



Recreation Committee

8:00 a.m., Monday, May 3, 2021
1207 Palm Boulevard,
Isle of Palms, South Carolina

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

Public Comment:

All citizens who wish to speak remotely via Zoom during the meeting must email their first and last name, address and topic to rhanna@iop.net no later than **3:00 p.m. the business day before the meeting.**

Citizens may also provide written 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** – April 12, 2021
3. **Citizens' Comments**
4. **Departmental Report** – Director Page
5. **Old Business**
 - a. Discussion of adjustments and impacts related to COVID-19 on recreation programming
 - Discussion of resuming Open Gym Basketball beginning May 4, 2021
 - b. Discussion of organized outdoor/beach recreation opportunities
 - Update on efforts to offer Yoga classes on the beach
6. **New Business**
 - a. Update on IOP Connector Run and Walk for the Child to be held on October 2, 2021
 - b. Discussion of 2021 Farmers Market
7. **Miscellaneous Business**

Next meeting date: 8:00 a.m., Monday, May 3, 2021
8. **Adjournment**



**Recreation Committee Meeting
8:00am, Monday, April 12, 2021
1207 Palm Boulevard, Isle of Palms, SC
and broadcasted live on YouTube: <https://www.youtube.com/user/cityofisleofpalms>**

MINUTES

1. Call to order

Present: Council members Buckhannon, Pounds, and Smith

Staff Present: Administrator Fragoso, Asst. Administrator Hanna, Director Page

2. Approval of the previous meeting's minutes – March 1, 2021

MOTION: Council Member Buckhannon made a motion to approve, and Council Member Pounds seconded the motion. The motion passed unanimously.

3. Citizens' Comments -- none

4. Departmental Reports – Director Page

Director Page said adult sports are going well. The formation of a pickleball league is ongoing. The Soccer Camp held during Spring Break was a great success. While class size remains limited for some classes, all are well-attended.

Staff is working on the IOP Beach run for July. The Boater Safety workshop held recently filled up quickly, and they are working on setting up another workshop. Julie Clift, a retired Marine Science teacher from Wando High School, will be leading a series of classes on the environment. Locations and topics are being set up.

Keenagers had 36 in attendance this month. The drive-in movie hosted 40 cars. She said the Easter Egg Drop was well-received by both the community and staff.

The Yard Sale will be April 18 with a limited number of vendors. Day in the Park, to be held the first weekend in May, will include music and a movie.

The lottery for Camp Summer Shine will be held today. She reported that the registration process has been time consuming but anticipates it will be much more efficient after RecTrac has been purchased and installed. Camp is only open to residents unless spots are not filled, at which point they would be open to non-residents. Filling the camp counselor positions has proven to be difficult. Social media efforts are being made to find counselors.

Participants can register online for the June 5 Sand Sculpting Contest.

Staff continues to be vigilant in its disinfecting of the building and following COVID protocols.

5. Old Business

A. **Discussion of outlook for classes and activities in the Spring** – covered in the departmental report

B. **Discussion of adjustments and impact related to COVID-19 on recreation programming** – covered in the departmental report

6. New Business

A. **Discussion of organized outdoor/beach recreation opportunities**

Council Member Smith asked about the challenges in creating more offerings of activities on the beach for residents. Director Page said that while yoga is a popular beach activity, it is hard to offer such a class due to potential walk-up participants who have not paid for the class and the weather. She has mentioned this in the past to the instructors, who have taught yoga outdoors on the Recreation Center grounds but did not favor using the beach for the class. Director Page said she would think further on the matter and discuss it with staff to see what options they could come up with.

7. Miscellaneous Business

The next meeting of the Recreation Committee will be on Monday, May 3, 2021 at 8am.

8. Adjournment

Council Member Buckhannon made a motion to adjourn, and Council Member Pounds seconded the motion. The meeting was adjourned at 8:30am.

Respectfully submitted,

Nicole DeNeane
City Clerk



RECREATION DEPARTMENT MONTHLY REPORT April 2021

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

SPECIAL EVENTS

Keenagers

The Keenagers senior social group meeting was held on April 7. Thirty-Five (35) people attended the meeting. The Back Porch Story Tellers entertained and then door prizes were given out at the end of the event. The next luncheon will be held May 5th.

Easter Drop

The Easter Drop was held on April 3rd from 9:00 a.m.- 12:00 p.m. The Isle of Palms Recreation staff split into two teams accompanied by the Police Department and the Fire Department to hand out Easter bags to the children. Fifty-three (53) houses were visited giving out over approximately 125 bags of candy, prizes and goodies.

Yard Sale

The annual IOP Yard Sale was held on Saturday, April 17 from 8:00 a.m. to 12:00 p.m. Forty (40) 10' by 10' spaces were marked to ensure social distancing for the event. Twenty-two (22) registered for the yard sale and were assigned designated spaces.. Hundreds of people attended and shopped throughout the morning.

Summer Camp

The Summer Camp lottery has been run and all sessions of Wee Camp and Camp Summershine have been filled. Programs and activities are being organized with weekly themes in mind. Camp shirts have been designed and are soon to be ordered. Potential counselors are being contacted for interviews. Supplies and snacks are being ordered and picked-up.

UPCOMING EVENTS

Day in the Park

Formally known as “Music in the Park”, Day in the Park will consist of music and a movie. Yee Haw Junction and The Blue Plantation Band will perform from 3:00 p.m. to 7:00 p.m. close to the picnic shelter area and will be followed by the movie, The Croods A New Age which will be from 8:00 p.m. to 10:00 p.m.

Piccolo Spoleto Sand Sculpting Competition

The 32nd Annual Piccolo Spoleto Sand Sculpting Competition will be held on Saturday, June 5 from 9:00 a.m.-12:00 p.m. on Front Beach, IOP. Prizes donated from participating sponsors will be awarded to the top three (3) in the categories of: Adult (21 and older), Family (at least one adult & one young adult or child), Young Adult (ages 15-20), Children's (ages 14 and under), Best Architectural, Most Creative, and Best in Show – Overall. Sponsor prizes are being picked up.

PROGRAMS AND CLASSES

Cheernastics

Cheernastics has eight (8) registered participants for the April 13 session. Class is held on Tuesdays at 5:00 p.m. The April session will be the last session for the season. Instructor Kaylie Penninger

Chair Fitness: Senior Exercise Class

Fourteen (14) seniors have been participating in the senior exercise class. Participants meet in the gymnasium for class and utilize chairs, resistance bands and light weights. The participants are able to social distance in the space and have plenty of room for walking cardio fitness. Class was designed for beginners. Class is \$5 per participant or monthly class pass of \$35. Instructor, Marie Keller.

Dog Obedience

Both Kinderpuppy classes are full with six (6) participants, the 6:30 p.m. class is for small breed dogs and the 7:30 p.m. class is for large breed puppies. Instructor, Susan Maret

Fitness Classes

Suspension Training: Class is held on Mondays, Wednesdays & Fridays at 8:00 a.m. Participants are required to make reservations before attending classes. Class is held under the picnic shelter but has utilized the gymnasium on cold or rainy days. Instructor, Pat Boyd

Core Strength: Classes are held Mondays, Tuesdays & Thursdays at 8:30 a.m. Monday class is live and in person class only. The Tuesday and Thursday classes have the zoom option for participants. Angela Reinhardt, Instructor.

Barre: Class is held on Fridays at 8:30 a.m. Barre is \$10 per class, \$32 for the month. Instructor, Angela Reinhardt

Cardio and Core: Class is held on Mondays at 5:00 p.m. Reservations are required. Instructor, Elizabeth Hudson

Full Body Sculpt: Class is held on Tuesdays at 5:00 p.m. Reservations are required. Instructor, Elizabeth Hudson

Gymnastics

Classes are held on Tuesday at 3:30 p.m. for 3 & 4 year olds and 4:15 p.m. for 5 years and older. Instructor, Kaylie Penninger

IOP Kids

Classes are held Monday – Fridays from 9:30 a.m. – 12:00 p.m.. Registration for the 2021-2022 school year is open. Instructor, Cathy Adams.

Line Dancing

Classes are held on Thursdays with Intermediate classes at 9:30 a.m. and beginner class at 10:30 a.m. Instructor, Patricia Leonard.

Meditation Group – Free

Thursdays, beginning May 13 at 9:00 a.m. Class will be conducted under the trees on multipurpose field and may utilize the beach in accordance with the tides and also take into consideration class participants that may need handicap accessible beach access paths. Instructor, Stacy Jessen

Over 50 Fitness

Class is held on Tuesdays & Thursdays from 2:30 p.m. – 3:30 p.m. Instructor, Judy Fischer.

Saturday Yoga

The class drop in fee is \$12, no packages offered at this time. Participants are required to sign up in advance to reserve a space. Participants are required to bring their own yoga mat to class. Instructor, Jen DeGoyler.

Tae Kwon Do

Youth and family classes meet on Mondays at 6:30 p.m. Adult open belt classes meet Wednesday evenings and Saturday mornings. Instructor, Jack Emmel

Tai Chi

Class is held on Tuesdays at 10:45 a.m. Instructor, Connie Cossetti

Tennis Lessons, Youth

Registration for the May session opened Wednesday, April 14 and is full. Tiny Tennis, Red Ball, Orange Ball and Green Ball classes will be held during the May session.

Tennis Camp Red Ball Tennis Camps, scheduled for June 21 – June 24 and July 12 – July 15 are both full with eight (8) participants. Orange Ball camp is scheduled for June 28 – July 1, camp is full with six (6) participants. The Green Ball tennis camp is scheduled for July 19 – July 22 currently three (3) participants are registered. Instructor, Corinne Enright.

Tennis Lessons, Adult

Adult lessons are held on Tuesdays at 8:30 a.m. and 9:30 a.m. Instructor Corinne Enright

Wood Carvers

The wood carver group meets at 10:00 a.m. on Wednesdays in the Tadpole Room.

Little Lotus Yoga

Yoga for kids is held every Tuesday at 12:00 noon. Participants can pay by the month or take advantage of the walk-in fee of \$10. Instructor, Jen Rogers.

PickleBall Lessons

Currently seven (7) people are participating in the Pickleball Lessons. Most participants are beginners and interested in learning the game. Pickleball lessons will continue through the spring and summer, session to be announced. Instructor, Geri D'Italia

Over 50 Yoga

Class is held on Mondays and Wednesdays at 12:30 p.m. Instructor, Judy Fischer.

Over 50 Pilates

Class is held on Tuesdays and Thursdays at 1:30 p.m. Instructor, Judy Fischer.

FitBody in 50

Class is held Wednesdays and Fridays at 10:30 a.m., class space is limited and advanced reservations are required. Instructor, Geri D'Italia

Special Interest Classes**Boater Safety Workshop**

DNR is unable to offer a class in May but will notify staff of a suitable date in June. Class is instructed by SCDNR.

Environmental Series

Julie Cliff, retired Marine Science teacher from Wando High School will conduct a four (4) week session of environmental workshops. Workshops will be held on Thursdays beginning May 20 at 5:00 p.m. Participants will meet at the Recreation Center for further instruction.

May 20 – Beach walk – Sand Dunes and How Beaches Form

May 27 – Anatomy of Crabs – Participants will engage in dissecting crabs

June 3 - Anatomy of Shrimp – Participants will engage in dissecting shrimps

June 10 - TBA

\$5.00 per session per Adult

Free for children 14 years and under. Children must be accompanied by an adult.

Limited of 20 participants per session. Pre-registration recommended.

ATHLETICS**Adult Athletics****Adult Spring Softball**

The registration fee was \$425 per team. Games are played Thursday evening. A total of three teams (60 participants) have registered.

Adult Spring 3 on 3 Basketball

The registration fee was \$60 per team. Games are played on Tuesday evening. A total of five teams (30 participants) have registered. COVID-19 guidelines have been developed to ensure the best practices for the safety of all participants.

Adult Spring 6 vs. 6 Soccer

The registration fee was \$250 per team. Games are played on Tuesday evening. A total of four teams (48 participants) have registered.

Adult Spring Table Tennis Singles League

The registration fee was \$10 per player. Games are played on Tuesday afternoon. A total of nine players have registered.

Adult Pickleball League Singles

A beginner's league and an intermediate league have been offered. Three (3) people signed up but a minimum of (4) is needed for a league, therefore we will try to offer this league again in the Fall 2021.

Youth Sports**Youth Baseball (Ages 3-12)**

All baseball leagues have started game play. Baseball participants will receive a medal, jersey and a hat. Youth Baseball Picture Day was held April 14th. COVID-19 guidelines have been developed to ensure we are following best practices for the safety of all participants. A total of 137 children registered for the league this season.

Athletic Events**Spring Break Soccer Shots Camp April 5th - 9th, 2021 9AM – 12PM**

We had a total of (20) children ages 4-12yrs old register for this camp during the week of Charleston County Schools Spring Break.

Summer Athletic Camps**Rising Stars Basketball Camp (June 28 – July 2, 2021) 9AM-4PM**

(Ages 5-9yrs) Total: 37

(Ages 10-15yrs) Total = 2

Girls Volleyball Camp (June 21 – June 25, 2021) 9AM-12PM

(Ages 10-15yrs) Total = 17

Get Your Spike on Volleyball Camp (August 9 – August 12, 2021) 9AM-11AM

(Ages 10-16yrs) Total = 13

Summer Soccer Shots Camp (August 9 – August 13, 2021) 9AM-12PM

(Ages 4-12yrs) Total = 22

Athletic Special Events

Isle of Palms Beach Run

The Isle of Palms Beach Run is scheduled for Saturday, July 31st, the Beach Run consists of 5K/10K runs, 5K walk and Youth Fun Runs. The 5K/10K events will begin at 8:00 a.m.; Youth Fun Runs will begin around 8:30 a.m. Registration is now open on www.raceroster.com and in person at the IOP Recreation Department. The registration fee is \$30 for the 5K/10K Run and Walk and \$10 for the Youth Fun Runs. Moisture wicking shirts will be given to all race participants that register on or before Friday, June 25. Starting June 26, the fees increase by \$5. Packet pick-up will be held on Friday, July 30th from 4:30-6:30 p.m. at The Windjammer. The 10K and 5K Run age group winners will receive medals, and all Youth Fun Run participants will receive participation ribbons and ice cream vouchers from Ben and Jerry's. Currently working on sponsor solicitations and confirming volunteer assistance in the event.

23rd Annual Half Rubber Tournament

The 23rd Annual Half Rubber Tournament is scheduled for Saturday, August 21st. The captains' meeting/check in will begin at 7:30 a.m., and games will begin at 8:00 a.m. The registration fee is \$25 per person. Teams may consist of 3 or 4 players. Sponsors for the tournament are being solicited for 1st and 2nd place winners.

Isle of Palms Connector Run

Recreation Staff will be working with the Isle of Palms Exchange Club has to host the 28th annual IOP Connector Run and Walk for the Child on Oct. 2, 2021. The Exchange Club has held this 10k/5k race since the connector opened in 1993 with the exception of 2015 when we had the "Great Flood" and 2020 during the COVID 19 pandemic. The Connector Run has have given nearly \$1M back to the community to work towards the prevention of child abuse and other child related issues.

Parks & Facilities

Housekeeping

Housekeeping duties have not changed since last month. All the Covid-19 guidelines continue to be followed.

Facility Preparations

Assisted with the set-up of gymnasium and classrooms for daily scheduled programs, athletics, activities, meetings and special events.

4/7- Teardown after Keenagers, cleaned gym.

4/18- Worked the Rec booth at Yard Sale.

Specific Interior Maintenance

4/1- Painted door frames of Minnows and Tadpole rooms and bathroom.

4/2- Replaced ceiling tiles in sprinkler room.

4/8- Touched up paint in Magnolia/Palmetto rooms.

4/9- Touched up blue paint in hallway.

4/9- Replaced ceiling tile in hallway outside housekeeping.

4/13- Replaced door stopper on left hand side gym exit door.

4/13- Replaced lightbulb above the TV in the lobby.

4/14- Repainted door frames in Magnolia/Palmetto rooms.

4/20- Replaced doorstopper for electrical closet.

4/23- Cleaned cardio room filters in HVAC unit and dehumidifier.

4/26- Caulked around conduit in ceiling, replaced ceiling tile outside housekeeping closet.

Exterior Maintenance

Sanitized the playground equipment daily.

Sprayed for wasps.

4/5- Replaced battery in exterior door opener.

Service Projects

4/5- Berkeley Heating & Air- Completed preventative maintenance on remaining units. Found units **#4 (Minnows room)**, **#7 (Palmetto room)**, and **#8 (main hallway)** all were low on refrigerant.

4/6- Liberty Fire Protection- brought back two extinguishers; one was hydrotested and the other had 6 year maintenance.

4/9- Berkeley Heating & Air- Met with Gordon Dinger to get estimates to replace units **#4 (Minnows)** and **#7 (Palmetto)**. He will look into all of the issues we have had with unit **#8**.

4/13- Jesse from Carolina Builders & Construction- came out to look at repairing side door and replacing rear door in hallway.

4/21- Water company performed backflow testing.

4/23- East Coast Pest Management- sprayed facility for bugs.

Parks & Grounds Maintenance

Recreation Grounds

Completed monthly inspections on playground equipment

Mowed and groomed grounds and athletic fields

Treated for fire ants, as needed

Filled holes in Bark Park and filled scooper boxes

Weeded and removed vines from bushes around baseball and softball fields

Cleaned spectator bleachers at baseball field

Raked mulch on playground in most active areas

Mowed and removed weeds around playground and picnic areas

Pruned fence line at softball field

Began painting faded playground equipment

Recreation Building

Check and cleaned gutters as needed

Adjusted irrigation for warm weather

Athletic Fields

Weeded baseball and softball infields

Groomed infields for scheduled baseball and softball games and practices

Applied fertilizer to all fields

Replaced and rewired irrigation controller at softball field

Repaired and replaced several sprinkler heads, and irrigation valves

Had irrigation pressure valve replaced by Lowcountry Automation

Miscellaneous

Met with representative from Possums to evaluate progress of field conditions
Securing pricing for installation of platform and hook up for generator
Working on designs and pricing for Engraved Brick Paver walkway
Securing pricing for repair/replacement of damaged fence behind home plate at baseball field
Coordinating with Robert Asero on new plantings around the facility
Assisted with Keenager Luncheon
Assisted with Yard Sale

COVID-19 Re-opening**Summer Camp:**

Summer camp will begin on June 21, 2021. The Recreation Department will follow the same guidelines for implementation that were successfully used in 2020

- Reduce capacity of camp
- Keep participant to counselor ratio 8:1
- Require drop off and pick up to occur outside of the facility
- Restrict what campers may bring from home (toys, towels, etc.)
- Stagger drop off areas and/or arrival and departure times
- Continue regular cleaning schedules for deep cleaning of frequently touched surfaces including restrooms, countertops and door handles
- Increase outdoor activities for greater physical distancing and fresh air
- Continue safety protocols and training for Rec staff about CDC guidelines on social distancing and recommended cleaning practices
- Maintain adequate stock of soap, cleaning supplies and hand sanitizing stations and physical barriers where needed
- Use protocol developed in 2020 to communicate to the parents and public in the event there is an infection at the Recreation facility.

Cardio Room:

Regulations were implemented in 2020 for the safe use of the Cardio Room and continue to be in place:

- Only allow two (2) people in cardio room at the same time.
- Some of cardio equipment in roped off to increase social distancing between users.
- Continue to ensure that disinfecting wipes, spray and towels are readily available and used before and after each use.
- City staff continue to wipe down all cardio equipment every hour with proper disinfectant.
- Bathrooms continue to be open and frequent disinfecting continues
- Water fountains remain closed but bottle fillers at water fountains are available

Playground, picnic shelter and outside basketball courts

- Picnic tables were removed from under shelter and placed around grounds to promote social distancing
- Playground is open and participants play at their own risk
- Playground is disinfected every morning
- Outside basketball courts are open and participant play at their own risk
- Baseball and softball fields are open with bleachers marked for social distancing for Recreation baseball and softball league play. Parents and spectators are encourage to bring lawn chairs.

Inside Basketball courts for Open Gym

We have been asked on several occasions when the gym would be available for Open Gym play. Staff surveyed the area Recreation Departments with the following results as of April 21, 2021.

City Of Charleston Recreation

Patron must come in with a mask and leave with a mask on
Sign in at the front desk
Patron must wear a mask when not on the court
Limiting numbers in the gym to 10, 1hr time limit
Sanitize all common spaces/areas after

City Of North Charleston

Patron must enter and exit the building with a face mask on
Sign in at the front desk
Not required to wear a face mask while playing
No temperature checks
Patron required to sign/complete a COVID-19 waiver form

St. Andrews Parks & Playgrounds

Currently No open gymnasium

Town of Mount Pleasant

Open gym designated times for Pickle Ball and other specific activities
Basketball play by reservations only

City of Hanahan

Shut down open gym time due to overcrowding, intoxicated participants and bad behavior. May open back in May with restrictions

Town of Summerville

Temperatures checked before entering
No limit on number of individuals allowed at any given time
Masks must be worn when not playing

Proposed Re-opening Gymnasium schedule for Open Gym:

- To begin Friday, May 14 to coordinate with expiration of Emergency Ordinance 2021 - 04 requiring face masks
- Participants will enter through the lobby and exit through the side gymnasium door
- Gymnasium will be disinfected after Open gym in preparations for scheduled programs
- Participants will be expected to comply with scheduled times and be respectful of Recreation staff personnel when asked to comply with policies
- Temperature checks and/or sign-in sheets will not be required
- Water fountains are not available but water bottle filler is operable.
- Participants will be required to bring their own water bottle and/or access concession machines
- Social distancing will be encouraged but not enforced

Proposed Open Gym Times:

Monday	2:00 p.m. – 6:00 p.m. – Programs begin in gym at 6:30 p.m.
Tuesday	2:00 p.m. – 6:00 p.m. – Programs begin at 7:00 p.m.
Wednesday	2:00 p.m. – 6:00 p.m. – Programs begin at 6:30 p.m.
Thursday	No afternoon open gym – Volleyball
Friday	2:00 p.m. – 4:00 p.m.
Saturday	7:00 a.m. – 8:30 a.m. – Adult Play – Classes begin at 9:00 a.m. 11:00 a.m. – 2:00 p.m. – All ages

Continue to display signage to remind users to take the following steps to prevent the spread of COVID-19:

- Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
- Using social distancing
- Covering coughs and sneezes with a tissue, then throwing the tissue in the trash.
- Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Using hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoiding touching eyes, nose, and mouth with unwashed hands.



Isle of Palms Recreation Department

#24 28th Avenue Isle of Palms, SC 29451

(843) 886-8294 www.iop.net

Programs, Athletics & Special Events

May 2021

SUN	MON	TUE	WED	THU	FRI	SAT
						<div>1</div> <div>9:00 TKD</div> <div>9:00 5-6 T-ball Games</div> <div>10:00 Yoga</div> <div>Day in the Park</div> <div>3:00pm</div> <div></div>
<div>2</div>	<div>3</div> <div>8:00 Suspension Training</div> <div>8:30 Core Strength/Bosu</div> <div>9:00 Soccer Camp</div> <div>9:15 Yoga</div> <div>11:00 Pickle Ball</div> <div>12:30 Over 50 Yoga</div> <div>2:30 Senior Fitness</div> <div>5:00 Cardio & Core</div> <div>5:15 9-12 Baseball Games</div> <div>5:15 7/8 Baseball Games</div> <div>6:30 Dog Obedience</div> <div>6:30 TKD</div>	<div>4</div> <div>8:30 Core Strength</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>10:00 Table Tennis</div> <div>10:45 Tai Chi</div> <div>12:00 Little Lotus Yoga</div> <div>1:30 Over 50 Pilates</div> <div>2:30 Over 50 Fitness</div> <div>3:30 Gymnastics</div> <div>5:00 Cheernastics</div> <div>5:00 Full Body Sculpt</div> <div>5:00 Baseball Practice</div> <div>6:15 Adult Soccer</div> <div>7:00 Adult Basketball</div>	<div>5</div> <div>8:00 Suspension Training</div> <div>9:00 Soccer Camp</div> <div>9:15 Yoga</div> <div>10:00 Wood Workers</div> <div>10:30 Fitbody in 50</div> <div>12:00 Keenagers</div> <div>12:30 Over 50 Yoga</div> <div>2:30 Senior Fitness</div> <div>6:00 Baseball Practice</div> <div>6:30 TKD</div>	<div>6</div> <div>Gym Closed</div> <div>8:30 Core Strength</div> <div>8:30 Adult Tennis</div> <div>9:00 Soccer Camp</div> <div>9:30 Line Dancing</div> <div>10:00 Table Tennis</div> <div>1:30 Over 50 Pilates</div> <div>2:30 Over 50 Fitness</div> <div>4:00 Volleyball</div> <div>5:15 9-12 Baseball Game</div> <div>7:00 Adult Softball</div>	<div>7</div> <div>8:00 Suspension Training</div> <div>8:30 Barre</div> <div>9:00 Soccer Camp</div> <div>9:15 Yoga</div> <div>10:30 Fitbody in 50</div>	<div>8</div> <div>9:00 5-6 T-ball Games</div> <div>9:00 TKD</div> <div>10:00 Yoga</div>
<div>9</div>	<div>10</div> <div>8:00 Suspension Training</div> <div>8:30 Core Strength/Bosu</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>11:00 Pickle Ball</div> <div>12:00 Mini Minnows</div> <div>2:30 Senior Fitness</div> <div>5:00 Cardio & Core</div> <div>5:15 9-12 Baseball Games</div> <div>5:15 7/8 Baseball Games</div> <div>6:30 Dog Obedience</div> <div>6:30 TKD</div>	<div>11</div> <div>8:30 Core Strength</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>10:00 Table Tennis</div> <div>10:45 Tai Chi</div> <div>12:00 Little Lotus Yoga</div> <div>3:30 Gymnastics</div> <div>5:00 Cheernastics</div> <div>5:00 Full Body Sculpt</div> <div>5:00 Baseball Practice</div> <div>6:15 Adult Soccer</div> <div>7:00 Adult Basketball</div>	<div>12</div> <div>8:00 Suspension Training</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>10:00 Wood Workers</div> <div>10:30 Fitbody in 50</div> <div>12:00 Mini Minnows</div> <div>2:30 Senior Fitness</div> <div>6:00 Baseball Practice</div> <div>6:30 TKD</div>	<div>13</div> <div>Gym Closed</div> <div>8:30 Core Strength</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>9:30 Line Dancing</div> <div>10:00 Table Tennis</div> <div>4:00 Acting workshop</div> <div>4:00 Volleyball</div> <div>5:15 9-12 Baseball Game</div> <div>7:00 Adult Softball</div>	<div>14</div> <div>Open Gym 2pm - 4pm</div> <div>8:00 Suspension Training</div> <div>8:30 Barre</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>10:30 Fitbody in 50</div> <div>12:00 Mini Minnows</div>	<div>15</div> <div>9:00 5-6 T-ball Games</div> <div>9:00 TKD</div> <div>10:00 Yoga</div> <div>Open Gym:</div> <div>Adult Play: 7am - 8:30am</div> <div>Open Gym: 11am - 2pm</div>
<div>16</div>	<div>17</div> <div>Open Gym 2pm - 6pm</div> <div>8:00 Suspension Training</div> <div>8:30 Core Strength/Bosu</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>11:00 Pickle Ball</div> <div>12:00 Mini Minnows</div> <div>12:30 Over 50 Yoga</div> <div>2:30 Senior Fitness</div> <div>5:00 Cardio & Core</div> <div>5:15 9-12 Baseball Games</div> <div>6:30 Dog Obedience</div> <div>6:30 TKD</div>	<div>18</div> <div>Open Gym 2pm - 6pm</div> <div>8:30 Core Strength</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>10:00 Table Tennis</div> <div>10:45 Tai Chi</div> <div>12:00 Little Lotus Yoga</div> <div>1:30 Over 50 Pilates</div> <div>2:30 Over 50 Fitness</div> <div>3:30 Gymnastics</div> <div>5:00 Cheernastics</div> <div>5:00 Full Body Sculpt</div> <div>5:00 Baseball Practice</div> <div>6:15 Adult Soccer</div> <div>7:00 Adult Basketball</div>	<div>19</div> <div>Open Gym 2pm - 6pm</div> <div>8:00 Suspension Training</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>10:00 Wood Workers</div> <div>10:30 Fitbody in 50</div> <div>12:00 Mini Minnows</div> <div>12:30 Over 50 Yoga</div> <div>2:30 Senior Fitness</div> <div>6:00 Baseball Practice</div> <div>6:30 TKD</div>	<div>20</div> <div>Gym Closed</div> <div>8:30 Core Strength</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>9:30 Line Dancing</div> <div>10:00 Table Tennis</div> <div>1:30 Over 50 Pilates</div> <div>2:30 Over 50 Fitness</div> <div>4:00 Acting workshop</div> <div>4:00 Volleyball</div> <div>5:15 9-12 Baseball Game</div> <div>7:00 Adult Softball</div>	<div>21</div> <div>Open Gym 2pm - 4pm</div> <div>8:00 Suspension Training</div> <div>8:30 Barre</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>10:30 Fitbody in 50</div> <div>12:00 Mini Minnows</div>	<div>22</div> <div>9:00 TKD</div> <div>10:00 Yoga</div> <div>Open Gym:</div> <div>Adult Play: 7am - 8:30am</div> <div>Open Gym: 11am - 2pm</div>
<div>23</div>	<div>24</div> <div>Open Gym 2pm - 6pm</div> <div>8:00 Suspension Training</div> <div>8:30 Core Strength/Bosu</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>11:00 Pickle Ball</div> <div>12:00 Mini Minnows</div> <div>12:30 Over 50 Yoga</div> <div>2:30 Senior Fitness</div> <div>5:00 Cardio & Core</div> <div>6:30 Dog Obedience</div> <div>6:30 TKD</div>	<div>25</div> <div>Open Gym 2pm - 6pm</div> <div>8:30 Core Strength</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>10:00 Table Tennis</div> <div>10:45 Tai Chi</div> <div>12:00 Little Lotus Yoga</div> <div>1:30 Over 50 Pilates</div> <div>2:30 Over 50 Fitness</div> <div>6:15 Adult Soccer</div> <div>7:00 Adult Basketball</div>	<div>26</div> <div>Open Gym 2pm - 6pm</div> <div>8:00 Suspension Training</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>10:00 Wood Workers</div> <div>10:30 Fitbody in 50</div> <div>12:00 Mini Minnows</div> <div>12:30 Over 50 Yoga</div> <div>2:30 Senior Fitness</div> <div>6:30 TKD</div>	<div>27</div> <div>Gym Closed</div> <div>8:30 Core Strength</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids Celebration</div> <div>9:30 Line Dancing</div> <div>10:00 Table Tennis</div> <div>1:30 Over 50 Pilates</div> <div>2:30 Over 50 Fitness</div> <div>4:00 Acting workshop</div> <div>4:00 Volleyball</div> <div>7:00 Adult Softball</div>	<div>28</div> <div>Open Gym 2pm - 4pm</div> <div>8:00 Suspension Training</div> <div>8:30 Barre</div> <div>9:15 Yoga</div> <div>10:30 Fitbody in 50</div>	<div>29</div> <div>9:00 TKD</div> <div>10:00 Yoga</div> <div>Open Gym:</div> <div>Adult Play: 7am - 8:30am</div> <div>Open Gym: 11am - 2pm</div>
<div>30</div>	<div>31</div> <div>Memorial Day</div> <div>Recreation Center Closed</div>					



Isle of Palms Recreation Center
#24 28th Avenue
Isle of Palms, SC 29451
(843)886-8294



MAY CLASS SCHEDULE AND SPECIAL EVENTS

Reservation required for all fitness classes, call to reserve or to access Zoom classes

Monday:	
SUSPENSION TRAINING	8:00am
CORE STRENGTH/BOSU	8:30am
OVER 50 YOGA	12:30pm
*Zoom Option	
SENIOR FITNESS	2:30pm
CARDIO & CORE	5:00pm
* Cardio Room: 8:00am - 5:00pm	
* Open Gym: 2:00pm - 6:00pm	

Tuesday:	
CORE STRENGTH	8:30am
*Zoom Option	
TAI CHI	10:45am
OVER 50 PILATES	1:30pm
*Zoom Option	
OVER 50 FITNESS	2:30pm
FULL BODY STRENGTH	5:00pm
* Cardio Room: 8:00am - 5:00pm	
* Open Gym: 2:00pm - 6:00pm	

Wednesday:	
SUSPENSION TRAINING	8:00am
FITBODY IN 50	10:30am
OVER 50 YOGA	12:30pm
*Zoom Option	
SENIOR FITNESS	2:30pm
* Cardio Room: 8:00am - 5:00pm	
* Open Gym: 4:00pm - 6:00pm	

Thursday:	
CORE STRENGTH	8:30am
*Zoom Option	
LINE DANCING	9:30am
OVER 50 PILATES	1:30pm
*Zoom Option	
OVER 50 FITNESS	2:30pm
* Cardio Room: 8:00am - 5:00pm	
* Open Gym: Gym Closed	

Friday:	
SUSPENSION TRAINING	8:00am
BARRE	8:30am
*Zoom Option	
FITBODY IN 50	10:30am
* Cardio Room: 8:00am - 3:00pm	
* Open Gym: 2:00pm - 4:00pm	

Saturdays:	
YOGA	10:00am
*Zoom Option	
* Open Gym:	
Adult Play 7:00am - 8:30am	
Open Gym: 11:00am - 2:00pm	


YOGA

Mondays, Wednesdays, Fridays

9:15am

\$10 Per Class

Outdoor class weather permitting.



ISLE OF PALMS

SAND SCULPTING COMPETITION

Saturday, June 5

9:00am

Front Beach, Isle of Palms

Sand Sculpting Categories:

Adult's event (Ages 21 and older)

Family event (at least one adult & one young adult or child)

Young Adult's event (Ages 15-20)

Children's event (Ages 14 and under)

Best Architectural

Most Creative

Best in Show

Prizes will be awarded to

1st, 2nd and 3rd in each category

For more information call 843-886-8294 or visit www.iop.net



SUMMER CAMPS

SOCCER SHOTS CAMP:

August 9 - August 13

9:00am - Noon

\$150 resident/ \$155 non-resident

Instructed by: Soccer Shots

ACTING CAMP:

"The Tempest"

August 9 - August 13

9:00am - Noon

\$125 resident/ \$130 non-resident

Ages: 8-13

Instructor: Jean Schubert

Register Today!

