QUARTERLY MEETING OF THE
PARK, TRAILS, and RECREATION COMMISSION
Monday, March 18, 2019- 6:30 p.m.  City Hall

A G E N D A

1. Roll Call
2. Approve minutes of January 28, 2019 meeting
3. Appoint Commission Secretary
4. Parks Planning
   A. Desired Scope/Detailed Amenities
   B. Programming – Opportunities
   C. Special Events – Opportunities
5. Parks and Trails Partnerships
6. Koehler Task Force Updates
7. Other Items
   A. Playground Equipment at Bear Park
   B. Opportunities for Native Species Plantings – Community Park
   C. Parks Visits in 2019
   D. Department Head visits – Topics
   E. EAB Considerations
8. Set next Meeting – May 20, 2019
9. Adjourn
Memorandum:

TO: Parks and Trails Commission  
FROM: Tim Sandvik, Assistant City Administrator  
DATE: Monday, March 18, 2019  
SUBJECT: Parks Planning (Agenda item 4)

Background
Staff understand the Parks and Trails Commission is interested in an increased role in the Parks and Trails system in Vadnais Heights including Parks Planning. Staff has made the recommendation to define a ‘Parks Improvement Study’ to better understand what are current amenities (including logistical considerations) and further define what opportunities there might be to explore increased parks participation. To begin the process of creating a ‘Parks Improvement Study’ document, three highlighted areas that should be better understood are:
- Defined Scope
- Programming
- Special Events

Staff requests that the commission highlight considerations in each of these areas so staff can come back to the following meeting with an outline of each of these areas.

Attached to this agenda are examples of previous examples.

In the future, it is staff’s intention to include the public for input in these areas as well; strategy will be considered as the project moves forward.
PARKS AND TRAILS

City Park System

The Public Works Department is responsible for maintaining the parks system and the Parks and Recreation Department provides programming and special events. The Parks, Recreation, and Trails Commission is composed of volunteers that offers guidance and recommendations to the City Council.

Existing City Park Facilities

According to the Community Survey conducted in 2016, over 66% of households surveyed visited/used the existing park facilities and positive ratings by users ranged between 92-100%. The City manages approximately 194 acres of parkland spread across 14 parks, as listed in the table below:

Table ##: City of Vadnais Heights Parks

<table>
<thead>
<tr>
<th>Park</th>
<th>Ball Field(s)</th>
<th>Soccer/football field(s)</th>
<th>Basketball Hoop(s)</th>
<th>Tennis Court(s)</th>
<th>Hockey Rink/Open Skating</th>
<th>Warming House</th>
<th>Play Equipment</th>
<th>Picnic Tables</th>
<th>Picnic Shelter</th>
<th>Seasonal Restroom(s)</th>
<th>Trails</th>
<th>Passive/Wetland Acres</th>
<th>Active Use Acres</th>
<th>Total Park Acreage</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>1.5</td>
<td>3.0</td>
<td>4.5</td>
<td>NP</td>
<td>4.5</td>
<td>NP</td>
</tr>
<tr>
<td>Berwood</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>2.0</td>
<td>9.0</td>
<td>11.0</td>
<td>NP</td>
<td>11.0</td>
<td>NP</td>
</tr>
<tr>
<td>Bridgewood</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>27.7</td>
<td>2.6</td>
<td>30.3</td>
<td>NP</td>
<td>30.3</td>
<td>NP</td>
</tr>
<tr>
<td>Community</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>14.7</td>
<td>20.3</td>
<td>35.0</td>
<td>CP</td>
<td>35.0</td>
<td>CP</td>
</tr>
<tr>
<td>Elmwood</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>0.0</td>
<td>0.7</td>
<td>0.7</td>
<td>MP</td>
<td>0.7</td>
<td>MP</td>
</tr>
<tr>
<td>Greenhaven</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>0.0</td>
<td>0.7</td>
<td>0.7</td>
<td>MP</td>
<td>0.7</td>
<td>MP</td>
</tr>
<tr>
<td>Heritage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td>18.2</td>
<td>10.0</td>
<td>28.2</td>
<td>NP</td>
<td>28.2</td>
<td>NP</td>
</tr>
<tr>
<td>Kohler Meadows</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>3.9</td>
<td>25.0</td>
<td>28.9</td>
<td>CP</td>
<td>28.9</td>
<td>CP</td>
</tr>
<tr>
<td>Lily Pond</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>4.9</td>
<td>4.7</td>
<td>9.5</td>
<td>NP</td>
<td>9.5</td>
<td>NP</td>
</tr>
<tr>
<td>Morningside</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>13.9</td>
<td>1.4</td>
<td>15.3</td>
<td>NP</td>
<td>15.3</td>
<td>NP</td>
</tr>
<tr>
<td>Oak Creek</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td>0.0</td>
<td>2.3</td>
<td>2.3</td>
<td>MP</td>
<td>2.3</td>
<td>MP</td>
</tr>
<tr>
<td>Vadnais Heights</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td>2.7</td>
<td>2.0</td>
<td>4.7</td>
<td>NP</td>
<td>4.7</td>
<td>NP</td>
</tr>
<tr>
<td>Elementary School</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td>2.7</td>
<td>2.0</td>
<td>4.7</td>
<td>NP</td>
<td>4.7</td>
<td>NP</td>
</tr>
<tr>
<td>Westfield</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>14.0</td>
<td>6.7</td>
<td>20.7</td>
<td>NP</td>
<td>20.7</td>
<td>NP</td>
</tr>
<tr>
<td>Wolters</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
<td>0.0</td>
<td>1.9</td>
<td>1.9</td>
<td>NP</td>
<td>1.9</td>
<td>NP</td>
</tr>
</tbody>
</table>

The Public Works Department is responsible for parks maintenance and the Parks and Recreation Department conducts programs and events; both departments are managed by the City Engineer/Public...
Service Director. The Parks, Recreation, and Trails Commission is a voluntary advisory commission that offers recommendations to the City Council and staff. City parks are classified as follows:

Table ##: Park Classifications

<table>
<thead>
<tr>
<th>Classification</th>
<th>General Description</th>
<th>Location Criteria</th>
<th>Size Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Park (MP)</td>
<td>Used to address limited, isolated, or unique recreational needs</td>
<td>Less than 1/4-mile distance in residential setting</td>
<td>2,500 SF – 1 acre</td>
</tr>
<tr>
<td>Neighborhood Park (NP)</td>
<td>Serves as the recreational and social focus of the neighborhood, including active and passive recreation</td>
<td>1/4 to 1/2-mile distance and uninterrupted by non-residential roads and other physical barriers</td>
<td>5 – 10 acres</td>
</tr>
<tr>
<td>Community Park (CP)</td>
<td>Serves to meet community-based recreational needs, including natural preservation areas</td>
<td>1/2 to 3-mile distance serving two or more neighborhoods</td>
<td>30 – 50 acres</td>
</tr>
</tbody>
</table>

A community needs a mix of these park classifications to ensure residents have access to a wide range of recreational opportunities. As shown on Figure ##, the city’s parks are spread out across the community.

Planned/Potential City Park Facilities

Vadnais Heights is nearly developed, so only a small amount of additional park acreage would be expected over the next 20 years. Two potential locations have been identified in past plans as potential future park facilities and are identified on Figure ##. It is anticipated that park dedication fees, in lieu of land dedication, will be collected from most future subdivisions to assist in maintaining and enhancing the existing park system. However, land dedication may be considered for large subdivisions that create an immediate need for recreation space in the new development.

Ramsey County Parks System

The Ramsey County Parks system encompasses over 6,500 acres, consisting of the following:

- Regional parks – 6
- Regional trail corridors – 6
- County parks – 9
- Protected open space sites – 9
- Indoor ice arenas – 11 (13 ice sheets)
- Golf courses – 5
- Nature Center – 1
- Waterpark – 1
Vadnais-Snail Lakes Regional Park

Official designation of regional parks requires Metropolitan Council approval. Regional parks most notably contain a diversity of nature-based resources, either naturally occurring or human-built, and are typically 200-500 acres in size. Regional parks accommodate a variety of passive and active recreation activities. The Regional Parks System includes 62 regional parks, park reserves, and special recreation features, including more than 340 miles of regional trails. The System is a partnership between the Metropolitan Council and 10 implementing agencies who own and operate the various units, including Ramsey County.

Vadnais-Snail Lakes Regional Park encompasses approximately 1,000 acres in Vadnais Heights and Shoreview and is comprised of the following five segments:

- Sucker Lake – 273 acres
- Vadnais Lakes – 303 acres
- Grass Lake – 271 acres
- Snail Lake Corridor – 142 acres
- Snail Lake – 30 acres

The Ramsey County System Plan (2006) contains information on the existing and planned recreational development for each segment. The segments contain pedestrian/bicycle and cross-county ski trails, picnic areas and shelters, shoreline fishing areas, restrooms, play areas, and trailhead parking areas. Planned improvements to the segments includes shoreline stabilization, trail improvements and connections, additional play areas, and general safety and accessibility improvements.

Both segments are designated as Environmental Natural Areas, excluding the picnic areas. The Sucker Lake segment has high-quality fen, which provides habitat for several orchid species. The Regional Park itself contains a mixture of coniferous plantations, oak woods, oak savannas and extensive wetlands. Invasive species are widespread, including buckthorn and garlic mustard. The Park also hosts a diverse variety of wildlife, including waterfowl nesting and migration areas. Other wildlife includes nesting songbirds, raptors, wild turkeys, white-tailed deer, coyotes, red fox, and raccoons. The Ramsey County Cooperative Deer Plan manages the deer population using special hunts, in partnership with the cities of Shoreview and Vadnais Heights.

St. Paul Regional Water Services (SPRWS) operates and maintains an augmentation system that pumps water from the Mississippi River through Sucker and East Vadnais Lake to a water filtration plant that distributes potable water to several municipalities. Both segments are owned by SPRWS and are developed and operated by Ramsey County under a joint powers agreement. As a result, all future developments to the park by Ramsey County require coordination, especially those that could affect the integrity of the water supply.

Willow Lake Protection Open Space Site

The Ramsey County System Plan (2006) classifies protection open space as “outstanding landscape amenities, critical natural systems and vulnerable natural resources that contribute to public health, outdoor recreation, aesthetic enjoyment and ecosystem stability.” Ramsey County has nine protection open space sites under their jurisdiction totaling 636 acres.
The Willow Lake Protection Open Space Site encompasses 76 acres, including most of the 40-acre lake and surrounding wetland. The remaining natural area is owned by H.B Fuller Company, which includes 56 acres of land designated as a nature preserve. Both properties have been combined to form the Willow Lake Nature Preserve in order to focus on natural resource management and preservation. The area contains high-quality natural environments, including the lake, wetland, oakwoods, and a tamarack swamp. H.B. Fuller constructed a fishing pier and boathouse on the north side of the lake and hiking trails and a boardwalk have been developed. Access is currently limited to their guests and employees, but the company has indicated its intent to develop a visitor center to accommodate public access.

**Trail Facilities**

Vadnais Heights has made significant strides in developing and improving trail facilities over the past thirty years. Great interest in trails was shown in the City’s 1988 community survey, which led to the appointment of a trails task force in the early 1990’s. The task force recommended the first comprehensive trails plan for the community, which was incorporated into the 1990 Comprehensive Plan and includes trails in the City’s major parks and along collector or arterial roads.

According to the Community Survey conducted in 2016, if trails and sidewalks in their neighborhood were connected, 71% of respondents reported that they are at least “somewhat more likely” to walk or bicycle to where their destination. A majority of respondents also would support the use of tax dollars towards the expansion and connection of trails and sidewalks in the community.

**Existing Trail Facilities**

The City of Vadnais Heights maintains an approximately 13-mile network of trail facilities throughout the community that connect destinations and promote recreational opportunities. Figure ## depicts the existing local network and consists of the following facilities:

**Off-street Trails**

Off-street trails are a desired amenity for any community that typically provide for two-way bicycle use that is protected from automobile traffic and may be used by pedestrians, skaters, people using wheelchairs, and other non-motorized users. These facilities usually connect destinations including parks, natural resource areas, and regional trails with limited conflicts with motorized vehicles that increases the users’ feeling of safety. Where possible, an off-street trail should be 8 to 12-feet-wide with an additional two-foot buffer on each side and include signage and markings separating bicycle and pedestrian areas. Post-development off-street trail construction is often costly and controversial, therefore the City should consider leveraging available grant funds and advocate for new trail connections as part of future local and county street improvement projects.

As shown in Figure ##, off-street trail facilities are provided in the following areas outside of park areas:

- West side of Centerville Road from County Road E/Koehler Road to County Highway 96
- North side of County Road F from Rice Street to McMenemy Street/Kohler Meadows Park
- West side of McMenemy Street from County Road F to County Highway 96
- South side of County Highway 96 from McMenemy Street to Centerville Road
- West side of Arcade Street/South side of Belland Avenue to Edgerton Street
Many existing park facilities include internal off-street trails, which are typically asphalt but can be constructed with wood chips in natural areas. Their main purpose is to provide movement within each park and link to the existing trail network.

**Paved Shoulders**

When designed and located appropriately, paved shoulders can provide a minimum level of access to bicyclists and pedestrians in low demand areas where there is not enough right-of-way for an off-street trail facility. An area of at least 4 to 6-feet-wide is needed for bicycle accessibility and raised striping, rumble strips, and buffer areas are recommended design features to increase safety. Even with adequate safety measures in place, these facilities may still not support a safe and comfortable walking environment for certain users.

As shown in Figure ##, the streets under Ramsey County jurisdiction already have paved shoulders within Vadnais Heights that extend into the surrounding communities. The City should consider advocating for conversion of the existing facilities to off-street trails as part of future street improvement projects, to the extent practical, and advocate for additional safety measures to be added, such as in-street pedestrian signs and removable trail delineators.

**Sidewalks**

As shown in Figure ##, sidewalks in residential neighborhoods are not common in Vadnais Heights. Due to low traffic volumes, this may be adequate on calm residential streets, but is a major impediment to walking on busier streets with heavier traffic. Generally, standards sidewalks are designed for pedestrians only and must meet width and ramping standards for accessibility. If there is a demand for bicycling on a sidewalk, then the proper facility is likely an off-street trail or dedicated bike lane. A planted buffer between the street and sidewalk is preferred to accommodate utilities, landscaping, and snow storage. If traffic volumes are low enough, a sidewalk on one side of the street may be adequate. Installing sidewalks post-development can be complicated and controversial, but the city will continue to evaluate the need for sidewalks as part of future residential and commercial developments.

High traffic areas within the City that have sidewalks separated from the street by curb and gutter include the City Center District and along the south side of County Road E (see Figure ##).

**Planned Trail Facilities**

Based on community feedback and Commission and City Council discussions, the planned improvements for trail facilities are included in Figure ##. The City Council prioritized the following projects for study and implementation in the near future:

- Koehler Road from Centerville Road to Edgerton Street
- Koehler Road from Edgerton Street to McMenemy Street
- Vadnais Boulevard from Centerville Road to Rice Street

Study and implementation of most planned trail improvements shown in Figure ## will require collaboration with, and support from, Ramsey County, who has their own capital improvements program for future street and trail improvements.
Regional Trail Corridors

According to the Metropolitan Council, regional trails are classified as either a “destination or greenway trail” or as “linking trails.” Destination or greenway trails typically follow along routes with high-quality natural resources that make the trail itself a destination. Linking trails are predominantly intended to provide connections between various Regional Parks System facilities, most notably regional parks or park preserves.

Highway 96 Regional Trail

County State Aid Highway (CSAH) 96 runs approximately eight miles east/west and connects Interstate 35W to U.S. Highway 61, through the communities of New Brighton, Arden Hills, Shoreview, Vadnais Heights, White Bear Township, and White Bear Lake. In addition, the corridor connects to Long Lake Regional Park, Rice Creek North Regional Trail, Lexington Parkway Regional Trail Search Corridor, Vadnais-Snail Lakes Regional Park, Birch Lake Regional Trail and Bruce Vento Regional Trail.

As shown in Figure ##, the corridor runs along the northern boundary of Vadnais Heights. The regional trail includes segments that are open to public as well as planned segments that will be developed in the future. Currently, the corridor has an off-street, bituminous trail on the south side of the roadway through the entire portion of Vadnais Heights.

Trout Brook Extension Regional Trail Search Corridor

The Trout Brook Regional Trail is currently a 1.6-mile trail extending from Lake McCarron’s County Park in Roseville south to the Gateway section of the Willard Munger State Trail in Saint Paul. The regional trail search corridor extends the Trout Brook Regional Trail north through Roseville, Little Canada, Shoreview, and Vadnais Heights to connect to the Vadnais-Snail Lakes Regional Park.

Ramsey County is preparing a master plan amendment for the regional trail to accommodate the planned trail extension. The alignment options to cross Interstate 694 include a pedestrian bridge over the highway with a trail connection through SPRWS land near the manufactured housing park or using the existing/new Rice Street Bridge.

Saint Anthony Railroad Spur Regional Trail Search Corridor

The regional trail search corridor travels through the existing Minnesota Northern Railroad corridor in Roseville, Little Canada, Vadnais Heights, Gem Lake, and White Bear Township to connect the Northeast Diagonal Regional Trail in St. Anthony to the Bruce Vento Regional Trail in White Bear Township. The railroad corridor is currently active, so trail planning would not take place until there is a change in the status of rail operations. Any future planning process to analyze potential trail alignments would be undertaken by Ramsey County.

Community Recreational Facilities

Vadnais Heights Elementary School
The City has an agreement with ISD #624 that allows limited public use of the school’s gymnasium in exchange for maintenance of the ball fields/open space. The City has been in discussions with the School District on improvements to the surface parking lot next to the gymnasium, which may include a portion of city-owned property.

**AFSA High School**

The City has an agreement with the school that allows limited public use of the gymnasium in exchange for use of certain sports fields in City parks. The city owns an approximately 5-acre piece of property to directly to the east of the school property along Vadnais Boulevard that, if available in the future, could allow for the school to expand its current facilities.

**Vadnais Sports Center**

The Vadnais Sports Center was built in 2010 and is now owned and operated by Ramsey County. The facility contains two NHL-sized ice rinks (85’x200) with seating for 1,900 spectators and a 100,000-square-foot sports dome that is open year-round. An enclosed walkway provides a connection to adjacent restaurant and retail uses. The facility also hosts a variety of open programs, such as walking, open hockey, open skating, free weights, softball and batting practice. Several organizations also run sports teams and leagues out of the facility.

**Goals and Policies**

**GOAL:**
Continue to plan for and operate park facilities and recreational programming that meets the needs of current and future residents.

**POLICIES:**
- Maintain and improve the City’s existing park facilities in accordance with the Capital Improvements Program.
- Program recreational programs that meet the needs of the demographics of the community and take advantage of the existing and shared resources within the City.
- Consider public land dedication, where practical, as part of any future residential subdivisions.

**GOAL:**
Continue to improve facilities for walking and bicycling.

**POLICIES:**
- Continue to build a system of concrete sidewalks, asphalt off-road paths and paved shoulders along the major streets of the community.
- Continue to maintain and enhance the pedestrian paths in City parks.
- Promote regional trail corridor connections through the community.
- Consider requiring sidewalk connections as part of future large residential subdivisions.
- Work with Ramsey County to implement trail improvements on existing County Roads, which may or may not be associated with a roadway improvement project.
- Participate as a member of the Active Living Ramsey County partnership.
Existing & Planned Parks

2040 Comprehensive Plan
City of Vadnais Heights, Minnesota

Legend
- Vadnais Heights City Limits
- City/Township Boundaries
- Lakes
- Streams
- National Wetland Inventory
- Existing City Park
- Existing Regional Park
- Planned City Park

1. Bear Park
2. Berwood Park
3. Bridgewood Park
4. Community Park
5. Kohler Meadows Park
6. Elmwood Park
7. Greenhaven Park
8. Heritage Park
9. Lily Pond Park
10. Morningside Park
11. Oak Creek Park
12. Twin Lake Park
13. Vadnais School
14. Westfield Park
15. Wolters Park
16. Vadnais-Sucker Lake

Source: MnGeo, City of Vadnais Heights, Ramsey County

Map Document: \Metrosouth1\gis\VADHEIGH_CI_MN\N12113357\ESRI\Maps\Intern Edit\Maps\113357_ParkMap.mxd   |   Date Saved: 10/5/2017 3:28:21 PM

October 2017
CONFIRMATIONS – An automated confirmation email will be sent to the email provided above.

FINANCIAL AID
We offer financial aid to qualifying residents. Please call 651-204-6060 for more information.

ACCESSIBILITY
Our goal is to make it possible for everyone, including people with disabilities, to take advantage of parks and recreation programs and services. Our staff and volunteers will work with individuals and groups to accommodate persons with special needs. Please call 651-204-6060 with any questions or requests.

FACEBOOK
For Parks and Recreation updates, find the City of Vadnais Heights on Facebook! www.cityvadnaisheights.com

IT PAYS TO BE A VOLUNTEER COACH
We waive participant fees when a parent or guardian volunteers as a coach in youth sport leagues.

WORK FOR PARKS & RECREATION
Apply to be a Summer Recreation Assistant, Summer Playground Staff person, Tennis instructor, Event Staff person, T-Ball or Soccer Coach. Apply online at www.cityvadnaisheights.com/jobs.

WEATHER NOTIFICATION
For information about outdoor program cancellations due to inclement weather, call 651-204-6002.

Please fill out a separate form for each activity/child. Additional forms may be photocopied or picked up at City Hall.

All information must be completed before registration can be processed. Incomplete applications will not be processed and will be returned.

Questions? 651-204-6061 or 651-204-6060

Online: www.cityvadnaisheights.com
Drop-off: City Hall, Monday-Friday from 8 a.m.-4:30 p.m. (After hours drop-box located in driveway)
By mail: City Hall, 800 East County Road E, Vadnais Heights, MN 55127

For your convenience we recommend you register online at www.cityvadnaisheights.com. Simply click on Recreation, then click on the activity that you are interested in and follow the prompts. There is no additional fee to register online.

Please check payable to The City of Vadnais Heights – All NSF checks are subject to a $30.00 return check fee. Refund policy: Refunds will be issued when requested, two working days prior to the activity/class starting date. A $5 service charge will be deducted from refund. 

When selecting payment options, please have your credit card (or check) on hand. Payment of registration fee must be made before services start.

We place participants randomly on teams of 10 players. Participant volunteers needed (no waiver). Coaches’ meetings at Vadnais Heights Commons at 6 pm; Spring: Tue, April 16; Summer: Wed, June 12. Registration deadlines: Spring: Fri, April 12 or until full; Summer: Fri, June 7 or until full. Cost: $40/resident, $50/non-resident.

LITTLE CRITTERS SUMMER PLAYGROUND PROGRAM
Children ages 3-5 grow in an educational, recreational, and social environment. Sessions meet Mondays and Wednesdays or Tuesdays and Thursdays and include games, crafts, creative play times, and an opportunity to enjoy Community Park. Morning times only. Playground leaders are experienced and trained and enjoy working with children. Registration and payment taken on a first-come, first-served basis. Program will fill up fast. Will not meet July 1-4. Registration deadline: Fri, May 24 or until full. Location: Community Park. Cost: $54/resident, $74/non-resident.

EAGER BEAVERS SUMMER PLAYGROUND PROGRAM
Children entering grades 1-6 enjoy sports, games, nature activities, crafts, music, and other creative activities. Playground leaders are experienced and trained. The program includes morning and afternoon times, but site is closed noon-1 pm. Will not meet July 1-5. Registration deadline: Fri, May 24 or until full. Location: Community Park. Cost: $124/resident, $186/non-resident.

SUMMER PLAYGROUND TEEN VOLUNTEER OPPORTUNITY
Vadnais Heights teens, ages 12-16, are needed to volunteer alongside Parks and Recreation staff, at the summer little Critters and Eager Beavers programs. We provide orientation and training, teens choose the number of days and hours they volunteer. It’s a fun way to spend your summer earning others, gaining skills and references, and making friends. For more information or to receive a summer volunteer application, please contact 651-204-6060 or all information at www.cityvadnaisheights.com. Application deadline: Fri, May 3.
### MUNCHION TENNIS LESSONS

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Description</th>
<th>Age Group</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>270169-1</td>
<td>Ages 5-6</td>
<td>Tue, May 14 – June 11</td>
<td>7:30-8 pm</td>
<td>Kohler Meadows</td>
<td></td>
</tr>
<tr>
<td>270169-5</td>
<td>Ages 1-4</td>
<td>Tue, May 14 – June 11</td>
<td>6:15-7:00 pm</td>
<td>Kohler Meadows</td>
<td></td>
</tr>
<tr>
<td>270169-6</td>
<td>Ages 2-4</td>
<td>Tue, May 14 – June 11</td>
<td>6:15-7:00 pm</td>
<td>Kohler Meadows</td>
<td></td>
</tr>
</tbody>
</table>

### YOUTH TENNIS LESSONS

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Description</th>
<th>Age Group</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>230169-1</td>
<td>Ages 5-6</td>
<td>Tue, May 14 – June 11</td>
<td>7:30-8 pm</td>
<td>Kohler Meadows</td>
<td></td>
</tr>
<tr>
<td>230169-3</td>
<td>Ages 1-4</td>
<td>Tue, May 14 – June 11</td>
<td>6:15-7:00 pm</td>
<td>Kohler Meadows</td>
<td></td>
</tr>
<tr>
<td>230169-5</td>
<td>Ages 2-4</td>
<td>Tue, May 14 – June 11</td>
<td>6:15-7:00 pm</td>
<td>Kohler Meadows</td>
<td></td>
</tr>
</tbody>
</table>

### SPRING

- **Level 2 Ages 7-14**
  - Tue, May 14 – June 11
  - 6:15-7:00 pm
  - Kohler Meadows

- **Level 1 Ages 7-14**
  - Tue, May 14 – June 11
  - 5:30-6:15 pm
  - Kohler Meadows

### FALL

- **Level 2 Ages 7-14**
  - Tue, May 14 – June 11
  - 6:15-7:00 pm
  - Kohler Meadows

### DISCOVER YOUR DOSHA AND A DAILY ROUTINE FOR WELLNESS AND VITALITY

2-Hour Summer Workshop

Ayurveda is the science of life – an ancient holistic approach to wellness. It is the sister science to yoga and is based on the principles of three doshas or energies that make up every individual. Ayurvedic philosophy states there are energetic forces that influence all of nature and are present in everyone and everything. The five elements in the universe: ether, space, air, fire, water, and earth come together to form the three constellations called doshas that Ayurveda uses for diagnosis of imbalances in the body and mind. To help us understand and lead a daily routine that can help us find balance and stay vibrant during the spring months and into summer. You will leave with a package of goods to help you get started toward wellness and balance.

### USTA NORTHERN ADULT TENNIS LESSONS

#### Fall 2019 Adult Leagues

<table>
<thead>
<tr>
<th>League Code</th>
<th>League Description</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>220119-1</td>
<td>Co-Rec “D” Recreational</td>
<td>Thu, Aug. 15</td>
</tr>
<tr>
<td>220119-2</td>
<td>Men’s Bronze “E” Recreational</td>
<td>Tue, Aug. 13</td>
</tr>
</tbody>
</table>

#### Spring 2020 Adult Leagues

<table>
<thead>
<tr>
<th>League Code</th>
<th>League Description</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>210119-1</td>
<td>Co-Rec “D” Recreational</td>
<td>Thu, Apr. 23</td>
</tr>
<tr>
<td>210119-2</td>
<td>Women’s “B” Recreational</td>
<td>Wed, Apr. 22</td>
</tr>
</tbody>
</table>

### FOR WELLNESS AND VITALITY

**DISCOVER YOUR DOSHA AND A DAILY ROUTINE**

Ayurveda is the science of life. An ancient holistic approach to wellness. It is the sister science to yoga and is based on the principles of three doshas or energies that make up every individual. Ayurvedic philosophy states there are energetic forces that influence all of nature and are present in everyone and everything. The five elements in the universe: ether, space, air, fire, water, and earth come together to form the three constellations called doshas that Ayurveda uses for diagnosis of imbalances in the body and mind. To help us understand and lead a daily routine that can help us find balance and stay vibrant during the spring months and into summer. You will leave with a package of goods to help you get started toward wellness and balance.

**BENEFITS**

- Unique yoga experience
- Great for beginners
- Learn about your energy types
- Explore meditation and breathing techniques
- Find your inner calm
- Improve your physical, mental, and emotional health
- Increase flexibility, strength, and balance
- Learn daily routines to keep you well

### COMMUNITY CONNECTIONS

- A monthly presentation on a variety of topics for seniors and supporters of seniors, held at Vadnais Heights City Hall on the 4th Tuesday of the month (3rd Tuesday in May) from 2-3 pm. Classes are free; no registration is required. Co-sponsored by Vadnais Heights Parks and Recreation and White Bear Senior Program.

### ICE CREAM SOCIAL, MUSIC IN THE PARK & HOT DOGS WITH A DEPUTY

- **Wed, June 19**
- **5-7 pm**
- **Focusing on community connections**
- **For Residents Only**

### 44TH ANNUAL VADNAIS HEIGHTS HERITAGE DAYS

- **May 24 – 26**
- **60th Anniversary Celebration**
- **Free Admission**
- **Ice Cream Social, Music in the Park, Hot Dogs with a Deputy**
- **Parade on Saturday**
- **Trombone Parade**
- **Lions Club Pig Roast**
- **Children’s Games**
- **Music in the Park**
- **Senior Promenade**
- **Senior Lunch**

### SENIOR PICNIC AT THE VADNAIS HEIGHTS CEMETARY

- **Thu, Aug. 29**
- **11 am**
- **Senior Picnic with Live Music**
- **Free Admission**
- **Ice Cream Socials, Music in the Park, Hot Dogs with a Deputy**
- **Parade on Saturday**
- **Trombone Parade**
- **Lions Club Pig Roast**
- **Children’s Games**
- **Music in the Park**
- **Senior Promenade**
- **Senior Lunch**

**For More Information or Online Registrations for Heritage Days events go to www.cityvadnaisheights.com/vhd/**
Memorandum:

TO: Parks and Trails Commission
FROM: Tim Sandvik, Assistant City Administrator
DATE: Monday, March 18, 2019
SUBJECT: Parks and Trails Partnerships

Background
Currently, Vadnais Heights Parks and Recreation partners with a variety of organizations and Local Government Units. These capacities vary, but include one-time and ongoing volunteer opportunities, paid partnerships, and agreements where an exchange of resources are mutually beneficial.

To advance parks opportunities including programming and special events, staff would like commissioners to explore what community partnerships might exist that have not been explored.

Examples of ongoing partnerships include, but are not limited to:
- Local Businesses (primarily event sponsorship)
- Volunteer Organizations like the Lions Club and Boy Scouts (primarily volunteer hours)
- Local School districts (exchange of mutually beneficial resources such as field space)

Staff requests the commissions input for ideas to explore further partnerships to better understand what opportunities might exist to further Parks and Trails efforts.