

# JUNE 2024

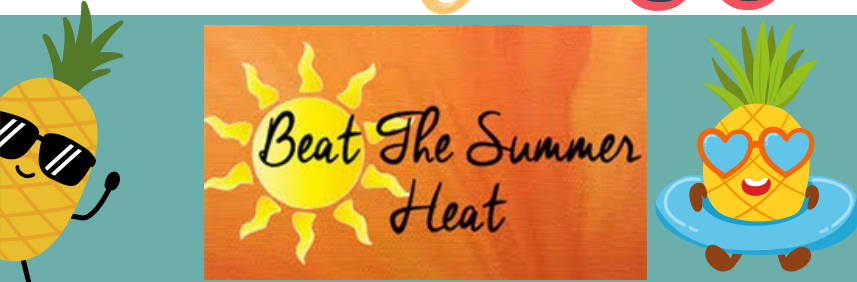
## Newsletter



Summer heat can be more than uncomfortable - It can be a threat to your health, especially in older adults & children!

Whatever your age, don't let the heat beat you!

Stay Hydrated!! Feeling thirsty means that your body is already on the verge of dehydration- so don't wait until you are thirsty to take a drink! Especially if you're working out of outside in the elements!



## How to Recognize & Treat Heat Illnesses

### HEAT RASH

#### SIGNS

- Clusters of red, raised bumps on skin (especially on neck, chest, elbow creases, etc.)
- Itchy, irritable skin

#### WHAT TO DO

- Move to a cooler place
- Keep the rash dry
- To alleviate itching, use body powder

### HEAT CRAMPS

#### SIGNS

- Muscle cramps, pain, or spasms in abs, arms, or legs
- Cool, moist skin
- Dilated pupils
- Thirst
- Tiredness or weakness

#### WHAT TO DO

- Rest for a few hours
- Drink plenty of water, eat a snack or have a sports drink
- Call medical help if cramps persist for more than 1 hour

### HEAT STROKE

#### SIGNS

- Red, hot, or damp skin
- Confusion, slurred speech, altered mental state
- Unconsciousness
- Very high body temperature

#### WHAT TO DO

- Call 911 immediately. This is an emergency!
- Move to a cooler place
- Do everything to cool down: Remove outer clothing, get wet, apply cold compresses or ice packs to the head, neck, armpits, and groin.
- Have someone stay with you until medical help arrives

### HEAT EXHAUSTION

#### SIGNS

- Headache, nausea
- Irritability, high body temperature
- Extreme thirst
- Dizziness, weakness

#### WHAT TO DO

- Use ice packs and cold compresses to cool down
- Loosen clothes, remove socks, shoes, etc.
- Drink plenty of water or other cool beverages
- Call medical help or go to a health facility



# Bacon-wrapped Mac & Cheese Bites



## Ingredients

- 1 cup macaroni
- 1 cup cheddar cheese
- 2 Tablespoons milk
- 1 Tablespoon cream cheese
- 2 Tablespoons parmesan cheese
- 12 bacon slices, optional
- Salt, to taste
- Paprika, to taste

## Instructions

Preheat oven to 400F.

In a pot, boil salted water and cook the macaroni according to package instructions.

Remove from heat, drain, and place the cooked macaroni in a bowl.

Stir in the cheddar cheese, milk, butter, cream cheese, and parmesan cheese.

Spray non-stick cooking spray over a muffin tin.

If using bacon, wrap it around the inside of the muffin indentations now.

Fill with the macaroni cheesy mix, and place it in the oven for about 15 – 20 minutes.

Remove from the oven, serve, and enjoy.



HAPPY  
FATHER'S  
DAY!

WORK HARD. PLAY HARDER

FATHER'S  
DAY FITNESS

Total Body  
Father's Day  
Workout

Do each exercise for 30 seconds.  
Sets: Beginner 1. Intermediate 2-3. Advanced 3-4.

Warm Up 5 Minutes

PUSH-UP TO SIDE PLANK

2-ARM TRICEP KICKBACK

LUNGES WITH UPRIGHT ROW

BUTT KICKS

BICYCLE CRUNCH

BRIDGE

WALL SIT

PRISONER SQUAT

STEP UPS

SCISSOR ABS

BACK LUNGE WITH BICEP CURL

PUSH-UP TO SIDE PLANK

BENT OVER ROW

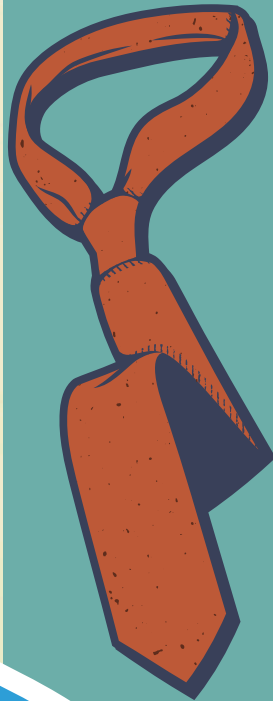
MOUNTAIN CLIMBERS

PLANK HIP DIPS

Rest 30 Seconds

REPEAT

Cool Down 5 Minutes





# Sparkling Hibiscus Cooler



## Directions

Combine water, hibiscus petals, cinnamon, clove, allspice, and nutmeg in a medium pot. Bring to a boil over high heat. Reduce heat and simmer for 1 1/2 hours.

Remove from heat and stir in sugar until dissolved, about 1 minute. Cool syrup to room temperature, about 1 hour. Refrigerate until ready to use.

Make hibiscus coolers by filling 10 glasses with ice. Pour 3 fluid ounces hibiscus syrup into each glass; top with 8 fluid ounces sparkling water. Squeeze 1 lime wedge into each glass.



## Ingredients

- 10 cups water
- 1 cup dried hibiscus petals
- 1 cinnamon stick
- 1 whole clove
- 1 whole allspice berry
- 1/8 teaspoon freshly grated nutmeg
- 1 1/2 cups raw sugar
- ice cubes
- 2 1/2 (32 ounce) bottles sparkling water
- 2 limes, cut into wedges

# BRAIN TEASER! ?

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

**Solve this riddle!**

**First correct response WINS a prize!**

Email your answers to [sfuller@conwaysc.gov](mailto:sfuller@conwaysc.gov)



# JUNE TEENTH

## Pop-Up Class!

6pm-7pm

Intro to Yoga  
6/5 & 6/12



# BAD DAD JOKES!

Classic lines only a Dad could find funny!



# Juneteenth word Search

Find the hidden words within the grid of letters.

G X U S S Z M D F O H U M M B P G Y T Q G V K Q J L W O S G Q B B L  
C E L E B R A T I O N O N D U T R D A R D G K L D J R B Y W R O D H  
S V O O K X D T S H K Z M E O R C B M T R G J Q L B W A Q F R O U T  
F P I F Y I N M D R T V C A M W E C Q C N K Y M Q K B M L K M C Q V  
G X E W T Y U C X E T Z K G J O X P V F D W U M F A A F R L F J K  
Y U P W I T S A O A H G N O Y E L I O S O B S O D E Y J M V W Y W  
F R E E D O M R T L H S Y W B T W M W R K X U T A S L Q Y M A K I N  
N M U G X F A Y G U R P I Q H S J B P M B Q A X N A K C U B C P U A  
T O O J Z D Q O G W E E F L C J E V Y A K N W O H N L I N G I V S X  
D K I J F U A A V H N R Y J O B I R B I O E I D R Y C I J I J Q S I  
C P M T O I K V M U O V T P Z B O M V M I T S P U Z N C Q U L D E A  
K V I Z A L Z C G J H E G W I G A Z D A A E N O M I S A N I N E S V  
H I A O I L P A G O I R C U E I X C Y L N T J T I Z Q E E W D P V  
G B M B E V S U M G A A I O U F V O U E B C C F I A T J W Z K E O P  
E V F Z F N K I D U V N L M R M T C A R B S E D P E K X H O Q C C I  
T I H X O L P J G I Z C S E D Z E F R U O Z W B E R J W Y O E E A S  
T G E R Y U M B W E V E C C K P R K W T X C I N L J O A R A R S P E  
Y W K B O L N D H R L R T C S S L Q I L T O T Y M D K Q I W J T J S  
B C G L A E L G T O O N X K V I L H H U E H K V M L M N Z D X U U E  
R Z W L S V Z K C F C V V C P I W V B C C F R T N V Q Z P I B D K L  
M R O Z B O E L N W Y X U O B F J N G I Z L T M H I S A R L S D G G  
A K J M Y A L E Q M N A X U O F Y J C R A I B X L Z P Y J Z I P A O  
E M L K S A J A V D I T D X X O I Y K G K Y S P V D B U M H H I M X  
E Y H V I R P U A Y V B W A F N O I T A P I C N A M E G A H G V R K

Abolished  
Agriculture  
Celebration

Emancipation  
Enforce  
Freedom

Homage  
Juneteenth  
Legislation

Nina Simone  
Obama  
Observance

Perverance  
Seceded  
Speculation

## Summer Activities for Families

Have everyone pick age appropriate classic books that they've never read to enjoy this summer.  
(like such varied options as Goodnight Moon or A Tale of Two Cities)

Go on a photo walk. Try to make sure everyone has some sort of camera to use.

Go to a Farmers Market to taste locally grown foods and to learn from the vendors participating.

Run around outside in a gentle summer rain.  
(Never do this during a lightning storm though, of course!)

Get away from city lights and watch the stars on a warm, cloudless night.

Grow a garden!  
Whether your garden is huge and will feed your throughout the year or you just try out a single pot of herbs, it's good to have a chance to grow something that you can eat.

Learn how to make a new recipe.  
Have your kids help.

Have a family game night.

Attend a county fair or a local parade.

Enroll your whole family in your library's summer reading program.

© 2013 The Homeschool Classroom - <http://www.hsclassroom.net>

### EQUIPMENT ORIENTATION

MONDAY JUNE 10TH  
1PM-2PM

COME DROP IN AND  
FAMILIZARIZE YOURSELF  
WITH OUR MACHINES  
AND EQUIPMENT!

### Pop-Up Class!

6:00am-6:45am

Hi-Low Step

6/3, 6/5, 6/6 & 6/24

• **Hi/Low Step** \_ (Hi/Low impact step aerobics) - is an energetic, upbeat aerobics class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training through basic step routines that incorporates high and low impact moves as well as toning exercises, for a superior total body workout!





CONWAY SPORTS & FITNESS CENTER

# JUNETEENTH DAY

CELEBRATE FREEDOM!

19  
JUNE

FACILITY CLOSED  
IN OBSERVANCE OF  
JUNETEENTH

1515 MILL POND RD., CONWAY SC 29527

City of  
CONWAY  
Parks & Recreation  
presents



## Join the Juneteenth Community Celebration

SAT **15** JUN 10-2PM

SMITH JONES PARK  
1710 SMITH JONES ST

FREE FOOD, GUEST SPEAKERS AFRICAN DANCERS,  
MUSIC, STORYTELLERS, FREE KIDS PACKET,  
INFLATABLES, STORY WALK, DOOR PRIZES

FREE MOVIE JUNE  
14TH  
8:00 PM  
"MISS  
JUNETEENTH"



DR. HANK SINGLETON III  
THEOLOGIAN AND PROFESSOR OF  
AFRICAN AMERICAN STUDIES

FOR MORE INFORMATION, CONTACT CONWAY PARKS AND RECREATION AT 488-1950

HAPPY

# Father's DAY



# JUNE TEENTH FREEDOM DAY

JUNE 19





# THE OASIS AT SMITH JONES PARK POOL HOURS

(JUNE 1ST-SEPTEMBER 8TH)

**MONDAY: 1:00PM-8:00PM**

**TUESDAY: 10:00AM-8:00PM**

**WEDNESDAY: 1:00PM-8:00PM**

**THURSDAY: 10:00AM-8:00PM**

**FRIDAY: 1:00PM-6:00PM**

**SATURDAY: 1:00PM-6:00PM**

**SUNDAY: 1:00PM-6:00PM**

**\$2/PER  
PERSON**

719 Smith Jones St, Conway, SC 29527

[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)



## Conway Tennis Summer Schedule

MONTH	WEEKS
June	10th - 13th
June	17th - 20th
June	24th - 27th

Ages 8 - 12

Mon. - Thur.  
9am - 12pm

**\$120  
per week**

Daily Drop-In Fee  
**\$45**

Bring a  
Racket, Water & Snacks

[conwaytennis@yahoo.com](mailto:conwaytennis@yahoo.com)  
for more information  
and registration.

Location:  
Collins Park  
16th Ave., Conway, SC

### Agenda

- Drop Off at 8:50am
- Camp Begins at 9am
- Snack Break around 10:30am
- Game Time 11am - 11:50am
- Pick Up at 12pm

## 2024 PICKLEBALL SUMMER HOURS

**STARTING JUNE 10TH**  
Mondays - Fridays

COURT 1

**12:15PM - 2:30PM**

COURT 1 & 2

**5:30AM - 7:00AM**

Saturdays  
9:00am - 1:00pm



## JUNIOR DISC GOLF -Tournament-

Register  
online  
now!

**SUNDAY, JUNE 2ND, 2024**

**8:45AM CHECK-IN**

**Smith Jones Park/Sherwood  
Forest Park**

[https://www.discgolfscore.com/tournaments/The\\_2nd\\_Annual\\_Conway\\_Junior\\_Disc\\_Golf\\_Championship\\_2024\\_presented\\_by\\_Discmania](https://www.discgolfscore.com/tournaments/The_2nd_Annual_Conway_Junior_Disc_Golf_Championship_2024_presented_by_Discmania)



CONWAY PARKS AND RECREATION  
AND WACCAMAW OUTFITTERS  
PRESENT:

# ROCKIN' ON THE RIVER

**FREE**

**BYO  
FLOAT**

- Live Music
- Vendors/Food Trucks
- Kayak & Paddle Board Races
- Float Parade
- Inflatables
- Log Roll...and more!

## MAIN STAGE BANDS

(STARTING AT 3PM)

WACCAMAW STAGE: BADLANDER

BONFIRE STAGE: TBD

**SATURDAY, AUGUST 3RD**

**10:00AM-7:00PM**

RIVERFRONT/WACCAMAW

OUTFITTERS/BONFIRE/

WACCAMAW SHRINE CLUB



**bonfire**  
a smokin' taqueria



Waccamaw Shrine Club  
On the River Walk - Conway, SC

[WWW.CONWAYPARKSANDRECREATION.NET](http://WWW.CONWAYPARKSANDRECREATION.NET)



**2024 SUMMER  
SPORTS CAMP**



## Baseball

June 10th - 13th

Billy Gardner Complex  
Field B



## Volleyball

June 17th - 20th

Location: Conway High School



## Softball

June 24th - 27th

Location: Conway High School



## Basketball

July 8th - 11th

Location: Conway High School



## Disc Golf

July 15th - 18th

Location: Smith Jones



## Track

Aug. 5th - 7th

5pm - 7pm

Location: Conway High School

**NEW**

For more information, please call the Conway Recreation Center  
at 843-248-1740 Or visit our website at  
[www.ConwayParksandRecreation.net](http://www.ConwayParksandRecreation.net)



## Soccer

July 29th - Aug. 3rd



Soccer will be held here at the  
Conway Recreation Center

Offered by

Kingston United Soccer Club  
Please register for Soccer ONLY at  
[www.kingstonunitedsc.com](http://www.kingstonunitedsc.com)  
\$95.00 for Soccer only

## Camp Days & Times

Monday - Thursday

9:00am - 12:00 noon

For ages 6 - 13 yrs.

Cost:

\$60 per camp

(Includes Camp Shirt)

**PRE-REGISTRATION REQUIRED**

Deadline to register is each

Friday before camp.

Unless Otherwise noted, all

camps will be held at the

Conway High School

Participants should bring their  
own snacks, water, sunscreen if  
outdoors and equipment.  
(gloves, bats, etc...)

Participants should also dress  
appropriately for the sport of  
interest.



CONWAY SPORTS & FITNESS CENTER

# 2024 SUMMER Slam

PICKLEBALL MIXED DOUBLES TOURNAMENT

**\$20.00 MEMBERS ★ \$25.00 NON-MEMBERS**

**JUNE 29TH | SATURDAY**

**9AM ONWARDS**

**16TH AVE., CONWAY SC  
COLLINS PARK**

**REGISTRATION BEGINS  
APRIL 22ND**

Bracket pairing determined June 25th

**MUST HAVE A PARTNER TO REGISTER**

**LEVEL 4.0+**



# Tonka Hemingway



## Youth Football Camp

June 8th 8:30AM - 11:30AM

Location: Conway High School

Open to all Rising 3rd - 8th Graders

**Cost: FREE**

*All participants will receive lunch and a t-shirt*

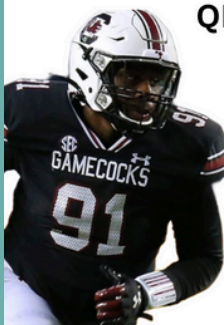
**Pictures and Autographs with Gamecock**

**Players 11:30AM - 12:00PM**

Registration Link:

[https://conwaysc.activityreg.com/selectactivity\\_t2.wcs](https://conwaysc.activityreg.com/selectactivity_t2.wcs)

**QR Code for Registration:**





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

# june

## Fitness Class Schedule June 1<sup>st</sup>-June 29<sup>th</sup>

Pop-Up  
Classes

6:00am-6:45am  
Pop Up Class  
Hi-Low Step  
6/3, 6/5, 6/6 & 6/24

### Monday

6:00am-6:45am  
H.I.C.T Bootcamp  
Randy  
2<sup>nd</sup> Level

**Class Held Only  
6/17 & 6/24**

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

8:00am- 8:45am  
Barre Blend &  
Extend  
Nadine  
Fitness Room

9:00am- 9:45am  
Chair Aerobics  
Nadine  
Fitness Room

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

10:00am - 11:00am  
Zumba-  
Marissa  
Court #1

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

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

4:30pm-5:00pm  
/6:00pm-6:30pm  
I.C.T  
Eric-  
Meet Upstairs

5:05pm-5:45pm  
Strength & Core  
Amy  
Fitness Room

6:00pm-6:45pm  
Yoga Stretch  
Fitness Room

### Tuesday

6:00am - 6:45am  
Cardio Kick & Abs  
Amy-  
Court#1

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

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

9:00am-9:45am  
Step & Sculpt  
Jessica  
Fitness Room

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

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

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

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

4:30pm-5:00pm  
/6:00pm-6:30pm  
I.C.T-  
Eric 2<sup>nd</sup> Level

5:30pm-6:30pm  
Indoor Cycle-  
Tina Y-  
2<sup>nd</sup> Level  
Cycle Room-

5:15pm-6:00pm  
Strong By Zumba  
Marissa  
Fitness Room

6:10pm-7:10pm  
Zumba  
Marissa  
Fitness Room

### Wednesday

6:00am-6:45am  
Strength & Core-  
Amy - **No Class 6/5  
& 6/19** Court #1

7:00am-7:45am  
Indoor Cycle  
Tina Y.-**No Class 6/19**  
2<sup>nd</sup> Level Cycle Room

7:00am-7:45am  
Strength & Core  
Amy  
Court #1  
**No Class 6/5 & 6/19**

8:00am-8:45am  
Strong By Zumba-  
Pam  
Court #1  
**No Class 6/19**

9:05am-9:35am  
Circuit Abs  
Daniel  
Fitness Room  
**No Class 6/19**

9:00am - 9:45am  
Zumba-  
Pam  
Court #1  
**No Class 6/19**

10:00am - 10:45am  
Strength & Core  
Tina C.  
Court #1  
**No Class 6/19**

10:00am-10:45am  
Indoor Cycle  
June  
2<sup>nd</sup> Level Cycle Room  
**No Class 6/19**

11:00am-12:00pm  
Tai Chi  
Ben  
Fitness Room  
**No Class 6/19**

11:15am-12:00pm  
Chair Aerobics  
June  
Court#1  
**No Class 6/5 & 6/19**

6:05pm-7:00pm  
Zumba  
Kerri  
Fitness Room  
**Class Held 6/26  
Only**

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

[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)

### Thursday

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

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

8:00am-8:45am  
Instructor Choice  
Daniel-  
June- Upper Body  
Training  
Court#1

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

9:00am - 9:45am  
Step & Sculpt  
Tina C.  
Fitness Room

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

10:05am-11:00am  
Silver Sneakers  
Circuit  
Brigette  
Fitness Room  
11:10am-12:00pm

Chair Yoga  
Pam/Linda  
Fitness Room

4:30pm-5:15pm/  
I.C.T - 2<sup>nd</sup> Level  
Eric

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

6:00pm-6:30pm  
I.C.T - 2<sup>nd</sup> Level  
Eric

### Friday

6:00am-6:45am  
H.I.C.T Boot Camp  
Randy - 2<sup>nd</sup> Level  
**Class Only 6/21 & 6/28**

6:45am-7:15am  
Booty Blast  
Morgan-  
Fitness Room

7:15am-7:50am  
Step & Sculpt  
Autumn  
Fitness Room

8:00am - 8:45am  
Barre  
Nadine  
Court#1

9:00am-9:45am  
Strength & Core  
Autumn/Beverley/Tina  
Court #1

10:00am-10:45am  
Indoor Cycle  
Autumn -  
2<sup>nd</sup> level Cycle Room

10:00am - 10:50am  
Cardio Dance Combo  
Tina  
Fitness Room

10:00am-11:00am  
Zumba-  
Pam- Court #1

11:15am- 12:00pm  
Chair Aerobics  
Nadine -Fitness Room

### Saturday

Circuit Abs  
8:30am-9:00am  
Fitness Room  
**Kassidi-1<sup>st</sup> & 8<sup>th</sup>**

Cardio Kick & Abs  
8:30am-9:15am  
Fitness Room  
**Amy 15<sup>th</sup> /Autumn 29<sup>th</sup>**

Indoor Cycle  
9:30am-10:15am  
Fitness Room  
**June- 15<sup>th</sup> & 22<sup>nd</sup>  
Autumn-29<sup>th</sup>**

Zumba  
9:20am-10:20am  
Fitness Room  
**Kerri-22<sup>nd</sup>**

I.C.T  
2<sup>nd</sup> Level  
11:00am-11:30am  
**Eric- 1st-8th-15th-22nd-29th**



# YOGA Schedule

## June 2024

June 1st- June 29th



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

REGISTER

10:00am-10:55am  
Gentle Yoga  
Pam R.  
Fitness Room

6:00pm-6:45pm  
Yoga Stretch  
Amy  
Fitness Room

### Tuesday

REGISTER

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

5:15pm-6:00pm  
Circl Mobility Demos  
Marissa  
Fitness Room  
Class Held  
6/25

### Wednesday

REGISTER

8:00am-8:50am  
Wednesday Morning Gentle Yoga  
Pam- 6/5  
Evita-6/12 & 6/26  
Fitness Room  
No Class 6/19

REGISTER

10:00am-10:50am  
Gentle Yoga  
Pam R.  
Fitness Room  
No Class 6/19

6:00pm-7:00pm  
Intro To Yoga  
Pam  
Fitness Room  
6/5 & 6/12

### Thursday

REGISTER

8:00am-8:50am  
Vigorous Yoga  
Pam R. - 6/6 & 6/20  
Evita -6/13 & 6/27  
Fitness Room

REGISTER

11:10am-12:00pm  
Chair Yoga  
Pam R.- 6/6 & 6/13  
Linda C-- 6/20 & 6/27  
Fitness Room

6:35pm-7:35pm  
Yin/Restorative  
Pam R.  
Fitness Room

### Friday

REGISTER

8:00am-9:00am  
Yogalates  
Autumn  
Fitness Room

### Saturday

10:30am-11:25am

Saturday Yoga  
Fitness Room  
Pam R.

6/1, 6/8, 6/15, & 6/22

REGISTER

Yogalates  
Fitness Room  
Autumn  
6/29 Only



## YOGALATES

**CIRCL**  
MOBILITY™



hello  
**SUMMER**



# Aquatics Schedule

## JUNE 2024



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



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 9:45 am Aqua Zumba –Pam H.	9:00 am – 9:45 am Deep Water – Brigittee	8:00 am - 8:45 am Aqua Aerobics- Beverley	9:00 am – 9:45 am Stick Mobility/Aerobics- Brigittee	8:00 am - 8:45 am Aqua Aerobics- Beverley
10:00 am – 10:45 am Arthritis R.O.M/Strength-June	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am Aqua Yoga –Pam R.	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am R.O.M/Strength-June
11:00 am – 11:45 am Aqua Aerobics -June	12:15 pm – 1:00 pm Arthritis R.O.M.- Brigittee	10:00 am – 10:45 am Aqua Zumba –Pam H.		10:00 am – 12:00 pm Water Volleyball
4:00 pm – 7:00 pm 3 LANES TigersharkPractice	4:00 pm – 7:00 pm 3 LANES TigersharkPractice	4:00 pm – 7:00 pm 3 LANES TigersharkPractice		

Regina Stevens- Aquatics Coordinator  
Kaitlyn Pardes- Assistant Aquatics Coordinator  
843-488-7686 or rstevens@cityofconway.com

### Aquatic Class Descriptions:

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

**Stick Mobility/Aerobics:** This class focuses on improving mobility, allowing you to move more freely while adding a strength component to stretches. As you pull or push the stick through the water, you engage muscles, promoting strength development alongside flexibility with increased cardio stamina.

**Arthritis Range of Motion (R.O.M)/Strength:** Developed especially for people with arthritis, this program helps you stay fit while reducing arthritis pain. Take control of your arthritis and minimize your pain with our low impact stretches. Movements improve strength for daily living tasks.

**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 Yoga:** Aqua Yoga is a low-impact aquatic exercise, performing Yoga poses in water. The goal is to provide strength, balance, and range of motion. Yoga in the pool is an amazing place to experience the many benefits of yoga. The feeling of weightlessness in the water takes the stress out of challenged joints.

**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!

**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)



# Stay Updated...Stay Connected...

## Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC



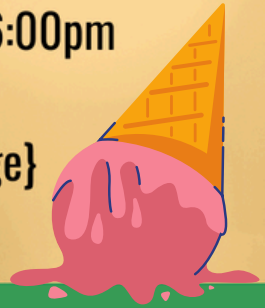
### Facility Hours:

Monday - Friday: 5:30am - 8:00pm

Saturday: 8:00am - 6:00pm

Sunday: Closed

{Hours Subject to Change}



### ONLINE

[www.ConwayParksandRecreation.net](http://www.ConwayParksandRecreation.net)



### PHONE

(843)488.1950



### EMAIL

[recreation@cityofconway.com](mailto: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.



## 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.

DIRECTOR  
Ashley Smith

ASSISTANT DIRECTORS  
David Williams & Karen Johnson

MEMBERSHIPS  
Marsha Ponder

FITNESS  
Jessica Stalvey & Samantha Fuller

AQUATICS  
Regina Stevens

ATHLETICS  
Susan Becton

PROGRAMS  
Janice Hopkins

