July 2013

Park and Recreation Month

See reverse for more information on each event (Updated 7-8-13)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	**2**	**3** •Trail Work Day •Carnival at Mills Park ($) •Mills Park Mini Train Rides ($ - Discount)	**4** •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**	**10** •Trail Work Day •Sweat Shop Fitness Aerobics with Jerry Vance at Community Center - Comstock Room	**11** •Empire Ranch Trail Hike	**12** •Trail Work Day •The Major and the Gambler performance at Community Center -Sierra Room	**13**
14 •Trail Work Day •Sunday Swim at Aquatic Facility ($)	**15**	**16** •V&T Trail Bike Ride Bikes available	**17** •Trail Work Day •Mills Park Mini Train Rides ($ - Discount)	**18** •Waterfall Trail Hike	**19** •Trail Work Day	**20** •Kids Triathlon at Aquatic Facility ($) •Le Cirque Performance of "Fable" in the Bob Boldrick Theater
21 •Trail Work Day •Sunday Swim at Aquatic Facility with one can of food for F.I.S.H.	**22** •Yoga Class with Patti Briggs at Sunset Park	**23**	**24** •Trail Work Day •Tai Chi with Stephen Mund at East Side of Mills Park	**25** •Mexican Ditch Trail Hike	**26** •Trail Work Day •Roller Skating Night at PEP •"Once On This Island, Jr." Performance in the Bob Boldrick Theater	**27**
28 •Trail Work Day •Sunday Swim at Aquatic Facility ($)	**29**	**30** •Riverview Park Bike Ride—Bikes available	**31** •Trail Work Day •Mills Park Mini Train Rides ($ - Discount)			

Since 1985, America has celebrated July as the nation's official Park and Recreation Month. This July, the Carson City Parks and Recreation Department invites the public to participate in any number of **FREE** (unless fee ($) is indicated) events listed on this calendar.

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 Le Cirque Vagabond	**Saturday, July 20** Le Cirque Vagabond presents "Fable" 2:00 p.m. Bob Boldrick Theater, 851 East William Street 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 Rides—Discounts	**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 ride! For more information please call 887-2523 or 887-2290
"Once On This Island, Jr." Performance	**Friday, July 26** Youth Theater Carson City presents a preview of "Once On This Island, Jr." 6:00 p.m. 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 can of food for F.I.S.H.	**Sunday, July 21** Bring a can of food and enjoy a **FREE** swim at the Carson City Aquatic Facility! 841 N. Roop Street 12:30 to 4:30 pm For more information please call 887-2242.
Sweat Shop Fitness Aerobics	**Wednesday, July 10** **FREE** Sweat Shop Fitness Aerobics with Jerry Vance. 5:30 p.m. Comstock Room in the Community Center, 851 E. William Street For more information please contact Meagan Soracco at 283-7428 or mssoracco@carson.org
Tai Chi (Updated 7-8-13)	**Wednesday, July 24** **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 Gambler	**Friday, July 12** 7:30 to 9:00 p.m. Sierra Room - Carson City Community Center, 851 E. William Street **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. 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.