



Indian River County Venue Event Calendar – August 15- September 15, 2023

For more www.ircgov.com

INDIAN RIVER COUNTY LAGOON MANAGEMENT PLAN DEVELOPMENT PUBLIC WORKSHOP

August 17 @ iG Recreation Center • 6pm

- In-person with Virtual Option to Attend – Open to the Public

2023 YOUTH – FALL FLAG FOOTBALL LEAGUE

Beginning September 16 @ Dick Bird South County Regional Park Complex

- Registration due by August 18. \$45/child.
 - Co-Ed League, Ages 4-14.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

HOT SUMMER NIGHTS PICKLEBALL PARTY

Saturday nights @ iG Recreation Center

- 5-8 p.m. \$5/person + tax.
 - All ages welcome, registration limited to 50 players / night.
 - Join the iG staff for a fun night of pickleball, a different theme every week.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

SENIOR WALKING CLUB – NEW!!!

- Tuesdays @ 8:30am @ MLK, Jr. Walking Trail & Park. Free!
- Tuesdays @ 9:30am @ Victor Hart Sr. Community Enhancement Complex. Free!
 - Led by Certified Walk with Ease Instructor & Recreation Leader Sarah Eiswerth

PICKLEBALL CLASSES – WITH DEREK PRINCE

August 25; September 11, 20 @ iG Recreation Center

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

2023 ADULT – FALL BASKETBALL LEAGUE

Beginning September 18 @ iG Center

- 6:00 p.m. Mondays and Wednesdays. Registration due by September 8. \$475/team.
 - Limited to 12 teams.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

SWIM LESSONS

Private swim lessons are available through the fall and winter

- \$80 per person, Scholarships available for those who qualify.
 - The cost includes 4 – 25 minute lessons
 - For information, call the North County Aquatic Center at 772-226-1175 or the Gifford Aquatic Center at 772-226-1175

AQUAFIT

Tues, Thurs, Year-Round @ North County Aquatic Center

- 9:30am-10:30am. Cost \$4 or you can purchase a punch card for \$28.00 for 8 classes, all ages.
 - 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.
 - These low impact, high energy workouts are sure to make fitness fun year-round.
 - Flotation belts and water barbells are available at no charge.
 - For more information, contact the North County Aquatic Center (772) 226-1752.

100 MILE SWIMCLUB

Lap swimming is now more exciting! 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.
 - All participants will be invited to the end of the year potluck and recognition ceremony.
 - Swimmer who swim 100 miles at North County and Gifford Aquatic Centers, within the year, will receive an exclusive 100 Mile Swim Club T-shirt.
 - Sign up at either facility today and just keep swimming!

2023 ADULT – THURSDAY NIGHT FALL KICKBALL LEAGUE

Beginning September 28 @ Dick Bird South County Regional Park Complex

- 6:00 p.m. registration due by September 15. \$500/team.
 - Limited to 12 teams.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

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.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

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.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

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.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

MAHJONG

Tuesdays and Thursdays @ iG Center

- Tues 10am-1:30pm and Thurs 1pm-3:30pm. Cost \$12
 - Tile sets are provided as you play in groups of 3-4.
 - Please bring your own Mahjong card.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

QI GONG – NEW CLASS!

Tuesdays @ 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.ircgov.com/parksandrecreation to register or call 772-226-1780!

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.

PRE-SCHOOL TUMBLING

Fridays @ iG Center

- 10:15am, 1pm and 4pm. Cost \$3 pre-registered; \$5 at the door
 - 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!
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

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.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

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.

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.

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.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

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 \$8
 - Mix between Yoga and Pilates. Walk-ins welcome.
 - Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

YOUTH OPEN GYM BASKETBALL

Mondays, Wednesdays and Saturdays @ iG Center

- Mon and Wed, 4pm-5:45pm, Sat, 1-4 pm. Cost \$2
 - Unstructured activity time where the gymnasium is available to Youths (17 and under) to practice skills, shoot hoops, and play pick-up games.
 - Call 772-226-1780 for more information.

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.

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.
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