



Vadnais Heights

PARKS & RECREATION

The City of Vadnais Heights takes pride in providing high-quality parks, trails, recreation programs, and services year-round for all members of our community. Our parks, trails, and programs contribute to a high quality of life in our community by encouraging healthy lifestyles, developing community pride, relieving stress, increasing property values, protecting the environment, and more!

ENJOY OUR PARKS & TRAILS!

The City of Vadnais Heights boasts more than 100 acres of parkland. Our 14 parks include playground equipment, trails, picnic shelters, soccer and baseball/softball fields, basketball, tennis, and pickleball courts.

Residents enjoy Ramsey County parks, too. Vadnais-Sucker Lake Regional Park, for example, has 1,252 acres of woods, lakes, trails, and picnic areas. Situated on land owned by St. Paul Regional Water Services, the park is operated by Ramsey County Parks and Recreation.

Browse our Parks & Facilities Finder to learn more about the great public spaces in Vadnais Heights!
cityvadnaisheights.com/facilities

FACEBOOK



For Parks and Recreation updates, find the City of Vadnais Heights on Facebook! facebook.com/cityVH

REGISTER ONLINE!

cityvadnaisheights.com/register

Conveniently browse our CivicRec catalog for programs and register online on your own schedule!

FINANCIAL AID

We offer financial aid to qualifying residents for Vadnais Heights Parks and Recreation Programs. Call 651-204-6060 or email katie.everett@cityvadnaisheights.com for more information.

ACCESSIBILITY

Our goal is to make it possible for everyone to take advantage of Parks and Recreation programs and services. Our staff will work with individuals and groups to accommodate persons with special needs. Please call 651-204-6061 or 651-204-6060 with any questions or requests.



YOUTH ATHLETIC PROGRAMS

YOUTH SOCCER

Designed to increase playing experience and introduce young people to soccer, this league emphasizes team play, sportsmanship, skill development, and socialization. We spend the first part of each session warming up and practicing skills, followed by a game against another team. Please have your player wear appropriate clothing and shoes, wear shin guards, and bring a water bottle. Soccer balls provided by the program for player use (if you bring your own, please label it clearly). Volunteer coaches needed! Registration fees waived for volunteers, no coaching experience required.

Fall 2023

Ages 4-5	Sat, 9/09-10/14	10:30-11:30 am
Ages 6-7	Sat, 9/09-10/14	11:45 am-1:00 pm
Ages 8-12	Sat, 9/09-10/14	9:00-10:15 am

\$50; \$40/VH resident;
Kohler Meadows & Lily Pond Parks

YOUTH BASKETBALL

Our basketball leagues are a great way for young players to be introduced to the rules of the game, develop teamwork skills, and meet new friends! Leagues are casual and focused on creating fun and encouraging experiences for kids in Grades 1-5. Volunteer coaches needed! Registration fees waived for volunteers, no coaching experience required.

Fall 2023 (no games Oct 31 or Nov 7)

Grades 1-2	Tue, 10/17-12/5	6:10-7:10 pm
Grades 3-5	Tue, 10/17-12/5	7:30-8:30 pm

\$50; \$40/VH resident
Vadnais Heights Elementary School

Note: watch for more information about the winter (January start) basketball session later this year!

FLOOR HOCKEY

Begin to learn hockey techniques, develop teamwork, and make new friends at our high-energy floor hockey classes! Equipment provided. Wear sneakers and comfortable clothing.

Fall 2023 (No class Nov. 22)

Ages 4-6	Wed, 11/01-12/06	6:10-7:10 pm
Ages 7-10	Wed, 11/01-12/06	7:30-8:30 pm

\$45; \$35/VH resident
Vadnais Heights Elementary School

INDOOR SOCCER

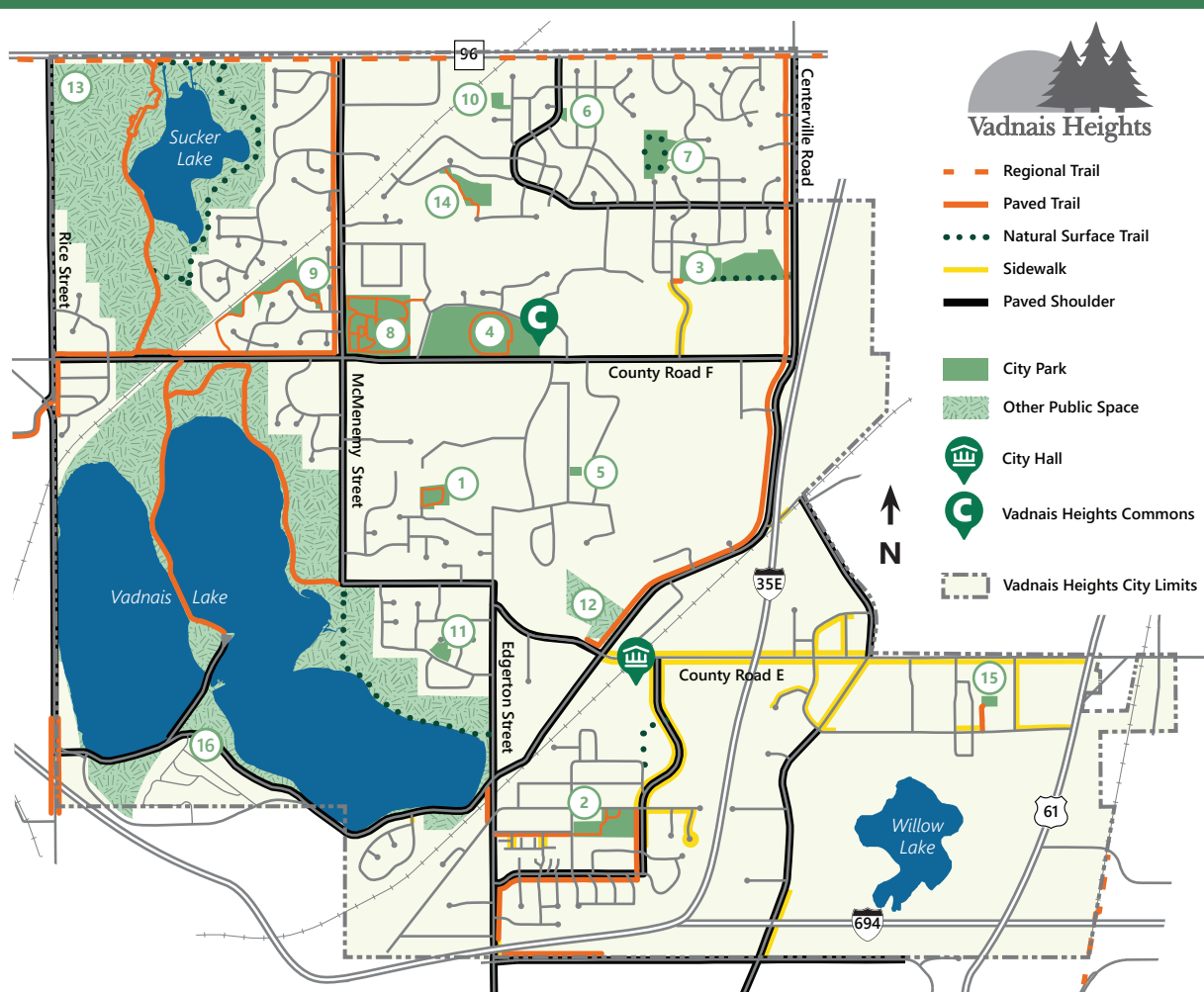
Players will get active, learn basic soccer skills, and develop teamwork during our indoor soccer classes!

Fall 2023 (No class Nov. 25)

Ages 4-6	Sat, 11/11-12/16	10:00-11:00 am
Ages 7-10	Sat, 11/11-12/16	11:15 am-12:15 pm

\$45; \$35/VH resident
AFSA High School

Vadnais Heights Parks & Trails



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| 1. Bear Park
465 Bear Avenue S | 5. Elmwood Park
3892 Elmwood Street | 9. Lily Pond Park
325 Lily Pond Lane | 13. Vadnais-Sucker Lake
Regional Park |
| 2. Berwood Park
780 Berwood Avenue | 6. Greenhaven Park
4470 Greenhaven Drive | 10. Morningside Park
4485 Morningside Avenue | 14. Westfield Park
520 Westfield Lane |
| 3. Bridgewood Park
4224-1/2 Bridgewood Terrace | 7. Heritage Park
4345 Heritage Drive | 11. Oak Creek Park
485 Oak Creek Drive S | 15. Wolters Park
1351 Willow Lake Boulevard |
| 4. Community Park
641 County Road F East | 8. Kohler Meadows Park
365 County Road F East | 12. Vadnais Elem. School
3645 Centerville Road | 16. AFSA High School
100 Vadnais Boulevard |

Explore Your Parks!

A wide variety of amenities are available throughout the Vadnais Heights park system:

- Playgrounds
- Picnic areas
- Soccer fields, baseball fields, tennis courts, pickleball courts, basketball courts
- Trails
- Natural areas

Parks are open year round and there's always something new to see as the seasons change!



ADULT PROGRAMS

TAI CHI CHUAN

Tai Chi Chuan is a traditional Chinese exercise system which has been widely practiced for preventative and therapeutic purposes. The primary benefits include postural control and balance, flexibility, coordination, agility, strength and power, sensitivity and awareness, reaction time and confidence. As you advance in practice, the movements will offer a practical way to learn to work with others and still reduce stress and tension. Taught by Gold Tai Chi group head instructor, Elaine Schrade.

Interested in trying Tai Chi, but not sure if you're ready to commit to a full session? Drop in for a trial class! Pay \$5 (cash) at the door to try it out, and register for the full session later if you decide to join!

2023-4 Session

Ages 16+ Wed, 8/16-10/18 7:00-8:00 pm
\$100; \$90/VH resident
Vadnais Heights Commons

2023-5 Session

Ages 16+ Wed, 10/25-12/13 7:00-8:00 pm
\$82; \$72/VH resident
Vadnais Heights Commons

YOGA

These gentle yoga classes offer any body a place to relax and rejuvenate while building strength and flexibility. Designed to be accessible to individuals of all fitness levels, experience calming breathing practices and gentle poses with modifications to suit your needs. The instructor has 25 years' experience and is honored to share the teachings of yoga (union of mind, body, breath) with the community.

2023-4 Mixed Level (No class Oct 9 or Nov 6)

Ages 13+ Mon, 9/25-11/27 6:30-7:30 pm
\$82; \$72/VH resident
Vadnais Heights Commons

2023 Holiday Cleanse Yoga

Ages 13+ Mon, 12/04-12/18 6:30-7:45 pm
\$46; \$36/VH resident;
Vadnais Heights Commons

Discover Your Body Type Workshop

Together we will explore Ayurvedic Medicine's body type structure called the Doshas and learn a daily routine that helps us find balance and stay vibrant over the winter months. Light seated yoga movement and breathing techniques will also be covered. You will leave with a self-care package of goodies to help get started on your wellness journey.

Ages 13+ Thu, 11/02 6:30-8:00 pm
\$60; \$50/VH resident
Vadnais Heights Commons

VOLLEYBALL OPEN GYM

The AFSA High School gym is open on Tuesday evenings (6:00-9:00 pm) and Saturday mornings (7:45-9:45 am), November-March! Drop in to join other adults for casual volleyball competition! (Pre-registration is NOT required for Open Gym.)

Cost is \$3/person/day. Only cash is accepted at the door for daily entry. Option to purchase a convenient 10-session punch card (\$30)! Pay online or purchase at the gym.

Ages 16+ Tue, 11/04-3/30 6:00-9:00 pm
Sat, 11/04-3/30 7:45-9:45 am

AFSA High School



SPECIAL EVENTS

WAFFLE BREAKFAST

Attend the Vadnais Heights Lions Club Fall Belgian Waffle Breakfast on Sunday, October 1, 8:00 am - 1:00 pm at the Vadnais Heights Commons! Check the City's website for pricing and other event details: cityvadnaisheights.com/waffles

HALLOWEEN

Celebrate fall with our annual Scarecrow Trail and Halloween Party! Take a tour through the scarecrows anytime, and then join us for a Halloween Party to cap off the week. No registrations required. Find more details on our website.

Scarecrow Trail

Area businesses, organizations, and community members are invited to build a scarecrow for the trail! Check our website for sign-up info.



Thu, Oct. 26 - Wed, Nov 1
Community Park

Halloween Party

All are invited to our free, outdoor Halloween Party! Join the costume parade at 6:00 pm followed by games and activities under the lights! Volunteers needed - contact Katie Everett for more info: katie.everett@cityvadnaisheights.com

Fri, Oct. 27 5:00-7:00 pm
Community Park

PJS WITH SANTA

Join us at the Vadnais Heights Commons for holiday festivities! Photos with Santa, games, treats, and more! Check our website for updates this fall! Pre-registration required.

Fri, Dec. 1 6:00 - 8:00 pm
Vadnais Heights Commons



BLOOD DRIVES

Help support the local supply by becoming a blood donor! Not sure if you're eligible? Visit redcrossblood.org/eligibility to learn more - you may be surprised to learn you can donate! Make an appointment at redcrossblood.org or 1-800-RED CROSS. Contact Katie Everett with questions: katie.everett@cityvadnaisheights.com or 651-204-6060.

Thursday, August 10

Thursday, September 14

Thursday, October 12

All drives at Vadnais Heights Commons, 10:00 am - 4:00 pm

News from the Parks



New Playground Now Open!

As part of the Mondello Shores residential development project, a parcel of land has been dedicated as a new park and a playground has been installed. The playground will serve the new residents of the Mondello Shores neighborhood and our community at large. Slide on over to check it out!

Location: 426 Mario Drive, Vadnais Heights



Bear Park Trail & Boardwalk

The City worked closely with the developers of the Bluebird Grove project to install a paved trail and boardwalk that provides new access to Bear Park from the north! The scenic trail has connections for neighbors from Bear Avenue North and Bear Court to more quickly and safely access the park.



Park Commission Planned Improvements

Three Vadnais Heights parks are getting some amenity upgrades in the coming months! Earlier this year, the Parks, Recreation & Trails Commissioners inventoried all of the City's parks and recommended purchase/installation of the following items to City Council – a timed light on the sledding hill at Kohler Meadows Park, 12 benches to accommodate pickleball players at Bridgewood Park, and a Gaga Ball Pit at Berwood Park.

Not familiar with the gaga ball craze? Consider it a friendlier version of dodgeball, played in an octagonal "pit" where players aim to hit opponents at or below the knee. If you're hit, you're out – last player in the pit wins. Not only is gaga ball popular with a large audience in terms of age, kids of all skill levels and abilities are able to play together.

Kohler Meadows Court Reconstruction

As the most popular tennis courts in the City's park system, the City Council approved a reconstruction project for this year. The project included full replacement of the asphalt and new court surfacing, new net posts and nets, and the addition of wind screening. We look forward to the courts serving players for years to come!

