



Indian River County Venue Event Calendar –September/October 2024

For more information go to: www.indianriver.gov

BASKETBALL NEXT LEVEL TALK

Mondays & Wednesdays, through October 30 @ iG Center

- 4:00pm-5:00pm. Cost \$15.
 - Ages 9-17.
 - Join Samuel McDuffie for Basketball and Life Skills Coaching that includes skill development, conditioning, teamwork, strategy, personal development, goal setting and leadership.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

HATHA YOGA

Saturdays @ iG Center

- 9:00am-10:00am. Cost \$6.
 - Ages 13 & older.
 - This all-level Hatha Yoga class involves standing and seated poses using a mat or chair, while performing breathing exercises and meditation. Hatha Yoga is a slower and more gentle meditative practice, great for beginners or experienced students, and will still challenge participants mentally and physically. Adaptive Hatha Yoga is a style that considers all bodies and abilities. It is accessible to everyone. No classes 9/28 and 10/5.
 - For more information call 772-226-1780 register online at www.indianriver.gov/parksandrecreation.

LANDSCAPES OF LEARNING

Tuesday, September 24 @ North Sebastian Conservation Area

- 9:00am-10:00am. FREE!
 - Join conservation staff to learn about Florida's dynamic land management. From towering pines to diverse wetlands, Indian River County is home to many natural areas that require specialized plans to maintain and restore overgrown habitats. If you are curious about your local conservation lands, this is the perfect introductory program!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

SCHOOL DISTRICT OF INDIAN RIVER COUNTY COLLEGE FAIR

Tuesday, September 24 @ IRC Fairgrounds

- 5:30pm-7:30pm. FREE!
 - All ages welcome.
 - Join the School District of Indian River County for the 2024-25 College Fair.
 - For more information call 772-226-1780.

RECREATION AND CONSERVATION HIKING CLUB-WABASSO SCRUB CONSERVATION AREA (1 MILE)

Saturday, September 28 @ Wabasso Scrub Conservation Area

- 8:30am-10:00am. FREE!
 - Ages 5 & older.
 - These free interactive events have something for all levels of hiker. Prefer a fast-paced hike? Cruise along with Recreation Leader Sarah. Want to take your time and learn about the habitat? Meander through the area with Environmental Educator Olivia. 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.

NAUTICAL FLEA MARKET, SEAFOOD FESTIVAL & BOAT SHOW

Saturday & Sunday, September 28-29 @ Indian River County Fairgrounds

- 9:00am-5:00pm. Cost \$10.
 - All ages welcome.
 - Marine enthusiasts can look forward to exploring a wide array of items including top-quality boats, fishing gear, and assorted boating equipment. In addition to the shopping experience, attendees can enjoy fresh seafood and participate in fishing and boating seminars.
 - For more information visit <https://flnauticalfleamarket.com/>

SPECIAL OLYMPICS STATE SWIM MEET-VOLUNTEERS NEEDED

Saturday and Sunday, September 28 & 29 @ North County Aquatic Center

- 9:00am-12:00pm.
 - Ages 15 & older.
 - Special Olympics Florida and Indian River County Parks, Recreation and Conservation are excited to be hosting the Florida State Swimming Championships. We are in need of volunteers to help us host these amazing athletes.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

LITTLE EXPLORERS: SPECTACULAR SPIDERS

Wednesday, October 2 @ iG Center

- 1:00pm-2:00pm. FREE!
 - Open to preschool and early elementary school children.
 - Join staff for a web spinning good time! Florida is home to many spiders with important jobs to do. Learn why these eight- legged friends should be admired. This event includes a story time and craft.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

TREASURE COAST RIBS, WINGS AND MUSIC FESTIVAL

Saturday & Sunday, October 5-6 @ Indian River County Fairgrounds

- Saturday, 12:00pm-8:00pm. Cost \$10.
- Sunday, 12:00pm-6:00pm. Cost \$10.
 - All ages welcome.
 - Join us for a full weekend of barbecued ribs, wings, and rock music. Enjoy live performances from some of the hottest bands and savor the delicious flavors from local food vendors.
 - For more information, please visit <https://treasurecoastribswingsfestival.com/>

GRANT DEVELOPMENT

Mondays October 7, 14, or 21 @ iG Center

- 10:00am-11:00am. Cost \$50.
 - Ages 18 & older.
 - Before you Seek a Grant workshop provides an overview of the critical stages of the grant seeking process. It will empower attendees with general grant seeking knowledge to assess their readiness to prepare and submit award-winning grant proposals. It's the first step to introduce the tools to start the grant development process.
 - For more information call 772-226-1780, email kioskdatainc@gmail.com or register online at www.indianriver.gov/parksandrecreation.

LIFE HACKS FOR ADULTS

Monday, October 7 @ Brackett Library

- 2:00pm-3:00pm. FREE!
 - Ages 18 and older.
 - Join us to learn useful life hacks you'll wish you knew sooner! No registration is required.
 - For more information contact Hollie at 772-400-6366 or hmcdougall@indianriver.gov.

RECREATION AND CONSERVATION HIKING CLUB-ROUND ISLAND SOUTH CONSERVATION AREA (1.5 MILE)

Monday, October 7 @ Round Island South Conservation Area

- 8:30am-10:00am. FREE!
 - Ages 5 & older.
 - Interested in exploring Indian River County conservation lands? Join our Recreation and Conservation staff for a free twice monthly hiking club! These interactive events have something for all levels of hiker. Cover miles of trails and gain knowledge as you go! Hikers reaching milestones are eligible to receive prizes!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

DAVE DELUCA THE CROONER

Tuesday, October 8 @ Brackett Library

- 6:00pm. FREE!
 - Ages 18 and older.
 - Musical tribute to the romantic songs made popular by male crooners such as Engelbert Humperdinck, Tony Bennett, Elvis Presley, Bobby Darin, Julio Iglesias, Dean Martin, Mel Torme, Charles Aznavour, Bing Crosby, Frank Sinatra, Michael Bubl , and more! Dave DeLuca is an accomplished singer, songwriter, musician, and recording engineer who has been writing music and performing for over 40 years. All are welcome. No registration is required.
 - For more information contact Hollie at 772-400-6366 or hmcdougall@indianriver.gov.

BASKETBALL BEGINNERS CLUB

Wednesdays, October 9-November 13 @ Department of Health Wabasso Site

- 4:00pm-5:00pm. Free!
 - Ages 6-12.
 - Join us for beginner fundamentals, skills and drills. These fun-filled basketball sessions will help your child develop their skills, learn teamwork, and enjoy the thrill of the game. Whether your child is a beginner or has some experience, this program is perfect for those who are looking to build their skill level!

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

HALLOWEEN TRIVIA NIGHT

Thursday, October 10 @ Main Library

- 6:00pm. FREE!
 - Ages 18 and older.
 - Prizes for the winner of each round and a grand prize, too!
 - Contact Karrie at (772) 400-6310 or kcole@indianriver.gov for more information.

MATH EXPLORERS

Thursday, October 10 @ Brackett Library

- 11:00am-12:00pm. FREE!
 - Ages 6-10.
 - A monthly club that seeks to make math fun! Join us for mathematical games and activities. Registration is required.
 - For more information contact Shannon Hawk at 772 400 6375 or email shawk@indianriver.gov

CREEPY CRYPTIDS OF FLORIDA

Friday, October 11 @ iG Center

- 6:00pm-7:00pm. FREE!
 - Ages 5 & older.
 - Curious about Florida's most elusive creatures that blur the line between fact and fiction? Join staff for this interesting and slightly comical presentation about Florida's weird and sometimes unexplained wildlife!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

OUTDOOR LIVING EXPO

Saturday & Sunday, October 12-13 @ Indian River County Fairgrounds

- 10:00am-5:00pm. FREE!
 - All ages welcome.
 - The new and improved Home Design Outdoor Living Expo has so much to offer to those looking for a fresh new design style for your outdoor living. Update your exterior with incredible prices and several selections to choose from. At the Home Design Outdoor Living Expo, you're in charge and we promise there is something for everyone looking to renovate or improve his or her home.
 - For more information, please visit <https://hdolexpo.com/show-locations/vero-beach-home-and-design-show/>

HAUNTED INDIAN RIVER COUNTY WITH LARRY LARSON

Sunday October 13 @ Main Library

- 1:30pm. FREE!
 - Ages 18 and older.
 - Author of the book Haunted Indian River County, Larry Larson, talks about his latest book and the spooky haunts around the county.
 - Contact Karrie at (772) 400-6310 or kcole@indianriver.gov for more information.

HALLOWEEN PARTY

Thursday October 17 @ Main Library

- 6:00pm. FREE!
 - All ages welcome.
 - Join us for a Halloween Party!
 - For more information contact Ms. Patti at pfuchs@indianriver.gov or 772-400-6310.

OCTOBER MINT WORKDAY-VOLUNTEER EVENT

Friday, October 18 @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00pm. FREE!
 - Ages 5 & older.
 - Join us to improve endangered Lakela's Mint habitat on the 3rd Friday of every month! Volunteers will be removing invasive species and trimming overgrown vegetation. All tools and gloves will be provided, but feel free to bring your own if you prefer. Water refills and light snacks will be provided.
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

TRUNK OR TREAT AND MONSTER MASH

Friday, October 18 @ iG Center

- 5:30pm-7:30pm.
 - All ages welcome. FREE!
 - Join us for the Annual Trunk or Treat & Monster Mash. DJ, costume contest, games and more!
 - We are looking for businesses to participate in the Trunk or Treat. Last year over 1,000 people attended the event, this is a great opportunity to engage with the community.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

COSTUME SWAP

Saturday October 19 @ North County Library

- 12:00pm-3:00pm. FREE!
 - All ages welcome.
 - Go green this Halloween by bringing your gently used costumes to the Main, Brackett, or North County Libraries starting October 1. For each donation, you will receive a swap ticket that you can exchange for a "new to you" item at the Swap Party on October 19. Costumes and items for all ages and sizes are welcome!
 - For more information contact kanderson@indianriver.gov or 772-400-6357.

OCTOBERFEST

Saturday & Sunday, October 19-20 @ Indian River County Fairgrounds

- Saturday, 11:00am-10:00pm. Cost \$5. Ages 13 and under free.
- Sunday, 11:00am-5:00pm. Cost \$5. Ages 13 and under free.
 - All ages welcome.
 - The Vero Beach Oktoberfest is a cultural event that happens annually at the Indian River County Fairgrounds. It is a unique 2-day Oktoberfest combining the fun traditional Oktoberfest atmosphere, food, beer, full liquor bars & LIVE Oktoberfest Party Bands! The large Oktoberfest

beer garden tent is where you will want to be! Experience other traditional music at the corners of the 125 vendor marketplace booths!

- For more information, please visit <https://www.verobeachoktoberfest.com/>

RECREATION AND CONSERVATION HIKING CLUB-SOUTH OSLO CONSERVATION AREA (1 MILE)

Saturday, October 19 @ Round Island South Conservation Area

- 8:30am-10:00am. FREE!
 - Ages 5 & older.
 - Interested in exploring Indian River County conservation lands? Join our Recreation and Conservation staff for a free twice monthly hiking club! These interactive events have something for all levels of hiker. Cover miles of trails and gain knowledge as you go! Hikers reaching milestones are eligible to receive prizes!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

NOCTURNAL CRITTERS LECTURE

Wednesday, October 23 @ iG Center

- 12:00pm-1:00pm. FREE!
 - Ages 5 & older.
 - Learn from experts David and Dee Simpson about things that go bump in the night. Dee and David will discuss why some animals are nocturnal and the many species that prefer to move at night. We hope you join us for this free lecture.
 - For more information contact Olivia at 772-226-1712.

BIBLIO-FILES NON-FICTION BOOK CLUB

Friday October 25 @ North County Library

- 10:30pm-11:30pm. FREE!
 - Ages 18 and older.
 - Do you love learning new things and discussing big ideas? Then join the non-fiction book club at the North IRC Library! Biblio-Files is a book club for curious minds who enjoy diving into thought-provoking non-fiction.
 - For more information contact kanderson@indianriver.gov or 772-400-6357.

FEATHERED FRIENDS & FURRY NEIGHBORS: ALL ABOUT BATS

Saturday, October 26 @ iG Center

- 10:00am-12:00pm. Cost \$20.
 - All ages welcome. Youth must be accompanied by an adult.
 - Join us for this family-friendly class where we'll learn all about Florida bats - just in time for Halloween! A short presentation about common Florida bats will be followed up with a bat-house building workshop. Each family will leave with their own bat house to add to their backyard.
 - Register at bit.ly/46BwpmO

NOCTURNAL CRITTERS HIKE

Saturday, October 26 @ Captain Forster Hammock Preserve

- 6:30pm-8:30pm. FREE!
 - Ages 5 & older.

- Dee and David will take you on a special nighttime tour where we hope to see some of the things we learned about in the lecture. Great-horned Owls are present on site as well as flying squirrels and maybe even a goatsucker or two. Be prepared for bugs and bring a light to help navigate.
- For more information contact Olivia at 772-226-1712.

WILDLIFE WORKSHOP (UF/IFAS COLLABORATION)

Saturday, October 26 @ iG Center

- 10:00am-12:00pm. Cost \$23.18 per family.
 - All ages welcome. Youth must be accompanied by an adult.
 - Join us for this family-friendly class where we'll learn all about Florida bats - just in time for Halloween! A short presentation about common Florida bats will be followed up with a bat-house building workshop. Each family will leave with their own bat house to add to their backyard.
 - Register at bit.ly/46BwpmO

ECOFIT

Tuesday, October 29 @ Jones Pier Conservation Area

- 9:00am-10:00am. FREE!
 - Ages 7 & older.
 - Join Conservation Lands Division for a free full body workout at Jones' Pier Conservation Area. This event will involve an interpretive walk around the onsite saltmarsh and hammock as you exercise! Optional resistance bands and mats will be provided for the duration of the class. Please bring ample drinking water. The class is open for all levels, beginners welcome!
 - For more information contact Olivia at 772-226-1712 or register online at www.indianriver.gov/parksandrecreation.

LENS OF THE WORLD

Wednesday October 30 @ North County Library

- 1:30pm. FREE!
 - Ages 18 and older.
 - The North IRC Library will be hosting a documentary movie day on the LAST Wednesday of each month! July will feature the 2024 documentary "Beyond the Tree Line." Popcorn and water will be provided free of charge thanks to the Friends of the North IRC Library!
 - For more information contact kanderson@indianriver.gov or 772-400-6357.

100 MILE SWIMCLUB

Daily @ North County and Gifford Aquatic Centers

- All ages are welcome.
- Get started by setting a personal goal, whether you want to swim 5 miles or 500. Sign up all year long by visiting our aquatics desk. Annual membership \$10.00 for local tracking, (laps swam at North County or Gifford Aquatics pool) or 15.00 for Global tracking, (laps swam anywhere) valid January-December.
- All participants reaching the 100 miles will receive a yearly certificate indicating the total miles swam and be invited to the end of the year potluck and recognition ceremony.
- Swimmers who swim 100 miles at North County and Gifford Aquatic Centers, within the year, will receive an exclusive 100 Mile Swim Club T-shirt.

ADULT OPEN GYM BASKETBALL

Tuesday and Thursday @ iG Center

- 8:30am-12:00pm. Cost \$3.74 plus tax.
 - Adults 18 & older.
 - Time where the gymnasium is available to adults to practice skills, shoot hoops, and play pick-up games.
 - Call 772-226-1780 for more information and to confirm open gym dates.

AFTER SCHOOL ADVENTURES

Tuesdays @ Marian Fell Library

- 3:45pm-4:45pm. FREE!
 - Grades 1-5.
 - Join us for this fun, free weekly event. Each week features a different craft, game or activity. Registration is not required.
 - For more information contact Patti at 772-400-6318 or email pfuchs@indianriver.gov

AQUAFIT

Tuesday and Thursday @ North County Aquatic Center

- 9:30am-10:30am. Cost \$5 (or 8 class pass \$35/10 class pass for \$45).
 - All ages are welcome.
 - Move along to music as you perform instructor-guided moves designed to improve cardiovascular function, increase core strength, develop better, and burn calories. Let's make the water work for you. Flotation belts and water barbells are available at no charge.
 - For more information, contact the North County Aquatic Center 772-226-1752.

ARCHERY 101

Last Sunday @ IRC Shooting Range

- 9:00am-11:00am. Cost \$60.
 - Archery 101 is an introduction to archery. Upon completion of the course, you will have a basic understanding of Archery and an increased sense of confidence heading out to the Archery Range or wooded Archery Course.
 - Contact us at 772-226-3096 for more information or register online at www.indianriver.gov/parksandrecreation.

BRIDGE CLASS

Thursdays @ iG Center

- 4:00pm-6:00pm. Cost \$3.
 - Ages 15 & older.
 - This informal Bridge Class is designed for beginner to intermediate players.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

BOARD GAMES

Thursday @ iG Center

- 1:00pm-4:00pm. Cost \$1.
 - Ages 18 & older.
 - Join us for a fun-filled afternoon playing some of our favorite board games!
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

CARDIO-BOXING

Tuesdays & Thursday @ iG Center

- 6:00pm-7:00pm. \$5 per class drop-in.
 - Ages 13 & older.
 - Cardio-Boxing is a great way to tone up and improve coordination while burning calories! Emphasis is placed on cardiovascular movements and drills. This beginner friendly class provides an excellent work out for all fitness levels and modifications are available when needed. There is no sparing in this class, the boxing aspect includes: bag work, shadow boxing, foot work, and punching form.
 - For more information contact 772-226-1780 or register online today at www.indianriver.gov/parksandrecreation.

COLORING & COFFEE

Tuesday @ iG Center

- 9:00am-10:00am. Cost \$1.
 - Ages 18 & older.
 - Looking for a way to unwind and reduce stress? Join us for a morning of relaxation through coloring. Materials provided.
 - For more information call 772-226-1780.

COUNTRY LINE DANCING

Tuesday @ iG Center

- 6:30pm-7:30pm. Cost \$3.
 - Ages 14 & older.
 - Join us for a fun evening of Country Line Dancing! Instruction and lessons provided.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

GENTLE CHAIR YOGA

Tuesday & Thursday @ iG Center

- 12:00pm-1:00pm. Cost \$5.
 - All ages welcome!
 - Designed to improve flexibility and strengthen muscles while using a chair for support. Walk-ins welcome.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

HANDGUN 101

Last Sunday @ IRC Shooting Range

- 9:00am-2:00pm. Cost \$100.
 - Handgun 101 is a complete guide to understanding the basics of firearm ownership, safety, nomenclature and how it applies to self-defense. This course is taught by an NRA Certified Instructor. Upon successful completion participants will receive a training certificate that may be submitted to the State of Florida as proof of training if applying for a CCWP.
 - Contact us at 772-226-3096 for more information or register online at www.indianriver.gov/parksandrecreation.

HEALTHIER YOU WEDNESDAYS

Third Wednesday, @ iG Center

- 11:00am-12:00pm. FREE!
 - All ages welcome.
 - Join Nutrition Educator Amanda Trott to learn the importance of healthy food choices and how to live a healthier, more nutritious lifestyle.
 - For more information call 772-226-1780.

HOMESCHOOL PE

Tuesdays @ iG Center

- 3:00pm-4:00pm. Cost \$3.
 - Ages 4-10 years. Limited spots please register.
 - A great chance for children to exercise and make new friends. Teaching children valuable life skills such as teamwork, fairness, and good sportsmanship. There will be no class August 13-27.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

MAHJONG

Tuesday and Thursday @ iG Center

- 10:00am-1:00pm. Cost \$2.
 - Ages 18 & older.
 - Tile sets are provided as you play in groups of 3-4. Please bring your own Mahjong card. For information regarding Mah Jongg instruction call 772-226-1780.
 - Go to www.indianriver.gov/parksandrecreation to register.

MAT PILATES

Tuesday and Thursday @ iG Center

- 9:15am-10:15am. Cost \$12.
 - All ages welcome.
 - Exercises are structured using special equipment designed to improve strength, flexibility, posture and enhance mental awareness. Walk-ins welcome.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

OPEN GYM PICKLEBALL

Monday, Wednesday, and Friday @ iG Center

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

Monday-Friday @ iG Center

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

Saturday @ iG Center

- 8:30-11:30pm. Cost \$4.67 plus tax per session.
 - Pickleball is played in the gymnasium (6 courts) as either singles or doubles with a paddle and a plastic whiffle ball. Please bring your own equipment. Call 772-226-1780 for more information.

PICKLEBALL CLASSES – WITH DEREK PRINCE

Monday (twice monthly, dates vary) @ iG Recreation Center

- 12:30pm-2:00pm. \$30 per class.
 - Beginner Pickleball Levels I – III / Pickleball Doubles Strategy / Intro to Pickleball.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

PING PONG OPEN PLAY

Monday @ iG Center

- 5:30pm-8:30pm. Cost \$3.
 - Whether you're a beginner or seasoned pro it's the perfect way to improve your skills, meet new people, and have a blast! Mark your calendar and get ready to unleash your ping pong skills! No registration required!
 - For more info call us at 772-226-1780.

PRE-SCHOOL TUMBLING

Friday @ iG Center

- 2:30pm and 3:30pm. Cost \$20.
 - Preschool tumbling is a great start for ages 4-5. Children are taught basic tumbling skills such as forwards/backwards rolls, handstands, and cartwheels. Improve self-confidence, basic skills, strength, flexibility, and balance. Spaces are limited!
 - Space is limited, pre-registration is required. For upcoming session dates or to register visit www.indianriver.gov/parksandrecreation or call 772-226-1780.

QI GONG

Tuesday @ iG Center

- 10:00am-11:00am. Cost \$12.
 - No special clothing or equipment required. Stand or sit. Walk-ins welcome. Leave refreshed, relaxed, and joyful.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

SENIOR WELLNESS: AEROBICS AND WEIGHTS

Monday, Wednesday, and Friday @ iG Center-Sponsored by the Florida Blue Foundation

- 8:45am-9:45am and 10:00am-11:00am. FREE!

Tuesday @ Wabasso Community Center Sponsored by the Florida Blue Foundation

- 7:00am-8:00am. FREE!
 - Special programming for our 55+ community to have social interaction and light exercise activity. Activities can be adapted to ability levels and interests. Walk-ins welcome.
 - For more information call 772-226-1780.

SENIOR WELLNESS: ROCK AND ROLL CARDIO

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

- 7:00am-8:00am. FREE!

Thursday @ iG Center Sponsored by the Florida Blue Foundation

- 10:30am-11:30am. FREE!
 - Like our regular Senior Wellness Program for 55 & older but with fun dancing music to spice it up a notch. Walk-ins welcome.
 - For more information call 772-226-1780.

SENIOR WELLNESS: UPBEAT BOXING

Tuesday and Thursday @ iG Center-Sponsored by the Florida Blue Foundation

- 3:00pm-4:00pm. FREE!
 - Boxing fitness class geared for ages 55 +. Held twice a week to get you out, active and UP-BEAT! Walk-ins welcome.
 - For more information call 772-226-1780.

SINGING BOWLS

Third Thursday @ iG Center

- 7:00pm. Cost \$25.
 - All ages welcome.
 - Relax, meditate, unwind, and reduce stress while feeling the healing sounds of Tibetan Singing Bowls. Sit or bring your mat, pillow, or blanket while experiencing the energy of soothing vibrations.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

STRETCH & FLEX

Monday, Tuesday, and Thursday @ iG Center

- 9:15am-10:15am. Cost \$5.
 - Great cardiovascular workout set to music. Helps build endurance and strengthens the heart.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.

SWIM LESSONS

Private and group swimming lessons are available throughout the summer months.

- Cost \$80 per person for four 25-minute lessons.
- \$40 per person per session for group lessons.
 - Scholarships are available for those who qualify.
 - For information, call the North County Aquatic Center at 772-226-1752 or the Gifford Aquatic Center at 772-226-1175.

TALES WITH TAILS

Wednesdays through October 23 @ iG Center

- 5:30-6:30pm. FREE!
 - All ages welcome.
 - Join us for our exciting Tales with Tails program! Children will start the hour with a craft activity, followed by a story, and fun educational facts about a featured animal. Each session will conclude with an animal encounter.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

THURSDAY NIGHT LIGHTS

Thursday @ IRC Shooting Range

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

VETERANS YOGA PROJECT-MINDFUL RESILIENCE

Wednesday @ iG Center

- 2:00pm-3:00pm. FREE!
 - Led by Certified Yoga Alliance Trainer Danielle Martinez.
 - Class is open to active and retired military, first responders, their families, caregivers, and anyone looking to support veterans.
 - Call 772-226-1780 for more information.

VINYASA YOGA

Wednesdays @ iG Center

- 6:00pm-7:00pm. Cost \$5.
 - Ages 13 & older.
 - Join Certified Instructor Mirit Wiener and flow to the music at Vinyasa Yoga. Vinyasa is a challenging practice fit for those yoga practitioners having a foundation and understanding of linking breath to movement as well as the seasoned practitioner with a more advanced practice. Vinyasa focuses on consistent movement linking breath to posture. Modifications and options for more restful poses are offered during class. This 1-hour class consists of warm up exercises, movement, standing sequences, balance, cool down, and rest. Participants should bring a yoga mat, towel and water to class.
 - For more information call 772-226-1780 or register online at www.indianriver.gov/parksandrecreation.

YOGA-LATES

Tuesday and Thursday @ iG Center

- 10:30am-11:30am. Cost \$8.
 - Mix between Yoga and Pilates. Walk-ins welcome.
 - Go to www.indianriver.gov/parksandrecreation to register or call 772-226-1780.