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moundsviewmn.org

CITY OF

MOUNDS VIEW

PARKS AND RECREATION

2024 SPRING & SUMMER PROGRAM GUIDE



Mounds View Community Center

5394 Edgewood Drive | Mounds View, MN 55112

The Community Center is the “home base” for all park & recreation programs offered through the City of Mounds View. Amenities include a gym, fitness center, and an Event Center. Located across the street from the Mounds View City Hall.

Fitness Center

The Mounds View Community Center offers a complete fitness center with cardio equipment including treadmills, stair climber, elliptical trainers, rowing machine, upright and recumbent cycles and more. We also have strength equipment, functional trainer, dumbbells, free weight benches, medicine balls, TRX and more!

Community Center Hours

Labor Day – Memorial Day

Monday – Saturday 8 am – 8 pm
 Sunday Closed

Summer Hours: Memorial Day – Labor Day

Monday – Thursday 8 am – 7 pm
 Friday – Saturday 8 am – 6 pm
 Sunday Closed

Admission Information

Admission fees or membership allows you to enjoy the following areas.

- Fitness Center
- Gymnasium
- Group Exercise Classes
- Locker rooms

Daily Admission Rates

Youth	Resident	\$3
	Non Resident	\$5
Adult	Resident	\$5
	Non Resident	\$7

Mounds View Community Center Memberships

		Monthly	Yearly
Youth	Resident	\$12	\$120
	Non Resident	\$22	\$220
Adult	Resident	\$25	\$250
	Non Resident	\$35	\$350
Family	Resident	\$40	\$400
	Non Resident	\$50	\$500

Adult Resident is anyone who lives or works in Mounds View (must show proper verification).

Youth Resident is anyone who lives in Mounds View or attends a Mounds View School District school.

Please contact the front desk for more information about memberships at 763.717.4040.

Refund Policy

In consideration of instructors needing to order supplies, secure tickets or purchase equipment, refunds will only be given under the following conditions:

- All refunds are subject to a \$5 processing fee
- Cancellations must be made at least 5 business days prior to the start of the program
- Camps and league cancellations must be made prior to the registration deadline
- There will be no cost adjustments for late registrations or classes missed by a participant
- Make up sessions will not be offered if the participant misses a session

In the event an activity is canceled by the Parks and Recreation Department, a full refund will be issued.

How To Register For Programs

In-person

Mounds View Community Center
 5394 Edgewood Drive
 Mounds View, MN 55112

Call

763.717.4040
 Payment must be made at time of registration



Click

Register online at:
secure.rec1.com/MN/mounds-view-mn/catalog

WE ARE HIRING



We are hiring multiple positions. Visit moundsviewmn.org for details and to apply.



COMMUNITY EVENTS



St. Patrick's Day Bash

SUNDAY, MARCH 17

3 pm – 6 pm

Get ready to feel the luck of the Irish at our St. Patrick's Day Bash at the Community Center! We're going all out to bring you an unforgettable afternoon filled with festive cheer, lively tunes from the Spanier Brothers, good food, cash bar and more!



Cinco de Mayo

Join us for Lunch and Bingo with a Cinco De Mayo theme.

Friday, May 3

Bingo at 10, Lunch following at 11:00 am

\$6.00 includes Lunch and Bingo. Register at the Reception Desk or online.



Festival in the Park Penny Carnival

Friday, August 16

City Hall Park

Mounds View Parks and Recreation is hosting a Penny Carnival during family night to kick off the Festival in the Park. Come to play carnival games and win awesome prizes! The Carnival will run from the parade end to 8:30pm. All carnival games and activities will cost only 1 to 10 cents! Snacks and refreshments will be available to purchase.

Event Rentals

If you're looking for a place to host your special event, look no further!

With flexible layout options and open catering, you can truly make the Mounds View Event Center the perfect place for your next event.

Weddings

Birthday Parties

Baby & Bridal Showers

Graduations

Meetings & Seminars

Expos

Contact our Event Manager to schedule a tour, or visit our website at moundsviewmn.org/eventcenter for more information.

Event Manager: Leah Vandecar

📞 763.717.4041

✉ events@moundsviewmn.org

🌐 moundsviewmn.org/eventcenter





Senior Programs

The Mounds View Community Center is proud to participate in the Silver Sneakers®, Renew Active, One Pass and Silver & Fit program for members 65 and older. Most are offered at no cost through your insurance company. As a participant you would be eligible for fitness classes, fitness center, gym access and fun planned activities. To see if you are eligible for these programs visit our front desk or call 763-717-4040.

Classes are free with Silver Sneakers, Silver & Fit, Renew Active, or OnePass Membership

Get Moving with Senior Chair Combo

This beginner's workout provides low impact movement for strength, stretching, and balance exercises designed to provide energy for an active lifestyle.

When: Mondays, 10 am Rate: \$3

Silver Sneakers Gentle Yoga

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used for seated and standing options to meet a variety of fitness and skill levels. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.

When: Tuesdays, 9 am Rate: \$3

Silver Sneakers Classic

Silver Sneakers Classic is perfect for the individual brand new to exercise but is also very appropriate for anyone wanting to improve their muscular endurance and flexibility. Participants can be seated or stand for this flagship Silver Sneakers Class

When: Tuesdays, 1 pm Rate: \$3

Senior Combo Class

This class offers standing, low impact movement, upper body strengthening with handheld weights, tubing and balls. A chair is available for support. The instructor will offer modifications to match participants abilities.

When: Wednesdays, 9 am Rate: \$3

Stretch with Yoga Technique

This class will focus on balance, stretching, and core strength (without doing crunches) To participate you should be able to lie on your front and back on a yoga mat. You will get down at the beginning of class and up at the end. There is no transitioning up and down. Please bring a yoga mat if you have one.

When: Fridays 9 am Rate: \$3

Senior Exercise

Volunteer led exercises consist of stretching and strengthening, as well as aerobic walking. This is an excellent way to keep muscles flexible and strong while socializing with friends.

When: Mondays & Thursdays 9-10 am Rate: Free



A Walk in the Park

All ages are welcome to join us on Saturdays throughout the spring and summer as we casually walk through our beautiful area parks. We will meet at 8:30 am, complete our walk and gather for coffee or other treats at a nearby restaurant. Bring your walking shoes and a water bottle. See the schedule under adult programs.

Pickleball

Pickleball is a combination of tennis, badminton, and ping pong played by four people on a badminton size court with paddles and a perforated poly ball. It is great exercise, easy to learn and lots of fun. Come see what the excitement is all about and participate in the fastest growing sport in America.

When: Monday-Friday 8am-11am Rate: \$3

Minnesota Twins

Come see the 2023 American League Central Champions take on the Tampa Bay Rays, June 20. Game is at 12:10. Bus will leave the Community Center at 10:30. Section 102 is only a short walk across the concourse from bus drop off. \$55 covers game ticket and bus fare.



Senior Center

Additional Programs and classes are added periodically. Check out our monthly Newsletter for updates. Our Monthly Senior Center Newsletter is posted on our website. If you would like to receive a copy by email, send a note to connie.allen@moundsvievmn.org

Come to the Senior Center for a cup of coffee, tea or hot chocolate and conversation to go along with it. This is a place to relax and just enjoy being with others. Feel free to enjoy a game of cards or just some laughter and good times.

Monday-Friday Opens at 8 am

Senior BINGO (Free)

When: First & Third Thursdays of each month
10-11 am

Ed's Card Club

Join Ed for a game or two of cards. Ed and others enjoy playing Cribbage, Bridge, 500 and many other games. The Senior Center is a cozy place to relax as you visit with others and enjoy a favorite pastime.

When: Tuesdays & Thursdays 1:00pm

Action Bingo

Bingo is a favorite activity here at the Senior Center. Action Bingo offers a variation that combines the hope of winning a prize with some gentle activity.

When: Third Thursday of each month
10am-11am

Miniature Golf

A 9 hole course set up in the Community Center. Enjoy an afternoon on the "links." We have a limited number of putters, feel free to bring your own if you have one.

When: 2nd Wednesday 1 pm

Senior Classes

Coffee and Canvas

Join us for some fun while painting on canvas. The instructor, Sandy Danus from Cheerful Hearts Paint, will teach anyone the brush strokes needed to go home with your masterpiece that day. This class takes about 2 ½ hours. Bring a friend, all are welcome!

When: Thursdays: March 7, April 11 11 am - 2 pm
May 2, June 20
July 18, August 15

Rate: \$25 due day of class to instructor. You will need to reserve a spot at least one week in advance.

Senior Safe Driving Classes

55+ Senior Driving Course. Save 10% on your car insurance. Presented through the Minnesota Highway Safety & Research Center.

8-hour refresher course required if you have never taken a class before)

Tuesday, June 4 1 pm to 5 pm
Tuesday, June 11 1 pm to 5 pm

4-hour refresher course

Tuesday, March 12 1 pm to 5 pm
Tuesday, September 24 9 am to 1 pm

Registration is available through the Minnesota Highway Safety & Research Center. www.mnsafetycenter.org or by calling 1-888-234-1294.

Sparkling Feet from "Darkle to Sparkle"

Nurse delivered Foot Care the FIRST Wednesday of every month

Come and get PAMPERED while we Trim, Thin, File and buff nails, buff smooth corns and calluses, and provide Light massage. Foot care assessment/education provided. Optional nail color.

Payment of \$55 due at time of service. Call to make an appointment 952-204-9406, www.sparklingfeetrn.com

When: First Wednesday of the month 9-2:15 pm

Silver Sneakers Fall Prevention Program

The Fall Prevention series consists of an initial Functional Fitness assessment, and 10 weeks of exercise routines, education tips and drills designed to help you reduce your fall risk and improve your health and well-being.

When: Thursday, March 7 through April 25 1 pm



Mounds View parks are a perfect place for you to hold your smaller gatherings.

Park Building	Fee	Resident Fee
Hodges Park (Random)	\$200	\$ 100
Silver View Park*	\$200	\$ 100
Lambert Park	\$200	\$ 100
Groveland Park	\$200	\$ 100
Lakeside Lions Park*	\$110	\$ 55
City Hall Park	\$40	\$ 40

All rates are for daily rentals. Hours are 10am-10pm

*These parks will not be available until May 15th

Mounds View Parks & Amenities

Park	Building		Shelter			Fields			Rinks		Courts				Playground			Other		
	Park Building	Building Capacity	Shelter	Picnic Tables	Grills	Youth Baseball	Softball Field	Soccer	Football	Hockey Rink	General Skating	Tennis	Pickleball	Basketball	Volleyball	Disc Golf	Walking Trail		Play Equipment	Splash Pad
Ardan 8307 Long Lake Rd																	👤			Compost Site
City Hall 2401 Mounds View Blvd			👤	👤	👤		💡		👤						💡		👤	👤	👤	
Greenfield 2335 Knoll Dr				👤		★						💡	💡	💡			👤	👤		
Groveland 2815 Ardan Ave	🍴	25	*	👤	👤	👤						💡	💡	💡				👤		
Hillview 7901 Greenwood Dr	🍴	25	*	👤	👤	👤		👤	👤	💡	👤							👤		
Lakeside 7840 Pleasant View Dr		50	👤	👤	👤		👤								👤		👤	👤		Fishing Pier
Lambert 5324 Jackson Dr	🍴	25	*	👤	👤	👤				💡	👤							👤		
Oakwood 5590 Quincy St				👤														👤		
Hodges (Random) 5214 Long Lake Rd	🍴	35		👤	👤									👤				👤		Zip line
Silver View 2700 County Rd I	🍴	50	*	👤	👤		👤	👤						👤	👤	👤	👤	👤	👤	Sliding Hill Horseshoe
Woodcrest 2752 Woodcrest Dr																	👤	👤		

🍴 Small Kitchenette * Attached to park building ★ Batting cage 💡 Lighted

**ALL RATES ARE FOR DAILY RENTALS. Hours are 10:00am-10:00pm



Youth & Family

Music Together

Discover the joy of making Music Together! Sing, laugh, move and learn along with your baby, toddler or preschooler for 45-minutes of pure fun each week in these award-winning classes. We bring families together in a warm, supportive environment with the goal of having everyone feel comfortable singing, dancing and jamming. Classes are mixed-age so the siblings can be together. Infants under eight months on the first day of the session attend free with a paid sibling. Receive a CD, a code to download the music, an illustrated songbook and parent education materials. Try a free demo class to see if this program is a good fit for your family.

Age Range: Birth to Kindergarten or 0 months-5 years, 11 months

Spring Free Demo Class:

Monday, March 18 9:15am - 10:00am

Spring Session Class Schedule:

Mondays, April 1 – June 10 9:15-10 am

Rate: \$195 for the first registered child, \$109 for each additional sibling 8 months or older. Infants under 8 months attend at no cost with a paid sibling.

Summer Free Demo Class:

Monday, June 17 9:15am - 10:00 am

Summer Session Class Schedule:

Mondays, June 24 – August 12 9:15-10:00 am

Rate: \$174 for first registered child, \$94 for each additional sibling 8 months or older. Infants under 8 months attend at no cost with a paid sibling.

Nature Pals

Ages: 2-5. Come play and explore the great outdoors while learning about colors, shapes, math, and nature. Each month there will be nature walks, games, and hands-on activities related to what is currently happening in nature. Children must be accompanied by an adult during the entire class. Program is offered in partnership with Mounds View Parks & Recreation and will take place in New Brighton and Mounds View parks.

When: Fourth Friday of the month 10:00-11:30 am **Rate:** \$9 per adult/child pair

Where: Location alternates each month between Hansen Park in New Brighton and Silver View Park in Mounds View



Ultimate Frisbee Camp

Ages: 8-13 Introduce your kids to the sport of Ultimate Frisbee with this week-long camp co-hosted by the Wind Chill, Minnesota's men's professional team. Great for young boys and girls, this camp will include simple and fun disc games and skill development to help them get comfortable and interested in disc sports! Participants will receive a free disc with registration. Lions Park, 600 Park Drive, New Brighton.

When: July 8-12 9am-12pm **Rate:** \$150
Registration Deadline: July 11



Will Brown's Taekwondo

In Taekwondo students will learn a combination of combat techniques, self-defense, sports, and exercise. For information contact Will Brown: 612.504.8688 or visit willbrownstaekwondo.com

When: Month to Month, No Contract

*Uniforms are an extra charge

*First 2 Lessons Free

Rates: \$60; First Student. *Additional Family Member Discount \$30; Second Student, \$100; Family of 3

Monday, Tuesday, Thursday 5:30-6:20 pm
Tuesday, Thursday 6:30-7:20 pm
Saturday 11:00-11:50am & 12:00pm-1pm

EXPLORE MORE SUMMER CAMP

2024



Explore More is a full-day summer program packed with recreation activities, art, nature exploration, active games and sports, music, and so much more. Campers experience play and competition in and outdoors with exciting field trips, splash pad play and group teambuilding. Campers can expect a summer of learning and trying new things, making friends, and creating lasting memories.

Participants must be entering grades K-5 in fall, 2024. Must be 5 years old by Monday, June 10.

When: Monday – Friday
June 10 – August 23

Program Hours: 8:30 am – 4:30pm

Drop-off and Pickup: Drop off after 8:30 am, pickup before 4:30 pm

**Please see extended care information below if your participant will need extended care*

Early Bird Fees - (by April 1)

\$208/Full Week (5 days)

\$138/Half Week (3 days)

** 25% deposit required for each week to hold registration reservation*

Explore More Fees

(Registration deadline is Monday 1 week before camp):

\$220/Full Week (5 days)

\$150/Half Week (3 days)

** 25% deposit required for each week to hold registration reservation*

Weekly fee includes all field trip admissions, splash pad, program t-shirt and program supplies.

Extended Care:

Before Care Hours: 7:00 am – 8:30 am

After Care Hours: 4:30 pm – 6:00 pm

Fees: Flat rate of \$30/week

Mounds View Community Center

5394 Edgewood Drive

Mounds View, MN 55112

Explore More Weekly Themes

WEEK 1:
Welcome to Camp

Kick off summer with a camping theme. Bugs, bears, bonfires, s'mores, ... snipes? we're putting the camp in summer camp!

WEEK 2:
Olympics

Explore More is hosting the 2024 summer games! We'll start training and competition, learn about countries, and try new sports.

WEEK 3:
Survivor

Groups will go head-to-head this week to compete for survival on a deserted island. Who will find their way off the island first?

WEEK 4:
Water Week

We're making a SPLASH this week! This week will be a half week for Independence Day and run Monday, July 1 – Wednesday, July 3.

WEEK 5:
Imagination Emporium

Explore the wonders of innovation through hands-on experiments, crafts, and collaborative projects in this imaginative adventure.

WEEK 6:
Around the World in 5 Days

We'll travel around the globe to discover different games from around the world and learn about customs and cultures at each stop.

WEEK 7:
Jungle Expedition

To the Amazon Rain Forest to explore exotic plants, track wildlife, and venture through the depths of the jungle.

WEEK 8:
Mounds View's Got Talent

Dancing, Singing, Acting, Acrobatics. Discover and share your amazing talents. Groups make their own movie, and we'll have a talent show!

WEEK 9:
Pirate Adventure

Secret legend tells of buried treasure on an island somewhere in the Mounds View tropics. Hunt for glory, friendship, and treasure.

WEEK 10:
Into the Game

This week we'll go inside your favorite video games and experience all things Super Mario, Minecraft, Among Us, Animal Crossing, and more.

WEEK 11:
Bon Voyage!

A final farewell before another school year. Shuffleboard, snorkeling, a spa day, and end-of-the summer party!

Youth Sports & Rec Leagues

RevSports Skill Building Classes

RevSports skill building classes provide age-appropriate activities for youth to build confidence and have fun! Participants will learn basics and essential skills of the game. No class 7/4

Soccer \$67 per session

Thursdays, Lakeside Lions Park

PreStars 3-5 years
5:30-6:10 pm

KinderStars 4-6 years
6:15-6:55 pm

MightyStars 6-9 years
7-7:40 pm

Summer Session I: May 9 – May 30

Summer Session II: June 13 – July 11

Summer Session III: July 18 – August 8

Tennis \$67 per session

Thursdays, Terrace Park
(Spring Lake Park)

PreStars 3-5 years
5:30-6:10 pm

KinderStars 4-6 years
6:15-6:55 pm

MightyStars 6-9 years
7 - 7:40 pm

Summer Session I: May 9 – May 30

Summer Session II: June 13 – July 11

Summer Session III: July 18 – August 8

Tee-Ball and Baseball League

Mounds View Parks and Recreation Youth Baseball and T-Ball Leagues are designed for youth entering preschool to grade 4 to learn basic sports skills as well as teamwork, good sportsmanship and more. These leagues are in partnership with Arden Hills, New Brighton, and Shoreview Parks and Recreation Departments. Practices and games are held at various fields in Mounds View and surrounding cities.

When: Week of May 27 - Week of July 29 (NO games June 19, July 1-4)

Make-up games the week of August 5.

Practices and Games last 1 hour, starting at 5:30, 6:30, or 7:30

Practices Start: Week of May 27

Games Start: Week of June 17

Registration Deadline: April 19

Preschool Tee-Ball League: Wednesdays

Fee: \$68

Pre-K/Kindergarten Tee-Ball League: Mondays

Fee: \$68

Grades 1-2 Coach Pitch League: Tuesdays and Thursdays

Fee: \$78

Grades 3-4 League: Mondays and Wednesdays

Fee: \$78

Soccer League

Mounds View Parks and Recreation Youth Soccer Leagues are designed for youth entering preschool to grade 6 to learn basic soccer skills as well as teamwork, good sportsmanship and more. These leagues are in partnership with Arden Hills, New Brighton, Roseville, and Shoreview Parks and Recreation Departments. Practices and games are held at various fields in Mounds View and surrounding cities.

When: Week of May 27 - Week of July 29 (NO games June 19, July 1-4)

Make-up games the week of August 5.

Practices and Games last 1 hour, starting at 5:30, 6:30, or 7:30

Practices Start: Week of May 27

Games Start: Week of June 17

Registration Deadline: April 19

Pre-K/Kindergarten: Thursdays

Fee: \$68

Grades 1-2: Mondays and Wednesdays

Fee: \$78

Grades 3-4: Tuesdays and Thursdays

Fee: \$78

Grades 5-6: Mondays and Wednesdays

Fee: \$78

Participants register based on the grade they are starting in September 2024.

Volunteer Coaches are needed. Contact Recreation Coordinator Maddie Margo if you are interested: 763-717-4042, maddie.margo@moundsvievmn.org.

Leader in Training Program

Too old to be a camper but too young to work? The Explore More Summer Camp Leader in Training program may be a great fit for you!

Leaders in training (or L.I.T.s) volunteer for up to 16 hours per week. Once LITs have completed 1-2 summers of volunteering or turn 15, they're eligible to apply for paid employment at Explore More. The LIT program helps develop leadership skills, prepare for future jobs, get hands-on experience working with kids.

Age: 12-14 (or going into grades 6th – 8th in fall 2024)

Dates: Mandatory Training Day: Saturday, June 1, pm – 4 pm (date subject to change)

Up to 16 hours/week from June 10 – August 23 (Monday-Friday) 8:30am-4:30pm


Location: Mounds View Community Center

NEW



REGISTER HERE!

Youth Programs



SURVIVAL 101 CLASS

SPRING Survival 101 Class
Ages: 10-17 Participants in this class will learn some of the essentials of surviving in the wilderness. You will learn about fire, shelter, water, and strategies to increase the likelihood you will be found. Participants will have the opportunity to start a fire using flint and steel, assemble a survival kit, and tie knots. You will learn how to build a shelter and determine if water is safe to drink.

Instructor Wes Erwin has years of experience camping in the wilderness including the Boundary Waters Canoe Area Wilderness and Quetico Provincial Park. He is also the Scoutmaster of BSA Troop 9416, Shoreview, MN. He is excited to share his expertise in this free class held at Mounds View Community Center.

When: Saturday, March 23 11 am-12 pm **FREE**

SCHOOL RELEASE DAY PROGRAMS

Add some fun to your child's days off school! Mounds View Parks and Recreation is partnering with New Brighton to offer school release day field trips on various days throughout the school year. Programs are available for ages five and up and run from 8:30-4:30pm with pick up and drop off at the New Brighton Community Center. An afternoon snack is provided. All programs are \$68.



<p>March 12 Crayola Experience</p>	<p>March 13 MN Zoo</p>	<p>March 14 Sky Zone</p>
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Dungeons & Dragons - Tabletop Gaming

Join a professional Game Master as you learn everything you need to know enjoy Dungeons and Dragons 5th Edition. This class includes character creation, basic rules, and taking your character into a beginner-friendly adventure. With an extensive library of miniatures, terrain, books, and other props, we make it easier than ever to learn, master, and enjoy the tabletop role play game experience. Session Length: 2 hours

When: Wed., May 29, Wed. July 24 6 pm - 8 pm
 When: Wed. March 20 6 pm - 8 pm
 Fee: \$36/person

Parent/Child Dungeons & Dragons Learn-to-Play

Designed for parents and children to attend together! Participants will learn the ins and outs of this classic tabletop role-playing game with a hands-on instructor. They'll then create a character and enjoy a short segment of game play using what they've learned. Math, team-building, and critical thinking skills will be highlighted throughout the session. This class is most appropriate for kids 8 years old and up. Session Length: 2 hours

When: Wed. June 26 6 pm - 8 pm
 Fee: \$72/parent-child pair, \$24 per additional child

Miniature Monster Painting

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 for take-home. This is a beginner-friendly course that needs no previous skills. Session Length: 2 hours

When: Wed. April 24, Wed. August 21 6 pm - 8 pm
 Fee: \$36/person

Dungeons and Dragons Camp

Join us for a day-out-of-school D&D camp at the Mounds View Community Center for a day filled with storytelling, creativity, and play. D&D experts from BadWolf Adventure Studios will guide participants of all skill levels through an all-day immersive experience including 6 hours of gameplay, miniature painting, and special electives. This program is for youth ages 10 and up. Participants should bring a bagged lunch and a water bottle.

When: Monday, March 11 8:30am-4:30pm
 Fee: \$84

North Metro Adult Leagues

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. Get a team together or join individually.

Registrations will be taken on a team basis. Only the team manager will need to complete the registration process.

LEAGUE/SPORT	DATE	TIME	LOCATION	RATE
Spring Bag Toss	Thursdays, February 29 - April 4 Registration Deadline: February 22	6 pm - 8 pm	Mounds View Event Center	\$40 per team
Summer Bag Toss: Session I	Thursdays, May 30 - July 25 Registration Deadline: May 16	6 pm - 8 pm	Big Louie's Bar and Grill	\$40 per team
Summer Bag Toss: Session II	Thursdays, Aug 8 - Sept 26 Registration Deadline: July 25	6 pm - 8 pm	Big Louie's Bar and Grill	\$40 per team
18+ Competitive Co-Ed Spring Volleyball	Mondays, April 1 - May 13 Registration Deadline: March 22	6 pm - 10 pm	Highview Middle School	\$365 per team (Up to 10 players) \$42 individuals
18+ Recreational Co-Ed Spring Volleyball	Mondays, April 1 - May 13	6 pm - 10 pm	Mounds View Community Center	\$365 per team (Up to 10 players)
18+ Competitive Women's Spring Volleyball	Wednesdays, April 3 - May 15 Registration Deadline: March 22	6 pm - 10 pm	Highview Middle School	\$365 per team (Up to 10 players) \$42 individuals
18+ Recreational Co-Ed Spring Volleyball	Mondays, April 1 - May 13 Registration Deadline: March 22	6 pm - 10 pm	Mounds View Community Center	\$365 per team (Up to 10 players) \$42 individuals
18+ Competitive Co-Ed Summer Sand Volleyball	Mondays, June 3 - Aug 19 <i>NO games July 1</i> Registration Deadline: May 20	6 pm - 10 pm	Commons Park, Fridley	\$365 per team (Up to 10 players) \$42 individuals
18+ Recreational Co-Ed Summer Sand Volleyball	Mondays, June 3 - Aug 19 <i>NO games July 1</i> Registration Deadline: May 20	6 pm - 10 pm	City Hall Park	\$365 per team (Up to 10 players) \$42 individuals
18+ Competitive Women's Sand Volleyball	Wednesdays, June 5 - Aug 28 <i>NO games June 19 & July 3</i> Registration Deadline: March 22	6 pm - 10 pm	Commons Park, Fridley	\$365 per team (Up to 10 players) \$42 individuals
18+ Recreational Women's Sand Volleyball	Wednesdays, June 5 - Aug 28 <i>NO games June 19 & July 3</i> Registration Deadline: March 22	6 pm - 10 pm	Commons Park, Fridley	\$365 per team (Up to 10 players) \$42 individuals
18+ Co-Ed Summer Soccer	Tuesdays, May 28 - July 23 <i>NO games July 2nd</i> Registration Deadline: May 14	6:30 pm - 9 pm	Community Park, Fridley	\$320 per team (Up to 10 players) \$40 individuals

Adult Sports Tournaments

The North Metro Adult Sports Association is bringing adult sports tournaments to the North Metro starting this summer! Gather up your teams for the ultimate competitive play, while having fun and meeting new people. All tournaments will have prizes for 1st and 2nd placing teams and may sponsor perks. Only the team manager will need to complete the registration process.

Kickball Tournament

Rate: \$100 per team (up to 10 players)

Ages: 18+

When: Saturday, June 29th

Location: Commons Park, Fridley MN

Registration Deadline: June 15

Bag Toss Tournament – with Mounds View Festival in the Park!

Rate: \$ 40 per team (2 players per team)

Ages: 18+

When: Saturday, August 17th

Location: Silver View Park, Mounds View MN

Registration Deadline: August 3

Paint and Sip

In need of a night out? Grab a friend, make some memories and create a masterpiece you can be proud of! Sandy of Cheerful Hearts Paint will provide a relaxing atmosphere for you to get your creativity flowing, as well as the canvas, paint, brushes, apron and instruction. A cash bar will be available if you would like to sip while you paint.

Fees are due the day of the class to the instructor (cash/check).

When: March 20 6-8:30pm
May 22 Fee: \$35

You will need to reserve a spot at least one week in advance, by calling 763.717.4040.

Or register online at secure.rec1.com/MN/mounds-view-mn/catalog

A Walk in the Park

All ages are welcome to join us on Saturdays throughout the spring and summer as we casually walk through our beautiful area parks. We will meet at 8:30 am, complete our walk and gather for coffee or other treats at a nearby restaurant. Bring your walking shoes and a water bottle. See the schedule below and plan to join us.

April 6	Silver View Park	Meet at the Pavilion
April 20	Long Lake Park	Meet at the Pavilion
May 4	Springbrook Nature Center	Meet at the Visitor's Center
May 18	Mounds View Community Center	Walk to McDonald's
June 1	Silver View Park	Meet at the Pavilion
June 15	Silverwood Park	Meet at the Visitor's Center
July 20	Tony Schmidt Regional Park	Meet at the Pavilion
August 3	Silver View Park	Meet at the Pavilion
August 17	Springbrook Nature Center	Meet at the Visitor's Center
September 7	Long Lake Park	Meet at the Pavilion
September 21	Mounds View Community Center	

If you need directions, or have questions contact Connie Allen or Maddie Margo at 763-717-4040.