

Attention Medical Professionals

By Joining the San Antonio Parks and Recreation Department

You Can Help Younger Patients Dive Into Physical Activity

The earlier children get interested in activities involving physical activity, the more likely they are to develop life-long interests and habits involving physical activity. The constant challenge is to identify means for children to be physically active while enjoying themselves.

The San Antonio Parks and Recreation Department, in partnership with the National Recreation and Park Association, presents the “Take the Plunge for Better Health” Program. This program is designed to get youth physically active through swimming. Children will have the opportunity to take swimming lessons or participate in other aquatics activities as a means of encouraging them to swim as part of their regular physical activity at no cost.



The San Antonio Parks and Recreation Department is seeking to partner with medical professionals who have identified children with health risks who would benefit from increased physical activity. Medical professionals will be asked to refer patients to the San Antonio Parks and Recreation Department through a “prescription for swimming” in order for patients to participate in aquatic activities. All of the activities are free of charge with the prescription from a medical professional.



This program is offered as part of a continuous effort to ensure that families with children will continue to have access to aquatics program opportunities and serve as places where parents can take their children to play, exercise, and develop life-long healthy, active lifestyles. For more information on this program or to participate in the Take the Plunge for Better Health program, please call Kenny Gonzales at 207-3113.



**National Recreation
and Park Association**