Isle of Palms Recreation Department

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

Programs, Athletics, & Special Events
SEPTEMBER 2026

MON	TUE	WED	THU	FRI	SAT
Pickleball Open Play **Tues, Thurs, Friday** **8am - 11am** **Wednesday** **4pm - 6pm**	**1** 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 11:15 Balance/Fall Prevent 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 4:00 Distressed to Impress 4:15 Gymnastics 6:00 Art Journey Revival 6:30 6v6 Soccer 7:00 3on3 Basketball	**2** 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 **12:00 Keenagers** 2:00 Yoga for Healthy Aging 4:00 Put a Bird On It! 5:30 Flower Top Workshop 6:00 Yin Yoga 6:30 TKD	**3** 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 12:00 Balance & Flow 1:00 Senior Fitness 2:00 Over 60 Fitness 3:00 Watercolor w/ Pen & Pink 4:30 How to Paint Bubbles 18+	**4** 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 11:00 Balance/Fall Prevent	**5** 9:00 TKD 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga 11:00 I Can't Even Draw a Stick Figure! Drawing Class **Open Gym** **18+ 7:00-9:00a** **Open Play 12-2p**
7 **CLOSED** **LABOR DAY**	**8** 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 11:15 Balance/Fall Prevent 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 4:00 Distressed to Impress 4:15 Gymnastics 6:00 Art Journey Revival **6:00 Speaker Series: Guardianship** 6:30 6v6 Soccer 7:00 3on3 Basketball	**9** 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 10:45 Zumba **11:00 Speaker Series: Science Behind Site Water Runoff** 2:00 Yoga for Healthy Aging 4:00 Put a Bird On It! 5:30 Flower Top Workshop 6:00 Yin Yoga 6:30 TKD	**10** **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 12:00 Balance & Flow 1:00 Senior Fitness 2:00 Over 60 Fitness 3:00 Watercolor w/ Pen & Pink 4:30 How to Paint Bubbles 18+	**11** 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 11:00 Balance/Fall Prevent	**12** 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**
14 8:00 Suspension Training 8:30 Move It 9:00 Cardio Tennis 9:00 How to Paint Water 9:15 Yoga 9:45 Ropes & Resistance 10:00 Flower Power 10:00 Gather and Knit 10:15 Morning Joint Mobility 10:30 Sea Turtle Project 11:00 Acrylic Painting 11:00 HIIT & Tabata Training+ 12:00 Mahjong 2:00 Active Seniors Yoga 3:00 Tiny Chefs 5:30 Dog Obedience 6:30 TKD	**15** 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: Power of Positive Painting** 11:15 Balance/Fall Prevent 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 4:15 Gymnastics 4:15 Youth Creative Writing 5:00 Abstract Ocean Art 6:30 6v6 Soccer 7:00 3on3 Basketball	**16** 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 10:45 Zumba 2:00 Yoga for Healthy Aging 6:00 Yin Yoga 6:30 TKD	**17** 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 12:00 Balance & Flow 1:00 Senior Fitness 2:00 Over 60 Fitness 3:00 Watercolor w/ Pen & Pink **4:00 Farmers Market & Food Truck Jam** 5:00 Abstract Ocean Art 6:30 I Can't Even Draw a Stick Figure! Drawing Class	**18** 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 11:00 Balance/Fall Prevent **11:00 Speaker Series: IOP Compost Program** 12:00 Creative Writing 18+	**19** 8:30 RxFIT 9:00 TKD 9:00 Fast Start Soccer 10:00 Mahjong 10:00 Palm Collage Workshop 10:00 Preteen Yoga 11:00 Teen Yoga **Open Gym** **18+ 7:00-9:00a** **Open Play 12-2p**
21 8:00 Suspension Training 8:30 Move It 9:00 Cardio Tennis 9:00 How to Paint Water 9:15 Yoga 9:45 Ropes & Resistance 10:00 Gather and Knit 10:15 Morning Joint Mobility 10:30 Sea Turtle Project 11:00 Acrylic Painting 11:00 HIIT & Tabata Training+ 12:00 Mahjong 2:00 Active Seniors Yoga 3:00 Tiny Chefs 5:30 Dog Obedience 6:30 TKD	**22** 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 11:15 Balance/Fall Prevent 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 4:15 Gymnastics 4:15 Youth Creative Writing 5:00 Abstract Ocean Art 6:00 Shellegance 6:30 6v6 Soccer 7:00 3on3 Basketball	**23** 8:00 Suspension Training 8:00 Ropes & Resistance 8:00 Drawing 9:15 Yoga 9:30 Drums Alive 9:30 HIIT & Tabata Training **10:00 Mahjong Tournament** 10:00 Shellegance 10:30 Watercolor 2:00 Yoga for Healthy Aging 6:00 Yin Yoga 6:30 TKD 6:30 I Can't Even Draw a Stick Figure! Drawing Class	**24** 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 12:00 Balance & Flow 1:00 Senior Fitness 2:00 Over 60 Fitness 5:00 Abstract Ocean Art	**25** 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:45 Stability & Strength 11:00 Balance/Fall Prevent 3:00 Around the World Adventures	**26** 9:00 TKD 9:00 Drums Alive 9:00 Fast Start Soccer 9:30 Safe Sitter 10:00 Mahjong 10:00 Preteen Yoga 11:00 Teen Yoga **Open Gym** **18+ 7:00-9:00a** **Open Play 12-2p**
28 8:00 Suspension Training 8:30 Move It 9:00 Cardio Tennis 9:00 How to Paint Water 9:15 Yoga 9:45 Ropes & Resistance 10:00 Gather and Knit 10:15 Morning Joint Mobility 10:30 Sea Turtle Project 11:00 Acrylic Painting 11:00 HIIT & Tabata Training+ 12:00 Mahjong 2:00 Active Seniors Yoga 3:00 Tiny Chefs 3:30 Reading **5:30 Speaker Series: Connection Before Correction** 5:30 5/6 Soccer 5:30 Dog Obedience 6:30 9-12 Soccer 6:30 TKD	**29** 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 11:15 Balance/Fall Prevent 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:30 Gymnastics 4:15 Youth Creative Writing 6:30 6v6 Soccer 7:00 3on3 Basketball	**30** 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			

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.