

# **Instructor-Denise Vitola- Chosen Women's Health Action Hero**

A Women's Health Action Hero is a social change agent, working to improve the health and wellbeing of women, their families, and communities! World changers! Dee is part of a select group of influential women who lead and drive the mission to help people live well, spread health, wellness and empower others to live to their full potential.

Out of thousands of women, Women's Health Magazine, chose Denise, 2 years in a row, as one of only 25 women to be a Women's Health Action Hero.

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## **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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# **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 Synrgy 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, Synrgy360T helps transform your basic fitness program into a full body strength and endurance experience. Synrgy360T 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, Synrgy360T 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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# 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

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## **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.

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## 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 🌞 \*

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## 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!