

# InMotion HFC

## Kids Run Arkansas®

The 16th annual Kids Run Arkansas® will be held Friday, April 19, at 6:00 pm. Registration will open on Monday, March 4. Kids Run Arkansas® is presented by Conway Regional Health & Fitness Center and sponsored by Groovy Smiles Pediatric Dentistry.

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

To sign up, download a registration form on our website or visit <https://runsignup.com/Race/AR/Conway/KidsRunArkansas> (processing fees apply with online registration). The deadline to register and guarantee an official event t-shirt is Sunday, March 31.

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



## Corporate Games

The Conway Regional Health & Fitness Center Corporate Games will return on May 10 from 8:00 am to 1:00 pm. Registration will open on Monday, March 11. To secure a spot for your team, payment and registration must be received by Wednesday, April 24.

Questions can be sent to Erika Setzler at 501-450-9292, ext. 305.

## MARCH 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.



### Sunday Pop-Up Classes

Mind-Body Yoga with Lori Isom on Sunday, March 3 and 10 at 2:00 pm.

High Fitness with Dena Meriweather on Sunday, March 17 at 2:00 pm.

## Family Swim

Now through March 26, families can enjoy the pool on Wednesdays and Fridays from 3:00 – 6:00 pm and Saturdays and Sundays from 2:00 – 5:00 pm.

Effective March 27, family recreation/swim will change to 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 swim.



## Swim Lessons and Dolphins

**Group Swim Lessons Level 1:** Ages 4 – 11. Water safety, basic strokes, floating, and submerging.

**Group Swim Lessons Level 2:** Ages 4–11. Focus on independence, buoyancy, breathing, and motion.

- Mondays & Wednesdays
- 5:00 - 5:45 pm or 6:00 - 6:45 pm
- March 25 - April 17, April 29 - May 22, June 3 - 26, and July 8 - 31
- Cost: \$80 for members, \$100 for non-members.

### Dolphins Swim Program:

For ages 5 - 18. Stroke development, endurance, and skill building.

Registration for Dolphins requires prior Crocs participation or a swim test.

- Tuesdays & Thursdays
- March 26 - April 8 and April 23 - May 16
- 6:30 – 7:30 pm
- Cost: \$45 for members, \$65 for non-members.

### Tadpoles & Guppies:

For ages six months to 4 years with parents.

- Tadpoles: Ages 6 - 18 months, Saturdays, 9:30 – 10:15 am
- Guppies: 18 months up to four years, Saturdays, 10:15 – 11:00 am
- March 30 - April 20, May 4 - 25, June 8 - 29, and July 13 - August 3
- Cost: \$60 for members, \$80 for non-members.

Dolphins registration is not allowed via the app due to a swim test requirement. Registration is available via the front desk, or members can utilize the HFC mobile app for group swim lessons and tadpoles & guppies.



## 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 to 6:00 pm and April 14 from 10:00 am to 6:00 pm.

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



## Youth Sports Spring Break Camp

Youth Sports Performance Training Spring Break Camp is designed to improve strength, conditioning, and athletic abilities led by Erika Setzler, Human Performance Program Manager.

These three one-day camps will each focus on a different specialty—\$ 20 per session for members and \$25 per session for non-members.

**Monday, March 18:** Strength session is designed to improve overall conditioning, power, flexibility, and injury prevention.

**Tuesday, March 19:** Speed session is designed to improve acceleration, deceleration, range of motion, and endurance.

**Wednesday, March 20:** Balance session is designed to improve balance, coordination, reaction time, and cognitive performance.

The 8-11 age group will train from 1:00-2:00 pm, and the 12-15 age group will train from 2:30-3:30 pm.

Registration is available via the front desk, or members can utilize the Health & Fitness Center mobile app. A limited number of participants will be accepted into segmented age groups for better-individualized instruction.

Contact Erika Setzler at 501-450-9292, ext. 305, for more information.

## Play Center Easter Festivities

The play center will offer a special lineup of Easter festivities on Sunday, March 24, from 2:00 to 3:30 pm. All members ages six weeks to 10 years are invited!

Parents/guardians will check their child into the play center as usual. The play center staff will take children through an Easter egg hunt, assist with fun crafts, and more! For additional information, contact Michaela Haney, Play Center Supervisor, at 501-450-9292, ext. 316.

## Youth Fitness Camp

Registration is now available 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!

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 be exposed to various activities, sports, and nutritional and health education to challenge and excite them.

YFC will meet 8:30–11:00 am each day during 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.

## Member FAQ

### Answers to your questions

#### ***Why is it necessary to shower before using the pool and whirlpool?***

Showering before entering our pools is essential to eliminate sweat, body oils, cosmetics, and any residual waste on the body. This practice reduces the “yuck” factor for everyone who shares the pool and contributes to maintaining cleaner pool walls and surfaces. Additionally, it facilitates easier maintenance of optimal water chemistry, ensuring a safer and more enjoyable environment for everyone.

#### ***Why can't I drop weights?***

Dropping weights, dumbbells, and other equipment can pose risks, such as damaging our flooring and equipment and potentially causing injuries to users and other members nearby if not controlled. The loud and disruptive nature of dropping weights can detract from the enjoyable and non-intimidating atmosphere we strive to maintain. If you need to drop weights frequently, it could indicate you're lifting too much weight.

#### ***Does the HFC have a dietitian?***

Conway Regional has a comprehensive team of registered dietitians in our Wellness Department, located at the main hospital. This team delivers a wide array of services, including diabetes education, prevention, and management, as well as medical nutrition therapy tailored to address various health concerns such as weight management, kidney disease, hypertension, and other chronic conditions. For more information, call 501-932-3236 or email [lifestylecoach@conwayregional.org](mailto:lifestylecoach@conwayregional.org).

## Namaste at the Rogue

Conway Regional Health & Fitness Center is teaming up with The Rogue Roundabout to offer more opportunities to participate in Namaste: A Beer Yoga Series!

Saturday, March 9 | 9:30 am | Pint & Practice

Saturday, March 30 | 9:30 am | Featured Flight & Flow

Registration is available via Eventbrite:  
<https://crhs.healthcare/3NTGqUS>.

\*Must be 21 + to register and attend.  
Non-alcoholic options are available.



**MORE THAN 45  
GROUP CLASSES  
OFFERED WEEKLY**