DATE: 3/31/2016
SUBJECT: Free Spring Break Sports Programs Offered for Kids
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Free Spring Break Sports Programs Offered for Kids

[Duluth, MN] – Don't let your kids get bored during spring break. Bring them out for some free fun indoor activities at the Duluth Heritage Sports Center (120 S. 30th Avenue West) during the week of April 4-8, 2016

From 12:00-2:00 PM Participate in non- traditional sports and skills introduction and play time.

Monday: **Golf** with Enger/Lester Golf Pros
Tuesday: **Lacrosse** w/UMD Men's Team
Wednesday: **Rugby** w/YMCA Rookie Rugby
Thursday: **Disc Golf** w/area course enthusiasts!
Friday: **Ultimate Frisbee** w/UMD Men's Northern Lights &UMD Women's LakEFFECT Teams

2:00 – 4:00 PM every day during spring break - ***Open Family Skating*** (Bring your own skates as a limited number are available for use)

Sponsored by: City of Duluth Parks and Recreation, Duluth Heritage Sports Center, Boys &Girls Club of the Northland, UMD Northern Lights Team, the UMD Women's LakEFFECT team, and the Duluth YMCA.
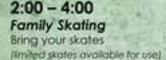
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City of Duluth Parks & Recreation

Spring Break Activities

Monday-Friday, April 4-8
Rain or shine!
Heritage Sports Center
120 S. 30th Avenue West

Noon-2:00 p.m.
Non- Traditional Sports
Skill Introductions and Play Time
ON THE INDOOR TURF !

Monday: **Golf** w/Enger/Lester Golf course Pro
Tuesday: **Lacrosse** w/UMD Mens Team
Wednesday: **Rugby** w/YMCA Rookie Rugby
Thursday: **Disc Golf** w/area course enthusiasts!
Friday: **Ultimate Frisbee** w/UMD Mens
Northern Lights, UMD Women's LakEFFECT Teams

2:00 – 4:00
Family Skating
Bring your skates
(limited skates available for use)

All activities are **FREE** and open on a
first come - first served basis. Equipment goes fast!
For more information call 218-730-4322
Check us out on Facebook!