JULY IS COME CELEBRATE Parks and Recreation Month

Please join us for these upcoming FREE events!

STAND-UP PADDLE CLINIC with CLUB ED SURF SCHOOL | July 1, Sunday 11:00 am - 1:00 pm Cowell Beach | Come join us and check out Stand-Up Paddling (aka SUP). It's great exercise, a new way of enjoying the water, and too much fun not to try! This clinic will introduce you to SUP fundamentals, etiquette, equipment design, function, safety, maneuvering and proper paddling techniques for kids 10 years old and up. Adults are welcome too! Bring bathing suits, wetsuits, and give it a go! Meet at the blue Club Ed beach trailer, on Cowell Beach on the right side of the Santa Cruz Wharf. Please email or call to reserve your spot, clubed@sbcglobal.net or 831-464-0177. Also lessons and rentals available daily. Check out our website at www.club-ed.com for class schedules and reservations. **FREE!**

FREE DRY LAND LEARN TO SURF CLINIC with CLUB ED SURF SCHOOL | July 6, Friday 4:00 - 5:30 pm | Cowell Beach | Come join us and learn the basics of surfing and more. This Dry Land Learn to Surf Clinic will introduce surfing fundamentals, etiquette, equipment design, function, safety, maneuvering and proper stand-up techniques. All ages welcome. Adults are welcome too! Meet at the blue Club Ed beach trailer on Cowell Beach on the right side of the Santa Cruz Wharf. Please email or call to reserve your spot to clubed@sbcglobal.net or 831-464-0177. Also lessons and rentals available daily. Visit our website at www.club-ed.com for class schedules and reservations. **FREE!**

GAME DAY | July 7, Saturday | 1:00 - 9:00 pm | Louden Nelson Community Center | 301 Center St
If you're a gamer, this is the event for you! Players can bring games of their own or join a game group. Groups that are accepting players are designated by a brightly colored cone. This event happens the first Saturday of each month. **FREE!** Other **FREE** game events at Louden Nelson: Senior Ping Pong - Monday, Wednesday and Friday, 9:30 - 11:30 am.

FREE MOVIES ON THE BEACH | July 11, 18, 25; August 1, 8, 15 | Wednesdays, 9:00 pm Main Beach, by the Boardwalk | There's nothing quite like watching a classic movie on the beach with the world-famous Giant Dipper Rollercoaster lights twinkling overhead and the smell of Kettle corn, hot dogs, and salt water taffy filling the air! Bring the family and your blanket or low back chair and join us for the fun! Visit beachboardwalk.com/movies for movie schedule. **FREE!**

TEEN GLOW IN THE DARK BEACH VOLLEYBALL | July 13, Friday | 8:00 pm - 10:00 pm Main Beach Volleyball Courts | Show up for glow-in-the-dark volleyball with music and fun under the stars on the beach. Teen Center staff will be on hand to organize games and officiate. Glow-in-the-dark net and volleyballs will be provided. Glow necklaces or bracelets for all players. Call 831-420-5337. **FREE!**

DOWNTOWN TREE WALK | July 14, Saturday | Downtown Santa Cruz | Meet at City Hall Courtyard at 9:00 am | See Santa Cruz's most unique and grandest trees on a tour with the City's urban forester, Leslie Keedy. No reservations required. **FREE!**

WACKY WATER DAY IN LAUREL PARK | July 21, Saturday | 1:00 - 3:00 pm Louden Nelson Community Center - Laurel Park | Bring the family for a fun day of water games in Laurel Park. Summer camp leaders will have kids slipping and sliding, water balloon tossing and splashing in the summer sun. Kids should wear swim suits and bring towels and sunscreen. **FREE!**

3RD ANNUAL FESTIVAL DEL NOPAL | July 22, Sunday | Market/Mercado 10:00 am - 6:00 pm Program/Programa noon - 6:00 pm | 224 Church St | Join the fun at this event celebrating the prickly pear cactus — a symbol of the location ancient Aztecs chose for the city of Tenochtitlan (Mexico City). The cactus has several different culinary, medicinal and cultural uses and is a source of pride for the Latino community. Featured will be a best recipe competition, music and dance with Ballet Folklorico, cactus cooking and more. The popular "Reina y Rey del Festival" contest will again encourage participants to sell $1 tickets to benefit a college scholarship program — top sellers are crowned "Queen and King of the Festival." For more information visit www.festivaldelnopal.com or call 831-295-2518. **FREE!**

DOGGIE FUN AT PACHECO OFF-LEASH DOG AREA | July 25, Wednesday | 8:00 am - 10:00 am Pacheco Ave and Prospect Heights | The City of Santa Cruz has five off-leash dog areas! Bring your pooch to one of our favorites, Pacheco Avenue, for a morning of fun! We will have games, treats and giveaways for your four-legged family member. Free information will be provided on dog park etiquette, canine tips for good health and a dog trivia challenge presented by our Parks and Recreation staff and our friends at the Santa Cruz SPCA. This off-leash area is completely fenced and open sunrise to sunset daily. **FREE!**

PICKLE BALL INTRODUCTION | July 27, Friday | 10:00 am - 12:00 pm | Louden Nelson Community Center | 301 Center St | Check out the sport that is sweeping the south! Pickle Ball is a combination of tennis, badminton and ping – pong. It is less strenuous than tennis, but just as much fun! This is a great way to get some exercise, and most of all have a great time! Learn the game, then come down each Friday at 10:00 am to play with our regular Pickle Ball group. **FREE!**

City of Santa Cruz PARKS & RECREATION

For more information on these and other City of Santa Cruz Parks and Recreation Department programs visit **www.santacruzparksandrec.com** or call **420-5270.**

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