



MEDIA ADVISORY

For Immediate Release

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Lancaster Discovers the “Super Powers” of Parks and Recreation

Lancaster, TX – For the month of July, the City of Lancaster is celebrating Park and Recreation Month, an initiative of the National Recreation and Park Association (NRPA), and all the ways parks and recreation has the power to transform our daily lives. From providing us places to get fit and stay healthy to fostering new relationships and forging a connection with nature, our close-to-home community park and recreation facilities provide essential services and improve quality of life. The superhero theme highlights the fact that Parks and Recreation have the power to strengthen communities, transform lives and protect the future. When our powers combine, we change lives!

The following is a list of the exciting things going on in your parks and recreation department this month to celebrate:

- Perform 67 minutes of service in collaboration with International Nelson Mandela Day where you can get involved and volunteer at one of our 16 park sites performing beautification projects.
- Become “AQUA MAN” by learning how to swim in our Indoor Family Aquatic Center. A scholarship for swim lessons is available. Contact the Lancaster Recreation Center at 972-218-3700 for more information.
- Volunteer with the “I am Successful” Male Leadership Day Camp on **Government Day** July 29, 2016 where youth will learn how they can be super heroes in society and in our parks.
- Participate in the Annual Summer Reading Program by visiting the Veterans Memorial Library located in Community Park with this year’s theme **Health & Wellness**. Participants are encouraged to read, discover ways to be healthy, transfer this acquired knowledge, and utilize our bike/hike trails, recreation center and outdoor fitness equipment!

NRPA is celebrating the month by hosting a selfie photo contest. From July 4-31, NRPA will issue weekly challenges for people to get out in their parks and recreation facilities and discover their super powers. Weekly prizes will be awarded. The contest can be entered via Facebook or by uploading a photo to Twitter and Instagram using #SuperJuly and #SuperParkSelfie. Visit www.nrpa.org/July for official rules and details.

To learn more about Parks and Recreation Month, visit www.lancaster-tx.com and www.nrpa.org/July.

The City of Lancaster invites you to stay connected with all the exciting news, events and activities in Lancaster! LIKE us on Facebook, FOLLOW us on Twitter and visit our website at www.Lancaster-TX.com.

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