

# City of CARTER LAKE EST. 1930

## NEWSLETTER

Hello Everyone,  
Happy New Year!

I hope everyone had a great holiday season with friends and

family. I am excited for the next four years and am looking forward to a productive year with the new City Council and our city team. Over the last few months several new members have been added to the maintenance department, including some local citizens. As a reminder, in the event of a snow emergency, all vehicles need to be moved off the streets by the posted times to help our team to clean the snow off the streets. In the near future we will be implementing a new process to communicate emergencies to our citizens in a more efficient and effective manner.

Lastly, I want to recognize our Deputy City Clerk, Lisa Rhule, on her 30 year anniversary of working for the city. This accomplishment is no easy feat, and she has done an excellent job of working with the public and all the different mayors, city council members and leaders over all those years. Thank you Lisa for your service!

Sincerely, Mayor Jason Gundersen

### City of Carter Lake

950 East Locust Street  
Carter Lake, IA 51510  
Phone: (712) 347-6320  
Fax: (712) 347-5454

Website: [www.cityofcarterlake.com](http://www.cityofcarterlake.com)  
**Did you know you can view city council meetings via YouTube?**  
**Find VIDEO on the city website and it will open the YouTube channel.**

#### MAYOR

Jason Gundersen (712) 347-6320

#### CITY COUNCIL

Matt Seminara (402) 306-0303  
Victor Skinner (402) 658-1813  
Jacob Hanika (402) 690-8847  
Aaron Grell (402) 677-3631  
OPEN SEAT (000) 000-0000

#### CITY ADMINISTRATOR

Cameron Gales (712) 347-6320

#### DEPARTMENTS

Animal Control (402) 658-1722  
Building Inspector (712) 347-6320  
City Hall (712) 347-6320  
Community Center (712) 847-8565  
Library (712) 347-5492  
Maintenance (712) 347-5952  
Parks (712) 847-8565  
Police (712) 347-5920  
Stormwater concerns (712) 347-6320



**Please  
registered  
your pets  
today**



\$10 Neutered/Spayed  
\$15 Non-Spayed  
\$5 late fee if registered after  
03/01/2026

Proof of current rabies  
vaccination is **required**  
with the registration

# SENIOR CALENDAR

## January 2026

**Cards, coffee, & conversation**

**M-F 10A-12P**

**Bingo**

**M,W,F 1230P**

**Special events (May Vary)**

**Hotdog Night 2<sup>nd</sup> Tuesday 530p**

**Lunch 3<sup>rd</sup> Wednesday 1230**

**Birthday Night 4<sup>th</sup> Thursday 530p**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> CLOSED FOR HOLIDAY	<b>2</b> BINGO 12:30P-2P	<b>3</b>
<b>4</b>	<b>5</b> BINGO 12:30P-2P	<b>6</b>	<b>7</b> Hot Dogs & BINGO 12:00P-2P	<b>8</b>	<b>9</b> BINGO 12:30P-2P	<b>10</b>
<b>11</b>	<b>12</b> BINGO 12:30P-2P	<b>13</b> Sr Site Council Meeting 12:30pm	<b>14</b> AC BINGO & LUNCH 12:00P-2P	<b>15</b>	<b>16</b> BINGO 12:30P-2P	<b>17</b> Card Show  9am-3pm
 <b>18</b> Card Show 9am-3pm	<b>19</b> BINGO 12:30P-2P	<b>20</b>	<b>21</b> BINGO 12:30P-2P	<b>22</b> Bingo BIRTHDAY DAY 12:00P-2P	<b>23</b> BINGO 12:30P-2P	<b>24</b>
<b>25</b>	<b>26</b> BINGO 12:30P-2P	<b>27</b>	<b>28</b> BINGO 12:30P-2P	<b>29</b>	<b>30</b> BINGO 12:30P-2P	<b>31</b>

# SENIOR CALENDAR

## February 2026

**Cards, coffee, & conversation**

**M-F 10A-12P**

**Bingo**

**M,W,F 1230P**

**Special events (May Vary)**

**Hotdog Night 2<sup>nd</sup> Tuesday 530p**

**Lunch 3<sup>rd</sup> Wednesday 1230**

**Birthday Night 4<sup>th</sup> Thursday 530p**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> BINGO 12:30P-2P	<b>3</b>	<b>4</b> BINGO 12:30P-2P	<b>5</b>	<b>6</b> BINGO 12:30P-2P	<b>7</b>
<b>8</b>	<b>9</b> BINGO 12:30P-2P	<b>10</b>	 <b>11</b> Hot Dogs & BINGO 12:00P-2P	<b>12</b>	 <b>13</b> 1230 Bingo 6pSweetHrt Dance	<b>14</b>
<b>15</b>	<b>16</b> BINGO 12:30P-2P	<b>17</b>	 <b>18</b> BINGO & LUNCH 12:00P-2P	<b>19</b>	<b>20</b> BINGO 12:30P-2P	<b>21</b>
<b>22</b>	<b>23</b> BINGO 12:30P-2P	<b>24</b>	<b>25</b> BINGO 12:30P-2P	 <b>26</b> Game Day B-Day Day 12:00pm-2pm	<b>27</b> BINGO 12:30P-2P	<b>28</b>

# SENIOR CALENDAR March 2026

**Cards, coffee, & conversation**  
**M-F 10A-12P**  
**Bingo**  
**M,W,F 1230P**  
**Special events**(May Vary).  
**Hotdog Night 2<sup>nd</sup> Tuesday 530p**  
**Lunch 3<sup>rd</sup> Wednesday 1230**  
**Birthday Night 4<sup>th</sup> Thursday 530p**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> BINGO 12:30P-2P	<b>3</b>	<b>4</b> BINGO 12:30P-2P	<b>5</b>	<b>6</b> BINGO 12:30P-2P	<b>7</b>
<b>8</b>	<b>9</b> BINGO 12:30P-2P	<b>10</b> HD & BINGO 530P	<b>11</b> BINGO 12:30P-2P	<b>12</b>	<b>13</b> BINGO 12:30P-2P	<b>14</b>
<b>15</b>	<b>16</b> BINGO 12:30P-2P	<b>17</b>	<b>18</b> Lunch & BINGO 12:00P-2P	<b>19</b>	<b>20</b> BINGO 12:30P-2P	<b>21</b>
<b>22</b>	<b>23</b> BINGO 12:30P-2P	<b>24</b>	<b>25</b> BINGO 12:30P-2P	<b>26</b> Entertainer BIRTHDAY NIGHT 5P-7P	<b>27</b> BINGO 11:30A-2P	<b>28</b>
<b>29</b>	<b>30</b> BINGO 12:30P-2P	<b>31</b>				



## Carter Lake Public Library Activities and Events

Visit our website for more in-depth event details: [www.carterlakelibrary.org](http://www.carterlakelibrary.org)

**\*\* Registration Required on our website or at the library, dates subject to change**

# JANUARY 2026

MON	TUE	WED	THU	FRI	SAT
<b>Programming Color Key:</b> <b>Adults</b> <b>Little's</b> <b>Youth</b> <b>Family</b>	<b>Youth Gaming Schedule:</b>  <b>Tuesday : Elementary School</b> <b>Thursday: Middle/High School</b> <b>S: All Youth</b>	<b>All Month Long:</b> <ul style="list-style-type: none"> <li>Scavenger Hunt</li> <li>Adult Take &amp; Make: Hygge Self-Care Kit</li> <li>Spice Blend of the Month: Khmeli Suneli</li> <li>Youth Winter Reading Olympics: Slime Wars!</li> </ul>	<b>1</b>  <b>HAPPY NEW YEAR!</b>	<b>2</b>  <b>National Science Fiction Day</b>	<b>3</b>
<b>5</b> <b>Monday Mayhem:</b> <b>Cocoa and Flashlight Reading</b> <b>1:30-3:30 PM</b> <b>Family Book Club:</b> <b>PK-2<sup>nd</sup> Grade + Adult</b> <b>5-6:00 PM</b>	<b>6</b> <b>Family Storytime</b> <b>10:30-11:30 AM</b>	<b>7</b> <b>Awesome Afternoon Activities: Mix &amp; Match Head, Bodies, Legs Flip Book 4-5 PM</b> <b>This Book Club is my Alibi** 6-7:30 PM</b>	<b>8</b>	<b>9</b> <b>Wiggle and Read</b> <b>10:30-11:30 AM</b>	<b>10</b>
<b>12</b> <b>Monday Mayhem:</b> <b>Make a Bouncy Ball</b> <b>1:30-3:30 PM</b> <b>Teen Volunteer Meeting: Any Interested Teen Welcome!</b> <b>1:30pm</b>	<b>13</b> <b>Family Storytime</b> <b>10:30-11:30 AM</b>	<b>14</b> <b>Awesome Afternoon Activities:</b> <b>Nerf War 4-5 PM</b> <b>Tiny Treasures: Miniature Crafting</b> <b>Let's Start a Diorama!</b> <b>6-7 PM</b>	<b>15</b> <b>Family Storytime</b> <b>10:30-11:30 AM</b>	<b>16</b>  <b>International Hot and Spicy Food Day</b>	<b>17</b> <b>Just Craftin' Around: Clay Diffuser Stones</b> <b>12-1:30 PM</b>
<b>19</b>  <b>MLK DAY</b> <b>Library planning day</b> <b>CLOSED ALL DAY</b>	<b>20</b> <b>Family Storytime</b> <b>10:30-11:30 AM</b>	<b>21</b> <b>Awesome Afternoon Activities: DIY Beaded Tapestry 4-5 PM</b>	<b>22</b>	<b>23</b> <b>Wiggle and Read</b> <b>10:30-11:30 AM</b>	<b>24</b>
<b>26</b> <b>Monday Mayhem:</b> <b>Break a World Record Challenges</b> <b>1:30-3:30 PM</b>	<b>27</b> <b>Family Storytime</b> <b>10:30-11:30 AM</b>	 <b>National Lego Day</b> <b>Reading Feast: All about Legos &amp; Resin Lego Figures 4-5 PM</b>	<b>29</b> <b>Family Storytime</b> <b>10:30-11:30 AM</b>	<b>30</b> <b>Homeschool Met-Up</b> <b>10:30am</b>	<b>31</b>

**Carter Lake Public Library** Monday - Friday: 10:00AM- 6:00PM Saturday: 10:00 AM-2:00PM Sunday: Closed  
 1120 Willow Drive, Carter Lake, IA 51510 Follow us on social media for the latest library updates

Facebook:@carterlake library Instagram:@carterlakepubliclibrary [www.carterlakelibrary.org](http://www.carterlakelibrary.org) (712) 347-5492

# Winter JAN-MAR GROUP FITNESS CALENDAR

CARTER LAKE Community Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	LM BodyPump 5:15		LM BodyPump 5:15	LM Shapes 5:15		Closed	Closed
6:00 am						Closed	Closed
7:00 am						LM BodyPump 7:00am	Closed
8:00 am						Closed	Closed
9:00 am	Silver Sneakers 9:00		Silver Sneakers 9:00		Silver Sneakers 9:00	Closed	Closed
10:00 am							Closed
11:00 AM	LM Virtual Dance 11:00	Chair Yoga 11:00	LM Virtual Dance 11:00	Chair Yoga 11:00	LM Virtual Dance 11:00		Closed
12:00 PM							Closed
1:00 PM							Closed
2:00 PM	LM Virtual BTM 2:30					Closed**	Closed
3:00 PM						Closed**	Closed
4:00 PM			LM Virtual BTM 4:00			Closed	Closed
5:00 PM			LM Virtual Grit/CORE 5:00	Pound 5:45		Closed	Closed
6:00 PM	Self Defense 6:00	Yoga 6:30	LM Virtual BA/BC 6:00	LM BodyBalance 6:30	Yoga 6:30	Closed	Closed

\*Any time not scheduled **black**, the Group Fitness room is available for Les Mills Virtual



Fitness classes. The Fitness room has LM Virtual available 24/7.

UPDATED 12/29/25

# Winter JAN-MAR GYM CALENDAR

CARTER LAKE Community Center

UPDATED 1/5/26

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 am		PICKLEBALL		PICKLEBALL		PICKLEBALL	CLOSED
11:00 am		PICKLEBALL		PICKLEBALL		PICKLEBALL	CLOSED
12:00 pm							CLOSED
1:00 pm							CLOSED
2:00pm						OPEN GYM/ PICK-UP BBALL	CLOSED
3:00 pm	POWERPLAY MONDAY					OPEN GYM/ PICK-UP BBALL	CLOSED
4:00 pm	POWERPLAY MONDAY					CLOSED	CLOSED
5:00 pm		PICKLEBALL	YOUTH SPORT PRAC	YOUTH SPORT PRAC		CLOSED	CLOSED
6:00 PM		PICKLEBALL	YOUTH SPORT PRAC	YOUTH SPORT PRAC		CLOSED	CLOSED

\*Anytime a scheduled event is not occurring (black print) the gym is considered "open gym"

\*\*\*EXTENDED WINTER HOURS AT FACILITY\*\*\*

11/8/25-3/7/25

ADDED GYM ACTIVITY: PICK-UP BASKETBALL

**Supervised Open Gym is available Monday through Friday (Hours vary by day)**

Monday 2-7pm	Tuesday 3-5pm	Wednesday 3-5pm	Thursday 3-5pm	Friday 3-7pm
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**We offer free, structured programs for kids who want to stay longer after the gym closes. It's a safe and fun way to stay active and engaged at the community center**

Power Play Monday 2-5pm	Tinker Tuesdays 5-6:30pm	Tabletop Wednesday 5-6:30pm	Tech Thursday 5-6:30pm	Open Court Friday 3-7pm
Kids enjoy fun, active games in the gym to stay moving and energized!	Kids get creative with fun arts and crafts projects!	is a fun midweek time to play board games and card games, enjoy friendly competition, and have fun together	Kids relax and have fun watching movies or playing video games on the big projector!	Open gym for kids and adults to enjoy and play whatever they like!
12/29 Slime	12/30 Melted Snowman	12/31 New Year Party	1/1 Closed	1/2 Supervised Open Gym
1/5 Dodgeball	1/6 Perler Beads	1/7 UNO	1/8 Up	1/9 Supervised Open Gym
1/12 Jump Rope	1/13 Fork Painting	1/14 Battlehip	1/15 Mario Party	1/16 Supervised Open Gym
1/19 Flag Football	1/20 Paper Snakes	1/21 Pie Face!	1/22 Shrek	1/23 Supervised Open Gym
1/28 Monster Ball	1/27 Salt Painting	1/28 UNO No Mercy	1/29 Mario Kart	1/30 Supervised Open Gym

**Supervised Open Gym is available Monday through Friday (Hours vary by day)**

Monday 2-7pm	Tuesday 3-5pm	Wednesday 3-5pm	Thursday 3-5pm	Friday 3-7pm
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2/2 Pickleball	2/3 Cupid Arrow	2/4 Croc Tooth	2/5 Tangled	2/6 Supervised Open Gym
2/9 Kick Ball	2/10 Val. Bingo	2/11 Pirates in a Barrel	2/12 Smash Bros	2/13 Supervised Open Gym
2/16 Cone Dodgeball	2/17 Lego Build Challenge	2/18 UNO Spin	2/19 Madden	2/20 Supervised Open Gym
2/23 Street Hockey	2/24 Sweet & Salty Mix	2/25 Pie Face	2/26 Madagascar	2/27 Supervised Open Gym
3/2	3/3 Rain in a Jar	3/4 Melting Skittles	3/5 2K	3/6 Supervised Open Gym

# PICKLEBALL NOTICE



GYM WILL BE CLOSED ON THE THESE DAYS

**January 17<sup>th</sup> - Card Show**  
**February 7<sup>th</sup> Blizzard Ball**

Posted Oct. 6th 2025



## ANNUAL HOLIDAY LIGHTING CONTEST



MARK YOUR CALENDAR AND BE READY!  
THE PARKS AND RECREATION BOARD  
WILL BE DRIVING THE TOWN ON  
**DECEMBER 18TH 6PM.**

WINNERS WILL BE NOTIFIED, FOLLOWED  
BY AN ANNOUNCEMENT ON THE 22<sup>ND</sup>

RESULTS WILL ALSO BE POSTED IN THE  
JANUARY NEWSLETTER!



### Join Carter Lake Fire Department

- No experience necessary
- Free training in firefighting and EMS
- Pay per call incentives



#### FOR MORE INFO

Call 712-347-5900  
or visit the Carter Lake City Website

## Members Coffee Club

Now serving  
Espresso!



Carter Lake  
Community Center  
1120 Willow Drive  
712-847-8565

# Carter Lake Newsletter

**Extra Extra Read all about it!**

Citizens of Carter Lake

-You have **OPTIONS**

-Multiple ways to get the NEWSLETTER

1) Print Version

-Mailed out in water bill

2) Digital Version

-Download immediately upon release

- Get sent straight to you inbox

-Easy sign up, go to:

Sign Up

[cityofcarterlake.com/newsletter/](http://cityofcarterlake.com/newsletter/)

STAY HUNGRY FOR THE NEXT

## SENIOR MEAL OPPORTUNITY Wintertime shift

**BINGO DAY**  
12:00PM

- Second Wednesday of the Month
- Hot Dog/Chili Cheese Dog meal
- Bingo!

**WEDNESDAY LUNCH**  
12:00PM

- Third Wednesday of the Month
- Rotating Cuisine

**BIRTHDAY DAY**  
12:00PM

- Fourth Thursday of the Month
- Rotating Cuisine
- Rotating Activities and Entertainment!

Sign-up is required for a meal.  
Open to the Community with membership or applicable Day Pass

CARTER LAKE Community Center  
DAVE & ROSE COOPERIDGE

## CARD SHOW! JANUARY 17<sup>TH</sup>, 2026



1120 WILLOW DR,  
CARTER LAKE IA 51510

## Sweetheart Dance

FEBRUARY

13

6:00 PM

Family event for mother & son and father & daughter.

Register at [clcc.activityreg.com](http://clcc.activityreg.com)

**WE NEED YOU!**

# Volunteer Opportunities:

- ✓ Rec Sports Scorekeeper
- ✓ Rec Sports Officiating
- ✓ Youth Sports Coaching
- ✓ Special Event Assisting
- ✓ Community Service Hours

**CONTACT US**  
 Phone Number: 712-847-8565  
 Email: [cclccrecsportsmanager@carterlake-ia.gov](mailto:cclccrecsportsmanager@carterlake-ia.gov)

## 2026 BALL Registration

REGISTER AT [CLCC.ACTIVITYREG.COM](http://CLCC.ACTIVITYREG.COM)  
 Open Now-February 20th

**BLASTBALL**  
3 & 4 year olds

Introduction to baseball & team concepts- Simplified version of T-Ball

**FEE:**  
 RESIDENT \$30 NON-RESIDENT \$40

INCLUDES: PERSONALIZED JERSEY

**T-BALL**  
5 & 6 year olds

Introduction to baseball fundamentals & team concepts. This season will hit off a tee

**FEE:**  
 RESIDENT \$40 NON-RESIDENT \$50

INCLUDES: PERSONALIZED Jersey & Hat

**COACH PITCH**  
6/7/8 year olds

Advancement of baseball fundamentals & team concepts.

**FEE:**  
 RESIDENT \$50 NON-RESIDENT \$60

INCLUDES: PERSONALIZED Jersey & Hat

**YOUTH BASEBALL & SOFTBALL: 9-14 Year olds**

10U 12U 14U  
 RESIDENT \$85 NON-RESIDENT \$95

Cost Includes: PERSONALIZED JERSEY, PANTS, BELT & HAT  
 CLCC MEMBERS RECEIVE \$10 OFF REGISTRATION FEES!  
 QUESTIONS: CALL 712-847-8565

**CARTER LAKE SPRING-SUMMER SPORTS**  
 FOR MORE INFO CONTACT: LEVI TERRELL  
[cclccrecsportsmanager@carterlake-ia.gov](mailto:cclccrecsportsmanager@carterlake-ia.gov)  
 712-847-8565

<u>YOUTH</u> REC SPORTS	<u>REGISTRATION</u>	<u>ADULT</u> REC SPORTS	<u>REGISTRATION</u>
YOUTH OUTDOOR SOCCER	JANUARY 2ND-MARCH 1ST	PICK UP BASKETBALL THRU MARCH 7TH	NO REG NEEDED SATURDAYS 2:00PM-4:00PM
YOUTH FLAG FOOTBALL	JANUARY 19TH-MARCH 2ND	ADULT VOLLEYBALL	NOW-JAN 16TH
PITCH HIT RUN EVENT MARCH 14TH	DECEMBER 1ST-FEBRUARY 20TH	BLIZZARD BALL 3V3 BASKETBALL TOURNAMENT FEB 7TH	NOW- FEB 1ST
YOUTH BASEBALL/ SOFTBALL	DECEMBER 1ST-FEBRUARY 20TH	BLAZIN BUCKETS 3V3 BASKETBALL TOURNAMENT JULY 18	MAY 1ST-JULY 13TH
LAKESIDE CLASSIC BASEBALL TOURNAMENT JULY 10-12	REGISTRATION DEADLINE JUNE 8TH	ADULT SLOW-PITCH SOFTBALL	APRIL 1ST-JUNE 30TH

# Meet the Instructors!



## **Andrea Huey**

"She Believed she could, so she did"  
Andrea is a wife, a boy mom, and dog mom. She has lived in Carter Lake for over 12 years. Andrea has been passionately teaching Group Fitness for over 6 years as a certified Les Mills BodyPump Instructor and a certified Group Fitness Instructor



## **Ed Clary**

Ed loves teaching and helping people any way he can. After assisting in coaching track, That's when he learned of his affinity and gift for teaching/instructing. He taught martial arts for decades and then transitioned into yoga. he loves the mental and physical health it brings.



## **Stacey Mecesji**

Stacey is a certified BodyPump and N.E.T.A. yoga instructor who's passionate about fitness. She is obsessive about how BP (barbell cardio strength class) and yoga complement each other for overall health. she loves teaching bodypump and yoga because people immediately feel better after class . she believes consistency is key!



## **Jeff Peck**

Jeff is a resident of Carter Lake and teaches self defense. he holds belts in taekwondo, Brazilian jiu-jitsu and ninjutsu. He believes self defense is something everyone should know. It offers empowerment, a positive attitude, self confidence, the ability to protect yourself and much more. his passion and sense of humor makes his classes fun and engaging.



## **Jessica Claussen**

While on her journey to losing over 100 lbs, she found a passion for fitness and nutrition. She has been teaching group fitness for 12 years. Jessica believes in meeting people where they are. She strives to make every class fun, safe and memorable (wink).



## **Michelle Salerno**

Michelle has been in the fitness industry since 1989. She has a passion for people, group fitness and wellness. Currently she holds certifications in A.C.E. Group Fitness, Silver Sneakers, and Les Mills BodyPump, BodyStep, BodyVive and most recently LM SHAPES. Michelle is the owner of THE FEEL GOOD FACTORY, offering Massage Therapy & Esthetics services. Michelle can help you to look & feel good on the inside & out!



## **Elaine Oetjen**

Elaine is a "Jill of all trades" and holds many certifications. Her passion is helping people feel their best and having fun while doing so. anyone that joins Elaine for one of her offered classes can attest that her knowledge and love for people will keep you coming back. Elaine offers services from newborns to seniors.

## LIVE CLASS DESCRIPTIONS

The CLCC offers a catalogue of Group Fitness courses that are tailored to any and all skill and activity levels. All of these formats are offered with a live instructor during the week. Find which class and instructor that works best for you!



### **Les Mills BODYBALANCE™ (Ages 16+)**

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new-generation yoga class that will improve your mind, your body, and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of T'ai Chi, and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for beginners.



### **Les Mills BODYPUMP™ (Ages 16+)**

BODYPUMP™ is the original barbell workout, using light to moderate weights and high reps to get you lean and toned. Powering through squats, presses, lifts and curls you'll work all your major muscles as you build strength and burn calories, getting fitter, faster.



### **Les Mills SHAPES™ (Ages 16+)**

Combine the best of Pilates, barre and power yoga with modern playful beats. This invigorating low-impact workout uses small, controlled movements and repetition to target muscles, sculpt, strengthen, and improve alignment and flexibility. Suitable for all fitness levels, LES MILLS SHAPES is all about finding the hot spot and training at an intensity that works for you.



### **YOGA**

From slow to fast-flowing, these classes stem from Vinyasa Yoga with a wide base of creativity through sequences and pose choices. After warming up through variations of sun salutations and conscious breathing you will explore your presence in a variety of movements and transitions that compose a flow class. Classes may be guided by an intention, a category of poses, a peak pose, or some other theme.

### **YOGA-Chair Yoga**

Stretch, build strength and balance; all while seated in a chair. Props can be utilized including handheld weights and bolsters. You'll experience gentle movements beneficial for any body.



### **YOGA-Gentle Yoga**

A relaxing type of yoga that uses mats and props such as bolsters and blankets. The focus is to reduce stress and enhance a sense of well-being.



### **Pound**

The workout inspired by drumming. Combine cardio, Pilates, isometric movements and plyometrics with constant simulated drumming – all to the rhythm of the music. An energizing, infectious, sweat-dripping workout, each strike of the Ripstix releases a primal aggression as well as a neuromuscular reward of mixing sound and movement. POUND allows you to truly become the music.

### **Self Defense**

Learn various martial arts skills from Ninjitsu, Jujitsu, and Taekwondo from a 20 year black belt Sensei. The combination of skill and techniques will be instructed in a self-defense format focused on practical use. The emphasis is on being aware of one's surroundings and implemented through simulated real-life scenarios to learn how to better protect yourself.



### **SilverSneakers Classic**

The Classic is a low-impact, aerobics-based class that helps seniors build strength, improve cardio, and increase range of motion. A variety of equipment is used and includes: handheld weights, elastic tubing with handles, a SilverSneakers ball, and a chair for performance of seated exercise and balance support during standing exercise.



Be a part of the  
lifesaving cause.



**American  
Red Cross**

Community of Giving

CARTER LAKE COMMUNITY CENTER  
BLOOD DRIVE

**APRIL 6**

**11PM - 5PM**

1120 WILLOW DRIVE  
CARTER LAKE, IOWA 51510

Sign up at: [redcrossblood.org](http://redcrossblood.org)

Or call 1-800-RED CROSS (1-800-733-2767)

# GIVE US FEEDBACK

**SCAN ME**



Scan the code for an online survey

**HELP US GROW!**

CARTER LAKE Community Center

**JAN 23<sup>RD</sup> - APRIL 3<sup>RD</sup>**

## CO-ED VOLLEYBALL



**NOW OPEN** up until January 21st!  
Register at: [clcc.activityreg.com](http://clcc.activityreg.com)  
Friday Nights/6 Player teams  
\$25 per player (Includes League Shirts)

**SCAN ME**



Contact Us: 712 - 847 - 8565

CARTER LAKE Community Center

# Afterwork Yoga Class!



2X a week  
Tuesday 6:30PM  
Friday 6:30PM

Free to  
Members

Carter Lake Community Center  
Call for details!  
712-847-8565



**ANNUAL HOLIDAY LIGHTING CONTEST**



THANK YOU EVERYONE WHO DECORATED THIS YEAR!  
WE HAD MANY WONDERFUL DISPLAYS!

**1ST: 1801 LAGOON DRIVE**  
**2ND: 4318 N. 10<sup>TH</sup> STREET**  
**3RD: 1217 LINDWOOD DRIVE**

**HONORABLE MENTION**  
**621 AVENUE Q**  
**1517 CACHELIN DRIVE**

RESULTS WILL ALSO BE POSTED IN THE JANUARY NEWSLETTER!

**CARTER LAKE Community Center**

## BLIZZARD BALL 3 ON 3 HOOPS TOURNAMENT



**When:**  
**Saturday, February 7th**

**Registration Info**

- \$50 per team
- 3-5 players per team
- 16 years or older
- Sign-up deadline: 2/01

**Tournament Info**

- Double Elimination
- 10-minute halves w/ 5-minute halftime
- Games start at 10AM

**\$\$\$ Cash Prize for 1st Place!**

For information visit or call  
1120 Willow Drive  
712-847-8565

Register online or in person @ the CLCC!  
Great Volunteer Opportunities available for this event!



**Second Saturdays  
"Pop Up"  
Craft Fair**

**Saturday, January 10th**  
**10:30AM to 1:30PM**  
**Admission: No Cost**

Location: Carter Lake Community Center




CARTER LAKE'S ANNUAL  
**PARADE & FESTIVAL**  
JULY 25TH 11AM

**WANTED  
PARADE ENTRIES!!!**

BUSINESSES, CHURCHES, SCHOOLS,  
POLITICAL FLOATS, SPORTS TEAMS, PRIVATE  
ORGS, MARCHING BANDS, MOTORCYCLES,  
CARS, CAR CLUBS ETC.

REGISTER AT: [CLCC.ACTIVITYREG.COM](http://CLCC.ACTIVITYREG.COM)  
QUESTIONS CALL 712-847-8565

CARTER LAKE  
Community Center

# SELF DEFENSE CLASSES



Learn martial arts and how to protect yourself.  
All ages, all skill levels.  
**FREE FOR MEMBERS**  
Mondays 6-7pm  
Registration Required.



## Second Saturdays "Pop Up" Craft Fair

Saturday, January 10th  
10:30AM to 1:30PM  
Admission: No Cost

Location: Carter Lake Community Center



# CARTER LAKE PITCH HIT & RUN MARCH 14<sup>TH</sup>, 2026



FOR MORE INFORMATION CALL: 712-847-8565 EMAIL: CLCCRECSPORTSMANAGER@CARTERLAKE-IA.GOV  
OR VISIT THE CARTER LAKE COMMUNITY CENTER!

# MURDER MYSTERY NEW DATE: JANUARY 30<sup>TH</sup>

## POISON ON THE POLAR EXPRESS

STARTS AT 6PM  
THEME: ANYTHING  
XMAS RELATED

REGISTRATION: \$30  
(INCLUDES DINNER, AND EVENT SPOT)

CARTER LAKE  
Community Center  
1120 WILLOW DR, CARTER LAKE, IA 51510



CONTACT US: 712-847-8565