

Goals to Get into the Gym

Getting off the couch and into the gym can be an intimidating process, especially when everyone seems to know a lot more than you do. To be successful in your fitness goals, it's important to start off on the right track. Far too many beginners get started on the wrong foot, develop bad habits, and then struggle to achieve their goals of building muscle and burning fat. I don't want you to struggle with more challenges than you already have to—many are avoidable! If you can make your first steps positive ones, you'll make excellent progress right away and avoid feeling lost at the start of your fitness journey. Going to the gym once is definitely a great start, but you won't see positive changes in your mind and body unless you make hitting the gym a habit. I know it might sound like an impossible task, especially if you feel you have a full day already, but working out 3-4 times each week for at least three weeks is absolutely essential to your budding success. Building lifelong habits takes time, but once you've built those habits into your daily schedule you'll notice that missing them is irritating. "Experts say it takes 21 days to create a habit," says Barbara Bolotte, BPI athlete. "This means it won't be until after 21 days of consistent work at the gym that it'll bother you to miss a workout." When skipping the gym is more of an annoyance than a relief, you know you're on the way to success. Give yourself time to make the habit stick. One week is not enough. Be consistent in your plan and you'll move forward very quickly toward your goals.

Dolphins Swim Team - 2018-2019-Begins Sept. 5th

The North Myrtle Beach Aquatic & Fitness Center Dolphins continues it's training throughout the year with weekly practices. The Dolphins swim team is open to both members and non-members.

Practices will be held Monday, Wednesday, and Friday between 4:00 pm and 6:00 pm depending on age and ability. Open to ages 5 thru 18.

Members: \$40/month, Nonmembers \$55/month * Sibling Discount Available

Registration Fee: \$20/person (includes team cap and shirt)

[Click Here for Registration Packet](#)

Preregister at the AFC Customer Service Desk. For more information, contact Judy Childers at 843-281-3743 or jachilders@nmb.us

After School Program 2018-2019

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](#)

NEW TIMES-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: Tuesdays and Thursdays at 4:00 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.*

Attention Daily and Guest Pass Visitors

To ensure the safety of all of our members and guests:
ALL Daily and Guest Pass Visitors will be required to provide a valid driver's license prior to the use of The North Myrtle Beach Aquatic and Fitness Center.

NMB AFC Closed Wednesday, 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.

Instructor-Denise Vitola- Chosen Women's Health Action Hero

A Women's Health Action Hero is a social change agent, working to improve the health and wellbeing of women, their families, and communities! World changers! Dee is part of a select group of influential women who lead and drive the mission to help people live well, spread health, wellness and empower others to live to their full potential.

Out of thousands of women, Women's Health Magazine, chose Denise, 2 years in a row, as one of only 25 women to be a Women's Health Action Hero.

Summer Swim League 2018

Ages 5-18 years

Practice Begins June 11th and runs through July 25th

Practice Days: Monday, Tuesday, & Wednesday

Practice Times: 4-5 pm OR 5-6 pm

AFC Member: \$130, Non-Member \$160, includes practices, ribbons & awards, meet fees, league t-shirt, swim bag, water bottle, and swim cap

Swim Meets Thursday nights, starting June 21st. Championship Meet will be July 28th

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

FAQ's:

*A camper may be dropped off at any time after 7:30 am, but they do not have to be dropped off right at 7:30 am.

*Everyone has to be picked up by 5:30 pm. There is a \$1/min late fee if a camper is picked up late.

*The Summer Camp Program will only leave the facility to visit the library on Wednesdays at 10:30 am for the following dates: June 13th, June 20th, June 27th, and July 11th. The library is a 5 minute walk from the NMB AFC. Otherwise there will not be field trips.

*The campers will swim between the times of 12:30-2:30 pm. Each camper must pass a swim test in order to go down the water slide. There are certified lifeguards on duty, as well as camp staff when the campers are in the pool.

*The themes of each week of camp primarily are for the decorations and crafts for each week of Summer Camp.

*At the bottom of each receipt, you will find we have a NO REFUND policy. This is a strict policy, so we can focus on the enjoyment of the campers. The administrative side can take too much time away from staff supervising campers.

[For complete info. Click Here](#)

Kayak Class- Wednesday, June 13th, 5:30 pm- 8:30 pm

KAYAK CLASSES OFFERED AT NORTH MYRTLE BEACH AQUATIC & FITNESS CENTER- Ages 12 years old and up

The North Myrtle Beach Aquatic & Fitness Center (AFC) is offering kayak classes for beginner to intermediate paddlers.

The kayak class will cover boat orientation, selecting the right boat, boater safety, paddling techniques, choosing the right accessories, and more. The class includes classroom and pool work.

The cost per session is \$35 for AFC members and \$45 for nonmembers. Space is limited and PREregistration is required.

For information call Judy Childers and (843) 281-3743 or email jachilders@nmb.us