



## **Indian River County Venue Event Calendar: March-April 2025**

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

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### **DRUM CIRCLE WITH TREASURE COAST PERCUSSION**

Wednesday, March 12 @ Brackett Library

- 6:00pm. FREE!
  - All ages welcome.
  - Join us for a community drum circle. No experience necessary. Drums will be provided or bring your own.
  - For more information, or to register, contact Hollie at 772-400-6366 or [hmcdougall@indianriver.gov](mailto:hmcdougall@indianriver.gov).

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### **ECOFIT**

Friday, March 14 @ Jones Pier Conservation Area

- 9:00am-10:00am. FREE!
  - Ages 10 & older.
  - Do you have new year's fitness goals? Or simply enjoy working out in nature? Join staff for this full body exercise class at Jones Pier Conservation area. Participants can expect to learn about local plants and animals we see along the way.
  - 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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### **FIREFIGHTERS FAIR**

Friday-Sunday, March 14-23 @ Indian River County Fairgrounds

- Monday-Thursday, 5:00pm-11:00pm. Cost \$10. Ages 6 & under are free.
- Friday, 5:00pm-12:00am. Cost \$10. Ages 6 & under are free.
- Saturday, 1:00pm-12:00am. Cost \$10. Ages 6 & under are free.
- Sunday, 1:00pm-10:00pm. Cost \$10. Ages 6 & under are free.
  - Enjoy fun for the whole family with a wide variety of entertainment. Be sure to see concerts, the demolition derby, midway rides, and firefighter training show! All proceeds go back to the community for scholarships, the burn fund, and more.
  - For more information visit [firefightersfair.org](http://firefightersfair.org)

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### **RECREATION & CONSERVATION HIKING CLUB-SOUTH OSLO RIVERFRONT CONSERVATION AREA (1 MILE)**

Saturday, March 15 @ South Oslo Riverfront Conservation Area

- 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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### **BLOOM AND BRUSH PAINTING**

Monday, March 17 @ Jones Pier Conservation Area

- 10:00am-11:00am. FREE!
  - Ages 10 & 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. Limited spots available!
  - 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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### **GRANT DEVELOPMENT WORKSHOP: INTRODUCTION TO GRANT PROPOSAL WRITING**

Wednesday, March 19 @ iG Center

- 10:00-11:30am. Cost \$80.
  - Ages 18 & older.
  - This hands-on workshop provides an overview of the critical components of a typical grant application. Attendees will utilize a standard grant application template to develop the narrative for a boilerplate document which can be tailored to their specific grant proposal.
  - For more information contact Marcia at [kioskdataic@gmail.com](mailto:kioskdataic@gmail.com)

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### **TEEN ART CLUB**

Wednesday, March 19 @ North County Library

- 4:00pm. FREE!
  - Ages 13-18.
  - Join us for an afternoon of creativity, fun, and friendship! Whether you're a seasoned artist or just starting out, the Teen Art Club is the perfect place to express yourself and unleash your creativity. Draw, paint, and craft to your heart's content in a supportive environment.
  - For more information contact Ms. Gi at (772) 400-6308 or [glee@indianriver.gov](mailto:glee@indianriver.gov)

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### **RESILIENT HABITATS**

Thursday, March 20 @ North Sebastian Conservation Area

- 10:00am-11:00am. FREE!
  - Ages 10 & older.
  - Want to learn more about prescribed fire and its habitat roll? This guided walk will cover 14 acres of scrub habitat that was recently burned. Participants will explore the re-growth of plants and various adaptations of local wildlife.
  - 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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### **GROWING UP IN THE WOODSTOCK GENERATION**

Sunday, March 23 @ Main Library

- 6:00pm. FREE!
  - All ages welcome.
  - Registration Required.

- A multi-media program of song, storytelling and laughter.
  - For more information contact Karrie at 772-400-6310 or [kcole@indianriver.gov](mailto:kcole@indianriver.gov).
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### **SENIOR EXPO**

Thursday, March 27 @ Indian River County Fairgrounds

- 9:00am-2:00pm. FREE!
    - Over 90 vendors, speaker presentations on 2 stages, free medical screenings and demonstrations, food trucks and Ocean FM Live. Free parking and shuttles to the entrance.
    - For more information visit [seniorservicesirc.org/senior-expo](http://seniorservicesirc.org/senior-expo)
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### **CRAFT SUPPLY SWAP**

Friday, March 28 @ Brackett Library

- 1:00pm-3:00pm. FREE!
    - All ages welcome.
    - Craft Supply Swap items may be dropped off at Brackett beginning Monday, March 3. Early Bird tickets for the day of the swap will be given to people who donate items. Only contribute items that are in good condition and/or unopened. Friday, March 28 from 12:00pm-1:00pm the event is open to Early Bird ticket. Open browsing is from 1:00pm-3:00pm. Items not picked up during the swap may be used for future library programs or donated.
    - For more information, or to register, contact Hollie at 772-400-6366 or [hmcDougall@indianriver.gov](mailto:hmcDougall@indianriver.gov).
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### **AFTERLIFE PSYCHIC FAIR**

Saturday & Sunday, March 29-30 @ Indian River County Fairgrounds

- 12:00pm-5:00pm. Saturday costs \$13.99. Sunday costs \$10.
    - Vendors with displays in strange curiosities, psychic energy, crystals, meditation, incense and strange collections.
    - Tickets sold online at [events.humanitix.com](http://events.humanitix.com)
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### **SPICE CLUB**

Friday, April 4 @ Main Library

- All Day. FREE!
    - All ages welcome.
    - Join the Spice Club and receive a kit with the spice-of-the-month. The spice kit includes: 2 tablespoons of a different spice each month, a handout with background on the spice, a couple of recipes, and information for further exploration in cooking with the spice. Spice Club kits are available for pick up on the first Friday of each month in the Reference Department on the 2nd floor of the main library. Registration Required.
    - For more information contact Karrie at 772-400-6310 or [kcole@indianriver.gov](mailto:kcole@indianriver.gov).
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### **SENIOR WELLNESS 55+ GUIDED NATURE WALK**

Fridays, April 4, 11 & 25 @ North Sebastian Conservation Area

- 9:00am-10:00am. FREE!
  - Ages 5 & older.
  - Join conservation and recreation staff for this guided walk-through Florida Scrub habitat! As we stroll, participants can expect frequent stops as we discuss the nature around us. If you are

interested in learning more about local habitats, this is the perfect program! Each 55+ hike in April will cover a different trail at North Sebastian Conservation Area.

- 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-WABASSO SCRUB CONSERVATION AREA (1.25 MILES)**

Monday, April 7 @ Wabasso Scrub Conservation Area

- 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: SEA TURTLE SCIENCE**

Wednesday, April 9 @ Intergenerational Recreation Center

- 1:00pm-2:00pm. FREE!
  - Open to preschool and early elementary school children.
  - Join staff as we celebrate sea turtles in this free children's program! This time of year, these egg laying animals are emerging from the ocean to visit local beaches and create nests. Learn about the nesting process, types of sea turtles, and how you can protect them in this program! There will be a book reading and take-home craft.
  - 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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### **RICKY RAY**

Wednesday, April 9 @ North County Library

- 6:00pm. FREE!
  - Ages 18 & older.
  - Ricky Ray will be performing covers of hit classics from the 70s and 80s.
  - For more information contact Katherine at [kanderson@indianriver.gov](mailto:kanderson@indianriver.gov) or 772-400-6355.

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### **SO YOU WANT TO BE A WRITER: POETRY EDITION**

Thursday, April 10 @ Main Library

- 5:00pm. FREE!
  - Ages 13-18.
  - In celebration of National Poetry Month, we're thrilled to welcome back Nancilee Wydra for a captivating poetry workshop. This session will delve into the art of poetic expression, exploring various forms and techniques. Wydra will guide you through exercises to find your unique voice, play with language, and craft powerful imagery. You'll learn about different poetic structures, rhythm, and the use of literary devices to enhance your work.
  - For more information contact Ms. Gi at (772) 400-6308 or [glee@indianriver.gov](mailto:glee@indianriver.gov).

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## THE GREAT FLORIDA EGG-SCURSION

Saturday, April 12 @ Intergenerational Recreation Center

- 10:00am-12:00pm. FREE!
  - Open to all ages.
  - Join Parks, Recreation, and Conservation for this special FREE program to learn about the many different egg laying animals in Florida. Children will travel to different animal stations to learn interesting facts. This collaborative program will involve many local environmental groups, yard games, interpretive animal talks, goody bags, and food trucks. Advanced registration is **required**.
  - 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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## ADULT BASKETBALL LEAGUES

Monday & Wednesday, April 14-May 28 @ iG Center

- Cost \$475.
  - Ages 18 & older.
  - Join us for the 5 vs. 5 Adult Basketball League. The 10-week session will include 1 game per night and a single elimination playoff tournament. Participants may sign up as a team or free agent. Games will be played at 6:00, 7:00, or 8:00pm. Register by 4/6.
  - For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## ECOFIT

Friday, April 14 @ Jones Pier Conservation Area

- 9:00am-10:00am. FREE!
  - Ages 10 & older.
  - Do you have new year's fitness goals? Or simply enjoy working out in nature? Join staff for this full body exercise class at Jones Pier Conservation area. Participants can expect to learn about local plants and animals we see along the way.
  - 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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## YOUTH BASEBALL LEAGUES

Dates & Times vary, April 14-June 7 @ Location varies

- Cost \$60.
  - Ages 4-12.
  - These recreational leagues (t-ball, coach pitch, and player pitch) place an emphasis on fundamentals while having fun. Teams will be coached by volunteers who will coordinate practices. T-ball will be coached by recreation staff and games will be played Saturday mornings. Field locations include Dick Bird Park, Fran Adams Park, Hobart Park, and West Wabasso Park. All players receive a hat, jersey, and season ending medal. Register by 3/16.
  - For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **DIVE-IN EGG HUNTS**

Tuesday, April 15 @ Gifford Aquatic Center

Wednesday, April 16 @ North County Aquatic Center

- 6:30-8:00pm. FREE!
  - Ages 12 & under.
  - Make a splash at our annual Dive-in Egg Hunts! We will once again be hosting two exciting events, one at North County Aquatic Center and one at Gifford Aquatic Center. Children 5 & under must be accompanied by an adult in the water. Be sure to arrive ready to swim and get ready to have some fun!
  - For more information contact us at 772-226-1780 or visit [indianriver.gov/parksandrecreation](http://indianriver.gov/parksandrecreation).

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## **FLASH LIGHT EGG HUNT**

Thursday, April 17 @ Dick Bird Park

- 8:00pm. FREE!
  - Ages 12 & under.
  - Join us for the annual Flash Light Egg Hunt at Dick Bird Regional Park.
  - For more information contact us at 772-226-1780 or visit [indianriver.gov/parksandrecreation](http://indianriver.gov/parksandrecreation).

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## **DIY NAIL ART**

Thursday, April 17 @ North County Library

- 5:00pm. FREE!
  - Ages 12-18.
  - Dive into a world of vibrant colors. Feel free to bring your own supplies and share your unique style with peers. It's more than just nail art; it's a chance to decompress, connect, and unleash your inner artist. F
  - or more information contact Ms. Gi at (772) 400-6308 or [glee@indianriver.gov](mailto:glee@indianriver.gov).

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## **FAMILY YOGA PARTY**

Thursday, April 17 @ Main Library

- 6:00pm. FREE!
  - All ages welcome.
  - Join us for a fun family yoga session followed by a craft. This program is intended for 1st through 5th graders and their grown-ups. Registration is not required. Wear comfortable clothes.
  - For more information contact at [Pfuchs@indianriver.gov](mailto:Pfuchs@indianriver.gov) or 772 400 6318.

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## **EPIC EPIPHYTES HIKE**

Tuesday, April 22 @ South Oslo Riverfront Conservation Area

- 8:30am-9:30am. FREE!
  - Ages 5 & older.
  - Wander through a cabbage hammock with Conservation Lands educator Olivia! 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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## **APRIL MINT WORKDAY: VOLUNTEER EVENT**

Friday, April 25 @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00pm. FREE!
  - Ages 5 & older.
  - Join us to improve endangered Lakela's Mint habitat. 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. This will be the last mint workday until October 2025.
  - 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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## **ALL ABOUT BEES & BUTTERFLIES: A FAMILY FRIENDLY POLLINATOR WORKSHOP**

Saturday, April 26 @ Intergenerational Recreation Center

- 10:00am-12:00am. FREE!
  - All ages welcome!
  - Join us for this family friendly class where we'll learn about Florida's pollinators and make a craft to bring home for your backyard!
  - 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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## **GUIDED HIKE: CARSON PLATT ESTATE**

Wednesday, April 30 @ Carson Platt Estate

- 9:00am-10:00am. FREE!
  - All ages welcome!
  - Join staff for a free guided hike through a portion of the Carson Platt Estate! This large area is managed in conjunction with the St. Sebastian River State Park. Participants will be meeting at the Fellsmere Trailhead Preserve.
  - 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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## **ALL ABILITIES CRAFT & GAME AFTERNOON**

Wednesday, April 30 @ Brackett Library

- 2:00am-10:00pm. FREE!
  - Adults & Teens.
  - Activities are designed for adults and teens with intellectual and physical disabilities in mind. Registration is requested.
  - For more information contact Hollie McDougall at 772-400-6366 or [hmcDougall@indianriver.gov](mailto:hmcDougall@indianriver.gov)

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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 aquatic 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, 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.

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

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### **BOARD GAMES**

Thursday @ 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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### **BRIDGE CLASS**

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



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## **BROADWAY BABIES**

Wednesdays @ iG Center, thru 2/26

- 1:00pm-2:00pm. Cost \$10.
  - 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**

Tuesday @ iG 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.

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## **COUNTRY LINE DANCING**

Tuesday @ 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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## **GENTLE CHAIR YOGA**

Tuesday & Thursday @ 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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## **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 & Saturdays @ iG Center

- Mondays, 6:00pm-7:00pm. Cost \$10.
- Saturdays, 10:15am-11:15am. 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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## **HOME GARDENING LECTURE SERIES**

Second Wednesdays @ Extension Office thru 3/12

- 6:00pm-7:30pm. Cost \$5.
  - Ages 18 & older.
  - Participants will learn about a variety of home gardening topics. They can register for one lecture or the entire series.
  - To register, go to [bit.ly/46BwpmO](http://bit.ly/46BwpmO).

Third Tuesday @ iG Center, thru 3/18

- 6:00pm-7:30pm. Cost \$5.
  - Ages 18 & older.
  - Participants will learn about a variety of home gardening topics. They can register for one lecture or the entire series.
  - To register, go to [bit.ly/46BwpmO](http://bit.ly/46BwpmO)

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## **JC Theater**

Tuesdays @ iG Center thru 3/11

- 4:00pm-5:30pm. Cost \$75 for six-week session; \$20 drop-in.
  - Ages 5-12.
  - Developing life skills through creative arts such as singing, learning new languages, practicing public speaking, dancing, theatre, music, gymnastics, acrobatics and other acting tricks.

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## **MAHJONG**

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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## **MINT WORKDAY: VOLUNTEER EVENT**

Third Friday of the month @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00pm. 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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## **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**

Tuesday @ iG 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](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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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

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

Tuesdays & Thursdays @ Parks Office

- 9:30-10:30am. 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**

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

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

Thursday @ 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

- 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.

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### **SENIOR WELLNESS: WALK IN THE PARK**

Wednesdays & Fridays @ Kiwanis Hobart Park/West Wabasso Park

- Wednesdays, 8:30-9:15am @ Kiwanis Hobart Park. FREE!
- Fridays, 8:30-9:15am @ West Wabasso Park. 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 socialization. Please be sure to bring water and wear comfortable clothing.
  - For more information call 772-226-1780.

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### **SINGING BOWLS**

Third Thursday @ 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 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.
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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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## **VETERANS YOGA PROJECT-MINDFUL RESILIENCE**

Wednesday @ iG 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.
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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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## **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.