



JULY 2024

GET UP... GET OUT... GET ACTIVE!

*Requires drop-in fee



SUN	MON	TUE	WED	THU	FRI	SAT
Start planning! Which facilities will you visit?	1 Park & Recreation Month begins! Visit a pool*	2 Visit a playground	3 Attend a recreation center drop-in program*	4 Beach Day at Englewood Beach	5 Check out a pool activity calendar	6 Have a picnic in a park
7 Visit one of our fitness centers at a recreation center*	8 Check out a library book and read it in the park	9 Go fishing.	10 Play disc golf	11 Have a device-free day and get out and explore the outdoors!	12 Visit McGuire Park Splash Pad	13 Visit a recreation center you have not visited before
14 Do 20 minutes of outdoor cardio	15 Kayak or paddleboard	16 Meditate in the park	17 Visit a dog park	18 Attend Water Aerobics*	19 It's Fitness Friday! Utilize our outdoor fitness equipment and trails.	20 FREE POOL ADMISSION FREE PARKING AT BEACHES AND BOAT RAMPS
21 Birdwatch in the park	22 Lap swim at a pool*	23 Get Up, Get Out, and Get Active early and have coffee in the park	24 Watch the sunset at Englewood Beach	25 Play street hockey at Tringali Park	26 Hike at an Environmental Park	27 Have a family BBQ in the park
28 Take a walk on Englewood Beach	29 Play Beach Volleyball	30 Visit the Meditation Station at Bill Coy Preserve	31 Share your photos from Park & Recreation Month with us!	Parks 	Recreation Centers 	Pools