

City of Fridley Parks & Recreation Programs

SPORTS • EVENTS • YOUTH PROGRAMS • ADULT PROGRAMS • NATURE PROGRAMS

NOVEMBER/DECEMBER 2025 EDITION



Parks and Recreation Department

763-572-3570

FridleyMN.gov/Rec

recreation@FridleyMN.gov



Springbrook Nature Center

763-572-3588

springbrooknaturecenter.org

springbrook@FridleyMN.gov

Fridley Parks and Recreation

Mission: To promote a high quality of life in Fridley through welcoming parks, inclusive programs, and unique experiences.

Vision: Parks, recreation, and natural resources are valued by all in the Fridley community.

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

Fridley Locations:

Civic Campus, 7071 University Ave. NE
Fridley Middle School, 6100 W Moore Lake Dr. NE
Hayes Elementary School, 615 Mississippi St. NE
Moore Lake Park, 5890 Central Ave. NE

Locations outside of Fridley:

Highview Middle School, 2300 7th St. NW, New Brighton
Mounds View Community Center, 5394 Edgewood Dr., Mounds View

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 and social media. If you would prefer that we not use your photo, please let the photographer know.

Scholarship Program

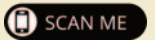
Fridley residents that meet income requirements may apply for scholarship funds to make programs affordable. Visit FridleyMN.gov/RecScholarship for more information and to apply.

Registration Notes

Online registration is available at FridleyMN.gov/RecRegister.

Phone and walk-in registrations are also accepted at City Hall and Springbrook Nature Center.

- Online registration closes one week prior to the class start date, unless listed.
- The participant grades listed apply to the 2025-26 school year.
- To indicate classes skipped in a series, nc (no class) followed by a date is used. For example: Jun 10 - Jul 8 (nc 7/1)



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 email to the address on the registrant's account.

Inclusion Policy

The City of Fridley is committed to providing reasonable accommodations and accessibility to participants. Please let us know if you or a family member require an accommodation specific to an ability-related need, a behavioral support, an allergy, or other need for inclusion services by contacting the Recreation Office at 763-572-3570 or Recreation@FridleyMN.gov at least three weeks prior to the start of the program to discuss strategies for inclusion and for the staff to gather information about the participant.

WINTER FUN IN FRIDLEY PARKS

CROSS COUNTRY SKI AND MULTI-USE TRAILS

The City of Fridley grooms trails in Moore Lake, Flanery, Meadowlands, and Riverview Heights Parks. Six-foot trails are groomed including a three-foot section for cross-country skiing and a three-foot section for multi-use. Multi-use trails can be used for a variety of activities—walking, fat tire biking, snowshoeing, etc. We do our best to groom the trails weekly depending on snow depths and conditions.

ICE SKATING

The City of Fridley maintains five general skating rinks and six hockey rinks in Fridley! General rinks are located at: Briardale, Hackmann, and Logan Parks. Hockey rinks can be found at: Flanery, Madsen, and Ruth Circle Parks, and Hayes Elementary. We need 10 consecutive days of freezing temps to create safe and usable ice.



SNOWSHOE AND KICKSLED RENTALS

Snowshoes and kicksleds are available for rent at Springbrook Nature Center inside the Interpretive Center. Explore our trails and woodlands from a different perspective. Rentals are available on a first-come, first-served basis between 9 a.m.- 4 p.m.

Three inches of snow pack is required for rentals.

2-Hour Rental Prices: \$5/pair of snowshoes; \$10/kicksled
Large groups need to make arrangements in advance by calling 763-572-3588.

ACTIVITIES FOR ALL AGES

HOUSEPLANT SWAP

Join the Anoka County Master Gardeners for our first houseplant swap! Bring your indoor houseplants or cuttings and swap them with others. Make sure your plants are clearly labeled and in containers that you don't need returned. Master gardeners will be present to answer questions, and it's a great time to meet and connect with other houseplant lovers!

All ages Sa Nov 1 10 a.m. -12 p.m. Free
Moore Lake Community Building

COMMUNITY CRAFTING

Come into Springbrook to craft with other people from the community! Bring your own crafts or try something new, there will be crafts provided while supplies last. This event will be perfect for any age or experience level.

All ages Su Nov 23 2 - 3:30 p.m. Free
Springbrook Nature Center

Lantern Light Hikes

December 5	February 6
January 9	March 6

6:30 - 8:30 p.m.
\$5/person

Bundle up and bring the whole family to enjoy an evening following the glow of lantern lit trails at Springbrook Nature Center. Listen to owls hooting, keep your eyes peeled for elusive nocturnal animals, warm up by the fireplace. Registration required.

If snowpack allows, snowshoes will be available to rent for \$5/pair, while supplies last.



winterfest

FREE

12 - 3 p.m. | Saturday, February 7
Springbrook Nature Center, 100 85th Avenue NE

Wander through our Winter Wonderland with activities for the whole family! Some of the great things planned include:

Medallion Hunt
Kicksleds

Snowshoeing
S'mores & Hot Cocoa

Storytime
Campfires

Fat Tire Bikes
Games and more!

WINTER GEAR DRIVE:

Let's make the winter season safe and fun for all. We will be accepting donations of gently used/new winter gear starting January 5 at both Civic Campus and Springbrook Nature Center (during business hours). Please bring in freshly washed or new items. All donated gear will be available free of charge during Winterfest.



WINTERFEST LANTERN LIGHT HIKE

Kick off Fridley's Winterfest celebration and enjoy all that the winter season has to offer on the beautiful trails of Springbrook Nature Center. Listen for owls hooting, keep your eyes peeled for elusive nocturnal animals, and warm by the fire along the way. Snowshoe rentals available as supplies last for \$5/pair. Registration required.

All ages F Feb 6 6:30 - 8:30 p.m. \$5/person
Springbrook Nature Center

PRESCHOOL ACTIVITIES

NATURE PRESCHOOL CLUB

Calling all preschool nature fans! Join the Springbrook half-day nature club where we will spend our mornings playing in the creek, searching for bugs and running in the woods!

Ages 4-5	Th	Jan 8 - Mar 12	10 a.m. - noon	\$125
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Ages 4-5	Th	Mar 26 - May 28	10 a.m. - noon	\$125
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Springbrook Nature Center



PLAYFUL POLLIWOGS

Join us for this parent-child class at the Springbrook Nature Center. We will start indoors with story time and then move outside for an activity related to our topic. Help your Polliwog learn through adventure and play! Each child must be accompanied by one adult (adults do not need to register). Registration is preferred but drop-ins are allowed.

Animal Tracks	Ages 2-5 w/adult	Tu	Nov 25	10 - 11 a.m.	\$5
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Deer	Ages 2-5 w/adult	Tu	Dec 30	10 - 11 a.m.	\$5
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Springbrook Nature Center

TRACK AND FIELD

We will be introducing relays, jumps and more with a variety of fun items such as bean bags and dodgeballs. There will be an emphasis on good sportsmanship. On the last day, we will hold our own mini track meet!

Ages 3-5	Tu	Nov 11 - Dec 16	5:30 - 6:15 p.m.	\$48
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Hayes Elementary School Gym

BASKETBALL

Calling all little dribblers! This class is designed for pre-schoolers who want to learn basic skills while being active and having fun. On the last day of the class participants will play a game to show off their skills!

Ages 3-5	Tu	Jan 6 - Feb 10 (nc 1/27)	5:30 - 6:15 p.m.	\$48
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Hayes Elementary School Gym

AGES 12+

FOLDED PAPER WINDOW STARS

Learn to make folded paper stars from translucent glassine paper. These stars look complicated but use lots of simple layered repeating shapes to create complex designs. Your completed stars can be hung in a window for a colorful display—this class is perfect to make your own holiday decorations! Class is taught by artist Becka Rahn.



Ages 12+	Th	Nov 20	6 - 8 p.m.	\$25
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Moore Lake Community Building

IMMERSIVE SOUNDBATH

Experience a one-hour sound meditation that uses crystal singing bowls and other instruments designed to create a peaceful, relaxing atmosphere. It is the perfect way to recenter and recharge before the busy holiday season! This immersive experience will calm your mind and soothe your soul, allowing you to enter a deep state of relaxation. Most participants choose a lying position on the floor for the duration of class—please bring a yoga mat or blanket along with any other items such as pillows and additional blankets for your comfort.



Ages 15+	Th	Nov 6	7 - 8 p.m.	\$25
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Ages 15+	M	Dec 15	7 - 8 p.m.	\$25
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Moore Lake Community Building

FAMILY OPEN GYM

Bring the family and get the wiggles out with a variety of activities. This is a perfect time for parents/ caregivers and children to have fun and play as the weather turns cold outside. Enjoy free play with a wide variety of recreational equipment including balls, hoops, a small bouncy castle, jump ropes, and more!



Drop-in fee: \$3 per child / \$6 per family

Five Visit Punch Card: Child: \$10 / Family: \$20

Sat	Nov 8 - Mar 28	10:15 a.m. - 12:15 p.m.	Hayes Gym
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(Closed 11/29, 12/27, 1/3, 1/17, 2/14)

AFTER-SCHOOL ACTIVITIES

The following classes are offered after school at Hayes Elementary School from 3:45 - 5:15 p.m. to youth in grades K-4. Snacks are provided before class. There is transportation for students enrolled at Stevenson Elementary School and parents/caregivers can also drop children off for the programs. You do not need to be enrolled in Fridley Schools to participate.

Note: Transportation is NOT provided after class—all participants must be picked up at Hayes.

TAE KWON DO

Learn the basics of Martial Arts, while developing self-confidence and discipline. Participants will work to improve overall physical condition by increasing flexibility and endurance. Instructed by Grand Master Tom Malone, 8th Degree Black Belt.

Gr. K-4	W	Nov 12 - Dec 17 (nc 11/26)	3:45 - 5:15 p.m.	\$90
Gr. K-4	W	Jan 7 - Feb 11 (nc 1/21)	3:45 - 5:15 p.m.	\$90

HO HO HOLIDAY FUN

Festive crafts, decorations, snacks, and games will make the holiday season merry and bright! Themes will include: fall leaves, Thanksgiving, Santa Claus, reindeer, and more.

Gr. K-4	Tu	Nov 13 - Dec 18 (nc 11/27)	3:45 - 5:15 p.m.	\$56
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BASKETBALL

Learn and increase skills in basketball!

There will be

practice time and

fun, exciting games. Kids will work on basic skills, rules, and game strategy while emphasizing good sportsmanship and teamwork.

Gr. K-4	Tu	Jan 6 - Feb 10 (nc 1/27)	3:45 - 5:15 p.m.	\$56
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GLOW IN THE DARK

You guessed it, all projects kids make in this class will glow in the dark! We will work with a variety of art supplies including clay, paint, and other luminescent materials. Your child will be excited to show off their projects...but this time in the dark!

Gr. K-4	Th	Jan 8 - Feb 12 (nc 1/29)	3:45 - 5:15 p.m.	\$56
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TRACK AND FIELD

Learn the basics of track and field! We will be introducing relays, jumps and more with a variety of fun items such as bean bags and dodgeballs. On the last day, we will hold our own mini track meet!

Gr. K-4	Tu	Nov 11 - Dec 16	3:45 - 5:15 p.m.	\$56
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FIELD TRIPS - GRADES K-5

CONQUER NINJA

Have you ever wanted to jump, swing, and climb like a ninja? Here's your chance! Join us for a fun trip to the Conquer Ninja Gym to have your child test their abilities as a ninja! Participants will be supervised by our Youth Program Leaders and trained staff members of Conquer Ninja Gym, who will be there to instruct proper usage of equipment and engage the kids in fun activities.

Gr. K-5	M	Dec 22	9 a.m. - 4 p.m.	\$65
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Hayes Elementary School Gym

BOWLING & ARCADE OUTING

Strike up some fun on this exciting field trip! We'll begin the morning at Hayes Elementary with a variety of games and activities. After lunch, the adventure continues at the Mermaid Entertainment & Event Center, where we'll bowl a few frames and explore the arcade packed with games and prizes.

Gr. K-5	Tu	Dec 30	9 a.m. - 4 p.m.	\$65
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Hayes Elementary School Gym

SPRINGBROOK NATURE CENTER

FIELD TRIPS AT SNC

Calling all teachers, scout leaders, and homeschool parents. Springbrook has a variety of outstanding, engaging educational classes ready for your group. Both onsite (at SNC) and offsite (at your location) options are available covering a variety of natural history, outdoor recreation, and cultural history topics. We're here to help you meet MN State Science standards, help your students be more comfortable outdoors, and have a positive experience in nature. More information can be found on our website under Group Education.

BIRTHDAY PARTY PROGRAMS

Create lasting memories by celebrating a birthday party at Springbrook!

Birthday parties are for children turning ages 4-11. The weekend program includes a private indoor rental space for two hours, during which a naturalist will lead a 45-minute program. Topics are listed on our website.

Fee: \$150 — Maximum of 15 children and 5 adults.
Call Springbrook at 763-572-3588 to book your party!



NATURE EXPLORATION FOR HOMESCHOOLERS

This program is designed for your students to learn about a variety of nature topics, explore the outdoors, gain new skills and meet new friends. A Springbrook naturalist will lead an outdoor program with a different theme during each session.

SEEDS

Ages 6-8	F	Nov 14	10 a.m. - 12 p.m.	\$7
Ages 9-11	F	Nov 14	10 a.m. - 12 p.m.	\$7

BEARS

Ages 6-8	F	Dec 12	10 a.m. - 12 p.m.	\$7
Ages 9-11	F	Dec 12	10 a.m. - 12 p.m.	\$7

Springbrook Nature Center

FACILITY RESERVATIONS

PARK SHELTERS

The City of Fridley has park shelters available for rental between May 3 - October 25. Shelters are located at Moore Lake and Locke parks. Reservations can be made online beginning at 8 a.m. on January 7, 2026 at FridleyMN.gov/Rentals.

MOORE LAKE COMMUNITY BUILDING

This beautiful, year-round, indoor gathering place is perfect for your next event and conveniently located near I-694 and Central Avenue. Reservations can be made

online six months in advance and a minimum of two weeks prior at FridleyMN.gov/Rentals.

SPRINGBROOK NATURE CENTER SHELTER AND FACILITY

Springbrook Nature Center offers four indoor classrooms and an amphitheater for rent between 10 a.m. and 4 p.m. daily. It is a great venue for family gatherings, showers, birthday celebrations, business meetings, and more. Picnic shelter rentals are available on weekends from May 1 - October 1. Call 763-572-3588 to schedule your rental!

LOOKING FOR SUMMER CONCERT SERIES PERFORMERS

Thank you to all who attended our 2025 Summer Concert Series! We are currently seeking musicians that are interested in performing in our 2026 Series. To be considered, please fill out our musician interest form by January 1, 2026 at FridleyMN.gov/musicianinterest.

ADULT PROGRAMS

COFFEE CHAT WITH A NATURALIST

Join one of our naturalists for coffee and a nature discussion! This program is designed for adults and will be held indoors with an optional hike. This is a drop-in program, no registration required.

- Nov 5: An Introduction to Your Backyard Snakes
- Dec 3: Darkness: Nocturnal Animals in the Nighttime World

Adult	W	10:30 - 11:30 a.m.	FREE
Springbrook Nature Center			

MEN'S BASKETBALL LEAGUE

Get your team together for officiated five on five Men's basketball league! Two officials will be present at every game along with a score keeper. Competitive and recreational skill level leagues are available.

W	Comp	Dec 3 - Mar 4*	6:15 - 10:15 p.m.	\$600/Team
Th	Rec	Dec 4 - Mar 5*	6 - 10 p.m.	\$600/Team

*No games 12/24, 12/25, 12/31, 1/1

Fridley Middle School/Hayes Elementary

PICKLEBALL

The City of Fridley and Spring Lake Park have partnered to provide the following Pickleball opportunities. Pickleball is one of the of fastest growing sports in the nation and is a cross between tennis, ping pong and badminton. Classes are taught by certified instructor, Will Davison. Equipment is provided if needed.

PICKLEBALL FOR BEGINNERS

18+	Sa	Jan 10 - 31	8 - 10 a.m.	\$55
Hayes Elementary School Gym				

SKILLS AND DRILLS

18+	Sa	Feb 7 - 28	8 - 10 a.m.	\$55
Hayes Elementary School Gym				

LIVE PLAY COACHING INTERMEDIATE/ADVANCED

18+	Sa	Nov 22 - Dec 20 (nc 11/29)	8 - 10 a.m.	\$55
Hayes Elementary School Gym				

LADDER LEAGUE

In this fun self-officiated league, participants will be placed in doubles games with players of a similar skill level each week. Players will move up or down the ladder based on their winning percentage.

Age 20 - 40	M	Jan 5 - Mar 9	6 - 9:15 p.m.	\$45
All Ages	W	Jan 7 - Mar 11	6 - 9:15 p.m.	\$45
Hayes Elementary School Gym				

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.

Tu	Jan 6 - Feb 10	7 - 8 p.m.	\$42
Th	Jan 8 - Feb 12	7 - 8 p.m.	\$42
Hayes Elementary/Fridley Community Center - Dance Floor			

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!

Su	Dec 7 - Jan 18 (nc 12/28)	1 - 2 p.m.	\$84
Su	Jan 25 - Mar 1	1 - 2 p.m.	\$84
Fridley Middle School Pool			

We accept drop-ins and late registrations for Zumba classes, call 763-572-3570.

NORTH METRO SPORTS LEAGUES

Fridley has partnered with Spring Lake Park, Mounds View and New Brighton Parks and Recreation Departments to offer the following sports leagues. Visit FridleyMN.gov/Rec for more info, league rulebooks, and to register as an individual and be placed on a team.

COED BAG TOSS LEAGUE

Teams are made up of two players of any gender combination. League play consists of double header games.

Th	Jan 15 - Mar 5	6 - 8 p.m.	\$40
Mounds View Community Center			

INDOOR VOLLEYBALL LEAGUE

We offer recreational and competitive leagues for Co-Ed, and Women's teams. Recreational leagues are for players who want to focus on improving their basic volleyball skills in a low competitive and fun atmosphere (C or lower B level of play). Competitive leagues are for teams with league or tournament experience and have players that can execute basic strategies with ease (B to A level of play).

Coed Rec	M	Jan 12 - Mar 30 (ng 1/19)	6 - 10 p.m.	\$420
Coed Comp	M	Jan 12 - Mar 30 (ng 1/19)	6 - 10 p.m.	\$420
Women's Comp	W	Jan 15 - Mar 25	6 - 10 p.m.	\$420
Individual	M/W	Jan 12 - Mar 30 (ng 1/19)	6 - 10 p.m.	\$55
Highview Middle School				

SPECIAL EVENTS

WOMEN OUTDOORS:

This program is designed to help get a community of women ages 12+ out enjoying nature.

FALL SLOW DOWN

Join a group of women for an outdoor fall slowdown. We'll take time to connect with the peaceful and tranquil beauty of the season. As we explore the landscape, we'll observe wildlife, look for signs of frost, and appreciate the subtle details that make this time of year so special.

Ages 12+	Su	Nov 2	10 - 11:30 a.m.	\$7
Springbrook Nature Center				

NEW YEAR'S EVE

Take a well-deserved break this busy season at Springbrook Nature Center. Join a group of women for a relaxed and refreshing walk through our picturesque trails.

Ages 12+	W	Dec 31	10 - 11:30 a.m.	\$7
Springbrook Nature Center				

TURKEY BINGO

**Saturday, November 22
2 - 4 p.m.**

Moore Lake
Community Building

Fun for all ages

All ages are welcome to join us for a fun afternoon as we play turkey bingo! You could win a turkey!

After playing bingo, make sure to check out our turkey scavenger hunt in the park!

Registration required. Sponsored by the Fridley Lions.

FREE

WINTER LIGHTS TOUR

FREE

It is time to get those lights and decorations out of storage and ready for the 2025 Winter Lights Contest!

All entries will be placed on a map so that residents (and visitors) can create their own custom lights tour around town.

Judging will take place December 8 - 9. Winners will be announced, and maps will be available on December 12.

Tour maps will be available in person at City Hall and at FridleyMN.gov/Rec.

Register between November 5 - December 8.

INDOOR PICKLEBALL COURT RENTALS

Interested in playing Pickleball this winter? Fridley Recreation will be offering indoor court rentals at the Hayes Elementary School Gym on Saturdays beginning November 1. Balls and paddles are available. Reservations can be made up to one month in advance and at least one week in prior by calling 763-572-3570 or online at FridleyMN.gov/Rentals.

November 1 - March 28	12:30 - 3:30 p.m.	Hayes Gym
(Closed 11/29, 12/27, 1/3, 1/17, 2/14)	\$15/hour (1 hour minimum)	