



FOR IMMEDIATE RELEASE
City of Duluth Parks and Recreation Division

411 West First Street, Duluth, Minnesota 55802
218-730-4309 | www.duluthmn.gov | Kathleen Bergen, Parks and Recreation Division Mgr.

For more information contact Pakou Ly, Public Information Coordinator 218-730-5309

DATE: 03/31/2015

SUBJECT: Free Spring Break Activities for Kids in Duluth

BY: Pakou Ly, Public Information Coordinator

Free Spring Break Activities for Kids in Duluth

[Duluth, MN] – Don't let your kids get bored during spring break. Bring them out for some free fun indoor activities at the Duluth Heritage Sports Center (120 S. 30th Avenue West) during the week of April 6-10, 2015.

10:00-Noon - Non- Traditional Sports

Skills Introduction and play time is being offered on the indoor turf.

Monday: **Kick Ball** w/Boys and Girls Club

Tuesday: **Ultimate Frisbee** w/UMD Men's Northern Lights & UMD Women's LakeEFFECT Teams

Wednesday: **Lacrosse** w/UMD Men's Team

Thursday: **Rugby** w/YMCA Rookie Rugby

Friday: **Disc Golf** w/area course enthusiasts!

2:00 – 4:00 PM every day during spring break - ***Open Family Skating*** (Bring your own skates as a limited number are available for use)

Sponsored by: City of Duluth Parks and Recreation, Duluth Heritage Sports Center, Boys & Girls Club of the Northland, UMD Northern Lights Team, the UMD Women's LakeEFFECT team, and the Duluth YMCA.

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City of Duluth Parks & Recreation

Spring Break Activities

Monday-Friday, April 6-10

Rain or shine!

Heritage Sports Center
100 S. 30th Avenue West

10:00-Noon

Non-Traditional Sports

Skill Introductions and Play Time
ON THE INDOOR TURF!

Monday: Kick Ball w/Boys and Girls Club

Tuesday: Ultimate Frisbee w/UMD Mens
Northern Lights, UMD Women's LokEFFECT Teams

Wednesday: Lacrosse w/UMD Mens Team

Thursday: Rugby w/YMCA Rookie Rugby

Friday: Disc Golf w/area course enthusiasts!



2:00 – 4:00

Family Skating

Bring your skates

(limited skates available for use)

All activities are **FREE** and open on a
first come - first served basis. Equipment goes fast!

For more information call 218-730-4322

