

Isle of Palms Recreation Department

Programs, Athletics, & Special Events

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

JUNE 2026

MON	TUE	WED	THU	FRI	SAT
1 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 9:30 Youth Tennis Camp 9:45 Tabata & Battle Rope 10:00 Gather and Knit 10:45 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 5:30 Dog Obedience 6:30 TKD <i>Open Gym 8am - 9am 12pm - 5pm</i>	2 7:30 Beach Yoga 8:30 RxFIT 8:30 Core & More 9:30 Youth Tennis Camp 9:45 Deep Stretch Yoga 10:00 Table Tennis Open Play 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:15 Tai Chi <i>Open Gym 8am - 9am 12pm - 5pm</i>	3 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:15 Yoga 9:30 Youth Tennis Camp 9:30 Zumba 10:45 Strength & Stability 12:00 Drums Alive 2:00 Yoga for Healthy Aging 6:00 Yin Yoga 6:30 TKD <i>Open Gym 8am - 9am 12pm - 6pm</i>	4 8:30 RxFIT 8:30 Pilates 9:30 Youth Tennis Camp 9:45 Line Dancing INT 10:00 Table Tennis Open Play 10:45 Line Dancing BEG 1:00 Senior Fitness 2:00 Over 60 Fitness <i>Open Gym 8am - 9am 12pm - 5pm</i>	5 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength <i>Open Gym 8am - 4pm</i>	6 8:30 Lacrosse Clinic 9:00 TKD 9:00 Drums Alive 10:00 Mahjong Open Gym 18+ 7:00-9:00a Open Play 12-2p
8 CAMP Week 1 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 9:45 Tabata & Battle Rope 10:00 Gather and Knit 10:30 Art Camp 4.5-6 10:45 Strength & Stability 12:00 Mahjong 2:00 Art Camp 7-11 2:00 Active Seniors Yoga 5:30 Dog Obedience 6:30 TKD	9 7:30 Beach Yoga 8:30 RxFIT 8:30 Core & More 9:45 Deep Stretch Yoga 10:30 Art Camp 4.5-6 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Art Camp 7-11 2:00 Over 60 Fitness 3:15 Tai Chi	10 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:15 Yoga 9:30 Zumba 10:30 Art Camp 4.5-6 10:45 Strength & Stability 12:00 Drums Alive 2:00 Art Camp 7-11 2:00 Yoga for Healthy Aging 6:00 Yin Yoga 6:30 TKD	11 7:30 Sea Stroll & Learn 8:30 RxFIT 8:30 Pilates 9:45 Line Dancing INT 10:30 Art Camp 4.5-6 10:45 Line Dancing BEG 1:00 Senior Fitness 2:00 Art Camp 7-11 2:00 Over 60 Fitness	12 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 10:30 Art Camp 4.5-6 2:00 Art Camp 7-11	13 8:30 Lacrosse Clinic 8:30 RxFIT 9:00 TKD 10:00 Mahjong Open Gym 18+ 7:00-9:00a Open Play 12-2p
15 CAMP Week 2 8:00 Suspension Training 8:30 Move It! 9:00 Basketball Camp 9:15 Yoga 9:30 Backpack Makeover 9:30 Youth Tennis Camp 9:45 Tabata & Battle Rope 10:00 Gather and Knit 10:45 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 5:30 Dog Obedience 6:30 TKD	16 7:30 Beach Yoga 8:30 RxFIT 8:30 Core & More 9:00 Basketball Camp 9:30 Youth Tennis Camp 9:45 Deep Stretch Yoga 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:15 Tai Chi	17 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Basketball Camp 9:15 Yoga 9:30 Backpack Makeover 9:30 Youth Tennis Camp 9:30 Zumba 10:45 Strength & Stability 12:00 Drums Alive 2:00 Yoga for Healthy Aging 6:00 Yin Yoga 6:30 TKD	18 8:30 RxFIT 8:30 Pilates 9:00 Basketball Camp 9:30 Youth Tennis Camp 9:45 Line Dancing INT 10:45 Line Dancing BEG 1:00 Senior Fitness 2:00 Over 60 Fitness 4:00 Farmers Market & Food Truck Jam 7:00 Movie Night: Miracle	19 8:00 Suspension Training 8:30 Strength Interval 9:00 Basketball Camp 9:15 Yoga 9:45 Stability & Strength	20 8:30 RxFIT 9:00 TKD 9:00 Drums Alive 10:00 Mahjong 11:00 Marsh Paint-Along Open Gym 18+ 7:00-9:00a Open Play 12-2p
22 CAMP Week 3 8:00 Suspension Training 8:30 Move It! 9:00 Volleyball Camp 9:15 Yoga 9:30 Canvas to Content 9:45 Tabata & Battle Rope 10:00 Gather and Knit 10:45 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 5:30 Dog Obedience 6:30 TKD	23 7:30 Beach Yoga 8:30 RxFIT 8:30 Core & More 9:00 Volleyball Camp 9:45 Deep Stretch Yoga 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:15 Tai Chi	24 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Volleyball Camp 9:15 Yoga 9:30 Canvas to Content 9:30 Zumba 10:45 Strength & Stability 12:00 Drums Alive 2:00 Yoga for Healthy Aging 6:00 Yin Yoga 6:30 TKD	25 8:30 RxFIT 8:30 Pilates 9:00 Volleyball Camp 9:45 Line Dancing INT 10:45 Line Dancing BEG 1:00 Senior Fitness 2:00 Over 60 Fitness	26 8:00 Suspension Training 8:30 Strength Interval 9:00 Volleyball Camp 9:15 Yoga 9:45 Stability & Strength	27 9:00 TKD 10:00 Mahjong Open Gym 18+ 7:00-9:00a Open Play 12-2p
29 CAMP Week 4 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 9:45 Tabata & Battle Rope 10:00 Gather and Knit 10:45 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 6:30 TKD	30 7:30 Beach Yoga 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & More 9:45 Deep Stretch Yoga 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:15 Tai Chi	<u>OPEN GYM HOURS WILL BE LIMITED DUE TO SUMMER CAMP PROGRAMMING</u> Monday.....8am - 9am Tuesday.....8am - 9am & 4pm - 5pm Wednesday.....8am - 9am & 4pm - 6pm Thursday.....8am - 9am & 4pm - 5pm Friday.....8am - 9am The Isle of Palms Recreation Department reserves the right to close courts at other times to accommodate programming.		<u>Pickleball Open Play</u> <u>Tues, Thurs, Friday</u> 8am - 11am <u>Wednesday</u> 4pm - 6pm	