



# Vadnais Heights

## PARKS & RECREATION – Winter 2019-2020

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 contribute to a high quality of life in our community by encouraging healthy lifestyles, relieving stress, developing community pride, increasing property values, protecting the environment, and more – year round!

### SIGN UP NOW

First come, first served! Program spaces are limited, and late registrations may not be accepted if programs fill by (or ahead of) registration deadlines.

### IT PAYS TO BE A VOLUNTEER COACH

Our youth leagues are only possible with the help of volunteer coaches! We waive participant fees when a parent or guardian volunteers to coach in youth sport league programs. NEW – Volunteer coaches can now register online; player fees are automatically waived at checkout! For more information about what's involved with coaching, please visit our website.

### FINANCIAL AID

We offer financial aid to qualifying residents for Vadnais Heights Parks and Recreation Programs. 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 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.

### FACEBOOK

For Parks and Recreation updates, find the City of Vadnais Heights on Facebook! [www.facebook.com/cityvh](http://www.facebook.com/cityvh)

### WORK FOR PARKS & RECREATION

For more information, call 651-204-6000 or find an application on our website at [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com). Check back for seasonal maintenance and recreation positions.

### WEATHER HOTLINE

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

### 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/pickleball courts, and restrooms.

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 ([www.cityvadnaisheights.com/facilities](http://www.cityvadnaisheights.com/facilities)) to learn more about the great public spaces in Vadnais Heights!

### LOCATIONS FOR PROGRAMS/EVENTS

AFSA High School	100 Vadnais Boulevard
Christ the Servant Church	3676 Centerville Road
City Hall	800 East County Road E
Community Park	641 East County Road F
VH Elementary School	3645 Centerville Road
Vadnais Heights Commons	655 East County Road F
Westfield Park	520 Westfield Lane



### BASKETBALL LEAGUE

Learn basketball fundamentals and game rules in a co-rec league setting. Teams will have 6 combined practice/games during the session. Fee includes t-shirt. Registration deadline: Friday, December 27 or until full. Volunteer coaches needed (fee waived). Coaches meeting: Monday, December 30 at the Vadnais Heights Commons. Cost: \$40/resident; \$50/non-resident. NEW – Wednesday co-rec league option for Grades 1-2!

110120-1	Grades 1-2	Tue, Jan. 7 – Feb. 11
	6:10-7:10 pm	VH Elementary Gym
110120-3	Grades 1-2	Wed, Jan. 8 – Feb. 12
	6:10-7:10 pm	VH Elementary Gym
110120-2	Grades 3-5	Tue, Jan. 7 – Feb. 11
	7:20-8:20 pm	VH Elementary Gym



### DANCE CLASSES

Instructor Jenny Hansell and her Happy Feet Dance Company staff have more than 30 years of combined teaching experience, bringing a wide variety of classes to all ages across the north metro area. She is excited to once again bring her popular, high-energy program to Vadnais Heights!

We are offering an action packed 14-week session, with an exciting spring dance show at the conclusion of the session on April 21 at the White Bear High School North Campus Auditorium. A \$50 check, payable to Happy Feet, is due the first day of class for the costume fee (includes costume and tights) for the Spring Dance Recital.

Dancers should wear a leotard and tights or comfortable, movement-ready clothing. All dancers will need tap and ballet shoes. Dance shoes will be available for purchase the first week of class. If you already have shoes, please bring them to the first class. Email instructor Jenny Hansell with questions regarding the dance program at [missjenny@happyfeetdancecompany.com](mailto:missjenny@happyfeetdancecompany.com). Registration deadline: Fri, Jan. 3 or until full. No class March 3 & 10. Cost: \$ 135/resident; \$145/non-resident.

### CREATIVE DANCE

Preschool – Ages 3-5

A 45-minute, high-energy class that focuses on rhythm, balance, and coordination. Through the use of props, such as tambourines, scarves, and pompoms, your child will start with the basics while having tons of fun in this class designed just for preschoolers!

170120-1	Tue, Jan. 7 – April 21	5:15-6 pm
		VH Elementary School

### INTERMEDIATE DANCE

Kindergarten & 1st Grade – Ages 5-7

In this fun-filled class, dancers will be introduced to beginning tap and ballet technique. We will spend the 45 minutes focusing on positions, dance terminology, proper technique and lots of creative movement to fun music!

170120-2	Tue, Jan. 7 – April 21	6:15-7 pm
		VH Elementary School

### TAP, JAZZ & BALLET

Grades 2-5 – Ages 7-11

Students will learn a variety of dance skills in tap, ballet, and jazz. Focus on improving flexibility and learning choreography while adding to existing dance knowledge. Students work on flexibility and memory by learning a variety of dance combinations throughout the session. This is an active, fun-filled, 45-minute class!

170120-3	Tue, Jan. 7 – April 21	7-7:45 pm
		VH Elementary School

### INDOOR SOCCER

Participants learn basic soccer skills and fundamentals in a gym setting using soft foam balls. 5-week class. Cost: \$35/resident; \$45/non-resident.

### SESSION I

Registration deadline: Tues, Jan. 7 or until full.

170140-1	Ages 3-5	Sat, Jan. 11 – Feb. 8
	10:00-11:00 am	AFSA High School
170140-2	Ages 6-8	Sat, Jan. 11 – Feb. 8
	11:15 am-12:15 pm	AFSA High School

### SESSION II

Registration deadline: Tues, Feb. 18 or until full. No class March 14.

170140-3	Ages 3-5	Sat, Feb. 22 – Mar. 28
	10:00-11:00 am	AFSA High School
170140-4	Ages 6-8	Sat, Feb. 22 – Mar. 28
	11:15 am-12:15 pm	AFSA High School

## 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](http://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](http://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 \$ _____





## FLOOR HOCKEY

This program is for boys and girls who want to stay active during the winter months, learn fundamentals, develop good sportsmanship and friendships, all while having fun. This is a great way to be introduced to hockey fundamentals and skills. Cost: \$35/resident; \$45/non-resident.

### SESSION I

Registration deadline: Fri, Jan. 10 or until full.

170170-1	Ages 4-6 6-7 pm	Wed, Jan. 15 – Feb. 12 VH Elementary School
170170-2	Ages 7-10 7-8 pm	Wed, Jan. 15 – Feb. 12 VH Elementary School

### SESSION II

Registration deadline: Fri, Feb. 14 or until full. No class March 11.

170170-3	Ages 4-6 6-7 pm	Wed, Feb. 19 – Mar. 25 VH Elementary School
170170-4	Ages 7-10 7-8 pm	Wed, Feb. 19 – Mar. 25 VH Elementary School



## OUTDOOR ICE SKATING 2019-2020

There are always ways to get out and be active in Vadnais Heights! Enjoy outdoor skating at Community Park and Westfield Park 7 days per week! Outdoor ice is weather-dependent, so check the city's website or call City Hall for rink conditions and warming house hours. The weather hotline (651-204-6002) will be updated in case of any closures.

Tentative rink season is Saturday, December 21 – Monday, February 17 (weather permitting).

### RINK LOCATIONS

Community Park	651 E. County Rd. F
Westfield Park	520 Westfield Lane

### ICE SKATING OPEN HOUSE

Sat, Jan. 11	1-5 pm Community Park
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Grab your skates and scarves and have fun with your neighbors at the Community Park hockey and pleasure rinks. Enjoy hot chocolate and cookies. This event is FREE!

## ADULT VOLLEYBALL OPEN GYM

Vadnais Heights Parks and Recreation Department offers open gym at the AFSA High School, Nov. 11 through March 31, 2020. No open gym Nov. 26, Nov. 30, Dec. 24, Dec. 31, Feb 18, Feb 25, March 3.

Cost: \$3/Adult. All participants sign in and provide identification to the open gym supervisor. For more information, please call the Parks and Recreation office at 651-204-6061 or 651-204-6060.

### Volleyball (pick-up games)

Tues, Nov 11 – March 31	6-9 pm
Sat, Nov 9 – March 28	7:45-9:45 am

## 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. 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 frequently. 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.

### MIXED LEVEL ADULTS (13+) – SESSION I

10-week class. Registration deadline: Fri, Jan. 3 or until full. Minimum 10 participants. Cost: \$85/resident; \$95/non-resident.  
120210-1 Mon, Jan. 6 – March 9  
6:30-7:30 pm VH Commons

### MIXED LEVEL ADULTS (13+) – SESSION II

8-week class. Registration deadline: Fri, March 20 or until full. Minimum 10 participants. Cost: \$68/resident; \$78/non-resident. (No class May 11)  
220210-1 Mon, March 23 – May 18  
6:30-7:30 pm VH Commons



## PJs WITH SANTA

This annual holiday event features Santa, The "No Nose for Rudolph Show" at 6:15 and 7:15 pm, a face painter, holiday games, cookies, and more for participants of all ages! Parents must accompany children throughout the event. Wear pajamas if you like. Cost: \$10 per family/resident; \$20 per family/non-resident. Registration deadline: Mon, Dec. 2.

440139-1	Fri, Dec. 6	6-8 pm
	VH Commons	



## 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 Hi-Lites newsletter, call City Hall at 651-204-6000 or Senior Program Coordinator Josephine Christensen at 651-777-0618.

## 2ND TUESDAY LUNCH FOR SENIORS

Area Seniors are invited to join us for 2nd Tuesday Lunches this winter at Christ the Servant Lutheran Church. Lunch from Donatelli's at noon and Bingo will follow. Sponsored by Vadnais Heights Lions, Donatelli's and the City of Vadnais Heights. Cost: \$5 per person. Pre-registration only.

120230-1	Jan. 14	Registration Deadline: Fri, Jan. 10
120230-2	Feb. 11	Registration Deadline: Fri, Feb. 7

**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](http://www.LakeAreaSeniors.org)

## 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.whitebearsenioprogram.org](http://www.whitebearsenioprogram.org). The White Bear Area Senior Program expands beyond the walls of the Senior Center, working together with organizational partners to bring quality programs and services out into the community including the following local Community Connections:

## COMMUNITY CONNECTIONS

Co-sponsored by Vadnais Heights Parks and Recreation and White Bear Senior Program

4th Tuesday of the Month from 2-3 pm. Held at Vadnais Heights City Hall except where noted.

Jan. 28	Easy Cooking on a Budget
Feb. 25	How to Navigate Local Services and Resources
March 24	All You Need To Know About The 2020 Census
April 28	Decorating for Small Spaces
May 26	Stroke Awareness and Prevention

Classes are free, but registration through White Bear Area Senior Program is appreciated.



## WBL SCHOOL DISTRICT COMMUNITY SERVICES & RECREATION

Vadnais Heights residents are invited to participate in the wide variety of recreational activities and community services provided through the White Bear Area Schools Community Services and Recreation Department. Coordinated efforts between the District and municipalities in its coverage area make it possible to efficiently provide a broad range of organized services to all area residents.

The Department operates open gym facilities, schedules district events and meetings, maintains and supervises 15 hockey/skating rinks, and acts as a liaison for the school district with seven local athletic associations.

### PROGRAMS OFFERED

Some of the programs offered include:

- Adult recreation and enrichment programs
- Drivers education and in-car instruction
- Early childhood family education classes
- Extended day programs for schoolchildren
- Leadership and service programs for students
- Senior programs and services
- Social/recreational activities for disabled adults
- Youth sports, summer camps and classes

For more information, call 651-407-7501 or visit [www.isd624.org/CommunityServices](http://www.isd624.org/CommunityServices)



## GO RAMSEY COMMUNITIES

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](http://www.goramsey.org)

The Go Ramsey mobile web app can be accessed through [www.goramsey.org](http://www.goramsey.org), the same address used for the full desktop site.

## AREA RECREATION CONTACT INFORMATION:

ORGANIZATION	PHONE #/WEBSITE
Ramsey County Parks & Rec	651-748-2500 <a href="http://ramseycounty.us/residents/parks-recreation">ramseycounty.us/residents/parks-recreation</a>
Tamarack Nature Center	651-407-5350 <a href="http://ramseycounty.us/residents/parks-recreation">ramseycounty.us/residents/parks-recreation</a>
Vadnais Sports Center	651-481-1000 <a href="http://ramseycounty.us/residents/parks-recreation">ramseycounty.us/residents/parks-recreation</a>
WBL School District Com. Serv.	651-407-7501 <a href="http://isd624.org/communityservices">isd624.org/communityservices</a>
White Bear Area Senior Prog.	651-653-3121 <a href="http://whitebearsenioprogram.org">whitebearsenioprogram.org</a>
White Bear Area YMCA	651-777-8103 <a href="http://ymcamn.org">ymcamn.org</a>
Mounds View School District	651-621-6000 <a href="http://moundsviewschools.org">moundsviewschools.org</a>
Shoreview Community Center	651-490-4700 <a href="http://shoreviewcommunitycenter.com">shoreviewcommunitycenter.com</a>
Lakeshore Players Theatre	651-426-3275 <a href="http://lakeshoreplayers.org">lakeshoreplayers.org</a>
White Bear Center for the Arts	651-407-0597 <a href="http://whitebeararts.org">whitebeararts.org</a>



*Activities listed not sponsored or endorsed by White Bear Lake Area School District #624 and this information was not printed at District expense.*