



Vadnais Heights

PARKS & RECREATION

The City of Vadnais Heights takes pride in providing high-quality parks, trails, recreation programs, and services year-round for all members of our community. Our parks, trails, and programs contribute to a high quality of life in our community by encouraging healthy lifestyles, developing community pride, relieving stress, increasing property values, protecting the environment, and more!


ENJOY OUR PARKS & TRAILS!

The City of Vadnais Heights boasts more than 100 acres of parkland. Our 14 parks include playground equipment, trails, picnic shelters, soccer and baseball/softball fields, basketball, tennis, and pickleball courts, and restrooms.

Residents enjoy Ramsey County parks, too. Vadnais-Sucker Lake Regional Park, for example, has 1,252 acres of woods, lakes, trails, and picnic areas. Situated on land owned by St. Paul Regional Water Services, the park is operated by Ramsey County Parks and Recreation.

Browse our Parks & Facilities Finder to learn more about the great public spaces in Vadnais Heights!
cityvadnaisheights.com/facilities

FACEBOOK

 For Parks and Recreation updates, find the City of Vadnais Heights on Facebook! facebook.com/cityVH

REGISTER ONLINE!

cityvadnaisheights.com/register

Conveniently browse our CivicRec catalog for programs and register online on your own schedule!

FINANCIAL AID

We offer financial aid to qualifying residents for Vadnais Heights Parks and Recreation Programs. Call 651-204-6060 or email katie.everett@cityvadnaisheights.com for more information.

ACCESSIBILITY

Our goal is to make it possible for everyone to take advantage of Parks and Recreation programs and services. Our staff will work with individuals and groups to accommodate persons with special needs. Please call 651-204-6061 or 651-204-6060 with any questions or requests.

YOUTH SOCCER LEAGUES

Designed to increase playing experience and introduce young people to soccer, this league emphasizes team play, sportsmanship, skill development, and socialization. We spend the first part of each session warming up and practicing skills, followed by a game against another team. Please have your player wear appropriate clothing and shoes, wear shin guards, and bring a water bottle. Soccer balls provided by the program for player use (if you bring your own, please label it clearly).

Volunteer coaches needed (fee waived). Coach meeting: Wed, September 7, 6:00 pm at Vadnais Heights Commons. Team rosters and schedules will be provided the week before the first session. Cost: \$40/resident; \$50/non-resident.

Ages 4-5	Sat, 9/10-10/15	10:30-11:30 am
Ages 6-7	Sat, 9/10-10/15	11:45 am-1:00 pm
Ages 8-12	Sat, 9/10-10/15	9:00-10:15 am

Kohler Meadows Park & Lily Pond Park

YOUTH BASKETBALL

Learn basketball techniques and game rules in a casual league setting. Teams will have 6 combined practice/game nights during the session.

Volunteer coaches needed (fee waived). Coach meeting: Tue, October 11, 6:00 pm at Vadnais Heights Commons. Cost: \$40/VH resident; \$50/non-VH resident

Grades 1-2	Tue, 10/18-11/29	6:10-7:10 pm
Grades 3-5	Tue, 10/18-11/29	7:30-8:30 pm

No game November 8.

Vadnais Heights Elementary School



FLOOR HOCKEY CLASSES

Learn fundamentals in an instructional setting. Equipment provided. Wear sneakers and comfortable clothing. Cost: \$35.00/VH resident; \$45/non-VH resident.

Ages 4-6	Wed, 11/02-12/07	6:00-7:00 pm
Ages 7-10	Wed, 11/02-12/07	7:00-8:00 pm

Vadnais Heights Elementary School

INDOOR SOCCER CLASSES

Participants learn basic soccer skills and fundamentals in a gym setting. Cost: \$35.00/VH resident; \$45/non-VH resident.

Ages 4-6	Sat, 11/12-12/17	10:00-11:00 am
Ages 7-10	Sat, 11/12-12/17	11:00 am-12:00 pm

No class November 26.
AFSA High School

TAI CHI CHUAN

Tai Chi Chuan is a traditional Chinese exercise system which has been widely practiced for preventative and therapeutic purposes. The primary benefits include postural control and balance, flexibility, coordination, agility, strength and power, sensitivity and awareness, reaction time and confidence. As you advance in practice, the movements will offer a practical way to learn to work with others and still reduce stress and tension. Taught by Gold Tai Chi group head instructor, Elaine Schrade.

Fall 2022-4

Ages 16+	Wed, 8/10-10/12	7:00-8:00 pm
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Cost: \$85.00/VH resident; \$95/non-VH resident
Vadnais Heights Commons

Fall 2022-5

Ages 16+	Wed, 10/19-12/14	7:00-8:00 pm
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Cost: \$76.50/VH resident; \$86.50/non-VH resident
Vadnais Heights Commons

ADULT OPEN GYM

Drop in for pick-up volleyball on Tuesday evenings and Saturday mornings, November - March. Cost: \$3/person.

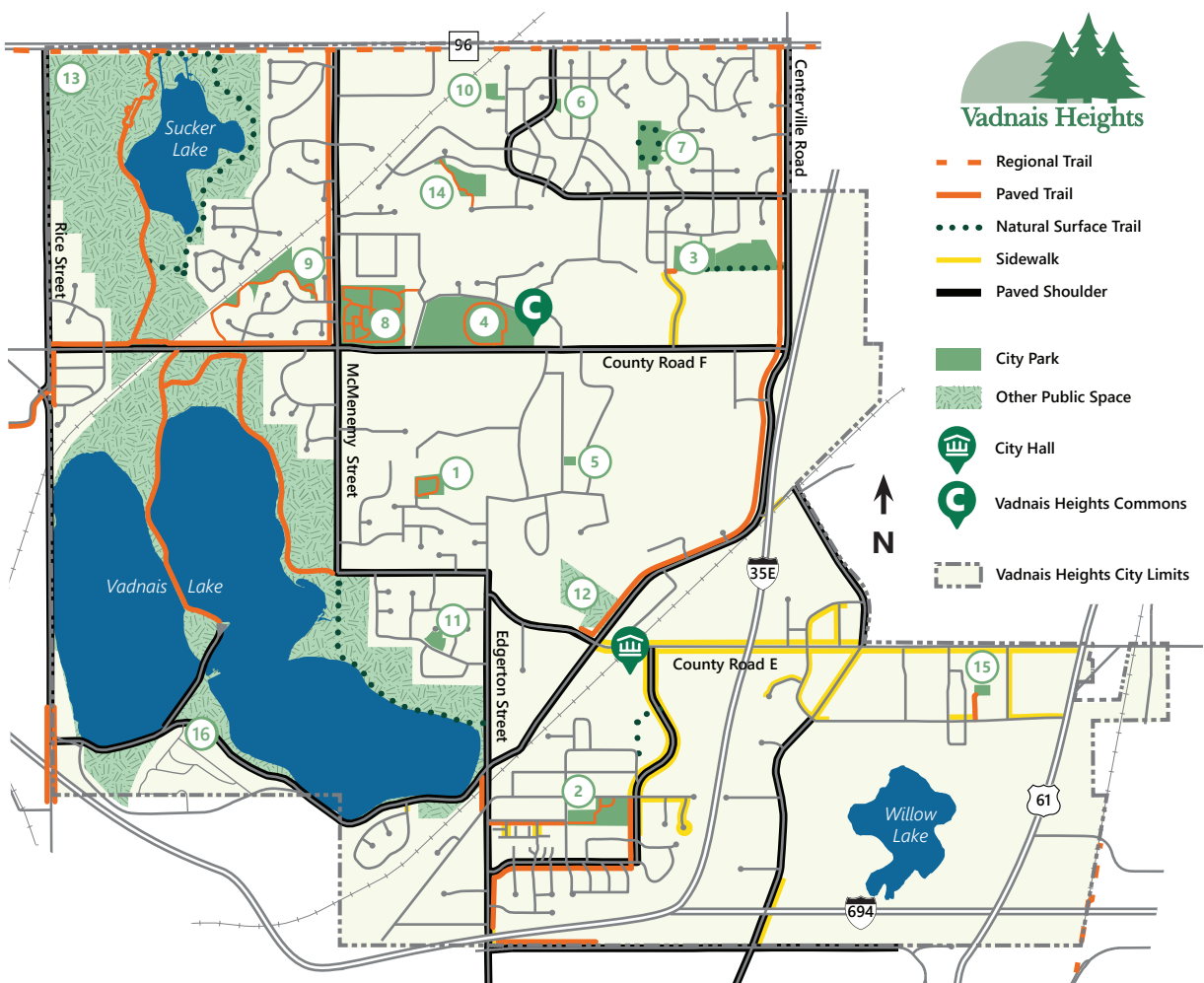
Ages 16+	Tue, 11/01-3/28	6:00-9:00 pm
	Sat, 11/05-3/25	7:45-9:45 am

AFSA High School

Gym attendant needed! Find information about our attendant position and apply online at cityvadnaisheights.com/jobs.

Find these and other programs on our online catalog at cityvadnaisheights.com/register. Fall program registration opens August 1; spaces are limited!

Vadnais Heights Parks & Trails



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| 1. Bear Park
465 Bear Avenue S | 5. Elmwood Park
3892 Elmwood Street | 9. Lily Pond Park
325 Lily Pond Lane | 13. Vadnais-Sucker Lake
Regional Park |
| 2. Berwood Park
780 Berwood Avenue | 6. Greenhaven Park
4470 Greenhaven Drive | 10. Morningside Park
4485 Morningside Avenue | 14. Westfield Park
520 Westfield Lane |
| 3. Bridgewood Park
4224-1/2 Bridgewood Terrace | 7. Heritage Park
4345 Heritage Drive | 11. Oak Creek Park
485 Oak Creek Drive S | 15. Wolters Park
1351 Willow Lake Boulevard |
| 4. Community Park
641 County Road F East | 8. Kohler Meadows Park
365 County Road F East | 12. Vadnais Elem. School
3645 Centerville Road | 16. AFSA High School
100 Vadnais Boulevard |



YOGA

Everyone can enjoy yoga - it's not just for those who are already flexible. If you would like to relax more, gain strength and endurance, and stretch deeper, come experience yoga. Elizabeth Persico is honored to serve this community by teaching the ancient practice of yoga - union of mind, body, and spirit. She is a 500-hour Yoga Alliance certified teacher with over twenty years of experience, and brings together her expertise with creative joy - bringing you deep healing, health, and balance.

Fall 2022-4

Mixed Level (13+) Mon, 9/12-11/21 6:30-7:30 pm
No class November 7.
Cost: \$85/VH resident; \$95/non-VH resident
Vadnais Heights Commons

Holiday Cleanse

Mixed Level (13+) Mon, 12/05-12/19 6:30-7:45 pm
Cost: \$36.00/VH resident; \$46/non-VH resident
Vadnais Heights Commons

FALL EVENTS

WAFFLE BREAKFAST

Attend the Vadnais Heights Lions Club Fall Belgian Waffle Breakfast on Sunday, October 2! Check the City's website for pricing and other event details.
cityvadnaisheights.com/waffles.

HALLOWEEN

Celebrate fall with the Scarecrow Trail and the Halloween Party! Take a tour through the scarecrows all week long, and then join us for a Halloween Party to cap off the week. No registrations required. Find more details on our website.



Scarecrow Trail

Area businesses, organizations, and community members are invited to build a scarecrow for the trail! Check our website for sign-up info.

Thu, Oct. 27 - Wed, Nov 2
Community Park

Halloween Party

All are invited to our free, outdoor Halloween Party! Join the costume parade at 6:00 pm followed by games and activities under the lights!

Fri, Oct. 28 6:00 - 8:00 pm
Community Park

PJS WITH SANTA

Join us at the Vadnais Heights Commons for holiday festivities! Photos with Santa, games, treats, and more! Check our website for updates this fall! Pre-registration required. Cost: \$10 per resident family; \$20 per non-resident family.

Fri, Dec. 2 6:00 - 8:00 pm
Vadnais Heights Commons



News from the Parks

VADNAIS LAKE INCIDENT



"On July 1, 2022, a tragic event happened in our community. Our thoughts and prayers are with the family, responding officers and firefighters that assisted in the search at Lake Vadnais. We at the City have children in our lives, and there simply are not words to express the sadness associated with the loss of innocent lives. If you, or someone you know is having thoughts of suicide, please contact the National Suicide Prevention Lifeline at 1-800-273-TALK."

– Mayor Gunderson and Vadnais Heights City Council

To find more information, visit ramseycounty.us/vadnaislakeincident

COMMUNITY PARK UPDATES

There are big changes coming to Community Park this fall! The City Council has approved two major, overdue improvements for our largest park in 2022.

- The parking lot will be resurfaced along with the City's annual street project; the park will remain open during this project, but there will be periodic closures for vehicle parking.
- The picnic shelter will be replaced. The current shelter will be removed and a new facility will be constructed near the Brandt Ice Rink Warming House. This project is being funded through allocations of American Rescue Plan Act funds.



Construction on these projects is anticipated to start following Heritage Days in late-August.

BERWOOD PARK PROJECTS

Construction is anticipated to be complete on the sport courts at Berwood Park by early August. Once complete, the park will have a freshly surfaced full basketball court and a tennis court. Later this fall, two native gardens will be installed. Through a cost-share program with Ramsey-Washington Metro Watershed District, these gardens will provide habitat for pollinators and serve as an educational resource for our community to learn more about the benefits of using native plants in gardens and landscapes.

THE RETURN OF THE GOATS

The Munch Bunch goats returned to Bridgewood Park in July to complete the buckthorn removal efforts started in 2021. Buckthorn is an invasive shrub or small tree that will crowd out native plants in wooded areas - and goats also happen to enjoy eating it! They have made a huge difference at Bridgewood Park, and have tackled an issue that would have been time- and cost-prohibitive for City staff to resolve. The City may consider bringing the goats back in the future if appropriate areas are identified.



NEW PLAYGROUND COMING TO GREENHAVEN PARK

Having outlived its anticipated life expectancy, the playground at Greenhaven Park will be replaced this year. The Parks, Recreation, and Trails Commission took public comment and recommended a new playground design which was approved by the City Council at its April 5, 2022 meeting. City staff are completing the demolition and site work; the contractor will be installing the new playground later this summer.

Find images of the new playground design at cityvadnaisheights.com/greenhaven.



EMERALD ASH BORER GRANT



The City received a \$75,000 grant from the MN Department of Natural Resources for removal and replacement of trees damaged by emerald ash borer. These insects infest and kill ash trees, making them a safety hazard in some cases. The City has begun removing problem trees in public areas.

To learn more about emerald ash borer, visit dnr.state.mn.us/eab.

PARK COMMISSION OPENINGS

Help shape parks and recreation opportunities in Vadnais Heights for current and future generations! There are currently two open seats on the Parks, Recreation, and Trails Commission, and we're looking for City residents who would like to make a positive impact on their community. Apply to be considered for a seat on the commission at: cityvadnaisheights.com/VHCommissionApp