

City of Fridley Parks & Recreation Programs

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

JANUARY / FEBRUARY 2025 EDITION

FEATURING PROGRAMS FROM
JANUARY - MARCH



CELEBRATE WINTERFEST ON JANUARY 25!

DETAILS ON PAGE 3.



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 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)

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.



REGISTER NOW

FACILITY RESERVATIONS

PARK SHELTERS

The City of Fridley has park shelters available to rent 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 to rent between 10 a.m. and 4 p.m. on a daily basis. They are great venues 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.

Snowshoe and kicksled rentals are available during winter months!

FREE

winterfest



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

ACTIVITIES INCLUDE:

Medallion Hunt
Fat Tire Bikes
Police K-9 Demo

Snowshoeing
Snow Games
S'mores & Hot Cocoa

Kick Sleds
Storytime
Campfires

Zumba
Sauna Demo
And more!

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



WINTER GEAR DRIVE:

Let's keep each other warm! Donate gently used/new winter gear through January 22 at both Fridley 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. Trails are groomed to include a three-foot section for cross country skiing and a three-foot section for multi-use. These 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! Hours are Fridays from 3:30 - 7 p.m., Saturdays from 1 - 7 p.m., and Sundays from 1 - 4 p.m. 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.

EVENTS



LANTERN LIGHT HIKES

6:30 - 8:30 a.m. | Fridays | February 7, March 7 | Springbrook Nature Center

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 with a warm beverage. 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. Register online, or by calling the Nature Center at 763-572-3588.

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				

GLOW DANCE PARTY

Join DJ Ms. Jennie for a dance party! Enjoy games, prizes, crafts, a photo op, and a sweet treat. We require adults and children to attend together, register all family members 3 and older.



All Ages	F	Mar 14	6:30 - 8 p.m.	\$7/person
Hayes Elementary Gym				

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.

- 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			

GAMES AND SPORTS OF ALL SORTS!

Each week a new sport (ex. football, soccer, kickball) and a group game (ex. Red Light Green Light, Sharks and Minnows, Ball Tag) will be introduced. Staff create a welcoming learning environment for this class that is jammed packed with fun!

Ages 3-5	Tu	Feb 25 - Mar 25	5:45 - 6:30 p.m.	\$35
Hayes Elementary Gym				



NATURE PRESCHOOL CLUB

Join the club where you will experience the outdoors through play, exploration, and investigation! 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 27 - May 29	10 a.m. - noon	\$125
Springbrook Nature Center				

ART CLASSES (AGES 12+)

Join fiber artist Becka Rahn for one or all of these exciting new classes! Classes will be held at the beautiful new community building at Moore Lake Park (5890 Central Ave. NE). Registrations can be made online or by calling the Recreation Office at 763-572-3570.

WOVEN TAPESTRY

Join fiber artist Becka Rahn to create your own small woven masterpiece using a 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

GATHERED BEAD EDGE BASKET

Using a gathering stitch with wooden beads, you will learn to create a wool felt basket with a reverse appliqué design. This fun technique makes a double layered felt bowl shaped vessel which is sturdy enough to hold jewelry or odds and ends on your desk or dresser or make an abstract sculptural art object.



Ages 12+ Th Feb 27 6 - 8 p.m. \$25
Moore Lake Community Building

EMBROIDERED LEDGER BOOK

Make a pair of small notebooks with embroidered paper covers. The notebooks are 3x5 inches each and stitched at the top to make a ledger style book. You will learn an embroidery stitch called the sorbello stitch to embellish the covers.



Ages 12+ Th Mar 27 6 - 8 p.m. \$25
Moore Lake Community Building

ZENTANGLE/PAL-ENTINE'S DAY

The Zentangle Method a meditative art that involves creating intricate designs using repetitive patterns or tangles. Tangles are combinations of dots, lines, simple curves, S-curves and orbs. This class is taught by certified Zentangle instructor, Michelle Aalbers and all supplies are provided. No experience necessary.



Ages 12+ Sa Feb 15 10 a.m. - 12 p.m. \$50
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.

DODGEBALL

There are many ways to play Dodgeball and we'll try out a variety of games including: Pin Guard, Chaos, Trench Ball and more. Learn game rules, practice skills, and have fun playing on a team! Soft foam 'Gator Skin' balls will be used.

Gr K-4 Tu Feb 25 - Mar 25 3:45 - 5:15 p.m. \$42

TAE KWON DO

Learn the basics of Martial Arts, while developing self-confidence and discipline. Participants will work to improve overall physical condition by increasing flexibility and endurance. Instructed by Grand Master Tom Malone, 8th Degree Black Belt.

Gr K-4 W Feb 26 - Mar 26 3:45 - 5:15 p.m. \$70

CLAY CREATIONS

Come play with clay! Learn building and shaping techniques using a variety of clay. We will create a clay project each week using a variety of hand-building techniques. A step-by-step teaching method will be used to allow children to focus on the art making process, while allowing the student to have creative freedom.

Gr K-4 Th Feb 27 - Mar 27 3:45 - 5:15 p.m. \$42



FAMILY OPEN GYM

Feeling cooped up inside? Bring your kids out to the gym for some activity. This is a perfect time for parents/caregivers and children to interact and get the wiggles out! 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 Jan 4 - Mar 1 10:15 a.m. - 12:15 p.m. Hayes Gym
(Closed 1/25)

BIRTHDAY PARTIES

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: \$150 – Maximum of 15 children and 5 adults.

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

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 NAT

10:30 - 11:30 A.M. • WEDNESDAYS
SPRINGBROOK NATURE CENTER

Join a Springbrook naturalist for coffee and a nature discussion designed for adults!

February 5 – Owls

March 5 – Ice, Ice, ... Maybe?
Ice/Frost Formations

COED 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. The league play consists of double header games. Prizes will be awarded to the top teams! This is a North Metro Sports Association league partnering with Spring Lake Park, Mounds View and New Brighton Parks and Recreation Departments.

Th	Jan 16 - Mar 6	6 - 8 p.m.	\$40
Th	Mar 20 - May 8	6 - 8 p.m.	\$40

Mounds View Community Center

ZUMBA

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



Tu	Feb 18 – Mar 25	7 – 8 p.m.	\$42
Th	Feb 20 – Mar 27	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	Feb 16 - Mar 23	1 - 2 p.m.	\$84
----	-----------------	------------	------

Fridley Middle School Pool

Missed registering prior to the first Zumba or Aqua Zumba class?
We accept drop-ins and pro-rated registrations, call (763) 572-3570.

SAVE THE DATE! Registration opens on February 17 for the Summer 55+ Golf and Sand Volleyball Leagues!
More information can be found at FridleyMN.gov/Rec.

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	Feb 8	8 - 10 a.m.	\$25
Hayes Elementary Gym				

LIVE PLAY COACHING (SKILL LEVEL: INTERMEDIATE/ADVANCED)

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

18+	Sa	Feb 15 - Mar 8	8 - 10 a.m.	\$55
Hayes Elementary Gym				

TEEN CAMP (SKILL LEVEL: BEGINNER)

Interested in trying a new sport? We invite teens to join one of the fastest growing sports in the country! 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.

Age 10-16	Sa	Feb 8	4 - 6 p.m.	\$25
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	Mar 22 - Apr 12	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	Mar 24 - May 5	6 - 9 p.m.	\$40
All Ages	W	Mar 26 - May 7	6 - 9 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 can be made online up to one week prior at FridleyMN.gov/Rentals. Courts fill fast so don't wait!

January 4 - March 1
(Closed 1/25)

12:30 - 3:30 p.m.

\$15/hour
Hayes Elementary Gym

CAMP SPRINGBROOK



Online scholarship applications will be accepted starting January 6 at 8 a.m. Scholarships are awarded on a first-come first-served basis until funds have been exhausted. Children will receive one scholarship to use toward one week of summer camp. You will need to pay the difference between the camp fee and the scholarship awarded to your child. Scholarship amounts offered are \$75 for 4-5 years old and \$180 for 6-14 years old.

Camp Springbrook registration will open at 8 a.m. on February 26!

Check out our website for more details, SpringbrookNatureCenter.org.



SUMMER ROCKS

RECREATION OPPORTUNITIES
FOR CREATIVE KIDS IN THE SUMMER



JUNE 16 - AUGUST 15

Our popular all-day recreation program is held for nine weeks in the summer. Kids who are currently in grades K-6 will have a variety of fun opportunities to participate in each week including: classes, special events, field trips and outdoor adventures.

Summer ROCKS registration will open at 8 a.m. on March 5!

CAMP SPRINGBROOK AND SUMMER ROCKS PRE-REGISTRATION

Make your registration faster and easier by completing pre-registration online!

Update your account and complete a short questionnaire now and save time on registration day.

Note: to guarantee a child's spot in camp, you will still need to complete registration when it opens.