



Vadnais Heights

PARKS & RECREATION – Spring 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.

REGISTER ONLINE!

Conveniently register online – click Recreation on the home page to browse current activities and events (www.cityvadnaisheights.com/recreation). No additional fee 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 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

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

WORK FOR PARKS & RECREATION

There are a variety of positions available each summer in park maintenance and programming! For more information, call 651-204-6000 or find an application on our website at www.cityvadnaisheights.com.

VOLUNTEER AT SPECIAL EVENTS AND HERITAGE DAYS

Apply to volunteer at our special events and Heritage Days. A great way to meet new people and get involved in our community. Find out more at www.cityvadnaisheights.com/events.

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. Browse our Parks & Facilities Finder (www.cityvadnaisheights.com/facilities) to learn more about the great public spaces in Vadnais Heights!

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.

LOCATIONS FOR PROGRAMS/EVENTS

AFSA High School	100 Vadnais Boulevard
Bear Park	475 Bear Avenue South
Bridgewood Park	4424-1/2 Bridgewood Terrace
Christ the Servant Church	3676 Centerville Road
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
Vadnais Heights Commons	655 East County Road F
Vadnais Heights Elementary School	3645 Centerville Road

T-BALL

Join us for this league focused on fun and fundamental skill development. We place participants randomly on teams. Teams meet 6 nights for practice followed by a game against another team. You will receive team rosters and schedules in the week prior to the first game. Please have your child dress for the weather, bring a glove, and wear athletic shoes. Ages 6-7, optional coach pitch. Volunteer coaches needed (fee waived). Coaches' meeting at Vadnais Heights Commons at 6 pm: Spring - Fri, April 17; Summer - Wed, June 10. Registration deadlines: Spring - Fri, April 10 or until full; Summer - Fri, June 5 or until full. Cost: \$40/resident, \$50/non-resident.

SPRING

210130-1	Ages 4-5 6-7:15 pm	Wed, April 22 – May 27 VH Elementary & Bear Park
210130-2	Ages 6-7 6-7:15 pm	Thu, April 23 – May 28 VH Elementary & Bear Park

SUMMER (No games July 1 or 2)

310130-1	Ages 4-5 6-7:15 pm	Wed, June 17– July 29 VH Elementary & Bear Park
310130-2	Ages 6-7 6-7:15 pm	Thu, June 18 – July 30 VH Elementary & Bear Park

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. Volunteer coaches needed (fee waived). Coaches' meetings at Vadnais Heights Commons at 6 pm; Spring - Tue, April 21; Summer - Tue, June 9. Registration deadlines: Spring - Fri, April 17 or until full; Summer - Fri, June 5 or until full. Cost: \$40/resident; \$50/non-resident.

SPRING (no games May 23)

210110-1	Ages 4-5 10:30-11:30 am	Sat, April 25 – June 6 Kohler Meadows & Lily Pond
210110-2	Ages 6-7 11:45 am-1:00 pm	Sat, April 25 – June 6 Kohler Meadows & Lily Pond
210110-3	Ages 8-12 9-10:15 am	Sat, April 25 – June 6 Kohler Meadows & Lily Pond

SUMMER (no games July 2 or July 7)

310110-1	Ages 4-5 6-7:00 pm	Thu, June 18 – July 30 Kohler Meadows & Lily Pond
310110-2	Ages 6-7 6-7:15 pm	Tue, June 16 – July 28 Kohler Meadows & Lily Pond
310110-3	Ages 8-12 7:15-8:30 pm	Thu, June 18 – July 30 Kohler Meadows

SUMMER PLAYGROUND PROGRAM

NEW – two 3-week sessions to accommodate family schedules; sign up for either one or both! Sessions I and II will have different weekly themes. Opportunities for children age 4 – grade 5 to participate in a fun and enriching summer at Community Park! Playground leaders are trained and passionate about working with children. Will not meet July 6-9. Registration and payment taken on a first-come, first-served basis. Program will fill up fast. Registration deadlines: Session I – Fri, June 5 or until full; Session II – Fri, June 26 or until full. Location: Community Park.

LITTLE CRITTERS

Children ages 4-6 grow in an educational, recreational, and social environment. Sessions include games, crafts, creative play times, and an opportunity to enjoy Community Park. Morning times only. Children must be fully toilet trained prior to start of program. Cost/session: \$50/resident, \$70/non-resident.

SESSION I

380110-1	Ages 4-6 9 am-noon	Mon, & Wed, June 15 – July 1 Community Park
380110-2	Ages 4-6 9 am-noon	Tue, & Thu, June 16 – July 2 Community Park

Session II

380110-5	Ages 4-6 9 am-noon	Mon, & Wed, July 13 – July 29 Community Park
380110-6	Ages 4-6 9 am-noon	Tue, & Thu, July 14 – July 30 Community Park

EAGER BEAVERS

Children entering grades 2-5 enjoy sports, games, nature activities, crafts, music, and other creative activities. NEW – Program includes supervised lunch; bring your own lunch. Cost/session: \$75/resident, \$95/non-resident.

SESSION I

380110-3	Grades 2-5 9 am-3:30 pm	Mon, & Wed, June 15 – July 1 Community Park
380110-4	Grades 2-5 9 am-3:30 pm	Tue, & Thu, June 16 – July 2 Community Park

SESSION II

380110-7	Grades 2-5 9 am-3:30 pm	Mon, & Wed, July 13 – July 29 Community Park
380110-8	Grades 2-5 9 am-3:30 pm	Tue, & Thu, July 14 – July 30 Community Park

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 \$ _____





SUMMER PLAYGROUND TEEN VOLUNTEER OPPORTUNITY

Vadnais Heights teens, ages 13-18, are needed to volunteer alongside Parks and Recreation staff at the summer playground 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 email katie.everett@cityvadnaisheights.com or contact Katie at 651-204-6060. Application deadline: Fri, May 15.

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 deadlines: Spring - Mon, May 5; Summer - Mon June 29. Cost: \$30/resident; \$40/non-resident.

SPRING (no lessons May 25)

270160-1 Ages 5-6 Mon, May 11 – June 15
5:30-6 pm Kohler Meadows

SUMMER

370160-1 Ages 5-6 Mon, July 13 – August 10
5:30-6 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 – Mon, May 5; Summer – Mon June 29. Cost: \$40/resident; \$50/non-resident.

SPRING (no lessons May 25)

270160-3 Level 1 Ages 7-14 Mon, May 11 – June 15
6:15-7:00 pm Kohler Meadows

270160-5 Level 1 Ages 7-14 Mon, May 11 – June 15
7:15-8:00 pm Kohler Meadows

270160-6 Level 2 Ages 7-14 Mon, May 11 – June 15
7:15-8:00 pm Kohler Meadows

SUMMER

370160-3 Level 1 Ages 7-14 Mon, July 13 – August 10
6:15-7:00 pm Kohler Meadows

370160-5 Level 1 Ages 7-14 Mon, July 13 – August 10
7:15-8:00 pm Kohler Meadows

370160-6 Level 2 Ages 7-14 Mon, July 13 – August 10
7:15-8:00 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 HEAD 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 28. Session II registration deadline: Thu, July 16 or until full. Cost: \$60/resident, \$70/non-resident. Minimum 4 participants per class each session.

SESSION I (no lessons July 2)

320220-1 Beginner/Adv.Beg Thu, June 4 – July 9
6:15-7:15 pm Kohler Meadows

320220-2 Intermediate Thu, June 4 – July 9
7:15-8:15 pm Kohler Meadows

SESSION II

320220-3 Beginner/Adv. Beg Thu, July 23 – Aug 20
6:15-7:15 pm Kohler Meadows

320220-4 Adv. Beg/Intermediate Thu, July 23 – Aug 20
7:15-8:15 pm Kohler Meadows

NEW – SKIP THE RUSH TENNIS

Skip rush hour and join us at Kohler Meadows Park on Wednesdays between 4:00-6:00 pm for organized match play tennis! USTA staff will be on site to pair up teams and individuals for friendly matches. Balls provided. All skill levels welcome; pre-registration required. Registration deadline: Wed., May 27. Cost: \$32/resident, \$42/non-resident.

320220-5 Match Play Wed, June 3-July 29
4:00-6:00 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.

MIXED LEVEL ADULT CLASSES (13+)

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

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

SUMMER

8-week class. Registration deadline: Fri, May 29. Minimum 10 participants. Cost: \$68/resident; \$78/non-resident.

320210-1 Mon, June 1 – July 20
6:30-7:30 pm VH Commons

WORKSHOPS

OPTIMAL HEALTH & VITALITY WORKSHOP

Do you wake up after hitting the snooze button several times? Feeling sluggish during the day no matter how much sleep you get? Have trouble getting to sleep before midnight? If these or other issues prevail, then join me in learning to creating a daily routine which is essential for your body, mind, and consciousness. We'll explore morning and evening routines that bring balance, regulate our biological clock, aid in digestion, absorption and assimilation, and generate self-esteem, discipline, peace, happiness, and longevity. You'll be amazed at how small changes in your daily routine can go a long way. Registration deadline: Fri, April 3 or until full. Min. 10 participants. Cost: \$20/resident; \$30/non-resident.

220210-2 Wed, April 8
7-8 pm VH Commons

WHAT TYPE OF YOGA SHOULD I BE DOING?

Ever gone to a yoga class and wanted to hide in the back row? Or, found that the class just didn't suit you? Perhaps you have avoided doing yoga altogether because the magazines show pictures of impossible contortions. If these or other statements ring true, join me in a short workshop to understand what yoga is and how to choose the best practice for your overall well-being. We will enjoy light movement from a chair in this class, so please dress comfortably. No mat needed. Registration deadline: Fri, May 1 or until full. Min. 10 participants. Cost: \$20/resident; \$30/non-resident.

320210-2 Wed, May 6
7-8 pm VH Commons

SPRING/SUMMER 2020 ADULT SOFTBALL

Men's and Co-Rec softball leagues. Certified officials umpire games at Community Park. Trophies for top 3 teams in each league; also includes end-of-season One-Pitch Tournament. Registration and payment taken on a first-come, first-served basis. Leagues fill up fast – online registration available now! Registration deadline: Mon, April 13 at 4:30 pm or until full. Manager meeting at City Hall: Thu, April 23 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.

220120-1 Men's "D" (9 team limit) Begins Mon, May 4
Weekly double-header format. 16 games.

220120-2 Men's "E" (9 team limit) Begins Tue, May 5
Weekly double-header format. 16 games.

220110-1 Co-Rec "D" Recreational Begins Wed, May 6
(7 team limit)
Weekly double-header format. 12 games.

220110-2 Co-Rec "D" Recreational Begins Thu, April 30
(13 team limit)
Weekly single-game format. 12 games.

Questions? Call Parks & Recreation at 651-204-6060 or 651-204-6061.

FALL ADULT SOFTBALL LEAGUES

Soak up the end of the warm season with Fall Ball! Check back to our website for league information. Double header nights for men's and co-rec leagues will begin mid-August. Registration forms and online registration will be available at www.cityvadnaisheights.com.

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

RESIDENT/VH BUSINESS	NON-RESIDENT/NON VH BUSINESS		
Fee (includes tax)	\$75	Fee (includes tax)	\$150
Facility Deposit	\$75	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) is made up of community professionals working together to educate, organize, and advocate to improve the quality of life for seniors in our communities. Visit CLASS at www.LakeAreaSeniors.org. Join CLASS for their upcoming event! Please register through the White Bear Chamber.

CREATING AGE-FRIENDLY COMMUNITY: LOCAL, BUSINESS AND STATE PERSPECTIVES – Educating local businesses, city and government officials and community members about MN 2030 and ways to take action to achieve an age-friendly community.

April 21st 7:30-9:30 AM
Hanifl Performing Arts Center, 4941 Long Avenue, White Bear Lake

WHITE BEAR AREA SENIOR PROGRAM

Comprehensive senior resources and services are offered to Vadnais Heights residents through the 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

Attend a monthly presentation on a variety of topics for seniors and supporters of seniors, held at Vadnais Heights City Hall on the 4th Tuesday of the month from 2-3 pm. Classes are free, but pre-registration through the White Bear Senior Program is appreciated. Co-sponsored by Vadnais Heights Parks and Recreation and White Bear Senior Program.

Tue, March 24	All You Need to Know About the 2020 Census
Tue, April 28	Decorating for Small Spaces
Tue, May 26	Stroke Awareness & Prevention

SAVE THE DATE - AUGUST 15-16 45TH ANNUAL VADNAIS HEIGHTS HERITAGE DAYS

The two-day celebration includes activities for people of all ages and interests! Join us for food and shopping, kids' activities, live entertainment, and more all weekend long! Check the City's website or call 651-204-6000, for updates and event registration forms. Funding for Heritage Days is supported by local businesses, civic organizations, grants, area charitable gambling, and individual donations. Most events take place at Community Park and Vadnais Heights Commons. Volunteers make events run smoothly. Individual and group volunteers welcome for events! It is a great way to get involved and meet new people too! If you are interested in volunteering, please sign up at www.cityvadnaisheights.com/volunteer.

SENIOR PICNIC AT THE VADNAIS HEIGHTS COMMONS.

Thu, Aug. 13, 10 am-2 pm
Senior information tables and social hour 10 am-noon, Culver's lunch at noon with live entertainment. Bingo to follow until 2 pm. Pre-registration is required, and will be available at City Hall and online by early June.

For more information and online registrations for Heritage Days events go to www.cityvadnaisheights.com.

SPECIAL THANKS – NATIONAL VOLUNTEER APPRECIATION WEEK IS APRIL 19-25, 2020.

The Parks and Recreation Department thanks our community's many volunteers. Special thanks to Parks and Recreation youth sports 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, the mayor, the city council, the Parks, Trails, and Recreation Commission, 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. Volunteers are an essential component in being able to offer a wide variety of programs and events to meet the needs of our community. Thank you!

If you are interested in supporting Vadnais Heights programs and events with your time and talents, visit our website at cityvadnaisheights.com/Volunteer to find more information about opportunities and complete a volunteer application!

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

For a list of all their services, please visit communityservices.isd624.org.