



FOR IMMEDIATE RELEASE
City of Duluth - Parks and Recreation Division

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

BY: Kate Van Daele, Public Information Officer

City of Duluth Parks and Recreation Division Announces Upcoming Events and Programs

The City of Duluth Parks and Recreation Division is pleased to offer the following events and programs. Please see below for highlighted program offerings, locations and times. For more detailed program information, or questions please visit www.duluthmn.gov/parks

Play Gym

Ages: 0-Kindergarten

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

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

Home School Open Gym

Designed for families and their children who participate in a Home School programs. Self-directed. Equipment available for use or bring your own.

| Day | Date | Time | Cost | Location |
|-----|--------|-------------|------|-----------------------|
| Th | Weekly | Noon-2 p.m. | \$1 | Washington Center Gym |

Senior Open Gym

Senior Programs are designed for those ages 55 and older. Show up ready to move. Choose from an activity: basketball, badminton, volleyball, pickle ball and much more. Equipment available to try out. Self-directed with assistance from Parks Staff.

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

Senior Hikes

Looking to get out and explore our beautiful parks? This fall we're kicking off our first Seniors Hike event series. Join us on a different trail each week. Hikes will be adapted to the ability level of the group. After the hike, we will enjoy a healthy snack. Dress for the weather.

| Day | Date | Time | Cost | Location |
|-----|---------|------------|------|--------------------------|
| M | Oct. 14 | 10-11 a.m. | \$2 | Western Waterfront Trail |
| M | Oct. 21 | 10-11 a.m. | \$2 | Hartley Park |
| M | Oct. 28 | 10-11 a.m. | \$2 | Lester Park |

Parks After Dark – Night Hikes

Ages: All

We often see Duluth's beautiful parks and trails during the day, but what are they like when the sun goes down? Join us to explore Duluth's Parks After Dark. We will learn about what creatures prefer the night to the day, practice using our sense of hearing to experience nature, and do some stargazing!

| Day | Date | Time | Cost | Location | Course # |
|-----|---------|----------|------|--------------|----------|
| Tu | Oct. 8 | 8-9 p.m. | \$2 | Hartley Park | 1104 |
| Tu | Oct. 22 | 8-9 p.m. | \$2 | Lester Park | 1105 |

Family Archery Nights

Ages: 8 - Adult

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). Register online to secure a spot.

| Day | Date | Time | Cost | Location |
|-----|---------|----------|------|-----------------------|
| Tu | Oct. 15 | 6-8 p.m. | \$5 | Washington Center Gym |

School's Out Park Adventures

Ages: 8-14

Outdoor activities based in a city park when there is no school! Parents/guardians are welcome to participate in the activities or drop off their child(ren) for the two-hour activity session. Depending on weather, activities may include hiking, outdoor skills, archery, geocaching, and more! Maximum of 15 youth – please register online. These programs may cancel in the event of severe weather.

| Day | Date | Time | Cost | Location |
|-----|---------|-----------|------|-------------|
| Th | Oct. 17 | 9-11 a.m. | \$10 | Lester Park |
| Th | Oct. 17 | 1-3 p.m. | \$10 | Lester Park |
| Fr | Oct. 18 | 9-11 a.m. | \$10 | Quarry Park |
| Fr | Oct. 18 | 1-3 p.m. | \$10 | Quarry Park |
| M | Oct. 28 | 9-11 a.m. | \$10 | Enger Park |
| M | Oct. 28 | 1-3 p.m. | \$10 | Enger Park |

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.

| Day | Date | Time | Cost | Location |
|-----|---------|--------|------|--------------------------------|
| Sa | Oct. 19 | 1 p.m. | Free | Hartley Park 3001 Woodland Ave |

Park to Park Guided Hike Series: Superior Hiking Trail

Ages: All

Hike the Duluth section of the Superior Hiking Trail. A shuttle is available for hikers to leave their car at the end location and be shuttled to the start. Each person riding the shuttle must sign up in advance to guarantee a spot. Hikers are welcome to hike ahead at their own pace or stay with the group, ending at the shuttle pick-up location.

Please arrive 15 minutes early to check in and be ready to board the shuttle on time.

| Day | Date | Hike Time | Cost | Start | End |
|--|---------|-----------|--------------------|--------------|-----------|
| Su | Oct. 20 | 3 p.m. | \$5 for shuttle | Hartley Park | Martin Rd |
| <i>Shuttle Pick up Address: 3801 Martin Rd</i> | | | | | |

Family Hike

Ages: All

Join us in enjoying the great outdoors with a family-friendly hike! We'll end the hikes with roasting hot dogs and s'mores over a fire. We recommend you wear sturdy shoes and dress for the weather.

| Day | Date | Time | Cost | Location |
|-----|----------|----------------|------|-------------|
| Sa | Oct. 19* | 3:30-5:30 p.m. | \$3 | Quarry Park |

*Accessible trail loop meets ADA standards

Pop-Up Play

Ages: All

Parks and Recreation staff will bring equipment and lead family-friendly activities at parks throughout the city. Bring a picnic and come play in the park!

| Day | Date | Time | Cost | Location |
|-----|---------|----------------|------|----------|
| Su | Oct. 20 | 11 a.m.-2 p.m. | Free | Memorial |

*Join us for a special Halloween pumpkin craft

Story & Play

Ages: All

Duluth Parks and Recreation and the Duluth Public Library are joining forces to bring you Story and Play at Cascade Park! Bring your own picnic and blanket and join us for a family story time and play with recreation programming equipment. Stories will begin at the scheduled time. Families are welcome to play and picnic before and after the story. Story time begins at 10:30 a.m.

| Day | Date | Time | Cost | Location |
|-----|---------|---------------|------|----------|
| Th | Oct. 17 | 10-11:30 a.m. | Free | Cascade |

Open Skate

Ages: All

All are invited to skate and socialize. Limited skates are available for use. Locker rooms open at 2:45 p.m.

| Day | Date | Time | Cost | Location |
|------|--------------|----------------|------|------------------------------|
| Su | Weekly* | 3-5 p.m. | \$2 | Essentia Duluth Heritage Cen |
| W | Weekly | 6:30-8 p.m. | Free | Essentia Duluth Heritage Cen |
| Th/F | Oct. 16 & 17 | 1:30-3:30 p.m. | \$2 | Essentia Duluth Heritage Cen |

*no session Dec. 8th

Pre-School Skate

Ages: Pre-school aged children and their caregivers

This is an opportunity for young children, accompanied by an adult, to get on the ice without the crowds and intimidating speed of more advanced skaters. Child-friendly music and skate 'helpers' will be available for beginners to hold on to, as well as limited skates available for both children and adults to use. Locker rooms open 15 minutes prior to start time.

| Day | Date | Time | Cost | Location |
|-----|--------|-----------------|------|---------------------------------|
| 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!

| Event | Day | Date | Time | Cost | Location |
|------------------|-----|---------|----------|------|--------------------------|
| Boo Bash | W | Oct. 30 | 6-8 p.m. | Free | Essentia Duluth Heritage |
| Turkey Bowl | W | Nov. 20 | 6-8 p.m. | Free | Essentia Duluth Heritage |
| Skate with Santa | W | Dec. 11 | 6-8 p.m. | Free | Essentia Duluth Heritage |