

For Immediate Release

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July is Parks and Recreation Month

Ventura, Calif. - The City of Ventura is celebrating Parks and Recreation Month, an initiative of the National Recreation and Park Association (NRPA), and inviting the community to share experiences, memories, and stories about what parks and recreation programs mean to them.

“Parks and Recreation Month provides a great opportunity to highlight the beauty of Ventura’s open spaces and parks, the importance of recreation facilities, and the positive impact they have on our wellness and quality of life,” said Mayor Sofia Rubalcava. “Throughout the COVID-19 pandemic, parks and recreation centers have been essential in contributing to Ventura’s strength, vibrancy, and resiliency.”

The City of Ventura Parks and Recreation Department maintains 31 traditional parks, 34 linear parks, three community centers, and offers an average of 2,058 recreation programs annually.

In celebration of this national tradition, the City has planned various activities for residents of all ages and abilities, including weekly challenges to inspire and entertain community members. Weekly prize drawings will be given to people who share photos or short videos of their adventures.

“Parks and recreation programs are at the center of many life experiences and memories. Local parks are places to gather with friends and family, spaces to celebrate life's special moments, sites that connect us with essential community services, and so much more,” said Ventura Parks and Recreation Director Nancy O’Connor. “I am proud to lead a team of amazing people who work hard to keep providing essential recreation programs and maintain Ventura’s beautiful trees, open spaces, and facilities.”

According to NRPA, 93 percent of adults in the U.S. say their mental health is improved by services offered by local park and recreation professionals and agencies.

(More)

For details, visit www.cityofventura.ca.gov/ParksRec, or follow the [Ventura Parks and Recreation Facebook page](#).

For information about NRPA, visit www.nrpa.org.

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