City of North Myrtle Beach Parks and Recreation strives to improve the quality of life for the citizens of North Myrtle Beach. The Department is dedicated to providing professionally designed, comprehensive recreation and leisure programs. To accomplish this mission, the Department:

- Provides diversity in programming opportunities to meet the changing needs and interest of users.
- Maintains safe, well-managed facilities and programs to ensure opportunities for participation by all.
- Fosters the development of knowledge, interests, and behaviors that promote a healthy lifestyle.
- Encourages the development of positive attitudes regarding participation and sportsmanship.
- Offers programs and services at a cost that is affordable to all.

### Featured Park

One of the most unique parks in the city; created in 2007 with seven acres of walking paths. The park is located on an island that extends into the Cherry Grove Marsh. This land is preserved in its native state and is accessible via a series of elevated boardwalks and observation docks. Interpretive signage throughout the park describes the plants, animals, fishes and birds that can be seen in the park.

**Heritage Shores Nature Preserve**

5611 Heritage Drive, North Myrtle Beach, SC 29582

### City of North Myrtle Beach

- **Mayor:** Marilyn Hatley
- **Mayor Pro Tempore & Crescent Beach Councilman:** J.O. Baldwin
- **Ocean Drive Councilman:** Bubba Collins
- **Cherry Grove Councilman:** Fred Coyne
- **Windy Hill Councilwoman:** Nicole Fontana
- **At Large Councilman:** Trey Skidmore
- **At Large Councilman:** Hank Thomas
- **City Manager:** Mike Mahaney

### Parks and Recreation Staff

- **Parks and Recreation Director:** Matt Gibbons
- **Assistant Parks and Recreation Director:** Jim Grainger
- **Special Events & Programs Manager:** Angel Sylvester
- **Community Center Manager:** Tammy Miller
- **Athletic & Sports Tourism Manager:** Amanda Player Wofford
- **Operations Manager - Aquatic and Fitness Center:** Melinda Chappell
- **Assistant Operations Manager - Aquatic and Fitness Center:** Diane Bartlett
- **Operations Manager - Beach Services & Concessions:** Graham Faris
- **Crew Leader - Parks/Beach:** Delane Faircloth
- **Crew Leader - Landscapes:** Dexter Allen
- **Crew Leader - Rows/Utilities:** Chad Lewis
- **Crew Leader - Park & Sports:** Bernie Lowe
- **Crew Leader - Special Events:** Kimi Walters
- **Crew Leader - Special Events:** Jacob Hitchcock
Create Your CivicRec Account today to register for NMB Programs!

Social Media
NMB Recreation
Facebook & Instagram @NMBParksAndRec Twitter @NMBRec
NMB Aquatic and Fitness Center
Facebook @nmbafc
NMB Park & Sports Complex
Facebook @NMBParksSportsComplexNMB Instagram @nmb_park_sports_complex

From the Director

I hope this letter finds you in good health and high spirits as we approach the conclusion of a vibrant and eventful summer season. This Fun Zone publication provides a comprehensive guide to all the recreational activities, classes, and events available throughout the city.

North Myrtle Beach has long been celebrated for its pristine beach, exceptional services, and an abundance of activities catering to diverse interests. From first class recreation facilities, parks, and trails to dynamic sports leagues and engaging cultural events, our city’s recreational opportunities truly offer something for everyone.

In this edition, we are excited to highlight a highly anticipated event capturing the essence of our diverse community, the 19th Annual Irish Italian International Festival. Scheduled to take place on September 30th on Main St., this annual festival has become a cherished tradition for residents and visitors alike. It serves as a celebration of the rich heritage and cultural contributions of the Irish, Italian, and International communities who have helped shape North Myrtle Beach. The festival promises a day filled with captivating performances, delectable cuisines, and an opportunity to explore an array of artisanal crafts and unique vendors. This event is just one example of the exciting offerings we have in store for you in the coming months.

Thank you for your continued support and participation in the Parks and Recreation programs of North Myrtle Beach. It is through your enthusiasm and engagement and the continued support of our city leadership, we can continue to enhance the quality of life for both residents and visitors.

Matt Gibbons, Director of Parks and Recreation

1 Visit parks.nmb.us/register to create a new account.
2 Desktop: Go to “Log In/Create Account” at the top left of the page. Use the blue button to create an account. Mobile: Click “Account” at the top, then click “Sign Up” at the top.
3 Fill in the user fields for the account holder. For mobile users, click “Create Account”. For desktop users, you can add additional household members on the next screen, or continue by clicking “Create Account”.
4 You can add additional account members at any time, by going to your Account Settings. Keep your entire household on one account!
5 That’s it! Now you’re ready to register for our great programs.
6 When you’ve found a program, make sure you select the correct account member before adding it to your cart.

Beach Services
1024 6th Ave South
North Myrtle Beach, SC 29582
(843) 280-5684
Operating Hours:
Monday - Sunday
9:00 AM - 5:00 PM

Facility Staff:
Beach Services Manager
Lauren McLamb
lamclamb@nmb.us
Asst. Beach Services Manager
Tyler Moore
trmoore@nmb.us

Chair and Umbrella Rentals
Beach Services provides umbrella and chair rentals primarily from late April to mid October during the hours of 9 am - 5 pm. Want to enjoy your beach trip to the fullest extent? Have Beach Services set up your chairs and umbrellas for you!
Online Rentals can be purchased up to 7 days before the first day of rental season.

Text “NMBFUN” to 22828 to subscribe
The Parks and Recreation Department makes several classrooms, gyms, tennis courts, and picnic shelters available for reservation. Whether you need a space for a birthday party, family reunion, wedding, or company picnic, we have outstanding facilities and picnic shelters you may reserve for a fee. Check parks.nmb.us for details or scan the code to the left.

Facility & Picnic Shelter Reservations

Beach Permitting

Beach Weddings, Photography/Videography, Surf/Paddleboard Instruction, Fitness Related Activities/ Instruction, and Special Events must have a permit and/or reserve a space depending on the activity. Please scan the code to the left or visit parks.nmb.us for more info.
### Special Events & Programs

**Contact Information**

Special Events & Programs Supervisors

- Brandy Clos
  - brcloos@nmb.us
  - (843) 280-5673

- Kaitlyn Gallagher
  - ktgallagher@nmb.us
  - (843) 281-3733

Scan to visit parks.nmb.us for Event Info!

**9/11 Memorial Service**

- **Monday, September 11, 2023**
- **7:00 PM**
- **The Horseshoe, Main St. North Myrtle Beach, SC**

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**August Calendar**

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<tr>
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<td>September 2, 2023</td>
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<tr>
<td>9/11 Memorial Program</td>
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<td>Horseshoe at Main Street</td>
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<tr>
<td>Dashing Through the Glow</td>
<td>September 3, 2023</td>
<td>NMB Park &amp; Sports Complex</td>
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<td>Howl-O-Scream</td>
<td>September 7, 2023</td>
<td>NMB Park &amp; Sports Complex</td>
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<tr>
<td>Fishing with Friends</td>
<td>September 9, 2023</td>
<td>53rd Ave Boat Landing</td>
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<td>Flavors of Fall Food Tour</td>
<td>September 15, 2023</td>
<td>Main Street</td>
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<tr>
<td>Movies at McLean</td>
<td>September 16, 2023</td>
<td>McLean Park</td>
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<tr>
<td>Music on Main</td>
<td>September 17, 2023</td>
<td>Horseshoe at Main Street</td>
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<tr>
<td>NMB Bus Tour</td>
<td>September 23, 2023</td>
<td>Nashville, TN</td>
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<tr>
<td>Park-n-Play</td>
<td>September 24, 2023</td>
<td>Various City Parks</td>
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<tr>
<td>Pedal in the Park</td>
<td>September 30, 2023</td>
<td>NMB Park &amp; Sports Complex</td>
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<tr>
<td>Pet Photos with Santa</td>
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<tr>
<td>Playground Playdates</td>
<td>October 2, 2023</td>
<td>Central Park Shelter #3</td>
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<tr>
<td>Sounds of Summer Concert Series</td>
<td>October 5, 2023</td>
<td>NMB Park &amp; Sports Complex</td>
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<tr>
<td>Symphony Under the Stars</td>
<td>October 10, 2023</td>
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<tr>
<td>The Great Christmas Light Show</td>
<td>December 30, 2023</td>
<td>NMB Park &amp; Sports Complex</td>
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<tr>
<td>Tree Lighting</td>
<td>December 31, 2023</td>
<td>McLean Park</td>
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<tr>
<td>Wreath Making Workshop</td>
<td>December 2, 2023</td>
<td>J. Bryan Floyd Community Center</td>
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</tbody>
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Scan to visit parks.nmb.us for Event Info!
19th Annual Irish Italian International Festival

FREE
100+ Vendors
Kid’s Games
Spaghetti Eating Contest

Food
Music
Dance
Culture

Saturday, September 30th
10 am - 4 pm

Main Street • North Myrtle Beach, SC
**FREE 2023 Summer Concerts**  7-9 PM

**AUGUST**
- August 3: Band of Oz
- August 10: The Tonez
- August 17: Jebb Mac

**SEPTEMBER**
- September 7: Jim Quick and Coastline
- September 14: Black Glass
- September 21: The Tams
- September 28: Thomas Road Band

**AUGUST 18th**
- Paul Grimshaw Band
  [Tribute to Van Morrison & James Taylor]

**SEPTEMBER 15th**
- Karen as Dolly
  [Dolly Parton Tribute]

**Movies at McLean** 7 PM

**THROUGH THE DECADES**

**AUG. 11**
- Lilo & Stitch

**SEPT 8**
- Paddington

**OCT 13**
- Hotel Transylvania 2

**Sounds of Summer** 3rd Friday (June - Sept.)

**Fishing with Friends**

**September 16, 2023 • 9 am - 12 pm**
Cherry Grove Boat Landing (53rd Ave)

FREE | Register Online Beginning Sept. 5th

**Fishing with Friends**
September 16, 2023 • 9 am - 12 pm
Cherry Grove Boat Landing (53rd Ave)
FREE | Register Online Beginning Sept. 5th
More Info @ Parks.NMB.us

Symphony Under the Stars
featuring The Long Bay Symphony

Saturday, October 7th at 7 pm
NMB Park & Sports Complex Amphitheater
Ticket Information at parks.nmb.us

PEDAL IN THE PARK:
LETS GLOW CRAZY

Friday, October 20th | 7 PM
NMB Park & Sports Complex - Soccer Parking Lot

Bring your bikes, helmets, glow sticks, and dress in your Halloween costume. It’s time to GLOW Crazy! Enjoy a bike ride around the soccer complex with the NMB Police and Fire Departments. FREE for all ages.
Save the Dates!

Fall in love with Main Street and enjoy delicious Fall treats!

**Flavors of Fall**

Experience a self-guided food tasting tour of all your favorite Fall flavors throughout the shops on Main St.

Ticket Information Available Online.

**Saturday, November 4th**

**Main Street, NMB**
Park n’ Play is a recreation center on wheels offering a variety of lawn games for you and your child to enjoy. Visit our many parks throughout the City of NMB with a different park featured each month. FREE family fun and a great way to meet other families! Park n’ Play meets on the 2nd Tuesday of each month from 10 am - 12 pm.

Summer 2023 Dates:
August 8

Christmas in Asheville, North Carolina
December 5 - 7, 2023 (3 Day, 2 Night)
Single Occupancy Room: $875.00 per person
Double Occupancy Room: $775.00 per person
Full Travel Itinerary Available at Parks.NMB.Us.

Hop in the van as we travel around North & South Carolina. Day trips will depart from the J. Bryan Floyd Community Center and vary each month. Departure times will vary by trip. Sign up online through CivicRec.

Playground Playdates is a monthly program for pre-school/elementary ages to come together and play. The program is FREE and will consist of a quick themed activity and then time together on the playground. Playground Playdates meets at Central Park - Shelter #3 on the 3rd Tuesday of each month at 3 pm, located across from J. Bryan Floyd Community Center off of Possum Trot Rd. Parking is available at the shelter.

Summer 2023 Dates: August 15

Playground Playdates

Park n’ Play is a recreation center on wheels offering a variety of lawn games for you and your child to enjoy. Visit our many parks throughout the City of NMB with a different park featured each month. FREE family fun and a great way to meet other families! Park n’ Play meets on the 2nd Tuesday of each month from 10 am - 12 pm.

Summer 2023 Dates: August 8

Seminar for women ages 13+ on applying self-defense skills, increasing awareness, reducing risk, and identifying predators. Seminar is 5 classes. Must be able to attend all sessions. Register early to get your space.
Sept. 26, Oct.3, 10, 17, 24 | 6 pm - 9 pm

‘Refuse To Be A Victim’ with easy-to-understand methods to increase awareness and prevent criminal confrontation with this 3 hour seminar.
Tuesday, Oct. 3rd | 6 pm - 9 pm

Amy Vicks - asvicks@nmb.us - (843) 281-3706 | Joe Keister - jmkeister@nmb.us - (843) 281-3767

Explore,

with NMB Parks & Rec!
The Great Christmas Light Show
NORTH MYRTLE BEACH
NOV 20 - DEC 30

Drive Through Light Show
Open Nightly* 5:30 pm - 9:30 pm

Santa’s Village
Open Thu-Sun, NOV 24 - DEC 10
Open Nightly Starting DEC 14*
*Closed Thanksgiving & Christmas Days

Be the FIRST to see
Dashing Through the Glow 2023
Pre-Register online at www.NMBChristmas.com*

www.GreatChristmasLightShow.com

*Only registered participants will be allowed in the event

Featuring train rides, a petting zoo, smore’s stations, visits with Santa, and more!

Sponsored By: AQUATIC FITNESS CENTER

Fri., Nov. 17 & Sat., Nov. 18 | 7 PM
Dashing Through the Glow 2023
Free Holiday Events

Pet Photos with Santa
Bring your camera to capture the perfect pet photo!
NMB Park & Sports Complex - Large Dog Park
Nov. 26th & Dec. 9th | 10 AM - 12 PM

Christmas Tree Lighting
featuring local dancers, Christmas music, and visits with Santa!
McLean Park | Nov. 28th | 6 PM

Wreath Making Workshop
Bring a straw wreath form and decorations to learn the basics of wreath making. Greenery will be provided.
J. Bryan Floyd Community Center
Nov. 30th | 1 - 4 PM

NMB Christmas Parade
presented by the City of NMB & Destination NMB.
Main St. | Dec. 2nd | 5:30 PM

Christmas Cantata
presented by the NMB All-City Choir
Living Water Baptist Church | 1569 SC 9, Longs, SC
Dec. 2nd at 3:30 PM | Dec. 3rd at 3:30 PM & 6:30 PM
More Information at www.NMBChristmas.com
Community Classes

Rummikub - Tues. 1 - 4 pm
Rummikub is played like traditional Rummy but with tiles instead of cards. Other board games can be played in this class. Instruction and lessons available. No partner necessary. Ages 18+.

Crocheting/Knitting - Thurs. 1 - 3 pm
Bring your own project, expand your skills, and share your abilities. Class is informal, but helpful instruction is available if needed.

Bridge - Tues. & Thurs. 12 - 4 pm
Partner play consists of five rounds of rubber bridge; six hands each round, non-duplicate, or party bridge. Skill level of participants range from intermediate to advanced. Scored bridge playing. Ages 18+.

Mah Jong - Fri. 12 - 4 pm
The “game of a hundred intelligences”, Mah Jong is a fascinating game played with small tiles. The National Mah Jong American version is played. Ages 18+.

Community Classes are drop-in, free, and first-come, first-serve (max 32 people).
Children’s Classes

Kidding Around Yoga - $10/class, $34/month


Class Times:
Ages 4 - 6 | Thursdays 5:00 - 5:50 pm
Ages 7 - 12 | Thursdays 6:00 - 7:00 pm (beginning August 24th)

Registration Required 24 hours in advance.
Jess Keener Haas (610) 780-0440 or keen1013@aol.com

Zumbini - $120/6 week session, $23 drop in/class

Zumbini takes little ones on a delightful journey of music, dance, and movement. Children will explore the joy of rhythm, melodies, and creative expression in a supportive and engaging environment to stimulate physical and cognitive development. Tuition includes a music bundle containing a digital access to the class music, a plush doll and an illustrated songbook. Ages 0 - 4.

Registration Required: www.BusyBeesPlaytime.com
Alexis Ignatovich (843) 698-3400 or info@busybeesplaytime.com

NEW Class!

Youth & Adult Tennis

Our Tennis classes offer a fun and energetic place for children ages 4-14. Adult classes available for ages 15+. Classes provide fundamental skills and a progressive plan as children’s athletic and tennis skills develop. Red, orange, green and yellow balls are used according to age, ability, height of the nets, and the length/width of the courts. Meet at the Central Park Tennis Courts.

Fees:
$40/month | 1 Class/Week
$10/class | Drop-in Rate
Private Lessons | $40/hour | New Students
Private Lessons | $25/hour | Current Students

Class Times: Tues. & Fri.
Ages 4 - 6 | 3:00 - 4:00 pm
Ages 7 - 9 | 4:00 - 5:00 pm
Ages 10 - 14 | 5:00 - 6:00 pm
Ages 15+ | 6:00 - 7:00 pm

Registration Required (start of each month):
Dave Gongora, Certified PTR Professional
(859) 496-0362 or dmgtennis@hotmail.com

Dog Agility & Obedience

Saturdays as listed
Beginner 9:00 am,
Intermediate 10:00 am

This program is a perfect way to bond with your dog, mingle with other dogs & owners, and allow your pet to burn off excess energy. Dog agility training is an adrenaline-charged dog sport where you and your dog experience challenges and work your way through a state of the art obstacle course. This course has been designed with fun and safety in mind for the owners and the animals. Open to all ages and breeds.

Session Dates:
Session 1 (8 weeks): $160/session or $20/class (drop-in)
Sept. 9, 16, 23, 30, Oct. 7, 14, 21, 28.
Session 2 (6 weeks): $120/session or $20/class (drop-in)
Nov. 4, 11, 18, Dec. 2, 9, 16.

Meet at Field 4 across from J. Bryan Floyd Community Center.

Janet Kaplan
(310) 780-9641

Interested in being an Instructor with us?

We are always looking for new instructor-led classes at J. Bryan Floyd Community Center. If you are interested in putting a class on our schedule, please reach out to Tammy Miller, Community Center Manager, at tgmiller@nmb.us for more details.
Pickleball

Is tennis too fast paced or hard on your joints? Try this popular, fast growing game combining tennis, badminton, and ping pong. Four outdoor lighted courts and 3-6 indoor courts are available. Fun for beginners and advanced players. Ages 18+.

Central Park - Outdoor Pickleball Courts

Our 4 outdoor Pickleball courts are free and available all the time. Located at 1400 Outrigger Road, behind J. Bryan Floyd Community Center. There is a white wall around the courts. The certified private lesson instructors take precedence on the courts. Players are responsible for providing their own paddles and balls. Nets are provided.

Pickleball Private Lessons

Vicki Kelly
PPR and IPTPA I & II Certified
Individual | $70/hour, 2 People | $35/hour/person, 3-4 People | $25/hour/player
(508) 223-6003 or vickikelly34568@gmail.com

TC Coughlin
IPTPA I & II Certified & Rating Specialist
Private | $70/hour
Semi-Private | $60/hour/player
(631) 495-4200 or CoachTCCoughlin@gmail.com

Tim Kelly
PPR Certified
Private | $60/hour
(508) 314-1019 or pbtk2022@gmail.com

J. Bryan Floyd Community Center - Indoor Pickleball Courts

Register online for an indoor session using the QR code and instructions to the left or by going to parks.nmb.us and clicking on Online Services. Only 32 people are able to play in a gym at one time (24 online spots and 8 first come first serve ‘walk-in’ spots). Balls and paddles are not provided or available.

Appointments will become available 7 days in advance, at 8:30 am, 11:45 am, & 5:00 pm.

1. Choose which gym you would like to play in based on your skill level - Gym 1 Beginner or Gym 2 Advanced.
2. Use the calendar to select dates and session times. Bold dates are available.
3. Save the confirmation email you receive to be able to cancel later, if needed.
4. Reservations and cancellations can be made up until 1 hour prior to the session. If you are unable to cancel, please call.
5. All No-Show reservations may be given away 15 minutes after the session starts if spots are needed, no holds. (8:45 am, 12:00 pm, and 5:15 pm)
6. If gym is full, please Check Out when you leave to make room for others.

Session Times:
Session 1 | Monday - Friday | 8:30 - 11:30 am
Session 2 | Monday - Friday | 11:45 am - 2:45 pm
Session 3 | Monday & Wednesday | 5:00 - 8:00 pm (except during Basketball season)

Fees: NMB Residents
Daily | $1
Weekly | $4
Monthly | $10 | $5 Add a Family Member
Annual | $60 | $30 Add a Family Member

Fees: Non-Residents
Daily | $2
Weekly | $6
Monthly | $15 | $8 Add a Family Member
Annual | $90 | $45 Add a Family Member
Beginners Pickleball - $80/4 week session
For new players who want to learn the fastest growing sport.
Class #1 | Basic rules, Equipment, Safety, Serves, & Returns
Class #2 | Forehand & Backhand (ground strokes)
Class #3 | Volleys
Class #4 | Game Play

Sessions:
August 10, 17, 24, 31 | 5:00 - 6:00 pm
September 28, October 5, 12, 19 | 5:00 - 6:00 pm
October 26, November 2, 9, 16 | 5:30 - 6:30 pm
November 30, December 7, 14, 21 | 4:00 - 5:00 pm

Step Up - $80/4 week session
Beyond beginner, developing your game.
Class #1 | Game Play with guidance from coach on the court
Class #2 | Practicing basic skills
Class #3 | Game Play with guidance from coach on the court
Class #4 | Correct court positioning and movement

Sessions:
September 28, October 5, 12, 19 | 3:00 - 4:00 pm
October 26, November 2, 9, 16 | 4:30 - 5:30 pm

Practice & Play Clinics - 3:00 - 4:30 pm
$110/4 week session or $30/class
Learn a new skill each day for 1/2 hour and then implement it in game play for the next hour.

Session:
#1 October 26 | Foundational skills (dinks, drops, volleys, etc.)
#2 November 2 | Resets, blocks, and slowing the game down
#3 November 9 | Quick hands
#4 November 16 | Reducing pop-ups and hitting low shots

Olympic Challenge
$20 - 3:00 - 5:00 pm
Teams of 4 to work together to test your skills in this fun event.

Session:
December 6
High Energy Exercise

High energy exercise classes offer total body workouts and can be modified for all fitness levels. These classes combine all elements of fitness – cardio, muscle conditioning, balance, flexibility, and provide a boost of energy to your day.

**Zumba**

- **Zumba - Tues. & Thurs. 11:05 am - 12:05 pm - $5 /class**
  
  Zumba is a fitness program that involves cardio and Latin-inspired dance. The Zumba workout is a fun and energetic dance fitness class. Join an energetic group who like having a blast while working out! Ages 13+. Cash Only.

  - **Mary Learned, Zumba & Zumba Gold Licensed**
  - (843) 685-0021 or yogamary843@yahoo.com

- **Zumba Gold - Fri. 10:30 - 11:20 am - $5 /class**
  
  Zumba Gold has the same fun approach and energizing music as Zumba, but the movements are less intense and move at a moderate pace. Ages 13+. Cash Only.

  - **Mary Learned, Zumba & Zumba Gold Licensed**
  - (843) 685-0021 or yogamary843@yahoo.com

**Jazzercise**

- **Jazzercise - $50/month, $17/class walk-in**
  
  Jazzercise combines dance workouts, strength and resistance training with popular music for a full-body workout. Whether you’re looking for physical results or a way to relieve stress and FEEL your best, our instructors will guide you every step of the way in your wellness journey! All classes are structured for all fitness levels. Ages 18+.

  - **Instructors:** Debbie Transou (843) 340-5779 & Lynn Cormier
  - Class fees include online instruction options.

**Private Lessons**

- **$20/hour**

  - **Crystal Hutson**
  - hapbeplacesstudio@gmail.com
  - All Classes are ages 18+.

**Personal Training - $25/25 min, $50/50 min**

This is an exercise plan customized for your needs. It can be just one or two sessions to get you started on a healthy lifestyle or on an ongoing basis. Please note the Community Center does not have weight equipment. We will be using your body weight, isometric exercises, and/or tubing to increase muscle strength and tone your muscles. We also can tailor sessions to focus on flexibility.

  - **Patricia “Nakini” Reich, ACE Personal Trainer**
  - (843) 485-3632 or yogabytricia@yahoo.com
Low-Impact Exercise

Low-impact exercise is a safe and healthy way to get in better shape. It gets your heart rate up slowly and causes less pressure on your joints. Ideal for all fitness levels.

Qigong/Tai - Tues. & Thurs. 9:00 - 10:00 am - $6/class

Qigong/Tai Chi’s flowing movements achieve harmony and balance between the mind and body. The in-place slow, relaxed, non-impact movements of Qigong make it a perfect exercise for all ages at any fitness level. Ages 18+.

Register in Class.
Dean Sutzer, (931) 319-0499 or dsutzer@gmail.com

Feldenkrais® - Wed. 11:00 am - 12:00 pm - $10/class

Using Ruthy Alon’s Bones for Life/Walk for Life program, this class incorporates the Feldenkrais Method®, Awareness Through Movement®, which capitalizes on the brain’s capacity to discover habits and relearn more functional ways to move. The class is designed to stimulate bone strength through natural means and weight-bearing. The wall, light weights, and a cloth wrap are used to improve posture, alignment, and balance. Please bring a mat. Ages 18+. Maximum 15 participants.

Advanced Registration for First Class. Payment by cash or check in class.
Heidi McGovern, (843) 361-8436 or heidimcgovern92@gmail.com,
Guild Certified Feldenkrais Teacher®, Certified Bones for Life Teacher®

Gentle Yoga - $6/class
Tues. & Thurs. 11:05 am - 12:05 pm


Register in Class. Cash Only.
Mary Learned, YOGAFIT Certified
(843) 685-0021 or yogamary843@yahoo.com

Hatha Yoga - Wed. 7:00 - 8:00 pm - $10/class

Hatha Yoga connects body, mind, and breath. This class will increase strength, flexibility, and balance of the body while practicing breathing and meditation. Please bring a mat. Ages 13+. Cash Only.

Yin/Restorative Yoga - $30/3 weeks
Session: December 4, 11, 18 at 7:00 pm

Yin Yoga is a restorative class that increases strength and flexibility of the body and mind. Yin Yoga is a good option for post-injury wellness. Please bring a mat. Register by November 27. Ages 13+.

Patricia “Nakini” Reich, e-RYT 500 Yoga Instructor, ACE Group Fitness Instructor
(843) 485-3632 or yogabytricia@yahoo.com

One on One Classes/Therapy

Thai Yoga
$50/25 min, $100/50 min
Relieve tension and tightness in your muscles and improve flexibility using thai-based stretching with yoga poses. Instructor uses her thai mat for stretching. Ages 13+.

Massage/Reflexology
$50/25 min, $100/50 min
Massage can lower blood pressure, increase flexibility, increase lymph flow, and give you a feeling of general wellbeing. Great for sore muscles. Reflexology can be performed on your hands, feet, and ears. Ages 13+.

Reiki Energy Work
$40/25 min, $80/50 min
Reiki is a Japanese form of energy healing. A technique called palm healing uses universal energy and transfers through the palms of the therapist to the patient to promote emotional or physical healing.

Patricia “Nakini” Reich, Holy Fire & Karuna Reiki Master
(843) 485-3632 or yogabytricia@yahoo.com
OUTSIDER ARTVENTURE

PAINTING AND PICNIC - Ages 8+
Partners create a “Canvas Duet” (a diptych), which is two canvases that complement each other to be displayed side by side. This is perfect for parent and child, couples, BFFs, or even singles. No previous experience is necessary! Bring a picnic lunch to enjoy while your ‘al fresco’ art works dry. All supplies are included. Will meet at McLean Park - weather permitting. Register 48 hours in advance. Minimum 8 artists required.

Class Pricing: $45/duet, $30/solo/canvas

MOMMY AND ME - AGES 3-5
Children ages 3-5 and an adult are welcome to join Artist Nina Ortiz for a fun filled “hands on” art class. “Messies” are welcome! All supplies are included. Will meet at Central Park Shelter #3 - weather permitting. Register 24 hours in advance. Minimum 6 artists required.

Class Pricing: $35/class, $20/additional child
Looking to be involved in YOUR community?

The Keep North Myrtle Beach Beautiful (KNMBB) Committee meets the 2nd Tuesday of each month at 4 pm at the J. Bryan Floyd Community Center. The committee is made up of volunteers whose goal is to educate and empower the NMB community to personally improve the environment and to enhance the quality of life and community pride through beautification, litter prevention, and recycling.

### 33rd Annual Beach Sweep/Creek Sweep

**Event Date:** Saturday, September 16th  
**Event Time:** 9 am - 11 am | **Check-in Time:** 8:30 am  
**Check-in Location:** Cherry Grove Boat Ramp at 53rd Ave N.

The KNMBB Committee will be cleaning the oceanfront areas of North Myrtle Beach and some areas of the marsh in Cherry Grove for its 32nd Annual Beach Sweep/Creek Sweep. This effort is a part of the South Carolina Sea Grant Consortium Statewide Beach Sweep / River Sweep, which is the largest one-day volunteer cleanup in SC. The sweep takes place in conjunction with International Coastal Cleanup Day coordinated by Ocean Conservancy, who tallies all debris data to help learn the sources of the litter to try to prevent litter before it even starts.

### Community Garden at 27th Ave S.

The community garden began in 2017 through KNMBB and NMB Parks & Rec. City of NMB residents can adopt a 4 ft. x 8 ft. garden plot to grow vegetables, fruit, herbs, or flowers. The garden plots are free to adopt annually with the annual term ending on December 31st. KNMBB and Parks & Rec. provide boxes, soil, mulch, and water. The gardeners provide seeds and a little labor to plant and maintain their garden plot. The boxes are created by volunteers in the community to help us grow our program. Contact us if you are interested in adopting a box or helping to build one!

### Citywide Cleanup/Amnesty Day

**Date:** Saturday, November 4th  
**Time:** 9 am - 12 pm  
**Location:** North Myrtle Beach Sanitation Transfer Station (2nd Ave. South near Waterway on Right side.)

The annual home cleanup day provides North Myrtle Beach residents with an opportunity to clean out their closets, attics, garages, and sheds. During the event, residents may **discard unwanted items** including: appliances, electronics, furniture, oil, old tires, paint, pesticides, TVs, and more. No construction debris or medical waste will be accepted. **Document Shredding** will be on site for the duration of the event. Please, limit to a maximum of (3) bags or boxes of documents/paper only (no combustibles, no metals, no glass) per household.

### Adopt-a-Beach Access

KNMBB is looking for volunteers to adopt beach access areas throughout the city. Volunteers are asked to clean their adopted access and the surrounding dunes a minimum of two times per month from May until September and one time per month from October until April and to log their activity each time using the My Coast app. Volunteers can be individuals, families or teams from civic groups, church groups, or local businesses. There are still accesses available, but they are going fast!

For Volunteer Info: (843) 281-3732 | knmbb@nmb.us
Fall Sports Registration

City Residents: July 17th - July 21st
Open Registration: July 22nd - August 13th

Leagues:
- Flag Football
- Lacrosse
- Volleyball
- Softball
- Soccer
- Baseball

See pages 24 & 25 for specific league details by sport.

Fees:
- City Residents: $25
- Non-Residents: $35
  *Late fee applies after August 13th

All Sports Leagues must register through Civic Rec at parks.nmb.us/register
Park & Sports Complex

Sponsors

Buffalo Wild Wings
Chick-fil-A
Crooked Hammock Brewery
Dick’s Last Resort
810 Bowling
Avista Resort
Bar-B-Que House
Bistro 90
Car City
Cherry Grove Automotive
Courtyard Marriott
Destination NMB
Dick’s Sporting Goods
Fairfield Inn Marriott
Graham Golf Cars, Inc.
House of Blues
HTC
Jebaily Law Firm
Jersey Mikes
Landshark Bar and Grill
Ledo Pizza

Elliot Beach Rentals
McLeod Seacoast
Roca Roja Cantina
Sky Zone Trampoline Park
Little River BPO Elks Lodge
Lulu’s North Myrtle Beach
Myrtle Beach Family Golf
Myrtle Beach Pelicans
Myrtle Beach Travel Park
NFC Finance
NMB RV Resort
Ocean Lakes Family Campground
Outback Steakhouse
Owner Direct Vacation Rentals
Prince Resort
Rioz Brazilian Steakhouse
Seaside Vacations
Sistare Southern Properties
South Atlantic Bank
Wing Zone

Are you interested in supporting your community with a Parks & Recreation sponsorship?
mmbpark.com/410/Sponsorships

Park & Sports Complex Amenities

- McLeod Seacoast Meadow
- Amphitheater
- 12 acre native Carolina Bay & fitness trail
- Dog Parks (Large & Small)
- 28 acres of undisturbed cypress wetlands
- 3 playgrounds
- 8 picnic shelters available for rental
- 2.8 miles of interconnected walking trails
- 20 acre lake for water-based activities
- 2.5 mile McLeod Seacoast Nature Trail
- 6 softball/baseball fields
- 8 soccer/football/lacrosse fields

Volunteer Coaches Needed

If you are interested in becoming a volunteer coach, please email recreation@nmb.us. Nervous about coaching? No worries, we have training, practice plans, etc to help you. Help make a difference today!

Park & Sports Complex On-Site Activities

- Shark Wake Park
  - (843) 399-WAKE (9253)
- North Myrtle Beach Segway
  - (843) 477-0800
- North Myrtle Beach Electric Bikes
  - (843) 231-8500

Become a Sports Ambassador today!

Are you a lover of sports and all things North Myrtle Beach? Looking for ways to give back to your local community? Then the City of North Myrtle Beach Sports Ambassador program is the perfect opportunity for you!

Sports Ambassadors are a special group of volunteers who provide a welcoming atmosphere to teams travelling to North Myrtle Beach for tournaments at our facilities. Sports Ambassadors greet our visitors during events to talk about all the exciting things they can enjoy in our city! Contact Paige Hess for details.
Youth Soccer

Open to ages 4 - 15 (A child’s league age is their age on Sept. 1, 2023.)
Dates: Practices and games will be held in September and October.

<table>
<thead>
<tr>
<th>League</th>
<th>Gender</th>
<th>Age</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rookie</td>
<td>Coed</td>
<td>4-6</td>
<td>Tuesday/Thursday</td>
</tr>
<tr>
<td>Pee Wee</td>
<td>Coed</td>
<td>7-8</td>
<td>Monday/Wednesday</td>
</tr>
<tr>
<td>Small Fry</td>
<td>Coed</td>
<td>9-10</td>
<td>Tuesday/Thursday</td>
</tr>
<tr>
<td>Mite</td>
<td>Coed</td>
<td>11-12</td>
<td>Tuesday/Thursday</td>
</tr>
<tr>
<td>Senior</td>
<td>Coed</td>
<td>13-15</td>
<td>Monday/Wednesday</td>
</tr>
</tbody>
</table>

All league games/practices will be held during the week at the North Myrtle Beach Park and Sports Complex. All participants will receive a team jersey, shorts, and socks.

Youth Baseball/Softball

Open to ages 7 - 13 (A child’s league age is their age on April 30, 2024.)
Dates: Practices and games will be held in September and October.

**Baseball**

<table>
<thead>
<tr>
<th>League</th>
<th>Age</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach Pitch</td>
<td>7-8</td>
<td>Monday/Wednesday</td>
</tr>
<tr>
<td>Minors</td>
<td>9-10</td>
<td>Monday/Wednesday</td>
</tr>
<tr>
<td>Majors</td>
<td>11-13</td>
<td>Monday/Wednesday</td>
</tr>
</tbody>
</table>

**Softball**

<table>
<thead>
<tr>
<th>League</th>
<th>Age</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>8U</td>
<td>7-8</td>
<td>Tuesday/Thursday</td>
</tr>
<tr>
<td>10U</td>
<td>9-10</td>
<td>Tuesday/Thursday</td>
</tr>
<tr>
<td>13U</td>
<td>11-13</td>
<td>Tuesday/Thursday</td>
</tr>
</tbody>
</table>

Fall baseball/softball is an instructional league that focuses on fundamentals. Fall baseball/softball is non-competitive, and is designed to prepare baseball and softball players for the 2024 spring season. Players will receive a hat, jersey, and socks.

Youth Volleyball

Open to ages 8 - 13 (A child’s league age is their age on Sept. 1, 2023.)
Dates: Practices and games will be held in September and October.

<table>
<thead>
<tr>
<th>League</th>
<th>Gender</th>
<th>Age</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Setters</td>
<td>Coed</td>
<td>8-10</td>
<td>Monday/Wednesday</td>
</tr>
<tr>
<td>Spikers</td>
<td>Coed</td>
<td>11-13</td>
<td>Monday/Wednesday</td>
</tr>
</tbody>
</table>

Teams will practice and play games at the J. Bryan Floyd Community Center. Practices and games will be held on Mondays and Wednesdays. Each participant will receive an NMB Volleyball jersey.
Youth Flag Football
Open to ages 7 - 12 (A child’s league age is their age on Sept. 1, 2023.)
Dates: Practices and games will be held in September and October.

<table>
<thead>
<tr>
<th>League</th>
<th>Gender</th>
<th>Age</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Fry</td>
<td>Coed</td>
<td>7-9</td>
<td>Monday/Wednesday</td>
</tr>
<tr>
<td>Mite</td>
<td>Coed</td>
<td>10-12</td>
<td>Monday/Wednesday</td>
</tr>
</tbody>
</table>

In the flag football league, players will learn the game of football in a safe and fun environment. Flags, jerseys and mouthpieces will be provided. Games will be held during the week at the North Myrtle Beach Park and Sports Complex.

Youth Lacrosse
Open to ages 8-13 (A child’s league age is their age on Sept. 1, 2023.)
Dates: Practices and games will be held in September and October.

<table>
<thead>
<tr>
<th>League</th>
<th>Gender</th>
<th>Age</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Fry</td>
<td>Coed</td>
<td>8-10</td>
<td>Tuesday/Thursday</td>
</tr>
<tr>
<td>Mite</td>
<td>Coed</td>
<td>11-13</td>
<td>Tuesday/Thursday</td>
</tr>
</tbody>
</table>

Players will learn the game of Lacrosse in a safe and fun environment. Jerseys, equipment (returned) and mouthpieces will be provided. Practices and games will be held on Tuesday and Thursdays at the North Myrtle Beach Park and Sports Complex.

Youth Basketball
Open to ages 7 - 15
Registration: Residents Only Oct. 9th - 13th
Open Registration Oct 14th - Nov 3rd
Season Dates: December to March

<table>
<thead>
<tr>
<th>Boys Leagues</th>
<th>Girls Leagues</th>
</tr>
</thead>
<tbody>
<tr>
<td>League</td>
<td>Age</td>
</tr>
<tr>
<td>Pee Wee</td>
<td>7-8</td>
</tr>
<tr>
<td>Small Fry</td>
<td>9-10</td>
</tr>
<tr>
<td>Mite</td>
<td>11-12</td>
</tr>
<tr>
<td>Senior</td>
<td>13-15</td>
</tr>
</tbody>
</table>

Participants will be given the opportunity to participate in organized basketball leagues that focus on fun, participation and teamwork. Practices will begin in December and games will begin in January at the J. Bryan Floyd Community Center or other area gyms. Each participant will receive a team jersey.

Rookie Basketball
Open to ages 5-6
Registration: Residents Only Oct. 9th - 13th
Open Registration Oct 14th - Nov 3rd
Season Dates: December to March

Practices and games will be held during the week and/or Saturdays at J. Bryan Floyd Community Center or other area gyms. Players will learn the fundamentals including dribbling, shooting, and teamwork.

Adult Sports
Coed Softball
Open to men and women ages 18 and older as of September 1, 2023.

Fees: $600 Team Registration Only.
Players without a team will be placed on the free agents list.
Registration: August 1st - September 1st
Teams may register online at https://parks.nmb.us/register
Dates: Games will be held on Mon, Tues, Wed, or Thurs nights
Location: North Myrtle Beach Park and Sports Complex

League fees cover umpires, balls, and post season awards. League will be coordinated by the NMB Parks and Recreation Department. Teams are responsible for providing their own jerseys. Call (843) 281-3800 for more information.
Aquatic & Fitness Center

1100 Second Avenue South
North Myrtle Beach, SC 29582

(843) 281-3737

Operating Hours:
Monday - Thursday
5:30 AM - 9:00 PM
Friday
5:30 AM - 8:00 PM
Saturday
7:00 AM - 6:00 PM
Sunday
12:00 PM - 5:00 PM

Facility Staff:

Administrative Assistant
Tara Augustyn
thaugustyn@nmb.us

Activities Manager
Ryan Windell
rewindell@nmb.us

Aquatics Manager
Judy Childers
jchilders@nmb.us

Fitness Manager
Shawn Spickler
scsspickler@nmb.us

Certifications & Courses

Safe Sitter & Safe @ Home
Safe Sitter is a three day course teaching students grades 6-8 how to be safe and prepared when babysitting or watching younger siblings. Courses are ongoing and $125 for Members and $140 for Non-Members.

Safe @ Home is a 90 minute class for students in grades 4-6 to prepare them on how to be safe when left at home alone. Courses are ongoing and $25 for Members and $40 for Non-Members.

CPR, AED, & First Aid Training

Inquire at the Front Desk about all upcoming course dates and times so you and your family are prepared during an emergency!

Scan to visit afc.nmb.us!

Inquire at the Front Desk about all upcoming course dates and times so you and your family are prepared during an emergency!

Are you ready during an emergency? Equip yourself with the knowledge you need to help save a life.

CPR, AED & FIRST AID TRAINING
Fee: $75*
Ages 16 & up

CPR & AED TRAINING
Fee: $35*
Ages 16 & up

*American Safety & Health Institute 2 Year Certifications
Celebrate with Us!

Celebrating 18 Years of AWESOME

No Joining Fee on Annual Memberships
November 6th – 18th

Programs Available:
- Water & Land Fitness Classes (Classes Included at No Additional Cost)
- Personal Training & Group Coaching
- Swim Teams/Swim Lessons
- After School Program
- Summer Camp
- Child Watch Area
- McLeod Free Injury Clinics

The waiving of the enrollment fee is not valid with any other offers or corporate memberships. This offer is only valid November 6th-18th, 2023. Membership must be activated at sign-up.
Water Fitness Classes

The Aquatic & Fitness Center provides our members with a state-of-the-art aquatic facility filled with the newest and most innovative therapy, instruction, fitness, and competitive equipment. Water exercise is an excellent way to a fit and healthy body. Our classes are designed to build strength, flexibility, and cardiovascular fitness. They take advantage of your buoyancy in the water and the resistance the water creates. Whatever an individual’s fitness goals or therapeutic needs, they can be met with the right class or mix of classes. Throughout the day, programs and classes are scheduled in both the competitive and teaching/therapy pools.

20 foot Indoor Waterslide
3 Lane Teaching and Therapy Pool
8 Lane, 25 yard Lap Pool
Full Timing System and Scoreboard
Hot Tub & Sauna

Adult Swim Lessons
Adult Swim Lessons are ongoing and offered at various days and times during the week. Check with the Front Desk for more details.
Member Lessons $38
Non-Member Lessons $54

Private Swim Lessons
Private Swim Lessons are set up at a time which is convenient for your schedule and are tailored to your wants and needs. Our instructors have a passion for helping you to achieve your goals in the water.
Member: Private $30 (30 min.)
Semi-Private $45 (30 min.)
Non-Member: Private $40 (30 min.)
Semi-Private $60 (30 min.)
Swim Teams

Grand Strand Masters Swim Team

Masters Swimming is an organized program of swimming for adults. Members participate in a variety of ways, ranging from lap swimming, triathlons, and swimming competitions. Open to everyone ages 18 and older. You must be registered through United States Masters Swimming (USMS).

Monthly Fees:
- Members $25
- Non-Members $40

*Payments are due to the front desk no later than the 7th of each month

Practice Days/Times:
- Mondays & Wednesdays 6:00 pm - 7:30 pm
- Saturdays 6:30 am - 8:00 am

Contact Diane Barlett for more info - dcbartlett@nmb.us

Dolphins Swim Team

The NMB Aquatic and Fitness Center Dolphins Swim Team trains throughout the year with weekly practices. The Dolphins Swim Team welcomes both members and non-members. Open to everyone ages 6 - 18.

Monthly Fee:
- Members $42
- Non-Members $55

Annual Registration Fee: $20

Contact Judy Childers for more info

Dolphins Pre-Team

The NMB Aquatic and Fitness Dolphins Pre-Team has two sessions designed to ready Pre-Dolphins for the dive into our Dolphins Swim Team. The Dolphins Pre-Team welcomes both members and non-members. Open to everyone ages 5 - 18.

Monthly Fee:
- Members $34
- Non-Members $48

Contact Judy Childers for more info

The North Myrtle Beach Aquatic & Fitness Dolphins Pre-Team is a program designed for swimmers desiring to join our Dolphins Swim Team but aren’t quite ready to make the jump. Focus will be on breathing techniques, stroke development, proper body balance while building confidence and endurance. If your swimmer wants to be a Dolphins Swim Team member we will help them get there! Call for your free swim assessment today!
Group Fitness Classes

The Aquatic and Fitness Center offers over 60 free group fitness classes each week, all instructed by certified Group Fitness Instructors and Personal Trainers. These classes are complimentary with a membership to the North Myrtle Beach Aquatic and Fitness Center. Classes offered include virtual sessions on AFC’s Big Screen.

- Zumba
- Yoga
- Pilates
- TURBO - Spin&Spin
- Biker-BARRE
- Stretch and Restore
- Kettlebell Koncepts
- Tread & Tone
- Strength & Cardio
- Les Mills Classes

Les Mills Virtual workouts combine world-leading fitness programs with pumping sounds and motivation from some of the best instructors on the planet. It’s a truly inspiring experience that will drive amazing results.

Kids Fitness Classes

Saturdays at 1 pm - AFC Aerobics Room
Members: Free | Ages 2-5 & 6-16

Designed to nurture a life-long love of physical activity, BORN TO MOVE ™ helps children experience the joy and vitality of moving to music. Each session feeds young people’s natural appetite for action, movement and play – and lets them enjoy the energy, confidence, good health and increased ability that goes with it.

Contact Me Today (910) 547-7853
AFTER SCHOOL PROGRAM

Monday - Friday 2:45 pm - 6:00 pm

Registration is ongoing throughout the School Year, pending available space. Register at the NMB Aquatic & Fitness Center Customer Service Desk. Kids will be able to ride the bus from school to the NMB Aquatic & Fitness Center. The kids will receive help with their homework, as well as snacks, and activities in the gym and pool.

Kids must ride the bus to attend the program.
Ocean Drive Elementary-Bus #9, NMB Middle- Bus #3

Open to the Public
Kindergarten - 6th Grade
Contact Ryan Windell for more info

Fees: $30/person One Time Registration
$58/week Member
$68/week Non-Member
(sibling and monthly discounts available)

Join the Fun!

Kaos
KID'S ARE OUT OF SCHOOL PROGRAM

Open to Kindergarten - 6th Grade

Member Fee: $36.00
Non-Member Fee: $35.00

Pre-registration is required at our front desk. Registration opens 1 month prior to camp start. Minimum of 10 participants required.

Monday
October 9th
7:30 am - 5:30 pm
Registration Dates
Friday, October 6th

Tuesday
October 10th
7:30 am - 5:30 pm
Registration Dates
Friday, October 6th

For more information contact: Ryan Windell

Parents Night Out

Parents enjoy a night out while your kids enjoy a night of themed fun including games, arts and crafts, activities, dinner, and MORE!

Open to Kindergarten - 6th Grade

Member Fee: $25.00
Non-Member Fee: $30.00

Pre-registration is required at our front desk. Registration opens 1 month prior to camp start. Minimum of 10 participants required.

Saturday
August 26th
5:00 pm - 8:00 pm
Registration Dates
Friday, August 26th

Saturday
October 21st
5:00 pm - 9:00 pm
Registration Dates
Friday, October 21st

Saturday
December 16th
5:00 pm - 9:00 pm
Registration Dates
Friday, December 16th
The Fun Doesn’t Stop Here...

Get Ready for a Sea of Green!
34th Annual St. Patrick’s Day Parade & Festival

The North Myrtle Beach St. Patrick’s Day Parade is the largest on the Grand Strand with over 100 parade entries and a long history of fun. Masses of people line Main Street each year to get a glimpse of this 34 year tradition with themed and decorated floats. It is a great time for all ages and kicks off the 34th Annual St. Patrick’s Day Festival taking place along Main Street.

Join our Team - Part-Time Positions Available!

Activities Specialist
Concessions Cashier
Concessions Cook
Fitness Specialist
Custodian
Customer Service Rep

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