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Thursday, May 18, 2017

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

New and updated items in blue!

Pool Closure

May 29 through June 18

Pepper Geddings

The swimming pool at Pepper Geddings Recreation Center will be closed for a few weeks. The closure is scheduled for Sunday, May 29, through Sunday, June 18. The HVAC system will be replaced during this time.

Spring 2017 Dance Showcase

2:00 p.m., Saturday, May 20

Pepper Geddings Recreation Center, 3205 North Oak Street

Pepper Geddings Recreation Center proudly presents the Spring Dance Showcase at 2:00 p.m. on Saturday, May 20, at the center, 3205 North Oak Street. The showcase features adults and children performing Zumba, ballet, tap and jazz! Questions? Call 843-918-2280 for information.

"Camp Cool Out"

Registration underway...

Camp begins Monday, June 5

Mary C. Canty Recreation Center, 971 Canal Street

Hey, parents! Let's get ready for "Camp Cool Out" at Mary C. Canty Recreation Center. This full-time, Monday-through-Friday summer day camp is on a first-come, first-served basis. Registration is underway from 9:00 a.m. to 1:00 p.m., Monday through Friday. The camp begins Monday, June 5. Activities include: arts and crafts, games, sports, swimming (every day) and field trips. Registration forms are available at www.cityofmyrtlebeach.com/youthprograms.html. Print the completed registration form and return it to Mary C. Canty Recreation Center. Registration Fee: \$20 City Resident / \$50 Non City Resident. Weekly Fee: \$75 / week, per child. Reduced fees are available. For more information, call 843-918-1468.

"Splash Without Cash" Free Basic Swim Lessons

Registration is underway

Mary C. Canty Recreation Center, 971 Canal Street

The City of Myrtle Beach offers the "Splash without Cash," a program that teaches water safety and survival skills to children, teens and adults, ages five and older, in our community. The city continues offered this program for children for many years, but this is the first time we are opening it up to teens and adults. Everyone needs to have the knowledge necessary to save themselves should they fall into a body of water. This free, week-long program is specifically for non-swimmers. Pre-registration is required, and space is limited. Call 843-918-1463 or 843-918-1476 to sign up.

Monday through Thursday, May 22-25

Please select **one** of these class times...

- 4:00 to 4:30 p.m.
- 4:40 to 5:10 p.m.
- 5:20 to 5:50 p.m.
- 6:00 to 6:30 p.m.

50th Anniversary Celebration of *Don't Make Waves*

1:00 p.m., Friday, June 9

Base Recreation Center, 800 Gabreski Lane

Commemorate the 50th anniversary of *Don't Make Waves*, a 1967 MGM Studios' movie that was partly filmed here and premiered in Myrtle Beach! On June 9, 1967, MGM hosted the world premiere of *Don't Make Waves* at the Rivoli Theater on Chester Street. The film starred Tony Curtis, Sharon Tate (in her debut role) and Claudia Cardinale. Both Tate and David Draper, who was Mr. Universe 1966, came to Myrtle Beach for the grand opening. Fifty years later, at 1:00 p.m., Friday, June 9, the Base Recreation Center will host a free screening of *Don't Make Waves* at the center, 800 Gabreski Lane. Everyone's invited to bring a bag lunch, with soft drinks and popcorn available for \$1 each. Questions? Call 843-918-2380 for more information.

Women's Pick-up Basketball League

7:00 to 8:30 p.m., each Thursday night, beginning June 15

Crabtree Memorial Gymnasium

Calling ladies who are interested in shooting hoops. Come join the Women's Pick-Up Basketball League. The league plays 7:00 to 8:30 p.m., each Thursday night beginning June 15 at Crabtree Memorial Gymnasium. Call 843-918-2284 for more information.

Free 2017 Summer Camp for Kids

3:00 to 5:00 p.m., every Tuesday, Wednesday and Thursday, June 13 through August 17

Historic Myrtle Beach Colored School Museum & Education Center, 900 Dunbar Street

The Historic Myrtle Beach Colored School Museum hosts the 2017 Summer Camp series from 3:00 to 5:00 p.m., every Tuesday, Wednesday and Thursday, June 13 through August 17. The series features presentations by community members who volunteer their personal time to educate and share their profession and area of expertise. Participants include parents, police officers, City Councilmembers, teachers, firefighters and more! Students have the opportunity to ask questions and receive hands-on training. Presentations include information about various topics and activities, such as fishing, storytelling, music, gardening, sports, tee shirt design, photography, decorating, graphic design and computer programming. Everyone is encouraged to attend. Questions? For more information, contact 843-918-4900.

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

Healthy Heroes
9:00 to 10:00 a.m., every Saturday, June 13 through August 12
Pepper Geddings Recreation Center

Calling all veterans and active-duty military to participate in a free fitness program. Pepper Geddings Recreation Center presents "Healthy Heroes," a new fitness program for veterans and active-duty military. Registration is underway. The first class is Saturday, June 3, at Pepper Geddings Recreation Center, 3205 North Oak Street. Interested participants can register with a military ID or a copy of their DD214 form. Classes meet from 9:00 to 10:00 a.m., every Saturday, June 3 through August 12. Class workouts are for all ages and fitness levels, with modifications available. The program includes circuit training, military-style boot camps, cardio and strength drills, core training and more. Come join a new community of fellow heroes at Pepper Geddings Recreation Center! Questions? Call 843-918-2280 for information.

Teen Coaching 101 (ages 13-18)
Registration underway
Canal Street Recreation Center

Calling all teenagers, ages 13-18, who have an interest in coaching! This program aims to get teenagers involved by serving as youth coaches for basketball and flag football. Participants will receive training about coaching, conducting drills, creating practice plans and developing positive leadership. As youth coaches, they will receive work and leadership experience, monthly dinner, coach's room with refreshments and a special bonus at season's end. Registration runs through June 2. The coaching program is June 12 through July 27, Monday through Thursday, from 12:00 to 2:00 p.m. Game schedules will be determined later. For more information, call [Edwin Boyzo](mailto:edwinboyzo@cityofmyrtlebeach.com) at edwinboyzo@cityofmyrtlebeach.com or 843-918-1472.

Free Class Demos for Zumbini
Monday, May 22; Wednesday, May 24; and Saturday, June 3
Pepper Geddings Recreation Center

Looking for a class for your toddler? Don't miss Zumbini. This is a music and movement class for kids ages zero to three and their caregiver. It's a fun, singing and dancing class designed to improve cognitive, motor and social skills. It also gives kids and their caregivers a chance to bond. Pre-Registration is required. Sign up at Pepper Geddings. Call 843-918-2280.

Demo Days and Times:

11:00 a.m., Monday May 22

4:00 p.m., Wednesday May 24

10:00 a.m., Saturday June 3

"Pickleball with a Purpose" Tournament

8:00 a.m. to 3:00 p.m., Friday, May 26

Pepper Geddings Recreation Center

Come out to Pepper Geddings Recreation Center, 8:00 a.m. to 3:00 p.m., Friday, May 26, for Rena Grant's "Pickleball with a Purpose" Tournament. The tournament is in memory of Rena Grant, who brought the sport of pickleball to Myrtle Beach. The cost is \$5. Proceeds will benefit the Mark Schild Youth Scholarship Fund which provides funding for children to participate in sporting events. The tournament is limited to the first 24 teams. Sign up with a partner or as a single looking for a partner. The deadline to register is Monday, May 22. For more information, call 843-918-2280.

Creative Dance Program

11:00 a.m. to 12:00 p.m., each Tuesday, June 6 through August 15

Pepper Geddings Recreation Center

Your child can learn dance moves at an early age with the Creative Dance program, designed for ages three and four. It blends movement, music and basic dance steps while providing an introduction for ballet and tap classes. Students learn fundamentals, along with improving their motor skills, imagination and social development. The class will be held from 11:00 a.m. to 12:00 p.m., each Tuesday, from June 6 through August 15. Fees: \$25 city residents/\$45 Non-city residents. Try a free demo class 10:30 a.m., Saturday, June 3. Call 843-918-2280 for more information.

Zumba Kids

4:00 to 5:00 p.m., each Tuesday, June 6 through August 22

Pepper Geddings Recreation Center

If your child enjoys dancing and exercising, don't miss, "Zumba Kids." It's the ultimate dance-fitness party for young Zumba fans, age five to 11. The program features age-appropriate music and moves that kids children moving to the beat. Fees: \$25 city residents/ \$45 non-city residents. Try a free demo class 11:00 a.m., Saturday, June 3. Call 843-918-2280 for more information.

Ballet, Tap and Jazz

3:00 to 4:00 p.m., each Thursday (kindergarten through second grade)

4:00 to 5:00 p.m., each Thursday (third through fifth grade)

Pepper Geddings Recreation Center

Kids can learn the techniques for ballet, tap and jazz through this introductory dance class, which teaches the basic movements. The class is held 3:00 to 4:00 p.m., each Thursday, for kindergarten through second grade and 4:00 to 5:00 p.m., each Thursday, for third through fifth grade students. Fees: \$25 city residents/ \$45 non-city residents. Try a free demo class 11:30 a.m. Saturday, June 3. Call 843-918-2280 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.

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

YOUTH SPORTS

Arena Football League: This summer flag football league program gives youth, ages six to 12, the opportunity to enhance their football skills and develop the necessary fundamentals for the game of tackle football. Registration for Arena Football at Mary C. Canty Recreation Center is underway. Mini Camp Dates: Monday, June 12 to Thursday, June 15 from 12:00 to 2:00 p.m. Game dates: Monday and Wednesdays, 12:00 to 2:00 p.m. The league begins Monday, June 26. The city resident fee is \$10.00; the non-city resident fee is \$20.00. For more information, call the Mary C. Canty Recreation Center at (843) 918-1472.

Summer Youth Basketball League: This league focuses on the fundamentals of basketball. The program highlights positive sportsmanship, leadership, discipline and team work. Registration is underway until Tuesday, June 16. Training Camp is from 12:00 to 2:00 p.m., Monday, June 19 through Thursday, June 23. Games are played 12:00 to 3:00 p.m., each Tuesday and Thursday. For more information, call the Mary C. Canty Recreation Center at (843) 918-1469.

Summer Teen Basketball League: This program will help youth ages 13 to 17, learn the fundamentals of basketball and teach the importance of sportsmanship, leadership, discipline and teamwork within the game. Registration is underway until June 16. Training camp will be held 12:00 to 2:00 p.m., Monday, June 19 through Thursday, June 22. The season begins June 27. Games are played from 6:00 to 8:00 p.m., Tuesday and Thursdays. For more information, call 843-918-1475.

Sign up now for summer swim lessons at Mary C. Canty Recreation Center! Water safety is a skill that saves lives. The next session is June fifth through June 15. Registration's is underway, or call 918-1476 or 918-1463 for more information. Swim lessons are available for all ages.

Morning Swim Lessons

Infant/Toddler	10:15 to 10:45 a.m.
Pre-School 1	9:35 to 10:10 a.m.
Pre-School 1/2	10:50 to 11:20 a.m.
Pre-School 2	11:00 to 11:30 a.m.
Pre-School 2/3	9:35 to 10:10 a.m.
Pre-School 3	10:25 to 10:55 a.m.
Level 1/2	11:25 to 11:55 a.m.
Level 2	11:05 to 11:50 a.m.
Level 2/3	9:35 to 10:20 a.m.

Level 3 10:15 to 11:00 a.m.
Adult 11:35 a.m. to 12:20 p.m.

Evening Swim Lessons

Infant/Toddler 6:10 to 6:40 p.m.
Pre-School 1 5:00 to 5:30 p.m.
Pre-School 1/2 5:40 to 6:10 p.m.
Pre-School 2 4:35 to 5:05 p.m.
Pre-School 2/3 4:15 to 4:45 p.m.
Pre-School 3 5:35 to 6:05 p.m.
Pre-School 3 6:15 to 6:45 p.m.
Level 1 4:10 to 4:55 p.m.
Level 2 4:50 to 5:35 p.m.
Level 2 6:00 to 6:45 p.m.
Level 3 5:10 to 5:55 p.m.
Adult 6:50 to 7:35 p.m.

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.

League of Champions... This basketball program is offered to individuals with disabilities and special needs. The league is designed for young men and women ages 13 and up. The program focuses on participation, learning and having fun. Classes meet 6:00 to 7:00 p.m., every Wednesday. The program runs through May 10, 2017. Fees are \$8 City Resident/ \$15 Non City Resident. 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, Wednesday and Friday 6:30 to 2:30 p.m.
Tuesday and Thursday 6:30 a.m. to 9:00 p.m.
Saturday 1:00 to 4:30 p.m.
Sunday 1:00 to 5:30 p.m.

ADULT EXERCISE

Monday through Friday (May use any open lane during regular lap hours.)
Saturday 1:00 to 4:30 p.m.
Sunday 1:00 to 5:30 p.m.

Open Swim

Monday through Thursday (May use any open lane during regular lap hours.)
Friday 3:00 to 4:00 p.m.

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

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.

All Sports Camp (Grades 2 through 5): Campers will be introduced to basketball, volleyball, soccer, baseball and lacrosse skills, and will gain an increased understanding of these games. Fun and fitness will be emphasized, along with the fundamentals of speed, coordination, agility and strength. Skills will be taught in a non-threatening environment, and age-appropriate equipment will be used to minimize fear and optimize success. This camp will meet indoors and outdoors, as appropriate, to best teach the skills of the sport.

Week of June 5 through 9

Soccer Camp (Grades 2 through 6): Improve your personal soccer skills and learn the basics of ball handling and team play. Drills and game situations will be used to emphasize both individual improvement and teamwork. This camp will meet indoors and outdoors, as appropriate, to best teach the skills of the sport.

Week of June 12 through 16

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

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

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

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

ADULT AND SENIOR FITNESS PROGRAMS & CLASSES

Beginner Pickle Ball: Experience the fastest growing sport in the USA! This game combines tennis and badminton for a game that is high on fun and fitness. Free for members; \$3.00 drop-in fee for Seniors (55-plus); or \$5.00 drop-in fee for Adults (18-54).

8:00 a.m. - 10:00 a.m., Tuesday and Thursday

Volleyball: Come join us for open play volleyball. Free for members; \$3.00 drop-in fee for Seniors (55-plus); or \$5.00 drop-in fee for Adults (18-54).

12:30 - 3:00 p.m., Monday

12:30 - 3:00 p.m., Wednesday

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.

Ab Blast: This 30 minute class will work your abdominal muscles and make you sweat

6:15 to 6:45pm, every Tuesday, with Sam, SBI Gym

"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.

11:00-11:45 a.m., each Tuesday, with Sandee

10:00-10:45 a.m., every Thursday 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

Ballet Fusion: This class is for beginners or those with some experience. Join us for a blend of ballet, modern, and lyrical dance techniques.

10:00 to 11:00 a.m., each Monday

7:30 to 8:30 p.m., each Monday

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 6:15 p.m., each Monday, with Sam, MBI Gym

Body Circuit: Get a full body workout in this interval training class. This class uses several pieces of equipment to work your body's muscles.

5:30 to 6:15 p.m., every Friday, with Michael, Weight Room

Body Sculpting: Focus on gentle strength training for the whole body. You will improve muscle strength and stability.

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

8:00-8:45 a.m., every Thursday, with Sandee

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 Intervals: Try this new fitness class! This class will be broken up into four, 10-minute cardio segments. Each segment will be a different cardio exercise; some equipment will be used.

8:00 to 8:45 a.m., every Wednesday, with Kathy, Aerobics Room

Cardio Pump: Enjoy this fun, easy-to-learn cardio class that alternates between cardio aerobics and strength intervals (class level scale – high intensity).

9:00 to 9:45 a.m., every Tuesday, with Kathy, 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

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 Margaret, Room 3

Dance Explosion: A little bit of everything; social dance, party dances, basic ballet, jazz and tap. No previous experience required.

9:00 to 9:45 a.m., every Monday, with Sandee, Aerobics Room

8:00 to 8:45 a.m., every Thursday with Sandee, Aerobics Room

10:00 to 10:45 a.m., every Friday, with Sandee, Aerobics Room

Dance Aerobics: This is a fun, upbeat cardio class using basic dance moves from many genres.

8:00 to 8:45 a.m., every Tuesday and Friday, with Sandee, Jr. Gym

11:00 to 11:45 a.m., every Wednesday, with Sandee, Aerobics Room

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

Foam Roll & Stretch: Get the benefits of foam rolling to ease muscle pain and soreness and relax your body with stretching.

9:00-9:45am every Tuesday, with Joanne, Aerobics Room

Full Body Fitness: This class will combine cardio, strength, and flexibility. Enjoy a variety of functional training exercises and relaxation.

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

Gold-N-Fit: Keep active and stay young at heart as you work on cardio, strength, flexibility, and balance. Work at your own pace and the instructor will provide modifications. Most exercises can be done with the assistance of a chair.

11:00 a.m. to 12:00 p.m., every Monday, Wednesday and Friday, with Linda, Jr. Gym

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).

9:00 to 10:00 a.m., every Monday and Wednesday, with Kathy, Room 3

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

Intro to Yoga: This introductory yoga class uses different tools, including yoga blocks and chairs, to help improve your balance and to learn the proper forms of yoga. Please bring your own mat (class level scale – beginner, low intensity).

10:00 to 11:00 a.m., every Thursday, with Kathy, Room 3

Jump Into Jazz: Everyone is welcome into this fun, active class that will incorporate jazz dance movements, combinations, and choreography.

6:30 to 7:30 p.m., every Monday

10:00 to 11:00 a.m., every Friday

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 Dancing: Learn popular line dances through the decades, including country and soul line dancing. This is a fun and fabulous way to get moving.

10:00 a.m. to 12:00 p.m., every Thursday, with Sonia

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.

Pilates: This is a core-centric strength and flexibility class that combines fitness and core training with a mind-body connection designed by Joseph Pilates. Please bring your own mat (class level scale – moderate intensity).

10:00 to 10:45 p.m., every Thursday with Linda, Aerobics Room

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

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

Pure Strength: This exercise is a challenging weight class with dumbbells, bar bells and strength training moves to condition the entire body.

8:00 to 8:45 a.m., every Monday, with Kathy, 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 Monday, Wednesday and Friday, with Linda, Jr. Gym

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

Totally Tap: Have a blast in this upbeat and energetic dance class. This percussive style of dance explores sounds and rhythmic pattern that you can see and hear!

5:30 to 6:30 p.m., every Monday

10:00 to 11:00 a.m., every Wednesday

Triple Play: This all-in-one class will combine all of your favorite exercise formats. Triple Play includes cardio aerobics, strength training and flexibility practices. Please bring your own mat (class level scale – moderate intensity).

9:00 to 9:45 a.m., every Thursday, with Kathy, Aerobics Room

Walk the Plank: Ahoy, Matey! Pirate Michael will lead this fun workout that incorporates cardio intervals and abdominal training.

5:30 to 6:15 p.m., every Tuesday, With Michael, 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 10:45 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

LAP SWIM SCHEDULE

Monday through Friday 6:00 a.m. – 10:00 a.m., 2 Lap Lanes
Monday through Friday 12:00 p.m. – 2:30 p.m., 4 Lap Lanes
Monday through Thursday 5:30 p.m. – 8:45 p.m., 2 Lap Lanes
Friday 5:30 p.m. – 6:30 p.m. Lap Lanes
Saturday 12:00 p.m. – 4:45 p.m., 3 Lap Lanes

ADULT EXERCISE OR FAMILIES

Monday through Friday 6:00 a.m. – 9:00 a.m., Shallow End
Monday through Friday 10:30 a.m. – 2:30 p.m., Shallow End
Monday, Wednesday and Friday 3:30 p.m. – 5:30 p.m., Shallow End
Tuesday and Thursday 7:30 p.m. – 8:45 p.m., Shallow End and Diving Board Upon Request
Saturday 12:00 p.m. – 4:45 p.m., Shallow End and Diving Board Upon Request

OPEN SWIM

Monday through Friday 10:30 a.m. – 2:30 p.m., 3 Lap Lanes

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).

**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

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 classes 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

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.

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.

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., beginning February 17.

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, May 20, 2017**
- Saturday, June 3, 2017
- Friday, June 16, 2017 (City-Sponsored)
- 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.

- 1:00 p.m., Friday, June 9 – **Don't Make Waves, Tony Curtis, Sharon Tate**
- 3:00 p.m., Friday, May 19 – **Collateral Beauty** (PG-13), Will Smith, Edward Norton
- 3:00 p.m., Friday, May 26 – **Base Recreation Center closed...**
- 3:00 p.m., Friday, June 2 – **Passengers** (PG-13), Jennifer Lawrence, Chris Pratt
- 3:00 p.m., Friday, June 9 – **Fences** (PG-13), Denzel Washington, Viola Davis
- 3:00 p.m., Friday, June 16 – **Masterminds** (PG-13), Zach Galifianakis, Kristen Wiig
- 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 each Tuesday at 5:30 p.m. An additional advanced beginner class is held each Tuesday at 5:30 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.

Novice 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/>.

Senior Bingo at the Base Recreation Center... Come play every Wednesday and Friday from 10:00 a.m. to 12:00 p.m. at Base Recreation Center. There's no charge for bingo, but please bring a prize for the prize table!

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 Club... 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 Grand Strand 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.

2017 Randall Youth Football Camp
8:30 a.m. to 12:30 p.m., Saturday, June 17
Ashley Booth Field, 704 33rd Avenue North

Are you ready for some football? The Randall Youth Football Camp is a free, one day camp for youth, ages seven to 15. The camp consists of a variety of position drills, guest speakers and a free cook out for participants. The camp is 8:30 a.m. to 12:30 p.m., Saturday, June 17, at Ashley Booth Field. The camp is free, but participants must register to attend. For more information, call Jerome Randall at 843-602-3368 or Docshee Moore at 843-416-4016.

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 10:00 to 11:30 a.m., every Monday, Wednesday and Friday 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 only 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 \$10 “as you go” per person, per individual session. Contact Brad Anderson at 843-918-2440 for information.

Adult Clinic 1.5 – 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 \$10 “as you go” per person, per individual session.

Teen 101: Clinic times are 6:00 to 7:30 p.m., Monday through Thursday. Contact the Tennis Center for pricing for the eight week session 843-918-2440.

Chapin Memorial Library

Classes and Activities

Call 843-918-1275

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.

Topics Trivia... Chapin Memorial Library hosts Topics Trivia every fourth Tuesday from 4:00 to 6:00 p.m., through December. Players “show what they know” in this fun and fast-paced competition. A team consists of one to six players, who answer questions from different topics, such as literature, geography, sports, television, history and movies. The team with the most points is the winner and prizes are awarded! Enter your name once each month for the grand prize drawing in December. Contact Laura at reference@chapinlibrary.org or call 843-918-1295 for more information.

4:00 to 6:00 p.m., Tuesday, May 23, June 27 and July 25

The Miracle League Spring 2017 Schedule

James C. Benton Miracle League Field

Miracle League Field, 33rd Avenue North

The Grand Strand Miracle League gives children with mental and physical disabilities the opportunity to play baseball, golf and soccer. They use a specialized field that’s ideal for

wheelchairs and walkers, and volunteers serve as “buddies” to help the players with each game. Everyone plays, everyone hits, everyone crosses home plate, and everyone wins! Participate in the fun, play alongside local celebrities and have lunch to show your support. For more information, contact Isabel at 843-448-7712 or visit www.gsmiracleleagues.com.

Baseball League

1:30 p.m., Friday, June 2, Miracle League Field

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>.