

I O P REC

SEPTEMBER
2020

More programs and
Information Coming Soon



CITY INFORMATION

Recreation Staff

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Recreation Supervisors

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What's New...

The Isle of Palms Recreation Department is now on FACEBOOK. Like our page to get the latest information on Athletics, Events and Programs.



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Pumpkin Painting

Ghostly Tide Tales

Halloween Golf Cart Parade

Registration Policies

REGISTRATION: Register in person at the Isle of Palms Recreation Department, #24 28th Avenue, Monday - Friday 8:00am-5:00pm. The Recreation Department accepts cash, checks and credit cards. *Credit Card charges; a merchant fee of 1.7% plus a portal fee of \$1.00 will be charged per transaction. No part of either fee is retained by the city.*

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

REFUND: A full refund will be given for the cancellation of a class or activity by 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.



Rain Out Information

Follow Isle of Palms Recreation Department on Facebook for rain out information and updates. @IOPRec



RECREATION INFORMATION

Recreation Facilities

BARK PARK

Location: 29th Avenue behind Recreation Department
Hours: Sunrise to Sunset

BASKETBALL COURTS

Location: Hartnett Boulevard & 28th Avenue
Hours: Sunrise to 10:00pm

CLARKIN SOFTBALL FIELD

Location: 27th Avenue
Adult Softball and Youth Baseball

CARDIO ROOM

Treadmills, Recumbent Cycles, Elliptical Machines
Starting in September

Hours: Monday: 8:00am - 6:30pm
Tuesday: 8:00am - 5:00pm
Wednesday: 8:00am - 5:00pm
Thursday: 8:00am - 5:00pm
Friday: 8:00am - 5:00pm
Saturdays 9:00am - 11:00am

Hours subject to change due to Recreation Activities/Programs

FRISBEE GOLF COURSE

Location: Recreation Department Grounds
Hours: Sunrise to Sunset

GYMNASIUM

Currently closed and being utilized for classes.
Call 843-886-8294 for availability.

PICNIC SHELTER

A 20'X40' picnic shelter adjacent to playground is available for birthday parties and family picnics. First come, first serve. Shelter may not be reserved.

PLAYGROUND

Location: 28th Avenue
The playground is safely equipped for children of all ages.

SCALISE BASEBALL FIELD

Location: 27th Avenue
Youth Baseball

SOCCER FIELD

Location: 28th Avenue and Hartnett Boulevard
Youth Soccer, Fast Start Activities, Adult Soccer and Half Rubber

TENNIS COURTS

Location: 28th Avenue and Hartnett Boulevard
First come, first serve. Hours may be limited due to tennis lessons.

WALKING TRAIL

Trail Head Location: 28th Avenue & Hartnett Boulevard and 27th Avenue and Softball Field. 1/2 Mile Loop around recreation grounds. Follow blue arrow trail markers.



Youth



Athletics

SOCCER

FALL 2020 SEASON



Fast Start Soccer

3 & 4 years

Must be 3 years old by September 1, 2020

Fast Start Team Leader Meeting:

Monday, August 24 at 5:00pm

Activity/Game Days:

Fast Start: Saturdays

5/6 Soccer: Mondays

7/8 Soccer: Wednesdays

9-12 Soccer: Mondays & Thursdays

Soccer Picture Day:

Tuesday, October 13



Youth Soccer

Co-Ed 5-12 years

Player Age as of September 1, 2020

Youth Soccer Coach Meeting:

Monday, August 24

5/6 age group at 5:30pm

7/8 age group at 6:00pm

9-12 Skill Evaluation at 6:30pm

9-12 Coach Meeting to follow Skill Eval

Coaches will contact parents with Team Information after meeting date.

YOUTH & ADULT SPORTS

YOUTH BASKETBALL (5-14yrs)

Registration Information *Player age as of September 1, 2020

IOP/SI Residents: October 5 - November 6

Non-Residents: October 12 - November 6

\$30 IOP resident/ \$55 non-resident

Activity # 332001 **Ages 5-6**

Activity # 332002 **Ages 7-8**

Activity # 332003 **Ages 9-10**

Activity # 332004 **Ages 11-14**

Mandatory Skill Evaluation (ages 9/10 & 11-14):

Ages 9-10: Tuesday, November 17 at 5:00pm

9-10 Coach Meeting to follow Skill Evaluation

Ages 11-14: Tuesday, November 17 at 6:30pm

11-14 Coach Meeting to follow Skill Evaluation

Coaches Meeting: Monday, November 16

5/6 yr old Mtg. 5:15pm

7/8 yr old Mtg. 5:45pm

Season Information:

Game Days: Ages 5-6: Wednesdays

Ages 7-8: Wednesdays

Ages 9-10: Thursdays and/or Saturdays

Ages 11-14: Thursdays and/or Saturdays

**Age required by SCAP (SC Athletic Programs)*

Practice begins November 30 and will be determined by coaches. Coaches will reach out to parents after coach meeting to discuss season details and provide team assignments. Participants will receive a team jersey. No shorts with pockets. Special requests will not be honored.



VOLLEYBALL - LEAGUE PLAY (4th - 8th Graders)

Youth Volleyball League Play! Teams will be established first night of activity. Following weeks teams will play games and receive instruction from coaches in real game situations. *If minimum is not met, Activity will be cancelled or changed to skills based clinic.*

Thursdays **Min. 16** **Max. 32**

10 **October 15 - November 19**

Activity # 331011 **4th & 5th Grade** **5:00pm - 6:00pm**

Activity # 331012 **6th - 8th Grade** **6:00pm - 7:00pm**

6th - 8th Grade (Advance: invited by coach) **7:00pm - 8:00pm**

\$75 resident / \$80 non-resident

Instructor: Laura & Kreg Togami



Adult Sports

ADULT CO-ED VOLLEYBALL LEAGUE

Registration Information:

October 12 - November 6

\$250 per team Max. 12 teams

Ages 18 & up

Captain's Meeting: Tuesday, November 24 5:30pm

Game Days: Tuesdays

Adult Fall Athletic Meetings & Information:

ADULT 3 on 3 BASKETBALL LEAGUE

Game Days: Tuesday Evenings

Season Starts: September 8, 2020

ADULT SOFTBALL LEAGUE

Game Days: Wednesday or Thursday Evenings

Season Starts: September 3, 2020

ADULT 6 VS 6 SOCCER LEAGUE

Game Days: Tuesday Evenings

Season Starts: September 1, 2020

YOUTH PROGRAMS & ACTIVITIES

IOP KIDS (3yrs by Sept. 1, 2020)

2020-2021 School Year Registration:

\$80 Non-Refundable Deposit Due at Registration.

Children will socialize, cooperate with peers, listen to and follow instructions and adapt to a routine in a classroom setting. The IOP Kids schedule coincides with City of Isle of Palms holiday calendar. Deposit required at registration.

Children MUST be potty trained.

Minnow Room Min. 5 Max. 10

Activity # 160021

Mon, Wed & Fri. 9:00am - 12:00pm

\$150 resident/ \$155 non-resident: Monthly Tuition

Activity # 160022

Tues. & Thurs. 9:00am - 12:00pm

\$100 resident/ \$105 non-resident: Monthly Tuition

Instructor: Cathy Adams

MINI MINNOWS (3-5yrs) Must be 3 by September 1, 2020

Learning through play! Socialize, cooperate with peers, listen and follow instructions and adapt to classroom setting. Mini Minnows schedule coincides with the City of Isle of Palms holiday calendar. *Must PRE-REGISTER and be POTTY TRAINED.*

Minnow Room Min. 6 Max. 10

Activity # 162021

Mon, Wed & Fri. 12:00pm - 3:00pm

09 September

10 October

11 November

12 December

\$150 resident/ \$155 non-resident per month

Instructor: Cathy Adams



GYMNASTICS (3+yrs)

Activity # 130016

Basic tumbling, balance beam and mini-bars. Leotards required for girls. Shorts and t-shirts required for boys. NO socks or tights! *Classes will be combined if we don't receive enough participation.*

Palmetto Room Min. 6 Max. 10

Tuesdays 3:30pm - 4:15pm (3-5 yrs)

Tuesdays 4:15pm - 5:00pm (5yrs+)

09 September 15 - October 20

10 October 27 - December 8 (No Class Nov. 3)

\$80 resident/ \$85 non-resident

Instructor: Kaylie Penninger

CHEERNASTICS (4-8yrs)

Activity # 130046

Learn what it takes to be a cheerleader. Participants will learn all aspects of cheerleading, tumbling, stunts, positive attitude and fun! Palmetto Room Min. 6 Max. 14

Tuesdays 5:00pm - 5:45pm

09 September 15 - October 20

10 October 27 - December 8 (No Class Nov. 3)

\$80 resident/ \$85 non-resident

Instructor: Kaylie Penninger

TAE KWON DO: Youth (6-11yrs)

Activity # 120020

Develop balance, accuracy, speed, power, focus, self-confidence and flexibility. Training includes stretching, mild running, forms, 3-step sparring, freestyle non-contact sparring and self-defense techniques. Family Class available to adults with children. Class time 9am. Gymnasium

Saturdays 9:00am - 10:00am

09 September 5 - September 26

\$20 resident/ \$25 non-resident per month

Instructor: Master Jack Emmel, MD, 7th Dan

Deborah Gessert, 6th Dan

YOUTH TENNIS LESSONS (4yrs & up)

Placement is subject to evaluation for group/level.

Learn proper tennis mechanics, strokes, tennis footwork improve hand-eye coordination.

Tuesdays

3:30pm - 4:00pm Tiny Tennis (ages 4-5yrs) 36ft court (min. 4/max. 6)

\$45 resident/ \$50 non-resident

4:00pm - 5:00pm Red Ball (ages 6-7yrs) 36ft court (min. 4/max. 6)

5:00pm - 6:00pm Orange Ball (ages 8 - 10yrs) 60ft court (max 6)

6:00pm - 7:00pm Green Ball (ages 9 & up) Full Court (max 8)

\$60 resident/\$65 non-resident

09 September 15 - October 6

Instructor: Corinne Enright

Fitness Classes

RESERVATION REQUIRED: All Classes

- Call 843-886-8294 to reserve your class
- Classes limited to 6 to 9 people depending on class style
- Zoom Option available for some classes email [Karrie Ferrell](#) for link.

BARRE

Activity # 131034

Transform your body through isolated movements, build long, lean muscles while improving posture and flexibility combined with cardio, strength and toning.

Class is limited to 6 participants.

Fridays 8:30am - 9:30am

09 September 4 - September 25

10 October 2 - October 30

11 November 2 - November 30

\$32 per month

Drop in fee: \$10

- Zoom Option: Available

Instructor: Angela Reinhardt

CORE STRENGTH & BODY WORKS

Core workout utilizing stability ball and medicine ball. A total body workout to keep your body challenged.

Class is limited to 9 participants.

Mondays 9:00am - 10:00am

Tuesdays & Thursdays 8:30am - 9:30am

09 September 2 - September 30

10 October 2 - October 30

11 November 2 - November 30

Activity # 131062 \$40 per month / 8 Classes

Activity # 132062 \$55 per month/ 12 Classes

Drop in fee: \$10

- Zoom Option Available Tuesday & Thursday

Instructor: Angela Reinhardt

OVER 50 FITNESS

Activity # 132064

Strengthen muscles, tighten core, increase flexibility and balance. Open to all exercise levels. Bring water and mat to class. *Class is limited to 9 participants.*

Tuesdays & Thursdays 2:30pm - 3:30pm

09 September 1 - September 29

10 October 1 - October 29

11 November 3 - November 24

\$64 per month

Drop in fee: \$10

Instructor: Judy Fischer

SUSPENSION TRAINING

Activity # 131041

Get your strength training and cardio all in one fun, challenging, sweaty hour. Class meets outdoor under picnic shelter. *Class is limited to 6 participants.*

Mondays, Wednesdays & Fridays 8:00am - 9:00am

09 September 2 - September 30

10 October 2 - October 30

11 November 2 - November 30

\$40 per month/ 8 Classes

\$55 per month/ 12 Classes

Drop in fee: \$10

Instructor: Pat Boyd

YOGA - SATURDAY

Rediscover your flexibility, sense of balance, mental clarity and confidence with yoga. *Class is limited to 9 participants.*

Saturday 10:00am - 11:15am

Drop in fee: \$12

Instructor: Jen DeGoyler

CARDIO & CORE

Activity # 131016

Class is designed to build strength and endurance, circuit training, cardio exercise, body weight exercises class finishes with core training and stretching for a complete workout.

Mondays 5:30pm - 6:30pm

09 September 14 - September 28

10 October 5 - October 26

11 November 2 - November 30

\$32 per month

Drop in fee: \$10

Instructor: Elizabeth Hudson

FULL BODY SCULPT

Activity #130060

Weights, weights and more weights! Weights and a variety of other fitness equipment used to tone & firm the entire body. Class will focus on all major muscle groups.

Tuesdays 5:30pm - 6:30pm

09 September 8 - September 29

10 October 6 - October 27

11 November 3 - November 24

\$32 per month

Drop in fee: \$10

Instructor: Elizabeth Hudson

ADULT PROGRAMS & ACTIVITIES

LINE DANCING

Join other dancers and learn fun line dances or just come out for the great exercise.

Palmetto Room

Thursdays

Beginner: 8:30am - 9:30am

Intermediate: 9:30am - 10:30am

\$5 resident/non-resident

Instructor: Trisha Leonard

TAI CHI

Activity # 132065

An ancient form of meditative, low-impact activity originating from China that is especially effective in assisting older adults achieve a good quality of life. Mental and Emotional Benefits: Reduces symptoms of hypertension, stress, anxiety, and depression while boosting feelings of peace, self-confidence, and joy. Physical Benefits: Low-impact way of improving flexibility, joint health, lower body strength, and balance.

High Tide/ Low Tide Room

Tuesdays 10:45am - 11:45am

09 September 1 - September 29

10 October 6 - October 27

11 November 3 - November 24

12 December 1 - December 29

\$35 resident/ non-resident/ for the month

Drop in Fee: \$10

Instructor: Connie Cossetti

TAE KWON DO (12+yrs)

Activity # 121019

Develop balance, accuracy, speed, power, focus, self-confidence and flexibility. Training includes stretching, mild running, forms, 3 step sparring, freestyle non-contact sparring and self defense techniques. Learn the joy of "single-tasking" as you concentrate on learning a new skill. Adult participants can join anytime. *\$5 discount to each family member after 1st regular price enrollment.*

Family Class: Saturdays 9:00am - 10:00am

All Belts: Saturdays 9:00am - 10:30am

09 September 5 - September 26

\$20 resident/ \$25 non-resident per month

Instructor: Master Jack Emmel, MD, 7th Dan

Deborah Gessert, 6th Dan

ADULT TENNIS (Intermediate)

Adult tennis clinic - Come out & improve your game.

Cardio Tennis: Tennis lesson with a high energy workout calorie burning workout. Min. 3

Tuesdays 8:00am - 9:00am

Drop-In Fee: \$15.00

Cardio Tennis: \$20.00 8:00am - 9:30am

Call 843-886-8294 to confirm.

Tennis Instructor: Corinne Enright

KINDERPUPPY (Puppies 12 - 20 weeks)

Activity # 131011

Puppies learn basic commands such as sit, stay and come.

Owners must provide proof of DHLPP and Kennel Cough vaccination to participate. Do NOT bring your dog to 1st class.

Pre-register for class. Gymnasium Min. 4 Max. 6

Mondays 6:30pm - 7:30pm - Under 4 months/Toy Breed

7:30pm - 8:30pm - Puppies 4-5 months

09 September 14 - October 19

10 October 26 - November 30

\$195 resident/ non-resident

Instructor: Susan Maret

KEENAGERS - Senior Social Group (50yrs+)

Activity #162061 FREE

Wednesdays, October 7 12:00pm

1st Wednesday of the month.

Stay active and social with this community senior group.

Members meet monthly to socialize and enjoy lunch. Lunch will be catered on October 7.

GATHER KNIT & STITCH

Work on any type of needlework and meet new friends.

Mondays 10:00am - 11:30am Free

WOODWORKING

Gather with friends and work on your artistic traditions of wood carving.

Wednesdays 10:00am - 12:00pm Free

YARD SALE *NEW DATE*

Saturday, September 19 8:00am - 12:00pm

The Isle of Palms Community Yard Sale has been rescheduled for Saturday, September, 19. Vendors will sell "used" or "like new" items. Sale of retail will not be permitted. Event will be held Rain or Shine.



October Events

PUMPKIN PAINTING

Friday, October 16 2:00pm

Come paint and decorate pumpkins at the Rec. Space is limited. Register by October 9th.
\$5 per person

GHOSTLY TIDE TALES

Friday, October 23 6:00pm

25th Ave Beach Access
Ghost Stories by Fire
Free Event

HALLOWEEN GOLF CART PARADE & DRIVE-THRU HAUNTED HOUSE

Saturday, October 31 4:00pm

Parade Line up starts at 3:30pm on 27th ave.
Winners for top 3 best decorated golf carts.
Parade ends with a Drive-Thru Haunted House.

