

July is Park & Recreation Month and MSCR is celebrating by providing a variety of free, fun recreation activities for all ages throughout the month.

This year's theme is Build Together, Play Together.

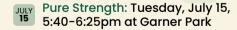
### **ADAPTED FAMILY SWIM**

For people who have disabilities and their families.

Friday, July 11, 5:30-7pm, at the Goodman Pool

### **OUTDOOR FITNESS**

For ages 18+, Bring your own mat



- LGBTQIA+ Yoga: Wednesday, July 16, 5:30-6:30pm at Tenney Park
- Kickbox Cardio: Thursday, July 17, 4:45-5:30pm at Garner Park
- Yoga Flow: Saturday, July 19, 8:30-9:30am at Olbrich Park

Bike, helmet required



Loop the Monona Lake: Sunday, July 20, 9:30-11:30am at MSCR Central Wisconsin Trail Pass Required

# **PONTOON BOAT RIDES**

Explore Lake Monona or Lake Mendota on the MSCR pontoon boats. All trips are first come, first served. \$5 per person. Free ride tickets provided by donor funding are available at any Madison Public Library for anyone who the fee is a barrer. Groups larger than 6 cannot be accommodated at drop-ins, please reach out regarding a pontoon rental.

Find the schedule at mscr.org

### MSCR ON THE MOVE

Free Art, Clay & Play activities all summer

- Thursday, July 3, 9am-12pm at Esther Beach, 1-4pm at Door Creek Park (Play & Art)
- Monday, July 7, 5-7pm at Parks Alive at Allied Park (Play & Clay)
- Friday, July 11, 9am-12pm at Bernie's Beach (Play & Art)
- JULY Art Cart 50 B-day Celebration Sunday, July 27, 2-5pm at Vilas Park (Play & Art)

TA Find more MSCR on the Move -0-0<sup>1</sup> activities at mscr.org



### **OUTDOOR PURSUITS**

Free, drop-in mobile nature exploration program

- Sunday, July 13, 1-4pm, at the Dane County Environmental Fair at Lussier Family Heritage
- JULY Wednesday, July 16, 5-7pm, at Parks Alive at Warner Park

### **AUTHORS IN ACTION**

Take a captivating journey as Danielle Johnson, author of Yoaa for the Soul and Trust Your Gut, shares insights into holistic wellbeing, followed by a 45 minute yoga class. Then, discover the beauty of Wisconsin natural spaces with Danielle St. Louis, author of A Dog Lover's Guide to Hiking Wisconsin State Parks, as she inspires adventures with your furry friends. Free but please register. Space is limited, reserve your spot today at mscr.org

- Saturday, August 2, at MSCR Central, Book Talk use #44978 & Yoga #44979 to register **Author: Danielle Johnson**
- Saturday, August 2, 11:45am-12:30pm at MSCR Central #44980 Author: Danielle St. Louis

# **MADISON PARKS**

# Park & Recreation Month

Free Events in Your Local Parks throughout July!

July is Park & Recreation Month and Madison Parks is celebrating by providing a variety of free, fun events & activities for all ages throughout the month.\*

- Monday, July 7, Sunrise-8am Monday Mornings at The Glen
- Monday, July 7, 5-7pm Parks Alive - Allied Park
- Tuesday, July 8, 5-7pm
  Parks Alive Worthington Park
- Tuesday, July 8, 5:30-7:30pm Learn to SUP - Marshall Park
- Tuesday, July 8, 6:30pm
  Movie in the Park Worthington Park
- Wednesday, July 9, 5-7pm

  Parks Alive Meadowood Park
- Wednesday, July 9, 6-7:30pm Conservation Park Tour Edna Taylor Conservation Park
- Wednesday, July 9, 6:30pm

  Movie in the Park Meadowood Park
- Thursday, July 10, 5-7pm Parks Alive - Penn Park
- Thursday, July 10, 5:30-7:30pm Learn to Nordic Walk - Elver Park
- Thursday, July 7, 6:30pm Movie in the Park - Penn Park

- Friday, July 11, 5-7:30pm, Live at The Glen Golf Park
- Friday, July 11, 5:30-7pm, Adapted Swim - Goodman Pool
- Monday, July 14, Sunrise-8am
  Monday Mornings at The Glen
- Monday, July 14, 5-7pm Parks Alive - Elver Park
- Monday, July 14, 6:30pm
  Movie in the Park Elver Park
- Tuesday, July 15, 5-7pm
  Parks Alive Aldo Leopold Park
- Tuesday, July 15, 6:30pm
  Movie in the Park Aldo Leopold Park
- Wednesday, July 16, 5-7pm Parks Alive - Warner Park
- Wednesday, July 16, 6:30pm
  Movie in the Park Warner Park
- Thursday, July 17, 5-7pm
  Parks Alive Owl Creek Park
- Thursday, July 17, 5-7pm
  Movie in the Park Owl Creek Park
- Thursday, July 17, 5:30-7:30pm Learn to Nordic Walk Door Creek Park

- Sunday, July 20, 4 8pm Movie at The Glen
- Monday, July 21, Sunrise-8am Monday Mornings at The Glen
- Monday, July 21, 5-7pm Parks Alive - Galaxy Park
- JULY Monday, July 21. 6:30pm 21 Movie in the Park - Allied Park
- Tuesday, July 22, 5-7pm Parks Alive - Sandburg Park
- Tuesday, July 22, 6:30pm Movie in the Park - Sandburg Park
- Wednesday, July 23, 5-7pm
  23 Parks Alive Hammersley Park
- Friday, July 25, 5-7:30pm, Live at The Glen Golf Park
- Friday, July 26, 8:30pm
  Movie in the Park Peace Park
- Monday, July 28, Sunrise-8am Monday Mornings at The Glen

## MADISON PARKS



Find more park events at cityofmadison.com/parks/events