



Spring Lake Park



PARKS AND REC

Programs, Events & Highlights
June - September

Summer 2025



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 here 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, mail or drop off your Registration Form and payment to Spring Lake Park City Hall.

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 one 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. *Unless otherwise noted, Day Trips & Extended Tours depart from City Hall.

Inclusive Programs

Programs designed for all abilities

Please let us know if you require an accommodation specific to a disability-related need, a behavioral support, an allergy, or other need for inclusion services. Please register early to allow adequate time to process requests. Buddies may be required for some activities.

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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

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! We're always looking for amazing volunteers to help at community events with tasks like greeting attendees, handing out giveaways, and event setup and takedown. Contact us at recinfo@slpmn.org

Community Events:

- Earth Day Clean-up: April
- Tower Days: June
- Fall Fest: October
- Adopt a Flower Garden: Spring - Fall
- Adopt a Drain: Ongoing
- Egg Hunt: Spring
- Senior Safety Fair: Spring

Follow us

Facebook and
Instagram.



SUMMER

**MUSIC
IN
THE
PARK**

Lakeside Lions Park
7840 Pleasant View Dr

Wednesdays
6:30-8:30pm

MAY 28, 2025	SLP HIGH SCHOOL JAZZ BAND
JUNE 11, 2025	SOLID GOLD
JUNE 25, 2025	NORTH SUBURBAN CONCERT BAND
JULY 9, 2025	JIMTONES
JULY 23, 2025	ME & TODD
AUGUST 6, 2025	EVERETT SMITHSON BAND

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

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

Spring Lake Park Tower Days

June 5th - 8th, 2025

Get ready, Spring Lake Park! Tower Days is back and bigger than ever, promising an action-packed weekend filled with thrilling entertainment, lively celebrations, and unforgettable community fun! The event kicks off with a parade on Thursday, June 5, and wraps up with exciting festivities at Lakeside Lions Park on June 7 & 8. Don't miss this beloved tradition that showcases the best of our community!

Thursday June 5th

Tower Days Parade & 3K Fun Run (Begins at 6:30 PM)

Join the excitement as Tower Days kicks off with the annual **Tower Days Parade** and **3K Fun Run**! This year, the community will have the chance to vote for the **Tower Days People's Choice Award**—select your favorite float, band, or unit 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.
- **Road Closures:** Streets along the route close at 5:30 PM.

*Register to be in the Parade : Deadline to register for the parade is **May 14**.*

Thursday June 5th - Saturday June 7th

All City Garage Sale (Thursday - Saturday)

Hunt for treasures or clear out your own clutter at the **All City Garage Sale**! Sale applications, maps, and sale descriptions will be available at slprec.org.

- **Registration Fee:** \$7.00
- **Deadline:** May 30

Friday June 6th

Senior 500 Tournament (1:00 - 3:00 PM, SLP City Hall)

Card enthusiasts can test their skills at the **Senior 500 Tournament**! This individual tournament (no partners needed) is open to all seniors.

- **Fee:** \$5/person
- **Pre-registration Required:** Deadline **May 30**

Sponsored by: Spring Lake Park Parks & Recreation

Live Music at Sunset Grill (Evening)

Enjoy a night of great tunes and fun vibes at **Sunset Grill**, featuring a live performance by **Ozzy Harris**!

Puzzlepaloosa (5:45 - 8:00 PM, Spring Lake Park City Hall)

Test your puzzle-solving speed and teamwork at Puzzlepaloosa! Teams of up to **4 participants** will compete to complete a **500-piece puzzle** in the shortest time (2-hour limit).

- **Ages:** 12+ (at least one adult per team required)
- **Fee:** \$35/team
- **Registration Deadline:** June 5

Sponsors: Spring Lake Park Lions Club, City of Spring Lake Park, Stantec Consulting Services, Inc, Carson, Clelland & Schreder, Twin Pines Imprinting (Button Sponsor), Nelson Cheese & Deli, Central Rentals, Blaine Festival, Park Construction.

Want to support this fantastic community event? **Sponsorship opportunities** are available! Local businesses and organizations can help make Tower Days a success while gaining valuable community exposure. Visit slprec.org for sponsorship details.

Saturday June 7th

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

11 - 2pm

Bingo

\$200 pot | Jackpot \$1,199
18+

12 - 9:00pm

Beer Garden: SLP Lions
& Food Trucks

3 - 5pm *

AFW Pro Wrestling

(Tower Days Button Event \$3)

Fireworks
approximately
10:00pm

6:15 - 9:45pm

Good for Gary

Main Stage Music

Sunday June 8th

10am - 3pm

MSMA Car Show
SLP District Office

11 - 11:45am *

Will Hale
Children's Music -
Interactive

11am-3pm *

Table Top Carnival
Games
50 cent tickets.

11am - 5:30pm

Arts, Crafts & Business Fair
Enjoy shopping with local
businesses

11am - 8pm

Food Concessions
Variety of food trucks &
concessions

11 - 3pm

Pony Rides
\$8.00 per ride

12 - 12:30pm

Lumberjack Show
Experience live performances

12-3pm *

Free Face painting

12 - 6pm *

Water Wars
Free with button

12 - 6:30pm *

Inflatables &
Kiddie Barrel Ride

12-7:30pm *

Bungee Trampoline

12 - 8pm

Lion's Adult Beverage Area

1 - 3pm

Bingo
\$.25/card | Family

1:30 - 2pm

Lumberjack Show
Experience live performances

2 - 2:30pm

Interactive
Lumberjack Show
Join in on the fun.

3:30 - 4pm

Lumberjack Show
Live Performance

4 - 7pm *

Balloon Artistry by
Mandana

4:30 - 5pm

Pie Eating Contest
Ages 5 - adult

5 - 8pm

Free and Easy

Main Stage Music



Get the most out of Tower Days with a
\$3 Tower Days Button, which grants access to
most activities throughout the weekend!



FREE SHUTTLE SERVICE

Park for free at the SLP City Hall and enjoy a free shuttle to the park
on Sunday, June 9 from 11:00am - 8:00pm



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 12, 2025. Teams meet a minimum twice per week, one to two practice nights and one game night, Monday through Thursday. Coaches will reach out after April 15 (13U) and April 22 (7U/10U/17U) 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.

Volunteer coaches may be eligible to receive a 50% refund of their child's registration fee.

Coaches will be assigned to teams beginning on March 20, 2025.

Pre-Season Coaches Meeting

Tues, April 15 (13U) | Tues, April 22 (7/10/17U)

Practice Begins

Week of April 28 (13U)

Week of May 5 (7U/10U/17U)

Regular Season Games

May 15 - July 17 (13U)

May 19 - July 17 (7/10/17U)

Tournament Weekend

Thursday July 24 - Saturday, July 26

(Sunday, July 27 weather backup day if needed)

No Game Dates

May 27, June 6, June 30 - July 3

Registration Fee: \$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. Must call to register.

League	Ages	Game Night	Game Times	Field
7U	5 - 7	Tuesdays	5:45 or 7:00 PM	Sanburnol
10U	8 - 10			Able
13U	11 - 13	Thursdays	5:45, 7:00, or	Terrace
17U	14 - 17	Mondays	8:15 PM	

- Co-rec teams will be assigned randomly by the league director.
- You may request to be on the same team as one friend, but they must request you as well. Coach preferences may be noted but are not guaranteed.
- Final game times will be determined after teams are formed. Practice times & days are dependent upon coach availability.

Fee includes t-shirt, hat, game balls, equipment, umpires, and participation awards.

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, 2025.

Mondays & Wednesdays, June 9 - July 2 (No games June 19 & July 3) 6:00-7:00 PM

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

Children must turn required age by May 28, 2025.



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+.

(Ages 2-4) | 5:00-5:45 PM

(Ages 5-7) | 6:00-6:45 PM

Sports Sampler

DASH Sports Sampler camps introduce kids to Flag Football, Soccer, T-Ball, and Basketball. Young athletes will learn basic skills like running, throwing, dribbling, and kicking, with scrimmages and games on the last day. Participants should bring a baseball glove, water bottle, and wear athletic clothing and shoes. Equipment is provided.

Location: Floral Park (Arden Hills)

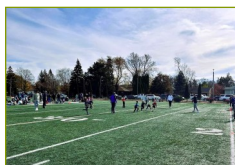


Day(s)	Date(s)	Fee	Deadline
Mon-Thu	Jun 9 - Jun 12	\$69	Jun 5

Flag Football

DASH Sports Flag Football Tykes camps introduce kids to football in a safe, low-contact environment. Athletes will learn passing, catching, rushing, and defense through fun, skill-based games. Participants should bring a water bottle and wear athletic clothing and shoes (spikes/cleats optional). Footballs and flag belts are provided.

Location: Lakeside Lions Park



Day(s)	Date(s)	Fee	Deadline
Mon-Thu	Jun 23 - Jun 26	\$69	Jun 19

Soccer

DASH Sports Soccer Tykes camps introduce kids to soccer, focusing on dribbling, passing, and shooting through fun, skill-based games. Athletes should bring a water bottle and wear athletic clothing and shoes (spikes and shin guards optional). Soccer balls are provided.

Location: Lakeside Lions Park



Day(s)	Date(s)	Fee	Deadline
Mon-Thu	Jun 30 - Jul 3	\$69	Jun 26

T-Ball

DASH Sports T-Ball Tykes camp introduces kids to throwing, fielding, batting, and baserunning. On the final day, athletes will showcase their skills in a game. Participants should bring a water bottle and glove; bats and balls are provided. **Location:** Lakeside Lions Park



Day(s)	Date(s)	Fee	Deadline
Mon-Thu	Jul 7 - Jul 10	\$69	Jul 3

Basketball

DASH Sports Basketball Tykes camps introduce kids to basketball through fun drills and mini-games. Players will learn dribbling, passing, shooting, and defense. Athletes should bring a water bottle and wear athletic clothing and shoes. Balls are provided. **Location:** Hazelnut Park (Arden Hills)



Day(s)	Date(s)	Fee	Deadline
Mon-Thu	Jul 14 - Jul 17	\$69	Jul 10

Multi-Sport Camp

(Ages 6-12)

DASH Multi-Sport Camp introduces kids to Soccer, Basketball, and Phy-Ed activities, teaching skills like running, throwing, dribbling, and kicking. The camp ends with scrimmages and games. Participants should bring a water bottle and wear athletic clothing and shoes.

Equipment is provided. **Location:** Floral Park (Arden Hills)



Day(s)	Date(s)	Time	Fee	Deadline
Mon-Thu	Jun 14 - Jul 17	1:00-4:00 PM	\$139	Jun 10

Youth Basketball Developmental Classes

(Ages 4-10)

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.

Location: Mounds View Community Center

Intro to Basketball

Day(s)	Date(s)	Time	Fee	Deadline
Sat	May 3 - May 31	9:00 - 9:30 AM	\$40	Apr 30
	Jun 14 - Jul 19	9:00 - 9:30 AM		Jun 11
	Aug 2 - Aug 30	9:00 - 9:30 AM		Jul 30

Beginner

Day(s)	Date(s)	Time	Fee	Deadline
Sat	May 3 - May 31	9:45 - 10:30 AM	\$45	Apr 30
	Jun 14 - Jul 19	9:45 - 10:30 AM		Jun 11
	Aug 2 - Aug 30	9:45 - 10:30 AM		Jul 30

Intermediate

Day(s)	Date(s)	Time	Fee	Deadline
Sat	May 3 - May 31	10:45 - 11:30 AM	\$45	Apr 30
	Jun 14 - Jul 19	10:45 - 11:30 AM		Jun 11
	Aug 2 - Aug 30	10:45 - 11:30 AM		Jul 30

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	Jul 12	12:00 - 2:00 PM	\$50/pr	Jul 9

Youth Group Tennis Lessons

(Ages 7-14)

Wondering about the basics of tennis? Well, stop wondering and start playing! Bring your own racquet and join in the fun! All classes utilize USTA tennis 1-2-3 fundamentals. For players who have little or no tennis experience. Instruction focuses on grip, rules, & fundamental strokes.

Practice balls provided. Please bring a water bottle. All classes will be held outside.

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

Location: Cummings Park (Arden Hills)

Beginner

Time: 9:45-10:45 AM

Session	Day(s)	Date(s)	Fee	Deadline
I	Mon & Wed	Jun 9 - Jun 25	\$52	Jun 2
II	Tue & Thu	Jun 10 - Jun 26		Jun 3
III	Mon & Wed	Jul 7 - Jul 23		Jun 30

Intermediate

Time: 10:50-11:50 AM

Session	Day(s)	Date(s)	Fee	Deadline
I	Mon & Wed	Jun 9 - Jun 25	\$52	Jun 2
II	Tue & Thu	Jun 10 - Jun 26		Jun 3
III	Mon & Wed	Jul 7 - Jul 23		Jun 30

Pickleball for Teens Camp

(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

Session	Day(s)	Date(s)	Fee	Deadline
Sat	Jul 12	2:30-4:30 PM	\$25	Jul 9

Youth Co-Rec Soccer League

This is a recreation co-ed program for ages 4 - 12.

Players will learn basic soccer skills, game play, teamwork, sportsmanship, and more in this recreational soccer league! Players will be placed on teams with participants from Mounds View. Games are played in partnership with surrounding cities: Arden Hills, Shoreview, Roseville, Fridley, & New Brighton. Games & practices are held at various fields in Mounds View and surrounding cities. Coaches will reach out after the pre-Season coaches meeting in mid-August to notify parents of the first practice and distribute practice / game schedules. Shin guards are required.

Volunteer Coaches are the backbone of this program.

If you are interested in being a volunteer coach or would like additional information, please email Maddie Margo at maddie.margo@moundsviewmn.gov.

Registration Opens
early June

Practices Begin
Week of August 18
Practices last 1 hour, starting at 5:30 or 6:30 PM

Regular Season Games
Saturdays, September 6 - October 11
Games last 1 hour, starting at 9:30 or 10:30 AM

Reserved Makeup Game Dates
Sundays, September 21 & October 12

League	Ages	Practice Nights	Fee
Pre-K - K	4 - 6	Thursdays	\$68/player
Grades 1 - 2	6 - 8	Mondays & Wednesdays	\$78/player
Grades 3 - 4	8 - 10	Tuesdays & Thursdays	
Grades 5 - 6	10 - 12	Mondays & Wednesdays	

Players must register based on the grade they are starting in Sept 2025

- Co-rec teams will be assigned randomly by the league director.
- You may request to be on the same team as one friend, but they must request you as well. Coach preferences may be noted but are not guaranteed.
- Final practice & game times will be determined after teams are formed and are dependent upon coach availability.

Fee includes jerseys, equipment, and referees. No refunds after the first game.





5 WEEK CLASSES

Dance Team Prep & Technique

Beginner

(Ages 10-13) | \$50 | 5:00-6:00 PM

Intermediate

(Ages 13-18) | \$50 | 6:00-7:00 PM

Advanced

(Ages 13-18) | \$50 | 7:00-8:00 PM

Day(s)	Date(s)	Deadline
Wed	Jun 4 - Jun 25	Jun 2

Mommy & Me

*(Ages 0-3) | \$50 | 5:00-5:40 PM

Kidlets

(Ages 2-3) | \$60 | 5:45-6:25 PM

Kidance

(Ages 4-5) | \$60 | 6:30-7:10 PM

Dancing Kids

(Ages 5-8) | \$60 | 7:15-7:55 PM

Hippity Hop

(Ages 4-6) | \$60 | 5:45-6:25 PM

Hip Hop

(Ages 7-11) | \$60 | 6:30-7:10 PM

Royal Princess & Prince Ball

(Ages 3-6) | \$50 | 5:00-5:40 PM

Mini Dance Team

(Ages 4-7) | \$60 | 6:30-7:10 PM

Day(s)	Date(s)	Deadline
Wed	Jun 11 - Jul 16	Jun 9

(No classes on July 2)

Tummy Time Infant Movement Class

*(Age 3mo-crawler) | \$50 | 9:30-10:15 AM

Kidlets

(Ages 2-3) | \$60 | 10:20-11:05 AM

Kidance

(Ages 4-5) | \$60 | 11:10-11:55 AM

Day(s)	Date(s)	Deadline
Fri	Jun 13 - Jul 18	Jun 11

(No classes on July 4)

4 WEEK CLASSES

Magical Storybook Adventure

*(Ages 0-3) | \$50 | 9:35-10:10 AM

(Ages 2-5) | \$50 | 10:10-10:45 AM

Day(s)	Date(s)	Deadline
Wed	Jul 9 - Jul 30	Jul 7

Fairy Frolic

(Ages 2-3) | \$50 | 9:35-10:10 AM

(Ages 4-5) | \$50 | 10:10-10:45 AM

Day(s)	Date(s)	Deadline
Wed	Aug 1 - Aug 22	Jul 30

Ninja Camp

(Ages 4-7) | \$50 | 6:30-7:15 PM

Day(s)	Date(s)	Deadline
Mon	Aug 4 - Aug 25	Aug 2

DANCE PARTY CLASSES

Moana's Dance Party

(Ages 3-6) | \$30 | 5:00-6:30 PM

Day(s)	Date(s)	Deadline
Wed	Jun 11	Jun 9

Defying Gravity: A WICKED Dance Adventure

(Ages 6-8) | \$30 | 5:30-7:00 PM

Day(s)	Date(s)	Deadline
Wed	Jun 23	Jul 21

Shake it off! Taylor Swift Camp

(Ages 7-10) | \$30 | 5:30-7:00 PM

Day(s)	Date(s)	Deadline
Wed	Aug 20	Aug 18

ABOUT QC DANCE

*See Online Registrations
for full descriptions.*

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



**Class requires parent or
adult participation**

Music Together®



Music Together - Demo

(Ages 0-5)

Location: New Brighton Community Center

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.

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 16	9:00 AM	FREE	Jun 12
		5:30 PM		

Music Together - Class

(Ages 0-5)

Location: New Brighton Community Center

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.

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 23 - Aug 11	See Above	\$174 1st child	Jun 19

Lead & Inspire: Teach a Course with Us!

The City of Spring Lake Park Recreation is always looking for instructors to offer classes and programs in our wonderful community. Do you have a skill, hobby, or passion to share? We're seeking enthusiastic instructors with creative ideas to serve learners of all ages, abilities, and interests.

- No teaching license required! Just a passion for teaching and the ability to engage others.
- Join our community-centered programs and help us build a diverse course catalog.
- We handle registration and promotion – you bring the creativity!

Ready to get started?
Submit a Class Proposal Form today!

Contact us at recinfo@slpmn.org
for more information.

Strengthen Community Together!

Are you looking for a meaningful way to give back to the community? Partnering with Spring Lake Park Recreation through sponsorship allows you to help provide fun, enriching opportunities that bring people together and enhance lives.

Sponsorship plays a critical role in supporting activities that strengthen community connections, promote wellness, and create lasting memories for all ages. By sponsoring youth activities, adult programs, senior programs, or special events, you help make recreation accessible, enhance services, and increase community engagement.

Contact Us Today! 763-792-7201

Join us in building a stronger,
healthier community!

Able Park Playground Programs

Location: Able Park, 8200 Able St NE, SLP

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 Morning Program

(Ages 6 -12)

Monday, June 16 - Friday, August 15
(Closed June 19 & July 4)

No pre-registration is required - just stop by and join the fun! **Daily limits will apply and openings will be available on a first-come, first-served basis.**

Day(s)	Time
Mon / Tues / Thu / Fri	9:00-11:30AM

Munchkin & Panther Program Dates

Session I: Monday, June 16 - Friday, Jul 18
(Closed June 19 & July 4)

Session II: Monday, July 21 - Friday, August 15



(Ages 4 & 5)

Day(s)	Time	Fee
Tue / Thu	9:00-11:30 AM	\$25/session



(Ages 6 -12)

Day(s)	Time	Fee
Mon / Tues / Thu / Fri	1:00-4:00 PM	\$35/session

Wednesday Outings & Events

(Ages 6-12)

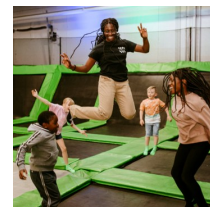
Drop off/Pick up: Able Park, 8200 Able St NE

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

Fees include supervision, transportation (if applicable) and any admission fees or instructors.

Zero Gravity

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.



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 18	9:00 AM-4:00 PM	\$39	Jun 11

Como Zoo & Town

Join us for a fun filled day at Como Zoo & Como Town amusement park! We'll begin the day viewing the wonderful animals at Como Zoo. After lunch, we're off to Como Town where we'll spend the afternoon enjoying as many of the rides and attractions as we can.



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 25	9:00 AM-4:00 PM	\$39	Jun 18

Tricia & the Toonies + ArtStart

Funded by the Anoka County Board of Commissioners & State SCORE (Select Committee on Recycling & the Environment) funds and the City of Spring Lake Park Recycling Program.

Join us for a day of learning about recycling and environmental preservation! In the morning, enjoy music with Tricia & the Toonies while exploring resources and recycling. In the afternoon, professional artists from ArtStart will guide us in creating inventions using fun, reusable materials in the Inventors Artful Reuse workshop.



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 2	9:00 AM-4:00 PM	FREE	Jun 25

Cascade Bay Water Park



Come spend the day with us at Cascade Bay Waterpark, the ultimate summer destination! With over 19,000 square feet of pool space, there's plenty of room to splash around and have fun. Enjoy thrilling water slides, a relaxing lazy river, and a beautiful sand beach area. Zoom down slides, float along the river, or soak up the sun!

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 9	9:00 AM-4:00 PM	\$39	Jul 2

Coon Rapids Regional Park



Join us for a day of outdoor fun at Coon Rapids Regional Park! Wargo Nature Center instructors will guide us through exciting activities like hiking, wildlife exploration, and nature games. It's a great opportunity to learn about the natural world while enjoying an adventure surrounded by the beauty of nature.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 16	9:00 AM-4:00 PM	\$39	Jul 9

Conquer Ninja Gym



We'll be heading to Conquer Ninja Gym, where you can challenge yourself on obstacle courses designed to test your ninja skills. It's the perfect opportunity to push your limits, have fun, and see how strong and agile you can be as you take on the ultimate ninja challenge!

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 23	9:00 AM-4:00 PM	\$39	Jul 16

Bunker Beach Water Park



Come spend the day with us at Bunker Beach Water Park! The park includes a massive 25,000 square ft wave pool, an exciting waterslide tower, a large adventure pool including a play structure, a lengthy lazy river to float along and other water features to enjoy!

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 30	9:00 AM-4:00 PM	\$39	Jul 23

Water Day



Get ready to cool off and have a blast at our Water Day! We're turning the playground into a splash zone with slip n' slides, water games, and refreshing adventures. We'll top things off with an on-site visit from the SBM Fire Department, who will stop by with a fire truck to spray water and keep the fun going!

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 6	9:00 AM-4:00 PM	\$35	Jul 30

Sky Zone



Join us as we head to SkyZone for an adventure full of thrills. We'll bounce, jump, climb, fly, joust, dunk, and play dodgeball in this awesome arena. The trampoline park is a fantastic spot for young explorers to experience challenging and unique attractions!

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 13	9:00 AM-4:00 PM	\$39	Aug 6

Adult Leagues, Sports & Fitness



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 & tournaments are ages 18+

Volleyball Leagues

Enjoy an evening of Volleyball! Teams will play regular season games and end-of-season playoffs. Fee includes referees, facility rentals, 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.

Summer Sand Volleyball

Locations

Coed Competitive
City Hall Park, MV

Women's Competitive
Moore Lake Park, Fr

Coed Recreation
Silver View Park, MV

Open Recreation
City Hall Park, MV

Deadline: Week of Apr 28

Fall Indoor Volleyball

Locations

Competitive Divisions
Highview Middle School, NB

Recreation Divisions
New Brighton Community Center

Deadline: Week of Sep 1

Individual Fee: \$40

Team Fee: \$325

Individual Fee: \$45

Team Fee: \$375

League	Day(s)	Date(s)	Time	League	Day(s)	Date(s)	Time
Coed	Mon	Starts week of May 12 11 weeks + playoffs	6:00-10:00 PM	Coed	Mon	Starts week of Sep 15 10 weeks + playoffs	6:00-10:00 PM
Women's/Open	Wed			Women's	Wed		

Bean Bag Toss League

Grab a partner and play in our Bag Toss League! League play consists of 6 weeks + playoffs of double header games. Teams can be made up of 2 players of any gender combination. Fee includes awards & sales tax.

Team Fee: \$40

Summer Season					Fall Season				
Day(s)	Date(s)	Time	Location	Deadline	Day(s)	Date(s)	Time	Location	Deadline
Thu	Starts May 29	6:00-8:00 PM	Big Louie's Bar & Grill, NB	May 8	Thu	Starts Oct 2	6:00-8:00 PM	MV Community Center	Sep 4

Tournaments

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.

Bean Bag Toss at Mounds View Festival in the Park					Sand Volleyball - Coed				
Day(s)	Date(s)	Location	Fee	Deadline	Day(s)	Date(s)	Location	Fee	Deadline
Sat	Aug 16	Silver View Park, Mounds View	\$40 (2 players/team)	Aug 8	Sat	Aug 23	Silver View Park, Mounds View	\$120 (max 10 players)	Aug 15

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				Fall Season			
Day(s)	Date(s)	Fee	Deadline	Day(s)	Date(s)	Fee	Deadline
Sun	May 11 - Jul 27 (no games 5/25 + 7/6) 10 weeks + tournament	\$508/team	May 5	Sun	Aug 10 - Sep 28 (no games Aug 31) 7 weeks + tournament	\$400/team	Aug 4

Pickleball Ladder League

Come join our fun self-officiated pickleball ladder league! Doubles Ladder League - You don't need a partner. This format is designed so that players play others of similar skill level. The ranking is based on the winning percentage. Players will move up or down the ladder based upon their winning percentage.

Age	Location	Day(s)	Date(s)	Time	Fee	Deadline
Ages 20 - 40	Fridley High School	Mon	May 19 - Jul 28 (no games May 26)	6:00-8:00 PM	\$25	May 12
All Ages	Fridley High School	Wed	May 21 - Jul 23	6:00-8:00 PM		May 14
	Moore Lake Park, Fridley	Thu	May 22 - Jul 31 (no games Jul 3)	10:00 AM-Noon		May 15

Intro to Pickleball Clinic

(Ages 18+)

These 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: Hayes Elementary School (Fridley)

Time: 10:00 AM-Noon

Day(s)	Date(s)	Fee	Deadline
Sat	May 3	\$25	Apr 30

Pickleball Live Play Coaching

(Ages 18+)

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. Equipment provided if needed.

Location: Moore Lake Park - Fridley

Time: 6:00-8:00 PM

Day(s)	Date(s)	Fee	Deadline
Wed	May 7 - May 28	\$55	May 5

Pickleball for Beginners

(Ages 18+)

Pickleball for Beginners is designed to enhance your skills while focusing on the game's fundamentals. Each week, we'll cover the rules and techniques to help you better understand the game.

Location: Moore Lake Park - Fridley

Time: 6:00-8:00 PM (no class Jul 2)

Day(s)	Date(s)	Fee	Deadline
Wed	Jun 11 - Jul 9	\$55	Jun 9

ADULT TENNIS CLASSES

Tennis Lessons

(Ages 18+)

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

All classes taught by USTA-trained instructors.
Weather makeup on July 14 if needed.

Location: Floral Park (Arden Hills)

Beginner

Discover the joy of tennis, a sport you can enjoy for a lifetime! Perfect for those new to the game or with minimal experience. You'll learn essential strokes, develop rally skills, and start your tennis journey off right - with a **brand new racquet included** for all beginner participants!

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 2 - Jul 7	6:00-7:00 PM	\$80	May 29
	Jul 21 - Aug 25	5:45-6:45 PM		Jul 17

Advanced Beginner

Classes are for those who know the basic strokes and are working further on ball tracking, movement and consistency. Players are ready for introductory social match play.

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 2 - Jul 7	7:15-8:15 PM	\$80	May 29
	Jul 21 - Aug 25	7:00-8:00 PM		Jul 17

Social Tennis

(Ages 18+)

Join other local tennis enthusiasts this summer for open match play! Participants can rotate between singles and doubles and play a mixture of opponents while meeting new people and getting some exercise. This social program will be mainly administered and officiated by players, and there will be no formal score recording, but a USTA Northern Recreation Manager will be there for the first few weeks of play to help organize play and establish guidelines and scoring.

Location: Edgewood Middle School (Mounds View)

This program is a collaboration between Spring Lake Park and New Brighton Parks and Recreation Departments.

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Jul 12 - Aug 25	9:00-11:00 AM	\$55	Jul 7

HEALTH & FITNESS CLASSES

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

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 12 - Jun 26	10:00-10:45 AM	\$19	Jun 11
	Jul 10 - Jul 31		\$25	Jul 9
	Aug 7 - Aug 28			Aug 6

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:** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 1 - May 29	6:00-7:30 PM	\$45	Apr 30
	Jun 12 - Jun 26		\$27	Jun 11
	Jul 10 - Jul 31		\$36	Jul 9
	Aug 7 - Aug 28		\$36	Aug 6

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.

Location: QC Dance Studio

Session	Day(s)	Date(s)	Time	Fee	Deadline
I	Wed	May 21 - Jun 11	7:15-8:00 PM	\$40	May 19
II		Jun 18 - Jul 16			Jun 16
III		Jul 23 - Aug 20			Jul 21

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



Day(s)	Date(s)	Time	Fee	Deadline
Wed	May 7	9:00-11:00 AM	\$5	April 25
Fri	May 23	9:00-11:00 AM	\$5	May 9

Kayaking on the St. Croix River

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. **Location:** Interstate Park



Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 12	11:30 AM-4:30 PM	\$43	Jun 4

Nordic Walking

(shared class with Wargo)

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:** Coon Rapids Dam / Wargo Nature Ctr.

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 16	9:00-10:15 AM	\$12	Jun 11
Wed	Jun 18	3:00-4:15 PM	\$12	Jun 11

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

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jul 28	6:00-7:30 PM	\$25	Jul 14
Tue	Aug 19	6:00-7:30 PM	\$25	Aug 6

Art Classes by Jill

Offering Adult and Adult/Child Classes

Sip and Paint



Date: Fri, Jun 6

Time: 6:00-9:00 PM

Fee: \$45

Deadline: Jun 1

Hummingbird



Date: Tue, Jul 8

Time: 6:00-9:00 PM

Fee: \$37

Deadline: Jul 2

Grandparent & Me

(Adult/Child)

Mermaid



Date: Sat, Jul 19

Time: 10:00 AM-Noon

Fee: \$30

Deadline: Jul 12

Grandparent & Me

(Adult/Child)

Dragonfly Cutie



Date: Sat, Aug 2

Time: 10:00 AM-Noon

Fee: \$30

Deadline: Jul 26

Grandparent & Me

(Adult/Child)

Whimsy Tree



Date: Sat, Sept 13

Time: 10:00 AM-Noon

Fee: \$30

Deadline: Sept 6

Fall Landscape



Date: Tue, Sept 23

Time: 6:00-9:00 PM

Fee: \$37

Deadline: Sept 16

FREE CLASSES

Gardens of Rice Creek

Participants will meet 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
Tue	May 20	10:00 AM-12:00 PM	\$0	May 13

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:** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Sept 16	11:00 AM-Noon	\$0	Sept 9

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:** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 19	2:00-3:30 PM	\$0	Jun 12

Classes & Workshops

by Eric Houston

Location: SLP City Hall

Antiques Anywhere: DIY Antique Appraisals Workshop

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 23	10:00-11:00 AM	\$0	Jun 16

Movie Man Classes

Mary Pickford: The World's First Movie Star

Day(s)	Date(s)	Time	Fee	Deadline
Wed	May 21	10:00-11:00 AM	\$0	May 14

At the Movies: The Birth of Sound, Color, and the Widescreen

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 16	10:00-11:00 AM	\$0	Jul 9

Over the Rainbow: Behind the Scenes of Wizard of Oz

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Aug 27	10:00-11:00 AM	\$0	Aug 20

Dracula, Frankenstein & King Kong: Monster Movies of the 20's & 30's

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Sept 10	10:00-11:00 AM	\$0	Sept 3

FREE Virtual Classes

Virtual Home Selling Seminar

This free Home Selling seminar, led by a local realtor, will guide you through each step of the process, answering your questions and providing actionable next steps. If preparing your home to list feels daunting, this seminar is for you. Free, but please pre-register. Link will be emailed prior to class.

Location: Virtual

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jun 11	5:30-6:30 PM	\$0	Jun 4
	Aug 13			Aug 6

Virtual Home Buying Seminar

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

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 16	5:30-6:30 PM	\$0	Jul 10
	Sept 17			Sept 10

Driver Courses

55+ Driver Discount 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) **Location:** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Apr 2	12:30-4:30 PM	\$29	Mar 26
Thu	Jun 26	12:30-4:30 PM	\$29	Jun 19
Tue	Aug 19	12:30-4:30 PM	\$29	Aug 12
Wed	Oct 29	5:00-9:00 PM	\$29	Oct 22

Virtual Classes

Link will be emailed prior to class.

50 Money Making Side Hustle for Teens

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jul 8	6:00-9:00 PM	\$17	Jul 3

Be a Better Writer: 10 Easy Tips to Improve your Writing NOW

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jul 10	6:00-9:00 PM	\$40	Jul 8

Writing for Online Blogs, Magazines & Websites

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jul 16	4:00-6:00 PM	\$30	Jul 14

Tech -Savvy Survival in 60 Minutes

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jun 23	12:00-1:00 PM	\$23	Jun 20

Power Up with Google Suites: Essential Tools for Everyday Tasks

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 14	12:00-1:00 PM	\$23	Aug 12

Creative Classes

Jeff Sandino Cooking Tantalizing Thai Cuisine

Start by making fresh Vietnamese summer rolls with hoisin and peanut sauce, followed by crispy fried spring rolls with pork, turkey, and glass noodles. Next, prepare flavorful Pad Thai with rice noodles, chicken, eggs, and herbs. End with Thai lime custard topped with whipped cream.

Location: Fridley High School

Day(s)	Date(s)	Time	Fee	Deadline
Tue	May 13	6:00-9:00 PM	\$45	May 12

Mandala Rock Painting

Have you ever wanted to tap into your creative self? Come and explore how to find peace and relaxation while creating an intricate and original Mandala Rock.

Location: SLP City Hall



Day(s)	Date(s)	Time	Fee	Deadline
Thu	June 12	1:00-3:00 PM	\$30	Jun 5
	Sept 18			Sept 10

Knitting & Crocheting Classes

Join our fun knitting and crocheting classes! Led by an experienced instructor, you'll learn key techniques, master stitches, and read patterns to create beautiful handmade projects. Perfect for beginners or those looking to improve their skills!

Location: SLP City Hall



Crocheting: 9:00 AM-11:00 AM

Knitting: 11:00 AM-1:00 PM

Day(s)	Date(s)	No Class	Fee	Deadline
Fri	Jun 13-Jul 25	July 4	\$35	Jun 9

Card Making Class Birthday Cards

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.

Location: SLP City Hall



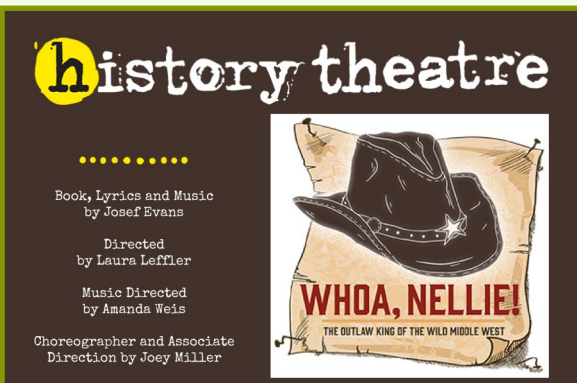
Day(s)	Date(s)	Time	Fee	Deadline
Sat	Sep 13	10:30 AM-Noon	\$30	Sep 5



DAY TRIP - Lake Mille Lacs Fishing

Kick off summer with an exciting fishing adventure! Join us for a 4-hour charter trip on Lake Mille Lacs, targeting walleye, perch, and crappies. Departing from Twin Pines Resort, enjoy stunning lake views and a delicious lunch after your day on the water. Don't forget to buy your fishing license before departure—let's make this season unforgettable! *Lunch choice made at registration.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 22	7:00 AM-5:30 PM	\$120	April 22



Whoa, Nellie! The Outlaw King of the Wild Middle West

This is a fast-paced, funny, and emotional musical about "Nellie King," a fake detective and former child performer who became a Minnesota media sensation in the late 1800s. Her criminal exploits and love of male attire lead to disastrous consequences, exploring themes of gender, addiction, mental health, and celebrity that still resonate today. *Lunch Included.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 29	9:15 AM-3:00 PM	\$98	May 1



Church Basement Ladies at the Plymouth Playhouse

The *Church Basement Ladies* are back with the musical that started it all! This comedy follows four women who run the church kitchen, handling everything from dinners to weddings while keeping the pastor on track. Filled with humor, heart, and memorable characters, it's a nostalgic look at church life. *Buffet lunch included.*

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Aug 1	11:30 AM-5:15 PM	\$98	Jul 1



Day Trip: Singin' in the Rain

The "Greatest Movie Musical of All Time" returns to Artistry! Each unforgettable scene, song and dance is accounted for, including the show-stopping title number! Hilarious situations, snappy dialogue and a hit -parade score of Hollywood standards make SINGIN' IN THE RAIN the perfect entertainment for any fan! *Lunch at Qcumbers Buffet in Edina.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 7	10:30 AM-5:15 PM	\$104	Jul 7



Disney's Beauty & Beast at the Orpheum

Join us for Disney's reimagined 30th Anniversary production of *Beauty and the Beast*, featuring stunning new sets, costumes, and the timeless romance audiences love. Enjoy a catered lunch at Spring Lake Park City Hall before the show. *Lunch included.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 14	10:30 AM-5:15 PM	\$98	Jul 14



ABBA

ABBAFAB is a stunning tribute to ABBA's greatest hits, featuring talented artists and musicians. This multimedia show covers ABBA's iconic songs, from Waterloo to Dancing Queen and Mamma Mia. With world-class vocals and musicianship, ABBAFAB creates an unforgettable experience for fans of all ages. Join us at the Paramount Theater in St. Cloud, with lunch at Coyote Moon Grill! *Lunch included.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jul 24	10:00 AM-5:30 AM	\$107	Jun 24



Neil Diamond

Join Matt Vee and The Killer Vees for a high-energy tribute to Neil Diamond, featuring hits like *Sweet Caroline*, *Cracklin' Rosie*, and *America*. With stunning vocals and authentic arrangements, this show honors the music that shaped generations. Enjoy lunch at Coyote Moon before the show at the Paramount Theater! *Lunch included.*

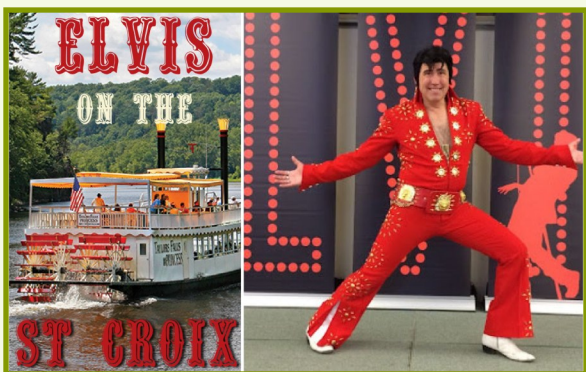
Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 21	10:00 AM-5:30 PM	\$107	Jul 20



Grease

Grease is back at Chanhassen Dinner Theatres! Experience the nostalgia of the '50s with greased-back hair, leather jackets, and the iconic Rydell High backdrop. Enjoy the drama, comedy, and classic songs like "Summer Nights," "We Go Together," and "Greased Lightnin'." Join the fun and groove along to this beloved production! *Lunch included.*

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Sept 3	10:30 AM-5:00 PM	\$107	Aug 1



Elvis Show on the St. Croix

Set sail on the St. Croix for a magical evening of music and scenic beauty! Enjoy a paddlewheel cruise with stunning views and wildlife while Todd Anderson (Elvis tribute artist) delivers an unforgettable performance. Before the show, we'll have a pizza dinner on the Patio. Don't miss this unique night of entertainment! *Dinner included.*

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Sept 5	4:00-10:30 PM	\$112	Aug 5



Take Me Out to the Ballgame with the Spring Lake Park Lions!

Join the Spring Lake Park Lions for an exciting evening at the St. Paul Saints baseball game on August 7, 2025! Enjoy a night at the ballpark, cheering on the Saints and connecting with fellow community members. Don't miss out on this fun-filled evening made possible by the Spring Lake Park Lions. *Dinner on your own.*

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Aug 7	5:00-10:30 PM	\$43	Jun 30

Raised-Bed Community Garden

Sanburnol Park is home to the raised-bed community garden. Located in the south east corner of the park, these raised-beds make gardening easier for you to plant, maintain and harvest your crops.



Returning gardeners have until March 1st to reserve their garden bed. New gardeners may reserve starting March 2nd.

One garden plot per household can be reserved by mail or in person at the Recreation Department.

There will be access to water, however, the gardens will be situated to receive regular watering from the park irrigation system. Barrels for waste and organic materials will be provided to encourage a clean garden area. Mowed grass paths separate the gardens. You may use granular fertilizers and insecticidal soap for pest control. No aerosol or hose end sprayer fertilizers / pesticides will be allowed.

City of Spring Lake Park Parks Information



The six parks in Spring Lake Park provide year-round enjoyment for all ages.

For all other park facility reservations and locations, please call 763-792-7201 or visit www.slprec.org

Able Park	8200 Able St.
Sanburnol Park	520 Sanburnol Drive
Terrace Park	410 79th Ave.
Triangle Memorial Park	Able St. & Manor Dr.
Westwood Park	8450 Westwood Rd.

To reserve facilities at Lakeside Lions Park, call 763-717-4040 or visit www.moundsvievmn.org

Lakeside Lions Park	79th Ave & Pleasant Dr.
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Pancake Breakfast

Join the Spring Lake Park Lions for their popular all-you-can-eat pancake breakfast on **April 28th**. Enjoy your fill of pancakes, French toast, sausage, eggs, juice, milk and coffee. In addition to the breakfast, there will be face painting, craft and bake sale, and community exhibits. All proceeds go to support local community programs. **Free-will offering. Time:** 8:00 AM - Noon **Location:** Spring Lake Park High School Cafeteria – Door #29



Adopt-A-Drain

Storm drains flow directly into our local lakes, rivers, and wetlands, and act as a channel for trash and organic pollutants. The Adopt-A-Drain program asks residents to adopt a storm drain in their neighborhood and commit to keeping it clear of trash, leaves, and other debris to prevent water pollution.

To register go to <https://adopt-a-drain.org>

Adopt-A-Flower Garden Program



The Adopt-A-Garden program allows groups or individuals to plant and care for a park garden within the City of Spring Lake Park. With the guidance of our Master Gardener, each volunteer will tend to the garden as if it were their own. Volunteers will weed, prune, plant, and water the garden throughout the year on a regular basis. This is a one-year commitment.

Individuals, family members, or groups can adopt. For more information on the program and to see which gardens are available, visit www.slprec.org.

BOOK AN EVENT. BOOK AN AMAZING EXPERIENCE.
with our new Online Park Reservations!
www.slprec.org

Join the fun! Free Senior Clubs



Senior Card Club - Join other seniors **every Thursday from 1:00 - 3:00 PM** for 500. There is no charge to participate and no pre-registration is required. **Location:** SLP City Hall

Hand and Foot Card Club - Hand and Foot is a fun, engaging card game perfect for seniors looking for a relaxed social activity. A variation of Canasta, it's usually played by four players in teams of two, but can be adapted for other numbers. **Join us Wednesdays at 1:00 PM.** **Location:** SLP City Hall

Beverly's Walkers - Step into fitness and friendship with our Community Walking Group, designed especially for seniors! Enjoy the health benefits of walking while exploring scenic local trails and connecting with others who share your enthusiasm for staying active. Whether you're looking to boost your energy, improve your mood, or simply enjoy good company, this group is a perfect way to keep moving at your own pace. Lace up your sneakers and join us for fun, fitness, and new friendships! **See website for locations (www.slpsec.org)*



Registration and Waiver Form

Name	Phone
Address	
City/State/Zip	Email
Do the participant(s) have any relevant allergies or special accommodations? List here	

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

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Clean Up

Join us this year!

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 9:30 AM and ends promptly at Noon.

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

Day(s)	Date(s)	Time
Sat	Apr 26	9:30 AM-Noon

Spring Lake Park Tower Days



Congratulations to our Tower Days
BUTTON WINNERS, Piper K. (youth)
and Amanda M. (adult)!



Piper K.



Amanda M.

Buttons can be purchased at the Spring Lake Park Parks & Recreation Office in advance or at the front gates of Lakeside Lions Park during the event.

