

# 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.

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## 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.*

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## June 2017 Waterslide Hours

Wednesdays & Fridays, 1:30-2:00 pm, June 7th-June 30th

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

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## 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 [hsmith@nmb.us](mailto:hsmith@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 3, July 5-7\*, Party in the USA, Registration Closes June 26th, \*No Camp on July 4th

July 10-July 14, Yummy in My Tummy, Registration Closes July 3rd

July 17-July 21, All Around the World in 5 Days, Registration Closes July 10th

July 24 – July 28, Can You Top That?, Registration Closes July 17th

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

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## 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.

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## **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***

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## **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.

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## **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.

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## Adult Swim Lessons - Start June 12th

Monday & Wednesday Evenings  
June 12 – June 28, 6:30p-7:15p

Fees: AFC Members: \$30.00 per session (6 classes) Non-AFC  
Members: \$44.00 per session (6 classes)

A minimum of three swimmers is required to set the class.

For additional information contact:

Judy Childers (843)281-3743 or [jachilders@nmb.us](mailto:jachilders@nmb.us)

Or Customer Service (843)281-3737

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## Swimming Saves Lives - FREE Swim Lessons - June 5th – 8th, 2017

The Grand Strand Masters Swim Team and the North Myrtle Beach Aquatic & Fitness Center will offer free swimming lessons for non-swimming children (ages 5 and up) and adults. The free lessons are part of the U.S. Masters Swimming, Swimming Saves Lives Foundation and the USA Swimming Foundation's "Make A Splash" water safety initiative.

The program offers free swimming lessons intended for non-swimming children (**ages 5 and up**) and **non-swimming adults**, who might not otherwise be able to afford swimming lessons. .

Most non-swimming adults avoid entering the water because they are afraid of it. During these free lessons, participants will be introduced to basic swimming and water safety skills such as floating, treading water, and learning to feel safe and comfortable in the water.

Swimming Saves Lives classes meet 5:30-6:15 pm, 6:30-7:15 pm, or 7:30-8:15 pm. Participants choose only one time.

Pre-Registration is required at the North Myrtle Beach Aquatic & Fitness Center.

***For more information contact Diane Bartlett at (843)281-3738 or email [dcbartlett@nmb.us](mailto:dcbartlett@nmb.us)***