



Indian River County Venue Event Calendar: September-October 2025

For more information go to: www.indianriver.gov

BEGINNER & INTERMEDIATE PICKLEBALL

Thursdays, Starting Sept. 18th @ Dick Bird Park

- 6:00pm-7:00pm. \$120 for 8 week session.
 - Ages 18 & older.
 - Beginner & Intermediate Pickleball is back at Dick Bird Park Pickleball Courts from September 18 through November 6. This 8-week session, just \$120, takes place on Thursdays from 6–7 PM and is led by USA Pickleball Association Instructor and Level 1 PPR Certified Coach, Steve Osiecki. Whether you're brand new to the game or looking to improve your skills, this program offers fun and excitement for players of all ages and levels.
 - For more information contact 772-226-1780 or visit www.indianriver.gov/parksandrecreation

FUNDAMENTALS OF DIGITAL PHOTOGRAPHY

Wednesdays, Sept. 17th and Oct. 8th @ Intergenerational Recreation Center

- 9:00am. \$50 per class.
 - Ages 18 & older.
 - Ready to take your photography skills to the next level? Join us for Fundamentals of Digital Photography at the IG Center! Led by pro photographer Frank Feliciano, this hands-on class will sharpen your techniques and help you get the most out of your camera.
 - For more information contact 772-226-1780 or visit www.indianriver.gov/parksandrecreation

HIIT TABATA

Thursdays, Starting Sept. 25th @ Intergenerational Recreation Center

- 4:30pm-5:30pm. \$10 per class.
 - Ages 18 & older.
 - This fitness class is a high-energy, fast-paced workout that combines the science of High-Intensity Interval Training (HIIT) with the structure of Tabata! Each round consists of 20 seconds of maximum-effort work followed by 10 seconds of rest, repeated for 4 minutes per exercise. This class is designed to push your limits, boost metabolism, and burn calories long after the workout is over.
 - For more information contact 772-226-1780 or visit www.indianriver.gov/parksandrecreation

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.

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

TEDDY BEAR TIME

Fridays @ Main Library

- 10:00am. FREE!
 - Ages 3-5.
 - Bring your favorite teddy bear or other plushie each week as we engage our imaginations with stories and creative play.
 - For more information, contact Ms. Patti at 772-400-6318 or pfuchs@indianriver.gov.

VOLLEYBALL AT THE IG - YOUTH

Tuesdays & Thursdays @ Intergenerational Recreation Center

- 5:00pm-6:00pm; Ages 12 & Under. Cost \$10.
- 6:00pm-7:00pm; Ages 13-17. 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!

VOLLEYBALL AT THE IG - ADULT

Tuesdays & Thursdays @ Intergenerational Recreation Center

- 7:00pm-8:15pm; Ages 18 & Older. 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!

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.

YOUNG ENGINEERS – BRICKS CHALLENGE

Thursdays @ Intergenerational Recreation Center

- 4:15pm-5:30pm. Cost \$30 Drop-In & \$100 Per Month.

- Ages 7-11.
- Unlock the world of STEM with the Bricks Challenge Program! Through hands-on building projects, kids will learn the basics of mechanics, physics, and engineering, while developing creativity and problem-solving skills.
- For more information call 772-226-1780 or register online at <https://secure.rec1.com/FL/indian-river-county-fl/catalog/item/23397/329422/3821246>.

RECREATION & CONSERVATION HIKING CLUB – SEBASTIAN HARBOR PRESERVE

Tuesday, September 2nd @ Sebastian Harbor Preserve, 184 Englar Dr, 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.

CHRIS BATES, MUSICAL PERFORMANCE

Wednesday, September 3rd @ North IRC Library

- 3:00pm. FREE!
 - Ages 18 & Older.
 - Chris Bates is a one-man band, combining expert guitar, powerful vocals, and custom backing tracks to deliver the rich, full sound of a live band, complete with harmonies and rhythm that bring the music alive. Enjoy tropic rock, classic rock, country rock, Motown, and smooth jazz hits from the '60s through the '80s.
 - For more information on this FREE performance contact Katherine at 772-400-6356 or kanderson@indianriver.gov.

LITTLE EXPLORERS: WILD CATS

Wednesday, September 3rd @ Intergenerational Recreation Center

- 1:00pm-2:00pm. FREE!
 - Open to all ages.
 - Join us for a wild and exciting adventure as we explore the amazing wild cat species of Florida, from the elusive panther to the stealthy bobcat! This event includes a book reading and take-home craft.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

BLOOM & BRUSH PAINTING

Friday, September 5th @ Jones' Pier Conservation Area, 7770 Jungle Trail, Vero Beach.

- 11:00am-12:00pm. FREE!
 - Ages 15 & older.
 - Looking for a new way to enjoy the outdoors? Join staff for a painting event at Jones' Pier Conservation Area. Materials provided, please register in advance as there are limited spots available!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

FRENCH CONVERSATION CLUB

Saturday, September 6th @ Main Library

- 1:30pm. FREE!
 - Ages 18 & older.
 - Hosted by Leslie Branch, this program connects French speakers to practice conversational skills. THIS CLASS IS NOT FOR BEGINNERS! This is an opportunity for those with a decent command of French to connect and converse on an informal, drop-in, basis with no registration required. Meet in the History Room on the second floor of the Main Library. For more information, contact Karrie at 772-400-6310 or kcole@indianriver.gov.
 - For more information, contact Katherine at 772-400-6360 or kanderson@indianriver.gov.

OAKS OF IRC

Tuesday, September 9th @ North Sebastian Conservation Area, 1295 Main St, Sebastian.

- 9:00am-10:00am. FREE!
 - Ages 5 & older.
 - From towering live oaks to scrubby, sun-loving scrub oaks, Florida is home to a wide variety of acorn-producing trees. Join us as we explore the different types of oak trees found across the state and discover the important roles they play in supporting local wildlife and ecosystems.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

RECREATION & CONSERVATION HIKING CLUB – SOUTH OSLO RIVERFRONT CONSERVATION AREA

Saturday, September 13th @ South Oslo Riverfront Conservation Area, 200 9th St SE, 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.

SPOIL ISLANDS LECTURE

Tuesday, September 16th @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 2:00pm-3:00pm. FREE!
 - Ages 5 & older.
 - Scattered along Florida's coast, spoil islands are unique man-made habitats teeming with wildlife and adventure. Join us as we explore how these islands were formed, the plants and animals that call them home, and their surprising role in coastal ecosystems!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

LA MESA RV SHOW

Thursday-Sunday, September 18-21 @ Indian River County Fairgrounds, 7955 58th Ave, Vero Beach.

- 9:00am-6:00pm. FREE!
 - All ages welcome.

- Check out the La Mesa RV Show! 4 Days only at the Indian River County Fairgrounds!
- For more information email slove@lamesarv.com

FLORIDA MASTER NATURALIST – ENVIRONMENTAL INTERPRETATION

September 23rd – October 14th @ UF/IFAS Extension Office, 1800 27th St, Vero Beach.

- 2:00pm-3:00pm. FREE!
 - Ages 18 & older.
 - Through classroom, field trip, and practical experience, this course provides the fundamentals of interpretation, key elements of an effective interpretive program, how to create themes, sub-messages and transitions, group management, addressing diverse audience needs, developing interpretive displays and practicing interpretive techniques. This course is designed to make participants better environmental interpreters and educators, so that others may learn about Florida's natural history and conservation issues.
 - To view the complete course agenda and register, go to <https://conference.ifas.ufl.edu/fmnp/>

ANSIN RIVERFRONT TOUR – BRING YOUR OWN KAYAK

Wednesday, September 24th @ Ansin Riverfront Conservation Area, 9800 Canoe Launch Cove, Sebastian.

- 9:00am-11:00am. FREE!
 - Ages 18 & older.
 - Bring your own kayak (or paddleboard)! Interested in seeing the St. Sebastian River up close? Join staff for a free guided kayak tour, launching from the Ansin Riverfront Conservation Area 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.

VERO BEACH GUN SHOW

Saturday & Sunday, September 27 & 28 @ Indian River County Fairgrounds, 7955 58th Ave, Vero Beach.

- 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

ADULT SPOOKY, SCARY, STORYTIME

Thursdays in October @ North Library

- 10:30am. FREE!
 - Ages 18 & Older
 - This will be a spooky, short story read each week to get people in the zone for Halloween. Snacks provided, no registration required to attend.
 - For more information, contact Katherine at 772-400-6356 or kanderson@indianriver.gov.

LITTLE EXPLORERS: NOT SO CREEPY CRAWLIES WITH INDIAN RIVER MOSQUITO CONTROL DISTRICT

Wednesday, October 1st @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 1:00pm-2:00pm. FREE!
 - All ages welcome!

- Join us for a fun-filled adventure as we explore the wild and wiggly world of creepy crawlies! From buzzing bees to sneaky spiders, kids will discover fascinating facts about tiny critters that slither, crawl, and fly. This event includes a book reading and take-home craft.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
-

FALL CLASSIC – SPECIAL OLYMPICS

Saturday, October 4th @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 9:00am-5:00pm.
 - We will be hosting the Fall Classic for Special Olympics on October 4th - Power Lifting in the iG Center, Softball, Flag Football, and Pickleball at Dick Bird Park.
 - For more information contact [Louis Seaman](mailto:Louis.Seaman@indianriver.gov), 352-705-1377.
-

RECREATION & CONSERVATION HIKING CLUB – CYPRESS BEND COMMUNITY PRESERVE – 1 MILE

Monday, October 6th @ Cypress Bend Community Preserve, 801 Gardenia St, 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.
-

MADE IN MEMPHIS WITH DAVE DELUCA

Tuesday - October 7 @ Brackett Library

- 6:00pm. FREE!
 - Ages 18 & Older
 - Join us for a rootin'-tootin', rockin' and rollin' celebration of four authentic, iconic American musicians from Memphis, Tennessee: Jerry Lee Lewis, Carl Perkins, Elvis Presley, and Johnny Cash. No registration is required.
 - For more information, contact Hollie at hmcDougall@indianriver.gov or 772-400-6366.
-

CRYSTAL CRAWLERS: HALLOWEEN CRAFT

Wednesday, October 8th @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 6:30pm-7:30pm. FREE!
 - Ages 15 & Older!
 - Join us for a Halloween-themed craft night where you'll create dazzling gem spiders and spooky spider webs in a fun, adult craft event! Materials provided, please register in advance as there are limited spots available!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
-

KPOP DEMON HUNTERS PARTY

Thursday, October 9th @ Main Library

- 5:00pm. FREE!
 - Ages 13-19!
 - No registration required. Calling all HUNTR/X fans! Help seal the Honmoon at our library. We will be decorating photo card holders, making friendship bracelets, answering movie trivia questions, and more.
 - For more information contact Ms. Gi at (772) 400-6308 or glee@indianriver.gov
-

LA MESA RV SHOW

Thursday, Friday, Saturday & Sunday, October 9-12 @ Indian River County Fairgrounds

- 10:00am-6:00pm. FREE!
 - Come see what's new in the world of RVs at the La Mesa RV show!
 - For more information email slove@lamesarv.com
-

DUNGEONS & DRAGONS FOR ADULTS!

Saturdays- October 11 & 25 @ North Library

- 1:00pm. FREE!
 - Ages 18 & Older – Registration is required.
 - Unleash your inner adventurer! The library is now hosting Dungeons and Dragons sessions just for adults with DM Derek Durrant, owner of Talerand. Whether you're a seasoned player or a curious newbie, come roll some dice, create a character, and embark on an epic quest. It's a fantastic way to socialize, get creative, and experience the thrill of tabletop role-playing in a relaxed and welcoming environment. Space is limited, so registration is required.
 - For more information, contact Katherine at 772-400-6356 or kanderson@indianriver.gov.
-

7TH ANNUAL HALLOWEEN COSTUME SWAP

Saturday, October 11th @ Main Library

- 12:00pm. FREE!
 - All ages welcome!
 - Bring your gently used costumes and accessories to the Main, North County, or Brackett libraries between Monday, September 29 and Friday, October 10. For each donation, receive a swap ticket to be exchanged for a "new to you" item at the Swap Party on Saturday, October 11 from noon to 2pm. Costumes and items for all ages and sizes are welcome!
 - For more information contact Jessica Matthews at 772-400-6306 or jmatthews@indianriver.gov.
-

RISING STARS SHOWCASE BOXING EVENT

Saturday, October 11th @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 4:00pm-7:00pm.
 - For more information contact Christopher Gray at 772-501-2744.
-

SNAKE SCIENCE

Monday, October 13th @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 11:00am-12:00pm. FREE!
 - All ages welcome!

- Slither by the iG Recreation Center to learn about snakes! Participants will meet a special leg-less guest as we cover the common myths and misconceptions surrounding snakes.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
-

HALLSTROM MINT WORKDAY

Friday, October 17th @ Hallstrom Farmstead Conservation Area, 1605 Old Dixie Hwy SW, Vero Beach.

- 9:00am-11:30am. 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.
-

INDIAN RIVER CHARTER HIGH SCHOOL DANCE

Saturday, October 18th @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 7:00pm-10:00pm.
 - For more information call [\(772\) 567-6600](tel:7725676600).
-

OKTOBERFEST

Saturday & Sunday, October 18 & 19 @ Indian River County Fairgrounds

- Saturday, 11:00am-10:00pm. Cost \$8..
 - Sunday, 11:00am-6:00pm. Cost \$8.
 - All ages welcome.
 - Tons of Oktoberfest style foods and general festival foods wrapping around the Beer Garden and the Vendor Marketplace!
 - For more information check out Vero Beach Oktoberfest 2025 on Facebook!
-

COMMUNITY SERVICES DEPT: CHILDREN SERVICES – MENTAL HEALTH COMMUNITY FORUM

Thursday, October 23rd @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- For more information contact the IG Center at 772-226-1780.
-

MONSTER MASH – TRUNK OR TREAT

Friday, October 24th @ Intergenerational Recreation Center, 1590 9th St SW, Vero Beach.

- 5:30pm-7:30pm. FREE!
 - Ages 5 & Older!
 - Join us for Indian River County's Trunk or Treat on October 24, 2025, from 5:30–7:30 PM at 1590 9th St SW, Vero Beach! This free, family-friendly event is a great way for businesses and organizations to connect with the community, reach over 1,000 attendees, and enjoy Halloween fun. Trunk hosts will also receive \$300 worth of marquee advertising across three county locations, reaching tens of thousands, plus the chance to win prizes for the best-decorated trunks. Don't miss this opportunity to showcase your business and be part of a favorite seasonal tradition! To register, scan the QR code or call 772-226-1780.

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

ADULT HALLOWEEN TRIVIA

Thursday, October 30th @ Main Library

- 6:00pm. FREE!
 - Ages 18 & Older – Team registration is required! Seating is limited.
 - Gather your friends and join us for a spine-tingling, brain-teasing Halloween Trivia Night that will chill your bones and tickle your brain! Spooktacular fun will be had. Prizes will be awarded to the top ghosts or ghouls.
 - For more information or to register please Contact: Karrie at 772-400-6310 or kcole@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 \$35/10 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.

ARCHERY 101

Sunday August 31st @ 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

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.

BROADWAY BABIES

Saturdays Starting September 6th @ iG Center

- 11:00am-12:00pm. Cost \$30.
 - 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

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.
-

INTUITION – RECOGNIZE & EXERCISE YOURS!

Friday, September 12th – 9:00am-3:00pm - @ iG Center

Saturday, September 13th – 9:00am-12:00pm - @ iG Center

- Cost \$149
 - All ages welcome!
 - Join us as we recognize your own individual intuition and share techniques to exercise and increase your ability to hear your ever-present internal guidance. Lunch is provided on Friday. Best of all, you'll be in a room of others like you who are searching for how to identify guidance over wishes. Instructor: Katie Nall.
 - 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.

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

- 10:00am-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 – September 11th @ 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 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 - Starting August 11th @ 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.
-

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.