

July is Park & Recreation month! Complete as many of the suggested activities below in the month of July for a chance to win a prize! Keep track of the activities completed, noting where and when on the attached calendar. With the exception of the yoga class, activities can be completed anytime in July.

1. Outdoor yoga
 - a. Friday, July 26 from 7 – 8 am at Scioto Park, led by Carie Frobotta. Meet at South shelter. Register for activity **#838125.01** at no charge.
2. Indian Run Falls
 - a. Take a 20-minute walk on the Indian Falls Trail and enjoy nature trails, board walks, and shelters overlooking the beautiful streams and waterfalls. Visit Dublin Veterans Park and Grounds of Remembrance.
3. Scioto Park
 - a. Pack a lunch, check out the park and visit the Leatherlips sculpture
4. Darree Fields
 - a. Involve a furry friend at Nando's Dog Park
5. Coffman Park
 - a. Take a walk/jog around the bike path loop behind the Pavilion
 - b. Shoot hoops or play tennis with a friend
 - c. Spend some time fishing at the fish pond
6. Thaddeus Kosciuszko Park
 - a. Explore the park by biking or walking the 1.7 miles of trails.
7. Emerald Fields
 - a. Toss the Frisbee, play catch, or play on one of the two playgrounds at this park
8. Any bike trail throughout Dublin
 - a. Walk, jog, skip, or bike for 30 minutes on any of Dublin's bike paths
9. Ballantrae Community Park
 - a. Beat the summer heat by playing in the spray fountains
10. ML "Red" Trabue Nature Reserve
 - a. Take a bike ride or long hike through this park in search of as many of the points of interests as you can find. There are twelve listed on a sign near the main parking lot
11. Avery Park
 - a. Enjoy one of your favorite athletic contests on one of the ball fields or courts
 - b. Search for the Out of Bounds public art exhibit in this park. The seven, ten foot high independent modular forms representing soccer balls make up the art piece.

Return your completed calendar to be eligible for a prize. Email to Pat Casto at pcasto@dublin.oh.us , TJ Putnam at tputnam@dublin.oh.us, or bring it to the Fitness Desk at the DCRC.

Then share your "I Rock Dublin Parks & Recreation" favorites and photos. Visit our web site for details.

Name: _____

Phone/email _____

I my Parks & Recreation

July is Park & Recreation Month!

| SUN | MON | TUE | WED | THUR | FRI | SAT |
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |  |  |  |



National Recreation
and Park Association



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City of Dublin