



CITY OF KIRKLAND
PARKS AND COMMUNITY SERVICES
123 Fifth Avenue, Kirkland, WA 98033
425-587-3000

MEMORANDUM

To: Kurt Triplett, City Manager

From: Lynn Zwaagstra, Director of Parks and Community Services
Sara Shellenbarger, Recreation Manager

Date: June 23, 2026

Subject: **Parks and Recreation Month Proclamation**

RECOMMENDATION:

Staff recommends the Mayor, on behalf of the City Council, proclaims July as “Parks and Recreation Month” in Kirkland.

EXECUTIVE SUMMARY:

- Parks and Recreation Month is a national designation to celebrate and honor both park and recreation professionals and the profound health benefits our park and recreation programs have on the community.
- Annually, City of Kirkland provides over 2,000 recreation programs, serving nearly 20,000 youth, adults and seniors annually across 56 parks, 58 athletic fields, three swimming beaches, two community centers, a teen center, and the community pool.
- Since 2010, Kirkland has joined agencies from around the country in proclaiming July as Parks and Recreation Month.
- To celebrate this year’s theme, “The Power Of” parks and recreation, community members are invited to a variety of free community events hosted by Parks and Community Services in July.
- This proclamation is part of the City Council’s adopted 2026 proclamation schedule.

BACKGROUND:

For 40 years, since 1985, people in the United States have celebrated Park and Recreation Month in July to promote building strong, vibrant, and resilient communities through the power of parks and recreation and to recognize the more than 160,000 full-time park and recreation professionals – along with hundreds of thousands of part-time and seasonal workers and volunteers – that maintain our country’s local, state and community parks.

Through efforts by the National Recreation and Park Association (NRPA), the U.S. House of Representatives passed an official resolution for Park and Recreation Month in 2009 and introduced the resolution in 2017 and 2018. More information about Park and Recreation Month is online at <https://www.nrpa.org/events/july/>.

This year's theme for Park and Recreation Month is "The Power Of," which celebrates the role parks and recreation plays in our communities, and the people who make it possible. The power of parks and recreation is in bringing the community together, improving health and well-being, and building resilient and connected communities.

DISCUSSION/ANALYSIS:

Celebrating "The Power Of" in Kirkland

To celebrate Parks and Recreation Month, Kirkland Parks and Community Services encourages community members to visit a park or attend a community event in Kirkland. In July and year-round, Parks and Community Services staff offer a variety of inclusive events, programs, and services for all ages and abilities.

Below is a list of free events and community programs occurring in the month of July. More information is available at <https://www.kirklandwa.gov/Whats-Happening/Community-Events>.

- Movie and Popcorn at Peter Kirk Community Center
 - Tuesday, July 7: Wicked (1:30-4pm)
- Volunteer Events: Park Clean Up and Habitat Stewardship Days
 - Saturday, July 11: Heritage Park Clean Up (10am-12pm)
 - Sunday, July 19: Rose Hill Meadows Park Habitat Restoration (10am-1pm)
 - Saturday, July 25: North Rose Hill Woodlands Habitat Stewardship (10am-12pm)
 - Saturday, July 25: Windsor Vista Park Habitat Stewardship on Juanita Creek (10am-12pm)
- Celebrate Kirkland parade in downtown Kirkland
 - Saturday, July 4 (activities start at 10:30am)
- Sprinkler Park at Lee Johnson Field in Peter Kirk Park (Thursdays, 11am-2pm)
 - July 9
 - July 16
 - July 23
 - July 30
- Juanita Friday Market at Juanita Beach Park (Fridays, 3-7pm)
 - July 10
 - July 17
 - July 24
 - July 31
- Rec-n-Roll mobile recreation program (Fridays, 10am-2pm)
 - July 10: Edith Moulton Park
 - July 17: Crestwoods Park
 - July 24: 132nd Square Park
- Outdoor Movie Series at Juanita Beach Park (Saturdays, starting at 6pm)
 - July 18: A Minecraft Movie and Jurassic World Rebirth
 - July 25: The Wild Robot and Superman
- Teen Night: Outdoor Switch Tournament at 132nd Square Park
 - Friday, July 31 (6-8:30pm)
- Junior Softball World Series Kick Off at Peter Kirk Park
 - Friday, July 31: A League of Their Own movie and welcome event (6-10pm)

More information about Kirkland's park and recreation programs, facilities, and services can be found at www.kirklandparks.net.

The services that park and recreation professionals provide are vital for our communities; from protecting open space and natural resources to helping fight obesity and providing activities and resources for all people. Parks and Recreation Month encourages everyone to reflect on the exponential value parks and recreation bring to communities, from supporting health and well-being, to environmental resilience, to economic opportunity, and programs and services.

The Power of Connection

According to NRPA's Research Reports and Park Pulse Surveys, people place a high value on the programs and services that park and recreation agencies like Kirkland Parks and Community Services deliver to their local communities every day and strongly support their mission. The report found that U.S. adults consider local park and recreation agencies to have comparable value to economic development and social services.

The Power of Well-Being

Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth. Moreover, parks provide a connection to nature, which studies demonstrate relieves stress, strengthens interpersonal relationships, and improves mental health. Ninety-three percent of U.S. adults say their mental health is improved by services offered by local park and recreation agencies. Kirkland's park, recreation, and community services professionals are on the frontline in providing park spaces, programs, and services that directly support the community's health and well-being.

The Power of Nature

Kirkland's Parks Management team and Green Kirkland Partnership volunteers play a vital role in the protection of our environment through green infrastructure, maintenance of public lands, preserving and restoring wildlife habitats, and more. In addition to helping connect people to nature, local parks create essential environmental stewards that advocate for and protect our most precious public resources – our land, water, trees, open spaces, and wildlife.

The Power of Community

Parks and recreation drive economic development across the country and in our community. Access to nearby parks, playgrounds, open spaces, and recreation centers are important factors in deciding where to live. Kirkland Parks and Community Services provides seasonal and part-time employment opportunities for over 200 people annually, often for youth and young adults embarking on their professional journey.

The Power of Play

In a typical year, Parks and Community Services provides over 2,000 recreation programs for nearly 20,000 people – from preschool classes to summer camps to swim lessons for all ages, adult sports and fitness as well as senior programs and services, and community building events. Staff manage 56 parks, three swimming beaches, 58 athletic fields, 16 reservable picnic areas, four dog parks, the North Kirkland Community Center, the Peter Kirk Community Center and Pool, and the Kirkland Teen Union Building.

NEXT STEPS:

None.

ATTACHMENTS:

Attachment 1 – Parks and Recreation Month Proclamation



A PROCLAMATION OF THE CITY OF KIRKLAND

Parks and Recreation Month Proclamation July 2026

WHEREAS, parks and recreation programs are an integral part of communities throughout this country, including the City of Kirkland; and

WHEREAS, parks and recreation programs are vital to establishing and maintaining the quality of life in our communities, ensuring the health of all residents, and contributing to the economic and environmental well-being of the community and region; and

WHEREAS, parks and recreation programs build healthy, active communities, aid in the prevention of chronic disease, provide therapeutic recreation services for those who are mentally or physically disabled, and improve the mental and emotional health of all residents; and

WHEREAS, parks and recreation programs increase a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

WHEREAS, parks and recreation spaces are essential and adaptable infrastructure that makes our communities resilient in the face of natural disasters and climate change; and

WHEREAS, the U.S. House of Representatives has designated July as Park and Recreation Month; and

WHEREAS, the 2026 theme for Park and Recreation Month is "The Power Of," which celebrates the powerful way parks and recreation improve health and well-being, and build resilient and connected communities, as recognizes the park staff and volunteers who make it all possible.

WHEREAS, the City of Kirkland recognizes the benefits derived from parks and recreation resources by providing over 2,000 recreation programs, serving nearly 20,000 youth, adults and seniors annually across 56 parks, 58 athletic fields, three swimming beaches, two community centers, a teen center, and the community pool.

NOW, THEREFORE, Mayor Kelli Curtis, on behalf of the City Council, does hereby proclaim July 2026 as Parks and Recreation Month in Kirkland and encourages all community members to enjoy the wonderful park and recreation programs in our community and region.

Signed this 7th day of July, 2026

Kelli Curtis, Mayor