



Parks and Recreation

Parks and recreation support the health of our communities and contribute to the social, economic and environmental well-being of our city. These spaces contribute to our sense of community by creating places for recreation activities, for children to play and for neighbours to meet and socialize.

Did You Know?

Vancouver has over 240 parks, including a number of destination parks and gardens, 24 community centres with swimming pools, arenas, playing fields, and three championship golf courses.

Vancouver is the only municipality in Canada with an elected park board, the Vancouver Board of Parks and Recreation

Stanley Park is one of the largest urban parks in North America with ancient cedars, wildlife, rainforest ecology, vibrant art and attractions, and a seawall path used by millions of walkers and cyclists a year

Whether they take the form of a community garden, a city park, a greenway along your block, or the seawall, green spaces have been shown to benefit our physical and emotional health by reducing blood pressure, cholesterol, and stress.

Get active, have fun! Check out your local community centre to choose from a wide variety of sport, fitness, arts, education, and social activities for all ages and skill levels. You can join a class, register for a program, or just drop in to a facility near you.

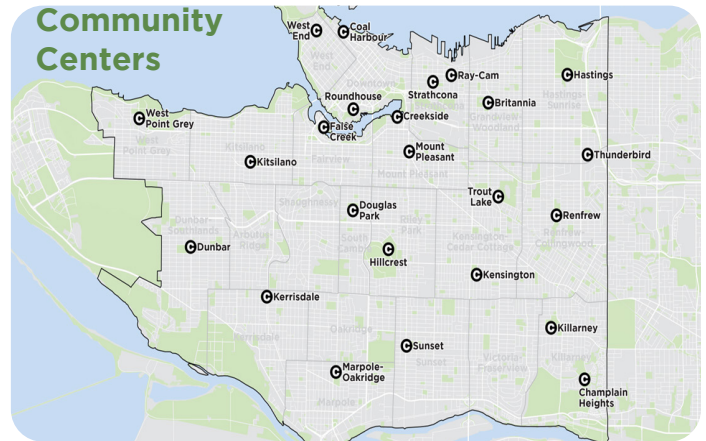


VanPlay: Vancouver's Parks and Recreation Services Masterplan

VanPlay is the plan that will guide us as we plan and grow parks and recreation spaces and facilities for the next 50 years. It celebrates the history of Vancouver's land, place, and culture.

VanPlay has a strong commitment to equity, connectivity, and access to parks and recreation for all. What does equity mean? It means directing resources to under-served areas, questioning and reflecting on colonial structures, and reducing barriers to access so everyone is welcome.

VanPlay planners use a lens of 'intersectionality' which means that they recognize overlaps of multiple identities such as class, gender, ethnicity, Indigeneity, wealth, education, and sexual orientation.



For example, VanPlay has taken a strong leadership role in 2SLGBTQ+ issues. A Two-Spirit, Trans, and Gender Diverse Inclusion Advisory Committee has worked with the community and Vancouver Park Board staff to identify barriers and take action to increase access to parks and recreation services.

Reconciliation

For the Vancouver Park Board, Reconciliation is more than a ceremonial acknowledgement of these territories. It is an opportunity to learn the true history of Vancouver and acknowledge the unjust treatment of the people whose lands we occupy.

The Vancouver Park Board cares for the last of Vancouver's relatively undeveloped land. This puts it in a unique position to partner with the Musqueam, Squamish and Tsleil-Waututh Nations in preserving spiritually and archaeologically significant places, and stewarding park ecosystems for

generations to come. A Reconciliation Team has been established to work with Park staff to decolonize processes and create tools for best reconciliation practices. For example, 'Slhxi7lsh Rock' which means "standing man" in the Squamish language will replace the colonial name of 'Siwash Rock'.



Get Involved



In addition to Vancouver's Park Development team of dedicated professionals, you can help inform the design and construction of parks, outdoor recreation, natural areas, and habitats, as well as all park infrastructure both new and renewed. Volunteering at your local community center or participating in community engagement sessions is a great way to get started.



Support your local community through initiatives such as seasonal farmers markets hosted by your community center. These markets bring together farmers, fish and seafood harvesters, artisans, local breweries, distilleries, and food producers. Not only is this a great way to support local food production and small businesses, but will also serve as a way to meet your neighbours.



Other ways to get involved:

- To learn more about programs and events, such as youth, seniors programs, contact your local community center or check out <http://recreation.vancouver.ca>
- Join a local sports league
- Participate in a community gardening
- Visit the Vancouver Park Board's website to provide feedback or request a new bench, bike rack, play area, drinking fountain, or seasonal washroom

If you are interested in helping to influence the future of Vancouver's parks and recreational amenities, be sure to check out the '**Shape Your City**' website at www.shapemyourcity.ca or **VanPlay**'s website at <https://vancouver.ca/parks-recreation-culture/van-play-parks-and-recreation-strategy.aspx> for updates on the latest community engagement opportunities.