

City of Fridley Parks & Recreation Programs

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

NOVEMBER / DECEMBER 2024 EDITION



Parks and Recreation Department

763-572-3570

FridleyMN.gov/Rec

recreation@FridleyMN.gov



Springbrook Nature Center

763-572-3588

springbrooknaturecenter.org

springbrook@FridleyMN.gov

Fridley Parks and Recreation

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

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

City of Fridley Directory

Parks and Recreation Department

Recreation Office – City Hall, 7071 University Avenue NE
763-572-3570 | Recreation@FridleyMN.gov

Springbrook Nature Center

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

Fridley Locations:

Civic Campus, 7071 University Ave. NE
Commons Park, 6249 7th St. NE
Fridley Community Center, 6085 7th St. NE
Fridley Middle School, 6100 West Moore Lake Dr. NE
Hayes Elementary School, 615 Mississippi St. NE
Moore Lake Park, 5890 Central Ave. NE

Locations outside of Fridley:

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

Weather Cancellation Hotline

If you believe there is threatening weather or inclement conditions, please call our 24-hour HOTLINE at 763-572-3578 prior to your program or activity to see if it will still be held. Weather-related cancellations will be sent out via email to the address on the registrant's account.

Scholarship Program

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

Registration Notes

User friendly online registration available at FridleyMN.gov/RecRegister. Phone and walk-in registrations are also accepted at City Hall and Springbrook Nature Center.

- Online registration closes one week prior to the class start date, unless listed.
- The participant grades listed apply to the 2023-24 school year.
- To indicate classes skipped in a series, nc (no class) followed by a date is used. For example: Jun 10 - Jul 8 (nc 7/1)



REGISTER NOW

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 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 participant's abilities.

Photo Policy

Photographs are periodically taken of participants while they are engaged in programs, special events or enjoying the parks. Please be aware that these photos may appear in the local newspapers and/or Parks & Recreation Department publications including our website and social media. If you would prefer that we not use your photo, please let the photographer know.

FACILITY RESERVATIONS

PARK SHELTERS

The City of Fridley has park shelters available for rental between May 3 - October 26. Shelters are located at Flanery, Moore Lake and Locke parks. Reservations can be made online beginning at 8 a.m. on January 2 at FridleyMN.gov/Rentals. Note: Commons Park will not be available in 2025 due to the construction of the park improvements.

MOORE LAKE COMMUNITY BUILDING

This beautiful, year-round, indoor gathering place is perfect for your next event and conveniently located near I-694 and Central Avenue. Reservations can be made online six months in advance and a minimum of two weeks prior at FridleyMN.gov/Rentals.

SPRINGBROOK NATURE CENTER SHELTER AND FACILITY

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



VISIT SPRINGBROOK NATURE CENTER

We bring you closer to nature year-round. Enjoy three miles of hiking trails through oak and aspen forests, past prairies and through wetlands with floating boardwalks. Along the way, view native plants and wildlife.

Inside the Interpretive Center, get up-close and personal with live snakes, frogs, interactive exhibits and more! Open daily from 9 a.m. - 5 p.m.



ALL AGES

MINIATURE TAPESTRY

Join fiber artist Becka Rahn to create your own small woven masterpiece using a laser cut bamboo loom. Learn how to combine and weave with yarns, wool roving, beads and textured threads to create a landscape or abstract design.



Ages 12+ Th Jan 30 6 - 8 p.m. \$25
Moore Lake Community Building

LANTERN LIGHT HIKES

**Fridays | 6:30 - 8:30 p.m. | Springbrook Nature Center
December 6, January 3, February 7, March 7**

Bundle up and get ready to hike at Springbrook using the light of glowing lanterns to guide your way. Listen for owls hooting, keep your eyes peeled for elusive nocturnal animals, and warm up by the fire along the way. If snowpack allows, snowshoes will be available to rent for \$5/pair, while supplies last.

Registration required, \$5 per person. Children five and under are free.

EVENTS

TURKEY FUN

All ages are welcome to join us for a fun afternoon as we play turkey bingo! We'll have turkeys, prizes, and Thanksgiving food items to win! We will also have Turkey themed games and crafts. Get ready for a fun afternoon celebrating turkey day! **Online registration required for turkey bingo.**

All Ages Sa Nov 23 2 - 4 p.m. FREE
Springbrook Nature Center

SKATING, SLEDDING & S'MORES

Join us for an afternoon of fun at Commons Park as we celebrate winter skating season! Use free skates on the ice rink, sled down the giant hill, and make a s'more over the fire. The warming house will be open for you to warm up, make a fun winter craft, and there will be music playing to keep the party festive (dancing is optional)! (Make up weather date is Friday, January 31, 1 - 3 p.m.)

All Ages F Jan 17 1 - 3 p.m. FREE
Commons Park Warming House

KID'S HOLIDAY FORMAL

Join DJ Ms. Jennie from Hayes for a dress-up dance party! Enjoy games, prizes, crafts, a photo op, treats and more. We require adults and children to attend together, registration required for all family members 3 and older.

All Ages F Dec 13 6:30 - 8 p.m. \$8/person
Hayes Elementary Gym



WINTER LIGHTS TOUR

Help spread holiday cheer by decorating the exterior of your home! Entries will be judged on overall impact, visual appeal, uniqueness, variety, and tidiness. Category winners and "Bright Spots" will be indicated on the map.

All entries will be placed on a map so that residents (and visitors) can create their own custom lights tour around town. Judging will take place December 9 - 10. Winners will be announced, and maps will be available on December 13. Tour maps will be available in person at City Hall and at FridleyMN.gov/Rec.

Register online at FridleyMN.Gov/SpecialEvents between November 4 - Dec 8.

PRESCHOOL PROGRAMS

PLAYFUL POLLIWOGS

Join us for this adult/child class at the Springbrook Nature Center. We will start our adventures indoors with check-in and story time, then we'll move outside for an activity related to our topic. Help your Polliwog learn through adventure and play! \$5 per child, adults do not need to register. Each child must be accompanied by one adult.

Registration is preferred but drop-ins are allowed.

- November 26 - Turkeys
- January 28 - Winter Homes
- February 25 - Groundhogs
- March 25 - Bird Songs
- April 29 - Rain
- May 27 - Flowers

Ages 2-5 with an adult Tuesdays 10 - 11 a.m. \$5 per child
Springbrook Nature Center



TRACK & FIELD

Ages 3-5 Tu Nov 13 - Dec 18 5:45 - 6:30 p.m. \$42
Hayes Elementary Gym

ADULT/CHILD HO-HO-HOLIDAY FUN!

Ages 3-5 W Nov 13 - Dec 18 (nc 11/27) 5:45 - 6:30 p.m. \$35
Hayes Elementary Cafeteria

LITTLE NINJA

Ages 3-5 Th Nov 14 - Dec 19 (nc 11/28) 5:45 - 6:30 p.m. \$35
Hayes Elementary Gym

NATURE PRESCHOOL CLUB

Sign up for the winter session where we will play in the snow, search for tracks, and run in the woods! Leave your adult at home while you go on an adventure with a Springbrook Naturalist each week. (Children must be bathroom independent to participate.)



Ages 4-5 Th Jan 9 - Mar 13 10 a.m. - noon \$125
Ages 4-5 Th Mar 23 - May 29 10 a.m. - noon \$125

Springbrook Nature Center

BASKETBALL

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

Ages 3-5 Tu Jan 7 - Feb 11 5:45 - 6:30 p.m. \$42
Hayes Elementary Gym

SPORTS SAMPLER

Each week we'll introduce a new sport! Kids will learn the basics while having fun exploring sports such as: floor hockey, t-ball, basketball, football, and soccer.

Ages 3-5 Th Jan 9 - Feb 13 5:45 - 6:30 p.m. \$42
Hayes Elementary Gym

FAMILY OPEN GYM

Family Open Gym will return November 2. Bring the family and get the wiggles out with a variety of activities. This is a perfect time for parents/caregivers and children to have fun and play as the weather turns cold outside. Enjoy free play with a wide variety of recreational equipment including balls, hoops, scooters, jump ropes, music and more! No pre-registration required.

Drop-in fee: \$2 per child / \$4 per family

Five Visit Punch Card: Child: \$5 / Family: \$10

Sat Nov 2 - Mar 1 10:15 a.m. - 12:15 p.m. Hayes Gym
(Closed 11/30, 12/21, 12/28, 1/25)

BIRTHDAY PARTY PROGRAMS

CREATE LASTING MEMORIES! CELEBRATE A BIRTHDAY AT SPRINGBROOK

Birthday parties are for children turning ages 4-11. The program includes a private indoor rental space for two hours, during which a naturalist will perform a 45-minute program. Check out our program topics online on Springbrook's Birthday Parties page.

Fee: \$125 – Maximum of 15 children and 5 adults.

Call Springbrook at 763-572-3588 to book your party!

YOUTH

YOUTH FIELD TRIPS



WINTER SURVIVAL

Can you survive the cold Minnesota winter? Join us to ignite your excitement, camaraderie, and creativity. We will test your abilities while learning the basic skills needed to survive the frozen landscape. Class will be led by a Springbrook Naturalist.

Gr K-5 F Dec 27 10 a.m. - 4 p.m. \$35 Springbrook Nature Center

SKATE INTO THE NEW YEAR!

In the morning, we will stay at Springbrook Nature Center exploring the nature play area, creating fun New Year's Eve party favors, posing for photo ops, playing games, and more. After lunch, we will head to Cheapskate where we'll roller-skate all afternoon. We can't wait to help you ring in the new year!

Gr K-5 M Dec 30 10 a.m. - 4 p.m. \$55 Springbrook Nature Center

AFTER-SCHOOL ACTIVITIES

The following classes are offered after school at Hayes Elementary School from 3:45 - 5:15 p.m. to youth in grades K-4. Snacks are provided before class. There is transportation for students enrolled at Stevenson and parents/caregivers can also drop children off for the programs. **You do not need to be enrolled in Fridley Schools to participate.** More specific information about teachers, program environment and what to expect can be found at FridleyMN.gov/Rec.

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

TRACK & FIELD

Gr K-4 Tu Nov 12 - Dec 17 3:45 - 5:15 p.m. \$50

TAE KWON DO

Gr K-4 W Nov 13 - Dec 18 (nc 11/27) 3:45 - 5:15 p.m. \$70

HO-HO-HOLIDAY FUN! (ARTS & CRAFTS)

Gr K-4 W Nov 13 - Dec 18 (nc 11/28) 3:45 - 5:15 p.m. \$42

NINJA WARRIOR

Gr K-4 Th Nov 14 - Dec 19 (nc 11/28) 3:45 - 5:15 p.m. \$70

SLIMEY, GOOEY, STICKY

We will explore dough, ooze, and slime that may be sticky or slimy! Get ready to use your imagination as we make our own creations.

Gr K-4 W Jan 8 - Feb 12 3:45 - 5:15 p.m. \$50



BASKETBALL

All skill levels are welcome! There will be fun practice time and exciting competition. Kids will work on basic skills, rules, and game strategy while emphasizing good sportsmanship and teamwork. On the last day, we'll celebrate our skills with an exciting game day!

Gr K-4 Tu Jan 7 - Feb 11 3:45 - 5:15 p.m. \$50

SPACE EXPLORERS

It's time to BLAST OFF into space and make our own Mars rover, astronaut helmets, space snacks, and play space themed active games. This class is going to be out of this world!

Gr K-4 Th Jan 9 - Feb 13 3:45 - 5:15 p.m. \$50



FIELD TRIPS AT SPRINGBROOK NATURE CENTER!

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



ADULT PROGRAMS

COFFEE CHAT WITH A NAT

Join one of the Springbrook naturalists for coffee and a nature discussion! This program is designed for adults and will be held indoors with an optional hike.

No registration required.

10:30 - 11:30 a.m. | Wednesdays | Springbrook Nature Center

- November 6 - Late Fall Ecology
- January 8 - Bears
- December 4 - Owls
- February 5 - Layers of Snow

MEN'S BASKETBALL LEAGUE

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

18+	Th	Rec	Dec 12 - Mar 13 (nc 12/26, 1/2)	6:15 - 9:15p.m.	\$600/Team
18+	Th	Comp	Dec 12 - Mar 13 (nc 12/26, 1/2)	6:15 - 9:15 p.m.	\$600/Team

Fridley Middle School Gym

ZUMBA

Ditch the workout and join the party with instructor Lenka Seferovic! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic and exciting total body workout.

Th	Nov 7 - Dec 19 (nc 11/28)	7 - 8 p.m.	\$42
Tu	Nov 12 - Dec 17	7 - 8 p.m.	\$42
Tu	Jan 7 - Feb 11	7 - 8 p.m.	\$42
Th	Jan 9 - Feb 13	7 - 8 p.m.	\$42

Fridley Community Center Lower Level Dance Floor

AQUA ZUMBA

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

Su	Jan 5 - Feb 9	1 - 2 p.m.	\$84
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Fridley Middle School Pool

Missed registering prior to the first Zumba or Aqua Zumba class?

We accept drop-ins and pro-rated registrations, call Fridley Recreation at (763) 572-3570.

NORTH METRO SPORTS LEAGUES

Fridley has partnered with Spring Lake Park, Mounds View and New Brighton Parks and Recreation Departments to offer the following sports leagues. Individual Registrations are available for all North Metro Sports Leagues. Visit

FridleyMN.gov/Rec for more info, league rulebooks, and to register as an individual and be placed on a team.

INDOOR VOLLEYBALL

Rec League and Competitive Leagues available for Co-ed and Women's Leagues.

M	Coed Rec	Jan 13 - Mar 24	6 - 9 p.m.	\$375/Team
M	Coed Comp	Jan 13 - Mar 24	6 - 9 p.m.	\$375/Team
W	Coed Rec	Jan 15 - Mar 26	6 - 9 p.m.	\$375/Team
W	Women's Comp	Jan 15 - Mar 26	6 - 9 p.m.	\$375/Team
M/W	Individual	Jan 13 - Mar 26	6 - 9 p.m.	\$45/Individual

Highview Middle School

CO-ED BAG TOSS LEAGUE

Grab a partner and play in our indoor Bag Toss League! Teams are made up of 2 players of any gender combination. League play consists double header games. Games will be scheduled to begin between 6 - 8 p.m. Prizes will be awarded to the top teams!

Th	Jan 16 - Mar 6	6 - 8 p.m.	\$40/Team
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Mounds View Community Center

PICKLEBALL

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

INTRO CLINIC (SKILL LEVEL: BEGINNER)

Clinics are designed to give you a sample of the sport while focusing on the fundamentals. We will cover rules and basic techniques to get you started.

18+	Sa	Jan 4	4 - 6 p.m.	\$25
Hayes Elementary Gym				

BEGINNER CLASS (SKILL LEVEL: BEGINNER)

Pickleball for beginners is designed to improve pickleball ball players skills while focusing on the fundamentals of the game. This class is for beginners with little to no experience with the game. We will focus each week on the rules and different techniques to develop your understanding and technique!

18+	Sa	Nov 16 - Dec 14 (nc 11/30)	8 - 10 a.m.	\$55
Hayes Elementary Gym				

ADULT/CHILD INTRO CLINIC (SKILL LEVEL: BEGINNER)

This class is meant for players who are new to the game of pickleball where we will cover the basic rules and strategies of the game. Registration fee covers both adult and child!

Age 10+	Sa	Nov 16	4 - 6 p.m.	\$50
Hayes Elementary Gym				



SKILLS & DRILLS (SKILL LEVEL: INTERMEDIATE)

Get ready to take your pickleball skills to the next level! This course welcomes players with a beginner to intermediate skill level to elevate their game. Each week will focus on a different area of the game while improving your play style and technique. Equipment will be provided if needed.

18+	Sa	Jan 11 - Feb 1	8 - 10 a.m.	\$55
Hayes Elementary Gym				

LADDER LEAGUE

Join our fun self-officiated pickleball ladder league! Individuals of all ages can register and be placed in doubles games with players with of similar skill level. The ranking is based on player's winning percentage. Players will move up or down the ladder based upon their winning percentage. A league approved pickleball will be provided to each player. Games will begin at 6 p.m., 7:05 p.m., or 8:10 p.m.

Age 20 - 40	M	Jan 6 - Mar 10	6 - 8 p.m.	\$40
All Ages	W	Jan 8 - Mar 12	6 - 8 p.m.	\$40
Hayes Elementary Gym				

INDOOR PICKLEBALL COURT RENTALS

Looking to play Pickleball this winter? Fridley Recreation will be offering indoor court rentals at the Hayes Elementary School Gym from 12:30 - 3:30 p.m. on Saturdays beginning November 2. Fee is \$15 per hour (1 hour minimum). Balls and paddles are available. Reservations must be made at least one week in advance by calling Fridley Recreation at 763-572-3570. Courts fill fast so don't wait!

November 2 - March 1	12:30 - 3:30 p.m.	\$15/hour
(Closed 11/30, 12/21, 12/28, 1/25)		
Hayes Elementary Gym		



FREE

winterfest



12 - 3 p.m. | Saturday, January 25
Springbrook Nature Center, 100 85th Avenue NE

ACTIVITIES INCLUDE:

Medallion Hunt
Ice Bowling
Kick Sleds

Snowshoeing
Crafts
S'mores

Snowball Launcher
Storytime
Campfires

Zumba
Hot Cocoa
And more!

Wander through our Winter Wonderland with activities for the whole family!



WINTER GEAR DRIVE:

Let's keep each other warm! We will be accepting donations of gently used/new winter gear starting December 1 at both Civic Campus and Springbrook Nature Center (during business hours). Please bring in freshly washed or new items. All donated gear will be available free of charge during Winterfest.



WINTER FUN IN FRIDLEY PARKS

SLEDDING HILL

If you are looking for a great place to bring the sleds—check out Commons Park!

CROSS COUNTRY SKI AND MULTI-USE TRAILS

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

WARMING HOUSE AT COMMONS PARK

The Commons Park Warming House will be open this winter! Ice Skates of various types and sizes are available for the public to use for FREE! The warming house will be closed if unsafe ice conditions or extreme cold temperatures are present. For opening day, visit FridleyMN.gov/WinterParkUse.

SNOWSHOEING AND KICKSLEDDING

Snowshoeing and kicksledding are fun and a great workout that can be done on the snow at any of our parks (a three-inch minimum base of snowpack is best). Springbrook Nature Center has snowshoes and kicksleds that are available for rent from the front desk between 9 a.m. and 2 p.m. daily and can be used on-site at Springbrook.



ICE SKATING

The City of Fridley maintains four general skating rinks and six hockey rinks in Fridley! General rinks are located at: Briardale, Hackmann, Logan, and Sylvan Hills Parks. Hockey rinks can be found at: Commons (2), Flanery, Madsen, and Ruth Circle Parks, and Hayes Elementary. We need 10 consecutive days of freezing temps to create safe and usable ice.