

NOVEMBER

2023

NEWSLETTER



DIABETES AWARENESS MONTH

TYPE 1 DIABETES OCCURS WHEN THE BODY CAN'T PRODUCE INSULIN, A HORMONE IN THE PANCREAS THAT BREAKS DOWN CARBOHYDRATES INTO BLOOD SUGAR OR GLUCOSE, FOR ENERGY.

MANY CHILDREN SUFFER FROM TYPE 1 DIABETES ALTHOUGH IT CAN AFFECT PEOPLE OF ANY AGE OR BACKGROUND.

TYPE 2 DIABETES IS THE MOST COMMON FORM OF THE DISEASE WHERE THE BODY IS UNABLE TO PROCESS OUR INTERNAL INSULIN WELL ENOUGH TO KEEP BLOOD SUGAR AT NORMAL LEVELS.

YOU MAY BE PREDISPOSED TO TYPE 2 DIABETES IF YOU ARE OVERWEIGHT, OLDER THAN 45, YOUR PARENT HAD TYPE 2 DIABETES, YOU BARELY EXERCISE EACH WEEK, OR YOU HAVE BEEN DIAGNOSED WITH PREDIABETES.

BY MAINTAINING AN ACTIVE AND HEALTHY LIFESTYLE, YOU CAN IMPROVE YOUR CHANCES OF AVOIDING OR EVEN BEATING DIABETES.

TRY TO EXERCISE ABOUT 30 MINUTES A DAY, FIVE TIMES PER WEEK.

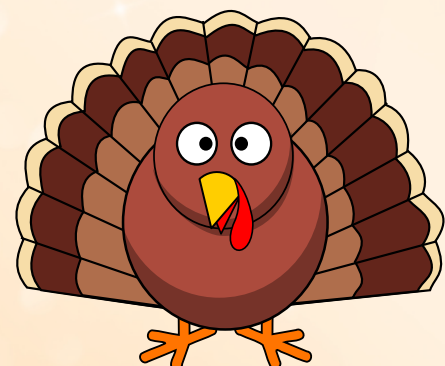
CSFC HOLIDAY HOURS FOR NOVEMBER



Center Holiday hours:

Nov. 10th: CLOSED

Nov. 23rd-24th-CLOSED





FIT-IT-IN TURKEY DAY WORKOUT

Complete 2 rounds of the following in the morning...

100 jumping jacks	50 lunges (25/ side)
90-sec plank with leg raises*	40 squats
80 wacky jacks (40/ side)	30 tricep dips
70 clams (35/ side)*	20 back bridges*
60 3-way calf raises (20/ way)*	10 burpees

Sometime throughout the day, choose one option...

- Go for a walk with family
- Go for a walk/ bike ride and name 5 things you're thankful for
- Do 20 minutes of yoga
- Watch football and do 50 jumping jacks + 5 burpees for each touchdown scored



SWEET PUMPKIN DIP



INGREDIENTS

- 1 (15-OUNCE) CAN 100% PURE PUMPKIN (NOT PIE FILLING)
- 2 (8-OUNCE) PACKAGES CREAM CHEESE, SOFTENED
- 2 CUPS CONFECTIONERS' SUGAR
- 1 TEASPOON GROUND CINNAMON
- 1 TEASPOON GROUND GINGER

DIRECTIONS

IN A LARGE BOWL, WITH AN ELECTRIC BEATER, BEAT THE PUMPKIN AND CREAM CHEESE UNTIL SMOOTH. ADD THE REMAINING INGREDIENTS, BEATING UNTIL WELL COMBINED. CHILL FOR AT LEAST 2 HOURS BEFORE SERVING. SERVE WITH WEDGES OF FRESH FRUIT, LIKE APPLES AND PEARS, AND GINGERSNAP COOKIES.



*Happy
Veterans
Day*

**We want to thank
those that have
served and are
currently serving!
We appreciate
you!**

*HAPPY
Thanks
giving*



EQUIPMENT ORIENTATION

MONDAY NOV 6TH & 20TH
1:30PM-2:30PM

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



GLOW PARTY



Courts will be Closed

5pm-8pm

Mon/Tues/Wed/Thurs beginning Sept 11th- Through Nov 13th

Subject to change due to scheduling

THANK YOU VETERANS

★
HONOURING THE BRAVE
FRIDAY NOVEMBER 10, 2023



Saturday, November 11th

Facility Hours are as normal

NO CLASSES

OCTOBER 14TH. 2023

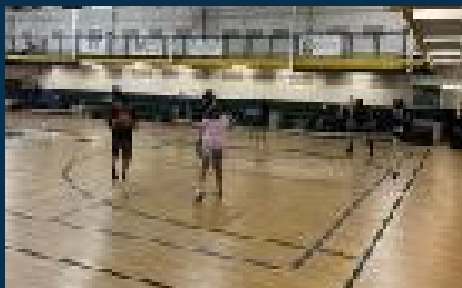
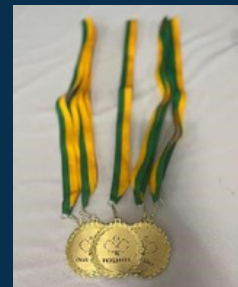
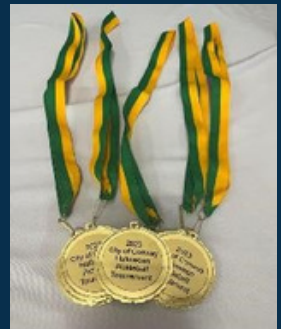
PICKLEBALL

TOURNAMENT

1



2

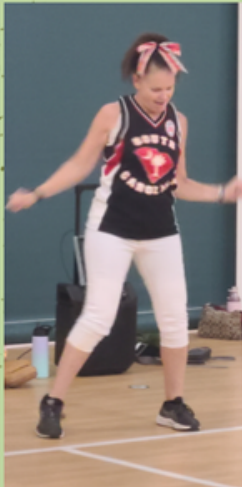




HALLOWEEN COSTUME DEMO



2023



CONWAY WEIGHT LOSS CHALLENGE

January 8th-March 11th 2024

"FOCUS ON FITNESS"

**\$35 Fee Includes:
Nutrition Assessments,
Measurements,
T-Shirts, Group Fitness
Classes /Weekly
Weigh-Ins!**

**Registration Begins Nov. 13th
Online:
www.conwayparksandrecreation.net**



**For Additional Info Contact :
Jessica Stalvey, Fitness Coordinator
@jstalvey@cityofconway.com**

**Book Your Initial
Assessment
Time Upon
Registration by calling
843-488-7685**



5K RUN/FUN WALK
 DECEMBER 6TH 2023 | 6PM | CONWAY MARINA
 VISIT SANTA | BEST COSTUME CONTEST
 AGE GROUP AWARDS | RACE SHIRTS
 FOR REGISTRATION INFO VISIT
[HTTPS://UNDERTHELIGHTS5K.ITSYOURRACE.COM](https://underthelights5k.itshyourrace.com)
 OR CONTACT JESSICA STALVEY @
 (834) 488-1950 / JSTALVEY@CITYOFCONWAY.COM

Registration Begins July 1st



Conway Parks and Recreation

REGISTER NOW

YOUTH

BASKETBALL
 REGISTRATION
NOV. 1 - 27

Registration Fee :

City Limits Resident: \$30.00

Non - City Limits Resident: \$75.00

Boys & Girls Ages 5 - 14

Registration Deadline: November 27th

TINY TIGERS
\$30.00

Nov. 1st - Dec. 15th

Tiny Tigers Registration Deadline:
 December 15th

FOR MORE INFORMATION:
WWW.CONWAYPARKSANDRECREATION.NET
 OR CALL: 843-488-7687

CONWAY PARKS AND RECREATION

Swim Lessons

Session Dates (Tuesdays and Thursdays): Tuesday Nov.

7th- Thursday Nov. 30th

No lessons 11/23 Due to Thanksgiving.

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

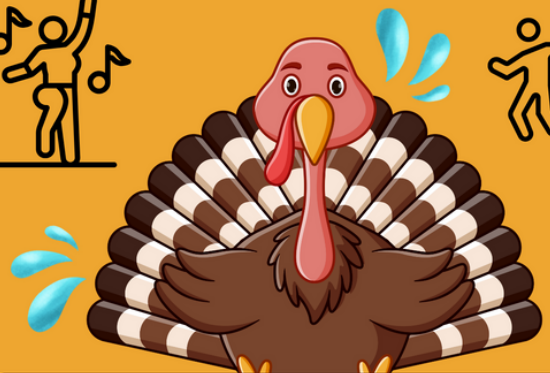
5:00pm-5:30pm(5-14 YRS) This is for swimmers who are comfortable in the water but want to push their swim skills to the next level. Children will learn how to tread water, swim longer distances, refine freestyle and backstroke, and float without assistance.

Advanced

5:30pm-6:00pm(5-15 YRS) Young swimmers will develop more competitive swimming techniques in Advanced. All strokes will be refined with a focus on swimming greater distances (75 yards). Students will work on adjusting swimming speed, racing dives, freestyle and backstroke flip turns, breaststroke, butterfly stroke with proper pull and a two-beat kick and more.

For questions please contact:

rsteven@cityofconway.com OR kpardes@cityofconway.com



THANKSGIVING TURKEY BURN

SATURDAY, NOVEMBER 18TH : 9A-10:30A

TORCH THAT TURKEY WITH OUR
 ANNUAL ZUMBA TURKEY BURN!
 FUN FOR ALL AGES AND LEVELS!

LOCATED IN THE SENIOR CENTER



Conway Parks & Recreation
Presents

Christmas

Home Decorating Contest

Start: November 6
Ends: December 14

How This Contest Works

This contest is open to those who live within the city limits of Conway, SC. Simply decorate the exterior of your home and yard in a festive holiday fashion. Please send Pictures and Videos of your homes to khemingway@cityofconway.com

Make The Best Christmas
Home Decoration

1ST PLACE PRIZE: \$250
2ND PLACE PRIZE: \$100

2023 Christmas Card Contest

Join us in spreading Christmas Cheer by helping us design
The 2023 City of Conway Christmas Card!

Contest Guidelines

1. Cut-outs or computer designs cannot be used.
2. The card format is 8 1/2" x 11" paper folded in half (5 1/2" x 8 1/2"). Other sizes will not be considered.
3. Children will design the front and inside right of the card only.
4. Children ages 5-17 may enter.
5. Parents, please remember you may give your child guidance but the card itself must be done by your child.
6. On the back of the card, put child's name, age, address, phone number and email address.
7. Card must include a Conway Landmark.

The Winning Card will be the Official Christmas Card of The City of Conway. The winner will also receive a \$100.00 Gift Card and a FREE Youth Membership to The Conway Sports and Fitness Center.



2020 Christmas Card Contest Winner:
Audrey Church, 11
Conway Middle School

DEADLINE TO ENTER: Tuesday, October 31st

Cards must be submitted to:
Conway Sports & Fitness Center
1515 Mill Pond Rd
Conway, SC 29526

Presented By:
Conway Parks and Recreation
(843) 488-1950
ConwayParksandRecreation.net

CHRISTMAS MOVIE NIGHTS



DECEMBER 1



DECEMBER 8



DECEMBER 15

Admission is FREE

6:00 PM

The Terrace 110 Laurel Street
WWW.ConwayParksandRecreation.net

MERRY Christmas PANCAKES

With



Santa

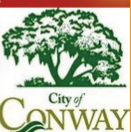
\$5 Per Person

SATURDAY DECEMBER 9TH 7-9AM

Conway Sports And Fitness Center

1515 Mill Pond Road Conway, SC

PRE-REGISTRATION REQUIRED



RIVERTOWN HOLIDAY MARKET

The Biggest Shopping Event Of The Year!

- Live Music
- Vendors
- Gift Shops
- Meet Santa

2 DEC

A FREE EVENT FOR THE FAMILY!

CONWAY SPORTS AND FITNESS CENTER

1515 MILL POND ROAD

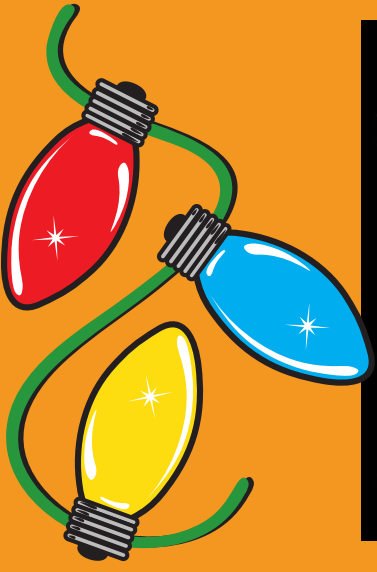
STARTS AT 9AM - 2:00PM

FOR MORE INFORMATION VISIT

WWW.CONWAYPARKSANDRECREATION.NET

Santa's Village Market

NOVEMBER 30-DECEMBER 3, DECEMBER 7-10,
DECEMBER 14-17, DECEMBER 21



City of Conway's Celebration of Lights

November 30 - December 24

Thursday - Sunday

6:00 pm - 9:00pm pm

Cost is \$2 per person

Visit with Santa

Thursdays, Fridays & Saturdays

6:00 pm - 8:00 pm at Town Green

(200 Laurel Street)

For more information, visit our website @ www.ConwayParksandRecreation.net



2023 HALLOWEEN HOME DECORATING CONTEST WINNER

CONGRATULATIONS GENE MULLIS

2501 Aaron St.
Conway, SC 29526



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

november

Fitness Class Schedule Nov. 4th-Dec. 1st

Jessica Stalvey:
Fitness Coordinator
jstalvey@cityofconway.com
843-488-7685

Monday

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

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

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

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

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

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



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

6:00pm-6:30pm
I.C.T-
Eric -2nd Level
Advanced Level

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

6:00pm-6:45pm
Yoga Stretch
Amy
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
No Class 11/21
Fitness Room

9:00am-9:45am
Zumba Gold
Dee
Court #1

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

10:05am-11:00am
Silver Sneakers
Classic
Brigitte/Dee
Fitness Room

11:10am-12:00pm
Chair Yoga
Brigitte/Dee
Fitness Room

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

4:30pm-5:10pm
Step & Sculpt
June
11/7 & 11/14 Only
Fitness Room

5:30pm-6:30pm
Indoor Cycle-
Tina Y-
2nd Level
Cycle Room-
5:15pm-6:00pm
Strong By Zumba
Marissa
11/14, 11/21, &
11/28 Only
Fitness Room

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

Wednesday

6:00am-6:45am
Indoor Cycle
Tina Y-
No Class 11/22
2nd Level Cycle Room

6:00am-6:45am
Strength & Core-
Amy
Court #1

7:00am-7:45am
Strength & Core
Amy
Court #1

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

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

NOTICE:
Pickle Ball Will Take Place
Monday-Friday 9am-1pm
Court #2

Beginner Pickle Ball
Tues/Thursday
1pm-2pm Court #2

8:05pm-7:00pm
Zumba
Kerri
No Class 11/22
Fitness Room

Fitness Classes are included in a CSEC Membership. /Non-members pay a drop in fee of \$5 per class

Thursday

6:00am-6:45am
Step & Sculpt
Amy
No Class 11/23
Fitness Room

7:00am-7:45am
Functional Strength
Nick-**No Class 11/23**
Fitness Room

8:00am-8:45am
Walking Class -
Nick -**No Class 11/23**
Meet 2nd Level

8:10am-8:50am
Cardio Kick & Abs-
Jessica -
No Class 11/23
Court #1

9:00am-9:45am
Step & Sculpt
Tina
No Class 11/23
Fitness Room

9:00am-9:45am
Spontaneous Combustion
June- **No Class 11/23**
Court #1

10:00am-11:00am
Line Dancing
Roger- **No Class 11/23**
Court #1

10:05am-11:00am
Silver Sneakers
Circuit
Brigitte/Dee
Fitness Room
No Class 11/23

11:10am-12:00pm
Chair Yoga
Brigitte/Dee
Fitness Room
No Class 11/23



4:30pm-5:15pm/
I.C.T-2nd Level
Eric
No Class 11/23

5:30pm-6:30pm
Beginners Line Dancing-
Roger
Fitness Room
No Class 11/23

6:00pm-6:30pm
I.C.T-2nd Level
Eric
No Class 11/23

Friday

6:00am-6:45am
H.I.C.T Boot Camp
No Class 11/10 & 11/24
Randy - 2nd Level

6:45am-7:15am
Booby Blast
Morgan
No Class 11/10 & 11/24

7:15am-7:50am
Step & Sculpt
Autumn
No Class 11/10 & 11/24 & 12/1
Fitness Room

8:00am-8:45am
Barre
Autumn/Nadine
No Class 11/10 & 11/24
Court #1

9:00am-9:45am
Strength & Core
Autumn/Beverly/Tina
Court #1
No Class 11/10 & 11/24

10:00am-10:45am
Indoor Cycle
Autumn
No Class
11/10 & 11/24 & 12/1
2nd level Cycle Room

10:00am-10:45am
Fit Over 50
Heather/Tina
Fitness Room
No Class 11/10 & 11/24

10:00am-11:00am
Zumba-
Pam-
Court #1
No Class 11/10 & 11/24

Saturday

Step & Sculpt
8:30am-9:15am
Fitness Room
Amy -4th

Indoor Cycle
9:30am-10:15am
Fitness Room
Autumn- 4th & 18th

Zumba Turkey Burn
9:00am-10:30am
Senior Center
Pam/Marissa/ Kerri/Dee 18th

Saturday Yoga
10:30am-11:30am
Fitness Room
Pam R. - 4th & 18th
I.C.T
2nd Level
11:00am-11:30am
Eric- 4th-18th

YOGA Schedule

November 2023

Nov. 4th - Dec. 1st

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

Jessica Stalvey, Fitness Coordinator
jstalvey@cityofconway.com/843/488-7685



Monday

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



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

Tuesday

11:10am-12:00pm
Chair Yoga
Brigitte/Dee



5:15pm-6:00pm
Circl Mobility Demos
Marissa
Fitness Room
Class Held
11/7 Only

Wednesday

8:00am-9:00am
Wednesday Morning
Gentle Yoga
Pam R. / Jessica
No Class 11/22

New Location
5th & Main
Downtown Conway

10:00am-10:50am
Gentle Yoga
Pam R.
Fitness Room



Thursday

11:10am-12:00pm
Chair Yoga
Brigitte/Dee
Fitness Room



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

Friday

8:00am-9:30am
Friday Morning
Vigorous Yoga
Evita
Fitness Room

Class Will Be Held
11/3, 11/17, & 12/1
Only



Saturday

10:25am-11:25am
Saturday Yoga
Fitness Room
Pam R.
11/4 & 11/18 Only



YOGALATES

CIRCU

MOBILITY™

Aquatics Schedule

November 2023



CRC POOL HOURS

Monday- Friday : 6:00am - 7:30pm

Saturday : 8:30am - 5:30pm

Sunday: Closed

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



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 9:45 am Silver Sneakers Splash – Dee	8:10 am - 8:55 am Aqua Aerobics-Jessica	8:00 am - 8:45 am Aqua Aerobics- Beverley	9:00 am – 9:45 am Arthritis R.O.M.- Briggette	8:00 am - 8:45 am Aqua Aerobics- Beverley
10:00 am – 10:45 am Arthritis R.O.M/Strength-June	9:00 am – 9:45 am Deep Water – Briggette		10:00 am – 12:00 pm Water Volleyball	
11:00 am – 11:45 am Aqua Aerobics -June	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am Aqua Yoga –Pam R.	12:15 pm – 1:00 pm Deep Water -Briggette	10:00 am – 12:00 pm Water Volleyball
4:30 pm – 7:30 pm 3 LANES Tigershark Practice	12:15 pm – 1:00 pm Aqua Yoga- Briggette	10:00 am – 10:45 am Aqua Zumba –Pam H.	4:00 pm – 6:30pm Swim Lessons	
6:15 pm – 7:00 pm Aqua Zumba –Pam H.	4:00 pm – 6:30 pm Swim Lessons	4:30 pm – 7:30 pm 3 LANES Tigershark Practice	4:30 pm – 7:30 pm 3 LANES Tigershark Practice	12:15 pm – 1:15 pm Silver Sneakers Splash –Dee

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.

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.

Silver Sneakers SPLASH: Silver Sneakers Splash is a class designed to enhance physical endurance, power, mobilize joints, and improve balance utilizing the physical properties of the water and functional movement patterns. The Silver Sneakers kickboard is a buoyant piece of equipment. It can be used for flotation assistance or resistance training.

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)

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!

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.

DIRECTOR

Ashley Smith

ASSISTANT DIRECTORS

David Williams & Karen Johnson

MEMBERSHIPS

Marsha Ponder

FITNESS

Jessica Stalvey & Samantha Fuller

AQUATICS

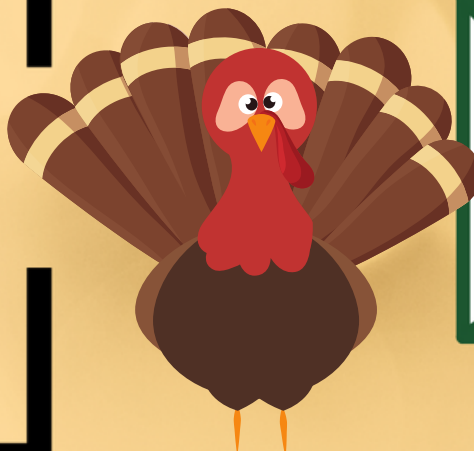
Regina Stevens

ATHLETICS

Susan Becton

PROGRAMS

Janice Hopkins



LET'S CONNECT!

FOLLOW &
LIKE US!



@ConwayPRT



@conway_prt



@CofConway