

**Parks and Recreation Commission
Staff Report**

Meeting Date: July 2, 2013

Agenda Item Number: 4D

Applicant: Roger Moellendorf

Request: Discussion only regarding activities and programs associated with “July is Parks & Recreation Month.”

General Discussion: The National Parks and Recreation Association is nationally promoting July as “Parks & Recreation Month.” The Carson City Parks, Recreation and Open Space Department felt that participating in the event would be an excellent way to promote our parks, recreation, open spaces and trails as well as the benefits our services provide for the community. To this end, staff has submitted an official proclamation to the Board of Supervisors (attached as Exhibit A). This proclamation is scheduled to be read by Mayor Bob Crowell during the July 3, 2013, Board of Supervisors meeting. Also as a way to promote “July is Parks & Recreation Month” staff has developed programs and events that will be held in our facilities, parks, and open space areas during July. These events are intended to encourage families and individuals of all ages to take advantage of what the Parks and Recreation Department has to offer. Most of these events are free of charge. Attached as Exhibit B is a calendar of events during July.

Staff encourages commissioners to participate in many of these events and hopes that the commission will also spread the word and promote “July is Parks & Recreation Month.”

Recommended Action: This is a discussion only item therefore no action can be taken.

PROCLAMATION

Park and Recreation Month July 2013

WHEREAS, Parks and recreation programs are an integral part of communities throughout this country, including Carson City; and

WHEREAS, Our parks and recreation are vitally important to establishing and maintaining the quality of life in our communities, ensuring the health of all citizens, and contributing to the economic and environmental well-being of a community and region; and

WHEREAS, Parks and recreation programs build healthy, active communities that aid in the prevention of chronic disease, provide therapeutic recreation services for those who are mentally or physically disabled, and also improve the mental and emotional health of all citizens; and

WHEREAS, Parks and recreation programs increase a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

WHEREAS, Parks and recreation areas are fundamental to the environmental well-being of our community; and

WHEREAS, Parks and open space areas improve water quality, protect groundwater, prevent flooding, improve the quality of the air we breathe, provide vegetative buffers to development, and produce habitat for wildlife; and

WHEREAS, Our parks and open space areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors; and

WHEREAS, The U.S. House of Representatives has designated July as Park and Recreation Month; and

WHEREAS, Carson City recognizes the benefits derived from parks and recreation resources.

NOW THEREFORE, I, Robert L. Crowell, Mayor of Carson City, Nevada, on behalf of the Board of Supervisors, do hereby proclaim July 2013 as "**Park and Recreation Month**" in Carson City.



Dated this 3rd day of July, 2013.

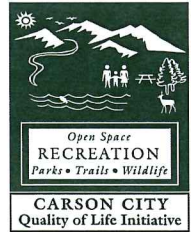
Robert L. Crowell, Mayor



July 2013

Park and Recreation Month

See reverse for more information on each event.



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	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 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.