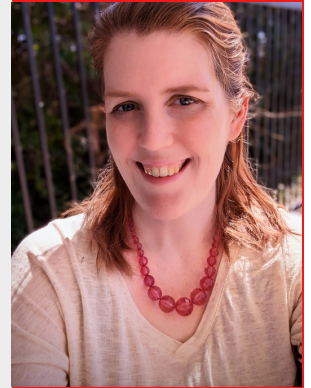


PlayRx Play Date

April 2024

Staff Spotlight

This month's staff spotlight is Carol O'Connor the newest member of our front office team. Carol is originally from Fort Worth Texas and has a background in General Studies from Tarrant County Community College and a Certified Medical Assisting Program completed at Fortis Institute. Beyond her professional pursuits, Carol finds joy in playing board games, kicking back with her children, and playing a game of kickball. Carol says, "I get a real kick out of that warm fuzzy feeling when I know I've made a difference in someone's life. Whether it's guiding families through obtaining therapy with PlayRx or diving headfirst into a community event and volunteering, it's all about spreading those good vibes!" Welcome to the team Carol we are so excited to have you!



Just Keep Swimming! Just Keep Swimming

With summer just around the corner, swim lessons not only offer an excellent way to exercise but also play a crucial role in ensuring water safety. Whether your child knows how to swim and is honing their strokes or learning to swim for the first time, there's no denying the importance of being confident in the water. Learning to swim not only helps to teach your child how to be safe in the water, but also provides good cardiovascular exercise, provides new sensory experience, and builds muscle strength.

Developmental Tips

Play in the community

Swim Lessons offered in the Community

Benton Aquatics Center

- [BentonAR.org/Aquatics](http://www.bentonar.org/Aquatics) (<http://www.bentonar.org/Aquatics>)
- 501-776-5900

Cabot Parks & Recreation

- [CabotParks.com/Indoor-Pool](http://www.cabotparks.com/Indoor-Pool) (<http://www.cabotparks.com/Indoor-Pool>)
- 501-601-1506

Dowell Naylor Aquatic Center

- [MaumelleParksandRec.com](http://www.maumelleparksandrec.com/) (<http://www.maumelleparksandrec.com/>)
- 501-851-6990

Jacksonville Parks & Recreation

- [CityOfJacksonville.net](http://cityofjacksonville.net/244/Swim-Lessons) (<http://cityofjacksonville.net/244/Swim-Lessons>)
- 501-982-4171

Little Rock Athletic Club Swim Academy

- LRAC.com (<https://www.lrac.com/aquatics/swim-academy/>)
- 501-225-3601

North Little Rock Athletic Club

- NLRAC.com/Aquatics (<http://www.nlrac.com/Aquatics>)
- 501-812-5555

Safety Before Skill

- SafetyBeforeSkill.com (<http://www.safetybeforeskill.com/>)
- 501-940-4981

War Memorial Outdoor Pool

- LittleRock.gov (<https://www.littlerock.gov/for-residents/parks-and-recreation/jim-dailey-fitness-aquatic-center/>)
- 501-664-6976

Play in the
Community



Community Event



Arkansas Travelers vs Frisco RoughRiders

When?- April 20

What? - Cheer on your Travs as they host the Frisco RoughRiders!

Where?- Dickey Stephens Park
400 W. Broadway Ave.
North Little Rock AR 72114

Staff Birthdays: Summer Stussy- April 3

Important Dates: April 2- World Autism Awareness Day.
April 8- Solar Eclipse Play Rx closed

[Click here for more days to celebrate in April](#)

Help Us
Celebrate!

PlayRx Resources



Learn more about our staff here: <https://www.playrxtherapy.com/our-staff/>

For more info on appropriate child development see our developmental milestones checklists: <https://www.playrxtherapy.com/developmental-milestones/>

For information and guidance on resources to support services for your child, contact our Resource Manager: jwilsonst@playrxtherapy.com

Scan the codes or click text below to:

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[Resource Guide](#)

