

Tips for staying safe while playing in the spring and summer months:

- Bring snacks and water.
- Always wear (and reapply!) a broad spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. Sun damage occurs even on cloudy days!
- Wear a wide-brimmed hat and sunglasses while outdoors.
- Sun rays are the strongest from 10-4pm, so remember to seek shade. Trees can provide relief from the sun!



Citiparks Summer Food Service Program

The Summer Food Service program provides breakfast, lunch and/or snacks to children throughout the summer at nearly 80 city locations.

For the complete Summer Food Service program and Mobile Food Truck schedule, visit:



<http://pittsburghpa.gov/citiparks/summer-food-service-program>

Summer camps

The Pittsburgh Parks Conservancy (PPC) and Citiparks offer summer camps for children ages 3-13. Register now as spots fill fast!

For more information or to register for a camp, visit:

- **PPC:** <https://www.pittsburghparks.org/summer-camps>
- **Citiparks*:** <http://pittsburghpa.gov/citiparks/for-kids>

Citiparks pool tags

- Pool tags can be purchased at pool sites
- Children up to age 15 can swim **FREE** with a Recreation Center Membership Pass
- City of Pittsburgh residents who receive government assistance can buy tags at a 50% discount
- For locations and more information, visit:



<http://pittsburghpa.gov/citiparks/citiparks-swimming>

Allegheny County parks

Not a city resident or just looking to explore a new park? Visit an Allegheny County Park! For a list of locations and events, visit:

<https://www.alleghenycounty.us/parks/index.aspx>

Citiparks spray parks

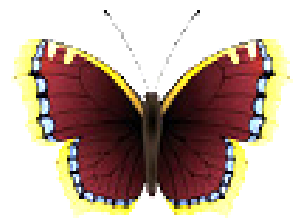
Cool down this summer at a city spray park! Spray parks are accessible and open to everyone, even those using wheelchairs.

To find a spray park near you visit:

<http://pittsburghpa.gov/citiparks/spray-park>

Parks Rx fun fact

Mourning cloak butterflies hibernate through the winter and make their first appearance early spring (sometimes while there is still snow on the ground!)



Parks Rx spring activity idea: Choose a park or greenspace in your neighborhood and visit once a week. What changes do you see? New birds? New plants?

For more tips like these, text **ParksRx** to **1-866-216-7543**. Standard data and text charges may apply. Text STOP to unsubscribe.