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Thursday, October 12, 2017

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

New and updated items in blue!

Winter Kickball Registration
Rosters due Monday, October 30, at Crabtree Gym
Games played at Grand Park Athletic Complex

Registration packets are available now for this year's Winter Kickball adult league. A team packet consisting of a roster, team registration form and copies of all team members' drivers' licenses must be completed in its entirety. Fees will be determined once the number of teams is known. For more information, including team roster forms, visit <http://www.cityofmyrtlebeach.com/adultsports.html> or contact Holly Lee at 918-2284 or hlee@cityofmyrtlebeach.com. Rosters should be turned at Crabtree Gym by Monday, October 30. Games begin Tuesday, December 5.

House Party Fitness
11:30 a.m., each Friday
Crabtree Memorial Gymnasium

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.

Love Your Bones Information Sessions
Various Days and Times
Pepper Geddings Recreation Center

Did you know October is National Bone and Joint Health Month? Pepper Geddings Recreation Center offers four FREE informational sessions about bone and joint health. Come and learn more information about improving posture and the importance of core strength. Pre-registration is requested. Please stop by the Front Desk at Pepper Geddings for more information. Each participant will receive a free fitness class voucher.

12:00 to 12:30 p.m., Monday October 16, Junior Gym
4:00 to 4:30 p.m., Tuesday, October 16, Aerobics Room
10:00 to 10:30 a.m., Tuesday, October 17, Junior Gym
6:30 to 7:00 p.m., Tuesday, October 17, Aerobics Room

Eighth Annual Myrtle Beach Mini Marathon
October 21-22, 2017
Registration is underway...
www.runmyrtlebeach.com

The Myrtle Beach Mini Marathon Weekend returns to the Grand Strand with events to be held October 21-22. The Mini Marathon itself is 13.1 miles and is being held on Sunday, October 22. The weekend includes a two-day Health and Fitness Expo, a Coastal 5K, a one-mile Doggie Dash and Sunday's Mini Marathon. For more information and to register, visit www.runmyrtlebeach.com.

Annual Guns 'n Hoses Softball Game
Myrtle Beach Police and Fire vs. Horry County Police and Fire
4:00 p.m., Sunday, October 22
TicketReturn.com Field (Pelicans Stadium), 1251 21st Avenue North

The Myrtle Beach Police and Fire Departments and Horry County Police and Fire Departments square off in this annual softball series on Sunday, October 22. The Guns 'n Hoses game is a fun competition among city and county staff that's open to the public. Tickets are a \$5.00 donation to **Project Lifesaver**, a search and rescue tracking program for "at risk" individuals (persons with Alzheimer's, autism, Down syndrome, dementia, and other cognitive conditions) who are prone to wandering. Game one will start at 4:00 p.m. between the Myrtle Beach Fire Department and the Horry County Fire Department. The second game, between the police departments, starts at 5:00 p.m. Then the winners of the two games play at 6:00 p.m. for this year's title. It's fun for the entire family, with entertainment for kids, snacks and drinks. For tickets, contact Tommy Chestnut at 843-918-1330 or 843-450-3241. Tickets also are available at the Myrtle Beach Fire Department administrative offices and at the gate on Sunday.

2017 "Halloween Spooktacular"
5:00 to 8:30 p.m., Saturday, October 28
Mary C. Canty Recreation Center, 971 Canal Street

Hey, kids... The Mary C. Canty Recreation Center's "Halloween Spooktacular" is back on Saturday, October 28! Come to the Halloween open house event and enjoy activities, "Halls of Terror," "Ghoulish Games," a treat bag and more. Attendees receive admission with donation of a non-perishable item to support hurricane relief efforts (canned goods, fruit cups, crackers or monetary donation). Questions? Call 843-918-1465 for information.

Kids, ages 12 and under... 5:00 to 6:30 p.m.

Kids, ages 13 and older... 7:00 to 8:30 p.m.

Youth Basketball (Ages 6 to 14)
Registration from 10:00 a.m. to 4:00 p.m., Saturday November 4
Pepper Geddings Recreation Center and Crabtree Memorial Gymnasium

Youth Basketball is offered at both Crabtree Memorial Gymnasium and Pepper Geddings Recreation Center, with registration beginning Saturday, November 4, from 10:00 a.m. to 4:00 p.m. 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

"Planksgiving" (Personal Planks Competition)
The month of November
Pepper Geddings Recreation Center

Everyone's invited to join PLANKSgiving, our free planks program at Pepper Geddings Recreation Center. All month long during November, you can build strength in your core, upper and lower body by doing planks. You do not need any equipment to perform this exercise. All you need is a bit of space. Planks help improve flexibility by stretching muscles. **Registration is required.** Call Shelly Pesato at 843-918-2280 for more information.

Fall Tennis
6:00 p.m. to 7:00 p.m., each Monday and Wednesday
Through Wednesday, November 8
Myrtle Beach Tennis Center

Looking for a fun way to get your child involved with tennis? The Myrtle Beach Tennis Center offers a free tennis program for children age six to 12. The program runs from 6:00 to 7:00 p.m., each Monday and Wednesday November 8 at the Myrtle Beach Tennis Center, 3302 Robert M Grissom Parkway. For more information please contact Edwin Boyzo at (843) 918-1472, email at eboyzo@cityofmyrtlebeach.com.

Circuits in the City
1:00 to 1:45 p.m., each Tuesday and Thursday
Mary C. Canty Recreation Center

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, through December 22. 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
1:00 to 1:45 p.m., each Monday and Wednesday
Mary C. Canty Recreation Center

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, through December 21. 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.

Kids Ballet, Tap, and Jazz
3:00 to 4:00 p.m., Grades K-2
4:00 to 5:00 p.m., Grades 3-5
Through December 7
Pepper Geddings Recreation Center

Parents, are you looking for a way to keep your child active in a safe environment? Children, grades K through 5, enjoy ballet, tap and jazz lessons at Pepper Geddings Recreation Center. Registration is underway. No experience is necessary. Fees are \$25 for city residents and \$45 for non-residents. Call 843-918-2280 for 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 for 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.**

Grand Strand Miracle League 2017 Fall Schedule
James C. Benton Miracle League Field
Miracle League Field, 33rd Avenue North

Grand Strand Miracle Leagues give children with mental and physical disabilities the opportunity to play baseball and golf. They use a specialized field that's ideal for wheelchairs and walkers, and volunteers serve as "buddies" to help the players with each game. Everyone plays, everyone hits, everyone crosses home plate, and everyone wins! For more information on the fall 2017 season, call 843-448-7712 or visit <http://www.gsmiracleleagues.com>.

Baseball:

- 10:00 and 11:00 a.m., Saturday, October 7, Miracle League Field D
- 10:00 and 11:00 a.m., Saturday, October 14, Miracle League Field D
- 6:00 p.m., Friday, October 20, Miracle League Field D
- 6:00 p.m., Friday, October 27 – *Halloween Night Party and Game*

Golf:

- 6:00 to 7:00 p.m., Tuesday, October 10, PGA Tour Superstore in Myrtle Beach
- 6:00 to 7:00 p.m., Tuesday, October 17, Miracle League Field
- 6:00 to 7:00 p.m., Tuesday, October 24, PGA Tour Superstore in Myrtle Beach
- 6:00 to 7:00 p.m., Tuesday, November 7, Cane Patch Driving Range
- 6:00 to 7:00 p.m., Tuesday, November 14, Cane Patch Driving Range – *Season Finale*

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

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

FREE classes the following days and times:
Saturday, September 16 10:00-10:45 a.m.
Monday, September 18 9:00-9:45 a.m.
Saturday, September 23 10:00-10:45 a.m.
Monday, September 25 9:00-9:45 a.m.
Saturday, September 30 10:00-10:45 a.m.

POOL SCHEDULE – Pepper Geddings Recreation Center

Monday through Friday... 6:00 a.m. to 10:00 a.m. and 10:30 a.m. to 2:00 p.m.
Monday through Thursday... 6:00 to 8:45 p.m.
Tuesday and Thursday... 8:00 a.m. to 2:00 p.m. and 6:00 to 7:30 p.m.
Friday... 3:00 to 6:30 p.m.
Saturday... 12:00 to 4:45 p.m.

ADULT EXERCISE

Monday, Wednesday and Friday... 6:00 to 9:00 a.m. and 10:30 a.m. to 2:30 p.m.
Tuesday and Thursday... 6:00 to 10:00 a.m. and 12:00 p.m. to 2:30 p.m.
Saturday... 12:00 to 4:45 p.m.

Family Swim

Monday and Wednesday... 3:00 to 5:30 p.m. and 6:30 to 8:45 p.m.
Tuesday and Thursday... 7:30 to 8:45 p.m.
Friday... 3:00 to 4:30 p.m.
Saturday... 12:00 to 4:45 p.m.

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

Evening Swim Lessons: Tuesdays and Thursdays at Pepper Geddings Recreation Center

Session Dates:

October 17 through November 9 (Registration begins October 4)
November 28 through December 14 (Registration begins November 8)

LAP SWIM SCHEDULE

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

ADULT EXERCISE OR FAMILIES

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

OPEN SWIM

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

AQUA FITNESS CLASSES

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

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

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

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

Crabtree Memorial Gymnasium Facility Hours

6:00 a.m. to 9:00 p.m., Monday through Thursday
6:00 a.m. to 6:30 p.m., Friday
8:30 a.m. to 5:00 p.m., Saturday

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

9:00 to 10:00 a.m., every Tuesday and Thursday
\$2 per person, per class for city residents
\$5 per person, per class for non-city residents
24-visit punch card - \$28 for city residents or \$50 for non-city residents

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

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

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

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

10:15 to 11:00 a.m., every Monday and Wednesday
\$4 per person, per class for city residents
\$10 per person, per class for non-city residents
24-visit punch card – \$28 for city residents or \$50 for non-city residents

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

10:15 to 11:00 a.m., every Tuesday, Thursday and Friday
\$4 per person, per class for city residents
\$10 per person, per class for non-city residents
24-visit punch card – \$28 for city residents or \$50 for non-city residents

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

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

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

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

9:00 to 10:00 a.m., every Monday, Wednesday and Friday
\$4 per person, per class for city residents
\$10 per person, per class for non-city residents
24-visit punch card – \$28 for city residents or \$50 for non-city residents

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

11:30 a.m. to 12:30 p.m., every Monday and Wednesday, with Gail
6:30 to 7:15 p.m., every Monday and Wednesday, with Gail

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

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

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

12:00 to 12:45 p.m., every Tuesday and Thursday
9:00 to 10:00 a.m., every Wednesday
5:30 to 6:15 p.m., every Tuesday and Thursday
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

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.

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

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
7:15 p.m. to 8:00 p.m., every Tuesday and Thursday

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

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

Youth Martial Arts: Want to learn a martial art for fitness, self-defense or self-confidence? The Martial Arts are a great way to practice strength and endurance. The new program will be held each Tuesday and Thursday evening from 5:00 to 6:00 p.m. The city resident fee is \$28; the non-city resident fee is \$50 for 10 sessions. Call 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!

10:10 to 15:00 a.m., every Monday and Wednesday
9:00 to 9:45 a.m., every Thursday
6:15 to 7:00 p.m., every Tuesday and Thursday
8:45 to 9:30 a.m., every Saturday
\$4 per person, per class for city residents
\$10 per person, per class for non-city residents
24-visit punch card – \$28 for city residents or \$50 for non-city residents

GYM SCHEDULE – Crabtree Memorial Gym

Open Play Basketball

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

Open Gym

Monday through Friday, 7:00 a.m. to 8:00 a.m.
Monday and Wednesday, 11:30 a.m. to 1:00 p.m.
Tuesday, 4:00 to 4:45 p.m. and 7:15 to 8:45 p.m.
Monday and Wednesday, 4:00 to 8:45 p.m.
Thursday, 7:15 to 8:45
Friday, 4:00 to 6:15 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.

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 jlhanham@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.
Monday and Wednesday... 8:00 a.m. to 2:00 p.m. and 4:00 to 7:30 p.m.
Tuesday and Thursday... 8:00 a.m. to 2:00 p.m. and 6:00 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: Mondays and Wednesdays at Mary C. Canty Recreation Center

Session Dates:

October 16 through November 8th (Registration begins October 4)

November 27 through December 13th (Registration begins November 8)

AQUA FITNESS CLASSES

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

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

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

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

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

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

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

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

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

Base Recreation Center

Classes and Activities

Call 843-918-2380 for information

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

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

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

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

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

Senior Dances... This popular dance series at the Base Recreation Center Ballroom has become a year-round event. Doors open at 6:30 p.m. Tickets are just \$7 per person and may be purchased at the door. All dances are from 7:00 to 10:00 p.m. Please contact Rosalie at 570-881-0244 or rosaliejack1566@gmail.com for information or to reserve a table. This dance series is sponsored by the City of Myrtle Beach

- **Saturday, October 28, 2017**
- Saturday, November 4, 2017
- Friday, November 17, 2017
- Saturday, December 2, 2017

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

- 3:00 p.m., Friday, October 13 – **The Great Wall** (PG-13), Matt Damon, Willem Dafoe
- 3:00 p.m., Friday, October 20 – **Collide** (PG-13), Nicholas Hoult, Felicity Jones
- 3:00 p.m., Friday, October 27 – **The Lost City of Z** (PG-13), Charlie Hunnam, Sienna Miller

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

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

Beginner 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/>.

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

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

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

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

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

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

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

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

Myrtle Beach Table Tennis... If you enjoy the game of table tennis, come join this competitive group! All are welcome to play. The 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.

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 F.G. Burroughs-S.B. Chapin Art Museum's Arielle Fatuova. 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 for information.

Chapin's Craft Corner: Paper Page Pumpkin... Join in on the craft fun and learn how to make paper page pumpkins from 2:00 to 4:00 p.m. on Thursday, October 19, at Chapin Library. These festive decorations are fun to make and perfect for fall. **Registration is required by Monday, October 16.** Questions? For information or to register, contact Wanda Forte at wforte@chapinlibrary.org or 843-918-1275.

Family Craft Time... Bring the whole family and make a fun Halloween-themed craft from 11:00 a.m. to 12:00 p.m. on Saturday, October 14, at Chapin Library. Questions? Call 843-918-1275 for more information.

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 12th 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.

October 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., October 28. 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.

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

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

4:00 to 6:00 p.m., October 24 and November 28

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 for more information.

Youth Martial Arts Program

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

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

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 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.

Myrtle Beach Tennis Center

3302 Grissom Parkway, adjacent to Myrtle Beach High School

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

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

Myrtle Beach Tennis Center Facility Hours (Summer Hours)

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

8:00 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.

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

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

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