

Fit Friday

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POTTSTOWN



Pottstown Play Streets welcomes residents of all ages to attend the five events they're holding in different parts of the borough this summer. (PHOTO SUBMITTED BY POTTSTOWN PLAY STREETS)

SUMMERTIME FUN

Pottstown Play Streets creates safe, fun and healthy spaces for children, families and neighbors

By Courtney Diener Stokes

For summertime fun, like outdoor games, chalk drawing, eating cool treats, learning about helpful, local resources and more, you need to head to Cherry Street Park on Thursday, June 12, from 5:30 to 7:30 p.m., for the launch of Pottstown Play Streets' 2025 summer program.

"Local blocks will, once again, be transformed into traffic-free zones filled with games, sports, art, and curbside services for residents of all ages," said Samuel Mirarchi, marketing communications specialist for the Pottstown Area Health & Wellness Foundation.

PHYSICAL ACTIVITY OUTDOORS

Play Streets has been used throughout the world as a tool to address barriers to outdoor physical play. The first Play Streets in the United States happened in Harlem, NYC, in 1914. Regular physical activity and play in childhood and adolescence have many benefits, including improving healthy bones and muscles, reducing anxiety and stress, and increasing self-esteem.

Despite these benefits, approximately three of four United States adolescents still do not meet national physical activity guidelines. In several communities across the United States, traffic, violence, and crime are barriers to

parents allowing children to play outside.

Their five Pottstown community gatherings being held this summer, which have the feeling of a fun block party, will be happening every other week on Thursdays in June and July, with a rain date scheduled for August. They will enable your entire family to partake in social time with neighbors, an opportunity to make new friends and most importantly, a time for kids to get some physical activity outdoors.

Pottstown Play Streets creates safe, fun and healthy spaces for children, families and neighbors within easy access to connect, play, and learn right outside their doors. It gives kids of all ages more space to be active.

PARTNERSHIP AND COLLABORATION

Made possible through partnership and collaboration, this program would not be possible without the partnership and community. Led by the borough of Pottstown Parks and Recreation department, Pottstown Play Streets is part of the Pottstown Play Streets Coalition, brought together by the Pottstown Area Health & Wellness Foundation to help provide this program to Pottstown residents.

"We are grateful to the Borough of Pottstown for leadership of the Play Streets program," said Chris Wierzbowski, associate program officer for the Pottstown Area Health & Wellness Foundation. "The Foundation is privileged to support the coordination of our public and private partners through our Pottstown Play Streets Coalition's work."

WHAT TO EXPECT

It takes place on streets near parks or green spaces throughout the Borough of Pottstown. The partners behind the program, the Play Streets Coalition, temporarily close a neighborhood block to traffic, set-up tables for partner outreach and activities, and disburse free play equipment to create safe, fun, and healthy public spaces for children, families and neighbors to connect, play, and



Outdoor games, chalk drawing, cool treats, and more can be found at Pottstown Play Streets' community gatherings this summer. (PHOTO SUBMITTED BY POTTSTOWN PLAY STREETS)



Pottstown residents can learn about local resources at Pottstown Play Streets. (PHOTO SUBMITTED BY POTTSTOWN PLAY STREETS)

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POTTSTOWN PLAY STREETS 2025 SCHEDULE

- June 12: Cherry St. Park
- June 26: Prince St. (Bright Hope)
- July 10: Chestnut St. Park
- July 24: Washington/ West Park
- July 31: Spruce St. Park
- Rain Date: August 7: TBD

HOW TO SUPPORT POTTSTOWN PLAY STREETS

Powered by neighbors, partners, and purpose. Whether you bring your children, friends, or attend solo, every event offers information from local nonprof-

its, civic groups, and businesses in addition to fun and games.

The Foundation is building a fund to support this program now and into the future. Contributions to support Pottstown Play Streets costs are fully tax-deductible. To donate, visit tinyurl.com/2025-PPS-Donate. To sponsor, visit tinyurl.com/2025-PPS-Sponsor. To sign up for updates, visit tinyurl.com/2025-PPS-News

Pottstown Play Streets is a seasonal, award-winning summer recreation and community development program delivered over a series of seven two-hour events on Thursdays from June to August. For more information, visit www.pottstownfoundation.org/play-streets/



Children can engage in physical activity and have fun this summer with their neighbors through Pottstown Play Streets. (PHOTO SUBMITTED BY POTTSTOWN PLAY STREETS)