



## ***MEDIA RELEASE***

**Monday, May 30, 2022**

***FOR IMMEDIATE RELEASE***

### **Residents can embrace Barrie's recreation opportunities and outdoor spaces during *Recreation and Parks Month***

(Barrie, ON) -- June is recognized as *Recreation and Parks Month* in Ontario, and this year's theme is *Get Active*. In addition to hundreds of recreational activities and programs the City has to offer residents, Barrie also has 300 hectares of scenic park space to enjoy.

"Access to recreation and parks is a fundamental human need that helps foster personal health, strong communities, and social inclusion," says Steve Lee-Young, Manager of Recreation and Culture Programs. "From playing volleyball at Centennial Park, to participating in a fitness class at one of our centres, to cooling off at the Lampman Lane Splash Pad, Barrie has many incredible opportunities to *Get Active*."

The City has created a schedule of activities that give residents opportunities to play every day throughout the month of June. All activities part of *Recreation and Parks Month* are drop-in, and regular fees apply. Visit [barrie.ca/DropIns](http://barrie.ca/DropIns) to view the schedule, and [barrie.ca/RecFees](http://barrie.ca/RecFees) for more information on fees for recreation programs.

May 31 to June 30 is also recognized as Bike Month, which is an opportunity for people to try riding a bike for the first time, learn new skills and have fun. It's a chance to explore your neighbourhood by bike, celebrate cycling and introduce cycling to the next generation of riders.

Visit [barrie.ca/parks](http://barrie.ca/parks) to learn more about the City's parks, or [barrie.ca/recreation](http://barrie.ca/recreation) for more information about the recreational opportunities available at the City of Barrie.

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