

# PARK AND RECREATION MONTH



Join the Park and Rec Brigade at events below or follow Sunnyvale Recreation on Facebook to discover your super power this #SuperJuly.



National Recreation and Park Association

## Photo Contest:

From July 4-31, we want you to get out in our parks and recreation facilities to discover your super powers.

- Take a selfie in your local park or recreation areas following the weekly theme.
- Submit a selfie on Facebook, Twitter and Instagram by uploading a photo using #SuperJuly and #SuperParkSelfie.
- Share your selfie encouraging your friends, family and followers to vote for it.
- Each week the selfie with the most votes that best demonstrates the theme will win a \$500 Amazon gift card from NRPA.

## Weekly Themes:

- July 4 - 10: Selfie with Nature
- July 11 - 17: Selfie doing something healthy
- July 18 - 24: Selfie with your friends in your community
- July 25 - 31: Selfie showing your superhero side

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# JULY 2016

<p><b>3</b> \$5 \$6  <b>Badminton</b>                  (16+) · Drop-in Gym · 12:30 to 2:30 p.m. and 2:45 to 4:45 p.m. · Indoor Sports Center · Under 18 with an adult · Pay fee per session.</p>	<p><b>4</b> \$3 \$4 \$5  <b>Recreation Swim</b> · Free Gift to first 100 people · 1:30 to 4 p.m. · Washington Pool and Columbia Middle School Pool</p>	<p><b>5</b> TRY IT!  <b>Square Dancing</b> (18+) · 7 to 10 p.m. · Murphy Park Building</p>	<p><b>6</b> TRY IT!  <b>Yoga Lite - Hatha</b> (18+) · 8:30 to 10:30 a.m. · Recreation Center Community Room</p>	<p><b>7</b> \$3 \$4 \$5  <b>Recreation Swim</b> · 12:45 to 2:45 p.m. · Sunnyvale Middle School Pool</p>	<p><b>8</b> \$3 \$4 \$5  <b>Splash Special Event</b> · 6:30 to 8 p.m. · Washington Pool</p>	<p><b>9</b> FREE  <b>Mayor's State of the City</b> · 10 a.m. to 3 p.m. · Civic Center Campus</p>
<p><b>10</b> \$3 \$4 \$5  <b>Recreation Swim</b> · 1:30 to 4:30 p.m. · Washington Pool and Columbia Middle School Pool</p>	<p><b>11</b> \$5  <b>Pickleball</b> (50+) · 10 a.m. to 1 p.m. · Indoor Sports Center</p>	<p><b>12</b> TRY IT!  <b>Strength Training</b> (18+) · 7 to 8 p.m. · Recreation Center Community Room</p>	<p><b>13</b> FREE  <b>Park and Recreation Commission Meeting</b> · 7 p.m. · City Council Chambers</p>	<p><b>14</b> TRY IT!  <b>Lunch-hour Pilates</b> · Noon to 1 p.m. · Sunnyvale Theatre Dance Studio</p>	<p><b>15</b> \$3  <b>Lion's Den</b> (6 - 12 years) · Drop-in Camp · 1 to 5:30 p.m. · Lakewood Park</p>	<p><b>16</b> FREE  <b>Family Storytime</b> (0 - 5 years) · 11 to 11:30 a.m. · Sunnyvale Public Library</p>
<p><b>17</b> \$5  <b>Friends of the Library Book Sale</b> · Buy a bag and fill it up with books · Noon to 3 p.m. · Sunnyvale Public Library</p>	<p><b>18</b> TRY IT!  <b>Zumba Gold</b> (50+) · 4:30 to 5:30 p.m. · Recreation Center Ballroom</p>	<p><b>19</b> FREE  <b>Fun on the Run</b> (6 - 12 years) · Drop-in Camp · 2 to 5 p.m. · Ellis Park</p>	<p><b>20</b> FREE  <b>Arts Commission Meeting</b> · 7 p.m. · Recreation Center</p>	<p><b>21</b> \$3  <b>Lion's Den</b> (6 - 12 years) · Drop-in Camp · 1 to 5:30 p.m. · Lakewood Park</p>	<p><b>22</b> FREE  <b>Twilight Pool &amp; Play</b> · 6 to 8 p.m. · Columbia Middle School Pool</p>	<p><b>23</b> \$50 \$1  <b>Youth Soccer</b> (12 - 18 years) · 7 to 10 p.m. · Columbia Neighborhood Center Gym</p>
<p><b>24</b> \$3 \$4 \$5  <b>Recreation Swim</b> · 1:30 to 4:30 p.m. · Washington Pool and Columbia Middle School Pool</p>	<p><b>25</b> \$5  <b>Open Painting Studio</b> (18+) · Drop-in Studio · 9 a.m. to noon · Creative Arts Center Paint Room</p>	<p><b>26</b> \$5  <b>Table Tennis</b> (50+) · 9:30 a.m. to 4 p.m. · Murphy Park Building</p>	<p><b>27</b> FREE  <b>Family Night</b> · Carnival of Chaos · Juggling and Comedy · 7 to 7:45 p.m. · Washington Park</p>	<p><b>28</b> FREE  <b>Fun on the Run</b> (6 - 12 years) · Drop-in Camp · 2 to 5 p.m. · Murphy Park</p>	<p><b>29</b> \$3 \$4 \$5  <b>Recreation Swim</b> · 12:45 to 2:45 p.m. · Sunnyvale Middle School Pool</p>	<p><b>30</b> \$14 \$17  <b>Pottery Studio</b> (18+) · Drop-in Studio · 9:30 to 3:30 p.m. · Creative Arts Center Pottery Studio · Pay fee per two hour session.</p>

**31** FREE  
**Harry Potter Wand Making Party** (12 - 18 years) · 3 to 5 p.m. · Sunnyvale Public Library · Pre-register at [bitly/HBHarry.com](http://bitly/HBHarry.com) on July 17 at 9 a.m.

**TRY IT!** Terms & Conditions: Try It! is only available for new students on the first class meeting of the term. At the second class meeting, Try It! students must show proof of registration. Try It! is only available for classes designated by the logo. Adult Try It! students and parents/guardians of minor Try It! students must sign the class liability waiver before participating. Minors must be accompanied by parent/guardian in order to participate. Note: Enrollment is subject to availability. Trying a class does not guarantee a spot in the class.

#SUPERJULY  
 #SUPERPARKSELFIE  
[Sunnyvale.ca.gov](http://Sunnyvale.ca.gov)