

# 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

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## **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.*

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## **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](#)

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## **Attention Daily and Guest Pass Visitors**

To ensure the safety of all of our members and guests:  
Starting Tuesday, May 1st-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.

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# **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](mailto:jachilders@nmb.us)

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## **Open normal operating hours for Monday, May 28th**

Open normal operating hours, with all regularly scheduled classes available, on Monday, May 28th.

We hope everyone has a Happy and Safe Holiday Weekend.

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# New Synergy 360T

Have you been looking for the perfect workout? Have you wanted more from your fitness program? If so, Synergy360T may be the solution for you. Combining several total-body, dynamic exercises, Synergy360T helps transform your basic fitness program into a full body strength and endurance experience. Synergy360T is one of the newest pieces of equipment at the AFC, you can download the LFConnect App FREE and receive 100's of NEW Exercises to improve your overall health/wellness and fitness, or just ask one of our knowledgeable Fitness Specialist for assistance. For those of you who are not interested in waiting, for those of you only interested in doing and in results, Synergy360T is a complete workout.

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## Youth Spring Swim Clinics 2018-Members and Non-Members

Do you want to improve your strokes but need additional help? These swim clinics are for you! All clinics are 60 minutes in length with emphasis on correct stroke technique, proper head positioning, breathing techniques, and turns. Those participating must be able to swim 50 yards in the stroke of the day. Choose one or both of them!

Fees: AFC Member \$12.00 per clinic Non-AFC Member \$15.00 per clinic \*Pre-registration for each clinic is required.

Clinic 1: Wednesday, May 23rd, 4:00p-5:00p Breaststroke & Open Turn

Clinic 2: Wednesday, May 30, 4:00p-5:00p Butterfly & IM Transitions

For more information contact: Judy Childers (843)281-3743 or jachilders@nmb.us

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# **Bloodmobile at the NMB AFC- Friday, May 18th, 9 am- 2 pm**

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# **SWIMMING SAVES LIVES- June 4th- June 7th- FREE Swim Lessons**

**Registration Begins- May 14th**

**Non-Swimming ADULTS & CHILDREN, Aged 5 and up**

Please Select ONLY ONE Time! *Classes Meet: 5:30pm-6:15pm; 6:30pm-7:15pm; 7:30pm-8:15pm*

**Pre-Registration is Required at the Aquatic & Fitness Center. Please do not register unless you are positive you will attend!**

The Grand Strand Masters Swim Team in conjunction with the North Myrtle Beach Aquatic & Fitness Center is proud to be part of the U.S. Masters Swimming, *Swimming Saves Lives* Foundation and the USA Swimming Foundation's *Make A Splash* water safety initiative. The purpose of this program is to focus on drowning prevention and the positive impact swimming

has on health conditions. Participants will be introduced to **basic swimming and water safety skills** such as floating, treading water, and being comfortable in the water.

**June 4<sup>th</sup> – 7<sup>th</sup>, 2018    Space is Limited!**

**Class Location:** NMB Aquatic & Fitness Center, 1100 2<sup>nd</sup> Avenue South, NMB, SC