



Vadnais Heights

PARKS & RECREATION – FALL 2016

SIGN UP NOW

First-come, first-served!

REGISTER ONLINE!

Conveniently register online at www.cityvadnaisheights.com. Click Recreation, then click on the activity that interests you and follow the prompts. No fee to register online.

FINANCIAL AID

We offer financial aid to qualifying residents. 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

We waive participant fees when a parent or guardian volunteers as a coach in youth sport league programs.

WORK FOR PARKS & RECREATION

Become a floor hockey instructor or warming house staff person. Call Brigid Nault at 651-204-6060 or contact City Hall for an application.

WEATHER HOTLINE

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

LOCATIONS FOR PROGRAMS/EVENTS

City Hall	800 East County Road E
Community Park	641 East County Road F
VH Elementary School	3645 Centerville Road
Kohler Meadows Park	365 East County Road F
Lily Pond Park	325 Lily Pond Lane
Vadnais Heights Commons	655 East County Road F
AFSA High School	100 Vadnais Boulevard

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.



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 of ten players. Volunteer coaches needed (fee waived). Coaches' meeting: Mon, Sept. 12, 7 pm at Vadnais Heights Commons. Registration deadline: Thu, Sept. 8. No games Oct. 22. Cost: \$40/resident; \$50/non-resident.

410116-1	Ages 4-5 10:30-11:45 am	Sat, Sept. 17 – Oct. 29 Kohler Meadows & Lily Pond
410116-2	Ages 6-7 Noon-1:15 pm	Sat, Sept. 17 – Oct. 29 Kohler Meadows & Lily Pond
410116-3	Ages 8-12 9-10:15 am	Sat, Sept. 17 – Oct. 29 Kohler Meadows & Lily Pond

FLAG FOOTBALL LEAGUE

Learn strategies, teamwork, and football skills in this introductory flag football experience. Please have your child wear sneakers and bring a water bottle. Volunteer coaches needed (fee waived). Coaches' meeting: Tue, Sept. 13, 7 pm at Vadnais Heights Commons. Registration deadline: Thu, Sept. 8. No games Oct. 22. Cost: \$40/resident; \$50/non-resident.

410146-1	Grades 1-2 9:45-11 am	Sat, Sept. 17 – Oct. 29 Community Park
410146-2	Grades 3-5 11:15 am-12:30 pm	Sat, Sept. 17 – Oct. 29 Community Park

FLOOR HOCKEY CLASS

Learn fundamentals in an instructional setting. Equipment provided. Wear sneakers and comfortable clothing. Registration deadline: Mon, Nov. 7. No class Nov. 26. Cost: \$35/resident; \$45/non-resident.

470176-1	Ages 4-6 10:15-11:15 am	Sat, Nov. 12 – Dec. 17 AFSA HS
470176-2	Ages 7-10 11:15 am-12:15 pm	Sat, Nov. 12 – Dec. 17 AFSA HS



BASKETBALL LEAGUE

Learn basketball fundamentals and game rules in a league setting. Teams will have 6 combined practice/games during the session. Volunteer coaches needed (fee waived). Coaches' meeting: Tues, Oct. 18, 7 pm at Vadnais Heights Commons. Registration deadline: Fri, Oct. 14. No games Nov. 8, 22. Cost: \$40/resident; \$50/non-resident.

410126-1	Grades 1-2 6-7:15 pm	Tue, Oct. 25 – Dec. 13 VH Elementary School
410126-2	Grades 3-5 7:15-8:30 pm	Tue, Oct. 25 – Dec. 13 VH Elementary School

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
<input type="checkbox"/> 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
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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 \$ _____





INDOOR SOCCER

Participants learn basic soccer skills and fundamentals in a gym setting, using soft foam balls. 5-week class. Registration deadline: Fri, Nov. 4. No class Nov. 23. Cost: \$35/resident; \$45/non-resident.

470146-1	Ages 3-5 6-7 pm	Wed, Nov. 9 – Dec. 14 VH Elementary Gym
470146-2	Ages 6-8 7-8 pm	Wed, Nov. 9 – Dec. 14 VH Elementary Gym

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 12-week session with an exciting holiday dance show at the conclusion of the session on Thursday, Dec. 8. Classes will be held at Vadnais Heights Elementary School, with our Holiday Dance Show taking place at the White Bear Lake HS North Campus Auditorium.

Dancers should wear a leotard and tights or form fitting, comfortable 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 for the first class. Please feel free to email instructor Jenny Hansell with questions regarding the program at missjenny@happyfeetdancecompany.com. Registration deadline: Fri, Sept. 9 or until full. No class Nov. 8, 22 Cost: \$93/resident; \$103/non-resident.

HOP N' TOTS

Preschool – Ages 2.5 – 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!

470126-1	Tue, Sept. 13 – Dec. 6; Thu, Dec. 8 5:15-6 pm	VH Elementary
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CREATIVE DANCE

Pre-Kindergarten – Ages 4 & 5 (Must be entering Kindergarten Fall of 2017)
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!

470126-2	Tue, Sept. 13 – Dec. 6; Thu, Dec. 8 5:15-6 pm	VH Elementary
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KINDERDANCE

Kindergarten – Ages 5 & 6 (Must be entering Kindergarten Fall of 2016)
Kids will love to move and groove in this 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!

470126-6	Tue, Sept. 13 – Dec. 6; Thu, Dec. 8 6:15-7 pm	VH Elementary
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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!

470126-4	Tue, Sept. 13 – Dec. 6; Thu, Dec. 8 7:45-8:30 pm	VH Elementary
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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.

470126-3	Tue, Sept. 13– Dec. 6; Thu, Dec. 8 7:45-8:30 pm	VH Elementary
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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.

470126-5	Tue, Sept. 13 – Dec. 6; Thu, Dec. 8 7:45-8:30 pm	VH Elementary
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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.

Nancy Erickson has been practicing yoga for 18 years and has taught for eight years. She is certified in YogaFit for beginner, intermediate, and senior yoga. Nancy is passionate about using yoga to bring more physical, emotional, and spiritual balance to our lives. Bring your own yoga mat and wear loose comfortable clothing. 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.

7-week class. Registration deadline: Fri, Sept. 9. Minimum 10 participants. Cost: \$53/resident; \$63/non-resident.

420216-1	Mixed level Adults (13+) Mon, Sept. 12 – Oct. 24 6:30-7:30 pm	VH Commons
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FALL ADULT SOFTBALL LEAGUES

Weekly double-header format; game times are 6 pm, 7 pm, 8 pm and 9 pm. 10 games over 6 weeks, weather permitting. Cost for Men's Silver "D" and Men's Bronze E: \$519 after July 15. Cost for Co-Rec Leagues: \$547 after July 15. Registration deadline: Fri, Aug. 5 or until full. No games Mon, Sept. 5. Registration forms and online registration is available at www.cityvadnaisheights.com. Six-team limit per league, so sign your team up now!

420126-1	Men's Silver "D"	Begins Mon, Aug. 15
420126-2	Men's Bronze "E"	Begins Tue, Aug. 16
420116-1	Co-Rec "D"	Begins Wed, Aug. 17
420116-2	Co-Rec "D"	Begins Thu, Aug. 18



FALL ADULT OPEN GYM

Vadnais Heights Parks and Recreation Department offers open gym at the AFSA High School, beginning Sat, Nov. 12. No open gym Nov. 26, Dec. 24, 31.

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 Adults
Basketball (pick-up games)	Sat, 8-10 am Adults

COMMUNITY HALLOWEEN PARTY

Mon, Oct. 31 6-8 pm VH Commons

Enjoy an evening of entertainment and fun; Circus Manduhai Show from 6:30-7:15 pm, Halloween treats, balloon animals and refreshments. Get into the Halloween spirit with this free community event. This event is sponsored by the Vadnais Heights Fire Relief Association and the Vadnais Heights Parks and Recreation Department.



PJS WITH SANTA

This annual holiday event features Santa, The Wizard of Oz Puppet 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, Nov. 28.

440136-1	Fri, Dec. 2 6-8 pm	VH Commons
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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.

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 courts, and restrooms.

Residents enjoy parks outside Vadnais Heights, 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.

Area Recreation Contact Information:

Organization	Phone # / Website
Vadnais Sports Center	651-481-1000 parks.co.ramsey.mn.us/arenas
Tamarack Nature Center	651-407-5350 parks.co.ramsey.mn.us/tamarack
Ramsey County Parks & Rec	651-748-2500 parks.co.ramsey.mn.us
WBL School District Com. Serv.	651-407-7501 whitebear.k12.mn.us/CommunityServices
White Bear Area Senior Prog.	651-653-3121 whitebear.k12.mn.us/CommunityServices
White Bear Area YMCA	651-777-8103 YMCAinTwinCities.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

