



## PRESS RELEASE

City of Los Alamitos  
Contact: Recreation and Community Services  
(562) 430 – 1073  
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### **July is Park and Recreation Month!**

*Los Alamitos, CA* – Get ready Los Alamitos! July is Park and Recreation Month, and the fun this summer is getting taken to another level all month long! The City of Los Alamitos has put together a schedule of FREE activities that will keep you booked all of July. Whether you're stretching out at sunset yoga, enjoying a family movie night under the stars at Sunburst Field, hitting the court for pickleball, or bringing your furry friend to the Dog Park, there's something for everyone. Mark your calendars and celebrate community, wellness, and the great outdoors with the City of Los Alamitos. For event details and pre-registration (if required), please visit [www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation) or contact the Recreation and Community Services Department at (562) 430 – 1073.

#### **Activities:**

July 12 - Family Movie Night (The Sandlot) at Sunburst Field from 8:00 – 10:00 p.m.

July 8, 15, and 22 – Sunset Yoga at Little Cottonwood Park from 7:15 – 8:00 p.m.

July 19 – Pickleball Tournament at Laurel Park from 9:00 – 3:00 p.m.

July 30 – Park Pop Up at Sterns Park from 10:00 a.m. – 12:00 p.m.

#### **All Month-Long Activities:**

Dog Park at Laurel Park (10862 Bloomfield St.) from July 1 – August 31

Flower and Herb Seed Giveaway at Los Alamitos Community Center (10911 Oak St.)

Free Pick-Up Basketball Tuesday Nights at Oak Gym (10821 Oak St.)

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