



Indian River County Venue Event Calendar: February - March 2026

For more information go to: www.indianriver.gov

CHEF WARREN CATERSON – CAJUN & CREEOLE CUISINE

Tuesday, February 10 @ Brackett Library, 6155 College Lane, Vero Beach, FL.

- 6:00pm. FREE!
 - All ages welcome!
 - Learn the secrets to create mouth-watering entrees with simple and affordable ingredients. No registration is required.
 - For more information contact Hollie at 772-400-6366 or hmcdougall@indianriver.gov.

WIRED TO LEARN FAST SUMMIT: SYSTEMS IMPACT FOR LITERACY CHANGE

Wednesday, & Thursday, February 11-12 @ the IG Center, 1590 9th St SW, Vero Beach, FL.

7:00-5:00pm.

- Ages 18+
- This summit convenes the nation's foremost educational innovators to unveil a blueprint for systemic change to elevate academic achievement. Hosted by Indian River County, where an award-winning public-private partnership is driving a bold vision to become the Literacy Capital of the Nation.
- For more information visit www.wiredtolearn2026.sched.com/about .

BRENNNA BAVIS BAND

Friday, February 13 @ North County Library, 1001 Sebastian Blvd, Sebastian, FL.

- 3:00pm. FREE!
 - Ages 18 & Older!
 - Learn the secrets to create mouth-watering entrees with simple and affordable ingredients. No registration is required.
 - For more information contact Katherine at 772-400-6356 or kanderson@indianriver.gov.

ODDITIES & ART MARKET

Saturday, February 14 @ IRC Fairgrounds, 7955 58th Ave, Vero Beach, FL.

- 11:00am-6:00pm. FREE!
 - All ages welcome!
 - Access Art presents the Vero Beach Oddities & Art Market! Join us February 14, 2026, from 11AM-6PM at the Indian River County Fairgrounds for a one-of-a-kind market featuring oddities, art, vintage finds, crafts, and more. All ages welcome, free parking, and fun indoors & outdoors.

- For more information contact ashley@accessartfl.org.

LIFEGUARD CERTIFICATION COURSE

Friday, February 13 @ Gifford Aquatic Center
Saturday, February 14 @ North County Aquatic Center
Sunday, February 22 @ North County Aquatic Center

- 9:00am-5:00pm. \$250.00 class fee with scholarships available.
 - Ages 16 & Older!
 - Get certified with the American Red Cross and jump into a rewarding job with Indian River County Parks & Recreation.
 - For more information call 772-226-1752 or kmarleau@indianriver.gov.

LIFEGUARD RECERTIFICATION COURSE

Sunday, February 15 @ Gifford Aquatic Center
Monday, February 16 @ North County Aquatic Center

- Sunday: 9:00am-12:00pm. Monday: 9:30am-4:30pm \$250.00 class fee with scholarships available.
 - Ages 16 & Older!
 - Get recertified with the American Red Cross and jump into a rewarding job with Indian River County Parks & Recreation.
 - For more information call 772-226-1752 or kmarleau@indianriver.gov.

MANGROVE WALK

Tuesday, February 17 @ Oyster Bar Marsh Conservation Area, 1955 SR A1A, Vero Beach, FL.

- 10:30am-11:30am. FREE!
 - All ages welcome!
 - Join Conservation Lands Educator Olivia for this free guided walk! Participants will learn about the importance of mangroves and how to identify local species.
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

OSLO CORRIDOR WORKSHOP – INDIAN RIVER COUNTY PLANNING & DEVELOPMENT SERVICES DEPT.

Wednesday, February 18 @ the Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL

- 11:00am-12:30pm & 6:00-7:30pm. FREE!
 - All ages welcome!
 - With the New Oslo/I-95 Interchange, the Planning & Development Services Department is conducting a Corridor Study to shape the future of Oslo Road. Through public outreach, we may gather a wide range of ideas and visions for the future.
 - For more information contact 772-226-1247.

TUNES AT THE LAGOON

Thursday, February 19 @ Jones' Pier Conservation Area, 7770 Jungle Trail, Vero Beach, FL.

- 4:00pm-6:00pm. FREE!
 - All ages welcome!

- Join us at the beautiful Jones Pier Conservation Area for a special three-part Tunes at the Lagoon Series! This free event will highlight local musicians, offering a fun-filled evening for all ages. Event dates are 2/19, & 3/21. Registration is requested, due to limited parking.
- For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

MINT WORKDAY

Friday, February 20 @ Hallstrom Farmstead Conservation Area, 1590 9th ST SW, Vero Beach, FL.

- 9:00am-11:30am. FREE!
 - All ages welcome!
 - Join us to improve endangered Lakela's Mint habitat on the 3rd Friday of every month! Volunteers will be removing invasive species and trimming overgrown vegetation. All tools and gloves will be provided, but feel free to bring your own if you prefer. Water refills and light snacks will be provided.
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

FRIENDSHIP MONTH SOCIAL

Friday, February 20 @ Main Library.

- 1:00pm. FREE!
 - Ages 18+!
 - Join us to celebrate the power of friendship and connection in honor of International Friendship Month. Bring a friend or come make new friends, it's all about building connections. Friends are an invaluable gift, so let's have some fun together! Light refreshments will be provided.
 - For more information contact estenger@indianriver.gov.

WATER SAFETY INSTRUCTOR COURSE

Friday, February 20 @ North County Aquatic Center & Gifford Aquatic Center

- 10:00am-4:30pm. \$325.00 class fee with scholarships available.
 - Ages 16 & Older!
 - This certification course provides the required skills to equip participants to teach American Red Cross Learn to Swim Programs, including water safety.
 - For more information call 772-226-1752 or kmarleau@indianriver.gov.

ANNUAL GOLDEN IMPACT RECOGNITION AWARDS – IRC CHILDREN SERVICES

Thursday, February 26 @ the Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 2:00pm-4:00pm.
 - All ages welcome!
 - Join us for the 3rd Annual Golden Impact Recognition Event, hosted by the Indian River County Children's Services.
 - For more information call 772-226-1780.

HIKING CLUB – CAPTAIN FORSTER HAMMOCK PRESERVE

Saturday, February 21 @ Captain Forster Hammock Preserve, 8650 Jungle Trail, Vero Beach, FL.

- 8:30am-10:00am. FREE!
 - All ages welcome!
 - Join conservation and recreation staff for this free, twice-monthly hiking club! Cover miles of trails and gain knowledge as you go. Hikers reaching milestones are eligible to receive prizes!
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

ANNUAL GOLDEN IMPACT AWARDS FOR CHILDREN SERVICES

Thursday, February 26 @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 2:00-4:00pm.
 - All ages welcome!
 - Join us for the Annual Golden Impact Awards for Children's Services, a special event dedicated to celebrating the agencies and individuals making a meaningful difference in our community. This inspiring ceremony honors organizations achieving measurable success through the Golden Impact Award, and introduces the NEW Platinum Impact Award, recognizing those who go above and beyond in serving children and families and setting the highest standard of excellence!
 - For more information contact 772-226-1780.

HOME GROWN HABITAT – WELCOMING WILDLIFE TO YOUR BACKYARD WITH UF-IFAS

Friday, February 27 @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 10:00am-11:00am. FREE!
 - All ages welcome!
 - Discover how to create a backyard that supports Florida's native wildlife, from birds and butterflies to beneficial pollinators. This workshop also explores hands-on techniques to encourage wildlife-friendly habits and landscapes. Learn from real life examples used in Indian River County conservation areas!
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

VERO BEACH BLUES FESTIVAL

Sat & Sun, February 28 – March 1 @ the Indian River County Fairgrounds, 7955 58th Ave, Vero Beach, FL.

- Saturday, 10:30am-9:30pm. Sunday, 10:30am-9:30pm.
- \$25 General Admission Tickets at the Gate - \$15 Presale General Admission Tickets.
 - All ages welcome!
 - Bring lawn chairs or blankets and enjoy a full day and night of music and fun. Pop-up tents, coolers, outside food or alcohol, and large umbrellas are not allowed near the main stage, though a designated umbrella area will be available. Collapsible wagons and carts are permitted if folded after setup. Explore 80+ marketplace vendors featuring arts, crafts, and local businesses, open day and night, and enjoy food and drinks while you shop—with re-entry allowed for trips back to your vehicle.
 - For more information visit www.verobluesfest.com.

JENNINGS & KELLER: STORIES AND SONGS

Sunday, March 1 @ Main Library.

- 1:30pm. FREE!
 - Ages 18+!
 - Jennings & Keller is an award-winning nationally touring duo based out of Florida. They offer up 21st Century Americana with influences in folk, jazz, and roots music. They fuse many different musical elements into a unique eclectic style that is refreshingly diverse.
 - For more information contact estenger@indianriver.gov.

HIKING CLUB – INDIAN RIVER LAGOON GREENWAY

Monday, March 2 @ Sebastian Stormwater Park, 850 Indian River Blvd, Vero Beach, FL.

- 8:30am-10:00am. FREE!
 - All ages welcome!
 - Join conservation and recreation staff for this free, twice-monthly hiking club! Cover miles of trails and gain knowledge as you go. Hikers reaching milestones are eligible to receive prizes!
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

LITTLE EXPLORERS – THUNDERSTORMS

Wednesday, March 4 @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 1:00pm-2:00pm. FREE!
 - All ages welcome!
 - Discover the exciting world of thunderstorms in this fun, kid-friendly program where children learn how thunder, lightning, and rain are made. This event includes a book reading and nature craft.
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

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 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

SHAMROCKS AND SONGS: THE MUSIC OF THE IRISH IN AMERICA

Wednesday, March 4 @ North County Library.

- 6:00pm. FREE!
 - Ages 18+!
 - Musical performance. No Registration required.

- For more information contact kanderson@indianriver.gov

VERO BEACH GUN SHOW

Saturday & Sunday, March 7-8 @ IRC Fairgrounds, 7955 58th Ave, Vero Beach, FL.

- Saturday, 9:00am-5:00pm. Sunday, 10:00am-4:00pm.
- \$8 for Adults. Free admission for ages 14 & under.
 - Buy, Sell & Trade at the Vero Beach Gun Show! Concealed Weapon License Classes at every show!
 - For more information visit www.patriotshows.com.

PETER, PAUL, AND MARY REMEMBRANCE: SONGS OF THE 60S

Tuesday, March 10 @ North County Library.

- 6:00pm. FREE!
 - Ages 18+!
 - Musical performance. No Registration required.
 - For more information contact kanderson@indianriver.gov

BEACH JEWELRY

Tuesday, March 10 @ Round Island Oceanside Park, 2201 South Highway A1A, Vero Beach, FL.

- 11:00am-12:00pm. FREE!
 - All ages welcome!
 - Dive into the wonders of the shoreline with a hands-on beach ecology and shell jewelry making class! Learn about the fascinating creatures, shells, and ecosystems that make our beaches so unique. Then, get creative and turn beautiful shells into jewelry to take home!
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

WATER SAFETY INSTRUCTOR COURSE

Friday, March 13 @ North County Aquatic Center & Gifford Aquatic Center

- 10:00am-4:30pm. \$325.00 class fee with scholarships available.
 - Ages 16 & Older!
 - This certification course provides the required skills to equip participants to teach American Red Cross Learn to Swim Programs, including water safety.
 - For more information call 772-226-1752 or kmarleau@indianriver.gov.

FIREFIGHTERS FAIR

Friday - Sunday, March 13-22 @ IRC Fairgrounds, 7955 58th Ave, Vero Beach, FL.

- Fri- Sun 1:00pm-11:00pm.
- \$10 for Ages 6 - Adults. Free admission for ages 6 & under.
- The Indian River County Firefighters' Fair, founded in 1980, is a cherished 10-day community tradition welcoming more than 50,000 visitors each year. Held at the county fairgrounds at 7955 58th Avenue, the fair offers wholesome, family-friendly fun while highlighting local youth, agriculture, livestock, and talent. Operated by local firefighters, the fair supports community charities and reinvests in the fairgrounds for continued growth. Join us for a fun-filled celebration that brings the community together year after year.

- For more information visit www.firefightersfair.org.

MINT WORKDAY

Friday, March 20 @ Hallstrom Farmstead Conservation Area, 1605 Old Dixie Hwy SW, Vero Beach, FL.

- 9:00am-11:30pm. \$8 per person!
 - All ages welcome!
 - Join us to improve endangered Lakela's Mint habitat on the 3rd Friday of every month! Volunteers will be removing invasive species and trimming overgrown vegetation. All tools and gloves will be provided, but feel free to bring your own if you prefer. Water refills and light snacks will be provided.
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 - For more information call 772-226-1752 or kmarleau@indianriver.gov.

TUNES AT THE LAGOON

Saturday, March 21 @ Jones' Pier Conservation Area, 7770 Jungle Trail, Vero Beach, FL.

- 4:00pm-6:00pm. FREE!
 - All ages welcome!
 - Join us at the beautiful Jones Pier Conservation Area for a special three-part Tunes at the Lagoon Series! This free event will highlight local musicians, offering a fun-filled evening for all ages. Registration is requested, due to limited parking.
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

HIKING CLUB – HALLSTROM FARMSTEAD CONSERVATION AREA

Saturday, March 21 @ Hallstrom Farmstead Conservation Area, 1605 Old Dixie Hwy SW, Vero Beach, FL.

- 4:00pm-6:00pm. FREE!
 - All ages welcome!
 - Join conservation and recreation staff for this free, twice-monthly hiking club! Cover miles of trails and gain knowledge as you go. Hikers reaching milestones are eligible to receive prizes!
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

CRAFT SUPPLY SWAP

Tuesday, March 24 @ Brackett Library.

- 2:00pm. FREE!
 - Ages 18+!

- Looking to try a new craft but don't want to invest a lot of money until you know if it works for you? Are you looking to downsize and have beautiful craft related items that need a new home? Come visit our swap! Items for the Craft Supply Swap may be dropped off at the Brackett Library beginning March 2nd. Early Bird tickets will be given to people who bring in items. Please only bring items that are in good condition that you would want to bring home. Please no opened paint, or items that are no longer usable. Early bird tickets will be given to people who bring items in for the swap. Those who donated items will have tickets to come in on March 24th at the Early Bird time of 1:00 - 2:00 PM. Everyone else is welcome to come in and browse from 2:00 - 4:00 PM. Items not picked up during the swap may be used for future library programs or donated.
- For more information contact hmcdougall@indianriver.gov.

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 or 772-400-6360 for more information!

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.

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.

AQUAFIT

Tuesday & Thursday @ North County Aquatic Center

- 9:30am-10:30am. Cost \$5 (or 8 class pass \$35/16 class pass for \$70).
 - 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.

ARCHERY 101

Sunday, November 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.

BEGINNER PICKLEBALL

Tuesdays @ Dick Bird Park

- 6:00pm-7:15pm. \$120 for 6 week session.
 - Ages 18 & older.
 - Perfect for those new to the game, this session introduces fundamentals, easy learning, and a supportive environment. The 6 week session runs from November 25-December 30. Led by Steve Osiecki, a Level 1 PPR Certified Coach with the United States of America Pickleball Association.
 - For more information contact 772-226-1780 or visit www.indianriver.gov/parksandrecreation

INTERMEDIATE PICKLEBALL

Tuesday & Thursdays @ Dick Bird Park

- 6:00pm-7:15pm. \$20 per session. Drop-in welcome.
 - Ages 18 & older.
 - Designed for players ready to take the next step, this program brings quicker rallies, smarter strategies, and a rewarding challenge. Led by Mikita Orosz, with sessions offered twice a week for steady improvement.
 - For more information contact 772-226-1780 or visit www.indianriver.gov/parksandrecreation

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 to register or call 772-226-1780.

COLORING & COFFEE

Tuesdays @ iG Center

- 8:30am-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.

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 to register or call 772-226-1780.

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.

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 to register or call 772-226-1780.

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.

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.

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.

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.

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 to register.

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 to register or call 772-226-1780.

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.

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 to register or call 772-226-1780.

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 to register or call 772-226-1780.

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 to register or call 772-226-1780.

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 to register or call 772-226-3096.

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 to register or call 772-226-1780.

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.

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.

SENIOR WELLNESS: FUNCTIONAL FITNESS

Mondays @ Indian River County Fairgrounds

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

Tuesdays & Thursdays @ Indian River County Fairgrounds

- 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.

SENIOR WELLNESS: ROCK AND ROLL CARDIO

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

- 7:00am-8:30am. 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.

SENIOR WELLNESS: UPBEAT BOXING

Tuesday & Thursday @ iG Center-Sponsored by the Florida Blue Foundation

- 2:30pm-3:30pm. 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.

SENIOR WELLNESS: WALK IN THE PARK

Wednesdays & Fridays @ Historic Kitching Switch/Kiwanis Hobart Park

- Wednesdays & Fridays, 8:30am-9:30am @ Kiwanis Hobart Park. FREE!
- Wednesdays, 7:00am-8:00am @ Historic Kitching Switch. 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.

SINGING BOWLS

Second Thursday of the month – December 11th @ iG Center

- 7:00pm. Cost \$35.
 - 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.

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 to register or call 772-226-1780.

SWIM LESSONS

Private and group swimming lessons are available throughout the Fall 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.

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.

TREASURE COAST ROLLER DERBY

Mondays & Thursdays @ Indian River County Fairgrounds

Free Information Orientation – August 7th – 7:00pm

- 7:00pm-9:00pm.
 - This inclusive class welcomes all skill levels from brand-new skaters learning how to balance, to experienced derby athletes looking to refine their skills. Participants will build strength,

confidence, and community while learning roller derby fundamentals in a supportive and empowering environment.

- To register visit www.indianriver.gov/parksandrecreation or call 772-226-1780.

VETERANS YOGA PROJECT-MINDFUL RESILIENCE

Saturdays @ iG Center

- 10:15-11:15am. 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.

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.

OPEN GYM VOLLEYBALL

Tuesdays & Thursdays @ Intergenerational Recreation Center

- 5:00pm-8:00pm. \$4 for 18 & Older. \$2 for 18 & Under.
 - Bump, set, and spike your time away during Open Gym Volleyball. Designed for volleyball enthusiasts of all ages who are eager to hone their skills, make new friends, and enjoy the game. Open gym volleyball is available based on facility availability, call 772-226-1780 for more information.
 - For more information call 772-226-1780 or just drop-in!

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.

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 to register or call 772-226-1780.