



NEWS RELEASE

DEPARTMENT OF COMMUNICATIONS
GLENDALEAZ.COM

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CELEBRATE PARKS AND RECREATION MONTH WITH FREE, FAMILY-FRIENDLY ACTIVITIES IN GLENDALE

Enjoy rock climbing, movie night, ice cream social, star-gazing and more

GLENDALE, AZ: With scorching temperatures around the Valley and children out of school for the summer, it's the perfect time to enjoy diverse, free and fun activities the city of Glendale is offering in celebration of National Parks and Recreation Month.

The city of Glendale's Parks and Recreation Department is making it easy to partake in activities by providing a National Parks and Recreation Month Challenge with suggestions for things to do every day during July. Residents can grab an activity calendar at one of our centers or download it from our website, www.glendaleaz.com/parksandrec. And then participants can check their activities off on this calendar and bring the calendar back to any Glendale center for Family Play Date on July 26 to obtain a cool prize pack.

Shoot for the stars at a free astronomy class that the Saguaro Astronomy Club is hosting from 5:30 to 7 p.m. on July 1 at Glendale's O'Neil Recreation Center at 6448 W. Missouri Ave. Those ages 6 and older can learn about celestial objects and engage in a sunspot viewing.

Get some great exercise and tap into your artistic side on National Rock Day from 9 a.m. to noon on July 13 at Glendale's Foothills Recreation and Aquatics Center at 5600 W. Union Hills Drive. Adults and children ages 5 and older can climb our rock wall and paint rocks.

Take a vacation to Polynesia through the big screen by going to Family Movie Night, where the Disney film, "Moana," will be shown from 5 to 8 p.m. on July 19 at Glendale Civic Center at 5750 W. Glenn Drive. There will be pre-movie activities. Feel free to bring lawn chairs and blankets.

Treat yourself to something sweet during an Ice Cream Social from 2 to 3 p.m. on July 24 at the Glendale Adult Center at 5970 W. Brown St. This is for people ages 18 and older.

There are also numerous other activities residents can do from the comfort of home or work this month, including playing board games, drinking eight glasses of water per day and creating nature-themed art with guidance from Glendale staff online.

Since July of 1985, the National Recreation and Parks Association (NRPA) has been shining the spotlight on professionals and volunteers who work hard throughout the year to offer opportunities for everyone around the country to take part in entertaining activities in parks and community



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centers. Glendale and other cities' parks, open spaces and recreational facilities improve residents' physical and mental health, as well as make neighborhoods stronger, more attractive places.

To see all the fun activities planned this month and download a calendar in Glendale and for city residents to pursue on their own, visit www.glendaleaz.com/parksandrec.

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