



June 12, 2019

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FOR IMMEDIATE RELEASE

Anoka County Parks Programs and Activities

Check out Anoka County Parks for fun seasonal programs and activities. To register or for more information, call 763-324-3350 or visit anokacountyparks.com.

Nordic Walking

June 21, 11am-12:30pm; Lakeside Lions Park, 7840 Pleasant View Dr. NE, Spring Lake Park
Ages 15+. Nordic Walking takes a simple walk and turns it into a full body workout and 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. Pre-registration required.

COST: \$10/person (+tax)

Intro to Kayaking

- June 19, 5:30-7:30pm; Rice Creek Chain of Lakes, Centerville Beach, 7401 Main St., Lino Lakes
- July 10, 5:30-7:30pm; Rice Creek Chain of Lakes, Centerville Beach, 7401 Main St., Lino Lakes

Ages 16+. Learn the basics of kayaking – boat safety, basic strokes, bracing, and which boat is best for you. Pre-registration required.

COST: \$25/person (+tax)

Stand Up Paddle Boarding

- June 19, 4-5:30pm; Rice Creek Chain of Lakes, Centerville Beach, 7401 Main Street, Lino Lakes

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Respectful, Innovative, Fiscally Responsible

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Anoka County Parks Programs and Activities – Add 1

- June 25, 4:30-6pm; East Coon Rapids Dam Regional Park, 9750 Egret Blvd NW, Coon Rapids
- July 10, 4-5:30pm; Rice Creek Chain of Lakes, Centerville Beach, 7401 Main Street, Lino Lakes

Ages 16+. Easy, fun, and a great workout! Paddle boards are a great way to get out on the water and be active. Class sizes are small, and the instruction is short and easy so most of our time will be on the water. Pre-registration is required.

COST: \$20/person (+tax)

Friday Evening Paddle

- June 28, 7-9pm (Full Moon); Wargo Nature Center, 7701 Main St., Lino Lakes
- July 12, 7-9pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 4+. Join us for a leisurely Friday evening paddle on beautiful George Watch Lake at Wargo Nature Center. Canoes and kayaks are available and are included with the registration fee. No paddling experience necessary. Pre-registration is required.

COST: \$5/person (+tax)

Kayak Fishing

June 26, 5-8pm; Rice Creek Chain of Lakes, Centerville Beach, 7401 Main Street, Lino Lakes

Ages 16+. Kayaks are an easy, and quiet, way to get on the water to pursue your favorite fish species. Kayaks, PFD's, paddles and fishing equipment (if needed) will be provided. An experienced angler will be along to provide help with fishing tactics, what tackle to use, and kayaking instruction. Some fishing experience and a valid fishing license are required. Pre-registration is required.

COST: \$25/person (+tax)

Campfire Talks

- June 22, 7pm; Reptiles; Rice Creek Chain of Lakes, Centerville Beach, 7401 Main Street, Centerville
- July 13, 7pm; Owls; Rice Creek Chain of Lakes, Centerville Beach, 7401 Main Street, Centerville

All Ages. Join a naturalist for campfire talks at the Rice Creek Chain of Lakes Campground. Programs are on Saturday evenings and begin at 7pm and include a roaring campfire, interactive activities, and presentations enjoyable for the whole family. Best of all, the programs are FREE!

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Anoka County Parks Programs and Activities – Add 2

Meet at the Rice Creek Chain of Lakes amphitheater.

FREE!

Wargo Nature Center Restoration Project Day

June 29, 10am-5pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 12+. Help restore the natural environment at the Wargo Nature Center! We'll tackle different challenges each month, such as removing invasive species like buckthorn and garlic mustard, cleaning our woodland wildflower gardens, or gathering native plant seeds. Meet inside the building before heading out to work on the morning's project. Pre-registration requested, drop-ins welcome.

FREE!

Dragonfly Survey Training and Survey

June 22, 12-3pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 12+. Help look for some of the 76 species of Odonata (dragonflies and damselflies) found here in Anoka County. The program will start inside with an overview of major group and families before heading outside to catch and identify dragonflies. Pre-registration required.

COST: \$5/adult (+tax); \$2/child (+tax)

Dragonfly Survey Series

July 11, 5:30-7:30pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 12+. Help look for some of the 76 species of Odonata (dragonflies and damselflies) found here in Anoka County. Participants are encouraged to attend the training session on June 22, but it is not required. We will spend our time outside catching, identifying, and recording dragonfly species found around Wargo Nature Center. Pre-registration is required.

COST: \$5/adult (+tax); \$2/child (+tax)

Meet the Animals

June 22, 1-2:30pm; Wargo Nature Center, 7701 Main St., Lino Lakes

All Ages. Come meet Wargo's educational animals! See them up close, learn about their behavior and have the chance to touch some of them as well! Pre-registration is required but all are welcome during this time.

FREE!

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Anoka County Parks Programs and Activities – Add 3

Nettles, Nettles Everywhere

July 16, 12-1pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 10+. Have you ever been walking in the woods, only to brush up against a plant that makes your skin red and itchy? Chances are it might have been Stinging Nettles! But did you know this plant can be eaten, twisted, and used for medicine? Come to Wargo Nature Center and learn how to identify and safely use this common Minnesotan wonder-plant. Pre-registration is required.

COST: \$5/person (+tax)

Fat Tire Biking

July 9, 5-7pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 16+. Join us for a ride on one of our new fat tire bikes as we cover basic riding skills. Riders will get a chance to ride off trail and explore more remote areas of the park. Pre-registration is required.

COST: \$25/person (+tax)