



Indian River County Venue Event Calendar: August-September 2025

For more information go to: www.indianriver.gov

SATURDAY SEWING

Saturdays @ North Library

- 10:30am. FREE!
 - Ages 18 & older.
 - Learn the basics of a sewing machine or work on advanced projects with a sewing expert. All materials are provided or bring your own.
 - For more information, contact Katherine at 772-400-6360 or kanderson@indianriver.gov.

SERENITY FOR STRESS RELIEF

Thursdays @ Intergenerational Recreation Center

- 6:00pm-6:45pm. \$10 per class.
 - Ages 18 & older.
 - Serenity is a full body, dynamic stretching and movement class rooted in dance. Release tension in your body through gentle, flowing sequences. No floor work, or equipment needed.
 - For more information contact 772-226-1780 or visit www.indianriver.gov/parksandrecreation

SHINE DANCE FITNESS

Tuesdays @ Intergenerational Recreation Center

- 4:45pm-5:30pm. Cost \$10.
 - Ages 16 & older.
 - Shine Dance Fitness mixes current hit music with original choreography for the ultimate confidence boosting, full body workout experience you didn't know you needed!
 - For more information call 772-226-1780 or just drop-in!

VOLLEYBALL AT THE IG - YOUTH

Tuesdays & Thursdays Starting August 19th @ Intergenerational Recreation Center

- 5:00pm-6:00pm; Ages 12 & Under. Cost \$10.
- 6:00pm-7:00pm; Ages 13-17. Cost \$10.

- This program is designed to allow participants of all skill levels to develop, practice, and learn new skills. Participants will learn passing, serving, hitting, setting and teamwork through drill station work and fun skill-based games.
- For more information call 772-226-1780 or just drop-in!

VOLLEYBALL AT THE IG - ADULT

Tuesdays & Thursdays Starting August 19th @ Intergenerational Recreation Center

- 7:00pm-8:15pm; Ages 18 & Older. Cost \$10.
 - This program is designed to allow participants of all skill levels to develop, practice, and learn new skills. Participants will learn passing, serving, hitting, setting and teamwork through drill station work and fun skill-based games.
 - For more information call 772-226-1780 or just drop-in!

WRITERS' WINDOWPANE

Fridays @ Main Library

- 10:00am. FREE!
 - Ages 18 & older.
 - The Writer's Windowpane is a cold-critique workshop where everyone gets instant, constructive feedback on his or her writing. The forum is for novels and short stories, but any form of writing is acceptable. It is free for anyone who wants to start writing or tighten up a manuscript they already have. Registration is not required.
 - For more information contact Karrie at 772-400-6310 or email kcole@indianriver.gov.

YOUNG ENGINEERS – BRICKS CHALLENGE

Thursdays Starting August 21st @ Intergenerational Recreation Center

- 4:15pm-5:30pm. Cost \$30 Drop-In & \$100 Per Month.
 - Ages 7-11.
 - Unlock the world of STEM with the Bricks Challenge Program! Through hands-on building projects, kids will learn the basics of mechanics, physics, and engineering, while developing creativity and problem-solving skills.
 - For more information call 772-226-1780 or register online at <https://secure.rec1.com/FL/indian-river-county-fl/catalog/item/23397/329422/3821246>.

ALL ABOUT ALLIGATORS

Friday, August 22nd @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 1:30pm. FREE!
 - Ages 5+
 - Learn fascinating facts about one of Florida's most iconic creatures – the American alligator! Participants will explore its behavior, biology, and role in the ecosystem during this engaging talk.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

SMALL & BEGINNING FARMERS MINI CONFERENCE

August 22nd @ Intergenerational Recreation Center

- 9:00am-4:00pm. Cost \$35 per person.
 - Ages 18 & older.
 - During this jam-packed, one day mini conference, participants will have opportunities to learn, network, and gather ideas to grow their agricultural enterprise. Conference participants will have the opportunity to attend various sessions throughout the day where they can learn about topics such as agricultural exemption, BMP and cost-share programs, Florida agritourism law, selecting the right enterprise for your farm, creating a business plan, securing funding, marketing your business, and more. Registration fee includes access to all sessions, lunch, and a hard copy of the UF/IFAS Florida Direct Marketing Handbook.
 - To register, go to bit.ly/46BwpmO

OSLO KAYAK TOUR – BRING YOUR OWN KAYAK

Saturday, August 23rd @ Oslo Riverfront Conservation Area, 150 9th St SE, Vero Beach.

- 9:00am-11:00am. FREE!
 - Ages 18 & older.
 - Bring your own kayak (or paddleboard)! Interested in seeing the lagoon up close? Join staff for a free guided kayak tour, launching from Oslo boat ramp. Participants must provide their own kayak and life jacket. The life jacket must be worn at all times when on the water.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

LEAF PRINTING

Tuesday, August 26th @ Jones' Pier Conservation Area, 7770 Jungle Trail, Vero Beach.

- 10:00am-11:00am. FREE!
 - Open to all ages.
 - Discover the art and science of leaves in this hands-on leaf printing class! Participants will learn about leaf shapes and tree identification while creating their own beautiful nature-inspired prints to take home.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

LENS OF THE WORLD

Wednesday, August 27th @ North County Library

- 1:30pm. FREE!
 - Ages 18 & older.
 - The North IRC Library hosts a documentary movie day on the LAST Wednesday of each month. July will feature the 2024 documentary "Beyond the Tree Line." Popcorn and water will be provided free of charge thanks to the Friends of the North IRC Library!

- Contact Katherine at kanderson@indianriver.gov or 772-400-6360 for more information!

RECREATION & CONSERVATION HIKING CLUB – SEBASTIAN HARBOR PRESERVE

Tuesday, September 2nd @ Sebastian Harbor Preserve, 184 Englar Dr, Sebastian.

- 8:30am-10:00am. FREE!
 - Ages 5 & older.
 - Interested in exploring Indian River County conservation lands? Join our Conservation staff for a free twice monthly hiking club! These interactive events have something for all levels of hiker. 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.

CHRIS BATES, MUSICAL PERFORMANCE

Wednesday, September 3rd @ North IRC Library

- 3:00pm. FREE!
 - Ages 18 & Older.
 - Chris Bates is a one-man band, combining expert guitar, powerful vocals, and custom backing tracks to deliver the rich, full sound of a live band, complete with harmonies and rhythm that bring the music alive. Enjoy tropic rock, classic rock, country rock, Motown, and smooth jazz hits from the '60s through the '80s.
 - For more information on this FREE performance contact Katherine at 772-400-6356 or kanderson@indianriver.gov.

LITTLE EXPLORERES: WILD CATS

Wednesday, September 3rd @ Intergenerational Recreation Center

- 1:00pm-2:00pm. FREE!
 - Open to all ages.
 - Join us for a wild and exciting adventure as we explore the amazing wild cat species of Florida, from the elusive panther to the stealthy bobcat! This event includes a book reading and take-home craft.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

BLOOM & BRUSH PAINTING

Friday, September 5th @ Jones' Pier Conservation Area, 7770 Jungle Trail, Vero Beach.

- 11:00am-12:00pm. FREE!
 - Ages 15 & older.
 - Looking for a new way to enjoy the outdoors? Join staff for a painting event at Jones' Pier Conservation Area. Materials provided, please register in advance as there are limited spots available!

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

FRENCH CONVERSATION CLUB

Saturday, September 6th @ Main Library

- 1:30pm. FREE!
 - Ages 18 & older.
 - Hosted by Leslie Branch, this program connects French speakers to practice conversational skills. THIS CLASS IS NOT FOR BEGINNERS! This is an opportunity for those with a decent command of French to connect and converse on an informal, drop-in, basis with no registration required. Meet in the History Room on the second floor of the Main Library. For more information, contact Karrie at 772-400-6310 or kcole@indianriver.gov.
 - For more information, contact Katherine at 772-400-6360 or kanderson@indianriver.gov.

OAKS OF IRC

Tuesday, September 9th @ North Sebastian Conservation Area, 1295 Main St, Sebastian.

- 9:00am-10:00am. FREE!
 - Ages 5 & older.
 - From towering live oaks to scrubby, sun-loving scrub oaks, Florida is home to a wide variety of acorn-producing trees. Join us as we explore the different types of oak trees found across the state and discover the important roles they play in supporting local wildlife and ecosystems.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

RECREATION & CONSERVATION HIKING CLUB – WABASSO SCRUB CONSERVATION AREA

Saturday, September 13th @ Wabasso Scrub Conservation Area, 8900 64th Ave, Sebastian.

- 8:30am-10:00am. FREE!
 - Ages 5 & older.
 - Interested in exploring Indian River County conservation lands? Join our Conservation staff for a free twice monthly hiking club! These interactive events have something for all levels of hiker. 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.

SPOIL ISLANDS LECTURE

Tuesday, September 16th @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 2:00pm-3:00pm. FREE!
 - Ages 5 & older.

- Scattered along Florida's coast, spoil islands are unique man-made habitats teeming with wildlife and adventure. Join us as we explore how these islands were formed, the plants and animals that call them home, and their surprising role in coastal ecosystems!
- For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

LA MESA RV SHOW

Thursday-Sunday, September 18-21 @ Indian River County Fairgrounds, 7955 58th Ave, Vero Beach.

- 9:00am-6:00pm. FREE!
 - All ages welcome.
 - Check out the La Mesa RV Show! 4 Days only at the Indian River County Fairgrounds!
 - For more information email slove@lamesarv.com

FLORIDA MASTER NATURALIST – ENVIRONMENTAL INTERPRETATION

September 23rd – October 14th @ UF/IFAS Extension Office, 1800 27th St, Vero Beach.

- 2:00pm-3:00pm. FREE!
 - Ages 18 & older.
 - Through classroom, field trip, and practical experience, this course provides the fundamentals of interpretation, key elements of an effective interpretive program, how to create themes, sub-messages and transitions, group management, addressing diverse audience needs, developing interpretive displays and practicing interpretive techniques. This course is designed to make participants better environmental interpreters and educators, so that others may learn about Florida's natural history and conservation issues.
 - To view the complete course agenda and register, go to <https://conference.ifas.ufl.edu/fmnp/>

ANSIN RIVERFRONT TOUR – BRING YOUR OWN KAYAK

Wednesday, September 24th @ Ansin Riverfront Conservation Area, 9800 Canoe Launch Cove, Sebastian.

- 9:00am-11:00am. FREE!
 - Ages 18 & older.
 - Bring your own kayak (or paddleboard)! Interested in seeing the St. Sebastian River up close? Join staff for a free guided kayak tour, launching from the Ansin Riverfront Conservation Area boat ramp. Participants must provide their own kayak and life jacket. The life jacket must be worn at all times when on the water.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

VERO BEACH GUN SHOW

Saturday & Sunday, September 27 & 28 @ Indian River County Fairgrounds, 7955 58th Ave, Vero Beach.

- Saturday, 9:00am-5:00pm. Cost \$8 adult admission. Ages 14 & under are free.
- Sunday, 10:00am-4:00pm. Cost \$8 adult admission. Ages 14 & under are free.
 - Buy, Sell & Trade at the Vero Beach Gun Show! Concealed Weapon License Classes at every show!
 - For more information visit www.patriotshows.com

MASTER GARDENERS

Wednesdays @ North IRC Library

- 10:00am-12:00pm.
 - Ages 18 & older.
 - Whether you hope to grow your own vegetables, adorn the yard with gorgeous ornamentals, or simply keep your lawn neat and healthy, the Master Gardeners can help you develop a greener thumb.
 - Contact Katherine at kanderson@indianriver.gov or 772-400-6360 for more information!

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 & Thursday @ iG Center

- 8:30am-12:00pm. Cost \$3.74 plus tax.
 - Adults 18 & older.
 - Time when 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 the open gym dates.

AQUAFIT

Tuesday & 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, 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

Sunday August 31st @ 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

Thursdays @ iG 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.

BROADWAY BABIES

Saturdays Starting September 6th @ iG Center

- 11:00am-12:00pm. Cost \$30.
 - Ages 3 months-4 years.
 - Join Instructor Katherine Connors for this delightful interactive mommy and me style class! We will dance, sing, and bop to the best of Broadway Showtunes. A variety of costumes, instruments, puppets, and improv games will be incorporated into classes.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

COLORING & COFFEE

Tuesdays @ iG Center

- 8:30am-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

Tuesdays @ iG Center

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

DOUBLES TRAP SHOOTING COMPETITION

Sundays @ Indian River County Public Shooting Range

- 9:00am-1:00pm. Cost \$20 plus tax per round.
 - Ages 10 & older.
 - Join us for the Doubles Trap Shooting Competition Sundays, 9:00am-1:00pm beginning April 20 at Field 2. All participants must be registered Range users; ages 10-17 must be accompanied by an adult.
 - For more information including contest details contact the Range at 772-226-3096.

GENTLE CHAIR YOGA

Tuesdays & Thursdays @ iG 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.

HATHA YOGA

Saturdays @ iG Center

- 9:00am-10:00am. Cost \$6.
 - Ages 13 & older.
 - This all-level Hatha Yoga class involves standing and seated poses using a mat or chair, while performing breathing exercises and meditation. Hatha Yoga is a slower and gentler meditative practice, great for beginners or experienced students, and will still challenge participants mentally and physically. Adaptive Hatha Yoga is a style that considers all bodies and abilities. It is accessible to everyone.
 - For more information call 772-226-1780 register online at www.indianriver.gov/parksandrecreation.

HEALTHIER YOU WEDNESDAYS

Third Wednesday @ iG 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.

HOT BODY LADIES BOOTCAMP

Mondays & Wednesdays @ iG Center

- 6:00pm-7:00pm. Cost \$7.
 - Ages 13 & older.
 - Join us for a high intensity aerobics class that will get your heart pumping! This class for women combines HIIT (High Intensity Interval Training), calisthenics, and bodyweight exercises with cardio and strength training for a full body workout! Additional

equipment such as weights, resistance bands, and exercise balls may be used. Please bring a mat, towel and water bottle to class. Cost \$7 drop-in. Instructor: Sherry Ross.

- For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

ILLUMINATIONS YOGA

Mondays & Thursdays @ iG Center

- 6:00pm-7:00pm. Cost \$10.
 - Ages 13 & older.
 - Discover ease in the body, mind, and spirit with Illuminations Yoga. This gentle yoga practice evolved from Jenny's last book, Mind Over Mat, where Jenny shares how you can find your unique path to health and wellbeing. Jenny is an Experienced Registered Yoga Teacher through Yoga Alliance. Everyone 16 & older is welcome, including beginners. A variety of modifications are provided so everyone can enjoy the practice. Instructor: Jenny G.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

INTUITION – RECOGNIZE & EXERCISE YOURS!

Friday, September 12th – 9:00am-3:00pm - @ iG Center

Saturday, September 13th – 9:00am-12:00pm - @ iG Center

- Cost \$149
 - All ages welcome!
 - Join us as we recognize your own individual intuition and share techniques to exercise and increase your ability to hear your ever-present internal guidance. Lunch is provided on Friday. Best of all, you'll be in a room of others like you who are searching for how to identify guidance over wishes. Instructor: Katie Nall.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

MAH JONGG

Tuesday & Thursday @ iG 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 & 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.

OPEN GYM PICKLEBALL

Monday, Wednesday, & Friday @ iG Center

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

Monday-Friday @ iG Center

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

Saturday @ iG Center

- 8:30am-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.

PE AT THE IG

Tuesdays @ iG Center

- 3:00pm-4:00pm. Cost \$3.
 - Ages 4-10 years.
 - A great chance for children to exercise and make new friends. Teaching children valuable life skills such as teamwork, fairness, and good sportsmanship. Limited spots, please register.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

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.

PILATES BARRE STRENGTH

Mondays & Tuesdays @ iG Center

- 6:00pm. Cost \$12.
 - Ages 13 & older.
 - This one-of-a-kind, low impact but high-intensity, 50-minute workout is inspired by Pilates, Barre, and Calisthenics to help build full-body strength, sculpt and shape muscles athletically, as well as improve posture, balance, and mobility. Each session includes progressions for all fitness levels.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

PRECISION HUNTER COMPETITION

Thursday-Monday @ Indian River County Public Shooting Range

- 9:00am-5:00pm. Cost \$5 per target and the daily visit fee.
- Ages 18 & older.

- Join us for our newest rifle competition all about precision and accuracy. You may purchase as many targets/entries as you like throughout the month. However, the target chosen by the shooter for submission must be submitted the same day it is purchased. If the shooter wishes to purchase other targets on different days during the month, they may have their previous submission removed and replaced with the new submission if they wish. However, only ONE target per shooter can be submitted for scoring before the end of the month.
- Go to www.indianriver.gov/parksandrecreation to register or call 772-226-3096.

QI GONG

Tuesdays @ iG Center

- 3:00pm-4:00pm. 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, & Friday @ iG 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: FUNCTIONAL FITNESS

Mondays @ Department of Health Wabasso Site

- 10:00am-11:00am. FREE!

Tuesdays & Thursdays @ Indian River County Fairgrounds

- 9:30am-10:30am. FREE!
 - Ages 55 & older.
 - Join us for a fun low impact full-body workout that pairs cardio with strength and balance exercises set to motivating music! Each class will end with gentle stretches to improve flexibility. Movements will be adjusted to the individual's ability; all fitness levels are welcome. Please be sure to bring water to class.
 - For more information call 772-226-1780.

SENIOR WELLNESS: ROCK AND ROLL CARDIO

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

- 7:00am-8:30am. FREE!

Thursdays @ iG 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 & Thursday @ iG Center-Sponsored by the Florida Blue Foundation

- 2:30pm-3:30pm. 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

Wednesdays & Fridays @ Historic Kitching Switch/Kiwanis Hobart Park

- Wednesdays & Fridays, 8:30am-9:30am @ Kiwanis Hobart Park. FREE!
- Wednesdays, 7:00am-8:00am @ Historic Kitching Switch. FREE!
 - Ages 55 & older.
 - Let's Walk Together - Enjoy stress free walks among two (2) beautiful Indian River parks. Participants will enjoy walking among trees and nature while getting exercise and socializing. Please be sure to bring water and wear comfortable clothing.
 - For more information call 772-226-1780.

SINGING BOWLS

Second Thursday of the month – September 11th @ 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.

STRETCH & FLEX

Monday, Tuesday, and Thursday @ iG Center

- 9:15am-10:15am. Cost \$5.
 - Great cardiovascular workout set to music. Helps build endurance and strengthen 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 Fall 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.

TREASURE COAST ROLLER DERBY

Mondays & Thursdays - Starting August 11th @ Indian River County Fairgrounds

Free Information Orientation – August 7th – 7:00pm

- 7:00pm-9:00pm.
 - This inclusive class welcomes all skill levels from brand-new skaters learning how to balance, to experienced derby athletes looking to refine their skills. Participants will build strength, confidence, and community while learning roller derby fundamentals in a supportive and empowering environment.
 - To register visit www.indianriver.gov/parksandrecreation or call 772-226-1780.

VETERANS YOGA PROJECT-MINDFUL RESILIENCE

Saturdays @ iG Center

- 10:15-11:15am. 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.

VINYASA YOGA

Wednesdays @ 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.

YOGA-LATES

Tuesday and Thursday @ iG 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.