

SPRING LAKE PARK RECREATION

NOV.-DEC. 2021 Activity Catalog



Family Events
Youth Dance
Youth Activities
Youth Field Trips
Enrichment Classes
Fitness Classes
Senior Programs
Trips & Tours
School Break Events
Community Events



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 the "Registration" tab. Payment is due at time of registration. If you need help setting up an account, call 763-792-7201.

In Person or Via USPS Mail

To register, bring or mail your Registration Form to 1301 81st Avenue NE, Spring Lake Park, 8:00am - 4:30pm, Monday through Friday. (An "after hours" drop box is located in the City Hall foyer and is open 24/7.)

Over The Phone

Call us at 763-792-7201 between 8:00am and 4:30pm, Monday - Friday, and we'll register you. Payment is due at time of registration.

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

Phone: 763-792-7201

Email: recinfo@slpmn.org

COVID-19

Programs in this catalog are subject to change or cancellation due to COVID-19. If you are not feeling well or have been exposed to COVID-19, please stay home. MASKS AND PROOF OF VACCINATION ARE REQUIRED AT ALL THEATER/MUSIC VENUES. **We will send out current guideline information to participants before the start of each program.**

Employment

Skating Rink / Warming House Attendant

This is a temporary/seasonal position that oversees patron activities at our outdoor skating rinks and warming house. Flexible and part-time hours available from December - February.

Applications are due by December 1st. Ages 18+.

Enrichment & Workshop Instructors

Do you have a special skill or knowledge? Share it with us! To propose a class or workshop, please email recinfo@slpmn.org.

Skating Rink / Warming House

Able Park

Able park is located at 8200 Able Street. It has a skating rink, a hockey rink, and a warming house. The warming house will be open from December 27 - February 21, weather permitting. Rinks are lit from dusk until 10:00pm.

Able Park Warming House Hours

Thursdays & Fridays: 4:00pm - 8:00pm

Saturdays: Noon - 8:00pm

Sundays: Noon - 6:00pm

Winter School Break Extended Hours: Noon - 8:00pm (December 29-31)

Rental Skates

Able Park has a limited supply of skates available for free rental. Bring your own socks. If you'd like to donate your skates, bring them to SLP City Hall.

Terrace Park

Terrace Park is located at 79th Avenue & Terrace Road and has a hockey rink with lights until 10:00pm. There is not a warming house at Terrace Park.

Sanburnol Park

Sanburnol Park is located at 520 Sanburnol Drive and has a general ice-skating rink without lights. There is not a warming house at Sanburnol Park.

Hours may be modified based on attendance and conditions.

Weather & Ice Maintenance

Rink Closures & Inclement Weather Guidelines

While the guidelines below are generally the criteria which will be followed to determine outdoor rink and warming house closures, we reserve the right to close rinks whenever we feel it is in the best interest and safety of the participants.

All regularly scheduled rinks and lights will remain open unless:

1. The air temperature is -10 degrees or below.
2. The wind chill factor is -20 degrees or below.
3. Unusually warm temperature has softened the ice, making the rinks unsafe for skating.
4. We received a snowfall of more than two inches. This could delay cleaning the rinks and opening the building.



Turkey Shoot - Free Family Event (All Ages)

Bring the family for a fun evening of low-key competition as parent and child team up to try winning their Thanksgiving turkey gift card. Each team, consisting of one parent and one child will compete in each of the following events: basketball free throw, football pass, floor hockey shoot, soccer kick, and Frisbee toss. Total scores from these events will determine the winning teams in three different age categories.



Event takes approximately 35 minutes. **Preregistration Required.**

Location: Park Terrace Elementary School Gym

Day(s)	Date(s)	Time	Fee	Deadline
Thursday	Nov. 18	6:00 - 7:30pm	Free!	Nov. 15

NORTH METRO ESPORTS LEAGUE

Coming soon to a gaming system near you... the North Metro Esports League!! Spring Lake Park, along with a number of other north metro cities, have partnered with the esports company GLeagues to bring a fun, safe online gaming experience to players of all ages.



Purchase a Season Pass and gain access to all of our different league options for an 8-week long season.

Registration Opens	Start Dates	Fee	Deadline
Week of Oct 25	Week of Jan 24	\$40	Jan 10, 2022

2022 POLAR TREK CHALLENGE

Do you laugh in the face of frigid winter weather? Take on the Polar Trek Challenge!! Test yourself to complete the total distance of one of three options: Trek to North Branch (45 miles), Trek to Hinckley (81 miles), or Trek to Duluth (154 miles). You can choose to walk, jog, run, bike, snowshoe, or cross-country ski. Receive prizes based on how far you trek.



Registration Opens	Date(s)	Fee	Deadline
Mon, Nov 29	Jan 3 - Apr 29	Varies	Feb 4, 2022

RevSports Soccer (Ages 2 - 8)

Learn the fundamentals of soccer.
(No class Nov 25)

Location: Westwood Middle School - East Gym

TotStars (Ages 2-3, Parent/Child):
5:30 - 5:55pm

KinderStars (Ages 4-6, Parent Involved): 6:00 - 6:40pm

MiniStars (Ages 5-8): 6:45 - 7:25pm



Day(s)	Date(s)	Time	Fee	Deadline
Thursdays	Oct. 28 - Dec. 2	See Above	\$49	Oct. 18

Glow-in-the-Dark Art Camp (Ages 4 - 9)

We will be working with a variety of different art supplies including clay, paint and other luminescent materials to create masterpieces your child will be ready to show off in the dark!



Location: Able Park Building

Day(s)	Date(s)	Time	Fee	Deadline
Mon & Tues	Dec. 27 & 28	9:00am - 12:00pm	\$67	Dec. 20

RevSports Basketball (Ages 4 - 11)

Learn the fundamentals of basketball. (No class Nov 25)

Location: Westwood Middle School - West Gym

KinderStars (Ages 4-6, Parent Involved): 5:15 - 5:55pm

MiniStars (Ages 5-8): 6:00 - 6:40pm

SkillStars (Ages 8-11): 6:45 - 7:25pm



Day(s)	Date(s)	Time	Fee	Deadline
Thursdays	Oct. 28 - Dec. 2	See Above	\$49	Oct. 18

Grand Slam Outing (Ages 6 - 12)

Get ready for a day filled with high paced games, activities, and fun! We'll be heading to Grand Slam to play mini golf, laser tag, arcade games, drive bumper cars, run the obstacle course, and more!



Location: Drop off and Pick up at Hayes Elementary (Includes Transportation)

Day(s)	Date(s)	Time	Fee	Deadline
Tuesday	Dec. 28	9:00am - 4:00pm	\$40	Dec. 21

Youth Co-Rec Basketball Clinic (Grades K - 3)

This popular clinic will teach the fundamentals of basketball. This is the 21st year this program has been lead by high school coaches Grant Guzy & Randy Eatherton. Emphasis will be on learning to shoot, dribble, and pass. Includes a T-Shirt!



Location: Spring Lake Park High School Aux Gym, Door #6

Day(s)	Date(s)	Time	Fee	Deadline
Saturdays	Nov. 13 & 20	10:00 - 11:30am	\$39	Nov. 5

Conquer Ninja Gym Outing (Ages 6 - 12)

Join us at Conquer Ninja Gym to have your child test their abilities as a ninja!! Kids will be supervised and instructed by Conquer Ninja Gym staff on the proper usage of equipment and to engage the kids in fun activities.



Location: Drop off/Pick up at Conquer Ninja Gym

Day(s)	Date(s)	Time	Fee	Deadline
Wednesday	Dec. 29	1:15 - 3:30pm	\$16	Dec. 22

Mini Dance Team (Ages 4 - 7)

Dancers will combine jazz, hip-hop and drill team styles into a fun and upbeat routine! Poms will be provided. Join us for games, crafts, & fun!

Location: QC Dance Studio



Day(s)	Date(s)	Time	Fee	Deadline
Saturday	Nov. 20	10:30am - Noon	\$30	Nov. 15

Wirth Park Tubing Outing (Ages 6 - 12)

Join us for a day of excitement and adventure! We'll start out the day at the Loppet Foundation Tubing Hill. After that, we'll head back to Hayes Elementary to continue the outdoor fun with a variety of winter activities!



Location: Drop off & Pick up at Hayes Elementary (Includes Transportation)

Day(s)	Date(s)	Time	Fee	Deadline
Thursday	Dec. 30	9:00am - 4:00pm	\$40	Dec. 23

Holiday Gift Making (Ages 5 - 12)

This is your child's chance to create hand-crafted gifts just in time for the holiday season! Great gifts for mom, dad, grandma, grandpa and of course that favorite teacher. (no class Nov 23)



Location: Able Park Building

Day(s)	Date(s)	Time	Fee	Deadline
Tuesdays	Nov. 16 - Dec. 14	6:00 - 7:00pm	\$53	Nov. 9

Red Cross Babysitters Course (Ages 11 - 17)

This one day course is offered to participants who wish to learn child care skills. Our certified Red Cross Instructor will teach students basic childcare, child development, accident prevention, first aid skills, and more. *Bring a peanut-free bag lunch.*



Location: Spring Lake Park City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Saturday	Dec. 11	9:00am - 3:30pm	\$58	Dec. 4

Princess Christmas Ball (Ages 4-8)

Please join us for a royal winter occasion! Dance along to all your favorites princess songs, while making a princess inspired craft! Dancers are encouraged to wear their favorite princess dress/ball gown to this special camp!



Location: QC Dance Studio

Day(s)	Date(s)	Time	Fee	Deadline
Saturday	Dec. 11	10:30am - Noon	\$30	Dec. 7

Grandparent and Me Painting Classes

Parents, aunts, uncles, and other adult relatives are welcome to join, too! Call if you wish to add another person to join your pair.



Location: Spring Lake Park City Hall

- #1. Feeling Thankful
- #2. Holiday Season

#	Day(s)	Date(s)	Time	Fee	Deadline
1.	Saturday	Nov. 13	10:00am - Noon	\$30	Nov. 6
2.	Saturday	Dec. 11	10:00am - Noon	\$30	Dec. 4

Medicare Talk

This course will go over Parts A, B, C, D and Medicare supplements of Medicare. There will be light refreshments, cookies, and water.



Location: Spring Lake Park City Hall
Call or mail in registration: 763-792-7201

Day(s)	Date(s)	Time	Fee	Deadline
Tuesday	Nov. 16	6:00 - 7:00pm	\$2	Nov. 9

Make and Take: Christmas Cookie and Treat Class

Take home one dozen each of ten different cookies/treats. This is a hands-on class and you will be working in pairs. There will be the eight standard Christmas cookies and two no bake treats! Registration opens November 1.



Location: Spring Lake Park High School

Day(s)	Date(s)	Time	Fee	Deadline
Saturday	Dec. 4	9:00am - Noon	\$44	Nov. 24

Frauds and Schemes

Join us for a Coffee Talk with Spring Lake Park's own expert, Kim Kiley, who will give an insightful talk on Frauds & Schemes.



Location: Spring Lake Park City Hall
Call or mail in registration: 763-792-7201

Day(s)	Date(s)	Time	Fee	Deadline
Wednesday	Dec. 8	9:00 - 10:00am	\$2	Dec. 3

Spruce Tips Pot Class

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



Location: Malmborg's Garden Center

Day(s)	Date(s)	Time	Fee	Deadline
Saturday	Nov. 20	10:00 - 11:30am	\$57	Nov. 6

Yoga



Come explore this ancient exercise system that strengthens the body while calming and focusing the mind. Masks required.

Location: Spring Lake Park City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Thursdays	Nov. 4 - 18 (3wks)	6:00 - 7:30pm	\$27	Nov. 3
Thursdays	Dec. 2 - 30 (4wks) <i>no class Dec. 23</i>	6:00 - 7:30pm	\$36	Dec. 1

Mature Driver's Course - First Time Student



55 and older are eligible to receive up to a 10% discount on your auto insurance if you take a Mature Drivers course. Take an 8-hour course first, and then "refresh" your learning every 3 years with a 4-hour course. Mask required!

Location: Spring Lake Park City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Tues & Wed	Nov. 9 - Nov. 10	4:30 - 8:30pm	\$28	Nov. 2

Indoor Pickleball



Looking to play Pickleball this winter? Fridley Recreation will be offering indoor court rentals at the Hayes Elementary School. Reservations must be made at least one week in advance. Please contact Fridley Recreation at 763-572-3570 to reserve a time.

Day(s)	Start Date	Time	Fee
Saturdays	Nov. 6	12:00 - 3:00pm	\$15/hr

Movie Man Film Series-Hollywood Goes to the Dogs



You'll meet Rover, the very first dog to star in a movie, and spend time with Hollywood's other good dogs, like Rin Tin Tin, Strongheart, Benji, and even Lassie!

Call to Register: 763-792-7201

Location: Spring Lake Park City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Wednesday	Nov. 10	10:00 - 11:00am	\$2	Nov. 3

Zumba (Ages 18+)



Love to Dance? Join the Party! Zumba fitness is for everyone, all shapes and sizes and just about any age.

Location: QC Dance Studio

Day(s)	Date(s)	Time	Fee	Deadline
Wednesdays	Nov. 17 - Dec. 15	8:00 - 8:45pm	\$35	Nov. 10

Yabba-Dabba-Do: The Fantastic World of Hanna-Barbera



Have a yabba-dabba-do time with Fred and Barney, Scooby-Doo, Yogi Bear and all your other favorite cartoon characters. Call to register 763-792-7201

Location: Spring Lake Park City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Wednesday	Dec. 15	10:00 - 11:00am	\$2	Dec. 8

About Sip & Paint

Step by step instructions, & painting supplies included. Alcohol and food are purchased separately at the VFW; no carry-in allowed. Must be 21 years of age to consume alcohol.

Location: Kraus-Hartig VFW.



Sip & Paint Classes



Wood Mini Wine Bottle Advent Tree

Day(s)	Date(s)	Time	Fee	Deadline
Thursday	Nov. 11	6:00 - 9:00pm	\$52	Nov. 4

Christmas Volkswagen Vibes

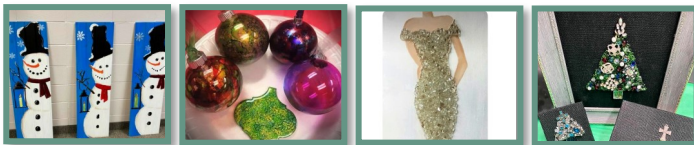
Day(s)	Date(s)	Time	Fee	Deadline
Thursday	Dec. 9	6:00 - 9:00pm	\$37	Dec. 2

About Painting Classes

Enjoy an evening of creativity and painting. Guided by professional artist, Jill Mason, you and your group will work at individual spaces to create a masterpiece that is suitable for decorating your home.

Location: Spring Lake Park City Hall

Painting Classes Classes



Winter Wall/Porch Leaner

Day(s)	Date(s)	Time	Fee	Deadline
Thursday	Nov. 18	6:00 - 9:00pm	\$62	Nov. 11

Alcohol Inks Ornaments

Day(s)	Date(s)	Time	Fee	Deadline
Thursday	Dec. 2	6:00 - 8:00pm	\$42	Nov. 26

Girl Paint, Glass and Resin

Day(s)	Date(s)	Time	Fee	Deadline
Monday	Dec. 6	6:00 - 8:00pm	\$52	Nov. 29

Jeweled Christmas Tree Design

Day(s)	Date(s)	Time	Fee	Deadline
Thursday	Dec. 16	6:00 - 8:00pm	\$47	Dec. 9

Christmas with the Rat Pack

The Rat Pack is back just in time for the Holidays! This tribute to Sammy Davis, Jr., Frank Sinatra, and Dean Martin will feature such class tunes as "New York", "Winter Wonderland", and "Baby it's Cold Outside". Lunch & transportation is Included! **Masks required.**

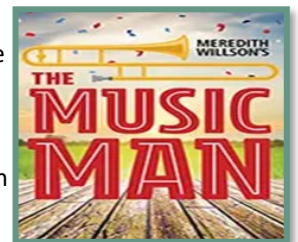


Location: Minnesota Masonic Heritage Center

Day(s)	Date(s)	Time	Fee	Deadline
Wednesday	Dec. 15	10:30am - 3:30pm	\$79	Nov. 15

The Music Man at Chanhassen

Get into a little Trouble with Meredith Wilson's five-time Tony Award-winning musical featuring the unforgettable songs "Seventy-Six Trombones", "Ya Got Trouble", "Wells Fargo Wagon", & "Til There Was You". Transportation and Lunch is included. **Masks and proof of vaccination required.**



Limited spaces!

Day(s)	Date(s)	Time	Fee	Deadline
Wednesday	Jan. 5	10:30am - 3:30pm	\$92	Dec. 3

Footloose at Chanhassen

When Ren and his mother move from Chicago to a small farming town, he is prepared for the inevitable adjustment period at his new high school. But he's not prepared for the ban on dancing. Transportation and lunch included.



Masks and proof of vaccination are required. Limited spaces!

Day(s)	Date(s)	Time	Fee	Deadline
Wednesday	Mar. 2, 2022	10:00am - 4:30pm	\$89	Jan. 31

Free Travel Show

Tour Coordinator Jamie Cassidy will present on all up coming 2022 tours with Spring Lake Park.

Location: Spring Lake Park City Hall

RSVP by November 8

763-792-7201



Day(s)	Date(s)	Time	Fee	Deadline
Wednesday	Nov. 10	10:00 - 11:00am	Free	Nov. 8



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

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

Instructions: Who is paying for the registration? In case of program changes, who should be contacted? In case of refund, where should the refund be mailed? Enter these answers into the top "Contact Info" box. Then, enter the info for each participant below.

CONTACT INFO	Adult Name(s) _____ Phone # _____	
	Address: _____ City: _____	
	State: _____ ZIP: _____ Email: _____	
REGISTER	Do the participant(s) have any relevant allergies or special needs? Name: _____	
	Needs: _____	
	Participant #1: _____ Grade: _____ Age: _____ Birth: ____ / ____ / ____ Activity: _____ Date: _____ Fee: _____ Activity: _____ Date: _____ Fee: _____	
WAIVER	Participant #2: _____ Grade: _____ Age: _____ Birth: ____ / ____ / ____ Activity: _____ Date: _____ Fee: _____ Activity: _____ Date: _____ Fee: _____	
	<p>The Minnesota Data Privacy Act requires that personal information you provide remain private data and is not available to the public. 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.</p>	
	<p>Required Signature: _____ Date: _____</p>	
PAYMENT	Credit Card #: _____ Expires: ____ / ____ Sec. Code: _____	
	Make Check Payable to: Spring Lake Park Recreation . Check #: _____ Visit our office to pay cash.	
Return form to: SLP Recreation, 1301 81st Ave NE, Spring Lake Park, MN 55432		