

# PRESS RELEASE

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## **CELEBRATE NATIONAL PARKS & RECREATION MONTH IN A COUNTY PARK**

LINCROFT— July is National Parks and Recreation Month and the perfect time to enjoy the best of what Monmouth County has to offer – its nationally accredited Park System. Established in 1960 by the Board of Chosen Freeholders, the Monmouth County Park System has it all – playgrounds, beaches, gardens, golf courses, forests, trails and plenty of wide open space.

By offering places for hiking, bicycling, skating, golfing, swimming, camping, and boating, the Park System provides countless opportunities for active recreation and helps county residents maintain a healthy lifestyle. As if that wasn't enough, the Park System also hosts over 4,000 recreation programs and activities each year. Looking to learn the basics of canoeing, rock climbing or gardening? How about cooking healthier? Ways to de-stress? Need an exercise class to stay motivated? The Park System offers all that and much more!

From mom and tot classes to senior hiking groups and thousands of offerings in between, Park System programs are designed to keep county residents of all ages and abilities active and healthy. To learn more about these Park System activities, please visit

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com) or call the Park System at (732) 842-4000. For persons with

hearing impairment, the Park System TTY/TDD number is 711. The Monmouth County Park System is Monmouth County's Open Space, Parks, and Recreation agency.

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PICTURED – The Park System's most popular park, Manasquan Reservoir in Howell, offers picturesque trails for walking, hiking and biking as well as an Environmental Center, Visitor Center, playground, kayak and rowboat rentals, and so much more!