

FOR IMMEDIATE RELEASE

July is Parks and Recreation Month

The City of Bonita Springs Offers a Variety of Parks and Recreation Opportunities

BONITA SPRINGS, Fla., - July 11, 2019- The City of Bonita celebrates Parks and Recreation for the month of July. Playgrounds, recreation centers, sports leagues, summer camps are a few benefits that our recreation center has to offer. However, our Recreation facilities offers more to the community, than most residents know. During the month of July, we encourage residents to explore the various benefits of our Parks and Recreation facilities, such as innovative health and wellness classes, outdoor education and community celebrations.

Five Fun, Inexpensive Ways to Get Active Together This Summer.

Community Parks in Bonita Springs

Did you know that there are 20 community parks in Bonita Springs? Local residents and visitors have the opportunity to explore our Bonita Nature Place, home to the groper tortoise preserve and butterfly garden. Visitors can also enjoy a 1.5 mile hike, by utilizing the nature, shell and boardwalk trails. Children will enjoy our newly restored playground, located at the Bonita Community Park. There, children of all ages and adults can take pleasure in our two public tennis courts, baseball fields, disc golf course and the outdoor pavilion for basketball/futsal. During the summer afternoons and evenings, families' can get together and eat lunch at picnic shelter of Island Park, another community park in Bonita Springs. Please click [here](#) for location details and more information.

Nature Treasure Hunt

If hiking in Florida seems strange, make it a treasure hunt. Create a 'key,' a list of things for your children to find with photocopies of trees, leaves, bird species, or animals. In the past year Bonita Springs added Cullum's Bonita Trail. It makes a perfect scenic walk spanning a little more than a mile into pristine nature. The Imperial River crosses it at several points. There is a kayak launch, several benches and plenty of beautiful spots to lay a blanket down for a picnic. Segments of the trail has natural shading allowing a pleasant experience for morning and afternoon walks even during summer months. Bug spray may be a good idea. The Bonita Trail starts at the Nature Place at 27601 Kent Road.

Take your Furry Family Along

Taking the dog makes any outing seem more like an adventure. Depot Park is over the railroads tracks next to Riverside Park and bandshell. Located at, 10375 Pennsylvania Ave., it is a beautiful tree canopied park that sits on the Imperial River. Depot Park is dog friendly and also has a natural playground for children. The Bonita Dog Park is also a great place to take your pet. The Dog Park has areas for large, medium and small dogs, a dog wash station, picnic pavilion, and an asphalt walking path. It is located on East Terry St. at the light of East Terry and Matheson Ave.

Get Healthy Together

Gym memberships for a whole family can be expensive, but a membership to the Recreational Center is an affordable way to exercise. An annual membership includes access to the fitness room, open gym, locker room/showers and access to the community pool activities, such as water aerobics and swim classes. The Recreation Center has fitness classes like stretch and tone and line dancing that are included in membership. The recreation center also offers inexpensive personal training. The website has a calendar on the homepage that shows all the classes for that day and the upcoming week.

Love the Water?

One of the most unique features of downtown Bonita Springs is that it offers many outdoor recreational opportunities on the river. With the Imperial River running right through it, there are gorgeous scenic routes for kayaking, paddle boarding or canoeing. If you head west on Bonita Beach Road, residents and visitors can spend a hot summer day at Barefoot and Bonita Beach. Visitors have the option of dining in restaurants on the beach.

Play Disc Golf Together

To play disc golf you just need to know how to throw a frisbee. It uses the same rules as traditional golf. Bonita's scenic 18-hole course wraps around our 7 acre lake. This is an exciting game for the whole family and a great workout. The disc golf course has amateur tee pads for the beginner and pro pads for the more advanced player. There is no charge to play! Those wishing to play can go to the Recreation Center, located at 26740 Pine Avenue off of West Terry Street. The Recreation Center will provide a map and score card. People usually bring their own equipment, though discs are available for purchase.

For more information call the Bonita Springs Recreation Center at 239-992-2556 or click [here](#) to visit the new website.

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