

# FEBRUARY

## 2025

Newsletter

### 10 Ways To Improve Your Heart Health

- **Balance calories with physical activity.**
- **Reach for a variety of fruits and vegetables.**
- **Choose whole grains.**
- **Include healthy protein sources, mostly plants and seafood.**
- **Use non-tropical liquid plant oils.**
- **Choose minimally processed foods.**
- **Subtract added sugars.**
- **Cut down on salt.**
- **Limit alcohol.**



American Heart Association.



### 10 Ways To Improve Your Heart Health

1 Balance calories with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



5 Use non-tropical liquid plant oils.



6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this whenever you eat!



**National Wear Red Day is Friday, February 7, 2025. Together, we can GO RED to help save more women's lives.**

No Your Risks  
For Heart Disease

WHEN I SAW YOU IT WAS  
LOVE AT FIRST SET!!!



**COUNTDOWN TO LOVE  
CIRCUIT WORKOUT**

**ARMS**  
50 JUMPING JACKS  
40 PUSH-UPS  
30 TRICEP DIPS  
20 BICEP CURLS  
10 DUMBBELL PUSH  
PRESS

Instructions: Complete each circuit for a full body workout. Rest 1 minute and repeat. Prepare to LOVE your body!

**LEGS**  
50 JUMP SQUATS  
40 ALT. LUNGES\*  
30 SQUATS\*  
20 KETTLEBELL SWINGS  
10 JUMP LUNGES\*\*

**ABS**  
50 PLANK  
40 PLANK JACKS  
30 BICYCLE CRUNCHES  
20 BOSU SITUPS  
10 BOSU BURPEES

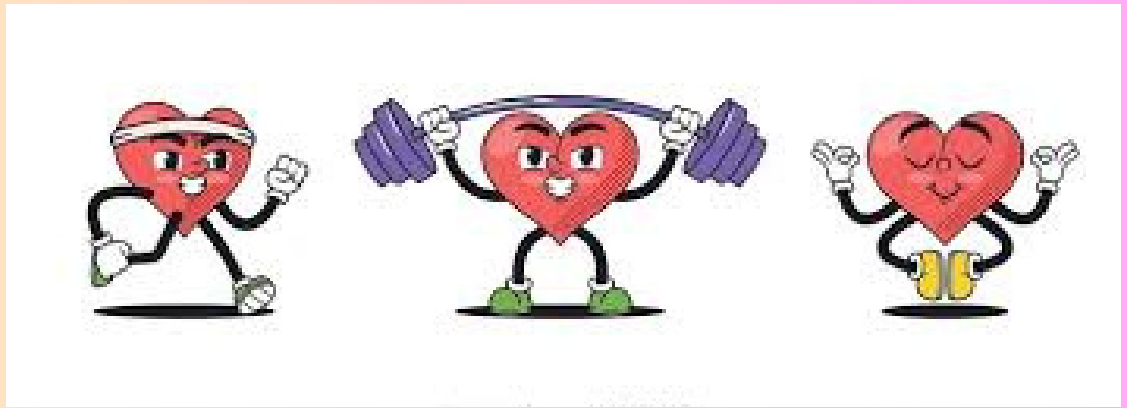
Key risk factors for heart disease are:

**High Cholesterol**  
**Hypertension**  
**Smoking**  
**Diabetes**

**Unhealthy body weight**  
**Too much alcohol**  
**Lack of physical activity**



# COOKING WITH Love



## Peanut Chicken Protein Bowl



### Ingredients:

- 1 large sweet potato, cut into 1/2" cubes
- 1 large red onion, finely chopped
- 3 Tbsp. extra-virgin olive oil,
- Kosher salt, black pepper
- 1 lb. boneless, skinless chicken breasts
- 1/2 tsp. garlic powder
- 1/2 tsp. ground ginger
- 1 small clove garlic, finely chopped
- Juice of 1 lime
- 2 Tbsp. creamy peanut butter
- 1 Tbsp. honey
- 1 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. toasted sesame oil
- 4 cups cooked brown rice
- 1 avocado, thinly sliced
- 2 cups baby spinach
- 1 Tbsp. chopped fresh cilantro
- 1 tsp. toasted sesame seeds

### Directions:

- Step 1: Preheat oven to 425°. On a large baking sheet, toss potatoes and onion with 1 tablespoon olive oil; season with salt and pepper. Bake until tender, 20 to 25 minutes.
- Step 2: Meanwhile, in a large skillet over medium-high heat, heat 1 tablespoon olive oil. Season chicken with garlic powder, ginger, salt, and pepper. Cook chicken, turning occasionally, until golden and no longer pink, about 8 minutes per side. Transfer to a cutting board and let rest 10 minutes, then thinly slice.
- Step 3: In a small bowl, whisk garlic, lime juice, peanut butter, honey, and soy sauce until combined. Whisk in sesame oil and remaining 1 tablespoon olive oil until smooth.
- Step 4: Divide rice among bowls. Top with potato mixture, chicken, avocado, and spinach. Sprinkle with cilantro and sesame seeds. Drizzle with dressing.



**EQUIPMENT  
ORIENTATION**

MONDAY FEB. 17TH & 24TH  
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**



# Father Daughter Dance 2025



- Basketball Courts 1&2 will be closed Feb 7th & 8th
- Scheduled Court Classes will resume Feb 10th

ENJOY AN EVENING WITH  
**YOUR LITTLE GIRL**  
FILLED WITH MUSIC,  
DANCE, AND LOVE



PRESENTED TO YOU BY  
CONWAY MEDICAL CENTER

## 29th Annual Father-Daughter Valentines Ball

**Saturday, February 8th**

**5:00PM-8:00PM**

Enjoy a memorable evening full of food,  
dancing and fun!

TICKETS \$50/COUPLE, \$25 ADDITIONAL  
CHILD

ADMISSION INCLUDES:  
DINNER, 5X7 PHOTO, WRIST CORSAGE &  
A GIFT FOR THE YOUNG LADY

**COMARAZZI Starts @ 5pm**

TO PURCHASE TICKETS, VISIT OUR WEBSITE

[WWW.CONWAYPARKSANDRECREATION.NET](http://WWW.CONWAYPARKSANDRECREATION.NET) OR

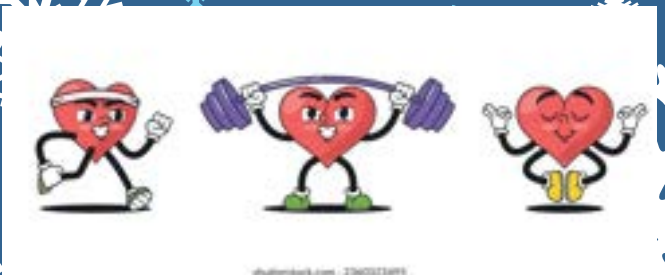
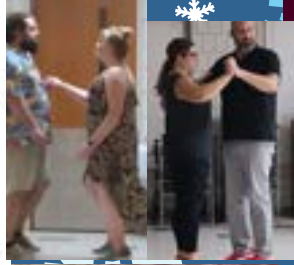
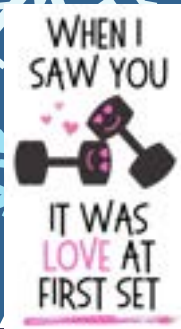
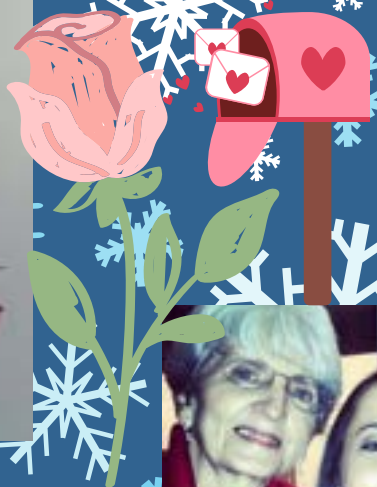
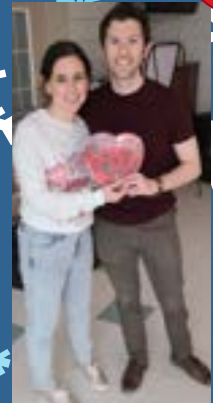
REGISTER IN PERSON AT

THE CONWAY SPORTS AND FITNESS CENTER

1515 MILL POND ROAD



# VALENTINES CELEBRATIONS THROUGH THE YEARS





# Valentine's MOVIE NIGHT

The Notebook

Friday | 7th February | 6pm

Casablanca

Friday | 14th February | 6pm

The Terrace  
110 Laurel Street  
Conway SC



**FREE**

Sensory Friendly Available

Sensory Friendly: NOISE REDUCING HEADPHONES AND OTHER SENSORY FRIENDLY ITEMS TO BORROW. CHILDREN WILL NOT BE RESTRICTED TO JUST SITTING.

[www.conwayparksandrecreation.net/moviesinthepark](http://www.conwayparksandrecreation.net/moviesinthepark)

# SPRING YOUTH SPORTS

City Residents: \$30 | \*\*Birth Certificates are required for new participants!  
Non-City Residents: \$75  
The child's age on April 30th, 2025 determines the division of play for all sports! Any forms received after February 28, 2025 will incur a \$10 late fee.

## YOUTH SOCCER

Little Tykes Division: Boys and girls ages 5-6  
Pee Wee Division: Boys and girls ages 7-8  
Small Fry Division: Boys and girls ages 9-10  
Mite Division: Boys and girls ages 11-12  
Junior: Boys and girls ages 13,14,15

## YOUTH BASEBALL



Tee Ball: Ages 6 & Under  
Coach Pitch: Ages 8 & Under  
10 & Under, 12 & Under, 14 & Under



## YOUTH SOFTBALL

8 & Under (Coach Pitch), 10 & Under, 12 & Under, 15 & Under



## TINY TIGERS (FOR AGES 3-5)

\$30 Residents/\$35 Non-Residents

Fridays (4 weeks) Starts March 21st.

The Tee-Ball session will last for 45 minutes at 6:00pm.

OR

The Soccer session will last for 45 minutes (Big Lots Field) at 6:00pm.



REGISTRATION IS  
JANUARY 27TH-  
FEBRUARY 28TH ONLINE  
OR AT THE CSFC.

CONWAY SPORTS AND FITNESS CENTER  
1515 MILL POND RD, CONWAY, SC, 29526  
843-488-1950  
[WWW.CONWAYPARKSANDRECREATION.NET](http://WWW.CONWAYPARKSANDRECREATION.NET)

# Sensory Friendly MOVIE NIGHT

The Ant Bully  
Saturday, March 15th 2025

A Bug's Life  
Saturday, April 26th 2025

Movie starts at  
8:00 PM

AT THE TERRACE  
110 Laurel Street

**FREE  
to  
Attend**

Be sure to bring chairs and blankets.  
Please note: No alcohol is permitted at 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.



# NO PICKLEBALL ON SATURDAYS



DEC 7- MARCH DUE TO WINTER  
SPORTS SCHEDULE

THE CITY OF CONWAY  
**SFC**  
SPORTS & FITNESS CENTER



# HAPPY Valentine's Day!

Join the Conway Sports and Fitness Center with an enrollment fee of \$2.14 for the entire month of February!

1515 Mill Pond Rd, Conway, SC, 29526

[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)



# Valentine's Couple's Dance Lessons

## Beginner's Level Ball Room Style



Friday February 14, 2025

6:00pm-8:00pm

Location: Senior Center

CSFC Members: \$45 per couple

Non-Members: \$55 per couple

\*Rates Include: Instructor Led Learn Time, Refreshments, Meet & Greet With Couples, and Practice Session where Music Will Be Provided.

A Prize Will Be Presented To The Best Dressed Valentine's Themed couple.

For More Info Please Contact:

Lead Instructor Sharon O'Brien @ 518-229-8997

[Register Online Beginning](#)

[Friday January 17, 2025](#)

[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)

Valentine's Day



# PICKLEBALL Clinic

Beginners: 10a-11:30a  
Intermediate: 11:30a-1:00p  
Advanced: 1p-2p

**FRIDAY, 14 FEBRUARY**  
**10.00AM-2.00 PM**

**COLLINS PARK**

Members: \$20  
Non-Members: \$25




THE CITY OF CONWAY  
**SFC**  
SPORTS & FITNESS CENTER

## Social Skills Workshops

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

**FREE**  
Limited Availability

<p><b>JANUARY 18th</b> Topic: Respect Grades Pre-K to 2nd Time: 10AM Grades 3rd to 5th Time: 12PM</p>	<p><b>FEBRUARY 15th</b> Topic: Integrity Grades Pre-K to 2nd Time: 10AM Grades 3rd to 5th Time: 12PM</p>
<p><b>MARCH 15th</b> Topic: Having a positive attitude Grades Pre-K to 2nd Time: 10AM Grades 3rd to 5th Time: 12PM</p>	<p><b>April 5th</b> Topic: Kindness Grades Pre-K to 2nd Time: 10AM Grades 3rd to 5th Time: 12PM</p>

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.

For more info:

Email: [vrcardo@conwaysc.gov](mailto:vrcardo@conwaysc.gov) Online: [www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)



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

# February

## Fitness Class Schedule February 1st- February 28th

### Monday

6:00am-6:45am  
H.I.C.T Boot Camp  
Randy -  
**No Class 2/17**  
2nd Level

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

8:00am-8:45am  
Hi-Low Cardio  
Daniel  
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  
Brigitte  
Court#1

4:30pm-5:15pm  
Functional Strength  
Darius  
Fitness Room

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  
2nd Level  
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  
Brigitte-  
Fitness Room

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

4:30pm-5:10pm  
Step & Sculpt  
June  
**No Class 2/4**  
Fitness Room

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

5:15pm-6:00pm  
Strong By Zumba  
Pam-  
Fitness Room  
6:10pm-7:10pm

Zumba  
Kerri/Pam  
Fitness Room

### Wednesday

6:00am-6:45am  
Strength & Core-  
Amy -  
Court #1

7:00am-7:45am  
Indoor Cycle  
Tina Y.-  
2ndLevel 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-  
**No Class 2/5**  
2ndLevel Cycle Room

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

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

4:15pm-4:55pm  
Functional Strength  
Darius  
Fitness Room

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

[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)

### 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-  
Upper/Lower Body  
Training  
Court#1

9:00am-9:45am  
Zumba  
Kerri -  
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  
Brigitte-  
Fitness Room  
11:10am-12:00pm  
Chair Yoga

Brigitte  
Fitness Room

4:30pm-5:15pm  
Functional Strength  
Darius  
Fitness Room

5:30pm-6:30pm  
Beginners Line  
Dancing-  
Roger- **No Class 2/13**  
Fitness Room

### Friday

6:00am-6:45am  
H.I.C.T Boot Camp **No**  
**Class 2/14**

6:45am-7:15am  
Booty Blast  
Morgan- **No Class 2/21**  
Fitness Room  
7:15am-7:50am  
Step & Sculpt  
Autumn-Fitness Room

8:15am-8:50am  
Cardio Kick & Abs  
Jessica -**No Class 2/7**  
Court#1

9:00am-9:45am  
Strength & Core  
Autumn/Jessica/Tina in a  
Court #1-**No Class 2/7**  
9:00am-9:45am  
Barre  
Nadine-  
Fitness Room

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

10:00am-10:45am  
Cycle Circuit  
Autumn-2ndLevel-Cycle  
Room

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

10:00am-11:00am  
Zumba- NO Class  
**2/7 Pam- Court #1**

### Saturday

Step & Sculpt  
8:30am-9:15am  
Fitness Room  
Amy-1st

Circuit Abs  
8:45am-9:20am  
Fitness Room  
Kassidi-  
8th & 15th

Strength & Core  
8:30am-9:15am  
Fitness Room  
Amy-22nd

Indoor Cycle  
9:30am-10:15am  
2nd level  
June- 1st-8th-15th  
9:30am-10:30am

Zumba  
Joy- 1st & 15th - Fitness Room  
Kerri-8th & 22nd - Senior Center



# YOGA Schedule



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
<p><b>8:00am-9:30am</b>                      Somatic Stretch                      Yoga                      Pam R.                      Fitness Room</p> <p><b>10:00am-10:55am</b>                      Gentle Vinyasa                      Flow Yoga                      Pam R.                      Fitness Room</p> <p><b>6:15pm-6:55pm</b>                      Yoga Stretch                      Amy                      Fitness Room</p>	<p><b>11:10am-12:00pm</b>                      Chair Yoga                      Brigitte                      Fitness Room</p>	<p><b>8:00am-8:50am</b>                      Wednesday                      Morning Gentle                      Yoga                      Evita-2/5 &amp; 2/19                      Linda C.-2/12                      Pam R.- 2/26                      Fitness Room</p> <p><b>10:00am-10:50am</b>                      Gentle Vinyasa Flow                      Yoga                      Pam R.                      Fitness Room</p> <p><b>5:00pm-5:50pm</b>                      Introduction To Yoga                      Pam R.                      Fitness Room</p>	<p><b>8:00am-8:50am</b>                      Vigorous Yoga                      Evita-2/6 &amp; 2/20                      Linda C. Gentle- 2/20                      Pam R. -2/27                      Fitness Room</p> <p><b>11:10am-12:00pm</b>                      Chair Yoga                      Brigitte                      Fitness Room</p> <p><b>6:35pm-7:35pm</b>                      Yin/Restorative                      Fitness Room</p>	<p><b>8:00am-9:00am</b>                      Yogalates                      Autumn                      Fitness Room</p> <p><b>10:35am-11:35am</b>                      Saturday Instructor                      Choice Yoga                      Fitness Room                      Pam R.                      2/1, 2/8, 2/15, &amp; 2/22</p>

## YOGALATES





# Aquatics Schedule

## February 2025



Monday	Tuesday	Wednesday	Thursday	Friday
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- 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	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 A mix of everything!
11:00 am – 11:45 am Aqua Aerobics -June	12:15 pm – 1:00 pm Arthritis R.O.M.- Briggettee	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	4:00 pm – 6:00 pm Group Swim Lessons	11:00 am – 11:45 am Stick Mobility/Aerobics– Briggettee / Dee	12:15 pm – 1:00 pm Deep Water -Briggettee	5:30 pm – 7:30 pm Party Rental
4:30 pm – 7:30 pm 2 LANES Tigershark Practice	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	12:00 pm-1:00 pm Cardio Core – Briggettee / Dee	4:00 pm – 6:00 pm Group Swim Lessons	<b>CRC POOL HOURS</b> <u>Monday-Friday</u> : 6:00am - 7:30pm <u>Saturday</u> : 8:30am - 5:30pm <u>Sunday</u> : Closed
Regina Stevens- Aquatics Coordinator Kaitlyn Pardes- Assistant Aquatics Coordinator 843-488-7686 or kpardes@conwaysc.gov		4:30 pm – 7:30 pm 2 LANES Tigershark Practice	4:30 pm – 7:30 pm 2 LANES Tigershark Practice	

### 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!

# Stay Updated...Stay Connected...



## Conway Sports & Fitness Center

1515 Mill Pond Rd. | Conway, SC

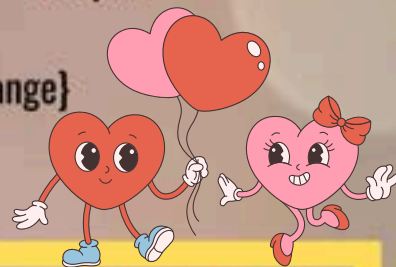
### Facility Hours:

Monday - Friday: 5:30am - 8:00pm

Saturday: 8:00am - 6:00pm

Sunday: Closed

{Hours Subject to Change}



### ONLINE

[www.ConwayParksandRecreation.net](http://www.ConwayParksandRecreation.net)



### PHONE

(843)488.1950



### EMAIL

[recreation@cityofconway.com](mailto:recreation@cityofconway.com)



### MAIL/WALK

1515 Mill Pond Road  
Conway, SC 29526

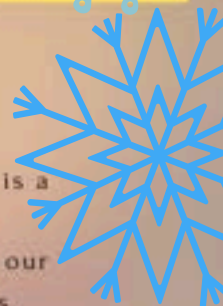


THIS NEWSLETTER  
IS PUBLISHED BY  
THE CITY OF  
CONWAY PARKS  
AND RECREATION  
DEPARTMENT.



## 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!  
FOLLOW &  
LIKE US!



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