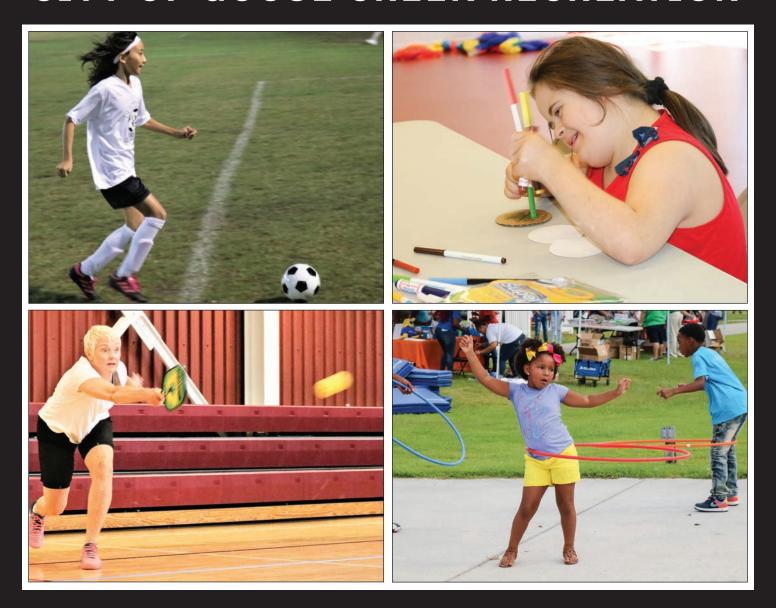


## **CITY OF GOOSE CREEK RECREATION**



**GOOSECREEKRECREATION.COM** 



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#### **GOOSE CREEK RECREATION ADMINISTRATION**

TJ Rostin, Recreation Director
Cheryl Heiselman, Recreation Superintendent
Carrie Stika, Administrative Coordinator
Angela Hiott, Athletic Coordinator
Maggie Miller, Administrative Assistant
Amy Nalley, Recreation Specialist - Sports
Sylvia Reid, Fitness Coordinator
Allison Carter, Special Events Coordinator
Brittany LaRoche, Gymnastics Coordinator
Jaime Barnes, Recreation Specialist - Gymnastics
Arielle Mann, Recreation Specalist - Gymnastics
Patty Newman, Center Coordinator
Chris Fesler, Facility Superintendent
Mark Gray, Property Maintenance Supervisor

# GOOSE CREEK CITY COUNCIL

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

# GOOSE CREEK RECREATION COMMISSION

Jerry Glass, Chairman Lynn Greer, Vice Chairman Tim Baldwin Jennifer Condon Jeffrey Reuer Milton P. Terre Jr. Yvonne Turner

# GOOSE CREEK CULTURAL ARTS COMMISSION

Marsha Hassell, Chairperson
Mike Owens
Sharina Hayes
Belle Anderson
Barbara Richardson



#### **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.

#### ADVENTUROUS CLIMBING WALL

Monday-Friday, 4-8 p.m. Saturday and Sunday, 11 a.m. - 3 p.m.

#### **CARDIO**

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

#### **ELEVATED WALKING TRACK**

#### 2 FULL SIZE BASKETBALL COURTS

#### 2020 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

#### SENIOR WALKING CLUB

email: sreid@cityofgoosecreek.com

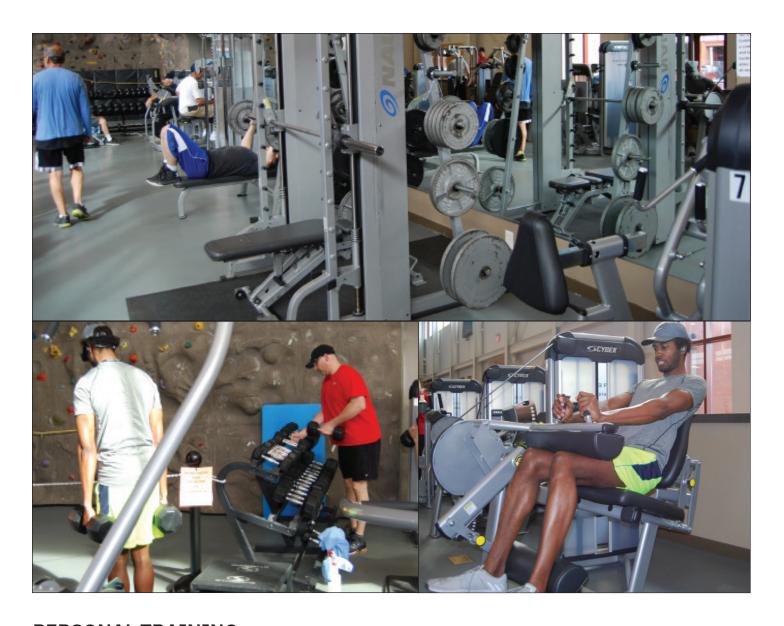
Monday – Friday 12:30-2:30 p.m. Residents \$25/year Non-residents \$100/year A Walking Club for those 60 and older.

#### **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.

#### 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 a 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.



#### **GOOSE CREEK ACTIVITY CENTER**

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



#### **ACTIVITY CENTER FITNESS CLASSES AND MORE**

#### **WERO**

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.

#### **CHAIR 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 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 (Summer)

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. LIVE MUSIC!

FREE ADMISSION! 31st
Annual

Particular of the second of the

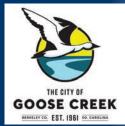
Fourth in the Creek

FOOD VENDORS! SATURDAY, JULY 4TH 6:30 PM - 9:30 PM

FREE KIDS AREA! Marguerite H. Brown Municipal Center 519 N. Goose Creek Blvd., Goose Creek, SC

FREE PARKING!





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

PARKING IS LIMITED - ARRIVE EARLY AND CARPOOL

#### **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**

\$3 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**

Monday, Tuesday, Thursday 9-10 a.m. Wednesday 9:30 - 10 a.m. Tuesday and Thursday 10 - 10:30 a.m. Monday through Friday 10:30 - 11:30 a.m.

Class Fees: \$25/month (\$30, non-resident) \$5/daily \$2/30-minute class

#### TAI CHI (MONDAY) 9-10 a.m.

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) 9-10 a.m.

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

#### STRENGTH TRAINING (THURS.) 9-10 a.m.

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

#### HI/LO AEROBICS (MON) 10:30-11:30 a.m.

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

#### CHAIR/MAT (TUESDAY) 10:30-11:30 a.m.

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) 10:30-11:30 a.m.

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

#### BARRE (THURSDAY) 10:30-11:30 a.m.

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

#### TAI CHI (FRIDAY) 10:30-11:30 a.m.

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.



#### 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, 2020 Registration: Jan. 6-30

Registration Fee: Residents, \$45; Non-resi-

dents, \$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, 2021 Registration: July 6-30

Registration Fee: Residents, \$45; Non-resi-

dents, \$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, 2020 Registration: Jan. 6-30

Registration Fee: Residents, \$45; Non-resi-

dents, \$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, 2021 Registration: July 6-30

Registration Fee: Residents, \$45; Non-resi-

dents, \$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: 5-6 Tiny Tot (co-ed), 7-8 PeeWee (co-ed), 9-10 Small Fry, 11-12 Mite (co-ed), 13-14 Midget, 15-17 Junior (co-ed)

Ages as of Aug. 1, 2020

Registration: March 30 - April 16

Registration fee: Residents, \$40; Non-res., \$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, 2020 Registration: Oct. 5-29

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

dents, \$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, 2020

Registration: Jan. 6 - 30

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 usually 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, 2020 Registration: July 6-30

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 usually played on Tuesdays and Thursdays.



#### MIDDLE SCHOOL VOLLEYBALL

Ages: 6th, 7th & 8th grade Registration: July 6-30

Registration Fee: Residents, \$40

Non-residents, \$70

The Lowcountry Middle School girl's volleyball league takes place from late August to October. Players are provided with a team jersey.

#### TACKLE FOOTBALL

Ages/Weight Limits: 9-14 as of Sept. 1, 2020 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 1-25

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, 2020 Registration: June 1-25

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, 2020 Registration dates: May 25 - June 30 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









#### **CLASSES**

#### **MOMMY & ME**

Ages: 15 months - 3 years For both boys and girls.

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 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.

#### **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.

#### **TUMBLING CLASSES**

Ages: 6+

For boys and girls.

Beginner and Intermediate Tumbling:

Focusing on cartwheels, front and back walkovers, 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 Brittany LaRoche for more details at blaroche@cityofgoosecreek.com

#### **GYMNASTICS EVENTS**

#### **Playnastics**

Mondays 10 a.m. to 12 noon, ages 1-4 Tuesdays 10 a.m. to 12 noon, ages 1-5 Wednesdays 10 a.m. to 12 noon, ages 5+ For boys and girls \$5 for residents; \$7 for non-residents

#### PARENTS NIGHT OUT

Ages: 6+ boys and girls

6:30 - 9:30 p.m.

Dates: Jan. 10, Feb. 7, March 6, April 3, May 1, June 5, July 10, Aug. 7, Sept. 4, Oct. 2, Nov. 6,

Dec. 4.

\$15/resident; \$17 non-resident

#### **OPEN GYM**

Ages: 6+ boys and girls 1 - 3 p.m. Jan. 11, Feb. 8, March 7, April 4, May 2

\$8 for residents; \$10 for non-residents

Do you want to host your child's birthday party at our Activity Center?

Call us! (843) 569-4242 ext. 5306



# PRESCHOOL PROGRAMS HALF PINTS PRESCHOOL

Ages 3 – 5 (must be potty trained) Monday – Friday: 8:30 – 11:30 a.m.

Registration Fee: \$45

Monthly Fee:

\$140/residents; \$145/non-residents

#### HALF PINTS PRESCHOOL

Ages 3 – 5

Must be potty trained.

Monday – Friday: 12 – 3 p.m.

Registration Fee: \$45

Monthly Fee:

\$115/residents; \$120/non-residents

An educational and recreational program. Held at the Goose Creek Activity Center.

#### **BRIGHT BEGINNINGS PRESCHOOL**

Ages 21/2 - 4

Must be potty trained.

Monday - Friday: 8:30 - 11 a.m.

Registration Fee: \$45

Monthly Fee:

\$140/residents; \$145/non-residents A recreational play group and introduction to preschool. Held at the Goose Creek Activity Center.

#### HALF PINTS SUMMER CAMP

Ages 3 - 5; 3 2-week sessions offered Cost per 2-week session: \$80 residents / \$90 non-residents. \$20 Registration Fee Art and Imagination, Oceans and Space and 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.



#### **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.





#### Ages 6 & up Wednesday & Thursday

Held at the Goose Creek Community Center

Beginners: 5 - 6 pm

The beginner class is for new students and students who have been a part of the program for less than a year and have not achieved the rank of Blue belt. This class will focus on the basics and will teach some self-defense techniques and situations in accordance with their ranks.

#### Advanced: 6 - 7 pm

The advanced class is for students who have been attending class for more than a year and have achieved the rank of Blue belt or higher. Students in this class will learn advanced techniques and as well as go into depth of self-defense philosophy and practice.

Heiwado Karate Center teaches an Okinawan based karate style—Heiwa-do.

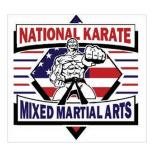
- Traditional Japanese Shotokan Karate and Self-Defense.
- A modern self-defense curriculum that focuses on real world situations and anti-bullying techniques.
- An emphasis on self-development and character development to give students confidence, teach discipline, focus, leadership, patience, and respect.
- Fun, energetic, physical, and dynamic classes that will leave you wanting more.

Registration Fee: \$10 non-refundable Monthly Fees: \$75 Resident / \$80 Non-Resident (both classes)

Sensei Eric Ulloa has over 20 years of experience in Karate and Martial Arts. He is the head instructor of Heiwado Karate Center, a 3<sup>rd</sup> Degree Black Belt in Shotokan and Heiwado Karate, and a 1<sup>st</sup> Degree Black Belt in Yamani Ryu weapons and Kobudo. Sensei Eric is an active certified AAU coach for the Heiwado Karate Center Tournament Team.

## **Martial Arts Classes**

Held at the Goose Creek Community Center



Age 4-7 Ninjas & Dragons:

Saturday, 9:30 - 10:15 a.m.

Age 8-12 Beginners (white & yellow belts):

Saturday, 10:15 - 11:00 a.m.

Age 8 - 12 Intermediate/Advanced (orange belt & up):

Saturday, 11:00 - 11:45 a.m.

Teens & Adults (all ranks):

Saturday, 11:00 - 11:45 a.m.

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.

Registration Fee: \$10 Monthly Fees: \$45 Resident \$50 Non-Resident

**Instructor** Andrew Maness. Andrew has over 25 years experience in martial arts and is co-owner of National Karate MMA in Summerville. Andrew is also a 4th degree black belt in Tae Kwon Do and American Freestyle.

#### 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.

#### 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.



Visit
GooseCreekRecreation.com
for updated class schedules
and programs!

#### **FACILITY RENTALS**

\*All facilities prohibit smoking and alcohol, and are restricted to private functions.

#### 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 p.m.



#### **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. No rentals past 6:30 p.m.



#### **PARTY PACKAGES**

#### **CLIMBING WALL PARTY**

\$120/residents \$140/non residents Up to 15 children Two hours in a party room

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.

#### **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)

#### **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.

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.

# KIDS FEST



Goose Creek Municipal Center 519 Goose Creek Blvd. Goose Creek, SC 29445

FREE ADMISSION
PET ADOPTIONS
CRAFTS

FOOD VENDORS







TATTOOS

FACE PRINTERS

ROCK WALL

MINI GOLF



FOR MORE INFORMATION
CONTACT THE GOOSE CREEK COMMUNITY CENTER
(843)569-4242 or acarter@cityofgoosecreek.com



#### **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

This is just a sample of the many exciting summer camps that will be offered in 2020. Visit www.GooseCreekRecreation.com for a complete listing, and call (843) 569-4242 for more information.







#### **PROGRAMS FOR SENIORS 55+**

#### SENIOR WALKING CLUB

Monday – Friday 12:30-2:30pm Residents \$25/month Non-residents \$100/month A Walking Club for ages 60 and older.

#### **PINOCHLE**

Monday, 12-4 p.m., free

#### HAND FOOT CARD GAME

Wednesday, 12-4 p.m., free

#### **EASY DOES IT**

3 and 5-day a week Non-impact aerobics designed for ages 55+. See page 7 for more details and fee information.

#### LINE DANCING

Wednesdays, 12:45 - 1:45 p.m.

#### **ART WITH ALEX**

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

#### PAINTING WITH ACRYLICS

Thursday, 1-3 p.m. Check monthly calendar for dates and fees.

#### **SENIOR DINNERS**

Thanksgiving and Christmas dinners at Metro North Church for Goose Creek seniors. See page 26 for more details.

#### **BALANCE AND STRENGTH CLASS**

Tuesdays, 10:35 - 11:05 a.m. Wednesdays, 9:30 - 10 a.m.

#### YARN CIRCLE

Friday, 12:30 to 2:30 p.m. Crocheting, Knitting, Social Time, free

GOOSECREEKRECREATION.COM

**21** (843) 569-4242





#### DADDY DAUGHTER DANCE

Friday, Feb. 7 6 – 8 p.m. Metro North Church

Registration is open to girls ages 4-12 and their Dads, or other father figures. 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.

#### **BBQ AND BREWS**

Saturday, March 14 4 – 7 p.m.

Carnes Crossroads Green Barn

A family friendly, St. Patrick's Day-themed event featuring a variety of local barbeque food vendors and beer vendors available for purchase, live music, and kids' activities. Parking and admission are free.



#### **EASTER EGG HUNT**

Saturday, April 4 10 a.m. to 12 noon Dogwood Park Children 8 and unde

Children 8 and under will hunt for eggs and golden eggs! 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 1, May 15, May 29 6 – 9 p.m.

Crowfield Golf Club

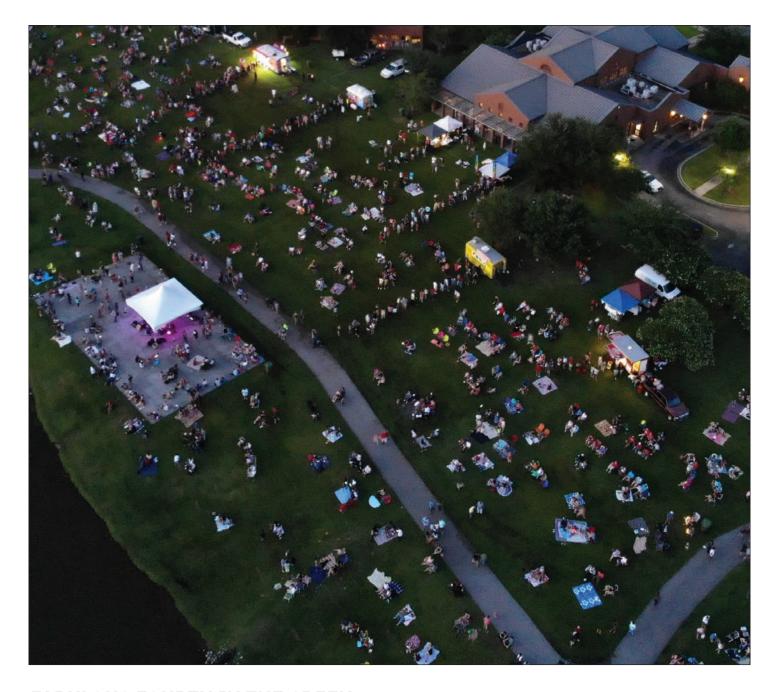
Each week features live music and food vendors. These free, family-friendly events draw crowds of all ages. Admission and parking are free. Bring a lawn chair or blanket. No outside coolers, alcohol or pets.

#### **KIDS FEST**

Saturday, Aug. 1 (rain date: Aug. 8)
11 a.m. to 2 p.m.
Goose Creek Municipal Center
One of Goose Creek's newest event celebrating
the start 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 NIGHTS**

Saturday, Aug. 29 and Saturday, Sept. 26
The Barn at Carnes Crossroads
A fun event that Goose Creek Recreation hosts
with 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 for this family-friendly
event.



#### FABULOUS FOURTH IN THE CREEK

Saturday, July 4 (Rain Date: July 11)

6:30 – 9:30 p.m.

Goose Creek Municipal Center

Celebrate Independence Day with the City of Goose Creek at the 31st annual Fabulous Fourth in the Creek festival. The event begins at 6:30 p.m. on Saturday, July 4 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. 3 (Rain Date: Oct. 10)

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. 24 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. 14
10 a.m. – 2 p.m.
Goose Creek Community Center
The sixth 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. 18 12:30 p.m.

Metro North Church

This is a catered event; tickets will be available 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. – 9 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.



#### LAKESIDE LIGHT DISPLAY

Dec. 1 - Jan. 1

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. 1 to Jan, 1 from 6 to 10 p.m., is located around the lake behind the Goose Creek Municipal Center.

#### **SENIOR CHRISTMAS DINNER**

Wednesday, Dec. 9 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.

#### **CHRISTMAS PARADE**

Saturday, Dec. 12 (Rain Date: Dec. 19) 9:30 a.m.

The City's Christmas Parade takes place on St. James Avenue in Goose Creek. Call (843) 569-4242 for more information.

## **GOOSE CREEK POLICE DEPARTMENT'S 2020**

# SPOOKTACULAR

# TRUNK OR TREAT!



ALL AGES ARE WELCOME!

FREE GOODIES! FREE CANDY!

FREE HOT DOGS, CHIPS & DRINKS!

DECORATED POLICE & FIRE VEHICLES

SATURDAY, OCT. 31, 2020 6 - 8:30 P.M. 519 NORTH GOOSE CREEK BLVD

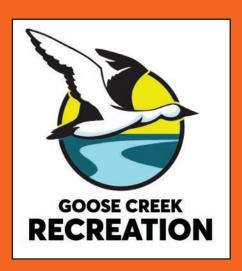


2020 CITY OF GOOSE CREEK

# **FALL FESTIVAL!**

SATURDAY, OCT. 3, 10 A.M. - 3 P.M. AT GOOSE CREEK CITY HALL









FREE PARKING • FREE KIDS' ACTIVITIES

- ARTS & CRAFTS VENDORS
   FOOD VENDORS
- K-9 DEMONSTRATIONS LIVE PERFORMANCES

1 FREE RAFFLE FOR EVERY 2 NON-PERISHABLE FOOD ITEMS DONATED TO HELPING HANDS!

CALL (843) 569-4242 FOR MORE INFORMATION
OR VISIT 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 Allison at acarter@cityofgoosecreek.com to learn more about joining the group.

#### THERAPEUTIC FISHING RODEO

Saturday, Nov. 14
10 a.m. – 2 p.m.
Goose Creek Municipal Center
With the help of the South Carolina DNR, 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.
Food will also be provided.

#### **CAMP FRIENDSHIP**

8 a.m. to 1 p.m. Ages 8-15, July 6-9 Ages 16-23, July 13-16 Ages 24+, July 20-23

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.

#### SPRING BREAK CAMP

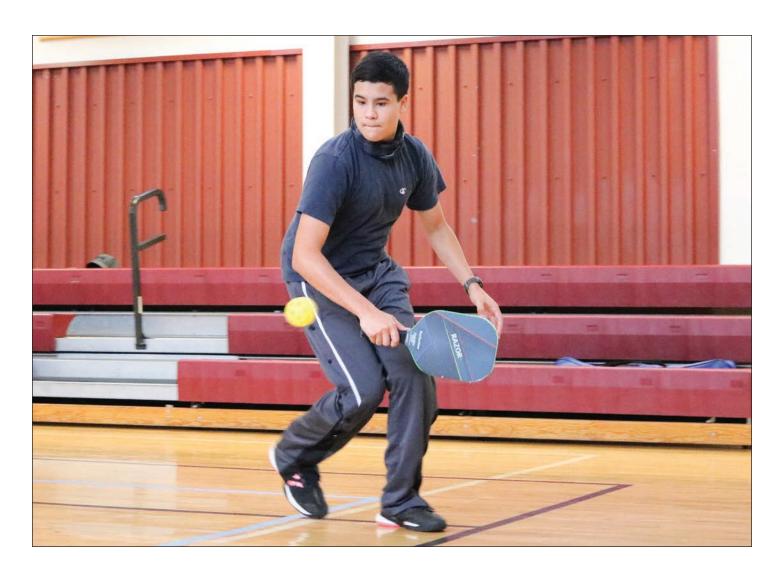
April 13 - April 17 8 a.m. to 1 p.m.

Ages: 8+

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.

#### **NEW PROGRAMS**

Goose Creek Recreation is establishing new programs for 2020. Contact Allison for details at acarter@cityofgoosecreek.com





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**

Pickleball courts are available from 9 a.m. to 2 p.m., Monday-Friday. Summer Hours: Monday, Wednesday, Friday 9 a.m. to 2 p.m.

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



Goose Creek Community Center

# MEMBER APPRECIATION WEEK APRIL 20 - 24, 2020



Healthy Snacks ...
Massages ...
Raffles ...
Fitness Classes ...
AND MORE!



### **FREE SCREENINGS**

- Body Fat Assessments with a Personal Trainer
  - Blood Pressure
    - Body Mass
  - Hearing Test (Audiologist)
  - Heart, Stroke Risk Assessments
  - Neurological and Spine Assessments
    - Podiatrist
    - Financial Advisement

MORE INFORMATION: EMAIL SREID@CITYOFGOOSECREEK.COM





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)

#### 2020 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.: \$51 10 a.m. - 2 p.m.: \$40.50 2 p.m. - Close: \$33

#### Weekday

Morning until 10 a.m.: \$41 10 a.m. - 2 p.m.: \$37 2 p.m. - Close: \$31

Senior Rate: Tuesday - Friday: \$32 Senior Special: Monday: \$29

#### **Daily Special**

Walking after 12 noon \$21 (18 Holes); \$13 (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.: \$22

#### **Driving Range**

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

# GOOSE CREEK POLICE DEPARTMENT PRESENTS

THE SECOND ANNUAL "HOT PURSUIT 5K"

WHEN:

**June 13,2020** 

@9:00



WHERE:

**Goose Creek City Hall** 

519 N. Goose Creek Blvd.

Register online at:

https://ultrasignup.com/register.

aspx?did=70637

ALL AGES EVENT RUNNERS& WALKERS WELCOME

ADVANCE REGISTRATION

\$30.00 Guaranteed T-Shirt

RACE DAY REGISTRATION \$40.00

SPONSORSHIPS AVAILABLE

**BENEFITING** 



**THANK YOU FOR LETTING** US KEEP YOU 







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 event sponsorship opportunities, contact Events Coordinator Allison Carter at (843) 569-4242 ext. 5290, or email her at acarter@cityofgoosecreek.com.

For Goose Creek Recreation sports sponsorship opportunities, contact Athletic Coordinator Angela Hiott at (843) 569-4242 ext. 5295 or email her at ahiott@cityofgoosecreek.com.

#### SPORTS SPONSORSHIP OVERVIEW

#### Gold Sponsor \$1,000

Sponsorship of five 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 complete season.

#### Silver Sponsor \$675

Sponsor of three teams. Company name on the back of all three team shirts.

#### **Bronze Co-Sponsor \$250**

Sponsor of one team. Company name on back of team shirts.

#### Sign Sponsor \$250

Company name and logo on a 3'x5' vinyl sign placed on a ball field fence for one complete 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.

# 2020 CHRISTMAS IN THE CREEK HOLIDAY PARADE



# Saturday, December 12

9:30a.m. on St. James Avenue



For more information on Sponsorship or Participant opportunities, contact Allison Carter at acarter@cityofgoosecreek.com or (843)569-4242



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.







#### **DOGWOOD PARK**

460 Liberty Hall Road

- Football and Soccer field
- Covered picnic area
- Playground

#### LAKE GREENVIEW PARK

Wells Road and Pasley Drive

- Lake with trails
- Covered picnic area with tables

#### **FOSTER CREEK PARK**

206 Foster Creek Road

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

#### **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

#### **OAK CREEK PARK**

Persimmon Circle (Path off of street)

- Covered picnic area
- Playground

#### RYAN CREEK PARK

Ryan Drive and Janice Street

Playground

#### ST. JAMES PARK

188 Westminster Boulevard

- Covered picnic area
- Tennis court

#### ST. JAMES III PARK

Willowood Avenue

- Covered picnic area
- Playground



