



Rose Hill Recreation Commission

316-776-9880 www.rosehillrec.com

Winter 2024-2025



RHRC Holiday Office Schedule:

Thanksgiving:	Thursday, November 28	Closed
	Friday, November 29	Closed
Christmas:	Tuesday, December 24	Closed
	Wednesday, December 25	Closed
New Year's:	Wednesday, January 1	Closed

Just in case of a mistake

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

We thank you in advance for your patience!

Program Cancellation Policy

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

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

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



HAPPY HOUSE CHINESE RESTAURANT



OPEN HOURS

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

202 E. Silknitter,
Rose Hill, KS 67133

☎ 316-776-7888
316-776-7889

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Rose Hill Recreation Commission Scholarship Policy

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

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

Youth Soccer League

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

Volunteer Coaches are needed for this program!

Dates: Saturdays March 29 – April 26 (Weeknight games instead of April 19)
Time: Morning and early afternoon games
Ages/Fee: Pre-K \$30
 K-1st \$35
 2nd-3rd \$40
 4th-6th \$40

Registration Deadline: Sunday, February 23



Intermediate Archery

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

Dates: Mondays, January 27 - March 3
Time: 7:15 – 8:15pm
Location: RHRC Gym
Ages: 10 years and older
Fee: \$45
Registration Deadline: Thursday, January 23
Late Registration Cost: \$55

Maximum of 12 participants
 Instructors: Wilbur Scott, Robert Johnston



Free Throw Contest

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

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



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: Tuesday, December 31
 Thursday, February 27
Time: 10:30am
Ages: 8 years and older
Location: RHRC Gym



Rose Hill Junior Spirit Squad

*join
our
squad*

DONT MISS SIGN UPS for the 2025 Basketball season!!!

Join us 11/21 from 6-7:30 at the Rose Hill community room, 101 S Rose Hill Rd to sign your child up for winter cheer. Program is for 1st -6th grades in the 24/25 school year. Please follow us on Facebook @RHJSS, or email rosehilljuniorcheer@yahoo.com for more information.

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

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: Session 1: Tuesdays, January 7 - January 28
Session 2: Tuesdays, February 11 - March 4
Ages: Ages 18 months - 5 years old
Time: 9:00 - 9:45am
Location: RHRC Gym
Fee: \$25
Drop In Fee: \$8
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 theatre under her belt, Andrea Deschaine puts a new spin on choreography by thinking outside the box and straying from the normal dance routines.

Dates: Mondays, January 13 - March 3
Ages: K - 2nd Grades
Time: 6:00 - 6:45pm
Fee: \$45
Registration Deadline: Thursday, January 9
Late Registration Fee: \$55
Instructor: Andrea Deschaine
Minimum of 4, maximum of 10 participants in each class





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

UPCOMING EVENTS!






STORY TIME! >>> Mondays @ 10:00 AM

BOOK CLUB! >>> Third Thursdays @ 7:00 PM

Sample Saturday with Pumpkin!: Saturday, Nov. 23rd 10AM - 12PM

Medicare 101: Tuesday, December 3rd @6:00 PM

Christmas Craft & Story Time: Saturday, December 14th @11:00 AM

Holiday Morning Movie: Saturday, December 21st @10:00 AM



EQUITY BANK®

Youth Basketball Leagues

Volunteer coaches needed in all ages!

Registration Deadline Sunday, November 24!!!

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



Monart Drawing Classes: Animals Nobody Loves

Students will draw, paint, sculpt and collage weird, gross or slightly unlovable animals such as a Man-of-War, hyena, vulture, tarantula, rattlesnake, great white shark and scorpion. In this session we will reveal the truth about natures' most misunderstood animals and let our students decide what to really think about natures grossest, fiercest, and most fascinating survivors.

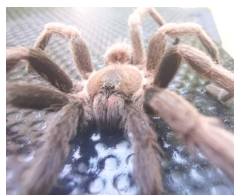
Dates: Mondays, Jan 27 – Mar 24 (No classes March 17)

Time: 3:45 - 4:45pm

Location: RHRC Art Room

Ages: 1st – 6th Grades

Fee: \$95 for all 8 weeks



REGISTER at: www.theartparkwichita.com/classes



Daddy Daughter DATE NIGHT

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

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

Date: Saturday, February 8

Time: 6:00 - 8:30pm

Ages: All Ages

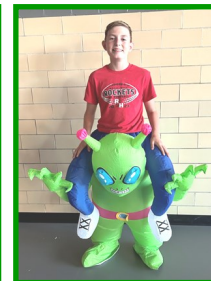
Location: RHMS Multipurpose Gym (201 E School St)

Fee: \$39 per couple, \$15 for each additional daughter

Registration Deadline: Sunday, February 2

Late Registration Cost: \$49 per couple, \$20 for each additional daughter

Note: This event will have limited space, so sign up early



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Agent

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www.dougmowder.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



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
Air Force Team Member (Olympic Training Center)
BS University of Minnesota MS Troy University



What: Folkstyle Wrestling Season

When: Started on November 4th

Where: Punisher Training Facility and Rose Hill High

Days: Monday-Thursday

James (316) 650-9338

Email: scpunishers@gmail.com

Website: www.southcentralpunishers.com

Facebook: South Central Punisher Wrestling Club

Contact James for details for regular season sign-ups



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

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, 2025
 Softball – Age as of December 31, 2024

Registration Deadline: Sunday, March 23

\$10 Late Fee starts Monday, March 24 if there are spots available



Youth Track Program

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

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

These events will be offered at the meet:

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

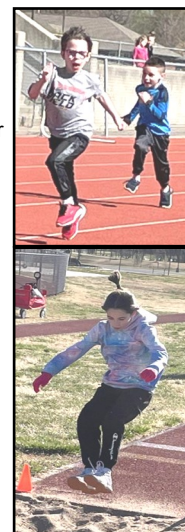
Dates: *We are still working on dates/times for this event. Check our Facebook and Website at a later date!*

Ages: 4 years old to 6th grade

Location: RHHS Track

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

Instructor: Coach Brandon Barger and Staff



Age Divisions:

Fee:

Age Divisions:

Fee:

Baseball:

7-8 Machine Pitch \$65

10U \$70

12U \$70

14U \$80

Softball:

7-8 Machine Pitch \$65

10U \$70

12U \$70

14U \$80

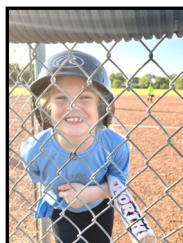
Coach Pitch Baseball League

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

Dates: April – June
Ages: 5 - 6 years old
Fee: \$40

Registration Deadline: Sunday, April 13

Late Fee: \$50



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

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

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Pest Control



RHRC's Great Egg Dash

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

Saturday, April 19

1:00pm at Shorty Cox Park

Dashers need to be 9 years old or younger.

Don't be late!!



Hope Connections

Let us give you a hand up.

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

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

hopeconnectionsbutler@gmail.com

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

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Truly Amazing Catering

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



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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



ROSE HILL HOMETOWN CHRISTMAS

Sat. Dec. 14th

A holly jolly good time!!!

Rose Hill Hometown Christmas Saturday, December 14, 2024

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

- Christmas Breakfast*
- Holiday Hustle Fun Run*
- Pictures with Santa and Letters to Santa*
- Ugly Sweater Contest*
- RHRC Fitness Center Open House*
- Gingerbread House Construction*
- Crafts & Ornament Making, Cookie Decorating*
- Silent Auction and Bidding*
- Vendor Marketplace & Craft Fair*
- Story Time on Candy Cane Lane*
- Historical Museum Open House & Blacksmith*
- Bonfire and hot dogs with the Boy Scouts*
- Horses and Carriages*
- North Pole Petting Zoo*
- Raffles & Drawings*
- Holiday Parade*
- NEW!! Live Reindeer Encounter*
- And so much more!*
- More Details on Facebook:
Rose Hill Hometown Christmas*

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Financial Advisor
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Rose Hill, KS 67133
316-669-8532

MKT-58940-A-A1 AECSPAD 23480561

OPEN HOUSE

RHRC Fitness Center!

Saturday, December 14, 2024

9:00 - 11:30am

Hometown Christmas

Special pricing offered
during this event!!

Elf Scavenger Hunt Fitness Challenge

Join us for the Elf Scavenger Hunt Fitness Challenge around the School-Street Pond! This festive family-friendly event invites participants of all ages to come out, explore, and get moving. This challenge will have you on the lookout for hidden elf clues and surprises, each one guiding to the next location. Expect a mix of fun fitness challenges at each stop that are suitable for all fitness levels.

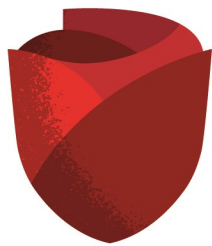
Date: Saturday, December 7
Time: 10:00am
Location: School Street Pond
(Building & Grounds Parking Lot)
Fee: FREE!!
Instructor: Colton Waters



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 at the start of the pond.

Dates: Friday's in March
Time: 10:00am
Location: School Street Pond
(Soccer Field Parking Lot)
Fee: FREE!!
Instructor: Colton Waters



ROSE HILL
Chamber of Commerce

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#ShopRoseHill

*Visit your
Members Here!*



rosehillchamber.org/members

CPR Training

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

Dates: Sunday, February 23
Time: 1:00 - 5:00pm
Location: RHRC East Room
Ages: 16 years and older
Fee: \$40
Registration Deadline: Tuesday, February 18
Late Registration Cost: \$50

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



Adult Sip and Paint

Start the year off with your closest friends with a guided painting class! Grab your favorite beverage and join us as we paint this Winter scene. Participants must be 21+ and may bring a beverage of their choice.

Date: Thursday, January 16
Time: 6:30pm
Location: Community Room (101 S Rose Hill Rd)
Ages: 21 years and older
Fee: \$30
Registration Deadline: Sunday, January 12
Late Registration Cost: \$40

Minimum of 6, Maximum of 14 participants
 Instructor: Kim Peck



Adult Co-Rec Indoor Volleyball League

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

Dates: Wednesdays, beginning January 15
Time: Games may begin as early as 6:00pm
Location: Rose Hill High School Gym
Ages: 16 years and older
Fee: \$85
Registration Deadline: Wednesday, January 8
Late Registration Cost: \$100

Minimum of 4 teams, Maximum of 8 teams



Gerald Amato

Agency, Inc.



687-4884

Wichita

776-8920

Rose Hill



what's the dirt?

Phone: 316-655-1067

Email: contact@wichitadirtco.com

facebook.com/wichitadirt

Website: www.wichitadirtco.com

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

Contact us for your topsoil, compost and regrading needs.

RHRC 24-Hour Fitness Center



Fitness Center Includes:

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

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

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
- * 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/



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- *Before & after school care for Ages 5-12*

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Rose Hill, KS

We would love for you to be part of our family!

24-Hr Fitness Center Winter Special

Check out these great winter prices:

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

- * Normal registration process required
- * \$10 for each key fob
- * Not combined with any other discount
- * Auto payment not available
- * Offer expires January 31, 2025

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.*

You're Invited

316-250-7150
 info@fcrosehill.com
 www.fcrosehill.com
 facebook.com/fcrosehill
 Pastor Gayle Tenbrook

Sunday Mornings
Coffee 9:30
Worship 10:00



Loving Jesus - Serving The Hill

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

Winter 3-Week Mini Session December 2 - December 19, 2024 Winter 10-Week Session January 6 - March 13, 2025

Pricing for 10-Week Winter Session:

Drop-In Fee

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

Cardio/Strength, Morning & Evening Yoga

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

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

\$35 per session

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

\$35 (2 times a week class)

\$18 (1 times a week class)

This offer begins February 10, 2025

Class Descriptions:

Belly Dancing

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

Tuesdays, 7:00 - 7:50pm

Cardio and Strength

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

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

Evening Yoga

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

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

Morning Yoga

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

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

Strength and Flexibility

This 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.

Tuesdays, 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 (Winter Session)

3-Week Mini Session

December 2 - December 19, 2024

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

Drop-In Fee for any class: \$5

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

10-Week Winter Session January 6 - March 13, 2025

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

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

ENTRANCE
ROSE HILL RECREATION CENTER

KIMBALL SCHOOL OF TAEKWONDO

**BUILD A
BETTER TOMORROW**

www.rosehillrec.com

316-312-0255

Join us for a free class.

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, 6:00 - 7:30pm

Thursdays, 6:30 - 7:30pm

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



RHRC Fitness Instructors



Paula Hobson - Yoga, Cardio/Strength, Personal Training

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



Kim Wenger - Yoga

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



Kristal Burnison - Zumba

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



Amy Racchini - Strength/Flexibility, Cardio/Strength

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



Raven (Melody Street) - Belly Dancing

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



Stacy Dinicola - Restore/Recover

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



Get Signed Up: Register directly at

Bootcampwichita.com

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

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

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 2nd Wednesday of each month at 6 pm.
Please use East Door.

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

Phone #: 776-9880
www.rosehillrec.com

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

Rent the Rec

Rental Prices:

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

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

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

COMMUNITY GROUP CONTACTS

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

Youth Basketball Leagues

<u>League</u>	<u>Ages</u>	<u>Registration Deadline</u>
Mini Hoopers	5 years old - K	Nov 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

Holiday Hustle Fun Run

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

Saturday, December 14

Check In = 8:30am

Run Start = 9:00am

Details on page 7

24-Hr Fitness Center

Winter Special

Check out these great winter prices:

<u>Package:</u>	<u>Individual:</u>	<u>Family:</u>
1 month	\$22	\$32
6 month	\$92	\$164
12 month	\$164	\$305

- * Normal registration process required
- * \$10 for each key fob
- * Not combined with any other discount
- * Auto payment not available
- * Offer expires January 31, 2025

Details on page 11

Intermediate Archery

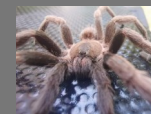
**Mondays,
Jan 27-Mar 3
7:15 - 8:15pm
10 years and older**

\$45 *Details on page 2*

Monart Drawing Classes:

Animals Nobody Loves

Mondays, Jan 27 - Mar 24
Time: 3:45 - 4:45pm
Age: 1st-6th Grades
Fee: \$95



REGISTER at
www.theartparkwichita.com/classes

Details on page 4

Youth Soccer League

**Saturdays
March 29 — April 26
Pre-K — 6th Grade**

Details on page 2

Move to Learn

Tuesdays, 9:00 - 9:45am

Session 1: Jan 7 - Jan 28

Session 2: Feb 11 - Mar 4

18 months to 5 years old

\$25

Details on page 3



Daddy Daughter DATE NIGHT

Details on page 4

Check out our upcoming adult programs:

Co-Rec Indoor Volleyball League (beginning in January),
Adult Sip and Paint (Jan 16th),
CPR Training (Feb 23rd).

Details on page 9