



The City of Tempe's Recreation Services Department is committed to ensuring healthy, active and balanced lifestyle opportunities for all ages and abilities in our community. In addition to our year-round programs and activities, we host PlayDay, Tempe's annual free day of play.

PlayDay is an essential part of how Tempe continues to be recognized as a Playful Cities USA Community. The City applies annually for this coveted award and was one of 258 cities nationwide recognized in 2017.

Studies show that only one in four youth get the recommended 60 minutes of physical activity per day. This has resulted in an increase in unhealthy habits for kids such as poor nutrition, cognitive dysfunction, increased toxic stress and lack of social connections. Part of the cure for these ailments revolves around play. Just as a healthy diet balances proteins, fats, carbohydrates and other nutrients, a balanced play diet should include a mix of structured and unstructured activities. Play helps support the healthy development of collaboration, creativity, problem-solving, resilience and empathy.

At PlayDay, families are exposed to a variety of activities that will get their legs moving and their heart pounding, including an inflatable course, climbing wall and kayaking. Other activities will encourage them to expand their mind and creativity, such as arts and crafts, dance, nutrition and STEM programs. At the end of the day, it is our goal to demonstrate how active minds and bodies create a life balance that benefits our community.

The initial award allowed us to introduce the Diablo Dash, a family friendly obstacle course, to PlayDay in 2014. In the years since, funds have been used to support the Diablo Dash, as well as other elements of PlayDay. We have grown the event to feature several premiere activities that attract our target audience, including the Kid Zone Experience, Library StoryWalk, Touch-A-Truck, Just for Kids Fishing Expo, and more.

The requested Diablo grant monies will be used to support the entire PlayDay event as it continues to expand to meet the needs of our community.

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