

CITY OF GOOSE CREEK RECREATION



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GOOSECREEKRECREATION.COM



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GOOSE CREEK RECREATION ADMINISTRATION

TJ Rostin, Recreation Director
Cheryl Heiselman, Superintendent
Carrie Stika, Administrative Assistant
Angela Hiott, Athletic Coordinator
Amy Nalley, Recreation Specialist Sports
Sylvia Reid, Fitness Coordinator
Allison Carter, Special Events Coordinator
Stacey Croston, Gymnastics Coordinator
Patty Newman, Center Coordinator
Chris Fesler, Facility Superintendent
Mark Gray, Building Supervisor

GOOSE CREEK CITY COUNCIL

Mayor Greg Habib
Mayor Pro Tem Kevin Condon
Debra Green-Fletcher
Jerry Tekac
Corey McClary
Gayla McSwain

GOOSE CREEK RECREATION COMMISSION

Jerry Glass, Chairman
Jennifer Condon, Vice Chairman
Milton P. Terre Jr.
Gaye Huskey
Yvonne Turner
Lynn Greer



FITNESS

GOOSE CREEK COMMUNITY CENTER

Hours: Monday- Friday 6 a.m. - 9 p.m.; Saturday and Sunday 7 a.m. - 7 p.m.

WEIGHT TRAINING

Full body, circuit and free weight workouts on CYBEX strength equipment.

CARDIO

State-of-the-art treadmills, elliptical trainers, steppers, and stationary bikes

ADVENTUROUS CLIMBING WALL

Monday-Friday, 4-8 p.m.

Saturday and Sunday, 11 a.m. - 4 p.m.

ELEVATED WALKING TRACK

2 FULL SIZE BASKETBALL COURTS



2019 MEMBERSHIP FEES

Resident

Adult 16+ \$60

Youth \$25

Non-Resident

Adult 16+ \$325

Youth \$175

COMMUNITY CENTER FITNESS CLASSES

CERTIFIED CLIMBER

Must be 18 years of age

\$10 yearly membership fee

This certification will allow members to climb unsupervised. Climbers will have to demonstrate proper climbing techniques. For information and or to make an appointment email: sreid@cityof-goosecreek.com

COUCH TO 5K

\$50/residents, \$60/non-residents

A 9-week running program designed to get you off the couch and on the road. For walkers or beginner runners. Your speed doesn't matter, only your desire to improve week by week. We'll start out with walking and running and progress to running an entire race.

SENIOR WALKING CLUB

Monday – Friday 12:30-2:30pm

Residents \$25/month

Non-residents \$100/month

A Walking Club for Community Center members 60 and older.

ORIENTATION

45-minute session

\$15/residents, \$20/Non-residents

An introduction to our strength training and cardiovascular equipment. Perfect for new members to learn to use equipment properly and safely.





PERSONAL TRAINING

30 minute session \$32

1 hour session \$45

Four 30-minute sessions \$99

Three 45-minute sessions \$99

All trainers hold national certification.

TEEN TRAINING CERTIFICATION

\$120 for two 1-hour sessions with a personal trainer

Teens who complete this program will be allowed to use strength training equipment and treadmills, with their parent present. Days and times permitted: Friday, 6:30-8:30 p.m., Saturday, 4-6 p.m. and Sunday, 2-4 p.m.

HOLISTIC NUTRITION COACH

30-minute session \$20

1 hour session \$40

Sessions include body fat analysis, individualized meal plans, and assessment of current nutrition habits.



GOOSECREEKRECREATION.COM



(843) 569-4242

GOOSE CREEK ACTIVITY CENTER

Hours: Monday - Thursday 8 a.m. - 9 p.m.; Friday 8 a.m. - 8 p.m.; Saturday 9 a.m. - 4 p.m.; Closed Sunday



ACTIVITY CENTER FITNESS CLASSES AND MORE

WERQ

Daily: \$5 for 1- hour class

\$30 resident / \$35 non-resident

Part of monthly aerobic schedule

A fiercely fun dance fitness class based on rock, pop, and hip- hop music taught by certified fitness professionals. WERQ is so much fun, you'll forget what a great workout you are getting!

LINE DANCING

Friday 6:30-7:30pm

\$5 per class

This 1 hour dance class includes a wide variety of music including swing, rock and roll, pop, disco, jazz, country, and rhythm and blues. Dances include the Cha Cha Slide, Bikers Shuffle and Cupid Shuffle.

ZUMBA

Daily: \$5 for 1- hour class

\$30 resident / \$35 non-resident

Part of monthly aerobic schedule

A dance class featuring interval training with fast and slow rhythms and resistance training, which tones and sculpts the body while burning fat. Latin and International music is what makes Zumba so unique.

SPIN/INDOOR CYCLING

45-minute classes.

All fitness levels.

Monthly fee: \$20

Daily: \$7 per class

Vigorous workout using an exercise bike. Great way to burn fat and stay in shape.

GENTLE RESTORATIVE YOGA

6-week session: \$30; Daily: \$5

A 45-minute class dedicated to postures that work on healing, flexibility and relaxation.

This class will blend Restorative and Hatha poses with the use of a chair for those needing assistance with balance. Time is taken to stretch out sore muscles, and release tension while getting grounded. Newcomers will find this class to be a great way to begin their practice. Intermediate and advanced students will enjoy less exertion for a change of pace.

OM'AZING KIDS YOGA

Ages 8-12

4-week session: \$32 for residents / \$37 for non-residents; Daily: \$8

Kids Yoga empowers children and teaches them the skills to better care for their bodies access and interpret feelings, manage stress, solve problems, and connect to others. This class is held during summer months.

YOGA - ALL LEVELS / FLOW YOGA

Daily: \$8

Yoga utilizes a series of specific bodily postures practiced for health and fitness. Can help to improve physical fitness and general well-being. Enhances flexibility and strength.

CARDIO WEIGHT TRAINING

\$5 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

This 1-hour interval class combines weight conditioning segments with bench stepping for a complete workout. Also known as Cardio Sculpt.

CORE

\$2 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

The core, consisting of the muscles of the abdomen, low back, and hips, is often called the "powerhouse" and is thought to be the key to stability. Get strong, hard abs in 30 minutes.

ABS AND GLUTES

30-minute class

\$2 or part of monthly aerobic fee

\$30 resident / \$35 non-resident

A variety of different exercises that will strengthen your abdominals (ABS) and tone your gluteus maximus (GLUTES) Planks, lunges, squats, and floor exercises can be expected in this fast-paced workout.

BALL FIT

30-minute class

\$2 or part of monthly aerobic fee

Total body work out using stability ball and free weights.

BARRE

45-minute class

\$3 or part of monthly aerobic fee

\$30 resident / \$35 non-resident

Barre fitness originated from dance/ballet. Targets and tones muscles.

BOOT CAMP

\$5 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

Indoor energetic fitness class that mixes traditional calisthenics and body weight exercises with interval training and strength training. Class is designed in a way that pushes participants harder than they push themselves.

INTERVAL CLASS

\$5 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

A 1-hour total body workout. Designed to get your heart rate up, burn fat, create muscle definition all at the same time, while doing several different types of exercises. Body bars, hand weights, and step bench used in this class.

SUPER STEP

\$5 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

A high intensity workout using choreographed moves on a step bench. Check monthly schedule.



BBQ & BREWS



SATURDAY
MARCH 30 | 4 PM-7 PM

Carnes Crossroads Green Barn
513 Wodin Place, Summerville, SC 29486

**FREE ADMISSION, PARKING, & FAMILY
FRIENDLY ACTIVITIES!**
FOOD & BEVERAGES ARE FEE BASED

For more information contact Allison at
843.569.4242 or acarter@cityofgoosecreek.com



PILATES

\$5 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

This 1-hour class focuses on building strength in the deep muscles of the abdominal region, the body's core. Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. The core, consisting of the muscles of the abdomen, low back, and hips, is often called the "powerhouse" and is thought to be the key to stability.

PIYO

\$5 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

PiYo combines the muscle-sculpting, core-firming benefits of Pilates. No weights, no jumps, just hardcore results. The best of Pilates and Yoga combined.

STRENGTH TRAINING / TOTAL BODY

\$5 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

This invigorating class improves muscular strength and creates muscle definition. Workouts include use of hand weights, body bars, bands, and lots of lunges and squats, finishing with abdominal and stretching.

YOGALATES

\$5 daily or part of monthly aerobic fee

\$30 resident / \$35 non-resident

A 45-minute class in an increasingly popular exercise due to its positive effects on the body and mind. Allows you to practice and improve your own limits. By combining Yoga and Pilates, it's a great way to de-stress!

CHILDCARE

For ages 1-10; Monday - Thursday, 3-8 p.m.

\$20/month for first child; \$10 for each

additional child from same family

\$2 per hour/per child (\$2 minimum fee)

EASY DOES IT FITNESS CLASSES

3 days a week, 9-10 a.m.

\$5/daily or \$15/monthly; \$20 non-residents

Non-impact aerobics designed for ages 60+

TAI CHI (MONDAY)

A gentle way to fight stress. Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions.

FIT PARTY (TUESDAY)

Non-impact aerobics class fuses dance movements with invigorating cardiovascular fitness workout. Lots of stretching.

STRENGTH TRAINING (THURSDAY)

Improves muscular strength, as well as balance. Some workouts a chair will be used if needed.

5 days a week, 10:30 - 11:30 a.m.

\$5/daily or \$25/monthly, \$30 non-resident

Non-impact aerobics designed for ages 60+

HI/LO AEROBICS (MONDAY)

Choreographed dance moves that strengthen your heart and lungs. This class ends with an ab workout and cool-down.

CHAIR/MAT (TUESDAY)

All exercises performed in this class can be done on the mat or in a chair. Bands and light weights are used.

STRENGTH TRAINING (WEDNESDAY)

Improves muscular strength as well as balance. Light weights, bands and chairs may be used in this class.

BARRE (THURSDAY)

Originated from dance/ballet. Targets and tones muscles. A chair is used for balance.

TAI CHI (FRIDAY)

A gentle way to fight stress. Originally developed for self-defense, a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Check website for monthly schedule.



YOUTH ATHLETICS

SPRING BASEBALL

Ages: 4-5 T-Ball, 6-7 Coach Pitch, 7-8 Modified Kid/Coach Pitch, 9-10 Dixie Minors, 11-12 Dixie Youth, and 13-14 Dixie Boys

Ages as of April 30, 2019

Registration: Jan. 7-31

Registration Fee: Residents, \$45; Non-residents, \$75

Location: Felkel Field

The season runs March-May. Each participant receives a uniform that includes a pair of pants, socks, a shirt and a hat. All participants must provide their own glove, cleats and batting helmet with face mask and chinstrap.

FALL BASEBALL

Ages: 9-10, 11-12, and 13-15

Ages as of April 30, 2020

Registration: Month of July

Registration Fee: Residents, \$45; Non-residents, \$75

Location: Felkel Field

The Lowcountry Fall League is designed for players who want to improve their skills or explore the league they wish to play in next spring. Players will receive a shirt, pants, socks and a hat. Players must provide their own glove, cleats and batting helmet with face mask and chinstrap.

SPRING SOFTBALL

Ages: 6-8 Coach Pitch, 9-10 Dixie Angels, 11-12 Dixie Ponytails, and 13-15 Dixie Belles

Ages as of Aug. 31, 2019

Registration: January 7-31

Registration Fee: Residents, \$45; Non-residents, \$75

Location: Felkel Field

The season runs March-May. Each participant receives a uniform that includes a pair of pants, socks, a shirt and a visor. All participants must provide their own glove, cleats and batting helmet with face mask and chinstrap.

FALL SOFTBALL

Ages: 9-10, 11-12, 13-16

Ages as of Aug. 31, 2020

Registration: Month of July

Registration Fee: Residents, \$45; Non-residents, \$75

Location: Felkel Field

The Lowcountry Fall League is designed for players who want to improve their skills or explore the league they wish to play in next spring. Players will receive a shirt, pants, socks and a visor. Players must provide their own glove, cleats and batting helmet with face mask and chinstrap.

SUMMER BASKETBALL

Ages: 9-10 Small Fry, 11-12 Mite, 13-14 Midget, 15-17 Junior (all ages co-ed)

Ages as of Aug. 1, 2019

Registration: April 1-18

Registration fee: Residents, \$40; Non-residents, \$70

Location: Goose Creek Recreation Center

The season runs May-July. The GCRD staff is responsible for assigning players to teams. Each participant receives a uniform that includes a pair of shorts and a shirt.

WINTER BASKETBALL

Ages: 5-6 Tiny Tot co-ed, 7-8 Pee Wee co-ed, 9-10 Small Fry Boys & Girls, 11-12 Mite Boys & Girls, 13-14 Midget co-ed

Ages as of Sept. 1, 2019

Registration: Month of October

Registration Fee: Residents, \$40; Non-residents, \$70

Location: Goose Creek Recreation Center

The season runs December-February. Each participant receives a uniform that includes a pair of shorts and a shirt.

SPRING SOCCER

Ages: 4-5 Tiny Tot, 6-7 Pee Wee, 8-9 Small Fry, 10-12 Mite (all ages co-ed)

Ages as of September 1, 2019

Registration: Jan. 7-Feb. 5

Registration fee:

Residents, \$45; Non-residents, \$75

Location: Foster Creek Park

This league is instructional, and no standings will be kept. The season runs late March-May.

The GCRD staff is responsible for assigning players to teams. Players receive a pair of shorts, socks, and a game jersey, and are responsible for providing their own shin guards and cleats.

Soccer games are played on Tuesdays and Thursdays.

FALL SOCCER

Ages: 4-5 Tiny Tot, 6-7 Pee Wee, 8-9 Small Fry, 10-12 Mite, 13-15 Midget (all ages co-ed)

Ages as of Sept. 1, 2019

Registration: Month of July

Registration fee:

Residents, \$45; Non-residents, \$75

Location: Foster Creek Park

The season runs late August-November. Players receive a pair of shorts, socks, and a game jersey, and are responsible for providing their own shin guards and cleats. Soccer games are played on Tuesdays and Thursdays.

MIDDLE SCHOOL VOLLEYBALL

Ages: 6th, 7th & 8th grade

Registration: Month of July

Registration Fee: Residents, \$40, Non-residents, \$70

The Lowcountry Middle School girl's volleyball league begins in late August-October. Players are provided with a team jersey.

TACKLE FOOTBALL

Ages/Weight Limits: 9-14 as of Sept. 1, 2019

There is no weight limit for participation, but there is a weight limit for positions that can handle the football. They include: ages 9-10 (135 lbs), and ages 11-12 (150 lbs)

Registration: June 3-27

Registration Fee: \$60; Non-residents, \$90

Participants must provide their own equipment including all pads, pants, cleats, and a helmet; however, each player does receive a game jersey and socks. All games are played on weeknights and on Saturdays. Each player must play in their age classification.

FLAG FOOTBALL

Ages: 6-8 as of Sept. 1, 2019

Registration: June 3-27

Registration Fee: \$45; Non-residents, \$75

Location: Dogwood Park

This program is designed to introduce youth to the game of football. The games will be conducted on abbreviated fields. Each participant receives a uniform that includes a pair of shorts, socks and a shirt.

CHEERLEADING

Ages: 4-12 as of September 1, 2019

Registration dates: May 27-June 27

Registration Fee: Residents, \$40; Non-Residents, \$50

Uniform cost is in addition to registration fee. Cheerleaders cheer for the football teams that register for Goose Creek Recreation football. This is neither a traveling nor competitive cheerleading program. All games are played on weeknights and on Saturdays.

Would you like to coach a sports team?

Email us at

AHIOTT@CITYOFGOOSECREEK.COM

or

ANALLEY@CITYOFGOOSECREEK.COM



U.S. Olympic Gold Medalist Gabby Douglas made a special visit to the Goose Creek Recreation's new Activity Center in the fall of 2018. The visit put a regional spotlight on the City of Goose Creek Gymnastics program, which is led by Coach Stacey Croston. For information, call (843) 569-4242.





GYMNASTICS

CLASSES

MOMMY & ME

Ages: Walking - 3 years

For both boys and girls.

This is an exploratory class, with a basic introduction to gymnastics, motor skills, fun and games.

PRESCHOOL GYMNASTICS

Ages: 3-4

For both boys and girls.

Structured introduction to gymnastics to build strength, flexibility and hand-eye coordination.

BEGINNER BOYS & GIRLS

Ages: 5-6

For both boys and girls.

Structured gymnastics class to build strength, flexibility and hand-eye coordination.

CHEERNASTICS

Ages: 6+

This class will concentrate on working arm motions, jumps and tumbling skills and drills.

BEGINNER GIRLS

INTERMEDIATE GIRLS

ADVANCED GIRLS

Ages: 6+

These classes follow the guidelines set forth by USA Gymnastics to build strength, flexibility, hand-eye coordination and build self-esteem.

BEGINNER BOYS

Ages: 4-5, and 6+

These classes follow the guidelines set forth by USA Gymnastics to build strength, flexibility, hand-eye coordination and build self-esteem.

TUMBLING CLASSES

Ages: 6+

For boys and girls.

Focusing on cartwheels, front and back walk-overs, round offs and drills for back handsprings. Advanced Tumbling focusing on running, tumbling and connections to take your tumbling to the next level!

Goose Creek Recreation has competitive gymnastics team opportunities, including Pre-Team, USA Gymnastics Junior Olympic Levels 2-10, All Xcel Levels and TOPs. Contact Coach Croston for more details at scroston@cityofgoosecreek.com



GYMNASTICS EVENTS

TODDLER PLAYTIME

Ages: Walking - 6 years
For boys and girls
Tuesdays 10 a.m. - 12 p.m.
\$5 for residents; \$7 for non-residents

HOME SCHOOL OPEN GYM

For boys and girls ages 5+
Wednesdays 10 a.m. - 12 p.m.
\$5 for residents; \$7 for non-residents

OPEN GYM

Ages: 6+
For boys and girls
Jan. 12, Feb. 9, March 9, April 6, May 4
\$8 for residents; \$10 for non-residents

PARENTS NIGHT OUT

Ages: 6+
For boys and girls
Jan. 11, Feb. 15, March 15, April 12, May 10
\$15 for residents; \$17 for non-residents

SUMMER FUN FITNESS CAMPS

Ages: 5+ For boys and girls
Monday-Friday, 8:30 a.m. - 5:30 p.m.
Camps held weekly from June 10 - Aug. 16
No camp the week of July 4
\$120 for residents; \$135 for non-residents

BIRTHDAY PARTIES

Contact for information: (843) 569-4242



PROGRAMS

PRESCHOOL PROGRAMS

HALF PINTS PRESCHOOL

Ages 3 – 5

Monday – Friday: 8:30 – 11:30 a.m.

Registration Fee: \$45

Monthly Fee:

\$135/residents; \$140/non-residents

HALF PINTS PRESCHOOL

Ages 3 – 5

Monday – Friday: 12 – 3 p.m.

Registration Fee: \$45

Monthly Fee:

\$110/residents; \$115/non-residents

An educational and recreational program.

Held at the Goose Creek Activity Center.

BRIGHT BEGINNINGS PRESCHOOL

Ages 2 1/2 – 4

Must be potty trained.

Monday – Friday: 8:30 – 11 a.m.

Registration Fee: \$45

Monthly Fee:

\$135/residents; \$140/non-residents

A recreational play group and introduction to preschool. Held at the Goose Creek Activity Center.



HOME SCHOOL REC PLAY TIME

Thursdays, 10 a.m. - 12 p.m.

\$3/residents, \$5/non-residents

DANCE TECHNIQUE CLASSES

Ages 3 – 4

Pink ballet shoes and black tap shoe are required. Must be potty trained.

Ages 5 +

Pink ballet shoes are required.

Ages 5 + Ballet and Jazz

Students should wear a leotard and tights (footed or open, any color) to class. Stretch shorts and a fitted shirt or tank top is also acceptable.

Learn ballet, tap and jazz dance routines including a recital routine originally designed and choreographed specifically for each class. Students will learn the art of dance and proper dance technique, while having fun developing coordination, building self-esteem and confidence in themselves and dance literacy.

COMPETITION TEAM DANCE

Instructor: Lee Nemeth and her staff.

More information TBA

Contact Lee Nemeth at gcdc.artofdance@gmail.com to try out for the team. Held at the Goose Creek Activity Center.

HALF PINTS SUMMER CAMP

Ages 3 - 5

Cost per 2-week session:

\$80 residents / \$90 non-residents.

Session 1: June 17-28 Art and Imagination

Session 2: July 1-12 Oceans and Space

Session 3: July 15-26 Dinos and Bugs

Each 2-week session features a fun theme and will include arts and crafts, science experiments, games, songs and much more!
Held at the Goose Creek Activity Center.

PRIVATE VOICE TRAINING

Ages 7 – 14

This session will help singers improve their vocal ability and non-singers learn how to sing. Each session will have a different learning focus, goal and objective. The different disciplines that will be covered as students progress are: Developing pitch, tone, breathing techniques, posture, intonation, emphasis, relaxation, volume and vocal quality.

Focus on vocal registers, correct vowel patterns, correct breathing techniques and more!

GROUP VOICE TRAINING

Ages 7 – 10

Schedule and fees: TBA

Instructor: Brittany Davis

As students learn to sing in a group setting, they will gain confidence, learn from their peers, and will be energized by other singers around them. Each vocal training session focuses on a different discipline. A maximum of 4 students per class. The different disciplines that will be covered as students progress are:

Developing pitch, tone, breathing techniques, posture, intonation, emphasis, relaxation, volume and vocal quality.



MARTIAL ARTS CLASSES

Ages 4 – adult

Schedule and fees: TBA; Classes held Saturdays at the Goose Creek Activity Center. *Reality based martial arts training. Focusing on real world situations and character development. American Freestyle is a mix of martial arts consisting of Tae Kwon Do, Muay Thai, Israeli Combat, Japanese Karate and Brazilian Jiu Jitsu. Age specific classes are high energy, fun and exciting! Instructor Andrew Maness has over 25 years of experience in martial arts and is co-owner of National Karate MMA.*

HIP HOP DANCE

Ages 6 +

Monday, 4:30 – 5:30 p.m.

Monthly Fee:

\$50/residents; \$55/non-residents

A great start to learning the fundamentals of Break Dancing and Hip Hop through high energy choreography and improvisations at the Goose Creek Activity Center. Students will explore the basic techniques of breaking and funk styles such as popping, locking, and waving and various street and industry styles of hip hop movement while building on coordination and musicality skills. Instructor Jamal Tisdale has over 10 years of teaching and choreograph experience.

PIANO LESSONS

Ages 5 – Adult

Schedule and fees: TBA

Groups offered:

Little Mozarts: age 5 – 6

Youth Beginner: Ages 7 – 12

Teen/Adult: 13+

Semi Private Master: Invitation Only

Instructor: Stefanie Davis

Held at the Goose Creek Activity Center, this course is taught in a semi-private or group piano lab format. The course is comprehensive, teaching theory, composition, ear training, sight reading, technique and more.

IMAGINATION IN ACTION: SUMMER CAMPS

Ages 4-7

Schedule and Cost: TBA

Held at Activity Center, Monday-Friday

Each one-week camp will offer a different theme: Classic Fairytales with a Twist, Royal Tales, Witches and Wizards, or Journey of Wonders. Each day will include a specific story, crafts, snack and time for campers to get active and do dramatic retelling of the stories.

Attire: Comfortable clothing.

IMAGINATION IN ACTION: FUN WITH FAIRY TALES

Ages 4-7

Cost: \$50 resident / \$55 non-resident

Schedule: TBA

Held at Activity Center

Ignite your child's imagination with traditional storytelling in a fun and interactive way! Each class will begin with a fairy tale/children's story. Children will participate in a dramatic retelling of the story and be a part of craft-time based on the story's theme. Fairy Tales include 3 Little Pigs, The Gingerbread Man, The 3 Bears, Jack and the Beanstalk, and more.

DOUBLE DUTCH JUMP ROPE CLASS (BEGINNER FRIENDLY)

Ages 8+ (Adults welcome)

Cost: \$40 resident / \$45 non-resident per four-week session, or \$12 per day

Schedule: TBA

Held at Community Center

Double Dutch is a game in which two long jump ropes turning in opposite directions are jumped by one or more players jumping simultaneously. This class promises to be a lot of fun and a great workout!

TODDLER/PRESCHOOL YOGA

Ages 1-5 with an adult

Schedule: TBA

Cost: \$32 resident / \$37 non-resident for a four-week session; or \$10 / \$12 daily

Held at Activity Center

Stories, songs and games as we introduce yoga concepts through play. Each four week session will introduce different aspects of yoga in a fun and unique way. Children will learn tools for understanding and managing their emotions, as well as learn yoga poses, breathing techniques and relaxation exercise. This is a great bonding experience.

BABY & ME YOGA

Ages infant to walking (with adult)

Schedule: TBA

Cost: \$16 resident / \$21 non-resident for a four-week session; or \$5 / \$7 daily

Held at Activity Center

Sing songs and enjoy some gentle stretching and relaxation for baby and caregiver. Meet other parents with babies the same age. Learn fun ways to bond with baby.

ONE STROKE PAINTING

Ages 10+

No Experience Necessary

Cost: \$15R/\$17NR plus supplies

Instructor: Rhonda Blackmon

Students paint with acrylic paint on a 11x14 canvas. Each class is a different painting.

Monday, 6 – 8 p.m. at the Goose Creek Activity Center.

ART CLASSES

Ages 7+

Instructor: Alexandra Roberts

Various art classes are held at the Goose Creek Community Center. Printmaking for Adults and Kids, Everything Art, Bookbinding for Kids, Mosaic Art, Drawing Plus, Clay Art, Kids Art, Summer Art Camps, and Holiday Art Camps for Kids.

FACILITY RENTALS

SENIOR CENTER

103 Thurgood Rd, Goose Creek
Dining Room max. 72 people
Must be a Berkeley County resident to rent facility.
\$70/hour
\$100 security deposit required
Rental includes 12 round tables and 72 chairs. A kitchen is available for food preparation (no cooking).

EUBANKS PARK

101 Old Moncks Corner Rd., Goose Creek
Pavilion/Picnic Tables max. 75 people
Must be a Goose Creek resident.
\$25/3 hours, \$5/additional hour
\$100 security deposit required
Rental includes pavilion, six picnic tables, use of bathrooms. No rentals past 9 pm. All facilities prohibit smoking and alcohol and are restricted to private functions.



The Goose Creek Community Center's multipurpose room is a popular rental option.

COMMUNITY CENTER

519 A. North Goose Creek Blvd.
Multipurpose Room 1: max. 70 people
Residents: \$60/hour
Non-residents: \$70/hour
\$100 security deposit required
Multipurpose Room 2: max. 40 people
Residents: \$45/hour

Non-residents \$55/hour
\$100 security deposit required
Rentals include three 8-ft. tables and 25 chairs. Extra tables and chairs are available for \$5/table, \$1/chair. Both rooms have a sink, refrigerator and attached private bathroom.

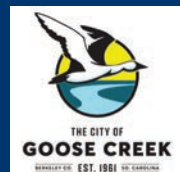
LIVE
MUSIC!

FREE
ADMISSION!

FOOD
VENDORS!

FREE KIDS
AREA!

FREE
PARKING!



30th
Annual



Fabulous

Fourth in the Creek

THURSDAY, JULY 4TH

6:30 PM – 9:30 PM

Marguerite H. Brown Municipal Center
519 N. Goose Creek Blvd., Goose Creek, SC

Grand Finale

Fireworks Show

Provided by Zambelli Fireworks

PLEASE NO PETS, COOLERS, ALCOHOL OR FIREWORKS (INCLUDING SPARKLERS)

PARKING IS LIMITED - ARRIVE EARLY AND CARPOOL

PARTY PACKAGES

BASKETBALL PARTY

\$120/residents

\$140/non residents

Up to 15 children

Two hours in basketball gym with a party room.

One adult chaperone for every 10 children. All

basketball participants must bring in a clean pair of basketball shoes.

GYMNASTICS PARTY

\$175/residents

\$185/non residents

Up to 15 children; additional children \$5 each.

Includes 50 minutes in gymnastics gym plus 40 minutes in party room, Two party hosts to assist with set up and clean up. (1.5 hours total)

CLIMBING WALL PARTY

\$120/residents

\$140/non residents

Up to 15 children

Two hours in a party room with one hour available on climbing wall with an attendant (two hours total). One adult chaperone for every 10 children.

All rentals and parties require a \$100 security deposit at booking. This fee will be returned to the renter provided there are no damages to the facility.





SUMMER CAMPS

Art Camps
Cheer/Tumble Camps
Drama Kids Camps
Fun Fitness Camps
Camp Friendship
Half Pints Camp

Science Time Fun Camp
Soccer Camps
Summer Mini Camps
Swing and Swim Camp
Cheer/Tumble Camps
Gymnastics Camps

Call for more information on our summer camps! (843) 569-4242.



GOOSE CREEK
RECREATION



SENIORS

PROGRAMS FOR SENIORS 55+

SENIOR WALKING CLUB

Monday – Friday 12:30-2:30pm

Residents \$25/month

Non-residents \$100/month

A Walking Club for Community Center members 60 and older.

ART WITH ALEX

Fourth Tuesday of the month, 12 - 2 p.m.

Drawing, Painting and Pastels. Classes and activities are held monthly. Check out the monthly calendar for updated schedules.

PINOCHLE

Monday, 12-4 p.m.

CARD MAKING CLASS

Second Tuesday of the month, 1:30 - 3:30 p.m.

HAND FOOT CARD GAME

Wednesday, 12-4 p.m.

PAINTING WITH ACRYLICS

Thursday, 1-3 p.m.

EASY DOES IT

3 and 5-day a week Non-impact aerobics designed for ages 60+. See page 7 for more details.

SENIOR DINNERS

Thanksgiving and Christmas dinners at Metro North Church for Goose Creek seniors. See pages 24 and 25 for more details.





SPECIAL EVENTS

DADDY DAUGHTER DANCE

Friday, Feb. 8

6 – 8 p.m.

Metro North Church

Registration is open to girls ages 4-12 and their Dads, or other father figure. Semi-formal attire is requested. Registration is \$20/couple for Goose Creek residents, \$25/couple for non-residents, and \$5/each additional daughter. Pre-registration is required by Feb. 1.

LEPRECHAUN BASH AT THE BARN

Friday, March 15

4 – 7 p.m.

Carnes Crossroads Green Barn

Family friendly St. Patrick's Day event includes live music provided by local band Moonlight Ale, food vendors and lots of kids' activities including a leprechaun gold hunt.

BBQ AND BREWS

Saturday, March 30

4 – 7 p.m.

Carnes Crossroads Green Barn

A family friendly event featuring a variety of local barbeque food vendors and beer vendors available for purchase, live music provided by local cover band Calhoun's Calling, and kids' activities. Parking and admission are free.



EASTER ROCK HUNT

Saturday, April 13
10 a.m. to 12 noon
Dogwood Park

Children 8 and under will hunt for eggs and golden rocks! Easter-themed games, crafts and visits with the Easter Bunny to follow hunt. Hunt will start at 10 a.m. sharp. This event is free to the community.

SPRING CONCERT SERIES

Fridays, May 3, May 17, May 31
6 – 9 p.m.
Crowfield Golf Club

Each week features live music and food vendors. These free, family-friendly events draw crowds of all ages. This year's live music provided by local bands Masker Band, Shem Creek Boogie Band and Two 3 Ways. Admission and parking are free. Bring a lawn chair or blanket. No outside coolers, alcohol or pets.

KIDS FEST

Saturday, June 8
11 a.m. to 2 p.m.
Goose Creek Municipal Center

Goose Creek's newest event celebrating the end of the school year will feature local family-centered vendors, music, live performances, kids' play area, food vendors, safety demonstrations, and much more!

OUTDOOR MOVIE NIGHT

Saturday, June 22, July 27, Sept. 28
6 p.m.

*The Barn at Carnes Crossroads
New event location at Carnes Crossroads in Goose Creek. Bring a blanket or lawn chair and enjoy a movie under the stars. Food vendors will be onsite. Parking and admission are free.*



FABULOUS FOURTH IN THE CREEK

Thursday, July 4

6:30 – 9:30 p.m.

Goose Creek Municipal Center

Celebrate Independence Day with the City of Goose Creek at the 30th annual Fabulous Fourth in the Creek festival. The event begins Wednesday, July 4 at 6:30 p.m. behind the Marguerite H. Brown Municipal Center and concludes at dark with a grand finale fireworks display. The fireworks begin around 9:30 p.m. There will be a variety of food vendors, as well as a free children's activity area. Activities include a climbing wall, games, crafts and a patriotic tattoo station.

Due to very limited parking, festival goers are encouraged to arrive early and carpool. Admission and parking are free. No alcohol, coolers, pets or outside fireworks including sparklers are permitted.



FALL FESTIVAL

Saturday, Oct. 5

10 a.m. – 3 p.m.

Goose Creek Municipal Center

This free event will feature live entertainment, local arts/craft vendors, kid's play area, food vendors, safety demonstrations, and much more!

This event will raise awareness and donations for Helping Hands of Goose Creek. For every two canned goods donated, attendees will receive a raffle ticket to win one of many great prizes donated by local businesses.

HALLOWEEN CARNIVAL

Saturday, Oct. 26

5 – 7 p.m.

Goose Creek Community Center

This free event will include a costume contest, cupcake walk as well as carnival games with candy and prizes. There will be a children's costume contest at 6pm. The contest will include three different age groups: 0 to 3, 4 to 7, and 8 to 12.

THERAPEUTIC FISHING RODEO

Saturday, Nov. 16

10 a.m. – 2 p.m.

Goose Creek Community Center

The fifth annual Therapeutic Fishing Rodeo is for people of all ages with disabilities. Co-hosted by the South Carolina Department of Natural Resources, this is a free event and includes lunch. No pets, coolers or alcohol will be allowed. A limited amount of bait and fishing rods provided for this event.

SENIOR THANKSGIVING DINNER

Wednesday, Nov. 20

12:30 p.m.

Metro North Church

This is a catered event; tickets will be available starting Oct. 28 at the Community Center. Tickets are free for City residents, \$5/person for non-residents. Door prizes will be given away. A limited number of tickets are available.



LETTERS TO SANTA

Dec. 1 – 15

10 a.m. – 3 p.m.

Goose Creek Community Center

Have your child write a letter to Santa and deliver it to the special Santa mailbox at the Goose Creek Community Center between Dec. 1-15. Your child will receive a personal note back from Santa. Letters must include a stamped and addressed return envelope.

SENIOR CHRISTMAS DINNER

Wednesday, Dec. 11

12:30 p.m.

Metro North Church

A holiday banquet catered by the members of Metro North Church. Tickets will be available starting Nov. 18 at the Goose Creek Community Center. Tickets are free for City residents, \$5/person for non-residents. Door prizes will be given away throughout the event. A limited number of tickets are available and sell out quickly.

LAKESIDE LIGHT DISPLAY

Friday, Dec. 6

6 – 8 p.m.

Goose Creek Municipal Center

The holiday season kicks off with the City Lakeside Light Display. The light display, which will be lit nightly from Dec. 6 to Jan. 1 from 6 – 10 p.m., is located around the lake behind the Goose Creek Municipal Center. The opening of the show on Friday, Dec. 6 features holiday musical entertainment by local groups, hot chocolate and cookies provided by Helping Hands of Goose Creek, holiday crafts, marshmallow roasting, hayrides around the lake, and visits with Santa. Parking, admission and activities are free.





2019 Goose Creek

FALL FESTIVAL

presented by the City of Goose Creek

Presenting Sponsor



Saturday
October 5
10am - 3pm



Behind City Hall on Hwy 52 . Free Parking . Free Kids' Activities . Arts & Craft Vendors Food Vendors . K-9 Demonstrations . Live Performances .

One FREE raffle ticket with every 2 non-perishable food items donated to Helping Hands!



**For more information call 843-569-4242 or visit
www.cityofgoosecreek.com/events/goose-creek-fall-festival**





THERAPEUTIC RECREATION

SOCIAL SQUAD

Ages 15+

\$20/resident / \$30/non-resident

Social Squad is a group for adults with cognitive and physical disabilities. The purpose to the group is to provide and encourage social interactions through activities such as game nights, bowling, field trips, swimming and much more. Contact Adam at asnider@cityofgoosecreek.com to learn more about joining the group.

SPECIAL OLYMPIC SOCCER

Ages 8+

Fall 2019

Foster Creek

Join the Special Olympic Soccer team to compete with friends while getting good exercise. We will practice at Foster Creek park with a possibility of participating in the State Games. Contact Adam at asnider@cityofgoosecreek.com for more information.

SPECIAL OLYMPIC TRACK

Ages 8+

Spring 2019

Have fun exercising with friends while we compete in different track relays as well as field events such as Shotput, Softball throw, long jump and standing long jump. Contact Adam at asnider@cityofgoosecreek.com for more information.

INCLUSIVE PLAY OPEN GYM

Ages 6+

First and Third Monday of each month

10 a.m. – 12 noon

\$4/resident / \$5/non-resident

Inclusive and accessible gym time for anyone ages 6 and up. Invite your family and friends to come with you. Each child must have a parent or guardian with them. Cash/check only.

CAMP FRIENDSHIP

Ages 13-20

\$50/resident / \$60/non-resident

8:30 a.m. – 12 p.m.

July 29 - Aug. 2

The camp will be held at the Fitness Center inside the gym. It will be a week full of camp games, crafts and having fun with friends.

THERAPEUTIC FISHING RODEO

Saturday, Nov. 16

10 a.m. – 2 p.m.

Goose Creek Municipal Center

With the help of the South Carolina Department of Natural Resources, the City of Goose Creek proudly hosts the Therapeutic Fishing Rodeo. The event is for people of all ages with special needs and their families. A limited amount of bait and fishing rods will be provided, so participants are encouraged to bring their own. Food will also be provided for the participants.





PICKLEBALL

Pickleball is a fast pace, rapidly growing game that has quickly become a hit in Goose Creek! It is a racquet sport that combines elements from badminton, tennis and table tennis. It is played on a badminton sized court and a slightly modified tennis net, while using a ball similar to the wiffle ball, but slightly smaller.

Played at the Community Center, Pickleball is free to members, and \$2 daily for non-members. Its for ages 12 and up.

Schedule

From Jan. 1 to May 31, Pickleball courts are available from 9 a.m. to 2 p.m., Monday-Friday.
Summer Hours: (June 3-Aug. 16) Monday, Wednesday, Friday 9 a.m. to 2 p.m.

For more information on Pickleball, call us at (843) 569-4242.





AQUATICS

The City of Goose Creek Pool is located at 300 Hamlet Circle in Goose Creek.

Programs offered:

Open swimming, lap swimming, group and private swim lessons, Pool Party Rentals

Summer Schedule; Season begins Memorial Day Weekend, and ends Labor Day Weekend

Hours: Monday – Saturday 11 a.m. – 8 p.m.,
Sunday 12 – 6 p.m. (hours subject to change)

2019 MEMBERSHIP FEES

Resident

\$50

Non-Resident

\$100

Guest Fee

\$5/person

Kids 4 and under free

SWIM LEVEL DESCRIPTIONS

Parent-Tot: Designed to give young children a head start on swimming, to get comfortable in the water and begin to work on basic skills. Parents and children learn together and begin to work on arm and leg movements and breath control.

Preschool: Familiarize 3-4 year-olds to the aquatic environment and help them acquire rudimentary basic aquatic skills.

Level 1/Beginner: For school age children to learn basics of swimming including bobbing, floating and gliding on front and back, flutter kicks, front crawl, safety rules, and jumping in.

Level 2/Intermediate: Children should already be able to demonstrate all level 1 skills without assistance. A focus on: floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving object, and jumping into water over their head.

Level 3/Intermediate: stroke readiness: Children should already be able to: swim front and back crawl. A focus on: gliding, front crawl, back crawl, elementary backstroke, retrieving object, treading water, jumping into deep water, kneeling dive, and compact dive.

GROUP SWIM LESSONS

2 week sessions
35-minute classes meet Monday-Wednesday
Ages 9 months – 2 years Parent Tot
Ages 3–4 Preschool
Ages 5–10 Swim Levels 1–3

Each 2-week session:
\$70 resident/\$80 non-resident

PRIVATE SWIM LESSONS

One on One instruction,
Six 30-minute lessons
\$120 resident/\$130 non-resident

POOL RENTALS

*Available Friday, Saturday and Sundays after
regular pool hours
Three hours with use of entire pool exclusively,
max 75 people.
Cost: \$275
Life guards and picnic tables provided.*

QUESTIONS?

CALL US! (843) 569-4242





Whether you're a first time visitor or a regular guest, the City of Goose Creek's Crowfield Golf Club offers a challenging course and superior service.

Crowfield Golf Club is a public course that strives to provide the highest-quality golfing experience. If you are looking for the ideal course to enjoy

a weekly round or the perfect location for your next golf tournament or outing, Crowfield is the right choice. A full-service bar and grill is open to golfers and non-golfers alike, and Crowfield's outstanding staff that includes two full time PGA professionals. Visit www.CrowfieldGolf.com or call (843) 764-4618 to schedule a tee-time.

DAILY RATES

Weekend

Morning until 10 a.m.: \$50
10 a.m. - 2 p.m.: \$39.50
2 p.m. - Close: \$32

Weekday

Morning until 10 a.m.: \$40
10 a.m. - 2 p.m.: \$36
2 p.m. - Close: \$30

Senior Rate: Tuesday - Friday: \$31
Senior Special: Monday: \$28

Daily Special

Walking after 12 noon
\$20 (18 Holes); \$12 (9 Holes)

Military Discount: \$5 off of the rack rate anytime

9 Hole Rate

Weekend Before 10 a.m.: \$30
Weekday Before 10 a.m.: \$25
Weekday/Weekend After 10 a.m.: \$20

Driving Range

Large Bag: \$7
Small Bag: \$3.50



STAY IN THE LOOP!

Sign up for the City of Goose Creek Recreation's "Notify Me" service at www.CityofGooseCreek.com. You'll receive Recreation updates, including game cancellations or registration notices.

Go to website www.cityofgoosecreek.com and click "NOTIFY ME."

Follow the directions and make sure that you choose which notifications you would like to receive. Don't forget to validate your email address through the link that is sent to your email address. All cancellations and updates of events will be texted or emailed to you.

DAYS THE RECREATION DEPARTMENT IS CLOSED

July 4
Easter Sunday
Thanksgiving Day

Christmas Eve
Christmas Day
New Year's Day

Do you have a special skill? Would you like to teach a class at Goose Creek Recreation? Come by and talk to Patty Newman or email her at pnewman@cityofgoosecreek.com.



**GOOSE CREEK
RECREATION**

THANK
YOU
FOR
LETTING
US
KEEP
YOU
COOL

Goose Creek
Heating & Air



SPONSORSHIPS

The City of Goose Creek Recreation Department manages a variety of programs and sports leagues throughout the year for all ages and interest groups. Our events are always family-friendly and usually free to attend. Each year, they attract thousands of families from Berkeley County and the Lowcountry. We welcome sponsorships for both events and

sports leagues to help offset expenses. We offer a variety of levels of giving to fit your budget.

To discuss sponsorship opportunities, please feel free to contact Goose Creek Recreation Events Coordinator Allison Carter at (843) 569-4242 ext. 5290, or email her at acarter@cityof-goosecreek.com.

SPORTS SPONSORSHIP OVERVIEW

League Sponsor \$1,000

Sponsorship of 5 teams. Company name on the back of all team shirts.
Company name and logo on a 3'x5' vinyl sign placed on a ball field fence for one

Team Sponsor \$300

Sponsorship of 1 team. Company name on the back of all team shirts.
Receive one gift certificate for a free one-year membership to the Goose Creek Fitness Center

Team Co-Sponsor \$150

Company will share a team with another co-sponsor. Company name on back of shirt

Sign Sponsor \$250

Company name and logo on a 3'x5' vinyl sign placed on a ball field fence. Sign will remain on the fence for one season. Sponsor must provide a high-quality image (vector or jpg) of their logo for the sign. All signs remain the property of Goose Creek Recreation after the season.



CITY PARKS

DENNIS PARK

300 Anita Drive

- *Baseball field*

DOGWOOD PARK

460 Liberty Hall Road

- *Football and Soccer field*
- *Covered picnic area*
- *Playground*

ETLING PARK

Ellen Drive and Iris Street

- *Playground*

EUBANKS PARK

125 Old Moncks Corner Road

- *Tennis, Basketball, and Sand Volleyball courts*
- *Covered picnic area*
- *Rentals available; call (843) 569-4242*

FAIRFAX PARK

St. James Avenue at Fairfax Boulevard

- *Picnic area*
- *Playground*

FELKEL FIELD SPORTS COMPLEX

100 Lucy Drive

- *Baseball and Softball fields*
- *Concession stands and restrooms*
- *Playgrounds*

FOREST LAWN PARK

181 Giles Drive

- *Picnic tables*
- *Playground*

FOSTER CREEK PARK

206 Foster Creek Road

- *Soccer fields*
- *Concession stand and restroom*
- *Playground*
- *Picnic tables*

LAKE GREENVIEW PARK

Wells Road and Pasley Drive

- *Lake with trails*
- *Covered picnic area with tables*

OAK CREEK PARK

Persimmon Circle (Path off of street)

- *Covered picnic area*
- *Playground*

RYAN CREEK PARK

Ryan Drive and Janice Street

- *Playground*

SHANNON PARK

Old Moncks Corner Road

- *Playground*
- *Picnic tables*

ST. JAMES PARK

188 Westminster Boulevard

- *Covered picnic area*
- *Tennis court*

ST. JAMES III PARK

Willowood Avenue

- *Covered picnic area*
- *Playground*



Ryan Park (above) and St. James Park (below) both received new playground equipment in 2018.



