

Cedar River Complex

MEET - PLAY - LEARN - ENJOY

Cedar River Complex

Summer catalog

***CRC WELLNESS CENTER CLOSED SATURDAY, JULY 4TH FOR INDEPENDENCE DAY.**

24HOURFIT+ IS ALWAYS OPEN, 24/7!

WELLNESS CENTER HOURS

MONDAY	5 AM - 8 PM
TUESDAY	5 AM - 8 PM
WEDNESDAY	5 AM - 8 PM
THURSDAY	5 AM - 8 PM
FRIDAY	5 AM - 7 PM
SATURDAY	8 AM - 5:30 PM
SUNDAY	1 PM - 5:30 PM

COME SEE US!

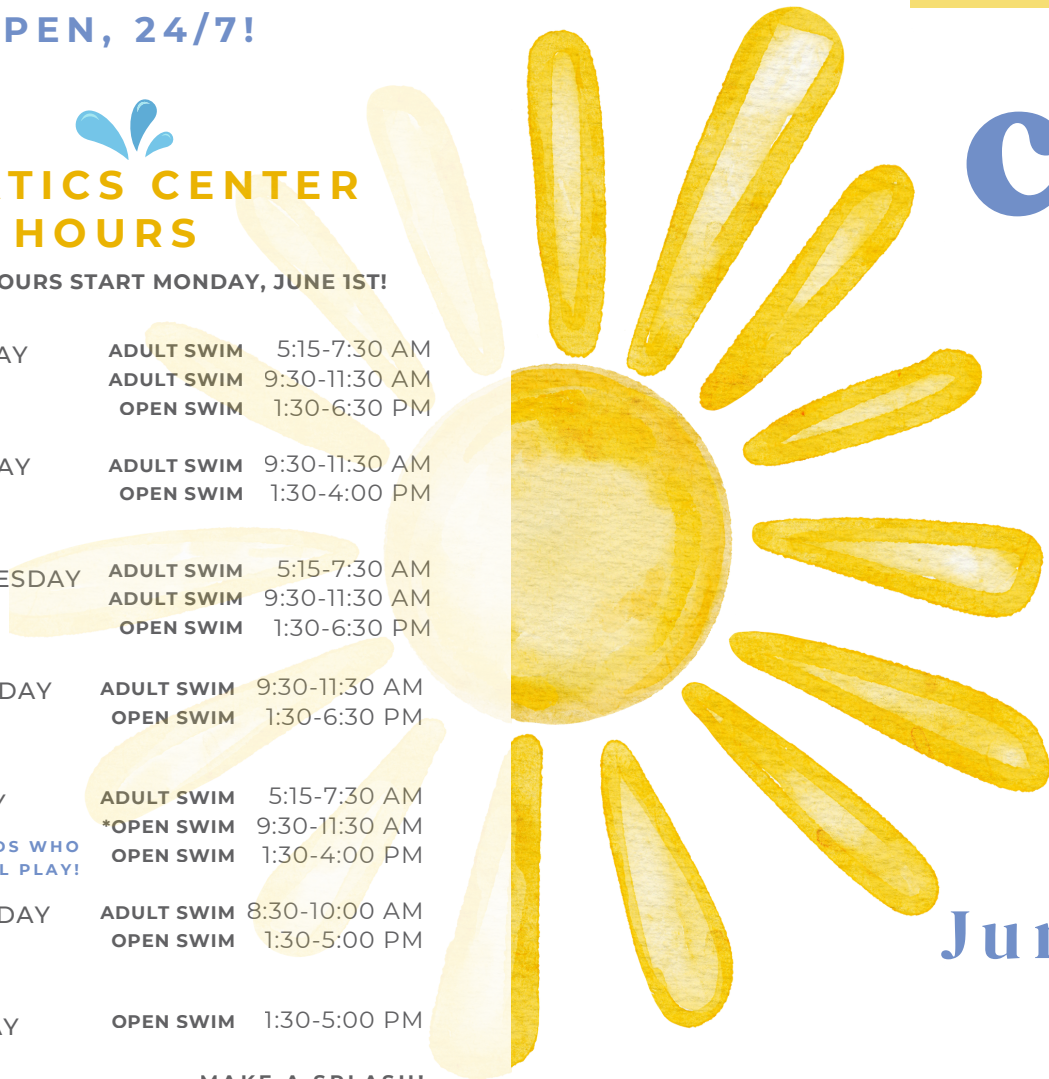
AQUATICS CENTER HOURS

***SUMMER HOURS START MONDAY, JUNE 1ST!**

MONDAY	ADULT SWIM	5:15-7:30 AM
	ADULT SWIM	9:30-11:30 AM
	OPEN SWIM	1:30-6:30 PM
TUESDAY	ADULT SWIM	9:30-11:30 AM
	OPEN SWIM	1:30-4:00 PM
WEDNESDAY	ADULT SWIM	5:15-7:30 AM
	ADULT SWIM	9:30-11:30 AM
	OPEN SWIM	1:30-6:30 PM
THURSDAY	ADULT SWIM	9:30-11:30 AM
	OPEN SWIM	1:30-6:30 PM
FRIDAY	ADULT SWIM	5:15-7:30 AM
	*OPEN SWIM	9:30-11:30 AM
	OPEN SWIM	1:30-4:00 PM
SATURDAY	ADULT SWIM	8:30-10:00 AM
	OPEN SWIM	1:30-5:00 PM
SUNDAY	OPEN SWIM	1:30-5:00 PM

***A GREAT TIME TO BRING KIDS WHO NEED OR WANT QUIET POOL PLAY!**

MAKE A SPLASH!



Wellness & Activities

June / July / August

2026

STAY IN TOUCH



info@cedarrivercomplex.com



809 Sawyer Dr. Osage, IA



www.cedarrivercomplex.com



641-832-3600



Meet. Play. Learn. Enjoy.

EXPERIENCE THE CEDAR RIVER COMPLEX LOCATED IN OSAGE, IOWA!

AT THE CEDAR RIVER COMPLEX (CRC) THERE ARE ACTIVITIES AND PROGRAMS FOR ALL AGES.

WE INVITE YOU TO EXPLORE OUR AQUATICS CENTER, WELLNESS CENTER, 24HOURFIT+, EVENTS CENTER, AND FINE ARTS AUDITORIUM.

EACH QUARTER, WE PUBLISH A CATALOG WITH THE CURRENT PROGRAMS, EVENTS, FITNESS CLASSES, ETC. THAT THE CRC OFFERS. WE HOPE YOU ENJOY VISITING THE CRC WHERE YOU CAN MEET, PLAY, LEARN, AND ENJOY.

What's Inside?

Wellness Center

- 11,000 SQ. FOOT SPORT COURT WITH SIX BASKETBALL HOOPS
- ELEVATED TRACK FOR INDOOR RUNNING AND/OR WALKING
- RACQUETBALL COURT
- BATTING CAGE
- FITNESS FLOOR WITH CARDIO AND WEIGHT EQUIPMENT
- LOBBY AREA
- KID'S COVE (SUPERVISED CHILDCARE)
- FITNESS CLASSROOM

24HourFit+

- 24/7 ACCESSIBLE FITNESS FACILITY
- HAMMER STRENGTH, ROGUE, & LIFE FITNESS CARDIO & WEIGHT EQUIPMENT
- CONVENIENT, SUPPORTIVE ATMOSPHERE

Fine Arts Center

- MEETING SPACE (CONFERENCE ROOM, LOWER LOBBY)
- STANDING-OVATION PERFORMANCES IN THE 600 SEAT AUDITORIUM
- 40 FT X 67 FT STAGE
- A SPACIOUS, FULL-EQUIPPED GREEN ROOM

Events Center

- WEDDINGS & CELEBRATIONS VENUE
- MEETING SPACE
- FULL-SERVICE BAR AVAILABLE FOR RENTALS
- KITCHEN FACILITIES FOR THE CATERER OF YOUR CHOICE

**LOCATION: 1006 CHESTNUT ST. OSAGE, IA*

Aquatics Center

- ZERO-DEPTH ENTRY POOL
- 100 FOOT LAZY RIVER
- 12.6 FOOT, 3 LANE LAP POOL
- ADULT & YOUTH PROGRAMS AND CLASSES

STAY UP TO DATE -
FOLLOW US!



Rental Spaces

Time to celebrate!

WHETHER YOU ARE CELEBRATING THE BIRTHDAY OF A LOVED ONE OR PLANNING ANOTHER UNFORGETTABLE FAMILY EVENT, THE CEDAR RIVER COMPLEX OFFERS SEVERAL AREAS TO HELP MAKE YOUR EVENT A SUCCESS!

Swim & Play Party

The Kid's Cove is a great party space that both children and their parents will love! With an abundance of toys, along with a sink and refrigerator, it serves as a fantastic venue for youth birthday parties or group gatherings. Celebrate your special day and unwrap presents in the Kid's Cove, then dive into the pool for some swimming fun!

Birthday Party Package - \$175.00

This package includes a two-hour rental of the Kid's Cove, and all attendees receive free admission to the Wellness Center/Aquatics Center.

Sport Court Rental

Host your next activity, birthday party, or family event at the sport court. Guests must be CRC members or purchase Day Passes for those 4 years of age and up (3 and under are free).

Sport Court Rental - \$25.00/hour

Sport Court Rental (for Camps/Clinics/Tournaments) - \$50.00/hour

Main Wellness Center After Hours (includes one on-site staff person) - \$175/hour

ADDITIONAL AREAS AVAILABLE FOR RENTAL:

- KID'S COVE
- LOWER LOBBY & CONFERENCE ROOM
- AQUATICS CENTER
- FINE ARTS CENTER (AUDITORIUM)
- EVENTS CENTER

SCAN THE QR CODE & TELL US ABOUT THE DATE/EVENT YOU'RE INTERESTED IN HAVING AT THE CEDAR RIVER COMPLEX OR FOR ADDITIONAL INFO!



Personal Training

PERSONAL TRAINING IS A RESULT-DRIVEN EXERCISE PROGRAM DESIGNED SPECIFICALLY FOR YOU. LET OUR PERSONAL TRAINER ASSIST YOU IN FEELING BETTER, MOVING BETTER, AND IN GAINING MORE ENERGY TO ENHANCE YOUR QUALITY OF LIFE.

MATT MOBERG WILL WORK WITH YOU TO DISCOVER THE AREAS OF YOUR WELLNESS YOU WOULD LIKE TO IMPROVE, SET GOALS, AND WORK TOWARD ACHIEVING THEM.

YOUTH PERSONAL TRAINING

Consultation - \$20.00

(must be completed before registering for Personal Training sessions)

PRIVATE SESSIONS:

1 Session - \$35.00

4 Sessions - \$120.00

8 Sessions - \$240.00

12 Sessions - \$360.00

20 Sessions - \$480.00

SEMI-PRIVATE SESSIONS:

1 Session - \$30.00 per person

4 Sessions - \$100.00 per person

8 Sessions - \$200.00 per person

12 Sessions - \$300.00 per person

20 Sessions - \$400.00 per person

GROUP PRIVATE SESSIONS:

1 Session - \$20.00 per person (3-5 participants allowed), per session

1 Session - \$10.00 per person (6+ participants), per session



Not sure where to start on your workout routine? Let us show you how to safely utilize the equipment on the fitness floor and/or 24HourFit+ (if applicable). Stop by the CRC Welcome Desk or give us a call to schedule a complimentary equipment orientation!

Membership

At the Cedar River Complex

A CRC MEMBERSHIP IS BASED ON AN ANNUAL CONTRACT. YOU CAN OPT TO PAY THIS ANNUAL CONTRACT IN 12 MONTHLY PAYMENTS OR BY ONE PAYMENT OF THE ANNUAL FEE.

A \$25.00 ACTIVATION FEE WILL BE CHARGED IN ADDITION TO THE MEMBERSHIP FEES TO START YOUR MEMBERSHIP.

NOTE: A \$50 FEE FOR ANY MEMBERSHIP CANCELLED WITHIN THE FIRST YEAR OF SIGNING UP WILL BE ISSUED AT TIME OF CANCELLATION.

CRC WELLNESS CENTER MEMBERSHIP RATES

MEMBERSHIP TYPE	MONTHLY	ANNUAL
Youth	\$22.00	\$264.00
Young Adult	\$26.00	\$312.00
Single	\$35.00	\$420.00
Couple	\$46.00	\$552.00
Family	\$60.00	\$720.00
Senior Single	\$28.00	\$336.00
Senior Couple	\$40.00	\$480.00

WELLNESS CENTER PLUS 24HOURFIT+ MEMBERSHIP RATES

MEMBERSHIP TYPE (MONTHLY ADD-ON)

Youth	\$7.00
Single	\$7.00

SCAN HERE FOR MORE DETAILS & DESCRIPTIONS OF MEMBERSHIP OPTIONS



24HOURFIT+ MEMBERSHIP RATES

MEMBERSHIP TYPE (MONTHLY ONLY)

Youth	\$35.00
Single	\$35.00

WELLNESS CENTER PASSES

Day Pass Youth - (Age 4 to 18) - \$8

Day Pass Adult - (Age 19+) - \$12

10 Day Punch Pass - \$80

30 Day Consecutive Pass - \$85

*Children 3 and under are free with a paying adult

24HOURFIT+ PASSES

Day Pass - (All Ages 14+) - \$12

30 Day Consecutive Pass -

Youth (Ages 14-15) - \$70

Adult (Ages 16+) - \$70

Programs & Events

Group Swim Lessons

Two Sessions!

Session One - Mon thru Wed - June 1, 2, 3, 8, 9, 10

30 minute sessions @ 8 am, 8:30 am, 9 am

\$40.50 CRC members // \$62.30 guests

Session Two - Mon thru Wed - July 6, 7, 8, 13, 14, 15

30 minute sessions @ 8 am, 8:30 am, 9 am

\$40.50 CRC members // \$62.30 guests

Swimming lessons are essential for children and come with numerous benefits! Kids will gain confidence in the water while developing their swimming abilities.

We offer various levels for children aged 3 and up, ranging from introductory classes to advanced refinement sessions. You can find our swim lesson levels by scanning the QR code. **Please note that pre-registration for lessons is mandatory.**

Register by calling the CRC Welcome Desk (641-832-3600). Payment due at the time of registration.



Jump Fit Kids

June 1, 12, 17, 25, 29 @ 11:00-11:45 am

CRC Wellness Center Fitness Classroom

Youth entering third grade and above are welcomed to join Amanda Powers for an energetic and enjoyable trampoline fitness class. Bring your friends along for a session that focuses on building endurance and strength while having a fun time!

\$6.00 CRC members // \$9.00 guests

Youth SAQ (Strength, Agility, & Quickness)

Mon/Wed/Fri -

June 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29

@ 11:15 am-12:00 pm (Youth going into 4th-8th Grade)

SAQ focuses on developing the foundation for lifelong fitness and sports success. These classes are intended for serious-minded young athletes who are looking to prepare for varsity sports by using a combination of body-weight and standard weight training exercises. Discipline is important during these classes, with an emphasis on the correct execution of the exercises, safety, and overall fitness.

\$6.00 CRC members (per class)

// \$9.00 guests (per class)

CRC Swim Club

Mon/Wed - June 1, 3, 8, 10, 15, 17, 22, 24

July 6, 8, 13, 15, 20, 22, 27, 29

@ 11:30 am-12:30 pm

CRC Swim Club focuses on self-improvement through stroke refinement, turns, dives, and timed drills. It is a great next step for students after they have completed swim lessons and for those with a growing interest in swimming.

\$6.00 CRC members (per class)

// \$9.00 guests (per class)



CEDAR SUMMERSTOCK THEATRE

SEASON 2026

- AMERICA250 -

A CELEBRATION OF AMERICAN MUSICALS



SCAN TO PURCHASE TICKETS ONLINE

new!

ALL RESERVED SEATING!

TICKETS AVAILABLE AT THE DOOR - FIRST COME, FIRST SERVE

WWW.CEDARSUMMERSTOCK.COM



BOX OFFICE 641.390.3155

Performances at the Cedar River Complex - Krapek Family Fine Arts Center

Swim Lessons

WOULD YOU LIKE TO LEARN HOW TO SWIM OR HOW TO BE COMFORTABLE IN THE WATER? OUR CRC SWIM INSTRUCTORS FOCUS ON THE SPECIFIC NEEDS OF EACH INDIVIDUAL, OF ANY AGE LEVEL, INCLUDING ADULTS!

Private Lessons

Private swim lessons provide one-on-one attention and flexibility for swimmers of all ages and skill levels.

5 sessions (30 minutes each) \$105.00 CRC member // \$140.00 guest

Semi-Private Lessons

Semi-private swim lessons are designed for 2 students who are similar in age and skill level with 1 instructor. Must be pre-approved by the Aquatics Center Manager to qualify. We will match you with an instructor according to your needs and time of day you are available. Our instructor will then contact you for the dates and times for your private lessons!

5 sessions (30 minutes each) \$85.00 per CRC member // \$115.00 per guest

Group Swim Lessons

Swimming lessons are essential for children and offer numerous advantages! Kids will gain confidence in the water while enhancing their swimming abilities. We provide various levels for children aged three and older, ranging from introductory classes to advanced refinement sessions. You can find our swim lesson levels by scanning the QR code. Group swim lessons are offered several times throughout the year.

6 sessions (30 minutes each) \$40.50 CRC member // \$62.30 guest

Group Swim Lesson Levels



Parent & Me

This class will help develop swimming readiness by leading parents and their children in water exploration activities. A positive and encouraging class environment nurtures children to build confidence in the water. This class is designed for children ages 6 months through 3 years.

5 sessions (30 minutes each) \$30.00 CRC member // \$42.00 guest

Kid's Cove (Supervised Childcare)

SUPERVISED CHILDCARE IS PROVIDED IN THE KID'S COVE SO PARENTS/GUARDIANS CAN UTILIZE THE WELLNESS CENTER AND/OR 24HOURFIT+. THIS SERVICE IS AVAILABLE FOR CHILDREN IN 3RD GRADE AND UNDER.

**Kid's Cove Hours
Monday through Friday
8:30 - 11:00 AM**

**Kid's Cove Punch Pass - \$40 for 10 Visits Drop-In - \$5.00 per child, per visit
Monthly Unlimited Access - \$60.00 (1 Child) \$90.00 (2 Children) \$105.00 (3+ Children)**

**All children must be checked in by a parent or guardian.*

Youth Strength & Conditioning

Mon/Wed/Fri - June 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29

July 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31

@ 12:00-1:00 pm (Youth going into 4th-8th Grade)

This class offers an introduction to safe and proper weight training exercises using free weights, tubing, bands, and various equipment. In addition, it emphasizes gym etiquette, highlighting the importance of cleanliness and safety!

What to Bring:

- Comfortable gym attire
- Appropriate shoes
- Water bottle

Recommended Items:

- A sweat towel
- Fingerless weight gloves

\$6.00 CRC members (per class) // \$9.00 guests (per class)

Youth Sprint Running Club

Tues/Fri - June 2, 5, 9, 12, 16, 19, 23, 26, 30

@ 8:30-9:30 am (Youth going into K-3rd Grade)

@ 9:30-10:30 am (Youth going into 4th-8th Grade)

Improve running skills and endurance during this class led by CRC Sports Training Specialist, Matt Moberg! Be ready to work on warmups, stretching, learning how to pace yourself as you run, cool down . . . and of course some fun and games that accentuate sprinting techniques! Meet inside the CRC Wellness Center lobby, the coach will then take the participants to the OHS track.

What to Bring:

- Appropriate lightweight running shoes
- Water bottle
- Sunglasses
- Sweat towel

\$6.00 CRC members (per class) // \$9.00 guests (per class)

Just Work it Dance Class (Youth)

Tuesdays - June 2, 9, 16, 23, 30

@ 10:00-10:45 am (Youth going into 3rd Grade & Up)

CRC Wellness Center Fitness Classroom

Get ready for an exciting experience filled with lively music and engaging instruction with Hillary Morris. In this class, you'll dance, compete, and have a blast as you find your groove!

\$6.00 CRC members // \$9.00 guests

Toddler Gym & Tumble

Wednesdays - June 3, 10 July 8, 15

@ 9:30-10:30 am

CRC Wellness Center Sport Court

Join us for a mix of activities that promote physical development and creativity through play. Our friendly instructor, Ari Keefe, ensures a safe and engaging environment where little ones can explore their abilities and make new friends. Parents and guardians are welcome to join in on the fun or watch from the sidelines as their toddlers discover the joy of movement.

**\$6.00 CRC members (per class)
// \$9.00 guests (per class)**

Craft Club

Wednesdays – June 3, 10, 17, 24

@ 11:00 am–12:00 pm (Youth going into K–3rd Grade)

CRC Wellness Center Kid's Cove

No dog days of summer here! Get together with your friends - while making new ones too - and put your creativity to work! During Craft Club, we'll feature specific crafts at each gathering.

- **June 3rd** - Rock Painting
- **June 10th** - Summer Journal Decorating & Sidewalk Chalk Drawings
- **June 17th** - Sharpie Canvas Creations & Bracelet Making
- **June 24th** - DIY Spinners & Interactive Bulletin Board Making

\$6.00 CRC members (per session) //
\$9.00 guests (per session)

Remote Control Boats

Wednesday – June 3rd Monday – July 20th

@ 1:00–1:30 pm (Youth going into K–5th Grade)

CRC Aquatics Center

Bring your remote-controlled boat and have fun zooming it around the CRC pool! Afterward, feel free to stay and swim during open swim hours from 1:30–6:30 pm.

\$5.00 CRC members
// \$5.00 guests + Day Pass fee

Tennis Clinic

Wednesday – June 3rd

@ 1:00–2:00 pm (Youth going into 1st–3rd Grade)

@ 2:00–3:00 pm (Youth going into 4th–8th Grade)

Game, set, match! Join Matt Moberg for an afternoon learning about the basics of tennis, including scoring. Meet at the CRC and walk to the Osage City Courts by OMU with Matt once class begins.

What to Bring:

- Comfortable gym attire
- Appropriate shoes
- Water bottle
- Tennis racket (if you have one)

Recommended Items:

- A sweat towel
- Hat and/or sunglasses

\$6.00 CRC members // \$9.00 guests

Basketball Clinics

Tuesdays – June 9, 16, 23, 30

@ 12:30–1:30 pm (Girls going into 4th–7th Grade)

Thursdays – June 4, 11, 18, 25

@ 8:00–9:00 am (Boys going into 4th–7th Grade)

Get ready to enhance your basketball skills! Join Ethan Peterson for the boys' clinic and Hope & Hailey Voigt for the girls' clinic throughout the month of June. Each session will concentrate on a specific basketball skill, ensuring you learn more about the game of basketball.

- **June 4th** - Ball Handling
- **June 9th/11th** - Shooting Technique
- **June 16th/18th** - Defense Drills & Skills
- **June 23rd/25th** - Speed Drills

\$6.00 CRC members (per class)

// \$9.00 guests (per class)

Dance Cardio

Instructor: Bethanie Lane

This class is sure to get your body moving. Move to the music with an organized dance routine that will be fun and calorie burning at the same time. You do not need to know how to dance to take this class, just come and have some fun!

Full Body Step

Instructor: Hillary Morris

Step aerobics is an up-tempo way to get your heart pumping and stay fit. Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories! Research has even shown that doing step aerobics can boost mood and energy levels.

Hydro-Fit

Instructors: Carrie Barker, Lisa Cockrum

You will burn calories and have a complete muscle workout doing water exercises in the shallow end of the lap pool and the lazy river. We will use a variety of aquatic accessories including water dumbbells, noodles, and kickboards.

JumpFit

Instructor: Amanda Powers

Combines toning and cardio in a high intensity, low impact workout on mini trampolines.

Masters Swim

Instructor: Mark Miller

From new swimmers to State Champions, all adult swimmers are welcome at CRC Masters Lap Swim! Members support and encourage each other as we set realistic fitness goals. Our number one goal is to learn and/or improve your strokes. Additionally, to learn how to incorporate swimming into your regular fitness routine. The last goal is to learn to set goals and grow into a competitive swimmer.

Mature Mobility

Instructor: Matt Moberg

A chair-based fitness class using light weights, tubing, and weighted balls for a full-body, core involved, balance and strength enhancing workout. The idea is to work on basic movement that will help us with our quality of life and longevity.

Tai Chi : Yang 24

Instructor: Deneen Schweiger

The most popular style of Tai Chi. It is comprised of slow, gentle, and expansive movements. It improves health and wellness and can be practiced for a lifetime.

Water Well-Being

Instructor: Mark Miller

Join Mark as he shares gentle, yet challenging moves in the water that will make you feel great! This class is for anyone that wants to get in the water. Dumbbells are used for strength exercises as well to incorporate arm and abdominal muscles. All exercises can be modified to fit your personal needs.

Yoga

Instructor: Jolene Norby

Focus on breathing, beginner & intermediate postures, and meditative awareness. Work at your own level! This class is sure to leave you relaxed and focused to take on the rest of your week.

Fitness Classes

JOIN THE POSITIVE AND ENERGIZING ENVIRONMENT OF CRC FITNESS CLASSES! OUR WELLNESS COACHES ARE EAGER TO CHALLENGE, MOTIVATE, AND ASSIST YOU IN ACHIEVING YOUR PERSONAL WELLNESS GOALS.

NEW SESSIONS OF FITNESS CLASSES ARE OFFERED EACH MONTH. REFER TO THE MONTHLY BROCHURE FOR CURRENT CLASS OFFERINGS. DROP-IN CLASSES ARE A GREAT WAY TO TRY A CLASS TO SEE IF YOU ENJOY IT AND THEY ALSO ADD VARIETY TO YOUR WORKOUT ROUTINE!

MONTHLY FITNESS CLASSES:

20-30 minute class: \$3.00 CRC members // \$4.50 guests

45-60 minute class: \$6.00 CRC members // \$9.00 guests

Current Fitness Classes

Adult Intro to Swimming

Instructor: Mark Miller

Learn to swim for fitness goals or simply to learn how! This class will cover strokes, drills, clock management, and techniques used by swimmers everywhere. Learn to swim at your own pace. Come to as many classes as you'd like – drop-ins are also welcome!

Boxercise

Instructor: Nicole Dodd/Matt Moberg

Boxing is an easy and fun way to help with your cardio and build strength to get the most out of your workout. This kind of workout also has a mental challenge because of the movements and rhythms to help you become physically and mentally fit. Boxercise can help those with Parkinson's Disease and who are 50 years and older to develop better coordination, balance, and fine motor skills.

Brunch Crunch

Instructor: Nicole Dodd

A morning break to get you up and moving for 20 minutes! Sneak in a quick workout during your workday to boost concentration and endorphin levels.

Cardio Box

Instructor: Melinda Darrow/Carol Tesch

Cardio plus boxing - helps to get your heart pumping to kick start your day!

Core Strength & Balance

Instructor: Jolene Norby

For maturing individuals, who want to improve their core balance and stability. This class will help you develop better posture, strength, and flexibility while challenging your core.

Cycling

Instructors: Melinda Darrow, Ardi Gisleson, Bill Carlson

Indoor cycling is a high intensity, calorie-blasting workout you will enjoy on our top-of-the-line stationary bikes. Cycling is great exercise for toning and shaping your body and for increasing your cardiovascular health.

Just Work it Dance Class

Thursdays - June 4, 11, 18, 25

@ 10:00-10:45 am (Adult Fitness Class)

CRC Wellness Center Fitness Classroom

Get ready for an exciting experience filled with lively music and engaging instruction with Hillary Morris. In this class, you'll dance, compete, and have a blast as you find your groove!

\$6.00 CRC members // \$9.00 guests

Cycling Maintenance

Thursday - June 4th

@ 11:00 am-12:00 pm (Youth going into 3rd-8th Grade)

CRC Wellness Center Sidewalk Area Entrance

Learn about basic bicycle care, maintenance, riding position, and bicycle safety. Discover how to inflate bike tires, clean bike chains, and how to properly wash your bike. Matt Moberg will help you adjust your bike to perfectly fit YOU. Be sure to bring along your bike and helmet!

\$6.00 CRC members // \$9.00 guests



Rain rain, go away! Don't fear - the CRC will have pop-up activities when the weather is inclement. The activities will range from Nerf battles, punt-pass-kick, dodgeball, Domino Day, toddler toys, etc.. Watch our Facebook page and/or CRC text alerts for organized rainy day pop-up activities!

Afternoon Rec

Thursdays - June 4, 11, 18, 25

@ 12:30-1:30 pm (Youth going into 4th-8th Grade)

CRC Wellness Center Sport Court/Outdoors

Mark your calendars for a new activity every week!

- **June 4th - Gagaball / Wallyball**
- **June 11th - Frisbee Golf / Dodgeball**
- **June 18th - Kickball**
- **June 25th - Crossnet**

\$6.00 CRC members (per session) //

\$9.00 guests (per session)

Craft Club

Fridays - June 5, 12, 19, 26

@ 11:00 am-12:00 pm (Youth going into 4th-7th Grade)

CRC Wellness Center Kid's Cove

No dog days of summer here! Get together with your friends - while making new ones too - and put your creativity to work! During Craft Club, we'll feature specific crafts at each gathering.

- **June 5th - Summer Journal Decorating & Sidewalk Chalk Drawings**
- **June 12th - Rock Painting**
- **June 19th - Sharpie Canvas Creations & Bracelet Making**
- **June 26th - DIY Spinners & Interactive Bulletin Board Making**

\$6.00 CRC members (per session) //

\$9.00 guests (per session)

Quarterback Clinic

Tuesday - June 9th

@ 1:00-2:00 pm (Youth going into 4th-8th Grade)

@ 2:00-3:00 pm (Youth going into K-3rd Grade)

CRC Wellness Center Sport Court/Outdoors

Touchdown! Work on drills and skills from Quinn Street, OHS quarterback, during this clinic that builds on throwing ability and technique. Bring your enthusiasm and get ready to take your skills to the next level!

\$6.00 CRC members // \$9.00 guests

Toddler Gym & Swim

Wednesdays - June 17, 24 @ 9:30-10:30 am

July 1, 22 @ 8:30-9:30 am

(Ages 2-6) CRC Wellness Center Sport Court/Pool

Come to the CRC for a morning full of gym and pool play! This program is designed for children 2-6 years old, your child will experience a fun, stimulating environment while improving their social and physical skills.

Children should 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 (only the toddlers get in the pool, not the parent or guardian).

**Parents/guardians of children ages 3-6 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.*

\$6.00 CRC members (per session) //

\$9.00 guests (per session)

Blood Pressure Checks

Mondays - June 22nd July 27th August 24th

@ 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!

Rule the Pool

Mondays - June 29th July 13th

@ 1:00-1:45 pm (Youth going into 5th-8th Grade)

CRC Aquatics Center

Cannonball! Come for pool time reserved JUST for middle schoolers - enjoy water activities including dodgeball, Angry Birds, soft toss, clown diving/trick competitions off the diving board, kayaking, etc. Afterward, feel free to stay and swim during open swim hours from 1:30-6:30 pm.

\$5.00 CRC members

// \$5.00 guests + Day Pass fee

Distance Running Club

Tues/Fri - July 3, 7, 10, 14, 17, 21, 24, 28, 31

@ 8:30-9:30 am (Youth going into K-3rd Grade)

@ 9:30-10:30 am (Youth going into 4th-8th Grade)

CRC Wellness Center Sport Court/Outdoors

An introduction to the technique and training practices of the middle school distance events (800-1500/1600). Emphasis on having fun, with a focus on proper running form, footstrike, and arm swing. Warm-ups, drills, workouts, cool-downs are discussed and taught how to properly incorporate into running long distances.

What to Bring:

- Comfortable gym attire
- Appropriate running shoes are **required**
- Water bottle

Recommended Items:

- A sweat towel
- Hat and/or sunglasses

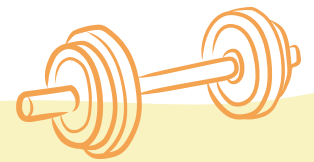
\$6.00 CRC members (per session) //

\$9.00 guests (per session)

DID YOU KNOW?



Popsicles were an accident: The beloved summer treat was accidentally invented in 1905 when an 11-year-old boy left a cup of soda with a stirring stick outside overnight in freezing temperatures.



WHAT IS 24HOURFit+?

A place to work on your fitness and health goals - all day and all night. It's a 24-hour accessible space for community members and guests, complimented by essential partnerships, 24HourFit+ expands on the overall vision of the Cedar River Complex.

MEMBERSHIP

Here's how it works!

Option One

Add on to your existing CRC membership for only **\$7 per person, per month!**

*Includes access to 24HourFit+ and CRC Wellness Center

Option Two

Membership to **ONLY 24HourFit+**

*Includes access to 24HourFit+ with a \$25 Activation Fee

*Monthly payments processed on the 1st of each month

Youth - \$35 a month

*Membership for ages 14-15 from the hours of 5 am to 10 pm

Single - \$35 a month

*Membership for ages 16+ with 24 hour access

BECOME A MEMBER TODAY!

Visit www.cedarrivercomplex.com for more info!



PASSES

Visiting the area? Interested in trying out 24HourFit+? Check out the options we have for guests!