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RECREATION

Thursday, November 17, 2016

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

New and updated items in blue!

Connecting Cops, Kids and Community

11:00 a.m. to 3:00 p.m., Saturday, November 19

Shelters A and B, Grand Park, 1060 Forbus Court

The community is invited to bring kids, family, neighbors and friends to a casual picnic at Grand Park, shelters A and B, from 11:00 to 3:00 p.m., Saturday, November 19, at Grand Park. The purpose of the free community event is to foster a growing relationship among police officers and local kids. The picnic features free food and various activities, including a dunking booth, sports, games, face painting and music. For details, contact Cpl. Nicole Shelton at 843-918-1956.

Charleston Market and Festival of Lights Bus Trip

11:30 a.m. to 10:30 p.m., Sunday, November 20

Departs from Pepper Geddings Recreation Center

The Recreation Department has organized a bus trip to Charleston this Sunday, November 20, to enjoy the Market, have dinner at The Noisy Oyster and then see the Holiday Festival of Lights on James Island. Seats are still available for \$50.00 per person, which includes the bus ride, dinner (and taxes and gratuity) and the Festival of Lights. Choose one of four entrees. Call 843-918-2280 to sign up or for more information. The bus will load at Pepper Geddings Recreation Center at 11:30 a.m., Sunday. Return is expected between 10:00 and 10:30 p.m., Sunday evening.

Swim Lessons

Morning and Evening Sessions

Registration begins now!

Pepper Geddings Recreation Center

Sign up now for fall swim lessons at our recreation centers! Water safety is a skill that saves lives. Call 918-2285 for information. Lessons are available for all ages. Fees are \$35 for city residents and \$60 for non-city residents; \$26 for in-city infants and \$60 for non-city infants.

Morning & Evening Lessons: Tuesdays and Thursdays at Pepper Geddings Recreation Center
Fall Session 3: November 29 through December 15 – **Registration begins November 17**

Evening Swim Lessons: Tuesdays and Thursdays at Mary C. Canty Recreation Center
Fall Session 3: November 28 through December 14 – **Registration begins November 16**

Basketball Gym Closed for Floor Maintenance

4:00 p.m., Tuesday, November 22 to Monday, November 28

Crabtree Memorial Gymnasium

The Basketball Gym at Crabtree Memorial Gymnasium will be closed for Floor Maintenance from 4:00 p.m., Tuesday, November 22 to Monday November 28.

Racquetball Courts Closed for Floor Maintenance

**6:00 a.m., Wednesday, November 23 to Monday, November 28
Crabtree Memorial Gymnasium**

The Racquetball Court at Crabtree Memorial Gymnasium will be closed for Floor Maintenance from 6:00 a.m., Wednesday, November 23 to Monday November 28.

Thanksgiving Holiday Schedule City Offices and Solid Waste Services

City offices will be closed Thursday and Friday, November 24 and 25, for Thanksgiving. Solid waste and recycling collections take place on Monday, November 21, in Zone 1; on Tuesday, November 22, in Zone 2; and on Wednesday, November 23, in both Zone 3 and Zone 4. No service will be offered Thursday or Friday, November 24 or 25. Happy Thanksgiving!

“Turkey Burn”

**9:00 to 10:00 a.m., Saturday, November 26
Pepper Geddings Recreation Center**

If you pack on some extra pounds during the Thanksgiving holiday, don't worry there is a way to get rid of the extra weight. Pepper Geddings Recreation Center offers a special “Turkey Burn” fitness class from 9:00 a.m. to 10:00 p.m., Saturday, November 26. The class is designed to burn the extra Thanksgiving calories. “Turkey Burn” mixes the cardio benefits of Zumba, the strength training of Kettlebells, and the core workout of Pilates. Admission is free with the donation of canned goods. The class will be held in the Jr. Gym at Pepper Geddings Recreation Center. No registration required. All exercises will be formatted to include all fitness levels. Anyone age 16 and older is welcome. For more information contact Samantha Vitioe (843) 918-2277.

Youth Basketball (Ages 6 to 14)

Registration is under way

Pepper Geddings Recreation Center and Crabtree Memorial Gymnasium

Basketball is offered at both Crabtree Memorial Gymnasium and Pepper Geddings Recreation Center. Basketball practice starts in November, with games in January and February. Registration includes a t-shirt or a reversible NBA replica jersey, depending on age group.

- 6-8 Co-ed
- 9-10 Boys
- 11-12 Boys
- 13-17 Boys
- 15-17 Boys
- 9-12 Girls

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

International Game Day... Libraries around the world join in on the fun-filled, hangout day for all ages from 10:00 a.m. to 4:00 p.m., **Saturday, November 19**, on the second floor of Chapin Memorial Library. The library will provide board games, puzzles, video game consoles and fun! Kids and teens are invited to bring family and friends, make new friends, play video games, play board games and more! For more information, call 843-918-1293 or email youthservices@chapinlibrary.org.

AARP Smart Driver Course... Take the AARP Smart Driver Course and become a better driver! The four-hour class will be held from 9:00 a.m. to 1:30 p.m., Saturday, December 3, at Chapin Memorial Library. Refresh your driving skills while learning new rules of the road and strategies to help you become a smarter, safer driver. Fees are \$15 for AARP members or \$20 for non-members. To reserve a seat today, call Judy Chamberlain at 843-945-4455.

15th Anniversary of Harry Potter Movie Party for Teens... Chapin Memorial Library celebrates the 15th anniversary of the *Harry Potter and the Sorcerer's Stone* movie, from 5:00 to 7:00 p.m., Wednesday, November 16. Sixth through 12th graders are invited to celebrate with games, trivia, snacks and much more! Registration is appreciated, but not required. For more information, contact 843-918-1293 or youthservices@chapinlibrary.org.

Adult Coloring Club... Do you miss coloring? If so, then come and join the Chapin Memorial Library Coloring Club! Participants must be 18 years of age or older, and the club will meet from 11:00 a.m. to 1:00 p.m. on the first and third Thursday of each month in the large conference room on the second floor at Chapin Memorial Library. We will supply a few sample pages, coloring pencils and relaxing music. Or, bring your own coloring book and pencils. Contact 843-918-1275 or reference@chapinlibrary.org.

11:00 a.m. to 1:00 p.m., Thursday – November 17; December 1 and 15.

Chapin Chapters Book Club... You're invited to read *A Replacement Life* by Boris Fishman and attend the Chapin Chapters Book Club discussion from 11:00 a.m. to 12:00 p.m., Tuesday, November 22, at Chapin Memorial Library. Discussions will be held in the first floor meeting room. Questions? Call 843-918-1275 for more information.

11:00 a.m. to 12:00 p.m., Tuesday, November 22 – *A Replacement Life* by Boris Fishman
11:00 a.m. to 12:00 p.m., Tuesday, January 24, 2017 – *The Mountain Story* by Lori Lanses

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 various Fridays. The next party is Friday, November 18. The party consists of a story, fingerplays, movement and music. This event is geared towards toddlers and pre-schoolers, but all families are welcome.

November 18; December 2, 16

Friday Films at the Library... Chapin Memorial Library invites you to join the cinematic fun from 1:30 to 3:30 p.m. in the first floor meeting room. Participants must be 18 years of age, or older. Popcorn will be served, and you may bring your own non-alcoholic beverage. Call 843-918-1275 for details.

1:30 p.m., Friday, November 18 – **Central Intelligence**
1:30 p.m., Friday, December 2 – **Money Monster**
1:30 p.m., Friday, December 9 – **Star Trek Beyond**
1:30 p.m., Friday, December 16 – **Hell or High Water**
1:30 p.m., Friday, December 23 – **Alice Through the Looking Glass**
1:30 p.m., Friday, December 30 – **The Jungle Book** (2016)

Kids' Art Class: Handprint Clay Bowls... For kids, ages 10 to 13, Chapin Memorial Library offers Handprint Clay Bowls Art Class from 3:30 to 4:30 p.m. on Thursday, December 8, taught by F.G. Burroughs-S.B. Chapin Art Museum's Arielle Fatuova. Ms. 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 13, and pre-registration is required. Contact 843-918-1293 or nassar@chapinlibrary.org for more information.

Knitting and Crochet Group... Chapin Memorial Library offers knitting and crochet classes in the first 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. Please call Briget at 843-918-1275 for more information.

Tai Chi: Mind and Body Exercise Classes ... Back by popular demand, Chapin Memorial Library presents *Tai Chi: Mind and Body Exercise*, a 13-week introductory program. Designed for Tai Chi beginners, ages 18 and older, the classes take place from 10:00 a.m. to 12:00 p.m., every Monday, through January 9. No classes will occur on December 26 or January 2, 2017. Registration is underway! For information or registration, contact warrington@chapinlibrary.org or 843-918-1281.

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. Dates are:

4:00 to 6:00 p.m., Tuesday – November 22 and December 20

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 11:00 a.m. to 1:00 p.m., on the first Saturday of each month, in the Second 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 kshartford@gmail.com for more information.

11:00 a.m. to 1:00 p.m., Saturday – December 3, January 7 and February 4

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

The Basics: Looking to improve your health and develop proper weight lifting skills? “The Basics” is an after-school workout program. The program runs 6:00 to 7:20 p.m., Tuesdays and Thursdays, through December 20, 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. 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.

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

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

POOL SCHEDULE – Mary C. Canty Recreation Center

LAP SWIM SCHEDULE

Monday through Thursday 8:00 a.m. to 2:00 p.m. and 4:00 to 7:30 p.m.
Friday 8:00 a.m. to 2:00 p.m. and 3:00 p.m. to 6:15 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.

Evening Swim Lessons: Tuesdays and Thursdays at Mary C. Canty

Fall Session 3: November 28 through December 14 (Registration Begins November 16)

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.*

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.

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

The Base Recreation Center is again open Monday through Friday, from 8:30 a.m. until 9:00 p.m. The center is available on the weekend by reservation.

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.

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. The fee is \$3.

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/>.

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... Games are played on **Tuesday** nights, starting at 6:00 p.m. at Base Recreation Center.

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 at 6:30 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.

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! The class meets at 6:00 p.m., each Tuesday and Thursday

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.

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.

- **November 18- *The Shallows* (PG-13), Blake Lively**
- November 25- Close for Thanksgiving- No movie
- December 2- ***Me Before You* (PG-13), Emilia Clarke, Sam Claflin**
- December 9- ***Captain America: Civil War* (PG-13), Chris Evans, Robert Downey**
- December 16- ***Now You See Me Two* (PG-13), Jesse Eisenberg, Woody, Harrelson**
- December 23- ***Love and Friendship* (PG), Kate Beckinsale**
- December 30- ***Finding Altamira* (NR), Antonio Banderas**
- January 6- ***God's Not Dead Two* (PG), Melissa Joan Hart, Jesse Metcalfe**
- January 13- ***Mother's Day* (PG-13), Jennifer Aniston, Kate Hudson, Julia Roberts**
- January 20- ***Genius* (PG-13), Colin Firth, Jude Law, Nicole Kidman**
- January 27- ***Equals* (PG-13), Kristen Stewart**

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!

DanceLife USA Shag Dance Lessons
5:00 to 6:00 p.m., each Wednesday (class)
6:00 to 6:30 p.m., each Wednesday (practice)
Base Recreation Center, 800 Gabreski Lane

Learn the basic steps for South Carolina's official dance, The Shag. The Shag is a type of swing dance that developed during the 1930s and 40s, 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/>.

DanceLife USA Ballroom Dance Lessons
6:30 to 7:30 p.m., each Wednesday (class)
7:30 to 8:00 p.m., each Wednesday (practice)
Base Recreation Center, 800 Gabreski Lane

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/>.

H.E.C.T.I.C.: (High Energy Circuits Tabatas Isometrics Core)
4:15 to 5:00 p.m., each Monday and Wednesday
Crabtree Memorial Gymnasium, 1004 Crabtree Lane

It's getting H.E.C.T.I.C., meaning High Energy Circuits Tabatas Isometrics Core. This is an intermediate to advanced class which includes high intensity interval training with muscle and cardiovascular conditioning. The class uses mostly body weight and dumbbells for resistance, but other fitness equipment may be used. Bring a mat and bring WATER. Come prepared to work hard and be pushed out of your comfort zone! Come join the ranks, from 4:15 to 5:00 p.m., each Monday and Wednesday at Crabtree. 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.

Ballet Fusion Dance Classes
5:30 p.m., Mondays and Thursdays,
Pepper Geddings Recreation Center

Learn the latest dance techniques in this seven week adult dance program. The class is for beginners or those with experience. Join the class for a blend of ballet, modern and lyrical dance techniques. Ballet shoes is preferred. The class meets at 5:30 p.m., each Monday and Thursday at Pepper Geddings Recreation Center, through December 8. Choose ballet, jazz or tap, \$25 city residents/ \$45non-city residents. A three-class combo including ballet, tap, and jazz is \$45 city residents/ 75 non-city residents. Call 843-918-2280 for more information.

Jump into Jazz Dance Classes
6:30 p.m., Mondays and Thursdays,
Pepper Geddings Recreation Center

Everyone is welcome into this fun, active class that incorporates jazz dance movements, combinations and choreography. Jazz shoes is preferred. The classes are held at 6:30 p.m., each Monday and Thursday, through December 8. Choose ballet, jazz or tap, \$25 city residents/ \$45non-city residents. A three-class combo including ballet, tap, and jazz is \$45 city residents/ 75 non-city residents. Call 843-918-2280 for more information.

Totally Tap Dance Classes
7:30 p.m., Mondays and Thursdays,
Pepper Geddings Recreation Center

Have a blast in this upbeat and energetic dance class. This percussive style of dance explores sounds and rhythmic patterns that you can see and hear. Tap shoes are required. The classes are held 7:30 p.m., each Monday and Thursday, through December 8. Choose ballet, jazz or tap, \$25 city residents/ \$45non-city residents. A three-class combo including ballet, tap, and jazz is \$45 city residents/ 75 non-city residents. Call 843-918-2280 for more information.

Cardio Interval Kickboxing

5:30 to 6:15 p.m., each Friday
Crabtree Memorial Gymnasium

This cardio class includes kickboxing moves in intervals. No hard combos or bags needed. Just moves that keep your heart rate up! Plan on jumping jacks, pushups, and light hand weights getting thrown into the mix. You will have an endurance loving full body challenge. Come have fun from 5:30 to 6:15 p.m., each Friday, before beginning your weekend. For more, call 843-918-2355.

Senior Bingo at Canty Recreation Center
10:00 a.m. to 12:00 p.m., every Tuesday, through April 25, 2017
Mary C. Canty Recreation Center, 971 Canal Street

Have fun and win a prize playing Senior Bingo at Mary C. Canty Recreation Center from 10:00 a.m. to 12:00 p.m., every Tuesday. Participants are asked to bring a \$1 gift for the prize table. The Mary C. Canty Recreation Center, located at 971 Canal Street. Call 843-918-1465 for more information.

Water Safety Instructor Training Courses
Three class sessions from December to May
Pepper Geddings Recreation Center

Water Safety Instructor Course work will include physical exercise, online, classroom and take home assignments require attentiveness to reading and lectures. The course fee is \$115 city residents/\$195 non-city residents. The pre-course consists of strokes consistent with the American Red Cross' requirements including 25 yard front crawls; 25 yard back crawls; 25 yard breaststrokes; 25 yard elementary backstroke; 25 yard sidestroke; 15 yard butterfly; maintain floating or sculling position for one minute; tread for 1 minute. Call 843-918-2286 for more information.

Class 1: 9:00 a.m. to 5:00 p.m., December 19 through 23

Class 2: 5:00 to 8:30 p.m., Tuesdays and Thursdays, February 28 through March 30

Class 3: 10:00 a.m. to 5:00 p.m., Saturdays, May 6 through 21

Lifeguard Course Training
Four Class Sessions from December to May
Pepper Geddings Recreation Center

If you're 15 or older and looking for a great summer job or challenging career, the Red Cross Lifeguarding program is the place to start. Through online practices, videos, group discussion and hands-on practice, you'll learn patron rescue and surveillance skills, first aid and CPR/AED. Pre-Registration is strongly recommended. A \$20 Non-Refundable Deposit is due at the time of registration. This deposit will be applied to course fees upon successful completion of the Pre-Course Session and includes pool use from registration through the end of class. The Course Fee is \$110 for City Residents/\$185 for non-city residents and includes certification, if all course work is completed satisfactorily. Please make checks payable to the City of Myrtle Beach. Space is limited, so register early! To qualify for the course you will need proof that you will be at least 15 years old by the scheduled course completion date; ability to swim 300 yards continuously, face in the water using rhythmic breathing and a stabilizing, propellant kick; ability to swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return with the object to the surface and swim 20 yards back to the starting point with both hands holding the object and exit the water without using a ladder or steps within 1 minute, 40 seconds without goggles; ability to tread water continuously for 2 minutes using only your legs.

Class 1: Blended Learning Course

10:30 a.m. to 5:00 p.m., December 19 through 23

Pre-swim: December 19

Class 2: Blended Learning Course

March 6 through 27, 2017

Pre-swim is March 6

Class Dates and Times:

5:00 to 9:00 p.m., March 6, 8, 13, 15, 20, 22 & 27

Class 3: Blended Learning Course

10:30 a.m. to 5:00 p.m., April 10 through 14, 2017

Pre-swim is April 10th

Class 4: Blended Learning Course

May 2 through 23, 2017

Pre-swim is May 2

Class Dates and Times:

5:00 to 9:00 p.m., May 2, 4, 9, 11, 16, 18, 23

** Times and dates are subject to change

**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

Arm-ageddon: 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 Sports Dodgeball: Get ready to have some fun and get a great workout, playing Dodgeball. Dodgeball is a game in which players on two teams try to throw balls at each other while avoiding being hit themselves. The game is offered each Thursday from 7:00 to 8:00 p.m. Call 843-918-2355 for more.

Cardio Interval Kickboxing: This cardio class includes kickboxing moves in intervals. No hard combos or bags needed. Just moves that keep your heart rate up! Plan on jumping jacks, pushups, and light hand weights getting thrown into the mix. You will have an endurance loving full body challenge. Come have fun from 5:30 to 6:15 p.m., each Monday and Friday. 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.

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 Wednesday 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-city 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 each Monday and Wednesday from 12:00 to 12:45 p.m. and 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.

Fusion Movement: Enjoy mobility exercises that enables full body strength. This class will teach you how to find full use of flexion and extension of muscles throughout the body. The class is each Monday from 9:00 to 10:00 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.

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

H.E.C.T.I.C. (High Energy Circuits Tabatas Isometrics Core): This is an intermediate to advanced class which includes high intensity interval training with muscle and cardiovascular conditioning. The class uses mostly body weight and dumbbells for resistance, but other fitness equipment may be used. Bring a mat and bring WATER. Come prepared to work hard and be pushed out of your comfort zone! Come join the ranks, from 4:15 to 5:00 p.m., each Monday and Wednesday at Crabtree. 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.

Lean and Mean: This is a 45 minute class that includes strength training and cardiovascular conditioning. It will be intense from start to finish. This class supports muscle toning, fat loss, endurance and abdominal training. Bring water, a yoga mat, and bring your best! Classes are every Tuesday and Thursdays from 6:30 to 7:15 p.m. Call 843-918-2359 for more information.

Senior 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 and Wednesday
1:00 to 4:00 p.m., every Friday
Walk-in-fee: \$3 for Seniors (55 and older) and \$5 for Adults (ages 18 to 54)
Free for members

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

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
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
7:00 p.m. to 8:45 p.m., every Tuesday
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 11:15 a.m., every Monday and Wednesday
9:00 to 9:45 a.m., every Thursday
6:00 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

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

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
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

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

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

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

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 4:45 p.m., each Tuesday and Thursday.

Skills and Drills: Learn the fundamentals of basketball through specific drills. After the drills, show off the skills you've learned. This class is offered from 5:00 to 8:00 p.m., each Monday and Wednesday and from 4:00 to 5:00 p.m., each Tuesday and Thursday. Call 843-918-2355 for more information

**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.

5-Star Basketball Clinics: These clinics focus on skill development through group instruction. Kids will learn the fundamentals and the secrets of shooting, dribbling, passing, rebounding, and defense! The program also includes 3-on-3 scrimmages and game like play.
Fees: \$15 City Resident / \$30 Non-City Resident.

Advanced Clinic

Tuesday and Thursday, through November 17
3:00 to 4:00 p.m., ages six to eight
4:00 to 5:00 p.m., ages nine to 10
5:00 to 6:00 p.m., ages 11 to 12

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.

Fall:

All Sport: Tuesdays, through December 6

Winter:

Basketball: Tuesdays, January 3 through February 7

Soccer: Tuesdays, February 14 through March 21

Wednesdays, February 15 through March 22

Spring:

Baseball: Tuesdays, March 28 through May 9

Tennis: Tuesdays, May 16 through June 20

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.

Fall:

All Sport: Thursdays, through December 8

Winter:

Basketball: Thursdays, January 5 through February 9

Soccer: Thursdays, February 16 through March 23

Spring:

Baseball: Thursdays, March 30 through May 11

Tennis: Thursdays, May 18 through June 22

Summer:

Golf – Thursdays, June 29 through August 3

ADULT AND SENIOR FITNESS PROGRAMS & CLASSES

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).

9:00 a.m. - 12:00 p.m., Monday through Friday

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., 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.

“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 Fusion Dance Classes: The class is for beginners or those with experience. Join the class for a blend of ballet, modern and lyrical dance techniques. Ballet shoes is preferred. The class meets at 5:30 p.m., each Monday and Thursday at Pepper Geddings Recreation Center, through December 8.

5:30 p.m. each Monday and Thursday

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 type of cardio exercise and 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

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, Aerobics Room

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

Fit-N-Stretch: Lengthen and stretch all your muscles in this easy flexibility class.

10:00 to 10:45, every Friday, with Nick, 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! Fees: \$42 for city residents, \$70 for non-city residents for 24 classes.

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

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.

10:00 to 10:45 a.m., every Tuesday, with Kathy, 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 9:45 a.m., every Monday, with Kathy, Room 3

10:00 to 11:00 a.m. every 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 10:45 a.m., every Thursday, with Kathy, Aerobics Room

Jump into Jazz Dance Class: This fun, active class that incorporates jazz dance movements, combinations and choreography. Jazz shoes is preferred. Choose ballet, jazz or tap, \$25 city residents/ \$45 non-city residents. A three-class combo including ballet, tap, and jazz is \$45 city residents/ 75 non-city residents. Call 843-918-2280 for more information.

6:30 p.m., each Monday and Thursday, beginning October 24 through December 8.

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

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 Tuesday and 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 Dance Classes: This percussive style of dance explores sounds and rhythmic patterns that you can see and hear. Tap shoes are required.

7:30 p.m., each Monday and Thursday, through December 8.

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

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

10:00 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 Tuesday, with Joann, 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, Aerobics Room

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).

Senior Dances at Base Recreation Center
Various Dates and Times
Call 843-918-2380 for information

The Base Recreation Center offers numerous dance opportunities throughout the year for the “over 50” crowd to meet new people, socialize with old friends and dance the night away. The popular senior dance events feature both couple dancing and line dancing. Base Recreation Center welcomes and encourages senior single dancers to attend. Call 843-918-2380 for more information.

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 rosalie182@att.net for information or to reserve a table.

Saturday, November 12 (USA Dance – ballroom music only)

Friday, December 2 (D. J. Rosalie)

Saturday, December 10 (USA Dance – ballroom music only)

Water Safety Instructor Training Courses
1:00 to 6:00 p.m., Sundays, May 6 through 21, 2017
Mary C. Canty Recreation Center

Water Safety Instructor Course work will include physical exercise, online, classroom and take home assignments require attentiveness to reading and lectures. The course fee is \$115 city residents/\$195 non-city residents. The pre-course consists of strokes consistent with the American Red Cross' requirements including 25 yard front crawls; 25 yard back crawls; 25 yard breaststrokes; 25 yard elementary backstroke; 25 yard sidestroke; 15 yard butterfly; maintain floating or sculling position for one minute; tread for 1 minute. This training session is the last class of a series. The session is 1:00 to 6:00 p.m., Sundays, May 6 through May 21. Call 843-918-2286 for information.

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

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

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

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

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

Myrtle Beach Tennis Center
3302 Grissom Parkway, adjacent to Myrtle Beach High School
Call 843-918-2440 or visit www.cityofmyrtlebeach.com/tennis.html

Myrtle Beach Tennis Center memberships include access to the 10 courts (eight lighted), no court fees, reserved court time, league play, 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

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

PTR High Performance Certification Workshop (for Tennis Pros): Tennis Pros will be able to participate in PTR High Performance Certification Workshop on October 1-2. For more information, call 843-918-2440.

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.

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, Drop-in rate for the one hour classes \$13.00 per clinic and \$16.00 for the two hour per clinic. The new session begins Monday August 22 please contact the Tennis Center if interested in pricing for the eight week session 843-918-2440.

JDP Clinic: Clinic times at 3:00 p.m. to 6:00 p.m., every Saturday. The clinic begins Monday, August 22. Participants have the option to pay \$13 per class drop-in or JDP Brochure.

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.

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 pm

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>.*