City of Fridley Parks & Recreation Programs

YOUTH SPORTS • SPRINGBROOK ADVENTURES • INSTRUCTIONAL CLASSES • ROCKS • ADULT FITNESS

MARCH/APRIL 2021 EDITION

SUMMER PROGRAM INFO INSIDE

FEATURING PROGRAMS FROM MARCH THROUGH AUGUST

Parks and Recreation Department
763-572-3570
FridleyMN.gov/recreation
recreation@FridleyMN.gov

Springbrook Nature Center
763-572-3588
springbrooknaturecenter.org
springbrook@FridleyMN.gov
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.

As we plan for programming, we realize there may be changes to guidelines and restrictions in the coming months. 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!

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.

TOD TIME OPEN GYM

RECOMMENDED AGES 1-5

SATURDAYS • MAR 6 – APR 3
10 – 11 AM
HAYES ELEMENTARY GYM

Feeling cooped up inside? Bring your tots out to the gym for an hour of activity. This is a perfect time for parents and children to interact and get the wiggles out! Tod time makes playing together easy. Enjoy free play with balls, hoops, scooters, jump ropes, music and more! Capacity is limited, following MN Department of Health guidelines.

DROP IN FEE: $2 PER CHILD / $4 PER FAMILY
5 VISIT PUNCH CARD: CHILD: $5 / FAMILY: $10
YOUTH SPORTS

The sports programs listed are designed for kids who want to learn basic skills while being active and having fun! Instructors focus on teaching age-appropriate fundamentals while encouraging teamwork, sportsmanship and positive social interaction. 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. Min/max: 6/8.

**Soccer**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3729</td>
<td>3-5*</td>
<td>Th</td>
<td>Apr 22 - May 20</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
<td>Hayes Gym</td>
<td></td>
</tr>
<tr>
<td>3738</td>
<td>K-4</td>
<td>Tu</td>
<td>Apr 20 - May 18</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
<td>Hayes Gym</td>
<td></td>
</tr>
<tr>
<td>3730</td>
<td>3-5*</td>
<td>M</td>
<td>Jun 14 - Jul 19 (nc 7/5)</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
<td>Commons Park</td>
<td></td>
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<tr>
<td>3737</td>
<td>K-4</td>
<td>M</td>
<td>Jun 14 - Jul 19 (nc 7/5)</td>
<td>7:00 - 7:45 p.m.</td>
<td>$30</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3731</td>
<td>3-5*</td>
<td>Tu</td>
<td>Jul 27 - Aug 17</td>
<td>6:00 - 6:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3742</td>
<td>K-4</td>
<td>Tu</td>
<td>Jul 27 - Aug 17</td>
<td>7:00 - 7:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
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</tbody>
</table>

**T-Ball**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3732</td>
<td>3-5*</td>
<td>M</td>
<td>Apr 19 - May 17</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
<td>Hayes Gym</td>
<td></td>
</tr>
<tr>
<td>3733</td>
<td>3-5*</td>
<td>Tu</td>
<td>Jun 15 - Jul 13</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3734</td>
<td>3-5*</td>
<td>W</td>
<td>Jul 28 - Aug 18</td>
<td>6:00 - 6:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
<td></td>
</tr>
</tbody>
</table>

**Baseball**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3739</td>
<td>K-4</td>
<td>M</td>
<td>Apr 19 - May 17</td>
<td>7:00 - 7:45 p.m.</td>
<td>$30</td>
<td>Hayes Gym</td>
<td></td>
</tr>
<tr>
<td>3740</td>
<td>K-4</td>
<td>Tu</td>
<td>Jun 15 - Jul 13</td>
<td>7:00 - 7:45 p.m.</td>
<td>$30</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3743</td>
<td>K-4</td>
<td>W</td>
<td>Jul 28 - Aug 18</td>
<td>7:00 - 7:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
<td></td>
</tr>
</tbody>
</table>

**Games and Sports of All Sorts**

Each week a new sport (ex. football, soccer, kickball) and group game (ex. Red Light Green Light, Sharks and Minnows, Ball Tag) will be introduced.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>3735</td>
<td>3-5*</td>
<td>W</td>
<td>Jun 16 - Jul 14</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3744</td>
<td>K-4</td>
<td>W</td>
<td>Jun 16 - Jul 14</td>
<td>7:00 - 7:45 p.m.</td>
<td>$30</td>
<td>Commons Park</td>
<td></td>
</tr>
</tbody>
</table>

**Track and Field**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3736</td>
<td>3-5*</td>
<td>M</td>
<td>Jul 26 - Aug 16</td>
<td>6:00 - 6:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3745</td>
<td>K-4</td>
<td>M</td>
<td>Jul 26 - Aug 16</td>
<td>7:00 - 7:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
<td></td>
</tr>
</tbody>
</table>

**Tennis**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3746</td>
<td>K-4</td>
<td>Tu</td>
<td>Jun 15 - Jul 13</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3753</td>
<td>5-7</td>
<td>Tu</td>
<td>Jun 15 - Jul 13</td>
<td>7:00 - 7:45 p.m.</td>
<td>$30</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3747</td>
<td>K-4</td>
<td>Tu</td>
<td>Jul 27 - Aug 17</td>
<td>6:00 - 6:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
<td></td>
</tr>
<tr>
<td>3754</td>
<td>5-7</td>
<td>Tu</td>
<td>Jul 27 - Aug 17</td>
<td>7:00 - 7:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
<td></td>
</tr>
</tbody>
</table>

**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, as well as 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.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3603</td>
<td>K-4</td>
<td>M</td>
<td>Mar 22 - May 10</td>
<td>4:30 - 5:30 p.m.</td>
<td>$92</td>
<td>Hayes Gym</td>
<td></td>
</tr>
</tbody>
</table>

**Tae Kwon Do/Karate**

Martial Arts instills discipline, focus, endurance and flexibility. Children will learn self-defense skills through fun games, obstacle courses and pad striking. Class is taught by Master Thomas Malone who has been teaching Martial Arts for over 30 years and is a 7th Degree Black Belt in Tae Kwon Do. Wear comfortable clothing. Uniform not required.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3722</td>
<td>5-10</td>
<td>W</td>
<td>Apr 21 - May 26</td>
<td>4:30 - 5:30 p.m.</td>
<td>$80</td>
<td>Commons Park</td>
<td></td>
</tr>
</tbody>
</table>

**Archery**

Kids will be excited to learn this lifetime sport while engaged in a natural environment. They will be instructed on how to use the equipment safely and skillfully. Skills such as posture, setup, aiming and release will be covered. All equipment is provided, beginner compound bows will be used. Instruction provided by a Springbrook Naturalist and Recreation Instructor.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3748</td>
<td>K-4</td>
<td>Tu</td>
<td>Jun 15 - Jul 13</td>
<td>7:00 - 7:45 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
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<tr>
<td>3756</td>
<td>5-7</td>
<td>Tu</td>
<td>Jun 15 - Jul 13</td>
<td>4:30 - 5:30 p.m.</td>
<td>$25</td>
<td>Commons Park</td>
<td></td>
</tr>
</tbody>
</table>

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

SPRINGBROOK NATURE CENTER | 763-572-3588 | FRIDLEYMN.GOV
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. Min/max: 6/8.

**MIXED MEDIA ART**
Children will discover the world of art while exploring both two and three dimensional media. We’ll find inspiration by examining works of art that shaped history and then learn how to use pencils, colored pencils, acrylic paints, and clay to create final projects. A step-by-step teaching method will be used to allow children to focus on the art making process.

<table>
<thead>
<tr>
<th>Class</th>
<th>Grade</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3750</td>
<td>K-4</td>
<td>Tu</td>
<td>Apr 20 – May 18</td>
<td>6:00 – 6:45 p.m.</td>
<td>$40</td>
</tr>
<tr>
<td>3755</td>
<td>5-7</td>
<td>Tu</td>
<td>Apr 20 – May 18</td>
<td>7:00 – 7:45 p.m.</td>
<td>$40</td>
</tr>
</tbody>
</table>

**DRAWING AND CREATIVE WRITING**
Let’s turn your doodles into an original short story! Join us to learn writing techniques and practice drawing human figures to create superheroes and cartoons that go on adventures. Participants will complete an original short story in the form of a booklet.

<table>
<thead>
<tr>
<th>Class</th>
<th>Grade</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3752</td>
<td>K-4</td>
<td>W</td>
<td>Apr 21 – May 19</td>
<td>6:00 – 6:45 p.m.</td>
<td>$40</td>
</tr>
<tr>
<td>3757</td>
<td>5-7</td>
<td>W</td>
<td>Apr 21 – May 19</td>
<td>7:00 – 7:45 p.m.</td>
<td>$40</td>
</tr>
</tbody>
</table>

**DON’T MISS OUT ON MARCH-APRIL YOUTH PROGRAMS!**
Check out our website at FridleyMN.gov/Rec for details on the following programs: Gym Games, Olympic Sports, Musketeers Fencing, Tae Kwon Do/Karate, Painting, and Be An Inventor.

**PAINTING IN THE PARK**
Sign up now for our outdoor painting party led by instructors from the Creative Clinic. People of all artistic abilities 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. (For the 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.)

<table>
<thead>
<tr>
<th>Class</th>
<th>Type</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3776</td>
<td>Sunny Sunflower</td>
<td>Su</td>
<td>May 16</td>
<td>2:00 - 3:30 p.m.</td>
<td>$55</td>
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<tr>
<td>3777</td>
<td>Garden Gnome</td>
<td>Tu</td>
<td>May 25</td>
<td>5:30 - 7:00 p.m.</td>
<td>$44</td>
</tr>
<tr>
<td>3778</td>
<td>Deer Me</td>
<td>Su</td>
<td>Aug 1</td>
<td>2:00 - 3:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>3779</td>
<td>Wine Goblets</td>
<td>Tu</td>
<td>May 25</td>
<td>5:30 - 7:00 p.m.</td>
<td>$44</td>
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</table>

Springbrook Nature Center Pavilion

**JOIN THE TEAM!**
Looking for a fun way to spend the summer and earn some $$$$? The City of Fridley has several openings for energetic folks who love to have fun! There are a variety of positions ranging from 20-40 hours per week, Monday-Friday (no weekends!). Programs include camps, playgrounds, special events and sports! If you need more information, contact Jen at 763-572-3535 or jen.graham@fridleymn.gov. Apply online at: FridleyMN.gov/jobs
**RECREATION... IN A BOX!**

We have got you covered for fun at home with some fun-themed activities that will keep everyone entertained. Simply sign up and you will receive a kit full of goodies to get the party started. Contents will include crafts, fun activities, recipes, and surprises to keep the whole family entertained (kids ages 3 and up). Kits are designed for a maximum of six people (additional kits may be purchased).

<table>
<thead>
<tr>
<th><strong>LUCKY DAY</strong></th>
<th><strong>SPRING FLING</strong></th>
<th><strong>HAPPY MOTHER’S DAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Deadline March 5</strong></td>
<td><strong>Deadline April 8</strong></td>
<td><strong>Deadline April 26</strong></td>
</tr>
<tr>
<td>Get your green on and celebrate St. Patrick’s Day in a lucky way!</td>
<td>Get excited for the new beginnings that April showers bring!</td>
<td>Celebrate the special person in your life by making memories together.</td>
</tr>
<tr>
<td>3587 Pick Up March 12 $15</td>
<td>3717 Pick Up April 16 $15</td>
<td>3719 Pick Up May 5 $15</td>
</tr>
</tbody>
</table>

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**MAY DAY BASKET DELIVERY**

Beep, beep it’s the Rec ‘n Roll truck rolling down your street with a May Day delivery. On Thursday, April 30 a specially created basket with goodies will be delivered to your doorstep by a member of Fridley Recreation staff. Basket contents intended for one child, age 3 and up. Delivery between 5:30 - 7:30 p.m. We would love to see you, but you do not need to be home – the basket will be placed on your front step. Register now - limited number of baskets available, deadline is April 22.

3718 Ages 3-12 Th April 30 $7

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**FRIDLEY FORWARD 50K**

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

3724 Individual $12/person
3725 Group $10/person

May 1 - 31 All Ages
Summer ROCKS will be back for 2021!
This is a popular, all-day program (7:30 a.m. - 5:00 p.m.) that offers continuous activities running June 15 through August 20. Kids in grades K-7 will have a variety of fun opportunities to participate in each week (see daily schedule for details). All activities are included in the weekly fee of $150. Due to the COVID-19 pandemic we have made some modifications to the format of this program to keep group sizes small, provide social distancing, and ensure a clean environment (details are available on our website). Registration requires the full 10 weeks of the program (up to 2 weeks vacation, tuition free).

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:
We will spend the afternoon outdoors enjoying theme based activities including: games, stories and crafts.

Chill Zone (Gr. 4-7) at the Middle School & Commons Park:
The afternoon will be filled with games, projects and adventure.

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.)

4:30 - 5:00 p.m. Pick-up
Participants will return to the Fridley Middle School for pick-up.

ADOPT-A-PARK
Are you looking to make a positive impact in the Fridley Community? Adopt a Fridley 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, and reporting any vandalism or safety hazards to parks staff. To learn more about the Adopt-A-Park program and apply to adopt a park visit FridleyMN.gov/AdoptAPark or call Fridley Recreation at 763-572-3570.

CITYWIDE GARAGE SALE
June 25 & 26 from 9am to 6pm
Register April 15 through June 10.
Fees:
Sellers - declutter your homes, earn some extra cash, and meet your neighbors!
Shop for great deals, meet your neighbors, and explore the Fridley community!

Shoppers - find some unique finds, meet your neighbors, and explore the Fridley community!

To learn more about the Citywide Garage Sale or to register your sale, online or over the phone, visit FridleyMN.gov/CitywideGarageSale.

*After June 10, fee is $15. Call 763-572-3570 to register your garage sale.
COMMUNITY CONCERT SERIES

Listen to this – a summer concert series is coming to the Civic Campus this summer! Concerts will be held on the 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. Stay tuned to social media for the announcement of the line-up. Know any local acts you would like to see perform? Let us know by emailing Recreation@FridleyMN.gov or calling 763-572-3570.

REC ‘N ROLL

FAMILIES OF ALL AGES

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! Health and safety guidelines will be followed. Team members will set up activities and equipment for Fridley youth.

Check out our website for schedule and locations.

WE’VE GOT YOUR TICKET TO A ROCKIN’ GOOD TIME!
ADULT PROGRAMS

ZUMBA
Ditch the workout and join the party with instructor Lenka Seferovic! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic and exciting total body workout. No dance experience? No worries. This class is more about fun and the way you feel. Drop-in option available, call 763-572-3570 24-hours in advance. Enrolling in this class will give you the option to join virtually via Zoom if you do not wish to meet in person!

<table>
<thead>
<tr>
<th>3597</th>
<th>Tu</th>
<th>Mar 30 - Apr 20</th>
<th>7:00 - 8:00 p.m</th>
<th>$28</th>
</tr>
</thead>
<tbody>
<tr>
<td>3598</td>
<td>Th</td>
<td>Apr 1 - Apr 22</td>
<td>7:00 - 8:00 p.m</td>
<td>$28</td>
</tr>
<tr>
<td>3759</td>
<td>Tu</td>
<td>Apr 27 - May 18</td>
<td>7:00 - 8:00 p.m</td>
<td>$28</td>
</tr>
<tr>
<td>3760</td>
<td>Th</td>
<td>Apr 29 - May 20</td>
<td>7:00 - 8:00 p.m</td>
<td>$28</td>
</tr>
<tr>
<td>3761</td>
<td>Tu</td>
<td>May 25 - Jun 15</td>
<td>7:00 - 8:00 p.m</td>
<td>$28</td>
</tr>
<tr>
<td>3762</td>
<td>Th</td>
<td>May 27 - Jun 17</td>
<td>7:00 - 8:00 p.m</td>
<td>$28</td>
</tr>
<tr>
<td>3763</td>
<td>Tu</td>
<td>Jun 22 - Jul 13</td>
<td>7:00 - 8:00 p.m</td>
<td>$28</td>
</tr>
<tr>
<td>3764</td>
<td>Th</td>
<td>Jun 24 - Jul 15</td>
<td>7:00 - 8:00 p.m</td>
<td>$28</td>
</tr>
</tbody>
</table>

Hayes Gym

POUND
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

<table>
<thead>
<tr>
<th>3720</th>
<th>18+</th>
<th>W</th>
<th>April 21 - May 26</th>
<th>7:00 - 7:45 p.m</th>
<th>$42</th>
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</table>

Hayes Gym

TAE KWON DO
Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. This offering is a combination of in-person and virtual classes. Instructor Dave Seybold will focus on informational demonstrations on technique in the virtual sessions on Wednesdays and fine tuning these skills while training in person on Saturdays. This class is open to teens and adults of all skill levels. Virtual class invitations will be sent via email before the first class.

<table>
<thead>
<tr>
<th>3766</th>
<th>W/Sa</th>
<th>May 5 - Jun 12 (nc 5/29)</th>
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<tbody>
<tr>
<td>3767</td>
<td>W/Sa</td>
<td>Jun 16 - Jul 24 (nc 7/3)</td>
<td>$20</td>
</tr>
</tbody>
</table>

Virtual — W: 6:00 - 7:30 p.m.
Hayes Gym — Sa: 10:00 - 11:30 a.m.

AQUA ZUMBA
The Aqua ZUMBA program gives new meaning to the idea of a refreshing workout. Integrating the ZUMBA philosophy with traditional aquatic fitness disciplines, Aqua ZUMBA blends it all together into workouts that are cardio conditioning, body toning, and most of all — exhilarating!

<table>
<thead>
<tr>
<th>3600</th>
<th>Su</th>
<th>Apr 4 - Apr 25</th>
<th>1:00 - 2:00 p.m</th>
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<tbody>
<tr>
<td>3765</td>
<td>Su</td>
<td>May 2 - May 23</td>
<td>1:00 - 2:00 p.m</td>
<td>$48</td>
</tr>
</tbody>
</table>

Fridley Middle School Pool

GOLF LEAGUE
This league is designed for adults ages 55+ and is played at Brightwood Hills in New Brighton. League play is structured to accommodate all abilities from beginner to experienced. Players will be paired up, if you have a specific partner please include their name at time of registration. There will be an organization meeting for participants to attend in early April at the Fridley Civic Campus. An additional fee of $25 can be selected at the time of registration for those that wish to attend the Tournament and Award Banquet. Registration deadline is April 2.

| 3774  | Th   | May 6 - Aug 19 | Tee Times begin at 7:00 a.m | $225 |

Brightwood Hills Golf Course, New Brighton

WALKING CLUB
Looking for a way to enjoy the great outdoors as well as meet new people? This new club may be the answer. The group will meet at a variety of pre-determined parks and trails throughout Fridley and neighboring cities. Walks will be led by a Fridley Recreation staff member who will also lead the group conversations with a new topic each walk. Participants will be notified prior to first class of walk location.

| 3721  | 55+  | Tu | May 11, 8 and June 8, 22 | 10-11:30 a.m | $5 |

Brightwood Hills Golf Course, New Brighton
The City of Fridley and Spring Lake Park have partnered to provide the following Pickleball opportunities.

OPEN PICKLEBALL
We will be hosting open Pickleball at Flanery Park in Fridley (Tuesday & Thursday) and Terrace Park in Spring Lake Park (Monday & Wednesday). Register for Open Pickleball to be added to the contact list and we will keep you updated on who is looking to play!

3775 M - Th May - Sep 10 a.m. - 12 p.m./4 - 6 p.m. FREE

PICKLEBALL LEAGUE
Come join our fun self-officiated doubles pickleball league! This fast-paced sport combines elements of tennis, badminton, and ping pong and is becoming one of the fastest growing sports in the nation. This league welcomes players of all skill levels to enjoy this great game.

3772 Sa Jun 5 – Jul 10(nc 7/3) 9:00 – 11:00 a.m.$50/team Flanery Park and Terrace Park (SLP)

PICKLEBALL CLINIC
Pickleball is one of the fastest growing sports in the nation and is a cross between tennis, ping pong, and badminton. It is a cross between tennis, ping pong, and badminton. We offer two different types of Clinic’s. Step I clinics are designed to introduce and improve players’ skills while focusing on the fundamentals of the game. Like scoring and how to serve. Step II classes are made to take your skills to the next level and work on more intermediate level skills while still being practical for any skill level. Pickleball equipment available upon request.

Step I
3768 Sa & Su May 15 – 16 9:00 – 11:00 a.m. $5
3769 Sa & Su Jul 17 – Jul 18 9:00 – 11:00 a.m. $5

Step II
3770 Sa & Su May 22 – 23 9:00 – 11:00 a.m. $5
3771 Sa & Su Jul 24 – Jul 25 9:00 – 11:00 a.m. $5

Flanery Park and Terrace Park (SLP)

ADULT SOFTBALL LEAGUES
The City of Fridley offers USSSA sanctioned softball leagues at centrally located Community Park. All leagues play double-headers and run 12 weeks (including play-offs). Entry fees include softballs, umpires and play-off champion awards. Full payment is due at the time of registration. Registration deadline is two weeks prior to start date.

3700 Men’s D Upper Tu May 4 $790
3701 Men’s D Lower Th May 6 $790
3728 Men’s E Th May 6 $790

Community Park

BAG TOSS LEAGUE
Grab a partner and play in our outdoor Bag Toss League! Teams are made up of 2 players with any gender combination. League consists of 5 weeks of league play and 2 weeks of playoffs. Games will be won on a best of three set basis. All teams will make the playoffs, and prizes will be awarded to the top teams! Games will be scheduled to begin between 6:00 - 8:00 p.m. Min 4 teams/Max 12 teams.

3773 Th Jun 3 - Jul 15 6:00 - 8:00 p.m. $65

Community Park
Earth Day EcoDash
April 24 - 25
On you mark, Get set, GREEN! This weekend is all about getting outside and Greening-up Fridley! This city park system-wide scavenger hunt will have you hugging trees and saving the bees.

You can compete by yourself or make a team of 2-8 people. There are over 250 missions for all ages/abilities to complete using the GooseChase App to earn points. Points can be earned throughout the day on Saturday and Sunday. Prizes are awarded to the top teams with the most points.

$25 per team (Up to 8 people) Registration opens March 1. Visit FridleyMN.gov/824/Special-Events to register.

Outdoor Adventures
Available Monday - Saturday at 10 am & 2 pm

Private, 90-minute experiences available for small family / friend groups of 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.

For more information, visit: SpringbrookNatureCenter.org or call to register - 763.572.3588

Rentals at Springbrook Nature Center!
Reserve the new Pavilion Activity Center or amphitheater for your next family gathering, picnic, birthday celebration, wedding ceremony, business meeting or other event!

Our outdoor amphitheater is available with seating on concrete seat walls and has electricity available.

The outdoor Pavilion Activity Center space offers a canopied area with picnic tables. Indoor space is also available. A combined rental of both the outdoor and indoor Pavilion Activity Center is also available. The Pavilion features a concessions room with a small sink, refrigerator and microwave oven, electricity and restrooms. The indoor space is heated.

Rentals are available to both non-Fridley residents and Fridley residents and are subject to state guidelines.

Contact Springbrook Nature Center at 763-572-3588 for inquiries!
Maple Syruping Basics Workshop
March 13 from 10:30 am to 11:30am
Maple trees give shade from the summer sun, foliar fall fireworks, and best of all: Maple Syrup!! Join the Springbrook Naturalists in this virtual workshop to learn:
- The rich culture of the “sugar bush”
- What basic supplies you need to get started
- How to tap a tree & boil down the sap
- How to properly store that sweet, sticky, gold.
- Local events and festivals

Class fee is $15.
Registration closes at 12 p.m. on Friday, March 12

Contactless Trail Experiences
- Nature Play is open
- Free Backpack Rentals
- Boredom Buster Activity kits
- Story Hikes

Curious Connections:
Polliwogs – In Person
(beginning March 2)
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.

Celebrate your special day naturally with Springbrook Nature Center!
Explore our fun themes at springbrooknaturecenter.org.

Playful Polliwogs

Naturalist program will happen entirely outdoors, dress appropriately.
Saturdays, 10 a.m. - 12 p.m., 2 - 4 p.m.
Sundays, 2 - 4 p.m.
Fee: $125, up to 9 people total

SPRINGBROOK NATURE CENTER | 763-572-3588 | FRIDLEYMN.GOV
## Camp Springbrook Themes

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 14-18</td>
<td>Camp Classics</td>
<td>5-12</td>
</tr>
<tr>
<td>June 21-25</td>
<td>Wild Child</td>
<td>5-12</td>
</tr>
<tr>
<td>June 28-July 2</td>
<td>Outdoor Inventors</td>
<td>5-12</td>
</tr>
<tr>
<td>July 7-9*</td>
<td>Earth, Wind, and Fire*</td>
<td>5-12</td>
</tr>
<tr>
<td>July 12-16</td>
<td>Wetlands and Wild Things</td>
<td>5-12</td>
</tr>
<tr>
<td>July 19-23</td>
<td>Crypto Camp - The Search Begins</td>
<td>5-12</td>
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<tr>
<td>July 26-30</td>
<td>Prehistoric Survival</td>
<td>9-12</td>
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<tr>
<td>July 26-30</td>
<td>Forest Fables</td>
<td>5-8</td>
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<tr>
<td>August 2-6</td>
<td>Ready, Set, Survive</td>
<td>5-12</td>
</tr>
<tr>
<td>August 9-13</td>
<td>Wild Child</td>
<td>5-12</td>
</tr>
<tr>
<td>August 16-20</td>
<td>Camp Classics</td>
<td>5-12</td>
</tr>
</tbody>
</table>

**Full Camp Descriptions available at:**
www.springbrooknaturecenter.org

### Day Camp

- **9am - 3pm**
  - Fridley Resident: $145
  - Non-Fridley Resident: $155

### Limited Extended Care

- **3pm - 4:30pm**
  - Weekly - $20

*3 day camp is prorated fee of $87 for residents and $93 for non-residents

### Scholarships Available

Scholarships are available on a first-come, first-served basis for families impacted by the Covid-19 pandemic. Each qualifying child is eligible for one week of camp per summer.

Call for more information.