



Parks & Recreation Department

- Recreation Office 763-572-3570
- Senior Program 763-502-5150
- Springbrook Nature Center..... 763-572-3588

City of
Fridley... *Investing in Fridley's Future*

2017
WinterFest
Saturday, January 21st
12:00 - 3:00 p.m.
Fridley Community Center

Winter/Spring 2017 Activities Guide

Jan • Feb • Mar • Apr

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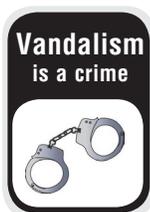
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Telephone Contacts

Recreation Office.....	572-3570
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24-hour Registration...	502-4901
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The Zone.....	502-5160
Park Maintenance	572-3566
FAX	
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Senior Program	502-4980
Springbrook.....	502-4979
City Hall Main Line	571-3450

Repairs Needed In the Parks?

Please notify Park Maintenance at 763-572-3566 if you see broken play equipment, damaged park benches, vandalism to athletic fields or any park facility.



Part-Time Instructors Wanted

The City of Fridley is always looking for new ideas for classes. Got a talent you'd like to share? We are seeking skilled instructors in art, music, preschool classes, adult classes, and more! Contact us at 763-572-3570.



Park Shelter Permits

The Parks & Recreation Department issues park facility permits to groups wishing to use picnic shelters at Flanery Park, Commons Park or Moore Lake Beach. To reserve a park shelter, please request a Rental Application form from the Recreation office. Upon approval of the request, a park permit will be issued. For fee information call 763-572-3570.

Bad Weather Policy

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.

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 Recreation Department publications. If you would prefer that we not use your photo, please let the photographer know.

Community Involvement

It often times takes the help of volunteers within the community to put on many of our events. Safety Camp, Nickel Jamboree, Pumpkin Night in the Park, Spring Fling and Winterfest are just a few of the activities that community groups have assisted us on. If you or your group are interested in volunteering for any of these activities, please call 763-572-3570.

Participant Code of Conduct

All participants are expected to exhibit appropriate behavior at all times while participating, being a spectator, or attending any program or activity conducted or sponsored by the City of Fridley Parks & Recreation Department. The following guidelines are designed to provide safe and enjoyable activities for all participants:

1. Show respect to all participants and program staff.
2. Take direction from program staff/supervisors.
3. Refrain from using abusive or foul language.
4. Refrain from causing bodily harm to self, other participants, or program staff/supervisors.
5. Refrain from damaging equipment, supplies, and facilities.

Failure to follow these rules may result in a suspension of participation. The City of Fridley Parks & Recreation Department strives to make your participation fun-filled, rewarding, educational and safe. Thank you for your cooperation.



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<https://www.facebook.com/CityofFridley/>

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Fridley, DID YOU KNOW

PARKS & RECREATION
Enriching Life. Inspiring Community.

Fridley's parks provide a place for citizens to gather for citywide festivals, as well as public and private events. The park picnic shelter at Commons Park alone is reserved about 50 times each summer. Parks are used to host weddings, company picnics, family reunions, non-profit fundraisers, and wide range of other special events. Fridley Parks and Recreation also hosts a variety of events in the parks that bring our community together.

Skating Rinks

There will be one warming house facility located at Commons Park. Warming house hours will be: weekdays 4:00 p.m. to 9:00 p.m.; weekends, holidays and school-out days 12 noon to 9:00 p.m.; Christmas Eve, Christmas Day, New Year's Eve and New Year's Day 12 noon to 4:00 p.m.

The City of Fridley attempts to have safe, skateable ice available in mid-December, however, it requires 7 – 10 consecutive days of temperatures below 32° while putting the water down to get a 3-4" layer of ice. Please remember that warm conditions, freezing rain and even snow can slow down this process.

Getting the Buckthorn Out!

Buckthorn is an invasive species of tree that has become widespread throughout Minnesota. If left alone, the buckthorn will continue to spread and kill native plants and trees. Innsbruck Park is a 24-acre wooded park with trails, marsh and wildlife areas in Fridley and has been invaded with Buckthorn. This fall, neighborhood volunteers helped to remove seedlings and small trees from this park. This is an excellent example of community involvement so that city money and staff time could be spent on other improvements!

Get Involved!

Did you know that there are many opportunities for citizens of all ages in Fridley to get involved our community? The Parks & Recreation Department has volunteer opportunities available during our special events throughout the year as well as volunteer opportunities at our Senior Center. The Police and Fire Departments have an Explorer program for teenagers, and there is a Police Reserve Officer program for adults. You can also become a Block Captain or a volunteer firefighter! Call 763-571-3540 to talk to someone about your future involvement and how you can help.

Activities For All Ages



City of Fridley WINTERFEST

12:00 - 3:00 p.m.

Saturday,

January 21, 2017

Commons Park &
Fridley Community Center

Dog sled rides, horse-drawn hay ride, ice skating, sledding and snowball launching are just a few of the many outdoor activities you can participate in. Challenge yourself and your family to a medallion hunt with a **\$100** prize. Keep warm at the huge bonfire while enjoying s'mores or go indoors for crafts, refreshments, BINGO, games, and dancing at the Fridley Community Center.

Call 763-572-3570 for information.

Pre-school Activities

The following classes will be held in the gymnasium at the Fridley Community Center, 6085 7th Street NE. *Participants must be the minimum advertised age by the start of the program.* Min/max: 8/12.

Gym Jam

Ages 3-4

We'll play a variety of games including "Swim Fish, Swim," "What Time is it Mr. Fox?," parachute games and many more. Children will have fun while building social skills. Please make sure to wear gym shoes.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
182401-1	Tu	Jan 24 - Feb 21	5:30 - 6:15 p.m.	\$25
182401-2	Sa	Jan 28 - Feb 25	9:00 - 9:45 a.m.	\$25

Floor Hockey

Ages 4-5

Boys and girls will learn basic skills, rules and game play in this fun and social class. Sportsmanship and teamwork will be emphasized. Please wear tennis shoes.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
182503-1	Th	Jan 26 - Feb 23	5:30 - 6:15 p.m.	\$25
182503-2	Sa	Jan 28 - Feb 25	11:15 a.m. - 12:00 p.m.	\$25

Tot Time 10:00 - 11:00 a.m.

Feeling cooped up inside this winter? Bring your tots out to the gym for an hour of activity. This is a perfect time for parents and children to interact and burn some of that energy! Tot time makes playing together easy. Enjoy free play with balls, hoops, scooters, jump ropes, parachutes, music and more! Recommended ages 1-5.

FCC Gym

Saturdays, Jan 28 - Feb 25

Hayes Elementary Gym

Saturdays, Mar 11 - Apr 8

Saturdays, Apr 22 - May 20

Drop in fee:

\$2 per child

\$4 per family

5 visit Punch Card - Child: \$5

5 visit Punch Card - Family: \$10

The following classes will be held in the gymnasium or cafeteria at the Hayes Elementary School, 615 Mississippi Street NE. *Participants must be the minimum advertised age by the start of the program.* Min/max: 8/12.

Little Athletes

Ages 3-4

Each week we'll introduce a new sport. Participants will learn the basic fundamentals while having fun exploring such sports as floor hockey, t-ball, soccer, basketball and flag football in this program.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
182403-1	Sa	Mar 11 - Apr 8	9:00 - 9:45 a.m.	\$25
182403-2	Th	Mar 16 - Apr 13	5:30 - 6:15 p.m.	\$25

Basketball

Ages 4-5

This fun class is a great introduction to the sport of basketball! We'll begin to learn shooting, dribbling and passing skills through fun games and drills.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
182402-1	Tu	Mar 14 - Apr 11	5:30 - 6:15 p.m.	\$25
182402-2	Sa	Mar 11 - Apr 8	11:15 a.m. - 12:00 p.m.	\$25

T-Ball

Ages 4-5

Participants will learn and practice basic T-Ball skills including throwing, catching and hitting as well as the basic rules of the game in this program. Emphasis will be on skill development, not game play. Classes will be held outside when possible.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
182505-1	Sa	Apr 22 - May 20	11:15 a.m. - 12:00 p.m.	\$25
182505-2	Tu	Apr 18 - May 16	5:30 - 6:15 p.m.	\$25

Soccer

Ages 4-5

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.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
182504-1	Sa	Apr 22 - May 20	9:00 - 9:45 a.m.	\$25
182504-2	Th	Apr 20 - May 25	5:30 - 6:15 p.m.	\$25

Pre-school Activities

Dance Combo

This class is a great introduction to dance for your preschooler. Children will enjoy learning basic dance steps for ballet, tap, tumbling and creative movement. Rhythm and coordination will be developed while having fun moving to the music. Classes will be held in the dance room located in the lower level of the Fridley Community Center. Min/max: 6/10

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
182102-1	Sa	Jan 7 – Feb 11	10:00 – 10:45 a.m.	3-4	\$30
182102-2	Sa	Jan 7 – Feb 11	11:00 – 11:45 a.m.	5-6	\$30
182102-3	Sa	Feb 25 – Apr 1	10:00 – 10:45 a.m.	3-4	\$36
182102-4	Sa	Feb 25 – Apr 1	11:00 – 11:45 a.m.	5-6	\$36

Classes will not meet on January 21st.

Parent/Child Creative Movement

Ages 1-3

This class promotes early development by taking advantage of your child's critical early years. Parents will assist with basic tumbling activities and learn with their child creative movement exercises that can be done at home with their child. This class will help build a foundation of balance and strength that will prepare your child for advanced challenges within future dance, gymnastics and/or sports programs. Classes will be held in the dance room located in the lower level of the Fridley Community Center.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
182101-1	Sa	Jan 7 – Feb 11	9:00 – 9:45 a.m.	1-3	\$30
182101-2	Sa	Feb 25 – Apr 1	9:00 – 9:45 a.m.	1-3	\$36

Classes will not meet on January 21st.

Nature Tots Yoga

Join us in the newly remodeled Springbrook Nature Center (100 - 85th Ave NW) where your child can participate in a fun yoga class while looking out the floor to ceiling windows at the view of the forests, prairies and wetlands. Children will learn through stories, games and play in this active class. Instructor Carisa is a longtime yogi and has a passion for teaching little ones. This will be a fun and creative environment for your toddler.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Ages</u>	<u>Fee</u>
182103-1	Th	Jan 19 – Mar 9	9:30 – 10:15 a.m.	3-5	\$56
182103-2	Th	Mar 23 – May 11	9:30 – 10:15 a.m.	3-5	\$56

'49er Days 2017

After over 40 years of celebrating Fridley '49er Days and promoting our great city the committee members were forced to make a difficult decision.

Since the beginning, it has been our mission to celebrate the people and businesses that make Fridley a great place to live and work. In the past ten years, the Fridley '49er Days Festival, Inc. (a non-profit group) has found it very difficult to continue as we have due to lack of funding and lack of interest from volunteers. There was once a day that we had close to two dozen volunteers to help put on this three-day festival – now, we are lucky to have six.

We have no magic answers right now, but you WILL see a change in 2017:

1. Fridley '49er Days will now be doing business as Fridley Fest.
2. The name change is due to the fact that it will be a ONE DAY festival -- on a Saturday.
3. With cooperation from the Fridley Lions Club, the parade will kick off the day beginning at 10:00 a.m. – the Fun Run will still precede the parade.
4. Family and kids activities will begin at noon, following the parade.
5. Food concessions will open to parade attendees and remain open until 10:00 p.m.
6. We hope to have fireworks again this year to end the night.

We would like to thank everyone who has contributed over the years toward making this festival happen – you are what makes Fridley great!

Fridley,
DID YOU KNOW?
PARKS & RECREATION
Enriching Life. Inspiring Community.

Parks and Recreation agencies provide many benefits for their communities including health and wellness, recreational experiences, environmental resources, safety and security, economic development, and much more!



After-School Activities (Grades K-4)

About the Program

The after-school programs offered give children an opportunity to have fun, learn some new skills, be with their friends, make new friends and enjoy the after-school hours when many other children go home -- sometimes to an empty house. Each month we'll be offering a variety of classes including sports, arts, crafts, clubs, science and enrichment. We register students for an individual class that will meet once per week from 3:45 - 5:15 p.m. Students can sign up for just one or all the classes. Don't miss out on this great opportunity to give your children a chance to discover their interests and talents.

Location of Activities

Participants will meet their instructor in the cafeteria at their school. During the class activity time some classes will go to the gym or outside. **All participants will return to the cafeteria at 5:15 p.m. for pick up.**

Snack Program

The snack program is brought to you by your School's Food Services. Students can have a snack for FREE using their lunch account number. The snack comes with milk or juice.

Extended Care Option: 5:15-6:00 p.m.

This is an option for parents/guardians that cannot pick-up their child(ren) by 5:15 p.m. Students that participate in the extended care option stay with a Fridley Recreation staff member until they are picked up - anytime between 5:15 and 6:00 p.m. Registration required, \$3 per day.

Child Pick-up

For the safety of your child we ask that you come into the cafeteria to pick-up your child after activities. No child will be released without a parent/guardian unless they have written permission to go with someone other than the parent. At Hayes and Stevenson please enter at the door near the cafeteria.

Fee Assistance

The City of Fridley offers a Fee Assistance program for Fridley residents who qualify for the MN School District Free or Reduced Lunch Program. You must apply in person at the Recreation office with proof of residency and Free/Reduced Lunch Statement from the school. For further information call 763-572-3570.

HA = Hayes

ST = Stevenson

Arts & Crafts

Sculpture & Clay Creations

Come play with clay! You'll learn building and shaping techniques using a variety of clay. Some will be baked, some will air dry and some we'll make ourselves. In addition, we'll use wire, foam and found objects to create fun 3D projects.

Activity #	Loc	Gr	Day	Dates	Fee
192207-1	HA	K-4	W	Jan 4 – Feb 22	\$44
192207-2	HA	K-4	W	<i>Extended Hours</i>	\$24
192208-1	ST	K-4	Th	Jan 5 – Feb 23	\$39
192208-2	ST	K-4	Th	<i>Extended Hours</i>	\$21

No class on Thursday, January 26th.

Bead & Art Projects

We will work with a variety of beads to design jewelry, key chains and more! We'll also create some colorful art work to decorate your home for the spring season. This class is sure to impress your family, as you will be bringing home a variety of artwork to display!

Activity #	Loc	Gr	Day	Dates	Fee
192102-1	HA	K-4	M	Feb 27 – Apr 24	\$44
192102-2	HA	K-4	M	<i>Extended Hours</i>	\$24
192103-1	ST	K-4	Th	Mar 2 – Apr 27	\$44
192103-2	ST	K-4	Th	<i>Extended Hours</i>	\$24

No class on Monday, April 3rd or Thursday, April 6th.

Photos & Frames

We'll be exploring different types of photography both indoors and out. You'll learn how to take good keepsake pictures and then create decorative frames to display them.

Activity #	Loc	Gr	Day	Dates	Fee
192106-1	HA	K-4	M	May 1 – May 22	\$22
192106-2	HA	K-4	M	<i>Extended Hours</i>	\$12
192107-1	ST	K-4	Th	May 4 – May 25	\$22
192107-2	ST	K-4	Th	<i>Extended Hours</i>	\$12



After-School Activities (Grades K-4)

Sports

Floor Hockey League

Come and join the team! This league will be made up of fun practice time and exciting competition between schools! We will have a team at both Stevenson and Hayes Elementary. On practice days, participants will work on basic skills, rules, and game strategy with an emphasis on sportsmanship and teamwork. On game days, teams will travel between schools to compete against each other. Recreation staff will transport teams from one school to the other via the Recreation passenger van. Practices and games will take place after school from 3:45 - 5:15 p.m. Team t-shirts will be provided to players to identify their school's team. Please note t-shirt size on your registration form. Max: 10.

Activity #	Loc	Gr	Day	Dates	Fee
192201-1	HA	1-2	Tu	Jan 3 – Feb 21	\$42
192201-2	HA	1-2	Tu	<i>Extended Hours</i>	\$24
192202-1	HA	3-4	W	Jan 4 – Feb 22	\$42
192202-2	HA	3-4	W	<i>Extended Hours</i>	\$24
192203-1	HA	K	Th	Jan 5 – Feb 23	\$38
192203-2	HA	K	Th	<i>Extended Hours</i>	\$21
192204-1	ST	1-2	Tu	Jan 3 – Feb 21	\$42
192204-2	ST	1-2	Tu	<i>Extended Hours</i>	\$24
192205-1	ST	3-4	W	Jan 4 – Feb 22	\$42
192205-2	ST	3-4	W	<i>Extended Hours</i>	\$24
192206-1	ST	K	Th	Jan 5 – Feb 23	\$38
192206-2	ST	K	Th	<i>Extended Hours</i>	\$21

No class on Thursday, January 26th.

**COMING
SOON!**

National Flag Football League Sundays Ages 4-14



Join us for an experience like no other! Are you ready to experience a league like no other? National Flag Football is the largest NFL FLAG affiliate program not only in Minnesota, but in the entire country! Convenient practices will begin Sunday, April 30th while the season will run through June. All practices will take place one hour before your scheduled game time.

Teams will be made up of youth from Fridley, Spring Lake Park and Mounds View.

To register go to www.nationalflagfootball.com.

Dodgeball League

There are a variety of ways to play Dodgeball and we'll try four different versions. Soft foam 'Gator Skin' balls will be used. This 8-week league will be made up of fun practice time and exciting competition between schools! We will have a team at both Stevenson and Hayes Elementary. On practice days participants will work on basic skills, rules and game strategy with an emphasis on sportsmanship and teamwork. On game days teams will travel between schools to compete against each other. Recreation staff will transport teams from one school to the other via the Recreation passenger van. Practices and games will take place after school from 3:45 - 5:15 p.m. Colored sweatbands will be provided to players to identify their school's team. Max: 10.



Activity #	Loc	Gr	Day	Dates	Fee
192108-1	HA	1-2	Tu	Feb 28 – Apr 25	\$38
192108-2	HA	1-2	Tu	<i>Extended Hours</i>	\$24
192109-1	HA	3-4	W	Mar 1 – Apr 26	\$38
192109-2	HA	3-4	W	<i>Extended Hours</i>	\$24
192110-1	HA	K	Th	Mar 2 – Apr 27	\$38
192110-2	HA	K	Th	<i>Extended Hours</i>	\$24
192111-1	ST	1-2	Tu	Feb 28 – Apr 25	\$38
192111-2	ST	1-2	Tu	<i>Extended Hours</i>	\$24
192112-1	ST	3-4	W	Mar 1 – Apr 26	\$38
192112-2	ST	3-4	W	<i>Extended Hours</i>	\$24
192113-1	ST	K	Th	Mar 2 – Apr 27	\$38
192113-2	ST	K	Th	<i>Extended Hours</i>	\$24

No class on Tuesday, April 4th, Wednesday, April 5th or Thursday, April 6th.

Flag Football

Many games and activities will be used to develop throwing, catching, running, kicking and play strategy. Techniques, sportsmanship, and teamwork will be emphasized during daily game playing. Weather permitting we will play outside, please dress appropriately.

Activity #	Loc	Gr	Day	Dates	Fee
192221-1	HA	K-2	Tu	May 2 – May 23	\$18
192221-2	HA	K-2	Tu	<i>Extended Hours</i>	\$12
192222-1	HA	3-4	W	May 3 – May 24	\$18
192222-2	HA	3-4	W	<i>Extended Hours</i>	\$12
192223-1	ST	K-2	Tu	May 2 – May 23	\$18
192223-2	ST	K-2	Tu	<i>Extended Hours</i>	\$12
192224-1	ST	3-4	W	May 3 – May 24	\$18
192224-2	ST	3-4	W	<i>Extended Hours</i>	\$12

After-School Activities (Grades K-4)

Fun & Games

Ice Skating & Snow Fun

Bundle up because we're heading outside to enjoy the winter in Minnesota! We'll be ice skating, building snowmen, ice bowling and more! If weather does not permit, we will find an indoor activity for the day. Please bring your own skates — and snow pants, hat, mittens, scarf and boots. NOTE: Stevenson participants will be transported to Hayes on ice skating days.

Activity #	Loc	Gr	Day	Dates	Fee
192209-1	HA	K-4	M	Jan 9 – Feb 13	\$23
192209-2	HA	K-4	M	<i>Extended Hours</i>	\$15
192210-1	ST	K-4	M	Jan 9 – Feb 13	\$23
192210-2	ST	K-4	M	<i>Extended Hours</i>	\$15

No class on Monday, January 16th or February 20th.

All About Animals

From mammals to amphibians; animals are everywhere! Join us as we learn about different species from all around the world and how they can live where they do. We'll play games, make projects and have a blast!

Activity #	Loc	Gr	Day	Dates	Fee
192104-1	HA	K-4	W	Mar 1 – Apr 26	\$44
192104-2	HA	K-4	W	<i>Extended Hours</i>	\$24
192105-1	ST	K-4	M	Feb 27 – Apr 24	\$44
192105-2	ST	K-4	M	<i>Extended Hours</i>	\$24

No class on Monday, April 3rd or Wednesday, April 5th.

Outdoor Play

Burn some energy in this class! We'll play a variety of games including: tag, medic and kickball. In addition, we'll explore the school grounds on scavenger hunts and we'll end each day with everyone's favorite, playground time! Please wear tennis shoes and dress for the weather. If the weather does not permit, we will move our activities into the gym.

Activity #	Loc	Gr	Day	Dates	Fee
192211-1	HA	K-4	Th	May 4 – May 25	\$18
192211-2	HA	K-4	Th	<i>Extended Hours</i>	\$12
192212-1	ST	K-4	M	May 1 – May 22	\$18
192212-2	ST	K-4	M	<i>Extended Hours</i>	\$12

Party Planners

In this fun class you'll learn how to put on your very own party. We'll be choosing a theme, creating the decorations, making the food, setting the table and serving the snacks! Each participant will be able to invite one friend to attend their party on the last day of class.

Activity #	Loc	Gr	Day	Dates	Fee
192213-1	HA	K-4	W	May 3 – May 24	\$22
192213-2	HA	K-4	W	<i>Extended Hours</i>	\$12
192214-1	ST	K-4	Tu	May 2 – May 23	\$22
192214-2	ST	K-4	Tu	<i>Extended Hours</i>	\$12

After-school Valentine Party!

3:45 - 5:30 p.m.

\$5.00

KidsDance DJ is back with Music, Dancing, Games and Prizes!
Snack provided.

Hayes: Friday, February 10

Registration Deadline: February 3

Hayes Activity #: 192220-1

Stevenson: Friday, February 17

Registration Deadline: February 10

Stevenson Activity #: 192220-2

Registration Deadline: In order to provide the best possible experience for the children attending the party, we need time to plan for the amount of supplies and staff needed for this large scale event. It is also very important for the teachers and school staff to know who will be attending so they can prepare for dismissal. For these reasons **we are not able to accept registrations after 4:30 p.m. on the deadline listed** above, so PLEASE REGISTER EARLY!

Youth Trips/Special Events

Take advantage of these opportunities to get out and about this winter. Youth Recreation leaders will supervise all trips. Transportation will be provided from the Fridley Community Center - EAST entrance, 6085 7th Street; please meet in the Zone which is located in the lower level. Fees include transportation, admission, and supervision. If you have any questions regarding the trips listed below, please call 763-572-3570.

Extended hours (Ext Hrs) are also available for each activity for the additional cost listed below. Participants registered for extended hours may arrive as early as 7:30 a.m. and stay as late as 5:30 p.m. Children will enjoy a laid-back morning and afternoon in the Zone (FCC lower level). Activities may include: foosball, billiards, movies, dancing, board games, crafts and coloring/drawing. **Note: early arrival and late pick-up of participants more than 15 minutes will result in an additional \$5 fee for every 15 minutes from the scheduled arrival/pick-up time.**

Winter Get-a-Ways



Snow Tubing at Elm Creek Friday

**Grades K-5
January 27**

If you like sledding, you'll love snow tubing at Elm Creek Winter Recreation Area in Maple Grove. Ride a moving sidewalk up a hill 10 stories high and then soar back down on a specially designed inner tube. Tubers of all ages will have a blast speeding down the chutes. There are steeper chutes for the more daring and easier chutes for those looking for a more laid-back ride. All of the tubing lanes are designed for safety and fun. Please bring a bag lunch and warm clothes (jacket, snow pants, boots, warm mittens, and hat).

Activity #	What	Time	Fee
194102-1	Outing	9:30 a.m. – 4:00 p.m.	\$28
194102-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

Snow Tubing at Green Acres Monday

**Grades K-5
January 16**

Join us for a day of excitement and adventure. We will start the day at Green Acres where we will have a BLAST tubing the hills – remember to dress warm! Bring a bag lunch – we will use the chalet to warm up in and eat. In the afternoon we'll watch a movie on the big screen at the Fridley Community Center. Please bring outdoor wear: snow pants, jacket, warm mittens, hat and boots.

Activity #	What	Time	Fee
194100-1	Outing	9:30 a.m. – 4:00 p.m.	\$28
194100-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

MN History Center Thursday

**Grades K-5
January 26**

The Minnesota History Center has a wide range of exhibits for us to enjoy. Whether participating in the interactive quiz show in MN150, climbing the replica grain elevator in Grainland, experiencing the tornado in Weather Permitting, or playing hopscotch in Open House, there won't be a dull moment. In addition, we'll have the opportunity to participate in a fun program where we'll learn all about the stories of important Minnesota Inventors! Please bring a bag lunch.

Activity #	What	Time	Fee
194101-1	Trip	9:30 a.m. – 4:00 p.m.	\$28
194101-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

MN Wild Woods Water Park Monday

**Grades K-5
February 20**

We're off to the north woods themed water park in Elk River for an awesome adventure! We'll enjoy the amazing four-story water slides, including two tube slides, one body slide and the Prospector's Pan, a bowl shaped tube slide. Cruise down the lazy river or go one-on-one at the water basketball court. Please bring a swimsuit and towel. A pizza lunch will be provided.

Activity #	What	Time	Fee
194103-1	Trip	9:30 a.m. – 4:00 p.m.	\$28
194103-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

December Break Trips!

Tuesday, December 27

Chuck E. Cheese's & Adventure Peak

Wednesday, December 28

Tropics Water Park & Adventure Playground

Thursday, December 29

MN Science Museum and Omnitheater

Friday, December 30

Pump It Up & Bowling

Call 763-572-3570 for more info.

Youth Trips/Special Events

SPRING BREAK VACATIONS



The activities listed below are for children in grades K-5. Transportation for trips is provided from the Fridley Community Center (FCC), 6085 7th Street N.E. Please meet the Recreation staff in the ZONE, located in the lower level of the FCC.

Extended hours (Ext Hrs) are also available for each activity for the additional cost listed below. Participants registered for extended hours may arrive as early as 7:30 a.m. and stay as late as 5:30 p.m. Children will enjoy a laid-back morning and afternoon in the Zone (FCC lower level). Activities may include: foosball, billiards, movies, dancing, board games, crafts and coloring/drawing. **Note: early arrival and late pick-up of participants more than 15 minutes will result in an additional \$5 fee for every 15 minutes from the scheduled arrival/pick-up time.**



UTAH: Big Thrill Factory Monday, April 3

Are you ready to visit the Beehive State? We are off to Utah where the mountains are high and the canyons are deep; a great place for this year's National Laser Tag Championships! We'll have a blast at the Big Thrill Factory where we'll play laser tag, climb in their indoor playground, test your luck in the arcade and compete against your friends in the BTF Time Challenge. Don't forget to pack a bag lunch.

Activity #	What	Time	Fee
194201-1	Trip	9:30 a.m. – 4:00 p.m.	\$28
194201-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

GREAT BARRIER REEF: FMS Pool Tuesday, April 4

G'day mate! Welcome to the Great Barrier Reef just off the coast of Australia. We'll spend the morning playing aussie games and creating a cool project in the ZONE! After lunch we'll walk up to the Fridley Middle School for a pool party! Dive under water to explore the reef! If the weather does not permit, participants will be transported in the passenger van. Don't forget to pack a swimsuit, towel and a bag lunch.

Activity #	What	Time	Fee
194202-1	Trip	9:30 a.m. – 4:00 p.m.	\$20
194202-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

SAVE with the Vacation Package

Join us for all 5 extended day trips and receive a discount by registering for the vacation package.

Activity #	What	Time	Fee
194200-1	All 5 days	7:30 a.m. - 5:30 p.m.	\$132

RAINFOREST: Minnesota Zoo

Wednesday, April 5

Our adventure will begin with an exciting trip to the Minnesota Zoo where we will explore the animals of the wild kingdom. After our midday break to eat lunch we'll hike through the exciting Rainforest Trail. From the forest floor to the canopy and beyond, many unique and interesting plants and many well-camouflaged animals can be found here and nowhere else. Don't forget to wear tennis shoes and bring a bag lunch.

Activity #	What	Time	Fee
194203-1	Trip	9:30 a.m. – 4:00 p.m.	\$28
194203-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

NEW YORK CITY: Crayola Experience

Thursday, April 6

We're off to the Big Apple where the Crayola business began! We'll learn lots of fun facts through out the day as we enjoy the over 25 hands on exhibits at the Crayola Experience in the Mall of America. This exciting new destination has a wide variety of attractions including a station where you can make your own crayon to one where you can make a sculpture with Model Magic! There are also two fun programs that we'll watch and learn about how crayons and silly putty are made. Don't forget to pack your creativity and a bag lunch!

Activity #	What	Time	Fee
194204-1	Trip	9:30 a.m. – 4:00 p.m.	\$28
194204-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

CARRIBEAN: Maple Grove Community Center

Friday, April 7

We're off to the Maple Grove Community Center for a day of fun. We'll start the day at the Grove Cove Aquatic Center which features a zero-depth beach area, water spray activities and a 130-foot waterslide. Following our time in the pool we'll check out the Maple MAZE indoor playground to explore the tree house and slide down the four slides! Don't forget to pack a swimsuit, towel and a bag lunch.

Activity #	What	Time	Fee
194205-1	Trip	9:30 a.m. – 4:00 p.m.	\$28
194205-2	Ext Hrs	7:30 a.m. – 5:30 p.m.	\$8

The ZONE

Where can you go to get out of the cold, and have fun at the same time? That's right, THE ZONE! The fireplace will be lit, and the fun and cozy environment will make you feel at home. Homework help and free snacks are provided daily, with concessions available at an additional cost. Build amazing crafts; enjoy field trip outings, and themed dance parties. The Zone is open after school to youth in grades 5 – 8 from 3:00 – 5:45 p.m. Monday thru Friday, and grades 7 – 9 on Fridays from 6:00 – 8:30 p.m. The ZONE is located at the Fridley Community Center, 6085 7th Street N.E., Fridley. For more information, call 763-572-3570

<u>Afterschool (Grades 5-8)</u> 3:00 - 5:45 p.m.	ONLY \$1 DAILY ADMISSION	<u>Friday Evenings (Grades 7-9)</u> 6:00 - 8:30 p.m.
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**MN Timberwolves vs. Memphis Grizzlies
Family Night & Pre-Game Shoot Around**
Friday February 24

Join us at Target Center to watch the Timberwolves defeat the Memphis Grizzlies. Game time 7:00 p.m. Zone Participants will have the opportunity to meet the players during pre-game shoot around. The number of tickets are limited so make sure to register early. Please bring spending money for food and beverages. Min/Max 10/40

Activity #	Grades	Time	Fee
191106-1	5-8	6:30 – 10:00 p.m.	\$36

Registration deadline is Friday, February 3rd.



Parties at the ZONE

Available Saturdays and Sundays!

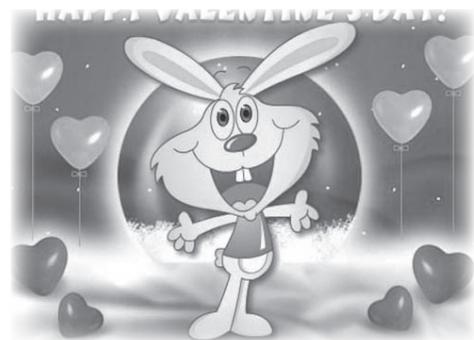
The ZONE is available on Saturdays between 1:00 and 10:00 p.m. and Sundays between 1:00 and 6:00 p.m. -- you choose the hours. Your party could include use of the dance floor, pool tables, Foosball table, Playstation, Air Hockey, sound system, gym (additional cost), and more! We provide the staff for general assistance and operation of equipment. Your group is responsible for providing adult chaperones (1 per 10 kids), set-up, and clean-up.

ZONE Hourly Fees

<u>Residents</u>			<u>W/Gym</u>
Youth Party (grades K-8)	\$25	\$40	
Youth Party Package (grades K-8).....	\$135	\$180	
Non-Youth Rental	\$50	\$75	
Non-Profit Organization	\$95	\$120	
Fundraising Gatherings	\$140	\$165	
<u>Non-Residents</u>			
Youth Party (grades K-8)	\$35	\$55	
Youth Party Package (grades K-8).....	\$165	\$225	
Non-Youth Rental	\$95	\$120	

Party Time at the ZONE!

Join us as we celebrate Valentines Day. Be sure to take advantage of the earlybird registration!!! Price will increase to \$13/person after the deadline.



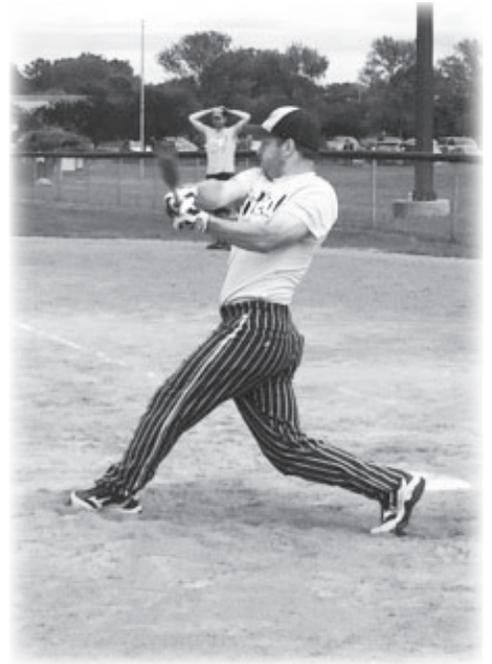
Valentine Party		Grades 5 – 8	
Friday		February 10	
Come be our Valentine and let's party! A live DJ and pizza is provided.			
Activity #	Grades	Time	Fee
191105-1	5-8	3:15 – 6:30 p.m.	\$8
<i>Registration deadline is Friday, February 3rd.</i>			

2017 Adult Softball Leagues

Registration for the 2017 adult softball league is currently underway. Teams will play doubleheaders at Community Park. Entry fees will include softballs and umpires. Registration begins February 2nd.

<u>League</u>	<u>Day</u>	<u>Price</u>	<u>HR Hitter</u>
Men's E	Su	\$710	1
Men's D	Su	\$710	3
Men's D - Upr	M	\$780	3
Men's D - Lwr	M	\$780	3
Men's D	Tu	\$780	3
Men's D	Tu	\$780	3
Men's D	W	\$780	3
Men's	W	\$780	3
Men's D	Th	\$780	3
Men's E	Th	\$780	1
*Co-Rec (11"/12")	F	\$625	3

***Not a double-header format.**



Adult Co-Rec Kickball League

Co-Sponsored with the City of Blaine

Games will be played on Sunday evenings beginning May 7th. Games will be held at Community Park in Fridley and Aquatore Park in Blaine. Teams will be playing doubleheaders for 8 weeks (16 games). Games will consist of 7 innings (55 minutes). Teams will consist of 11 players and must field a minimum of 4 females and 4 males to start. Roster maximum is 20-players. Registration begins March 27th.

Entry Fee: \$215/team Activity #: 380125-1



Open Gym

**Hayes Elementary School
3:00 - 6:00 p.m.**

The facility will be open for community use according to the schedule below. Hayes Elementary is located at 615 Mississippi St. NE.

Winter Schedule

**Sundays, January 8 - 29
\$3 per person/\$6 per family**

Free Play.....3:00 - 4:00 p.m.

Basketball4:00 - 6:00 p.m.

**Sundays, February 5 - February 26
\$3 per person/\$6 per team**

Basketball3:00 - 6:00 p.m.



2016-2017 Winter/Spring Programs and Events

A Message from Springbrook Nature Center Director

- Mike Maher

The staff at Springbrook Nature Center invite you to plan a visit to our all new interpretive center to enjoy and explore the wonders of nature. We strive for our guests to feel at home as they explore exhibits, watch birds by the fireside or participate in one of our many program offerings. It has been a thrill and an honor to re-open our beautiful new facility and we look forward to many years of serving the Fridley community in the new Springbrook Nature Center building.



Your new Nature Center allows us to offer an expanded range of programs and services. While we continue to offer community favorites such as our Pumpkin Night in the Park event, live animal feedings, summer camps, birthday parties and school programs, we look forward to many new programs as well.

Our popular playful polliwogs class for preschoolers and parents has been a big hit on Tuesday mornings. In 2017, we will offer this program in the evening as well so that working parents can enjoy special time in nature with their little ones. We have added new programs to our exciting Discovery Dinner series, created all new Saturday family fun days and expanded our hours on Sundays so the community can experience research up close as birds are banded, recorded and released for scientific study.

Winter can be a magical time to explore the Springbrook trails as woodpeckers, deer, fox, coyotes, owls and many other animals remain active and leave exciting clues to their activities. The snow is perfect for play or a quiet snowshoe hike. Snowshoes can be rented at the nature center and our staff can give a few pointers to those just discovering this fun recreational activity.

We strive to offer something for everyone so please visit our website for a complete listing of our programs and services. Keep an eye out this spring as we continue to improve the nature center by adding a community amphitheater, made possible by the Fridley Lions and a nature-based play area made possible by Jerry and Patricia Hartlaub. You can always reach me with questions, comments or suggestions at Mike.Maher@FridleyMN.gov. I hope to see you soon at Springbrook Nature Center.



Springbrook Winter/Spring Programs

Animal Feeding

Sundays

11:00 a.m.

Have you ever wanted to see how a turtle finds its food? Would you like the chance to see a snake eat? Come to the nature center and get a glimpse into the feeding behaviors of reptiles and amphibians. A naturalist will be onsite interpreting the behaviors. At the end of the program, stick around and meet a live animal. There is no charge for this program.

Chicks in the Sticks

Fridays

6:00 - 8:00 p.m.

Get active this winter! Gather the ladies and let's go snowshoeing! Our evening starts with a little learning about snowshoes. Then we'll venture out for a snowshoe hike in the woods. There will be surprises along the way, and tasty morsels back at the building. This will be an evening to remember, just you and the girls!

Activity #	Date	Activity	Fee
187102-1	Jan 13	Snowshoe Hike	\$5
187102-2	Feb 10	Snowshoe Hike	\$5
187102-3	Mar 3	Snowshoe Hike	\$5

Snowshoe rental is an additional \$5.

Bird Banding

Help capture and release wild birds for this banding research program. Hold in your hand cardinals, chickadees, robins, and more as they are released. The birds are measured, weighed, examined for fat and other health indicators, aged and sexed (if possible), fitted with a light-weight band with a unique number on it and then released. Springbrook's bird banding project is one of the longest and continual bird banding projects in Minnesota.

Docent Volunteers Needed!

Springbrook Nature Center is looking for individuals with an interest in engaging and educating the public about various aspects of our trails and exhibits.

Benefits to Being a Docent

- Expand your knowledge of the natural environment at Springbrook Nature Center.
- Stay engaged in lifelong learning about nature, science, and the local community.
- Have fun discovering local ecosystems through the eyes of enthusiastic visitors.
- Make new friends who enjoy learning, exploration, and working with people as much as you do!

Requirements for Becoming a Docent

- Completed Springbrook Volunteer Application
- Clean Background Check
- Attend Initial Orientation and Subsequent Trainings

Environmental Education Programs

Our talented naturalist staff is ready to present a program to your school classroom, community group, scout troop, or daycare center. Programs are 90 minutes in length. Choose a single program, half day option, or full day option. If you're looking for a fun and engaging way to learn about science and nature, look no further! Call us for more information and to book your program.

Pricing

Single Program: \$6 per student, \$60 minimum charge

Half Day (two programs): \$10 per student, \$100 minimum charge

Full Day (three programs, plus time for lunch onsite): \$15 per student, \$150 minimum charge

Classes offered: Animal Signs, Birds, Forest Ecology, Fungus, Insects, Mammals, Reptiles & Amphibians, Wetlands, Orienteering, Outdoor Survival, Snowshoeing, and Group Team Building

Saturday Family Fun Days

Saturdays

10:00 - 11:30 a.m.

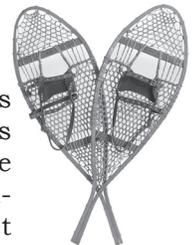
Bring the entire family out to experience the WILD at Springbrook Nature Center. Explore the trails, learn new skills, meet live animals and more. There are new themes each month! Please dress to enjoy the weather. Activities will be geared towards elementary school-aged children, but all are welcome.

Activity #	Date	Activity	Fee
187103-1	Jan 14	Snowshoe Trek	\$5
187103-2	Feb 11	Love 'N' Nature	\$5
187103-3	Mar 11	Spring, Sugar & Stories	\$5
187103-4	Apr 8	Zoom in on Spring	\$5

Maximum family rate of \$15.

Snowshoe Rentals Available!

Don't let snow and cold temperatures keep you cooped up inside. Winter is the perfect time to get outside and be active! Rental snowshoes are available to help you experience the quiet of snow covered trails.



Rental Fees:

\$5 per pair of snowshoes, for up to two hours of use

Rental Hours:

9:00 a.m. - 3:00 p.m.

(must return snowshoes by 5:00 p.m.)

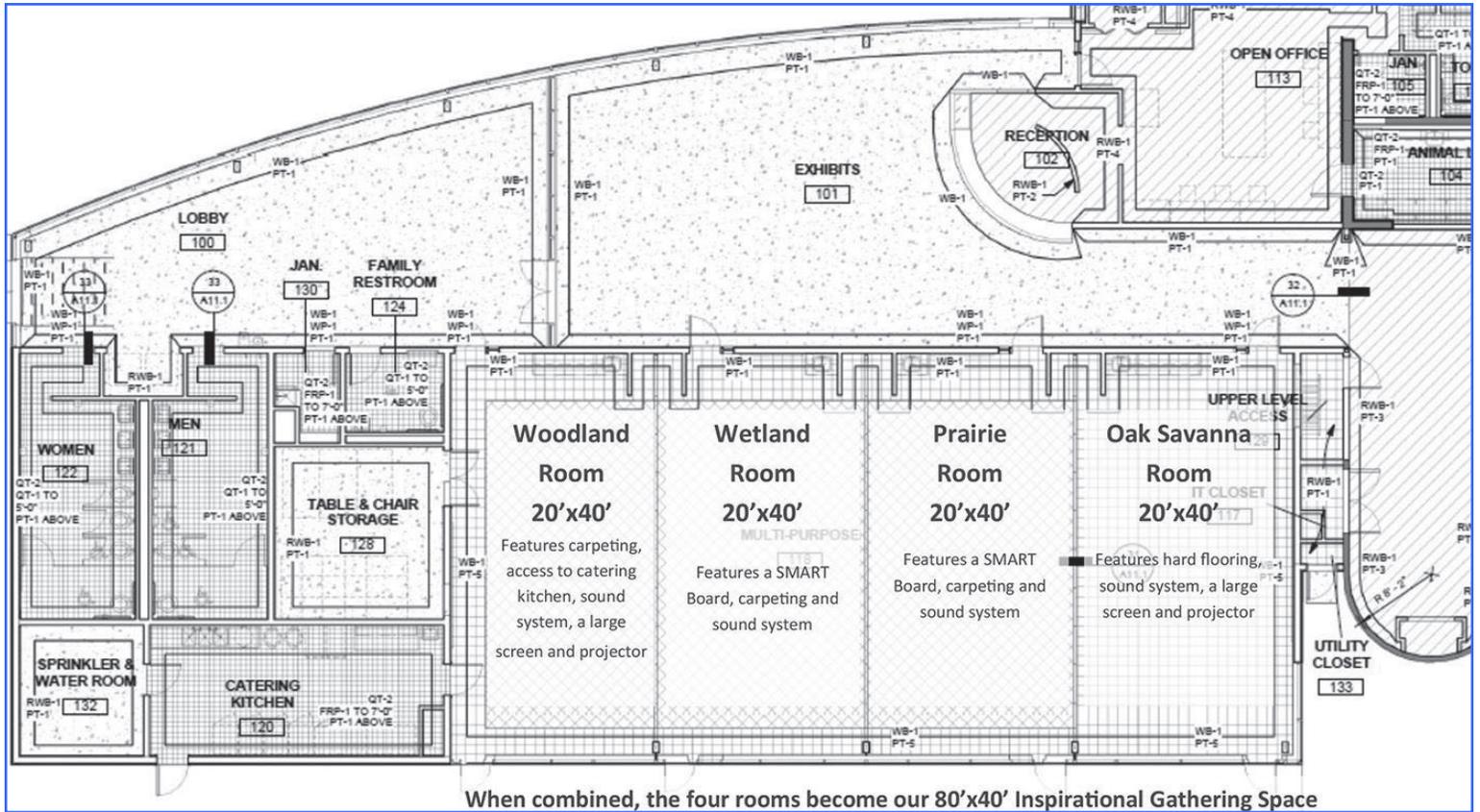
Rental Days:

Sunday - Saturday

Room Rentals

Introducing Springbrook's new classroom and banquet room spaces!

Our building in nestled amongst the natural beauty of forests, prairies and wetlands, providing the perfect backdrop for your event. We offer stunning views, trail access and an attached patio for your guests to observe all the sights and sounds of this unique setting. Be one of the first to host your event at this amazing venue! Policies and Prices can be found at our website: www.springbrooknaturecenter.org.



Springbrook Discovery Dinners

Join us for an upcoming Discovery Dinner at Springbrook Nature Center! The Discovery Dinner series pairs lively educational programs with a catered meal for the perfect night out. Registration is required and space is limited. Call (763)572-3588 to sign up or for more details. Tickets are \$25 each or \$22.50 when purchasing multiple tickets.

Karl Young from the University of Minnesota Institute for Astrophysics
Saturday January 7

Discover the latest research and new discoveries from the University of Minnesota Institute for Astrophysics as they look out into space and the study of black holes, the origin of the universe, and much more!

Activity #	Time	Fee
187403-1	5:30 p.m.	\$25



UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

Deer, Elk and Moose: Grand and Majestic Creatures
Saturday February 18

From the Alaskan wilderness to the Florida Keys, Stan Tekiela has spent 30 years in pursuit of deer, elk and moose in order to study and photograph them. In this talk Stan will speak about his fascination with these grand and majestic creatures. From the soulful eyes of the deer to the easygoing nature of moose, Stan presents the lives of these intriguing mammals with his humorous style.



Activity #	Time	Fee
187403-2	5:30 p.m.	\$25

NEW!!!
Evening Programs

Playful Polliwogs

Tuesdays

10:00 – 11:00 a.m. & 6:00 - 7:00 p.m.

Explore nature fun! Specially crafted for kids 2-5 years and their adult companions, this hand-on, fast-paced weekly class will get your creativity flowing. There will be both indoor and outdoor activities planned each week. Newly added: an evening session each week on the same topic. Cost is \$4 per child (per visit).

Activity #	Topic	Date	Activity #	Topic	Date
187301-1	A Pollwog New Year	Jan 3	187301-9	Windy Weather	Mar 7
187301-2	Walk on the Wild Side	Jan 10	187301-10	Waking UP!	Mar 14
187301-3	Winter Shapes	Jan 17	187301-11	Raise the Roof	Mar 21
187301-4	Who Hoots for You?	Jan 24	187301-12	Ninja Animals	Mar 28
187301-5	Fuzzy Fur	Feb 7	187301-13	Return of the Birds	Apr 4
187301-6	Lovin' Nature	Feb 14	187301-14	Nature Up Close	Apr 11
187301-7	Campfire Kids	Feb 21	187301-15	Nature's Newborns	Apr 18
187301-8	Stories with Stars	Feb 28	187301-16	Streams and Creeks	Apr 25

Birthday Parties at Springbrook!

They're fun, active, hands-on and educational.

Make this birthday a special day to remember by having your party at Springbrook Nature Center. Each program is 2 hours with the first 45 minutes spent with a naturalist. We provide the room with tables, coverings and chairs. You may provide food, refreshments and additional decorations if you wish. **Fees:** \$100 for up to 15 kids.

Themes to choose from:

Survival! (Ages 8 – 11)

Imagine you're lost in the woods! Are you going to survive? Test your fire-making and survival shelter making skills during this simulated survival situation. Dress for the weather, this is an outdoor party, with much of the program happening in the woods and off the trail.

Eco-Pirates (Ages 4-8)

Ahoy mate! Tree Frog the Pirate has hidden some treasure right here at Springbrook Nature Center. Bring your band of explorers and be ready to solve the clues that will lead us to the treasure!

On the Wild Side (Ages 4-11)

Finally, a birthday party on the WILD side. Learn about animal adaptations, see and touch some of our resident animals and hike the trail to find some WILDLIFE of your own!

Scaly Tales (Ages 4-11)

Hisssss! Snakes are cool! Who wouldn't want them to be part of this rockin' birthday party? Learn about all about snakes and get up close and personal with a few of our resident reptiles.

Nature Wizards (Ages 4-8)

Have an enchanting birthday as your little wizards explore our forests and learn about the care of magical creatures like turtles and frogs. Find the hidden reptile eggs and make a wand to bring home.

Snow Stompin' (Ages 8-11)

Ok Bigfoot, it's time to make some tracks in the snow! Let's learn about snowshoes, play snowshoe games, hike over hill and dale and burn off some of that excess energy to explore the winter woods.

A 3" base of snow is required.

Call Springbrook Nature Center to schedule your birthday party.

763-572-3588

Springbrook Nature Center is located at 100 - 85th Avenue NW, Fridley, MN 55432

Adult Fitness

REGISTER FOR ALL 3 SESSIONS AND GET HALF OFF ON TWO!

ZUMBA

ANY GUEST RECEIVES ONE CLASS FREE!

Ditch the workout, join the party with instructor Darcy Fox. ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic, exciting, total body workout. All ages, skill, and fitness levels are welcome! To tone and sculpt your body, ZUMBA uses principals of aerobic fitness interval training, a combination of fast and slow rhythms, and resistance training for maximum fat and calorie burn. No dance experience, no worries, this class is more about fun and the way you feel – are you ready to ZUMBA? Classes will be held at the Fridley Community Center, 6085 7th Street NE. Min/max: 6/12

<u>Activity #</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>
184205-1	Th	6:30 – 7:30 p.m.	Jan 12 – Feb 16	\$36
184205-2	Th	6:30 – 7:30 p.m.	Mar 2 – Apr 6	\$36
184205-3	Th	6:30 – 7:30 p.m.	Apr 20 – May 25	\$36

Zumba Gold

Tuesdays

6:15 - 7:15 p.m.

This is a great class for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Classes will be held at the Fridley Community Center, 6085 7th Street NE.

<u>Activity #</u>	<u>Dates</u>	<u>Fee</u>
184206-1	Jan 10 – Feb 14	\$36
184206-2	Feb 28 – Apr 4	\$36
184206-3	Apr 18 - May 23	\$36

Tabata

Thursdays

7:45 – 8:45pm

There are countless workout styles you've probably heard about over the years, and all of them are meant to help you reach your fitness goals. If you're looking for a new program to add to your routine, you may want to give Tabata try. Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. High-intensity interval training at it's best! 8 rounds of 20 seconds work, 10 seconds rest. Try this high energy class to boost metabolism and strengthen and increase cardiovascular fitness! Please bring a mat and one dumbbell weight to class. Fridley Community Center: Dance Floor, 6085 7th St NE Fridley, MN 55432

<u>Activity #</u>	<u>Dates</u>	<u>Fee</u>
184207-1	Jan 5 – Feb 16	\$49
184207-2	Mar 2 – Apr 13	\$49

Kettlebell/Bodyweight Class

Wednesdays

7:30 p.m. – 8:15 p.m.

Looking to shed a few unwanted pounds? This class combines cardio and strength training in one quick workout. Performing quick bodyweight cardio sessions in between strength exercises will keep the heart pumping while still encouraging muscle and strength development. PLUS... Improved core strength. The "core" is more than just abs. In fact, at least twenty-nine muscles make up the human core, and many simple bodyweight movements can be used to engage all of them. Such exercises improve core strength for better posture and improved athletic performance. Must know proper technique for the Kettlebell Swing; this will be taught week one. Classes are held at Moore Than Dance studio located at 1220 E. Moore Lake Drive.

<u>Activity #</u>	<u>Dates</u>	<u>Fee</u>
184201-1	Jan 11 - Feb 8	\$50
184201-2	Apr 5 - May 3	\$50

Jeet Kune Do Fusion

Mondays

6:30 – 8:00 p.m

Jeet Kune Do Fusion takes the best tactics of Hapkido along with the core principles of Jeet Kune Do (the art developed by Bruce Lee himself) and fuses them together creating an exciting self-defense program designed specifically for adults. Good for men and women of all shapes and sizes. No athletic abilities required. Here's a program where you can learn valuable self-protection skills while having a good time and even work your way towards a Black Belt! There will be optional fees payable to the instructor for rank advancement and uniforms. Classes will be held in Room 116 at the Fridley Community Center. 4/20 min/max

<u>Activity #</u>	<u>Dates</u>	<u>Fee</u>
184208-1	Feb 13 – Mar 20	\$100
184208-2	Mar 27 – Apr 24	\$100

No class on February 20th.

BOGO Tae Kwon Do

Sign up for One Session - Get 2nd FREE!

Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. Instructor Seybold's goal with this program is to share the values and knowledge that he has gained through his training with those in the community who wish to try and grow from their experiences. This class is open to teens and adults of all fitness levels, and will focus on encouraging each student's physical and mental growth. Wednesday classes will be held at the Fridley Community Center, 6085 7th Street NE in the gym, and Saturday classes will be held at Hayes Elementary School in the gym located at 615 Mississippi St NE).

Activity #	Day	Dates	Fee
184204-1	W/Sa	Jan 11 - Feb 11	\$16
184204-2	W/Sa	Mar 1 - Apr 1	\$16
184204-3	W/Sa	Apr 19 - May 20	\$16
<i>No class January 21st.</i>			

CLASS TIMES:

Wednesday evenings: 6:00 - 7:30 p.m.
Saturday mornings: 10:30 a.m. - 12:00 p.m.

Beginning T'ai Chi Chih

Mondays

6:45 - 8:00 p.m.

T'ai Chi Chih consists of soft, simple movements that naturally circulate and balance the intrinsic energy, or Chi. T'ai Chi Chih is not a Martial Art. This practice consists of 19 moves and one pose. T'ai Chi Chih has many benefits, including mindfulness, joy, increased energy, improvement of balance, decreased anxiety, and much more. You can learn more about T'ai Chi Chih at <http://www.taichichih.org/> or e-mail the instructor with any questions you may have: pansophypathways@gmail.com Classes will be held in the lower level of the Fridley Community Center.

Activity #	Dates	Fee
184209-1	Jan 9 - Mar 13	\$59

Aqua ZUMBA - Just Add Water and Shake

Sundays

1:00 - 2:00 p.m.

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 beyond belief! Classes will be held at the Fridley Middle School pool located at 6100 W. Moore Lake Drive. Min/max: 6/12

Activity #	Dates	Fee
184101-1	Jan 8 - Feb 12	\$45
184101-2	Feb 26 - Apr 2	\$45

Yoga

NEW!!!
After-work classes!

Yoga Mindfulness

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn how to take these basic exercises into your daily life to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. All classes include classic Hatha or stretching, breathing practices, and a guided relaxation/meditation. Please dress in comfortable clothes and bring a mat, towel, or rug for floor work Fridley Community Center: Room 114 and/or Room 116

Activity #	Day	Dates	Time	Fee
184103-1	Tu	Jan 3 - Mar 7	7:30 - 9:00 p.m.	\$64
184106-1	Th	Jan 5 - Mar 2	4:30 - 5:30 p.m.	\$58
184106-2	Th	Mar 9 - Apr 27	4:30 - 5:30 p.m.	\$58
184103-2	Tu	Mar 14 - Apr 25	7:30 - 9:00 p.m.	\$56

Sunrise Yoga at Springbrook Nature Center

Start your day off right with yoga! Join us in the newly remodeled Springbrook Nature Center, 100 - 85th Ave NW, where you can participate in a gentle flow yoga class while looking out the floor to ceiling windows at the serene view of the forests, prairies and wetlands. Instructor Miriam caters this class to all levels beginner to intermediate, so all are welcome regardless of practice or ability. In this program, you will learn yoga poses and how to connect them through attention to breathing, alignment and mindfulness. This is a great way to relieve stress and gain flexibility. Minimum of 6 required.

Activity #	Day	Dates	Time	Fee
184210-1	W	Jan 18 - Mar 8	6:30 - 7:30 a.m.	\$64
184210-2	W	Mar 22 - May 10	6:30 - 7:30 a.m.	\$56



Fridley Senior Program

Serving adults ages 55 and older

6085 7th Street NE, Fridley, MN 55432

Phone: 763-502-5150

Hours: Monday thru Friday 8:30 a.m. - 4:00 p.m.

Come Join Us!

The Senior Program meets in the Fridley Community Center. Services and activities are provided during the day to enhance physical and mental well-being, independence, and encourage involvement in the community.

Green Book Fair

Friday, February 3

11:00 a.m. – 2:00 p.m.

You will be able to bring in books to recycle with other readers as well as pick up new books to read. AND ITS ALL FREE! Please join us. This event has been so popular at other places that they average 700-1,000 books given away at each event.

Honoring Choices

Who would speak for you if you could not speak for yourself? In the event of a sudden illness or injury you may not be able to communicate your healthcare choices to your loved ones or your healthcare team. Advanced Care Planning is an ongoing process of reflecting on and discussing your choices based on your values, beliefs, goals and health status. Advance Care Planning is important to all adults and may be as simple as naming someone to speak for you or documenting your treatment preferences.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
183107-1	Tu	Apr 18	1:00 – 2:30 p.m.	n/c

Friends of Fridley Senior Program

A 501-c 3 charitable foundation has been established to support the long term needs of the Fridley Senior Program and low income seniors in our community. Thanks to a generous donation from the Fridley Lions Club, a Lions Share was established to help low income seniors with remodeling needs so they can stay in their homes safely. We have also been successful in securing grants for programs such as our Tax Assistance. The Foundation supports additional programming efforts and equipment needs. If you are interested in becoming a Friend to the Fridley Senior Program please call 763-502-5162 or e-mail connie.thompson@FridleyMN.gov -- any size gift is appreciated and is tax deductible -- PLUS donating just got easier with www.givemn.org!

Senior Services

Legal Aid

1st Tuesday of each month; 9 a.m.

Senior Dining

Monday-Friday, 12 noon

Call 763-502-5199

Health Insurance Counseling

1st & 3rd Thursday of each month

1st Thursday at 1:00 p.m.

3rd Thursday at 9:00 a.m.

Clubs

Book Club

4th Tuesday of each month, 10:00 a.m.

Hardanger Club

Wednesdays, 9:00 - 11:00 a.m.

Quilters' Club

Fridays, 9:00 - 11:00 a.m.

Campaign of Cheer

Mondays, 8:30 a.m.

JAMS

Thursdays, 12:00 - 3:00 p.m.

Wood Carvers

Mondays, 9:00 a.m.

Numbers to Know

Senior Program.... 763-502-5150

Senior Dining..... 763-502-5199

Senior Info Line ... 763-783-4707

Meals on Wheels.. 763-236-3636

ACCAP Sr Outreach 763-783-4741

Store to Door 651-642-1892

Chores & More..... 763-783-4767

Senior Special Events

mardi gras

**Come celebrate Mardi Gras
Fridley style!**

Tuesday, Feb 28 1:00 - 3:00 p.m.

Black Jack, Texas Hold'em, BINGO & More

Each year the Senior Program throws a Mardi Gras party involving numerous games of chance. No real money is involved, but it is a fun time for all. Those who select to play Black Jack may just have a council member or the mayor dealing the cards at their table. Door prizes and refreshments will also be offered. Sponsored by Fridley Senior Advisory Council. Cost is \$2 - **Activity #:** 183406-1

Plymouth Playhouse - Rise Up O Men Wednesday March 8

Rise Up O Men is a brand new show featuring the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and the benefits of solder vs. weld, they unintentionally disrupt the order of the kitchen. But that's what happens when you let roosters in the hen house. Fee includes lunch, show and transportation.

Activity #	Time	Fee
183404-1	10:45 a.m. - 4:30 p.m.	\$60

Daytrippers Theater - Wife Begins at Forty Wednesday March 29

It's a laugh-a-minute farcical evening when housewife Linda tries to fan the flames of passion with her mild mannered ordinary husband George.. Throw in the assistance (or hindrance as the case may be) of their fun - loving neighbors Roger and Betty, George's father Bernard, and their son Leonard and you have the formula for a belly-rolling good time. Fee includes lunch, show and transportation.

Activity #	Time	Fee
183201-1	11:15 a.m. - 4:30 p.m.	\$55

Honor Our Vets - Planning for the Future Thursday April 20

This event will bring together Federal, State, and County Veteran agencies and local Veteran stakeholders in one VA informational event. Get more information about the little known income based pension benefit for veterans and their spouses called Aid and Attendance (A&A). Following the A&A presentation, we will have an opportunity to learn more about VA benefits through the DAV, VA and the National Cemetery. We will conclude the education portion with a light lunch followed by a Resource Fair until 3:30 p.m. Registration required for the morning seminars. Open to the public 1:00-3:30 for the Veteran's Resource Fair.

Activity #	Time	Fee
183413-1	4:00 - 7:00 p.m.	N/A

Registration deadline is April 13th.



25th Annual Anoka County Cribbage Tournament Friday, March 31st Coon Rapids Senior Center

Game starts at 10:00 a.m. with lunch at 1:00 p.m.
Cost: \$14 per couple
Registration and Payment Due by March 20
Open to all Anoka County residents (55+)

Registration forms are available
in the Fridley Senior Office.

Senior Clubs & Leagues

BINGO

Thursdays 10:00 – 11:15 a.m.
Join us every Thursday for 10 rounds of BINGO. Cost is \$2 and when someone at your table wins so do all the table mates. We like to pass the luck around.

Book Club

Tuesdays 10:00 – 11:00 a.m.
Members meet on a monthly basis to discuss selected books and authors. Group meets in Room 112 on the *fourth Tuesday* of each month.

Campaign of Cheer

Mondays 8:30 a.m.
The Campaign of Cheer meets every Monday at the FCC. This volunteer group makes wheelchair/walker caddies, lap robes, and blankets for children at the Ronald McDonald House, battered women's shelter, and veteran's home. New members are always welcome.



Walking Club

Tuesdays 9:00 a.m.
Be part of a senior network of walking groups in the area including Spring Lake Park, Coon Rapids, Blaine, and Columbia Heights. Group will begin in late spring. Call 763-502-5150 for start date.

The Senior Program offers activities & services for older adults, ages 55 and over. These services and activities are held at the Fridley Community Center during the day to enhance physical and mental well-being, independence, and encourage involvement in the community. We have health clinics, instructional classes, clubs, special events, wellness classes, support groups, social services, trips and more. Our facility is completely handicap accessible.

Golf League

The City of Fridley will once again sponsor a Senior Golf League this summer at Brightwood Golf Course in New Brighton. League play will begin Thursday, May 4th. The league is structured to accommodate beginners and experienced players. There will be an organization meeting for the 2017 league at 10:00 a.m. on April 6th at the Fridley Community Center.

Activity #	Fee
383301-1	\$225

Video Theater

Tuesdays 1:00 – 3:00 p.m.
Join us for a movie on Tuesday afternoons. We will show classic films as well as new releases.

JAMS –

Jammas Are My Specialty
Thursdays 12:00 – 3:00 p.m.
Join this talented group of ladies that love to sew! They make pajamas, t-shirts and sweatpants for people, primarily children, in our community in need. Most of the articles are made from donated material.

CALL
763-502-5150
FOR FURTHER INFORMATION.



Coffee, Cards & Conversation

All older adults, age 55 and older, are invited to participate in any of our weekly card parties. There is no need to pre-register, just show up and join in the fun. Play begins at 1:00 p.m. (Tuesdays at 9:30 a.m.).

<u>Day</u>	<u>Event</u>
Mondays	Bridge
Tuesdays	Social 500
Wednesdays	500
Fridays	Cribbage
Last Wednesday of each month (9:30 a.m.)	Hand & Foot

Defensive Driving

The following programs will be held at the Fridley Community Center, located at 6085 7th Street NE. Cost includes class materials. A minimum of 20 participants is required by the MN Safety Council.

8-Hour Full Course 9:00 a.m. - 1:00 p.m.

Save money on your car insurance and become a better driver with this Senior Defensive Driving class for adults 55 and older. Minnesota law requires insurance companies to offer a 10% discount for those completing the National Safety Council Defensive Driving Class. The class is offered in 2 classroom sessions with no driving or testing required. Anne Beers, our certified instructor, is a retired State Patrol officer with practical experience and excellent teaching skills.

Activity #	Day	Dates	Fee
183102-1	W,Th	Mar 8 - 9	\$27

4-Hour Refresher Course 9:00 a.m. - 1:00 p.m.

This class is designed for those who have completed the 8-hour course. It meets the refresher requirement for every three years. You will be asked for your drivers license number at registration.



Activity #	Day	Dates	Fee
183101-1	M	Jan 9	\$22
183101-2	Th	Feb 23	\$22
183101-3	M	Mar 13	\$22
183101-4	Th	Apr 6	\$22
183101-5	M	May 8	\$22

Great Decisions

The Great Decisions Discussion Program is designed to encourage debate and discussion of the important global issues of our time. Developed by the Foreign Policy Association in 1954, the Great Decisions Discussion Program is the longest-standing and largest grassroots world affairs educational program of its kind.

The program provides materials that help people reach informed opinions on the issues and participate in the foreign policy process. A Briefing Book places the thematic or geographic issue in historical context and provides background, current policies and alternative policy options. Photographs, maps, charts and editorial cartoons illustrate the text. An opinion ballot for the National Opinion Ballot Report accompanies each topic so that readers can express their views.

This program meets at 9:30 a.m. at the Fridley Community Center. Please call 763-502-5150 to register. There is a cost of \$5 to participate, payable at the door.

Activity #	Date	Topic
183105-1	Jan 17	International Migration
183105-2	Feb 21	Cuba
183105-3	Mar 21	Korean Choices
183105-4	Apr 18	Rise of ISIS
183105-5	May 16	Middle East Alliances

Encore

Encore is an early evening program aimed at the soon to retire or recently retired older adult. Group meets one to two times a month for a variety of program opportunities including speakers, concerts, theater, and trips.

*It's not the years in your life that count.
It's the life in your years! - Abe Lincoln*

Legal Wise

1:00 - 2:30 p.m.

We will discuss the difference between a will and a trust as well as avoiding probate. We will also talk about planning incapacity and the use of powers of attorney, health care directives and beneficiary designations.

Activity #	Day	Date
183106-1	Tu	May 16

Taking Charge of Your Life

Gathering Information

Thursday **January 12**

In this session we help attendees gather information that will be important for their families, should they suddenly need help managing their affairs. It includes important documents, a monthly budget, investments, charitable giving, key contacts, what to want done when you pass away, planning your funeral, and the obituary.

<u>Activity #</u>	<u>Time</u>	<u>Fee</u>
183414-1	1:00 - 2:00 p.m.	\$5

Evaluating Aging In Place

Thursday **January 19**

This session helps families evaluate their ability to age in place, whether that is a house or apartment or other location. It includes living in your house and how to adapt it for accessibility, staying in control, creating a plan B, finding a new home and current types of senior housing, and moving by choice or necessity.

<u>Activity #</u>	<u>Time</u>	<u>Fee</u>
183414-2	1:00 - 2:00 p.m.	\$5



Brain Health

Tuesday **January 10**

Please join us for a presentation on “A Healthy Brain” And Some Interactive Activities How can you prevent memory loss? North Ridge Health and Rehab will be presenting. A healthy brain snack will be provided while we play interactive brain games. Learn from our Occupational Therapist how to have a healthy brain with foods you can eat and activities for your brain.

<u>Activity #</u>	<u>Time</u>	<u>Fee</u>
183121-1	1:00 - 2:00 p.m.	n/c

TBH Memory Series

Thursdays **February 2 - May 4**

Rev up your recall with our Memory Series. Supported with materials from the Total Brain Health Program, you will learn activities to enhance memory retention and learn the science behind the activities. Research has proven that exercise, good nutrition and brain activities improve brain health. Come join us for this very popular fun class. The last two sessions have filled with waiting list so register early.

<u>Activity #</u>	<u>Time</u>	<u>Fee</u>
183122-1	1:00 p.m.	\$20



Senior Services

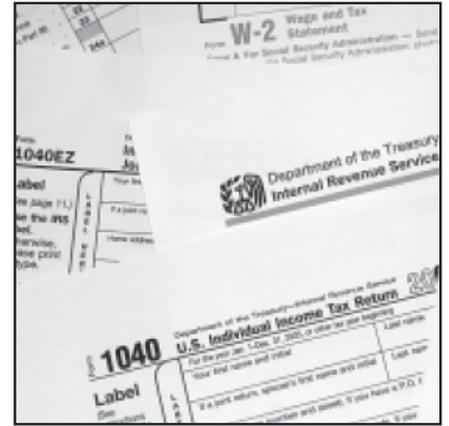
For further information regarding the programs listed on this page, please call 763-502-5150.

Tax Assistance (E-filing Available)

Wednesdays

February 1 - April 12

The AARP Tax-Aide program offers free tax preparation and answers questions for low to middle income seniors. Their services will be available on a first-come, first-serve basis for 10 weeks at the Community Center between 9:00 a.m. – 12 noon and 1:00 – 3:00 p.m. beginning February 1st. Be sure to bring copies of your 2015 tax forms and your 2016 tax information such as W-2s, 1099s, medical expenses, records of contributions, CRP from landlord or State-ment of Property Tax. For a real estate refund bring your Property Tax Statement for 2017. The scope of training sometimes makes it necessary to refer more complicated tax returns to paid preparers. An example of tax assistance that is beyond the scope of training includes farm taxes, business taxes and complicated investment taxes.



Fridley Senior Dining

Hot meals are served Monday-Friday at 12 noon. A donation of \$4 is suggested from all seniors. Menus are published monthly in the Fridley Senior News. Make your reservations by calling 763-502-5199 between 9:00 a.m. and 1:00 p.m. (3 days in advance).

Lions Eye Project

Please think of us when you need to recycle your eyewear. The Lions have a box in the Senior Office. They collect glasses and lenses, sort and redistribute to persons in need in countries like Venezuela and Honduras.

Legal Aid for Seniors

The Senior Law Project will continue its monthly outreach service at the Fridley Senior Center on the *first Tuesday* of each month between 9:30 - 10:30 a.m. Areas of assistance include nursing home issues, housing issues, health insurance, public benefits (Social Security, Medicare and Medical Assistance, Subsidized Housing), debt collection, repossession, conservatorship/guardianship, landlord/tenant rights, and conciliation court cases. There is no charge to the participants for this service. Please call 763-502-5150 to sign up for a meeting time.

Activity #	Day	Date	Fee
183108-1	Tu	Jan 3	N/A
183108-2	Tu	Feb 7	N/A
183108-3	Tu	Mar 7	N/A
183108-4	Tu	Apr 4	N/A

How To Plan the Perfect Move

March 23

1:00 - 3:00 p.m.

Whether you're thinking about selling your home in 6 months, a year or longer, now's the time to get thinking about one of your biggest investments and what it means for your future. Planning Your Move will bring in three experts to teach you about getting your home ready to sell. Hear from local REALTOR, GRI Renee Miller with Keller Williams Classic Realty on understanding home values, timing your move, market statistics and how realtors market a home. A home inspector will share tips on what to expect from an inspection and how to prepare for it. Finally, what to do with all your treasures as you downsize and how to prepare for the "moving day". Guaranteed to get you inspired and organized for your "next steps".

**The Senior Program
office is open**

8:30 a.m. – 4:00 p.m. M-F.

**Call us at 763-502-5150
to learn more about our
activities and how we
can help you.**

Senior Fitness/Wellness Programs

All activities will be held at the Fridley Community Center located at 6085 7th Street N.E. For further information, please call 763-502-5150.

Foot Care Clinic

Wednesdays 10:00 a.m. – 2:00 p.m.

The Senior Program, in cooperation with Presbyterian Homes of Minnesota, sponsors a Foot Care Clinic on the *first and third Wednesday of each month*. Clients will have their nails trimmed, calluses pumiced, and feet massaged. Appointments can be made by calling 763-502-5150. Cost is \$25 for a half hour session and \$15 for a manicure, payable the day of your appointment to Presbyterian Homes.

Activity #	Date
183522-1.....	Jan 4
183522-2.....	Jan 18
183522-3.....	Feb 1
183522-4.....	Feb 15
183522-5.....	Mar 1
183522-6.....	Mar 15
183522-7.....	Apr 5
183522-8.....	Apr 19

Health Insurance Counseling

If you are looking for information regarding Medicare, supplemental health insurance, Medical Assistance or other health insurance related topics, call 763-502-5150 to schedule a one hour appointment to meet with a health insurance counselor. Counselors are from the State Health Insurance Assistance Program of Anoka County and provide free information and answers to your questions. Appointments are available on the *first and third Thursday* of each month.

Zumba Gold: Dance It Out!

Have you been looking for a more active low-impact exercise option? Do you enjoy exercising to music and dance? This might be the answer. We now are taking names for people interested in a more intense yet low impact exercise option. Class would meet once a week on Monday or Thursday afternoons for an hour starting in January. If this sounds like fun, call or visit the Senior Office and get your name on our list. Please indicate the day you prefer.

A Taste of Nordic Walking

Thursday April 27

Come try out the latest fitness craze, Nordic Walking. It is great for seniors. The simple addition of poles turns every step of your daily walk into a total body workout. It helps with stability and balance creating confidence for daily walking; Stand tall and straight, increasing posture awareness and back health; Support ankles, knees, hips and lower back; Increase your heart rate 12-20 beats per minute; Use 30% more of your muscles, burning 20-40% more calories; enhance bone health with weight bearing exercise for the upper body; and let the natural rhythm refresh your brain and relax your spirit. A more in-depth introduction to Nordic Walking will be offered at a later date.

Activity #	Time	Fee
183103-1	1:00 – 2:00 p.m.	n/c



Gentle Stretch

This is a senior stretching class held on Tuesday mornings. Emphasis is on soft stretching, movement, and flexibility. Appropriate for all fitness levels. The instructor will evaluate abilities at the first class and adapt to fit participant needs. A \$4 fee will be paid to the instructor the day of class.

Registration Procedures



Register Early

The City of Fridley registration procedure is set up to allow all residents time to receive and review their activities brochure before we begin our registration process. Because some residents receive their brochure before others we have set up the following guidelines:

Residents:

1. Registration for Fridley residents is currently underway.
2. The Parks and Recreation Department will continue to accept registrations throughout the fall season provided there are openings in the requested activity.

Non-Residents:

1. **Non-resident** registration begins December 9th. Non-residents are those who do not live within the City of Fridley. Non-residents registering as residents will forfeit their fee, the class, and the right to register/participate.

Registration Procedures

1. Payments must accompany registration form. Checks should be made payable to "City of Fridley". VISA and MasterCard are accepted for credit card payments
2. Telephone and web registrations will be accepted utilizing a VISA or Master Card.

3. Instructors are not permitted to accept registrations at the activity location.
4. If the original class offered should be filled, a waiting list will be started. Additional sessions will be started if interest is shown and if space and instructors are available.
5. Pre-registration is required for all programs unless noted otherwise.
6. Please completely fill out the registration form with the information requested. Missing information could cause a delay in the processing of your registration.
7. Confirmation of registrations will be made by phone, mail or e-mail.

Fee Assistance

Fridley offers Fridley residents fee assistance for select activities (youth and adult trips are not included). For further information, please call 763-572-3570. *NOTE: Registrations utilizing the Fee Assistance Program cannot be processed without a completed Fee Assistance form.*

Cancellations

The Fridley Parks & Recreation Department reserves the right to cancel any class or activity due to insufficient enrollment.

Refunds

A full refund is given if the Parks & Recreation Department cancels your class/activity or if we are unable to register you because it is full. Refunds cannot be guaranteed after the registration deadline or after the class/activity has begun. Trip refunds are subject to specific policies on a per-trip basis based on advanced purchases. Participants/guardians must contact the Recreation Department prior to the class/activity to request a refund. Refunds will not be given if requested after a program has been held.

Ways To Register:

◆ Mail-In

Mail your registration form with payment to City of Fridley Parks & Recreation Department, 6431 University Avenue NE, Fridley, MN 55432

◆ Walk-In

Recreation Department office hours are M - F, 8:00 a.m. - 4:30 p.m.; located next to the Police Department in the Fridley Municipal Center.

◆ Telephone

Accepted with VISA or MasterCard payment. Call 763-572-3570 Monday-Friday, 8:00 a.m. - 4:30 p.m. or 763-502-4901 24 hours a day.

◆ FAX

Accepted with VISA or MasterCard payment. FAX to 763-502-4976.

◆ On-Line

You can register for most classes on line with a VISA or MasterCard at <https://webtrac.ci.fridley.mn.us>.

Registration Form

PARTICIPANT LAST NAME:

Participant Last Name		Family Last Name	
Address		City	Zip
Parent/Guardian 1		Primary Phone	Alternate Phone
Parent/Guardian 2		Primary Phone	Alternate Phone
E-Mail Address			
Emergency Contact		Primary Phone	Alternate Phone

Participant's First Name	Grade	Teacher	School	D.O.B.	Male/Female	Activity Name	Activity #	Fee

Missed classes: There will be no refunds for missed classes or discontinuing after the class start date. Cancellations: Refunds will be given for registrations cancelled prior to the start of the class.	Total Due	
	Total Enclosed	

Please list any information you feel our staff should be made aware of regarding special needs or medical conditions (allergy, medical condition, etc.) _____

If your child participates in one of our after-school programs please answer the following:

When not involved in after-school activities with Fridley Parks & Recreation, my child...

goes to Tiger Club/Kids Club rides the bus home walks home is picked up by _____

If your child participates in one of our after-school program leagues, please list shirt size:

Small (6-8) Medium (10-12) Large (14-16) Adult Small

Photo Release

By signing below I authorize the use of photos of the above participants and am aware that they may be used in local newspapers and/or Parks and Recreation Department publications (brochure, web site, flyers, etc.). I will call the Recreation office at 763-572-3570 if I do not want my child(ren)'s photographs used.

Transportation Release

By signing below I authorize the transportation to and from activities by the Recreation Department and/or their contractors (i.e., bus company) and waive and release any rights and claims for damages I may have against the agency providing the service).

Data Privacy Warning

In accordance with the MN Government Data Practices Act, the Parks and Recreation staff of Fridley hereby informs you that the personal information we are requesting of you and/or your child on our registration form is considered private. Private data is available to you and to City staff who need to have this information to perform their duties, but not to the public. While you may choose to withhold this data, the consequences could be that the City's Recreation staff may not be able to complete your registration and/or you may not receive updated program information such as schedule changes, etc.

Liability Waiver

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the agency providing the activity listed above and its representatives, successors and all injuries suffered by myself or my child at any activity sponsored by these groups. This release does not apply to injuries as the result of willful, wanton, or intentional misconduct.

I, the undersigned, have read the above information pertaining to the Photo Release, Transportation Release, Data Privacy, Liability, Code of Conduct (listed on page 2).

_____ _____

Registrant/Parent Signature Date

OFFICE USE ONLY		PAYMENT TYPE	
Receipt # _____	Amount Rcvd \$ _____	[] Cash [] Check [] VISA [] MasterCard	
Received by _____	Scholarship \$ _____	Card # _____	Exp Date _____

City of Fridley
6431 University Avenue N.E.
Fridley, Minnesota 55432
Telephone: 763-572-3570

PRESORTED STD
 U.S. POSTAGE
PAID
 Permit No. 92886
 Twin Cities MN

DATED MATERIAL!!

Resident:
 The Parks & Recreation Department makes every effort to provide you with this brochure in adequate time for registration. This brochure was delivered to the U.S. Post Office on or before Wednesday, December 14, 2016. If you encounter delays, please contact your local Post Office Manager.

****ECRWSS****
Postal Customer

Skating Rinks

There will be one warming house facility located at Commons Park. Warming house hours will be: weekdays 4:00 p.m. to 9:00 p.m.; weekends, holidays and school-out days 12 noon to 9:00 p.m.; Christmas Eve, Christmas Day, New Year's Eve and New Year's Day 12 noon to 4:00 p.m.

The City of Fridley attempts to have safe, skate-able ice available in mid-December, however, it requires 7 – 10 consecutive days of temperatures below 32° while putting the water down to get a 3-4" layer of ice. Please remember that warm conditions, freezing rain and even snow can slow down this process.

LOCATION	GENERAL RINK	HOCKEY RINK
Briardale 6171 Rice Creek Dr.	•	
Commons 555 - 61st Ave. NE	oval	•(2)
Flanery 1487 Onondaga St. NE	•	•
Hackmann 1071 Hackmann Circle	•	
Hayes Elementary 615 Mississippi St. NE	•	•
Logan 155 Logan Pkwy.	•	
Madsen 735 - 73rd Ave. NE	•	•
Ruth Circle 9160 Ashton Ave. NE	•	
Springbrook Park 8155 Broad Ave. NE	•	
Sylvan Hills 6205 Jupiter Dr.	•	

