



CEDAR RIVER COMPLEX

EVENTS CENTER WELLNESS CENTER AUDITORIUM

2023

SEPTEMBER

CRC MONTHLY SCHEDULE

Wellness Center Hours

Monday-Thursday 5:00 am- 8:00 pm
 Friday 5:00 am- 7:00 pm
 Saturday 8:00 am- 5:30 pm
 Sunday 1:00 pm- 5:30 pm

[VISIT OUR WEBSITE FOR POOL HOURS](http://www.cedarrivercomplex.com)

www.cedarrivercomplex.com

*Changes to calendar items will be posted on our CRC Facebook page.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>**Check with the CRC Welcome Desk for CRC Strong - Youth Lifting Program for dates/times!</p>		<p>Stay tuned for more info for Youth Flag Football this Fall!</p>			<p>1 8:30 AM Pooltime for Littles 8:30 AM Boxercise 10:00 AM Kettlebell Toning 10:30 AM Mature Strength for Mobility</p>	<p>2</p>
<p>3</p>	<p>4 LABOR DAY -CRC Closed</p>	<p>5 8:30 AM Core Strength & Balance 8:30 AM Water Well-Being CRC Core Basketball Skills Academy - More info on reverse 5:15 PM Yoga</p>	<p>6 5:15 AM Cycling 8:30 AM Boxercise 8:30 AM Toddler Gym & Swim 12:05 Lunch Crunch 4:30 PM Junior Triathlon Race Day</p>	<p>7 5:15 AM Hydro-Fit 5:15 AM Cardio Box 6:15 AM Masters Swim 8:30 AM Core S&B 8:30 AM Water Well-Being 10:00 AM CRC Bingo!</p>	<p>8 8:30 AM Pooltime for Littles 8:30 AM Boxercise 10:00 AM Kettlebell Toning 10:30 AM Mature Strength for Mobility</p>	<p>9</p>
<p>10</p>	<p>11 8:30 AM Boxercise 10:30 AM Mature Strength for Mobility 11:45 AM Water Pilates 12:05 PM Lunch Crunch 4:15 PM Tai Chi in Depth <i>The Next Step Challenge Begins</i></p>	<p>12 8:30 AM Core Strength & Balance 8:30 AM Water Well-Being CRC Core Basketball Skills Academy - More info on reverse 5:15 PM Yoga</p>	<p>13 5:15 AM Cycling 8:30 AM Boxercise 12:05 Lunch Crunch</p>	<p>14 5:15 AM Hydro-Fit 5:15 AM Cardio Box 6:15 AM Masters Swim 8:30 AM Core S&B 8:30 AM Water Well-Being</p>	<p>15 8:30 AM Pooltime for Littles 8:30 AM Boxercise 10:00 AM Kettlebell Toning 10:30 AM Mature Strength for Mobility</p>	<p>16</p>
<p>17 CRC AQUATICS CENTER CLOSED FOR SCHEDULED MAINTENANCE Monday, September 18th through Friday, September 29th</p>	<p>18 8:30 AM Boxercise 10:30 AM Mature Strength for Mobility 12:05 PM Lunch Crunch 4:15 PM Tai Chi in Depth 5:30 PM Cycling</p>	<p>19 8:30 AM Core Strength & Balance CRC Core Basketball Skills Academy - More info on reverse 5:15 PM Yoga</p>	<p>20 5:15 AM Cycling 8:30 AM Boxercise 12:05 Lunch Crunch</p>	<p>21 5:15 AM Cardio Box 8:30 AM Core S&B</p>	<p>22 8:30 AM Boxercise 10:00 AM Kettlebell Toning 10:30 AM Mature Strength for Mobility</p>	<p>23</p>
<p>24</p>	<p>25 10:30-11:15 AM Blood Pressure Checks Fitness Freebies Week! 25th-30th - Class Schedule TBA - Join in free fitness classes all week, bring your friends too!</p>	<p>26 9:00 AM-1:00 PM ALERRT Training @ CRC Auditorium CRC Core Basketball Skills Academy - More info on reverse</p>	<p>27 Youth Tumbling - Two Sessions 8:45 AM-9:30 AM {Tumbling 1} 9:45-10:30 AM {Tumbling 2}</p>	<p>28</p>	<p>29</p>	<p>30 Pool Carnival & Free Swim Day Pool Carnival 1:30-3:00 PM Free Swim Day 1:30-5:00 PM</p>

Turn over for more info!



Kid's Cove

Supervised Childcare Hours

Monday - Friday 8:30 AM to 10:30 AM

EVENTS

CRC BINGO!

September 7th @ 10:00-11:30 AM - CRC Wellness Center Lower Lobby
Get ready to play some Bingo! Come for a morning of socialization, snacks, and Bingo. This is a free event, pre-registration is strongly encouraged for planning purposes - those who pre-register will be entered in a drawing for a door prize! A brief speaker will kick start this free event. Light refreshments will be provided.

{LIVE HEALTHY IOWA} The Next Step Challenge

- Monday, September 11th through Friday, October 20th
\$12.00 flat fee (Paid at time of registration to Live Healthy Iowa)



Walking is an easy and affordable way to maintain a healthy weight, prevent or manage health conditions, and improve your mood. Whether you are just starting a physical activity routine or need an excuse to get moving again, this is the opportunity for you!

How it works - Teams of 2-10 Iowans compete in an active competition tracking the numbers of steps accumulated. Through an online dashboard, members report their step count in an effort to move their team up the challenge leaderboard. Participants have the ability to connect with Fitbit devices and Under Armour apps for easy tracking and reporting.

Register at the link below or scan the QR code above.
<https://livehealthyiowa.org/step-challenge>

BLOOD PRESSURE CHECKS

- Monday, September 25th @ 10:30-11:15 AM

Free Blood Pressure Checks in the CRC Wellness Center Lobby! Thank you to Mitchell County Public Health for providing this service to our guests and members.

ALERT TRAINING

- Tuesday, September 26th @ 9:00 AM-1:00 PM - CRC Auditorium

*Free Program - Register by Friday, September 1st at the CRC Welcome Desk

This vital training is delivered by veteran law enforcement officers and first responders with extensive experience in active attack response and police training. This training is most effective when conducted in-person to perform scenarios and respond to your questions and concerns.

ALERT Training focuses on two courses - CRASE (Civilian Response to Active Shooter Events) and Stop the Bleed Campaign. CRASE is a two hour PowerPoint/classroom discussion based on the Avoid, Deny, Defend strategy. Stop the Bleed is a one hour course that encompasses a formal presentation followed by hands-on practice of applying direct pressure, packing wounds, and using a tourniquet to stop bleeding. CRASE is a prerequisite for this course.

YOUTH & FAMILY PROGRAMS

POOLTIME FOR LITTLES

- Fridays - September 1, 8, 15 @ 8:30-9:30 AM - CRC Aquatics Center
\$7.00 CRC members (per session) // \$10.77 non-members (per session)

Make a splash at the CRC pool this fall! A time reserved just for kiddos ages 5 and under and their parent/guardians. Swim toys and equipment will be available for pool play for children to learn and explore in a safe environment (lifeguard always on duty). Bring your friends and have a blast!
*Parent/guardian must stay with their toddler at all times (must be in the pool).
Program is geared for kids ages 5 and under.

CRC CORE BASKETBALL SKILLS ACADEMY

- Tuesdays - September 5, 12, 19, 26 @ CRC Sport Court
{4th-6th Grade @ 3:30-5:00 PM - 7th-8th Grade @ 5:15-6:45 PM}
\$28.00 CRC members per monthly session // \$43.08 non-members per monthly session

Take part in basketball skills training that focuses on a specific skill set each practice. Designed to expand your current basketball knowledge and ability and to also increase interest in the sport! Led by Coach Jonah Bluhm, Iowa Ambush Basketball Coach.

TODDLER GYM & SWIM

- Wednesday - September 6th @ 8:30-9:30 AM
CRC Sport Court & Aquatics Center
\$7.00 CRC members // \$10.77 non-members

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 remain in the CRC building though) - 2 year olds must be accompanied by a parent /guardian.

CRC STRONG - YOUTH LIFTING PROGRAM

- Participants can join the program throughout the entire year
\$50.00 one time fee covers all sessions attended

Are you ready to take your fitness routine to the next level? Justin Trees is the instructor for CRC Strong - he demonstrates the right way to lift, add weight, and gets youth to prepare for the high level lifting programs they will experience in high school. Designed for ages 12 and up - new participants are welcome at anytime during the program. Call the CRC & ask for Nicole Dodd (CRC Director) for more info!

YOUTH FLAG FOOTBALL LEAGUE

- Dates/Times TBA

Touchdown! This program offers boys and girls in 2nd through 4th grade the opportunity to play football in a organized and safe setting. Emphasis will be on the development of skills, teamwork, and overall game rules. Stay tuned for more info!

GYM & TUMBLE

- Wednesday - September 27th @ CRC Sport Court
\$7.00 CRC members // \$10.77 non-members

Ages: 2-5 years Instructor: Ellen Helfter
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. Please wear comfy clothes, socks, and have clean sneakers.

Tumbling 1 - 8:45 AM-9:30 AM

- Child is not able to complete physical activities independently
- Can participate in a small group with some assistance
- Parent is recommended to stay initially with child

Tumbling 2 - 9:45 AM-10:30 AM

- Child is able to complete physical activities independently
- Can participate in a small group without assistance
- Has taken this course previously

POOL CARNIVAL & FREE SWIM DAY

- Saturday - September 30th @ CRC Aquatics Center
Pool Carnival - 1:30-3:00 PM - Free Swim Day - 1:30-5:00 PM

*No cost for this event!

Spend time with your family and friends at the CRC Aquatics Center! Games and activities for kids will be from 1:30-3:00 PM. Free swim will continue until 5:00 PM. Kids can go down the clownfish slide or play in the zero depth. Parents, be sure to bring your suit along to swim a lap, go off the diving board, or take the kids for a ride around the lazy river! Snacks and fruit juice will be for sale in the cabana area in the Aquatics Center.


FITNESS FREEBIES WEEK

Monday, September 25th through Saturday, September 30th @ CRC Wellness & Aquatic Center

Take part in Fitness Freebies week at the CRC! Whether you are a CRC member or non-member, all of our fitness classes are free (a monetary donation is appreciated that will go towards additional weight lifting equipment). The schedule for Fitness Freebies week will be posted closer to the event dates. Come try some out some new classes and bring your friends!

UPCOMING EVENTS!

- Cycling w/ Bill Carlson in October
- Early Out - Extra Swim Times
- Group Swimming Lessons
- CRC Pumpkin Float
- CIA Youth Volleyball Clinics
- Junior Blue Swim Team
- 24 Hour Swim Relay

 **CRC CLOSED**
MONDAY, SEPT 4TH
FOR LABOR DAY!