



For immediate release — Thursday, February 13, 2025

## Community invited to experience the joy of play as University of Lethbridge hosts bug-themed Play Day

Balls will be bouncing, walls will be climbed and faces will be painted — among many other engaging, entertaining and just plain fun activities at [Play Day 2025](#).

The University of Lethbridge is excited to once again open its doors to the community for a free day of play on **Family Day, Monday, Feb. 17, from 11 a.m. to 3 p.m.** in the Centre for Sport and Wellness.

“It’s become a southern Alberta tradition we’re proud to host each Family Day,” says Kathy Greenwood, ULethbridge vice-president, External Relations. “It’s great to have an opportunity to welcome people to the University, have them see and experience the outstanding facilities we have here, and more than anything, it’s just so much fun to have all that energy in the building.”



Play is, of course, at the heart of Play Day, and one of the most important activities in childhood development. Beyond that, it’s essential at any age and when done together, creates meaningful and lasting bonds between family members.

“Play was a big part of my life as a child. Growing up with brothers and sisters, it was always encouraged in our household,” adds Greenwood. “Now with children of our own, we have always prioritized that with our kids, and we all benefit from taking a break and just having fun with one another.”

The bug-themed event features creepy crawly activity zones where families can engage in fort building, rock climbing, swimming, basketball and soccer. As well, the University’s

Destination Exploration team, Let's Talk Science, iGEM and Building Brains Together will offer educational, brain-building activities to challenge and inspire everyone in the family.

Bring a swimsuit, gym shoes, comfortable clothing and be prepared to have FREE fun at Play Day 2025.

To view online: <https://www.ulethbridge.ca/unews/article/community-invited-experience-joy-play-university-lethbridge-hosts-bug-themed-play-day>

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*Our University's Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.*