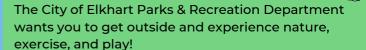




# PASSPORT TO ELKHART CITY PARKS

- GET OUTSIDE!
- BE IN NATURE!
- BUILD HEALTHY HABITS!
- EARN COOL PRIZES!





This passport has challenges for children and adults to complete. When you finish a challenge, sign your initials and write the name of the park you visited. After, show your passport to the Parks and Recreation department to collect prizes. The more you complete, the more rewards you will earn!

You will have to show your passport to the Parks and Rec department to collect prizes. The department's contact info is on the last page of this booklet.

\*You can complete challenges at any City of Elkhart park.
The program will last from June 10th to September 6th.\*

















## Instructions

1. Get your Passport and take the pre-survey

Scan the QR code on the back or go to https://tinyurl.com/SurveyCoEParks

- 2. Go outside and finish challenges
- 3. Sign your initials and write the park name once you finish a challenge.

4. Show the Parks & Recreation Department

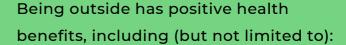
your Passport

5. Earn prizes!









- Encouraging physical activity
- Helping maintain a healthy weight
- Boosting your immune system
- Strengthening bones and muscles
- Decreasing levels of stress and anxiety
- Reducing the risk of cardiovascular disease and type 2 diabetes





#### Helpful Tips to Remember:

- Try to exercise for at least 30 minutes
- Stretch before exercise or play
- Drink water to stay hydrated
- All movements count as exercise, even small movements



YOUTH CHALLENGES 👟				Initials	Park	Challenges
Initials	Park	Challenges				Visit NIBCO Water Park or IDEAL Beach
		Spot three living creatures				Make a play, show, or song at the park
		Attend a Elkhart Parks nature walk		Practice dribbling a ball for 10 minutes		Practice dribbling a ball for 10 minutes
		Play on the playground		Ride a bike or scooter in the park		Ride a bike or scooter in the park
		Do 25 sit-ups		Attend the Elkhart Farmer's Market		Attend the Elkhart Farmer's Market
		Read a whole book outside		Practice playing tennis or pickleball		Practice playing tennis or pickleball
		Draw or color		Play a game of tag for a		Play a game of tag for at least 15 minutes
		Have a picnic with family or friends		Watch the clouds and name what you		Watch the clouds and name what you see
		Play frisbee or catch		SUGGESTED LOCATIONS		
		Do 25 jumping jacks		McNaughton Park		
		Go skating or swimming	Island Park			
		Clean up five pieces of litter or trash		M		TO COM March

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ADULT CHALLENGES ALL					
Initials	Park	Challenges			
		Play a game of basketball			
		Journal or write outside 4 days in a week			
		Walk/jog in the park for 20 minutes			
		Attend a free outdoor parks class/activity			
		Sit at the park, breathe, and relax			
		Join an outdoor rec league or activity			
		Play a game of softball or baseball			
		Listen to music or dance at the park			
		Practice meditation on a patch of grass			
		Visit the local Elkhart Farmers Market			
		Check out a library book and read			

Initials	Park	Challenges		
		Play soccer or practice dribbling		
		Go for a bike ride around a park		
		Go to a Summer Chill Concert		
		Complete a hiking trail		
		Go swimming or skating		
		Practice yoga or attend a yoga class		
		Go fishing and try to catch a fish		
		Have a picnic with friends or family		
		Do 25 squats and 25 push-ups		
CUCAECTED I ADATIONS				



#### SUGGESTED LOCATIONS

High Dive Park





### CREATE YOUR OWN CHALLENGES

Use the blank spaces below to create your own challenges! The City of Elkhart Parks has many free locations, events, and programs to experience! Think about what activities you enjoy and look to the next page for inspiration!

Initials	Park	Challenges

#### SUMMER PROGRAMS & SCHEDULE

- Here are some activities and events happening this summer!
- Visit <a href="https://elkhartindiana.org/government/parks">https://elkhartindiana.org/government/parks</a>/ to learn about these free programs and more.



Bird Watching Hikes. (Check time & location online) Story Walks at the Botanical Gardens. on Tue @ 5:30 PM

Rhapsody Concert Series June 10 & 11 @ Island Park Summer Chill Concerts every 4th Sun from May to Sept.

Elkhart Farmer's Market. Every Sat from May to Sept.

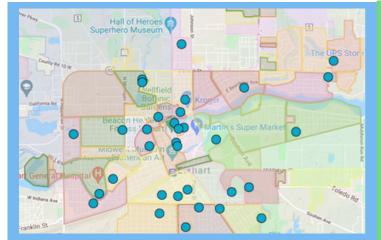
Ladies Inspiring
Fitness Together
Mon/Tue 6 PM
@ High Dive
Pavilion

Town Green Social @ Town Green Plaza. Wed @ 5 PM Senior Dance Class. Thur 11:30 AM @ McNaughton

Pickup Pickleball. Tue/Thur 9 AM to noon @ Studebaker park

Fitness in the Parks. Sat June to Sept 9 AM @ NIBCO Park Free Zumba classes in the park Independence Day Celebration July 2

Senior Game Day Wed. @ 9AM June 1 to Sept 28 Bat House Workshop and Hike. July 15 @ 7 PM at the EEC Women's selfdefense classes Kayak Club Every Sat. from June to Sept.



Above is a map of 33 Elkhart city parks. How many can you visit this summer?



Share your park pictures with us online

/ElkhartParks | @Elkhartparks

Learn more about Elkhart City Parks, locations, amenities, and activities on our website and social media pages.

\*Free park and beach vouchers are available to eligible residents. Please talk to the Parks and Recreation Department to learn more.\*

















Please take the presurvey by scanning the QR code or going to https://tinyurl.com/CoE ParksSurvey

If you have questions about the Parks Passport, please ask the Elkhart Parks & Recreation Department to learn more

- ★ Elkhart City Hall. 229 S Second Street, Elkhart, IN 46516
- **(** (574) 295-7275
- elkhartindiana.org/government/parks/recreationprograms/