

# InMotion

## Kids Run Arkansas®

The 16th year of Kids Run Arkansas® was a success! Participants could complete a 1-mile or 3-mile run or walk along Tucker Creek Trail. Kids Run Arkansas® is presented by Conway Regional Health & Fitness Center, and the title sponsor is Groovy Smiles Pediatric Dentistry.

Schools with the highest participation percentage are awarded scholarships for their physical education programs, and this year, with the help of our sponsors, we awarded \$10,000 to our top schools.

- St. Joesph | 1st | \$3,500
- Jim Stone | 2nd | \$2,750
- Woodrow Cummins | 3rd | \$2,250
- Conway Christian | 4th | \$1,000
- Julia Lee Moore | 5th | \$500

Thank you to all our sponsors for making this event a success for surrounding schools!



## Summer Passes Available

Summer passes will be available beginning May 1. Individuals, couples, and families can join Conway Regional Health & Fitness Center for three months with no enrollment fee!

These summer passes are only available for purchase from May 1 until June 10. For more information, visit the front desk today or call 501-450-9292, ext. 300. *\*Some restrictions apply. Summer passes are non-refundable.*

## MAY 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.**

### Memorial Day Closure

We will be closed on Monday, May 27 in observance of Memorial Day.

### Sunday Pop Up Classes

Ride and Relax with Lori at 1:15 pm on May 5 for a 45-minute Indoor Cycle class followed by Mind-Body Yoga at 2:15 pm!

High Fitness on May 19 at 2:00 pm with Dena!

## 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.

## Conway Crocs

Enrollment for the 2024 Conway Crocs season continues through May 13! The swim team is open to participants ages 5 – 18.

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

## Swim Lessons and Dolphin

Registration is open for our summer sessions of Tadpoles & Guppies, group swim, and Dolphins! 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 at 9:30 – 10:15 am

Guppies | 18 months up to four years | Saturdays at 10:15 – 11:00 am

May 4 - 25 | June 8 - 29 | July 13 - August 3

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



## 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 [conwayregionalhfc.org](http://conwayregionalhfc.org) or contact Kyle Shunkey at 501-450-9292, ext. 308.

## 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. All camps offer speed development on Tuesdays, strength on Wednesdays, and agility on Thursdays.

### June 25 - 27 and August 6-8

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

### July 16 - 18

Ages 7 – 11 will meet from 1:00 – 2:30 pm, and ages 12 and up from 3:00 – 4:30 pm.

The cost for Level Up will be \$50 for members and \$65 for non-members. For more information, please call Erika Setzler at 501-450-9292, ext. 305.



### Corporate Games

Corporate Games will be held Friday, May 10, 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.

All group exercise and aquatic classes will be canceled between 8:30 am and 12:45 pm.

We appreciate your patience during this event.

### Script to Fit

Script to Fit is a program where participants can learn exercise and education to help manage chronic health conditions or after a rehabilitation program with a physician referral!

Choose from arthritis, cardiovascular, diabetic, or reconditioning tracks. Our expert team tailors programs in sync with your physician's guidance.

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).

## Member FAQ

### Answers to your questions

#### Why can't I swim when there is lightning?

The HFC understands that it may seem inconvenient to vacate the pool during lightning storms. However, our decision aligns with the safety guidelines provided by the National Lightning Safety Institute. Swimming pools are connected to a more extensive network through underground pipes, gas lines, and electrical wiring. Lightning strikes nearby can induce shocks elsewhere within this metallic network. Therefore, it's recommended to clear the pool area for a specific period after thunder is heard. While we acknowledge the inconvenience, our priority is to ensure the safety of our members.

#### Why don't you offer a pool only membership?

Our fitness center is medically integrated, and we take pride in the wide array of amenities and services we offer. We offer members an expansive fitness floor, diverse equipment, group exercise, sauna, steam room, and indoor pool. While some members utilize all these offerings, others prefer to focus on specific amenities. However, once members check in to our facility, they enjoy unrestricted access to all areas, making it challenging to offer limited memberships for particular services. We believe in promoting an all-inclusive health and fitness experience by encouraging members to explore and benefit from our comprehensive amenities.

## New Policies

We're excited to witness the growing engagement within the HFC! As we grow and evolve, it's essential to keep members informed about the changes we've made to enhance your safety and comfort and ensure a pleasant experience for everyone.

**Footwear:** Clean shoes with non-marking soles are required in designated fitness areas. Heels, open-toed, or backless shoes are no longer allowed for your safety.

**Sauna Suits:** To prioritize member safety, plastic, rubber, or similar suits that accelerate fluid loss are no longer allowed.

**Phones and beverages in pool:** For member safety, mobile phones and beverages may not be brought into the pool.

Please refer to our member handbook for comprehensive information on our policies and membership terms.



## Group Exercise Update

We are excited to welcome Valerie Griffin, our newest group exercise instructor at the HFC!

Her classes for May will be:

- Pure Strength on Mondays at 5:30 pm. Challenge your entire body in this 50-minute effective, safe and comprehensive strength workout.
- Express 30-minute classes on Wednesdays.
  - 5:30 pm HIIT
  - 6:05 pm Pure Strength Express
  - 6:45 pm Pilates

#### Additional changes to the schedule include:

- Step is moving to Mondays at 9:05 am with Krystal Hampton.
- High Fitness with Dena Meriweather will now start at 5:30 pm on Tuesdays for a 50-minute format.
- 30-minute Yoga with Dena on Tuesdays at 6:30 pm
- Fine Tuning with Audrey Taylor is moving to Wednesdays at 9:05 am.
- Power Push with Audrey Taylor at 4:30 pm will now include a 15-minute stretch at the end for a 45-minute format.
- Zumba® with Dena will now start at 5:30 pm on Thursdays for a 50-minute format.