

July is Park & Recreation Month!

Discover all that your San Diego parks have to offer during Park & Recreation Month! There are dozens of free or low-cost things to do for adults and kids throughout the month of July.

Learn a new skill: Come kick it on the course

What: FootGolf. It's part soccer, part golf... all fun!

Cost: Under \$20

Where: Balboa Park Golf Course and Mission Bay Golf Course

[Click here for more info](#)

Enjoy a special night under the stars with your family!

What: Pack some snacks, grab a chair and a blanket and come watch new releases as well as classic films at your local park

Cost: Free

When: Each week in July, on Fridays & Saturdays

[Click here for more info](#)

Get it movin' with the Parks Fit San Diego Challenge

What: Make this summer a healthier one by walking, running, rolling or swimming 30 miles by August 13

Cost: Free

Where: At any City recreation facility

[Click here for more info](#)

Enjoy late summer evenings at Balboa 'Park After Dark'

Cost: Park entry is free but museums may require an admission fee

Where: Balboa Park

When: Fridays at 5 p.m.

[Click here for more info](#)

Spend some time with your furry friend at one of our dog-friendly parks

Cost: Free

Where: Various parks within the City

[Click here for more info](#)

Grab some bait, let's go fishing!

What: Youth fishing on the 16-acre lake for ages 15 and under

Cost: Free

Where: Chollas Lake Park

[Click here for more info](#)

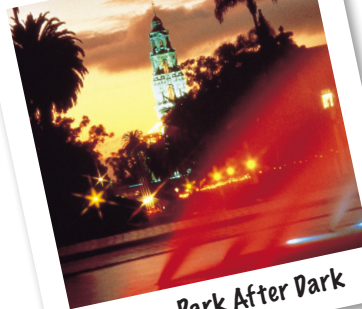
Make a splash this summer! Take a dip in the pool

What: Swimming for all ages

When: \$2 for kids, \$4 for adults

Where: Various pool facilities in the City

[Click here for more info](#)



Balboa Park After Dark



Pool Day is Cool Day!



#ParksFitSD



Life's a Beach!

Celebrate All-Star Week: Join our youth sports program to learn baseball

What: Develop and enhance skills on the field in a team-oriented environment

Cost: Free for certain age groups, but can range from \$8-30. Search 'baseball' on sdreconnect.com

Seniors, show us your dance moves! Join us for a luau

Cost: \$5

When: July 28 from 1-3:30 p.m.

Where: Balboa Park Club

[Click here for more info](#)

Learn to PLAY Golf

What: Junior golfers, ages 6-17, can learn the game from PGA instructors

Cost: Free

When: Every Saturday July 16

Where: Mission Bay Golf Course

More info: Call 858-581-7880

Unplug and get outside with a self-guided hike at a wildlife preserve

Cost: Free

Where: Tecolote Creek, Mariner's Point, Perez Cove

[Click here for more info](#)

Discover the botanical treasures of Balboa Park

What: Learn about conservation and more during a Ranger-led tour

Cost: Free

When: Every Tuesday & Sunday at 11 a.m. at the Visitor Information Center in Balboa Park

[Click here for more info](#)

For those with a mobility impairment, spend time at the beach

What: One hour ride on power-driven chairs for those who otherwise wouldn't be able to independently access the beach

Cost: Free

When: 11:30 a.m. Every day but Tuesday

Where: Mission Beach

More info: Call 619-980-1876 or 619-525-8247

Take a selfie for the 5-Peaks Challenge at Mission Trails Regional Park

What: Climb all five peaks to view San Diego from different perspectives

Cost: Free

Where: Mission Trails Regional Park

[Click here for more info](#)