

# InMotion HFC

## Youth Sports Performance | Level Up

Register your child for Level Up, our Youth Sports Performance Summer Camps! All camps offer speed development on Tuesdays, strength on Wednesdays, and agility on Thursdays. The camp, directed by Erika Setzler, Human Performance Program Manager, is designed to improve strength, conditioning, and athletic abilities.

### June 25-27

Ages 7 – 11 will meet from 10:00 – 11:30 am  
Ages 12 and up from 12:00 – 1:30 pm.

### 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.



## Summer Passes Available

Summer passes are available for purchase through June 10. Individuals, couples, and families can join the Conway Regional Health & Fitness Center for three months with no enrollment fee! For more information, stop by the front desk or call 501-450-9292, ext. 300.

*\*Some restrictions apply. Summer passes are non-refundable.*

## JUNE 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.**

## Facility Rental

Host your next party or corporate event at the HFC! Enjoy our 5-lane pool and conference room, with customizable packages and dedicated staff support. Rentals are available Saturdays and Sundays after hours. For more information visit our website or contact Kyle Shunkey at 501-450-9292, ext. 308.

## Family Swim

Families can enjoy the pool on 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 | 5:00 - 5:45 pm or 6:00 - 6:45 pm

June 3 - 26 or 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

June 8 - 29 or July 13 - August 3

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

## Conway Crocs

Conway Crocs swim team practice begins Tuesday, May 28. 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 through Thursday 6:45 - 8:45 pm and Friday 6:15 - 7:45 pm, leading to the Meet of Champs on July 13.

We appreciate your support of our Conway Crocs swim team!



## Kids Tri Camp & New Team Experience

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 direction of Erika Setzler, Human Performance Program Manager.

Save the date for our 2024 camps: July 15, 17, 22, and 24 or July 16, 18, 23, and 25 from 9:30 – 11:00 am. The cost is \$40 for members and \$50 for non-members.

Is your child ready for a more comprehensive training experience? In addition to our Kids Tri Camp, we're introducing a new team training program for 2024. This two-week endurance training, held from July 1 – 10, will meet Monday through Wednesday from 7:30 to 8:15 am.

Training will focus on each skill within a triathlon: biking, swimming, and running. The weekly sessions will help your child build a solid foundation in each area, preparing them for race day. The additional cost for team training is \$40 for members and \$50 for non-members. The training team is limited to 20 athletes.

Registration for both programs will open on June 3, and limited spots are available! You may register your child through the Health & Fitness Center mobile app or at the front desk.



## Guest Guideline Reminders

With summer approaching, we would like 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 11** are only allowed to use the pool during family recreation/swim time unless they are participating in a staff-led program. Please see the pool schedule for additional details.

For more information, visit with any Member Service Associate on your next visit to the HFC or call 501-450-9292, ext. 300.



## New Bumper Plates

We're thrilled to announce the arrival of new bumper plates! To ensure everyone enjoys these additions safely, here is a quick guide on where and how to use them:

**Designated Areas:** Bumper plates should be utilized for lifts and exercises performed on the turf and lifting platform, preferably for any lifts not done on a rack or plate-loaded machine. Our black urethane plates should only be used on racks and plate-loaded equipment.

**Respect Equipment:** We ask that all members and guests treat all our plates and facility carefully and respectfully. To ensure safety, lower weights and plates gently rather than dropping them, as this can lead to injury and damage to both the plates and the floor.

**Proper Technique:** Always maintain proper lifting technique regardless of the lifting you perform. This will maximize your gains and minimize the risk of injury.

**Mindful Placement:** When loading and unloading bumper plates onto barbells, ensure proper alignment and balance to prevent accidents. Always place them securely on the bar, using a bar collar for added stability. After lifting, please return your plates to their designated storage area.



## Namaste at the Rogue Roundabout

Namaste at the Rouge Roundabout series III will be in August! Join us on Saturday, August 17, September 21, and October 12 at 9:30 am.

Registration will open in July!



## Script to Fit

Exercise and behavior modification are crucial in managing chronic health conditions. Physicians can refer patients to our Script to Fit program, where they can learn to exercise and receive educational programming to help them manage their chronic health conditions.

There are four track options to enroll in: an arthritis track, a cardiovascular track, a diabetic track, and a reconditioning track. Anyone managing a chronic medical condition or transitioning from a rehabilitation program would benefit from Script to Fit!

Our degreed and certified medical fitness team will work with you and your physician to create a program to help you achieve a healthier lifestyle.

For more information or to get started with Script to Fit, please contact Mallory Lefler at 501-450-9292 ext. 309 or email [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org).