



Spring Lake Park



# PARKS & RECREATION

SEPTEMBER – DECEMBER

: Fall 2025 :

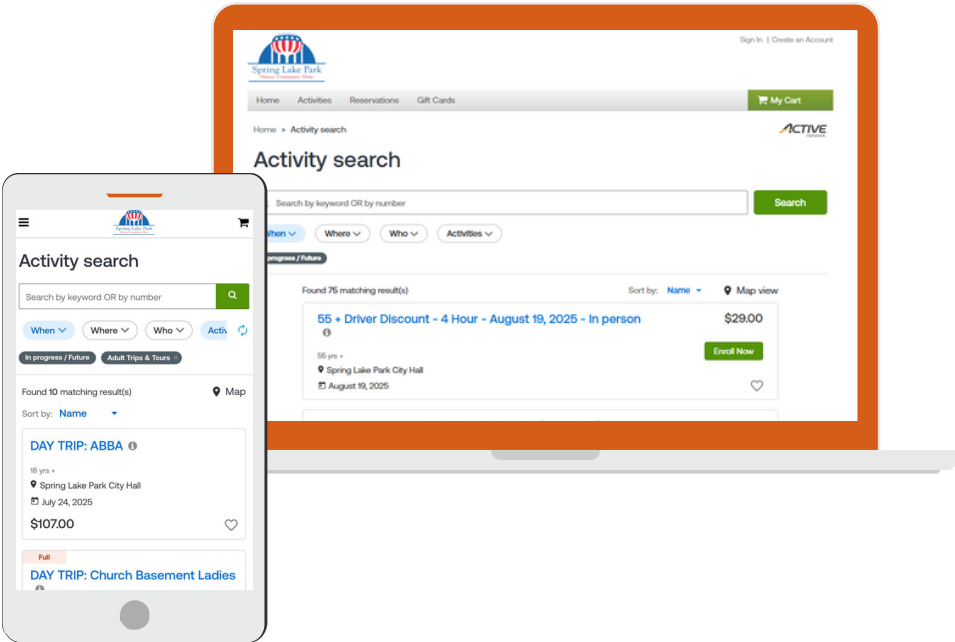


Spring Lake Park Recreation  
1301 81<sup>st</sup> Ave NE, Spring Lake Park, MN 55432  
Hours: Monday - Friday, 8:00 AM - 4:30 PM  
763-792-7201 | [recinfo@slpmn.org](mailto:recinfo@slpmn.org)

Scan here to  
register for  
programs!



# Registration Begins:



## Program Registration



### HOW TO REGISTER

- **ONLINE:** Visit our website at [slprec.org](http://slprec.org) and click “Registration”. To register online you must have an account for you and/or your family.
- **VIA PHONE:** Call us at 763-792-7201 between 8:00am and 4:30pm, Monday - Friday. Payment is due at time of registration.
- **IN-PERSON:** Stop by the Recreation Department located in Spring Lake Park City Hall during business hours.
- **BY MAIL:** Mail your completed registration form to the Recreation Department at Spring Lake Park City Hall.

### Mail registration form and payment to:

Spring Lake Park - Parks & Recreation  
1301 81st Ave NE  
Spring Lake Park, MN 55432

### REGISTRATION DEADLINES

Registration deadlines are established for each class to help ensure appropriate staffing, supplies and facilities to meet registration needs. Please refer to the program descriptions for each program registration deadline. If no registration deadline is listed, the deadline is seven days before program begins.

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### Parks and Recreation Contact Information

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

Hours  
Monday-Friday: 8:00 AM-4:30 PM

**Recreation Office**  
Phone: 763-792-7201  
Fax: 763-792-7257  
Email: [recinfo@slpmn.org](mailto:recinfo@slpmn.org)

**Clare Waddell**  
Program Supervisor  
763-792-7232  
[cwaddell@slpmn.org](mailto:cwaddell@slpmn.org)

**Anne Scanlon**  
Parks and Recreation Director  
763-792-7231  
[ascanlon@slpmn.org](mailto:ascanlon@slpmn.org)



## Fall 2025 Recreation Activities Brochure



### A Special Thank You to the Spring Lake Park Lions

Tower Days simply wouldn't be the same without the incredible Spring Lake Park Lions. Your hard work, countless volunteer hours, and unwavering community spirit are the driving force behind this beloved celebration. From organizing activities to making sure every detail is just right, you are the heart of Tower Days!

### Thank You to Our Tower Days Sponsors

We are deeply grateful to our generous sponsors and community partners whose support brings music, entertainment, and unforgettable moments to our friends and neighbors each year.

#### With Gratitude to Our 2025 Sponsors:

- Blaine Festival
- Quickway Rigging & Transfer
- Marvel Sewer and Drain
- Tsunami Car Wash
- Central Rental
- Stantec Consulting Services, Inc.
- Nelson Cheese & Deli
- Carson, Clelland & Schreder
- Park Construction and Public indoor tennis

Because of you, Tower Days continues to be a tradition that unites our community in celebration, laughter, and pride.



### Everyone is Welcome!

Our programs and events are open to all—you don't need to be a resident or district member to participate. Whether you're looking for recreation, enrichment, or community fun, we encourage you to join us. Come be part of the experience and enjoy everything Spring Lake Park Recreation has to offer!



### Senior Newsletter

#### Stay Connected & Join the Fun!

Are you 55+ (or any adult who's young at heart)? Our New Journeys newsletter is getting a fresh new look—and it's coming straight to your inbox six times a year! You'll get the inside scoop on exciting programs, can't-miss events, and all the fun happening with Spring Lake Park Recreation. Don't just hear about it later—grab a friend, sign up today, and be part of the adventure!

Call 763-792-7201 to sign up!



## WELCOME



### Meet Clare, Our new Recreation Program Supervisor!

She went to St. Olaf College for Studio Art and Education and played softball there. She has spent most of her life working in rec programs as a lifeguard, soccer coach, and middle school sports coordinator. She's excited to now be working with adults and continuing to build fun, welcoming spaces for everyone. She loves the tight-knit community that Spring Lake Park offers.

**Hobbies/Interests Outside of Work:** You can usually find her watching movies/TV (she's a huge movie buff), walking her dog (his name is Beau—he's a Bernese & Golden Retriever mix), or scrapbooking.

**Fun Fact:** She was born on a Friday the 13th.



## Reserve a Space in Spring Lake Park, MN

From indoor meetings to outdoor celebrations, Spring Lake Park offers flexible, affordable rental spaces for every occasion. Whether you're hosting a birthday party, family reunion, community meeting, or sporting event, we have the perfect space for you.

### City Hall Community Rooms

Located at Spring Lake Park City Hall, these rooms are ideal for meetings, trainings, clubs, and small to medium gatherings:

- **Spring Room** – Bright, multi-purpose space for larger meetings and celebrations.
- **Laddie Room** – Comfortable mid-size option for trainings or small parties.
- **Sunrise Room** – Cozy space for small meetings, consultations, or craft groups.

*Amenities (vary by room):* tables/chairs, presentation wall/TV, Wi-Fi, adjacent restrooms, and convenient parking.

### Able Park Building

One of our most popular rental facilities, perfect for gatherings big or small.

Capacity & Amenities:

- Standing: up to 90 | Seated: up to 40
- 5 rectangular tables, 10 round tables, 40 chairs
- Kitchenette, restrooms, and climate control
- Adjacent to playground, walking paths, volleyball courts, skating area and green space

*Perfect for:* Birthday parties, graduation open houses, reunions, showers, and organizational events.

### Other Rentable Park Shelters & Spaces

#### Picnic Shelters

- Able Park Shelter – Near playground and open space (2 picnic tables)
- Terrace Park East Shelter – Close to ballfields (3 picnic tables)
- Terrace Park West Shelter – Larger shelter near volleyball courts (4 picnic tables)
- Westwood Park Shelter – Shaded area near open lawn (2 picnic tables)
- Triangle Memorial Park Gazebo – Charming outdoor setting for small gatherings (seats ~10)

### Athletic Facilities for Rent

- Softball Fields – Able, Terrace, Sanburnol, Westwood, and Lakeside Lions Parks
- Volleyball Courts – Able, Terrace, and Lakeside Lions Park
- Football Field – Terrace Park only
- Hockey Rinks / Ice Skating – Able, Terrace, and Sanburnol Parks
- Tennis/Pickleball Courts – Terrace Park

### Rates & Fees (Resident / Non-Resident)

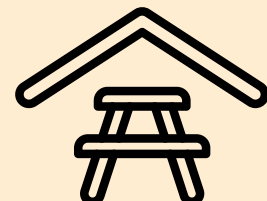
- **Room & Shelter Fees** vary by space, date, and residency status (resident/non-resident).
- **Damage/Cleaning Deposits** may apply and are refundable if all policies are met.
- **Payment** is due at booking to hold your date.
- Additional fees for lights, field lining, or special requests

### How to Reserve

1. **Online:** Visit [slprec.org](http://slprec.org) → Parks & Facilities → Reservations/Permits
2. **By Phone:** Call 763-792-7201 (Mon–Fri, 8:00 AM–4:30 PM)
3. **In Person:** Spring Lake Park City Hall – Recreation Department

### Lakeside Lions Park

- Lakeside Lions Park rentals are handled by Mounds View Parks & Recreation (763-717-4040).





All dance classes will be held at

**QC Dance Studio**

9967 Ulysses St NE,

Blaine, MN 55434



Parents and tots enjoy fun songs, props, and tumbling together in this guided play and exercise class. Dads welcome! Wear comfy clothes and clean tennis shoes or ballet slippers. Great for kids not ready to separate from a parent.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
0-2	Wed	Oct 1-Nov 5	5:00-5:30 PM	\$50	Sep 29



A fun intro to dance with ballet basics, creative movement, props, and tumbling in a professional setting. Wear a leotard or comfy stretch attire and ballet slippers. Ideal for kids ready to be independent.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
2-3	Wed	Oct 1-Nov 5	5:00-5:35 PM	\$55	Sep 29



A fun intro to dance with ballet basics, creative movement, props, and tumbling in a professional setting. Wear a leotard or comfy stretch attire and ballet slippers. Ideal for kids ready to be independent.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
4-5	Wed	Oct 1-Nov 5	5:40-6:15 PM	\$55	Sep 29



Dancers can begin or elevate their dance skills with the latest trends. Students will learn the latest styles of dance through body isolations, funky-style steps and contemporary moves, all set to the latest pop and hip-hop music. Wear comfortable clothes and clean sneakers.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
4-6	Wed	Oct 1-Nov 5	6:20-6:55 PM	\$55	Sep 29



Step into the spotlight with the freshest dance moves! Students will learn the latest styles of dance, from body isolations, funky-style steps and contemporary moves, all set to popular pop and hip-hop Music. Wear comfortable clothes and clean sneakers.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
7-11	Wed	Oct 1-Nov 5	7:00-7:35 PM	\$55	Sep 29

## TRICK OR TREAT DANCE PARTY



Come "BOO-gie" with us in your favorite costume for a Halloween-themed dance class! We will crawl like spiders, float like ghosts, and dance like skeletons to fun and spooky Halloween songs. Your child will also make a fun craft! Please wear ballet slippers/non-slip socks.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
3-6	Sat	Oct 25	10:30 AM-Noon	\$30	Oct 23



This program is a collaboration between  
Spring Lake Park, Mounds View, and Arden Hills  
Parks and Recreation Departments.

Parent participation is required for ages 2-3 and recommended for ages 4+.

## DASH Soccer

DASH Sports Soccer Tykes camps introduce young players to soccer through fun, skill-based games focused on dribbling, passing, and shooting. Players should bring a water bottle and wear athletic clothing; soccer balls are provided.

\*No class: Nov 29

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
<b>Session I</b> Location: Perry Park (Arden Hills)					
2-4	Wed	Sep 17-Oct 8	5:20-5:50 PM	\$65	Sep 15
5-7	Wed	Sep 17-Oct 8	6:00-6:45 PM	\$69	Sep 15
<b>Session II</b> Location: Mounds View Community Center					
2-4	Sat	Nov 8-Dec 6	5:30-6:00PM	\$65	Nov 4
5-7	Sat	Nov 8-Dec 6	6:10-6:40PM	\$69	Nov 4

## DASH T-Ball

DASH Sports T-Ball Tykes camp offers a fun intro to baseball or softball, teaching throwing, catching, batting, and baserunning. The final day features a 'Game Day' to showcase skills. Bring a glove and water bottle; balls and bats are provided.

**Location:** Royal Hills Park (Arden Hills)

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
2-4	Sat	Sep 20-Oct 11	1:00-1:40 PM	\$69	Sep 18
5-7	Sat	Sep 20-Oct 11	1:50-2:30 PM	\$69	Sep 18

## DASH Flag Football

DASH Sports Flag Football Tykes camps introduce kids to football in a safe, low-contact setting. Players will learn passing, catching, rushing, and defense through fun, skill-based games. Bring a water bottle and wear athletic clothing; cleats are optional. Footballs and flag belts are provided.

**Location:** Perry Park (Arden Hills)

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
2-4	Wed	Oct 15-Nov 5	5:20-5:50 PM	\$65	Oct 13
5-7	Wed	Oct 15-Nov 5	6:00-6:45 PM	\$69	Oct 13

# Youth Basketball Developmental Classes

This basketball clinic is the perfect place for young athletes to develop their talents, boost their confidence, and have a blast! Whether your child is a beginner or an experienced player, our clinics cater to all skill levels. With fun drills, exciting games, and team-building activities, your child will love every minute on the court!

This program is a collaboration between Spring Lake Park, Mounds View, and Arden Hills Parks and Recreation Departments.

\*No class: Nov 29

**Location:** Mounds View Community Center

## Fall Session I

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
<b>Intro to Basketball</b>					
4-10	Sat	Sep 13-Oct 11	9:00-9:30 AM	\$40	Sep 11
<b>Beginner</b>					
4-10	Sat	Sep 13-Oct 11	9:45-10:30 AM	\$45	Sep 11
<b>Intermediate</b>					
4-10	Sat	Sep 13-Oct 11	10:45-11:30 AM	\$45	Sep 11

## Fall Session II

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
<b>Intro to Basketball</b>					
4-10	Sat	Nov 8-Dec 13	9:00-9:30 AM	\$40	Nov 6
<b>Beginner</b>					
4-10	Sat	Nov 8-Dec 13	9:45-10:30 AM	\$45	Nov 6
<b>Intermediate</b>					
4-10	Sat	Nov 8-Dec 13	10:45-11:30 AM	\$45	Nov 6

## Winter Session

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
<b>Intro to Basketball</b>					
4-10	Sat	Jan 17-Feb 14	9:00-9:30 AM	\$40	Jan 15
<b>Beginner</b>					
4-10	Sat	Jan 17-Feb 14	9:45-10:30 AM	\$45	Jan 15
<b>Intermediate</b>					
4-10	Sat	Jan 17-Feb 14	10:45-11:30 AM	\$45	Jan 15





# MEA BREAK OUTING & ACTIVITIES

## Zero Gravity & Pumpkin Carving

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 a high ropes course. In the afternoon we'll head back to Hayes to carve pumpkins that will be showcased at Springbrook's annual Pumpkin Night in the Park (on 10/18). *Participants should pack an allergy-free lunch, a water bottle, and weather-appropriate clothing.*

*This program is a collaboration between Spring Lake Park and Fridley Parks and Recreation Departments.*

**Location:** Hayes Elementary School (Fridley)

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
6-12	Thu	Oct 16	9:00 AM-4:00 PM	\$65	Oct 14

## Bowlero Outing

Get ready for a jam-packed day! We'll start out the morning at Able Park and then head to Aquatore Park for some outdoor fun. After lunch, we'll head to Bowlero where we'll try for some strikes & spares, as well as explore the action-packed arcade! Participants will receive a \$10 card for the arcade, but may bring additional cash if they'd like (no more than \$15). *Participants should pack an allergy-free lunch, a water bottle, and weather-appropriate clothing.*

**Location:** Able Park

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
6-12	Fri	Oct 17	8:00 AM-4:00 PM	\$50	Oct 15

# WINTER BREAK OUTING & ACTIVITIES

## Conquer Ninja Gym Outing

Have you ever wanted to jump, swing, and climb like a ninja? Participants will be supervised by our Youth Program Leaders and trained staff members of Conquer Ninja Gym, who will be there to instruct proper usage of equipment and engage the kids in fun activities. Remember to wear tennis shoes and dress in comfortable clothes to move around in. *Participants should pack an allergy-free lunch, a water bottle, and weather-appropriate clothing.*

*This program is a collaboration between Spring Lake Park and Fridley Parks and Recreation Departments.*

**Location:** Hayes Elementary School (Fridley)

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
6-12	Mon	Dec 22	9:00 AM-4:00 PM	\$65	Dec 18



## Winter Break Camp at Able Park

Looking for something fun for the kids to do over winter break? Join us for a full day of exciting activities at Able Park! Campers will enjoy hands-on crafts, interactive games, and plenty of outdoor play (weather permitting). From creative projects and tea building challenges to fun surprises and new friendships, our school-release-day camp is the perfect way to keep kids active, engaged, and having a blast during their time off from school. *Participants should pack an allergy-free lunch, a water bottle, and weather-appropriate clothing.*

**Location:** Able Park Building

Age(s)	Day(s)	Date(s)	Time	Fee/day	Deadline
6-12	Tue	Dec 23	9:00 AM-4:00 PM	\$25	Dec 16
6-12	Mon	Dec 29	9:00 AM-4:00 PM	\$25	Dec 22
6-12	Wed	Dec 31	9:00 AM-4:00 PM	\$25	Dec 24

## Mermaid Bowling & Arcade Outing

Strike up some fun on this exciting field trip! We'll begin the morning at Hayes Elementary with a variety of games and activities. After lunch, the adventure continues at the Mermaid Entertainment & Event Center, where we'll bowl a few frames and explore the arcade packed with games and prizes. Participants will receive a \$10 card for the arcade, but may bring additional cash if they'd like (no more than \$15). *Participants should pack an allergy-free lunch, a water bottle, and weather-appropriate clothing.*

*This program is a collaboration between Spring Lake Park and Fridley Parks and Recreation Departments.*

**Location:** Hayes Elementary School (Fridley)

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
6-12	Tue	Dec 30	9:00 AM-4:00 PM	\$65	Dec 29



All music classes will be held at Spark Music  
1312 81st Ave. NE  
Spring Lake Park, MN 55432

## Intro to Music

This 5-week course is specially made for kids who can't wait to explore the magic of music. It's like going on a musical adventure that's filled with learning and tons of fun! Your kid will get to play around with awesome instruments like the piano, drums, guitar, and ukulele. Every student gets their very own Intro to Music book, which is like a treasure map for understanding music. We're not just about teaching music; we're about creating memories and skills that will last a lifetime. This Intro to Music class is where learning, creativity, and fun all come together in perfect harmony. No need to be a music expert – just bring your love for music and a big smile!

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
6-13	Tue	Oct 21-Nov 18	5:15-6:00 PM	\$110	Oct 19

## Group Guitar Class

Introduce your child to the fundamentals of guitar in a relaxed, small-group class! Participants will discover chords, rhythm, and fun songs to kickstart a love for music. Join us now to make their first strum memorable!

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
6-10	Tue	Oct 21-Nov 18	6:15-7:00 PM	\$130	Oct 19

## Group Piano Class

Unlock the basics of piano in a fun, small-group setting! Participants will learn simple melodies, rhythms, and hand positions to start their musical journey on the right note. Sign up today and let the music begin!

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
6-10	Tue	Oct 21-Nov 18	7:00-7:45 PM	\$130	Oct 19

## Rock Band Class

"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!"

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
6-12	Thu	Oct 23-Nov 20	5:00-5:50 PM	\$130	Oct 21
12-17	Thu	Oct 23-Nov 20	6:00-6:50 PM	\$130	Oct 21

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This program is a collaboration between Mounds View and Spring Lake Park  
Parks and Recreation Departments.

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# Babysitter Course

Discover the essential universal skills and techniques every babysitter should have. This one-day certification course teaches participants to take care of themselves and others by exploring basic care of infants and children, basic first aid, emergency protocols, home safety, child behavior, developmental milestones, age-appropriate activities, professionalism, leadership and more. We encourage both young men and women to attend this life-altering course. A great class for a great price!



Please pack an allergy-free lunch for your child.

**Location:** Able Park

*This program is a collaboration between Spring Lake Park, Mounds View, and Arden Hills Parks and Recreation Departments.*

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
10-17	Sat	Oct 18	9:00 AM-3:30 PM	\$60	Oct 16
10-17	Sat	Dec 6	9:00 AM-3:30 PM	\$60	Dec 4

# Friends & Family CPR & First Aid Class

Build your confidence to respond in emergencies with this one-day course designed for youth and adults alike. Learn lifesaving skills, including CPR for infants, children, and adults, along with basic first aid techniques and emergency response practices. Through hands-on training, participants will explore home safety, injury prevention, and how to handle common health emergencies, providing peace of mind for caregivers and loved ones alike. Perfect for anyone who wants to be prepared to support the safety and well-being of those around them. **Optional:** After completing this course, CPR & First Aid certifications are available to purchase from the instructor for \$22.00.



**Location:** Able Park

*This program is a collaboration between Spring Lake Park, Mounds View, and Arden Hills Parks and Recreation Departments.*

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
10+	Sat	Nov 8	9:00 AM-1:30 PM	\$55	Nov 6

## Paint with Me Adult/Child

Paint with Me classes are a fun and creative experience where adults and children can bond while exploring their creativity together.

Guided by a professional artist, each pair collaborates on a shared project, creating beautiful artworks and lasting memories in a relaxed and supportive environment.

Perfect for all skill levels. An adult and child will share one canvas; an additional person per canvas is \$5.



## "Black Light Painting & Pizza Party"

<b>Date(s)</b>	Sat Oct 4
<b>Time</b>	10:00 AM-Noon
<b>Fee</b>	\$35
<b>Deadline</b>	Oct 1

## "Teachers Choice"

<b>Date(s)</b>	Sat, Nov 1
<b>Time</b>	10:00 AM-Noon
<b>Fee</b>	\$30
<b>Deadline</b>	Oct 29

## "Paint your own Tumbler" (family friendly)

<b>Date(s)</b>	Mon, Nov 10
<b>Time</b>	6:00-9:00 PM
<b>Fee</b>	\$45
<b>Deadline</b>	Nov 6

## "Holiday Painting"

<b>Date(s)</b>	Sat, Dec 13
<b>Time</b>	10:00 AM-Noon
<b>Fee</b>	\$30
<b>Deadline</b>	Dec 10



# Dungeons & Dragons Classes



## BADWOLF

Badwolf Studios offers a premier tabletop gaming experience with maps, custom miniatures, and expert instruction by professional Game Masters. Our classes encourage young minds to blend creativity, teamwork, and critical thinking, all while fostering friendships and empowering each child to be a hero. Enroll today for an epic journey of growth and endless possibilities!

*This program is a collaboration between Spring Lake Park and Mounds View Parks and Recreation Departments.*

**Location:** Mounds View Community Center

### D&D: Learn-to-Play

In this fun, beginner-friendly session, you'll learn the basics of Dungeons & Dragons, the world's most iconic tabletop role-playing game. Full of exciting stories and endless possibilities, getting started on your own can feel intimidating. Join us as a professional Game Master removes the many barriers that new players experience, allowing you to become engrossed in the story instead of the rule book. You'll be guided through the gameplay essentials, create your own unique character, and dive into your first adventure during a short segment of play. Prepare for an exciting world that allows characters to progress, level-up, and gain powerful abilities as choices shape your journey. Grab a seat at the table; your adventure is about to begin!

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
10-12	Mon	Sep 15	4:30-6:30 PM	\$25	Sep 12
13-17	Wed	Sep 17	4:30-6:30 PM	\$25	Sep 15

### D&D: Adventure

Embark on a legendary Adventure where heroes are made, legends are born, and the fate of the world hangs in the balance! Join a professional Game Master for a Dungeons & Dragons journey designed to be completed in a single play session. Whether you're a seasoned D&D enthusiast or a curious newcomer, this action-packed one-shot is the perfect opportunity to familiarize yourself with the world of D&D or try out new character ideas. All materials will be provided, allowing players to dive directly into gameplay. Sharpen your sword, ready your spells, and prepare to roll for glory!

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
10-17	Mon	Oct 13	4:30-6:30 PM	\$25	Oct 10
10-17	Mon	Nov 10	4:30-6:30 PM	\$25	Nov 7
10-17	Mon	Dec 8	4:30-6:30 PM	\$25	Dec 5

## TEEN OUTING

# VALLEYSKARE



Join us for a thrilling night of frights and fun at Valley Fair's Valleyscare Halloween event! Experience haunted attractions, scare zones, and nighttime rides—all in one unforgettable evening. This is the perfect outing for those who love a good scare and a lot of laughs. Participants should bring money for food and souvenirs.

**Drop off & pick up:** Mounds View Community Center

*This program is a collaboration between Spring Lake Park, Mounds View, and Arden Hills Parks and Recreation Departments.*

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
13-17	Fri	Oct 3	5:00-10:30 PM	\$60	Oct 1

## TEEN OUTING

# MOA Shopping



Spend the day exploring Mall of America with friends on this teen-only field trip! With plenty of time to shop, snack, and discover, this trip is ideal for those who want some independence in a supervised setting. Whether you're hunting for deals or just along for the food court, there's something for everyone. Participants should bring money for meals and shopping.

**Drop off & pick up:** Mounds View Community Center

*This program is a collaboration between Spring Lake Park, Mounds View, and Arden Hills Parks and Recreation Departments.*

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
13-17	Sat	Dec 6	11:00 AM-5:30 PM	\$40	Dec 4



# PARENTS NIGHT OUT

## Take the night off — you've earned it!

Drop off your kids at the Mounds View Community Center for a fun-filled evening with our trained youth staff. Children will enjoy supervised gym games, arts and crafts, movies, and more while you enjoy a few hours to yourself. Each Parent's Night Out includes supervision by our trained youth staff, dinner and a drink, engaging and age-appropriate activities.

Spots are limited—register early  
to reserve your evening out!

<b>OCT 10</b>	Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
	6-12	Fri	Oct 10	5:00-8:00 PM	\$30	Oct 8

<b>NOV 14</b>	Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
	6-12	Fri	Nov 14	5:00-8:00 PM	\$30	Nov 12

<b>DEC 12</b>	Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
	6-12	Fri	Dec 12	5:00-8:00 PM	\$30	Dec 10

This program is a collaboration between Spring Lake Park, Mounds View, and Arden Hills Parks and Recreation Departments.



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.

**Ages: 18+**

## North Metro Indoor Volleyball Leagues

Enjoy an evening of Indoor Volleyball! Teams will play regular season games and end-of-season playoffs. Fee includes referees, facility rentals, championship awards, and sales tax. Leagues will be run between 6:00 - 10:00 PM. Love playing volleyball but don't have a team? Sign up as an individual and be placed on a team with other individual registrants.

### Fall Leagues

Division	Day(s)	Date(s)
Coed Recreation	Mon	Sep 15-Nov 17
Coed Competitive	Mon	Sep 15-Nov 17
Open Recreation	Wed	Sep 17-Nov 17
Women's Competitive	Wed	Sep 17-Nov 17

Fees	Deadline
Team Fee: \$375	Week of Sep 1
Individual Fee: \$45	

#### Location(s):

Competitive Divisions: Highview Middle School, New Brighton  
Recreation Divisions: New Brighton Community Center

### Winter Leagues

Division	Day(s)	Date(s)
Coed Recreation	Mon	Jan 12-Mar 30
Coed Competitive	Mon	Jan 12-Mar 30
Open Recreation	Wed	Jan 14-Mar 25
Women's Competitive	Wed	Jan 14-Mar 25

Fees	Deadline
Team Fee: \$420	Week of Dec 29
Individual Fee: \$55	

#### Location(s):

Highview Middle School, New Brighton

## North Metro Bean Bag Toss Leagues

Grab a partner and play in our Bag Toss League! League play consists of 6 weeks + playoffs of doubleheader games.

Teams can be made up of 2 players of any gender combination. Fee includes awards & sales tax.

Season	Day(s)	Date(s)	Time	Fee	Deadline
Fall	Thu	Oct 2-Nov 20	6:00-8:00 PM	\$40	Sep 18
Winter	Thu	Jan 15-Mar 5	6:00-8:00 PM	\$40	Jan 1

**Location:** Mounds View Community Center

## North Metro Volleyball Tournament

Registrations will be taken on a team basis. Only the team manager will need to complete the registration process. Tournaments will begin at 10:00 AM with a double elimination format. End time is dependent on the number of teams registered and when teams are eliminated.

Championship team will be awarded a prize.

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Dec 13	10:00 AM	\$120	Dec 5

**Location:** TBD



The Spring Lake Park - Fridley Pickleball Group is a partnership between our two recreation departments to bring pickleball programs to the North Metro area.

**Ages: 18+**

## Pickleball Ladder Leagues

Come join our fun self-officiated pickleball ladder league! Individuals will register and be placed in doubles games with players of similar skill level. The ranking is based on player's winning percentage. Players will move up or down the ladder based upon their winning percentage. Games times will be dependent on total registrations.

Ages	Day(s)	Date(s)	Time	Fee	Deadline
20-40	Mon	Oct 13-Dec 15	6:00 - 9:00 PM	\$40	Oct 6
All *	Wed	Oct 22-Dec 17	6:00 - 9:00 PM	\$35	Oct 15

Ages	Day(s)	Date(s)	Time	Fee	Deadline
20-40	Mon	Jan 5-Mar 9	6:00 - 9:00 PM	\$45	Dec 29
All	Mon	Jan 7-Mar 11	6:00 - 9:00 PM	\$45	Dec 31

**Location(s):** Hayes Elementary School (Fridley)

\*No Games: Nov 26

## Pickleball for Beginners

Pickleball for Beginners is designed to improve pickleball players skills while focusing on the fundamentals of the game. This class is for beginners with little to no experience with the game. We will focus each week on the rules and different techniques to develop your understanding of the game. Equipment provided if needed.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Sep 24-Oct 15	6:00-8:00 PM	\$55	Sep 21

**Location:** Moore Lake Park - Fridley

## Pickleball Skills & Drills

This program is designed for beginner/intermediate level players. Get ready to take your pickleball skills to the next level! This course welcomes pickleball players with a beginner-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. Equipment provided if needed.

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Oct 25-Nov 15	8:00-10:00 AM	\$55	Oct 22

**Location:** Hayes Elementary School (Fridley)

## Pickleball Live Play Coaching

This class will focus on elevating your skills through game play! Our instructor will focus on real game situations and coach you through different play styles and strategies. The majority of the time in this program will be focused on game play and our pickleball expert will provide tips along the way! Equipment provided if needed.

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Nov 22-Dec 20	8:00-10:00 AM	\$55	Nov 19

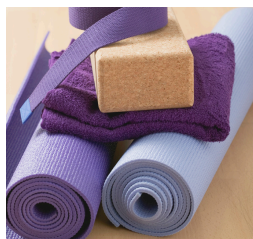
\*No Class: Nov 29

**Location:** Hayes Elementary School (Fridley)



## Daytime Gentle Yoga

Discover the wisdom of this ancient exercise that not only strengthens the body but also calms and focuses the mind. Our classes are specially designed for seniors and include gentle stretching, mindful breathing techniques, and guided relaxation and meditation.



**Location:** SLP City Hall

Session	Day(s)	Date(s)	Time	Fee	Deadline
September	Thu	Sep 4-Sep 25	10:00-10:45 AM	\$24	Sep 3
October	Thu	Oct 2-Oct 30	10:00-10:45 AM	\$30	Oct 1
November	Thu	Nov 6-Nov 20	10:00-10:45 AM	\$18	Nov 5
December	Thu	Dec 4-Dec 18	10:00-10:45 AM	\$18	Dec 3

## Evening Yoga

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. Instructor: Michael Ledman. Please register no later than one day prior to the session start date.



**Location:** SLP City Hall

Session	Day(s)	Date(s)	Time	Fee	Deadline
September	Thu	Sep 4-Sep 25	6:00-7:30 PM	\$36	Sep 3
October	Thu	Oct 2-Oct 30	6:00-7:30 PM	\$45	Oct 1
November	Thu	Nov 6-Nov 20	6:00-7:30 PM	\$27	Nov 5
December	Thu	Dec 4-Dec 18	6:00-7:30 PM	\$27	Dec 3

## Zumba

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. This class allows you to have fun while safely losing pounds and inches. With Zumba, the fun comes first, and the physical benefits follow. Zumba Gold is like a basic Zumba class with lower impact. The class will be a fat burning, body shaping, fun workout!



**Location:** QC Dance Studio

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Wed	Oct 1-Oct 22	8:00-8:45 PM	\$40	Sep 29
18+	Wed	Nov 5-Nov 26	8:00-8:45 PM	\$40	Nov 3

## Kayaking on the St Croix

No kayaking experience is necessary! Participants will meet at Interstate Park near Taylors Falls. Transportation is not provided to the park. You'll need a Minnesota State Parks pass for entry. The one-way trip begins below the falls and ends at the Osceola landing. Open seated Kayaks and life jackets are provided, and participants are required to wear life jackets. We will get you back to your cars after kayaking. Tandem needs to have a partner to register with.



**Location:** Interstate Park (307 Milltown Rd, Taylors Falls, MN 55084)

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
16+	Mon	Sep 15	Noon-4:00 PM	\$45/person \$80/tandem	Sep 8

## Nordic Walking

Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs. Nordic Walking uses specially designed poles-not to be confused with trekking poles - to enhance your natural walking experience. Burn more calories, improve your posture and gait. Strengthen your back and abdominal muscles. Poles provided by instructor.



**Location:** Lakeside Lions Park

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
16+	Thu	Sep 18	6:00-7:00 PM	\$12	Sep 8



## Foot Care Clinic

Treat your feet to the care they deserve! Jill, a registered nurse, provides gentle foot care including nail trimming, filing, buffing, and helpful tips to keep your feet healthy and comfortable. Perfect for aging feet—safe, professional, and stress-free. First come, first serve.

- ☞ No insurance accepted
- 💵 Cash or check only
- ☎ Call Clare 763-792-7232 to schedule your 30-minute appointment



Age(s)	Day(s)	Date(s)	Time	Fee	*No Appts
55+	Wed	Oct 8	9:00 AM-2:30 PM	\$35	12:30-1:00 PM
55+	Mon	Oct 27	9:00 AM-2:30 PM	\$35	12:30-1:00 PM



# Painting Classes

Discover the joy of painting in these classes designed for all skill levels. Learn techniques in color, composition, and brushwork while exploring a variety of styles and subjects. Whether you're a beginner or an experienced artist, you'll gain skills, confidence, and inspiration to create your own beautiful works of art. All materials provided.



## Painting with Jill

Class Fee: \$37

### Fall Landscapes

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Tues	Sep 23	6:00-9:00 PM	Sep 24

### Beginning Watercolor Fun

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Mon	Sep 29	1:00-4:00 PM	Sep 26

### Pumpkins & Flowers Oh My!

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Mon	Oct 6	1:00-4:00 PM	Oct 2

### Water Color Fun

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Mon	Oct 20	1:00-4:00 PM	Oct 16

### Watercolor Fun Christmas Cards

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Tue	Nov 18	1:00-4:00 PM	Nov 14

### Holiday Painting

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Tue	Dec 9	6:00-8:00 PM	Dec 4



## Sip & Paint with Jill

Class Fee: \$45

### Wicked

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Fri	Oct 10	6:00-9:00 PM	Oct 8

### Black Light

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Fri	Nov 14	6:00-9:00 PM	Nov 12

### Christmas Vacation

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Fri	Dec 5	6:00-9:00 PM	Dec 2

## Rock Painting with Deb

Class Fee: \$30



### Mandala Rock Creation

Have you ever wanted to tap into your creative side? Explore peace and relaxation while crafting an intricate, original Mandala Rock or Tea Candle.

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Fri	Nov 7	1:00-3:00 PM	Nov 1

# Mixed Media Classes

Explore your creativity in this mixed media art class, where you'll experiment with paint, collage, texture, and more to create unique, layered works of art. Designed for all skill levels, this class encourages exploration and self-expression, with all materials provided—just bring your imagination!



## Mixed Media with Jill

Class Fee: \$55

### Pumpkin Suncatcher

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Thu	Oct 2	6:00-8:00 PM	Sep 30

### Wire Wrapped Cocktail Silverware

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Sat	Oct 25	6:00-8:00 PM	Oct 22

### Glass, Resin, and Wood Ornaments

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Thu	Nov 6	6:00-8:00 PM	Nov 3

### Alcohol Ink Ornaments (Family Friendly)

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Tue	Dec 2	6:00-8:00 PM	Nov 26

### Resin, Glass and Wood Angel

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Wed	Dec 10	6:00-8:00 PM	Dec 5

### Mini Wood & Resin Jewelry Dish

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Tue	Dec 16	6:00-8:00 PM	Dec 11

## Classes with Mara

### Card Making Class - Birthday Cards

Class Fee: \$30



Make birthdays truly unforgettable by sending personalized, handmade cards to your friends and family! We'll provide inspiring examples and all the supplies you need to create your own cards.

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Sat	Oct 4	10:30 AM-Noon	Sep 30

### Gemstone Bracelet Class

Class Fee: \$35



Join us for a fun, hands-on evening of bracelet making as you explore the meanings of gemstones and crystals. Choose your own beads, design a piece that reflects your energy, and leave with a beautiful, personalized bracelet—plus a card with the symbolism of your stones. All materials provided!

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Thu	Oct 23	6:00-8:30 PM	Oct 20

### Spruce Tips Workshop

Class Fee: \$55



Join us for a festive workshop where you will create a unique spruce tip pot with mixed greenery and accents to enjoy throughout the holiday season. Instruction and assistance will be available throughout the workshop.

Age(s)	Day(s)	Date(s)	Time	Deadline
18+	Sat	Nov 15	10:30 AM-12:30 PM	Nov 3



## Enrichment Classes

### Paranormal Investigation 101

You've seen it on TV, now you can learn the basics of ghost hunting and paranormal investigations. You'll see evidence from actual investigations, discover the best equipment, and learn ethics and proper investigation techniques. What does it take to run an investigation? We'll cover what you need to know from start to finish.

**Location:** Able Park

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Sep 9	7:00-9:30 PM	\$39	Sep 2

### Stevie Ray: Improv Comedy Workshop

Laughter is the best medicine, so come see for yourself. Join Stevie Ray, founder of Stevie Ray's Improv Company in Chanhassen, for a fun and low-pressure improv comedy workshop. No stage experience needed, just a sense of humor and a willingness to try something new. Open to all, especially the young at heart.

**Location:** SLP City Hall

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Oct 28	1:00-2:00 PM	\$10	Oct 14

## Driver Courses



### 55+ Driver Discount Classes

Taking a mature driver course can enhance your driving skills and knowledge, ensuring safer driving as you age. The course often covers traffic laws, defensive driving techniques, and tips for managing common age-related changes in vision, hearing, and reaction time. Additionally, completing the course may qualify you for up to a 10% discount on your car insurance premiums.

**Location:** SLP City Hall

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
55+	Tue	Oct 29	5:00-9:00 PM	\$29	Oct 22

#### 2026 Courses

55+	Wed	Feb 4	12:30-4:30 PM	\$29	Jan 28
55+	Wed	Apr 29	12:30-4:30 PM	\$29	April 22
55+	Tue	Aug 18	12:30-4:30 PM	\$29	Aug 11
55+	Wed	Sep 16	12:30-4:30 PM	\$29	Sept 9
55+	Thu	Oct 22	12:30-4:30 PM	\$29	Oct 15

## Make and Take Treats

Take home a sweet assortment of holiday cheer with a dozen each of ten different cookies and treats in this fun, hands-on baking class! You'll work in pairs using pre-made dough and follow step-by-step decorating instructions for each delicious creation—from classic favorites to festive new flavors. Our friendly Recreation Staff will handle all the baking in our large commercial ovens, so you can focus on decorating, learning new techniques, and having fun. All finished treats will be beautifully plated and ready to enjoy or share—but don't forget to bring a box or reusable bags to carry your tasty treasures home. This class is perfect for bakers of all experience levels and a great way to kick off the holiday season!

**Location:** SLP City Hall

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Sat	Dec 6	9:00 AM-Noon	\$65	Nov 6



# Cooking with Jeff Sandino

## Asian Favorites

You'll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. You'll then prepare fried rice using chicken, shrimp, fresh vegetables, and the secret sauce. Classic pork chow mein follows served with crispy egg noodles along with egg foo young made with both, chicken and shrimp. We'll finish this extravaganza with a delightful lemon custard tort.



**Location:** Fridley High School

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Sep 30	6:00-9:00 PM	\$45	Sep 29

## Pizza Unchained and More

Starts with a foolproof dough you can make weeks ahead. Enjoy stromboli stuffed with chicken, broccoli, sun-dried tomatoes, herb cheese, and a zesty dipping sauce. Pizza options range from BBQ chicken and pesto to taco, Reuben, pastrami, and more. You'll also master pasta with "Spaghetti Napolitana," made with ripe tomatoes, basil, garlic, and cheese. We'll end with "Zuppa Inglese", a citrus-soaked pound cake layered with custard, ganache, and cherry preserves.



**Location:** Fridley High School

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Nov 4	6:00-9:00 PM	\$45	Nov 3

## Tantalizing Thai Cuisine

Start with fresh Vietnamese summer rolls served with hoisin and peanut sauces, followed by crispy fried spring rolls filled with pork, turkey, and glass noodles. Then, cook classic Pad Thai with chicken, rice noodles, and bold Thai flavors. Finish with a refreshing Thai lime custard topped with whipped cream.



**Location:** Fridley High School

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Dec 9	6:00-9:00 PM	\$45	Dec 8

# Virtual Cooking with Tess

## Elegant Soups & Bread: Chicken & Dumplings, and Chicken Orzo

Nothing says comfort like a warm, delicious bowl of soup. Join Chef Tess for an elegant cook-along featuring two classic, soulful soups and a homemade gourmet French loaf. Cook one soup and watch the other, or make both. Either way, both pair perfectly with the fresh-from-scratch bread.



**Location:** Virtual - Link will be emailed prior to class.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Sat	Oct 11	4:00-6:30 PM	\$37	Oct 8

## Classic Homemade Pierogi & Sweet Berry Pierogi!

Join this fun cook-along to make classic and sweet berry pierogi with two types of homemade dough and fillings that will delight your taste buds! Learn how to cook, freeze, and store these dumplings and there's no fancy equipment needed. This popular class was even featured in the *American Polish Journal*!



**Location:** Virtual - Link will be emailed prior to class.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Sat	Nov 1	4:00-6:30 PM	\$37	Oct 29

## Copycat Cinnabon Cinnamon Rolls & Viral Dubai Chocolate!

Learn to make two unforgettable holiday treats in this sweet-filled class! Bake Tess' secret (and often praised as better than the original) Copycat Cinnabon® Cinnamon Rolls and the viral Dubai Chocolate Bars—featuring homemade shredded phyllo (Kadaifi) and pistachio cream. Perfect for a special breakfast or as delicious gifts, these from-scratch goodies are sure to impress!



**Location:** Virtual - Link will be emailed prior to class.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Sat	Dec 6	4:00-6:30 PM	\$32	Dec 3



# Virtual Courses

\*Links will be emailed prior to class

## Level Up Your Genealogy 1

MyHeritage and Ancestry are some of the biggest research sites, but what do you do when they don't have the information that you're looking for? This course covers how to use the FamilySearch Catalog, working with autosomal DNA and other repositories to use beyond the large genealogy platforms.

**Location:** Virtual

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Thu	Oct 2	6:30-8:00 PM	\$23	Sep 29

## Cell Phones & Parenting: Balancing Connectivity & Safety

This engaging session will help you navigate the challenges of your child's digital world and provide helpful tools for your parenting toolbox. Learn practical strategies for social media/friendships, setting boundaries, ensuring online safety, and fostering healthy screen habits. Empower yourself with the tools to help raise a teen with a smart technology foundation they will use into Adulthood.

**Location:** Virtual

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Oct 21	12:00-1:00 PM	\$23	Oct 16

## Level Up Your Genealogy 2: Genealogy Boot Camp

Ready to go beyond the basic hints from Ancestry.com and MyHeritage? This intermediate-level course introduces 23 professional research techniques to help genealogists break through brick walls and uncover hard-to-find information. Learn how to analyze historical records, resolve conflicting evidence, and build a strong, accurate family tree. Perfect for those looking to sharpen their skills and make real progress in their research.

**Location:** Virtual

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Oct 28	6:30-8:00 PM	\$23	Oct 23

## How To Use Venmo Safely!

Stay up to date by learning Venmo, the popular mobile payment app. In this class, you'll learn how to securely send and receive money, set up your account safely, avoid fees, and use Venmo in everyday situations. Gain the confidence to talk about it with friends and family and understand key terms you hear in the news. Join us and master mobile payments with ease!

**Location:** Virtual

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Thu	Nov 6	12:00-1:00 PM	\$23	Oct 30

## Level Up Your Genealogy 3: Refining Skills

This class offers even more helpful research tips and tricks that you can start using right away to enhance your own research. Explore the rich and complex history of immigration in the United States, uncover the best methods for locating immigration records, and gain access to other valuable resources that will deepen your understanding and improve the quality of your work. Whether you're a beginner or a seasoned researcher, these insights can make a real difference.

**Location:** Virtual

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Dec 9	6:30-8:00 PM	\$23	Dec 4

## Practical ChatGPT Training for Everyone

Curious about ChatGPT and how to use it? Join our fun, engaging class to learn what ChatGPT is, how it works, and why it's making headlines. Discover practical ways to use it at work and home, and stay in the loop in today's tech-savvy world. Don't miss this essential training!

**Location:** Virtual

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Dec 2	12:00-1:00 PM	\$23	Nov 25

## Fun and Games

### Game Day Fun

Get ready to laugh, play, and connect at our lively Game Day! Try your hand at Giant Connect 4, Axe Throwing, Silly Giant Pants Game, classic board games, and more. Sip on coffee, enjoy fresh cookies and share plenty of laughs as you meet new friends and challenge old ones. Whether you come to compete, play casually, or just enjoy the fun atmosphere, this event is all about getting out, trying something new, and laughing.



**Location:** SLP City Hall

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
55+	Mon	Nov 3	10:00-11:30 AM	\$0	Nov 28
55+	Mon	Dec 1	10:00-11:30 AM	\$0	Nov 2

## Craft Workshop

### Crafting with Clare

Join us for a laid-back afternoon of crafting, chatting, and creativity! No pressure, no rules, just bring your imagination and enjoy some unstructured time with friends. We'll have supplies on hand, but feel free to bring your own project too. Whether you're a seasoned crafter or just looking to try something new, everyone is welcome!



**Location:** SLP City Hall

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Nov 18	11:00 AM-Noon	\$0	Nov 17

## Free Classes and Workshops

**Location:** Spring Lake Park City Hall

### Melonie Shipman - Sled Dogs

It's a Sled Dog's Life: Discover the fascinating world of sled dogs with naturalist and adventurer Melonie Shipman. This lively multimedia presentation explores the history, training, and daily lives of these remarkable canine athletes. From their role in Arctic exploration to modern-day racing, you'll gain insight into what makes sled dogs so unique. Perfect for dog lovers and armchair adventurers alike!

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Oct 28	10:00-11:00 AM	\$0	Oct 27

### FREE: Islamic Resource Group

Want to learn more about your Muslim neighbors? This class offers a welcoming space to explore the beliefs, practices, and history of Islam, with a focus on education, dialogue, and community. Discover shared values, key terms, and the rich diversity of Minnesota's Muslim population—no matter your background, all are welcome!

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Nov 18	11:00 AM-Noon	\$0	Nov 17

### Health Care Directive Class

**with the University of Minnesota Extension**

What's the difference between a living will and a health care directive? Join "Health Care Directives: Are You Prepared?" to learn key facts, dispel myths, and explore policies around advance care planning. This workshop also offers tips for starting important conversations about your wishes.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
55+	Mon	Nov 3	Noon-1:00 PM	\$0	Oct 31

### Scott "Knows a Lot"

#### Minnesota Loons with Scott Nelson

Join volunteer speaker Scott Nelson for a fascinating talk on North American loons. From their haunting calls to stunning plumage, discover what makes these birds so special in nature—and in our hearts.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Oct 14	Noon-1:00 PM	\$0	Oct 10

#### Barred Owl with Scott Nelson

Explore the world of Minnesota's barred owls, known for their haunting "who cooks for you?" call. Discover their behavior, silent flight, and role in nature in this fascinating presentation.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Wed	Dec 17	Noon-1:00 PM	\$0	Dec 15

#### A. I. for Seniors with Scott Nelson

This AI presentation for seniors explores how machines learn and perform human-like tasks, with practical uses like voice assistants and medical tools, plus tips on how AI can enhance daily life.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
18+	Tue	Jan 7	Noon-1:00 PM	\$0	Jan 4

### Stayin' Steady: Fall Prevention with Mallory Haas

Join us for a fun, practical class on preventing falls and staying safe at home and in the community. Learn easy tips, exercises, and safety tricks to stay confident and independent. Led by Mallory, a registered nurse with trauma care experience, this class offers expert advice with a personal touch.

Age(s)	Day(s)	Date(s)	Time	Fee	Deadline
55+	Wed	Nov 5	1:00-2:00PM	\$0	Nov 3

Day Trips depart from Spring Lake Park City Hall. \*All Day Trips include lunch unless otherwise noted.



### Don't Miss Doris Hines at History Theater

When Doris, a promising nightclub singer, moves to Minneapolis from Yonkers, NY, her young marriage is on the rocks, but she is determined to establish a career in show business in an effort to raise her six children in a post WWII society. Reputedly, Nat King Cole told Ella Fitzgerald, "DO NOT Miss Doris Hines!" and she didn't. This quote encompasses Doris' career in show business, and playwright TyLie Shider's interest in adapting her relatively unsung story for the stage.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Oct 1	9:00 AM-3:00 PM	\$99	Sep 2



### La Crosse Queen Boat Cruise

Cruise back in time and explore the Upper Mississippi with us! The La Crosse Queen is a modern-day replica of the grand river boats that plied the Mississippi River in the early 1900s. Cruising out of La Crosse, Wisconsin, she is one of the few authentic Mississippi River paddlewheel river boats still in operation in the United States today. In keeping with early traditions, she was built with sternwheels that are her only means of propulsion.

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Oct 6	7:45 AM-5:00 PM	\$107	Sep 8



### Fireflies at Sidekick Theater

Retired schoolteacher Eleanor Bannister lives a quiet life alone in tiny Groverdel, Texas, set in her routines and secure in her position as the town's most respected woman — until a hole in her roof draws the attention of Abel Brown, a smooth-talking drifter intent on renovating Eleanor's house, and possibly her life. Can the unexpected sparks of late-life romance be trusted, or is there truth in the gossip that Abel isn't all that he seems to be? Either way, the whole town is talking.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Oct 9	10:30 AM-5:00 PM	\$95	Sep 10



### Historic Downtown Northfield

Travel back in time with a guided history tour of charming Northfield, MN—home of the infamous Jesse James bank raid! Then raise a glass during a visit to a local distillery for a taste of modern-day craft and flavor. Cheers to a day of legends and libations.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Oct 15	8:30 AM-5:00 PM	\$97	Sep 15



### Church & State Tour

Step into the heart of Minnesota's capitol! We'll tour the stunning Cathedral of Saint Paul, explore the grand State Capitol building, and enjoy lunch at a local favorite. A day of architecture, history, and good company—no passport required!

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Oct 22	8:30 AM-4:00 PM	\$90	Sep 22



### Jimmy Buffet at Ames Theater

This high-quality Jimmy Buffett tribute band is a true crowd-pleaser, consisting of 11 talented and energetic musicians. The band's frontman embodies the presence of Jimmy Buffett himself, and his smooth vocals and charismatic stage presence instantly transport audiences to a tropical paradise. **NO MEAL INCLUDED.**

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Oct 25	6:00-10:00 PM	\$79	Sep 24



**Day Trips depart from Spring Lake Park City Hall. \*All Day Trips include lunch unless otherwise noted.**



### 9 to 5 at Paramount Theater

Set in the late 1970s, 9 to 5 follows Violet, Judy, and Doralee—three women fed up with their egotistical, sexist boss. When an unexpected twist gives them the upper hand, they team up to transform their toxic office and take control of their lives. Featuring catchy songs and lyrics by Dolly Parton, this laugh-out-loud musical celebrates friendship, empowerment, and the fight for fairness in the workplace.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Oct 30	10:00 AM-5:30 PM	\$107	Sep 25



### MIA Tour & Lunch

Join us for a guided tour of the Minneapolis Institute of Art, where world-class exhibits and fascinating stories await. After soaking in the creativity, we'll head out for a cozy lunch together. It's the perfect way to enjoy a chilly November day.

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Nov 4	9:30 AM-3:30 PM	\$78	Oct 7



### White Christmas at Chanhassen

White Christmas revolves around two buddies, Bob Wallace and Phil Davis. After World War II, they become a popular song-and-dance duo and they decide to help their former commanding general by putting on a show at his struggling Vermont inn. Along the way, they meet two talented sisters, Betty and Judy Haynes, and love blossoms during the holiday season. White Christmas is a festive celebration of romance, friendship and the magic of Christmas.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Nov 12	10:00 AM-5:00 PM	\$107	Oct 12



### Phantom Of The Opera at Orpheum Theater

The Phantom is back to thrill audiences once again at the Orpheum Theater! Cameron Mackintosh presents a revitalized new production of Andrew Lloyd Webber's legendary musical, THE PHANTOM OF THE OPERA, which was rapturously received by London critics when it reopened in 2021. **NO LUNCH INCLUDED**

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Nov 28	Noon-4:30 PM	\$110	Oct 1



### A Christmas Carol at Sidekick Theater

A wonderfully fresh look at the story of Ebenezer Scrooge and the ghostly visits he receives one Christmas Eve, this new musical rendition of the beloved Christmas tale is sure to provide a memorable experience for audiences of all ages.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Dec 3	10:30 AM-5:00 PM	\$92	Oct 29



### Rollicking Christmas Musical at History Theater

When city architect Cap Wigington is chosen to design a grand ice palace for the Saint Paul Winter Carnival, he and his wife Viola are swept into the magical world of King Boreas. As they journey through myth and history, they meet colorful Minnesota figures who shaped the Carnival's legacy. This whimsical tale celebrates the imagination, resilience, and spirit that make Minnesota shine—especially in winter.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Dec 4	9:00 AM-3:00 PM	\$98	Nov 4



# 2026 Extended Tours

## WITH SLP RECREATION

### PLAN YOUR TRIP WITH US

#### *Trek for the Tulips*

April 28- May 4 | Holland, MI: Get ready to tiptoe through a sea of tulips in one of the most charming springtime destinations around. We'll start with a quick city stop, then it's flowers galore, quaint streets, and picture-perfect moments in bloom. On the way home? Let's just say we'll be crossing waters and soaking up a few more surprises before landing back in Minnesota.

#### *Backroads and River Bends*

June 11-14 | La Crosse/Harmony, WI: Leave the fast lane behind and journey with us through winding riverside views and the peaceful charm of Amish country. From handmade treasures to hidden gems off the beaten path, this trip blends simplicity, serenity, and a whole lot of scenic beauty — with a restful stay tucked along the Mississippi. Come wander where time slows down.

#### *Ladies in Lincoln*

September 24-28 | Lincoln, NE: This September, we're off to Lincoln, Nebraska—where crisp fall air meets cozy charm. Think golden gardens, scenic strolls, and time well spent with your favorite crew. From local bites to boutique finds, this autumn escape is all about laughs, layers, and a little Lincoln magic.

#### *Door County Delights*

October 8- 11 | Green Bay/Door County, WI: This October, we're off to Door County—where fall colors meet lakeside serenity. Sip local wines, spot storybook lighthouses, and soak in the beauty of autumn at its peak. With every winding road and cozy stop, this relaxing getaway is a toast to the season.

#### *A Very Branson Christmas*

(Branson, MO) November 17-22 Branson, MO: Get ready for a spotlight-filled weekend in Branson, where dazzling live shows, festive tunes, and toe-tapping fun take center stage. From holiday classics to local favorites, this trip is all about catching the best performances and celebrating the season with style.

📍 1301 81<sup>st</sup> Ave NE

☎ 763-952-7201

🌐 [www.slprec.org](http://www.slprec.org)

REGISTRATION OPENS AT  
THE TRAVEL SHOW





SLP TOURS



# ALASKA

*Land and Sea  
Adventure*



## Adventure is calling. Will you answer?

This is your chance to experience Alaska at its finest—a perfect blend of luxury cruising and thrilling land exploration. From glittering glaciers to endless wilderness, this 13-day journey is filled with jaw-dropping scenery, incredible wildlife, and moments you'll remember forever.

### The Experience

- **Seven Nights at Sea** – Relax in comfort aboard your Princess Cruise Lines ship, enjoying fabulous dining, live entertainment, and endless ocean views. As you glide along Alaska's famed waterways, watch for whales breaching, eagles soaring, and glaciers shimmering in the summer sun.
- **Six Days on Land** – Travel deep into the heart of Alaska's interior by comfortable motorcoach, visiting charming towns, dramatic mountain passes, and vast national parks. Along the way, you'll have chances to meet sled dogs, take in panoramic views from mountain trams, and explore at your own pace.
- **Nature & Adventure** – Whether you're cruising through iceberg-filled fjords, spotting moose in the wild, or soaking in the long golden light of an Alaskan summer evening, every day promises a new adventure.

### Why This Trip Stands out

- **The Best of Both Worlds** – The pampering of a cruise with the excitement of a guided land tour.
- **Wildlife Encounters** – Whales, bears, moose, and more—nature is always close by.
- **Unforgettable Views** – Towering mountains, pristine glaciers, and miles of unspoiled wilderness.
- **Stress-Free Travel** – Flights, transfers, and most meals included—just pack your sense of adventure!



July 15–27, 2026



From Minneapolis to the Last Frontier



Princess Cruise Lines – Alaska Land & Sea



Coming Mid-September



763-792-7201



recinfo@slpmn.org



www.slprec.org





# EXPLORE THE WORLD WITH collette

## Join us for a TRAVEL SHOW!

Wednesday, Oct. 22nd at 10am at 1301 81st Ave NE, Spring Lake Park

Collette tours are expertly planned & professionally guided.  
Transportation to/from airport will be provided from Spring Lake Park.



**Highlights of Norway**  
June 20-28, 2026



**Mediterranean Coastal**  
Aug 22 - Sept 6, 2026



**Iceland's Northern Lights**  
Sept 26 - Oct 2, 2026



**Journey through Spain**  
Oct 31 - Nov 10, 2026



**Xmas Markets in Canada**  
Dec 17-23, 2026



**Hawaiian Adventure**  
January 14-23, 2027

IN PARTNERSHIP WITH:



Stop by the rec office to pick-up trip flyers or go to [slprec.org](http://slprec.org) for more info!  
Anne Scanlon, Program Director, 763-792-7231, [ascanlon@slpmn.org](mailto:ascanlon@slpmn.org)





Time to  
**TRAVEL**



## Spring Lake Park Tours

We offer Day and Extended trips designed for your enjoyment, handling all the logistics for a hassle-free experience.

### TRAVEL SHOW



Nov 19 | 6:00–7:00 PM



or

Nov 20 | 11:00 AM–Noon



RSVP 763-792-7201 by Nov 18



Location: SLP City Hall – 1301 81<sup>st</sup> Ave NE



[www.slpsec.org](http://www.slpsec.org)



Join the fun!

## FREE SENIOR CLUBS

### Book Club

Love to read? Join our friendly Book Club at City Hall and share great conversations about great books!

Everyone is welcome—whether you're a lifelong reader or just getting started.

#### List of upcoming books:

**Sep:** The Lost Girls of Paris

**Oct:** The Star & Shamrock

**Nov:** The Secret Life of Sunflowers

**Dec:** Broken Fields

**Meets the 1st Thursday of each month at 11:00 AM.**

### Bingo

Bingo Just Got Better! We've added a digital display to make the game even more exciting—so grab your friends and join us for Free Senior Bingo on the **2nd and 4th Mondays of each month at 1 PM**. Enjoy an afternoon of laughter, socializing, and the chance to win great prizes!

### 500 Card Club

Looking for a fun way to spend your Thursday afternoons? Join us at City Hall every **Thursday at 1 PM** for lively games of 500! All are welcome—whether you're a seasoned player or just starting out.

### Hand and Foot

Looking for a fun, social way to spend your afternoon? Try Hand and Foot—a lively, team-based card game that's easy to learn and perfect for seniors!

Join our drop-in games every **Wednesday at 1 PM** at City Hall. New players are always welcome. We are happy to teach you as you go!

### Up & Down the River

Join fellow card enthusiasts for Up and Down the River, a fun and easy-to-learn game where you guess how many tricks you'll win each round as the number of cards changes. Enjoy an afternoon of laughter, friendly competition, and socializing—no experience needed! **3rd Monday of the Month at 1 PM.**



# Family Events



## "DONUT" FORGET ABOUT GRANDPARENT'S DAY

FUN FOR THE WHOLE FAMILY

**SATURDAY, SEPTEMBER 6**

10:30 AM-12:00 PM

Come on down to City Hall for a morning of yummy sweets and a fun movie on the silver screen. Feel free to wear your pajamas, bring your coziest blankets and snuggle up to your grandparents.

We will also have a few fun games and activities to play with.

All family is welcome to participate.

Fee: FREE

Location: Spring Lake Park City Hall



## PUZZLEPALOOZA

FUN FOR THE WHOLE FAMILY

**SATURDAY, NOVEMBER 8**

10:00 AM-Noon

How fast can 4 people complete a 500 piece jigsaw puzzle?

Join us for a team jigsaw puzzle competition. Teams of up to 4 participants will complete to see who finishes a 500-piece puzzle in the shortest amount of time. All puzzles will be the same. This super fun and exciting event has limited space so register early. Bring your gently used puzzles for the puzzle swap. Team leader can register the whole team. Ages 12+, each team must have one adult on it.

Fee: \$13

Location: SLP City Hall



## FAMILY HAYRIDE

BUNKER PARK STABLE ~ FALL FEST EVENT


**SATURDAY, OCTOBER 25**

10:00 AM-3:00 PM

This event is a fun outdoor activity suitable for all ages, perfect for enjoying the crisp fall air and the beauty of nature. Families will meet at Bunker Park Stables where you'll start with a hayride and enjoy a leisurely ride through a scenic route. After the hayride, you'll gather around a campfire to make s'mores! This event is a great opportunity to socialize with friends and family, make new memories, and enjoy the simple pleasures of being outdoors.

Fee: \$13

Location: Bunker Park Stable



## ELVES AND THE SHOEMAKER

SIDEKICK THEATER


**SUNDAY, DECEMBER 7**

10:00 AM-3:30 PM

An upbeat, whimsical tale about a troupe of elves who help restore a poor cobbler to prosperity by making a pair of the most fantastic and magical shoes ever seen. This heart-warming adaptation tells of midnight enchantment and of virtue and generosity rewarded. It's the perfect holiday story and great fun for all ages.

Fee: \$55

Location: Spring Lake Park City Hall





SPRING LAKE PARK

*Family*

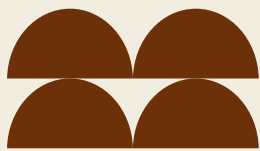
# FALL FEST

Saturday

**OCT  
25**

**ABLE PARK**

8200 Able Street NE



**FREE**



**FAMILY FUN  
GAMES  
LIVE MUSIC**

**SLPREC.ORG**

**1:00-3:00 PM**

# Community Events



Bring the whole family to this fun and educational event! Tour the fire station, check out the trucks and equipment, meet your local firefighters, and learn important fire safety tips. There will be activities for all ages. Don't miss your chance to get an up-close look at the world of firefighting.

Station 3: 11920 Ulysses St NE, Blaine, MN 55434

## PANCAKE BREAKFAST & COMMUNITY SHOWCASE

OCT 26



FREE ENTRY

Join the Spring Lake Park Lions for their popular all-you-can-eat pancake breakfast on Sunday, October 26, 2025, from 8:00 AM to Noon at Spring Lake Park High School Cafeteria (Door #29).

Enjoy fluffy pancakes, French toast, sausage, eggs, juice, milk, and coffee—all for a free-will offering that supports local community programs.

While you're there, explore the Community Showcase featuring local exhibits, a craft and bake sale, and fun activities like face painting for the kids. Bring your family, friends, and appetite. There's something for everyone!

**FREE-WILL-OFFERING**

Time: 8:00 AM-Noon

**LOCATION:** SPRING LAKE PARK HIGH

## SLP Lions TRUNK or treat

Join the Spring Lake Park Lions for their Annual FREE Trunk or Treat at Sanburnol Park! Bring the whole family for a safe, non-scary Halloween night filled with fun. The Lions will have creatively decorated vehicles with candy, fun swag, and more—all passed out from their trunks! This festive event is free and open to kids of all ages to enjoy treats in a friendly, welcoming community atmosphere.

Friday, October 31

6:00-7:15 PM

SANBURNOL PARK  
520 SANBURNOL DR NE

## Santa Parade! DECEMBER 1-4, 2025

Check SBM facebook page  
for more information





# Spring Lake Park Involvement

## Propose a Class

Do you have a special skill, hobby, or passion you'd love to share with others? Spring Lake Park Parks and Recreation is always looking for enthusiastic individuals to teach classes, lead seminars, or offer unique programs for youth and adults. Whether it's crafting, cooking, fitness, art, or something entirely your own—we'd love to hear your idea! Our team will help with logistics, space, and promotion so you can focus on what you do best. Inspire others, build community, and turn your passion into a rewarding experience right here in Spring Lake Park.



## Tower Days Committee

Be Part of the Planning — Join the Tower Days Committee!

Spring Lake Park's annual Tower Days celebration, held the first full weekend in June, is a beloved tradition that brings the community together through parades, music, food, fireworks, games, and more. Behind the scenes, a dedicated team of volunteers works year-round to plan and deliver the event—and we're looking for new members to join the team!

The Tower Days Committee is seeking both adult and youth members (ages 15+) to help guide the planning process and support the event itself.

### Committee Responsibilities:

- Help plan and organize event activities, entertainment, logistics, and vendors
- Attend monthly committee meetings
- Volunteer on event weekend—a key part of committee involvement

### Meeting Schedule:

When: Last Tuesday of each month at 6:00 PM

Where: Spring Lake Park City Hall

### Eligibility:

We welcome all community-minded people ready to connect, get involved, and bring the excitement to Tower Days. Whether you're a local resident, youth (15+), or a business—your creativity, organization, and enthusiasm can help make this celebration shine even brighter!

### Interested in Joining?

Contact the Park and Recreation Office at [recinfo@slpmn.org](mailto:recinfo@slpmn.org) or call 763-792-7201

## Park and Recreation Commission

Join the Spring Lake Park Parks and Recreation Commission

Are you passionate about parks, recreation programs, and building a stronger community? The Spring Lake Park Parks and Recreation Commission is currently seeking new adult and youth members (ages 15+) to serve in this important advisory role.

Commissioners help guide city decisions related to park development, recreational programming, senior services, and popular events like the Easter Egg Hunt, Tower Days, and Fall Fest. This is a great opportunity to make a lasting impact and collaborate with residents and city staff on shaping the future of Spring Lake Park.

### Commission Details:

- Meeting Time: 6:00 PM on the first Tuesday of each month
- Location: Spring Lake Park City Hall
- Term Length: 3 years (1 year for youth members)
- Eligibility: Open to residents of Spring Lake Park or those living within the Spring Lake Park School District.
- Expectations: Attend meetings regularly and assist with major city recreation events.

### Youth Members Welcome!

We are also accepting applications for youth commission members, ages 15 and older, who are willing to commit to a one-year term. This is a valuable opportunity to develop leadership skills, contribute ideas, and earn volunteer experience.

### Ready to Get Involved?

Visit <https://slpmn.org/bc-parkrec> or contact the Park and Recreation Office at [recinfo@slpmn.org](mailto:recinfo@slpmn.org) or call 763-792-7201 to learn more and/or apply.



## Volunteer with Spring Lake Park Recreation

Make a difference in your community, meet new people, and stay active by volunteering with Spring Lake Park Recreation! Join us at events like the Egg Hunt, Tower Days, and Fall Fest by greeting attendees, handing out giveaways, or helping with set-up and takedown. You can also make a lasting impact through our Adopt a Park Garden program—keeping parks beautiful while enjoying the outdoors.

### Interested in Volunteering?

Contact the Park and Recreation Office at [recinfo@slpmn.org](mailto:recinfo@slpmn.org) or call 763-792-7201



## Outdoor Ice Rinks

Ice skating rinks are typically open from **late December through mid-February**, weather permitting. For current conditions or questions, contact the **Parks and Recreation Department**.



### Rink Locations

- **Able Park** – 8200 Able Street
- Skating rink and hockey rink. Lights on from dusk–10:00pm.
- **Terrace Park** – 79th Avenue & Terrace Road Hockey rink. Lights on from dusk–10:00pm.
- **Sanburnol Park** – 520 Sanburnol Drive - General ice-skating rink (no lights).

### Free Equipment Checkout – SLP City Hall

Our Free Equipment Program at City Hall makes it easy for the whole family to get outside. Borrow skates or snowshoes during open hours—and keep them for multiple days of snowy adventures!

- Skates: Limited sizes available.
- Snowshoes: A variety of sizes to fit kids through adults.

### Hours & Closures

- Rink hours and conditions are subject to change without notice.
- Rinks may close for maintenance or when weather conditions make ice unsafe.
- Do not skate on closed rinks. Never use rink areas as dog parks.

### Help Keep Rinks in Great Shape

Our crews work hard to maintain quality ice, but heavy snowfall can build up quickly. If you skate, please help by shoveling snow off the ice and over the boards. Snow piled against the boards can freeze and shrink the skateable area.

Thank you for helping us keep SLP rinks safe and fun for everyone!



## Employment

The City of Spring Lake Park Parks and Recreation Department offers fun, flexible, and rewarding part-time job opportunities for individuals who enjoy working with youth and the community. Whether you're umpiring youth sports, leading summer camp activities, or helping host birthday parties at our Recreation Center, you'll be part of a team that creates memorable experiences for residents of all ages.

These positions are perfect for high school and college students, retirees, or anyone looking to make a positive impact in a supportive, energetic environment. Join us and help bring recreation to life in Spring Lake Park!



## Youth Athletic Associations

The following associations are organized and run by volunteers and are available for Spring Lake Park School District 16 youth to participate in.

Spring Lake Park Basketball Club  
In-house (grades 2-6) and traveling (grades 4-8) programs for boys and girls. [pantherbasketball.org](http://pantherbasketball.org)

Blaine Soccer Club  
In-house and traveling programs for boys and girls ages 3-19. 763-792-7369  
[blainesoccer.org](http://blainesoccer.org)

Spring Lake Park Youth Lacrosse  
Ages 7-14.  
[springlakeparklacrosse.org](http://springlakeparklacrosse.org)

Blaine Area Little League  
Baseball for youth ages 4-15.  
[ba-littleleague.org](http://ba-littleleague.org)

Spring Lake Park Panther Football Association  
Youth football program for grades K-6.  
[pantheryouthfootball.org](http://pantheryouthfootball.org)

Spring Lake Park Youth Hockey Association  
In-house and traveling programs ages 4-15.  
[slpyha.org](http://slpyha.org)

Spring Lake Park Softball Association  
Ages 14 and under  
[slpfastpitch.com](http://slpfastpitch.com)

Spring Lake Park Baseball Association  
[communications@slpba.org](mailto:communications@slpba.org)  
[slpba.org](http://slpba.org)



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

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## SLP Brochure Highlights

### Safety Courses

Babysitter Course  
Friends & Family CPR & First Aid Class

### Health and Wellness

Foot Care Clinic, Yoga, Nordic Walking  
and more

### Creative Classes

Painting, Mixed Media, Card-making,  
Jewelry, Cooking, Décor...

### Virtual Classes

Cooking, Genealogy, Parenting, ChatGPT

### Free Seminars and Workshops

Fun and Games, Crafting, Healthcare Directive,  
Fall Prevention & more!

### 2026 Travel

SLP Travel Show, SLP Extended Tours, Collette  
Tours and Alaska

