



# JRPM PASSPORT

JUNE IS RECREATION AND PARKS MONTH

## June is Recreation and Parks Month and we're celebrating across Durham Region.

Explore, Participate and Win! Your passport to fun and adventure awaits!

With this passport, you can track your visits to various events and also have a chance to win prizes including a new bike!

### How it works:

- Use your passport to guide your event choices.
- Attend at least three events in Durham Region.
- Scan the unique QR code while participating in the events towards your entry to the prize draws. After three unique QR code scans you will be entered to win the grand prize of a bike.

Exciting activities include Free Fitness Fridays, Zumba® in the park, Yoga by the lake, public swims and many more free events!

### Grand Prize Draw and additional prizes to be won:

- Open to all residents of the Regional Municipality of Durham.
- Children and Youth 17 years and under will need parental permission.
- June 1 to June 30, 2024.
- A chance to win a new bike and additional prizes\*\*

\*\* For more details and context rules and regulations visit [durhamtourism.ca/RecAndParksMonth](http://durhamtourism.ca/RecAndParksMonth)

**Get Active, Get Social and Get Winning!** Recreation and Parks month is not only a chance to win but an opportunity to explore your community and make memories with your friends and family. So grab your passport and start your journey through Durham Region's recreation and parks!

In addition, your participation can help your community be crowned Canada's most active community during June! Visit [DurhamTourism.ca/RecAndParksMonth](http://DurhamTourism.ca/RecAndParksMonth) for more information.

I agree to the rules and understand the rules and regulations of the contest.





JUNE IS RECREATION AND PARKS MONTH

# DURHAM REGION PASSPORT

## FREE events across Durham Region

# JUNE 2024

**SATURDAY 1**

- DanceFit Jam Party 13+ 10:30am-12pm (CHDRC Banquet Hall West Salon, Pickering)\*
- National Health & Fitness Day activities 3:30pm - 5:30pm
- & Public swim 3:30pm - 5:30pm (Diane Hamre Recreation Complex, Clarington)
- Canoe the Nonquon Race 8am (Scugog)\*\*

<p><b>SUNDAY 2</b></p> <ul style="list-style-type: none"> <li>• 20th Anniversary Durham Pride Parade 1pm (Arbour Park, Ajax)</li> <li>• 20th Anniversary Durham Pride Festival 2pm (Arbour Park, Ajax)</li> </ul>	<p><b>MONDAY 3</b></p> <ul style="list-style-type: none"> <li>• Outdoor Gentle Yoga 2pm-3pm (Whitby Rec Centre)</li> </ul>	<p><b>TUESDAY 4</b></p> <ul style="list-style-type: none"> <li>• Learn Pickleball 9am – 10am (Diane Hamre Recreation Complex Newcastle Clarington)***</li> </ul>	<p><b>WEDNESDAY 5</b></p> <ul style="list-style-type: none"> <li>• Guided Hike 9am (Meet at Tooleys Mill Park Courtice, Clarington)</li> <li>• Games in Palmer Park 4pm (Palmer Park, Scugog)</li> <li>• Free Inclusion - Family and Friends Swim 6:30-7:30pm (South Oshawa Community Centre)</li> </ul>	<p><b>THURSDAY 6</b></p> <p><b>Physical Activity helps you have a healthy weight!</b></p>	<p><b>FRIDAY 7</b></p> <ul style="list-style-type: none"> <li>• Dance Party Challenge 3pm-5pm (Whitby Rec Centre)</li> <li>• FREE Fitness Fridays 13+ (Pickering)</li> <li>• FREE Fitness Fridays 18+ (Oshawa)</li> <li>• Zumba® in the Square 7pm –8pm (Pat Bayly Square, Ajax)*</li> <li>• Outdoor Movie – 7pm (Rick MacLeish Memorial Centre, Brock)</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Parent and Child (7-14 yrs) Free Basketball 10am- 12pm Audley Recreation Centre, Ajax</li> <li>• Free Public Swimming 1 to 3 pm (Uxbridge)</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Kundalini Yoga Meditation 12pm-1pm (South Oshawa Community Centre)</li> <li>• Youth Basketball 4pm – 6pm Audley Recreation Centre, Ajax</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• 55+ Pickleball Practice Clinic 9:30am - 12:30pm Audley Recreation Centre, Ajax</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Public Swim 7pm – 9pm (CHDRC Pool, Pickering)</li> <li>• Learn Pickleball 9am – 10am (Orono Park, Clarington)***</li> <li>• FREE Sunset Yoga – 7:30pm (Beaverton Centennial Beach, Township of Brock)</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Guided Hike 9am (Bowmanville Valley Creek Trail, Meet at Bowmanville Valley Parking lot off Roenigk Dr, Clarington)</li> <li>• Waterfront Workout 1pm-2pm Heydenshore Pavilion, Whitby</li> </ul>	<p><b>13</b></p> <p><b>Did you know that regular physical activity improves learning?</b></p>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• FREE Fitness Fridays 18+ (Oshawa)</li> <li>• FREE Fitness Fridays 13+ (Pickering)</li> <li>• Movies in the Park "Trolls Band Together" approx. 8:45pm (Audley Recreation Centre, Ajax)</li> <li>• Crafts at Latcham Centre 4pm (Latcham Centre, Scugog)</li> <li>• Free public swim 7:10pm-8:30pm &amp; 7:10pm-9pm Audley Rec Centre &amp; McLean Community Centre</li> <li>• Free Fun Swim 7:15-9pm Delpark Oshawa</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Squash57 Try-it! Open house 10am – 1pm (Ajax Community Centre)</li> <li>• Fit Fusion 55+ 11am – 11:50am (East Shore Community Centre Pickering)**</li> <li>• Lunchtime Yoga 55+ 12pm – 12:50pm (East Shore Community Centre Pickering)**</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Buddy Workout all day (Whitby Rec Centre)****</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Furry Friends Fit Club Walking Program 13+ 6pm - 7pm (CHDRC- Princess of Wales Park, Pickering)*</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga 11am – 11:45am (Audley Rec Center Ajax)*</li> <li>• Learn Pickleball 9am – 10am (Stuart Park Courtice, Clarington)***</li> <li>• FREE Zumba – 6:30pm (Rick MacLeish Memorial Community Centre, Township of Brock)</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Guided Hike 9am (Samuel Wilmot Nature Area, Meet at Soper Creek Park, Clarington)</li> <li>• Seniors BBQ (Garnet B Rickard Community Complex, Clarington)*</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Yoga in the Park 55+ 6pm – 6:50pm (Rick Johnson Memorial Park, Pickering)**</li> <li>• Outdoor Movie – 7:00pm Rick MacLeish Memorial Community Centre, Township of Brock</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• FREE Fitness Fridays 18+ (Oshawa)</li> <li>• Free Fitness Friday 13+ (Pickering)</li> <li>• Celebrate International Day of Yoga at the following yoga events: 10am – 11am (Port Darlington East Beach Park, Clarington)</li> <li>• 3pm – 4pm (Whitby Civic Rec Centre)</li> <li>• 4:30pm – 5:15pm Family (Courtice Community Complex)</li> <li>• 6pm – 7pm 6+ Esplanade Park, Pickering</li> <li>• 7pm – 8pm (Veterans Point, Ajax)*</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Orono outdoor pool opening day, free swim 12pm – 4pm (Orono Pool, Clarington)***</li> <li>• Free public swim (Ajax Memorial Pool)***</li> <li>• Free Public Swimming 1pm - 3pm (Uxbridge)</li> </ul>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Ajax Trailfest 8:30am – 1pm (Audley Rec Centre, Ajax)*</li> <li>• Public swim 12pm – 4pm (Orono Outdoor Pool, Clarington)</li> <li>• Forest Bathing 10am – 11am (Oshawa Valley Botanical Gardens)</li> </ul>	<p><b>24</b></p> <p><b>Being active gives you more energy!</b></p>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Learn Pickleball 9am – 10am (Diane Hamre Recreation Complex Newcastle, Clarington)***</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• Guided Hike 9am (Meet at the South end of Cobble Dick road, Clarington)</li> <li>• Free 2SLGBTQ+ Fun Swim 7pm-8:30pm (Delpark, Oshawa)</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Free Fun Swim 6pm-8pm (South Oshawa Community Centre)</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• FREE Fitness Fridays 13+ (Pickering)</li> <li>• FREE Fitness Fridays 18+ (Oshawa)</li> <li>• Outdoor Family Fitness Fun 2pm - 3:30pm (Whitby Civic Recreation Centre)</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Cycle Pump 55+ 11am - 11:50am (Pickering)**</li> <li>• Free Fun Swim 6pm-8pm (South Oshawa Community Centre)</li> </ul>

**30**

**Physical activity makes your bones and muscles stronger!**

Visit [DurhamTourism.ca/RecAndParksMonth](http://DurhamTourism.ca/RecAndParksMonth) for details and locations.

\* Advanced registration required.  
 \*\* Advanced registration required. Fee attached  
 \*\*\* cancelled if thunder and lightning.  
 \*\*\*\*members only.

