

## Volunteer Opportunities

There are many reasons to volunteer for Courage Center: you can establish goals for your personal and professional growth; contribute to the quality of life of people with disabilities; gain hands-on-experience and training; meet new people; give balance to your life; and develop yourself as a leader.

## For More Information

For more information, contact:  
Lisa Lauzon, volunteer coordinator  
Courage Center Duluth  
218.726.4763  
Lisa.Lauzon@CourageCenter.org

## Courage Center Duluth Staff

**Sports and Recreation Program Coordinator**  
Program Cell Phone 218.491.0585  
Mark Hanna 218.726.4834  
Mark.Hanna@CourageCenter.org

**Program Manager**  
Eric Larson 218.726.4762/cell 218.393.0757  
Eric.Larson@CourageCenter.org

**Volunteer Coordinator**  
Lisa Lauzon 218.726.4763  
Lisa.Lauzon@CourageCenter.org



## Donate now!

Your donation to Courage Center Duluth makes a difference. Every penny raised by Courage Center Duluth is spent on programs in the Greater Duluth/Superior area. We rely on community support to continue to provide high-quality, seasonal programs.

Our focus is to increase youth participation in sports and recreation. We have established a scholarship to ensure that every child who wishes to participate in Courage Center Duluth programs is able to do so regardless of their ability to pay. You can also contribute to a designated fund within the Duluth Superior Area Community Foundation. To learn more about this gifting opportunity or other ways to help support the financial needs of local programs, contact Eric Larson, 218.726.4762.



of Greater Duluth/Iron Range

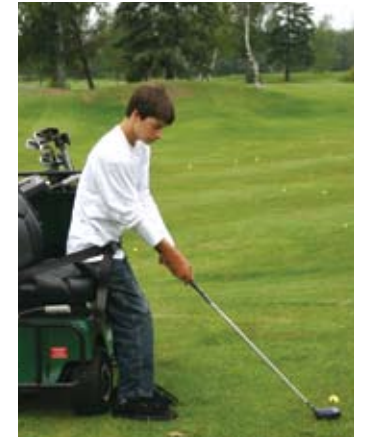


200 Ordean Bldg., 424 West Superior St.  
Duluth, MN 55802-1532  
Phone: 218.726.4834 / Fax: 218.726.4759

[DuluthSportsandRec@CourageCenter.org](mailto:DuluthSportsandRec@CourageCenter.org)

# Courage Center Duluth

Taking you higher, faster and farther  
than you've ever gone before!



Courage Center Duluth offers a wide variety of recreational and competitive sports programs for youth, adults and families in northeastern Minnesota and northwestern Wisconsin. These activities enhance independence, improve self-confidence and encourage an active, healthy lifestyle for youth and adults with physical disabilities, vision loss, and youth on the autism spectrum.

**Find us online!**

[www.CourageCenter.org/duluth](http://www.CourageCenter.org/duluth)



## Courage Center Duluth Programs

Since 1979, Courage Center Duluth has provided quality recreational opportunities for people with physical disabilities and vision loss. More recently, we began to offer programs for youth with autism spectrum disorders (ASD). Now, we also invite able bodied friends and family members to participate, leading to healthier families and healthier communities. While everyone is welcome to register for our programs, priority is given to people with disabilities. (Scholarships available upon request)

### Spring Programs

- Archery
- Arrowhead Youth Games
- Climbing
- Lego Robotics
- Power Wheelchair Soccer

### Summer Programs

- Cycling
- Day Camp Program
- Golf
- Lego Robotics
- Sailing
- Sea Kayaking
- Swimming
- Up North Outdoors
- Youth with ASD Youth Group



### Fall Programs

- Archery
- Climbing
- Lego Robotics
- Power Wheelchair Soccer
- Swimming

### Winter Programs

- Alpine Skiing at Spirit Mountain, Buena Vista and Giants Ridge
- Curling
- Mono Ski Camp
- Up North Outdoors

### Equipment Loan

We also offer a variety of equipment available for rental use. Contact Mark Hanna if interested.  
[Mark.Hanna@couragecenter.org](mailto:Mark.Hanna@couragecenter.org)

*All programs require pre-registration.*

**Contact:** Mark Hanna, Sports and Recreation Program Coordinator, 218.726.4834,  
[Mark.Hanna@couragecenter.org](mailto:Mark.Hanna@couragecenter.org)