News Release

Estella Espinosa, Communications Manager

Houston Parks and Recreation Department
2999 S. Wayside Drive
Houston, TX 77023
Office: (832) 395-7022
Cell: (832) 465-4782

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Let's Play! Health & Fitness Carnival Set for Alief Park

Over 2,000 Summer Enrichment Program Youth Will Attend

Over 2,000 young people enrolled in H.P.A.R.D.'s Summer Enrichment Program will take their summer fun to new dimensions during the annual Let's Play! Health and Fitness Carnival at Alief Park, 11903 Bellaire Boulevard, 77072, on Friday, July 16, 2010. The festivities, designed to promote a healthy and active lifestyle, begin at 10:00 a.m. and are a highlight for all enrolled youth who take part in H.P.A.R.D.'s Summer Enrichment program around the city.

"Today's children need the opportunity to get outside and play just for the sake of playing," said Joe Turner, Director, Houston Parks and Recreation Department. "So often they spend their free time indoors with a video game or a movie, never knowing the thrill of running and playing in the fresh air."

This annual event gives Summer Enrichment youth the opportunity to be a part of a fun-filled day focused on sports and exercise. Participants will take part in various sports and fitness clinics including: a climbing wall, giant inflatables, flag football, basketball, golf, and tennis. Displays and booths include: The Houston Zoo, the Nature Heritage Society, the Houston Department of Health & Human Services, the HFD Fire Truck and Smoke House, the Houston Police Department's Mounted Patrol, the Houston Public Library, Rainforest Cafe, HCC Mobile Go Unit, HEB, Costco, A&M Cooperative Extension Program, Marathon Fitness, Molina Healthcare, the Houston Dines Huyla Hoop group, and many more.

The Summer Enrichment Program is a Houston Parks and Recreation Department day camp program offered during the summer at the department's 58 community centers. Enrolled children take part in organized athletic, arts, and educational activities under the direction of recreation professionals.

For information on the Summer Enrichment Program or the Houston Parks and Recreation Department, call (832) 395-7022 or visit http://www.houstonparks.org/.