



AUGUST 2026

Newsletter

Beat the Heat: Stay Healthy with Smart Hydration This August

August brings some of the hottest temperatures of the year, making hydration more important than ever. Whether you're spending time outdoors, exercising, gardening, or simply running errands, your body loses water through sweat. Replacing those fluids helps keep your body cool, supports healthy circulation, and gives you the energy you need to enjoy the season.

Top Hydration Tips

- 💧 Drink water throughout the day. Don't wait until you're thirsty—thirst is often a sign that your body is already becoming dehydrated.
- 🍶 Carry a reusable water bottle. Having water within reach makes it easier to sip regularly.
- 🍉 Eat water-rich foods. Watermelon, cucumbers, strawberries, oranges, tomatoes, and lettuce are delicious ways to boost hydration.
- ☀️ Limit outdoor activities during peak heat. If possible, plan exercise or yard work in the early morning or evening when temperatures are cooler.
- 🧢 Dress for the weather. Wear lightweight, light-colored clothing, a wide-brimmed hat, and sunscreen to help protect yourself from the sun.
- ⚠️ Know the warning signs of dehydration. Watch for dizziness, headache, dry mouth, fatigue, muscle cramps, dark-colored urine, or confusion. If these symptoms occur, move to a cool place, drink water, and seek medical attention if symptoms become severe.

How Much Water Do You Need?

Most adults benefit from drinking plenty of fluids throughout the day. Your needs may increase during hot weather, physical activity, or illness. Water is usually the best choice, but low-sugar electrolyte drinks can also help replace fluids lost through heavy sweating.

Healthy August Challenge

Drink 8 glasses of water each day for one week!

Keep a water bottle nearby, flavor your water with fresh lemon, lime, cucumber, or berries, and encourage family and friends to join the challenge.

Stay cool. Stay hydrated. Stay healthy.



August Awareness Days



August 3: National Watermelon Day, National Grab Some Nuts Day

August 4: National Chocolate Chip Cookie Day, National Coast Guard Day

August 5: National Oyster Day, National Underwear Day

August 6: National Root Beer Float Day, National Fresh Breath Day

August 11: National Son and Daughter Day, National Raspberry Tart Day

August 12: National Vinyl Record Day, National Middle Child Day

August 13: National Filet Mignon Day, National Left-Handers Day

August 14: National Creamsicle Day, National Financial Awareness Day

August 16: National Tell a Joke Day, National Rum Day

August 17: National Thrift Shop Day, National Black Cat Appreciation Day

August 25: National Banana Split Day, Be Kind to Humankind Week begins (Aug 25-31)

August 26: National Dog Day, National Cherry Popsicle Day

August 31: National Trail Mix Day, National Eat Outside Day



ha
ha
ha

DOG DAYS



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



Mill Pond Parking Lot

Tuesday August 4, 2026

Attention:

**Members and Guests Mill Pond
Parking Lot Along With Court
#1 Will Be Closed Due to A
Scheduled Event On August 4, 2026.**

***There will Be No Indoor Open Play
Pickleball or Basketball***

**We Appreciate Your Patience &
Cooperation!**

**Parking Will Be Available In The Over
Flow Lot By The Baseball Fields & By The
Pool Entrance Behind The Complex**

Healthy Recipe!

Roasted Cabbage Burgers



Directions

Step 1 Arrange a rack in center of oven; preheat to 425°. On a cutting board, arrange cabbage on its side. Using a sharp knife, cut 1" off top of cabbage (reserve for another use). Cut remaining cabbage into 4 (1/2"-thick) steaks; discard root end.

Step 2 Arrange steaks on a baking sheet. Brush both sides of steaks with oil; season all over with 1 1/2 tsp. kosher salt and a few grinds of pepper.

Step 3 Roast cabbage until tender, 20 to 25 minutes.

Step 4 About 5 minutes before cabbage is finished cooking, form beef into 4 large flat patties about 4" in diameter; season all over with remaining 1 tsp. salt and a few grinds of pepper. Arrange one patty on top of each roasted cabbage steak.

Step 5 Continue to bake until cabbage is tender and burgers are cooked to desired degree of doneness (about 8 minutes for medium-rare).

Step 6 Top each patty with a slice of cheese. Continue to bake just to melt cheese, about 1 minute.

Step 7 Serve topped with ketchup, mustard, bacon, pickles, and onion, as desired.

Ingredients

1 small head of green cabbage (about 10 oz.)

3 Tbsp. neutral oil

2 1/2 tsp. kosher salt, divided

Freshly ground black pepper

1 lb. (80% lean) ground beef

4 slices American cheese

Ketchup, mustard, cooked crumbled bacon, dill pickle chips, and finely chopped red onions, for serving

PICKLEBALL HAPPENINGS!



DUPR PICKLEBALL RATINGS CLINIC

Do you want to know what your current pickleball rating is?
This clinic is perfect for you!
DUPR ratings are based on Round Robin play!

SATURDAY AUGUST 1ST COURT #2
SCHEDULED SESSIONS WILL REPLACE OPEN PLAY
SESSION #1 : 9:00AM-11:00AM
SESSION #2: 11:00AM-1:00PM

\$30Members
\$35Non-members

Register online/Registration ends July 29th
www.conwayparksandrecreation.net



Beginner's Pickleball

**TUESDAY & THURSDAYS BEGINNING
SEPTEMBER 8TH- NOVEMBER 5TH
12:30PM-1:30PM**

COLLIN'S KIDS COURT #2

*Looking For A Chance To Learn The Fundamentals Of
Pickleball? Join Us Each Week To Discover Basic Skills
Sure To Get You Playing On The Courts !*

For more information Contact
Coach Nick Bucholtz @ 843-488-4279



THE SHEPHERD'S TABLE BENEFIT

PICKLEBALL TOURNAMENT

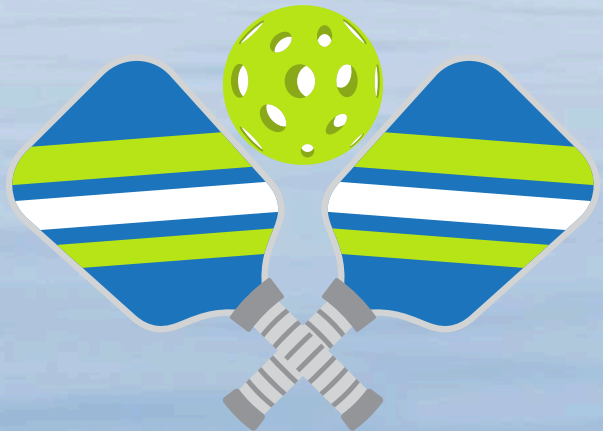
26 SEPTEMBER
9AM-3PM
1515 MILL POND ROAD
CONWAY, SC 29526

FEE
\$30
MEMBERS
\$35
NON-MEMBERS
ALL PROCEEDS GO TO BENEFIT
THE SHEPHERD'S TABLE

**MIXED DOUBLES
BASED ON
AGE GROUP**



REGISTRATION
WWW.CONWAYPARKSANDRECREATION.NET



FALL YOUTH SPORTS

CITY RESIDENTS: \$30
 NON-CITY RESIDENTS: \$75

REGISTRATION OPENS
 JULY 1, 2026 – AUGUST 21, 2026
ONLINE OR AT THE KEN SENN ATHLETIC BUILDING

FLAG FOOTBALL

- Little Tykes: Boys & Girls ages 5&6
- Pee Wee: Boys & Girls ages 7&8

YOUTH TACKLE FOOTBALL

- Small Fry: Boys & Girls ages 9&10
- Mite: Boys & Girls ages 11&12

YOUTH SOCCER

- Little Tykes: Boys & Girls ages 5&6
- Pee Wee: Boys & Girls ages 7&8
- Small Fry: Boys & Girls ages 9&10
- Mite: Boys & Girls ages 11&12
- Junior: Boys & Girls ages 13–15
- Senior: Boys & Girls ages 16–17

VOLLEYBALL

- Pee Wee: Boys & Girls ages 7–9
- Mite: Ages 10–12
- Junior: Ages 13–15

CHEERLEADING

- Small Fry: Ages 5–8
- Mite: Ages 9–12

YOUTH BASEBALL
 6 & Under, 8 & Under, 10 & Under, 12 & Under, 14 & Under

YOUTH SOFTBALL
 8 & Under, 10 & Under, 12 & Under, 15 & Under

TINY TIGERS
 AGES 3–5: \$30 CITY RESIDENTS, \$35 NON-CITY RESIDENTS
 SATURDAYS STARTING SEPT. 12TH RUNS FOR 4 WEEKS.

Flag Football: session lasts for 45 mins (field 2) at 9:00am
 Soccer: session lasts for 45 mins (field 1) at 10:00am

BIRTH CERTIFICATES ARE REQUIRED FOR NEW PARTICIPANTS!
 The child's age on 9/1/26 determines the division of play for all sports! \$10 late fee after 8/21/26.
 KEN SENN ATHLETIC BUILDING
 1515 Mill Pond Rd, Conway, SC.
 843-488-1950
www.conwayparksandrec.com

YOUTH SPORTS



**SUMMER
FITNESS IN
ACTION!**





**8TH ANNUAL
UNDER THE LIGHTS 5K**

Presented By : The Conway Sports & Fitness
Center & Conway Medical Center

December 9, 2026

COSTUME CONTEST, VISITS WITH SANTA, AGE
GROUP AWARDS, FINISHER MEDALS, &
MUCH MORE!

EVENT BEGINS AT 06:00PM

REGISTER @ [HTTPS://RUNSIGNUP.COM/RACE/SC/CONWAY/
CITYOFCONWAYUNDERTHELIGHTS5KRUNWALK](https://runsignup.com/race/sc/conway/cityofconwayunderthelights5krunwalk)

4TH ELM STREET. CONWAY SC 29526

MORE INFO:
CONTACT JESSICA STALVEY
[@JSTALVEY@CONWAYSC.GOV](mailto:JSTALVEY@CONWAYSC.GOV)

LET THE TRAINING BEGIN

> REGISTER NOW

**[HTTPS://RUNSIGNUP.COM/SC/CONWAY/CITY
OFCONWAYUNDERTHELIGHTS5KRUNWALK](https://runsignup.com/sc/conway/cityofconwayunderthelights5krunwalk)**



COUCH TO 5K



SUN	Walk/run for 15-25 minutes
MON	Rest
TUE	Walk/run for 10-25 minutes
WED	Rest or cross-train
THU	Walk/run for 15-25 minutes
FRI	Rest or cross-train
SAT	Run for 1 to 3 miles



Aquatics Happenings

THE OASIS AT SMITH JONES PARK

PRE-SEASON HOURS
MAY 22ND (OPENING DAY!): 4PM-8PM
MAY 23RD - JUNE 4TH: 10AM-6PM

REGULAR SEASON HOURS:

Monday's: 10AM - 8PM - PUBLIC SWIM

Tuesday's: 10AM - 8PM - PUBLIC SWIM

Wednesday's: 1PM TO 8PM - PUBLIC SWIM

Thursday's: 10AM - 8PM - PUBLIC SWIM

Friday's: 1PM - 6PM - PUBLIC SWIM
6:30PM - 8:30PM - RESERVED PARTY

Saturday's: 10AM - 12PM - RESERVED PARTY
1PM - 6PM - PUBLIC SWIM
6:30PM - 8:30PM - RESERVED PARTY

Sunday's: 10AM - 12PM - RESERVED PARTY
1PM TO 6PM - PUBLIC SWIM
6:30PM TO 8:30PM - RESERVED PARTY

\$2/PER PERSON CASH OR CARD

719 SMITH JONES ST, CONWAY, SC 29527
WWW.CONWAYPARKSANDRECREATION.NET

August

Free! SWIMMING LESSONS
The Oasis at Smith Jones Park
719 Smith Jones St. Conway, SC 29527

Tuesdays & Thursdays

Parent - Toddler:
Toddlers build water confidence with guided skills & parent support.
4:00pm - 4:30pm

Preschool:
Kids will build independence, learning freestyle, backstroke, & basic swim skills.
4:30pm - 5:00pm

Beginner:
Kids will improve endurance, strokes, treading, & independent floating skills.
5:00pm - 5:30pm

Must register online at:
www.conwayparksandrecreation.net
Registration online opens 7/31st @ 8am
Classes begin on 8/4/2026 through 8/20/2026

kpardes@conwaysc.gov 843-488-7686

CONWAY TIGERSHARKS

Tryouts:

Tuesday, Sept 22nd
5:00pm - 7:00pm
Swimmers can show up anytime during this time period.

Requirements:
Swimmers must be able to swim 25m freestyle & backstroke.
Swimmers will be placed into a group based on their skills.

Practice Times:
BEGINNER: MON&WED: 4:30-5:30
INTERMEDIATE: M,W: 5:30-6:30 T,TH: 4:30-5:30
ADVANCED: M,W: 6:30-7:30 T,TH: 5:30-7:30

Pricing:
(One time payment)
Novice: \$350
Novice Plus: \$400
Advanced: \$450

1515 Mill Pond Rd.
Conway, SC 29526
843-488-7686
kpardes@conwaysc.gov

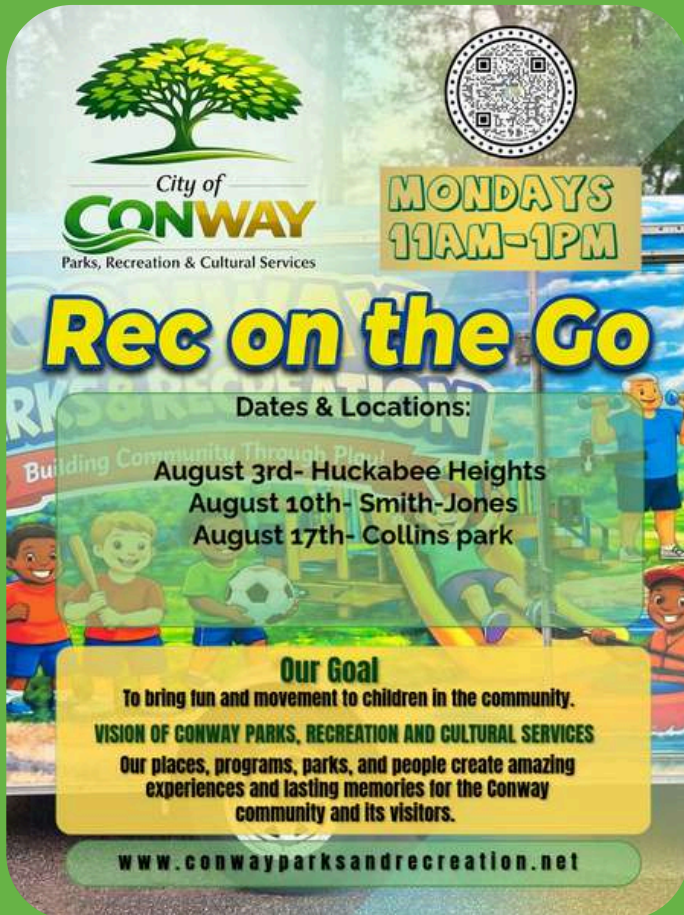
VARSITY SWIM TEAM SCHEDULE 2026/2027:

**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



City of CONWAY
Parks, Recreation & Cultural Services

MONDAYS 11AM-1PM

Rec on the Go

Dates & Locations:

- August 3rd- Huckabee Heights
- August 10th- Smith-Jones
- August 17th- Collins park

Our Goal
To bring fun and movement to children in the community.

VISION OF CONWAY PARKS, RECREATION AND CULTURAL SERVICES
Our places, programs, parks, and people create amazing experiences and lasting memories for the Conway community and its visitors.

www.conwayparksandrecreation.net



THE CITY OF CONWAY
SEC
SPORTS & FITNESS CENTER

KARAOKE NIGHT

\$5.00 per person - Registration Required/ AGES: 12 & up

AUGUST 22ND  **1519 Mill pond rd** **Time: 4PM-7PM**

FOR MORE INFO PLEASE CALL
Veronica Ricardo
843-488-7869

refreshments provided until it runs out



City of CONWAY
Parks & Recreation

WACCAMAW SHRINE CLUB PRESENTS
5TH Annual

SMOKE ON THE WACCAMAW

BARBECUE FESTIVAL

NEW VENUE

OCTOBER 2ND 6PM-10PM & 3RD 9AM-4PM
1515 MILL POND RD. CONWAY, SC 29527

FOOD VENDORS!!

COOK-OFF
DAY NIGHT
PUBLIC VOTES
ENTER TICKET

COOK-OFF
FATURDAY PUBLIC VOTE
(BUTY PROVIDED)
\$2.00 PER VOTE

OVER \$6,500
PAYOUT TO TOP 10 COOKERS

FITNESS SCHEDULE

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

August Fitness Class Schedule August 1st- August 29th



Monday

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

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

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

9:00am-9:45am
Strength & Core
Tina Y.
Court #1

10:00am-10:45am
Beginner's Cycle
June
Cycle Room

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

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

11:5am-12:00pm
Chair Aerobics
Bridgette
Court #1

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 - 8/10
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-8:00am
Beginner's Cycle
June
Cycle Room

8:00am-8:45am
Strike & Strength
Joanne - Court #1

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

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

11:15am-12:00pm
Chair Yoga
Bridgette
Fitness Room

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

4:30pm-5:15pm
Strength & Cardio
June
Fitness Room

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

6:10pm-7:10pm
Cardio Dance
Sharon - 8/4
Zumba
Kern - 8/11 & 8/25
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
Instructor's Choice
June
Fitness Room

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

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

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

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

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

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

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

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

6:10pm-7:10pm
Cardio Dance
Sharon - 8/4
Zumba
Kern - 8/11 & 8/25
Fitness Room

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
Functional Strength
June
Court #1

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

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

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

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

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

11:15am-12:00pm
Chair Yoga
Bridgette
Fitness Room

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

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

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

6:35pm-7:30pm
Zumba
C-J - Fitness Room

Friday

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

7:00am-7:45am
Step & Sculpt
Autumn
Fitness Room

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

9:00am-9:45am
Strength & Core
Heather - 8/7
Autumn - 8/14 & 8/28
Tina C. - 8/21
Court #1

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

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

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

11:00am-11:45am
Strength & Balance
Pam S.
Fitness Room

Saturday

8:45am-9:20am
Circuit Abs
Fitness Room
Kassidi - 8/8, & 8/22
Olivia - 8/15
Cardio Kick & Abs
Amy - 8/1
Fit & Strong
Kassidi - 8/29

9:30am-10:15am
Indoor Cycle
June
Cycle Room
8/8, 8/22, & 8/29

9:30am-10:25am
Zumba / Cardio Dance
Kern - 8/1, 8/15, & 8/29
Joy - 8/8 & 8/22
(Fitness Room)

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

AQUATIC SCHEDULE

Aquatics Schedule August 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am – 7:00 am Aynor Swim Team 2 Lanes	8:00 am – 8:45 am Aqua Aerobics – Pam S.	6:00 am – 7:00 am Aynor Swim Team 2 Lanes	6:00 am – 7:00 am Aynor Swim Team 2 Lanes	6:00 am – 7:00 am Conway Swim Team 2 Lanes
8:00 am – 8:45 am Aqua Aerobics – Pam S.	9:00 am – 9:45 am Deep Water – Brigitte	8:00 am – 8:45 am Aqua Aerobics – Beverley	07:00 am – 7:45 am Aqua Aerobics – Pam S.	8:00 am – 8:45 am Stick Mobility/Aerobics – Brigitte
9:00 am – 9:45 am Aqua Zumba – Pam H.	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am Aqua Pilates – Pam R.	8:00 am – 8:45 am Aqua Aerobics – Beverley	9:00 am – 9:45 am Cardio Core – Brigitte
10:00 am – 10:45 am Arthritis R.O.M/Strength – Brigitte	12:15 pm – 1:00 pm Aqua Blast – Olivia	10:00 am – 10:45 am Aqua Zumba – Pam H.	9:00 am – 9:45 am Aerobics – Pam S.	10:00 am – 12:00 pm Water Volleyball
11:00 am – 11:45 am Aqua Fit – Ivy	1:00 pm – 3:00 pm CSFC Summer Camp	11:00 am – 11:45 am Stick Mobility/Aerobics – Brigitte	10:00 am – 12:00 pm Water Volleyball	12:15 pm – 1:00 pm Aqua Aerobics – Pam S.
12:00 pm – 12:45 pm Aerobics – Ivy	4:30 pm – 5:30 pm Aynor Swim Team 2 Lanes	12:00 pm – 1:00 pm Cardio Core – Brigitte	12:15 pm – 1:00 pm Aqua Blast – Olivia	1:00 pm – 3:00 pm CSFC Summer Camp
1:00 pm – 3:00 pm CSFC Summer Camp	6:00 pm – 7:30 pm Conway Swim Team 2 Lanes	1:00 pm – 3:00 pm CSFC Summer Camp	3:30 pm – 5:00 pm Conway Swim Team 2 Lanes	4:30 pm – 5:30 pm Aynor Swim Team 2 Lanes
4:30 pm – 6:00 pm Carolina Forest Swim Team 4 Lanes	CSFC POOL HOURS Monday- Friday : 6:00am - 7:30pm Saturday : 8:30am - 5:30pm Sunday: Closed		5:15 pm – 6:45 pm Carolina Forest Swim Team 4 Lanes	5:30 pm – 7:30 pm Party Rental
6:00 pm – 7:30 pm Conway Swim Team 2 Lanes			6:00 pm – 7:30 pm Conway Swim Team 2 Lanes	
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:

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

A 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 and 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. The class is taught in 5 ft 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 August

August 1st - August 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	Tuesday	Wednesday	Thursday	Friday
8:00am-8:50am <u>Somatic Stretch</u> Yoga Pam R. - 8/3, & 8/10 Fitness Room 8:00am-8:50am <u>Yin Yoga</u> Pam R. - 8/17 & 8/24 Fitness Room 9:00am-9:45am <u>Mat Pilates</u> Pam R. Fitness Room 10:00am-10:55am <u>Gentle Vinyasa</u> <u>Flow Yoga</u> Pam R. Fitness Room	8:00am-8:50am <u>Sculpt-N-Flow Yoga</u> Lisa Fitness Room 11:10am-12:00pm <u>Chair Yoga</u> Brigitte Fitness Room	8:00am-8:50am <u>Wednesday</u> <u>Morning Gentle</u> Yoga Kimberly - 8/5 & 8/12 Evita - 8/19 Linda C. - 8/26 Fitness Room 10:00am-10:50am <u>Gentle Vinyasa Flow</u> Yoga Pam R. Fitness Room 4:30PM-5:15PM <u>Beginner's Mat Pilates</u> Pam R. Fitness Room 5:30pm-6:15pm <u>Slow Flow</u> Pam R. Fitness Room 6:25pm-7:00pm <u>Restorative</u> Pam R. Fitness Room	8:00am-8:50am <u>Gentle Yoga</u> Kimberly - 8/6 & 8/13 Linda C. - 8/27 Fitness Room 8:00am-8:50am <u>Vigorous Yoga</u> Evita - 8/20 Fitness Room 11:10am-12:00pm <u>Chair Yoga</u> Brigitte Fitness Room	8:00am-8:50am <u>Instructor Choice</u> Kimberly Fitness Room 9:00am-9:50am <u>Yogalates</u> Autumn Pam R. 8/14 & 8/28 Fitness Room Saturday 10:35am-11:25am <u>Saturday Instructor</u> <u>Choice Yoga</u> <u>Fitness Room</u> Pam R. Linda C. - 8/29 11:30am- 12:10PM <u>Mat Pilates</u> Fitness Room Pam R. No Class 8/29



Dance Lessons



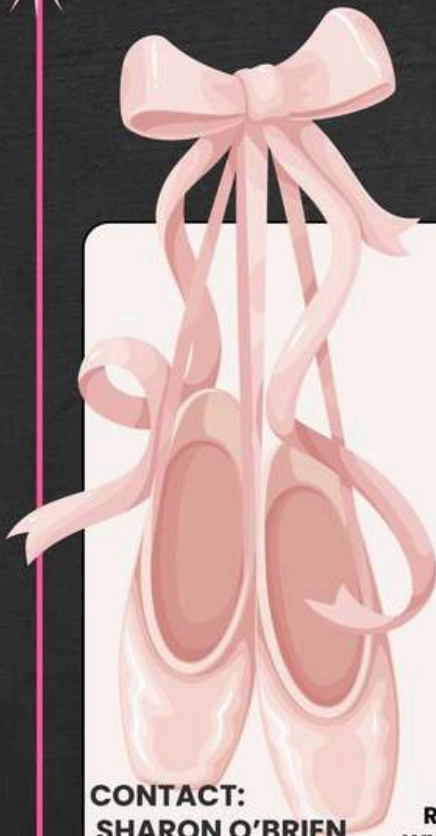
BEGINNER BALLET & JAZZ DANCE CLASS

FAIRY TALE FEET WITH A JAZZ BEAT

&

HIP HOP JAZZ WITH PIZAZZ

EVERY THURSDAY STARTING
SEPTEMBER 17TH-OCTOBER 22ND



REGISTRATION FEE:
\$50/MEMBER
\$60/NON-MEMBER



DIVISION I: GIRLS AGES 5-8
THURS 4:30P-5:15P (BALLET/JAZZ)
DIVISION II: GIRLS AGES 9-12
THURS 5:30P-6:15P (HIPHOP/JAZZ)

LEARN HOW TO PRANCE AND
DANCE LIKE A PRINCESS AND
FIND YOUR RHYTHM!

LOCATION: CONWAY
SENIOR CENTER

CONTACT:
SHARON O'BRIEN
518-229-8997

REGISTRATION OPENS MON AUGUST 3RD
WWW.CONWAYPARKSANDRECREATION.NET

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.

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.

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Ashley Smith

ASSISTANT DIRECTORS
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LIKE US!



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