

# GET ACTIVE

## *in Lancaster City!*

Did you know the CDC recommends that school-age children should get 60 minutes of moderate-to-vigorous intensity physical activity each day? Also, there are over 400 studies that demonstrate the physical and mental health benefits of being physically active outdoors. Visiting a park is the perfect way for your family to engage in outdoor physical activity that is age-appropriate, enjoyable, and offers variety!

### ***Parks in Lancaster City***

Get in some outdoor time with your family at one of Lancaster City's Parks!

#### **Southeast**

- Conestoga Creek Park | 1255 S. Duke St.
- Holly Pointe Park | 300 Holly Ln.
- Milburn Park | 219 Dauphin St.
- Joe Jackson Tot Lot | 502 Dauphin St

#### **Northeast**

- Conestoga Pines | 150 Arthur E. Morris Pkwy.
- Musser Park | 135 N. Lime St.
- Reservoir Park | 701 E. King St.
- Sixth Ward Park | 680 E. Ross St.

#### **Southwest**

- Brandon Park | 525 Fairview Ave.
- Crystal Park | 525 First St.
- Culliton Park | 210 Conestoga St.
- Rodney Park | 200 Crystal St.
- South End Park | 10 Furnace St.

#### **Northwest**

- Binns Park | 100 N. Queen St.
- Buchanan Park | 901 Buchanan Ave.
- Long's Park | 1441 Harrisburg Ave.
- Mayor Janice C. Stork Corridor Park | 449 N. Mulberry St.

The parks in Lancaster City are generally open from dawn until dusk. Please follow all posted rules in our parks. Flip this sheet over for a map of our parks. For a list of amenities at each park, visit [www.cityoflanasterpa.com/services/parks](http://www.cityoflanasterpa.com/services/parks).

### ***Big Green Gym***

The Lancaster Recreation Commission has created the Big Green Gym as an innovative, no-cost way for residents to complete workouts in our parks! They have designed self-guided workouts using existing recreation facilities and park equipment in Brandon Park, Buchanan Park, Culliton Park, Crystal Park, Reservoir Park, Rodney Park, and Sixth Ward Park.

They provide directions and pictures demonstrating each exercise to make the workouts appropriate for any level of fitness. Exercises, in circuit format, are designed to give you a full-body workout. Exercises include bodyweight rows, calf raises, push-ups, jump squats, arm dips, planks, wall sits and seated leg tucks and vary depending on the features at each park.

For more information and PDFs of these park workouts, visit [www.lancasterrec.org/pools-parks/parks-and-fitness](http://www.lancasterrec.org/pools-parks/parks-and-fitness).

# 2021 City Parks

- Parks
- Northwest**
  - 1 - Conestoga Pines Park
  - 2 - Musser Park
  - 3 - Reservoir Park
  - 4 - Sixth Ward Park
- North**
  - 5 - Binns Park
  - 6 - Buchanan Park
  - 7 - Long's Park
  - 8 - Mayor Janice C. Stork Corridor Park
- Southeast**
  - 9 - Conestoga Creek Park
  - 10 - Holly Pointe Park
  - 11 - Milburn Park
  - 12 - Joe Jackson Tot Lot
- Southwest**
  - 13 - Brandon Park
  - 14 - Crystal Park
  - 15 - Culliton Park
  - 16 - Rodney Park
  - 17 - South End Park
- City Limits



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