

For a printable .pdf of Recreation, visit www.cityofmyrtlebeach.com/recreation.pdf.
For a text version of Recreation, visit www.cityofmyrtlebeach.com/mbrecreation.html.



Thursday, June 22, 2017

To join or be removed from this mailing list, please reply to info@cityofmyrtlebeach.com.

New and updated items in blue!

July Fourth Holiday
City Offices and Facilities Closed – Tuesday, July 4
Solid Waste Schedule Unchanged

Myrtle Beach city offices and facilities will be closed Tuesday, July 4, for the Independence Day holiday. However, solid waste and recycling will be collected on the **regular** Monday-through-Thursday collection schedule during the week, including Tuesday, July 4, for Zone 2 customers.

Pool (Billiards) League
Registration underway through Wednesday, July 5
Base Recreation Center

If you have skills on the pool table, then sign up to participate in this year's Pool League at the Base Recreation Center. Registration runs through Wednesday, July 5. A league meeting will be held 10:00 a.m., Wednesday, July 5 at the Base Recreation Center. The league begins Wednesday, July 12, and continues through Wednesday, September 13. Registration is \$10, plus \$2 per week to be a part of the league. All games are played at the Base Recreation Center. Call (843) 918-2381.

“Coastal Community Unites” Roving Recreation Program
10:00 a.m. to 12:30 p.m., Various Saturdays
Various Locations

Don't miss this roving community program designed to provide fun, safe and quality activities for children ages five through 12. Participants will have the opportunity to play kickball, flag football, dodgeball, soccer and other activities. The free program will be held from 10:00 a.m. to 12:30 p.m. on the following Saturdays: July 1, July 15, July 29 and August 4. The locations are Futrell Park, Crabtree Gymnasium Football Field, Monticello Park, Sandy Gate Park and Chapin Memorial Library. Call 843-918-1472 or email Edwin Boyzo at eboyzo@cityofmyrtlebeach.com, for more information.

Youth Cheerleading (Ages 4 to 12) and Youth Football (Ages 5 to 12)
Registration is underway
Pepper Geddings Recreation Center

Cheerleading is offered at the Pepper Geddings Recreation Center during youth football season. Teams cheer for their football counterparts. The city provides a team cheerleading uniform. Here are the cheerleading age groups.

- 4-6 Cheerleading
- 7-12 Cheerleading

Youth Football is offered at Pepper Geddings Recreation Center. Practice starts in July, with games beginning in September. The city provides a jersey, helmet, shoulder pads, football pants and pads. Here are the youth football age groups.

- 5-6 Flag Football
- 7-8 Tackle Football
- 9-10 Tackle Football
- 11-12 Tackle Football

Fall Youth Baseball and Softball Registration

Registration is underway

Crabtree Memorial Gymnasium

Parents! Sign up your young all-star for Youth Baseball or Softball this fall. Registration is underway now for youth leagues. Sign up at Crabtree Memorial Gymnasium. Call 843-918-2360 for information.

- 4-6 baseball
- 6-8 baseball
- 9-10 baseball
- 11-12 baseball
- 13-15 baseball
- 9-12 softball

Pepper Geddings Recreation Center

Classes and Activities

Call 843-918-2280 for more information

Pepper Geddings Recreation Center features a well-equipped weight room with free weights and machines; a cardio room with treadmills, ellipticals, bikes, stair climbers and more; an indoor track; a 25 meter pool with six lanes and diving boards; a shallow pool; and two gymnasiums equipped with eight basketball goals, pickleball and volleyball equipment. **Pre-registration is required for classes.** We reserve the right to cancel any class that does not meet minimum enrollment.

Pepper Geddings Recreation Center Facility Hours

6:00 a.m. to 9:00 p.m., Monday through Thursday

6:00 a.m. to 7:00 p.m., Friday

8:30 a.m. to 5:00 p.m., Saturday

KIDS' SPORTS AND FITNESS PROGRAMS

Registration for After-School Sports and Fitness Classes: Stop by the front desk of Pepper Geddings Recreation Center to register your child for after-school sports, fitness and cultural classes.

Start Smart Sports: This is a proven instructional program that prepares children, ages three to six, for the world of organized sports without the threat of competition or the fear of getting hurt. Children work on learning all the fundamentals of sport including catching, passing, kicking and running in a fun atmosphere. Start Smart activities are held once a week for six weeks. Each week the exercises become increasingly more difficult as the class progresses and children show improvement. Classes meet from 6:00 – 7:00 p.m. for six weeks. Fees: \$25 City Resident / \$45 Non-City Resident. Pre-registration is required.

Level 1

Designed to introduce sports and basic athletic skills to pre-schoolers, ages three to four-and-a-half years old.

Summer:

Golf: Tuesdays, June 27 through August 1

Level 2

Designed for returning Start Smart participants and older pre-schoolers age four and a half to six years old as preparation for organized sports.

Summer:

Golf – Thursdays, June 29 through August 3

Summer Basketball (boys and girls ages 9 to 14): Parents can register children for summer Basketball. The season is from June 5 to July 21. Spaces are limited, so sign up early. Fees: \$14 for city residents and \$25/Non-City Resident. For more information, call 918-2280 or 918-2363.

- Ages 9-10 Boys (40 Spots)
- Ages 9-10 Girls (40 Spots)
- Ages 11-12 Boys (40 Spots)
- Ages 11-12 Girls (40 Spots)
- Ages 13-14 Boys (40 Spots)

Weekly Summer Sports and Fitness Camps throughout the summer: Choose from several unique weeklong camps throughout the summer. Camps are held Monday through Friday from 9:00 a.m. until 2:30 p.m. Fees: \$53 City Resident / \$90 Non-City Resident. Camps vary in size from 40 to 120 spots and are open to the first registered participants. Campers are responsible for bringing their own lunch. Early drop-off and late pick-up are available for most camps at no additional fee. All campers must be picked up no later than 5:30 p.m. Fitness and a healthy lifestyle will be emphasized throughout the week. All grades indicated are for the rising 2017-18 school year.

Early drop-off: 8:00-9:00 a.m. Open Gym

Late pick-up: 2:30 to 4:00 p.m. Open Swim or, 2:30 to 5:30 p.m. Open Gym

Lifeguards are provided for Open Swim.

Volleyball Camp (Grades 4 through 9): Whether you need to learn the basics of volleyball or increase your chances of making the school team, this camp will teach all the fundamentals of serving, passing, setting, blocking and spiking. Yes, even our youngest players will leave camp with the ability to spike the volleyball over the net. Those wanting to advance their skills will also learn court strategy, offense and defense. Volleyball is a lifelong sport and a valuable skill to learn.

Week of June 26 through 30

Beach Camp (Grades 4 through 6): Spend Wednesday, July 5th through Friday, July 7th from 9:00-noon at a local beach just a few blocks from Pepper Geddings Recreation Center enjoying a wide variety of beach recreational activities including surf lessons under the safe supervision of experienced surf instructors, lifeguards, and camp counselors. Experienced swimmers only. Parent drop-off and pick-up required at 9:00 and 12:00.

Week of July 5 through 7

Recreation Camp (Grades 2 through 7): Campers will experience different types of recreation, such as a Field Day, water and swimming games, inflatables and a wide variety of indoor and outdoor games enjoyed by children over the years. In some cases, the campers will get to choose their recreation from a variety of activities. The week will be jam-packed with fun and exciting activities.

Week of July 17 through 21

Lacrosse Camp (Grades 2 through 7): This camp is full of competition and drills to boost your skills. All players will learn to apply their abilities through individual and group instruction. Participants will work in skill-appropriate groups to maximize effectiveness and fun throughout the week. Summer is a great time to develop your talents and improve your fundamentals to take lacrosse to the next level.

Week of July 24 through 28

Basketball Camp (Grades 2 through 5): This camp is full of competition and drills to boost your skills. All players will learn to apply their abilities through individual and group instruction. Participants will work in skill-appropriate groups to maximize effectiveness and fun throughout the week. Summer is a great time to develop your talents and improve your fundamentals to take your game to the next level.

Week of August 7 through 11

Triathlon Camp (Grades 3 through 9): This camp will focus on the three disciplines that make up a triathlon: swimming, biking and running. This camp takes place from 8:30-2:00 Monday through Thursday consisting of training in the pool, biking the block around Pepper Geddings and running throughout the complex. The camp will conclude with a Kids' Triathlon beginning at 8:00 a.m., Saturday, August 19. Ages seven-10 will swim 100 yards, bike 5k and run 1k, while ages 11-14 will swim 200 yards, bike 10k and run 2k

Week of August 14 through 17

KIDS DANCE PROGRAMS

Zumbini: A fun music and movement class for babies ages 0-3 years and their caregiver. Bond with your child while you sing, dance, and play and help to improve your child's cognitive, social, and motor skills. Pre-registration required. Limited to 10 children per class. Fees are \$95 for city residents and \$160 for non-city residents. Registration ends Wednesday June 14.

Morning Session: 11:00 to 11:45 a.m., every Monday, with Sam, Aerobics Room
Afternoon Session: 4:00 to 4:45 p.m., every Wednesday, with Sam, Aerobics Room

Kids Creative Dance: Creative dance for kids ages 3 and 4 blends movement, music, and basic steps while providing an intro for ballet and tap classes. Students learn dance fundamentals while improving motor skills, their imagination, and social development. Pre-registration required. Fees are \$25 for city residents and \$45 for non-city residents. Registration ends Wednesday June 21.

11:00 to 12:00 p.m., every Tuesday, with Sandee, Aerobics Room

Zumba Kids: The Zumba Kids program for kids ages 5-11 is the ultimate dance party for little Zumba fans. They can play the music loud, dance to their own beat, and hang with friends. This program features age appropriate music and rhythms from all over the world. Pre-registration required. Fees are \$25 for city residents and \$45 for non-city residents. Registration ends Wednesday June 21.

4:00 to 5:00 p.m., every Tuesday, with Sam, Aerobics Room

Kids Ballet, Tap, and Jazz: This introductory dance class for kids in grades K-5 will teach the basics of Ballet, Tap, and Jazz. Learn dance techniques and work to improve movement and motor skills. Ballet/Jazz shoes are recommended. Please ask the instructor for specific details. Pre-registration required. Fees are \$25 for city residents and \$45 for non-city residents. Registration ends Friday June 23.

Kids in rising grades K-2: 3:00 to 4:00 p.m., every Thursday, with Sandee, Aerobics Room
Kids in rising grades 3-5: 4:00 to 5:00 p.m., every Thursday, with Sandee, Aerobics Room

ADULT AND SENIOR FITNESS PROGRAMS & CLASSES

***The following classes are part of our fitness schedule!** Get your 24-visit punch card at the front desk. It's \$28 for city residents or \$50 for non-city residents and allows you 24 visits to any of the following classes listed below. The Fitness Punch Cards can be used at all city recreation facilities and do not expire. Daily guests may pay \$4 (city resident) or \$10 (non-city resident) per class. All classes are held at the Pepper Geddings Recreation Center, 3205 Oak Street.*

“B” Fit: This fun and creative strength training class combines balls, bars, kettle “bells”, bands and BOSU's (class level scale – moderate intensity).

8:00 to 8:45 a.m., every Tuesday, with Joanne, Aerobics Room
9:00 to 9:45 a.m., every Saturday with Joanne, Aerobics Room

Ball Body Sculpt: Strengthen and tone your body, improve your balance, and coordination while working multiple muscle groups at once!

5:30-6:15pm every Friday, with Wendy, Aerobics Room

Ballet Stretch: Enjoy a gentle flow of ballet techniques that combines balance, stretching and muscle toning.

10:00-10:45 a.m., each Tuesday, with Sandee

Ballet, Tap, and Jazz Workshop II: Join this 10-week adult dance to learn new dance techniques, to experience something new, to progressively improve with the group and to have fun! No experience necessary. Try a free demo class at 12:30 p.m., Saturday June 3. Fees: \$35 city residents and \$60 non-city residents.

10:00 to 11:30 a.m., each Friday, beginning June 9 through August 18

Body Boot Camp: Challenge yourself in this high intensity, full body, calorie-blasting class. Some fitness experience is suggested to attend this class. This class will end March 16.

5:30 to 6:30 p.m., each Wednesday, with Sam, Aerobics Room

Beginner Weight Training: This class is designed for those who are new to using the weight room equipment or if you are new to designing a weight training routine.

9:00 to 9:45 a.m., every Wednesday, with Nick, Weight Room

Cardio Bells: This exercise is coupled with Kettlebell exercises with intense cardio exercises to make sure you are keeping your heart rate up throughout the routine to not only focus on improving strength but also cardiovascular endurance.

9:00 to 9:45 a.m., every Tuesday, with Joanne, Aerobics Room

Cardio & Strength: This class combines cardio exercises and weight lifting for a full body workout (class level scale – high intensity).

6:45 to 7:30 a.m., every Monday, Wednesday, and Friday with Nick, Aerobics Room
11:00 to 11:45 a.m., every Saturday, with Nick, Aerobics Room

Circuit Training: This class is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise

8:00 to 8:45 a.m., each Wednesday, with Nick, Aerobics Room

Cubed or Diced: The instructor will give you the exercise and you decide. Will it be cubed or will a roll of the dice decide?

5:30 to 6:15 p.m., every Monday, with Michael, Aerobics Room

Core Training: Improve core strength, stability, and flexibility through body resistance, posture alignment, balance and weights.

5:30 to 6:15 p.m., every Monday, with Wendy, Room 3

Fitness Over 50: Fit Over 50 is designed for individuals over the age of 50. This class combines cardio moves, strength exercises, flexibility, and friendship. If you are looking for some fun while staying active then this is the class for you! **"Fit Over 50" is now part of the regular class punch card. There is no separate fee!**

9:00-10:00 a.m., every Monday, Wednesday, and Friday, with Carol, Aerobics Room

Gold-N-Fit + Intro to Yoga: Gold-N-Fit combines light weights with strength training exercise. Intro to Yoga is a beginner class designed to help learn the art of Yoga. All exercise will be done with the assistance of the chair.

10:00 to 11:00 a.m., every Thursday, with Joanne, Aerobics Room

Hatha Yoga: This challenging yoga class will enhance your stability, improve balance and strength, and help to increase dynamic movements for a full body workout. Please bring your own mat (class level scale – high intensity).

5:30 to 6:15 p.m., every Wednesday, with Margaret, Room 3

Just For You Fitness: A free fitness program designed to be a full body workout using light hand weights and resistance bands. This class is specifically for seniors, beginners to fitness, or anyone recovering from an injury.

4:00 to 5:00 p.m., every Monday, with Wendy, Aerobics Room

Move & Groove: This up-beat class includes easy cardio dance moves with low impact combinations for fun and fitness!

5:30 to 6:15 p.m., every Thursday, with Sandee, Aerobics Room

Kickboxing: This is a fun aerobic workout using kickboxing bags to add resistance while you kick and punch.

8:00 to 8:45 a.m., every Thursday with Joanne, Senior Gym

Line Dance and Ballroom Adult Workshop I: Come learn the most popular line dances of yesterday and today. You can also get an introduction to ballroom style dancing including swing,

latin, foxtrot and waltz. Try a free demo class, 12:00 p.m., Saturday June 3. Fees are \$25 for city residents, Non-city residents \$45. For more information, call 843-918-2280.

11:00 a.m. to 12:00 p.m., each Wednesday, beginning June seventh through August 16.

Piloxing: A core-centric cardio class that combines the stability exercises of standing Pilates and the calorie blasting movements of Boxing!

5:30 to 6:30 p.m., every Thursday, with Sam, Aerobics Room

QiGong: Pronounced (CHEE-GONG), this is a gentle form of exercise that helps improve health and overall well-being. The main elements of QiGong include fluid movement, deep breathing and meditation. Designed for all fitness levels (class level scale – beginner, low impact).

10:00 to 10:45 a.m., every Wednesday, with Linda, Aerobics Room

Total Abs: This class concentrates on exercises that work your abdominal area, obliques and back.

8:00 to 8:45 a.m., every Friday, with Nick, Aerobics Room

Weight Training: Learn proper techniques and exercises using resistance machines located in the Weight Room. Weight Training improves overall muscle strength and tone (class level scale – moderate intensity).

9:00 to 9:45 a.m., every Monday and Friday, with Nick, Weight Room

10 to 10:45 a.m., every Saturday, with Nick, Weight Room

Yoga Release: This relaxing yoga class combines strength, flexibility and balance exercises to release tension in your body.

9:00 to 9:45 a.m., every Thursday, with Joanne, Room 3

10:00 to 11:00 a.m., every Saturday, with Joanne, Aerobics Room

Zumba: A mix of cardio aerobics, dance, and Latin themed music brings together a fun, easy-to-learn workout!

5:30 to 6:15 p.m., every Tuesday, with Sam, MBI Gym

9:00 to 9:45 a.m., every Saturday, with Sam, Jr. Gym

POOL SCHEDULE – Pepper Geddings Recreation Center (Pool is closed through June 18)

LAP SWIM SCHEDULE

Monday, Wednesday and Friday 6:00 to 8:30 a.m.

Tuesday and Thursday 6:00 to 8:00 a.m.

Monday through Friday 9:00 a.m. to 1:30 p.m.

Monday through Wednesday 5:00 p.m. to 8:45 p.m.

Friday 4:30 p.m. – 6:30 p.m.

Saturday 12:00 p.m. – 4:45 p.m.

ADULT EXERCISE OR FAMILIES

Monday through Friday 6:00 a.m. to 7:55 a.m., Shallow End

Monday through Friday 12:00 to 1:55 p.m., Shallow End

Monday, Wednesday and Friday 3:30 p.m. – 5:30 p.m., Shallow End

OPEN SWIM

Monday through Friday 2:00 to 3:45 p.m.

Saturday 12:00 to 4:45

Saturday, the pool may be used for pool rentals. Lane usage may be adjusted accordingly.

AQUA FITNESS CLASSES

Hydroaerobics: The perfect blend of water and workout! This is a low impact, fast paced aerobic program designed to improve heart-lung capacity, flexibility and muscular strength. The class is held in the shallow end of the pool, so no swimming skills are needed. Class meets from 9:00 to 9:45 a.m. every Monday, Wednesday and Friday. Drop-in fees are \$5 for city residents and \$10 for non-city residents or get an 18-visit punch card for \$32 (city resident) or \$55 for (non-city resident).

Off the Deep End: Jump into the deep end for a challenging water workout. This is a high-intensity, non-impact aerobic exercise class. Off the Deep End is an excellent cross-training and rehabilitative opportunity. The water workout helps build core muscular strength, flexibility and cardiovascular fitness. Class members wear buoyancy belts for added flotation, but should be comfortable in deep water. Classes meet 9:00 to 9:45 a.m. every Tuesday and Thursday. Drop-in fees are \$5 for city residents and \$10 for non-city residents or get an 18-visit punch card for \$32 (city resident) or \$55 for (non-city resident).

**Mary C. Canty Recreation Center
Classes and Activities
Call 843-918-1465 for information**

Circuits in the City... This high-intensity circuit training class makes you sweat and pushes you to new limits! Classes consist of weights, plyometric, cardio and resistance training. Classes meet 1:00 to 1:45 p.m., every Tuesday and Thursday, at Mary C. Canty Recreation Center. Drop-In Fees are \$4 per city resident and \$10 per non-city resident. Punch Cards may also be used, with a fee of \$28 for city residents and \$50 for non-city residents. For more information, contact Jonah Lanham at 843-918-1469 or janham@cityofmyrtlebeach.com.

Ship into Shape... This high-intensity running class will teach participants how to run properly. The program will consist of plyometric drills, cardio equipment workouts and running. Classes meet 1:00 to 1:45 p.m., every Monday and Wednesday, at Mary C. Canty Recreation Center. Drop-In Fees are \$4 for city residents and \$10 for non-city residents. Punch Cards may also be used, with a \$28 fee for city residents and a \$50 fee for non-city residents. For more information, contact Jonah Lanham at 843-918-1469 or janham@cityofmyrtlebeach.com.

POOL SCHEDULE – Mary C. Canty Recreation Center

LAP SWIM SCHEDULE

Monday through Friday 7:30 to 10:00 a.m.

Monday through Friday 10:30 a.m. to 1:30 p.m.

Monday through Thursday 4:00 to 7:45 p.m.

Friday 4:00 to 6:00 p.m.

Open Swim

Monday through Friday 2:00 to 4:00 p.m.

COMBO SWIM

Saturday 1:00 to 4:30 p.m.
Sunday 1:00 to 5:30 p.m.

On Saturday and Sunday, the pool may be used for pool rentals. Lane usage adjusted accordingly.

AQUA FITNESS CLASSES

Water exercise is an excellent way to a fit and healthy body! The added resistance of the water offers the opportunity to improve flexibility and muscle strength without joint stress. Our certified water exercise instructors will take you through exercise in the water often using buoyant equipment for balance, stabilization and added resistance. Whatever an individual's fitness goals or therapeutic needs, they can be met with the right mix of classes. *All classes are taught by Aquatic Instructors certified through the Aquatic Exercise Association.*

Hydro-aerobics: Hydro-aerobics is the performance of aerobic exercise in a swimming pool. Most water aerobics is in a group fitness class setting with a trained professional teaching. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. Hydro-aerobics is held 9:00 to 9:45 a.m., Monday through Friday and 5:15 to 6:00 p.m., Tuesday, Thursday and Friday. Drop-in fees are \$5 for city residents and \$10 for non-city residents or get an 18-visit punch card for \$32 (city resident) or \$55 for (non-city resident).

Aqua Power: This class is a great, low-impact way to focus on improving your muscle tone and cardio. Class is held in the shallow end of the pool, so no swimming skills are necessary. This class is designed for all levels. Class meets Monday, Wednesday, and Friday from 12:00 – 12:45 p.m. Water shoes strongly recommended, but not required. Drop-in fees are \$5 for city residents and \$10 for non-city residents or an 18-visit punch card is \$32 for city residents and \$55 for non-residents.

Jivin' Joints: This water exercise class is for individual with a form of arthritis or related condition. It offers a gentle range of motion and endurance activities under the guidance of an Arthritis Foundation-trained instructor. The class is suitable for "pre-hab" or "re-hab" of hips and knees. This is a beginner's class with a slower pace. Class meets Mondays and Wednesdays from 10:15 – 11:00 a.m. Drop-in fees are \$5 for city residents, \$10 for non-city residents or get an 18-visit punch card for \$32 for city residents or \$55 for non-city residents.

WEEKEND OPEN BASKETBALL GYM SCHEDULE – Mary C. Canty Recreation Center

Saturday, 10:00 a.m. to 2:00 p.m.; all youth ages 12 and under

Saturday, 2:00 to 5:00 p.m.; ages 13 and older

Sunday, 1:00 to 3:00 p.m.; ages 12 and under

Sunday, 3:00 to 6:00 p.m.; ages 13 and older

Myrtle Beach Tennis Center

3302 Grissom Parkway, adjacent to Myrtle Beach High School

Call 843-918-2440 or visit www.cityofmyrtlebeach.com/tennis.html

Myrtle Beach Tennis Center memberships include access to the 10 courts (eight lighted), no court fees, reserved court time, league play and adult clinics at member price. A youth membership is required to participate in the 40 LUV Junior Development Pathway. Annual memberships are available for everyone: \$50 for youth (under 18), \$125 for adults (19 and older), \$175 for a family (husband, wife and children under 21 living at home or full time students under 25 living at home who qualify with student status verification) and \$60 for seniors (55 and older). There are NO court time fees with membership.

Myrtle Beach Tennis Center Facility Hours (Summer Hours)

8:00 a.m. to 9:00 p.m., Monday through Friday

8:00 a.m. to 1:00 p.m. and 2:30 to 6:30 p.m., Saturday

Adult Clinic 3.5 – 4.0: Clinic times are 8:00 to 9:30 a.m., every Tuesday and Thursday for adult 3.5 – 4.0 only. Each clinic will have a “theme of the day,” with instruction and strategic tips for competitive play. Two participants needed for a one hour clinic, three or more for the entire clinic. Fees are \$13 for members and \$16 for non-members. Contact Brad Anderson at 843-918-2440 for more information.

Adult Clinic 2.5 – 3.0: This exciting program is offered to adult 2.5 – 3.0 players who want to improve their tennis game in a short amount of time. The program is ongoing, with players attending twice a week for one hour sessions. Classes are offered from 7:00 to 8:00 p.m., on Tuesday and Thursday evenings. Participants have the option to pay \$50 in advance for six classes or pay \$9 “as you go” per person, per individual session. Contact Brad Anderson at 843-918-2440 for information.

Adult Clinic 2.0 – 2.5 Clinic: Clinic times are 7:00 to 8:00 p.m., every Monday and Wednesday, for adults 1.5 – 2.5. Participants have the option to pay \$50 in advance for six classes or pay \$9 “as you go” per person, per individual session.

Teen 101: Clinic times are 4:00 to 6:00 p.m., Monday through Thursday. Contact the Tennis Center for pricing for the eight week session 843-918-2440.

15 LUV-30 LUV: Clinic times are 6:00 p.m. to 7:00 p.m., Monday through Thursday. Contact the Tennis Center for pricing for this session 843-918-2440.

**Base Recreation Center
Classes and Activities
Call 843-918-2380 for information**

The Base Recreation Center is open Monday through Friday, from 8:30 a.m. until 9:00 p.m. The center is available on the weekend by reservation. If you are interested in teaching a class or workshop, or want to lead a group at the Base Recreation Center, call 843-918-2380. Program suggestions are welcome!

Free Wi-Fi... Free Wi-Fi services are available Monday through Friday from 8:30 a.m. until 9:00 p.m. Just bring your own laptop, enjoy some coffee, catch up on the world news and surf the web.

Casual Play Game Time (Chess and Checkers)... Do you like to play strategic games? Join us for a casual game of chess or checkers at Base Recreation Center from 6:00 to 8:00 p.m. every Monday. It’s free and fun! Bring a partner and play with deluxe Staunton-style chess pieces. Free coffee is available. For details, call 843-918-2380.

Bridge... Bridge is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the most popular card games, particularly among seniors. Join us for bridge from 9:00 a.m. to 1:00 p.m., each Monday.

Hand and Foot... This game is a variation of Canasta. The Hand and Foot card game is played with four to six standard decks, and was ideally designed for two players, but four to six players can also play in teams of two or three. Usually, the number of decks is one more than the number of players, but it is not standard. This game is widely famous in North America. Each player is dealt two hands; the first set of cards is Hand, while the other set is Foot. The game will be played each Friday from 1:00 to 5:00 p.m.

Senior Dances... This popular dance series at the Base Recreation Center Ballroom has become a year-round event. Doors open at 6:30 p.m. Tickets are just \$7 per person and may be purchased at the door. All dances are from 7:00 to 10:00 p.m. Please contact Rosalie at 570-881-0244 or

rosaliejack1566@gmail.com for information or to reserve a table. This dance series is sponsored by the City of Myrtle Beach

- Saturday, June 24, 2017
- Friday, July 14, 2017 (City-Sponsored)
- Saturday, July 22, 2017
- Saturday, August 5, 2017
- Friday, August 18, 2017 (City-Sponsored)
- Saturday, August 26, 2017
- Friday, September 8, 2017 (City-Sponsored)
- Saturday, September 30, 2017
- Saturday, October 28, 2017
- Saturday, November 4, 2017
- Friday, November 17, 2017
- Saturday, December 2, 2017

Senior Movie Schedule... Enjoy a free movie for adults and seniors every Friday at 3:00 p.m. at the recreation center, located at 800 Gabreski Lane. Soft drinks and popcorn are available for \$1 each.

- 3:00 p.m., Friday, June 23 – **Shut In** (PG-13), Naomi Watts, Oliver Platt
- 3:00 p.m., Friday, June 30 – **Rules Don't Apply** (PG-13), Warren Beatty
- 3:00 p.m., Friday, July 7 – **Arrival** (PG-13), Amy Adams, Jeremy Renner, Forest Whitaker
- 3:00 p.m., Friday, July 14 – **Keeping Up with the Joneses** (PG-13), Zach Galifianakis, Isla Fisher, Jon Hamm, Gal Gadot
- 3:00 p.m., Friday, July 21 – **Inferno** (PG-13), Tom Hanks, Felicity Jones

Absolute Beginners' Dance Lessons... This is an easy way to learn some simple dance moves. You can learn low impact line dance steps. Variations of the Electric Slide, Cupid Shuffle and Mambo Number Five will be linked into various dance moves. The class is held in Classroom C, each Monday at 5:30 p.m. An additional advanced beginner class is held each Tuesday at 6:30 p.m. This class requires some experience. The fee for one class is \$3. You can take both classes for \$5.

Ballroom Dance Lessons... Grab a dance partner and get ready to Ballroom dance. The core elements of ballroom dancing are control and cohesiveness. You can learn both techniques each Wednesday from 6:30 to 7:30 p.m., at the Base Recreation Center. Practice is held from 7:30 to 8:00 p.m. The cost is \$10 per class which includes the practice session. For more information, call Sandra Lucas-Hyde at 843-602-7197 or visit <http://www.themusicmachine.dance/>.

Basic Beginners' Line Dance Classes... This class is designed for dancers with very little experience. Learn basic beginner steps with great music. The class is held at 12:00 to 2:00 p.m., Thursdays, June 1, 8, 15, 22 and July 6, 13, 20 and 27. The first class is free; the rest will be \$4 each. For more information, call 843-918-2380.

Beginner LNovice Dance Lessons... This class requires some dance experience. With that experience, you can enhance your moves in record time. You will have the opportunity to combine your experience with various line dance steps. The class is held at 6:30 p.m., each Tuesday.

Shag Dance Lessons... Learn the basic steps for South Carolina's official dance, The Shag. The Shag is a type of swing dance that developed during the 1930's and 40's combining nimble footwork with upbeat rhythm and blues known as beach music. You can learn the various Shag steps each Wednesday at the Base Recreation Center. Sandra Lucas-Hyde teaches a Shag class from 5:00 to 6:00 p.m. Shag practice is held 6:00 to 6:30 p.m. The cost is \$10 per class which includes the practice session. For more information, call Hyde at 843-602-7197 or visit <http://www.themusicmachine.dance/>.

Gametime: Come enjoy free Pinochle, Chess and Checkers... In addition to Bridge and Hand and Foot, listed above, Pinochle is played **Tuesday** nights, starting at 6:00 p.m., at the Base Recreation Center. Or try your hand at Chess and Checkers, Mondays at 6:00 p.m.

Improved Beginners' Classes... This class is designed for dancers who have mastered the simple dance moves from the low impact line dance steps. The class is held at 2:30 p.m., each Wednesday. Each class is \$3. For more information contact Rosalie at rosaliejack1566@gmail.com or call 570-881-0244.

Intermediate Dance Classes... This class allows you to show off your moves you learned in Beginners' and Improved Beginners' classes. You will learn how to incorporate various line dance moves and add some additional complex routines. Each class is \$3. You can pair the Improved Beginners' and Intermediate Classes for \$5. For more information contact Rosalie at rosaliejack1566@gmail.com or call 570-881-0244.

Line Dance Class... Learn the latest line dance moves. Beginners and experienced dancers are welcome. Classes are held from 10:00 a.m., to 12:00 p.m., each Thursday. Each class is \$4 for city residents/ Non-city residents is \$10 per class.

Line Dance Lessons... The Base Recreation Center now offers line dancing classes on Wednesdays. The beginner's class starts at 2:30 p.m. The intermediate class begins at 3:30 p.m. You can learn all the latest party dances. Each class is \$3 per person or \$5 for two classes. For more information contact Rosalie at rosaliejack1566@gmail.com or call 570-881-0244.

Low-Impact Line Dance Classes... The Base Recreation Center offers the new, Low Impact Line Dance Classes on Tuesdays, beginning August 2. The beginners' class starts at 5:30 p.m. The intermediate class begins at 6:30 p.m. Each class is \$3 per person. For more information contact Rosalie at rosaliejack1566@gmail.com or call 570-881-0244.

Low-Impact Line Dance Classes for seniors... Seniors can learn the latest line dance routines at the Base Recreation Center. The class is held each Tuesday at 5:30 and 6:30. Additionally, a beginner class is held each Wednesday at 2:30 p.m. The intermediate class begins at 3:30 p.m. Each class is \$3 per person. For more information contact Rosalie at rosaliejack1566@gmail.com or call 570-881-0244.

Partners Choreographed Class... Seniors can learn the latest moves with a dance partner at the Base Recreation Center. The class is held from 6:30 to 8:30 p.m., each Wednesday evening. Each class is \$3 per person. For more information contact Rosalie at rosaliejack1566@gmail.com or call 570-881-0244.

Open Studio with Jackie Stacharowski... This "open" class is being held Thursdays from 9:00 a.m. to 12:00 p.m. Available options for artwork projects are oil paints, acrylics, watercolors and color pencils. The cost is \$5 per visit for city residents and \$10 per visit for non-city residents.

Myrtle Beach Table Tennis... If you enjoy the game of table tennis, come join this competitive group! All are welcome to play. The club meets from 6:00 to 9:00 p.m. on Mondays and Thursdays, with free lessons offered from 6:00 to 7:00 p.m. on Wednesday evenings. It costs just \$2 to play! Annual memberships are \$10 per year for city residents and \$20 for non-city residents.

Quilting... Come join the Quilters from 10:00 a.m. to 1:30 p.m. on Thursdays at Base Recreation Center. Learn how to make your very own quilt or show off your skills to others. All are welcome to join this fun and exciting group. It costs just \$12 per year to join the Quilt Guild, and annual memberships are available for \$10 per year for city residents (\$20 for non-city residents).

Guitar Lessons... Base Recreation Center offers lessons with Steve Marino every Wednesday and Thursday and Friday by appointment. Steve offers quick and easy instructions for the beginner

student and theory and technique for the developed guitarist. Classes are in one hour sessions beginning at 4:30 p.m. to 8:30 p.m. Students must have their own guitar and call to schedule a time, with a maximum of four students per time slot. Fees are \$5 a class for residents; \$10 a class for non-city residents.

**Crabtree Memorial Gymnasium
Classes and Activities
Call 843-918-2355 for information**

Crabtree Memorial Gymnasium offers classes and activities throughout the year and is located at 1004 Crabtree Lane. Call 843-918-2355 for more information.

Crabtree Memorial Gymnasium Facility Hours

6:00 a.m. to 9:00 p.m., Monday through Thursday

6:00 a.m. to 6:30 p.m., Friday

8:30 a.m. to 5:00 p.m., Saturday

Active Aging Fitness Class: This class is designed for our senior population, combining strength, balance and cardio elements to keep you fit.

9:00 to 10:00 a.m., every Tuesday and Thursday

\$2 per person, per class for city residents

\$5 per person, per class for non-city residents

24-visit punch card - \$28 for city residents or \$50 for non-city residents

Arms and Abs: Strengthen your upper body with the Arm-ageddon class at Crabtree Memorial Gymnasium every Monday and Wednesday at 5:30 p.m. The 45-minute class focuses on upper body training using weights, bands and whatever your instructor Shawn can find. Fees: \$4 per person, per class for city residents; \$10 per person, per class for non-city residents. A 24-visit punch card is available: \$28 for city residents or \$50 for non-city residents. Call 843-918-2355 for more.

Adult Volleyball: Come join us for Senior Volleyball on Monday and Wednesday afternoons in our basketball gym.

12:00 to 4:00 p.m., every Monday, Wednesday and Friday

Walk-in-fee: \$3 for Seniors (55 and older) and \$5 for Adults (ages 18 to 54)

Free for members

A.M. Body Blast: This is a total body exercise program to build strength and endurance, geared to all ages and fitness levels.

10:15 to 11:00 a.m., every Monday and Wednesday

\$4 per person, per class for city residents

\$10 per person, per class for non-city residents

24-visit punch card – \$28 for city residents or \$50 for non-city residents

Beginners' Yoga: Is a full body fitness program in a very casual setting that moves slowly through a series of yoga poses to develop strength, flexibility and balance. Yoga is for everyone. You don't have to be a certain body type or super flexible. Bring your own mat, thick towel and water bottle.

10:15 to 11:00 a.m., every Tuesday, Thursday and Friday

\$4 per person, per class for city residents

\$10 per person, per class for non-city residents

24-visit punch card – \$28 for city residents or \$50 for non-city residents

Chair Yoga: This gentle form of yoga is practiced sitting on a chair, or standing using a chair for support. It's in the process of being recognized formally as a type of yoga distinct from other types, such as Iyengar Yoga or Ashtanga yoga. Often the poses, or Asanas, are adaptations of Hatha yoga poses. This class is held from 10:15 to 11:00 a.m., each Monday and Wednesday.

Cycling Classes: Challenge and improve your endurance, strength and speed during cycling class! Experience a ride full of hills, sprints and endurance intervals while riding to energizing music. Cycling will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. Bring a towel and water because you will sweat.

7:00 to 7:45 a.m., every Tuesday, Wednesday and Thursday

5:30 to 6:15 p.m., every Tuesday and Thursday

9:00 to 9:45 a.m., every Saturday

Fees: \$4 per person, per class for city residents; \$10 per person, per class for non-residents

24-visit punch card available: \$28 for city residents or \$50 for non-city residents

Express Cardio: Get your heart pumping with Express Cardio. This 30-minute class focuses on building strength and helping with weight loss over time. The class is Tuesday and Thursday from 8:00 to 8:30 a.m. Fees: \$4 per person, per class for city residents; \$10 per person, per class for non-city residents. A 24-visit punch card is available: \$28 for city residents or \$50 for non-city residents. Call 843-918-2355 for more.

Full Body Workout Fitness: Experience a full body workout utilizing all of the major muscle groups, with emphasis on stretching for both flexibility and balance. The class will allow you to use a variety of equipment; including weights, BOSU balls, resistance bands and more. This workout class is in a group setting to promote camaraderie and social support.

9:00 to 10:00 a.m., every Monday, Wednesday and Friday

\$4 per person, per class for city residents

\$10 per person, per class for non-city residents

24-visit punch card – \$28 for city residents or \$50 for non-city residents

Gentle Yoga: Take this class as you transition into from Intro to Yoga to Hatha Yoga. This class will progressively include more floor work and focuses on alignment and form in specific yoga poses. You will also learn how to properly do and correct your posture.

11:30 a.m. to 12:30 p.m., every Monday and Wednesday, with Gail

6:30 to 7:15 p.m., every Monday and Wednesday, with Gail

On The Ball: This class uses an exercise ball to help maintain correct posture to target all muscle groups. The class is offered 5:30 to 6:15 p.m., each Monday and Wednesday. Fees: \$4 per person, per class for city residents; \$10 per person, per class for non-city residents. 24-visit punch card available: \$28 for city residents or \$50 for non-city residents

Legit Legs: If you want to strengthen your legs, join "Legit Legs." This class teaches exercises designed to help you develop strength and muscle in your legs. The class is 6:30 to 7:15 p.m., each Tuesday and Thursday

Muscle Pump: This is a great full body workout using dumbbells, bands and body weight to define and sculpt your muscles. Build strength and muscle, helping you burn more calories during the day.

12:00 to 12:45 p.m., every Tuesday and Thursday

9:00 to 10:00 a.m., every Wednesday

5:30 to 6:15 p.m., every Tuesday and Thursday

\$4 per person, per class for city residents
\$10 per person, per class for non-city residents
24-visit punch card – \$28 for city residents or \$50 for non-city residents

Super Crunch: This class an intense core workout set to upbeat music. The workout is designed to help you strengthen your core and sculpt your body. All fitness levels are welcomed. The class is from 4:15 to 5:00 p.m., each Tuesday and Thursday.

Tai Chi: This mind and body exercise takes place each Monday from 9:00 to 10:00 a.m. The class combines slow, deliberate movements, meditation and breathing exercises. The routines were not designed to burn calories or raise your heart rate.

Total Body Sculpt: This class focuses on gentle strength training for the whole body. You will improve muscle strength and stability. You can participated 4:15 to 5:00 p.m., each Monday and Wednesday.

Pickleball: Experience the fastest growing sport in the USA! This game combines tennis and badminton for a game that is high on fun and fitness.

12:00 to 4:00 p.m., every Monday and Wednesday
6:00 to 8:00 p.m., every Tuesday and Thursday
9:00 a.m. to 12:00 p.m., every Tuesday, Thursday and Friday
Walk-in-fee: \$3 for Seniors (55 and older) and \$5 for Adults (ages 18 to 54)
Free for members

10:00 a.m. to 1:00 p.m., every Tuesday, Thursday and Friday
Walk-in-fee: \$3 for Seniors (55 and older) and \$5 for Adults (ages 18 to 54)

Zumba: Using Latin and World music, dance your way to a fitter body. With interval training sessions you tone and sculpt the body while burning fat; great for building a strong core. No dance experience needed, just bring a smile!

10:15 to 11:00 a.m., every Monday and Wednesday
9:00 to 9:45 a.m., every Thursday
6:15 to 6:45 p.m., every Tuesday and Thursday
8:45 to 9:30 a.m., every Saturday
\$4 per person, per class for city residents
\$10 per person, per class for non-city residents
24-visit punch card – \$28 for city residents or \$50 for non-city residents

GYM SCHEDULE – Crabtree Memorial Gym

Open Play Basketball

Monday, Wednesday and Friday, 8:00 to 10:00 a.m.
Tuesday and Thursday, 12:00 to 4:00
Saturday, 1:00 to 4:30 p.m.

Open Gym

Monday through Friday, 7:00 a.m. to 8:00 a.m.
Tuesday, 4:00 to 4:45 p.m. and 7:00 to 8:45 p.m.
Monday and Wednesday, 4:00 to 8:45 p.m.
Thursday, 7:00 to 8:45
Friday, 4:00 to 6:15 p.m.

Youth Martial Arts Program
5:00 to 6:00 p.m., each Tuesday and Thursday
Crabtree Memorial Gym

For children ages seven to 14, this Youth Martial Arts class promotes fitness, discipline, improves focus and self-confidence. Classes are held every Tuesday and Thursday from 5:00 p.m. to 6:00 p.m. at Crabtree Gymnasium. The fee is a punch card system: \$15 for eight classes for city residents or \$25 for eight classes for non-city residents. Instructor Marilyn Del Gaizo is a third degree black belt in Taekwondo and has been instructing both youth and adults for more than 20 years. Contact Marilyn at 843-918-2355 for more information.

Adult Martial Arts
7:30 to 8:30 p.m., each Tuesday and Thursday
Crabtree Memorial Gymnasium

Want to learn a martial art for fitness, self-defense or self-confidence? The Martial Arts are a great way to practice strength and endurance. The new program will be held each Tuesday and Thursday evening from 7:30 to 8:30. The city resident fee is \$28; the non-city resident fee is \$50 for 10 sessions. Call 843-918-2355 for more information.

Myrtle Beach Summer Swim League
Meets start at 5:30 p.m.
Pepper Geddings Recreation Center

Registration is underway at Pepper Geddings for the Summer Swim League! This is an introductory, competitive swimming program in a fun, non-threatening atmosphere. Swimmers improve skills and endurance and learn competitive techniques. Participants should have passed level 3 and be able to safely swim the length of the pool on their stomach and back. Practices begin June 19. The first meet is June 22. **Choose your team according to preferred practice time. Teams include all ages and abilities.**

Team Speed – Monday, Tuesday and Wednesday 12:30-1:30 p.m.

Tidal Waves – Monday, Tuesday and Wednesday 4:00-5:00 p.m.

Lightning Bolts – Monday, Tuesday and Wednesday 7:30-8:30 p.m.

Swim meets are held Thursday evenings at Pepper Geddings Recreation Center. Meets start at 5:30 p.m. The fee for the program is \$74 for city residents and \$125 for non-city residents. This includes practices, meets, awards and a league T-shirt, swim cap, water bottle and swim bag. For more information, contact the Aquatics Office at 918-2280 or 918-1476.

Myrtle Beach Marlins Swim Team
Year-Round Recreational Swimming
Grand Strand Recreational Swim League

The Myrtle Beach Marlins Swim Team is a great way to continue to improve your swimming skills. The Marlins are a year-round recreational swim team focusing on the fundamentals of swimming, training and building friendships, all while having fun. Swimmers are placed into groups based on ability, age and practice attendance. A variety of practice times will be available to meet your schedule. The Marlins compete in the Grand Strand Recreational Swim League (GSSL). Fees range from \$30 to \$60 per month, plus an annual registration fee. *Please note that all swimmers pay annual registration fee of \$14 for city residents or \$25 for non-city residents.* For more information or questions regarding tryouts, please contact head coach Jeanne McDonald at 843-918-2279 or jmcdonald@cityofmyrtlebeach.com.

Groups and Practice Schedule...

Sea Monkeys

Fee: \$29 per month for city residents and \$50 per month for non-city residents
Schedule: Monday through Friday, 3:30 to 4:15 p.m.; Saturday, 9:30 to 10:30 a.m.

Clownfish

Fee: \$35 per month for city residents and \$60 per month for non-city residents
Schedule: Monday through Friday, 3:30 to 4:30 p.m.; Saturday, 9:30 to 10:30 a.m.

Piranhas

Fee: \$35 per month for city residents and \$60 per month for non-city residents
Schedule: Monday through Friday, 4:30 to 5:30 p.m.; Saturday, 9:30 to 10:30 a.m.

Barracudas

Fee: \$35 per month for city residents and \$60 per month for non-city residents
Schedule: Monday through Friday, 4:30 to 5:30 p.m.; Saturday, 9:30 to 10:30 a.m.

*All practices are held at Pepper Geddings Recreation Center

** Saturday practices will not be held on weekends that meets are scheduled.

Grab Bag – All Skill Levels... Tuesday and Thursday, 7:30 to 8:30 p.m.

*For more information about Myrtle Beach and our recreational offerings,
visit <http://www.cityofmyrtlebeach.com/recreation.html>.*