



## Indian River County Venue Event Calendar: July-August 2025

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

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### SATURDAY SEWING

Saturdays @ North Library

- 10:30am. FREE!
  - Ages 18 & older.
  - Learn the basics of a sewing machine or work on advanced projects with a sewing expert. All materials are provided or bring your own.
  - For more information, contact Katherine at 772-400-6360 or [kanderson@indianriver.gov](mailto:kanderson@indianriver.gov).

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### SERENITY FOR STRESS RELIEF

Thursdays @ Intergenerational Recreation Center

- 6:00pm-6:45pm. \$10 per class.
  - Ages 18 & older.
  - Serenity is a full body, dynamic stretching and movement class rooted in dance. Release tension in your body through gentle, flowing sequences. No floor work, or equipment needed.
  - For more information contact 772-226-1780 or visit [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation)

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### SHINE DANCE FITNESS

Tuesdays @ Intergenerational Recreation Center

- 4:45pm-5:30pm. Cost \$10.
  - Ages 16 & older.
  - Shine Dance Fitness mixes current hit music with original choreography for the ultimate confidence boosting, full body workout experience you didn't know you needed!
  - For more information call 772-226-1780 or just drop-in!

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### VOLLEYBALL AT THE IG

Tuesdays & Thursdays @ Intergenerational Recreation Center

- 5:45pm-6:45pm; Ages 6-10. Cost \$10.
- 6:45pm-7:45pm; Ages 11-17. Cost \$10.
  - This program is designed to allow participants of all skill levels to develop, practice, and learn new skills. Participants will learn passing, serving, hitting, setting and teamwork through drill station work and fun skill-based games.
  - For more information call 772-226-1780 or just drop-in!

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### WRITERS' WINDOWPANE

Fridays @ Main Library

- 10:00am. FREE!
  - Ages 18 & older.

- The Writer's Windowpane is a cold-critique workshop where everyone gets instant, constructive feedback on his or her writing. The forum is for novels and short stories, but any form of writing is acceptable. It is free for anyone who wants to start writing or tighten up a manuscript they already have. Registration is not required.
  - For more information contact Karrie at 772-400-6310 or email [kcole@indianriver.gov](mailto:kcole@indianriver.gov).
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### **RECREATION & CONSERVATION HIKING CLUB – OYSTER BAR MARSH**

Monday, August 4<sup>th</sup> @ Oyster Bar Marsh Conservation Area, 1955 SR A1A, Vero Beach

- 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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### **FRENCH CONVERSATION GROUP**

Saturday, July 19<sup>th</sup> & August 16<sup>th</sup> @ North Library

- 1:30pm. FREE!
    - Ages 18 & older.
    - You are invited to a FREE afternoon of Francophile fun. North IRC Library is partnering with Leslie Branch for informal French speakers to practice and enhance their conversational abilities. Please note, this is not for beginners, but rather an opportunity for those with prior French language experience to connect and converse. There is no registration required, and you are not required to stay the entire time. This gathering is a drop-in, informal opportunity to practice your French speaking skills.
    - For more information, contact Katherine at 772-400-6360 or [kanderson@indianriver.gov](mailto:kanderson@indianriver.gov).
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### **ALL ABOUT ALLIGATORS**

Friday, August 22<sup>nd</sup> @ Intergenerational Recreation Center, 1590 9<sup>th</sup> St SW, Vero Beach.

- 1:30pm. FREE!
    - Ages 5+
    - Learn fascinating facts about one of Florida's most iconic creatures – the American alligator! Participants will explore its behavior, biology, and role in the ecosystem during this engaging talk.
    - 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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### **OSLO KAYAK TOUR – BRING YOUR OWN KAYAK**

Saturday, August 23<sup>rd</sup> @ Oslo Riverfront Conservation Area, 150 9<sup>th</sup> St SE, Vero Beach.

- 9:00am-11:00am. FREE!
  - Ages 18 & older.
  - Bring your own kayak (or paddleboard)! Interested in seeing the lagoon up close? Join staff for a free guided kayak tour, launching from Oslo boat ramp. Participants must provide their own kayak and life jacket. The life jacket must be worn at all times when on the water.
  - 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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## **SMALL & BEGINNING FARMERS MINI CONFERENCE**

August 22<sup>nd</sup> @ Intergenerational Recreation Center

- 9:00am-4:00pm. Cost \$35 per person.
  - Ages 18 & older.
  - During this jam-packed, one day mini conference, participants will have opportunities to learn, network, and gather ideas to grow their agricultural enterprise. Conference participants will have the opportunity to attend various sessions throughout the day where they can learn about topics such as agricultural exemption, BMP and cost-share programs, Florida agritourism law, selecting the right enterprise for your farm, creating a business plan, securing funding, marketing your business, and more. Registration fee includes access to all sessions, lunch, and a hard copy of the UF/IFAS Florida Direct Marketing Handbook.
  - To register, go to [bit.ly/46BwpmO](http://bit.ly/46BwpmO)

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## **LEAF PRINTING**

Tuesday, August 26<sup>th</sup> @ Jones' Pier Conservation Area, 7770 Jungle Trail, Vero Beach.

- 10:00am-11:00am. FREE!
  - Open to all ages.
  - Discover the art and science of leaves in this hands-on leaf printing class! Participants will learn about leaf shapes and tree identification while creating their own beautiful nature-inspired prints to take home.
  - 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 SILENT BOOK CLUB**

Tuesday, August 5<sup>th</sup> @ North IRC Library

- 6:00pm-7:30pm. FREE!
  - Open to all ages.
  - Silent Book Club is a global community of readers that meet once a month to read silently, together. No monthly picks, no forced interaction. Just like-minded readers getting lost in the world of books, alone, together. Beverages and snacks are provided. You can also bring your own. No registration required to attend.
  - For more information contact Katherine at 772-400-6360 or [kanderson@indianriver.gov](mailto:kanderson@indianriver.gov).

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## **ODDITIES AND ART MARKET**

Saturday & Sunday, July 26<sup>th</sup> & 27<sup>th</sup> @ Indian River County Fairgrounds

- Saturday 9:00am-5:00pm. Cost \$8 adult admission. Ages 14 & under are free.
- Sunday 10:00am-4:00pm. Cost \$8 adult admission. Ages 14 & under are free.
  - All ages welcome.
  - Buy, sell & trade at Vero Beach Gun Show! Concealed Weapon License Classes at every show!
  - For more information visit [www.patriotshows.com](http://www.patriotshows.com)

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## **RECREATION & CONSERVATION HIKING CLUB – DALE WIMBROW PARK**

Saturday, August 16<sup>th</sup> @ Dale Wimbrow Park Area, 11805 Roseland Road, Sebastian.

- 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: FANTASTIC FISHES**

Wednesday, August 6<sup>th</sup> @ Intergenerational Recreation Center

- 1:00pm-2:00pm. FREE!
  - Open to all ages.
  - Explore the fascinating world of fish with this month's Little Explorers! Join our staff for a fun-filled session featuring a children's book and a creative craft that dives into the wonderfully weird science of fish.
  - 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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### **SECRETS OF THE SCRUB**

Tuesday, August 12<sup>th</sup> @ Hallstrom Farmstead Conservation Area, 1605 Old Dixie Hwy SW, Vero Beach.

- 5:30pm-6:30pm. FREE!
  - Ages 5 & older.
  - Discover the unique beauty of Florida's scrub habitat with this guided hike! Participants will explore the rare plants, wildlife, and ecology that make this habitat so special.
  - 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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### **BINGO**

Friday, August 8<sup>th</sup> @ Brackett

- 2:00pm. FREE!
  - Ages 18 & older.
  - Join us for Bingo every second Friday of the month at 2pm. No registration is required.
  - For more information contact Hollie at 772-400-6366 or [hmcdougall@indianriver.gov](mailto:hmcdougall@indianriver.gov).

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### **DIY TUESDAYS FOR ADULTS**

Tuesday, July 15<sup>th</sup> @ Brackett Library

- 5:00pm. FREE!
  - Ages 18 & older.
  - Join us each month for a new project! All supplies are provided. Registration is required for each month.
  - For more information or to register contact Hollie at [hmcdougall@indianriver.gov](mailto:hmcdougall@indianriver.gov) or 772-400-6366.

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### **MOSQUITO CONTROL JOINT PROGRAM**

Thursday, August 14<sup>th</sup> @ Intergenerational Recreation Center

- 6:00pm-7:00pm. FREE!
  - Ages 5 & older.
  - Join us for a special joint program highlighting mosquito control efforts in Indian River County! Discover how local experts manage mosquito populations, protect public health, and support the environment through innovative techniques. The program will also explore mosquito impoundments and their management within local conservation areas.

- 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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## LENS OF THE WORLD

Wednesday, July 30<sup>th</sup> & August 27<sup>th</sup> @ North County Library

- 1:30pm. FREE!
  - Ages 18 & older.
  - The North IRC Library hosts a documentary movie day on the LAST Wednesday of each month. July will feature the 2024 documentary "Beyond the Tree Line." Popcorn and water will be provided free of charge thanks to the Friends of the North IRC Library!
  - Contact Katherine at [kanderson@indianriver.gov](mailto:kanderson@indianriver.gov) or 772-400-6360 for more information!

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## MASTER GARDENERS

Wednesdays @ North IRC Library

- 10:00am-12:00pm.
  - Ages 18 & older.
  - Whether you hope to grow your own vegetables, adorn the yard with gorgeous ornamentals, or simply keep your lawn neat and healthy, the Master Gardeners can help you develop a greener thumb.
  - Contact Katherine at [kanderson@indianriver.gov](mailto:kanderson@indianriver.gov) or 772-400-6360 for more information!

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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 & 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, 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**

Sunday July 27<sup>th</sup> & August 31<sup>st</sup> @ 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**

Thursdays @ 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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### **BROADWAY BABIES**

Fridays @ iG Center

- 10:00am-11:00am. 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**

Tuesdays @ 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**

Tuesdays @ 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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### **DOUBLES TRAP SHOOTING COMPETITION**

Sundays @ Indian River County Public Shooting Range

- 9:00am-1:00pm. Cost \$20 plus tax per round.

- Ages 10 & older.
- Join us for the Doubles Trap Shooting Competition Sundays, 9:00am-1:00pm beginning April 20 at Field 2. All participants must be registered Range users; ages 10-17 must be accompanied by an adult.
- For more information including contest details contact the Range at 772-226-3096.

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### **GENTLE CHAIR YOGA**

Tuesdays & Thursdays @ 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 & Thursdays @ iG Center

- 6:00pm-7:00pm. 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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### **MAH JONGG**

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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### **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**

Tuesdays @ iG Center

- 3:00pm-4:00pm. 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

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

Tuesdays & Thursdays @ Parks Office

- 9:30am-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**

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

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

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

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### **SINGING BOWLS**

Second Thursday of the month @ 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

- 2:00-3:00pm. 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.