Isle of Palms Recreation Department

#24 28th Avenue Isle of Palms, SC 29451
(843) 886-8294 www.isleofpalms.gov/recreation

Programs, Athletics, & Special Events
NOVEMBER 2026

MON	TUE	WED	THU	FRI	SAT
2 8:00 Suspension Training 8:30 Move It 9:15 Yoga 9:45 Ropes & Resistance 10:00 Gather and Knit 10:15 Morning Joint Mobility 11:00 HIIT & Tabata Training+ 12:00 Mahjong **5:30 Speaker Series: Connection Before Correction** 5:30 5/6 Soccer 5:30 Dog Obedience 6:30 9-12 Soccer 6:30 TKD 7:30 Self-Defense Seminar	**3** 8:00 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 4:30 Youth Tennis 6:00 Shellegance 6:30 6v6 Soccer 7:00 3on3 Basketball ***Election Day:*** ***Voting open 7am-7pm***	**4** 8:00 Suspension Training 8:00 Ropes & Resistance **9:00 Farmers Edition Coop** 9:15 Yoga 9:30 HIIT & Tabata Training 10:00 Autumn Impressionism 10:30 Watercolor 10:45 Active Seniors Yoga **12:00 Keenagers** 3:00 Youth Art 6:00 Yin Yoga 6:30 TKD	**5** 8:00 RxFIT 8:30 Barrelates 9:00 Cardio Tennis 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 3:20 Youth Art 4:00 Volleyball League Play 6:30 9-12 Soccer	**6** 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength	**7** 9:00 TKD 9:00 Drums Alive 10:00 Mahjong 10:00 Preteen Yoga 10:00 Art Journey Revival 11:00 Teen Yoga 11:30 Lacrosse Fundamentals Clinic 5-7 12:15 Give a Hoot! 12:30 Lacrosse Fundamentals Clinic 8-10 **Open Gym** **18+ 7:00-9:00a** **Open Play 12-2p**
9 8:00 Suspension Training 8:30 Move It 9:15 Yoga 9:45 Ropes & Resistance **10:00 Speaker Series: Narcan Allocation & Overdose Prevention Training** 10:00 Flower Power 10:00 Gather and Knit 10:15 Morning Joint Mobility 11:00 HIIT & Tabata Training+ 12:00 Mahjong 3:30 Reading 5:30 Dog Obedience 6:30 TKD 7:30 Self-Defense Seminar	**10** 8:00 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 3:30 Gymnastics 4:30 Youth Tennis 7:00 3on3 Basketball	**11** **CLOSED** **VETERANS DAY**	**12** **7:30 Sea Stroll & Learn** 8:00 RxFIT 8:30 Barrelates 9:00 Cardio Tennis 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 Volleyball League Play	**13** 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength	**14** 8:30 RxFIT 9:00 TKD 9:00 Drums Alive 10:00 Mahjong 10:00 Preteen Yoga 10:00 Art Journey Revival 11:00 Teen Yoga 11:30 Lacrosse Fundamentals Clinic 5-7 12:15 Give a Hoot! 12:30 Lacrosse Fundamentals Clinic 8-10 **9am-11am** **Coffee & Canines** **Open Gym** **18+ 7:00-9:00a** **Open Play 12-2p**
16 8:00 Suspension Training 8:30 Move It 9:15 Yoga 9:45 Ropes & Resistance 10:00 Gather and Knit 10:15 Morning Joint Mobility 11:00 HIIT & Tabata Training+ 12:00 Mahjong 3:30 Reading 5:00 Bball Coaches Meeting 5:30 Dog Obedience 5:30 I Can't Even Draw a Stick Figure! Drawing Class 6:30 TKD 7:30 Self-Defense Seminar	**17** 8:00 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 4:30 Youth Tennis 5:00 Bball Skill Evaluation 6:00 Shellegance 8:00 3on3 Basketball	**18** 8:00 Suspension Training 8:00 Ropes & Resistance **9:00 Farmers Edition Coop** 9:15 Yoga 9:30 Drums Alive 9:30 HIIT & Tabata Training 10:00 Autumn Impressionism 10:30 Watercolor 10:45 Active Seniors Yoga 3:00 Youth Art 6:00 Yin Yoga 6:30 TKD	**19** 8:00 RxFIT 8:30 Barrelates 9:00 Cardio Tennis 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 3:20 Youth Art 4:00 Volleyball League Play	**20** 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 12:00 Creative Writing 18+	**21** 8:30 RxFIT 9:00 TKD 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga 11:30 Lacrosse Fundamentals Clinic 5-7 12:15 Give a Hoot! 12:30 Lacrosse Fundamentals Clinic 8-10 **Open Gym** **18+ 7:00-9:00a** **Open Play 12-2p**
23 8:00 Suspension Training 8:30 Move It 9:15 Yoga 9:45 Ropes & Resistance 10:00 Gather and Knit 10:15 Morning Joint Mobility 11:00 HIIT & Tabata Training+ 12:00 Mahjong 3:30 Reading 5:30 Dog Obedience 5:30 I Can't Even Draw a Stick Figure! Drawing Class 6:30 TKD	**24** 8:00 RxFIT 8:30 Core & More 9:00 Storytime & Crafts w/ Miss Cathy 9:45 Deep Stretch Yoga 10:00 Table Tennis League 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 4:30 Youth Tennis	**25** 8:00 Suspension Training 8:00 Ropes & Resistance 9:15 Yoga 9:30 Drums Alive 9:30 HIIT & Tabata Training 10:00 Autumn Impressionism 10:30 Watercolor 10:45 Active Seniors Yoga 3:00 Youth Art ***Rec Center closes at 5pm***	**26** **CLOSED** **THANKSGIVING**	**27** **CLOSED**	**28** 9:00 TKD 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga 12:15 Give a Hoot! **Open Gym** **18+ 7:00-9:00a** **Open Play 12-2p**
30 8:00 Suspension Training 8:30 Move It 9:15 Yoga 9:45 Ropes & Resistance 10:00 Gather and Knit 10:15 Morning Joint Mobility 11:00 HIIT & Tabata Training+ 12:00 Mahjong 3:30 Reading 5:30 Dog Obedience 6:30 TKD					

Pickleball Open Play

Tues, Thurs, Friday

8am - 11am

Wednesday

4pm - 6pm

WEEK DAY OPEN GYM HOURS

Monday…….8am - 5pm

Tuesday…….8am - 9am & 12pm - 5pm

Wednesday…..8am - 6pm

Thursday……..8am - 5pm (1/2ct 9am-12pm)

Friday……...8am - 4pm

The Isle of Palms Recreation Department reserves the right to close courts at other times to accommodate programming.