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**THIS JULY, DISCOVER THE SUPER POWERS OF PARKS AND RECREATION**  
*Month-long celebration highlights essential value of local parks and recreation*

**Glendale, Ariz.**— This July, Glendale residents don't need to be bitten by a radioactive spider to discover that they have super powers. They just need to visit their nearest park or recreation center to find super powers they didn't know they had.

Glendale Parks and Recreation is celebrating Park and Recreation Month, an initiative of the National Recreation and Park Association (NRPA), and all the ways parks and recreation has the power to transform our daily lives. From providing us places to get fit and stay healthy to fostering new relationships and forging a connection with nature, our close-to-home community park and recreation facilities provide essential services and improve our overall quality of life.

Glendale will celebrate Park and Recreation Month by offering lots of fun things to do in and out of the sun!

July Parks and Recreation Month Highlights include:

**Foothills Daddy & Daughter Dance**

**7 to 9 p.m., Saturday, July 16, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr., Glendale.** This is your chance to show your little girl how special she is. Create lasting memories by treating her to a night of fun with music, dancing and dessert. Dads or other significant male may attend. Open to daughters aged 3-12. Dress code is semi-formal. The cost is \$15 for Dad and \$5 for each daughter. Register by July 12 online at [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation), or call 623-930-2820.

**Summer Aquatics**

Cool down with fun aquatics programs, lessons and events, including summer recreation swim, swimming lessons, splash pads, Friday Night Family Fun with DJ Dangerous and more! Visit [www.glendaleaz.com/ParksandRecreation/Aquatics.cfm](http://www.glendaleaz.com/ParksandRecreation/Aquatics.cfm) to find out more.

**Youth Basketball Clinic**

**10:15 to 11:15 a.m. (Ages 6-7), 11:25 a.m. to 12:25 p.m. (Ages 8-10), or 12:30 to 1:30 p.m. (Ages 11-15), Mondays and Wednesdays for 4 weeks beginning July 11, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr., Glendale .** Ages 6-15 can learn and improve the basic fundamentals of shooting, ball handling, offense, defense and intramural games in this interactive basketball clinic. Clinic will wrap up with full competition on the last day of class. T-shirt will be provided at completion of clinic. The program fee is \$59 (non-resident \$69) and preregistration is required. Call 623-930-4600 or visit [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation) to register.

## Park and Recreation Month/ Add 1.1.1

### Sportball – Soccer

**11:15 a.m. to 12:15 p.m. (Ages 3-6) or 12:15 to 1 p.m. (Parent & Child, Ages 2-4), Fridays for 6 weeks beginning July 22, at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr., Glendale.** Using Sportball's cutting-edge methodology, highly-trained instructors introduce children, ages 2-6, to the popular sport of soccer. This industry-leading program instills confidence through independent success in a fun, high-energy environment. Coaches recognize and teach to a child's individual skill level, allowing each child to progress in-line with their abilities regardless of age. All equipment provided. Program fee: \$79, (non-resident \$89). Preregistration is required. Call 623-930-4600 or visit [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation) to register.

For a complete listing of Glendale Parks and Recreation July events and activities, visit [www.glendaleaz.com/ParksandRecreation](http://www.glendaleaz.com/ParksandRecreation).

NRPA is celebrating the month by hosting a selfie photo contest. From July 4-31, NRPA will issue weekly challenges for people to get out in their parks and recreation facilities and discover their super powers. Weekly prizes will be awarded. The contest can be entered via Facebook or by uploading a photo to Twitter and Instagram using #SuperJuly and #SuperParkSelfie. Visit [www.nrpa.org/July](http://www.nrpa.org/July) for official rules and details. NRPA also encourages all people that support parks and recreation to share their photos and love of parks using the hashtag #SuperJuly on social media.

To learn more about Park and Recreation Month events and activities, visit [www.glendaleaz.com/ParksandRecreation](http://www.glendaleaz.com/ParksandRecreation) and [www.nrpa.org/July](http://www.nrpa.org/July).



### About The National Recreation and Park Association

The National Recreation and Park Association is a national not-for-profit organization dedicated to advancing park, recreation and conservation efforts that enhance quality of life for all people. Through its network of more than 50,000 recreation and park professionals and citizens, NRPA encourages the promotion of healthy and active lifestyles, conservation initiatives and equitable access to parks and public space. For more information, visit [NRPA.org](http://NRPA.org). For digital access to NRPA's flagship publication, *Parks & Recreation*, visit [ParksAndRecreation.org](http://ParksAndRecreation.org).

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