



Indian River County Venue Event Calendar – July 2023

For more www.ircgov.com

2023 ADULT – SUMMER PICKLEBALL LEAGUE

Beginning July 10, 11, 12 @ Dick Bird South County Regional Park Pickleball Complex

- 6:00 p.m. registration due by July 12. \$60.
 - Limited to 24 teams each league.
 - Mondays – Women’s; Tuesdays – Men’s; Wednesday’s – Mixed Doubles
 - Call 772-226-1780 to register!

PUZZLE GAME CHALLENGE

Monday, July 10 @ North County Library

- 6:00pm-7:30pm. FREE.
 - How quickly can you solve a puzzle? Test your skills against puzzle fanatics and the clock as you race to complete a 500-piece puzzle and win a prize!
 - Come with a team (of up to 5 people!) or join one on site!
 - For more information call 772-400-6360 or go to libraries.ircgov.com.

DISNEY KARAOKE

Thursday, July 13 @ Main Library

- 1:00pm-2:00pm. FREE.
 - Teens only! No registration required.
 - Channel your inner Disney character during this interactive karaoke event.
 - For more information call 772-400-6308.

PICKLEBALL CLASSES – WITH DEREK PRINCE

July through September @ iG Recreation Center

- Beginner Pickleball Levels 1 – III • \$30
- Pickleball Doubles Strategy • \$30
- Intro to Pickleball • \$30
 - July 5, 14; August 2, 23; September 11, 20
- Go to www.ircgov.com/parksandrecreation to register or call 772-226-1780!

2023 ADULT – CHILD CHAMPIONSHIP

Saturday, July 15 @ IRC Sandridge Golf Course

- 8:00 a.m. Shotgun start. \$70 per team.
 - Limited to first 50 teams. Registration fee includes golf charges, range balls, prizes and lunch.

- Must register by July 13 at 6:00 p.m.
- Prizes will be awarded for the overall winner and winners in 5 youth age categories.

VERO BEACH GUN SHOW

Saturday, July 15 and 16 @ IRC Fairgrounds

- 9:00 a.m. – 5:00 p.m. Saturday, 10:00 a.m. – 4 p.m. Sunday. \$8 for 14 and over, under 14 FREE.
 - Hosted by Patriot Productions, LLC.
 - Buy, sell trade.
 - For more information call 866-611-0442

JUNIOR LIFEGUARD PROGRAM

Monday, July 17 – August 2 @ Gifford Aquatic Center

- \$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.

GROUP SWIM LESSONS

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

- \$150 per person, Scholarships available for those who qualify.
 - The American Red Cross Junior Lifeguard Programs is a fun and educational camp for youth 11-14 years old
 - Participants will be involved in interactive activities, such as Lifeguard rescues, CPR/First Aid, water and personal safety.
 - For more information or to register, go to <https://www.ircgov.com/parksandrecreation/>

TOYS FOR TOTS CHRISTMAS IN JULY

Saturday, July 22 @ IRC Fairgrounds

- 11:00 a.m. – 6:00 p.m. FREE.
 - Food trucks, vendors, music, Santa and more.
 - For more information, go to <http://vero-beach-fl.toysfortots.org>

HANDGUN 101 COURSE

Sunday, July 30 @ 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

YOUTH PICKLEBALL CAMP

Monday, July 31 – August 4 @ West Wabasso Park

- 9:00am-11:00am. \$50 per child.

- Learn the basics of Pickleball; scorekeeping, forehand, backhand and defense.
 - All equipment is provided. Limited to 12 participants.
 - Call 772-226-1780 for more information.
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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.
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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.
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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.
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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.
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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.

QI GONG – NEW CLASS!

Tuesdays @ iG Center Starting July 11

- 10:00am-11:00am. Cost \$12
 - No special clothing or equipment required. Stand or Sit. Walk-ins welcome.
 - Leave refreshed, relaxed and joyful.
 - 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
 - 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.
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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.
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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.
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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.
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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.
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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.
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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.

ADULT OPEN GYM BASKETBALL

Tuesdays and Thursdays @ iG Center

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

SENIOR WALKING CLUB – COMING IN AUGUST!

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

FLORIDA HALF CENTURY TOURNAMENT 50'S DIVISION

Saturday, August 19 and 20 @ Richard "Dick" Bird Park (AKA South County Park) and Commissioner Fran B. Adams Park

- 8:00 a.m. – 3:00 p.m. Saturday and Sunday
 - Between 40 - 60 teams from all over the State and beyond will be landing in our County for this illustrious tournament.
 - For more information visit www.floridahalfcentury.org