

ADULT PROGRAMS

Call 856-2166 or visit the website at www.townofmountpleasant.com
for more information. Visa & Mastercard accepted at all office locations.

BOATING EDUCATION AND SAFETY COURSE

All ages are invited to learn how to properly operate all types of boats and personal watercraft. Develop local knowledge of coastal rivers, channels, buoys, channel markers, and navigational techniques.

Park West Min. 5 Max. 20
Monday and Wednesday 6:00 – 9:30 p.m.
125403-01 September 14 & 16
325403-01 March 1 & 3
G.M. Darby Building Min. 5 Max: 20
Monday and Wednesday 6:00 – 9:30 p.m.
125403-02 November 16 & 18
325403-02 April 5 & 7



\$55 resident/\$69 non-resident/2 day session
Additional family members:
\$25 resident/\$32 non-resident/2 day session
Instructor: Tom Harper

SHAG

Are you interested in learning South Carolina's state dance? Come out and enjoy your favorite beach music while learning this fun dance. Don't be a wallflower and miss this opportunity to learn from shagging professionals. No partner required.

Alhambra Hall Min. 8 Max. 40
Mondays 6:00 – 7:00 p.m.
125105-01 Beginner Sept. 21 – Oct. 12
325105-01 Beginner March 1 - 22
Park West Min. 8 Max. 30



Mondays 6:00 – 7:00 p.m.
125105-02 Beginner October 26 – November 16
225105-01 Beginner January 25 – February 15
\$40 resident/\$47 non-resident/4 week session
Instructor: Kae Childs

FAMILY OUTDOOR ADVENTURES

Trips leave from Isle of Palms Marina
Co-Sponsored with Barrier Island Eco-Tours



SHELLFISH WORKSHOP

(HARVEST YOUR OWN OYSTERS AND CLAMS)

Learn how they grow and how the salt marsh functions. The excursion concludes with an all-you-can-eat oyster and clam roast on Capers Island. Served with homemade chili. Bring your own gloves, boots, hammer, and rake.

Call Chuck Delorme 856-2166 for details and dates

\$35/Adult \$28/Kids 12 and under

ADULT KARATE FOR SUCCESS

This 60-minute beginner program is designed for the "working adult" in mind and body. Participants will enjoy the positive benefits of basic martial arts training, which include improved flexibility, enhanced endurance, better concentration, and usable self defense skills. Class meets weekly. Adult Program.

Instructors: Tang Soo Do Master Glenn J. Arnold of Mount Pleasant Karate and/or internationally certified black belt instructors
\$55 resident/\$69 non-resident /per month. Uniforms are required and are available to adults for \$45. Call **Chuck DeLorme at 856-2166 for more information.**



ADULT TAI CHI

Tai Chi is an ancient form of meditative, low-impact exercise that originates from China. Research has demonstrated many mind-body benefits, including improvements in balance, strength, immune system functioning, relaxation and feelings of well-being.

125114-01 G. M. Darby Building
10:00 – 11:00 a.m.

Classes are starting in September. Please call Chuck DeLorme at 856-2166 for more information.

\$72 resident/\$86 non-resident/6 week session
Instructor: Kaye Finch

BELLY DANCING

Join this fun and creative way to exercise. Any aged adult and body type are welcome. Min. 5 Max. 30
Mondays 5:30 – 6:30 p.m.

G. M. Darby Building

125106-01 Session I September 15 – October 26

225106-01 Session II January 11 – February 22

(no class Jan. 18)

Park West

325106-01 Session III March 1 – April 5

\$60 resident/\$74 non-resident/6 week session

Instructor: Sybil Yocum

MOUNT PLEASANT ARTISTS GUILD

The Mount Pleasant Artists Guild is made up of creative artists, and their goals are to promote art within the area. The group usually meets one Monday of every month to have demonstrations when possible, and to discuss upcoming events. They also paint, sketch or draw on the following days.

Miriam Brown

Wednesdays 9:30 a.m. - 12:30 p.m.

Thursdays 9:00 a.m. - 12:00 p.m.

Contact: Don Boyd, memberships at 886-4342 for more information on monthly meeting location, time and dates.



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restorethecore™



RESTORE THE CORE™ MAT PILATES CLASS

“Restore the Core™ ...lose the lower belly sag” is a highly specialized mat Pilates-style class that focuses on form and function, restoring the strength of the abdominal wall and pelvic floor post-pregnancy. This class is for a mother at anytime in her life – whether your child is 16 weeks or 16 years! The program reverses the postural changes caused by pregnancy, returning the body to the pre-pregnancy state and providing the energy and stamina necessary for the physical rigors of motherhood.

The cost for the 6-week program is \$100, plus \$20 materials fee. The materials fee purchases a set of MommyMuscle balls and a band you will use in class and at home. MommyMuscle mats are available to purchase, however you may bring your own mat for class. Class meets twice a week for six weeks and is instructed by StrollerFit® Mount Pleasant Owner and certified personal trainer and aerobics instructor, Amy Welch. The class is limited to 20 participants so sign up right away!

Park West

Mondays and Wednesdays 8:00 - 8:50 p.m.

425115-03 Session I August 24 – October 5

(no class on Labor Day)

125115-01 Session II October 12 – November 18

125115-02 Session III November 30 – December 16 and

January 4 – 25 (no class January 18)

225115-01 Session IV February 1 – March 10

325115-01 Session V March 22 – April 28

R.L. Jones Center

Tuesdays and Thursdays 7:30 - 8:20 p.m.

425115-04 Session I August 25 – October 1

125115-03 Session II October 13 – November 19

225115-02 Session III December 1 - 17 and January 5 - 21

225115-03 Session IV February 2 – March 11

325115-02 Session V March 23 – April 29

\$100/6-week program plus \$20 materials fee

SALSA, MERENGUE, and BACHATA

Come and learn some steps to get you out on the dance floor having fun on those nights out in the Salsa clubs or just for having fun with friends in any social setting. **125108-01**

BALLROOM DANCE

Learn basic steps to get you moving on the dance floor. Fox Trot, Waltz, Tango, Rumba, Cha Cha, Swing and Salsa the night away. **125108-02**

Both dance classes at G.M. Darby Building

Fridays, 7:00 - 8:00 p.m.

\$40 per person/\$70 per couple/4-week course

No partner required. All ages welcome.

Wear leather soled shoes if you have them.

Call Chuck DeLorme at 856-2166 for more info.



UPCOMING ART WORKSHOPS

(2 hours each):



The following workshops are scheduled as groups are formed. Call Chuck DeLorme for more information on the following classes. **125401**

Calligraphy: A Charleston Lettering Arts Tradition

Learn beautiful lettering for everyday uses: address envelopes with style including wedding invitations, scrapbook journaling, decorative luggage & gift tags, art to frame and embellish cards for any occasion. No artistic ability necessary.

Collage & Decoupage

Explore elements of color, composition, surface and texture using collage techniques. Classroom projects encourage experimenting with layering images, a variety of papers (colored, printed and textured) and embellishments such as buttons, stamps and more.

Fun with Mosaics

Challenge your creativity with beach glass, beads, porcelain pieces, buttons, rocks, sea shells and other embellishments. Projects include decorating clay pots, frames, trays and garden stones.



No-Sew Fabric Wallhangings

Create a colorful 12" x 18" wallhanging without sewing! Design a work of art with textured fabrics and embellishments: scenes, flowers, holiday themes and more!

Tile Painting

Paint freestyle or design scenes with acrylic paints on two 6" x 6" tiles on foam padding. Add fabric embellishments and polyurethane finish to create wall hangings, plant stands or coasters.