



Indian River County Venue Event Calendar – August 2024

For more information go to: www.indianriver.gov

VINYASA YOGA

Wednesdays, August 7-28 @ iG Center

- 6:00pm-7:00pm. Cost \$5.
 - Ages 13 & older.
 - Join Certified Instructor Mirit Wiener and flow to the music at Vinyasa Yoga. Vinyasa is a challenging practice fit for those yoga practitioners having a foundation and understanding of linking breath to movement as well as the seasoned practitioner with a more advanced practice. Vinyasa focuses on consistent movement linking breath to posture. Modifications and options for more restful poses are offered during class. This 1-hour class consists of warm up exercises, movement, standing sequences, balance, cool down, and rest. Participants should bring a yoga mat, towel and water to class.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

WORLD MOSQUITO DAY HIKE AT OYSTER BAR MARSH

Tuesday, August 20 @ Oyster Bar Marsh Conservation Area

- 8:30am-10:00am. FREE!
 - Ages 5 & older.
 - Are you curious about the salt marsh mosquitoes in Florida? Join the Conservation Lands Division and the Indian River Mosquito Control District on this FREE hike to learn about Florida mosquitoes' lifecycle, management, and ecological role.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

TRIATHLON SWIM CLINIC

Sundays, August 25-December 1 @ Gifford Aquatic Center

- Times vary. FREE!
 - Ages 6-13.
 - Join us for this exciting free swim clinic open to participants registered for the Rotary of Vero Beach 2nd Annual Kids Triathlon. Swim level evaluations will be held Sunday, August 18 at 2:30pm.
 - For more information call 772-226-1175.

ADULT KICKBALL LEAGUE

Thursdays, August 29-November 14 @ Dick Bird Park

- Evenings. Cost \$500 per team.

- Ages 18 & older.
- Get ready to have some fun with this coed Adult Kickball League! The season includes 16 games and an end of season tournament. Each team will play 2 games per night. Participants may register as a team or a free agent. The team manager must attend the required managers' meeting on August 22 at 7:00 pm. Registration ends August 18.
- For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

RECREATION AND CONSERVATION HIKING CLUB-JONES PIER CONSERVATION AREA (1 MILE)

Tuesday, September 3 @ Jones Pier Conservation Area

- 8:30am-10:00am. FREE!
 - Ages 5 & older.
 - These free interactive events have something for all levels of hiker. Prefer a fast-paced hike? Cruise along with Recreation Leader Sarah. Want to take your time and learn about the habitat? Meander through the area with Environmental Educator Olivia. Cover miles of trails and gain knowledge as you go! Hikers reaching milestones are eligible to receive prizes!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

LITTLE EXPLORERES: WACKY WILDLIFE

Wednesday, September 4 @ iG Recreation Center

- 1:00pm-2:00pm. FREE!
 - Open to preschool and early elementary school children.
 - Bring your little explorer down to the Intergenerational Center and celebrate south Florida's strange wildlife! This free children's event includes story time, craft, and activity.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

TALES WITH TAILS

Wednesdays, September 4-October 23 @ iG Recreation Center

- 5:30pm-6:30pm. FREE!
 - All ages welcome.
 - Join us for our exciting Tales with Tails program! Children will start the hour with a craft activity, followed by a story, and fun educational facts about a featured animal. Each session will conclude with an animal encounter.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

TEEN ART CLUB

1st Thursday beginning September 5 @ Main Library

- 5:00pm-6:00pm. FREE!
 - Ages 13-18.
 - Let your creative spirit free! Draw, paint, and craft to your heart's content. No registration required.
 - Contact Ms. Gi at (772) 400-6308 or glee@indianriver.gov for more information.

BRIDGE CLASS

Thursdays beginning September 5 @ iG Center

- 4:00pm-6:00pm. Cost \$3.
 - Ages 15 & older.
 - This informal Bridge Class is designed for beginner to intermediate players.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

POG CHAMPS GAMING CLUB

1st Fridays beginning September 6 @ Brackett Library

- 3:30pm-4:30pm. FREE!
 - Ages 13-18.
 - POG (Play of the Game) Champs unite! The gaming club invites game lovers to participate in both board games and video games. No rage quitting will be tolerated. For teens ages 13 – 18 only.
 - No registration required. For more information contact Gi at (772) 400-6308 or glee@indianriver.gov.

MUNCH MATES

Fridays, September 6 & 20, October 4 & 18, November 1 & 15 @ Dick Bird Park

- 10:30pm-11:30pm. Cost \$30 per session.
 - Ages 3-5.
 - Join our Munch Mates Program-a fun and easy way for children to get active and socialize! This engaging program encourages children to participate in various physical activities and games, promoting fitness and friendship. After the activities, children are invited (but not required) to bring lunch and enjoy a meal together. Space is limited, register early.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

SUPER SMASH BROTHERS

2nd & 4th Mondays beginning September 9 @ Main Library

- 4:00pm-6:00pm. FREE!
 - Ages 10-13.
 - Introducing the Super Smash Brothers! Join us for a combination of free play and tournaments. Registration is required for each session and opens for the next session on the prior Tuesday. This program is for ages 10-13 years only! All equipment is provided. Space is limited.
 - For more information or to register contact Patti Fuchs 772-400-6318 pfuchs@indianriver.gov.

LEGO CLUB

2nd Mondays beginning September 9 @ North Library

- 3:45pm-5:00pm. FREE!
 - Grades 1-5.
 - Join us for Lego build contests, games and more!
 - Contact Susan at 772-400-6358 or email smelasi@indianriver.gov for more information.

AFTER SCHOOL ADVENTURES

Tuesdays beginning September 10 @ Marian Fell Library

- 3:45pm-4:45pm. FREE!
 - Grades 1-5.
 - Join us for this fun, free weekly event. Each week features a different craft, game or activity. Registration is not required.
 - For more information contact Patti at 772-400-6318 or email pfuchs@indianriver.gov
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REEL TALK

2nd Thursday beginning September 12 @ Main Library

- 11:00am-12:00pm. FREE!
 - Ages 18 & older.
 - Looking for other movie enthusiasts to discuss the cinema? This film discussion group is for you! Join us for a fun conversation with film enthusiasts. Watch the movie at home on the library's free streaming service, Hoopla, or view it on your favorite streaming service. Film selections will be announced monthly at the end of the meeting. Need help with Hoopla? Find out more here: <https://www.hoopladigital.com/>
 - For more information contact Karrie at kcole@indianriver.gov or 772-400-6310.
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FIRST FRIDAY SOCIAL HOUR

1st Fridays beginning September 13 @ North Library

- 10:30am-11:30am. FREE!
 - Ages 18 & older.
 - Visit NCL as we offer a relaxing social hour - drop in when you can and meet new people. No expectations or obligations, just a chance to chat with friends—old and new. Beverages and snacks will be provided.
 - For more information contact kanderson@indianriver.gov or 772-400-6357.
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YOUTH FLAG FOOTBALL LEAGUE

Saturdays, September 14-November 16 @ Locations Vary

- Mornings & Afternoons. Cost \$50.
 - Ages 4-16
 - Our coed youth flag football program is designed to provide a fun and safe environment for children to learn the fundamentals of football. We focus on developing skills necessary to succeed in the sport, such as throwing, catching, and running. Our program is non-contact, which means that children can enjoy the game without risks associated with tackle football. We also emphasize the importance of teamwork and sportsmanship, which helps players build character both on and off the field. Games are played on Saturdays and practices are scheduled by each individual team. The *Tiny Tots group is coached by Recreation staff and is only on Saturdays with no weekday practices.* **Registration ends August 18. Space is limited, register early to avoid the wait list!**
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.
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VERO BEACH GUN SHOW

Saturday & Sunday, September 14-15 @ IRC Fairgrounds

- Saturday, 9:00am-5:00pm. Cost \$8.

- Sunday, 10:00am-4:00pm. Cost \$8.
 - All ages welcome!
 - Join Patriot Productions for the Vero Beach Gun Show! Express 90-minute concealed weapons license classes at every show. Buy, Sell and Trade!
 - For more information visit patriotshows.com.
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ADULT BASKETBALL LEAGUES

Monday & Wednesday, September 16-November 6 @ IG Center

- Evenings. Cost \$475 per team.
 - Ages 18 & older.
 - Join us for this 5 vs 5 Adult Basketball League. The 10-week season will include 1 game per night and a single elimination playoff tournament. Participants may sign up as a team or as a free agent. Games will be played on Monday and Wednesday evenings at 6:00 pm, 7:00 pm or 8:00 pm the iG Center. The team manager must attend the mandatory team managers' meeting on September 11 at 7:00 pm.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.
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SINGING BOWLS

Thursday, September 19 @ iG Center

- 7:00pm. Cost \$25.
 - All ages welcome.
 - Relax, meditate, unwind, and reduce stress while feeling the healing sounds of Tibetan Singing Bowls. Sit or bring your mat, pillow, or blanket while experiencing the energy of soothing vibrations.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.
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ADULT SOFTBALL LEAGUES

September 23-December 12 @ Dick Bird Park

- 6:30pm-8:30pm. Cost \$550 per team.
 - Ages 18 & older.
 - These recreational Adult Softball Leagues offer adult players, 18 & older. (Monday Men's, Tuesday Coed, Wednesday Men's) The season will include 16 games and an end of season tournament. Each team will play 2 games per night. Teams must have a minimum of 10 players. Game times are 6:30 pm, 7:30 pm or 8:30 pm.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.
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LANDSCAPES OF LEARNING

Tuesday, September 24 @ North Sebastian Conservation Area

- 9:00am-10:00am. FREE!
 - Join conservation staff to learn about Florida's dynamic land management. From towering pines to diverse wetlands, Indian River County is home to many natural areas that require specialized plans

to maintain and restore overgrown habitats. If you are curious about your local conservation lands, this is the perfect introductory program!

- For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

SCHOOL DISTRICT OF INDIAN RIVER COUNTY COLLEGE FAIR

Tuesday, September 24 @ IRC Fairgrounds

- 5:30pm-7:30pm. FREE!
 - All ages welcome.
 - Join the School District of Indian River County for the 2024-25 College Fair.
 - For more information call 772-226-1780.

MUSICAL BINGO

Thursday, September 26 @ Brackett

- 2:00pm. FREE!
 - Ages 18 & older.
 - It's a fun and exciting take on the classic game of bingo with music from the 50s, 60s and 70s. Registration is required.
 - For more information contact Hollie at 772-400-6366 or hmcdougall@indianriver.gov.

MUSIC BINGO

Thursday, September 26 @ IRC Parks Office

- 2:00pm. FREE!
 - Ages 55 & older.
 - Join us on the 4th Thursday of every month for Music Bingo, Bingo with a TWIST! Who sings it, Name that Tune, What's the name of the band, and more!
 - Contact us at 772-226-1780 for more information or register online at www.indianriver.gov/parksandrecreation.

RECREATION AND CONSERVATION HIKING CLUB-WABASSO SCRUB CONSERVATION AREA (1 MILE)

Saturday, September 28 @ Wabasso Scrub Conservation Area

- 8:30am-10:00am. FREE!
 - Ages 5 & older.
 - These free interactive events have something for all levels of hiker. Prefer a fast-paced hike? Cruise along with Recreation Leader Sarah. Want to take your time and learn about the habitat? Meander through the area with Environmental Educator Olivia. Cover miles of trails and gain knowledge as you go! Hikers reaching milestones are eligible to receive prizes!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

NAUTICAL FLEA MARKET, SEAFOOD FESTIVAL & BOAT SHOW

Saturday & Sunday, September 28-29 @ Indian River County Fairgrounds

- 9:00am-5:00pm. Cost \$10.
 - All ages welcome.

- Marine enthusiasts can look forward to exploring a wide array of items including top-quality boats, fishing gear, and assorted boating equipment. In addition to the shopping experience, attendees can enjoy fresh seafood and participate in fishing and boating seminars.
- For more information visit <https://flnauticalfleamarket.com/>

100 MILE SWIMCLUB

Daily @ North County and Gifford Aquatic Centers

- All ages are welcome.
- Get started by setting a personal goal, whether you want to swim 5 miles or 500. Sign up all year long by visiting our aquatics desk. Annual membership \$10.00 for local tracking, (laps swam at North County or Gifford Aquatics pool) or 15.00 for Global tracking, (laps swam anywhere) valid January-December.
- All participants reaching the 100 miles will receive a yearly certificate indicating the total miles swam and be invited to the end of the year potluck and recognition ceremony.
- Swimmers who swim 100 miles at North County and Gifford Aquatic Centers, within the year, will receive an exclusive 100 Mile Swim Club T-shirt.

ADULT OPEN GYM BASKETBALL

Tuesday and Thursday @ iG Recreation Center

- 8:30am-12:00pm. Cost \$3.74 plus tax.
 - Adults 18 & older.
 - Time where the gymnasium is available to adults to practice skills, shoot hoops, and play pick-up games.
 - Call 772-226-1780 for more information and to confirm open gym dates.

AQUAFIT

Tuesday and Thursday @ North County Aquatic Center

- 9:30am-10:30am. Cost \$5 (or 8 class pass \$35/10 class pass for \$45).
 - All ages are welcome.
 - Move along to music as you perform instructor-guided moves designed to improve cardiovascular function, increase core strength, develop better, and burn calories. Let's make the water work for you. Flotation belts and water barbells are available at no charge.
 - For more information, contact the North County Aquatic Center 772-226-1752.

ARCHERY 101

Last Sunday @ IRC Shooting Range

- 9:00am-11:00am. Cost \$60.
 - Archery 101 is an introduction to archery. Upon completion of the course, you will have a basic understanding of Archery and an increased sense of confidence heading out to the Archery Range or wooded Archery Course.
 - Contact us at 772-226-3096 for more information or register online at www.indianriver.gov/parksandrecreation.

BOARD GAMES

Thursday @ iG Recreation Center

- 1:00pm-4:00pm. Cost \$1.

- Ages 18 & older.
- Join us for a fun-filled afternoon playing some of our favorite board games!
- Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

CARDIO-BOXING

Tuesdays & Thursday @ iG Recreation Center

- 6:00pm-7:00pm. \$5 per class drop-in.
 - Ages 13 & older.
 - Cardio-Boxing is a great way to tone up and improve coordination while burning calories! Emphasis is placed on cardiovascular movements and drills. This beginner friendly class provides an excellent work out for all fitness levels and modifications are available when needed. There is no sparing in this class, the boxing aspect includes: bag work, shadow boxing, foot work, and punching form.
 - For more information contact 772-226-1780 or register online today at www.indianriver.gov/parksandrecreation.

COLORING & COFFEE

Tuesday @ iG Recreation Center

- 9:00am-10:00am. Cost \$1.
 - Ages 18 & older.
 - Looking for a way to unwind and reduce stress? Join us for a morning of relaxation through coloring. Materials provided.
 - For more information call 772-226-1780.

COUNTRY LINE DANCING

Tuesday @ iG Recreation Center

- 6:30pm-7:30pm. Cost \$3.
 - Ages 14 & older.
 - Join us for a fun evening of Country Line Dancing! Instruction and lessons provided.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

GENTLE CHAIR YOGA

Tuesday & Thursday @ iG Recreation Center

- 12:00pm-1:00pm. Cost \$5.
 - All ages welcome!
 - Designed to improve flexibility and strengthen muscles while using a chair for support. Walk-ins welcome.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

HANDGUN 101

Last Sunday @ IRC Shooting Range

- 9:00am-2:00pm. Cost \$100.
 - Handgun 101 is a complete guide to understanding the basics of firearm ownership, safety, nomenclature and how it applies to self-defense. This course is taught by an NRA Certified Instructor. Upon successful completion participants will receive a training certificate that may be submitted to the State of Florida as proof of training if applying for a CCWP.

- Contact us at 772-226-3096 for more information or register online at www.indianriver.gov/parksandrecreation.

HEALTHIER YOU WEDNESDAYS

Third Wednesday, @ iG Recreation Center

- 11:00am-12:00pm. FREE!
 - All ages welcome.
 - Join Nutrition Educator Amanda Trott to learn the importance of healthy food choices and how to live a healthier, more nutritious lifestyle.
 - For more information call 772-226-1780.

HOMESCHOOL PE

Tuesdays @ iG Recreation Center

- 3:00pm-4:00pm. Cost \$3.
 - Ages 4-10 years. Limited spots please register.
 - A great chance for children to exercise and make new friends. Teaching children valuable life skills such as teamwork, fairness, and good sportsmanship. There will be no class August 13-27.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

MAHJONG

Tuesday and Thursday @ iG Recreation Center

- 10:00am-1:00pm. Cost \$2.
 - Ages 18 & older.
 - Tile sets are provided as you play in groups of 3-4. Please bring your own Mahjong card. For information regarding Mah Jongg instruction call 772-226-1780.
 - Go to www.indianriver.gov/parksandrecreation to register.

MAT PILATES

Tuesday and Thursday @ iG Center

- 9:15am-10:15am. Cost \$12.
 - All ages welcome.
 - Exercises are structured using special equipment designed to improve strength, flexibility, posture and enhance mental awareness. Walk-ins welcome.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

MUSIC BINGO

4th Thursday of the Month @ IRC Parks Office

- 2:00pm. FREE!
 - Ages 55 & older.
 - Join us on the 4th Thursday of every month for Music Bingo, Bingo with a TWIST! Who sings it, Name that Tune, What's the name of the band, and more!
 - Contact us at 772-226-1780 for more information or register online at www.indianriver.gov/parksandrecreation.

OPEN GYM PICKLEBALL

Monday, Wednesday, and Friday @ iG Recreation Center

- 8:30am-11:30am. Cost \$4.67 plus tax per session.

Monday-Friday @ iG Center

- 12:00pm-3:00pm. C Cost \$4.67 plus tax per session.

Saturday @ iG Center

- 8:30-11:30pm. Cost \$4.67 plus tax per session.
 - Pickleball is played in the gymnasium (6 courts) as either singles or doubles with a paddle and a plastic whiffle ball. Please bring your own equipment. Call 772-226-1780 for more information.

PICKLEBALL CLASSES – WITH DEREK PRINCE

Monday (twice monthly, dates vary) @ iG Recreation Center

- 12:30pm-2:00pm. \$30 per class.
 - Beginner Pickleball Levels I – III / Pickleball Doubles Strategy / Intro to Pickleball.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

PING PONG OPEN PLAY

Monday @ iG Recreation Center

- 5:30pm-8:30pm. Cost \$3.
 - Whether you're a beginner or seasoned pro it's the perfect way to improve your skills, meet new people, and have a blast! Mark your calendar and get ready to unleash your ping pong skills! No registration required!
 - For more info call us at 772-226-1780.

PRE-SCHOOL TUMBLING

Friday @ iG Recreation Center

- 2:30pm and 3:30pm. Cost \$20.
 - Preschool tumbling is a great start for ages 4-5. Children are taught basic tumbling skills such as forwards/backwards rolls, handstands, and cartwheels. Improve self-confidence, basic skills, strength, flexibility, and balance. Spaces are limited!
 - Space is limited, pre-registration is required. For upcoming session dates or to register visit www.indianriver.gov/parksandrecreation or call 772-226-1780.

QI GONG

Tuesday @ iG Recreation Center

- 10:00am-11:00am. Cost \$12.
 - No special clothing or equipment required. Stand or sit. Walk-ins welcome. Leave refreshed, relaxed, and joyful.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

SENIOR WELLNESS: AEROBICS AND WEIGHTS

Monday, Wednesday, and Friday @ iG Recreation Center -Sponsored by the Florida Blue Foundation

- 8:45am-9:45am and 10:00am-11:00am. FREE!

Tuesday @ Wabasso Community Center Sponsored by the Florida Blue Foundation

- 7:00am-8:00am. FREE!
 - Special programming for our 55+ community to have social interaction and light exercise activity. Activities can be adapted to ability levels and interests. Walk-ins welcome.
 - For more information call 772-226-1780.

SENIOR WELLNESS: EXERCISE BINGO

Wednesdays @ Department of Health-Wabasso Site-Sponsored by the Florida Blue Foundation

- 10:30am-11:30am. FREE!
 - Ages 55 & older.
 - Get fit and have fun with Exercise Bingo! This summer program is geared for adults ages 55 & older, to improve their health and wellbeing, while enjoying a game of bingo. Participants will engage in simple movement exercises while seated to help increase strength, balance and range of motion. Exercise Bingo is a fun way to increase physical activity and exercise the mind.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

SENIOR WELLNESS: GET UP OFF YOUR ROCKER

Fridays @ Gifford Aquatic Center-Sponsored by the Florida Blue Foundation

Mondays @ Dept. of Health Wabasso Site-Sponsored by the Florida Blue Foundation

- 10:30am-11:30am. FREE!
 - Ages 55 & older.
 - Get up off your rocker and head to Chrissy's low impact exercise class! If you aren't crazy about exercising this is the perfect class for you. Enjoy light movement exercises set to music with a few dance moves mixed in!
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

SENIOR WELLNESS: ON THE MOVE

Thursdays @ IRC Parks Office-Sponsored by the Florida Blue Foundation

- 9:30am-10:30am. FREE!
 - Ages 55 & older.
 - Move it or lose it! This low impact exercise class is meant to get your blood flowing and increase movement while setting your own pace. Walk-ins welcome. The Parks Office is located at 5500 77th Street.
 - For more information call us at 772-226-1780.

SENIOR WELLNESS: ROCK AND ROLL CARDIO

Thursday @ Wabasso Community Center-Sponsored by the Florida Blue Foundation

- 7:00am-8:00am. FREE!

Thursday @ iG Recreation Center-Sponsored by the Florida Blue Foundation

- 10:30am-11:30am. FREE!
 - Like our regular Senior Wellness Program for 55 & older but with fun dancing music to spice it up a notch. Walk-ins welcome.
 - For more information call 772-226-1780.

SENIOR WELLNESS: UPBEAT BOXING

Tuesday and Thursday @ iG Recreation Center-Sponsored by the Florida Blue Foundation

- 3:00pm-4:00pm. FREE!
 - Boxing fitness class geared for ages 55 +. Held twice a week to get you out, active and UP-BEAT! Walk-ins welcome.
 - For more information call 772-226-1780.

SENIOR WELLNESS: WALK IN THE PARK

Wednesday @ Kiwanis Hobart Park-Sponsored by the Florida Blue Foundation

- 9:00am-9:45am. FREE!
 - Join us for a stress-free walk among the trees and nature at Kiwanis Hobart Park. Participants will enjoy walking the perimeter trail while getting exercise. Be sure to wear light clothing and bring water.
 - Call 772-226-1780 for more information or just show up.

STRETCH & FLEX

Monday, Tuesday, and Thursday @ iG Recreation Center

- 9:15am-10:15am. Cost \$5.
 - Great cardiovascular workout set to music. Helps build endurance and strengthens the heart.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

SWIM LESSONS

Private and group swimming lessons are available throughout the summer months.

- Cost \$80 per person for four 25-minute lessons.
- \$40 per person per session for group lessons.
 - Scholarships are available for those who qualify.
 - For information, call the North County Aquatic Center at 772-226-1752 or the Gifford Aquatic Center at 772-226-1175.

THURSDAY NIGHT LIGHTS

Thursday @ IRC Shooting Range

- 5:00pm-9:00pm.
 - We light up the fields for a fun skeet-trap night activity. No registration required.
 - For more information call 772-226-3096.

VETERANS YOGA PROJECT-MINDFUL RESILIENCE

Wednesday @ iG Recreation Center

- 2:00pm-3:00pm. FREE!
 - Led by Certified Yoga Alliance Trainer Danielle Martinez.
 - Class is open to active and retired military, first responders, their families, caregivers, and anyone looking to support veterans.
 - Call 772-226-1780 for more information.

YOGA-LATES

Tuesday and Thursday @ iG Recreation Center

- 10:30am-11:30am. Cost \$8.
 - Mix between Yoga and Pilates. Walk-ins welcome.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.