



# PASSPORT TO ELKHART CITY PARKS

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



The City of Elkhart Parks & Recreation Department wants you to get outside and experience nature, exercise, and play!

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!



Being outside has positive health benefits, including (but not limited to):

- 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
		Spot three living creatures
		Attend a Elkhart Parks nature walk
		Play on the playground
		Do 25 sit-ups
		Read a whole book outside
		Draw or color
		Have a picnic with family or friends
		Play frisbee or catch
		Do 25 jumping jacks
		Go skating or swimming
		Clean up five pieces of litter or trash

Initials	Park	Challenges
		Visit NIBCO Water Park or IDEAL Beach
		Make a play, show, or song at the park
		Practice dribbling a ball for 10 minutes
		Ride a bike or scooter in the park
		Attend the Elkhart Farmer's Market
		Practice playing tennis or pickleball
		Play a game of tag for at least 15 minutes
		Watch the clouds and name what you see

## SUGGESTED LOCATIONS



**McNaughton Park**



**Island Park**





# ADULT CHALLENGES



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

## SUGGESTED LOCATIONS

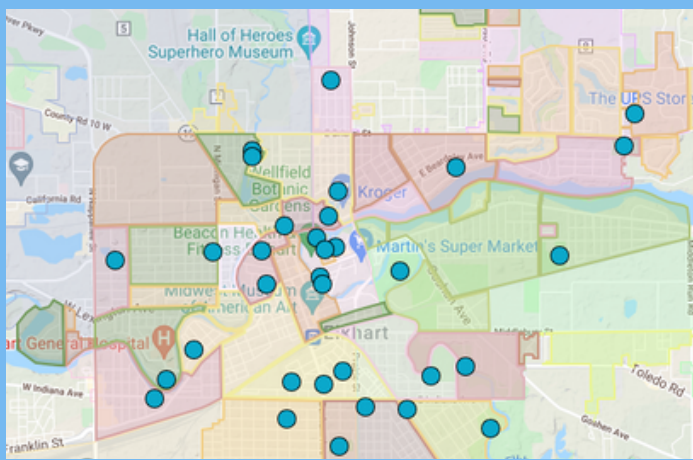


High Dive Park

Walker Park







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 pre-  
survey 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/](https://elkhartindiana.org/government/parks/recreationprograms/)