

Play Every Day

Ideas for active family fun



in

Bloomington • Edina • Richfield • Eden Prairie

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*This guide offers a sample of opportunities for families with young children to have fun being active. It does not include everything available.

Disclaimer: Information regarding activity hours and cost was accurate at the time this guide was updated. However, we recommend calling or checking the site's website for the most up-to-date information because changes are made frequently.

Bloomington

Bloomington Family Aquatic Center

301 East 90th Street

952-563-4634

www.BloomingtonMN.gov – keyword “parks and recreation”

Activity: Swimming

Hours:

Open June-Labor Day

Monday-Friday, 11:00 a.m.-8:00 p.m.

Saturday-Sunday, holidays 11:00 a.m.-7:00 p.m.

Cost:

Children under 1 – FREE

2-5 years old – \$7.50, \$6.50 after 5 p.m.

6-54 years old – \$9.50, \$7.50 after 5 p.m.

Seasonal passes available

Financial assistance: apply January-April for summer assistance

Bloomington Ice Garden

3600 West 98th Street

952-563-8841

www.BloomingtonMN.gov – keyword “ice garden”

Activity: Indoor open skating

Hours:

Monday, Wednesday, Friday

Varying times subject to change; call or check website for days and times

Cost:

17 and under – \$3.00

Adults – \$4.00

Skate rental – \$2.00

Skate sharpening – \$5.00

Bush Lake Park

9140 East Bush Lake Road

952-563-4731

www.BloomingtonMN.gov – keyword “bush lake beach”

Activity:

Playground equipment, paved and unpaved hiking trails, swimming beach, sand volleyball court, fishing dock, floating dock, BBQ grills

Hours:

Beach: June-August, 11:00 a.m.-7:00 p.m. daily

Cost:

\$6.75/car daily pass

\$33.50/first car season pass

\$16.75/second car season pass

Dred Scott Playfield/Batting Cage *

10820 Bloomington Ferry Road

952-563-8877

www.BloomingtonMN.gov – keyword “playfields”

Activity:

Playground equipment, 6 tennis courts, 9 softball diamonds, 2 baseball diamonds, 2 soccer/football fields, 3 volleyball courts, 2 basketball courts, batting cage (below) and mini golf (below)

Batting Cage

www.clutchhitters.com

952-941-2455

Hours:

Monday-Friday, 10:30 a.m.-9:00 p.m.

Saturday, 10:00 a.m.-9:00 p.m.

Sunday, 11:00 a.m.-8:00 p.m.

Cost: 12 swings for \$1.00

Miniature Golf

http://linksminigolf.com

952-941-2444

Hours:

Spring/Fall, April 15-October 1

3:00-9:00 p.m. weekdays

10:00 a.m.-10:00 p.m. weekends

Summer, June 1-August 31

Cost:

\$7.00, \$6.00 for ages under 12 and 62+

Group discounts available

Gene C. Kelly Youth Playfield *

185 East 102nd Street

952-563-8877

www.BloomingtonMN.gov – keyword “playfields”

Activity:

Playground equipment, 2 tennis courts, 3 soccer fields, basketball court, 1 baseball diamond, 3 softball diamonds, lighted general skating and hockey rink, picnicking

Cost: FREE

* For complete Bloomington parks listing, go to: www.BloomingtonMN.gov – keyword “parks and recreation”

Bloomington (cont.)

Hyland Recreation Center (Chutes and Ladders)

10145 Bush Lake Road

763-694-7687

www.threeriversparkdistrict.org

Activity:

Play structure including tube slides, flat slides, and spiral slides ranging from 10' to 50'; smaller play area with sliding, swinging, and climbing equipment for children under age 5, as well as for those with disabilities, located in same area

Hours: April-October, 9:00 a.m.-sunset

Cost: FREE

Indoor Open Swim Community Education

952-681-6132

www.br.thatscommunityed.com – keyword “open swim”

Valley View Middle School Pool

8900 Portland Avenue South

952-681-6111

www.br.thatscommunityed.com – keyword “open swim”

Hours: Call or check website

Cost (drop in fee):

Per person – \$6.00

Per family – \$8.00

Scholarship information – 952-681-6132

Minnesota Valley National Wildlife Refuge

3815 American Boulevard East

952-854-5900

minnesotavalley@fws.gov

www.fws.gov/midwest/minnesotavalley

Activity:

A wide variety, including biking, hiking, dog walking, cross country skiing

Hours: Year-round; call or check website

Cost: FREE

Richardson Nature Center

8737 E. Bush Lake Road

763-694-7687

www.threeriversparkdistrict.org

Activity:

Four separate hiking only trails varying from less than a mile to two miles long (trails become snowshoe/hiking trails in winter), cross country skiing in winter; program information on website

Free Family Fun Days –

www.threeriversparks.org/events/Groups/family-fundays.aspx

Hours:

Monday- Saturday 9:00 a.m.-5:00 p.m.

Sunday 12:00 p.m.-5:00 p.m.

Cost:

Parking, hiking trails – FREE

Cross country skiing – \$4.00

Youth ski rental – \$6.00

Adult ski rental – \$8.00

Programs – Call or visit Web site; financial assistance may be available

Summer Spectrum

www.BloomingtonMN.gov – keyword “spectrum”

Activity:

Spectrum summer activities for youth in preschool through 9th grade

Hours: Summer (Registration begins in March)

Cost: Varies by class; scholarships may be available

Toddler Tuesdays

Mall of America

Highway 494 & Cedar Avenue

952-883-8800

www.mallofamerica.com/events

Activity:

Various weekly events for parents/children including arts/crafts, story time, special character appearances

Hours: Tuesday 10:00 a.m.-12:00 p.m.

Cost: FREE

Other: 1 FREE kids meal (age 6 and under) with 1 adult meal purchase at several mall restaurants

Bloomington (cont.)

Valley View Playfield *

9000 Portland Avenue South
952-563-8877

www.BloomingtonMN.gov – keyword “playfields”

Activity:

Playground equipment, skate park, 6 tennis courts, 2 basketball/game courts, 11 softball diamonds, 5 baseball diamonds, 3 soccer fields, football field, 24 horseshoe courts, 4 bocce ball courts, volleyball court, Bloomington Family Aquatic Center (fee – see Bloomington Family Aquatic Center heading)

Cost: FREE except for aquatic center

Richfield

Augsburg Park**

7145 Wentworth Avenue

Activity:

Walking path (.4 mi), 6 tennis courts, playground equipment, basketball court, play field, horseshoe court

Cost: FREE

Donaldson Park**

7434 Humboldt Avenue

Activity:

Soccer/football field, bounce court, 4 tennis courts, 2 hockey rinks, pleasure rink, 2 baseball diamonds

Cost: FREE

Indoor Open Swim **Community Education**

952-681-6132

www.br.thatscommunityed.com – keyword “open swim”

Indoor Open Swim – cont.

Richfield Middle School Pool

7461 Oliver Avenue South

www.br.thatscommunityed.com – keyword “open swim”

Hours:

See website for most current dates and times

Cost (drop in fee):

Per person – \$6.00

Per family – \$8.00

MaltTees Mini Golf & Malt Shop

6335 Portland Avenue South

612-861-0668

Activity:

18 holes of miniature golf surrounded by attractive gardens, landscaping, waterfalls, ponds, and streams

Hours:

Open May-Labor Day
12:00 noon- 8:00 p.m.

Cost:

6-17 years old – \$6.25

Adults – \$7.50

55+ – \$6.25

* For complete Bloomington parks listing, go to: www.BloomingtonMN.gov – keyword “parks and recreation”

** For complete Richfield parks listing, go to: www.richfieldrecreation.com/facilities/cityparks.htm

Richfield (cont.)

Outdoor Pool and Aquatic

Playground

630 E. 66th Street
612-861-9350

Activity: Wading and swimming pools, waterslides

Hours:

Open June-August

Monday-Friday

Wading pool – 11:00 a.m.-7:00 p.m.

Swimming pool – 12:00 p.m.-7:00 p.m.

Saturday-Sunday, 12:00 p.m.- 7:00 p.m.

Cost before 4 p.m.:

Children under one year – FREE

1-54 years – \$8.50

55+ years - \$7.50

Cost after 4 p.m.:

Children under one year – FREE

1-54 years – \$7.50

55+ years - \$6.50

Outdoor Skating

www.richfieldrecreation.com

Christian Park

6900 Bloomington Avenue
612-861-9189

Hours (December-February warming house):

Daily, 5:00 a.m.-10:00 p.m.

Cost: FREE

Donaldson Park

7434 Humboldt Avenue
612-861-9385

Hours (December-February warming house):

Daily, 5:00 a.m.-10:00 p.m.

Cost: FREE

Parks and Recreation

612-861-9385

www.cityofrichfield.org – keyword “parks and recreation”

Activity:

A variety of summer recreation activities for children, teens, and families

Parks and Recreation – cont.

Cost:

Information on website

Financial assistance – available through Passport Assistance Program

Passport Program

www.cityofrichfield.org – keyword “passport program”

Activity:

Enables people to participate in City of Richfield Recreation programs who may otherwise be unable due to financial constraints. To apply, complete the application and return to the Community Center, 7000 Nicollet Ave.

Play Equipment and Fields

www.cityofrichfield.org – keyword “park features and amenities”

Activity:

List with map of play equipment and fields including soccer/football field, basketball court, tennis courts, hockey rinks, baseball diamonds, skate park, etc.

Richfield Ice Arena

636 East 66th Street
612-861-9350

www.cityofrichfield.org – keyword “special facilities”

Activity: Indoor open skating

Hours:

Check online; subject to change

Monday, Tuesday, Thursday – 12:00 p.m.-1:30 p.m.

Wednesday – 6:30 p.m.-8:00 p.m.

Cost:

Fee – \$4.00

Skate Rental – \$2.50

Summer Playground Program

www.cityofrichfield.org – keyword “recreation program guide”

Activity:

Free drop-in playground program for Richfield youth ages 6-12. Free breakfast and lunch included. See summer brochure for details.

Cost: FREE

Richfield (cont.)

Wood Lake Nature Center

6710 Lake Shore Drive
612-861-9365
www.woodlakenaturecenter.org

Activity:

Three miles of hiking, snowshoeing, and cross-country ski trails; to preserve the natural habitat, no pets, bikes, or rollerblades are allowed

Wood Lake Nature Center – cont.

Hours:

Park hours – Sunrise-11:00 p.m.
Cross country skiing
Monday-Saturday – 9:00 a.m.-3:30 p.m.
Sunday – 12:30 p.m.-3:30 p.m.

Cost:

Check seasonal program brochure.

Edina

Centennial Lakes Park***

7499 France Avenue South
952-833-9580
www.EdinaMN.gov – keyword “centennial lakes”

Centennial Lakes is a 24-acre park and pond with 1.5 miles of paved pathways

Activity:

Paddleboat rental, fishing, remote-control sailboat racing (Tuesday and Thursday evenings), croquet and lawn bowling, miniature golf; winter – ice skating, sledding

Hours: Call or go to website for information

Cost:

Call or go to website for information
Remote-control boat racing – FREE
Miniature golf
\$9.00/person for 18 holes
Weekdays only – \$5.00/person for 9 holes
Croquet and Lawn Bowling – \$20.00/hr.
Paddle Boats – \$8.00/½ hour
Ice Skating and Sledding
\$6.00/hour – ice skate rental
\$7.00/hour – sled rental

Edina Aquatic Center

4300 West 66th Street
612-928-4582
www.EdinaMN.gov/index.php?section=aquatic-center

Activity: Swimming

Hours:

Open June-August
Monday-Friday – 11:30 a.m.-7:30 p.m.
Saturday-Sunday – 10:00 a.m.-7:30 p.m.

Cost:

Daily – \$10.00
After 6:00 p.m. – \$8.00

Edina Family Center Gym Time

5701 Normandale Road
952-848-3980
www.edinacommunityed.org – keyword “baby gym time”

Activity: Gym play for ages birth-17 months

Hours:

Open October 22-April 28
Monday and Thursday, 9:30 a.m.-12:00 p.m.

Cost:

1st child – \$3.00
Family maximum – \$5.00
Financial assistance details – 952-848-3908

Activity:

School Readiness Program – Helps families with children 3 ½-5 years old prepare for a successful school experience; visit website for details.

***For complete Edina parks listing go to: www.EdinaMN.gov – keyword “park facilities”

Edina (cont.)

Edinborough Park

7700 York Avenue South

952-832-6790

www.EdinaMN.gov – keyword “edinborough park”

Activity:

Adventure Peak is one of the largest indoor play structures in the country; socks must be worn on the equipment (\$2.00).

Hours:

Monday-Saturday – 9:00 a.m.-9:00 p.m.

Sunday – 9:00 a.m.-6:00 p.m.

Cost:

Park admission – \$7.00/child

Swimming pool and track – \$7.00

Total facility admission – \$12.00

Adults – FREE with a child’s paid admission

Children under 1 – FREE

Financial assistance for eligible residents

Southdale YMCA

7355 York Avenue South

952-835-2567

www.ymcatwincities.org/locations/southdale.ymca

Activity:

Programs include swimming, fitness center, full-size gymnasium and kids’ gym, climbing wall; serves the communities of Edina, Richfield, Bloomington, Eden Prairie, and South Minneapolis

Southdale YMCA – cont.

Hours for Kids:

Monday-Friday – 8:00 a.m.-8:30 p.m.

Saturday – 8:00 a.m.-6:30 p.m.

Saturday – 9:00 a.m.-6:30 p.m.

Cost:

Call or visit Web site for information

Financial assistance available; call for application

YMCA Tri-City Skatepark

7355 York Avenue South

952-835-2567

Activity:

All-concrete, in-ground, continuous bowl skate park for skateboards, bikes, and inline skates; accommodates a range of skill levels with depths ranging from 4-12 feet

Hours:

Opens mid-April

Hours dependent on weather conditions

Summer hours (June-September)

Monday-Sunday – 12:00 p.m.-8:00 p.m.

Cost:

Free for members

Edina, Richfield, Bloomington residents – \$5.00,

\$4.00 after 6:00 p.m.

Non-residents – \$7.00, \$4.00 after 6:00 p.m.

Financial assistance available

Eden Prairie

Bryant Lake Park

6800 Rowland Road

www.EdenPrairie.org

Activity:

Swimming in sand-bottomed Bryant Lake, play equipment, bike trails, hiking trails, and disc golf (opposite)

Cost: FREE, except disc golf

Bryant Lake Disc Golf Course

Hours: 5:00 a.m.-10:00 p.m.

Cost: \$5.00

Disc rental: \$2.00/hour

Eden Prairie Center’s Play Area

8251 Flying Cloud Drive – lower level

952-941-7650

Activity:

Area of play structures for children 42” or smaller

Cost: FREE

Eden Prairie (cont.)

Eden Prairie Community Center

16700 Valley View Road
952-949-8470
www.EdenPrairie.org

Activity:

Open swim, skate and gym; Toddler Open Gym, PlayCare and Prairie Play Zone (see below)

Hours: Call or visit website for information

Cost:

Residents – \$9.00/person
Non-residents – \$12.00/person
Open skate, swim and gym only –
18 months-4 years – \$4.00
Youth (5-18 years) – \$5.00
Adult (18+ years) – \$5.50
Fee assistance is available

Toddler Open Gym

Activity:

Balls, hoops, scooter, jump rope, tumble mats, parachutes, music

Hours:

September-May
Monday-Friday, 9:30 a.m.-11:30 a.m.

Cost:

12 months-4 years – \$4.00
5+ years – \$5.00

PlayCare

Activity:

Child care center for children age 6 months-7 years, while parents use the Community Center; a fun, fitness-oriented environment

Hours/Cost:

Call Eden Prairie Community Center for more information, policies, procedures and rates.

Prairie Play Zone

Activity: Slide, crawl, jump at indoor play structure

Hours: Monday-Sunday, 8:00 a.m.-8:00 p.m.

Cost:

Up to 18 months – FREE
18 months-4 years – \$4.00
5+ years – \$5.00
Half price –
Monday-Friday after 1:00 p.m.
Saturday and Sunday after 4:00 p.m.

Eden Prairie Parks and Recreation

8080 Mitchell Road
952-949-8442
www.EdenPrairie.org

Activity/Hours/Cost:

Program information online; financial assistance available for eligible residents

Pump it Up

7406 Washington Avenue South
952-943-0052
www.pumpitupparty.com

Activity:

Indoor bouncing, sliding, and climbing

Hours:

Dates change monthly; check calendar on website.

Cost:

Ages 2-10 – \$7.00 (parent is free & required to play)

Round Lake Park Public Beach

16691 Valley View Road
952-949-8447

Activity:

Swimming beach with Red Cross-certified lifeguards on staff during open beach hours

Hours: Open summers, 11:00 a.m.-7:00 p.m. daily

Cost: FREE

Staring Lake Outdoor Center

13765 Staring Lake Parkway

Hours: Every first Saturday of the month, 9:00 a.m.-noon

Cost: FREE

Staring Lake Park

14800 Pioneer Trail
www.EdenPrairie.org

Activity:

Ice skating, sledding hill, ski trails, play equipment, disc golf, sand volleyball, swimming beach, bike trails, hiking trails

Cost: FREE

Metro Area

Children's Museum

10 West 7th Street, St. Paul, MN
651-225-6000
www.mcm.org

Activity: Hands-on exhibits for children

Hours:

Tuesday-Thursday – 9:00 a.m.-4:00 p.m.

Friday & Saturday – 9:00 a.m.-8:00 p.m.

Sunday – 9:00 a.m.-5:00 p.m.

Monday – CLOSED

Cost: \$9.95; FREE every day with Access Passport for income eligible families – call for information

Cliff Fen Park

120 East Cliff Road, Burnsville, MN

Activity:

Picnic area, playground, walking trails, soccer/football fields, volleyball courts

Cost: FREE

Gleason's Open Gyms

2015 Silver Bell Road, Eagan, MN
651-454-6203
www.gleasons.com

Activity:

Gleason's Gymnastic School's open gym time

Hours:

During the school year; call or visit website

Cost:

One-child family – \$8.00

Multiple-child family – \$10.00

Holland Lake Trailhead – Lebanon Hills Regional Park

1100 Cliff Road, Eagan, MN

Activity:

Wooded hiking, cross country ski and snowshoe trails; fishing pier; picnic area; canoeing; swimming beach (at the Schultz Lake trailhead)

Cost:

Park entrance – FREE

Equipment rental – fee

Lake Nokomis

2401 E. Minnehaha Parkway, Minneapolis, MN
www.minneapolisparcs.org

Activity:

Two supervised beaches, sail boating and canoeing racks, pathways, ball diamonds, special playground for kids 5-12

Hours:

Nokomis main beach open 7 days/week

Nokomis 50th Street beach open weekends

Cost: FREE excluding sailboats and canoes

Let's Play at Home

Words To Encourage Movement

Sometimes young children need a suggestion from you to get moving. Try using these words.

Running and Jumping

Fast	Hopping
Slow	Leaping
High	Skipping
Low	Chasing
Jumping	Galloping

Tumbling, Rolling, Crawling, and Climbing

Over	Wiggling
Under	Slithering
Around	Somersaulting
Through	Sneaking
Up	Dangling
Down	Cart Wheeling

Rhythmic Movement and Balance

Dancing	Turning
Twisting	Bending
Marching	Stretching
Sliding	Slow
Shaking	Fast

Catching, Throwing, and Kicking

Overhand	Tossing
Underhand	Chasing
Bouncing	Throwing
Rolling	Dribbling
Catching	Kicking

Pretend Games and Imagination

Zoom like a plane
Run like a cheetah
Stretch like a cat
Strut like a rooster
Leap like a frog

Chase Me, Chase Me

2 or more players

Playfully chase your child safely throughout the yard, the playground, or the house. Outside, go uphill and downhill, zig and zag, fast and slow, and forward and backward. Hug upon capture!

Hula Hop

1 or more players

Equipment: 1 or more large plastic hoops
Lay hoops on the sidewalk, lawn, or floor and let child jump or hop in and out of them.

Creeping, Crawling, Climbing

1 or more players

Equipment: Large boxes, chairs, tables, sheets
Create an obstacle course with several objects your child can pass over, under, and through. Try it outside with lawn furniture and cardboard boxes of various sizes. Large cardboard boxes can be cut to create a tunnel, or just left open at both ends.

Freeze Dancing

2 or more players

Equipment: Music
Put on some music or make your own, and let your child dance. Explain to your child that when you stop the music, everyone freezes. Start dancing when the music comes on again. If you have a portable tape player or radio, play outside.

Read, Run and Race About

2 or more players

Equipment: Action storybook
Choose a favorite action story and encourage your child to copy the actions and expressions of the characters as you read the story out loud.

Resources

Children's Workout DVD's Hennepin Co. Libraries

Action Heroes
Easy DVD Kids TV HI-5

Athletic Baby: All-Star
Easy DVD Health ATHLETI

Athletic Baby: Basketball!
Easy DVD Health ATHLETI

Athletic Baby: Walk, Run & Play!
Easy DVD Health ATHLETI

Care Bears. Fitness Fun
Easy DVD Kids TV CARE

Classical Pilates : Kids & Young Adults
Children's DVD Health CLASSIC

Curious Buddies. Let's Move!
Easy DVD CURIOUS

Denise Austin's Fit Kids : a Fun Kids
Workout
Children's DVD Health DENISE

Get Active
Children's DVD GET

Sesame Street Happy Healthy Monsters
Easy DVD SESAME

Hip Hop for Kids
Children's DVD Health HIP

Hip Hop for Kids: Pop! Lock! and Break!
Children's DVD Arts HIP

Kideosyncrasy: Volume 1
Easy DVD KIDEOSYNC

Miss Christy's Dance Class Jazz, Tap & Ballet
Children's DVD MISS

Move Your Body
Easy DVD Kids TV HI-5

Paige's Workout Party: Let's Dance!
Children's DVD Health PAIGE'S

Paige's Workout Party: Let's Go-Go Girls!
Children's DVD Health PAIGE'S

Paige's Workout Party: Let's Hip-Hop
Children's DVD Health PAIGE'S

The Fundamentals of Soccer
Children's DVD FUNDAMENT

Yoga Divas Dance & Flex to the Music
Children's DVD YOGA

Yogamazing: Yoga for the Kid in All of Us
Children's DVD YOGAMAZ

Nutrition and Physical Activity Websites

www.choosemyplate.org

www.fitandhealthykids.com

www.americanheart.org

www.kidshealth.org