

# Bees Landing Recreation Center

## Winter Newsletter

### *NEW to BLRC in January!*

#### Engineering for Kids

Kids will build their natural curiosity of science, technology engineering and math (STEM) through hands-on learning in topics ranging from Civil Engineering to Game Design and Robotics. This program delivers a mix of artistic creativity, critical thinking, problem solving, collaboration and communication to help students develop a wide range of skills required to succeed in the 21st century. Each session is 4 weeks. This program is on Wednesday nights at 6:30pm for kids ages 10-13. Cost is \$60/session.

#### Parent's Night Out Now Twice a Month!

Starting in January 2017, BLRC will be hosting Parent's Night Out twice a month! Drop your kids off every 1st and 3rd Friday for a fun night of dinner, games, crafts, and a movie. This event is for ages 5-12 and costs \$15/child and \$5/per additional child.

Activity #: 571008

Winter Dates: January 6 & 20; February 3 & 17

Time: 5:30pm-9:00pm

### *BLRC Holiday Closings:*

*December 23, 26, & 27:* Christmas

*January 2:* New Year's Day

*January 16:* MLK Day

*February 20:* President's Day

1580 Ashley Garden Boulevard  
Charleston, SC 29414  
(843) 402-4571



### Upcoming Christmas Events

#### *BLRC Christmas Event*

Date: December 9th

Time: 6:30-8:30pm

Location: BLRC

Jump start the holiday season by turning on the holiday lights with us at Bees Landing. This event is FREE and for all ages. Enjoy music, crafts, hot chocolate, snowball fights, and s'mores. There is also a rumor that there may be a special visitor from the North Pole!

#### *Christmas Family Movie Night*

Date: December 16th

Time: 6:30pm

Location: BLRC

Movie: Miracle on 34th Street

As the big day gets closer, join us for a Christmas movie on the big screen. Hot chocolate and other goodies will be on sale. Don't forget to bring something soft to sit on (no chairs allowed). This event is FREE for all ages.



# Youth Programs & Events

## Upcoming Valentines Events:

### *Daddy-Daughter Date Night*

Date: January 27

Time: 6:30pm-8:00pm

Ages: 5+

Cost: \$15/per pair  
\$5/additional child

Activity #: 271006

Dads, bring your daughters out for a fun-filled night of dancing, contests, crafts, pictures, snacks, and more. Don't forget to dress your best! Spots are limited!

### *Be My Valentine Carnival*

Date: February 11

Time: 4:00pm-7:00pm

Ages: 5+

Cost: \$5/participant

Bring the family out to BLRC for a Valentine-themed carnival with games and dancing. Come out early so you can win the best prizes!

Activity # 571207

*Tot 'N Trot Toddler Time*

Calling all toddlers! Bring your toddler(s) for a fun time indoors with a jump castle, hula hoops, basketball, blocks, puzzles, scooters and so much more! This program is for ages 1-4 and it is held every Tuesday and Thursday from 10:00am- 12:00pm. The cost is \$1 for every child participating.

*Art with the Masters*

Activity # 571203

Each week, this intermediate art class will focus on exploring artists of the past. Children will then apply the concepts and techniques into their very own creations! Each session is four weeks (4 Thursdays), unless otherwise noted. The class takes place on Thursday nights from 6:30-7:30pm. The cost is \$32 per session and geared towards ages 6 and up. Register now at BLRC or online.

*\* This class takes place during our Zumba Combo fitness class. Feel free to come work out while your child creates masterpieces!*

Activity # 571204

*Backpack Journalists*

Love to take photos and write stories? Become a "backpack journalist" and learn how to investigate, create a story, and publish your work, while exploring the Lowcountry. This program combines science, technology, engineering, arts, and math. It welcomes all middle school aged students, or 4th to 6th graders with parental permission. Cost is \$5 per session, (\$20 per month) with snacks included. Scholarships are available for students to cover the costs. This program will take place on Fridays beginning September 9<sup>th</sup>, 2016 through June 2<sup>nd</sup>, 2017 from 3:45-5:30pm.

*Art Workshops*

Activity # 171902

Join us at Bees Landing Recreation Center for one Saturday a month for our themed art workshops!

- January 14  
"Winter"
- February 11  
"Valentine's Day"
- March 18  
"Spring"

The workshop is for ages 5-12 and will run from 10:00am-12:00pm. Cost is \$15 per participant. Register now at BLRC or online.

# Adult Fitness Classes

Ages 18 & Up

All classes are \$5/class unless otherwise noted (Visa/Mastercard, check and cash up to \$5 accepted).

Class schedule subject to change.

## Kripalu Yoga

Kripalu Yoga, a form of Hatha Yoga, has yoga concepts of inner focus, meditation, standard yoga poses, and relaxation. Come out on Saturdays from 10:00am-11:15am or Wednesdays from 6:30pm-7:30pm. Also join us for Gentle Yoga on Tuesday and Thursday mornings from 9:00am-10:15am.

## Starting in January 2017!

### Zumba STRONG

it is a High Intensity Interval training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. Classes will be Tuesday nights from 5:30-6:30pm.

## Zumba Fitness

Adult Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. This class is available on Monday and Wednesday evenings from 6:30-7:30pm, Tuesday evenings from 7:30-8:30pm and on Saturday mornings from 9:00-10:00am.

## Pilates

Come join instructor Angela on Tuesday evenings from 6:30pm-7:30pm for abdominal exercises focusing on alignment, breathing, coordination and balance! Pilates improves flexibility, builds strength, and develops control and endurance in the whole body.

## Buti Yoga

Buti Yoga targets your body and soul with cardio-intensive bursts of tribal dance, primal movements and plyometric conditioning tied into a dynamic yoga practice. It uses the Spiral Structure Technique to sculpt and tone your deep abdominal muscles that stabilize and strengthen your body. Come out Wednesday evenings from 7:45pm-8:45pm or Friday mornings at 9:00am-10:00am.

## Zumba Fitness Combo

This high-energy, fun, and dynamic class will focus on interval training and resistance training to tone and sculpt your body while burning fat. Come out Thursday evenings from 6:30-7:30pm to enjoy this class!

## Spin Cinema

**INCLUDED IN GYM MEMBERSHIP!**

Come out to Bees Landing for a chance to watch a virtual instructor and spin at the same time! Classes are Monday mornings 10:30-11:30am; Monday nights from 6:00pm-7:00pm; Friday mornings 10:00am-11:00am; and Saturdays 11:30am-12:30pm.



## Tai Chi

Tai Chi/Qi Gong is a program of low-impact, gentle movement. Each posture flows into the next without pause, keeping your body in constant motion. This class is known to reduce stress and anxiety. Classes will take place on Wednesday mornings from 10:00-11:00am.

# Senior Programs

## January Potluck Luncheon

Bring your favorite dish and celebrate senior birthdays for the months of January, February, and March. Cake will be served as you learn about upcoming senior trips and activities. The event is free with a dish and runs from 11:00am-1:00pm.

# Gym Membership Information

## Open Gym Hours

### Monday

8:30am-4:00pm

### Tuesday

12:30pm-4:00pm

### Wednesday

8:30am-4:00pm

### Thursday

12:30pm-4:00pm

### Friday

8:30am-6:00pm

### Saturday

No open gym

### Sunday

CLOSED

(SUBJECT TO CHANGE)



*1 Year Membership starts from date of purchase*

- Guests must be 18 years of age or older. MUST HAVE ID.
- Parents must fill out the registration/waiver form for children under the age of 18.
  - Children 5 & Under are FREE!
- Gym membership is for open basketball & volleyball, as well as use of treadmills, stationary bikes, elliptical machines and admission to Spin-ema classes.
- Membership DOES NOT include classes with the exception of Spin-ema. Membership is not required to participate in classes.

## *Gym Membership Fees*

- City Resident \$15/year
- Non-City Residents \$30/year
- Daily/Guest Fee \$5/day

## Gym & Fitness Equipment Rules

*You are responsible for your own property!*

- Children 11 & under must be with an adult 18 years of age or older
  - Shirts & shoes must be worn at all times!
    - NO CURSING/PROFANITY!!!
      - No dunking
  - Please help us keep our facility clean of trash!
    - Return BLRC balls to cart
  - Please use basketballs in Gym ONLY
    - 15+ Players must play half court
    - Please wear non-scuffing shoes