



Vadnais Heights

PARKS & RECREATION – Spring 2017

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 Summer Playground Staff person or Tennis 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
Morningside Park	4485 Morningside Avenue

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: Wed, April 12; Summer: Wed, June 14. Registration deadlines: Spring: Wed, April 5 or until full; Summer: Wed, June 7 or until full. Cost: \$40/resident, \$50/non-resident.



SPRING

210137-1 Ages 4-5 Wed, April 19 – May 24
6-7:15 pm & 7:15-8:30 pm VH Elementary

210137-2 Ages 6-7 Thu, April 20 – May 25
6-7:15 pm & 7:15-8:30 pm VH Elementary

SUMMER (no games July 5, 6)

310137-1 Ages 4-5 Wed, June 21 – Aug. 2
6-7:15 pm & 7:15-8:30 pm VH Elementary

310137-2 Ages 6-7 Thu, June 22 – Aug. 3
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: Thu, April 13; Summer: Tues, June 6. Registration deadlines: Spring: Thu, April 6 or until full; Summer: Thu, June 1 or until full. Cost: \$40/resident; \$50/non-resident.

SPRING (no games May 27)

210117-1 Ages 4-5 Sat, April 22 – June 3
10:30-11:45 am Kohler Meadows & Lily Pond

210117-2 Ages 6-7 Sat, April 22 – June 3
Noon-1:15 pm Kohler Meadows & Lily Pond

210117-3 Ages 8-12 Sat, April 22 – June 3
9-10:15 am Kohler Meadows & Lily Pond

SUMMER (no games July 4, 6)

310117-1 Ages 4-5 Tue, June 13 – July 25
6-7:15 pm Kohler Meadows & Lily Pond

310117-2 Ages 6-7 Tue, June 13 – July 25
7:15-8:30 pm Kohler Meadows & Lily Pond

310117-3 Ages 8-12 Thu, June 15 – July 27
6-7:15 pm & 7:15-8:30 pm Morningside Park



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 3 and 4. Registration deadline: Fri, June 9 or until full. Location: Community Park. Cost/session: \$94/resident, \$140/non-resident.

380117-1 Ages 3-5 Mon, & Wed, June 19 – July 31
9 am-noon Community Park

380117-2 Ages 3-5 Tue, & Thu, June 20 – Aug. 1
9 am-noon Community Park

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 \$ _____





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 3 and 4. Registration deadline: Fri, June 9 or until full. Location: Community Park. Cost/session: \$124/resident, \$186/non-resident.

380117-3	Grades K-5 9-noon & 1-3:30 pm	Mon, & Wed, June 19 – July 31 Community Park
380117-4	Grades K-5 9-noon & 1-3:30 pm	Tue, & Thu, June 20 – Aug. 1 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 5.

MUNCHKIN TENNIS LESSONS

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 16; Summer: Thu, July 6. Cost: \$30/resident; \$40/non-resident.

SPRING

270167-1	Ages 5-6 7-7:30 pm	Tue, May 23 – June 20 Kohler Meadows
270167-2	Ages 5-6 7:30-8 pm	Tue, May 23 – June 20 Kohler Meadows

SUMMER

370167-1	Ages 5-6 7-7:30 pm	Tue, July 11 – Aug. 8 Kohler Meadows
370167-2	Ages 5-6 7:30-8 pm	Tue, July 11 – Aug. 8 Kohler Meadows



YOUTH TENNIS LESSONS

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 16; Summer: Thu, July 6. Cost: \$40/resident; \$50/non-resident.

SPRING

270167-3	Level 1 Ages 7-14 5:30-6:15 pm	Tue, May 23 – June 20 Kohler Meadows
270167-4	Level 2 Ages 7-14 5:30-6:15 pm	Tue, May 23 – June 20 Kohler Meadows
270167-5	Level 1 Ages 7-14 6:15-7 pm	Tue, May 23 – June 20 Kohler Meadows
270167-6	Level 2 Ages 7-14 6:15-7 pm	Tue, May 23 – June 20 Kohler Meadows

SUMMER

370167-3	Level 1 Ages 7-14 5:30-6:15 pm	Tue, July 11 – Aug. 8 Kohler Meadows
370167-4	Level 2 Ages 7-14 5:30-6:15 pm	Tue, July 11 – Aug. 8 Kohler Meadows
370167-5	Level 1 Ages 7-14 6:15-7 pm	Tue, July 11 – Aug. 8 Kohler Meadows
370167-6	Level 2 Ages 7-14 6:15-7 pm	Tue, July 11 – Aug. 8 Kohler Meadows

ADULT TENNIS LESSONS

Tennis SERVES up fun in Vadnais Heights! Have fun, stay in shape and meet new friends while playing the lifetime sport of tennis! Beginner classes are for those who have little or no tennis experience. Learn the basic strokes and begin to play. Advanced Beginner/Intermediate players continue developing their stroke consistency while learning net play, court coverage and match strategy. Adult classes taught by USTA-trained instructors. 6 sessions. Registration deadline: Thu, June 8 or until full. Cost: \$72/resident; \$82/non-resident.

SUMMER (no class July 6)

320227-1	Beginner 6:30-7:30 pm	Thu, June 15 – July 27 Kohler Meadows
320227-2	Adv. Beg/Intermediate 7:30-8:30 pm	Thu, June 15 – July 27 Kohler Meadows

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 8 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

10-week class. Registration deadline: Fri, March 17. Minimum 10 participants. Cost: \$75/resident; \$85/non-resident.

220217-1	Mixed Level Adults (13+) 6:30-7:30 pm	Mon, March 20 – May 22 VH Commons
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SUMMER (No class July 3)

7-week class. Registration deadline: Fri, June 9. Minimum 10 participants. Cost: \$53/resident; \$63/non-resident.

320217-1	Mixed Level Adults (13+) 6:30-7:30 pm	Mon, June 12 – July 31 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: \$5.00/clinic.

220227-1	Fri, May 5	9-11 am
220227-2	Fri, May 12	9-11 am
220227-3	Tue, May 23	6-8 pm
220227-4	Thu, May 25	6-8 pm

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 2017 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 21 at 4:30 pm or until full. Co-Rec manager meeting: Thu, April 27 at 7 pm. Men's manager meeting: Monday, May 1 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.

220127-1	Men's "D" (9 team limit) Weekly double-header format; two home runs per game. 16 games – 10 weeks.	Mon, Begins May 8
220127-2	Men's "E" (9 team limit) Weekly double-header format. 16 games – 10 weeks.	Tue, Begins May 9
220117-1	Co-Rec "D" Recreational (7 team limit) Weekly double-header format. 12 games – 8 weeks.	Wed, Begins May 10
220117-2	Co-Rec "D" Recreational (13 team limit) Weekly single-game format. 12 games.	Thu, Begins May 4

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 20; \$519 after July 20. For Co-Rec Leagues: \$519 through July 20; \$547 after July 20. Registration deadline: Fri, Aug. 4 or until full. No games Mon, Sept. 4. Registration forms and online registration is available at www.cityvadnaisheights.com. Six-team limit per league, so sign your team up now!

420127-1	Men's Silver "D"	Begins Mon, Aug. 14
420127-2	Men's Bronze "E"	Begins Tue, Aug. 15
420117-1	Co-Rec "D"	Begins Wed, Aug. 16
420117-2	Co-Rec "D"	Begins Thu, Aug. 17

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, playground, restrooms, sink and water.

Community Park Pavilion

West of Clover Avenue on County Road F
Seats approximately 150, parking, electrical outlets, picnic tables, playground, 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 \$200

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 programs and services are offered through the White Bear Area Senior Program at 651-653-3121 or www.whitebearseniorprogram.org.



Lunch for Seniors

1st Thursday of the Month 12 pm
Join us for a hot catered lunch by White Bear Meals on Wheels and stay to play bingo! Location: Christ the Servant Church, 3676 Centerville Road. Advanced registration only. Cost \$5.00. Register at City Hall or online at www.cityvadnaisheights.com

220237-1	April 6	Registration deadline: March 30
220237-2	May 4	Registration deadline: April 27

White Bear Lake Area Senior Program in Vadnais Heights

3rd Tuesday of the Month 2-3 pm
Vadnais Heights City Hall. No registration required. Free and open to the public.

March 21	Travel Show by Premier Travel
April 18	Senior Housing Options, Metropolitan Area Agency on Aging, Rachel Von Ruden, LSW, Community Outreach Specialist.
May 16	Senior Volunteering: Ways to give back and stay connected, White Bear Area Senior Program, Tara Jebens-Singh, Adult Programs Coordinator and Karin Zindren, Volunteer Coordinator.
May 12	Nutrition as You Age, 10 am-Noon, Fri, Mahtomedi District Education Center, 1520 Mahtomedi Ave. Free presentation sponsored by CLASS (Consortium of Lake Area Senior Services). Please register by calling 651-407-2018.

SUMMER SPECIAL EVENT DATES

ICE CREAM SOCIAL, MUSIC IN THE PARK & HOT DOG WITH A DEPUTY
Sponsored by the City of Vadnais Heights and the Ramsey County Sheriff Department, this free annual event will take place at Berwood Park, 780 Berwood Ave, from 6-8 pm on Tue, June 20. Free hot dogs, Culver's ice cream, games, and face painting. Skippin Stones will perform from 6:30-8 pm. www.skippinstones.net

AUGUST 17-20 – 42nd ANNUAL VADNAIS HEIGHTS HERITAGE DAYS

Enjoy fun for all ages at the 2017 Heritage Days Celebration. Check the city's website or call 651-204-6000 for updates and event registration forms. Individual and group volunteers welcome for events! Funding for Heritage Days is from local businesses, civic organizations, grants, area charitable gambling, and individual donations. Most events take place at Community Park and Vadnais Heights Commons. For more information, go to www.cityvadnaisheights.com.

Fri, Aug. 18	6-9 pm "Hornucopia" www.hornucopiaband.com 9 pm Movie in the Park
Sat, Aug. 19	7-11 pm (before and after fireworks) – The Rockin' Hollywoods will perform with 50's and 60's music to help celebrate Vadnais Heights's 60th Birthday. www.rockinhollywoods.com
Sun, Aug. 20	1:30-4:30 pm – "Free and Easy Band" – Classic Rock Cover Band; Minnesota Music Hall of Fame. www.freeandeasyband.com

SPECIAL THANKS

Celebrate the American spirit. Volunteer!
National Volunteer Recognition Week in 2017 is April 23-29.
The Parks and Recreation Department thanks our community's many volunteers.