

Rec to



the Rescue



Recreation
Division



Get featured on our cover!
Take a picture of your family
dressed as super heroes and send it to
Recreation@FridleyMN.gov

Your guide to fun at home in Fridley!



Recreation Report

As the weather begins to warm up the Recreation Office is typically buzzing with excitement as we plan activities for you all to enjoy throughout the summer. This year is different, our team and so many of you, are at home wondering what will come next for our community. Although we are working from home our team is still buzzing as we explore new ways for the community of Fridley to stay active, connect with each other, and have fun! We would like to introduce you to our new programs with this activity guide. In addition to the activities in this document we have more posted on our [website](#), [Facebook](#) and [Instagram](#).

Your safety and health is our top priority and we will work to offer activities with that in mind. We know it is difficult to make plans during this time and we will share any updates we have on program status with you as we make decisions. Current status...

- All traditional recreational programming, events and facility rentals are suspended until further notice.
- Staff members are monitoring the situation daily and will make plans in accordance with standards set by public health officials.
- If we are unable to offer a program that you have already registered for due to the COVID-19 pandemic, full refunds will be automatically issued.

We're all in this together and hope to see everyone soon!

Parks & Trails



Fridley Parks and Trails are available for you to use. Please keep yourself and others safe by following the below guidelines...

- Do not use parks or trails if you are exhibiting [symptoms](#).
- Keep a minimum of 6 feet away from other people at all times. If this is not possible, find another location or leave the space.
- Share the trail and warn other users of your presence as you pass, and step aside to let others pass.
- Plan ahead, City of Fridley Parks do not currently have satellite restrooms available. Drinking fountains are also not turned on.
- Follow the [CDC's guidance on personal hygiene](#) prior to visiting parks or trails. Please wash your hands and don't touch your face.



Do you know which Fridley Park this is? Go to the [Fridley Recreation Instagram page](#) and send us direct message with your guess. [@fridleyrecreation](#)



Rec in the House

Mother's Day Fun

With the closure of schools and many daycares, moms will miss out on the handmade creations and traditions that they have become accustomed to. We are here to rescue Mother's Day and help put a smile on everyone's faces with a number of ideas. Moms, if you are reading this, we have no judgment if you selfishly print/prepare these activities for your child(ren)...you deserve it, do your best to act surprised.

[Coupon Book](#)

[Handprint Art Project/Poem](#)

[Recipe Corner](#)

[Let the Fun Begin](#)

As always, follow us on social media! Show us how you celebrated the day by using the hashtag #FridleyMomsDay2020



Virtual Connections



Instagram [@FridleyRecreation](https://www.instagram.com/FridleyRecreation)

We launched an Instagram page! Follow us for more fun activity ideas like this one.

Pets Do Rec

We want to know what you and your pet like to do to stay active and plan to create a showcase on our Instagram Story. Send a photo of your pet to Recreation@FridleyMN.gov. Please include the following...

- Your pet's name.
- Three activities your pet enjoys.
- Photo of your pet.
Tips: Dress up your pet, pose them, or take an action shot.
- If your pet has an Instagram page, add their handle and we'll tag it.

The showcase will be displayed on Fridley Recreation's Instagram Story, at 12:00 p.m. on May 11th.





Challenge Yourself!

You can do hard things!

In each guide we'll post a challenge or contest for you to participate in. Follow our Instagram page [@FridleyRecreation](#) and share your achievements at #FridleyCan!

Hot Lava!

We challenge you to keep a balloon in the air for as long as you can! Time yourself or compete against a family member. Want to make it more challenging? Use only your elbows to keep the balloon in the air!



Thank you for sharing hope!

Congratulations to the winners of the Fridley Finding Hope Coloring Contest and thank you to all who participated. You can still share the hope even if you missed the contest, just print the [coloring sheets](#) off of our website.



Together Apart



Be active at home, at your own pace and track your miles along the way to complete our first ever 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.

To receive your commemorative t-shirt, you must complete 31 miles by June 5th and submit your tracking sheet no later than June 10th to Recreation@FridleyMN.gov. Log sheets and route tips will be sent via email after you register.

[Register Online](#)

Individual Registration Fee: \$12

Family (4 or more) Registration Fee: \$10 per person

Postage (optional): \$8 (\$4 per person family registration)

Registration window: April 30 - May 18



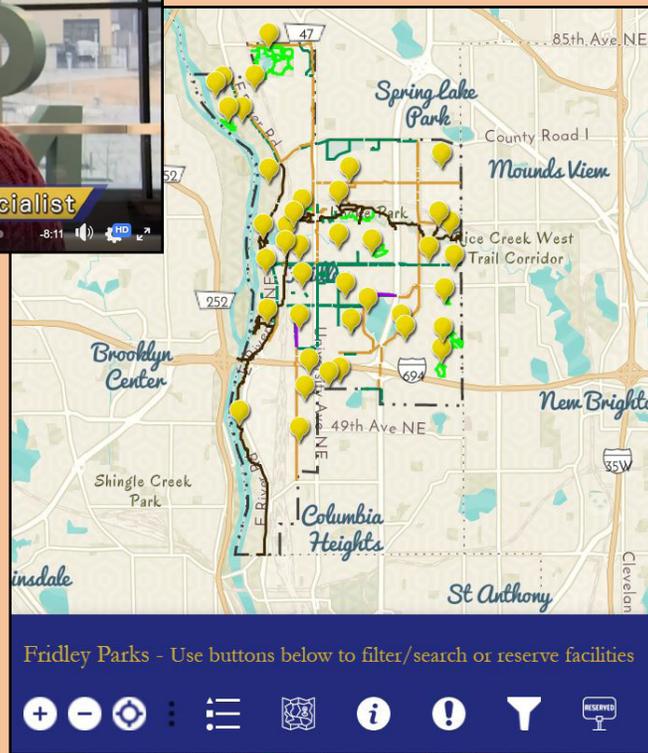
Engage in the Environment

Fridley's Interactive Park Map

Learn about walking and biking trails, amenities and more to find your new favorite Fridley park! If you're planning on exploring the parks this week, take a look at our interactive parks map. Find your new favorite spot to hike, bike, look for wildlife and more: <https://bit.ly/2SctRY0>.



Alyssa Kruzel, Fridley's Community Engagement Specialist walks you through how to use it in a [video](#) that is posted on Facebook. Watch the video and give it a try!



Fridley Heros



Nominate a Fridley Hero to be featured here!

The Recreation Team would like to thank all of you that are working to keep our City safe and healthy during this time. Please email Recreation@FridleyMN.gov to nominate a hero in your life, include why they are your hero and a photo of them. We'll choose one hero to highlight in each Rec to the Rescue Activity Guide.

Thank You Essential Workers!

Police Officers

Fire Fighters and First Responders

Public Works Employees

Health Care Workers

Grocery Store Employees

Teachers and School Staff

Mail and Delivery Workers

Childcare and Resident Facility Workers

Community Volunteers