



Indian River County Venue Event Calendar: April-May 2025

For more information go to: www.indianriver.gov

THE GREAT FLORIDA EGG-SCURSION

Saturday, April 12 @ Intergenerational Recreation Center

- 10:00am-12:00pm. FREE!
 - Open to all ages.
 - Join Parks, Recreation, and Conservation for this special FREE program to learn about the many different egg laying animals in Florida. Children will travel to different animal stations to learn interesting facts. This collaborative program will involve many local environmental groups, yard games, interpretive animal talks, goody bags, and food trucks. Advanced registration is required.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

CLAY PIGEON RIMFIRE SHOOT

Saturday, April 12 @ Indian River County Shooting Range

- 9:00am-1:00pm. Cost \$20 per entry.
 - Ages 10 & older.
 - Participate in the Clay Pigeon Rimfire Shoot for a chance to win a 10-count range pass. Each participant is allowed two (2) runs through the 27-clay course for a total of 54 targets. .22 caliber rimfire rifles only. 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.

ECOFIT

Monday, April 14 @ Jones Pier Conservation Area

- 9:00am-10:00am. FREE!
 - Ages 10 & older.
 - Do you have fitness goals? Or simply enjoy working out in nature? Join staff for this full body exercise class at Jones 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.

ADULT BASKETBALL LEAGUE

Mondays and Wednesdays, April 14-May 28 @ Intergenerational Recreation Center

- Evenings. Cost \$475 per team.
 - Ages 18 & older.

- Join us for this 5 vs 5 Adult Basketball League. The 10-week season will include 1 game per night and a single elimination playoff tournament. Participants may sign up as a free agent or a team. The last day to register is April 6.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.
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DIVE-IN EGG HUNTS

Tuesday, April 15 @ Gifford Aquatic Center

Wednesday, April 16 @ North County Aquatic Center

- 6:30-8:00pm. FREE!
 - Ages 12 & under.
 - Make a splash at our annual Dive-in Egg Hunts! We will once again be hosting two exciting events, one at North County Aquatic Center and one at Gifford Aquatic Center. Children 5 & under must be accompanied by an adult in the water. Be sure to arrive ready to swim and get ready to have some fun!
 - For more information contact us at 772-226-1780 or visit indianriver.gov/parksandrecreation.
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FLASHLIGHT EGG HUNT

Thursday, April 17 @ Dick Bird Park

- 8:00pm. FREE!
 - Ages 12 & under.
 - Join us for the annual Flashlight Egg Hunt at Dick Bird Regional Park.
 - For more information contact us at 772-226-1780 or visit indianriver.gov/parksandrecreation.
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DIY NAIL ART

Thursday, April 17 @ North County Library

- 5:00pm. FREE!
 - Ages 12-18.
 - Dive into a world of vibrant colors. Feel free to bring your own supplies and share your unique style with peers. It's more than just nail art; it's a chance to decompress, connect, and unleash your inner artist.
 - For more information contact Ms. Gi at 772-400-6308 or glee@indianriver.gov.
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FAMILY YOGA PARTY

Thursday, April 17 @ Main Library

- 6:00pm. FREE!
 - All ages welcome.
 - Join us for a fun family yoga session followed by a craft. This program is intended for 1st through 5th graders and their grown-ups. Registration is not required. Wear comfortable clothes.
 - For more information contact at pfuchs@indianriver.gov or 772-400-6318.
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DOUBLES TRAP SHOOTING COMPETITION

Sundays beginning April 20 @ 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.
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EPIC EPIPHYTES HIKE

Tuesday, April 22 @ South Oslo Riverfront Conservation Area

- 8:30am-9:30am. FREE!
 - Ages 5 & older.
 - Wander through a cabbage hammock with Conservation Lands educator Olivia! This free hike will cover the many types of epiphytes that grow on local trees.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
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APRIL MINT WORKDAY: VOLUNTEER EVENT

Friday, April 25 @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00pm. FREE!
 - Ages 5 & older.
 - Join us to improve endangered Lakela's Mint habitat. 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. This will be the last mint workday until October 2025.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
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ALL ABOUT BEES & BUTTERFLIES: A FAMILY FRIENDLY POLLINATOR WORKSHOP

Saturday, April 26 @ Intergenerational Recreation Center

- 10:00am-12:00am. FREE!
 - All ages welcome!
 - Join us for this family friendly class where we'll learn about Florida's pollinators and make a craft to bring home for your backyard!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
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GUIDED HIKE: CARSON PLATT ESTATE

Wednesday, April 30 @ Carson Platt Estate

- 9:00am-10:00am. FREE!
 - All ages welcome!
 - Join staff for a free guided hike through a portion of the Carson Platt Estate! This large area is managed in conjunction with the St. Sebastian River State Park. Participants will be meeting at the Fellsmere Trailhead Preserve.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
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ALL ABILITIES CRAFT & GAME AFTERNOON

Wednesday, April 30 @ Brackett Library

- 2:00am-10:00pm. FREE!

- Adults & Teens.
 - Activities are designed for adults and teens with intellectual and physical disabilities in mind. Registration is requested.
 - For more information contact Hollie McDougall at 772-400-6366 or hmcDougall@indianriver.gov
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ECOFIT

Friday, May 2 @ 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 Jones 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.
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RECREATION & CONSERVATION HIKING CLUB-ROUND ISLAND SOUTH CONSERVATION AREA (1 MILE)

Monday, May 5 @ Round Island South 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! 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.
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MOVIE QUOTES TRIVIA

Monday, May 5 @ Brackett Library

- 2:00pm. FREE!
 - Ages 18 & older.
 - Test your movie knowledge and have a blast at our Movie Quote Trivia! Registration is required.
 - For more information contact Hollie McDougall at 772-400-6366 or hmcDougall@indianriver.gov.
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MUSIC BINGO: BACK TO THE 80'S

Tuesday, May 6 @ Brackett Library

- 6:00pm. FREE!
 - Ages 18 & older.
 - Get ready for a FREE, rad night of 80s musical bingo! You don't want to miss this dudes and dudettes! Registration is required. For more information or to register, contact Hollie at hmcDougall@indianriver.gov or 772-400-6366.
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LITTLE EXPLORERS: AMAZING AMPHIBIANS

Wednesday, May 7 @ Intergenerational Recreation Center

- 1:00pm-2:00pm. FREE!
 - Open to preschool and early elementary school children.

- Jump, leap, and hop on down to the Intergenerational Center to learn about Florida's amazing amphibians! There are many species of frogs, toads, and salamanders that call Florida home. Join us as we celebrate them with a book reading and craft!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
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FUNCTIONS OF A SALT MARSH

Friday, May 9 @ Jone's Pier Conservation Area

- 9:00am-10:00am. FREE!
 - All ages welcome.
 - This short, guided walk will cover the basics of salt marsh function! Join staff to learn why these habitats are so critical for stormwater treatment and gamefish species along the Indian River Lagoon.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
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NATIVE POLLINATOR WALK

Tuesday, May 13 @ Oyster Bar Marsh Conservation Area

- 9:00am-10:00am. FREE!
 - Ages 5 & older.
 - Spring is turning to summer, and the pollinators are getting more active! Join staff at the Oyster Bar Marsh pollinator trail as we discuss native pollinators in Florida.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
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TWO DAY INTUITION WORKSHOP

Friday, May 16 & Saturday, May 17 @ Intergenerational Recreation Center

- Friday, 9:00am-3:00pm. Saturday, 9:00am-12:00pm. Cost \$149.
 - Ages 18 & older.
 - Join other like-minded people for this two-day intuition workshop. Learn to recognize and exercise your intuition! Lunch is included on Friday.
 - For more information contact Katie Nall at 772-226-0167 or register online at www.indianriver.gov/parksandrecreation.
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THE LORAX AND THE LAGOON: ONE LAGOON

Friday, May 16 @ Intergenerational Recreation Center

- 4:00am-5:00pm. FREE!
 - Ages 5 & older.
 - Heather Stapleton from One Lagoon will be joining us for this free program, as we read The Lorax. Delve into this famous book in a new way as we discuss the parallels of the book's struggles and the challenges we face with the Indian River Lagoon. Children will help brainstorm action steps everyone can take to help our local ecosystem!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.
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RECREATION & CONSERVATION HIKING CLUB-PELICAN ISLAND NATIONAL WILDLIFE REFUGE KORANGY TRACT (1.5 MILES)

Saturday, May 17 @ Pelican Island National Wildlife Refuge Korangy Track

- 8:30am-10:30am. 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! *Please drive down the Jungle Island road, there is a parking lot on the left side of the dirt road. You can also find it by searching “Historic Jungle Trail Parking Lot” and following the directions on Google maps.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

FRENCH CONVERSATION GROUP

Saturday, May 17 @ North Library

- 1:30pm. FREE!
 - Ages 18 & older.
 - You are invited to a FREE afternoon of Francophile fun. North IRC Library is partnering with Leslie Branch for informal French speakers to practice and enhance their conversational abilities. Please note, this is not for beginners, but rather an opportunity for those with prior French language experience to connect and converse. There is no registration required, and you are not required to stay the entire time. This gathering is a drop-in, informal opportunity to practice your French speaking skills.
 - For more information, contact Katherine at 772-400-6360 or kanderson@indianriver.gov.

AN AFTERNOON OF TIMELESS TUNES

Sunday, May 18 @ Main Library

- 1:30pm. FREE!
 - All ages welcome.
 - You are invited to an afternoon of hit songs and B side covers with Scott Smith. Listen to a diverse range of music from iconic artists and up and commers. Enjoy music from Vince Gill, Green Day, James Taylor, Jimmy Buffet and more. Registration is not required.
 - For more information contact Karrie at 772-400-6310 or kcole@indianriver.gov.

ENDANGERED SPECIES GUIDED WALK

Monday, May 19 @ Hallstrom Farmstead Conservation Area

- 9:30am-10:30am. FREE!
 - Ages 5 & older.
 - The Conservation Lands Division's primary purpose is to protect, restore, and sustain endangered ecosystems and associated rare and endangered species in Indian River County. Stroll among scrub habitat as we discuss the species of endangered animals and plants found in Indian River County and the efforts used to protect them. The conservation area is located just north of the historic Hallstrom House.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

FLORIDA MASTER NATURALIST: COASTAL SYSTEMS

May 19-June 13 @ Indian River County UF|IFAS Extension Office

- Dates, Times, and Locations Vary. Cost \$350.
 - Ages 18 & older.

- Through classroom, field trip, and practical experience, this course provides instruction on the general ecology, habitats, vegetation types, wildlife, and conservation issues of Coastal Systems in Florida - Coastal Uplands, Estuarine, and Nearshore Marine Environments. The program also addresses society's role in coastal areas, develops naturalist interpretation skills, and discusses environmental ethics.
- To register, go to <https://conference.ifas.ufl.edu/fmnp/>

FRESHWATER ECOLOGY

Friday, May 23 @ North Sebastian Conservation Area

- 9:00am-10:00am. FREE!
 - Ages 5 & older.
 - Take a stroll along board walks and the surrounding scrub habitat as we explore freshwater wetlands! This guided nature walk will cover approximately 0.8 miles of trail at North Sebastian Conservation Area. Make sure to bring a hat and water!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

FTR 2025 BOOK CLUB

Wednesday, May 28 @ Main Library

- 3:00pm. FREE!
 - Ages 13-18.
 - This month the Florida Teen Reads book is the Do-Over by Lynn Painter. You are invited as Emilie Hornby rear-ends a guy from school, catches her boyfriend cheating, and her dad wants to move; all on Valentine's Day. When Emilie wakes up the next day, she realizes that it's Valentine's Day all over again. How can she break this cycle of reliving the same bad day, and can she pick up the pieces and move on when February 15 finally comes?
 - For more information contact Ms. Gi at (772) 400-6308 or glee@indianriver.gov.

SPLASH-IN MOVIE NIGHT: MOANA 2

Friday, May 30 @ North County Aquatic Center

- 6:30pm. Regular priced admission applies.
 - All ages welcome.
 - Kick off summer at Splash-In Movie Night where we will be showing Moana 2. Concessions will be available for purchase.
 - For more information call 772-226-1752.

ODDITIES AND ART MARKET

Saturday, May 31 @ Indian River County Fairgrounds

- 11:00am-6:00pm. Cost \$10.
 - All ages welcome.
 - Shop over 100 artists, oddities, crafters, vendors and food trucks.
 - For more information visit <https://events.humanitix.com/vero-beach-oddities-and-art-market>

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 @ Intergenerational Recreation 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

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

Thursdays @ Intergenerational Recreation 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 @ Intergenerational Recreation 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

Fridays @ Intergenerational Recreation Center

- 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

Tuesdays @ Intergenerational Recreation 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

Tuesdays @ Intergenerational Recreation 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

Tuesdays & Thursdays @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation Center

- 8:30am-11:30am. Cost \$4.67 plus tax per session.

Monday-Friday @ Intergenerational Recreation Center

- 12:00pm-3:00pm. Cost \$4.67 plus tax per session.

Saturday @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation 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

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

- 7:00am-8:00am. 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

- 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 socializing. Please be sure to bring water and wear comfortable clothing.
 - For more information call 772-226-1780.

SINGING BOWLS

Third Thursday @ Intergenerational Recreation 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 @ Intergenerational Recreation 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 at 772-226-1752 or the Gifford Aquatic Center at 772-226-1175.

THURSDAY NIGHT LIGHTS

Thursday @ IRC Shooting Range

- 5:00pm-9:00pm.
 - We light up the fields for a fun skeet-trap night activity. No registration required.
 - For more information call 772-226-3096.

VETERANS YOGA PROJECT-MINDFUL RESILIENCE

Wednesday @ Intergenerational Recreation Center

- 2:00-3:00pm. 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 @ Intergenerational Recreation 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 @ Intergenerational Recreation 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.