



# Community

# Feature

## Parks, Recreation and Open Space

---

### **FOR IMMEDIATE RELEASE**

May 27, 2014

[wakegov.com/news](http://wakegov.com/news)

### **CELEBRATE HEALTH AND WELLNESS AT PARKS IN JUNE**

In June, Wake County Parks, Recreation and Open Space is celebrating health and wellness. Sign up for ones of these themed programs with the family and enjoy healthy outdoor activities.

#### **Monday, June 2, 10:30-11 a.m. – Tiny Tots: Colors in Nature**

[Crowder District Park](#) invites families to bring their toddlers ages 18 months to 3 years to their new program, Tiny Tots. Toddlers will practice colors by sorting natural objects found in the park. This will be followed by a nature walk to hunt for plants and animals of different colors. Registration is required and the fee is \$2 per child. Crowder District Park is located at 4709 Ten-Ten Road, Apex.

#### **Friday, June 6, 7:30-8:30 p.m. – Yates by Night: Early Summer Hike**

Join a park naturalist for an evening hike to enjoy the sights and sounds of early summer at [Historic Yates Mill County Park](#) while also getting exercise in the great outdoors. Learn tips for observing wildlife and find out ways to identify the sounds made by birds, amphibians and insects as the sun goes down. This program is for ages 8 and up. The fee is \$5 per family or \$3 per person. Proper footwear and registration is required. Historic Yates Mill County Park is located at 4620 Lake Wheeler Road, Raleigh.

#### **Saturday, June 7, 9 a.m.-12 p.m. – Family Disc Golf**

Bring the family to [Harris Lake County Park](#) and learn the basics of disc golf from disc golf professionals. Register for an “Introduction to Disc Golf” at 9 a.m., 10 a.m. or 11 a.m. Advanced skills will be taught on the half hour. This free event is for players of all levels and for all ages. Bring your own discs or borrow ours. To register, call 919-387-4342, or email [harris.lake@wakegov.com](mailto:harris.lake@wakegov.com). Harris Lake County Park is located at 2112 County Park Drive, New Hill.

#### **Saturday, June 7, 1-5 p.m. – Lake Trail Hike**

Come to [Lake Crabtree County Park](#) for a three hour hike to explore parts of the park that are often overlooked and identify interesting flora or fauna. Come prepared with good walking shoes that can handle mud. This is a free program for adults only. Registration is required. Call 919-460-2723 for details. Lake Crabtree is located at 1400 Aviation Parkway, Morrisville.

**Saturday, June 7, 1:30-3 p.m. – Geocaching at the ATT**

Learn the basics of geocaching at the [American Tobacco Trail](#), or for those more experienced, go on a hunt for the Trail’s many geocaches. Design and place a geocache for the upcoming “On the Trail to Health Celebration” on Saturday, June 14, 2014. This program is for all ages and the fee is \$5 per family. To register, call 919-387-4342, or email [harris.lake@wakegov.com](mailto:harris.lake@wakegov.com). Meet at the White Oak Parking Area. The American Tobacco Trail is located at 1309 New Hill-Olive Chapel Road, New Hill.

**Saturday, June 21, 9:30-11 a.m. – Pollination Sensation**

Get ready to celebrate “Nation Pollination Week” in June with [Blue Jay Point County Park](#). Play an active game learning about various pollinator animals and make a pollination craft. This is a family program for ages 5 and up. Registration is required and the fee is \$5 per family or \$3 per person. Blue Jay Point County Park is located at 3200 Pleasant Union Church Road, Raleigh.

**Monday, June 23—Friday, June 27, 9 a.m.-1 p.m. – Oak View Farm Camp**

Build some muscles and get in shape while living the life of a farmer at [Historic Oak View County Park](#)’s camp. Each day will explore a different theme of farm life. The campers will learn through games and hands-on activities about the farm’s animals, the history of the farm, the daily farm work, the crops grown and what kids did for fun on the farm. This camp is for children ages 8 to 11 and the fee is \$80 per child. Call 919-250-1013 or email [oakview@wakegov.com](mailto:oakview@wakegov.com), to learn how to enroll. Historic Oak View County Park is located at 4028 Carya Drive, Raleigh.

Follow Wake County Parks on Instagram @wakegovparks and tag them when taking photos at the County parks.

###

[wakegov.com](http://wakegov.com)