

# Try some Scary New Exercises

With seasonal activities like hay rides, pumpkin picking and trick-or-treating, Halloween is easily one of the most fun times of the year. But it's also the beginning of a season when delectable desserts and other tempting treats become increasingly predominant.

Both are great reasons to step up your exercise game. You can enjoy a few extra treats while also making sure that you won't fall off the workout wagon by incorporating festive themes into your workouts.

## **Spider Plank Push-Ups**

Assume a prone (face down) plank position with hands shoulder-width apart and feet together. Drop down into a push-up while drawing the right knee toward the right elbow. Keep the body as flat as a plank and push yourself back up into the prone upright position. Repeat the movement on the left side. Remember to breathe out while pushing up (the concentric phase) and in during the muscle-lengthening (eccentric) phase.

## **Skeleton Jacks**

Begin with knees slightly bent and explode up into the air into a jumping jack. Extend limbs outward and be sure to land softly and recoil to gain strength for the next rep.

---

**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.

---

# **Dashing Through the Glow 5k/1 Mile- Presenting Sponsor NMB AFC- Nov. 16th-7 pm**

Be one of the first people to see the lights during this one mile walk/run and 5K through portions of the Great Christmas Light Show.

Each registration includes a t-shirt, medal, official bib, snacks and glow necklace. Registrations also include entry into a raffle for additional prizes.

Don't forget to wear your best Holiday themed outfit. Prizes will be given for BEST Dressed individual and BEST Dressed family/group.

Once you are finished with the race, all participants and their families are invited to continue the Holiday celebration in the Christmas Village. Visit with Santa, drink hot chocolate, ride on the magical Santa Express train, ice skate on the artificial ice rink or be one of the first to slide down the NEW 40' toboggan slide (additional charges apply for activities in the Santa's Village).

All participants and spectators must be in the Park by 6:45pm on the night of the race. Due to roads closing for the race, no entry will be allowed into the Park after 6:45pm.

Start time: 7:00 pm for 5K and 1 Mile.

Open to all ages. Location: NMB Park & Sports Complex

Packet Pickup: Thursday and Friday, November 15th & 16th from 8:30 am – 4:30 pm at NMB Park & Sports Complex. At the

starting line day of race, 5:00 pm – 6:15 pm.

Parking: Once you enter the park follow the RACE PARKING signs. You must be in the park by 6:45 pm. The roads into and out of the park will close at that time to allow the race to use the roads.

Start / Finish: The start, finish and entire race will be inside the Park & Sports Complex.

---

## **Kids Day Off from School- Nov. 6th, 7:30 am- 5:30 pm- MUST PRE-REGISTER**

Kid's in Grades Kindergarten thru 6th grade- can enjoy a day filled with activities at the NMB Aquatic & Fitness Center while school is closed for the day. Each individual is required to bring snacks, lunch, sneakers for the gym, and bathing suit and towel for the swimming pool. Any food item must not require refrigeration or the use of a microwave.

**Fees: Members:** \$25 per child per day **Non-Members:** \$30 per child per day

**If you are registered for the After School Program for either the Month of November 2018 or the week of Nov. 5, 2018, then it would be \$15 per child to attend this program.**

Pre-Registration is Required. Register at the NMB AFC Front Desk.

Registration Closes November 1st.

Any questions please call Heather Smith at 843-281-3744 or email [hzsmith@nmb.us](mailto:hzsmith@nmb.us)

**\* Minimum of 10 kids must be registered per day for the program to take place.**

---

# Spring Break Splash-Open to Ages 5-12 years old

[Click Here for Waiver](#)

**April 15th- April 19th, and April 22nd, 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 15th- April 19th. Does NOT include April 22nd**

**Registration: GOING ON NOW! Registration Closes April 8th**

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](#)

---

## Fall Fitness

Fall is finally here! You may be excited about Halloween and Pumpkin Spice Lattes, but have you thought about your fitness? Fall is a great time to start a fitness plan – you'll be setting up good habits before the winter months, so you can stay in shape all year round! Use Fall Fitness as a Springboard

Getting into shape now is a great idea if you want to keep fit over the winter period. Your body takes around a month to adapt to a new training regime, so starting now allows you to get used to training before the winter chill. This means you'll be more likely to stick with it through the colder (and more calorific!) months, so you can train straight through winter and into the warmer months.

Try not to get bored or stuck in a rut with your training routine. Mix it up with the types of exercise you do, joining

a class is a great way to keep things interesting. Try yoga, bootcamp, pilates, spin or our New Les Mills Virtual Classes!

---

## **Dolphins Swim Team- 2018-2019**

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](mailto:jachilders@nmb.us)

---

## **2018 Holiday Hours**

The NMB AFC will have the following changes to hours:

Close early at 3 pm on Monday, December 24th. Child Watch will only be open 8 am- 12 pm.

Closed on Tuesday, December 25th.

Close early at 5 pm on Monday, December 31st. Child Watch will only be open 8 am- 12 pm.

Closed on Tuesday, January 1st.

We hope everyone has a Very Happy and Safe Holiday Season!

---

## **Bloodmobile at the NMB AFC- Friday, Oct. 19th, 9 am- 2 pm**

Bloodmobile at the NMB AFC-Friday, Oct. 19th, 9 am- 2 pm

Final Date in 2018: December 24th, 9 am- 2 pm

### **In 2019:**

Tuesday Feb 26<sup>th</sup>

Wednesday May 22

Wednesday Aug. 14

Wednesday Oct. 16<sup>th</sup>

Wednesday Dec. 18<sup>th</sup>