

SUN

MON

TUE

WED

THU

FRI

SAT

- FREE YOUTH & FAMILY PROGRAMS
- FREE COMMUNITY EVENTS
- FREE ADULT PROGRAMS
- FEE-BASED PROGRAMS



512-332-8805



PARKS.REC@CITYOFBASTROP.ORG



CITYOFBASTROP.ORG/RECREATION

SCAN TO REGISTER



1

2

3

A Matter of Balance
1PM @ Rec Center

4

Discovery Days 9AM-NOON @ Bastrop State Park Refectory

Tails & Trails
Community Dog Walk
8PM @ Fisherman's Park

6

Yoga Nidra
1PM @ Rec Center

7

Sunset Yoga
7:45PM @
Fisherman's Park

8

10

A Matter of Balance
1PM @ Rec Center

11

Qi Flow
12:30PM @ Rec Center

12

Tails & Trails
Community Dog Walk
8PM @ Fisherman's Park

13

14

15

16

17

A Matter of Balance
1PM @ Rec Center

18

19

Tails & Trails
Community Dog Walk
8PM @ Fisherman's Park

20

Puzzle Social
1PM @ Rec Center

21

Board Game Night
7PM @ Rec Center

22

23/
30

24/
31

A Matter of Balance
1PM @ Rec Center

25

Freeze Pops w/
First Responders
4:30PM @
Fisherman's Park

26

Tails & Trails
Community Dog Walk
8PM @ Fisherman's Park

27

28

Movies in the Park
8:30PM @ Fisherman's
Park (The Lorax)

29

A Matter of Balance – A Matter of Balance is designed to help older adults reduce their risk and fear of falling, through practical strategies and to maintain active, healthy lifestyles. The program is a structured group intervention which uses a variety of activities to address physical, social, and cognitive factors affecting fear of falling and to learn fall prevention strategies. Registration REQUIRED.

Discovery Days – Discovery Days is a youth summer exploration program in partnership with the Family Crisis Center and designed to give kids the opportunity to seek, explore, and DISCOVER! Activities will include diving throughout history, pop-culture, STEM, nature, art, and movement. Ages 6–12 years. Registration REQUIRED.

Board Game Night – Join us at the Bastrop Recreation Center for a fun-filled Board Game Night! Bring your favorite board game to share or play one from our collection. Enjoy a fun evening of games, friendly competition, and time together with family and friend

Brain Boost – A fun, social program designed to keep your mind active and engaged! Every session features a new brain-stimulating activity like trivia, word games, memory challenges, puzzles, creative projects, and more. Perfect for seniors looking to challenge their minds and connect with others. Registration REQUIRED.

Discovery Days – Discovery Days is a youth summer exploration program in partnership with the Family Crisis Center and designed to give kids the opportunity to seek, explore, and DISCOVER! Activities will include diving throughout history, pop-culture, STEM, nature, art, and movement. Ages 6–12 years. Registration REQUIRED.

Freeze Pops w/ Frist Responders – Cool off this summer and connect with the heroes who serve our community! Join us for Freeze Pops with First Responders, a fun, family-friendly evening at Fisherman's Park. Meet your local police officers, firefighters, and first responders while enjoying a FREE freeze pop and spending time with friends and neighbors.

Movies in the Park – Grab your blankets and lawn chairs and join us for a fun-filled evening under the stars at Fisherman's Park! Movie begins at 9:00PM. Celebrate with family, friends, and the beloved Dr. Seuss classic, The Lorax. Food and refreshments will be available for purchase from onsite vendors. Don't forget to bring blankets or lawn chairs, family and friends, and your love for outdoor fun!

Sunset Yoga – Sunset Yoga at Fisherman/s Park is BACK! Join us for an evening of yoga as the sun sets over Fisherman’s Park. This all-levels class is designed to help you relax, stretch, and unwind while enjoying the beauty of our local park. Breathe in the fresh air, move mindfully, and end your day feeling refreshed and centered. Meet at the first outlook closest to the Old Iron Bridge. Registration REQUIRED. Bring a mat, water, and a friend, come experience yoga in one of Bastrop’s most scenic settings.

Puzzle Social – An afternoon of teamwork, fun, and friendly competition! Enjoy a relaxed Puzzle Social with coffee and plenty of donated puzzles to choose from. Then join in our Puzzle Challenge, where small groups will race to complete a puzzle for bragging rights. Come for the puzzles, stay for the laughs. All skill levels welcome!

Tails & Trails – Weekly Community Dog Walks! Celebrate Dog Month with us by joining our FREE weekly community walks! Grab your pup, meet fellow dog lovers, and enjoy a morning stroll through Bastrop’s beautiful parks. Whether you're looking to socialize your dog, get some exercise, or simply enjoy the outdoors, everyone is welcome!

Qi Flow – Using Taoist-inspired movement and HeartMath practices, we will cultivate and move internal energy through gentle movement, heart-centered awareness, and intentional meditation. This practice supports balance, grounding, emotional clarity, and a deeper connection between the heart, mind, and body.

Yoga Nidra – Experience the restorative power of intentional rest. Yoga Nidra is a guided relaxation practice that invites you to become comfortable and still while being gently guided through breath awareness, a body scan, and calming visualization. No yoga experience or poses are required—simply come as you are, get comfortable, and rest. Registration REQUIRED.