



THE CHARLES RIVER CONSERVANCY AND THE DEPARTMENT OF  
CONSERVATION AND RECREATION PRESENT:

## THE SECOND ANNUAL SUNDAY PARKLAND GAMES SERIES!

### WHAT:

This summer the **Charles River Conservancy**, together with the **Department of Conservation and Recreation**, invites you to spend an afternoon outdoors at the Sunday Parkland Games.

Every Sunday afternoon beginning July 4<sup>th</sup> to September 19<sup>th</sup>, The Conservancy will host free games and athletic activities. **Games and activities are designed for the whole family** and include badminton, bocce, croquet, Frisbee®, horseshoes, hula hoops, lawn toss, and paddleball, along with team activities such as potato sack races and tug-o-war. These fun activities will be designed with the help of [Knucklebones](#), a Cambridge company that inspires people of all ages to enjoy athletics...for the love of play!

From July 11<sup>th</sup> to September 5<sup>th</sup>, enjoy **free yoga lessons following games**, from 5-6pm. All ages and abilities are welcome. Come relax along the Charles River with us and enjoy this lovely urban park as you stretch and revitalize your body and mind. Participants should bring an ID (under age 18 must be accompanied by an adult), water, a yoga mat, and wear comfortable clothing. A limited number of yoga mats will be available for the class.

On Sunday, August 8<sup>th</sup> and Sunday, August 15<sup>th</sup>, with the collaboration of **Revels**, there will be **free folk dancing lessons** from 3 pm – 4:30 pm for all to enjoy. Dance the afternoon away on the banks of the Charles River! No previous dance experience is necessary.

### WHEN:

**Games and Activities:** Sundays, July 4<sup>th</sup> to September 19<sup>th</sup>, 2 pm – 5 pm

**Yoga on the Charles:** Sundays, July 11<sup>th</sup> to September 5<sup>th</sup>, 5 pm - 6 pm

**Folk Dancing:** Sunday, August 8<sup>th</sup> and Sunday, August 15<sup>th</sup>, 3 pm – 4:30 pm

**WHY:**

**Being active is crucial to health, especially for young children, and the Parklands along DCR's Charles River Reservation is a natural space uniquely suited to spending time outdoors in Boston.** By continuing the Sunday Parkland Games program for a second year, the Charles River Conservancy hopes to make the river's Parklands "more active, attractive, and accessible for all" by encouraging families to come together to enjoy them and appreciate their natural beauty. DCR already closes Memorial Drive in Cambridge between Western Avenue and Mount Auburn Street. The closure is in effect from 11:00am to 7:00pm starting the last Sunday of April until the 2nd Sunday of November. **All are welcome to pack a picnic, bring a blanket, and enjoy a day outdoors on the banks of the Charles!**

All activities are totally free of charge and the program does not require registration - anyone can attend, and all are welcome to participate.

**WHERE:**

All activities will take place upriver from **Weeks Footbridge on the Charles River off of Memorial Drive in Cambridge.**

During the Sunday Parkland Games, **Memorial Drive will be closed to vehicle traffic, and families are encouraged to come to the Parklands by bike, on foot, or via public transit.**

For more information email [sundaygames@thecharles.org](mailto:sundaygames@thecharles.org) or visit us on [Facebook](#).