



# Spring Lake Park

# PARKS AND REC

## Programs, Events & Highlights

### January - May



## Winter 2025

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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](http://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](mailto: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.

# Skating Rink / Warming House

**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 26 - February 21, weather permitting. Rinks are lit from dusk until 10:00pm.



- **Able Park Building Hours**  
Fridays: 4:00pm - 8:00pm  
Saturdays: Noon - 8:00pm  
Sundays: Noon - 6:00pm  
Winter School Break Extended Hours: December 26-29, Noon - 8:00pm
- **Rental Skates | Snowshoes**  
Able Park has a limited supply of **Free ice skate and snowshoe/poles available for use!!** Bring your own socks. If you'd like to donate your skates, please bring them to SLP City Hall.

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

## 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.

\*All parks close at 10:00 PM.



Follow us  
Facebook and  
Instagram.



# FAMILY Events

at our parks & facilities

Bring the whole family for a fun and enjoyable afternoon of ice skating at Able Park!



## SNOW DAY

at Able Park



While taking a break around the campfire, enjoy some music, hot chocolate, s'mores, and other refreshments.

Snowshoes & walking poles available for families to use throughout the park!



**FREE**

Saturday, Jan 25 | 1:30 - 3:30 PM

**Location:** Able Park Building

## Snow Buddy Scavenger Hunt

Monday, Feb 17 - Friday, Feb 21

**FREE**

In this hunt, you and your family will receive clues about which of our City Parks our Snow Buddy may be hiding in that day. Snap a selfie with our Snow Buddy, and post it to our Facebook Page. Each family who participates will be entered into a drawing for a gift card to a local grocery store. The more you find our Snow Buddy, the more entries you get!!

Scan here to register



# Sweetheart Dance

The SLP Recreation Department, Spring Lake Park Schools and the SLP Lions Club are happy to bring you our Parent/Grandparent + Child Sweetheart Dance!!



Families are invited to join us for a magical evening of dancing, crafts, snacks, and quality time spent together. Children will receive a take home "swag" bag with goodies! Casual or formal dress welcome.



Snacks and refreshments included.

**Location:** Spring Lake Park High School  
Kenneth Hall (Enter Door #33)

Thursday, Feb 13 | 5:30 - 7:30 PM

**Fee:** \$7/pair + \$3.50 for each additional participant

## Easter Egg Hunt

Saturday, Apr 12 | 11:30 AM - 1:30 PM

**FREE**

**Location:** Lakeside Lions Park

**Sponsored by the Spring Lake Park Lions Club**

This annual event is structured for children ages 2-12, where participants will hunt for eggs in separate age groups. Each participant will receive a specific bag to collect their goodies (no outside bags or baskets are allowed). All hunts begin promptly on time, so please be sure to allow enough time to park (no parking in the park), sign-in, and find your child's designated area.

**Hunt sign-in is between 11:30 AM – 12:15 PM.**

Each age group will hunt in a designated area of the park.  
Ages 2 - 4 will begin at 12:40 PM, Ages 5 - 7 at 1:00 PM,  
Ages 8 - 12 at 1:20 PM



## Youth Activities

# Spring Break Outings

(Ages 5 - 12)

Unless marked otherwise, drop off/pick up: Able Park

*Please pack an allergy-free bag lunch & weather-appropriate clothing.*

## Conquer Ninja Gym Outing

Want your child to jump, swing, and climb like a ninja? Join us at Conquer Ninja Gym! Our trained staff will guide them through fun challenges and teach proper equipment use.



**Drop off/pick up:** Conquer Ninja Gym (Blaine)

Ages	Day(s)	Date(s)	Time	Fee	Deadline
6-12	Tue	Mar 11	1:15-3:30 PM	\$30	Mar 10

## T. Swift Era

Join our Taylor Swift-inspired workshop! Create art, from paintings to friendship bracelets, while celebrating her iconic Eras tour and legacy. Unleash your creativity in this unforgettable experience!



Ages	Day(s)	Date(s)	Time	Fee	Deadline
5-12	Wed	Mar 12	9:00 AM-Noon	\$46	Mar 11

## Grand Slam Outing

Join us for an exciting spring break field trip! We'll start at Able Park, then head to Grand Slam for laser tag, mini golf, bumper cars, a ninja course, batting cages, and more! It's a day full of adventure and fun—don't miss out!



Ages	Day(s)	Date(s)	Time	Fee	Deadline
6-12	Thu	Mar 13	9:00 AM-1:00 PM	\$35	Mar 12

## Foam, Slime, & Potions

Join us for a hands-on workshop where your child will explore science through fun experiments with foam, slime, and potions. They'll create colorful elixirs, gumdrop monsters, and slime while learning scientific concepts in a playful environment.



Ages	Day(s)	Date(s)	Time	Fee	Deadline
5-12	Fri	Mar 14	9:00 AM-Noon	\$46	Mar 13

# Friends & Family CPR and First Aid Class

(Ages 10+)



Build your confidence to respond in emergencies with this one-day course designed for youth and adults alike. Learn lifesaving skills, including CPR for infants, children, and adults, along with basic first aid techniques and emergency response practices. Through hands-on training, participants will explore home safety, injury prevention, and how to handle common health emergencies, providing peace of mind for caregivers and loved ones alike. Perfect for anyone who wants to be prepared to support the safety and well-being of those around them.

**Optional:** After completing this course, CPR & First Aid certifications are available to purchase from the instructor for \$22.00. **Location:** Mounds View Community Center

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Feb 15	9:00 AM-1:30 PM	\$55	Feb 12
	Apr 26	1:00-5:30 PM		Apr 23

## Polar Trek Challenge

(18+)



Do you laugh in the face of frigid winter weather? Take on the Polar Trek Challenge!! Walk, jog, run, bike, snowshoe, or cross-country ski your way to the finish line.

[Scan here to register](#)



**Challenge starts Jan 2.**  
**Deadline to register is Feb. 10**  
**\$35/person**





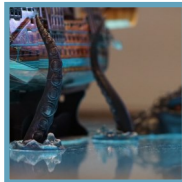
**Location:** Badwolf Adventure Studio  
(3015 Coon Rapids Blvd NW)

Badwolf Adventure Studios is an independent game store whose focus is to provide a premier tabletop gaming experience. Featuring curated music and lighting, interactive digital maps, custom miniatures, and professional Game Masters, the Studio strives to immerse each player into their own unique story. Tailored for young minds, these classes offer a magical blend of creative expression, teamwork, and critical thinking. Dungeons & Dragons provides a unique space for socialization, fostering friendships, and empowering each child to be the hero of their own story. Join us in unlocking the door to a world where imagination knows no bounds—enroll your child today for an epic journey of growth, camaraderie, and endless possibilities!

### Tabletop Gaming

(Ages 10+)

Learn Dungeons and Dragons 5th Edition with a professional Game Master in this beginner-friendly class. You'll create a character, explore basic rules, and dive into an adventure using a vast collection of miniatures, terrain, and props for an immersive experience.

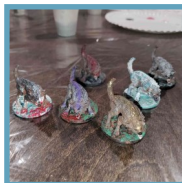


Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jan 22	6:00 - 8:00 PM	\$36	Jan 21
	Apr 23			Apr 22

### Miniature Monster Painting

(Ages 10+)

Join us for a monster-themed miniature painting class! Students will receive professional guidance on properly using model paint and finish the class with a complete miniature monster to take-home. This is a beginner-friendly course that needs no previous skills.

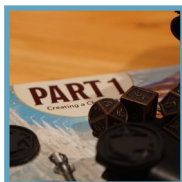


Day(s)	Date(s)	Time	Fee	Deadline
Wed	Feb 19	6:00 - 8:00 PM	\$36	Feb 18

### Learn-to-Play: Parent/Child Pair

(ages 8+)

Join us for a fun Learn-to-Play session where parents and children can discover the basics of tabletop role-playing games together. Participants will create characters, play a short game, and develop math, team-building, and critical thinking skills along the way. *Additional Child: \$24*



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Mar 19	6:00 - 8:00 PM	\$72	Mar 18

## Babysitters Course

(Ages 10-17)

Discover the essential universal skills and techniques every babysitter should have. This one-day certification course teaches participants to take care of themselves and others by exploring basic care of infants and children, basic first aid, emergency protocols, home safety, child behavior, developmental milestones, age-appropriate activities, professionalism, leadership and more. We encourage both young men and women to attend this life altering course. A great class for a great price! *Please pack an allergy-free lunch for your child.* **Location:** Able Park Building



Day(s)	Date(s)	Time	Fee	Deadline
Sat	Jan 4	9:00 AM-3:30 PM	\$60	Dec 28
	Apr 19			Apr 14

### Paint with Me

**Locations**

Able Park or SLP City Hall

Paint with Me classes, are fun and creative experience where adults and children can bond while exploring their creativity together. Guided by a professional artist, each pair collaborates on a shared project, creating beautiful artworks and lasting memories in a relaxed and supportive environment. Perfect for all skill levels. Adult & Child will share one canvas, additional person per canvas \$5.00.

\*Images are for reference only and may differ from the actual project.

#### Winter Fun



Sat, Jan 18  
10:00 AM-Noon  
Fee: \$30  
Deadline: Jan 11  
Location: Able Park Bldg.

#### Love Bug



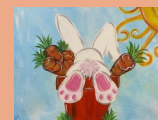
Sat, Feb 8  
10:00 AM-Noon  
Fee: \$30  
Deadline: Feb 1  
Location: Able Park Bldg.



#### Irish Gnome

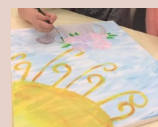
Sat, Mar 1  
10:00 AM-Noon  
Fee: \$30  
Deadline: Feb 22  
Location: SLP City Hall

#### Easter Vibes



Sat, Apr 12  
10:00 AM-Noon  
Fee: \$30  
Deadline: Apr 5  
Location: SLP City Hall

#### Garden Critters



Sat, May 10  
10:00 AM-Noon  
Fee: \$30  
Deadline: May 3  
Location: SLP City Hall

#### Teachers Choice



Sat, Jun 14  
10:00 AM-Noon  
Fee: \$30  
Deadline: Jun 7  
Location: SLP City Hall

# Music Together®



(Ages 0-5)

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.

**Times:** 9:45 AM, 4:15 PM or 5:15 PM

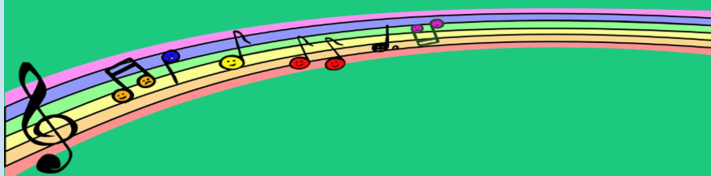
**Location:** New Brighton Community Center

## Music Together - Demo

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Dec 9	See above	Free	Dec 5
	Mar 17			Mar 13

## Music Together - Class

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jan 6 - Mar 10	See above	\$199 1st child \$119/add child	Jan 2
	Mar 31 - Jun 9 (no class May 26)			Mar 27



spark



# Spark School of Music

**Location:** 1312 81st Ave NE, Spring Lake Park

## Group Classes

(Ages 6-10)



Get ready for fun-filled music lessons in a supportive, small-group setting! Participants will learn foundational skills perfect for budding musicians.

*\*Spots are limited—sign up today!*

Class	Day(s)	Date(s)	Time	Fee	Deadline
<b>Guitar</b>	Tue	Feb 4 - Mar 4	6:15-7:00 PM	\$110	Jan 28
<b>Piano</b>			7:00-7:45 PM		

## Intro to Music

(Ages 6-13)

This 5-week Intro to Music course invites kids on a fun-filled musical adventure, exploring instruments like piano, drums, guitar, and ukulele while learning from their own "treasure map" music book—perfect for beginners ready to play, learn, and make lasting memories.

Class	Date(s)	Time	Fee	Deadline
Tue	Feb 4 - Mar 4	5:15-6:00 PM	\$110	Jan 28

## Rock Band Classes

(Ages 6-17)

Join our Rock Band class, where kids team up, make friends, and create awesome music together, building teamwork and having a blast—perfect for both newcomers and seasoned players!

Class	Day(s)	Date(s)	Time	Fee	Deadline
(Ages 6-12)	Wed	Feb 5 - Mar 5	4:00-4:50 PM	\$110	Jan 29
(Ages 12-17)			6:00-6:50 PM		



*All dance classes  
will be held at  
QC Dance Studio  
9967 Ulysses St NE,  
Blaine, MN 55434*



(Ages 0-2 w/parent/adult)

Parents and tots enjoy an exercise/activity class together. Our instructor will guide parents and children through play and exercise activities. This class is perfect for children not ready to separate from mom or dad. **No class:** Mar 12

Session	Day(s)	Date(s)	Time	Fee	Deadline
I	Wed	Jan 15 - Feb 19	5:00-5:30 PM	\$50	Jan 13
II		Feb 26 - Apr 9			Feb 24



(Ages 2-3)

An introduction to the art of dance with ballet basics, creative movement, fun with props and tumbling, all in a professional dance setting. This class is perfect for the child who is comfortable separating from mom or dad.

**No class:** Mar 12

Session	Day(s)	Date(s)	Time	Fee	Deadline
I	Wed	Jan 15 - Feb 19	5:00-5:35 PM	\$55	Jan 13
II		Feb 26 - Apr 9			Feb 24



(Ages 4-5)

A delightful introduction to the art of dance with ballet basics, creative movement, fun with props and tumbling, all in a professional dance setting. This class is perfect for the child who is comfortable separating from mom or dad.

**No class:** Mar 12

Session	Day(s)	Date(s)	Time	Fee	Deadline
I	Wed	Jan 15 - Feb 19	5:40-6:15 PM	\$55	Jan 13
II		Feb 26 - Apr 9			Feb 24



(Ages 6-8)

This class is perfect for those wanting to try dance! It includes introductions into multiple styles of dance including ballet, jazz, lyrical as well as hip hop! Learn technique basics as well as fun combinations each week!

**No class:** Mar 12

Session	Day(s)	Date(s)	Time	Fee	Deadline
I	Wed	Jan 15 - Feb 19	6:20-6:55 PM	\$55	Jan 13
II		Feb 26 - Apr 9			Feb 24



(Ages 9-11)

This class is perfect for those wanting to try dance! It includes introductions into multiple styles of dance such as ballet, jazz, lyrical as well as hip hop! Learn technique basics as well as fun combinations each week! **No class:** Mar 12

Session	Day(s)	Date(s)	Time	Fee	Deadline
I	Wed	Jan 15 - Feb 19	7:00-7:35 PM	\$55	Jan 13
II		Feb 26 - Apr 9			Feb 24



(Ages 4-8)

This camp gives kids the opportunity to practice and learn new 'ninja' skills. In this hip hop and acro based camp students will work on stamina, flexibility and 'trick' moves focusing on technique. Great for kids who like to run and jump around. Join us for games, ninja crafts and fun!

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Feb 8	10:00 AM-Noon	\$30	Feb 6





RevSports programs are designed for kids who want to learn basic skills of a sport while being active and having fun! Instructors focus on teaching age-appropriate fundamentals through instructional warm-ups, progressive activities, and scrimmages. Each week focuses on a new topic, and each topic builds on from the previous week. Classes are instruction-based, non-competitive, and develop players at all ability levels.

**Locations:**

Mounds View Community Center (MVCC) OR  
Lakeside Lions Park (LLP)

**Volleyball**

KinderStars (Ages 4-6) | 5:30 - 6:10 PM

MightyStars (Ages 6-9) | 6:15 - 6:55 PM

SkillStars (Ages 9-12) | 7:00 - 7:40 PM

This class teaches fundamental skills class that includes focus passing, setting, serving and hitting.

Day(s)	Date(s)	Fee	Location	Deadline
Thu	Jan 9 - Jan 30	\$67	MVCC	Jan 2
	Feb 6 - Feb 27			Jan 30

**Soccer**

PreStars (Ages 3-5) | 5:30 - 6:10 PM

KinderStars (Ages 4-6) | 6:15 - 6:55 PM

MightyStars (Ages 6-9) | 7:00 - 7:40 PM

Each week will have a new topic building on the previous topic, including dribbling, shooting, defending, passing, and more.

Day(s)	Date(s)	Fee	Location	Deadline
Thu	Mar 6 - Mar 27	\$67	MVCC	Feb 27
	Apr 10 - May 1		LLP	Apr 3



**Location:** Mounds View Community Center

Our Youth Basketball Clinic run by instructor Damien Lolar 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 in collaboration with the Cities of Arden Hills & Mounds View***

Age	Day(s)	Date(s)	Time	Fee	Deadline
4-6	Sat	Feb 8 - Mar 8	9:00-9:45 AM	\$40	Feb 5
		Mar 22 - Apr 19			Mar 19
6-8	Sat	Feb 8 - Mar 8	9:50-10:50 AM	\$45	Feb 5
		Mar 22 - Apr 19			Mar 19
8-10	Sat	Feb 8 - Mar 8	10:55-11:55 AM	\$45	Feb 5
		Mar 22 - Apr 19			Mar 19

**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, you may be eligible to receive a 50% refund of your child's registration fee. Please email Wesley Goldberg at [wgoldberg@slpmn.org](mailto:wgoldberg@slpmn.org).**

**Coaches will be assigned to teams starting on May 12, 2025**

Mondays & Wednesdays, June 9 - July 2  
(Make-up week: July 7 - 9)  
6:00 - 7:00pm

**Location:** Sanburnol Park (520 Sanburnol Dr.)

**Fee:** \$35/child

Includes t-shirt, hat, & participation award

**Children must turn required age by June 9, 2025.**

# 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 (7/10/17U) 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](mailto: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 (7/10/17U)

**No Game Dates**  
May 27, June 6, June 30 - July 3

**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)

**Early Bird Registration Fee: \$75/child until March 20.**  
After 4:30pm March 20, late registration fee is \$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	Night	Game Time	Field
7U	5 - 7	Tuesdays	5:45 or 7:00 PM	Sanburnol
10U	8 - 10	Tuesdays	5:45 or 7:00 PM	Able
13U	11 - 13	Thursdays	5:45 or 7:00, possible 8:15 PM	Terrace
17U	14 - 17	Mondays	5:45 or 7:00, possible 8:15 PM	Terrace

**Fee includes t-shirt, hat, game balls, equipment, umpires, and participation awards. No refunds after the first game.**





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 are ages 18+

### Volleyball

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. Games will run 6:00 - 10:00pm.

**Winter Season - Indoor** **Deadline: Week of Jan 8**

**Location:**

Highview Middle School

**Individual Fee: \$45** **Team Fee: \$375**

League	Division	Day(s)	Date(s)
Coed	Competitive	Mon	starts week of Jan 13 9 weeks + playoffs
	Recreation		
Women's	Competitive	Wed	
Coed	Recreation		

**Summer Season - Sand** **Deadline: Week of Apr 28**

**Locations**

Able Park, SLP | Moore Lake Park, Fridley | City Hall Park, MV

**Individual Fee: \$40** **Team Fee: \$325**

League	Division	Day(s)	Date(s)
Coed	Competitive	Mon	starts week of May 12 9 weeks + playoffs
	Recreation		
Women's	Competitive	Wed	
Open	Recreation		

### Bean Bag Toss

Grab a partner and play in our indoor Bag Toss League!! League play consists of double headers and teams can be made up of 2 players of any gender combination. Fee includes facility rentals, championship awards, and sales tax.

**Location:** Mounds View Community Center

**Winter Season**

Day(s)	Date(s)	Time	Fee	Deadline
Thu	starts Jan 16 6 weeks + playoffs	6:00-8:00 PM	\$40	Jan 9

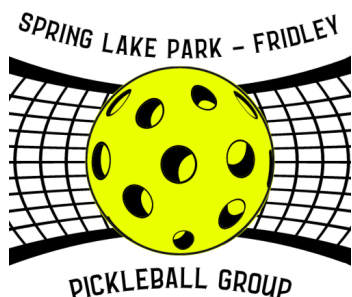
**Spring Season**

Day(s)	Date(s)	Time	Fee	Deadline
Thu	starts Mar 20 6 weeks + playoffs	6:00-8:00 PM	\$40	Mar 6



**If registration is full, sign up for our waitlist; there's a good chance we can still get you in!!**





The Spring Lake Park - Fridley Pickleball Group is a partnership between our two recreation departments to bring pickleball programs to the North Metro area.

**Location:** Hayes Elementary School (Fridley)

### Pickleball Ladder League

**Ages 20-40**

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Jan 6 - Mar 10	6:00-9:00 PM	\$40	Dec 30
	Mar 24 - May 5			Mar 17

**All Ages**

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jan 8 - Mar 12	6:00-9:00 PM	\$40	Jan 1
	Mar 26 - May 7			Mar 19

### Intro to Pickleball Clinic

(Ages 18+)

Looking to get involved in the fastest growing sport in the country? 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. Pickleball equipment will be provided if needed.

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Jan 4	4:00-6:00 PM	\$25	Dec 30

### Pickleball Skills & Drills

(Ages 18+)

Get ready to take your pickleball skills to the next level! This course welcomes pickleball players with a beginner-intermediate skill level to elevate their game. Each week will focus on a different area of the game while improving your play style and technique. Pickleball equipment will be provided if needed.

Day(s)	Date(s)	Time	Fee	Deadline
Sat	Jan 11 - Feb 1	8:00-10:00 AM	\$55	Jan 6

## Adult Co-Rec Softball League Summer Season

(Ages 18+)

This softball league is designed for adults to enjoy Sunday evening low competition co-rec softball. Registrations are taken on a team basis; in order to be placed on the schedule, the team manager must submit a Team Roster & Waiver Form. Those without a team can register for free as a free agent for teams looking for more players or subs.



Teams will play 10 weeks of games, then finish with a tournament. \*Fee includes game balls, umpires, end of season double elimination tournament, tournament awards, and sales tax.

Day(s)	Date(s)	Time	Fee	Deadline
Sun	Starts May 11 10 weeks + tournament	Betw. 4:00-10:00 PM	\$508/team	May 5

### Yoga

(Ages 18+)

Explore this ancient exercise system that strengthens the body while calming and focusing the mind. Classes include classic Hatha or stretching, breathing practices, and guided relaxation and meditation.



**Location:** Jan-Feb: Able Park Bldg. | Mar-Apr: SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jan 2 - Jan 30	6:00-7:30 PM	\$45	Jan 1
	Feb 6 - Feb 27		\$36	Feb 5
	Mar 6 - Mar 27		\$36	Mar 5
	Apr 3 - Apr 24		\$36	Apr 2

### 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

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Feb 5 - Feb 26	8:00-8:45 PM	\$40	Feb 3
	Mar 19 - Apr 9			Mar 17

# Art Classes by Jill Mason

Explore a world of color and creativity in our fun, dynamic painting and mixed media art classes! Perfect for all skill levels, these interactive sessions let you experiment with techniques and create unique masterpieces in a relaxed, enjoyable atmosphere. Whether it's a night out with friends, a group gathering, or a date night, our classes offer a vibrant creative escape. Join us and discover the joy of blending diverse materials to craft art that's uniquely yours!

\*Images are for reference only and may differ from the actual project.

\*Classes held at Spring Lake Park City Hall unless noted.

## Painting: Winter Landscape

Date: Mon, Jan 20  
Time: 1:00-4:00 PM  
Fee: \$37  
Deadline: Jan 13

\*Location: Able Park Building



## Painting: Highland Cow

Date: Mon, Feb 17  
Time: 6:00-9:00 PM  
Fee: \$37

Deadline: Feb 10

\*Location: Able Park Building

## Mixed Media Cone Flowers



Date: Thu, Feb 20  
Time: 6:00-8:00 PM  
Fee: \$47

Deadline: Feb 13

## Fun with Watercolor Circles

Date: Tue, Mar 11  
Time: 1:00-4:00 PM  
Fee: \$37

Deadline: Mar 4



## Mixed Media: Butterfly Beauty

Date: Thu, Mar 20  
Time: 6:00-8:00 PM  
Fee: \$47  
Deadline: Mar 13



## Painting: Spring Florals



Date: Mon, Apr 21  
Time: 1:00-4:00 PM  
Fee: \$37  
Deadline: Apr 14



## Mixed Media: Alcohol Ink Coaster

Date: Thu, Apr 24  
Time: 6:00-8:00 PM  
Fee: \$47  
Deadline: Apr 17

## Painting: Dragonfly Lake View



Date: Tue, May 13  
Time: 6:00-9:00 PM  
Fee: \$37  
Deadline: May 6

## Mixed Media: Palm Tree Beach Bliss

Date: Thu, May 22  
Time: 6:00-8:00 PM  
Fee: \$47  
Deadline: May 15



## Painting: Beginner Watercolor Fun



Date: Mon, June 9  
Time: 1:00-4:00 PM  
Fee: \$37  
Deadline: June 2



## Garden Art - Wine Bottle Wind Chime

Join Mara's class for a fun and creative activity with friends! Customize an upcycled glass bottle with beads and guidance from an experienced instructor. Leave with a unique piece of garden art. Bring needle nose pliers - all other supplies provided.



**Location:** Able Park Building

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Feb 11	6:00-8:00 PM	\$37	Feb 4

## Knitting I Crocheting Classes

Embark on a fulfilling journey into the art of knitting or crocheting through our classes. You'll learn foundational techniques, master basic stitches, and understand patterns, enabling you to create beautiful, handmade projects.



**Location:** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Knitting	Fri Apr 11 - May 16	9:00-11:00 AM	\$35	Apr 4
Crocheting		11:00 AM-1:00 PM		

## Mosaic Bird Bath

Peggy will help you create a personalized Mosaic Bird Bath. This class will include all the items you need and step by step instructions. Please bring rubber gloves, and old towel for grouting and wear clothing that can get messy. \$25.00 supply fee paid to instructor at class.



**Location:** Able Park Building

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 15	6:00-9:00 PM	\$20	May 10

## Learn about Medical Cannabis

This **FREE** class covers CBD and medical cannabis, including how they work, their potential benefits, and how to use products like oils and pills safely. You'll also learn about side effects and possible interactions with other medications. Alicia, a nurse with 23 years of experience, is currently pursuing a master's in Medical Cannabis Science and Therapeutics.

**Location :** SLP City Hall

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Mar 6	10:00 AM-Noon	\$0	Feb 27



## VIRTUAL Classes by The Formidable Genealogist

### Introduction to Genealogy

Discovering your family's history has never been easier! No need for courthouse visits; you can now research from home. Join me to learn how to get started, review subscription websites, explore useful tools, find various records, and become an effective researcher.

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jan 7	6:30-8:00 PM	\$23	Jan 1

### Level Up Your Genealogy 1: Intermediate

MyHeritage and Ancestry are major research sites, but what if they don't have what you need? This course explores using the FamilySearch Catalog, working with autosomal DNA for known and unknown family lines, and other repositories beyond the big platforms.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Feb 6	6:30-8:00 PM	\$23	Jan 31

### Level Up Your Genealogy 2: Genealogy Boot Camp - Intermediate

To progress in your research, move beyond auto-generated hints on platforms like Ancestry.com and MyHeritage. I'll share methods for finding obscure records and professional research techniques.

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Mar 11	6:30-8:00 PM	\$23	Mar 4

### Genealogy Methods: Research Skills Through Case Studies

Mastering effective research can take years. Watch me demonstrate my steps as a professional genealogist to solve common problems, with case studies that offer techniques for your own research.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Apr 10	6:30-8:00 PM	\$23	Apr 3

### Genealogy 3: *NEW!* Deep Dive Research Skills

It can take years to learn how to research effectively. This class will provide you with additional tools, research tips, and tricks that you can apply instantly to improve your research.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 8	6:30-8:00 PM	\$23	May 1

**Virtual Class Instructions:** A link will be sent to your registered email. For help with Zoom or Google Meet, please contact our office.



## Jeff Sandino Cooking Classes

(Ages: 18+)

Classes by Jeff Sandino, Founder of "Flavors from the Home". Jeff Sandino's love for food began at Lincoln Del, followed by training at L'Hotel Sofitel in MN and TX. With over 40 years in restaurants like Buca Di Beppo and My Pie Pizza, he has showcased his skills on cooking shows, but his true passion is teaching and demystifying gourmet cooking.



**Chef Jeff**

**Activity Level:** Participation Classes / Semi-Participation Classes include both demonstration and hands-on instruction. Many food items are prepared by the Chef in advance in order to get through these amazing recipes in 3 hours.

**Location:** Fridley HS, Foods Rm (113). Enter door #15.

## Traditional Italian Cuisine

Enjoy Traditional Italian favorites beginning with classic panzanella, a toasted bread salad with refreshing summer vegetables in a light vinaigrette. You'll prepare the celebrated chicken saltimbocca using thin slice prosciutto ham and fresh sage topped with a lemon caper butter sauce and pan fried artichokes. You learn the art of potato gnocchi, shaped potato dumpling, tossed with a medley of amazing sauces including fresh basil pesto, marinara, and brown butter with sage We'll finish with cannoli, fried pastry filled with sweetened ricotta and mascarpone cheeses, served on a pool of warm chocolate sauce and garnished with chopped pistachios. *\*Participation*



Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jan 21	6:00-9:00 PM	\$45	Jan 20

## A Tex Mex Fiesta

We'll start with empanadas filled with beef, tomatoes, potatoes, and herbs. Next are flautas—crispy fried corn tortillas filled with chicken in a jalapeño-garlic paste. Then we'll prepare authentic Mexican rice with onions, garlic, tomatoes, and cilantro, alongside Mexican-style corn with lime aioli, cayenne pepper, and Cotija cheese. Fajitas come next, featuring marinated beef and chicken with sautéed bell peppers and onions, wrapped in warm tortillas. We'll finish with a Yucatecan dessert: fresh coconut blended with rich custard in a nutty crust, baked to a caramel brown and served with crème fraîche. *\*Participation*



Day(s)	Date(s)	Time	Fee	Deadline
Tue	Feb 25	6:00-9:00 PM	\$45	Feb 24

## Chicken Marsala vs Chicken Limone

We'll start with bruschetta topped with fresh mozzarella, skinned roma tomatoes, sweet roasted bell pepper, basil, and olive oil. Next, you'll prepare "Chicken Marsala" with sautéed mushrooms in a sweet Marsala butter sauce, and compare it to "Chicken Limone" with a chardonnay, lemon, butter sauce, and capers. Both entrees are paired with "Spaghetti Aglio Olio," featuring tender garden vegetables tossed with olive oil, garlic, and Romano cheese. We'll finish with "Diplomatico," a delightful blend of rum and espresso-soaked pound cake, rich chocolate mousse, and fresh whipped cream. *\*Participation*



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Apr 9	6:00-9:00 PM	\$45	Apr 8

## Tantalizing Thai Cuisine

You'll begin by preparing Vietnamese summer rolls (fresh) served with both hoisin and peanut sauce for dipping. Included are Vietnamese spring rolls (fried) with pork, turkey, and glass noodles stuffed in rice paper and fried crisp and golden. You'll then prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles, breast of chicken, eggs, chilies, garlic, basil, scallions, bean sprouts, and more. For dessert, Thai lime custard topped with fresh whipped cream. *\*Participation*



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

## The Art of Sushi

Come explore the world of sushi as you learn to create this Japanese delicacy yourself. You'll master the art of nigiri-sushi (hand-molded rice) topped with shrimp, unagi, tamago, ahi tuna, octopus, and more. Next, you'll learn to make maki-sushi using a bamboo mat to roll rice with various fillings inside nori (seaweed sheets). Accompaniments and filling options will include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger, and soy sauce. *\*Participation*



Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 5	6:00-9:00 PM	\$45	Jun 4

## Virtual Cooking Classes

### Escape to the Mediterranean!

Join our LIVE COOK-ALONG and escape to Greece with a delicious Mediterranean meal! Perfect for you and your family or partner, this busy class features Greek Grilled Chicken Souvlaki, Tzatziki, Greek Veggie Rice, homemade pita, drizzle dressing, and Greek Salad Dressing. Get ready for a flavorful culinary adventure!



Day(s)	Date(s)	Time	Fee	Deadline
Sat	Jan 18	4:00-6:30 PM	\$37	Jan 11

### Soups & Bread Bowls

Join our virtual cook-along to master delicious soups any time of year! Make two soups and homemade Italian bread bowls. Choose one to cook and watch a demo of the other—or tackle both! We'll use an Instant Pot® for one and the stovetop for the other. On the menu: Creamy Chicken & Wild Rice Soup, Beer Cheese Soup, and fresh Italian Bread Bowls. Enjoy the comforting aroma of freshly made soup!



Day(s)	Date(s)	Time	Fee	Deadline
Sat	Jan 25	4:00-6:30 PM	\$37	Jan 18

### Marry Me Gnocchi with Chicken & Breadsticks

Spring is here, and nothing says "I love you" like a handcrafted meal! Join us to learn Chef Tess' Marry Me Gnocchi with Chicken and Breadsticks. This delicious dish features homemade gnocchi in a rich sauce, tender chicken breasts, and fresh breadsticks. Impress your family or that special someone—it's THAT GOOD! A restaurant-quality meal sure to become a family favorite!



Day(s)	Date(s)	Time	Fee	Deadline
Fri	Mar 28	5:00-7:30 PM	\$37	Mar 21

### Spring Roll Symphony

Create restaurant-quality spring rolls in your kitchen from scratch—wrappers, fillings, and sauces. Perfect for a Dim Sum gathering or fresh spring meal, you'll learn to make two flavorful types of spring rolls. Enjoy step-by-step instructions, healthier cooking tips, and freezing advice. On the menu: Crispy Spring Rolls, Fresh Spring Rolls with rice paper, and three dipping sauces—Sweet Chili, Peanut Butter, and Fresh Tahini Yogurt.



Day(s)	Date(s)	Time	Fee	Deadline
Sat	Mar 29	4:00-6:30 PM	\$37	Mar 22

## Virtual Skills Workshops

LeeAnne Krusemark is an adjunct online Professor of Publishing for Harvard and over 1,000 institutions globally. A nationwide speaker on entrepreneurship and publishing, she has lectured at more than 200 venues, including Purdue, and has spoken at a Senate-sponsored business conference and for the Department of the Army. With over 20 years of experience running an award-winning public relations firm, LeeAnne is a former journalist and editor, and she has authored numerous articles and several books available on Amazon.

### Save Money with Extreme Couponing

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Feb 25	3:00-4:00 PM	\$20	Feb 18

### Beginner's Guide to Using FREE ChatGPT

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Feb 27	4:00-6:00 PM	\$27	Feb 20

### Monetize Websites, Blogs, and Social Media with Affiliate Marketing

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Feb 27	6:00-8:00 PM	\$27	Feb 20

### How to Make Extra Cash Pet Sitting

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Feb 28	4:00-6:00 PM	\$27	Feb 20

### 50 Money Making Side Hustles for Teens

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Mar 3	5:00-6:00 PM	\$17	Feb 24

### Intro to Medical Terminology

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Mar 3	6:00-9:00 PM	\$37	Feb 24

### Earn Extra Money Mystery Shopping

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Mar 4	5:00-6:00 PM	\$17	Feb 24

### Virtual - How to Start Any Home Business + 250 Business Ideas!

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Mar 4	6:00-8:00 PM	\$27	Feb 24

### Introduction to Journaling: A Beginner's Guide

Day(s)	Date(s)	Time	Fee	Deadline
Fri	Mar 7	4:00-6:00 PM	\$27	Mar 1

## Virtual Classes with Social Simple

### Tech-Savvy Survival

In today's fast-paced world, being tech-savvy is essential. This class will equip you with critical tech skills for everyday life, boosting your confidence to navigate the digital landscape.

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jan 7	12:00-1:00 PM	\$23	Jan 1

### Parents with Littles - Your Technology Safety Toolbox

Navigating the digital world can be tough for parents of young children (0-5). This practical training class will provide essential tools to keep your little ones safe online. You'll learn strategies for managing tech use, protecting privacy, and fostering a secure digital environment. Join us to build your family's tech safety toolbox!

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jan 23	12:00-1:00 PM	\$23	Jan 16
	Mar 13			Mar 6

### Practical Chat GPT Training for Everyone

Curious about ChatGPT and its uses? Join our engaging class to learn how this AI tool works and why it's so popular. Discover practical applications for both work and home, and stay informed in today's tech-savvy world. Don't miss out—attend this essential training today!

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jan 28	12:00-1:00 PM	\$23	Jan 16

## FREE Home Buying and Selling Classes



### Home Buying Seminar

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jan 15	5:30-6:30 PM	\$0	Jan 10
	Mar 12			Mar 7
	May 14			May 9

### Selling Your Home

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Feb 12	5:30-6:30 PM	\$0	Feb 7
	Apr 9			Apr 4
	Jun 11			Jun 6

## FREE Seminars & Workshops

### DIY Antiques Appraisal Workshop

Location: Able Park Building

Join Eric Houston from North Metro TV for a hands-on class on appraising and researching antiques and heirlooms. Learn to use online tools like Google and eBay to determine the value of your items. Bring one item from home to research with the class. Eric, an expert in both tech and antiques, will share his tips and insights!

Day(s)	Date(s)	Time	Fee	Deadline
Tue	Jan 14	1:00-3:00 PM	\$0	Jan 7

### The Quiz Show Scandals & Other Game Shows of the 50s & 60s

Location: Spring Lake Park City Hall

In the 1950s, quiz shows like The \$64,000 Question and Twenty-One became a TV sensation—until the rigging scandal rocked the nation. In this one-hour class with North Metro TV's Eric Houston, explore the controversy that changed television, plus other iconic early game shows like What's My Line, To Tell the Truth, and Password.

Day(s)	Date(s)	Time	Fee	Deadline
Mon	Mar 17	10:00-11:00 AM	\$0	Mar 10

### Come on Down: Game Shows of the 70s & 80s

Location: Spring Lake Park City Hall

Game shows made a big comeback in the 1970s! In this one-hour class with Eric Houston, explore how Let's Make a Deal revolutionized the genre, how The Price Is Right became the longest-running game show, and why Family Feud's Richard Dawson was so popular. Plus, get a behind-the-scenes look at Match Game, Jeopardy!, and Wheel of Fortune.

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

### Naturalist Melonie Shipman (Foxy Lady Talk - all about foxes)

Location: Spring Lake Park City Hall

Join us for a free talk with coffee and treats! Enjoy engaging conversations and learn about North America's fascinating foxes—from red to arctic. Naturalist Melonie Shipman will share stories, images, and activities that highlight these sly, captivating creatures.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	May 7	1:00-2:30 PM	\$0	May 6

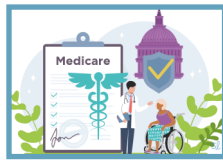


# FREE Seminars & Workshops

## Medicare Seminar

Location: Able Park (8200 Able St)

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.



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Jan 15	6:00-7:00 PM	\$0	Jan 10
	Apr 9			Apr 4

## Will Taxes Affect Your Retirement

Location: Spring Lake Park City Hall

It is critical to have a solid understanding of the tax status of investments to 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.

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

## Northtown Library Tour

Location: Northtown Library (Blaine)

Join us at Northtown Library for an exclusive behind-the-scenes tour! Discover our special collections, explore eBooks, and learn about the technology assistance we offer—all free with a library card. Don't have one yet? We'll help you get started! *(Meet at the library)*

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Feb 19	1:00-2:00 PM	\$0	Feb 15

## Northtown Library Craft Class

Location: Northtown Library (Blaine)

Get ready to unleash your creativity with our Creative Hands crafting program! Join fellow crafters as we dive into making a whimsical Star Book—a fun and artistic project filled with surprising folds! No need to bring a thing; we'll provide all the instructions and materials. This class is a fresh twist on a CreativeBug favorite, so come ready to craft, connect, and create something truly unique! Feel free to bring pictures you would like to add to the book. *(Meet at the library)*



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Mar 26	1:00-2:00 PM	\$0	Mar 19

## Scams and Frauds

Location: Spring Lake Park City Hall

Join us for a **FREE** session with the Spring Lake Park Police Dept on Scams and Frauds. Learn valuable tips and tricks to identify scams and frauds, both online and over the phone. Discover key red flag warnings that could save you thousands of dollars and help protect you from future risks.



Day(s)	Date(s)	Time	Fee	Deadline
Wed	Mar 26	11:00 AM-Noon	\$0	Mar 25

## 55+ Driver Discount Program

Location: Spring Lake Park City Hall (unless noted)

Taking a mature driver course can enhance your driving skills and knowledge, ensuring safer driving as you age. The course covers traffic laws, defensive driving techniques, and tips for managing common



age-related changes in vision, hearing, and reaction time. Additionally, completing the course may qualify you for up to a 10% discounts on your car insurance premiums. *All Classes are held at SLP City Hall unless noted.*

**\*\*Wed, Feb 5th. Will be held at Able Park Building**

Day(s)	Date(s)	Time	Fee	Deadline
**Wed	Feb 5	12:30-4:30 PM	\$29	Jan 29
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

## Senior Yoga

Location: Spring Lake Park City Hall

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.



Day(s)	Date(s)	Time	Fee	Deadline
Thu	Feb 13 - Apr 3	10:00-10:45 AM	\$48	Feb 6
	Apr 10 -May 29			Apr 3

### On the Road Again

ON THE ROAD AGAIN returns to the Sidekick stage with another memorable concert filled with your favorite country music from decades past. Get ready for some fantastic fiddling and even more lush harmonies! Featuring the music of Hank Williams, Patsy Cline, Johnny Cash, Willie Nelson and Waylon Jennings, this is one Sidekick concert you won't want to miss! Lunch Included.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Mar 20	10:30 AM-5:00 PM	\$95	Feb 20

### Secret Warriors

Secret Warriors shines a light on the Japanese American soldiers who served as translators and interrogators for the U.S. Army in WWII. Following Koji Kimura and Tamio Takahashi, the story reveals their sacrifices in the Pacific Theater, where they helped save countless lives and shorten the war by two years. Amidst war and family incarceration, their journeys and love stories unfold. Lunch included.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Apr 17	9:15 AM-3:00 PM	\$98	Mar 20

### 37 Postcards at DayTrippers

In this charming 1930s screwball comedy, Avery Sutton and his fiancée return from Europe after eight years to find his eccentric family in chaos. The house is crooked, the dog's wild, and his grandmother—thought to be dead—is very much alive! As they navigate the Suttons' quirks, Avery and his bride must decide whether to embrace the madness or walk away. In the end, they discover that while you can go home again, you never know what you'll find! Lunch included.

Day(s)	Date(s)	Time	Fee	Deadline
Wed	Apr 23	11:30 AM-5:00 PM	\$92	Mar 23

### Perfect Wedding at the Sidekick

A riotous comedy and touching Love Story. A groom wakes up on the morning of his wedding day with a hangover and a strange woman in his bed. Mix in the bride, her mother, the best man, and a maid that knows too much, and you have a recipe for disaster. Wedding bells or running for the hills? Their big day will be far from a piece of cake! Lunch Included.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	May 1	10:30 AM-5:00 PM	\$95	Apr 1



**h**istory theatre


.....

Book, Lyrics and Music  
by Josef Evans

Directed  
by Laura Leffler

Music Directed  
by Amanda Weis

Choreographer and Associate  
Direction by Joey Miller



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

*Whoa, Nellie!* tells the whirlwind story of a fake detective and former child performer who became a media sensation in late 1800s Minnesota. This fast-paced, funny, and moving musical follows the enigmatic "Nellie King," whose reckless disregard for the law leads to disastrous consequences and emotional reckoning. Her story highlights enduring issues of gender, addiction, mental health, and celebrity. Lunch Included.

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



**Lake Mille Lacs Fishing Trip**

**Lake Mille Lacs Fishing Trip**

Kick off summer with an unforgettable fishing adventure! Join us for a 4-hour charter on Lake Mille Lacs from Twin Pines Resort, where we'll fish for walleye, perch, and crappies. Afterward, enjoy a delicious lakeside lunch at the resort. Known for exceptional fishing, Lake Mille Lacs is perfect for an early spring outing. Don't forget to purchase your fishing license and register for the ideal start to the season! Lunch choice made at registration.

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



Chanhassen  
DINNER THEATRES

**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	Jul 16	10:30 AM-5:00 PM	\$107	Jun 19

**Brought to you in partnership with  
Mounds View Community Center.**



Call  
**763-717-4040**  
to register  
and secure  
your spot!

**Twins Baseball with Mounds View**

Experience the excitement of America's favorite pastime on June 12 at Target Field as the Minnesota Twins take on the Texas Rangers! Enjoy breathtaking views, savor delicious ballpark treats, and cheer for the home team alongside fellow fans. This summer classic is brought to you in partnership with Mounds View Community Center. Call 763-717-4040 to register and secure your spot! Lunch is on your own.

Day(s)	Date(s)	Time	Fee	Deadline
Thu	Jun 12	10:15 AM - 5:00 PM	\$80	May 12



# Mystery Tour

April 28, 29 & 30

### Tour Fees

Price per Person

Single: \$925

Double: \$ 825

Triple: \$800\*

\*Please expect 2 DBL beds  
\$100 deposit due upon registration.

**Final payment is due**

**February 28, 2025**



# LAKE MICHIGAN TOUR

June 18 -24, 2025  
7 days, 6 nights

### Tour Fees

Price per Person

Single: \$2400

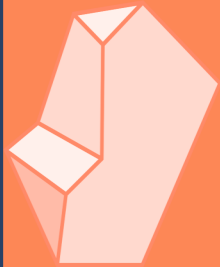
Double: \$2100

Triple: \$2075\*

\*Please expect 2 DBL beds  
\$100 deposit due upon registration.

**Final payment is due**

**on April 16, 2025**



# IRON RANGE Tour

August 25 -27th, 2025

3 days, 2 nights

### Tour Fees

Price per Person

Single: \$990

Double: \$900

Triple: \$875\*

\*Please expect 2 DBL beds  
\$100 deposit due upon registration.

**Final payment is due**

**on June 30, 2025**



# Girlfriends Getaway

September 24 - 28

5 days, 4 nights

### Tour Fees

Price per Person

Single: \$1,350

Double: \$ 1,150

Triple: \$1,100

\*Please expect 2 DBL beds  
\$100 deposit due upon registration.

**Final payment is due**

**on July 29, 2025**

# Kansas City Holiday

Dec 10 -14th, 2025

5 day / 4 nights

### Tour Fees

Price per Person

Single: \$1,475

Double: \$1,250

Triple: 1,200\*

\*Please expect 2 DBL beds  
\$100 deposit due upon registration.

**Final payment is due**

**on October 8, 2025**

# Collette Only Travel Show

Join us for an exclusive presentation by a Collette representative, showcasing our exciting upcoming tours to the stunning Alpine Countries and the captivating Treasures of Turkey.

**Dates:** Thursday February 6 *or* Tuesday, April 8

**Time:** 10:00 - 11:00 AM

**Location:** Able Park Building

**RSVP for TRAVEL SHOW at 763-792-7201**



## • Discover the Alpine Countries

Austria - Germany - Switzerland

October 02 — October 13, 2025 • 12 Days • 16 Meals

### Highlights

Vienna, Schönbrunn Palace, Classical Concert, Danube Cruise, Salzburg, Choice on Tour: Salzburg City Tour or Sound of Music City Tour, Munich, Choice on Tour: Treasures of Munich Residence or Panoramic Munich City Tour, Oberammergau, Linderhof Palace, Black Forest, Freiburg, Lucerne

- Registration Deadline: 4/3/2025



## • Treasures of Turkey

Istanbul, Ancient Ephesus & Cappadocia

April 18 — May 01, 2026 • 14 Days • 22 Meals

### Highlights

Istanbul, Hagia Sophia, Topkapi Palace, Spice Market, Food Tour, Bosphorus Straight Cruise, Ephesus, Pamukkale Archeological Site, Aegean Coast Boat Ride, Impact Moment, Konya, Cappadocia, Grand Bazaar

- Registration Deadline: 9/12/2025

(763) 792-7201 | For online registration information please visit [www.slprec.org](http://www.slprec.org)

## There's still time to register!



## • Greece Island Hopper

Athens, Mykonos and Santorini

September 21 — October 01, 2025 • 11 Days • 14 Meals

### Highlights

Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, Wine Tasting

- Registration Deadline: 1/22/2025

Full prices are on the website.

(763) 792-7201 | For online registration information please visit [www.slprec.org](http://www.slprec.org)



## Community Events

### Parks & Recreation Commission

If you are interested in park amenities and programs offered to the residents, then you are who we are looking for to serve on the commission. We meet the first Tuesday of the month at 6:00pm. We also take every opportunity to represent the city of Spring Lake Park by participating in Tower Days, youth softball tournament, and family activities offered by the Recreation Department. Visit the Recreation Department website at [www.slprec.org](http://www.slprec.org) for more information.

### 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 1 to reserve their garden bed. New gardeners may reserve starting March 2.

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.

Date(s)	Time	Fee	Deadline
May - Oct.	6:00am - 10:00pm	\$20	See Above

### Adopt-A-Drain Program

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.

Individuals, family members, or groups can adopt. For more information on the program and to see which drains are available visit [www.adopt-a-drain.org](http://www.adopt-a-drain.org)

### Volunteer Gardeners



### Pancake Breakfast

Join the Spring Lake Park Lions for their popular all-you-can-eat pancake breakfast on **March 30th**. Enjoy your fill of pancakes, French toast, sausage, scrambled 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:** 8:00am - Noon

**Location:** Spring Lake Park High School Cafeteria – Door #29



### 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. 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.

Individuals, family members, or groups can adopt. For more information on the program, visit [www.slprec.org](http://www.slprec.org).

### Youth Athletic Associations

The following associations are organized and run by volunteers and are available for Spring Lake Park School District 16 youth to participate in.

#### Spring Lake Park Basketball Club

In-house (grades 2-6) and traveling (grades 4-8) programs for boys and girls. [pantherbasketball.org](http://pantherbasketball.org)

#### Blaine Soccer Club

In-house and traveling programs for boys and girls ages 3-19. 763-792-7369 [blainesoccer.org](http://blainesoccer.org)

#### Spring Lake Park Youth Lacrosse

Ages 7-14. [springlakeparklacrosse.org](http://springlakeparklacrosse.org)

#### Blaine Area Little League

Baseball for youth ages 4-15. [ba-littleleague.org](http://ba-littleleague.org)

#### Spring Lake Park Panther Football Association

Youth football program for grades K-6. [pantheyouthfootball.org](http://pantheyouthfootball.org)

#### Spring Lake Park Youth Hockey Association

In-house and traveling programs ages 4-15. [slpyha.org](http://slpyha.org)

#### Spring Lake Park Softball Association

Ages 14 and under [slpfastpitch.com](http://slpfastpitch.com)

#### Spring Lake Park Baseball Association

communications@slpba.org [slpba.org](http://slpba.org)



# Join the fun! Free Senior Clubs



**Bingo** - Every 2nd and 4th Monday of the month enjoy BINGO from 1:00 - 3:00pm. There's no charge to have fun and maybe win a prize. No registration required. **Location:** Able Park Building

**Senior Card Club** - Join other seniors every Thursday from 1:00 - 3:00pm for 500. There is no charge to participate and no pre-registration is required. **Location:** Able Park Building

**Book Club** - Do you love to read, and want to share and discuss the book? Join us October to May on the first Thursday of every month at 11:00am. No charge to participate. Books chosen the month before, for the upcoming books visit our registration website, Slprec.org **Location:** Able Park Building

**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 1:00pm. Location:** Able Park Building

**Indoor Walking** - Sponsored by Spring Lake Park Community Education. Designated paths through SLP High School [indoors], Saturdays at 9:00am. After your 30-40 min walk, stick around to enjoy some refreshments. Preregister by calling: 763-600-5050. **Location:** Spring Lake Park Hall High School, Door #29.



## 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: \_\_\_\_\_

Make check payable to **Spring Lake Park Recreation. Check #** \_\_\_\_\_ To pay cash, visit our office.

Return form to: SLP Recreation, 1301 81<sup>st</sup> Ave NE, Spring Lake Park, MN 55432



**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

Join us this year!

City wide Earth Day Clean-Up service event.

It's free to participate and there's no advance registration needed: just choose a site and show up.

Volunteers will be provided bags and assigned an area within the city.

Clean-ups begin at 9:00am and ends promptly at 11:00am.

Check in site: Able Park Building

Day(s)	Date(s)	Time
Sat	Apr 26	9:00 - 11:00 AM

## Spring Lake Park Tower Days

June 5 - 8, 2025

- Fun Run & Parade
- Fireworks
- Lumberjack Shows
- Kid activities
- Craft and Business Fair
- Car Show
- Food trucks
- Music
- Sat & Sun Nights

Musical Acts: Good for Gary & Free and Easy

