

WHERE CAN WE GO TO

PLAY?



**AFFORDABLE
IDEAS FOR
FAMILY FUN
IN DAKOTA
COUNTY**

DAKOTA COUNTY LIBRARY

- Free programs
- Storytime
- Arts and crafts
- Movies and games
- Movement activities



NEIGHBORHOOD PARKS

Most cities have parks or playgrounds close enough to walk to.

Make physical activity part of your family's daily routine!



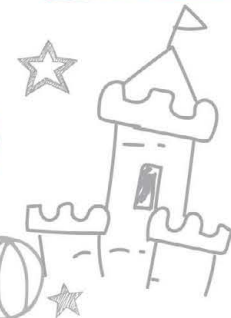
DAKOTA COUNTY PARKS

- Family classes
- Trails (year round)
- Equipment rental
- Nature programs
- Beaches
- Hiking
- Archery
- Biking
- Canoeing



EARLY CHILDHOOD FAMILY EDUCATION

Your school district offers parent/child activities. Call your school district for a class listing.



Public Health
Prevent. Promote. Protect.
TO HEALTHY KIDS

Dakota County
Public Health Department
651.554.6100

DCPHD-HR-2268 (02/2019)

Apple Valley

City of Apple Valley Parks Programs



952-953-2300 Various sites/days

<http://www.cityofapplevalley.org/>

Preschool open gym, tot activity programs, tot tennis, puppet theatre, weekend family open gym, Just Jump, open swim, swimming lessons and more. Cost varies, sliding fee and scholarships available.

Preschool, Youth and Family Open Gym



Open Gym Hotline: 952-953-2399 (call for schedule)

<http://www.cityofapplevalley.org/> search "Open Gym"

FREE open gym for several ages:

- Preschool open gym Tot Time (age 2 and under)
- Preschool open gym (age 5 and under)
- Youth open gym (grades 6 - 12)
- Family open gym (Ages 17 & under with parent)

Ice Skating Lessons Open Skating



Apple Valley Sports Arena 952-953-2366
www.cityofapplevalley.org - search "skating"

Lessons, open skating, and skate rental. Sliding fee and scholarships available. Free outdoor ice rinks at several city parks, call 952-953-2300.

ISD 196 Community Education



651-423-7920 Various sites/days


<http://district196.org/ce/>


Children and family dance, indoor open swim, and more. Partial to full scholarships available.

Music in Kelley Park (July and August)


www.cityofapplevalley.org - Search "Music in Kelley Park"


Free musical concert. Fridays 6pm - 9pm. Food and beverages available for purchase. Prize drawings are held, must be present to win.

 Physical activity (open gym, jumping, dancing, movement)

 Park (walking trails, outdoor activities, playgrounds)

 Winter activities

 Swimming (pools, lakes or beaches)

 Roller skating, ice skating

Burnsville

Burnsville Ice Center



251 Civic Center Parkway / 952-895-4651

www.burnsvilleicecenter.org

Indoor skating arena.

City of Burnsville Parks



Parks Department: 952-895-4521

Facility Reservations: 952-895-4500

www.ci.burnsville.mn.us/index.aspx?nid=138



Play equipment, hiking trails, outdoor skating, public beaches, and much more. FREE.

ISD 191 Community Education



www.communityed191.org

952-707-4150 Various sites/days

Family fun night, concerts, young parents play time, sports and recreation, swimming lessons, open swim, and more.

Skateville



201 So. River Ridge Circle / 952-890-0988

www.skateville.com

Open family roller skating and birthday parties.

Summer Concerts and Movies

www.burnsville.org - Search "Summer Concerts"

Catch a concert, see a movie or attend a great festival this summer in Burnsville! All events are free and open to the public. For event cancellation notices call the Recreation Hotline at 952-895-4507.

Grand Slam



12425 River Ridge Boulevard

952-224-0413

<http://grandslammn.com>

Prices vary based on activity.

Visit Dakota County
online for information
on programs and events:

PARKS:
www.dakotacounty.us/parks

LIBRARY:
www.dakotacounty.us/library

Eagan

Caponi Art Park

1220 Diffley Road / 651-454-9412

www.caponiartpark.org

Open May - October; Closed on Mondays
Free (donations encouraged)



A 60 acre park with wooded hiking trails, a sculpture garden, and outdoor amphitheater. Traveling art presentations include theater, dance, music, poetry, photography programs and much more. Groups can schedule tours or nature-based art activities.

Cascade Bay

1360 Civic Center Drive / 651-675-5577

www.cityofeagan.com/index.php/cascade-bay

Water park and mini-golf course.



Eagan Parks & Recreation Programs

3830 Pilot Knob Road

651-675-5500 / Hotline 651-675-5511

Various sites throughout Eagan

www.cityofeagan.com/index.php/parks-recreation



Preschool programs, the Blast indoor gym, adult sports leagues, & gym availability. Eagan Art House, Puppet Wagon, T-Ball, Tennis, Summer in the Park.

Jensen Lake Trailhead

Lebanon Hills Regional Park

1350 Carriage Hills Drive

24-hour Info Line: 651-438-4636

www.co.dakota.mn.us/parks/parksTrails



Picnic area, children's play area, interpretive trail and year-round hiking trails. Restrooms available. Free entrance to the Trailhead.

Lebanon Hills Regional Park Visitor Center

860 Cliff Road / 651-554-6530

www.co.dakota.mn.us/parks/parksTrails



Programs including Knee High Naturalist, Proud Parents play dates, family night and more.

Schulze Lake Beach

Lebanon Hills Regional Park

860 Cliff Road

651-554-6530

www.co.dakota.mn.us/parks/parksTrails



Open Memorial Day - Labor Day
Free (no lifeguard on duty). Restrooms, picnic areas, hiking trails. Canoe, kayak and stand-up paddle board rental. Beach entrance is located on Cliff Road, 3.7 miles east of I-35E.

Trapp Farm Snow Tubing Hill

Located on Wilderness Run Road

(Dodd Rd & Lexington Ave.) 651-675-5511

www.cityofeagan.com/index.php/parks/trapp-farm-park-tubing-hill



Open Thursday - Sunday, weather permitting. No personal sledding devices allowed during posted tubing hours. Participants must be able to walk up the hill. Prices and hours vary.

Eagan Civic Arena

www.cityofeagan.com/eagan-civic-arena

651-675-5589 / Public Skating Info. 651-675-5590



Indoor park, birthday parties, open skating, learn to skate program. Hours and prices vary.



Physical activity (open gym, jumping, dancing, movement)



Park (walking trails, outdoor activities, playgrounds)



Winter activities



Swimming (pools, lakes or beaches)



Roller skating, ice skating

Farmington

Farmington Parks & Recreation

651-280-6850 / Hotline 651-280-6870

www.ci.farmington.mn.us

Classes, outdoor ice skating, summer and sport camps and more. Scholarships available.



Schmitz-Maki Arena - Indoor Public Ice Skating

114 West Spruce Street

651-280-6960

www.ci.farmington.mn.us - search "Schmitz-Maki"



ISD 192 Community Education/ ECFE-Farmington

6100 195th Street West

651-460-3200 Various sites/days

http://www.farmington.k12.mn.us/community_education

Classes, gym nights, swimming lessons and open swim. Scholarships available.



Hastings

Carpenter St. Croix Valley Nature Center

12805 St. Croix Trail So. / 651-437-4359

<http://carpenternaturecenter.org/>

Free trails and interpretive center with hands-on exhibits and live animals. Children's activity programs for age 2-5 years with parent and more.



Hastings Family Aquatic Center


901 Maple Street / 651-480-2385


Hotline: 651-480-2392


www.hastingsmn.gov (search "Aquatic Center")

Programs, family and open swim. Fee and hours vary.



 Physical activity (open gym, jumping, dancing, movement)

 Swimming (pools, lakes or beaches)

 Park (walking trails, outdoor activities, playgrounds)

 Roller skating, ice skating

 Winter activities

Hastings Outdoor Skating

Hotline 651-480-2392

www.hastingsmn.gov (search "Outdoor Skating")

Recreational & hockey, rental equipment available.



Hastings Country Inn (pool)

300 33rd street / 651-437-8870

Open swim 6am - 8pm - small fee. Family membership available. Bring own towel.



Hastings Civic Arena

2801 Redwing Blvd / 651-480-6195

www.hastingsmn.gov (search "Civic Arena")

October - March, public ice skate and skate rental.



Swimming Beaches - Hastings area

Lake Byllesby, Cannon Falls

7650 Echo Point Road / 507-263-4447

www.co.dakota.mn.us/parks/parksTrails

Point Douglas Park, Hastings

651-430-8240

www.co.washington.mn.us (search swimming beaches)



ISD 200 Community Education

310 River Street / 651-480-7670

www.hastingscommunityed.com/

Crafts, music and movement, science and math activities, opportunities for play and interaction.



Schaar's Bluff

Spring Lake Park Reserve

8395 127th Street East / 952-891-7000

www.co.dakota.mn.us/parks

Programs, picnic area, children's play area, sand volleyball court and year-round hiking trails. Beautiful views of the Mississippi River valley.



Disc Golf Course - C.P. Adams Park

1301 LeDuc Avenue / 651-480-6175

18 hole disc golf course, open during day and free.
www.hastingsmn.gov (search "Disc Golf")





- 5 or more fruit & vegetables
- 2 hours or less of screen time
- 1 hour or more of physical activity
- 0 sugar sweetened beverages

Inver Grove Heights

IGH Parks & Recreation Preschool Programs



8055 Barbara Avenue / 651-554-3440
www.ci.inver-grove-heights.mn.us - search "Preschool Programs"

Preschool programs, gym, swim, safety camps and parent/child activities. Scholarships available.

Veterans Memorial Comm. Center



8055 Barbara Avenue / 651-450-2480
www.ci.inver-grove-heights.mn.us

The Grove Aquatic and Fitness Center, water park, fitness center, arena ice skating and programs. Membership, 10 day visit & daily passes. Hours vary.

Lakeville

Lakeville Parks and Recreation Ice Skating

952-985-4608 / Hotline 952-985-4690
www.ci.lakeville.mn.us (search ice skating)




Several city parks have FREE pleasure skating rinks, with warming houses and lights.


ISD 194 Community Education/ ECCE




952-232-3006 Various sites/days
www.lakevilleareacommunityed.net


Programs, gymnastics, swimming, art, Early Childhood Family Education classes. Sliding fee scale available for some classes.

 Physical activity (open gym, jumping, dancing, movement)

 Park (walking trails, outdoor activities, playgrounds)

 Winter activities

 Swimming (pools, lakes or beaches)

 Roller skating, ice skating

Lakeville Park & Recreation Events



952-985-4608 / www.ci.lakeville.mn.us/

Family programs available including the GPS Amazing Family Race and many more. Cost varies, some events are free. Scholarships available.



McGuire Jr. High - Open Swim



21200 Holyoke Ave. W. / 952-232-2150
www.lakevilleareacommunityed.net

Open swim. Aqua aerobics and lap swim for adults. Small fee.

Lakeville Parks - Swimming Beaches




952-985-4608 / www.ci.lakeville.mn.us

Antlers Park Beach - 9740 201st St. W. Large swimming beach, picnic area, volleyball courts, horseshoe pits, playground equipment, fishing pier, water and sand place center for tots and restrooms. No lifeguard on duty.



Orchard Lake Beach - 17195 Judicial Road Picnic area, shore fishing, playground equipment, volleyball courts and restrooms. No lifeguard on duty.

Valley Lake Beach - 16050 Garrett Path Playground equipment, picnic area, walking trail around the lake, fishing pier and restrooms. No lifeguard on duty.



VISIT THESE WEBSITES FOR MORE INFORMATION ON PHYSICAL ACTIVITY FOR CHILDREN:

- Centers for Disease Control and Prevention: www.cdc.gov/physicalactivity/
- American Heart Association: www.heart.org
- Kid's Health: www.kidshealth.org

Rosemount

ISD 196 Community Education

15180 Canada Avenue

651-423-7920 / www.district196.org/ce

Classes, children and family dance, indoor open swim, gymnastics and more. Partial to full scholarships available.



Rosemount Community Center and Ice Arena

13885 South Robert Trail

651-322-6000 / Info. line 651-322-6020

www.ci.rosemount.mn.us

Parent-Tot Open Gym (ages 5 and under)
Rosemount Parks and Recreation provides ball and other Fun play equipment. FREE!
Ice arena: Public open ice-skating and lessons. Skate rental not available. Scholarships available for lessons.



Rosemount Parks and Recreation Programs

651-322-6000 / Info. line 651-322-6020

www.ci.rosemount.mn.us

Year-round programs, camps, classes, special events, trips, team sports, and sport instruction for all ages.



South St. Paul


Central Square Community Center


100 7th Ave. North


651-306-3690 / www.southstpaul.org


Indoor Pool, Activity Rooms, Gymnastics Center, Recreational swimming and fitness center. Hours vary.



 Physical activity (open gym, jumping, dancing, movement)

 Swimming (pools, lakes or beaches)

 Park (walking trails, outdoor activities, playgrounds)

 Roller skating, ice skating

 Winter activities

Early Childhood Family Education ISD 199 Community Education/ECFE

1541 5th Ave South

651-457-9418 / www.tridistrictce.org

Programs, day and evening events, Music and Movement and drop-in play times. Scholarships available. Discount for those on UCare.



Lorraine Park

756 3rd Ave. So.

651-306-3690 / www.southstpaul.org

Outdoor playground, skating rink with warming house and sand volleyball.

Splash pool features interactive water toys and a zero depth entry pool. Special Toddler Swim Time. Small fee.



Northview Pool

635 18th Ave. No.

651-306-3690 / www.southstpaul.org

Standard pool with diving board and small drop slide, basketball hoops available.



Wakota Ice Arena

141 6th Street S.

651-554-3330 / www.southstpaul.org/

Public skate and skate rental available.



PHYSICAL ACTIVITY:

Helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity.

West St. Paul

ISD 197 Community Education

Early Childhood Family Education
1897 Delaware Avenue, Mendota Heights
651-403-8313 / www.tridistrictce.org/

Day and evening programs and events.
Scholarships available.



Outdoor Ice Skating

West Saint Paul Parks and Recreation
651-552-4155 / www.wspmn.gov

FREE, warming houses available. Must provide
your own skates.



Thomas Irvine Dodge Nature Center

365 Marie Avenue West
651-455-4531 / www.dodgenaturecenter.org

Preschool programs, parent/child classes, and
family events. Scholarships available.



Thompson County Park

360 Butler Avenue E.
952-891-7000 / www.co.dakota.mn.us/parks/parksTrails

Picnic area, children's play area, and
year-round hiking trails - FREE.



West St. Paul Regional Athletics Center

1655 Livingston Avenue
651-552-4158 / www.wsprac.com

Batting cages, soccer/lacrosse field, summer camps
walking and running free to the public.



West St. Paul Swimming Pool

92 W. Orme
651-552-9650 / www.wspmn.gov

Outdoor pool, 110 foot water slide, two drop slides,
zero depth splash pool and playground equipment.



Twin Cities Area

Children's Museum

10 W 7th, St. Paul, MN 55102
651-225-6000 / www.mcm.org

Discounted parking in ramp on Wabasha and 7th St.
Reduced admission options; FREE admission 3rd
Sunday of each month. Access a Passport (for low
income), free 1 year membership, call 651-225-6004.

Get four free admissions by checking out the
Passport to Play at your nearest library branch.
When you check out a Passport to Play card at
the library, your receipt becomes your Passport
to Play ticket. Bring it with you on Tuesday,
Wednesday or Thursday from 1 p.m. to close.

Minnesota Zoo

13000 Zoo Boulevard, Apple Valley
952-431-9200 / 24 hr: 952-431-9500
www.mnzoo.org

Zoo Access Program (ZAP) is for guests with limited
income. To qualify, must be enrolled in one of the
programs listed at <http://mnzoo.org/us/freetoexplore/>
and provide approved documentation.

Discount tickets may also be available through 360
Communities, call 952-985-5300.

Science Museum of Minnesota

120 W. Kellogg Blvd, St. Paul
651-221-9444 / www.smm.org

Reduced rate for anyone on WIC (or certain
government programs). Small fee for exhibits and
Omnitheater. Bring WIC folder and photo I.D.

Toddler Tuesdays

Mall of America, Bloomington (Hwy 494)
952-883-8800 / www.mallofamerica.com/events

Weekly events for parents/children, including arts/
crafts, storytime & special character appearances.
Tuesdays 10:00 a.m. FREE! One FREE kid meal with
purchase of 1 adult meal at several mall restaurants.



Physical activity (open gym, jumping,
dancing, movement)



Park (walking trails, outdoor
activities, playgrounds)



Winter activities



Swimming (pools, lakes or beaches)



Roller skating, ice skating

Twin Cities Area (cont'd)

YMCA

Burnsville: 952-898-9622

Eagan: 651-456-9622

Hastings: 651-480-8887

West St. Paul: 651-457-0048

www.ymcatwincities.org/

Exercise equipment, weight training, track, swimming pools, preschool classes, parent/child movement classes, family events and dance classes. Scholarships available on a sliding fee scale.

Free Events for Family Fun

Check out:

<http://www.familyfuntwincities.com/>

DID YOU KNOW?

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

Farmers Market

Find nearby markets or specialty items - enter your city or zip code for a list of farmers market locations near you.



www.minnesotagrown.com

Taking your kids to the farmers market can be a fun outing -- but that's not all! It can also be a fabulous learning experience for them.

Five things kids can learn:

1. What local food is
2. What goes into making a meal
3. What different types of farming mean
4. The seasons of foods
5. How to identify fruits and veggies

In accordance with Federal law and U. S. Department of Agriculture policy, the WIC Program is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Persons seeking to file discrimination complaints should write to USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW., Washington, DC 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

This resource directory is a general guide to resources and does not imply endorsement by the Dakota County Public Health Department. The information is subject to change.

Dakota County Public Health Department
651.554.6100
www.dakotacounty.us