

May is Mental Health Month

MAY 2024 NEWSLETTER

MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING. IT AFFECTS HOW WE THINK, FEEL, AND ACT. IT ALSO HELPS DETERMINE HOW WE HANDLE STRESS, RELATE TO OTHERS, AND MAKE HEALTHY CHOICES.¹ MENTAL HEALTH IS IMPORTANT AT EVERY STAGE OF LIFE, FROM CHILDHOOD AND ADOLESCENCE THROUGH ADULTHOOD. MENTAL AND PHYSICAL HEALTH ARE EQUALLY IMPORTANT COMPONENTS OF OVERALL HEALTH. FOR EXAMPLE, DEPRESSION INCREASES THE RISK FOR MANY TYPES OF PHYSICAL HEALTH PROBLEMS, PARTICULARLY LONG-LASTING CONDITIONS LIKE DIABETES, HEART DISEASE, AND STROKE. SIMILARLY, THE PRESENCE OF CHRONIC CONDITIONS CAN INCREASE THE RISK FOR MENTAL ILLNESS. NEARLY 1 IN 5 AMERICAN ADULTS WILL HAVE A DIAGNOSABLE MENTAL HEALTH CONDITION IN ANY GIVEN YEAR. 46 PERCENT OF AMERICANS WILL MEET THE CRITERIA FOR A DIAGNOSABLE MENTAL HEALTH CONDITION SOMETIME IN THEIR LIFE, AND HALF OF THOSE PEOPLE WILL DEVELOP CONDITIONS BY THE AGE OF 14. WE CAN TAKE CHARGE OF OUR MENTAL HEALTH BY SPREADING AWARENESS AND IDENTIFYING OUR TRIGGERS AND HOW WE CAN COPE WITH THEM!

four things affecting your mental health

1

Current events

A 2022 study found that 73% of Americans felt overwhelmed by the number of crises happening around the world.

2

Loneliness

Loneliness increases the risk of developing anxiety & depression, and can have an impact on lifespan.

3

Social drivers

These are the conditions in which you live, work, learn, and play (i.e. finances, education, community).

4

technology

Constant access to social media can cause FOMO, depression, reduced self-esteem, and burnout.

four ways to improve your mental health

1

take action

Try advocating for causes that are important to you - this can be therapeutic in its own way!

2

Find support

Whether it's friends, family, community spaces, or therapy, building a support system can help.

3

Set boundaries

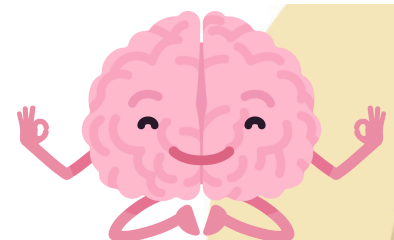
Create a healthier relationship with technology by limiting your screen time.

4

Develop skills

Invest some time figuring out the best coping skills to help you healthily manage your feelings.

**Mental
health
matters**





MENTAL HEALTH MATTERS



five mental health tips for the week

Monday

Make a list of 5 things you're grateful for today. ♡♡

Tuesday

Practice positive affirmations.



Wednesday

Start a conversation about mental health.



Thursday

Stay hydrated!



Friday

Take a break from screens (phone, computer, etc).



how does negative news coverage impact mental health?

1

"Fight or Flight"

Watching upsetting news footage starts the body's "fight or flight" response. When we're in this state, we feel the same things we would if we were under threat.

2

Increasing anxiety

Negative news increases depression and anxiety symptoms. These symptoms can feel worse when you feel there's no way to help improve the situations you're learning about.

3

Social media

50% of Americans get their news from social media, but relying on it for news can drive addictive behavior. Plus, clickbait headlines make it hard to stop engaging.



things to say when you're not "fine"

I'm having a day / It's been one of those days.

I'm on the struggle bus.

I'm actually going through some stuff.

Today is not my day.

I'm feeling some kind of way.

✦ COPING TIPS ✦

Try a guided meditation.



✦ COPING TIPS ✦

Make a list of your strengths.



✦ COPING TIPS ✦

Text or call a friend.



✦ COPING TIPS ✦

Let yourself cry.



✦ COPING TIPS ✦

Create something.



✦ COPING TIPS ✦

Make sure your basic needs are being met.



WATERMELON FETA SALAD

INGREDIENTS

- 5 PERSIAN CUCUMBERS, SLICED
1/2 SMALL SEEDLESS WATERMELON, CUT INTO 1-INCH CHUNKS (ABOUT 12 C.)
1/2 C. FRESH MINT, CHOPPED, DIVIDED
1/2 TSP. KOSHER SALT
BLACK PEPPER, TO TASTE
1/4 C. OLIVE OIL
1/4 C. RICE VINEGAR OR WHITE BALSAMIC VINEGAR
4 OZ. FETA CHEESE, CRUMBLED (ABOUT 1 C.)
1/3 C. CHOPPED ROASTED PISTACHIOS



DIRECTIONS

COMBINE THE CUCUMBERS, WATERMELON, 1/4 CUP MINT, THE SALT AND A GENEROUS AMOUNT OF PEPPER IN A LARGE BOWL. DRIZZLE WITH THE OLIVE OIL AND VINEGAR AND TOSS WELL.
SPOON THE SALAD ONTO A PLATTER. SPRINKLE WITH THE FETA, PISTACHIOS AND REMAINING 1/4 CUP MINT. GRIND A LITTLE MORE PEPPER OVER THE TOP.



e-MOM *Mother's Day* Workout

Every Minute On the Minute!
Begin each set on the top of the minute. Rest 3 minutes between rounds. Repeat 5 times (if baby will allow!)



- 15 Baby Squats
- 20 Baby Presses
- 20 Baby Rows
- 18 Baby Step Back Lunges
- 20 Baby Seated Rotations



Memorial Day Workout

Repeat 2-3x

- 50 jumping jacks
- 13 burpees
- 50 squats
- 13 push-ups
- 50 mountain climbers
- 13 alternating lunge jumps (each leg)
- 50 calf raises
- 13 leg lifts
- 50-second plank



HOLIDAY FAMILY FUN ACTIVITIES

Fun Mother's Day Activity Ideas

On Mother's Day, we want to show our appreciation for all the hard work our mothers have done over the years. What better way to show it than to spoil our moms for at least one day? Here are some ways you can pamper your mom this Sunday.

Homemade Breakfast



For once, let mom sleep in while you put on a fresh pot of coffee and make her some delicious, fluffy pancakes from scratch.

Relaxing Spa Day



Send mom and a couple of friends off to the spa where they can get pampered for a massage, mud bath, manicure and pedicure.

Movie Night Out



Now it's time to stay in and get cozy, or head out to the nearest theatre to get catch the latest release. Just make sure it's a movie she'll enjoy!

Treat Her to Lunch



While mom gets back to reading her favorite book, why don't you cook up a storm and call her over once everything is ready?

Have a Family Night



You're not the only that loves board games. Bust out some classics and take some time to bring the family together and let mom be a kid again.

Wine and Dine



Now it's time to think of something for dinner. Make sure it's special and don't forget the wine.

Happy Mother's Day!

MEMORIAL DAY PATRIOTIC SCAVENGER HUNT

- | | |
|---|---|
| <input type="checkbox"/> flag | <input type="checkbox"/> blue shorts |
| <input type="checkbox"/> star | <input type="checkbox"/> white shirt |
| <input type="checkbox"/> map | <input type="checkbox"/> red dress |
| <input type="checkbox"/> red crayon | <input type="checkbox"/> blue food |
| <input type="checkbox"/> blue crayon | <input type="checkbox"/> red food |
| <input type="checkbox"/> penny from year you were born | <input type="checkbox"/> white food |
| <input type="checkbox"/> something red, white & blue | <input type="checkbox"/> something with stripes |
| <input type="checkbox"/> someone who served in the military | <input type="checkbox"/> license plate from different state |

Cinco de Mayo



EQUIPMENT ORIENTATION

MONDAY MAY 13TH
1PM-2PM

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

BRAIN TEASER!

Someone's mother has 4 sons,
North, West, and South.
What is the name of the fourth
son?

Solve this riddle!

First correct response WINS a prize!

Email your answers to sfuller@cityofconway.com



The collage is a collection of 25 photographs showcasing various fitness activities and group photos. The photos are arranged in a grid-like fashion, with some images overlapping. The subjects are primarily women, many of whom are smiling and posing for the camera. The settings include indoor gymnasiums, dance studios, and outdoor spaces. Some photos show individuals performing exercises, while others show groups posing together. Notable text in the photos includes '8 WEEKS', '4 WEEKS', 'SWEET BUT TWISTED', 'MEET ME UNDER THE TWISTED', 'CONWAY PARKS AND RECREATION', and 'CONWAY, SOUTH CAROLINA'. The collage is framed by a decorative border of colorful hearts in shades of pink, purple, blue, and yellow.



El Gallo 102.3 Children's Day 2024

Doors open 4pm - Children Free - Adults \$20

WRESTLING / LUCHA

THE ROOSTER
EL GALLO
102.3FM 98.9FM 103.5FM

Children's Day
Sunday April 28- 4pm

1515 MILL POND ROAD CONWAY SC

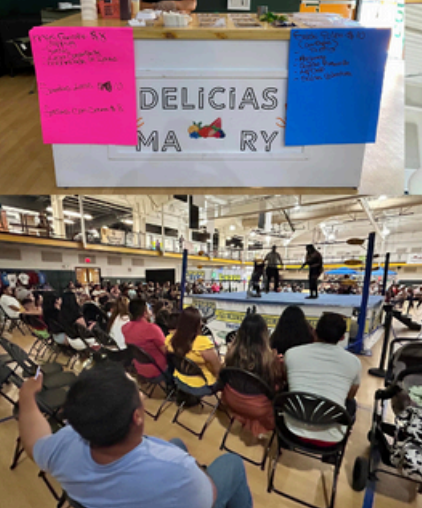
EL GALLO EL GUERO

turbotax

LUPTON LAW

Coca-Cola

SERVIFESTAS





OUTDOOR AGILITY BOOTCAMP

Instructor Daniel

MAY 14TH & 16TH 5:45PM-6:45PM
MAY 18TH 8:30AM-9:30AM
MAY 28TH & MAY 30TH 5:45PM-6:45PM

THIS CLASS WILL BE DESIGNED TO GET YOU MOVING AND CHALLENGE THE INNER YOU!

PARTICIPANTS CAN EXPECT TO WORK HARD WITH ROUTINES THAT TARGET AGILITY! BODY WEIGHT EXERCISES AND A VARIETY OF EQUIPMENT WILL BE FEATURED. EQUIPMENT CAN INCLUDE FREE WEIGHTS- RESISTANCE BANDS -CONES-AGILITY LADDERS- AND MUCH MORE. COME PREPARED FOR MAXIMUM EFFORT MINIMUM REST! CLASS WILL MEET OUT BACK OF THE COMPLEX BY THE POOL. BRING YOUR WATER AND TOWEL ALONG WITH APPROPRIATE WORKOUT ATTIRE. SEE YA THERE!

****IN THE CASE OF INCLEMENT WEATHER, CLASS WILL AUTOMATICALLY BE CANCELED!**

Massages by Autumn



Chair massages will be provided on select Fridays in May at various times, beginning at 8 a.m.

\$1 per minute.

Payments accepted are cash, credit or debit card, Venmo, Zell, or cash app

You can locate Autumn and her massage chair in the hallway across from the gymnasium.



Chair Massage


Chair massages focus on the high tension areas of the neck, shoulders and back. They are effective at producing therapeutic results in a brief period of time by concentrating the massage on areas of greatest tension.

1 Hour Swedish Massage

One-hour Swedish table massages will also be offered to members at a reduced rate of \$65. Location is at the Beauty Nest in Carolina Forest, 220 Ronnie Ct., inside Palms Chiropractic.

CALL OR TEXT AUTUMN AT TO RESERVE YOUR TIME, OR STOP BY & SEE HER.

(724) 422-7113



RIVERTOWN Pickleball CLINIC

Online Registration Required

PICKLEBALL CLINIC

Bring your own paddle

Friday, May 24
10:00 AM - 12:30 PM

\$20 Per Person

Collins Park Pickleball Courts
 Location: 16th Ave., Conway, SC 29526

SCAN QR CODE TO REGISTER

Contact Coach Nick Bucholtz for more information at 843-488-1950 Ext 1

More Information : www.conwayparksandrecreation.net



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

LEVEL 4.0+

REGISTRATION BEGINS APRIL 22ND

Bracket pairing determined June 25th

MUST HAVE A PARTNER TO REGISTER



OPENING DAY
THE OASIS AT SMITH
JONES PARK
Saturday, May 25th, 10:00am-8:00pm

May 26th, 10:00am-8:00pm
 May 27th, **CLOSED**
 May 28th, 10:00am-6:00pm
 May 29th, 10:00am-6:00pm
 May 30th, 10:00am-6:00pm
 May 31st, 10:00am-6:00pm

\$1/PER PERSON

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

719 Smith Jones St, Conway, SC 29527
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
 TBA
 Location: Conway High School

Summer Sports Camp registration starts May 1st

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
 \$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.

For more information, please call the Conway Recreation Center at 843-248-1740 Or visit our website at www.ConwayParksandRecreation.net

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
 QR Code for Registration:



discmania  

JUNIOR DISC GOLF
 -Tournament-

Register online now!

SUNDAY, JUNE 2ND, 2024
8:45AM CHECK-IN
Smith Jones Park/Sherwood Forest Park

https://www.discgolfscene.com/tournaments/The_2nd_Annual_Conway_Junior_Disc_Golf_Championship_2024_presented_by_Discmania

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

May

Fitness Class Schedule May 4th - May 31st

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

www.conwayparksandrecreation.net

Monday

6:00am-6:45am
H.I.C.T Bootcamp

Randy
2nd Level
Class Held Only 5/9 & 5/13

7:00am-7:45am
Strong by Zumba-

Pam
Fitness Room
No Class 5/27

8:00am-8:45am
Barre Blend & Extend

Nadine
Fitness Room
No Class 5/27

9:00am-9:45am
Chair Aerobics

Nadine
Fitness Room
No Class 5/27

9:00am-9:45am
Strength & Core-

Daniel
No Class 5/27

10:00am-11:00am
Zumba-

Marissa
Court #1
No Class 5/27

11:00am-12:00pm
Tai Chi

Ben
Fitness Room
No Class 5/27

11:15am-12:00pm
Chair Aerobics

Brigette
Court #1
No Class 5/27

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

Eric
No Class 5/27

5:05pm-5:45pm
Strength & Core

Amy
Fitness Room
No Class 5/27

6:00pm-6:45pm
Yoga Stretch

Amy
Fitness Room
No Class 5/27

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

Tina C./ Jessica
Fitness Room

9:00am-9:45am
Cardio Dance Combo

Linda D./ Dee G.
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 2nd Level

4:30pm-5:10pm
Step & Sculpt

June
Fitness Room
Class 5/7 & 5/14 Only

5:30pm-6:30pm
Indoor Cycle-

Tina Y.-
2nd 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
Court #1

7:00am-7:45am
Indoor Cycle

Tina Y.-
2nd Level Cycle Room

7:00am-7:45am
Strength & Core

Amy
Court #1

8:00am-8:45am
Strong By Zumba-

Pam
Court #1

9:05am-9:35am
Circuit Abs

Daniel
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

NOTICE:

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

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

6:05pm-7:00pm
Zumba

Kerri
Fitness Room

Thursday

6:00am-6:45am
Step & Sculpt

Amy
Fitness Room

7:00am-7:45am
Functional Strength

Nick
Fitness Room

8:00am-8:30am
Instructor Choice

Daniel-
May- Booty Blast
Court #1

8:15am-8:45am
Walking Class

Nick / 2nd Level

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

Brigette
Fitness Room

4:30pm-5:15pm/
I.C.T - 2nd Level

Eric

5:30pm-6:30pm
Beginners Line

Dancing-
Roger
Fitness Room

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

Eric

Friday

6:00am-6:45am
H.I.C.T Boot Camp

Randy - 2nd Level
Class Only 5/10 & 5/17

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 -
2nd 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-4th & 11th

Cardio Kick & Abs

8:30am-9:15am
Fitness Room

Autumn-18th

Indoor Cycle

9:30am-10:15am
Fitness Room

June- 4th & 11th

Autumn-18th

Zumba

9:20am-10:20am
Fitness Room

Kerri- 4th & 18th

I.C.T

2nd Level
11:00am-11:30am
Eric-4th-11th-18th

No Fitness Classes 5/25

YOGA Schedule

May 2024

May 4th - May 31st



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
Brigitte
Fitness Room



5:15pm-6:00pm
Circi Mobility Demos
Marissa
Fitness Room
Class Held 5/28

Wednesday

REGISTER
8:00am-8:50am
Wednesday Morning Gentle Yoga
Evita 5/1 & 5/15
Linda- 5/8 & 5/22
Pam- 5/29
Fitness Room

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



Thursday

REGISTER
8:00am-8:50am
Vigorous Yoga
Evita -5/2 5/16
Linda- 5/9 & 5/23
Pam R. - 5/30
Fitness Room

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



REGISTER
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.
5/4 Only

Yogalates
Fitness Room
Autumn
5/18 Only



CIRCU
MOBILITY™

YOGALATES



Aquatics Schedule

MAY 2024



CRC POOL HOURS

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

Saturday : 8:30am - 5:30pm

Sunday: Closed



Monday

9:00 am – 9:45 am
Aqua Zumba –Pam H.

10:00 am – 10:45 am
Arthritis
R.O.M/Strength-June

11:00 am – 11:45 am
Aqua Aerobics -June

6:15 pm – 7:00 pm
Aqua Zumba –Pam H.

Tuesday

9:00 am – 9:45 am
Deep Water – Brigitte

10:00 am – 12:00 pm
Water Volleyball

12:15 pm – 1:00 pm
Aqua Yoga–
Brigitte

Wednesday

8:00 am - 8:45 am
Aqua Aerobics-
Beverley

9:00 am – 9:45 am
Aqua Yoga –Pam R.

10:00 am – 10:45 am
Aqua Zumba –Pam H.

Thursday

9:00 am – 9:45 am
Arthritis R.O.M.-
Brigitte

10:00 am – 12:00 pm
Water Volleyball

12:15 pm – 1:00 pm
Deep Water -Brigitte

Friday

8:00 am - 8:45 am
Aqua Aerobics-
Beverley

9:00 am – 9:45 am
R.O.M/Strength– June

10:00 am – 12:00 pm
Water Volleyball

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.

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.

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

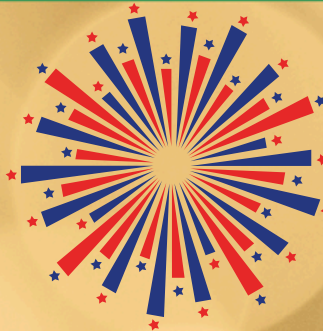


MAIL/WALK

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

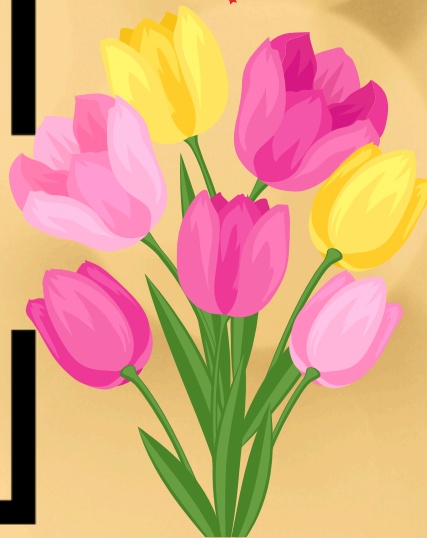
MEMBERSHIPS
Marsha Ponder

FITNESS
Jessica Stalvey & Samantha Fuller

AQUATICS
Regina Stevens

ATHLETICS
Susan Becton

PROGRAMS
Janice Hopkins



LET'S CONNECT!

FOLLOW &
LIKE US!



[@ConwayPRT](https://www.facebook.com/ConwayPRT)



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



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