

Isle of Palms Recreation Department

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

Programs, Athletics, & Special Events

FEBRUARY 2026

MON	TUE	WED	THU	FRI	SAT	
		<u>WEEK DAY OPEN GYM HOURS</u> 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.	<u>Pickleball Open Play</u> Tues, Thurs, Friday 8am - 11am Wednesday 4pm - 6pm			
2 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 10:00 Gather and Knit 10:30 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 3:30 Reading K-1st 5:00 Speaker Series: Longevity & Aging, Healthspan vs. Lifespan 5:30 Yth Bball Practices 6:30 Dog Obedience 6:30 TKD	3 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & 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	4 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Reaction Time 9:15 Yoga 9:30 Zumba 10:00 Watercolor 10:30 Strength & Stability 11:00 Acrylic Painting 12:00 Keenagers 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	5 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	6 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening 3:00 Around Latin America	7 9:00 TKD 10:00 Preteen Yoga 10:00 Mahjong 11:00 Yth Basketball Open Gym 18+ 7:00-9:00a	
9 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 10:00 Gather and Knit 10:00 Flower Power 10:30 Strength & 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	10 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & 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	11 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Reaction Time 9:15 Yoga 9:30 Zumba 10:00 Watercolor 10:30 Strength & 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	12 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	13 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening 3:00 Around Latin America	14 8:30 RxFIT 9:00 TKD 10:00 Preteen Yoga 10:00 Mahjong Open Gym 18+ 7:00-9:00a Open Play 12-2p	
16 CLOSED PRESIDENTS' DAY	17 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & 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	18 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Reaction Time 9:15 Yoga 9:30 Zumba 10:00 Watercolor 10:30 Strength & 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	19 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	20 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening 3:00 Around Latin America	21 8:30 RxFIT 9:00 TKD 9:00 Drums Alive 10:00 Preteen Yoga 10:00 Mahjong Open Gym 18+ 7:00-9:00a Open Play 12-2p	
23 8:00 Suspension Training 8:30 Move It! 9:15 Yoga 10:00 Gather and Knit 10:30 Strength & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 3:30 Reading K-1st 6:30 Dog Obedience 6:30 TKD	24 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & 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	25 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:15 Yoga 9:30 Zumba 10:00 Watercolor 10:30 Strength & Stability 5:00 Speaker Series: SC Birds 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	26 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	27 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening 3:00 Around Latin America	28 9:00 TKD 10:00 Preteen Yoga 10:00 Mahjong Open Gym 18+ 7:00-9:00a Open Play 12-2p	