

ACTIVITY GUIDE

SEPTEMBER-DECEMBER 2025



ISLE OF PALMS



Recreation Dept.

Contents

Announcements & Updates	3
Facilities & Amenities	4
Registration & Policies	5
Events	6-7
Youth Athletics & Programs	8-10
Adult Athletics	10
Group Fitness	11-13
Adult Programs	13-14
Social Clubs	14
Calendar of Events	15



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Join Our Team

Recreation
Assistant/Scorekeeper
Group Fitness Instructor

The Isle of Palms
Recreation Department is
hiring! For more information
call 843-886-8294 or visit
www.iop.net/employment-opportunities.



Announcements & Updates

Visit www.iop.net for the latest information updates and for a digital copy of the Activity Guide.

For daily news, updates and happenings, follow the REC CENTER on Facebook and Instagram.

Rainout Information & Updates - Follow Isle of Palms Recreation Departments social media accounts for the latest information.

Sponsorship Opportunities - Support a youth athletic team or special event and advertise your business!

For more information about sponsorships call 843-886-8294 or contact:

- Aaron Sweet, Athletics, asweet@iop.net
- Kelsey Marsh, Special Events, kmarsh@iop.net

Volunteer Opportunities - Volunteers are needed in youth sports, library, special events, and other areas. For more information call 843-886-8294.



Instagram



Facebook

Facilities & Amenities

Bark Park

- 29th Avenue behind the Recreation Center
- Hours - Sunrise to Sunset

Scalise Baseball Field

- 27th Avenue
- Lights are provided for recreation activities only.
- Golfing, dogs, and motorized vehicles are not permitted.
- Fields may not be reserved.
- Hours - Sunrise to Sunset

Basketball Courts

- Hartnett Blvd & 28th Avenue
- Play is first come, first serve.
- Courts may not be reserved.
- Hours - Sunrise to 10PM

Library

- Open building hours.
- No memberships.
- Books are loaned on an honor system.

Cardio Room

- Equipment - treadmills, recumbent bikes, ellipticals
- Hours
 - Monday 8AM-6:30PM
 - Tuesday 8AM-5PM
 - Wednesday 8AM-6:30PM
 - Thursday 8AM-5PM
 - Friday 8AM-4PM
 - Saturday 8AM-2PM

Gymnasium

- Recreation activities have first priority over gym usage.
- Hours
 - Monday-Friday, time varies due to programming.
 - Saturdays
 - Adult Play 7-9AM
 - Open Gym 11AM-2PM

Fitness Court

- Outdoor bodyweight circuit training system designed for adults of all ages and fitness levels.
- Hours - Sunrise to Sunset

Playground

- 28th Avenue
- The playground is designed for children of all ages.

Picnic Shelter 20X40

- Located next to playground.
- First come, first serve.
- Shelter may not be reserved. Recreation programs have priority.

Clarkin Softball Field

- 27th Avenue Lights are provided for recreation activities only.
- Golfing, dogs, and motorized vehicles are not permitted.
- Field may not be reserved.

Tennis Courts

- Harnett Blvd. & 28th Ave.
- Courts have lights.
- Courts are first come, first serve.
- When someone is waiting, singles should limit play time to one (1) hour.
- Doubles, limit play to two (2) hours.
- Hours - Sunrise to 10PM

Pickleball Courts

- 27th Avenue & Harnett Blvd.
- First come, first serve.
- When someone is waiting, limit play time to one (1) hour.
- Open Play times are advertised on the court.
 - 8-11AM Tuesday, Thursday, & Friday
 - 4-6PM Wednesdays
- Times may vary based on the program schedule.
- During Open Play - paddle holder rotation.



Registration & Policies

Walk-in Registration

- Register in person at the Isle of Palms Recreation Department, 24 28th Ave, Isle of Palms, SC 29451.
- Hours
 - Monday-Thursday 8AM-5PM
 - Friday 8AM-4PM
- Payments - cash, checks, and credit card.
- Credit Card use charges will be applied to each transaction.
- No part of the fee is retained by the City of Isle of Palms.

On-line Registration

1. Click on "Login" Sign in with your username and password.
2. Search for the activity of your choice by clicking on the activity category.
3. Find your activity and click "Add to Cart".
4. Choose the family member to register and answer any registration questions.
5. Continue to the shopping cart and choose "Proceed to Checkout".
6. Complete the process by paying via credit card.

Already registered and forgot account password. Click FORGOT PASSWORD and follow directions. Issues - contact the REC Center, 843.886.8294.

All NEW USERS must walk-in and/or call to have a new account set up.

- NEW USERS are required to provide an original or certified copy of a passport or birth certificate and proof of residency when registering a youth for the first time.
- We recommend that you establish an account prior to registration opening per activity.

FAQs

Cancellations: The Isle of Palms Recreation Department reserves the right to cancel any program that does not receive the minimum number of participants.

Refunds: A full refund/credit will be given for a cancellation of a class or activity by the Isle of Palms Recreation Department.

Refunds requested by participants less than one week before the start date will be given minus a \$10 processing fee.

No refunds will be granted after the start of a program. Refund processing may take up to two weeks.

Engraved Brick Program

- Activity # 131700
- Front of the Building
 - Small
 - 4'X8' Brick, \$75, 3 lines up to 36 characters
 - Medium
 - 6'X6' Brick, \$100, 3 or 4 lines up to 45 characters
 - Large
 - 6'X8' Brick, \$125, 3 or 4 lines up to 52 characters
- Description - Shout-out to your family, friends, partners, associates, beach lifestyle, Isle of Palms, and MORE!

Photography/Videography: We reserve the right to use photos and videos taken during events, programs, and classes of participants and spectators for creative and promotional purposes.



Events

FREE SEA STROLL & LEARN

- **Thursday, September 18, 7:30AM**
 - Waterway Stewardship
 - Harriot Parker, Director of Development & Stewardship, Charleston Waterkeepers
- **Thursday, October 9, 7:30AM**
 - Life Under the Water
 - Barrier Island Eco Tours
- **Thursday, November 13, 7:30AM**
 - SC Plants and the Insects and Wildlife they Support
 - Barrier Island Eco Tours

FARMER'S MARKET & FOOD TRUCK JAM

- **Thursday, 4-7PM**
 - **September 18**
 - **October 16**
- Details
 - Food Trucks
 - Specialty Foods
 - Over 60 Artisans
 - Music
 - Family-friendly Activities

JUST FOR FUN MAHJONG TOURNAMENT - UNRANKED

- **Wednesday, September 10, 10AM-2PM**
- Magnolia Room
- Registration required.
 - \$5 per player
- Check-in starts a 9:30AM
- 1st, 2nd, & 3rd place prizes
- Lunch provided.
- Maximum 24 players
- Description - Fun and friendly tournament for all skill levels.

FREE SPEAKER SERIES 5PM

- **Tuesday, September 2**
 - Navigating the College Application Process
 - Lisa Gastaldi, Low Country College Counseling
- **Monday, September 15**
 - Charleston Unique Fishery and How We Protect It! Plus, Fishing Tips per Season
 - Barrier Island Eco Tours
- **Wednesday, September 24**
 - Aging Lightly "Let's Talk About and Prepare for Care in the Fourth Age of Life"
 - Kathryn McGrew, Ph.D.
- **Monday, September 29**
 - "Word on the Water" How Healthy Are Our Waterways?
 - Andrew Wunderly, Executive Director and Waterkeeper, Charleston Waterkeeper
- **Wednesday, October 15**
 - Trusts, Probate Process & More!
 - Joshua Hooser, Attorney at Law, Hooser Legal Counsel, LLC
- **Wednesday, October 22**
 - Snakes, Lizard, Turtles, and Alligators
 - Parker Gibbons, Barrier Island Eco Tours
- **Monday, October 27**
 - Native Americans of the South Carolina Lowcountry
 - Barrier Island Eco Tours
- **Thursday, November 6**
 - Financial Planning
 - Dimi Matouchev, CFP, CPWA, AAMS, Financial Advisor & Andrew S. Ross, Jr. (Drew), Financial Advisor
- **Monday, November 10**
 - Sharks in the Shallows and Deep
 - Captain Joseph Barrier, Island Eco Tours
- **Monday, November 17**
 - Low Country Pirates that Darkened our Waterways and Traded at our Ports
 - Barrier Island Eco Tours
- **Monday, January 26**
 - Charleston Barrier Islands
 - Barrier Island Eco Tours



CONNECTOR RUN

Saturday, October 4, 8AM

- 10k Run & 5K Run or Walk
- Register - IOPRUN.com
- Registration is non-refundable. The race fee is considered a charitable donation.
- Packet pick-up Friday, October 3, 10:30AM-7PM.
 - IOP Exchange Club 201 Palm Blvd, IOP
- Race Day registration and packet pick-up Saturday, October 4, 6:30-7:45AM
 - IOP Public Safety Building
- IOP Connector will close Saturday, October 4, at 7AM.

NATIONAL NIGHT OUT

Tuesday, October 7, 4:30-7PM

- Isle of Palms Police Departments National Night Out Annual Block Party
- Description - A fun and free community-building event that promotes police-community partnerships and neighborhood camaraderie.

GHOSTLY TIDE TALES

Friday, October 10, 6-7PM

- Front Beach, IOP
 - Public Beach Access beside Sea Cabins
- Parking in Municipal Lot B on Pavilion Drive
- FREE
- Description - Join us on the beach by campfire and hear harrowing tales of goblins, ghosts, and pirates! Bring a chair, blanket, and flashlight.

HALLOWEEN GOLF CART PARADE & HAUNTED HOUSE

Friday, October 31, 4-6PM

- Registration (IOP.net) opens on October 1
- Parade line-up at 3:30PM, 27th Avenue
- Prizes for the top three (3) decorated carts.
- Description - Parade, drive-through haunted house, kids' activities, games, food, candy, and more!

HOLIDAY ORNAMENTS WITH MIMI WOOD

Friday, November 21, 9:45AM

- Registration required.
 - \$5
- Description - Learn how to make oyster shell holiday ornaments and decor using a variety of techniques and accessories. Perfect for seasonal gift-giving

COFFEE & CANINES

Saturday, November 15, 9-11AM

- Free event
- Located in the dog park
- Coffee from:
- Music provided by:
- Description- Join IOP REC at the Bark Park for a relaxing morning of good music, hot coffee and dog friendly fun.

HOLIDAY STREET FESTIVAL

Saturday, December 6, 2-7PM

- Tree Lighting at 5:30PM
- Front Beach, IOP
- FREE
- Description - Arts & Crafts vendors, food trucks, local restaurants, family-friendly activities, and live entertainment.

SANTA'S COOKIE WORKSHOP

Thursday, December 18, 4PM

- Registration deadline is December 6.
- Recreation Center - Magnolia Room
- FREE
- Description - Join the Recreation Team and decorate holiday cookies! Kids must be accompanied by an adult. All cookies and supplies provided.

KIDS JAM

Monday, January 5, 9AM-2PM

- Join us for fun games and activities! Activity is supervised by Recreation Staff for kids ages 5-12. Must be 5 by September 1, 2025. Register by Friday, December 20.
- \$30 residents/ \$35 non-resident

Youth Athletics & Programs

GYMNASTICS

- Activity # 130016
- Tuesday
 - October 7-November 18
 - No class November 4 and 11
 - AGES 3-5 3:30-4:15PM
 - AGES 6 & up 4:15-5PM
- \$100 resident; \$105 non-resident
- Minimum 8; Maximum 15
- Instructor - Kaylie Penninger-Jordan
- Description - Basic to intermediate overall gymnastics skills and techniques - tumbling, bar, floor routine, and more.

TUMBLE & CHEER AGES 4+

- Activity # 130046
- Tuesday 5-5:45PM
 - October 7-November 18
 - No class November 4 and 11
- \$100 resident; \$105 non-resident
- Minimum 8; Maximum 15
- Instructor - Kaylie Penninger-Jordan
- Description - Description - Basic to intermediate tumble and cheer techniques.

YOUTH BASKETBALL

- Player must be AGES 5-14 as of September 1, 2025.
- Age required by SCAP (SC Athletic Programs)
- Registration
- IOP/SI Residents: October 7-November 14
- Non-Residents: October 14-November 14
 - 332001-01 5/6yr Saturday Mornings
 - 332002-02 7/8yr Wednesday Evenings
 - 332003-03 9/10yr Thursday/Saturday
 - 332004-04 11/14yr Thursday/Saturday
- \$30 IOP Resident/ \$55 Non-resident
- **Mandatory Skill Evaluation**
- AGES 9-10
 - Tuesday, November 18, 5PM
- AGES 11-14
 - Tuesday, November 18, 6:30PM
- Coaches Meeting
- Monday, November 17
 - AGES 5-6 5PM
 - AGES 7-8 5:30PM
- Practice begins the week of December 1, and the specific dates will be determined by the coaches.
- Coaches will reach out to parents after coaches meeting to discuss season details and provide team assignments.
- Participants will receive a team jersey.
- **Special requests will not be honored.**

VOLLEYBALL LEAGUE PLAY

- Activity # 331011
- Thursdays
 - October 9-November 13
 - 2nd & 3rd Graders 4-5PM
 - 4th & 5th Graders 5-6PM
 - 6th-8th Middle School 6-7PM
 - 9th Graders 7-8PM
- Teams will be established the first night of the program.
- The following weeks teams will play games and receive instruction from coaches in real game situations.
- If minimum is not met, the program will be cancelled or changed to skill-based clinic.
- Minimum 16; Maximum 32
- \$80 resident; \$85 non-resident
- Instructor - Laura & Kreg Togami
- Registration opens August.

POTTERY AGES 10+

- Activity # 130012
- Saturday
- September Session 1
 - 9-10:30AM - 3 class series
 - September 6 - Fall Luminary
 - September 13 - Leaf Plate/Tray
 - September 20 - Glaze Day
 - \$100 residents; \$105 non-residents
- September Session 2
 - 11AM-12:30PM
 - September 6 - Fall Luminary
 - September 13 - Leaf Plate/Tray
 - Either or both \$45 residents; \$50 non-residents per class
- November Session 1
 - 9-10:30AM - 3 class series
 - November 1 - Christmas Decor Item
 - November 15 - 3 Christmas Ornaments & Cookie Plate
 - November 22 - Glaze Day
 - \$100 residents; \$105 non-residents
- November Session 2
 - 11AM-12:30PM
 - November 1 - Christmas Decor Item
 - November 15 - 3 Christmas Ornaments & Cookie Plate
 - Either or both \$45 residents; \$50 non-residents per class
- Instructor - Alessandra Darling

READING KINDERGARDEN- 1ST GRADE

- Activity # 136020
- Monday 3-4PM
 - Session 1
 - September 8-October 13
 - Session 2
 - November 3-December 15
 - No class November 24
- \$150 residents; \$155 non-residents per series.
- Minimum 4; Maximum 10
- Instructor - Allison Johnson
- Description - A literacy-based class that nurtures the imagination, and helps kids ignite a pure love of learning that radiates into all aspects of their lives! We will focus on enhancing foundational literacy skills, building confidence, and engaging in wondrous thought! This class will feature games, creative projects, and interactive learning experiences designed to foster a love of reading and writing!

THEATER WORKSHOP AGES 8-14

- Activity # 131059
- CHRISTMAS CAROL
- Thursday 4-5:30PM
 - October 2 - December 11
 - No class November 27
 - Performance: December 11 - 5:30 PM
- Registration opens in
- \$150 resident; \$155 non-resident
- Minimum 7; Maximum 14
- Magnolia/Palmetto Room
- Director - Jean Schubert/Tee Shirt Theater
- Description - Perform in a delightful rendition of Charles Dickens' classic holiday novel. There are four ghosts, the adorable Cratchit family, and of course, miserly Scrooge. Audition, rehearse, and perform for family and friends at the end of the session. Build on the fundamentals of acting with theater games.

TAE KWON DO: Youth & Family Class

- Activity # 130020
- Monday 6:30-7:30PM
 - Youth or Adult \$30 residents; \$35 non-residents
 - Adults in the Youth & Family class who also attend the Adult Wednesday and/or Saturday class would pay the adult class rate - \$40 residents; \$45 non-residents
 - Accepting new students in September, November, and January.

Youth Programs

WRITING GRADES 1ST-3RD

- Activity # 136021
- Tuesday 3-4PM
 - Session 1
 - September 9-October 14
 - Session 2
 - October 28-December 16
 - No class November 4 & 25
- \$150 residents; \$155 non-residents per series.
- Minimum 4; Maximum 10
- Instructor - Allison Johnson
- Description - Spark imagination and build essential writing skills! Students will explore a variety of writing styles, from crafting exciting stories to writing expressive poems, all while discovering the joy of the written word. Whether your child already loves to write or is looking to boost their confidence, this class provides a nurturing space to develop their unique voice.

YOUTH ART

- Activity # 130034
- Wednesday
 - SESSION 1
 - September 10-October 22
 - No class September 24
 - SESSION 2
 - November 5-December 17
 - No class November 26
 - Blooming Artists AGES 5-6 1/2 3-4PM
 - Stroke of Genius AGES 7-11 4:20-5:20PM
- Thursday
 - SESSION 1
 - September 11-October 23
 - No class September 25
 - SESSION 2
 - November 6-December 18
 - No class November 27
 - Little Art AGES 3 1/2-5 3-4PM
 - Stroke of Genius AGES 7-11 4:20-5:20PM
- \$150 residents; \$155 non-residents per series.
- Instructor - Marie Johnson

ADULT 6V6 SOCCER FALL 2025

- Activity # 316002
- Registration (by team ONLY)
 - July 15-August 15
- \$300 per team
- Max. 9 Teams
- Rosters - 12 players per team
- Ages 18 & up
- Captain's Meeting - Monday, August 25 at 6PM
- Games - Tuesdays, starting September 2
- Location - 28th Avenue Soccer Field

TABLE TENNIS LEAGUE PLAY FALL 2025

- Activity # 132054
- Tuesdays 10AM-NOON
 - Games start September 2
- Registration July 15-August 15
- \$10 per player
- Ages 18+
- Location - Gymnasium

PRIVATE TABLE TENNIS LESSONS

- Activity # 132056
- Tuesdays & Thursdays 9:30am-10am
 - Develop basic skills, rules of game, understanding strategies and shot selection.
- Registration: July 15-August 15
- FREE Offered by Ted Kinghorn
- Ages 18+

PICKLEBALL GROUP LESSONS

- Activity # 132280
- Monday & Wednesday 9-10:30AM
 - Intermediate September 22, 24, 29, & October 1
 - Beginner October 27, 29 & November 3, 5
 - Intermediate December 1, 3, 8, 10
 - Intermediate January 26, 28 & February 2, 4 (registration opens in December)
- \$80 per series
 - Prior approval required for drop-ins.
- Maximum 12; Minimum 4
- Pickleball Courts
- Instructor - Nancy Markovich

PICKLEBALL PRIVATE LESSONS

- \$60 per hour per individual
 - \$30 per person for 2 individuals per hour
- \$80 per 1.5 hours
 - Split between 3-4 people.
- By Appointment Only
- Instructor - Nancy Markovich

Adult Athletics

TAE KWON DO: Adult Class

- Activity # 131019
- Wednesday 6:30-8PM & Saturday 9-10:30AM
 - Adult \$40 residents; \$45 non-residents
 - Adult Saturday ONLY \$30 residents; \$35 non-residents
 - Based on a skill assessment some youth may be invited to also attend the Wednesday and/or Saturday adult class in addition to the Monday Youth & Family Class would pay the adult class rate - \$40 residents; \$45 non-residents.
- Accepting new students in September, November, and January.
- \$5 discount for additional family members
- Instructor - Headmaster Jack Emmel, 8th DAN

TENNIS LESSONS

- Intermediate to Advanced Clinic
 - 8:30-10AM
 - Tuesday USTA Rating 2.5 & above
 - Thursday USTA Rating 3.0 & above
 - \$20 per 1.5 hours; \$15/per 1 hour
- Intermediate Clinic USTA Rating 2.0-2.5
 - Monday & Wednesday 8:30-10AM
 - \$20 1.5 hour; \$15 1hour
- Beginner Clinic
 - Thursday, 10-11:30AM
 - September 4-October 9
 - \$120 6-weeks
- Registration required.
- No drop-ins.
- Times may vary due to weather.
 - Call to confirm.
- Instructor - Corinne Enright

TENNIS - PRIVATE LESSONS

- By appointment only.
- \$80 per hour
- Instructor - Corinne Enright

ADULT 3 ON 3 BASKETBALL FALL 2025

- Registration (by team ONLY)
- Activity # 315002
- July 15-August 15
- \$80 per team
- Max 12 teams
- Rosters - 6 players per team
- Ages 18 & up
- Captain's Meeting
 - Monday, August 25 at 5:30PM
- Game Days - Tuesdays, starting September 2
- Location - IOP Recreation Gymnasium

Group Fitness

CORE & MORE

- Activity # 131062
- Tuesday 8:30AM
- \$20 resident; \$25 non-resident per month.
- \$10 drop-in per class
- Instructor - Paige Hauff
- Description - Build core strength through dynamic movement.

BEACH YOGA - FREE

- Activity # 161035
- Tuesday 7:30AM
 - September-October
- 25th Avenue Beach Access
- Instructor - Kathy Berry
- Description - Flow class with level modifications. Bring mat, towel, blocks, and water.

LINE DANCING

- Thursday
 - 9:45AM Intermediate/Advance
 - 10:45AM Beginner
- \$5 drop-in per class
- Instructor - Trisha Leonard
- Description - Kick, spin, shuffle, stomp, grapevine, and shimmy towards total mind and body wellness.

MORNING YOGA

- Activity # 131031
- Monday, Wednesday, & Friday 9:15AM
- \$64 per month/8 classes
- \$85 per month/12 classes
- \$10 drop-in per class
- Outside under the shelter
- Instructor - Pat Boyd
- Description - Athletic power stretch that enhances total body strength, balance, and flexibility.

MOVE IT CARDIO & STRENGTH

- Activity # 131063
- Monday 8:30AM
- \$20 resident; \$25 non-resident per month
- \$10 drop-in
- Instructor - Paige Hauff
- Description - Low impact cardio and strength.

OVER 60 GROUP TRAINING

- Activity # 132064
- Tuesday & Thursday 2:30PM
- \$80 per month/8 classes
- \$12 drop-in per class APPROVAL REQUIRED
- Maximum 17
- Instructor - Judy Fischer
- Description - Low impact, total body workout with adaptive moves for most fitness levels.

OVER 60 YOGA

- Activity # 132067
- Monday & Wednesday 2PM
- \$80 per month/8 classes
- \$12 drop-in per class
- Instructor - Judy Fischer
- Description - Traditional yoga at a slower pace focusing on balance, strength, and flexibility.

PILATES FUSION

- Activity # 131045
- Thursday 8:30AM
- \$20 resident; \$25 non-resident per month.
- Drop-in \$7
- Instructor - Paige Hauff
- Description - Traditional Pilates fused with various equipment and methods.



Group Fitness

RXFIT CLUB MOBILE GYM & NATIONAL FITNESS COURT TRAINING

- Activity # 130091
 - Circuit Tuesday & Thursday 8:30AM
 - \$40 residents; \$45 non-residents per month
 - \$15 drop-in per day
 - Open Gym/Circuit Saturdays 8:30AM
 - Saturdays published monthly per Coach Doug
 - \$20 per month
 - Personal Training
 - By appointment only.
 - \$80 residents; \$85 non-resident per 1 hour
 - AGES 65+ & <18 \$65 per 1 hour
- Instructor - Coach Douglas Gordon
- Description - Mobile, outdoor gym circuit training. Rain location High Tide Room.

SENIOR FUNCTIONAL & MOBILITY TRAINING

- Activity # 131067
- Monday & Thursday 1-1:45PM
- \$40 per month
- \$7 drop-in
- Instructor - Michelle Page
- Description - Gentle, low impact movement to improve total body wellness. Light weight training for strength. Chairs provided for optional seated exercise and stability.

STRENGTH

- Activity # 130093
- Friday 8:30AM
- \$20 resident; \$25 non-resident per month
- \$10 drop-in per class
- Instructor - Paige Hauff
- Description - Equipment and body weight workout to strengthen and tone.

STRENGTH & STABILITY

- Activity # 131017
- Monday & Wednesday 10:30AM
- \$40 resident; \$45 non-resident
- \$7 drop-in per class
- Instructor - Corinne Enright
- Description - Low impact training that incorporates a variety of equipment and focuses on cardio, strength, balance, and flexibility.

STABILITY & STRENGTH

- Activity # 131071
- Friday 9:30AM
- \$20 resident; \$25 non-resident
- \$7 drop-in per class
- Instructor - Sue Breckheimer
- Description - Low impact training that incorporates a variety of equipment and focuses on cardio, strength, balance, and flexibility.

STRETCH YIN YOGA

- Activity # 131033
- Wednesday 6PM
- \$40 resident; \$45 non-resident per month.
- \$12 drop-in per class
- Instructor - Kathy Berry
- Description - Gentle Yoga poses that open connective tissues and joints.

SUSPENSION TRAINING

- Activity # 131041
- Monday, Wednesday, & Friday 8AM
- \$40 resident; \$45 non-resident/8 classes
- \$55 resident; \$60 non-resident/12 classes
- \$10 Drop-in
- Outside under the shelter
- Instructor - Pat Boyd
- Description - Low impact cardio that utilizes suspension bands to increase range of motion, strengthen the total body.

SUPER STRETCH

- Activity # 131069
- Tuesday 9:30-10AM
- \$15/ 4 classes
- \$5 drop-in
- Instructor - Paige Hauff
- Description - Deep athletic stretch based on personal training and group fitness standards for a healthy lifestyle and mobility.

TABATA & BATTLE ROPE FITNESS

- Activity # 136018
- Wednesday 8AM
- \$20 resident; \$25 non-resident
- Drop-in \$7
- Instructor - Sue Breckheimer
- Description - Battle your way to a healthier, leaner you - CARDIO CLASS. Higher intensity level but can be modified for all fitness levels.

Group Fitness

ZUMBA

- Activity # 131043
- Wednesday 9:30AM
- \$20 residents; \$25 non-residents per month
- \$7 drop-in
- Instructor - Megan McDonald
- Description - High energy dance for all fitness levels.

Adult Programs

ACRYLIC PAINTING INSTRUCTION - BEGINNER

- Activity # 130010
- Wednesday 11AM-1PM
 - January 7-February 11
- \$285 per session
- All supplies included.
- All participants will work on a 16"x20" canvas.
- Instructor - Beth Melton-Seabrook
- Description - Foundation and basics of acrylic art.

ACRYLIC PAINTING INSTRUCTION - LEVEL 2

- Activity # 130010
- Wednesday 11AM-1PM
 - February 18-March 18
 - Registration opens in December
- \$285 per session
- All supplies included.
- All participants will work on a 16"x20" canvas.
- Instructor - Beth Melton-Seabrook
- Description - Tips, tricks, personal style development, and MORE!

DOG OBEDIENCE

- Activity # 131011
- Monday
- September 15-October 20
 - 5:30PM Kinderpuppy (all breeds)
 - 6:30PM Puppy Junior High
 - 7:30PM Canine Good Citizenship (CGC)
- November 3-December 8
 - 5:30PM Kinderpuppy (large breeds)
 - 6:30PM Just the Basics
 - 7:30PM Kinderpuppy (small breeds)
 - December 1 & 8 will be in the High Tide Room, not the Gym
- January 5-February 23
 - 6:30PM Kinderpuppy (all breeds)
 - 7:30AM Tricks & Parkour
 - No class January 19 & February 16
- January 7-February 11
 - 10:30AM Kinderpuppy (all breeds)
- \$265 per session
- Instructor - Christine Vinciguerra

FLOWER POWER

- Activity # 136022
- Monday 10AM
 - September 8 - Basic Flower Arranging with Cut Flowers
 - October 6 - Fall Doorstep Arrangements & Centerpieces
 - October 20 - Holiday Centerpieces, Wreaths, Garlands
 - January 12 - Cacti and Succulents
 - February 9 - Plant Propagation
 - March 9 - Green Plant Pots
 - April 7 - Spring Flower Arrangements
- \$20 per date residents; \$25 per date non-residents
- Instructor - Elizabeth Newman
- Description - Learn how to use nature to decorate your home. No skills necessary.



Isle of Paws 2025
Molly Raber, Best Dressed

Adult Programs

MAH JONG LESSONS

- Activity # 136023
- Tuesday
 - Beginner NOON-1:30PM
 - Intermediate 1:30-3PM
- \$100 resident; \$105 non-resident per month/4 session per level
- Instructor - Barbara Lassiter
- Description - From beginner to advanced play, all are welcome to join in and learn how to play.

WATERCOLOR

- Activity # 132010
- Wednesday, September 10-October 15
 - Beginner 10AM-1PM
 - Intermediate 1:30-4:30PM
- \$325 per series
- Drop-in \$60
- Maximum 15; Minimum 3
- Instructor - Giselle Harrington

WRITE IT DOWN! CREATIVE WRITING - ADULTS

- Activity # 132059
- Tuesday 10-11:30AM
 - September 9-October 28
- \$40 residents; \$45 non-residents
- Instructor - Holly Voires
- Description - Read, talk, and learn to write clearly and to a specific audience.

Social Clubs - FREE

BRIDGE SOCIAL CLUB

- Wednesday 10AM-NOON
- Front Lobby

GATHER & KNIT

- Monday 10AM
- Socialize, knit, and crochet with friends.
- Share patterns or even learn a new hobby.
- Front Lobby

KEENAGERS LUNCHEON

- September-May
 - 1st Wednesday of every month (except June-August)
 - 11:30AM Social Hour
 - Noon Lunch & Entertainment
- Description - Bring a dish to share and enjoy good food, great company, and a variety of entertainment.

MAH JONG

- Monday NOON
- Tadpole Room



Calendar of Events

2025

SEPTEMBER

- 1 Labor Day - CLOSED
- 2 Speaker Series 5PM - Navigating the College Application Process.
- 3 Keenagers NOON
- 10 Mahjong Tournament, Just for Fun 10AM-2PM (check-in at 9:30AM)
- 15 Speaker Series 5PM - Charleston Unique Fishery and How we Protect It!
- 18 Sea Stroll & Learn 7:30AM - Waterway Stewardship
- 18 Farmer's Market & Food Truck Jam 4-7PM
- 24 Speaker Series 5PM - Fourth Age Aging Lightly "Talk About and Prepare for the Fourth Age of Life"
- 26 Coffee with the Mayor 9AM
- 29 Speaker Series 5PM - "Word on the Water" How Healthy Are Our Waterways?

OCTOBER

- 1 Keenagers NOON
- 4 Isle of Palms Connector Run 8AM
- 7 Youth Basketball Registration Opens IOP/SI Residents
- 7 National Night Out 4:30-7PM
- 9 Stroll & Learn 7:30AM - Life Under the Water
- 10 Ghostly Tide Tales 6PM
- 14 Youth Basketball Registration Opens Non-residents
- 15 Speaker Series 5PM - Fourth Age Estate Planning, Trusts, Probate Process, & More
- 16 Farmer's Market & Food Truck Jam 4-7PM
- 22 Speaker Series 5PM - Reptiles Snakes, Lizards, Turtles, and Alligators
- 27 Speaker Series 5PM - Native Americans of the South Carolina Lowcountry
- 31 Halloween Golf Cart Parade & Carnival 4-6PM

NOVEMBER

- 4 Elections - Polling Location 7AM-7PM
- 5 Keenagers NOON
- 6 Speaker Series - Fourth Age Financial Planning
- 10 Speaker Series - Sharks in the Shallows and Deep
- 11 Veterans Day - CLOSED
- 13 Stroll & Learn 7:30AM SC Lowcountry Plants and the Insects and Wildlife they Support
- 15 Coffee & Canines 9-11AM
- 17 Speaker Series 5PM - Low Country Pirates that Darkened our Waterways & Traded our Ports
- 18 Holiday Cookie Decorating 4PM
- 21 Holiday Ornaments with Mimi Woods 9:45AM
- 27-28 Thanksgiving - CLOSED

DECEMBER

- 3 Keenagers NOON
- 6 Holiday Street Festival 2-7PM
- 18 Santa's Cookie Decorating 4PM
- 24-26 Christmas - CLOSED



2026

JANUARY

- 1 New Year's Day - CLOSED
- 5 Kids Jam 9AM-2PM
- 7 Keenagers NOON
- 17 Piecin' It Together Group Puzzle Competition 10AM
- 19 Martin Luther King Day - CLOSED
- 26 Speaker Series 5PM - Charleston Barrier Islands

FEBRUARY

- 4 Keenagers NOON
- 16 Presidents Day - CLOSED
- TBD Wellness Fair

MARCH

- 4 Keenagers NOON
- 7 Front Beach Fest NOON-4PM
- 21 Community Yard Sale 8-11AM

APRIL

- 1 Keenagers NOON
- 4 Easter Egg Hunt 10AM-12PM
- 25 Cars in the Park 10AM-1PM

MAY

- 6 Keenagers NOON
- 21 Isle of Paws 4-7PM
- 25 Memorial Day - CLOSED
- TBD Hurricane Expo

