

# Isle of Palms Recreation Department

# Programs, Athletics, & Special Events

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

## MARCH 2026

MON	TUE	WED	THU	FRI	SAT
<b>2</b> 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 4:00 Yth Baseball Practices 6:30 TKD	<b>3</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & More 9:45 Deep Stretch Yoga 10:00 Table Tennis League <b>10:30 Speaker Series: Arthritis</b> 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:30 Gymnastics 4:30 Youth Tennis 5:00 Yth Baseball Practices 6:30 Adult 6v6 Soccer 7:00 Adult 3on3 Basketball	<b>4</b> 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 <b>12:00 Keenagers</b> 12:00 Drums Alive 2:00 Yoga for Healthy Aging 3:00 Youth Art 4:00 Yth Baseball Practices 6:00 Yin Yoga 6:30 TKD	<b>5</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Pilates 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 3:00 Youth Art 4:00 Yth Baseball Practices	<b>6</b> 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening 3:00 Around Latin America	<b>7</b> 9:00 TKD 10:00 Preteen Yoga 10:00 Mahjong  <b>12pm-4pm Front Beach Fest</b>  <b>Open Gym</b> <b>18+ 7:00-9:00a</b> <b>Open Play 12-2p</b>
<b>9</b> 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 & Stability 12:00 Mahjong 2:00 Active Seniors Yoga 4:00 Yth Baseball Practices 6:30 TKD	<b>10</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & More 9:45 Deep Stretch Yoga 10:00 Table Tennis League 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:30 Gymnastics 4:30 Youth Tennis 5:00 Yth Baseball Practices 6:30 Adult 6v6 Soccer 7:00 Adult 3on3 Basketball	<b>11</b> 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 Drums Alive 2:00 Yoga for Healthy Aging 3:00 Youth Art 4:00 Yth Baseball Practices 6:00 Yin Yoga 6:30 TKD	<b>12</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Pilates 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 3:00 Youth Art 4:00 Theater 4:00 Yth Baseball Practices <b>5:00 Speaker Series: Artificial Intelligence</b>	<b>13</b> 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening 3:00 Around Latin America	<b>14</b> 8:30 RxFIT 9:00 TKD 9:00 Fast Start Baseball 10:00 Preteen Yoga 10:00 Mahjong  <b>Open Gym</b> <b>18+ 7:00-9:00a</b> <b>Open Play 12-2p</b>
<b>16</b> 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 4:00 Yth Baseball Practices 6:30 Dog Obedience 6:30 TKD	<b>17</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & More 9:45 Deep Stretch Yoga 10:00 Table Tennis League 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:15 Intro to Tai Chi FREE 3:30 Gymnastics 4:30 Youth Tennis 5:00 Yth Baseball Practices 6:30 Adult 6v6 Soccer 7:00 Adult 3on3 Basketball	<b>18</b> 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 Drums Alive 2:00 Yoga for Healthy Aging 3:00 Youth Art 4:00 Yth Baseball Practices 6:00 Yin Yoga 6:30 TKD	<b>19</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Pilates 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 3:00 Youth Art 4:00 Theater 4:00 Yth Baseball Practices	<b>20</b> 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening 3:00 Around Latin America	<b>21</b> 8:30 RxFIT 9:00 Drums Alive 9:00 TKD 10:00 Preteen Yoga 10:00 Mahjong  <b>8am-11am IOP Yard Sale</b>  <b>Open Gym</b> <b>18+ 7:00-9:00a</b> <b>Open Play 12-2p</b>
<b>23</b> 8:00 Suspension Training 8:30 Move It! 9:00 Pickleball Lessons BEG 9:15 Yoga <b>9:45 Speaker Series: SC Asian Longhorned Beetle Infestation</b> 10:00 Gather and Knit 10:30 Strength & Stability 11:00 Acrylic Painting 12:00 Mahjong 2:00 Active Seniors Yoga 4:00 Yth Baseball Practices 6:30 Dog Obedience 6:30 TKD	<b>24</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & More 9:45 Deep Stretch Yoga 10:00 Table Tennis League 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:15 Intro to Tai Chi FREE 3:30 Gymnastics 5:00 Yth Baseball Practices 6:30 Adult 6v6 Soccer 7:00 Adult 3on3 Basketball	<b>25</b> 7:30 Tennis Lessons 8:00 Suspension Training 8:00 Tabata & Battle Rope 9:00 Reaction Time 9:00 Pickleball Lessons BEG 9:15 Yoga 9:30 Zumba 10:00 Watercolor 10:30 Strength & Stability 12:00 Drums Alive 2:00 Yoga for Healthy Aging 3:00 Youth Art 4:00 Yth Baseball Practices 6:00 Yin Yoga 6:30 TKD	<b>26</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Pilates 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 3:00 Youth Art 4:00 Theater 4:00 Yth Baseball Practices	<b>27</b> 8:00 Suspension Training 8:30 Strength Interval 9:15 Yoga 9:30 Stability & Strength 10:30 Bone Strengthening 3:00 Around Latin America	<b>28</b> 9:00 TKD 9:00 Fast Start Baseball 9:00 5/6yr T-Ball 10:00 Preteen Yoga 10:00 Mahjong  <b>Open Gym</b> <b>18+ 7:00-9:00a</b> <b>Open Play 12-2p</b>
<b>30</b> 8:00 Suspension Training 8:30 Move It! 9:00 Pickleball Lessons BEG 9:15 Yoga 10:00 Gather and Knit 10:30 Strength & Stability 11:00 Acrylic Painting 12:00 Mahjong 2:00 Active Seniors Yoga 5:15 7/8 Baseball 5:45 9-12 Baseball 6:30 Dog Obedience 6:30 TKD	<b>31</b> 7:30 Tennis Lessons 8:30 RxFIT 8:30 Core & More 9:45 Deep Stretch Yoga 10:00 Table Tennis League 12:00 Mahjong Lessons 1:00 Senior Fitness 2:00 Over 60 Fitness 3:15 Intro to Tai Chi FREE 3:30 Gymnastics 5:30 Yth Baseball Practices 6:30 Adult 6v6 Soccer 7:00 Adult 3on3 Basketball	<b>WEEK DAY OPEN GYM HOURS</b> <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>  The Isle of Palms Recreation Department reserves the right to close courts at other times to accommodate programming.		<b>Pickleball Open Play</b> <b>Tues, Thurs, Friday</b> <b>8am - 11am</b> <b>Wednesday</b> <b>4pm - 6pm</b>	