

ACTIVITY GUIDE

JUNE-AUGUST 2025



ISLE OF PALMS



Recreation Dept.

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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](http://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 - Give your business the opportunity to advertise and promote while supporting a youth athletic team or special event.

For more information on 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.
- 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 # 121700
- 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, lifestyle, Isle of Palms, and MORE!

Photography: We reserve the right to use photos or videos taken of visitors at our facilities or during our events and programs for publicity purposes.

SEA STROLL & LEARN - FREE

- **Thursday, May 8, 8:30AM**
 - Birds! - Charles Donnely, Holy City Birding
- **Thursday, June 12, 7:30AM**
 - Sharks of IOP and Why We Should Love Them - Barrier Island Eco Tours
- **Thursday, July 10, 7:30AM**
 - IOP Turtles - Mary Pringle, Island Turtle Team
- **Thursday, August 14, 7:30AM**
 - Community Science Microplastic Pollution - Britney Prebis, Community Science Manager, Charleston Waterkeepers
- **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

- June 19
- July 17
- August 21
- September 18
- October 16
- Details
 - Food Trucks
 - Specialty Foods
 - Over 60 Artisans
 - Music
 - Family-friendly Activities



IOP BEACH RUN

Saturday, July 19, 8AM

- Event Details
 - Front Beach, Isle of Palms
 - 5K Run/Walk & 10K Run 8AM
 - Youth Fun Runs 8:30AM
 - REGISTER - raceroster.com or IOP Rec. Center
 - Registration Closes - Wednesday July 16 at NOON
- ENTRY FEES ARE NON-REFUNDABLE
- EVENT HELD RAIN OR SHINE
- Friday, July 18, 4:30-6:30PM
 - Packet Pickup - Windjammer 1008 Ocean Blvd.
 - Late Registration
- Day of the Race Starting at 7AM
 - Late Registration & Packet Pick-up
- Course - All events are on the beach, behind the Windjammer on the hardpacked sand at/or near low tide.
- Medals - 1st and 2nd place to male and female age group winners and 5K and 10K overall winners.



HALF RUBBER TOURNAMENT

Saturday, August 9, 8AM

- CAPTAIN'S MEETING
 - Saturday, August 9, 7:30AM
- TEAMS
 - 3 or 4 person teams
 - 16 years & older
 - \$25 per person, shirts provided to registered participants.
 - Register by Friday, August 1
 - Team Entry Only
- Regulation Half Rubber Balls Provided
- AWARDS
 - Prizes Awarded to 1st & 2nd Place teams.



PICCOLO SPOLETO SAND SCULPTING COMPETITION

Saturday, June 7, 9AM

- Event Details
 - Front Beach, Isle of Palms
 - FREE to participate.
 - Individual & Team entries are permitted.
 - Teams are limited to 4 people.
 - T-shirts will be given to the first 200 registered participants.
 - Sizes subject to availability.
 - Register day of event starting at 8:30AM
 - Categories
 - Adult AGES 21>
 - Family (1 adult & 1 child/young adult)
 - Young Adult AGES 15-20
 - Children's AGES 14 & under
 - Prizes will be awarded to 1st, 2nd, & 3rd place winners in each age division along with
 - Best Architectural
 - Most Creative
 - Overall Best In Show

SPEAKER SERIES - FREE

- Activity # 450000
 - **Tuesday, September 9, 5PM**
 - Navigating the College Application Process - Lisa Gastaldi, Low Country College Counseling
 - **Monday, September 15, 5PM**
 - Charleston Unique Fishery and How We Protect It! Plus, Fishing Tips per Season - Barrier Island Eco Tours
 - **Wednesday, September 24, 5PM**
 - Aging Lightly, Let's Talk About and Prepare for Care in the Fourth Age of Life - Kathryn McGrew, Ph.D.
 - **Monday, September 29, 5PM**
 - "Word on the Water" How Healthy Are Our Waterways? - Andrew Wunderly, Executive Director and Waterkeeper, Charleston Waterkeeper
 - **Wednesday, October 15, 5PM**
 - Estate Planning, Trusts, Probate Process & More! - Joshua Hooser, Attorney at Law, Hooser Legal Counsel, LLC
 - **Monday, October 27, 5PM**
 - Native Americans of the South Carolina Lowcountry - Barrier Eco Island Tours
 - **Thursday, November 6, 5PM**
 - Financial Planning - Dimi Matouchev, CFP, CPWA, AAMS, Financial Advisor & Andrew S. Ross, Jr. (Drew), Financial Advisor
 - **Monday, November 17, 5PM**
 - Low Country Pirates that Darkened our Waterways and Traded at our Ports. - Barrier Island Eco Tours
 - **Monday, January 26, 5PM**
 - Charleston Barrier Islands - Barrier Eco Island Tours



Summer Camps

Camp Summershine

Each day each child must bring:

1. change of clothes
2. towel
3. water bottle
4. lunch
5. sunscreen

- Snacks will be provided.
- Apply sunscreen daily before camp.
- NO toys, tablets, or cell phones are allowed at camp

WEEK 1: JUNE 9-13 SPORTS & SKILLS OLYMPICS

- Engage in friendly competition through sports, fitness, crafts, and more!

WEEK 2: JUNE 16-20 SCIENTIFIC NOTIONS & POTIONS

- Explore the wonderful world of science through experiments and fun!

WEEK 3: JUNE 23-27 SUPERHEROES AND PRINCESSES

- Campers will enjoy a week of adventure and imagination.

WEEK 4: JUNE 30-JULY 4 (NO CAMP JULY 4) PIRATES BY THE SEA

- Engage in a week of activities and learning about all creatures and the history of the Isle of Palms

WEEK 5: JULY 7-11 HOLIDAY WEEK

- Join us as we celebrate everyone's favorite holidays during the summer!

WEEK 6: JULY 14-18 DODGEBALL

- Engage in friendly competition, learn the values of sportsmanship, teamwork, and dodging!

WEEK 7: JULY 21-25 SHARK WEEK

- Explore the wide world of sharks.

WEEK 8: JULY 28-AUGUST 1 TALENT WEEK

- Spend the week practicing your talents for the end of summer show.

Wee Camp

Each day each child must wear:

1. swimsuit
2. tennis shoes/closed toe shoes

Each day each child must bring:

1. water shoes/flipflops
2. change of clothes
3. towel
4. sunscreen
5. water bottle
6. lunch
7. sunscreen

- Snacks will be provided.
- Apply sunscreen daily before camp.
- All belonging must be labeled with the first and last name.
- NO Toys from home are allowed.

WEEK 1: JUNE 9-13 SURFS UP

- Life on the seashore; above, on and under the sand!

WEEK 2: JUNE 16-20 LIVING ON A LAKE

- Campers learn freshwater life.

WEEK 3: JUNE 23-27 JUNGLE SAFARI

- Campers go on a jungle safari.

WEEK 4: JUNE 30- JULY 4 (NO CAMP JULY 4) FOREST FRIENDS

- Discover wildlife in the forest.

WEEK 5: JULY 7-11 SUMMER NIGHTS

- What happens on those warm summer nights?

WEEK 6: JULY 14-18 COMMUNITY HEROES

- People who help us in our community

WEEK 7: JULY 21- 25 UNDER THE SEA

- Life under the sea

Week 8: JULY 28-AUGUST 1 STEM WEEK

- Enjoy fun and learning and celebrate the end of summer

YOUTH ART CAMP

- Activity #120034
- June 9-13
 - Blooming Artists AGES 4 1/2-6
 - 10:30AM-12PM
 - Description - Little touch of everything with a big splash of fun!!
 - Stroke of Genius AGES 7-11
 - 2:30-3:30PM
 - Description - Incorporate new topics and supplies through multiple projects and a stimulating mix of age-appropriate art techniques.
- \$230 residents; \$235 non-residents
- Instructor - Marie Johnson



Summer Athletic Camps



RISING STARS BASKETBALL CAMP AGES 10-14

- **Activity # 322100**
- 9AM-1PM
 - June 16-20
- \$150 resident; \$155 non-resident
- Registration Open until filled
- Description - Half Day Camp is based around the Super Six Self Improvement Stations. Camp will be supervised by certified coaches and college players. Campers will receive a camp t-shirt and basketball.
 - Campers will need to provide lunch and/or snacks daily. **FRIDAY, JUNE 20, is the CAMP FINALE (Parents Attendance Encouraged). CAMP PICK UP AT NOON.**

RISING STARS BASKETBALL CAMP AGES 5-9

- **Activity #322102**
- 9AM-1PM
 - June 16-20
- \$150 resident; \$155 non-resident
- Registration Open until filled
- Description - Half Day Camp is based around the Super Six Self Improvement Stations. Camp will be supervised by certified coaches and college players. Campers will receive a camp t-shirt and basketball.
 - Campers will need to provide lunch and/or snacks daily. **FRIDAY, JUNE 20, is the CAMP FINALE (Parents Attendance Encouraged). CAMP PICK UP AT NOON.**
- Instructors - Rising Stars Basketball Staff

SUMMER SOCCER CAMP AGES 4-12

- **Activity # 321101**
- 9AM-12PM
 - July 28 - August 1
- \$150 resident; 155 non-resident
- Minimum 6
- Registration Open until filled
- Description - Camp is designed to develop the fundamental skills of soccer. Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, communication and curriculum.
 - Campers must provide their own snacks and water bottle.
- Instructors - Soccer Shots Charleston Coaches

GIRLS VOLLEYBALL CAMP AGES 10-15

- **Activity # 320100**
- 9AM-11AM
 - June 23-27
- \$125 resident; \$130 non-resident
- Registration Open until filled
- Description - Camp is designed to develop the fundamental skills of volleyball. Girls will receive a camp t - shirt. Space is limited to 25 participants.
 - Knee pads recommended
- Instructors - Laura and Kreg Togami

GET YOUR SPIKE ON VOLLEYBALL CAMP AGES 10-16

- **Activity # 320103**
- 9AM-11AM
 - August 4-7
- \$100 resident; \$105 non-resident
- Registration Open until filled
- Description - Gear up for the indoor volleyball season with this four-day clinic that will surely improve your volleyball skills. Drills, scrimmages, intense workouts and a lot of fun playing the sport we love. Space is limited to 25 participants.
 - Knee pads recommended
- Instructors - Laura and Kreg Togami

Summer Athletic Camps & Youth Athletics

GYMNASTICS CAMP AGES 4-8

- Activity # 120016
- Monday-Wednesday 10:30AM-12PM
 - August 4-6
- Minimum 8, Maximum 15
- \$100 resident/\$105 non-resident
- Instructor - Kaylie Jordan
- Description - Three-day camp for all skill levels.

YOUTH TENNIS CAMP

- Activity # 120005
- Monday-Thursday 9AM-NOON
 - Red/Orange Ball Camp AGES 6-9
 - June 2- 5
 - Rain make-up day is June 6
 - Orange/Green Ball Camp AGES 7-10
 - June 9 - 12
 - Rain make-up day is June 13
 - Description - Players with experience only. No Beginners.
 - Red/Orange Ball Camp AGES 6-9
 - July 14 - July 17
 - Rain make-up day is July 18
- \$135 per child per camp
 - No drop-ins allowed.
- Minimum 5; Maximum 8 per camp. Waitlist option available.
- Instructor - Coach Enright
- Camp information
 - EACH PLAYER SHOULD BRING A TOWEL, WATER BOTTLE, BUG SPRAY, SUNBLOCK & HEALTHY SNACK.
 - Camp placement is based on skill level and instructor assessment. All three camps are for intermediate to advanced players. Previous tennis experience required.

GYMNASTICS

- Activity # 130016
- Tuesday
 - August 26-September 30
 - October 7-November 18
 - No class November 4
- 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.

TAE KWON DO

- Activity # 120020
 - Youth & Family Class
 - 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 June, September, November, and January.

YOUTH SOCCER FALL 2025

- Player must be AGES 3-12 as of September 1, 2025.
 - Age required by SCAP (SC Athletic Programs)
- Registration
 - IOP/SI Residents: July 15-August 15
 - Non-Residents: July 22-August 15
- Activity #
 - 331004 -01 AGES 3/4 Saturday Mornings
 - 331001 -01 AGES 5/6 Monday Evenings
 - 331002 -01 AGES 7/8 Wednesday Evenings
 - 331003 -01 AGES 9-12 Monday & Thursday Evenings
- \$30 IOP Resident/ \$55 Non-resident
- Mandatory Skill Evaluation
 - AGES 9-12
 - Tuesday, August 26, 6:30PM
- Coaches Meeting
 - Tuesday, August 26
 - AGES 3/4 5PM
 - AGES 5/6 5:30PM
 - AGES 7/8 6PM
 - AGES 9-12 immediately following the Skill Evaluation
- Practice begins the week of September 1, and the specific dates will be determined by the coaches. No practices for AGES 3/4 program.
 - 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.**

Youth Athletics

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.

Adult Athletics

PICKLEBALL GROUP LESSONS

- Activity # 122280
- Monday & Wednesday
 - 7-8:30AM
 - Intermediate June 2-11
 - Beginner July 14-23
 - 9-10:30AM
 - Intermediate August 18-27
- \$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

PICKLEBALL OPEN PLAY

- 8-11AM Tuesday, Thursday, & Friday
- 4-6PM Wednesdays
- Times may vary based on the program schedule.

TAE KWON DO

- Activity # 121019
 - Adult Class
 - 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 June, September, November, and January.
- \$5 discount for additional family members
- Instructor - Headmaster Jack Emmel, 8th DAN

TENNIS LESSONS

- Intermediate
 - Tuesday USTA Rating 2.5 and above
 - Thursday USTA Rating 3.0 and above
 - 8:30-10AM
 - \$15/per 1 hour
 - \$20/per 1.5 hours
- Beginner to Intermediate
 - Monday/Wednesday USTA Rating 1.5-2.0
 - 8:30-10AM
 - \$20 1.5 hour
 - \$15 1-hour
- 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 3ON3 BASKETBALL FALL 2025

- Registration (by team ONLY)
- 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

Adult Athletics

ADULT 6V6 SOCCER FALL 2025

- 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

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

Group Fitness

CORE & MORE

- Activity # 121062
- 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
 - May-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 # 121031
- 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.

Group Fitness

MOVE IT CARDIO & STRENGTH

- Activity # 121063
- 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 # 122064
- 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 # 122067
- 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 # 121045
- 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.



RXFIT CLUB MOBILE GYM & NATIONAL FITNESS COURT TRAINING

- Activity # 120091
 - Circuit Tuesday & Thursday 8:30AM
 - \$40 residents; \$45 non-residents per month
 - \$15 drop-in per day
 - Open Gym/Circuit Saturdays 8:30AM
 - May 10 & 17
 - June 14 & 21
 - July 12 & 19
 - August 9 & 16
 - \$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 # 121067
- Monday 1PM & Wednesday 3PM
- \$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 # 120093
- 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 # 121017
- 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.

Group Fitness

STABILITY & STRENGTH

- Activity # 121071
- 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 # 121033
- 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 # 121041
- 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 # 121069
- 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 # 126018
- 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.

ZUMBA

- Activity # 121043
- Monday & Wednesday 9:30AM
- \$40 residents; \$45 non-residents per month
- \$7 drop-in
- Instructor - Megan McDonald
- Description - High energy dance for all fitness levels.

Adult Programs

DOG OBEDIENCE

- Activity # 121011
- Monday
 - May 12 - June 23
 - 5:30pm Just the Basics
 - 6:30pm Kinderpuppy (large breeds)
 - 7:30pm Kinderpuppy (small breeds)
 - No class May 26 (Memorial Day)
 - July 14 - August 18
 - 5:30pm Kinderpuppy (large breed)
 - 6:30pm Canine Good Citizen (CGC)
 - 7:30pm Kinderpuppy (small breed)
- \$265 per session
- Instructor - Christine Vinciguerra

Social Clubs

BRIDGE SOCIAL CLUB - FREE

- Wednesday 10AM-NOON
- Front Lobby

GATHER & KNIT - FREE

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

KEENAGERS LUNCHEON - FREE

- 1st Wednesday of every month (except June-August)
- Starts back in September.

MAH JONG - FREE

- Monday NOON
- Front Lobby



Calendar of Events 2025

JUNE

- 2-5 Red/Orange Ball AGES 6-9 Tennis Camp 9AM-NOON
- 7 Sand Sculpting Competition 9AM
- 9 Camp Summershine & Wee Camp Starts
- 9-12 Orange/Green Ball AGES 7-10 Tennis Camp 9AM-NOON
- 9-13 Youth Art Camp AGES 4 1/2-6 10:30AM-NOON & AGES 7-11 2:30-3:30PM
- 12 Sharks of IOP and Why We Should Love Them! - FREE SEA STROLL & LEARN 7:30AM
- 16 Rising Stars Basketball Camp 9AM-1PM
- 19 Farmer's Market & Food Truck Jam 4-7PM
- 23 Volleyball Camp 9AM-11AM

JULY

- 4 Independence Day - Closed
- 10 10 IOP Turtles - FREE SEA STROLL & LEARN 7:30AM
- 14-17 Red/Orange Ball AGES 6-9 Tennis Camp 9AM-NOON
- 15 IOP/SI Residents Soccer Registration
- 17 Farmer's Market & Food Truck Jam 4-7PM
- 19 IOP Beach Run 8AM
- 22 Non-Resident Soccer Registration
- 28 Soccer Camp 9AM-12PM

AUGUST

- 4-6 Gymnastics Camp AGES 4-8 10:30AM-NOON
- 4 Volleyball Camp 9AM-11AM
- 9 Half Rubber Tournament 8AM
- 14 Community Science - FREE SEA STROLL & LEARN 7:30AM
- 21 Farmer's Market & Food Truck Jam 4-7PM

SEPTEMBER

- 1 Labor Day - CLOSED
- 3 Keenagers NOON
- 9 Navigating the College Application Process 5PM - FREE SPEAKER SERIES 5PM
- 15 Charleston Unique Fishery and How we Protect It! - FREE SPEAKER SERIES 5PM
- 18 Waterway Stewardship - FREE SEA STROLL & LEARN 7:30AM
- 18 Farmer's Market & Food Truck Jam 4-7PM
- 24 Aging Lightly-Talk About and Prepare for the Fourth Age of Life - FREE SPEAKER SERIES 5PM
- 29 "Word on the Water" How Healthy Are Our Waterways? - FREE SPEAKER SERIES 5PM

OCTOBER

- 1 Keenagers NOON
- 4 Isle of Palms Connector Run 8:00AM
- 9 Life Under the Water - FREE SEA STROLL & LEARN 7:30AM
- 10 Ghostly Tide Tales 6PM
- 15 Legal- Estate Planning, Trusts, Probate Process, & More - FREE SPEAKER SERIES 5PM
- 16 Farmer's Market & Food Truck Jam 4-7PM
- 27 Native Americans of the South Carolina Lowcountry - FREE SPEAKER SERIES 5PM
- 31 Halloween Golf Cart Parade & Carnival

NOVEMBER

- 5 Keenagers NOON
- 6 Fourth Age Financial Planning- FREE SPEAKER SERIES 5PM
- 13 SC Lowcountry Plants and the Insects and Wildlife they Support - FREE SEA STROLL & LEARN 7:30AM
- 17 Low Country Pirates that Darkened our Waterways & Traded our Ports - FREE SPEAKER SERIES 5PM
- 27-28 Thanksgiving - CLOSED

DECEMBER

- 3 Keenagers NOON
- 6 Holiday Street Festival 2-7PM



