

JULY 2026

GET UP... GET OUT... GET ACTIVE!



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Explore a Charlotte County park	2 Take a sunrise walk at Englewood Beach	3 Play pickleball with friends	4 Launch kayaks and explore blueway trails
5 Swim laps at a county pool	6 Use outdoor fitness equipment at Centennial Park	7 Visit the meditation station at Bill Coy Preserve	8 Spot birds and wildlife on a nature walk	9 Attend water aerobics at a county pool	10 Go birding	11 Ride your bike at Cape Haze Pioneer Trail
12 Explore trails at Cedar Point Environmental Park	13 Try a fitness class at a recreation center	14 Have a picnic at a picnic pavilion	15 Watch for dolphins at Englewood Beach	16 Walk your dog at any dog friendly park.	17 30 minutes of exercise at a recreation center fitness room	18 FREE POOL ADMISSION ALL COUNTY POOLS
19 Walking fitness at Ann & Chuck Regional park Recreation Center	20 Try disc golf at Centennial Park disc golf course	21 Visit Tippecanoe Environmental Park	22 30 minutes of exercise at a recreation center fitness room	23 Play beach volleyball at Centennial Park Recreation Center	24 Use outdoor fitness equipment at Harold Avenue Regional Park	25 Line dancing at Tringali Park Recreation Center
26 Try paddleboarding	27 Enroll in Yoga at Ann & Chuck Dever Regional Park	28 Challenge friends to a game of basketball or tennis	29 Enjoy a sunset picnic at Port Charlotte Beach	30 Open volleyball at Centennial Park Recreation Center	31 Explore Oyster Creek Environmental Park	