

# KING 175

EST. 1850



## JUNE IS RECREATION AND PARKS MONTH

# JUNE 2025

Join us in celebrating **JRPM**! This year, we're embracing four vibrant weekly themes that highlight the heart of parks and recreation:

**JUNE 1-7**  
**ENERGIZE**

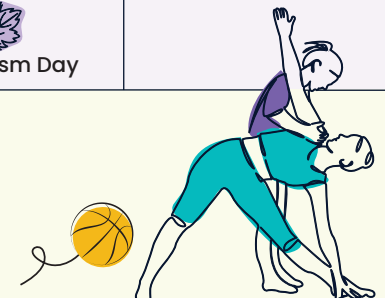
**JUNE 15-21**  
**LEGACY**

**JUNE 8-14**  
**GAME CHANGERS**

**JUNE 22-28**  
**UNITY**



ENERGIZE	sunday 1	monday 2	tuesday 3	wednesday 4	thursday 5	friday 6	saturday 7
	King 175 Fitness Challenge Trisan or Zancor Centre Participants complete a circuit workout that includes 175 total reps (e.g., 35 squats, 35 lunges, 35 sit-ups, etc.).	King on Ice – 175 Laps for Legacy at Zancor Centre Open skate where skaters try to collectively complete 175 laps around the rink.	Bike to school or work!  Pick up your 175 reading tracking card at a KTPL Branch  <b>World Bike Day</b>	Lane Swim (175m) 9-10:30am  Free Municipal Playgroup 9:30-11:30am	Tag @kingtownship exploring the natural environment in King  <b>World Environment Day</b>	Head to Trisan or Zancor for a free workout!	A Day in the Life of a Camper Tasca Park 12-2pm  <b>National Health and Fitness Day</b>
GAME CHANGERS	8	9	10	11	12	13	14
	Check out the trails at Cold Creek	Bullseye Breakthrough Archery Challenge Cold Creek 10am-12pm	King Senior & Volunteer Spotlight	"Today we Slay" Come by the KHCC and check out the newest exhibit (Content warning for nudity)	Community Service Staff Spotlight	King 175 Historical Spotlight	Indigenous Mural & Garden Reveal KHCC, 11am-1pm
LEGACY	15	16	17	18	19	20	21
	Trail Trek 175 King Township Trails Activity: Marked hiking route totaling 1.75 km or 17.5 km	National Pollinator Week Seed Giveaway (16-22) Pick Up a Free Pack of native wildflower at Zancor Centre & Trisan Centre Mon-Sun *while supplies last	Explore the trails in King! Did you know that King has over 100kms of trails?	Lane Swim (175m) 9-10:30am  Golden Oldies in the Park Ages 55+, Registration required KHCC, 6-7:30pm	Guided Pollinator Walk & Talk Cold Creek - Free 6-7:30pm  Explore the Cold Creek trails and learn about plants and pollinators. Meet at Visitors Centre parking lot.	Free open turf at Zancor Centre 12:30-3:30pm	Community Electronic Recycling King Township Municipal Centre  <b>National Indigenous Peoples Day</b>
UNITY	22	23	24	25	26	27	28
	Racquet Rally: 175 Volleys Zancor Centre Activity: Teams attempt to keep a 175-volley rally going in racquet sports	175 Goal Kick Day Zancor Centre Community challenge to reach a collective total of 175 penalty goals throughout the day.	Last day to complete the 175 reading tracking card!  <b>Stonewall Riots Anniversary</b>	Lane Swim (175m) 9-10:30am	1-7-5 Guided Scavenger Hunt Cold Creek 6-7pm	Indigenous Walk + Talk at Cold Creek, 10am-12pm  <b>Canadian Multiculturalism Day</b>	Rainbow Playtime & Storytime at KHCC 10am-12pm Drop-in Climb - Race to 175 Cold Creek, 10am-1pm  
	29	30					
	Free Public Swim at Zancor Centre 12-2pm	Free Public Skate at Zancor Centre 7-8pm	<b>#JRPM2025</b> <b>#CommunityThrivesHere</b> PROntario				



PRIDE MONTH | SENIORS MONTH | NATIONAL INDIGENOUS HISTORY MONTH