



NEWS RELEASE

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CELEBRATE NATIONAL PARKS AND RECREATION MONTH IN JULY AND PICK UP THE NEW PROGRAM GUIDE AVAILABLE JULY 14

If you are feeling cramped and do not get to spend enough time outside, you are not the only one. Nearly 3 in 10 U.S. adults do not spend time outside on a daily basis and of those who do almost half spend less than 30 minutes in the fresh air according to a new survey released by the National Recreation and Park Association (NRPA) and conducted by Ipsos Public Affairs. That is why this July, Tucson Parks and Recreation and NRPA are challenging everyone to get out and visit their community parks and recreation facilities during National Park and Recreation Month.

This year's theme, "OUT is IN," encourages individuals, families, friends and coworkers to do something outside every day that they would normally do inside. From picnicking in the park instead of sitting inside at a table, to sending an email or even holding a meeting outside, there are small ways you can make going OUT part of your daily routine. The parks and facilities run by Tucson Parks and Recreation offer ample opportunities to go OUTside, get INspired, change your OUTlook and get INVolved. Just don't forget to bring plenty of water and stay hydrated during these hot summer months.

Tucson is recognized by the KaBOOM! organization as a Playful City USA for the eighth year in a row and Parks and Recreation is an integral piece. One way to find out about activities going on in Tucson Parks and Recreation is by picking up a copy of the Fall 2014 Program Guide and Class Catalog that will be released Monday, July 14 and can be found at any of our recreation centers and facilities, all Wendy's locations throughout Tucson, and many of the local libraries. The fall issue can also be viewed on-line at: www.tucsonaz.gov/parksandrec starting Friday, July 11.

The Program Guide contains complete information on leisure classes, KIDCO After-school, aquatics, sports programs and registration. It also contains valuable information on other programs and services, including the Department's recreation, senior, and fitness centers, Reid Park Zoo, Tucson City Golf courses and swimming pools. Whether you enjoy being active in sports leagues or clubs, want to design amazing jewelry, learn digital photography skills, or create beautiful pottery and ceramics pieces, there truly is something for everyone in Tucson Parks and Recreation.

Residents and non-city residents may register for all leisure and Adaptive Aquatic classes by using EZEereg on-line at: www.EZEereg.com. Please see the program guide for registration information and deadlines. For questions or more information on registration or programs contact Registration Services at 791-4877.



If participants require an accommodation or materials in accessible format or require a foreign language interpreter or materials in a language other than English for any event, please call Tucson Parks and Recreation, 791-4873, at least five business days in advance