



Aquatics Schedule

September 2024



Monday

6:00 am – 7:00 am
2 LANES
Aynor Practice

9:00 am – 9:45 am
Aqua Zumba –Pam H.

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

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

12:15 pm – 1:00 pm
Cardio Core -*Briggette*

4:30 pm – 6:00 pm
4 LANES
Carolina Forest Practice

6:00 pm – 7:30 pm
3 LANES
Conway Practice

Tuesday

9:00 am – 9:45 am
Deep Water – *Briggette*

10:00 am – 12:00 pm
Water Volleyball

12:15 pm – 1:00 pm
Arthritis R.O.M.-
Briggette

4:30 pm – 5:30 pm
2 LANES
Aynor Practice

6:00 pm – 7:30 pm
3 LANES
Conway Practice

CRC POOL HOURS

Monday- Friday :

6:00am -
7:30pm

Saturday :

8:30am –
5:30pm

Sunday: Closed

Wednesday

6:00 am – 7:00 am
2 LANES
Aynor Practice

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

9:00 am – 9:45 am
Aqua Yoga –Pam R.

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

11:00 am – 11:45 am
Stick
Mobility/Aerobics–
Briggette

12:15 pm-1:00 pm
Cardio Core -*Briggette*

4:30 pm – 6:00 pm
4 LANES
Carolina Forest Practice

6:00 pm – 7:30 pm
3 LANES
Conway Practice

Thursday

6:00 am – 7:00 am
2 LANES
Aynor Practice

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

9:00 am – 9:45 am
Stick Mobility/Aerobics–
Briggette

10:00 am – 12:00 pm
Water Volleyball

12:15 pm – 1:00 pm
Deep Water -*Briggette*

3:30 pm – 5:00 pm
3 LANES
Conway Practice

5:15 pm - 6:45 pm
4 LANES
Carolina Forest Practice

6:45 pm - 7:30pm
Aqua Zumba –Pam H.

Friday

6:00 am – 7:00 am
3 LANES
Conway Practice

8:00 am – 8:45 am
R.O.M/Strength– *June*

9:00 am – 10:00am
Splish Splash Story Hour

10:00 am – 12:00 pm
Water Volleyball

4:30 pm – 5:30 pm
2 LANES
Aynor Practice

5:30 pm – 7:30 pm
2 LANES
Tigershark Practice

Regina Stevens- Aquatics
Coordinator
Kaitlyn Pardes- Assistant
Aquatics Coordinator
843-488-7686 or
rstevens@cityofconway.c
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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)