

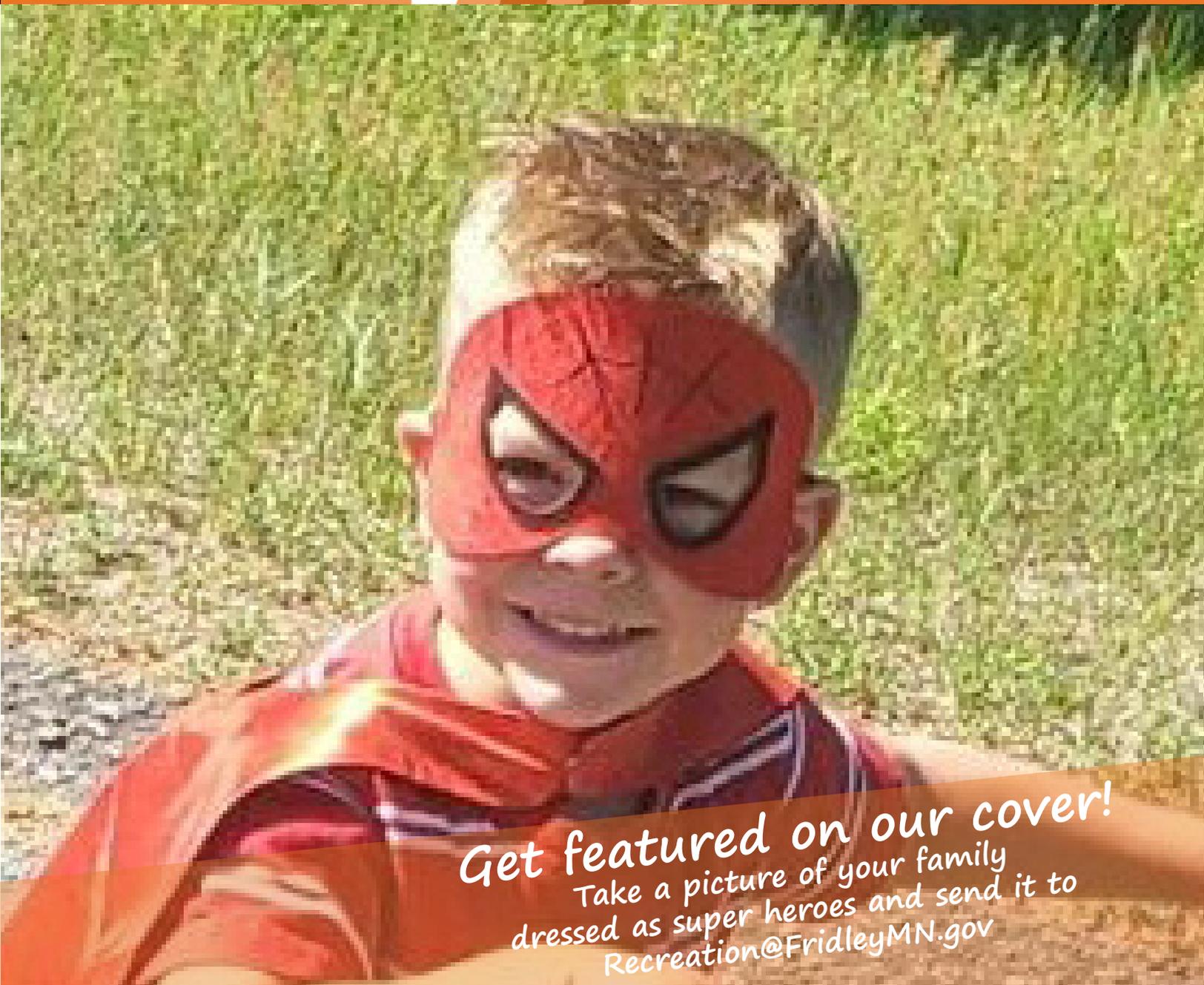
Rec to



Recreation
Division

the Rescue

Vol. 4



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

Summer is getting into full swing and we have been working hard to get summer programming ready for you! Our Recreation Brochure will be out shortly but you can check out our website now for upcoming activities starting in July!

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 are our top priorities 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. Modified programming will begin during the week of July 6th. Keep an eye on our website for program offerings.
- 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 your visit. Wash your hands and avoid touching 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

Color Your Playground!

Need an activity to do on rainy days when you wish you could be out at the parks? We have some fun coloring sheets for you!

Each sheet represents one of our Fridley Playgrounds. Do you recognize these?

Color them in creative ways to see what the equipment you had designed it!

Want to be featured on Fridley Recreation's Instagram? Submit a photo of your finished coloring sheet to Recreation@FridleyMN.gov

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



Virtual Connections

Fishing for Beginners

Our Recreation Specialist, Brice Richter, went out to Moore Lake Park to go over the basics of fishing for beginners. Fishing is a great activity to do as a family outdoors. Check out the video below for a how-to guide. You might even be able to use these skills in our upcoming Father's Day Fishing Contest!

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





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!

Chalk Maze

Chalk can help you create beautiful masterpieces, but it can also assist in some fun fitness activities. Draw an elaborate, detailed maze all over the driveway, then run (or race) through it! This activity encourages fitness and creativity at the same time! Share your total and/or a photo on Instagram #FridleyCan



Together Apart



Fridley's Father's Day Fishing Contest.

We will be hosting a virtual fishing contest in honor of Father's Day. Head out to your favorite body of water (anywhere, not just Fridley) and land the big one. We will be awarding prizes for the longest fish in both a kid and adult division. Grab your favorite fishing partner and join in on the fun!

Rules

- You will need a smartphone to take a picture of your catch. In your picture, you must clearly show the length of your catch in inches (take a picture with a tape measure for proof).
- To be eligible for a prize, 'Fridley' must be written on something (piece of paper, your hand, etc)
- Email picture to Recreation@FridleyMN.gov

When

Friday, June 12th -
Monday, June 22nd

Prizes

6-pack Dilly Bars*
& Fishing Fun Pack
*Thank you Dairy Queen!





Engage in the Environment

Adopt-A-Park

Are you looking to make a positive impact in the community of Fridley? Adopt-A-Fridley park!

We are looking for community members, organizations, and businesses to adopt a park! Community members and groups will work alongside City staff to help keep our parks clean and beautiful.

Volunteers will be responsible for picking up litter, removing weeds, maintaining the area around the park sign, and reporting any safety hazards or vandalism to parks staff. Responsibilities may vary from park to park. Adopting a park is a minimum one year commitment with 4 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.



To learn more about the Adopt-A-Park program and apply to adopt a park visit the [city's website](#) or call Fridley Parks and Recreation at 763-572-3570.

Fridley Heros



Fridley Hero: Sue Sherek and Fridley's Sewing Guild

Angie Sable, Anoka County Community Action Program (ACCAP) Outreach Worker, nominated Sue Sherek and the Fridley Sewing Guild to be highlighted in this guide. When Angie requested some masks be made for her clients, Sue stepped up. Even though she was out of town, she had the masks made within a week!

Sue dropped off the masks during a tailgate lunch for the Senior Outreach Department at ACCAP. Sue was introduced to the team and proceeded to offer to make masks for everyone's clients, for the ACCAP staff and for their family members! They have received over 60 masks and are eternally grateful. Angie stated, "Sue is the epitome of what a public servant is during a time of crisis. She is most certainly a hero in our hearts!" Follow the link for info on the [Fridley Sewing Guild](#).



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.