

Spring Lake Park

Parks & Recreation Program Events & Highlights

May - August 2024

Spring

Summer



Spring Lake Park Recreation
1301 81st Avenue NE, Spring Lake Park, MN 55432
Hours: Monday - Friday, 8:00am - 4:30pm
763-792-7201 | recinfo@slpmn.org



Scan me
to register for programs

How to Register

Online - Visit our website at slprec.org and click "Registration". Payment is due at time of registration. If you need help setting up an account, call 763-792-7201.

In Person or Via USPS Mail - To register, bring or mail your Registration Form and payment to 1301 81st Avenue NE, Spring Lake Park, 8:00am - 4:30pm, Monday through Friday.

Address: Spring Lake Park - Parks & Recreation
1301 81st Ave NE, Spring Lake Park, MN 55432
Office Hours: 8:00am - 4:30pm, Monday - Friday
Email: recinfo@slpmn.org

Over The Phone - Call us at 763-792-7201 between 8:00am and 4:30pm, Monday - Friday. Payment is due at time of registration.

General Refund Information - If you cancel before the registration deadline, you will receive a 100% refund. After the registration deadline, we cannot guarantee a refund. Unless otherwise noted, the registration deadline is 1 week prior to the program start date. No refunds will be given within 72 hours of the program start date.

Extended Tour Refunds - Spring Lake Park will offer full refunds for Extended Tours if you choose to cancel prior to the registration deadline. Extended Tours have an optional Trip Protection Plan that you can choose to purchase for yourself.

Payment for Day Trips and Extended Tours

Day Trips: We accept cash, checks or credit cards at no additional charge.

Extended Tours: We accept cash and checks at no additional charge. We accept credit cards with an additional 3% charge. \$100 deposit required at registration.

Inside this issue:

Special Event	3
Spring Lake Park Tower Days	4-5
Youth Sports	6-7
Youth Dance and Tumbling	8-9
Youth Music & Dungeons and Dragons	10 -11
Youth Playground Programs, Outings & Events	12-13
Adult Sports and Fitness	14-15
Adult Enrichment, Free Classes and 55+	16-17
Adult Trips and Tours	18-21
Community Events	22
Registration Form	23

Employment

Applications available slprec.org

Head Softball Umpire - Youth League: \$1,500 for the season

Youth Softball Umpire: \$19 - \$23 per game

Field Supervisor - Youth Softball: \$13 - \$14 per hour

Enrichment & Workshop Instructors: per contract

Construction/Renovation Update

As you may already know, Spring Lake Park City Hall is currently undergoing renovations 1301 81st Avenue NE, Spring Lake Park, MN 55432. Completion of the newly designed area will serve to enhance public meeting and program spaces to better serve the community. We will be increasing the number of restroom facilities to accommodate public gatherings of up to 200 people. We'll be improving ADA accessibility throughout the building as well as expanding technology to promote citizen engagement.

It has been estimated that completion of these renovations will be Summer of 2025. Though we realize that our customers will be inconvenienced to some degree while we are in the midst of all the construction, we want to thank you your patience and understanding as we all try hard to work around it. Rest assured, it will have been all worth our while. Thank you again, for your patience and understanding. It is greatly appreciated.

Follow us
Facebook and
Instagram.



Music in the Park

**Summer Dine
and Dance**

**May 29
Spring Lake Park High School Jazz Band**

**June 12
North Suburban Band**

**June 26
Me & Todd with Maryn**

**July 10
Stir Crazy**

**July 24
Half Dead Roses**

**August 7
Dan Ferstenou**

**WEDNESDAYS
6:30pm-8:00pm**

**Lakeside Lions Park
7840 Pleasant View Dr**

**Concessions
available**

Sponsored by Spring Lake Park Recreation Department | 763-792-7201



Tower Days | June 6 - 8

The Spring Lake Park Lions Club & The City of Spring Lake Park Proudly Present:

Spring Lake Park Tower Days

June 6th - 9th, 2024

Thursday, June 6

Tower Days Parade and 3-k Fun Run. Begins at 6:30pm

NEW: Tower Days People's Choice Award—vote for your favorite float, band or unit. This year the community will participate in selecting a Tower Days People's Choice Award. The voting process will take place online.

Parade Route: Begins at 81st & Able St, north on Able to 84th, west on 84th to Monroe, south on Monroe to 79th, and east on 79th to Able St.

Preregistration is required for parade. Deadline May 15. **ROADS CLOSE @ 5:30pm**

All City Garage Sale Begins Thursday—Saturday Sale applications, maps and sale descriptions will be posted on slprec.org. \$7.00 registration fee.

Deadline: May 31.

Friday, June 7

Senior 500 Tournament 1:00 - 3:00pm at Able Park. \$5/person. This is an individual tournament, not partners. Pre-registration by May 31.

Sponsored by SLP Parks & Recreation

Puzzlepalooza 5:45 - 8:00pm at Able Park Building. Teams of up to 4 participants will complete to see who finishes a 500-piece puzzle in the shortest amount of time. (2 hr time limit). All puzzles will be the same. Limited space so register your team early. Ages 12+, each team must have one adult on it. \$35/team. Deadline to register June 5. Sponsored by SLP Parks & Recreation

Cricket Dart Tournament

7:00 - 9:00pm Torg Brewery. Teams of 2. Free

Saturday, June 8

Bingo, Pull tabs, Live Music & Fireworks at Lakeside Lions Park

12:30 - 3:00pm- Bingo \$200 pot. Jackpot \$1,199

12:00 - 9:00pm - Beer Garden & Food Concessions—SLP Lions

3:00 - 5:00pm - **Distilled** - a band from St. Paul, MN. A five-piece cover band who play rock, alternative rock, and today's best hits.

6:15 - 9:45pm - **Stone Daisy** - a country group from Prior Lake, MN. Twin Cities best modern country cover band

**No Carry ins allowed in park for the weekend

Fireworks
approximately
10:00pm



Sponsors: Stantec Consulting Services, Sunset Grill, Jim Kugler, Burn Boot Camp, Public Indoor Tennis, Carson, Clelland & Schreder, SLP Schools, Nelson Cheese & Deli, MYAS, Blaine Festival, Coon Rapids Culvers



Sunday, June 9th Events



10am - 2pm

MSMA Car Show: \$5 car entry fee. At Kraus Hartig VFW

11:00 - 11:45am

Will Hale: Children's Music - Interactive

11am-1pm

Table Top Carnival Games: 50 cent tickets.

11am - 5:30pm

Arts, Crafts and Business Fair: Enjoy shopping with local businesses

11 - 9:00pm

Food Concessions: Variety of food trucks & concessions

11 - 3:00pm

Pony Rides: \$8.00 per ride

12 - 12:30pm

Lumberjack Show: Experience live performances

12 - 6pm

Water Wars: Free with a button.

12 - 6:30pm

Inflatables & Kiddie Barrel Ride: Free with button

12 - 8pm

Bungee Trampoline: Free with a button

12 - 9pm

Lion's Adult Beverage Area: Beverages and food

12:30 - 1:15pm

Burn Boot Camp Pop Up Workout

1 - 3pm

Bingo: \$.25/card.

1 - 4pm

Free Face painting: Sponsored by Sunset Grill

1:15 - 3:15pm

Dean-O-Mite: Interactive Kids DJ

3:30 - 4:00pm

Lumberjack Show: Experience live performances

4:30 - 4:30pm

Interactive Lumberjack Show: Join in on the fun.

4 - 5pm

Chops, Inc., an "all age" marching-arts corps

5 - 5:30pm

Pie Eating Contest: Ages 5 - adult

5:30 - 6:00pm

Lumberjack Show: Live Performance

5:30 - 8:30pm

Balloon Artistry by Mandana: Sponsored by Jim Kuglar

6 - 8pm

Power of 10

6 - 8pm

Mobile Video Game Theater: 45' theater seats 16 players

7:00pm

Culvers Frozen Custard Social: Free with a button. Sponsored by Coon Rapids Culvers.

Music by

Power of 10

6:00-9:00 PM



Power of 10 features dynamic vocalists, an awe-inspiring horn section and a superb rhythm section performing a mix of timeless and current hits.

TRAFFIC INFO

FREE SHUTTLE SERVICE

Park for free at the SLP School District Office and enjoy a free shuttle to the park on Sunday, June 9 from 11:00am - 10:00pm

See page 24 regarding traffic update

Youth Co-Rec Softball

A community tradition for over 30 Years!

This is a recreation co-ed program for ages 5 - 17. Child must turn required age by May 13, 2024.

Teams meet a minimum twice per week, one-two practice nights and one game night, Monday through Thursday. Coaches will reach out after April 23rd to notify parents of the first practice and distribute practice / game schedules.

League format may be modified dependent on the number of registrants.

Volunteer Coaches are the backbone of this program. If you are interested in being a volunteer coach or would like additional information, please email Wesley Goldberg at wgoldberg@slpmn.org

Coaches will be assigned to teams beginning on March 21, 2024.

Practice Begins

Week of May 6

No Game Dates

May 27, June 6, July 1 - July 4

Regular Season Games

May 20 - July 18

Tournament Weekend

Thursday July 25 - Saturday, July 27
(Sunday, July 28 weather backup day if needed)

Registration fee is \$85/child

pending league availability.

If a family has *more than two* children in any age division, the additional children in the same family pay \$35 each.

League	Ages	Night	Game Time	Field
7U	5 - 7	Tuesdays	5:30 or 6:45pm	Sanburnol
10U	8 - 10	Tuesdays	5:30 or 6:45pm	Able
13U	11 - 13	Thursdays	5:30 or 6:45pm, possible 8:00	Terrace
17U	14 - 17	Mondays	5:30 or 6:45pm, possible 8:00	Terrace

Fee includes t-shirt, hat, participation award, an end of the season weekend tournament, game balls, equipment and umpires. No refunds after the first game.

Little Slugger Co-ed T-Ball Program

(Ages 4-5)



Learn softball basics with emphasis on skill development, rules, sportsmanship and fun.

Volunteer Coaches are the backbone of this program - If you'd like to help by coaching your child's team, please email Wesley Goldberg at wgoldberg@slpmn.org.

Coaches will be assigned to teams starting on May 13, 2024

Mondays & Wednesdays, June 10 - July 17 (No games June 19 & July 3) 6:00 - 7:00pm

Location: Sanburnol Park (520 Sanburnol Dr.) **Fee:** \$35/child Includes t-shirt, hat, & participation award

Children must turn required age by June 10, 2024.



These programs are designed for kids who want to learn basic skills of a sport while being active and having fun! Instructors focus on teaching age-appropriate fundamentals through instructional warm-ups, progressive activities, and scrimmages. Each week focuses on a new topic, and each topic builds on from the previous week. Classes are instruction-based, non-competitive, and to develop players at all ability levels.

- Prestars (Ages 3-5) | 5:30 - 6:10 PM
- Kinderstars (Ages 4-6) | 6:15 - 6:55 PM
- Mightystars (Ages 6-9) | 7:00 - 7:40 PM

Soccer

Each week will have a new topic building on the previous topic, including dribbling, shooting, defending, passing, and more.

Location: Lakeside Lions *(No class Jul 4)

Day(s)	Date(s)	Fee	Deadline
Thu	May 9 - May 30	\$67	May 2
Thu	Jun 13 - Jul 11 *	\$67	Jun 6
Thu	Jul 18 - Aug 8	\$67	Jul 11

Tennis

Each week will have a new topic building on the previous topic, including ground strokes, forehands, backhands, getting prepared for the next shot, and covering the court. Players will learn on a smaller court with a smaller net, and age appropriate racquets are used.

Location: Terrace Park *(No class Jul 4)

Day(s)	Date(s)	Fee	Deadline
Thu	May 9 - May 30	\$67	May 2
Thu	Jun 13 - Jul 11 *	\$67	Jun 6
Thu	Jul 18 - Aug 8	\$67	Jul 11

Pickleball for Teens Clinic

(Ages 10-16)



Interested in trying a new sport? This clinic is designed to give teens a sample of the sport while focusing on the rules, basic techniques, and fundamentals.

Location: Moore Lake Park - Fridley

Day(s)	Date(s)	Time	Fee	Deadline
Sat & Sun	May 4 & 5	12:15 - 2:15 PM	\$25	Apr 27
	June 1 & 2	12:00 - 2:00 PM		May 28

Parent/Child Pickleball Clinic

(Ages 10+)



Looking for a way for you and your child to hop in on the fastest growing sport in the county? Try our Parent/Child Pickleball Clinic. Our expert pickleball instructor will cover basic rule and technique through drills. All of this will build up to playing full games against your classmates! Equipment is available if needed.

Location: Moore Lake Park - Fridley

Day(s)	Date(s)	Time	Fee	Deadline
Sat & Sun	May 18 & 19	10:00 AM - 12:00PM	\$50/pr	May 11
		12:00 - 2:00 PM		

Youth Dance and Tumbling



All dance classes will be held at
9967 Ulysses St NE, Blaine

(No classes on July 3 or July 5)



Parents and tots enjoy an exercise/activity class together. Rockin' tots enjoy playful songs, fun with props and tumbling. Dads are welcome, too! Our instructor will guide parents and children through play and exercise activities. **(Ages 0-3)**

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jul 10	5:00 - 5:40 PM	\$50	May 31



A delightful introduction to the art of dance with ballet basics, creative movement, fun with props and tumbling, all in a professional dance setting. This class is perfect for the child who is comfortable separating from mom or dad. **(Ages 2-3)**

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jul 10	5:45 - 6:25 PM	\$55	May 31
Fri	Jun 7 - Jul 12	10:20 - 11:05 AM	\$55	Jun 2



A delightful introduction to the art of dance with ballet basics, creative movement, fun with props and tumbling, all in a professional dance setting. This class is perfect for the child who is comfortable separating from mom or dad. **(Ages 4-5)**

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jul 10	6:30 PM 7:10 PM	\$55	May 31
Fri	Jun 7 - Jul 12	11:10 - 11:55 AM	\$55	Jun 2



Participants will focus on dance basics of jazz and ballet in this fun introductory class. Learn basic positions and steps in a relaxed atmosphere where fun and creativity are encouraged. **(Ages 5-8)**

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jul 10	7:15 - 7:55 PM	\$55	May 31



Students will learn the latest styles of dance through body isolations, funky-style steps and contemporary moves to the latest approved pop and hip-hop music. **(Ages 4-6)**

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jul 10	5:45 - 6:25 PM	\$55	May 31



Students will learn the latest styles of dance through body isolations, funky-style steps and contemporary moves to the latest approved pop and hip-hop music. **(Ages 7-11)**

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jul 10	6:30 - 7:10 PM	\$55	May 31

Royal Princess & Prince Ball

This camp is a Royal introduction to the art of dance with a Princess/Prince Theme. Students will learn ballet basics and creative movement; all in a professional dance setting. **(Ages 3-6)**



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jul 10	5:00 - 5:40 PM	\$50	May 31

Mini Dance Team

Dancers will combine jazz, hip-hop and drill team styles into a fun and upbeat routine! Dance along to pop hits while learning strong movements. **(Ages 4-7)**



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jul 10	6:30 - 7:10 PM	\$55	May 31

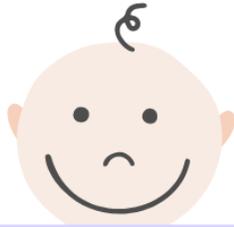
Dance Team Prep & Technique

Everything you need for your school dance team! These classes specialize in State-level dance team skills including kick stamina, jazz and kick technique and flexibility.



Beginner (Ages 10-13) | 5:00 - 6:00 PM
Intermediate (Ages 13-18) | 6:00 - 7:00 PM
Advanced (Ages 13-18) | 7:00 - 8:00 PM

Day(s)	Date(s)	Fee	Deadline
Wed	Jun 5 - Jul 10	\$50	May 31



TUMMY TIME

Infant Movement Class

This interactive class provides parent/infant bonding during a class filled with music, props and activities. Each infant will participate in stretching, tummy time and more to reach their developmental milestones through play!
(Ages 3 mon-crawlers)

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Jun 7 - Jul 12	9:30 AM 10:15 AM	\$50	Jun 2



Magical Storybook Adventure is a weekly activity for children of all ages and their caregivers. This fun-filled activity combines storybooks with music, dance, rhymes, instruments, finger plays, and much more! Join us as we explore stories while learning rhythm, musicality, motor skills and verbal skills.

With Parent/Adult. (Ages 0-3) | 9:35 - 10:10 AM
Independent (Ages 2-5) | 10:10 - 10:45 AM

Day(s)	Date(s)	Fee	Deadline
Wed	Jul 10 - Jul 31	\$50	Jun 21



A fairy time delight! A beginning level class for young dancers including creative movement, fun with props and ballet basics. Dancers will explore ballet through creative movement, technique and storytelling.

(Ages 2-3) | 9:30 - 10:05 AM
(Ages 4-5) | 10:10 - 10:40 AM

Day(s)	Date(s)	Fee	Deadline
Fri	Aug 2 - Aug 23	\$50	Jul 28



This 4-week camp gives kids the opportunity to practice and learn new 'ninja' skills. In this hip hop and acro based camp students will work on stamina, flexibility and 'trick' moves focusing on technique. Great for kids who like to run and jump around.

(Ages 4-7)

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Aug 5 - Aug 26	6:30 - 7:15 PM	\$50	Jul 31

ADAPTIVE DANCE PARTY

This one day adaptive dance party is designed for dancers with special needs. The camp will consist of creative movement, props, ballet movement, and a fun dance party. All dancers must be accompanied by an adult. (Ages 5-15)

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 12	10:30 AM - 12:00 PM	\$30	Jun 5

Barbie Dance Camp

Come on Barbie, Let's Dance! Jump into Barbie world and enjoy a Barbie themed dance class including ballet, jazz and other fun! Class will include a fun craft. (Ages 4-7)

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 24	5:30 - 7:00 PM	\$30	Jul 17

Shake it off!

Taylor Swift Camp

Join us for a Taylor Swift themed dance camp listening to all of her best songs! Your swiftie will learn a jazz and lyrical combo to two of Taylor's songs. Please wear exercise/comfortable clothes. (Ages 7-10)

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 21	5:30 - 7:00 PM	\$30	Aug 14



Music Together®



Music Together - Demo

Discover the joy of making Music Together! Sing, laugh, move and learn along with your baby, toddler or preschooler for 45-minutes during this free demo session. You and your child will attend the demo session. When registering, only register the child. (Ages 0-5)

Location: Mounds View Community Center

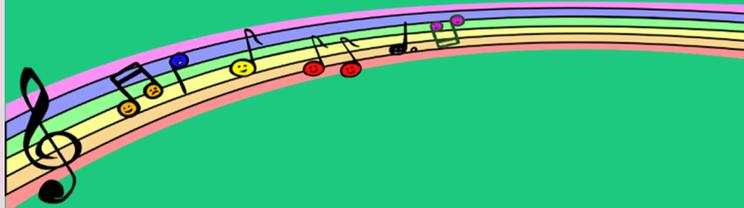
Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 17	9:00 - 9:45 AM	\$0	Jun 10

Music Together - Class

Discover the joy of making Music Together! Sing, laugh, move and learn along with your baby, toddler or preschooler for 45-minutes of pure fun each week in these award-winning classes. (Ages 0-5)

Location: Mounds View Community Center

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 24 - Aug 12	9:00 - 9:45 AM	\$174 1st child \$94/add child	Jun 17



All music classes will be held at

1312 81st Ave NE, Spring Lake Park

Intro to Music

(Ages 6-13)

Embark on a magical 5-week musical adventure designed for eager kids. Filled with learning and fun, the course introduces instruments like piano, drums, guitar, and ukulele. Each student receives their own Intro to Music book, a treasure map for understanding music. Beyond teaching, we focus on creating lasting memories and skills in a harmonious blend of learning, creativity, and enjoyment. No music expertise required – just bring your love for music and a big smile!

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jul 9 - Aug 6	5:15 - 6:00 PM	\$100	Jul 2

Rock Band Classes

Are you excited about helping your child connect with others while having a blast? Join our Rock Band class! Here, kids team up to learn teamwork and make awesome music together. We mix kids with different instruments, so they can make friends, learn, and jam out together. Whether your child is a group pro or new to the scene, our class is a great chance for them to meet new friends and rock on!

Ages	Day(s)	Date(s)	Time	Fee	Deadline
12-17	Tue	Jul 9 - Aug 6	6:00 - 6:50 PM	\$120	Jul 2
6-12	Wed	Jul 10 - Aug 7	4:00 - 4:50 PM	\$120	Jul 3

Private Lessons

Discover the joy of learning with a team of friendly, skilled teachers who are passionate about music education. Each lesson is personalized to align with your child's unique goals, covering key elements like technique, reading, ear training, theory, and sight reading. Your child will enjoy playing songs they love, as teachers incorporate various genres, such as hymns, pop, worship, rock, & jazz to create a customized and enjoyable musical experience.

For more information and to sign up, scan the QR code or call 763-445-9516 .





Badwolf Adventure Studios is an independent game store whose focus is to provide a premier tabletop gaming experience. Featuring curated music and lighting, interactive digital maps, custom miniatures, and professional Game Masters, the Studio strives to immerse each player into their own unique story. Tailored for young minds, these classes offer a magical blend of creative expression, teamwork, and critical thinking. Dungeons & Dragons provides a unique space for socialization, fostering friendships, and empowering each child to be the hero of their own story. Join us in unlocking the door to a world where imagination knows no bounds—enroll your child today for an epic journey of growth, camaraderie, and endless possibilities!

Tabletop Gaming

(Ages 10+)



Join a professional Game Master as you learn everything you need to know enjoy Dungeons and Dragons 5th Edition. This class includes character creation, basic rules, and taking your character into a beginner-friendly adventure. With an extensive library of miniatures, terrain, books, and other props, we make it easier than ever to learn, master, and enjoy the tabletop roleplay game experience.

May

Day(s)	Date(s)	Time	Fee	Deadline
Wed	May 29	6:00 - 8:00 PM	\$36	May 22

July

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 24	6:00 - 8:00 PM	\$36	Jul 17

**Classes are held at
Badwolf Adventure Studio
1517 94th Ln NE, Blaine**

Parent/Child Learn-to-Play

(Ages 8+)

Join us for a special Learn-to-Play session, designed for parents and children to attend together! Participants will learn the ins and outs of this classic tabletop role-playing game with a hands-on instructor.



They'll then create a character and enjoy a short segment of gameplay using what they've learned. Math, team-building, and critical thinking skills will be highlighted throughout the session. This class is most appropriate for kids 8 years old and up.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 26	6:00 - 8:00 PM	\$72/pair \$24/add	Jun 19

Miniature Monster Painting

(Ages 10+)

Join us for a monster-themed miniature painting class! Students will receive professional guidance on properly using model paint and finish the class with a complete miniature monster for take-home. This is a beginner-friendly course that needs no previous skills.



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 21	6:00 - 8:00 PM	\$36	Aug 14

Summer Playground Programs

Location: Able Park, 8200 Able St NE, SLP

Program Dates:

Session I: Monday, June 17 - Friday, Jul 12
(No Class Jul 4)

Session II: Monday, July 15 - Thursday, August 11

Supervised by our playground camp staff, we offer a range of free & paid program options that will surely meet your summer needs! Our staff will have fun and engaging outdoor activities planned each day, which include simple art projects, engaging games, team building, and more!

Free Programs

(Ages 6-12)

These free program days are offered at Able Park and supervised by our playground camp staff and are a great option to use in coordination with our other paid camp programs. Our staff will have fun and engaging outdoor activities planned each day, which include simple art projects, engaging games, team building, and more!

Day(s)	Time
Mon, Tue, Thu & Fri	9:30 AM – Noon
Fri	1:00 - 4:00 PM

Munchkins

(Ages 4 & 5)

Let your 4 and 5 year old's enjoy summer at Able Park with stories, songs, games, arts & crafts and much more! Daily snack provided. (Two 4 week sessions.)



Day(s)	Time	Fee
Tue/Thu	9:30 - 11:30 AM	\$16

Panthers

(Ages 6-12)

Join the fun in a program offered for youth to enjoy a variety of activities this summer. Special interest areas such as woodworking, arts and crafts, drama, sports, and nature are just some of the many areas that will be explored. Children meet 3 afternoons per week. (Two 4 week sessions.)



Day(s)	Time	Fee
Mon/Tue/Thu	1:00 - 4:00 PM	\$23.50

Wednesday Outings & Events

(Ages 6-12)

Drop off/Pick up: Able Park, 8200 Able St NE

Please pack an allergy-free lunch and weather appropriate clothing.

Elm Creek Park Day

We're off to Elm Creek Park for an exciting day of outdoor activities! We'll start off our day on the giant playground, then after lunch we'll have the younger & older kids split up into two separate groups. See details below.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 26	9:00 AM - 4:00 PM	\$34	Jun 19

Land Insects Extravaganza (Ages 6-8)



Our kiddos will head to the Eastman Nature Center to explore the amazing world of Land Insects! We'll explore insect habitats, learn about their roles in nature, and discover the importance of biodiversity conservation.

Disc Golf & Slacklining (Ages 9-12)



We're off to join the fun staff at Three Rivers Outdoor Adventure school for an afternoon of disc golf and slacklining!

Youth Playground Programs, Outings & Events

FREE: ArtStart + Tricia & the Toonies (Ages 6-12)



Funded by the Anoka County Board of Commissioners & State SCORE funds and the City of Spring Lake Park Recycling Program. Join us for a day of learning the importance of recycling and environmental preservation.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 3	9:00 AM - 4:00 PM	Free	Jun 26

Wet & Wild (Ages 6-12)



We'll spend the morning having fun at Able Park and in the afternoon we'll head to Commons Park in Fridley to enjoy big slip n' slides, lots of sprinklers, water toys, and tons of water balloons! Be sure to pack a swimsuit, towel, and sunscreen.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 10	9:00 AM - 4:00 PM	\$28	Jul 3

Como Zoo (Ages 6-12)



Join us for a fun filled day at Como Zoo! We'll spend the day viewing the wonderful animals at Como Zoo, as well as participating in an educational class for the opportunity to learn more about the wonderful plants and animals at Como Park Zoo & Conservatory.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 17	9:00 AM - 4:00 PM	\$34	Jul 10

Shrek the Musical Jr. (Ages 6-12)



First we'll head over to Commons Park, where we'll watch ETC Productions Shrek the Musical Jr., a hilarious stage spectacle, based on the Broadway musical. Then we will return to Able Park for more fun games and activities!!

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 24	9:00 AM - 4:00 PM	\$28	Jul 17

Bunker Beach (Ages 6-12)



The park includes 25,000 sq ft wave pool, waterslide tower, a large adventure pool including a play structure, and a lazy river! Be sure to pack a swimsuit, towel, and sunscreen. Includes supervision, transportation, & admission fee.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 31	9:00 AM - 4:00 PM	\$39	Jul 24

Nickel Jam (Ages 6-12)



After lunch at Able Park, we are heading to the annual Nickel Jamboree! Fee includes a \$5 card kids can use towards carnival games, puppet shows, face painting, hayrides, and treats. Activities are between 10-15 cents.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 7	9:00 AM - 4:00 PM	\$28	Jul 31

Zero Gravity (Ages 6-12)



Join us as we head to Zero Gravity for an adventure full of thrills. We'll bounce, climb, fly and play dodgeball in this awesome arena. Kids will also have the option to try high ropes course.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 14	9:00 AM - 4:00 PM	\$34	Aug 7

Adult Sports Leagues



The North Metro Sports Association is a partnership between Fridley, Mounds View, New Brighton, and Spring Lake Park recreation departments to bring adult sports leagues to the North Metro area.

All leagues are ages 18+

Bean Bag Toss League

Grab a partner and play in our Bag Toss League! League play consists of double headers and teams can be made up of 2 players of any gender combination. Fee includes championship awards and sales tax.

Location: Big Louie's Bar & Grill - New Brighton

Team Fee: \$40

Day(s)	Date(s)	Time	Deadline
Thu	starts May 30, 6 weeks + playoffs	6:00 - 8:00 PM	May 16
	starts Aug 8, 6 weeks + playoffs		Jul 25

Sand Volleyball Leagues

Enjoy an evening of Sand Volleyball! Teams will play regular season games and end-of-season playoffs. Fee includes referees, championship awards, and sales tax. Love playing volleyball but don't have a team? Sign up as an individual and be placed on a team with other individual registrants.

Locations

Competitive League - Commons Park, Fridley

Recreation League - City Hall Park, Mounds View

Deadline: Week of May 20

Individual Fee: \$40

Team Fee: \$315

League	Day(s)	Date(s)	Time
Coed	Mon	starts week of Jun 3,	6:00 - 10:00 PM
Women's	Wed	9 weeks + playoffs	

Soccer League

Get a team together this summer for our 7v7 soccer league! Teams will play 8 weeks of games, which includes playoffs. Fee includes championship awards, equipment, and sales tax.

Location: Community Park - Fridley

Individual Fee: \$40

Team Fee: \$320

Day(s)	Date(s)	Time	Deadline
Tue	starts May 28, 6 weeks + playoffs	6:00 - 9:00 PM	May 14

Visit our website for more info!!



Tournaments

We're bringing tournaments to the North Metro this summer! Gather up your teams for the ultimate competitive play, while having fun and meeting new people. All tournaments will have prizes for 1st and 2nd placing teams and may sponsor perks. Only the team manager will need to complete the registration process

Kickball Tournament

Bean Bag Toss Tournament w/ Mounds View Festival in the Park!

Day(s)	Date(s)	Location	Fee	Deadline	Day(s)	Date(s)	Location	Fee	Deadline
Sat	June 29	Community Park, Fridley	\$100 (up to 10 players)	Jun 22	Sat	Aug 17	Silver View Park, Mounds View	\$40 (2 players/team)	Aug 10

Adult Co-Rec Softball League (Ages 18+)



Enjoy a Sunday evening of low competition, co-rec softball! Teams will play regular season games and an end-of-season tournament. Fee includes umpires, equipment, championship awards, and sales tax.

Location: Terrace Park

Summer Season

Day(s)	Date(s)	Fee	Deadline
Sun	Apr 28 - Jul 14 (no games Mar 26 & Jul 7) 10 weeks + tournament	\$508/ team	Apr 21

Fall Season

Day(s)	Date(s)	Fee	Deadline
Sun	Aug 4 - Sep 22 (no games Sep 2) 10 weeks + tournament	\$400/ team	Jul 29

Pickleball Ladder Leagues

Ages 20 - 40

Location: Fridley High School

Day(s)	Date(s)	Time	Fee	Deadline
Mon	May 20 - Jul 29 (no games May 27)	6:00 - 8:00 PM	\$20	May 13
	Aug 12 - Sep 30 (no games Sep 2)			Aug 5

All Ages

Location: Fridley High School

Day(s)	Date(s)	Time	Fee	Deadline
Tue	May 21 - Jul 30 (no games Jul 2)	6:00 - 8:00 PM	\$20	May 14
	Aug 13 - Oct 1			Aug 6

Location: Moore Lake Park, Fridley

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 23 - Aug 1 (no games Jul 4)	10:00 AM - Noon	\$20	May 16
	Aug 15 - Oct 3 (no games Sep 5)			Aug 8

Intro to Pickleball Clinic (Ages 18+)

Looking to get involved in the fastest growing sport in the country? Spring Lake Park Pickleball Clinics are the answer! Clinics are designed to give you a sample of the sport while focusing on the fundamentals. We will cover rules and basic techniques to get you started.

Location: Moore Lake Park - Fridley

Day(s)	Date(s)	Time	Fee	Deadline
Sat & Sun	May 4 & 5	10:00 AM - Noon	\$25	Apr 27
	June 1 & 2			May 28

Pickleball Skills & Drills (Ages 18+)

This course welcomes pickleball players with a beginner to intermediate skill level to elevate their game. Each week will focus on a different area of the game while improving your play style and technique. Pickleball equipment will be provided if needed.

Location: Moore Lake Park - Fridley

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 5 - Jun 26	6:00 - 8:00 PM	\$55	May 29

Zumba

(Ages 18+)

Love to Dance? Join the Party! This specialty course is designed for those just starting their journey to a fit and healthy lifestyle or the older active adult. Zumba fitness is for everyone, all shapes and sizes and just about any age. (No class May 15) **Location:** QC Dance Studio

Session	Day(s)	Date(s)	Time	Fee	Deadline
I	Wed	Apr 24 - May 22	7:15 - 8:00 PM	\$40	Apr 17
II	Wed	May 29 - Jun 19	7:15 - 8:00 PM	\$40	May 22
III	Wed	Jul 10 - Jul 31	7:15 - 8:00 PM	\$40	Jul 3
IV	Wed	Aug 7 - Aug 29	7:15 - 8:00 PM	\$40	Jul 31

Yoga

(Ages 18+)

Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Learn how to take these basic exercises into your daily life to strengthen and tone your body, improve circulation, lower blood pressure, and help relieve stress. **Location:** Able Park (8200 Able St)

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 2 - May 30	6:00 - 7:30 PM	\$45	May 1
Thu	Jun 13 - Jun 27	6:00 - 7:30 PM	\$27	Jun 12
Thu	Jul 11 - Jul 25	6:00 - 7:30 PM	\$27	Jul 10
Thu	Aug 1 - Aug 29	6:00 - 7:30 PM	\$45	Jul 31

Adult Enrichment Classes

Bird Hike

Bird watching is an easy way to get outdoors and get some exercise. An experienced birder will be along to help identify birds, lead the hike and answer birding questions. Binoculars provided or you may bring your own.



Location: Coon Rapids Dam (9750 Egret Blvd NW)

Day(s)	Date(s)	Time	Fee	Deadline
Tue	May 7	6:00 - 8:00 PM	\$5	Apr 29
Fri	May 17	9:00 - 11:00 AM	\$5	May 9

Stand Up Paddle Boarding

Participants will learn how easy and fun it is to stand up paddle board. After instructions on land and in the water, the rest of the session will be spent on the water with the paddle boards. All equipment is provided.



Location: Coon Rapids Dam (9750 Egret Blvd.)

Day(s)	Date(s)	Time	Fee	Deadline
Sun	Jun 23	1:00 - 2:30 PM	\$25	Jun 15
Tue	Aug 6	2:00 - 3:30 PM	\$25	Jul 29

Canoe Trip Up the Mississippi

Enjoy a relaxing evening on the Mississippi River. This entry level canoe trip will head up the Mississippi River from Coon Rapids Dam. Staff will be along to help with instruction, wildlife interpretation, and getting set up with all the provided equipment.



Location: Coon Rapids Dam (9750 Egret Blvd.)

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Jul 26	6:00 - 8:00 PM	\$20	Jul 18

Introduction to Kayaking

This beginner-friendly class will introduce you to the fundamentals of kayaking in a relaxed slow-paced setting. You will learn about proper strokes and paddling technique and spend most of your time practicing these new skills on the water. Equipment is provided.



Location: Coon Rapids Dam (9750 Egret Blvd.)

Day(s)	Date(s)	Time	Fee	Deadline
Sun	Aug 25	3:00 - 5:00 PM	\$25	Aug 16

Mosaic Bird Bath

Peggy will help you create a personalized Mosaic Bird Bath. This class will include all the items you need and step by step instructions. Please bring rubber gloves, and old towel for grouting and wear clothing that can get messy. \$25.00 supply fee paid to instructor at class.



Location: Able Park (8200 Able St)

Day(s)	Date(s)	Time	Fee	Deadline
Fri	May 31	6:00 - 9:00 PM	\$20	May 20

Jeff Sandino - The Art of Sushi

Come explore the world of sushi as you create this Japanese delicacy yourself. We'll begin by preparing the coveted sushi rice then you'll learn the art of "nigiri-sushi" (hand molded rice) topped with shrimp, unagi, tamago, ahi tuna, and more. You'll then learn how to prepare "maki-sushi" using a bamboo mat to roll rice with various fillings in and around Nori (seaweed sheets). Options and accompaniments will include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger and soy sauce.



Location: Fridley High School

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 6	6:00 - 9:00 PM	\$45	May 30

Social Simple Classes

Virtual
12:00 - 1:00 PM
Fee: \$17



Join our virtual classes to level up your digital skills! Explore TikTok and ensure your family's safety online while building a solid foundation for lifelong tech habits. Overcome social media content creation fears with our beginner class, mastering skills to create engaging posts effortlessly. Additionally, unlock the potential of Canva, the ultimate design tool, with step-by-step guidance on creating various digital images. Don't miss out on these transformative learning opportunities!

Class	Day(s)	Date(s)	Deadline
Parent's Guide to Tik Tok	Thu	May 16	May 9
Social Media Content w/out Panicking	Tue	June 11	Jun 4
Canva for Awesome Beginners	Thu	Jun 13	Jun 6
Social Media Content w/out Panicking	Tue	Aug 20	Aug 13

Mature Drivers Courses

Did you know you can receive a 10% discount on your car insurance if you take a “Mature Drivers” Course? Minnesota has more than 1.5 million drivers age 55 and older — accounting for more than 20% of all licensed drivers in the state in 2020 — yet only a quarter of them have taken a class, which comes with a state-mandated 10% reduction in car insurance rates annually. (Star Tribune 12/5/2022)

Refresher Courses

Location: Oak Crest Senior Living (1639 County Hwy 10 NE)

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 27	12:30 - 4:30 PM	\$29	June 20

Location: Able Park (8200 Able St)

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 21	12:30 - 4:30 PM	\$29	Aug 14
Wed	Oct 30	12:30 - 4:30 PM	\$29	Oct 23

New Student Course

Location: Able Park (8200 Able St)

Day(s)	Date(s)	Time	Fee	Deadline
Tue & Wed	Oct 29 & 30	5:00 - 9:00 PM	\$31	Oct 23



FREE CLASSES

Gardens of Rice Creek

Participants will gather at the Gardens of Rice Creek for a free guided tour exploring unique plants and their impact on the landscape. Topics included curb appeal, quiet retreats, maintenance, and plant choices. The gardens cover four levels of uneven terrain. Preregistration is required. Transportation not provided.

Location: 1315 66th Ave NE, Fridley.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	May 22	10:00 - 11:30 AM	\$0	May 15

Medicare

This course will go over parts A, B, C, D and supplements of Medicare. We'll touch on a brief history of Medicare. Most of the time will be spent on Medicare Advantage Plans. We will NOT discuss carrier-specific plans. **Location:** Able Park (8200 Able St)

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Apr 10	6:00 - 7:00 PM	\$0	Apr 5
Wed	Oct 2	6:00 - 7:00 PM	\$0	Sep 25

Will Your Taxes Affect Your Retirement

Make informed decisions and avoid paying more than your fair share. Learn how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed, and how to work efficiently within current tax brackets. **Location:** Able Park (8200 Able St)

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jun 4	3:00 - 4:30 PM	\$0	May 30

Thinking about Buying a Home?

Join us to kickstart your journey! Led by a local realtor and lender, this seminar simplifies the home buying process. Learn about loan qualifications, upfront costs, and assistance programs. Discover how a personalized plan can turn homeownership dreams into reality.

Location: Virtual

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 12	5:30 - 6:30 PM	\$0	Jun 5
Sat	Jun 15	10:30 - 11:30 AM	\$0	Jun 5
Wed	Aug 14	5:30 - 6:30 PM	\$0	Aug 7
Sat	Aug 17	10:30 - 11:30 AM	\$0	Aug 7

Packing, Staging & Marketing, oh my!

This Home Selling seminar is taught by a local realtor who will cover each step of the process so you walk away feeling confident and prepared. This seminar will answer your questions and provide actionable next steps, based on your personal goals to give you a pathway to listing your home. If getting your home ready to list sounds daunting, this is definitely the seminar for you. Free but please pre-register.

Location: Virtual

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 10	5:30 - 6:30 PM	\$0	Jul 3
Sat	Jul 13	10:30 - 11:30 AM	\$0	Jul 3
Wed	Sep 11	5:30 - 6:30 PM	\$0	Sep 4
Sat	Sep 14	10:30 - 11:30 AM	\$0	Sep 4



Vintage Vegas - Paramount Theater

Mick Sterling, along with songstress Cate Fierro and a stunning 16-piece orchestra, bring the dazzling sounds of Vegas to St. Cloud! This jam-packed program features the songs of Sinatra, Bennett, Garland, Liza, Dean Martin and many others. Don't miss it! Lunch included at Grizzly's. Select lunch upon registration.

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jun 25	10:15 AM - 4:45 PM	\$97	May 17



Taylor Falls Boat Cruise

We will enjoy lunch on the river aboard the Taylor Falls Queen Paddle boat. This cruise will be on the lovely St. Croix River, boasting unique rock formations and lovely summer colors. Lunch will be served while we are cruising. We will depart the cruise and finish our afternoon off at Franconia Sculpture Park, where you will have free time to walk among the amazing works of art. This activity will be outside on paths. Box Meal included.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 10	9:30 AM - 3:15 PM	\$86	Jun 10



Mystery Tour

Join us on an exhilarating Mystery Tour Day where enchantment awaits at every turn. Traverse through lush gardens, delve into the rich history of a church, and enjoy exploring our other stops. With surprises around every corner, this full day of fun promises education, enrichment, and excitement. Lunch and a special treat are included.

Don't miss out on this unforgettable adventure!

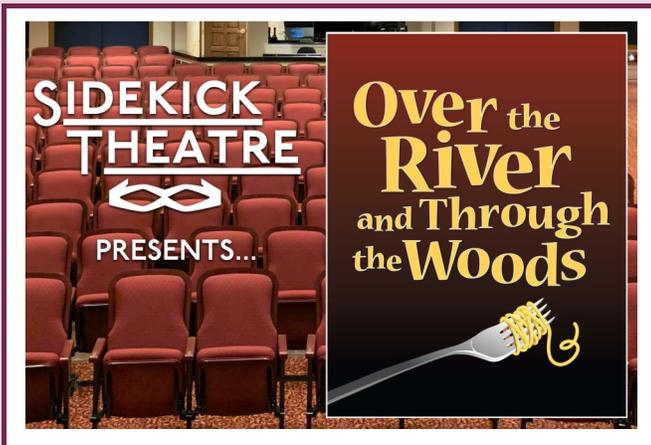
Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 24	8:00 AM - 5:30 PM	\$107	Jun 24



Hinckley Fire Museum & Wildlife Center

We'll start at the Wildlife Science Center in Stacy. We'll encounter wolves, bears, raptors, mountain lions, and more. Delve into the center's research and conservation initiatives before we break for our lunch. Next, we'll journey to the Hinckley Fire Museum to uncover the tragic aftermath of the Hinckley Fire. Witness the sheer magnitude of the wall of fire ignited by a seemingly innocuous spark. Please note that our itinerary includes leisurely walks along graded and flat paths at the Wildlife Center. Lunch included.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 15	9:00 AM - 4:00 PM	\$96	Jul 15



Over the River & Through the Woods

Nick is a 32 old single Italian-American man who dutifully has dinner with both sets of his grandparents every Sunday. When he announces he's leaving New Jersey to take a job in Seattle, his grandparents pull out all the stops to change his mind, including bringing to dinner the lovely—and single—Caitlin O'Hare as bait. This production will be at Sidekick Theater and Lunch is included: Creamy Chicken Breast, with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert, Coffee, Hot Tea.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Oct 24	10:15 AM - 4:15 PM	\$96	Sep 24

Evening / Family Outings



Henderson Classic Car Roll In

Enjoy your summer evening walking around downtown Henderson, MN at this classic car roll in. With over 200 cars and motorcycles showcasing craftsmanship of bygone eras. There will be food vendors, a Farmers Market, business and restaurants open for shopping. **Feel free to bring a lawn chair and just sit back and watch the cars roll by**, or walk around checking out all the restored cars and motorcycles. Box meal included.

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jul 16	3:30 PM - 8:30 PM	\$50	Jun 24



Twin Cities River Rats

Join us on this fun evening out watching the Twin Cities River Rats Water Ski Show. This is a family-friendly show. Watch high-flying stunts, fast-paced barefooting, graceful swivel skiing, and even human pyramids on water as the Ratagascar crew goes a Little Wild on the River! The team began in 1970 and has been going strong since then. They are nationally ranked and have skiers as young as 5 years old. This years theme is from the movie Madagascar. Box meal included. **Please bring a chair or blanket for event seating.**

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Aug 20	5:30 - 9:00 PM	\$36	Jul 15

Travel Show | April 17, 1:00pm at Able Park | RSVP 763-792-7201

Collette Trips

Peru: Machu Pichu & Lake Titacaca

February 15 — February 24, 2025 • 10 Days • 15 Meals

Lima, Sacred Valley of the Incas, Local Andean Cultures, Ollantaytambo Ruins, Home-Hosted Lunches, Machu Picchu, Cuzco, Choice on Tour: Sacsayhuamán Fortress or Walking Tour of San Blas, Lake Titicaca, Uros Floating Islands

Discover Scotland

May 11 — May 20, 2025 • 10 Days • 14 Meals

Bagpipe Lesson, Isle of Skye, Loch Ness, Orkney Islands, Dunrobin Castle, Sheepdog Demonstration, Choice on Tour: McCaig's Tower or Dunollie Castle Museum, Edinburgh Castle, Scottish Cooking Experience

Contact us at 763-792-7201 and plan your next adventure! *Full Details at www.slprec.org*

NATIONAL PARK TOUR

with Spring Lake Park Recreation

September 5-16, 2024

Tour Highlights

Join us for an adventure of a lifetime!
Experience our adventure as we tour one
America's most spectacular National Parks!



We will head on our epic tour
—with an overnight in NE

Day 1

We continue on with an
overnight near Denver

Day 2

Today, we will get our first look at all the west has to offer
with our drive through CO into Utah, with an evening activity
seeing the majestic landscape from boat. Day 4 we will head
into Arches National Park, and explore Deadhorse Point State
Park.

Days 3 & 4

Today we will drive through
Capital Reef and continue on
Hwy 12, to Bryce Canyon area
for our overnight.

Day 5

This morning we will have a
step on guide for Bryce
Canyon, and then depart to
Zion National Park

Day 6

Today we will visit Zion National Park and have some free time
in the afternoon.

Day 7

We will take a drive down to the North Rim of Grand Canyon

Day 8

Visit Glen Canyon Dam,
and head to Monument
Valley

Day 9

Mesa Verde National Park

Day 10

Start our journey home

Day 11

We will arrive home

Day 12



Tour Details

Tour cost includes: all
hotel accommodations,
luggage handling for one
bag, deluxe motorcoach
transportation,
professional Spring Lake
Park Recreation Tour
Manager, all tours,
admissions and tickets as
described in tour
brochure, several meals.

Tour Fees

Price per Person

Double, \$3,700/pp
Single, \$4,100/pp
triple \$3,530/pp *

*Please expect 2 double beds

\$100 deposit due upon
registration.

Final payment is due
on July 1, 2024

*Travel Insured International
is available for purchase*

Cancellation Policy

Trips are fully refundable by the Spring Lake Park &
Recreation Dept up to the trip's registration deadline.
Deadline: 07/01/24. After this deadline participants
should refer to their optional travel protection plan.

Spring Lake Park
Parks and Recreation
763-792-7201
slprec.org/parksrec



Girlfriends Getaway

Eastern Wisconsin Odyssey: From Maritime Marvels to Artistic Wonders



Get ready for an unforgettable adventure through Eastern Wisconsin, with Manitowoc as our charming base for three nights. This captivating trip blends history, culture, natural beauty, and sweet indulgence.

Thursday, September 26th — Sunday, September 29th , 2024

Day 1: Our journey today will take us through Minnesota into Wisconsin, with rest stops along the way. We will start the weekend fun with a stop at the Green Bay Botanical Gardens a vibrant tapestry of colors and scents, with a guided tour and an aromatic herbal experience. We will continue onto Manitowoc for our 3 night stay on the shores of Lake Michigan. Manitowoc-Two Rivers boasts 20 miles of stunning Lake Michigan shoreline, perfect for nature lovers and relaxation seekers.

Day 2: Manitowoc beckons with its rich maritime history. This morning we will tour Still Bend—a Frank Lloyd Wright house. It is considered to be Wright’s Life magazine “Dream House”, Wright developed the design in 1938. We will tour the Wisconsin Maritime Museum and the USS Cobia. Manitowoc is know for it’s ship building and contributions to war efforts. In the afternoon we will tour of Rahr West Art Museum and explore the downtown area. A day in Manitowoc isn’t complete without some sweets at Beersten’s candy and ice cream.

Day 3: We will step away from Manitowoc today and head south to Sheboygan Wi area. We will visit the Kohler Design Center and Museum for innovative designs and venture north to explore art and whimsy at John Michael Kohler Arts Center and Bookworm Gardens. The Art Preserve is the world’s first museum to focus entirely on the work from artist-built environments. Our afternoon will include a walk through Bookworm Gardens a vibrant, playful botanic garden inspired by children’s literature, the natural world and the imagination.

- **Day 4:** We will be wrapping up our time in Wisconsin today. We still have a bit to see before leaving. This morning we will have a tour at Roger Street Fishing & Hamilton Woodtype & Printing Museum. We will stop for lunch on our way home.

Tour cost includes: All hotel accommodations, luggage handling for one bag where available, deluxe motor coach transportation, professional Spring Lake Park Recreation Tour Manager, all tours, admissions, tickets and included meals. Meals: 3 breakfast, 1 lunch, 2 dinners. **Note: There is a 3% charge on credit cards payments.*

Price per Person

Double, \$999.00/pp
Single, \$1190.00/pp
Triple, \$945.00/pp *

**please expect 2 double beds*

Call to Register 763-792-7201

\$100/person deposit along with completed registration form required to reserve space.

Final payment is due on July 19, 2024

Travel Insured International is available for purchase

Cancellation Policy: Trips are fully refundable by the Spring Lake Park & Recreation Dept up to the trip’s registration deadline. Deadline: 7/19/24. After this deadline participants should refer to their optional travel protection plan.





Registration and Waiver Form

Name _____ Phone _____

Address _____

City/State/Zip _____ Email _____

Do the participant(s) have any relevant allergies or special accommodations? List here: _____

Participants Name	Grade	Age	Birthdate*	Activity	Activity Date	Fee

*Birthdates are required for Mature Drivers Courses.

Waiver

By registering, you are consenting to allow personal data to be shared with essential personnel involved in administering the program. In consideration of your accepting this entry, I, along with my heirs, assigns, representatives, executors and administrators, hereby waive and release any and all rights, causes of action, and claims for damages I have or may in the future have against the City of Spring Lake Park and its representatives, officials, successors, and assigns for any and all injuries, including but not limited to any injury suffered as a result of my exposure to communicable diseases such as MRSA, influenza, COVID-19, or any other communicable disease, suffered by myself at the activity that I attend. Photo Waiver: I understand that the City may use photographs taken at its programs that picture me or my dependents for publicity purposes. The Minnesota Data Privacy Act requires that personal information you provide remain private data and is not available to the public.

Required Signature: _____ Date: _____

Credit Card #:	Exp. Date: /	Sec Code:
----------------	---------------------	-----------

Make check payable to Spring Lake Park Recreation. Check # _____ To pay cash, visit our office.

Return form to: SLP Recreation, 1301 81st Ave NE, Spring Lake Park, MN 55432



Spring Lake Park Parks and Recreation Department
 1301 81st Ave. NE, Spring Lake Park, MN 55432
 763-792-7201



Spring Lake Park Recreation Department
1301 81st Avenue NE
Spring Lake Park, MN 55432

PRESORTED
 STANDARD
 US POSTAGE PAID
 TWIN CITIES, MN
 PERMIT NO. 1611

Spring Lake Park Tower Days

TRAFFIC INFORMATION

Update for the annual festivities for Tower Days at Lakeside Lions Park on Saturday, June 8 & Sunday, June 9, 2024.

- McKinley St NE will be one-way traffic going southbound from 81st Ave NE to 79th Ave NE
- 79th Ave NE will be one-way traffic going eastbound from -McKinley St NE to Pleasant View Dr NE
- Pleasant View Dr NE will be one-way traffic going northbound from 79th Ave NE to 81st Ave NE

Park for free at the SLP School District Office (1415 81st Ave NE) and enjoy a free shuttle to the park on Sunday, June 9, operating from 11:00am to 10:00pm

Earth Day

Clean Up

Join us this year!

New this year is our city wide Earth Day Clean-Up service events. It's free to participate and there's no advance registration needed: just choose a site and show up. Volunteer coordinators provide bags, and volunteer waivers to sign.

Clean-ups begin at 9:30am and ends promptly at Noon.

Clean Up check in sites Able Park, Terrace Park, City Hall

Day(s)	Date(s)	Time
Sat	Apr 20	9:30 AM - Noon

Spring Lake Park Tower Days

June 6-9, 2024

Highlights

Thursday

~Parade 6:30pm & 3K Run

Friday

~Senior 500 Tournament
 ~Puzzlepaloolza
 ~Cricket Dart Tournament

Saturday

~Distilled - rock and current hits
 ~Stone Daisy - country
 ~Fireworks

Sunday

~All American Lumberjack Shows
 ~Chops, an "all age" marching-arts corps
 ~Power of 10



Visit www.slprec.org for full schedule.
 Sponsored by City of Spring Lake Park & SLP Lions Club
 763-792-7201