



COUNTY OF ANOKA

OFFICE OF PUBLIC INFORMATION

GOVERNMENT CENTER
2100 3RD AVENUE STE 700 • ANOKA, MINNESOTA 55303-5024
(763) 323-5700

December 6, 2011

MARTHA WEAVER

Public Information Manager

Direct #763-323-5744

E-mail: martha.weaver@co.anoka.mn.us

Contact: Jennifer Fink, Marketing and Visitor Services Manager, Parks and Recreation Department, 763-757-3920, or e-mail: jennifer.fink@co.anoka.mn.us

FOR IMMEDIATE RELEASE

Walking in a Winter Wonderland!

December can be very busy! The Anoka County Parks and Recreation Department encourages you to take some time for yourself this winter! Did you know that taking even short walks in all types of weather, sunny or not, will encourage you to leave problems behind, and brisk exercise, such as skiing, skating, or running outdoors throughout the year, will trigger stress-releasing endorphins, also called “feel good” hormones. Outdoor recreation in winter is especially beneficial for the heart and lungs! Cold air in winter is super-oxygenated, so the more of it you breathe, the more vital oxygen will reach your bloodstream. Even mild exertion outdoors in winter can improve your heart rate and muscle function.

The Anoka County Parks system has miles of plowed trails, and lots of winter recreation opportunities such as snowshoeing, cross-country skiing, and bird watching! For more information or to register for programs listed, please visit www.anokacountyparks.com or call 763-757-3920.

-more-

Walking in a Winter Wonderland! – Add 1

Christmas Bird Count

For more than 100 years people have been conducting Christmas Bird Counts (CBC) to provide data on winter bird populations. This field trip will provide an opportunity to participate in an unofficial CBC and learn how such counts are conducted. Ages 12 and up are welcome with a limit of eight participants. Pre-registration is required. Register online at www.anokacountyparks.com or for more information call 651-429-8007.

Fee: \$5/person (plus tax)

Friday, December 9, 8:30-11:30 a.m.

Wargo Nature Center, Lino Lakes

Nature Play - Nature's Gifts

Let's explore outside to see what wonderful things nature provides, even in winter. This program is geared for 2-5 year olds who are accompanied by an adult. Pre-registration is required. Register online at www.anokacountyparks.com or for more information call 651-429-8007.

Fee: \$3/child and \$3/adult (plus tax)

Friday, December 9, 10-11:15 a.m.

Wargo Nature Center, Lino Lakes

Nymphs and Nuthatches Preschool Program - Winter Critters

What do animals do in the winter? We will go outside for fun outdoor investigation to learn where the animals go and just what they do. This program is geared for preschool children, ages 4 and 5. Pre-registration is required. Register online at www.anokacountyparks.com or for more information call 651-429-8007.

Fee: \$4/child (plus tax)

Wednesday, December 21, 1-2:30 p.m.

Wargo Nature Center, Lino Lakes

-more-

Walking in a Winter Wonderland! – Add 2

Snowshoeing

Want to walk on water? Well, frozen water (snow) that is! Learn how easy, fun, and low impact snowshoeing is as we get off trail and experience winter. A naturalist will be along to instruct and interpret all the winter happenings. Pre-registration is required. Register online at www.anokacountyparks.com or for more information call 651-429-8007.

Fee: \$7/adults, \$5/youth (plus tax)

Tuesday, December 27, 1-3 p.m.

Wargo Nature Center, Lino Lakes

Friday, December 30, 2-4 p.m.

Coon Rapids Dam Regional Park, Coon Rapids

Learn to Cross-Country Ski

Learn how fun and easy it is to cross-country ski. Cross-country skiing is a life-long activity and is appropriate for people of all ages and abilities. The activity fee includes ski rental, instruction, and cross-country skiing through our beautiful Anoka County Parks. Space is limited! Pre-registration is required. Register online at www.anokacountyparks.com or for more information call 651-429-8007.

Fee: \$15/adults, \$10/youth (plus tax)

Sunday, December 18, 10 a.m.-12 p.m.

Chomonix Golf Course, Lino Lakes

Friday, December 30, 11 a.m.-1 p.m.

Coon Rapids Dam Regional Park, Coon Rapids

-more-

Walking in a Winter Wonderland! – Add 3

Holiday Sampler

Looking for something to do with all those relatives in from out of town for the holidays? Give them a taste of winter in Minnesota by sampling some of the recreational activities available here in the northland. Try kicksledding, snowshoeing, cross-country skiing, and more! This event is open to families and individuals of all ages. Pre-registration is required. Register online at www.anokacountyparks.com or for more information call 651-429-8007.

Fee: \$7/adults, \$5/youth (plus tax)

Friday, December 30, 1-3 p.m.

Wargo Nature Center, Lino Lakes

Winter Recreation Camp

This one day camp geared for youth in grades 3-5 will be packed full of winter activities including cross-country skiing, snowshoeing, kicksledding, winter games, and more! Join in on the winter fun! Pre-registration is required. Register online at www.anokacountyparks.com or for more information call 651-429-8007.

Fee: \$25/person (plus tax)

Tuesday, December 27, 9 a.m.-3 p.m.

Coon Rapids Dam Regional Park, Coon Rapids

Wednesday, December 28, 9 a.m.-3 p.m.

Wargo Nature Center, Lino Lakes