

Rec to



Recreation
Division

the Rescue

Vol. 2



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

We hope you all enjoyed a few of the activities that we shared in our first Rec to the Rescue Activity Guide. We see some warm weather on the horizon and encourage you all to get outside and enjoy the City of Fridley Parks and Trails. Now is a great time to get reacquainted with your neighborhood.

We would like to introduce you to some 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...

- The Summer ROCKS Program and Springbrook Day Camps have been cancelled for this year. All other traditional recreational programming, events and facility rentals are suspended until further notice.
- Picnic shelter and park buildings are closed through July 6th. No reservations will be taken until the City is able to reassess the guidelines and protocols at the end of June.
- Staff 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 COVID-19, full refunds will be issued.

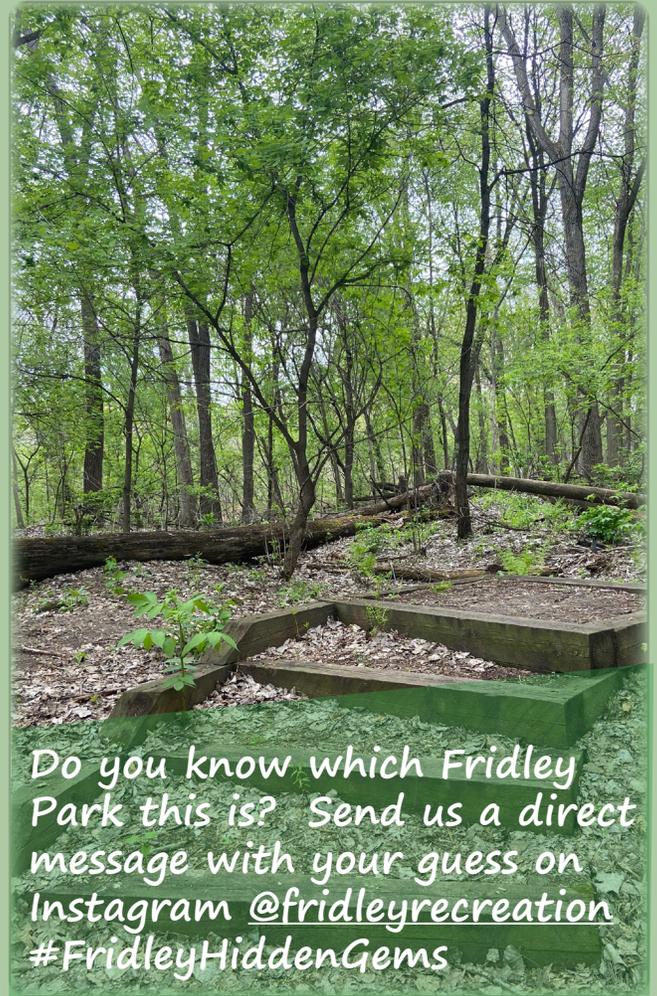
We're all in this together and hope to see everyone soon!

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 others of your presence as you pass; step aside to let others pass.
- Follow the [CDC's guidance on personal hygiene](#) prior to visiting parks or trails. Wash your hands and don't touch your face.
- The City playgrounds are not cleaned or sanitized, use at your own risk. If you choose to use the playgrounds wash and/or sanitize your hands before and after touching play structures and follow the distancing guidelines above.
- Plan ahead, Fridley Parks do not have satellite restrooms available. Drinking fountains are not turned on.



Do you know which Fridley Park this is? Send us a direct message with your guess on Instagram [@fridleyrecreation](#) [#FridleyHiddenGems](#)



Rec in the House

2020 Census

Have you and your family responded to the 2020 Census yet? If not, take 10 minutes and go online my2020census.gov or call 844-330-2020. Info collected from the Census is vital to ensure federal funding for roads, schools, hospitals, and many other social services over the next 10 years.

What you can do to support the 2020 Census in Fridley?

- See how many of your friends and family you can remind to fill out the Census.
- Take a walk in your neighborhood and remind your neighbors. Sidewalk chalk anyone?
- Learn about the Census with these fun youth activities!



[Coloring Sheets](#)

[Everyone Counts! Activity book](#)

[Everybody Counts! Story book](#)

[Home & Distance Learning Activities](#)

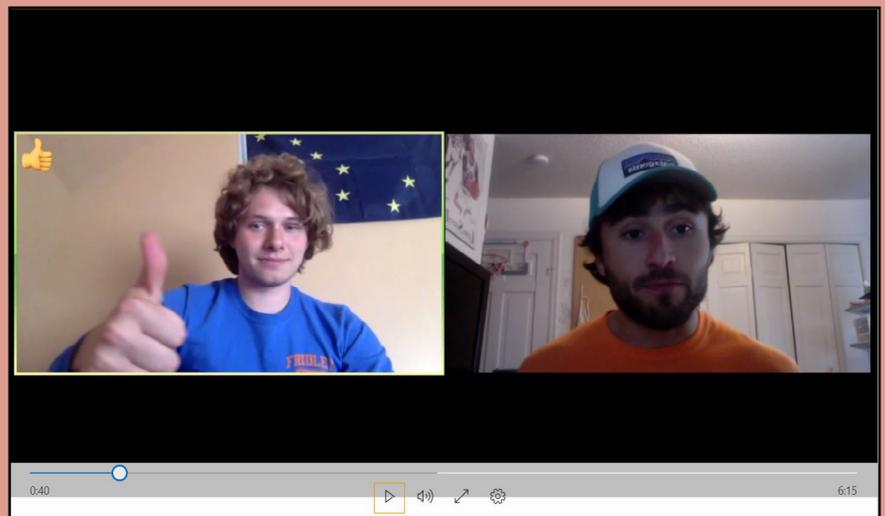
Virtual Connections



Game Night!

We are all trying to stay connected and have fun with friends and family as we social distance using different video chat services to stay in touch. Looking for some new ideas to add excitement to your next chat? Check out our newest [video](#) for some classic games, fun quizzes and a household scavenger hunt race.

This video and many others are a part of our Rec to the Rescue video series. Visit the City of Fridley Facebook for videos and follow us on Instagram @fridleyrecreation for more content!



Instagram [@FridleyRecreation](#)

We launched an Instagram page! Follow us for more fun activities.

Thank you for sharing pictures of your pet last week. We had 32 pets in the Pets Do Rec showcase!



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!

Stand Up, Sit Down

Try out this challenge! Head over to your couch, favorite chair or even your bed. Sit down for a second or two and then stand straight up for another second or so, then repeat! Do these ten times. The lower you sit, the more challenging it becomes. Do this every morning for a good way to get your heart pumping! How many times can you Stand Up and Sit Down? Share your total on Instagram #FridleyCan.



Together Apart



Participants Wanted!

We currently have 44 people MOVING FORWARD. You can join them! Registration will remain open through May 22, there is plenty of time to get in on the fun. Participants do not need to be residents of Fridley. We encourage participation from all over the state and country – help us spread the word by sharing the link: www.FridleyMN.gov/50K

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 22



Engage in the Environment

Springbrook Nature Center

The Naturalists are busy creating new things for you to do OUTSIDE! Have you been missing going to Springbrook for the Tuesday Polliwogs program? Check out this video about turtles!



[Follow Springbrook on Facebook!](#)

Fridley Heros



Thank you Jim MacDonald 'Coach Mac'!

A former Fridley Highschool student would like to thank one of his heros, Jim MacDonald 'Coach Mac'. He stated that over the last few weeks he has been thankful for the lessons he learned from his teacher and coach. "Coach Mac's dedication to the community of Fridley and his positive outlook on not just sports, but life, have inspired me to be resilient and to work creatively."

Coach Mac has inspired students over the last 33 years teaching and coaching basketball for the Fridley Schools. In an interview to be inducted into the MBCA Hall of Fame in 2019 he stated, "I really want every student I teach, every player I coach, to be the best they can be. We teach resilience, achieving goals, I want to help students as a whole person. Our students are here for a reason and I want all our kids to take something positive away."



Nominate a Fridley Hero to be featured here!

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.