Your guide to fun at home in Fridley!

Get featured on our cover!
Take a picture of your family dressed as super heroes and send it to Recreation@FridleyMN.gov

Your guide to fun at home in Fridley!
Summer programming is in full swing and we are excited to be able to provide safe and fun activities for our participants! We are looking forward to our fall programs starting this September and hope to see you there!

We would like to introduce you to some new programs with this activity guide. In addition to the activities in this document we have more posted on our website, Facebook and Instagram.

Your safety and health are our top priorities and we will work to offer activities with that in mind. We know it is difficult to make plans during this time and we will share any updates we have on program status with you as we make decisions. Current status...

- New, modified summer programming has begun! Visit our website for program offerings.
- Picnic shelters are available to use on a first come basis. Park buildings are available for reservations. Call 763-572-3570 for reservations.
- Staff are monitoring the situation daily and will make plans in accordance with standards set by public health officials.
- If we are unable to offer a program that you have already registered for due to COVID-19, full refunds will be issued.

We’re all in this together and hope to see everyone at the parks!
Fridley Parks and Trails are available for you to use. Please keep yourself and others safe by following the below guidelines...

• Do not use parks or trails if you are exhibiting symptoms.
• Keep a minimum of 6 feet away from other people at all times. If this is not possible, find another location or leave the space.
• Share the trail and warn others of your presence as you pass; step aside to let others pass.
• Follow the CDC’s guidance on personal hygiene prior to your visit. Wash your hands and avoid touching your face.
• The City playgrounds are not cleaned or sanitized, use at your own risk. If you choose to use the playgrounds wash and/or sanitize your hands before and after touching play structures and follow the distancing guidelines above.
• Plan ahead, Commons, Flanery and Moore Lake parks do have satellite restrooms available however, drinking fountains are not turned on.

Do you know which Fridley Park this is? Send us a direct message with your guess on Instagram @fridleyrecreation #FridleyHiddenGems
Rec in the House

Rec ‘N Roll Take & Make
Each week our Rec team has been handing out Take & Make projects for you to make and enjoy at home! Projects include friendship bracelets, leaf rubbings, and various arts and crafts projects.

You can pick up a Take & Make bag at the locations, dates and times listed above. Don’t forget to take a picture of your finished project and email it to Rec-reation@FridleyMN.gov and we will post your project pic to our Instagram page!
**Parks & Rec Trivia**
Here comes another fun interactive challenge! Check out our Instagram Story for “NBC’s Parks & Rec” trivia. Test your knowledge of the hit NBC show *Parks & Rec*. If you have an idea for an Instagram quiz or activity, email us at Recreation@FridleyMN.gov or DM us on Instagram @FridleyRecreation

**Register NOW for Fall Programming!**
Fall programs are now open for registration! You can register through our city website. We are offering adults sports leagues and fitness classes, and a variety of youth programs and activities.
You can do hard things!
In each guide we’ll post a challenge or contest for you to participate in. Follow our Instagram page @FridleyRecreation and share your achievements at #FridleyCan!

Bounce Off
Put your tennis talents to the test! Push yourself to beat your own high volley score (or that of another member of your household). This challenge requires only two simple pieces of equipment: a tennis ball and racquet. Start by gently tossing the ball in the air and start counting each bounce (volley) on the racquet you make. Once the ball drops to the ground, the round is over. Repeat as many times as you like until you get a score you are truly proud of. Challenge yourself further – switch hands, close your eyes, skyrocket each bounce, etc.-the sky is the limit!
Together
Apart

The Great Fridley Get Together
Join your fellow Fridley-ians and gather together, apart. We are ready to help you re-create the Fair in your own backyard. Save Monday, August 17 @ 6 p.m. to host your own get together and enjoy with other households throughout Fridley. Register your party with us and we will provide you with free goodies to enhance your experience...carnival game ideas/rules, prizes, treats, recipes and more!

Tie-Dye Party
Need a mask or two? Join us on Thursday, August 6th at 10 a.m. to tie-dye a mask. Bring a shirt or pillow case and tie-dye those too! Register now on our website.
Engage in the Environment

Trail Stories, Trivia and Jokes

Hit the trails of Fridley to see what adventure awaits. A variety of trail activities for all ages, including story trails, trivia games, physical challenges and more. See calendar below to learn where to find the fun each week!

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Want to check out all of the trail activities and all the locations? Go to the starred location during the week listed and enjoy a different activity each week.
Fridley Heros

Lawn of the Week Winners!
We would like to recognize our Lawn of the Week winners! These residents have worked hard to help make their yards, and Fridley a more beautiful city. Thank you for all your hard work!

Nominate a Fridley Hero!
If you would like to nominate a Lawn of the Week or a Hero please email Recreation@FridleyMN.gov. To nominate a hero in your life, include why they are your hero and a photo of them. We’ll choose one hero to highlight in each Rec to the Rescue Activity Guide.