

Isle of Palms Recreation Department

Programs, Athletics, & Special Events

#24 28th Avenue Isle of Palms, SC 29451

(843) 886-8294 www.isleofpalms.gov/recreation

OCTOBER 2026

MON		TUE	WED	THU	FRI	SAT
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.		1 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 3:20 Youth Art 6:30 9-12 Soccer	2 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 3:00 Around the World Adventures	3 9:00 TKD 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga 8:00 IOP Connector Run Open Gym 18+ 7:00-9:00a Open Play 12-2p
5 FREE FITNESS WEEK 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 2:00 Active Seniors Yoga 3:00 Tiny Chefs 5:00 Youth Tennis 5:30 5/6 Soccer 5:30 Dog Obedience 6:30 9-12 Soccer 6:30 TKD 7:30 Self-Defense Seminar		6 7:30 Beach Yoga 8:00 RxFIT 8:30 Core & More 10:00 Table Tennis League 9:45 Deep Stretch Yoga 10:00 Sing. Play, & Learn 11:00 Speaker Series: Local Real Estate Market Update 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:30 Gymnastics 4:30 Soccer Picture Day 4:30 National Night Out 6:00 Shellegance 7:30 3on3 Basketball	7 8:00 Suspension Training 8:00 Ropes & Resistance 8:00 Drawing 9:15 Yoga 9:30 HIIT & Tabata Training 10:30 Watercolor 12:00 Keenagers 2:00 Yoga for Healthy Aging 3:00 Youth Art 5:30 7/8 Soccer 6:00 Yin Yoga 6:30 TKD	8 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 3:20 Youth Art 6:30 9-12 Soccer	9 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 10:00 Piccin' It Together Group Puzzle Competition 10:00 Cradled Moon	10 8:30 RxFIT 9:00 TKD 9:00 Drums Alive 9:00 Fast Start Soccer 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga Open Gym 18+ 7:00-9:00a Open Play 12-2p
12 8:00 Suspension Training 8:30 Move It 9:15 Yoga 9:45 Ropes & Resistance 10:00 Flower Power 10:00 Gather and Knit 10:15 Morning Joint Mobility 11:00 HIIT & Tabata Training+ 12:00 Mahjong 2:00 Active Seniors Yoga 5:00 Youth Tennis 5:30 5/6 Soccer 5:30 Dog Obedience 6:30 9-12 Soccer 6:30 TKD 7:30 Self-Defense Seminar		13 7:30 Beach Yoga 8:00 RxFIT 8:30 Core & More 10:00 Table Tennis League 9:45 Deep Stretch Yoga 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:30 Gymnastics 6:30 6v6 Soccer 7:00 3on3 Basketball	14 8:00 Suspension Training 8:00 Ropes & Resistance 8:00 Drawing 9:15 Yoga 9:30 Drums Alive 9:30 HIIT & Tabata Training 10:30 Watercolor 2:00 Yoga for Healthy Aging 3:00 Youth Art 5:00 Speaker Series: Estate Planning 5:30 7/8 Soccer 6:00 Yin Yoga 6:30 TKD	15 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 4:00 Farmers Market & Food Truck Jam	16 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 10:00 Cradled Moon 12:00 Creative Writing 18+ 3:00 Around the World Adventures 6:00 Ghostly Tide Tales	17 8:30 RxFIT 9:00 TKD 9:00 Fast Start Soccer 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga Open Gym 18+ 7:00-9:00a Open Play 12-2p
19 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 2:00 Active Seniors Yoga 3:00 Tiny Chefs 5:00 Youth Tennis 5:30 5/6 Soccer 5:30 Dog Obedience 6:30 9-12 Soccer 6:30 TKD 7:30 Self-Defense Seminar		20 7:30 Beach Yoga 8:00 RxFIT 8:30 Core & More 10:00 Table Tennis League 9:45 Deep Stretch Yoga 10:00 Sing. Play, & Learn 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:30 Gymnastics 6:00 Shellegance 6:30 6v6 Soccer 7:00 3on3 Basketball	21 8:00 Suspension Training 8:00 Ropes & Resistance 8:00 Drawing 9:15 Yoga 9:30 Drums Alive 9:30 HIIT & Tabata Training 10:30 Watercolor 2:00 Yoga for Healthy Aging 3:00 Youth Art 5:30 7/8 Soccer 6:00 Yin Yoga 6:30 TKD	22 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	23 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 10:00 Cradled Moon 3:00 Around the World Adventures	24 9:00 TKD 9:00 Drums Alive 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga Open Gym 18+ 7:00-9:00a Open Play 12-2p
26 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+ 11:00 Acrylic Painting 12:00 Mahjong 2:00 Active Seniors Yoga 3:00 Tiny Chefs 5:30 Speaker Series: Upcycled Elements in Art 5:30 5/6 Soccer 5:30 Dog Obedience 6:30 9-12 Soccer 6:30 TKD		27 7:30 Beach Yoga 8:00 RxFIT 8:30 Core & More 10:00 Table Tennis League 9:45 Deep Stretch Yoga 10:00 Sing. Play, & Learn 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:30 Gymnastics 6:30 6v6 Soccer 7:00 3on3 Basketball	28 8:00 Suspension Training 8:00 Ropes & Resistance 8:00 Drawing 9:15 Yoga 9:30 Drums Alive 9:30 HIIT & Tabata Training 2:00 Yoga for Healthy Aging 3:00 Youth Art 5:30 7/8 Soccer 6:00 Yin Yoga 6:30 TKD	29 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	30 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 3:00 Around the World Adventures	31 9:00 TKD 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga 4:00 Halloween Golf Cart Parade & Carnival Open Gym 18+ 7:00-9:00a Open Play 12-2p