AQUATICS PROGRAMS

Cool off at the hottest places in town! Minneapolis Parks has two water parks, a natural swimming pool and 62 wading pools and 12 beaches throughout the city. There are plenty of ways to enjoy the water, including:

Open Swim Club
Swim across the open water safely with the Open Swim Club. Authorized lifeguarded open water swim opportunities are available at Lake Nokomis Main Beach and Cedar Point Beach.

Sailing Lessons
Learn the basics of sailing with adult and youth lessons at Lake Harriet.

Kayak and Canoe
Enjoy a self-paced float on a lake by bringing your own gear or renting one at Lake Nokomis and Bde Maka Ska.

Swim Lessons
Available for all ages and skill levels. Summer swim lessons are offered at Lake Nokomis, North Commons Water Park, Lupient Water Park, Wirth Lake and Webber Natural Swimming Pool. Swim lesson scholarships are available.

Lifeguard Classes
Learn a new skill that leads to a fun summer job. Scholarships are available.

MINNEAPOLIS PARK EVENTS

From neighborhood celebrations to holiday festivals, there are hundreds of events in Minneapolis parks throughout the summer. Large holiday events include June-teenth, Pollinator Party.

For a full list of events and details, visit the online calendar at minneapolisparks.org

MUSIC AND MOVIES IN THE PARKS

A summer of entertainment is as close as your neighborhood park! Grab a blanket and bring family or friends to see live music or watch a movie in the parks.

Live music plays throughout the summer at the following parks: Bryant Square, The Commons, Lake Harriet, Minnehaha, Nicollet Island, Water Works and Father Hennepin Bluffs. Movies are shown Monday through Saturday evenings at more than 45 neighborhood parks. Movies start at dusk and the series features everything from family-friendly classics to blockbuster new releases.

Mark your calendar for the big music and movies season kickoff concert at Lake Harriet Bandshell on Memorial Day.

For the full schedule, visit www.mplsmusicandmovies.com.

MINNEAPOLIS PARKS

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The Minneapolis Park and Recreation Board (MPRB) has 49 recreation centers and several program facilities that serve as hubs for countless activities and events. Visitors of all ages can meet friends, attend meetings, participate in programs and classes and more in MPRB facilities. This brochure provides information about activities and events happening in parks and recreation centers throughout the summer season.

Many facilities offer computer labs, gymnasiums, school-age childcare and Adventure Hubs that loan equipment for outdoor activities. All have spaces available for event rentals. Find more information about recreation center offerings and amenities at minneapolisparks.org.
CAMPS

Youth Sports Camps
Kids will gain a new appreciation for sports while developing important skills through drills, skill progressions and game experiences. MPRB hosts sports camps for all ages and interests, including but not limited to flag football, basketball and skateboarding.

Neighborhood Day Camps
Neighborhood Day Camps are daytime camps offering summer fun at 10 different recreation centers in Minneapolis. Camps rotate through 5 themes: Art Dabbler, Farm to Table, Cycling Explorers, Wet & Wild and Great Outdoors. Camps are Mondays through Fridays, 10am – 5 pm, cost only $10 per week and include lunch.

Find a camp for you at www.minneapolisparks.org/camps

SCHOOL-AGE CHILDCARE

Recreation Plus provides year-round school age childcare for children that are in Kindergarten (or have completed Kindergarten for summer), ages 5-12 at neighborhood recreation centers. Activities include STEM, arts and crafts, walking trips, theme activities, sports, physical activity, and more. Childcare is available 7am – 6pm in the summer and on release days, in addition to before and after school care during the school year.

To find school-age childcare for summer or fall, visit www.minneapolisparks.org/recreplus

TEENS

Minneapolis Parks offers a variety of programs just for teens. From mentorship opportunities, sports and creative programs and summer jobs, teens have multiple options if they’re looking for fun, safe and enriching experiences in the parks. Here is a sample of some of the offerings just for teens.

YOUTH SPORTS

Keep kids active and hone their physical and social skills in a fun, safe environment with youth sports! Registration is open now for summer baseball, softball, flag football track and field and gymnastics.

Plan ahead for fall sports. Registration for fall flag football, tackle football, soccer and volleyball begins July 12 at noon.

To find out more about youth sports, visit www.minneapolisparks.org/youthsports

NEW! SPARK’D STUDIOS

Explore your creativity in Spark’d Studios, MPRB’s new creative technology spaces designed to encourage exploration of art, design, music production and recording, e-sports, photography, video and more. Studios are open at Powderhorn and Harrison Parks, with four additional sites planned by 2025.

Each site is staffed with a full-time Spark’d Studio Specialist and are open five days per week to offer a combination of structured programming and drop-in open studio hours.

For more information about current and future Spark’d Studios spaces, visit www.minneapolisparks.org/sparkd.
**EXPLORING NATURE**

Nature is all around you in the Minneapolis park system: from woodlands and prairies to ravines and river bluffs, there are activities and interests for all ages, abilities and interests, and in all seasons.

**Summer Camps**
- Camps offer structured activities in safe and supervised environments at park locations throughout Minneapolis. Camps span a variety of activities and interests such as sports, nature and the outdoors, performing arts, and more!

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**Middle School Camps**
- Middle School Camps are offered at all neighborhood recreation centers for students in grades 6-8. Camps are structured around a theme, rotate through 5 themes: Art Dabbler, Farm to Table, Cycling Explorers, Wet & Wild and Great Outdoors. Camps are Mondays through Fridays, 10am – 5 pm, cost only $10 per week and include lunch.

**Youthline**
- A year-round program for ages 12-17 that provides mentorship, leadership development, life skills learning, health and wellness education, outdoor adventure opportunities, and recreation programs at participating recreation centers.

**SCHOOL-AGE CHILD CARE**

Recreation Plus provides year-round school age childcare for children that are in Kindergarten (or have completed Kindergarten for summer), ages 5-12 at neighborhood recreation centers.

**Activities**
- Activities include STEM, arts and crafts, walking trips, theme activities, sports, physical activity, and more.

**Childcare**
- Childcare is available 7am – 6pm in neighborhood recreation centers. Activities include STEM, arts and crafts, walking trips, theme activities, sports, physical activity, and more.

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**Support Minneapolis parks by volunteering your time or making a donation.**
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