

InMotion HFC

Kids Run Arkansas®

Help us celebrate 15 years of Kids Run Arkansas® on Friday, April 21, at 6:00 pm. Kids Run Arkansas® is presented by Conway Regional Health & Fitness Center, and our title sponsor is Groovy Smiles Pediatric Dentistry.

Kids Run Arkansas® is open to children of all ages and parents. This event offers fun for the entire family, including face painting, games, and more leading up to the 1-mile and 3-mile run/walk. There is no chip timing as Kids Run Arkansas® strives to promote fun and fitness in youth and families.

Visit <https://runsignup.com/Race/AR/Conway/KidsRunArkansas> by Monday April, 3, to register and to guarantee an official event t-shirt. *Processing fees apply with online registration. Paper forms are available for download from our website by selecting Kids -> Kids Programs.

Each year, the schools with the highest percentage of participation are awarded scholarships for their physical education programs. We have awarded over \$60,000 in scholarships over the past 15 years!

Packet pickup will be held in the HFC classroom Thursday, April 20, from 3:30 – 6:00 pm and Friday, April 21, from 10:00 am – 1:00 pm and 5:15 pm – event.

Thank you to all our sponsors for making this event a success for surrounding schools! For more information on the event, sponsorship opportunities, and volunteering, contact Mallory Lefler, Race Director, at 501-450-9292, ext. 309.



APRIL 2023

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Easter Egg Hunt

All members ages six weeks to 10 years are invited to participate in our Easter Egg Hunt in the Play Center!

Join us Thursday, April 6, at 5:30 pm or Friday, April 7, at 11:00 am.

For additional information, contact Kaitlyn Chambers, Play Center Supervisor, at 501-450-9292, ext. 316.

Sunday Mind-Body Classes

Our Sunday mind-body classes with Lori Isom will continue in April! Save the dates for April 2, 16, and 30 at 2:00 pm. The 45-60 minute class will combine traditional yoga flow, whole body stretching/flexibility, and guided relaxation.

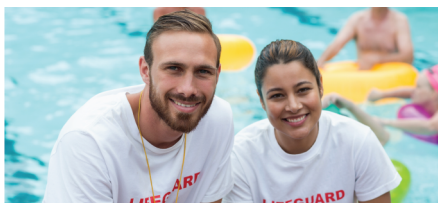
Family Swim

Families can enjoy the pool Mondays and Wednesdays from 2:00 - 5:00 pm, Fridays from 3:00 - 7:00 pm, and Saturdays and Sundays from 2:00 - 5:00 pm.

Family recreation/swim is recreational time for members and child members under 11.

This is the only time children under 11 are allowed in the pool unless they participate in staff-led swim lessons or programs. Children under 11 must be supervised in the pool area, and adults must accompany children under six.

Member exercise may be allowed simultaneously, and children under 11 may lap swim but only during family recreation/swim.



Lifeguard Training

Conway Regional Health & Fitness Center is teaming up with the Hendrix Aquatic Center to offer American Red Cross Lifeguard training April 22 and 23 from 9:00 am - 5:00 pm.

Participants must be at least 15 years of age on the day of training and the cost is \$275. Registration is available in-person. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.

Dolphins Swim Program

Registration is now open for the upcoming sessions of our Dolphins swim program! Dolphins is a stroke development swimming program designed for kids ages 5 - 18 to help improve their technique. This class is fun and challenging, and helps build your child's endurance and skills.

Children must be able to swim one length of the pool (25 yards) unassisted and be competent in the freestyle and backstroke. The class meets on Tuesdays and Thursdays from 7:00 - 8:00 pm.

Upcoming session:

- April 25 - May 18

The cost is \$45 for members and \$65 for non-members.

You may register your child for Dolphins through the Health & Fitness Center mobile app or at the front desk. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.

Swim Lessons

Introducing your child to swimming at a young age is a great way to build life-saving water skills. At the HFC, we offer multiple class options for different skill levels and ages, and registration is now open for the next round of classes.

Level 1 and 2 group swim lessons will be offered Mondays and Wednesdays from 5:00-5:45 pm or 6:00-6:45 pm. In Level 1, your child will learn water safety skills, basic swimming strokes, floating, and submerging their head. Level 2 will introduce independence in the water, buoyancy, proper breathing, and motion.

Upcoming sessions include:

- May 15 - June 7
- June 12 - July 12 *no class offered on July 3 or 5
- July 17 - August 9

The cost is \$80 for members and \$100 for non-members.

Tadpoles and Guppies will be offered from April 29-May 20 for children ages six months up to four years and their parents. Tadpoles (ages six months-18 months) will meet on Saturdays from 9:30-10:15 am, and Guppies (ages 18 months-4 years) will meet from 10:30-11:15 am. The cost is \$60 for members and \$80 for non-members.

You may register your child at the front desk, or members can utilize the Health & Fitness Center mobile app.

Private swim lessons are also available for members and non-members of all ages. For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.

Kids on the Move! Kids on the Move is a free and fun fitness class for members ages 6-10. The 30-minute class is led by Mary Prestipino, a certified personal trainer and fitness specialist. KOTM will continue on Tuesdays through May at 3:45 pm in the group exercise studio. If you arrive before 3:45 pm, you may wait with your child in the member lounge as the Play Center will be open later. Mary will escort participants to the Group Exercise Studio just before class. If you do not pick up your child from the Group Exercise Studio at 4:15 pm, our staff will escort them to the Play Center. If your child is participating, remember to pack a water bottle for them during class!

Conway Crocs Swim Team

Young swimmers aged 5 - 18 are invited to join the Conway Crocs! Registration for the 2023 season will open on April 3.

The Conway Crocs swim team offers an excellent way for your child to stay active in the summer and learn the value of sportsmanship. The Conway Crocs competes against other swim teams in Central Arkansas.

We are offering a new family discount for 2023: a \$10 discount for each additional sibling registered! The cost is \$140 for members and \$185 for non-members. Register your child by May 17 to avoid a late fee charge of \$25.

Swim tests will be offered: Monday, April 17, at 6:00 pm | Thursday, April 27, at 6:00 pm | Wednesday, May 24, at 6:00 pm. New participants must pass a swim test before registering for the team. Please email Chris Brynell, Head Coach, to schedule your child's swim test: christopherbrynell@gmail.com.

A parent meeting will be held Monday, May 15, at 6:00 pm in the classroom. Swim team practice will begin Tuesday, May 30, and be held Monday - Thursday 6:00- 8:45 pm and Friday 5:30 - 7:45 pm. Specific times for age groups will be announced per Chris Brynell, Head Coach. You may register your child in person at the front desk.



Corporate Games Return

The Conway Regional Health & Fitness Center Corporate Games are back for Friday, May 19, and this year will be bigger and better than ever! With more teams and more games, you won't want to miss out on the corporate competition of the season!

The registration deadline is April 26. Payment (\$400 per team) and registration must be received in advance to secure a spot for your team.

The HFC Corporate Games is open to all businesses and organizations in Faulkner County. Teams must have 8-10 individuals aged 18 or older to compete. There must also be a minimum of 4 females. For more information or to register your team, contact Amanda Castillo at 501-450-9292, ext. 306, or visit <https://crhs.healthcare/3YF9Us6>.

Youth Sports Performance Camp

The Conway Regional Health and Fitness center is excited to offer our youth sports performance camp! This camp will focus on lifting, core, speed, agility, and recovery. This camp is for ages 11- 14, with customizable programming for all skill levels and availability.

Local industry experts will lead the camp: Erika Setzler MS, ACSM – CPT, former collegiate runner/USA Triathlete team member, and Beth Milligan PT, MSPT, CSCS. Performance campers will experience a comprehensive collaboration with Conway Regional Health System physical therapists, athletic trainers, and fitness professionals.

This 4-week camp will be held June 5 – 28, and meet on Mondays and Wednesdays from 1:00 – 2:30 pm. Pre-testing will be held Friday, June 2, from 1:00 – 2:30 pm, and post-camp analysis will be offered Friday, June 30. All campers will receive pre and post-camp analysis reports, including coach feedback and comprehensive metrics.

The cost is \$150 for members and \$185 for non-members. You may register your child at the front desk, or members can utilize the Health & Fitness Center mobile app. A maximum of 25 performance campers will be accepted.

For more information, contact Mallory Lefler at 501-450-9292, ext. 309.



Member Group Equipment Orientation

Our group equipment orientation is designed to help members become more comfortable using our fitness equipment. In this session, our fitness staff will demonstrate the essentials on how to use selected pieces of the cardio and selectorized equipment on Fitness Floor | Level 2 including seat and weight plate adjustments. Please note this session is not a personal training session and is for demonstrative purposes only. It does not cover use of every piece of equipment or use of the free weight equipment on Fitness Floor | Level 1.

This class is open to new and existing members. Participants must be age 16 or older and be members of the HFC. Class size is limited to 15 participants. Registration is available within our mobile app or at the front desk.

Youth Fitness Camp

We are excited to offer two sessions of our Youth Fitness Camp (YFC) this summer: June 12–15 and July 10–13. The July session is full, and just a few spots are available for June! YFC is for kids ages 6 - 10.

YFC

Each day, the kids will explore different physical activities that will test their coordination, improve their balance, increase their endurance, and, most importantly—show them fitness is fun! Throughout the week, the kids will get exposed to various activities, sports, nutritional, and health education to both challenge and excite them.

YFC will meet 8:30–11:00 am each day during their session dates. Kids may be dropped off for the duration of the camp each day. The cost is \$90 for members and \$110 for non-members. For more information, contact Mallory Lefler at 501-450-9292, ext. 309.