

Conway Recreation Center Newsletter

July 2012—National Parks & Recreation Month



Since 1985, America has celebrated July as the nation's official Parks and Recreation Month. This July we are encouraging you and your family to **GET WILD** about parks and recreation! Everything from wild workouts and wellness to getting wet and wild at the pool or even wild with nature – you just can't help but have fun this July, all while expressing the many valuable benefits of parks and recreation!



Take advantage of all that our Park system has to offer. Spend some time at one of our many parks including: Collins Park, Conway Recreation Complex, Smith Jones Park, Sherwood Forest Park, and Riverfront Park. Stroll along the award winning River Walk. Visit the Conway Marina Store. Enjoy hand dipped ice cream and rent a canoe or kayak for the afternoon. Enjoy a family picnic. Play volleyball at Sherwood Forest Park. Participate in a game of tennis at the Riverfront Tennis Center, Collins Park or Smith-Jones Park. Visit one of our many playgrounds. Take a fitness class at the Conway Recreation Center. Enjoy a swim at the Smith-Jones Swimming Pool. In addition to the parks, take advantage of our camps. The Just Have Fun Summer Day Camp and weekly Sports Camps are offered throughout the summer. Our Movies in the Park series offers the following films in July; **JAWS** (July 13) and **THE MUPPETS** (July 27). Movies are shown at Riverfront Park. The show starts at dusk (8:45pm). *The picture in the top left corner is Mayor Lawson with Parks & Recreation Director Foster Hughes holding a proclamation designating July as **Parks & Recreation Month**.*

Conway Recreation Center receives award

The City of Conway recently received the MASC (Municipal Association of South Carolina) Achievement Award 10,001—20,000 population for the Conway Recreation Center. Over 33 municipalities were in the running for the Achievement Awards. Since opening in September of 2011, the Conway Recreation Center has been highly successful in attracting members to the facility to participate in Aquatic and Fitness classes, work out in the weight room, use the cardio equipment, walk on the 1/10 mile track, play a variety of games and activities in the gym and take advantage of swimming in the pool.



Photo to the Right

Top Row (L to R) Tom Anderson (*City Council*), Bill Graham (*City Administrator*), William Goldfinch (*City Council*) Barbara Blain-Olds (*City Council*). Bottom Row L to R) Larry White (*Mayor Pro-Tem*), Alys C. Lawson (*Mayor*) and Foster Hughes (*Parks & Recreation Director*).

NEW Class—Fit Kids

Fit kids is a new class at the Conway Recreation Center that will engage children in regular exercise disguised as FUN! This class will introduce children to Circuit Training, Speed/Agility and Games/Relays. Class will include a warm up, stretch, 40 minutes of fun exercise and end with a cool down and stretching. Fit Kids is a great way to increase children's strength and endurance as well as build confidence and team work all of which is needed to excel in the upcoming Fall Sports. Fit kids will include the following activities: tug-o-war, agility and speed drills, low weight dumbbell exercises, relay races and many more. This class is a great way for your child to put down the video games, socialize with other kids and enjoy the fun activities.

Fitness Highlight—5 Benefits of Adding Plyometrics to your Fitness Routine

Plyometrics are a way of utilizing fast, powerful movements to develop lower body strength and power through improving the way the nervous system works. Although commonly used by athletes to improve performance in sports, they can also be a very important addition to any regular fitness regimen. The addition of plyometrics can be a great way to “shock” the body and boost up your regular fitness regimen to prevent plateau.

1. Increase muscle power

Regular plyometric work can produce results fairly fast by improving muscle explosiveness and their ability to contract and produce force more quickly.

2. Increase lower body strength and endurance

Plyometrics significantly work all the muscles of the legs leading to the development of lean muscle mass, resulting in a stronger base of support. Muscle endurance and stamina is also improved allowing the legs to work and perform at a higher intensity for a longer period of time. Plyometrics can also be performed with the upper body, producing similar results in upper body strength and endurance.

3. Burn more calories

Not only will you burn more calories during a plyometric workout, due to the increase in lean muscle mass that results, resting metabolic rate will also be increased. This means your body will burn more calories throughout the day at a resting state and even more calories during workouts.

4. No Equipment is needed

All you need is your body weight, an open space, and things you can find lying around the house or at a local park to perform a plyometric program.

5. Can be easily altered to suit any fitness level

You don't have to be an athlete training for a competitive sport to take part in a plyometric routine. Anything from skipping to 2 foot jumps on and off a bench can be classified as a plyometric exercise. It is easy to increase intensity by increasing the distance or height of each jump or the number of reps performed in each set.

Safety Precautions: *Performing plyometric training the wrong way can result in injuries, so be sure to use proper progression and techniques. If you are unsure about how to add plyometrics into your fitness regimen, consult a personal trainer for guidance. Ensure a proper warm-up including cardiovascular activity and dynamic flexibility is performed prior to taking part in a plyometric program to reduce injury potential.*

Eat This...Not That

Restaurant pork chops are usually Flinstonian in size and skirted with enough fat to keep a bear warm in the winter. The result (as witnessed here with the Romano's chop): 196 percent of your day's saturated fat, plus more sodium than you'd find in 36 cups of salted popcorn. Our dish takes its cue from classic pork chops and applesauce, using grilled fruit and blue cheese to punch up the flavor without skyrocketing the calorie count.

You'll Need:

4 thick-cut (1"), bone-in pork chops (8 oz each)
Olive oil
Salt and black pepper to taste
2 firm peaches or nectarines, halved and pitted
2 Tbsp pine nuts, toasted
1 small red onion, thinly sliced
1/2 cup crumbled blue cheese
1 Tbsp balsamic vinegar

How to Make It:

*Heat a grill to hot. Brush the pork with olive oil and season with salt and pepper. Grill for 4 to 5 minutes on each side. The outside should be charred (not burned), but the meat should be light pink in the middle.

*While the chops cook, brush the peach halves with oil and add them to the grill, cut side down. Grill for 5 minutes or until soft. Remove, slice, and toss with the pine nuts, onion, blue cheese, and vinegar; season with salt and pepper. Top each chop with half of the peach mixture and serve.

Source: <http://cookthis.menshealth.com/recipes/cook-grilled-pork-peaches>

Fitness Class Spotlight—Body Boot Camp

Body Boot camp is an *intense* total body workout that will challenge you with cardio, resistance and interval training. This class will make you sweat and test your cardiovascular endurance. If you want to change your routine with a challenging workout then this is the class to start with!!! Come prepare to work as hard as you can.

Class Days and Times

Tuesdays & Thursdays—6:00am-7:00am

July 28—8:00am-9:00am



Aquatics Highlight

This section is going to be a monthly series highlighting 10 different aspects of swimming. This month:

#9 Increased Muscle Tone and Strength

Ever see a flabby dolphin or a weak-looking competitive swimmer? We didn't think so. That's because swimming is a great way to increase muscular strength and muscle tone -- especially compared to several other aerobic exercises.

Take running, for example. When a jogger takes few laps around the track, that jogger is only moving his or her body through air. A swimmer, on the other hand, is propelling himself through water -- a substance about twelve times as dense as air. That means that every kick and every arm stroke becomes a resistance exercise -- and it's well known that resistance exercises are the best way to build muscle tone and strength. There's yet another bonus of a watery workout: Swimming has also been shown to improve bone strength -- especially in post-menopausal women.



Next Month:
#8 Improve Flexibility

Aquatics Class Spotlight—Waterworks

A 45 minute class that focuses on the fundamentals of aqua aerobics. This class gives your body a great workout with low impact. No swimming skills are needed. Be prepared to work HARD!!!

Class Days and Times

Mondays & Wednesdays—6:30pm-7:15pm

Fridays—5:30pm-6:15pm



Activities & Rentals at the CRC

Pick-up Basketball

Pick-up basketball is a great time to run up and down the court with your fellow members and friends. Pick-up is on Tuesdays and Thursdays starting at 7:30pm and ending at 9:20pm.

Swim Lessons

Summer Swim Lessons are currently underway. Session dates are July 10-19 and July 31-August 9. Please see front desk staff for times and fees.

Pickleball

Pickleball is an unique activity that combines 3-in-1; tennis, table tennis and racquet ball. Pickleball is played Tuesdays, Thursdays and Fridays from 9:00am-12:00pm on Collins Court #2.

Pool Parties

What is better than having a pool party at the Conway Recreation Center's Pool. You will have a room that is away from the pool and public so you and guest can enjoy birthday cake and other food and drinks. For more information about the pool parties and fees please see the front desk staff or call us at 488-1950.

Room Rentals

The CRC has meeting rooms available for rent for that special get together, birthday party, meeting, etc. For more information please call 488-1950 or visit the front desk.



Kids Exercise—Kid's Calisthenics and Play

This class will supply kids with exercise and motion through high energy fitness games, relays, and other physical activities. Ages 4+ can enjoy this class! This class is offered on Mondays and Wednesdays at 6:30pm-7:30pm.



Upcoming Events, Activities & Registrations

Movies in the Park is a family friendly night for all to come out to the Riverfront Park and enjoy a movie. Movies will start at dusk 8:45pm.

Movies in the Park Schedule:

Friday, July 13: *JAWS*

Friday, July 27: *The Muppets*

Friday, August 10: *Mission Impossible-Ghost Protocol*

Friday, August 24: *Ferris Bueller's Day Off*

Admission for the movies are free; concessions are available for a nominal fee. For more information about the Movies in the Park please visit www.ConwayParksandRecreation.com.

Fall Youth Sports Registration—\$26: City Residents & \$51 Non-Residents. Deadline to register is August 24. Fall Sports include the following; Tackle and Flag Football, Cheerleading and Soccer. Register online at www.ConwayParksandRecreation.com or at the Conway Recreation Center.

July is Parks and Recreation Month

Conway Fall Festival—Saturday, October 6

Time: 10:00am-6:00pm.

Music/Entertainment: Party Favor, Carolina Breakers & Fantastic Shakers

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