

NEWSRELEASE

ROCKFORD PARK DISTRICT MAKING MEMORIES FOR A LIFETIME

From: Rockford Park District

For Immediate Release: Tuesday, June 29, 2010

For Additional Information Contact:

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Park District Offers Month-Long Schedule of Outdoor Events and Activities: In Celebration of "Leave No Child Inside" and National Parks and Recreation Months

ROCKFORD, IL – In celebration of June as "Leave No Child Inside Month" and July's National Parks and Recreation month, the Rockford Park District is hosting a series of free outdoor recreational activities for families to enjoy together throughout June and July. Activities range from family hikes and outdoor concerts to exploring nature and planting flowers. These activities all tie into ten "Family Outdoor Bill of Rights" the District has created in support of encouraging youth and families to spend time together enjoying the outdoors.

"Studies have found that when children spend time outside, it can reduce the symptoms of Attention Deficit Disorder and improve social skills. For adults and children, time outside reduces stress and encourages people to exercise longer. We chose to develop the Family Outdoor Bill of Rights to encourage families to explore the outdoors together participating in fun activities close to home," said Becky Stokes Lambert, Manager of Atwood Environmental Center.

How It Works

Individuals can find out about the free programs, events, and activities by downloading a list of events at www.rockfordparkdistrict.org.

Rockford Park District Outdoor Bill of Rights and Activities:

1. Discover wilderness
 - Family Hike: Anna Page Park, July 10, 1:00 – 2:30 pm
 - Family Hike: Atwood Park, July 24, 10:30 am – Noon
2. Enjoy a fresh air concert
 - Music in the Park: Rockford Concert Band, June 29
 - Music in the Park: Moonlight Jazz Orchestra, July 1
 - Music in the Park: Rockford Concert Band, July 6
 - Music in the Park: Silver Creek, July 8

(more)



ROCKFORD PARK DISTRICT

401 South Main Street • Rockford, IL • 815-987-8800 • 888-871-6171 (TTY) • www.rockfordparkdistrict.org



We welcome the opportunity to assist guests with disabilities to enjoy ALL our facilities, programs, and services.
For assistance and information on accessibility, contact RPD Customer Service at 815-987-8800 (TTY, 888-871-6171).



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- Music in the Park: Rockford Concert Band, July 13
 - Music in the Park: Barefoot Hawaiians, July 15
 - Music in the Park: Rockford Concert Band, July 20
 - Music in the Park: Decatur Park Singers, July 22
 - Music in the Park: Johnie Faren, July 27
 - Music in the Park: Harlan Jefferson, July 29
3. **Follow a trail**
 - See family hikes in 'Discover Wilderness' (1)
 4. **Catch and release fish, frogs, and insects**
 - Visit your favorite outdoor fishing spot
 5. **Play on a playground**
 - Time 2 Play Neighborhood Program (through July 30)
 6. **Explore nature in your own backyard**
 - Download Outdoor bingo activity card at www.rockfordparkdistrict.org or pick up at Customer Service Locations during business hours at Webbs Norman Center or Carlson Ice Arena. Complete and return card for chance to win free passes to Park District facilities.
 7. **Celebrate heritage**
 - Free Admission at Tinker Swiss Cottage – Tuesdays
 - Free Admission at Midway Village - Thursdays
 8. **Plant a flower**
 - Flower Pot painting & planting – July 7, Sinnissippi Park 1:00 – 2:00 pm
 9. **Play in the dirt**
 - See 'Plant a flower' (8)
 10. **Recreate outdoors**
 - Free swimming & lessons: Harkins Pool

For additional information on these events, visit www.rockfordparkdistrict.org or call 815-987-8800.

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