

Isle of Palms Recreation Department

Programs, Athletics, & Special Events

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

MAY 2026

MON	TUE	WED	THU	FRI	SAT	
<p>WEEK DAY OPEN GYM HOURS</p> <p>Monday.....8am - 5pm Tuesday.....8am - 9am & 12pm - 5pm Wednesday.....8am - 6pm Thursday.....8am - 5pm (1/2ct 9am-12pm) Friday.....8am - 4pm</p> <p>The Isle of Palms Recreation Department reserves the right to close courts at other times to accommodate programming.</p>		<p>Pickleball Open Play</p> <p>Tues, Thurs, Friday 8am - 11am Wednesday 4pm - 6pm</p>			<p>1 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening</p>	<p>2 9:00 TKD 9:00 Drums Alive 9:00 5/6yr T-Ball 10:00 Preteen Yoga 10:00 Mahjong</p> <p>Open Gym 18+ 7:00-9:00a Open Play 12-2p</p>
<p>4 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 10:00 Gather and Knit 10:30 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 5:15 7/8 Baseball 5:45 9-12 Baseball 6:30 TKD</p>	<p>5 7:30 Beach Yoga 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & 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>6 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Reaction Time 9:15 Yoga 9:30 Zumba 10:30 Strength & Stability 11:00 Speaker Series: Sea Turtles 12:00 Keenagers 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>7 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 Hurricane & Resilience Expo 5:45 9-12 Baseball</p>	<p>8 8:00 Suspension Training 8:30 Strength Interval 9:00 Sport for Life! Tennis Event 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening</p>	<p>9 8:30 RxFIT 9:00 TKD 9:00 Drums Alive 10:00 Preteen Yoga 10:00 Mahjong</p> <p>Open Gym 18+ 7:00-9:00a Open Play 12-2p</p>	
<p>11 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 10:00 Gather and Knit 10:30 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 5:15 7/8 Baseball 5:30 Dog Obedience 5:45 9-12 Baseball 6:30 TKD</p>	<p>12 7:30 Beach Yoga 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & 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 7:00 Adult 3on3 Basketball</p>	<p>13 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Reaction Time 9:15 Yoga 9:30 Zumba 10:30 Strength & Stability 12:00 Drums Alive 2:00 Yoga for Healthy Aging 3:00 Youth Art 6:00 Yin Yoga 6:30 TKD</p>	<p>14 7:30 Sea Stroll & Learn 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</p>	<p>15 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening</p>	<p>16 8:30 RxFIT 9:00 TKD 10:00 Preteen Yoga 10:00 Mahjong</p> <p>Open Gym 18+ 7:00-9:00a Open Play 12-2p</p>	
<p>18 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 10:00 Gather and Knit 10:30 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 5:30 Dog Obedience 6:30 TKD</p>	<p>19 7:30 Beach Yoga 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & 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 7:15 Adult 3on3 Basketball</p>	<p>20 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Reaction Time 9:15 Yoga 9:30 Zumba 10:30 Strength & Stability 12:00 Drums Alive 2:00 Yoga for Healthy Aging 3:00 Youth Art 6:00 Yin Yoga 6:30 TKD</p>	<p>21 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 Isle of Paws Music Fest 5:30 Theater Performance</p>	<p>22 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening</p>	<p>23 9:00 TKD 10:00 Preteen Yoga 10:00 Mahjong</p> <p>Open Gym 18+ 7:00-9:00a Open Play 12-2p</p>	
<p>25</p> <p>CLOSED</p> <p>MEMORIAL DAY</p>	<p>26 7:30 Beach Yoga 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & 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 7:00 Adult 3on3 Basketball</p>	<p>27 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Reaction Time 9:15 Yoga 9:30 Zumba 10:30 Strength & Stability 12:00 Drums Alive 2:00 Yoga for Healthy Aging 3:00 Youth Art 6:00 Yin Yoga 6:30 TKD</p>	<p>28 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</p>	<p>29 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening</p>	<p>30 9:00 TKD 10:00 Preteen Yoga 10:00 Mahjong</p> <p>9am Sand Sculpting Competition</p> <p>Open Gym 18+ 7:00-9:00a Open Play 12-2p</p>	