

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](#)

Bloodmobile at the NMB AFC- August 11th, 9 am- 2 pm

Wednesday, August 11th, 9 am- 2 pm

If you would like to donate, please call Ryan Windell at 843-281-3740.

August 2017 Waterslide Hours

Wednesdays & Fridays, 1:30-2:00 pm

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

Summer Camps 2017- Open to Ages 6-12 years old (will accept 5 years old if completed Kindergarten)

Days/Times: Monday – Friday; 7:30

am- 5:30 pm

Fee: Member: \$100/session, **Non-Member:** \$125/session; \$5 discount for each additional sibling

Registration: GOING ON NOW! Register at the NMB Aquatic & Fitness Center Customer Service Desk. Pre-registration is required. Registration can close earlier than the above listed dates if registration numbers meet maximum capacity. [Click here for registration form.](#)

Contact: Heather Smith, 281-3744 or email at hzsmith@nmb.us

These weeks will be fun filled with swimming, games in the gym, art and crafts, speakers, movies, and much more! Sneakers, swimsuits, and towels are required for participation in all camps. Bring your own snacks and lunch. Any food item must not require refrigeration or the use of a microwave.

Session Dates:

July 31 – Aug 4, Welcome to Hollywood, Registration Closes July 24th

Aug 7 –Aug 11, Game On, Registration Closes July 31st

Aug 14 –Aug 18, Summer Send Off, Registration Closes August 7th

New- FREE- 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 @ 4:30pm in the Aerobics Room and Tuesdays and Thursdays at 4 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.*

NMB AFC Closed Tuesday, July 4th

The NMB AFC will be closed for the July 4th Holiday. We hope everyone has a happy and safe holiday. The facility will have normal operating hours every other day.

Summer Camps Start June 5th-

Schedule of Kids in the Building

Summer Camps will start at the NMB AFC on June 5th and will continue thru August 18th.

The kids will be in the Gym, Monday-Fridays 9:15 am- 10:15 am and 11:00 am- 11:30 am. When the kids are in the gym and there are aerobics classes going on, the gym will be completely packed.

The kids will be in the Pool, Monday- Friday 12:30 pm- 2:30 pm. WaterSlide will be Open Wednesday and Fridays 1:30-2:00 pm

We apologize for any inconvenience summer camps may bring, but please remember a lot of the kids are also members too.

American Red Cross CPR/AED Certification 2017- June 16th, 6 - 9pm

Registration & Fees: Pre-Registration is required.

Course Fee: \$50.00* *This includes CPR/AED Manual.

Pre-requisites: It is recommended that participants be age 12 and over. Those under the age of 15 must be accompanied by an adult.

Requirements

- Attend entire session and participate in all course

activities.

- Demonstrate competency in all required skills.
- Successfully complete the Putting it all Together Assessment Scenarios.

For more information contact

Judy Childers

Aquatic Supervisor

American Red Cross LGI

843-281-3743

jachilders@nmb.us

Membership Special- June 8th- June 15th- 50% Off Enrollment Fee

50% off the Enrollment Fee when you sign up for an Annual Membership!

NO other discounts apply! Sign up Today at the Front Desk.

Summer Swim League 2017

Ages 5-18 years

Practice Begins June 12th and runs through July 26th

Practice Days: Monday, Tuesday, & Wednesday

Practice Times: 3-4 pm OR 4-5 om (Choose one)

AFC Member: \$175, Non-Member \$200, includes practices, ribbons & awards, meet fees, league t-shirt, swim bag, water bottle, and swim cap

Swim Meets Thursday nights, starting June 22nd.