



Indian River County Venue Event Calendar–November/December 2024

For more information go to: www.indianriver.gov

HOLIDAY CLOSURES & HOURS

- November 28: All County facilities closed in observance of Thanksgiving.
- November 29: North County Aquatic Center, Gifford Aquatic Center, and Administrative Offices closed; Public Shooting Range, 9:00am-5:00pm, IG Center, 8:30am-5:00pm.
- December 24-25: All County facilities closed in observance of Christmas.
- January 1: Gifford Aquatic Center, Administrative Offices, Public Shooting Range, and IG Center closed; North County Aquatic Center, 10:00am-3:00pm.

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 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.

BROADWAY BABIES

Wednesdays, November 20-December 11 @ iG Center

- 1:00pm-2:00pm. Cost \$30 for a 4-week session or \$10 drop-in.
- 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 to register or call 772-226-1780.

CHILDREN'S CRAFT WORKSHOP

Wednesday, November 20 @ Bracket Library

- 6:00am-7:00pm. FREE!
 - Ages 6-12.
 - Join us to make Scarecrow Mason Jars!
 - Registration is REQUIRED. To register contact, Shannon at 772 400 6375 or email shawk@indianriver.gov.

ARTS AND CRAFTS FESTIVAL

Saturday & Sunday, November 23-24 @ Indian River County Fairgrounds

- Saturday, 9:00am-5:00pm. FREE!
- Sunday, 10:00am-4:00pm. FREE!
 - All ages welcome.
 - A 250-booth holiday Art & Craft Expo. Live Music, Food, Adult Beverages and Kids Zone!

MOSAIC MARVELS: POLLINATORS

Monday, November 25 @ Round Island Oceanside Park

- 10:00am-11:30am. FREE!
 - Ages 5 & older.
 - Love crafts and nature? Join conservation staff for this unique and free craft event! Participants will create their own mosaic pollinator to take home as they learn about native pollinators. Supplies are limited; advanced registration is required.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

RECREATION AND CONSERVATION HIKING CLUB-NORTH SEBASTIAN CONSERVATION AREA (1.5 MILE)

Monday, December 2 @ North Sebastian Conservation Area

- 8:30am-10:30am. FREE!
 - Ages 5 & older.
 - Interested in exploring Indian River County conservation lands? Join our Recreation and 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.

CROSS STITCH TUESDAYS

Tuesday, December 3 @ Brackett

- 4:30pm. FREE!
 - All ages welcome.
 - We provide basic instructions and cross stitch projects for free and meet the first Tuesday of each month.
 - For more information contact Hollie at 772-400-6366 or hmcdougall@indianriver.gov.

MERRY MAKERS

Tuesdays, December 3, 10, & 17 @ iG Center

- Ages 6-11, 5:00pm-6:00pm. Cost \$10 per session.
- Ages 12 & older, 6:30pm-7:30pm. Cost \$10 per session.
 - Join our Merry Makers Workshop, a festive weekly craft class leading up to Christmas! Participants will create holiday themed crafts, perfect for celebrating the season.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

LITTLE EXPLORERS: TWEET TREATS

Wednesday, December 4 @ Jones Pier Conservation Area

- 1:00pm-2:00pm. FREE!
 - Open to preschool and early elementary school children.
 - Oh, come ye curious minds to celebrate native songbirds! Learn about the many species of birds and the foods they enjoy during this special Little Explorers event. Participants can expect a story time and seasonal craft. **This event will involve peanut products.*
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

POSITIVE COACHING ALLIANCE WORKSHOP

Wednesday, December 4 @ iG Center

- Ages 18 & older.
 - The Positive Coaching Alliance and Indian River County recreation team have partnered to bring the "Developing Competitors Through Positive Coaching Workshop" to members of the community! There is no cost to attend and light refreshments will be served.
 - Attendees will become PCA-certified Positive Coaches who know how to establish a Positive Youth Sports Culture where athletes feel safe, seen, heard and valued.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

HOLIDAY PAINTING PARTY

Tuesday, December 5 @ Brackett

- 2:00pm. FREE!
 - Ages 18 & older.
 - We're getting into the holiday spirit at the library! Join us at our paint and take holiday ornament Painting Party for Adults.
 - Registration is requested. For more information contact Hollie at 772-400-6366 or hmcdougall@indianriver.gov.

POG CHAMPS GAMING CLUB

Friday, December 6 @ Brackett

- 3:30pm. FREE!
 - Ages 13-18 only.
 - POG (Play of Game) Champs unite! The gaming club invites game lovers to participate in both board games and video games.
 - For more information contact Ms. Gi at (772) 400-6308 or glee@indianriver.gov.

FESTIVE FOREST: NATURE ORNAMENTS

Friday, December 6 @ Hallstrom Farmstead Conservation Area

- 10:00-11:30am. FREE!
 - All ages welcome.
 - Love crafts and nature? Join conservation staff for this unique and free craft event! Participants will create their own tree shaped ornament for the holiday season!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

KIDS' TRIATHLON

Saturday, December 7 @ Victor Hart Sr. Community Enhancement Complex and Gifford Aquatic Center

- 8:00am. Cost \$35.
 - Ages 6-13.
 - Swim, Bike and Run! Join the Rotary of Vero Beach for the Annual Kids Triathlon.
 - For more information email info@rotaryofverobeach.com or call 772-226-0782.

WINTER WONDERLAND PARTY

Saturday, December 7 @ Main Library

- 10:00am. FREE!
 - Families.
 - Everyone is invited for games, crafts and more.
 - For more information contact Patti Fuchs at pfuchs@indianriver.gov or call 772-400-6318.

VERO BEACH GUN SHOW PLUS MILITARY EXPO

Saturday & Sunday, December 7-8 @ Indian River County Fairgrounds

- Saturday, 9:00am-5:00pm. Cost \$8.
- Sunday, 10:00am-4:00pm. Cost \$8.
 - All ages welcome.
 - An annual crowd pleaser with soldiers in uniform, military vehicles, period correct weapons and a live WWII battle reenactment with gunfire, explosions and more!
 - For more information visit www.patriotshows.com.

GRINCH PARTY

Tuesday, December 10 @ North Library

- 10:00am AND 6:00pm. FREE!
 - Join us for a Meet & Greet with The Grinch on Tuesday, December 10. Families can enjoy stories, crafts and pictures with the Grinch. There will be two sessions, at 10:00am and 6:00pm.
 - For more information call Ms. Susan at 772-400-6358 or smelasi@indianriver.gov.

FLEET FARMING TWO-PART LECTURE

Wednesday, December 11 & 18 @ North Library

- 1:00pm. FREE!
 - Ages 18 & older.
 - This two-part lecture series given by the local non-profit Fleet Farming. "Food Access for Seniors & Benefits" and "Nourish your Body: A Guide to Healthy Eating."
 - For more information contact kanderson@indianriver.gov or 772-400-6360.

FLORIDA EVERGREEN HIKE

Thursday, December 12 @ North Sebastian Conservation Area

- 9:30am-11:00am. FREE!
 - All ages welcome.
 - Though Florida's winters are mild, some trees still lose their leaves! Join staff to learn about the many species of evergreens that keep Florida a beautiful green year-round.

- For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

DIY NO-BAKE HOLIDAY COOKIES

Friday, December 13 @ Main Library

- 3:30pm. FREE!
 - Teens.
 - No oven, no problem! Treat yourself by making easy holiday themed sweets while socializing with your peers.
 - For more information contact Ms. Gi at (772) 400-6308 or glee@indianriver.gov.

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

Saturday & Sunday, December 14-15 @ North County and Gifford Aquatic Centers

- Saturday, 9:00am-5:00pm. Cost \$150.
- Sunday, 9:00am-12:00pm.
 - Participants must possess a current American Red Cross Lifeguard Certification to participate.
 - The Saturday class will be held at North County Aquatic Center and the Sunday class will be held at Gifford Aquatic Center. Participants must attend both days.
 - For more information contact Katie at 772-226-1174 or register online at www.indianriver.gov/parksandrecreation.

BREAKFAST WITH SANTA

Saturday, December 14 @ iG Center

- 9:00am-11:00am. Cost \$5.
 - All ages welcome.
 - Join us for a magical morning at Breakfast with Santa. Enjoy a scrumptious breakfast, holiday treats, and visit with the big guy! Space is limited. Register early!
 - For more information contact 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

BILLY YANK & JOHNNY REB: SONGS OF THE AMERICAN CIVIL WAR

Sunday, December 15 @ Main Library

- 1:30pm-3:00pm. FREE!
 - All ages welcome.
 - You are invited to an afternoon of songs and stories from the American Civil War (1861-1865). Musician, and historical reenactor, Gary Gustin performs both songs of the South and the North on banjo and guitar.
 - Registration is not required. Contact Karrie at (772) 400-6310 or kcole@indianriver.gov for more information.

FRIDGID FACTS: COLD ADAPTATIONS

Monday, December 16 @ Ansin Riverfront Conservation Area Canoe Launch

- 9:30am-10:30am. FREE!
 - Ages 5 & older.
 - While most animals cannot throw on a nice sweater, many have adaptations to deal with chilly weather. Join staff to learn how our wonderful wildlife handles cooler temperatures and reduced food sources.

- For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

HOT COCOA & COZY CRAFTS

Wednesday, December 18 @ North Library

- 5:00pm. FREE!
 - Teens.
 - Stay cozy and warm during chilly times by joining our hot chocolate social. Crafts will be provided.
 - For more information contact Ms. Gi at (772) 400-6308 or glee@indianriver.gov.

JINGLE SHELLS: WINTER BEACH WALK

Wednesday, December 18 @ Round Island Oceanside Park

- 8:30am-9:30am. FREE!
 - Ages 5 & older.
 - Want to learn more about the shells and wildlife on beaches? Join educator Olivia for a free interpretive walk on a local beach!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

NOVEMBER MINT WORKDAY: VOLUNTEER EVENT

Friday, December 20 @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00am. FREE!
 - Ages 5 & older.
 - 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 at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

WINTER WONDERLAND CHRISTMAS VIBE

Friday, Saturday & Sunday, December 20-22 @ Indian River County Fairgrounds

- Friday, 11:00am-5:00pm. FREE!
- Saturday, 9:30am-5:00pm. FREE!
- Sunday, 10:00am-4:00pm. FREE!
 - All ages welcome.
 - Join us for a holiday art and craft expo. Lots of vendors for last minute shopping, live music and local food trucks. Free make and take ornament on Sunday!
 - For more information email barbaraannsnow@yahoo.com or call 586-242-9931.

RECREATION AND CONSERVATION HIKING CLUB-HALLSTROM FARMSTEAD (1.5 MILE)

Saturday, December 21 @ Hallstrom Farmstead Conservation Area

- 8:30am-10:30am. FREE!
 - Ages 5 & older.

- Interested in exploring Indian River County conservation lands? Join our Recreation and 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.

YOUTH BASKETBALL LEAGUES

January 6-February 28 @ iG Center

- Weekday Evenings and Saturday Morning/Afternoon. Cost \$50.
 - Ages 4-15.
 - These Coed Youth Basketball Leagues are designed to teach fundamentals of basketball, teamwork, and good sportsmanship in a fun and encouraging environment. Teams will have volunteer coaches who will coordinate practices; residency location will be considered when forming teams. Tiny Tot teams are coached by Recreation staff and parents of players. Games will be played at various locations throughout the county including the iG Center, IRC Fairgrounds, Sebastian River Middle School, and Sebastian River High School Gymnasiums. All players receive a jersey and a season ending medal.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

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 and Thursday @ iG Center

- 8:30am-12:00pm. Cost \$3.74 plus tax.
 - 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.

AQUAFIT

Tuesday and 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, 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.

ARCHERY 101

Last Sunday @ 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.

BRIDGE CLASS

Thursdays @ 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 to register or call 772-226-1780.

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 to register or call 772-226-1780.

CARDIO-BOXING

Thursdays @ iG Center

- 6:00pm-7:00pm. \$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. There is no sparing in this class, the boxing aspect includes: bag work, shadow boxing, foot work, and punching form.
 - For more information contact 772-226-1780 or register online today at www.indianriver.gov/parksandrecreation.

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.

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 to register or call 772-226-1780.

GENTLE CHAIR YOGA

Tuesday & Thursday @ 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 more gentle 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.

HOMESCHOOL PE

Tuesdays @ 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. There will be no class August 13-27.
 - Go to www.indianriver.gov/parksandrecreation to register or 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 & Saturdays, @ iG Center

- Mondays, 6:00pm-7:00pm. Cost \$10.
- Saturdays, 10:15-11:15am. 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.

IRC RIMFIRE CHALLENGE

Last Saturday of every month @ IRC Shooting Range

- 9:00am. Cost \$15.00 plus tax.
 - 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.

IRC STEEL CHALLENGE

Last Friday of every month @ IRC Shooting Range

- Begins at 9:00am. Cost \$20.00 plus tax, 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.

MAHJONG

Tuesday and 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 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 to register or call 772-226-1780.

OPEN GYM PICKLEBALL

Monday, Wednesday, and 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

- 8:30-11:30pm. 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.

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.

PRE-SCHOOL TUMBLING

Friday @ iG Center

- 2:30pm and 3:30pm. Cost \$20.
 - 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!
 - Space is limited, pre-registration is required. For upcoming session dates or to register visit www.indianriver.gov/parksandrecreation or call 772-226-1780.

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 to register or call 772-226-1780.

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.

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.

SENIOR WELLNESS: 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.

SINGING BOWLS

Third Thursday @ 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.

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 to register or call 772-226-1780.

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.

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.

VETERANS YOGA PROJECT-MINDFUL RESILIENCE

Wednesday @ iG Center

- 2:00pm-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.

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.

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.