



**RECREATION AND CULTURE
SERVICES
MEMORANDUM**

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TO: MAYOR J. LEHMAN AND MEMBERS OF COUNCIL

FROM: S. LEE-YOUNG, MANAGER OF RECREATION AND CULTURE PROGRAMS, EXT: 5166

NOTED: R. BELL, DIRECTOR OF RECREATION AND CULTURE SERVICES
D. MCALPINE, GENERAL MANAGER OF COMMUNITY AND CORPORATE SERVICES
M. PROWSE, CHIEF ADMINISTRATIVE OFFICER

RE: JUNE IS RECREATION & PARK MONTH 2021

DATE: MAY 31, 2021

The purpose of this Memorandum is to provide members of Council information on the upcoming June is Recreation and Park Month in Ontario! This year's theme is Active Living is Healthy Living.

June is Recreation and Park Month (JRPM) is a movement that promotes the benefits of recreation and parks for physical, social, and environmental health. Communities across Ontario have embraced JRPM as a way to promote local programs and events, parks and facilities that are available for all citizens to enjoy. Access to recreation and parks is a fundamental human need that helps foster personal health, strong communities, and social inclusion. JRPM celebrates Ontario's spectacular parks and recreation services and raises awareness for the role they play as a pathway to individual, community, and environmental well-being.

The City of Barrie will be celebrating June is Recreation and Park Month by issuing a friendly **30 for 30 Challenge** to City of Barrie Council, Residents and Staff. The challenge is to get 30 minutes of outdoor physical activity for 30 straight days (or at least as many days as you can).

This challenge will have its own webpage at buildingbarrie.ca/30for30 where participants can sign up, download their tracking forms, ask questions, and follow along with our staff as we take on the challenge together! Weekly themes will help to guide activities and will be used as promotional catalyst to highlight the amazing parks, trails, and amenities offered in the City.

Each participant who signs up will be entered into a draw to win one of three prizes; a 1 year, 6-month, and a 3-month credit to be used towards a Barrie Rec Pass to access our fitness centre, drop-in fitness classes, open swims, gym and skate drop-ins.

We hope that you will consider joining us for the 30 for 30 challenge and engage with your family and friends in some friendly competition. For more info please visit buildingbarrie.ca/30for30