



CONTACT
 Kerrilyn J. Ely
 Recreation Superintendent
 510.881.6704
 510.881.6700
 elyk@haywardrec.org
 HaywardRec.org

Hayward Area Recreation and Park District FOR IMMEDIATE RELEASE

H.A.R.D. activates cooling centers at several locations to beat the heat!

Park District to open community centers and extend public swimming and splash pad hours in response to high temperature predictions.

Hayward, CA (August 31, 2017) — The Hayward Area Recreation and Park District (H.A.R.D.) will be opening and extending hours at several District locations in response to the National Weather Service forecast of hot weather during the next two-day period from September 1 – September 2, 2017.

The following H.A.R.D facilities will open as a Cooling Center for the community's use, 12noon to 8pm on Friday, September 1 and Saturday, September 2, 2017 should temperatures exceed 90 degrees.

The following District sites will be open for residents to beat the heat!

HARD Community Centers	Address & City	Extended Hours
<ul style="list-style-type: none"> • Kenneth Aitken Senior and Community Center • Ashland Community Center • San Lorenzo Community Center • Matt Jiménez Community Center 	17800 Redwood Road / Castro Valley 1530 167 th Street / San Leandro 197 Via Buena Vista / San Lorenzo 28200 Ruus Road/ Hayward	Friday, Sept. 1, 2017 4:00- 8:00pm Sat. Sept. 2, 2017 12noon-8pm
HARD Swim Facility		
<ul style="list-style-type: none"> • Hayward Plunge 	24176 Mission Blvd /Hayward	Sat. Sept. 2, 2017 1:30pm -3:30pm 4:00pm -6:00pm
HARD Splash Pads		
<ul style="list-style-type: none"> • Castro Valley Community Park • Cannery Park 	18988 Lake Chabot Road /Castro Valley 125 B Street / Hayward	Friday, Sept. 1, 2017 Sat. Sept. 2, 2017 11am- 8pm

Additionally, please see some helpful tips to help cope with the coming heat:

- Avoid prolonged exposure to the sun and, when possible, stay in the shade or an air-conditioned room.
- Wear loose fitting, light colored clothes.
- Drink plenty of water and limit alcoholic beverages.
- Never leave children or pets in a vehicle, even for short periods of time. Temperatures inside vehicles can climb rapidly to life-threatening levels, even with the windows partially open.
- Periodically check on children and the elderly.
- Remember that animals are affected by the heat. Make sure pets and other outdoor animals have plenty of water and access to shade.

For information about Cooling centers or other questions please call the H.A.R.D at (510) 881-6700 or visit

www.haywardrec.org.

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