

Youth & family programs

PARENT & ME - SWIM LESSONS

- Tuesdays - April 2, 9, 16, 23 - CRC Aquatics Center

\$26.00 CRC member // \$40.00 non-member

Age: 6-12 months @ 5:15-5:45 PM Age: 13 months-3 years @ 5:45-6:15 PM

This class will help develop swimming readiness by leading parents and their children in water exploration activities. The positive and encouraging class environment nurtures children to build confidence in the water. Led by Carrie Barker and Jennifer Shannon.

TODDLER GYM & SWIM

- Wednesday - April 3rd @ 8:30-9:30 AM - CRC Aquatics Center

\$7.00 CRC member (per session) // \$10.77 non-member (per session)

Come to the CRC for a morning full of gym and pool play! This program is designed for children 2-5 years old, your child will experience a fun, stimulating environment while improving their social and physical skills. Please have your child come in comfortable play clothes with their swimsuit on underneath. The first half of class will be in the gym and the second half in the pool. Parents/guardians of children ages 3-5 are welcome to stay for the class, but do not have to (please do stay in the building though) - 2 year olds must be accompanied by a parent/guardian.

SENSORY SWIM

- Fridays - April 5, 12, 19, 26 @ 8:30-9:30 AM - CRC Aquatics Center

\$7.00 CRC member (per session) // \$10.77 non-member (per session)

This newer program is designed for toddlers and children who are on the autism spectrum or with other sensory needs. Many of the swim features are turned off or closed at this time, including the dump buckets and bubblers. This makes for a calmer atmosphere for children to explore during this program. Each swimmer must be accompanied one-on-one in the water at all times by a parent or guardian.

GYM TIME FOR LITTLES

- Wednesday - April 10, 17 @ 10:30 AM-12:00 PM - CRC Sport Court

\$7.00 CRC member (per session) // \$10.77 non-member (per session)

It's a toddler takeover! Parents and toddlers are welcome to come play in the gym on the tumbling mats, at a time reserved just for you! Each session we will have activities and games set up to keep your littles busy. Invite your friends and their kiddos for this special parent supervised play time at the CRC! *Parent/guardian must stay with their toddler at all times. Program is geared for kids ages 5 and under.

GYM & TUMBLE

- Wednesday - April 24th Level 1 - 8:45-9:30 AM Level 2 - 9:30-10:15 AM

\$7.00 CRC member (per session) // \$10.77 non-member (per session)

Who's ready to tumble...and run, jump, and more? We are! Let's get some exercise while we work on our balance and coordination, all while we giggle and play! This class is open to children ages 2-5 years old; if your child(ren) are home schooled ages, and want to participate let us know! Participants should wear comfy clothes, socks, and have clean shoes. *Level qualifications can be found on the CRC website - www.cedarrivercomplex.com

*Kid's Cove (Supervised Childcare)

Mondays-Fridays 8:30-11:00 am Wednesdays PM 5:00-7:00 pm
(AM Hours are 8:30-11:00 AM as usual)



24HOURFit+

FITNESS. HEALTH. LIFESTYLE. WELLNESS.

COMING SOON ...

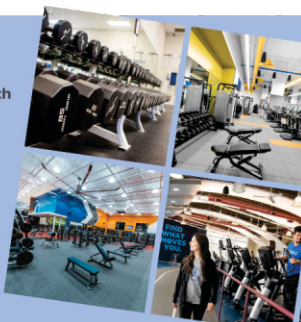
GOAL - Offering a 24 hour accessible space to the community with integral partnerships, in addition to the amenities the Cedar River Complex Wellness Center already provides.

WE NEED YOUR HELP!

Together, we can create a positive difference. Thank you for considering this opportunity to donate and for your invaluable support.



SCAN ME



Cedar River Complex
809 Sawyer Dr. Osage, IA 50461
www.cedarrivercomplex.com



Monthly Schedule

*The last week of April all proceeds from fitness classes will go towards fundraising for the CRC Capital Campaign & 24HourFit!

CRC members: Bring a non-member during this week and they only pay member pricing!

mondays BOXERCISE

Matt Moberg

- April 1, 8, 15, 22, 29 @ 8:30-9:45 AM

\$6.00 CRC member per class // \$9.00 non-member per class

MATURE STRENGTH FOR MOBILITY

Matt Moberg

- April 1, 8, 15, 22, 29 @ 10:30-11:00 AM

\$3.00 CRC member per class // \$4.50 non-member per class

BRUNCH CRUNCH

Matt Moberg

- April 1, 8, 15, 22, 29 @ 10:00-10:20 AM

\$3.00 CRC member per class // \$4.50 non-member per class

BASIC TAI CHI - PART 3

Deneen Schweiger

- April 1, 8, 15, 22, 29 @ 4:00-5:00 PM

\$6.00 CRC member per class // \$9.00 non-member per class

CYCLING

Ardi Gisleson

- April 1, 8, 15, 22, 29 @ 5:30-6:30 PM

\$6.00 CRC member per class // \$9.00 non-member per class

tuesdays HIIT

Melinda Darrow

- April 2, 9, 16, 23, 30 @ 5:15-6:00 AM

\$6.00 CRC member per class // \$9.00 non-member per class

WATER WELL-BEING

Ellen Helfter

- April 2, 9, 16, 30 @ 8:30-9:30 AM

\$6.00 CRC member per class // \$9.00 non-member per class

CORE STRENGTH & BALANCE

Jolene Norby

- April 2, 9, 16, 23, 30 @ 8:30-9:15 AM

\$6.00 CRC member per class // \$9.00 non-member per class

YOGA

Jolene Norby

- April 2, 9, 16, 23, 30 @ 5:15-6:00 PM

\$6.00 CRC member per class // \$9.00 non-member per class

SPORT FIT STRENGTH & STABILITY

Matt Moberg

- April 2, 9, 16, 23, 30 @ 6:15-7:00 PM

\$6.00 CRC member per class // \$9.00 non-member per class

Wednesdays

BOXERCISE

Matt Moberg

- April 3, 10, 17, 24 @ 8:30-9:45 AM
\$6.00 CRC member per class // \$9.00 non-member per class

BRUNCH CRUNCH

- April 3, 10, 17, 24 @ 10:00-10:20 AM
\$3.00 CRC member per class // \$4.50 non-member per class

MATURE STRENGTH FOR MOBILITY

- April 3, 10, 17, 24 @ 10:30-11:00 AM
\$3.00 CRC member per class // \$4.50 non-member per class

DANCE CARDIO

- April 3, 10, 17, 24 @ 5:30-6:30 PM
\$6.00 CRC member per class // \$9.00 non-member per class

EXTREME STRETCH

- April 3, 10, 17, 24 @ 6:30-7:00 PM
\$3.00 CRC member per class // \$4.50 non-member per class

thursdays

CYCLING

Matt Moberg

BRUNCH CRUNCH

- April 5, 12, 19, 26 @ 10:00-10:20 AM
\$3.00 CRC member per class // \$4.50 non-member per class

New youth training class!



STRENGTH, AGILITY, & QUICKNESS (SAQ)

Ellen Helfter (Girls Trainer) & Matt Moberg (Boys Trainer)
\$6.00 CRC member per class // \$9.00 non-member per class

GIRL SESSIONS (Wednesdays/Fridays) - April 3, 5, 10, 12, 17, 24, 26 @ 3:30-4:15 PM

BOY SESSIONS (Tuesdays/Thursdays) - April 2, 4, 9, 11, 16, 18, 23, 25, 30 @ 3:30-4:15 PM

A class designed for **5th-8th graders** focusing on developing the foundation for lifelong fitness and sports success. Classes are tailored for boys and girls in separate groups, but do similar exercises such as the basics of proper weightlifting, stretching, and injury prevention the first half of the class.

The remaining portion of the class provides instruction in specific exercises to prepare young athletes for the rigors of varsity sports training by using gentle exercises such as: jump squats, jumping jacks, push-ups, ice skaters, planks, bear crawls, knee jumps, ladder drills, and cone exercises.

Class will take place on the fitness floor and the fitness classroom. This new course is designed around the fitness guidelines of both the National Association for Sports Medicine (NASM) and the American College of Sports Medicine (ACSM) with suggestions from local school coaches.

Matt Moberg

Matt Moberg

Bethanie Lane

Matt Moberg

Melinda Darrow

HYDRO-FIT

- April 4, 11, 18, 25 @ 5:15-6:00 AM
\$6.00 CRC member per class // \$9.00 non-member per class

MASTERS SWIM

- April 4, 11, 18, 25 @ 6:15-7:15 AM
Per Quarter: \$50.00 CRC members // \$76.92 non-members
Per Year: \$150.00 CRC members // \$230.77 non-members

WATER WELL-BEING

- April 4, 11, 18, 25 @ 8:30-9:30 AM
\$6.00 CRC member per class // \$9.00 non-member per class

CORE STRENGTH & BALANCE

- April 4, 11, 18, 25 @ 8:30-9:15 AM
\$6.00 CRC member per class // \$9.00 non-member per class

SPORT FIT STRENGTH & STABILITY

- April 4, 11, 18, 25 @ 6:15-7:00 PM
\$6.00 CRC member per class // \$9.00 non-member per class

fridays

CYCLING

- April 5, 12, 19, 26 @ 8:30-9:15 AM
\$6.00 CRC member per class // \$9.00 non-member per class

BOXERCISE

- April 5, 12, 19, 26 @ 8:30-9:45 AM
\$6.00 CRC member per class // \$9.00 non-member per class

Events

FITNESS + FUNDRAISING WEEK!

- Monday, April 29th through Saturday, May 4th

Join us during the last week of April, all proceeds from fitness classes will go towards fundraising for the CRC Capital Campaign & 24HourFit! Curious about the Campaign and 24HourFit? Scan the QR code below and watch the video!



CRC MEMBERS:

Bring a non-member during Fitness + Fundraising week and they only have to pay member pricing for fitness classes!

Extended Aquatics Center Hours!

Monday - April 1st
1:30-7:00 PM

Wednesday - April 17th
2:30-7:00 PM

Wednesday - May 8th
2:30-7:00 PM

LUNCHTIME LEARNING - QUILTING WITH DENISE

- Thursday, April 4th - 11:00-11:45 AM @ CRC Wellness Center Lobby

Join local quilter, Denise Mayer, to learn more about Quilting and see examples of the quilts that Denise has created. Free class - everyone is welcome!

STAY INDEPENDENT - FINAL ARRANGEMENTS CLASS

- Wednesday, April 17th - 11:15 AM-12:00 PM @ CRC Wellness Center Lobby

Class offered by Iowa State Extension Office - Free class!

Get information about funeral/burial options and costs and related Iowa laws. Use a pre-planning checklist to consider end-of-life decisions that can be made now and how to organize documents to help the living.

BLOOD PRESSURE CHECKS

- Monday, April 22nd - 10:15-11:00 AM
@ CRC Wellness Center Lobby

Mitchell County Public Health will be administering blood pressure checks in the CRC Wellness Center Lobby once a month. Everyone is invited to these FREE monthly checks!