

# InMotion HFC

## **Kids Run Arkansas®** *Registration Open!*

Help us celebrate 17 years of Kids Run Arkansas® on Friday, April 25, at 6:00 pm! Proudly presented by Conway Regional Health & Fitness Center and sponsored by Groovy Smiles Pediatric Dentistry.



This fun and inclusive event is open to children of all ages and their parents. There will be no chip timing, as the goal of Kids Run Arkansas® is to encourage fun, fitness, and family participation. This year, the event will include the 3-mile run/walk and debut Reggie's Rush! Reggie's Rush is a ½-mile race that offers a fun, safe way to engage younger children in physical activity. The route will be a short, out-and-back run on Tucker Creek Trail.

In addition to promoting health and fitness, we recognize the schools with the highest percentage of participation each year, awarding scholarships for their physical education programs. Over the past 16 years, we've awarded nearly \$80,000 in scholarships.

Registration is available on our website. For more details, please contact Mallory Lefler at 501-450-9292, ext. 309, or by emailing [mlefler@conwayregional.org](mailto:mlefler@conwayregional.org).

## **Parents Night Out – May 16**

Take a well-deserved night out while our Play Center team keeps your little ones safe and entertained!

This event is open to members only; children must be ages 2 to 12. The cost is \$20 per child, and the evening runs from 6:30 to 9:00 pm. Snacks will be provided, but please make sure your child eats before arriving. To ensure quality care, children cannot be checked into the Play Center during the afternoon shift on the same day.

Reservations are required and can be made on our website, app, or at the front desk.

**APRIL 2025**

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### **Weekend Hours of Operation**

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



### **HFC Closure**

The HFC will be closed on  
Sunday, April 20, in  
observance of Easter!

## Conway Crocs Swim Team

Enrollment for the 2025 season for Conway Crocs opens on Tuesday, April 14! Open to ages 5-18, Conway Crocs offers a fun, competitive, and active summer experience that builds swimming skills under the leadership of Coach Chris Brynell. Practice will be held Monday through Friday in the evening.

### Enrollment Fees:

- Members: \$140 Premium or \$90 Standard
- Non-members: \$185 Premium or \$135 Standard
- All registration includes a swim cap if completed before the deadline.
- Premium enrollment is required for all new swimmers.
- Families receive a \$10 discount for each additional child

Deadline to register is May 12 to avoid a \$25 late fee.



New swimmers must pass a swim test before registering. Tests will be held at 6:00 pm on April 14, 30, and May 8. Schedule a test by emailing Chris at [christopherbrynell@gmail.com](mailto:christopherbrynell@gmail.com).

A parent Meeting will be held in the HFC classroom on Monday, May 12 at 6:00 pm.

## Family Swim Hours

Starting March 31, members can enjoy the pool during these family-friendly hours:

- Wednesdays: 2:00 – 5:00 pm
- Fridays: 2:00 – 6:00 pm
- Saturdays & Sundays: 2:00 – 5:00 pm

Family Recreation/Swim is designed 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.

### Important Pool Guidelines:

Children under 11 must be supervised at all times in the pool area, and children under six must be accompanied by an adult.

Members are welcome to exercise during these hours, but please remember children under 11 can lap swim only during family recreation/swim.

## Swim Lessons

The HFC offers swim classes for children as young as six months old!

Whether your child is learning to float or ready to perfect their strokes, we have a swim class for every age and skill level.

We offer:

- Safe & supportive environment
- Fun, engaging lessons for all ages
- Skilled, certified instructors who make learning enjoyable

Sign up today to reserve your child's spot on our website or in person at the front desk.

We also offer private swim lessons for people of all ages. For more information, contact Kyle Shunkey, Aquatics Coordinator, at 501-450-9292, ext. 308.

## Youth Fitness Camp – Registration Now Open!

Our Youth Fitness Camp for kids ages 6 – 10 is back, and due to high demand, we're offering three sessions this summer: June 9 – 12, July 7 – 10, and August 4 – 7.

Each camp day will be packed with exciting activities that help kids build coordination, balance, and endurance and—most importantly—show them how fun fitness can be! From sports to health education, they'll challenge themselves and make memories.

The camp will be from 8:30 to 11:00 am daily during each session. Children can be dropped off for the duration of the camp.

The cost is \$90 for members and \$110 for non-members.

Spaces are limited, and the August session is already full! Secure your child's spot today by signing up on our website or in person at the HFC.



### Play Center Easter Activities

The Play Center will host a special lineup of Easter activities, featuring an egg hunt, on Thursday, April 17, at 9:30 am and 5:30 pm. All members ages 6 weeks to 10 years are invited!

## Welcome, Rachel Sidney!

We are excited to welcome Rachel Sidney to the HFC group exercise team! With years of experience in group exercise, Rachel holds several certifications, including ACE Group Fitness, NASM Behavior Change Specialist, 200-hour Vinyasa Yoga, Schwinn Power Cycle, Zumba, and more.

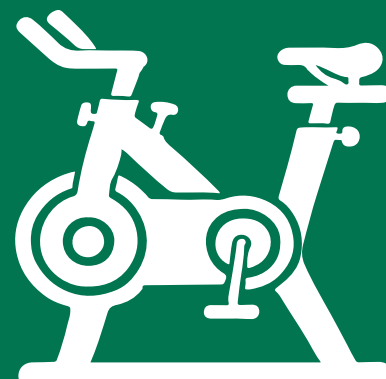
In April, Rachel will teach the following classes:

- Cycle on Mondays at 5:30 pm
- Power Push + Stretch on Wednesdays at 4:30 pm

Rachel will teach the following pop-up classes in April

- Zumba on April 13 at 2:00 pm
- Cycle on Saturday, April 19 at 8:35 am

Find the April Group Exercise schedule on our website and app.





## Rock Steady Boxing: Parkinson's' Awareness Month

At Conway Regional Health & Fitness Center, we're proud to offer Rock Steady Boxing (RSB), a life-changing program designed to support individuals with Parkinson's and Parkinsonism disease. Through a non-contact boxing-based fitness curriculum, RSB helps improve mobility, strength, and overall quality of life.

April is Parkinson's Awareness Month, and we want to raise awareness of this disease and provide resources for those affected. Thanks to the Conway Regional Health Foundation, we're now offering scholarships to qualifying participants, making it easier for individuals to participate in this transformative program.

These scholarships are available for those facing financial barriers to participation, but funding is limited, and availability may vary. To apply for a scholarship, please visit our website.

No prior boxing experience is required, and individuals of all ages are welcome. To learn more about Rock Steady Boxing or the scholarship program, please contact Mallory Lefler at 501-450-9292, ext. 309.



## Corporate Games Registration Opens April 2!

Join us on May 16 from 8:00 am to 1:00 pm for a fun and friendly competition at Corporate Games, where local businesses can engage in head-to-head matchups across various games and physical activities. Registration opens on Wednesday, April 2. To guarantee your team's spot and secure official event t-shirts, complete payment and registration by Tuesday, April 29.

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

For any questions, please contact Erika Setzler at 501-450-9292, ext. 305, or visit our website.

