

# InMotion HFC

## Youth Sports Performance | Level Up

Register your child for Level Up, our Youth Sports Performance Summer Camps! These camps, directed by Erika Setzler, Human Performance Program Manager, are designed to improve strength, conditioning, and athletic abilities.

Three-day sessions will be offered: July 16-18 and August 6-8. All camps provide speed development on Tuesdays, strength on Wednesdays, and agility on Thursdays.

### July 16-18

Ages 7 – 11 will meet from 1:00 – 2:30 pm

Ages 12 and up from 3:00 – 4:30 pm

### August 6-8

Ages 7 – 11 will meet from 10:00 – 11:30 am

Ages 12 and up from 12:00 – 1:30 pm

The cost is \$50 for members and \$65 for non-members. If you would like more information, please call Erika Setzler at 501-450-9292, ext. 305.

## JULY 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.**



### 4th of July

The HFC will be closed Thursday, July 4 in observance of Independence Day. Regular business hours will resume on July 5.

## Family Swim

Families can enjoy the pool on Mondays and Wednesdays from 2:00 – 5:00 pm, Fridays from 2:00 – 6:00 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 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.

## Swim Lessons

Registration is open for our summer sessions of Tadpoles & Guppies and group swim! Registration is available via the front desk, or members can utilize the Health & Fitness Center mobile app.

### Group Swim Lessons | Level 1 & 2

Depending on skill level, these classes are recommended for children ages 4-11.

- Level 1 | Children will learn water safety skills, basic swimming strokes, floating, and how to submerge their heads.
- Level 2 | Children will be introduced to independence in the water, buoyancy, breathing, and motion.

Mondays & Wednesdays from 5:00 - 5:45 pm or 6:00 - 6:45 pm  
July 8 - 31

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

### Tadpoles & Guppie

These programs are available for children ages six months up to four years and their parents. Parents will be in the water with their children as they are guided through various pre-swimming fundamentals.

Tadpoles | 6 – 18 months | Saturdays from 9:30 – 10:15 am  
Guppies | 18 months up to four years | Saturdays from 10:15 – 11:00 am  
July 13 - August 3

The cost is \$60 for members and \$80 for non-members.



## New Aquatic Certifications

We are proud of our staff, who continue to expand their knowledge and expertise in the fitness industry. Three staff members recently obtained certifications to advance their offerings and experience in aquatics.

Natalie Purviance now holds her AEA (Aquatic Exercise Association) Fitness Professional certification and will soon offer group aquatic classes!

In addition, Mallory Lefler, Fitness Manager, and Erika Setzler, Human Sports Performance Program Manager, expanded their expertise by obtaining their American Red Cross Lifeguarding Instructor certification. They now have the knowledge and credentials to teach lifesaving skills and certify lifeguards.

## Kids Tri Camp & New Team Experience

The Kids Triathlon Training Camp will prepare children to successfully race the Conway Kids Triathlon with sport-specific training and help them practice the swim-to-bike and bike-to-run transitions under the direction of Erika Setzler, Human Performance Program Manager.

### Training Camp Dates:

- July 15, 17, 22, and 24 or July 16, 18, 23, and 25
- 9:30 – 11:00 am

The cost is \$40 for members and \$50 for non-members. The camp is open to athletes ages 6 – 15 and is limited to 40 athletes. Registration is available on our website.

For more information, contact Erika Setzler at 501-450-9292, ext. 305.

We are excited to offer a new training team experience to complement our Kids Triathlon Training Camp! The team experience will offer endurance training for two weeks leading up to the Kids Triathlon Training Camp. Each week will devote a day to each skill within a triathlon: biking, swimming, and running.

This group will meet Monday – Wednesday, July 1 – 10, from 7:30 - 8:15 am.

There is an additional cost for the training team: \$40 for members and \$50 for non-members *\*The fee includes a swim cap and technical tee.*

This experience is open to athletes ages 6-15 & is limited to 20 athletes

Registration is available on our website.



## Guest Guideline Reminders

With summer here, we want to remind members of our guest guidelines to help ensure everyone has a great experience.

**Guests under 18** must have a waiver on file signed by their parent or legal guardian.

**Children under 14** must have an adult present with them in the facility unless they are participating in a staff-led program.

**Children under the age of 11** are only allowed to use the pool during family recreation/swim time unless participating in a staff led program. Please see the pool schedule for additional details.

For more information, call 501-450-9292, ext. 300.



## Namaste at the Rogue Roundabout

Save the date for Namaste at The Rogue Roundabout: Series III on Saturday, August 17 and September 21 at 9:30 am!

Join us for Meet Me at the Barre, a new addition to the series on Saturday, August 17, at 9:30 am. Barre is a fusion of yoga, pilates, ballet, and strength training. This event includes a specialty coffee or pint from a selection of unique craft beverages.

Saturday, September 21, at 9:30 am, will be Flight & Flexibility. You are invited to pick a flight from the unique craft beverages, including mimosas, to enjoy during or after the practice. Non-alcoholic options are also available.

Tickets are \$20 for each event and will be available via Eventbrite beginning July 1. Limited spots are available and you must be 21+ to register and attend.

For more information, contact Amanda Castillo at 501-450-9292, ext. 306.



## Conway Crocs

The Conway Crocs swim team has kicked off their season with impressive performances in meets against Cabot, Maumelle, and Otter Creek. Despite weather delays causing the June 8 meeting with Cabot and Maumelle to be only partially completed, the team holds a significant lead and will reschedule the remainder of the meeting. On June 15, the Crocs delivered a commanding performance against Hot Springs and Otter Creek. With several more meets on the schedule, the team is gearing up for the Meet of Champs on July 13.

As a reminder, Conway Crocs swim team practice will continue through Friday, July 12. One lane will be reserved for the team from 6:00 – 6:45 pm on Mondays and Thursdays. All lanes will be reserved for the team Monday - Thursday 6:45 - 8:45 pm and Friday 6:15 - 7:45 pm. We appreciate your support of our Conway Crocs swim team!