An ACTIVE Program
for ACTIVE Kids!

For youth who have completed grades K-7
7:30 a.m. - 5:00 p.m. | Monday - Friday | June 15 - August 20, 2021
Weekly Fee: $150 ($120 for 4/day weeks)
Fridley Middle School
6100 West Moore Lake Drive NE, Fridley, MN 55432
ROCKS Program Info

The Fridley Recreation Department will once again host this popular summer program. Summer ROCKS (Recreation Opportunities for Creative Kids in the Summer) is all about exploring, adventure, learning, creativity, friendships, and most of all FUN! The program will be held at the Fridley Middle School (FMS) and Commons Park. Drop-off and pick-up will be located at Door #10 on the West side of the FMS. Throughout this packet you’ll find the weekly activity descriptions, registration guidelines and forms.

Program Modifications

It is our goal to provide a safe and fun environment for children this summer while supporting the community in slowing the spread of COVID-19 to encourage getting children back to school in the fall. In an effort to provide a safe environment for our participants and staff during the ongoing pandemic we have made the following modifications to the program:

• Participants will be required to register for the entire summer with the option to take two weeks of vacation tuition free.
• Children will be assigned a pod based on age, in order to keep consistent groups of staff and participants throughout the summer.
• We have replaced field trips with weekly special events and visitors, such as DJs, presentations and activities in order to maintain social distance and decrease exposure risk.
• Participants will use the same classroom for their pod’s indoor activities, shared spaces are limited to the gym, restrooms and outdoor fields, playground and picnic shelter.
• Participants and staff will be required to wear masks. We will have scheduled ‘mask breaks’ when social distancing allows.
• Additional distancing and cleaning procedures will also be in place.

For more details please read our Safety Procedure Guidelines document which can be found on our website.

Frequently Asked Questions...

1. Can I pay for the program on a weekly basis? Yes, when you register using the weekly payment plan you will be billed for the first week at time of registration. Thereafter automatically billed the weekly fees each Monday prior to the week of service (credit card payment required).

2. How do I register? ROCKS registrations can be submitted by e-mail, mail, phone, or in person. Forms are located at the end of this packet.

3. Is there fee assistance for low income families? Yes, fee assistance is available to Fridley residents who meet the MN School District Free or Reduced Lunch Program guidelines. Call the Recreation office at 763-572-3570 for more information.

4. What is the deadline to register for summer ROCKS? Registrations must be received by Tuesday, June 1.

5. What will happen to my registration if the program is full? If the program is full you will be informed that your child has been added to a waiting list. Participants will be added to the program on a first come first serve basis if space becomes available. There is no charge for your child to be on waiting list.

6. If my plans change after I have registered, can I cancel and get a refund if I prepaid? Yes, up until June 1st. After that a refund for your cancellation will only be permitted if a replacement registration is available.

7. Can I drop off my child before 7:30 a.m. if I am comfortable leaving them alone? No, it is the policy of the facility that all children on the property must be supervised by an adult.

8. Can I pick my child up earlier than 5:00 p.m.? Yes, you may pick up your child anytime throughout the day. Please check the activity schedule so you know if they are at the FMS or Commons Park. It is also required for you to sign your child out with Recreation staff.

9. What if I’m late to pick my child? It is expected that all children are picked up by 5:00 p.m. A late fee of $5 per child in increments of 5 minutes past the assigned pick-up time will be charged.

ROCKS Daily Schedule

7:30 - 8:20 a.m. Arrival & Hang-out
During this time participants can play games, read a book, watch a cartoon or work on an art project with the ROCKS staff.

8:30 a.m. – 12:00 p.m. Morning Instructional Classes
Participants will participate in 3 different classes ranging from sports/games, arts/crafts, science/nature and enrichment. To reduce interactions among large groups of children during the summer of 2021 participants will stay with the same group throughout the summer and use the same classroom for their indoor classes.

12:00 - 1:00 p.m. Lunch & Recess at Commons Park
Children will bring their own lunch and eat at the picnic tables or on the grass at Commons Park and then have time to play on the playground.

1:00 - 4:30 p.m. Afternoon Programs

Playground Program (Gr. K-3) at Commons Park:
It’s time to play! 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!

Chill (Gr. 4-7) at the Middle School & Commons Park:
This is a great place to meet new friends and hang out! We’ll enjoy all that summer has to offer in this program that is full of fun and adventure. Activities will include sports, crafts, games, swimming, foosball, video games and more!

Special Events:
Throughout the summer we’ll have a variety of special events, visitors and entertainment on Wednesday afternoons. (We will not be taking children on field trips this summer due to COVID-19 safety precautions.)

4:30 - 5:00 p.m. Pick-up
Participants will return to the Fridley Middle School for pick-up.
In the morning each week participants will take part in three different classes. Activities have been selected to appeal to a wide array of interests and abilities. We are excited to offer many new things for your child to learn as well as present some traditional favorites to fill the days with excitement and fun!

**Week 1 June 15 - 18**

**Ninja Camp**
Get ready for a challenge! This new class will give participants an opportunity to have fun testing their skills and abilities while going through various obstacles: tunnel crawl, cone weave, noodle crawl, mat rolls, parachute run, fitness ladders, hula hoop jump and hurdles. Different courses will be set-up each day. Instruction provided by Sports Unlimited coaches.

**Clay**
Come play with clay! You'll learn building and shaping techniques using a variety of clay. In addition, we'll paint and decorate our creations and creatures too.

**Earth Wise**
Join us as we learn about our world; from the core to the atmosphere. We'll explore all the things that make our earth great and what we can do to help keep it clean and beautiful.

**Week 2 June 21 - 25**

**Commercial Creation**
Ready, set, get creative! We'll begin by brainstorming and designing our very own kid-approved product (toy, snack, etc). Then the fun really takes off when filming a commercial to “sell” product to family and friends.

**Gym Games**
Get ready for an awesome time! We’ll play Pin Guard, Trench Ball, Sharks & Minnows, Ball Tag and much more!

**LEGO Fun**
Let’s build and create! Can you make a car move with the wind? Can you build the tallest structure? In this class we’ll create buildings, cars, bridges and even have some fun photographing our creations!

**Week 3 June 28 - July 1**

**Bead and Tape Art**
We will make a variety of projects using all types of beads and even make our own. We will also be using duct tape and masking tape to make cool art works and useful items!

**Multiplier Minecraft: Theme Park Builder**
Work as a team to create a custom theme park in Minecraft. Use command blocks and Redstone to create this world! Possible projects include roller coasters, water rides, a trampoline park, an obstacle course, a boat race, bumper boats, a dunk tank, and many more rides and attractions! Students will get a copy of the world map to take home and expand on. Instructed by Tech Academy.

**Obstacle Mania**
Get around it! In this class well be playing team building and competitive games. Challenge yourself through obstacle courses and activities that test the mind. It’s not about the destination, it’s about the journey.

**Week 4 July 6 - 9**

**Soccer**
The “goal” of this class is to get the kids moving and learning the game of soccer. Fun games and activities will be used to develop a child’s skills such as dribbling, passing and scoring!

**Wilderness Survivor**
Could you survive in the wilderness? Learn and test your survival skills of teamwork, map & compass reading, shelter building, finding food and fire starting. Get ready for a challenge!

**Be A Broadcaster**
Be the face of a TV program, the voice of a radio show, or work behind the scenes. We’ll introduce the basic elements of broadcast journalism and video production. In this class we’ll be news-gathering, writing, video recording, and of course, reporting.
**Week 5**
**July 12 - 16**

**Build It!**
First we’ll examine the strengths and weaknesses of a variety of structures and then experiment by building towers, boats, bridges and more. Get ready to be creative!

**Zumba Kids**
Who’s ready to Zumba? Enjoy the rhythms of Latin infused music and dance! Zumba kids brings all of the fun of a dance party to ROCKS.

**Wearable Art**
We will decorate all kinds of clothing articles using a variety of techniques and paints. Participants will also have fun creating eye catching accessories. All supplies are included.

**Week 6**
**July 19 - 23**

**Slimy, Squishy, Sticky**
In this class we will not only explore a variety of dough, but we will make our own slime that may be sticky or squishy. Get ready to be grossed out!

**Make a Music Video**
Lights, camera, action! We’ll choose a song and then create costumes, scenes, choreography and more. Be a star!

**Baseball/T-ball and Kickball**
Get ready to hit, kick, and throw in all of these classic summer sports. Bring your ball gloves as we head to the field for practice. We will focus on fun as we learn the fundamentals of these sports and work our way to game play.

**Week 7**
**July 26 - 30**

**Karate and Self Defense**
Learn the basics of Karate, while developing self-confidence and discipline. In this fun class participants will work to improve overall physical condition by increasing flexibility and endurance. Instructed by Tom Malone.

**Drawing and Paper Projects**
How about fine-tuning all that doodling? Learn the basics of drawing using pencils, charcoal, colored pencils and pastels. We'll also be making a variety of cool projects out of paper! From beads to origami; we'll be cutting, folding and decorating our cool creations.

**Geo Science**
Bring out your inner scientist and learn about the planet we call home from different field perspectives. Go on adventures, conduct experiments, and participate in activities that allow us to study the processes that form and shape Earth's surface.

**Week 8**
**August 2 - 6**

**Talk Show Time**
Have you ever wondered what it would be like to host a talk show? In this class we will cover the questions and topics to prepare you for your next interview with your favorite celebrity!

**Track and Field**
Make a run for it! We'll try our hand at a number of track and field events such as hurdling, throwing, jumping and more! The week will consist of friendly competitions amongst each other.

**Yearbook**
Have you ever wanted to join a yearbook committee? This is the perfect class to perfect your photography skills. At the end of the class we will take the photos and compile them into a year book style collection to help everyone remember all the fun they had this summer!

**Week 9**
**August 9 - 13**

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

**Crazy Concoctions**
We're going to get wild and crazy with science as we create mind-blowing experiments and mysterious creations. This week is filled with ooze, fizz, slime and more!

**Snag Golf**
Staff from Sports Unlimited will teach the fundamentals of golf through a variety of lessons. Throughout the weeks golfers will develop skills that hopefully lead to a love of this lifetime sport.

**Week 10**
**August 16 - 20**

**Basketball and Floor Hockey**
This is a great introduction to the sports of basketball and floor hockey. Each student will learn the basic fundamentals of the sports through drills and fun activities. Sportsmanship and teamwork will be emphasized.

**Escape Room**
In this class the fun is where you find it. Use problem solving and investigating to decipher a mystery’s veracity. Generate backstories, create puzzles, and solve them. Learn about the past to explore the future. You’ll even get a chance to prove yourself in an Escape Room.

**Party Planners**
Learn how to put on your very own party! Choose a theme, create decorations, make food and more. Let’s party on the last week of ROCKS!
Weekly Special Events

Throughout the summer we’ll have a variety of special events, visitors and entertainment on Wednesday afternoons. In addition, we’ll be participating in open swim at the Fridley Middle School once per week. The Fridley Police and Fire Departments will contribute a variety of engaging safety activities periodically as well. Kids are sure to look forward to all of the fun options we have planned!

Weekly Open Swim!

KidsDance DJ

Raptor Center

Dazzling Dave

YoYo Master

Wet & Wild

Water Party

Bruce the Bug Guy

America’s Fun Science

Bubble Soccer

Nickel Jamboree

Shoebox Parade

Laser Tag

End of Summer PARTY!
Rec N' Roll
Meet us in the parks!

**TUESDAYS**
Ruth Circle Park
12:30 - 2:00 pm
Madsen Park
2:30 - 4:00 pm

**WEDNESDAYS**
Creek View Park
12:30 - 2:00 pm
Flanery Park
2:30 - 4:00 pm

**THURSDAYS**
Stevenson Elem.
12:30 - 2:00 pm
Summit Sq. Park
2:30 - 4:00 pm

The Fridley Recreation team will be coming out to neighborhood parks throughout the 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! CDC guidelines will be followed. Team members will set up activities and equipment for Fridley youth.

**FRIDLEY RECREATION**

**ENJOY MUSIC OUTDOORS!**

**FRIDLEY COMMUNITY CONCERT SERIES**

Concerts will be held on the Civic Campus plaza on Tuesdays beginning mid-June and continuing through early fall.

The line-up will feature a variety of genres which are sure to please any music lover.
Visit FridleyMN.gov/Recreation for complete line up and dates