

City of Fridley Parks & Recreation Programs

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

SEPTEMBER/OCTOBER 2025 EDITION



FEATURING PROGRAMS FROM
SEPTEMBER - DECEMBER



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
Locke Park, 840 71st Ave. NE
Moore Lake Park, 5890 Central Ave. NE
Stevenson Elementary School, 6080 East River Rd.

Locations outside of Fridley:

Highview Middle School, 2300 7th St. NW, New Brighton
Mounds View Community Center, 5394 Edgewood Dr., Mounds View
New Brighton Community Center, 400 10th St NW, New Brighton
Silver View Park, 7542 Silver Lake Rd, 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.

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 2024-25 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)



Scholarship Program

Scholarship funds are available to eligible Fridley residents that meet qualifications. Please email Recreation@FridleyMN.gov for more information and to apply.

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.

FACILITY RESERVATIONS

PARK SHELTERS

The City of Fridley has park shelters available for rental between May 3 - October 26. Shelters are located at Flanery, Moore Lake and Locke parks. Reservations can be made online beginning at 8 a.m. at FridleyMN.gov/Rentals. Note: Commons Park will not be available in 2025 due to the construction of the park improvements.

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!

VISIT SPRINGBROOK NATURE CENTER

We bring you closer to nature year-round. Enjoy three miles of hiking trails through oak and aspen forests, past prairies and through wetlands with floating boardwalks. Be a part of the laughter rising from the newly expanded Nature Play Area, featuring play sculptures, water pump, and nature-based play equipment. Inside the Interpretive Center, get up-close and personal with live snakes, frogs, interactive exhibits and more! Open daily from 9 a.m. - 5 p.m.

ACTIVITY BACKPACKS

Springbrook is offering backpacks for daily check-out that contain supplies to help visitors explore and enjoy nature. Each backpack has a specific theme. They are available on a first come, first serve basis during open hours.

EVENTS

INTRO TO CAMPFIRE COOKING

Learn the basics of campfire cooking while being entertained by campfire stories. All minors must be accompanied by an adult – this class is intended for people 10 and older.

Ages 10+ F Sep 19 7 - 8:30 p.m. \$5
Springbrook Nature Center Pavilion

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



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](https://www.fridleymn.gov/Rec). Register between Nov 5 - Dec 8.



TURKEY BINGO

All ages are welcome to join us for a fun afternoon as we play turkey bingo! We'll have turkeys and prizes to win. After playing bingo, make sure to check out our turkey scavenger hunt in the park! Registration required. Sponsored by the Fridley Lions.

All ages Sa Nov 22 2 - 4 p.m. Free
Moore Lake Community Building

RESCHEDULED CONCERT

Juliet and the Montagues (jazz) rescheduled to 9/16 at 6:30 p.m. at Springbrook Nature Center. Free!

Put your house on the
Halloween Tour map!



OCTOBER 15 - 31

Fridley residents who decorate for Halloween can submit their address to be included on our Halloween tour map.

Maps will be published online and will allow your neighbors to drive by and see your decorated, spooky home!

This is a fun way to share your hard work with others.

Residents participating in the Halloween Tour should ensure that their decorations are on display during the tour dates.

Register for free between September 1 - October 8. Maps will be available to the public on October 15, 2025.

PRESCHOOL ACTIVITIES

NATURE PRESCHOOL CLUB

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

Ages 4-5	Th	Sep 4 - Nov 13 (nc 10/16)	10 a.m. - noon	\$125
Ages 4-5	Th	Jan 8 - Mar 12	10 a.m. - noon	\$125
Ages 4-5	Th	Mar 26 - May 28	10 a.m. - noon	\$125

Springbrook Nature Center

PLAYFUL POLLIWOGS

Join us for this parent-child class at the Springbrook Nature Center. We will start our adventures 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.

Colors	Ages 2-5 w/adult	Tu	Sep 30	10 - 11 a.m.	\$5
Squirrels	Ages 2-5 w/adult	Tu	Oct 28	10 - 11 a.m.	\$5
Animal Tracks	Ages 2-5 w/adult	Tu	Nov 25	10 - 11 a.m.	\$5
Deer	Ages 2-5 w/adult	Tu	Dec 30	10 - 11 a.m.	\$5

Springbrook Nature Center



SOCCER

This program is designed for kids who want to get acquainted with the great game of soccer. Fun games and activities will be used to develop soccer skills such as dribbling, passing, and scoring. Emphasis is on fun, skill development and game playing. Classes will be held outside when possible.

Ages 3-5	Tu	Sep 16 - Oct 28 (nc 10/14)	5:45 - 6:30 p.m.	\$48
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Hayes Gym

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. There will be an emphasis on good sportsmanship. On the last day, we'll have a mini track meet!

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

AGES 12+

FOLK ART BLACKBIRD

Learn to craft a vibrant folk-art style red-winged blackbird, using felt fabric and hand embroidery. You'll learn several decorative stitches and a plied cord technique to create your design. Class is taught by artist Becka Rahn.

Ages 12+	Th	Oct 23	6 - 8 p.m.	\$25
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Moore Lake Community Building



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
Ages 15+	M	Dec 15	7 - 8 p.m.	\$25

Moore Lake Community Building

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 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.

SOCCER

We will learn the basics of soccer—dribbling, passing, receiving, shooting and everything in between. This program is designed for kids who want to get acquainted with the great game of soccer while having fun and making friends. Class will be held outside when possible.

Gr. K-4	Tu	Sep 16 - Oct 28 (nc 10/14)	3:45 - 5:15 p.m.	\$56
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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	Sep 17 - Oct 29 (nc 10/15)	3:45 - 5:15 p.m.	\$90
Gr. K-4	W	Nov 12 - Dec 17 (nc 11/26)	3:45 - 5:15 p.m.	\$90



OUTDOOR GAMES & HALLOWEEN FUN

Join us this fall for outdoor games like tag, kickball, and ultimate. In October, we'll get spooky with Halloween crafts, goofy games, slimy projects, and a fun Halloween party on the last day!

Gr. K-4	Th	Sep 18 - Oct 30 (nc 10/16)	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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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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FIELD TRIP: ZERO GRAVITY & PUMPKIN CARVING

Join us for an adventure full of thrills at Zero Gravity. We'll bounce, climb, fly and play dodgeball in this awesome arena. Kids will also have the option to try the high ropes course. In the afternoon we'll head back to Hayes to carve pumpkins that can be found on the trail at Springbrook's annual Pumpkin Night in the Park (on 10/18).

Gr. K-5	Tu	Oct 16	9 a.m. - 4 p.m.	\$60
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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	November 8 – March 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)



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.

POND LIFE

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

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

ADULT PROGRAMS

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. (Registration opens on September 9.)

Th	Rec	Dec 4 - Mar 5*	6 - 9 p.m.	\$600/Team
W	Comp	Dec 3 - Mar 4*	6:15 - 9:15 p.m.	\$600/Team

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

Hayes Elementary/Fridley Middle School



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	Sep 9 - Oct 14	7 - 8 p.m.	\$42
Th	Sep 11 - Oct 16	7 - 8 p.m.	\$42
Tu	Oct 21 - Dec 16	7 - 8 p.m.	\$63
Th	Oct 23 - Dec 18 (nc 11/30)	7 - 8 p.m.	\$56

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	Oct 26 - Nov 23	1 - 2 p.m.	\$70
Su	Dec 7 - Jan 18 (nc 12/28)	1 - 2 p.m.	\$84

Fridley Middle School Pool

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

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

Pickleball for beginners is designed to improve players skills while focusing on the fundamentals of the game. We will focus each week on the rules and different techniques to develop your understanding and technique!

18+	W	Sep 24 - Oct 8	6 - 8 p.m.	\$55
Hayes Elementary School Gym				

SKILLS AND DRILLS – BEGINNER/INTERMEDIATE

Get ready to take your pickleball skills to the next level! Each week will focus on a different area of the game while improving your play style and technique.

18+	Sa	Oct 25 - Nov 15	8 - 10 a.m.	\$55
Hayes Elementary School Gym				

LIVE PLAY COACHING (INTERMEDIATE/ADVANCED)

This class will focus on taking your skills and elevating them through the in-game experience! It is designed so you can practice playing at full speed while a pickleball expert can give you tips along the way!

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	Oct 13 - Dec 15	6 - 8 p.m.	\$40
All Ages	W	Oct 22 - Dec 17 (nc 11/26)	6 - 8 p.m.	\$35
Hayes Elementary School Gym				

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/Rec](https://www.fridleymn.gov/Rec).

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

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. Individual Registrations are available for all North Metro Sports Leagues. Visit [FridleyMN.gov/Rec](https://www.fridleymn.gov/Rec) for more info, league rulebooks, and to register as an individual and be placed on a team.

COED BAG TOSS LEAGUE

Grab a partner and play in our indoor Bag Toss League!

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

Th	Oct 2 - Nov 20	6 - 8 p.m.	\$40
Mounds View Community Center			

INDOOR VOLLEYBALL LEAGUE

We offer recreational and competitive leagues for Co-Ed, Women's and Open gender teams year-round. Recreational leagues are for players who want to focus on improving their basic volleyball skills in a low competitive atmosphere and have fun doing it (C or lower B level of play).

Competitive leagues are for teams who have league or tournament experience and have players that can execute basic strategies with ease (B to A level of play).

Coed Rec	M	Sep 15 - Nov 17	6 - 9 p.m.	\$375
Coed Comp	M	Sep 15 - Nov 17	6 - 9 p.m.	\$375
Women's Comp	W	Sep 17 - Nov 19	6 - 9 p.m.	\$375
Open Rec	W	Sep 17 - Nov 19	6 - 9 p.m.	\$375
Individual	M/W	Sep 15 - Nov 19	6 - 9 p.m.	\$45

Highview Middle School/New Brighton Community Center



PUMPKIN NIGHT

IN THE PARK / OCT. 18 | 5-9 P.M.

Tickets | \$12 per person (ages 2 and under are free).
Visit FridleyMN.gov/PumpkinNight to purchase tickets.

Bring the entire family out for a night of gourd-tastic fun. Wander the trails by the light of more than 1,000 jack 'o lanterns, visit with friendly costumed characters, warm up by one of our campfires, enjoy some spooky entertainment at the amphitheater, and nibble on tasty tidbits provided by one of the delicious food trucks.

Where do I park? Easily park for FREE at Spring Lake Park High School and take the FREE shuttle which will drop off at the event gate.

SCAN ME



TWIN CITIES
GATEWAY

SpringbrookNatureCenter.org/PumpkinNight

**PUMPKIN
CARVING**



Reserve a time to bring your the family, your scout group or the entire neighborhood to help carve pumpkins for this year's Pumpkin Night in the Park! You bring the creativity and person power – we provide the rest (gutted pumpkins, carving tools and patterns).

Carving will take place outside at the Picnic Shelter at Springbrook Nature Center. Please make sure to dress for the weather conditions.

Sign up for a timeslot at FridleyMN.gov/PumpkinNight.

**October
12 - 16**
(various times
available)

**RESERVE
YOUR TIME
SLOT TODAY!**