



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

### FACEBOOK

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

### REGISTER ONLINE!

[cityvadnaisheights.com/recreation](http://cityvadnaisheights.com/recreation)

Conveniently register online - click Recreation on the home page to browse current activities and events. No additional fee to register online.

### 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](mailto:katie.everett@cityvadnaisheights.com) for more information.

**Remember - If you visit area parks, especially those that may be more secluded and/or poorly lit, don't leave valuables visible in your vehicle!**

### 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.

### PARK SHELTER RESERVATIONS

The City of Vadnais Heights has two picnic shelters available for reservation.

#### KOHLER MEADOWS PARK PAVILION

365 County Road F East (McMenemy St and Cty Rd F)  
75 Person Maximum

Parking, electrical outlets, picnic tables, playground, restrooms, sink, and water.

#### COMMUNITY PARK PAVILION

641 County Road F East (West of Clover Ave)  
100 Person Maximum

Parking, electrical outlets, picnic tables, playground, and restrooms in warming house or nearby portable restrooms.

For fee information and reservation applications, visit our website:  
[cityvadnaisheights.com/reservation](http://cityvadnaisheights.com/reservation)

**Online reservations for select facilities coming soon!**

### 2021 RECREATION PROGRAMS

Session information for spring and summer recreation programs will be posted to our website as it becomes available. Registration for programs is anticipated to begin in mid- to late-March. Watch the website or contact us for more information.

**LOOK FOR THESE AND OTHER PROGRAMS, COMING SOON!**

#### T-BALL

T-Ball is a great introductory sport for young kids! They'll learn the basic foundations of baseball and softball, as well as developing teamwork skills, and having fun! Vadnais Heights offers T-ball programs for kids ages 4 through 7; bats and balls provided; bring your own glove, and come ready to have fun! The program is made possible with the help of volunteer coaches; volunteer information is available on our website or contact the Recreation Supervisor.

#### YOUTH SOCCER

Our soccer program emphasizes team play, sportsmanship, and fun while introducing youth to the rules and fundamentals of soccer. Sessions are offered for kids ages 4 through 12. The program is made possible with the help of volunteer coaches; volunteer information is available on our website or contact the Recreation Supervisor.

#### YOUTH TENNIS

Led by an experienced instructor, kids ages 5 through 14 will be introduced to tennis basics, develop coordination, stroke and serving techniques, and footwork skills in an inviting environment.

#### FAMILY TENNIS

Designed for inter-generational teams, families are invited to register in pairs. Family tennis will focus on developing basic skills with casual match play.

#### TENNIS IN YOUR PARK

**Adult tennis lessons provided in partnership with USTA - Northern**

Find yourself in the game! Have fun, stay in shape, and meet new friends while playing the lifetime sport of tennis! Beginner/Advanced Beginner and Intermediate class options available to accommodate players with varying experience levels.

#### 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! We offer mixed-level classes, beginners always welcome!

#### ADULT SOFTBALL

USSSA sanctioned Men's D, Men's E, and CoRec D leagues offered in summer and fall. All games umpired by trained and certified officials. Put together a team and join a league for some fun, relaxed competition with your friends or coworkers all season! Contact us about being added to the free agent list.

### SUMMER 2021 EVENTS

Local conditions and guidelines will be closely monitored in the weeks leading up to all community events; details will be posted to the City's website as they become available. Dates listed are tentative.

#### ICE CREAM SOCIAL

June 16, 2021 - Berwood Park

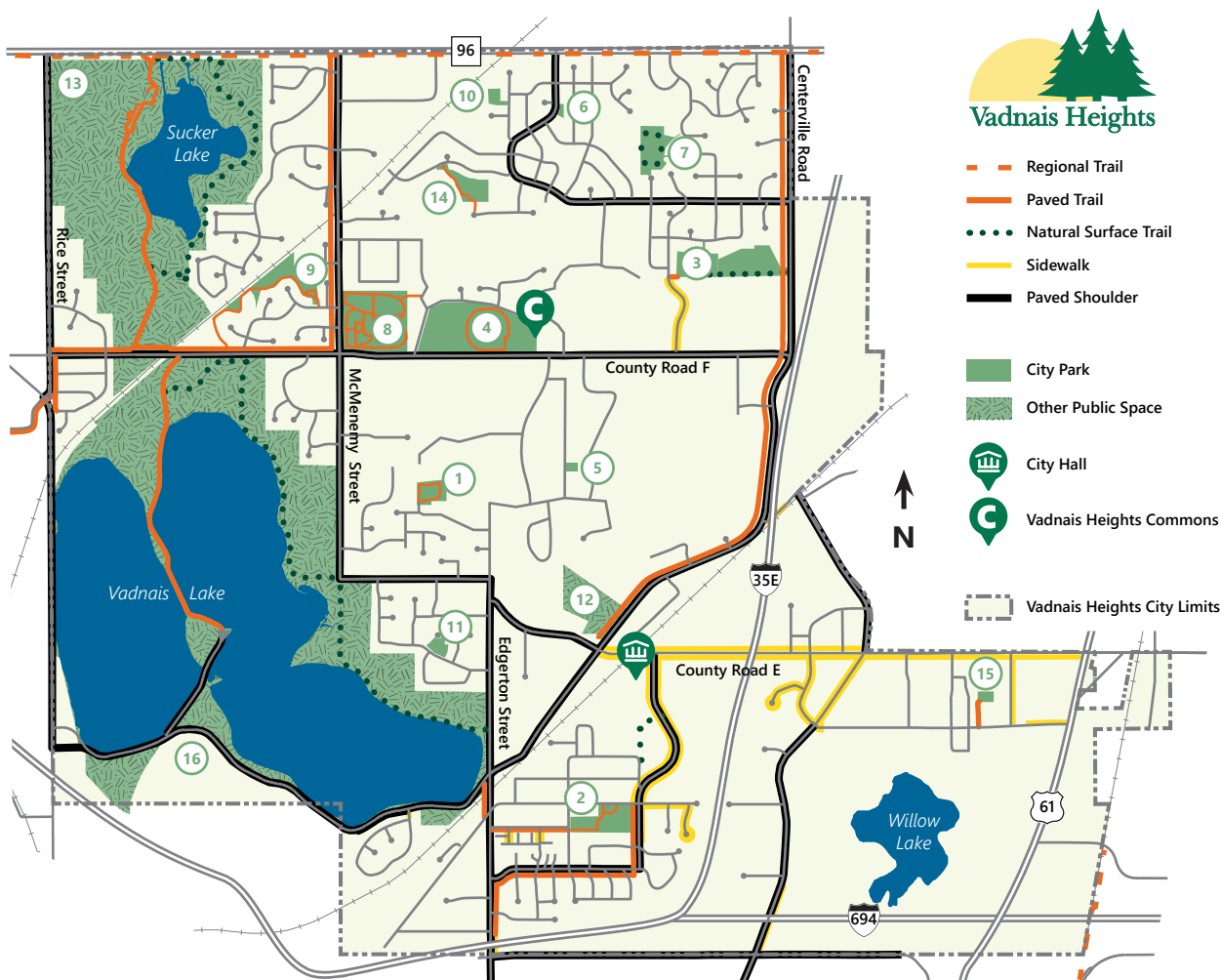
#### MUSIC IN THE PARK SERIES

July 14 - Bridgewood Park  
July 28 - Lily Pond Park  
August 25 - Bear Park

#### HERITAGE DAYS

August 12-15, 2021

## Vadnais Heights Parks & Trails



**1. Bear Park**  
465 Bear Avenue S

**2. Berwood Park**  
780 Berwood Avenue

**3. Bridgewood Park**  
4224-1/2 Bridgewood Terrace

**4. Community Park**  
641 County Road F East

**5. Elmwood Park**  
3892 Elmwood Street

**6. Greenhaven Park**  
4470 Greenhaven Drive

**7. Heritage Park**  
4345 Heritage Drive

**8. Kohler Meadows Park**  
365 County Road F East

**9. Lily Pond Park**  
325 Lily Pond Lane

**10. Morningside Park**  
4485 Morningside Avenue

**11. Oak Creek Park**  
485 Oak Creek Drive S

**12. Vadnais Elem. School**  
3645 Centerville Road

**13. Vadnais-Sucker Lake**  
Regional Park

**14. Westfield Park**  
520 Westfield Lane

**15. Wolters Park**  
1351 Willow Lake Boulevard

**16. AFSA High School**  
100 Vadnais Boulevard