



## **Indian River County Venue Event Calendar: November-December 2025**

**For more information go to: [www.indianriver.gov](http://www.indianriver.gov)**

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### **KIDS PICKLEBALL FOR BEGINNERS**

Mondays @ Dick Bird Park

- 3:00pm-5:15pm. FREE!
  - Ages 8-15.
  - Kids will learn pickleball basics—including rules, scoring, and court etiquette—while developing fundamental skills through drills and gameplay. The program fosters confidence, teamwork, and a supportive environment for all experience levels.
  - For more information contact 772-226-1780 or visit [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)

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### **TEDDY BEAR TIME**

Fridays @ Main Library

- 10:00am. FREE!
  - Ages 3-5.
  - Bring your favorite teddy bear or other plushie each week as we engage our imaginations with stories and creative play.
  - For more information, contact Ms. Patti at 772-400-6318 or [pfuchs@indianriver.gov](mailto:pfuchs@indianriver.gov).

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### **TAKE, MAKE, & GIVE HOLIDAY CARDS**

Monday, November 3 – Friday, December 12 @ Brackett Library

- All Day. FREE!
  - All ages welcome!
  - Pick up a kit at the Brackett Library and make a homemade paper card for seniors living in local assisted living homes. Take your kit, make the project, and return to us at the Brackett Library. The completed art projects will be delivered to local senior facilities to brighten the residents' day!
  - For more information, please call Hollie at 772-400-6366.

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### **LITTLE EXPLORERS: SMALL BUT MIGHTY**

Wednesday, November 5 @ Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach, FL.

- 1:00pm-2:00pm. FREE!
  - All ages welcome!
  - Though small—and sometimes quick to bite—ants play a big role in their ecosystems, proving that strength truly comes in tiny packages. Join us for a book reading and a take-home craft as we explore the fascinating world of these industrious insects!
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## HALLSTROM HISTORY

Thursday, November 6 @ Hallstrom Farmstead Conservation Area, 1605 Old Dixie Hwy SW, Vero Beach, FL.

- 1:00pm-2:00pm. FREE!
  - Ages 5 & Older!
  - Discover the rich agricultural heritage of Indian River County with a FREE guided tour of the historic Hallstrom House and Hallstrom Farmstead Conservation Area! Join our staff and dedicated volunteers from the Indian River County Historical Society as you step back in time to explore an authentic Florida farmstead and learn about the lasting legacy of one of the area's influential families.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## EDIBLE PLANT WALK

Friday, November 7 @ South Oslo Riverfront Conservation Area, 200 9<sup>th</sup> ST SE, Vero Beach, FL.

- 10:00am-11:00am. FREE!
  - Ages 5 & Older!
  - Join Conservation Lands Educator Olivia for this free walk and nature journaling! Participants will learn about the many edible types of plant that can be found in Florida, how the plants have been used, and why some plants should be left for the animals.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## GENEALOGY RESEARCH STUDY GROUP

Friday, November 7 @ Main Library

- 2:00pm-4:00pm. FREE!
  - 18 & Older!
  - Just when you thought you lost your senses, we found your census!" In person, FREE program to tackle genealogy road-blocks with seasoned researchers. Registration is necessary.
  - For more information or to save your space contact Michelle Wagner, Genealogy Librarian at [mwagner@indianriver.gov](mailto:mwagner@indianriver.gov) or 772-400-6330.

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## MOSQUITO WALK

Wednesday, November 12 @ Indian River Lagoon Greenway, 850 Indian River Blvd, Vero Beach, FL.

- 4:30pm-5:30pm. FREE!
  - Ages 5 & Older!
  - Take a guided stroll through an active mosquito impoundment! Conservation staff will be joined by Indian River County Mosquito Control to answer your buzzing about mosquitoes.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## PLANTING FOR POLLINATORS

Thursday, November 13 @ Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach, FL.

- 12:00pm-1:00pm. FREE!
  - Ages 5 & Older!

- Have you ever explored a natural area and wondered why specific plants were chosen for that location? Dive into conservation landscaping and learn ideas to use in your own home lawn!
- For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **COASTAL CONSERVATION ASSOCIATION FL: CCA TREASURE COAST BANQUET & AUCTION**

Thursday, November 13 @ Event Hall - Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach.

- For more information contact the IG Center at 772-226-1780.

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### **CARENET PREGNANCY CENTER OF IRC: 41<sup>ST</sup> ANNUAL FUNDRAISING DINNER BANQUET**

Friday, November 14 @ Event Hall - Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach.

- For more information contact the IG Center at 772-226-1780.

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### **RECREATION & CONSERVATION HIKING CLUB – PELICAN ISLAND NATIONAL WILDLIFE REFUGE**

Saturday, November 15 @ Pelican Island National Wildlife Refuge, 4055 Wildlife Way, Vero Beach, FL.

- 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](http://www.indianriver.gov/parksandrecreation).

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### **RESTORING THE BALANCE**

Monday, November 17 @ Main Library

- 2:00pm - FREE!
  - Ages 18 & Older.
  - When we understand our role in what ails the lagoon, we can better understand how to bring it back to a healthier balance. Join us in learning how to restore to health the ecosystems of the Indian River Lagoon. Registration is not required.
  - For more information or to register please Contact: Karrie at 772-400-6310 or [kcole@indianriver.gov](mailto:kcole@indianriver.gov)

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### **EPIC EPIPHYTES**

Monday, November 17 @ South Oslo Riverfront Conservation Area, 200 9<sup>th</sup> St SE, Vero Beach, FL.

- 9:00am-10:00am. FREE!
  - Ages 5 & Older!
  - Join Conservation Lands educator Olivia for this guided walk! This free hike will cover the many types of epiphytes that grow on local trees.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **GREEN SCREEN HOLIDAY PHOTOS**

Tuesday, November 18 @ Brackett Library

- 4:00pm-7:00pm. FREE!
  - All ages welcome!
  - Get ready for the winter holidays! Choose from preselected backgrounds. No pets, please, and try to avoid wearing the color green, as it will interfere with the photography. Photos will be taken by library staff, not professional photographers, and will be sent to you via email.
  - For more information contact Hollie, at 772-400-6366 or email [hmcDougall@indianriver.gov](mailto:hmcDougall@indianriver.gov)

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## **AIR POTATO CLEAN UP**

Tuesday, November 18 @ Sebastian Harbor Preserve, 184 Englar Drive, Sebastian, FL.

- 9:00am-11:30am. FREE!
  - Ages 5 & Older!
  - Don't let those heart shaped leaves fool you, there is nothing to love about invasive Air Potato! Join staff at Sebastian Harbor Preserve as we dig in and clean up a natural area to remove invasive vines and tubers.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **FLORIDA'S TURNPIKE ENTERPRISE: PUBLIC HEARING – FL TURNPIKE SR 60 TO CLAY WHALEY RD**

Thursday, November 20 @ Room 112 - Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach.

- For more information contact the IG Center at 772-226-1780.

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## **HALLSTROM MINT WORKDAY**

Friday, November 21 @ Hallstrom Farmstead Conservation Area, 1605 Old Dixie Hwy SW, Vero Beach, FL.

- 9:00am-11:30am. FREE!
  - Ages 5 & Older!
  - Join us to improve endangered Lakela's Mint habitat on the 3rd Friday of every month! Volunteers will be removing invasive species and trimming overgrown vegetation. All tools and gloves will be provided, but feel free to bring your own if you prefer. Water refills and light snacks will be provided.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **THE BEST OF CHRISTMAS – THE BRENNA BAVIS BAND**

Sunday, November 23 @ Main Library

- Doors Open at 1:30pm - FREE!
  - All ages welcome.
  - Kick off the holiday season as we welcome back The Dynamic Duo of the Brenna Bavis Band. Vocalist Brenna Bavis and guitarist Cary DeNigris will bring you The Best of Christmas through their vocal and musical prowess. Their rich history onstage together in a myriad of musical situations allows them to draw from a deep well of material and creativity to leave audiences always wanting more. Part of our Monthly Concert Series.

- For more information or to register please Contact: Karrie at 772-400-6310 or [kcole@indianriver.gov](mailto:kcole@indianriver.gov)

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## **CONSERVATION METHODS**

Monday, November 24 @ North Sebastian Conservation Area, 1295 Main St, Sebastian, FL.

- 10:00am-11:00am. FREE!
  - Ages 5 & Older!
  - From prescribed burns to rented goats, conservation takes many forms! Join our knowledgeable staff for a beginner-friendly walk as we explore the common conservation practices used throughout Indian River County.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **RECREATION AND CONSERVATION HIKING CLUB – CYPRESS BEND COMMUNITY PRESERVE – 1 MILE**

Monday, December 1 @ Cypress Bend Community Preserve, 801 Gardenia St, Sebastian, FL.

- 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](http://www.indianriver.gov/parksandrecreation)

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## **LITTLE EXPLORERS – HONEY BEES**

Wednesday, December 3 @ the Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach, FL.

- 1:00pm-2:00pm. FREE!
  - All ages welcome!
  - Join us for a sweet and exciting adventure as we dive into the buzzing world of honeybees! Kids will learn all about these amazing pollinators—from how they make honey to the important jobs they do in nature. This bee-themed event includes a fun book reading and a hands-on take-home craft that's sure to create a buzz!
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)

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## **AIR POTATO CLEANUP WITH INDIAN RIVER LAND TRUST**

Friday, December 5 @ Indian River Lagoon Greenway, 850 Indian River Blvd, Vero Beach, FL.

- 9:30am-11:30am. FREE!
    - Ages 5 & Older!
    - Join staff and the Indian River Land Trust for a community volunteer event to help remove invasive air potato vines from our natural areas. These fast-growing plants threaten native ecosystems, but with your help, we can make a big difference!
    - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)
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## **KIDS TRIATHLON – ROTARY VERO BEACH**

Saturday, December 6 @ Victor Hart Community Park, 850 Indian River Blvd, Vero Beach, FL.

- 8:00am. \$25 early bird entry fee!
    - Ages 6 - 13!
    - This event emphasizes personal achievement. Children begin in the pool and start only when they're ready, and race against their own best efforts, fostering a supportive atmosphere where participation is celebrated. Whether aiming for a podium finish or simply completing the course, each child sets their own goals.
    - For more information email [KidsTriathlonVeroBeach.com](mailto:KidsTriathlonVeroBeach.com).
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## **VERO BEACH GUN SHOW**

Saturday & Sunday, December 6 & 7 @ Indian River County Fairgrounds, 7955 58<sup>th</sup> Ave, Vero Beach, FL.

- 9:30am-11:30am. FREE!
    - 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](http://www.patriotshows.com)
    - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)
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## **JINGLE SHELLS BEACH JEWELRY**

Wednesday, December 10 @ the Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach, FL.

- 1:00pm-2:00pm. FREE!
    - Ages 5 & Older!
    - Dive into the wonders of the shoreline with a hands-on beach ecology and shell jewelry making class! Learn about the fascinating creatures, shells, and ecosystems that make our beaches so unique. Then, get creative and turn beautiful shells into jewelry to take home! This program will be a partnership between Conservation Lands Division and UF IFAS.
    - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)
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## **BREAKFAST WITH SANTA**

Saturday, December 13 @ the Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach, FL.

- 9:00am-11:00am. \$5 per person!
    - All ages welcome!
    - Breakfast with Santa is a beloved annual tradition held at the IG Center in Vero Beach! Families are invited to join us for a festive morning filled with delicious food, fun activities, live performances, and plenty of holiday spirit. It's the perfect way to kick off the season and make lasting memories together!.
    - For more information contact Olivia 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)
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## **NATURE ORNAMENTS**

Monday, December 15 @ the Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach, FL.

- 2:00pm-3:00pm. FREE!
  - Ages 5 & Older!
  - Celebrate the season with a touch of the outdoors! Join us for a festive workshop where we'll create beautiful, nature-inspired holiday ornaments using natural materials. Learn a bit about the plants and wildlife that call our area home while crafting unique decorations perfect for your tree or as handmade gifts.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)

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### **SCRUB JAYS**

Wednesday, December 17 @ the North Sebastian Conservation Area, 1295 Main St, Vero Beach, FL.

- 12:00pm-1:00pm. FREE!
  - Ages 5 & Older!
  - Join us for an engaging educational program all about the Florida Scrub-Jay—Florida's only endemic bird species! Discover what makes these bright blue birds so unique, from their fascinating family dynamics to their dependence on scrub habitat.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)

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### **HALLSTROM MINT WORKDAY**

Friday, December 19 @ Hallstrom Farmstead Conservation Area, 1605 Old Dixie Hwy SW, Vero Beach, FL.

- 11:30pm. FREE!
  - Ages 5 & Older!
  - Join us to improve endangered Lakela's Mint habitat on the 3rd Friday of every month! Volunteers will be removing invasive species and trimming overgrown vegetation. All tools and gloves will be provided, but feel free to bring your own if you prefer. Water refills and light snacks will be provided.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)

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### **RECREATION AND CONSERVATION HIKING CLUB – NORTH SEBASTIAN CONSERVATION AREA**

Saturday, December 20 @ North Sebastian Conservation Area, 200 9<sup>th</sup> St SE, Vero Beach, FL.

- 11:30pm. 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](http://www.indianriver.gov/parksandrecreation)

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### **RIMFIRE CHALLENGE – IRC PUBLIC SHOOTING RANGE**

Saturday, December 27 @ Indian River County Shooting Range, 10455 102<sup>nd</sup> Terrace, Sebastian, FL.

- 9:00am – 1:00pm. \$10 for the event only or \$20 for the event plus regular rifle and pistol range access!

- Ages 18 & Older!
- Join us for the Rimfire Challenge, an exciting shooting competition open to all rimfire rifles and pistols chambered in .22 Long Rifle caliber. Participants will compete in separate pistol and rifle sequences, each set at different target distances. Shooters will test their speed and accuracy on a variety of steel targets, including a 5-target Texas Star, six steel bowling pin swingers, four round steel plates of varying heights, and a small steel stop plate. Scoring is based on time, starting with the beep of the shot timer and ending when the shooter hits the stop plate—lowest overall time wins!.
- For more information call 772-226-3096.

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## **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](mailto:kanderson@indianriver.gov) or 772-400-6360 for more information!

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## **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.

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## **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.

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## **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.

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## **ARCHERY 101**

Sunday August 31<sup>st</sup> @ 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](http://www.indianriver.gov/parksandrecreation).

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## **BEGINNER & INTERMEDIATE PICKLEBALL**

Thursdays @ Dick Bird Park

- 6:00pm-7:00pm. \$120 for 8 week session.
  - Ages 18 & older.
  - Beginner & Intermediate Pickleball is back at Dick Bird Park Pickleball Courts from September 18 through November 6. This 8-week session, just \$120, takes place on Thursdays from 6–7 PM and is led by USA Pickleball Association Instructor and Level 1 PPR Certified Coach, Steve Osiecki. Whether you're brand new to the game or looking to improve your skills, this program offers fun and excitement for players of all ages and levels.
  - For more information contact 772-226-1780 or visit [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **BROADWAY BABIES**

Saturdays Starting September 6<sup>th</sup> @ 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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **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.

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **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.

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **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](http://www.indianriver.gov/parksandrecreation).

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## **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.

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## **HIIT TABATA**

Thursdays @ Intergenerational Recreation Center

- 4:30pm-5:30pm. \$10 per class.
  - Ages 18 & older.
  - This fitness class is a high-energy, fast-paced workout that combines the science of High-Intensity Interval Training (HIIT) with the structure of Tabata! Each round consists of 20 seconds of maximum-effort work followed by 10 seconds of rest, repeated for 4 minutes per exercise. This

class is designed to push your limits, boost metabolism, and burn calories long after the workout is over.

- For more information contact 772-226-1780 or visit [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)

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### **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](http://www.indianriver.gov/parksandrecreation).

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### **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](http://www.indianriver.gov/parksandrecreation).

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### **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](http://www.indianriver.gov/parksandrecreation) to register.

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### **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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### **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.

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-3096.

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **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.

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## **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.

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## **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.

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## **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.

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## **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.

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## **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.

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## **SINGING BOWLS**

Second Thursday of the month – September 11<sup>th</sup> @ 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](http://www.indianriver.gov/parksandrecreation).

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **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.

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## **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.

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## **TREASURE COAST ROLLER DERBY**

Mondays & Thursdays @ Indian River County Fairgrounds

Free Information Orientation – August 7<sup>th</sup> – 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](http://www.indianriver.gov/parksandrecreation) or call 772-226-1780.
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## **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.

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## **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](http://www.indianriver.gov/parksandrecreation).

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## **VOLLEYBALL AT THE IG - YOUTH**

Tuesdays & Thursdays @ 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!

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## **VOLLEYBALL AT THE IG - ADULT**

Tuesdays & Thursdays @ 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!

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## **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](mailto:kcole@indianriver.gov).

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## **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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **YOUNG ENGINEERS – BRICKS CHALLENGE**

Thursdays @ 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>.