

ATTRIBUTES OF RECREATION

Webster defines “recreation” as refreshment of strength and spirits after work; also: a means of refreshment or diversion: hobby; dalliance, frolic, frolicking, fun and games, play, relaxation, rollicking, travel or sport. In other words, there is more to recreation than just athletics.

Leisure recreation can be a stress outlet for people once the work day has ended; learning to relax helps a person generate energy for the next day. Participating in sports activities can teach team work and motor skills needed to become a well- rounded person. Group game days can create an environment of healthy competition, but it can also offer opportunities of socialization for people who might otherwise live in isolation. All of these characteristics are very positive reasons to have organized, as well as non-organized opportunities for recreation. This could be the reason that “leisure and recreation” is considered the largest industry in the world? <http://exoticrecreation.info/>

Let’s consider the financial aspect that is generated by sports, parks, youth organizations, children’s camps, arts and crafts, travel, and entertainment, green spaces, facilities, games and the many other forms of leisure activity. These activities actually expand into other fields such as medical rehab, meeting sites or party rentals, hotel stays, shopping and don’t forget family reunions and outdoor weddings; they all create jobs in a city and generate revenue in one form or another.

The personal benefits of leisure activities include, learning a hobby, wellness through exercise and sports, coping and family bonding, communication skills, personal development and as well as creating camaraderie in a community. Getting involved in the many opportunities offered through the Parks and Recreation Department will not only enhance the quality of your life, but of your friends and family as well.

People complain that there is nothing to do; that they have no reason to leave home. I have to beg to differ. There are ample opportunities for people of all ages available through the Decatur Parks and Recreation Department and with other agencies they partner with. Whether it is an evening concert by the river, a movie in the park or a festival, or sports opportunities, there is loads of fun to be found if you simply look. Even if you are not an athlete, become a spectator. Teams love having support from the fans!

The City of Decatur has four recreation centers; TC Almon, Fort Decatur, Aquadome, and Carrie Matthews. Wilson Morgan Park offers softball and the Jack Allen hosts soccer tournaments that include teams from around the world. There are 28 parks and 17 playgrounds within our system. And don’t forget there is the golf course, tennis courts, camping, the Water Park and archery available at the Point Mallard area. There are also several trails within our park system; not to mention fishing.

So, in all reality, THERE IS PLENTY TO DO!!!

For more information, please research our website: www.decaturoparks.com and check each facility’s page. Get out of your box and learn to relax and be leisure. Barry Gibb, form the musical group the Bee Gees, stated, “As long as you're having fun, that's the key. The moment it becomes a grind, it's over. (<http://www.brainyquote.com>) So, don’t let life become a grind!

Rochelle Darnell
Supervisor
[Aquadome Recreation Center](#)
245-341-4955