

Isle of Palms Recreation

# ACTIVITY GUIDE



JUNE - AUGUST 2024

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## Announcements & Updates

Visit [www.iop.net](http://www.iop.net) for the latest information updates and for a digital copy of the Activity Guide.

For daily news, updates and happenings, follow the REC CENTER on Facebook and Instagram. Rainout Information & Updates - Follow Isle of Palms Recreation Departments social media accounts for the latest information.

Sponsorship Opportunities - Give your business the opportunity to advertise and promote while supporting a youth athletic team or special event.

For more information on sponsorships call 843-886-8294 or contact:

- Aaron Sweet, Athletics, [asweet@iop.net](mailto:asweet@iop.net)
- Kelsey Marsh, Special Events, [kmarsh@iop.net](mailto:kmarsh@iop.net)

Volunteer Opportunities - Volunteers are needed in youth sports, library, special events, and other areas. For more information call 843-886-8294.



Facebook



Instagram

# Staff

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<b>Jeff Lovins</b> , Recreation Assistant	
<b>Madison Port</b> , Recreation Assistant	

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## Join Our Team

- Recreation Assistant/Scorekeeper
- Group Fitness Instructor

The Isle of Palms Recreation Department is hiring! For more information call 843-886-8294 or visit [www.iop.net/employment-opportunities](http://www.iop.net/employment-opportunities).

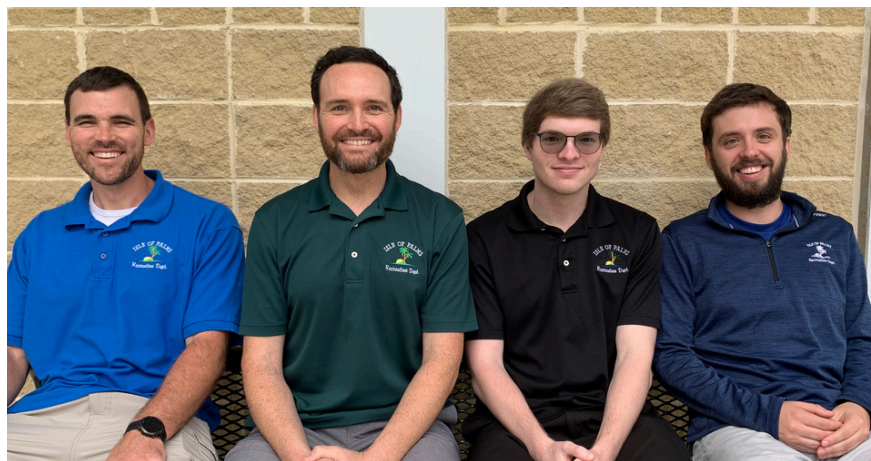
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ISLE OF PALMS



Recreation Dept.

24 28th Avenue | PO Box 508  
Isle of Palms, SC 29451  
843-886-8294  
[www.iop.net](http://www.iop.net)



# Facilities & Amenities

## Bark Park

- 29th Avenue behind the Recreation Center
- Hours - Sunrise to Sunset

## Scalise Baseball Field

- 27th Avenue
- Lights are provided for recreation activities only.
- Golfing, dogs, and motorized vehicles are not permitted.
- Fields may not be reserved.
- Hours - Sunrise to Sunset

## Basketball Courts

- Hartnett Blvd & 28th Avenue
- Play is first come, first serve.
- Courts may not be reserved.
- Hours - Sunrise to 10PM

## Library

- Open building hours.
- No memberships.
- Books are loaned on an honor system.

## Cardio Room

- Equipment - treadmills, recumbent bikes, ellipticals
- Hours
  - Monday 8AM-6:30PM
  - Tuesday 8AM-5PM
  - Wednesday 8AM-6:30PM
  - Thursday 8AM-5PM
  - Friday 8AM-4PM
  - Saturday 8AM-2PM

## Gymnasium

- Recreation activities have first priority over gym usage.
- Hours
- Monday-Friday, time varies due to programming.
- Saturdays
- Adult Play 7:30AM-9AM
- Open Gym 11AM-2PM

## Fitness Court

- Outdoor bodyweight circuit training system designed for adults of all ages and fitness levels.
- Hours - Sunrise to Sunset

## Playground

- 28th Avenue
- The playground is designed for children of all ages.

## Picnic Shelter 20X40

- Located next to playground.
- First come, first serve.
- Shelter may not be reserved. Recreation programs have priority.

## Clarkin Softball Field

- 27th Avenue Lights are provided for recreation activities only.
- Golfing, dogs, and motorized vehicles are not permitted.
- Field may not be reserved.

## Tennis Courts

- Hartnett Blvd. & 28th Ave.
- Courts have lights.
- Courts are first come, first serve.
- When someone is waiting, singles should limit play time to one (1) hour.
- Doubles, limit play to two (2) hours.
- Hours - Sunrise to 10PM

## Pickleball Courts

- 27th Avenue & Hartnett Blvd.
- First come, first serve.
- When someone is waiting, limit play time to one (1) hour.
- Open Play times are advertised on the court.
- During Open Play, paddle holder rotation.

## Engraved Brick Program

- Activity # 111700
- Front of the Building
  - Small
    - 4'X8' Brick, \$75, 3 lines up to 36 characters
  - Medium
    - 6'X6' Brick, \$100, 3 or 4 lines up to 45 characters
  - Large
    - 6'X8' Brick, \$125, 3 or 4 lines up to 52 characters
- Bark Park
  - Small
    - 4'X8' Brick, \$75, 3 lines up to 36 characters
- Description - Shout-out to your family, friends, partners, associates, lifestyle, Isle of Palms, and MORE!



### Walk-in Registration

- Register in person at the Isle of Palms Recreation Department, 24 28th Ave, Isle of Palms, SC 29451.
- Hours
  - Monday - Thursday 8AM-5PM
  - Friday 8AM-4PM
- Payments - cash, checks, and credit card.
- Credit Card use charges will be applied to each transaction.
- No part of the fee is retained by the City of Isle of Palms.

### On-line Registration

1. Click on "Login" Sign in with your username and password.
2. Search for the activity of your choice by clicking on the activity category.
3. Find your activity and click "Add to Cart".
4. Choose the family member to register and answer any registration questions.
5. Continue to the shopping cart and choose "Proceed to Checkout".
6. Complete the process by paying via credit card.

Already registered and forgot account password. Click FORGOT PASSWORD and follow directions. Issues - contact the REC Center, 843.886.8294.

All NEW USERS must walk-in and/or call to have a new account set up.

- NEW USERS are required to provide an original or certified copy of a passport or birth certificate and proof of residency when registering a youth for the first time.
- We recommend that you establish an account prior to registration opening per activity.

### FAQs

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

**Refunds** - A full refund/credit will be given for a cancellation of a class or activity by the Isle of Palms 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. Refund processing may take up to two weeks.

## 35TH ANNIVERSARY PICCOLO SPOLETO SANDSCULPTING COMPETITION

**Saturday, June 1, 9AM**

- Event Details
  - Front Beach, Isle of Palms
  - FREE to participate.
  - Individual and team entries permitted.
    - Teams are limited for 4 people.
  - T-shirts for the first 200 registered participants.
    - Sizes subject to availability.
  - Register at IOP.net.
  - Registration day-of the event will start at 8:30AM.
- Categories
  - Adult - AGES 21 & older
  - Young Adult - AGES 15-20
  - Family - 1 adult & 1 child/young adult
  - Children - AGES 14 & under
- Prizes
  - 1st, 2nd, and 3rd place per category.
  - Best Architectural Design
  - Most Creative
  - Overall Best of Show





## FARMER'S MARKET & FOOD TRUCK JAM

4-7PM

- June 20
- July 18
- August 15
- September 19 (IOP SAFETY DAY)
- October 17
- Details
  - Food Trucks
  - Food Specialty
  - Over 60 Artisans
  - Music
  - Family-friendly Activities
- Admission is free to the general public.
- Vendor Fees
  - \$20 per 10X10 space
  - \$50 food trucks
  - Vendor Application - IOP.net

## ART AT THE REC

June 20, 11AM-6PM

- Juried Art Show
- Located inside the REC Building
- Featuring local artists.
- Admission is free to the general public.



Mimi Wood

## IOP BEACH RUN

Saturday, July 27, 8AM

- Event Details
  - Front Beach, Isle of Palms
  - 5K Run/Walk & 10K Run 8:00AM
  - Youth Fun Runs 8:30AM
  - REGISTER - raceroster.com or IOP Rec. Center
    - Registration Closes - Wednesday July 24 at NOON
- ENTRY FEES ARE NON-REFUNDABLE
- EVENT HELD RAIN OR SHINE
- Friday, July 26, 4:30-6:30PM
  - Packet Pickup - Windjammer 1008 Ocean Blvd.
  - Late Registration
- Day of the Race Starting at 7AM
  - Late Registration & Packet Pick-up
- Course - All events are on the beach, behind the Windjammer on the hardpacked sand at/or near low tide.
- Medals - 1st and 2nd place to male and female age group winners and 5K and 10K overall winners.



Beach Run Registration

## HALF RUBBER TOURNAMENT

Saturday, August 10, 8AM

- CAPTAIN'S MEETING
  - Saturday, August 10, 7:30AM
- TEAMS
  - 3 or 4 person teams
  - 16 years & older
  - \$25 per person, shirts provided to registered participants.
  - Register by Friday, August 2
  - Team Entry Only
- Regulation Half Rubber Balls Provided
- AWARDS
  - Prizes Awarded to 1st & 2nd Place teams.

# Summer Camps

## CAMP SUMMERSHINE & WEE CAMP INFO

- Drop off: 8:30AM - 9AM
- Camp starts at 9AM
- Pack lunch and water bottle daily, snacks are provided.
- Apply sunscreen before camp and pack sunscreen, towel & change of clothes.
- Pick-up: camp will be dismissed at 3PM and supervision is provided until 3:30PM.
- Walkers/Bike riders will need to have permission form on file and will be dismissed at 3PM.

## CAMP SUMMERSHINE

### WEEK 1 JUNE 17-21 SCIENTIFIC NOTIONS & POTIONS

- Explore the wonderful world of science through daily experiments.

### WEEK 2 JUNE 24-28 SPORTS & SKILLS OLYMPICS

- Engage in friendly competition through sports, fitness, crafts, and more!

### WEEK 3 JULY 1-5 (NO CAMP JULY 4) THROUGH THE DECADES

- Explore the music, fashion, and fun of the 60's, 70's, 80's, and 90's

### WEEK 4 JULY 8-12 NEXT TO THE SEA

- Engage in a week of activities and learning about all creatures on the Isle of Palms

### WEEK 5 JULY 15-19 AROUND THE WORLD IN 5 DAYS

- Enjoy a cultural experience highlighting North America, Africa, Europe, Australia, and the Caribbean

### WEEK 6 JULY 22-26 DODGEBALL

- Engage in friendly competition, learn the values of sportsmanship, teamwork, and dodging!

### WEEK 7 JULY 29-AUGUST 2 SHARK WEEK

- Explore the wide world of sharks and practice your talents for a talent show on Friday.

## WEE CAMP

### • WEEK 1 JUNE 17-21 SURFS UP

- Life on the seashore - above, on and under the sand!

### • WEEK 2 JUNE 24-28 LIVING ON A LAKE

- Campers learn freshwater life.

### • WEEK 3 JULY 1-5 JUNGLE SAFARI

- No camp July 4
- Campers go on a jungle safari.

### • WEEK 4 JULY 8-12 FOREST FRIENDS

- Discover wildlife in the forest.

### • WEEK 5 JULY 15-19 SUMMER NIGHTS

- What happens on those warm summer nights?

### • WEEK 6 JULY 22-26 COMMUNITY HEROES

- People who help us in our community

### • WEEK 7 JULY 29-AUGUST 2 UNDER THE SEA

- Life under the sea!

## CAMP SERIES FOR AGES K-5TH GRADE

- 9:30AM-12:30PM

- \$310 residents; \$315 non-residents per camp

- Description - These fun, nurturing, hands-on Summer Camps are taught through art, games, and role play. Bring a snack, lunch, and water bottle.

- Instructor - Dee Dee Eglin

## CAMP KINDNESS

- Activity # 120040

- July 15-19

- Topics - Building Friendships, Civility, Citizenship, Compassion, Empathy, Honesty, & Fairness

## CAMP HOME ECONOMICS

- Activity # 120040

- July 22-26

- Topics - Food & Nutrition, Gardening, Tidiness, Social Graces, & Dining Etiquette.

## CAMP ETIQUETTE

- Activity # 120040

- July 29-August 2

- Topics - Communication Skills, Proper Introductions, Greetings, Self-Discipline, & Dining.



# Summer & Athletic Camps

## YOUTH ART CAMP

- Activity # 120034
- July 8-12
  - Blooming Artists AGES 3 1/2-5
    - 10:30AM-12PM
    - Description - Little touch of everything with a big splash of glitter!
  - Stroke of Genius AGES 6-10
    - 2:30-4PM
    - Description - Incorporate new topics and supplies through multiple projects and a stimulating mix of age-appropriate art techniques.
- \$225 residents; \$230 non-residents
- Instructor - Marie Johnson

## GIRLS VOLLEYBALL CAMP AGES 10-15

- Activity # 320100
- June 24-June 28
  - 9AM-11AM (Monday-Friday)
- Registration opens February 20
- \$125 resident/ \$130 non-resident
- Maximum 25
- Description - Camp is designed to develop the fundamental skills. Girls will receive a camp t-shirt.

## VOLLEYBALL CAMP AGES 7-9

- June 24-June 28
  - 11:15AM-12:15PM (Mon - Fri)
- \$80 resident/ \$85 non-resident
- Maximum 25
- Description - Camp is designed to develop the fundamental skills.

## GET YOUR SPIKE ON VOLLEYBALL AGES 10-16

- Activity # 320103
- August 5-August 8
  - 9-11AM (Mon-Thurs)
- \$100 resident/ \$105 non-resident
- Maximum 25
- Instructor - Laura and Kreg Togami
- Description - Prep for the Indoor volleyball season that will focus on the fundamental skills and include drills, scrimmages, and high energy cardio development.

## GYMNASTICS CAMP AGES 4-8

- Activity # 110016
- August 5-August 7
  - Monday-Wednesday
  - 10:30AM-12:30PM
- Minimum 8, Maximum 20
- \$100 resident/\$105 non-resident
- Instructor - Kaylie Jordan
- Description - Three-day camp for all skill levels.

## YOUTH RISING STARS BASKETBALL CAMP AGES 5-9

- Activity # 322102
- June 17-June 21
  - 9AM-1PM Half-Day Camp ONLY
  - Friday, JUNE 21 is the CAMP FINALE
  - Parents Attendance Encouraged
  - Camp pick-up at NOON
- \$150 resident/\$155 non - resident
- Campers will need to provide lunch and/or snacks.
- Instructors - Rising Stars Basketball
- Description - Super Six Self-Improvement Stations. Camp will be supervised by certified coaches and college players. Campers will receive a camp t-shirt and basketball.

## RISING STARS BASKETBALL CAMP AGES 10-14

- Activity # 322100
- June 17-June 21
  - 9AM-1PM Half-Day Camp ONLY
  - Friday, JUNE 21 is the CAMP FINALE
    - Parents Attendance Encouraged
    - Camp pick-up at NOON
- \$150 resident/\$155 non-resident
- Campers will need to provide lunch and/or snacks.
- Instructors - Rising Stars Basketball
- Description - Super Six Self-Improvement Stations. Camp will be supervised by certified coaches and college players. Campers will receive a camp t-shirt and basketball.

## SOCCER SHOTS CAMPS

- Activity # 321101
- AGES 4-12
  - July 29-August 2
    - 9AM-NOON (Monday-Friday)
    - Description - Designed to develop the fundamental skills with a focus on character development.
- AGES 9-12 Clinic
  - August 19-21
  - 5-6:30PM
  - Description - Premier Advanced skill clinic.
- \$150 resident/ \$155 non-resident
- Minimum 6; Maximum 25
- Campers must provide their own snacks and water bottle.
- Instructed by Soccer Shots Charleston



# Youth Athletics & Programs

## YOUTH SOCCER AGES 5-12

- Registration
  - IOP/SI Residents
    - July 16-August 16
  - Non-residents
    - July 23-August 16
- Player Age as of September 1, 2024
- \$30 residents/\$55 non-resident
- Practices begin the week of September 2 and are determined by the coaches. Practices for 5-8YR will end once games begin.
- Coaches will communicate directly with the parents after coaches' meetings to discuss season details and provide team assignments.
- **Special requests will not be honored.**
- Participants will receive a team jersey.

## SOCCER AGES 5-6

- Activity # 331001
- Monday evening Activity
- Coaches Meeting
  - Tuesday, August 27, 5:30PM

## SOCCER AGES 7-8

- Activity # 331002
- Wednesday evening activity
- Coaches Meeting
  - Tuesday, August 27, 6:00PM

## SOCCER AGES 9-12

- Activity # 331003
- Monday and Thursday evening activity days  
**Mandatory Skill Evaluation AGES 9-12YR ONLY**  
Tuesday, August 27, 6:30PM coaches meeting to follow.

## FAST START SOCCER AGES 3-4

- Activity # 331004
- Saturday morning activity.
- Games played on the Soccer Field located between 28th & 29th Avenue.
- Must be 3 years old by September 1, 2024
- Registration
  - IOP/SI residents
    - July 16-August 16
  - Non-residents
    - July 23-August 16
- \$30 residents; \$55 non-residents
- Team Leader (Coaches) Meeting
  - 5:00PM Tuesday, August 27
- Coaches will communicate directly with the parents after coaches' meetings to discuss season details and provide team assignments.
- **Special requests will not be honored.**

## RUN CLUB AGES 8-12

- Activity # 120036
- Monday 3:30-4:15PM
  - **WILL START SEPTEMBER 9, 2024**
- Outdoors at Tennis Courts
- Description - Volunteer led run club, warm-up 20-25-minute run and cool-down.
- Free

## TENNIS CAMPS

- Activity # 120005
- Red Ball Camp AGES 6-8
  - Tuesday - Thursday
  - 9AM-NOON
  - June 11-13
  - Rain make-up day is June 14
    - \$100 per player
- Green/Yellow Ball Camp AGES 10-14
  - Monday-Thursday
  - 9AM-NOON
  - June 17-20
  - Rain make-up day is June 21
    - \$130 per player
  - Description - Yellow Ball Players & Green Ball Players transitioning to Yellow Ball Play.
- Orange/Green Ball Camp AGES 7-10
  - Monday-Thursday
  - 9AM-NOON
  - June 24-June 27
    - Rain make-up day is June 28
    - \$130 per player
  - DESCRIPTION - Orange Ball Players & Green Ball Players transitioning to Green Ball Play.
- Instructor - Corrine Enright

## YOUTH SPORTS TRAINING

- Activity # 121054
- Thursdays
  - June 20 - August 8
  - No class July 4 & July 25
- 3:30-4:30PM AGES 5-7
- 4:30-5:30PM AGES 8-12
- 5:30-6:30PM AGES 13-16
- \$60 residents; \$65 non-residents per 6-week series
- \$15 drop-in
- Minimum 5; Maximum 12
- Multi-purpose Field
- Instructor - Madison Port
- Description - Speed, agility, timing, and skill development.





# Youth Athletics & Programs

## BALLET AGES 10-14

- Activity # 121048
- Tuesday 4:30PM
  - June 4-July 23
    - No class July 2
- \$70 residents; \$75 non-residents per series
- High Tide Room
- Instructor - Megan McDonald
- Description - Ballet class for all levels.

## COLLEGE APPLICATION BOOTCAMP SEMINAR

- Activity # 121086
- Friday 1-3PM
  - August 2
  - Application, Personal Statement, Essay
- Wednesday, August 7, 1-2:30PM
  - Essay Finalized
- \$350 for residents; \$355 non-residents
- Minimum 4; Maximum 15
- Instructor - Lisa Gastaldi, M.A.
- Description - Comprehensive college application prep seminar.

## JAZZ DANCE LESSONS AGES 10-14

- Activity # 121048
- Tuesday 3:30PM
  - June 4-July 23
    - No class July 2
- \$70 residents; \$75 non-residents per series
- High Tide Room
- Instructor - Megan McDonald
- Description - Jazz class for all levels.

## LITTLE LOTUS YOGA AGES 3-5

- Activity # 130152
- Tuesday NOON-1PM
  - September 3-November 19
  - December 3-February 25
- Registration opens in August.
- \$165 residents; \$170 non-residents per series
- Minimum 4
- Mats are provided.
- Instructor - Jennifer Rogers
- Description - Yoga and mindfulness for children. Interactive storytelling, games, music, and artwork are woven throughout a lively asana series to create a child-inspired yoga experience that is enriching and FUN!

## TAE KWON DO

- Activity # 120020
- Youth & Family Class
  - Monday 6:30-7:30PM
- Youth \$30 residents; \$35 non-resident
  - \$5 discount for additional family members
- Magnolia Room & High Tide Room (June 17-August 5)
- Activity # 121019
- Adult Class
  - Wednesday 6:30-8:00PM
  - Saturday 9-10:30AM
- Adult \$40 resident; \$45 non-resident
- Adult Saturday Only \$30 resident; \$35 non-resident
  - \$5 discount for additional family members
- Gymnasium
- Instructor - Headmaster Jack Emmel, 8th DAN

## YOUTH ART

- Activity # 130034
  - Wednesday 3:30-4:30PM
    - Stroke of Genius AGES 7-10
      - September 11 - October 16
      - October 23-December 11
        - No class October 30
  - Thursday
    - IOP Sunshine Academy/Big Art for Little Artists AGES 3-4 NOON-1PM
    - Blooming Artist AGES 5-6 3:15-4:15PM
    - Stroke of Genius AGES 7-10 4:30-5:30PM
      - September 12- October 17
      - October 24-December 12
        - No class October 31
- Registration opens in August.
- \$150 residents; \$155 non-residents per series
- Instructor - Marie Johnson



# Youth Programs

## IOP SUNSHINE ACADEMY AGES 3-4

- Activity # 161021
  - Monday, Wednesday, & Friday 9AM-NOON
    - August 13-May 29
  - Open House August 7, 3-5PM
  - \$200 residents; \$205 non-residents per month.
    - August (short month) and September are combined so the cost is \$300 residents; \$305 non-residents.
- Activity # 161022
  - Tuesday & Thursday 9AM-NOON
  - \$150 residents; \$155 non-residents per month.
    - August (short month) and September are combined so the cost is \$225 residents; \$230 non-residents.
- All fees must be paid at registration.
- Participants can register for a minimum of one-month, multiple months, or for the semester.
- No drop-ins allowed.
- Minimum 5; Maximum 10
- Must be potty-trained -- NO DIAPERS.
- Students are required to bring a snack and water bottle.
- Description - Learn through play kids morning out.
- Instructor - Latia Coleman

## KINDNESS IS MY SUPERPOWER! AGES 5-7

- Activity # 126012
- Monday 3:30-4:30PM
  - August 12-September 23
- \$150 residents; \$155 non-residents
- Instructor - DeeDee Eglin
- Description - This fun, nurturing, hands-on program is taught through art, games, and role play. Topics include - building friendships, civility, citizenship, compassion, empathy, honesty, fairness, and more! Materials included.

## TINY TOTS MANNERS AGES 3-4

- Activity # 126012
- Friday 1-2PM
  - August 9-September 13
    - Tea Party September 13
      - Herbal decaf tea served at room temperature.
- \$150 residents; \$155 non-residents
- Instructor - DeeDee Eglin
- Description - Fun, nurturing, hands-on program taught through engaging activities, art, role-play, and storytelling. Topics include - behavior in public places, sharing and caring, keeping tidy, table manners and much more! Class projects - coloring an illustrated placemat for at-home dining and educational worksheets. Materials included. The instructor will provide weekly updates to parents.

## ETIQUETTE 101 AGES 5-7

- Activity # 126012
- Friday 3-4PM
  - August 9-September 13
    - Tea Party September 13
      - Herbal decaf tea served at room temperature.
- \$150 residents; \$155 non-residents
- Instructor - DeeDee Eglin
- Description - Fun, nurturing, hands-on program taught through engaging activities, art, and role-play. Topics include - proper introductions and greetings, telephone etiquette, self-discipline, keeping tidy, dining and etiquette and much more! Projects include - hand-made Thank You cards and place cards for the table, and educational worksheets. Materials included. The instructor will provide weekly updates to parents.

## ETIQUETTE 101 AGES 8-10

- Activity # 126012
- Monday 5-6PM
  - August 12-September 23
    - Tea Party September 29
      - Herbal decaf tea served at room temperature.
- \$150 residents; \$155 non-residents
- Instructor - DeeDee Eglin
- Description - Fun, nurturing hands-on program is taught through art, games, and role play. Topics include - communication skills, proper introductions and greetings, self-discipline, dining, and more! Materials provided.



# Youth Programs & Adult Athletics

## THEATER WORKSHOP AGES 8-14

Activity # 131059

- **MACBETH**
  - Thursday 4-5:30PM
    - September 5-November 7
  - Performance is November 7, 5:30PM
  - Registration opens in August.
  - \$150 resident; \$155 non-resident
  - Minimum 8; Maximum 15
  - Magnolia Room
  - Instructor - Jean Schubert
  - Description - The Youth Theater Program is built on the fundamentals of acting and theater games. This fall, youth will audition, rehearse, and perform in a kids' version of Shakespeare's classic tragedy, Macbeth. Following the lives of an ambitious Macbeth and his scheming wife, Lady Macbeth, this tale includes witches, a ghost, and sword fighting. Family and friends are invited to enjoy the final performance.

## PICKLEBALL GROUP LESSONS

- Activity # 122280
- Monday & Wednesday 7-8:30AM
  - INTERMEDIATE
    - June 17,19,24,26
    - July 29,31,& August 5,7
  - BEGINNER
    - July 8, 10, 15, 17
- \$80 per series
  - Prior approval required for drop-ins.
- Maximum 12; Minimum 4
- Pickleball Courts
- Instructor - Nancy Markovich

## PICKLEBALL PRIVATE LESSONS

- \$60 per hour per individual
  - \$30 per person for 2 individuals per hour
- \$80 per 1.5 hours
  - Split between 3-4 people.
- By Appointment Only
- Instructor - Nancy Markovich

## PICKLEBALL OPEN PLAY

- 8-11AM Tuesday, Thursday, & Friday
- 4-6PM Wednesdays
- Times may vary based on the program schedule.

## 3 ON 3 BASKETBALL

- Registration (by team ONLY)
- July 16-August 16
- \$80 per Team
- Max. 12 Teams
- Rosters - 6 players per team
- Ages 18 & up
- Captain's Meeting - Monday, August 26, 5:30PM
- Game Days - Tuesdays, starting September 3

## 6 V 6 SOCCER

- Registration (by team ONLY)
- July 16-August 16
- \$300 per team
- Max. 8 Teams
- Ages 18 & up
- Captain's Meeting - Monday, August 26, 6PM
- Game Days - Tuesdays, starting September 3
- Location - Soccer Field

## TABLE TENNIS SINGLES LEAGUE

- Registration July 16-August 16
- \$10 per player
- Max. 12 Teams
- Ages 35 & up
- Game Days - Tuesdays, starting September 3
- Location - Gymnasium

## BOCCE BALL SOCIAL LEAGUE

- FREE
- Ages 18 & up, equipment provided.
- Wednesdays, starting September 4
- Location - Multi-Purpose Field 9AM-11AM

## TAE KWON DO

- Activity # 121019
  - Adult Class
    - Wednesday 6:30-8PM
    - Saturday 9-10:30AM
- Adult Wednesday & Saturday \$40 resident; \$45 non-resident
- Adult Saturday Only \$30 resident; \$35 non-resident
  - \$5 discount for additional family members
- Gymnasium
- Instructor - Headmaster Jack Emmel, 8th DAN



# Adult Athletics & Group Fitness

## TENNIS LESSONS

- Tuesday & Thursday INTERMEDIATE
  - 8:30-10AM
    - June 4-27
    - August 13-29
    - September 3-26
  - \$15/per 1 hour
  - \$20/per 1.5 hours
- Wednesday BEGINNER
  - 8:30-10AM
    - June 5-26
    - August 14-28
    - September 4-25
  - \$20 1.5 hour
  - \$15 1-hour
- Registration required.
- Times may vary due to weather.
  - Call to confirm.
- Instructor - Corinne Enright

## TENNIS - PRIVATE LESSONS

- By appointment only.
- \$75 per hour
- Instructor - Corinne Enright

## BARRE

- Activity # 121034
- Wednesday 8:30AM
- \$20 resident; \$25 non-resident per month.
- Drop-in \$7
- High Tide Room
- Instructor - Shannon Bain
- Description - Traditional Barre class.

## CORE & MORE

- Activity # 121062
- Tuesday 8:30AM
- \$20 resident; \$25 non-resident per month.
- \$10 drop-in per class
- Instructor - Paige Hauff
- Description - Build core strength through dynamic movement.

## DANCE FITNESS

- Activity # 121049
- Monday 4:30PM
- \$25 residents; \$30 non-residents per month.
- \$12 drop-in
- High Tide Room
- Description - Carribean and Brazilian style dance class for all levels.

## FREE BEACH STROLL & LEARN

- Activity # 121036
- May 9-November 14
  - 2nd Thursday of the month
  - 7:30AM
  - Inclement weather, rain dates Fridays.
- Beachside 25th Avenue
- Instructors - Local Naturalists
- Description - Easy-pace walk and educational tidbits about the SC coastal life as we stroll the beach. Topics vary per month.

## FREE BEACH YOGA

- Activity # 121035
- Tuesday 7:30AM
  - May 7-October 29
- 25th Ave. Beach Access
- Instructor - Kathy Berry
- Description - Flow class with level modifications. Bring mat, towel, blocks, and water.

## JAZZ

- Activity # 121047
- Wednesday 4:30PM
  - June 5-July 24
    - No class June 26 & July 3
- \$70 residents; \$75 non-residents per series
- High Tide Room
- Instructor - Megan McDonald
- Description - Dance classes for all levels

## LINE DANCING

- Thursday
  - 9:30AM Intermediate/Advance
  - 10:30AM Beginner
- Magnolia Room & High Tide Room (June 20-August 1)
- \$5 drop-in per class
- Instructor - Trisha Leonard
- Description - Kick, spin, shuffle, stomp, grapevine, and shimmy towards total mind and body wellness.



# Group Fitness

## MORNING YOGA

- Activity # 121031
- Monday, Wednesday, & Friday 9:15AM
- \$64 per month/8 classes
- \$85 per month/12 classes
- \$10 drop-in per class
- Recreation Center under the shelter
- Instructor - Pat Boyd
- Description - Athletic power stretch that enhances total body strength, balance, and flexibility.

## MOVE IT CARDIO & STRENGTH

- Activity # 121063
- Monday 8:30AM
- \$20 resident; \$25 non-resident per month
- \$10 drop-in
- Instructor - Paige Hauff
- Description - Low impact cardio and strength.

## OVER 60 GROUP TRAINING

- Activity # 122064
- Tuesday & Thursday 2:30PM
- \$80 per month/8 classes
- \$12 drop-in per class APPROVAL REQUIRED
- Maximum 17
- Instructor - Judy Fischer
- Description - Low impact, total body workout with adaptive moves for all fitness levels.

## OVER 60 YOGA

- Activity # 122067
- Monday & Wednesday 2PM
- \$80 per month/8 classes
- \$12 drop-in per class
- Instructor - Judy Fischer
- Description - Traditional yoga at a slower pace focusing on balance, strength, and flexibility.

## PILATES FUSION

- Activity # 121045
- Thursday 8:30AM
- \$20 resident; \$25 non-resident per month.
- Instructor - Paige Hauff
- Description - Traditional Pilates fused with various equipment and methods.

## SENIOR FITNESS

- Activity # 121067
- Monday 3PM & Friday NOON
- \$40 per month
- \$7 drop-in
- Instructor - Shannon Bain
- Description - Gentle, low impact movement to improve total body wellness.

## RXFIT CLUB MOBILE GYM & NATIONAL FITNESS COURT TRAINING

- Activity # 120091
  - Circuit Tuesday & Thursday 8AM
    - \$40 residents; \$45 non-residents per month
    - \$15 drop-in per day
  - Open Gym/Circuit Saturdays 8AM
    - June 8, 15
    - July 13, 20
    - August 10, 17
    - September 14, 21
      - \$20 per month
  - Personal Training
    - By appointment only.
    - \$80 residents; \$85 non-resident per 1 hour
      - AGES 65+ & <18 \$65 per 1 hour
- Instructor - Coach Douglas Gordon
- Description - Mobile, outdoor gym circuit training.

## STRENGTH

- Activity # 120093
- Friday 8:30AM
- \$20 resident; \$25 non-resident per month
- \$10 drop-in per class
- Instructor - Paige Hauff
- Description - Equipment and body weight workout to strengthen and tone.



# Group Fitness & Adult Programs

## STRENGTH & STABILITY

- Activity # 121017
- 10:30AM
  - Wednesday & Friday
- \$40 resident; \$45 non-resident/8 classes
- \$7 drop-in per class
- Instructor - Corinne Enright
- Description - Low impact training that incorporates a variety of equipment and focuses on cardio, strength, balance, and flexibility.

## SUSPENSION TRAINING

- Activity # 121041
- Monday, Wednesday, & Friday 8:00AM
- \$40 resident; \$45 non-resident/8 classes
- \$55 resident; \$60 non-resident/12 classes
- \$10 Drop-in
- Under the shelter, Registration required.
- Instructor - Pat Boyd
- Description - Low impact cardio that utilizes suspension bands to increase range of motion, strengthen the total body.

## STRETCH YIN YOGA

- Activity # 121033
- Wednesday 6PM
- \$40 resident; \$45 non-resident per month.
- \$12 drop-in per class
- Magnolia Room and High Tide Room (June 19-August 7)
- Instructor - Kathy Berry
- Description - Gentle Yoga poses that open connective tissues and joints.

## ZUMBA

- Activity # 121043
- Wednesday 9:30AM
  - Instructor - Irina Gentile
- Tuesday 10:30AM
  - Instructor - Wendi Pasterik
- \$25 resident; \$30 non-resident per month, per day
- \$12 drop-in per class
- High/Low Tide Room
- Description - High energy JAM!

## DOG OBEDIENCE

- Activity # 121011
- Monday
  - June 3-July 15
    - 5:30PM Kinderpuppy - Medium & Large Breeds
    - 6:30PM Sport Dog - Beginner Agility, Parkour, Tricks, & Fetching
    - 7:30PM Kinderpuppy - Small Breeds
  - July 29-September 9
    - 5:30PM Kinderpuppy Medium & Large Breeds
    - 6:30PM Sport Dog - Beginner Agility, Parkour, Tricks, & Fetching
    - 7:30PM Kinderpuppy - Toy & Small Breeds
- \$265 per session
- Instructor - Susan Marett

## TECH AT THE REC

- Tuesday
  - Advanced Website Options
    - Activity # 136015
    - 11AM-NOON
    - September 10 Website Integration
    - September 17 Vlog, Blog, & Podcast
    - September 24 Upscale Growth
    - Registration opens in August.
    - \$25 residents; \$30 non-residents per date - Registration Opens August
  - Google Basics
    - Activity # 126015
    - 11AM-NOON
    - July 9 Google Docs & Sheets
    - July 16 Google Gmail & Drive
    - July 23 Google Calendar & Contacts
    - July 30 Google Meet & Chat
    - \$25 residents; \$30 non-residents per date
  - Technology Help Sessions 11AM-NOON
    - Activity # 126015
    - June 4, 18; July 9, 23; August 6, 20
    - \$25 residents; \$30 non-residents per date
  - Website Design & Launch
    - Activity # 126015
    - 10-11AM
    - June 4-25
    - August 6-27
    - \$100 residents; \$105 non-residents per series
- Instructor - Sherry Dwelle



# Social Clubs & Calendar of Events

## BRIDGE SOCIAL CLUB - FREE

- Wednesday 10AM-NOON
- Tadpole Room

## GAME ROOM - FREE

- Friday 10AM-NOON
- Socialize and play cards, dominoes, checkers, chess, Mah Jong & more!
- Lobby/Tadpole Room

## GATHER & KNIT - FREE

- Monday 10AM
- Socialize, knit, and crochet with friends.
- Share patterns or even learn a new hobby.
- Front Lobby

## ITALIAN LANGUAGE & CULTURE SOCIAL CLUB - FREE

- Wednesday 10AM
- Minnow Room
- Description - Ciao! Meet & greet with friends who also love Italy! Practice speaking Italian and explore Italy's culture.

## KEENAGERS LUNCHEON - FREE

- 1st Wednesday of every month
- Starts September 4th!

## MAH JONG - FREE

- Monday NOON
- Front Lobby

## JUNE

- 1 Sand Sculpting Competition 9AM
- 13 Free Beach Stroll & Learn 7:30AM
- 17 Summer Camp Begins
- 20 Farmer's Market & Food Truck Jam 4-7PM
- 20 Art at the Rec 11AM-6PM
- 24 Volleyball Camp

## JULY

- 4 IOP Fireworks
- 4 July 4th Holiday CLOSED
- 8 Art Camp
- 11 Free Beach Stroll & Learn 7:30AM
- 18 Farmer's Market & Food Truck Jam 4-7PM
- 27 IOP Beach Run & Walk 8AM
- 29 Soccer Camp

## AUGUST

- 2 Last Day of Summer Camp
- 5 Gymnastics Camp Volleyball Camp
- 8 Free Beach Stroll & Learn 7:30AM
- 10 Half Rubber Tournament 8AM
- 15 Farmer's Market & Food Truck Jam 4-7PM

## SEPTEMBER

- 2 Labor Day CLOSED
- 4 Keenagers NOON
- 12 Free Beach Stroll & Learn 7:30AM
- 19 Farmer's Market & Food Truck Jam 4-7PM

## OCTOBER

- 1 National Night Out
- 2 Keenagers NOON
- 5 Connector Run 8AM
- 10 Free Stroll & Learn 7:30AM
- 17 Farmer's Market & Food Truck Jam 4-7PM
- 11 Ghostly Tide Tales 6PM
- 26 Halloween Golf Cart Parade 4PM
- 29 Free Beach Yoga Ends

## NOVEMBER

- 5 Election Day
- 6 Keenagers NOON
- 11 Veteran's Day CLOSED
- 14 Free Stroll & Learn 7:30AM
- 28-29 Thanksgiving CLOSED

## DECEMBER

- 4 Keenagers NOON
- 7 Holiday Street Festival 2-7PM
- 7 Holiday Tree Lighting 5:30PM
- 17 Holiday Cookie Decorating Event 4PM
- 24-26 Christmas CLOSED



