



RECREATION DEPARTMENT MONTHLY REPORT March 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

ATHLETICS

Adult Athletics

Adult Spring Softball

Games are played Thursday evening. A total of three teams (60 participants) have registered.

Adult Spring 3 on 3 Basketball

Games are played on Tuesday evening. A total of five teams (30 participants) have registered. COVID-19 guidelines have been developed to ensure we are following best practices for the safety of all participants.

Adult Spring 6 vs. 6 Soccer

Games are played on Tuesday evening. A total of four teams (48 participants) have registered.

Adult Spring Table Tennis Singles League

Games are played on Tuesday afternoon. A total of nine players have registered.

Adult Pickleball League Singles

Registration is open for a beginner's and an intermediate league. Game schedules will be developed by Recreation Staff, posted on the recreation website and distributed to each league player. Once schedule is distributed, players will have one (1) week to play their scheduled match. Time of match must be agreed upon both players. Winning player is responsible for turning scores in to Recreation Staff within 24 hours of scheduled match and may do so by email.

- Register by April 12th, league fees due upon registration, players will designate their level of play upon registering
- Players provide their own equipment
- Tennis court nets are used.
- April 19 - June 7 weekly league schedule
- \$10 per player, per league (can only register for one league)

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 will be held April 14th. COVID-19 guidelines have been developed to ensure we are following best practices for the safety of all participants.

Youth Baseball Registration (*as of February 22, 2021*)

Fast Start Baseball	Total: 32	IOP Resident: 14	Non-resident: 15	S.I.: 3
5/6 T-Ball	Total: 36	IOP Resident: 29	Non-resident: 5	S.I.: 2
7/8 Machine Pitch	Total: 39	IOP Resident: 29	Non-resident: 8	S.I.: 2
9-12 Youth Baseball	Total: 30	IOP Resident: 22	Non-resident: 6	S.I.: 2

Athletic Events

Spring Break Soccer Camp

Partnering with Soccer Shots of Charleston the Isle of Palms Recreation Department will be offering a youth soccer camp during Charleston County School Districts spring break for children ages 4 – 12yrs old. Campers must provide their own snacks and water bottle. As of March 29th a total of 19 children have registered for the camp.

April 5 – April 9

9 a.m. – Noon

\$150 per child IOP Residents/\$155 per child Non-Residents

Minimum: 6 participants

IOP Beach Run

The IOP Beach Run will be held on Saturday, July 31, 2021 at 8:00 a.m. Staff is currently securing potential sponsors to confirm their support. Online registration will begin shortly.

PROGRAMS AND CLASSES

The Recreation Department Activity Guide for the Winter/Spring is located on the City's webpage. Current classes, athletics and special events can be found in the update guide. Classes, programs, athletics and special events are also posted on the Recreation Department's Facebook page.

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. The next session of Kinderpuppy is scheduled to begin April 19 and both classes are already full. Instructor, Susan Marett

Fitness Classes

Suspension Training: Class is full with nine (9) participants. 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: Nine (9) participants have been attending class in the High Tide/Low Tide Room. Seven (7) participants have been attending the class through the zoom option. All participants are required to reserve their space for classes in advance. The Zoom link is mailed out in a monthly calendar format. 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: The class currently has ten (10) participants, five (5) have been attending live classes and five (5) people have been attending through Zoom. 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: Three (3) people have been attending the evening cardio class. Class is held on Mondays at 5:30 p.m. Reservations are required. Instructor, Elizabeth Hudson

Full Body Sculpt: Five (5) people have been participating in the weights and strength class. Class is held on Tuesdays at 5:30 p.m. Reservations are required. Instructor, Elizabeth Hudson

Gymnastics

Five (5) participants are enrolled in the 3 & 4 year old class that begins April 13 at 3:30 p.m. The 5 & up class, held at 4:15 p.m. is full with twelve (12) participants. The April 13 session of gymnastics is the last class for the season. Instructor Kaylie Penninger

IOP Kids

The IOP Kids program is full. Eight (8) students are enrolled on Mondays/Wednesday/Fridays and Tuesday/Thursdays.

Registration for the 2021-2022 school year is open. Monday/Wednesday/Friday class is full for next year but there are a few spaces available for Tuesday/Thursdays. Instructor: Cathy Adams.

Line Dancing

Seven (7) people have been participating in the beginner class at 10:30 a.m. The Intermediate class meets at 9:30 a.m. with six (6) participants. Class are held on Thursdays.

Over 50 Fitness

Class is held on Tuesdays & Thursdays from 2:30 p.m. – 3:30 p.m. Class is full with eight (8) participants. Instructor Judy Fischer.

Saturday Yoga

Seven (7) people have been attending class, five (5) in studio and two (2) via zoom. The class drop in fee is \$12, no packages will be 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

Tae Kwon Do classes are running smoothly. Youth and family classes meet on Mondays at 6:30 p.m. eight (8) students are enrolled in the Monday youth class. Adult open belt classes meet Wednesday evenings and Saturday mornings, currently fourteen (14) students have been participating. Instructor, Jack Emmel

Tai Chi

Four (4) ladies have been attending the class. Instructor, Connie Cossetti

Tennis Lessons, Youth

The next session of tennis is scheduled for May 4 – June 1, the class will be a 5 week session. Registration for the May session will open Wednesday, April 14. Tiny Tennis, Red Ball, Orange Ball and Green Ball classes will be held during the May session. Tennis Camp registration opened Tuesday, March 23rd. 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. Approximately 10-12 people have been participating. Instructor Corinne Enright

Wood Carvers

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

2021 New Class Update

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. Currently five (5) participants are enrolled in the class. Participants will grow into their own practice with games, music and age appropriate journaling. 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. Participants can either take part by zoom or live in person. Live classes are limited to nine (9) people. Currently three (3) are taking class in person and four (4) are participating by Zoom. Instructor, Judy Fischer.

Over 50 Pilates

Class is held on Tuesdays and Thursdays at 1:30 p.m. Participants can take part live in person or by zoom. Class is limited to 9 spaced for live instruction. Currently four (4) are taking class in person and three (3) are taking part in the zoom sessions. Instructor, Judy Fischer.

FitBody in 50

FitBody class is back, 50 minute workout to help participants reach their optimal level of fitness. Five (5) people are enrolled in the class. 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

The first Boater Safety workshop will be held in person, on Saturday, April 3 at 9:00 a.m. Fifteen (15) participants are registered for the Boater Safety Class. Class is instructed by SCDNR.

Environmental Series

Staff is working with Julie Cliff, retired Marine Science teacher from Wando High School to put together an environmental series to be conducted through the Recreation Department. Mrs. Cliff and the staff are working on the curriculum and hopefully will begin in May. Depending on topics, classes will be held inside and outside. Staff is exploring walking access to a marsh location and of course the beach for hands on experience. Topics will dictate the locations.

Community Specialist

Daily

Provide training for new part time staff on Front Desk operations.
Review the City's website for updates and changes.
Register participants for programs, athletics and activities.
Receive incoming calls regarding Recreation operations.
Update check in sheet for Cardio Room participation.
Check in and record payments for class participation.
Email invoices to class participants.
Notified participants when classes have been postponed or cancelled.
Called Keenagers (seniors) often to see if they needed anything and to remind them of the monthly meeting.
Update media/information center as needed.
Posted necessary signage regarding classes, COVID and closures.
Assisted with check in for Adult basketball.

Other

Take minutes at weekly staff meetings
Assisted with Keenagers Luncheon setup and clean up.
Assisted with set up and cleanup of Adult basketball.
Set-up Zoom workout classes, as needed.

Building Maintenance

Cleaned and sanitized the front lobby daily.
Sanitized Cardio room after every use.
Assisted with sanitizing workout equipment after classes.
Assisted with removing flooring and removing water after a failed water heater

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
Trimmed trees and bushes around baseball and softball fields
Cleaned spectator bleachers at baseball field
Sod was installed around dry pond area
Raked mulch on playground in most active areas
Mowed and removed weeds around playground and picnic areas
Repaired swell on Northeast corner of soccer field for proper drainage

Recreation Building

Check and cleaned gutters as needed
Poured concrete support for washed out sidewalk section
Worked with Parks & Facilities Specialist on replacement of Hot Water Heater
Assisted with supervision of floor replacement

Athletic Fields

Weeded baseball and softball infields
Groomed infields for scheduled baseball and softball games and practices
Applied appropriate products for post emergent weeds and insects
Installed extra benches at baseball dugouts to encourage social distancing throughout season
Fresh paint was applied to baseball field dugouts

Miscellaneous

Securing pricing for installation of platform and hook up for generator
Working on designs and pricing for Engraved Brick Paver walkway
Coordinating with Robert Asero on new plantings around the facility
Assisted with Keenager Luncheon
Directed cars at the Drive in Movie that was held at the Municipal lot

SPECIAL EVENTS

Keenagers

The Keenagers senior social group potluck lunch was held on March 3rd. Twenty-nine (29) were in attendance. For this event due to the number of attendees, this event was moved into the gymnasium to comply with COVID-19 standards. The program included Bingo led by the IOP PD and prizes were given to the winners. The next luncheon will be held April 7th.

Drive-in Movie

The Drive-In Movie was held on March 6th at 6:30p.m. Over 40 cars attended this event. The Police Department worked closely with Recreation staff to organize this event. The Police Staff also assisted with traffic control.,

UPCOMING EVENTS

Easter Egg Drop

Due to COVID – 19 the annual Isle of Palms Easter Egg Hunt has been changed to “Easter Egg Drop.” The recreation staff teamed up with the Police and Fire Departments to provide transportation for the Easter Bunny to visit homes of children living on Isle of Palms and drop off a bag of surprises. Both McGruff and Sparky will ride along with the Easter Bunny to help deliver the goody bags. The Easter Egg Drop will begin promptly at 9:00 a.m. on Saturday, April 3.

Yard Sale

The annual Yard Sale will be held on Saturday, April 17 from 8:00 a.m.-12:00 p.m. on Hartnett Boulevard between 27th and 29th Avenues. Vendor spaces are 10’x10’ and limit two (2) per person. Only used or “like new” items can be sold. Vendor spaces are limited this year due to social distancing recommendations. All spaces are full and staff will investigate the possibility of a second yard sale sometime in the near future for those on a waiting list.

Day in the park

In efforts to provide activities for all age groups while continuing to deal with Covid-19 and social distancing recommendations, the Recreation Staff developed a somewhat new event called “*Day In The Park*”. This was formally known as “*Music in the Park*”. Day in the Park will begin at 3:00 p.m. with *Yee-haw Junction* performing until 5:00 p.m. and followed by *The Blue Plantation Band* from 5:00 p.m. – 7:00 p.m. These performances will be held around the Picnic shelter area with food trucks available for refreshments. Then at 8:00 p.m. the movie “*The Croods*” will be presented on the multipurpose field and end around 10:00 p.m. Golf carts and coolers will not be allowed on the multi-purpose field, only blankets and chairs. Food vendors/trucks will be on site from 2:00 p.m. - 10:00 p.m.

Camp Summershine

Summershine and Wee Summer Camp registration officially opened Monday, March 29 at 8:00 a.m. for Isle of Palms Residents only. The lottery will take place on Monday, April 12 and those selected will be notified and invoiced requiring full payment on or before Friday, April 23. If spaces are available registration for non-residents will open on Monday, April 26 at 8:00 a.m. As of Tuesday, March 30 over 30 families have registered.

Sand Sculpting Competition

The Annual Sand Sculpting Competition will be held on Saturday, June 5 from 9:00 a.m.-until 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 secured, awards are being ordered and picked up, shirts designs are being finalized and registration will begin shortly.

Parks & Facilities

Housekeeping

Performed routine housekeeping duties.
Completed monthly safety inspections.
Cleaned and serviced housekeeping maintenance equipment.
Replaced and refilled air fresheners and other sanitary devices.
Flush floor drains as needed.
Disinfected gymnastics equipment.
Cleaned the toys.
Disinfected exercise equipment and rooms.

Revised Cleaning schedule:

Disinfect whole facility upon opening every morning.
Bathrooms are disinfected at least twice daily (around 7:20 AM and 10:45 AM) and deep cleaned and mopped every afternoon (2:30-3:30 PM).
Classrooms are disinfected first thing in the morning (7:00-7:30 AM) and at least once when not in use throughout the day. The rooms are mopped or auto-scrubbed at least twice a week.
High/Low Tide room is disinfected every day before and after class and the floors are dust mopped after every class and auto-scrubbed or mopped twice weekly.
The playground is disinfected daily around 8:00 AM and/or when not in use.
The cardio room is disinfected at least twice daily, typically after every use. The machines are wiped down, the floor is swept daily and mopped twice a week.
Disposable paper towels are used to clean and wipe surfaces down, and disposable mops are used to clean the floors.

Facility Preparations

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

3/3- Setup and teardown of Keenagers in the gym.
3/6- Worked Drive in Movie
3/8- Moved gymnastics equipment and tables and chairs back into storage closets in Mag/Pal.
3/9- Stored leftover flooring in the gym housekeeping closet.
3/12- Moved bookshelves, books, and piano back into Magnolia room.
3/25- Setup for Budget meeting in Mag/Pal room.
3/26- Put away books, reorganized bookshelves in library.

Interior Maintenance

Serviced, lubricated and cleaned Cardio room equipment.
Unclogged toilets and drains as needed.
Replaced light bulbs and ballasts as needed.
Machine-scrubbed the facility halls, class rooms and gym floor.
Dusted book shelves in Magnolia room.
Scrubbed tile and grout lines in the bathrooms and kitchen.
3/3- Replaced scrubber plug.
3/5- Caulked around screw-hole that was source of leak in Low Tide room.
3/5- Replaced ballast and 4 lightbulbs in Low Tide room (far left corner).
3/12- Replaced vacuum breaker and flush handle in women's left stall in the gym bathroom.
3/15- Reset clocks for daylight savings time.

- 3/15- Replaced 3 lightbulbs and ballast in Tadpole room.
- 3/16- Replaced 3 lightbulbs and ballast in Minnows room.
- 3/16- Replaced ceiling tile in hallway outside Housekeeping closet and taped ductwork.
- 3/19- Set 6 ultrasonic rat controls throughout the building and 3 Plugins in classrooms.
- 3/22- Replaced 3 lightbulbs in women's bathroom in the gym.
- 3/22- Replaced ballast in hallway across from Hi/Low Tide room.
- 3/23- Installed carpet on balance beam to help it slide easier on the new floor in the Mag/Pal room.
- 3/26- Replaced 3 lightbulbs in Magnolia room.
- 3/29- Touched up all red paint throughout the building.

Exterior Maintenance

- Inspected equipment, collected lost & found items and removed debris around the playground.
- Removed trash and debris from around the building.
- Sanitized the playground equipment daily.
- Sprayed for wasps.
- 3/5- Applied caulk to seams on roof bark park side.
- 3/5- Drilled out weep-holes in the exterior block on the west side.
- 3/10- Cleaned out gutters, power washed front of building and rocking chairs.
- 3/31 – Cleaned playground equipment in preparations for painting

Service Projects

- 3/2- **J Stephens Plumbing LLC**- replaced hot water tank in Sprinkler room. Accidentally damaged side door (dog park side) while bringing in the new water heater. We will get it fixed and they will reimburse us.
- 3/3-3/5 **Contract Flooring & Design**- Came back to finish installing Tarkett's OmniSports Reference Multiuse 6.2mm floor. The ripples that were in the hallway went away and the ripples in the Mag/Pal room were still there but improved slightly after letting the floor sit for 5+ days. They installed the floor with the multi epoxy adhesive and applied weights on the seams to help it hold so that there wouldn't be any bubbles. 3/4- When they went to roll back the floor in the hallway there was water underneath as it had seeped through the bottom of the floor from heavy rains. We applied concrete sealant all along the edge of the wall and will continue with the floor installation. We also asked the architect to come look at the wall.
- 3/12- **Larry Cantely from Carolina Professional Builders** inspected doors that are need of replacement or needed repair.
- 3/12- **Falcon Fire Systems**- performed annual inspection of fire alarm system. No issues
- 3/12- **Liberty Fire Protection**- performed annual sprinkler inspection. No issues.
- 3/19- **East Coast Pest Control**- came to spray facility for bugs.
- 3/31- **Liberty Fire Protection**- Performed annual inspection on extinguishers and hood test.

Fitness Calendar April 2021

Isle of Palms Recreation
Department

Reservation Required for all Classes

(843) 886-8294

www.iop.net

- Payment Required to hold Reservations
- Zoom Classes Available: *Z: email kferrell@iop.net to participate

Yoga M/W/F 9-1:55am \$10 per class Outdoor Class, weather permitting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5 8am Suspension Train 9am Core Strength/Bosu 9:15 Yoga 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00pm Cardio & Core	6 8:30 Core Strength *Z 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Strength	7 8am Suspension Train 9:15 Yoga 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness	8 8:30 Core Strength *Z 9:30 Line Dancing 10:30 Line Dancing 1:30 Over 50 Pilates *Z 2:30 Over 50 Fitness	9 8am Suspension Train 9:15 Yoga 8:30 Barre *Z 10:30 FitBody in 50	10 10:00 Yoga *Z
	12 8am Suspension Train 9am Core Strength/Bosu 9:15 Yoga 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00pm Cardio & Core	13 8:30 Core Strength *Z 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Strength	14 8am Suspension Train 9:15 Yoga 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness	15 8:30 Core Strength *Z 9:30 Line Dancing 10:30 Line Dancing 1:30 Over 50 Pilates *Z 2:30 Over 50 Fitness	16 8am Suspension Train 8:30 Barre *Z 9:15 Yoga 10:30 FitBody in 50	17 10:00 Yoga *Z
	19 8am Suspension Train 9am Core Strength/Bosu 9:15 Yoga 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00pm Cardio & Core	20 8:30 Core Strength *Z 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Strength	21 8am Suspension Train 9:15 Yoga 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness	22 8:30 Core Strength *Z 9:30 Line Dancing 10:30 Line Dancing 1:30 Over 50 Pilates *Z 2:30 Over 50 Fitness	23 8am Suspension Train 8:30 Barre *Z 9:15 Yoga 10:30 FitBody in 50	24 10:00 Yoga *Z
	26 8am Suspension Train 9am Core Strength/Bosu 9:15 Yoga 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00pm Cardio & Core	27 8:30 Core Strength *Z 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Strength	28 8am Suspension Train 9:15 Yoga 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness	29 8:30 Core Strength *Z 9:30 Line Dancing 10:30 Line Dancing 1:30 Over 50 Pilates *Z 2:30 Over 50 Fitness	30 8am Suspension Train 8:30 Barre *Z 9:15 Yoga 10:30 FitBody in 50	

Isle of Palms Recreation Department






#24 28th Avenue Isle of Palms, SC 29451

(843) 886-8294 www.iop.net

Programs, Athletics & Special Events

April

2021

SUN	MON	TUE	WED	THU	FRI	SAT
 <h2>Day in the Park</h2> <h3>Saturday, May 1</h3> <div> <div> <h3>Music</h3> <p>3:00pm - 7:00pm</p> <p>Blue Plantation Group & Yeehaw Junction</p> </div> <div>  <h3>Movie</h3> <p>8:00pm</p> <p>The Croods "New Age"</p> </div> </div> <p>Food Trucks on site!</p>				<p>1</p> <p>8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 9:30 Line Dancing 10:00 Table Tennis 1:30 Over 50 Pilates 2:30 Over 50 Fitness 4:00 Acting workshop 5:15 9-12 Baseball Games 7:00 Adult Softball</p>	<p>2</p> <p>8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 9:15 Yoga 10:30 Fitbody in 50 12:00 Mini Minnows</p>	<p>3</p> <p>9:00 TKD 10:00 Yoga</p> <h3>EASTER EGG DROP!</h3> 
4	<p>5</p> <p>8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 Soccer Camp 9:15 Yoga 11:00 Pickle Ball 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00 Cardio & Core 6:30 Dog Obedience 6:30 TKD</p>	<p>6</p> <p>8:30 Core Strength 8:30 Adult Tennis 9:00 Soccer Camp 10:00 Table Tennis 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball</p>	<p>7</p> <p>8:00 Suspension Training 9:00 Soccer Camp 9:15 Yoga 10:00 Wood Workers 10:30 Fitbody in 50 12:00 Keenagers 12:30 Over 50 Yoga 2:30 Senior Fitness 6:30 TKD</p>	<p>8</p> <p>8:30 Core Strength 8:30 Adult Tennis 9:00 Soccer Camp 9:30 Line Dancing 10:00 Table Tennis 1:30 Over 50 Pilates 2:30 Over 50 Fitness 7:00 Adult Softball</p>	<p>9 Camp Registration Ends</p> <p>8:00 Suspension Training 8:30 Barre 9:00 Soccer Camp 9:15 Yoga 10:30 Fitbody in 50</p>	<p>10</p> <p>9:00 Fast Start Baseball 9:00 5-6 T-ball Games 9:00 TKD 10:00 Yoga</p>
11	<p>12</p> <p>8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 IOP Kids 9:15 Yoga 11:00 Pickle Ball 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00 Cardio & Core 5:15 7-8 Baseball Games 5:15 9-12 Baseball Games 6:30 Dog Obedience 6:30 TKD</p>	<p>13</p> <p>8:30 Core Strength 8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 10:00 Table Tennis 10:45 Tai Chi 12:00 Little Lotus Yoga 1:30 Over 50 Pilates 2:30 Over 50 Fitness 3:30 Gymnastics 5:00 Cheernastics 4:00 Baseball Practice 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball</p>	<p>14</p> <p>8:00 Suspension Training 9:00 IOP Kids 9:15 Yoga 10:00 Wood Workers 10:30 Fitbody in 50 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00 Baseball Pictures 6:30 TKD</p>	<p>15</p> <p>8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 9:30 Line Dancing 10:00 Table Tennis 1:30 Over 50 Pilates 2:30 Over 50 Fitness 4:00 Acting workshop 5:15 9-12 Baseball Games 7:00 Adult Softball</p>	<p>16</p> <p>8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 9:15 Yoga 10:30 Fitbody in 50 12:00 Mini Minnows</p>	<p>17</p> <p>9:00 TKD 10:00 Yoga</p> <h3>IOP YARD SALE</h3> <p>8:00am - 12:00pm</p> 
18	<p>19</p> <p>8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 IOP Kids 9:15 Yoga 11:00 Pickle Ball 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00 Cardio & Core 5:15 7-8 Baseball Games 5:15 9-12 Baseball Games 6:30 Dog Obedience 6:30 TKD</p>	<p>20</p> <p>8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 10:00 Table Tennis 10:45 Tai Chi 12:00 Little Lotus Yoga 1:30 Over 50 Pilates 2:30 Over 50 Fitness 3:30 Gymnastics 5:00 Cheernastics 4:00 Baseball Practice 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball</p>	<p>21</p> <p>8:00 Suspension Training 9:00 IOP Kids 9:15 Yoga 10:00 Wood Workers 10:30 Fitbody in 50 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 4:00 Baseball Practice 6:30 TKD</p>	<p>22</p> <p>8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 9:30 Line Dancing 10:00 Table Tennis 1:30 Over 50 Pilates 2:30 Over 50 Fitness 4:00 Acting workshop 5:15 9-12 Baseball Games 7:00 Adult Softball</p>	<p>23</p> <p>8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 9:15 Yoga 10:30 Fitbody in 50 12:00 Mini Minnows</p>	<p>24</p> <p>9:00 Fast Start Baseball 9:00 5-6 T-ball Games 9:00 TKD 10:00 Yoga</p>
25	<p>26</p> <p>8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 IOP Kids 9:15 Yoga 11:00 Pickle Ball 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00 Cardio & Core 5:15 7-8 Baseball Games 5:15 9-12 Baseball Games 6:30 Dog Obedience 6:30 TKD</p>	<p>27</p> <p>8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 10:00 Table Tennis 10:45 Tai Chi 12:00 Little Lotus Yoga 1:30 Over 50 Pilates 2:30 Over 50 Fitness 3:30 Gymnastics 5:00 Cheernastics 4:00 Baseball Practice 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball</p>	<p>28</p> <p>8:00 Suspension Training 9:00 IOP Kids 9:15 Yoga 10:00 Wood Workers 10:30 Fitbody in 50 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 4:00 Baseball Practice 6:30 TKD</p>	<p>29</p> <p>8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 9:30 Line Dancing 10:00 Table Tennis 1:30 Over 50 Pilates 2:30 Over 50 Fitness 4:00 Acting workshop 5:15 9-12 Baseball Games 7:00 Adult Softball</p>	<p>30</p> <p>8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 9:15 Yoga 10:30 Fitbody in 50 12:00 Mini Minnows</p>	



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



APRIL 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

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

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

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


Friday:
SUSPENSION TRAINING 8:00am

BARRE 8:30am
*Zoom Option

FITBODY IN 50 10:30am

* Cardio Room: 8:00am - 3:00pm

Saturdays:
YOGA 10:00am
*Zoom Option

YOGA
Mondays, Wednesdays, Fridays
9:15am
\$10 Per Class

Outdoor class weather permitting.

SUMMER SOCCER CAMP SOCCER SHOTS

Ages 4 - 12yrs August 9 - 13 9:00am - 12:00pm
\$150 Residents/\$155 Non-residents



LOTTERY REGISTRATION DATES:

Monday, March 29 - Friday, April 9, 2021 - Isle of Palms Residents Only
Residents can enter the lottery any time from March 29 - April 9. Entering early will not increase your chances of enrollment. Lottery will be run on Monday, April 12. After the lottery has been run, participants will receive an email stating enrollment or waitlist.

Children must be between the ages of 3 - 12 years old by September 1, 2020. Grandparents: Grandchildren need to reside 50 miles away or more in order to be registered. All siblings need to be registered for interested weeks of camp.

Enrolling in Summer Camp: Residents will be notified by email. Full payment is due once selected. Participants can fill forms out online or in person. Deposit for each week of camp is due once selected. Participants will be able to pay online or in person. Remaining balance of camp fees will be due 1 week prior to attending that week of camp



ISLE OF PALMS SAND SCULPTING COMPETITION

Saturday, June 5
9:00am
Front Beach IOP



To Register: Email
sandsculptures4fun@yahoo.com