



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.
- 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, 2025.
- **A chance to win a new bike** and additional prizes**

** For more details and context rules and regulations visit 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!

Visit 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 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <ul style="list-style-type: none"> Celebrate Sport Community Day 10am-2pm (Courtice Community Complex, Clarington) June Kick Off 1pm-3pm Accessible Multi-Sport Park (Accessible Multi-Sport Park Uxbridge) 	2 <ul style="list-style-type: none"> Outdoor gentle yoga 2pm-3pm (Whitby Civic Recreation Complex fields)* 	3 <ul style="list-style-type: none"> Horseshoes at the Museum 6pm (Uxbridge Historical Centre) Explore and discover family walk 9:15am or 10:30am (Country Side Preserve Uxbridge) Pickleball 6:30pm-8:30pm (South Oshawa Community Centre Oshawa) 	4 <ul style="list-style-type: none"> Games in Palmer Park 4pm-6pm (Palmer Park, Scugog) 	5 <p>Did you know that regular physical activity improves learning?</p>	6 <ul style="list-style-type: none"> Free Fitness Fridays 6am-10pm (Courtice Community Complex, Clarington) Free Fitness Fridays 8am-9pm (City of Oshawa Fitness Centres) Free Fitness Fridays - Health Club only 6am-11pm (Chestnut Hill Development Recreation Complex, Pickering) Zumba* in the square 7pm (Pat Bayly Square, Ajax)* Baseball Batting Cage drop in/low intensity rec. soccer drop in 6-8pm (Civic Recreation Centre, Oshawa) 	7 <ul style="list-style-type: none"> Community Safety Day 10am-2pm (Garret B Rickard, Clarington) Canoe the Nonquon event 8am-3pm (Latham Centre, Port Perry)** Yoga at the Museum 10am-11am (Uxbridge Historical Centre)* Oshawa Peony Festival 10am-4pm (Oshawa Valley Botanical Gardens) Durham Pride parade 1pm (Ajax Town Hall) National Health & Fitness day 18+ 12pm-6pm (Audley Recreation Centre, Ajax) National Health & Fitness day 13+ 9am-12pm (Chestnut Hill Development Recreation Complex, Pickering) Mayor's free swim 1pm-3pm (Uxpool)
8 <ul style="list-style-type: none"> Oshawa Peony Festival 10am-4pm (Oshawa Valley Botanical Gardens) Fun Swim 2pm - 3:45pm (Delpark Homes Centre pool, Oshawa) Youth Basketball 4pm (Audley Recreation Centre, Ajax) 	9 <ul style="list-style-type: none"> Adult pickleball practice clinic 9:30am (Audley Recreation Centre, Ajax) Try Bocce 5pm-7pm (200 Grenfell St, Oshawa) 	10 <ul style="list-style-type: none"> Horseshoes at the Museum 6pm (Uxbridge Historical Centre) Explore and discover family walk 9:15am or 10:30am (Country Side Preserve, Uxbridge) Drop-in basketball 6pm-7pm; 7pm-8pm; (South Oshawa Community Centre, Oshawa) 	11 <ul style="list-style-type: none"> Outdoor stretch 1pm-2pm (Whitby Civic Recreation Complex fields)* Learn to play pickleball 9am-10:30am (Uxbridge Arena) Cricket 5:30pm-8pm (Stone Street Park, Oshawa) 	12 <ul style="list-style-type: none"> Tennis drop-in 6:15am-10pm (Civic Recreation Complex, Oshawa) 	13 <ul style="list-style-type: none"> Outdoor boot camp 5pm-6pm (Whitby Civic Rec. Complex fields)* Free Fitness Fridays 6am-10pm (Courtice Community Complex) Free Fitness Fridays 8am-9pm (City of Oshawa Fitness Centres) Public swim 7:10pm (Audley Rec Centre and McLean Community Centre, Ajax) Roller Disco party night 6:30pm-8pm (Delpark Homes Centre, Oshawa) Free Fitness Fridays - Health Club only 6am-11pm (Chestnut Hill Development Recreation Complex, Pickering) Open leisure Roller Skate/Blade 6:30pm-8:15pm (Garret B Rickard Arena) 	14 <ul style="list-style-type: none"> Mayor's clean-up 9am-11am (City Hall, Oshawa)*
15 <p>Being active gives you more energy!</p>	16 <ul style="list-style-type: none"> Free public swim 6:10pm-8pm (Birdseye Pool, Port Perry) Outdoor yoga 7pm-8pm (Lakeview Park Gazebo, Oshawa) 	17 <ul style="list-style-type: none"> Horseshoes at the Museum 6pm (Uxbridge Historical Centre) Explore and discover family walk 9:15am or 10:30am (Country Side Preserve, Uxbridge) Pickleball 6:30pm-8:30pm (South Oshawa Community Centre, Oshawa) 	18 <ul style="list-style-type: none"> Crafts in Palmer Park 4pm-6pm (Palmer Park, Scugog) Outdoor boot camp 2pm-3pm (Whitby Civic Rec Complex fields)* Learn to play pickleball 9am-10:30am (Uxbridge Arena) Seniors Month BBQ and open house (55+ event) 11am-2pm (Courtice Community Complex)* Cricket 5:30pm-8pm (Stone Street Park, Oshawa) 	19 <ul style="list-style-type: none"> Sunset yoga 7pm (Ajax Waterfront - Veterans' Point)* Netball 7pm-8:30pm (Audley Recreation Centre - Gym, Ajax) Try Bocce 5pm-7pm (200 Grenfell St, Oshawa) 	20 <ul style="list-style-type: none"> Outdoor cardio sculpt 5pm-6pm (Whitby Civic Recreation Complex fields)* Free swim 7pm-9pm (Whitby Civic Recreation Complex Pool)* Free Fitness Fridays 6am-10pm (Courtice Community Complex) Free Fitness Fridays 8am-9pm (City of Oshawa Fitness Centres) Free Fitness Fridays - Health Club only 6am-11pm (Chestnut Hill Development Recreation Complex) Pride swim 7:15pm-9pm (Delpark Homes Centre pool, Oshawa) 	21 <ul style="list-style-type: none"> Circuit 3:30pm-4:30pm (Whitby Civic Rec Complex fields)* Free public swim 1pm-3pm (Uxpool, Uxbridge) Free public swim 12pm-4pm (Orono Outdoor Pool, Clarington) Outdoor Family Yoga 9:30am-10:15am (Rotary Park Bowmanville) Public swims all day - (Ajax Memorial Pool) Squash/57 Try-it day 12:30pm (Ajax Community Centre, Ajax) Beach volleyball 12pm-5pm (Lakeview Park Beach, Oshawa)
22 <ul style="list-style-type: none"> Free swim 2:30pm-4:30pm (Whitby Civic Recreation Complex Pool)* Trailfest 8:30am (Audley Recreation Centre, Ajax)* Free public swim 12pm-4pm (Orono Outdoor Pool, Clarington) Families in the Park 12:30pm-3:30pm (Orono Park/Outdoor Pool) Open leisure roller blade/skate 1:30pm-3:15pm (Garret B Rickard Arena, Clarington)** 	23 <ul style="list-style-type: none"> Drop in Aquafit 9:00 - 9:45am, 9:45am - 10:30am (Delpark Homes Centre pool, Oshawa) Outdoor yoga 7pm-8pm (Lakeview Park Gazebo, Oshawa) 	24 <ul style="list-style-type: none"> Horseshoes at the Museum 6pm (Uxbridge Historical Centre) Explore and discover family walk 9:15am or 10:30am (Country Side Preserve, Uxbridge) Try tennis drop-in 6:15am-10pm (Civic Recreation Complex, Oshawa) Try Bocce 5pm - 7pm (200 Grenfell St, Oshawa) 	25 <ul style="list-style-type: none"> Blood pressure clinic 9am-12pm (Whitby Civic Recreation Complex Lobby) 	26 <ul style="list-style-type: none"> Try squash 6:15am-8:45pm (Civic Recreation Complex, Oshawa) 	27 <ul style="list-style-type: none"> Free Fitness Fridays 6am-10pm (Courtice Community Complex, Clarington) Free Fitness Fridays 8am-9pm (City of Oshawa Fitness Centres) Free Fitness Fridays - Health Club only 6am-11pm (Chestnut Hill Development Recreation Complex, Pickering) 	28 <ul style="list-style-type: none"> Outdoor soccer drills and exercises 2:30pm-3:30pm (Whitby Civic Recreation Complex fields)* Beach volleyball 12pm-5pm (Lakeview Park Beach, Oshawa)
29 <p>Physical activity helps you sleep better!</p>	30 <p>Physical activity makes your bones and muscles stronger!</p>	<p>Visit DurhamTourism.ca/RecAndParksMonth for details and locations.</p>				

* Advanced registration required.

** Advanced registration required. Fee attached.

