Summer 2018
May - August

Register for ROCKS by May 4th and receive an early bird discount!

Summer ROCKS
Full Day Activity Program!
See page 7.

Investing in Fridley’s Future

Parks & Recreation Department

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

...Investing in Fridley’s Future
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.

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 Parks & Recreation Department publications including our website and Facebook. If you would prefer that we not use your photo, please let the photographer know.

Park Shelter Permits

The Parks & Recreation Department issues park facility permits to Fridley residents or organizations wishing to use picnic shelters at Flanery Park, Commons Park or Moore Lake Beach and Park. Rental fees for Fridley residents (not including tax) are $35 for an open-air shelter at Moore Lake or $65 for an enclosed shelter at Flanery or Commons Parks. A refundable deposit is required with all rentals.

Springbrook Nature Center
Volunteer Opportunities

Springbrook Nature Center is looking for volunteers to assist with programs, special events, animal care and general park maintenance. Anyone age 12 and older who is interested in volunteering at Springbrook can call 763-572-3588.

Repairs Needed in the Parks?

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

Community Involvement

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

Fridley Recreation
Parks & Recreation News

New Registration Software

Coming soon to a screen near you!

Online sign up for classes, camps, sports, activities and events is about to get easier than ever! Watch for a new look to our registration system, later this year!

Our new and improved website will make it quick and easy to find and register for activities, even from your smartphone! Pay securely online and get email confirmation, details and program updates.

FridleyMn.gov/fun

What you need to know:

• Nothing changes for summer registrations. You can still sign up online through our current system, by phone, by mail or in-person. We anticipate the new software to be installed soon!

• If you have previously registered for online registrations, you will need to re-register as a new guest. We apologize for the inconvenience, but promise it will be worth it.

• Simple. Fast. Clear. Our aim is to make joining the fun as easy as possible, any time from any device!

Don't just read about Fridley history...

EXPERIENCE IT!

Step aboard our comfortable coach bus and be transported back in time. Encounter costumed characters from the 1850s and visit historic landmarks during this narrated tour of an area that 170 years ago was known as Manomin (now Fridley).

4th Annual Fridley History Tour:
Saturday, June 16, 1 - 4:15 p.m.

Tour begins and ends at the Fridley History Center located at 611 Mississippi St NE. Lunch will be held at the historic Riedel House along the banks of the Mississippi River.
Cost is $25/person. To register contact the Fridley Recreation office before June 8 at 763-572-3570. Limited to 45 guests.
Pre-School Activities

Pre-School Soccer
Tuesdays/Thursdays
Ages 4 – 5
Jun 19 – Jul 19
A great introduction to the fun and exciting game of soccer! This program is designed for boys and girls, ages 4 – 5, who want to get acquainted with the great game of soccer. Fun games and activities will be used to develop a child’s feel for soccer skills such as dribbling, passing and scoring! Coated foam soccer balls will be used. Classes will meet at the Commons Park shelter located in the northwest area of the park. Min/max: 10/18.

Zippity Zoo
Jun 19 & 21
Do you love animals? Join us at this fun camp and make your very own zoo! We’ll be creating and learning zoo animals, and playing lots of games. You’ll go home with a little zoo of your own!
Activity #: 385105-1

Pirates
Jul 10 & 12
Arrgh you ready for fun and mystery on the high seas? Join us to search for lost treasure on the uncharted waters of Commons Park. We’ll play lots of water games and make a craft to bring home each day. Please wear a swimsuit and bring your towel.
Activity #: 385106-1

Wild Wild West
Jul 24 & 26
Put on your cowboy hat and get ready for a wild time! There’s a new sheriff in town and it’s you! You’ll have a blast playing games, making projects and catching bad guys.
Activity #: 385107-1

Diggin for Dinos
Jul 31 & Aug 2
Grab your shovel because it’s time to dig for dino bones! We’ll have a blast learning all about dinosaurs through games, crafts and stories.
Activity #: 385108-1

Call us for further information: 763-572-3570
It’s time to play!  Don’t miss this opportunity to have a great summer break!  Children in grades K-4 will have a blast with their friends and our awesome energetic staff as they enjoy some fun in the sun. This is a recreational program designed to involve children in a variety of activities, which will promote the development of friendships, good sportsmanship, coordination, motivation, and creativity.  Each week a new theme will be presented with games, stories, crafts and imagination to provide a well-rounded experience for your active preschool child.  Meet the leaders at the Hayes warming house, which is located on the southwest corner of the school near the Fridley Historical Society.

**Playground Program**

**Pre-School Playgrounds**

**Monday - Thursday**

**Ages 3 – 5**

This is a recreational program designed to involve children in a variety of activities, which will promote the development of friendships, good sportsmanship, coordination, motivation and creativity. Each week will have a theme, which will include games, stories, crafts and imagination to provide a well-rounded experience for your active preschool child. Pre-school Camps listed on page 4 are also included in this program. Participants will meet at the Commons Park shelter located in the northwest area of the park. Min/max: 10/30.

<table>
<thead>
<tr>
<th>Session I: June 11 – July 12</th>
<th>Activity #</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>385102-1</td>
<td>9:00 – 11:00 a.m.</td>
<td>$62</td>
<td></td>
</tr>
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</table>

| Session II: July 16 – August 9 |
|-----------------------------|------------|------|
| Activity #                  | Time       | Fee  |
| 385104-1                   | 9:00 – 11:00 a.m. | $62  |

*No classes on June 20, July 2-5, and August 1.*

**Playgrounds - Grades K-4**

**Hayes Elementary School**

**Monday – Thursday ◆ 12:30 - 4:00 p.m.**

It’s time to play! Don’t miss this opportunity to have a great summer break! Children in grades K-4 will have a blast with their friends and our awesome energetic staff as they enjoy some fun in the sun. This is a recreational program designed to involve children in a variety of activities, which will promote the development of friendships, good sportsmanship, coordination, motivation, and creativity. Each week a new theme will be presented with games, stories, crafts and imagination to provide a well-rounded experience for your active preschool child. Meet the leaders at the Hayes warming house, which is located on the southwest corner of the school near the Fridley Historical Society.

**Extended Hours:**

If you are unable to pick up your child at 4:00 p.m., register for the Extended Hours program. Recreation staff will supervise children in Hayes School. Parents/guardians can pick up their child between 4:00 - 5:30 p.m., please enter Hayes using Door #10A.

**Session I: June 12 - July 19**

This session follows the Fridley School District’s Summer School Program! If your child is in Summer School at Stevenson they can ride the bus to Hayes Elementary to participate in this program. Our staff will meet them at the bus drop off location.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>385101-1</td>
<td>Playground Program</td>
<td>$82</td>
</tr>
<tr>
<td>385101-2</td>
<td>Extended Hours</td>
<td>$51</td>
</tr>
<tr>
<td>385101-3</td>
<td>P/U Summer School</td>
<td>NA</td>
</tr>
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</table>

Program will not meet July 2-5.

| Session II: July 23 - August 9 |
|-----------------------------|------------------|
| Activity #                  | What             | Fee  |
| 385103-1                   | Playground Program | $51  |
| 385103-2                   | Extended Hours     | $30  |

**Scholarships for Fridley Residents!**

FREE Lunch Program = FREE (up to $130)
REDUCED Lunch Program = HALF Price (up to $130)
Call 763-572-3570 for more info and application forms.
Sports Sampler  
Grades K – 3  
Tu/Th  
Jun 19 – Jul 19
This 8 session instructional program is for boys in girls who are interested in sports. Participants will have fun and learn the fundamentals of a variety of sports including: t-ball, soccer, track & field, basketball, kickball, football and more! Please wear appropriate shoes and bring water bottle. Fee includes t-shirt. A “Track & Field” meet will be held on July 19th at the FMS track, following the event will be an awards presentation.
Min/Max 6/24

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>382202-1</td>
<td>6:15 - 7:00 p.m.</td>
<td>$45</td>
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</table>

No class on July 3 & 5.

Soccer  
Grades K-3  
M/W  
Jun 18 – Jul 18
This program teaches all the basics of soccer — dribbling, passing, receiving, shooting and everything in between. It is well-suited to the first-time player, while still being fun and engaging for kids who already have soccer experience. Kids will begin playing small-sided scrimmages where they will learn more about teamwork and playing as part of a group. Our instructors keep the atmosphere fun, friendly and non-competitive.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>382203-1</td>
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<td>$39</td>
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</table>

No class on July 2 & 4.

Beginning Tennis Lessons  
Grades 1-4  
Tuesdays  
6:00 – 7:00 p.m.
Join us on Tuesday evenings at the Commons Park tennis courts to get a jump on summer and learn the rules and skills of this life-long sport. Hitting the ball, volleys, forehand, backhand strokes and game rules will be taught. Lessons are held on the lower courts at the north end of Commons Park. Min/max: 4/8.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>382302-1</td>
<td>Jun 19 – Jul 10</td>
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<tr>
<td>382302-2</td>
<td>Jul 24 – Aug 14</td>
<td>$35</td>
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</table>

No class on July 3.

Track and Field  
Ages 4 – 6  
Tu/Th  
Jul 24 – Aug 16
This program will meet at Commons Park Shelter (555 61st Avenue NE). Students will be introduced to different track and field events, and games. Fundamentals and technique will be emphasized. There will be an end of session track and field meet on August 16th and 17th. Athletes must wear appropriate clothing and bring a water bottle to each class. Fee includes t-shirt and award presentation. Min/max: 6/20

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>382304-1</td>
<td>6:00 – 6:45 p.m.</td>
<td>$45</td>
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</table>

Parent/ Child Pre-School Football  
Ages 4 – 6  
M/W  
Jul 23 – Aug 15
This basic instructional program is for parent/ adult (18+years of age) and child (boy or girl). Children along with their parent, will learn the skills of football through repeated drills. (Throwing, catching, running, and other early age fundamentals of the game). This is a non-contact class. These fundamental skills are the first steps needed in the development of football players. The main emphasis of this program is having fun in a non-competitive atmosphere while allowing the child to play with their parent and interact with other children! This program runs for 45 minutes and will be held at Commons Park (555 61st Avenue NE). Participants will meet in the Northwest corner of the park near the park shelter. Classes are limited to 20 parent / child pairs. Footballs will be provided (softie style nerf balls). Fee is based on p/c pair and includes t-shirt for the child and award presentation. Min/Max 10/20

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>382103-1</td>
<td>6:00 – 6:45 p.m.</td>
<td>$45</td>
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</table>
Youth All-Day Program (Grades K-7)

This is a popular, all-day program, which offers continuous recreation and enrichment activities for up to 10 weeks this summer. Structured activities including sports, clubs, science, visual arts, and performing arts are offered in the morning (see pages 9-17). Each class will meet Monday, Tuesday, Thursday and Friday — not Wednesdays at Hayes Elementary School located at 615 Mississippi Street NE. Wednesdays are special event/trip days. Grades listed apply to the 2017-2018 school year (grade completed).

June 12 - August 17
7:00 a.m. - 5:30 p.m. – Monday thru Friday
For youth who have completed grades K-7

ROCKS Daily Schedule - M, Tu, Th, F

7:00 - 8:20 a.m.  Arrival & Hang-out
Parents/Guardians enter the Hayes Elementary School through Door #10A to check in participants. During this time participants can play games, read a book, watch a cartoon and have a morning snack with the ROCKS staff.

8:20 a.m. Gather
Participants will gather and ROCKS instructors will take roll call for their classes.

8:30 - 9:30 a.m.  Session 1
9:40 - 10:40 a.m.  Session 2
10:50 - 11:50 a.m.  Session 3
Choose from 2 different classes or a free time* during each session.

11:50 - 12:00 p.m. Gather & Walk to Lunch Location.

12:00 - 12:30 p.m. Lunch
Children will bring their own lunch and eat at the picnic tables or on the grass at Hayes Elementary School.

12:30 p.m.
Groups will walk to their afternoon location. Groups rotate going to the following: Commons Park, Hayes Playground and Gym, Fridley Middle School Pool, and the Mississippi Library. Afternoon locations are listed on the Weekly Parent Update.

1:00 - 4:30 p.m.  Afternoon Programs (details on pg.11)
We’ll spend the afternoon outdoors enjoying theme based activities including: games, stories and crafts.

Chill (Gr. 4-7): The afternoon will be filled with games, projects and adventure.

4:30 - 4:45 p.m. Gather & Walk to Hayes
4:45 - 5:30 p.m. Hang-out and Pick-up
Participants will wind down in the Hayes Elementary School. Parents/Guardians will enter through Door #10A to sign their child out at the end of the day.

*Free Time Description: Unstructured play time in the Hayes classrooms. Children will have the opportunity to play board games, read a book, color, make a craft and more.

To Register:
Complete the Program Registration Form. In addition, please complete the ROCKS Registration Form(s) at the end of this booklet for the appropriate grade level. Submit all forms to the Recreation Department with your fee. Individual class descriptions are located throughout this brochure. Fee includes complete supervision from 7:00 a.m. - 5:30 p.m., Monday - Friday and trips/special events on Wednesdays. Fee includes complete supervision from 7:00 a.m. - 5:30 p.m., Monday - Friday and trips/special events on Wednesdays. Fee includes complete supervision from 7:00 a.m. - 5:30 p.m., Monday - Friday and trips/special events on Wednesdays.

<table>
<thead>
<tr>
<th>Week #</th>
<th>Dates</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Jun 12 - Jun 15</td>
<td>$110</td>
</tr>
<tr>
<td>Week 2</td>
<td>Jun 18 - Jun 22</td>
<td>$135</td>
</tr>
<tr>
<td>Week 3</td>
<td>Jun 25 - Jun 29</td>
<td>$135</td>
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<tr>
<td>Week 4*</td>
<td>Jul 2 - Jul 3</td>
<td>$55</td>
</tr>
<tr>
<td>Week 5</td>
<td>Jul 9 - Jul 13</td>
<td>$135</td>
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</table>

<table>
<thead>
<tr>
<th>Week #</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 6</td>
<td>Jul 16 - Jul 20</td>
<td>$135</td>
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<tr>
<td>Week 7</td>
<td>Jul 23 - Jul 27</td>
<td>$135</td>
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<tr>
<td>Week 8</td>
<td>Jul 30 - Aug 3</td>
<td>$135</td>
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<tr>
<td>Week 9</td>
<td>Aug 6 - Aug 10</td>
<td>$135</td>
</tr>
<tr>
<td>Week 10</td>
<td>Aug 13 - Aug 17</td>
<td>$135</td>
</tr>
</tbody>
</table>

* During Week 4 ROCKS will be held Monday and Tuesday only.

Daily Fee: $35  -  To register for individual days please use the ROCKS Registration Form.

City of Fridley  recreation@fridleymn.gov

Early Bird Discount!
Register for the ROCKS program before May 4th and receive $5 off per week!
Frequently Asked Questions...

1. **Do I have to register for the entire summer?** No, you may register for any or all of the weeks advertised.

2. **Can I register for all weeks and pay for one at a time?** Yes, when you register you only need to pay for the first week (plus a $50 cancellation deposit per child) and then payment is due for additional sessions one week in advance on Mondays by 4:30 p.m.

3. **Are Wednesday Trip fees included in my ROCKS fee?** Yes, trips and special events are included in the ROCKS weekly fee. Separate registration is only needed if you register daily.

4. **Can I register by phone?** Due to the complexity of the ROCKS registration, we ask that all completed ROCKS registrations be submitted by mail, e-mail, FAX or in person.

5. **Can I drop off my child before 7:00 a.m. if I am comfortable leaving them alone?** No, it is the policy of the facility that all children on the property must be supervised by an adult.

6. **Can my child bring a guest once in a while?** Yes, participants may bring a guest at a cost of $35 per day, per guest. Please notify the Recreation office ahead of time. (Note: no guests on Wednesdays, children may sign up for the trips or special events separately.)

7. **Can I pick my child up earlier than 4:30 p.m.?** Yes, you may visit or pick up your child anytime throughout the day. Just be sure to watch the activity schedule so you know where to find them. It is also required for you to sign out your child with Recreation staff.

8. **What if I’m late to pick my child?** It is expected that all children are picked up by 5:30 p.m. and we budget our staff accordingly. A late fee of $5 per child in increments of 5 minutes past the assigned pick-up time will be charged.

9. **Is there fee assistance for low income families?** Yes, fee assistance is available to Fridley residents who meet the MN School District Free or Reduced Lunch Program guidelines. Call the Recreation office at 763-572-3570 for more information.

10. **If I don’t make a payment by the Monday deadline what will happen?** If payment is not received, by Monday at 4:30 p.m. a $10 late fee will be charged to your total for each day it is late through Wednesday.

11. **What is the deadline to register for a particular week of ROCKS?** Registrations and payment must be received by Wednesday of the preceding week.

12. **If my plans change after I have registered, can I cancel and get a refund if I prepaid?** Yes, however, notification of cancellation must be made to the Recreation office -- not the ROCKS staff. Listed below are the guidelines:
   - Notice of cancellation must be made by the Wednesday preceding the week you are cancelling.
   - If the cancellation is made after Wednesday of the preceding week you will forfeit your $50 cancellation deposit.

Grades listed in the proceeding pages are for the grade completed in the 2017-2018 school year.

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**How To Register**

1. Fill out the Program Registration Form on page 31 completely, please include all phone numbers of parents/guardians, and emergency contacts (you may use this form for more than one child).

2. Find the **ROCKS Registration Form** for your child’s grade group on pages 28-30 (one form for each child).

### Weekly Registration Example

<table>
<thead>
<tr>
<th>Weekly/Daily</th>
<th>8:30 - 9:30 a.m.</th>
<th>9:40 - 10:40 a.m.</th>
<th>10:50 - 11:50 a.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 June 12 - 15 393100-C</td>
<td>Glitter &amp; Glam 393105-1C</td>
<td>Bead &amp; Tape Creations* 393105-2C</td>
<td>Yoga 393105-3C</td>
</tr>
<tr>
<td>Weeky (8110): Tuesday - Friday</td>
<td>Soccer* 393105-1C</td>
<td>Game Coding 393105-2C</td>
<td>Crazy About Cards 393105-3C</td>
</tr>
<tr>
<td>Daily ($35): OTu OF OW 855 393121-2</td>
<td>Free Time 393101-1C</td>
<td>Free Time 393101-2C</td>
<td>Free Time* 393101-3C</td>
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</table>

### Daily Registration Example

<table>
<thead>
<tr>
<th>Weekly/Daily</th>
<th>8:30 - 9:30 a.m.</th>
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<tr>
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<td>Free Time 393101-1C</td>
<td>Free Time 393101-2C</td>
<td>Free Time* 393101-3C</td>
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</table>
Youth Instructional Activities

General Information
The classes listed on the following pages (9-17) will be held at the Hayes Elementary School facilities. All participants of these classes are to meet the Recreation staff at the Door #10A, located on the Northwest corner of Hayes Elementary and will return there at the completion of the activity. Participants will be escorted to and from the class site by Recreation staff each day. Grades listed apply to the 2017-2018 school year (grade completed). Each class will meet Monday, Tuesday, Thursday and Friday – not Wednesdays. Wednesdays are field trip and special event days (see page 18-20). For all day ROCKS participants, the class and trip/special event fees are included in your weekly ROCKS payment -- when registering for individual classes, pay the advertised fees (listed within the class descriptions).

Registration
You may register ONLINE for individual classes, but ROCKS all day registrations can only be submitted to the Recreation office by e-mail, mail, FAX or in person.

Arts & Crafts

Glitter & Glam
Do you like things that sparkle? In this class we’ll make a variety of projects covered in glitter, sequins, gems and more. Get ready to shine! Min/max: 6/14. Fee: $16

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393106-3A</td>
<td>K-1</td>
<td>10:50 - 11:50</td>
<td>1</td>
</tr>
<tr>
<td>393106-2B</td>
<td>2-3</td>
<td>9:40 - 10:40</td>
<td>1</td>
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<tr>
<td>393106-1C</td>
<td>4-7</td>
<td>8:30 - 9:30</td>
<td>1</td>
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</table>

Bead & Tape Creations
We will make a variety of projects using all types of beads and even make our own. We will also be using duct tape and masking tape to make cool art works and useful items! Min/max: 6/14. Fee: $16

<table>
<thead>
<tr>
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<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393103-1A</td>
<td>K-1</td>
<td>8:30 - 9:30</td>
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<tr>
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<td>2-3</td>
<td>10:50 - 11:50</td>
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<tr>
<td>393103-2C</td>
<td>4-7</td>
<td>9:40 - 10:40</td>
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</table>

Garden Accents
It’s time to spruce up your garden. We’ll create a stepping stone, garden stake, potted plant and learn lots of gardening tips. Don’t forget your green thumb! Min/max: 6/12. Fee: $22

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
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</thead>
<tbody>
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<td>K-1</td>
<td>10:50 - 11:50</td>
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<tr>
<td>393207-2B</td>
<td>2-3</td>
<td>9:40 - 10:40</td>
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<tr>
<td>393207-1C</td>
<td>4-7</td>
<td>8:30 - 9:30</td>
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</tbody>
</table>

Paracord Projects
Paracord is a lightweight nylon rope which can be turned into bracelets, belts, lanyards, and other creative and cool projects! Min/max: 6/14. Fee: $22

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<th>Time</th>
<th>Week</th>
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<tbody>
<tr>
<td>393208-3C</td>
<td>4-7</td>
<td>10:50 - 11:50</td>
<td>2</td>
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</tbody>
</table>

Tweedle-D-Needle
Pick up a needle and thread because it’s time to sew and tell! In this class we’ll learn the basics of stitching and make cool crafts out of fabric. Older students will also learn how to knit and crochet. Don’t miss it because we’re going to have sew much fun! Min/max: 6/14. Fee: $21

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<td>4-7</td>
<td>8:30 - 9:30</td>
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3D Art
Get your creative juices flowing in this 3-dimensional class. We’ll use many different media such as clay, wood and wire to build awesome sculptures. Imaginations will be needed for creating in the 3rd dimension. Fee: $11

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<td>9:40 - 10:40</td>
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Jewelry Making
Necklaces, bracelets, hair barrettes and more! We will design and create a variety of fun jewelry using various techniques. Min/max: 6/14. Fee: $11

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<td>10:50 - 11:50</td>
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Clay
Come play with clay! You’ll learn building and shaping techniques using a variety of clay. Some will be baked and some will air dry. You will paint and decorate your creations and creatures too. Min/max: 6/14. Fee: $22

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</table>

Look for NEW on-line registration software in the fall!!!
Youth Instructional Activities

**Arts & Crafts (cont.)**

**Wearable Art**
July 16, 17, 19, 20
We will decorate all kinds of clothing articles using a variety of techniques and paints. All supplies are included. Min/max: 6/14. Fee: $24

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<td>4-7</td>
<td>10:50 - 11:50</td>
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</tbody>
</table>

**Compelling Comics**
July 16, 17, 19, 20
Marvel Heroes, Superheroes, Avengers, Heroic Robots! Bring your imagination and list of super powers to this creative comic book class. Who will you introduce to the world? Min/max: 6/14. Fee: $21

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<th>Activity #</th>
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**Photography & Scrapbooking**
July 23, 24, 26, 27
Learn how to take good keepsake pictures and then how to display them in your albums. All supplies are provided including cameras and film. Min/max: 6/14. Fee: $23
(Week 4 = $11)

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</table>
*This session will be held on July 2 & 3.

**Painting**
July 30, 31, August 2, 3
First we’ll learn a bit about painting, shading, dimension and color. Then we’ll paint with a variety of paints and techniques. This class is sure to be an artist’s cup of tea! Please bring a paint shirt. Min/max: 6/14. Fee: $21

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<td>10:50 - 11:50</td>
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</table>

**Recyclable Art**
August 6, 7, 9, 10
We will create beautiful art projects out of found objects like milk containers, newspapers and more! Bring your imagination and junk to class as we may be able to use it in our creations! Min/max: 6/14. Fee: $21

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<td>4-7</td>
<td>8:30 - 9:30</td>
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**Drawing & Paper Projects**
August 13, 14, 16, 17
How about fine-tuning all that doodling? Learn the basics of drawing using pencils, charcoal, colored pencils and pastels. We’ll also be making a variety of cool projects out of paper! From beads to origami; we’ll be cutting, folding and decorating our cool creations. Min/max: 6/14. Fee: $21

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<td>393007-1C</td>
<td>4-7</td>
<td>8:30 - 9:30</td>
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**Collage & Mosaic**
August 13, 14, 16, 17
Make little pieces into works of art! We’ll be using magazine clippings, all types of paper and more to create awesome collages. In addition, we’ll build cool patterns with tiles and gems to make a great mosaic. Min/max: 6/14. Fee: $23

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<td>4-7</td>
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**Design Time**
August 13, 14, 16, 17
Does your room need a make-over? Join us to learn some cool decorating tips and spruce up your pad. We’ll create lightswitch plates, pillows and an awesome design plan. Get ready for a great room that expresses YOU! Fee: $21

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<th>Activity #</th>
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<th>Time</th>
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Fridley residents eligible for up to 100% scholarship.
Youth Instructional Activities

Sports & Games

**Yoga**  
**June 12, 14, 15**

In this introductory program, you will learn a variety of poses and how to connect them through breathing, alignment and mindfulness. This class caters to each age group using a variety of stories and games for younger students.  
Min/max: 6/12. **Fee: $14**

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<th>Week</th>
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<td>393104-3C</td>
<td>4-7</td>
<td>10:50 - 11:50</td>
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**Soccer**  
**June 12, 14, 15**

Many games and activities will be used to develop dribbling, passing and scoring skills. Techniques, sportsmanship and teamwork will be emphasized during daily game playing.  
Min/max: 6/16. **Fee: $14 (Week 8 = $18)**

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<td>393811-3C*</td>
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<td>10:50 - 11:50</td>
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</table>

*This session will be held on July 30, 31, Aug 2, 3.

**Dodgeball**  
**June 18, 19, 21, 22**

There are a variety of ways to play Dodgeball and we’ll try four different versions. We will basic skills, rules and game strategy with an emphasis on sportsmanship, teamwork and fun! Soft foam ‘Gator Skin’ balls will be used. Min/max: 8/16. **Fee: $18**

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<td>393206-1C</td>
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**Musketeers Fencing**  
**June 18, 19, 21, 22**

Children will learn real fencing skills while having fun in our special Musketeers Fencing Class! This program introduces children to the fundamentals of fencing with the foil weapon. Classes are performed in a non threatening environment with an emphasis on skill building, concentration, self discipline and fun. Classes are designed to enhance motor skill, social and perceptual growth by teaching safe, age appropriate foil fencing skills to each child. Fencing can help children improve concentration and develop self-control through fun and organized activities. Instructed by MN Sword Play. Min/max: 6/16. **Fee: $42**

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<td>393203-2C</td>
<td>4-7</td>
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**Floor Hockey**  
**June 25, 26, 28, 29**

Basic skills, rules and game strategy will be worked on for a portion of each day. Games will be the focus of the remaining class time. Sticks, pucks, balls, and goals will be provided. Sportsmanship and teamwork will be emphasized. Min/max: 8/16. **Fee: $18**

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<td>393304-2C</td>
<td>4-7</td>
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**Lacrosse**  
**June 25, 26, 28, 29**

Learn one of the fastest growing team sports in the United States! Lacrosse is a combination of basketball, soccer and hockey. Instruction will be provided by Lacrosse Unlimited coaches. Team play and sportsmanship will be emphasized. Min/max: 10/30. **Fee: $30**

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<td>393307-3C</td>
<td>4-7</td>
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**Outdoor Games**  
**July 2, 3**

Burn some energy during this class! We will play a variety of games including: tag, medic, trench, kickball, ultimate and more! Don’t forget to wear your running shoes and dress for the weather. Min/max: 6/16. **Fee: $9**

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Grades listed are for the grade completed in the 2017-2018 school year.
Scavenger Hunt Extravaganza July 2, 3
In this class fun is where you find it! Participants will get a chance to decipher clues and explore the world around them. In addition, children will create their own scavenger hunts. Min/max: 6/16. Fee: $9

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Archery July 9, 10, 12, 13
This popular class is back! Kids will be excited to learn this lifetime sport. They will learn how to use the equipment safely and skillfully. Skills such as position, draw, follow thru and shooting will be covered. All equipment is provided, beginner recurve bows are used. Min/max: 8/12. Fee: $18

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Intro to Karate July 9, 10, 12, 13
Learn the basics of Karate, while developing self-confidence and discipline. In this fun class participants will work to improve overall physical condition by increasing flexibility and endurance. Instructed by Professional Karate Studios. Min/max: 6/12. Fee: $35

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T-ball & Kickball July 16, 17, 19, 20
Bring your ball glove as we will head to the field for some practice. We will work on throwing, running the bases, batting and fielding. This class will focus on fun and is appropriate for all skill levels. Min/max: 6/16. Fee: $18

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<th>Activity #</th>
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<td>393605-1B</td>
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Golf Camp July 30, 31, Aug 2, 3
Learn to golf at a real course designed with youth in mind! This camp will be held at the National Sports Center’s new Tournament Greens: National Youth Golf Center! NSC staff will provide instruction and equipment. Children will learn not only the fundamental skills of the game (grip, stance, swing, ball contact, putting, chipping and driving), but also the rules and etiquette of golf. The emphasis is on fun and participation. Meet at the Hayes Elementary School enter at Door #10A. Transportation will be provided by Fridley Recreation. Min/max: 8/10. Fee: $40

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American Flag Rugby July 23, 24, 26, 27
This camp is designed to introduce the young athlete to the sport of Flag Rugby through skill development and small group games. It is a coed, non-contact “touch” form of rugby using flags. Skills including running, kicking, passing, space strategy, teamwork, and self-confidence are developed. This is Flag Rugby at its simplest, the rugby version of T-Ball. Strictly for fun with lots of games and ball chasing exercises. Min/max: 10/30. Fee: $30

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*This session will be held on July 23, 24, 26, 27.

Call 763-572-3570 for more information.
Youth Instructional Activities

Sports & Games (cont.)

Pickleball & Volleyball  July 23, 24, 26, 27
Come try out one of the fastest growing paddle sports in the U.S! Pickleball is a cross between badminton, tennis and ping-pong. In addition, we’ll learn and play the fun team sport of volleyball. Rules & basic fundamentals will be covered in a kid friendly environment. We’ll focus on skill building by playing a variety of games with balloons and beach balls. Min/max: 6/12. Fee: $18

Activity #  Gr.  Time  Week
393702-2A  K-1  9:40 - 10:40  7
393702-3B  2-3  10:50 - 11:50  7
393702-1C  4-7  8:30 - 9:30  7

Sidewalk Game  July 30, 31, Aug 2, 3
Hopscotch, hacky sack, 4 square, jump roping and chalk art are the old favorites; come and learn some new ones also. Min/max: 6/16. Fee: $18

Activity#  Gr.  Time  Week
393807-3A  K-1  10:50 - 11:50  8

Basketball  July 30, 31, Aug 2, 3
This class focuses on shooting, dribbling, passing, along with teamwork and good sportsmanship. We will play games while working on skills each day. Min/max: 6/16. Fee: $18

Activity #  Gr.  Time  Week
393804-2A  K-1  9:40 - 10:40  8
393804-3B  2-3  10:50 - 11:50  8
393804-1C  4-7  8:30 - 9:30  8

Flag Football  August 6, 7, 9, 10
Develop throwing, catching, running, kicking and play strategy. Daily drills and game play will encourage skill development. Min/max: 8/16. Fee: $18

Activity #  Gr.  Time  Week
393903-1A  K-1  8:30 - 9:30  9
393903-3B  2-3  10:50 - 11:50  9
393903-2C  4-7  9:40 - 10:40  9

Track & Field  August 13, 14, 16, 17
Run, jump, shot put and more! This is a great opportunity to get outside and participate in some Olympic Events. Min/max: 8/16. Fee: $18

Activity #  Gr.  Time  Week
393005-2A  K-1  9:40 - 10:40  10
393005-1B  2-3  8:30 - 9:30  10
393005-3C  4-7  10:50 - 11:50  10

Science & Nature

Game Coding  June 12, 14, 15
All New Game Tutorial! Working in pairs, Image, Create & Share by creating an interactive 2D video game. Students will be walked through creating a working arcade-style game. On the last day, bring a USB drive to save your games or they can be e-mailed to parents. Class instructed by Computer Explorers. Min/max: 8/24. Fee: $30

Activity #  Gr.  Time  Week
393102-1A  K-1  8:30 - 9:30  1
393102-3B  2-3  10:50 - 11:50  1
393102-2C  4-7  9:40 - 10:40  1

Our Earth  June 18, 19, 21, 22
Join us as we learn about our world; from the core to the atmosphere. We’ll explore all the things that make our Earth great and what we can do to help keep it clean and beautiful. Min/max: 6/14. Fee: $21

Activity #  Gr.  Time  Week
393205-1A  K-1  8:30 - 9:30  2
393205-3B  2-3  10:50 - 11:50  2

The Buzz on Bugs  June 25, 26, 28, 29
Have you ever wondered how crickets make music or why bees are so sweet? Join us to learn this and more. We will have lots of fun ant-ivities! Please leave your fly swatters at home. Min/max: 6/14. Fee: $21

Activity #  Gr.  Time  Week
393305-1A  K-1  8:30 - 9:30  3
393305-3B  2-3  10:50 - 11:50  3

Sneaky Snakes  July 2, 3
Get ready to hiss like a viper and shake like a rattlesnake as we slither into the world of snakes. This class is sure to be exciting as we take a sneak peak into the lives of snakes, from the tiny thread snake to the giant python. We’ll play games and create projects as we learn tons of snake info. Min/max: 6/14. Fee: $9

Activity #  Gr.  Time  Week
393406-3A  K-1  10:50 - 11:50  4
393406-2B  2-3  9:40 - 10:40  4
Science & Nature

Create an Animal  
From Lizards to Koala Bears: learn about a variety of animals and how they adapt to their environments. Throughout this class we will use our imaginations to combine characteristics from different animals and create our very own species. Min/max: 6/14. **Fee: $21**

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LEGO Fun  
Let’s build and create! Can you make a car move with the wind? Can you build the tallest structure? In this class we’ll create buildings, cars, bridges and even have some fun photographing our creations! Min/max: 6/14. **Fee: $21**

Wilderness Survivor  
Could you survive on your own in the wilderness? Learn and test your survival skills of teamwork, map & compass reading, shelter building, finding food and fire starting. Get ready for a challenge! Min/max: 6/14. **Fee: $21**

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Rocketry  
This action-packed week focuses on rockets and the physics of flight. Learn why propulsion, stability, control and design are essential for successful rocket launches. Build your own fascinating rockets and launch a variety of rockets throughout the week. Instructed by Mad Science. Min/max: 10/18. **Fee: $34**

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Build It!  
First we’ll examine the strengths and weaknesses of a variety of structures and then experiment by building towers, boats, bridges and more. Get ready to be creative! Min/max: 6/14. **Fee: $21**

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Clever Chemistry  
Discover chemicals and experiment with reactions. Mix different chemicals to create things that you can use and eat. Make sidewalk chalk, tootsie rolls, bath fizzers and crystals. Min/max: 6/14. **Fee: $21**

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Silly Science  
Discover the world of silly science through exciting experiments and intriguing creations. We will use household items and create interesting recipes. Min/max: 6/14. **Fee: $21**

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ENVIRONMENTAL FUN FAIR  
Saturday, May 5th
10:00 a.m. - 2:00 p.m.
Springbrook Nature Center

Engineering: Crazy Action  
Unleash your imagination as you journey through the wide-ranging world of LEGO building. Students working in pairs will build models, and discuss the engineering science behind each. This fun, hands-on class shows students how engineering can be fun and silly, yet still educational. Students will then be challenged to improve the model and customize their creations. Class instructed by Computer Explorers. Min/max: 8/24. **Fee: $38**

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**Performing Arts**

**Magic Storytelling  June 18, 19, 21, 22**
Great stories change lives. They introduce us to giant characters, exciting adventures and big dreams. These tales will be enhanced with rib-tickling humor, balloon sculpturing and slap-stick comedy illusion. You will be inspired to develop your creativity side. Satisfaction guaranteed or all laughter returned! Class instructed by Homeward Bound Theatre Company. Min/max: 8/12. Fee: $35

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**Magic and More  June 18, 19, 21, 22**
Amaze your family and friends when you share with them illusionary secrets. Participants will learn how to do the basic tricks they are familiar with, as well as new ones! This class will help develop their self-esteem by acquiring a new skill that will enhance their personality. Remember, magicians never reveal how a trick works! Class instructed by Homeward Bound Theatre Company. Fee: $35

**Puppetry  June 25, 26, 28, 29**
Create your own show with puppets that you create! You will also have a chance to use the Fridley Recreation puppet collection to create and perform a show. Fee: $21

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**Make a Music Video  July 16, 17, 19, 20**
Lights, camera, action! We'll choose a song and then create costumes, scenes, choreography and more! Get ready to be a star! Min/max: 8/20 Fee: $22

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*This session will be held on July 9, 10, 12, 13*

**Dance  July 16, 17, 19, 20**
Learn the basics of dance and create fun routines to awesome music. Participants should wear loose, comfortable clothing and tennis shoes. An informal performance will be held after the last class. Class instructed by The 'nMotion Center for Performing Arts. Min/max: 6/14. Fee: $22

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**Musical Theater  August 6, 7, 9, 10**
Students will be introduced to the great musical theatre classics as well as the best of Broadway today. This class will focus on character building, storytelling skills, and adapting to styles in dance through exercises in acting, improvisation, and storytelling. Class instructed by The 'nMotion Center for Performing Arts. Min/max: 6/14. Fee: $22

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**Hip Hop  August 13, 14, 16, 17**
This class has been designed to introduce your children to the foundational technique of hip hop dance, with an emphasis on rhythm and listening skills. Your children will learn basic isolations, groove steps and foundational floor movements from the style of breaking (break dancing). Class instructed by The 'nMotion Center for Performing Arts. Min/max: 6/14. Fee: $22

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Youth Instructional Activities

Enrichment

Crazy About Cards  June  12, 14, 15
Shuffle, deal, match pairs, suits and face down. What? Card terms will be explained while playing some familiar old favorites as well as exploring new games together.  Fee: $14

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Boys and Girls Club  June  18, 19, 21, 22
Join us for some time with your pals! We'll be dividing the girls and the boys into two clubs. Get ready to discover your clubs common interests as we hang - both inside and out! We'll also create projects and play our favorite games. Min/max: 6/14.  Fee: $21

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Slimy, Squishy, Sticky  June  25, 26, 28, 29
In this class we will not only explore a variety of dough, but we will make our own slime that may be sticky or squishy. Min/max: 6/14.  Fee: $21

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Slime Challenge  June  25, 26, 28, 29
In this class we will make our own slime and experiment with slippery recipes. Get ready to be grossed out! Min/max: 6/14.  Fee: $21

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Culture Club  June  25, 26, 28, 29
You have just landed on Mars and are tasked with creating a new culture for the planet. You will discover many ideas as we explore traditions, languages, and more from around the world. Min/max: 6/14.  Fee: $21

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Sign Language  July  2, 3
Discover how to hear with your eyes and talk with your hands. You will learn the alphabet and basic words while creating your own handbook to bring home.  Min/max: 6/12.  Fee: $10

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Storybook Creations  July  9, 10, 12, 13
Bring out the writer in you! Create your very own book that you can read to family and friends. Your finished book will be complete with illustrations.  Fee: $21

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Passport to Adventure  July  16, 17, 19, 20
Get ready for a whirlwind visit to four very different countries or continents. Explore customs, music, language, crafts and foods from familiar to exotic.  Fee: $21

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Creative Cooking  July  23, 24, 26, 27
Here’s your chance to create some fun foods with lots of tasty ingredients. We will make some goodies to try in class and create a cookbook to bring home.  Fee: $21

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Super Hero You  July  23, 24, 26, 27
It’s a bird, it’s a plane, it’s SuperYOU! Invent your own superhero identity and choose your special power. In this fun class you'll create a costume and accessories to become SuperYOU. Min/max: 6/14.  Fee: $21

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</table>

Book Club  July  23, 24, 26, 27
We will read a variety of stories in this class and use learn what is beyond the words through games, crafts and discussion. Min/max: 6/14.  Fee: $21

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393703-1A</td>
<td>K-1</td>
<td>8:30 - 9:30</td>
<td>7</td>
</tr>
<tr>
<td>393703-3B</td>
<td>2-3</td>
<td>10:50 - 11:50</td>
<td>7</td>
</tr>
</tbody>
</table>

Under the Sea  July  30, 31, Aug  2, 3
This will be an exciting under the sea adventure. We’ll explore the ocean’s geography and creatures as we create projects, read books and play games. Min/max: 6/14.  Fee: $21

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393803-1A</td>
<td>K-1</td>
<td>8:30 - 9:30</td>
<td>8</td>
</tr>
</tbody>
</table>

Recycling Drop-Off and Free Paper Shredding
Saturday, May 12, 9:00 a.m. - Noon
Get a jump start on spring cleaning with the next recycling drop-off at Green Lights Recycling in Blaine.
Youth Instructional Activities

Spa-Salon  July 30, 31, August 2, 3
Hair, nails, skin care, groovy beads, cool snacks and friendship will make up this awesome class. Min/max: 6/14. Fee: $21

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393802-1A</td>
<td>K-1</td>
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<td>8</td>
</tr>
<tr>
<td>393802-3B</td>
<td>2-3</td>
<td>10:50 - 11:50</td>
<td>8</td>
</tr>
<tr>
<td>393802-2C</td>
<td>4-7</td>
<td>9:40 - 10:40</td>
<td>8</td>
</tr>
</tbody>
</table>

Newspaper Club  July 30, 31, August 2, 3
Are you ready to become a reporter? This class will be an exciting opportunity to create a youth newspaper. We will dig up stories, take pictures and put it all together in print. Min/max: 6/14. Fee: $21

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393810-2C</td>
<td>4-7</td>
<td>9:40 - 10:40</td>
<td>9</td>
</tr>
</tbody>
</table>

Plan A Trip  August 6, 7, 9, 10
Dream of traveling to a far off place? In this class we’ll teach you how to plan an exciting vacation. You’ll create an awesome itinerary that you can keep and perhaps use to make your dreams a reality someday. Fee: $21

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393909-3C</td>
<td>4-7</td>
<td>10:50 - 11:50</td>
<td>9</td>
</tr>
</tbody>
</table>

Party Planners  August 6, 7, 9, 10
Learn how to put on your very own party! We’ll be choosing a theme, making the food, setting the table, creating the atmosphere and serving the snacks! On the last day of class the students will host a their party! Min/max: 6/14. Fee: $23

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393904-2A</td>
<td>K-1</td>
<td>9:40 - 10:40</td>
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<tr>
<td>393904-1B</td>
<td>2-3</td>
<td>8:30 - 9:30</td>
<td>9</td>
</tr>
<tr>
<td>393904-3C</td>
<td>4-7</td>
<td>10:50 - 11:50</td>
<td>9</td>
</tr>
</tbody>
</table>

Terrific Turtles  August 13, 14, 16, 17
It’s time to get out of your shell and get crazy about Turtles! This class is sure to be exciting as we take a sneak peak into the lives of turtles. We’ll play games and create projects as we learn tons of turtle info. Min/max: 6/14. Fee: $21

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Gr.</th>
<th>Time</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>393004-2A</td>
<td>K-1</td>
<td>9:40 - 10:40</td>
<td>9</td>
</tr>
<tr>
<td>393004-1B</td>
<td>2-3</td>
<td>8:30 - 9:30</td>
<td>9</td>
</tr>
</tbody>
</table>

Community Events

ENVIRONMENTAL FUN FAIR
Saturday, May 5, 10:00 a.m. - 2:00 p.m.
Springbrook Nature Center
Hands On Learning|Family Fun|Fix-It Clinic
FREE!!!

Fun and education for the whole family! Enjoy games, naturalist programs, guided nature hikes, crafts and more. Plus the popular Fix-It Clinic is back! Bring in your ripped jeans, busted stereos, broken lamp or cell phone and our skilled volunteers will teach you repair tricks that might bring it back to life. There is no charge to attend!

ECFE TOUCH-A-TRUCK
Saturday, May 12, 10:00 a.m. – 12:00 p.m.
Fridley Community Center
Don’t miss ECFE’s Touch-A-Truck event. Has your child ever wanted to get closer to some of the big trucks they see around town? Now is their chance! This event is for the entire family where children can see and climb on ‘real life’ vehicles. Kids, accompanied by their parents or guardian, can explore the many different trucks and other vehicles we will have parked in the Fridley Community Center Parking Lot. For further information call 763-502-5124.
Youth Trips & Special Events

All trips will depart from and return to Hayes Elementary School (615 Mississippi St. NE). Grades listed are the grades completed during the 2017-2018 school year. Trained youth workers from the Recreation Department staff all trips at an approximate ratio of one leader to ten participants. Fees include admissions, supervision and transportation. If you have any questions regarding the trips or special events listed below, please call 763-572-3570. Min/max: 20/60.

Extended Hours for Working Parents
For all trips, an extended time is listed with an additional fee (Ext Hrs). Parents may drop off children as early as 7:00 a.m. and pick-up as late as 5:30 p.m. Pre-registration using the additional program number is required. It is expected that your child will be picked up at the advertised time. A late fee will be charged after this time to cover the cost of staff that remain with your child.

Nickelodeon Universe
**Wednesday, June 13**  Grades K-3
Nickelodeon Universe is the first of its kind, with rides matched to popular characters from the Nickelodeon TV shows: SpongeBob, Dora the Explorer and other favs. Those that want “thrill rides” will find nine choices. The Rock Bottom Plunge coaster has loops and spirals and the Fairly Odd Coaster spins and twists. There are plenty of non-thrill rides as well: a ferris wheel, bumper cars, swings, log chute and lots more. Please bring a bag lunch.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393120-1</td>
<td>Trip</td>
<td>9:00 a.m. – 4:30 p.m.</td>
<td>$36</td>
</tr>
<tr>
<td>393120-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$45</td>
</tr>
</tbody>
</table>

Valleyfair
**Wednesday, June 13**  Grades 4-7
Come and join us for a full day of fun and excitement at the greatest amusement park around. Valleyfair has an awesome lineup of roller coasters including the Steel Venom and Wild Thing. Spend the day on the rides, or hanging out at the water park — the choice is yours. Participants should bring a bag lunch, a change of clothes and a swimsuit.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393121-1</td>
<td>Trip</td>
<td>9:00 a.m. – 5:30 p.m.</td>
<td>$48</td>
</tr>
<tr>
<td>393121-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$52</td>
</tr>
</tbody>
</table>

**FREE Twins Clinic**
Ages 6-9:  3:00 - 4:30 p.m.
Ages 10-13:  4:30 - 6:00 p.m.
**Friday, June 29**
Commons Park Field #1
555 61st Ave. NE
Sponsored by Twins Community Fund and Great River Energy. No registration required, but participants must complete a waiver on-site.
Please bring a glove, all other equipment is provided. Clinics are designed to teach basic fundamentals, including hitting, throwing, and fielding.

In case of inclement weather, the clinic will take place in the Hayes Elementary School Gymnasium (615 Mississippi St. NE).
Youth Trips & Special Events

Cheap Skate & Lilli Putt

Wednesday, June 20  Grades 4-7
Come join the fun! Enjoy skating, arcade games, and music at Cheapskate Roller Rink. Students will be amazed by all the fun and exciting activities. This trip includes lunch (pizza, chips, and pop) Following Cheap Skate; we’ll head over to Lilli Putt Miniature Golf & Family Entertainment Center. Lilli Putt has golf, bumper boats, and goal carts. Trip includes a round of golf, and two go-cart or bumper boat rides.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393721-1</td>
<td>Trip</td>
<td>9:30 a.m. – 4:30 p.m.</td>
<td>$6</td>
</tr>
<tr>
<td>393721-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$25</td>
</tr>
</tbody>
</table>

Wet & Wild Water Party

Wednesday, July 11  Grades K-5
This annual event is always a cool afternoon adventure! Wet & Wild will be held at Commons Park where we’ll have a big slip 'n slide, lots of sprinklers, water toys and water balloons everywhere! Wear a swimsuit and sunscreen, and bring a towel. In case of inclement weather, please call our HOTLINE number for updated information at 763-572-3578. For those registering for extended hours we will have a laid-back morning at Hayes Elementary School. Please bring your own lunch.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393520-1</td>
<td>Event</td>
<td>1:00 p.m. – 4:00 p.m.</td>
<td>$6</td>
</tr>
<tr>
<td>393520-2</td>
<td>Event/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$25</td>
</tr>
</tbody>
</table>

Activity Peak & Splash Pad

Wednesday, June 27  Grades K-3
One of the most exciting outings of the summer! In the morning we are off to Adventure Peak at Edinborough Park (climb into the 30-foot tall oak tree, slide down one of the four giant tube slides or wash down the triple wave slide, navigate across a canyon, scale the climbing wall and venture to the 30 foot lookout to spy around the Park; from the lookout, slide down the very popular and very fast new super slide). After lunch, we are heading to the awesome outdoor Round Lake Splash Park in Eden Prairie. Please bring a backpack with a bag lunch, sunscreen, swim suit and towel.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>310320-1</td>
<td>Trip</td>
<td>9:00 a.m. – 4:30 p.m.</td>
<td>$32</td>
</tr>
<tr>
<td>310320-2</td>
<td>Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$41</td>
</tr>
</tbody>
</table>

Como Water Park

Wednesday, June 27  Grades 4-7
We’ll start the day discovering all the creatures in the zoo. Then we’ll head to the park for a picnic lunch and play time. We’ll spend the afternoon spinning, flying and zooming on all the exciting rides at Como Town. Please wear tennis shoes and sunscreen and bring a bag lunch.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393321-1</td>
<td>Trip</td>
<td>9:00 a.m. – 4:30 p.m.</td>
<td>$32</td>
</tr>
<tr>
<td>393321-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$41</td>
</tr>
</tbody>
</table>

Base Camp

Wednesday, July 18  Grades K-7
Join us for what is sure to be one of the most exciting day trips of the summer! We will be exploring Base Camp at Fort Snelling, Minnesota. With team building, rope courses, archery, rock climbing, and a NASA space shuttle simulator, the possibilities will be endless! Please bring a bag lunch and water bottle.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393620-1</td>
<td>Trip</td>
<td>8:30 a.m. – 4:30 p.m.</td>
<td>$36</td>
</tr>
<tr>
<td>393620-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$45</td>
</tr>
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</table>

City of Fridley  recreation@fridleymn.gov
Bunker Beach
Wednesday, July 25  Grades K-7
Come and cool off with us at the Bunker Hills Water Park. The water park includes a 25,000 square foot wave pool, a waterslide tower, a large adventure pool including a play structure and lazy river. There is also lots of space to lounge in chairs and relax in the sun or shade. Please bring a bag lunch, swimsuit, sunscreen and towel.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393720-1</td>
<td>Trip</td>
<td>9:00 a.m. – 4:30 p.m.</td>
<td>$32</td>
</tr>
<tr>
<td>393720-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$41</td>
</tr>
</tbody>
</table>

Nickel Jamboree
1:00 - 4:00 p.m.  •  Wednesday, August 1
Commons Park  •  Grades K-5
Come one come all for carnival games, puppet shows, face painting, hayrides, popcorn and beverages! The Jamboree will be held at Commons Park near the playground equipment. Most activities are just 10-50 cents, so bring your change! An adult should accompany children under age 6. No pre-registration is required for this event, except for the extended hours. Children that register for extended hours should bring their own lunch and will spend the morning enjoying activities at Hayes Elementary School. Fee includes a $5 card that can be used for games and snacks.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393820-2</td>
<td>Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$25</td>
</tr>
</tbody>
</table>

MN Zoo
Wednesday, August 8  Grades K-3
Let’s explore the Minnesota Zoo together! We’ll enjoy a day with the animals as we explore the Grizzly Coast, Discovery Bay, Tropics Trail, Family Farm and more. The Splash Pad will also be open, so wear clothes that can get wet and dry quickly. Please bring a bag lunch and sunscreen.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393920-1</td>
<td>Trip</td>
<td>9:00 a.m. – 4:30 p.m.</td>
<td>$32</td>
</tr>
<tr>
<td>393920-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$41</td>
</tr>
</tbody>
</table>

Purgatory Park & the Big Thrill Factory
Wednesday, August 8  Grades 4-7
We’ll start the day with a picnic lunch at Purgatory Park before making our way to Big Thrill Factory in Minnetonka. We’ll have a blast at Big Thrill Factory! We’ll play laser tag, climb in their indoor playground, fly high on the altitude trampolines, and compete against friends in the BTF Time Challenge. Please bring bag lunch, sunscreen, and wear socks and tennis shoes.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393921-1</td>
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<td>393921-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$40</td>
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Cascade Bay
Wednesday, August 15  Grades K-7
Help us cap off the summer in the sun as we hit Cascade Bay in Eagan! With giant waterslides, an aqua pirate ship, and an inner tube filled lazy river, our final summer field trip will be one to remember! Please bring your swimsuit, towel, sunscreen and bag lunch.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393020-1</td>
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<tr>
<td>393020-2</td>
<td>Trip/Ext Hrs</td>
<td>7:00 a.m. – 5:30 p.m.</td>
<td>$41</td>
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</tbody>
</table>
## Safety Camp

For youth completing grade 3  
(If openings remain after June 1st  
those who have completed 2nd and 4th grades may register.)

### Wednesday, June 20
8:00 a.m. - 4:00 p.m.

**Commons Park**

Members of the Fridley Fire, Police and Recreation Departments will once again be hosting this exciting program designed for kids to have fun while learning good safety practices. Children will learn and experience safety related to a variety of topics which may include: fire, seat belt, animals, electrical, bicycle, first aid, water, weather, and 911!

The camp will be held at the Commons Park shelter (6249 7th Street NE) - rain or shine. There will be snacks and lunch served. Following the camp there will be a graduation ceremony at Commons Park. We strongly recommend that your child attend this graduation ceremony, as it is an important conclusion to this two-day experience. Orientation materials will be sent to participants after they have registered.

The registration fee includes leadership, supplies, bike helmet, T-shirt, tote bag, snacks and lunch. Min/max: 60/100.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Grade</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>386103-1</td>
<td>K-2</td>
<td>9:00 a.m. – 3:30 p.m.</td>
<td>$116</td>
</tr>
<tr>
<td>386103-2</td>
<td>Ext Hrs</td>
<td>7:30 a.m. – 5:30 p.m.</td>
<td>$15</td>
</tr>
</tbody>
</table>

## Adventures with Tom and Huck

**July 16 - 19**

Imagine yourself on a log raft as we explore the Mississippi with Tom Sawyer and Huckleberry Finn. This week will be full of adventure as we search for hidden treasure, go fishing, play in the woods and shoot a bow and arrow. This camp will be located on the Mississippi at the Riedel House in Riverfront Park. We will be traveling to the Coon Rapids Dam for a day of canoeing with Wargo Nature Center as well. Snack is provided. Extended hours (Ext Hrs) are available if needed. Campers will need to bring a lunch and a water bottle each day.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Grades</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>386402-1</td>
<td>3</td>
<td>8:00 a.m. – 4:00 p.m.</td>
<td>$25</td>
</tr>
</tbody>
</table>

**Fridley is committed to creating and preserving a community of beauty, access and encouraging healthy living. Become one with nature as the 3 miles of hiking trails within Springbrook Nature Center bring you closer to birds and deer, or enjoy a breathtaking bike ride along the Mississippi River Trail. The City of Fridley is home to 38 neighborhood parks, 5 Anoka County parks and 7 public school facilities.**

### Did You Know

One of the benefits of youth group activities include a sense of identity for children.
Bird Banding
Sundays 6:30 a.m.
Help capture and release wild birds for this banding research program. Stop in any time between 6:30 a.m. and 12 noon and 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.

Saturday Family Fun
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. Program is held the second Saturday of each month from 10:00 - 11:00 a.m. There is no charge to participate.

May 6 June 26 July 15 August 26
May 26 June 26 August 5 September 4

Saturday in the Park
Saturday July 28 Time To Be Determined
Hosted by the Springbrook Nature Center Foundation, Saturday in the Park features music from the Fridley City Band, Free Grandpa's Ice Cream and interactive nature activities for all ages. Join us at this no-cost event to enjoy a hike, some great music, fun in the nature-play area and so much more!

Annual Park Clean Up
Saturday, April 28
9:00 a.m. – 12:00 p.m.
We need your help! Grab your work gloves, hiking boots and your family and friends to help keep Springbrook Nature Center and its trails clean.
This is a great opportunity for service organizations, youth organizations and neighborhood groups! Light refreshments will be served.

Dragonfly 101
Saturday June 23
Join us for a different kind of field trip with a focus on dragonflies. We will spend about 30 minutes in the classroom reviewing dragonflies and then spend 60 minutes out in the wetland looking for dragonflies, taking their photos when we can get them to pose and netting those that do not want to pose. Images will be projected for all to see. There is no charge for this program, but pre-registration is required.

Activity # Time
387201-1 1:00 - 3:00 p.m.

Butterfly Survey
Saturday July 7
Hike off the trails into the forest, prairies, and Oak Savanna on this fun midsummer event. Using nets and field guides supplied by the Center, we will look in hidden corners to find as many species of butterflies as possible. Participants are welcome to bring a picnic lunch. There is no charge to participate, but pre-registration is required.

Activity # Time
387206-1 10:00 a.m. - 12:00 p.m.
387206-1 1:00 - 3:00 p.m.
### Springbrook Nature Center Camps Ages 5-12

**Where the adventure never ends...**

**Weekly sessions starting June 11**

**9:00 a.m. - 4:00 p.m.**

*Residents: $145/wk  Non-Residents: $155/wk*

<table>
<thead>
<tr>
<th>THEME</th>
<th>DATES</th>
<th>DESCRIPTION</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wild Child</strong></td>
<td>Jun 11 - 15</td>
<td>Running around the woods, climbing trees, inventing games and building forts is just the beginning of a long list of activities we have planned for this week!</td>
<td>387401-1</td>
</tr>
<tr>
<td><strong>Habitat Sweet Habitat</strong></td>
<td>Jun 18 - 22</td>
<td>Are you ready to become a nature detective? Let's explore the many different kinds of places to live at Springbrook in search of answers to a new mystery each day. Prairie, Oak Savanna, Forest, and Wetland! Here we come!</td>
<td>387402-1</td>
</tr>
<tr>
<td><strong>Roughin’ It</strong></td>
<td>Jun 25 - 29</td>
<td>Get off the couch and outta the house! Get in touch with your rugged side while learning fun wilderness skills. Work together to set up a base camp with shelters and tents. Try your hand at fishing, geocaching, exploring and more!</td>
<td>387403-1</td>
</tr>
<tr>
<td>Family Camp*</td>
<td>Jul 3 or 5</td>
<td>Join us for a special day of nature activities for the entire family (age 5 and up). A catered lunch, nature activities, games, and plenty of time outdoors are all included.</td>
<td>387404-1</td>
</tr>
<tr>
<td></td>
<td>9:00 a.m. - 3:00 p.m.</td>
<td><em>(Cost is $30 per resident and $35 per non-resident)</em></td>
<td>387404-2</td>
</tr>
<tr>
<td><strong>Outdoor Imagineers</strong></td>
<td>Jul 9 - 13</td>
<td>Imagine being able to use your noodle to solve fun problems, build tools, and invent solutions. All while in the fresh air of the outdoors!</td>
<td>387405-1</td>
</tr>
<tr>
<td><strong>Camp Classics</strong></td>
<td>Jul 16 - 20</td>
<td>Go back to basics of quintessential summer camp activities. Play games, work on art and craft projects, hang out by the campfire and just explore the outside. Try out new skills like canoeing and archery or let your imagination go wild in puppet shows and skits!</td>
<td>387406-1</td>
</tr>
<tr>
<td><strong>Eco-Warriors</strong></td>
<td>Jul 23 - 27</td>
<td>The time has come to defend the planet! Learn the skills you will need to win the war against the nature destroyers while playing games, exploring nature, and having fun.</td>
<td>387407-1</td>
</tr>
<tr>
<td><strong>Wetland Wonders</strong></td>
<td>Jul 30 - Aug 3</td>
<td>Splash! Squish! Squelch! Feel the mud between your toes and hold a snail in the palm of your hand. Get up close and personal with the wetlands of Springbrook while putting your engineering skills to the test building a boat or a dam!</td>
<td>387408-1</td>
</tr>
<tr>
<td><strong>Wild Child</strong></td>
<td>Aug 6 - 10</td>
<td>Running around the woods, climbing trees, inventing games and building forts is just the beginning of a long list of activities we have planned for this week!</td>
<td>387409-1</td>
</tr>
<tr>
<td><strong>Earth Artists</strong></td>
<td>Aug 13 - 17</td>
<td>Head out to the forests, fields and wetlands of Springbrook to find all the colors of the rainbow and more! Do art projects using natural materials and colorful art supplies. Make pieces to take home and create designs outside.</td>
<td>387410-1</td>
</tr>
<tr>
<td><strong>Creature Feature</strong></td>
<td>Aug 20 - 24</td>
<td>ANIMALS! We all love them, but how much do you really know about them? Come and find out why star-nosed moles look like that, or how the loggerhead shrike prepares its food. At the end of this week we will “become” animals in our very own museum!</td>
<td>387411-1</td>
</tr>
</tbody>
</table>
Leaders in Training (LIT) (for youth completing grades 6-7)

Do you love ROCKS and want to be a recreation leader? In this youth leadership program you’ll learn valuable teamwork, child care, first aid, problem solving and leadership skills. In addition, we will cover basic professional development skills such as job hunting, completing job applications and interviewing. The LIT team will also plan and execute a community service project. Upon completion of the LIT program, participants will be eligible to apply and interview for a Junior Leader volunteer position in following summers. Following the program (July 30 – August 17) there will be volunteer opportunities available for the LIT graduates to begin to test their skills. Don’t miss this great new program that will not only build your skills and confidence, but will be tons of fun!

If your child is enrolled in ROCKS during week’s 2, 3, 5, 6, and 7 you may select the LIT program on your registration form. Children can participate in one or all of the weeks and it will be included in your ROCKS fee. This program does not meet on Wednesdays.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>What</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393212-2C</td>
<td>LIT Program</td>
<td>June 18 – July 27</td>
<td>9:40 a.m. – 10:40 a.m.</td>
<td>$54</td>
</tr>
<tr>
<td>393115-1</td>
<td>LIT Program</td>
<td>Jun 12 – Jul 13</td>
<td>1:00 – 4:30 p.m.</td>
<td>$54</td>
</tr>
<tr>
<td>393115-2</td>
<td>LIT Program</td>
<td>Jul 18 – Aug 16</td>
<td>1:00 – 4:30 p.m.</td>
<td>$72</td>
</tr>
</tbody>
</table>

This program will not meet on Monday-Friday, July 2-6.

Cheap Skate

Grades 5 – 8

Glow in the Dark Night!

Come join the fun! Enjoy skating, arcade games, and music at cheapskate Roller Rink. Food included beef hotdog, chips, and beverage. Please bring extra spending money for games and other activities. Min/Max 10/40

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393699-1</td>
<td>May 11</td>
<td>6:00 - 10:00 p.m.</td>
<td>$15</td>
</tr>
</tbody>
</table>

This program will not meet on Monday-Friday, July 2-6.

Junior Leaders

Grades 4-7

Did you complete the LIT program last summer and are now interested in volunteering during Recreation Programs for Pre-school and Elementary Age Children? Please complete our Junior Leader application to be considered for a position. The application is online at www.fridleymn.gov or pick one up at the Recreation Office at the City Municipal Building, 6431 University Ave. NE, Fridley, MN 55432. Volunteer Opportunities will be available throughout the summer. Junior Leader Training will take place on Tuesday, June 12th from 9:00 - 11:30 a.m.

Junior Leader Applications are due by Friday, May 18th.

The Chill Zone

M, T, Th, F

Youth Completing Grades 4-7

If your child is looking for friends, fun and adventure, this is the place to be. The program is held at Hayes Elementary School and Commons Park. Participants will meet at the Hayes Elementary School each afternoon. Activities will include sports, crafts, outdoor games, fishing, swimming, and more! NEW THIS YEAR -- Fridays will be trip days (off site). Transportation provided via Recreation van.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>393115-1</td>
<td>Jun 12 – Jul 13</td>
<td>1:00 – 4:30 p.m.</td>
<td>$54</td>
</tr>
<tr>
<td>393115-2</td>
<td>Jul 18 – Aug 16</td>
<td>1:00 – 4:30 p.m.</td>
<td>$72</td>
</tr>
</tbody>
</table>

Program will not meet on July 4-6.

School Out Farewell Frenzy!

Friday, June 1st • 3:15 – 6:30 p.m.

The after-school ZONE will be closed for the summer after this event.
Adult Fitness

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. The first session will be held at the Fridley Community Center, 6085 7th Street NE in the gym, and the second session will be held in the Fridley High School Cafeteria.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>384204-1</td>
<td>W/Sa</td>
<td>Apr 25 – Jun 9</td>
<td>$16</td>
</tr>
<tr>
<td>384204-2</td>
<td>W/Sa</td>
<td>Jun 13 – Aug 11</td>
<td>$16</td>
</tr>
</tbody>
</table>

No class on July 4.

CLASS TIMES:

Wednesday evenings: 6:00 - 7:30 p.m.
Saturday mornings: 10:00 a.m. - 11:30 p.m.

Due to construction this summer at many of the school facilities, please enter through door #8 for classes held at the Fridley High School. Please note that the parking lot at the High School will also be under construction so on-street parking is suggested.

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. Session 1 classes will be held in Room 116 at the Fridley Community Center and 4/20 min/max

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Dates</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>384208-1</td>
<td>May 7 – Jun 4</td>
<td>$100</td>
</tr>
</tbody>
</table>

No class on May 28.

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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>384210-1</td>
<td>Tu</td>
<td>Jun 5 – Jul 10</td>
<td>7:30 – 9:00 p.m.</td>
<td>$48</td>
</tr>
<tr>
<td>384210-2</td>
<td>Sa</td>
<td>Jun 2 – Jul 14</td>
<td>10:00 – 11:30 a.m.</td>
<td>$56</td>
</tr>
<tr>
<td>384210-3</td>
<td>Sa</td>
<td>Jul 1 21 – Aug 25</td>
<td>10:00 – 11:30 a.m.</td>
<td>$48</td>
</tr>
<tr>
<td>384210-4</td>
<td>Tu</td>
<td>Jul 24 – Aug 28</td>
<td>7:30 – 9:00 p.m.</td>
<td>$40</td>
</tr>
</tbody>
</table>

NOTE: Tuesday classes will be held at the Fridley High School Media Center, Wednesday classes will be held at the Fridley High School Wrestling Room.

No class August 21st.
Adult Sports/Athletics

Adult Co-Rec Kickball League
Co-Sponsored with the City of Blaine
That’s right, kickball for adults! Relive the excitement you had as a child by gathering a group of friends, family, or co-workers for some fun and recreational competition. Games will be played on Sunday evenings beginning mid-May. 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 April 19th. Entry Fee: $215/team Activity #: 380125-1

Call 763-572-3570 for further information on Adult Fitness and Sports Activities.

Night to Unite 2018
Tuesday, August 7
Register your neighborhood gathering now! Parties must be registered by July 20, 2018. FridleyMN.gov/night2unite

Mark You Calendars!

Pumpkin Night in the Park
Saturday, October 20 ♦ 6:00 - 10:00 p.m.
Springbrook Nature Center
100 85th Ave NE Fridley

- Enchanted Outdoor Trails
- Camp Fires
- Stage Entertainment
- Pumpkin Patch Dance
- Delicious Concessions
- Spooky BINGO

www.springbrooknaturecenter.org
Registration Procedures

Registration Information
The City of Fridley registration procedure is set up to allow all residents time to receive and review their activity 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 is currently underway for Fridley residents.

2. The Parks & Recreation Department will continue to accept registrations throughout the spring season provided there are openings in the requested activity.

Non-Residents
1. 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 registrations will be accepted utilizing a VISA or MasterCard.

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.

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

Fee Assistance
Fee assistance is available to Fridley residents 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.

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 Parks & Recreation Department prior to, or during, the class/activity to request a refund. Refunds will not be given if requested after a program has been held.

Inclusion Policy
The City of Fridley is committed to providing reasonable accommodations and accessibility to participants. If you need support due to a special need/disability, contact Margo Numedahl at margo.numedahl@fridleymn.gov or 763-572-3574 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. You may be asked to complete a confidential intake assessment in order for staff to gain appropriate information about the participants abilities.

Ways To Register

• On-Line
You can register for most classes on-line with a VISA or MasterCard at https://webtrac.ci.fridley.mn.us.

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

• Walk-In
The Parks & 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.
**Registration Form--Grades K-1**

(Grade completed in the 2017-2018 school year)

**Directions:** First check the box for Weekly or Daily registration for the dates you would like to enroll. (Wednesday trips & special events are listed on pg. 18-20.)
- **Weekly:** Check a first choice and a second choice for each class and/or free time listed below each time period (please only choose one free time each week).
- **Daily:** Fill in the circle for the days your child will attend (please note the Wednesday fee varies each week and is listed below). Your child will participate in the classes marked with an asterisk (*).

### Weekly/Daily

<table>
<thead>
<tr>
<th>Wk</th>
<th>Dates</th>
<th>Activity #</th>
<th>Time Period</th>
<th>Activity</th>
<th>Activity #</th>
<th>Time Period</th>
<th>Activity</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jun 12 - 15</td>
<td>393100-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>Game Coding</td>
<td>393102-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Bead &amp; Tape Creations*</td>
<td>393103-1A</td>
<td>2nd</td>
<td></td>
<td>Crazy About Cards</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Free Time</td>
<td>393101-1A</td>
<td></td>
<td></td>
<td>Free Time*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Free Time*</td>
<td>393102-2A</td>
<td></td>
<td></td>
<td>Free Time</td>
</tr>
<tr>
<td>2</td>
<td>Jun 18 - 22</td>
<td>393200-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>Boys or Girls Club*</td>
<td>393202-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Magic Storytelling</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Our Earth</td>
<td>393205-1A</td>
<td></td>
<td></td>
<td>Fencing</td>
</tr>
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<td></td>
<td></td>
<td>Free Time</td>
<td>393201-1A</td>
<td></td>
<td></td>
<td>Free Time*</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Free Time*</td>
<td>393202-2A</td>
<td></td>
<td></td>
<td>Free Time</td>
</tr>
<tr>
<td>3</td>
<td>Jun 25 - 29</td>
<td>393300-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>Buzz on Bugs*</td>
<td>393305-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Puppetry</td>
</tr>
<tr>
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<td></td>
<td>Lacrosse</td>
<td>393307-1A</td>
<td></td>
<td></td>
<td>Slimy, Squisy</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td>Free Time</td>
<td>393301-1A</td>
<td></td>
<td></td>
<td>Free Time*</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Free Time*</td>
<td>393302-2A</td>
<td></td>
<td></td>
<td>Free Time</td>
</tr>
<tr>
<td>4</td>
<td>Jul 2-3</td>
<td>393400-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>3D Art*</td>
<td>393402-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Outdoor Games*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sign Language</td>
<td>393403-1A</td>
<td></td>
<td></td>
<td>Jewelry Making</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Free Time</td>
<td>393401-1A</td>
<td></td>
<td></td>
<td>Free Time</td>
</tr>
<tr>
<td>5</td>
<td>Jul 9 - 13</td>
<td>393500-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>Create An Animal*</td>
<td>393502-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Lego Fun*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Archery</td>
<td>393503-1A</td>
<td></td>
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<td>Free Time</td>
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<td></td>
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<td></td>
<td>Free Time</td>
<td>393501-1A</td>
<td></td>
<td></td>
<td>Free Time</td>
</tr>
<tr>
<td>6</td>
<td>Jul 16 - 20</td>
<td>393600-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>Make a Music Video</td>
<td>393602-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Wearable Art</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>Rocketry</td>
<td>393603-1A</td>
<td></td>
<td></td>
<td>T-ball &amp; Kickball*</td>
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<td></td>
<td></td>
<td>Free Time*</td>
<td>393601-1A</td>
<td></td>
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<td>Free Time</td>
</tr>
<tr>
<td>7</td>
<td>Jul 23 - 27</td>
<td>393700-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>Flag Rugby</td>
<td>393705-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Pickleball &amp; Volleyball*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Book Club</td>
<td>393703-1A</td>
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<td>Free Time</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Free Time*</td>
<td>393701-1A</td>
<td></td>
<td></td>
<td>Free Time</td>
</tr>
<tr>
<td>8</td>
<td>Jul 30 - Aug 3</td>
<td>393800-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>Spa-Salon</td>
<td>393802-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Basketball*</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Under the Sea*</td>
<td>393803-1A</td>
<td></td>
<td></td>
<td>Painting</td>
</tr>
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<td>Free Time</td>
<td>393801-1A</td>
<td></td>
<td></td>
<td>Free Time</td>
</tr>
<tr>
<td>9</td>
<td>Aug 6 - 10</td>
<td>393900-A</td>
<td>8:30 - 9:30 a.m.</td>
<td>Silly Science</td>
<td>393902-1A</td>
<td>1st</td>
<td>9:40 - 10:40 a.m.</td>
<td>Party Planners</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Flag Football*</td>
<td>393903-1A</td>
<td></td>
<td></td>
<td>Into the Outback</td>
</tr>
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<td></td>
<td></td>
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<td></td>
<td>Free Time</td>
<td>393901-1A</td>
<td></td>
<td></td>
<td>Free Time*</td>
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*Children registered for the daily program will be participating in the classes noted with an asterisk (*).
**Registration Form--Grades 2-3**

(Grade completed in the 2017-2018 school year)

**Directions:** First check the box for Weekly or Daily registration for the dates you would like to enroll. (Wednesday trips & special events are listed on pg. 18-20.)

- **Weekly:** Check a first choice and a second choice for each class and/or free time listed below each time period (please only choose one free time each week).
- **Daily:** Fill in the circle for the days your child will attend (please note the Wednesday fee varies each week and is listed below). Your child will participate in the classes marked with an asterisk (*).

### Weekly/Daily

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<td>Soccer</td>
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*Children registered for the daily program will be participating in the classes noted with an asterisk (*).
Registration Form--Grades 4-7 (Grade completed in the 2017-2018 school year)

Directions: First check the box for Weekly or Daily registration for the dates you would like to enroll. (Wednesday trips & special events are listed on pg. 18-20.)
- **Weekly:** Check a first choice and a second choice for each class and/or free time listed below each time period (please only choose one free time each week). Wednesday trips and special events are included in the weekly fee.
- **Daily:** Fill in the circle for the days your child will attend (please note the Wednesday fee varies each week and is listed below). Your child will participate in the classes marked with an asterisk(*).

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<th>Activity #</th>
<th>Activity #</th>
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**Registration Form**

City of Fridley Parks & Recreation Department, 6431 University Avenue NE, Fridley, MN  55432

(763) 572-3570

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<td>Home Phone</td>
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<td>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.</td>
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<tr>
<th>Transportation Release</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Data Privacy Warning</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Liability Waiver</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

| 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 ________________________

**PAYMENT TYPE**

[ ] Cash   [ ] Check   [ ] VISA   [ ] MasterCard   Card # ___________ Exp Date ___________

**OFFICE USE ONLY**

Receipt # ___________ Amount Rcvd $ ___________ Scholarship $ ___________ Received by ___________ Last 4 dig _______

City of Fridley recreation@fridleymn.gov
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 Monday, April 30, 2018.

**DATED MATERIAL!!**

Fridley '49er Days is organized by a non-profit group of volunteers. It takes many helping hands to host a community festival.

Fridley '49er Day is made possible by the 49er Days Committee volunteers, the Fridley Lions and Twin Cities Gateway.

4th Annual Fridley History Tour:
Saturday, June 16, 1:00 - 4:15 p.m.
Tour begins and ends at the Fridley History Center located at 611 Mississippi St NE. Lunch will be held at the historic Riedel House along the banks of the Mississippi River.
Cost is $25/person. To register contact the Fridley Recreation office before June 8 at 763-572-3570. Limited to 45 guests.

JUNE 14
Fridley Lions Parade
Starts at 6:00 p.m.
Starts and ends in the area near 61st Ave and 7th St.
West on 61st Ave, north on 7th Street, east on Mississippi St, and south on Able St.

JUNE 16
Kids Activities
Magician
Food Concession
Bouncy Houses
Fridley Band
History Tour
All-School Reunion
Johnah & the Whales
Petting Zoo
Fireworks