

MAY 2025

Newsletter



A graphic celebrating the draft of Tonka Hemingway. It features a central image of a football player in a South Carolina Gamecocks uniform (number 91) running on the field. To the right is a 'DRAFT 2025' logo. Below the player image is a white banner that reads 'ROUND 4 PICK 135'. The player's name 'TONKA HEMINGWAY' is written in large, bold, white letters, with 'SOUTH CAROLINA | DT' underneath. At the bottom, the text 'CONGRATULATIONS, TONKA!' is written in yellow. Below this text is a sequence of logos: the Georgia Tech 'G' logo, an arrow pointing right, the South Carolina Gamecocks logo, another arrow pointing right, and the NFL logo.

TONKA
HEMINGWAY
SOUTH CAROLINA | DT

CONGRATULATIONS, TONKA!

LET'S GO! Our very own Tonka Hemingway has officially been drafted to the Las Vegas Raiders!
From dominating on the field here to taking his talents to the NFL stage, Tonka's hard work, grit, and determination are paying off in a big way.
We couldn't be prouder to see one of our own chasing greatness. Congratulations, Tonka!

Outdoor Fitness.

Monday May 12th @ 5:15pm

Outdoor HITT Class

**Class Meets In Fitness Room/Class
Will Be Held in Grassy Area Behind
Pool**

8am Wednesday /Thursday

5/14 & 5/21

5/15 & 5/22

Instructor Choice Yoga

Location Grass Area Behind The Pool

Please Bring Water & Yoga Mat!

***Location is subject to change based
on weather conditions and recent pool
renovations***



Pop-Up Classes

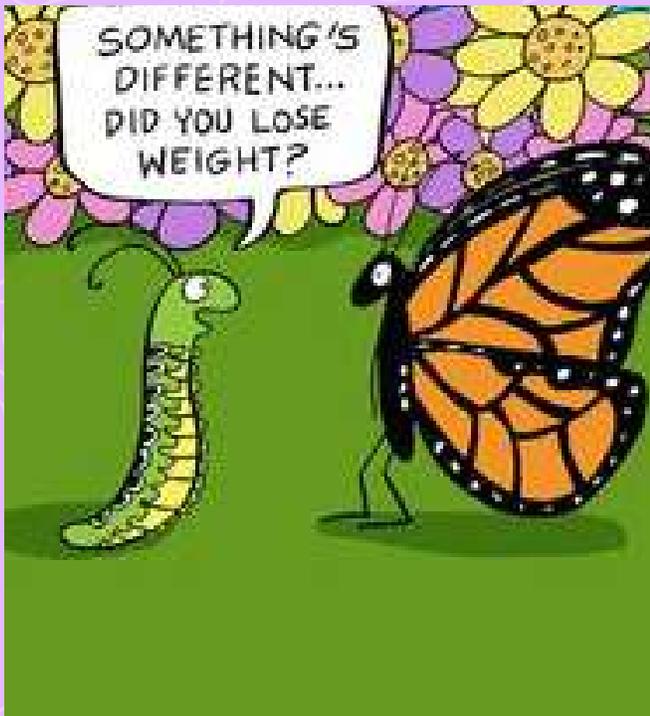
**Friday 9am Barre
Fitness Room :
Register On-line**

5/9 & 5/16:

Nadine

5/23 & 5/30:

Autumn



HAPPY SPRING



May Holidays and Awareness Days

HAPPY Mother's Day

Local And Community History Month 2025

American Stroke Awareness

Arthritis Awareness Month

Mental Health Month

Speech and Hearing Awareness Month

Older Americans Month



1st : May Day Play Day

4th: Star Wars Day

5th : Cinco De Mayo

11th : Mother's Day

26th: Memorial Day



Memorial Day
FLAG WORKOUT
50 reps for all 50 stars on the flag (x 3)

- 10 squats
- 10 burpees
- 10 jumping jacks
- 10 lunges
- 10 mountain climbers

Repeat 3 times

SUMMER SWIM LEAGUE

Swimmers Must be able to swim 25 meters Freestyle and Backstroke

\$150 per swimmer (price includes league fees and entire season cost)

League information & practice schedules will be given at try-outs

TRY-OUTS: MAY 28th
4:30 PM-7:00 PM

1515 Mill Pond Road, Conway, SC, 29526
For more information: 843-488-7686 or email kpardes@conwaysc.gov

THE OASIS AT SMITH JONES

Celebrate the opening of **The Oasis at Smith Jones!**

MAY 23RD 400PM-800PM
719 SMITH JONES ST. CONWAY, SC. 29527

Class

SPOTLIGHT

THE OASIS AT SMITH JONES PARK

PRE-SEASON HOURS:
MAY 23: 10:00AM-6:00PM MAY 27: 10:00AM-6:00PM
MAY 24: 1:00PM-6:00PM MAY 28: 10:00AM-6:00PM
MAY 25: 1:00PM-6:00PM MAY 29: 10:00AM-6:00PM
MAY 26: CLOSED MAY 30: 1:00PM-6:00PM

**REGULAR SEASON HOURS:
MAY 31 - SEPT 7**

MONDAY'S: 10:00AM - 12:00PM SUMMER CAMP
1:00PM-8:00PM PUBLIC SWIM

TUESDAY'S: 9:00AM-10:00AM AQUA AEROBICS
10:00AM - 12:00PM SUMMER CAMP
1:00PM-8:00PM PUBLIC SWIM

WEDNESDAY'S: 10:00AM - 12:00PM SUMMER CAMP
1:00PM-8:00PM PUBLIC SWIM

THURSDAY'S: 10AM - 12PM SUMMER CAMP
1:00PM-8:00PM PUBLIC SWIM

FRIDAY'S: 10:00AM - 12:00PM SUMMER CAMP
1:00PM-8:00PM PUBLIC SWIM
6:30PM-8:30PM RESERVED PARTY

SATURDAY'S: 10:00AM - 12:00PM RESERVED PARTY
1:00PM-6:00PM PUBLIC SWIM
6:30PM-8:30PM RESERVED PARTY

SUNDAY'S: 10:00AM - 12:00PM RESERVED PARTY
1:00PM-6:00PM PUBLIC SWIM
6:30PM-8:30PM RESERVED PARTY

\$2/PER PERSON

719 Smith Jones St, Conway, SC 29527
www.conwayparksandrecreation.net

Conway Sports & Fitness Center

Water Aerobics

with **Rob Apkarian**



**Every Tuesday
STARTING JUNE 3RD**

FROM 9AM - 10AM AT SMITH JONES OASIS POOL

MORE INFORMATION PLEASE CALL
KAITLYN:
(843)488-7686

MUST REGISTER ONLINE: \$5.00
BRING: TOWEL, WATER, & YOURSELF
SPACE IS LIMITED SO PLEASE HURRY TO REGISTER. ONLINE REGISTRATION AT:
https://conwaysc.activityreg.com/clientpage_t2.wcs

719 SMITH JONES ST.
CONWAY, SC 29527

WE'RE HIRING!



SWIM TEAM ASSISTANT COACH

For more information please contact:
KAITLYN PARDES
KPARDES@CONWAYSC.GOV
843-488-7686

JOIN OUR TEAM

National Bike To Work Week!



**Save the Date
Bike to Work Week
2025 will take place
May 12-18, 2025, and
Bike to Work Day is on
Friday, May 16!**

Cinco De Mayo Recipe: Creamy Chicken Taquitos

To make this qualify for a "Meatless Monday" dinner, fill the tortillas with refried pinto beans, cheese and chilies. To make it gluten-free, use your favorite gluten-free tortillas. Resist the temptation to buy pre-shredded cheese that's coated with anti-caking powder -- grating your own cheese is the way to go. For the shredded chicken, use a whole chicken cooked in a Crock Pot, a rotisserie chicken or a poached whole chicken breast. Serve with sour cream, salsa and guacamole.

Prep Time 15 minutes mins

Cook Time 20 minutes mins

Total Time 35 minutes mins

Course: Main

Cuisine: Mexican

Servings: 12 taquitos



- 3 cups shredded chicken
- ½ block cream cheese at room temperature
- 1 cup shredded jack cheese
- 1 cup mild green salsa such as Herdez or Trader Joe's
- 4 oz can mild green chiles
- 3 green onions white and green parts sliced thin
- 1 cup cilantro leaves if you don't like cilantro, leave it out
- 12 corn or flour tortillas soft tortillas work best
- ¼ cup avocado oil

Instructions

Preheat oven to 400 degrees.

In a medium-size mixing bowl, stir together the shredded chicken, cream cheese, jack cheese, green salsa, chiles, green onions and cilantro.

Fill each tortilla with 1/4 cup chicken mixture. Spread the mixture in a line close to one edge of the tortilla and tightly roll the tortilla into a taquito.

Place the taquito seam side down on a baking sheet. Brush the taquito with oil (I like to use organic avocado oil, but extra virgin olive oil works also). The oil gives the taquitos a crispy exterior when they roast in the oven

Bake for 20 minutes until slightly brown and crispy on the edges. Serve with salsa, sour cream or guacamole.

**EQUIPMENT
ORIENTATION**

MONDAY 12TH & 19TH
12:30PM-1:30PM

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



**PLEASE NOTE THAT COLLIN'S KIDS
COURT# 1 & COURT#2 WILL BE
CLOSED ON
MAY 16TH - 12PM-8PM
MAY 24TH - 8AM-5PM
DUE TO SCHEDULED EVENTS**



**SENSORY
FRIENDLY
EVENT:**

**WORKSHOP
OPPORTUNITY:**

**Sensory Friendly
MOVIE
NIGHT**

AT THE TERRACE
110 Laurel Street
Movie starts at
9PM
Showing:
Finding Dory
Saturday May 24th 2025

**FREE
to
Attend**

Be sure to bring chairs and blankets.
Please note: No alcohol is permitted in the Terrace.

THERE WILL BE A SENSORY TABLE: NOISE REDUCING HEADPHONES AND OTHER
ITEMS FOR CHILDREN TO BORROW. CHILDREN WILL NOT BE RESTRICTED TO JUST
SITTING. THEY WILL BE ABLE TO MOVE AROUND THE TERRACE DURING THE MOVIE.

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

**Social Skills
Workshops**

FREE
Limited Availability

Location:
Senior Center
1519 Millpond Rd.
Conway, SC 29526

**Saturday
May 24th, 2025**

Topic: **Becoming a Good Friend**

**Time
10:00 AM**

**Grades:
Pre-kindergarten to
5th**

Registration ends the day before
the workshop date.

**Sign up online
or in-person**

Social Skills workshop a valuable
approach to help children improve
their social behavior. Whether for
adults or children, it focuses on
teaching essentials for social
interactions.

2025 SUMMER SPORTS Camp



Baseball/Softball
June 9th-12th
Billy Gardner Complex
Field B and Field C

Camp Days & Times
Monday - Thursday
9:00 am - 12:00 pm
For ages 6-13

Volleyball
June 16th-19th
Conway Sports and
Fitness Center

Cost:
\$65 per camp
(includes camp t-shirt)
PRE-REGISTRATION REQUIRED
Deadline to register is each
Friday before camp.

Basketball
July 7th-10th
Conway High School

Unless Otherwise noted, all
camps will be held at the
Conway Sports and Fitness
Center

Soccer
TBA

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.

Disc Golf
July 14th-17th
Smith Jones Park

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

CITY OF CONWAY 2025

SUMMER CAMP

\$100 PER WEEK INCLUDES:

**SNACKS, GAMES,
ACTIVITIES,
MOVIE DAY,
CRAFTS,
SPORTS, FIELD
TRIPS
AND MORE**

>JUNE 9-AUGUST 15

7:30AM-5:30PM

>OPEN TO AGES
5-12

CONWAY SPORTS AND FITNESS CENTER
1515 MILL POND RD, CONWAY, SC 29526



WWW.CONWAYPARKSANDRECREATION.N
REGISTRATION OPENS MARCH 4TH @
8:00AM

CONWAY GO SKATE DAY!

COME JOIN US FOR THE FIRST EVER SK8CONWAY POP UP OLD SCHOOL PARKING LOT



SK8CONWAY

A FREE BEGINNER TO
ADVANCED
COMUNITY SKATING
EVENT BROUGHT TO
YOU BY THE
SK8CONWAY FAMILY!

June 14, 2025

10am-5pm

1515 Mill Pond Rd.

Conway, SC 29526

Questions?

Sk8Conway@Gmail.com

Beginner lessons, loaner equipment,
ramps, rails, grind boxes, music and
guest appearances!!!

Fitness Schedule

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

May Fitness Class Schedule April 28th- May 31st

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6:00am-6:45am H.I.C.T Boot Camp Randy- No Class 5/26 2nd Level</p>	<p>6:00am - 6:45 am Cardio Kick & Abs Amy- Court#1</p>	<p>8:00am-8:45am Strength & Core Amy- Court #1</p>	<p>6:00am - 6:45 am Step & Sculpt Amy- Fitness Room</p>	<p>6:00am-6:45am H.I.C.T Boot Camp Randy</p>
<p>7:00am-7:45am Strong by Zumba Pam No Class 5/26 Fitness Room</p>	<p>7:00am-7:45 am Functional Strength Nick Fitness Room</p>	<p>7:00am-7:45 am Indoor Cycle Tina Y.- 2nd Level Cycle Room</p>	<p>7:00am - 7:45am Functional Strength Nick- Fitness Room</p>	<p>6:45am-7:15am Body Blast Morgan- Fitness Room</p>
<p>8:00am- 8:45am Hi-Low Cardio Daniel No Class 5/26 Colline Kids Court#1</p>	<p>8:00am-8:45 am Indoor Cycle Daniel- 2nd Level Cycle Room-</p>	<p>7:00am-7:45am Strength & Core Amy- Court #1</p>	<p>8:00am-8:45am Instructor Choice Daniel- Upper/Lower Body Training Court#1</p>	<p>7:15am-7:50am Step & Sculpt Autumn- Fitness Room Fitness Room</p>
<p>9:00am - 9:45am Strength & Core Daniel No Class 5/26 Court#1</p>	<p>9:00 am-9:45 am Beginners Cycle June- 2nd Level Cycle</p>	<p>8:00am-8:45am Strong By Zumba Pam- Court #1</p>	<p>9:00am-9:45am Zumba Kerri- Court#1</p>	<p>8:15am-8:50am Cardio Kick & Abs Jessica- Court#1</p>
<p>10:00am - 11:00am Cardio Dance Combo Tina No Class 5/26 Court #1</p>	<p>9:00am-9:45am Hi-Low Step Jessica- Fitness Room</p>	<p>9:05am-9:35am Circuit Abs Daniel- Fitness Room</p>	<p>9:00am - 9:45am H-Low Step Tina C.- Fitness Room</p>	<p>9:00am-9:45am Barre Pop-Up Class Schedule 5/9: Nadine 5/16: Nadine 5/23/5/30: Autumn</p>
<p>11:00am-12:00pm Tai Chi Ben No Class 5/26 Fitness Room</p>	<p>9:00am-9:45am Cardio Dance Combo Sharon/Linda D. Court #1</p>	<p>9:00am - 9:45am Zumba Pam - Court #1</p>	<p>10:00am-11:00am Line Dancing Roger- Court#1</p>	<p>10:00am - 10:50am Cardio Dance Combo Tina -Fitness Room</p>
<p>11:15am-12:00pm Chair Aerobics Brigitte No Class 5/26 Court#1</p>	<p>10:00am-11:00am Line Dancing Roger Court #1</p>	<p>10:00am - 10:45am Strength & Core Tina C.- Court #1</p>	<p>10:05am-11:00am Silver Sneakers Circuit Brigitte- Fitness Room 11:10am-12:00pm Chair Yoga Brigitte Fitness Room</p>	<p>10:00am-10:45am Cycle Circuit Autumn 2nd Level Cycle Room</p>
<p>4:30pm-5:15pm Functional Strength Darius No Class 5/26 Fitness Room</p>	<p>10:05am-11:00am Silver Sneakers Classic Brigitte- Fitness Room</p>	<p>10:00am-10:45am Indoor Cycle June- 2nd Level Cycle Room</p>	<p>11:00am-12:00pm Tai Chi Ben- Fitness Room</p>	<p>11:15am - 12:00pm Chair Aerobics Nadine -Court#1</p>
<p>5:15pm-6:00pm Strength & Core Amy- No Class 5/12 & 5/26 Fitness Room</p>	<p>11:00am-12:00pm Chair Yoga Brigitte- Fitness Room</p>	<p>11:00am-12:00pm Tai Chi Ben- Fitness Room</p>	<p>4:30pm-5:15pm Functional Strength Darius Fitness Room</p>	<p>11:15am-12:00pm Chair Aerobics June- Court#1</p>
<p>5:15pm-6:00pm Pop-Up Outdoor HIIT Class June- 5/12 Only Meet In Fitness Room</p>	<p>4:30 pm-5:10 pm Step & Sculpt June -5/6 & 5/13 Only Fitness Room</p>	<p>4:15pm-4:55pm Functional Strength Darius Fitness Room</p>	<p>5:30pm-6:25pm Functional Strength Darius- 2nd Level</p>	<p>11:15am-12:00pm Chair Aerobics June- Court#1</p>
	<p>5:30 pm-6:30 pm Indoor Cycle Tina Y.- 2nd Level Cycle Room</p>	<p>Jessica Stalvey: Fitness Coordinator jstalvey@conwaysc.gov 843-488-7685</p>	<p>5:30pm-6:30pm Beginners Line Dancing Roger- Fitness Room</p>	<p>8:45am-9:20am Circuit Abs Fitness Room Kassidi- 3rd & 10th</p>
	<p>5:15pm-6:00 pm Strong By Zumba Pam Fitness Room</p>			<p>8:30am-9:15am Step & Sculpt Fitness Room Amy- 17th</p>
	<p>6:10 pm-7:10 pm Zumba Pam- 5/6 & 5/13 Kerri- 5/20 & 5/27 Fitness Room</p>			<p>9:30am-10:15am Indoor Cycle Strength 2nd level June- 10th-17th-24th</p>
				<p>9:30am-10:30am Zumba - Fitness Room Joy- 3rd-10th & 24th Kerri- 17th & 31st</p>



Aquatics Schedule

May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 9:45 am Aqua Zumba – Pam H.	8:00 am - 8:45 am Aqua Aerobics- Deanna	8:00 am - 8:45 am Aqua Aerobics- Beverley	8:00 am - 8:45 am Aqua Aerobics- Beverley	8:00 am – 8:45 am Aqua Freestyle- Dee A mix of everything!
10:00 am – 10:45 am Arthritis R.O.M./Strength- June	9:00 am – 9:45 am Deep Water – Briggettee	9:00 am – 9:45 am am Aqua Yoga –Pam R.	9:00 am – 9:45 am Stick Mobility/Aerobics– Briggettee	9:00 am – 9:45 am Aqua Freestyle- Dee A mix of everything!
11:00 am – 11:45 am Aqua Aerobics - June	10:00 am – 12:00 pm Water Volleyball	10:00 am – 10:45 am am Aqua Zumba –Pam H.	10:00 am – 12:00 pm Water Volleyball	10:00 am – 12:00 pm Water Volleyball
12:15 pm – 1:00 pm pm Cardio Core -Briggettee	12:15 pm – 1:00 pm Arthritis R.O.M.- Briggettee	11:00 am – 11:45 am Stick Mobility/Aerobics– Briggettee	12:15 pm – 1:00 pm Deep Water - Briggettee	5:30 pm – 7:30 pm Party Rental
6:15 pm - 7:00pm Aqua Zumba –Pam H.	4:00 pm – 6:00 pm Group Swim Lessons	12:00 pm-1:00 pm Cardio CoreBriggettee	4:00 pm – 6:00 pm pm Group Swim Lessons	

Regina Stevens- Aquatics/Membership Coordinator
Kaitlyn Pardes- Assistant Aquatics Coordinator
843-488-7686 or kpardes@conwaysc.gov

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

Aquatic Class Descriptions:

Cardio Core w/Aqua Noodles: Cardio Core w/Aqua Noodles is a 45-minute pool workout which incorporates cardio exercises with water resistances rotating between blocks of cardio movements and core exercises. Use of aqua noodles increases resistance and burns more calories using long and short noodles.

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.

Stick Mobility/Aerobics: This class focuses on improving mobility, allowing you to move more freely while adding a strength component to stretches. As you pull or push the stick through the water, you engage muscles, promoting strength development alongside flexibility with increased cardio stamina.

ArthritisRangeof 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.

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!

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 Schedule



YOGA Schedule May

April 28th - 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@conwayscv.gov/843/488-7685



Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00am-9:30am Somatic Stretch Yoga Pam R. Fitness Room</p>	<p>8:00am-8:50am Instructor Choice Yoga Janeen Fitness Room Beginning 5/6</p>	<p>8:00am-8:50am Wednesday Morning Gentle Yoga Evita-4/30 Pam R.- 5/7 Linda C- 5/28 Fitness Room</p>	<p>8:00am-8:50am Vigorous Yoga Evita-5/1 Pam R.-5/8 Fitness Room</p>	<p>8:00am-9:00am Yogalates Autumn- No Class 5/9 Fitness Room</p>
<p>10:00am-10:55am Gentle Vinyasa Flow Yoga Pam R. Fitness Room</p>	<p>11:10am-12:00pm Chair Yoga Brigette Fitness Room</p>	<p>8:00am-8:55am Instructor Choice Outdoor Yoga Evita- 5/14 Pam R.- 5/21 Grass Area Behind Pool</p>	<p>8:00am-8:55am Instructor Choice Outdoor Yoga Evita- 5/15 Pam R.- 5/22 Grass Area Behind Pool</p>	<p>8:00am-9:00am Outdoor Yoga Pam R.- 5/9 Grass Area Behind Pool</p>
<p>6:15pm-6:55pm Yoga Stretch Amy Fitness Room</p>		<p>10:00am-10:50am Gentle Vinyasa Flow Yoga Pam R. Fitness Room</p>	<p>8:00am-8:50am Gentle Yoga Linda C. Fitness Room Class Only 5/29</p>	<p>Saturday</p>
		<p>5:30pm-6:25pm Introduction To Yoga Pam R. Fitness Room</p>	<p>11:10am-12:00pm Chair Yoga Brigette Fitness Room</p>	<p>10:35am-11:35am Saturday Instructor Choice Yoga Fitness Room Joy - 5/3 Pam R.- 5/10, 5/17, 5/24, & 5/31</p>

YOGALATES



**Spring Into Fitness With Us This Month
By Trying Outdoor Classes! Bring
Yourself, Your Mat, & Water To Enjoy A
Refreshing Workout!**

Please Note:

That All Outdoor Yoga Classes Are Subject To Change
Location Based On Weather Conditions & Recent
Renovations Behind Pool Area!

WE THRIVE IN 2025



Conway Middle School Career Day

CCU Visits CSFC



Horry County Memorial Library
"Reading In The Park" Lady Bug Park

Easter Fun



Kingston Elementary
Fitness Day



Stay Updated...Stay Connected...



Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC

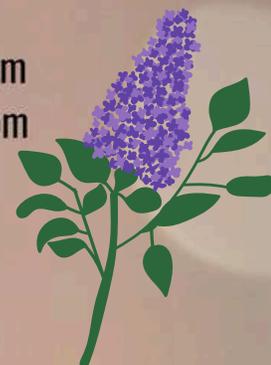
Facility Hours:

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
Regina Stevens

FITNESS
Jessica Stalvey

ATHLETICS
Susan Becton

PROGRAMS
Janice Hopkins



LET'S CONNECT!
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LIKE US!



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