June 2017

AFTERNOON REC

Thursdays **1:30-3:00 PM**

Make summer the best it can be and join us for some of your favorite games. Each week will spotlight an old classic such as kickball or a soon to be new favorite like snag golf. For a full list of activities check out our website. Grab your friends in1st-6th grade and head on over to Afternoon Rec!

June:8, 15, 22, 29

*No cost (non-members must purchase a Day Pass) Students younger than 4th grade need a chaperone, games are subject to change due to weather

TODDLER GYM & SWIM

Friday, June 9, 23 **9:00-10:00 AM**

Beat the summer heat and bring your little ones to our Aquatics Center to take part in Toddler Gym & Swim. Your child will experience a fun, stimulating environment while improving their social and physical skills with gym and pool games. Toddlers ages 3-5 years old should come dressed with their swimsuit under comfy play clothes and shoes.

$5.00 CRC members per class // $7.70 non-members per class

GIRL SCOUT NIGHT

Tuesday, June 13 **6:30-8:00 PM**

North Iowa Girl Scouts are invited for a special night of pool games and water science! Come check it out!

Cost: $3.00 (pool only pass)

BIOGIRLS

Tuesday-Thursday **11:00 AM-2:00 PM**

Every girl should realize and embrace her beauty-both inside and out. The BIOGIRLS program gives girls going into 6th grade and 7th grade, the tools to improve their health and their self-esteem . . . . all in a comfortable, fun environment. During this program we will empower girls to incorporate healthy living and physical activity into their lives through wellness workshops, fun fitness classes, small group discussions, and nutrition tools.

June: 27-29

*No cost (program provided by a grant); Register by June 19
(Maximum is15 participants)

DAY CAMP-TROPICAL PARADISE

Wednesday, June 28 **9:00 AM-3:00 PM**

No need to go to the islands when we have a tropical paradise right here at the CRC! Kids in K-4th grade are invited to join us for a sunny good time with gym games including the limbo, delicious snacks, and a fun craft! And of course we can't forget about the pool! Please bring a sack lunch, swimsuit, and a towel.

$15.00 CRC members // $23.08 non-members
*Maximum of 35 participants, register by June 21
(Day of registration is accepted)

CEDAR RIVER COMPLEX

CRC WELLNESS OPPORTUNITIES

For class & activity descriptions, take a look at the Wellness Catalog!

mondays

CYCLING — Instructor: Melinda Darrow
June 5,12,19,26 — *5:15-6:15 am*
$18.00 CRC members // $27.70 non-members

TURBO KICK — Instructor: Bridget Klapperich
June 5,12,19,26 — *8:30-9:30 am*
$18.00 CRC members // $27.70 non-members

tuesdays

MYSTERY MEAT — Various Instructors
June 6,13,20,27 — *8:30-9:30 am*
$18.00 CRC members // $27.70 non-members

GOLDEN HEARTS — Instructor: Gayle Nelson
June 6,13,20,27 — *9:30-10:30 am*
$18.00 CRC members // $27.70 non-members

SUMMER STRONG — Instructor: Gayle Nelson
June 6,13,20,27 — *4:30-5:30 pm*
$18.00 CRC members // $27.70 non-members

YOGA — Instructor: Barb Klapperich
June 6,13,20,27 — *5:30-6:30 pm*
$18.00 CRC members // $27.70 non-members

WATER NOODLE AND BOOGIE — Instructor: Lisa Cockrum
June 6,13,20,27 — *5:30-6:30 pm*
$18.00 CRC members // $27.70 non-members

wednesdays

BARRE FIT — Instructor: Gayle Nelson
June 7,14,21,28 — *5:15-6:15 am*
$18.00 CRC members // $27.70 non-members

TURBO KICK — Instructor: Kristi Aschenbrenner
June 7,14 — *4:30-5:30 pm*
$9.00 CRC members // $13.85 non-members

DANCE CARDIO

Instructor: Bethanie Lane

June 7,14,21,28 — *5:30-6:30 pm*

$18.00 CRC members // $27.70 non-members

thursdays

HYDRO-FIT

Instructor: Gayle Nelson

June 8,15,22,29 — *5:15-6:15 am*

$18.00 CRC members // $27.70 non-members

MASTERS SWIMMING

Instructor: Mark Miller

June 8,15,22,29 — *6:15-7:15 am*

*Check the CRC Wellness & Activities Catalog for pricing

WATER WELL-BEING

Instructor: Mark Miller

June 8,15,22,29 — *8:30-9:30 am*

$18.00 CRC members // $27.70 non-members

youth & other programs

GUARD APPRECIATION DAYS

Saturday, June 3 **1:30-5:00 PM**
Sunday, June 4

Enjoy a healthy treat and show the lifeguards your appreciation. In the CRC lobby, the lifeguards will be selling refreshing cool treats to help you ward off the summertime heat!

POOL CARNIVAL

Sunday, June 4 **1:30-4:00 PM**

Join us for a splashing good time at our summer Pool Carnival . Open swim is available for all ages, every 30 minutes there will be exciting games and activities to keep you busy! Are you ready for a pool-tastic day? While you are at the carnival, make sure to sign up for summer swim lessons offered at the CRC!

*No cost (non-members must purchase a Day Pass)

CRC GROUP SWIM LESSONS

Mon./Tues./Wed. 8:15-8:45 AM/8:45-9:15 AM

Your children will build skills and confidence in the water with swimming lessons at the CRC! Multiple levels for children ages 3 and older are offered from introduction to refinement classes. Please review our swim lesson levels (can be found on our website) and contact us if you have any questions. Pre-registration is greatly appreciated!

First session-June: 5, 6, 7, 12, 13, 14
Second session- July: 10, 11, 12, 17, 18, 19

$27.00 CRC members // $41.54 non-members

JR. BLUE SWIM TEAM

Tuesdays/Thursdays **11:30 AM-12:30 PM**

Jr. Blue Swim Team 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. Participants who join Jr. Blue Swim Team will have the opportunity to experience a swim meet this summer!

June: 6, 8, 13, 15, 20, 22, 27, 29
July: 6, 11, 13, 18, 20, 25, 27

June fee-$36.00 CRC members // $55.39 non-members
July fee-$31.50 CRC members // $48.46 non-members

*Coaches: Gayle Nelson & Teresa Knighten

BOY SCOUT NIGHT

Tuesday, June 6 **6:30-8:00 PM**

All North Iowa Boy Scouts are welcome to come to the pool for a night of swimming fun! Badge counselors will be on deck to help Scouts with Aquatic Merit Badge requirements for swimming, kayaking, lifesaving, and more.

Cost: $3.00 (pool only pass)

TUMBLING

Wednesdays

Join us for a brand new program at the CRC! We will focus on the fundamentals and basics of tumbling, balance, some choreography and skill building. Please wear flexible clothing (10 participants per session).

Session 1- 5:15-5:45 PM {2-4 year olds}
Session 2- 6:00-6:30 PM {5-7 year olds}
Session 3- 6:30-7:15 PM {8-9 year olds}

June: 7, 14, 21, 28

$18.00 CRC members // $27.70 non-members

CRC SUMMER SERIES

Wednesdays **1:00-3:00 PM**

Excited about the fun at camp but not ready to stay a week? These sessions offer the same activities as a full week of exploration camp, and are designed to make sure that everyone can enjoy camp, with a different activity each time we meet! Activities will include: snag golf, nature walk, self defense/safety, painting, cooking, science, disc golf, how to dance, and more. 5th-8th graders are welcome to join our CRC Summer Series!

June: 7, 14, 21, 28
July: 5, 12, 19, 26

$10.00 CRC members per session // $15.39 non-members per session

*Maximum of 15 participants so register early!
(Minimum of 5 participants)

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