

Activity Guide

2024 Summer

Youth Classes/Camps

Child and Babysitting Safety

The Child and Babysitting Safety (CABS) program from ASHI gives teenagers and young adults everything they need to know for safe and successful babysitting. The course includes information on getting started as a babysitter, dealing with parents and children, caregiving tips, and safety lessons, including choking and minor first aid. *Please note, this does not include CPR.*

This class is perfect for youth interested in a babysitting business, or who have responsibility for younger family members. Certificates will be awarded to participants upon completion of the class.

Instructor: D'ana Heinlein

Location: Buhler Wellness Center

Date: W 5/22

Ages: 10 & up

Registration Deadline: 5/20

Time: 1-4:30pm

Fee: \$45

Min. 3/Max. 20

Soccer Camp

This camp is just right for your young soccer player! BHS Soccer coaches and players will make sure each player wants more. Activities will be developmentally based to give each player, beginner or returner, the opportunity to learn the basics of soccer in a fun, no stress environment. Come join us for 3 days of soccer, fun, and learning. Campers will receive a t-shirt! Campers are responsible for bringing cleats/tennis shoes and a water bottle.

Instructor: Randall Rank and Josh Tafolla

Location: Wheatland Park Soccer Field

4-7 Camp **Date:** M-W 6/10-6/12

Ages: 4-7

Registration Deadline: 5/30

Time: 6-6:45pm

Fee: \$25

8-12 Camp **Date:** M-W 6/10-6/12

Ages: 8-12

Registration Deadline: 5/30

Time: 7-8pm

Fee: \$25

***Rain Out Plan:** Campers are guaranteed 2 days of camp. The 1st rain out day will not be made up. If a 2nd/3rd day is rained out, instructors will work on establishing a make up date.

Kids N' Culinary

Young chefs will have a blast while building a lifelong skill! Each chef will learn to recognize and use kitchen appliances, practice following recipes, learn food/kitchen safety, and gain confidence while baking and cooking.

Camp Aprons: Returning campers are encouraged to bring their Camp Apron from last year so instructors can add another year on it! If this is your child's first camp, please state that in the registration notes so we can have a new apron ready for them.

Instructor: Kimberly Cottam

Location: Buhler High School FACS room (1 door N. of the Main entrance along Main St.)

K-3 Camp **Date:** M-Th 6/17-6/20

Grades (going into): K-3

Registration Deadline: 6/11

Time: 9-10am

Fee: \$35

Min. 3/Max. 20

4-6 Camp **Date:** M-Th 6/17-6/20

Grades (going into): 4-6

Registration Deadline: 6/11

Time: 10:30-11:30am

Fee: \$35

Min. 3/Max. 20

Art Camp

Campers will explore their creativity in the Out of this World themed art camp! Artists will develop their art skills, meet new friends, and have fun experimenting with a variety of artistic mediums.

Instructor: Tara Goans

Location: Buhler High School Art Room (SE corner of H.S. Building)



7-9 Camp **Date:** M-Th 7/8-7/11

Grades (going into): 7-9

Registration Deadline: 6/28

Time: 9-10am

Fee: \$30

Min. 3/Max. 20

5-6 Camp **Date:** M-Th 7/8-7/11

Grades (going into): 5-6

Registration Deadline: 6/28

Time: 10:15-11:15am

Fee: \$30

Min. 3/Max. 20

Tennis Camp

Grab your tennis racket and get ready to play! Our camp is great for all skill levels. It focuses on the basics of tennis to develop the fundamental skills, techniques, and coordination involved in this great sport. Each camper will enjoy the fun environment and the opportunity to learn from past and present Crusader athletes! Campers will receive a t-shirt! Campers are responsible for bringing their own racket and water bottle.

Instructors: Carter Engelken and Camrin Engelken

Location: Buhler High School Tennis Courts

K-3 Camp
Date: M-Th 7/15-7/18
Grades (going into): K-3
Registration Deadline: 7/4

Time: 5:30-6:30pm
Fee: \$30
Min. 3/Max. 20

4-6 Camp
Date: M-Th 7/15-7/18
Grades (going into): 4-6
Registration Deadline: 7/4

Time: 6:30-7:30pm
Fee: \$30
Min. 3/Max. 20



Cross Country Camp

This free 2 day camp is the perfect introduction to Cross Country! It is open to kids grade 1-8. Campers will learn the fundamentals of cross country running in a fun environment! Campers are responsible for wearing running shoes and bringing a water bottle.

Instructor: Jeremy Lindahl

Location: Wheatland Park (Camp days will begin and end at the shelter near the soccer field & playground)

Date: W-Th 7/24-7/25
Grades (going into): 1-8
Registration Deadline: 7/22

Time: 7-8pm
Fee: FREE
Min. 3/Max. 25

Youth Leagues

Youth Rec. Baseball and Softball Leagues

Let's form Buhler teams! Buhler Rec and Hutch Rec are partnering to offer a high quality, recreation level league for Buhler residents while striving to maintain some of the hometown benefits.

Here's how it works:

- Buhler Parents are encouraged to register their kids through Buhler Rec for the leagues listed below.
- After registration closes, Buhler Rec. will enter Buhler teams into Hutch Rec's Leagues.
- Buhler Rec. will work hard to form complete Buhler teams when possible. When a Buhler team roster is not full, Buhler Rec. will work with Hutch Rec. to find a positive solution.
- Buhler teams will have home practices.
- Buhler teams will receive Buhler Jerseys.
- Buhler teams will host 2 home games per year at Wheatland Park. (The other games will be played at Fun Valley in Hutchinson.)
- Teams will begin practicing in May and the season will include 6 games, all played on Monday evenings in June.

Baseball Leagues

8u Machine Pitch (Ages as of 5/1/24) **Fee:** \$40
Registration Deadline: In person - 5/3
 Online - 5/5

10u (Ages as of 5/1/24) **Fee:** \$48
Registration Deadline: In person - 5/3
 Online - 5/5

12u (Ages as of 5/1/24) **Fee:** \$48
Registration Deadline: In person - 5/3
 Online - 5/5

Softball Leagues

8u Coach Pitch (Ages as of 1/1/24) **Fee:** \$40
Registration Deadline: In person - 5/3
 Online - 5/5

10u (Ages as of 1/1/24) **Fee:** \$48
Registration Deadline: In person - 5/3
 Online - 5/5

12u (Ages as of 1/1/24) **Fee:** \$48
Registration Deadline: In person - 5/3
 Online - 5/5

14u (Ages as of 1/1/24) **Fee:** \$48
Registration Deadline: In person - 5/3
 Online - 5/5

**Volunteer coaches are needed. Please note if you're willing to coach during registration.*

T-Ball

Introduce your child to baseball/softball through our summer T-ball league! Teams will have 1 practice during the week determined by the head coach starting the week of 5/13. A 4 game season will begin on June 5. Equipment will be provided to head coaches including reduced-injury baseballs, throw-down bases, batting helmets, and a batting tee. Each player will receive a jersey before their first game. Games will be played on Wednesday evenings and teams will rotate their game fields between Buhler, Inman, and/or Haven. Volunteer coaches are needed. Please note if you're willing to coach during registration.
Location: Buhler Wheatland Park, Inman Softball field and Haven Baseball Diamond

Ages as of 1/1/24: 4-6 **Games begin:** W 6/5 **Fee:** \$35
Registration Deadline: In person - 5/3 Online - 5/5

Adult Sports

Men's Church Softball League

Calling all local churches! Get your men together to join this slow pitch recreational league. Games will be held on Friday evenings at Wheatland Park beginning on 5/31 and ending mid July. The league will kick off with regular season games which will be a combination of double header and single game weeks. Then we'll wrap up the league with a postseason tournament to play for Champion T-Shirts & bragging rights!

Teams will play at least 8 games. The format for the post season tournament will be dependent on the number of teams registered and the number of makeup weeks used for rain outs. Therefore, not all teams are guaranteed to qualify for the postseason. League rules are posted at buhlerks.org/recreation. Players must be 16 years of age or older on 5.1.24.

Games begin: F 5/31 **Games Guaranteed:** 8
Fee: \$350 **Registration Deadline:** 5/17

Central KS Men's Church Softball Tournament

Buhler Rec. is hosting the Central KS Church Men's Softball Tournament the first weekend of August. This tournament is open to any Central Kansas Church Teams. Our slow pitch league rules will be in effect for this tournament and can be

found at buhlerks.org/recreation. Players must be 16 years of age or older on 5.1.24.

Location: Buhler Wheatland Park

Date: F 8/2-8/3 **Games Guaranteed:** 4
Fee: \$200 **Registration Deadline:** 7/19

Co-ed Softball League

As the state fair wraps up, we'll kick off our Fall Co-ed slow pitch league. Games will be held on Sunday evenings at Wheatland Park beginning on 9/17 and ending late October. The league will kick off with regular season games which will be a combination of double header and single game weeks. Then we'll wrap up the league with a postseason tournament to play for Champion T-Shirts & bragging rights!

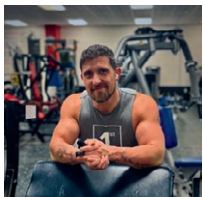
Teams will play at least 8 games. The format for the post season tournament will be dependent on the number of teams registered and the number of makeup weeks used for rain outs. Therefore, not all teams are guaranteed to qualify for the postseason. League rules are posted at buhlerks.org/recreation. Players must be 16 years of age or older on 9.1.24.

Games begin: Sun. 9/15 **Games Guaranteed:** 8
Fee: \$300 **Registration Deadline:** 9/4

Fitness Programs

Personal Trainers

We are excited to host 2 experienced and passionate Personal Trainers that love helping others reach their health goals.



Trainer: Dustin Crabbs
About me: "I'm Dustin! A passionate Personal Trainer driven by my own journey towards holistic health. As a specialist in sports fitness nutrition, brain health training, and senior fitness, I tailor personalized plans to help clients of all ages and backgrounds achieve their goals. Above all, my mission is to instill confidence in my clients and provide them with the tools and opportunities they need to thrive."



How to get started?: Visit shestrength.com/meet-our-staff for more information or to sign up.



Trainer: Mindy Gloria
About me: "I have been a personal trainer for over 17 years! I have worked everywhere

from a small women's only gym in Fort Worth to a high level 24 hour Fitness as well as several YMCA's. I look forward to meeting you and helping you achieve your goals!"

How to get started?: Visit buhlerks.org/recreation to register for a free phone consultation.

20/20/20

20/20/20 is an all-in-one workout group that incorporates all 3 types of exercise; Stretching, Cardio training, and Strength training. Each workout has a small group personal training style to it which makes it adaptable to all ages and all levels. Participants will not only get a great workout in but they will enjoy the social aspect of group fitness!

Trainer: Teresa Robinson
Days: Every Mon & Wed
Time: 7:30 am-8:30 OR 8:30 am-9:30
Cost: Free for members / \$3 per workout

**For the most up to date schedule, be sure to check out the monthly WC Programs Flyer at the front desk.*

Inclement Weather Procedure

Unfortunately, sometimes bad weather makes an appearance at our activities too! For the latest details regarding delays and cancellations, please visit our facebook page. When possible, we will also attempt to contact participants directly or participant's coaches with updates.

Contact Information

Office Hours:

M-F 8:30am-12:30pm

☎ 620-543-5905

📍 525 Parkside Dr. Buhler, KS 67522

🌐 www.buhlerks.org/recreation

📘 Buhler Recreation

📘 Buhler Wellness Center

Wellness Center Services:

✉ wellness@buhlerks.org

Recreation Services:

✉ tmeadors@buhlerks.org

Registration:

Register online at buhlerks.org/recreation. <easiest and preferred option>

In person registrations can be done at the Wellness Center during office hours.

About

The Buhler Wellness Center is a facility to be proud of! It was built in 2017 thanks to partnership efforts between the USD 313, City of Buhler, and Buhler Recreation Commission. It is operated by Buhler Rec.

Our low priced memberships and amenities make the BWC the perfect facility for you and your family to create and maintain an active lifestyle.

Amenities for Memberships

Cardio Equipment, Strength Equipment, Activity Room (available for personal use, group classes, & more), 4' indoor pool (used for aerobic classes, swim lessons, & family fun), Family Locker Rooms, Adult Locker Rooms, Kid Zone, Group Classes, Fitness on Demand Classes, 24/7 access

Memberships

Sign up to become a member today! Visit the Wellness Center during Office Hours or call/email us to set up an appointment.

Monthly/Annual Fees:

\$25 / \$275 Single Memberships
\$40 / \$440 Family Memberships
\$18 / \$198 Discounted Single Memberships (Students & Seniors)

**20% Discounts are offered to veterans and USD 313 employees.*

One Time fees:

\$10 per key card (allows 24/7 access)

Office Hours

8:30am-12:30pm M-F

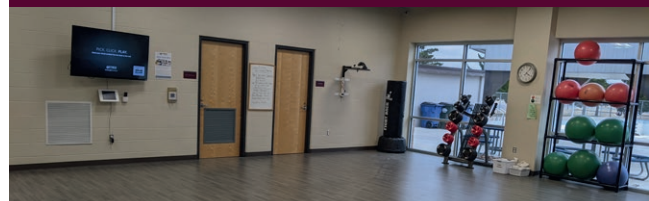
Please call/email our office manager to set up an appointment if you need assistance outside of office hours. (620-543-5905/wellness@buhlerks.org)

Facility Rentals

Wellness Center Activity Room Rental

In need of a meeting room or an event space? Check out our Activity Room! This room can host up to 50 people and comes with access to 50 chairs, 8 tables, a sink, restrooms, and more. Price is \$25 per hour with a 2 hour minimum. Each rental requires a \$50 cleaning deposit.

For additional information, or to schedule your rental, please call us at 620-543-5905.



Employment Opportunities

We offer employees a great opportunity to serve their community, gain work experience and build relationships all while being a part of the fun Recreation Industry!

Baseball/Softball Site Supervisor

- Min. Age: 18
- Starting Pay: \$13/hr.

Concession Lead

- Min. Age: 18
- Starting Pay: \$13/hr.

Admission/Concession Attendants

- Min. Age: 14
- Starting Pay: \$8/hr.

Lifeguards

- Min. Age: 15
- Starting Pay: \$10/hr.

Umpires (Training Provided)

Youth Leagues

- Min Age: 16
- Pay Ranges:
 - T-Ball: \$12-\$15 / game
 - Rec League 8-12 year olds baseball and softball: \$12-\$35 / game
Games are 55 mins-75 mins depending on age and league.
 - Competitive League 8-14 year olds baseball & Softball: \$25-\$45 / game
Games are 55 mins-90 mins depending on age and league.

Adult Slow Pitch Softball Leagues

- Min Age: 18
- Pay: \$35/ game

For more details, or to submit an online application, please visit buhlerks.org/recreation.