

Kids Schedule at The NMB AFC the Week of April 2nd-April 6th

Horry County Schools will be on Spring Break the Week of April 2nd-April 6th. We will have an all day Kids Program in the facility.

Kids will be in the gym each day 9:15 am- 10:15 am and 11 am- 11:30 am.

Kids will be in the pool each day 12:30 pm- 2:30 pm

We also have several kids that will use the facility with their families, while they are on break as well.

Variety is the Spice of Strength

When it comes to strength training, it's harder to build muscle if you don't add variety. Strength-training resistance exercises use a stimulus, such as a weight, to give your muscles something to work against. Over time, your muscles adapt to that stimulus. To continue to strengthen your muscles, you need to introduce stimuli that are progressively more challenging. For example, you need to use progressively heavier weights or resistance bands.

Adding variety to your strength training workouts is also

important. Try to incorporate different types of exercises and resistance into your routine. For example, use resistance machines at the gym, free or handheld weights, or resistance bands. You can also do pushups, pullups, situps, and other activities that require you to lift your own body weight.

The NMB AFC will be closed Easter Sunday

The Entire Facility will be CLOSED, Sunday, April 1st .

The Facility will be OPEN Normal Operating Hours every other day.

April 2018 Waterslide Hours

April 2 Monday 1:30p-2:00p

April 4 Wednesday 1:30p-2:00p

April 6 Friday 1:30p-2:00p

April 28 Saturday 1:30p-2:00p

For everyone's safety a swim test is required prior to enjoying the waterslide.

Spring Break Splash-Open to Ages 5-12 years old

[Click Here for Waiver](#)

March 30th, April 2nd- April 6th, 7:30 am – 5:30 pm

Fees: Members \$25/child per day; Non-members \$30/child per day

Members \$100/child per week; Non-members \$125/child per week

***The week fee is for April 2nd- April 6th. Does NOT include March 30th**

Registration: GOING ON NOW! **Registration Closes March 20th**

Registration will close earlier if max capacity is met. Register Early!

Pre-register at the NMB Aquatic & Fitness Center Customer Service Desk.

Contact: Heather Smith: 843-281-3744

Kids will enjoy their Spring Break with swimming, gym activities, arts and crafts, and much more. Everyone must provide their own lunch and snacks; bring a bathing suit, towel, and sneakers.

* Food items must not require refrigeration or the use of a microwave. Space is limited. Don't be left out!

[Click Here for Waiver](#)

SPRING-Into-SHAPE-4 Tips for Finding Fitness Motivation

1. Set Goals for Yourself

The simple act of goal setting, determining what work needs to be done and thinking about where you would like to be in your fitness plan, can be very motivating. One great way to do this is, instead of setting one large goal that will be hard to attain, set smaller goals you can achieve along the way.

2. Make it Part of Your Daily Life

If you make exercise a part of your daily routine, it will be much easier to stomach the workout. Incorporate easy workouts like light sunrise yoga, a quick morning jog or some squats when you get out of bed into your workday; this will make it easier to complete the task.

3. Reward Yourself

Rewarding yourself after exercise, not with food, but with experiences and little things that make you happy, is a great way to trick your mind into enjoying the workout. Over time, this habit becomes second nature and your mind begins to feel rewarded simply by performing the behavior.

4. Make It Fun

It is important to expose your body to a wide range of

activities and experiences to create well-rounded muscles, and avoid injury and over-use.

FREE to Members- Kid Fit Program for Ages 8-12 years old

We are very excited to announce our **Kid Fit Program!** These classes can be found on our regular group fitness schedule but are for children ages 8-12 years old. Parents may join their children but adults can't come to class without a child present.

When: Monday and Wednesday @ 4:30 pm in the Aerobics Room and Tuesdays and Thursdays at 4:30 pm in The Fitness Center

Who: AFC members ages 8-12 and their parents (parents are optional unless we think it would be best for the child and class that the parent attend)

Description: *Kids Fit classes are a mix of strength, endurance and flexibility using weights, balls, bands, yoga moves and our own body weight. Come prepared for anything! Learn proper form and technique in addition to why we perform these exercises and how they help our body and mind stay healthy. Bring a mat and water. Wear comfortable clothing and proper shoes for working out.*

**Summer Camps 2018- Open to
Ages 6-12 years old (will
accept 5 years old if
completed Kindergarten)**

Starting June 11th

Mondays – Fridays; 7:30 am- 5:30 pm

[For complete info. Click Here](#)

**Bloodmobile at the NMB AFC-
Tuesday, Feb. 27th, 9 am- 2
pm**

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After School Program 2017-2018

Mondays-Fridays, 2:30 pm-6:00 pm, Grades: Kindergarten– 6th grade

FEE: Member: \$50 per week **Non-Member:** \$60 per week

* 50% off for each additional sibling * 10% discount if you pay monthly in advance

***Daily Rates Available. \$18 per day per child. Must have set days. Other Discounts do not apply to the daily rates.**

Fees should be paid a week in advance. A late fee of \$10 per child per week will be charged when fees are not paid in advance.

Registration and payment is required prior to the start of each week your child will be enrolled. The kids will receive support with their homework, as well as snacks, and activities in the pool and gym. For more information call Heather Smith at 843-281-3744 or email at hzsmith@nmb.us

NMB Primary (Now Ocean Drive Elementary)– Bus #9 Middle– Bus # 3

[Click Here for Registration Form](#)