

Town of Bradford West Gwillimbury celebrates Recreation & Parks Month virtually

Bradford West Gwillimbury, ON (May 25, 2020) – The Town of Bradford West Gwillimbury is celebrating ‘June is Recreation and Parks Month’ by offering activities virtually throughout the month of June, highlighting outdoor recreation.

During the month of June, residents can look forward to a wide variety of outdoor games, activities and workouts. Follow @bwgleisurecentre on Facebook and Instagram for daily ‘June is Recreation & Parks Month’ posts including driveway games, backyard games, water safety activities, walking activities, trail highlights, sports drills, workouts and more.

In addition to our regular schedule, the Fitness Team will be celebrating National Health & Fitness Day on Saturday, June 6th. This year NHFD will be celebrated online with a variety of virtual classes to participate in including Kettlebell, Zumba and Yoga.

For a full list of ‘June is Recreation and Parks Month’ activities and details please visit www.bwgleisurecentre.ca/RecandParksMonth.

JRPM is recognized by municipalities as a way of promoting the benefits of being active and recognizing the contribution that recreation and parks make to quality of life. Access to recreation is a fundamental human need that helps foster personal health, strong communities, and social inclusion. JRPM celebrates parks and recreation services and raises awareness for the role they play as a pathway to individual, community, and environmental well-being.

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About JRPM:

June is Recreation and Parks Month is a program of Parks and Recreation Ontario (PRO). PRO is a non-profit association of leaders in recreation and parks that advances the health, social and environmental benefits of quality recreation and parks. For more information on PRO, please visit www.prontario.org

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