

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3 "4 th Skate" Ames/ISU Ice Arena 7:00 - 8:30 PM \$2 Admission \$2 Skate Rental Fireworks! After dusk	4 Ames Municipal Band Bandshell Park 7:00 PM	5	6 WIBIT Inflatables Furman Aquatic Center 5:30 - 8:00 PM
7 Have you tried disc golf? Free and Fun at Carroll Marty Disc Golf Course!	8 Hike the Upland Trail (1.2 miles) at Ada Hayden Heritage Park today.	9 Ever played sand volleyball? Go try it at one of the many courts.	10	11 Ames Municipal Band Bandshell Park 7:00 PM	12 Get rolling! Check out Georgie Tsushima Memorial Skate Park. Skateboards and inline skates are allowed.	13 Yoga in the Park Bandshell Park 10:00 AM Family Pick-Up Hockey Ames/ISU Ice Arena 10:30 AM - Noon Adult Bags Tournament North River Valley Park 2:00 PM WIBIT Inflatables Furman Aquatic Center 5:30 - 8:00 PM
14 Want to try paddle boarding? JAX rents boards Ada Hayden Park Saturdays and Sundays Noon - 5:00 PM Weather permitting	15 Explore and play in one of our 36 parks	16 Play golf with your child* at Homewood Golf Course! Tuesdays Noon - 3:00 PM \$9.00 per person Child is 17 & under	17 Bike one of our paved trails today.	18 Ames Municipal Band Bandshell Park 7:00 PM	19 Twilight Golf Special Homewood Golf Course 4:00 - 7:00 PM \$25 for two golfers	20 Yoga in the Park Bandshell Park 10:00 AM WIBIT Inflatables Furman Aquatic Center 5:30 - 8:00 PM
21 Christmas in July Public Skate Ames/ISU Ice Arena 2:00 - 4:00 PM FREE Skate Rental Wear ugly sweaters and Santa hats!	22 FREE Fitness Class Week! July 22-27 Community Center Aerobics Room	23 FREE Outdoor Bootcamp Emma McCarthy Lee Park 5:30 PM	24	25 Ames Municipal Band Bandshell Park 7:00 PM FREE Log Rolling Clinic Furman Aquatic Center 8:15 - 9:00 PM	26	27 Yoga in the Park Bandshell Park 10:00 AM WIBIT Inflatables Furman Aquatic Center 5:30 - 8:00 PM
28 Play golf with your child* at Homewood Golf Course! Sundays 4:00 PM - Close \$9.00 per person Child is 17 & under	29	30 Roller Derby Clinic Presented by Skunk River Riot Community Center 6:00 PM FREE BOGAFIT Sampler Class! Municipal Pool 6:00 - 7:30 PM	31	 <p>Celebrating National Park and Recreation Month!</p> <p>www.amesparkrec.org</p>		