

Isle of Palms Recreation Activity Guide



September - December 2016
www.iop.net



CITY INFORMATION

Recreation Staff

Recreation Director

Norma Jean Page

Assistant Director

Karrie Ferrell

Recreation Supervisors

Andy Sinwald

Aaron Sweet

Community Specialist

Holly Norton

Parks Maintenance Supervisor

Robert Asero

Parks & Facilities Specialist

Ricky Daugherty



City of Isle of Palms

Mayor

Richard F. Cronin

City Administrator

Linda Lovvorn Tucker

City Council

Barbara Bergwerf, J. Martin Bettelli, Jimmy Carroll, Sandy Ferencz, Patrick Harrington,

Ted Kinghorn, Carol Rice, Jimmy Ward

What's Inside...

Athletics

Adult.....4

Youth.....4

Rainedout.com.....3

General Information

City Services.....2

Facilities.....3

Policies.....3

Staff.....2

Programs & Activities

Adult.....7-9

Senior.....9

Toddler.....5

Youth.....5-6

Fitness Classes.....7-8

Special Events

Holiday Crafts.....10

Halloween.....11

Holiday Street Festival.....12

IOP Connector Run.....11

IOP Wellness Fair.....11

Santa Letters.....10

City Services

City Hall

1207 Palm Boulevard
PO Box 508
Isle of Palms, SC 29451
843-886-6428

Building Department

1207 Palm Boulevard
PO Box 508
Isle of Palms, SC 29451
843-886-9912

IOP Marina

50 41st Avenue
PO Box 550
Isle of Palms, SC 29451
843-886-0209

Public Works

1303 Palm Boulevard
PO Box 508
Isle of Palms, SC 29451
843-886-8956

Public Safety Building

Fire & Police Department
30 JC Long Boulevard
PO Box 508
Isle of Palms, SC 29451

Fire Station 2

44 41st Ave
PO Box 508
Isle of Palms, SC 29451

Recreation Center

24 28th Ave
PO Box 508
Isle of Palms, SC 29451
843-886-8294

Recreation Facilities

BARK PARK

Location: 29th Avenue behind Recreation Department
Hours: Sunrise to Sunset

BASKETBALL COURTS

Location: Hartnett Boulevard & 28th Avenue
Hours: Sunrise to 10:00pm

CLARKIN SOFTBALL FIELD

Location: 27th Avenue
Adult Softball and Youth Baseball

CARDIO ROOM

Treadmills, Recumbent Cycles, Elliptical Machines

Hours: Monday: 7:00 am - 6:00 pm
Tuesday: 7:00 am - 9:30 am & 11:00 am - 5:30 pm
Wednesday: 7:00 am - 8:00 am & 9:00 am - 7:00 pm
Thursday: 7:00 am - 9:30 am & 11:00 am - 5:30 pm
Friday: 7:00 am - 5:00 pm
Saturday: 9:00 am - 5:00 pm

Hours subject to change due to Recreation Activities/Programs

FRISBEE GOLF COURSE

Location: Recreation Department Grounds
Hours: Sunrise to Sunset

GYMNASIUM

Recreation activities have first priority over gym usage.
Call 886-8294 to check availability.

PICNIC SHELTER

A 20'X40' picnic shelter adjacent to playground is available for birthday parties and family picnics. First come, first serve. Shelter may not be reserved.

PLAYGROUND

Location: 28th Avenue
The playground is safely equipped for children of all ages.

SCALISE BASEBALL FIELD

Location: 27th Avenue
Youth Baseball

SOCCER FIELD

Location: 28th Avenue and Hartnett Boulevard
Youth Soccer, Fast Start Activities, Adult Soccer and Half Rubber

TENNIS COURTS

Location: 28th Avenue and Hartnett Boulevard
Courts are lighted until 10:00 pm.
First come, first serve. Hours may be limited due to tennis lessons.

Policies

REGISTRATION: Register in person at the Isle of Palms Recreation Department, #24 28th Avenue, Monday - Friday 7:00am-5:00pm and Saturday 9:00am-5:00pm. The Recreation Department accepts cash, checks and credit cards. *Credit Card charges; a merchant fee of 1.7% plus a portal fee of \$1.00 will be charged per transaction. No part of either fee is retained by the city.*

CANCELLATIONS: The Isle of Palms Recreation Department reserves the right to cancel any program that does not receive the minimum number of participants.

REFUND: A full refund will be given for the cancellation of a class or activity by Recreation Department. Refunds requested by participants less than one week before the start date will be given minus a \$10 processing fee. No refunds will be granted after the start of a program.

Rain Out Information

Go to www.rainedout.net to receive text or email alerts

- Search "Isle of Palms"
- IOP Rec Homepage - Sign Up Now
- Complete Registration
- Select Sport or Activity

Notice will be sent by email or text

YOUTH & ADULT ATHLETICS

FAST START SOCCER (3-4 yrs)

Activity # 331004

Mandatory Parent/Player Meeting:

Thursday, September 1 5:15pm

Activity Days:

Saturday Mornings

YOUTH SOCCER (5-12 yrs) *Player age as of Sept 1, 2016

Youth Soccer Registration:

IOP/SI Residents: July 25 - August 19

Non-Residents: August 1 - August 19

\$30 resident / \$35 non-resident

Ages 5-6 Activity # 331001

Ages 7-8 Activity # 331002

Ages 9-12 Activity # 331003

Mandatory Skill Evaluation (ages 9-12 only):

Monday, August 29 6:00pm

Coaches Meeting: Monday, August 29

Ages 5/6 5:00pm

Ages 7/8 5:30pm

Ages 9-12 following skill evaluation

Mandatory Parent/Player Meeting: Thursday, September 1

Ages 5/6 5:45pm

Ages 7/8 6:15pm

Ages 9-12 6:45pm

Season Information:

Game days: 5/6yr old Soccer: Mondays

7/8yr old Soccer: Wednesdays

9/12yr old Soccer: Mondays and Thursdays

Soccer Picture Day: Tuesday, September 27, Times TBA.

Practice begins in September and will be determined by coaches. Participants will receive a team jersey. Children need shin guards, soccer socks and cleats. No metal cleats/replaceable studs or shorts with pockets. Special requests will not be honored.

VOLLEYBALL - LEAGUE PLAY (4th - 8th Graders)

Youth Volleyball League Play! Teams will be established first night of activity. Following weeks teams will play games and receive instruction from coaches in real game situations.

If minimum is not met, Activity will be cancelled or changed to skills based clinic.

Thursdays Min. 16 Max. 32

Activity # 331011 4th & 5th Grade 5:00pm - 6:00pm

Activity # 331012 6th - 8th Grade 6:00pm - 7:00pm

6th - 8th Grade (Advance: invited by coach) 7:00pm - 8:00pm

10 October 6 - November 10

\$75 resident / \$80 non-resident

Instructor: Laura & Kreg Togami

YOUTH BASKETBALL (5-14yrs)

Registration Information *Player age as of September 1, 2016

IOP/SI Residents: October 10 - November 4

Non-Residents: October 17 - November 4

\$30 resident/ \$35 non-resident

Activity # 332001 Ages 5-6

Activity # 332002 Ages 7-8

Activity # 332003 Ages 9-10

Activity # 332004 Ages 11-14

Mandatory Skill Evaluation (ages 9/10 & 11/14):

Ages 9-10: Tuesday, November 15 5:00pm

Ages 11-14: Tuesday, November 15 6:15pm

Mandatory Player/Parent Meeting:

Thursday, November 17

5/6 yr old Mtg. 5:15pm

7/8 yr old Mtg. 5:45pm

9/10yr old Mtg. 6:15pm

11/14yr old Mtg. 6:45pm

Season Information:

Game Days: Ages 5-6: Wednesdays

Ages 7-8: Wednesdays

Ages 9-10: Thursdays and/or Saturdays

Ages 11-14: Thursdays and/or Saturdays

**Age required by SCAP (SC Athletic Programs)*

Adult Athletics

ADULT 3 on 3 BASKETBALL LEAGUE

Captain's Meeting: Tuesday, August 30 5:30pm

Game Days: Tuesday Evenings

ADULT SOFTBALL LEAGUE

Captain's Meeting: Tuesday, August 30 6:00pm

Game Days: Monday and/or Wednesday Evenings

ADULT 6 VS 6 SOCCER LEAGUE

Captain's Meeting: Tuesday, August 30 6:30pm

Game Days: Tuesday Evenings

ADULT TABLE TENNIS SINGLES LEAGUE

Captain's Meeting: Tuesday, August 30 10:00am

Game Days: Tuesday Mornings

ADULT CO-ED VOLLEYBALL LEAGUE

Registration: October 31 - November 18

\$250 per team Max. 12 teams

Ages 18 & up

Captain's Meeting: Tuesday, November 29 5:30pm

Game Days: TBD

YOUTH PROGRAMS & ACTIVITIES

TINY TOTS (3yrs by Sept. 1, 2016)

Children will socialize, cooperate with peers, listen to and follow instructions and adapt to a routine in a classroom setting. The Tiny Tots schedule coincides with the public school system and the City of Isle of Palms holiday calendar. Deposit required at registration. *Children MUST be potty trained.*

Minnow Room Min. 5 Max. 10

Activity # 161021

Mon, Wed & Fri. 9:00am - 12:00pm

\$120 resident/ \$125 non-resident per month

Activity # 161022

Tues. & Thurs. 9:00am - 12:00pm

\$80 resident/ \$85 non-resident per month

Instructor: Cathy Adams

MINI MINNOWS (3-5yrs) Must be 3 by September 1, 2016

Learning through play! Socialize, cooperate with peers, listen and follow instructions and adapt to classroom setting. Mini Minnows schedule coincides with the public school system and the City of Isle of Palms holiday calendar.

Must PRE-REGISTER and be POTTY TRAINED.

Minnow Room Min. 6 Max. 10

Activity # 162021

Mon, Wed & Fri. 12:00pm - 3:00pm

09 September

10 October

11 November

12 December (prorated, no class Dec. 19 - Dec. 30)

\$120 resident/ \$125 non-resident per month

Instructor: Cathy Adams

BALLET (2-5yrs)

Activity # 130047

Basic ballet techniques and movements will be taught. Ballet shoes, leotard and tights required.

High Tide/Low Tide Room Min. 6 Max. 14

Mondays 12:30pm - 1:00pm

09 September 12 - October 17

10 October 24 - December 12 (No Class 10/31 & 11/21)

\$70 resident/ \$75 non-resident

Instructor: Kim Chesley-Breland

MOMMY & ME/DADDY & ME (3 & under)

Toddlers accompanied by an adult are welcome to socialize and play with other toddlers. Class meets 2nd Wednesday of the month. Palmetto Room

Wednesdays 9:30am - 11:00am

Free

LITTLE LOTUS YOGA (3-5yrs)

Activity # 130152

Children can grow into their own practice of yoga; learning to strengthen their concentration skills and calm their minds, which leads to greater awareness and control of the body's movements. Interactive story-telling, games, music, and age-appropriate journaling are woven throughout a lively asana series to create a child-inspired yoga experience that is enriching and FUN!

Palmetto Room Min. 4

Thursdays 12:00pm - 12:30pm

09 September 8 - September 29

10 October 6 - October 27

11 November 3 - December 1 (No Class 11/24)

\$40 resident/ \$45 non-resident

Instructor: Jennifer Rogers

TINY TENNIS: (3-6yrs)

Improve balance, hand-eye coordination and to introduce proper tennis mechanics. Play games, drills and exercises using shorter courts, softer balls and smaller racquets. Bring Water to class. Racquet size 19in - 21in.

Tennis Courts Min. 4 Max. 6

Activity # 136001

Activity #136002

Session information coming soon. Check www.iop.net for latest information on tennis sessions. Participants will be placed in class by age group. If needed, participants will be moved according to skill level.

Instructor: Corinne Enright

PUMPKIN PAINTING (5-14 yrs)

Activity # 133001 Space is Limited

Paint Pumpkins with the IOP Recreation Staff. All materials provided. Register by Wednesday, October 19.

01 Thursday, October 27 4:00pm

\$5 residents/non-residents

HOLIDAY CRAFT WORKSHOP (14 & under)

Activity # 130051 Space is limited

Decorate and make holiday ornaments. All materials provided. Register by Tuesday, November 8.

11 Tuesday, November 15 4:00pm

\$5 residents/non-residents

SANTA'S COOKIE WORKSHOP (12 & under)

Activity # 440002 FREE

All ages welcome to decorate holiday cookies! Elementary age participants must be accompanied by a parent/guardian.

Register by Wednesday, November 30.

12 Thursday, December 8 4:00pm

GINGERBREAD HOUSE DECORATING (7-14 yrs)

Activity # 133002 Space is limited

Build and decorate your own gingerbread house. All materials provided. Register by Wednesday, December 14.

01 Monday, December 19 10:00am

\$5 resident/non-resident

YOUTH PROGRAMS & ACTIVITIES

GYMNASTICS (3+yrs)

Activity # 130016

Basic tumbling, balance beam and mini-bars. Leotards required for girls. Shorts and t-shirts required for boys. NO socks or tights!

Palmetto Room Min. 6 Max. 14

Tuesdays 3:30pm - 4:15pm

09 September 6 - September 27

10 October 4 - October 25

11 November 1 - December 6 (No Class 11/8 & 11/22)

\$55 resident/ \$60 non-resident

Instructor: Tricha Tapio

I AM AN ARTIST: Holiday Painting Classes (5-11yrs)

Activity # 130009

Join Back Porch Art for Holiday painting classes. All materials provided. Each child will take home a complete canvas with ribbon for hanging.

Tadpole Room Min. 8 Max. 20

Wednesday 4:00pm – 6:00pm

09 September 21 - Owl Witch

10 October 19 - Eddy the Black Cat

11 November 16 - Pilgrim Puppy

12 December 7 - Rudolph the Glitter Nose Reindeer

\$ 25 resident/ \$ 30 non-resident

Instructor: Diana Connors, www.backporchartcharleston.com

I AM AN ARTIST: Winter Break Mini Camp (5-11yrs)

Activity # 130109

Who says it doesn't snow in Charleston! Join Back Porch Art in creating a winter wonderland. Paint whimsical snowmen and polar bears. All materials provided.

Tadpole Room Min. 12 Max. 20

Thursday & Friday 9:00am - Noon

12 December 29 & December 30

\$55 resident/ \$60 non-resident)

Instructor: Diana Connors, www.backporchartcharleston.com

TAE KWON DO (6-11yrs)

Activity # 130020

Develop balance, accuracy, speed, power, focus, self-confidence and flexibility. Training includes stretching, mild running, forms, 3-step sparring, freestyle non-contact sparring and self-defense techniques.

Gymnasium

Saturdays 9:00am - 10:00am

09 September 3 - September 24

10 October 1 - October 29

11 November 5 - November 19 (No Class Nov. 26)

12 December 3 - December 17 (No Class Dec. 24 & 31)

\$30 resident/ \$35 non-resident per month

Instructor: Master Jack Emmel, MD, 7th Dan
Deborah Gessert, 6th Dan

YOUTH TENNIS (Beginners)

Learn the basics of tennis; instruction in grip, ground strokes and volleys. Participants will be placed according to skill level. Bring water to class.

Tennis Courts Min. 4 Max. 8

Activity # 136003

Activity # 136004

Session information coming soon. Check www.iop.net for latest information on tennis sessions. If needed, participants will be moved into appropriate class according to skill level.
Instructor: Corinne Enright

YOUTH TENNIS (Intermediate)

Learn advanced tennis skills; instruction in grip, forehand, backhand, games, rules and scoring. Participants will be placed according to skill level. Bring water to class.

Tennis Courts Min. 4 Max. 8

Activity # 136005

Activity # 136006

Session information coming soon. Check www.iop.net for latest information on tennis sessions. If needed, participants will be moved into appropriate class according to skill level.
Instructor: Corinne Enright

SHAKESPEARE PERFORMANCE WORKSHOP (8-14 yrs)

Activity # 131059

Get hooked on the Bard by performing creatively edited, melodramatically funny Shakespeare! Perfect for this age group to learn the plot and speak some of the lines. Participants will perform in a short play at the end of the session that family and friends are invited to. Will build on the fundamentals of acting with theatre games that use body movement and improvisation to help students become more knowledgeable about themselves, build teamwork, and relate to others. Parent Performance Thursday, November 17 at 7:00pm.

Magnolia/Palmetto Room Min. 5 Max. 15

Thursdays 4:30pm - 6:30pm

09 September 8 - November 17 (No Class Oct. 6)

\$150 residents/ \$155 non-residents

Instructor: Jean Schubert, formerly of Crabpot Players Theatre

MOVIE & DODGEBALL (6-12 yrs)

Activity# 430006

School's Out, come to the Rec and enjoy a movie & dodgeball! 3 hour mini camp, movie, dodgeball and lunch. Register by Wednesday, November 16.

11 Monday, November 21 12:00pm - 3:00pm

\$10 resident/ \$15 non-resident

Supervised by: Recreation Staff

ADULT PROGRAMS & ACTIVITIES

YOGA - MORNING

Activity # 131031

Strength and flow yoga class focuses on core muscles and balancing with breathing and relaxation.

High/Low Tide Rooms

Mondays, Wednesdays & Fridays 9:15am - 10:15am

- 09 September 7 - September 30** (No Class Sept. 2 & 5)
10 October 3 - October 28 (No Class Oct. 31)
11 November 2 - November 30 (No Class Nov. 11 & 25)
12 December 2 - December 30 (No Class Dec. 23 & 26)

\$75 resident/ \$80 non-resident Drop-in fee: \$8 per class
Instructor: Pat Boyd

YOGA - AFTERNOON

Activity # 131030

Strength and flow yoga class focuses on core muscles, stretching and balancing with breathing and relaxation.

High/Low Tide Rooms

Tuesdays & Thursdays 12:30pm - 2:00pm

- 09 September 1 - September 29**
10 October 4 - October 27
11 November 1 - November 29 (No Class Nov. 24)
12 December 1 - December 29

\$60 resident/ \$65 non-resident Drop-in fee: \$10 per class
Instructor: Pat Boyd

YOGA - EVENING

Rediscover your flexibility, sense of balance, mental clarity and confidence with yoga.

High/Low Tide Rooms

Wednesdays 5:30pm - 6:30pm

(No Class Nov. 23)

Drop-in fee: \$8 per class

Instructor: Jen Schoolfield

YOGA - SATURDAY

Activity #131033

Rediscover your flexibility, sense of balance, mental clarity and confidence with yoga.

High/Low Tide Rooms

Saturdays 10:00am - 11:15am

- 09 September 3 - September 24**
10 October 1 - October 22
11 October 29 - November 19 (No Class Nov. 26)
12 December 3 - December 17 (No Class Dec. 24 & 31)

\$30 resident/ \$35 non-resident Drop-in fee: \$10 per class
Instructor: Jen Schoolfield

BOOT CAMP

Activity # 131041

Challenge yourself with this fast paced calorie-blasting workout. Boot Camp is geared toward all fitness levels. Modifications given to beginners or advanced participants.

Mondays, Wednesdays & Fridays 7:00am - 8:00am

- 09 September 2 - September 30** (No Class Sept. 5)
10 October 3 - October 28 (No Class Oct. 31)
11 November 2 - November 30 (No Class Nov. 11 & 25)
12 December 2 - December 30 (No Class Dec. 23 & 26)

12 Classes \$95 resident/ \$100 non-resident

8 Classes \$64 resident/ \$69 non-resident

Drop-in fee: \$10 per class

Instructor: Pat Boyd

CORE & MORE

Core and More Training reshapes the body by building core strength and improving balance. Tone your body and enhance endurance through a variety of challenging movements using resistance bands, medicine balls, dumbbells and other various fitness tools. Pre-register for class.

High Tide Room Min. 4 Max. 6

Mondays, Wednesdays & Fridays 10:30am - 11:30am

- 09 September 2 - September 30** (No Class Sept. 5)
10 October 3 - October 28 (No Class Oct. 31)
11 November 2 - November 30 (No Class Nov. 11 & 25)
12 December 2 - December 30 (No Class Dec. 23 & 26)

Activity #131062 12 Classes \$95 resident/ \$100 non-resident

Activity #132062 8 Classes \$64 resident/ \$69 non-resident

Instructor: Jeromy Miller

TOTAL BODY CHALLENGE - Group Fitness

Monday: Cross RX - Challenge your heart strength and balance with this cross training class. Varying workouts to improve performance.

Tuesday: Core Resistance - Core workout utilizing stability ball and medicine ball

Wednesday: Cross RX - Cross training, consists of cardio & weights

Thursday: Body Works - Class style varies to keep it fun and energetic.

Friday: Cross RX - Challenge your heart strength and balance with this cross training class. Varying workouts to improve performance

Monday - Friday 8:00am - 9:00am

- 09 September 1 - September 30** (No Class Sept. 5)
10 October 3 - October 28 (No Class Oct. 31)
11 November 1 - November 30 (No Class Nov. 11, 24, 25)
12 December 1 - December 30 (No Class Dec. 23, & 26)

Activity # 131022 20 Classes \$70 resident/non-resident

Activity # 131023 16 Classes \$56 resident/non-resident

Activity # 131024 12 Classes \$42 resident/non-resident

Activity # 131025 8 Classes \$28 resident/non-resident

Activity # 131026 4 Classes \$14 resident/non-resident

Drop in fee: \$7 per class

Instructors: Pat Boyd & Angela Reinhardt

PROGRAMS & ACTIVITIES

BARRE & MORE

Activity # 131034

More than your average Barre class, transform your body through isolated movements, build long, lean muscles while improving posture and flexibility while combining cardio with strength and toning.

Mondays 5:15pm - 6:05

09 September 12 - September 26 (No Class Sept. 5)

10 October 3 - October 24

11 November 7 - November 28

12 December 5 - December 19

\$32 resident/ \$37 non-resident

\$10 per class

Instructor: Angela Reinhardt

FITBODY in 50

Do you have 50 minutes to reach your optimal level of fitness? This exercise program is designed to work all the muscle groups through a variety of exercises. This is a result driven class that will help create a healthier lifestyle.

High Tide Room Min. 4 Max. 6

Tuesdays & Thursdays

Activity # 130017 9:30am - 10:30am

Activity # 131017 10:30am - 11:30am

Activity # 131117 5:30pm - 6:30pm

09 September 1 - September 29

10 October 4 - October 27

11 November 1 - November 29 (No Class Nov. 24)

12 December 1 - December 29 (No Class Dec. 22)

\$64 resident/ \$69 non-resident

Drop in fee: \$12 per class

Instructor: Geri D'Italia; BSC, CHES, NASM-CPT

ZUMBA

Activity # 131040

Dance and workout to the HOT rhythms of Latin America and the world! ZUMBA® is a FUN dance fitness class that incorporates Latin and international music and easy to follow dance movements..... Spice Up Your Body!!!

High Tide/Low Tide

Mondays & Wednesdays 6:15pm - 7:15pm

09 September 7 - September 28 (No Class Sept. 5)

10 October 3 - October 26 (No Class Oct. 31)

11 November 2 - November 30 (No Class Nov. 7, 9 & 23)

12 December 5 - December 21 (No Class Dec. 26 & 28)

\$25 resident/ \$30 non-resident / 4 classes per month

\$50 resident/ \$55 non-resident / for the month

Drop-in fee: \$8 per class

Instructor: Dale Ellison

ADULT TENNIS (Intermediate)

Adult tennis clinic - Come out & improve your game.

Schedule Coming Soon. Check www.iop.net for information.

Drop-In Fee: \$15.00

Tennis Instructor: Corinne Enright

KINDERPUPPY (Puppies 12 - 20 weeks)

Activity # 131011

Puppies learn basic commands such as sit, stay and come. Owners must provide proof of DHLPP and Kennel Cough vaccination to participate. Do NOT bring your dog to 1st class. Pre-register for class.

Gymnasium Min. 4 Max. 6

Mondays 6:30pm - 7:30pm

09 September 12 - October 17

11 November 7 - December 12

\$145 resident/non-resident

Instructor: Susan Maret

JUST THE BASICS (Dogs 6 months and Older)

Activity # 131014

Dogs are taught good manners and basic commands: sit, stay, down and leave it. Owners are taught to be clear and concise. No previous training required. Do NOT bring your dog to 1st class. Pre-register for class.

Gymnasium Min. 6 Max. 9

Mondays 7:30pm - 8:30pm

09 September 12 - October 17

\$145 resident/non-resident

Instructor: Susan Maret

DOGGIE ETTIQUETTE

Activity # 131014

Canine charm school! We'll explore methods to resolve jumping up, overly exuberant greetings to strangers, pulling on leash, running away, and other unruly behaviors. This focused class is for excited and energetic dogs, but not dogs with aggression problems.

Gymnasium Min. 6 Max. 9

Mondays 7:30pm - 8:30pm

11 November 7 - December 12

\$145 resident/ non-resident

Instructor: Susan Maret

TAE KWON DO (12+yrs)

Activity # 131019

Develop balance, accuracy, speed, power, focus, self-confidence and flexibility. Training includes stretching, mild running, forms, 3 step sparring, freestyle non-contact sparring and self defense techniques. Learn the joy of "single-tasking" as you concentrate on learning a new skill. Adult participants can join anytime. *\$5 discount to each family member after 1st regular price enrollment.*

OPEN, ALL BELTS: **Mondays 6:30pm - 7:30pm**

Wednesdays 7:00pm - 8:30pm

BROWN/BLACK BELTS: **Saturdays 10:00am - 12:00pm**

No Class: 9/5, 10/31, 11/23, 11/26, 12/24, 12/26, 12/31

\$35 resident/ \$40 non-resident per month

Instructor: Master Jack Emmel, MD, 7th Dan

Deborah Gessert, 6th Dan

PROGRAMS & ACTIVITIES

NEOPOLITAN COOKING

Activity # 131075

How to approach Neapolitan cooking. First courses, meats and fish, foods and desserts will be discussed.

Wednesday 10:00am Min. 4 Max. 10

09 September 14 - October 5

11 November 30 - December 21 - Christmas dishes of Italy

\$40 resident/ \$45 non-resident

Instructor: Anna Vecchione

ITALIAN CONVERSATIONS

Activity # 132075

Italian conversations with a native Italian teacher. Interactive class, conversations in case scenarios will be used.

Wednesday 10:00am Min. 4 Max. 10

10 October 19 - November 9

\$40 resident/ \$45 non-resident

Instructor: Anna Vecchione

TAI CHI / QIGONG

Activity # 132065

An ancient form of meditative, low-impact activity originating from China that is especially effective in assisting older adults achieve a good quality of life. Mental and Emotional Benefits: Reduces symptoms of hypertension, stress, anxiety, and depression while boosting feelings of peace, self-confidence, and joy. Physical Benefits: Low-impact way of improving flexibility, joint health, lower body strength, and balance.

Palmetto Room

Tuesdays 11:00am - 12:00pm

09 September 6 - September 27

10 October 4 - October 25

11 November 1 - November 29

12 December 6 - December 27

\$35 resident/ non-resident/ for the month

Drop in Fee: \$10

Instructor: Connie Cossetti

LINE DANCING

Join other dancers and learn fun line dances or just come out for the great exercise. Class is instructor lead.

Palmetto Room

Thursdays 9:30am - 10:30am

\$5 resident/non-resident

Line Dancing Social Dance; 4th Tuesday of the month.

Tuesdays 6:30pm - 8:00pm

08 August 23

09 September 27

10 October 25

11 November 22

12 December 27

\$5 resident/ non-resident

Instructor: Trisha Leonard

COFFEE CORNER

Enjoy a cup of coffee while socializing with friends. FREE

Monday - Friday 7:00am - 12:00pm

GATHER KNIT & STITCH

Work on any types of needlework and meet new friends. FREE

Mondays 10:00am - 11:30am

MAH JONGG

Socialize and play Mah Jongg with friends. Bring a set if you have one. FREE

Mondays 12:00pm - 3:00pm

KEENAGERS - Senior Social Group (50yrs+)

Activity #162061 FREE

Wednesdays September - May

1st Wednesday: Cover dish luncheon at Noon

2nd Wednesday: Lunch bunch

3rd Wednesday: Field trip or special activity

SENIOR EXERCISE - ENHANCE FITNESS

Mondays & Wednesdays 3:00pm - 4:00pm

No Class October 31.

FREE (Call 886-8294 for Availability)

OVER 50 FITNESS

Activity # 132064

Strengthen muscles, tighten core, increase flexibility and balance. Open to all exercise levels. Bring water to class. High Tide/Low Tide

Tuesdays & Thursdays 3:00pm - 4:00pm

09 September 1 - September 29

10 October 4 - October 27 (No Class Oct. 18 & 20)

11 November 1 - November 29 (No Class Nov. 24)

12 December 1 - December 29

\$64 per month Drop-in \$10

Instructor: Judy Fischer

WELLNESS WALKERS

Stay active and well connected, Join the Senior Wellness Walkers. Walk in a safe environment around the recreation center with a group of friends. Gymnasium

Fridays 3:00pm - 4:00pm

FREE

WRITER'S GATHERING GROUND

Gather with peers who enjoy writing. A friendly supportive community of writers who enjoy sharing their works and help keep you motivated. Don't let lack of work keep you from attending, join a supportive community to help you become inspired to write. Participant led group. Tadpole Room

Tuesdays 9:30am - 11:00am - Starts September 6

FREE

PROGRAMS & EVENTS

Holiday Crafts and Activities

I AM AN ARTIST: Owl Witch Painting (5-11yrs)

Activity # 130009

Each child will complete a canvas painting with ribbon for hanging. All Materials provided.

Tadpole Room Min. 8 Max. 20

09 Wednesday, September 21 4:00pm - 6:00pm

\$ 25 resident/ \$ 30 non-resident

Instructor: Diana Connors, www.backporchartcharleston.com

I AM AN ARTIST: Eddy the Black Cat (5-11yrs)

Activity # 130009

Each child will complete a canvas painting with ribbon for hanging. All Materials provided.

Tadpole Room Min. 8 Max. 20

09 Wednesday, October 19 4:00pm - 6:00pm

\$ 25 resident/ \$ 30 non-resident

Instructor: Diana Connors, www.backporchartcharleston.com

PUMPKIN PAINTING (5-14 yrs)

Activity # 133001 Space is Limited

Paint Pumpkins with the IOP Recreation Staff. All materials provided. Register by Wednesday, October 19.

01 Thursday, October 27 4:00pm

\$5 residents/non-residents

HOLIDAY CRAFT WORKSHOP (14 & under)

Activity # 130051 Space is limited

Decorate and make holiday ornaments. All materials provided. Register by Tuesday, November 8.

11 Tuesday, November 15 4:00pm

\$5 residents/non-residents

I AM AN ARTIST: Pilgrim Puppy (5-11yrs)

Activity # 130009

Each child will complete a canvas painting with ribbon for hanging. All Materials provided.

Tadpole Room Min. 8 Max. 20

09 Wednesday, November 16 4:00pm - 6:00pm

\$ 25 resident/ \$ 30 non-resident

Instructor: Diana Connors, www.backporchartcharleston.com

I AM AN ARTIST: Rudolph the Glitter Nose Reindeer

Activity # 130009 (5-11yrs)

Each child will complete a canvas painting with ribbon for hanging. All Materials provided.

Tadpole Room Min. 8 Max. 20

09 Wednesday, December 7 4:00pm - 6:00pm

\$ 25 resident/ \$ 30 non-resident

Instructor: Diana Connors, www.backporchartcharleston.com

SANTA'S COOKIE WORKSHOP (12 & under)

Activity # 440002 FREE

All ages welcome to decorate holiday cookies! Elementary age participants must be accompanied by a parent/guardian. Register by Wednesday, November 30.

12 Thursday, December 8 4:00pm

GINGERBREAD HOUSE DECORATING (7-14 yrs)

Activity # 133002 Space is limited

Build and decorate your own gingerbread house. All materials provided. Register by Wednesday, December 14.

01 Monday, December 19 10:00am

\$5 resident/non-resident

I AM AN ARTIST: Winter Break Mini Camp (5-11yrs)

Activity # 130109

Who says it doesn't snow in Charleston! Paint whimsical snowmen and polar bears. All materials provided.

Thursday & Friday 9:00am - Noon

12 December 29 & December 30

\$55 resident/ \$60 non-resident)

Instructor: Diana Connors, www.backporchartcharleston.com

Letters to Santa

The Isle of Palms Recreation Department will have a North Pole Express Mailbox installed at the Rec. Center beginning Monday, November 28th!

Letters can be placed in the red mail box at the Recreation Center or mailed to:
Isle of Palms Recreation Dept.

Attn: Santa Claus

PO Box 508

Isle of Palms, SC 29410



All letters should include **child's first and last name, and complete return address** so a response can be mailed.
Deadline for letters: Wednesday, December 14th

**ISLE OF PALMS COMMUNITY
WELLNESS FAIR**

Thursday, September 22

7:00am - 11:00am



Free Blood Work: Provided by East Cooper Medical Center. Cholesterol screening to include HDL, LDL and Triglyceride

Call 884-7031 to make an appointment.

Appointments recommended but not required.

What to do: Fasting required. Nothing by mouth after midnight, except water.

Space is Limited.

Flu Shots Available

Professionals and Specialists

Local Health Care professionals and specialists will be on site to provide FREE screenings, answer questions and provide information on all aspects of health and fitness

GHOSTLY TIDE TALES

FRIDAY, OCTOBER 21

6:30PM - 7:30PM

Bring a chair, blanket, flashlight and friends for an evening of local ghost stories told from a pirate by campfire.

Join us at 28th Ave. Beach Access



HALLOWEEN CARNIVAL

Monday, October 31

5:00pm - 7:00pm

Come out to the Isle of Palms Recreation Department for a night of spooky fun! Activities include costume contest, carnival games, jump castles, haunted house, face painter, balloon artist, and LOTS OF CANDY.

Costume Contest begins 5:30pm

Categories for all ages



ISLE OF PALMS CONNECTOR RUN & WALK

Saturday, October 1, 2016

8:00am

10K and 5K Run and Walk Event

Register online at www.ioprun.com

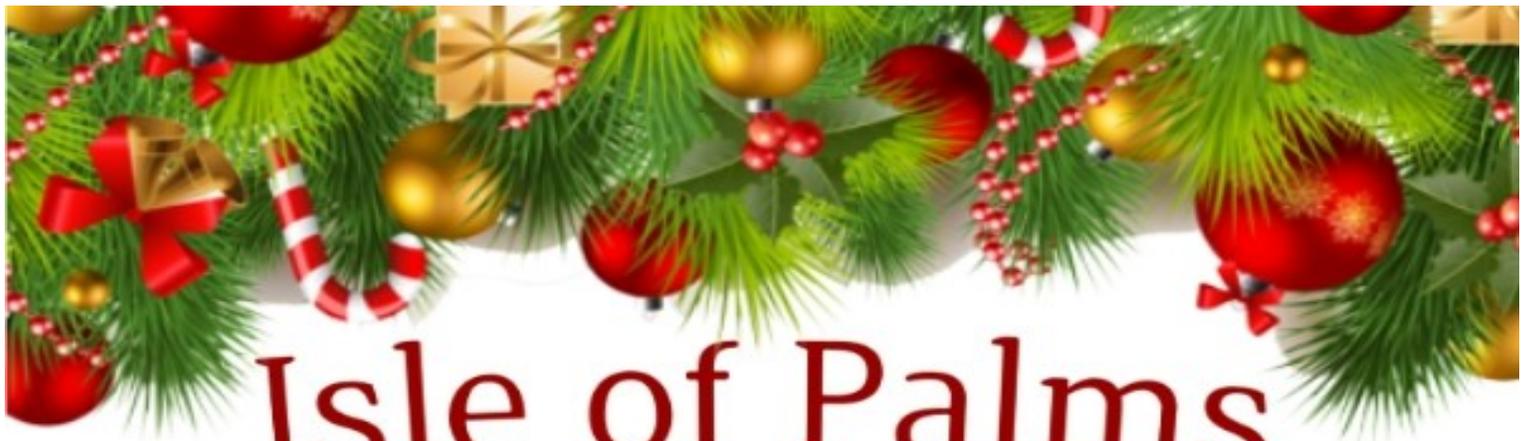
Proceeds benefit the local prevention of child abuse and other child related programs



Race Day Information:

Connector closes to traffic at 7:00am

Race day registrations and Packet Pick up will be held at: Isle of Palms Public Safety Building: #30 JC Long Boulevard



Isle of Palms Holiday Street Festival

Saturday, December 3rd



2:00pm - 7:00pm
Front Beach, IOP



Local Entertainment - Restaurants - Carnival
Rides - Holiday Shopping - Santa Claus -
Light Displays - And Much More

Tree Lighting - 5:30pm

