



PARKS AND RECREATION COMMISSION

September 07, 2021

7:00 PM

Fridley Civic Campus - 7071 University Avenue N.E.

AGENDA

Call to Order

Roll Call

Approval of Agenda

Approval of Meeting Minutes

- [1.](#) June 7, 2021 Parks and Recreation Commission Minutes

New Business

- [2.](#) Start, Stop, Continue Exercise Results Discussion
- [3.](#) Program, Service and Fee Review

Old Business

Staff Reports

- [4.](#) Springbrook Nature Center Update
- [5.](#) Parks and Recreation Update
- [6.](#) Park Maintenance and Construction Report

Adjournment



AGENDA REPORT

Meeting Date: September 7, 2021

Meeting Type: Parks and Recreation Commission

Submitted By: Mike Maher, Community Services Director

Title

June 7, 2021 Parks and Recreation Commission Minutes

Background

Attached are the meeting minutes of the June 7, 2021 Parks and Recreation Commission.

Financial Impact

None.

Recommendation

Staff recommend the approval of the June 7, 2021 Parks and Recreation Commission minutes.

Attachments and Other Resources

- June 7, 2021 Parks and Recreation Commission Minutes

Vision Statement

We believe Fridley will be a safe, vibrant, friendly and stable home for families and businesses.



PARKS AND RECREATION COMMISSION

June 07, 2021

7:00 PM

Fridley Civic Campus - 7071 University Avenue N.E.

MINUTES

Call to Order

Roll Call

MEMBERS PRESENT

Shaunna Larson – Vice Chair

Peter Borman

Eric Evanson

Ken Schultz

EB Graham

MEMBERS ABSENT

Mike Heinz

OTHERS PRESENT

Mike Maher, Director of Community Services

Alyssa Kruzel, Community Engagement Specialist

Approval of Agenda

MOTION by Commissioner Graham to approve the agenda. Seconded by Commissioner Borman.
Motion PASSED unanimously.

Approval of Meeting Minutes

1. May 3, 2021 Parks and Recreation Commission Meeting Minutes

MOTION by Commissioner Borman to approve the meeting minutes. Seconded by Commissioner Schultz. Motion PASSED unanimously.

New Business

2. Fridley Resident Survey Presentation

Alyssa Kruzel reviewed the Morris Leatherman Company 2021 Residential Study results. 400 random sample surveys were taken of City residents through telephone interviews between February 25 to March 30, 2021. The average interview time was 30 minutes. Cell phone only households were 45%, landline only households 13% and both cell and landline was 42%.

The demographics for financially stressed/financially comfortable were split at 50/50, participants were 48% male and 50% female. 35% of residents surveyed were from Ward One, 32% Ward Two and 33% Ward Three. Quality of Life of the surveyed residents reported 22% excellent, 75% good, and 4% fair.

Other information included:

- Sense of community - 19% excellent, 69% good, 11% fair and 1% poor
- Connection for home 66%, place to live 17%, both 16% and neither 1%
- Contact with neighbors daily 20%, few times a week 47%, one a week 16% and less often 18%
- Participated in City Park and Rec Programs 22% yes, 76% no
- Rating of programs 47% good and 47% fair
- Rating of park and rec facilities 20% excellent, 70% good, 9% fair and 2% unsure
- 94% said that existing recreational facilities meet household needs
- 42% thought that a \$5.00 property tax increase for a park referendum would be ok, 26% said \$10.00.

The complete survey results can be viewed at www.fridleymn.com/residentsurvey.

3. August Commission Work Session Discussion

Mr. Maher asked the commission thoughts to have a work session in August vs. a formal meeting. This would provide an opportunity to get to know each other better and check in with everyone on their experience as Commissioners.

Commissioner Larson said that historically the August meeting includes a tour of the parks, could that be included in the meeting?

Mr. Maher thought that would be a nice opportunity and was open to visit parks and maybe the meeting could take place in one of the parks. The meeting would still need to be published so if someone is interested in joining the meeting, they know about it. Mike will communicate with the Commission and propose a date for a meeting in August.

Staff Reports

4. Springbrook Nature Center Report

Mr. Maher reported that the Springbrook Nature Center is in the hiring process and an offer has been made for an Interpretive Coordinator. This person will teach classes and programs plus supervise seasonal employees. The City of Fridley is doing city-wide concert series, three will be out at the nature center at the amphitheater. This concert series is sponsored by the Springbrook Nature Center Foundation. Summer camps were cancelled last year and currently staff is training, and the programs will launch next week. All summer programs are filled to capacity.

Commissioner Borman asked about the Great River Greening Grant and the cleanup of the garlic mustard.

Mr. Maher replied that garlic mustard is an invasive plant and is very aggressive in open areas. At Springbrook Nature Center there are well established areas heavily infested with garlic mustard. Grant

funds will be used to remove the garlic mustard and other funds will pay to reseed those areas with native plants.

Commissioner Evanson asked if this was the first time receiving a grant from Great River Greening.

Mr. Maher replied that in the past eight years the city has received three separate grants administered through Great River Greening. These grants work out great as they come out to our sites and identify where the needs are, then write and administer the grant.

5. Community Engagement Report

Ms. Kruzel reported that the parks master plan was presented at the Town Hall Meeting. They are still looking for park champions and those who would like to advocate for our parks system. Refer any candidates to Alyssa. The Adopt a Park Program launched last summer and has been successful. 26 families/groups have adopted 25 Fridley parks, they are always recruiting for new members. The first City-Wide Garage Sale is coming up and 76 residents have registered for garage sales. Registration closes Thursday and sales will be listed on paper and on an on-line interactive map. Staff is planning a city-wide cleanup for September 25. Cleanup could be at a park, neighborhood or business location. 40 community organizations in Fridley meet monthly to network and collaborate on ideas and projects. The next meeting is July 15th, virtually. Anoka County Parks and Outdoor Latino will host an event at Locke Park August 22 from 2-5 pm targeted at Latino families but the event is open to everyone. Updates on the Craig Park stormwater improvement open house for the neighborhood is on June 29th at 6pm. A mailing will be sent to residents in the area.

Commissioner Evanson asked how the Fridley resident survey would impact the parks master plan.

Ms. Kruzel replied that information will be used to figure out the budget and amenities that will go into the final plan.

Commissioner Evanson asked if the final plan would be shared with residents through another Town Hall Meeting.

Mr. Kruzel replied that they will be discussing that in the months to come but will share the final plan with the community.

Commissioner Larson noted that the City has done a great job at being transparent with the residents, taking into account their wants and ideas.

Commissioner Borman added that all the improvements made to the parks also add staff and additional responsibilities for the City.

Ms. Kruzel replied that the consultant we are working with is taking that into consideration.

6. Recreation Division Highlights, May 2021

Mr. Maher said that they are working on finalizing the summer/fall brochure. The Fridley Forward 50k took place and 20 people participated in month of May.

Commissioner Larson asked how the shelter and field rentals were going.

Mr. Maher replied that his observation is a number of requests came in for groups of 100 or more but most reservations have capacity around 20-40 people.

7. Park Maintenance Report

The team is having a difficult time with hiring over the past couple summers, they are 6-7 summer seasonal employees short, so it is challenging to do the work. One tournament is finished and there is a 3-day tournament booked for mid-June.

Adjournment

MOTION by Commissioner Graham to adjourn. Seconded by Commissioner Evanson. Motion PASSED unanimously and meeting adjourned at 8:00 p.m.

Respectfully Submitted,

Krista Peterson
Recording Secretary



AGENDA REPORT

Meeting Date: September 7, 2021

Meeting Type: Parks and Recreation Commission

Submitted By: Mike Maher, Community Services Director

Title

Start, Stop, Continue Exercise Results Discussion

Background

At a August 2nd Parks and Recreation Commission work session, the commissioners completed a “Start, Stop, Continue” exercise to provide feedback on the direction of the group for future planning. A summary of feedback provided by the commissioners is attached for review and discussion.

Financial Impact

Review of the Start, Stop, Continue exercise results will help inform staff on priorities for the Commission including review of fees, budget and Capital Investment Program planning.

Recommendation

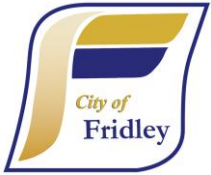
The Commission may consider passing recommendations for adjustments to Commission operations, considering those recommendations are not in conflict with the Commission charter.

Attachments and Other Resources

- Start, Stop, Continue exercise results summary document

Vision Statement

We believe Fridley will be a safe, vibrant, friendly and stable home for families and businesses.



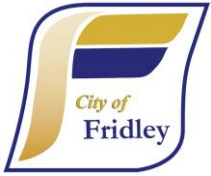
Parks and Recreation Commission

A large green arrow pointing downwards, with the word 'Start' written in white inside it.

Start

I believe the Commission should be doing this to better serve Fridley residents and enhance Parks and Rec:

- Better phone line access. The City Hall number and Fridley Recreation number are not easy to find (3+ clicks) on the website or from a Google search.
- Share Commission meeting video feed to Facebook page or create Facebook event.
- More visible access to the park system story map. Create a video tutorial on how to find the park concept plans and comment on them.
- Allow us to be Commissioners.
- Bring information to the Commission for discussion before the Planning Commission or City Council.
- Spend more time discussing and asking questions.
- Asking tough questions. Start with understanding “why”. What is the problem we are trying to solve and what are our options?
- Review services and programs for seniors. They may be a forgotten group. Since the school district took over the senior program, the options are not what they used to be.
- Define Commissioner expectations – how can we bring value?
- Allow virtual participation.
- Increase community feedback.
- More input on fees, budget, and programs.
- More communication, perhaps meeting attendance, from FYSA and other youth sports organizations.
- More opportunity to verify and do research.
- Informal meetings like this work session are nice. Hold meetings in different parks.



Parks and Recreation Commission

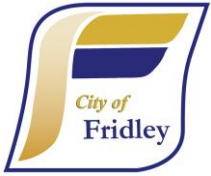
Item 2.

A large red stop sign with a white border and the word 'Stop' in white capital letters in the center.

Stop

I believe the Commission should stop doing these, as they may be limiting our ability to meet our purpose:

- Airing meetings on live TV.
- Spend less time hearing a presenter read bullet points – that is what the pre-read is for!
- Stop meetings that are just a status update.



Parks and Recreation Commission

Item 2.



Continue

Because they will contribute to our success, I would like to see the Commission continue to:

- Skip the July meeting.
- Have additional staff such as Jeff Jensen, Rachel Workin, Margo Numedahl attend meetings to let us know how they are doing.
- Instagram photo contests.
- Receiving input on parks from Jeff Jensen.
- Having informal meetings every so often.
- Workshops seem to get people talking more.



AGENDA REPORT

Meeting Date: September 7, 2021

Meeting Type: Parks and Recreation Commission

Submitted By: Mike Maher, Community Services Director

Title

Program, Service and Fee Review

Background

Attached for review are program and service summaries for both the Springbrook Nature Center and Recreation Divisions of Community Services. These documents also include fees for the various programs and services offered by each division.

Financial Impact

Staff is asking the Commissioners to review the program and service fees from at least the following perspectives; value to residents and impact to the operational budgets of each Division.

Recommendation

Staff is not seeking formal action on this item but wishes to receive input from the Commission as 2022 programs and services are finalized.

Attachments and Other Resources

- Springbrook Nature Center Programs, Services and Fees document
- Fridley Parks and Recreation Programs, Services and Fees document
- 2021 programming brochure examples
- Fridley Parks and Recreation Fee Assistance Program Guidelines

Vision Statement

We believe Fridley will be a safe, vibrant, friendly and stable home for families and businesses.



Parks & Recreation

Summary of Program, Event and Facility Rental Fees

August 2020 – August 2021

Recreation Department Summary of Program, Event and Facility Rental Fees

Program Fees (program prices based on total number of classes, leagues are priced per team)

Adult Programs

****Indicates volunteer instructor, price lowered accordingly**

League cost is per team

Program	Cost	Total sessions
Men's Fall Softball Thursday D League	\$365.00	7
Men's Fall Softball Thursday D/E League	\$350.00	7
Men's Summer Softball Thursday D League	\$790.00	13
Men's Summer Softball Thursday E League	\$790.00	15
Men's Summer Softball Tuesday D League	\$790.00	13
4-Person Passing Football League	\$80.00	7
5 v 5 Adult Basketball D League	\$575.00	13
55+ Senior Golf League	\$225.00	16
Adult Co-Ed Bag Toss League	\$65.00	7
Adult Walking Club	\$5.00	3
Aqua Zumba	\$72.00	6
Aqua Zumba	\$48.00	4
Broomball Co-Rec - Thursday	\$260.00	8
Pickleball Clinic	\$5.00	2**
Pickleball League	\$50.00	7
Pound	\$42.00	6
Tae Kwon Do Wed/Sat	\$20.00	10**
Thursday Afternoon Yoga	\$32.00	4
Thursday Men's Lower Basketball League	\$575.00	16
Thursday Men's Upper Basketball League	\$575.00	16
Tuesday Yoga	\$36.00	4
Winter Workout Challenge	\$22.00	-
Yoga Mindfulness - Saturday	\$36.00	4
Zumba	\$42.00	6
Zumba Drop In	\$7.00	1
Zumba in the Park	\$28.00	4

Youth Programs: Preschool, Grades K-4 & Grades 5-7

*Indicates contracted instructor, cost based on their fees

Program	Cost	Total sessions
Archery Gr. 2 - 4	\$20.00	2
Archery Gr. 5 - 7	\$20.00	2
Baseball K - 4	\$25.00	4
Baseball K - 4	\$30.00	5
Baseball, K-4	\$30.00	5
Basketball Ages 3-4	\$30.00	5
Basketball Ages 3-4, Saturday	\$30.00	5
Basketball Ages 5-6, Tuesday	\$30.00	5
Basketball Gr. 1-2, Tuesday	\$30.00	5
Basketball Gr. 3-4, Thursday	\$30.00	5
Be an Inventor! K-4	\$40.00	5
Be an Inventor! Preschool	\$40.00	5
Drawing and Creative Writing K - 4	\$40.00	5
Everything Art Gr. K-4	\$40.00	5
Everything Art, Preschool	\$40.00	5
Fall Crafts Gr. K-4	\$40.00	5
Fall Crafts, Preschool	\$40.00	5
Flag Football, K-4	\$30.00	5
Flag Football, Preschool	\$30.00	5
Floor Hockey Gr. K-4	\$30.00	5
Floor Hockey Mondays - Ages 3-5	\$30.00	5
Floor Hockey Saturdays - Ages 3-5	\$30.00	5
Games and Sports of All Sorts Ages 3-5	\$30.00	5
Games and Sports of All Sorts Ages K - 4	\$30.00	5
Games and Sports of All Sorts Ages K - 4	\$30.00	5
Gym Games, K-4	\$30.00	5
Gym Games, Preschool	\$30.00	5
Halloween Fun, K-4	\$40.00	5
Halloween Fun, Preschool	\$40.00	5
Holiday Crafts: Ornaments Gr. K - 4th	\$12.00	1
Holiday Crafts: Ornaments Ages 3-5	\$12.00	1
Holiday Crafts: All Three Classes Ages 3-5	\$30.00	3

Holiday Crafts: All Three Classes Gr K - 4	\$30.00	3
Holiday Crafts: Gift Making Ages 3-5	\$12.00	1
Holiday Crafts: Gift Making Gr. K - 4	\$12.00	1
Holiday Crafts: Holiday Greeting Cards Gr K - 4	\$12.00	1
Holiday Crafts: Holiday Greeting Cards Ages 3-5	\$12.00	1
Martial Arts Wednesday - Ages 3-5	\$80.00	9*
Mixed Media Art Gr. 5-7	\$40.00	5
Mixed Media Arts, K-4	\$40.00	5
Musketeers Fencing Gr K-4	\$75.00	5*
Musketeers Fencing, K-4	\$84.00	7*
Olympic Games, Preschool	\$30.00	5
Olympic Sports, K-4	\$30.00	5
Painting Gr. K-4	\$40.00	5
Painting, Ages 3-5	\$40.00	5
Painting, Preschool	\$40.00	5
Sculpture & Clay Creations Ages 3-5	\$40.00	5
Sculpture & Clay Creations Gr. K-4	\$40.00	5
Soccer & T-ball Gr. K-4	\$30.00	5
Soccer Age 5-6	\$30.00	5
Soccer Ages 3-5	\$30.00	5
Soccer Ages 5-6 Saturday	\$30.00	5
Soccer Ages 5-6, Monday	\$30.00	5
Soccer and T-ball Ages 3-5	\$30.00	5
Soccer Gr. 1-2	\$30.00	5
Soccer Gr. 1-2, Monday	\$30.00	5
Soccer Gr. 3-4, Wed.	\$30.00	5
Soccer K - 4	\$25.00	4
Soccer K - 4	\$30.00	6
Soccer K-4	\$30.00	5
Soccer Preschool	\$30.00	5
Soccer, K-4	\$30.00	5
Sports Sampler Ages 5-6 Saturday	\$30.00	6
Sports Sampler Ages 5-6, Tuesday	\$30.00	5
Sports Sampler Gr. 1-2, Tuesday	\$30.00	5
Sports Sampler Gr. 3-4, Thursday	\$30.00	5
Sports Sampler, Preschool, Saturday	\$30.00	5
Sports Sampler, Preschool, Thursday	\$30.00	5
Tae Kwon Do, K-4	\$80.00	6*

T-ball Ages 3-5	\$25.00	4
T-ball Ages 3-5	\$30.00	5
Tennis K - 4	\$25.00	4
Tennis K - 4	\$30.00	5
Tennis Gr 5 - 7	\$25.00	4
Tennis Gr 5 - 7	\$30.00	5
Track and Field Ages 3-5	\$25.00	4
Track and Field K - 4	\$25.00	4

Summer ROCKS Camp, all-day

Program	Cost	Total days
2021 Week 1	\$120.00	4
2021 Week 2	\$150.00	5
2021 Week 3	\$120.00	4
2021 Week 4	\$120.00	4
2021 Week 5	\$150.00	5
2021 Week 6	\$150.00	5
2021 Week 7	\$150.00	5
2021 Week 8	\$150.00	5
2021 Week 9	\$150.00	5
2021 Week 10	\$150.00	5

Summer Sports Camps

***All camp instructors are contracted, and cost based on their fees**

Program	Cost	Duration
Anime/Manga Drawing Camp, Ages 6-12	\$106.00	1 week*
Baseball and Flag Football Camp Ages 2 - 3	\$59.00	1 week*
Baseball and Flag Football Camp Ages 3 - 5	\$59.00	1 week*
Baseball and Flag Football Camp Ages 4 - 6	\$59.00	1 week*
Cheer Camp, Ages 5-12	\$94.00	1 week*
Fashion Runway Camp, Ages 7-12	\$106.00	1 week*
Ninja Camp, Ages 4-6	\$92.00	1 week*
Ninja Warrior Obstacles Camp Ages 2 - 3	\$59.00	1 week*

Ninja Warrior Obstacles Camp Ages 3 - 5	\$59.00	1 week*
Ninja Warrior Obstacles Camp Ages 4 - 6	\$59.00	1 week*
Soccer Camp Ages 2 - 3	\$59.00	1 week*
Soccer Camp Ages 3 - 5	\$59.00	1 week*
Soccer Camp, Ages 7-12	\$92.00	1 week*

Special Events

*indicates contracted instructor, cost based on their fees

Program		Cost	Total sessions
Grandparents Day Celebration	Grandparents Day Celebration	\$11.00	1
Painting in the Park	Adult/16+ Painting in the Park	\$60.00	1*
Painting in the Park	Adult/Child Painting in the Park	\$55.00	1*
Painting in the Park	Youth Painting in the Park	\$27.00	1*
ROX - Recreation in a Box	Fabulous Fall	\$15.00	1
ROX - Recreation in a Box	Family Follies	\$15.00	1
ROX - Recreation in a Box	Funny Valentine	\$15.00	1
ROX - Recreation in a Box	Gingerbread Party	\$15.00	1
ROX - Recreation in a Box	Lucky Day	\$15.00	1
ROX - Recreation in a Box	May Day Baskets	\$7.00	1
ROX - Recreation in a Box	Mother's Day	\$15.00	1
ROX - Recreation in a Box	Puppy Surprise	\$15.00	1
ROX - Recreation in a Box	So Long 2020!	\$15.00	1
ROX - Recreation in a Box	Spooktacular	\$15.00	1
ROX - Recreation in a Box	Spring Fling	\$15.00	1
ROX - Recreation in a Box	Talkin' Turkey	\$15.00	1
ROX - Recreation in a Box	Winter Wonderland	\$15.00	1
Special Events	Turkey Leg 5K Group (3 or more)	\$12.00	1
Special Events	Turkey Leg 5K Individual	\$14.00	1
Special Events	Tie-Dye Party	\$20.00	1
Special Events	Fridley Forward 50K - Individual	\$12.00	1
Special Events	Fridley Forward 50K - Family (3 or more)	\$10.00	1

Facility Rentals (Park Shelter and Sports Field Rentals)

Park Shelter Rentals

Shelter/Fee			Rate
Commons Park Shelter	Resident	1-50 guests	\$65/day
Commons Park Shelter	Resident	51-150 guests	\$105/day
Commons Park Shelter	Non-Resident	1-50 guests	\$100/day
Commons Park Shelter	Non-Resident	51-150 guests	\$150/day
Flanery Park Shelter	Resident	1-50 guests	\$65/day
Flanery Park Shelter	Resident	51-150 guests	\$105/day
Flanery Park Shelter	Non-Resident	1-50 guests	\$100/day
Flanery Park Shelter	Non-Resident	51-150 guests	\$150/day
Moore Lake Park Shelters (#1-5), priced each	Resident	1-50 guests	\$35/day
Moore Lake Park Shelters (#1-5), priced each	Resident	51-150 guests	\$75/day
Moore Lake Park Shelters (#1-5), priced each	Non-Resident	1-50 guests	\$75/day
Moore Lake Park Shelters (#1-5), priced each	Non-Resident	51-150 guests	\$115/day
Shelter Security Deposit			\$50
Special Use Permit for any park shelter	Resident	Additional	\$200
Special Use Permit for any park shelter	Non-Resident	Additional	\$450
Special Use Permit Deposit			\$500

Sports Field Rentals

Type of Field	Rate
Baseball	\$20/hour
Basketball	\$20/hour
Football	\$20/hour
Grass Volleyball	\$30/hour
Pickleball	\$20/hour
Sand Volleyball	\$20/hour
Soccer	\$30/hour
Softball	\$20/hour
Tennis	\$20/hour

Springbrook Nature Center

Summary of Program, Event and Facility Rental Fees
2021



Springbrook Nature Center Summary of Program, Event and Facility Rental Fees

Program Fees (organized classes, lessons that usually require pre-registration)

Summer Day Camp*	\$145/week resident \$155/week non-resident
Playful Polliwogs parent/child class	\$5 per child per class
Playful Polliwogs virtual activity box	\$30 per box
School Field Trip	\$6/per student 1 class \$10/student 2 classes
Outreach education program	\$150 per presentation \$100 for second presentation at same site
Youth birthday parties	\$125 for up to 9 individuals
Outdoor Adventures	\$50 for up to 9 individuals
Curious Connections Series	\$15 for three 30-minute virtual classes
Nature Out of the Box Activity Kits	\$50 per box with 4 activities and custom content
Lantern-light hikes	\$5 per person + snowshoe rental if needed
Snowshoe rental	\$5 per pair for up to 2 hours
Earth Day Eco-dash	\$25 per team up to 8 individuals
Friday Night by Firelight	Free (program costs sponsored by Springbrook Nature Center Foundation)
Nature Buddies	\$50 per 3 class session through Spring Lake Park ECCE
Live Animal Feeding	Free drop-in program
Bird Banding	Free drop-in program
Photo Club	Free drop-in program

Butterfly Survey	Free program
Dragonfly Survey	Free program
Audubon Christmas Bird Count	Free Program
Activity Backpack checkout	Free

*The Springbrook Nature Center Foundation typically sponsors between \$3,000 - \$5,000 in summer camp scholarships with one available per child that qualifies for school free or reduced lunch program. In 2021, \$7,500 is available for families impacted by the Covid-19 pandemic. Limit is one per child.

Event Fees (Special community events that typically do not require pre-registration)

Pumpkin Night in the Park	\$10 per person
Pumpkin Night in the Park carving (5)	Free
Summer Concert Series (3 concerts)	Free (Program costs sponsored by Springbrook Nature Center Foundation)
Migration Celebration	Free (program costs sponsored by Springbrook Nature Center Foundation)

Facility Rental (Private use of Springbrook Nature Center facilities)

Amphitheater Rental (9 am to 5 pm)	\$225 resident, non-profit \$300 non-resident \$100 damage deposit \$50 rental of portable P.A. system
Classroom/Meeting Rooms (4 total)	\$30 per room/hour resident/non-profit \$50 per room/hour non-resident \$50 per room damage deposit
Pavilion Activity Center Open Air	\$65 resident/non-profit for 4 hours \$100 non-resident for 4 hours \$100 damage deposit

Pavilion Activity Center Classroom	\$65 resident/non-profit for 4 hours \$100 non-resident for 4 hours \$100 damage deposit
Pavilion Activity Center Combined	\$130 resident/non-profit for 4 hours \$200 non-resident for 4 hours \$100 damage deposit

City of Fridley Parks & Recreation Programs

Item 3.

YOUTH ACTIVITIES • SPRINGBROOK ADVENTURES • SPORTS • PLAY AT THE PARK • OUTDOOR FUN

JULY / AUGUST 2020



The Fridley community is fortunate to have 38 City parks to enjoy! Thank you to our amazing Parks Maintenance staff who have been keeping these special places beautiful for recreation programs and public use!



Parks and Recreation Department

763-572-3570

recreation@FridleyMN.gov

FridleyMN.gov/recreation



Springbrook Nature Center

763-572-3588

springbrooknaturecenter.org

springbrook@FridleyMN.gov

City of Fridley Directory

Parks and Recreation Department

Recreation Office – City Hall, 7071 University Avenue NE
763-572-3570 | recreation@FridleyMN.gov

Springbrook Nature Center

100 85th Avenue NE
763-572-3588 | Springbrook@FridleyMN.gov

Locations:

Commons Park Shelter, 6249 7th Street
Flanery Park Shelter, 1487 Onondaga Street
Community Park, 7000 University Avenue NE

Photo Policy

Photographs are periodically taken of participants while they are engaged in programs, special events or enjoying the parks. Please be aware that these photos may appear in the local newspapers and/or Parks & Recreation Department publications including our website and Facebook. If you would prefer that we not use your photo, please let the photographer know.

Weather Cancellation Hotline

If you believe there is threatening weather or inclement conditions, please call our 24-hour HOTLINE at 763-572-3578 prior to your program or activity to see if it will still be held. Weather related cancellations will be sent out via text/sms to the mobile number listed on registrant account.

Registration Notes

- Online registration closes one week prior to the class start date. Call the Recreation Office at 763-572-3570 to check on registration options after this date.
- The participant grades listed apply to the 2019-20 school year (grade completed).

Health and Safety Guidelines

- All programs will take place outside.
- Group size is limited and follows the MN Department of Health guidelines.
- Social distancing of the recommended 6-feet between participants, staff, parent/guardians and others will be required.
- Masks are encouraged when people are entering and exiting the program location and during then program when moving from place to place.
- For all programs equipment use will be limited. Shared equipment will be cleaned between uses.



Youth programs will require a parent/guardian or caregiver (16+) to remain onsite to assist in monitoring their children's behavior and be available for any first aid need.

Item 3.

COVID-19 UPDATE

Due to the COVID-19 pandemic, we all have had to rethink how we live, work and play. The Recreation and Springbrook teams have been working creatively to safely offer new types of programs both in-person and at-home. Even though our community cannot come together physically for Fridley's usual programs and events, we are excited to provide opportunities for connection in other ways.

As we plan for summer programming, we realize there may be changes to guidelines and restrictions in the coming months as more information becomes available. With safety as our top priority, these programs are designed to follow distancing guidelines for staff and participants. We continue to take direction from the Center for Disease Control, Minnesota Department of Health and the Department of Natural Resources when deciding the types of

programs to offer. If current guidance changes, we may choose to cancel activities, with full refunds provided.

For the most up-to-date information on our programs, please:

- Check our website at FridleyMN.gov/Recreation or SpringbrookNatureCenter.org.
- Follow the City of Fridley and Springbrook Nature Center on Facebook and Instagram.
- Set up an account on our registration software (fridleyparksandrec.perfectmind.com) to receive email updates.
- Call Recreation at 763-572-3570 or Springbrook at 763-572-3588.

Thank you for your patience and understanding as we navigate programming in these unique circumstances. We appreciate you!

SUMMER PRESCHOOL SPORTS

The following Pre-School programs will meet at Commons Park shelter located in the northwest area of the park. Children must be the advertised age by the first class. Maximum 8 children.

Age 4-5

PARENT/CHILD T-BALL

Parents will help their child learn the skills and basics of T-ball! Equipment will be provided.

3154	M	Jul 20 - Aug 17	6:00 - 6:45 p.m.	\$35
3156	W	Jul 22 - Aug 19	6:00 - 6:45 p.m.	\$35

Commons Park

SUMMER YOUTH SPORTS/ACTIVITIES

Item 3.

T-BALL

This 5-session instructional program is for boys and girls who are interested in learning the basic skills, rules, and strategies of baseball. Participants must bring their own gloves. Bats and "softie balls" provided. Fee includes t-shirt.



Grades K-4

3021	W	Jul 22 - Aug 19	7:00 - 7:45 p.m.	\$45
Commons Park - Ball Field #3				

SOCCER

This program teaches all the basics of soccer — dribbling, passing, receiving, shooting and everything in between. It is well-suited for the first-time player, while still being fun and engaging for kids who already have soccer experience. Kids will learn more about teamwork and playing as part of a group. Our instructors keep the atmosphere fun, friendly and non-competitive.



Grades K-4

3020	M	Jul 20 - Aug 17	7:00 - 7:45 p.m.	\$45
Commons Park				

PARK TAE KWON DO

We're taking martial arts to the park! Martial arts instills discipline, focus, endurance, and flexibility. Children will learn self-defense skills through fun games, obstacle courses and pad striking. Class is taught by master Thomas Malone who has been teaching martial arts for over 30 years and is a 7th Degree Black Belt in Tae Kwon Do. Wear comfortable clothing (no uniform required) and bring a bottle of water.



Age 6-12

3072	M	Jul 13 - Aug 17	10:00 - 10:50 a.m.	\$79
3151	M	Jul 13 - Aug 17	11:00 - 11:50 a.m.	\$79
(rain make-up 8/24) Flanery Park				

Online registration closes one week prior to the class start date.

BEGINNING TENNIS LESSONS

Join us on Tuesday evenings at the Commons Park tennis courts to get a jump on summer and learn the rules and skills of this life-long sport. Hitting the ball, volleys, forehand, backhand strokes and game rules will be taught. Lessons are held on the lower courts at the north end of Commons Park.



Grades K-4

3158	T	Jul 28 - Aug 18	6:00 - 6:45 p.m.	\$45
Commons Park				

SOCCER CAMP (OFFERED BY SPORTS UNLIMITED)

This camp is designed to introduce young athletes to the sport of soccer through skill development and small group games. Sports unlimited staff will focus on helping the children learn the rules of soccer while working on team play and sportsmanship. Individual skills taught: shooting, passing, and dribbling, along with learning the strategies of offense and defense. Children will be divided by age and skill level. Please bring shin guards, water bottle, snack and sunscreen!

Age 5-12

3071	M-Th	Jul 20 - 23	9:00 a.m. - noon	\$90
(rain make-up 7/24) Flanery Park				

CHEER CAMP (OFFERED BY SPORTS UNLIMITED)

Sports Unlimited Cheer Camp is an introductory program designed for children ages 4-7 years old. This camp helps children explore cheerleading, dance and tumbling in a fun and non-competitive setting. No pressure, just lots of fun while kids participate in learning: motion/jump technique, sideline/performance cheers, and dance routines. The final day participants will perform a cheerleading program in front of their friends and loved ones. Our cheerleading staff is trained to meet the needs of young children.

Age 4-7

3153	M-Th	Aug 10 - 14	9:00 a.m. - noon	\$94
(rain make-up 8/15) Flanery Park				

PARENT/CHILD SOCCER

This program is designed for kids who want to learn how to play soccer. Fun drills, non-contact games, and activities will be used to develop a child's soccer skills such as dribbling, passing and scoring!

3157	T	Jul 21 - Aug 18	6:00 - 6:45 p.m.	\$35
Commons Park				

TRACK AND FIELD

Students will be introduced to different track and field events and activities. Fundamentals and techniques will be emphasized. There will be a track and field meet on August 13.

2875	Th	Jul 23 - Aug 20	6:00 - 6:45 p.m.	\$35
Commons Park				



PICTURE THIS! PHOTO CONTEST

Grab your cameras and give us your best shot. Our Fridley photo contest will showcase your photographs from all around the city.

The categories are: Animals/pets, Local Landmarks, Natural Environments, Emotions, and Young Photographers (12-18 years).

Show us your inspiration, especially during this extraordinary time. Winners will have their photos featured on our social media, the city website, and publications, as well as be displayed in the community. Rules, submission forms, and date can all be found on our website at FridleyMN.gov/1515/Photo-Contest.



THE GREAT FRIDLEY GET TOGETHER

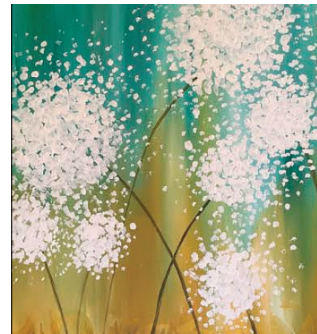
NEW

Join your fellow Fridley-ians and gather together, apart! We are ready to help you re-create the Fair in your own backyard. Save Monday, August 17 at 6 p.m. on your calendar to host your own get together and enjoy with other households throughout Fridley. Register your party with us and we will provide you with free goodies to enhance your experience: carnival game ideas/rules, prizes, treats, recipes and more!

3147 M Aug 17 6:00 p.m. FREE

PAINTING IN THE PARK

Sign up now for our outdoor painting parties led by instructors from Cheers Pablo. People of all artistic levels can participate in this step-by-step painting class. There is no experience needed, just come out to park ready to kick back, enjoy yourself, all while engaging your creative side. We are offering a variety of options; for the child-only class, a parent/caregiver will need to stay at class with the child.



Adult/Child (7-12)	MN Sunset	3160	T	August 4	10:00 - 11:30 a.m.	*\$55
Adult	Dandelion	3162	T	August 5	5:30 - 7:00 p.m.	\$44
Child (7-12)	Gnome	3161	T	Aug 11	10-11:30 a.m.	\$27

*Price includes registration and materials for both registrants

REC 'N ROLL

Families of all ages

Tuesdays, Wednesdays, & Thursdays
Jul 13 - Aug 17

Let's have fun at the park!

Last summer we ROCKED, come ROLL with us in 2020! Join us out in the parks this summer for outside-of-the-box fun! Recreation staff will be traveling to a variety of Fridley Parks to provide the following:

Take & Make – staff will be giving out bags containing activity items and instructions so you can get creative while at the park.

Park Features – we'll have story walks, scavenger hunts, and activity trails set up weekly in a variety of city parks throughout the summer.

Registered Fun – games and activities will be set up for your household to enjoy together. Sign up online to try out a giant game of Chutes & Ladders, a bike obstacle course and more.

Check out our Facebook, Instagram and website for location and activity schedules.

FREE

PLAY @ THE PARK

This is a recreational program designed to involve children in a variety of activities, which will promote the development of friendships, good sportsmanship, coordination, motivation and creativity. Each meeting will include games, stories, crafts and imagination to provide a well-rounded experience for your active child.



Due to the nature of this program, a parent or caregiver (16+), must remain on site to assist in monitoring their children's behavior and be available for any first aid needs. Registration deadline one week prior to start date, numbers are limited.

JULY 13-AUG 17 (6 WEEKS)

\$35/SESSION

CAN SIGN UP FOR ONE DAY A WEEK OR ALL THREE

TUESDAY SESSIONS

4-5 Yrs	3163	Tu	9:00 - 9:45 a.m.	\$35
K-2	3164	Tu	10:00 - 11:00 a.m.	\$35
3-5	3165	Tu	11:15 a.m. - 12:15 p.m.	\$35

WEDNESDAY SESSIONS

4-5 Yrs	3166	W	9:00 - 9:45 a.m.	\$35
K-2	3167	W	10:00 - 11:00 a.m.	\$35
3-5	3168	W	11:15 a.m. - 12:15 p.m.	\$35

THURSDAY SESSIONS

4-5 Yrs	3169	Th	9:00 - 9:45 a.m.	\$35
K-2	3170	Th	10:00 - 11:00 a.m.	\$35
3-5	3171	Th	11:15 a.m. - 12:15 p.m.	\$35



ADOPT-A-PARK

Are you looking to make a positive impact in the Fridley Community? Adopt a Fridley park! The City of Fridley is looking for community members, organizations, and businesses to participate in this program! Community members and groups will work alongside City of Fridley Park and Recreation staff to help keep our city parks clean and beautiful. You can make a difference in Fridley parks! Volunteers will be responsible for picking up litter, removing weeds, maintaining the area around the park sign, and reporting any vandalism or safety hazards to parks staff. Responsibilities may vary from park to park. Adopting a park is a minimum one-year commitment with four clean-ups per year. The city has over 30 different city parks available for adoption. After you have been approved to adopt a park, you will have a short training with Fridley Parks staff to learn more about your adopted park. Due to the COVID-19 Pandemic, Fridley staff have made modifications to the Adopt-A-Park program to follow social distancing guidelines. The safety of Fridley community members and staff is our highest priority.

To learn more about the Adopt-A-Park program and apply to adopt a park visit the city's website at FridleyMN.gov/AdoptAPark or call Fridley Parks and Recreation at 763-572-3570.

ADULT PROGRAMS

Item 3.

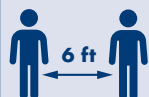
ZUMBA IN THE PARK

Enjoy the sunshine, warm weather, and party as we shake to the rhythms of Latin infused music/dance with our instructor Lenka Seferovic! Zumba in the Park brings all of the fun and exercise of Tango, Salsa, and Reggaeton to you and our wonderful park. Social distancing guidelines will be followed during this program.

3068	Tu	Jul 7 - 28	6:30 - 7:30 p.m.	\$28
3148	Th	Jul 9 - 30	6:30 - 7:30 p.m.	\$28
3149	Tu	Aug 4 - 25	6:30 - 7:30 p.m.	\$28
3150	Th	Aug 6 - 27	6:30 - 7:30 p.m.	\$28

Flanery Park

Health and Safety Measures



Social distancing of the recommended 6-feet between participants, staff, parent/guardians and others will be required.



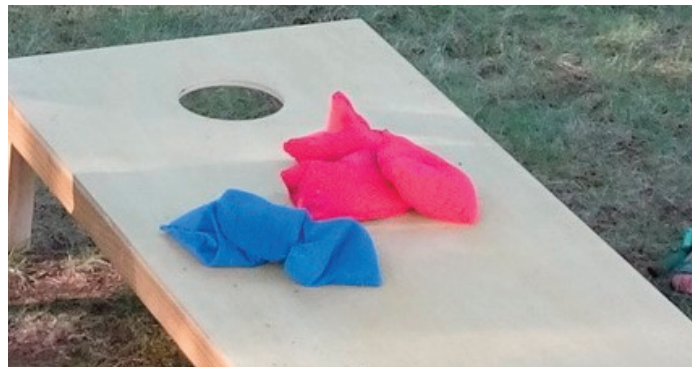
Masks are encouraged when people are entering and exiting the program location and during the program when moving from place to place.

ADULT CO-ED BAG TOSS LEAGUE

Grab a partner and play in our outdoor Bag Toss league. These games will be played at Community Park on Thursday evenings beginning July 23. Games are best 2 out of 3 and are self-officiated. Teams are made up of 2 players of any gender combination. Boards and bags supplied. League is 5 weeks of league play and 2 weeks of playoffs. Min 4 teams/Max 12 teams.

3172	Th	Jul 23 - Sep 3 (Make up day 9/10)	6 - 9 p.m.	\$65
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Community Park

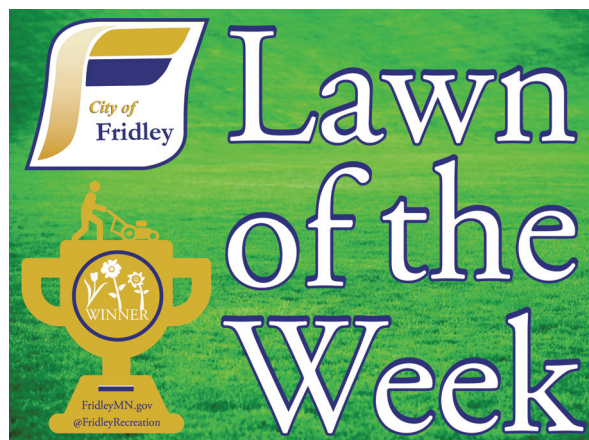


PICKLEBALL CLINIC

Pickleball is one of the fastest growing sports in the nation and is a cross between tennis, ping pong, and badminton. These clinics are to introduce and improve players' skills while focusing on the fundamentals of the game. These clinics are for beginners and anyone in the community looking to improve their skills and get involved with a great sport. Goals for this course are learn pickleball scoring, how to serve, the 2 bounce rule, and other fundamentals important to the game.

Each day of the clinic will touch on different rules and techniques. Pickleball equipment will be available to use.

3041	Sa/Su	Aug 8 & 9	9:00 - 11:00 a.m.	Commons Park	\$5
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LAWN OF THE WEEK

Get your mower and green thumb ready! City staff will be identifying outstanding yards of Fridley residents whose lawn exemplify creativity, neatness and beauty. As staff find a "winner", a sign will be placed in their front yard for one week. Recipients will receive a certificate of achievement and a prize.

The City will consider "nominations" and make a final decision on the Lawn of the Week awards. If you have a lawn you would like to suggest, please send an email to Recreation@FridleyMN.gov.

Thank goodness it's summer! If you would like to get out and enjoy nature, Springbrook Nature Center's trails are open from sunrise until 10pm daily. At this time, the Interpretative Center restrooms, which are open daily from 9 a.m. - 5 p.m. Springbrook's brand new picnic pavilion is available for picnic use, on a first come first serve basis, and the nature play area is open. The amphitheater is available to rent for up to 50 guests. We ask that visitors observe social distancing while utilizing Springbrook facilities. Finally, Nature Center staff is working on plans to re-open the Nature Center's exhibit gallery in a limited capacity, which could open as early as July 6.



ON-TRAIL ACTIVITIES

Springbrook staff will have a variety of on-trail activities that we will change on a very regular basis. The current trail activities will be posted on the front doors of the building.

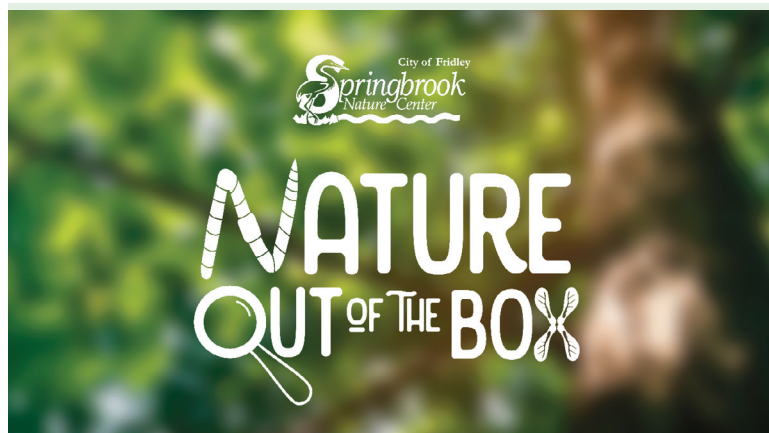
DEAR NATURALIST

Nature is a place of wonder and mystery! Wouldn't it be nice if there was someone who could help you solve them? Naturalists' favorite task are to help children navigate nature mysteries. While we can't solve all of them, we can sure try! We will answer every single question, but every Thursday we will answer one by live video.

Send us your questions!

There are two ways to send in your questions.

1. You can write a letter (make sure you include an email address we can send our response to). Mail it to:
Springbrook Nature Center, 100 85th Ave NE, Fridley, MN 55432
2. Submit your question online by visiting
SpringbrookNatureCenter.org/YouthPrograms.



We hope that you and your family and friends are well and are spending some quality time outside. We wanted to shake things up and get you started on a new adventure, so we developed a new program, NATURE Out of the Box.

With this new program, you can gather up your friends and family and go on your own nature adventures, with non-contact support from your friendly, neighborhood naturalists. Let me explain:

Purchase NATURE Out of the Box and get all this:

- A Box filled with 4 nature adventures for the whole family, including the supplies you will need and some instructions for how to do each activity
- Access to online content by SNC Naturalists just for you
- Naturalist-curated supplies to enhance your time outdoors
- Tips and tricks for how to include everyone, from toddlers to grownups

The August box will be available for pick up at the nature center building (daily 9 a.m. - 5 p.m.) from August 15 - 30. Boxes must be purchased by 5 p.m. on August 1. There will be no boxes available for purchase at the nature center during the pick-up windows.

All this can be yours for \$50! And if you are one of the first 10 registrants, you will receive a BONUS item specially selected for this month's adventures. To learn more, visit SpringbrookNatureCenter.org/AllAges.

Outdoor Adventures

Available Monday - Saturday at 10 am & 2 pm

Join us this summer for private 90 minute long experiences for small family/friend groups up to 9 people.

A Springbrook Naturalist will guide your adventure as you discover new talents or create great summer memories.

Experience Options Include:

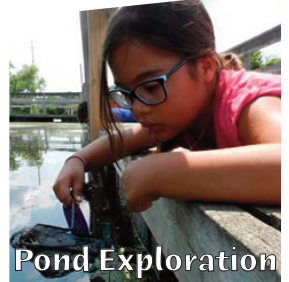
Archery
Pond Exploration
Survival
Insect Discovery
Build Your Own Adventure

Cost: \$50 per program

A parent or guardian must participate with all youth attendants.



Archery



Pond Exploration



Survival



Build Your Own Adventure



Insect Discovery



For More Information Visit:
SpringbrookNatureCenter.org

Call to Register!
763.572.3588

City of Fridley Parks & Recreation Programs

Item 3.

YOUTH SPORTS • SPRINGBROOK ADVENTURES • ARTS & CRAFTS • ROX • REC N' ROLL

SEPTEMBER/OCTOBER 2020



Parks and Recreation Department

763-572-3570

recreation@FridleyMN.gov

FridleyMN.gov/recreation



Springbrook Nature Center

763-572-3588

springbrooknaturecenter.org

springbrook@FridleyMN.gov

City of Fridley Directory

Parks and Recreation Department

Recreation Office – City Hall, 7071 University Avenue NE
763-572-3570 | recreation@FridleyMN.gov

Springbrook Nature Center

100 85th Avenue NE
763-572-3588 | Springbrook@FridleyMN.gov

Locations:

Commons Park Shelter, 6249 7th Street NE
Community Park, 7000 University Avenue NE
Flanery Park Shelter, 1487 Onondaga Street NE
Hayes Elementary School Gymnasium, 615 Mississippi Street NE

Photo Policy

Photographs are periodically taken of participants while they are engaged in programs, special events or enjoying the parks. Please be aware that these photos may appear in the local newspapers and/or Parks & Recreation Department publications including our website, Instagram and Facebook. If you would prefer that we not use your photo, please let the photographer know.

Weather Cancellation Hotline

If you believe there is threatening weather or inclement conditions, please call our 24-hour HOTLINE at 763-572-3578 prior to your program or activity to see if it will still be held. Weather-related cancellations will be sent out via text/sms to the mobile number listed on the registrant's account.

Registration Notes

- Online registration closes one week prior to the class start date. Call the Recreation Office at 763-572-3570 to check on registration options after this date.
- The participant grades listed apply to the current 2020-21 school year.

Health and Safety Guidelines

- Participants will not be allowed to attend programs if they or a member of their household are exhibiting symptoms of COVID-19.
- Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.
- Face coverings are required for indoor programs and when people are entering/exiting and moving from place to place during outdoor programs.
- Group size is limited and follows the MN Department of Health guidelines.
- Equipment use will be limited. Shared equipment will be cleaned between uses.



Youth programs will require a parent/guardian or caregiver (16+) to remain onsite to assist in monitoring their children's behavior and be available for any first aid needed.

COVID-19 UPDATE

Due to the COVID-19 pandemic, we all have had to rethink how we live, work and play. The Recreation and Springbrook teams have been working creatively to safely offer new types of programs both in-person and at-home. Even though our community cannot come together physically for Fridley's usual programs and events, we are excited to provide opportunities for connection in other ways.

As we plan for fall programming, we realize there may be changes to guidelines and restrictions in the coming months as more information becomes available. With safety as our top priority, these programs are designed to follow distancing guidelines for staff and participants. We continue to take direction from the Center for Disease Control, Minnesota Department of Health and the Department of Natural Resources when deciding the types of programs to offer. If current guidance changes, we may choose to cancel activities, with full refunds provided.

For the most up-to-date information on our programs, please:

- Check our website at FridleyMN.gov/Recreation or SpringbrookNatureCenter.org.
- Follow the City of Fridley and Springbrook Nature Center on Facebook and Instagram.
- Set up an account on our registration software (fridleyparksandrec.perfectmind.com) to receive email updates.
- Call Recreation at 763-572-3570 or Springbrook at 763-572-3588.

Thank you for your patience and understanding as we navigate programming in these unique circumstances. We appreciate you!



SATURDAYS NOV 7 - DEC 12 10 - 11 AM
HAYES ELEMENTARY GYM
(NO CLASS 11/28)

Feeling cooped up inside as the weather is getting colder? Bring your tots out to the gym for an hour of activity. This is a perfect time for adults and children to interact and burn some of that energy! Tot time makes playing together easy. Enjoy free play with hoops, balls, scooters, jump ropes, music and more! Capacity is limited.

DROP IN FEE: \$2 PER CHILD / \$4 PER FAMILY
5 VISIT PUNCH CARD: CHILD: \$5 / FAMILY: \$10

YOUTH SPORTS

Item 3.

The following classes will be held at Commons Park or the gymnasium at Hayes Elementary School. When weather does not permit, outdoor classes will move to the Hayes gym. Participants must be the minimum advertised age by the start of the program. Health and safety guidelines will be in place regarding the COVID-19 pandemic.

* Parent/Child programs (marked with an icon) for children 3-4 years of age require the parent/caregiver to participate in the activity.



Soccer

This program teaches all the basics of soccer — dribbling, passing, receiving, shooting and everything in between. It is well-suited for the first-time player, while still being fun and engaging for kids who already have soccer experience. Kids will learn more about teamwork and playing as part of a group. Our instructors keep the atmosphere fun, friendly and non-competitive.



3266	age 3-4*	W	Sep 16 - Oct 14	6:00 - 6:45 p.m.	\$30
3270	age 5-6	M	Sep 14 - Oct 12	6:00 - 6:45 p.m.	\$30
3269	age 5-6	Sa	Sep 19 - Oct 17	10:00 - 10:45 a.m.	\$30
3271	gr 1-2	M	Sep 14 - Oct 12	7:00 - 7:45 p.m.	\$30
3272	gr 3-4	W	Sep 16 - Oct 14	7:00 - 7:45 p.m.	\$30

Commons Park/Hayes Gym

SPORTS SAMPLER

Each week we'll introduce a new sport through non-contact drills and activities. Participants will learn the basic fundamentals while exploring a variety of sports. Outdoor classes will focus on soccer, football, field hockey and t-ball. Indoor classes will include basketball and floor hockey.



3273	age 3-4*	Th	Sep 17 - Oct 15	6:00 - 6:45 p.m.	\$30
3274	age 3-4*	Sa	Sep 19 - Oct 17	11:00 - 11:45 a.m.	\$30
3275	age 5-6	Tu	Sep 15 - Oct 13	6:00 - 6:45 p.m.	\$30
3276	gr 1-2	Tu	Sep 15 - Oct 13	7:00 - 7:45 p.m.	\$30
3277	gr 3-4	Th	Sep 17 - Oct 15	7:00 - 7:45 p.m.	\$30

Commons Park/Hayes Gym

3278	age 3-4*	W	Nov 4 - Dec 9 (nc 11/25)	6:00 - 6:45 p.m.	\$30
3279	age 5-6	M	Nov 2 - Nov 30	6:00 - 6:45 p.m.	\$30
3280	age 5-6	Sa	Nov 7 - Dec 12 (nc 11/28)	9:00 - 9:45 a.m.	\$30
3281	gr 1-2	M	Nov 2 - Nov 30	7:00 - 7:45 p.m.	\$30
3282	gr 3-4	W	Nov 4 - Dec 9 (nc 11/25)	7:00 - 7:45 p.m.	\$30

Hayes Gym

Online registration closes one week prior to the class start date.



MUSKETEERS FENCING

This program introduces children to the fundamentals of fencing. Classes are performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline and fun. Classes are designed to enhance motor skills, social and perceptual growth by teaching safe, age-appropriate foil fencing skills to each child. Fencing can help children improve concentration and develop self-control through fun and organized activities.



3288	gr K-4	M	Oct 5 - Nov 23	4:30 - 5:30 p.m.	\$92
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Hayes Gym

BASKETBALL

This fun class is a great introduction to the sport of basketball! We'll begin to learn shooting, dribbling and passing skills through fun non-contact games and drills.



3283	age 3-4*	Th	Nov 5 - Dec 10 (nc 11/26)	6:00 - 6:45 p.m.	\$30
3284	age 3-4*	Sa	Nov 7 - Dec 12 (nc 11/28)	11:15 a.m. - 12:15 p.m.	\$30
3285	age 5-6	Tu	Nov 10 - Dec 8	6:00 - 6:45 p.m.	\$30
3286	gr 1-2	Tu	Nov 10 - Dec 8	7:00 - 7:45 p.m.	\$30
3287	gr 3-4	Th	Nov 5 - Dec 10 (nc 11/26)	7:00 - 7:45 p.m.	\$30

Hayes Gym



YOUTH ARTS & CRAFTS

Item 3.

The following classes will be held at the NEW Pavilion Activity Center at Springbrook Nature Center. Health and safety guidelines will be in place regarding the COVID-19 pandemic.

HALLOWEEN FUN

Let's get ready for the goofiest, spookiest holiday of them all! We will play silly games, create slimy projects, disguise ourselves and make cute crafts.



3289	age 3-5*	Tu	Sep 22 - Oct 20	6:00 - 6:45 p.m.	\$40
3290	gr K-4	Tu	Sep 22 - Oct 20	7:00 - 7:45 p.m.	\$40

FALL CRAFTS

Fall is a beautiful time of year and perfect time to make nature-inspired crafts. Each week you will create something new to spruce up your home.



3291	age 3-5*	W	Sep 23 - Oct 21	6:00 - 6:45 p.m.	\$40
3292	gr K-4	W	Sep 23 - Oct 21	7:00 - 7:45 p.m.	\$40

EVERYTHING ART

Love art? This is the class for you. We will explore different areas of art such as: drawing, sculpture and collage. Children will learn how to use a variety of art media to create excellent final projects.



3293	age 3-5*	Tu	Nov 10 - Dec 8	6:00 - 6:45 p.m.	\$40
3294	gr K-4	Tu	Nov 10 - Dec 8	7:00 - 7:45 p.m.	\$40

PAINTING

First we will learn a bit about painting, shading, dimension and color. Then we will paint with a variety of paints and techniques. This class is sure to be an artist's cup of tea!



3295	age 3-5*	W	Nov 11 - Dec 9	6:00 - 6:45 p.m.	\$40
3296	gr K-4	W	Nov 11 - Dec 9	7:00 - 7:45 p.m.	\$40



Let's have fun at the park!

REC 'N ROLL

FREE

Families of all ages

Join us out in the parks this fall for outside-of-the-box fun! Recreation staff will be traveling to a variety of Fridley Parks to provide the following:

Take & Make – staff will be giving out bags containing activity items and instructions so you can get creative while at the park.

Park Features – we'll have story walks, scavenger hunts, and activity trails set up weekly in a variety of city parks throughout the fall.

Check out our Facebook, Instagram and [FridleyMN.gov/Recreation](https://www.fridleymn.gov/Recreation) for location and activity schedules.

ROX

Recreation...in a Box



Item 3.



We have got you covered for fun at home with some exciting themed activities that will keep everyone entertained. Simply sign up and you will receive a kit full of goodies to get the party started. All activities are family friendly for kids ages 3 and up (you'll be asked ages at registration so we can personalize). Kits will be available for pick-up at City Hall five days after registering.

PUPPY SURPRISE:

Register by September 30

With this kit you will receive fun supplies and activities to keep your pup entertained (need not be puppy—items/activities appropriate for all ages of canines). You will get a special bandana, treat recipes, a toy, personalized photo frame craft, and a special surprise! Share your dog's age/breed at registration.

3305

\$15



FAMILY FOLLIES:

Register by October 15

This box will contain a variety of fun practical jokes, instructions for a gross taste test game, and ideas for friendly challenges (think Minute to Win It). A trophy will also be included to be awarded to best prankster!

3306

\$15



THE SPOOKTACULAR:

Register by October 21

We've got you covered for Halloween! Included in this set is a variety of games, crafts, a spooky playlist, and tasty treat ingredients. A fun costume contest will also be included.

3307

\$15

PAINTING IN THE PARK

Sign up now for our outdoor painting party led by instructors from Cheers Pablo. People of all artist levels can participate in this step-by-step painting class. No experience needed. Just come out to the park ready to kick back and enjoy yourself, all while engaging your creative side. This is an Adult/Child class. The price includes registration and materials for both registrants. (An additional child or adult can be added at the time of registration for \$27.)



Adult/Child (7-12) Babe the Blue Ox

3214 Su

Sep 27 2:00 - 3:30 p.m. \$55

Flanery Park



© All Images Copyright Cheers Pablo

ADULT PROGRAMS

Item 3.



ZUMBA IN THE PARK

Enjoy the beautiful fall weather, and party as we shake to the rhythms of Latin-infused music/dance with our instructor Lenka Seferovic! Zumba in the Park brings all of the fun and exercise of Tango, Salsa, and Reggaeton to you and our wonderful park. Social distancing guidelines will be followed.

3298	Tu	Sep 1 - 22 (weather back-up 9/29)	6:30 - 7:30 p.m.	\$28
3299	Th	Sep 3 - 24 (weather back-up 10/1)	6:30 - 7:30 p.m.	\$28

Flanery Park

3300	Tu	Oct 6 - 27	6:30 - 7:30 p.m.	\$28
3301	Th	Oct 8 - 29	6:30 - 7:30 p.m.	\$28

Location TBD

PICKLEBALL CLINIC

Pickleball is one of the fastest growing sports in the nation, and is a cross between tennis, ping pong, and badminton. These clinics are to introduce and improve players' skills while focusing on the fundamentals of the game. These clinics are for beginners and anyone in the community looking to improve their skills and get involved with a great sport. You will learn about pickleball scoring, how to serve, the two-bounce rule, and other fundamentals important to the game. Each day of the clinic will touch on different rules and techniques. Pickleball equipment will be available to use.



3303	Sa & Su	Sep 19 & 20	9:00 - 11:00 a.m.	\$5
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Commons Park

ADULT CO-ED BAG TOSS LEAGUE

Grab a partner and play in our outdoor Bag Toss league. Games are best 2 out of 3 and self-officiated. Teams are made up of 2 players of any gender combination. Boards and bags supplied. League is 5 weeks of league play and 2 weeks of playoffs. Games will be scheduled between 6:00 - 9:00 p.m.

3302	Th	Sep 17 - Oct 15 (Make-up day 10/22)	6:00 - 9:00 p.m.	\$65
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Community Park

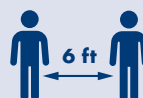
ADOPT-A-PARK

There is still time to adopt a City of Fridley park!

The City of Fridley is looking for community members, organizations, and businesses to adopt a park! Community members and groups will work alongside City of Fridley Parks and Recreation staff to help keep our city parks clean and beautiful. Volunteers will be responsible for picking up litter, removing weeds, maintaining the area around the park sign, and reporting any vandalism or safety hazards to parks staff. Adopting a park is a minimum one-year commitment with four clean ups per year.

Thank you to the five Fridley families who have already adopted a City of Fridley park! To learn more about the Adopt-A-Park program and to apply, visit the city's website at FridleyMN.gov/AdoptAPark or call Fridley Parks and Recreation at 763-572-3570.

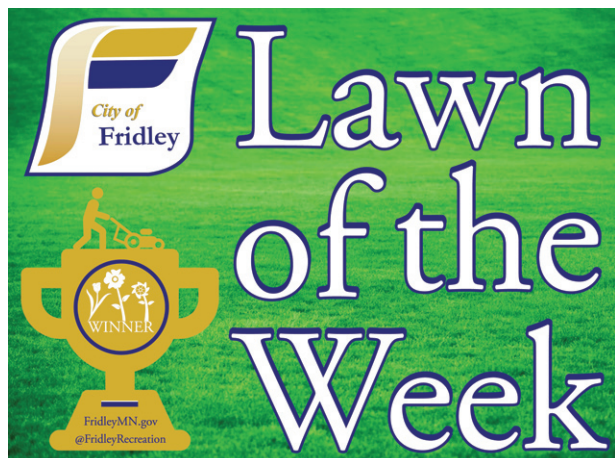
Health and Safety Measures



Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.



Face coverings are required for indoor programs and when people are entering/exiting and moving from place to place during outdoor programs.



LAWN OF THE WEEK

Get your mower and green thumb ready! City staff will be identifying outstanding yards of Fridley residents whose lawns exemplify creativity, neatness and beauty. As staff find a winner, a sign will be placed in their front yard for one week. Recipients will receive a certificate of achievement and a prize.

The City will consider nominations and make a final decision on the Lawn of the Week awards through October 17. If you have a lawn you would like to suggest, please send an email to Recreation@FridleyMN.gov.

BEGINNING SEPTEMBER 1

Playful Polliwogs

Parent/Child Class

Explore the outdoors
in adult/child pairs
with a Naturalist
as your guide!

Every Tuesday 10 - 11 a.m. in the Pavilion Activity Center

Fee: \$5 Pre-Registration **Required**,

Space limited to 10 kids (with their grown-up).

Activities are completely outdoors.



**Know any park
enthusiasts?**

**Have any friends
that can climb a
tree or skip a rock?**

**Maybe you just want
a fun way to
explore outside!**

OCTOBER 16 – 17

Gather a team of up to 8 people to compete in this
Fridley park system scavenger hunt this MEA weekend!

Prizes awarded to the top three teams.

\$25 / team

Register Online at SpringbrookNatureCenter.org

Starting September 15

NATURE OUT OF THE BOX

Gather up your friends and family and go on your
own nature adventures, with non-contact support from
your friendly, neighborhood naturalists. Here is how:

Purchase NATURE Out of the Box and get all this:

- A box filled with 4 nature adventures for the whole family, including the supplies you will need and some instructions for how to do each activity
- Access to online content by SNC Naturalists just for you
- Naturalist-curated supplies to enhance your time outdoors
- Tips and tricks for how to include everyone, from toddlers to grownups

The boxes will be available for pick up at the nature center building (daily 9 a.m. - 5 p.m.) from the 15th of each month through the end of the month.

All this can be yours for \$50! Be one of the first 10 registrants, and receive a BONUS item specially selected for the month's adventures.

Register for your box at SpringbrookNatureCenter.org
Registration for the box closes on the first of every month.

Please contact us with questions at 763-572-3588!

Springbrook Nature Center

Friday Night by Firelight

See a different musician or performer Friday nights in
September at 7p.m.

Free but Registration is **REQUIRED** to reserve your viewing
space in a safe, distanced atmosphere.

Bring your own chairs or blanket to sit on.

September 11 – Wolves, Coyotes, and Foxes, OH MY!
with the Wildlife Science Center

September 18 – Will Hale and the Tadpole Parade

September 25 – Teddy Roosevelt – Wilderness Warrior

Register: SpringbrookNatureCenter.org/AllAges or by calling
763-572-3588.

Outdoor Adventures

Available Monday - Saturday at 10 am & 2 pm

Join us this fall for private 90 minute long experiences for small family/friend groups up to 9 people.

A Springbrook Naturalist will guide your adventure as you discover new talents or create great memories.

Experience options include:

Archery

Pond Exploration

Survival

Insect Discovery

Build Your Own Adventure

Cost: \$50 per program

A parent or guardian must participate with all youth attendants.

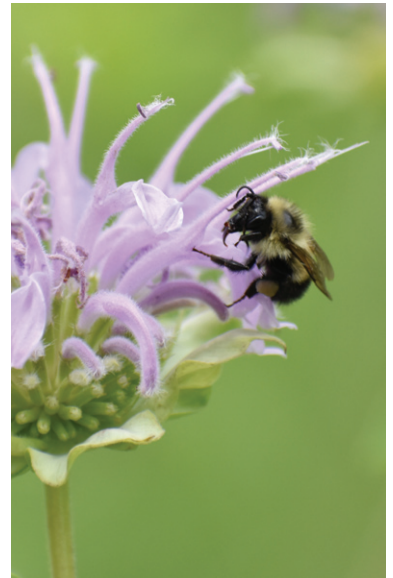
****Special pumpkin theme available for the month of October****



Archery



Build Your Own Adventure



For More Information Visit:
SpringbrookNatureCenter.org

Call to Register!
763.572.3588

City of Fridley Parks & Recreation Programs

Item 3.

YOUTH SPORTS • SPRINGBROOK ADVENTURES • ARTS & CRAFTS • ROX • ADULT FITNESS • WINTERFEST

NOVEMBER/DECEMBER 2020

FEATURING PROGRAMS FROM
NOVEMBER THROUGH FEBRUARY



Parks and Recreation Department

763-572-3570

recreation@FridleyMN.gov

FridleyMN.gov/recreation



Springbrook Nature Center

763-572-3588

springbrooknaturecenter.org

springbrook@FridleyMN.gov

City of Fridley Directory

Parks and Recreation Department

Recreation Office – City Hall, 7071 University Avenue NE
763-572-3570 | Recreation@FridleyMN.gov

Springbrook Nature Center

100 85th Avenue NE
763-572-3588 | Springbrook@FridleyMN.gov

Locations:

Commons Warming House, 555 61st Avenue NE
Hayes Elementary School Gymnasium, 615 Mississippi Street NE
Fridley Middle School Pool, 6100 West Moore Lake Drive NE

Photo Policy

Photographs are periodically taken of participants while they are engaged in programs, special events or enjoying the parks. Please be aware that these photos may appear in the local newspapers and/or Parks & Recreation Department publications including our website, Instagram and Facebook. If you would prefer that we not use your photo, please let the photographer know.

Weather Cancellation Hotline

If you believe there is threatening weather or inclement conditions, please call our 24-hour HOTLINE at 763-572-3578 prior to your program or activity to see if it will still be held. Weather-related cancellations will be sent out via text/sms to the mobile number listed on the registrant's account.

Registration Notes

- Online registration closes one week prior to the class start date. Call the Recreation Office at 763-572-3570 to check on registration options after this date.
- The participant grades listed apply to the current 2020-21 school year.

Inclusion Policy

The City of Fridley is committed to providing reasonable accommodations and accessibility to participants. If you need support due to a special need/disability, contact the Recreation Office at 763-572-3570 or Recreation@FridleyMN.gov at least three weeks prior to the start of the program to discuss strategies for inclusion and for the staff to gather information about the participant. You may be asked to complete a confidential intake assessment in order for staff to gain appropriate information about the participants abilities.

Health and Safety Guidelines

- Participants will not be allowed to attend programs if they or a member of their household are exhibiting symptoms of COVID-19.
- Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.
- Face coverings are required for indoor programs and when people are entering/exiting and moving from place to place during outdoor programs.
- Group size is limited and follows the MN Department of Health guidelines.
- Equipment use will be limited. Shared equipment will be cleaned between uses.

COVID-19 UPDATE

Item 3.

Due to the COVID-19 pandemic, we all have had to rethink how we live, work and play. The Recreation and Springbrook teams have been working creatively to safely offer new types of programs both in-person and at-home.

As we plan for programming, we realize there may be changes to guidelines and restrictions in the coming months. With safety as our top priority, these programs are designed to follow distancing guidelines for staff and participants. We continue to take direction from the Center for Disease Control, Minnesota Department of Health, and the Department of Natural Resources when deciding the types of programs to offer. If current guidance changes, we may choose to cancel activities, with full refunds provided.

For the most up-to-date information on our programs, please:

- Check our website at FridleyMN.gov/Recreation or SpringbrookNatureCenter.org.
- Follow the City of Fridley and Springbrook Nature Center on Facebook and Instagram.
- Set up an account on our registration software (fridleyparksandrec.perfectmind.com) to receive email updates.
- Call Recreation at 763-572-3570 or Springbrook at 763-572-3588.

Thank you for your patience and understanding as we navigate programming in these unique circumstances. We appreciate you!

FREE

Winter Lights Contest

Help spread holiday cheer by decorating the exterior of your home! This includes porches, balconies, yards, doorways or anything you can think of. Entries will be judged on overall impact, visual appeal, uniqueness, variety and tidiness.

All entries will be placed on a map (unless otherwise indicated by the homeowner) so that residents and visitors can create their own custom lights tour around town! Judging will take place December 9-11. Winners will be announced, and maps will be available on December 15. Tour maps will be made available at City Hall and at FridleyMN.gov/Recreation.

3455 Register between Nov 11 - Dec 6

YOUTH SPORTS

Item 3.

The following classes will be held in the gymnasium at Hayes Elementary School. Participants must be the minimum advertised age by the start of the program. Health and safety guidelines will be in place regarding the COVID-19 pandemic.

* Programs for children ages 3-5 years are structured as a parent/child class. These programs require a caregiver of 16 years or older to participate with the child.

The following youth programs are beginning in November: Sport Sampler, Basketball, Everything Art, and Painting. For more information and to register, call 763-572-3570 or go to our website at FridleyMN.gov/Rec.

SOCCKER & T-BALL

This program teaches all the basics of soccer and t-ball, focusing on individual skill building. It is well-suited for the first-time player, while still being fun and engaging for kids who already have experience. Kids will learn more about teamwork and playing as part of a group while maintaining social distance.

3469	age 3-5*	Th	Jan 21 - Feb 18	6:00 - 6:45 p.m.	\$30
3470	gr K-4	Tu	Jan 19 - Feb 16	6:00 - 6:45 p.m.	\$30

Hayes Gym



FLOOR HOCKEY

We'll introduce the sport of floor hockey through non-contact drills and activities. Participants will learn the basic fundamentals while having fun with friends. Our instructors keep the atmosphere fun, friendly and non-competitive.

3463	age 3-5*	M	Jan 25 - Mar 1 (nc 2/15)	6:00 - 6:45 p.m.	\$30
3464	age 3-5*	Sa	Jan 23 - Feb 20	9:00 - 9:45 a.m.	\$30
3465	gr K-4	M	Jan 25 - Mar 1 (nc 2/15)	7:00 - 7:45 p.m.	\$30

Hayes Gym

Online registration closes one week prior to the class start date.

MUSKETEERS FENCING

This program introduces children to the fundamentals of fencing. Classes are performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline and fun. Classes are designed to enhance motor skills, as well as social and perceptual growth by teaching safe, age-appropriate foil fencing skills to each child. Fencing can help children improve concentration and develop self-control through fun and organized activities.

3466	gr K-4	M	Jan 11 - Feb 8	4:30 - 5:30 p.m.	\$75
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Hayes Gym

TAE KWON DO/KARATE

Martial Arts instills discipline, focus, endurance, and flexibility. Children will learn self-defense skills through fun games, obstacle courses and pad striking. Class is taught by Master Thomas Malone who has been teaching Martial Arts for over 30 years and is a 7th Degree Black Belt in Tae Kwon Do. Wear comfortable clothing. Uniform not required.

3458	gr K-4	W	Dec 2 - Feb 3	4:30 - 5:30 p.m.	\$80
3495	age 3-5*	W	Dec 2 - Feb 3	5:45 - 6:15 p.m.	\$59

Hayes Gym



SATURDAYS NOV 7 - DEC 12 | JAN 23 - FEB 20
(NO CLASS ON 11/28)

10 - 11 AM HAYES ELEMENTARY GYM

Feeling cooped up inside as the weather is getting colder? Bring your tots out to the gym for an hour of activity. This is a perfect time for parents and children to interact and get the wiggles out! Tot time makes playing together easy. Enjoy free play with balls, hoops, scooters, jump ropes, music and more! Capacity is limited, following MN Department of Health guidelines.

DROP IN FEE: \$2 PER CHILD / \$4 PER FAMILY
5 VISIT PUNCH CARD: CHILD: \$5 / FAMILY: \$10

YOUTH ARTS & CRAFTS

Item 3.

The following classes will be held at the NEW Pavilion Activity Center at Springbrook Nature Center. Health and safety guidelines will be in place regarding the COVID-19 pandemic.

HOLIDAY CRAFTS

Calling all crafters! Let us help your kiddos get into the holiday spirit with this series of classes. Sign up for one or all three at a discounted rate.

\$12/class OR \$30/all three

Springbrook Nature Center Pavilion

DECEMBER 1: HOLIDAY GREETING CARDS

Design your own set of 12 holiday greeting cards. These hand-made creations are sure to bring a smile to family and friends.

3445	Parent/Child (ages 3-5)	6-6:45 p.m.
3449	K-4th	7-7:45 p.m.

DECEMBER 8: ORNAMENTS

Create two ornaments to dress up your tree or to give as a gift.

3446	Parent/Child (ages 3-5)	6-6:45 p.m.
3450	K-4th	7-7:45 p.m.

DECEMBER 15: GIFT MAKING

Make three gifts for loved ones. We'll also wrap them up so it's a surprise for the recipient.

3447	Parent/Child (ages 3-5)	6-6:45 p.m.
3451	K-4th	7-7:45 p.m.

All three classes \$30

3444	Parent/Child (ages 3-5)
3448	Ages K-4



ICE SKATE DRIVE

We are collecting used and unwanted ice skates to be offered for use at the Commons Park warming house free of charge. Skates can be dropped off at Fridley City Hall and the Commons Warming House during open hours. Help us provide an inclusive opportunity for everyone in our community!

Commons Warming House is open this winter! Check out details in the City Newsletter.

LAWN OF THE YEAR

It's time to select the best of the best! Over the course of the summer, a number of residents have been selected as winners of our Lawn of the Week program for their exceptional lawns and gardens. It's time to select one Lawn of the Week to be the first ever Lawn of the Year! Voting is open online at FridleyMN.gov/lawnoftheweek through December 4. Special thanks to all of our wonderful Lawn of the Week winners and nominees!





Recreation...in a Box

Item 3.

Recreation...in a box! We have got you covered for fun at home with some fun themed activities that will keep everyone entertained. Simply sign up and you will receive a kit full of goodies to get the party started. Contents will include crafts, fun activities, recipes, and surprises to keep the whole family entertained (kids ages 3 and up). Kits are designed for a maximum of six people (additional kits may be purchased).



TALKIN' TURKEY

Register by Nov 12

Get set for your Turkey Day celebration! Table decorations, silly challenges, cute recipe ideas, and more!

3452 Ready for pick up on November 18. \$15

GINGERBREAD PARTY

Register by December 4

This creative activity will give you all the goodies needed to create a masterpiece, as well other fun activities!

3453 Ready for pick up on December 10. \$15

SO LONG 2020!

Register by December 11

Oof – 2020 has been quite a year! This box is full of crafts and activities that will help you get ready to celebrate its send-off!

3454 Ready for pick up on December 17. \$15



SCULPTURE & CLAY CREATIONS

Come play with clay! Learn building and shaping techniques using a variety of clay. Some will be baked, some will air dry and some we'll make ourselves. In addition, we'll use wire, foam and more to create fun 3D projects.

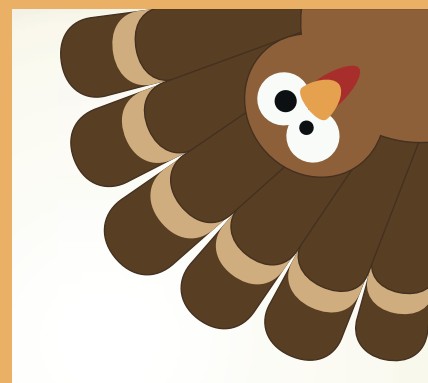
3468	Parent/Child (ages 3-5)	Tu	Jan 19 – Feb 16	6:00 – 6:45 p.m.	\$40
3467	gr K-4	Tu	Jan 19 – Feb 16	7:00 – 7:45 p.m.	\$40

Springbrook Nature Center Pavilion Activity Center

TURKEY LEG 5K

This virtual race is a great way to get the family up and moving before the turkey coma sets in. The premise is simple, get a group together (or go at it alone), complete 5K (3.10 miles) and report your completion via email. All participants will be required to submit a screenshot of their completed distance/route using an app that tracks distances (ex Map My Walk). All finishers will receive a long-sleeve, cotton t-shirt (available following program dates). A bonus award for participants that use Fridley trails (hint: Springbrook Nature Center has a great approx. 3 mile route) AND provide an individual/group photo.

3456	All Ages	Nov 1 - 28	Individual	\$14/person
3483	All Ages	Nov 1 - 28	Group (minimum of 3)	\$12/person



ADULT PROGRAMS

Item 3.

ZUMBA

Ditch the workout and join the party with instructor Lenka Seferovic! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic and exciting total body workout. All ages, skill, and fitness levels are welcome! To tone and sculpt your body, ZUMBA uses principles of aerobic fitness interval training, a combination of fast and slow rhythms, and resistance training for maximum fat and calorie burn. No dance experience? No worries. This class is more about fun and the way you feel. Are you ready to ZUMBA?!

3477	Tu	Nov 10 - Dec 15	6:30 - 7:30 p.m.	\$42
3478	Th	Nov 5 - Dec 17 (nc 11/26)	6:30 - 7:30 p.m.	\$42

Springbrook Nature Center

3479	Tu	Jan 5 - Jan 26	7:00 - 8:00 p.m.	\$28
3480	Th	Jan 7 - Jan 28	7:00 - 8:00 p.m.	\$28
3481	Tu	Feb 2 - Feb 23	7:00 - 8:00 p.m.	\$28
3482	Th	Feb 4 - Feb 25	7:00 - 8:00 p.m.	\$28

Hayes Gym

POUND

NEW!

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

3484	W	Jan 13 - Feb 17	7:00 - 7:45 p.m.	\$42
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Hayes Gym

TAE KWON DO

Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. This offering is a combination of in-person and virtual classes. Instructor Dave Seybold will focus on informational demonstrations on technique in the virtual sessions on Wednesdays and fine tuning these skills while training in person on Saturdays. This class is open to teens and adults of all skill levels. Virtual class invitations will be sent via email before the first class.

3475	W/Sa	Nov 11 - Dec 19 (n/c 11/25, 11/28)	\$20
3476	W/Sa	Jan 13 - Feb 13	\$20

Virtual — W: 6:00 - 7:30 p.m.

Hayes Gym — Sa: 11:15 a.m. - 12:45 p.m.

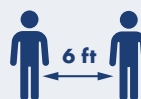
AQUA ZUMBA

The Aqua ZUMBA program gives new meaning to the idea of a refreshing workout. Integrating the ZUMBA philosophy with traditional aquatic fitness disciplines, Aqua ZUMBA blends it all together into workouts that are cardio conditioning, body toning, and most of all – exhilarating!

3471	Su	Nov 1 - Nov 22	1:00 - 2:00 p.m.	\$48
3472	Su	Nov 29 - Dec 20	1:00 - 2:00 p.m.	\$48
3473	Su	Jan 10 - Jan 31	1:00 - 2:00 p.m.	\$48
3474	Su	Feb 7 - Feb 28	1:00 - 2:00 p.m.	\$48

Fridley Middle School Pool

Health and Safety Measures



Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.



Face coverings are required for indoor programs and when people are entering/exiting and moving from place to place during outdoor programs.

FINDING YOUR FUN IN FRIDLEY WINTER EVENTS



Get out and enjoy the winter weather in Fridley's Parks! Join our staff for a variety of activities including: ice skating, snowshoeing, hiking, crafts and more. Receive a FREE travel mug at your first event. Check out our Facebook and Instagram pages to keep updated on where we'll be visiting throughout the season and to share your adventures! **#FindingFridleyFun**



Playful Polliwogs

Parent/Child Class

Explore the outdoors
in adult/child pairs
with a Naturalist
as your guide!

November 3, 10, & 17 and
December 1, 8 & 15

Every Tuesday 10 - 11 a.m. in the Pavilion Activity Center

Fee: \$5 Pre-Registration **Required.**

Space limited to 10 kids (with their grown-up).

Activities are completely outdoors.

Celebrate your special day naturally with Springbrook Nature Center!

Naturalist program will happen entirely outdoors, dress appropriately.

Saturdays, 10 a.m. - 12 p.m., 2 - 4 p.m.

Sundays, 2 - 4 p.m.

Fee: \$125,
up to 9 people total



Explore our fun themes at springbrooknaturecenter.org.

Snowshoeing

at Springbrook Nature Center

Snowshoeing is the perfect way to enjoy the winter season. We have several options for your next snowy adventure. Groups of up to nine people can sign up for a naturalist-led snowshoe hike by signing up for our Snowshoeing Outdoor Adventures program. It is

perfect for friends and family, scout groups, or kids ages 5 and older. If you want to explore the nature center on your own, a variety of snowshoe sizes and styles can be rented for \$5 per pair.



Note:

We do require a 3" base of snow cover before renting snowshoes.

Rentals at Springbrook Nature Center!



Reserve the new Pavilion Activity Center or amphitheater for your next family gathering, picnic, birthday celebration, wedding ceremony, business meeting or other event!

Our outdoor amphitheater is available with seating for up to 50 guests on concrete seat walls and has electricity available. **Rentals are available 9 a.m. - 5 p.m. daily.**

The outdoor Pavilion Activity Center space offers a canopied area with picnic tables for up to 25 guests. The indoor space is available for up to 10 guests. A combined rental of both the outdoor and indoor Pavilion Activity Center is also available for up to 25 guests. The Pavilion features a concessions room with a small sink, refrigerator and microwave oven, electricity, restrooms and the indoor space is heated.

Rentals are available to both non-Fridley residents and Fridley residents.

Contact Springbrook Nature Center for rental inquiries! 763-572-3588

FREE

Item 3.

winterfest



11:00 a.m. - 2:00 p.m. Saturday, January 23

Commons Park, Springbrook Nature Center, Civic Campus and more!

Enjoy an exciting winter day outside with the entire family! There will be a variety of activities for you to participate in, including our popular medallion hunt, ice skating, sledding, snow shoeing, and more! In an effort to provide adequate space for social distancing, all activities will be held outdoors and take place at multiple parks throughout the City. Join us for a day of exploration and fun!



Outdoor Adventures

Available Monday - Saturday at 10 am & 2 pm



**Private, 90-minute experiences available
for small family/friend groups, up to 9 people.**

A Springbrook Naturalist will guide your adventure as you discover new talents or create great memories.

Experience options include: Archery, Survival, Snowshoeing, GPS or Build Your Own Adventure

Cost: \$50 per program

A parent or guardian must participate with all youth attendants.

For more information, visit: SpringbrookNatureCenter.org or call to register - 763.572.3588

City of Fridley Parks & Recreation Programs

Item 3.

YOUTH SPORTS • SPRINGBROOK ADVENTURES • INSTRUCTIONAL CLASSES • ROX • ADULT FITNESS

JAN/FEB 2021 EDITION

FEATURING PROGRAMS FROM
JANUARY THROUGH MARCH



Parks and Recreation Department

763-572-3570

recreation@FridleyMN.gov

FridleyMN.gov/recreation



Springbrook Nature Center

763-572-3588

springbrooknaturecenter.org

springbrook@FridleyMN.gov

City of Fridley Directory

Parks and Recreation Department

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- Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.
- Face coverings are required for indoor programs and when people are entering/exiting and moving from place to place during outdoor programs.
- Group size is limited and follows the MN Department of Health guidelines.
- Equipment use will be limited. Shared equipment will be cleaned between uses.



COVID-19 UPDATE

Due to the COVID-19 pandemic, we all have had to rethink how we live, work and play. The Recreation and Springbrook teams have been working creatively to safely offer new types of programs both in-person and at-home.

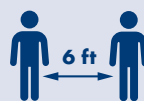
As we plan for programming, we realize there may be changes to guidelines and restrictions in the coming months. With safety as our top priority, these programs are designed to follow distancing guidelines for staff and participants. We continue to take direction from the Center for Disease Control, Minnesota Department of Health, and the Department of Natural Resources when deciding the types of programs to offer. If current guidance changes, we may choose to cancel activities, with full refunds provided.

For the most up-to-date information on our programs, please:

- Check our website at FridleyMN.gov/Recreation or SpringbrookNatureCenter.org.
- Follow the City of Fridley and Springbrook Nature Center on Facebook and Instagram.
- Set up an account on our registration software (fridleyparksandrec.perfectmind.com) to receive email updates.
- Call Recreation at 763-572-3570 or Springbrook at 763-572-3588.

Thank you for your patience and understanding as we navigate programming in these unique circumstances. We appreciate you!

Health and Safety Measures



Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.



Face coverings are required for indoor programs and when people are entering/exiting and moving from place to place during outdoor programs.

YOUTH SPORTS

The following classes will be held in the gymnasium at Hayes Elementary School. Participants must be the minimum advertised age by the start of the program. Health and safety guidelines will be in place regarding the COVID-19 pandemic. Min/max: 6/8.

- * Programs for children ages 3-5 years of age are structured as parent/child, and a caregiver of 16 years or older will be required to participate with the child.

TAE KWON DO/KARATE

Martial Arts instills discipline, focus, endurance, and flexibility. Children will learn self-defense skills through fun games, obstacle courses and pad striking. Class is taught by Master Thomas Malone who has been teaching Martial Arts for over 30 years and is a 7th Degree Black Belt in Tae Kwon Do. Wear comfortable clothing. Uniform not required.

3604	gr K-4	W	Feb 17 - Apr 7	4:30 - 5:30 p.m.	\$80
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Hayes Gym

GYM GAMES

Bring your energy, because it's gym time! We will be playing social distanced games like gator bowling, survivor, and other active games. Participants will learn how to work as a team while enjoying games that bring out the best in themselves!

3605	age 3-5*	M	Mar 8 - Apr 5	6:00 - 6:45 p.m.	\$30
3606	age 3-5*	Sa	Mar 6 - Apr 3	9:00 - 9:45 a.m.	\$30
3607	gr K-4	M	Mar 8 - Apr 5	7:00 - 7:45 p.m.	\$30

Hayes Gym

Online registration closes
one week prior
to the class start date.

OLYMPIC SPORTS

This exciting class offers the opportunity for youth to experience a different Olympic activity each week including track and field events, as well as sports such as basketball and soccer. We will have fun learning the basic fundamentals of each sport and get you ready to be a gold medalist.

3609	age 3-5*	Th	Mar 11 - Apr 8	6:00 - 6:45 p.m.	\$30
3608	gr K-4	Tu	Mar 9 - Apr 6	6:00 - 6:45 p.m.	\$30

Hayes Gym

MUSKETEERS FENCING

This program introduces children to the fundamentals of fencing. Classes are performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline and fun. Classes are designed to enhance motor skills, as well as social and perceptual growth by teaching safe, age-appropriate foil fencing skills to each child. Fencing can help children improve concentration, and develop self-control through fun and organized activities.

3603	gr K-4	M	Mar 22 - May 10	4:30 - 5:30 p.m.	\$92
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Hayes Gym

**SATURDAYS • JAN 23 - FEB 20 & MAR 6 - APR 3
10 - 11 AM**

HAYES ELEMENTARY GYM

Feeling cooped up inside as the weather is getting colder?

Bring your tots out to the gym for an hour of activity.

This is a perfect time for parents and children to interact and get the wiggles out! Tot time makes playing together easy.

Enjoy free play with balls, hoops, scooters, jump ropes, music and more! Capacity is limited, following MN Department of Health guidelines.

**DROP IN FEE: \$2 PER CHILD / \$4 PER FAMILY
5 VISIT PUNCH CARD: CHILD: \$5 / FAMILY: \$10**



YOUTH INSTRUCTIONAL CLASSES

The following classes will be held at the NEW Pavilion Activity Center at Springbrook Nature Center. Health and safety guidelines will be in place regarding the COVID-19 pandemic. Min/max: 6/8.

DON'T MISS OUT ON JANUARY-FEBRUARY YOUTH PROGRAMS!

Check out our website at FridleyMN.gov/Rec for details on the following programs: Soccer & T-Ball, Floor Hockey, Musketeers Fencing, Tae Kwon Do/Karate, and Sculpture & Clay Creations.



Item 3.

PAINTING

Painting is all about expression and exploring your creativity. This class is structured to teach the basics while having fun. Join us to try out a variety of painting techniques while learning about different styles of art from still life to abstract.

3610	age 3-5*	Tu	Mar 9 - Apr 6	6:00 - 6:45 p.m.	\$40
3611	gr K-4	Tu	Mar 9 - Apr 6	7:00 - 7:45 p.m.	\$40

BE AN INVENTOR!

Improve a product or a process while building problem-solving skills. The act of inventing is a process that requires creativity and determination. In this class we'll play fun idea-generating games, create experiments and develop our very own inventions. Let's crack some eggs!

3613	age 3-5*	W	Mar 10 - Apr 7	6:00 - 6:45 p.m.	\$40
3612	gr K-4	W	Mar 10 - Apr 7	7:00 - 7:45 p.m.	\$40



ICE SKATE DRIVE

We are collecting used and unwanted ice skates to be offered for use at the Commons Park warming house free of charge. Skates can be dropped off at Fridley City Hall, Dave's Sport Shop and the Commons Warming House. (Check our website for dates and open hours. Ability to open is contingent on MN Stay Safe executive orders, as well as weather and ice conditions.) Help us provide an great opportunity for everyone in our community!

SNOWMAN CONTEST



Build a snowman in a Fridley Park then post it to your Instagram story & tag us **@FridleyRecreation** to enter the contest (Direct Messages also accepted) or send us an email at Recreation@FridleyMN.gov



WIN

- A \$50 gift certificate for Fridley Parks & Rec programs
- A photo of your snowman featured in our brochure

RULES

- Anyone can enter
- Must be in a Fridley Park
- Send us picture of your creation



Item 3.

ROX

RECREATION... IN A BOX!

We have got you covered for fun at home with some fun-themed activities that will keep everyone entertained. Simply sign up and you will receive a kit full of goodies to get the party started. Contents will include crafts, fun activities, recipes, and surprises to keep the whole family entertained (kids ages 3 and up). Kits are designed for a maximum of six people (additional kits may be purchased).

WINTER WONDERLAND

Deadline January 22

Make the most of the chill in the air with this kit that is sure to warm everyone's heart.

3585 Pick Up January 29 \$15

FUNNY VALENTINE

Deadline February 5

Cupid has been busy creating a lovely set of activities and treats for the family.

3586 Pick Up February 12 \$15

LUCKY DAY

Deadline March 5

Get your green on and celebrate St. Patrick's Day in a lucky way!

3587 Pick Up March 12 \$15

SWEETHEARTS' BALL

Grab your dance partner and get ready to dance the night away in the comfort of your own home with the help of the Recreation team! Prepare for an enchanted evening by getting dressed up and heading out to City Hall where magic awaits you. Following registration, you will be invited to schedule an appointment to stop by City Hall's Fireside Room for a special photo opportunity, and to pick up a special package that includes a flower, dessert, playlist, crafts and more. Families will be provided with digital print of their picture.

3592 Deadline February 5, Pick-Up by appointment February 12 4:30 - 6:30 p.m. \$20

NEW

GET HIRED!

Calling all first-time job seekers! We want to help you prepare for success and this program will provide you with the tools to land your first gig. Parks and Recreation has been a "first job" for many folks and our team has much experience working with young people to succeed. Class topics covered will be how to fill out online applications, where to gain experience, interview techniques, dress code, mock interviews and more. Deadline is one week prior.

3593	Sa	Mar 6	9:30 a.m. - 12:00 p.m.	\$12
3594	W	Mar 10	5:30 - 8:00 p.m.	\$12

Fridley City Hall

ADULT PROGRAMS

Item 3.

ZUMBA

Ditch the workout and join the party with instructor Lenka Seferovic! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic and exciting total body workout. No dance experience? No worries. This class is more about fun and the way you feel. Drop-in option available, call 763-572-3570 24-hours in advance. The classes will be held virtually via Zoom if not able to meet in person.

3479	Tu	Jan 5 - Jan 26	7:00 - 8:00 p.m.	\$28
3480	Th	Jan 7 - Jan 28	7:00 - 8:00 p.m.	\$28
3481	Tu	Feb 2 - Feb 23	7:00 - 8:00 p.m.	\$28
3482	Th	Feb 4 - Feb 25	7:00 - 8:00 p.m.	\$28
3595	Tu	Mar 2 - Mar 23	7:00 - 8:00 p.m.	\$28
3596	Th	Mar 4 - Mar 25	7:00 - 8:00 p.m.	\$28
3597	Tu	Mar 30 - Apr 20	7:00 - 8:00 p.m.	\$28
3598	Th	Apr 1 - Apr 22	7:00 - 8:00 p.m.	\$28

Hayes Gym

POUND

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

NEW

3484	W	Jan 13 - Feb 17	7:00 - 7:45 p.m.	\$42
3588	W	Mar 3 - Apr 7	7:00 - 7:45 p.m.	\$42

Hayes Gym

OPEN PICKLEBALL

Looking to play Pickleball this winter? We will be offering indoor court rental at the Hayes Gym from 1:00 - 3:00 p.m. on Saturdays beginning on January 23. Fee is \$15 per hour; balls and paddles are available. Please contact us at 763-572-3570 to reserve a time.

BAG TOSS LEAGUE

Grab a partner and play in our indoor Bag Toss league. Teams are made up of 2 players with any gender combination. The league will be 7-weeks in length with 5 regular season games and a 2-week playoff period. Games will be won on a best of three set basis. All teams will make the playoffs, and prizes will be awarded to the top teams. Music can be played upon request!

3629	Su	Mar 14 - Apr 25	5:00 - 6:00 p.m.	\$65
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Hayes Gym

NEW

TAE KWON DO

Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. This offering is a combination of in-person and virtual classes. Instructor Dave Seybold will focus on informational demonstrations on technique in the virtual sessions on Wednesdays and fine tuning these skills while training in person on Saturdays. This class is open to teens and adults of all skill levels. Virtual class invitations will be sent via email before the first class.

3476	W/Sa	Jan 13 - Feb 13	\$20
3601	W/Sa	Feb 24 - Mar 20	\$16
3602	W/Sa	Mar 24 - Apr 24	\$20

Virtual — W: 6:00 - 7:30 p.m.
Hayes Gym — Sa: 10:00 - 11:30 a.m.

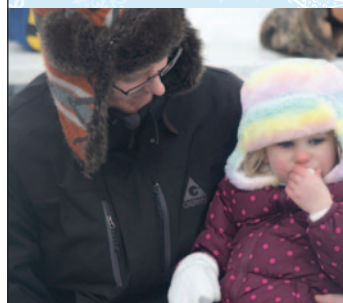
AQUA ZUMBA

The Aqua ZUMBA program gives new meaning to the idea of a refreshing workout. Integrating the ZUMBA philosophy with traditional aquatic fitness disciplines, Aqua ZUMBA blends it all together into workouts that are cardio conditioning, body toning, and most of all – exhilarating!

3473	Su	Jan 10 - Jan 31	1:00 - 2:00 p.m.	\$48
3474	Su	Feb 7 - Feb 28	1:00 - 2:00 p.m.	\$48
3599	Su	Mar 7 - Mar 28	1:00 - 2:00 p.m.	\$48
3600	Su	Apr 4 - Apr 25	1:00 - 2:00 p.m.	\$48

Fridley Middle School Pool

FINDING YOUR FUN IN FRIDLEY WINTER EVENTS



Get out and enjoy the winter weather in Fridley's Parks! Join our staff for a variety of activities including: ice skating, snowshoeing, hiking, crafts and more. Receive a FREE travel mug at your first event. Check out our Facebook and Instagram pages to keep updated on where we'll be visiting throughout the season and to share your adventures!



#FindingFridleyFun



Lantern Light Hike

Saturday,
January 30 & February 27
6:30 - 8:30 p.m.

Bring yourself, a friend or your family on an evening stroll through the trails of Springbrook (subject to state guidelines). We will guide your way with the cozy glow of lanterns and candlelight on the trails. If snow conditions allow, bring your own snowshoes or rent a pair from Springbrook!

Pre-registration Required: \$5 per person.

Additional \$5 snowshoe rental available, rental of snowshoes must be done in advance - we will not be taking money the evening of the program.

NATURE OUT OF THE BOX

Get ready to explore the great outdoors wherever you are. At home, at Springbrook, at your local park, the sky's the limit with this creative, hands-on program that looks at nature from the point of view of the artist, scientist, nature-enthusiast, and the tinkerer.

Each box contains enough supplies for at least 3 people and includes instruction by energetic naturalists on a one-time virtual gathering on Thursday, February 4 at 7 p.m.

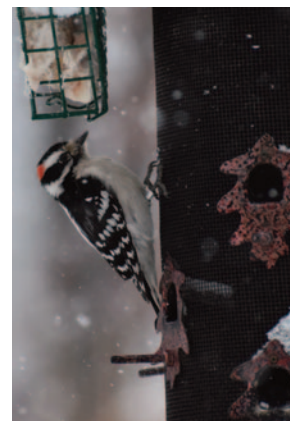
Fee is \$50 per box if you pick up at SNC or \$60 to have it mailed to your house.

Register by January 15.

Curious Connections:

Birding Basics

This adult only class will cover the basics of how to become a birding beginner in this 3-part virtual mini-course. Join a Springbrook Naturalist for 3 Wednesday evenings in January (6, 13, 20) at 7p.m. then head out to your backyard or a local greenspace to try your hand! Class fee is \$15. Register by January 4.



Animal Folklore!

We will cover Animals in Folklore in this 3-part virtual mini-course. Find out the real life inspirations for mythological beasts and the amazing adaptations they feature! Join a Springbrook Naturalist for 3 Wednesday evenings in February (10, 17, 24) then head out to your backyard or a local greenspace with a new perspective! \$15 class fee Register by February 8.



NATURE OUT OF THE BOX

Polliwogs Edition

It's your favorite polliwogs class but in the comfort of your backyard or any of your favorite outside spaces!

This box includes supplies for 4 polliwogs classes.

Every Tuesday morning in February at 10 a.m. a Naturalist will start off the class virtually by reading a story and giving adults some tips and tricks to help their 2-5 year old child learn and grow through play!

Playful
Polliwogs

Cost: \$30 / box.
Register by January 15.



CAMP SPRINGBROOK THEMES

Camp Classics
Wild Child
Wetlands and Wild Things
Geeky Greatness
Prehistoric Survival
Forest Fables
Crypto Camp - The Search Begins
Earth, Wind, and Fire
Outdoor Inventors
Ready, Set, Survive

DAY CAMP

9am - 3pm
\$145-\$155

EXTENDED CARE

3pm - 4:30pm
Weekly - \$20

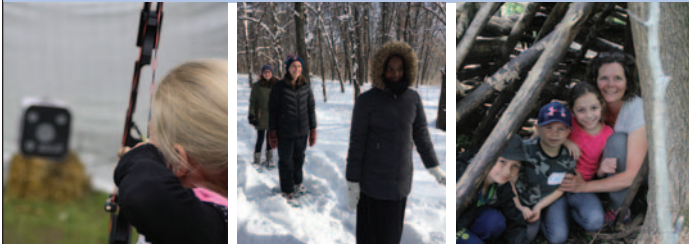
WEEKLY JUNE 7TH - AUGUST 20TH

REGISTRATION BEGINS:
February 1st!

AGES 5 - 12

Outdoor Adventures

Available Monday - Saturday
at 10 am & 2 pm



**Private, 90-minute experiences
available for small family / friend
groups of up to 9 people.**

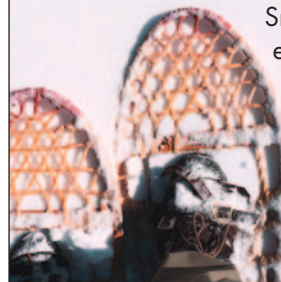
A Springbrook Naturalist will guide
your adventure as you discover new talents
or create great memories.

Experience options include:
Survival, Snowshoeing, GPS, Animal Encounters,
Animal Tracks and Signs.

Cost: \$50 per program
A parent or guardian must participate
with all youth attendants.

For more information, visit:
SpringbrookNatureCenter.org or
call to register - 763.572.3588

Snowshoeing at Springbrook Nature Center



Snowshoeing is the perfect way to
enjoy the winter season. A variety of
snowshoe sizes and styles can be
rented for \$5 per pair. Curbside
rental available. Call to reserve
your rentals.

*Note: 3" base of snow cover
required before renting snowshoes.*



Rentals at Springbrook Nature Center!

Reserve the new Pavilion Activity Center or amphitheater for your
next family gathering, picnic, birthday celebration, wedding
ceremony, business meeting or other event!

Our outdoor amphitheater is available with seating on concrete
seat walls and has electricity available. **Rentals are available
9 a.m. - 5 p.m. daily.**

The outdoor Pavilion Activity Center space offers a canopied area
with picnic tables. Indoor space is also available. A combined
rental of both the outdoor and indoor Pavilion Activity Center is
also available. The Pavilion features a concessions room with a
small sink, refrigerator and microwave oven, electricity and
restrooms. The indoor space is heated.

Rentals are available to both non-Fridley residents and Fridley
residents and are subject to state guidelines.

Contact Springbrook Nature Center at 763-572-3588 for info

City of Fridley Parks & Recreation Programs

Item 3.

YOUTH SPORTS • SPRINGBROOK ADVENTURES • ARTS & SPORTS CAMPS • ROCKS • ADULT FITNESS

MAY/JUNE 2021 EDITION



SUMMER
PROGRAM
INFO INSIDE

FEATURING
PROGRAMS FROM
MAY THROUGH AUGUST



Parks and Recreation Department

763-572-3570

FridleyMN.gov/recreation

recreation@FridleyMN.gov



Springbrook Nature Center

763-572-3588

springbrooknaturecenter.org

springbrook@FridleyMN.gov

City of Fridley Directory

Parks and Recreation Department

Recreation Office – City Hall, 7071 University Avenue NE
763-572-3570 | Recreation@FridleyMN.gov

Springbrook Nature Center

100 85th Avenue NE
763-572-3588 | Springbrook@FridleyMN.gov

Locations:

Commons Park Shelter, 555 61st Avenue NE
Hayes Elementary School Gymnasium, 615 Mississippi Street NE
Fridley Middle School, 6100 West Moore Lake Drive NE
Flanery Park Shelter, 1487 Onondaga Street NE
Community Park, 7000 University Ave NE
Terrace Park, 140 79th Ave, Spring Lake Park

Photo Policy

Photographs are periodically taken of participants while they are engaged in programs, special events or enjoying the parks. Please be aware that these photos may appear in the local newspapers and/or Parks and Recreation Department publications including our website, Instagram and Facebook. If you would prefer that we not use your photo, please let the photographer know.

Weather Cancellation Hotline

If you believe there is threatening weather or inclement conditions, please call our 24-hour HOTLINE at 763-572-3578 prior to your program or activity to see if it will still be held. Weather-related cancellations will be sent out via text/sms to the mobile number listed on the registrant's account.

Registration Notes

User-friendly online registration is available at FridleyMN.gov/RecRegister. Phone and walk-in registrations are also accepted at City Hall and Springbrook Nature Center.

- Online registration closes one week prior to the class start date.
- The participant grades listed apply to the current 2020-21 school year.

Inclusion Policy

The City of Fridley is committed to providing reasonable accommodations and accessibility to participants. If you need support due to a special need/disability, contact the Recreation Office at 763-572-3570 or Recreation@FridleyMN.gov at least three weeks prior to the start of the program to discuss strategies for inclusion and for staff to gather information about the participant. You may be asked to complete a confidential intake assessment in order for staff to gain appropriate information about the participant's abilities.

Health and Safety Guidelines

- Participants will not be allowed to attend programs if they or a member of their household are exhibiting symptoms of COVID-19.
- Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.
- Face coverings are required.
- Group size is limited and follows the MN Department of Health guidelines.
- Equipment use will be limited. Shared equipment will be cleaned between uses.

COVID-19 UPDATE

Item 3.

Due to the COVID-19 pandemic, we all have had to rethink how we live, work and play. The Recreation and Springbrook teams have been working creatively to safely offer new types of programs both in-person and at-home.

As we plan for programming, we realize there may be changes to guidelines and restrictions in the coming months. With safety as our top priority, these programs are designed to follow distancing guidelines for staff and participants. We continue to take direction from the Center for Disease Control, Minnesota Department of Health, and the Department of Natural Resources when deciding the types of programs to offer. If current guidance changes, we may choose to cancel activities, with full refunds provided.

Thank you for your patience and understanding as we navigate programming in these unique circumstances. We appreciate you!

CITYWIDE GARAGE SALE

June 25 & 26 from 9am to 6pm

Register April 15 through June 10.

3924 Fee: \$10*

See the City newsletter for more details or visit
FridleyMN.gov/CitywideGarageSale.

Register your sale online or over the phone.

**After June 10, fee is \$15. Call 763-572-3570 to register your garage sale.*



ADOPT-A-PARK

Are you looking to make a positive impact in the Fridley community? Adopt a Fridley park! Community members and groups will work alongside City of Fridley Parks and Recreation staff to help keep our city parks clean and beautiful. To learn more about the Adopt-A-Park program and apply to adopt a park visit the city's website at FridleyMN.gov/AdoptAPark or call Fridley Parks and Recreation at 763-572-3570. More details can also be found in the City Newsletter.

OUR LEADERS ARE READERS

Partnering with Mississippi Library.

Join us at the Fridley Civic Campus as our civic leaders read stories about their jobs and roles in city government.

June 23 @ 10:30 a.m. - Police

July 28 @ 10:30 a.m. - Fire



Online registration closes one week prior to the class start date.



The sports programs listed are designed for kids who want to learn basic skills while being active and having fun! Instructors focus on teaching age-appropriate fundamentals while encouraging teamwork, sportsmanship and positive social interaction. Participants must be the minimum advertised age by the start of the program. Health and safety guidelines will be in place regarding the COVID-19 pandemic. Min/max: 6/8.

- * Programs for children ages 3-5 years of age are structured as parent/child, and a caregiver of 16 years or older will be required to participate with the child.

ARCHERY

Kids will be excited to learn this lifetime sport while engaged in a natural environment. They will be instructed on how to use the equipment safely and skillfully. Skills such as posture, setup, aiming and release will be covered. All equipment is provided, and beginner compound bows will be used. Instruction provided by a Springbrook Naturalist and Recreation Instructor.

3748	gr 2-4	Sa	May 15 - May 22	10:00 a.m. - 11:00 a.m.	\$20
3756	gr 5-8	Sa	May 15 - May 22	11:15 a.m. - 12:15 p.m.	\$20

Springbrook Nature Center

SOCCER

4271	age 3-5*	Th	Jun 17 - Jul 15	6:00 - 6:45 p.m.	\$30	Commons Park
3737	gr K-4	M	Jun 14 - Jul 19 (nc 7/5)	7:00 - 7:45 p.m.	\$30	Commons Park
3731	age 3-5*	Tu	Jul 27 - Aug 17	6:00 - 6:45 p.m.	\$25	Commons Park
3742	gr K-4	Tu	Jul 27 - Aug 17	7:00 - 7:45 p.m.	\$25	Commons Park

T-BALL

3733	age 3-5*	Tu	Jun 15 - Jul 13	6:00 - 6:45 p.m.	\$30	Commons Park
3734	age 3-5*	W	Jul 28 - Aug 18	6:00 - 6:45 p.m.	\$25	Commons Park

BASEBALL

3740	gr K-4	Tu	Jun 15 - Jul 13	7:00 - 7:45 p.m.	\$30	Commons Park
3743	gr K-4	W	Jul 28 - Aug 18	7:00 - 7:45 p.m.	\$25	Commons Park

GAMES AND SPORTS OF ALL SORTS

Each week a new sport (ex. football, soccer, kickball) and group game (ex. Red Light Green Light, Sharks and Minnows, Ball Tag) will be introduced.

3735	age 3-5*	W	Jun 16 - Jul 14	6:00 - 6:45 p.m.	\$30	Commons Park
4283	gr K-4	Th	Jun 17 - Jul 15	7:00 - 7:45 p.m.	\$30	Commons Park

TRACK AND FIELD

3736	age 3-5*	M	Jul 26 - Aug 16	6:00 - 6:45 p.m.	\$25	Commons Park
3745	gr K-4	M	Jul 26 - Aug 16	7:00 - 7:45 p.m.	\$25	Commons Park

TENNIS

3746	gr K-4	Tu	Jun 15 - Jul 13	6:00 - 6:45 p.m.	\$30	Commons Park
3753	gr 5-7	Tu	Jun 15 - Jul 13	7:00 - 7:45 p.m.	\$30	Commons Park
3747	gr K-4	Tu	Jul 27 - Aug 17	6:00 - 6:45 p.m.	\$25	Commons Park
3754	gr 5-7	Tu	Jul 27 - Aug 17	7:00 - 7:45 p.m.	\$25	Commons Park



RECREATION OPPORTUNITIES
FOR CREATIVE KIDS IN THE SUMMER

JUNE 15 - AUGUST 20

PROGRAM DETAILS ARE AVAILABLE ONLINE AT
FRIDLEYMN.GOV/SUMMER-ROCKS

Summer ROCKS is back!

This is a popular, all-day program (7:30 a.m. - 5:00 p.m.) that offers continuous activities running June 15 through August 20. Kids grades K-7 will have a variety of fun opportunities to participate in each week, including classes, special events, and outdoor adventures. All activities are included in the weekly fee of \$150. Due to the COVID-19 pandemic, we have made some modifications to the format of this program to keep group sizes small, provide social distancing, and ensure a clean environment (details are available on our website). Registration requires the full 10 weeks of the program (up to 2 weeks of vacation, tuition free).

YOUTH CAMPS

Item 3.

AGES 4-12

NINJA CAMP

Get ready for a challenge! This camp gives participants an opportunity to have fun testing their skills and abilities while going through various obstacles: tunnel crawl, cones weave, noodles crawl, mat rolls, parachute run, fitness ladders, and more! Different course set-up each day. Who will be Ninja Warrior of the day? Campers will receive a sportsmanship award and water bottle. Instructed by Sports Unlimited. Registration deadline is June 4.



4277 Ages 4-6 Tu-F June 15 - 18 1:00 - 4:00 p.m. \$92

Flanery Park

LEARN ANIME/MANGA DRAWING CAMP

Learn to draw your favorite Japanese style art. This kawaii workshop will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Class focuses on technique and creativity.



Instructed by Young Rembrandts. Registration deadline is June 18.

4228 Ages 6-12 M-Th June 28 - July 1 10:00 a.m. - 12:00 p.m. \$106

Flanery Park

FASHION RUNWAY CAMP

Join us for hours of fashion design and drawing, layering and styling, and tons of dazzling accessories. Students will learn to draw portraits, figures, and the latest fashion trends. The perfect camp for the fashionista in your family! Instructed by Young Rembrandts.



Registration deadline is July 9.

4229 Ages 7-12 M-Th Jul 19 - 22 10:00 a.m. - 12:00 p.m. \$106

Flanery Park

SOCCER CAMP

This camp introduces the young athlete to the sport of soccer through skill development and small group games. The focus will be on helping the children learn the rules of soccer while working on team play and sportsmanship. Individual skills taught include shooting, passing, and dribbling, as well as strategies of offense and defense. Children will be divided by age and skill level. The fee includes a water bottle. Instructed by Sports Unlimited. Registration deadline is July 30.

4278 Ages 7-11 M-Th Aug 9 - 12 1:00 - 4:00 p.m. \$92

Commons Park

REVSPORTS CAMPS

AGES 2-6

NINJA WARRIOR FITNESS

Speed, strength and quickness help make a great athlete. Join us to learn to move faster, react quicker, kick and throw farther. Class involves ground-based obstacle training, active games, and individual challenges.

4216 ages 2-3 M-F Jun 21 - Jun 25 9:30 - 9:55 a.m. \$59

4217 ages 3-5 M-F Jun 21 - Jun 25 10:00 - 10:40 a.m. \$59

4218 ages 4-6 M-F Jun 21 - Jun 25 10:45 - 11:25 a.m. \$59

Commons Park

BASEBALL AND FLAG FOOTBALL

This active and fun program is designed for player development. Age-appropriate skills will be taught through game-like activities. Baseball gloves are optional and are not provided, all other equipment provided.

4219 ages 2-3 M-F Jul 19 - Jul 23 9:30 - 9:55 a.m. \$59

4220 ages 3-5 M-F Jul 19 - Jul 23 10:00 - 10:40 a.m. \$59

4221 ages 4-6 M-F Jul 19 - Jul 23 10:45 - 11:25 a.m. \$59

Commons Park



SOCCER

Each day will begin with a fun, active warm-up that teaches fundamental skills for individual player development. Fun games and drills will teach soccer skills, including dribbling, shooting, defending, passing, and more.

4222 ages 2-3 M-F Aug 9 - Aug 13 9:30 - 9:55 a.m. \$59

4223 ages 3-5 M-F Aug 9 - Aug 13 10:00 - 10:40 a.m. \$59

4224 ages 4-6 M-F Aug 9 - Aug 13 10:45 - 11:25 a.m. \$59

Commons Park

These entry-level, parent/child sports camps are great opportunities for your little player to explore their new and developing motor skills in a social setting. Camps are instructed by RevSports.

REC 'N ROLL

WE'VE GOT YOUR TICKET
TO A ROCKIN' GOOD TIME!

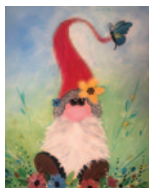


The Fridley Recreation team will be coming out to neighborhood parks throughout summer with our new Rec 'n Roll vehicle. We will offer a variety of activities on site including games, sports, arts, crafts, music, and more! Health and safety guidelines will be followed. Team members will set up activities and equipment for Fridley youth.

June 15 – August 19	Tuesday	Wednesday	Thursday
12:30 – 2:00 p.m.	Ruth Circle 8160 Ashton Ave NE	Creekview 6801 Anoka St NE	Stevenson Elementary 6080 E River Rd
2:30 – 4:00 p.m.	Madsen 735 73rd Ave NE	Flanery 1487 Onondaga St NE	Summit Square 5202 Capitol St NE

PAINTING IN THE PARK

Sign up now for our outdoor painting party led by instructors from the Creative Clinic. People of all artistic abilities can participate in this step-by-step painting class. No experience needed. Come to the park ready to kick back and enjoy yourself, all while engaging your creative side. For the Adult/Child class, the price includes registration and materials for both registrants. An additional child or adult can be added at the time of registration for \$27.



SUNNY SUNFLOWER

3776 Adult/Child (7-12) Su May 16 2:00 - 3:30 p.m. \$55

GARDEN GNOME

3777 Adult Tu May 25 5:30 - 7:00 p.m. \$44

DEER ME

3778 Adult/Child (7-12) Su Aug 1 2:00 - 3:30 p.m. \$55

WINE GOBLETS

3779 Adult Tu May 25 5:30 - 7:00 p.m. \$44

Springbrook Nature Center Pavilion Activity Center

BAG TOSS LEAGUE

Grab a partner and play in our outdoor Bag Toss League! Teams are made up of 2 players with any gender combination. League consists of 5 weeks of league play and 2 weeks of playoffs. Games will be won on a best of three set basis. All teams will make the playoffs, and prizes will be awarded to the top teams! Games will be scheduled from 6:00 - 8:00 p.m.

Min 4 teams/Max 12 teams.

3773	Th	Jun 3 - Jul 15	6:00 - 8:00 p.m.	\$65
4226	Th	Aug 5 - Sep 16	6:00 - 8:00 p.m.	\$65

Community Park



FRIDLEY FORWARD 50K *

Be active at home, at your own pace and track your miles along the way to complete the virtual 50K! Get the miles in however you prefer, whether that be walking or running - hitting the trails or inside on the treadmill. Perhaps rollerblading is more your thing - we don't care, we just want you up and moving! At the completion of each leg, simply log your distances until you reach 31 miles.

This event is open to all ages and abilities.

3724	Individual	\$12/person
3725	Group	\$10/person

May 1 - 31
All Ages



ADULT PROGRAMS

Item 3.

ZUMBA

Ditch the workout and join the party with instructor Lenka Seferovic! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic and exciting total body workout. No dance experience? No worries. This class is more about fun and the way you feel. Drop-in option available, call 763-572-3570 24-hours in advance. Enrolling in this class will give you the option to join virtually via Zoom if you do not wish to meet in person!

3761	Tu	May 25 - Jun 15	7:00 - 8:00 p.m.	\$28
3762	Th	May 27 - Jun 17	7:00 - 8:00 p.m.	\$28
3763	Tu	Jun 22 - Jul 13	7:00 - 8:00 p.m.	\$28
3764	Th	Jun 24 - Jul 15	7:00 - 8:00 p.m.	\$28
4210	Tu	Jul 20 - Aug 10	7:00 - 8:00 p.m.	\$28
4211	Th	Jul 22 - Aug 12	7:00 - 8:00 p.m.	\$28

Hayes Gym

WALKING CLUB

Looking for a way to enjoy the great outdoors as well as meet new people? This new club may be the answer. The group will meet at a variety of pre-determined parks and trails throughout Fridley and neighboring cities. Walks will be led by a Fridley Recreation staff member who will also lead the group conversations with a new topic each walk. Participants will be notified prior to first class of walk location.

3721	55+	Tu	May 11, 8 and June 8, 22	10-11:30 a.m.	\$5
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PICKLEBALL

The City of Fridley and Spring Lake Park have partnered together to provide the following Pickleball opportunities. Pickleball is one of the fastest growing sports in the nation and is a cross between tennis, ping pong, and badminton.

OPEN PICKLEBALL

We will be hosting open Pickleball from 10:00 a.m - 12:00 p.m. on Monday and Wednesday, and from 4:00 - 6:00 p.m. on Tuesday and Thursday at Flanery Park in Fridley. Register for Open Pickleball to be added to the contact list and we will keep you updated on who is looking to play!

3775	M - Th	May - Sep	10 a.m. - 12 p.m./4 - 6 p.m.	FREE
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PICKLEBALL LEAGUE

Come join our fun, self-officiated, doubles pickleball league! This league welcomes players of all skill levels to enjoy this great game.

3772	Sa	Jun 5 - Jul 10 (nc 7/3)	9:00 - 11:00 a.m.	\$50/team
4225	Sa	Aug 7 - Sep 11 (nc 9/4)	9:00 - 11:00 a.m.	\$50/team

Flanery Park

TAE KWON DO

Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. This offering is a combination of in-person and virtual classes. Instructor Dave Seybold will focus on informational demonstrations on technique in the virtual sessions on Wednesdays and fine tuning these skills while training in person on Saturdays. This class is open to teens and adults of all skill levels. Virtual class invitations will be sent via email before the first class.

3766	W/Sa	May 5 - Jun 12 (nc 5/29)	\$20
3767	W/Sa	Jun 16 - Jul 24 (nc 7/3)	\$20

Virtual — W: 6:00 - 7:30 p.m.
Hayes Gym — Sa: 10:00 - 11:30 a.m.

Lawn of the Week

Do you have a neighbor with an exceptional lawn or garden? We want to hear from you! This program will recognize outstanding yards of Fridley residents whose lawns exemplify creativity, environmental stewardship, and beauty. Staff will select a nominated lawn and place a sign in their front yard to identify it as the Lawn of the Week (staff will reach out to nominees for permission before posting the sign). Recipients will receive a certificate of achievement and a prize. To make a nomination, please email us at Recreation@FridleyMN.gov.



PICKLEBALL CLINIC

We offer two different types of clinics. Step I clinics are designed to introduce and improve players' skills while focusing on the fundamentals of the game—like scoring and how to serve. Step II classes are made to take your skills to the next level and work on more intermediate skills, while still being practical for any skill level. Pickleball equipment will be available upon request.

Step I

3768	Sa & Su	May 15 - 16	9:00 - 11:00 a.m.	\$5
3769	Sa & Su	Jul 17 - 18	9:00 - 11:00 a.m.	\$5

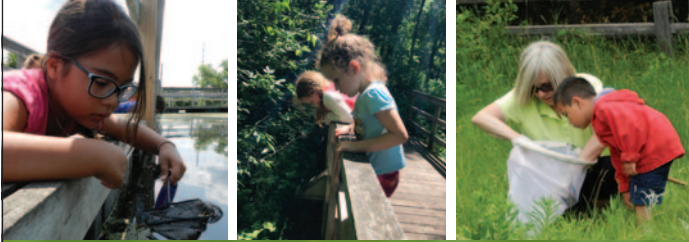
Step II

3770	Sa & Su	May 22 - 23	9:00 - 11:00 a.m.	\$5
3771	Sa & Su	Jul 24 - 25	9:00 - 11:00 a.m.	\$5

Flanery Park

Outdoor Adventures

Available Monday - Saturday at 10 am & 2 pm



Private, 90-minute experiences available for small family/friend groups of up to 15 people.

A Springbrook Naturalist will guide your adventure as you discover new talents and create great memories.

Experience options include:

Archery, Pond Exploration, Survival, Insect Discovery, Build Your Own Adventure.

Cost: \$50 per program

A parent or guardian must participate with all youth attendants.

**For more information, visit:
SpringbrookNatureCenter.org
or call to register - 763-572-3588**

PLAYFUL POLLIWOGS

May 4, 11, 18 & 25 from 10 - 11 a.m.

Pavilion Activity Center

Explore the outdoors in adult/child pairs with a Naturalist as your guide!

Fee: \$5 Pre-Registration Required.

Space limited to 10 kids (with their grown-up).

Activities are completely outdoors.

CONTACTLESS TRAIL EXPERIENCES

- Nature Play is open with play prompts for kids
 - Free Backpack Rentals
 - Boredom Buster Activity Kits
 - Story Hikes

CELEBRATE YOUR SPECIAL DAY NATURALLY WITH SPRINGBROOK NATURE CENTER!

Naturalist program will happen entirely outdoors, dress appropriately.

Saturdays, 10 a.m. - 12 p.m., 1 - 3 p.m.

Sundays, 1 - 3 p.m.

Fee: \$125, up to 14 people total

Explore our fun themes at springbrooknaturecenter.org.

MIGRATION CELEBRATION 2021

Saturday, May 8 • 9 a.m. to 12 p.m.
Springbrook Nature Center

**FREE
EVENT**
ALL AGES
WELCOME

Live Raptors
Arts and Crafts
Migration Game
Go on a Birding Hike
Follow a Bird Band
Story Hike
Take Home Kits

Event will follow State Covid-19 Guidelines

Art by Emily Meyer





community concert SERIES

Fridley is getting musical this summer with a full line-up of live concerts that the whole family can enjoy. All performances are FREE!

So, grab a blanket or chair and join us for a season of song!

Concerts may be cancelled due to inclement weather—check our Facebook page (City of Fridley) or call the weather hotline 763-572-3578 for updates.

Covid safety precautions will be in place based on current guidelines.

SPRINGBROOK NATURE CENTER @ 7PM

100 85TH AVENUE NE, FRIDLEY

SNC Concerts made possible through a generous gift by the Springbrook Nature Center Foundation.

ANTHONY MILTICH
Acoustical

JUNE
15

BLUE GROOVE BLUEGRASS
Bluegrass

JULY
20

XIBABA BRAZILIAN JAZZ
Brazilian Jazz

AUG
17

CIVIC CAMPUS @ 7PM

7071 UNIVERSITY AVE NE, FRIDLEY

MR. WINKY BAND
Classic Rock & Roll

JUNE
22

RUM RIVER BRASS
Brass Quintet

JUNE
29

INNOCENT REGGAE BAND
Reggae

JULY
13

BETTY RYDELL SHOW
Country

JULY
27

ROSEVILLE BIG BAND
Big Band/Swing

AUG
10

ROXXY HALL
Rock 'n Soul

AUG
24

COMMONS PARK @ 11AM

6249 7TH STREET NE, FRIDLEY

THE JOLLY POPS
Children's

JULY
20

City of Fridley Parks & Recreation Programs

Item 3.

YOUTH SPORTS • PUMPKIN NIGHT IN THE PARK • FAMILY EVENTS • FRIDAY BY FIRELIGHT • ADULT FITNESS

SEPTEMBER/OCTOBER 2021 EDITION



Parks and Recreation Department

763-572-3570

FridleyMN.gov/recreation

recreation@FridleyMN.gov



Springbrook Nature Center

763-572-3588

springbrooknaturecenter.org

springbrook@FridleyMN.gov

City of Fridley Directory

Parks and Recreation Department

Recreation Office – City Hall, 7071 University Avenue NE
763-572-3570 | Recreation@FridleyMN.gov

Springbrook Nature Center

100 85th Avenue NE
763-572-3588 | Springbrook@FridleyMN.gov

Locations:

Civic Campus, 7071 University Ave NE
Commons Park, 6249 7th Street NE
Community Park, 7000 University Ave NE
Flanery Park Shelter, 1487 Onondaga Street NE
Fridley Middle School, 6100 West Moore Lake Drive NE
Hayes Elementary School Gymnasium, 615 Mississippi Street NE

Photo Policy

Photographs are periodically taken of participants while they are engaged in programs, special events or enjoying the parks. Please be aware that these photos may appear in the local newspapers and/or Parks and Recreation Department publications including our website, Instagram and Facebook. If you would prefer that we not use your photo, please let the photographer know.

Weather Cancellation Hotline

If you believe there is threatening weather or inclement conditions, please call our 24-hour HOTLINE at 763-572-3578 prior to your program or activity to see if it will still be held. Weather-related cancellations will be sent out via text/sms to the mobile number listed on the registrant's account.

Registration Notes

User-friendly online registration is available at FridleyMN.gov/RecRegister. Phone and walk-in registrations are also accepted at City Hall and Springbrook Nature Center.

- The participant grades listed apply to the current 2021-22 school year.

Inclusion Policy

The City of Fridley is committed to providing reasonable accommodations and accessibility to participants. If you need support due to a special need/disability, contact the Recreation Office at 763-572-3570 or Recreation@FridleyMN.gov at least three weeks prior to the start of the program to discuss strategies for inclusion and for staff to gather information about the participant. You may be asked to complete a confidential intake assessment in order for staff to gain appropriate information about the participant's abilities.

Health and Safety Guidelines

With safety as our top priority, we will set guidelines for programming based on direction from the Center for Disease Control, Minnesota Department of Health, and the Department of Natural Resources. We will send out current guideline information to participants before the start of each program.



REGISTER NOW

Citywide Clean-Up

SATURDAY, SEPTEMBER 25 FROM 9 TO 11:30 A.M.

THIS COMMUNITY WIDE VOLUNTEER EVENT ENCOURAGES COMMUNITY MEMBERS AND GROUPS TO CLEAN UP FRIDLEY PARKS, TRAILS, NEIGHBORHOODS, STREETS, AND OTHER PLACES AROUND THE CITY.

THE CITY OF FRIDLEY IS LOOKING FOR RESIDENTS, NEIGHBORHOOD GROUPS, COMMUNITY ORGANIZATIONS, AND LOCAL BUSINESSES TO ORGANIZE AND HOST CLEAN-UP LOCATIONS AS A PART OF THE FRIDLEY CITYWIDE CLEAN-UP.

You can participate in the Citywide Clean Up three ways.

1

Organize and host a clean-up site.

Learn more about hosting and organizing a clean-up site online. Register your host site by Friday, September 10 online, or by calling 763-572-3579.

Learn more about participating in Fridley's Citywide Clean-Up including how to register a host site by visiting FridleyMN.gov/CityWideCleanUp.

2

Join a clean-up site.

A list of clean-up sites will be on the website a couple days before the event.

3

"DIY" (Do it Yourself) style.

Community members can also participate in the Citywide Clean-Up on their own, as "Do it Yourself" style. Head out anytime on Saturday, September 25 or Sunday, September 26 to pick up trash and litter in parks, on trails, or in your neighborhood.

For more info or questions, contact Alyssa, Community Engagement Specialist at 763-572-3579 or at Alyssa.Kruzel@FridleyMN.gov

FALL YOUTH SPORTS

The sports programs listed are designed for kids who want to learn basic skills while being active and having fun! Instructors focus on teaching age-appropriate fundamentals while encouraging teamwork, sportsmanship and positive social interaction. Participants must be the minimum advertised age by the start of the program. Programs are structured as parent/child. A caregiver 16 years or older will be required to participate with the child.

SOCCER

4566	age 3-5	Th	Sep 23 - Oct 21	6:00 - 6:45 p.m.	\$30
4567	gr K-4	M	Sep 20 - Oct 18	7:00 - 7:45 p.m.	\$30

Commons Park (weather back-up Hayes Gym)

FLAG FOOTBALL

4389	age 3-5	W	Sep 22 - Oct 20	6:00 - 6:45 p.m.	\$30
4569	gr K-4	W	Sep 22 - Oct 20	7:00 - 7:45 p.m.	\$30

Commons Park (weather back-up Hayes Gym)

Online registration closes one week prior to the class start date.



HALLOWEEN FUN

Let's get ready for the goofiest, spookiest holiday of them all! We'll play silly games, create slimy projects, disguise ourselves and make cute crafts.

4572	age 3-5	Tu	Sep 14 - Oct 5	6:00 - 6:45 p.m.	\$40
4571	gr K-4	Tu	Sep 14 - Oct 5	7:00 - 7:45 p.m.	\$40

Springbrook Nature Center Pavilion

Item 3.



MUSKETEERS FENCING

This program introduces children to the fundamentals of fencing. Classes are performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline, and fun. Classes are designed to enhance motor skills, social and perceptual growth by teaching safe, age-appropriate foil fencing skills to each child. Fencing can help children improve concentration and develop self-control through fun and organized activities.

4570	gr K-4	M	Oct 4 - Nov 15	4:30 - 5:30 pm	\$84
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Hayes Gym



FABULOUS FALL - ROX

Autumn will soon be in the air. This ROX (Recreation in a Box) kit includes games, crafts and activities for the entire family to enjoy together.

4361	All ages	\$15	Pick Up Friday, September 17
			Registration deadline - September 13

PHOTOGRAPHY CONTEST

Grab your cameras and give us your best shot. Our Fridley Photo contest will showcase your photographs from all around the city. The categories are: Seasons/Nature, Pet Friendly, and Faces of Fridley. Winners will have their photos featured on our social media, website, and publications. Submissions will also be displayed at the Mississippi branch of the Anoka County Library. Rules and submission forms can all be found at www.FridleyMN.gov

Submissions Accepted: September 15-October 20

Online Voting: October 27-November 10

Winners Announced: November 17



Item 3.



SCAN ME



PAINT YOUR PET

In this class, you will create a delightful painted masterpiece of your pet! A Cheers Pablo artist and instructor will receive your email and digitally transfer it into a custom sketch on your 16 by 20 inch canvas. Please be sure to email your favorite pet photo to Recreation@FridleyMN.gov with "PAINT YOUR PET" as the subject line. Also bring a printed paper image of your pet so that you have it to work from!

4579 Ages 16+ M Sep 20 5:00 – 7:30 p.m. \$60

Springbrook Nature Center Pavilion Activity Center



PHOTOGRAPHY CLASS

This class will teach you how to take outstanding photos. Whether you use a DSLR, a point-and-shoot camera, or your phone for your photography, you will learn how to get the best results from your camera. This hands-on course will teach you how to choose the right photographic equipment to compose images with style. You can take your camera out of auto mode after learning about lighting, motion, aperture, shutter speed, and ISO settings. You will also explore common photography topics, including portraiture, children's photography, pet photography, and digital editing.

This class is offered free of charge through Anoka County Library. Register online through their event calendar at anokacountylibrary.org



WINTER LIGHTS CONTEST

It's time to get those lights and decorations out of storage to prepare for the 2021 contest! Submissions will be accepted from November 15 through December 6. All entries will be placed on a map so that residents can create their own custom light tour around town. Maps will be available December 13.

ADULT PROGRAMS

Item 3.

ZUMBA

Ditch the workout and join the party with instructor Lenka Seferovic! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic and exciting total body workout. Feel like joining the party at home? You will have the option to join this class virtually via Zoom or in-person at the Hayes gym. Join your way and get ready to ZUMBA!

4362	Tu	Sep 14 - Oct 19	7:00 - 8:00 p.m.	\$42
4363	Th	Sep 16 - Oct 21	7:00 - 8:00 p.m.	\$42
4364	Tu	Oct 26 - Nov 30	7:00 - 8:00 p.m.	\$42
4365	Th	Oct 28 - Nov 18	7:00 - 8:00 p.m.	\$42

Hayes Gym

AQUA ZUMBA

The Aqua ZUMBA program gives new meaning to the idea of a refreshing workout. Integrating the ZUMBA philosophy with traditional aquatic fitness disciplines, Aqua ZUMBA blends it all together into workouts that are cardio conditioning, body toning, and most of all – exhilarating!

4573	Su	Nov 7 - Dec 19 (n/c Nov 28)	1:00 - 2:00 p.m.	\$72
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Fridley Middle School Pool



4-PERSON PASSING FOOTBALL

A touch football activity designed to keep the “rough” style of play to a minimum. No running plays allowed in this all passing league. Teams play 7 games on Sunday afternoons, beginning in September and the games are scheduled around the Vikings’ telecasts.

4387	18+	Su	Sep 12 - Oct 24	\$80
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TAE KWON DO

Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. This offering is a combination of in-person and virtual classes that will begin with a warm-up and stretch component before moving to the workout and focus on learning and combining techniques. Wednesday will focus on learning and practicing fundamental skills, and Saturday will focus on fine tuning and applying what we’ve learned. Classes are open to teens and adults of all skill levels. Virtual class invitations will be sent via email before the first class.

4377	W/Sa	Oct 2 - Nov 3	\$20
4578	W/Sa	Nov 6 - Dec 18 (nc 11/13, 11/24, 11/27)	\$20

Virtual — W: 6:00 - 7:30 p.m.
Hayes Gym — Sa: 10:00 - 11:30 a.m.

ADULT BASKETBALL LEAGUE

In these officiated, five-on-five men’s full court winter leagues, teams will play a 12-game season. Qualifying teams will participate in a single elimination tournament. League play will begin December 1 and 2.

4574	D League	W	\$575
4576	Fun - Upper	Th	\$575
4577	Fun - Lower	Th	\$575

Fridley Middle School
Registration deadline - November 12

PICKLEBALL

Pickleball is one of the fastest growing sports in the nation and is a cross between tennis, ping pong, and badminton. The City of Fridley and Spring Lake Park have partnered together to provide the following Pickleball opportunities.

PICKLEBALL CLINIC

This Clinic is designed to improve a player’s skills and their level of pickleball play. Players of a beginner and intermediate skill level are welcome to participate as we take your skills to the next level. Each day instructors will focus on different techniques. Pickleball equipment will be available for use if needed.

4378	Sa & Su	Sep 11 & 12	9:00 - 11:00 a.m.	\$20
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Flanery Park
Registration deadline - September 4





Celebrate your special day naturally
with Springbrook Nature Center!

Saturdays or Sundays,
10 a.m. - 12 p.m., or 2 - 4 p.m.
Fee: \$125, up to 15 people total

Explore our fun themes at
springbrooknaturecenter.org.



Playful Polliwogs

Our parent-child classes will resume on September 7 at the Springbrook Nature Center Pavilion. We will learn through nature play in this outside class. Maybe we will make some tree faces or pretend to build an owl nest! You never know what is in store!

\$5 per child, adults do not need to register.

Each child must be accompanied by one adult.

Registration is required. Registration for each class begins 8 days prior to class date.

Link for registration is on our website:
springbrooknaturecenter.org

Upcoming Dates:

September 7
September 14
September 21
September 28

October 5
October 12
October 19
NO CLASS on October 26

SPRINGBROOK NATURE CENTER RENTALS

Springbrook Nature Center Interpretive Building

Classrooms in Springbrook's interpretive building are 20' by 40' and can seat up to 40 people, depending on layout. These classrooms can be combined to accommodate large groups.

Classroom(s) and Meeting Room(s) rentals are available:

Monday - Sunday from 10:00 a.m. to 4:00 p.m.

Request for rentals outside of this time frame are considered on a case-by-case basis.

Classroom rental rates:

Fridley Residents: \$30 /room/hour (plus tax)

Non-profit groups: \$30 /room/hour (plus tax)

(proof of status must be provided)

Non-Fridley Residents: \$50 /room/hour (plus tax)

A refundable damage deposit of \$50/classroom is due at the time of booking.

State sales tax of 7.125% will be charged on all rentals.

Springbrook Nature Center Pavilion

The Pavilion Activity Center is available for full or partial rental and features a canopied area with picnic tables, an indoor heated classroom, restrooms and a concessions room with a small sink, refrigerator, microwave and electricity.

Resident fees range from \$65 to \$200, depending on what portions of the pavilion you rent, or if you rent the entire building.



Call Springbrook Nature Center at 763-572-3588 to learn more and reserve.

Friday Night by Firelight

7:00 p.m.
Springbrook Amphitheatre

Bring your whole crew to Springbrook this fall for a campfire and some fun. Learn something new, laugh out loud, and hang out together this fall! These FREE EVENTS are sponsored by the Springbrook Nature Center Foundation.



**Katie Knutson –
Storyteller Extraordinaire**
Friday, September 3

Wherever children gather, Katie can design developmentally-appropriate performances to meet your needs. Expect stories and chants, mostly from folklore, that actively engage the audience and promote kindness, bravery, respect, responsibility, acceptance and perseverance.



**River Valley Raptors:
Introduction to Falconry**
Friday, September 10

Experience an introduction to falconry.



**Kathleen Johnson –
Singing Storyteller**
Friday, September 17

Kathleen Johnson is an award winning singer, hammered dulcimer player, storyteller, and teacher. Her stories and music resonate with beauty, transporting the listener to a magical place and time. Her classes inspire students to reach beyond their comfort zone - open hearts and deepen connection to the audience so that the story is fully shared.



COMMUNITY PUMPKIN CARVING

Help Springbrook carve 1,000 pumpkins for Pumpkin Night in the Park. We provide the tools, the gutted pumpkin, and the fun. You supply the creativity.

October 17 - 21

Call 763-572-3588 to book your time slot or sign up online: springbrooknaturecenter.org



**RESERVE YOUR
TIME SLOT
TODAY!**





Pumpkin Night in the Park

Saturday, October 23 • 5:00 – 9:00 p.m.
Springbrook Nature Center, 100 85th Avenue NE, Fridley

Pumpkin Night in the Park is back!

Bring the whole family to Springbrook for a celebration of fall, fun, and PUMPKINS, lots of Pumpkins! Experience enchanted trails, costumed characters, kids dance with a DJ, 1,000 glowing pumpkins, delicious food, and more!

ALL TICKETS MUST BE PURCHASED IN ADVANCE.

THERE WILL BE NO TICKETS SOLD AT THE GATE.

Tickets on sale now at SpringbrookNatureCenter.org/PumpkinNight.

Beginning September 1, there will be
a limited number of physical tickets
available at Springbrook for \$10 each.
Onsite ticket sales will end on October 22 at noon.

*Check the SNC website for more information about
parking, shuttles, vendors, entertainers, and more!*





Fridley Parks & Recreation

7071 University Ave N.E. Fridley, MN 55432
763-572-3570 | Recreation@FridleyMN.gov | FridleyMN.gov

Item 3.

Fee Assistance Program Application 2021-22

To receive fee assistance, please complete this form and submit it with your registration. This form must be completed, signed, and dated prior to receiving fee assistance. **These funds are available to Fridley residents only.**

A. General Information

Family Last Name:	Phone:	Driver's License Number:
Street Address:	City: Fridley	State: MN Zip Code:

In accordance with the MN Government Data Practices Act, the Recreation staff of Fridley hereby informs you that the personal information we are requesting of you and/or your children on this form is considered private. Private data is available to you and to City staff who need to have this information to administer the program – but not to the public.

B. Household Information

1. Please complete the following information for household members **who will be using this program**:

HOUSEHOLD MEMBER'S FULL NAME (INC. LAST NAME)	GENDER	DATE OF BIRTH	GRADE

C. QUALIFICATIONS

I. Please check your eligibility:

- ☐ National School **Reduced** Lunch Program.
- ☐ National School **Free** Lunch Program.
- ☐ Income (please circle on chart and provide documentation)
- ☐ County Aid

I declare that the information provided is true and complete, and I acknowledge that this is private data that will only be used for reporting purposes only and will not be made available to the public.

	REDUCED	FREE
<u>Household Size</u>	<u>Yearly Income</u>	<u>Yearly Income</u>
2	<\$32,227	<\$22,646
3	<\$40,626	<\$28,548
4	<\$49,025	<\$34,450
5	<\$57,424	<\$40,352
6	<\$65,823	<\$46,254
7	<\$74,222	<\$52,156
8	<\$82,621	<\$58,058

Signature

Date



Fridley Parks & Recreation

7071 University Ave N.E. Fridley, MN 55432
763-572-3570 | Recreation@FridleyMN.gov | FridleyMN.gov

Item 3.

Fee Assistance Program Guidelines

(Revised July 2021)

Thank you for your participation in our Recreation Programs. We are pleased to be able to provide this opportunity to all residents of Fridley. The following are a few guidelines you should be aware of as a participant in our Fee Assistance Program.

WHO QUALIFIES?

- 1) The Fee Assistance Program is available for all participants who reside full-time in Fridley. Participants must remain full-time residents during the activity or activities they have received assistance for. Proof of residency is required at the time of application (i.e., driver's license, water or electricity bill).
- 2) To qualify:
 - a) households must show proof of participation in the School District Free or Reduced Lunch Program; or
 - b) show documentation that meets the guidelines for the Federal Income Eligibility Guidelines for Free or Reduced Lunch Program (see chart below); or
 - c) show documentation that the family receives low-income financial aid from the county.

WHAT QUALIFIES?

1. Events, trips or activities that require the purchase of a ticket or payment to another service provider are *not eligible* for fee assistance.
2. Participants who qualify for the **Reduced Lunch Program** are **eligible for up to 50%** off the maximum scholarship for select youth activities up to \$130 per person for each activity season (January – April, May – August, September – December).
3. Participants who qualify for the **Free Lunch Program** are **eligible for up to 100%** off select youth activities up to \$130 per person for each activity season (January – April, May – August, September – December). After this limit has been reached, additional participation will require at least 50% of applicable fees. Classes instructed by outside contractors may only be eligible for a discount and not full reduction.
4. Adults are eligible for up to 25% off select activities.
5. Senior citizens (age 55+) are eligible for up to 50% off select activities.
6. Trips and other special events may not qualify for the Fee Assistance Program.

GUIDELINES:

- 1) In event you can no longer participate, we ask that you cancel *as soon as you can*. This allows us time to contact the waiting list and enroll other interested participants. Please call the Recreation Office at 763-572-3570 to cancel.
 - a) For ongoing scheduled programs (sports, arts/crafts, etc.), please cancel *at least 24 hours in advance*.
 - b) For one-day special events/trips, please cancel *at least 7 days in advance*.
- 2) If you participate in an ongoing program (such as a 6-9 week class), **you must attend 75% of the class sessions**.
- 3) Failure to attend a registered activity/event will result in the following:
 - a) First offense: A letter will be sent re-stating the fee assistance program guidelines.
 - b) Second offense: You will be suspended from participating in the Fee Assistance Program for one calendar year. Or you will be given the option to pay the registration fee for the activity/event you did not attend to regain your Fee Assistance privileges.

We hope you/your child enjoys our program. If you have any questions, please give us a call at 763-572-3570.



AGENDA REPORT

Meeting Date: September 7, 2021

Meeting Type: Parks and Recreation Commission

Submitted By: Tara Rogness, Springbrook Nature Center Manager

Title

Springbrook Nature Center Update

Background

Attached is the Springbrook Nature Center's August Update

Financial Impact

None.

Recommendation

None.

Attachments and Other Resources

- Springbrook Nature Center Update

Vision Statement

We believe Fridley will be a safe, vibrant, friendly and stable home for families and businesses.

Springbrook Nature Center

Park & Rec Commission Report

Summer Highlights

- At the end of June, Springbrook was happy to welcome Cody Rossetti to our staff in the role of Interpretive Program Coordinator. Cody will be coordinating our Fridley Public Schools Partnership, Volunteer Program and Public Events.
- SNC hosted 336 campers in our summer program. This was a reduction of our "normal" numbers to account for more physical distancing during COVID. We helped many parents tire out their children through outdoor games, creek exploration, adventure seeking, laughing, water games, nature play and outrageously funny nature jokes. A big thanks to the Springbrook Foundation for sponsoring 45 campers this summer.
- Springbrook hosted three summer concerts: Anthony Miltitch, MN Blue Groove, and Xibaba. A big thanks to the Springbrook Nature Center Foundation for their sponsorship of the concert series.

Upcoming this Fall

- Springbrook is excited to finalize the Fridley Public Schools Partnership contracts. We will be teaching all FPS students from preschool – 8th grade.
- SNC is also excited to renew our partnership with Adams Elementary, we will teach each student in grades K-5, 4 times this school year.
- Pumpkin Night in the Park, Springbrook's largest community event of the year is planned for Saturday, October 23rd from 5-9 pm. We are selling 2500 tickets either online now (springbrooknaturecenter.org/PumpkinNight) or at the nature center beginning September 1st. Want to volunteer? Check our website for volunteer opportunities.
- Our annual Pumpkin Carving events are scheduled (October 17-21). If you'd like to carve a pumpkin for our event, make sure you sign up for your time slot today!

Grants

- Springbrook was awarded \$7500 by Xcel Energy Foundation. We will be installing a brand new exhibit entitled "Becoming a Bird Watcher". The exhibit will include interpretive displays, binoculars, interactive bird id, and will focus on the bird feeders outside the exhibit room.



AGENDA REPORT

Meeting Date: September 7, 2021

Meeting Type: Parks and Recreation Commission

Submitted By: Margo Numedahl, Recreation Division Manager

Title

Parks and Recreation Update

Background

Attached are highlights from the Recreation Division from June to August, 2021.

Financial Impact

None.

Recommendation

None.

Attachments and Other Resources

- Recreation Division Highlights: June – August 2021

Vision Statement

We believe Fridley will be a safe, vibrant, friendly and stable home for families and businesses.



HIGHLIGHTS

Recreation Division: June - August 2021

Summer Programs

Summer programs have concluded. The list below includes classes held in June – July.

PRESCHOOL

Games and Sports of All Sorts Ages 3-5	11
Soccer Ages 3-5, TOTAL	24
T-ball Ages 3-5, TOTAL	20
Track and Field Ages 3-5	12
TOTAL	67

EVENING SPORTS (K-7)

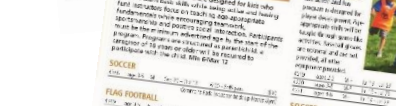
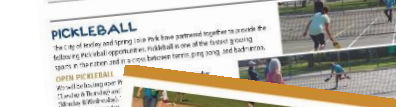
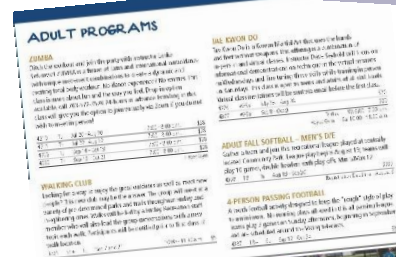
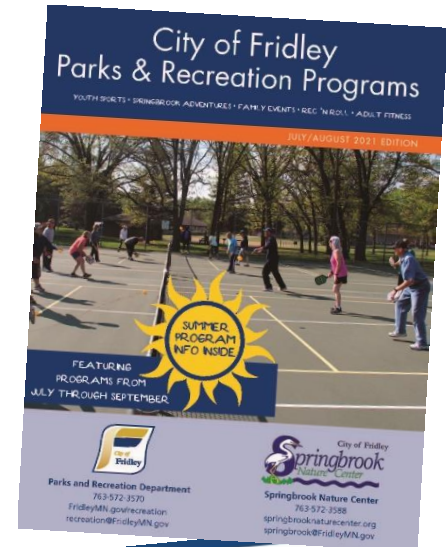
Baseball K - 4, TOTAL	20
Games and Sports of All Sorts Ages K - 4, TOTAL	20
Soccer K - 4, TOTAL	19
Tennis K - 4, TOTAL	17
Tennis Gr 5 - 7. Total	8
Track and Field K - 4	12
TOTAL	88

ADULT FITNESS & ATHLETICS

Zumba, TOTAL	30
Men's Fall Softball Thursday D	5
Pickleball Clinic Step I	10
Pickleball Clinic Step II	10
Pickleball League	5
Open Pickleball List	36
TOTAL	101

SPECIAL EVENTS

Adult Painting in the Park – Wine Goblets	2
Adult/Child Painting in the Park – Deer Me	19
TOTAL	21



Parks and Recreation Brochure

The September/October Edition of the Recreation Brochure content is completed and will be mailed to residents during the first week of September. This edition will contain programs that will take place between September - November.

Summer Concert Series

The first Summer Concert Series at the Civic Campus was a success! We held seven concerts at this location, offering a wide variety of music genres. The events were well attended ranging from 115-225 at each concert. Audiences really enjoyed the performances and catching up with their neighbors. We have been collecting feedback through a survey and have received 34 responses at this time. Of this group 94% responded that they would recommend our concert series to a friend or colleague. Here are some additional comments from the surveys:

- “Love it! Builds community and free is good for all, especially young families! Thank you!”
- “Thanks! Music and summer night-perfect!”
- “Very nice job! Thank you.”
- “Thank you SO much.”
- “Great you are doing this. Have lived in Fridley since 1973!”
- “Lovely location--should do more out here!”



ROCKS

The ROCKS Program looked a little different this year, as we had to make some safety modifications, but the 45 participants and 14 staff had a fabulous season! Instead of using busses for field trips, we had the fun come to us. Participants experienced bugs with Bruce the Bug guy, saw explosions with America's Fun Science, danced their hearts out with Kids Dance DJ and were wowed with a Yo-Yo Master. In addition, our annual events Nickel Jamboree and Wet and Wild Water Party. Participants also enjoyed the wide variety of classes offered in the mornings. 30 classes were offered including: karate, Geo Science, Wilderness Survivor, Escape Room, Snag Golf, Minecraft Coding, and many more. The participants developed friendships, built leadership skills, played new games and created arts/crafts projects! Everyone also enjoyed being able to attend Open Swim each week at the Middle School Pool.



Shelter Rentals

Shelter Rentals have been steady throughout the summer. Below is a list of the number of rentals, amount of time the facilities were in use and the total fees collected.

Facility	# Contracts	Hours utilized	Total \$
Commons Park Shelter	46	340.5	\$5,240.00
Flanery Park Shelter	23	164.02	\$3,070.00
Moore Lake Picnic Shelter #1	3	28	\$255.00
Moore Lake Picnic Shelter #2	16	127	\$1,600.00
Moore Lake Picnic Shelter #3	2	16	\$250.00
Moore Lake Picnic Shelter #4	5	32	\$585.00
Moore Lake Picnic Shelter #5	8	62	\$840.00
Grand Totals	103	769.52	\$11,840.00

Summer Field Use

The Little League fields and Commons Park have been busy with Fridley youth baseball and soccer use. Community Park was rented weekly by an adult softball group and was used for our adult softball program on Thursdays. In addition, we had multiple rentals for grass volleyball tournaments at Commons. The Parks Maintenance team did a great job getting everything ready and made adjustments when changes were requested.

Rec 'N Roll

Rec N' Roll is a free program provided by the Fridley Recreation Division that visits 5 parks and one elementary school in Fridley. The program was held on Mondays – Thursdays at the following locations: Ruth Circle, Summit Square, Madsen, Creekview, Flanery parks and Stevenson Elementary. Recreation staff brought out the new Rec 'N Roll mobile full of fun supplies and equipment and were able to offer a variety of activities ranging from craft projects to yard games, and also structured games like basketball and dodgeball. Through a partnership with the Fridley Public School's Food Services we were also able to provide free snacks at each location as well. We are happy to report that we had 510 participants throughout the season.





AGENDA REPORT

Meeting Date: September 7, 2021

Meeting Type: Parks and Recreation Commission

Submitted By: Jeff Jensen, Operations Manager – Streets, Parks and Facilities

Title

Park Maintenance and Construction Report

Background

The Park Department has lost over half of our seasonal employees to schools starting back up and will lose the remaining in a few weeks. This summer has been difficult getting all of our projects done being short staffed.

Little League is now done but we have added football and continue to have soccer and softball as part of our athletic field prep that will continue well into fall. There has been a reduction in mowing and irrigation due to the extremely dry condition this summer but we have been watering at least three days a week to all of our plantings and all of the new plantings on the Highway 47 corridor. We have had no luck establishing turf in the new Civic Campus Playground and turf repair needed on our soccer fields due to drought and heat that has been excessive this summer.

We were able to finish a couple small projects including two large flower landscape projects on the East and West sides of the intersection of 69th Avenue and Highway 47 that turned out very well. Craig Park has started construction towards the end of August and should be mostly completed this Fall. We are working on getting water and electric install for the new Civic Campus West Plaza area and are expecting quotes on the earth work, seeding, paving and trees planted to have as much as we can completed by this winter.

Financial Impact

None.

Recommendation

None.

Attachments and Other Resources

Vision Statement

We believe Fridley will be a safe, vibrant, friendly and stable home for families and businesses.