

PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



"Since 1985, people in the United States have celebrated Park and Recreation Month in July to promote building strong, vibrant and resilient communities through the power of parks and recreation and to recognize the more than 160,000 full-time park and recreation professionals — along with hundreds of thousands of part-time and seasonal workers and volunteers — that maintain our country's local, state and community parks.

This year's theme — "Where Community Grows" — celebrates the vital role park and recreation professionals play in bringing people together, providing essential services and fostering the growth of our communities.

West Nile virus in Texas

No human cases have been detected in Travis County at this time. The Texas Department of State Health Services (DSHS) announced on June 23 that a malaria case had been detected in Cameron County in South Texas. This is the first locally transmitted infection of malaria in Texas since 1994. The most common symptoms of malaria occur seven to 30 days after infection and include:

- fever
- shaking chills
- body aches
- nausea and vomiting

You can help keep yourself safe from malaria and other diseases that mosquitoes carry by remembering and practicing the four Ds:

- **Drain** standing water: Mosquitoes breed in standing water and need as little as one teaspoon. Emptying water that accumulates in toys, tires, trash cans, buckets, clogged rain gutters and plant pots will deny mosquitoes a place to lay their eggs and reproduce.
- **Dusk to dawn**: Although different species of mosquitoes are active at different times of day, the Culex mosquito that spreads the West Nile virus is most active between dusk and dawn.
- **Dress**: Wear pants and long sleeves when you are outside. Wear light-colored, loose-fitting clothing; mosquito-repellent clothing is also available.
- **DEET**: Apply insect repellent: Use an EPA-registered repellent such as those containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol or 2-undecanone. Apply on both exposed skin and clothing.



The Aquatics Division offers instructional programs for all ages. A wide variety of swim lessons are available for students 6 months to adult.

In addition to emphasizing good sportsmanship, team spirit and lifelong fitness, the program aims to build swimmers' self-esteem through the enhancement of physical competence and mental fitness.

Swimmers who have participated in a year-round organized program (example USA Swimming) are NOT eligible to participate in this program due to the affiliation with the Texas Amateur Athletic Foundation (TAAF).

Prerequisites

- Must be 5 to 17 years old.
- Swim 25 yards continuous freestyle (front crawl), exhibiting proficient breathing patterns.
- Swim 25 yards continuous backstroke (back crawl) or 25 yards continuous breaststroke, exhibiting proficient kick & body position.

Fees

- Resident Fees: \$80.00 (\$70.00 swim team + \$10.00 TAAF fee)
- Non-Resident Fees: \$92.25 (\$82.25 swim team + \$10.00 TAAF fee)

[City Pools](#)

Highlighted Outdoor Activities for July 2023

[Calendar](#)



Blues on the Green
 presented by ACL Radio - KGSR
 July 18th & 19th
 Zilker Park
 2207 LOU NEFF RD AUSTIN
 6:00PM - 10:00PM
 FREE

Get into Nature with the Austin Parks and Recreation Department.

- [Lamar Senior Activity Center](#)
- [Conley-Guerrero Senior Activity Center](#)
- [South Austin Senior Activity Center](#)
- [Tennis](#)
- [Golfing at Golf ATX](#)
- Softball, flag football, Basketball leagues
<https://www.capitalcityathletics.com/home>
- [Disc Golf](#)
- [Pickleball](#)
- [Trail Directory](#)
- [Skate Parks](#)
- [Zilker Botanical Garden](#)
- [Pools](#)
- [Playgrounds](#)
- [Picnic Sites](#)
- [Austin Nature Science Center](#)

Other Organizations Around Austin with Upcoming Outdoor Events:

- [Texas Farmers Market at Lakeline](#)
- [SFC Farmer's Market Downtown](#)
- [Mueller Farmer's Market](#)
- [Boggy Creek Farm](#)
- [Lady Bird Johnson Wildflower Center](#)
gardening, yoga, etc.
- [Nature Rocks Austin](#)
 - *Find Activities in Green Spaces & Parks in Your Community*
- [Austin Parks Foundation](#)
 - *Movies in the Park*
- [Texas State Parks](#)
- [Tree Folks](#)
 - *Volunteer & Calendar of events*
- [Peace Park Conservancy](#)
- [Waterloo Greenway and Moody Amphitheatre](#)
- [Austin Public Library](#)
 - *Outdoor Storytime*

Keep a look out for our monthly newsletter highlighting outdoor events around Austin and fun facts on how nature can benefit your health.

Click the logo for more information on our website.



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