



## Indian River County Venue Event Calendar – June 2024

For more [www.indianriver.gov](http://www.indianriver.gov)

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### AQUATIC FACILITIES OPEN DAILY!

Saturday, June 1-Sunday, August 11 @ North County and Gifford Aquatic Centers

- Cost varies by facility.
  - All ages welcome! Children 13 & under must have parental supervision. Children 13-17 must have a waiver on file to use the facility without parental supervision.
  - For more information including amenities, rates, and hours of operation visit us online at [www.indianriver.gov/aquatics](http://www.indianriver.gov/aquatics).

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### ADVENTURE BEGINS: SUMMER READING CHALLENGE, EVENTS, & ACTIVITIES

Monday, June 3-Friday, July 26 @ Your Library!

- FREE!
  - Open to children, young adults, and teens.
  - Summer is no time to be humble. We want you to keep reading all summer long and BRAG about it! For every 100 minutes of reading, you'll earn a different brag tag. How many can you collect this summer? If you would like to participate, pick up your Summer Reading Challenge packet at any Children's Desk, any branch. The packet includes a reading log, stickers, bag, and bookmark. Check socials and our website for a comprehensive list of activities and events at all branches.

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### BOOK CLUB TUESDAY

Tuesdays, June 4-25 @ IRC Parks Office

- 10:30am-11:30am. FREE!
  - Ages 55 & older.
  - Reading can enrich senior lifestyle, eliminate boredom, and give the reader something fun and healthy to do! With this book club you will meet new people where you can share interests and be a part of something stress-free and fun. Reading is great for cognitive health which can help prevent or delay Alzheimer's Disease and dementia, reduce anxiety, and promote better sleep.
  - For more information call 772-226-1780 or register at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### GIFFORD TENNIS: BABY BALLERS

Tuesdays & Thursdays, June 4-July 25 @ Victor Hart Sr. Community Enhancement Park Tennis Courts

- 4:45-5:45pm & 5:45-6:45pm. FREE!
  - Ages 6-10.
  - Are you ready to ball? We know that tennis can be a little complicated but with the help of our well-trained volunteer staff our Baby Ballers will have the chance to learn just how exciting tennis is! This program will teach the fundamentals of tennis including maintaining a rally, proper positioning, score keeping, and more!
  - For more information call 772-226-1780 or register at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **LITTLE EXPLORERS: MANATEE MIGRATION**

Wednesday, June 5 @ iG Center

- 10:00am-11:00am. FREE!
  - All ages welcome.
  - Gather your little ones and migrate down to the Intergenerational Center to learn about the wonderful sea cow! Staff will lead children as they learn about manatee adaptations, their habitat, and the many threats they face! This free event includes story time, manatee craft, and game.
  - 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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## **SINGING BOWLS**

Thursday, June 6 @ 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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## **FOAM PARTY**

Friday, June 7 @ Main Branch

- 10:30am. FREE!
  - Ages 5-12.
  - Kick off the summer with a foam dance party! This program is intended for ages 5 – 12 and is a cool, clean, refreshing way to celebrate the start of summer fun. Millions of tiny bubbles surround partygoers for an unforgettable experience. This program is outside – please dress appropriately. FREE tickets are required and available 30 minutes prior to the event.
  - For more information contact Patti Fuchs @ 772-400-6318 or [pfuchs@indianriver.gov](mailto:pfuchs@indianriver.gov).

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## **DIY SWEETS: STRAWBERRY BOBA TEA**

Friday, June 7 @ Brackett Library

- 3:00pm. FREE!
  - Ages 12-18.
  - Experience a taste of Taiwan and learn how to make boba tea! All materials will be provided.
  - For more information, email the young adult librarian at [glee@indianriver.gov](mailto:glee@indianriver.gov).

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## **VERO BEACH SUMMER PICKLEBALL CLASSIC**

Saturday, June 8 @ iG Center

- 8:30am. Cost \$25 per person.
  - Ages 16 & older.
  - The Vero Beach Summer Pickleball Classic tournament is BACK! This 3-game guarantee mixed doubles tournament is open to all players 16 & older. Whether you're a seasoned pro or a beginner, this tournament is going to be a big dill! There will be plenty of games to watch and exciting matches to play. All participants receive a tournament shirt and a chance to win great prizes! Will you be crowned the next king or queen of the court?
  - Contact us at 772-226-1780 for more information or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## SHOOT FOR A CAUSE

Saturday, June 8 @ IRC Shooting Range

- 9:00am-2:00pm. Cost \$125 or \$500 for a team of 4.
  - Join the Exchange Club of Fellsmere to Shoot for a Cause, proceeds will be donated to local agencies to help children and families in our community.
  - Contact us at [fellsmere.exchange@gmail.com](mailto:fellsmere.exchange@gmail.com) for more information.

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## JONES PIER FAMILY FISHING

Saturday, June 8 @ Jones Pier

- 9:00am-11:00am. FREE!
  - All ages welcome, children must be accompanied by an adult.
  - Calling young anglers! Join Conservation Lands Division staff at Jones' Pier Conservation area for this free event as we celebrate National Fishing and Boating Week. Participants will learn about the on-site salt marsh and how it increases biodiversity as a nursery habitat. Staff will lead a fish craft and bait will be provided if you want to cast your lines and help with a scientific study! Please bring your own gear. Space is limited so register all your group attendees in advance. Please note participants over the age of 16 will need a valid Florida fishing license and children must be accompanied by an adult.
  - 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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## INTRO TO GENEALOGY

Saturdays, June 8 & 15 and Friday, June 21 @ Main Branch

- 10:30am-12:30pm. FREE!
  - Ages 18 & older.
  - Take our FREE three-session class to get started on tracing your roots. Registration is required and you will get more out of the experience by attending all three sessions.
  - To register, call 772-400-6324. Space is limited.

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## PICKLEBALL CAMP

Monday-Friday, June 10-14 @ iG Center

- 8:30am-10:30am. Cost \$50 per person.
  - Ages 9-13 years.
  - Looking for something fun to do this summer? This fun game with a sweet and sour name is an exciting introduction to pickleball for kids who love being active and trying new things. Campers will be taught fundamentals in a friendly and supportive environment to work on learning or improving their skills.
  - Contact us at 772-226-1780 for more information or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## JR. LIFEGUARD PROGRAM

Monday-Thursday, June 10-20 @ North County Aquatic Center

- Saturday, 9:00am-4:00pm. \$150.00.
  - Ages 12-14 years.
  - This three-day American Red Cross Babysitter Training course will teach participants the basics of childcare, first aid, and CPR. Upon successful completion Participants will receive their CPR and First Aid Certification.

- For more information contact Heather at 772-226-1747 or to register visit us at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **FAMILY BINGO**

Thursday, June 13 @ North Library

- 10:30am. FREE!
  - Ages 5-12.
  - Join us for a morning of Bingo for the whole family! FREE tickets are required and available 30 minutes prior to the event.
  - For more information contact Patti Fuchs @ 772-400-6318 or [pfuchs@indianriver.gov](mailto:pfuchs@indianriver.gov).

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## **PARKOUR**

Thursdays, June 13-July 25 @ iG Center

- 4:00pm-5:00pm. Cost \$20 for a 6-week session or \$5 per class drop-in.
  - Ages 8-12.
  - Move, run, jump, and roll. In this 6-week class participants will learn the basics of parkour and ways to maneuver around obstacles in a safe yet thrilling way. No class 7/4.
  - For more information contact 772-226-1780 or register online today at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **CARDIO-BOXING**

Thursdays, June 13-July 25 @ iG Center

- 6:00pm-7:00pm. Cost \$20 for a 6-week session or \$5 per class drop-in.
  - Ages 13 & older.
  - Cardio-Boxing is a great way to tone up and improve coordination while burning calories! Emphasis is placed on cardiovascular movements and drills. This beginner friendly class provides an excellent work out for all fitness levels and modifications are available when needed. Please note there is no sparing in this class, the boxing aspect includes: bag work, shadow boxing, foot work, and punching form. No Class 7/4. Instructor: Ben F.
  - For more information contact 772-226-1780 or register online today at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **ADVENTURE TRAINING WITH SAMMY MCGEE**

Friday, June 14 @ Main Branch

- 10:30am. FREE!
  - Ages 5-12.
  - Do you have what it takes to survive in the wilds of Florida? Sammy McGee from the St. Sebastian River Preserve State Park teaches how to safely explore Florida's natural spaces.
  - FREE tickets are required and available 30 minutes prior to the event. For more information contact Patti Fuchs @ 772-400-6318 or [pfuchs@indianriver.gov](mailto:pfuchs@indianriver.gov).

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## **RECREATION AND CONSERVATION HIKING CLUB-OSLO RIVERFRONT**

Saturday, June 15 @ Oslo Riverfront

- 8:30am-10:00am. FREE!
  - Ages 5 & older.
  - These free interactive events have something for all levels of hiker. Prefer a fast-paced hike? Cruise along with Recreation Leader Sarah. Want to take your time and learn about the habitat? Meander through the area with Environmental Educator Olivia. 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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## SUMMER SPORTS CAMP

Monday-Friday, June 17-21 @ iG Center

- 9:00am-12:00pm. Cost \$75 week or \$20 per day.
  - Ages 6-12.
  - Join us for a jam-packed week full of Summer Camp fun! Each day at this camp we will be playing different sports. We will introduce the fundamentals of each game, teach the campers skills they can bring home with them, and give everyone a chance to practice and apply their skills. Be ready to participate in plenty of friendly competitions and bring a snack for our midday break! Space is limited.
  - Contact us at 772-226-1780 for more information or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## FROGS AND TOADS OF INDIAN RIVER COUNTY - LECTURE

Wednesday, June 19 @ iG Center

- 12:00pm-1:00pm. FREE!
  - Ages 5 & older.
  - Did you know there are 16 native species of frogs and toads in Indian River County? All of them can be found on the various conservation areas throughout the county as well as in retention ponds, wood lots, and neighborhoods. Learn about your amphibious neighbors at a ribbiting and informative free program presented by local naturalists, Dee and David Simpson.
  - RSVP to Olivia Roddenberry at [oroddenberry@indianriver.gov](mailto:oroddenberry@indianriver.gov) or 772-226-1780

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## MUSIC BINGO

Wednesday, June 20 @ IRC Parks Office

- 2:00pm. FREE!
  - Ages 55 & older.
  - Join us on the 4<sup>th</sup> Thursday of every month for Music Bingo, Bingo with a TWIST! Who sings it, Name that Tune, What's the name of the band, and more! Attend for a chance to win tickets to Rocking the Park 2.
  - Contact us at 772-226-1780 for more information or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## FROGS AND TOADS OF INDIAN RIVER COUNTY - HIKE

Saturday June 22 @ Sebastian Stormwater Park

- 9:00am-10:30pm. FREE!
  - Ages 7 & older.
  - Ready to wander out into Indian River's conservation lands and stormwater park in search of native frogs and toads? The summer rainy season is prime breeding time for frogs and toads. They will be coming from all around to lay eggs in seasonal wetlands, retention ponds, and canals. This hike is free to attend. The group will visit Sebastian Harbor Preserve and the Sebastian Stormwater Park.
  - RSVP to Olivia Roddenberry at [oroddenberry@indianriver.gov](mailto:oroddenberry@indianriver.gov) or 772-226-1780.

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## PSYCHIC AND ODDITIES FEST

Saturday & Sunday, June 22-23 @ IRC Fairgrounds

- 12:00pm-5:00pm. Cost \$15.

- This event mirrors a World Fair & Grand Exhibition with a Psychic, Witches, & Gothic Spin. It is a themed vendor expo with gothic arts, psychics, oddities, tarot readers, Witchy and Halloween exhibitors, and spaces for fashion, costume, healing, & beyond.
- For more information or to purchase tickets visit [grimoireacademy.com](http://grimoireacademy.com).

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### **SUSTAINABLE SOWING: WILDFLOWER WORKSHOP**

Monday, June 24 @ iG Center

- 6:30-7:30pm. FREE!
  - Ages 5 & older.
  - Want to learn more about the beautiful blooms of Indian River County? Join Conservation Lands Division at the Intergenerational Center and celebrate Upcycling Day with this free event! Participants will turn “trash” into a planter as they learn about the benefits of native flowers and how they help maintain biodiversity. This event will include native seeds to grow and paint to design your “planter”.
  - For more information or to register visit us at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **GIGI THE CLOWN LIVE!**

Thursday, June 27 @ North Library

- 10:30am. FREE!
  - Ages 5-12.
  - Our favorite funny person in grease paint returns to make us laugh! Intended for ages five – 12. FREE tickets are required and available 30 minutes prior to the event.
  - For more information contact Patti Fuchs @ 772-400-6318 or [pfuchs@indianriver.gov](mailto:pfuchs@indianriver.gov).

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### **VERO BEACH GUN SHOW**

Saturday & Sunday, June 29-30 @ IRC Fairgrounds

- Saturday, 9:00am-5:00pm. Cost \$8.
- Sunday, 10:00am-4:00pm. Cost \$8.
  - All ages welcome!
  - Join Patriot Productions for the Vero Beach Gun Show! Express 90-minute concealed weapons license classes at every show. Buy, Sell and Trade!
  - For more information visit [patriotshows.com](http://patriotshows.com).

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### **FLAMINGO BINGO**

Saturday, June 29 @ iG Center

- Saturday, 1:00pm-3:00pm. FREE!
  - All ages welcome!
  - Get ready for a feathered fiesta at flamingo Bingo, a tropical twist on a classic game! From Flamingo inspired decorations to Vibrant Bingo Cards and PRIZES, it's going to be a flamazing time. Gather your friends and family and get ready for a flocking good time!
  - For more information call 772-226-1780 or to register visit us at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **ARCHERY 101**

Sunday, June 30 @ 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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## **HANDGUN 101**

Sunday, June 30 @ IRC Shooting Range

- 9:00am-2:00pm. Cost \$100.
  - Handgun 101 is a complete guide to understanding the basics of firearm ownership, safety, nomenclature and how it applies to self-defense. This course is taught by an NRA Certified Instructor. Upon successful completion participants will receive a training certificate that may be submitted to the State of Florida as proof of training if applying for a CCWP.
  - 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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## **BABYSITTER TRAINING**

Monday-Wednesday, July 1-3 @ Gifford Aquatic Center

- Saturday, 9:30am-2:30pm. \$60.
  - Ages 11 & older.
  - This three-day American Red Cross Babysitter Training course will teach participants the basics of childcare, first aid, and CPR. Upon successful completion Participants will receive their CPR and First Aid Certification.
  - For more information contact Heather at 772-226-1747 or to register visit us at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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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 and Thursday @ iG Center

- 8:30am-12:00pm. Cost \$3.
  - Adults 18 & older.
  - Time where 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 open gym dates.

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## **AQUAFIT**

Tuesday and Thursday, Year-Round @ North County Aquatic Center

- 9:30am-10:30am. Cost \$4 (or 8 class pass \$28).
  - 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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## **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**

Thursday @ 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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## **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 and lessons 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**

Monday, Tuesday & Thursday @ iG Center

- Monday, 10:30am-11:30am; Tuesday and Thursday, 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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## **GET UP OFF YOUR ROCKER**

Fridays @ Gifford Aquatic Center

Mondays @ Dept. of Health Wabasso Site

- 10:30am-11:30am. FREE!
  - Ages 55 & older.



- Get up off your rocker and head to Chrissy's low impact exercise class! If you aren't crazy about exercising this is the perfect class for you. Enjoy light movement exercises set to music with a few dance moves mixed in!
- Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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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 info call us at 772-226-1780.

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### **HOMESCHOOL PE**

Tuesday @ iG Center

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

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### **LEGO CLUB: GROUP BUILD**

Tuesdays @ Brackett Library

- 3:00pm. FREE!
  - Ages 6-12.
  - This group-build comes with weekly challenges that exercise being creative with the bounds of structure. Registration is not required.
  - For more information contact Patti Fuchs @ 772-400-6318 or [pfuchs@indianriver.gov](mailto:pfuchs@indianriver.gov).

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### **MAHJONG**

Tuesday and Thursday @ iG Center

- Tuesday 10:00am-1:00pm; Thursday 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.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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### **MAT PILATES**

Tuesday and 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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### **ON THE MOVE**

Thursdays @ IRC Parks Office Sponsored by the Florida Blue Foundation

- 9:30am-10:30am. FREE!
  - Ages 55 & older.

- Move it or lose it! This low impact exercise class is meant to get your blood flowing and increase movement while setting your own pace. Walk-ins welcome. Parks Office is located at 5500 77<sup>th</sup> Street.
- For more information call us at 772-226-1780.

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### **OPEN GYM PICKLEBALL**

Monday, Wednesday, and Friday @ iG Center

- 8:30am-11:30am and 12:00pm-3:00pm. Cost \$3.

Monday-Friday @ iG Center

- 12:00pm-3:00pm. Cost \$3.

Saturday @ iG Center

- 8:30-11:30pm. 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.

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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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### **PING PONG OPEN PLAY**

Monday @ iG Center

- 5:30pm-8:30pm. Cost \$3.
  - Whether you're a beginner or seasoned pro it's the perfect way to improve your skills, meet new people, and have a blast! Mark your calendar and get ready to unleash your ping pong skills! No registration required!
  - For more info call us at 772-226-1780.

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### **PRE-SCHOOL TUMBLING**

Friday @ iG Center

- 10:15am, 1:00pm, and 4:00pm. 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.
  - Improve self-confidence, basic skills, strength, flexibility, and balance. Spaces are limited!
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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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, and 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 – 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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### **SHINE LIGHT WITH CRYSTAL**

Saturday @ iG Center

- 9:00am-10:00am. Cost \$10.
  - Full body cardio and toning workout based on traditional jazz, ballet and hip-hop. Get ready to sweat, smile, shimmy and shake your worries away. 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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### **STRETCH & FLEX**

Monday, Tuesday, and Thursday @ iG Center

- 9:15am-10:15am. Cost \$5.
  - Great cardiovascular workout set to music. Helps build endurance and strengthens 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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### **UPBEAT BOXING**

Tuesday and 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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### **VETERANS YOGA PROJECT – MINDFUL RESILIENCE**

Wednesday @ 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.
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### **WALK IN THE PARK**

Wednesdays @ Kiwanis Hobart Park Sponsored by the Florida Blue Foundation

- 9:00am-9:45am. FREE!
    - Join us for a stress-free walk among the trees and nature at Kiwanis Hobart Park. Participants will enjoy walking the perimeter trail while getting exercise. Be sure to wear light clothing and bring water.
    - Call 772-226-1780 for more information or just show up.
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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.