

# Isle of Palms Recreation Department

# Programs, Athletics, & Special Events

#24 28th Avenue Isle of Palms, SC 29451  
(843) 886-8294 www.iop.net

## APRIL 2026

MON	TUE	WED	THU	FRI	SAT
<p align="center"><b>WEEK DAY OPEN GYM HOURS</b></p> <p><b>Monday.....8am - 5pm</b>  <b>Tuesday.....8am - 9am &amp; 12pm - 5pm</b>  <b>Wednesday.....8am - 6pm</b>  <b>Thursday.....8am - 5pm</b>                      (1/2ct 9am-12pm)  <b>Friday.....8am - 4pm</b></p> <p>The Isle of Palms Recreation Department reserves the right to close courts at other times to accommodate programming.</p>		<p><b>1</b>                      7:30 Tennis Lessons                      8:00 Suspension Training                      8:00 Tabata &amp; Battle Rope                      9:00 Reaction Time                      9:15 Yoga                      9:30 Zumba                      10:00 Watercolor                      10:30 Strength &amp; Stability  <b>11:00 Speaker Series: Herpetology</b>  <b>12:00 Keenagers</b>                      12:00 Drums Alive                      2:00 Yoga for Healthy Aging                      3:00 Youth Art                      4:00 Yth Baseball Practices                      6:00 Yin Yoga                      6:30 TKD</p>	<p><b>2</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Pilates                      10:00 Table Tennis Open Play                      9:45 Line Dancing INT                      10:45 Line Dancing BEG                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      3:00 Youth Art                      4:00 Theater                      4:00 Volleyball                      5:45 9-12 Baseball</p>	<p><b>3</b>                      8:00 Suspension Training                      8:30 Strength Interval                      9:15 Yoga                      9:30 Stability &amp; Strength                      10:30 Bone Strengthening</p>	<p><b>4</b>                      9:00 TKD                      10:00 Preteen Yoga                      10:00 Mahjong    <b>10am-12pm Easter Egg Hunt</b>    <b>Open Gym 18+ 7:00-9:00a</b>  <b>Open Play 12-2p</b></p>
<p><b>6</b>                      8:00 Suspension Training                      8:30 Move It!                      9:15 Yoga                      10:00 Gather and Knit  <b>10:00 Flower Power</b>                      10:30 Strength &amp; Stability                      12:00 Mahjong                      2:00 Active Seniors Yoga                      6:30 Dog Obedience                      6:30 TKD</p>	<p><b>7</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Core &amp; More                      9:45 Deep Stretch Yoga                      10:00 Table Tennis League                      12:00 Mahjong Lessons                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      3:15 Tai Chi                      5:30 Yth Baseball Practices</p>	<p><b>8</b>                      7:30 Tennis Lessons                      8:00 Suspension Training                      8:00 Tabata &amp; Battle Rope                      9:00 Reaction Time                      9:15 Yoga                      9:30 Zumba                      10:00 Watercolor                      10:30 Strength &amp; Stability                      12:00 Drums Alive                      2:00 Yoga for Healthy Aging                      3:00 Youth Art                      4:00 Yth Baseball Practices                      6:00 Yin Yoga                      6:30 TKD</p>	<p><b>9</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Pilates                      10:00 Table Tennis Open Play                      9:45 Line Dancing INT                      10:45 Line Dancing BEG  <b>12:00 Speaker Series: Estate Planning &amp; Probate</b>                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      3:00 Youth Art                      4:00 Volleyball  <b>5:00 Speaker Series: Cyber Security</b></p>	<p><b>10</b>                      8:00 Suspension Training                      8:30 Strength Interval                      9:15 Yoga                      9:30 Stability &amp; Strength                      10:30 Bone Strengthening                      6:30 TKD Seminar</p>	<p><b>11</b>                      8:30 RxFIT                      9:00 TKD Seminar                      9:00 Drums Alive                      9:00 Fast Start Baseball                      9:00 5/6yr T-Ball                      10:00 Preteen Yoga                      10:00 Mahjong    <b>Open Gym 18+ 7:00-9:00a</b>  <b>Open Play 12-2p</b></p>
<p><b>13</b>                      8:00 Suspension Training                      8:30 Move It!                      9:15 Yoga  <b>9:45 Speaker Series: Osteoporosis &amp; Bone Health</b>                      10:00 Gather and Knit                      10:30 Strength &amp; Stability                      12:00 Mahjong                      2:00 Active Seniors Yoga                      5:45 9-12 Baseball                      5:15 7/8 Baseball                      6:30 Dog Obedience                      6:30 TKD</p>	<p><b>14</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Core &amp; More                      9:45 Deep Stretch Yoga                      10:00 Table Tennis League                      12:00 Mahjong Lessons                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      3:15 Tai Chi                      3:30 Gymnastics                      4:30 Youth Tennis                      5:30 Yth Baseball Practices                      6:30 Adult 6v6 Soccer                      7:00 Adult 3on3 Basketball</p>	<p><b>15</b>                      7:30 Tennis Lessons                      8:00 Suspension Training                      8:00 Tabata &amp; Battle Rope                      9:00 Reaction Time                      9:15 Yoga                      9:30 Zumba                      10:00 Watercolor                      10:30 Strength &amp; Stability                      12:00 Drums Alive                      2:00 Yoga for Healthy Aging                      3:00 Youth Art                      4:00 Yth Baseball Practices                      6:00 Yin Yoga                      6:30 TKD</p>	<p><b>16</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Pilates                      10:00 Table Tennis Open Play                      9:45 Line Dancing INT                      10:45 Line Dancing BEG                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      3:00 Youth Art                      4:00 Theater                      4:00 Volleyball                      5:45 9-12 Baseball</p>	<p><b>17</b>                      8:00 Suspension Training                      8:30 Strength Interval                      9:15 Yoga                      9:30 Stability &amp; Strength                      10:30 Bone Strengthening</p>	<p><b>18</b>                      8:30 RxFIT                      9:00 TKD                      9:00 Fast Start Baseball                      9:00 5/6yr T-Ball                      10:00 Preteen Yoga                      10:00 Mahjong    <b>Open Gym 18+ 7:00-9:00a</b>  <b>Open Play 12-2p</b></p>
<p><b>20</b>                      8:00 Suspension Training                      8:30 Move It!                      9:00 Pickleball Lessons BEG                      9:15 Yoga                      10:00 Gather and Knit                      10:30 Strength &amp; Stability                      12:00 Mahjong                      2:00 Active Seniors Yoga                      5:15 7/8 Baseball                      5:45 9-12 Baseball                      6:30 Dog Obedience                      6:30 TKD</p>	<p><b>21</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Core &amp; More                      9:45 Deep Stretch Yoga                      10:00 Table Tennis League                      12:00 Mahjong Lessons                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      3:15 Tai Chi                      3:30 Gymnastics                      4:30 Youth Tennis  <b>4:30 Yth Baseball Pictures</b>                      5:30 Yth Baseball Practices                      6:30 Adult 6v6 Soccer                      7:15 Adult 3on3 Basketball</p>	<p><b>22</b>                      7:30 Tennis Lessons                      8:00 Suspension Training                      8:00 Tabata &amp; Battle Rope                      9:00 Reaction Time                      9:00 Pickleball Lessons BEG                      9:15 Yoga                      9:30 Zumba                      10:00 Watercolor                      10:30 Strength &amp; Stability                      12:00 Drums Alive                      2:00 Yoga for Healthy Aging                      4:00 Yth Baseball Practices                      6:00 Yin Yoga                      6:30 TKD</p>	<p><b>23</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Pilates                      10:00 Table Tennis Open Play                      9:45 Line Dancing INT                      10:45 Line Dancing BEG                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      4:00 Theater                      4:00 Volleyball                      5:45 9-12 Baseball</p>	<p><b>24</b>                      8:00 Suspension Training                      8:30 Strength Interval                      9:15 Yoga                      9:30 Stability &amp; Strength                      10:30 Bone Strengthening</p>	<p><b>25</b>                      9:00 TKD                      9:00 Fast Start Baseball                      9:00 5/6yr T-Ball                      10:00 Preteen Yoga                      10:00 Mahjong    <b>10am-1pm Cars in the Park</b>    <b>Open Gym 18+ 7:00-9:00a</b>  <b>Open Play 12-2p</b></p>
<p><b>27</b>                      8:00 Suspension Training                      8:30 Move It!                      9:00 Pickleball Lessons BEG                      9:15 Yoga                      10:00 Gather and Knit                      10:30 Strength &amp; Stability                      12:00 Mahjong                      2:00 Active Seniors Yoga                      5:15 7/8 Baseball                      5:45 9-12 Baseball                      6:30 TKD</p>	<p><b>28</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Core &amp; More                      9:45 Deep Stretch Yoga                      10:00 Table Tennis League                      12:00 Mahjong Lessons                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      3:15 Tai Chi                      3:30 Gymnastics                      4:30 Youth Tennis                      5:30 Yth Baseball Practices                      6:30 Adult 6v6 Soccer                      7:00 Adult 3on3 Basketball</p>	<p><b>29</b>                      7:30 Tennis Lessons                      8:00 Suspension Training                      8:00 Tabata &amp; Battle Rope                      9:00 Reaction Time                      9:00 Pickleball Lessons BEG                      9:15 Yoga                      9:30 Zumba                      10:00 Watercolor                      10:30 Strength &amp; Stability                      12:00 Drums Alive                      2:00 Yoga for Healthy Aging                      4:00 Yth Baseball Practices                      6:00 Yin Yoga                      6:30 TKD</p>	<p><b>30</b>                      7:30 Tennis Lessons                      8:30 RxFIT                      8:30 Pilates                      10:00 Table Tennis Open Play                      9:45 Line Dancing INT                      10:45 Line Dancing BEG                      1:00 Senior Fitness                      2:00 Over 60 Fitness                      4:00 Theater                      5:45 9-12 Baseball</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Pickleball Open Play</b>  <b>Tues, Thurs, Friday</b>  <b>8am - 11am</b>  <b>Wednesday</b>  <b>4pm - 6pm</b></p> </div>	