



Anoka County

ADMINISTRATION

Communications

September 9, 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.

Intro to Kayaking

September 25, 1:30-3:30pm; East Coon Rapids Dam Regional Park, 9750 Egret Blvd NW, Coon Rapids

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

September 18, 4-5:30pm; East Coon Rapids Dam Regional Park, 9750 Egret Blvd NW, Coon Rapids

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)

Wargo Nature Center Restoration Project Day

September 28, 9am-12pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 12+. Help restore the natural environment at the Wargo Nature Center! We'll tackle mustard, cleaning our woodland wildflower gardens, or gathering native plant seeds. Meet inside

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Anoka County Parks Programs and Activities – Add 1

the building before heading out to work on the morning's project. Pre-registration requested, drop-ins welcome.

FREE!

Dragonfly Survey Series

September 18, 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. 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)

Nature Play

November 7 (Tricky Tracks), 10-11:15am; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 2-5 (with an adult). Animals leave tracks and signs all around. Join us for an animal tracks story and to look for animal tracks outside. This program is geared for 2-5-year old's who are accompanied by an adult. Pre-registration is required.

COST: \$3/child and \$3/adult (+tax)

Lunch with a Naturalist

October 4 (Fall Bird Migration), 11:30am-1pm; Wargo Nature Center; 7701 Main St., Lino Lakes

Ages 50+. Bring your lunch and join a naturalist for our Lunch with a Naturalist. These monthly presentations will include local natural history information and possibly a relaxing stroll on the trails at Wargo. Any equipment that may be needed will be provided. Pre-registration is not required.

FREE!

Homeschool Program

October 17, 10am-12pm or 1-3pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Naturalists work with homeschoolers to provide quality environmental, recreational and natural history programs. Children discover the natural environment by having fun learning about nature through hands-on activities. Grades K-2: Seeds; Grades 3-5: Nature Superpowers; Grades 6-12: Prairie Ecology and Restoration. Pre-registration is required.

COST: \$5/person (+tax)

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Anoka County Parks Programs and Activities – Add 2

Voyageur Fall Rum Run

October 5, 11am-1pm; Rum River South County Park, 3000 Ferry St N, Anoka

All Ages. We will use our big 30-foot voyageur canoe to experience fall colors and the beautiful Rum River. Participants will paddle the majestic Rum River in all its fall beauty. Space is limited to 15 so don't miss out on this unique program! Pre-registration is required.

COST: \$10/adult; \$5/child 15 and under (+tax)

Nordic Walking

September 26, 12-1:30pm; Lakeside Lions Park, 7840 Pleasant View Dr. NE, Spring Lake Park

Ages 15+. Anyone can do it! It 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 is required.

COST: \$10/person (+tax)

Fall Colors Baby Walk

October 12, 10-11am; Rum River Central Regional Park, 17955 Roanoke St. NW, Ramsey

All Ages. Get out with your baby and enjoy the fall colors on this easy-paced walk with a naturalist. We will meet at the picnic pavilion and follow the paved trail along the river for a gentle loop that is just over 1 mile. The trail is appropriate for both strollers and baby carriers. Pre-registration is required.

COST: \$5/adult (+tax), Babies free

Fall Festival

October 19, 2-4pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Celebrate fall at Wargo Nature Center! We'll crank up the cider press, play pioneer games, and have self-guided nature activities available for you and your family.

FREE!