

CYCLING MAINTENANCE

Thursday - June 4th @ 11:00 am-12:00 pm (Youth going into 3rd-8th Grade)
CRC Wellness Center Sidewalk Area Entrance \$6.00 CRC members // \$9.00 guests

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!

AFTERNOON REC

Thursdays - June 4, 11, 18, 25 \$6.00 CRC members (per session) // \$9.00 guests (per session)
@ 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

CRAFT CLUB

Fridays - June 5, 12, 19, 26 \$6.00 CRC members (per session) // \$9.00 guests (per session)
@ 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

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 \$6.00 CRC members // \$9.00 guests

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!

TODDLER GYM & SWIM

Wednesdays - June 17, 24 @ 8:30-9:30 am (Ages 2-6)
CRC Wellness Center Sport Court/Pool \$6.00 CRC members (per session) // \$9.00 guests (per session)

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.

BLOOD PRESSURE CHECKS

Monday - June 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!

RULE THE POOL

Mondays - June 29th @ 1:00-1:45 pm (Youth going into 5th-8th Grade) CRC Aquatics Center
\$5.00 CRC members // \$5.00 guests + Day Pass fee

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.

****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!**

Aquatics Center Hours

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

Check out our website for Aquatics Center Hours (please note, they are different than the CRC Wellness Center Hours)

Stay up to date by following the CRC on social media!

*CRC Programs/Events subject to change - check social media for the most recent updates



**Cedar River
Complex**

MEET - PLAY - LEARN - ENJOY

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



Mondays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

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

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

BRUNCH CRUNCH

Nicole Dodd

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

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

MATURE MOBILITY

Matt Moberg

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

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

TAI CHI : YANG 24 PART THREE

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

Deneen Schweiger

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

CYCLING

Ardi Gisleson

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

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

Tuesdays

GRAVITY & GRIND (TRX Total Body Training)

Jill Witt

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

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

CORE STRENGTH & BALANCE

Jolene Norby

- June 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

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

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

JumpNJacked

Nicole Roberts

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

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

Wednesdays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- June 3, 10, 17, 24 @ 8:30-9:45 AM

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

BRUNCH CRUNCH

Nicole Dodd

- June 3, 10, 17, 24 @ 10:00-10:30 AM

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

MATURE MOBILITY

Matt Moberg

- June 3, 10, 17, 24 @ 10:30-11:00 AM

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

FULL BODY STEP BOXING

- June 3, 10, 17, 24 @ 6:30-7:30 PM

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

Thursdays

CARDIO BOX

- June 4, 11, 18, 25 @ 5:15-6:00 AM

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

MASTERS SWIM

- June 4, 11, 18, 25 @ 6:15-6:45 AM

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

{ADULT} INTRO TO SWIMMING

- June 4, 11, 18, 25 @ 7:00-7:45 AM

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

WATER WELL-BEING

- June 4, 11, 18, 25 @ 8:30-9:30 AM

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

CORE STRENGTH & BALANCE

- June 4, 11, 18, 25 @ 8:30-9:15 AM

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

JUST WORK IT (DANCE FITNESS)

- June 4, 11, 18, 25 @ 10:00-10:45 AM

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

Fridays

BOXERCISE & TANDEM BIKING

Nicole Dodd/Matt Moberg

- June 5, 12, 19, 26 @ 8:30-9:45 AM

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

BRUNCH CRUNCH

- June 5, 12, 19, 26 @ 10:00-10:30 AM

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

MATURE MOBILITY

- June 5, 12, 19, 26 @ 10:30-11:00 AM

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

Events & Programs

GROUP SWIM LESSONS

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

Thirty 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

Thirty 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

\$6.00 CRC members // \$9.00 guests 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!

Hillary Morris

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

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.

Carol Tesch

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)

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

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.

Mark Miller

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)

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

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!

Mark Miller

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)

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

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.

Jolene Norby

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

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

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!

Hillary Morris

TODDLER GYM & TUMBLE

Wednesdays - June 3, 10 July 8, 15

@ 9:30-10:30 am CRC Wellness Center Sport Court

(Ages 2-6) \$6.00 CRC members (per class) // \$9.00 guests (per class)

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.

Nicole Dodd

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

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

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

REMOTE CONTROL BOATS

Wednesday - June 3rd Monday - July 20th

@ 1:00-1:30 pm (Youth going into K-5th Grade) CRC Aquatics Center

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

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.

TENNIS CLINICS

Wednesday - June 3rd \$6.00 CRC members // \$9.00 guests

@ 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.

BASKETBALL CLINICS

Thursdays - June 4, 11, 18, 25 \$6.00 CRC members (per class) // \$9.00 guests (per class)

@ 8:00-9:00 am (Boys going into 4th-8th Grade) @ 12:30-1:30 pm (Girls going into 4th-8th 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 11th - Shooting Technique
June 18th - Defense Drills & Skills June 25th - Speed Drills