

July Parks and Recreation Activity Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1				1	2	3
July is National Parks and Recreation month! Prepare to explore your community with InPACT!				Strength: * Do this strength and cardio video . A new month means fun new activities, let's get moving!	Family Fun: *This activity video is great for getting the whole family moving. After, talk about what excites you this month!	
Week 2	5	6	7	8	9	10
Activity Focus: Hiking	Balance skills: *Have your child try this "Just Move" video . Balance and coordination is important for hiking safely on different terrains!	Cardio Circuit: *Have your child do this lower body cardio circuit . Cardio helps us build the endurance we need to do both long and short hikes!	Mindful Movement: *Have your child do this stillness video . It's important to check in with our body while we are hiking and take breaks when needed.	Strength: *Have your child do this leg strengthening video . Strong legs are important for keeping us going on all those hikes!	Family Fun: *Have your whole family move with this glute and cardio workout video . After the activity, talk about your favorite places to hike!	
Week 3	12	13	14	15	16	17
Activity Focus: Soccer *Registration is open for fall soccer with Ferndale parks and rec!*	Balance skills: *Try this soccer skills video to help your child improve their skills, and balance. Balance is important to be able to score goals while kicking with one foot!	Cardio Circuit: *Have your child do this foot dribble video. Dribbling a soccer ball is key to playing well, so this video will be great practice and a fun workout!	Mindful Movement: *Have your child do this mindfulness breathing video to check in with themselves. Enjoy a calm day and get ready to get back to moving tomorrow!	Strength: *Have your child do this lower body and abs chair HIIT video. Lower body and core strength are both key for playing soccer!	Family Fun: *Join Ferndale Parks & Rec for Movie in the Park at Harding Park starting at 7pm! There is no registration, just bring a blanket or chair.	
Week 4	19	20	21	22	23	24
Activity Focus: Rock-climbing	Balance skills: *Have your child try this planks video for core strength, which is key for balance. Balance can help you climb faster and higher!	Cardio Circuit: *Have your child do this cardio kickboxing video. Increasing your fitness with this cardio routine will help you keep climbing longer!	Mindful Movement: **Have your child do this mindful movement video that teaches you relaxation techniques. How does your body feel? What's different?	Strength: *Have your child do the Push-up challenge video. To climb up a rock wall we need to have strong arms to hold on and help us get to the top!	Family Fun: Make a plan to visit Geary Park to test your rock-climbing skills. Be sure to encourage your family and friends as they climb to the top!	
25	26	27	28	29	30	31
Ferndale Parks & Rec presents Dixon's Violin, Jordan Hamilton, Emily Burns at Martin Road Park. Click here for more information!	Balance skills: *Have your child do this balance and agility video . Good balance can help us to run, skip, and jump safely!	Cardio Circuit: *Have your child do this High knees to deadlift video. Keep up with the pace of the instructor. Pause the video for a break when needed!	Mindful Movement: *Have your child do this mindfulness video . After, talk about your summer. What has been your favorite or least favorite part so far?	Strength: *Have your child do the Planks video . With a strong core and shoulders, we can do anything we put our mind to!	Family Fun: Reflect on what the best part of National Parks and Recreation month was for you and your family. Happy moving!	