

BOARD OF COUNTY COMMISSIONERS

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PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Karate Class at the Gifford Aquatic Center

The Indian River County Recreation Department would like to inform the public on the Gifford Aquatic Center's new time for the karate class. The on-going program will now be held on Saturday from 2:00- 3:00 pm.

This class is designed for participants 5 years to adults and helps to build motivational skills, regulate weight and is also a tool to help with anger management. The class is free however uniforms need to be purchased. Child uniforms are \$25.00 and adult uniforms are \$30.00.

For more information, please call the Gifford Aquatic Center at (772) 770-5312.