



Vadnais Heights

PARKS & RECREATION – Winter 2018-2019

SIGN UP NOW

First come, first served!

REGISTER ONLINE!

Conveniently register online at www.cityvadnaisheights.com/recreation. Click on the activity that interests you and follow the prompts. No additional charge to register online.

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

WORK FOR PARKS & RECREATION

For more information, call 651-204-6000 or find an application on our website at www.cityvadnaisheights.com.

WEATHER HOTLINE

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

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

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 & 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 www.goramsey.org, the same address used for the full desktop site.



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 23 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. Registration deadline: Fri, Jan. 4 or until full. No class Feb. 19 & March 12. Cost: \$ 135/resident; \$ 145/non-resident.

Hop N' Tots

Preschool – Ages 2 ½-3 (Must be 30 months by start of class)
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!

170129-1 Tue, Jan. 8 – April 23
5:15-6 pm VH Elementary School

Creative Dance

Pre-Kindergarten – Ages 4-5
In this fun-filled class, dancers will be introduced to beginning tap and ballet technique. We will spend the 45 minutes focusing on basic positions, dance terminology, and lots of creative movement to fun music!

170129-2 Tue, Jan. 8 – April 23
5:15-6 pm VH Elementary School

KinderDance

Kindergarten – Ages 5-6
(Must be currently in Kindergarten or entering Fall of 2019)

Kids will love to move and groove in the 45-minute class that includes tap, jazz, and ballet. We will use fun music and props, along with introducing new skills to dancers in this class designed just for kindergarteners!

170129-6 Tue, Jan. 8 – April 23
6:15-7 pm VH Elementary School

Intermediate Dance

Grades 1-2
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. This is an active, fun-filled, 45-minute class!

170129-4 Tue, Jan. 8 – April 23
7-7:45 pm VH Elementary School

Tap, Jazz & Ballet – Level 1

Grades 3-5
Beginner and intermediate dancers learn tap, jazz, and ballet technique along with dance terminology and fun choreography, while building on existing skills. Students work on flexibility and memory by learning a variety of dance combinations throughout the session.

170129-3 Tue, Jan. 8 – April 23
7:45-8:30 pm VH Elementary School

Tap, Jazz & Ballet – Level 2

Grades 6-8
Middle school dancers will learn tap, jazz, and ballet technique along with dance terminology and fun choreography, while building on existing skills. Students work on flexibility and memory by learning a variety of dance combinations throughout the session. Students will also be introduced to lyrical and contemporary styles of dance.

170129-5 Tue, Jan. 8 – April 23
7:45-8:30 pm VH Elementary School

INDOOR SOCCER

Participants learn basic soccer skills and fundamentals in a gym setting, using soft foam balls. 5-week class. Registration deadline: Session I: Fri, Jan. 11; Session II: Fri, Feb. 15. Cost: \$35/resident; \$45/non-resident.

SESSION I		
170149-1	Ages 3-5 6-7 pm	Wed, Jan. 16 – Feb. 13 VH Elementary Gym
170149-2	Ages 6-8 7-8 pm	Wed, Jan. 16 – Feb. 13 VH Elementary Gym

SESSION II		
170149-3	Ages 3-5 6-7 pm	Wed, Feb. 20 – March 27 (No class March 13) VH Elementary Gym
170149-4	Ages 6-8 7-8 pm	Wed, Feb. 20 – March 27 (No class March 13) VH Elementary Gym

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 \$ _____





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. Registration deadline: Session I: Tues, Jan. 8. Session II: Tues, Feb. 19. Cost: \$35/resident; \$45/non-resident.

SESSION I

170179-1	Ages 4-6	Sat, Jan. 12 – Feb. 9
	10:15-11:15 am	AFSA High School
170179-2	Ages 7-10	Sat, Jan. 12 – Feb. 9
	11:15 am-12:15 pm	AFSA High School

SESSION II No Class March 16.

170179-3	Ages 4-6	Sat, Feb. 23 – March 30
	10:15-11:15 am	AFSA High School
170179-4	Ages 7-10	Sat, Feb. 23 – March 30
	11:15 am-12:15 pm	AFSA High School



ICE RINK/WARMING HOUSE HOURS 2018 - 2019

Sat, Dec. 22, 2018 – Mon, Feb. 18, 2019

Weather Permitting

Mon - Fri 4-9 pm Community Park

Mon - Fri Rinks lit until 9 pm Westfield Park
No warming house

Sat-Sun 1-9 pm Community Park & Westfield Park

Last day Community Park warming house is open

Mon, Feb. 18

Last day Westfield Park rinks lit

Mon, Feb. 18

Locations

Community Park Pleasure Rink & 1 Hockey Rink
651 E. County Rd. F

Westfield Park Pleasure Rink & 1 Hockey Rink
520 Westfield Lane

Weather Hotline 651-204-6002

WARMING HOUSE HOLIDAY HOURS

Dec. 24, 31	11-3 pm
Dec. 25, Jan. 1	CLOSED
Dec. 26, 27, 28	1-9 pm
Jan. 21	1-9 pm
Feb. 18	1-9 pm

ADULT VOLLEYBALL OPEN GYM

Vadnais Heights Parks and Recreation Department offers open gym at the AFSA High School, Tue., Nov. 13 through March 2019. No open gym Nov. 24, Dec. 25, Jan. 1, Feb. 12, 16.

Cost: Adult – \$3; 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)	Tue, 6-9 pm
	Sat, 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.

SESSION I

8-week class. Registration deadline: Fri, Jan. 4 or until full. Minimum 10 participants. Cost: \$68/resident; \$78/non-resident. (No Class Jan. 14, 21, Feb. 18)	
120219-1	Mixed level Adults (13+) Mon, Jan. 7 – March 18
	6:30-7:30 pm VH Commons

SESSION II

8-week class. Registration deadline: Fri, March 22 or until full. Minimum 10 participants. Cost: \$68/resident; \$78/non-resident. (No Class April 15, May 6, 27)	
220219-1	Mixed level Adults (13+) Mon, March 25 – June 3
	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, balloon animals, holiday games, cookies, and 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. 3.

440138-1 Fri, Dec. 7
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.

Advanced registration only. Sponsored by Vadnais Heights Lions, Donatelli's and the City of Vadnais Heights. Cost: \$5 per person. Pre-registration only.

120239-1	Jan. 8	Registration Deadline: Fri, Jan. 4
120239-2	Feb. 12	Registration Deadline: Fri, Feb. 8

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

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.whitebearsenioreprogram.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. 22	Elder Resources from A to Z; Navigating the Maze of Senior and Chronic Care Resources.
Feb. 26	Senior Fitness – Jane Schroeder
March 26	New Local Senior Transportation Options – Newtrax and Mobility for All
April 23	Preplanning your funeral – Jessica Stern, Mueller Memorial
May 21	How to Pay for the Nursing Home, An Attorney Perspective – Steve Ledin (3rd Tuesday of May)



WBL School District Community Services & Recreation

A variety of recreational activities and community services are provided to Vadnais Heights residents by the Community Services and Recreation Department of Independent School District No. 624 (White Bear Area Schools). This arrangement makes it possible to provide efficient and organized services to all areas within the school district.

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



Area Recreation Contact Information:

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

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.

For a list of parks and trails, please go to the City's website: www.cityvadnaisheights.com.

