Rec to the Rescue

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!
Warmest Greetings!
In response to the recent changes to the MN Stay Safe phase, Fridley Recreation will be cancelling all in-person programming between November 21 and December 18. However, we are still offering modified programming to keep you busy over the next few weeks!

We would like to introduce you to some new events and activities 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. We will begin taking reservations again on 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, even in the winter! 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, Madsen, 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

Take & Make Holiday Crafts
Calling all crafters! Let us help your kiddos get into the holiday spirit with this series of classes. [Sign up on our website](#).
$12/class

Craft kits will be available for curb side pick-up by appointment on the dates listed.

DECEMBER 8: ORNAMENTS
Create two ornaments to dress up your tree or to give as a gift.

DECEMBER 15: GIFT MAKING
Make three gifts for loved ones. We’ll also wrap them up so it’s a surprise for the recipient.
Virtual Connections

Zumba is Going Virtual!
Ditch the workout and join the party with instructor Lenka Seferovic from the comfort and safety of your own home! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic and exciting total body workout. All ages, skill, and fitness levels are welcome! To tone and sculpt your body, ZUMBA uses principles of aerobic fitness interval training, a combination of fast and slow rhythms, and resistance training for maximum fat and calorie burn. No dance experience? No worries. This class is more about fun and the way you feel. Are you ready to ZUMBA?! Our January classes will be available in-person or online! Visit our website for registration and online log-in information.
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!

Turkey Waddle
You will need:
2 balloons or balls of similar size
At least 2 family members

The first member of the team steps to the start line and places the balloon between their legs. Then they must waddle with the balloon between their legs to the object and return to the start line where they then give the turkey to the next player.

During the Turkey Waddle they must keep the balloon between their legs and can not touch it using their hands. If the balloon falls during their turn they must return to the start line and start over. The first team to have all the players complete the task successfully wins!

You can modify this activity for just 2 people to race against each other.
Winter Lights Contest
Help spread holiday cheer by decorating the exterior of your home! This includes porches, balconies, yards, doorways or anything you can think of. Entries will be judged on overall impact, visual appeal, uniqueness, variety and tidiness. All entries will be placed on a map (unless otherwise indicated by the homeowner) so that residents and visitors can create their own custom lights tour around town! Judging will take place December 9-11. Winners will be announced, and maps will be available on December 15. Tour maps will be made available at City Hall and at FridleyMN.gov/Recreation.
Cross Country Trails To Open This Winter
This year our Parks Department will be grooming Cross Country Ski trails at Commons Park, Meadowlands Park and Riverview Heights Park. These trails will be groomed once a week and after each snowfall. A minimum of 4-6 inches of snowfall is required to pack appropriately and other conditions (snowfall, wind, condition of snow, vegetation and trail terrain) may change and trails may occasionally be closed.

Snowshoe Rental
Snowshoes are available to rent at Springbrook Nature Center for $5 per pair. Enjoy the winter season and trek the trails at Springbrook Nature Center. 3 inches of snow cover is required in order to rent snowshoes so make sure you check conditions before heading over! Call ahead to reserve and pick them up curbside at 763-572-3588.
The City of Fridley Public Works crews have been out clearing the streets or snow and ice lately. Often times they work very early or late hours to make sure city streets are clear and safe so we can go about our day. When you see a plow be patient, move cautiously, give them the right of way and don’t forget to wave and thank them for what they do!

Nominate a Fridley Hero!
If you would like to nominate a hero please email us at Recreation@FridleyMN.gov. In your nomination email 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.