



# **RECREATION DEPARTMENT**

## **MONTHLY REPORT**

**March 2019**

STAFF: Norma Jean Page, Recreation Director  
Karrie Ferrell, Assistant Director (programs)  
Aaron Sweet, Recreation Supervisor (athletics)  
Robert Asero, Parks & Grounds Supervisor  
Weston Smith, Recreation Supervisor (special events)  
Holly Norton, Community Specialist  
Joshua Key, Parks & Facilities Specialist

## PROGRAMS AND CLASSES

### **Acting Performance Workshop**

The next acting workshop will be held August 5<sup>th</sup> – August 9<sup>th</sup>. Participants will build on acting fundamentals with theater games and improvisation. Camp participants will perform Shakespeare's *Midsummer Night's Dream* on Friday, August 9<sup>th</sup>. Camp registration is currently open for acting camp, and two (2) people are registered. Jean Schubert, Instructor.

### **Ballet**

One (1) person is pre-registered for Ballet. The session is scheduled to start April 15<sup>th</sup> at 12:30 p.m. Kim Chesley-Breland, Instructor.

### **Barre & More**

Eleven (11) people have been participating in the Barre class. Class is held on Mondays and Wednesdays at 9:30 a.m. in the gymnasium. Angela Reinhardt, Instructor.

### **Boot Camp**

Three (3) people have been participating in the Boot Camp class held on Monday/Wednesday/Friday mornings at 7:00 a.m. Class is held in the High Tide/Low Tide Room. Pat Boyd, Instructor.

### **Core & More**

Eight (8) people have been participating in the Core & More class scheduled on Monday/Wednesday and Friday mornings at 10:30 a.m. Class is held in the High Tide/Low Tide Room. Jeromy Miller, Instructor.

### **Dog Obedience**

Kinderpuppy – Large Breed: Class started Monday, March 4<sup>th</sup> at 6:30pm. Class is currently full with ten (10) participants. The next session of Kinderpuppy is scheduled of Monday, April 15<sup>th</sup>. The April session is full with ten (10) participants. Dog Obedience is held in the Gymnasium.  
Kinderpuppy – Toy Breed: Class started on Monday, March 4<sup>th</sup> at 7:30pm. Currently class has eight (8) dogs enrolled. The next session of Toy Breed class is schedule for Monday, April 15<sup>th</sup>, currently there are two (2) participants enrolled.

Therapy Train and Prep - Class is full with nine (9) participants. Class started on Tuesday, March 4<sup>th</sup> at 7:30 p .m. Susan Marett and Jane Hirsch, Instructors.

### **FitBody in 50**

Fourteen (14) people have been participating in the FitBody class offered Tuesdays and Thursdays. Currently ten (10) people have been participating in the 9:30 a.m. class and four (4) people in the 5:30 p.m. class. Class is held in Low Tide/High Tide rooms Geri D'Italia, Instructor.

### **Gather Knit & Stitch**

Eight (8) ladies have been meeting in the lobby to socialize and knit. The group is free and self-led. Participants are more than happy to assist in technique and share patterns and knowledge. Gather Knit & Stich is held on Monday mornings from 10:00 a.m. – 12:00 p.m. in the Recreation Lobby.

**Giggling Artist**

Giggling Artist started February 20<sup>th</sup>, currently five (5) people are enrolled in class. The next session is scheduled to start Wednesday, April 10<sup>th</sup>. Currently two (2) people are pre-registered for the April session. Class is held in the Magnolia Room on Wednesdays from 4:00 p.m. – 5:00 p.m. Diana Connors, Instructor.

**Giggling Artist Pre-K**

Class is geared to children ages 3 – 5 years and all projects are age appropriately themed exposing children to elements of line, shape, color and texture. Participants will get to bring home a project daily. Class started Thursday, March 7<sup>th</sup> 12:00 p.m. – 12:40 p.m. Five (5) children are enrolled in the class. Class is held in the Tadpole Room. Diana Connors, Instructor.

**Gymnastics**

Sixteen (16) little gymnast are currently enrolled and participating in the gymnastics program. The session started Tuesday, February 19<sup>th</sup> from 3:30 p.m. – 4:15 p.m. The next session is scheduled to start April 9<sup>th</sup>, currently thirteen (13) participants are enrolled. Class is held in the Palmetto Room. Tricha Tapio, Instructor.

**IOP Kids: 3-year old Pre-K Program**

The IOP Kids program is full with ten (10) participants enrolled Monday/Wednesday/Friday and eleven (11) enrolled on Tuesday/Thursday. IOP Kids is a structured play group that gives children the opportunity to socialize and cooperate with peers in a classroom setting. Class follows the Charleston County School Calendar and the City of Isle of Palms Holiday schedule. Registration for the 2019-2020 school year started Monday, January 28<sup>th</sup>, currently seven (7) children are enrolled in Monday/Wednesday/Friday and four (4) are enrolled on Tuesday/Thursday. Cathy Adams, Instructor.

**Little Lotus Yoga**

Three (3) participants are enrolled in the Little Lotus Yoga program. Class is designed to allow children to grow into their own practice of yoga. Participants take part in interactive storytelling, games, music and age appropriate journaling. Class is held on Thursdays at 8:15 a.m. in the Tadpole Room. The next session of Little Lotus is scheduled to start April 4<sup>th</sup>. Jennifer Rogers, Instructor

**Line Dancing**

Nine (9) men and woman have been participating in the Line Dancing class. Class is held on Thursdays from 9:30 a.m. – 10:30 a.m. in the Magnolia/Palmetto Room. Tricha Leonard, Instructor.

**Mah Jongg**

Twelve (12) ladies have been participating in the mah jongg social group. The ladies are happy to give tutorials and help beginners learn the game. Group meets in the Tadpole Room on Mondays from 12:00 p.m. – 3:00 p.m.



**Mini Minnows**

Six (6) participants are enrolled in the Mini Minnows program. Participants play and learn in a classroom setting, the program coincides with the Charleston County School District Calendar and City of Isle of Palms Holiday calendar. Mini Minnows is held Mondays, Wednesdays and Fridays from 12:00 p.m. - 3:00 p.m. in the Minnow Room. Cathy Adams, Instructor.

**Mommy /Daddy & Me**

Parent/Tot play group meet and socialize on Friday mornings from 9:30 a.m. – 11:00 a.m.

Fourteen (14) parents and tots have dropped in during the month of March.

The mommy & Me play group has been extended to Saturday mornings from 9:30 a.m. – 11:00 a.m. The program is free and meets in the Tadpole Room.

**Movie & Dodgeball**

Nineteen (19) participants have registered for Movie & Dodgeball activity scheduled of Wednesday, March 27<sup>th</sup>. Activities will include lunch, movie and dodgeball. Supervised by Recreation Staff.

**Over 50 Fitness**

Seventeen (17) seniors have been participating in the senior fitness class held on Tuesdays and Thursdays at 3:00 p.m. Class was developed to give a more advance alternative to the Monday/Wednesday enhance fitness class. Judy Fischer, Instructor.

**Science with Sam**

Seven (7) participants are enrolled in the Science with SAM class. Science class started Tuesday, March 5<sup>th</sup> at 12:00 p.m. – 1:00 p.m. and is held in the Tadpole Room. The next session is scheduled to start Tuesday, April 2<sup>nd</sup>. Samantha Barrineau, Instructor.

**Senior Exercise: Enhance Fitness**

Enhance Fitness is a county wide grant program administered through Roper Saint Francis Hospital. Currently fifty-eight people (58) are enrolled in the class approximately forty (40) attend class on a regular basis. Class is held on Mondays and Wednesdays at 3:00 p.m. in the High Tide/Low Tide Room. Class currently has a waiting list. Judy Fischer, Instructor.

**Spanish: Travel & Leisure**

New to the programming list, Conversational Spanish class started Wednesday, January 23<sup>rd</sup> at 7:00 p.m. Fourteen (14) people participated in the class. At participants request an Intermediate Spanish class was offered. Class is scheduled to start Wednesday, April 3<sup>rd</sup> at 7:00 p.m. An additional Beginner level class will be offered April 3<sup>rd</sup> at 6:00 p.m. Seth Mason, Instructor.

**Youth Tae Kwon Do**

Four (4) children have been participating in the Youth Tae Kwon Do class. Class is held on Saturday mornings at 9:00 a.m. Jack Emmel, Instructor.

### **Adult Tae Kwon Do**

Fifteen (15) adults have been participating in the Tae Kwon Do class. Class is held Monday evenings, Wednesday evenings and Saturday mornings. Class is held in the gymnasium. Jack Emmel, Instructor.

### **Tae Kwon Do Tournament**

The Tae Kwon Do Tournament was held Saturday, March 23<sup>rd</sup> at 10:00 a.m. Forty-Eight (48) participants took part in the annual tournament. Participants traveled from Georgia, California, North Carolina and surrounding areas in South Carolina. The tournament included eliminations in forms and sparring for all ages and Black Belt Testing. Jack Emmel, Seminar Director/Instructor.

### **Tai Chi/Qigong**

Seven (7) people have been participating in the Tai Chi class held on Tuesdays at 10:45 a.m. in the High Tide/Low Tide Room. Connie Cossetti, Instructor.

### **Adult Tennis**

Twelve (12) participants have been meeting for beginner and Intermediate tennis lessons. Intermediate Tennis meets at 8:30 a.m. and the beginner group meets at 9:30 a.m. Corinne Enright, Instructor.

**Tiny Tennis:** Tennis class for ages 3 – 7 year olds. Participants use smaller court size, smaller net and low bounce tennis ball. All Tiny Tennis classes are full with six (6) participants. Classes are held on Tuesdays and Thursdays from 3:30pm – 5:00pm.

**Beginner Tennis:** Class is for ages 7 and older. The Tuesday class has seven (7) people enrolled and the Thursday classes has six (6) people participating. The next session of youth tennis is scheduled to start April 4<sup>th</sup>.

**Intermediate Tennis:** Three (3) participants are enrolled in the Tuesday and Thursday Intermediate tennis clinic. Class is held on Tuesdays and Thursdays from 6:00 p.m. – 7:00 p.m. The next session of tennis will start Tuesday, April 4<sup>th</sup>. Corinne Enright, Instructor.

### **Total Body Challenge**

Thirty-nine (39) people have been participating in the morning fitness class. Class is scheduled Monday – Friday at 8:00 a.m. – 9:00 a.m. in the High Tide/Low Tide Room. Pat Boyd teaches Monday/Wednesday/Fridays and Angela Reinhardt teaches Tuesdays/Thursdays.

### **Volleyball League Play**

The Youth Volleyball League Play is scheduled for Thursday, April 11<sup>th</sup> – May 16<sup>th</sup>. Participants will receive instruction from coaches in real game situations. If minimum is not met to form teams, activity will change to a skills based clinic. Volleyball League Play is for children 4<sup>th</sup> – 8<sup>th</sup> grades. Currently thirty-seven (37) people are preregistered for activity. Laura & Kreg Togami, Instructors/Coach



**Wood Carving**

Seven (7) gentleman have been meeting on Wednesdays from 10:00 a.m. – 12:00 p.m. to socialize and whittle. Class is free and meets in the Tadpole Room.

**Writing Your Memoirs**

Writing your Memoirs started on February 12<sup>th</sup>, thirteen (13) people are participating in the class. The group will read and share works at the end of the session. Class is held in the Tadpole Room from 10:00 a.m. – 11:30 a.m. Tonya McGue, Instructor.

**Yoga****Evening Yoga**

Six (6) people have been participating in the evening yoga class held on Wednesdays at 5:30 p.m. class is held in the Palmetto Room. Jen DeGoyler, Instructor.

**Morning Yoga**

Twenty –Two (22) people have been participating in the morning yoga class held on Monday/Wednesday/Friday mornings from 9:15 a.m. – 10:15 a.m. Class is held in the High Tide/ Low Tide Room. Pat Boyd, Instructor.

**Saturday Yoga**

Twenty (20) people have been participating in the Saturday yoga class. Class is held at 10:00 a.m. in the Palmetto Room. Jen DeGoyler, Instructor.

**Zumba**

Fifteen (15) people have been participating in the Zumba fitness class. Class is held on Mondays and Wednesdays at 6:15 p.m. – 7:15 p.m. in the High Tide/Low Tide Room. Dale Ellison, Instructor.

**Adult Athletics****Adult Spring Softball**

The registration fee was \$425 per team. Games are played on Thursday evenings. A total of five teams (100 participants) have registered.

**Adult Spring 3 on 3 Basketball**

The registration fee was \$60 per team. Games are played on Tuesday evenings. A total of five teams (30 participants) have registered.

**Adult Spring 6 vs. 6 Soccer**

The registration fee was \$250 per team. Games are played on Tuesday evenings. A total of nine teams (108 participants) have registered.

### **Adult Spring Table Tennis Singles League**

The registration fee was \$10 per player. Games are played on Tuesday mornings. A total of fourteen players have registered.

### **Youth Athletics**

#### **Youth Baseball (Ages 3-12)**

Baseball games will begin the first week of April. Games are played Mondays, Thursdays and Saturdays. Picture Day will be held on April 10<sup>th</sup>.

#### **Youth Baseball Registration**

Fast Start Baseball	Total: 34	IOP Resident: 16	Non-resident: 15	S.I.: 3
5/6 T-Ball	Total: 54	IOP Resident: 31	Non-resident: 22	S.I.: 1
7/8 Machine Pitch	Total: 44	IOP Resident: 24	Non-resident: 15	S.I.: 5
9-12 Youth Baseball	Total: 33	IOP Resident: 18	Non-resident: 11	S.I.: 4

### **SPECIAL EVENTS**

#### **Keenagers**

The Keenager senior social group potluck lunch meeting was held on March 6<sup>th</sup>. Thirty Three (33) people attended the meeting. The next Keenager luncheon will be held April 3<sup>rd</sup>. Fellow Keenager, Darby Meyer will speak on his time as a Page boy for the United States Senate.

#### **Front Beach Fest**

Front Beach Fest was held at Front Beach on Saturday, March 9<sup>th</sup> from 12:00 p.m. – 4:00 p.m. The festival featured musical performances from *The Shem Creek Boogie Band and Blackwater Rhythm and Blues Band*. Sixty (60) local craft vendors, restaurants, businesses, and organizations were on the street selling and promoting their goods and services. Free entertainment included jump castles, a balloon artist, face painting, pop-up princess salon and *Good Clean Fun*.

#### **Easter Egg Hunt**

The annual Isle of Palms Easter Egg Hunt will be held on Saturday, March 31<sup>st</sup> at 10:00 a.m. The hunt will consist of four (4) age groups searching for Easter Eggs. The age groups include: 3 and under, 4-6, 7-9, and 10-12. The day will feature jump castles, a balloon artist, a photo booth, face painting, and ice cream. The Easter Bunny will be in attendance and available for pictures at the photo booth.

### **UPCOMING EVENTS**

#### **Yard Sale**

The annual Isle of Palms Community Yard Sale will be held on Saturday, March 30<sup>th</sup> from 8:00 a.m. to 12:00 p.m. on Hartnett Blvd. between 27<sup>th</sup> and 29<sup>th</sup> Avenues. Fifty (50) spaces are set to be filled for this event. Goodwill Industries will be on site to collect any of the vendors unwanted items.

## **Summer Camp**

Registration for summer camp begins on Saturday, May 4<sup>th</sup> from 1:00 p.m. – 3:00 p.m. for IOP Residents only. Non-residents may register beginning Monday, May 13<sup>th</sup> at 7:00 a.m.

### **Camp Summershine Themes for ages 5-7 and 8-12:**

Week 1: June 17-21	<u>Life on the Sea</u>
Week 2: June 24-28	<u>Summershine Safari</u>
Week 3: July 1- 5	<u>Holidaze</u> (NO CAMP JULY 4TH)
Week 4: July 8-12	<u>Get Out of Dodge</u>
Week 5: July 15-19	<u>Space is the Place</u>
Week 6: July 22-26-	<u>Wild Waters</u>
Week 7: July 29-Aug 2	<u>Challenge Week</u>

### **Wee Camp Themes ages 3-4:**

Week 1: June 17-21	<u>Under the sea</u>
Week 2: June 24-28	<u>The Mighty Jungle</u>
Week 3: July 1- 5	<u>Holidaze</u> (NO CAMP JULY 4TH)
Week 4: July 8-12	<u>Community Heroes</u>
Week 5: July 15-19	<u>Space is the Place</u>
Week 6: July 22-26	<u>Wild Waters</u>
Week 7: July 29-Aug. 2	<u>Summer Olympics</u>

## **Music in the Park**

On Saturday, May 4<sup>th</sup> from 1:00 p.m.-4:00 p.m. the Recreation Department will host Music in the Park. *Admiral Radio* and *Blue Plantation Band* will play bluegrass and blues music. A few local food/snack vendors will provide refreshments. Those who attend are asked to bring their lawn chairs and/or blankets to sit on the grass under the oak shade trees.

## **Sand Sculpting Competition**

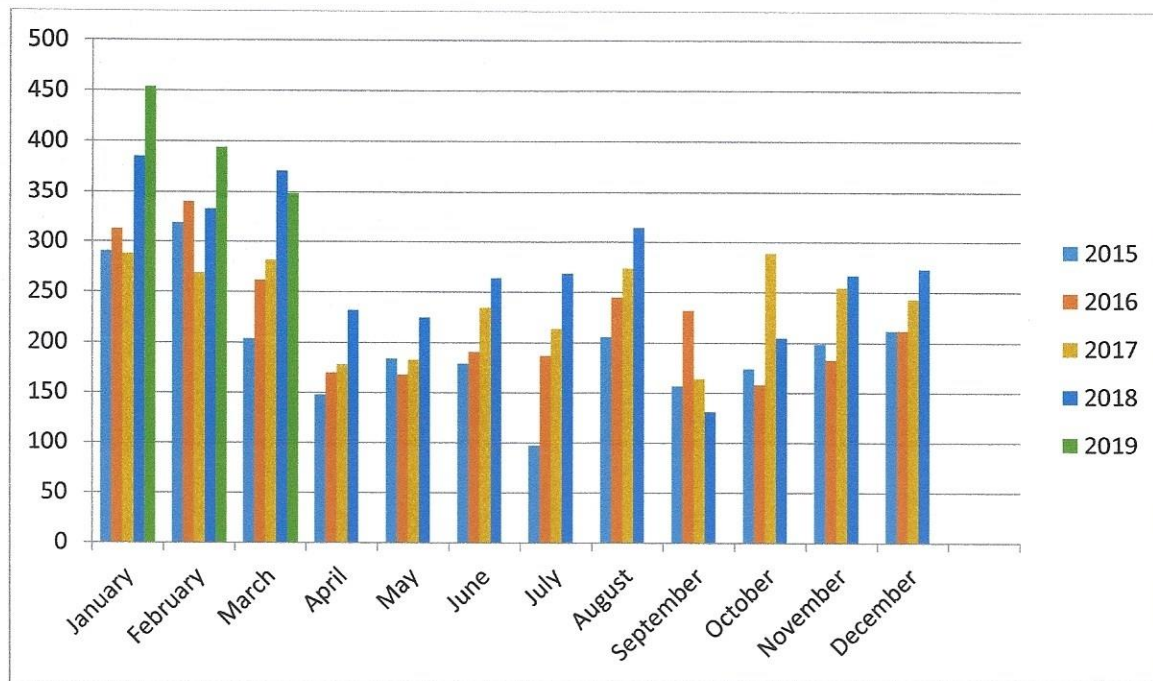
The 30<sup>th</sup> Annual Piccolo Spoleto Sand Sculpting Competition will be held on Saturday, June 1<sup>st</sup> beginning at 9:00 a.m. on Front Beach, IOP. Prizes donated from participating sponsors will be awarded to the top three (3) in the categories. Categories include: Adult (21 and older), Family (at least one adult & one young adult or child), Young Adult (ages 15-20), Children's (ages 14 and under), Best Architectural, Most Creative, and Best in Show – Overall.

## **IOP Beach Run**

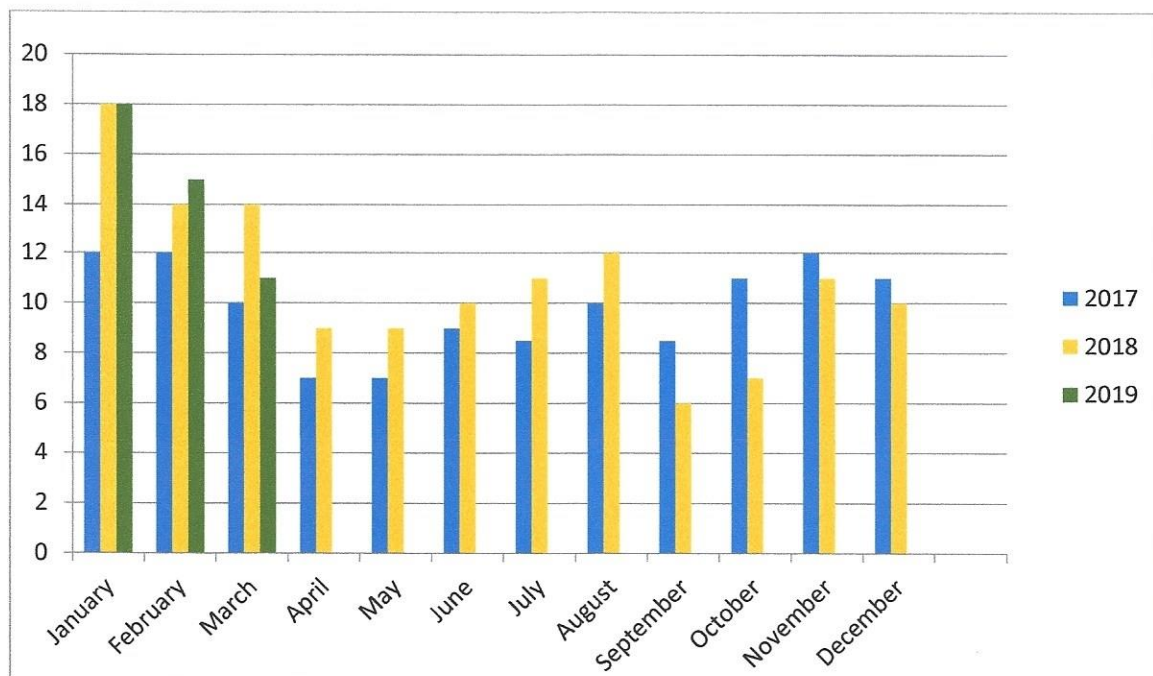
The IOP Beach Run will be held on Saturday, July 27, 2019 at 8:00 a.m.



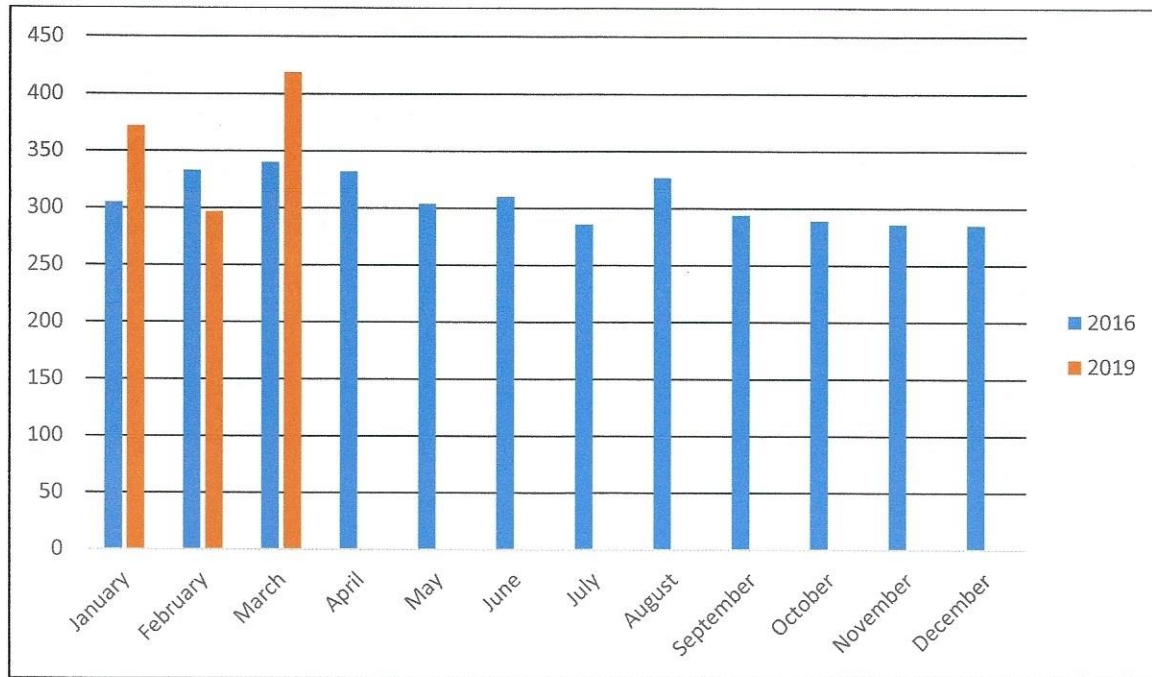
### TOTAL NUMBER OF VISITS IN CARDIO ROOM



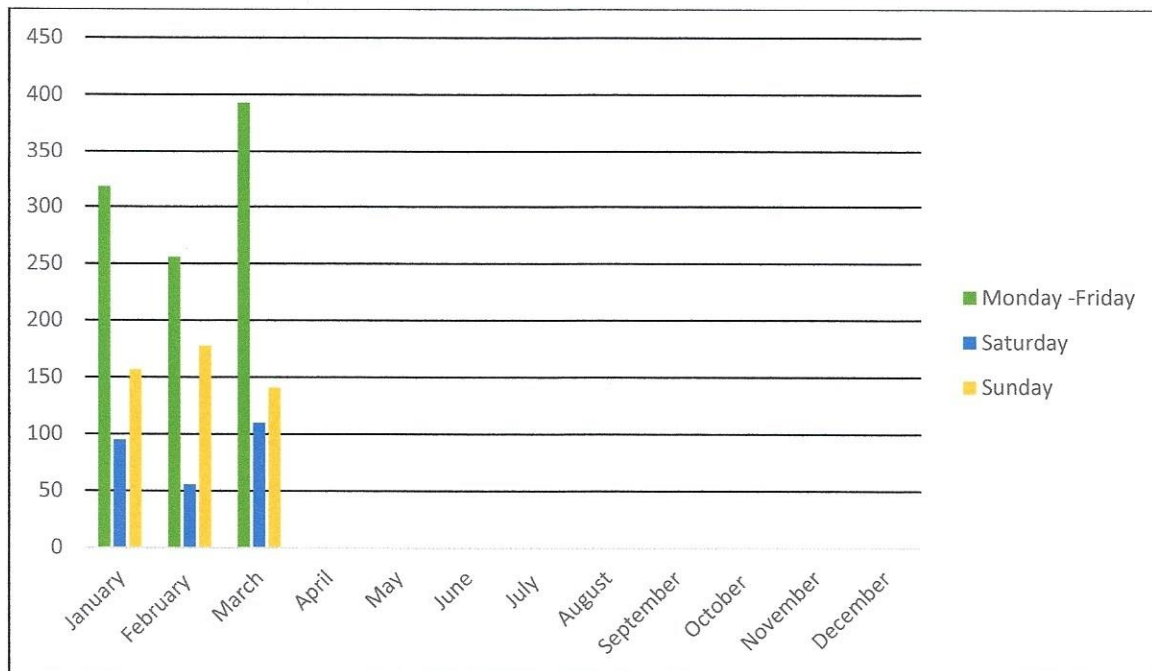
### CARDIO ROOM AVERAGE DAILY ATTENDANCE



## RECREATION BUILDING HOURS - Total hours Supervision is present



## GYM PARTICIPATION



## Monday Room Schedule April 2019

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
7:00am	Boot Camp	High Tide/ Low Tide Room	Pat Boyd
8:00am	TBC	High Tide/ Low Tide Room	Pat Boyd
9:00am	IOP Kids	Minnow Room	Cathy Adams
9:15am	Morning Yoga	High Tide/Low Tide Room	Pat Boyd
9:15am	Barre	Gym	Angela Reinhardt
10:00am	Knit& Stitch	Lobby	Rec Staff
10:30am	Core & More	High Tide/ Low Tide Room	Jeromy Miller
12:00pm	Mah Jongg	Tadpole Room	Rec Staff
12:00pm	Mini Minnows	Minnow Room	Cathy Adams
3:00pm	Senior Exercise	High Tide/ Low Tide Room	Judy Fischer
5:15pm	7/8 & 9/12 Baseball Games	Baseball Fields	Rec Staff
6:15pm	Zumba	High Tide/ Low Tide Room	Dale Ellison
6:30pm	Tae Kwon Do	Magnolia/Palmetto Room	Jack Emmel
6:30pm	Dog Obedience	Gym	Susan Marett

**Notes:**

4/22: No IOP Kids or Mini Minnows.



## Tuesday Room Schedule April 2019

Time	Class	Room	Instructor Name
7:00am	Cardio Room		
8:00am	TBC	High Tide/Low Tide	Angela Reinhardt
8:30am	Adult Tennis Intermediate	Tennis Courts	Corinne Enright
9:30am	Adult Tennis Beginners	Tennis Courts	Corinne Enright
9:00am	IOP Kids	Minnow Room	Cathy Adams
9:30am	Fit Body in 50	High Tide/Low Tide Room	Geri D'Italia
10:00am	Table Tennis	Gym	Rec Staff
10:00am	Writing Class	Tadpole Room	Tonya McGue
10:45am	Tai Chi/Qigong	High Tide/Low Tide Room	Connie Cossetti
12:00pm	Science with Sam	Tadpole Room	Samantha Barrineau
3:00pm	Over 50 Fitness	High Tide/Low Tide Room	Judy Fischer
3:30pm	Gymnastics	Palmetto Room	Tricha Tapio
3:30pm	Tiny Tennis (3-5 yrs)	Tennis Courts	Corinne Enright
4:00pm	Tiny Tennis (5-7 yrs)	Tennis Courts	Corinne Enright
4:00pm	Youth Baseball Practice	Baseball Fields	Rec Staff
5:00pm	Youth Tennis (beginners)	Tennis Courts	Corinne Enright
5:30pm	Fit Body in 50	High Tide Room	Geri D'Italia
6:00pm	Youth Tennis (intermediate)	Tennis Courts	Corinne Enright
6:15pm	6V6 Adult Soccer	Soccer Field	Rec Staff
7:00pm	3 on 3 Adult Basketball	Gym	Rec Staff
7:30pm	Dog Obedience	Mag/Palm Room	Jane Hirsch

**NOTES:**

4/9: Connector Run Meeting in the Tadpole Room at 8am.

## Wednesday Room Schedule April 2019

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
7:00am	Boot Camp	High Tide/ Low Tide Room	Pat Boyd
8:00am	TBC	High Tide/ Low Tide Room	Pat Boyd
9:00am	IOP Kids	Minnow Room	Cathy Adams
9:15am	Morning Yoga	High Tide/Low Tide Room	Pat Boyd
9:15am	Barre & More	Gym	Angela Reinhardt
10:00pm	Wood Carving	Tadpole Room	Rec Staff
12:00pm	Mini Minnows	Minnow Room	Cathy Adams
3:00pm	Senior Exercise	High Tide/ Low Tide Room	Judy Fischer
4:00pm	Giggling Artist	Magnolia Room	Diana Connors
5:15pm	Youth Baseball Practice	Baseball Fields	Rec Staff
5:30pm	Evening Yoga	Palmetto Room	Jenn Schoolfield
6:00pm	Spanish 1	Tadpole Room	Seth Mason
6:15pm	Zumba	High Tide/Low Tide Room	Dale Ellison
7:00pm	Tae Kwon Do	Gym	Jack Emmel
7:00pm	Spanish 2	Tadpole Room	Seth Mason

**Notes:**

4/3: Keenagers Luncheon Mag/Palm Room from noon-2pm.

## Thursday Room Schedule April 2019

Time	Class	Room	Instructor Name
7:00am	Cardio Room opens		
8:00am	TBC	High Tide/Low Tide	Angela Reinhardt
8:15am	Little Lotus Yoga	Tadpole Room	Jennifer Rogers
9:00am	IOP Kids	Minnow Room	Cathy Adams
9:30am	Fit Body in 50	High Tide/Low Tide Room	Geri D'Italia
9:30am	Line Dancing	Palmetto Room	Trisha Leonard
10:30am	Core & More	High Tide/Low Tide	Jeromy Miller
12:00pm	Giggling Artist Pre-K	Tadpole Room	Diana Connors
3:00pm	Over 50 Fitness	High Tide/Low Tide Room	Judy Fischer
3:30pm	Tiny Tennis (3-5 yrs)	Tennis Courts	Corinne Enright
4:00pm	Tiny Tennis (5-7 yrs)	Tennis Courts	Corinne Enright
5:00pm	Youth Tennis (Beginners)	Tennis Courts	Corinne Enright
5:00pm	Volleyball (4 <sup>th</sup> -5 <sup>th</sup> grades)	Gym	Kreg & Laura Togami
5:15pm	9/12 Baseball Games	Baseball Field	Rec Staff
5:30pm	Fit Body in 50	High Tide Room	Geri D'Italia
6:00pm	Youth Tennis (intermediate)	Tennis Courts	Corinne Enright
6:00pm	Volleyball (6 <sup>th</sup> – 8 <sup>th</sup> grades)	Gymnasium	Kreg Togami
7:00pm	Adult Softball	Softball Field	Rec Staff

**NOTES:**



**Friday Room Schedule  
April 2019**

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
7:00am		Cardio Room open	Rec Staff
7:00am	Boot Camp	High Tide/ Low Tide Room	Pat Boyd
8:00am	TBC	High Tide/ Low Tide Room	Pat Boyd
9:00am	IOP Kids	Minnow Room	Cathy Adams
9:30am	Mommy & Me	Tadpole Room	
9:15am	Morning Yoga	High Tide/ Low Tide Room	Pat Boyd
12:00pm	Mini Minnows	Minnow Room	Cathy Adams
3:00pm	Senior's walking	Gymnasium	Rec Staff
4:00pm	Youth Baseball Practice	Baseball Field	Rec Staff
5:00pm	Building Closes		

**NOTES:**

4/19: No IOP Kids or Mini Minnows.

## Saturday Room Schedule April 2019

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
8:00am – 9:45am	Open Gym	Gymnasium	Rec Staff
9:00am	Fast Start Baseball	Outside Fields	Rec Staff
9:00am	5/6 T-Ball Games	Baseball Fields	Rec Staff
9:00am	Youth/Family Tae Kwon Do	High/Low Tide Room	Master Jack
9:30am	Mommy & Me	Tadpole Room	Rec Staff
10:00am	Adult Tae Kwon Do	Gymnasium	Master Jack
10:00am	Saturday Yoga	Palmetto Room	Jenn Schoolfield
12:35 – 5:00	Open Gym	Gymnasium	Rec Staff

### NOTES:

March 30<sup>th</sup> Annual Yard Sale (8-12noon)- Vendors will arrive around 6am.

April 20<sup>th</sup> IOP Easter Egg Hunt 10:00am SHARP! - Gymnasium may be closed.

## Sunday Room Schedule- April

<u>Time</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
1pm-3pm	Adult Open Gym	Gym	Rec Staff
3pm-5pm	Family Open Gym	Gym	Rec Staff
1pm-5pm	Cardio Room Open		Rec Staff

### NOTES:







- **Open Gym**  
**Adult Play**      1pm-3pm – ADULTS ONLY – Full court play  
**Family Play**     3pm-5pm – ALL AGES – NO Full court play

# Gymnasium & Cardio Schedule

## April 2019

# Isle of Palms Recreation Department

#24 28th Avenue Isle of Palms, SC 29451  
(843) 886-8294 www.iop.net

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:00pm  <b>Barre</b> 9:15am - 10:15am  <b>Dog Obedience</b> 6:30pm - 8:30pm	<b>2</b> <b>Open Gym</b> 7:00am - 9:45am 12:30pm-6:30pm  <b>Table Tennis</b> 10:00am - 12:30pm  <b>3 on 3 Basketball</b> 7:00pm - 9:00pm	<b>3</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:45pm  <b>Barre</b> 9:15am - 10:15am  <b>TKD</b> 7:00pm - 8:30pm	<b>4</b> <b>Open Gym</b> 7:00am - 6:30pm  <b>Table Tennis (1/2court)</b> 10am - 12:30pm	<b>5</b> <b>Open Gym</b> 7:00am - 10:00am 12:00pm - 4:45pm  <b>Closed for Cleaning</b> 10:00am - 12:00pm	<b>6</b> <b>Open Gym</b> 8:00am-9:45am 12:30pm-5:00pm  <b>TKD</b> 10am - 12:30pm  	
	<b>7</b> Adult Play 1pm-3pm  Family Play 3pm-5pm	<b>8</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:00pm  <b>Barre</b> 9:15am - 10:15am  <b>Dog Obedience</b> 6:30pm - 8:30pm	<b>9</b> <b>Open Gym</b> 7:00am - 9:45am 12:30pm-6:30pm  <b>Table Tennis</b> 10:00am - 12:30pm  <b>3 on 3 Basketball</b> 7:00pm - 9:00pm	<b>10</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:45pm  <b>Barre</b> 9:15am - 10:15am  <b>TKD</b> 7:00pm - 8:30pm	<b>11</b> <b>Open Gym</b> 7:00am - 4:30pm  <b>Table Tennis (1/2court)</b> 10am - 12:30pm  <b>Volleyball</b> 5:00pm - 8:00pm	<b>12</b> <b>Open Gym</b> 7:00am - 10:00am 12:00pm - 4:45pm  <b>Closed for Cleaning</b> 10:00am - 12:00pm	<b>13</b> <b>Open Gym</b> 8:00am-9:45am 12:30pm-5:00pm  <b>TKD</b> 10am - 12:30pm
<b>14</b> Adult Play 1pm-3pm  Family Play 3pm-5pm	<b>15</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:00pm  <b>Barre</b> 9:15am - 10:15am  <b>Dog Obedience</b> 6:30pm - 8:30pm	<b>16</b> <b>Open Gym</b> 7:00am - 9:45am 12:30pm-6:30pm  <b>Table Tennis</b> 10:00am - 12:30pm  <b>3 on 3 Basketball</b> 7:00pm - 9:00pm  	<b>17</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:45pm  <b>Barre</b> 9:15am - 10:15am  <b>TKD</b> 7:00pm - 8:30pm  	<b>18</b> <b>Open Gym</b> 7:00am - 4:30pm  <b>Table Tennis (1/2court)</b> 10am - 12:30pm  <b>Volleyball</b> 5:00pm - 8:00pm	<b>19</b> <b>Open Gym</b> 7:00am - 10:00am 12:00pm - 4:45pm  <b>Closed for Cleaning</b> 10:00am - 12:00pm	<b>20 Easter Egg Hunt</b> <b>Open Gym</b> 8:00am-9:45am 12:30pm-5:00pm  <b>TKD</b> 10am - 12:30pm  - In case of inclement weather Egg Hunt will be moved indoors & gym will be closed.	
	<b>21</b> Adult Play 1pm-3pm  Family Play 3pm-5pm	<b>22</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:00pm  <b>Barre</b> 9:15am - 10:15am  <b>Dog Obedience</b> 6:30pm - 8:30pm	<b>23</b> <b>Open Gym</b> 7:00am - 9:45am 12:30pm-6:30pm  <b>Table Tennis</b> 10:00am - 12:30pm  <b>3 on 3 Basketball</b> 7:00pm - 9:00pm	<b>24</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:45pm  <b>Barre</b> 9:15am - 10:15am  <b>TKD</b> 7:00pm - 8:30pm	<b>25</b> <b>Open Gym</b> 7:00am - 4:30pm  <b>Table Tennis (1/2court)</b> 10am - 12:30pm  <b>Volleyball</b> 5:00pm - 8:00pm  	<b>26</b> <b>Open Gym</b> 7:00am - 10:00am 12:00pm - 4:45pm  <b>Closed for Cleaning</b> 10:00am - 12:00pm	<b>27</b> <b>Open Gym</b> 8:00am-9:45am 12:30pm-5:00pm  <b>TKD</b> 10am - 12:30pm
<b>28</b> Adult Play 1pm-3pm  Family Play 3pm-5pm	<b>29</b> <b>Open Gym</b> 7:00am - 9:00am 10:45am-6:00pm  <b>Barre</b> 9:15am - 10:15am  <b>Dog Obedience</b> 6:30pm - 8:30pm	<b>30</b> <b>Open Gym</b> 7:00am - 9:45am 12:30pm-6:30pm  <b>Table Tennis</b> 10:00am - 12:30pm  <b>3 on 3 Basketball</b> 7:00pm - 9:00pm	<b>Cardio Room</b> Monday: 7:00am - 6:30pm Tuesday: 7:00am - 6:30pm Wednesday: 7:00am - 7:00pm Thursday: 7:00am - 6:30pm Friday: 7:00am - 5:00pm Saturday: 8:00am - 5:00pm Sunday: 1:00pm - 5:00pm				

\*Recreation activities have first priority, schedule subject to change\*




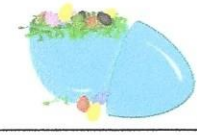

# Isle of Palms Recreation Department

#24 28th Avenue Isle of Palms, SC 29451

(843) 886-8294 www.iop.net

Programs, Athletics & Special Events

# April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> 7am Boot Camp 8am TBC 9:00 IOP Kids 9:15 Yoga <b>9:15 Barre</b> 10:00 Knit & Stitch <b>10:30 Core &amp; More</b> 12:00 Mah Jongg 12:00 Mini Minnows 3:00 Sr. Exercise 5:15 7/8 & 9/12 Baseball Games 6:15 Zumba 6:30 TKD 6:30 Dog Obedience	<b>2</b> 8:00 TBC 8:30 Adult Tennis 9:00 IOP Kids 9:30 Fit Body in 50 10:00 Table Tennis 10:00 Writing Class 10:45 Tai Chi/Qigong 12:00 Science with Sam 3:00 Over 50 Fitness 3:30 Gymnastics 3:30 Tiny Tennis 4:00 Baseball Practice 5:00 Youth Tennis 5:30 Fit Body in 50 6:15 6V6 Soccer 6:45 Dog Obedience 7:00 3 on 3 Basketball	<b>3</b> 7am Boot Camp 8am TBC 8:30 Adult Tennis 9:00 IOP Kids 9:15 Yoga <b>9:15 Barre</b> 10:00 Wood Carving <b>12:00 KEENAGERS</b> 12:00 Mini Minnows 3:00 Sr. Exercise 4:00 Baseball Practice 5:30 Evening Yoga 6:00 Spanish 1 6:15 Zumba 7:00 Spanish 2 7:00 TKD	<b>4</b> 8:00 TBC 8:15 Little Lotus Yoga 9:00 IOP Kids 9:30 Fit Body in 50 9:30 Line Dancing 10:00 Table Tennis <b>10:30 Core &amp; More</b> 12:00 Giggling Artist PK 3:00 Over 50 Fitness 3:30 Tiny Tennis 5:00 Youth Tennis 5:15 9/12 Baseball Games 5:30 Fit Body in 50 7:00 Adult Softball	<b>5</b> 7am Boot Camp 8:00 TBC 9:00 IOP Kids 9:15 Yoga 9:30 Mommy & Me 12:00 Mini Minnows	<b>6</b> 9am Yth TKD 9am Fast Start Baseball 9am 5/6 T-Ball Games 9:30 Mommy & Me 10am Yoga 10am Adult TKD <b>Open Gym</b> 8:00am - 9:45am 12:00pm - 5:00pm	
<b>7</b> <b>Open Gym</b> 1pm - 3pm Adult Play 3pm - 5pm Family Play	<b>8</b> 7am Boot Camp 8am TBC 9:00 IOP Kids 9:15 Yoga <b>9:15 Barre</b> 10:00 Knit & Stitch <b>10:30 Core &amp; More</b> 12:00 Mah Jongg 12:00 Mini Minnows 3:00 Sr. Exercise 5:15 7/8 & 9/12 Baseball Games 6:15 Zumba 6:30 TKD 6:30 Dog Obedience	<b>9</b> 8:00 TBC 8:30 Adult Tennis 9:00 IOP Kids 9:30 Fit Body in 50 10:00 Table Tennis 10:00 Writing Class 10:45 Tai Chi/Qigong 12:00 Science with Sam 3:00 Over 50 Fitness 3:30 Gymnastics 3:30 Tiny Tennis 4:00 Baseball Practice 5:00 Youth Tennis 5:30 Fit Body in 50 6:15 6V6 Soccer 6:45 Dog Obedience 7:00 3 on 3 Basketball	<b>10</b> 7am Boot Camp 8am TBC 8:30 Adult Tennis 9:00 IOP Kids 9:15 Yoga <b>9:15 Barre</b> 10:00 Wood Carving 12:00 Mini Minnows 3:00 Sr. Exercise 4:00 Baseball Practice 4:00 Giggling Artist 5:30 Evening Yoga 6:00 Spanish 1 6:15 Zumba 7:00 Spanish 2 7:00 TKD	 <b>11</b> 8:00 TBC 8:15 Little Lotus Yoga 9:00 IOP Kids 9:30 Fit Body in 50 9:30 Line Dancing 10:00 Table Tennis <b>10:30 Core &amp; More</b> 12:00 Giggling Artist PK 3:00 Over 50 Fitness 3:30 Tiny Tennis 5:00 Youth Tennis 5:00 Volleyball 5:15 9/12 Baseball Games 5:30 Fit Body in 50 7:00 Adult Softball	<b>12</b> 7am Boot Camp 8:00 TBC 9:00 IOP Kids 9:15 Yoga 9:30 Mommy & Me 12:00 Mini Minnows 4:00 Baseball Practice	<b>13</b> 9am Yth TKD 9am Fast Start Baseball 9am 5/6 T-Ball Games 9:30 Mommy & Me 10am Yoga 10am Adult TKD <b>Open Gym</b> 8:00am - 9:45am 12:00pm - 5:00pm	
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<b>21</b> <b>Open Gym</b> 1pm - 3pm Adult Play 3pm - 5pm Family Play	<b>22</b> 7am Boot Camp 8am TBC 9:15 Yoga <b>9:15 Barre</b> 10:00 Knit & Stitch <b>10:30 Core &amp; More</b> 12:00 Mah Jongg 3:00 Sr. Exercise 5:15 7/8 & 9/12 Baseball Games 6:15 Zumba 6:30 TKD	<b>23</b> 8:00 TBC 8:30 Adult Tennis 9:00 IOP Kids 9:30 Fit Body in 50 10:00 Table Tennis 10:45 Tai Chi/Qigong 12:00 Science with Sam 3:30 Gymnastics 3:30 Tiny Tennis 4:00 Baseball Practice 5:00 Youth Tennis 5:30 Fit Body in 50 6:15 6V6 Soccer 7:00 3 on 3 Basketball	<b>24</b> 7am Boot Camp 8am TBC 8:30 Adult Tennis 9:00 IOP Kids 9:15 Yoga <b>9:15 Barre</b> 10:00 Wood Carving 12:00 Mini Minnows 3:00 Sr. Exercise 4:00 Baseball Practice 4:00 Giggling Artist 5:30 Evening Yoga 6:00 Spanish 1 6:15 Zumba 7:00 Spanish 2 7:00 TKD	<b>25</b> 8:00 TBC 8:15 Little Lotus Yoga 9:00 IOP Kids 9:30 Fit Body in 50 9:30 Line Dancing 10:00 Table Tennis <b>10:30 Core &amp; More</b> 12:00 Giggling Artist PK 3:00 Over 50 Fitness 3:30 Tiny Tennis 5:00 Youth Tennis 5:00 Volleyball 5:15 9/12 Baseball Games 5:30 Fit Body in 50 7:00 Adult Softball	<b>26</b> 7am Boot Camp 8:00 TBC 9:00 IOP Kids 9:15 Yoga 9:30 Mommy & Me 12:00 Mini Minnows 4:00 Baseball Practice	<b>27</b> 9am Yth TKD 9am 5/6 T-Ball Games 9:30 Mommy & Me 10am Yoga 10am Adult TKD <b>Open Gym</b> 8:00am - 9:45am 12:00pm - 5:00pm	
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**Isle of Palms Recreation Center**  
**#24 28th Avenue**  
**Isle of Palms, SC 29451**  
**(843)886-8294**



**APRIL CLASS SCHEDULE AND SPECIAL EVENTS**

**Monday:**

- **BOOT CAMP**  
7:00am-8:00am \$10 per class
- **TOTAL BODY CHALLENGE**  
8:00am-9:00am \$8 per class
- **YOGA**  
9:15am-10:15am \$10 per class
- **BARRE & MORE**  
9:15am-10:15am \$10 per class
- **CORE & MORE**  
10:30am - 11:30am \$12 per Class
- **ZUMBA**  
6:15pm-7:15pm \$10 per class

\* Cardio Room: 7:00am-6:30pm

**Tuesday:**

- **TOTAL BODY CHALLENGE**  
8:00am-9:00am \$8 per class
- **FITBODY IN 50**  
5:30pm-6:30pm \$12 per class
- **TAI CHI/QIGONG**  
10:45am-12:00pm \$10 per class
- **OVER 50 FITNESS**  
3:00pm-4:00pm \$10 per class

\* Cardio Room: 7:00am-6:30pm

**Wednesday:**

- **BOOT CAMP**  
7:00am-8:00am \$10 per class
- **TOTAL BODY CHALLENGE**  
8:00am-9:00am \$8 per class
- **YOGA**  
9:15am-10:15am \$10 per class
- **BARRE & MORE**  
9:15am-10:15am \$10 per class
- **YOGA**  
5:30pm-6:30pm \$10 per class
- **ZUMBA**  
6:15pm-7:15pm \$10 per class

\*Cardio Room: 7:00am - 7:00pm

**Thursday:**

- **TOTAL BODY CHALLENGE**  
8:00am-9:00am \$8 per class
- **FITBODY IN 50**  
5:30pm-6:30pm \$12 per class
- **CORE & MORE**  
10:30am - 11:30am \$12 per class
- **OVER 50 FITNESS**  
3:00pm-4:00pm \$10 per class

\* Cardio Room: 7:00am-6:30pm

**Friday:**

- **BOOT CAMP**  
7:00am-8:00am \$10 per class
- **TOTAL BODY CHALLENGE**  
8:00am-9:00am \$8 per class
- **YOGA**  
9:15am-10:15am \$10 per class

\* Cardio Room: 7:00am-5:00pm

**Saturdays:**

- **YOGA**  
10:00am-11:15am \$12 per class
- **OPEN GYM:**  
8:00am - 9:45am  
12:30pm - 5:00pm

\*Cardio Room: 8:00pm -5:00pm

**Sundays:**

- **OPEN GYM 1:00pm - 5:00pm**  
1:00pm - 3:00pm Adult Gym  
3:00pm - 5:00pm Family Gym

\*Cardio Room: 1:00pm - 5:00pm

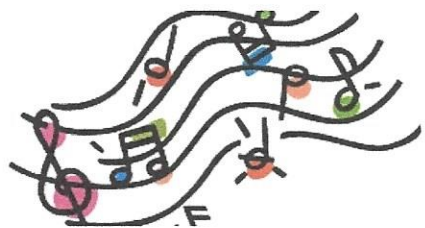
**CORE & MORE TRAINING  
 April Session - New Schedule**

Mondays & Thursdays  
 10:30am - 11:30am  
 8 Classes:  
 \$60 residents/\$65 non-residents  
 4 Classes:  
 \$32 residents/\$37 non-residents  
 \$12 Walk - in Fee

**BARRE & MORE  
 April Session - New Time**  
 Mondays & Wednesdays  
 9:15am - 10:15am

**MUSIC IN THE PARK**

Saturday, May 4  
 1:00pm - 4:00pm



Bring lawn chairs and come enjoy an afternoon of music in the park! Local food trucks will be on site offering refreshments.