



Vadnais Heights

PARKS & RECREATION – Spring 2016

SIGN UP NOW

First-come, first-served!

Register Online!

Conveniently register online at www.cityvadnaisheights.com. Click Recreation, then click on the activity that interests you and follow the prompts. No fee to register online.

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.facebook.com/cityVH

IT PAYS TO BE A VOLUNTEER COACH

We waive participant fees when a parent or guardian volunteers as a coach in youth sport league programs.

WORK FOR PARKS & RECREATION

Apply to be a Tennis or Lacrosse instructor. Call Brigid Nault at 651-204-6060 or contact City Hall for an application.

WEATHER HOTLINE

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

LOCATIONS FOR PROGRAMS/EVENTS:

City Hall	800 East County Road E
Community Park	641 East County Road F
Berwood Park	780 Berwood Avenue
Kohler Meadows Park	365 East County Road F
Lily Pond Park	325 Lily Pond Lane
Westfield Park	520 Westfield Lane
Vadnais Heights Commons	655 East County Road F
Vadnais Heights Elementary School	3645 Centerville Road
Bridgewood Park	4224-1/2 Bridgewood Terrace

Welcome to the Vadnais Heights Parks and Recreation Department. The City of Vadnais Heights takes pride in providing high-quality parks, trails, recreation programs, and services all year for residents of all ages and abilities. Our parks, trails, and programs encourage healthy lifestyles, increase property values, develop community pride, protect the environment, and relieve stress.

For more Parks and Recreation information, visit the City's website: www.cityvadnaisheights.com.

Exploring places to be active in Ramsey County is easy with Go Ramsey Communities. This interactive web-based mapping and mobile application provides a fun way to search for parks, trails, lakes, and recreational facilities in Ramsey County. Visit the site at www.GoRamsey.org. The Go Ramsey mobile web app can be accessed through GoRamsey.org, the same address used for the full desktop site.

T-BALL

We place participants randomly on teams of 10 players. Teams play six games, scheduled using both time periods, if necessary, depending on the number of children registered. We schedule earlier game times if only enough children register to make up four teams. Limit of 80 in each age group. We spend the first 15-30 minutes of the program warming up and developing skills. We play the last 45 minutes as a game. Your child's coach will contact you with a game schedule and team information. Please have your child dress for the weather, bring a glove, and wear athletic shoes. **Ages 4-5 use the tee when at bat. Ages 6-7 have the option after the first two games to either use the tee or have the coach pitch to them.** Volunteer coaches needed (fee waived). Coaches' meeting at Vadnais Heights Commons at 7 pm; Spring: Mon, April 11; Summer: Mon, June 13. Registration deadlines: Spring: Thu, April 7 or until full; Summer: Wed, June 8 or until full. Cost: \$40/resident, \$50/non-resident.

SPRING

210136-1 Ages 4-5 Wed, April 20 – May 25
6-7:15 pm & 7:15-8:30 pm VH Elementary

210136-2 Ages 6-7 Thu, April 21 – May 26
6-7:15 pm & 7:15-8:30 pm VH Elementary

SUMMER

310136-1 Ages 4-5 Wed, June 22 – July 27
6-7:15 pm & 7:15-8:30 pm VH Elementary

310136-2 Ages 6-7 Thu, June 23 – July 28
6-7:15 pm & 7:15-8:30 pm VH Elementary

OUTDOOR SOCCER LEAGUE

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 15-30 minutes warming up and the last 45 minutes playing a game. Please have your child wear appropriate clothing and shoes, wear shin guards, and bring a water bottle. We place participants randomly on teams of 10 players. Volunteer coaches needed (fee waived). Coaches' meetings at Vadnais Heights Commons at 7 pm; Spring: Mon, April 18; Summer: Wed, June 15. Registration deadlines: Spring: Thu, April 14 or until full; Summer: Wed, June 8 or until full. Cost: \$40/resident; \$50/non-resident.

SPRING

(no games May 28)
210116-1 Ages 4-5 Sat, April 23 – June 4
10:30-11:45 am Kohler Meadows & Lily Pond

210116-2 Ages 6-7 Sat, April 23 – June 4
Noon-1:15 pm Kohler Meadows & Lily Pond

210116-3 Ages 8-12 Sat, April 23 – June 4
9-10:15 am Kohler Meadows & Lily Pond

SUMMER

310116-1 Ages 4-5 Tue, June 21 – July 26
6-7:15 pm Kohler Meadows & Lily Pond

310116-2 Ages 6-7 Tue, June 21 – July 26
7:15-8:30 pm Kohler Meadows & Lily Pond

310116-3 Ages 8-12 Thu, June 23 – July 28
6-7:15 pm & 7:15-8:30 pm Kohler Meadows



LACROSSE CLASS

Come play one of the fastest-growing sports in America. Children develop skills in a fun, non-competitive class structure. They learn catching, throwing, scooping, cradling, offensive and defensive strategies, and sportsmanship. All equipment provided. Registration deadline: Fri, April 15. Cost: \$30/resident; \$40/non-resident.

270196-1 Grades 1-3 Wed, April 20 – May 18
6-7 pm VH Elementary

270196-2 Grades 4-5 Wed, April 20 – May 18
7-8 pm VH Elementary

MUNCHKIN TENNIS PROGRAM

Children ages 5-6 learn hand-eye coordination as they practice the fundamentals with special balls, racquets, and nets. Wear comfortable clothing and tennis shoes and dress for the weather. Racquets and balls provided. Five classes. Registration deadline: Spring: Tue, May 17; Summer: Tue, June 28. Cost: \$30/resident; \$40/non-resident.

SPRING

270166-1 Ages 5-6 Tue, May 24 – June 21
7-7:30 pm Kohler Meadows

270166-2 Ages 5-6 Tue, May 24 – June 21
7:30-8 pm Kohler Meadows

SUMMER

370166-1 Ages 5-6 Tue, July 5 – Aug. 2
7-7:30 pm Kohler Meadows

370166-2 Ages 5-6 Tue, July 5 – Aug. 2
7:30-8 pm Kohler Meadows

Vadnais Heights Parks & Recreation

Registration Form

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 am-4:30 pm
(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.

Participant's name	Date of birth	Age	Gender	Grade Level/School Name
Activity name	Activity number		Time	Fee

Make checks 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.

Parent/Guardian Primary Phone Alternate Phone

Parent/Guardian Primary Phone Alternate Phone

E-mail (REQUIRED-please print clearly-program updates are sent by email)

Street Address City/State Zip

Emergency Contact (REQUIRED) Phone Relationship

I am interested in being a volunteer coach. Name/Day Phone: _____ Coach T-Shirt Size: _____

Any information our staff should be made aware of (i.e. disability, allergy, special need, etc.): _____

Special requests for teammates are not guaranteed and are limited to one request per player. Group requests will not be honored. It is the City's goal to encourage players to make new friends and develop social skills.

Name teammate request here: _____

Permission and waiver: I hereby agree to allow my child or myself to participate in the above named activity. In consideration of your accepting this registration, I hereby, by myself and my heirs, waive any and all rights and claims for damages I may have against the City of Vadnais Heights and its representatives, for any and all injuries from whatever cause suffered by the above participant(s) in the indicated activity. I understand that the information that I have provided will be distributed to individuals involved with each recreation program. The City of Vadnais Heights may take pictures and videos of participants enjoying their activities, and I grant permission for the City to use the name, image, and quotes of my child (ren).

Parent/Guardian signature Date

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

Office use only	Date: _____	By: _____
	Payment type: <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____	Amount \$ _____





YOUTH TENNIS PROGRAM

Short, active lessons lead to supervised play. Bring tennis racket and wear tennis shoes. Balls provided. Level 1: Basic instructional series of strokes and introduction to game rules. Level 2: Supervised play preceded by practice on stroke technique, footwork, and serve. Five sessions. Registration deadlines: Spring: Tue, May 17; Summer: Tue, June 28. Cost: \$40/resident; \$50/non-resident.

SPRING

270166-3	Level 1 Ages 7-14 5:30-6:15 pm	Tue, May 24 – June 21 Kohler Meadows
270166-4	Level 2 Ages 7-14 5:30-6:15 pm	Tue, May 24 – June 21 Kohler Meadows
270166-5	Level 1 Ages 7-14 6:15-7 pm	Tue, May 24 – June 21 Kohler Meadows
270166-6	Level 2 Ages 7-14 6:15-7 pm	Tue, May 24 – June 21 Kohler Meadows

SUMMER

370166-3	Level 1 Ages 7-14 5:30-6:15 pm	Tue, July 5 – Aug. 2 Kohler Meadows
370166-4	Level 2 Ages 7-14 5:30-6:15 pm	Tue, July 5 – Aug. 2 Kohler Meadows
370166-5	Level 1 Ages 7-14 6:15-7 pm	Tue, July 5 – Aug. 2 Kohler Meadows
370166-6	Level 2 Ages 7-14 6:15-7 pm	Tue, July 5 – Aug. 2 Kohler Meadows



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 4 and 5. Registration deadline: Fri, June 10 or until full. Location: Community Park. Cost/session: \$94/resident, \$140/non-resident.

380116-1	Ages 3-5 9 am-noon	Mon, & Wed, June 20 – Aug. 3 Community Park
380116-2	Ages 3-5 9 am-noon	Tue, & Thu, June 21 – Aug. 4 Community Park

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 4 and 5. Registration deadline: Fri, June 10 or until full. Location: Community Park. Cost/session: \$124/resident, \$186/non-resident.

380116-3	Grades K-5 9-noon & 1-3:30 pm	Mon, & Wed, June 20 – Aug. 3 Community Park
380116-4	Grades K-5 9-noon & 1-3:30 pm	Tue, & Thu, June 21 – Aug. 4 Community Park

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 serving others, gaining skills and references, and making friends. For more information or to receive a summer volunteer application, please contact Brigid at 651-204-6060 or at brigid.nault@cityvadnaisheights.com. Application deadline: Fri, May 6.

YOGA

Everyone can enjoy yoga – it's not just for those who are already flexible. If you would like to relax more, gain strength and endurance, and stretch deeper, come and see what yoga is about! This is a mixed level class with beginners welcome.

Nancy Erickson has been practicing yoga for 18 years and has taught for eight years. She is certified in YogaFit for beginner, intermediate, and senior yoga. Nancy is passionate about using yoga to bring more physical, emotional, and spiritual balance to our lives. Bring your own yoga mat and wear loose comfortable clothing. Minimum 10 participants. Consult with your physician before registering for yoga. If you have special concerns or circumstances that could prohibit or restrict movement, please communicate those needs to the instructor.

SPRING

(No class May 9) 10-week class. Registration deadline: Fri, March 11. Minimum 10 participants. Cost: \$75/resident; \$85/non-resident.

220216-1	Mixed Level Adults (13+) 6:30-7:30 pm	Mon, March 14 – May 23 VH Commons
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SUMMER

(No class July 4) 7-week class. Registration deadline: Fri, June 10. Minimum 10 participants. Cost: \$53/resident; \$63/non-resident.

320216-1	Mixed Level Adults (13+) 6:30-7:30 pm	Mon, June 13 – Aug. 1 VH Commons
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PICKLEBALL CLINIC

Pickleball Clinics for beginners and social players. Pickleball is one of the fastest growing sports around for Seniors and Adults. Pickleball is a combination of tennis, badminton and ping pong. The game is played with a hard paddle and a polymer wiffle ball. The clinics will be held at Bridgewood Park where there are two courts lined for Pickleball on the tennis courts. A great way to be active, meet new people and have fun!

Learn the history, skills, equipment, scoring, rules and more. Equipment will be provided. Registration open until full. Cost: \$3.00/clinic

220226-1	Tue, May 10	6-8 pm
220226-2	Thu, May 12	6-8 pm
220226-3	Tue, May 24	9-11 am
220226-4	Thu, May 26	9-11 am

Pickleball Courts in Vadnais Heights are located at:
(2 courts) Bridgewood Park, 4224-1/2 Bridgewood Terrace (clinic location)
(1 court) Berwood Park, 780 Berwood Ave

SPRING/SUMMER 2016 ADULT SOFTBALL

Men's and Co-Rec softball leagues. Certified officials umpire games at Community Park. Registration and payment taken on a first-come, first-served basis. Leagues fill up fast – online registration available now! Registration deadline: Fri, April 15 at 4:30 pm or until full. Co-Rec manager meeting: Thu, April 21 7 pm. Men's manager meeting: Monday April 25 at 7 pm.

Cost for Men's D and E:	\$670 through April 1; \$697 after April 1.
For Co-Rec leagues:	\$550 through April 1; \$575 after April 1.

220126-1 Men's "D" (9 team limit) Mon, Begins May 2
Weekly double-header format; two home runs per game.
16 games – 10 weeks.

220126-2 Men's "E" (9 team limit) Tue, Begins May 10
Weekly double-header format. 16 games – 10 weeks.

220116-1 Co-Rec "D" Recreational (12 team limit) Wed, Begins April 27
Weekly single-game format. 12 games.

220116-2 Co-Rec "D" Recreational (12 team limit) Thu, Begins April 28
Weekly single-game format. 12 games.

Questions? Call Parks & Recreation at 651-204-6060 or 651-204-6061.

FALL ADULT SOFTBALL LEAGUES

Weekly double-header format; game times are 6 pm, 7 pm, 8 pm and 9 pm. 10 games over 6 weeks, weather permitting. Cost for men's Silver "D" and Men's Bronze E: \$493 through July 15; \$519 after July 15. For Co-Rec Leagues: \$519 through July 15; \$547 after July 15. Registration deadline: Fri, Aug. 5 or until full. No games Mon, Sept. 5. Registration forms and online registration is available at www.cityvadnaisheights.com. Six-team limit per league, so sign your team up now!

420126-1	Men's Silver "D"	Begins Mon, Aug. 15
420126-2	Men's Bronze "E"	Begins Tue, Aug. 16
420116-1	Co-Rec "D"	Begins Wed, Aug. 17
420116-2	Co-Rec "D"	Begins Thu, Aug. 18

BLOCK PARTY TRAILER AVAILABLE

The Parks and Recreation Department has a block party trailer available for rent to Vadnais Heights residents. It includes a variety of supplies, including tables, chairs, and sports equipment.

Block party trailer fee	\$78
Damage deposit	\$200

For scheduling or more information, please contact the Parks and Recreation Department at 651-204-6061.

PARK SHELTER RESERVATIONS

The City of Vadnais Heights has three picnic shelters/pavilions available for reservation.

Kohler Meadows Park Pavilion

Intersection of McMenemy Street and County Road F
Seats approximately 50, parking, electrical outlets, picnic tables, play lot, restrooms, sink and water.

Community Park Pavilion

West of Clover Avenue on County Road F
Seats approximately 150, parking, electrical outlets, picnic tables, play lot, restrooms in warming house or nearby portable restrooms.

Community Park Ball Field Pavilion

West of Clover Avenue on County Road F
Seats approximately 50, electrical outlets, picnic tables, restrooms.

Resident/VH Business Fee (includes tax) \$70 Facility Deposit \$60	Non-Resident/Non VH Business Fee (includes tax) \$150 Facility Deposit \$135
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For scheduling or more information, please contact the Parks and Recreation Department at 651-204-6061.

VADNAIS HEIGHTS SENIORS

Area seniors are invited to join the Vadnais Heights Hi-Lites, an active group of seniors who get together twice a month, usually on the second and fourth Wednesdays, for fellowship and social activities. The group meets at Christ the Servant Lutheran Church, 3676 Centerville Road. For more information or to receive the monthly Hi-Lites newsletter, call City Hall at 651-204-6000 or Senior Program Coordinator Josephine Christensen at 651-777-0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or www.whitebearseniorgroup.org.

SUMMER SPECIAL EVENT DATES

ICE CREAM SOCIAL AND MUSIC IN THE PARK

Sponsored by the Vadnais Heights Rotary Club and the City of Vadnais Heights, this free annual event will take place at Berwood Park, 780 Berwood Ave, from 6:30-8 pm on Tue, June 21. Free ice cream, games and face painting. Kidpower with Rachael, a music and animal show will perform from 7-8 pm. www.kidpowerwithrachael.com

AUGUST 18-21, 41ST ANNUAL VADNAIS HEIGHTS HERITAGE DAYS

Enjoy fun for all ages at the 2016 Heritage Days Celebration. Events include a medallion hunt, senior picnic, Lions pig roast, kiddie parade, children's games, Magic Bounce fun zone, bingo, car show, food and merchandise vendors, fireworks, live bands, Grande Parade, Booya, beanbag tournaments, softball tournaments, a water ball tournament between Vadnais Heights Fire Department teams and more. Check the City's website or call 651-204-6000 for updates and event registration forms. Most events take place at Community Park and Vadnais Heights Commons. For more information go to www.cityvadnaisheights.com.

Fri, Aug. 19, 6-9 pm – "Scottie Miller Band" www.scottiemiller.com
9 pm Movie in the Park

Sat, Aug. 20, 7-11 pm (before and after fireworks) –
"Free and Easy Band" – Classic Rock Cover Band;
Minnesota Music Hall of Fame
www.freeandeasyband.com

Sun, Aug. 21, 1:30-4:30 pm – "Wildcat Combo Band" –
Variety Rock and Roll at its best!

SPECIAL THANKS

Celebrate the American spirit. Volunteer!
National Volunteer Recognition Week in 2016 is April 10-16.

The Parks and Recreation Department thanks our community's many volunteers. Special thanks to Parks and Recreation parent coaches, teen playground volunteers, the Scouts, White Bear High School National Honor Society and Ambassadors, the Vadnais Heights Lions Club, the Vadnais Heights Fire Relief Association, the Vadnais Heights Rotary Club, the Senior Hi-Lites group, Heritage Days Committee, numerous business and corporate sponsors, our part-time and seasonal staff, the mayor, the city council, the Parks, Trails, and Recreation Commission, all the city's employees, and our schools and community organizations, especially Christ the Servant Lutheran Church, AFSA High School, Vadnais Heights Elementary School, and White Bear Community Services and Recreation.



ENJOY OUR PARKS & TRAILS!

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

Residents enjoy parks outside Vadnais Heights, 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.

For a list of parks and trails, please go to the City's website: www.cityvadnaisheights.com.

Area Recreation Contact Information:

Organization	Contact
Vadnais Sports Center	651-481-1000 www.parks.co.ramsey.mn.us/arenas
Tamarack Nature Center	651-407-5350 www.parks.co.ramsey.mn.us/tamarack
Ramsey County Parks & Rec	651-748-2500 www.parks.co.ramsey.mn.us
WBL School District Com. Serv.	651-407-7501 www.WhiteBearCommunityServices.org
White Bear Area Senior Prog.	651-653-3121 www.WhiteBearSeniorProgram.org
White Bear Area YMCA	651-777-8103 www.YMCATwinCities.org
Mounds View School District	651-621-6000 www.MoundsviewSchools.org
Shoreview Community Center	651-490-4700 www.ShoreviewCommunityCenter.com
Lakeshore Players Theatre	651-426-3275 www.LakeShorePlayers.com
White Bear Center for the Arts	651-407-0597 www.WhiteBearArts.org