



Recreation Committee

5:00 p.m., Monday, September 14, 2020
1207 Palm Boulevard, Isle of Palms, South Carolina

Virtual Meeting Due to COVID-19 Pandemic:

The public may join the virtual meeting by clicking here: <https://www.youtube.com/user/cityofisleofpalms>

Public Comment:

Citizens may provide public comment here:
<https://www.iop.net/public-comment-form>

Agenda

1. **Call to order** and acknowledgment that the press and the public have been duly notified of the meeting in accordance with the Freedom of Information Act.
2. **Approval of previous meeting's minutes** – August 10, 2020
3. **Citizens' Comments** – Citizens may submit written comments here: <https://www.iop.net/public-comment-form>. Comments received prior to the meeting will be entered into the record.
4. **Departmental Report** – Director Page
5. **Old Business**
Update on surfing lessons at the Recreation Center
6. **New Business**
 - a. Discussion Recreation Department support for senior citizens during the COVID-19 crisis
 - b. Discussion other COVID-19 related adjustments to activities and holiday events
 - c. Discussion opportunities to support paddle sports in the community
 - d. Discuss landscaping practices and related chemical use at the Recreation Center
7. **Miscellaneous Business**
Next meeting date: 5:00 p.m., Monday, October 5, 2020
8. **Adjournment**



**Recreation Committee Meeting
5:00pm, Monday, August 10, 2020
Virtual Meeting via Zoom call due to COVID-19 Pandemic
broadcasted live on YouTube: <https://www.youtube.com/user/cityofisleofpalms>**

MINUTES

1. Call to order

Present: Council members Moye, Popson, and Smith

Staff Present: Administrator Fragoso, Director Page

2. Approval of the previous meeting's minutes – July 13, 2020

MOTION: Council Member Moye made a motion to approve and Council Member Popson seconded the motion. The motion passed unanimously.

3. Citizens' Comments – none

4. Departmental Reports – Director Page

Director Page reviewed highlights of her activities report. She said that youth athletics and other sports will begin as usual. Registration is down at the moment, but she expects it to pickup. She reported that while there were no scrimmages held during the youth basketball camp, there were a lot of drills and competitions that were enjoyed by all participants.

The cardio room is still available for limited use. The Half Rubber Tournament to be held on August 22 has five teams registered to date. Dog obedience classes resume September 14. She is continuing to work on the Farmer's Market, adding that she lost some vendors to the City of Charleston's Farmer's Market. Other programs starting soon include tai chi, line dancing, and gymnastics.

She has received two more applications for surf instructor, but certification classes are still not available. As a new initiative, staff has reached out to principals and teachers to see if there is interest in providing tutoring at the Recreation Center after school begins in September.

Special Events discussed included Camp Summer Shine, the Community Yard Sale (set for September 19), Keenagers, Ghostly Tide Tales (October 23), and the Halloween Carnival. Staff is planning on a cart parade and a drive-thru haunted house. After some discussion, it was decided the Halloween Carnival would start at 4pm. Staff continues to discuss the logistics of the Holiday Market.

The Committee briefly discussed the IOP Connector Run, which is currently set for October 5. Committee members felt that it should be cancelled this year.

5. **Old Business**

A. Discussion of beach parking at the Recreation Center

Administrator Fragoso reported, “We had the Public Safety Committee meeting this morning, and their recommendation as of today has been to move forward with the paid parking on the existing beach parking areas on Palm Boulevard and then the avenues. And related to the Recreation Center, their recommendation was to include Harnett between 27th and 29th in the residential district and the other areas including 29th Avenue, just creating a different zone that is called or named Recreation Center Parking Only. So those people visiting the Recreation center, using the Recreation Center facilities would be able to park whether the residents are or not.”

Committee members discussed the recommendation and felt that all of Hartnett from 27th-29th should be included in the Recreation Center Parking Only area. Director Page said that there have been little issues with beach parking in that area especially after designated “Recreation Center Parking Only” signs were erected.

MOTION: Council Member Moye made a motion to recommend to the Public Safety Committee that the areas adjacent to the Recreation Center become designated as Recreation Center Parking. Council Member Popson seconded the motion. The motion passed unanimously.

6. **New Business -- none**

7. **Miscellaneous Business**

The next meeting of the Recreation Committee will be on Monday, September 14, 2020 at 5pm.

8. **Adjournment**

Council Member Popson made a motion to adjourn, and Council Member Moye seconded the motion. The meeting was adjourned at 5:48pm.

Respectfully submitted,

Nicole DeNeane
City Clerk



RECREATION DEPARTMENT

MONTHLY REPORT

August 2020

STAFF: Norma Jean Page, Recreation Director
Karrie Ferrell, Assistant Director (programs)
Aaron Sweet, Recreation Supervisor (athletics)
Christopher Bako, Parks & Grounds Supervisor
Andrea Harrison, Recreation Supervisor (special events)
Holly Norton, Community Specialist
Joshua Key, Parks & Facilities Specialist

PROGRAMS AND CLASSES

The Recreation Department Activity Guide for the fall is located on the City's webpage. Current classes, athletics and special events can be found in the update guide.

Coastal Education Programming

Nolan Schillerstorm from Audubon South Carolina is willing to host a fall Shorebird Migration program. Discussions are taking place to offer the option of hosting a Zoom program for the community. Details are continuing to be discussed and finalized.

Dog Obedience

Dog Obedience classes are scheduled to start Monday, September 14th. Kinderpuppy small breed class will be held at 6:30 p.m. and larger breed will be held at 7:30 p.m. Classes will be smaller with six (6) participants enrolled in the class. The next session will be held in October. Instructor, Susan Marett

Fitness Classes

Suspension Training: The popularity of the outdoor class has grown and the recreation department was able to accommodate two more participants this month. Class is full with eight (8) participants. Class is held on Mondays, Wednesdays & Fridays at 8:00 a.m. under the picnic shelter. Participants must make reservations before attending classes. Instructor, Pat Boyd

Core Strength: Seven (7) participants have been attending class inside the facility in the High Tide/Low Tide Room. Six (6) participants have been attending the class through the zoom option. All participants need to reserve their space for classes in advance. The zoom link is emailed out to participants 1 hour before class starts. Classes are held Mondays, Tuesdays & Thursdays at 8:30 a.m. Monday class is live, in person class only. The Tuesday and Thursday classes have the zoom option for participants. Angela Reinhardt

Barre: Four (4) people have been attending class live in person. Four (4) people have been attending the Zoom class from home. Class is held on Fridays at 8:30 a.m. Barre is a \$10 per class, \$32 for the month. Instructor, Angela Reinhardt

Cardio and Core: A new evening class is scheduled to start Monday, September 14th at 5:30 p.m. Class will be cardio based with a core finisher. Class reservations are required, class will be limited to nine (9) people. Instructor, Elizabeth Hudson

Full Body Sculpt: A new evening class scheduled to start Tuesday, September 8th at 5:30 p.m. Class will be weights and strength training focused working on all major muscle groups. Class is limited to nine (9) people and reservations will be required. Instructor, Elizabeth Hudson

Gather and Knit

Gather and Knit is scheduled to resume Monday, September 14 at 10:00 a.m. The group will meet in the Magnolia Room.

IOP Kids

The IOP Kids program is for children 3 & 4 years old by September 1, 2020. Open House was held on Thursday, August 27th at 9:00 a.m. Parents and children met outside under the picnic shelter to go over policies and procedures. Parents and children viewed the classroom in small groups. Drop off and pick

up are located outside in the cul-de-sac to limit access to the classroom. Temperatures are taken daily of all the participants. IOP Kids will be utilizing the outdoor space at the recreation facility. The program has seven (7) students enrolled in the Monday, Wednesday, Friday classes and seven (7) students are enrolled in the Tuesday/ Thursday class. The class size is limited to eight students. Instructor: Cathy Adams.

Beginning Line Dancing

A beginner class began Thursday, September 3 at 9:30 a.m. Class is \$5 per person. Instructor, Trisha Leonard.

Line Dancing

Line Dancing resumed on Thursday, August 20 at 9:30 a.m. Seven (7) people have been attending class. Class is \$5 per person. Instructor, Trisha Leonard.

Over 50 Fitness

Class is held on Tuesdays & Thursdays from 2:30 p.m. – 3:30 p.m. Class is full with seven (7) participants. Instructor Judy Fischer.

Saturday Yoga

Five (5) people have been attending class, three (3) in studio and two (2) via zoom. The drop in fee is \$12, no class pass packages at this time. Participants must call and reserve their space, class is limited to 9 people. Participants are required to bring their yoga mat to class. Instructor Jen DeGoyler.

Surf Lessons

Staff continue to work with the local surfing community to hire qualified and certified Instructors to begin this program in the Spring. Due to Covid-19, individual work and personal schedules, coordinating certification classes has been challenging. No one has been officially hired or processed through Human Resources for a position with surf camp.

Tae Kwon Do

Youth and adult Tae Kwon Do classes were held on Saturdays during the month of August. Classes have been free for participants during the months of June, July and August. September classes will be held on Saturday mornings from 9:00 a.m. – 10:30 a.m. for both youth and adults. An adult class is offered on Wednesdays, starting September 9 from 6:30 p.m. – 9:00 p.m. Classes are \$20 for Isle of Palms Residents and \$25 for non-residents during the month of September. Instructor, Jack Emmel

Tai Chi

Tai Chi resumed class on Tuesday, August 11th at 10:45 a.m. Four (4) ladies have attended the class. Participants are interested in adding a second class. The department is looking at options of room availability and times. Instructor, Connie Cossetti

Tennis Lessons, Youth

Lessons are scheduled to resume Tuesday, September 15. Classes will be offered for a variety of age groups and skill levels. Tiny Tennis: Ages 4-5yrs will be held at 3:30 p.m. – 4:00 p.m. Red Ball: Ages 6 -7yrs will be held at 4:00 p.m. – 5:00 p.m. Orange Ball: Ages 8-10yrs will be held at 5:00 p.m. – 6:00 p.m. and Green Ball: Ages 9 & up will be held 6:00 p.m. – 7:00 p.m. All classes are based on skill level and participants will be placed accordingly. Instructor, Corinne Enright.

Tennis Lessons, Adult

Adult lessons are held on Tuesday mornings at 8:00 a.m – 9:30 a.m. Six (6) people are participating in the lessons. Schedule subject to change as instructor was informed of remote learning for her family. Instructor Corinne Enright

Virtual School Assistance

Assistant Recreation Director has been working on the possibilities of a tutoring option to assist parents with the school systems virtual learning option. Looking at a morning option for elementary virtual learning and subject specific afternoon tutoring session. The IT personnel that currently works with the City has been contacted to provide WIFI throughout the Recreation Center in order to accommodate this program and other educational needs as we support the families that are working through virtual school. Staff will continue to brainstorm and reach out to contacts as the School System finalizes plans.

Wood Carvers

The wood carver group is scheduled to resume Wednesday, September 9 at 10:00 a.m. The group will meet in the magnolia room, which provides the proper area for social distancing.

Special Events

Camp Summershine: Camp Summershine has concluded with six (6) weeks of counselor led games and crafts. Campers age 3-12 were treated with Pizza Day and Jump Castle Day in lieu of field trip activities each week.

Annual Community Yard Sale: The Community Yard sale has been rescheduled for September 19th from 8:00 a.m. – 12:00 p.m. Forty-one (41) tables have been reserved for community members who will offer “like new” or “gently used” items for sale. The fee for each table is \$5.00 and the event will be held rain or shine.

Isle of Palms Connector Run and Walk for the Child:

The 2020 event was cancelled due to COVID-19. All sponsorship money collected for the 2020 event will be distributed to local Charities. The Board is discussing the best way for the check presentations.

Keenagers: The program will be delayed until October. Community seniors will be invited to a catered luncheon and entertainment scheduled for October 7th from 12:00 p.m. - 1:00 p.m. This luncheon is free to seniors.

Ghostly Tide Tales: Ghostly Tide Tales is scheduled for Friday, October 23rd from 6:00 p.m. – 7:00 p.m. at the 25th Avenue Beach Access. A storyteller will entertain attendees, and beach fires and tiki torches will be lit for atmosphere. This is a free community event.

Halloween Carnival: This year, the Recreation Department will host a Halloween Golf Cart “Costume Contest” Parade. Prizes will be awarded to the top three (3) decorated carts. This event is scheduled for Saturday, October 31st from 4:00 p.m. – 6:00 p.m. Several local golf cart rental companies have agreed to provide carts at a discount to residents if needed. At the end of the parade route, there will be a Drive-Thru Haunted House and Candy Station. Food trucks will be on site so that families can purchase a hot meal before Trick or Treating. This is a free event. Golf Carts that wish to participate must register on or before Monday, October 26.

Pumpkin Painting: Pumpkin painting will be held Thursday, October 16th at 2:00 p.m. Children ages seven (7) to fourteen (14) are invited to paint pumpkins with the Recreation staff. All materials will be provided by the Recreation Department. The cost is \$5.00 for residents and non-residents and must be registered by Wednesday, October 9th.

Holiday Craft Workshop: A Holiday Craft Workshop for children of all ages is scheduled for November 24th at 10:00 a.m. Children will enjoy creating a craft with the Recreation staff with material provided by the Recreation Department. The cost of this activity is \$5.00 and the deadline for registration is Nov. 18th.

Santa's Cookie Workshop. Children (ages 14 and under) are invited to sign up for Santa's Cookie Workshop on December 10th at 3:30 p.m. There is no fee for this opportunity to decorate cookies with the Recreation Staff. Cookies and decorations will be provided by the Recreation Department, and participants are required to register by December 4th.

Holiday Street Festival: A Holiday Festival & Movie will be held Saturday, December 5th on Front Beach. The Festival will run from 3:30 p.m. – 6:00 p.m., with the annual Christmas Tree Lighting scheduled for 5:45 p.m. The movie will begin promptly at 6:00 p.m. Details for this event are being finalized.

Movie & Dodgeball: On December 30th, kids (age 5-12) will have the opportunity to play dodgeball with recreation staff. Lunch will be provided the Recreation Department; and after several rounds of ball, players will enjoy a movie. The registration deadline for this activity is December 28th.

Athletics

Adult Softball

The league will begin on Thursday, September 3. There are a total of 3 teams, (60 players total) competing.

Adult Spring 3 on 3 Basketball

The league will begin on Tuesday, September 8 with a total of 6 teams, (36 players).

Adult Spring 6 vs. 6 Soccer

The league will begin on Tuesday, September 1 with a total of 8 teams, (96 players).

Adult Fall Table Tennis Singles League

Table tennis will begin Tuesday, September 8 with a total of 12 players.

22nd Annual Half Rubber Tournament

The 22nd Annual Half Rubber Tournament was held on Saturday, August 22. A total of 8 teams participated in the tournament, 4 teams traveled from Georgia and 4 teams were from the Charleston area. Teams consisted of 3 or 4 players. The winner of the tournament was "Full Throttle" a Savannah, Georgia team. The runners up of the tournament were "Sylvania Team" also from Georgia.

Youth Athletics

Fall 2020 Youth Soccer

Youth soccer registration ended on August 14th. We have a total of 136 children playing fall soccer for the IOP Recreation Department with ages ranging from 3-12years old. Practices will begin September 8th. Games will begin late September.

Youth Soccer Registration

3-4yr Fast Start	Total: 20	IOP: 15	SI: 2	Non-resident: 3
5/6 Soccer	Total: 36	IOP: 28	SI: 3	Non-resident: 5
7/8 Soccer	Total: 36	IOP: 29	SI: 2	Non-resident: 5
9-12 Soccer	Total: 44	IOP: 38	SI: 4	Non-resident: 2

Parks & Facilities

Performed routine housekeeping duties.
Completed monthly safety inspections.
Replaced and refilled air fresheners and other sanitary devices.
Cleaned gymnastics equipment.
Cleaned the toys.
Disinfected exercise equipment and rooms.

Revised Cleaning schedule: - Schedule is subject to change as more programs are offered.

Disinfect the facility upon opening every morning.

Bathrooms are disinfected at least twice daily (around 10:00 AM and 12:30 PM) and deep cleaned and mopped every afternoon (2:30-3:30 PM).

Classrooms are disinfected first thing in the morning (7:00-7:30 AM) and at least once when not in use throughout the day. The rooms are mopped or auto-scrubbed at least twice a week.

High/Low Tide room is disinfected every day before and after class and the floors are dust mopped after every class and auto-scrubbed or mopped twice weekly.

The playground is disinfected daily around 8:00 AM and/or when not in use.

The cardio room is disinfected at least twice daily, typically after every use. The machines are wiped down, the floor is swept daily and mopped twice a week.

Disposable paper towels are used to clean and wipe surfaces down, and disposable mops are used to clean the floors.

Facility Preparations

Assisted with the set-up for classes, programs and Summer Camp

Interior Maintenance

8/4- Vacuumed ceiling tiles in hallway outside Tadpole room.

8/10- Deep cleaned entire facility after summer camp, stored camp stuff. Scrubbed water slide, drained and put into gym storage.

8/11- Vacuumed ceiling tiles in Tadpole and Minnows rooms.

8/18- Reattached cove base near side door in the main hallway.

8/18- Deep cleaned the gym after camps.

8/18- Replaced squeegee blades and vacuum motor switch on the auto-scrubber.

8/19- Adjusted door stoppers throughout the building.

8/25- Cleaned/sanded inner track and repaired squeegee blades on auto-scrubber.

8/25, 8/26- Deep cleaned the Tiny Tots toys.

8/27- Assisted with delivery of new gym floor.

8/31- Replaced lightbulbs in: kitchen (4), office breakroom (2), Event's office (1), tadpole (1), women's bathroom (1), men's bathroom (2) and family bathroom (1).

Exterior Maintenance

Inspected equipment

Sanitized playground equipment daily.

Sprayed for wasps.

8/4- Cleaned up debris from tropical storm.

8/4- Replaced American and SC state flags.

8/14- Cleaned out gutters and pressure washed front of the building.

8/20, 8/21- Assisted with field setup for Half Rubber Tournament.

Service Projects

8/28- **East Coast Pest Management-** Sprayed for insects.

8/31- **Snap Sports-** Replacement of gym floor.

Parks & Grounds Maintenance

Building and Grounds

Completed monthly reports and inspections

Cleaned, mowed and groomed all fields and adjusted irrigation as needed

Treated for fire ants

Replace basketball nets and worn equipment on playground

Called Police and had a report made regarding vandalism to outside basketball courts that appears to have happened between Friday, August 28 and Tuesday, September 1.

Secured cost estimates for repairs to basketball court

Soccer Field

Contacted Possums for assistance with the control and treatment of dollar weed and insects currently compromising soccer and softball fields.

BarkPark

Removed old style dog scoops and reconfigured new style for accessibility

Equipment

Cleaned Toro Workman and golf cart and performed maintenance on mowers

Rebuilt irrigation pump at softball field

Replaced old lighting at picnic shelter with new LED fixtures

Other work performed:

Set up social media (facebook) page for the Recreation Department

Schedule regular social media posts and notifications for the Recreation Department

Viewed City Department and Council meetings online to keep up to date

I O P REC

SEPTEMBER
2020

More programs and
Information Coming Soon



CITY INFORMATION

Recreation Staff

Recreation Director

Norma Jean Page

njpage@iop.net

Assistant Director

Karrie Ferrell

kferrell@iop.net

Recreation Supervisors

Andrea Harrison/Special Events

aharrison@iop.net

Aaron Sweet / Athletics

asweet@iop.net

Community Specialist

Holly Norton

hnorton@iop.net

Parks Maintenance Supervisor

Chris Bako

cbako@iop.net

Parks & Facilities Specialist

Joshua Key

jkey@iop.net

What's New...

The Isle of Palms Recreation Department is now on FACEBOOK. Like our page to get the latest information on Athletics, Events and Programs.



What's Inside...

Athletics

Adult.....	5
Youth.....	4

General Information

Facilities.....	3
Policies.....	2
Staff.....	2

Programs & Activities

Adult.....	7-8
Senior.....	8
Toddler.....	6
Youth.....	6
Fitness Classes.....	7

Special Events

Yard Sale.....	8
October Events.....	9
Pumpkin Painting	
Ghostly Tide Tales	
Halloween Golf Cart Parade	

Registration Policies

REGISTRATION: Register in person at the Isle of Palms Recreation Department, #24 28th Avenue, Monday - Friday 8:00am-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

Follow Isle of Palms Recreation Department on Facebook for rain out information and updates. @IOPRec



RECREATION INFORMATION

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
Starting in September

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

Hours subject to change due to Recreation Activities/Programs

FRISBEE GOLF COURSE

Location: Recreation Department Grounds
Hours: Sunrise to Sunset

GYMNASIUM

Currently closed and being utilized for classes.
Call 843-886-8294 for 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
First come, first serve. Hours may be limited due to tennis lessons.

WALKING TRAIL

Trail Head Location: 28th Avenue & Hartnett Boulevard and 27th Avenue and Softball Field. 1/2 Mile Loop around recreation grounds. Follow blue arrow trail markers.



Youth



Athletics

SOCCER

FALL 2020 SEASON



Fast Start Soccer

3 & 4 years

Must be 3 years old by September 1, 2020

Fast Start Team Leader Meeting:

Monday, August 24 at 5:00pm

Activity/Game Days:

Fast Start: Saturdays

5/6 Soccer: Mondays

7/8 Soccer: Wednesdays

9-12 Soccer: Mondays & Thursdays

Soccer Picture Day:

Tuesday, October 13



Youth Soccer

Co-Ed 5-12 years

Player Age as of September 1, 2020

Youth Soccer Coach Meeting:

Monday, August 24

5/6 age group at 5:30pm

7/8 age group at 6:00pm

9-12 Skill Evaluation at 6:30pm

9-12 Coach Meeting to follow Skill Eval

Coaches will contact parents with Team Information after meeting date.

YOUTH & ADULT SPORTS

YOUTH BASKETBALL (5-14yrs)

Registration Information *Player age as of September 1, 2020

IOP/SI Residents: October 5 - November 6

Non-Residents: October 12 - November 6

\$30 IOP resident/ \$55 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 17 at 5:00pm

9-10 Coach Meeting to follow Skill Evaluation

Ages 11-14: Tuesday, November 17 at 6:30pm

11-14 Coach Meeting to follow Skill Evaluation

Coaches Meeting: Monday, November 16

5/6 yr old Mtg. 5:15pm

7/8 yr old Mtg. 5:45pm

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)*

Practice begins November 30 and will be determined by coaches. Coaches will reach out to parents after coach meeting to discuss season details and provide team assignments. Participants will receive a team jersey. No 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**
10 **October 15 - November 19**

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**

\$75 resident / \$80 non-resident

Instructor: Laura & Kreg Togami



Adult Sports

ADULT CO-ED VOLLEYBALL LEAGUE

Registration Information:

October 12 - November 6

\$250 per team Max. 12 teams

Ages 18 & up

Captain's Meeting: Tuesday, November 24 5:30pm

Game Days: Tuesdays

Adult Fall Athletic Meetings & Information:

ADULT 3 on 3 BASKETBALL LEAGUE

Game Days: Tuesday Evenings

Season Starts: September 8, 2020

ADULT SOFTBALL LEAGUE

Game Days: Wednesday or Thursday Evenings

Season Starts: September 3, 2020

ADULT 6 VS 6 SOCCER LEAGUE

Game Days: Tuesday Evenings

Season Starts: September 1, 2020

YOUTH PROGRAMS & ACTIVITIES

IOP KIDS (3yrs by Sept. 1, 2020)

2020-2021 School Year Registration:

\$80 Non-Refundable Deposit Due at Registration.

Children will socialize, cooperate with peers, listen to and follow instructions and adapt to a routine in a classroom setting. The IOP Kids schedule coincides with City of Isle of Palms holiday calendar. Deposit required at registration.

Children MUST be potty trained.

Minnow Room Min. 5 Max. 10

Activity # 160021

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

\$150 resident/ \$155 non-resident: Monthly Tuition

Activity # 160022

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

\$100 resident/ \$105 non-resident: Monthly Tuition

Instructor: Cathy Adams

MINI MINNOWS (3-5yrs) Must be 3 by September 1, 2020

Learning through play! Socialize, cooperate with peers, listen and follow instructions and adapt to classroom setting. Mini Minnows schedule coincides with 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

\$150 resident/ \$155 non-resident per month

Instructor: Cathy Adams



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! *Classes will be combined if we don't receive enough participation.*

Palmetto Room Min. 6 Max. 10

Tuesdays 3:30pm - 4:15pm (3-5 yrs)

Tuesdays 4:15pm - 5:00pm (5yrs+)

09 September 15 - October 20

10 October 27 - December 8 (No Class Nov. 3)

\$80 resident/ \$85 non-resident

Instructor: Kaylie Penninger

CHEERNASTICS (4-8yrs)

Activity # 130046

Learn what it takes to be a cheerleader. Participants will learn all aspects of cheerleading, tumbling, stunts, positive attitude and fun! Palmetto Room Min. 6 Max. 14

Tuesdays 5:00pm - 5:45pm

09 September 15 - October 20

10 October 27 - December 8 (No Class Nov. 3)

\$80 resident/ \$85 non-resident

Instructor: Kaylie Penninger

TAE KWON DO: Youth (6-11yrs)

Activity # 120020

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. Family Class available to adults with children. Class time 9am. Gymnasium

Saturdays 9:00am - 10:00am

09 September 5 - September 26

\$20 resident/ \$25 non-resident per month

Instructor: Master Jack Emmel, MD, 7th Dan

Deborah Gessert, 6th Dan

YOUTH TENNIS LESSONS (4yrs & up)

Placement is subject to evaluation for group/level.

Learn proper tennis mechanics, strokes, tennis footwork improve hand-eye coordination.

Tuesdays

3:30pm - 4:00pm Tiny Tennis (ages 4-5yrs) 36ft court (min. 4/max. 6)

\$45 resident/ \$50 non-resident

4:00pm - 5:00pm Red Ball (ages 6-7yrs) 36ft court (min. 4/max. 6)

5:00pm - 6:00pm Orange Ball (ages 8 - 10yrs) 60ft court (max 6)

6:00pm - 7:00pm Green Ball (ages 9 & up) Full Court (max 8)

\$60 resident/\$65 non-resident

09 September 15 - October 6

Instructor: Corinne Enright

Fitness Classes

RESERVATION REQUIRED: All Classes

- Call 843-886-8294 to reserve your class
- Classes limited to 6 to 9 people depending on class style
- Zoom Option available for some classes email [Karrie Ferrell](#) for link.

BARRE

Activity # 131034

Transform your body through isolated movements, build long, lean muscles while improving posture and flexibility combined with cardio, strength and toning.

Class is limited to 6 participants.

Fridays 8:30am - 9:30am

09 September 4 - September 25

10 October 2 - October 30

11 November 2 - November 30

\$32 per month

Drop in fee: \$10

- Zoom Option: Available

Instructor: Angela Reinhardt

CORE STRENGTH & BODY WORKS

Core workout utilizing stability ball and medicine ball. A total body workout to keep your body challenged.

Class is limited to 9 participants.

Mondays 9:00am - 10:00am

Tuesdays & Thursdays 8:30am - 9:30am

09 September 2 - September 30

10 October 2 - October 30

11 November 2 - November 30

Activity # 131062 \$40 per month / 8 Classes

Activity # 132062 \$55 per month/ 12 Classes

Drop in fee: \$10

- Zoom Option Available Tuesday & Thursday

Instructor: Angela Reinhardt

OVER 50 FITNESS

Activity # 132064

Strengthen muscles, tighten core, increase flexibility and balance. Open to all exercise levels. Bring water and mat to class. *Class is limited to 9 participants.*

Tuesdays & Thursdays 2:30pm - 3:30pm

09 September 1 - September 29

10 October 1 - October 29

11 November 3 - November 24

\$64 per month

Drop in fee: \$10

Instructor: Judy Fischer

SUSPENSION TRAINING

Activity # 131041

Get your strength training and cardio all in one fun, challenging, sweaty hour. Class meets outdoor under picnic shelter. *Class is limited to 6 participants.*

Mondays, Wednesdays & Fridays 8:00am - 9:00am

09 September 2 - September 30

10 October 2 - October 30

11 November 2 - November 30

\$40 per month/ 8 Classes

\$55 per month/ 12 Classes

Drop in fee: \$10

Instructor: Pat Boyd

YOGA - SATURDAY

Rediscover your flexibility, sense of balance, mental clarity and confidence with yoga. *Class is limited to 9 participants.*

Saturday 10:00am - 11:15am

Drop in fee: \$12

Instructor: Jen DeGoyler

CARDIO & CORE

Activity # 131016

Class is designed to build strength and endurance, circuit training, cardio exercise, body weight exercises class finishes with core training and stretching for a complete workout.

Mondays 5:30pm - 6:30pm

09 September 14 - September 28

10 October 5 - October 26

11 November 2 - November 30

\$32 per month

Drop in fee: \$10

Instructor: Elizabeth Hudson

FULL BODY SCULPT

Activity #130060

Weights, weights and more weights! Weights and a variety of other fitness equipment used to tone & firm the entire body. Class will focus on all major muscle groups.

Tuesdays 5:30pm - 6:30pm

09 September 8 - September 29

10 October 6 - October 27

11 November 3 - November 24

\$32 per month

Drop in fee: \$10

Instructor: Elizabeth Hudson

ADULT PROGRAMS & ACTIVITIES

LINE DANCING

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

Palmetto Room

Thursdays

Beginner: 8:30am - 9:30am

Intermediate: 9:30am - 10:30am

\$5 resident/non-resident

Instructor: Trisha Leonard

TAI CHI

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.

High Tide/ Low Tide Room

Tuesdays 10:45am - 11:45am

09 September 1 - September 29

10 October 6 - October 27

11 November 3 - November 24

12 December 1 - December 29

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

Drop in Fee: \$10

Instructor: Connie Cossetti

TAE KWON DO (12+yrs)

Activity # 121019

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.*

Family Class: Saturdays 9:00am - 10:00am

All Belts: Saturdays 9:00am - 10:30am

09 September 5 - September 26

\$20 resident/ \$25 non-resident per month

Instructor: Master Jack Emmel, MD, 7th Dan

Deborah Gessert, 6th Dan

ADULT TENNIS (Intermediate)

Adult tennis clinic - Come out & improve your game.

Cardio Tennis: Tennis lesson with a high energy workout calorie burning workout. Min. 3

Tuesdays 8:00am - 9:00am

Drop-In Fee: \$15.00

Cardio Tennis: \$20.00 8:00am - 9:30am

Call 843-886-8294 to confirm.

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 - Under 4 months/Toy Breed

7:30pm - 8:30pm - Puppies 4-5 months

09 September 14 - October 19

10 October 26 - November 30

\$195 resident/ non-resident

Instructor: Susan Maret

KEENAGERS - Senior Social Group (50yrs+)

Activity #162061 FREE

Wednesdays, October 7 12:00pm

1st Wednesday of the month.

Stay active and social with this community senior group.

Members meet monthly to socialize and enjoy lunch. Lunch will be catered on October 7.

GATHER KNIT & STITCH

Work on any type of needlework and meet new friends.

Mondays 10:00am - 11:30am Free

WOODWORKING

Gather with friends and work on your artistic traditions of wood carving.

Wednesdays 10:00am - 12:00pm Free

YARD SALE *NEW DATE*

Saturday, September 19 8:00am - 12:00pm

The Isle of Palms Community Yard Sale has been rescheduled for Saturday, September, 19. Vendors will sell "used" or "like new" items. Sale of retail will not be permitted. Event will be held Rain or Shine.



October Events

PUMPKIN PAINTING

Friday, October 16 2:00pm

Come paint and decorate pumpkins at the Rec. Space is limited. Register by October 9th.
\$5 per person

GHOSTLY TIDE TALES

Friday, October 23 6:00pm

25th Ave Beach Access
Ghost Stories by Fire
Free Event

HALLOWEEN GOLF CART PARADE & DRIVE-THRU HAUNTED HOUSE

Saturday, October 31 4:00pm

Parade Line up starts at 3:30pm on 27th ave.
Winners for top 3 best decorated golf carts.
Parade ends with a Drive-Thru Haunted House.

