



Rose Hill Recreation Commission

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





RHRC HOURS

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

RHRC Office and Rec Center is closed daily  
from 12:00 Noon to 1:00pm for lunch

HAPPY HOUSE  
CHINESE RESTAURANT



202 E. Silknitter,  
Rose Hill, KS 67133

	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

☎ 316-776-7888  
316-776-7889



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.

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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

2

## Move to Learn

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

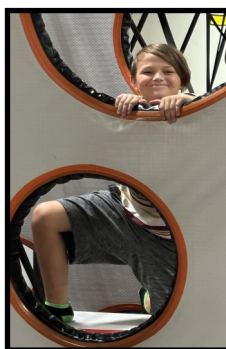
**Dates:** Tuesdays, October 22 - November 12  
**Ages:** Ages 18 months - 5 years old  
**Time:** 9:00 - 9:45 am  
**Location:** RHRC Gym  
**Fee:** \$25 for all 4 weeks  
 or \$8 for a daily drop in fee  
**Instructor:** Meggin DeMoss



## 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 theater under her belt, Andrea puts a new spin on choreography by thinking outside the box and straying from the normal dance routines.

**Dates:** Mondays, October 28 - December 16  
 (No Classes Nov 25)  
**Ages:** Grades K - 2nd  
**Location:** RHRC Studio  
**Time:** 6:00 - 6:45 pm  
**Fee:** \$40  
**Registration Deadline:** Thursday, October 24  
**Late Registration Fee:** \$50  
**Instructor:** Andrea Deschaine  
 Minimum of 4, maximum of 10 participants



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Pest Control





# 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:** Thursday, October 17  
**Time:** 10:30am - Noon  
**Ages:** 8 years and older  
**Location:** RHRC Gym



## Middle School Halloween Party

RHRC is dying to see you at it's Spook-tacular Halloween event with plenty of tricks and treats. Join us...if you dare! It's all fun and games, with prizes for best costumes!

All students attending must abide by the USD 394 dress code and RHRC rules. Parent chaperone volunteers welcome, please call RHRC if interested.

**Dates:** Friday, October 25  
**Time:** 5:00 – 7:00pm  
**Location:** RHRC Gym  
**Ages:** Middle School  
6 - 8 Grades ONLY  
**Fee:** \$5 at the door



## Paint Your Art Out - Kids' Halloween Class

This class is for young painters and curious kids who want to paint their crazy creative-ness on canvas, while having fun! Kids will have step by step instruction to paint this "Upside Down Bat".

All supplies provided: children may get messy so please dress appropriately.

**Dates:** Wednesday, October 16  
**Time:** 4:00 – 5:30pm  
**Location:** RHRC Art Room  
**Ages:** 1st—6th Grades  
**Fee:** \$19  
**Registration Deadline:** Sunday, October 13  
**Late Registration Cost:** \$29

Minimum of 8, maximum of 14 participants  
**Instructor:** Marcine Goodrum



## Pumpkin Painting with Bloom KS

Join the Bloom KS staff and paint your own pumpkin! We will provide the pumpkin and the supplies; all you have to bring is your creativity! Kids will be able to take their pumpkin home with them.

**Date:** Wednesday, October 23  
**Time:** 4:00 – 5:00pm  
**Ages:** 1<sup>st</sup> - 6<sup>th</sup> Grade  
**Location:** RHRC Art Room  
**Fee:** \$15  
**Registration Deadline:** Sunday, October 20  
**Late Registration Cost:** \$25

Minimum of 4, Maximum of 14 participants  
**Instructor:** Bloom KS Janet Harding and team



# EQUITY BANK®



# Youth Programs

4

## Youth Basketball League (3rd - 6th Grades)

An excellent opportunity for boys and girls to learn about and enjoy the game of basketball. Practices will start in December and games will be played on Saturdays in January, February, and March. Youth league will play against surrounding towns. Some travel will be required.

**Volunteer coaches are needed for this program!**

**Dates:** Saturdays in January, February, and March  
**Time:** Morning and early afternoon games  
**Ages/Fee:** 3/4 grades \$55 Late Fee: \$65  
5/6 grades \$55 Late Fee: \$65  
**Location:** League will play against surrounding towns.  
**Registration Deadline:** Sunday, November 24



## Rookie Basketball League (1st - 2nd Grades)

This league will focus on teaching the boys and girls the fundamentals of basketball while introducing the game environment. Practices will start in December and games will be played on Saturdays in January and February.

**Volunteer coaches are needed for this program!**

**Dates:** Saturdays in January and February  
**Time:** Morning and early afternoon games  
**Location:** All games will be played in Rose Hill  
**Ages:** 1st - 2nd grades  
**Fee:** \$37  
**Registration Deadline:** Sunday, November 24  
**Late Registration Cost:** \$47



## 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**

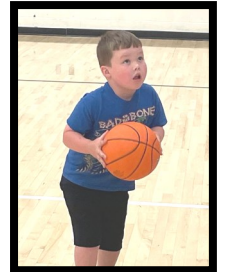
## Mini Hoopers Basketball (5 Years - Kindergarten)

This program will be instructional with half court games provided to add to the learning process. Sportsmanship is stressed along with the fundamentals of the sport. Coaches will have 1-2 practices during the weeks of the program.

Practices will start in December and games will be played on Saturdays in January and February.

**Volunteer coaches are needed for this program!**

**Dates:** Saturdays in January and February  
**Time:** Morning and early afternoon games  
**Location:** All games will be played in Rose Hill  
**Ages:** 5 years old - Kindergarten  
**Fee:** \$30  
**Registration Deadline:** Sunday, November 24  
**Late Registration Cost:** \$40





**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**

**BOOK BINGO: Saturday, August 24th @ 10:00 AM**

**Lego Day @NIGHT: Tuesday, September 24th 4PM - 6PM**

**READING WITH ROVER: Saturday, October 26th @10AM**

Rose Hill Junior Spirit Squad

*join  
our  
squad*

**DONT MISS SIGN UPS for the 2024 Basketball season!!!**  
Football season is already underway but we will have basketball sign-ups in November. Be on the lookout for a date coming soon! Program is for 1st - 6th grades in the 24/25 school year. Please follow us on Facebook @RHJSS, or email [rosehilljuniorcheer@yahoo.com](mailto:rosehilljuniorcheer@yahoo.com) for more information.



## Beginner Archery

This archery program is designed to train kids and introduce them to organized archery. We focus on form and safety, giving basics that will get students safely shooting, and a general feel for archery. Whether your child is just interested in archery for fun, or aspires to be the next World Champion, we can help them on the path to their goals.

**Dates:** Mondays, September 23 – October 28  
**Time:** 7:15 – 8:15pm  
**Location:** RHRC Gym  
**Ages:** 10 years and older  
**Fee:** \$45  
**Registration Deadline:** Thursday, September 19  
**Late Registration Cost:** \$55

Maximum of 12 participants  
**Instructors:** Wilbur Scott, Robert Johnston



## Monart Drawing Classes: African Animals

If you like to learn about animals, this is the class for you! Students will learn how to draw lots of interesting African animals including a rhino, cheetah, giraffe, crocodile, flamingo, zebra and lion. We'll use stylized and realistic drawing techniques to bring these unique creatures to life! In this sessions, students will use collage, painting, drawing and scratch art, whilst having fun exploring the African savannah.

**Dates:** Mondays, September 9 - October 28  
**Time:** 4:00 - 5:00pm  
**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)**



**Girls develop the skills to build confidence for life.**

Participants of all abilities embrace their inner strength and make meaningful connections with others.

### Volunteer Coaches Needed

Rose Hill Recreation  
 Tuesday/Thursday 3:30-5:00pm  
 Season starts: Week of September 23  
 End of Season 5k: Saturday, November 23

Register July 22-September 22

(Teams are limited to 20 girls and sites fill up fast, register early!)  
 Registration fee is based on household size and income and is determined during the online registration process. If your family qualifies for free lunch your fee is \$25; reduced lunch is \$35

**Register now!**

[WWW.GIRLSONTHERUNKS.ORG](http://WWW.GIRLSONTHERUNKS.ORG)

**QUESTIONS?**

GOTR Contact: CHRISTY THOMAS,  
[CHRISTY.THOMAS@GIRLSONTHERUN.ORG](mailto:CHRISTY.THOMAS@GIRLSONTHERUN.ORG)

**SIGN UP!**



**Edward Jones**

[edwardjones.com](http://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

Member SIPC





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**Doug Mowder**  
Agent

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Rose Hill, KS 67133-9200

Bus: 316-776-0558  
doug@doug-mowder.com  
www.doug-mowder.com



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company,  
State Farm General Insurance Company, Bloomington, IL  
State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX  
State Farm Florida Insurance Company, Winter Haven, FL



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

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





# RHRC Community Events

7

**New!!**

## RHRC Fall Fest Lego Showcase

Unleash your creativity and join our All-Ages Lego Contest! This is your chance to display your building skills and imagination with no limitations. Whether you're a seasoned builder or just starting out, everyone is welcome to participate. **FREE!**

**Date:** Friday, October 11  
**Time:** 5:30pm (During the Chili Feed)  
**Ages:** Preschool - Adult  
**Location:** Rose Hill Multipurpose Gym

Call RHRC office 776-9880 for more details or to register.

For complete rules and regulations visit:  
[rosehillfallfestival.com/forms](http://rosehillfallfestival.com/forms)



**New!!**

## RHRC Fall Festival Bike Round-Up

As part of this year's exciting parade festivities, we're hosting a special Bike Round-Up! Decorate your bike and ride in the Fall Festival Parade. Grab your friends and family and join in on the fun! RHRC Bike Tags included. **FREE!**

### **Parent Volunteers Needed**

**Date:** Saturday, October 12  
**Time:** 10:30am  
**Ages:** All Ages  
**Location:** Rose Hill High School Parking Lot  
**Pick Up:** Advena Living at Fountainview Parking Lot

Call RHRC office 776-9880 to register.



## RHRC Turtle Races

Round up your turtles and put on their racing shoes! Prizes will be given to each heat winner and overall 1st to 3rd place. Please do not paint your turtles. We will mark the turtles on race day. Youth only! **FREE!**

**Date:** Saturday, October 12 south of the Rec Center  
**Registration time:** 1:00pm  
**Start time:** 1:30pm

T-Shirts will be given to youth turtle racers while supply lasts.



Start perfecting your chili and be sure to register for the cook-off, which will coincide with the Emergency Services Chaplains Chili Feed.

Awards for winning chili!

**Friday, October 11  
5:30pm**

**Rose Hill Multipurpose Gym**

Call RHRC office 776-9880  
for more details or to register.

## RHRC Community Picnic

Don't miss out on all the fun! Join us for an afternoon of food, fun and prizes. Bring your lawn chair and make sure you have a Fall Festival button!

**Date:** Sunday, October 13  
**Time:** 11:30am - 1:00pm  
**Location:** School Street Pond Park

**Each person must have a Fall Festival Button to eat or enter the raffle. Must be present to win.**

## 12th Annual Fishing Derby

All ages welcome! Space is limited to 200 poles!

\$10 per pole if registered by October 9th

**Date:** Sunday, October 13

**Registration/Check-In:** 12:00 -1:00pm

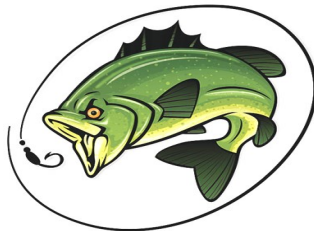
**Event:** 1:00 - 3:00pm

**Location:** East Side of School

Street Pond

**Parking:** Shorty Cox Parking Lot

Lots of prizes including a  
\$500 GRAND PRIZE!



# Rose Hill Fall Festival

## October 11th-13th 2024

•carnival •parade •car show •street dance  
•craft show •family games & more



## Puzzle Mania

Puzzle Mania is back! Teams will consist of 2-4 people. Teams will race to put together a 500 piece Winter themed puzzle. You will be given 2 hours to complete the puzzle. Prizes will be given out to the winning teams. Your team can take home the puzzle after the competition!

**Date:** Saturday, December 7  
**Time:** 2:00 - 4:00pm (Check in at 1:45pm)  
**Ages:** All ages  
**Location:** RHRC Gym  
**Fee:** \$35 per team  
**Registration Deadline:** Sunday, December 3  
**Late Registration Cost:** \$45



Save the date:

Rose Hill

Hometown

Christmas

2024

Saturday,

December 14

Stay Tuned For Our Fitness Center  
Hometown Christmas Special!!

## Hometown Holiday Hustle

### Family Style Fun Run

Saturday, December 14

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, December  
4 to guarantee a shirt.



Est 2014

## South Central Punishers Wrestling Club

**\*\* 4 USA Wrestling Greco Roman National Champions\*\***

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

**\*\* 37 USA Wrestling Freestyle All Americans\*\***

**\*\* 37 USA Wrestling Greco Roman All Americans\*\***

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

**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: Fall Pre-Season Sessions

When: Starting on September 5th

Where: Punisher Training Facility

Days: Monday-Thursday & Sunday (6:00-7:30pm Mon-Thurs and Sunday afternoon)

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 during October and season begins in early November



Coch Tony Ponce

2007 NCAA All American

2005 Labette National Championship Team Member

Dana College & Midland University Grad Asst Coach

B.S. Dana College

# Family and Adult Programs

9

## Sunflower Wreath

Join us this Fall to make a beautiful Sunflower Wreath! Gather your friends/family and bring your favorite snack! All supplies included.

**Date:** Tuesday, October 22  
**Time:** 6:30pm  
**Location:** RHRC Art Room  
**Ages:** 16 years and older  
**Fee:** \$30  
**Registration Deadline:** Thursday, October 17  
**Late Registration Cost:** \$40  
**Instructor:** Kim Peck

Minimum of 6, Maximum of 14 participants  
Instructor: Kim Peck—Kim's Artsy Things



## 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, October 20  
**Time:** 1:00 - 5:00pm  
**Location:** RHRC East Room  
**Ages:** 16 years and older  
**Fee:** \$40  
**Registration Deadline:** Tuesday, October 15  
**Late Registration Cost:** \$50

Minimum of 5, Maximum of 10 participants  
Instructor: Beth Pompa



## RHRC Adult Cornhole League Switcholio

Switcholio is a blind draw round robin in which players get a new partner for every game. Each player will play 3-4 games per night. Your individual points will be kept for the league standings and the overall winners will receive prizes. You will sign up as an individual. Four weeks of league followed by a tournament. Must play at least two weeks to qualify for the tournament. All skill levels welcome!

You are welcome to use your own bags but we will have a few extra as well.

**Dates:** Wednesdays, beginning October 23  
**Time:** 6:30pm  
**Location:** RHRC Gym  
**Ages:** 16 years and older  
**Fee:** \$20 per player  
**Registration Deadline:** Sunday, October 20



# 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

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



# 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/)



## 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**

## 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.*



**FITNESS BOOTCAMP**

**Get Signed Up: Register directly at**  
**Bootcampwichita.com**

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



what's the dirt?

Phone: 316-655-1067

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

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.



# Wee Rockets

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

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



# RHRC Adult Fitness Classes

12

## Fitness Classes Fall Session: September 23 - November 14

### 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, Belly Dancing, and Restore & Recover

\$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: October 21*

\$18 (1 times a week class)

## 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**

### 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**

### 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**

### 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.**

**Gerald Amato**  
Agency, Inc.



**687-4884**

**Wichita**

**776-8920**

**Rose Hill**

**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, 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, 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.



**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.

## *Truly Amazing Catering*

**Trudi Mankins**  
 316-655-8508

**Sydney Mankins**  
 316-253-8626



**trulyamazingcatering@gmail.com**



# 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 1:00pm 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	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.MACCARTHY84@GMAIL.COM
RH BOY SCOUTS	SHAWN THOMISON	316.258.6982	SHAWN2334@GMAIL.COM
RH CUB SCOUTS	ERIC NICKELSON	316.558.2769	ERNICKELSON@YAHOO.COM

Carrier Pre-Sort

Non-Profit Organization



ROSE HILL POSTAL PATRON

U.S Postage Paid

PERMIT # 19

Rose Hill, KS 67133

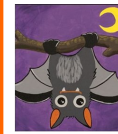
## Youth Basketball Leagues

<u>League</u>	<u>Ages</u>	<u>Registration Deadline</u>
Mini Hoopers	5 years old - K	Nov 24
Rookie	1st - 2nd Grades	Nov 24
Youth League	3rd - 4th Grades	Nov 24
Youth League	5th - 6th Grades	Nov 24

*Volunteer coaches are needed for these leagues!*

*Details on page 4*

## Paint Your Art Out Kids' Halloween Class



**Wednesday, Oct 16**  
**4:00 - 5:30pm**  
**1st — 6th Grades**

**\$19** *Details on page 3*

## Middle School Halloween Party

Friday, Oct 25

5:00 - 7:00pm

Middle School: 6 - 8 Grades Only

\$5 cash at the door

*Details on page 3*

## Move to Learn

Tuesdays, 9:00 - 9:45am

Starting: Oct 22nd

**18 months to 5 years old**

**\$25**

*Details on page 2*

## RHRC Cornhole Switcholio

Wednesdays, beginning Oct 23

16 years and older

**\$20 per person** *Details on page 9*

## Pumpkin Painting with Bloom KS

Wednesday, Oct 23

4:00 - 5:00pm

1st - 6th Grades

**\$15** *Details on page 3*

## Puzzle Mania

Saturday, Dec 7

2:00 - 4:00pm

All Ages

**\$35 per team**

*Details on page 8*

## Monart Drawing Classes:

### African Animals

Mondays, Sept 9 - Oct 28

Time: 3:45 - 4:45pm



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

*Details on page 5*

## Beginner Archery

Mondays

Sept 23 - Oct 28

7:15 - 8:15pm

10 years and older

**\$45**

*Details on page 5*

## Holiday Hustle Fun Run

Saturday, December 14

**Check In = 8:30am**

**Run Start = 9:00am**

*Details on page 8*



## Schools Out, Dodgeball's In

**It's Free!!**

Thursday, October 17

10:30am-noon

8 years and older

*Details on page 3*