

# Isle of Palms Recreation Department

# Programs, Athletics, & Special Events

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

## FEBRUARY 2026

MON	TUE	WED	THU	FRI	SAT	
<p><b>WEEK DAY OPEN GYM HOURS</b></p> <p><b>Monday.....8am - 5pm</b>  <b>Tuesday.....8am - 9am &amp; 12pm - 5pm</b>  <b>Wednesday.....8am - 6pm</b>  <b>Thursday.....8am - 5pm (1/2ct 9am-12pm)</b>  <b>Friday.....8am - 4pm</b></p> <p>The Isle of Palms Recreation Department reserves the right to close courts at other times to accommodate programming.</p>		<p><b>Pickleball Open Play</b></p> <p><b>Tues, Thurs, Friday</b>  <b>8am - 11am</b>  <b>Wednesday</b>  <b>4pm - 6pm</b></p>				
<p><b>2</b></p> <p>8:00 Suspension Training              8:30 Move It!              9:15 Yoga              10:00 Gather and Knit              10:30 Strength &amp; Stability              12:00 Mahjong              2:00 Active Seniors Yoga              3:30 Reading K-1st  <b>5:00 Speaker Series: Longevity &amp; Aging, Healthspan vs. Lifespan</b>              5:30 Yth Bball Practices              6:30 Dog Obedience              6:30 TKD</p>	<p><b>3</b></p> <p>7:30 Tennis Lessons              8:30 RxFIT              8:30 Core &amp; More              9:45 Deep Stretch Yoga              10:00 Table Tennis              12:00 Mahjong Lessons              1:00 Senior Fitness              2:00 Over 60 Fitness              3:30 Yth Bball Practices              3:30 Gymnastics              4:30 Youth Tennis              8:00 Adult Volleyball</p>	<p><b>4</b></p> <p>7:30 Tennis Lessons              8:00 Suspension Training              8:00 Tabata &amp; Battle Rope              9:00 Reaction Time              9:15 Yoga              9:30 Zumba              10:00 Watercolor              10:30 Strength &amp; Stability              11:00 Acrylic Painting  <b>12:00 Keenagers</b>              10:30 Dog Obedience              12:00 Drums Alive              2:00 Yoga for Healthy Aging              5:15 Yth Basketball              6:00 Yin Yoga              6:30 TKD</p>	<p><b>5</b></p> <p>7:30 Tennis Lessons              8:30 RxFIT              8:30 Pilates              10:00 Table Tennis              9:45 Line Dancing INT              10:45 Line Dancing BEG              1:00 Senior Fitness              2:00 Over 60 Fitness              4:00 Theater Games              5:30 Yth Basketball</p>	<p><b>6</b></p> <p>8:00 Suspension Training              8:30 Strength Interval              9:15 Yoga              9:30 Stability &amp; Strength              10:30 Bone Strengthening              3:00 Around Latin America</p>	<p><b>7</b></p> <p>9:00 TKD              10:00 Preteen Yoga              10:00 Mahjong              11:00 Yth Basketball</p> <p><b>Open Gym 18+ 7:00-9:00a</b></p>	
<p><b>9</b></p> <p>8:00 Suspension Training              8:30 Move It!              9:15 Yoga              10:00 Gather and Knit  <b>10:00 Flower Power</b>              10:30 Strength &amp; Stability              12:00 Mahjong              2:00 Active Seniors Yoga              3:30 Reading K-1st              5:30 Yth Bball Practices              6:30 Dog Obedience              6:30 TKD</p>	<p><b>10</b></p> <p>7:30 Tennis Lessons              8:30 RxFIT              8:30 Core &amp; More              9:45 Deep Stretch Yoga              10:00 Table Tennis              12:00 Mahjong Lessons              1:00 Senior Fitness              2:00 Over 60 Fitness              3:30 Yth Bball Practices              3:30 Gymnastics              4:30 Youth Tennis  <b>5:30 Speaker Series: Estate Planning &amp; Living Trusts</b>              8:00 Adult Volleyball</p>	<p><b>11</b></p> <p>7:30 Tennis Lessons              8:00 Suspension Training              8:00 Tabata &amp; Battle Rope              9:00 Reaction Time              9:15 Yoga              9:30 Zumba              10:00 Watercolor              10:30 Strength &amp; Stability              10:30 Dog Obedience              11:00 Acrylic Painting              12:00 Drums Alive              2:00 Yoga for Healthy Aging              3:00 Youth Art              6:00 Yin Yoga              6:30 TKD</p>	<p><b>12</b></p> <p>7:30 Tennis Lessons              8:30 RxFIT              8:30 Pilates              10:00 Table Tennis              9:45 Line Dancing INT              10:45 Line Dancing BEG              1:00 Senior Fitness              2:00 Over 60 Fitness              3:00 Youth Art              5:30 Yth Basketball</p>	<p><b>13</b></p> <p>8:00 Suspension Training              8:30 Strength Interval              9:15 Yoga              9:30 Stability &amp; Strength              10:30 Bone Strengthening              3:00 Around Latin America</p>	<p><b>14</b></p> <p>8:30 RxFIT              9:00 TKD              10:00 Preteen Yoga              10:00 Mahjong</p> <p><b>Open Gym 18+ 7:00-9:00a</b>  <b>Open Play 12-2p</b></p>	
<p><b>16</b></p> <p><b>CLOSED</b></p> <p><b>PRESIDENTS' DAY</b></p>	<p><b>17</b></p> <p>7:30 Tennis Lessons              8:30 RxFIT              8:30 Core &amp; More              9:45 Deep Stretch Yoga              10:00 Table Tennis              12:00 Mahjong Lessons              1:00 Senior Fitness              2:00 Over 60 Fitness              3:30 Gymnastics              4:30 Youth Tennis              8:00 Adult Volleyball</p>	<p><b>18</b></p> <p>7:30 Tennis Lessons              8:00 Suspension Training              8:00 Tabata &amp; Battle Rope              9:00 Reaction Time              9:15 Yoga              9:30 Zumba              10:00 Watercolor              10:30 Strength &amp; Stability              10:30 Dog Obedience              11:00 Acrylic Painting              12:00 Drums Alive              2:00 Yoga for Healthy Aging              3:00 Youth Art              6:00 Yin Yoga              6:30 TKD</p>	<p><b>19</b></p> <p>7:30 Tennis Lessons              8:30 RxFIT              8:30 Pilates              10:00 Table Tennis              9:45 Line Dancing INT              10:45 Line Dancing BEG              1:00 Senior Fitness              2:00 Over 60 Fitness              3:00 Youth Art</p>	<p><b>20</b></p> <p>8:00 Suspension Training              8:30 Strength Interval              9:15 Yoga              9:30 Stability &amp; Strength              10:30 Bone Strengthening              3:00 Around Latin America</p>	<p><b>21</b></p> <p>8:30 RxFIT              9:00 TKD              9:00 Drums Alive              10:00 Preteen Yoga              10:00 Mahjong</p> <p><b>Open Gym 18+ 7:00-9:00a</b>  <b>Open Play 12-2p</b></p>	
<p><b>23</b></p> <p>8:00 Suspension Training              8:30 Move It!              9:15 Yoga              10:00 Gather and Knit              10:30 Strength &amp; Stability              12:00 Mahjong              2:00 Active Seniors Yoga              3:30 Reading K-1st              6:30 Dog Obedience              6:30 TKD</p>	<p><b>24</b></p> <p>7:30 Tennis Lessons              8:30 RxFIT              8:30 Core &amp; More              9:45 Deep Stretch Yoga              10:00 Table Tennis              12:00 Mahjong Lessons              1:00 Senior Fitness              2:00 Over 60 Fitness              3:30 Gymnastics              4:30 Youth Tennis              8:00 Adult Volleyball</p>	<p><b>25</b></p> <p>7:30 Tennis Lessons              8:00 Suspension Training              8:00 Tabata &amp; Battle Rope              9:15 Yoga              9:30 Zumba              10:00 Watercolor              10:30 Strength &amp; Stability  <b>10:30 Speaker Series: SC Birds</b>              10:30 Dog Obedience              11:00 Acrylic Painting              12:00 Drums Alive              2:00 Yoga for Healthy Aging              6:00 Yin Yoga              6:30 TKD</p>	<p><b>26</b></p> <p>7:30 Tennis Lessons              8:30 RxFIT              8:30 Pilates              10:00 Table Tennis              9:45 Line Dancing INT              10:45 Line Dancing BEG              1:00 Senior Fitness              2:00 Over 60 Fitness</p>	<p><b>27</b></p> <p>8:00 Suspension Training              8:30 Strength Interval              9:15 Yoga              9:30 Stability &amp; Strength              10:30 Bone Strengthening              3:00 Around Latin America</p>	<p><b>28</b></p> <p>9:00 TKD              10:00 Preteen Yoga              10:00 Mahjong</p> <p><b>Open Gym 18+ 7:00-9:00a</b>  <b>Open Play 12-2p</b></p>	