



FOR IMMEDIATE RELEASE
City of Duluth - Parks and Recreation Division

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SUBJECT: City of Duluth Parks and Recreation Upcoming Events and Programs

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City of Duluth Parks and Recreation Upcoming Events and Programs

Highlights of upcoming Parks and Recreation offerings, for more detailed information please visit our website www.duluthmn.gov/parks

Visit our fall digital Parks and Recreation programming brochure [here!](#)

Family Archery Night

Ages: 8+

Come learn a new skill and practice your accuracy. Participants will learn the basic safety, technique, and process for shooting archery and get a chance to test their skills in archery games and challenges. This is an introductory class for families and community members to learn the basics of archery taught by certified instructors by the National Archery in the Schools Program (NASP). Space is limited, preregistration required.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
Tu	Nov. 19	6-8 p.m.	\$5	Washington Center Gym

Play Gym

Ages: 0-Kindergarten

Come socialize with other families and engage in active play activities with your child. Lot's of equipment and activities to choose from.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
W & F	Weekly	9-11 a.m.	\$1	Washington Center Gym

Youth Open Gym

Ages: 0-16

Utilize indoor play space, toys and equipment. Both adults and children have the opportunity to engage in active play and socialize with others. Adults choose toys and equipment that are suitable for the age and interest of their children.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
Th	Weekly	Noon-2 p.m.	\$2	Washington Center Gym

Open Gym

Ages: 55+

The large gym will be open and participants will have access to a large variety of sports equipment and games. This is an opportunity for active fun and social time with others. Beverages and healthy snacks will be served afterwards in the community room overlooking downtown, where conversations can unfold!

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
Th	Weekly	8:30-11 a.m.	\$2	Washington Center Gym

Women Hike Duluth

Ages: All

We have collaborated with Hike Duluth to provide monthly guided hikes at various parks throughout

Duluth to encourage women to be active and meet others who also enjoy the outdoors. We recommend you wear sturdy shoes and dress for the weather. Carpooling is encouraged, as many of these locations have limited parking.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
Sa	Nov. 16	1 p.m.	Free	Brewer Park Loop

Open Skate

Ages: All

This is an opportunity for anyone to try out ice-skating. Indoor ice, music and no sticks or pucks allowed for a comfortably paced and secure environment for active fun and interaction. Limited skates available for use.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
Su	Weekly*	3-5 p.m.	\$2	Essentia Duluth Heritage Center
W	Weekly	6:30-8 p.m.	Free	

*no session Dec. 8th

Pre-School Skate

Ages: 0-6

This is an opportunity for young children, accompanied by an adult, to begin teaching their pre-school aged children how to ice skate without the crowds and intimidating speed of advanced skaters. Indoor ice, music, no sticks or pucks develop a comfortably paced and secure environment to learn. Limited skates available for use. Locker rooms open at 9 a.m.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
Tu	Weekly	9:15-10:30 a.m.	\$2	Essentia Duluth Heritage Center

Skating Events

Ages: All

Watch our website and Facebook page for the details!

<u>Event</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
Turkey Bowl	W	Nov. 20	6-8 p.m.	Free	Essentia Duluth Heritage Center
Skate with Santa	W	Dec. 11	6-8 p.m.	Free	Essentia Duluth Heritage Center