

InMotion



Kids Run Arkansas®

Our 15th year of Kids Run Arkansas® was a huge success, with over 800 participants registered! Kids Run Arkansas® is presented by Conway Regional Health & Fitness Center, and the title sponsor is Groovy Smiles Pediatric Dentistry.

Each year, the schools with the highest percentage of participation are awarded scholarships for their physical education programs. This year, with the help of our generous sponsors, we were able to award \$9,725 to our top schools.

- St. Joe | 1st Place | \$2,915
- Woodrow Cummins | 2nd | \$2,430
- Jim Stone | 3rd | \$1,945
- Conway Christian | 4th | \$1,460
- Carolyn Lewis | 5th | \$975

A big thank you to all our sponsors for making this event a success for surrounding schools!

Summer Memberships Available

Summer Memberships will be available beginning May 1! Three-month memberships are available for individuals, couples, and families.

Summer memberships are available to purchase May 1 – June 9 with no joining fee and will be effective three months from purchase.

MAY 2023

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Memorial Day Closure
We will be closed on **Monday, May 29** in observance of **Memorial Day**



HFC INSTAGRAM

Follow the Conway Regional Health and Fitness Center Instagram page
@conwayregionalhfc

Family Recreation/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.

Effective May 30, family recreation/swim will change to 2:00 - 5:00 pm on Fridays.

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 participating in staff-led swim lessons or programs. Children under 11 must be supervised in the pool area, and children under 6 must be accompanied by an adult in the pool. Member exercise may be allowed simultaneously, and children under 11 may lap swim but only during family recreation/swim.

Swim Lessons Available

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 to submerge 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 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 June 3 - 24 and July 8-29 for children ages six months up to four years and their parents. Tadpoles (ages 6 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 for these programs through the Health & Fitness Center mobile app or at the front desk.

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.



Aquatic Group Update

The Thursday 12:00 pm H2y0ga is canceled due to low attendance.



Conway Croce Swim Team

Young swimmers aged 5 - 18 are invited to join the Conway Crocs! The Conway Crocs swim team offers a great way for your child to stay active in the summer and learn the value of sportsmanship. Head Coach Chris Brynell has coached youth swimming since 2004. The Conway Crocs competes against other swim teams in Central Arkansas.

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

New participants must pass a swim test before registering for the team. Swim tests will be offered Wednesday, May 24, at 6:00 pm. 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 will 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.

Kids Tri Camp

Our Kids Triathlon Training Camp prepares your child to successfully race the Conway Kids Triathlon. This fun and interactive camp involves sport-specific training but also focuses on helping your child practice the swim-to-bike and bike-to-run transitions under the supervision of USA Triathlete team, Erika Setzler.

Save the date for our 2023 camps: July 24, 26, 31, and August 2 or July 25, 27, August 1, and 3 from 1:30 – 3:00 pm. The cost is \$40 for members and \$50 for non-members. Registration will open on May 31!



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.

Kids on the MOVE

Kids on the Move is a free and fun fitness class for members ages 6-10. Mary Prestipino, certified personal trainer and fitness specialist, leads the 30-minute class. 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 participates, remember to pack a water bottle for them during class!





Corporate Games

The Conway Regional Health & Fitness Center Corporate Games will be held Friday, May 19, from 8:00 am – 1:00 pm.

Members will have access to all facility areas, except for the functional space on Fitness Floor Level 1 and the pool from 8:00 am – 1:00 pm. Please note that noise levels will be high, with additional individuals in the building competing and cheering during the various games.

The Friday 8:30 am Aqua Core and 10:30 Aqua Amp will be canceled for the event. The Friday 8:15 am Power Push, 9:00 am Fine Tuning, 9:00 am Cycle, 10:00 am Unwind Yoga, 11:00 am Silver Strong and 12:00 pm Grind will be canceled for the event.

We appreciate your patience during Corporate Games.

Celebrate Medical Fitness Week - May 8-14!

In honor of this week, we will waive enrollment fees May 8-14 and offer a bring a guest day on Thursday, May 11. *Limit one guest per member, please. Our programs and services are medically integrated as part of the region's leading healthcare network. Medical oversight, supervision, and guidance set us apart from other gyms or clubs. We offer medical fitness programs, including Script to Fit, with tracks focusing on arthritis, cardiovascular, diabetes, and reconditioning. In addition, we offer Rock Steady Boxing. This program gives hope to people with Parkinson's or Parkinsonism disease by improving their quality of life through a non-contact boxing-based fitness curriculum.

Sunday Mind-Body Classes

Our Sunday mind-body classes with Lori Isom will continue in May! Save the dates for May 7 and 21 at 2:00 pm. The 45-60 minute class will combine traditional yoga flow, full body stretching/flexibility, and guided relaxation.

Group X Update

Friday early morning classes will get a little shake-up for the summer! Join Megan Ryan on Fridays at 5:10 am as she alternates weekly Cycle and Fine Tuning offerings. Fine Tuning is for you if you are looking for a format to fine-tune every muscle group in your body with endurance-based strength work! This class uses body weight, light weights, gliding discs, a Bender ball, and versa loops.

Have you wanted to try one of our high-energy Zumba® classes but weren't sure what you were getting into? Our talented instructors, Amy Jordan, and Dena Meriweather, offer a Zumba® Basics class on Sunday, May 7, at 3:00 pm. This 60-minute class is free to members and guests. The instructors will break down common steps used in class. Learn Salsa, Merengue, Cumbia, and more.

