



Indian River County Venue Event Calendar – June 2023

For more www.ircgov.com

JUNIOR LIFEGUARD PROGRAM

Mondays and Wednesdays, June 12 – 28 @ North County Aquatic Center

- 8:30am-3:30pm. \$150 per participant.
 - Participants will learn lifeguard rescues, CPR/First Aid, water and personal safety.
 - Program includes a beach day on June 26 at Tracking Station Beach Park.
 - For more information call 772-226-1752.
-

HURRICANE PREPAREDNESS EXPO

Saturday, June 17 @ IRC Fairgrounds

- 10:00am-3:00pm. FREE.
 - Be prepared before the storm. Retail businesses and municipal services will be on site to help you be ready.
 - Free lunch for first 1,000 attendees.
-

2023 MARY SNYDER ANNUAL GOLF TOURNAMENT

Saturday, June 17 @ Sadnridge Golf Course

- 7:00am. Registration -8:00am Start. \$75 per golfer
 - Hosted by the Vietnam Veterans of Indian River County.
 - For more information call 772-794-0005
-

GROUP SWIM LESSONS

Daily, June 5 – August 3 @ North County and Gifford Aquatic Centers

- \$40 per person, Scholarships available for those who qualify.
 - 6 Sessions through the summer to get you swimming fast!
 - Lessons available for age ranges 6 months old to adults.
-

OUTDOOR EVENING PICKLEBALL LEAGUES

Registration is open and will close July 6 @ Richard “Dick” Bird Park Pickleball Courts

- Cost \$60 per team.
 - Unranked recreational leagues. Monday women’s, Tuesday Men’s, Wednesday co-ed.
 - 10 week season plus playoff tournament.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.
-

PICKLEBALL FOR TEENS OPEN GYM

June 10 and 17 @ iG Center

- 5pm-8pm. FREE
 - Community sponsors are generously underwriting the open gym fee for each participant. Come for a fun night to learn and play pickleball. Equipment provided.
 - Call 772-226-1780 for more information or go to ircgov.com/ParksandRecreation.

UNDER THE STARS "SENIOR" PROM

Wednesday, June 21 @ Brackett Library

- 5:30pm-7:30pm. FREE.
 - Join us for an evening of music and dancing. Light refreshments will be served.
 - Bring a date, family member, friend or come stag. Festive attire is encouraged. Registration is required
 - For more information call 772-400-6366 or go to libraries.ircgov.com.

HANDGUN 101 COURSE

Sunday, June 25 @ IRC Shooting Range

- 9:00am-2:00pm. \$100 per person.
 - This course is a complete guide to understanding the basics of firearm ownership, safety, and nomenclature, and how it applies to self-defense. Upon successful course completion, the student will receive a training certificate that may be submitted to the State of Florida as proof of training if applying for a Florida CCWP.
 - Pre-registration is required.
 - Call 772-226-3096 for more information or email the instructor nanci.robinson@crttl.com

ADULT OPEN GYM BASKETBALL

Mon and Wed @ iG Center

- 4pm-8:30pm. Cost \$6

Tues and Thurs @ iG Center

- 9am-2pm. Cost \$6
 - Unstructured activity time where the gymnasium is available to adults (18 and over) to practice skills, shoot hoops, and play pick-up games.
 - Call 772-226-1780 for more information or go to ircgov.com/ParksandRecreation.

AQUAFIT

Tues, Wed and Thurs @ North County Aquatic Center

- 9:30am-10:30am. Cost \$4
 - Through low impact and high resistance power of the water, participants will improve cardiovascular capabilities, muscle tone, increase balance and improve general health.
 - Flotation belts and water barbells are available at no charge.
 - For more information call 772-226-1174 or go to ircgov.com/ParksandRecreation.
-

COLORING & COFFEE

Tuesdays @ iG Center

- 9am-10am. Cost \$1
 - Looking for a way to unwind and reduce stress? Join us for a morning of relaxation through coloring. Materials provided.
 - For more information call 772-226-1752.
-

GENTLE CHAIR YOGA

Tues and Thurs @ iG Center

- 12pm-1pm. Cost \$5
 - Designed to improve flexibility and strengthen muscles while using a chair for support. Walk-ins welcome.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.
-

HOMESCHOOL PE

Tuesdays @ iG Center

- 3pm-4pm. Cost \$3. Limited spots
 - A great chance for children between the ages of the 4-10 to exercise and make new friends.
 - Teaching children valuable life skills i.e. teamwork, fairness, and good sportsmanship.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.
-

IRC STEEL CHALLENGE

Last Friday of every month @ IRC Shooting Range

- 9am. Cost \$21.40 includes standard pistol and rifle ranges.
 - Allows shooters to test their abilities on steel targets and practice their magazine reloads in the process. No registration required.
 - For more information call 772-226-3096.
-

MAT PILATES

Tues and Thurs @ iG Center

- 9:15am-10:15am. Cost \$12
 - Exercises are structured using special equipment designed to improve strength, flexibility, posture and enhance mental awareness. Walk-ins welcome.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.
-

OPEN PLAY PICKLEBALL

Mon, Wed and Fri @ iG Center

- 9am-12pm and 12:30pm-3:30pm. Cost \$3

Saturdays @ iG Center

- 9am-12pm. Cost \$3
 - 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 or go to ircgov.com/ParksandRecreation.
-

PRE-SCHOOL TUMBLING

Fridays @ iG Center

- 10:15am, 1pm and 4pm. Cost \$3
 - Preschool tumbling is a great start for ages 4-5. Children are taught basic tumbling skills such as forwards/backwards rolls, handstands, and cartwheels.
 - They will also improve self-confidence, basic skills, strength, flexibility and balance. Spaces are limited sign up quickly!
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.

RIMFIRE CHALLENGE

Last Saturday of every month @ IRC Shooting Range

- 9am. Cost \$12.60 standard range fee
 - Open to all levels of shooting enthusiasts. It can be for fun, personal improvement or in preparation for a competition. No registration required.
 - For more information call 772-226-3096.

SHINE DANCE WITH CRYSTAL

Saturdays @ iG Center

- 9:30am-10:30am. Cost \$10
 - Full body cardio and toning workout based in traditional jazz, ballet and hip-hop.
 - Get ready to sweat, smile, shimmy and shake your worries away. Walk-ins welcome.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.

SENIOR WELLNESS PROGRAM WITH SANDY

Mon, Wed and Fri @ iG Center

- 9:00 am-10 am. Mondays, 10am-11:30am Monday, Wednesday and Fridays. Free
 - Special programming for our 55+ community to have social interaction and light activity. Activities can be adapted to ability levels and interests. Walk-ins welcome.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.

SENIOR WELLNESS – DANCING TO MUSIC

Thursdays @ iG Center

- 10:30am – 11:30am. Free
 - Similar to our regular Senior Wellness Program for 55 + but with fun dancing music to spice it up a notch. Walk-ins welcome.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.

STRETCH & FLEX

Tues and Thurs @ iG Center

- 9:30am – 10:30am. Cost \$5
 - Great cardiovascular workout set to music. Helps build endurance and strengthens the heart. Walk-ins welcome.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.
-

THURSDAY NIGHT LIGHTS

Thursdays @ IRC Shooting Range

- 5pm-9pm. Cost \$8 per round
 - We light up the fields for a fun skeet-trap night activity. No registration required.
 - For more information call 772-226-3096.

UP BEAT BOXING

Tues and Thurs @ iG Center

- 3pm-4pm. 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.

YOGA LATES

Tues and Thurs @ iG Center

- 10:30am-11:30am. Cost \$5
 - Mix between Yoga and Pilates. Walk-ins welcome.
 - For more information call 772-226-1780 or register online at ircgov.com/ParksandRecreation.

YOUTH OPEN GYM BASKETBALL

Mondays and Wednesdays @ iG Center

- 4pm-5:45pm. Cost \$2

Saturdays @ iG Center

- 1pm-4pm. Cost \$2
 - Unstructured activity time where the gymnasium is available to adults (17 and under) to practice skills, shoot hoops, and play pick-up games.
 - Call 772-226-1780 for more information or go to ircgov.com/ParksandRecreation.

SUMMER SPORTS CAMP

Monday June 19 – Friday June 23 @ iG Center

- 9:00am-12:00pm. Daily @ iG center
 - Registration is open for this awesome experience
 - For children ages 6 – 12 years old
 - Children will play indoor and outdoor sports with an emphasis on positivity, teamwork and FUN!
 - Call 772-226-1780 for more information or go to ircgov.com/ParksandRecreation.

VETERANS YOGA PROJECT – MINDFUL RESILIENCE

Wednesdays @ iG Center

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