



**FOR IMMEDIATE RELEASE**

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**CONTACT: Robin Kunkel, Recreation Manager**  
110 Golf Course Road  
New Braunfels, TX 78130  
830.221.4350  
rkunkel@nbtexas.org

**Free Activities to Celebrate “National Parks and Recreation Month”**

New Braunfels, TX – July is National Parks and Recreation Month and thousands of individuals across the country will celebrate Parks and Recreation. This year’s theme is “OUT is IN,” challenging everyone to get out and visit their community parks during the month of July.

On Sunday, July 20<sup>th</sup>, students from Texas State University’s Health and Human Performance Department, along with the City of New Braunfels Parks and Recreation Department, are proud to offer free family activities at Landa Park in celebration of National Parks and Recreation Month.

The challenges begin at 3:00 p.m. at the Landa Park Aquatic Complex, with your first clue in the Landmark Scavenger Hunt. Clues will lead you on an educational adventure through Landa Park. The Wet & Wild Family Obstacle Course will commence at 5:00 p.m., offering land and water challenges for kids, parents, family and friends in the Springfed Pool at the Landa Park Aquatic Complex. Pool admission is free after 4:30 p.m. and prizes will be provided by generous local sponsors.

“According to a new survey released by the National Recreation and Park Association (NRPA), nearly three out of ten U.S. adults do not spend time outside on a daily basis, and of those who do, almost half spend less than 30 minutes in the fresh air,” said Robin Kunkel, Recreation Manager. “We want our community to celebrate and acknowledge the benefits of our community’s parks and open spaces with these free, unique activities.”

For more information on these or additional events celebrating National Parks and Recreation Month, call the Parks and Recreation Department at 830-221-4350 or visit [www.nbtexas.org/events](http://www.nbtexas.org/events).

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