



NEW! FAMILY OPEN GYM

Families with kids ages 1-12 can meet up at the Vadnais Heights Elementary gym for open play time! A variety of activity equipment will be ready for kids to choose their own way to play. Kids must be accompanied by a responsible adult throughout. *Drop-ins welcome; advance registration available. \$5/child; adults free.*

Wednesdays, October 22, 2025 - March 25, 2026 6:10 - 8:30 p.m.

Vadnais Heights Elementary School

NEW! TEEN OPEN GYM

Teens (ages 13-17) are invited to drop in to AFSA High School for open gym throughout the winter. All levels are invited to join for a different sport each month!

November - Volleyball; December - Basketball; January - Soccer;
February - Volleyball; March - Floor Hockey

Drop-ins welcome; advance registration available. \$5/person.

Saturdays, November 1, 2025 - March 28, 2026 10 a.m. - 12 p.m.

AFSA High School

ADULT VOLLEYBALL OPEN GYM

Ages 16+ are invited to join us for pick-up games in the AFSA High School gym! *Space is limited - pre-registration is required. \$5/person.*

Saturdays, November 1, 2025 - March 28, 2026 7:45 - 9:45 a.m.

Tuesdays, November 4, 2025 - March 31, 2026 6-9 p.m.

AFSA High School

DETAILS AND REGISTRATION:

[CITYVADNAISHEIGHTS.COM/REGISTER](https://cityvadnaisheights.com/register)



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