



Vadnais Heights

PARKS & RECREATION – Winter 2016-2017

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 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.

WORK FOR PARKS & RECREATION

Become a floor hockey, summer tennis instructor or playground staff person. For more information, call Brigid Nault at 651-204-6060 or find an application on our website at www.cityvadnaisheights.com.

WEATHER HOTLINE

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

LOCATIONS FOR PROGRAMS/EVENTS

AFSA High School	100 Vadnais Boulevard
Christ the Servant Church	3676 Centerville Road
City Hall	800 East County Road E
Community Park	641 East County Road F
VH Elementary School	3645 Centerville Road
Vadnais Heights Commons	655 East County Road F
Westfield Park	520 Westfield Lane

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.



BASKETBALL LEAGUE

Learn basketball fundamentals and game rules in a league setting. Teams will have 6 combined practice/games during the session. Fee includes t-shirt. Registration deadline: Thu, Jan. 12 or until full. Volunteer coaches needed (fee waived) Coaches meeting: Tue, Jan. 17 at the Vadnais Heights Commons. Cost: \$40/resident; \$50/non-resident.

110127-1	Grades 1-2 6:10-7:10 pm	Tue, Jan. 24 – Feb. 28 VH Elementary Gym
110127-2	Grades 3-5 7:20-8:20 pm	Tue, Jan. 24 – Feb. 28 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 14-week session, with an exciting spring dance show at the conclusion of the session on Tue, April 25 at the White Bear High School North Campus Auditorium. A \$50 check, payable to Happy Feet, is due the first day of class for the costume fee (includes costume and tights) for the Spring Dance Recital.

Dancers should wear a leotard and tights or comfortable, movement-ready 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 to the first class. Email instructor Jenny Hansell with questions regarding the dance program at missjenny@happyfeetdancecompany.com. Registration deadline: Fri, Jan. 6 or until full. No class Feb. 21, March 14. Cost: \$112/resident; \$122/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!

170127-1	Tue, Jan. 10 – April 25 5:15-6 pm	VH Elementary School
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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!

170127-2	Tue, Jan. 10 – April 25 5:15-6 pm	VH Elementary School
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KINDERDANCE

Kindergarten – Ages 5-6 (Must be currently in Kindergarten)
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!

170127-6	Tue, Jan. 10 – April 25 6:15-7 pm	VH Elementary School
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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!

170127-4	Tue, Jan. 10 – April 25 7:00-7:45 pm	VH Elementary School
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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.

170127-3	Tue, Jan. 10 – April 25 7:45-8:30 pm	VH Elementary School
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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.

170127-5	Tue, Jan. 10 – April 25 7:45-8:30 pm	VH Elementary School
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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: Session I: Fri, Jan. 13; Session II: Fri, Feb. 10. Cost: \$35/resident; \$45/non-resident.

SESSION I		
170147-1	Ages 3-5 6-7 pm	Wed, Jan. 18 – Feb. 15 VH Elementary Gym
170147-2	Ages 6-8 7-8 pm	Wed, Jan. 18 – Feb. 15 VH Elementary Gym
SESSION II		
170147-3	Ages 3-5 6-7 pm	Wed, Feb. 22 – March 29 (No class March 15) VH Elementary Gym
170147-4	Ages 6-8 7-8 pm	Wed, Feb. 22 – March 29 (No class March 15) VH Elementary Gym

FLOOR HOCKEY

This program is for boys and girls who want to stay active during the winter months, learn fundamentals, develop good sportsmanship, and friendships, all while having fun. A great way to get introduced to hockey fundamentals and skills. Registration deadline: Session I: Thu, Jan. 12. Session II: Thu, Feb. 16. Cost: \$35/resident; \$45/non-resident. No Class March 18.

SESSION I		
170177-1	Ages 4-6 10:15-11:15 am	Sat, Jan. 14 – Feb. 11 AFSA High School
170177-2	Ages 7-10 11:15 am-12:15 pm	Sat, Jan. 14 – Feb. 11 AFSA High School
SESSION II		
170177-3	Ages 4-6 10:15-11:15 am	Sat, Feb. 18 – March 25 AFSA High School
170177-4	Ages 7-10 11:15 am-12:15 pm	Sat, Feb. 18 – March 25 AFSA High School



ICE RINK/WARMING HOUSE HOURS 2016-2017

Sat, Dec. 17, 2016 – Mon, Feb. 20, 2017

Weather Permitting		
Mon - Fri	4-9 pm	Community Park
Sat-Sun	1-9 pm	Community Park & Westfield Park
Mon - Fri	Rinks lit until 9 pm	Westfield Park No warming house
Last day Community Park Warming House is open		Mon, Feb. 20
Last day Westfield Park rinks lit		Mon, Feb. 20

Locations		
Community Park, 651 E. County Rd. F	1 Pleasure Rink & 1 Hockey Rink	
Westfield Park, 520 Westfield Lane	1 Pleasure Rink & 1 Hockey Rink	

Weather Hotline 651-204-6002

COMMUNITY PARK & WESTFIELD PARK WARMING HOUSE HOLIDAY HOURS

Dec. 24, 31	11-3 pm
Dec. 25, Jan. 1	CLOSED
Dec. 23, 26, 27, 28, 29, 30, Jan. 2	1-9 pm
Jan. 16, 26, 27	1-9 pm
Feb. 20	1-9 pm

ICE SKATING OPEN HOUSE

Sat, Jan. 21 1-5 pm Community Park & Westfield Park
Grab your skates and scarves and have fun with your neighbors at the Community Park & Westfield Park hockey and pleasure rinks. Enjoy hot chocolate and cookies. This event is FREE!

WINTER ADULT OPEN GYM

Vadnais Heights Parks and Recreation Department offers open gym at the AFSA High School, beginning Sat, Nov. 12 through March 2017. No open gym Nov. 26, Dec. 24, Dec. 31.

Cost: Adult - \$3; Teens under 18 - \$2. 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

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 more than eighteen 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. *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.*

SESSION I		
8-week class. Registration deadline: Fri, Jan. 6 or until full. Minimum 10 participants. Cost: \$60/resident; \$70/non-resident.		
120217-1	Mixed level Adults (13+)	Mon, Jan. 9 – Feb. 27 6:30-7:30 pm VH Commons
SESSION II		
10-week class. Registration deadline: Fri, March 17 or until full. Minimum 10 participants. Cost: \$75/resident; \$85/non-resident.		
220217-1	Mixed level Adults (13+)	Mon, March 20 – May 22 6:30-7:30 pm VH Commons

SPRING/SUMMER 2017 ADULT SOFTBALL

Men's and Co-Rec softball leagues. Certified officials umpire games at Community Park. Registration and payment taken on a first-come, first-served basis. Leagues fill up fast – online registration available now! Registration deadline: Fri, April 21 at 4:30 pm or until full. Co-Rec manager meeting: Thu, April 27 at 7 pm. Men's manager meeting: Monday, May 1 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.

220127-1	Men's "D" (9 team limit)	Mon, Begins May 8
Weekly double-header format; two home runs per game. 16 games – 10 weeks.		
220127-2	Men's "E" (9 team limit)	Tue, Begins May 9
Weekly double-header format. 16 games – 10 weeks.		
220117-1	Co-Rec "D" Recreational (7 team limit)	Wed, Begins May 10
Weekly double-header format. 12 games – 8 weeks.		
220117-2	Co-Rec "D" Recreational (13 team limit)	Thu, Begins May 4
Weekly single-game format. 12 games.		

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

PJs WITH SANTA

This annual holiday event features Santa, Wizzard 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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EASTER EGG HUNT

The City of Vadnais Heights and the Vadnais Heights Lions Club will host the annual Easter Egg Hunt on Saturday, April 8, at Community Park, 641 East County Road F. The Easter Bunny will visit while you hunt for hidden eggs; participants will receive goodie bags. Though this event is free to Vadnais Heights residents, please consider donating non-perishable food items for the Vadnais Heights Community Food Program.

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.

Free presentations sponsored by CLASS (Consortium of Lake Area Senior Services). Please register by calling 651-407-2018

Advanced Care Planning, 10 am-Noon, Fri, Jan. 13, 2017, Vadnais Heights City Hall. Join senior outreach specialist Emily Justman to connect with the Metropolitan Area Agency on Aging's (MAAA) Senior LinkAge Line. Then dive into advance care planning and health directives, discover why this is important, discuss health care agents and more. Review sample health care directives and leave with an idea of where to go from here.

Introduction to Law Enforcement Community Support Services, 1-3 pm, Fri, March 10, 2017, White Bear Area Senior Center. Learn about non-emergency law enforcement, wellness checks, neighborhood watch and more from Sergeant Kevin Otto, Ramsey County Sheriff Department.

Nutrition as You Age, 10 am-Noon, Fri, May 12, 2017, Mahtomedi District Education Center, 1520 Mahtomedi Ave.

AREA ADULT INDOOR DROP-IN PICKLEBALL

Shoreview Community Center, 4580 Victoria St N, Shoreview, MN 55126
Mon-Fri 8:30-11 am
Sept. 12 - April 28

Island Lake School, 3555 Victoria St N, St Paul, MN 55126
Wed 6-9 pm
Oct. 5 - April 26

Contact John at johngmalm@gmail.com or 651-353-6256 for dates and more information.

The Armory, 2228 4th Street, White Bear Lake

Wed 5-7 pm
Sun 3-5 pm
Sat, 9-11 am

Contact Sue at grunsusan@gmail.com for dates and more information.

JOIN THE 2017 HERITAGE DAYS COMMITTEE

We are recruiting volunteers and ideas for the 2017 Heritage Days Committee. The first meeting is Tue, Jan. 10 at 7 pm at Vadnais Heights Commons. Heritage Days takes place Aug. 17-20, 2017. For more information, please contact Brigid Nault at 651-204-6060 or brigid.nault@cityvadnaisheights.com.

Find Heritage Days on our city website and on Facebook!

www.cityvadnaisheights.com

www.facebook.com/VadnaisHeightsHeritageDays



STAY ACTIVE THIS WINTER

It can be hard to stay active when the cold weather hits, but the City of Vadnais Heights and Ramsey County offer an abundance of winter activities for you and your family to enjoy. Venture on a new walking trail, try cross-county skiing or snowshoeing, or find an outdoor or indoor ice rink.

WALKING TRAILS

Walking trails in our parks are open year-round. After 2 or more inches of snow and once streets are plowed, key trails and sidewalks are cleared of snow. With over 100 acres of parkland across 14 parks, get out and enjoy a new walking trail this season.

SKIING AND SNOWSHOEING

Vadnais-Sucker Lakes

Cross-county skiing trails at Vadnais-Sucker Lake Park are accessible from the parking lots on the north and south sides of County Road F, two blocks east of Rice Street in Vadnais Heights. Sucker Lake trail is a 3K easier to more difficult loop. Vadnais Lake trail is a 4.3K easier two-way loop. Visit www.ramseycounty.us for a trail map and current trail conditions.

Tamarack Nature Center

Tamarack Nature Center is home to beautiful cross-country ski trails and the only designated snowshoe trail in the Ramsey County parks system. Don't have your own skis? Want to try out snowshoeing? Tamarack Nature Center offers ski and snowshoe rental at the Winter Recreation Rental Shack, located in the nature center building. Strap on some snowshoes and hit the trails! Tamarack Nature Center also offers a variety of public ski and snowshoe instructional programs each season.

For rates, hours and more information on skiing and snowshoeing at Tamarack Nature Center, please visit www.ramseycounty.us or call 651-407-5350.

Tamarack Nature Center
5287 Otter Lake Road
White Bear Township, MN 55110

ICE SKATING

Outdoor Ice Rinks

Come skate at Community Park and Westfield Park! Warming houses, pleasure rinks and hockey rinks are open December-February, weather permitting. See left column of this page for warming house hours and for information on our Ice Skating Party on Saturday, January 21.

Indoor Ice Arenas

The Maplewood Aldrich Arena and the Vadnais Sports Center both offer indoor ice time. For information on ice and turf reservations, open skate, open hockey and skating lessons, visit www.ramseycounty.us.

Aldrich Arena
1850 White Bear Avenue North
Maplewood, MN 55109
651-748-2510

Vadnais Sports Center
1490 County Road E East
Vadnais Heights, MN 55110
651-481-1000