

In Action

Mark Your Calendar: July is Recreation and Parks Month!

With summer quickly approaching, here are 31 ideas to inspire your community to get involved in July is Recreation and Parks Month.

- 1.** **Proclaim that July is Recreation and Parks Month.** Write letters to local leaders encouraging them to support this month in your community.
- 2.** **Blaze a new trail.** Map out new destinations in local parks or preservation areas and lead a tour through uncharted territory.
- 3.** **Support our nation's Color Guard.** Celebrate Independence Day by hosting a craft or letter-writing day for local community members and children.
- 4.** **Independence Day.** Happy Fourth Celebrate with fireworks and a community celebration.
- 5.** **Host a Summer Olympics.** Make sure that games and activities include all members of the community.
- 6.** **Sponsor a poster or photo contest.** Send your favorite entry to *Parks & Recreation* magazine for a chance to be included in the special July issue.
- 7.** **Go behind the scenes.** Set up an insider's tour of a local sports facility.
- 8.** **Free Friday Fun Day.** Charge no admission fees for the community to use your facilities.
- 9 & 10.** **Host a mini Tour de France.** Mark off interesting courses throughout local parks, put up cones and ask for volunteer timers.
Saturday, July 17 - National Aquatics Week
Saturday, July 26 - National Artistic Swimming Week
- 11.** **Calling all birders!** Take groups to experience bird watching, or encourage them to go on their own adventures.
- 12.** **Host a mini X Games.** Challenge riders, bidders and boarders at your local skate park in designated challenges.
- 13.** **Sun Safety Practice.** Practice sun safety at community pools by teaching children and adults the importance of sunscreen and covering up.
Sunday, July 10 - National Therapeutic Recreation Week
Saturday, July 16 - National Artistic Swimming Week
- 14.** **Host a fitness class.** Open your facilities for a day full of fitness advice from local health care systems.
- 15.** **Dive-in pool party.** Open up the pool, put up a screen and let families enjoy floating and taking in a movie.
- 16.** **Sponsor a culture and history day.** Invite local historians to take visitors through your area's history and cultural beginnings.
- 17.** **Celebrate National Ice Cream Day.** Host an ice cream party and give prizes for best sundae, best homemade ice cream or fastest ice cream eater.
- 18.** **Host a family camp fire night.** Bring back the joy of the outdoors, and teach families how to camp safely while enjoying time together and roasting marshmallows.
- 19.** **Sponsor a fishing derby.** Teach locals of all ages how to bait, cast and fish for fun.
- 20.** **Arts in the park.** Host a festival celebrating local artists. Provide onsite art opportunities and contests.
- 21.** **Canine catch.** Include those four-legged friends in the fun by hosting a Frisbee contest at your local dog park. End the day with a splash session using inflatable pools and sprinklers.
- 22.** **Summer Safety Day.** Explore safety issues from biking and roller-blading to heat and sun exposure, and fire safety.
- 23.** **Honor our volunteers.** Host a day geared toward those who help out most in your community-volunteers.
- 24.** **Fun Run/Walk.** Get together for a summer fun or fun walk. Introduce participants to new trails or routes through your community.
- 25.** **Celebrate National Saled Day.** Offer a session on healthy eating and cooking.
- 26.** **Park and Trail Clean Up Day.** Preserve your community's parks and trails by keeping them in working order for everyone to enjoy.
- 27.** **Free Bellpark Night.** Bring your community together while supporting youth sports.
- 28.** **Turn off the TV for one day.** Offer park and recreation facilities as "TV-Free" zones while getting parents, children and community members to get active together.
- 29.** **Host a special park/facility tour for local government officials.** Show off what parks and recreation are doing for your community.
- 30.** **Host a Taste of the Community Festival.** Bring together local culinary experts for food sampling and provide cooking opportunities for others in the community who may want to learn how.
- 31.** **Celebrate this final day of Recreation and Parks Month by sharing your success stories.** E-mail what special events you have planned in your community to *Parks & Recreation* magazine. info@nrpa.org or zine_edit@nrpa.org to possibly be featured in our special July issue.