

# THE GOOSE

Official Newsletter of the Juneau Parks and Recreation Dept.



## May

Hello Juneau!

We had April showers and now we are ready for May flowers! May is National Physical Fitness and Sports Month. Additionally, it is National Mental Health Month. What better way to take care of yourself, body and mind, than by utilizing Juneau's outdoor fitness court in the City Park!!

The Fitness Court® is designed to provide a full body workout in only seven minutes, all for free in the great outdoors. Rotate through all seven zones: Core, Squat, Push, Lunge, Pull, Agility and Bend on The Fitness Court® for a circuit training workout that will have you full of energy.

Join us on Mondays, from 5-6pm May 13th through June 24th! Participants who come to all 7 sessions will receive a free gym towel.



## Spotlight Programs

OUTDOOR PICKLEBALL  
WEDNESDAYS, MAY 29TH-  
SEPTEMBER 25TH 5PM-7:30PM

The tennis courts and basketball courts will be set-up for pickleball every Wednesday night from 5-7:30pm starting on May 29th. Come out and play this enormously popular sport while simultaneously taking care of your mind and body!

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T-BALL  
WEDNESDAYS, JUNE 5TH-JULY 31ST  
4PM-5PM  
FEE: \$25 (RESIDENT) \$37.50 (NON-RESIDENT)

This program, for both boys and girls, will help develop baseball skills and teach them the basic rules of the game. (Registration fee includes the cost of player t-shirt.)  
PLEASE REGISTER BY MAY 22ND!

## April

Star Wars Day  
MAY 4TH

Outdoor  
Fitcamp  
MAY 13TH  
5-6PM

Outdoor  
Fitcamp  
MAY 20TH  
5-6PM

Sand Volleyball  
League Begins  
MAY 22

Outdoor  
Fitcamp  
MAY 27TH  
5-6PM

Outdoor  
Pickleball  
Begins  
MAY 29TH  
5-7:30PM



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**SUMMER  
READING  
2024**

**JUNE 3-JULY 27**

Preregistration begins May 28

**JUNEAU  
PUBLIC  
LIBRARY**



**THERE IS AN ADVENTURE FILLED SUMMER  
WAITING FOR YOU  
AT THE JUNEAU PUBLIC LIBRARY!**

“Adventure Begins at your Library” Storywalks

**Preschool Storytimes**

**“Adventure” Interactive Play Area**

**Lego Lab**

**“TNT” Tweens ‘n’ Things/Teens ‘n’ Things**

**Adult “Breakfast Book Club”**

**Yoga Classes**

**“Kids Flicks” and “Flix @Six” Movies**

**Reading Challenges and Activities for All Ages**

## **SPECIAL EVENTS:**

**June 12 @1:00 Miss Kim’s Amazing Animals**

**June 17 @1:00 Ice Cream Making with Dodge County**

**Dairy Ambassador Brenda Conley**

**June 24 @5:30 Cheese Program with Charlie Crave of**

**Crave Brothers Farmstead Cheese**

**July 10 @2:00 Dragon Training Academy**

**July 16 @4:00 Hoop Elation**

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