

Isle of Palms Recreation

ACTIVITY GUIDE



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We are **HIRING** Join Our Team

- Recreation Assistant/Scorekeeper
- Summer Camp Counselors:
seasonal June - August

The Isle of Palms Recreation Department is continuously in search of Recreation Assistants/Scorekeepers and instructors with special skills and interest. Starting February we will be accepting seasonal applications for summer camp counselors. For more information on employment call 843-886-8294 or visit www.iop.net/employment-opportunities

Staff

Karrie Ferrell, Recreation Director
843-886-8294 | kferrell@iop.net

Tammy Cox, Assistant Director
tcox@iop.net

Aaron Sweet, Recreation Supervisor
Athletics
asweet@iop.net

Kelsey Marsh, Recreation Supervisor
Special Events
kmarsh@iop.net

Jason Erick, Parks & Maintenance Supervisor
jerick@iop.net

Josh Key, Parks & Facilities Specialist
jkey@iop.net

Owen Bailey, Recreation Specialist
obailey@iop.net

Cole Garner, Recreation Assistant

Hitch Garrett, Recreation Assistant

Jim Mann, Recreation Assistant

Tom Wood, Recreation Assistant

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

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 7:30AM - 2PM

Engraved Brick Program

- Activity # 111700
- 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
- Location - Main Entrance Walkway
- Description - Shout-out to your family, friends, partners, associates, lifestyle, Isle of Palms, and MORE!

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

- Harnett 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 & Harnett 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.

Library

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

Registration & Policies

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.

Announcements & Updates

Visit 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.



Facebook



Instagram

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 2- weeks.

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
- Kelsey Marsh, Special Events, kmarsh@iop.net

Volunteer Opportunities - Volunteers are needed in in all areas, including youth sports, library, and special events.

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

- Aaron Sweet, Athletics: asweet@iop.net
- Kelsey Marsh, Special Events: kmarsh@iop.net

Events

FRONT BEACH FEST

Saturday, March 2, 12-4PM

- Front Beach, Isle of Palms
- Free Admission!
- Description - Vendors, local restaurants, food trucks, children's activities & live entertainment.

GOLF CART SAFETY EXPO

Saturday, March 9, 12-2PM

- Description - Golf Cart information, safety, maintenance, & more!
- This event is organized by IOP Police & LENS

EASTER EGG HUNT

Friday, March 29, 4-6PM

- IOP REC Center
- Egg Hunt Age Groups
 - AGES <3
 - AGES 4-6
 - AGES 7-8
 - AGES 9>
- Description - Easter Bunny, jump castles, face painter, candy, music, & food.
- Free Admission!

Piccolo Spoleto Sand Sculpting Competition

Saturday, June 1, 9AM

- Event Details
 - Front Beach, Isle of Palms
 - FREE to participate.
 - Individual & Team entries are permitted.
 - Teams are limited to 4 people.
 - T-shirts will be given to the first 200 registered participants.
 - Sizes subject to availability.
 - Register day of event starting at 8:30AM
 - Categories
 - Adult AGES 21>
 - Family (1 adult & 1 child/young adult)
 - Young Adult AGES 15-20
 - Children's AGES 14 & under
 - Prizes will be awarded to 1st, 2nd, & 3rd place winners in each age division along with
 - Best Architectural
 - Most Creative
 - Overall Best In Show

COMMUNITY YARD SALE

Saturday, April 13, 8AM-12PM

- IOP REC Center along Harnett Blvd.
- Over 50 vendors selling used or 'like new' items!
- 10 X10 Vendor Spaces \$5 each, limit 2 per person

ISLE OF PAWS MUSIC FEST

Saturday, May 4, 11AM-3PM

- IOP Recreation Center
- Description - Live music, pet-related merchandise and services, dog show, microchips/vaccinations, food trucks and more!
- Dog Show
- Day-of registration.
 - FREE to all participants.
 - Registration opens at 10:30AM, space is limited.
- Categories
 - Cutest Puppy UNDER 1
 - Best Looking OVER 1
 - Best Female Rescue
 - Best Male Rescue

FARMER'S MARKET

June-October 4-7PM

- Activity # 160025
- Third Thursday of each month ONLY.
- Vendor Fees
 - \$20 per 10X10 space
 - \$50 food trucks



Summer Camps

CAMP SUMMERSHINE & WEE CAMP INFO

- Registration:
 - March 19-29 IOP resident
 - April 1 - non-resident (if space available)
- Children must be between the ages of 3-12 years old by September 1, 2023.
- Registration - Household must be active & set-up prior to registration dates in order to register online.
- Grandparents - Grandchildren must live 50 miles away or more in order to register.
- Proof of residency may be required

CAMP SUMMERSHINE AGES 5-12

- Ages 5-7 Activity #120037
- Ages 8-12 Activity #120038
- Monday-Friday from 9AM-3PM
 - Supervision from 8:30AM-3:30PM
- \$85 resident/ \$100; non-resident

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

- Ages 3-4 Activity #120035
 - Must be Potty-trained, no exceptions.
- Monday-Friday from 9:00am-3:00pm
 - Supervision from 8:30am-3:30 pm
- \$85 resident/ \$100 non-resident

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!

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 the 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



Athletic Camps

SPRING BREAK SOCCER SHOTS CAMP

AGES 4-12

- Activity # 321101
- April 1 - April 5
 - 9AM - 12PM (Mon - Fri)
- \$150 resident/ \$155 non-resident
- Campers must provide their own snacks and water bottle.
- Registration Opens February 20
- Instructors - Soccer Shots Charleston
- Description - Engaging children's soccer program designed to develop the fundamental skills and build character.

GIRLS VOLLEYBALL CAMP AGES 10-15

- Activity # 320100
- June 24 - June 28, 2024
 - 9AM - 12PM (Mon - Fri)
- 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.

GET YOUR SPIKE ON AGES 10-16

- Activity # 320103
- August 5 - August 8, 2024
 - 9 - 11AM (Mon - Thurs)
- \$80 resident/ \$85 non-resident
- Registration Opens February 20
- 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
 - Gymnastics camp (3-day)
- 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
- 9AM - 1PM Half-Day Camp ONLY
 - June 17 - June 21, 2024
 - Friday, JUNE 21 is the CAMP FINAL
 - Parents Attendance Encouraged
 - Camp pick-up at 12PM
- \$150 resident/\$155 non - resident
- Registration opens February 20
- 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
- 9AM - 1PM Half-Day Camp ONLY
 - June 17 - June 21, 2024
 - Friday, JUNE 21 is the CAMP FINAL
 - Parents Attendance Encouraged
 - Camp pick-up at 12PM
- \$150 resident/\$155 non - resident
- Registration opens February 20
- 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.

SUMMER SOCCER CAMP AGES 4-12

- Activity # 321101
- July 29 - August 2
- 9:00AM - 12PM (Mon - Fri)
- Registration Opens February 20
- \$150 resident/ \$155 non-resident
- Minimum 6
- Campers must provide their own snacks and water bottle.
- Instructed by: Soccer Shots Charleston
- Description - Designed to develop the fundamental skills with a focus on character development.

Youth Athletics & Programs

YOUTH, T-BALL, & MACHINE PITCH BASEBALL AGES 5-12

- Registration
 - IOP/SI Residents
 - January 9 - February 16
 - Non-residents
 - January 16 - February 16
- Player Age as of April 30, 2024.
- \$30 residents/\$55 non-resident
- Practices begin the week of March 4 and are determined by the coaches.
- 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 and hat.

T-BALL AGES 5-6

- Activity # 313002
- Saturday morning Activity
- Coaches Meeting
 - Tuesday, February 27 5:30PM

MACHINE PITCH BASEBALL AGES 7-8

- Activity # 313003
- Monday evening activity
- Coaches Meeting
 - Tuesday, February 27 6PM

YOUTH BASEBALL AGES 9-12

- Activity # 313004
- Monday and Thursday evening activity days
Mandatory Skill Evaluation AGES 9-12 ONLY
Tuesday, February 27 6:30PM coaches meeting to follow.

FAST START BASEBALL AGES 3-4

- Activity # 313001
- Saturday morning activity.
- Games played on the Soccer Field located between 28th & 29th Avenue.
- Must be 3 years old by March 1, 2024
- Registration
 - IOP/SI residents
 - January 9 - February 16
 - Non-residents
 - January 16 - February 16
- \$20 residents; \$45 non-residents
- Team Leader (Coaches) Meeting
 - 5PM Tuesday, February 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.

TAE KWON DO YOUTH

- Activity # 110020
- Mondays 6:30 - 7:30PM
- \$25 resident; \$30 non-resident/per month
- Magnolia Room
- Instructor - Headmaster, Jack Emmel, 8th DAN

VOLLEYBALL LEAGUE PLAY

- Activity # 331011
- Thursdays, April 18 - May 23
 - 2 & 3 Grade 4 - 5PM
 - 4 & 5 Grades 5 - 6PM
 - 6 - 8 Middle School 6 - 7PM
 - 6 - 8 Grades ADV. 7 - 8PM
 - Advance - invited by coach.
- \$80 resident / \$85 non-resident
- Minimum 16, Maximum 32
- Teams will be established the first night of the activity.
- The following weeks teams will play games and receive instruction from coaches in real-game situations.
- If minimum is not met, the activity will be cancelled or changed to a skills-based clinic.
- Instructor: Laura & Kreg Togami

SPORTS AGILITY, TIMING, & SPEED TRAINING AGES 7-10

- Activity # 116010
- Thursdays, 3:30-4:15PM
 - January 11 - February 15
- \$50 residents; \$55 non-residents
- \$10 drop-in
- High Tide Room
- Instructor - Corinne Enright

YOGA FOR TEENS & PRETEENS

- Activity # 110052
- Mondays 4:30 - 5:30PM
 - January 8- 29
 - February 5 - 26
 - March 4 - 25
 - April 8 - 29
 - May 6 - 20
- Grades 5-12
- \$40 resident; \$45 non-resident/per month
- \$10 drop-in per class
- Magnolia Room
- Instructor - Margaret Geganto
- Description - Yoga basics for all fitness levels.

RUN CLUB AGES 8-12

- Activity # 110036
- Monday 3:30 - 4:15PM
 - January 8 - February 12
- Outdoors at Tennis Courts
- Description - Volunteer led run club, warm-up 20-25 minute run and cool-down. Free

Youth Programs

PALMETTO TWIRLERS SERIES AGES 5-13

- Activity # 110907
- Thursdays 6-6:45PM
 - January 18 - April 4
- All twirl levels welcome.
- \$210 resident/ \$215 non-resident/12 classes
- Minimum 6; Maximum 15
- Magnolia/Palmetto Room
- Instructor - Carson King
- Description - Basic to advanced twirling skills. Cost includes a new baton per student.

POKEMON CLUB AGES 6-12

- Activity #110035
- January-May last Wednesday of each month
- 4-5pm
 - Day is subject to change based on instructor availability.
- Pre-Registration Preferred
- Tadpole Room
- Description-Volunteer monitored, Pokémon play and trade. All skill levels welcome. Participants required to bring cards. Free

KINDNESS IS MY SUPERPOWER

GRADES K-5

- Activity #116012
- Mondays, 5PM
 - January 22 & 29; February 5, 12, & 26; March 4
- \$150 residents for the 6-week series; \$155 non-resident for the 6-week series
- Tadpole Room
- Instructor - DeeDee Eglin
- Description - Utilizing art & role playing, the program focuses on building friendships, kindness/helping others, empathy/compassion, proper social graces, communication skills, and includes an Anti-Bullying Pledge.

CHEERNASTICS AGES 4+

- Activity # 110046
- Tuesdays 5 - 5:45PM
 - January 9-February 13
 - February 20-March 26
 - April 9- May 14
- \$90 resident; \$95 non-resident per session
- Minimum 8; Maximum 10
- Instructor - Kaylie Penninger-Jordan
- Description - Spirited program for all skill levels with a focus on movement, voice, and agility.

THEATER WORKSHOP AGES 8-14

Activity # 111059

- HAMLET
 - Thursdays, January 4 - March 7, 2024
 - 4 - 5:30PM
 - Performance is March 7, 5:30PM
 - \$150 resident; \$155 non-resident
 - Minimum 6; Maximum 14

Activity # 111059

- A MIDSUMMER NIGHT'S DREAM
 - Thursdays, March 14 - May 23
 - No Class April 4
 - 4 - 5:30PM
 - Performance is May 23, 5:30PM
 - \$150 resident; \$155 non-resident
 - Minimum 6; Maximum 14
 - Magnolia Room
 - Instructor - Jean Schubert

YOUTH ART

- Activity # 110034
 - January 25 - February 29
 - March 15- April 25
 - No class April 4
 - May 2 - June 6
- Blooming Artists AGES 3-5
 - Thursdays 3-4PM
- Stroke of Genius AGES 6-10
 - Thursdays 4:30-5:30PM
- \$145 residents; \$155 non-resident per session
- Tadpole Room
- Instructor - Marie Johnson
- Description - A fun, colorful, educational, and an inspirational approach to art and design that taps into individual creativity.

GYMNASTICS

- Activity # 110016
- Tuesdays
 - January 9-February 13
 - February 20-March 26
 - April 9-May 14
 - 3:30 - 4:15PM AGES 3-5
 - 4:15 - 5PM AGES 6-10
- \$90 resident; \$95 non-resident per session
- Minimum 8; Maximum 15
- Instructor - Kaylie Penninger-Jordan
- Description - Basic to advanced.

Adult Athletics & Group Fitness

3-on-3 BASKETBALL

- Registration (by team ONLY)
- January 16 - February 16
- \$60 per Team
- Max. 12 Teams
- Rosters - 6 players per team
- Ages 18 & up
- Captain's Meeting - Monday, February 26, 5:30PM
- Game Days - Tuesdays, starting March 5

6 V 6 SOCCER

- Registration (by team ONLY)
- January 16 - February 16
- \$250 per team
- Max. 9 Teams
- Ages 18 & up
- Captain's Meeting - Monday, February 26, 6PM
- Game - Tuesdays, starting March 5
- Location - Soccer Field



TABLE TENNIS OPEN PLAY

- Thursdays 10AM - NOON FREE
- All levels welcome! Join in on some friendly competition and socialize while playing table tennis.

TABLE TENNIS LEAGUE AGES 35+

- Activity # 112054
- Registration
 - January 16 - February 13
 - \$10 per person
 - Games Starts March 5
 - Tuesdays 10AM

PICKLEBALL

- Activity # 112280
- Monday & Wednesday 9 - 10:30AM
 - January 22, 24, 29, 30 INTERMEDIATE
 - March 11, 13, 18, 20 INTERMEDIATE
 - April 22, 24, 29, & May 1 BEGINNER
 - May 13, 15, 20, 22 INTERMEDIATE
- \$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
- \$60 per hour
 - \$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 Tuesdays, Thursdays, & Fridays
- 4-6PM Wednesdays
- Times may vary based on the program schedule.

TENNIS LESSONS

- Tuesdays & Thursdays INTERMEDIATE
 - 8:30 - 10AM
 - \$15/per 1 hour
 - \$20/per 1.5 hours
- Wednesday BEGINNER
 - 8:30-10AM
 - \$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

FIT & FAB

Activity #116013

- Thursdays, 8:15AM
 - January 4-25
 - February 1-29
 - March 7-28
 - April 4-25
 - May 2-30
- \$20 resident; \$25 non-resident
- Instructor - Shannon Bain
- Description - Low impact, high intensity cardio fused with core work.

Group Fitness

CORE & MORE

- Activity # 111062
- Tuesdays 8:30AM
 - January 2 - 30
 - February 6 - 27
 - March 5 - 26
 - April 2 - 30
 - May 7 - 28
- \$20 resident; \$25 non-resident per month.
- \$10 drop-in per class
- Instructor - Paige Hauff
- Description - Build core strength through dynamic movement.

LINE DANCING

- Thursdays
 - 9:30AM Intermediate/Advance
 - 10:30AM Beginner
- Magnolia Room
- \$5 drop-in per class
- Instructor - Trisha Leonard
- Description - Kick, spin, shuffle, stomp, grapevine, and shimmy towards total mind and body wellness.

MORNING YOGA

- Activity #111031
- Monday, Wednesday, & Friday 9:15AM
 - January 3 - 31
 - February 2 - 28
 - March 1 - 29
 - April 1 - 29
 - May 1 - 31
- \$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.

STRETCH-YIN YOGA

- Activity #111033
- Wednesdays 6PM
 - January 3 - 31
 - February 7 - 28
 - March 6 - 27
 - April 3 - 24
 - May 1 - 29
- \$40 resident; \$45 non-resident per month
- \$12 drop-in per class
- Instructor - Kathy Berry
- Description - Chinese medicine based on gentle yoga that focuses on acupressure points to relieve tension.

OVER 60 GROUP TRAINING

- Activity #112064
- Tuesdays & Thursdays 2:30PM
 - January 2 - 30
 - February 1 - 29
 - March 5 - 28
 - April 2 - 30
 - May 2 - 30
- \$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 #112067
- Mondays & Wednesdays 1:45 - 2:45PM
 - January 3 - 31
 - February 5 - 28
 - March 4 - 27
 - April 1 - 29
 - May 6 - 29
- \$80 per month/8 classes
- \$12 drop-in per class
- Instructor - Judy Fischer
- Description - Gentle yoga for seniors.

SENIOR FITNESS

- Activity #11
- Monday & Wednesday 3PM
 - January 3 - 31
 - February 5 - 28
 - March 4 - 27
 - April 1 - 29
 - May 1 - 29
- \$40 per month
- \$7 drop-in
- Instructor - Judy Fischer
- Description - Gentle, low impact movement to improve total body wellness.

FREE BEACH YOGA

- Tuesdays, 7:30AM
 - May - October
- 25th Ave. Beach Access
- Instructor - Kathy Berry
- Description - Yoga flow for all levels. Bring mat and towel.

BREATHWORK WORKSHOP

- Activity #111046
- Saturday, 9-10:30AM
 - January 27
- \$25 residents; \$30 non-resident
- Instructor - Kathy Berry
- Description - Beginner friendly breathing techniques for self-care.

Group Fitness

STRENGTH INTERVAL

- Activity # 110093
- Fridays 8:30AM
 - January 5 - 26
 - February 2 - 23
 - March 1 - 29
 - April 5 - 26
 - May 3 - 31
- \$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.

STRENGTH & STABILITY

- Activity #111017
- Wednesday & Friday 10:30AM
 - January 3 - 31
 - February 2 - 28
 - March 1 - 29
 - April 3 - 26
 - May 1 - 31
- \$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 #111041
- Monday, Wednesday, & Friday 8:00AM
 - January 3 - 31
 - February 2 - 28
 - March 1 - 29
 - April 1 - 29
 - May 1 - 31
- \$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.

SELF-DEFENSE FOR WOMEN

- Activity #111009
 - Saturday, January 6, 8:30-10AM
 - Monday, March 11, 5-6:30PM
 - Saturday, April 13, 8:30-10AM
- \$25 resident per class/\$30 non-resident
- Instructor - Stile Drewry

ZUMBA

- Activity #111043
- Wednesdays 9:30AM
 - January 3 - 31
 - February 7 - 28
 - March 6 - 27
 - April 3 - 24
 - May 1 - 29
- \$25 resident; \$30 non-resident per month
- \$12 drop-in per class
- High/Low Tide Room
- Instructor - Irina Gentile
- Description - High energy JAM.

MOVE IT!

- Activity # 111063
- Mondays 8:30AM
 - January 1 - 29
 - February 5 - 26
 - March 4 - 25
 - April 1 - 29
 - May 6 - 27
- \$20 resident; \$25 non-resident per month
- \$10 drop-in
- Instructor - Paige Hauff
- Description - Low impact cardio and strength.

PILATES FUSION WITH BARRE

- Activity #111045
- Wednesdays 8:30AM
 - January 3 - 31
 - February 7 - 28
 - March 6 - 27
 - April 3 - 24
 - May 1 - 29
- \$20 resident; \$25 non-resident
- Drop-in \$7
- High Tide Room
- Instructor - Paige Hauff
- Description - Traditional Pilates class that will incorporate Barre.



Group Fitness & Programs

RXFIT CLUB CIRCUIT

- Activity #110091
 - Circuit Tuesdays & Thursdays 9:30AM
 - January 2 - 30
 - February 6 - 29
 - March 5 - 28
 - April 2 - 25
 - \$40 residents; \$45 non-residents per month
 - \$15 drop-in per day
 - Circuit Saturdays 9AM
 - January 13 & 20
 - February 10 & 17
 - March 9 & 16
 - April 13 & 20
 - \$20 per month
 - Open Gym Saturdays 9-11AM
 - January 13 & 20
 - February 10 & 17
 - March 9 & 16
 - April 13 & 20
 - May 11 & 18
 - \$20 resident; \$25 non-resident 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.

ACRYLIC ART SERIES - BEGINNERS

- Activity #110011
- Thursdays 1-3PM
 - January 4 - February 1
- \$260 per series/5 classes
- Drop-in \$55 Minnow Room
- Maximum 15; Minimum 3
- Instructor - Giselle Harrington

DRAWING ART SERIES - BASIC

- Activity # 110010
- Thursdays 10:30AM-12:30PM
 - February 8 - March 7
- \$260 per series/5 classes
- Drop-in \$55
- Participants must provide supplies.
- Maximum 15; Minimum 3
- Minnow Room
- Instructor - Giselle Harrington

FREE BEACH STROLL & LEARN

- Activity #111036
- May - November
 - 2nd Thursday of the month
 - 7:30AM
 - Inclement weather, rain dates Fridays.
- Beachside 25th Avenue
- Instructors - Local Naturalists
- Description - Local Naturalists share educational tidbits about the SC coastal life as we stroll the beach. Topics vary per month.



BODY RESET ACCOUNTABILITY MINDSET COACH AGES 18+ MEN & WOMEN

- Activity #116011
- January 22, 29; February 5, 12, 26; March 4
- Six-week Program, Mondays, 10:45AM
- \$190 resident; \$195 non-resident
- Pre-registration questionnaire required.
- Coach - Dee Dee Eglin
- Description - Increase weight loss and wellness goals by up to 95% with an accountability coach.

WATERCOLOR ART SERIES

- Activity #112010 INTERMEDIATE
 - Thursdays 10:30AM-12:30PM
 - January 4 - February 1
- Activity #112010 BEGINNER
 - Thursdays 1-3PM
 - February 8 - March 7
- \$260 per series/5 classes
- Maximum 15; Minimum 3
- Instructor - Giselle Harrington

Programs

CPR/AED TRAINING

- Activity # 110092
- February 5 10:30AM - 1:30PM
- \$25 resident; \$30 non-resident
- Instructor - Isle of Palms Fire Department

TAE KWON DO

- Activity # 110020
 - Youth & Family
 - Monday 6:30PM - 7:30PM
 - Magnolia Room
- Activity #111019
 - Adults
 - Wednesday 6:30PM - 8:00PM
 - Saturday 9 - 10:30AM
- Gymnasium
- \$35 residents; \$40 non-resident
- \$25 resident; \$30 non-resident Saturdays Only
- Instructor - Headmaster Jack Emmel, 8th DAN

TAE KWON DO SEMINAR - SPECIAL TECHNIQUES & ADVANCED BELTS

- Activity # 111120
- March 22 - 23
 - Friday 6:30 - 9PM
 - Saturday 9AM - 4PM
- Friday & Saturday \$105 resident; \$110 non-resident
- Saturday ONLY \$75 resident; \$80 non-resident
- Instructors - Headmaster Jack Emmel, 8th DAN Master & Deborah Gessert, 7th Dan

DOG OBEDIENCE

- Activity # 111011
- January 8 - February 19
 - 5:30PM Just the Basics
 - 6:30PM Tricks & Parkour
 - 7:30PM Kinderpuppy (all breeds)
 - High/Low Tide Room
- February 26 - April 1
 - 5:30PM Kinderpuppy (large breed)
 - 6:30PM Puppy Junior High
 - 7:30PM Kinderpuppy (small breed)
 - Gymnasium
- \$265 per session/6 classes
- Instructor - Susan Marett

Social Clubs

BRIDGE SOCIAL CLUB - FREE

- Wednesdays 10AM-12PM
- Tadpole Room

COFFEE WITH THE MAYOR - FREE

- Friday 9AM
 - January 26
 - March 29
- Magnolia Room

GAME ROOM - FREE

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

GATHER & KNIT - FREE

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

ITALIAN LANGUAGE & CULTURE SOCIAL CLUB - FREE

- Wednesdays 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
- January - May, 12PM
- Magnolia Room
- Description - Calling all seniors...covered dish social, bring a dish to share. Entertainment provided.

MAH JONG - FREE

- Mondays 12PM
- Front Lobby

WELCOME WEDNESDAYS - FREE

- Every Wednesday, 8AM - 12PM
- Various speakers and displays.
- Seating area provided.
- Description - Slow down, grab a coffee, have a seat, and join in the fun!



Calendar of Events

JANUARY

- 1 New Years Day - City Offices Closed
- 3 Keenagers 12 - 1PM
- 9 Youth Athletic Baseball Registration - IOP/SI Residents
- 15 Martin Luther King Holiday - City Offices Closed
- 16 Youth Athletic Baseball Registration - Non-residents
- 24 Kid's Jam 9AM - 2PM
- 26 2024 Event Vendor Registration Ends
- 26 Coffee with the Mayor 9AM

FEBRUARY

- 7 Keenagers 12PM
- 19 President's Day - City Offices Closed
- 29 Youth Art Show 4 - 6PM

MARCH

- 2 Front Beach Fest 12 - 4PM
- 6 Keenagers 12PM
- 7 Youth Theater Performance 5:30PM
- 9 Golf Cart Safety Expo 12 - 2PM
- 19 Summer Camp Registration - IOP Residents Only
- 22-23 Tae Kwon Do Advanced Belt Seminar
- 29 Camp Registration Closes - IOP Residents
- 29 Easter Egg Hunt 4 - 6PM
- 29 Coffee with the Mayor 9AM

APRIL

- 1 Camp Registration Opens - Non-residents
- 1 Spring Break Soccer Camp
- 3 Keenagers 12PM
- 13 Community Yard Sale 8AM - 12PM
- 25 Youth Art Show 4 - 6PM

MAY

- 1 Keenagers 12PM
- 4 Isle of Paws Music Fest 11AM - 3PM
- 7 Beach Yoga Begins
- 9 Beach Stroll & Learn 7:30AM
- 21 Hurricane Expo 4 - 6pm
- 23 Youth Theater Performance 5:30PM
- 27 Memorial Day - City Offices Closed



JUNE

- 1 Sand Sculpting Competition 9AM
- 6 Youth Art Show 4 - 6PM
- 13 Beach Stroll & Learn 7:30AM
- 17 Summer Camp Begins
- 20 Farmer's Market 4 - 7PM
- 24 Volleyball Camp

JULY

- 4 IOP FIREWORKS
- July 4th Holiday - City Offices Closed
- 8 Art Camp
- 11 Beach Stroll & Learn 7:30AM
- 18 Farmer's Market 4 - 7PM
- 29 Soccer Camp
- TBD Beach Run & Walk

AUGUST

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



