



Rose Hill Recreation Commission

316-776-9880 www.rosehillrec.com

Winter

2025-2026

RHRC Holiday Office Schedule:

Thanksgiving:	Thursday, November 27	Closed
	Friday, November 28	Closed
Christmas:	Wednesday, December 24	Closed
	Thursday, December 25	Closed
New Year's:	Thursday, January 1	Closed

Just in case of a mistake

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

We thank you in advance for your patience!

Program Cancellation Policy

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

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

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



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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GENERAL INFO

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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 April and early May. 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 28 – April 25 (Weeknight games instead of April 4)
Time: Morning and early afternoon games
Ages/Fee: Pre-K \$30
 K-1st \$35
 2nd-3rd \$40
 4th-6th \$40

Registration Deadline: Sunday, February 15



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 5 - February 9
Time: 7:15 – 8:15pm
Location: RHRC Gym
Ages: 10 years and older
Fee: \$45
Registration Deadline: Friday, January 2
Late Registration Cost: \$55

Maximum of 12 participants
 Instructors: Wilbur Scott, Robert Johnston



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 5 – February 23
Ages: K - 2nd Grades
Time: 6:00 - 6:45pm
Fee: \$45
Registration Deadline: Friday, January 2
Late Registration Fee: \$55
Instructor: Andrea Deschaine
 Minimum of 4, maximum of 10 participants in each class



School's Out, Dodgeball's In

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

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

Dates: Monday, December 22
 Thursday, February 26
Time: 10:30am
Ages: 8 years and older
Location: RHRC Gym



Rose Hill Junior Spirit Squad

*join
our
squad*

Join us in 2026!

Please join us in 2026. Sign-ups will be held in April, May and June for the fall football season.

We can not accept late registrations.

Need time to pay? Ask about payment plans.

Must be in grades 1st-6th for the 26-27 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

Tumbling for Tots

Most children have been practicing their own version of tumbling since they could crawl. We help toddlers as young as 18 months learn motor skills and social skills in a safe, creative setting - with the help of parent participation. Older children up to 5 years old can develop coordination and confidence through floor and balance beam gymnastic lessons. It's a fun, positive experience with lots of one-on-one guidance. Form fitting clothes are recommended.

Dates: Wednesdays, January 14 - February 11
Time: 18 months - 2 years old 5:30pm - 6:00pm (with Parent)
3-4 years old 6:05pm - 6:35pm
5-6 years old 6:40pm - 7:10pm

Location: RHRC Gym
Fee: \$30 **Late Registration:** \$40

Registration Deadline: Sunday, January 11

Instructor: Morgan Smith

Minimum of 4, Maximum of 10 participants per class



Elementary Tumbling

Elementary students can begin to learn more advanced skills on the floor as well as learn teamwork. We will mostly focus on beginner floor tumbling skills and routines. While touching on the basics of bars and balance beam. These students will learn body control and improve coordination.

Dates: Wednesdays, January 14 - February 11

Time: 7:15pm - 8:00pm

Location: RHRC Gym

Ages: 7-9 years old

Fee: \$35

Registration Deadline: Sunday, January 11

Late Registration Cost: \$45

Instructor: Morgan Smith

Minimum of 4, Maximum of 10 participants



EQUITY BANK®



Daddy Daughter DATE NIGHT

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 7

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 1

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

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

Kids Winter Paint Class

This class is for young painters and curious kids who want to paint their crazy creativeness on canvas, while having fun! Kids will have step by step instruction to paint this Winter Fox Scene!

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

Dates: Tuesday, January 20

Time: 3:45 - 4:45pm

Location: RHRC Art Room

Ages: 1st – 6th Grades

Fee: \$19

Registration Deadline: Thursday January 15

Late Fee: \$29

Instructor: Kim Peck

Minimum of 6, Maximum of 14 participants



Good neighbors make the difference

Being a good neighbor means being there for my community. As your local State Farm® agent, I'm ready to help whenever you need me. Give me a call.

Doug Mowder

Agent
1000 N Rose Hill Road
Rose Hill, KS 67133-9200

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

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Bloomington, IL



Est 2014

South Central Punishers Wrestling Club

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

****2 USA Wrestling Freestyle National Champion**

**** 39 USA Wrestling Freestyle All Americans****

**** 40 USA Wrestling Greco Roman All Americans****

**** 38 USAW Kansas Triple Crown Winners ****

**Recognized USA Wrestling Top 50 Club in the country
2018-2019-2020-2021-2022-2023**

C Coach James Bilby
Folkstyle/Greco Freestyle State Champion
High School All American
All Air Force Team Member (Olympic Training Center)
BS, University of Mississippi, MS, Troy University



What: Fall Pre-Season Training

When: Post Labor Day; starting that week

Where: Punisher Training Facility

Days: TBD (Twice a week)

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



C Coach Tony Ponce
2007 NIAA All American
2005 Labette National Championship Team Member
Dana College & Maland 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 May 1, 2026
 Softball – Age as of August 31, 2025

Registration Deadline: Sunday, March 22

\$10 Late Fee starts Monday, March 23 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

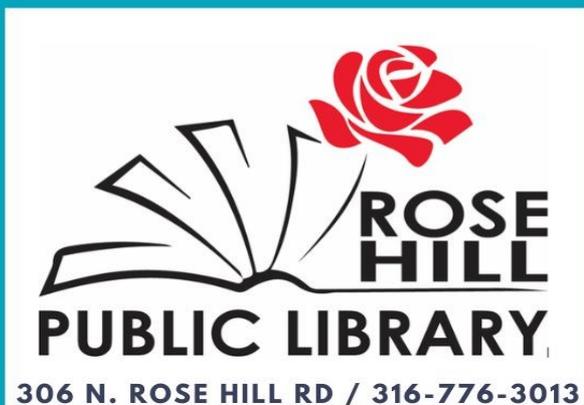
Coach Pitch Baseball League

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 12

Late Fee: \$50



MON - THUR 9 AM - 7 PM & SAT 9 AM - 1 PM

Free Library Cards!

COMPUTERS * PRINTING * FAXING * FREE NOTARY * WIFI
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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's Great Egg Dash

It's time to hop on over for another Egggg-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 4

1:00pm at Shorty Cox Park

Dashers need to be 9 years old or younger.



Hope Connections

Let us give you a hand up.

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

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

hopeconnectionsbutler@gmail.com

Rose Hill United Methodist Church

19559 SW Butler Road, Rose Hill, 67133

316-247-9049

Follow us on Facebook

Connect Love Serve

You DON'T
have to live
with bugs.

- ▶ Inside pests
- ▶ Outside pests
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- ▶ Wasps & hornets
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ALL STAR

Pest Control

Hometown Holiday Hustle

Family Style Fun Run

Saturday, December 13

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 3 to guarantee a shirt

ROSE HILL HOMETOWN CHRISTMAS Saturday, Dec. 13

A holly, jolly good time!



Rose Hill Hometown Christmas Saturday, December 13, 2025

*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*
 - Holiday Parade*
 - 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*
 - Horses and Carriages*
 - North Pole Petting Zoo*
 - Raffles & Drawings*
 - And so much more!*
- More Details on Facebook:
Rose Hill Hometown Christmas*

Truly Amazing Catering

Trudi Mankins
316-655-8508

Sydney Mankins
316-253-8626



trulyamazingcatering@gmail.com

RHRC Fitness Center OPEN HOUSE!

Saturday, December 13, 2025
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.

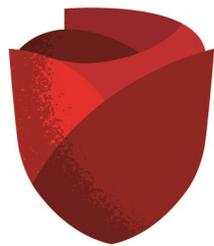
Date: Saturday, December 6
Time: 10:00am
Location: School Street Pond
(Building & Grounds Parking Lot)
Fee: FREE!!
Instructor: Colton Waters



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

SUPPORT LOCAL
#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 22
Time: 1:00 - 5:00pm
Location: RHRC East Room
Ages: 16 years and older
Fee: \$40
Registration Deadline: Tuesday, February 17
Late Registration Cost: \$50

Minimum of 5, Maximum of 10 participants

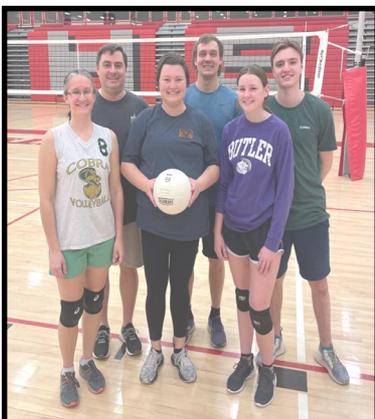


Adult Co-Rec Indoor Volleyball League

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 14
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 7
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/



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.*

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 30, 2026

You're Invited

316-841-8552
 info@fcrosehill.com
 facebook.com/fcrosehill
 fcrosehill.com
 Pastor Ryan Reach

Sunday Mornings
Coffee 9:30
Worship 10:00



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



Advena

LIVING AT FOUNTAINVIEW

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



Call Liberty for a tour: 316-305-6484

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

Winter 3-Week Mini Session December 1 - December 18, 2025 Winter 10-Week Session January 5 - March 12, 2026

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 9, 2026

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 (Mini Session)

Zumba

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

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

3-Week Mini Session

December 1 - December 18, 2025

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 5 - March 12, 2026

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			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

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 - 7:30pm

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
Nate Hills, Member

Jason Steadman, Superintendent
jason@rosehillrec.com

Josh Meyer, Programs Director
josh@rosehillrec.com

Colton Waters, Fitness Director
colton@rosehillrec.com

Erin Hathaway, Administrative Asst.
erin@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	MICHAEL ALLARD	316.648.6959	VISIT OUR FACEBOOK PAGE!
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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PERMIT # 19

Rose Hill, KS 67133

Youth Baseball/Softball

<u>League</u>	<u>Ages</u>	<u>Registration Deadline</u>
Machine Pitch	7-8 Years Old	March 22
10U	9-10 Years Old	March 22
12U	11-12 Years Old	March 22
14U	13-14 Years Old	March 22

Volunteer coaches are needed for these leagues! Details on page 5

Holiday Hustle Fun Run

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

Saturday, December 13

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 30, 2026

Details on page 11

Intermediate Archery

Mondays,

Jan 5-Feb 9

7:15 - 8:15pm

10 years and older

\$45 *Details on page 2*

Elf Scavenger Hunt

Fitness Challenge

Date: Saturday, Dec 6

Time: 10:00 am

Details on page 8

Youth Soccer League

Saturdays

March 28 — April 25

Pre-K — 6th Grade

Details on page 2

Great Egg Dash

Saturday, April 4

1:00pm

9 years and younger

Details on page 6



Daddy Daughter
DATE NIGHT

Details on page 4

Check out our upcoming adult programs:

Co-Rec Indoor Volleyball League (beginning in January),
CPR Training (Feb 22).

Details on page 9