

Experience NEW and UNDISCOVERED Fun



day given the wave pool does not allow tubes. It's just the right mix of fun and relaxation as the waves differ in size and flow between cycles.

Get Down and Dirty

It's not rocket science, community gardens cultivate lifelong lessons about the origins of what we consume and foster the desire for healthy, fresh eating. For many, a community garden with plots to rent are the only chance families have for growing their own fruits and vegetables. The community garden at Bowling Green Park in Denton is a great example of how parks and recreation has grown outside of the box and encourages families to cultivate new experiences outdoors.

Blow off some STEAM

That's right, STEAM not STEM which stands for "Science, Technology, Engineering, and Math." STEAM adds ART by acknowledging that in some form or fashion STEM naturally involves the need to be creative. Most communities regardless of where you live, offer summer learning camps either through parks and recreation, through the local school district, or in some cases together. For example, Denton ISD science teachers teach Camp Innovation at Denia Recreation Center.

Regardless of what fun activity you choose to discover, do so knowing that it will help build an active body and mind, relieve stress, and enhance social interaction. To discover a new registration based program, a fun community event, or to explore a new park, playground, or trail, visit www.dentonparks.com or any other local park and recreation department.

This July, explore everything your local parks and recreation department has to offer! Playgrounds, rec centers, sports leagues, and summer camps are just a few of the things that come to mind when we think of traditional parks and recreation. This summer, experience something new and join us for **July's Parks and Recreation Month**. The National Recreation and Parks Association (NRPA) challenges you to explore the "undiscovered" parks, pools, and playgrounds that surrounding communities have to offer. Even more so, look beyond the facilities for unique and cutting-edge opportunities that benefit all ages from youth to adults.

As community needs grow and expand, so do the programs and services offered by municipal parks and rec departments like Denton Parks and Rec. Traditionally the focus has been on health and fitness programs and facilities, but that has surprisingly changed and grown to include experiences that are actively social and family-centric, as well as intergenerational.

With the support through participation, non-traditional opportunities continue to grow and serve as a means for youth to engage both physically and emotionally and for adults to socialize with youth and actively participate.

Experience new and undiscovered fun with these examples.

Celebrate Independence Together

Based on a 2017 NRPA survey conducted

by Wakefield Research, all generations enjoy walking. Millennials 93 percent, Gen Xers 90 percent, Baby and Boomers 88 percent. So why not include the youngest and make it a family affair at the 20th Annual Liberty 5K Run or 1-Mile Walk. Make a day of it, walk or run in the morning, stay for the parade, and thereafter challenge kids to an old school three-legged race.

Go Against the Flow

Another option is to take walking to a whole new level with River Robics. It's an evening water-walking class in the lazy river that builds strength and endurance by going against the flow of the river. For ages 16 and older, it's a great opportunity for parents or grandparents to engage and discover healthy fun in an intergenerational class.

Big Wave Days

If you haven't discovered the new wave pool at Water Works Park, then July's Parks and Recreation month is the perfect time! Every day is a big wave

