

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 4th – 7th, 2018 Space is Limited!

Class Location: NMB Aquatic & Fitness Center, 1100 2nd Avenue South, NMB, SC

New Hammer Strength Equipment

Hammer Strength Fitness Equipment was created to mirror human movement and gives users the safest, most efficient and satisfying workout possible. For about three years, we researched body movement and muscle ability and made countless consultations with doctors, chiropractors, sports doctors and top athletes. To help in the production process, we programmed an elaborate Computer Aided Design (CAD) Solid Modeling software that uses a three-dimensional model. Geometric calculations on arc, weight, and balance result in biomechanically correct strength training products that are unique to Hammer Strength. After we finalized our extensive research, we launched Hammer Strength into full production in April 1989.

The patented Iso-Lateral movement lets muscles move through unique ranges of motion that are biomechanically natural. Since the body does not move in perpendicular planes, the arcs replicate the body's movements. Our Iso-Lateral machines are designed to build functional strength by combining unilateral movement with converging or diverging arcs, making the resistance for each limb independent. These machines also give exercisers the option to move one limb at a time, or alternate limbs, increasing exercise variety and ensuring more balanced results. The machines provide multi-joint, compound movements

while providing support and safety for the supporting structures, such as the torso and back.

Member Testimony-May 2018

Thank you Member Dana Lewis!

First of all I Love LaKeishea (Squat Queen). I've been taking her classes for one month now & can already tell that my body is changing & I'm so excited with the results. Her classes are fun & she's always changing things around so we don't get bored. She pushes you to do your best & is so encouraging. You can tell that she Loves her job & all of the people in her classes. She wants us to be healthy & the Best we can be. She is such a motivator & inspiration to me. I'm so glad that she came into my life to help me better myself. Blessings to you my Dear Friend...Keep Shining 🌞 *

Show Some Love

Find a workout you love—you'll be more likely to keep at it. When you find something you thoroughly enjoy, you're more likely to commit to it. You are naturally more motivated and enthusiastic to complete the workout. It's like how you're more likely to schedule a hair or nail appointment rather than a dentist appointment. Schedule a visit with one of our awesome Fitness Specialist, and start a new and exciting workout that you absolutely LOVE!

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](#)

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.

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](#)