

The heartbeat of America

Published in the Ft. Myers News Press



Welcome to my weekly column on recreation in Bonita Springs. This past Monday evening I was sitting in the recreation center attempting to come up with a column about recreation. Trying to figure out a column that portrayed just how important recreation is to our community. I found myself leaving the recreation center to follow the sounds of kids' laughter floating through the air. It was a beautiful evening, almost felt like the beginning of fall. Community Park was full with families walking through different areas. At the playground kids were swinging high into the air on the swing set and America's favorite pastime was taking place under the lights. Little leaguers of all ages being cheered on by their families as their siblings found fun playing in the grass on the sidelines. Little girls in pastel dresses played with hula hoops unaware that they were the sweetly decorated charms that fill this everlasting picture of what America is.

America is little leagues, playgrounds, outside basketball courts, and community parks. Where everlasting summer is promised on the freshly cut grass where soccer balls are kicked around and kids play freeze in tag. It's where men and boys fill the concrete courts adding the sounds of the basketball hitting the court to the easy rhythm of the evening. It's in the women's banter as they giggle while leaving the recreation center laughing about the belly dance course they just finished. Kids and parents file in for a karate class. Recreation Center members come and go from the work out center. They enter dragging just a little and leave feeling invigorated. This is the heart beat of America. This is the child in you. It reminded me what recreation was and why it is so important to our community. If you ever forget just come take a walk through Community Park.

The Bonita Springs Parks and Recreation Department always has something going on. Visit [www.bonitaspringsrecreation.org](http://www.bonitaspringsrecreation.org) to find out what you would be interested in.

-L.T.