

Explore

Play

Walk

Dance

HOW WILL YOU CELEBRATE?

RECREATION AND PARKS MONTH



SCAN FOR MORE INFORMATION,
WELLNESS FACTS AND FUN WAYS
TO CELEBRATE!

 Richmond

Celebrate Recreation and Parks Month moving, exploring and enjoying Richmond's recreation and parks programs, spaces and places.



Participate in ParticipACTION's Community Challenge

Track your active minutes via the ParticipACTION app to help the City of Richmond become Canada's Most Active Community.

Travel by bike

Kick off the month with *Go by Bike Week* (May 29-June 4).

Discover a new program

Move your body or express your creativity trying an exciting City of Richmond program.

Explore a new park

Unleash your curiosity exploring a new playground, natural area or trail or cool off in a splash park! The City has over 1,500 acres of open space!

Try the Richmond GeoTour

Explore the Island city and discover Richmond's unique natural and cultural heritage on this outdoor quest with 50 geocaches. Visit the Richmond Nature Park today to pick up your passport and get started.

Celebrate Seniors Week

Register to attend one of the 25+ activities including programs such as ballroom dancing, nordic pole walking and pickleball (June 5-11).

Visit West Richmond Pitch and Putt

Gather a foursome and play a round or two of 9-hole golf.

Check out local public art

Join a staff-led tour during *Doors Open Richmond* (June 3 and 4) or try a self-guided tour by bike or on foot.



Borrow a nature kit from the library

Choose from a fishing, hiking and birding kit. Becoming a Richmond Public Library member is free!

Take a dip

Swim indoors at Minoru Centre for Active Living or Watermania or outdoors at Steveston (open now) and South Arm Pools (opens June 10).

Get your heart pumping with group fitness classes

Dance your heart out at Zumba®, punch it out at kick boxing or pump iron in a weight training class this month.

Join Walk Richmond

Take a free guided walk for all ages and fitness levels led by a member of the Richmond Fitness and Wellness Association.

Play sports outdoors

Take your pick of basketball, pickleball, lacrosse or soccer! For a list of facilities by location check out the City's Find a Park database.

Enjoy a StoryWalk

Follow a circuit of individual pages that are mounted on trees at McLean Park for this fun way to read a story.

Try Nature Bathing

It's not what you think! Connect with nature with this mindful activity based on the Japanese practice called "Shinrin-Yoku" or "Forest Bathing."

Go birding

Grab your binoculars and observe what you can see and hear - you may even spot other local wildlife.

Prep your garden

Get outside with this low-impact activity.

Walk your dog

Visit one of the 13 designated dogs off-leash locations and connect with others and their furry friends.

Meander into the past

See the city differently on one of the Richmond Museum's self-guided historic walking tours that will bring you back in time.



Follow **@cityofrichmondbc** on Facebook
and Instagram for wellness facts and
fun ways to participate.



Spot Active Jack participating in
initiatives throughout Richmond
for a chance to win a prize.

