Indian River County Venue Event Calendar: February-March 2025
For more information go to: www.indianriver.gov

INVASIVE PLANT WALK

Tuesday, February 18 @ Round Island Oceanside

- 10:30am-11:30am. FREE!
  - All ages welcome.
  - Curious about the many invasive plants that have taken root in Florida? Join conservation staff as we discuss the methods of introduction, spread, and removal seen in Indian River County.
  - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

A BOOK LOVER'S BOUQUET

Tuesday, February 18 @ North County Library

- 5:00pm. FREE!
  - Ages 13-18.
  - Celebrate National Library Lovers' Month by upcycling old book pages into stunning flower arrangements. Join us for this fun and eco-friendly crafting session where you'll discover the joys of transforming discarded pages into artistic blooms. Whether you want to decorate your room or surprise a friend with a handmade gift, expect to craft beautiful paper roses, paint them with watercolors, and create unique floral displays. No registration required.
  - For more information contact Ms. Gi at (772) 400-6308 or glee@indianriver.gov.

GRANT DEVELOPMENT WORKSHOP: FUNDRAISING STRATEGIES FOR GRANT SEEKERS

Wednesday, February 19 @ iG Center

- 10:00-11:00am. Cost $80.
  - Ages 18 & older.
  - This one-hour workshop is designed to introduce nonprofit grant seekers to various ways to raise funds to keep the agency operations going. Grant funding sources need to know that the agency can continue to operate when the grant expires. Attendees will be guided through several workable strategies to raise yearly funds and will gain the knowledge to create a fundraising plan.
  - For more information contact Marcia at kioskdataic@gmail.com

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FROM PAGE TO PLATE

Thursday, February 20 @ Main Library

- 6:00pm. FREE!
  - Grades 1-5.
  - A hands-on program that will highlight several fun and inspiring cookbooks. Participants taste several samples and try their hand at making some of the recipes. Registration required.
  - For more information, or to register, contact Ms. Patti at 772-400-6318 or pfuchs@indianriver.gov.

FEBRUARY MINT WORKDAY: VOLUNTEER EVENT

Friday, February 21 @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00pm. 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.

THUNDER ON THE BEACH POW WOW

Friday, Saturday, and Sunday, February 21-23 @ Indian River County Fairgrounds

- Friday, 4:00pm-9:00pm. Cost $10 ages 13 & older; $5 ages 6-12.
- Saturday, 10:00am-9:00pm. Cost $10 ages 13 & older; $5 ages 6-12.
- Sunday, 10:00am-3:00pm. Cost $10 ages 13 & older; $5 ages 6-12.
  - All ages welcome.
  - Join us for the Thunder on the Beach Pow Wow. Intertribal dancing, vendors, and activities!
  - For more information visit https://fiha.us/thunder_info/

MOONTUNES: LULLABIES AT YOUR LIBRARY

Saturday, February 22 @ North County Library

- 10:00am. FREE!
  - Infants to age 5.
  - You are invited to a fun morning of play and song. This FREE program is in partnership with The Learning Alliance and the Lullaby Project. Registration is not required.
  - For more information, contact Ms. Patti at 772-400-6318 or pfuchs@indianriver.gov.

CHILDREN'S NATURE WALK

Monday, February 24 @ Wabasso Scrub Conservation Area

- 10:00am-11:00am. FREE!
  - All ages welcome.
  - Is your child interested in nature? Join conservation staff as we complete a short, guided hike
  - 90.75 mile) at Wabasso Scrub Conservation Area! We will keep our eyes and ears peeled as we look for interesting wildlife.
  - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

VERO BEACH GUN SHOW

Saturday & Sunday, March 1-2 @ 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.
  - Buy, Sell & Trade at the Vero Beach Gun Show! Concealed Weapon License Classes at every show!
  - For more information visit www.patriotshows.com

RECREATION AND CONSERVATION HIKING CLUB-SEBASTIAN HARBOR PRESERVE

Monday, March 3 @ Sebastian Harbor Preserve

- 8:30am-11:00am. FREE!
  - Ages 5 & older.
  - Interested in exploring Indian River County conservation lands? Join our Conservation staff for a free twice monthly hiking club (2.5 miles)! 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.

NUTRITION BASICS

Monday, March 3 @ Main Library

- 10:00am-2:00pm. FREE!
  - Ages 18 & older.
  - The program will be 2 classes: Living with Diabetes: Nutrition Basics (10am-11am) and Eating for Your Heart: A Guide to Heart-Healthy Living (1pm-2pm).
  - For more information contact Karrie at 772-400-6310 or kcole@indianriver.gov.

SENIORS VS. CRIME

Tuesday, March 4 @ Main Library

- 10:00am. FREE!
  - Ages 18 & older.
  - A Special Project of the Florida Attorney General's Office.
  - The mission of the Seniors vs. Crime Project is to help prevent crime and fraud, assist consumers in resolving civil disputes, and assist the Florida Attorney General's Office with its mission through the work of Florida senior volunteers.
  - For more information contact Karrie at kcole@indianriver.gov or call 772-400-6310.

SILENT BOOK CLUB

Tuesday, March 4 @ North County Library

- 6:00pm. FREE!
  - Ages 18 & older.
  - This new book club meets at the North County Library branch on the first Tuesday of each month. There’s an optional social time from 6-6:30 pm, followed by silent reading from your own book. It’s a great way to see what others are reading and discover your next read!

LITTLE EXPLORERES: PLANT CYCLES

Wednesday, March 5 @ Jones Pier Conservation Area

- 1:00pm-2:00pm. FREE!
  - Open to preschool and early elementary school children.
  - How do plants grow and spread? Join staff as we explore the lifecycle of plants in Florida! This event includes a take-home craft and book reading.
  - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

CHILDREN'S SENSORY WALK

Saturday, March 8 @ South Oslo Riverfront Conservation Area

- 8:30am-9:30am. FREE!
  - All ages welcome.
  - Is your little one curious about nature? Join conservation for a guided children's walk where we explore our different senses in the forest.
  - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

THE WILD ROBOT

Tuesday, March 11 @ North County Library

- 6:00pm. FREE!
  - Grades 1-5.
  - Take this exciting journey into the world of the *Wild Robot* series by Peter Brown! Enjoy games, crafts and more featuring Roz and friends. Registration is not required.
  - For more information, contact Ms. Susan at 772-400-6358 or smelasi@indianriver.gov.

DRUM CIRCLE WITH TREASURE COAST PERCUSSION

Wednesday, March 12 @ Brackett Library

- 6:00pm. FREE!
  - All ages welcome.
  - Join us for a community drum circle. No experience necessary. Drums will be provided or bring your own.
  - For more information, or to register, contact Hollie at 772-400-6366 or hmcdougall@indianriver.gov.

ECOFIT

Friday, March 14 @ Jones Pier Conservation Area

- 9:00am-10:00am. FREE!
  - Ages 10 & older.
  - Do you have new year's fitness goals? Or simply enjoy working out in nature? Join staff for this full body exercise class at Jone's Pier Conservation area. Participants can expect to learn about local plants and animals we see along the way.
  - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

FIREFIGHTERS FAIR

Friday-Sunday, March 14-23 @ Indian River County Fairgrounds

- Monday-Thursday, 5:00pm-11:00pm. Cost $10. Ages 6 & under are free.
- Friday, 5:00pm-12:00pm. Cost $10. Ages 6 & under are free.
- Saturday, 1:00pm-12:00pm. Cost $10. Ages 6 & under are free.
- Sunday, 1:00pm-10:00pm. Cost $10. Ages 6 & under are free.
  - Enjoy fun for the whole family with a wide variety of entertainment. Be sure to see concerts, the demolition derby, midway rides, and firefighter training show! All proceeds go back to the community for scholarships, the burn fund, and more.
  - For more information visit firefightersfair.org

RECREATION & CONSERVATION HIKING CLUB-SOUTH OSLO RIVERFRONT CONSERVATION AREA

Saturday, March 15 @ South Oslo Riverfront Conservation Area

- 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 (1 mile)! 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.

BLOOM AND BRUSH PAINTING

Monday, March 17 @ Jones Pier Conservation Area

- 10:00am-11:00am. FREE!
  - Ages 10 & older.
  - Looking for a new way to enjoy the outdoors? Join staff for a painting event at Jone's Pier Conservation Area. Materials provided, please register in advance. Limited spots available!
  - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

TEEN ART CLUB

Wednesday, March 19 @ North County Library

- 4:00pm. FREE!
  - Ages 13-18.
  - Join us for an afternoon of creativity, fun, and friendship! Whether you're a seasoned artist or just starting out, the Teen Art Club is the perfect place to express yourself and unleash your creativity. Draw, paint, and craft to your heart's content in a supportive environment.
  - For more information contact Ms. Gi at (772) 400-6308 or glee@indianriver.gov

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RESILIENT HABITATS

Thursday, March 20 @ North Sebastian Conservation Area

- 10:00am-11:00am. FREE!
  - Ages 10 & older.
  - Want to learn more about prescribed fire and its habitat roll? This guided walk will cover 14 acres of scrub habitat that was recently burned. Participants will explore the re-growth of plants and various adaptations of local wildlife.
  - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

GROWING UP IN THE WOODSTOCK GENERATION

Sunday, March 23 @ Main Library

- 6:00pm. FREE!
  - All ages welcome.
  - Registration Required.
  - A multi-media program of song, storytelling and laughter.
  - For more information contact Karrie at 772-400-6310 or kcole@indianriver.gov.

SENIOR EXPO

Thursday, March 27 @ Indian River County Fairgrounds

- 9:00am-2:00pm. FREE!
  - Over 90 vendors, speaker presentations on 2 stages, free medical screenings and demonstrations, food trucks and Ocean FM Live. Free parking and shuttles to the entrance.
  - For more information visit seniorservicesirc.org/senior-expo

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CRAFT SUPPLY SWAP

Friday, March 28 @ Brackett Library

- 1:00pm-3:00pm. FREE!
  - All ages welcome.
  - Craft Supply Swap items may be dropped off at Brackett beginning Monday, March 3. Early Bird tickets for the day of the swap will be given to people who donate items. Only contribute items that are in good condition and/or unopened. Friday, March 28 from 12:00pm-1:00pm the event is open to Early Bird ticket. Open browsing is from 1:00pm-3:00pm. Items not picked up during the swap may be used for future library programs or donated.
  - For more information, or to register, contact Hollie at 772-400-6366 or hmcdougall@indianriver.gov.

AFTERLIFE PSYCHIC FAIR

Saturday & Sunday, March 29-30 @ Indian River County Fairgrounds

- 12:00pm-5:00pm. Saturday costs $13.99. Sunday costs $10.
  - Vendors with displays in strange curiosities, psychic energy, crystals, meditation, incense and strange collections.
  - Tickets sold online at events.humanitix.com

ADULT BASKETBALL LEAGUES

Monday & Wednesday, April 14-May 28 @ iG Center

- Cost $475.
  - Ages 18 & older.
  - Join us for the 5 vs. 5 Adult Basketball League. The 10-week session will include 1 game per night and a single elimination playoff tournament. Participants may sign up as a team or free agent. Games will be played at 6:00, 7:00, or 8:00pm. Register by 4/6.
  - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

YOUTH BASEBALL LEAGUES

Dates & Times vary, April 14-June 7@ Location varies

- Cost $60.
  - Ages 4-12.
  - These recreational leagues (t-ball, coach pitch, and player pitch) place an emphasis on fundamentals while having fun. Teams will be coached by volunteers who will coordinate practices. T-ball will be coached by recreation staff and games will be played Saturday mornings. Field locations include Dick Bird Park, Fran Adams Park, Hobart Park, and West Wabasso Park. All players receive a hat, jersey, and season ending medal. Register by 3/16.

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

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100 MILE SWIM CLUB

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 $35/10 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.

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.

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.

BROADWAY BABIES

Wednesdays @ iG Center, thru 2/26

- 1:00pm-2:00pm. 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 to register or call 772-226-1780.

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 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 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 & Saturdays @ iG Center

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

HOME GARDENING LECTURE SERIES

Second Wednesdays @ Extension Office thru 3/12

- 6:00pm-7:30pm. Cost $5.
    - Ages 18 & older.
    - Participants will learn about a variety of home gardening topics. They can register for one lecture or the entire series.
    - To register, go to bit.ly/46BwpmO.

Third Tuesday @ iG Center, thru 3/18

- 6:00pm-7:30pm. Cost $5.
    - Ages 18 & older.

- Participants will learn about a variety of home gardening topics. They can register for one lecture or the entire series.
- To register, go to bit.ly/46BwpmO

JC Theater

Tuesdays @ iG Center thru 3/11

- 4:00pm-5:30pm. Cost $75 for six-week session; $20 drop-in.
  - Ages 5-12.
  - Developing life skills through creative arts such as singing, learning new languages, practicing public speaking, dancing, theatre, music, gymnastics, acrobatics and other acting tricks.

MAHJONG

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.

MINT WORKDAY: VOLUNTEER EVENT

Third Friday of the month @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00pm. 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.

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

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, & 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 @ Department of Health Wabasso Site

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

Tuesdays & Thursdays @ Parks Office

- 9:30-10:30am. 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

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 & 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.

SENIOR WELLNESS: WALK IN THE PARK

Wednesdays & Fridays @ Kiwanis Hobart Park/West Wabasso Park

- Wednesdays, 8:30-9:15am @ Kiwanis Hobart Park. FREE!
- Fridays, 8:30-9:15am @ 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 socialization. Please be sure to bring water and wear comfortable clothing.
  - 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 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 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 at772-226-1752 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.