

# InMotion

## 2024 Corporate Games

The 2024 Conway Regional Corporate Games will return on Friday, May 10, from 8:00 am – 1:00 pm. You won't want to miss out on the corporate competition of the season!

The registration deadline is April 24, and to secure a spot for your team, a \$400 registration payment must be received in advance.

Corporate Games is open to all businesses and organizations in Faulkner County. Teams must have 8-10 individuals aged 18 or older to compete.

To register your team, visit [crhs.healthcare/43o5p9p](http://crhs.healthcare/43o5p9p). For more information, contact Erika Setzler at 501-450-9292, ext. 305.



## Group Exercise Update

We are excited to welcome Krystal Hampton to the HFC! Krystal has five years of group exercise experience and is a Schwinn® Indoor Cycling Instructor. Beginning April 1, she will instruct a new format, Cycle Beats, on Mondays at 5:30 pm. This format includes choreographed moves on the bike to the beat of the music! Be ready for a party on the bike with tapbacks, pushups, and crosses.

Amanda Castillo will instruct April's Monday 4:30 pm timeslot and offer Full-Body Sweat. This 45-minute format combines strength training with bursts of HIIT. The Monday and Wednesday 6:15 am Barre is canceled.

## APRIL 2024

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### Weekend Hours of Operation

7:00 am to 6:00 pm  
on Saturdays &  
12:00 – 6:00 pm on  
Sundays.



### Solar Eclipse, April 8

The Conway Regional Health and Fitness Center will be open during normal hours, 5:00 am - 9:00 pm, on April 8 for the solar eclipse.

The HFC parking lot will only be accessible to members using the facility. It will not be accessible to the public to view the eclipse.

Thank you for your patience while we continue to serve our members on this monumental day!

## Family Swim

Families can enjoy the pool on Wednesdays from 2:00 to 5:00 pm, Fridays from 2:00 to 6:00 pm, and Saturdays and Sundays from 2:00 to 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 special programs. Children under 11 must be supervised in the pool area, and children under six 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.

## Conway Crocs Swim Team

Enrollment for the 2024 Conway Crocs season will open on Wednesday, April 3! The swim team is open to participants ages 5 – 18 and offers an excellent way for your child to stay active in the summer and learn the value of sportsmanship. Coach Chris Brynell leads Conway Crocs, and they will compete against other swim teams in central Arkansas.

- Members | \$140 Premium Enrollment (with swimsuit) or \$90 Standard Enrollment
- Non-members | \$185 Premium Enrollment (with swimsuit) or \$135 Standard Enrollment

Both the premium and standard enrollment fees include a swim cap if registered before the deadline, and premium enrollment is required for all NEW Crocs participants. We also offer a family discount of \$10 for each additional child registered. Register your child by May 13 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 at 6:00 pm on April 3, 22, and May 1. Please email Chris Brynell, head coach, to schedule your child's swim test at [christopherbrynell@gmail.com](mailto:christopherbrynell@gmail.com).

A parent meeting will be held on Monday, May 13, at 6:00 pm in the HFC classroom. Swim team practice will begin Tuesday, May 28, and will be held Monday through Thursday from 6:45 to 8:45 pm and Friday from 6:15 to 7:45 pm.



## Lifeguard Certification

Conway Regional Health & Fitness Center and the Hendrix Aquatic Center will offer American Red Cross Lifeguard training and certification on April 13 from 9:00 am - 6:00 pm and April 14 from 10:00 am – 6:00 pm.

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

## 16 Years of Kids Run Arkansas®!

Join us on Friday, April 19 at 6:00 pm for Kids Run Arkansas®! Presented by Conway Regional Health & Fitness Center and sponsored by Groovy Smiles Pediatric Dentistry, it's a night of family fun with face painting, games, and 1-mile/3-mile run/walk.

While online registration for official shirt has closed, you can still register in-person at the HFC or download forms from our website.

Each year, the schools with the highest percentage of participation are awarded scholarships for their physical education programs. We have awarded nearly \$70,000 in scholarships over the past 15 years!

Packet pick-up will be held in the HFC classroom on Thursday, April 18 from 3:30 - 6:00 pm and Friday, April 19 from 10:00 am - 1:00 pm and 5:15 pm - event.

For more information, contact Mallory Lefler at 450-9292, ext. 309 or [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org).



## Facility Rental

Host your next event at the HFC! We've got you covered with our 5-lane, 25-yard pool for birthday parties and a conference room for corporate meetings.

We offer a variety of packages so you can customize your rental to meet your event needs. Our staff will be on hand to help ensure your event flows smoothly. Rentals are available on Saturdays and Sundays after hours.

For more information, contact Kyle Shunkey at 501-450-9292, ext. 308.



## Youth Fitness Camp

Registration is filling up fast for our Youth Fitness Camp for kids ages 6 - 10. We are excited to offer two sessions again this summer: June 10 - 13 and July 8 - 11! The June session is full, but a few spots remain for July.

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 that fitness is fun! Throughout the week, the kids will be exposed to various activities, sports, and nutritional and health education that will challenge and excite them.

YFC will meet from 8:30 to 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.

## Sunday Pop-Up Classes

Mind-Body Yoga with Lori Isom on Sunday, April 14 and 28 at 2:00 pm.

High Fitness with Dena Meriweather on Sunday, April 21 at 2:00 pm.

## Member FAQ

### Answers to your questions

#### Why can't I sign a waiver for my child's friend to go swimming?

Given the potential for accidents and injuries in our facility, we must take measures to mitigate liability risks. According to legal standards, individuals such as babysitters, family friends, and non-parental relatives are not considered sufficiently close to a child to sign waivers on their behalf legally. Therefore, waivers signed by them are not binding. As a result, only parents or legal guardians are permitted to sign waivers for children visiting the HFC. If you plan to bring a minor who is not your child to the HFC, please arrange their visit in advance and ensure their parent has completed a waiver on their behalf. Once the form is on file, it will remain valid for future visits, eliminating the need for repeated completion.

#### How can I stay informed about facility/area closures and equipment downtime?

We prioritize keeping our members informed through various communication channels to ensure you're always in the loop regarding facility and equipment maintenance, as well as any schedule changes or special hours. These include email updates, app push notifications, and posts on our social media platforms. If you're not receiving emails, stop by the front desk to update your profile for electronic communications. For even quicker updates, download our mobile app, available under 'Conway Regional HFC' on the app store, and enable app notifications. Please stay connected with us on Facebook for additional updates. Our staff members are happy to assist if you need more information about our communication tools. Remember, it's each member's responsibility to stay informed by monitoring communications, notices, and postings.



### Rock Steady Boxing

Conway Regional Health & Fitness Center offers 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.

April is Parkinson's Awareness Month, and at the HFC, we want to raise awareness of this life-changing disease and connect those with Parkinson's to resources like Rock Steady Boxing.

Thanks to the Conway Regional Health Foundation, we now offer scholarships to qualifying participants. The RSB scholarship is designed to assist individuals who would not otherwise be able to participate due to financial hardships.

Funds are limited, affecting the number of scholarships awarded on an ongoing basis. The application is available on our website and can be found at <https://crhs.healthcare/47nRJfG>.

No boxing experience is necessary, and people of all ages are invited to participate. To learn more about Rock Steady Boxing, contact Mallory Lefler at 501-450-9292, ext. 309.