

Rose Hill Recreation Commission

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



# Summer 2024



SUMMER RHRC HOURS

May 24 - August 30

Monday	7:30am - 5:00pm
Tuesday	7:30am - 5:00pm
Wednesday	7:30am - 5:00pm
Thursday	7:30am - 5:00pm
Friday	7:30am - Noon
Saturday	closed
Sunday	closed

RHRC Office and Rec Center is closed daily  
from 12:00 Noon to 1:00pm 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 loca-  
tion of the programs they are signed up for.



DammpHARMACIES

ANDOVER | DERBY | ROSE HILL

HAPPY HOUSE

CHINESE RESTAURANT



OPEN HOURS

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

# Youth Programs

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## Jr Rocket Basketball Camp

Attend our youth basketball camp for an experience filled with skill development, teamwork and fun! Led by RHHS Girls Basketball Team you will learn fundamental techniques, improve your game, and build confidence on the court. Don't miss out on the opportunity to sharpen your skills and make lasting memories with fellow athletes! This program serves as a fundraiser for the RHHS Girls Basketball Team

**Dates:** Wednesday - Friday May 29 - 31  
**Ages/Time:** 1st - 2nd grades - Boys and Girls 9:00am - 10:00am  
 3rd - 5th grades - Boys and Girls 10:00am - 11:30am  
**Location:** RHHS Main Gym  
**Fee:** \$25 - includes camp t-shirt  
**Registration Deadline:** Wednesday, May 22  
**Late Registration Cost:** \$35  
**Instructors:** Coach Page and Staff  
**Note:** Must register by the deadline to guarantee a shirt.



## Jr Rocket Soccer Camp

Coach Kaba, and Staff will teach you the important skills and techniques you need to improve your game for the fast-approaching soccer season. This is a fundraiser for the RHHS Girls Soccer Team. All participants will receive a soccer ball!

**Tiny Rockets:** 3 years old to 2nd Grade - Boys and Girls  
**Dates:** Monday - Thursday, June 17 - 20  
**Times:** 6:00 - 6:45pm  
**Location:** RHHS Main Soccer Field  
**Fee:** \$30 - includes soccer ball  
**Registration Deadline:** Monday, June 10  
**Late Registration Cost:** \$40  
**Instructor:** Coach Kaba and Staff

**Jr Rockets:** 3rd - 8th grades - Boys and Girls  
**Dates:** Monday - Thursday, June 17 - 20  
**Time:** 3rd - 8th 7:00 - 8:00pm  
**Location:** RHHS Main Soccer Field  
**Registration Deadline:** Monday, June 10  
**Fee:** \$30 - includes soccer ball  
**Late Registration Cost:** \$40  
**Instructor:** Coach Kaba and staff



*Truly Amazing Catering*

**Trudi Mankins**  
316-655-8508

**Sydney Mankins**  
316-253-8626



trulyamazingcatering@gmail.com

## Jr Rocket Volleyball Camp

Join the RHHS Volleyball Team for an exciting camp where young athletes can hone their skills, learn teamwork, and have fun! Through drills, games, and scrimmages participants will improve their technique and gain confidence on the court. A camp t-shirt is included!

**Dates:** Tuesday - Thursday, June 4 - 6  
**Time:** 10:30am - 11:30am  
**Ages:** 3rd - 6th grade  
**Location:** RHHS Gym  
**Fee:** \$25 - includes camp t-shirt  
**Registration Deadline:** Monday, May 27  
**Late Registration Cost:** \$35  
**Instructor:** Coach Mock and Staff  
**Note:** Must register by the deadline to guarantee a shirt.



## Jr Rocket Football Camp

Our team of coaches and staff will teach you the important skills and techniques you will need to improve your game. Footballs will be given away instead of camp t-shirts. The **Rose Hill Junior Football Club** is providing the footballs. Camp is in the evening, so come play under the lights! This serves as a fundraiser for the RHHS Football Team.

**Dates:** Monday - Wednesday, July 22 - 24  
**Time:** 6:00 - 7:15pm  
**Ages:** 1st - 6th grades  
**Location:** RHHS Football Field  
**Fee:** \$25 - includes camp football  
**Registration Deadline:** Monday, July 15  
**Late Registration Cost:** \$35  
**Instructor:** Coach Wright and Staff



**Edward Jones**

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



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



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

MKT-5894M-A-A1AECSPAD 2196778



# Youth Programs

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## Theater, Art & Cooking Camp

This one is back by popular demand! This is a 4-day camp that lets you bring out your creative side. Each day will be spent learning theatre, sampling different forms of art, and trying your hand in cooking different dishes. On Day 4 you will get to showcase your talents to your audience, letting them see, touch, and taste all you got to experience all week.



**Dates:** Monday - Thursday July 15 - 18  
**Time:** 9:00am - Noon

**Note:** On Thursday, the final day of the camp, the campers would like to invite their parents to come enjoy their Showcase, where they will display their art, you will snack on their cooking creations, while enjoying their theater presentation. That will begin at Noon on Thursday.

**Ages:** 1st - 6th grades  
**Location:** RHRC  
**Fee:** \$49  
**Registration Deadline:** Wednesday, July 10  
**Late Registration Cost:** \$59



## School's Out, Dodgeball's In

Kick off the first week of summer and join us for - **Dodgeball!!!** No need to have a team, just show up! Bring your friends - the more the merrier!

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

**Dates:** Tuesday, May 28  
**Time:** 10:00am - Noon  
**Ages:** 8 years and older  
**Location:** RHRC Gym



# Advena

LIVING AT FOUNTAINVIEW

We offer **Assisted Living** for seniors who need a little daily help, but still want to maintain independence and socialize with friends.



**Call Liberty for a tour: 316-305-6484**

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





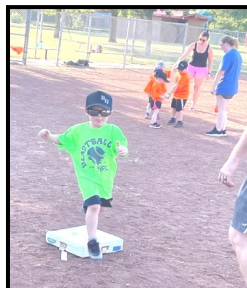
# Youth Programs

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## Blastball

Don't miss out! Get your preschooler signed up, active in recreation, and involved in their first team sport. This is a developmental T-Ball program with age-appropriate equipment. Teams will play actual games with no score kept. The kids will have a **BLAST!**

**Dates:** Tuesdays and Thursdays, July 11 - August 1  
**Ages:** 3 - 4 years old during the season  
**Fee:** \$29 - includes team t-shirt and hat  
**Registration Deadline:** Sunday, June 23  
**Late Registration Cost:** \$39



## Father's Day Craft

Father's Day is right around the corner and we have the perfect gift for your dad! Kids will decorate their own "Kiss" jar for dad filled with Hershey Kisses! They will also create a "Best Dad Hands Down" card!

**Date:** Tuesday, June 11  
**Time:** 4:00 - 5:00pm  
**Location:** RHRC Kitchen  
**Ages:** 6 -14 years old  
**Fee:** \$20  
**Registration Deadline:** Tuesday, June 4  
**Late Registration Cost:** \$30



## Aviate Trampoline Park Trip

Join us for a trip to Aviate - *the largest extreme air sports trampoline park in Wichita* - 2 hours of jumping before returning to RHRC at approximately 2:30pm. Lunch is included!

**Date:** Wednesday, July 24  
**Time:** Leave RHRC at 10:45am and return approximately 2:15pm  
**Location:** Wichita Sports Forum  
**Ages:** 7 years and older  
**Fee:** \$23  
**Registration Deadline:** Thursday, July 18  
**Late Registration Cost:** \$33  
 Minimum of 7 participants

*Parents must have a waiver signed online before the trip. Lunch provided.*



# Gerald Amato

## Agency, Inc.



**687-4884**

**Wichita**

**776-8920**

**Rose Hill**



what's the dirt?

Phone: 316-655-1067

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

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

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

Address: 330 W Rosewood St, Rose Hill, KS 67139

Contact us for your topsoil, compost and regrading needs.



## Youth Volleyball League

This league is combined with local towns and some travel on game days will be required. Practices, beginning in August, will be at the discretion of the coaches and will be held during the week in the evenings. Games will be on Saturdays.

**Dates:** August - October  
**Ages:** 3<sup>rd</sup> - 6<sup>th</sup> grade  
**Fee:** \$47 - includes team shirt  
**Registration Deadline:** Sunday, July 28  
**Late Registration Cost:** \$57  
**Volunteer Coaches are needed for this league.**



## 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 puts a new spin on choreography by thinking outside the box and straying from the normal dance routines.

**Dates:** Mondays, August 19 - October 14 (No class September 2)  
**Ages:** 5 - 7 year olds  
**Time:** 6:00 - 6:45pm  
**Location:** RHRC Studio  
**Fee:** \$45  
**Registration Deadline:** Thursday, Aug 15  
**Late Registration Fee:** \$55  
**Instructor:** Andrea Deschaine  
 Minimum of 4, maximum of 10 participants



## Safe Sitter® Babysitting Class

"Every child should be safe." - Safe Sitter, Inc.

Safe Sitter® prepares 6th - 8th grade students to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice choking rescue and CPR!



**Bring a sack lunch and drink.**

**Dates:** Saturday, August 3  
**Time:** 9:00am - 3:30pm  
**Ages:** 6th - 8th grades  
**Location:** RHRC East Room  
**Fee:** \$52  
**Registration Deadline:** Monday, July 29  
**Late Registration Fee:** \$62  
**Instructor:** Angela Boese  
 Minimum of 6, maximum of 8 participants



# EQUITY BANK®



# Youth Programs

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## Monart Mixed Media and Sculpture Class

Painting, drawing, and sculpture oh my! Join us for summer art and media exploration. Students will enjoy using bright, liquid watercolor, wax resist, air dry clay, molding clay, watercolor crayons, acrylic paints, chalk and oil pastels. Students will learn the basics of drawing while experimenting with new media and making unique sculptures. This guided step-by-step method improves visual perception skills by breaking down the subject matter for children to see and follow along. Join classes now to discover the Monart difference!

**Dates:** Mondays, June 3 – July 29  
**Time:** 4:00pm—5:00pm  
**Location:** RHRC Art Room  
**Ages:** 1<sup>st</sup> – 6<sup>th</sup> Grades  
**Fee:** \$110 for all 9 weeks  
**Registration Deadline:** Thursday, May 30



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

**New!!**

## Crash Course Theatre

If you're looking to enter the world of theatre and don't know where to begin, Crash Course Theatre is the class for you! This summer camp is geared toward tackling topics like acting, set design, costuming, direction, and so much more. If you've been on the fence about joining your school's theatre program, then get your feet wet with Crash Course Theatre.

**Dates:** Mondays, June 3 - July 29 (Program Sunday, August 4)  
**Ages:** 5th - 8th Grades  
**Time:** 6:00 - 7:30pm  
**Location:** RHRC Gym  
**Fee:** \$79  
**Registration Deadline:** Tuesday, May 28  
**Late Registration Fee:** \$89  
**Instructor:** Andrea Deschaine  
 Minimum of 5, maximum of 15 participants



## 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**



**Est 2014**

**C Coach 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*



**What:** Summer Folkstyle Camp Series

**When:** Post Memorial Day

**Where:** Punisher Training Facility

**Days:** Monday-Thursday 8-12

**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**



**C Coach Tony Ponce**

*2007 NJAA All American*

*2005 Labelette National Championship Team Member*

*Dana College & Midland University Grad Asst Coach*

*BS Dana College*



## Rose Hill Chiropractic Clinic

Douglas J Schoenfoer, 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/)



## Rose Hill Family MedCenter



**Marty Turner, MD, FAAFP**  
*Family Medicine*

323 N. Rose Hill Rd • Rose Hill, KS 67133  
 Office 316-776-2422 • Emergency 316-268-5000

**We Specialize in Sports Injuries**



Free for the whole family!

## OK KIDS DAY

Come Early and Stay for the Day!



OK Kids Day – *Outdoor Kansas for Kids Day* is designed to give kids of all ages a chance to experience the outdoors. This is FREE to everyone and includes a Hot Dog Picnic. This great event provides a terrific way for families to spend time together outdoors.

This is an enormous opportunity to introduce kids to new, fun, and exciting outdoor activities that they might not otherwise be able to enjoy.

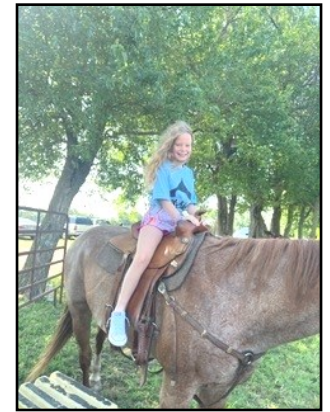
So come join us in celebrating the great Kansas outdoors and make this our biggest OK Kid's Day yet!

plus lots of **PRIZES!**

**Saturday, June 22, 2024**

**9:00am - 2:00pm at School St Pond**

Parking and entrance is located in the soccer field parking lot!



- Fishing event for kids
- Kayaking and Canoeing
- Archery
- Inflatables
- Horse Riding
- Disc Golf

- Tent Pitching and Camping Skills
- Kite Flying
- Games
- Animal and Wildlife Exhibits
- AMBUCs Hotdog Lunch
- And so much more!

## You're Invited

316-250-7150

info@fcrosehill.com

www.fcrosehill.com

facebook.com/fcrosehill

Pastor Gayle Tenbrook



Loving Jesus - Serving The Hill

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

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

## 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

Follow us on Facebook

**Connect Love Serve**





## ***RHRC Ice Cream Social***

Join your friends and family and have some ice cream, compliments of the Rose Hill Recreation Commission, ice cream served by Victory Church! We will provide ice cream and entertainment; all you have to bring is your lawn chairs. We will have lots of fun, and more!



***Thursday, July 4, 8:00 pm - dusk***

Stay to enjoy the ***RHRC Fireworks!***

***Shorty Cox Park***

**VICTORY**  
victoryrosehill.com



Rose Hill Junior Spirit Squad

*join  
our  
squad*

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

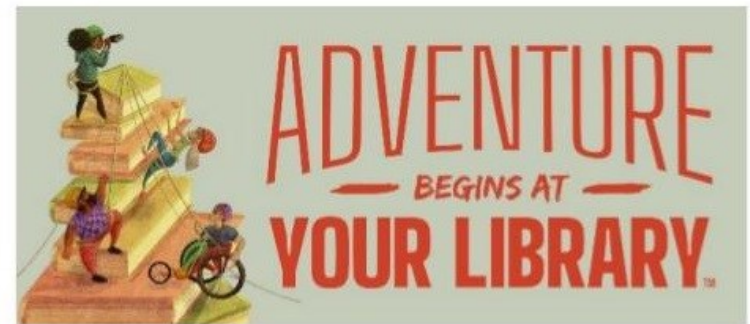
Sign ups will be held April 30th, May 28th and June 25th from 5:30-7:30pm at the rose room by Equity bank for the next football season.

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.



## **2024 Rose Hill Public Library Summer Reading Program!**

*All ages can receive prizes  
for reading! Sign up today!*

***Like us on FACEBOOK!***



306 N. Rose Hill Rd

(316) 776-3013

MON – THUR: 9AM – 7PM

& SAT: 9AM – 1PM



## ENTRANCE ROSE HILL RECREATION CENTER KIMBALL SCHOOL OF TAEKWONDO

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**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**

### Adult Co-Rec Softball League

This is a non-sanctioned recreation league. Bad sportsmanship will not be tolerated. League games will be played on Wednesday evenings. Teams must have a minimum of 4 females on the field during play. Team captains can sign up online for the team, or come into the RHRC office to register.

**Dates:** Wednesdays, starts August 7

**Time:** Games begin as early as 6pm

**Ages:** Players must be 16 years and older

**Location:** Shorty Cox Park, Waitt Field

**Fee:** \$225 per team

**Registration Deadline:** Tuesday, July 30

**Late Registration Cost:** \$250

Minimum of 5 teams or league will be cancelled.



### Adult Sip and Paint

Summer is coming to an end and what better way to spend an evening of relaxation! Grab your favorite beverage and join us as we paint this dragonfly scene. Participants must be 21+ and may bring a beverage of their choice.

**Dates:** Tuesday, August 6

**Time:** 6:30pm

**Location:** Community Room (101 S Rose Hill Rd)

**Ages:** 21 years and older

**Fee:** \$30

**Registration Deadline:** Thursday, August 1

**Late Fee:** \$40

**Instructor:** Kim Peck

Minimum of 6, maximum of 14 participants



**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 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.**



## Fitness Center Summer Special!

**20 % DISCOUNT**

**for RHRC 24-hour Fitness Center  
6 Months & Annual Memberships**

Special expires July 31, 2024

**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.

**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 5:15am - 6:15am in the RHRC Gym**  
**\$44 / month**



## 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.*

## 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:** Summer Session:  
June 1 - August 31

**Fee:** Free

**Contact:** colton@rosehillrec.com



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

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

**(316) 847-6115**

# 80% OFF

**Initial  
Treatment**

**Ready to get rid of those pests?  
Call today! Get 80% off your  
initial service with a regular plan.**



**ALL STAR**  
**Pest Control**





# RHRC Adult Fitness Classes

12

**Summer I Session: May 20 - July 11**  
**Summer II Session: July 22 - September 12**

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 7:00 - 7:50pm Street		Evening Yoga 7:00 - 7:50pm Wenger

## 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, Restore & Recover, 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)

This offer begins: Summer I - June 17

\$18 (1 times a week class)

Summer II - August 19

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

## 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 - Summer I Only**

### 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.

**Thursday, 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**

DR. NICHOLAS TROILO | DR. MARK TROILO

ROSE HILL



FAMILY DENTISTRY

106 E. YEAGER ST. ROSE HILL, KS 67133

ROSEHILLDENTAL.COM INFO@ROSEHILLDENTAL.COM

(316) 776-2144



Child Development Center & Preschool

[www.weerockets.net](http://www.weerockets.net)

For more information on  
enrollment call 316-776-9330

A mission of  
Rose Hill United Methodist Church

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A Mission of the Rose Hill United Methodist Church

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

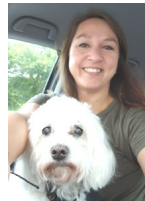


## RHRC Fitness Instructors



**Paula Hobson - Yoga, Cardio/Strength, Personal Trainer**

Paula is an ACE Certified Personal Trainer, NETA Certified Yoga Instructor, and an avid Belly dancer for many years. 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 onward 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.



# Rose Hill Recreation Information 14

## SUMMER RHRC HOURS

**May 24 - August 30**

Monday	7:30am - 5:00pm
Tuesday	7:30am - 5:00pm
Wednesday	7:30am - 5:00pm
Thursday	7:30am - 5:00pm
Friday	7:30am - Noon
Saturday	closed
Sunday	closed

*RHRC Office and Rec Center is closed daily from 12:00 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 Assistant**  
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**

**20 x 30 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



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Rose Hill, KS 67133

## OK KIDS DAY

OK Kids Day – **Outdoor Kansas for Kids Day** is designed to give kids of all ages a chance to experience the outdoors. Bring the whole family! This is FREE to everyone and includes a terrific Hot Dog Picnic.

**LOTS of PRIZES!**

**Saturday**

**June 22, 2024**

**9:00am - 2:00pm**

**At School St Pond**

Parking and entrance is located in the soccer field parking lot!

- Fishing event for kids
- Kayaking and Canoeing
- Archery
- Inflatables
- Horse Riding
- Disc Golf
- Tent Pitching and Camping Skills
- Kite Flying
- Games
- Animal and Wildlife Exhibits
- AMBUCs Hotdog Lunch
- And so much more!

*See details on page 7*

## RHRC Ice

## Cream Social

Join your friends and family and have some ice cream, compliments of the Rose Hill Recreation Commission! We will provide ice cream and entertainment; all you have to bring is your lawn chairs. We will have lots of fun, and more!

**Thursday, July 4, 8:00pm - dusk**

Stay to enjoy the  
**RHRC Fireworks!**



*Details on page 8*

## Theater, Art & Cooking Camp

This one is back by popular demand!

This is a 4-day camp that lets you bring out your creative side.

**Monday - Thursday**

**July 15 - 18**

**9:00 am - 12:00 Noon**

**Ages: 1st - 6th grades**

**Location: RHRC**

**Fee: \$49**

**Registration Deadline: Wed, July 10**

*See details on page 3*

## Father's Day Craft

**Create a fun gift for  
Dad!**

**June 11 \$20**

*See details on page 4*

**Check out all the  
Youth Camps  
throughout the  
Summer!!**

## Fitness Center Summer Special!

**20 % DISCOUNT**

**for RHRC 24-hour Fitness Center  
6 Months & Annual Memberships**

**Special expires July 31, 2024**

*See details on page 10*

## Blastball

**3 - 4 year olds**

**July 11 - Aug 1**

**\$29**

*See details on page 4*

## Aviate Trampoline Park Trip

**Wed, July 24**

**\$23**

**7 years old and older**

**Deadline: July 18**



*(See details on page 4)*

## SCHOOL'S OUT, DODGEBALL'S IN

Kick off the first week of Summer and join us for Dodgeball!!! No need to form a team, just show up! Best part yet... it's FREE!

**Tuesday, May 28  
10:30am—Noon**



*Details on page 3*