



# June is Recreation Month

## Weekly Themes Overview

June is Recreation Month uses four weekly themes to help share clear messages and encourage people of all ages and abilities to take part. Organizations can use the themes as they are, change them to match local needs, or use the examples as ideas.

### Week 1: Bike Week

Bike Week encourages people to see cycling as an easy, active, and eco-friendly way to get around and have fun. Communities can share bike resources, host “try it” events, and celebrate local cycling.

Observed/Awareness Days during this week include:

- World Bicycle Day (June 3rd)
- World Environment Day (June 5th)

Examples:

- Guided community bike rides for families, adults, or seniors
- Learn-to-Ride sessions or bike skills workshops
- Bicycle tune-up or maintenance clinics with local bike shops
- Group trail rides along local active transportation routes
- “Bike to Work” or “Bike to School” campaign days
- Community challenges using cycling distances or destinations
- Promotion of local trails, cycling maps, and safety tips

### Week 2: Inclusive Recreation Week

Inclusive Recreation Week highlights programs and spaces that welcome everyone, no matter their age, ability, background, or life experience. The focus is on reducing barriers, promoting equity, and showcasing the diversity of recreation opportunities across communities.

**Explore.**  
**Play.**  
**Discover.**

Observed/Awareness Days during this week include:

- International Day of Play (June 11th)

Activity Examples:

- Try-ParaSport sessions (e.g., boccia, wheelchair basketball, sitting volleyball)
- Sensory-friendly recreation hours or open gym times
- Free or low-cost equipment loan programs
- Pride Month collaborations (e.g., 2SLGBTQIA+ inclusive activities)
- Culturally relevant activities co-led with community partners
- Programs adapted for neurodiverse participants
- Accessible guided walks or trail audits with disability advocates
- Staff training opportunities on inclusive program delivery

### **Week 3: Connecting with the Land Week**

This week celebrates outdoor recreation, nature connection, environmental stewardship, and Indigenous perspectives on land relationships. Municipalities are encouraged to offer activities that deepen appreciation for natural spaces and promote outdoor learning.

Observed/Awareness Days during this week include:

- National Indigenous Peoples Day (June 21st)
- Summer Solstice (June 21st)
- Fathers Day (June 21st)

Activity Examples:

- Guided nature walks or forest exploration programs
- Learn-to-camp or outdoor skills workshops
- Nature-based family play sessions
- Indigenous-led teachings, storytelling, or plant identification walks
- Community gardening, planting days, or pollinator habitats
- Birdwatching, geocaching, or outdoor scavenger hunts
- Trail discovery days highlighting lesser-known local spaces
- Environmental cleanup or stewardship events

## **Week 4: Explore Your Community Week**

This week encourages residents to discover local parks, trails, facilities, historical sites, and hidden gems. It highlights the role of recreation in building community pride, belonging, and social connection.

Examples:

- “Passport to Parks” or neighbourhood exploration challenges
- Guided heritage walks or tours of cultural landmarks
- Free drop-in recreation at local facilities
- Community festivals, outdoor concerts, or markets
- Play Zones, Pop-Up Play, or mobile recreation programs
- Art walks or public art scavenger hunts
- Open house events at recreation centres, arenas, or pools
- Story-sharing activities highlighting local people and places

**Explore.**  
**Play.**  
**Discover.**