

# WEST ST. PAUL FALL PARKS AND RECREATION

## RECREATION OFFICE

City of West St. Paul Municipal Center  
1616 Humboldt Avenue, West St. Paul, MN 55118

Ph: 651-552-4150 | Fax: 651-552-4190  
Office Hours: Monday - Friday 8:00am - 4:30pm  
[www.wspmn.gov](http://www.wspmn.gov)

West St. Paul Ice Area .....651-552-4155  
WSP Regional Athletic Center Dome (RAC) .....651-552-4158  
TDD .....651-322-2323



/CityofWSP



@WestStPaul



Symbol denotes programs with limited registration. A COVID-19 Preparedness Plan (made in accordance with current recommendations) will be emailed prior to the start of the program.



## STORY STROLL

Read through a children's story while strolling along our park trails. Stop at the book pages posted along the trail to take in the beauty of the words, illustrations, and surrounding nature.

**September 21 - October 4**

**Marthaler Park, 1601 Humboldt Ave, West St. Paul, MN 55118**  
The start of the book will be near the trail on the playground side

**October 12 - 25**

**Southview Park, 275 Westview Dr, West St. Paul, MN 55118**  
The start of the book will be near the park shelter



## HALLOWEEN COLORING CONTEST

Get your art supplies ready for an epic coloring contest. Submit your completed picture by October 31 for your chance to win a prize! One entry per person will be accepted. City staff will vote on the two different images and two participants will be contacted to pick up their prize the following week.

Visit staff at Harmon Park Neighborhood Center on Halloween night between 5:30-7:00pm to give us your completed picture and receive a treat. Or, send your entry by mail to: Parks & Recreation, 1616 Humboldt Ave, West St. Paul, MN 55118.

Starting on October 14, print your copy at [www.wspmn.gov](http://www.wspmn.gov) or stop into City Hall during business hours to pick up a copy.

October 31 | 5:30-7:00pm | Free | Ages 14 & Under

Register online at [www.wspmn.gov](http://www.wspmn.gov)





# Sports Unlimited

Sports Unlimited Camps provide fundamental skill development for boys and girls with the emphasis on FUN! Camps are based on the philosophy of providing all children with the opportunity to develop sports skills while working on teamwork and sportsmanship through skill development and small group games.

## SOCCER

Learn the rules of soccer while working on team play and sportsmanship through skill development and games. Individual skills taught: shooting, passing, dribbling along with learning the strategies of offense and defense.



**October 14-15 | 9:00am-Noon | \$47 | Ages 5-10**

**Registration closes October 8 at 11:00am or when full**

**Regional Athletic Center (Dome)  
1655 Livingston Ave, West St. Paul, MN 55118**

## FLAG FOOTBALL

Learn the rules of flag football while working on team play and sportsmanship through skill development and games. The following skills will be taught: passing, catching, kicking and strategies of offense and defense.



**October 14-15 | 1:00-4:00pm | \$47 | Ages 5-10**

**Registration closes October 8 at 11:00am or when full**

**Regional Athletic Center (Dome)  
1655 Livingston Ave, West St. Paul, MN 55118**



## MUSICAL THEATER CAMPS

Mayer Arts believes in not only providing training for those who are serious about learning, but also in having fun! They teach technique, terminology, body awareness, and appreciation for the arts.

## TOY STORY 4 MUSICAL THEATER CAMP

What happens when your toys come to life? Let's become our favorite toys and go on a musical theater adventure! We will learn music and choreography from Toy Story and put together our own musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes.



**October 14-16 | 9:00am-Noon | \$77 | Ages 5-9  
Registration closes October 13 at 11:00am or when full**

**Mendota Heights Fire Hall Room  
2121 Dodd Road, Mendota Heights, MN 55102**

# Music Together

Mindful Music and Arts is now offering Music Together® Online classes for families with children ages birth through five. Parents can now experience the same high-quality music and movement curriculum taught by Ms. Laurie of Mindful Music and Arts since 2016—from the safety and comfort of their homes. Visit [www.mindfulmusictogether.com](http://www.mindfulmusictogether.com) for the schedule and to register.

# WEST ST. PAUL FALL PARKS AND RECREATION



## REC PACK SUPERHERO MASQUERADE

Action, adventure, and fun awaits in your very own Superhero Masquerade Rec Pack. Your little superhero(s) will enjoy crafts, games and activities that have been put together for the participant(s) to enjoy in their own space at their own pace.

**November 12-13 | \$20 | Ages 6-12**  
Registration closes November 4 at 11:00am

Rec Pack pick up will take place at Mendota Heights City Hall on November 12, 7:30am-4:30pm or November 13, 7:30-11:30am.



## SECRET HOLIDAY SHOP

Kids of all ages can shop online for gifts to give to the special people in their lives. Gifts range from \$0.50-\$12.00 and include items like coffee mugs, jewelry, home accents, toys, and much more. Adult assistance and supervision may be required.

**Watch our City website for the link to shop coming late November. Items will need to be picked up in December from City Hall.**



## NON-SCHOOL DAY CAMP



A fun-filled day with all things winter! Participants will walk over to Marthaler Park for a morning of sledding and snow fun. The day will finish with a warm cup of cocoa and a movie back at City Hall. Dress for the weather and bring a sled!

**December 28 | 8:30am-4:30pm | \$20 | Ages 6-12**

Registration closes December 21 at 11:00am or when full  
1616 Humboldt Ave, West St. Paul, MN 55118



## Warrior 5K in 2020 A Virtual Win-Win!

The ISD 197 Educational Foundation will be hosting their 11th Annual Warrior 5k Run/Walk and Family Mile, but this year it will be virtual. Rather than hold the traditional in-person race on September 26th as initially planned, they are asking participants to run or walk a 5k or family mile during our race 'window', between September 26th and October 4th.

Wear your school colors while you are walking or running and send in a picture! Make sure to tell your friends and family about this chance to support students in our district! We would love people to participate near and far.

The purpose of the Warrior 5k Run/Walk is to fund teacher-initiated academic opportunities and programs throughout

ISD 197. Literally every student in our schools has benefited from grants from the foundation- including books and programing that enhance reading, electronic microscopes and gardening supplies for science, world maps for geography and funding for art and theater programs. This race is our main source of fundraising, so even if you cannot fit in a run or walk, the foundation asks that you still consider donating or sponsoring the virtual race in 2020!



Visit the ISD197 Educational Foundation's website to find out how to enter the race or to donate: [www.isd197foundation.org](http://www.isd197foundation.org).