



Youth Programs and Activities Quick Resource Guide

The Minneapolis Park and Recreation Board (MPRB) offers a variety of activities for youth and families across the city, including educational programs, nature exploration, sports leagues and family-friendly events.

This guide provides an overview of some of the resources available for families to enjoy in Minneapolis Parks. More information about Minneapolis parks and recreation centers can be found at www.minneapolisparks.org.



School-Age Programs and Childcare

Early Childhood Education

Join one of our many recreation-based, preschool-age programs that will engage and stimulate your child's intellectual curiosity while imparting social skills, setting the foundation for a successful transition into Kindergarten.

School Release Days and Breaks

Extended recreation center hours and additional programs, field trips, classes, activities and camps are available during all Minneapolis Public School breaks. Visit www.minneapolisparks.org/schoolrelease for up-to-date school release offerings.

After School Programs

Our recreation centers and facilities offer hundreds of programs for school-aged kids in a variety of interest areas. Visit minneapolisparks.org/register to see what's available.

Rec Plus School-Age Childcare

Enroll your child in before and after school care including School Release Days. For more information visit www.minneapolisparks.org/recplus.

To stay informed about recreation offerings, registration deadlines, park planning projects and special events, subscribe for email updates at minneapolisparks.org/subscribe

Recreation Centers



Looking for a fun place to hang out when school is out? Check out your neighborhood recreation center!

With 49 recreation centers and several program facilities throughout the city, there's a place for fun and community in every neighborhood. Recreation centers and program facilities are hubs for activities and events, sports and classes for ages!

Spark'd Studios



Explore your creativity in Spark'd Studios, creative technology spaces designed for youth to encourage exploration of art, music, media production, audio recording, e-sports, photography, writing, career planning and more.

For more info about Spark'd Studios spaces, visit www.minneapolisparcs.org/sparkd

Youth Program Fees

MPRB's new, more inclusive and accessible fee model offers discounted rates for Minneapolis youth at 25%, 50%, 75% and 100% reductions.

Learn more about the fee structure at www.minneapolisparcs.org/youthfees.

Host your next gathering at your neighborhood park or recreation center!

Reserve a space at www.minneapolisparcs.org/register and click on the "reservations" tab or scan the QR code



Nature Programs



Discover the benefits of being outdoors in Minneapolis, where nature surrounds you with woodlands, prairies, ravines, and river bluffs. The MPRB provides enriching experiences for all ages, abilities, and interests. Seasonal programs—like guided hikes, snowshoe adventures, and bird-watching—offer fun ways to stay active, learn something new, and enjoy the beauty of every season.

Be sure to visit **Carl W. Kroening Nature Center**. Located in North Mississippi Regional Park, Kroening Nature Center is a hub for nature activities and education year-round, including the Nature in the City exhibit and youth and family focused programs. The nature center is a great place for group field trips!

Find nature events, self-guided activities or staff-led programs at www.minneapolisparcs.org/nature.

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MinneapolisParks

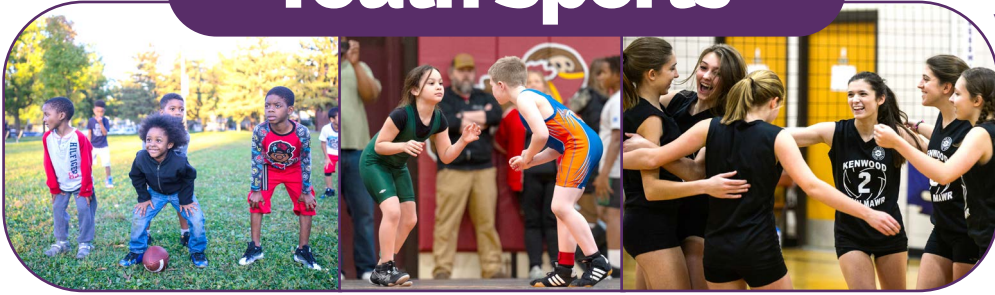


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Youth Sports



To find out more about MPRB youth sports, visit www.minneapolisparcs.org/youth_sports

or scan the QR code



Keep kids active and hone their physical and social skills in a fun, supportive environment with youth sports!

- Spring/Summer Sports: Sand volleyball, baseball, softball, track and field, flag football
- Fall Sports: Flag and tackle football, soccer, volleyball
- Winter/Spring Sports: Basketball, hockey, wrestling, gymnastics

New Centralized Sports Registration Process:

MPRB has moved to a new system that provides a simpler sign up process, fair competition and consistent schedules. When signing up for a youth sport, simply choose a sport, age division, and three preferred sites. After registration closes, Youth Sports staff will review all registrations, create teams based on people's preferred sites, and place teams into citywide leagues.

Partner Leagues for Schools and Youth-Serving Organizations

Schools and youth-serving organizations can choose to enter full teams into a Partner League. Use the Youth Sports Partner League Team Declaration Form to declare a team.

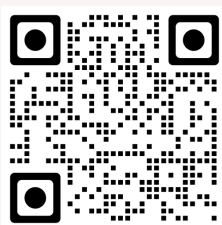
Teens



Minneapolis parks offer teens endless ways to stay active, build skills, and have fun in a safe, supportive environment. Below is a sample of programs designed specifically for teens.

Learn more about how teens can work and play in Minneapolis Parks at www.minneapolisparcs.org/teen

or scan the QR code



Youthline

engages youth ages 12-17 in positive leadership experiences and recreational activities while connecting them to adult mentors in the parks.

Nite Owlz

provides night time teen-focused programming at various recreation centers.

Youth Advisory Council

is a select group of youth leaders who guide and influence recreation programs, youth employment and athletic decisions.

Parkside Pathways

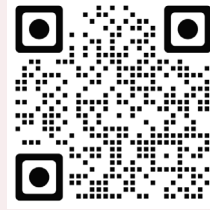
offers a dynamic and supportive environment where youth aged 10-14 connect with positive adult mentors to explore education, careers, and essential life skills.

Events



Check the online calendar to see what's coming up next at minneapolisparks.org/events

Or scan the QR code



From city-wide events to neighborhood celebrations, there is always something fun happening in the parks!

Recreation centers host hundreds of neighborhood events throughout the year, including: Halloween parties, fire and ice gatherings, Martin Luther King, Jr. Day celebrations, spring egg hunts and bunny parties.

Below is a sampling of city-wide annual events:

September - Monarch Festival

October - Owámni Falling Waters Festival

January - Rev. Dr. Martin Luther King, Jr. Day and Lake Harriet Winter Kite Festival

April - Earth Day Cleanup and Arbor Day

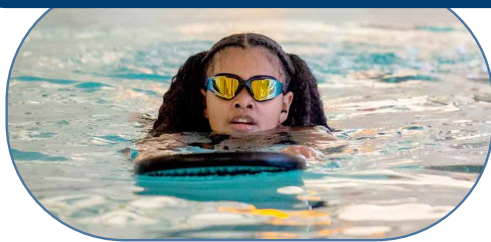
May - Music and Movies in the Park Kick-off

June - Juneteenth

July - Red, White and Boom



Phillips Aquatics Center



Swim year-round at MPRB's indoor swimming facility.

Programs include swim lessons for all ages and abilities, including adaptive lessons; lap swim, open family swim; youth and adult swim teams; dedicated swim times for a range of groups; and much more.

To see what classes are currently available, find hours and admission rates, visit www.minneapolisparks.org/pac

How to Register

There are three ways to register for programs and activities:

- 1. Online at**
www.minneapolisparks.org/register
- 2. In-person** at any recreation center
- 3. Via phone** by calling MPRB Customer Service at (612) 230-6400

Registration dates for general activities and sports can be found at www.minneapolisparks.org/registration



Community Education

YOUTH & ADULT PROGRAMS

Minneapolis Park and Recreation Board collaborates with Minneapolis Public Schools. To find opportunities for adults and youth, go to mplcommunityed.com.



Minneapolis
Park & Recreation Board