

Conway County Community Center Fact Sheet

Official Name: Conway County Community Center

Short Name: C-4

Location: 1307 East Harding Street
Morrilton, AR 72110

Telephone: (501) 354-4122

Fax: (501) 354-6674

Operating Hours:

Monday- Thursday 5 a.m. - 10 p.m.

Friday 5 a.m. - 9 p.m.

Saturday 8 a.m. - 5 p.m.

Sunday 1 p.m. - 5 p.m.

Purpose: Conway County Community Center is a non-profit, service organization, which promotes and enhances total wellness in the lives of the people of Conway County.

Background: After a year of work to survey both the needs of the community and the desires of the citizens of Conway County, the *VISION 2020* strategic planning committee for Youth and Recreation identified the establishment of a strong community center program to be a top priority for the next five years.

Maximum Fitness, a for profit fitness center, was opened in October 1988 offering Morrilton fitness opportunities that had not been available before. Ten years later, there was an opportunity to purchase the assets and building. Conway County now had a place to house a new community center. Conway County Community Center operates as a nonprofit organization under section 501(c)(3) of the Internal Revenue Code.

Administration/Staff: C-4 is governed by a 15 member volunteer Board of Directors, each serving a 3-year term. The Executive Committee is made up of 5 Board members. A Youth Advisory Council helps to establish and run programs of interest to the youth of the community.

The full time staff includes the Executive Director, Jackie Ellis and an administrative assistant. Part time positions include front desk workers, aerobics instructors, aerobics coordinator, and volunteers.

Funding: C-4 operates with earnings from membership dues; the rental of rooms for martial arts and other community activities, as well as contributions. All donations are deductible for income tax purposes.

Equipment and Facilities

Aerobics/Dance Room: The aerobics/dance room is 35' x 55' and is the site for more than 20 aerobics classes, and beginning, intermediate and advanced martial arts classes.

Conference Room: The Conference room is 20' x 45' and is used for board meetings, blood drives, and other community activities. There is basic audiovisual equipment available for use and it can seat theater style and classroom style.

Weight Room: The free-weight room consists of 2 bench presses, incline/decline benches, Smith Machine for squats, leg press, weight plates, pulley machine, barbells, and dumbbells.

Polaris Exercise Room: The Polaris exercise room includes 5 bicycles, 2 Stairmasters, 5 treadmills, 2 ellipticals, and Polaris weight machines. A stereo and TV are available for users to enjoy during their workouts.

Pool: The 24' x 54' pool is kept at a temperature of 83°- 86° for year round comfort. It ranges from 3 to 5 feet in depth. Water aerobics, water arthritis, and swim lessons are offered. There is a hot tub kept at a temperature of 103° - 105°.

Gym: The gym area is 104' x 70' and is fully equipped with a basketball court, scoreboards, and a walking track. Many events such as a Upward Basketball and Cheerleading, lock-ins, badminton and other instructional courses are held here year round.

Bathrooms: Both the men's and women's restrooms have 4 showers, 2 toilets, lockers, and a sauna.

Racquetball Courts: There are two 20' x 40' racquetball courts that can also be used to play wallyball, ping pong, and other games.

Offices: There are three staff offices.

Membership

All full memberships include full use of all facilities except for limited memberships.

- The 12 month contracts are the most economical and include single, double, and family rates. The **12-Month Advance** contract has a \$10 joining fee and has a single rate of \$395, double rate of \$485, and family rate of \$575. The **12-Month Bank Draft** has a \$30 joining fee and a single rate of \$36 a month, double rate of \$43, and family rate of \$51.

- The **6-Month Advance** contract has a \$10 joining fee and a single rate of \$210, double rate of \$260, and a family rate of \$300. The **6-Month Bank Draft** has a \$30 joining fee and a single rate of \$38, a double rate of \$45, and a family rate of \$53.

- The **Three-Month Advance** contract has a \$10 joining fee and a single rate of \$120, a double rate of \$160, and a family rate of \$195.

- **Student Memberships** are available for \$30 per month to full-time college students. Class schedule is required.

- **Limited Memberships** have no joining fee and are monthly contracts. A member may choose from **Aerobics Only** for \$25, **Water Aerobics Only** for \$15, **SilverSplash Classes Only** for \$15, **Walking (on track) Only** for \$15, or **Swimming Only** for \$25.

- **Personal Trainers:** one hour sessions and five session packages available.

Helping Meet Community Needs

- Blood Drives
- Upward Pee Wee Basketball
- Upward Pee Wee Cheerleading
- Official's Clinic (basketball, soccer, football, and baseball)
- Youth Basketball and Soccer Camps
- Swim Lessons
- Aerobic Kickboxing
- Low and High Impact Aerobics
- Water Aerobics
- SilverSplash Classes
- Counseling Associates Walking Program
- Southern Christian Home "foster home" summer programs, reduced rates for "families"
- Operation "Safe Haven" reduced rate summer youth program
- Elderly yard clean-up and community activities by Youth Advisory Council
- YAC Reward Activities
- Free Walking for Seniors 55+
- Free Walking 5-8 a.m. Monday – Friday
- March Madness
- Center for Exceptional Children Water Therapy
- Cub Scout Events
- Health Fairs
- Recycling
- Community Service, Inc. Earn It Program Worksite