



FOR IMMEDIATE RELEASE
City of Duluth Parks and Recreation Division

411 West First Street, Duluth, Minnesota 55802
218-730-4309 | www.duluthmn.gov | Kathleen Bergen, Parks and Recreation Division Mgr.

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

DATE: 04/16/2013

SUBJECT: Parks and Recreation offers Spring Ultimate Frisbee and Turf Time at Heritage Sports Center

BY: Amy Norris, Public Information Coordinator

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Learn Ultimate Frisbee

This is an opportunity for Youth, ages 7 – 18 to drop in at the Heritage Sport Center Turf Facility and learn the game of Ultimate Frisbee from members of the Twin Ports DINGWOP Team. Join us for Ultimate Frisbee on **April 17th** May 1,8,15,22 from 7:00 - 8:00 pm at the Heritage Sport Center Turf facility. The event is FREE.

Parks and Recreation is offering spring "Turf Time" at the Heritage Sports Center every Thursday from 4:30-6:30 PM starting **April 25th** and ending May 30th. In recognition of Athletics as a pathway to strong character and service ethics, Parks and Recreation and Men as Peacemakers are bringing UMD Student Athletes to conduct fun games and activities on the indoor turf that will foster fitness, social ties and good sportsmanship.

This is an opportunity for youth ages 7-17 from across the city to come socialize and participate in organized game activities at the Duluth Heritage Center's Indoor Turf Facility. University of Minnesota Duluth Athletes, Parks Staff and Men as Peacemakers will assist leaders in character development activities and sports oriented games on the indoor Turf Facility. Games such as kickball, flag football, disc golf, soccer parachutes, relays and obstacle courses will be played.

Participants will be divided by age, ability and interests. Parents / Guardians must register children on-site and are encouraged to participate. A healthy snack will be provided after each session. This activity is FREE and a joint effort by Parks and Recreation and Men as Peacemakers. The Heritage Sports Center is located at 120 South 30th Avenue West. For more information call Parks and Recreation at 730-4322.

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