



OCTOBER 2026

Newsletter



**October Is Breast Cancer Awareness Month
Knowledge. Awareness. Early Detection.**

October is Breast Cancer Awareness Month—a time to raise awareness, encourage early detection, support those affected by breast cancer, and honor survivors and those we have lost.



Breast Cancer Facts

Breast cancer is the second most commonly diagnosed cancer among women in the United States.

In 2022, 279,731 new cases of breast cancer were reported among U.S. women.

In 2023, 42,213 women died from breast cancer.

About 83% of breast cancer diagnoses occur in women age 50 and older.

Breast cancer can also affect men—approximately 1 in 100 breast cancers diagnosed in the U.S. occurs in a man.



Know Your Normal

Be aware of changes in your breasts, including a new lump, changes in size or shape, nipple discharge, or other changes that concern you. Talk with your healthcare provider about any changes and about the screening schedule that's appropriate for you

This October, wear pink, spread awareness, support one another, and make breast health a priority.

Early detection matters. Awareness saves lives.

October Awareness Days

October 1 — International Coffee Day ☕

October 4 — World Animal Day 🐾

October 5–11 — Fire Prevention Week 🔥

October 16 — Boss's Day

October 31 — Halloween 🎃

October — Domestic Violence Awareness Month

October — National Disability Employment Awareness Month

October — National Bullying Prevention Month



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

BULLY PREVENTION MONTH



♥ October is Bullying Prevention Month!

Conway Parks & Recreation is proud to stand together for kindness, inclusion, and respect!

This month let's remember that everyone deserves to feel safe, welcomed, and valued. We can make a difference by using kind words, including others, speaking up when something isn't right, and celebrating what makes each person unique.

☀ Kind Words. Kind Actions. Kind Hearts. ☀

Together, we can build a community where everyone belongs! Remember to wear Orange on Mondays to show your support for bullying.



OUTDOOR Fitness



101

Looking for ways to motivate you to train to complete a 5k or just improve your running stride? This Instructor led class is perfect for reaching those goals!

Participants should expect a couch to 5k approach implementing outdoor/indoor running routes that will vary in location around the facility.

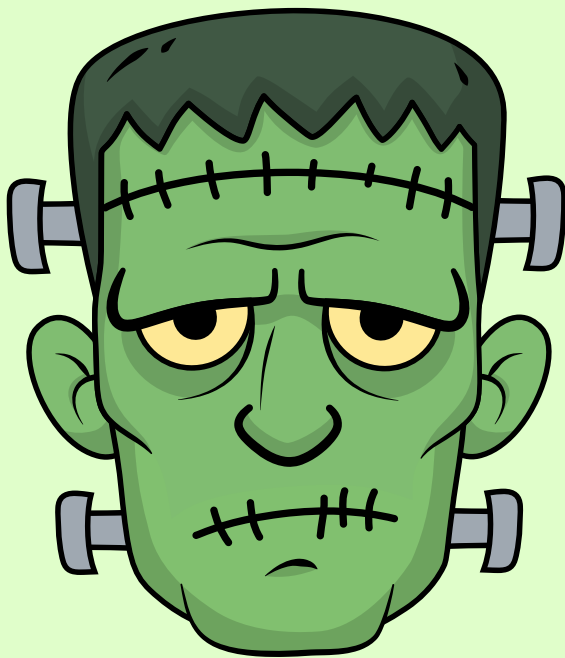
Warm-up/Stretch will be included into the routine/along with a basic assessment of fitness levels. Appropriate workout attire is required (athletic shoes/breathable clothing/water/visor or sunglasses) !

Check Out Scheduled Times on Our Monthly Fitness Schedule

Healthy Recipe!

Healthy Halloween Recipe: Monster Veggie Cups

A fun, colorful Halloween snack that's easy to make and packed with vegetables and protein.



Ingredients

1 cup hummus

1 cucumber, sliced

1 cup baby carrots

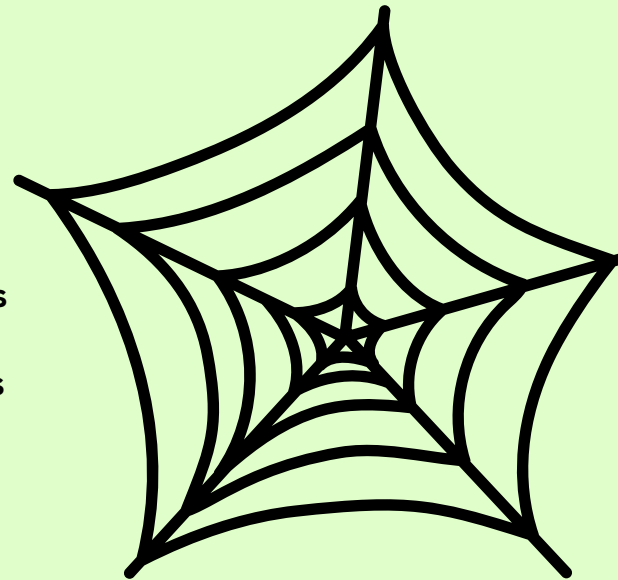
1 cup bell pepper strips

½ cup cherry tomatoes

½ cup broccoli florets

¼ cup black olives

Edible candy eyes, optional



Directions

Divide hummus among small clear cups.

Arrange the vegetables upright in each cup to look like monster hair or tentacles.

Add two small pieces of black olive or edible eyes to create a spooky face.

Chill until ready to serve.

Healthy Tip

Use colorful vegetables and hummus for a snack that provides fiber, vitamins, and plant-based protein without relying on candy.

PICKLEBALL HAPPENINGS!

AMERICAN LEGION POST 111

MIXED-DOUBLES
TOURNAMENT
PICKLEBALL

TEAM AWARDS 1ST-2ND-3RD PLACE





 **REGISTER NOW**

WWW.CONWAYPARKSANDRECREATION.NET
\$30 Members/\$35 Non-Members

 **NOVEMBER 14TH**
9AM-3PM

 1515 MILLPOND ROAD
CONWAY SC

 ROUND ROBIN PLAY
BASED ON AGE


*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 Bisholtz @ 843-488-4279

 THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

Pickleball



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

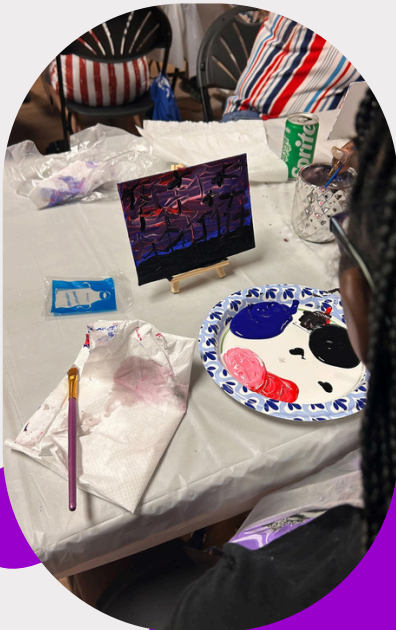


YOUTH SPORTS

Winter Sports Registration For Tiny
Tigers/Youth League
Begins November 2nd!
Register On-line or In Person @ the
Ken Senn Athletic Building



STIP & PAINT
RE-CAP





FALL INTO FITNESS

MEMBERS ONLY
RESERVE YOUR SPOT TODAY



Holiday
Weight
Maintenance
Challenge

JOIN THIS FREE CHALLENGE & STAY ON TRACK
THROUGH THE TOUGHEST MONTHS OF THE YEAR
-FROM HALLOWEEN TO THANKSGIVING TO
CHRISTMAS!

THE GOAL IS SIMPLE: MAINTAIN, NOT GAIN!

WITH REGULAR WEIGH-INS,
ACCOUNTABILITY, AND SUPPORT, WE'LL
HELP YOU STAY MINDFUL, MOTIVATED,
AND CONSISTENT WHILE STILL ENJOYING
YOUR FAVORITE HOLIDAY TRADITIONS.
CAN YOU MAKE IT FROM HALLOWEEN TO CHRISTMAS AT THE
SAME WEIGHT?

LET'S FINISH THE YEAR STRONG-ONE WEIGH-IN AT A TIME!

WEEKLY WEIGH-INS ARE
WEDNESDAYS 6AM-7PM @
FITNESS OFFICE

OCT. 14TH - WED. DEC. 9TH

DETAILS WILL BE PROVIDED @ YOUR
FIRST WEIGH-IN OCT. 14TH

Join the Fun with



Line Dance With Kim!

Intermediate Steps · Great Music ·
Good Vibes



If you already know the basic steps of line dancing & are
ready to move to a faster beat while learning new dances
and combinations, this class is for you!

Wear comfortable shoes! No boots, please!

Come dance, learn, practice, and have some fun!

Reserve our spot today:

www.conwayparksandrecreation.net

Saturday October 3rd
2pm-4pm

Friday October 23rd
5pm-7:30pm

Classes Are Located in Fitness
Room @ The Conway Sports &
Fitness Center

Free For Members/\$5
Non-members



Aquatics Happenings

OCTOBER

GROUP SWIMMING LESSONS

Residents:
\$45.00
Non-Residents:
\$55.00

Parent - Toddler 1yrs - 3yrs 4:00pm - 4:30pm Toddlers build water confidence with guided skills & parent support	Preschool 3yrs - 4yrs 4:30pm - 5:00pm Kids will build independence, learning freestyle, backstroke, & basic swim skills.	Beginner 4yrs - 5yrs 5:00pm - 5:30pm Kids will improve endurance, strokes, treading, & independent floating skills.	Intermediate 5yrs - 15yrs 5:30pm - 6:00pm Swimmers will build endurance, refine all four strokes, and learn flip turns, racing dives, and speed control.
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Session Days (Tuesdays & Thursdays)
First Session: Tuesday, October 6th
Last Session: Thursday, October 22nd

Must register online at:
www.conwayparksandrecreation.net
Registration opens Friday, October 2nd @ 8am.
1515 Mill Pond Rd. Conway, SC 29527

SPORTS & FITNESS CENTER

NOVEMBER

GROUP SWIMMING LESSONS

Residents:
\$45.00
Non-Residents:
\$55.00

Parent - Toddler 1yrs - 3yrs 4:00pm - 4:30pm Toddlers build water confidence with guided skills & parent support	Preschool 2yrs - 4yrs 4:30pm - 5:00pm Kids will build independence, learning freestyle, backstroke, & basic swim skills.	Beginner 3yrs - 5yrs 5:00pm - 5:30pm Kids will improve endurance, strokes, treading, & independent floating skills.	Intermediate 5yrs - 15yrs 5:30pm - 6:00pm Swimmers will build endurance, refine all four strokes, and learn flip turns, racing dives, and speed control.
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Session Days (Tuesdays & Thursdays)
First Session: Tuesday, November 3
Last Session: Thursday, November 19th

Must register in-person at:
Conway Sports & Fitness Center
Registration begins Friday, October 30th @ 8:00am.
1515 Mill Pond Rd. Conway, SC 29527

SPORTS & FITNESS CENTER

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

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

KARAOKE NIGHT

and welcome to our friends and family

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

OCTOBER 16th **1519 Mill pond rd** **Time: 4PM-7PM**

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

EVERYONE IS WELCOME!

The Support Group is an open, welcoming group providing dialogue and peer support on issues, challenges and concerns that most parents may face.

PARENT SUPPORT GROUP

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

"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

Fall Program Happenings

SCARE in the SQUARE
SUNDAY
OCTOBER 25 2026
WRESTLING
5 PM - 8 PM
the SHOW
EL GALLO
102.3 103.5 98.9
FREE ENTRY
FOOD TRUCKS
FREE PARKING
TOWN GREEN
200 Laurel Street, Conway, S.C. 29526
www.conwayparksandrecreation.net
www.facebook.com/ConwayPRT

City of CONWAY
Parks, Recreation & Cultural Services
Proudly Presents
Treasure Hunt
October 22nd, 2026
Meet at the clock in
downtown Conway 5:00pm.
to sign up go to
www.conwayparksandrecreation.net

CONWAY PARKS & RECREATION
MONSTER MASH ON MILL POND
Saturday
OCTOBER 24
5pm - 7pm
1515 Mill Pond Road, Conway SC
www.conwayparksandrecreation.net



FITNESS SCHEDULE

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

October
Fitness Class Schedule Sept. 28th - Oct. 31st
*Please Note That Some Classes Are Scheduled In The Annex Section Of the Facility
Community Room As The Service Center



Monday	Tuesday	Wednesday	Thursday	Friday
5:35am-6:35am Tac Fit Randy 2 nd Level No Class 10/5 & 10/12	5:35am-6:35am Tac Fit Randy No Class 10/5 & 10/13 2 nd Level	5:35am-6:35am Tac Fit Randy No Class 10/7 & 10/14 2 nd Level	5:35am-6:35am Tac Fit Randy No Class 10/11 & 10/18 2 nd Level	5:35am-6:35am Tac Fit Randy No Class 10/2 & 10/9 2 nd Level
7:00am-7:45am Core & Balance Kimberly Fitness Room	6:00am-6:45am Cardio Kick & Abs Amy Fitness Room	6:00am-6:45am Strength & Core Amy Fitness Room	6:00am-6:45am Step & Sculpt Amy Fitness Room	7:00am-7:45am Step & Sculpt Autumn Fitness Room
7:00am-7:45am Running 101 Pam Reed - 10/12 & 10/19 ONLY Class Meets in Downstairs Lobby Expect Indoor & Outdoor Routines	7:00am-7:45am Functional Strength June Fitness Room	7:00am-7:30am Instructor's Choice June Fitness Room	7:00am-7:45am Functional Strength June Fitness Room	8:05am-8:45am Bare Autumn-No Class 10/23 Court #1
8:00am-8:45am Z-Fusion Joy Fitness Room	8:00am-9:00am Beginner's Cycle June Cycle Room	7:00am-7:45am Indoor Cycle Tina Y. 2 nd Level Cycle Room	8:00am-8:45am Functional Strength Tina Y. Fitness Room	8:05am-8:45am Core #1 9:05am-9:50am Strength & Core Heather-10/2 Autumn-10/9 & 10/30 Tina C. - 10/16 Court #1
9:05am-9:50am Strength & Core Ivy Court #1	8:00am-8:45am Strike & Strength Joanne - Court #1	8:00am-8:45am Strong By Zumba Pam - No Class 10/28 Demo Day Fitness Room	8:00am-8:45am Indoor Cycle Tina Y. 2 nd Level Cycle Room	10:00am-10:50am Cardio Dance Combo Tina Fitness Room
10:00am-10:45am Beginner's Cycle June Cycle Room	9:00am-9:45am Hi-Low Step Joanne Annex Building	9:00am-9:45am Sculpt-N-Flow Lisa Annex Building	9:00am-9:45am H-Low Step Tina C. Annex Building	10:05am-11:00am Zumba Pam Annex Building
10:00am-10:45am Cardio Dance Combo Linda D/Sharon Fitness Room	9:00am-9:45am Cardio Dance Combo Linda D/Sharon Fitness Room	9:00am-9:45am Zumba Pam No Class 10/28 Demo Day Court #1	9:00am-9:45am Zumba Kerri Fitness Room	10:15am-11:15am Chair Aerobics Barb Court #1
10:00am-11:00am Line Dancing Roger Annex Building	10:00am-11:00am Line Dancing Roger Annex Building	10:00am-10:45am Indoor Cycle June No Class 10/28 Demo Day 2 nd Level Cycle Room	10:00am-11:00am Line Dancing Roger Annex Building	11:00am-12:00pm Running 101 Pam Reed Class Meets in Downstairs Lobby Expect Indoor & Outdoor Routines
10:00am-10:45am Cardio Dance Combo Tina Court #1	10:00am-11:00am Line Dancing Roger Annex Building	10:05am-10:50am Strength & Core Tina C. No Class 10/28 Demo Day Court #1	10:05am-11:00am Silver Sneakers Circuit Briquette Fitness Room	6:00pm-7:30pm Pop-Up Class Oct. 24 th Only Friday Night Fun Walk Intermediate Line Dance Fitness Room
11:00am-12:00pm Tai Chi Ben Fitness Room	10:05am-11:00am Silver Sneakers Classic Briquette Fitness Room	10:00am-10:45am Indoor Cycle June No Class 10/28 Demo Day 2 nd Level Cycle Room	11:00am-12:00pm Chair Aerobics Briquette Fitness Room	
11:15am-12:00pm Chair Aerobics Briquette Court #1	11:15am-12:00pm Chair Yoga Briquette Fitness Room	11:00am-12:00pm Tai Chi Ben Fitness Room	12:15pm-1pm Pop-Up Chair Aerobics Briquette Fitness Room	
4:30pm-5:10pm Circuit Abs & Lower Body Olivia Fitness Room	12:15pm-1pm Pop-Up Chair Aerobics Briquette Fitness Room	11:15am-12:00pm Chair Aerobics June No Class 10/28 Demo Day Court #1	Equipment Orientation Class 2 nd Level Class 10/18, 10/19 Only	
5:00pm-6:00pm Tac Fit Randy - 2 nd Level No Class 10/5 & 10/12	4:30pm-5:15pm Strength & Cardio June Fitness Room	5:00pm-6:00pm Tac Fit Randy - No Class 10/7 & 10/14 2 nd Level	5:30pm-6:30pm Strength Training June 2 nd Level Weight Room	
Running 101 Pam Reed Class Meets in Downstairs Lobby Expect Indoor & Outdoor Routines	5:35pm-6:30pm Indoor Cycle Tina Y. 2 nd Level Cycle Room		5:30pm-6:30pm Business Line Dancing Roger Fitness Room	
5:15pm-6:00pm Strength & Core Amy Olivia-10/12 Fitness Room	6:10pm-7:10pm Zumba Kerri - 10/6 & 10/20 CJ-10/13 Pam-10/27 Fitness Room	Jessica Stalvey: Fitness Coordinator jstalvey@cornwaysc.gov 843-488-7685	6:35pm-7:30pm Zumba C.J. - Fitness Room	

Saturday
8:45am-9:20am Fit & Strong Fitness Room Kassidi - 10/3 & 10/24 Step & Sculpt Amy-10/10
Running 101 Fitness Room: Pam Reed - 10/17
9:30am-10:15am Indoor Cycle June - 10/3, 10/17, & 10/24 Sophia- 10/10 Cycle Room
9:30am-10:25am Zumba - Fitness Room CJ-10/3 & 10/17 Sharon-10/10-Cardio Dance Kerri - 10/24
*Pop-Up Class - 2:00pm-4:00pm Fitness Room Oct. 31 st Only Intermediate Line Dance

AQUATIC SCHEDULE



Aquatics Schedule

October 2026



Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am – 7:00 am Aynor Swim Team 3 Lanes Until 10/11	8:00 am – 8:45 am Aqua Aerobics - Pam S.	6:00 am – 7:00 am Aynor Swim Team 3 Lanes Until 10/11	6:00 am – 7:00 am Aynor Swim Team 3 Lanes Until 10/11	6:00 am – 7:00 am Conway Swim Team 2 Lanes Until 10/11
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 - Beverly	8:00 am – 8:45 am Aqua Aerobics - Beverly	8:00 am – 8:45 am Aqua Aerobics - Barbara
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.	9:00 am – 9:45 am Aerobics - Barbara	9:00 am – 9:45 am Aqua Aerobics - Barbara
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.	10:00 am – 12:00 pm Water Volleyball	10:00 am – 12:00 pm Water Volleyball
11:00 am – 11:45 am Aqua Fit - Ivy	4:30 pm – 5:30 pm Aynor Swim Team 3 Lanes Until 10/11	11:00 am – 11:45 am Stick Mobility/Aerobics - Brigitte	12:15 pm – 1:00 pm Aqua Blast - Olivia	12:15 pm – 1:00 pm Aqua Aerobics - Pam S.
12:00 pm – 12:45 pm Aqua Aerobics - Ivy	4:30 pm – 7:30 pm 2 LANES Starting 10/12 Tigershark Practice	12:00 pm – 1:00 pm Cardio Core - Brigitte	3:30 pm – 5:00 pm Conway Swim Team 2 Lanes Until 10/11	4:30 pm – 5:30 pm Aynor Swim Team 3 Lanes Until 10/11
4:30 pm – 6:00 pm Carolina Forest Swim Team 4 Lanes Until 10/11	6:00 pm – 7:30 pm Conway Swim Team 2 Lanes Until 10/11	4:30 pm – 6:00 pm Carolina Forest Swim Team 4 Lanes Until 10/11	5:15 pm – 6:45 pm Carolina Forest Swim Team 4 Lanes Until 10/11	5:30 pm – 7:30 pm Party Rental
4:30 pm – 7:30 pm 2 LANES Starting 10/12 Tigershark Practice		4:30 pm – 7:30 pm 2 LANES Starting 10/12 Tigershark Practice	4:30 pm – 7:30 pm 2 LANES Starting 10/12 Tigershark Practice	
6:00 pm – 7:30 pm Conway Swim Team 2 Lanes Until 10/11				



Regina Stevens - Aquatics/Membership Coordinator
Kaitlyn Pades - Assistant Aquatics Coordinator
843-488-7686 or kpades@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.

Cardio Core: Aqua Noodles is a 45-minute pool workout that combines cardio and core exercises while using aqua noodles to add resistance and increase the intensity of the workout.

Deep Water: This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. This class is taught in 5ft 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 October

September 28th - October 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	Tuesday	Wednesday	Thursday	Friday
8:00am-8:50am <u>Somatic Stretch</u> Yoga Pam R. - 9/28 7/10/5 Annex Building 8:00am-8:50 am <u>Yin Yoga</u> Pam R. - 10/12, 10/19, & 10/26 Annex Building 9:00am-9:45am <u>Mat Pilates</u> Pam R. Annex Building 10:00am-10:55am <u>Gentle Vinyasa</u> <u>Flow Yoga</u> Pam R. Annex Building	8:00am-8:50am <u>Sculpt-N-Flow Yoga</u> Lisa Annex Building 11:15am-12:00pm <u>Chair Yoga</u> Brigitte Fitness Room	7:00am-7:45am <u>Core & Balance</u> Kimberly Linda C. - 9/30 Annex Building 8:00am-8:50am <u>Wednesday</u> <u>Morning Gentle</u> Yoga Lisa - 9/30 Kimberly- 10/7 & 10/14 Linda C. - 10/21 & 10/28 Annex Building 10:00am-10:50am <u>Gentle Vinyasa Flow</u> Yoga Pam R. Annex Building 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	7:00am-7:45am <u>Core & Balance</u> Linda C. - 10/1 & 10/22 Kimberly- 10/8, 10/15, & 29 Annex Building 8:00am-8:50am <u>Vigorous Yoga</u> Lisa- 10/1 Kimberly-10/8 Evita- 10/15 & 10/29 Linda C. - 10/22 Annex Building 11:15am-12:00pm <u>Chair Yoga</u> Brigitte Fitness Room	8:00am-8:50am <u>Instructor Choice</u> Kimberly Annex Building 9:05am-9:55am <u>Yogalates</u> Autumn Pam R. 10/9 & 10/30 Fitness Room Saturday <u>Saturday Instructor</u> <u>Choice Yoga</u> <u>Fitness Room</u> Pam R. 10/3 & 10/17- Fitness Room 10/10 & 10/24 Annex Building 11:30am- 12:10PM <u>Mat Pilates</u> Fitness Room Pam R. 10/3 & 10/17- Fitness Room 10/10 & 10/24 Annex Building

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!

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 & AQUATICS
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