

# ACTIVITY GUIDE

SEPTEMBER-DECEMBER 2024



ISLE OF PALMS



Recreation Dept.

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

# Contents

Announcements & Updates	3
Facilities & Amenities	4
Registration & Policies	5
Events	6-7
Youth Athletics	8-9
Youth Programs	10-11
Adult Athletics	11-12
Group Fitness	12-14
Adult Programs	14
Calendar of Events	15
Social Clubs	15



## Staff

<b>Karrie Ferrell</b> , Recreation Director	kferrell@iop.net
<b>Tammy Cox</b> , Assistant Director	tcox@iop.net
<b>Aaron Sweet</b> , Athletics Supervisor	asweet@iop.net
<b>Kelsey Marsh</b> , Special Events Supervisor	kmarsh@iop.net
<b>Jason Erick</b> , Parks & Maintenance Supervisor	jerick@iop.net
<b>Josh Key</b> , Parks & Facilities Specialist	jkey@iop.net
<b>Owen Bailey</b> , Recreation Specialist	obailey@iop.net
<b>Jim Mann</b> , Recreation Assistant	jmann@iop.net
<b>Tom Wood</b> , Recreation Assistant	
<b>Cole Garner</b> , Recreation Assistant	
<b>Jeff Lovins</b> , Recreation Assistant	
<b>Madison Port</b> , Recreation Assistant	
<b>Bobby McLaughlin</b> , Recreation Assistant	
<b>Taylor Read</b> , Recreation Assistant	

## Join Our Team

Recreation  
Assistant/Scorekeeper  
Group Fitness Instructor

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



## Announcements & Updates

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

For daily news, happenings, updates, and athletics and event rain-out information, follow the REC CENTER on

Sponsorship Opportunities - Promote your business while you support our youth athletics and special events.

For more information on sponsorships call 843-886-8294 or contact:  
Aaron Sweet, Athletics, [asweet@iop.net](mailto:asweet@iop.net)  
Kelsey Marsh, Special Events, [kmarsh@iop.net](mailto:kmarsh@iop.net)

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



**Instagram**



**Facebook**

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

## Library

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

## Cardio Room

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

## Gymnasium

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

## Fitness Court

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

## Playground

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

## Picnic Shelter 20X40

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

## Clarkin Softball Field

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

## Tennis Courts

- Hartnett Boulevard & 28th Ave.
- Courts have lights.
- Play is 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
- Recreation programs have priority.

## Pickleball Courts

- Hartnett Boulevard & 27th Avenue
- First come, first serve.
- When someone is waiting, limit play time to one (1) hour.
- Open Play times are advertised on the court but may change without prior notice.
- During Open Play, paddle holder rotation.
- Recreation programs have priority.



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

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

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

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

## FAQs

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

**Refunds** - A full refund/credit will be given for a cancellation of a class or activity by the Isle of Palms Recreation Department.

Refunds requested by participants less than one week before the start date will be given minus a \$10 processing fee.

No refunds will be granted after the start of a program. Refund processing may take up to two weeks.



## Engraved Brick Program

- Activity # 131700
- Front of the Building
  - Small
    - 4'X8' Brick, \$75, 3 lines up to 36 characters
  - Medium
    - 6'X6' Brick, \$100, 3 or 4 lines up to 45 characters
  - Large
    - 6'X8' Brick, \$125, 3 or 4 lines up to 52 characters
- Bark Park
  - Small
    - 4'X8' Brick, \$75, 3 lines up to 36 characters
- Description - Shout-out to your family, friends, partners, associates, lifestyle, Isle of Palms, and MORE!

# Events



## FARMER'S MARKET & FOOD TRUCK JAM

Thursday, 4-7PM

- September 19 IOP SAFETY DAY & MOVIE NIGHT
  - Movie starts at 7:30PM
- October 17 (BOO Y'ALL!)
- Details
  - Food Trucks
  - Specialty Foods
  - Arts & Craft Vendors
  - IOP Businesses
  - Specialty Vendors
  - Music
  - Family-friendly Activities

## CONNECTOR RUN

Saturday, October 5, 8AM

- 10k Run & 5K Run or Walk
- Register - [IOPRUN.com](http://IOPRUN.com)
- Registration is non-refundable. The race fee is considered a charitable donation.
- Packet pick-up Friday, October 4, 10:30AM-7PM.
  - IOP Exchange Club 201 Palm Boulevard, IOP
- Race Day registration and packet pick-up Saturday, October 5, 6:30-7:45AM
  - IOP Public Safety Building
- IOP Connector will close Saturday, October 5, at 7AM.



# Events

## GHOSTLY TIDE TALES

Friday, October 11, 6PM

- Front Beach, IOP
  - Public Beach Access beside Sea Cabins
- Parking in Municipal Lot B on Pavilion Drive
- FREE
- Description - Join us on the beach by campfire and hear harrowing tales of goblins, ghosts, and pirates! Bring a chair, blanket, and flashlight.

## HALLOWEEN GOLF CART PARADE & HAUNTED HOUSE

Saturday, October 26, 4PM

- Registration (IOP.net) opens on October 1
- Parade line-up at 3:30PM, 27th Avenue
- Prizes for the top three (3) decorated carts.
- Description - Parade, drive-through haunted house, kids' activities, games, food, candy, and more!

## HOLIDAY STREET FESTIVAL

Saturday, December 7, 2-7PM

- Tree Lighting at 5:30PM
- Front Beach, IOP
- FREE
- Description - Arts & Crafts vendors, food trucks, local restaurants, family-friendly activities, and live entertainment.

## HOLIDAY COOKIE DECORATING

Thursday, December 12, 4PM

- Registration deadline is December 6.
- Recreation Center - Magnolia Room
- FREE
- Description - Join the Recreation Team and decorate holiday cookies! Kids must be accompanied by an adult. All cookies and supplies provided.

## Kids Jam

Friday, January 3, 9AM-2PM

- Join us for fun games and activities! Activity is supervised by Recreation Staff for kids ages 5-12. Must be 5 by September 1, 2024. Register by Friday, December 20.
- \$30 residents/ \$35 non-resident



# Youth Athletics

## BALLET AGES 10-14

Activity # 131048

Monday 3:30-4:30PM

- September 9-October 14
- October 21-December 2
  - No class November 11
- December 9-January 6
- \$80 resident; \$85 non-resident per series
- Instructor - Megan McDonald
- Description - Beginner to intermediate Ballet Technique and dance.

## GYMNASTICS

- Activity # 130016
- Tuesday
  - August 27-October 1
  - October 8 - November 19
    - No Class November 5 & 12
- AGES 3-5 3:30-4:15PM
- AGES 6 & up 4:15-5PM
- \$100 resident; \$105 non-resident
- Description - Basic to intermediate overall gymnastics skills and techniques - tumbling, bar, floor routine, and more.
- Minimum 8; Maximum 15
- Instructor - Kaylie Penninger-Jordan

## IRISH DANCE LESSONS

- Activity # 131055
- Wednesday
  - September 11-November 13
    - Minis AGES 4-5 4-5PM
    - Juniors AGES 6-9 5-6PM
- \$200 resident; \$205 non-resident
- \$25 Drop-in
- Minimum 5; Maximum 20
- Instructor - Gianna Cheeseman
- Description - Traditional dance form that originated in Ireland for beginner through intermediate skill levels.

## SOCCER

- Coaches Meeting
  - Tuesday, August 30
    - AGES 3-4 5PM
    - AGES 5-6 5:30PM
    - AGES 7-8 6PM
    - AGES 9-12 immediately following the skill evaluation
- Practices start week of September 2.
- League games start late September
- Game Days
  - AGES 3-4 Saturday
  - AGES 5-6 Monday
  - AGES 7-8 Wednesday
  - AGES 9-12 Monday & Thursday
- All season schedules are posted on [www.iop.net](http://www.iop.net).

## TAE KWON DO

- Activity # 130020
  - Youth & Family Class
    - Monday 6:30-7:30PM
      - Youth or Adult \$30 resident; \$35 non-resident
      - Adults in the Youth & Family class who also attend the Adult Wednesday and/or Saturday class would pay the adult class rate - \$40 resident; \$45 non-resident
- Activity # 131019
  - Adult Class
    - Wednesday 6:30-8:00PM & Saturday 9-10:30AM
      - Adult \$40 resident; \$45 non-resident
      - Adult Saturday ONLY \$30 resident; \$35 non-resident
    - Based on a skill assessment some youth may be invited to also attend the Wednesday and/or Saturday adult class in addition to the Monday Youth & Family Class and would pay the adult class rate - \$40 resident; \$45 non-resident.
  - New students accepted in the Youth & Family Class in August, November, and January only.
  - \$5 discount for additional family members
  - Instructor - Headmaster Jack Emmel, 8th DAN





# Youth Athletics

## TUMBLE & CHEER AGES 4 & UP

- Activity# 130046
- Tuesday 5-5:45PM
  - August 27-October 1
  - October 8-November 19
    - No Class November 5 & 12
- \$100 resident; \$105 non-resident per series
- Minimum 8; Maximum 15
- Description - Basic to intermediate tumble and cheer techniques.
- Instructor - Kaylie Penninger-Jordan

## YOUTH BASKETBALL

- Player must be AGES 5-14 as of September 1, 2024.
  - Age required by SCAP (SC Athletic Programs)
- Registration
  - IOP/SI Residents: October 8 - November 15
  - Non-Residents: October 15 - November 15
- Activity #
  - 332001 -01 5/6yr Saturday Mornings
  - 332002 -02 7/8yr Wednesday Evenings
  - 332003 -03 9/10yr Thursday/Saturday
  - 332004 -04 11/14yr Thursday/Saturday
- \$30 IOP Resident/ \$55 Non-resident
- Mandatory Skill Evaluation
  - AGES 9-10
    - Tuesday, November 19, 5PM
  - AGES 11-14
    - Tuesday, November 19, 6:30PM
- Coaches Meeting
  - Monday, November 18
    - AGES 5-6 5PM
    - AGES 7-8 5:30PM
    - AGES 9-10 immediately following the Skill Evaluation
    - AGES 11-14 immediately following the Skill Evaluation
- Practice begins the week of December 2, and the specific dates will be determined by the coaches.
  - Coaches will reach out to parents after coaches meeting to discuss season details and provide team assignments.
- Participants will receive a team jersey.
- No shorts with pockets allowed during the games.
- Special requests will not be honored.

## VOLLEYBALL LEAGUE PLAY

Activity # 331011

- Thursdays
  - October 10 - November 21
    - No class 10/31
- 2nd & 3rd Graders 4PM
- 4th & 5th Graders 5PM
- 6th-8th Middle School 6PM
- 9th Graders 7PM
- Teams will be established the first night of the program.
- The following weeks teams will play games and receive instruction from coaches in real game situations.
- If minimum is not met, the program will be cancelled or changed to skill-based clinic.
- Minimum 16; Maximum 32
- \$80 resident; \$85 non-resident
- Instructor - Laura & Kreg Togami

## YOUTH SPORTS TRAINING

- Activity # 131054
- Saturdays
  - September 28 - November 9
    - No class October 12
- 9AM-10AM AGES 5-7
- 10AM-11AM AGES 8-12
- 11AM-12PM AGES 13-16
- \$60 residents; \$65 non-residents per 6-week series
- \$15 drop-in
- Minimum 4; Maximum 12
- Softball Outfield or High/Low Tide Room
- Instructor - Madison Port
- Description - Speed, agility, timing, and skill development.



# Youth Programs

## GARDENING & NUTRITION

- Activity # 136012
- September 27-November 1
- \$150 residents; \$155 non-residents
- Instructor - DeeDee Eglin
- Description - Outdoor gardening and nutrition program.
  - KINDER GARDENS AGES 3-4
    - Friday 1-2PM
  - LITTLE SPROUTS AGES 5-10
    - Friday 3-4PM

## HOLIDAY ETIQUETTE

- Activity # 136012
- \$150 resident; \$155 non-resident
- Instructor - DeeDee Eglin
- Description - This program is taught through engaging activities, art, role-play, etiquette trivia & survivor games.
  - AGES 5-7
    - Friday 3-4PM
    - November 1-December 13
      - No class November 29
  - AGES 8-10
    - Monday 3-4PM
    - November 4-December 16
      - No class November 11

## KINDNESS IS MY SUPERPOWER!

- Activity # 116012
- \$150 resident; \$155 non-resident
- Instructor - DeeDee Eglin
- Description - Fun, nurturing, hands-on program that is taught through art, engaging activities, games & role-play.
  - AGES 5-7
    - Friday 3-4PM
    - January 10-February 14
  - AGES 8-10
    - Monday 3-4PM
    - January 6-February 24
      - No class January 20 & February 17
- Registration opens in December.

## POKEMON CLUB AGES 6-12 VOLUNTEER OPPORTUNITY!

- Activity # 130035
- Pokemon Enthusiast Needed! Are you a Pokemon fan looking to share your passion with the next generation? Our Youth Club is searching for an enthusiastic volunteer to lead the battle card club!
  - If interested or for more information, please call 843-886-8294

## SING, PLAY, LEARN AGES 6 MONTHS - 4 YEARS

- Activity # 136014
- Monday 10AM
  - August 19-November 18
    - No class September 2, 16, 30 & November 11
    - \$225 residents; \$230 non-residents/10 classes
    - Drop-ins \$25
  - December 2-January 27
    - No class December 23, 30 & January 20
    - \$150 resident; \$155 non-resident/6 classes
    - Drop-in \$25
- Description - Interactive music for toddlers. Sibling discounts may apply. A care-provider must attend each class.
- Instructor - Crystal DeMey

## TINY TOTS MANNERS AGES 3-4

- Activity # 116012
- Friday 1-2PM
- January 10-February 14
- \$150 resident; \$155 non-resident
- Instructor - DeeDee Eglin
- Description - Fun, nurturing, hands-on program that is taught through art, engaging activities, games & role-play.
- Registration opens in December.



# Youth Programs & Adult Athletics

## THEATER WORKSHOPS AGES 8-14

- Activity # 131059
- Thursday 4-5:30PM
- \$150 resident; \$155 non-resident
- Minimum 8; Maximum 15
- Description - The Youth Theater Program is built on the fundamentals of acting and theater games.
- Director - Jean Schubert
  - MACBETH
    - September 5-November 7
    - Performance is November 7, 5:30PM
  - JULIUS CAESAR
    - January 9-March 6
    - Performance is March 6, 5:30PM
    - Registration opens in December.

## YOUTH ART

- Activity # 130034
  - Wednesday
    - September 11-October 16
    - October 23-December 11
      - No class October 30
        - Blooming Artists AGES 5-61/2
          - 3-4PM
        - Stroke of Genius AGES 7-11
          - 4:20-5:20PM
  - Thursday
    - September 12-October 17
    - October 24-December 12
      - No class October 31
        - Little Art AGES 31/2-5
          - 3-4PM
        - Stroke of Genius AGES 7-11
          - 4:20-5:20PM
- \$150 residents; \$155 non-residents per series
- Instructor - Marie Johnson

## ADULT BALLET

- Activity # 131047
- Tuesday 3:30-4:45PM
  - September 10-October 15
  - October 22-November 26
  - December 3-January 21
    - No class December 24 & 31
- \$150 resident; \$155 non-resident per session
- Instructor - Megan McDonald
- Description - Adult Ballet Technique and dance.

## BOCCE BALL SOCIAL LEAGUE

- Ages 18 & up
- Equipment provided at the front desk
- Wednesdays, starting September 4
- 9AM-11AM
- Free
- Location - Multi-Purpose Field

## PICKLEBALL GROUP LESSONS

- Activity # 132280
- Monday & Wednesday 9-10:30AM
  - Beginner
    - September 9,11,16,18
    - December 2,4,9,11
  - Intermediate
    - October 21,23,28,30
    - November 11,13,18,20
- \$80 per series
  - Prior approval required for drop-ins.
- Maximum 12; Minimum 4
- Pickleball Courts
- Instructor - Nancy Markovich

## PICKLEBALL PRIVATE LESSONS

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

## PICKLEBALL OPEN PLAY

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



# Adult Athletics & Group Fitness

## TAE KWON DO

- Activity # 130020
  - Youth & Family Class
    - Monday 6:30-7:30PM
      - Youth or Adult \$30 resident; \$35 non-resident
      - Adults in the Youth & Family class who also attend the Adult Wednesday and/or Saturday class would pay the adult class rate - \$40 resident; \$45 non-resident
- Activity # 131019
  - Adult Class
    - Wednesday 6:30-8:00PM & Saturday 9-10:30AM
      - Adult \$40 resident; \$45 non-resident
      - Adult Saturday ONLY \$30 resident; \$35 non-resident
    - Based on a skill assessment some youth may be invited to also attend the Wednesday and/or Saturday adult class in addition to the Monday Youth & Family Class and would pay the adult class rate - \$40 resident; \$45 non-resident.
- New students accepted in the Youth & Family Class in August, November, and January.
- \$5 discount for additional family members
- Instructor - Headmaster Jack Emmel, 8th DAN

## TENNIS ASSISTANT COACHES TRAINING

- Instructor - USTA TRAINER
- Watch for more details.

## TENNIS LESSONS

- Intermediate
  - Tuesday USTA Rating 2.5 and above
  - Thursday USTA Rating 3.0 and above
    - 8:30-10AM
    - \$15 per 1 hour
    - \$20 per 1.5 hours
- Beginner
  - Wednesday USTA Rating 1.5-2.0
    - 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

## TENNIS - FALL KICK-OFF CELEBRATION

- Watch for more details.

## BARRE

- Activity # 131034
- Wednesday 8:30AM
- \$20 resident; \$25 non-resident per month.
- Drop-in \$7
- Instructor - Shannon Bain
- Description - Traditional Barre class.

## CORE & MORE

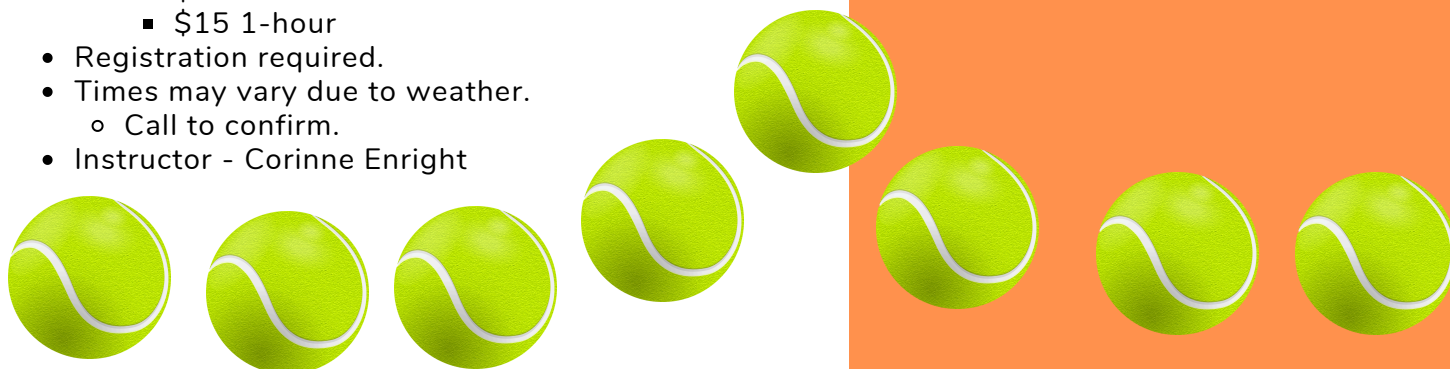
- Activity # 131062
- Tuesday 8:30AM
- \$20 resident; \$25 non-resident per month.
- \$10 drop-in per class
- Instructor - Paige Hauff
- Description - Build core strength through dynamic movement.

## DANCE FITNESS

- Activity # 131049
- Monday 4:30PM
- \$25 residents; \$30 non-residents per month.
- \$12 drop-in
- Description - Caribbean and Brazilian style dance class for all levels.

## BEACH YOGA

- Activity # 161035
- Tuesday 7:30AM
  - September-October
- 25th Ave. Beach Access
- Free
- Instructor - Kathy Berry
- Description - Flow class with level modifications. Bring mat, towel, blocks, and water.



# Group Fitness

## LINE DANCING

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

## SENIOR FUNCTIONAL & MOBILITY TRAINING

- Activity # 131067
- Monday & Wednesday 3PM
- \$40 per month
- \$7 drop-in
- Instructor - Michelle Page
- Description - Gentle, low impact movement to improve total body wellness.

## MORNING YOGA

- Activity # 131031
- Monday, Wednesday, & Friday 9:15AM
- \$64 per month/8 classes
- \$85 per month/12 classes
- \$10 drop-in per class
- Outside under the shelter
- Instructor - Pat Boyd
- Description - Athletic power stretch that enhances total body strength, balance, and flexibility.

## MOVE IT CARDIO & STRENGTH

- Activity # 131063
- Monday 8:30AM
- \$20 resident; \$25 non-resident per month
- \$10 drop-in
- Instructor - Paige Hauff
- Description - Low impact cardio and strength.

## OVER 60 GROUP TRAINING

- Activity # 132064
- Tuesday & Thursday 2:30PM
- \$80 per month/8 classes
- \$12 drop-in per class APPROVAL REQUIRED
- Maximum 17
- Instructor - Judy Fischer
- Description - Low impact, total body workout with adaptive moves for all fitness levels.

## OVER 60 YOGA

- Activity # 132067
- Monday & Wednesday 2PM
- \$80 per month/8 classes
- \$12 drop-in per class
- Instructor - Judy Fischer
- Description - Traditional yoga at a slower pace that focuses on balance, strength, and flexibility.

## PILATES

- Activity # 131045
- Thursday 8:30AM
- \$20 resident; \$25 non-resident per month.
- Instructor - Paige Hauff
- Description - Traditional Pilates fused with various equipment and methods.

## RXFIT CLUB MOBILE GYM & NATIONAL FITNESS COURT TRAINING

- Activity # 130091
  - Circuit Tuesday & Thursday 8AM
    - \$40 residents; \$45 non-residents per month
    - \$15 drop-in per day
  - Open Gym/Circuit Saturdays 8AM
    - September 14, 21
    - October 12, 19
    - November 9, 16
    - December 14, 21
      - \$20 per month
  - Personal Training
    - By appointment only.
    - \$80 residents; \$85 non-resident per 1 hour
      - AGES 65+ & <18 \$65 per 1 hour
- Instructor - Coach Douglas Gordon
- Description - Mobile, outdoor gym circuit training.

## BEACH STROLL & LEARN

- Activity # 131036
- September-November
  - 2nd Thursday of the month
  - 7:30AM
  - Inclement weather, rain dates Fridays.
- Beachside 25th Avenue
- Free
- Instructors - Local Naturalists
- Description - Easy-paced walk and educational tidbits about the SC coastal life as we stroll the beach. Topics vary per month.

# Group Fitness & Adult Programs

## STRENGTH

- Activity # 130093
- Friday 8:30AM
- \$20 resident; \$25 non-resident per month
- \$10 drop-in per class
- Instructor - Paige Hauff
- Description - Equipment and body weight workout to strengthen and tone.

## STRENGTH & STABILITY

- Activity # 131017
- Wednesday & Friday 10:30AM
- \$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 # 131041
- Monday, Wednesday, & Friday 8:00AM
- \$40 resident; \$45 non-resident/8 classes
- \$55 resident; \$60 non-resident/12 classes
- \$10 Drop-in
- Outside under the shelter
- Instructor - Pat Boyd
- Description - Low impact cardio that utilizes suspension bands to increase range of motion and strength.

## STRETCH YIN YOGA

- Activity # 131033
- Wednesday 6PM
- \$40 resident; \$45 non-resident per month.
- \$12 drop-in per class
- Instructor - Kathy Berry
- Description - Gentle Yoga poses that open connective tissues and joints.

## ZUMBA

- Activity # 131043
- Wednesday 9:30AM (High Tide)
- Wednesday 5PM (Magnolia)
  - \$20 resident; \$25 non-resident per month, per class time.
  - \$7 drop-in per class
- Instructor - Megan McDonald
- Description - High-energy dance!

## CPR & AED CERTIFICATION

- Activity # 130092
- Monday 9:30AM
- September 9
- \$25 Residents; \$30 non-residents
- Instructors - IOP Fire Department

## DOG OBEDIENCE

- Activity # 131011
- Monday
  - September 23 - October 28
    - 5:30PM Kinderpuppy (large breed)
    - 6:30PM Just the Basics
    - 7:30PM Kinderpuppy (small breed)
  - November 4 - December 16
    - 5:30PM Kinderpuppy (all breeds)
    - 6:30PM Canine Good Citizen
    - 7:30PM Tricks & Parkour
      - No class November 11
  - January 6 - February 24
    - 6:30PM Kinderpuppy (medium & large breeds)
    - 7:30PM Kinderpuppy (toy & small breeds)
    - No class January 20 & February 17
- \$265 per session
- Instructor - Christine Vinciguerra

## SPEAKER SERIES

- Tuesday, September 10, 11AM
  - Real Estate Update, Suzy Kopp, Founder & Principal Agent, Keller Williams
- Wednesday, October 9, 5PM
  - My Thailand, Tee Johannes
- Tuesday, November 12, 11AM
  - 2024 Island Turtle Team Adventures, Mary Pringle, Island Turtle Team & Naturalist

## TECH AT THE REC

- Activity # 136015
- Tuesday 11AM
  - Advanced Website Options
    - September 10 Website Integration
    - September 17 Vlog, Blog, & Podcast
    - September 24 Upscale Growth
- \$25 residents; \$30 non-residents
- Instructor - Sherry Dwelle

# Calendar of Events & Socials Clubs

## SEPTEMBER

- 2 Labor Day CLOSED
- 4 Keenagers NOON
- 9 CPR & AED Certification 9:30AM
- 10 Speaker Series - Real Estate Update 11AM
- 12 Free Beach Stroll & Learn 7:30AM
- 19 Farmer's Market & Food Truck Jam 4-7PM
- 19 Movie Night 7:30PM

## OCTOBER

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

## NOVEMBER

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

## DECEMBER

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

## JANUARY

- 1 CLOSED
- 3 Kids Jam
- 7 IOP/SI Residents Baseball Registration
- 8 Keenagers NOON
- 14 Non-resident Baseball Registration
- 20 CLOSED

## FEBRUARY

- 5 Keenagers NOON
- 17 CLOSED
- 21 IOP Community Wellness Fair

## MARCH

- 1 Front Beach Fest NOON-4PM
- 5 Keenagers NOON
- 14 Kids Jam
- 18 IOP/SI Resident Summer Camp Registration
- 22 Community Yard Sale

## APRIL

- 2 Keenagers NOON
- 5 Cooper River Bridge Run
- 18 Easter Egg Hunt

## MAY

- 7 Keenagers NOON
- 15 Isle of Paws Music Fest

## BRIDGE SOCIAL CLUB - FREE

- Wednesday 10AM-NOON
- Tadpole Room

## GAME ROOM - FREE

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

## GATHER & KNIT - FREE

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

## KEENAGERS LUNCHEON - FREE

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

## MAH JONG - FREE

- Monday NOON
- Front Lobby



