



Rose Hill Recreation Commission

316-776-9880 [www.rosehillrec.com](http://www.rosehillrec.com)



# Spring 2024





RHRC HOURS

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

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

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.

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.

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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

# Youth Programs

2

## 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.**

<u>Age Divisions:</u>	<u>Fee:</u>	<u>Age Divisions:</u>	<u>Fee:</u>
<b>Baseball:</b>		<b>Softball:</b>	
7-8 Machine Pitch	\$65	7-8 Machine Pitch	\$65
10U	\$70	10U	\$70
12U	\$70	12U	\$70
14U	\$80	14U	\$80



## RHRC Coach Pitch 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



## 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, March 25 - May 13  
**Ages:** Grades K - 2nd  
**Time:** 6:00 - 6:45pm  
**Fee:** \$45  
**Registration Deadline:** Thursday, March 21  
**Late Registration Fee:** \$55  
 Instructor: Andrea Deschaine  
 Minimum of 4, maximum of 10 participants in each class



## 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!**

**Date:** Monday, April 15  
**Time:** 10:30am  
**Ages:** 8 years and older  
**Location:** RHRC Gym



## 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](mailto:hopeconnectionsbutler@gmail.com)

Rose Hill United Methodist Church  
 19559 SW Butler Road, Rose Hill, 67133  
 316-247-9049

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what's the dirt?

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Email: [contact@wichitadirtco.com](mailto:contact@wichitadirtco.com)

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

 [facebook.com/wichitadirt](https://facebook.com/wichitadirt)

Contact us for your topsoil, compost and regrading needs.



# Youth Programs

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## Mom and Son Nerf Wars

Kickoff the evening with a splendid dinner, and have your picture taken for a keepsake. Then get ready for an exhilarating night that brings families together through NERF battles! Get ready for a unique bonding opportunity that combines adventure, strategy, and the joy of Mom/Son Night! All Equipment will be provided.

**Dates:** Friday, April 5  
**Time:** 6:30pm  
**Location:** RHRC Gym  
**Ages:** All Ages  
**Fee:** \$34 per couple,  
 \$15 for each additional son  
**Registration Deadline:** Sunday, March 31  
**Late Registration Cost:** \$44 per couple,  
 \$20 for each additional son



## Move to Learn

This class is a 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, March 19 - April 9  
 Session 2: Tuesdays, April 30 - May 21  
**Ages:** Ages 18 months - 5 years old  
**Time:** 9:00 - 9:45am  
**Location:** RHRC Gym  
**Fee:** \$25 or \$8 for a daily drop in fee  
**Instructor:** Meggin DeMoss



## Monart Drawing Classes: Ancient Egypt

Do you love ancient times, mummies, and all things Egypt? We do too! Have fun drawing, painting, and sculpting all while learning about Bast, King Tut, Queen Nefertiti, The Pyramids, Sphinx, and Mummies. Design a scarab brooch out of clay, draw on REAL Papyrus from Egypt and paint on canvas with metallic paints!

**Dates:** Mondays, April 1 - May 20  
**Time:** 3:45 - 4:45pm  
**Location:** RHRC Art Room  
**Ages:** 1<sup>st</sup> - 6<sup>th</sup> Grades  
**Fee:** \$95 for all 8 weeks



REGISTER at [www.theartparkwichita.com/classes](http://www.theartparkwichita.com/classes)



# Advena

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601 N. Rose Hill Rd., Rose Hill, KS 67133  
[www.advenafountainview.com](http://www.advenafountainview.com)



# Youth Programs

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## 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 6<sup>th</sup> grades.

These events will be offered at the meet:

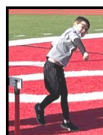
50M	100M	200M
400M	800M	1600M
Long Jump	Softball Throw	Turbo Javelin
High Jump	Shot Put	4x100M Relay



**Track Program Practice Dates:**  
**Wednesday, March 27**  
**Thursday, March 28**  
**Monday, April 1**  
**Monday, April 8**  
**Wednesday, April 10**



**Track Program Practice Times:** 4 years old to 2nd Grades: 5:45pm – 6:30pm  
 3rd – 6th Grades: 6:00pm – 7:15pm



**Track Meet Date:** Saturday, April 13

**Track Meet Time:** Registration/check in: 8:30am

**Meet Starts: 9:00am**

**Location:** RHHS Track/Football Stadium

**Ages:** 4 years old to 6th Grade

**Fee:** \$35 includes all practices and the Rose Hill Track Meet (Includes shirt)  
 \$10 for Track Meet only Pre-Registration (no shirt included)  
 \$15 for Track Meet only day of the meet (no shirt included)

## B L O O M

### Make a Bouquet for Mom

Join Bloom KS to create a beautiful bouquet for Mother's Day. Show your mom how special she is this Mother's Day. Flowers and vases will be provided. Kids will also be able to make a card for their mom!

**Dates:** Thursday, May 9  
**Time:** 4:00pm - 5:00pm  
**Location:** RHRC Art Room  
**Ages:** 6 - 14 years old  
**Fee:** \$25  
**Registration Deadline:** Thursday, May 2  
**Late Fee:** \$35  
**Instructor:** Bloom KS



**Edward Jones**

> [edwardjones.com](http://edwardjones.com) | Member SIPC



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**Ryan Garrison**  
Financial Advisor

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 Rose Hill, KS 67133-9463  
 316-669-8532

MIKT-5.894K-A-A1 AECSPA.D



*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 \*\***

**2014-2018 & 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)  
 BS University of Minnesota MS Troy University



*Coch Tony Ponce*  
 2007 NAA All American  
 2005 Labette National Championship Team Member  
 Dana College & Midland University Grad Asst Coach  
 BS Dana College



What: Freestyle and Greco

When: Starting in Mid March

Where: Punisher Training Facility and Rose Hill High

Days: Monday-Thursday

James (316) 650-9338

Email: [scpunishers@gmail.com](mailto:scpunishers@gmail.com)

Website: [www.southcentralpunishers.com](http://www.southcentralpunishers.com)

Facebook: South Central Punisher Wrestling Club

Contact James for details for regular season sign-ups

## Safe Sitter® Babysitting Certification Class

"Every child should be safe." - Safe Sitter, Inc. Safe Sitter® is a national, non-profit organization that provides programs to teach youth life and safety skills for when they are home alone, watching younger siblings, or babysitting. Over 175 lives have been saved by Safe Sitter® graduates using their skills.

This Babysitting Certification class is interactive, exciting, hands on, and informative. Young teens need training in first aid, indoor and outdoor safety, and how to handle household emergencies before they are adequately prepared to stay home alone or watch younger siblings.

**Bring a sack lunch and drink.**

**Dates:** Saturday, April 20

**Time:** 9:00am - 3:30pm

**Ages:** 6th - 8th grades

**Location:** RHRC Activity Room

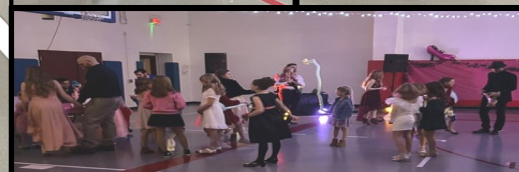
**Fee:** \$52

**Registration Deadline:** Monday, April 15

**Late Registration Fee:** \$62

**Instructor:** Angela Boese

Minimum of 6, maximum of 10 participants



## *Stay Tuned for Summer Sports Camps!*

*Information will be out soon regarding  
camps, dates and times.*

## You're Invited

316-250-7150

info@fcrosehills.com

www.fcrosehills.com

facebook.com/fcrosehills

Pastor Gayle Tenbrook



**fellowship  
church  
Rose Hill**

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**Sunday Mornings  
Coffee 9:30  
Worship 10:00**

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

## Gerald Amato Agency, Inc.



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**Wichita**

**776-8920**

**Rose Hill**



## Advanced Archery

This archery program will focus on variable ranges, refinement of fundamental skills, and culminating in a fun shoot for all. Must have taken the intermediate course once or the beginner course two times.

**Dates:** Mondays, March 25 - April 29  
**Time:** 7:15 – 8:15pm  
**Location:** RHRC Gym  
**Ages:** 10 years and older  
**Fee:** \$45  
**Registration Deadline:** Thursday, March 21  
**Late Registration Cost:** \$55

Maximum of 12 participants  
 Instructors: Wilbur Scott, Robert Johnston



## Letter from RStandingstone Ranch

Due to the sudden loss of Charlie in December, RStandingstone Ranch will not be having any more horse camps, but will still offer lessons and trail rides. We appreciate the 17 years of wonderful and amazing children that have come to learn and ride, and their families that have become friends because of horses. We have enjoyed watching so many of the children grow up and having them come back to volunteer. We appreciate the support of the Rose Hill Rec and couldn't have done it without them. We are thankful for all of you and please come visit or schedule lessons/trail rides!

Lots of love,  
 Jana



## Rose Hill Junior Spirit Squad

*join  
 our  
 squad*

**DONT MISS SIGN UPS for the 2024 season!!!**

Sign ups will be held April 30th, May 28th and June 25th from 5:30-7:30pm at the rose room by Equity bank for the next football season.

Program is for 1st -6th grades in the 24/25 school year.

Please follow us on Facebook @RHJSS, call

Natalie Greenlee at 316-734-0598 or email

rosehilljuniorcheer@yahoo.com for more information.



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

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 Bloomington, IL

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## RHRC's Great Egg Dash

It's time to hop on over for another Eggggg-stravagant afternoon! Comb 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!!! 7000 filled eggs with over \$500 in coins to be found! Don't be late!!



**Saturday, March 30**

**1:00 pm at Shorty Cox Park**

Dashers need to be 9 years old and under

*Come early for the hot dog lunch provided by Fellowship Church.  
Hot dogs start at Noon while supplies last!*

**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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## LIGHT THE NIGHT BIKE RIDE

Join RHRC for a family friendly night bike ride around School Street Pond. RHRC will illuminate the path and provide materials to help light up your bikes, but feel free to go all out to light up and decorate your bikes as there will be prizes!! Bring the whole family. Come enjoy music and refreshments!

Check in at 8 pm and we ride at dark! We will ride clockwise around the pond. Helmets and safety equipment are recommended.

**FRIDAY, MAY 10**

**CHECK-IN AT 8:00PM**

**SCHOOL STREET POND**

**RIDE AT DARK!!**

You can park in the USD 394 Buildings/Transportation Parking Lot, check-in by the District Buildings and Grounds building





**ROSE HILL PUBLIC LIBRARY**  
306 N. Rose Hill Rd / 316-776-3013





**UPCOMING EVENTS!**



**Monday Morning Story Time Mondays @ 10:00 AM!**

**BOOK CLUB Third Thursdays @ 7:00 PM**

**READING WITH ROVER: Saturday, March 16th @ 10AM**

**Lego Day @NIGHT: Tuesday, March 19th 4:30 PM - 6:30 PM**

**BOOK BINGO: Saturday, March 30th @ 10:00 AM**

**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 8, 22, 29

**Time:** 10:00am

**Location:** School Street Pond

**Fee:** FREE!!

**Instructor:** Colton Waters



## Stay Tuned for Summer Sports Camps!

Information will be out soon regarding  
camps, dates and times.

## Walk Kansas for FREE

Get your teams together to "Walk Kansas," a distance of 425 miles. Walkers only, no bicycle or running miles will count.

Every team that reaches their goal will receive t-shirts.

Teams will consist of 1 to 4 members. Team captains will be responsible for reporting team miles weekly.

Kids are encouraged to participate with their own team or with their family!

**Dates:** Spring Session:  
May 1 - July 31

Summer Session:  
June 1 - August 31

**Fee:** Free

**Contact:** Colton Waters  
colton@rosehillrec.com



## Adult / Child Cornhole Switcholio

Switcholio is a blind draw round robin in which players get a new partner for every game. Each player will play 4 games per night. Your individual points will be kept for the league standings and the overall winners will receive prizes. Players must play at least 2 of the 4 weeks to be eligible for the league tournament. You will sign up as an individual. All skill levels welcome!

**Dates:** Wednesdays, beginning March 20  
**Time:** 6:30pm  
**Location:** RHRC Gym  
**Ages:** 16 years and older  
**Fee:** \$20 per player  
**Registration Deadline:** Sunday, March 17



## Adult Sip and Paint

Join us for a delightful Springtime Sip and Paint class! Unleash your creativity while enjoying a relaxing atmosphere and sipping on your favorite beverages. Our skilled instructor will guide you step-by-step through creating a beautiful Spring-themed painting. Come alone or bring your friends for a fun and memorable experience! All participants must be 21+. Bring your own refreshments.

**Dates:** Tuesday, April 23  
**Time:** 6:30pm  
**Location:** Community Room (101 S Rose Hill Rd)  
**Ages:** 21 years and older  
**Fee:** \$30  
**Registration Deadline:** Thursday, April 18  
**Late Fee:** \$40  
**Instructor:** Kim Peck  
Minimum of 6, maximum of 14 participants



# EQUITY BANK®



# 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

**Senior citizens (age 60 and older): 10% discount**

**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**

**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](http://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/](http://www.rosehillchiropractic.com/)



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A Mission of the Rose Hill United Methodist Church

## **FB** **FITNESS BOOTCAMP**

*Get Signed Up: Register directly at*  
**[Bootcampwichita.com](http://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



DR. NICHOLAS TROILO | DR. MARK TROILO

**ROSE HILL**  
  
**FAMILY DENTISTRY**

106 E. YEAGER ST. ROSE HILL, KS 67133  
[ROSEHILLDENTAL.COM](http://ROSEHILLDENTAL.COM) [INFO@ROSEHILLDENTAL.COM](mailto:INFO@ROSEHILLDENTAL.COM)

**(316) 776-2144**



## Spring 8-Week Session March 18 - May 9, 2024

### Pricing for 8-Week Spring 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

\$47 per session

\$72 for 2 or more of any class offered

\$30 per session for 1 day per week attendance

#### Strength & Flexibility, Zumba, and Belly Dancing

\$30 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 4 weeks (half) of the session for:

\$30 (2 times a week class)

\$18 (1 times a week class)

This offer begins April 15, 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, 7:00pm**

#### 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**

#### Restore and 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**

#### Strength and Flexibility

This class is designed to improve your overall fitness, strength, flexibility and balance. It is a full body workout consisting of stretching and toning that incorporates a variety of equipment and body exercises. Strength and flexibility is perfect for all ages and body types.

**Thursdays, 6:00 – 6:50pm**

#### 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**

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
		Zumba 6:00 - 6:50pm Burnison	Strength & Flexibility 6:00 - 6:50pm Racchini
Evening Yoga 7:00 - 7:50pm Wenger	Belly Dancing 7:00pm 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.**



*Truly Amazing Catering*

<b>Trudi Mankins</b> 316-655-8508	<b>Sydney Mankins</b> 316-253-8626
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**trulyamazingcatering@gmail.com**

**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 Trainer**

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, Personal Training**

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.



**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.



**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.

## **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.*



# Rose Hill Recreation Information 14

## RHRC HOURS

Monday	7:30am - 5pm
Tuesday	7:30am - 5pm
Wednesday	7:30am - 5pm
Thursday	7:30am - 5pm
Friday	7:30am - 5pm
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 2<sup>nd</sup> 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](http://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	CHRITY.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



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Rose Hill, KS 67133

## RHRC Coach Pitch League

**5 / 6 Years Old**

**Dates:** April – June

**Fee:** \$40

**Registration**

**Deadline:**

**Sun, April 7**

*Details on page 2*

## RHRC Youth Track Meet

These events will be offered:

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

**Saturday, April 13**

**Track Meet: 9:00am**

**Registration: Begins at 8:30am**

*Details on page 4*

## RHRC Youth Baseball/Softball League

**Dates:** April – Early July

**Registration Deadline:** Sun, March 17

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

Age Divisions:      Fee:      Age Divisions:      Fee:

**Baseball:**

**Softball:**

7-8 Machine Pitch	\$65	7-8 Machine Pitch	\$65
10U	\$70	10U	\$70
12U	\$70	12U	\$70
14U	\$80	14U	\$80

*Details on page 2*

## Mom and Son Nerf Wars

Games, activities, dinner and more!

**All Ages**

**Friday, April 5 6:30pm**

**\$34 per couple,**

**\$15 for additional son**

*Details on page 3*

## RHRC's Great Egg Dash

Search the fields for prize-filled, cany-filled, and money-filled eggs!  
Fellowship Church will be serving a Hot Dog Lunch beginning at Noon.

**FREE!!**

**Saturday, March 30  
1:00pm**

*Details on page 7*

## Adult Cornhole Switcholio League

Switcholio is a blind draw round robin in which players get a new partner for every game. Sign up as an individual. All skill levels welcome!

Weds, beginning Mar 20 6:30pm

16 years and older      \$20 per player

Registration Deadline: Sunday, March 17

*Details on page 9*

## LIGHT THE NIGHT BIKE RIDE

Join RHRC for a family friendly night bike ride around School Street Pond. RHRC will illuminate the path and provide materials to help light up your bikes, but feel free to go all out to light up and decorate your bikes as there will be prizes!! Bring the whole family. Music and refreshments!

**FRIDAY, MAY 10**

**CHECK-IN AT 8:00PM**

**RIDE AT DARK!!**

**SCHOOL STREET POND**

You can park in the USD 394 Buildings/Transportation Parking Lot.

*Details on page 8*



## Adult Sip and Paint

**Create a beautiful  
Spring-themed painting.**

**Tuesday, April 23**

**6:30pm**

**21 Years and Older**

**\$30 per player**

Registration Deadline: Thur, April 18

*Details on page 9*