



NEWS RELEASE

FOR IMMEDIATE RELEASE



Presented by



Active June: Free Parks Adventure with the Town of Parry Sound!

Parry Sound, Ontario, May 5, 2025

— The Town of Parry Sound announces an exciting community initiative, "Active June: Free Parks Adventure," as part of the ParticipACTION Community Challenge presented by Novo Nordisk. Join us for a month of free sports, recreation, and leisure activities in our local parks! These events aim to boost community spirit and promote physical well-being.

The ParticipACTION Community Challenge is a national activity and sport initiative that encourages everyone in Canada to get active throughout June, ultimately recognizing Canada's Most Active Community and awarding it \$100,000 to support local physical activity and sport initiatives.

Key Details in Parry Sound:

- **Community Activities:** Enjoy a variety of free activities in our local parks, ranging from yoga to ball hockey, available for everyone. Our calendar of free activities is being finalized now- visit our website for the most up to date information: www.parrysound.ca/jrpm
- **Promote Health & Equity:** Remove barriers to activity and increase participation by fostering inclusivity at all our events. The Town is committed to helping the community find passion- come on out and try something new, in a risk-free environment.
- **Compete for National Recognition:** By tracking participation on the Community Challenge website, Parry Sound could win up to \$100,000 for further local initiatives. We want to be Canada's Most Active Community- your participation makes the difference!

Get Involved:

- **Local Organizations:** Team up with the Town of Parry Sound by offering a free activity in the Month of June. We would love to work together.
- **Residents:** Get active and help Parry Sound become Canada's Most Active Community. Try one, or all, community activities scheduled in the month of June.

Join us in this collective endeavor—Let's show Canada the enthusiasm of Parry Sound!

This project has been made possible in part by the Government of Canada.

Contact: Jayme Young

Community Recreation Coordinator, Town of Parry Sound

Email: jyoung@parrysound.ca

Phone : 705-746-2701 ext. 201



Presented by



Active June: Free Parks Adventure



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 5:30PM: Intro to Jump Rope at Kinsmen Park All Ages	4 9AM: Pickleball at Kinsmen Park 5:30PM: Children's Yoga at Market Square	5	6	7 National Health and Fitness Day
8	9 10:00AM: QiGong at Yvonne Williams Park - all ages	10 5:00PM Children's Ball Hockey at Kinsmen Park	11 9AM: Pickleball at Kinsmen Park	12 7:00PM Adult's Ball Hockey at Kinsmen Park	13	14
15	16	17 5:00PM Children's Water Games at Waubuno Beach	18 9AM: Pickleball at Kinsmen Park 5:00PM: Fit by Mich HIIT at Yvonne Williams Park	19	20 9:30AM Essentrics at Tony Agnello Parkette	21
22 4:00PM Open Rollerskate at Kinsmen Park	23	24	25 9AM: Pickleball at Kinsmen Park	26	27	28
29	30 12:00PM Beach Obstacle Course at Waubuno Beach					