

Summer Activities in Minneapolis Parks

2024



If you're looking for ways to keep kids active while school is out, your neighborhood park or recreation center may have just the thing you need!

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!



Summer Camps 🌿 Sports Camps 🌿 Specialty Camps

Neighborhood Day Camps

Neighborhood Day Camps are low-cost youth summer camps, offered Tuesdays through Fridays from 10 am to 5 pm throughout the summer. Campers can participate in a variety of camp specialties including:

Art Dabbler • Great Outdoors • Cycling Explorers • H2Olympics • Farm-to-Table

NEW THIS YEAR are specialty camps, including Leaders in Training, Junior camp for youngsters and Girls Sports! Scholarships are available!

Find a camp for you at
www.minneapolis-parks.org/camps
or scan the QR code



RecPlus School-Aged 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. Care is available 7am – 6pm in the summer. Summer spaces available at Harrison Recreation Center only. To learn more about school-aged childcare, visit www.minneapolis-parks.org/recplus

Explore Nature



Nature is all around you in the Minneapolis park system: from woodlands and prairies to ravines and river bluffs to spectacular vistas and secluded trails – thousands of acres are yours to explore.

Head out on your own or join a nature program or activity.

Carl W. Kroening Nature Center

Located in North Mississippi Regional Park, this facility is a hub for nature activities and education year-round, including:

- Nature in the City: an exhibit that entices visitors to explore the natural worlds within North Mississippi Regional Park and other urban areas
- Nature play outdoor adventure course and fort-building area
- All-ages public programs, including family fundays and Black to Nature events
- Early Childhood Programs for kids ages 7 and younger with an adult

Eloise Butler Wildflower Garden and Bird Sanctuary

Take in the beauty of nature and native plants on a visit the oldest public wildflower garden in the US. Stroll through the 15+ acre garden at your own pace or join one of many naturalist-led tours and programs. The garden is open to the public Tuesday- Sunday April 15-October 15 and weekends only October 16-31.

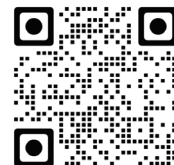
- Daily tours are offered for free at 11 am
- Children's garden storytime programs are offered twice a week on Thursday mornings at 10 am and Saturday afternoons at 3 pm
- Weekly Early Birders walks are offered on Saturday mornings starting at 7:30 am

JD Rivers' Children's Garden

In season, everyone is welcome to visit this one-acre garden in Theodore Wirth Regional Park, which is devoted to helping youth discover the joys of growing, preparing and eating healthy food.

Summer garden market hours: Mondays-Wednesdays 10 am-2 pm, Thursdays 2-6 pm. Additional access available depending on staffing and program schedule.

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



Therapeutic Recreation

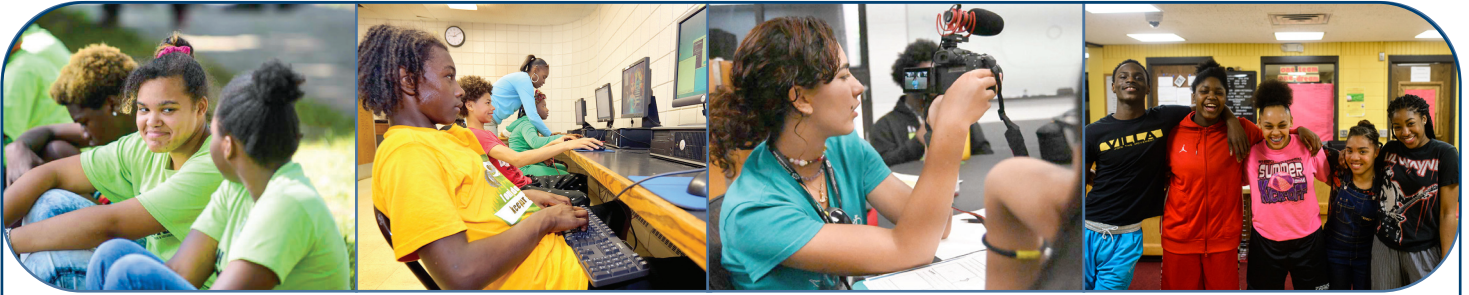
All recreation programs are open for community members with and without disabilities.

If you are interested in registering for a program and have questions about inclusion services, our staff can help!

Learn more at www.minneapolisparcs.org/therapeutic_recreation

Teen Opportunities

From mentorship opportunities and summer jobs to sports and creative programs, there are many opportunities for enriching and fun experiences for teens in Minneapolis parks.



Youthline

Youthline is a year-round program for ages 12-16, that provides mentorship, leadership development, life skills learning, health and wellness education, outdoor adventure opportunities, and recreation programs at participating recreation centers.

Nite Owlz

Nite Owlz provides night time teen programming at various recreation centers. Activities may include open gym, cooking, computer labs and more.

Youth Advisory Council

The MPRB's Youth Advisory Council (YAC) is a group of youth leaders between the ages of 14-17. Each youth will serve a two-year term that requires 5-12 hours per month commitment. Members are involved in project focused, youth-led discussions and strategies to provide feedback on MPRB programming and processes. YAC members will further develop their leadership and research skills, explore career pathways, evaluate, and advise and guide anti-violence programming and outreach to reduce youth violence and increase youth connectedness to positive programs, activities and resources. For more information, email AWaters@minneapolisarks.org.

Summer Jobs

Teens looking for summer employment have many options with MPRB. Teens can work at golf courses, lifeguard at beaches and pools or officiate sports. Through the Teen Teamworks program, youth can work on park maintenance crews, landscaping power crews and intern with recreation center staff.

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



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 in July.

Fundamental sports teams are available for young athletes who are new to the game.

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

Spark'd Studios

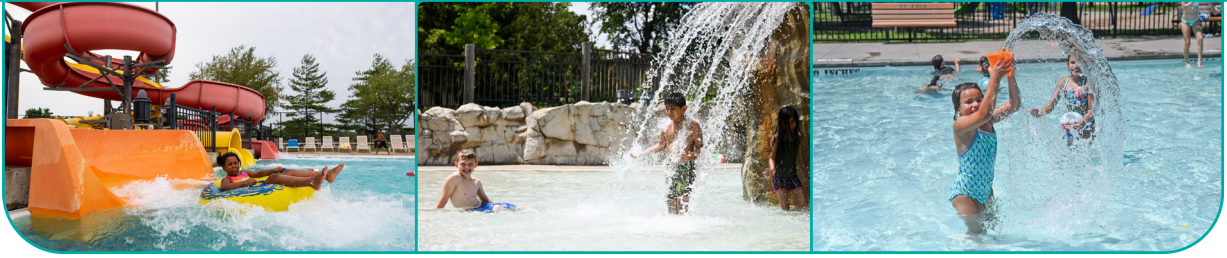


Explore your creativity in Spark'd Studios, MPRB's new creative technology spaces designed to encourage exploration of art, music production and recording, e-sports, photography and more. Studios are open at Powderhorn, Harrison and Whittier Parks, with three additional sites planned by 2025.

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

Aquatics Programs

Cool off at the hottest places in town!



Minneapolis Parks has two water parks, a natural swimming pool, 62 wading pools and 12 beaches throughout the city.

Open Swim Club

Swim across the open water safely with the Open Swim Club 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 Bde Maka Ska, Lake Harriet and Lake Nokomis.

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.

Learn more about aquatics offerings at www.minneapolisparcs.org/aquatics or scan the QR code



Music & Movies 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.

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.mplscommunityed.com.

Minneapolis Park Events

From neighborhood celebrations to holiday festivals, there are hundreds of events in Minneapolis parks throughout the summer.

Large holiday events include:

Juneteenth, Independence Day and the Pollinator Party.

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

 **Community Education**

YOUTH & ADULT PROGRAMS

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

Not finding what you're looking for?
Interested in renting a Minneapolis Parks facility?
Visit www.minneapolisparcs.org or call (612) 230-6400.



Minneapolis
Park & Recreation Board