

# IHB

## CLASSES

**Aquafit:** (IHB pool) Monday, Wednesday & Friday

8:30 – 9:30 a.m.

\$4/class Paid by the month.

Contact Johnette

321-777-8910 for class availability.

**Belly Dancing:** Tuesdays 6:30 p.m. \$120 /10-week session.

Please contact: Jacqueline 817-456-7871 [www.hiipmotions.com](http://www.hiipmotions.com)

**Bone Builders:** Bone Builders Program is designed to combat Osteoporosis. Two classes a week in weight and balance training along with educational and informational discussions/presentation of nutritional and other methods to further help prevention and reversal of the disease.

Tuesdays and Fridays 9 a.m. – 10 a.m. (except 1<sup>st</sup> Friday of the month class start at 8:30 a.m.). The program is offered **Free** of charge. Must have a medical release to participate. Please contact [dartz@indianharbour.org](mailto:dartz@indianharbour.org) for required forms and/ or more information.

**Fit 4 Mom:** Mondays 9:30 – 10:30 a.m. Stroller Strides In the Park

a 60-minute full body workout with the kids in the stroller!

Please contact Rebekah for more information and cost.

**Gentle Yoga:** Thursdays

10:15- 11:00 a.m. \$8/class or \$35 w/5 class punch card (no expiration). For more information, please contact: Gina 321-536-4175

**Karate:** Monday 6 p.m. & Wednesday 5:45 p.m.

\$50/month Contact for more information:

Sempai J. 321-474-9494 or [sempai.bach@fournierdojo.com](mailto:sempai.bach@fournierdojo.com)

**Soccer Shots for Kids:** Please contact Megan at: 321-704-5999 or

[mrego@soccershots.com](mailto:mrego@soccershots.com) for more information.

**Spanish/Japanese Classes:**

Registration Required \$100/8-week session plus book. Please contact: Monsie for more information: 321-305-7710 [Wmonsie@yahoo.com](mailto:Wmonsie@yahoo.com)

**Tai Chi:** Master Chung Wang. Add Internal Strength to your Fitness. Improve Balance, Internal Strength, Self-Healing Ability & Self Defense. Tuesdays: 5:00 – 6:15 p.m. \$50/month or \$15/per class. For more information: MasterChungWang.com

**Zumba:** Thursday 6:30 p.m. \$5 / class. Class is on-going no need to pre-register.

**Zumba Gold: Low impact**  
**Zumba** - Thursday 9:00 – 10:00 a.m. \$5/class.  
5 classes/\$25 punch card. 11 classes/\$50 punch card. Please contact Rochelle for more information  
321-223-4664

**IHB Swim Team-:** Year-Round (IHB pool) for ages 6 – 17. Must pre-register. Please contact Coach Tom Lange for more information: 321-505-1470

**IHB Summer Swim Lessons**  
**/Summer Swim Team (IHB Pool)**  
Classes are limited so please be sure to sign-up early in your month of registration.

**Registration for Residents of Indian Harbour Beach:**  
Begin on the First Monday in March.

**Registration for Nonresidents of Indian Harbour Beach:**  
Begin on the First Monday in April.

**Private Swim Lessons:**  
Private swim lessons are offered to Adults and children. upon availability.  
\$70 / 60 minutes or  
\$40 / 30 minutes. Contact the Rec Center, or email Laura Harting, Aquatics Director for more information.  
[lharting@indianharbour.org](mailto:lharting@indianharbour.org).

## EVENTS/ ACTIVITIES

**Spring Tot T-Ball-Registration** will be held December 4 – February 2.

**Easter Egg Hunt –**  
Held on Good Friday at our Algonquin Sports Complex Must purchase tickets in advance. Information about this event will be posted on our website.

### **IHB Trunk or Treat in the Park**

Fun Family event! Usually held on the Friday before Halloween. Please check our website for more information on the date and time of event.

### **IHB Gleason Park Art Show-**

Held on the 3<sup>rd</sup> Saturday of November. Please check our website for more information in late August.

**Christmas in the Park** – A tradition for Indian Harbour Beach. Live music, activities, and Santa! Hot chocolate and cookies served. Please check our website for date and time of the event.

## **GROUPS/**

## **ORGANIZATIONS**

### **Indian Harbour Beach Garden**

**Club:** Third Wednesday of the month, 10 a.m. (Jan – May), (Sept. - Nov)

### **Space Coast Masters Swim**

**Team** (ages 19 – adults): Saturdays, 7 – 10 a.m.

**The City of Indian Harbour Beach Recreation –**

**Gleason Park is**

**located at 1233 Yacht Club Blvd. Indian Harbour Beach, FL 32937**

**Classes meet inside the IHB Recreation Center unless listed for park or pool. All fees for classes are paid directly to the instructor. For information on our facility rentals– or upcoming events.**

**Please visit our website:**

**Indianharbourbeach.org**

**Or on Facebook:**

**https://www.facebook.com/IHBRecDeptFL/**

**or call 321-773-0552.**

