



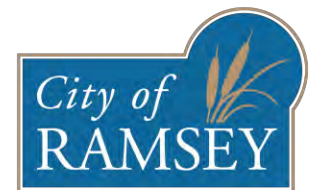
# RECREATION PROGRAMMING UPDATE

Park & Recreation Commission

April 13, 2017

# HIGHLIGHTS

- Yoga
- Mike Lynch Starwatch Party
- Art in the Park
- Programming questionnaire



# YOGA FLOW

“I really think this is great! I have lived in Ramsey 37 years and work close. The timing is good. Wish it could be more days. Thanks so much for getting this together....”

“Class was relaxing and kept me challenged in a good way.”



**Yoga Flow with Barbara Sandarin, RYT**

Yoga Flow is restorative, challenging, invigorating, and fun! It's Barbara's goal to introduce yoga in a safe, non-competitive, judgment-free way. Yoga is for EVERY BODY! Barbara will guide a Vinyasa style of yoga that focuses on breath and movement. All levels welcome, as modifications will be offered.

**Prepare for class:**

- Bring a yoga mat or towel, water, and a small hand towel
- Wear comfortable clothing and be prepared to practice barefoot
- Yoga is best done on a (nearly) empty stomach
- Flexibility NOT required!

**Registration** is requested. Please arrive 5-10 minutes early. Admittance to class closes at 12:10pm.

**Event:** Yoga Flow

**Location:**  
Ramsey City Hall  
Mississippi River Room, Annex  
(2<sup>nd</sup> floor, east side)  
7550 Sunwood Drive NW

**Dates:** Wednesday afternoons  
April: 5, 12, 19 & 26  
May: 3, 10, 17, 24, 31  
(Additional classes will be scheduled pending interest)

**Time:** 12:05 - 12:50 pm

**To register:**  
[www.cityoframsey.com/ParkEvents](http://www.cityoframsey.com/ParkEvents)

**Contact:**  
[tbailey@cityoframsey.com](mailto:tbailey@cityoframsey.com)  
763-576-4309



# STARWATCH PARTY

“Good time...Even with the cloudy skies it was great.”

“Informative and interesting. Loved seeing the large telescopes.”

“It was Mike Lynch!  
What else is there to say?!”



The poster features a green header with the Ramsey Parks & Recreation logo (a stylized reed) and the text "Ramsey Parks & Recreation presents:". To the right, it says "Starwatch Party with Mike Lynch". Below the header are three images of space: a spiral galaxy, a star cluster, and a nebula. The bottom right of the poster contains event details in a light beige box.

**Starwatch Party with Mike Lynch**

**Join us for a night of starwatching with WCCO Radio's Mike Lynch!**

We will start our night with Mike's Minnesota Starwatch orientation at twilight. Once we learn the basics, we will go outside to see the constellations and hear some great stories. Using some of the largest telescopes in Minnesota, we will get up close views of planets, star clusters, galaxies and other wonders. Mike will even teach the basics of celestial photography.

All participants will receive a booklet of star maps and constellation charts, websites, a telescope buying guide and more.

Be ready to explore the stars and spend the evening outside!

Registration required—suggested donation of \$10 per participant. In case of clouds or rain, we will do a "virtual stargazing" program and participants will receive a "cloud check" to visit a future program (at any location) for free.

**Event:** Starwatch Party with Mike Lynch

**Location:** Elmcrest Park  
16603 Quicksilver St. NW

**Date:** Thursday, March 23<sup>rd</sup>, 2017

**Time:** 7:45-9:45 pm

**To register:**  
[www.cityoframsey.com/ParkEvents](http://www.cityoframsey.com/ParkEvents)

**Contact:**  
[tbaily@cityoframsey.com](mailto:tbaily@cityoframsey.com)  
763-576-4309

# ART IN THE PARK

“I had no idea what a bee house was. So I went. Of course it was focused on younger people and all had a great time and learned about the importance of bees and how we can help.”  
Staff was “extremely friendly and helpful”

ART IN THE PARK:

## Mosaic Bee House



Help protect our pollinators at  
**Art in the Park**

Presented by Ramsey Parks & Recreation  
and the Rumriver Art Center

Did you know that bees and other pollinators play a critical role in the food supply for wildlife and people? Yet many species are suffering declines. The City of Ramsey is committed to incorporating pollinator-friendly practices into our community and to creating, restoring and protecting pollinator habitat.

**You can help!** Welcome pollinators into your yard with your very own bee house. Rumriver Art Center instructors will lead you step-by-step through this class, as you use broken china dishes to decorate a new home for these special pollinators in your garden or yard.

**Registration** is required. Suggested donation of \$10 per participant.

**Event:**

Create a Mosaic Bee House

**Location:**

Elmcrest Park  
Meeting Room  
16603 Quicksilver Street NW

**Date:** Monday, March 27, 2017

**Time:** 6:30 - 8:00 pm

**To register:** Visit our website  
[www.cityoframsey.com/ParkEvents](http://www.cityoframsey.com/ParkEvents)

**Contact:**

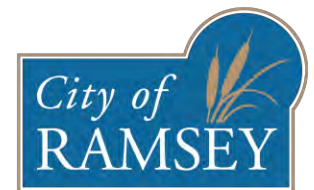
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# ART IN THE PARK



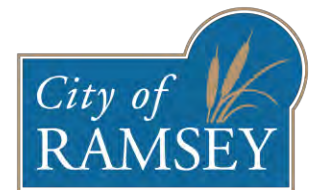
# PROGRAMMING QUESTIONNAIRE

- To what extent have you learned about the City of Ramsey's new recreation offerings?
- How likely are you to attend a program center around....art, physical activity, learning, outdoor recreation?
- Which day(s) of the week are you most likely to attend a City sponsored event?
- Which time(s) are you most likely to attend a City sponsored event?
  - Weekday or weekend
  - 8am-12pm, 12pm-4pm, 4pm-8pm



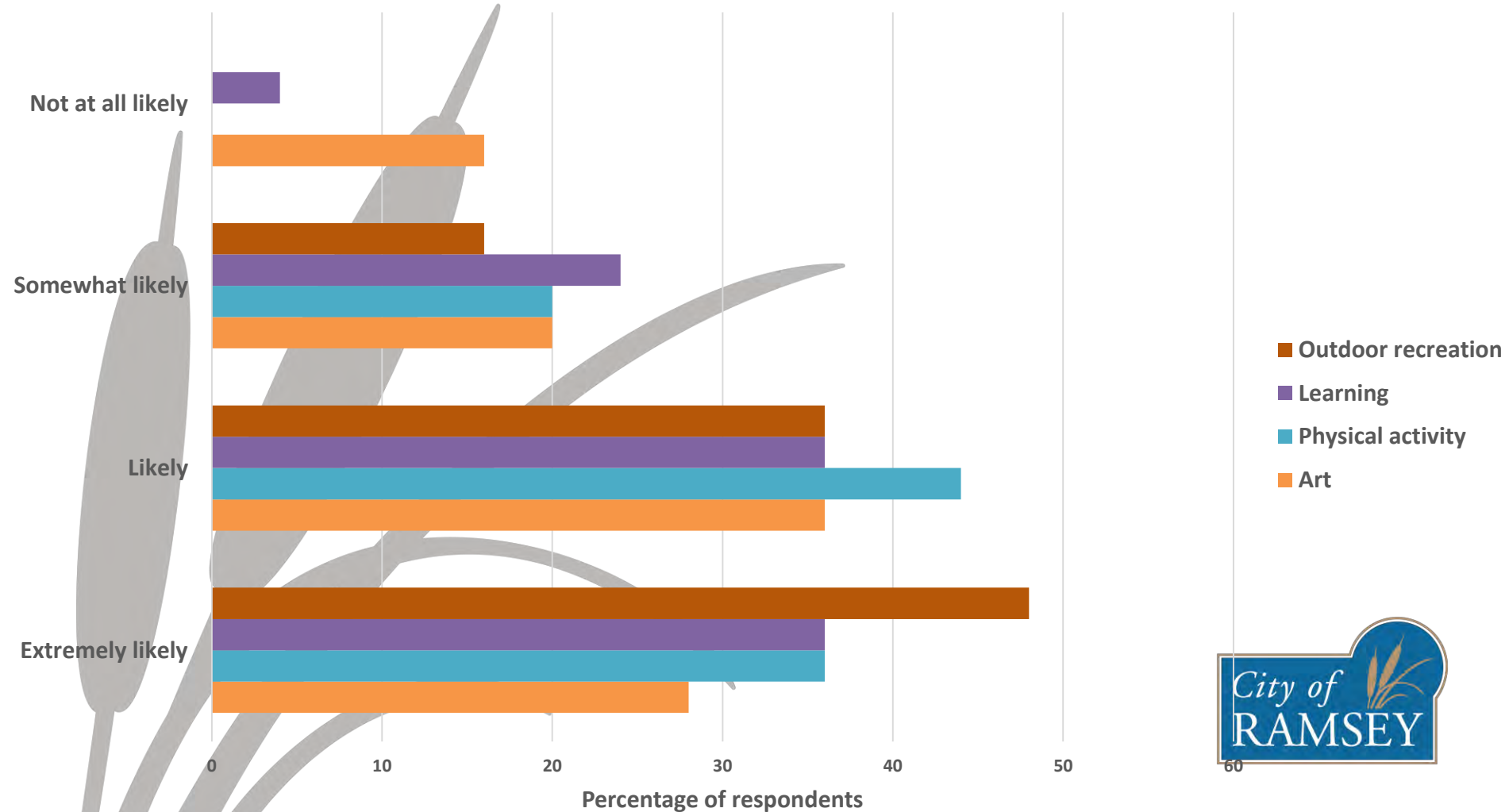
# PROGRAMMING QUESTIONNAIRE

- How much of a concern is program cost?
- Which best describes your family in Ramsey?
- What would you like to see the City offer in terms of recreation programs?



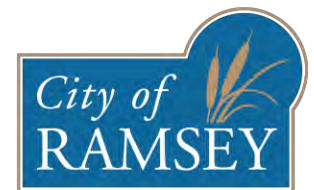
# PROGRAMMING QUESTIONNAIRE

Likelihood of Attending a Program Centered Around...



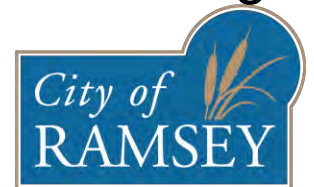
# PROGRAMMING QUESTIONNAIRE

- What would you like to see the City offer in terms of recreation programs?
  - “Introduction to \_\_\_\_\_ type sports programs. I'd like to introduce my young children to different sports without the long time commitment and expense that is found with the athletic associations...I have taken my children over to Andover previously, for these types of programs, but I would prefer to stay in my community.”
  - “Movies in the park and continued art in the park events (those are so fun!), pet friendly events would be nice, too.”
  - “I would like to see fitness and nutrition education classes offered. These classes are normally expensive at some of the big box fitness clubs.”
  - “Anything outdoors, yoga, exercise classes”
  - “What you have started with is awesome! Movies?”



# PROGRAMMING QUESTIONNAIRE

- What would you like to see the City offer in terms of recreation programs?
  - “Family and child based programs! Ramsey is growing leaps and bounds, but unfortunately is very limited in it's parks and recreational activities. Variety of day Camps, family nights out in the park. Improvements on the park systems. A splash pad would be amazing (we frequent the Champlin or Otsego one)! A recreational center (YMCA) as I currently drive to the Y in Elk River or Andover. I live in Ramsey, but unfortunately have to support businesses and programs in the other cities because Ramsey is so lacking in family/child oriented programs and facilities.”



# UPCOMING EVENTS

- Yoga Flow, ongoing
- Intro to Birding, Thursday 4/20 and Saturday 4/29
- Art in the Park, Friday 4/14
- Movie in the Park, Friday 5/5
- Learn to Garden, Thursday 5/11
- Art in the Park, Friday 5/12
- Kayaking with Anoka County Parks, Wednesday 5/17



Ramsey  
Parks &  
Recreation  
presents:

## Basics of Stand Up Paddle Boarding



 **Anoka County**  
PARKS & RECREATION

### Learn How to Paddle Board with the City of Ramsey and Anoka County Parks & Recreation

Stand up paddle boarding is easy, fun, and a great workout! This class is the perfect introduction for paddle board beginners. Class sizes are small and the instruction is quick and easy, which means most of your time will be spent out on the water exploring.

#### Prepare for class:

Dress in layers for the weather. Bring a hat, sunscreen, sunglasses, and shoes that can get wet. Equipment will be provided.

**Registration** is required- \$15 per person.

Class is limited to the first 8 registrants. Participants must be at least 15 years of age.

#### Event:

Basics of Stand Up Paddle  
Boarding

#### Location:

Sunfish Lake Park  
Pavilion  
6330 Sunwood Drive NW  
Ramsey, MN 55303

#### Date and time:

Thursday, June 22, 6:00 - 8:00 pm  
Friday, July 7, 2:00 - 4:00 pm  
Monday, August 28, 6:00 - 8:00 pm

#### To register:

[cityoframsey.com/ParkEvents](http://cityoframsey.com/ParkEvents)

#### For more information:

Todd Murawski, 651-429-8007  
[Todd.Murawski@co.anoka.mn.us](mailto:Todd.Murawski@co.anoka.mn.us)



Ramsey  
Parks &  
Recreation  
presents:

## Introduction to Kayaking



 **Anoka County**  
PARKS & RECREATION

### Get outdoors, learn something new, and experience your parks!

Learn the basics of kayaking while you explore Sunfish Lake in Ramsey. Regardless of skill and comfort levels, participants will enjoy their kayaking experience. Class will cover basic strokes, boat safety, bracing, and determining which type of boat is best for you.

#### Prepare for class:

Dress in layers for the weather. Bring a hat, sunscreen, sunglasses, and shoes that can get wet. Equipment will be provided.

**Registration** is required- \$15 per person.

Class is limited to first 8 registrants. Participants must be at least 15 years of age.

#### Event:

Introduction to Kayaking

#### Location:

Sunfish Lake Park  
Pavilion  
6330 Sunwood Drive NW

#### Date:

Wednesday, May 17, 2017

#### Time:

5:30 - 7:30 pm

#### To register:

[cityoframsey.com/ParkEvents](http://cityoframsey.com/ParkEvents)

#### For more information:

Todd Murawski, 651-429-8007  
[Todd.Murawski@co.anoka.mn.us](mailto:Todd.Murawski@co.anoka.mn.us)



# MOVIES IN THE PARK



Ramsey  
Parks &  
Recreation  
presents:

## Movies In The Park

### Enjoy a Movie under the Stars

Bring your friends and family to experience a movie at Elmcrest Park. Arrive before sunset to enjoy pre-movie music and concessions for sale. The movie will start soon after the sun is low in the sky.

When you register you will get to vote on the movie selection for May. If you attend the spring showing, you will get to vote for the fall movie.

Spring movie options include: Meet the Robinsons, Dumbo, The Karate Kid, Bolt, The Smurfs, Charlie and the Chocolate Factory.

Registration is encouraged but not required.

**Event:** Movies in the Park

**Location:**

Elmcrest Park  
16603 Quicksilver Street NW

**Date & Time:**

**Friday, May 5, 2017, 8:45 pm**

Rain check: Friday, May 12, 8:45 pm

**Friday, Sept. 8, 2017, 8:30 pm**

Rain check: Friday, September 15, 8:30 pm

**To register:**

[www.cityoframsey.com/ParkEvents](http://www.cityoframsey.com/ParkEvents)

**For more information:**

[tbaily@cityoframsey.com](mailto:tbaily@cityoframsey.com)

763-576-4309



# ART IN THE PARK

## ART IN THE PARK: Wine and Canvas Painting



### Ramsey Parks & Recreation and the Rumriver Art Center present Art in the Park

Spend your Friday night relaxing with friends, painting, and wine. You will create your own unique spring flower painting. Rumriver Art Center Instructors will lead participants step-by-step through this project, allowing you to understand the process of each technique and still be able to create your own version.

**Registration** is required. Suggested donation of \$20 per person. Fee includes cost of all materials.

**Event:**

Wine and Canvas  
Spring Flower Painting

**Location:**

Elmcrest Park  
Meeting Room  
16303 Quicksilver Street NW

**Date:**

Friday, April 14, 2017

**Time:**

6:30 – 8:30 pm

**To register:** Visit our website  
[www.cityoframsey.com/ParkEvents](http://www.cityoframsey.com/ParkEvents)

**Contact:**

[tbailey@cityoframsey.com](mailto:tbailey@cityoframsey.com)  
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# IN PROGRESS

- 12 week summer program
- Summer Sports Sampler
- U of M Raptor Center program
- U of M Monarch Lab

