



Indian River County Venue Event Calendar: December-January 2025/2026

For more information go to: www.indianriver.gov

JINGLE SHELLS BEACH JEWELRY

Wednesday, December 10 @ the Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 1:00pm-2:00pm. FREE!
 - Ages 5 & Older!
 - 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! This program will be a partnership between Conservation Lands Division and UF IFAS.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

COOKIES & CRAFTS WITH SANTA

Thursday, December 11 @ Indian River County Main Library, 1600 21st St, Vero Beach, FL.

- 6:00pm. FREE!
 - Ages 3-8!
 - Get into the holiday spirit! Join us at the Indian River County Main Library for a magical afternoon where children can meet Santa, decorate festive cookies, and create their own holiday ornament to take home. It's a wonderful opportunity for families to make joyful memories together, share in the holiday cheer, and let imaginations sparkle with holiday craft fun.
 - For more information contact Ms. Patti at pfuchs@indianriver.gov or 772-400-6318.

BREAKFAST WITH SANTA

Saturday, December 13 @ the Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 9:00am-11:00am. \$5 per person!
 - All ages welcome!
 - Breakfast with Santa is a beloved annual tradition held at the IG Center in Vero Beach! Families are invited to join us for a festive morning filled with delicious food, fun activities, live performances, and plenty of holiday spirit. It's the perfect way to kick off the season and make lasting memories together!.
 - For more information contact Olivia 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

NATURE ORNAMENTS

Monday, December 15 @ the Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 2:00pm-3:00pm. FREE!
 - Ages 5 & Older!
 - Celebrate the season with a touch of the outdoors! Join us for a festive workshop where we'll create beautiful, nature-inspired holiday ornaments using natural materials. Learn a bit about the plants and wildlife that call our area home while crafting unique decorations perfect for your tree or as handmade gifts.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

MERRY GRINCHMAS

Tuesday, December 16 @ North Indian River County Library, 1001 Sebastian Blvd, Sebastian, FL.

- 10:30am (Ages 3-5).
- 6:00pm (Ages 6-11).
 - FREE!
 - Get ready for a little Whoville magic! Join us for a Grinch-themed celebration filled with holiday stories, hands-on crafts, and festive snacks the whole family will love. Don't miss this chance to kick off the season with a heart that grows three sizes!
 - For more information contact Ms. Susan at 772-400-6358 or smelasi@indianriver.gov.

SCRUB JAYS – EDUCATION PROGRAM

Wednesday, December 17 @ the North Sebastian Conservation Area, 1295 Main St, Vero Beach, FL.

- 12:00pm-1:00pm. FREE!
 - Ages 5 & Older!
 - Join us for an engaging educational program all about the Florida Scrub-Jay—Florida's only endemic bird species! Discover what makes these bright blue birds so unique, from their fascinating family dynamics to their dependence on scrub habitat.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

HALLSTROM MINT WORKDAY

Friday, December 19 @ Hallstrom Farmstead Conservation Area, 1605 Old Dixie Hwy SW, Vero Beach, FL.

- 11:30pm. 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.

UNTAMED HOLLYWOOD

Friday, December 19 @ Indian River County Main Library, 1600 21st St, Vero Beach, FL.

- 2:00pm. FREE!
 - Ages 18 & Older!
 - Join film historian Kim Luperi for an adventurous and uncompromising deep dive into Hollywood's evolution of film. With unparalleled freedom in the Golden Age of Hollywood, movies produced during the "pre-Code" era of 1930 through 1934 boldly confronted a wide range of provocative subjects. Films of the period include beloved classics like *Grand Hotel* (1932) and *King Kong* (1933) but also lesser-known gems like *I Am a Fugitive from a Chain Gang* (1932) and *Ann Vickers* (1933). These films, produced at the height of the Great Depression, pushed the limits of contemporary social norms at a time when Hollywood studios were desperate to attract audiences—by any means necessary. Film enthusiasts will delight in this fascinating lecture on a unique period in cinema history.
 - For more information contact Karrie at 772-400-6310 or kcole@indianriver.gov.

RECREATION AND CONSERVATION HIKING CLUB – NORTH SEBASTIAN CONSERVATION AREA

Saturday, December 20 @ North Sebastian Conservation Area, 200 9th St SE, Vero Beach, FL.

- 11:30pm. 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.

RIMFIRE CHALLENGE – IRC PUBLIC SHOOTING RANGE

Saturday, December 27 @ Indian River County Shooting Range, 10455 102nd Terrace, Sebastian, FL.

- 9:00am – 1:00pm.
- \$10 for the event only or \$20 for the event plus regular rifle and pistol range access!
 - Ages 18 & Older!
 - Join us for the Rimfire Challenge, an exciting shooting competition open to all rimfire rifles and pistols chambered in .22 Long Rifle caliber. Participants will compete in separate pistol and rifle sequences, each set at different target distances. Shooters will test their speed and accuracy on a variety of steel targets, including a 5-target Texas Star, six steel bowling pin swingers, four round steel plates of varying heights, and a small steel stop plate. Scoring is based on time, starting with the beep of the shot timer and ending when the shooter hits the stop plate—lowest overall time wins!
 - For more information call 772-226-3096.

VERO BEACH HOME SHOW

Saturday & Sunday, January 3-4 @ the Indian River County Fairgrounds, 7955 58th Ave, Vero Beach, FL.

- Saturday, 10:00am-5:00pm. Sunday, 10:00am-4:00pm.
- Free Admission & Parking.
 - All ages welcome!
 - A unique blend of a Home & Remodel Show and Arts & Crafts Expo plus entertainment for the entire family!
 - For more information visit www.patriothomeshows.com.

RECREATION AND CONSERVATION HIKING CLUB – OYSTER BAR MARSH – 3 MILES

Monday, January 5 @ Oyster Bar Marsh, 1955 SR-A1A, Vero Beach, FL.

- 8:30am-10:00am
 - 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.

LITTLE EXPLORERS – CYCLES OF A FOREST

Wednesday, January 7 @ the Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 1:00pm-2:00pm
 - All ages welcome!
 - Join us for a fascinating and down-to-earth adventure as we dig into the hidden world of forest decomposers! Kids will discover how creatures like fungi, worms, and beetles break down fallen leaves, logs, and other natural materials—keeping the forest healthy and helping new life grow.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

DEMOCRATS OF INDIAN RIVER

Saturday, January 17 @ the Intergenerational Recreation Center, 1590 9th St SW, Vero Beach, FL.

- 6:00pm-9:00pm
 - Ages 18 & Older!
 - Join the Democrats of Indian River for an engaging Town Hall Meeting at the iG Center, featuring special guest David Jolly. Attendees will have the opportunity to hear insight on key community issues, ask questions, and take part in a meaningful conversation about the future of our county. This event is open to the public and designed to encourage open dialogue, informed discussion, and civic involvement.
 - For more information contact office@democratsofindianriver.org

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 - For more information contact office@democratsofindianriver.org

VERO BEACH GUN SHOW

Saturday & Sunday, January 17-18 @ 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.

LA MESA RV SHOW

Thursday, Friday, Saturday & Sunday, January 22-25 @ IRC Fairgrounds, 7955 58th Ave, Vero Beach, FL.

- 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.

2026 PETER D. O'BRYAN OPEN DISC GOLF CHAMPIONSHIP

Saturday, January 24 @ Kiwanis Hobart Park, 5555 77th St, Vero Beach, FL.

- 9:00am. \$50 per 4 person team!
 - All ages welcome!
 - Join the 2026 Peter D. O'Bryan Open Disc Golf Championship on Saturday, January 24th at Kiwanis Hobart Park in Vero Beach. This exciting tournament features prizes, raffles, and free t-shirts for participants. Teams of 4 can register for \$50, with space limited to 18 teams. Check-in starts at 8:00 AM with a shotgun start at 9:00 AM. Register by January 11th to guarantee your shirt size and don't miss this fun community event!
 - For more information call 772-226-1780 or visit www.indianriver.gov/parksandrecreation.

FROSTY FUN FEST

Saturday, January 24 @ North County Aquatic Center, 9450 CR 512, Sebastian, FL.

- 12:00pm-4:00pm. Regular Admission Cost- Membership Passes Accepted!
 - All ages welcome!
 - Join us for a festive winter family event filled with fun activities, games for all ages, and tasty treats from local food trucks! Registration is required—don't miss this chance to enjoy the season and beat the winter blues!

- For more information call 772-226-1752 or visit www.indianriver.gov/parksandrecreation.

2ND ANNUAL AIM FOR FREEDOM – CLAY SHOOTING COMPETITION

Saturday, January 31 @ Indian River County Shooting Range, 10455 102nd Terr, Sebastian, FL.

- 8:00am. \$150 per person. \$600 for a team of 4.
 - Ages 18 & Older!
 - Join us for a powerful & fun-filled event dedicated to raising awareness about domestic violence and supporting those affected.
 - For more information visit www.safespacefl.org.

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.