

PARKS

Pictures **Activities** **Relaxation** **Knowledge** **Seasonal fun**



flower



walk



meditate



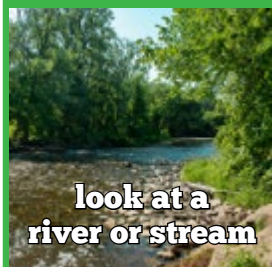
learn about safety at the parks



bike



bench



look at a river or stream



sit on a bench



download a park map



splash in a pool



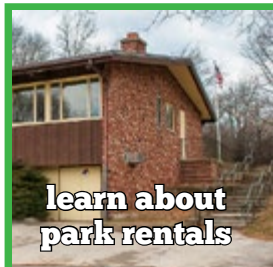
butterfly



take a path



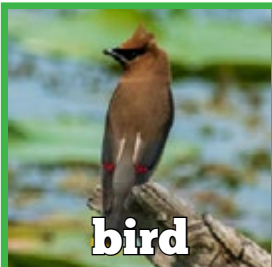
SPACE



learn about park rentals



sunbathe



bird



find a lighthouse



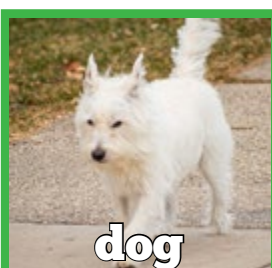
watch surfers



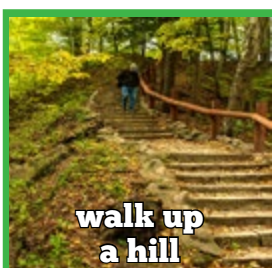
learn what parks do



walk on a beach



dog



walk up a hill



yoga



learn about park names



go on an adventure



The Park People PARKticipation Program

How do I get a PARKticipation card?

To get your **FREE** PARKticipation card, download the card in PDF form from <https://parkpeoplemke.org/get-involved/parkticipate/> or email director@parkpeoplemke.org to have a card sent to your home (limit 5 cards per household). **PLEASE NOTE:** Adobe Acrobat Reader is needed for downloaded cards. Download the latest version of Reader at <https://get.adobe.com/reader/otherversions/>.

How does the PARKticipation program work?

Once you receive your PARKticipation card, complete the activities on the front of the card to receive prizes. Each family member or individual may have their own card.

The activities are organized by categories:

P represents **Pictures**

A represents **Activities**

R represents **Relaxation**

K represents **Knowledge**

S represents **Seasonal fun** and will vary with the seasons

After completing an activity, click or tap the activity's box to place a checkmark over the box. If you printed a card, simply draw an X over the activity's box.

For downloaded cards, remember to save your card with a unique name so it can be easily retrieved and submitted.

You and any family members are on an "honor system" for accomplishing activities.

We honor your word that you have completed each activity crossed out on the PARKticipation card.

How do I PARKticipate with Milwaukee Recreation?

Three of the squares feature activities held in partnership with Milwaukee Recreation: Walk (under A), yoga (under R) and bike (under S). You can complete these activities during a kickoff party held on Saturday, August 12, 2023, at the south end of Estabrook Park, picnic areas 7 & 8. The party will run from 9 a.m. to 2 p.m.

You can also complete the walk, yoga and bike activities on your own or with [Milwaukee Recreation](#) at a different time. For more information about Milwaukee Recreation's opportunities, call (414) 475-8180.

What prizes can I receive?

All submitted cards will be entered into a drawing for **Athleta product**. All prizes provided by [Athleta Bayshore](#) and can be redeemed at the Bayshore location at 5691 N. Centerpark Way, #N130, Glendale.

How do I claim prizes?

Simply send in your PARKticipation card to

The Park People

10300 W. Wisconsin Avenue

Wauwatosa, WI 53226

You can also click or tap the "Submit Card" button, or scan or take a picture of the card and email it to director@parkpeoplemke.org. Please provide your current home address and the best way to reach you in order to receive prizes.

To qualify for prizes, The Park People must receive card submissions on or before **September 30, 2023**. Decisions on prizes and incentives are determined by The Park People. All decisions will be final.



[@Park.People](#)



[@parkpeopleofmke](#)

Use #parkticipationmke

PHOTO CREDITS

P column Kelly Grant Moore. **A column** Kelly Grant Moore. **R column** Meditate: Oluremi Adebayo, Pexels.com. Relax on a bench: Kelly Grant Moore. Surfer: Shutterstock. Yoga: Gabby K, Pexels.com. **K column** Safety, rentals and park names: Kelly Grant Moore. Download a parks map: Milwaukee County Parks. Learn what parks do: Steve Silverstein. **S column** Bike: TPP stock photo. Splash in a pool, sunbathe, walk a beach, and go on an adventure: Kelly Grant Moore.