



Vadnais Heights

PARKS & RECREATION – Winter 2017-2018

SIGN UP NOW

First come, first served!

REGISTER ONLINE!

Conveniently register online at www.cityvadnaisheights.com/recreation. Click on the activity that interests you and follow the prompts. No additional charge 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: Mon, Jan. 8 or until full. Volunteer coaches needed (fee waived). Coaches meeting: Thu, Jan. 11 at the Vadnais Heights Commons. Cost: \$40/resident; \$50/non-resident. No games Feb. 6.

110128-1	Grades 1-2	Tue, Jan. 23 – Feb. 27
	6:10-7:10 pm	VH Elementary Gym
110128-2	Grades 3-5	Tue, Jan. 23 – Feb. 27
	7:20-8:20 pm	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 24 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. 5 or until full. No class March 6 & 13. Cost: \$137/resident; \$147/non-resident.

HOP N' TOTS

Preschool – Ages 2 ½-3 (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!

170128-1	Tue, Jan. 9 – April 24
	5:15-6 pm
	VH Elementary School

CREATIVE DANCE

Pre-Kindergarten – Ages 4-5 (Must be entering Kindergarten Fall of 2018)
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!

170128-2	Tue, Jan. 9 – April 24
	5:15-6 pm
	VH Elementary School

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!

170128-6	Tue, Jan. 9 – April 24
	6:15-7 pm
	VH Elementary School

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!

170128-4	Tue, Jan. 9 – April 24
	7-7:45 pm
	VH Elementary School

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.

170128-3	Tue, Jan. 9 – April 24
	7:45-8:30 pm
	VH Elementary School

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.

170128-5	Tue, Jan. 9 – April 24
	7:45-8:30 pm
	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 _____

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. 12; Session II: Fri, Feb. 16. Cost: \$35/resident; \$45/non-resident.

SESSION I		
170148-1	Ages 3-5 6-7 pm	Wed, Jan. 17 – Feb. 14 VH Elementary Gym
170148-2	Ages 6-8 7-8 pm	Wed, Jan. 17 – Feb. 14 VH Elementary Gym
SESSION II		
170148-3	Ages 3-5 6-7 pm	Wed, Feb. 21 – March 28 (No class March 14) VH Elementary Gym
170148-4	Ages 6-8 7-8 pm	Wed, Feb. 21 – March 28 (No class March 14) 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. This is a great way to be introduced to hockey fundamentals and skills. Registration deadline: Session I: Fri, Jan. 12. Session II: Fri, Feb. 16. Cost: \$35/resident; \$45/non-resident. No Class March 17.

SESSION I		
170178-1	Ages 4-6 10:15-11:15 am	Sat, Jan. 13 – Feb. 10 AFSA High School
170178-2	Ages 7-10 11:15 am-12:15 pm	Sat, Jan. 13 – Feb. 10 AFSA High School
SESSION II		
170178-3	Ages 4-6 10:15-11:15 am	Sat, Feb. 17 – March 24 AFSA High School
170178-4	Ages 7-10 11:15 am-12:15 pm	Sat, Feb. 17 – March 24 AFSA High School



ICE RINK/WARMING HOUSE HOURS 2017-2018

Sat, Dec. 16, 2017 – Mon, Feb. 19, 2018

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. 19

Last day Westfield Park rinks lit

Mon, Feb. 19

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. 22, 26, 27, 28, 29, 30	1-9 pm
Jan. 15, 25, 26	1-9 pm
Feb. 19	1-9 pm

ICE SKATING OPEN HOUSE

Sat, Jan. 20 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. 11 through March 2017. No open gym Nov. 25, Dec. 23, Dec. 30, Feb. 6

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. 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 twenty years of experience. She is a Reiki and Ayurveda Yoga Therapist 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 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. 5 or until full. Minimum 10 participants. Cost: \$60/resident; \$70/non-resident.

120218-1	Mixed level Adults (13+)	Mon, Jan. 8 – Feb. 26
	6:30-7:30 pm	VH Commons

SESSION II

10-week class. Registration deadline: Fri, March 16 or until full. Minimum 10 participants. Cost: \$75/resident; \$85/non-resident.

220218-1	Mixed level Adults (13+)	Mon, March 19 – May 21
	6:30-7:30 pm	VH Commons

SPRING/SUMMER 2018 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: Mon, April 16 at 4:30 pm or until full. Co-Rec manager meeting: Thu, April 19 at 7 pm. Men's manager meeting: Mon, April 30 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.

220128-1	Men's "D" (9 team limit)	Mon, Begins May 7
	Weekly double-header format; two home runs per game.	16 games – 10 weeks.

220128-2	Men's "E" (9 team limit)	Tue, Begins May 8
	Weekly double-header format.	16 games – 10 weeks.

220118-1	Co-Rec "D" Recreational (7 team limit)	Wed, Begins May 9
	Weekly double-header format.	12 games – 8 weeks.

220118-2	Co-Rec "D" Recreational (13 team limit)	Thu, Begins April 26
	Weekly single-game format.	12 games – 12 weeks.

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



PJs WITH SANTA

This annual holiday event features Santa, The "No Nose for Rudolph 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. 27.

440137-1	Fri, Dec. 1	6-8 pm	VH Commons
----------	-------------	--------	------------

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.

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.whitebearsenioreniorprogram.org. The White Bear Area Senior Program expands beyond the walls the the Senior Center, working together with organizational partners to bring quality programs and services out into the community including:

FIRST TUESDAY LUNCH FOR SENIORS

Join us for 1st Tuesday Lunches this winter at Christ the Servant Lutheran Church. Lunch is served at noon and Bingo will follow. Menu items will be announced two weeks prior to each lunch.

Advanced registration only. Sponsored by Vadnais Heights Lions, City of Vadnais Heights, and White Bear Area Meals on Wheels. Cost: \$5 per person.

120238-1	Jan. 2	Registration Deadline: Dec. 22 at Noon
120238-2	Feb. 6	Registration Deadline: Jan. 30 at Noon
120238-3	March 6	Registration deadline: Feb. 27 at Noon

COMMUNITY CONNECTIONS

Co-sponsored by Vadnais Heights Parks and Recreation and White Bear Senior Program

4th Tuesday of the Month. Held at Vadnais Heights City Hall except where noted.

Dec 19	2-3 pm	Holiday Sing Along at the Vadnais Heights Commons (Includes refreshments)
Jan. 23	2-3 pm	NewTrax – Local Bus Circular Service for Seniors
Feb. 27	2-3 pm	Creating Dementia Friendly Communities – Focus Group
March 27	2-3 pm	NYFS Mental Health Services, presented by Christopher Vendel, LMFT

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

Free CLASS sponsored presentations are open to all. Call 651-407-2024 to register.

Jan. 12	Foods for Great Energy	10 am-Noon	Maplewood Library
March 9	Senior Fraud	10 am-Noon	Mahtomdedi District Center



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/pickleball 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 WhiteBearSeniorProgram.org
White Bear Area YMCA	651-777-8103 YMCAnn.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