



# SEPTEMBER 2026

Newsletter

15  
Years

ANNIVERSARY  
Special

**\$0 NEW MEMBERSHIP  
ENROLLMENT FEE FOR THE  
ENTIRE MONTH OF SEPTEMBER!**

CONWAY SPORTS AND FITNESS CENTER  
1515 MILL POND RD

THE CITY OF CONWAY  
**SFC**  
SPORTS & FITNESS CENTER

# September Awareness Days



Labor Day – September 7  
Patriot Day – September 11: Remembrance Day  
Constitution Day & Citizenship Day – September 17  
First Day Of Fall- September 22  
Hispanic Heritage Month: September 15 – October 15  
National Suicide Prevention Awareness Month  
Blood Cancer Awareness Month  
World Alzheimer's Month  
Library Card Sign-up Month  
Pain Awareness Month  
Self-Improvement Month  
Happy Cat Month



hello  
FALL



**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\***



**The Conway  
Sports & Fitness  
Center Will  
Be Closed  
Monday  
September 7th**

**LABOR**  
★ **DAY** ★

**In Observance Of The  
Labor Day Holdiday!**

**We Appreciate Your Patience &  
Cooperation!**

# Healthy Recipe!

## Healthy Carrot Cake



### Instructions

- Preheat oven to 350 degrees F. Line the bottom of three 6-inch round cake pans or two 8-inch round cake pans with parchment paper rounds. Spray parchment paper and sides of pan with nonstick cooking spray. **YOU SHOULD USE PARCHMENT PAPER** or the cake is likely to stick. Please do not forget.
- In a large bowl, whisk the almond flour, coconut flour, unsweetened shredded coconut, baking soda, cinnamon, nutmeg and salt together. Set aside.
- In a large bowl, whisk together the eggs, pure maple syrup, tahini, almond milk, vanilla extract until smooth.
- Slowly whisk in the melted and cooled coconut oil until it's well incorporated, then stir in the carrots. Note: It is important that your eggs are at room temperature otherwise the coconut oil will coagulate. The coconut oil should be melted but not HOT, but rather closer to room temp.
- Add dry ingredients to wet ingredients and mix with a wooden spoon until well combined. Stir in raisins and nuts, if using.
- Divide batter evenly between pans and spread out with a spatula to smooth the tops. Bake for 22-32 minutes in the two 8-inch pans and 30-40 minutes for three 6-inch pans.
- Cakes are done when a tester comes out clean or with just a few crumbs attached. Allow cake to cool completely before frosting or removing from the pans. The cake should be room temperature when you frost it. This is very important. Cakes can be made a day ahead if you'd like.
- Make your frosting: In the bowl of an electric mixer, add the softened butter and cream cheese and whip on high until light and fluffy. Add powdered sugar, vanilla extract and milk and beat for 2-3 minutes more.
- Now it's time to frost the cake: place about 1 tablespoon down onto the cake stand and spread out. Invert cake onto the cake stand, add about ½ heaping cup frosting between each layer, repeat with each cake, then frost the top and sides of the cake with the remaining frosting.
- Decorate cake with pecans and shredded coconut on top. Once you are done frosting, place the cake to the fridge. Cake will stay good for 5-7 days in the fridge, and should be covered to ensure freshness. Serves 16.

### Ingredients

#### Ingredients

#### Dry Ingredients:

2 cups (224g) packed super fine blanched almond flour (I use Bob's Red Mill)

½ cup (56g) coconut flour (do not pack)

½ cup (43g) unsweetened finely shredded coconut (I use Bob's Red Mill)

1 teaspoon baking soda

1 tablespoon ground cinnamon

¼ teaspoon ground nutmeg

½ teaspoon salt

#### Wet ingredients:

4 large eggs, at room temperature

¾ cup (234g) pure maple syrup

½ cup (77g) drizzly tahini (or sub almond butter but tahini has better flavor for this cake!)

¾ cup (60g) unsweetened almond milk

1 teaspoon vanilla extract

¾ cup (75g) melted and cooled coconut oil

3 cups (300g) shredded carrots (medium grate)

#### Optional mix-ins:

½ cup (80g) raisins

½ cup (56g) chopped pecans or walnuts

#### For the frosting:

½ cup (113g) salted butter, at room temperature (or sub vegan buttery stick)

8 ounces (224g) cream cheese, at room temperature (or sub dairy free cream cheese)

3 cups (339g) powdered sugar

2 teaspoons pure vanilla extract

1 tablespoon (15g) unsweetened almond milk (any milk will work)

#### For the topping:

Extra pecans and shredded coconut

# PICKLEBALL HAPPENINGS!

 **THE SHEPHERD'S TABLE BENEFIT**

## PICKLEBALL TOURNAMENT

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

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

**MIXED DOUBLES BASED ON AGE GROUP**

**REGISTRATION**  
[WWW.CONWAYPARKSANDRECREATION.NET](http://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



Pickleball



Full Open Play

**Collin's Kids Court #2**

**MONDAY 8:30AM - 1:00PM**

**TUESDAY 8:30AM-12:30PM**

**WEDNESDAY 8:30AM -1:00PM**

**THURSDAY 8:30AM - 12:30PM**

**FRIDAY 8:30AM- 12:30 PM**

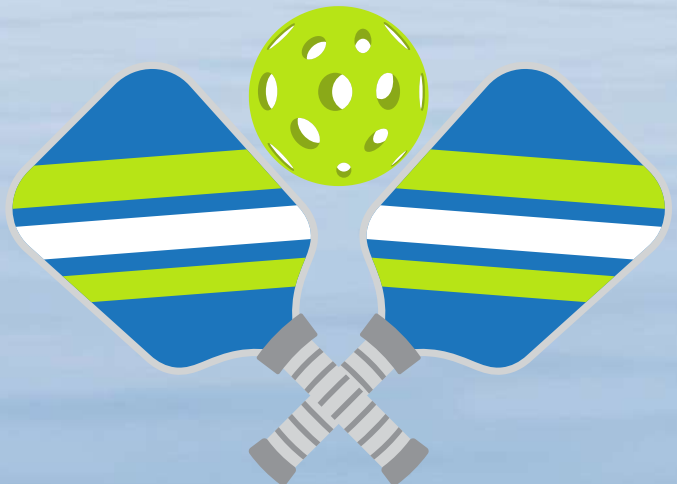
**SATURDAY 8:30AM - 1:30PM**

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

Schedule Updates/Cancellations Will Be Posted On Social Media &

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

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



# 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. 12<sup>TH</sup> 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 FUN RE-CAP



# WELCOME to the TEAM!



## Indoor Cycle



**MY NAME IS SOPHIA TRAINA. I AM FROM NJ — BORN & RAISED. I MOVED TO CONWAY A LITTLE OVER 2 YEARS AGO TO BE WITH MY FAMILY WHO MOVED HERE FROM NJ AS WELL.**

**I AM AN ENTERTAINMENT ACCOUNTANT WITHIN THE MUSIC INDUSTRY. I ALSO PLAY VIOLIN. I HAVE 4 DACHSHUNDS! I HAVE BEEN SPINNING FOR OVER 10 YEARS BUT TOOK A 2 YEAR BREAK WHILE TOURING ON THE ROAD AS A TRAVELING ACCOUNTANT, BUT PICKED BACK UP IN OCTOBER WHERE I RE SPARKED MY PASSION.**

## Line Dance

**MY NAME IS KIM CARPENTINO AND I AM A LINE DANCE INSTRUCTOR. I HAVE BEEN DANCING JUST OVER 17 YEARS AND TEACHING FOR ALMOST TEN NOW. I WOULD LOVE TO HAVE A CONVERSATION ABOUT THE POSSIBILITY OF TEACHING AT THE CONWAY RECREATION CENTER.**





# Aquatics Happenings

**The Oasis at Smith Jones Park**

## GLOW PARTY

Celebrate the end of summer  
September 6th, 2026  
5:30pm - 8:30pm  
**Free Event!**

Make a splash at our End-of-the-Season Glow Party - Light up the night with glowing fun, music, and unforgettable memories.

\*Swim suits are required to enter the water.\*

\*Glow sticks while supplies last!\*

1710 Smith Jones St. Conway SC, 29526

## OCTOBER GROUP SWIMMING LESSONS

| Age Group                   | Time            | Resident Fee | Non-Resident Fee |
|-----------------------------|-----------------|--------------|------------------|
| Parent-Toddler (1yr - 3yrs) | 4:00pm - 4:30pm | \$45.00      | \$55.00          |
| Preschool (3yrs - 4yrs)     | 4:30pm - 5:00pm |              |                  |
| Beginner (4yrs - 5yrs)      | 5:00pm - 5:30pm |              |                  |
| Intermediate (5yrs - 15yrs) | 5:30pm - 6:00pm |              |                  |

**Session Days (Tuesdays & Thursdays)**  
First Session: Tuesday, October 6th  
Last Session: Thursday, October 22nd

**Must register online at:**  
[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)  
Registration opens Friday, October 2nd @ 8am.  
1515 Mill Pond Rd. Conway, SC 29527

## CONWAY TIGERSHARKS

Tryouts: **TIGERSHARKS**

**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  
kparades@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: 4:30PM-5:30PM**

# Program Happenings

THE CITY OF CONWAY  
**SFC**  
SPORTS & FITNESS CENTER

All Ages Welcome!

Friday,  
September 11<sup>TH</sup> 2026  
6PM-7PM

**SIP & PAINT PARTY**

1519 MILL POND RD

**\$5.00 PER PERSON**

NON-ALCOHOLIC  
DRINK WILL BE PROVIDED

REGISTRATION REQUIRED

FOR MORE INFO CALL  
(843) 488-7869  
[WWW.CONWAYPARKSANDRECREATION.NET](http://WWW.CONWAYPARKSANDRECREATION.NET)

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, September 12th 2026  
Saturday, October 17th 2026  
Saturday, November 14th 2026  
Saturday, December 19th 2026

12:00 p.m.

**FREE**

Senior Center  
1519 Mill Pond Rd  
Conway SC 29526

THE CITY OF CONWAY  
**SFC**  
SPORTS & FITNESS CENTER

For more information email:  
[PBAKER@CONWAYSC.GOV](mailto:PBAKER@CONWAYSC.GOV)

"Looking forward to your presence!"

Building Bridges: Social Skills for All Ages

**Social Skills Workshops**

A valuable approach to help individuals improve their social behavior. Whether for adults or children, it focuses on teaching essentials for social interactions.

**Saturdays at 11:00 a.m.**

September 12th 2026  
Topic: Communicating

October 17th 2026  
Topic: Listening

November 14th 2026  
Topic: Recognizing & Expressing Emotions

December 19th 2026  
Topic: Participating

Location:  
Senior Center  
1519 Millpond Rd. Conway

THE CITY OF CONWAY  
**SFC**  
SPORTS & FITNESS CENTER

For more information call:  
843-488-7869

THE CITY OF CONWAY  
**SFC**  
SPORTS & FITNESS CENTER

Sensory Friendly Storytelling

**YOGA CLASS**

JOIN US  
September 12th 2026  
October 17th 2026  
November 14th 2026  
December 19th 2026

1:00 p.m.

Senior Center Registration Required FREE-All ages  
\*Parent/Guardian must be present\*

FOR MORE INFORMATION  
VISIT: [WWW.CONWAYPARKANDRECREATION.NET](http://WWW.CONWAYPARKANDRECREATION.NET)

# FITNESS SCHEDULE

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

*September*

**Fitness Class Schedule August 31<sup>st</sup> - September 26<sup>th</sup>**

*\*Please Note That Some Classes Are Scheduled In The Annex Section Of the Facility Kennedy Room At The Senior Center.\**

| Monday                                                                                                     | Tuesday                                                                                                         | Wednesday                                                                             | Thursday                                                                                 | Friday                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:35 am-6:35 am<br><b>Tac Fit</b><br>Randy<br>2 <sup>nd</sup> Level<br><i>No Class 9/7</i>                 | 5:35 am-6:35 am<br><b>Tac Fit</b><br>Randy<br>2 <sup>nd</sup> Level                                             | 5:35 am-6:35 am<br><b>Tac Fit</b><br>Randy<br>2 <sup>nd</sup> Level                   | 5:35 am-6:35 am<br><b>Tac Fit</b><br>Randy<br>2 <sup>nd</sup> Level                      | 5:35 am-6:35 am<br><b>Tac Fit</b><br>Randy<br>2 <sup>nd</sup> Level                                                                                                         |
| 7:00 am-7:45 am<br><b>Core &amp; Balance</b><br>Kimberly<br>Fitness Room<br><i>No Class 9/7 &amp; 9/21</i> | 6:00 am-6:45 am<br><b>Cardio Kick &amp; Abs</b><br>Amy<br>Fitness Room                                          | 6:00 am-6:45 am<br><b>Strength &amp; Core</b><br>Amy<br>Fitness Room                  | 6:00 am-6:45 am<br><b>Step &amp; Sculpt</b><br>Amy<br>Fitness Room                       | 7:00 am-7:45 am<br><b>Steps, Sculpt</b><br>Autumn<br>Annex Building                                                                                                         |
| 8:00 am-8:45 am<br><b>Z-Fusion</b><br>Joy<br>Fitness Room<br><i>No Class 9/7</i>                           | 7:00 am-7:45 am<br><b>Functional Strength</b><br>June<br>Fitness Room                                           | 7:00 am-7:30 am<br><b>Instruction Choice</b><br>Amy<br>Fitness Room                   | 7:00 am-7:45 am<br><b>Functional Strength</b><br>June<br>Fitness Room                    | 8:05 am-8:45 am<br><b>Burn</b><br>Autumn<br>Court #1                                                                                                                        |
| 9:05 am-9:50 am<br><b>Strength &amp; Core</b><br>Ivy<br>Court #1<br><i>No Class 9/7</i>                    | 8:00 am-9:00 am<br><b>Beginner's Cycle</b><br>June<br>Cycle Room                                                | 7:00 am-7:45 am<br><b>Indoor Cycle</b><br>Tina Y.<br>2 <sup>nd</sup> Level Cycle Room | 8:00 am-8:45 am<br><b>Functional Strength</b><br>June<br>Fitness Room                    | 9:05 am-9:50 am<br><b>Strength &amp; Core</b><br>Heather 9/4<br>Autumn 9/11 & 9/18<br>Tina C. 9/25<br>Court #1                                                              |
| 10:00 am-10:45 am<br><b>Beginner's Cycle</b><br>June<br>Cycle Room<br><i>No Class 9/7</i>                  | 8:00 am-8:45 am<br><b>Strike &amp; Strength</b><br>Joanne-Court #1                                              | 8:00 am-8:45 am<br><b>Strong By Zumba</b><br>Pam<br>Fitness Room                      | 8:00 am-8:45 am<br><b>Indoor Cycle</b><br>Tina Y.<br>2 <sup>nd</sup> Level Cycle Room    | 10:00 am-10:50 am<br><b>Cardio Dance Combo</b><br>Tina<br>Fitness Room                                                                                                      |
| 10:00 am-10:45 am<br><b>Cardio Dance Combo</b><br>Tina<br>Court #1<br><i>No Class 9/7</i>                  | 9:00 am-9:45 am<br><b>Hi-Low Step</b><br>Joanne<br>Annex Building                                               | 9:00 am-9:45 am<br><b>Sculpt N' Flow</b><br>Lisa<br>Annex Building                    | 9:00 am-9:45 am<br><b>Hi-Low Step</b><br>Tina C<br>Annex Building                        | 10:35 am-11:00 am<br><b>Zumba</b><br>Pam<br><i>No Class 9/25</i><br>Annex Building                                                                                          |
| 11:30 am-12:00 pm<br><b>Tai Chi</b><br>Ben<br>Fitness Room<br><i>No Class 9/7</i>                          | 9:00 am-9:45 am<br><b>Cardio Dance Combo</b><br>Linda D/Sharon<br>Fitness Room                                  | 9:00 am-9:45 am<br><b>Zumba</b><br>Pam<br>Court #1                                    | 9:00 am-9:45 am<br><b>Zumba</b><br>Kerri<br>Fitness Room                                 | 10:15 am-11:15 am<br><b>Chair Aerobics</b><br>Barb<br>Court #1                                                                                                              |
| 11:15 am-12:00 pm<br><b>Chair Aerobics</b><br>Brigitte<br>Court #1<br><i>No Class 9/7</i>                  | 10:00 am-11:00 am<br><b>Line Dancing</b><br>Roger<br>Annex Building                                             | 10:05 am-10:50 am<br><b>Strength &amp; Core</b><br>Tina C.<br>Court #1                | 10:00 am-11:00 am<br><b>Line Dancing</b><br>Roger<br>Annex Building                      | 11:00 am-11:30 am<br><b>Pop-Up Class</b><br><i>Sat. 10<sup>th</sup> &amp; 24<sup>th</sup> Only</i><br><i>Friday Night Fun WK in Intermediate Line Dance</i><br>Fitness Room |
| <b>FALL INTO FITNESS</b>                                                                                   | 10:05 am-11:00 am<br><b>Silver Sneakers</b><br>Classic<br>Brigitte<br>Fitness Room                              | 10:00 am-10:45 am<br><b>Indoor Cycle</b><br>June<br>2 <sup>nd</sup> Level Cycle Room  | 10:05 am-11:00 am<br><b>Silver Sneakers</b><br>Circuit<br>Brigitte<br>Fitness Room       | <b>Saturday</b>                                                                                                                                                             |
| 4:30 pm-5:10 pm<br><b>Circuit Abs &amp; Lower Body</b><br>Olivia<br>Fitness Room<br><i>No Class 9/7</i>    | 11:15 am-12:00 pm<br><b>Chair Yoga</b><br>Brigitte<br>Fitness Room                                              | 11:00 am-12:00 pm<br><b>Tai Chi</b><br>Ben<br>Fitness Room                            | 11:15 am-12:00 pm<br><b>Chair Yoga</b><br>Brigitte<br>Fitness Room                       | 8:45 am-9:20 am<br><b>Circuit Abs</b><br>Fitness Room                                                                                                                       |
| 5:00 pm-6:00 pm<br><b>Tac Fit</b><br>Randy - 2 <sup>nd</sup> Level<br><i>No Class 9/7</i>                  | 12:15 pm-1 pm<br><b>Pop-Up Chair Aerobics</b><br>Brigitte<br>Fitness Room                                       | 11:15 am-12:00 pm<br><b>Chair Aerobics</b><br>June<br>Court #1                        | 12:15 pm-1 pm<br><b>Pop-Up Chair Aerobics</b><br>Brigitte<br>Fitness Room                | Kassidi - 9/12<br>Olivia - 9/19<br>Fit & Strong<br>Kassidi - 9/26                                                                                                           |
| 5:15 pm-6:00 pm<br><b>Strength &amp; Core</b><br>Amy<br>Olivia 9/14<br>Fitness Room<br><i>No Class 9/7</i> | 5:35 pm-6:30 pm<br><b>Indoor Cycle</b><br>Tina Y.<br>2 <sup>nd</sup> Level Cycle Room                           | <b>FALL INTO FITNESS</b>                                                              | 5:30 pm-6:30 pm<br><b>Strength Training</b><br>June<br>2 <sup>nd</sup> Level Weight Room | 9:30 am-10:15 am<br><b>Indoor Cycle</b><br>June<br>Cycle Room<br>9/12, 9/19, & 9/26                                                                                         |
|                                                                                                            | 4:30 pm-5:15 pm<br><b>Strength &amp; Cardio</b><br>June- Fitness Room<br>Annex Building 9/15                    | 5:00 pm-6:00 pm<br><b>Tac Fit</b><br>Randy<br>2 <sup>nd</sup> Level                   | 5:30 pm-6:30 pm<br><b>Beginners Line Dancing</b><br>Roger<br>Fitness Room                | 9:30 am-10:15 am<br><b>Zumba/Cardio Dance</b><br>Kerri - 9/12 & 9/26<br>Joy - 9/19<br>(Fitness Room)                                                                        |
|                                                                                                            | 6:10 pm-7:10 pm<br><b>Zumba</b><br>Kerri - 9/1 & 9/15<br>Pam 9/8<br>Cardio Dance<br>Sharon 9/22<br>Fitness Room | Jessica Stalvey:<br>Fitness Coordinator<br>jstalvey@conwaysc.gov<br>843-488-7685      | 6:35 pm-7:30 pm<br><b>Zumba</b><br>C.J. - Fitness Room                                   | Pop-Up Class:<br>2:00 pm-4:00 pm Fitness Room<br><i>Sat. 19<sup>th</sup> Only</i><br>Intermediate Line Dance                                                                |

# AQUATIC SCHEDULE



## Aquatics Schedule September 2026



| Monday                                                           | Tuesday                                          | Wednesday                                                       | Thursday                                                                                                 | Friday                                                                                                 |
|------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 6:00 am – 7:00 am<br>Aynor Swim Team<br>2 Lanes                  | 8:00 am – 8:45 am<br>Aqua Aerobics -<br>Pam S.   | 6:00 am – 7:00 am<br>Aynor Swim Team<br>2 Lanes                 | 6:00 am – 7:00 am<br>Aynor Swim Team<br>2 Lanes                                                          | 6:00 am – 7:00 am<br>Conway Swim Team<br>2 Lanes                                                       |
| 8:00 am – 8:45 am<br>Aqua Aerobics -<br>Pam S.                   | 9:00 am – 9:45 am<br>Deep Water -<br>Brigitte    | 8:00 am – 8:45 am<br>Aqua Aerobics -<br>Beverly                 | 07:00 am – 7:45 am<br>Aqua Aerobics -<br>Barbara <span style="color: red; font-weight: bold;">NEW</span> | 8:00 am – 8:45 am<br>Aqua Aerobics -<br>Barbra <span style="color: red; font-weight: bold;">NEW</span> |
| 9:00 am – 9:45 am<br>Aqua Zumba -<br>Pam H.                      | 10:00 am – 12:00 pm<br>Water Volleyball          | 9:00 am – 9:45 am<br>Aqua Pilates -<br>Pam R.                   | 8:00 am – 8:45 am<br>Aqua Aerobics -<br>Beverly                                                          | 9:00 am – 9:45 am<br>Aqua Aerobics -<br>Barbra <span style="color: red; font-weight: bold;">NEW</span> |
| 10:00 am – 10:45 am<br>Arthritis<br>R.O.M/Strength -<br>Brigitte | 12:15 pm – 1:00 pm<br>Aqua Blast -<br>Olivia     | 10:00 am – 10:45 am<br>Aqua Zumba -<br>Pam H.                   | 9:00 am – 9:45 am<br>Aerobics -<br>Barbara <span style="color: red; font-weight: bold;">NEW</span>       | 10:00 am – 12:00 pm<br>Water Volleyball                                                                |
| 11:00 am – 11:45 am<br>Aqua Fit -<br>Ivy                         | 4:30 pm – 5:30 pm<br>Aynor Swim Team<br>3 Lanes  | 11:00 am – 11:45 am<br>Stick<br>Mobility/Aerobics -<br>Brigitte | 10:00 am – 12:00 pm<br>Water Volleyball                                                                  | 12:15 pm – 1:00 pm<br>Aqua Aerobics -<br>Pam S.                                                        |
| 12:00 pm – 12:45 pm<br>Aqua Aerobics -<br>Ivy                    | 6:00 pm – 7:30 pm<br>Conway Swim Team<br>2 Lanes | 12:00 pm – 1:00 pm<br>Cardio Core -<br>Brigitte                 | 12:15 pm – 1:00 pm<br>Aqua Blast -<br>Olivia                                                             | 4:30 pm – 5:30 pm<br>Aynor Swim Team<br>3 Lanes                                                        |
| 4:30 pm – 6:00 pm<br>Carolina Forest Swim Team<br>4 Lanes        |                                                  | 4:30 pm – 6:00 pm<br>Carolina Forest Swim Team<br>4 Lanes       | 3:30 pm – 5:00 pm<br>Conway Swim Team<br>2 Lanes                                                         | 5:30 pm – 7:30 pm<br>Party Rental                                                                      |
| 6:00 pm – 7:30 pm<br>Conway Swim Team<br>2 Lanes                 |                                                  | 6:00 pm – 7:30 pm<br>Conway Swim Team<br>2 Lanes                | 5:15 pm – 6:45 pm<br>Carolina Forest Swim Team<br>4 Lanes                                                |                                                                                                        |



**CLOSED**  
**LABOR DAY**  
NO CLASSES SCHEDULED

Regina Stevens - Aquatics/Membership Coordinator  
Kaitlyn Pardes - Assistant Aquatics Coordinator  
843-488-7686 or [kpardes@conwaysc.gov](mailto:kpardes@conwaysc.gov)  
\*\*Schedule is subject to change\*\*



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

**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 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 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 September

August 31<sup>st</sup> - September 26<sup>th</sup>

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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |          |  |  |  |  |                                                                                                                                                                                                                                                                                                                                 |  |  |  |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--|--|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| <p><b>8:00am-8:50am</b><br/><u>Somatic Stretch</u><br/>Yoga<br/>Pam R. -<br/>8/31 &amp; 9/14<br/>Annex Building</p> <p><b>8:00am-8:50 am</b><br/><u>Yin Yoga</u><br/>Pam R. -<br/>9/21<br/>Annex Building</p> <p><b>9:00am-9:45am</b><br/><u>Mat Pilates</u><br/>Pam R.<br/>Annex Building<br/>No Class 9/7</p> <p><b>10:00am-10:55am</b><br/><u>Gentle Vinyasa</u><br/><u>Flow Yoga</u><br/>Pam R.<br/>Annex Building<br/>No Class 9/7</p> | <p><b>8:00am-8:50am</b><br/><u>Sculpt-N-Flow Yoga</u><br/>Lisa<br/>Annex Building</p> <p><b>11:15am-12:00pm</b><br/><u>Chair Yoga</u><br/>Brigitte<br/>Fitness Room</p> | <p><b>7:00am-7:45am</b><br/><u>Core &amp; Balance</u><br/>Kimberly<br/>Annex Building</p> <p><b>8:00am-8:50am</b><br/><u>Wednesday</u><br/><u>Morning Gentle</u><br/>Yoga<br/>Kimberly -<br/>9/2 &amp; 9/9<br/>Evita - 9/16<br/>Linda C. -<br/>9/23<br/>Annex Building</p> <p><b>10:00am-10:50am</b><br/><u>Gentle Vinyasa Flow</u><br/>Yoga<br/>Pam R.<br/>Annex Building</p> <p><b>4:30PM-5:15PM</b><br/><u>Beginner's Mat Pilates</u><br/>Pam R.<br/>Annex Building<br/>Class Held In Fitness<br/>Room 9/16</p> <p><b>5:30pm-6:15pm</b><br/><u>Slow Flow</u><br/>Pam R.<br/>Annex Building<br/>Class Held In Fitness<br/>Room 9/16</p> <p><b>6:25pm-7:00pm</b><br/><u>Restorative</u><br/>Pam R.<br/>Annex Building<br/>Class Held In Fitness<br/>Room 9/16</p> | <p><b>7:00am-7:45am</b><br/><u>Gentle Yoga</u><br/>Kimberly- 9/3, &amp; 9/10<br/>Evita- 9/17<br/>Linda C. - 9/24<br/>Annex Building</p> <p><b>8:00am-8:50am</b><br/><u>Vigorous Yoga</u><br/>Kimberly- 9/3 &amp; 9/10<br/>Evita- 9/17<br/>Linda C. - 9/24<br/>Annex Building</p> <p><b>11:15am-12:00pm</b><br/><u>Chair Yoga</u><br/>Brigitte<br/>Fitness Room</p> | <p><b>8:00am-8:50am</b><br/><u>Instructor Choice</u><br/>Kimberly<br/>Annex Building</p> <p><b>9:05am-9:55am</b><br/><u>Yogalates</u><br/>Autumn<br/>Pam R.<br/>9/11 &amp; 9/18<br/>Fitness Room</p> <tr> <th colspan="5">Saturday</th></tr> <tr> <td colspan="5"> <p><b>10:35am-11:25am</b><br/><u>Saturday Instructor</u><br/><u>Choice Yoga</u><br/>Fitness Room<br/>Pam R.<br/>9/12- Fitness Room<br/>9/19 &amp; 9/26-<br/>Annex Building</p> <p><b>11:30am- 12:10PM</b><br/><u>Mat Pilates</u><br/>Fitness Room<br/>Pam R.<br/>9/12- Fitness Room<br/>9/19 &amp; 9/26-<br/>Annex Building</p> </td></tr> | Saturday |  |  |  |  | <p><b>10:35am-11:25am</b><br/><u>Saturday Instructor</u><br/><u>Choice Yoga</u><br/>Fitness Room<br/>Pam R.<br/>9/12- Fitness Room<br/>9/19 &amp; 9/26-<br/>Annex Building</p> <p><b>11:30am- 12:10PM</b><br/><u>Mat Pilates</u><br/>Fitness Room<br/>Pam R.<br/>9/12- Fitness Room<br/>9/19 &amp; 9/26-<br/>Annex Building</p> |  |  |  |  |
| Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |          |  |  |  |  |                                                                                                                                                                                                                                                                                                                                 |  |  |  |  |
| <p><b>10:35am-11:25am</b><br/><u>Saturday Instructor</u><br/><u>Choice Yoga</u><br/>Fitness Room<br/>Pam R.<br/>9/12- Fitness Room<br/>9/19 &amp; 9/26-<br/>Annex Building</p> <p><b>11:30am- 12:10PM</b><br/><u>Mat Pilates</u><br/>Fitness Room<br/>Pam R.<br/>9/12- Fitness Room<br/>9/19 &amp; 9/26-<br/>Annex Building</p>                                                                                                             |                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |          |  |  |  |  |                                                                                                                                                                                                                                                                                                                                 |  |  |  |  |

Please Note That A New Location is Listed For Classes. This Area is The Annex Area Of The Complex Formerly Known As The Senior Center!

September Is National Yoga  
Month  
TRY A CLASS THIS MONTH

# Fall Program Happenings

 **WACCAMAW SHRINE CLUB PRESENTS**  
**5TH Annual**  
**SMOKER ON THE WACCAMAW**  
**BARBECUE FESTIVAL**  
**NEW VENUE**  
OCTOBER 2ND 6PM-10PM & 3RD 9AM-4PM  
1515 MILL POND RD. CONWAY, SC 29527  
**BOOTH VENDORS!!!**  
SOUP COOK-OFF  
FRIDAY NIGHT PUBLIC VOTES  
\$200 PER TICKET  
OCTOBER 2ND 6-10PM  
BBQ COOK-OFF  
SATURDAY PUBLIC VOTES (DUTY PROVIDED)  
\$100 PER TICKET  
OCTOBER 3RD 9AM-4PM  
OVER \$6,500 PAYOUT TO THE TOP 10 COOK TEAMS  
FOR MORE INFORMATION PLEASE CALL JIMMY DIX: (843) 458-7732

**CONWAY SUPERSTAR**  
Junior Star 12 & Under  
Teen Star 13-17  
Superstar 18 & Up  
**Location**  
MCCOWN AUDITORIUM  
805 MAIN ST.  
CONWAY, SC 29526  
**Time**  
3:30PM  
September 19<sup>th</sup> 2026  
For More Information please Visit  
[conwayparksandrecreation.net](http://conwayparksandrecreation.net)

 **City of CONWAY Parks & Recreation**  
**GAME Night!**  
FUN • FRIENDS • GAMES • GOOD TIMES  
DATE: SEPTEMBER 25<sup>TH</sup>, 2026  
TIME: 5:00 - 7:00 PM  
LOCATION: 1515 Millpond Road Conway, SC 29527  
WHO: Everyone is welcome! All ages!  
**THIS EVENT IS FREE!**  
SNACKS AND DRINKS WILL BE PROVIDED!  
Sign up today!  
go online to register at  
[www.conwayparksandrecreation.net](http://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](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 & AQUATICS  
Regina Stevens

FITNESS  
Jessica Stalvey

ATHLETICS  
Susan Becton

PROGRAMS  
Janice Hopkins

## LET'S CONNECT!

FOLLOW &  
LIKE US!



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



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