Buckwalter Recreation Center 843-255-6710

> Open M-F, 8am-8pm Sat, 8am-4pm Sun, 8am-4pm









GET MORE INFORMATION HERE

Improve flexibility, balance & agility while strengthening muscles and lifting your mood in this low-impact fitness class designed for older adults or adults with limited mobility! No experience needed - all fitness levels welcome!

Mondays at Buckwalter Rec Center | 4:00 PM - 5:00 PM | Recommended time of arrival: 3:45 PM

- ☐ Pay just \$5 at the front desk using cash, Visa, Discover, or Mastercard
- ☐ Sign Up & Save Time! Create a FREE RecDesk account with us for quick & easy payments—no hassle, no delays when you arrive the first time!
 - 🗌 No class May 26, September 1, or November 3, 2025 🗌 Last class November 21, 2025

Adult Aerobics · Adult Baseball · Adult Dance Classes · Adult Fitness Classes · Adult Soccer · Adult Basketball Adult Softball · Adult Water Aerobics · Adult Volleyball · Adult Kickball · Adult Swim Lessons · Adult Yoga Classes Adult Tennis Lessons · American Red Cross Lifeguard, CPR & First Aid, Water Safety Instructor Classes · Scuba Certification Weight Rooms • Room Rentals • Field, Court, Facility, Playground, and Pool Rentals • Indoor & Outdoor Basketball Courts Tennis Courts · Pickleball Courts · Youth Basketball · Youth Baseball · Youth Softball · Youth Flag Football · Youth Lacrosse Youth Soccer • Youth Martial Arts • Youth Cheerleading • Youth Swim Lessons • Youth Summer Camps • Special Events Sponsorship Opportunities • Community Instructor Opportunities • Walking Paths and Tracks • Dog Parks • Skate Park Referee & Official Training Opportunities · Slip & Splash Inflatable Obstacle Courses · Ninja Courses · Swim Teams Indoor & Outdoor Pools • 60 & Better Senior Programs • Volunteer Coaching Opportunities • Employment Opportunities