



Vadnais Heights

PARKS & RECREATION – FALL 2019

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 the deadline.

REGISTER ONLINE!

Conveniently register online at www.cityvadnaisheights.com. 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. 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

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. Find more information online at www.cityvadnaisheights.com/coaching.

WORK FOR PARKS & RECREATION

Become a gym supervisor, floor hockey instructor, soccer instructor or warming house attendant. Call Katie Everett at 651-204-6060, contact City Hall for an application, or search current openings on our website.

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 practicing skills, 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. Volunteer coaches needed (fee waived). Coaches' meeting: Wed., Sept. 11, 6 pm at Vadnais Heights Commons. Registration deadline: Fri., Sept. 6. No games Oct. 19. Cost: \$40/resident; \$50/non-resident.

410119-1	Ages 4-5 10:30-11:45 am	Sat, Sept. 14 – Oct. 26 Kohler Meadows & Lily Pond
410119-2	Ages 6-7 Noon-1:15 pm	Sat, Sept. 14 – Oct. 26 Kohler Meadows & Lily Pond
410119-3	Ages 8-12 9-10:15 am	Sat, Sept. 14 – Oct. 26 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. 10, 6 pm at Vadnais Heights Commons. Registration deadline: Fri., Sept. 6. No games Oct. 19. Cost: \$40/resident; \$50/non-resident.

410149-1	Grades 1-2 9:45-11 am	Sat, Sept. 14 – Oct. 26 Community Park
410149-2	Grades 3-5 11:15 am-12:30 pm	Sat, Sept. 14 – Oct. 26 Community Park

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: Tue, Oct. 15, 6 pm at Vadnais Heights Commons. Registration deadline: Fri., Oct. 11. No games Nov. 5, Nov 26, or Dec 10. Cost: \$40/resident; \$50/non-resident.

410129-1	Grades 1-2 6:10-7:10 pm	Tue, Oct. 22 – Dec. 17 VH Elementary School
410129-2	Grades 3-5 7:30-8:30 pm	Tue, Oct. 22 – Dec. 17 VH Elementary School

INDOOR SOCCER (NEW DAY AND LOCATION!)

Participants learn basic soccer skills and fundamentals in a gym setting, using soft foam balls. 5-week class. Registration deadline: Mon, Nov. 4. No class Nov. 30. Cost: \$35/resident; \$45/non-resident.

470149-1	Ages 3-5 10-11 am	Sat, Nov. 9 – Dec. 14 AFSA HS
470149-2	Ages 6-8 11 am-Noon	Sat, Nov. 9 – Dec. 14 AFSA HS

FLOOR HOCKEY CLASS (NEW DAY AND LOCATION!)

Learn fundamentals in an instructional setting. Equipment provided. Wear sneakers and comfortable clothing. Registration deadline: Fri., Nov. 1. No class Nov. 27. Cost: \$35/resident; \$45/non-resident.

470179-1	Ages 4-5 6-7 pm	Wed, Nov. 6 – Dec. 11 VH Elementary Gym
470179-2	Ages 6-8 7-8 pm	Wed, Nov. 6 – Dec. 11 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 13-week session with an exciting holiday dance show at the conclusion of the session on Thu, Dec. 19. 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. 6 or until full. No class Nov. 5 or Nov 26. Cost: \$125/resident; \$135/non-resident.

HOP N' TOTS

Preschool – Ages 2.5 – 3 (Must be 30 months old by start of class)
A 45-minute, high-energy class that focuses on rhythm, balance, and coordination. With props, such as tambourines, scarves, and pompoms, your child will start with the basics while having tons of fun!

470129-1	Tue, Sept. 10 – Dec. 17, Dec. 19 5:15-6 pm	VH Elementary
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CREATIVE DANCE

Pre-Kindergarten – Ages 4 & 5 (Must be entering Kindergarten Fall of 2020)
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!

470129-2	Tue, Sept. 10 – Dec. 17, Dec. 19 5:15-6 pm	VH Elementary
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KINDERDANCE

Kindergarten – Ages 5 & 6 (Must be entering Kindergarten Fall of 2019)
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!

470129-6	Tue, Sept. 10 – Dec. 17, Dec. 19 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!

470129-4	Tue, Sept. 10 – Dec. 17, Dec. 19 7-7:45 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.

470129-3	Tue, Sept. 10 – Dec. 17, Dec. 19 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.

470129-5	Tue, Sept. 10 – Dec. 17, Dec. 19 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, 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 over twenty years of experience. She practices and teaches Ayurveda – the sister science to Yoga, is a Reiki Master 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 a blanket/towel 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.

420219-1	Mon, Sept. 9 – Nov. 25 6:30-7:30 pm	VH Commons
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DISCOVER YOUR DOSHA AND A DAILY ROUTINE FOR WELLNESS AND VITALITY

Together we will explore our Dosha and learn a daily routine that can help us find balance and stay vibrant during the winter months and throughout the holiday season. You will leave with a package of goodies to help you get started toward wellness and balance.

2-hour workshop. Mixed level Adults (13+). Registration deadline: Fri, Nov. 8. Maximum 15 participants. Cost: \$50.00/resident; \$60/non-resident.

420219-2	Wed, Nov. 13 6:30-8:30pm	VH Commons
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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 for adults (13+) with beginners welcome. One hour and 15 minute class.

3-week class. Registration deadline: Fri, Nov. 29 or until full. Minimum 10 participants. Cost: \$36/resident; \$46/non-resident.

420219-3	Mon, Dec. 2, 9, 16 6:30-7:45 pm	VH Commons
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FALL ADULT OPEN GYM

Vadnais Heights Parks and Recreation Department offers open gym from 6-9 pm at the AFSA High School on Tuesdays beginning Nov. 12. No open gym Dec. 25, Jan 1.

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	AFSA HS
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COMMUNITY HALLOWEEN PARTY

Thu, Oct. 31 6-8 pm VH Commons

Enjoy an evening of entertainment and fun; Circus Manduhai Show from 7-7:45 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 "No Nose for Rudolf Show" at 6:15 and 7:15pm, a face painter, holiday games, cookies, and more for 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. 2.

440139-1	Fri, Dec. 6 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.

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.whitebearseniiorprogram.org. No Class December 24. 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

Co-sponsored by Vadnais Heights Parks and Recreation and White Bear Senior Program held at Vadnais Heights City Hall on the 4th Tuesday of the month from 2-3 pm. No program in December.

The Art of Moving – Small Steps/Big Moves

Tue, Sept. 24 2-3 pm

Overview of Elder Law, but include Guardianship & Estate Planning

Tue, Oct. 22 2-3 pm

Vision Loss Resources

Tue, Nov. 26 2-3 pm

Easy Cooking on a Budget

Tue, Jan. 28 2-3 pm

Classes are free, but registration through White Bear Area Senior Program is appreciated.



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 YMCAatWinCities.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

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

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
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Emergency Contact (REQUIRED)	Phone	Relationship
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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 \$ _____

