

FREE

JULY IS NATIONAL PARKS & REC MONTH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|---|--|---|--|---|--|
|  | 1 Stretch Class Capitola Mall by Food Court 8:30-9AM | 2 Adult Fitness Swim SFSC 6PM | 3 Community Night Bear Creek Rec & Com. Ctr. 3-6PM | 4 Free Swim SFSC 12-4PM Party in the Park Aptos Village Park | 5 Movie Night Heart of Soquel at dusk FRIDAY NIGHT RECESS Cooper Street, SC, 5-9PM | 6 Hop-A-Park Day #santacruzcountyparks | |
| | 7 Disc Golf* Pinto Lake Co. Park 10AM-12PM Ages 5-17 1-4PM Ages 18+ | 8 Pop-up Playground Mesa Village Park 3-5PM | 9 Birding Walk AJC 8-10AM Yoga Jose Ave. Park 3PM Adult Fitness Swim SFSC 6PM | 10 Community Night Bear Creek Rec & Com. Ctr. 3-6PM Yoga Highlands Park 3PM | 11 Group Exercise* w/ Rocky's Fitness SFSC Community Room 7-8AM | 12 Movie Night Highlands Park at dusk | 13 Xilonen Ceremony Pinto Lake Co. Park 11AM-5PM |
| 14 Trail Walk AJC 9-11AM ♥Love♥ in the Hollow * QHR 1-8PM | 15 Birding Walk Pinto Lake Co. Park 8-10AM | 16 Full Moon Hike* Quail Hollow Ranch 9-10PM | 17 Community Night Bear Creek Rec & Com. Ctr. 3-6PM Yoga Seascape Park 3PM | 18 Pop-up Playground Felt Street Park 3-5PM | 19 Movie Night Felt Street Park at dusk | 20 Chalk it Up! Sidewalk Chalk Art Pleasure Point Park 10AM-12PM | |
| 21 Free Swim SFSC 9AM-4PM Guided Trail Walk Quail Hollow Ranch 9-11AM | 22 Stroller Strides* AJC 9:30-10:30AM | 23 Taco Tuesday Felton Covered Bridge 5-7:30PM Adult Fitness Swim SFSC 6PM | 24 Community Night Bear Creek Rec & Com. Ctr. 3-6PM Stroller Strides* Felt Street Park 9:30-10:30AM | 25 Birding Walk AJC 8-10AM Pop-up Playground Felton Covered Bridge 3-5PM | 26 Stroller Strides* Seascape Park 9:30-10:30AM Movie Night Pinto Lake Co. Park at dusk | 27  Harvey West Park 3-7PM | |
| 28 Guided Trail Walk Pinto Lake Co. Park 9-11AM | 29 Stretch Class Capitola Mall by Food Court 8:30-9AM | 30 Birding Walk Pinto Lake Co. Park 8-10AM Adult Fitness Swim SFSC 6PM | 31 Community Night Bear Creek Rec & Com. Ctr. 3-6PM |  | | | More info at scparks.com 831-454-7901 Activities with an * require advance registration |

AJC=Anna Jean Cummings Park, QHR=Quail Hollow Ranch, SFSC=Simpkins Family Swim Center