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!
Recreation Report

Fall programming is winding down and were pleased to be able to provide safe and fun indoor and outdoor programs this winter! We are looking forward to new programs starting in a few weeks 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 winter programming will begin shortly! Visit our website for program offerings.
- Picnic shelters reservations are no longer being accepted however, you can reserve shelters at Commons Park, Flanery Park and Moore Lake Park starting February 1, 2021.
- 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](https://www.cdc.gov/handwashing/index.html) 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
New ROX Kits
We are offering three new ROX: Recreation...in a box kits for the upcoming holidays! We have got you covered for fun at home with some holiday themed activities that will keep everyone entertained. These kits are full of goodies to get the party started. Contents will include crafts, fun activities, recipes, and surprises to keep the whole family entertained.

Register now at FridleyMN.gov/Recreation or by calling 763-572-3570.
Virtual Adult Fitness Programs.
Want to participate in Fridley Rec programs but want the option to do it from home? We are offering two new for adult fitness!
Tae Kwon Do is a Korean Martial Art that uses the hands and feet without weapons. This offering is a combination of in-person and virtual classes. Instructor Dave Seybold will focus on informational demonstrations on technique in the virtual sessions on Wednesdays and fine tuning these skills while training in person on Saturdays.

Coming Soon
Our Zumba classes will also have a virtual option. More information on how to connect coming soon so keep an eye out!
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!

Go Fish!
Little gamers have one minute to see how many fish they can transfer from one plate to another with the suction from the straw and no hands. Bonus: something to snack on after the game.
Supplies: paper plates, straws, fish crackers
Together Apart

**Take part in the Turkey Leg 5k**

This virtual race is a great way to get the family up and moving before the turkey coma sets in. The premise is simple, get a group together (or go at it alone), complete 5K (3.10 miles) and report your completion via email. All participants will be required to submit a screenshot of their completed distance/route using an app that tracks distances (ex Map My Walk). All finishers will receive a long-sleeve, cotton t-shirt (available following program dates). A bonus award for participants that use Fridley trails (hint: Springbrook Nature Center has a great approx. 3 mile route) AND provide an individual/group photo.

Register Online at [FridleyMN.gov/Recreation](http://FridleyMN.gov/Recreation)

Individual Registration Fee: $14
Family (3 or more) Registration Fee: $12 per person
Postage (optional): $5 per person
Engage in the Environment

Compost your Pumpkin!
Hurry, Hurry, get those pumpkins composted before they rot on your front step! You can bring your pumpkin to the Springbrook Nature Center for composting now until Monday November 9th!

Lawn of the Year
This year we received many Lawn of the Week nominations! Now it’s time to vote for the Lawn of the year! Go to FridleyMN.gov/lawnoftheweek and click the Lawn of the Year tab to vote for your favorite Fridley Lawn!
Fridley Voters!
2020 was a BIG year for elections! Minnesotas’ first Presidential Nominating Primary since the 1990’s was held in March, the regular primary election was held in August, and the general election early this month. Early voting for the general election started September 18th and went until November 2nd. There are 18,297 registered voters, 12 polling locations and 122 election judges in Fridley. 9,001 votes were cast during early/mail in voting and 6,103 on election day. That is an 82% voter turn out for the general election…a new record for Fridley!

Thank you to all of you that voted! You play an important role in our democratic process!

Nominate a Fridley Hero!
If you would like to nominate 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.