



Vadnais Heights

PARKS & RECREATION – Spring 2018

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 Recreation Assistant, Summer Playground Staff person, Tennis Instructor, Event Staff Person, T-Ball or Soccer Coach. Apply online at www.cityvadnaisheights.com/jobs

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 6 pm; Spring: Wed, April 18; Summer: Wed, June 13. Registration deadlines: Spring: Fri, April 13 or until full; Summer: Fri, June 8 or until full. Cost: \$40/resident, \$50/non-resident.

SPRING

210138-1	Ages 4-5 6-7:15 pm & 7:15-8:30 pm	Wed, April 25 – May 30 VH Elementary
210138-2	Ages 6-7 6-7:15 pm & 7:15-8:30 pm	Thu, April 26 – May 31 VH Elementary

Summer (no games July 4, 5)

310138-1	Ages 4-5 6-7:15 pm & 7:15-8:30 pm	Wed, June 20 – Aug. 1 VH Elementary
310138-2	Ages 6-7 7:15 pm & 7:15-8:30 pm	Thu, June 21 – Aug. 2 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 6 pm; Spring: Mon, April 16; Summer: Thu, June 14. Registration deadlines: Spring: Wed, April 11 or until full; Summer: Wed, June 6 or until full. Cost: \$40/resident; \$50/non-resident.

SPRING (no games May 26)

210118-1	Ages 4-5 10:30-11:45 am	Sat, April 28 – June 9 Kohler Meadows & Lily Pond
210118-2	Ages 6-7 Noon-1:15 pm	Sat, April 28 – June 9 Kohler Meadows & Lily Pond
210118-3	Ages 8-12 9-10:15 am	Sat, April 28 – June 9 Kohler Meadows & Lily Pond

SUMMER (no games July 3, 5)

310118-1	Ages 4-5 6-7:15 pm	Tue, June 19 – July 31 Kohler Meadows & Lily Pond
310118-2	Ages 6-7 7:15-8:30 pm	Tue, June 19 – July 31 Kohler Meadows & Lily Pond
310118-3	Ages 8-12 6-7:15 pm & 7:15-8:30 pm	Thu, June 21 – Aug. 2 Bear 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 2-5. Registration deadline: Fri, May 25 or until full. Location: Community Park. Cost/session: \$94/resident, \$140/non-resident.

380118-1	Ages 3-5 9 am-noon	Mon, & Wed, June 18 – Aug. 1 Community Park
380118-2	Ages 3-5 9 am-noon	Tue, & Thu, June 19 – Aug. 2 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 2-5. Registration deadline: Fri, May 25 or until full. Location: Community Park. Cost/session: \$124/resident, \$186/non-resident.

380118-3	Grades K-5 9-noon & 1-3:30 pm	Mon, & Wed, June 18 – Aug. 1 Community Park
380118-4	Grades K-5 9-noon & 1-3:30 pm	Tue, & Thu, June 19 – Aug. 2 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 4.

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
<input type="checkbox"/> 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 \$ _____





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 8; Summer: Thu, June 21. Cost: \$30/resident; \$40/non-resident.

SPRING

270168-1 Ages 5-6 Tue, May 15 – June 12
7:30-8 pm Kohler Meadows

SUMMER

370168-1 Ages 5-6 Tue, June 26 – July 31
7:30-8 pm 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 8; Summer: Thu, June 21. Cost: \$40/resident; \$50/non-resident.

SPRING

270168-3 Level 1 Ages 7-14 Tue, May 15 – June 12
5:30-6:15 pm Kohler Meadows

270168-5 Level 1 Ages 7-14 Tue, May 15 – June 12
6:15-7:00 pm Kohler Meadows

270168-6 Level 2 Ages 7-14 Tue, May 15 – June 12
6:15-7:00 pm Kohler Meadows

SUMMER (no lessons July 3)

370168-3 Level 1 Ages 7-14 Tue, June 26 – July 31
5:30-6:15 pm Kohler Meadows

370168-5 Level 1 Ages 7-14 Tue, June 26 – July 31
6:15-7:00 pm Kohler Meadows

370168-6 Level 2 Ages 7-14 Tue, June 26 – July 31
6:15-7:00 pm Kohler Meadows

USTA NORTHERN ADULT TENNIS LESSONS

Find yourself in the game! 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 rally. All participants will be given a new Wilson tennis racquet.

Advanced Beginner – Classes are for those who know the basic strokes and are working further on ball tracking, movement and consistency. Players are ready for introductory social match play.

Intermediate – Classes are for those continuing to develop their stroke consistency and accuracy while learning net play, court coverage and match strategy. Players are ready for formal, organized play if they choose.

All classes taught by USTA-trained instructors.

Session I registration deadline: Thu, May 24, Session II registration deadline: Thu, July 19 or until full. Cost: \$60/resident, \$70/non-resident. Minimum 4 participants per class each session.

SESSION I (no lessons July 5)

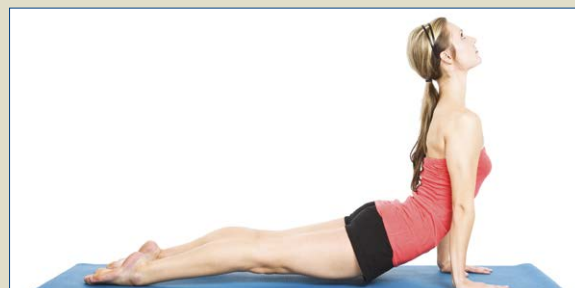
320228-1 Beginner Thu, June 7 – July 12
6:15-7:15 pm Kohler Meadows

320228-2 Adv. Beg/Intermediate Thu, June 7 – July 12
7:15-8:15 pm Kohler Meadows

SESSION II

320228-3 Beginner Thu, July 26 – Aug 23
6:15-7:15 pm Kohler Meadows

320228-4 Adv. Beg/Intermediate Thu, July 26 – Aug 23
7:15-8:15 pm Kohler Meadows



YOGA

Everyone can enjoy yoga – it is 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.

Elizabeth Persico is honored to serve this community by teaching the ancient practice of yoga – union of mind, body, and spirit. She is a 500-hour Yoga Alliance certified teacher with twenty years of experience. She is a Reiki and Ayurveda Yoga Therapist and adapts these ancient techniques and sciences into the teachings of yoga asana (poses), pranayama (breath) and meditation. All of this comes together with creative joy – bringing you deep healing, health, and balance.

Bring your own yoga mat and wear loose comfortable clothing. *Participants should have the ability to get up and down from the floor. 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 7)

9-week class. Registration deadline: Fri, March 16 or until full. Minimum 10 participants. Cost: \$68/resident; \$78/non-resident.

220218-1 Mixed level Adults (13+) Mon, March 19 – May 21
6:30-7:30 pm VH Commons

SUMMER (No class July 2)

7-week class. Registration deadline: Fri, June 8. Minimum 10 participants. Cost: \$53/resident; \$63/non-resident.

320218-1 Mixed Level Adults (13+) Mon, June 11 – July 30
6:30-7:30 pm VH Commons

PICKLEBALL CLINIC

Pickleball Clinics for beginners and social players. Pickleball is one of the fastest growing sports around for active adults and seniors. If you enjoy tennis, badminton, or ping-pong you will like Pickleball. 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: \$10.00/clinic.

220228-1 Tue, May 8 6-8 pm
220228-2 Thu, May 10 6-8 pm

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



SPRING/SUMMER 2018 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: Mon, April 16 at 4:30 pm or until full. Co-Rec manager meeting: Thu, April 19 at 7 pm. Men's manager meeting: Mon, April 30 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.

220128-1 Men's "D" (9 team limit) Begins Mon, May 7
Weekly double-header format; two home runs per game.
16 games – 10 weeks.

220128-2 Men's "E" (9 team limit) Begins Tue, May 8
Weekly double-header format. 16 games – 10 weeks.

220118-1 Co-Rec "D" Recreational (7 team limit) Begins Wed, May 9
Weekly double-header format. 12 games – 8 weeks.

220118-2 Co-Rec "D" Recreational (13 team limit) Begins Thu, April 26
Weekly single-game format. 12 games – 12 weeks.

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. 3 or until full. No games Mon, Sept. 3. Registration forms and online registration is available at www.cityvadnaisheights.com. Six-team limit per league, so sign your team up now!

420128-1 Men's Silver "D" Begins Mon, Aug. 13
420128-2 Men's Bronze "E" Begins Tue, Aug. 14
420118-1 Co-Rec "D" Begins Wed, Aug. 15
420118-2 Co-Rec "D" Begins Thu, Aug. 16

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 two picnic shelters/pavilions available for reservation.

Kohler Meadows Park Pavilion – 75 Person Maximum

Intersection of McMenemy Street and County Road F
Seats approximately 75, parking, electrical outlets, picnic tables, playground, restrooms, sink, and water.

Community Park Pavilion – 100 Person Maximum

West of Clover Avenue on County Road F
Seats approximately 100, parking, electrical outlets, picnic tables, playground, and restrooms in warming house or nearby portable restrooms.

Resident/VH Business

Fee (includes tax) \$75
Facility Deposit \$75

Non-Resident/Non VH Business

Fee (includes tax) \$150
Facility Deposit \$300

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

CLASS (Consortium of Lakes Area Seniors) supports older adults by building and sustaining a network of opportunities and services that lead to vital and accessible communities by leveraging community assets. Visit CLASS at www.LakeAreaSeniors.org. Free CLASS sponsored presentations are open to all. Call 651-407-2024 to register.

March 9 Senior Fraud 10 am-Noon
Mahtomedi District Center

April 4 Healthy Brain 6:30-8 pm
Gladstone Community Center

April 18 Healthy Brain 10-11:30 am
Mahtomedi District Center

WHITE BEAR AREA SENIOR PROGRAM

Comprehensive senior resources and services are offered to Vadnais Heights residents through the White Bear School District White Bear Area Senior Program at 651-653-3121 or www.whitebearseniorprogram.org. The White Bear Area Senior Program expands beyond the walls of the Senior Center, working together with area communities and organizational partners to bring quality programs and services including:

Community Connections

Co-sponsored by Vadnais Heights Parks and Recreation and White Bear Senior Program held at Vadnais Heights City Hall on the 4th Tuesday of the month from 2-3 pm.

Tue, March 27 2-3 pm
NYFS Mental Health Services, presented by Christopher Vendel, LMFT. www.nyfs.org. Learn the importance of mental health at every age, and an introduction to counseling services and mindfulness classes.

Tue, April 24 2-3 pm
NewTrax – Local Bus Circular Service for seniors www.newtrax.org

Tue, May 22 2-3 pm
State of Real Estate and Decorating for Small Spaces
Tim Lundgren and Colleen (C.C.) Ketchum from Lungren Realty Group, LaBelle Real Estate Group, Inc.

This presentation will be in two parts. First will be Tim's presentation on the State of Real Estate relating to the market and trends to help sellers and buyers make timely and wise decisions on buying and selling. Colleen will present a Decorating for Small Spaces – Form, Function and Living slide show to assist those transitioning to smaller spaces with suggestions on how to make it work along with downsizing ideas.

SPECIAL THANKS

Celebrate the American spirit. Volunteer!
National Volunteer Recognition Week in 2018 is April 15-22.

The Parks and Recreation Department thanks our community's many volunteers. Special thanks to Parks and Recreation parent coaches, volunteer instructors, 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 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.