



RECREATION DEPARTMENT MONTHLY REPORT February 2021

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

ATHLETICS

Adult Athletics

Adult Spring Softball

The registration fee was \$425 per team. Games are scheduled to begin March 4 and will be played Thursday evenings. A total of three teams (60 participants) have registered.

Adult Spring 3 on 3 Basketball

The registration fee was \$60 per team. Games will be played on Tuesday evening and are scheduled to begin March 2. A total of five teams (30 participants) have registered. COVID-19 guidelines have been developed for the safety of all participants.

Adult Spring 6 vs. 6 Soccer

The registration fee was \$250 per team. Games will be played on Tuesday evenings and will begin March 2. Five (5) teams (60 participants) have registered.

Adult Spring Table Tennis Singles League

The registration fee was \$10 per player. Games will be played on Tuesday afternoon and the season will begin March 2. A total of seven players have registered.

Pickle Ball League

Registration for Beginning and Intermediate Pickle Ball leagues will begin in the upcoming months.

Adult Table Tennis League for Beginners

Registration to participate in a beginners Table Tennis League will be announced in the upcoming months.

Youth Sports

Youth Baseball (Ages 3-12)

Registration for baseball ended on February 12. Fast Start Baseball fees were \$20 for residents and \$45 for non-residents. Youth baseball fees for ages 5-12 were \$30 residents/\$55 for non-residents. The coaches meetings and skill evaluation for 9-12yr old league were held on February 22. COVID-19 guidelines have been developed 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: 21	Non-resident: 7	S.I.: 2

Spring Break Soccer Camp

The Recreation Department has partnered with Soccer Shots of Charleston to provide Spring Break Soccer camp on Monday, **April 5 through Friday, April 9** from 9:00 a.m. – Noon for ages 4 – 12 years. \$150 per child IOP Residents/\$155 per child Non-Residents

Minimum: 6 participants is required. Campers must provide their own snacks and water bottle

Kayak and Paddle Boarding

Recreation staff reached out to the Isle of Palms Exchange Club to discuss opportunities for programming and/or activities for the Residents at the new dock located behind their facilities. After much discussion Kitty agreed to take the ideas and suggestions to the Exchange Club Board for consideration.

PROGRAMS AND CLASSES

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

Cheernastics

Cheernastics is full with twelve (12) students enrolled, class started Tuesday, February 16 at 5:00 p.m. The next session is scheduled for Tuesday, April 13. 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 type fitness for cardio. 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 March 1 and both classes are already full. Instructor, Susan Marett

Fitness Classes

Suspension Training: Class is full with eight (8) 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 colder days. Instructor, Pat Boyd

Core Strength: Nine (9) participants have been attending class inside the facility 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, in person class only. The Tuesday and Thursday classes have the zoom option for participants. Angela Reinhardt

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

Four (4) participants are enrolled in the 3 & 4 year old class that begins at 3:30 p.m. The 5 & up class is held at 4:15 p.m. is full with twelve (12) participants. The next session is scheduled for Tuesday, April 13. 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.

Line Dancing Workshop

A Line Dancing workshop was held on Saturday, February 20 from 10:00 a.m. – 4:00 p.m. Fourteen (14) participants attended. The workshop was well received and all participants were thankful for the opportunity. Instructor, Trisha Leonard.

Over 50 Fitness

Class is held on Tuesdays & Thursdays from 2:30 p.m. – 3:30 p.m. Class is full with 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. Class is limited to 9 people, due to social distancing guidelines. 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. Adult open belt classes meet Wednesday evenings and Saturday mornings.

Instructor, Jack Emmel

Tai Chi

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

Tennis Lessons, Youth

Tennis lessons continue to be popular and all levels and age groups continue to be full with a waiting list. The February session of tennis filled on the first day of open registration. The next session is scheduled for March. Registration began on Monday, February 8th. Age groups include 4 & 5 year old Tiny Tennis, 6&7 year old Red Ball, 9 & 100 year old Orange ball and 11 & up Green Ball. Class placement is based on skill level. 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.

New Classes for 2021**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 four (4) 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

Pickleball lessons are full with nine (9) participants enrolled. Most participants are beginners and interested in learning the game. The next session is scheduled to start March 29, currently two (2) people are preregistered for that session. 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.. Four (4) people are enrolled in the class. Class is held Wednesdays and Fridays, class space is limited and advanced reservations are required. Instructor, Geri D'Italia

Special Interest Classes

The Recreation Department partnered with SCDNR to host “**Bringing the Outside In**” series. This information has been and will be shared on Facebook. Individuals interested in participating can sign up through the Isle of Palms Recreation Department Facebook page.

Seabirds in South Carolina was the first session and was held on Thursday, February 25 from 3:00 p.m. – 4:00 p.m.

Mariculture: Stocking Fish Species in South Carolina’s Waters will be held Thursday, March 11 at 3:00 p.m.

The Recreation department, SCDNR and Clemson Extension have partnered to host a free virtual **Healthy Pond Series** on Thursday, March 4 at 2:00 p.m. It is a two (2) hour program. The workshop is designed to help participants identify the various components of Integrated Aquatic Plant Management. It will also help with the development of a successful plan for plant and algae management for individuals that may have a pond. This workshop will also introduce resources that are available for pond owners and the information that is available should they need assistance. There will be an opportunity to ask questions and receive input, suggestion and answers from Pond Management Professionals.

Boater Safety workshop will be held in person, following social distancing guidelines, at the Recreation building on Saturday, April 3, 2021. Class will begin at 9:00 a.m. and last until Noon.

Community Specialist

Daily

Provided training for new part time staff on Front Desk operations.
Reviewed the City’s website for updates and changes.
Registered participants for programs, athletics and activities.
Receive incoming calls and answered questions regarding Recreation operations.
Checked in, recorded payments for class participants, cardio room usage and other activities.
Emailed invoices to class participants.
Notified participants when classes have been postponed or cancelled.
Communicated with the Keenagers (seniors) often throughout the month.
Update media/information center as needed.
Posted necessary signage regarding classes, COVID and closures.
Assisted with check in for youth basketball, cardio room and other activities

Other

Record and distribute minutes from weekly staff meetings
Assisted with Keenagers Luncheon setup and clean up.
Assisted with set up and cleanup of youth basketball and Table Tennis league.
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 clean up and removal of hallway flooring and water removal after flooding caused from hot water heater.

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

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

2/4, 2/5- Met with **Evergreen Solutions** to discuss job duties and begin compensation study.

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.

Scrubbed tile and grout lines in the bathrooms and kitchen.

2/5- Replaced door closer on Magnolia side back entrance door and used that closer to replace the side entrance door closer (dog park side).

2/6- Expansion tank for water heater burst in the morning and caused water damage throughout the main hallway. We had to rip up the flooring and it damaged the rear door. Will need to gather quotes to replace water heater and back door and get insurance adjuster to come inspect the damage to the floors.

2/8- Reset fire alarm (Trouble 1 Supervisory M24 R/RM Tamper SW Z12) due to tank bursting.

2/17- Replaced 4 lightbulbs near exit doors in lobby.

2/18- Replaced 4 lightbulbs in Mag/Palmetto rooms.

2/18- Replaced lightbulb in Hi Tide room.

2/18- Repaired leak from screw hole in roof of Hi Tide room and replaced ceiling tile.

2/18- Moved bookcases, piano and other miscellaneous items out of Mag/Pal rooms for floor to be replaced next week.

2/19- Moved gymnastics equipment to the gym so they can redo the floors in Mag/Pal.

2/22- Vacuumed and disinfected upstairs storage rooms and equipment. Reset rat traps.

Exterior Maintenance

Inspected and sanitized the playground.

Removed trash and debris from around the building.

Sprayed for wasps.

2/16- Pressure washed the concrete pad and repaired the ramp on the rear emergency exit.

2/19- Tried to identify source of leak in hallway that was dripping down into the lights. Found indentation on the roof but unsure if that is the cause.

Miscellaneous and Service Projects

Hot Water Heater malfunction

Saturday, February 6 at approximately 8:30 a.m. an employee reported to work and found alarms going off and water all in the hallway. He immediately called his Supervisor. The Director arrived on the scene along with Robert Asero from Public Works Department. Water was shut off once the leak was discovered. The pressure tank on the hot water heater sprang a leak and saturated most of the hallway flooring along with the Magnolia/Palmetto room. The Director notified the Recreation Staff to come in and assist with clean up. Restoration 1 Water Damage Experts were called along with the City Administrator. Recreation Staff along with the City Administrator removed most of the saturated hallway flooring. Fans were installed to dry out the facility. The Insurance Company was notified and inspected the damages. All the hallway flooring and flooring in the Magnolia/Palmetto rooms have been replaced and paid for by the City's insurance company. The hot water heater will be replaced on Monday, March 1 and paid for by the City.

2/1- Carolina Gas- Refilled propane tank for gym heaters.

2/2- Berkeley Heating and Air- Came out to inspect mini-split HVAC unit in maintenance office. Unit was not getting power.

2/4- Sent another technician out, told to get an electrician to figure out why we are not getting power to the disconnect on the rooftop (breakers not tripped). **2/22-** Scrapped away sealant from new gym unit as it was sagging off, will replace with new coat when it is warmer and not raining.

2/8- J Stephens Plumbing LLC- Came out to give estimate to replace water heater.

2/9- Charleston Electric- Checked power to breakers (voltage-good), found blown fuse in the disconnect on the rooftop. **2/12-** Replaced both ECNR20 fuses. After defrosting the coil, the mini-split in maintenance office is working properly.

2/9- LimRic Plumbing, Heating and Air- Came out to give estimate to replace water heater.

2/10- Municipal Association of South Carolina- Rem Williams (claims adjuster) came out to inspect water damage caused by pressure tank failure. Main hallway floor and hallway outside of the sprinkler room flooring were replaced. The Magnolia/Palmetto floors were also damaged and were also replaced.

2/12- Blitch plumbing- Came out to give estimate to replace 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 and removed old plantings and dead bushes around the facility

Prepared design for new plants and bushes around the facility and grounds

Installed mulch around the building

Contacted Cox Tree service for estimates to trim trees to relocate and install generator

Secured pricing for resurfacing or sealing 28th Avenue parking lot

Installed new swing seat in playground

Recreation Building

Cleaned gutters

Checked roof for excessive leaves and debris

Supervised the cleaning of storm drain pipes connected to building downspouts

Athletic Fields

Groomed and edged infields in preparation for upcoming seasons

Lined for weekly scheduled sport games

Repaired batting cages

Applied pre-emergent and other products as needed

Replaced lights and repaired softball scoreboard

Replaced bases in preparation for baseball and softball seasons

Inspected and repaired team benches for youth baseball.

Repaired backstop on baseball field

Miscellaneous

Assisted with removal of hallway flooring due to flooding

Secured bids on sidewalk repairs and replacement

Continue to work with Public Works Department on platform and electricity for generator

Securing prices and designs for Engraved Brick Paver walkway

Working with Robert Asero to purchase plants at wholesale for new plantings in the beds around the facility



**Isle of Palms Recreation Department
ADULT 3on3 BASKETBALL
COVID -19 Protocols
2021**

Anyone who has a fever, or is experiencing any symptoms including but not limited to: cough, muscle aches, chills, shortness of breath, nausea/diarrhea, loss of smell/taste, fatigue, and / or headache is advised to stay home and not risk the well-being of others by attending activities. Temperatures will be taken upon entering, and anyone who has a temperature reading above 100.4 degrees will not be allowed to enter the facility.

- **ALL PERSONS OVER 2 YEARS OLD ENTERING THE FACILITY MUST WEAR MASKS AT ALL TIMES. Players ONLY may take them off while on the court, but must put them back on when on the bench.**
- All participants, event staff and attendees will be required to sign a waiver ONLINE prior to participation.
- Participants are only allowed to bring essential equipment (i.e. shoes, water bottle) into a facility. No bags/backpacks allowed. **Players may not bring their own ball.**
- IOP Recreation Staff will sanitize ball before, during and after games.
- Staff will be disinfecting common areas regularly including entry doors, check in, and bathrooms.
- Spectators may only bring essential items into the facility. **No bags of any kind.**
- All attendees will be reminded via signage to use hand sanitizer, and to **ALWAYS cough or sneeze into their elbow and NOT their hands.**
- Social distancing measures will be strictly enforced including seating on bleachers
- Players are required to use hand sanitizer prior to participation, and any time a player is substituted in or out of the game. Disinfecting supplies and hand sanitizer will be provided for each team on/near the scorer's table.

In order to minimize the number of people inside the Recreation Building, The following procedures MUST be followed:

- Everyone who enters the facility will have their temperature checked via a forehead thermometer. Anyone registering a temperature over 100.4 will not be permitted to enter and will be asked to leave, immediately.
- Only two (2) guests per player will be allowed in the facility.
- Bleachers will be limited in capacity, alternating rows.
- **Game nights, Teams must stay out of the building until they are notified by the IOP Rec. Staff member when it is time to go in. Guests should wait in cars and avoid gathering.** We will let the teams in once the team ahead of them leaves.
- Players should show up no sooner than ten (10) minutes before game time.
- Please exit BUILDING immediately following each game. Post-game meetings can take place outside. We cannot have teams waiting around inside the facility.

We will stagger start times for games whenever possible to ensure all teams are not arriving / departing at the same time.



**Isle of Palms Recreation Department
YOUTH BASEBALL
COVID -19 Protocols
2021**

Anyone who has a fever of 100.4, or is experiencing any symptoms including but not limited to: cough, muscle aches, chills, shortness of breath, nausea/diarrhea, loss of smell/taste, fatigue, and/or headache is advised to stay home and not risk the well-being of others by attending activities.

- **Baseball Players will be required to wear a mask at all times except when they are actually/officially practicing or playing a game on the field. If on sidelines or in the dugout masks must be worn.**
 - **Coaches MUST wear a mask at all times.**
- All participants, coaches, event staff and attendees will be required to sign a waiver ONLINE prior to participation.
- Participants are only allowed to bring essential equipment (i.e. shoes, water bottle, helmet, bat and gloves) into the dugout.
- Bats will be provided for all age groups. Coaches, assistance coaches and umpires will help sanitize bats in between use for each player.
- Coaches / officials will sanitize equipment before, during and after games.
- All attendees will be reminded via signage to use hand sanitizer, and to **ALWAYS cough or sneeze into their elbow and NOT their hands.**
- Coaches are required to use hand sanitizer on all players, including themselves, prior to participation, and any time a player is substituted in or out of the game. Disinfecting supplies and hand sanitizer will be provided for each team's dugout.
- Umpires will remind teams that huddles must be spaced out (players stand 6 feet apart).
- Umpires will enforce no hand shaking after games or high fives during or after.
- Water fountains will be turned off, players must bring their own water bottles

- No sunflower seeds or gum chewing in player dugouts
- Spitting is not allowed at anytime before, during or after practices and/or games.

In order to promote social distancing and eliminate groups of individuals gathering at the games, the following recommendations are offered and taking preventative measures are encouraged and recommended.

- All spectators are encouraged to bring their own chairs to watch games. Bleacher seating will be limited and taped off to allow for social distancing.
- Social distancing measures will be strictly enforced
- All spectators will be asked to socially distance unless they share the same household
- Players should arrive no more than fifteen (15) minutes before game time or practice time.
- Please exit the FIELDS immediately following each game or practice. Post-game or practice group meetings will not be allowed. Teams gathered in group will not be allowed to hang around the baseball field(s) at any time.

Games times will be staggered for practices and games whenever possible to ensure that teams are off the field and out of the dugout before the next team arrives.

March
2021

(843) 886-8294 www.iop.net

Programs, Athletics & Special Events

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Easter Egg Registration</u> 8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 IOP Kids 11:00 Pickle Ball 12:00 Mini Minnows 2:30 Senior Fitness 4:00 Baseball Practice 5:00 Cardio & Core 6:30 Dog Obedience 6:30 TKD	2 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 3:30 Youth Tennis 3:30 Gymnastics 5:00 Cheernastics 4:00 Baseball Practice 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball	3 8:00 Suspension Training 9:00 IOP Kids 10:00 Wood Workers 10:30 Fitbody in 50 12:00 KEENAGERS 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 4:00 Baseball Practice 6:30 TKD	4 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 Baseball Practice 7:00 Adult Softball	5 8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 10:30 Fitbody in 50 12:00 Mini Minnows 4:00 Baseball Practice	6 9:00 TKD 10:00 Yoga <u>Drive-in Movie</u> 6:30pm Front Beach Big Municipal Lot Pavilion Dr. Lot Opens at 5:30pm FREE EVENT! 
7	8 8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 IOP Kids 11:00 Pickle Ball 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 4:00 Baseball Practice 5:00 Cardio & Core 6:30 Dog Obedience 6:30 TKD	9 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 Youth Tennis 3:30 Gymnastics 5:00 Cheernastics 4:00 Baseball Practice 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball	10 8:00 Suspension Training 9:00 IOP Kids 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	11 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 Baseball Practice 7:00 Adult Softball	12 8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 10:30 Fitbody in 50 12:00 Mini Minnows 4:00 Baseball Practice	13 9:00 Fast Start Baseball 9:00 TKD 10:00 Yoga
14	15 8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 IOP Kids 11:00 Pickle Ball 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 4:00 Basketball Practice 5:00 Cardio & Core 6:30 Dog Obedience 6:30 TKD	16 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 Youth Tennis 3:30 Gymnastics 5:00 Cheernastics 4:00 Baseball Practice 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball	17 8:00 Suspension Training 9:00 IOP Kids 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	18 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 Baseball Practice 7:00 Adult Softball	19 8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 10:30 Fitbody in 50 12:00 Mini Minnows 4:00 Baseball Practice	20 9:00 Fast Start Baseball 9:00 TKD 10:00 Yoga
21	22 8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 IOP Kids 11:00 Pickle Ball 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 4:00 Baseball Practice 5:00 Cardio & Core 6:30 Dog Obedience 6:30 TKD	23 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 Youth Tennis 3:30 Gymnastics 5:00 Cheernastics 4:00 Baseball Practice 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball	24 8:00 Suspension Training 9:00 IOP Kids 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	25 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 Baseball Practice 4:00 Acting workshop 7:00 Adult Softball	26 <u>Easter Egg Reg. Ends</u> 8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 10:30 Fitbody in 50 12:00 Mini Minnows 4:00 Baseball Practice	27 9:00 Fast Start Baseball 9:00 5-6 T-ball Games 9:00 TKD 10:00 Yoga
28	29 <u>IOP Residents ONLY</u> <u>Summer Camp Reg.</u> 8:00 Suspension Training 8:30 Core Strength/Bosu 9:00 IOP Kids 11:00 Pickle Ball 12:00 Mini Minnows 12:30 Over 50 Yoga 2:30 Senior Fitness 4:00 Baseball Practice 5:00 Cardio & Core 5:15 7-8 Baseball Games 5:15 9-12 Baseball Games 6:30 Dog Obedience 6:30 TKD	30 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 Youth Tennis 3:30 Gymnastics 5:00 Cheernastics 4:00 Baseball Practice 5:00 Full Body Sculpt 6:15 Adult Soccer 7:00 Adult Basketball	31 8:00 Suspension Training 9:00 IOP Kids 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	<div><h1>EASTER DROP 2021</h1><div><h2>Saturday, April 3</h2><h2>9:00am</h2></div><p>Registration March 1 - March 26 IOP Residents ONLY!</p><p>Sign up to have the Recreation, Police, and Fire Departments help the Easter bunny drop off a gift straight to your house!</p><p>Free enrollment/Limited space available!</p><p>Call 843-886-8294 to register.</p></div>		



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



MARCH 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 - 5:00pm	Saturdays: YOGA 10:00am *Zoom Option
		Sundays: CLOSED

SPRING BREAK SOCCER CAMP SOCCER SHOTS



Ages 4 - 12yrs April 5 - 9 9:00am - 12:00pm
\$150 Residents/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

DAY IN THE PARK

Saturday, May 1



Music

3:00pm - 7:00pm

Blue Plantation Group &
Yeehaw junction

Bring lawn chairs and
enjoy an afternoon of music in
the park! Food Vendors onsite
providing refreshments.

Movie

8:00pm



The Croods "New Age"
on the multi purpose field
FREE EVENT!

March 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

Cardio Room Hours: Monday – Friday 8am – 5pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Suspension Train 9am Core Strength/Bosu 2:30 Senior Fitness 5:00pm Cardio & Core	2 8:30 Core Strength *Z 10:45 Tai Chi 5:00 Full Body Strength	3 8:00 Suspension Train 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness	4 8:30 Core Strength *Z 9:30 Line Dancing 10:30 Line Dancing 1:30 Over 50 Pilates *Z 2:30 Over 50 Fitness	5 8:00 Suspension Train 8:30 Barre *Z 10:30 FitBody in 50	6 10:00 Yoga *Z
	8 8:00 Suspension Train 9am Core Strength/Bosu 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00pm Cardio & Core	9 8:30 Core Strength *Z 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Strength	10 8:00 Suspension Train 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness	11 8:30 Core Strength *Z 9:30 Line Dancing 10:30 Line Dancing 1:30 Over 50 Pilates *Z 2:30 Over 50 Fitness	12 8:00 Suspension Train 8:30 Barre *Z 10:30 FitBody in 50	13 10:00 Yoga *Z
	15 8:00 Suspension Train 9am Core Strength/Bosu 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00pm Cardio & Core	16 8:30 Core Strength *Z 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Strength	17 8:00 Suspension Train 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness	18 8:30 Core Strength *Z 9:30 Line Dancing 10:30 Line Dancing 1:30 Over 50 Pilates *Z 2:30 Over 50 Fitness	19 8:00 Suspension Train 8:30 Barre *Z 10:30 FitBody in 50	20 10:00 Yoga *Z
	22 8:00 Suspension Train 9am Core Strength/Bosu 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00pm Cardio & Core 29 8:00 Suspension Train 9am Core Strength/Bosu 12:30 Over 50 Yoga 2:30 Senior Fitness 5:00pm Cardio & Core	23 8:30 Core Strength *Z 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Strength 30 8:30 Core Strength *Z 10:45 Tai Chi 1:30 Over 50 Pilates 2:30 Over 50 Fitness 5:00 Full Body Strength	24 8:00 Suspension Train 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness 31 8:00 Suspension Train 10:30 Fit Body in 50 12:30 Over 50 Yoga *Z 2:30 Senior Fitness	25 8:30 Core Strength *Z 9:30 Line Dancing 10:30 Line Dancing 1:30 Over 50 Pilates *Z 2:30 Over 50 Fitness	26 8:00 Suspension Train 8:30 Barre *Z 10:30 FitBody in 50	27 10:00 Yoga *Z

