

Questions?
Contact Marisa at 843-986-8171



✉ Subscribe to our weekly emails! ✉

To register, get prices, and see hours of operation

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GET MORE INFO & GET ON THE WAITLIST HERE ↗

Looking to stay active, socialize, and have fun? Beaufort County Parks & Recreation is proud to partner with Lowcountry Council of Governments and Sprenger Health Care Systems to bring exciting senior activities to eight locations throughout the county! Join us for fun, friendship, and wellness—because staying active never gets old! Space is limited! Join the waitlist before attending to ensure availability.

Stay Engaged with Activities Like:

- ☐ Card & Table Games ☐ Quilting & Scrapbooking ☐ Arts & Crafts ☐ Line Dancing & Zumba
- ☐ Yoga & Sit & Fit ☐ Monthly Birthday Celebrations ☐ Regional Field Trips & Community Events
- ☐ PLUS: Nutritious Meal Programs, Wellness Checks & More!
- ☐ Group Dining & Home-Delivered Meals Available – Call 843-473-3991 to check eligibility.

Runs Year-Round | Monday - Friday (Excluding Holidays)

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