

RECREATION COMMITTEE

5:00 p.m., Monday, November 4, 2019
City Hall Conference Room
1207 Palm Boulevard, Isle of Palms, South Carolina

AGENDA

1. **Call to order and acknowledgment that the press and public were duly notified of the meeting in accordance with the Freedom of Information Act.**
2. **Approval of Previous Meeting's Minutes**
Regular meeting of October 7, 2019
3. **Citizens' Comments**
4. **Departmental Report – Director Page**
5. **Old Business**
A. Update on surfing lessons franchise RFP for summer 2020
B. Discussion about adding a pool at the Recreation Center
6. **New Business**
Discussion of the IOP Exchange Club facilities and partnership opportunities with the City
7. **Miscellaneous Business – none**

Next meeting Date: ____ p.m., _____, January ____, 2020 in City Hall
8. **Adjournment**

RECREATION COMMITTEE
5:00pm, Monday, October 7, 2019
City Hall Council Chambers
1207 Palm Boulevard, Isle of Palms, SC

MINUTES

1. Call to order

Present: Council Member Smith (chair), Council members Buckhannon and Moye

Staff Present: Administrator Fragoso, Director Page

2. Approval of Previous Meeting's Minutes

Council Member Buckhannon made a motion to approve the minutes of the August 5, 2019 meeting, and Council Member Moye seconded the motion. The minutes passed unanimously.

MOTION: Council Member Buckhannon made a motion to change the order of items on the agenda so the discussion of the pool at the Recreation Center was held first. Council Member Moye seconded the motion. The motion passed unanimously.

3. New Business

A. Discussion about a pool at the Recreation Center

Susan Stabini, President of the Wild Dunes Swim Team, spoke about the history of the swim team, its current size, and its need for growth. She stated the bulk of the team's membership is residents of the Isle of Palms. She spoke about the need for a team facility that could host swim team practices as well as meets with local teams. She noted that Wild Dunes is as accommodating as it can be with their practices, but she knows they receive negative feedback from their guests about not being able to use the pool. Ms. Stabini reported they are close to signing a contract with the pool at Oyster Point as a place to host their meets. She believes the Isle of Palms community would benefit from a community pool as a gathering space and believes many families would utilize it.

Administrator Fragoso said it will be necessary to get updated costs for a pool, noting that membership would not cover the expenses of running such a facility. She said the City would need a referendum to move forward with the project, and if approved, would then require a bond to pay for it. Council Member Moye would like to solicit feedback from the community about their preferences and needs with regards to a community pool. Administrator Fragoso stated focus groups and surveys could be done to ascertain those needs and wants. She also suggested a timeline for moving towards a referendum at the November 2020 election.

4. Citizen's Comments – none

5. Departmental Report – Director Page

Director Page reviewed starting and upcoming classes at the Recreation Center. She also reviewed those classes that did not make registration goals this time around and hopes to try some of them again later in the fall. She indicated that some of the lack of registration could have been due to Hurricane Dorian. She then reviewed upcoming special events starting with Halloween activities all the way through to the first quarter of 2020.

6. Old Business

A. Update on surfing lessons franchise RFP for summer 2020

Administrator Fragoso reported that only one proposal was received and recommends putting the RFP out again and allow for more response time.

7. New Business – continued

B. Discussion of activities to celebrate Arbor Day

Administrator Fragoso stated that Arbor Day in South Carolina is celebrated on December 6 this year. Council Member Smith would like the City to draw more attention to the need for planting trees. Several ideas were discussed, but due to the closeness of the date, it was decided the focus this year would be a targeted education campaign on planting trees and more focused activities could be planned for 2020.

8. Miscellaneous Business

The next meeting of the Recreation Committee will be on Monday, November 4, 2019 at 5:00pm in Council Chambers.

9. Adjournment

The meeting was adjourned at 6:12pm.

Respectfully submitted,

Nicole DeNeane
City Clerk



RECREATION DEPARTMENT

MONTHLY REPORT

October 2019

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

ATHLETICS

Adult Softball

Four (4) teams, (80 players total) playing in the fall league. The league will conclude in December with a double elimination tournament.

Adult Spring 6 vs. 6 Soccer

Eight (8) teams, (96 players total) playing in the fall league. The league will conclude in November with a single elimination tournament.

Adult Fall Table Tennis Singles League

Fourteen (14) players are competing in the fall league. The league will conclude in December with a double elimination tournament. All participants will receive a league t-shirt.

Youth Athletics

Fall 2019 Youth Basketball

Youth basketball registration was held from October 7th – November 1st for IOP/SI residents. Non-residents were able to register October 14th – November 1st. Non-Residents pay \$55 per child while Residents pay \$30 per child. Youth basketball is offered for ages 5-14yrs old. The Mandatory Skill Evaluations will be held on Tuesday, November 12th at 5:00 p.m. for 9/10yr olds and at 6:30 p.m. for the 11-14yr old teams. Practices are ongoing until the end of the season for 9/10yr and 11-14yr old teams, practices end once games begin for the younger age groups. Games will begin in January 2020. At the conclusion of each league all youth participants will receive a player participation medal.

Youth Basketball Registration as of 10/29/19

5/6	Basketball	Total: 29	IOP Resident: 25	Non-resident: 2	S.I. 2
7/8	Basketball	Total: 29	IOP Resident: 22	Non-resident: 2	S.I. 5
9/10	Basketball	Total: 33	IOP Resident: 25	Non-resident: 1	S.I. 7
11-14	Basketball	Total: 24	IOP Resident: 18	Non-resident: 2	S.I. 4

PROGRAMS AND CLASSES

Acting Performance Workshop

Eleven (11) youth are participating in the Acting workshop. The class started Thursday, September 12th at 4:00 p.m. The group will perform Macbeth on Thursday, November 21st at 5:30 p. m. for friends and family. Jean Schubert, Instructor.

Ballet

Class will resume in January. Kim Chesley-Breland, Instructor.

Barre & More

Nine (9) people have been participating in the Barre class. Class is held on Mondays and Wednesdays at 9:15 a.m. in the Palmetto Room. Angela Reinhardt, Instructor.

Boot Camp

Four (4) people have been participating in the Boot Camp class held on Monday/Wednesday/Friday mornings at 7:00 a.m. Class is held in the High Tide/Low Tide Room. Pat Boyd, Instructor.

Cardio & Strength

Evening Fitness class has been added to the schedule for November. Class will be held on Mondays at 5:30 p.m. Class will be a part of the Fitness Class Pass. Elizabeth Hudson, Instructor.

Core & More

Six (6) people have been participating in the Core & More class scheduled on Monday and Thursday mornings at 10:30 a.m. Class is held in the High Tide/Low Tide Room. Jeromy Miller, Instructor.

Dog Obedience

Kinderpuppy began Monday, September 30th at 6:30 p.m. and 7:30 p.m. Both classes are full with six (6) participants.

Canine Acting & Tricks and Canine Good Citizenship began Tuesday, October 1st at 6:30 p.m. and 7:30 p.m. Both classes are full with six (6) participants. Susan Maret, Instructor.

FitBody in 50

Ten (10) people have been participating in the FitBody class offered Tuesdays and Thursdays. Currently seven (7) people have been participating in the 9:30 a.m. class and three (3) people in the 5:30 p.m. class. Class is held in the High Tide/Low Tide Room. Geri D'Italia, Instructor.

Fitness Membership

A new fitness opportunity started in September for our fitness enthusiast. 10 classes for \$75 allows participants to customize their fitness experience at the Recreation Center. Classes include Total Body Challenge, Boot Camp, Barre, FitBody in 50, Core & More, Yoga and Cardio & Strength classes. Three (3) people are currently taking advantage of the pass and getting to sample a variety of workouts offered.

Game Room

Card games, dominoes, scrabble. A time to sit, socialize and enjoy games with friends. Activity is held on Fridays from 1:00pm – 3:00pm in the Tadpole Room.

Gather Knit & Stitch

Eight (8) ladies have been meeting in the lobby to socialize and knit. The group is free and self- led. Participants are more than happy to assist in technique and share patterns and knowledge. Gather Knit & Stich is held on Monday mornings from 10:00 a.m. – 12:00 p.m. in the Recreation Lobby.

Giggling Artist Pre-K

Four (4) little artist are registered for the Giggling Artist class scheduled to start Thursday, November 7th. A minimum of five (5) are needed to hold the class. Diana Connors, Instructor.

Gymnastics

Twenty-two (22) children are registered for Gymnastics. The session started October 22nd at 3:30 p.m. The class is split into two groups by skill level of participant. Tricha Tapio, Instructor.

IOP Kids: 3-year old Pre-K Program

The IOP Kids program is full with ten (10) participants enrolled Monday/Wednesday/Friday and nine (9) enrolled on Tuesday/Thursday. IOP Kids is a structured play group that gives children the opportunity to socialize and cooperate with peers in a classroom setting. Class follows the Charleston County School Calendar and the City of Isle of Palms Holiday schedule.

Cathy Adams, Instructor.

Little Lotus Yoga

Three (3) little yogis are registered for the November session of Little Lotus Yoga. Class is scheduled to start Wednesday, November 6th at 8:15am. Kim Markin, Instructor

Line Dancing

Nine (9) men and woman have been participating in the Line Dancing class. Class is held on Thursdays from 9:30 a.m. – 10:30 a.m. in the Magnolia/Palmetto Room. Tricha Leonard, Instructor.

Mah Jongg

Twelve (12) ladies have been participating in the mah jongg social group. The ladies are happy to give tutorials and help beginners learn the game. Group meets in the Tadpole Room on Mondays from 12:00 p.m. – 3:00 p.m.

Mini Minnows

Ten (10) children are participating in the program. Class is held on Mondays/Wednesdays and Fridays from 12:00 p.m. – 3:00 p.m. Cathy Adams, Instructor.

Mommy /Daddy & Me

Parent/Tot play group meet and socialize on Friday mornings from 9:30 a.m. – 11:00 a.m. The program is free and meets in the Tadpole Room.

Over 50 Fitness

Twelve (12) seniors have been participating in the senior fitness class held on Tuesdays and Thursdays at 3:00 p.m. Class was developed to give a more advance alternative to the Monday/Wednesday enhance fitness class. Judy Fischer, Instructor.

Pickle Ball Lessons:

Three (3) people are registered and have been participating in the October session. Geri D'Italia, Instructor.

Science with Sam

Class will resume in January. Samantha Barrineau, Instructor.

Senior Exercise: Enhance Fitness

Enhance Fitness is a county wide grant program administered through Roper Saint Francis Hospital. Currently fifty-eight people (58) are enrolled in the class approximately forty (40) attend class on a regular basis. Class is held on Mondays and Wednesdays at 3:00 p.m. in the High Tide/Low Tide Room. Class currently has a waiting list. Judy Fischer, Instructor.

Spanish: Conversational Class

Spanish I and Spanish II classes will resume in January. Seth Mason, Instructor.

Youth Tae Kwon Do

Four (4) children have been participating in the Youth Tae Kwon Do class. Class is held on Saturday mornings at 9:00 a.m. Jack Emmel, Instructor.

Adult Tae Kwon Do

Fifteen (15) adults have been participating in the Tae Kwon Do class that is held Monday evenings, Wednesday evenings and Saturday mornings. Class is held in the gymnasium. Jack Emmel, Instructor. .

Tai Chi/Qigong

Five (5) people have been participating in the Tai Chi class held on Tuesdays at 10:45 a.m. in the High Tide/Low Tide Room. Connie Cossetti, Instructor.

Adult Tennis

Twelve (12) participants have been meeting for beginner and Intermediate tennis lessons. Intermediate Tennis meets at 8:30 a.m. and the beginner group meets at 9:30 a.m. Corinne Enright, Instructor.

Tennis Youth Programs

Tiny Tennis (3-4yrs): class started Tuesday, October 8th at 3:30 p.m. – 4:00p.m. Class is held on Tuesday and/or Thursday. Class is limited to 6 participants. The next session of tennis is scheduled to begin Tuesday, November 12th. Class is full with six (6) participants.

Tiny Tennis (5-7yrs): class started Tuesday, October 8th at 4:00 p.m. – 5:00 p.m.

Class is held on Tuesday and/or Thursday. Class is limited to 6 participants. The next session is scheduled to begin Tuesday, November 12th. Class is full with six (6) participants.

Beginner Tennis: class is based on skill, not age. Class started Tuesday, October 8th 5:00 p.m. – 6:00 p.m., limited to 8 participants. The next session is scheduled to begin Tuesday, November 12th. The Tuesday class has three (3) participants, the Thursday class is full with eight (8).

Intermediate Tennis: class is based on skill not age. Class started Tuesday, October 10th at 6:00 p.m. – 7:00 p.m. The next session of class starts on Thursday, November 12th. Tuesday class was cancelled due to limited participation. All students were transferred into the Thursday class.

Total Body Challenge

Thirty-nine (39) people have been participating in the morning fitness class. Class is scheduled Monday – Friday at 8:00 a.m. – 9:00 a.m. in the High Tide/Low Tide Room. Pat Body teaches Monday/Wednesday/Fridays and Angela Reinhardt teaches Tuesdays/Thursdays.

Volleyball League Play

Volleyball league play began Thursday, October 11th. Over fifty (50) girls participated in this program that is geared toward 4th -5th graders and middle school 6th – 8th graders.

Laura & Kreg Togami, Instructors/Coach

Wood Carving

Seven (7) gentleman have been meeting on Wednesdays from 10:00 a.m. – 12:00 p.m. to socialize and whittle. Class is free and meets in the Tadpole Room.

Evening Yoga

Nine (9) people have been participating in the evening yoga class held on Wednesdays at 5:30 p.m. class is held in the Palmetto Room. Jen DeGoyler, Instructor.

Morning Yoga

Twenty –Two (22) people have been participating in the morning yoga class held on Monday/Wednesday/Friday mornings from 9:15 a.m. – 10:15 a.m. Class is held in the High Tide/ Low Tide Room. Pat Boyd, Instructor.

Saturday Yoga

Eighteen (18) people have been participating in the Saturday yoga class. Class is held at 10:00 a.m. in the Palmetto Room. Jen DeGoyler, Instructor.

Handling Social Media with Confidence and Grace

Class will resume January. Instructed by Kensington Enrichment, Dette Elgin.

Farm to Table

Class will resume in January. Instructed by Kensington Enrichment, Dette Elgin.

Kids Planet Earth

Class will resume in January. Instructed by Kensington Enrichment, Dette Elgin.

Writing Your Memoirs

Eleven (11) participants are attending the Writing Class. Class. It began Tuesday, September 17th at 10:00 a.m. The group will hold a public reading on Thursday, November 7th at 6:00 p.m. Tonya McGue, Instructor.

SPECIAL EVENTS

Keenagers

Keenagers Social Group met on the first Wednesday of October for a covered dish luncheon.

The group was treated to a magic show by local entertainer Eric Lavender. The following Wednesday, the Keenagers met for “Lunch Bunch” at Long Island Café.

November Keenagers activities include a short concert by viola soloist, Adeline Berle, following the Day of Thanksgiving meal and fellowship; and the Lunch Bunch restaurant chosen is Longhorn Steakhouse.

Isle of Palms Connector Run

Recreation staff worked with the Isle of Palms Exchange Club for this annual event. Over 1,000 runners and walkers participated.

Ghostly Tide Tales

Ghostly Tide Tales was held on Friday, October 18, 2019 with 400 estimated guests in attendance. . The 25th Avenue beach access path was lit with tiki torches and fire barrels were placed so that families could enjoy roasting S’mores and other treats. Hot chocolate was provided by the Recreation Department.

Pumpkin Painting

A pumpkin painting activity was held Thursday, October 25, 2019 with approximately 24 children attending. Materials were provided by the Recreation Department for this activity.

Farmer’s Market

Recreation Staff worked with the Farmer’s Market coordinators to prepare the site location, line vendor spaces and provide needed supplies and support throughout the month of September and October. The event was well received and attended.

Upcoming Events

Halloween Carnival

The Annual Halloween Carnival is scheduled for Thursday, October 31, 2019 from 5:00pm – 7:00pm. A professional face painter, balloon artist, photo booth and jump castles will all be present. The Recreation Department will provide candy, prizes, and gourmet popcorn to attendees, and a local food truck will be on location to sell menu items to carnival participants. Costume contests begin at 5:30pm. All participants in the costume contest will receive a prize and the top three (3) winners in each category will receive an additional prize. The event is free to the public.

Community Environmental Program

On Wednesday, November 20, 2019, from 6 p.m.-7 p.m., the Recreation Department will host an environmental program featuring the local agricultural tech company, Vertical Roots. Speakers will discuss alternate modern farming methodologies and the innovative technology used to produce high yield pesticide and preservative-free produce in situations where agricultural based land use is limited. This program is free to the public.

Holiday Craft Workshop

On Tuesday, November 19, 2019 at 4:00 p.m., the Recreation Department will host community youth (ages 14 & under) for a craft workshop where they will have the opportunity to create and decorate holiday ornaments. The Recreation Department staff will provide the materials needed for the 2019 craft project. The registration deadline for this event is Wednesday November 14, 2019.

Holiday Street Festival

The Annual Holiday Street Festival will be held Saturday, December 7th 2019 from 2:00 p.m. – 7:00 p.m. and include the annual island tree lighting. Santa will listen to Christmas wishes, arts & craft and food vendors will line the streets. Family entertainment will include carnival rides, jump castles, a balloon artist, and face painting. Music entertainment will include a performance by Sullivan's Island Elementary Chorus, the Charleston Caroling Company will perform traditional Christmas carols in Victorian attire at 2:30 p.m., local favorite Lauren Hall & Band will take stage and from 5p.m.-7 p.m. and Carolina Country Music Fest veteran and headliner Warrick McZeke will entertain with "country soul." Admission is free and food vendors will be on hand to sell food and family friendly beverages to festival attendees.

Santa's Cookie Workshop

All ages are welcome to decorate holiday cookies on Thursday December 12, 2019 at 4:00 p.m. This event will be supervised by recreation staff and all materials will be provided by the Recreation Department. Elementary age participants must be accompanied by a parent or guardian. Registration deadline will be Monday December 2, 2019. This is a free activity for all workshop registrants.

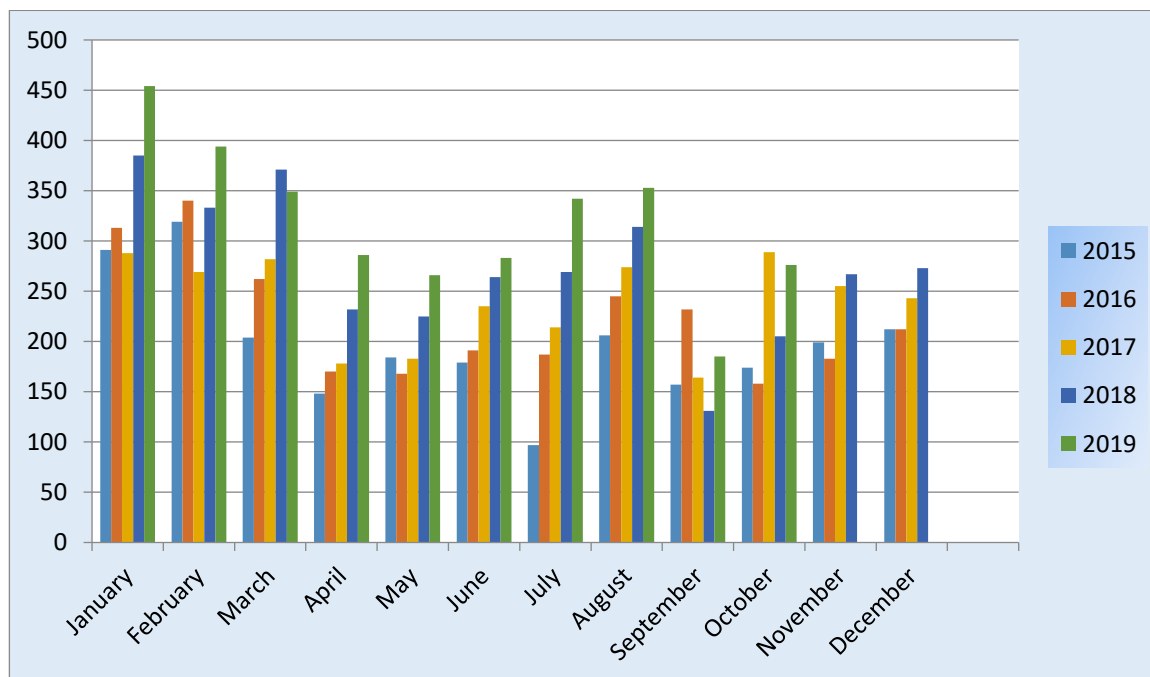
Movie & Dodgeball

Over the 2019/2020 holiday break, local youth (age 5-12) will be invited to sign up for a family friendly/age appropriate movie and Dodgeball game. This event will be held Friday, January 3, 2020 from 12:00 p.m.-3:00 p.m. in the Recreation Department gymnasium. Fees for this activity are \$10 resident/\$15 nonresident, and the registration deadline for the fun will be Friday, December 21, 2019. It will be supervised by recreation staff.

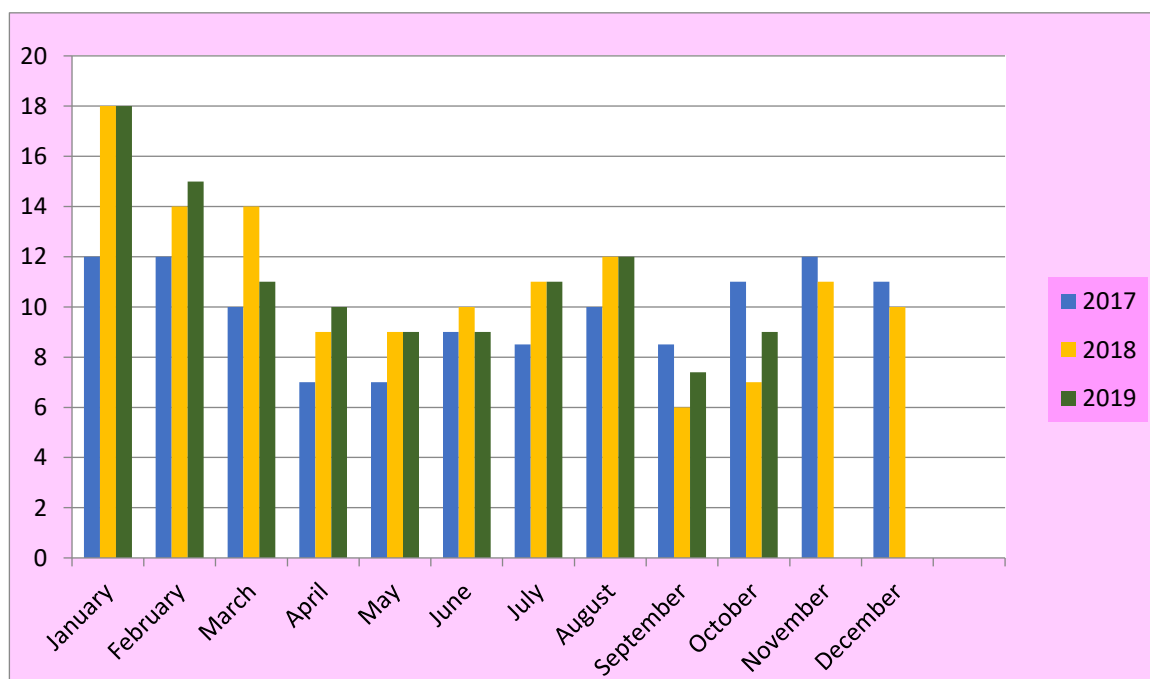
Front Beach Fest

Front Beach Fest will be held at Front Beach on Saturday, March 7, 2020 from 12:00 p.m. – 4:00 p.m. The festival will feature arts, crafts, community service organizations, and food vendors. There will be live music including a demonstration by the Charleston Shag Club, jump castles, and other entertainment. This a free event.

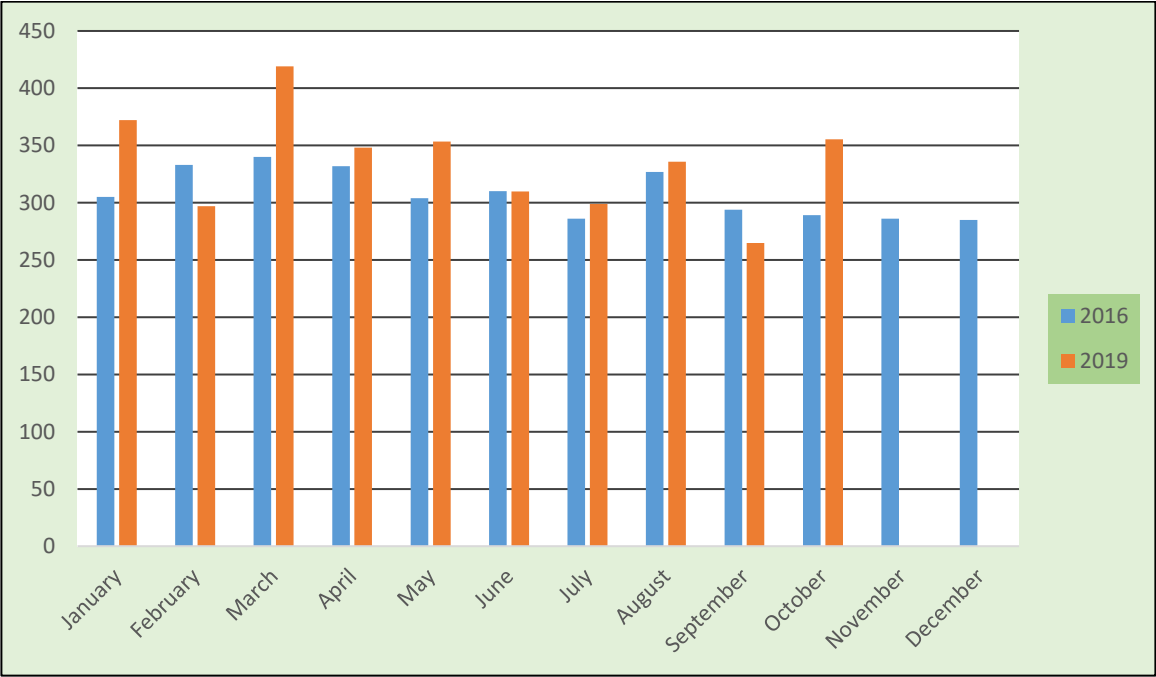
TOTAL NUMBER OF VISITS IN CARDIO ROOM



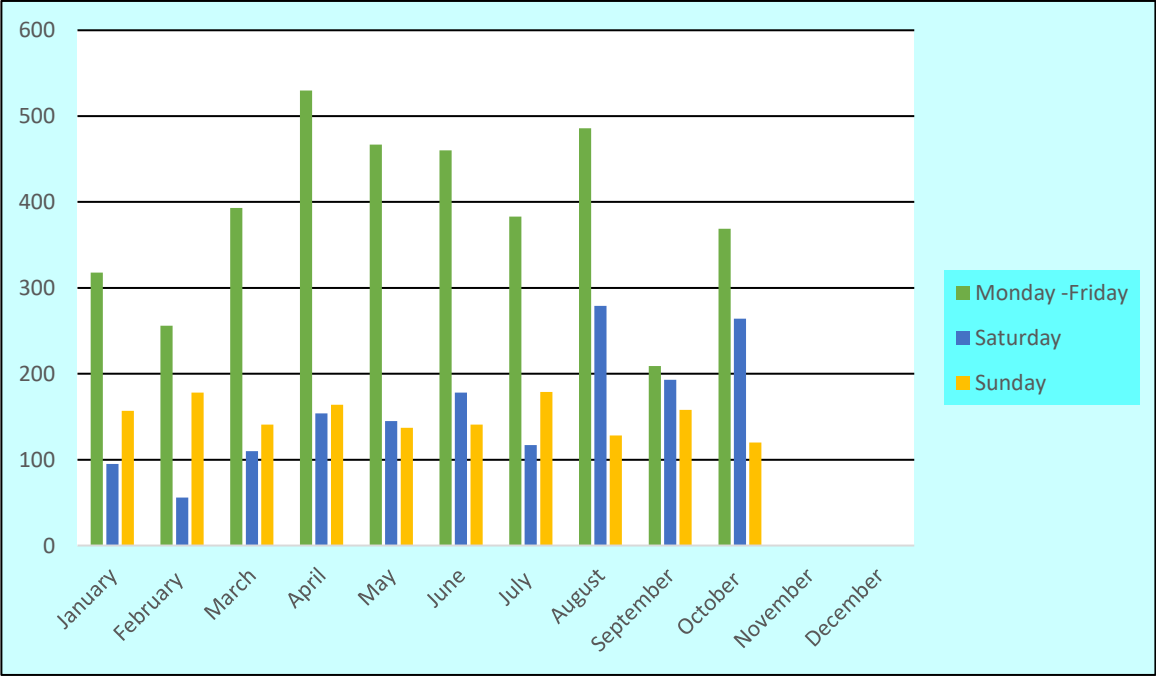
CARDIO ROOM AVERAGE DAILY ATTENDANCE



RECREATION BUILDING HOURS - Total hours Supervision is present



GYM PARTICIPATION







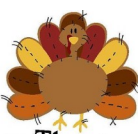
Isle of Palms Recreation Department

#24 28th Avenue Isle of Palms, SC 29451

(843) 886-8294 www.iop.net

Programs, Athletics & Special Events

November
2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div></div><div><h1>ISLE OF PALMS</h1><h1>HOLIDAY STREET FESTIVAL</h1><p>Saturday, December 7</p><p>2:00pm - 7:00pm</p><p>Tree lighting at 5:30pm</p><p>Front Beach Isle of Palms</p><div></div></div></div> <td><div>1</div><div>7am Boot Camp</div><div>8:00 TBC</div><div>9:00 IOP Kids</div><div>9:15 Yoga</div><div>9:30 Mommy & Me</div><div>12:00 Mini Minnows</div><div>1:00 Game Room</div></td> <td><div>2</div><div>9am Yth TKD</div><div>10am Yoga</div><div>10am Adult TKD</div><div>Open Gym</div><div>8:00am - 9:45am</div><div>12:00pm - 5:00pm</div></td>					<div>1</div> <div>7am Boot Camp</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:30 Mommy & Me</div> <div>12:00 Mini Minnows</div> <div>1:00 Game Room</div>	<div>2</div> <div>9am Yth TKD</div> <div>10am Yoga</div> <div>10am Adult TKD</div> <div>Open Gym</div> <div>8:00am - 9:45am</div> <div>12:00pm - 5:00pm</div>
<div>3</div> <div>Open Gym</div> <div>1pm - 3pm</div> <div>Adult Play</div> <div>3pm - 5pm</div> <div>Family Play</div>	<div>4</div> <div>7am Boot Camp</div> <div>8am TBC</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:15 Barre</div> <div>10:00 Knit & Stitch</div> <div>10:30 Core & More</div> <div>12:00 Mah Jongg</div> <div>12:00 Mini Minnows</div> <div>3:00 Sr. Exercise</div> <div>5:30 Cardio & Strength</div> <div>5:30 5/6 Soccer Games</div> <div>6:30 9-12 Soccer Games</div> <div>6:30 TKD</div> <div>6:30 Dog Obedience</div>	<div>5 Elections</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:30 Fit Body in 50</div> <div>10:00 Writing</div> <div>10:00 Table Tennis</div> <div>10:45 Tai Chi/Qigong</div> <div>10:45 Pickle Ball</div> <div>3:00 Over 50 Fitness</div> <div>3:30 Tiny Tennis</div> <div>5:00 Beginner Tennis</div> <div>5:30 Fit Body in 50</div> <div>6:00 Inter. Tennis</div> <div>6:15 Adult 6V6 Soccer</div> <div>6:30 Dog Obedience</div>	<div>6</div> <div>7am Boot Camp</div> <div>8am TBC</div> <div>8:00 Little Lotus Yoga</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:15 Barre</div> <div>10:00 Wood Carving</div> <div>12:00 KEENAGERS</div> <div>12:00 Mini Minnows</div> <div>3:00 Sr. Exercise</div> <div>5:30 Evening Yoga</div> <div>5:30 7/8 Soccer Games</div> <div>7:00 TKD</div>	<div>7</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:30 Fit Body in 50</div> <div>9:30 Line Dancing</div> <div>10:00 Table Tennis</div> <div>10:30 Core & More</div> <div>10:45 Pickle Ball</div> <div>12:00 Giggling Artist</div> <div>3:00 Over 50 Fitness</div> <div>3:30 Tiny Tennis</div> <div>4:00 Macbeth</div> <div>5:00 Girls Volleyball</div> <div>5:00 Beginner Tennis</div> <div>5:30 Writing Reception</div> <div>5:30 Fit Body in 50</div> <div>6:00 Inter. Tennis</div> <div>6:30 9-12 Soccer Games</div> <div>7:00 Adult Softball</div>	<div>8</div> <div>7am Boot Camp</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:30 Mommy & Me</div> <div>12:00 Mini Minnows</div> <div>1:00 Game Room</div>	<div>9</div> <div>9am Yth TKD</div> <div>10am Yoga</div> <div>10am Adult TKD</div> <div>Open Gym</div> <div>8:00am - 9:45am</div> <div>12:00pm - 5:00pm</div>
<div>10</div> <div>Open Gym</div> <div>1pm - 3pm</div> <div>Adult Play</div> <div>3pm - 5pm</div> <div>Family Play</div>	<div>11</div> <div>CITY HOLIDAY RECREATION CENTER CLOSED</div>	<div>12 Basketball Skill Eval.</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:30 Fit Body in 50</div> <div>10:00 Writing</div> <div>10:00 Table Tennis</div> <div>10:45 Tai Chi/Qigong</div> <div>3:00 Over 50 Fitness</div> <div>3:30 Gymnastics</div> <div>3:30 Tiny Tennis</div> <div>4:30 Cheernastics</div> <div>5:00 Beginner Tennis</div> <div>5:00 9/10 Skill Eval.</div> <div>5:30 Fit Body in 50</div> <div>6:00 Inter. Tennis</div> <div>6:15 Adult 6V6 Soccer</div> <div>6:30 11/14 Skill Eval.</div> <div>6:30 Dog Obedience</div> <div></div>	<div>13</div> <div>7am Boot Camp</div> <div>8am TBC</div> <div>8:00 Little Lotus Yoga</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:15 Barre</div> <div>10:00 Wood Carving</div> <div>12:00 Mini Minnows</div> <div>3:00 Sr. Exercise</div> <div>5:30 Evening Yoga</div> <div>7:00 TKD</div>	<div>14</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:30 Fit Body in 50</div> <div>9:30 Line Dancing</div> <div>10:00 Table Tennis</div> <div>10:30 Core & More</div> <div>10:45 Pickle Ball</div> <div>12:00 Giggling Artist</div> <div>3:00 Over 50 Fitness</div> <div>3:30 Tiny Tennis</div> <div>4:00 Macbeth</div> <div>5:00 Girls Volleyball</div> <div>5:00 Beginner Tennis</div> <div>5:30 Fit Body in 50</div> <div>6:00 Inter. Tennis</div> <div>7:00 Adult Softball</div>	<div>15</div> <div>7am Boot Camp</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:30 Mommy & Me</div> <div>12:00 Mini Minnows</div> <div>1:00 Game Room</div>	<div>16</div> <div>9am Yth TKD</div> <div>10am Yoga</div> <div>10am Adult TKD</div> <div>Open Gym</div> <div>8:00am - 9:45am</div> <div>12:00pm - 5:00pm</div>
<div>17</div> <div>Open Gym</div> <div>1pm - 3pm</div> <div>Adult Play</div> <div>3pm - 5pm</div> <div>Family Play</div>	<div>18 Gym Closed</div> <div>7am Boot Camp</div> <div>8am TBC</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:15 Barre</div> <div>10:00 Knit & Stitch</div> <div>10:30 Core & More</div> <div>12:00 Mah Jongg</div> <div>12:00 Mini Minnows</div> <div>3:00 Sr. Exercise</div> <div>5:00 5/6 Coaches Mtg.</div> <div>5:30 7/8 Coaches Mtg.</div> <div>5:30 Core & Strength</div> <div>6:30 TKD</div> <div>6:30 Dog Obedience</div>	<div>19 Gym Closed</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:30 Fit Body in 50</div> <div>10:00 Writing</div> <div>10:00 Table Tennis</div> <div>10:45 Tai Chi/Qigong</div> <div>10:45 Pickle Ball</div> <div>3:00 Over 50 Fitness</div> <div>3:30 Gymnastics</div> <div>3:30 Tiny Tennis</div> <div>4:00 Holiday Craft</div> <div>4:30 Cheernastics</div> <div>5:00 Beginner Tennis</div> <div>5:30 Fit Body in 50</div> <div>6:00 Inter. Tennis</div> <div>6:15 Adult 6V6 Soccer</div>	<div>20 Gym Closed</div> <div>7am Boot Camp</div> <div>8am TBC</div> <div>8:00 Little Lotus Yoga</div> <div>8:30 Adult Tennis</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:15 Barre</div> <div>10:00 Wood Carving</div> <div>12:00 Mini Minnows</div> <div>3:00 Sr. Exercise</div> <div>5:30 Evening Yoga</div> <div>7:00 TKD</div>	<div>21 Gym Closed</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:30 Fit Body in 50</div> <div>9:30 Line Dancing</div> <div>10:00 Table Tennis</div> <div>10:30 Core & More</div> <div>10:45 Pickle Ball</div> <div>12:00 Giggling Artist</div> <div>3:00 Over 50 Fitness</div> <div>3:30 Tiny Tennis</div> <div>4:00 Macbeth</div> <div>5:00 Beginner Tennis</div> <div>5:30 Macbeth Performance</div> <div>5:30 Fit Body in 50</div> <div>6:00 Inter. Tennis</div> <div>7:00 Adult Softball</div> <div></div>	<div>22 Gym Closed</div> <div>7am Boot Camp</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:30 Mommy & Me</div> <div>12:00 Mini Minnows</div> <div>1:00 Game Room</div>	<div>23 Gym Closed</div> <div>9am Yth TKD</div> <div>10am Adult TKD</div>
<div>24</div> <div>Gym Closed</div>	<div>25</div> <div>7am Boot Camp</div> <div>8am TBC</div> <div>9:00 IOP Kids</div> <div>9:15 Yoga</div> <div>9:15 Barre</div> <div>10:00 Knit & Stitch</div> <div>10:30 Core & More</div> <div>12:00 Mah Jongg</div> <div>12:00 Mini Minnows</div> <div>3:00 Sr. Exercise</div> <div>5:30 Core & Strength</div> <div>6:30 TKD</div>	<div>26</div> <div>8:00 TBC</div> <div>9:00 IOP Kids</div> <div>9:30 Fit Body in 50</div> <div>10:00 Table Tennis</div> <div>10:45 Tai Chi/Qigong</div> <div>10:45 Pickle Ball</div> <div>3:00 Over 50 Fitness</div> <div>3:30 Tiny Tennis</div> <div>5:00 Beginner Tennis</div> <div>5:30 Fit Body in 50</div> <div>6:00 Inter. Tennis</div> <div>6:15 Adult 6V6 Soccer</div>	<div>27</div> <div>7am Boot Camp</div> <div>8am TBC</div> <div>8:30 Adult Tennis</div> <div>9:15 Yoga</div> <div>9:15 Barre</div> <div>10:00 Wood Carving</div> <div>3:00 Sr. Exercise</div> <div>5:30 Evening Yoga?</div>	<div>28 Thanksgiving Day</div> <div>CITY HOLIDAY RECREATION CENTER CLOSED</div> <div> Happy Thanksgiving</div>	<div>29</div> <div>CITY HOLIDAY RECREATION CENTER CLOSED</div>	<div>30</div> <div>RECREATION CENTER CLOSED</div>



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



NOVEMBER CLASS SCHEDULE AND SPECIAL EVENTS

Monday:	
BOOT CAMP	
7:00am-8:00am	\$10 per class
TOTAL BODY CHALLENGE	
8:00am-9:00am	\$8 per class
YOGA	
9:15am-10:15am	\$10 per class
BARRE & MORE	
9:15am-10:15am	\$10 per class
CORE & MORE	
10:30am - 11:30am	\$12 per Class
CARDIO & STRENGTH	
5:30pm-6:30pm	\$10 per class
* Cardio Room: 7:00am-6:30pm	

Tuesday:	
TOTAL BODY CHALLENGE	
8:00am-9:00am	\$8 per class
FITBODY IN 50	
5:30pm-6:30pm	\$12 per class
TAI CHI/QIGONG	
10:45am-12:00pm	\$10 per class
OVER 50 FITNESS	
3:00pm-4:00pm	\$10 per class
* Cardio Room: 7:00am-6:30pm	

Wednesday:	
BOOT CAMP	
7:00am-8:00am	\$10 per class
TOTAL BODY CHALLENGE	
8:00am-9:00am	\$8 per class
YOGA	
9:15am-10:15am	\$10 per class
BARRE & MORE	
9:15am-10:15am	\$10 per class
YOGA	
5:30pm-6:30pm	\$10 per class
*Cardio Room: 7:00am - 7:00pm	

Thursday:	
TOTAL BODY CHALLENGE	
8:00am-9:00am	\$8 per class
FITBODY IN 50	
5:30pm-6:30pm	\$12 per class
CORE & MORE	
10:30am - 11:30am	\$12 per class
OVER 50 FITNESS	
3:00pm-4:00pm	\$10 per class
* Cardio Room: 7:00am-6:30pm	

Friday:	
BOOT CAMP	
7:00am-8:00am	\$10 per class
TOTAL BODY CHALLENGE	
8:00am-9:00am	\$8 per class
YOGA	
9:15am-10:15am	\$10 per class
* Cardio Room: 7:00am-5:00pm	

Saturdays:	
YOGA	
10:00am-11:15am	\$12 per class
OPEN GYM:	
8:00am - 9:45am	
12:30pm - 5:00pm	
*Cardio Room: 8:00pm -5:00pm	

Sundays:	
OPEN GYM 1:00pm - 5:00pm	
1:00pm - 3:00pm	Adult Gym
3:00pm - 5:00pm	Family Gym
*Cardio Room: 1:00pm - 5:00pm	

Fitness Updates

New
Class

Cardio & Strength

Mondays
5:30pm - 6:30pm
November 4 - November 25
\$32/Month \$10 Drop in
(November Prorated: No Class Nov. 11)

Cardio conditioning is the best way to burn calories and maintain lean muscles. A total body workout to keep your body challenged.

Monthly
Pass

Fitness Class Pass

10 classes for \$75 Classes Include:

Total Body Challenge Boot Camp
Barre Yoga FitBody
Core & More Cardio & Strength

Monthly Pass, Customize your Fitness Schedule!

**Santa's Cookie
Workshop**

Thursday, December 12
4:00pm

Register by Monday, Dec. 2
Free

**Movie &
Dodgeball**

Friday, January 3
12:00pm - 3:00pm
\$10 resident/\$15 non-res.


Register by Friday, Dec. 21

Gymnasium & Cardio Schedule

November 2019

Isle of Palms Recreation Department

#24 28th Avenue Isle of Palms, SC 29451
(843) 886-8294 www.iop.net

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cardio Room Monday: 7:00am - 6:30pm Tuesday: 7:00am - 6:30pm Wednesday: 7:00am - 7:00pm Thursday: 7:00am - 6:30pm Friday: 7:00am - 5:00pm Saturday: 8:00am - 5:00pm Sunday: 1:00pm - 5:00pm					1 Open Gym 7:00am - 10:00am 12:00pm - 4:45pm Closed for Cleaning 10:00am - 12:00pm	2 Open Gym 8:00am-9:45am 12:30pm-5:00pm TKD 10am - 12:30pm
3 Adult Play 1pm-3pm Family Play 3pm-5pm	4 Open Gym 7:00am - 6:00pm Dog Obedience 6:30pm - 7:30pm 7:30pm - 8:30pm	5 Open Gym 7:00am - 9:45am 12:30pm-6:00pm Table Tennis 10:00am - 12:30pm Dog Obedience 6:30pm - 7:30pm 7:30pm - 8:30pm	6 Open Gym 7:00am - 6:30pm TKD 7:00pm - 8:30pm	7 Open Gym 7:00am - 4:00pm Table Tennis (1/2court) 10am - 12:30pm Girls Volleyball 4:00pm - 8:00pm	8 Open Gym 7:00am - 10:00am 12:00pm - 4:45pm Closed for Cleaning 10:00am - 12:00pm	9 Open Gym 8:00am-9:45am 12:30pm-5:00pm TKD 10am - 12:30pm
10 Adult Play 1pm-3pm Family Play 3pm-5pm	11 CITY HOLIDAY RECREATION CENTER CLOSED	12 Open Gym 7:00am - 9:45am 12:30pm-4:00pm Table Tennis 10:00am - 12:30pm Basketball Skill Eval. 5:00pm 9/10 yrs old 6:30pm 11/14 yrs old	13 Open Gym 7:00am - 6:30pm TKD 7:00pm - 8:30pm	14 Open Gym 7:00am - 4:00pm Table Tennis (1/2court) 10am - 12:30pm Girls Volleyball 4:00pm - 8:00pm	15 Open Gym 7:00am - 10:00am 12:00pm - 4:45pm Closed for Cleaning 10:00am - 12:00pm	16 Open Gym 8:00am-9:45am 12:30pm-5:00pm TKD 10am - 12:30pm
17 Adult Play 1pm-3pm Family Play 3pm-5pm	18 GYM CLOSED	19 GYM CLOSED	20 GYM CLOSED	21 GYM CLOSED	22 GYM CLOSED	23 GYM CLOSED
24 GYM CLOSED	25 Open Gym 7:00am - 6:00pm	26 Open Gym 7:00am - 9:45am 12:30pm-6:00pm Table Tennis 10:00am - 12:30pm	27 Open Gym 7:00am - 4:45pm	28 CITY HOLIDAY RECREATION CENTER CLOSED	29 CITY HOLIDAY RECREATION CENTER CLOSED	30 RECREATION CENTER CLOSED

Recreation activities have first priority, schedule subject to change