

City of Fridley Parks & Recreation Programs

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

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



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



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

YOUTH ARTS & CRAFTS

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



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



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ADULT PROGRAMS



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
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
Community Park				

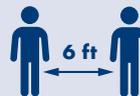
ADOPT-A-PARK

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



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.

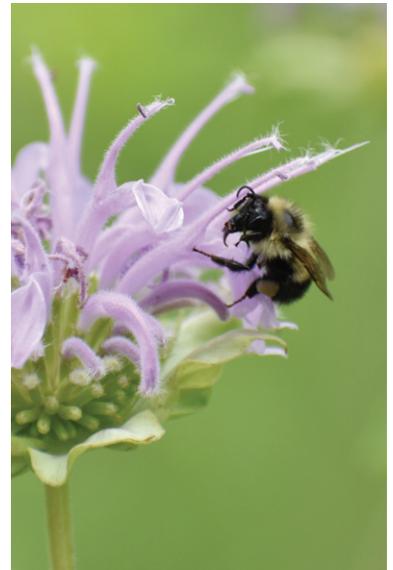
Experience options include:

- 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****



For More Information Visit:
SpringbrookNatureCenter.org

Call to Register!
763.572.3588