



CLYDE RECREATION CENTER



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Mission Statement

To foster community and individual health through gathering of events, programs and classes that connect people and improve the quality of life.



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SUMMER IS SIZZLIN'

All kinds of 'new and exciting' at the CRC

It's been a good ride coming into the summer for our group fitness teams and with our facility improvements at the CRC! Here are just a few of the fitness highlights:

- We recently had mirrors installed in the upstairs southeast side. The free weights and benches were also moved to this area. Members can now enjoy the beautiful stained glass windows' natural light while safely working out.
- The new summer group fitness schedule is another big success! We've broadened our class schedule offerings for enhanced appeal to a wider audience.
- For teens seeking improvement with their agility, stabilization, strength and form, we've launched a Teen Fitness Lab. This class is instructed by Stacey Harkey, one of the CRC's top instructors. Teens everywhere will love this!



Our new Teen Fitness Lab!



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- Our HIGH Fitness instructors headed up a very successful 4th of July event, and did a phenomenal job organizing and executing a fun, professional class for our patrons.
- Finally, we're looking forward to our new CRC Group Fitness Class Challenge, which encourages CRC employees to step out of their realm and check out all our classes. The goal is optimized class sizes, improved instructor performance, and increased overall CRC value for you, our amazing patrons!

50+ people
attend the Star
Bangled High
Fitness event. It
was the perfect
kick-off to a
holiday weekend



WOW!

Did you know . . .

That over 46,000
people visited the
CRC in June.

And the Art City
Days Glow Night /
Family Dance saw
more than 3,500
people attend –
even more than
last year!



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FUN FACTS

- The Seals Team began in 1976
- Swim team ages are 5-18
- Our Seals Team swims an average of 1,245,000 yards in a single day! That's 707 miles, or the equivalent to swimming to Disneyland.
- They swim backwards 83,000 of those yards
- 24,900 flip turns are completed each day!



TOP NOTCH!

In June, 20 of our Seals swimmers participated in the Cedar City County Meet. Together they achieved 18 personal records, including 14 top performances!



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SWIM LESSONS

512 Group Lessons
508 Private Lessons

For a total of 1050
swimmers taught by
our awesome swim
lesson instructors.

BABYSITTER CLUB

43 Teens learned how
to care for children,
what to do in an
emergency, and some
awesome crafts





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DAY PASSES SOLD



429 Senior



12,588 Youth



8,599 Adult

FITNESS CLASSES

1532 fitness classes were taught. Some of the most popular are, Zumba, High Fit, CRC Pump, CRC Fit, Cycle, Silver Sneakers, Twinges in the Hinges & Aqua Zumba

Members of the
CRC visited
71,178 times
this summer