



FOR IMMEDIATE RELEASE
City of Duluth - Parks and Recreation Division

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DATE: 6/27/2018

SUBJECT: Duluth Parks and Recreation Offers Free Fun Activities for All Ages All Summer

BY: Pakou Ly, Communications Office

Duluth Parks and Recreation Offers Free Fun Activities for All Ages All Summer

[Duluth, MN] - The City of Duluth Parks and Recreation division offers many activities to help energize and activate kids and families all summer long. Programs are free to participants and helps residents explore some of the best recreation programs and activities no matter the age or ability.

Play Gym - FREE weekly Play Gym program, which offers sessions of interactive play and social time for kids and their care-givers on Mondays from 2-4 pm and Wednesdays from 9:30-11:30 am, year round, as well as Silver Sneakers exercise program for Senior Citizens on Mondays and Wednesdays from 12:15-1:15 at the Duluth Heights Community Center, 33 Mulberry Street.

This year, Parks and Recreation is excited to offer free, inter-generational Creative Move & Groove” sessions at the Duluth Heights Community Center for both families and seniors! Classes on Mondays will run from 1:15–2:15 pm and on Wednesdays from 11am-12pm through August 15th. Enjoy having fun, playing games and learning some new moves to a variety of music genres. These classes are made possible as part of our Play Gym program.

Bayfront Family Center - Families can stay active this summer and encourage healthy outdoor playtime for kids. There is no shortage of new things to try at the Bayfront Family Center, located at Bayfront Park, which offers diverse supply of sports equipment and fun yard games. Equipment can be checked out at no cost to the public. The Bayfront Family Center hours run Monday through Thursday, 11am-7pm now through September 13, 2018. Note: during major events at Bayfront Park, the Family Center may need to be closed.

Open Skating - Open skating doesn't just end with when the snow melts! During the summer months, youth and adults are welcome to join in skating fun every Wednesday from 1:30-3:30 pm now through August 22, 2018 at the Essentia Health Duluth Heritage Center, 120 S. 30th Ave. Limited skates are available and children under 10 must be accompanied by an adult.

Get the complete list of Duluth Parks and Recreation programs at <http://duluthmn.gov/parks/activities-events/>

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Duluth Heights Community Center
33 W. Mulberry St.

Play Gym
Mondays
1:00-4:00pm
Wednesdays
9:30 - 11:30am

This is a FREE opportunity for parents and their young children to gather and interact in a large, open, indoor space, which has a store of toys, sports equipment, and art materials available for use.



DULUTH PARKS
For more info call
218-720-4322

Free Open Skating at Essentia Duluth Heritage Center



120 South 30th Avenue West • Sponsored by City of Duluth Parks and Recreation

EVERY WEDNESDAY FROM 1:30-3:30 PM
JUNE 20 - AUGUST 22 (NO SESSION JULY 4)
BRING YOUR OWN SKATES - LIMITED SKATES AVAILABLE TO USE




Fun Opportunities for Groups and Families at the

Bayfront Family Center

Open Monday-Thursday • 11:00 AM – 7:00 PM
May 29-September 13

Recreational Equipment is available for people to use FREE OF CHARGE and includes Frisbee Golf, Kites, Volleyball, Kickball, Croquet and more. Sheltered seating, extra bathrooms and concession options are also available.



Take a walk around the festival grounds, stage and grab the hot air. Play on the biggest, most innovative playground in Duluth.

Bayfront Festival Park is a great place for people to go with friends and family almost any time!

Call 218-4300 for more information

