

AUGUST 2025

Newsletter

National Wellness Month

Examples of Wellness Activities:

Mindful Breathing:

Practicing deep breathing exercises can help reduce stress and anxiety.

Hydration:

Drinking plenty of water throughout the day is essential for overall health.

Healthy Eating:

Focusing on fresh fruits, vegetables, and balanced meals can improve energy levels and overall health.

Exercise:

Engaging in regular physical activity, such as walking, yoga, or group fitness classes, can boost mood and physical health.

Social Connection:

Spending time with friends and family, or connecting with neighbors, can promote a sense of belonging and reduce feelings of isolation.

Financial Planning:

Creating a budget, setting financial goals, and exploring resources for debt management can alleviate financial stress.

Workplace Wellness Programs:

Companies can offer wellness challenges, ergonomic assessments, and resources for mental health support to promote employee well-being.

By focusing on these key areas and incorporating simple, actionable steps, individuals can make the most of National Wellness Month and cultivate a healthier, more balanced lifestyle.



August Observance & Awareness Days



National Ice Cream Sandwich Day: (August 2)

National Watermelon Day: (August 3)

National Chocolate Chip Cookie Day: (August 4)

National Root Beer Float Day: (August 6)

International Clown Week: (August 1-7)

World Humanitarian Day: (August 19)

International Left-Handers Day: (August 13)



**WE'RE
HIRING!**



**SWIM TEAM
ASSISTANT COACH**

For more information please contact:
KAITLYN PARDES
KPARDES@CONWAYSC.60V
843-488-7686



**GLOW
PARTY**

**The Oasis at
Smith Jones Park**

Celebrate the end of summer
September 5th, 2025
6:00pm - 9:00pm

Free pizza, drinks, music, open to ALL
ages, glow sticks while supplies last.
*Swim suits are required to enter the
water*

1710 Smith Jones St.
Conway SC, 29526

**\$5.00
per person**



7TH ANNUAL UNDER THE LIGHTS

5k/Run/Walk

WEDNESDAY, DECEMBER
10TH

6:00PM

COSTUME CONTEST, VISITS WITH SANTA, AGE GROUP
AWARDS, FINISHER MEDALS, & MUCH MORE !

REGISTRATION BEGINS JULY 1ST

[HTTPS://RUNSIGNUP.COM/RACE/SC/CONWAY/CITYOFCONWAYUNDERTHELIGHTS5KRUNWALK](https://runsignup.com/race/sc/conway/cityofconwayunderthelights5krunwalk)



Adjusted Court Availability

Attention Members & Guests Please Be Aware Of The Following Adjustments Regarding Court Availability :
Tuesday August 5th : Courts & Access To Mill Pond Parking Lot Will Be Closed Beginning @ 3pm Due To Scheduled Event
Saturday Aug. 9th Courts Will Be Closed No Open Play/Pickleball
Friday Aug. 15th : Courts Will Be Closed Due To Kids Camp Celebration



FITNESS FUN



60-minute cardio HIIT CIRCUIT

Perform each exercise at high intensity for 30 seconds, followed by 20 seconds of rest.

Jumping Jacks
High Knees
Mountain Climbers
Jump Rope
Butt Kicks
Skaters
Star Jumps
Burpees

Rest 2 minutes. Repeat for total of 6x.

HIT ME WITH YOUR



BEST SQUAT

Healthy Recipe!



Grilled Chicken & Peach Salad

Perfect for: lunch, light dinner, or meal prep

Why it's great: high in protein, loaded with seasonal produce, and full of flavor

🌿 Ingredients (2 servings)

2 boneless skinless chicken breasts

2 ripe peaches, halved and pitted

4 cups mixed greens (arugula, spinach, romaine, etc.)

1/4 red onion, thinly sliced

1/4 cup crumbled feta or goat cheese

1/4 cup pecans or walnuts (toasted)

Olive oil

Salt & pepper

Balsamic glaze or balsamic vinaigrette

🔥 Instructions

Season & Grill Chicken

Rub chicken with olive oil, salt, pepper (and garlic powder or paprika if you like).

Grill over medium heat 6–7 mins per side, or until cooked through. Rest, then slice.

Grill Peaches

Brush cut sides with a little oil. Grill face-down 2–3 minutes until char marks form.

Assemble Salad

In a large bowl or plate: add greens, sliced onion, grilled chicken, peach halves (or slice them), cheese, and nuts.

Drizzle with balsamic glaze or your favorite vinaigrette.

🌟 Bonus Tips

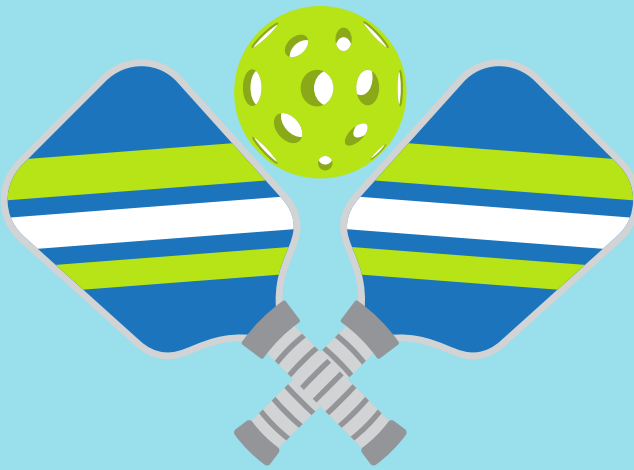
Swap chicken for chickpeas or tofu for a veg option.

Add quinoa or farro for more fiber.

Mint or basil adds a fresh herby kick!

PICKLEBALL HAPPENINGS!

CLINICS/TOURNAMENTS



DUPR PICKLEBALL RATINGS CLINIC

Do you want to know what your current pickleball rating is?

This clinic is perfect for you!

DUPR ratings are based on Round Robin play!

SATURDAY AUGUST 2ND
SESSION #1: 9:00AM-11:00AM
SESSION #2: 11:00AM-1:00PM

\$30Members

\$35Non-members

Register online/Registration ends July 31st
www.conwayparksandrecreation.net



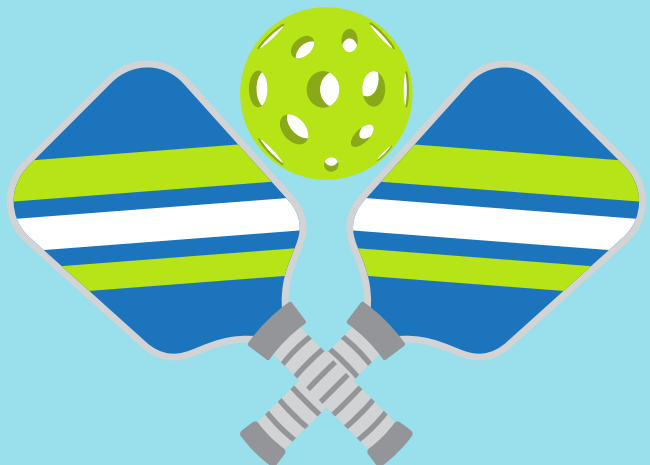
MIXED DOUBLES PICKLEBALL TOURNAMENT

Doubles-Format - All Skill Levels Welcome
Members - \$30 Non-Members - \$35

 **Saturday, September 13**
9:00 am - 4:00 pm

 **Conway Rec. Center -**
1515 Mill Pond Rd.

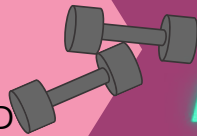
 To Register 
www.conwayparksandrecreation.net



**EQUIPMENT
ORIENTATION**

MONDAY AUGUST 4TH & 11TH
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
LIMITED**

**ALSO GYM SPACE WILL BE LIMITED
STARTING SEPTEMBER 2ND. DUE TO
INDOOR YOUTH SPORTS!**



Fitness Class

SPOTLIGHT



INTRODUCTION TO **RUCK CLASS**

Join Us for a Fun-
Filled Introduction to
Ruck walks!

**WEDNESDAY
AUGUST 13TH**

STARTS 6:15PM AT LADY
BUG PARK

*Lace up your sneakers and join us for
an introduction to Rucks! Looking for a
fun, low-impact way to get moving,
meet new people, and give back to your
community? Come ruck with us!*

*Conway RUCKcreation is all about
community engagement and exercise—
combining fitness with purpose.*

CALL: 843-488-7682
WWW.CONWAYPARKSANDRECREATION.NET



THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER

Social Skills Workshops

FREE
Limited Availability

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

September 20th Topic: Building and Making Connections SATURDAYS Time: 10AM	October 18th Topic: Emotions October 25th Topic: Self-regulations
November 8th Topic: Gratitude November 22nd Topic: Kindness	December 20th Topic: Mindfulness and Stress Management Grades : Pre-K to 5th

Registration for each session 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.



FALL YOUTH SPORTS

CITY RESIDENTS: \$30
NON-CITY RESIDENTS: \$75

REGISTRATION OPENS JULY 1, 2025-AUGUST 23, 2025. ONLINE OR AT THE CSFC.

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	 CHEERLEADING Small Fry: Ages 5-8 Mite: Ages 9-12
 VOLLEYBALL Pee Wee: Boys & Girls ages 7-9 Mite: Ages 10-12 Junior: Ages 13-15	 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. 6TH 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 9/1/25 determines the division of play for all sports! \$10 late fee after 8/23/25.

Conway Sports & Fitness Center
1515 Mill Pond Rd, Conway, SC, 29526
843-488-1950
www.conwayparksandrecreation.net

CONWAY RUCKREATION RIVERWALK FOOD DRIVE

SATURDAY, AUGUST 2ND

8:00 AM: CONWAY MARINA

Load up your ruck bag with as much food (canned goods, non-perishables, etc.) as you can carry. The ruck will be through the marina and river walk, finishing at The Shepherd's Table where all of the food rucked will be dropped off!



BEGINNER BALLET & JAZZ DANCE CLASS

FAIRY TALE FEET WITH A JAZZ BEAT & HIP HOP JAZZ WITH PIZAZZ

EVERY THURSDAY STARTING SEPT. 25TH - OCT. 30TH

REGISTRATION FEE:
\$50/MEMBER
\$60/NON-MEMBER

DIVISION I: GIRLS AGES 5-8
THURS 4:30P-5:15P (BALLET/JAZZ)
DIVISION II: GIRLS AGES 9-12
THURS 5:30P-6:15P (HIPHOP/JAZZ)

LEARN HOW TO PRANCE AND DANCE LIKE A PRINCESS AND FIND YOUR RHYTHM!

LOCATION: CONWAY SENIOR CENTER

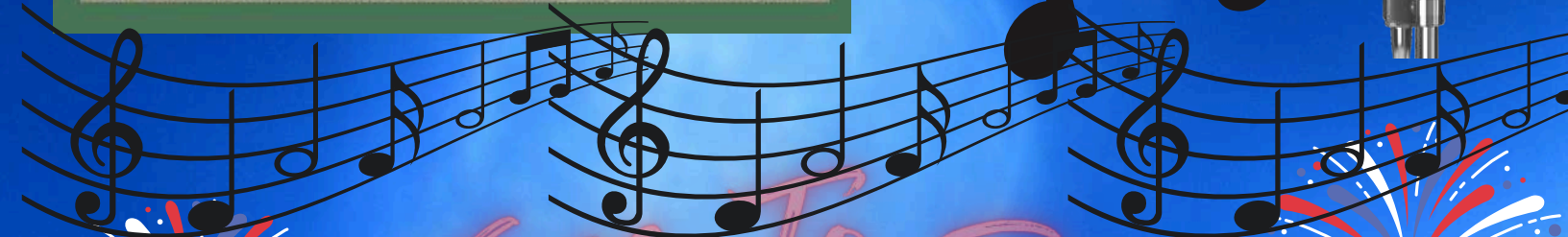
CONTACT:
SHARON O'BRIEN
518-229-8997

REGISTRATION OPENS MON AUGUST 4TH
WWW.CONWAYPARKSANDRECREATION.NET





**BE
COME
THE NEXT
CONWAY
SUPERSTAR**



Fitness Schedule

August

Fitness Class Schedule August 2nd-August 30th

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



Monday

6:00am-6:45am
H.I.C.T Boot Camp
Randy -
Class Only 8/4
2nd Level

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

8:00am-8:45am
Z-Fusion
Joy
Collins Kids
Court#1

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

10:00am-11:00am
Cardio Dance Combo
Tina
Court #1

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

11:15am-12:00pm
Chair Aerobics
Brigette
Court#1



5:15pm-6:00pm
Strength & Core
Amy-
Fitness Room

Tuesday

6:00am-6:45am
Cardio Kick & Abs
Amy-
Court#1

7:00am-7:45am
Functional Strength
Nick
Fitness Room

8:00am-8:45am
Functional Strength
June-
Court#1

8:00am-8:45am
Indoor Cycle
Daniel-
No Class 8/5
2nd Level
Cycle Room

9:00am-9:45am
Beginner's Cycle
June-
Cycle Room

9:00am-9:45am
Hi-Low Step
Jessica -
Fitness Room

9:00am-9:45am
Cardio Dance Combo
Linda D.
Court #1

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

10:05am-11:00am
Silver Sneakers Classic
Brigette-
Fitness Room

11:00am-12:00pm
Chair Yoga
Brigette -
Fitness Room

4:30pm-5:10pm
Step & Sculpt
June
No Class 8/12
Fitness Room

5:30pm-6:30pm
Indoor Cycle
Tina Y-
2nd Level
Cycle Room

6:10pm-7:10pm
Cardio Dance
Sharon: 8/5
Fitness Room
Zumba
Keri: 8/12 & 8/19
Pam: 8/26
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

4:15pm-5:15pm
Kettlebell Total Body
June
Class Begins 8/20
Fitness Room
5:30pm-6:30pm
Zumba
Nil
Class Only 8/27
Fitness Room

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

Thursday

6:00am-6:45am
Step & Sculpt
Amy- Fitness Room

7:00am-7:45am
Functional Strength
Nick-
Fitness Room

8:00am-8:45am
Instructor Choice
Daniel-
Court#1

9:00am-9:45am
Zumba
Keri
Court#1

9:00am-9:45am
H-Low Step
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

5:30pm-6:30pm
Functional Strength
June
Weight Room

5:30pm-6:30pm
Beginners Line
Dancing-
Roger-
Fitness Room

6:35pm-7:30pm
Zumba
Nil
Class Only 8/21 & 8/28
Fitness Room

Friday

6:00am-6:45am
H.I.C.T Boot Camp
Randy Class Only 8/8

6:45am-7:15am
Body Blast
Morgan- Fitness Room
No Class 8/15
7:15am-7:50am
Step & Sculpt
Autumn- Fitness Room

8:15am-8:50am
Cardio Kick & Abs
Jessica-
Court#1
No Class 8/15
Strength & Core
Autumn/Jessica/Tina
Court #1
No Class 8/15

9:00am-9:45am
Pop-Up Class Schedule
8/8: Intro To Hula Dance
Nadine Fitness Room
15th & 22nd Barre
Autumn Fitness Room

10:00am-10:50am
Cardio Dance Combo
Tina -Fitness Room
No Class 8/8

10:00am-10:45am
Cycle Circuit
Autumn- No Class 8/8
2nd level Cycle Room
10:00am-11:00am
Zumba
Pam- No Class 8/15
Court #1

11:15am-12:00pm
Chair Aerobics
Nadine - Court#1
No Class 8/15

6:00pm-7:00pm
Zumba
Nil-
Class Only 8/22 & 8/29
Fitness Room

Saturday

Circuit Abs
8:45am-9:20am
Fitness Room
Kassidi
2nd & 16th

Step & Sculpt
8:30am-9:15am
Fitness Room
Amy- 23rd

Indoor Cycle
9:30am-10:15am
Cycle Room
June- 2nd, 16th, 23rd
9:30am-10:30am
Zumba - Fitness Room

Joy- 2nd & 18th
Keri- 9th & 23rd



Aquatics Schedule

August 2025



Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am – 7:00 am Aynor Swim Team 2 Lanes	8:00 am - 8:45 am Aqua Aerobics- <i>Deanna</i>	6:00 am – 7:00 am Aynor Swim Team 2 Lanes	6:00 am – 7:00 am Aynor Swim Team 2 Lanes	6:00 am – 7:00 am Conway Swim Team 2 Lanes
9:00 am – 9:45 am Aqua Zumba –Pam H.	9:00 am – 9:45 am Deep Water – Briggettee	8:00 am - 8:45 am Aqua Aerobics- <i>Beverley</i>	8:00 am - 8:45 am Aqua Aerobics- <i>Beverley</i>	8:00 am – 8:45 am Aqua Freestyle- <i>A mix of everything!</i> <i>* Dee - Last Class Aug 8th</i> <i>Briggettee Aug 15, 21, 29</i>
10:00 am – 10:45 am Arthritis R.O.M/Strength- <i>Briggettee</i>	10:00 am – 12:00 pm Water Volleyball	9:00 am – 9:45 am Aqua Yoga –Pam R.	9:00 am – 9:45 am Stick Mobility/Aerobics- Briggettee	9:00 am – 9:45 am Aqua Freestyle- Dee <i>A mix of everything!</i> <i>* Dee - Last Class Aug 8th</i> <i>Briggettee Aug 15, 22, 29</i>
11:00 am – 11:45 am Aqua Aerobics -June	12:15 pm – 1:00 pm Arthritis R.O.M.- <i>Briggettee</i>	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
12:15 pm – 1:00 pm Cardio Core -Briggettee	4:30 pm – 5:30 pm Aynor Swim Team 2 Lanes	11:00 am – 11:45 am Stick Mobility/Aerobics- Briggettee	12:15 pm – 1:00 pm Deep Water -Briggettee	4:30 pm – 5:30 pm Aynor Swim Team 2 Lanes
4:30 pm – 6:00 pm Carolina Forest Swim Team 4 Lanes	6:00 pm – 7:30 pm Conway Swim Team 2 Lanes	12:00 pm-1:00 pm Cardio Core –Briggettee	3:30 pm – 5:00 pm Conway Swim Team 2 Lanes	5:30 pm – 7:30 pm Party Rental
6:00 pm – 7:30 pm Conway Swim Team 2 Lanes		4:30 pm – 6:00 pm Carolina Forest Swim Team 4 Lanes	5:15 pm – 6:45 pm Carolina Forest Swim Team 4 Lanes	
		6:00 pm – 7:30 pm Conway Swim Team 2 Lanes		
Regina Stevens- Aquatics Coordinator Kaitlyn Pardes- Assistant Aquatics Coordinator 843-488-7686 or kpardes@conwaysc.gov				

CSFC 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.

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.

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)

Aqua Freestyle: Participants can enjoy dancing, high-energy aerobic routines, and water resistance training, all while staying cool in the pool. Freestyle offers a refreshing twist on traditional workouts!

YOGA Schedule August

August 2nd – August 30th

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

8:00am-9:00am
Somatic Stretch
Yoga
Pam R.
Class Only
8/4 & 8/11
Fitness Room

8:00am-9:00 am
Instructor Choice
Pam R.
Class Only
8/18 & 8/25
Fitness Room

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

6:15pm-6:55pm
Yoga Stretch
Amy
No Class 8/11
Fitness Room

Tuesday

8:00am-8:50am
Instructor Choice
Yoga
Janeen
Fitness Room

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

Wednesday

8:00am-8:50am
Wednesday
Morning Gentle
Yoga
Linda C. -
8/6 & 8/13
Evita - 8/20
Pam R. - 8/27
Fitness Room

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

5:30pm-6:25pm
Introduction To Yoga
Pam R.
Senior Center

6:35pm-7:35pm
Slow Flow Yoga
Pam R.
Senior Center

Thursday

8:00am-8:50am
Gentle Yoga
Linda C. -
8/7 & 8/14
Pam R. - 8/28
Fitness Room

8:00am-8:55am
Vigorous Yoga
Evita - 8/21
Fitness Room

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

Friday

8:00am-9:00am
Yogalates
Autumn-
No Class 8/8
Fitness Room

8:00am-9:00am
Gentle Yoga
Linda C.
Class Only 8/8

Saturday

10:35am-11:35am
Saturday Instructor
Choice Yoga
Fitness Room
Pam R. -
8/2, 8/9, 8/16, & 8/23



YOGALATES

WE THRIVE IN 2025

Pop-Up Barre Classes



Conway High School PickleBall Tournament



Free To Be Fit



Swim Team



Ruck Classes



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}



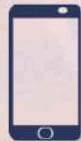
ONLINE

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

BACK
to
SCHOOL

LET'S CONNECT!

FOLLOW &
LIKE US!



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



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