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Things to do in Virginia Beach Parks & Recreation

1. Fly a kite at Mount Trashmore Park.



2. Go fishing at Lake Lawson/Lake Smith Natural Area.
3. Visit Owl Creek Boat Ramp, one of our six boat ramps.
4. Launch your kayak at Dozier Bridge Kayak Launch.
5. Use a therapeutic cradle swing at Bayville Farms Park.
6. Go play at Kids Cove Playground.
7. Hike the trail at Stumpy Lake Natural Area.
8. Download the Ellen Reid Soundwalk app and listen to the music at Pleasure House Point Natural Area
9. Attend Party at the Pier at Little Island Park in August.
10. Play sand volleyball at City View Park.
11. Play pickup basketball at one of the 53 parks that have courts.
12. Play tennis at Lynnhaven Park.
13. Go for a run on one of our soft trails at Marshview Park.
14. Sign up for the TR Social Hour program.
15. Stroll the paved trails at West Neck Creek Natural Area.
16. Join the Forever Young Senior Program.
17. Host a birthday party at any of the seven Recreation Centers.

18. Visit one of our five dog parks.



19. Attend Touch-A-Truck at Williams Farm Park in October.
20. Learn more about our Therapeutic Recreation Programs.
21. Workout at Hillier Ignite Fitness Park.
22. Climb the rockwall at Seatack Recreation Center.
23. Play indoor volleyball at the Princess Anne Recreation Center.
24. Visit Red Wing Park and stroll through the Miyazaki Japanese Garden.
25. Play a game of indoor soccer at Great Neck Recreation Center.
26. Sign up for VB Parks & Rec e-newsletter.
27. Take an archery class at Bayside Recreation Center.
28. Play disc golf at Munden Point Park.
29. Swim laps at Bayside Recreation Center pool.
30. Visit the Kempsville Recreation Center weight room.
31. Enjoy the pool slides at Williams Farm or Bow Creek Recreation Center.
32. Sign your child up for one of our youth sport or specialty camps.
33. Enroll in one of our martial arts classes held at select Recreation Centers.
34. Get in shape using one of our personal trainers at the Recreation Centers.
35. If eligible, participate in the Golden Hours Program.
36. Learn more about our Inclusion Support Services.

37. Download VB Park Finder app.



38. Get a part-time job with VB Parks & Rec.
39. Visit the gazebo at Great Neck Park.
40. Reserve a shelter by calling 757-385-PARK
41. Throw a frisbee at the open field in Beach Garden Park.

42. Take a drop-in group fitness class at a Recreation Center.



43. Watch the firework display at Mount Trashmore Park on July 4th.
44. Learn more about the Recreation Center Swim, Dive, and Water Polo teams.
45. Use the fitness peg board at Princess Anne Recreation Center.
46. Visit the Leisure Pool or Splash Pad at Kempsville Recreation Center.
47. Play racquetball at Great Neck Recreation Center.
48. Take a beginner pickleball clinic at Seatack Recreation Center.
49. Watch the sunrise at Little Island Pier.
50. Play outdoor pickleball at Lake Placid Park.
51. Visit our new skate park at Woodstock Park.
52. Have a picnic at Princess Anne Commons Gateway Park.
53. Play on the fully accessible playground at Grommet Island Park.
54. Register your team for adult softball at the Princess Anne Athletic Complex.
55. Learn the historic past of the Kempsville area at Kempes Landing Park.
56. Find & visit your closest neighborhood park.

57. Watch the, "Hidden Treasures", videos on VB Parks & Rec YouTube Channel.



58. Check out our submersible water wheelchairs at select Recreation Centers.
59. Follow VBP&R on social media.
60. Try bird watching at Stumpy Lake Natural Area.
61. Volunteer with Adopt-A-Programs.
62. Use the multimedia center at Williams Farm Recreation Center.
63. Watch the "Water Safety" videos on VB Parks & Rec YouTube Channel.
64. Check out the Winter Wildlife Festival held yearly at the end of January.
65. Take a picture at the top of Mount Trashmore.



VIRGINIA BEACH
PARKS & RECREATION
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