



2010 Bees Landing New Programs



Registration Location
Bees Landing Recreation Center
1580 Ashley Gardens Blvd
Charleston, SC 29414

www.charlestoncity.info/recreation

Phone: 843-402-4571
Email:
rishovdw@ci.charleston.sc.us

Open Basketball/Volleyball/Badminton

This will be a time where people can come shoot baskets, play some volleyball, or possibly some badminton. It will be unorganized free play. Call ahead or check our website for up to minute schedules as the schedule may change based on the addition of classes or special events. Registration is required to use the gym for any "open basketball/volleyball, etc... activities"

Registration: *On going at Bees Landing*

- \$15 for City of Charleston Residents, \$30 for Non City Residents. Good for a whole year!! ** Fee is per person**
- Registration is required starting May 1st. Membership cards will be made and required for access to each visit.

Treadmills and Bikes

Registration for the open gym activities also includes use of the two treadmills and two recumbent bikes. They will be on a first come first serve basis. Please note the machines may not always be available based on schedule programs.

Registration: *On going at Bees Landing (when available)*

- \$15 for City of Charleston Residents, \$30 for Non City Residents. Good for a whole year!! ** Fee is per person**
- Registration is required starting May 1st. Membership cards will be made and required for access to each visit.
- Treadmills and bikes are made by True Fitness

Adult Hip Hop

This high intensity exercise class is geared toward people who like to listen to good music and dance. Participants of all abilities are encouraged to join but be prepared to pump it up and get your sweat on.

Registration: *On Going Class Starting May 18th*

- \$10 per class – Pay as you go!!! Class passes will be available for advance purchases.
- Classes will be Tuesdays from 7:30 – 9pm
- Adults only. No children will be allowed in the gym to participate or watch.



Mommy and Me Jazz Class

The Mommy and Me dance class is for children ages 2 - 4. This fun, interactive class will teach children to learn the rhythm of music and basic dance steps all in the comfort of having their mommies by their side.

Registration: *On Going Class Starting May 10th*

- \$7 per class. Pay for each class as you go or buy a class pass.
- Tuesdays or Thursdays at 9:00 AM. Participants can only attend one class on a Tuesday or Thursday.
- Ages 2 – 4 years old and parents/nannies/grandparents must participate as well.

ZUMBA – Adult

Come joins us for Zumba! Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. The class is for adults only.

Registration: *On Going Class Starting May 10th*

- \$5 per class!!! Pay as you go or get a class pass.
- Monday and Thursdays from 6:00 – 7:00 PM



Gentle Yoga

Gentle yoga is designed to gently work the body to relax and increase flexibility and strength as well as calming the mind and increasing the ability to focus.

Registration: *On Going Class Starts May 12th*

- \$5 per class. Pay as you go or get a class pass.
- Wednesdays at 6:30pm.

Beginner Jazz Dance Class

Beginner jazz is opened to all ages. This energetic class will teach students the basics of jazz dance where it will focus on flexibility and technique. Come prepared to sweat and have a lot of fun. Work out attire and closed toe tennis shoes recommended.

Registration: *On Going Class Starting May 10th*

- \$10 per class or purchase a class pass, and save, for \$90 for 10 classes.
- Monday and Thursdays from 6:30 – 7:30 PM

Scrap booking Class

Become a photo-paramedic by learning how to preserve memories and legacies through the art of scrap booking. Amy McGrew, a PHD Scrap booking/Stamping Degree earner, will show you how! Please bring a 12 x 12 paper trimmer and adhesives to class (if you do not have these, contact Amy and she can order them for you). All other supplies will be included in the class fee. Beginner and Experienced Crafters are welcome.

Registration: *until full (Maximum of 10 participants)*

- \$ 18 per participant (includes some scrap booking materials)
- Monday, June 21st from 6:30 – 8:00PM
- The class will meet monthly (additional fee for each class based upon materials used)

Boot camp Fitness

This class is designed using functional movement helping participants get the most out of their time and money spent. You will not only be educated but motivated with fitness nutrition that works. The class will be taught by a certified cross fit instructor.

Registration: *On Going.*

- May classes - \$10 for per visit.
- June classes require pre-registration for the month. Participants can try the class out one time for \$12 during June, July, August

Adult Dodgeball

That's right that elementary school favorite is back for the adults. But don't worry we will not be using those heavy rubber balls. We will be using lighter balls that will make this sport fun for everyone.

Registration: *until May 14th*

- \$30 per player (includes team shirt)
- League games begin late May and runs through July 20th.
- Contact Doyle Best at 556-3687 or bestd@ci.charleston.sc.us



More Classes to come!!!

Based on feedback we will be looking to add additional classes as we line up instructors and programs. Please feel free to call or e-mail us to ask us to put you on the Bees Landing Recreation Center (we will not have your contact information if you participate with West Ashley Youth Sports at this time).

Future Classes/Programs we look to add:

- Tae Kwon Do
- Aerobics
- And many more!!!