




JULY 2025

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



*Requires drop-in fee

SUN	MON	TUE	WED	THU	FRI	SAT
Start planning! Which facilities will you visit?	Share your plans with friends and family!	1 Visit a playground	2 Attend a recreation center drop-in program*	3 Try indoor or outdoor pickleball	4  Walk outside in your local park	5 Have a picnic in a park
6 Visit one of our fitness centers at a recreation center*	7 Check out a library book and read it in the park	8 Attend Water Aerobics*	9 Play disc golf	10 Have a device-free day and get out and explore the outdoors!	11 Visit McGuire Park Splash Pad	12 Visit a recreation center you have not visited before
13 Do 20 minutes of outdoor cardio	14 Kayak or paddleboard	15 Meditate in the park	16 Visit a dog park	17 Attend Water Aerobics*	18 It's Fitness Friday! Utilize our outdoor fitness equipment and trails.	19 FREE POOL ADMISSION
20 Birdwatch in the park	21 Lap swim at a pool*	22 Get Up, Get Out, and Get Active early and have coffee in the park	23 Visit activity pool at Ann & Chuck Dever Regional Park	24 Play street hockey at Tringali Park	25 Hike at an Environmental Park	26 Have a family BBQ in the park
27 Post a picture of your favorite park on social media. Tag us!	28 Play Beach Volleyball	29 Visit the Meditation Station at Bill Coy Preserve	30 Share your photos from Park & Recreation Month with us!	31 Visit new playground at Cedar Point Environmental Park		