

Let's Go to the Park!

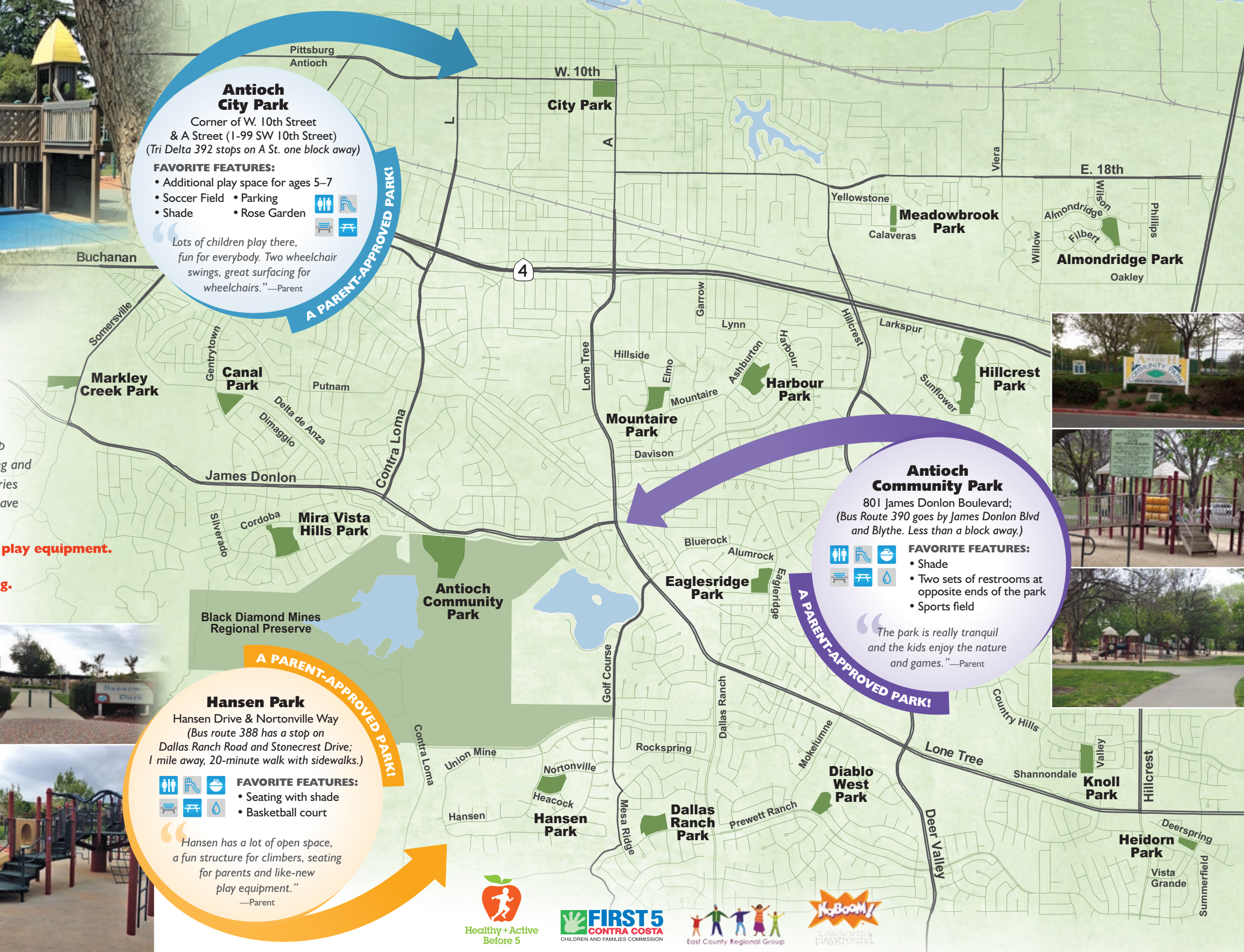


Children should get at least 60 minutes of active play every day.

Outdoor play is best. The large spaces help children to develop motor skills like running and jumping. Children also burn the most calories when they play outside. This helps them have a healthy weight.

- Look for parks with **age-appropriate play equipment**.
 - Don't forget **sunscreen**.
 - Make sure that an **adult is supervising**.
 - Keep away from traffic.
 - Bring a ball. Chase some bubbles.
 - Have a race.
- Don't just sit there, have fun!**

- Legend**
- Restrooms
 - Benches
 - BBQ Pits
 - Ages 0-5 play spaces
 - Picnic Area
 - Water Fountains



Antioch City Park
 Corner of W. 10th Street & A Street (1-99 SW 10th Street)
 (Tri Delta 392 stops on A St. one block away)

FAVORITE FEATURES:

- Additional play space for ages 5-7
- Soccer Field
- Parking
- Shade
- Rose Garden

Lots of children play there, fun for everybody. Two wheelchair swings, great surfacing for wheelchairs. —Parent

A PARENT-APPROVED PARK!

Antioch Community Park
 801 James Donlon Boulevard;
 (Bus Route 390 goes by James Donlon Blvd and Blythe. Less than a block away.)

FAVORITE FEATURES:

- Shade
- Two sets of restrooms at opposite ends of the park
- Sports field

The park is really tranquil and the kids enjoy the nature and games. —Parent

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Hansen Park
 Hansen Drive & Nortonville Way
 (Bus route 388 has a stop on Dallas Ranch Road and Stonecrest Drive; 1 mile away, 20-minute walk with sidewalks.)

FAVORITE FEATURES:

- Seating with shade
- Basketball court

Hansen has a lot of open space, a fun structure for climbers, seating for parents and like-new play equipment. —Parent

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