

Recreation Report

RECREATIONAL GYMNASTICS

Variety of classes for ages 2 and up. Gymnastics programs run monthly through May. All gymnastics classes require a \$25 registration fee.

Beginners

For boys and girls ages 2-4 at the Casey Community Center
Introductory class that focuses on strength, flexibility, coordination and introduction to gymnastics equipment.
Monday or Wednesday 10:45-11:30 am or 5:00-5:45 pm
Monthly Fee: \$35 / \$40 NR
2 classes per week \$55 / \$60 NR

Beginners 1 & 2

For girls ages 4 and up at the Casey Community Center
No prior experience needed. Train on vault, uneven bars, beam and floor in a fun environment.
Monday and/or Wednesday 4:30-5:30 pm or 5:00-6:00 pm
Monday and/or Wednesday 9:30-10:30 am

Boys Beginners

For boys ages 4-6 at the Casey Community Center
Basic skills on vault, pommel horse, rings, parallel bars, floor and horizontal bar. Students will be taught and evaluated in order to progress through the lower USAG levels.
Tuesdays 5:00-6:00 pm
Monthly Fee: \$45 / \$50 NR

The Casey Center also offers competitive team gymnastics for boys and girls by tryout only.

Intermediate/Advanced - Girls

For ages 5 and up at the Casey Community Center
Choice of classes and times: Monday and/or Wednesday 6:00-7:00 pm

Intermediate/Advanced - Boys

For ages 6 and up at the Casey Community Center
Choice of classes and times: Tuesday and/or Thursday 6:00-7:00 pm

For boys and girls with prior gymnastics experience. Will be taught USAG level 1 and 2 on all events. Routines will be evaluated on a regular basis to allow for achievement and mobility at each level. The advanced class is for the gymnast interested in making the competitive team in the future.
Registration Fee \$25
Monthly Fees: One class/week \$46 / \$50 NR
Two classes/week \$65 / \$75 NR

DANCE CLASSES

Dance programs run monthly through May. All dance classes require a \$30 registration fee.

Dance Technique Class

Introduction to ballet, jazz and tap. Students will perform at the end of the year.
Monday ages 4-8 5:30-6:30 pm
Tuesday ages 2-4 11:00 am-Noon
ages 6-10 5:00-6:00 pm
Wednesday ages 3-5 5:30-6:30 pm

Acro-Jazz class

Tuesday ages 3-5 4:00-5:00 pm
ages 6+ 6:00-7:00 pm

COMBO CLASSES

Gymnastics and Dance

Runs monthly September - May
Two hours of fun each class. An hour of recreational gymnastics and an hour of dance including ballet, tap and jazz.
Mondays ages 4-8 4:30-6:30 pm
Wednesdays ages 3-5 4:30-6:30 pm
Registration Fee \$40
Monthly Fee: \$60 / \$70 NR

Cheer/Tumbling/Stunt

For ages 5+. Classes include five levels of advancement using the fundamentals of tumbling and cheer motions, jumps and stunts. Students will perform in two shows per year.
Monday 6:30-7:30pm / 7:00-8:00 pm
Wednesday 5:00-6:00 pm / 6:00-7:00 pm / 7:00-8:30 pm
Thursday 5:00-6:00 pm
Registration Fee \$25
Monthly Fee: \$40 / \$45 NR

Cheer/Tumbling/Dance

For ages 5-10.
Classes run September - May
Two hours of fun each class. An hour of cheer and tumbling and an hour of dance including ballet, tap and jazz.
Thursdays 5:00-7:00 pm
Registration Fee \$40
Monthly Fee: \$65 / \$70 NR

Pearls Show Team

(performance and show dance team)
Junior Team ages 4-7
Senior Team ages 8+
Classes on Wednesdays 6:30-8:00 pm
Registration Fee \$30
Monthly Fee: \$50 / \$55 NR

C-3 ALL STAR Cheerleading
Evaluation required to participate.



Residency Requirements

When registering or renewing for ANY sports, programs or fitness memberships the following documents are **REQUIRED**:

Homeowner:

1. South Carolina driver's license or picture ID
2. Most recent utility bill (electric, water, sewer, home telephone, cable)
3. Staff will confirm homeowner's address with Berkeley County records

Renter:

1. South Carolina driver's license or picture ID
2. Most recent utility bill (electric, water, sewer, home telephone, cable)
3. Original rental agreement

Current address must be on all proofs of residency.

Fitness Programs

Fitness center membership is \$50/year for residents. NOTE NEW RESIDENCY REQUIREMENTS.

Orientation

A certified personal trainer leads a 45 minute group session that introduces participants to the Center's strength training and cardiovascular equipment. Perfect for those who are new to the fitness center.

Fee: \$15 / \$20 NR

Evening and weekend sessions offered. Pre-registration required.

Group Fitness Classes

A variety of exercise classes for all interests. You do not need to be a member of the fitness center for aerobics classes. All instructors are certified.

Fee: Monthly (includes all classes) \$30 / \$35 NR

Not sure which class you want? Try one out for a \$5fee.

Morning and Evening Classes

Monday

9:00-10:00 am Step and Sculpt
 12:30-1:00 pm ABC & BLT (arms, back, chest & butt, legs, thighs)
 6:00-7:00 pm Step and Sculpt

Tuesday

9:00-10:00 am 60 & Older Easy Does It
 4:00-5:00 pm Condition/Strength
 6:00-7:00 pm Super Step

Wednesday

9:00-10:00 am Super sculpt
 12:30-1:00pm Gut & Butt
 6:15-7:00 pm Strength
 6:30-7:30 pm Zumba

NEW CLASS - ZUMBA!!
 Wednesdays 6:30-7:30 pm
 Sign up for the month.
 Fee: \$20 / \$25 NR
 This class fills up quickly so don't delay.

Thursday

9:00-10:00 am 60 & Older Easy Does It
 4:00-5:00 pm Condition/Strength
 6:00-6:30 pm Step
 6:30-7:30 pm Strengthening/Stretch/Pilates

Friday

9:00-10:00 am Super Step
 10:15-11:15 am 60 & Older Easy Does It

Saturday

9:00-10:00 am Cardio Weight Training

Child care is available for an additional fee

Monday, Wednesday and Friday mornings 8:30-10:30 am
 Monday, Tuesday, Wednesday, Thursday evenings 6:00-8:00 pm
 Fee: \$2/hour or pay monthly fee of \$20.

Personal training

Get set up today with an exercise program designed just for you by a certified personal trainer. Call 569-4242 ext. 291 for information.

Senior Walking Club for ages 60 and older

For those who just want to use the Community Center walking track.
 Available Monday-Friday 12:30-2:30 pm
 Yearly Fee: \$10 / \$50 NR

Strength training certification for Teens (ages 14-15)

Teens who complete this program will be permitted to use the resistance training equipment at the fitness center on Saturdays and Sundays with their parent.

Includes (2) one-hour sessions scheduled on Saturday with a trainer. Fee: \$120

Massage

Relax and indulge yourself with a custom massage by a certified massage therapist at the Casey Center. Call Miranda Spurgeon at 345-1126 to set up an appointment.

Nutritionist

Complete your fitness program with a session with a nutritionist. Nutrition counseling includes body fat analysis, individualized diet plans, assessment of your nutrition habits. Grocery store shopping trips and in-home pantry evaluations are also available. Call 509-0119 to set up an appointment.

CENTER HOURS

Goose Creek Community Center 569-4242 Mon.- Thurs.: 8:00 am-9:00 pm Friday: 8:00 am-7:00 pm Saturday: 8:30 am-4:00 pm Sunday: 11:00 am-4:00 pm *Fitness Center opens at 6:00 am on weekdays	Casey Community Center 572-1321 Mon.- Thurs.:9:00 am-8:00 pm (Closed Noon to 3:00 pm) Friday: 9:00 am-3:00 pm Saturday: 9:00 am-1:00 pm Sunday: Closed
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Sports

Fall Baseball and Softball

Register August 2 - 16 League Fee: \$40 / \$75 NR

Participant's **birth certificate and proof of residency (picture ID and current utility bill. See Residency Requirements on page 5)** are required to register. Current address must be on all proofs of residency.

Instructional baseball leagues for ages 9-14 (ages as of April 30, 2011). These teams will travel to play other area teams. Players on travel baseball leagues may not play on these teams.

Softball leagues for ages 9-12 (ages as of December 31, 2010). These teams will travel to play other area teams. Players on travel softball leagues are allowed to play on these teams.

Non-residents (NR): The ONLY areas accepted are Devon Forest, Okatee and the unincorporated areas of Crowfield.

Start Smart Basketball

For ages 3-5. Six-week introductory program that prepares youngsters for basketball in a fun way. Parent participation required.

Mondays, September 20 - October 25
 Goose Creek Community Center
 Fee: \$50 / \$55 NR

Co-ed Volleyball

Eight-week recreational league for ages 16+

Register July 12 - August 8
 Goose Creek Community Center
 Games on Wednesdays, August 11 - September 29
 Game Times: 6:15 pm, 7:00 pm, or 7:45 pm
 Fee: \$28 / \$33 NR

Casey Community Center Programs

Suzuki Violin Classes

Pre-Twinkle class for ages 4-7 is an introductory class to the basics of holding the violin and bow. Violins are not required.

Twinkle class is a group introductory class into the world-renowned Suzuki Method of learning music. This class is for graduates of the Pre-Twinkle class and older beginners.

Classes: Thursdays, September 2-November 18 at 6:00-6:45 pm

Fee: \$120 for 12-week course / \$125 NR

All Twinkle students are required to have a violin and the Suzuki Violin Method book 1 with accompanying CD. Violins can be rented through the instructor.

One-Stroke Painting

No painting experience needed.

Classes are on Mondays from 6:30-8:30 pm

August 16 Basket of pansies and daisies

August 23 Lilacs and butterfly

August 30 Tulips and lilacs on a glass plate

September 13 Flowers and critters on glass or ceramic bowl, pitcher or vase

September 20 "Go Green" rose jars

September 27 Lily design on canvas

October 18 Halloween bear on a tray

October 25 Pumpkin harvest

Saturday classes feature high definition canvas painting and are set for August 28 and September 25 at 11:00 am-1:00 pm

Fee for each class: \$20 / \$22 NR

Interior Design

Learn the techniques to update different areas of your home.

Bedrooms

Saturday, August 14 10:00 am-Noon

Tuesday, August 24 6:00-8:00 pm

Learn how to make your bedroom the restful, romantic place it should be. Includes information on colors, furniture placement, lighting and bedding.

Kitchens

Saturday, September 18 10:00 am-Noon

Thursday, September 23 6:00-8:00 pm

It's time to update your kitchen. Learn current trends and how to increase the value of your home with kitchen renovations.

Living Rooms

Monday, October 11 6:00-8:00 pm

Saturday, October 16 10:00 am-Noon

Refresh your interior and learn techniques on selecting colors, furnishings and accessories. Changes can be no cost, low cost or over the top.

Bathrooms

Thursday, November 4 6:00-8:00 pm

Saturday, November 6 10:00 am-Noon

Great suggestions to improve your bathroom with remodeling ideas or just giving your bathroom the feeling of a spa.

Saturday classes feature high definition canvas painting and are set for August 28 and September 25 at 11:00 am-1:00 pm

Fee for each class: \$20 / \$22 NR

Yoga

New sessions beginning this fall.

Visit the Web site for upcoming classes.

Rubber Stamping Classes

No experience needed! Tuesdays from 6:30-8:00 pm

August 3 Two 3-D cards

September 21 Three different flower making techniques

October 26 Make two different designs of a card with a built-in easel

Fee for each class: \$12 / \$14 NR and includes supplies

Linercise

An hour of doing the latest line dances and getting a great low impact workout. No experience needed for this fun class.

Six week session held on Wednesdays. Two sessions available.

August 25 - September 29 or October 6 - November 10

6:15-7:15 pm Session Fee: \$60 / \$65 NR

Music for Tiny Tots

An eight-week music instruction course for 3-4 year olds that includes singing, movement, rhythm instruments and more.

Saturdays, September 11-November 13 (no class Oct. 2 and 23)
12:30-1:00 pm

After completing this course a child may register for Tiny Tot piano.

Piano Lessons

The Casey Center offers group and private piano lessons for ages 4-adult. Call the Casey Center at 572-1321 for details.

Karate Classes (Tae Kwon Do)

For ages 5-adult. Check it out with a free trial lesson

Saturdays

Beginners class: 11:00 am-Noon

Advanced class: 10:00-11:00 am

Fee: \$35 / \$40 NR

Kenpo Karate Classes

Check the Web site for information.

For more information: www.goosecreekrecreation.com

Room Rentals

Community Center

The Goose Creek Community Center has a multi-purpose room that can be divided into two smaller rooms. Full room rates start at \$60/hour. Half-room rates start at \$30/hour. There is an additional \$10/hour fee for all rentals after business hours. Rentals include three 8-ft. tables and 25 chairs. Extra tables and chairs are available for an additional fee.

Casey Community Center

The Casey Community Center has two rooms for rent. The larger room includes a bathroom and rates start at \$35/hour. The small room rates start at \$25/hour. There is an additional \$10/hour fee for all rentals after business hours. Rentals include three 8-ft. tables and 25 chairs. Extra tables and chairs are available for an additional fee.

Senior Center

The South Berkeley Senior Center has a dining room which includes 13 round tables and 78 chairs. A kitchen is available for food preparation (no cooking). Rentals are \$60/hour plus a \$50 cleaning fee.

No rentals past 11 pm. All facilities prohibit smoking & alcohol and are restricted to private functions.

Special Events

Health Fair

The annual Goose Creek Health Fair is set for Saturday, September 18, from 9:00 am-1:00 pm at the Community Center. Sponsored by Trident Medical Center and will offer free health screenings and vendors, plus a free jump castle and climbing wall for the kids.

Giant Yard Sale

Clean out your closets and make some cash or come to shop for some great bargains at this popular event on Saturday, September 25, from 8:00 am-Noon on the front lawn of the Casey Community Center. Spaces are \$10 each and sell out quickly.

Halloween Haunted House

For a frightfully good time, come to the Casey Center to see if you can find your way out of our annual Haunted House on Saturday, October 23, from 6:30-9:00 pm. Tickets are \$3 in advance and will be available October 1st or you may get them on the day of the event for \$4. Tickets for children under 10 are \$2. The haunted house is not recommended for very young children.

Theme Parties

No fuss, no muss, celebrate with us!!

1 ½ hour party includes a party coordinator, special theme-related activities, special prize for the birthday child, decorations, paper products, drinks and choice of birthday cupcakes or goodie bags. All parties include time for the birthday song and present opening. All you need to bring is your camera! Held at the Community Center.

Theme Choices: Enchanted Princess, Superhero, Diva or Swashbuckling Pirate
Cost: up to 10 guests - \$175
11-15 guests - \$200

Gymnastics Birthday Party at the Casey Center

1 ½ hour party includes an hour in the gymnastics area with two gymnastics helpers, ½ hour in the party room and a special gift for the birthday child. Each guest will receive a pass for a free gymnastics class.

City of Goose Creek

PO Drawer 1768

519 North Goose Creek Blvd.

www.cityofgoosecreek.com

City Hall	843-797-6220
Fire Department	843-553-8350
Municipal Court	843-569-4230
Police Department	843-863-5200
Public Works	843-824-2200
Crowfield Golf & Country Club	843-764-4618
Goose Creek Community Center	843-569-4242
Casey Community Center	843-572-1321

This newsletter is mailed to residents of the City of Goose Creek and residents of the Goose Creek Recreation District. To correct your name on our mailing list, please email jjohnson@cityofgoosecreek.com or call 843-797-6220 ext. 117.



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