

PRESS RELEASE

Recreational activities highlighted through 'June is Recreation & Parks Month'

Bradford West Gwillimbury, ON (May 22, 2018) – The Town of Bradford West Gwillimbury is celebrating 'June is Recreation and Parks Month' by offering a variety of events and activities highlighting recreation opportunities in BWG.

The month-long celebration kicks off with National Health & Fitness Day on Saturday, June 2. The event takes place outside the BWG Public Library on the west lawn and is comprised of a series of free fitness classes – Bootcamp at 8:00 a.m., Yoga at 9:00 a.m. and Zumba at 10:15 a.m. – as well as a Scavenger Hunt. Other special events for the month include BWG Trails Day and Mayor's Hike for Health, Family Swim to Survive, Toonie Tuesday Leisure Swims, Family Fun Fridays, a Pickleball Tournament and more.

For the full list of activities please visit www.bwgleisurecentre.ca/RecandParksMonth. Activity calendars will be available at the BWG Leisure Centre Customer Service Desk and participants can cast a ballot at every event into a draw for prizes.

Recreation and Parks Month is recognized by municipalities, community organizations and schools across Ontario as a way of promoting the benefits of being active, and highlighting how recreation and parks contribute to quality of life. The variety of events for all ages and abilities allows everyone to participate, helping to build strong and vibrant communities.

"Recreation and Parks Month encourages everyone to participate and to experience the many wonderful parks and recreation programs and services in Ontario," said Parks & Recreation Ontario CEO Cathy Denyer. "It also allows us to celebrate the benefits of play for healthy development. Play isn't just for children; play helps everyone become more active."

For more information visit www.bwgleisurecentre.ca/RecandParksMonth.

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Media Contact:

Bethany Kuboniwa, Leisure Events & Marketing Coordinator
905-775-2162 ext. 5102
bkuboniwa@townofbwg.com