

DPR FUN & FIT PROGRAM

The Month of May is Fitness Month for the District and DC Parks and Recreation. During the DC Parks and Recreation will offer complementary admission for DC Residents to all fitness centers in Recreation Facilities throughout the city. Swimming at all Aquatic Facilities is also free.

GOAL

Our goal is to not only promote health and well-being to our District residents, but to introduce ongoing DPR programs and foster continued activity for all ages. We have developed some special events which we will use to promote healthier lifestyles and have fun too.

KICK-OFF EVENT

On May 1st, DPR will kick off Fitness Month with the Director's one (1) mile walk starting in front of DPR Headquarters at 16th Street, NW; along with. This event held by previous DPR Directors will also host a health-fair and fitness screenings.

WEEKLY EVENTS

- Monday's Jump Rope and Double Dutch throughout the city
- Tuesday's Family Walking Clubs throughout the city
Teen Dance Night featuring different dance styles, to include: Salsa dancing, hand dancing, African dance, hip-hop and square dance
- Wednesday's Family Volley Ball throughout the city
➤ Children: 6:00 – 7:30pm
➤ Adults: 7:30-9:00pm
- Thursday's Roller Skating at Malcolm X
- Friday's Teen "Novelty Sports" Night

SPECIAL EVENTS

Junior Olympics

- May 7th – Takoma
- May 10th – King Greenleaf
- May 12th – Turkey Thicket

Senior Olympics

- May 8th – 11th – Various venues and events

Let's Get Physical Track Meet

- May 19th – Venue TBA

DPR Adult Tennis Open Tournament

- May 24th – 27th

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DPR Tennis Shoot-Out

- May 5th - Anacostia Sports and Fitness Center
- May 12th – Turkey Thicket

DPR 2007 City-Wide Cheerleading Competition

- May 26th – Venue TBA