

ACTIVITY GUIDE

JUNE - AUGUST 2026



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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.isleofpalms.gov



Announcements & Updates

Visit www.isleofpalms.gov 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 - Support a youth athletic team or special event and advertise your business!

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

- Aaron Sweet, Athletics, asweet@isleofpalms.gov
- Kelsey Marsh, Special Events, kmarsh@isleofpalms.gov

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

Pickleball Courts

- 27th Avenue & Harnett Blvd.
- First come, first serve.
- Courts have lights
- When someone is waiting, limit play time to one (1) hour.
- Open Play times are advertised on the court. Paddle Rotation Rules.
 - 8-11AM Tuesday, Thursday, & Friday
 - 4-6PM Wednesdays
- Times may vary based on the program schedule.
- Hours - Sunrise to 9PM

Gymnasium

- Recreation activities have first priority over gym usage.
- Hours
 - Monday-Friday, times limited due to summer camps, call for availability.
 - Saturdays
 - Adult Play 7-9AM
 - Open Gym 11AM-2PM

Fitness Court

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

Playground

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

Picnic Shelter 20X40

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

Clarkin Softball Field

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

Tennis Courts

- Harnett Blvd. & 28th Ave.
- Courts have lights.
- Court 1 - Tennis ONLY
- Court 2 - Multi-purpose court with Tennis priority.
- 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

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.

Online 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 # 121700
- 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, beach lifestyle, Isle of Palms, and MORE!

Photography/Videography: We reserve the right to use photos and videos taken during events, programs, and classes of participants and spectators for creative and promotional purposes.



FREE SEA STROLL & LEARN

25th Avenue Beach Access (unless otherwise noted)

7:30AM, 2ND Thursday of every month

- **June 11** - Life Under the Water, Mike Frees, Barrier Island Eco Tours
- **July 9** - Sea Turtles, Mary Pringle, Island Turtle Team
- **August 13** - Sea Foam, Algae, Fleas & Other Curiosities, Barrier Island Eco Tours
- **September 10** - Stingrays, Barrier Island Eco Tours
- **October 1** - IOP Dock Life Above & Below (at the IOP Marina Public Dock), Barrier Island Eco Tours, The Island Turtle Team, and Holy City Birding
- **October 8** - Surf Fishing from the Sand, Barrier Island Eco Tours
- **November 12** - Whales, Barrier Island Eco Tours

JULY 4TH HOME

DECORATING CONTEST

Celebrating 250 Years of American Independence!

- Registration required by Monday, June 29
 - isleofpalms.gov
- Judging - Tuesday, June 30 (starts at 10AM)
- Categories (home or business)
 - Most Traditional
 - Most Patriotic
 - All American Spirit
- 1st place and Runner-up awarded per category
- Winners will be announced via social media by Wednesday, July 1

FARMER'S MARKET & FOOD TRUCK JAM

4-7PM, 3rd Thursday of every month

June-October

- June 18
- July 16
- August 20
- September 17
- October 15
- Details
 - Food Trucks
 - Specialty Foods & Vendors
 - Artisans
 - Live Music
 - Family-friendly Activities

Events

IOP BEACH RUN

Saturday, July 25, 8AM

Front Beach, Isle of Palms

- Event Details
 - 5K Run/Walk & 10K Run 8AM
 - Registration 5K/10K Run \$30
 - Late (after June 19) \$40
 - Youth Fun Runs 8:30AM - Ages 4-14
 - Registration Youth Fun Runs \$10
- REGISTER - raceroster.com or IOP Rec. Center
 - Registration Closes Wednesday, July 22, at NOON
- ENTRY FEES ARE NON-REFUNDABLE
- EVENT HELD RAIN OR SHINE
- Pre-registration Packet Pick-up
 - Friday, July 24, 4:30-6:30PM
 - Windjammer 1008 Ocean Blvd.
- Late Registration & Packet Pick-up
 - Day of the Race Starting at 7AM
- Course - All events are on the beach, behind the Windjammer on the hardpacked sand at/or near low tide.
- Medals - 1st and 2nd place to male and female age group winners and 5K and 10K overall winners.

FREE SPEAKER SERIES

24 28th Avenue (unless otherwise noted)

- Tuesday, September 8, 6PM
 - Guardianship, Gina Melella, Outreach Manager, Schwartz Legacy Planning
- Tuesday, September 15, 11AM
 - The Power of Positive Painting, Robert Maniscalco, Artist, Producer, & Writer
- Thursday, October 1, 7:30AM - Stroll & Learn at the IOP City Dock, Barrier Island Eco Tours & Island Turtle Team
- Tuesday, October 6, 11AM
 - Local Real Estate Market Update, Suzy Kopp, Keller Williams Realty
- Wednesday, October 14, 5PM
 - Estate Planning, Casey Schwartz, Attorney, Schwartz Legacy Planning
- Monday, October 26, 5:30PM
 - Using Recycled Elements in Art, Elizabeth Melton-Seabrook, Artist & Instructor

Visit isleofpalms.gov for an updated list that includes the new speakers that are added throughout the season.

Events

ART AT THE REC

AUGUST 31-OCTOBER 31

- Various local artists will exhibit their art in the lobby and hallway inside the REC Center each week (six days).
- Invite only.

HALF RUBBER TOURNAMENT

Saturday, August 8, 8AM

- CAPTAIN'S MEETING
 - Saturday, August 8, 7:30AM
- TEAMS
 - 3 or 4 person teams
 - 16 years & older
 - \$25 per person, shirts provided to registered participants.
 - Register by Friday, July 31
 - Team Entry Only
- Regulation Half Rubber Balls Provided
- AWARDS
 - Prizes Awarded to 1st & 2nd Place teams.



Summer Camps

CAMP SUMMERSHINE AGES 5-12

- Ages 5-7 & Ages 8-12
- Monday-Friday from 9AM-3PM
 - Supervision from 8:30AM-3:30PM

WEEK 1: JUNE 8-12 SPORTS & SKILLS OLYMPICS

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

WEEK 2: JUNE 15-19 SPACE VOYAGERS

- Campers will enjoy a week of adventure and imagination.

WEEK 3: JUNE 22-26 DODGEBALL

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

WEEK 4: JUNE 29-JULY 2 PIRATES BY THE SEA

- Engage in a week of activities and learning about all creatures and the history of the Isle of Palms. No Camp Friday, July 3.

WEEK 5: JULY 6-10 HOLIDAY WEEK

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

WEEK 6: JULY 13-17 SCIENTIFIC NOTIONS & POTIONS

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

WEEK 7: JULY 20-24 OUTDOOR EXPLORERS

- Explore nature, learn outdoor skills, and tackle fun discovery challenges that build confidence and teamwork.

WEEK 8: JULY 27-JULY 31 END OF SUMMER BASH

- Spend the week enjoying all your favorite activities.

WEE CAMP

- Ages 3-4 **Must be Potty-trained**, no exceptions.
- Monday-Friday from 9:00am-3:00pm
 - Supervision from 8:30am-3:30 pm

WEEK 1: JUNE 8-12 SURFS UP

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

WEEK 2: JUNE 15-19 LIVING ON A LAKE

- Campers learn freshwater life.

WEEK 3: JUNE 22-26 JUNGLE SAFARI

- Campers go on a jungle safari.

WEEK 4: JUNE 29- JULY 2 FOREST FRIENDS

- Discover wildlife in the forest. No Camp Friday, July 3.

WEEK 5: JULY 6-10 SUMMER NIGHTS

- What happens on those warm summer nights?

WEEK 6: JULY 13-17 COMMUNITY HEROES

- People who help us in our community

WEEK 7: JULY 20- 24 UNDER THE SEA

- Life under the sea

Week 8: JULY 27- JULY 31 STEM WEEK

- Enjoy fun and learning and celebrate the end of summer

Youth Athletic & Art Summer Camps

ART CAMP

- Activity #120034
- June 8-12
 - Blooming Artists AGES 4 1/2-6
 - 10:30AM-12PM
 - Description - Artist exploration using several mediums.
 - Stroke of Genius AGES 7-11
 - 2-3:30PM
 - Description - Multiple projects and a stimulating mix of age-appropriate art techniques.
- Group placement is based on instructor assessment not just age. Placement will be adjusted before the first day of camp.
- \$230 residents; \$235 non-residents
- Instructor - Allison Johnson

GIRLS VOLLEYBALL CAMP AGES 10-15

- Activity # 320100
- June 22-26
- 9AM-11AM
- \$125 resident; \$130 non-resident
- Description - Camp is designed to develop the fundamental skills of volleyball. 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
- August 3-6
- 9AM-11AM
- \$100 resident; \$105 non-resident
- 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

GYMNASTICS CAMP AGES 4-8

- Activity # 120016
- August 3-5 (Monday-Wednesday)
- 10:30AM-12PM
- Minimum 8: Maximum 15
- \$100 resident; \$105 non-resident
- Instructor - Kaylie Jordan
- Description - All skill levels.

YOUTH LACROSSE CLINIC SPRING 2026

Activity # 121056

- Saturdays May 2 - June 6
 - 8:30AM-9:30AM (AGES 5-7)
 - 9:30AM-10:30AM (AGES 8-10)
- \$30 per player
- Participants must supply their own equipment
- Instructor - Jimmy Menacho

RISING STARS BASKETBALL CAMP AGES 5-14

- AGES 5-9
 - Activity #322102
- AGES 10-14
 - Activity # 322100
 - June 15-19
 - 9AM-1PM
- \$150 resident; \$155 non-resident
- 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 19, is the CAMP FINALE (Parents Attendance Encouraged). CAMP PICK UP AT NOON.**

SUMMER SOCCER CAMP AGES 4-12

- Activity # 321101
- July 27-July 31
- 9AM-12PM
- \$150 resident; \$155 non-resident
- Minimum 6
- 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

Youth Athletics & Programs

AROUND THE WORLD ADVENTURES AGES 5-9

- Activity # 126024
- Friday, 3-4PM
 - August 7-September 18
 - No class September 4
- \$150 residents; \$155 non-residents per session
- 4 minimum; 8 maximum
- Instructor - Susie Perez
- Description - Young explorers will virtually travel across the world and discover vibrant cultures, and unique traditions. Each week brings a new destination complete with colorful costumes, tasty international snacks, music, and storytelling,

PRETEEN YOGA AGES 9-12

- Saturday, 10AM
 - Starts in September
- \$20 resident; \$25 non-resident
- Instructor - Margaret Geganto
- Description - General yoga principles adapted specifically to meet the needs of the age group.

TAE KWON DO YOUTH AND FAMILY

- Activity # 120020
- 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
- Accepting new students in June and September.
- Instructor - Headmaster Jack Emmel, 8th DAN

TEEN YOGA AGES 13-15

- Saturday, 11AM
 - Starts in September
- \$20 resident; \$25 non-resident
- Instructor - Margaret Geganto
- Description - General yoga principles adapted specifically to meet the needs of the age group.

YOUTH SOCCER FALL 2026

- Player must be AGES 3-12 as of September 1, 2026.
 - Age required by SCAP (SC Athletic Programs)
- Registration
 - IOP/SI Residents: July 7-August 14
 - Non-Residents: July 14-August 14
- Activity #
 - 331004 -01 AGES 3/4 Saturday Mornings
 - 331001 -02 AGES 5/6 Monday Evenings
 - 331002 -03 AGES 7/8 Wednesday Evenings
 - 331003 -04 AGES 9-12 Monday & Thursday evening
- \$30 IOP Resident; \$55 Non-resident
- Mandatory Skill Evaluation
 - AGES 9-12
 - Tuesday, August 25, 6:30PM
- Coaches Meeting
 - Tuesday, August 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 August 31, 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.
Special requests will not be honored.

TINY CHEFS AGES 3-4

- Activity # 126028
- August 10-September 14
- Monday, 3-3:45PM
 - No class September 7
- \$150 residents; \$155 non-residents
- 4 minimum; 6 maximum
- Instructor - Susie Perez
- Description - Curriculum (NO BAKE) Wash Hands & Station; Food Preparation; Snack Assembly; Taste & Share; and clean up. Each child will receive their very own apron to use in class and keep at the end of the session. All food items provided will be organic and prewashed before class. Menu Options: - Ants on a Log, - Dirt Cups, Fruit Cracker Pizza, Banana Sushi Roll, Strawberry Shortcake Cups, Crunch Apple Boats

Adult Athletics

ADULT 6V6 SOCCER FALL 2026

- Activity # 316002
- July 7-August 14
- \$300 per team
- Registration (by team ONLY)
 - Max. 9 Teams
 - Rosters - 12 players per team
- Ages 18 & up
- Games - Tuesdays, starting September 1
- Schedules will be emailed to Captain's one week from season start date
- Location - 28th Avenue Soccer Field

ADULT 3 ON 3 BASKETBALL FALL 2026

- Activity # 315002
- Registration (by team ONLY)
- July 7-August 14
- \$80 per team
- Max 12 teams
- Rosters - 6 players per team
- Ages 18 & up
- Games - Tuesdays, starting September 1
- Schedules will be emailed to Captain's one week from season start date
- Location - IOP Recreation Gymnasium

PICKLEBALL GROUP LESSONS

- Activity # 122280 for June-Aug
- Activity # 132280 for Sept-Dec
 - Monday & Wednesday 7-8:30PM
 - June 15-24 Beginner
 - July 20-29 Intermediate
 - Monday & Wednesday 9-10:30AM
 - August 24-Sept 2 Beginner
 - Sept 28-Oct 7 Beginner
 - Nov. 30-Dec 9 Intermediate
- \$80 per series
 - Prior approval required for drop-ins.
- Maximum 12; Minimum 4
- Pickleball Courts
- Instructor - Nancy Markovich

PICKLEBALL PRIVATE LESSONS

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

TABLE TENNIS LEAGUE PLAY FALL 2026

- Activity # 132054
- Tuesdays 10AM-NOON
 - Games - Tuesdays, starting September 1
- Registration July 7-August 14
- \$10 per player
- Ages 18+
- Location - Gymnasium

TAE KWON DO ADULTS

- Activity # 121019
- Wednesday 6:30-8PM & 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.
- \$5 discount for additional family members
- Instructor - Headmaster Jack Emmel, 8th DAN

TENNIS LESSONS

- Intermediate to Advanced Clinic
 - 9-10:30AM
 - Tuesday USTA Rating 2.5 & above
 - Thursday USTA Rating 3.0 & above
 - \$20 per 1.5 hours; \$15/per 1 hour
- Intermediate Clinic USTA Rating 2.0-2.5
 - Monday & Wednesday 8:30-10AM
 - \$20 1.5 hour; \$15 1hour
- Beginner Clinic
 - Thursday, 10-11:30AM
 - September 4-October 9
 - \$120 6-weeks
- 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

Group Fitness

ACTIVE SENIORS' YOGA

- Activity # 122067
- Monday 2PM
- \$20 resident; \$25 non-resident
- \$7 drop-in per class
- Instructor - Darragh Simon
- Description - Traditional yoga at a slower pace focusing on balance, strength, and flexibility.

BALANCE & FALL PREVENTION TRAINING

- Activity # 136029
- Tuesday 11:15AM & Friday 11AM
 - 45-minute class
 - Starts in September
- \$15 resident; \$20 non-resident
- Instructor - Sue Breckheimer
- Description -

BEACH YOGA - FREE

- Activity # 161035
- Tuesday, May-October 7:30AM
- 25th Avenue Beach Access
- Description - Easy flow adapted to all fitness levels.

CORE & MORE

- Activity # 121062
- Tuesday 8:30AM
- \$20 resident; \$25 non-resident
- \$10 drop-in per class
- Instructor - Paige Hauff
- Description - Build core strength through dynamic movement.

DEEP STRETCH YIN YOGA

- Activity # 121072
- Tuesday, 9:45AM (1 hour & 15 minutes)
- \$40 resident; \$45 non-resident per month.
- \$10 drop-in per class
- Instructor - Kris Barnhardt
- Description - Gentle Yoga poses that open connective tissues and joints.

DRUMS ALIVE

- Activity # 121044
 - Wednesday 12PM
 - \$30 resident; \$35 non-resident
 - \$10 drop-in per class
 - Saturday 9AM
 - June 6, 20; July 11, 18
 - August 1, 15, 29
 - \$10 per class
- Instructor - Darragh Simon
- Description - Fun, energetic, cardio dance workout with drumsticks and physio ball drums.

LINE DANCING

- Thursday
 - 9:45AM Intermediate/Advance
 - 10:45AM Beginner
- \$5 drop-in per class
- Instructor - Trisha Leonard
- Description - Spin, shuffle, stomp, and shimmy towards a healthier you.

MORNING YOGA

- Activity # 121031
- 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 # 121063
- 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 # 122064
- Tuesday & Thursday 2PM
- \$40 per month
 - \$7 drop-in
- Instructor - Michelle Page
- Description - Low impact, total body workout with adaptive moves for most fitness levels.



Group Fitness

PILATES FUSION

- Activity # 121045
- Thursday 8:30AM
- \$20 resident; \$25 non-resident per month
 - \$7 drop-in
- Instructor - Paige Hauff
- Description - Traditional Pilates fused with various equipment and methods.

RXFIT

- Activity # 120091
 - Circuit Tuesday & Thursday 8:30AM
 - \$40 resident; \$45 non-resident per month
 - \$15 drop-in per day
 - Open Gym/Circuit Saturdays 8:30AM
 - Saturdays published monthly per Coach Doug
 - \$20 per month
 - Personal Training
 - By appointment only.
 - \$80 resident; \$85 non-resident per 1 hour
 - AGES 65+ & <18 \$65 per 1 hour
- Instructor - Coach Douglas Gordon
- Description - Personalized circuit training. with a focus on functional fitness.

SENIOR FUNCTIONAL & MOBILITY TRAINING

- Activity # 121067
- Tuesday & Thursday 1-1:45PM
- \$40 per month
- \$7 drop-in
- Instructor - Michelle Page
- Description - Gentle, low impact movement with light weight training. Chairs provided for optional seated exercise and stability.

STRENGTH

- Activity # 120093
- Friday 8:30AM
- \$20 resident; \$25 non-resident per month
 - \$10 drop-in
- Instructor - Paige Hauff
- Description - Equipment and body weight workout to strengthen and tone.

STABILITY & STRENGTH

- Activity # 121071
- Friday 9:45AM
- \$20 resident; \$25 non-resident
- \$7 drop-in
- Instructor - Sue Breckheimer
- Description - Low impact training that focuses on cardio, strength, balance, and flexibility.

STRENGTH & STABILITY

- Activity # 121017
- Monday & Wednesday 10:45AM
- \$40 resident; \$45 non-resident
 - \$7 drop-in
- Instructor - Corinne Enright
- Description - Low impact training that incorporates a variety of equipment and focuses on cardio, strength, balance, and

SUSPENSION TRAINING

- Activity # 121041
- 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.

TABATA & BATTLE ROPE FITNESS

- Activity # 126018
- Wednesday 8AM
- \$20 resident; \$25 non-resident
- \$7 drop-in
- 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.

TAI CHI

- Activity # 121074
- Tuesday 3:15PM (45 minutes)
- \$15 resident; \$20 non-resident per month
- \$5 drop-in
- Instructor - Michelle Page
- Description - Meditation in motion. Fluid movements paired with deep, focused breathing.

YIN YOGA

- Activity # 121033
- Wednesday 6PM (1 hour & 15 minutes)
- \$40 resident; \$45 non-resident per month
 - \$12 drop-in
- Instructor - Darragh Simon
- Description - Gentle Yoga poses that open connective tissues and joints.

Group Fitness

YOGA FOR HEALTHY AGING

- Activity # 121073
- Wednesday 2PM
- \$30 resident; \$35 non-resident per month
 - \$10 drop-in
- Instructor - Kris Barnhardt
- Description - Traditional yoga at a slower pace focusing on balance, strength, and flexibility.

ZUMBA/CARDIO DANCE

- Activity # 121043
- Wednesday 9:30AM
- \$20 resident; \$25 non-resident per month
 - \$7 drop-in
- Instructor - Megan McDonald
- Description - Dance fitness for all levels.

Adult Programs

DOG OBEDIENCE

- Activity # 121011
- Monday
 - July 13 - August 17
 - 5:30PM Kinderpuppy (large breeds)
 - 6:30PM Canine Good Citizenship
 - 7:30PM Kinderpuppy (small breeds)
- \$265 per session
- Instructor - Christine Vinciguerra

FLOWER POWER

- Activity # 126022
- Monday 10AM
 - August 9 - Basic Flower Arranging (bring a medium vase)
- \$30 resident per date; \$35 non-resident p
 - All flowers included.
- Instructor - Elizabeth Newman

MAH JONG LESSONS

- Activity # 126023
- Tuesday
 - Beginner NOON-1:30PM
 - Intermediate 1:30-3PM
- Maximum 8; Minimum 4 per level
- Tadpole Room
- \$100 resident; \$105 non-resident per month/4 session per level
- Instructor - Barbara Lassiter
- Description - From beginner to advanced play, all are welcome to join in and learn how to play.

MARSH PAINT-ALONG ACRYLIC WORKSHOP

- Activity # 120011
- Saturday 11AM-1PM
 - June 20 & August 22
- \$85 residents; \$90 non-residents
 - All supplies included.
- Minimum 4; Maximum 12
- Instructor - Beth Melton-Seabrook

PALM COLLAGE WORKSHOP

- Activity # 120011 for July
- Activity # 130011 for September
- Saturday 10AM-1PM
 - July 25 & September 19
- \$95 residents; \$100 non-residents
- All supplies included.
- Minimum 4; Maximum 12
- Instructor - Beth Melton-Seabrook

Social Clubs - FREE

GATHER & KNIT

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

KEENAGERS LUNCHEON

- September - May
 - 1st Wednesday of every month (except June-August)
 - 11:30AM - Social Hour
 - NOON - Lunch & Entertainment
- Description - Bring a dish to share and enjoy good food, great company, and a variety of entertainment.

MAHJONG

- Monday NOON
- Saturday 10AM
 - Front Lobby



Calendar of Events

JUNE

- 8-12 Youth Art Camp
- 8-July 31 Camp Summershine & Wee Camp
- 9 Primary Election MAGNOLIA ROOM
- 11 Stroll & Learn 7:30AM- Life Under the Water, Mike Frees, Barrier Island Eco Tours
- 15 Rising Stars Basketball Camp 9AM -1PM
- 18 Farmers Market & Food Truck Jam 4-7PM
- 20 Marsh Paint-Along Acrylic Workshop 11AM-1PM
- 22 Volleyball Camp 9-11AM
- 23 Run-off Election MAGNOLIA ROOM

JULY

- 3-4 Independence Day - CLOSED
- 9 Stroll & Learn 7:30AM - Sea Turtles, Mary Pringle, Island Turtle Team
- 16 Farmers Market & Food Truck Jam 4-7PM
- 25 IOP Beach Run 8AM
- 25 Palm Collage Workshop 10AM-1PM
- 27 Soccer Camp 9AM - Noon
- 31 Last Day of Summer Camp

AUGUST

- 3-5 Gymnastics Camp 10:30AM-NOON
- 3 Volleyball Camp 9-11AM
- 8 Half Rubber Tournament 8AM
- 13 Stroll & Learn 7:30AM - Sea Foam, Algae, Fleas & Other Curiosities, Barrier Island Eco Tours
- 20 Farmers Market & Food Truck Jam 4-7PM
- 22 Marsh Paint-Along Acrylic Workshop 11AM-1PM
- 28 Coffee with the Mayor 9AM
- 31-October 31 Art at the REC

SEPTEMBER

- 3 Keenagers NOON
- 7 Labor Day - CLOSED
- 8 Speaker Series 5PM - Guardianship, Gina Melalla, Schwartz Legacy Planning
- 10 Sea Stroll & Learn 7:30AM - Stingrays, Barrier Island Eco Tours
- 15 Speaker Series 11AM - The Power of Positive Painting, Robert Maniscalco, Artist & Writer
- 17 Farmer's Market & Food Truck Jam 4-7PM
- 19 Palm Collage Workshop 10AM-1PM
- 23 Just for Fun Mahjong Tournament 10AM-2PM

OCTOBER

- 1 Sea Stroll & Learn 7:30AM - IOP Dock Life Above & Below (at IOP Marina Public Dock)
- 3 IOP Connector Run 8AM
- 7 Keenagers NOON
- 6 Youth Basketball Registration Opens IOP/SI Residents
- 6 National Night Out 4:30-7PM
- 6 Speaker Series 11AM- Local Real Estate Update, Suzy Kopp, Keller Williams Realty Magnolia
- 8 Stroll & Learn 7:30AM - Surf Fishing from the Sand, Barrier Island Eco Tours
- 9 Piecin' It Together Puzzle Competition II 10AM
- 13 Youth Basketball Registration Opens Non-Residents
- 14 Speaker Series 5PM - Estate Planning 101 Casey Schwartz, Schwartz Legacy Planning
- 15 Farmer's Market & Food Truck Jam 4-7PM
- 16 Ghostly Tide Tales 6PM
- 31 Halloween Golf Cart Parade & Carnival 4-6PM

Calendar of Events

NOVEMBER

- 3 Election Day
- 4 Keenagers NOON
- 11 Veterans Day - CLOSED
- 12 Stroll & Learn 7:30AM - Whales, Barrier Island Eco Tours
- 14 Coffee & Canines 9am
- 17 Run-off Election MAGNOLIA ROOM
- 25 Center closes at 5PM
- 26-27 Thanksgiving - CLOSED

DECEMBER

- 2 Keenagers NOON
- 5 Holiday Street Festival 2-7PM
- 5 IOP Christmas Tree Lighting 5:30PM
- 18 Coffee with the Mayor 9AM
- 17 Santa's Cookie Workshop 4PM
- 23 Center closes at 5PM
- 24-26 Christmas - CLOSED
- 28 Christmas - CLOSED
- 31 Center closes at 5PM

JANUARY

- 1 New Year's Day - CLOSED

NOTE: This calendar is updated regularly so be sure and check-in.



HELP Save and Protect Sea Turtles

While you are enjoying the beach, look for turtle tracks. If someone has drawn a large X through the tracks, it means they have been reported. BUT if you are unsure, call the TURTLE TEAM.

Report any sightings of injured or dead sea turtles. FILL IN Holes on the beach and Castle Moats when you leave the beach. The hatchlings and sometimes even adult nesting females can be flipped or trapped in a hole. Once in a while, a stray hatchling or two may be on the beach. Don't Pick Up Hatchlings! If you see a hatchling struggling, call and report the sighting to the Turtle Team.

Protect the marked nests. Stay away from nests. Walking on the nest can crush the eggs in the chamber below. Keep pets away from nests.



