

ACTIVITY GUIDE

JANUARY - MAY 2025



ISLE OF PALMS



Recreation Dept.

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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 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.

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 youth sports, 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 Blvd & 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 first priority over gym usage.
- Hours
 - Monday-Friday, time varies due to programming.
 - Saturdays
 - Adult Play 7-9AM
 - Open Gym 11AM-2PM (*January-February 2025, no open gym Saturdays due to youth basketball games 11am-4pm)

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.



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.

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

Photography: We reserve the right to use photos or videos taken of visitors at our facilities or during our events and programs for publicity purposes.

Events

KIDS JAM AGES 5-12

January 3 & March 14, 9AM-2PM

- Join us for fun, games, and activities supervised by Recreation Staff.
- Kids must be 5 by September 1, 2024
- \$30 residents/\$35 non-resident

IOP WELLNESS FAIR - FREE

Friday, February 21, 7-11AM

- East Cooper Medical Center will be onsite for community bloodwork (Glucose & Cholesterol screenings)
- Over 25 vendors in attendance to showcase services, products and programs to the community.
- Join us to connect with Health & Wellness professionals.

FRONT BEACH FEST

Saturday, March 1, 12-4PM

- Live entertainment
- Local arts and craft vendors
- IOP restaurants
- Children's activities
- More!



COMMUNITY YARD SALE

Saturday, March 22, 8-11AM

- Browse over 50 vendors selling used or 'like new' items along Hartnett Blvd at the IOP REC Center
- 10x10 Vendor spaces \$5 each, limit 2 per person

EASTER EGG HUNT

Friday, April 18, 12-2PM

- IOP REC Center
- Egg Hunt Age Groups
 - AGES <3
 - AGES 4-6
 - AGES 7-8
 - AGES 9-12
- Easter Bunny, jump castles, candy, and more!
- Free Admission!

ART & CARS IN THE PARK

Saturday, April 12, 10AM-2PM

- Food Truck Jam
- Live Music
- Juried art show featuring local artists
- Hot Rod, Muscle, Antique, Collectibles, & Special Interest Car Show
- Specialty Vendors

USTA SOUTHERN COMMUNITY COACH/PLAY FACILITATORS WORKSHOP

Saturday, January 25, 10AM

- Beginner tennis coaching assistant/facilitator training
- Hosted by Pamela Banks, Senior Manager, Community Engagement



ISLE OF PAWS

Thursday, May 15 4-7PM

- IOP REC Center
- Enjoy great live music, a dog show, pet-related and arts/crafts vendors, microchips/vaccinations, food trucks and more!
- Day-of registration for the Dog Show
 - FREE for all participants
 - Day of registration will end an hour before the dog show.
- Categories
 - Cutest Puppy UNDER 1
 - Best Looking OVER 1
 - Best Female Rescue
 - Best Male Rescue

PICCOLO SPOLETO SAND SCULPTING COMPETITION

Saturday, June 7, 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

FARMER'S MARKET & FOOD TRUCK JAM

Thursday, 4-7PM

- **June 19**
- **July 17**
- **August 21**
- **September 18**
- **October 16**
- Details
 - Food Trucks
 - Specialty Foods
 - Over 60 Artisans
 - Music
 - Family-friendly Activities

SPEAKER SERIES - FREE

- Activity # 450000
 - **Tuesday, January 7, 11AM**
 - Medications, Vaccinations, Supplements, OH MY! - Joe Gandy, Pharmacist, Delta Pharmacy, IOP
 - **Tuesday, February 4, 5PM**
 - Navigating the College Admissions Process - Lisa Gastaldi, Lowcountry College Counseling
 - **Wednesday, March 12, 11AM**
 - Design Series Sponsored: Suzy Kopp, Keller Williams
 - Simply & Organize - Heidi Alexander, Everything in Its' Place
 - **Wednesday, March 26, 11AM**
 - Design on a Dime - Elizabeth Newman, Elizabeth Newman Interior Design
 - **Thursday, March 27, 10AM**
 - Let's Go Birding! - Charles Donnelly, Holy City Birding
 - **Wednesday, April 23, 11AM**
 - Global Ambassador of Good Vibes - Eli Lev, Singer Songwriter



Summer Camps

CAMP SUMMERSHINE & WEE CAMP INFO

- Registration:
 - March 18 IOP resident
 - March 25 - non-resident (if space available)
- Children must be between the ages of 3-12 years old by September 1, 2024.
- 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
- \$100 resident/ \$125; non-resident

WEEK 1: JUNE 9-13 SPORTS & SKILLS OLYMPICS

- Engage in friendly competition through sports, fitness, crafts, and more!

WEEK 2: JUNE 16-20 SCIENTIFIC NOTIONS & POTIONS

- Explore the wonderful world of science through experiments and fun!

WEEK 3: JUNE 23-27 SUPERHEROES AND PRINCESSES

- Campers will enjoy a week of adventure and imagination.

WEEK 4: JUNE 30-JULY 4 (NO CAMP JULY 4) PIRATES BY THE SEA

- Engage in a week of activities and learning about all creatures and the history of the Isle of Palms

WEEK 5: JULY 7-11 HOLIDAY WEEK

- Join us as we celebrate everyone's favorite holidays during the summer!

WEEK 6: JULY 14-18 DODGEBALL

- Engage in friendly competition, learn the values of sportsmanship, teamwork, and dodging!

WEEK 7: JULY 21-25 SHARK WEEK

- Explore the wide world of sharks.

WEEK 8: JULY 28-AUGUST 1 TALENT WEEK

- Spend the week practicing your talents for the end of summer show.

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
- \$100 resident/ \$125 non-resident

WEEK 1: JUNE 9-13 SURFS UP

- Life on the seashore; above, on and under the sand!

WEEK 2: JUNE 16-20 LIVING ON A LAKE

- Campers learn freshwater life.

WEEK 3: JUNE 23-27 JUNGLE SAFARI

- Campers go on a jungle safari.

WEEK 4: JUNE 30- JULY 4 (NO CAMP JULY 4) FOREST FRIENDS

- Discover wildlife in the forest.

WEEK 5: JULY 7-11 SUMMER NIGHTS

- What happens on those warm summer nights?

WEEK 6: JULY 14-18 COMMUNITY HEROES

- People who help us in our community

WEEK 7: JULY 21- 25 UNDER THE SEA

- Life under the sea

Week 8: JULY 28-AUGUST 1 STEM WEEK

- Enjoy fun and learning and celebrate the end of summer

YOUTH ART CAMP

- Activity #120034
- June 9-13
 - Blooming Artists AGES 4 1/2-6
 - 10:30AM-12PM
 - Description - Little touch of everything with a big splash of the glitter!
 - Stroke of Genius AGES 7-11
 - 2:30-3:30PM
 - Description - Incorporate new topics and supplies through multiple projects and a stimulating mix of age-appropriate art techniques.
- \$230 residents; \$235 non-residents
- Instructor - Marie Johnson



Summer Athletic Camps

SPRING BREAK SOCCER CAMP AGES 4-12

- **Activity # 321101**
- 9AM-12PM
 - April 14-18
- \$150 resident; \$155 non-resident
- Minimum 6
- Registration Opens February 4
- Description - Camp is designed to develop fundamental soccer skills. Soccer Shots is an engaging children's soccer program that focuses on character development. They are a caring team that positively impacts children's lives on and off the field through best-in-class coaching, communication, and curriculum.
 - Campers must provide their own snacks and water bottle.
- Instructors - Soccer Shots Charleston Coaches

RISING STARS BASKETBALL CAMP AGES 10-14

- **Activity # 322100**
- 9AM-1PM
 - June 16-20
- \$150 resident; \$155 non-resident
- Registration Opens February 4
- Description - Half Day Camp is based around the Super Six Self Improvement Stations. Camp will be supervised by certified coaches and college players. Campers will receive a camp t-shirt and basketball.
 - Campers will need to provide lunch and/or snacks daily. **FRIDAY, JUNE 20, is the CAMP FINALE (Parents Attendance Encouraged). CAMP PICK UP AT NOON.**

RISING STARS BASKETBALL CAMP AGES 5-9

- **Activity #322102**
- 9AM-1PM
 - June 16-20
- \$150 resident; \$155 non-resident
- Registration Opens February 4
- Description - Half Day Camp is based around the Super Six Self Improvement Stations. Camp will be supervised by certified coaches and college players. Campers will receive a camp t-shirt and basketball.
 - Campers will need to provide lunch and/or snacks daily. **FRIDAY, JUNE 20, is the CAMP FINALE (Parents Attendance Encouraged). CAMP PICK UP AT NOON.**
- Instructors - Rising Stars Basketball Staff

SUMMER SOCCER CAMP AGES 4-12

- **Activity # 321101**
- 9AM-12PM
 - July 28 - August 1
- \$150 resident; 155 non-resident
- Minimum 6
- Registration Opens February 4
- Description - Camp is designed to develop the fundamental skills of soccer. Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, communication and curriculum.
 - Campers must provide their own snacks and water bottle.
- Instructors - Soccer Shots Charleston Coaches

GIRLS VOLLEYBALL CAMP AGES 10-15

- **Activity # 320100**
- 9AM-11AM
 - June 23-27
- \$125 resident; \$130 non-resident
- Registration Opens February 4
- Description - Camp is designed to develop the fundamental skills of volleyball. Girls will receive a camp t - shirt. Space is limited to 25 participants.
 - Knee pads recommended
- Instructors - Laura and Kreg Togami

GET YOUR SPIKE ON VOLLEYBALL CAMP AGES 10-16

- **Activity # 320103**
- 9AM-11AM
 - August 4-7
- \$100 resident; \$105 non-resident
- Registration Opens February 4
- Description - Gear up for the indoor volleyball season with this four-day clinic that will surely improve your volleyball skills. Drills, scrimmages, intense workouts and a lot of fun playing the sport we love. Space is limited to 25 participants.
 - Knee pads recommended
- Instructors - Laura and Kreg Togami

Youth Athletic Camps & Programs

GYMNASTICS CAMP AGES 4-8

- Activity # 120016
- Monday-Wednesday 10:30AM-12PM
 - August 4-6
- Minimum 8, Maximum 15
- \$100 resident/\$105 non-resident
- Instructor - Kaylie Jordan
- Description - Three-day camp for all skill levels.

BALLET AGES 10 & Up

- Activity # 111048
- Tuesday 3:45-4:45PM
 - Starts January 14. January is prorated \$45 residents; \$50 non-residents.
- \$60 resident; \$65 non-resident per series
- Drop-in \$20
- Instructor - Megan McDonald
- Description - Beginner to intermediate ballet technique and dance for various ages. All fitness and skill levels welcome.

GYMNASTICS

- Activity # 110016
- Tuesday
 - March 4-April 8
 - April 22-May 27
- AGES 3-5 3:30-4:15PM
- AGES 6 & up 4:15-5PM
- \$100 resident; \$105 non-resident
- Minimum 8; Maximum 15
- Instructor - Kaylie Penninger-Jordan
- Description - Basic to intermediate overall gymnastics skills and techniques - tumbling, bar, floor routine, and more.

TAE KWON DO

- Activity # 110020
 - Youth & Family Class
 - Monday 6:30-7:30PM
 - Youth or Adult \$30 residents; \$35 non-residents
 - Adults in the Youth & Family class who also attend the Adult Wednesday and/or Saturday class would pay the adult class rate - \$40 residents; \$45 non-residents
- Activity # 111019
 - Adult Class
 - Wednesday 6:30-8:00PM & Saturday 9-10:30AM
 - Adult \$40 residents; \$45 non-residents
 - Adult Saturday ONLY \$30 residents; \$35 non-residents
 - 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 would pay the adult class rate - \$40 residents; \$45 non-residents.
- New students accepted in the Youth & Family Class in January, April, June, and September.
- \$5 discount for additional family members
- Instructor - Headmaster Jack Emmel, 8th DAN

TAE KWON DO SEMINAR - SPECIAL TECHNIQUES & ADVANCED BELTS AGES 12>

- Activity # 111120
- March 28-29
 - 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

TUMBLE & CHEER AGES 4 & UP

- Activity# 110046
- Tuesday 5-5:45PM
 - March 4-April 8
 - April 22-May 27
- \$100 resident; \$105 non-resident per series
- Minimum 8; Maximum 15
- Instructor - Kaylie Penninger-Jordan
- Description - Basic to intermediate tumble and cheer techniques.



YOUTH BASEBALL

- Player must be AGES 5-12 as of April 30, 2025 for AGES 5-12. **March 30 for Fast Start 3/4yr Baseball program.**
 - Age required by SCAP (SC Athletic Programs)
- Registration
 - IOP/SI Residents: January 7-February 14
 - Non-Residents: January 14-February 14
- Activity #
 - 313001 -01 AGES 3/4 Saturday Mornings
 - 313002 -02 AGES 5/6 Saturday Mornings
 - 313003 -03 AGES 7/8 Monday Evenings
 - 313004 -04 AGES 9-12 Monday & Thursday
- \$30 IOP Resident/ \$55 Non-resident

- Mandatory Skill Evaluation
 - AGES 9-12
 - Tuesday, February 25, 6:30PM
- Coaches Meeting
 - Tuesday, February 25
 - AGES 3/4 5PM
 - AGES 5/6 5:30PM
 - AGES 7/8 6PM
 - AGES 9-12 immediately following the Skill Evaluation
- Practice begins the week of March 3, and the specific dates will be determined by the coaches. No practices for AGES 3/4 program.
 - Coaches will reach out to parents after coaches meeting to discuss season details and provide team assignments.
- Participants will receive a team jersey and hat.
- Special requests will not be honored.

YOUTH TENNIS

- Friday
 - January 10-February 7 (rain make-up February 21)
- Activity # 116004
 - 3:30-4PM Tiny Tennis - Red Ball AGES 4-5
 - \$75 residents; \$80 non-residents
- Activity # 116004
 - 4-5PM Red Ball Tennis AGES 5-7 (age 5 with previous tennis experience only)
 - \$100 residents; \$105 non-residents
- Activity # 116004
 - 5-6PM Orange Ball & Green Ball AGES 7-11
 - \$100 residents; \$105 non-residents
- Registration required.
- No drop-ins.
- Fees non-refundable.
- Instructor - Corinne Enright

Youth Athletics & Programs

VOLLEYBALL LEAGUE PLAY

- Activity # # 331011
- **2nd & 4th Thursday of April and May ONLY**
 - April 10 & 24, May 8 & 22
 - 2nd & 3rd Graders 4-5PM
 - 4th & 5th Graders 5-6PM
 - 6th-8th Middle School 6-7PM
 - 9th Graders 7-8PM
- 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
- \$60 resident; \$65 non-resident
- Instructor - Laura & Kreg Togami

CREATIVE WRITING GRADES 5-8

- Activity # 112061
- Tuesday 4:15-5:15PM
 - January 21-March 11
- \$40 residents; \$45 non-residents/8-weeks
- Instructor - Holly Voires
- Description - Read, talk and learn to write clearly and to a specific audience.

ETIQUETTE 101 SESSION 2 AGES 3-7

- Activity # 116012
- Monday 4-5PM
 - January 6-February 24
 - No class January 20
- \$150 residents; \$155 non-residents
- Instructor - DeeDee Eglin
- Description - Session 2 will briefly revisit topics from Session 1 while adding additional new and advanced topics. Etiquette 1 is not a prerequisite. A fun, nurturing, hands-on program taught through art, engaging activities, games, and role play.



Youth Programs

GARDENING & NUTRITION AGES 3-7

- Activity # 116012
- Monday 4-5PM
 - April 14-May 19
- \$150 residents; \$155 non-residents
- Minimum 4; Maximum 12
- Instructor - DeeDee Eglin
- Description - Outdoor gardening and nutrition program.

KINDNESS IS MY SUPERPOWER! AGES 3-7

- Activity # 116012
- Monday 4-5PM
 - March 3-April 7
- \$150 resident; \$155 non-resident
- Minimum 4; Maximum 12
- Instructor - DeeDee Eglin
- Description - Fun, nurturing, hands-on program that is taught through art, engaging activities, Games & role-play.

YOUTH BIRDING CLUB AGES 7-12

- Activity # 116019
- Thursday 4-5:15PM
 - March 6-27
- \$200 Resident; \$205 non-resident
- Instructor - Charles Donnelly
- Description - A fun and educational program that gets kids excited about birds and the environment around them. The program includes a 12-month birding subscription!

MOM'S MORNING OUT PROGRAM AGES 2-3

- Monday, 10-11AM
- Drop off your littles for an hour of hands-on, SCREEN FREE, group play and learning!
- \$150 residents; \$155 non-residents per session
- Minimum 4; Maximum 12
- Instructor - DeeDee Eglin
 - KINDNESS & MANNERS
 - Activity # 116012
 - January 6-February 24
 - No class January 20
 - April 14-May 19
 - Description - This fun, nurturing hands-on program is taught through art, story time and learning about sharing, caring, manners, and more.
 - KINDER GARDENS
 - Activity # 116012
 - March 3-April 7
 - Description - This is where creativity blooms and little minds grow! Through play-based learning and art, children will learn about textures, colors, health foods, gardening, and more.

POTTERY AGES 10+

- Activity # 110012
- Saturday
 - February
 - Session 1 9-10:30AM - 3 class series
 - \$100 residents; \$105 non-residents
 - 2/8 - flower pot
 - 2/15 - cheese tray and bowl
 - 2/22 - glaze day for all projects
 - Session 2 11AM-12:30PM
 - \$45 residents; \$50 non-residents per class
 - 2/8 - flower pot (choose glaze color)
 - 2/15 - cheese tray and bowl (choose glaze color)
 - April
 - Session 1 9-10:30AM - 3 class series
 - \$100 residents; \$105 non-residents
 - 4/5 - 1 small serving tray and set of napkin rings
 - 4/12 - wall pocket
 - 4/19 - glaze day for all projects
 - Session 2 11AM-12:30PM
 - \$45 residents; \$50 non-residents per class
 - 4/5 - 1 small serving tray and set of napkin rings (choose glaze color)
 - 4/12 - wall pocket (choose glaze color)
 - Instructor - Alessandra Darling



Youth Programs

KINDNESS & MANNERS AGES 3-4

- Activity # 116012
- Friday 1-2PM
 - January 10-February 14
- \$150 resident; \$155 non-resident
- Minimum 4; Maximum 12
- Instructor - DeeDee Eglin
- Description - Fun, nurturing, hands-on program that is taught through art, engaging activities, Games & role-play.

YOUTH ART

- Activity # 110034
 - Wednesday
 - January 15-February 19
 - March 5-April 9
 - April 23-May 29
 - Blooming Artists AGES 5-6 1/2
 - 3-4PM
 - Stroke of Genius AGES 7-11
 - 4:20-5:20PM
 - Thursday
 - January 16-February 20
 - March 6-April 10
 - April 24-May 29
 - Little Art AGES 3 1/2-5
 - 3-4PM
 - Stroke of Genius AGES 7-11
 - 4:20-5:20PM
- \$150 residents; \$155 non-residents per series
- Instructor - Marie Johnson

THEATER WORKSHOPS AGES 8-14

- Activity # 111059
- Thursday 4-5:30PM
- \$150 resident; \$155 non-resident
- Description - The Youth Theater Program is built on the fundamentals of acting and theater games.
- Director - Jean Schubert
 - JULIUS CAESAR
 - January 9-March 6
 - Performance is March 6, 5:30PM
 - Registration opens in December.
 - Minimum 8; Maximum 15
 - THE TEMPEST
 - March 13-May 22 (no class April 17)
 - Performance is May 22, 5:30 PM
 - Registration opens in in January.
 - Minimum 9; Maximum 14

Adult Athletics

ADULT BALLET AGES 10 & UP

- Activity # 111048
- Tuesday 3:45-4:45PM
 - Starts January 14. January is prorated \$45 residents; \$50 non-residents.
- \$60 resident; \$65 non-resident
- Drop-in \$20
- Instructor - Megan McDonald
- Description - Description - Beginner to intermediate ballet technique and dance for various ages. All fitness levels welcome.

PICKLEBALL GROUP LESSONS

- Activity # 112280
- Monday & Wednesday 9-10:30AM
 - Intermediate
 - January 27,29 & February 3,5
 - March 31 & April 2,7,9
 - Beginner
 - March 3,5,10,12
- \$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

TAE KWON DO

- Activity # 110020
 - Youth & Family Class
 - Monday 6:30-7:30PM
 - Youth or Adult \$30 residents; \$35 non-residents
 - Adults in the Youth & Family class who also attend the Adult Wednesday and/or Saturday class would pay the adult class rate - \$40 residents \$45 non-residents
- Activity # 111019
 - Adult Class
 - Wednesday 6:30-8:00PM & Saturday 9-10:30AM
 - Adult \$40 residents; \$45 non-residents
 - Adult Saturday ONLY \$30 residents; \$35 non-residents
 - 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 would pay the adult class rate - \$40 residents; \$45 non-residents.
- New students accepted in the Youth & Family Class in January, April, June, and September.
- \$5 discount for additional family members
- Instructor - Headmaster Jack Emmel, 8th DAN

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 to Intermediate
 - Monday/Wednesday USTA Rating 1.5-2.0
 - 8:30-10AM
 - \$20 1.5 hour
 - \$15 1-hour
- Registration required.
- No drop-ins.
- Times may vary due to weather.
 - Call to confirm.
- Instructor - Corinne Enright

TENNIS - PRIVATE LESSONS

- By appointment only.
- \$80 per hour
- Instructor - Corinne Enright

ADULT 3ON3 BASKETBALL

- Registration (by team ONLY)
- January 7-February 14
- \$80 per team
- Max 12 teams
- Rosters - 6 players per team
- Ages 18 & up
- Captain's Meeting - Monday, February 24 at 5:30PM
- Game Days - Tuesdays, starting March 4
- Location - IOP Recreation Gymnasium

ADULT 6V6 SOCCER

- Registration (by team ONLY)
- January 7-February 14
- \$300 per team
- Max. 9 Teams
- Rosters - 12 players per team
- Ages 18 & up
- Captain's Meeting - Monday, February 24 at 6PM
- Games - Tuesdays, starting March 4
- Location - 28th Avenue Soccer Field

TABLE TENNIS LEAGUE AGES 35+

- Activity# 112054
- Registration
 - January 7-February 14
- \$10 per person
- Games Start March 4
- Tuesdays 10AM
- Location - IOP Recreation Gymnasium

TABLE TENNIS OPEN PLAY

- Thursdays 10AM - NOON FREE
- All levels welcome! Join in on some friendly competition and socialize while playing table tennis.
- Ages 18+
- Location - Gymnasium



Group Fitness

BARRE FUSION

- Activity # 111034
- Wednesday 8:30AM
- \$20 resident; \$25 non-resident per month.
- Drop-in \$7
- Instructor - Shannon Bain
- Description - Elongate, strengthen, tone, and enhance stability.

BOOT CAMP

- Activity # 116017
- Tuesday & Friday 9:30AM
- \$40 resident; \$45 non-resident
- Drop-in \$12
- Instructor - Sue Breckheimer
- Description - Outdoor National Fitness Court Group Training that enhances cardio and strength. Higher intensity level but can be modified for all fitness levels.

CORE & MORE

- Activity # 111062
- 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.

BEACH YOGA - FREE

- Activity # 111035
- Tuesday 7:30AM
 - May-October
- 25th Avenue Beach Access
- Instructor - Kathy Berry
- Description - Flow class with level modifications. Bring mat, towel, blocks, and water.

DRUMS ALIVE!

- Activity # 111044
- Tuesday 10:30AM & Thursday 5PM
- Starts January 7
 - January prorated - \$15 residents; \$20 non-residents and starts January 5
- \$20 residents; \$25 non-residents per month per day of the week
- Maximum 12
- Instructor - Darragh Simon
- Description - High energy dance and rhythm class. Total body workout for all fitness levels.

LINE DANCING

- Thursday
 - 9:30AM Intermediate/Advance (June 6-August 1 only 10AM)
 - 10:30AM Beginner (June 6-August 1 only 11AM)
- \$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
- \$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 # 111063
- 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 # 112064
- 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 most fitness levels.

OVER 60 YOGA

- Activity # 112067
- Monday & Wednesday 2PM
- \$80 per month/8 classes
- \$12 drop-in per class
- Instructor - Judy Fischer
- Description - Traditional yoga at a slower pace focusing on balance, strength, and flexibility.

PILATES FUSION

- Activity # 111045
- Thursday 8:30AM
- \$20 resident; \$25 non-resident per month.
- Instructor - Paige Hauff
- Description - Traditional Pilates fused with various equipment and methods.

Group Fitness

RXFIT CLUB MOBILE GYM & NATIONAL FITNESS COURT TRAINING

- Activity # 110091
 - Circuit Tuesday & Thursday 8AM
 - \$40 residents; \$45 non-residents per month
 - \$15 drop-in per day
 - Open Gym/Circuit Saturdays 8AM
 - March 8, 15
 - April 12, 19
 - May 10, 17
 - \$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. Rain location High Tide Room.

SEA STROLL & LEARN - FREE

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

SENIOR FUNCTIONAL & MOBILITY TRAINING

- Activity # 111067
- Monday & Wednesday 3:15PM
- \$40 per month
- \$7 drop-in
- Instructor - Michelle Page
- Description - Gentle, low impact movement to improve total body wellness. Light weight training for strength. Chairs provided for optional seated exercise and stability.

STRENGTH

- Activity # 110093
- 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 # 111017
- Monday & Wednesday 10:30AM
- \$40 resident; \$45 non-resident
- \$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.

STRETCH YIN YOGA

- Activity # 111033
- 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.

SUSPENSION TRAINING

- Activity # 111041
- Monday, Wednesday, & Friday 8AM
- \$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, strengthen the total body.

SUPER STRETCH

- Activity # 111069
- Tuesday 9:30-10AM
- \$15/ 4 classes
- \$5 drop-in
- Instructor - Paige Hauff
- Description - Deep athletic stretch based on personal training and group fitness standards for a healthy lifestyle and mobility.

TABATA & BATTLE ROPE FITNESS

- Activity # 116018
- Thursday 9:45AM
- \$20 resident; \$25 non-resident
- Drop-in \$7
- Instructor - Sue Breckheimer
- Description - Battle your way to a healthier, leaner you - CARDIO CLASS. Higher intensity level but can be modified for all fitness levels.

Group Fitness

ZUMBA

- Activity # 111043
- Monday 4:30PM
- Wednesday 9:30AM
- \$20 residents; \$25 non-residents per month per day of the week
- \$7 drop-in
- Instructor - Megan McDonald
- Description - High energy dance for all fitness levels.

DOG OBEDIENCE

- Activity # 111011
- Monday
 - January 6 - February 24
 - 6:30PM Kinderpuppy (medium & large breeds)
 - 7:30PM Kinderpuppy (toy & small breeds)
 - No class January 20 & February 17
 - March 17 - April 28
 - 5:30pm Kinderpuppy (small breeds)
 - 6:30pm Puppy Junior High
 - 7:30pm Kinderpuppy (medium & large breeds)
 - No class April 21
 - May 12 - June 23
 - 5:30pm: Just the Basics
 - 6:30pm Kinderpuppy (large breeds)
 - 7:30pm Kinderpuppy (small breeds)
 - No class May 26
- \$265 per session
- Instructor - Christine Vinciguerra

Adult Programs

ACRYLIC PAINTING INSTRUCTION - BEGINNER

- Activity # 110010
- Wednesday 11AM-1PM
 - January 8-February 12
- \$285 per session
- All supplies included.
- All participants will work on a 16"x20" canvas.
- Instructor - Beth Melton-Seabrook
- Description - foundation and basics of acrylic art.

ACRYLIC PAINTING INSTRUCTION - LEVEL 2

- Activity # 110010
- Wednesday 11AM-1PM
 - February 19 - March 19
- \$285 per session
- All supplies included.
- All participants will work on a 16"x20" canvas.
- Instructor - Beth Melton-Seabrook
- Description - Tips, tricks, personal style development, and MORE!

TAE KWON DO SEMINAR - SPECIAL TECHNIQUES & ADVANCED BELTS AGES 12>

- Activity # 111120
- March 28-29
 - 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



Adult Programs

DRAWING FOR BEGINNERS

- Activity # 110010
- Wednesday 10AM-12PM
 - January 8-February 12
 - February 19-March 26
- \$240 per series
- Drop-in \$45
- Participants must provide supplies.
- Maximum 15; Minimum 3
- Instructor - Giselle Harrington
- Description - Fundamentals of drawing to develop skills and personal style.

INTERMEDIATE WATERCOLOR

- Activity # 110010
- Wednesday 12:30-3:30PM
 - February 19-March 26
- \$300 per series
- Drop-in \$55
- Maximum 15; Minimum 3
- Instructor - Giselle Harrington
- Description - Beyond the basics to develop style and technique.

WATERCOLOR FOR BEGINNERS

- Activity #110010
- Wednesday 12:30-3:30PM
 - January 8-February 12
- \$300 per series
- Drop-in \$55
- Maximum 15; Minimum 3
- Instructor - Giselle Harrington
- Description - Basic watercolor foundation, fundamentals, and styles.

WRITE IT DOWN! CREATIVE WRITING - ADULTS

- Activity # 112059
- Tuesday 10-11:30AM
- January 21-March 11
- \$40 residents; \$45 non-residents/8-weeks
- Instructor - Holly Voires
- Description - Read, talk and learn to write clearly and to a specific audience.

Social Clubs

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 (except June-August)
- Starts September 4th!

MAH JONG - FREE

- Monday NOON
- Front Lobby



Calendar of Events

JANUARY

- 1 New Years Day - CLOSED
- 3 Kids Jam 9AM-2PM
- 7 IOP/SI Residents Baseball Registration
- 7 IOP Speaker Series - Joe Gandy, Delta Pharmacy 11AM
- 8 Keenagers NOON
- 14 Non-Resident Baseball Registration
- 20 Martin Luther King Jr. - CLOSED
- 25 USTA Southern IOP Community Coach/Play Facilitator Workshop 10AM

FEBRUARY

- 4 IOP Speakers Series - Lisa Gastaldi 5PM
- 5 Keenagers NOON
- 17 Presidents Day - CLOSED
- 21 IOP Community Wellness Fair 7-11AM
- 28 Coffee with the Mayor 9AM

MARCH

- 1 Front Beach Fest NOON-4PM
- 5 Keenagers NOON
- 12 IOP Speaker Series - Heidi Alexander, Everything in Its' Place 11AM
- 14 Kids Jam 9AM-2PM
- 18 IOP Residents Summer Camp Registration
- 22 Community Yard Sale 8-11AM
- 26 IOP Speaker Series - Elizabeth Newman, Elizabeth Newman Interior Design 11AM
- 27 IOP Speaker Series - Charles Donnely, Holy City Birding 10AM
- 28 TKD Special Techniques & Advanced Belts Seminar 6:30PM
- 29 TKD Special Techniques & Advanced Belts Seminar 9AM

APRIL

- 2 Keenagers NOON
- 5 Cooper River Bridge Run
- 12 Art & Cars in the Park 10AM-2PM
- 14 Spring Break Soccer Camp 9AM-12PM
- 18 Easter Egg Hunt 12-2PM
- 23 Speaker Series - Eli Lev, Singer & Songwriter 11AM

MAY

- 7 Keenagers NOON
- 8 FREE Sea Stroll & Learn 7:30AM
- 15 Isle of Paws Music Fest 4-7PM
- 26 Memorial Day - CLOSED

JUNE

- 7 Sand Sculpting Competition 9AM
- 9 Camp Summershine & Wee Camp Starts
- 12 FREE Sea Stroll & Learn 7:30AM
- 16 Rising Stars Basketball Camp 9AM-1PM
- 19 Farmer's Market & Food Truck Jam 4-7PM
- 23 Girls Volleyball Camp 9AM-11AM

JULY

- 4 Independence Day - Closed
- 10 FREE Sea Stroll & Learn 7:30AM
- 15 IOP/SI Residents Soccer Registration
- 17 Farmer's Market & Food Truck Jam 4-7PM
- 22 Non-Resident Soccer Registration
- 28 Soccer Camp 9AM-12PM

AUGUST

- 4 Gymnastics Camp 10:30AM-NOON
- 4 Volleyball Camp 9AM-11AM
- 9 Half Rubber Tournament 8AM
- 14 FREE Sea Stroll & Learn 7:30AM
- 21 Farmer's Market & Food Truck Jam 4-7PM

SEPTEMBER

- 1 Labor Day - CLOSED
- 3 Keenagers NOON
- 11 FREE Sea Stroll & Learn 7:30AM
- 18 Farmer's Market & Food Truck Jam 4-7PM

OCTOBER

- 1 Keenagers NOON
- 4 Isle of Palms Connector Run 8AM
- 9 FREE Sea Stroll & Learn 7:30AM
- 16 Farmer's Market & Food Truck Jam 4-7PM
- 31 Halloween Golf Cart Parade & Carnival

NOVEMBER

- 5 Keenagers NOON
- 13 FREE Sea Stroll & Learn 7:30AM
- 27-28 Thanksgiving - CLOSED

DECEMBER

- 3 Keenagers NOON
- 6 Holiday Street Festival 2-7PM



