

FOR IMMEDIATE RELEASE



City of Duluth - Parks and Recreation

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DATE: 11/3/2020

SUBJECT: City of Duluth Parks and Recreation Announce November Program Schedule

BY: Kate Van Daele, Public Information Officer

City of Duluth Parks and Recreation Announce November Program Schedule

[Duluth, MN] The City of Duluth's Park and Recreation division is proud to announce programs taking place in November. This news blast contains highlights of upcoming offerings, for more detailed information please visit our website www.duluthmn.gov/parks. Click <https://secure.rec1.com/MN/duluthparks/catalog/index> to see our brochure and the other programs taking place this fall!

All programs require pre-registration three days in advance unless otherwise noted and will be run in accordance with Minnesota Department of Health and CDC guidelines per our pandemic operations plan found on our website at www.duluthmn.gov/parks/COVID.

*For the members of the media, please call Kate Van Daele if you are interested in featuring any of these programs. These events are not public and require registration. We are happy to coordinate interviews with prior notice. Thank you!

Nature Knowledge

Ages: All

Ever wondered what adaptations make owls such skilled hunters? Who is making those animal tracks in my yard? How was Lake Superior created? Join us to learn about the natural world around us.

Day	Date	Topic	Time	Cost	Location	Course #
Th	Nov. 19	Changing Seasons	10-11 a.m.	\$3	Lester Park, 61 Lester River Rd	1384
Tu	Nov. 24	Changing Seasons	4-5 p.m.	\$3	Lester Park, 61 Lester River Rd	1385

Full Moon Hike

Ages: All

Join us on the evening of the full moon as we enjoy the peacefulness of the forest under the night sky. Head-lamps are recommended. Hikes will be beginner level.

Day	Date	Time	Cost	Location	Course #
M	Nov. 30	4:30-5:30 p.m.	\$3	Hawk Ridge, 3980 E Skyline Pkwy	1391

Women Hike Duluth

Ages: All

We have partnered with Hike Duluth to provide guided hikes at various parks throughout Duluth to encourage women to be active and meet others who also enjoy the outdoors. *This hike will be a longer, moderate hike.*

Day	Date	Time	Cost	Location	Course #
Sa	Nov. 21	1-3 p.m.	Free	Highland Trailhead, 7051 W Skyline Parkway	1333

Senior Snack Hike

Ages: 55+

Guided hikes in different parks each week along gentle slopes with occasional hill climbs and descents. We will begin and end with a stretch and include a midway stop for a small snack (provided) and/or a chance eat lunch (bring your own). Hikes will be beginner level.

Day	Date	Time	Cost	Location	Course #
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M	Nov. 2	11a.m.-1p.m.	\$2	Hartley-Naymark, W. Victoria St & Kenwood Dr	1513
M	Nov. 9	11a.m.-1p.m.	\$2	Brewer Park, 2588 Haines Rd	1514
M	Nov. 16	11 a.m.-1 p.m.	\$2	Park Point Nature Trail, 5000 Minnesota Ave	1515
M	Nov. 23	11 a.m.-1 p.m.	\$2	Waabizheshikana Trail, 7210 Fremont St	1506

Archery II: Games and Challenges

Ages: 10+

After taking an Intro to Archery class (Archery I), take the next step! In Archery II: Games and Challenges, we'll continue to build skills by playing archery games and challenges, practice giving other participants feedback on their form, and learn how to use an archery scorecard. Must have taken an Archery I or Intro to Archery course to participate.

Day	Date	Time	Cost	Location	Course #
Tu	Nov. 10	6:30-8 p.m.	\$10	Washington Center Gym, 310 N 1st Ave W	1446
Tu	Nov. 17	6:30-8 p.m.	\$10	Washington Center Gym, 310 N 1st Ave W	1447

Play Gym in the Park

Ages: 0-5, with parent

Riding toys and pre-school aged equipment is made available for families to check out and use in the space. Equipment is sanitized between uses.

Day	Date	Time	Cost	Location	Course #
W	Nov. 4	9:30-11:30a.m.	\$2	Gary Rec, 801 101 Ave W	1407

Open Gym

Ages: 16+

Shoot hoops, walk laps, or otherwise enjoy a wide-open gym. Please bring your own sports equipment. We will evaluate pick-up game availability on a weekly basis.

Day	Date	Time	Cost	Course #
F	Weekly, begins Nov. 6	6:30-8 p.m.	\$5	See website

*No Open Gym on Nov. 27

Location: Washington Center Gym, 310 N 1st Ave W

Open Skating

Ages: All

Get out of the heat AND have some active fun! Limited skates are available for loan. Participants must pre-register online by Friday for their desired session. Each 45 min session will be limited to 25 people. Arrive 15min early to allow for health screens and to put on skates.

Day	Date	Time	Cost	Course #
Su	Weekly	3-3:45, 4:15-5 p.m.	\$3	See website
Tu	Weekly	9:30-10:15 a.m.	\$3	See website
W	Weekly	2-2:45, 6:45-7:30	\$3	See website

*No skating on Nov. 25, 29

Location: Essentia Duluth Heritage Sports Center, 120 S. 30th Ave. W.

Custom Program Options

Request your own program delivered by Duluth Parks & Recreation for your group. We work with a diverse range of groups including: schools, youth agencies, social clubs, businesses, adults and families. Our programs are customized for each group and available year-round. We can bring programming to you at a Duluth location of your choosing! Parks and Recreation staff will bring the equipment and supplies to facilitate a lesson or activity that best serves your group.

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