



NEW JOURNEYS

Parks and Recreation Department

Spring Lake Park

1301 81st Avenue NE - Spring Lake Park, MN 55432 | (763) 792-7201 | slprec.org

Quarterly Newsletter

May 2020

Adult Day Trips

Join us for a guided walking tour and art workshop. You first will try your hand at MANDALA ROCK ART. In this workshop, participants will learn the history and meaning behind mandala art, and apply that knowledge to their own mandala rock art. Next we take part in a guided walking tour of the sculpture park and learn about the artist and the sculpture from a knowledgeable docent. We end the morning with free time and a box lunch.

Please choose a box lunch option at the time of registration. All lunches include a sandwich, plain chips, and cookie.

Veggie Sandwich
Baked Ham and Salami
Turkey

Please bring your own water bottle and dress for being outdoors.

Caponi Art Park, Eagan
Tuesday, June 15
9:00am - 2:15pm
Fee: \$62.00 includes bus transportation



Please mail your registration form
Deadline is June 1

MINNEAPOLIS QUEEN

Thursday, July 15
11:00am– 2:30 PM

Mississippi River Sightseeing Lunch Cruise

Deadline 7-5-21 Please mail your registration form.

Included Lunch, Chef's Sandwich Assortment - chicken salad, turkey breast, and baked ham sandwiches, served with homemade coleslaw, fresh fruit, potato chips, pickle chips, and our Paradise cookie and bar tray. Soda, coffee, iced tea, or lemonade.

\$65/person includes bus transportation

Make your own Birdbath

Thursday, June 3,

6:00 - 9:00 pm

Able Park Building, 82nd & Able St. \$42

This birdbath is made from a terra cotta tray which you usually place under a pot. It is decorated with mosaic tiles and is beautiful when completed. It is then placed on a wrought iron stand which can be purchased locally. Wear clothes that can get dirty.

Fee: \$42

Adult Sports & Fitness Activities

Yoga

SLP City Hall or via Zoom

Thursdays / 6:00 - 7:30pm / \$36

May 6 - 27 / June 3 - 24 / July 8 - 29 / August 5 - 26

All classes include classic Hatha or stretching, breathing practices, and guided relaxation/meditation. Instructor: Michael Ledman. Please register no later than one day prior to the session start date. We will be providing both an In-House and a Virtual Zoom option for this class.



Nordic Pole Walking

June 3, 4:00-5:15pm / July 14 9:00am-10:15
Lakeside Lions Park / \$12

Anyone can do it! It takes a simple walk and turns it into a full body workout and it doesn't feel like you are working any harder. Increase your heart rate, burn more calories, strengthen your upper body and create resistance to build better bone density. Equipment will be sanitized prior to class. Register or cancel one week in advance. Certified Nordic Walking Instructor



Yoga for Seniors

SLP City Hall or via Zoom / Fridays / Noon - 12:45pm / \$20
June 4 - 25 / July 9 - 30 / August 6 - 27

Learn how to take this slower, gentler version of Yoga. Classes include breathing practices and modified stretches to fit everyone, even those who prefer to remain seated on a chair. Please dress in comfortable clothes and bring a mat for floor work. All fitness levels are welcome. We will be providing both an In-House and a Virtual Zoom option for this class.



Zumba and Zumba Gold (Ages 18+)

Wednesdays, 7:15 - 8:00pm / \$30
QC Dance Studio, 9967 Ulysses St NE, Blaine, MN 55434
Session I: June 16-July 14 / Session II: July 28-August 25

Zumba fitness is for everyone, all shapes and sizes, and just about any age. Zumba Gold is like a basic Zumba class with lower impact. The class will be a fat burning, body shaping, fun workout! Registration deadline: one week prior to class start.



Beginning Salsa, Merengue, and Bachata (Ages 18+)

Wednesdays, June 16 - July 14th / 8:00 - 9:00pm / \$40
QC Dance Studio, 9967 Ulysses St NE, Blaine, MN 55434



Salsa is a fast, sexy and fun dance. It is also extremely popular. In this class we will work on the basics and add fun patterns to all three dances, with the focus on Salsa.

No experience necessary!

Women's Summer Workshops Canoeing, Paddleboarding

(Women Ages 18+)

Looking for a new way to enjoy the great outdoors this summer? Try some new outdoor activities through our Women's Summer Workshop series. Workshops are co-sponsored by Spring Lake Park Recreation, Wargo Nature Center and the Minnesota DNR's Becoming an Outdoors Woman program. Pre-registration is required and equipment is included in the program fee.



Stand Up Paddle Boarding, June 19 / \$21
1 - 3 pm / Coon Rapids Dam Regional Park

Canoeing, August 18th / \$21
1-3 pm / Coon Rapids Dam Regional Park

SPRING LAKE PARK RECREATION DEPARTMENT REGISTRATION FORM

To register, please complete the form below and send it along with your check. Or go to www.slprec.org and register on line. Extended trips are not available for on line registration.

FIRST _____ MIDDLE _____ LAST _____

NICKNAME _____ EMAIL _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ CELL PHONE _____

ROOMING WITH FOR EXTENDED TOUR ONLY:

First: _____ Middle: _____ Last: _____

ACTIVITY _____

DATE _____ COST _____

SPECIAL NEEDS: _____

The Minnesota Data Privacy Act requires that personal information you provide remain private data and is not available to the public. By signing below, 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, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against the City of Spring Lake Park or their representatives, successors, and assigns for any and all injuries suffered by myself at the activity that I attend.

Adult Participant or Parent/Guardian Signature:

FOR OFFICE USE ONLY

Class # _____

Cash/Check # _____

Receipt # _____

Date Rec'd _____ By _____

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