

For a printable .pdf of Recreation, visit [www.cityofmyrtlebeach.com/recreation.pdf](http://www.cityofmyrtlebeach.com/recreation.pdf).  
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# RECREATION

Thursday, December 14, 2017

To join or be removed from this mailing list, please reply to [info@cityofmyrtlebeach.com](mailto:info@cityofmyrtlebeach.com).

**New and updated items in blue!**

## **Gymnasium Closed for Renovations (Swimming pool is closed, too) Mary C. Canty Recreation Center**

**The Mary C. Canty Recreation Center's Gymnasium is closed for renovations until further notice.** Please use the Pepper Geddings Recreation Center or Crabtree Memorial Gymnasium. The pool at Mary C. Canty also is closed while a \$2.4 million renovation of the building is underway. Thanks for your patience!

## **City of Myrtle Beach Holiday Schedules City Offices and Solid Waste Services Christmas and New Year's Weeks**

**City offices will be closed Monday and Tuesday, December 25 and 26, for Christmas.** However, solid waste and recycling services will shift as follows during the week.... Customers in Zone 1 (Monday) will be serviced on Tuesday, December 26. Customers in Zone 2 (Tuesday) will be serviced on Wednesday, December 27. Customers in Zones 3 and 4 (Wednesday and Thursday) will be serviced on Thursday, December 28.

**City offices will be closed Monday, January 1, 2018, for New Year's Day.** However, solid waste and recycling will be collected on the normal Monday-through-Thursday schedule that week.

## **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

**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  
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)  
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)

**Crabtree Youth Martial Art Program (ages 7 to 14):** This class promotes fitness, discipline, improves focus and self-confidence through this ongoing program. 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 8 classes for city residents and \$25 for 8 class for non-city residents. Free T-shirt with sign up. Instructor Marilyn Del Gaizo is a fourth degree black belt in Taekwondo and has been instructing both youth and adults for over 25 years. Contact Marilyn at 843-918-2355 for more information.

**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!

10:00 to 11:00 a.m., every Monday and Wednesday  
9:00 to 9:45 a.m., every 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

**House Party Fitness:** Looking for a fun, unique way to shed some pounds and have fun? Don't miss House Party Fitness at Crabtree Memorial Gymnasium. House Party Fitness is a growing, nationally-accredited cardio hip-hop program that uses the hottest music, along with moves that translate to the dance floor. If you are looking for a dance fitness class that will make you feel like you are in a House Party or a music video, you're in the right place. House Party Fitness begins at 11:30 a.m. each Friday. For more information, call 843-918-2355.

**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

**Cardio Circuits:** This is a great boredom buster. It offers more **cardio** benefits, and it will help you burn 30 percent more calories. Sculpt every muscle and blast fat with this step-by-step workout. This class is offered each 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.

**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 Wednesday

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

**Grinding Iron:** Grinding Iron is a full body workout and strength building class. In this class you will be working all parts of the body as well as focusing on increasing your body strength. We will be using lower weights with increased reps. Please be sure to bring water and a yoga mat. Class is held 4:15 to 5:00 p.m., each Monday.

**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

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

**Strong by Zumba:** Strong by Zumba combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move. The class is held from 5:30 to 6:15 p.m., each Wednesday. Bring a mat & water. This is not a Zumba class

**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.

**Virtual Cycling:** This is a cycling class using videos. The videos bring you through the scenic areas of Texas, Hawaii, Spain, Italy, California and more. Class is held from 5:30 to 6:15 p.m., each Wednesday.

**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).

1:00 - 4:00 p.m., Monday, Wednesday and Friday

## **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, 2:00 to 4:30 p.m.

### **Open Gym**

Monday, Wednesday and Friday, 7:00 a.m. to 8:30 a.m.  
Monday and Wednesday, 11:30 a.m. to 1:00 p.m.  
Tuesday, 9:00 to 10:00 a.m.

### **Youth Basketball Practices and Games**

Monday through Thursday, 4:00 to 8:00 p.m.  
Friday, 4:00 to 6:00 p.m.  
Saturday, 10:00 a.m. to 2:00 p.m.

### **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](mailto: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](mailto:janham@cityofmyrtlebeach.com).

**Swimming pool is closed for renovations.** Aquatics classes and open swim times are available at the Pepper Geddings Recreation Center pool while the Mary C. Canty pool is closed. See the Pepper Geddings schedule, above. A \$2.4 million renovation of the facility is underway.

**The Mary C. Canty Recreation Center's Gymnasium is closed for renovations until further notice.** Please use the Pepper Geddings Recreation Center or Crabtree Memorial Gymnasium.

### **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](mailto:rosaliejack1566@gmail.com) for information or to reserve a table. This dance series is sponsored by the City of Myrtle Beach

- **Friday, December 15, 2017**
- Saturday, January 6, 2018 (DJ Jack and Rosalie)
- Friday, January 12, 2018
- Friday, January 19, 2018 (DJ Jack and Rosalie)
- Friday, January 26, 2018
- Saturday, January 27, 2018 (DJ Jack and Rosalie)
- Saturday, February 3, 2018 (DJ Jack and Rosalie)
- Friday, February 9, 2018
- Friday, February 23, 2018
- Saturday, February 24, 2018 (DJ Jack and Rosalie)
- Saturday, March 3, 2018 (DJ Jack and Rosalie)
- Friday, March 9, 2018
- Friday, March 16, 2018 (DJ Jack and Rosalie)
- Friday, March 23, 2018
- Saturday, March 24, 2018 (DJ Jack and Rosalie)

**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, December 15 – *How to be a Latin Lover* (PG-13), Salma Hayek, Rob Lowe**
- 3:00 p.m., Friday, December 22 – ***A Dog's Purpose* (PG)**, Dennis Quaid, Josh Gad
- 3:00 p.m., Friday, December 29 – ***Collateral Beauty* (PG-13)**, Will Smith, Kate Winslet
- 3:00 p.m., Friday, January 5, 2018 – ***Going in Style* (PG-13)**, Michael Chaine, Morgan Freeman
- 3:00 p.m., Friday, January 12, 2018 – ***Megan Leavey* (PG-13)**, Kate Mara, Tom Felton
- 3:00 p.m., Friday, January 19, 2018 – ***I'm Not Ashamed* (PG-13)**, Masey McLain, Ben Davies
- 3:00 p.m., Friday, January 26, 2018 – ***Me Before You* (PG-13)**, Emilia Clarke, Sam Claflin

**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/>.

**Beginner 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. 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](mailto: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](mailto:rosaliejack1566@gmail.com) or call 570-881-0244.

**Line Dance Class with Sonia...** Learn the latest line dance moves with great music. This is an intermediate class for 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. City of Myrtle Beach residents with swipe card pay \$23 monthly.

**Line Dance Lessons...** The Base Recreation Center now offers line dancing classes on Mondays. 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](mailto: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. 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](mailto: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](mailto: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](mailto: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 group 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.

**Quilting...** Learn how to make your very own quilt or show off your skills to others from 10:00 a.m. to 1:30 p.m. on Thursdays at Base Recreation Center. All are welcome to join this fun and exciting group.

**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.

### **Zumba Classes**

**8:00 to 8:45 a.m., Mondays, Wednesdays and Fridays**

**10:00 to 10:45 a.m., Saturdays**

**Pepper Geddings Recreation Center**

**Want to try something new? Zumba is an option!** The mix of cardio aerobics, dance and Latin-themed music makes for a fun, easy-to-learn workout! Anyone 18 and older is welcome. Classes are held from 8:00 to 8:45 a.m. each Monday, Wednesday and Friday and from 10:00 to 10:45 a.m. each Saturday. Pre-registration is not required. For information call, 843-918-2280.

### **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

### **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

**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

9:00-9:45 a.m., every Wednesday, 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

**BOSU:** BOSU is a balance and stability tool used to improve core strength. Try this class for a fun cardio and strength workout.

5:30-6:15 p.m., every Tuesday, with Linda

**Cardio Bootcamp:** Try this high intensity interval training class, designed to improve cardio health and endurance.

5:30-6:15 p.m., every Monday, with Sam

**Cardio Kickboxing:** Have a blast in this high energy aerobics class. Optional Kickboxing bags to add resistance while you kick and punch!

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

**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

**Cardio Sit, Stretch, & Tone:** This is a low impact cardio class, infused with gentle yoga, stretching and lengthening exercises. All exercises will be performed with the option to use a chair for stability.

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

**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

**Gentle Sculpt:** Tired of using weights for toning? Join this class and use your body weight to build strength and tone muscles.

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

9:00-9:45 a.m., every Friday, with Sandee

**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.

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

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.

3:00 to 4:00 p.m., every Monday and Wednesday, with Wendy, Aerobics Room

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

9:00-9:45 a.m., every Tuesday, with Sandee, Aerobics Room  
5:30 to 6:15 p.m., every Thursday, with Sandee, Aerobics Room

**Pilates:** This core-centric workout, designed by Joseph Pilates, combines strength and flexibility with the mind-body connectivity for a full body workout and relaxation.

9:00-9:45 a.m., every Tuesday and Thursday, with Linda, 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, Aerobics Room

**Strength Boot Camp:** Looking for a high intensity interval training class designed to improve and build strength? This boot camp is for you!

5:30-6:15 p.m., every Wednesday, with Sam

**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.

10:00-10:45 a.m., every Tuesday, with Joanne, Aerobics Room  
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

## **POOL SCHEDULE – Pepper Geddings Recreation Center**

### **Lap Swim**

**Monday, Wednesday, Friday...** 6:30 to 10:00 a.m. (three lanes) and 10:30 a.m. to 2:30 p.m. (five lanes)

**Tuesday, Thursday...** 6:30 to 9:00 a.m. (three lanes) and 10:30 a.m. to 2:30 p.m. (four lanes)

**Monday, Tuesday, Wednesday, Thursday...** 6:00 to 8:45 p.m. (three lanes)

**Friday...** 4:30 to 6:45 p.m. (three lanes)

**Saturday...** 12:00 to 4:45 p.m. (three lanes)

### **Open Swim**

**Monday, Wednesday...** 3:00 to 5:30 p.m. and 6:30 to 8:45 p.m. (shallow end)

**Tuesday, Thursday...** 7:30 to 8:45 p.m. (shallow end and diving board upon request)

**Friday...** 3:00 to 5:30 p.m. (shallow end)

**Saturday...** 12:00 to 4:45 p.m. (three lanes and shallow end)

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. and 5:30 to 6:15 p.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).

**Aqua Surge:** 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 to 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 to 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.

**Chapin Memorial Library**  
**Classes and Activities**  
**Call 843-918-1275**

**Art Classes at the Library...** Chapin Memorial Library offers art classes from 3:30 to 5:00 p.m. on the second Thursday of each month, taught by Arielle Fatuova from the F.G. Burroughs-S.B. Chapin Art Museum. Arielle leads, inspires and guides the group along to create their own works of art! The art programs are open to students, ages 10 to 14. **Pre-registration is required.** Contact 843-918-1293 or [nassar@chapinlibrary.org](mailto:nassar@chapinlibrary.org) for information.

**Chapin's Craft Corner: Beaded Snowman Necklace...** Join Chapin Library staff for Chapin's Craft Corner and create your own beaded snowman necklace from 2:00 to 4:00 p.m. on Thursday, December 21, at Chapin Library, 400 14<sup>th</sup> Avenue North. Pre-registration is required. Please RSVP by Monday, December 18. Questions? For more information or to RSVP, call 843-918-1275 or email [forte@cityofmyrtlebeach.com](mailto:forte@cityofmyrtlebeach.com).

**Family Dance Party...** For the little ones, Chapin Memorial Library hosts the Family Dance Party from 11:00 a.m. to 12:00 p.m. on the first and third Friday of each month. The party consists of a story, fingerplays, movement and music. This event is geared towards toddlers and pre-schoolers, but all families are welcome.

**Homework Hangout...** Chapin Library hosts "Homework Hangout..." this fall for sixth through 12<sup>th</sup> graders. On Fridays, from 3:45 to 5:15 p.m., teens are invited to bring their homework to the library. Staff and volunteer tutors will be on hand to help the young people finish their homework assignments. Snacks and water will be provided! Questions? Call 843-918-1275 for more information.

**Knitting and Crochet Group...** Chapin Memorial Library offers knitting and crochet classes in the second floor meeting room every Friday afternoon. Learn basic knitting and crochet skills or get help with an existing project. Please bring your own supplies. Volunteers are needed to teach and assist with programs, creating displays, and other library activities. Call 843-918-1275 for more information.

2:00 to 4:00 p.m., each Friday

**LEGO Building Session...** Chapin Memorial Library offers a LEGO building session to keep kids' engineering and problem-solving skills sharp, strengthen STEM muscles and spark imagination with LEGO bricks, from 1:00 to 2:00 p.m., Saturday, December 16. An inspiration topic will be selected for participants, and a countdown clock measuring LEGO build time begins! Youth of all ages and skill levels are invited to attend. Young children must be accompanied by an adult. For more information or to register, call 843-918-1293 or email [youthservices@chapinlibrary.org](mailto:youthservices@chapinlibrary.org).

**Teen Event: #Adulting (Crazy Couponing)...** Chapin Memorial Library hosts "**#Adulting: Crazy Couponing,**" an educational seminar for teens at 5:00 p.m. on Thursday, November 30, in the First Floor Meeting Room. Sixth through 12<sup>th</sup> graders are invited to attend to learn simple life #Adulting skills to better prepare for a successful future. For more information, contact Grace at 843-918-1275 or [matthews@chapinlibrary.org](mailto:matthews@chapinlibrary.org).

**Topics Trivia 2018...** Chapin Memorial Library hosts Topics Trivia every fourth Tuesday from 4:00 to 6:00 p.m., through December 2018. 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](mailto:reference@chapinlibrary.org) or call 843-918-1295 for more information.

**2017 Dates...** December 19

**2018 Dates...** January 23, February 27, March 27, April 24, May 22, June 26, July 24, August 28, September 25, October 23, November 27 and December 18

**Winter Book B-I-N-G-O...** Chapin Library serves up Winter BINGO with a fun, literary twist from 4:00 to 6:00 p.m. on Thursday, January 4, 2018. The theme for this Book Bingo event is winter, and prizes will be awarded to winners! For more information, call 843-918-1275.

**Youth Chess Club...** Youth of all ages with any chess skill level are invited to join Chapin Library's new Youth Chess Club that meets from 10:00 a.m. to 12:00 p.m., on the first Saturday of each month, in the First Floor Conference Room. Learn how to play chess, master strategies and learn new tactics that will help improve your game. This program is organized and run by volunteers, but promoted by the library. Contact [shartford@gmail.com](mailto:shartford@gmail.com) for more information.

### **Senior Bingo**

**10:00 a.m. to 12:00 p.m., each Monday and Wednesday**  
**Base Recreation Center, 800 Gabreski Lane**

**Seniors! If you are looking to fellowship with people and have some fun, don't miss Senior Bingo at the Base Recreation Center.** Come play every Monday and Wednesday from 10:00 a.m. to 12:00 p.m. *Players are asked to bring a prize valued at \$1 to play.*

### **The Basics**

**4:00 p.m., Tuesdays and Thursdays**

**Registration is underway!**

**Mary C. Canty Recreation Center**

**Teenagers, looking to improve your health and develop proper weight lifting skills?** "The Basics" will implement some overload, specificity and progression training. The program runs 4:00 to 5:20 p.m., Tuesdays and Thursdays, January 9 through March 1, 2018, at Mary C. Canty Recreation Center. Throughout, participants will work on muscle strength, endurance and flexibility. If you are ready for the next step, then this program is for you. It's designed for beginners from ages 14-17. Registration is underway and continues through January 15. Fees are \$10 for city residents, \$20 for non-city residents. For more information, call Edwin Boyzo at (843) 918-1472 or email at [eboyzo@cityofmyrtlebeach.com](mailto:eboyzo@cityofmyrtlebeach.com).

### **Mahjong**

**12:00 p.m., each Thursday**

**Crabtree Memorial Gymnasium**

**Looking for a game to exercise your brain? Mahjong is a tile-based game that originated in China.** Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Mahjong is offered 12:00 p.m., each Thursday. The cost is \$1 to play and participants must bring their own boards. For information, call 843-918-2355.

### **Myrtle Beach Tennis Center**

**3302 Grissom Parkway, adjacent to Myrtle Beach High School**

**Call 843-918-2440 or visit [www.cityofmyrtlebeach.com/tennis.html](http://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 (Winter Hours)**

9:00 a.m. to 1:00 p.m. and 2:00 to 8:00 p.m., Monday through Friday

9:00 a.m. to 1:00 p.m. and 2:00 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.

**10 U Champion Academy:** Get your child in a healthy, competitive camp. 10U begins 4:00 p.m. to 5:30 p.m., Monday through Thursday. Call the Myrtle Beach Tennis Center for more information, 843-918-2440.

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

**Tournament Prep:** Don’t miss an opportunity for your child to advance in tennis. This program provides an excellent opportunity to accelerate the interest and growth of tennis for your child in a fun and relaxed atmosphere. It is held 4:00 to 6:00, Monday through Thursday. For more information, call 843-918-440.

**40 LUV JDP:** Clinic times Monday-Thursday 3:00-4:00 and Saturday 11:00-12:00 for the Love Love – 40 Love players and 4:00-6:00 for 10U and Tournament Players, The new session started Monday, October 23, but participants are still being accepted. Please contact the Tennis Center if interested in 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.

**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](mailto: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 Thursday, 4:00 to 4:45 p.m.

**Clownfish**

Fee: \$35 per month for city residents and \$60 per month for non-city residents

Schedule: Monday through Thursday, 4:00 to 5:00 p.m.

**Piranhas**

Fee: \$35 per month for city residents and \$60 per month for non-city residents

Schedule: Monday through Thursday, 5:00 to 6:00 p.m.

**Barracudas**

Fee: \$35 per month for city residents and \$60 per month for non-city residents

Schedule: Monday through Thursday, 5:00 to 6:00 p.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...** Fridays, 3:30 to 4:30 p.m.

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