City of Fridley Directory
Parks and Recreation Department
Recreation Office – City Hall, 7071 University Avenue NE
763-572-3570 | Recreation@FridleyMN.gov

Springbrook Nature Center
100 85th Avenue NE
763-572-3588 | Springbrook@FridleyMN.gov

Locations:
Commons Warming House, 555 61st Avenue NE
Hayes Elementary School Gymnasium, 615 Mississippi Street NE
Fridley Middle School Pool, 6100 West Moore Lake Drive NE

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

Weather Cancellation Hotline
If you believe there is threatening weather or inclement conditions, please call our 24-hour HOTLINE at 763-572-3578 prior to your program or activity to see if it will still be held. Weather-related cancellations will be sent out via text/sms to the mobile number listed on the registrant’s account.

Registration Notes
• Online registration closes one week prior to the class start date. Call the Recreation Office at 763-572-3570 to check on registration options after this date.
• The participant grades listed apply to the current 2020-21 school year.

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 the Recreation Office at 763-572-3570 or Recreation@FridleyMN.gov at least three weeks prior to the start of the program to discuss strategies for inclusion and for the staff to gather information about the participant. You may be asked to complete a confidential intake assessment in order for staff to gain appropriate information about the participants abilities.

Health and Safety Guidelines
• Participants will not be allowed to attend programs if they or a member of their household are exhibiting symptoms of COVID-19.
• Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.
• Face coverings are required for indoor programs and when people are entering/exiting and moving from place to place during outdoor programs.
• Group size is limited and follows the MN Department of Health guidelines.
• Equipment use will be limited. Shared equipment will be cleaned between uses.

COVID-19 UPDATE
Due to the COVID-19 pandemic, we all have had to rethink how we live, work and play. The Recreation and Springbrook teams have been working creatively to safely offer new types of programs both in-person and at-home.

As we plan for programming, we realize there may be changes to guidelines and restrictions in the coming months. With safety as our top priority, these programs are designed to follow distancing guidelines for staff and participants. We continue to take direction from the Center for Disease Control, Minnesota Department of Health, and the Department of Natural Resources when deciding the types of programs to offer. If current guidance changes, we may choose to cancel activities, with full refunds provided.

For the most up-to-date information on our programs, please:
• Check our website at FridleyMN.gov/Recreation or SpringbrookNatureCenter.org.
• Follow the City of Fridley and Springbrook Nature Center on Facebook and Instagram.
• Set up an account on our registration software (fridleyparksandrec.perfectmind.com) to receive email updates.
• Call Recreation at 763-572-3570 or Springbrook at 763-572-3588.

Thank you for your patience and understanding as we navigate programming in these unique circumstances. We appreciate you!

Health and Safety Measures
Social distancing of the recommended 6 feet between participants, staff, parent/guardians and others will be required.

Face coverings are required for indoor programs and when people are entering/exiting and moving from place to place during outdoor programs.
**YOUTH SPORTS**

The following classes will be held in the gymnasium at Hayes Elementary School. Participants must be the minimum advertised age by the start of the program. Health and safety guidelines will be in place regarding the COVID-19 pandemic. Min/max: 6/8.

* Programs for children ages 3-5 years of age are structured as parent/child, and a caregiver of 16 years or older will be required to participate with the child.

**TAE KWON DO/KARATE**

Martial Arts instills discipline, focus, endurance, and flexibility. Children will learn self-defense skills through fun games, obstacle courses and pad striking. Class is taught by Master Thomas Malone who has been teaching Martial Arts for over 30 years and is a 7th Degree Black Belt in Tae Kwon Do. Wear comfortable clothing. Uniform not required.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age/Grade</th>
<th>Day</th>
<th>Start Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3604</td>
<td>gr K-4</td>
<td>W</td>
<td>Feb 17 - Apr 7</td>
<td>4:30 - 5:30 p.m.</td>
<td>$80</td>
</tr>
</tbody>
</table>

**OLYMPIC SPORTS**

This exciting class offers the opportunity for youth to experience a different Olympic activity each week including track and field events, as well as sports such as basketball and soccer. We will have fun learning the basic fundamentals of each sport and get you ready to be a gold medalist.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age/Grade</th>
<th>Day</th>
<th>Start Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3609</td>
<td>age 3-5*</td>
<td>Th</td>
<td>Mar 11 - Apr 8</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
</tr>
<tr>
<td>3608</td>
<td>gr K-4</td>
<td>Tu</td>
<td>Mar 9 - Apr 6</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
</tr>
</tbody>
</table>

**MUSKETEERS FENCING**

This program introduces children to the fundamentals of fencing. 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 skills, as well as 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.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age/Grade</th>
<th>Day</th>
<th>Start Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3603</td>
<td>gr K-4</td>
<td>W</td>
<td>Feb 17 - Apr 7</td>
<td>4:30 - 5:30 p.m.</td>
<td>$92</td>
</tr>
</tbody>
</table>

**GYM GAMES**

Bring your energy, because it’s gym time! We will be playing social distanced games like gator bowling, survivor, and other active games. Participants will learn how to work as a team while enjoying games that bring out the best in themselves!

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Age/Grade</th>
<th>Day</th>
<th>Start Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>3605</td>
<td>age 3-5*</td>
<td>M</td>
<td>Mar 8 - Apr 5</td>
<td>6:00 - 6:45 p.m.</td>
<td>$30</td>
</tr>
<tr>
<td>3606</td>
<td>age 3-5*</td>
<td>Sa</td>
<td>Mar 6 - Apr 3</td>
<td>9:00 - 9:45 a.m.</td>
<td>$30</td>
</tr>
<tr>
<td>3607</td>
<td>gr K-4</td>
<td>M</td>
<td>Mar 8 - Apr 5</td>
<td>7:00 - 7:45 p.m.</td>
<td>$30</td>
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**SATURDAYS • JAN 23 – FEB 20 & MAR 6 – APR 3 10 – 11 AM  HAYES ELEMENTARY GYM**

Feeling cooped up inside as the weather is getting colder? Bring your tots out to the gym for an hour of activity. This is a perfect time for parents and children to interact and get the wiggles out! Tot time makes playing together easy. Enjoy free play with balls, hoops, scooters, jump ropes, music and more! Capacity is limited, following MN Department of Health guidelines.

**DROP IN FEE: $2 PER CHILD / $4 PER FAMILY**

**5 VISIT PUNCH CARD: CHILD: $5 / FAMILY: $10**
YOUTH INSTRUCTIONAL CLASSES

The following classes will be held at the NEW Pavilion Activity Center at Springbrook Nature Center. Health and safety guidelines will be in place regarding the COVID-19 pandemic. Min/max: 6/8.

PAINTING

Painting is all about expression and exploring your creativity. This class is structured to teach the basics while having fun. Join us to try out a variety of painting techniques while learning about different styles of art from still life to abstract.

<table>
<thead>
<tr>
<th>Class</th>
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<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>3610</td>
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<td>Tu</td>
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<td>6:00 - 6:45 p.m.</td>
<td>$40</td>
</tr>
<tr>
<td>3611</td>
<td>gr K-4</td>
<td>Tu</td>
<td>Mar 9 - Apr 6</td>
<td>7:00 - 7:45 p.m.</td>
<td>$40</td>
</tr>
</tbody>
</table>

BE AN INVENTOR!

Improve a product or a process while building problem-solving skills. The act of inventing is a process that requires creativity and determination. In this class we'll play fun idea-generating games, create experiments and develop our very own inventions. Let’s crack some eggs!

<table>
<thead>
<tr>
<th>Class</th>
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<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3613</td>
<td>3-5*</td>
<td>W</td>
<td>Mar 10 - Apr 7</td>
<td>6:00 - 6:45 p.m.</td>
<td>$40</td>
</tr>
<tr>
<td>3612</td>
<td>gr K-4</td>
<td>W</td>
<td>Mar 10 - Apr 7</td>
<td>7:00 - 7:45 p.m.</td>
<td>$40</td>
</tr>
</tbody>
</table>

DON’T MISS OUT ON JANUARY-FEBRUARY YOUTH PROGRAMS!

Check out our website at FridleyMN.gov/Rec for details on the following programs: Soccer & T-Ball, Floor Hockey, Musketeers Fencing, Tae Kwon Do/Karate, and Sculpture & Clay Creations.

ICE SKATE DRIVE

We are collecting used and unwanted ice skates to be offered for use at the Commons Park warming house free of charge. Skates can be dropped off at Fridley City Hall, Dave's Sport Shop and the Commons Warming House. (Check our website for dates and open hours. Ability to open is contingent on MN Stay Safe executive orders, as well as weather and ice conditions.) Help us provide an great opportunity for everyone in our community!

SNOWMAN CONTEST

Build a snowman in a Fridley Park then post it to your Instagram story & tag us @FridleyRecreation to enter the contest (Direct Messages also accepted) or send us an email at Recreation@FridleyMN.gov.

- A $50 gift certificate for Fridley Parks & Rec programs
- A photo of your snowman featured in our brochure
- Anyone can enter
- Must be in a Fridley Park
- Send us picture of your creation

WIN

RULES

- A $50 gift certificate for Fridley Parks & Rec programs
- A photo of your snowman featured in our brochure
- Anyone can enter
- Must be in a Fridley Park
- Send us picture of your creation
WINTER WONDERLAND
Deadline January 22
Make the most of the chill in the air with this kit that is sure to warm everyone’s heart.
3585    Pick Up January 29
$15

FUNNY VALENTINE
Deadline February 5
Cupid has been busy creating a lovely set of activities and treats for the family.
3586    Pick Up February 12
$15

LUCKY DAY
Deadline March 5
Get your green on and celebrate St. Patrick’s Day in a lucky way!
3587    Pick Up March 12
$15

SWEETHEARTS’ BALL
Grab your dance partner and get ready to dance the night away in the comfort of your own home with the help of the Recreation team! Prepare for an enchanted evening by getting dressed up and heading out to City Hall where magic awaits you. Following registration, you will be invited to schedule an appointment to stop by City Hall’s Fireside Room for a special photo opportunity, and to pick up a special package that includes a flower, dessert, playlist, crafts and more. Families will be provided with digital print of their picture.
3592    Deadline February 5, Pick-Up by appointment February 12
4:30 - 6:30 p.m.
$20

GET HIRED!
Calling all first-time job seekers! We want to help you prepare for success and this program will provide you with the tools to land your first gig. Parks and Recreation has been a “first job” for many folks and our team has much experience working with young people to succeed. Class topics covered will be how to fill out online applications, where to gain experience, interview techniques, dress code, mock interviews and more. Deadline is one week prior.
3593    Sa, Mar 6
9:30 a.m. - 12:00 p.m.
$12
3594    W, Mar 10
5:30 - 8:00 p.m.
$12
Fridley City Hall
ZUMBA
Ditch the workout and join the party with instructor Lenka Seferovic! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic and exciting total body workout. No dance experience? No worries. This class is more about fun and the way you feel. Drop-in option available, call 763-572-3570 24-hours in advance. The classes will be held virtually via Zoom if not able to meet in person.

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<tbody>
<tr>
<td>3479</td>
<td>Tu</td>
<td>Jan 5 - Jan 26</td>
<td>7:00 - 8:00 p.m.</td>
<td>$28</td>
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<tr>
<td>3480</td>
<td>Th</td>
<td>Jan 7 - Jan 28</td>
<td>7:00 - 8:00 p.m.</td>
<td>$28</td>
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<tr>
<td>3481</td>
<td>Tu</td>
<td>Feb 2 - Feb 23</td>
<td>7:00 - 8:00 p.m.</td>
<td>$28</td>
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<tr>
<td>3482</td>
<td>Th</td>
<td>Feb 4 - Feb 25</td>
<td>7:00 - 8:00 p.m.</td>
<td>$28</td>
</tr>
<tr>
<td>3595</td>
<td>Tu</td>
<td>Mar 2 - Mar 23</td>
<td>7:00 - 8:00 p.m.</td>
<td>$28</td>
</tr>
<tr>
<td>3596</td>
<td>Th</td>
<td>Mar 4 - Mar 25</td>
<td>7:00 - 8:00 p.m.</td>
<td>$28</td>
</tr>
<tr>
<td>3597</td>
<td>Tu</td>
<td>Mar 30 - Apr 20</td>
<td>7:00 - 8:00 p.m.</td>
<td>$28</td>
</tr>
<tr>
<td>3598</td>
<td>Th</td>
<td>Apr 1 - Apr 22</td>
<td>7:00 - 8:00 p.m.</td>
<td>$28</td>
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</table>

POUND
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®️, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND®️ provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

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<tbody>
<tr>
<td>3484</td>
<td>W</td>
<td>Jan 13 - Feb 17</td>
<td>7:00 - 7:45 p.m.</td>
<td>$42</td>
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<tr>
<td>3588</td>
<td>W</td>
<td>Mar 3 - Apr 7</td>
<td>7:00 - 7:45 p.m.</td>
<td>$42</td>
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</table>

OPEN PICKLEBALL
Looking to play Pickleball this winter? We will be offering indoor court rental at the Hayes Gym from 1:00 - 3:00 p.m. on Saturdays beginning on January 23. Fee is $15 per hour; balls and paddles are available. Please contact us at 763-572-3570 to reserve a time.

<table>
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<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>3629</td>
<td>Su</td>
<td>Mar 14 - Apr 25</td>
<td>5:00 - 6:00 p.m.</td>
<td>$65</td>
</tr>
</tbody>
</table>

BAG TOSS LEAGUE
Grab a partner and play in our indoor Bag Toss league. Teams are made up of 2 players with any gender combination. The league will be 7-weeks in length with 5 regular season games and a 2-week playoff period. Games will be won on a best of three set basis. All teams will make the playoffs, and prizes will be awarded to the top teams. Music can be played upon request!

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<tbody>
<tr>
<td>3629</td>
<td>Su</td>
<td>Mar 14 - Apr 25</td>
<td>5:00 - 6:00 p.m.</td>
<td>$65</td>
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</table>

TAE KWON DO
Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. This offering is a combination of in-person and virtual classes. Instructor Dave Seybold will focus on informational demonstrations on technique in the virtual sessions on Wednesdays and fine tuning these skills while training in person on Saturdays. This class is open to teens and adults of all skill levels. Virtual class invitations will be sent via email before the first class.

<table>
<thead>
<tr>
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<th>Day</th>
<th>Date Range</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>3476</td>
<td>W/Sa</td>
<td>Jan 13 - Feb 13</td>
<td>Virtual — W: 6:00 - 7:30 p.m.</td>
<td>$20</td>
</tr>
<tr>
<td>3601</td>
<td>W/Sa</td>
<td>Feb 24 - Mar 20</td>
<td>Hayes Gym — Sa: 10:00 - 11:30 a.m.</td>
<td>$16</td>
</tr>
<tr>
<td>3602</td>
<td>W/Sa</td>
<td>Mar 24 - Apr 24</td>
<td>$20</td>
<td></td>
</tr>
</tbody>
</table>

AQUA ZUMBA
The Aqua ZUMBA program gives new meaning to the idea of a refreshing workout. Integrating the ZUMBA philosophy with traditional aquatic fitness disciplines, Aqua ZUMBA blends it all together into workouts that are cardio conditioning, body toning, and most of all – exhilarating!

<table>
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<th>Time</th>
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<tbody>
<tr>
<td>3473</td>
<td>Su</td>
<td>Jan 10 - Jan 31</td>
<td>1:00 - 2:00 p.m.</td>
<td>$48</td>
</tr>
<tr>
<td>3474</td>
<td>Su</td>
<td>Feb 7 - Feb 28</td>
<td>1:00 - 2:00 p.m.</td>
<td>$48</td>
</tr>
<tr>
<td>3599</td>
<td>Su</td>
<td>Mar 7 - Mar 28</td>
<td>1:00 - 2:00 p.m.</td>
<td>$48</td>
</tr>
<tr>
<td>3600</td>
<td>Su</td>
<td>Apr 4 - Apr 25</td>
<td>1:00 - 2:00 p.m.</td>
<td>$48</td>
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</table>

FINDING YOUR FUN IN FRIDLEY WINTER EVENTS
Get out and enjoy the winter weather in Fridley’s Parks! Join our staff for a variety of activities including: ice skating, snowshoeing, hiking, crafts and more. Receive a FREE travel mug at your first event. Check out our Facebook and Instagram pages to keep updated on where we’ll be visiting throughout the season and to share your adventures!

#FindingFridleyFun
**Springbrook Nature Center**  
100 85th Avenue NE, Fridley  
763-572-3588 • springbrooknaturecenter.org

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**It’s your favorite polliwogs class but in the comfort of your backyard or any of your favorite outside spaces!**  
This box includes supplies for 4 polliwogs classes.  
Every Tuesday morning in February at 10 a.m. a Naturalist will start off the class virtually by reading a story and giving adults some tips and tricks to help their 2-5 year old child learn and grow through play!  

**Cost:** $30 / box.  
Register by January 15.

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**Lantern Light Hike**  
Saturday,  
January 30 & February 27  
6:30 - 8:30 p.m.

Bring yourself, a friend or your family on an evening stroll through the trails of Springbrook (subject to state guidelines). We will guide your way with the cozy glow of lanterns and candlelight on the trails. If snow conditions allow, bring your own snowshoes or rent a pair from Springbrook!  

Pre-registration Required: $5 per person.  
Additional $5 snowshoe rental available, rental of snowshoes must be done in advance - we will not be taking money the evening of the program.

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**Curious Connections:**

**Birding Basics**  
This adult only class will cover the basics of how to become a birding beginner in this 3-part virtual mini-course. Join a Springbrook Naturalist for 3 Wednesday evenings in January (6, 13, 20) at 7 p.m. then head out to your backyard or a local greenspace to try your hand! Class fee is $15.  
Register by January 4.

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**Animal Folklore!**  
We will cover Animals in Folklore in this 3-part virtual mini-course. Find out the real life inspirations for mythological beasts and the amazing adaptations they feature! Join a Springbrook Naturalist for 3 Wednesday evenings in February (10, 17, 24) then head out to your backyard or a local greenspace with a new perspective! $15 class fee  
Register by February 8.

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**Get ready to explore the great outdoors wherever you are. At home, at Springbrook, at your local park, the sky’s the limit with this creative, hands-on program that looks at nature from the point of view of the artist, scientist, nature-enthusiast, and the tinkerer.**  
Each box contains enough supplies for at least 3 people and includes instruction by energetic naturalists on a one-time virtual gathering on Thursday, February 4 at 7 p.m.  
Fee is $50 per box if you pick up at SNC or $60 to have it mailed to your house.  
Register by January 15.
Outdoor Adventures

Available Monday - Saturday at 10 am & 2 pm

Private, 90-minute experiences available for small family / friend groups of up to 9 people.

A Springbrook Naturalist will guide your adventure as you discover new talents or create great memories.

Experience options include:
Survival, Snowshoeing, GPS, Animal Encounters, Animal Tracks and Signs.

Cost: $50 per program
A parent or guardian must participate with all youth attendants.

For more information, visit: SpringbrookNatureCenter.org or call to register - 763.572.3588

Snowshoeing at Springbrook Nature Center
Snowshoeing is the perfect way to enjoy the winter season. A variety of snowshoe sizes and styles can be rented for $5 per pair. Curbside rental available. Call to reserve your rentals.

Note: 3” base of snow cover required before renting snowshoes.

Rentals at Springbrook Nature Center!
Reserve the new Pavilion Activity Center or amphitheater for your next family gathering, picnic, birthday celebration, wedding ceremony, business meeting or other event!

Our outdoor amphitheater is available with seating on concrete seat walls and has electricity available. Rentals are available
9 a.m. - 5 p.m. daily.

The outdoor Pavilion Activity Center space offers a canopied area with picnic tables. Indoor space is also available. A combined rental of both the outdoor and indoor Pavilion Activity Center is also available. The Pavilion features a concessions room with a small sink, refrigerator and microwave oven, electricity and restrooms. The indoor space is heated.

Rentals are available to both non-Fridley residents and Fridley residents and are subject to state guidelines.

Contact Springbrook Nature Center at 763-572-3588 for inquiries!