



Encouraging folks to playfully participate in their parks!

ERC Neighborhood Park • Windom Park
Sinclair Park • Sobieski Park • Levee Park
Prairie Island Park • Bluffside Park

Open House

Sinclair Park • 310 E. Broadway
Wednesday, June 8 • 5:00-7:00pm

It's the ultimate Park & Rec sampler platter! Come experience a mini-version of the fun things happening this summer in your parks! Information, giveaways, activities galore, and our very own Park & Rec staff, Tim, who has been with us for 40 years, will be on site!



Yoga in the Park

June 13-August 19

Local yoga instructors invite you to join them for a time of centering and rejuvenation surrounded by green grass and fresh air. Bring your own yoga mat or towel, water bottle, and a friend! Some classes have a focus, however, all ages are welcome!



Day	Time	Park	Instructor	Focus
Wednesdays	9:00 a.m.	Sinclair Park	Sara Nordgren	Pre-School Ages
Thursdays	7:00 pm	Sinclair Park	Anna Fregosi	Community
Tuesdays	9:30 am	Lake Winona Manor	Sara Nordgren	Intergenerational Practice
Saturdays	9:00 am	Levee Park (enter at Center St.)	Elle Newman	Community

In the event of inclement weather, call the cancellation line at (507) 457-8220.

NEWSPAPER SERVICES



Martial Arts in the Park

Levee Park

Manitou Martial Arts & Wellness invites you to join them in the park! Classes and camps are listed below. Pre-registration is required for camps and can be done through Manitou. **Email roninmpls@gmail.com to register or for more information.**



NEW! GATHERING DOORBOARDS SERVICES

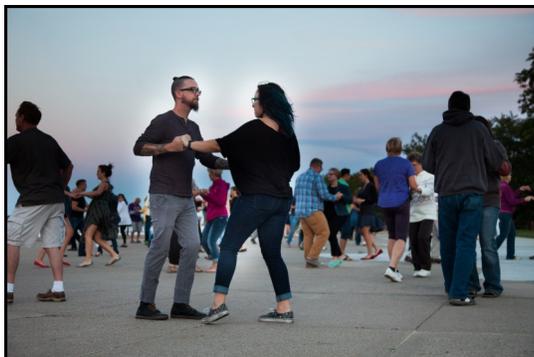
Activity	Date(s) / Days	Time	Park	Cost
Introduction to Martial Arts Camp for Teens	June 13-17	9:30-11:00am	Levee Park (enter at Center St.)	\$60 / student
Kung Fu Camp for 7-12 Year Olds	July 11-15	4:00-5:30pm	Levee Park (enter at Center St.)	\$60 / student
Family Martial Arts & Movement Class *includes up to 4 family members	Wednesdays June 1-29	5:30-6:30pm	Levee Park (enter at Center St.)	\$50 / family / month OR \$15 drop-in*
Family Mindfulness *includes up to 4 family members	Wednesdays July 6-27	6:00-6:45pm	Levee Park (enter at Center St.)	\$50 / family / month OR \$15 drop-in*

Dance in the Park

Dance (verb): To move your limbs and body to the beat as led by Winona's own Stan & Molly Breitlow... Then stick around to swing, sway & socialize!

FREE! All ages & skills welcome!

Dance	Date	Time	Park
Salsa at Steamboat Days	Saturday, June 18	7:00pm	Levee Park Patio
Waltzing in Windom	Thursday, August 11	7:00pm	Windom Park
Latin at the Levee	Thursday, September 15	7:00pm	Levee Park Patio





Camp in the Park

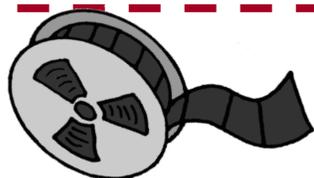
Prairie Island Park • Rendezvous at Kiwanis Shelter

Friday, July 29-Saturday, July 30 • 5:00pm-10:00am

Ages 8-12

FREE, pre-registration required (10734)

You needn't travel far to have a fun camping experience. Join our Park & Rec staff in putting up tents, building a campfire, making s'mores, playing games, and snuggling in for a snooze in the park. Tents, food, and basic camping gear provided. Participants should bring a pillow and sleeping bag and bring/wear layers to be warm through the night. **Parents expected to attend a short informational meeting at check-in.**



Movies in the Park

There are few better ways to spend a summer night than with friends & family watching a classic film under the stars. Bring a blanket or lawn chair and join us in the park for this unique experience. Concessions available, but feel free to bring your own snacks. Movies are FREE!

Stay tuned for additional details about parking & programming.

The Fantastic Mr. Fox

Friday, June 24 • 9:00 pm
Bluffside Park (West of Holzinger)



Hook

Friday, August 26 • 8:30 pm
Bob Welch Aquatic Center

Laughter Yoga in the Park

June 13-August 19 • Wednesdays • 7:15 am • Levee Park Patio

Everyone knows how good it feels to smile and laugh... but did you know that is actually good—no, *great*—for your health? Join us this summer for 10 weeks of early morning Laughter Yoga! Laughter Yoga has been growing in popularity around the world as a “complete well-being workout,” with many benefits such as increased oxygenation to the body & brain; improved quality of life; increased positive attitude during challenging times; and stress reduction. This series is FREE and open to all ages.

For more information about the Laughter Yoga phenomenon visit www.laughteryoga.org/english/laughteryoga or call the Park & Rec office at (507) 457-8258 and ask to speak with Lydia or Lisa.

In the case of inclement weather, please check the Park & Rec Cancellation Line at (507) 457-8220 before heading out for the activity.

NEIGHBORHOOD SERVICES



Pot Luck in the Park

Pull out your favorite summer recipe and make a dish to pass. This is the perfect opportunity to meet— or better-get-to-know— your neighbors. Dinnerware, tables, & yard games provided.

More information to come! Keep an eye out...

Date	Time	Park	Focus
Wednesday, July 13	5:30-7:30pm	Levee Park Patio	Farmer's Market Fare
Wednesday, August 10	5:30-7:30pm	Sinclair Park	Community



NEW! SUMMER DOORBOARDS

Preschool in the Park

Strap on the sandals & sunglasses— it's time to take the kids to the park! While you're there, join our Park & Rec staff for some activities designed specifically for little ones. Then, stick around and play,play,play! **FREE!**

Days/Dates	Time	Park
Wednesdays June 15-August 17	10:00-11:00am	Sinclair (Purple Dinosaur) Park
Fridays June 17-August 19	10:00-11:00am	Sobieski Park



Picnic & Play in the Park

We'll start with a bundle of activities & fun... & will top it off with a delicious picnic lunch! Parents are encouraged to participate with kiddos. Picnic blankets provided! **FREE!** All ages welcome.

Days/Dates	Time	Park
Tuesdays June 14-August 16	11:00am-1:00pm	Sobieski Park
Thursdays June 16-August 18	11:00am-1:00pm	Sinclair (Purple Dinosaur) Park

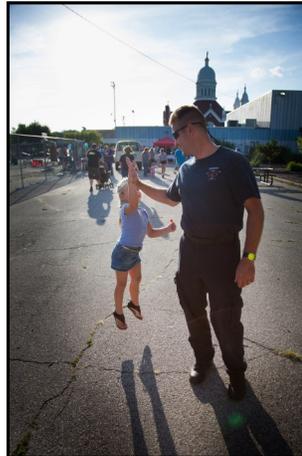


Block Party!

East Recreation Center

Tuesday, August 2 • 5:00-7:00pm

National Night Out encourages neighborhoods to spend time together in order to better know your neighbor, hence, reducing crime in your area. Expect food, activities & entertainment! This event is co-sponsored by Target and your local emergency services crews.



NEIGHBORHOOD SERVICES

The Re-Kindling Project — GRSF Style!

WSU Green / Lake Lodge Recreation Center

Friday, July 5 (10722) • 7:00-10:00pm

Pre-registration is required but FREE.



GRSF is thrilled to partner with Park & Rec to provide free childcare while parents spend an evening at the theatre! Parents and children can kick off the fun by enjoying the free Concert on the Green on the WSU campus starting at 5:00pm. Food trucks are available, or bring your own picnic and enjoy yard games and live music. At 7:00pm, Park & Rec staff will supervise a “walking bus” from the WSU Green to Lake Lodge while parents head to the theatre for a performance of Georama, a new musical about American Artists John Banvard and his life on the Mississippi River (purchased tickets are required to attend the show, available online at www.grsf.org or at the GRSF Box Office). Meanwhile, at Lake Lodge, GRSF Education Team members will lead theatre-based games appropriate for varying ages, and the Park & Rec staff will supervise & facilitate all sorts of fun and games. At 10:00pm, the walking bus will return to the theatre for parents to pick up their children following the performance. Space is limited. Pre-registration through the Park & Rec department is required. (www.CityofWinona.com). Ages 3-12.