

NOVEMBER 2026

Newsletter

NOVEMBER HEALTH & WELLNESS

Healthy Habits for a Healthier You!

A Season of Gratitude, Good Health & Wellness

November Health Tips

- **Eat Seasonal Foods:** Enjoy apples, sweet potatoes, pumpkins, and leafy greens.
- **Stay Hydrated:** Drink plenty of water, even in cooler weather.
- **Keep Moving:** Take daily walks and stay physically active.
- **Stay Protected:** Keep up with flu shots and recommended vaccines.
- **Prioritize Sleep:** Aim for 7–9 hours of restful sleep.
- **Prevent Seasonal Illness:** Wash hands often and cover coughs and sneezes.
- **Practice Gratitude:** Make time for family, friends, and mental wellness.
-
- ***Give Thanks. Stay Healthy. Feel Your Best!***

November Awareness Days



Nov 1st —Daylight Savings Ends

Nov 3rd — Election Day

Nov 11th — Veteran's Day

Nov 13th- World Kindness Day

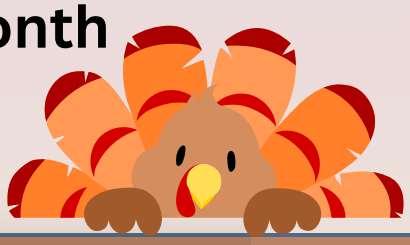
Nov 26th- Thanksgiving Day

November- National Diabetes Month

November- National Gratitude Month

November- National Adoption Month





Court CLOSURES



Please Note The Following Court Closures:

Indoor Youth Volleyball Will Begin

September 1st-Mid-November

Court #1 & Court#2 Will Be Closed 4:30pm-8pm

Monday-Thursday

times are subject to change

Stay Healthy This Fall

November Health Tip: Stay Healthy as the Seasons Change!

As the weather gets cooler and the holiday season approaches, it's important to make your health a priority. November is a great time to focus on healthy habits, boost your immune health, and practice self-care.

Remember to drink plenty of water, eat nutritious foods, stay active, get enough sleep, and wash your hands regularly to help prevent seasonal illnesses. Don't forget to stay up to date on recommended vaccines and make time for your routine health checkups.

With busy schedules and holiday preparations, remember that taking care of yourself is just as important as taking care of others!

November Reminder: A healthy lifestyle starts with small daily choices. Take care of your body, protect your mind, and enjoy the season!

🍁 Stay Healthy, Stay Thankful, and Keep Thriving! 🍁



OUTDOOR FITNESS 101



Looking for ways to motivate you to train to complete a 5k or just improve your running stride? This Instructor led class is perfect for reaching those goals! Participants should expect a couch to 5k approach implementing outdoor/indoor running routes that will vary in location around the facility. Warm-up/Stretch will be included into the routine/along with a basic assessment of fitness levels. Appropriate workout attire is required (athletic shoes/breathable clothing/water/visor or sunglasses) !

Check Out Scheduled Times on Our Monthly Fitness Schedule

FACILITY CLOSED

VETERANS DAY



HONORING ALL WHO SERVED

1515 MILL POND RD

Healthy Recipe!

🍠 Healthy Thanksgiving Recipe

Maple Roasted Sweet Potatoes with Cranberries & Pecans

Heart-healthy inspired side dish

Why it's a healthy choice: Sweet potatoes provide fiber, vitamin A, and potassium. Cranberries add color and flavor, while pecans provide healthy fats.

Prep time: 10 minutes

Cook time: 25–30 minutes

Servings: 6

Ingredients

3 medium sweet potatoes, peeled and cubed

1 tablespoon olive oil

1 tablespoon pure maple syrup

½ teaspoon cinnamon

¼ teaspoon black pepper

¼ cup dried cranberries (preferably unsweetened)

¼ cup chopped pecans

Fresh rosemary for garnish

Directions

Preheat oven to 400°F.

Toss sweet potatoes with olive oil, maple syrup, cinnamon, and pepper.

Spread evenly on a baking sheet.

Roast for 25–30 minutes, turning halfway through.

Add cranberries and pecans during the last 5 minutes.

Garnish with fresh rosemary and serve warm.

PICKLEBALL HAPPENINGS!









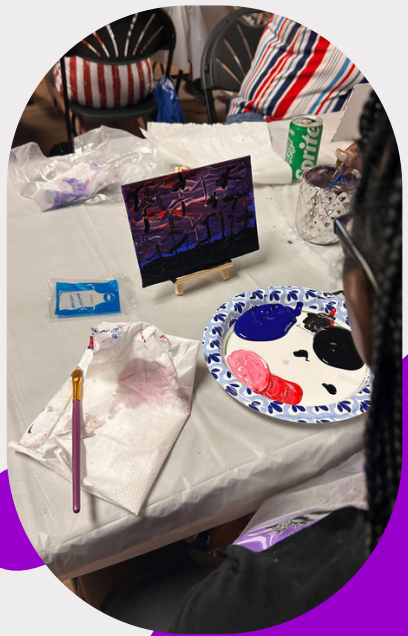
YOUTH SPORTS

Winter Sports Registration For Tiny Tigers/Youth Leaguse
Begins November 2nd!
Register On-line or In Person @ the Ken Senn Athletic Building





SIP & PAINT RE-CAP







FALL INTO FITNESS

Halloween Demo 2026























Aquatics Happenings





VARSITY SWIM TEAM SCHEDULE 2026/2027:

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY CONWAY HIGH SCHOOL REGULAR SEASON: 6:00PM – 7:30PM REGULAR SEASON: 6:00PM– 7:30PM REGULAR SEASON: 6:00PM – 7:30PM REGULAR SEASON: 3:30PM -5:00PM REGULAR SEASON: 6:00AM – 7:00AM CAROLINA

FOREST HIGH SCHOOL REGULAR SEASON: 4:30PM - 6:00PM REGULAR SEASON: 4:30PM – 6:00PM REGULAR SEASON: 5:15PM – 6:45PM

AYNOR HIGH SCHOOL REGULAR SEASON: 6:00AM-7:00AM REGULAR SEASON: 4:30PM-5:30PM REGULAR SEASON: 6:00AM-7:00AM REGULAR SEASON: 6:00AM-7:00AM REGULAR SEASON: 4:30PM-5:30PM

Program Happenings



EVERYONE IS WELCOME!

PARENT SUPPORT GROUP

The Support Group is an open, welcoming group providing dialogue and peer support on issues, challenges and concerns that most parents may face.

Dates:
Saturday, September 12th 2026
Saturday, October 17th 2026
Saturday, November 14th 2026
Saturday, December 19th 2026

12:00 p.m.

FREE

Senior Center
1519 Mill Pond Rd
Conway SC 29526

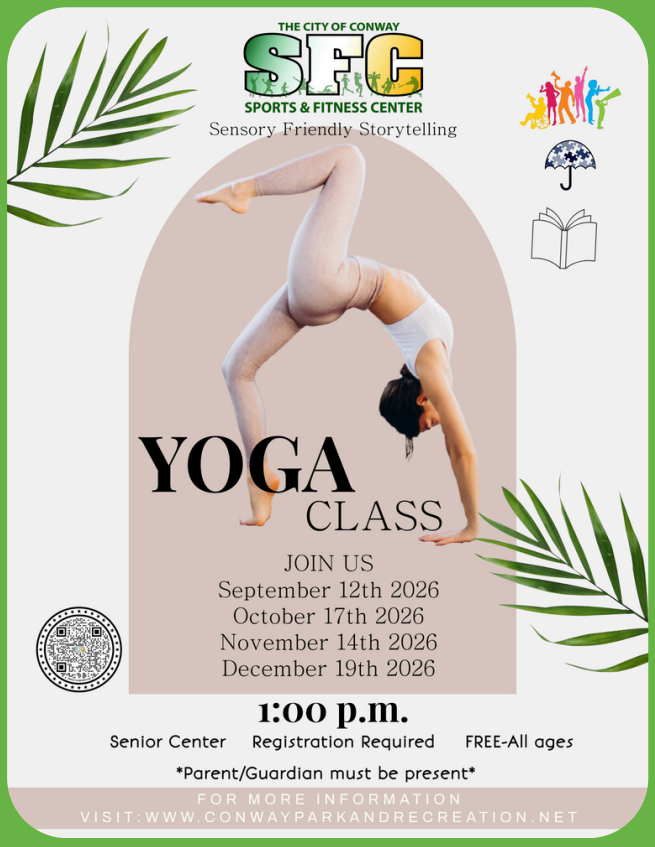
THE CITY OF CONWAY SFC SPORTS & FITNESS CENTER

For more information email:
PBAKER@CONWAYSC.GOV

"Looking forward to your presence!"





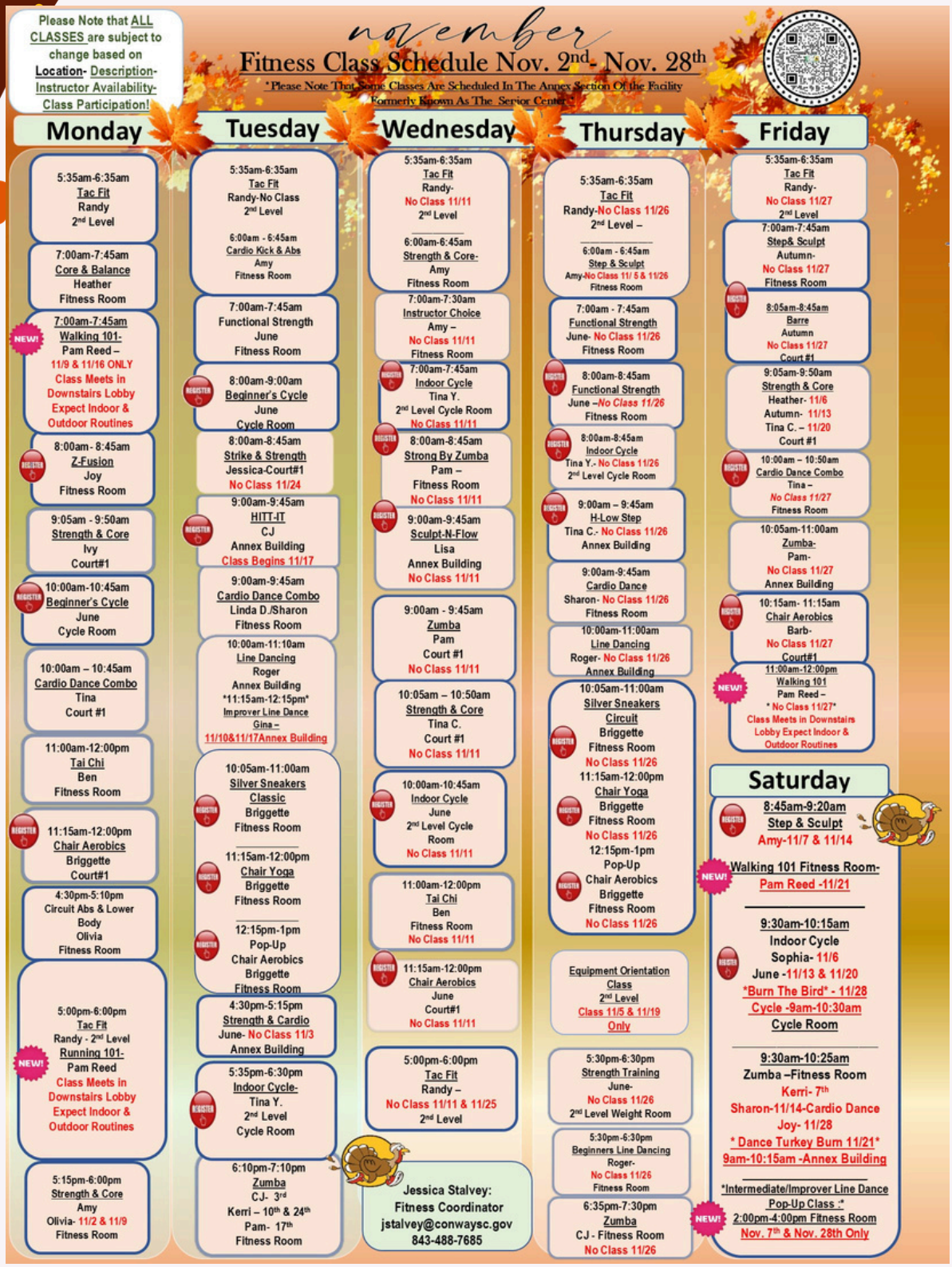


Fall Program Happenings





FITNESS SCHEDULE



AQUATIC SCHEDULE



Aquatics Schedule
November 2026



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am - 8:45 am Aqua Aerobics- *Pam S.*	8:00 am - 8:45 am Aqua Aerobics- *Pam S.*	8:00 am - 8:45 am Aqua Aerobics - *Beverley*	8:00 am - 8:45 am Aqua Aerobics- *Beverley*	8:00 am – 8:45 am Aqua Aerobics - Barbara
9:00 am – 9:45 am Aqua Zumba – Pam H.	9:00 am – 9:45 am Deep Water – *Briggette*	9:00 am – 9:45 am Aqua Pilates – Pam *R.*	9:00 am – 9:45 am Aerobics– Barbara	9:00 am – 9:45 am Aqua Aerobics – *Barbara*
10:00 am – 10:45 am Arthritis R.O.M/Strength- *Briggette*	10:00 am – 12:00 pm Water Volleyball	10:00 am – 10:45 am Aqua Zumba – Pam H.	10:00 am – 12:00 pm Water Volleyball	10:00 am – 12:00 pm Water Volleyball
11:00 am – 11:45 am Aqua Fit – *Ivy*	12:15 pm – 1:00 pm *Aqua Blast – Olivia*	11:00 am – 11:45 am Stick Mobility/Aerobics– Briggette	12:15 pm – 1:00 pm Aqua Blast – Olivia	12:15 pm – 1:00 pm Aqua Aerobics- *Pam S.*
12:00 pm – 12:45 pm Aqua Aerobics – *Ivy*	4:00 pm – 6:00 pm Group Swim Lessons	12:00 pm-1:00 pm Cardio Core – *Briggette*	4:00 pm – 6:00 pm Group Swim Lessons	5:30 pm – 7:30 pm Party Rental
4:30 pm – 7:30 pm 2 LANES Tigershark Practice	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	
6:15pm – 7:00 pm Aqua Zumba – Pam H Starting 11/2				





Regina Stevens- Aquatics/Membership Coordinator
Kaitlyn Pardes- Assistant Aquatics Coordinator
843-488-7686 or
kpardes@conwaysc.gov
** Schedule is subject to change**

CSFC POOL HOURS
Monday - Friday : 6:00am - 7:30pm
Saturday : 8:30am – 5:30pm
Sunday: Closed

Aquatic Class Descriptions:

Aqua Aerobics: This is a class focused on helping you take a step towards an energetic day! Different style workouts offered variety of exercises and intervals, all in one class!

Aqua Blast: Join us for a blended class of aerobics, heart pumping cardio, and full body workout. Boost your strength and stamina while enjoying the buoyancy of the pool.

Aqua Fit: A fun, high-energy water workout combining aerobics and Zumba-inspired moves to boost cardio, strength, and endurance—all while being easy on the joints.

Aqua Pilates: Dive into our invigorating pool Pilates class, where you'll build core strength and flexibility through water-based movements in a refreshing, supportive environment.

Aqua Zumba: This is a class focused on helping you take a step towards an energetic day! Different style workouts offered variety of exercises and intervals, all in one class!

Arthritis Range of Motion (R.O.M)/Strength: Developed for people with arthritis, this low-impact program reduces pain while improving flexibility and strength for daily activities.

Cardio Core: Aqua Noodles is a 45-minute pool workout that combines cardio and core exercises while using aqua noodles to add resistance and increase the intensity of the workout.

Deep Water: This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. This class is taught in 5ft depth but can be accommodated in the shallow end.

Stick Mobility/Aerobics: A mobility-focused class that combines stretching with strength. Using a stick in the water engages muscles, boosts flexibility, and builds cardio stamina.

Water Volleyball: We have a floating net, Noodle-formed "back lines", and a beach ball (for better reaction time)! Come and bring your "A" game! (Game played in average depth of 4 ft., no swimming skills needed)

YOGA FITNESS

YOGA Schedule November

Nov. 2nd – Nov. 28th



Please Join Us & Try A Class!
Yoga Classes Are Included in Membership/$5 Drop-In Fee Non-Members

Jessica Stalvey, Fitness Coordinator
jstalvey@conwaysc.gov/843-488-7685

Monday

- 8:00am-8:50am *Somatic Stretch Yoga* Pam R. – 11/2 & 11/9 Annex Building
- 8:00am-8:50 am Yin Yoga Pam R.- 11/16 & 11/23 Annex Building
- 9:00am-9:45am Mat Pilates Pam R. Annex Building
- 10:00am-10:55am Gentle Vinyasa Flow Yoga Pam R. Annex Building

Tuesday

- 8:00am-8:50am *Sculpt-N-Flow Yoga* Lisa Annex Building No Class 11/3
- 11:15am-12:00pm Chair Yoga Briggette Fitness Room No Class 11/3

Wednesday

- 7:00am-7:45am *Core & Balance* Kimberly Annex Building No Class 11/11
- 8:00am-8:50am Wednesday Morning Gentle Yoga Kimberly- 11/4 & 11/18 Linda C. – 11/25 Annex Building No Class 11/11
- 10:00am-10:50am Gentle Vinyasa Flow Yoga Pam R. Annex Building No Class 11/11
- 4:30PM-5:15PM Beginner's Mat Pilates Pam R. Fitness Room No Class 11/11 & 11/25
- 5:30pm-6:15pm *Slow Flow* Pam R. Fitness Room No Class 11/11 & 11/25
- 6:25pm-7:00pm *Restorative* Pam R. Fitness Room No Class 11/11 & 11/25

Thursday

- 7:00am -7:45am *Core & Balance* Linda C. – 11/5 & 11/19 Kimberly- 11/12 Annex Building No Class 11/26
- 8:00am-8:50am *Vigorous Yoga* Evita– 11/12 Linda C.- 11/5 & 11/19 Annex Building No Class 11/26
- 11:15am-12:00pm Chair Yoga Brigette Fitness Room No Class 11/26

Friday

- 8:00am-8:50am Instructor Choice Kimberly Annex Building No Class 11/27
- 9:05am-9:55am Yogalates Autumn Pam R. 11/13 Fitness Room No Class 11/27

Saturday

- Saturday Instructor Choice Yoga 10:35am-11:25am Fitness Room Pam R. 11/7 & 11/21 Annex Building 11/14 & 11/28 Fitness Room
- 11:30am- 12:10PM Mat Pilates Fitness Room Pam R. 11/7 Annex Building 11/14 & 11/28 Fitness Room





Please Note That A New Location Is Listed For Classes. This Area Is The Annex Area Of The Complex Formerly Known As The Senior Center!

Stay Updated...Stay Connected...



Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC

Facility Hours:

Monday - Friday: 5:30am - 8:00pm
Saturday: 8:00am - 6:00pm
Sunday: Closed
{Hours Subject to Change}

ONLINE

www.ConwayParksandRecreation.net

PHONE

(843)488.1950

EMAIL

recreation@cityofconway.com

MAIL/WALK

1515 Mill Pond Road
Conway, SC 29526

City of CONWAY Parks & Recreation

THIS NEWSLETTER IS PUBLISHED BY THE CITY OF CONWAY PARKS AND RECREATION DEPARTMENT.

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Susan Becton

PROGRAMS
Janice Hopkins

SOCIAL MEDIA

Conway Parks & Recreation is on social media and it is a quick way to stay connected with what's happening throughout our Parks and Facilities. We want to keep our Member sand Residents informed on important events happening throughout our community. Make sure to "Like", "Tweet", or "Follow" our Social Media pages on Facebook, Twitter, & Instagram.

LET'S CONNECT!
FOLLOW &
LIKE US!

@ConwayPRT @conway_prt @CofConway