



**FOR IMMEDIATE RELEASE**  
**City of Duluth - Parks and Recreation Division**

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**DATE: 4/6/2016**

**SUBJECT: Ultimate Frisbee Sports Offered at Duluth Heritage Sports Center for Youth**

**BY: Pak**

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## **Ultimate Frisbee Sports Offered at Duluth Heritage Sports Center for Youth**

[Duluth, MN] - The City of Duluth Parks and Recreation division is partnering with the Duluth Heritage Sports Center (120 S. 30th Ave West) and the UMD LAKEEFFECT and Northern Lights Ultimate teams to offer ultimate frisbee sports for area youth every Sunday during from May 15 to June 5. The first practice session is offered this weekend on April 10 from 1-5 PM. The regular program runs from 1-5:00 PM during which volunteers will teach kids how to play the sport and coordinate informal games with participants.

This event is free and open to youth ages 8-17.

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**ULTIMATE (frisbee)  
for KIDS!**

This is an opportunity for youth ages 8-17 to learn the game of Ultimate and play games run by volunteer instructors on the indoor turf at the Duluth Heritage Sports Center. Participants will have opportunities to learn the basics, practice new skills and play informal pick-up games with others.

**Sundays from 1-5:00 pm  
(May 15, 22, 29 and June 5)  
Duluth Heritage Sports Center  
120 S. 30th Avenue West**

**- SUNDAY APRIL 10, 1-5PM -**  
SPECIAL REGISTRATION AND INFORMATION SESSION WITH UMD'S LAKEEFFECT AND NORTHERN LIGHTS ULTIMATE TEAMS! Drop in any time to learn more about Ultimate and get tips from College-level players. Stick around to play and practice skills on the indoor turf.

For more information please call 723-4322

**DULUTH PARKS**  
*Duluth Parks. Great Spaces!*

The flyer features three white silhouettes of people playing frisbee against a black background. One person is standing and reaching up to catch a blue frisbee, another is lying on the ground reaching for a blue frisbee, and a third is standing and throwing a blue frisbee.

