – March 25
 (No class March 11)
Time: 3:45 - 4:45pm
Location: RHRC Art Room
Ages: 1st – 6th Grades
Fee: \$95 for all 8 weeks



REGISTER at www.theartparkwichita.com/classes



Est 2014

South Central Punishers Wrestling Club

**** 3 USA Wrestling Greco Roman National Champions ****

****1 USA Wrestling Freestyle National Champion**

**** 32 USA Wrestling Freestyle All Americans ****

**** 30 USA Wrestling Greco Roman All Americans ****

**** 27 USAW Kansas Triple Crown Winners ****

14-2018 & 2021-2023 State Champion Freestyle & Greco Team Kansas

2018 State Champion Folkstyle Team in Kansas

2019 & 2021-2023 Middle School State Champions in Kansas

Recognized USA Wrestling Top 50 Club in the country

2018-2019-2020-2021-2022-2023

Coch James Bibby
 Folkstyle/Greco Freestyle State Champion
 High School All American
 All Air Force Team Member (Olympic Training Center)
 B.S. University of Minnesota M.S. Troy University



What: Regular
When: Started on November 6th
Where: Punisher Training Facility and Rose Hill High
Days: Monday-Thursday
James: (316) 650-9338
Email: scpunishers@gmail.com
Website: www.southcentralpunishers.com
Facebook: South Central Punisher Wrestling Club
Contact James for details for regular season sign-ups



Coch Tony Ponce
 2007 NWA All American
 2005 Labette National Championship Team Member
 Dana College & Midland University Grad Asst Coach
 B.S. Dana College

Hope Connections

Let us give you a hand up.

HOPE CONNECTIONS IS AN ORGANIZATION THAT CONNECTS AND MOBILIZES THE EFFORTS OF LOCAL CHARITABLE ORGANIZATIONS, CHURCHES AND BUSINESSES, TO ASSIST INDIVIDUALS AND FAMILIES IN NEED THROUGHOUT SW BUTLER COUNTY SERVING THE COMMUNITIES OF ROSE HILL AND DOUGLASS.

Food Pantry is open every 1st and 3rd Mondays (5:00-6:30) and Wednesdays (11:00-12:30)

hopeconnectionsbutler@gmail.com

Rose Hill United Methodist Church

19559 SW Butler Road, Rose Hill, 67133

316-247-9049

Follow us on Facebook

Connect Love Serve

Youth Programs

5

RHRC Youth Baseball/Softball League

Rose Hill teams will play in the Quad County League and some travel will be required throughout the season for games. Volunteer coaches are needed for this league!

Dates: April – Early July

Ages: Baseball – Age as of April 30, 2024

Softball – Age as of December 31, 2023

Registration Deadline: Sunday, March 17

\$10 Late Fee starts Monday, March 18 if there are spots available



Age Divisions:

Fee:

Baseball:

7-8 Machine Pitch

\$65

10U

\$70

12U

\$70

14U

\$80

Age Divisions:

Fee:

Softball:

7-8 Machine Pitch

\$65

10U

\$70

12U

\$70

14U

\$80

RHRC Coach Pitch Baseball League

RHRC Coach Pitch Baseball League is for boys/girls ages 5-6 years old. Players will receive 5 pitch attempts to hit the ball and then will be able to hit off a tee. All games will be played in Rose Hill. Volunteer coaches are needed!

Dates: April – June

Ages: 5 - 6 years old

Fee: \$40

Registration Deadline: Sunday, April 7

Late Fee: \$50



RHRC Youth Track Program

Join us again this year for the RHRC Youth Track Program! The program is intended to give children the chance to compete in track and field events at the RHRC Track Meet.

The program supports the RHHS Track program. This Program offers weekly practices up until the day of the event. There will also be an opportunity to only participate in the meet without signing up for the practices. The Track Program will be offered for ages 4 years old through 6th grades.

These events will be offered at the meet:

50M	100M	200M
400M	800M	1600M
Long Jump	Softball Throw	Turbo Javelin
High Jump	Shot Put	4 x 100M Relay

Dates: *We are still working on dates/times for this event.*

Check our Facebook and Website at a later date!

Ages: 4 years old to 6th grade

Location: RHHS Track

Fee: \$35 includes all practices and the Rose Hill Track Meet
\$10 for Track Meet only pre-registered (*Does not include shirt*)
\$15 for Track Meet only day of (*Does not include shirt*)

Instructor: Coach Brandon Barger and Staff



DR. NICHOLAS TROILO | DR. MARK TROILO

ROSE HILL



FAMILY DENTISTRY

106 E. YEAGER ST. ROSE HILL, KS 67133

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(316) 776-2144

You're Invited

316-250-7150

info@fcrosehill.com

www.fcrosehill.com

facebook.com/fcrosehill

Pastor Gayle Tenbrook



fellowship
church
Rose Hill

Loving Jesus - Serving The Hill

Sunday Mornings
Coffee 9:30
Worship 10:00

meeting at
Rose Hill Rec Center
400 S. Rose Hill Rd

HER PATH TO EMPOWERMENT STARTS AT Girls on the Run®



Girls on the Run is a **girl-empowerment organization** that inspires participants to be joyful, healthy and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.



WHAT WE DO

Girls on the Run designs programs to strengthen third-to-eighth-grade girls' social, emotional, physical and behavioral skills to successfully navigate life experiences.

REGISTRATION INFO:

Registration will open on 1/8/24 at 8am and is first come, first served. Team is limited to 15 girls, register early! Fee is based on household size and income; ranges from \$25-\$160.

Free Lunch: \$25

Reduced Lunch: \$35

We will never turn a girl away!

Fee is determined during online registration.

3-4 COACHES NEEDED!

The GOTR program starts the week of Feb. 26, 2024

QUESTIONS?

✉ christy.thomas@girlsontherun.org

☎ 316-749-8090

REGISTER AT WWW.GIRLSONTHERUNKS.ORG

WHY IT MATTERS



Our programs boost girls' self-worth when they need it most.



Girls' self-confidence begins to drop by age 9.



Girls' physical activity levels decline starting at age 10.



50% of girls ages 10 to 13 experience bullying.

RHRC's Great Egg Dash

It's time to hop on over for another Eggggg-stravagant afternoon, rustling the fields for prize-filled, candy-filled, and \$\$-filled eggs. Bring your basket or bag to get those prize eggs!! Let the Egg craziness begin!!! 7,000 filled eggs with over \$500 in coins to be found!

Saturday, March 30

1:00pm at Shorty Cox Park

Dashers need to be 9 years old or younger.

Don't be late!!



Advena

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We offer **Assisted Living** for those who want the peace of mind of having support and still maintain independence.



Call Liberty for a tour: 316-305-6484

601 N. Rose Hill Rd., Rose Hill, KS 67133
www.advenafountainview.com



Hometown Holiday Hustle

Family Style Fun Run

Saturday, December 9

All Ages Welcome!

Come join us for a frosty 2 mile run around the School Street Pond. This event is a fun family-oriented event. Bring everyone, even the little ones! This is a timed, non-sanctioned event.

Check-In: 8:30am

Run Start: 9:00am

The Fun Run starts and finishes at the RHRC



\$19 for 1st family member, and \$15 for each additional family member.

Includes Holiday Hustle long sleeve shirt.

Pre-register by Wednesday, November 29 to guarantee a shirt



Rose Hill Hometown Christmas Saturday, December 9, 2023

*Come be part of the celebration!
Enjoy this wonderful family day!
Events in multiple locations!*

*Christmas Breakfast
Holiday Hustle Fun Run
Pictures with Santa and Letters to Santa
Ugly Sweater Contest
RHRC Fitness Center Open House
Gingerbread House Construction
Crafts & Ornament Making, Cookie Decorating
Silent Auction and Bidding
Vendor Marketplace & Craft Fair
Story Time with Santa's Elves
Historical Museum Open House & Blacksmith
Bonfire and hot dogs with the Boy Scouts
Horses and Carriages
North Pole Petting Zoo
Raffles & Drawings
Holiday Parade
And so much more!*

*More details on Facebook:
Rose Hill Hometown Christmas*

Edward Jones

> edwardjones.com | Member SIPC



**Financial strategies.
One-on-one advice.**



Ryan Garrison
Financial Advisor

1006 N Rose Hill Rd
Rose Hill, KS 67133-9463
316-669-8532

MKT-58946-A-11 ACCSPAD

OPEN HOUSE

RHRC FITNESS CENTER!

SATURDAY, DECEMBER 9, 2023

9:00 - 11:30 am

HOMETOWN CHRISTMAS

SPECIAL PRICING OFFERED

DURING THIS EVENT!!

New!!

Family Winter Wonderland Workout

It's time for a frigid workout outside the Rose Hill Rec Center. This is a FREE event designed to get the body moving during the holiday season. Coffee/Hot Chocolate and Refreshments will be provided following the workout while supplies last.

Date: Saturday, December 2
Time: 9:30am
Location: Parking Lot East Of RHRC
Fee: FREE!!
Instructor: Colton Waters



New!!

Walk it Out

Come together for a walk around the School Street Pond. Bring your dogs, friends, even the little ones! This is a free activity that is designed to bring the community together and be active! We will meet in the Shorty Cox parking lot.

Dates: Fridays, March 1, 8, 22, 29
Time: 10:00am
Location: School Street Pond
Fee: FREE!!
Instructor: Colton Waters



EQUITY BANK®

Family and Adult Programs

CPR Training

Now is the time to learn proper technique for CPR and basic first aid at a bargain price. Each participant will receive an American Heart Association certification card.

Dates: Sunday, February 18
Time: 1:00 - 5:00pm
Location: RHRC East Room
Ages: 16 years and older
Fee: \$30
Registration Deadline: Tuesday, February 13
Late Registration Cost: \$40
 Minimum of 5, Maximum of 10 participants
 Instructor: Beth Pompa



New!!

Christmas Frame Workshop

Pick a frame and create a beautiful Christmas Frame! All supplies provided including frames, garland, greenery, and assorted ornaments.

Date: Monday, December 11
Time: 6:30pm
Location: RHRC Art Room
Ages: 16 years and older
Fee: \$30
Registration Deadline: Wednesday, December 6
Late Registration Cost: \$40

Minimum of 6, Maximum of 12 participants
 Instructor: Kim Peck



Adult Co-Rec Indoor Volleyball League

Grab your friends and join us for this fun volleyball season! Teams must have equal or greater number of girls on the court at all times. Teams will consist of 6 players. This is a recreation league. Bad sportsmanship will not be tolerated.

Dates: Wednesdays, beginning January 10
Time: Games may begin as early as 6:00pm
Location: Rose Hill High School Gym
Ages: 16 years and older
Fee: \$85
Registration Deadline: Wednesday, January 3
Late Registration Cost: \$100



Gerald Amato

Agency, Inc.




687-4884
Wichita
776-8920
Rose Hill



what's the dirt?

Phone: 316-655-1067

Email: contact@wichitadirtco.com

 facebook.com/wichitadirt

Website: www.wichitadirtco.com

Address: 330 W Rosewood St, Rose Hill, KS 67133

Contact us for your topsoil, compost and regrading needs.

RHRC 24-Hour Fitness Center



Fitness Center Includes:

- 4 Precor Interactive Treadmills
- 3 Precor Interactive Elliptical Trainers
- 1 Precor Interactive Recumbent Bike
- 1 Precor Interactive Upright Bike
- 1 Precor Interactive AMT
- 1 Precor StairClimber
- 8 Precor Selectorized Weight Machines
 - Precor Smith Machine
 - Hoist Leg Press/Hip Sled
 - HydroRower
 - Helix Lateral Trainer
- 2 Dual Adjustable Pulley Trainer
- Precor Olympic Bench Press
- Hammer Strength Power Rack
- 1800+ lbs. Free Weights
- Dumbbells 5 - 115 lbs.
- Precor Calf Raise
- Life Fitness Pull Down
- Life Fitness Assisted Dip - Chin
- Hoist Back Extension
- 2 Hoist Adjustable Benches
- Precor Adjustable Decline Bench
- Precor Preacher Curl
- 6 Flat Screen TVs

Membership Information	Individual Membership	Family Membership
Month	\$27	\$39
Semi-Annual (6 months)	\$112	\$200
*Annual BEST VALUE!	\$200	\$372

New!!

Precor Shoulder Press!!

Special Discount Pricing for City of Rose Hill, USD 394, Active Duty Military Personnel, and RH Corporate Partners:

Single: \$ 19 / month
 \$140 / annual

Family: \$ 29 / month
 \$260 / annual

Senior citizens (age 60 and older): 10% discount
This cannot be combined with any other discount.

RHRC Memberships:

- * Without a membership, you can use the fitness center during posted office hours by paying a daily fee of \$5 each visit.
- * To sign up, pick up a packet of information at the RHRC office, or online at rosehillrec.com
- * Fitness Center Membership fees and renewals are not available for Online Registration.

Rose Hill Chiropractic Clinic

Douglas J Schoenfofer, D.C.

402 N Rose Hill Rd - Rose Hill, KS 67133

Telephone: (316) 776-0555

Voice Mail: (316) 641-3727

Web Address: www.rosehillchiropractic.com/

Rose Hill Family MedCenter

Marty Turner, MD, FAAFP

Family Medicine

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enrollment call 316-776-9330

A mission of
Rose Hill United Methodist Church

109 S. Main • Rose Hill, KS • 316.776.9330
A Mission of the Rose Hill United Methodist Church

24-Hr Fitness Center Winter Special

Check out these great winter prices:

Package:	Individual:	Family:
1 month	\$22	\$32
6 month	\$92	\$164
12 month	\$164	\$305

- * Normal registration process required
- * \$10 for each key fob
- * Not combined with any other discount
- * Auto payment not available
- * Offer expires January 31, 2024

RHRC Personal Training:

Personal Training Prices:

Per Hour:

Individual: 1 - 9 sessions: \$32/hour
10 or more sessions: \$28/hour

Group Training: 2 – 4 people: \$22/hour/person

*Who motivates you the most and makes working out fun?
Your friends! Grab a group of your buddies and an
RHRC Personal Trainer to maximize your workout.
Personal Training is not available for Online Registration.*



Doug Mowder, Agent
1311 N Rose Hill Road
Rose Hill, KS 67133
Bus: 316-776-0558
doug@doug-mowder.com

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RHRC Adult Fitness Classes

12

Winter 3-Week Mini Session November 27 - December 14, 2023 Winter 10-Week Session January 2 - March 7, 2024

Pricing for 10-Week Winter Session:

Drop-In Fee

\$5 per class. After classes begin, if not registered for class, you must pay \$5 drop-in fee to instructor to participate.

Cardio/Strength, Morning & Evening Yoga

\$59 per session
\$90 for 2 or more of any class offered
\$35 per session for 1 day per week attendance

Restore & Recover, Strength & Flexibility, Zumba, and Belly Dancing

\$35 per session

Back Half Special: Didn't get started at the beginning of the session, but don't want to wait until the next session to start? Sign up for 5 weeks (half) of the session for:

\$35 (2 times a week class)

\$18 (1 times a week class) This offer begins February 5, 2024

Class Descriptions:

Belly Dancing

Belly Dancing is a good cardiovascular workout and increases flexibility and strength. It focuses on the torso or core muscles, while encouraging a fun style of fitness. Belly Dance is suitable for all ages and body types. We offer individual challenges as we work on choreography and combinations.

Tuesdays, 7:00 - 7:50pm

Cardio and Strength

This class utilizes weights as well as your own weight for strength, mixing in cardio to get the heart rate up and the blood pumping. Any fitness level encouraged to join.

Mondays and Thursdays, 8:30 - 9:20am

Evening Yoga

Yoga-style sessions include a flow of poses that help build strength and flexibility in a balanced way. Experience the many physical and emotional benefits that yoga can offer. Mats and blocks are available or you may bring your own.

Mondays and Thursdays, 7:00 - 7:50pm

Morning Yoga

You will increase flexibility, balance and strength while progressing at a healthy pace. All fitness levels welcome. Experience the art of deep breathing for personal awareness and relaxation from stress. Find release from the stiff muscles in your back, neck, shoulders and legs.

Mondays and Thursdays, 9:30 - 10:20am

Strength and Flexibility

This workout is designed to improve your overall fitness – strength, flexibility, and balance! The class starts with static stretching and each class will incorporate a variety of equipment and body weight exercises. This ultimate workout is for all fitness levels! Have fun – work hard!

Thursdays, 6:00 - 6:50pm

Restore & Recover

A mid-week hour is just what your body ordered. This class is designed with creative combinations restoring flexibility, strength, balance and more, all while using various tools to enhance your experience. Patterns of functional movement that will be easily modified for all fitness enthusiasts of any age. Every week will be sure to encourage you to continue movement with confidence.

Wednesdays, 9:30 - 10:20am (Mini Session)

Wednesdays, 10:30 - 11:20am (Winter Session)

Zumba

ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Wednesdays, 6:00 - 6:50pm (Winter Session)

3-Week Mini Session

November 27 - December 14, 2023

1-day a week class: \$12 2-day a week class: \$24

Drop-In Fee for any class: \$5

Monday	Tuesday	Wednesday	Thursday
Cardio & Strength 8:30 - 9:20am Hobson/Racchini			Cardio & Strength 8:30 - 9:20am Hobson/Racchini
Morning Yoga 9:30 - 10:20am Hobson		Restore & Recover 9:30 - 10:20am Dinicola	Morning Yoga 9:30 - 10:20am Hobson
			Strength & Flexibility 6:00 - 6:50pm Racchini
Evening Yoga 7:00 - 7:50pm Wenger	Belly Dancing 7:00 - 7:50pm Street		Evening Yoga 7:00 - 7:50pm Wenger

"Love the morning yoga class. My balance, flexibility and sore hips were my focus and all have improved! Thank you so much."
- Cindy Bradford

10-Week Winter Session

January 2 - March 7, 2024

Monday	Tuesday	Wednesday	Thursday
Cardio & Strength 8:30 - 9:20am Hobson/Racchini			Cardio & Strength 8:30 - 9:20am Hobson/Racchini
Morning Yoga 9:30 - 10:20am Hobson		Restore & Recover 10:30 - 11:20am Dinicola	Morning Yoga 9:30 - 10:20am Hobson
		Zumba 6:00 - 6:50pm Burnison	Strength & Flexibility 6:00 - 6:50pm Racchini
Evening Yoga 7:00 - 7:50pm Wenger	Belly Dancing 7:00 - 7:50pm Street		Evening Yoga 7:00 - 7:50pm Wenger

Online Registration available for those wanting to enroll in one RHRC Fitness Class. If you enroll in multiple classes you will want to enroll in the RHRC office directly for better pricing.

ENTRANCE
ROSE HILL RECREATION CENTER

KIMBALL SCHOOL
OF
TAEKWONDO

BUILD A BETTER TOMORROW

316-312-0255 www.rosehillrec.com

6 Weeks

\$65

Free Uniform

Master Black Belt instructors in each class.

Head Instructor: Brett Kimball

For more info call Brett: 316-312-0255

Ages: 7 years to adults

Times: Tuesdays, 6 - 7:30 pm

Thursdays, 6:30 - 7:30 pm

Regular Fee: Student \$55; Family \$110

Uniform normally \$45



Check us out on Facebook!

Colton Waters, RHRC Fitness Director M.S.
 ACE Certified Personal Trainer

RHRC Fitness Instructors



Paula Hobson - Yoga, Cardio/Strength, Personal Training

Paula is an ACE Certified Personal Trainer and a NETA Certified Yoga Instructor. She has taught a variety of classes including Boot Camp, Yoga, Strength Training, Beginning Belly Dancing. She loves working with people, help them achieve their goals, and having fun while doing it!



Kim Wenger - Yoga

Kim Wenger is a registered yoga teacher. Her practice of yoga began in 2001, and her journey has continued to the present. She is trained with Siva Yoga. During the warmer parts of the year she is the resident yoga teacher for Whole Foods Market in Wichita. Kim is a registered teacher with Yoga Alliance and lives in Wichita, KS.



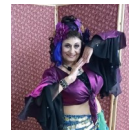
Kristal Burnison - Zumba

Kristal Burnison has been enjoying the fun of Zumba fitness for almost 10 years now. Kristal has a positive and healthy influence on people's lives and feels blessed to share it within the community. Zumba is perfect for every fitness level and it doesn't even feel like you are working out! "Ditch the workout and join the party" with Kristal!



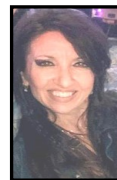
Amy Racchini - Strength/Flexibility, Cardio/Strength

Amy has been in the fitness world for the past 10 years. Teaching water and land classes at area fitness centers. She lives here in Rose Hill with her husband and 5 kids. With a full schedule at home she continues to teach, because she has a passion to help people. She looks forward to serving the Rose Hill community.



Raven (Melody Street) - Belly Dancing

Raven has been dancing, teaching and performing in the Wichita area for many years. Raven has studied a variety of dance forms over the years, from traditional Middle Eastern Dance, American Tribal Style, folkloric, fusion, modern dance, and recently flamenco.



Stacy Dinicola - Restore/Recover

Stacy has been a fitness enthusiast for over 20 years. In addition to being a certified Personal Trainer, she has taught a variety of fitness class for all ages. She focuses on providing a safe environment for all who attend her classes. Her motto has always been "Train the Mind, Body, and Soul". For the past several years her focus has been on the aging population and women's health. You will never have a dull moment with her.



Get Signed Up: Register directly at

Bootcampwichita.com

Or call for more info: Phone: Edgar Smith (316) 992-9578

Tuesdays and Thursdays 5:15 am - 6:15 am in the RHRC Gym

Rose Hill Recreation Information 14

RHRC HOURS

Monday	7:30 am - 5 pm
Tuesday	7:30 am - 5 pm
Wednesday	7:30 am - 5 pm
Thursday	7:30 am - 5 pm
Friday	7:30 am - 5 pm
Saturday	closed
Sunday	closed

RHRC Office and Rec Center is closed daily from noon to 1:00 pm for lunch

Program Cancellation Policy

Participants may cancel or withdrawal from any program 2 business days prior to the program start date. All refunds requested by the participant will be charged a **\$5 REFUND FEE** that will be deducted automatically from the refund amount.

Any cancellation refund request with less than the proper 2 business day notice will be at the discretion of the Program Director or Superintendent of Recreation.

RHRC does not make courtesy calls to remind participants to come to the programs they are registered for. It is the participant/parent's responsibility to know date, time, and location of the programs they are signed up for.

RHRC GENERAL POLICIES

1. All programs require pre-registration unless otherwise noted.
2. All fees are to be paid at time of registration.
3. Classes are filled on a first come, first served basis.
4. RHRC has the right to cancel any class or program.
5. If a program is cancelled, participants will be notified and fees refunded or credited per the RHRC Program Cancellation Policy.
6. All refunds will be at the discretion of RHRC.
7. Late registration will be subject to late registration fees. No exceptions.
8. All athletic participants must play in their age divisions. Exceptions may be granted for coaching conveniences.
9. All registration must go through the RHRC Office or through RHRC Online Registration. No payment and registrations will be made directly to the class instructors.
10. Senior Citizens age 60 and older will receive a 10% discount on all RHRC programs.

Mission Statement

To enhance the quality of life in Rose Hill, Kansas and USD 394, by providing a comprehensive, affordable, recreation and leisure program for all ages.

RHRC Board Members and Staff

Roger Burnham, President
Ross Chappell, Vice President
Wilbur Scott, Member
Ryan Hill, Member
Gayle Tenbrook, Member

Jason Steadman, Superintendent
jason@rosehillrec.com

Josh Meyer, Programs Director
josh@rosehillrec.com

Colton Waters, Fitness Director
colton@rosehillrec.com

Natalie Simmons, Administrative Asst.
natalie@rosehillrec.com

RHRC Board Meetings

are open to the public and held at the RHRC Office the 2nd Wednesday of each month at 6 pm.
Please use East Door.

Rose Hill Recreation
400 S. Rose Hill Road
P.O. Box 46
Rose Hill, KS 67133

Phone #: 776-9880
www.rosehillrec.com

After hours/emergency,
Contact:
316-461-6535

Rent the Rec

Rental Prices:

Gym: For Sports: \$25/hr
Gym: For Banquets or Parties: \$50/hr

Meeting Room:
During RHRC Open hours: \$15/hr
During RHRC Closed hours: \$20/hr

- ◇ Gym can only be rented when RHRC is closed, or special occasions that are approved by RHRC Management.
- ◇ \$50 Cleaning Deposit required on all rentals
- ◇ Chair Rental \$2 with \$10 deposit each
- ◇ Table Rental \$5 with \$40 deposit each

COMMUNITY GROUP CONTACTS

GIRLS ON THE RUN	CHRISTY THOMAS	316.749.8090	CHRISTY.THOMAS@GIRLSONTHERUN.ORG
JR. FOOTBALL	CHAD SPAULDING	316.204.6445	INFO@RHJFB.ORG
JR. SPIRIT SQUAD	NATALIE GREENLEE	316.734.0598	ROSEHILLJUNIORCHEER@YAHOO.COM
RH LIBRARY	CINDY WITHERSPOON	316.776.3013	CWITHERSPOON@CITYOFROSEHILL.COM
STRIKE ZONE BATTING CAGES	KELLY MILLER	316.214.0140	RHSTRIKEZONE@YAHOO.COM
TAEKWONDO	BRETT KIMBALL	316.312.0255	KIMBAANG000@GMAIL.COM
YOUTH WRESTLING	JAMES BILBY	316.650.9338	SCPUNISHERS@GMAIL.COM
RH GIRL SCOUTS	JESSICA CHANDLER	316.737.4459	JESSICACHANDLER1987@GMAIL.COM
RH GIRL SCOUTS	JENNIFER MAYCOCK	316.621.0665	JENNIFER.MCCARTHY84@GMAIL.COM
RH BOY SCOUTS	SHAWN THOMISON	316.258.6982	SHAWN2334@GMAIL.COM
RH CUB SCOUTS	ERIC NICKELSON	316.558.2769	ERNICKELSON@YAHOO.COM

Youth Basketball Leagues

<u>League</u>	<u>Ages</u>	<u>Registration Deadline</u>
Mini Hoopers	5 years old - K	Nov 26
Rookie	1st - 2nd Grades	Nov 26
Youth League	3rd - 4th Grades	Nov 26
Youth League	5th - 6th Grades	Nov 26

Volunteer coaches are needed for these leagues! Details on page 4

Holiday Hustle Fun Run

2 Mile Fun Run around School Street Pond
During Rose Hill Hometown Christmas Event

Saturday, December 9

Check In = 8:30am

Run Start = 9:00am

Details on page 7



Details on page 3

Monart Drawing Classes:

Horses & Farm Life

Mondays, Jan 29 - Mar 25
Time: 3:45 - 4:45pm

REGISTER at

www.theartparkwichita.com/classes

Details on page 4



Daddy Daughter
DATE NIGHT

Details on page 4

Adult Co-Rec Indoor Volleyball League

Wednesdays, beginning Jan 10
16 years and older

\$85 per team Details on page 9

Move to Learn

Tuesdays, 9:00 - 9:45am

Session 1: Nov 28 - Dec 19

Session 2: Jan 9 - Jan 30

Session 3: Feb 13 - Mar 5

18 months to 5 years old

\$25

Details on page 3

Archery

Mondays, Jan 22-Feb 26

7:15 - 8:15pm

10 years and older

\$45

Details on page 3

NEW!!

YOUTH SOCCER LEAGUE COED

**PreK - 6th Grade
Begins in March**

**Registration Deadline:
Sunday, February 25**



Details on page 2

Free Throw Contest

Thursday, December 28

**Check in: 10:00am
Starts at: 10:30am**

3rd Grade and Older

FREE!!

Details on page 3