



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

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For more information contact Amy Norris, Public Information Coordinator 218-730-4312

**DATE: 04/14/2011**

**SUBJECT: Parks and Recreation offers Spring Break Lacrosse, Rugby, Ultimate Frisbee and More**

**BY: Amy Norris, Public Information Coordinator**

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## **Parks and Recreation Spring Break Week Schedule of Activities at the Heritage Sports Center.**

Spring break week is April 18-22 and Parks and Recreation has teamed up with area local youth service agencies to offer a week of fun at the Heritage Sports Center. Starting Monday, April 18th through Friday, April 22nd free open skating is being offered daily from 1:30-3:00 PM. Limited skates are available for use.

Area youth will be able to receive skills instruction and play some non-traditional sports in the Heritage Sports Center's turf arena. Every day a new sport will be featured starting at 3:30 and concluding at 5:00 PM.

### **The spring break Heritage Sports Center schedule:**

Monday, April 18-Lacrosse lead by the UMD Lacrosse Team

Tuesday, April 19- Rugby lead by the UMD Rugby Club

Wednesday, April 20-Ultimate Frisbee lead by the Dingwop Group

Thursday, April 21-Soccer lead by the AYSA Coaching Staff

Friday, April 22-Disc Golf lead by the Lake Superior Disc Golf Association.

All activities are free and open on a first come first serve basis. For more information call 218-591-0699. The Heritage Sport Center is located at 120 South 30th Avenue West.

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