

# June is Recreation & Parks Month



Post a selfie of you/your family completing an activity on Instagram using **#JRPMVaughan** and tag **@recvaughan** (if your account is public), DM us, or email your selfie to **recpromos@vaughan.ca** and we'll be sure to share!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<h2>JUNE 2022</h2>	<p> Parent/guardian participation required</p> <p> Special event: drop-in, registration not required</p>		<p><b>KICK-OFF EVENT</b> </p> <p>1</p> <p>Workout Wednesday Recreational Swim</p>	<p>2</p> <p>Adult Game Room Amateur Hour Painting Zumba</p>	<p>3</p> <p>Barre Adult Pickleball Recreational Swim</p>	<p>4</p> <p>Summer Camps Meet &amp; Greet </p> <p>STEM: Coding Children's Cricket Rec Swim &amp; LS Sport Conversation Club (Special Needs)</p>		
		<p>5</p> <p>Summer Camps Meet &amp; Greet </p> <p>Adult Game Room Craft with Me: Summer's Coming </p> <p>Rec Swim &amp; LS Sport Connect (Special Needs)</p>	<p>6</p> <p>Vogue Strike a Pose (Special Needs) Zumba Toning Adult Badminton</p>	<p>7</p> <p>Recreational Swim Roblox Game Design Building an Online Business 101 Workshop Yoga &amp; Meditation</p>	<p>8</p> <p>Workout Wednesday Spin STEM: Learners &amp; Builders Concerts in the Park: Launch Concert </p>	<p>9</p> <p>Total Body Conditioning Special Needs Summer Camps Meet &amp; Greet Aquafitness Adult Badminton</p>	<p>10</p> <p>Vaughan Studios &amp; Event Space (VSES) Guided Tour </p> <p>Children's Archery Family Rollerblading </p>	<p>11</p> <p>RecAssist Event: Spinathon &amp; Yoga in the Park Adventures in Interactive Programming STEM: Coding Recreational Swims</p>
		<p>12</p> <p>Resume Building &amp; Job Interview Skills Family Outdoor Tennis </p> <p>Family Badminton </p>	<p>13</p> <p>Amateur Hour Painting Adult Basketball</p>	<p>14</p> <p>Pride Flag Raising &amp; Rainbow Crosswalk Unveiling Queenax TBC STEM: Learners &amp; Builders Aquafitness</p>	<p>15</p> <p>Workout Wednesday Adult Archery Hands on Tech Adult Game Room</p>	<p>16</p> <p>Walk &amp; Talk Aquafitness Adult Badminton</p>	<p>17</p> <p>Science &amp; Slime Workshop (Special Needs) Adult Game Room Youth Badminton</p>	<p>18</p> <p>Queenax HIIT </p> <p>Craft with Me: Summer's Coming Recreational Swims Rec Swim &amp; LS Sport Gymnastics (Special Needs) Thornhill Outdoor Pool Grand Opening</p>
		<p>19</p> <p>Adult Badminton Recreational Swims Craft with Me: Summer's Coming </p> <p>Family Basketball </p> <p>Rec Swim &amp; LS Sport Father's Day Nature Scavenger Hike </p>	<p>20</p> <p>CIRC-HIIT Aquafitness</p>	<p>21</p> <p>Vaughan Playschool Open House </p> <p>National Indigenous Peoples Day: Kipling Gallery Tour </p> <p>International Yoga Day: Yoga, Gentle Yoga, Yoga &amp; Meditation</p>	<p>22</p> <p>Workout Wednesday Zumba Concerts in the Park: Night Fever </p>	<p>23</p> <p>Family Zumba </p> <p>Aquafitness</p>	<p>24</p> <p>Vaughan Playschool Open House </p> <p>Vaughan Studios &amp; Event Space (VSES) Guided Tour </p> <p>Yoga (Special Needs)</p>	<p>25</p> <p>Great Walks of Vaughan Scavenger Hunt </p> <p>Family Basketball</p>
		<p>26</p> <p>Resume Building &amp; Job Interview Skills Family Basketball</p>	<p>27</p> <p>Game Room Queenax HIIT</p>	<p>28</p> <p>Total Body Conditioning Game Room</p>	<p>29</p> <p>Workout Wednesday Pilates</p>	<p>30</p> <p>Adult Game Room Recreational Swim</p>		

**Note:** Prior to starting any fitness program, we recommend that you consult with a family doctor for medical clearance. We recommend that you exercise at your own pace and intensity. If you feel any pain in your chest, experience dizziness, or shortness of breath, stop exercising immediately. We will not be responsible for any injury that may occur if you participate in our online workouts.

[vaughan.ca/recreation](https://vaughan.ca/recreation)



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## Selfie Contest Official Rules

**HOW TO ENTER:** Post a selfie of you/your family completing an activity on Instagram using **#JRPMVaughan** and tag **@recvaughan** (if your account is public), DM us, or email your selfie to **recpromos@vaughan.ca** so we can share! The post with the most engagement (likes! comments! shares!) by June 30 at 6pm EST wins a FREE City of Vaughan Family Recreation Activity Pass.

**DEADLINE:** Selfies need to be posted on Instagram throughout the month of June 2022. All photos will be shared on **@recvaughan** from June 1-30, 2022. Contest closes on Thursday, June 30 at 6pm EST. The winner will be announced on Instagram on Thursday, June 30 by 11:59 EST.

**PARTICIPANT RESTRICTIONS:** Must be a City of Vaughan resident 18 years or older. City of Vaughan employees are not eligible to participate.

**PRIZE: #JRPMVaughan Selfie Winner: A Family Recreation Activity Pass\***

\*FREE City of Vaughan Family Recreation Activity Pass for use at any of the City's 5 arenas, 10 swimming pools and gymnasiums, and 6 fitness centres. For a listing of community centres visit [vaughan.ca/recreation](http://vaughan.ca/recreation). Passes will be mailed to the winner (free of charge) or made available for pick-up at your local community centre.

Disclaimer: This contest is run by the City of Vaughan Recreation Services Department. This Instagram contest is not sponsored, endorsed or administered by, or associated with Instagram. The City of Vaughan reserves the right to refuse content it deems inappropriate.

[vaughan.ca/recreation](http://vaughan.ca/recreation)

**#JRPMVaughan**

 **@recvaughan**