



2024



DECEMBER NEWSLETTER



“Winter Blues”

Seasonal Affective Disorder (SAD)

Seasonal depression, also known as seasonal affective disorder (SAD) occurs in the changing seasons, notably during winter when daylight diminishes. With daylight hours decreasing, the lack of natural light can disrupt the body's internal clock and lead to feelings of sadness and lethargy.

Symptoms

Symptoms that are typically more common in seasonal depression than in other forms of depression are carbohydrate craving, increased appetite, excessive sleepiness, and weight gain

Prevention

Since seasonal depression has a predictable pattern of recurrence, preventative measures may help to reduce symptoms. Some forms of prevention that can help include beginning light therapy in the early fall before the onset of symptoms, exercising more, increasing the amount of light at home, meditation and other stress management techniques, spending more time outside, and visiting climates that have more sun.

SEASONAL DEPRESSION



What is it?

Seasonal depression is a type of depression correlated with changes in seasons.

Reduced sunlight can disrupt your body's internal clock, or circadian rhythm, leading to feelings of depression.



The decrease in sunlight can cause a drop in serotonin and can also affect the balance of melatonin, which plays a role in sleep patterns and mood.

How Long Does it Last?

Symptoms begin in the fall and continue into the winter months; mood and energy improves in spring and summer.

Estimates suggest that about 5% of adults in the U.S. experience SAD with symptoms lasting about 40% of the year. It's more prevalent in northern regions where winter days are shorter.

Toasted Gruyere and Cranberry Cups



Ingredients

- One 10-ounce bag frozen or fresh cranberries
- 1/4 cup sugar
- 1/2 teaspoon orange zest plus 1/4 cup orange juice
- 4 ounces cream cheese, at room temperature
- 1 cup grated Gruyere cheese
- 48 frozen prebaked phyllo cups or hors d'oeuvre cups
- 2 tablespoons chopped chives

Directions

- Preheat the oven to 450 degrees F.
- Line a rimmed baking sheet with parchment.
- Mix the cranberries, sugar and orange zest and juice in a small saucepan.
- Place over medium heat and cook until the cranberries soften and start to burst, 8 to 10 minutes. Set aside.
- Combine the cream cheese and Gruyere in a large bowl with a wooden spoon or rubber spatula until smooth.
- Place the phyllo cups on the parchment-lined baking sheet.
- Spoon about 1 teaspoon of the cranberry sauce into each cup.
- Spoon about 1 teaspoon of the cheese mixture on top of the cranberry sauce.
- Bake until the cups are crisp and the cheese is melted and bubbling, 10 to 12 minutes.
- Sprinkle with chives before serving.



December Holiday Fitness Goals

31 DAYS OF MOVING

S	M	T	W	TH	F	S
1 30 Minutes of Walking	2 30 Minutes of Walking	3 25 Minutes of Jogging/ Running	4 Take Your Day for a Walk	5 25 Minutes of Walking	6 Yoga	7 Take a Class at Local Gym
8 30 Minutes of Jogging/ Running	9 20 Minutes of Walking	10 Yoga	11 FREE DAY Do something for 20 Minutes	12 Use Machines at Local Gym	13 20 Minutes of Walking	14 20 Minutes of Walking
15 Yoga	16 FREE DAY Do something for 20 Minutes	17 25 Minutes of Walking	18 Class at the Local Gym	19 25 Minutes of Walking	20 20 Minutes of Jogging/ Running	21 20 Minutes of Walking
22 Yoga	23 FREE DAY Do something for 20 Minutes	24 20 Minutes of Walking	25 20 Minutes of Walking	26 Class at the Local Gym	27 Use the Machines at the Gym	28 20 Minutes of Jogging/ Running
29 Yoga	30 20 Minutes of Walking	31 FREE DAY Do something for 20 Minutes				



Fall Beginner Pickleball Class



Monday Morning Bootcamp



EQUIPMENT ORIENTATION

MONDAY DECEMBER 16TH
12:30PM-1:30PM

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

BEG DEC-MARCH
COURTS 1 & 2 WILL BE CLOSED FROM:
MON-FRI: 4:30PM-CLOSING
SAT: 8AM-1PM

Family Winter Bucket List

- | | |
|--|---|
| <input type="checkbox"/> Make Hot Cocoa | <input type="checkbox"/> Indoor Waterpark |
| <input type="checkbox"/> Volunteer | <input type="checkbox"/> Visit a Museum |
| <input type="checkbox"/> Play with Snow Inside | <input type="checkbox"/> Make Snow Ice Cream |
| <input type="checkbox"/> Family Game Night | <input type="checkbox"/> Gingerbread House |
| <input type="checkbox"/> See Christmas Lights | <input type="checkbox"/> Scavenger Hunt |
| <input type="checkbox"/> Blow Frozen Bubbles | <input type="checkbox"/> Multi-Course Meal |
| <input type="checkbox"/> Go Sledding | <input type="checkbox"/> Family Movie Night |
| <input type="checkbox"/> Indoor Mini-Golf | <input type="checkbox"/> Multi-Course Meal |
| <input type="checkbox"/> Try a Winter Sport | <input type="checkbox"/> Reading Day |
| <input type="checkbox"/> Shovel for a neighbor | <input type="checkbox"/> Snowball Fight |
| <input type="checkbox"/> Snow Painting | <input type="checkbox"/> Make S'mores |
| <input type="checkbox"/> Paper Snowflakes | <input type="checkbox"/> Random Act of Kindness |
| <input type="checkbox"/> See a Show | <input type="checkbox"/> Go Ice Skating |
| <input type="checkbox"/> Homemade Candy | <input type="checkbox"/> Donate to Local Shelters |
| <input type="checkbox"/> Bake Cookies | <input type="checkbox"/> Write to Soldiers |
| <input type="checkbox"/> Make a Birdfeeder | <input type="checkbox"/> Build a Snowman |





Holiday Facility Hours

Monday 23 Dec	5:30AM-8:00PM
Tuesday 24 Dec	CLOSED
Wednesday 25 Dec	CLOSED
Thursday 26 Dec	CLOSED
Friday 27 Dec	5:30am-8:00pm
Tuesday 31 Dec	5:30AM-8:00PM
Wednesday 1 Jan	CLOSED
Thursday 2 Jan	5:30AM-8:00PM



FACILITY CLOSURE

The Conway Sports and Fitness Center will close at 5:00pm on **Monday, December 9th**, for our Frozen Winter Dance. *The pool will close at 4:30pm*

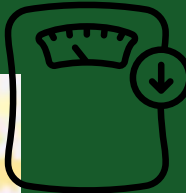
FACILITY CLOSURE

The Conway Sports and Fitness Center will close at 5:00pm on **Tuesday, December 10th**, for our annual City of Conway Employee Christmas Party. *The pool will close at 4:30pm*



2024 FALL INTO FITNESS WEIGHT LOSS

CHALLENGE RESULTS



Congrats!

We are so proud of every one in our 2024 Weight loss Challenge!



85.6 lbs total
66 in. total

WORK
HARD

1
SHARON GREEN
-15 LBS

2
TRACEY GREEN
-12.5 INCHES

Congratulations!

Honorable Mentions

LAWANA THOMAS
-12 LBS

LYNN YOUNG-ASH
-9 INCHES



PICKLEBALL BEGINNER LESSONS

THE CITY OF CONWAY
SFC
SPORTS & FITNESS CENTER



Our class is designed for everyone, from beginners taking their first swing to seasoned players looking to refine their skills. It's a welcoming atmosphere where camaraderie and improvement go hand in hand.

JAN 7TH - MAR 7TH

EVERY TUESDAY & THURSDAY
12:30p - 1:30p; Court 2



See Coach Nick for details

BEGINNER BALLET & JAZZ DANCE CLASS

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

EVERY THURSDAY STARTING JAN 16TH - FEB 20TH

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

DIVISION C: GIRLS AGES 8-8
THURS 4:30P-5:15P (BALLET/JAZZ)
DIVISION II: GIRLS AGES 9-12
THURS 5:45P-6:30P (HIPHOP/JAZZ)

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

LOCATION TBA

CONTACT:
SHARON O'BRIEN
518-229-8997

REGISTRATION OPENS MON DEC 2ND
WWW.CONWAYPARKSANDRECREATION.NET

CITY OF CONWAY EVENTS SCHEDULE

DECEMBER

**THURS
05**

CHRISTMAS TREE LIGHTING

6:00 pm | Main St. & 3rd Ave.

SANTA'S VILLAGE

6:00pm-9:00pm | Town Green (200 Laurel St.)

**THURS-SUN
05-08**

CELEBRATION OF LIGHTS

6:00pm-9:00pm | Ash Pond Rd/Marina Dr



**FRI
06**

CHRISTMAS MOVIE: A CHRISTMAS STORY

6:00 pm | The Terrace (110 Laurel St.)

DECK THE HALLS WITH PICKLEBALLS

9:00am-2:00pm | Collins Park Courts

**SAT
07**

RIVERTOWN HOLIDAY MARKET

9:00am-2:00pm | 1515 Mill Pond Rd



**MON
09**

FROZEN WINTER DANCE

6:00pm-8:00pm | 1515 Mill Pond Rd

UNDER THE LIGHTS 5K RUN/WALK

6:00 pm | 4 Elm St (Conway Marina)

**WED
11**



SANTA'S VILLAGE

6:00pm-9:00pm | Town Green (200 Laurel St.)

**THURS-SUN
12-15**

CELEBRATION OF LIGHTS

6:00pm-9:00pm | Ash Pond Rd/Marina Dr

**THURS
12**

SENSORY FRIENDLY TREE LIGHTING

6:00 pm | 4 Elm St. (Riverfront Park)



CHRISTMAS MOVIE: HOME ALONE

6:00 pm | The Terrace (110 Laurel St.)

**FRI
13**

CHRISTMAS PARADE

10:00am | Downtown Conway

**SAT
14**

PANCAKES WITH SANTA

7:00am-9:00am | 1515 Mill Pond Rd



SANTA'S VILLAGE

6:00pm-9:00pm | Town Green (200 Laurel St.)

**THURS-SUN
19-22**

CELEBRATION OF LIGHTS

6:00pm-9:00pm | Ash Pond Rd/Marina Dr



CHRISTMAS MOVIE: ELF

6:00 pm | The Terrace (110 Laurel St.)

**FRI
20**

CELEBRATION OF LIGHTS

6:00pm-9:00pm | Ash Pond Rd/Marina Dr

**TUES-WED
24-25**



CONWAY WEIGHT LOSS CHALLENGE

January 13th- March 10th 2025

Limited To 15 participants!

"FOCUS ON FITNESS"

\$40 Fee Includes:
Measurements, T-Shirts,
Featured Group Fitness
Classes /Weekly
Accountability & Weigh-Ins!

Members Only!!
Registration Begins Nov. 18th
Online:
www.conwaysc.activityreg.com



Join This 8 Week competition to find highest % of weight loss & most inches lost!

For Additional Info Contact :
Jessica Stalvey, Fitness Coordinator
@jstalvey@cityofconway.com



CONWAY PARKS & RECREATION

UNDER THE LIGHTS 5K RUN/WALK DEC 11 2024 6PM

NO PICKLEBALL ON SATURDAYS



DEC 7- MARCH DUE TO WINTER SPORTS SCHEDULE



Holiday Grab Bag Pickleball Tournament

DECK THE HALLS WITH PICKLEBALLS

"Teams will be selected by a blind draw for the pickleball tournament, open to all levels, male and female."

DEC 7 2024

TIME: 9:00AM - 2:00PM

Individual Registration
Members: \$20.00
Non-Members: \$25.00

Registration Opens: November 4th at 8am
Registration Ends: December 2nd at 5pm

Collins Park Pickleball Courts
16th Ave., Conway SC 29526

CITY OF CONWAY PRESENTS

Celebration OF LIGHTS

THURSDAY- SUNDAY
6:00PM-9:00PM
\$2.00/PERSON IN VEHICLE

Dec. 5th-8th
Dec. 12th-15th
Dec. 19th-22nd
Dec. 24th-25th

LOCATED DOWN ASHPOND RD/MARINA DRIVE

CHRISTMAS MOVIE NIGHTS

Sensory Friendly available

DECEMBER 6

DECEMBER 13

DECEMBER 20

Admission is FREE

6:00 PM

The Terrace 110 Laurel Street
www.conwayparksandrecreation.net

CITY OF CONWAY PRESENTS

THE 2ND ANNUAL Sensory Tree Lighting

Sensory Friendly
MUSIC
GAMES
MEET SANTA

STARTS AT 6PM

Thursday, DECEMBER 12th

Riverfront Park
4 Elm Street Conway SC 29526

There will be a sensory table: Noise reducing headphones and other items for children to borrow at the table.

CONWAY PARKS AND RECREATION

Santa's Village Market 2024

DECEMBER 5TH-8TH, 12TH-15TH, 19TH-22ND
6PM-9PM

"TOWN GREEN" 200 LAUREL ST. CONWAY, SC 29526

FOR APPLICATION & INFO
CONWAYPARKSANDRECREATION.NET
Deadline for Application
November 1st, 2024
or until filled.

SANTA'S VILLAGE

Frozen Winter Dance

Monday, December 9th 2024
1515 Mill Pond Rd Conway SC 29527

Time: 6PM - 8PM

Tickets: \$25/Couple
Additional person: \$15

Registration OPENS:
October 1st, 2024
ONLINE:

www.conwayparksandrecreation.net
OR IN-PERSON

Winter Dance is designed for people with exceptional abilities. (Ages 5 to Adults)

For more information email:
vricardo@conwaysc.gov



Dress code:
Holiday/Festive
Casual
Dressy Casual

Approved by
Santa and Mrs. Claus



Rivertown Holiday Market

The Biggest Shopping Event Of The Year

• Music • Vendors

A Free Event For the Family @

9am - 2pm



1515 Mill Pond Rd

SAT. DEC 7 2024

www.conwayparksandrecreation.com

For More Information



www.facebook.com/radioelgallo

www.conwayparksandrecreation.net



Posada

with Santa Claus

Christmas Celebration



SUNDAY
Dec
15th



Join us for the vibrant cultural celebration

At Conway Sports & Fitness Center
1515 Millpond rd
from 2PM-6PM!
FREE ENTRY

Traditional Christmas music, delicious authentic food trucks, bouncing houses and the joy of breaking piñatas!

PING PONG Club

EVERY MONDAY

LOCATION:
SENIOR CENTER



NO REGISTRATION REQUIRED

3PM - 7PM

1519 Mill Pond Rd., Conway SC

Building Behind the Conway Sports & Fitness Center



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

December

Fitness Class Schedule Dec. 2nd-Dec. 31st

Monday

8:00am-8:45am
H.I.C.T Boot Camp
Randy
2nd Level

7:00am-7:45am
Strong by Zumba-Pam
Fitness Room
No Class 12/16

8:00am-8:45am
Hi-Low Cardio
Daniel
Collins Kids
Court#1
No Class 12/9 & 12/16

9:00am-9:45am
Strength & Core-
Daniel
Court#1
No Class 12/9& 12/16

10:00am-11:00am
Zumba-
Marissa
Court #1
No Class 12/9 & 12/16

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

11:15am-12:00pm
Chair Aerobics
Brigette
Court#1
No Class 12/9 & 12/16

4:30pm-5:15pm
Functional Strength
Darius
Fitness Room
No Class 12/9 & 12/23

5:15pm-8:00pm
Strength & Core
Amy
Fitness Room
No Class 12/9 & 12/23

Tuesday

6:00 am - 6:45 am
Cardio Kick & Abs
Amy- **No Class 12/24 & 12/31**
Court#1

7:00 am-7:45 am
Functional Strength
Nick - **No Class 12/24 & 12/31**
Fitness Room

8:00 am-8:45 am
Functional Strength
June
Court#1
No Class 12/10 & 12/24& 12/31

9:00 am-9:45 am
Step & Sculpt
Jessica -
No Class 12/24 & 12/31
Fitness Room

9:00 am-9:45 am
Cardio Dance Combo
Linda D.
Court #1
No Class 12/10, 12/24& 12/31

10:00am-11:00am
Line Dancing-
Roger
Court #1
No Class 12/10 & 12/24& 12/31

10:05am-11:00am
Silver Sneakers Classic
Brigette-
No Class 12/24& 12/31
Fitness Room

11:10am-12:00pm
Chair Yoga
Brigette -
No Class 12/24 & 12/31
Fitness Room

4:30 pm-5:10 pm
Step & Sculpt
June
Fitness Room
Class Only 12/3

5:30 pm-6:30 pm
Indoor Cycle-
Tina Y-
2nd Level
Cycle Room-
No Class 12/10, 12/24, & 12/31

5:15pm-8:00pm
Strong By Zumba
Marissa-
NO Class 12/10, 12/24 & 12/31
Fitness Room

6:10 pm-7:10 pm
Zumba
Marissa-
No Class 12/10, 12/24 & 12/31
Fitness Room

Wednesday

6:00am-6:45am
Strength & Core-
Amy - **No Class 12/25**
Court #1

7:00 am-7:45 am
Indoor Cycle
Tina Y.-
No Class 12/11 & 12/25
2nd Level Cycle Room

7:00am-7:45am
Strength & Core
Amy
Court #1
No Class 12/25

8:00am-8:45am
Strong By Zumba-
Pam-**No Class 12/25**
Court #1

9:05am-9:35am
Circuit Abs
Daniel -
No Class 12/25
Fitness Room

9:00am-9:45am
Zumba-
Pam -
No Class 12/25
Court #1

10:00am-10:45am
Strength & Core
Tina C-
No Class 12/25
Court #1

10:00am-10:45am
Indoor Cycle
June- **No Class 12/25**
2nd Level Cycle Room

11:00am-12:00pm
Tai Chi
Ben -
No Class 12/25
Fitness Room

11:15am-12:00pm
Chair Aerobics
June-
No Class 12/25
Court#1

HAPPY HOLIDAYS!

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

www.conwayarksandrecreation.net

Thursday

6:00am-6:45am
Step & Sculpt
Amy- **No Class 12/26**
Fitness Room

7:00am-7:45am
Functional Strength
Nick-
No Class 12/26
Fitness Room

8:00am-8:45am
Instructor Choice
Daniel-
No Class 12/26
Upper/Lower Body
Training
Court#1

9:00am-9:45am
Zumba
Kerri -
No Class 12/26
Court#1

9:00am-9:45am
Step & Sculpt
Tina C-
No Class 12/26
Fitness Room

10:00am-11:00am
Line Dancing
Roger-
No Class 12/26
Court#1

10:05am-11:00am
Silver Sneakers
Circuit
Brigette-
Fitness Room
11:10am-12:00pm
No Class 12/26
Chair Yoga
Brigette
Fitness Room
No Class 12/26

4:30pm-5:15pm
Functional Strength
Darius
No Class 12/26
Fitness Room

5:30pm-6:30pm
Beginners Line Dancing-
Roger-
No Class 12/26
Fitness Room

Friday

6:00 am-6:45 am
H.I.C.T Boot Camp
Randy - 2nd Level

6:45am-7:15am
Body Blast
Morgan-
No Class 12/27
Fitness Room

7:15am-7:50am
Step & Sculpt
Autumn
Fitness Room

9:00 am-9:45 am
Strength & Core
Autumn/Jessica/Tina
Court #1
9:00 am-9:45 am
Barre
Nadine- **No Class 12/27**
Fitness Room

10:00am-10:50am
Cardio Dance Combo
Tina -
Fitness Room

10:00am-10:45am
Indoor Cycle
Autumn - **Only 12/6 & 12/13**
2nd Level Cycle Room

10:00am-11:00am
Zumba-
Pam- Court #1

11:15am-12:00pm
Chair Aerobics
Nadine -
Fitness Room

Saturday

Step & Sculpt
8:30am-9:15am
Fitness Room
Amy- 7th

Circuit Abs
8:30am-9:15am
Fitness Room
Kassidi-
14th-21st

Strength & Core
8:30am-9:15am
Fitness Room
Kassidi-28th

Indoor Cycle
9:30am-10:15am
2nd Level
June- 7th- & 21st.
Daniel- 14th & 28th

9:25am-10:15am
Zumba
Fitness Room
Keri-14th & 28th

YOGA Schedule December 2024

December 2nd - December 31st



Please Join Us & Try A Class!
Yoga Classes Are Included in
Membership/\$5 Drop-In
Fee Non-Members

Jessica Stalvey, Fitness Coordinator
jstalvey@conways.com/843/489-7685

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00am-8:50am <u>Somatic Stretch</u> Yoga Pam R. Fitness Room</p> <p>10:00am-10:55am <u>Gentle Vinyasa</u> Flow Yoga Pam R. Fitness Room</p> <p>6:15pm-6:55pm <u>Yoga Stretch</u> Amy Fitness Room No Class 12/9 & 12/23</p>	<p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room NO Class 12/24 & 12/31</p> <p>5:15pm-6:00pm <u>Circl Mobility Demos</u> Marissa Fitness Room Class Only 12/17</p>	<p>8:00am-8:50am <u>Wednesday Morning Gentle</u> Yoga Linda C.- 12/4 & 12/18 Evita-12/11 Fitness Room No Class 12/25</p> <p>10:00am-10:50am <u>Gentle Vinyasa Flow</u> Yoga Pam R. Fitness Room No Class 12/25</p> <p>5:00pm-5:50pm <u>Introduction To Yoga</u> Pam R. 12/4, 12/11, & 12/18 Fitness Room No Class 12/25</p>	<p>8:00am-8:50am <u>Vigorous Yoga</u> Pam R. - 12/5, 12/12, & 12/19 Fitness Room No Class 12/26</p> <p>11:10am-12:00pm <u>Chair Yoga</u> Brigette Fitness Room No Class 12/26</p> <p>6:35pm-7:35pm <u>Yin/Restorative</u> Pam R. No Class 12/26 Fitness Room</p>	<p>8:00am-9:00am <u>Yogalates</u> Autumn Fitness Room</p> <p>9:20am-10:00am <u>Yoga Stretch</u> Amy Fitness Room 12/7</p> <p>10:30am-11:25am <u>Saturday Instructor</u> Choice Yoga Fitness Room Pam R. 12/7, 12/14, 12/21, & 12/28</p>

CIRCU
MOBILITY™



YOGA CHRISTMAS



YOGALATES

Demo Day Schedule

December 16, 2024



Please Join Us For A Fun Filled Morning Of Exciting & Motivating Fitness Classes Taught By A Variety Of Certified Instructors! Each 25 Minute Block Will Represent A Certain Style Of Training, Paired With Your Favorite Christmas Tunes!

Block #1

7:30am-7:55am

Strong By
Zumba

Pam
Court #1

Block #2

8:00am-8:25am

Cardio Dance
Warm-up

Tina
Court #1

Block #3

8:30am-8:55am

Cardio Kick

June
Court #1

Block #4

9:00am-9:25am

Zumba

Kerri
Court #1

Block #5

9:30am-9:55am

Strength &
Core

Daniel
Court #1

Block #6

10:00am-10:25am

Zumba

Marissa
Court #1

Block #7

10:30am-10:55am

Blend & Extend
Cool Down

Nadine
Court #1



Free For
Members
\$5 For
Non-Members

Come Work Out In Your
Tackiest Christmas Attire!

Prizes Awarded Include: 1st-2nd-3rd Place



Jessica Stalvey, Fitness Coordinator
jstalvey@cityofconway.com/843/488-7685





Aquatics Schedule

December 2024



Monday

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 -Brigitte

4:30 pm – 7:30 pm
2 LANES
Tigershark Practice

Tuesday

9:00 am – 9:45 am
Deep Water – Brigitte

10:00 am – 12:00 pm
Water Volleyball

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

4:30 pm – 7:30 pm
2 LANES
Tigershark Practice

Wednesday

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

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–
Brigitte

12:00 pm-1:00 pm
Cardio Core -Brigitte

4:30 pm – 7:30 pm
2 LANES
Tigershark Practice

Thursday

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

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

10:00 am – 12:00 pm
Water Volleyball

12:15 pm – 1:00 pm
Deep Water -Brigitte

4:30 pm – 7:30 pm
2 LANES
Tigershark Practice

Friday

8:00 am – 8:45 am
Aqua Freestyle- Dee
A mix of everything!

9:00 am – 9:45 am
Aqua Freestyle- Dee
A mix of everything!

10:00 am – 12:00 pm
Water Volleyball

5:30 pm – 7:30 pm
Party Rental



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

Please note we are closed:
December 24th, 25th, & 26th
January 1st, 2025

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.

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)

Stay Updated...Stay Connected...



Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC

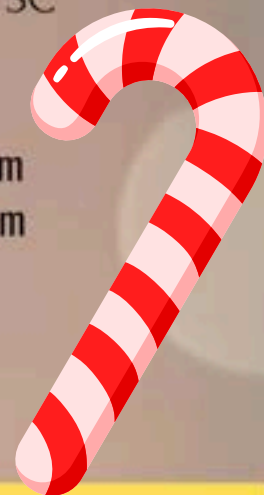
Facility Hours:

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

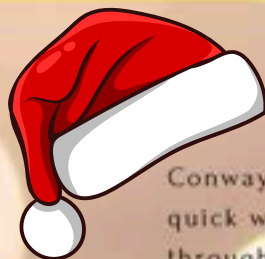


MAIL/WALK

1515 Mill Pond Road
Conway, SC 29526

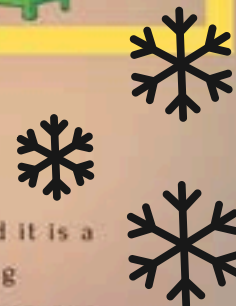


THIS NEWSLETTER
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DEPARTMENT.



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 and 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
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