



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

FACEBOOK



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

REGISTER ONLINE!

cityvadnaisheights.com/register

Conveniently browse our CivicRec catalog for programs and register online on your own schedule!

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.

Vadnais Heights HERITAGE DAYS

August 19-20, 2023

Live Music ♦ Food ♦ Makers Market

Parade ♦ Fireworks

and more - all weekend long!



Join us in celebrating all of the things that make Vadnais Heights a great place to live, work, and play! Our annual celebration is truly a community-wide effort, and there is a way for everyone to contribute.

Visit our website for updates and to learn more about how to become a sponsor, vendor, parade entry, or volunteer:
cityvadnaisheights.com/HeritageDays

YOUTH ATHLETIC PROGRAMS

YOUTH T-BALL

Our t-ball leagues emphasize having fun while starting to introduce young players to the fundamentals of baseball/softball. Players will get a chance to learn new skills and make new friends! We spend the first part of each session warming up and practicing skills, followed by a game against another team. Please have your player wear appropriate clothing and shoes, and bring their own glove and a full water bottle. Bats and balls provided for player use by the program (if you bring your own, please label them clearly). Volunteer coaches needed! Registration fees waived for volunteers, no coaching experience required.

Spring 2023

Ages 4-5	Wed, 4/26-5/31	6:00-7:00 pm
Ages 6-7	Thu, 4/27-6/01	6:00-7:15 pm

\$40/VH resident; \$50/non-VH resident.
Vadnais Heights Elementary School

Summer 2023

Ages 4-5	Wed, 6/28-8/09	6:00-7:00 pm
Ages 6-7	Thu, 6/29-8/10	6:00-7:15 pm

\$40/VH resident; \$50/non-VH resident.
Vadnais Heights Elementary School



YOUTH SOCCER

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 part of each session warming up and practicing skills, followed by a game against another team. Please have your player wear appropriate clothing and shoes, wear shin guards, and bring a water bottle. Soccer balls provided by the program for player use (if you bring your own, please label it clearly). Volunteer coaches needed! Registration fees waived for volunteers, no coaching experience required.

Spring 2023 (no games May 27)

Ages 4-5	Sat, 4/29-6/10	10:30-11:30 am
Ages 6-7	Sat, 4/29-6/10	11:45 am-1:00 pm
Ages 8-12	Sat, 4/29-6/10	9:00-10:15 am

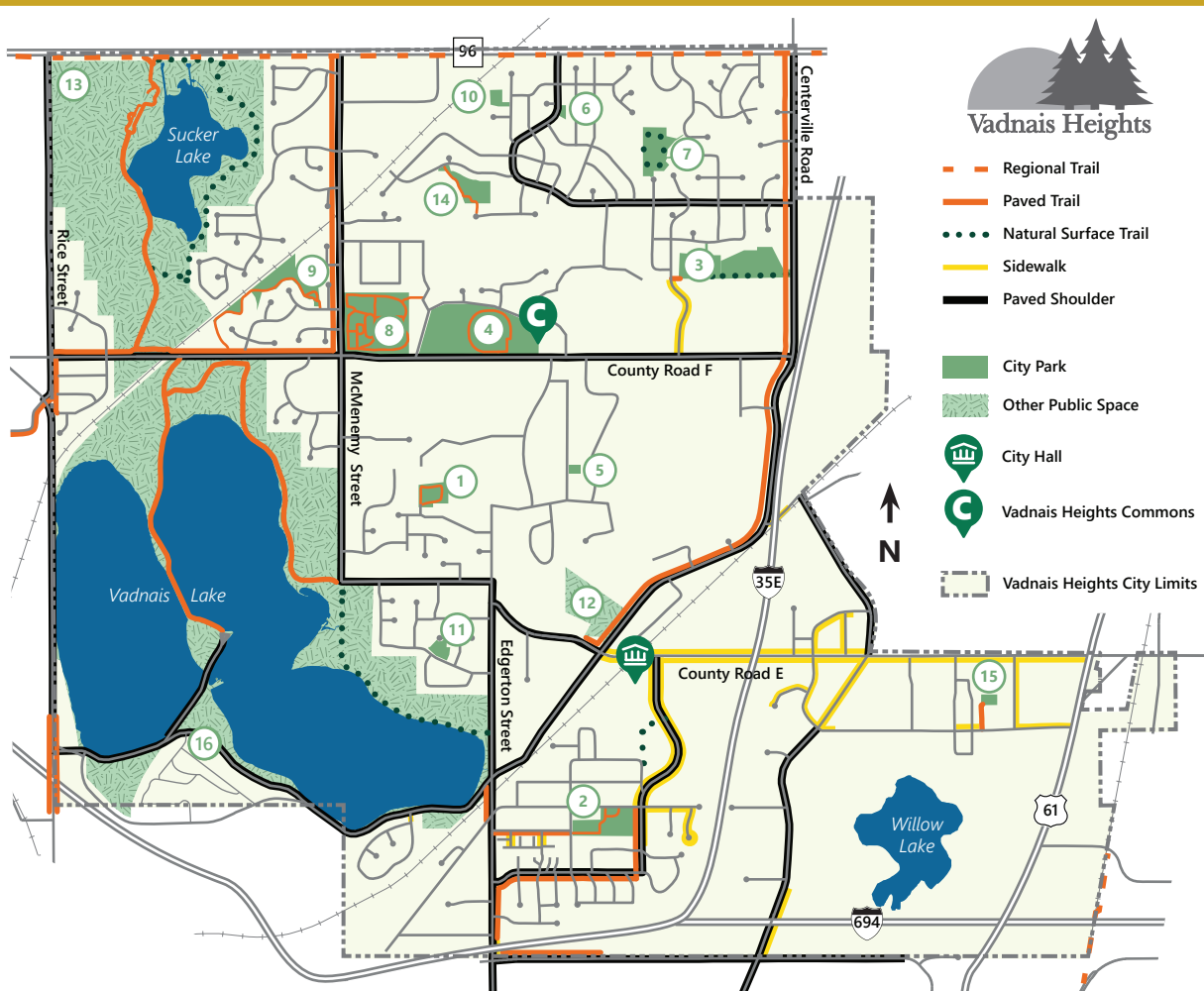
\$40/VH resident; \$50/non-VH resident.
Kohler Meadows & Lily Pond Parks

Summer 2023

Ages 4-5	Thu, 6/29-8/10	6:00-7:00 pm
Ages 6-7	Tue, 6/27-8/8	6:00-7:15 pm
Ages 8-12	Thu, 6/29-8/10	7:15-8:30 pm

\$40/VH resident; \$50/non-VH resident.
Kohler Meadows & Lily Pond Parks

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 |

Explore Your Parks!

A wide variety of amenities are available throughout the Vadnais Heights park system:

- Playgrounds
- Picnic areas
- Soccer fields, baseball fields, tennis courts, pickleball courts, basketball courts
- Trails
- Natural areas

Picnic shelter and athletic field reservations are available online! Visit cityvadnaisheights.com/register for rates and availability.



SUMMER PARK PROGRAMS

NEW PRE-K IN THE PARK

Kids are invited to bring a grown-up (16+) to the park for a super fun morning! Staff will be on-site to lead activities and crafts, with plenty of free play time to explore the park! Pre-registration is required. Program minimum of 10 kids needed by May 15. Register early to ensure this program is available! Sign up for any week that works for you!

Activities geared toward kids ages 2-4, and designed for grown-ups and kids to do together. Older siblings are welcome! 50% discount for additional children, please register any children under 8.

Summer 2023
Ages 2+ Wed, 6/21-8/2 9:00-11:00 am
\$10/week VH resident; \$12/week non-VH resident.
Kohler Meadows Park

SUMMER PLAYGROUND PROGRAM (COMMUNITY PARK)

Children age 4 - Grade 5 are invited to participate in a fun and enriching summer at Community Park! Each session is filled with games, learning activities, and opportunities to make memories with new friends! Our Playground Leader staff are trained and passionate about working with children. Programs meet on Tuesdays and Thursdays for 6 weeks. Families can register for the weeks that work for them. Discount applies at checkout for signing up for all six weeks. Registration taken on a first-come, first-served basis. Program will fill up fast.

Eager Beavers
Grades 1-5 Tue & Thu, 6/20-8/3 9:00 am - 3:30 pm
\$30/week VH resident; \$35/week non-VH resident
Community Park

Little Critters
Ages 4-6 Tue & Thu, 6/20-8/3 9:00 am-12:00 pm
\$25/week VH resident; \$30/week non-VH resident
Community Park



NEW KIDS CLUB

Meet us at the park! Kids of all ages are invited to come out for games, crafts, and supervised play at the park! Kids under 5 should be accompanied by someone 10 and up. Kids Club meets at Berwood Park on Monday afternoons and Bridgewood Park on Wednesday afternoons for 6 weeks. Register for any weeks that work for you! Pre-registration is required. Program minimum of 10 kids at each park needed by May 15. Register early to ensure this program is available!

Berwood Park
Ages 2+ Mon, 6/19-7/31 1:00-4:00 pm
\$10/week VH resident; \$12/week non-VH resident.
Berwood Park

Bridgewood Park
Ages 2+ Wed, 6/21-8/2 1:00-4:00 pm
\$10/week VH resident; \$12/week non-VH resident.
Bridgewood Park

Teen volunteers needed! Find more information about volunteering at cityvadnaisheights.com/volunteer.

ADULT PROGRAMS

SUMMER ADULT SOFTBALL LEAGUE

Join a league for some friendly softball games at Community Park! Leagues are USSSA-sanctioned.

CoRec
Wednesday nights (double headers, 24-game season)
Cost: \$1,069/team until April 1, \$1,125/team after April 1.

Men's E
Tuesday nights (double headers, 24-game season)
Cost: \$974/team until April 1, \$1,025/team after April 1.



TAI CHI CHUAN

Tai Chi Chuan is a traditional Chinese exercise system which has been widely practiced for preventative and therapeutic purposes. The primary benefits include postural control and balance, flexibility, coordination, agility, strength and power, sensitivity and awareness, reaction time and confidence. 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.

Interested in trying Tai Chi, but not sure if you're ready to commit to a full session? Drop in for a trial class! Pay \$5 (cash) at the door to try it out, and register for the full session later if you decide to join!

2023-2 Session (No class April 12)
Ages 16+ Wed, 3/15-5/24 7:00-8:00 pm
\$90/VH resident; \$100/non-VH resident
Vadnais Heights Commons

2023-3 Session (No class July 5)
Ages 16+ Wed, 5/31-8/09 7:00-8:00 pm
\$90/VH resident; \$100/non-VH resident
Vadnais Heights Commons

2023-4 Session
Ages 16+ Wed, 8/16-10/18 7:00-8:00 pm
\$90/VH resident; \$100/non-VH resident
Vadnais Heights Commons

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 experience yoga. 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 over twenty years of experience, and brings together her expertise with creative joy - bringing you deep healing, health, and balance.

2023-2 Mixed Level (No class May 1 or May 29)
Ages 13+ Mon, 3/20-6/5 6:30-7:30 pm
\$90/VH resident; \$100/non-VH resident
Vadnais Heights Commons

2023-3 Mixed Level (No class July 3 or Aug 7)
Ages 13+ Mon, 6/12-8/28 6:30-7:30 pm
\$90/VH resident; \$100/non-VH resident
Vadnais Heights Commons

LIONS BELGIAN WAFFLE BREAKFAST

Sunday, April 2 8:00 am - 1:00 pm
Vadnais Heights Commons



Everyone is invited to attend the annual Vadnais Heights Lions Club Belgian Waffle Breakfast. Adults (ages 15-62) pay \$9, seniors (ages 63+) pay \$8, children (ages 6-14) pay \$5, and tots (ages 5 and younger) dine for free at the all-you-can-eat event.

The following VH Lions-supported organizations will be on hand to provide information on how We Serve: Can-Do-Canines, Camp Confidence, MN Lions Diabetes Foundation, MN Lions Vision Foundation and MN Lions Hearing Foundation. Free Kidsight Vision Screening! Used eyeglasses and hearing aids will be collected for recycling. The firefighters will host an educational open house - check out the fire trucks and meet some of Vadnais Heights' fire fighting crew! The Ramsey County Sheriff's Office will be there with their K-9, and Lakes and Trails units.

SUMMER EVENTS

CITYWIDE SCAVENGER HUNT

Get out and explore with a scavenger hunt in the parks! Anyone completing the hunt can stop in to City Hall for a free goodie bag (while supplies last). The hunt is free and open to all! Check our website for hunt details and printable scavenger hunts, or stop in to City Hall to pick one up.

May 1 - 12, 2023

ICE CREAM SOCIAL

Wednesday, June 15 6:00-8:00 pm
Berwood Park

Kick off summer right with Vadnais Heights Parks & Rec! Enjoy live music, visit with community organizations, and get FREE ice cream! This event is free and open to the public - all are welcome!



MUSIC IN THE PARKS

Join us throughout the summer for live music in your neighborhood! Meet your neighbors and enjoy an evening in the park. Parking is limited at neighborhood parks, so we encourage you to walk 'n' roll on over instead of driving if you can!

Wednesdays, 6:00-8:00 pm
June 28 Bridgewood Park
July 12 Bear Park
July 19 Westfield Park
July 26 Lily Pond Park

BLOOD DRIVES

Help support the local supply by becoming a blood donor! Not sure if you're eligible? Visit redcrossblood.org/eligibility to learn more - you may be surprised to learn you can donate! Make an appointment at redcrossblood.org or 1-800-RED CROSS.

Contact Katie Everett with questions:
katie.everett@cityvadnaisheights.com or 651-204-6060.

All drives at Vadnais Heights Commons, 10:00 am - 4:00 pm
Thursday, March 9
Thursday, May 18
Thursday, August 10