



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. Also within Vadnais Heights is the 1,252-acre Vadnais-Sucker Lake Regional Park, with its trails, scenic views, and picnic areas.

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



FACEBOOK

For Parks and Recreation updates, find the City of Vadnais Heights on Facebook! facebook.com/cityVH

REGISTER ONLINE!

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 for more information.

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.

RED CROSS BLOOD DRIVES

Blood donation is the ultimate act of kindness! We're celebrating the donors who came out to our drives in 2021 and donated 224 units of blood! We're continuing the kindness in 2022 with more drives, and we hope you'll join us! Pre-registration is required; sign up for an appointment at redcrossblood.org or call 1-800-RED CROSS.



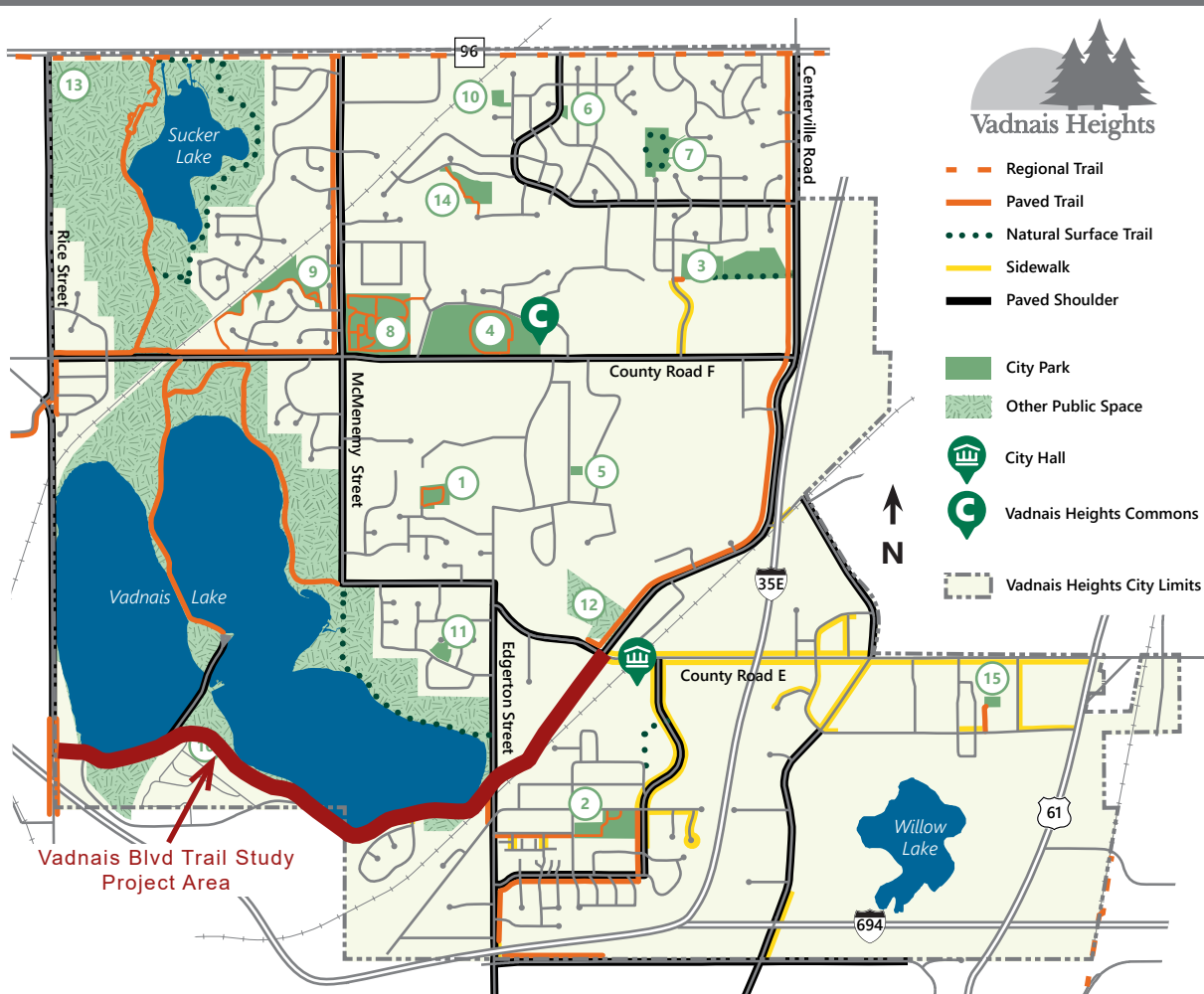
Volunteers needed for donor check in. Contact Katie Everett for details: katie.everett@cityvadnaisheights.com or 651-204-6060.

Thu, Jan. 13 12 - 6 pm
 Thu, Mar. 10 12 - 6 pm
 Vadnais Heights Commons

VADNAIS BOULEVARD TRAIL DESIGN STUDY

Ramsey County is leading a study to identify trail and road design concepts for Vadnais Boulevard between Rice Street and County Road E in Vadnais Heights and Little Canada. Find more information at ramseycounty.us/VadnaisBlvdTrail.

Vadnais Heights Parks & Trails

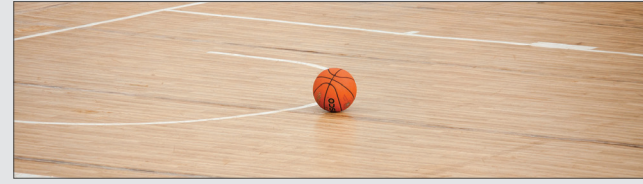


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|--|---|--|---|
| 1. Bear Park
465 Bear Avenue S | 5. Elmwood Park
3892 Elmwood Street | 9. Lily Pond Park
325 Lily Pond Lane | 13. Vadnais-Sucker Lake
Regional Park |
| 2. Berwood Park
780 Berwood Avenue | 6. Greenhaven Park
4470 Greenhaven Drive | 10. Morningside Park
4485 Morningside Avenue | 14. Westfield Park
520 Westfield Lane |
| 3. Bridgewood Park
4224-1/2 Bridgewood Terrace | 7. Heritage Park
4345 Heritage Drive | 11. Oak Creek Park
485 Oak Creek Drive S | 15. Wolters Park
1351 Willow Lake Boulevard |
| 4. Community Park
641 County Road F East | 8. Kohler Meadows Park
365 County Road F East | 12. Vadnais Elem. School
3645 Centerville Road | 16. AFSA High School
100 Vadnais Boulevard |

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: Tuesday, December 28, or until full. Volunteer coaches needed (fee waived). Coaches meeting: Tuesday, January 4, 6:00 pm at the Vadnais Heights Commons. Cost: \$40/resident; \$50/non-resident. No games Feb. 1.

Grades 1-2: Tue, Jan. 11 - Feb. 22 6:10 - 7:10 pm
 Grades 3-5: Tue, Jan. 11 - Feb. 22 7:20 - 8:20 pm
 Vadnais Heights Elementary School



FLOOR HOCKEY

This program is great for kids who want to stay active during the winter months, learn new skills, develop good sportsmanship, and meet new friends, all while having fun. This is a great way to be introduced to hockey fundamentals and skills. Registration deadline: Fri, Jan. 7 or until full. Cost: \$35/resident; \$45/non-resident.

Ages 4-6: Wed, Jan. 12 - Feb. 9 6:00 - 7:00 pm
 Ages 7-10: Wed, Jan. 12 - Feb. 9 7:00 - 8:00 pm
 Vadnais Heights Elementary School

INDOOR SOCCER

Participants learn basic soccer skills and fundamentals in a gym setting using soft foam balls. 5-week class. Registration deadline: Fri, Feb. 18 or until full. Cost: \$35/resident; \$45/non-resident.

Ages 3-5: Wed, Feb. 23 - Mar. 23 6:00 - 7:00 pm
 Ages 6-8: Wed, Feb. 23 - Mar. 23 7:00 - 8:00 pm
 Vadnais Heights Elementary School

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.

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.

Holiday Cleanse Yoga

Yoga is a great stress reliever for the holidays. Practicing yoga can help you to focus on what is important and stay steady and calm amid any storm. You will be better able to face any challenges that may arise while cultivating a sense of joy, happiness, and peace during the holidays. This is a mixed level class with beginners welcome.

3-week class. Registration deadline: Fri. Nov. 30 or until full. Minimum 10 participants. Cost: \$36/resident; \$46/non-resident.

Adults (13+) Mon, Dec. 6, 13, 20 6:30 - 7:30 pm
 Vadnais Heights Commons

Winter Session

10-week class. Registration deadline: Fri, Jan. 7 or until full. Minimum 10 participants. Cost: \$85/resident; \$95/non-resident.

Adults (13+) Mon, Jan. 10 - March 14 6:30 - 7:30 pm
 Vadnais Heights Commons

Spring Session

10-week class. Registration deadline: Fri, Mar 18 or until full. Minimum 10 participants. Cost: \$85/resident; \$95/non-resident.

Adults (13+) Mon, March 21 - May 23 6:30 - 7:30 pm
 Vadnais Heights Commons



Winter Reminders

TAI CHI

Tai Chi Chuan is a traditional Chinese exercise system which has been widely practiced for preventative and therapeutic purposes. Occasionally referred to as “moving meditation” or “moving pole,” it is one of the most popular exercise programs of Chinese tradition for improving personal fitness for people of any age. The primary benefits include postural control and balance, flexibility, coordination, agility, strength and power, sensitivity and awareness, reaction time and confidence. The movements are practiced in the beginning as slow and relaxed to develop strength while eliminating tension and increasing energy. As you advance in practice, the movements will offer a practical way to learn to work with others and still reduce stress and tension. Taught by Gold Tai Chi group head instructor, Elaine Schrade.

Winter Session

10-week class. Class open to anyone 18 and up (16+ if accompanied by an adult). Registration deadline: Thu., December 30. Minimum 10 participants. Cost: \$85/resident; \$95/non-resident.

Adults (18+) Wed., Jan. 5 - Mar. 9 7:00 - 8:00 pm
Vadnais Heights Commons

Spring Session

10-week class. Class open to anyone 18 and up (16+ if accompanied by an adult). Registration deadline: Fri., Mar 11. Minimum 10 participants. Cost: \$85/resident; \$95/non-resident. No class April 13.

Adults (18+) Wed., Mar. 16 - May 25 7:00 - 8:00 pm
Vadnais Heights Commons

OUTDOOR ICE SKATING 2021-2022

Grab your skates and enjoy free outdoor skating 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 18 – Monday, February 21 (weather permitting).

Rink Locations

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

SHINE LIGHTS ON VADNAIS HEIGHTS

All are invited to decorate your home or business for the holiday season to help us share light and joy across Vadnais Heights. Participating homes and businesses will be featured on our holiday lights map. Visit cityvadnaisheights.com/holidaylights to tell us about your display or to plan your tour.

December 1, 2021 – January 7, 2022

WINTER SHINDIG

Join us as we embrace winter! Enjoy hot chocolate and cookies, and try out winter activities with Vadnais Heights Parks & Rec. The event is free and open to all! Check our website for more details.

Sat, Jan. 8 2:00 - 4:00 pm
Community Park

WINTER WARM UP FITNESS CHALLENGE

Don't hibernate this winter! Join us for the Winter Warm Up Fitness Challenge to meet your activity goals! You can walk, run, bike, or move however you choose. Set a goal of 50K, 100K, or 150K and join a community of others moving toward their goals through January and February. Register to receive the challenge packet; \$10 fee for participant medal (optional). Registration deadline: Friday, January 21.

January 21 – February 28, 2022

SNOWSHOE RENTAL

Snowshoeing is a great way to be active and explore winter! Rent a pair of our snowshoes to try it out for yourself. For pricing and rental information, visit: cityvadnaisheights.com/snowshoe

WINTER PARKING RULES AND GUIDELINES

- Winter parking rules are now in effect, from November 1 - April 1.
- No parking on any City streets between 1 am and 6 am.
- No parking on the street, at any time, after two inches or more of snow until the street has been completely plowed to the curb.
- In order to remove snow completely and efficiently, violators will be ticketed and towed.
- Please keep children away from the street during snowplowing.
- Please make sure no large objects are within six feet of the street. This includes structures like snow forts. When constructing snow forts, remain cognizant of snowplow operations in relation to the proximity of such structures.
- If there is a fire hydrant on or near your property, please adopt it for the winter and clear an area approximately three feet around the hydrant and shovel a straight path from the hydrant to the street.

Help snowplow crews prevent property damage by making sure no large objects, including ornaments and planters, are within six feet of the street edge, and fasten your mailbox securely to its post. Damage done to items within the typical 14-foot right-of-way—sprinkler heads, fences, decorative landscaping, or other objects—is the property owner's responsibility. Mailboxes must be strong enough to withstand snow that is pushed off the street.

The City has placed stakes to guide crews past irregular or curved curb lines. If you know of an area that isn't marked but has been damaged in the past, please call City Hall at 651-204-6000.

Vadnais Heights clears snow from streets first, and then from high-volume sidewalks and trails used to serve businesses or schools, or where snowplow deposits are significant along County roads. Next, the City clears other trails and sidewalks.

PREVENT WATER SERVICE FREEZING

Extreme cold temperatures can lead to frozen service water lines. The City wants to make sure you are aware of the possibility of frozen service and offer some prevention tips. Please periodically check the temperature of your water coming from a faucet in the lowest level of your home. Thermometers can be found in hardware or variety stores. If the temperature is below 40 degrees, it is recommended that you let a faucet run continuously until April 1 or whenever your water temperature is above 40 degrees. The stream of water does not need to be extreme, perhaps the size or thickness of a pencil lead. The small incremental cost of additional water might be \$4-\$5 per month. However, this is small compared to the cost of thawing out a frozen water service. If you have any questions, please contact City Hall at 651-204-6000.

CURBSIDE HOLIDAY TREE RECYCLING

Free curbside recycling of live Christmas trees will be available the first two weeks of January. Place your tree at the curb on January 5 or 12 and your hauler will pick it up within 48 hours at no charge. Remove all decorations and do not place the tree in a plastic bag. The tree (or sections of the tree) cannot be longer than seven (7) feet. Trees will be picked up by a separate truck. There will be a charge for trees placed outside for pickup at times other than those listed above.

BE A BATTERY HERO

If it lights up, makes noise or moves without a plug, it has a battery! Batteries make our daily lives more convenient. Once they are used, though, they must be disposed of properly. If thrown in the trash or recycling, batteries may catch fire and pose a threat to people and property. Some batteries also contain toxic metals, such as cadmium, lead or mercury, which can pose a threat to health and the environment.

Be a battery hero! Put batteries in their place by dropping them off at a county drop-off facility: RamseyRecycles.com/HHW



2021 Holiday Toy/Food Drive

The City of Vadnais Heights and the Vadnais Heights Lions Club Foundation sponsor the annual Vadnais Heights Lions Toy/Food Drive, as well as our community needs programs, which benefit our lower income residents. The distribution of food and toys will be on Saturday, December 18th at the Vadnais Heights Commons, 655 East County Road F, from 9 am to 11 am. Bring proof of Vadnais Heights residency (driver's license/photo ID, copy of utility bill) when picking up food.

Due to issues raised by Covid 19, our toy/food distribution will require appropriate social distancing and the wearing of masks inside the building. If you wish to select toys for your children, we strongly encourage you to pre-register. Registration can be completed at both the October 16 and November 20 Food Distribution days at the Commons. Those who pre-register will be given priority access from 9:00 am to 10:00 am. Unregistered participants will be able to access the distribution site from 10:00 -11:00 am. Grandparents are welcome to come at 11:00 am. As with the Food Shelf, you must provide proof of residency and meet income guidelines. If you cannot register on either of those dates, please contact Sue Woehrle at smwoehrle44@gmail.com. Please plan to register before December 18, however residents can still register the day of distribution.

Make a Donation

The Community is invited to drop off donations of non-perishable food, toys, or age-appropriate items for older children up to the age of 13 at City Hall from 8:00 am to 4:30 pm on weekdays through Thursday, December 9. Other collection sites include the Cities Credit Union (3625 Talmage Circle), Frandsen Bank & Trust (3585 S. Hwy. 61), and F&M Bank (845 E. Co. Rd. E) during normal business hours.

Monetary donations are always welcome and appreciated. If donating by check, make it payable to the Vadnais Heights Lions Club Foundation and mail it to: V.H. Lions Toy/Food Drive, 800 East County Road E or drop it off at City Hall. If you would prefer to donate online, go to the Give MN website (www.givemn.org) under the VH Lions Club Foundation. As the Vadnais Heights Lions Club Foundation is a 501 (c) (3) non-profit charity, your contribution is tax deductible as allowed by law.