

Rec to



Recreation
Division

the Rescue

Vol. 7



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 programming is now over and we're pleased to be able to provide safe and fun activities for our participants! We are looking forward to our fall programs starting in a few weeks and hope to see you there!

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...

- New, modified fall programming will begin shortly! Visit our website for program offerings.
- Picnic shelter reservations are winding down with limited openings, however there are still some shelters available for reservations. Call 763-572-3570 to reserve.
- 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 at the parks!

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, Commons, Flanery and Moore Lake parks do have satellite restrooms available however, 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

Create your own comic book!

Introducing our Fridley Recreation "Do-it-yourself" comic book. You can get really creative with your super hero and villain names, with your adventures and with your characters!

Head over to our [website](#) to print off as many sheets as you need to make your comic book. Send us a picture of your comic book and we'll post in on our instagram page [@FridleyRecreation](#)

COMIC BOOK 101

City of Fridley

Talking Bubble (normal conversation)

Loud Icon (explosion, loud noise, etc)

Wham! (falling, crash, rumble)

Emphasize Bubble (Yell, rebuke, scold)

Thinking Bubble (not said out loud)

Hit Icon (falling, crash, rumble)

Description Box (describe the scene, action, what's happening)

Title: _____

By: _____

The End

Virtual Connections



iPhone Voice Activation

Do you have an iPhone? Want to use a secret password to unlock your phone? Matt Mraz, one of our Rec Specialists, has made a tutorial video on how to unlock your phone using a password of your choice! Set your password to "I'll be back", "Open Sesame", or even "I am your Fatherrrrr"?

Go to our instagram page [@FridleyRecreation](#) to find this video. Have fun and good luck!



Register NOW for Fall Programming!

Fall programs are now open for registration! You can register through our [city website](#). We are offering adult sports leagues and fitness classes, and a variety of youth programs and activities.



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!

In-door basketball

This fun activity is easily done by making a few "snowballs" out of some pairs of socks, then get a laundry basket (or something smaller to increase the physical challenges for kids. Take turns trying to make a basket, or try some longer shots worth more points! Whoever gets the most points wins.

Variations – Toss the basketball, and if you make a basket take one step back. Repeat. Whoever steps the farthest back without missing wins.



Together Apart



ROX: Recreation...in a box!

We have got you covered for fun at home with some exciting themed activities that will keep everyone entertained. These kits are full of goodies to get the party started. All activities are family friendly for kids ages 3 and up.

Kit themes include: Puppy Surprise, Family Follies, and The Spooktacular. These kits are sure to produce some giggles!

Registration for these kits can be made through our [website](#) or by calling 763-572-3570.





Engage in the Environment

Pumpkin Pursuit in the Parks!

Know any park enthusiasts? While the Springbrook Nature Center can't host its annual Pumpkin Night in the Park this year, they are excited to invite you to mark your calendars for Springbrook's new event, Pumpkin Pursuit in the Parks! Registration goes live on September 15!



Get a team together to compete in a Fridley park system scavenger hunt this MEA weekend! Prizes awarded to the top three teams.

Learn more: SpringbrookNatureCenter.org/PumpkinPursuit

Fridley Heroes



Fridley Recreation Team!

This summer, seven young people rose to the challenge of providing safe, quality programming to the families of Fridley. This fantastic crew was committed from the very start at training as the team worked through



scenarios which prepared them to provide safe smiles throughout the summer. This group showed up for each shift with a positive attitude. The summer was full of so many uncertainties and this group was always upbeat and positive when programs had to be modified with little time to prepare. We wanted to make sure

to recognize each and every one of them for being our heroes!

A BIG thank you to:

Amara, Andrew, Azzy, Bella, Emma, Jennie, and Marie!