

Swimming Saves Lives

Free Swim Lessons

Registration Beginning May 13th

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 3rd- June 6th 2019

Non Swimming Adults & Children Ages 5 and up

Please select on line one time, classes meet:

5:30pm-6:15pm; 6:30pm-7:15pm; 7:30pm-8:15pm

Pre-Registration Required at the Aquatic and Fitness Center

[Click here for Registration Form](#)

Calling All Heroes!

[Blood Drive](#)

We will be hosting a Blood Drive for the American Red Cross on Tuesday May 28th from 9:00 am – 2:00pm.

Be sure to make your appointment online at www.redcrossblood.org and use the Sponsor code: NMBAquatics.

All presenting donors will receive a \$5 e-gift card from Amazon and an American Red Cross t-shirt!

Parking Lot Closure April 26-28

Attention Members and Guest!

Our parking lots will be resealed and striped this coming weekend. Please note the parking lot closures beginning this Friday, April 26th.

Friday April 26th – Side parking lot closed.

Saturday April 27th – Front parking lot closed.

Sunday April 28th – Front parking lot closed.

We appreciate your patience during this time!

Closed Easter Sunday

The North Myrtle Beach Aquatic and Fitness Center will be closed on Sunday, April 21, 2019 for the Easter Holiday.

We will re-open regular business hours on Monday, April 22, 2019.

SPRING CLEAN YOUR FITNESS ROUTINE

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The spring season represents rebirth, renewal and growth. It's a time to welcome longer and brighter days and bid farewell to cabin fever. It's also the perfect time to rejuvenate a tired routine and integrate new activities into your workouts.

Although humans are creatures of habit and comfort, frequently changing your workout program is necessary to avoid and/or overcome a plateau, achieve performance gains and accomplish new levels of fitness. But how do you know when the time for change has come?

When to Change Your Fitness Routine

The body (and mind) experience boredom when a workout routine has worn out its welcome. If you experience any of the following signals, it's time to infuse new energy into your program.

- You no longer feel a sense of joy for the activity or routine.
- You stop seeing results or making progress.
- You find yourself watching the clock instead of your form.
- You don't feel energized after completing a workout.
- You feel unusually fatigued or you don't feel energized or inspired.

Knowing when to change a workout routine or revise a workout schedule requires reflection. Develop a sense of awareness

about how you feel before, during and after exercise. Hone your sense of self and honestly assess whether or not your current routine is doing its job. If not, revise, refresh and relaunch your program.

Visit an NMB-AFC Fitness Specialist for some fresh NEW ideas to rejuvenate your Fitness Routine!