

NEWS RELEASE

ROCKFORD PARK DISTRICT MAKING MEMORIES FOR A LIFETIME

From: Rockford Park District - Marketing Department
For Immediate Release: Monday, July 12, 2010
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Park District Launches “Free For All” Campaign to Promote Free and Low Fee Family Activities

ROCKFORD, IL – Go for a **hike**, pack a **picnic**, play on a **playground**, go **swimming**, visit a **children’s farm**, listen to **live music** outdoors. These are just a few of the many free or low fee activities offered by the Rockford Park District. With many families facing difficult economic times, the Park District has stepped up its efforts to get the word out about the many free and “low fee” programs, activities, and events the District currently offers area residents. To increase awareness, the Park District launched a “Free for All” campaign this week, which highlights and promotes these free and low fee offerings. A complete listing and downloadable flyer are accessible from the Park District’s web site at www.rockfordparkdistrict.org.

“Families are looking to the Rockford Park District as a resource to provide affordable activities close to home. We offer so many programs and events that families can enjoy together without spending a lot of money. The Rockford Park District is providing a much-needed service to area residents who are looking for recreational activities, while at the same time trying to make ends meet,” said Marketing and Communications Manager Denise Delanty.

FREE & LOW FEE ACTIVITIES AND EVENTS

Below is a listing of nearly 20 free and low fee activities and events offered by the Rockford Park District:

FREE

- Rec Path & Trails – Take a hike or have a picnic (over 60 parks and rec paths available)
- Lockwood Park Children’s Farm & Equestrian Centre – visit the animals (on Saturdays)
- Lockwood Park Observatory – Stargaze into the evening
- Courts & Sports – check out the many tennis and basketball courts, baseball diamonds, and skate parks
- Time 2 Play Playground Programs – free supervised activities at 10 neighborhood parks
- Anna Page Park – Play disc golf
- Harkins Pool & Aquatic Center – Swim for free
- Ski Broncs – Watch the show on Wednesdays and Fridays
- CherryVale Mall – visit the indoor play area
- Sounds of Summer Entertainment Series – enjoy outdoor concerts and entertainment all summer long
- Area Museums: Free Day – Each offers free days (see museum web sites for schedule)
- Learn-to-Skate Sample Class – Try out our new skating program July 27 or August 24

(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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LOW FEE

- Lockwood Park Children's Farm & Equestrian Centre – go on a hayride or ride the pony ring
- Sapora Playworld – visit the indoor playground – enjoy half-priced Tuesdays
- Indoor Sports Center – open volleyball for just \$5 a person
- Trolley – Take a historic ride along the Rock River
- Forest City Queen – Cruise the river and learn about Rockford's history
- Golf Driving Ranges – Hit a bucket of balls at Ingersoll, Elliot, or Aldeen
- Learning Links at Ingersoll – A family of 4 can golf 4 holes for just \$4 (total cost)
- Jr. IceHogs Training Facility – Try out the fun Rapidshot game for just \$5 (3 rounds of 16 pucks)

The Park District's Free For All campaign also coincides with National Parks and Recreation Month. Since 1985, the National Recreation and Park Association (NRPA) has celebrated this national designation during the month of July as a way to bring awareness to the health, lifestyle, and mental benefits of using parks.

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