



Licking Park District Program Guide



July
2023



Tai Chi at the Park

When: Tuesdays @ 6:30PM

Where: Shelter 3, IMP

Drop in for this enjoyable one hour class of simple, easy to learn Tai Chi and Qi Gong practices in the beautiful setting of Infirmiry Mound Park. The exercises in this introductory course are gentle, repetitive, and very easy to follow. Tai Chi and Qi Gong also provide gentle stretching and range of motion to the muscles and joints. Free. All ages welcome.

Yoga at the Park

When: Wednesdays @ 6:00 PM

Where: Shelter 3, IMP

This yoga class will be accessible to all people – regardless of age or yoga experience. The class will focus on whole body flow that will start with basic poses and add on to that each week. This class is good for beginners and seasoned yoga practitioners alike for an overall body stretch. You will build strength, flexibility, awareness, and confidence. Please bring your own yoga mat or a towel for class. Free. All ages welcome.

Wild Storytime

When: Thursday, July 6 @ 10AM

Where: Shelter 5, IMP

For ages 3-6 and their adults. Join us for a story, snack, and activity. We will explore the outdoors and finish at the Nature Playscape! If inclement weather, we will meet at the James Bradley Center. The program lasts about an hour. Free.

Backyard Conservation: Gravel Gardens

When: Thursday, July 6 @ 6PM - 7:30PM

Where: James Bradley Center, IMP

Have you heard of gravel gardening? In this class we will go over how to create a gravel garden, what Ohio native plants are suitable, and we will visit the gravel garden we created at Infirmiry Mound Park last year. Register by July 5! Free.



PACE AT THE PARK

JOIN FELLOW HORSE ENTHUSIASTS FOR SOME FUN IN THE
SADDLE!

REGISTRATION BEGINS AT 8:30AM AND
CLOSES AT 11:30AM

JULY 8, 2023 • 8AM-3PM
INFIRMARY MOUND PARK

Visit lickingparkdistrict.com for details
on time, fees, and registration

Backyard Conservation: Pocket Prairies

When: Saturday, July 8 @ 10AM - 12PM

Where: James Bradley Center, IMP

Would you like to manage your yard to benefit native wildlife and pollinators? Have you considered adding a prairie style plot to your yard, whether it be just a small area or a much larger acreage? Perhaps you do not know where to start? Then this program may be for you! We will go over the appropriate native plants, how to start a prairie, the challenges, the resources, and the benefits! We will visit and compare a small pocket prairie and the large prairies at Infirmiry Mound Park and also discuss the experience the instructor has had converting a portion of their own lawn to prairie. Join us for this fun and interactive class! Register by July 6th. Free.





Licking Park District Program Guide



July
2023



Music at the Gazebo - Innervation

When: Thursday, July 13 @ 6 PM - 8:30 PM
Where: LCCHMP

Enjoy the Music @ the Gazebo concert series on select Thursdays in May – Aug. The July concert will feature the dynamic and award winning Innervation. They play rock, blues, radio favorites and more. Free. Poppy's Roadside Grill Food Truck will have delicious menu options!

Family Adventures: Stream Walk

When: Friday, July 14 @ 10AM - 11:30AM
When: Saturday, July 15 @ 9:30AM - 11AM
Where: LR

Come get your feet wet as we hike up Lobdell Creek. Along the way we will explore the flora, fauna, and geology! This will be fun for the whole family! Free.

Try It: Paddlesports

When: Saturday, July 15 @ 1PM - 3:30PM
Where: Shelter 6, IMP

Stop by Mirror Lake and test out the water with our canoes, SUP's, and kayaks. Wear close toed shoes that can get wet! Waiver must be completed onsite; all youth must be accompanied by an adult. Must be 12 to be on the water solo. Free.

Kayak the Licking River

When: Friday, July 21 @ 9AM - Noon
Where: SL

Explore the Licking River by kayak! We will paddle the section between Riverview Reserve in Newark to Staddens Landing. Participants must be 12 and over. All youth must be accompanied by an adult. Program is weather dependent. Register by July 16! Free.

Early Morning Bird Hike

When: Saturday, July 22 @ 8AM - 9AM
Where: Shelter 5, IMP

Start the weekend with a relaxing early morning stroll as we search for birds at Infirmiry Mound Park. No birding experience necessary! Free.

InnerNatureSeries: Home Food Preservation

When: Saturday, July 22 @ 10AM - 1PM
Where: James Bradley Center, IMP

Fee: \$10. Enjoy this morning workshop as we hike into the woods and pick native berries and then return to the classroom to enjoy making fresh jam. You will learn basic preparation tips and safe processing methods to preserve jams at home. Each participant will leave with a fresh jar of jam! Register by July 19.

Nature Explorers!

When: Wednesday, July 19 @ 9AM - Noon
When: Wednesday, July 26 @ 9AM - Noon
Where: Shelter 4, IMP

Free. For ages 9 to 12. See website for more details and to register. This is a drop off program.

Paint the Parks

When: Wednesday, July 26 @ 6PM - 8:30PM
Where: James Bradley Center, IMP

Fee: \$20. Join us for a Paint the Parks class. The instructor will lead you step by step through the painting. Supplies and snacks provided. BYOB/W. Ages 16+. Minors should be accompanied by an adult. Register by July 24.

July is Park and Recreation Month!

Since 1985, people in the United States have celebrated Park and Recreation Month in July to promote building strong, vibrant and resilient communities through 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.

Location Key

IMP - Infirmiry Mound Park, 4351 Lancaster Rd, Granville

SL - 11059 Staddens Bridge Rd, Newark

LCCHMP - Licking County Children's Home Memorial Park, 745 E Main St, Newark

LR - 5474 Battee Rd, Alexandria

