


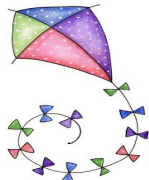












Celebrate July 2020 National Park & Rec Month



Thank you July Sponsor: RE/MAX Lawn Realty & Bridge City Dentistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Check our website/social media for updates, full descriptions, & most current calendar Website: www.vcparks.com Facebook: Valley City Parks and Recreation Twitter: ValleyCityParkRec Instagram: VCPR701 Tag VCPR in ALL your photos/posts: #vcpr701</p>			 Social Media Bird Watching Music in the Park 7:15pm		 Fly a Kite @ Hi-Line Park	 Independence Day
	Facebook LIVE Cooking Class. Pre-Register for cooking Ingredients list and menu items. W/ Sue Milender @ 5:15pm	Medicine Wheel Hike w/ Joe Stickler, founder, @ 6:30pm– Presentation North Country Trail Hikes starting @ 6:15-7:30pm	Intro to Pickleball 4:30-6pm Music in the Park Holy Rocka Rollaz- 7:15pm	 Outdoor Pool Aqua Workout 5-6pm Free Class Age 10+ (Lexa)	Wellness Center Glide Board fitness class Registration: Limit 7 7:15-8:15pm	
2nd Annual Softball City vs. Park n Rec Tharaldson Field 2pm 	Self Defense Seminar Class @ Chautauqua Park w/ Josh Jorissen 6-7pm Age 13+ Free Registration required prior to event for liability. Yoga in the park @ 7pm in Chautauqua Park	Outdoor Pool Aqua Workout 5-6pm Free Class Age 10+ (Lexa Klein)	Music in the Park 7:15pm 	Movie Night @ City Park - All Ages , Bring your own snacks & drink. <u>Sonic the Hedgehog (PG)</u> 9pm Movie Starts at dusk	Wellness Center Glide Board fitness class Registration: Limit 7 7:15-8:15pm (Brenda)	VC Junior Open Tennis Tournament- All Day 
Connect Church and New Life Assembly Church Service @ 10:30 am -City Park 2nd Annual Softball PD vs. FD Tharaldson Field 2pm VC Junior Open Tennis Tournament- All Day	On The Move Let's Walk Event- Jefferson Loop 5-8pm Brought to you by: City-County Health	Family Golf Night @ Bjornson Golf Course 	Music in the Park Comedy Night 7:15pm Crazy Days	Outdoor Pool Aqua Workout: 5-6 pm Free Class Age 10+ (Lexa) Chamber Summer Nights downtown Band – 32 Below	Wellness Center Glide Board fitness class Registration: Limit 7 7:15-8:15pm National Drive-Thru Day	<i>A study conducted for the National Recreation and Park Association (NRPA) found that 3 in 10 U.S. adults do not spend time outdoors on a daily basis.</i>
National Coffee/ Milkshake Day (Get out and support your local coffee shops)	WATCH FOR KAYAK & BIKE RENTAL STATIONS COMING TO VCPR SUMMER 2020	Outdoor Pool Aqua Workout: 5-6 pm Free Class Age 10 (Lexa Klein)	Music in the Park 7:15pm	Chamber Summer Nights downtown Band 8th Hour	Riverfest Kickoff- Details to come	Thank you July Sponsors: RE/MAX and Bridge City Dentistry