

Isle of Palms Recreation Department

#24 28th Avenue Isle of Palms, SC 29451

(843) 886-8294 www.iop.net

Programs, Athletics & Special Events

November

2020

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|--|--|--|---|--|
| 1 | 2 8:00 Suspension Training 9:00 Core Strength/Bosu 9:00 IOP Kids 10:00 Gather & Knit 12:00 Mini Minnows 5:30 Cardio & Core 6:30 Dog Obedience | 3 Elections 8:30 Core Strength 8:30 Adult Tennis 10:00 Table Tennis 10:45 Tai Chi 2:30 Over 50 Fitness 3:30 Youth Tennis 5:30 Full Body Sculpt 7:00 Adult Basketball | 4 8:00 Suspension Training 9:00 IOP Kids 10:00 Wood Workers 11:00 REC Time 12:00 KEENAGERS 12:00 Mini Minnows 6:30 TKD | 5 8:30 Core Strength 8:30 Line Dancing 9:00 IOP Kids 10:00 Table Tennis 2:30 Over 50 Fitness 4:30 Youth Tennis | 6 8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 12:00 Mini Minnows | 7 9:00 TKD Black Belt Testing 10:00 Yoga |
| 8 | 9 8:00 Suspension Training 9:00 Core Strength/Bosu 9:00 IOP Kids 10:00 Gather & Knit 12:00 Mini Minnows 5:30 Cardio & Core 6:30 Dog Obedience | 10 8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 10:00 Table Tennis 10:45 Tai Chi 2:30 Over 50 Fitness 3:30 Gymnastics 3:30 Youth Tennis 5:00 Cheernastics 5:30 Full Body Sculpt 7:00 Adult Basketball | 11 Veteran's Day CITY HOLIDAY RECREATION CENTER CLOSED | 12 8:30 Core Strength 8:30 Line Dancing 9:00 IOP Kids 10:00 Table Tennis 2:30 Over 50 Fitness 4:30 Youth Tennis | 13 8:00 Suspension Training 9:00 IOP Kids 12:00 Mini Minnows | 14 9:00 TKD |
| 15 | 16 8:00 Suspension Training 9:00 Core Strength/Bosu 9:00 IOP Kids 10:00 Gather & Knit 12:00 Mini Minnows 5:15 5/6 B-ball Coaches Mtg. 5:30 Cardio & Core 5:45 7/8 B-ball Coaches Mtg. 6:30 Dog Obedience | 17 Election run off 8:30 Core Strength 8:30 Adult Tennis 9:00 IOP Kids 10:00 Table Tennis 10:45 Tai Chi 3:30 Gymnastics 5:00 Cheernastics 5:00 9-10 Skill Eval. 5:30 Full Body Sculpt 6:30 11-14 Skill Eval. 7:00 Adult Basketball | 18 8:00 Suspension Training 9:00 IOP Kids 10:00 Wood Workers 11:00 REC Time 12:00 Mini Minnows 6:30 TKD | 19 8:30 Core Strength 8:30 Line Dancing 9:00 IOP Kids 10:00 Table Tennis 5:00 Volleyball | 20 8:00 Suspension Training 8:30 Barre 9:00 IOP Kids 12:00 Mini Minnows | 21 9:00 TKD 10:00 Yoga |
| 22 | 23 8:00 Suspension Training 9:00 Core Strength/Bosu 10:00 Gather & Knit 5:30 Cardio & Core 6:30 Dog Obedience | 24 8:30 Core Strength 8:30 Adult Tennis 10:00 Holiday Craft 10:00 Table Tennis 10:45 Tai Chi 2:30 Over 50 Fitness 3:30 Gymnastics 5:00 Cheernastics 5:30 Full Body Sculpt | 25 8:00 Suspension Training 8:30 Barre | 26 Thanksgiving CITY HOLIDAY RECREATION CENTER CLOSED  HAPPY THANKSGIVING | 27 RECREATION CENTER CLOSED | 28 RECREATION CENTER CLOSED |
| 29 | 30 8:00 Suspension Training 9:00 Core Strength/Bosu 9:00 IOP Kids 10:00 Gather & Knit 12:00 Mini Minnows 5:30 Cardio & Core 4:00 Basketball Practice 6:30 Dog Obedience | <div style="border: 2px solid blue; padding: 10px;"> <h2 style="text-align: center;">Holiday Street Festival & Movie</h2> <p style="text-align: center;"><i>happy holidays!</i></p> <p style="text-align: center;">Saturday, December 5 3:30pm - 6:00pm</p> <p style="text-align: center;">Movie starts at 6pm SHARP! The Grinch</p>   </div> | | | | |