



APRIL 2026



AUTISM AWARENESS MONTH

APRIL IS AUTISM AWARENESS MONTH—A TIME DEDICATED TO INCREASING UNDERSTANDING, ACCEPTANCE, AND SUPPORT FOR INDIVIDUALS ON THE AUTISM SPECTRUM. IT'S AN OPPORTUNITY TO CELEBRATE NEURODIVERSITY, RECOGNIZE THE UNIQUE STRENGTHS AND PERSPECTIVES OF AUTISTIC PEOPLE, AND PROMOTE INCLUSION IN OUR COMMUNITIES, SCHOOLS, AND WORKPLACES.

THROUGHOUT THE MONTH, INDIVIDUALS AND ORGANIZATIONS COME TOGETHER TO SHARE STORIES, EDUCATE OTHERS, AND ADVOCATE FOR EQUAL OPPORTUNITIES AND ACCESSIBILITY. AUTISM AWARENESS MONTH ENCOURAGES US NOT ONLY TO LEARN MORE ABOUT AUTISM BUT ALSO TO MOVE BEYOND AWARENESS TOWARD ACCEPTANCE, RESPECT, AND MEANINGFUL INCLUSION.

BY LISTENING, SUPPORTING, AND EMBRACING DIFFERENCES, WE CAN HELP CREATE A WORLD WHERE EVERYONE IS VALUED AND EMPOWERED TO THRIVE.



April Awareness Days



April 1 – April Fool’s Day

April 2 – World Autism Awareness Day

April 3- Good Friday

April 5- Easter Sunday

April 7 – World Health Day

April 22 – Earth Day



Autism Awareness/Acceptance Month

Alcohol Awareness Month

Arab American Heritage Month

Stress Awareness Month

Earth Month



Please Note The Following Court Closures :

Due To Indoor Sports Courts#1 & #2

Will Remain Closed

On Saturdays Until 1pm

times are subject to change

Conway Sports & Fitness Center



AUTISM MONTH

ACCEPTANCE MONTH

Join Us for Autism Acceptance Month!

April 2026

April
4th-30th

Art for a Mile

Walk a mile and enjoy artwork outside the Conway Sports & Fitness Center.

FREE

April
17th

Pool Time

Noise reducing headphones & other items for children to borrow & refreshments will be provided in the Party Room. Children will be able to have fun in the pool.

\$2.00 per person

Registration Required

April
18th

Social Skills Workshop 10 AM

Parent Support Group 12 PM

Storytelling Yoga 1:30 PM

Registration Required

FREE

April
25th

Inflatable Day

Autism Awareness End of the Month Event!

Join us for a fun filled day activities.

(bouncing houses, games, sensory friendly area, face painting and concessions)

FREE

April
28th

Adaptive Cooking Class

Join us for an evening of cooking. It is designed for individual with developmental disabilities- open to all ages.

\$5.00 per child

Registration Required

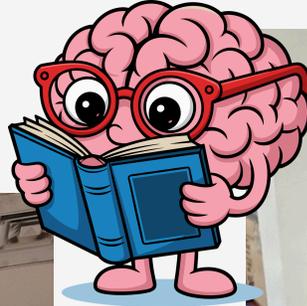
For more depth details individual flyers- visit our website:

www.conwayparksandrecreation.net/

Read Across America



TRADITIONALLY CELEBRATED AROUND DR. SEUSS'S BIRTHDAY ON MARCH 2, READ ACROSS AMERICA HAS GROWN INTO A YEAR-ROUND EFFORT TO INSPIRE A LOVE OF BOOKS AND SUPPORT DIVERSE, INCLUSIVE READING EXPERIENCES. IT HIGHLIGHTS THE IMPORTANCE OF LITERACY IN HELPING STUDENTS SUCCEED ACADEMICALLY AND IN LIFE.



READ MORE



Healthy Recipe!

Easter Bunny Banana Pops

- Slice bananas in half & insert a popsicle stick
- Dip in dark chocolate & roll in crushed nuts or coconut
- Use mini chocolate chips & a tiny strawberry for a bunny face

Tip: Freeze them for 15-20 minutes before serving— they taste like ice cream but without the guilt!



PICKLEBALL & SPORTS HAPPENINGS!

UPDATES



Save THE Date



Pickleball



Spring Open Play

Collin's Kids Court #2

MONDAY 09:00AM-1:00PM

TUESDAY 09:00AM-01:00PM

WEDNESDAY 09:00AM-1:00PM

THURSDAY 09:00AM-01:00PM

FRIDAY 09:00AM-12:30PM

SATURDAY 09:00AM-01:00PM

Saturday Open Play Will Begin April 18th

Please Note That All Scheduled Times Are Subject To Change Due To Athletic Events/Holiday Closures/Youth Camps.

No Indoor PickleBall Play Event & Holiday Closings:

Week of April 3rd-April 10th /Saturday May 16th /Monday May 25th

Outdoor Courts Are Available For Daily Play At Collin's Park

Samantha and Jake Foundation
2nd Annual

PICKLEBALL TOURNAMENT



and
CRAFT, VENDOR & FOOD TRUCK EVENT!!

Saturday, May 16 9a - 3p
Conway Rec Center
1519 Mill Pond Rd. Conway

All proceeds benefit children in need in memory of Samantha & Jake

Mens, womens, mixed doubles!
\$35 member
\$40 non-mbr
REGISTRATION April 1ST!



SCAN QR code

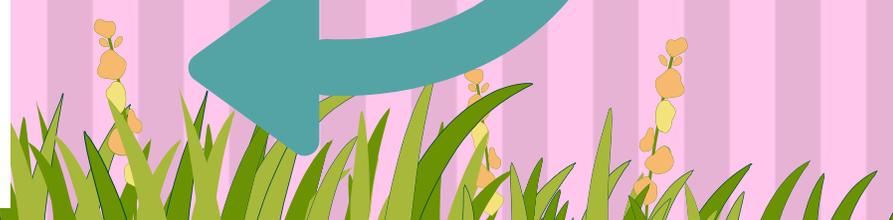
Over 75 Vendors & Food Trucks!
DJ, raffles, kids activities!



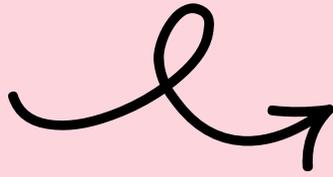
Donations are tax deductible
SamanthaandJake.org



OPEN PLAY



EASTER WORKOUT



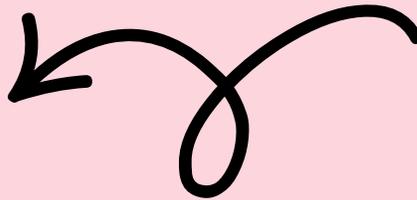
EQUIPMENT ORIENTATION

**DROP-IN
FAMILIARIZE YOURSELF
WITH OUR MACHINES
& WEIGHT EQUIPMENT !**

**MONDAYS WITH CIANA
12:30PM-1:30PM 2ND LEVEL
FREE FOR MEMBERS**



FITNESS HUMOR





Aquatics Happenings

Sensory Friendly

POOL FUN TIME

Friday
April 17th, 2026

1515 Millpond Rd

5:30 PM - 7:30 PM

All participants MUST register.

***Swimwear REQUIRED** per person **\$2.00**

<https://www.conwayparksandrecreation.net>

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

THE OASIS
AT SMITH JONES PARK

NOW HIRING SEASONAL LIFEGUARDS!

\$15.00/HOUR (UP TO 40 HOURS/WEEK)

AMERICAN RED CROSS LIFEGUARD TRAINING PROVIDED. *(MUST PASS THE PRE-REQUISITE SWIM TEST BEFORE HIRING) *

- Prerequisite 1:** Jump in and submerge, then swim 150 yards (front crawl and/or breaststroke only), tread water for 2 minutes using legs only, and swim an additional 50 yards (same strokes). (No back/side swimming; goggles allowed.)
- Prerequisite 2 (Timed - 1:40):** Starting in the water, swim 20 yards, surface dive to 7-10 ft to retrieve a 10-lb object, swim 20 yards on your back while holding the object with both hands, face at/near the surface, then exit without using a ladder or steps. (No goggles.)

MUST BE 16 YRS OR OLDER TO APPLY

Apply online at www.cityofconway.com or contact Kaitlyn Pardes at kpardes@conwaysc.gov for more information.

CONWAY SPORTS & FITNESS CENTER

April Swim Lessons

Session Dates (Tuesdays and Thursdays):
Registration begins online Friday, April 10th @ 8:00am
Tuesday, April 14th - Thursday, April 30th

Residents: \$45
Non-Residents: \$55

Parent-Toddler

4:00pm-4:30pm (6 MOS-3 YRS) With a parent or guardian in the pool, children will develop the skills needed to become comfortable in water environments. The instructor will work with your toddler on blowing bubbles, submerging head/face in water and rolling from front float to back float with assistance.

Preschool

4:30pm-5:00pm (3-5 YRS) With no parent in the pool, preschoolers will develop independence in the water and learn new swim skills, such as freestyle, elementary backstroke. The instructor will work with your toddler on performing combined arm and leg motions for backstroke, streamline flutter kicks on their back, streamline flutter kicks on their front while blowing bubbles, and front float/back float.

Beginner

5:00pm-5:30pm OR 5:30-6:00 (5-14 YRS) This is for swimmers who are comfortable in the water but want to push their swim skills to the next level. Children will learn how to tread water, swim longer distances, refine freestyle and backstroke, and float without assistance.

For questions please contact:
kpardes@conwaysc.gov

Scan for website:

Program Happenings



Art for a Mile Exhibition

- Submission Deadline: March 27th, 2026
- Entry Fee: FREE
- Eligibility: Ages 5 & UP
- Categories: Traditional Arts, Photography, Drawing, Painting (with Name, Age & Email)
- MUST be on 8x11 paper size or smaller
- It will be laminated
- Drop off location: 1515 Millpond Road, Conway SC
- (FRONT DESK)---

SHOWCASE dates: April 4th-30th 2026
 Location: Conway Sports & Fitness Center (Outdoors)

For more information:
 Email: vricardo@conwaysc.gov
 Call: 843-488-7869

ADAPTIVE COOKING CLASS

This cooking class is designed for individual with developmental disabilities, physical limitations, and/or any neurodiversity

Date: Tuesday April 28th, 2026

Time: 5:30 P.M. - 7:00 P.M.

Senior Center
 1518 Mill Pond Rd Conway SC 29526

Open ages 3-21 Y.O
 BOYS & GIRLS



\$5.00/per person
 Limited Space

Please Register
<https://conwaysc.activityreg.com>

Any questions please call us at:
 843-488-7869

SFC Social Skills Workshops

FREE Limited Availability

Location: Senior Center 1519 Millpond Rd, Conway, SC 29526

January 24th
 Topic: Fair or Unfair

March 28th
 Topic: Positive Mindset Affirmations

February 28th
 Topic: Be a Buddy NOT a Bully

April 18th
 Topic: Trying New Things

May 16th
 Topic: I Can Listen & Follow Directions

SATURDAYS
 Time: 10 A.M.
 Ages: 5 and up

For more information call:
 843-488-7869

Registration for each session ends the day before the workshop date.

Sign up online or in-person

Social Skills workshop a valuable approach to help children improve their social behavior. Whether for adults or children, it focuses on teaching essentials for social interactions.



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, January 24th 2026
- Saturday, February 28th 2026
- Saturday, March 28th 2026
- Saturday, April 18th 2026
- Saturday, May 16th 2026

12PM-1:30PM

Senior Center
 1519 Mill Pond Rd
 Conway SC 29526

PLEASE EMAIL PATSY BAKER WITH ANY QUESTIONS AT PBAKER@CONWAYSC.GOV



"Looking forward to your presence!"

Program Happenings

THE CITY OF CONWAY
SFC
 SPORTS & FITNESS CENTER
 Sensory Friendly Storytelling



YOGA CLASS

JOIN US ON April 18th AT 1:30 PM
 Senior Center Registration Required Door Prize
 FREE-All ages *Parent/Guardian must be present*

FOR MORE INFORMATION
 VISIT: WWW.CONWAYPARKSANDRECREATION.NET

INFLATABLE DAY
Autism Awareness Month

THE CITY OF CONWAY
SFC
 SPORTS & FITNESS CENTER

1515 Millpond Road
 DATE: SATURDAY
 APRIL 25th 2026
 TIME: 1 PM - 5 PM

- ✓ Inflatables
- ✓ Games
- ✓ Concessions
- ✓ Face Painting
- ✓ Much More

Call us for more info!
 843-488-7869

FREE ENTRY
www.conwayparksandrecreation.net

City of CONWAY Parks & Recreation

CITY OF CONWAY

SUMMER CAMP

Fun, It's What We Do!

\$100 PER WEEK INCLUDES:

- SNACKS, GAMES, ACTIVITIES, MOVIE DAYS, ARTS & CRAFTS, SPORTS, FIELD TRIPS & MORE....

JUNE 8-AUGUST 14
 7:30 AM - 5:30 PM
 OPEN TO AGES: 5-12

CONWAY SPORTS & FITNESS CENTER
 1515 MILL POND RD., CONWAY, SC 29527
CONWAYPARKSANDRECREATION.NET
 REGISTRATION STARTS MARCH 30th @ 8AM

FITNESS SCHEDULE

Please Note that ALL CLASSES are subject to change based on Location-Description-Instructor Availability-Class Participation!

April Fitness Class Schedule March 30th - May 1st



Monday

5:35am-6:35am
Tac Fit
Randy -
2nd Level

7:00am-7:45am
Strong by Zumba
Pam
Fitness Room

8:00am- 8:45am
Z-Fusion
Joy
Court#1

9:00am - 9:45am
Strength & Core
Ivy
Court#1

REGISTER
10:00am-10:45am
Beginner's Cycle
June-
No Class 4/13
Cycle Room

10:00am - 10:45am
Cardio Dance Combo
Tina
Court #1

11:00am-12:00pm
Tai Chi
Ben
Fitness Room

REGISTER
11:15am-12:00pm
Chair Aerobics
Brigette
Court#1

12:30pm-1:30pm
Strength Machine
Orientation
Ciana
2nd Level

4:30pm-5:10pm
Circuit Abs & Lower
Body
Olivia
Fitness Room

5:00pm-6:00pm
Tac Fit
Randy
2nd Level

5:15pm-6:00pm
Strength & Core
Amy
Olivia- 13th
Fitness Room

Tuesday

5:35am-6:35am
Tac Fit
Randy
2nd Level

6:00am - 6:45am
Cardio Kick & Abs
Amy-
Fitness Room

7:00am-7:45am
Functional Strength
June-
Fitness Room

8:00am-8:45am
Functional Strength
Joanne -Court#1

REGISTER
9:00am-9:45am
Beginner's Cycle
June-
Cycle Room

REGISTER
9:00am-9:45am
HI-LOW Step
Joanne
Fitness Room

9:00am-9:45am
Cardio Dance Combo
Linda D.
Court #1

10:00am-11:00am
Line Dancing
Roger
Court #1

REGISTER
10:05am-11:00am
Silver Sneakers Classic
Brigette
Fitness Room

REGISTER
11:10am-12:00pm
Chair Yoga
Brigette
Fitness Room

REGISTER
12:15pm-1pm
Pop-Up
Chair Aerobics
Brigette
Fitness Room

4:30pm-5:15pm
Instructor Choice
June
Fitness Room

REGISTER
5:35pm-6:30pm
Indoor Cycle
Tina Y-
2nd Level
Cycle Room-

6:10pm-7:10pm
Zumba
CJ- 3/31 & 7th
Kerri- 14th, 21st, & 28th
Fitness Room-

Wednesday

5:35am-6:35am
Tac Fit
Randy
2nd Level

6:00am-6:45am
Strength & Core
Amy -
Fitness Room

7:00am-7:30am
Circuit Abs
Amy -
Fitness Room

REGISTER
7:00am-7:45am
Indoor Cycle
Tina Y.-
2nd Level Cycle Room

REGISTER
8:00am-8:45am
Strong By Zumba
Pam -
Court #1

REGISTER
9:00am-9:45am
Sculpt-N-Flow
Lisa -
Fitness Room

9:00am - 9:45am
Zumba
Pam -
Court #1

10:00am - 10:45am
Strength & Core
Tina C.-
Court #1

REGISTER
10:00am-10:45am
Indoor Cycle
June-
2nd Level Cycle
Room

11:00am-12:00pm
Tai Chi
Ben -
Fitness Room

REGISTER
11:15am-12:00pm
Chair Aerobics
June-
Court#1

5:00pm-6:00pm
TacFit
Randy
2nd Level

Jessica Stalvey:
Fitness Coordinator
jstalvey@conwayscv.gov
843-488-7685

Thursday

5:35am-6:35am
Tac Fit
Randy
2nd Level

6:00am - 6:45am
Step & Sculpt
Amy-
Fitness Room

7:00am - 7:45am
Functional Strength
June-
Fitness Room

8:00am-8:45am
Instructor Choice
June
Court#1

REGISTER
8:00am-8:45am
Indoor Cycle
Tina Y. -
2nd Level Cycle Room

REGISTER
9:00am - 9:45am
H-LOW Step
Tina C.-
Fitness Room

9:00am-9:45am
Zumba
Kerri
Court#1

10:00am-11:00am
Line Dancing
Roger-
Court#1

REGISTER
10:05am-11:00am
Silver Sneakers
Circuit
Brigette
Fitness Room

REGISTER
11:10am-12:00pm
Chair Yoga
Brigette
Fitness Room

REGISTER
12:15pm-1pm
Pop-Up
Chair Aerobics
Brigette
Fitness Room

5:30pm-6:30pm
Functional Strength
June-
2nd Level Weight Room

5:30pm-6:30pm
Beginners Line Dancing
Roger-
Fitness Room

6:35pm-7:30pm
Zumba
CJ
Fitness Room

Friday

5:35am-6:35am
Tac Fit
Randy-
No Class 4/3
2nd Level

7:00am-7:45am
Step & Sculpt
Autumn-
No Class 4/3
Fitness Room

8:00am-8:45am
Barre
Autumn
No Class 4/3
Court#1-

9:00am-9:45am
Strength & Core
Tina- 4/10
Heather- 4/17 & 4/24
Autumn- 5/1
Court #1

REGISTER
10:00am - 10:50am
Cardio Dance Combo
Tina -
No Class 4/3
Fitness Room -

10:00am-11:00am
Zumba
Pam-
No Class 4/3
Court #1-

REGISTER
11:15am- 12:00pm
Chair Aerobics
Barbara B.
No Class 4/3
Court#1

11:05am-11:45am
Spontaneous
Combustion
Nadine
No Class 4/3
Fitness Room

Saturday

8:45am-9:20am
Fitness Room
Strong By Zumba
CJ- 11th

Circuit Abs
Kassidi- 25th
Olivia- 18th

REGISTER
9:30am-10:15am

Indoor Cycle
Cycle Room
June- 18th & 25th

REGISTER
Cardio Kick & Abs
Amy- 18th
Fitness Room

9:30am-10:25am
Zumba -
Fitness Room
Kerri- 11th & 25th

AQUATIC SCHEDULE



Aquatics Schedule April 2026



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am - 8:45 am Aqua Aerobics- Pam S.	8:00 am - 8:45 am Aqua Aerobics- Deanna	8:00 am - 8:45 am Aqua Aerobics/Blast - Olivia	8:00 am - 8:45 am Aqua Aerobics- Pam S.	8:00 am - 8:45 am Turbulence- Barbara
9:00 am - 9:45 am Aqua Zumba - Pam H.	9:00 am - 9:45 am Deep Water - Bridgette	9:00 am - 9:45 am Aqua Pilates - Pam R. NEW CLASS!	9:00 am - 9:45 am Aerobics- Barbara	9:00 am - 9:45 am A mix of EVERYTHING!! - 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 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	CSFC POOL HOURS Monday- Friday : 6:00am - 7:30pm Saturday : 8:30am - 5:30pm Sunday: Closed
6:15pm - 7:00 pm Aqua Zumba - Pam H				

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



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 Turbulence: Harness the resistance of water for a challenging, low-impact workout that builds strength and cardio fitness. Suitable for all levels with modifications provided.

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.

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)

A mix of EVERYTHING!: Participants can enjoy dancing, high-energy aerobic routines, and water resistance training, all while staying cool in the pool. Freestyle offers a refreshing twist on traditional workouts!

YOGA FITNESS

YOGA Schedule April

March 30th - May 1st



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	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00am-8:50am <u>Somatic Stretch</u> <u>Yoga</u> Pam R. Fitness Room Class Only 3/30, 4/6, & 4/13</p>	<p>8:00am-8:50am <u>Sculpt-N-Flow Yoga</u> Lisa Fitness Room</p>	<p>8:00am-8:50am <u>Wednesday</u> <u>Morning Gentle</u> <u>Yoga</u> Linda C. 4/1, 4/8, & 4/22 Evita- 15th & 29th Fitness Room</p>	<p>8:00am-8:50am <u>Gentle Yoga</u> Linda C. - 4/2, 4/9, 4/23, & 4/30 Fitness Room</p>	<p>8:00am-8:50am <u>Instructor Choice</u> Kimberly - 4/10, 4/17, 4/24, & 5/1 Fitness Room</p>	
<p>8:00am-8:50 am <u>Yin Yoga</u> Pam R. Fitness Room Class Only 4/20 & 4/27</p>		<p>10:00am-10:50am <u>Gentle Vinyasa Flow</u> <u>Yoga</u> Pam R. Fitness Room</p>	<p>8:00am-8:50am <u>Vigorous Yoga</u> Evita- 16th & 30th Fitness Room</p>	<p>9:00am-9:50am <u>Yogalates</u> Autumn Pam - 5/1 Fitness Room</p>	
<p>9:00am-9:45am <u>Mat Pilates</u> Pam R. Fitness Room</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>	<p>4:30pm-5:15pm <u>Beginner's Mat Pilates</u> Pam R. Fitness Room</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room</p>		<p>10:35am-11:25am</p>
<p>10:00am-10:55am <u>Gentle Vinyasa</u> <u>Flow Yoga</u> Pam R. Fitness Room</p>		<p>5:30pm-6:15pm <u>Slow Flow</u> Pam R. Fitness Room</p>			<p>Saturday Instructor <u>Choice Yoga</u> <u>Fitness Room</u> Pam R.- 4/11, 4/18, & 4/25</p>
<p>6:15pm-6:55pm <u>Yoga Stretch</u> Amy- No Class 4/13 Fitness Room</p>		<p>6:25pm-7:00pm <u>Restorative</u> Pam R. Fitness Room</p>			<p>11:30am- 12:10PM <u>Mat Pilates</u> Fitness Room Pam R. 4/11, 4/18, & 4/25</p>

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



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



DIRECTOR
Ashley Smith

ASSISTANT DIRECTORS
David Williams & Karen Johnson

MEMBERSHIPS & AQUATICS
Regina Stevens

FITNESS
Jessica Stalvey

ATHLETICS
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](https://www.facebook.com/ConwayPRT)



[@conway_prt](https://www.instagram.com/conway_prt)



[@CofConway](https://twitter.com/CofConway)