

IHB

CLASSES

Aquafit: (IHB pool) Monday,
Wednesday and 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

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 1st 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
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

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

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

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.

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 3rd 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/IHBR ecDeptFL/>

or call 321-773-0552.

