PRESS RELEASE

Carson City Parks & Recreation Department 3303 Butti Way, Building #9 Carson City, NV 89701 (775) 887-2262

For Immediate Release

Date: July 1, 2013

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JULY IS PARKS AND RECREATION MONTH

Carson City is joining the National Parks and Recreation Association in celebrating July as "Parks and Recreation Month." With warm temperatures and long daylight hours, summer is a great time to explore your city's parks and trails, try a new recreation activity, or relax and enjoy a show. The Carson City Parks and Recreation Department has developed a calendar of events and is offering many options for free.

In addition to a few unique opportunities like yoga and tai chi in the park, there are family-friendly activities such as roller skating, swimming, hiking, bike rides, and active participation activities such as trail work days.

During the first week, we invite you to attend the annual Carnival and 4th of July Fireworks at Mills Park, join a trail work day on the Ash Canyon to Kings Canyon Trail, or bring your young children or grandchildren for a discounted ride on the miniature train at Mills Park.

We look forward to celebrating Parks and Recreation Month and hope you will join us.

For more information, please contact the Carson City Parks and Recreation Department at (775) 887-2262 or (775) 887-2290.

Attachment: July Event Calendar and Event Information (2 Pages)



July 2013 Park and Recreation Month



See reverse for more information on each event.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	•Trail Work Day •Carnival at Mills Park (\$) •Mills Park Mini Train Rides (\$ - Discount)	•Carnival at Mills Park (\$) •Fireworks at Mills Park	5 •Trail Work Day •Carnival at Mills Park (\$)	6 •Carnival at Mills Park (\$)
7 •Trail Work Day •Sunday Swim at Aquatic Facility (\$)	8 •Zumba Class with Mari at Community Center Gym	9	•Trail Work Day •Sweat Shop Fitness Aerobics with Jerry Vance at Community Center - Comstock Room	11 •Empire Ranch Trail Hike	•Trail Work Day •The Major and the Gambler performance at Community Center -Sierra Room	13
14 •Trail Work Day •Sunday Swim at Aquatic Facility (\$)	15	16 •V&T Trail Bike Ride Bikes available	•Trail Work Day •Mills Park Mini Train Rides (\$ - Discount)	18 •Waterfall Trail Hike	19 •Trail Work Day	•Kids Triathlon at Aquatic Facility (\$) •Le Cirque Performance of "Fable" in the Bob Boldrick Theater
•Trail Work Day •Sunday Swim at Aquatic Facility with one can of food for F.I.S.H.	•Yoga Class with Patti Briggs at Sunset Park	23	•Trail Work Day •Tai Chi with Stephen Mund at East Side of Mills Park	25 •Mexican Ditch Trail Hike	•Trail Work Day •Roller Skating Night at PEP •"Once On This Island, Jr." Performance in the Bob Boldrick Theater	27
28 •Trail Work Day •Sunday Swim at Aquatic Facility (\$)	29	30 •Riverview Park Bike Ride—Bikes available	•Trail Work Day •Mills Park Mini Train Rides (\$ - Discount)			

Bike Rides	Join us for beginner mountain bike rides. A limited number of bikes are available for use with reservations.		
	Tuesday, July 16 V&T Trail Bike Ride 6:00 to 7:00 p.m. Meet at Foothill Drive off of Winnie Lane.		
	Tuesday, July 30 Riverview Park Bike Ride 6:00 to 7:00 p.m. Meet at the main entrance to Riverview Park on 5th Street / Marsh Road.		
	For more information and reservations, please call Juan Guzman at 887-2262 or jguzman@carson.org		
Carnival and Fireworks	Carnival dates are July 3 through July 6. Fireworks on the 4th of July. Located at Mills Park. For more information, including ticket		
	prices, please contact the Retired Senior Volunteer Program at 687-4680 or the Parks and Recreation Department at 887-2262.		
"Fable" Performance by	Saturday, July 20 Le Cirque Vagabond presents "Fable" 2:00 p.m. Bob Boldrick Theater, 851 East William Street		
Le Cirque Vagabond	This is a FREE ticketed event. Tickets can be picked up at the Carson City Aquatic Facility beginning July 8th.		
	For more information please contact Mitch Ames at 283-7419 or mames@carson.org		
Kids Triathlon	Saturday, July 20 Swim, Bike and Run event for children and teenagers ages 4 to 18. Register at www.tigersharks.org or at the Carson City Aquatic Facility, 841 N. Roop Street For more information please call 887-2242.		
Mills Park Miniature Train	Wednesdays, July 3, 17 and 31 Regular price is \$2.50 per ride, but if you mention "Parks and Recreation" you get to ride for \$1.00 per		
Rides—Discounts	ride! For more information please call 887-2523 or 887-2290		
"Once On This Island, Jr."	Friday, July 26 Youth Theater Carson City presents a preview of "Once On This Island, Jr." 6:00 p.m.		
Performance	Bob Boldrick Theater, 851 E. William Street. This is a FREE event with seating on a first-come basis.		
	For more information please contact Mitch Ames at 283-7419 or mames@carson.org		
Roller Skating Night	Friday, July 26 6:30 to 10:00 p.m. FREE Roller Skating Night at the Pony Express Pavilion (PEP) in Mills Park. BRING YOUR OWN SKATES OR ROLLER BLADES. No scooters, bikes, skateboards, etc. This event is hosted by the Sheriff Department's		
	Explorer Cadets and the Parks and Recreation Department. For more information please contact Meagan Soracco at 283-7428 or		
	mssoracco@carson.org		
Sunday Swim Days	Sundays July 7, 14 and 28 Enjoy a Sunday Swim at the Carson City Aquatic Facility, 841 N. Roop Street 12:30 pm to 4:30 pm.		
,	Swim passes are \$4 for adults, \$3 for seniors and children ages 4 to 17, and Free for children 3 and under or \$10 for the entire family. For more information please call 887-2242		
Sunday Swim with one	Sunday, July 21 Bring a can of food and enjoy a FREE swim at the Carson City Aquatic Facility! 841 N. Roop Street		
can of food for F.I.S.H.	12:30 to 4:30 pm For more information please call 887-2242.		
Sweat Shop Fitness	Wednesday, July 10 FREE Sweat Shop Fitness Aerobics with Jerry Vance. 5:30 p.m. Comstock Room in the Community Center,		
Aerobics	851 E. William Street For more information please contact Meagan Soracco at 283-7428 or mssoracco@carson.org		
Tai Chi	Wednesday, July 10 FREE Tai Chi with Stephen Mund 5:30 p.m. East side of Mills Park by the volleyball court.		
	For more information please contact Meagan Soracco at 283-7428 or mssoracco@carson.org		
The Major and The	Friday, July 12 7:30 to 9:00 p.m. Sierra Room - Carson City Community Center, 851 E. William Street		
Gambler	FREE one man show and disquisition on the creation of the Nevada Territory— including Carson City. This is a FREE event with limited		
	seating on a first-come basis. For more information please call 887-2242 or 283-7419.		
Trail Hikes	Three easy trail hikes on Thursday evenings		
	July 11 Empire Ranch Trail Hike / 6:00-7:00 pm / Meet at the Morgan Mill Road River Access Area off of Deer Run Road		
	July 18 Waterfall Trail Hike / 6:00-7:00 pm / Meet at the Waterfall Gate at the end of the pavement on Kings Canyon Road		
	July 25 Mexican Ditch Trail Hike / 6:00-7:00 pm / Meet at Carson River Park off of Carson River Road		
	For more information please call Juan Guzman at 887-2262 or jguzman@carson.org		
Trail Work Days	Muscle-Powered will be hosting Trail Work Days on all Sundays 8am-3pm, Wednesdays and Fridays 5:15pm-8:15pm in July.		
-	For more information please contact Jeff Potter at jeffpotter@musclepowered.org or Juan Guzman at 887-2262 or jguzman@carson.org		
Yoga Class	Monday, July 22 FREE Yoga Class with Patti Briggs at Sunset Park 5:30 to 6:30 p.m.		
5	For more information please contact Meagan Soracco at 283-7428 or mssoracco@carson.org		
Zumba Class	Monday, July 8 FREE Zumba Class with Mari. 6:30 to 7:30 pm at the Carson City Community Center Gym, 851 E. William Street		
	For more information please call 887-2290 or 887-2242.		
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