

ACTIVITY GUIDE

SEPTEMBER - DECEMBER 2026



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Join Our Team

Recreation Assistants
Scorekeepers
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

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.

Holiday Hours & Closures

November 11	Veteran's Day
November 25	Close at 5pm
November 26 - 28	Thanksgiving
December 24 - 28	Christmas
December 31	Close at 5pm
January 1	New Year's Day

2027 VENDOR UPDATES

Looking to participate in events, farmers market's and happenings at the Rec? 2027 Vendor application opens December 16. Be sure to mark your calendar!

Engraved Brick Program

Activity # 131700

- 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!
- Location: Front of Recreation Building

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 - sunrise to 9PM ONLY
- 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.

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

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.
- Tennis only.
- Courts first come, first serve.
- When someone is waiting, singles should limit play time to one (1) hour.
- Doubles, limit play to two (2) hours.
- IOP Recreation Department Programs have priority on the courts.
- Hours - Sunrise to 10PM

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.

ART AT THE REC

August 3-October 31

Join us as we transform the REC lobby and halls with life and beautiful colors during the Art at the REC Art Exhibit. Each artist will display their work for two weeks so you can stroll and enjoy at your leisure.

August 3-15	Amanda Lamontagne
August 17-29	Alba Ortiz
August 31-September 12	Robert Maniscalco
September 14-26	Giselle Harrington
September 28-October 17	Cody Kendle
October 19-31	Beth Melton-Seabrook

FARMER'S MARKET & FOOD TRUCK JAM 4-7PM

- September 17
- October 15
- Details:
 - Food Trucks
 - Specialty Foods & Vendors
 - Artisans
 - Live Music
 - Family-friendly Activities

FREE SEA STROLL & LEARN 7:30AM

- **September 10** - Stingrays
 - Barrier Island Eco Tours
- **October 1** - IOP Dock Life Above & Below
 - Location: IOP Marina Public Dock
- **October 8** - Surf Fishing from the Sand
 - Barrier Island Eco Tours
- **November 12** - Whales
 - Barrier Island Eco Tours

25th Avenue Beach Access (unless otherwise noted)

JUST FOR FUN MAH JONG TOURNAMENT

Wednesday, September 23, 10AM-2PM

- Activity # 460000
- \$5 per player
- Lunch provided.
- Check-in starts at 9:30AM.

IOP CONNECTOR RUN

Saturday, October 3, 8AM

- 10K Run & 5K Run or Walk
- Register - IOPRUN.com
- Registration is non-refundable. The race fee is considered a charitable donation.
- Packet pick-up Friday, October 2, 10:30am-7pm
 - IOP Exchange Club 201 Palm Blvd, IOP
- Race Day registration and packet pick-up Saturday, October 3, 6:30am-7:45am
 - IOP Public Safety Building Bay
- IOP Connector will close Saturday, October 3, at 7AM.

BASIC SELF-DEFENSE SEMINAR AGES 12+

Mondays, October 5-19 & November 2-16,
7:30-8:30PM

- Activity # 131009
- \$75 residents; \$80 non-resident
- 6-week Immersion Workshop
- Ages 12-18 must be accompanied by an adult
- Minimum 6
- Instructors - Headmaster Jack Emmel, 8th DAN & Master Deborah Gessert 7th DAN

NATIONAL NIGHT OUT

Tuesday, October 6, 4:30PM-7PM

- Isle of Palms Police Department takes over The Rec for their Annual National Night Out Block Party.
- A fun and free community event that promotes police, community partnerships, and neighborhood camaraderie.

PIECIN' IT TOGETHER GROUP PUZZLE COMPETITION II

Friday, October 9, 10AM

Activity # 470000

- Teams of 4
- Maximum of 20 teams
- All teams will work the same 500-piece puzzle.
- \$5 per team.
- Pre-registration required.
- First three teams to finish win.
- No skills required.
- No age limit.



SPEAKER SERIES - FREE

24 28th Avenue (unless otherwise noted)

Monday, August 10, 6PM

- Narcan Allocation & Overdose Prevention Training
Young Adults & Families, WakeUP Carolina

Wednesday, August 12, 5:30PM

- Move Better. Live Better. Simple Strategies to Stay Strong, Active, and Independent for Life, Liam Rose, Founder, Neogen Optimization Coaching

Tuesday, September 8, 6PM

- Guardianship, Gina Melella, Outreach Manager, Schwartz Legacy Planning

Wednesday, September 9, 11AM

- The Science Behind Site Water Runoff, Eamonn McCullough, ROMEX North America

Tuesday, September 15, 11AM

- The Power of Positive Painting, Robert Maniscalco, Artist, Producer, & Writer

Friday, September 18, 11AM

- FREE Lunch & Learn - IOP Compost Program, Duette Hart, IOP Zoning Administrator

Monday, September 28, 5:30PM

- Connection Before Correction: How Relations Shape Children's Mental Health, Samantha Runyon, MA, LMDTA, Therapy Group of Charleston

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

Monday, November 9, 10AM

- Narcan Allocation & Overdose Prevention Training Businesses & Other Organizations, WakeUP Carolina

Monday, December 7, 5PM

- Narcan Allocation & Overdose Prevention Training Seniors & Families, WakeUP Carolina

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

Events

GHOSTLY TIDE TALES

Friday, October 16, 6PM

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

HALLOWEEN GOLF CART PARADE & HAUNTED HOUSE

Saturday, October 31, 4-6PM

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

COFFEE & CANINES

Saturday, November 14, 9-11AM

- Located in the dog park
- FREE
- Description- Join IOP REC at the Bark Park for a relaxing morning of good music, hot coffee and dog friendly fun.

HOLIDAY STREET FESTIVAL

Saturday, December 5, 2-7PM

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

SANTA'S COOKIE WORKSHOP

Thursday, December 17, 4PM

- Activity # 440002
- Registration deadline is December 6.
- Recreation Center - Magnolia Room
- FREE
- Description - Join the Recreation Team and decorate holiday cookies! Kids must be accompanied by an adult. All cookies and supplies provided.

Youth Athletics

GYMNASTICS

- Activity # 130016
- **Tuesday**
 - **August 18-September 22**
 - No class August 25
 - **September 29-November 10**
 - No class November 3
 - **January 12-February 16**
 - AGES 3-5 3:30-4:15PM
 - AGES 6 & up 4:15-5PM
 - Siblings 5-5:45PM
- \$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.

PRETEEN YOGA AGES 9-12

- Activity # 130052
- **Saturday, 10AM**
- \$20 resident; \$25 non-resident
 - Drop-in \$7
- Instructor - Margaret Geganto
- Description - General yoga principles adapted specifically to meet the needs of the age group.

TAE KWON DO YOUTH (AGES 6+) AND FAMILY

- Activity # 130020
- **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 September, November, and January.

TEEN YOGA AGES 13-15

- Activity # 130056
- **Saturday, 11AM**
- \$20 resident; \$25 non-resident
 - Drop-in \$7
- Instructor - Margaret Geganto
- Description - General yoga principles adapted specifically to meet the needs of the age group.



Youth Athletics & Programs

VOLLEYBALL LEAGUE PLAY FALL 2026

- Activity # 331010/1
- **Thursdays, October 15-November 19**
 - 2nd & 3rd Graders 4-5PM
 - 4th & 5th Graders 5-6PM
 - 6th-8th Middle School 6-7PM
- Teams will be established the first night of the program. The following weeks teams will play games and receive instruction from coaches in real game situations.
- If minimum is not met, the program will be cancelled or changed to skill-based clinic.
- Minimum 16; Maximum 32
- \$80 resident; \$85 non-resident
- Instructor - Laura & Kreg Togami

YOUTH BASKETBALL 2027

- Player must be AGES 5-14 as of September 1, 2026.
Age required by SCAP (SC Athletic Programs)
- Registration
 - IOP/SI Residents: October 6-November 13
 - Non-Residents: October 13-November 13
- Activity #
 - 332001 01 AGES 5-6 Saturday Morning
 - 332002 02 AGES 7-8 Wednesday Evening
 - 332003 03 AGES 9-10 Thursday Evening & Saturday Afternoon
 - 332004 04 AGES 11-14 Thursday Evening & Saturday Afternoon
- \$30 IOP Resident; \$55 Non-resident
- Mandatory Skill Evaluation
 - Tuesday, November 17, 5PM
 - AGES 9-10 5:00PM
 - AGES 11-14 6:30PM
- Coaches Meeting
 - Monday, November 16
 - AGES 5-6 5PM
 - AGES 7-8 5:30PM
 - AGES 9-14 immediately following the Skill Evaluations
- Practice begins the week of November 30, and the specific dates will be determined by the coaches. **Practices will end for AGES 5-8 after games begin in January 2027.**
- 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.**

YOUTH LACROSSE CLINIC

Activity # 131056

- **Saturdays, November 7 - December 12**
 - **No Clinic November 28**
- AGES 5-7 11:30AM-12:30PM
- AGES 8-10 12:30PM-1:30PM
- \$30 per player
- Participants must supply their own player equipment
- Instructor - Jimmy Menacho

AROUND THE WORLD ADVENTURES AGES 5-9

- Activity # 136024
- **Fridays, September 25 - November 6, 3-4PM**
 - No class October 9
- \$150 residents; \$155 non-residents per session
- 4 minimum; 8 maximum
- Instructor - Susie Perez
- Description - Each week brings a new destination complete with colorful costumes, tasty international snacks, music, and storytelling. Children will collect passport stamps at every stop helping them build global curiosity through play and discovery.

CREATIVE WRITING

- Activity # 132061
- **Tuesday, September 15-November 3**
 - 4:45PM AGES 12-15
 - 5:15PM AGES 16+
- \$40 residents; \$45 non-residents
- Instructor - Holly Voires
- Description - Read, talk, and learn to write clearly and to specific audience.

HOW TO PAINT BUBBLES - MIXED MEDIA AGES 13-17

- Activity # 130059
- **Monday & Tuesday, December 7, 8, 14, & 15 3:30-5PM**
- \$165 residents; \$170 non-residents
- Instructor - Amanda Lamontagne
- Description - Learn to paint the sparkle and effervescence of bubbles!



Youth Programs

MAKING WAVES AGES 13-17

- Activity # 130059
- **Monday, October 5-November 9**
 - **3:30-5PM**
- \$180 resident; \$185 non-resident
- Minimum 3
- All supplies included.
- Instructor - Amanda Lamontagne
- Description - From sky to foam, we will break down what makes a wave move, glow, sparkle, and bring it to life with simple approachable, painting techniques.

PELICANS ON POSTS AGES 13-17

- Activity # 130059
- **Tuesday, October 6-27**
 - **3:30-5PM**
- \$180 residents; \$185 non-residents
- All supplies included.
- Minimum 3
- Instructor - Amanda Lamontagne
- Description - Using water base paints and mixed media. Students will explore colors, shadows, highlights, and texture while creating one complete painting featuring pelicans, reflective water, and coastal skies.

READING KINDERGARTEN- 1ST GRADE

- Activity # 136020
- **Monday, September 28-November 2**
- **November 9-December 14**
 - **3:30-4:30PM**
- \$160 residents; \$165 non-residents per series.
- Minimum 4; Maximum 10
- Instructor - Allison Johnson
- Description - A literacy-based class that will feature games, creative projects, and interactive learning experiences designed to foster a love of reading and writing!

SING, PLAY, LEARN WITH MISS CRYSTAL AGES 6 MONTHS-4 YEARS

- Activity # 136014
- **Tuesday, September 1-October 27**
 - **10-10:45AM**
 - No class October 13
- \$155 residents; \$160 non-residents
- Drop-ins \$25
- Instructor - Crystal DeMey
- Description - Interactive music for toddlers. Sibling discounts may apply. A care-provider must attend each class.

SAFE SITTER AGES 11-14

- Activity # 136016
- **Saturday, September 26**
 - **9:30AM-2:30PM**
- \$125 RESIDENT; \$130 NON-RESIDENT
 - 5 1/2-hour program
 - Minimum 4; Maximum 10
 - Materials included.
 - Bring a lunch, snack, and water bottle.
 - REGISTRATION REQUIRED
- Instructor - Jenny Murrie
- Description - Safe Sitter is a babysitting class and safety training devoted to preparing young adolescents for the responsibility of nurturing and protecting children. This is a one day class. Students will learn about babysitting as a business and how to become a successful babysitter. They will experience introductory instruction in CPR, first aid, childcare essentials, safety for the sitter, injury management, preventing problem behavior, and choking prevention.

STORYTIME & CRAFTS WITH MISS CATHY AGES 3-5

- Activity # 132070
- **Tuesday, November 24 & December 22**
 - **9-11AM**
- \$20 residents; \$25 non-residents per class
- Minimum 5; Maximum 10
- Instructor - Cathy Adams
- Description - A story time adventure that is followed by fun holiday-themed crafts.

TINY CHEFS AGES 3-4

- Activity # 136028
- **Monday, September 21-October 26**
 - **3-3:45PM**
 - No class October 12
- \$150 residents; \$155 non-residents per session
- 4 minimum; 6 maximum
- Instructor - Susie Perez
- Description - NO BAKE Class Curriculum; Wash 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

Youth Programs & Adult Athletics

YOUTH ART

- Activity # 130034
- **Wednesday**
 - **September 30-November 4**
 - **November 18-December 16**
 - **Blooming Artist AGES 3.5-5**
 - **3:00PM**
- Instructor - Allison Johnson
 - **Stroke of Genius I AGES 6-8**
 - **4:20PM**
- Instructor - Marie Johnson
- **Thursday**
 - **October 1-November 5**
 - **November 12-December 17**
 - **Stroke of Genius II AGES 9-11**
 - **3:20PM**
 - **Art Lab AGES 10-12**
 - **4:30PM**
- Instructor - Marie Johnson
- \$160 resident; \$165 non-resident



CARDIO TENNIS

- Activity # 131058
- **Monday & Thursday, 9-10AM**
- \$20 residents; \$25 non-residents per day for the month
 - Sign up for the month and get one class free/8 classes - \$140 residents; \$145 non-residents
- Rain or Shine - moves indoors if there is inclement weather.
- Max 8; Min 4
- Registration required.
- All tennis levels welcome.
- Starts September 10.
- Instructor - Corinne Enright
- Description - Cardio Tennis is a high-energy and intensity group fitness class that includes aerobic to anaerobic cardio fitness, reaction-based drills, footwork drills, weight training, and more!

PICKLEBALL GROUP LESSONS

- Activity # 132280
- **Monday & Wednesday 9-10:30AM**
 - **September 28-October 7 Beginner**
 - **November 30-December 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



Adult Athletics & Group Fitness

TABLE TENNIS OPEN PLAY AGES 18+

- **Thursdays, September 3 - November 19**
 - **10AM-NOON**
- Location - Gymnasium
- Come play table tennis and socialize!

TAE KWON DO ADULTS

- Activity # 131019
- **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 join the Wednesday and/or Saturday adult class in addition to the Monday Youth & Family Class.
- \$40 residents; \$45 non-residents.
 - \$5 discount for additional family members
- Ages 12+ based on experience and skill assessment
- Instructor - Headmaster Jack Emmel, 8th DAN

ACTIVE SENIORS YOGA

- Activity # 132067
- **Monday, 2PM**
- \$20 resident; \$25 non-resident per month
 - \$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
- \$15 resident; \$20 non-resident per month, per day
 - Drop-in \$5
- Instructor - Sue Breckheimer
- Description - Build a stronger foundation and a stronger you!

BALANCE & FLOW

- Activity # 132063
 - **Thursday, NOON** - 45-minute class
- \$15 resident; \$20 non-resident per month
 - Drop-in \$5
- Instructor - Michelle Page
- Description - Balance and Flow blends the essence of Yoga, Pilates, and Tai Chi in a music-driven class that fuses purposeful movement with mindful awareness. Participants are guided through sequences that build strength, improve flexibility, and enhance coordination, all while staying connected to their breath.

BARRELATTES

- Activity # 131045
- **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.

BEACH YOGA - FREE

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

CORE & MORE

- Activity # 131062
- **Tuesday, 8:30AM**
- \$20 resident; \$25 non-resident per month
 - \$7 drop-in per class
- Instructor - Paige Hauff
- Description - Build core strength through dynamic movement.

DEEP STRETCH YIN YOGA

- Activity # 131072
- **Tuesday, 9:45AM - 1 hour & 15 minutes**
- \$40 resident; \$45 non-resident per month
 - \$12 drop-in per class
- Instructor - Kris Barnhardt
- Description - Gentle Yoga poses that open connective tissues and joints.



Group Fitness

DRUMS ALIVE

- Activity # 131044
- **Wednesday, 9:30AM**
 - No class September 2, October 7, November 4, December 2
- \$30 resident; \$35 non-resident per month
 - \$10 drop-in per class
- Magnolia Room
- **Saturday, 9AM**
 - September 12, 26; October 10, 24; November 7, 14; & December 5, 19
 - \$10 per class
- Instructor - Darragh Simon
- Description - Fun, energetic, cardio dance workout with drumsticks and physio ball drums.

HIIT & TABATA TRAINING

- Activity # 131017
- **Monday, 11AM-12:15PM**
- extended stretch at the end
- \$25 resident; \$30 non-resident per month
 - \$7 drop-in
- **Wednesday, 9:30AM**
- \$20 resident; \$25 non-resident per month
 - \$7 drop-in
- Instructor - Corinne Enright
- Description - Cardio, strength, balance, and flexibility.

LINE DANCING

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

MORNING YOGA - OUTDOOR

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

MORNING JOINT MOBILITY

- Activity # 131087
- **Monday, 10:15AM**
- \$15 per month
 - \$5 drop-in
- In the gym
- Instructor - Corinne Enright
- Description - This class will incorporate intentional and functional, movement-based exercises to awaken the body's joints and connective tissues. Increases range of motion, strengthens, enhances flexibility, and reduces stiffness.

MOVE IT CARDIO

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

OVER 60 GROUP TRAINING

- Activity # 132064
- **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.



ROPES & RESISTANCE

- Activity # 136018
- **Monday, 9:45AM & Wednesday, 8AM**
- \$20 resident; \$25 non-resident per day of the week per month
 - \$7 drop-in
- Instructor - Sue Breckheimer
- Description - Higher intensity level but can be modified for all fitness levels.

RXFIT

- Activity # 130091
- **Tuesday (OUTDOOR) & Thursday, 8AM**
- \$40 resident; \$45 non-resident per month
 - \$10 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 # 131067
- **Tuesday & Thursday, 1PM - 45 minutes**
- \$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 # 130093
- **Friday, 8:30AM**
- \$20 resident; \$25 non-resident per month
 - \$7 drop-in
- Instructor - Paige Hauff
- Description - Equipment and body weight workout to strengthen and tone.

STABILITY & STRENGTH

- Activity # 131071
- **Friday, 9:45AM**
- \$20 resident; \$25 non-resident per month
 - \$7 drop-in
- Instructor - Sue Breckheimer
- Description - Low impact training that focuses on strength, balance, and flexibility.

Group Fitness

SUSPENSION TRAINING - OUTDOOR

- Activity # 131041
- **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.

YIN YOGA

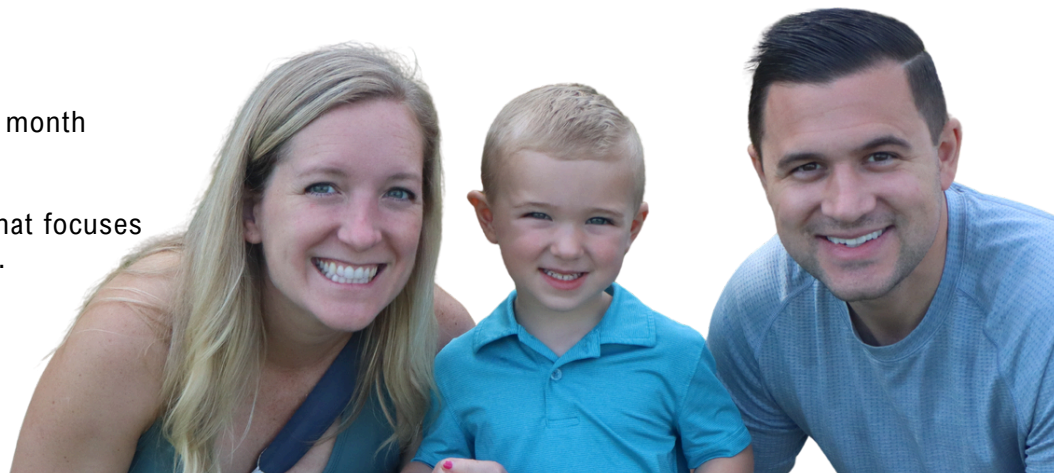
- Activity # 131033
- **Wednesday, 6PM 1 hour & 15 minutes**
- \$40 resident; \$45 non-resident per month
 - \$12 drop-in
- Instructor - Darragh Simon
- Description - Gentle Yoga poses that open connective tissues and joints.

YOGA FOR HEALTHY AGING

- Activity # 131073
- **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 JAM

- Activity # 131043
- **Wednesday, September 9 & 16 only, 10:45AM**
- \$5 per class
- Regular weekly classes will resume in January
- Instructor - Megan McDonald
- Description - Dance fitness for all levels.



AI Workshop

- Activity # 126015
- **Tuesday, August 18**
 - **10AM-NOON**
- \$30 residents; \$35 non-residents
- Instructor - Sherry Dwelle
- Description - Understanding Artificial Intelligence, how it is used in today's society and how you can use it in your everyday life.

ABSTRACT OCEAN ART

- Activity # 130025
- **Tuesday & Thursday, September 15, 17, 22, & 24**
 - **5:00PM-6:15PM**
- \$185 residents; \$190 non-residents
 - Participants will leave with one oversized painting.
 - All supplies included.
- Instructor - Amanda Lamontagne
- Description - This class explores texture, color, tone and how they quietly interact in a harmonious composition. Inspired by a coastal color palette, we curate a soothing, one-of-a-kind piece of art.

ACRYLIC PAINTING INSTRUCTION

- Activity # 130011
- **Monday, 11:00AM - 1:00PM**
 - **September 14-October 19**
 - Level 1 BEGINNER
 - **October 26-November 23**
 - Level II INTERMEDIATE
- \$285 per person
- All supplies included.
- Minimum 4; Maximum 12
- instructor - Beth Melton-Seabrook
- Description - All participants will work on a 16"x20" canvas.

ART JOURNEY REVIVAL

- Activity # 130025
- **Tuesday, September 1 & 8**
 - **6-7:30PM**
- **Saturday, November 7 & 14**
 - **10AM-NOON**
- Residents \$130; non-residents \$135 per session
 - All creative materials supplied.
 - BYO unfinished canvas.
 - Wear painting clothes
- Instructor - Amanda Lamontagne
- Description - Don't stop believin' in your unfinished art projects! Do you have a canvas that's hiding in your garage or closet? Perhaps a wine and paint class where there was more sipping than painting? Let those canvases have a comeback tour for a chance at your wall of fame. Learn to add depth, detail, highlights, shadows and get answers to questions about how to give your painting what it needs to shine. All levels welcome with open arms.

Adult Programs

AUTUMN IMPRESSIONISM

- Activity # 130025
- **Wednesday, November 4-25**
 - **10AM-NOON**
- \$180 resident; \$185 non-resident
 - All supplies included.
- Instructor - Amanda Lamontagne
- Description - This workshop invites you to play with color, feel your way through the canvas, and let the mind wander freely.

CREATIVE WRITING AGES 18+

- Activity # 132071
- **Friday, September 18, October 16, November 20, & December 18**
 - **12-1:30PM**
- \$20 residents; \$25 non-residents
- Instructor - Elijah Manning
- Description - Writers will be introduced to the class lesson (a quote or prompt) and participate in a ten-minute warmup, followed by discussions, a 30-minute exercise, and sharing.

CRADLED MOON

- Activity # 130025
- **Friday, October 9-23**
 - **10-11:30AM**
- \$185 resident; \$190 non-resident
- Acrylic paint supplies, canvas and instruction included.
- Instructor - Amanda Lamontagne
- Description - Explore techniques for blending color, creating luminous light, and capturing the quiet magic of an autumn evening beneath the moon.



Adult Programs

DISTRESSED TO IMPRESS

- Activity # 130025
- **Tuesday, September 1 & 8**
 - 4-5:30PM
- \$155 residents; \$160 non-residents
 - Bring your up-cycled item (or new) to class and create a one-of-a-kind design that looks like it's lived a comfortable life, in the sunny salt air.
 - If the wood piece has a clear coat of any kind, please give it a rough sanding and cleaning before arrival.
 - All skill levels welcome.
 - Prepare to get a little messy and wear appropriate clothes/gloves.
 - All other creative materials are supplied.
- Instructor - Amanda Lamontagne
- Description - If you love the look of beachy, salt-weathered wood, but don't want to wait 25 years to achieve that vibe, this is where the Art of Patina and Wood Distressing come to life. A tiny side table, wood sign, towel rack, small shelf, or something from your porch or garage that is in need of a stylish upgrade.

DRAWING

- Activity # 132010
- **Wednesday, 8-10AM**
 - September 2 - October 7
 - October 14 - November 25
 - No class November 11
- \$220 residents; \$225 non-residents
- Instructor - Giselle Harrington
- Description - Whether you want to learn to draw in its own right or to become a (better) painter, this class will give you a solid foundation in traditional skills. You will learn sighting tools and perspective and will be shown how to see differently. You will also learn about drawing materials, styles, and drawing for painting.

FLOWER POWER

- Activity # 136022
- **Monday, 10AM**
 - September 14 - Petite Flower Arranging with Greenery and Flowers from your Yard
 - October 12 - Fall Flower Arranging with Pumpkins
 - November 9 - November Tables Cape
 - December 14 - Holiday Decorating
- \$40 resident per date; \$45 non-resident per date.
- All flowers included.
- Instructor - Elizabeth Newman
- Description - Learn how to use nature to decorate your home. No skills necessary.

FLOWER TOP WORKSHOP

- Activity # 130025
- **Wednesday, September 2 & 9**
 - 5:30-6:30PM
- \$45 residents; \$50 non-residents
 - All ages and skill levels welcome.
 - All paint supplies provided.
- Instructor - Amanda Lamontagne
- Description - Turn something boring into blooming! Learn a simple and satisfying technique to create a blooming flower. Bring your own upcycled circular surface, such as a small stool, a plant stand, coasters, a mini side table, or canvas. No glass, metal, or plastic as we will be using water-based paint.

GIVE A HOOT!

- Activity # 130025
- **Thursday, October 8-29**
 - 6-7:30P
- **Saturday, November 7-28**
 - 12:15-1:45PM
- \$180 resident; \$185 non-resident per session
- Canvas, paint, tools, instruction, fun, and giggles included!
- Instructor - Amanda Lamontagne
- Description - Create your own whimsical family tree, and imagine what your loved ones might look like as owls! In this acrylic painting series, students will explore how to turn ideas and imagination into art while learning painting techniques, composition, and creating a one-of-a-kind, personalized masterpiece.

HOW TO PAINT BUBBLES - MIXED MEDIA - AGES 18+

- Activity # 130025
- **Thursday, September 3 & 10**
 - 4:30-5:30PM
- \$95 residents; \$100 non-residents
- **Monday & Tuesday, December 7, 8, 14, & 15**
 - 9:30-11AM
- \$165 residents; \$170 non-residents
- Instructor - Amanda Lamontagne
- Description - Learn to paint the sparkle and effervescence of bubbles! All supplies included.



HOW TO PAINT WATER

- Activity # 130025
- **Monday, September 14, 21, & 28**
 - **9-10:15AM**
- \$185 resident; \$190 non-resident
 - All supplies included
 - All skill levels welcome.
 - Participants will go home with a large painting.
- Instructor - Amanda Lamontagne
- Description - In this class, we will learn how to capture liquid beauty on canvas. Explore color theory, movement, and composition while creating visually soothing effects. We will complete one acrylic painting.

I CAN'T EVEN DRAW A STICK FIGURE! DRAWING CLASS

- Activity # 130025
- **Saturday, September 5, 11AM-NOON**
- **Thursday, September 17, 6:30-7:30PM**
- **Tuesday, September 22, 6:30-7:30PM**
- **Mondays, November 16 & 23, 5:30-6:30PM**
- \$20 residents; \$25 non-residents per class
- All ages welcome.
- No drawing experience required. In fact, that may be an advantage.
- Instructor - Amanda Lamontagne
- Description - Have the words "I'm not creative" ever exited your mouth? Perhaps your art is so terrible that it's hilarious? Consider having a laugh while putting pencil to paper with like-minded people. Collaborate with others, share a giggle, and be shocked when we create a funny piece of art together.

MAH JONG LESSONS

- Activity # 136023
- **Tuesday**
 - **NOON-1:30PM Beginner**
 - **1:30-3:00PM Intermediate**
- Maximum 8; Minimum 4 per level
- \$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.

MAKING WAVES AGES 18+

- Activity # 130025
- **Monday, October 5-November 9**
 - **5:30-7PM**
- \$185 resident; \$190 non-resident
 - All supplies included.
- Minimum 3
- Instructor - Amanda Lamontagne
- Description - From sky to foam, we will break down what makes a wave move, glow, sparkle, and bring it to life with simple approachable, painting techniques.

Adult Programs

PAINTING LANDSCAPES IN WATERCOLOR

- Activity # 132010
- **Wednesday, September 2-October 7**
 - **10:30AM-1:30PM**
- Residents \$320; Non-residents \$325
- Instructor - Giselle Harrington
- Description - When we think of watercolor landscape painting, we often think of the beautiful Adirondack or Bahamas paintings by Winslow Homer or the en plein air paintings of John Singer Sargent. In this class you will learn how to create impressionistic landscape paintings, by identifying a strong value design and simple color patterns. We will start with a grounding in watercolor brush handling, and how to glaze washes to build up paint layers in the traditional way. You will learn how to choose a scene to paint from, identify a simplified value and color design to paint, and capture this on paper in a planned-out series of watercolor wash layers. We will be using watercolor paint in this class, though the lessons in color and value composition will be useful across media. Students of all levels are welcome.

PALM COLLAGE PAINT WORKSHOP

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

PELICANS ON POSTS AGES 18+

- Activity # 130025
- **Tuesday, October 6-27**
 - **5:30-7PM**
- \$180 residents; \$185 non-residents
- All supplies included.
- Minimum 3
- Instructor - Amanda Lamontagne
- Description - Capture the elements of the low country in this fun and welcoming, painting series, featuring pelicans, reflective, water, and Coastal skies. Using water base paints and mixed media. Students will explore colors, shadows, highlights and texture while creating one complete painting to treasure.

Adult Programs

PUT A BIRD ON IT!

- Activity # 130025
- **Wednesday, September 2 & 9**
 - 4-5PM
- \$65 Residents; \$70 non-residents
- All ages and skill levels welcome
- Instructor - Amanda Lamontagne
- Description - Bring your own item that could use a whimsical bird. An old canvas, planter, stool, tray, wooden coasters, sign, plaque, or even a piece of paper (new or used), as long as paint can adhere to it, we can put a bird on it. Sand items if they have a clear coat before arrival. No metal, plastic, or glass. Water-based acrylic paint will be used. All paint and tools supplied.

SEA TURTLE PROJECT

- Activity # 130025
- **Monday, September 14, 21, & 28**
 - 10:30-11:30AM
- \$95 residents; \$100 non-residents
- All supplies included.
- Instructor - Amanda Lamontagne
- Description - Become a co-creator of a one-of-a-kind, LARGE-SCALE, high-quality, fundraising painting supporting endangered sea turtles/ the Island Turtle Team. The painting will be displayed at the IOP REC and then donated to the Island Turtle Team. Experience the joy of creating alongside others, learn painting techniques, and discover the unique satisfaction of watching a blank canvas transform into something extraordinary through teamwork and creativity.

SHELLEGANCE

- Activity # 130027
- **Tuesday, September 22, 6PM**
- **Wednesday, September 23, 10AM**
 - \$30 residents; \$35 non-residents per class
 - Description - Decoupage your favorite shells & oyster shells. Fun for all ages.
- **Tuesday, October 6-27**
 - 6PM
 - \$200 residents; \$205 non-residents
 - Description - Bring back that old beach charm by covering an 8"x5"x3.5" keepsake box or 8"x10" picture frame in your favorite seashells.
- **Tuesday, November 3**
 - 6PM
 - \$50 residents; \$55 non-residents
 - Description - A canvas beach tote is the perfect place to collect shells. Paint a canvas tote with your house name, a nickname, a beach scene, or initials.
- **Tuesday, November 17**
 - 6PM
 - \$50 residents; \$55 non-residents
 - Description - Create beautiful, beaded jewelry intertwined shells.
- **Tuesday, December 1**
 - 6PM
 - \$50 residents; \$55 non-residents
 - Description - Just in time for the holidays...make Your Own Shell Ornaments out of sand dollars, scallop shells, oyster shells and ribbons!
- All materials (shells, wood boxes, beads, picture frames, totes, supplies, etc.) will be provided. If you have shells (washed and cleaned) you would like to use, you are welcome to bring them.
- Instructor - Paige Grimball



Adult Programs

WATERCOLOR FOR BEGINNERS

- Activity # 132010
- **Wednesday, October 14-November 25**
 - **10:30AM-1:30PM**
 - No class November 11
- Residents \$320; Non-residents \$325 per session
- Instructor - Giselle Harrington
- Description - This class teaches you the traditional methods of handling transparent watercolor in representational painting. You will learn how to control watercolor through washes and glazes, creating soft edges, using wet-in-wet techniques and using dry-brush. You will also learn how to work with the time constraints of the medium through a simplification of value shapes: a key to success in watercolor. *Note: This popular class covers a lot of material, and many students choose to take this class more than once. Therefore, the teacher will use all-new reference material for Beginners-series classes taught within the same year.

WATERCOLOR WITH PEN & PINK

- Activity # 130025
- **Thursday, September 3, 10, & 17**
 - **3:00PM - 4:00PM**
- \$110 residents; \$115 non-residents
 - All supplies included.
 - Beginner to Intermediate watercolor skill required.
 - Participants will take home 3 paintings.
- Instructor - Amanda Lamontagne
- Description - Play around with water and pigment as images emerge in real time. Explore the flow from paint to pen and create 3 small cohesive paintings.



Social Clubs - FREE

GATHER & KNIT

- **Monday, 10:00AM**
- Description - 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, 12:00PM**
- **Wednesday, 2:00PM**
- Front Lobby or Minnow Room (when available)

Canine Programs

DOG OBEDIENCE

- Activity # 131011
- **Monday**
 - **September 14-October 26**
 - No class October 12
 - **5:30PM Kinderpuppy - all breeds**
 - **6:30PM Just the Basics**
 - **7:30PM Tricks & Parkour**
 - **November 2 - December 14**
 - No class November 23
 - **5:30PM Kinderpuppy - large/medium breeds**
 - **6:30PM Puppy Junior High**
 - **7:30PM Kinderpuppy - small/toy breeds**
- \$265 per session
- Gym
 - Classes November 30-December 14 move to the Magnolia/Palmetto Room.
- Instructor - Christine Vinciguerra

Calendar of Events

SEPTEMBER

- 3 Keenagers NOON
- 7 Labor Day CLOSED
- 8 Speaker Series 5PM - Guardianship, Gina Melalla, Schwartz Legacy Planning
- 9 Speaker Series 11AM - The Science Behind Site Water Runoff, Eamonn McCullough, ROMEX NA
- 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
- 18 Speaker Series 11AM - FREE Lunch & Learn - IOP Compost Program, Dutte Hart, IOP Zoning
- 19 Palm Collage Workshop 11AM-1PM
- 23 Just for Fun Mahjong Tournament 10AM-2PM
- 28 Speaker Series 5:30PM - Connection Before Correction: How Relations Shape Children's Mental Health, Samantha Runyon, MA, LMDTA, Therapy Group of Charleston

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
- 26 Speaker Series 5:30PM - Using Recycled Elements in Art, Elizabeth Melton-Seabrook, Artist & Instructor
- 31 Halloween Golf Cart Parade & Carnival 4-6PM

NOVEMBER

- 3 Election Day MAGNOLIA
- 4 Keenagers NOON
- 9 Speaker Series 10AM - Narcan Allocation & Overdose Prevention Training: Businesses & Other Organizations, WakeUp Carolina
- 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
- 7 Speaker Series 5PM - Narcan Allocation & Overdose Prevention Training: Seniors & Families, WakeUp Carolina
- 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.



