



Play Every Day

Ideas for active family fun



Bloomington • Edina • Richfield • Eden Prairie

This guide developed by Bloomington Public Health
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*This guide offers a sample of opportunities, for families with young children, to have fun being active. It does not include everything available.

Bloomington

Bloomington Family Aquatic Center

301 East 90th Street

www.ci.bloomington.mn.us – keyword “Parks and Recreation”

952-563-8877

Activity: Swimming

Hours:

Open Jun-Aug

Mon-Fri, 11:00 a.m.-8:00 p.m.

Sat-Sun, 11:00 a.m.-7:00 p.m.

Cost:

Children under 1 – FREE

1-5 years old – \$6.00, \$5.00 after 5:00 p.m.

6-54 years old – \$8.00, \$6.00 after 5:00 p.m.

55+ years old – \$6.00, \$5.00 after 5:00 p.m.

Financial assistance – apply Jan-Apr for summer assistance

Other:

Water Tots (ages five and under)

8:00 a.m.-10:00 a.m., Mon and Fri

Cost \$4.50 per child

Bloomington Ice Garden and Armory

3600 West 98th Street

www.ci.bloomington.mn.us – keyword “Ice Garden”

952-563-8841

Activity: Indoor open skating

Hours:

Subject to change; call or check Web site for days and times

Cost:

17 and under – \$3.00

Adults – \$4.00

Skate rental – \$2.00

Skate sharpening – \$4.00

Bush Lake Park

9140 East Bush Lake Road

www.ci.bloomington.mn.us – keyword “Bush Lake Beach”

Activity:

Playground equipment, paved and unpaved hiking trails, swimming beach, sand volleyball court

Hours:

Beach – Jun-Aug, 10:30 a.m.-6:30 p.m. daily

Cost: \$5.00/car or \$27.00/season pass

Dred Scott Playfield/Batting Cage *

10820 Bloomington Ferry Road

www.ci.bloomington.mn.us – keyword “Playfields”

952-563-8877

Batting Cage

www.clutchhitters.com

612-269-7653

Miniature Golf

<http://linksminigolf.com>

952-941-2444

Activity:

Playground equipment, 6 tennis courts, 2 soccer/football fields, 3 volleyball courts, 2 basketball courts, mini-golf course (\$6.00, \$5.00 for under 12 and 62+), batting cage (12 swings for \$1, special discounts available on Web site)

Hours (miniature golf):

Jun 1-Aug 31, 10:00 a.m.-10:00 p.m.

Cost: FREE except where noted under “Activities”

Gene C. Kelly Youth Playfield *

185 East 102nd Street

www.ci.bloomington.mn.us – keyword “Playfields”

952-563-8877

Activity:

Playground equipment, 2 tennis courts, 3 soccer fields, basketball court, 1 baseball diamond, 3 softball diamonds, lighted general skating rink

Cost: FREE

Hyland Recreation Center (Chutes and Ladders)

10145 Bush Lake Road

www.threeriversparkdistrict.org

763-694-7687

Activity:

Play structure including tube slides, flat slides, and spiral slides ranging from 10' to 50'; smaller play area with sliding, swinging, and climbing equipment for children under age 5, as well as for those with disabilities, located in same area

Hours: 9:00 a.m.-9:00 p.m.

Cost: FREE

* For complete Bloomington parks listing, go to: www.ci.bloomington.mn.us – keyword “Parks and Recreation”

Bloomington (cont.)

Indoor Open Swim

Community Education

www.bloomingtonrichfieldcommunityeducation.com
952-681-6132

Valley View Middle School Pool

8900 Portland Avenue South
www.bloomingtonrichfieldcommunityeducation.com
952-681-6134

Hours: Call or check Web site

Cost (drop in fee):

Per person – \$5.00

Per family – \$7.00

Scholarship information – 952-681-6132

Minnesota Valley National Wildlife Refuge

3815 American Boulevard East
www.fws.gov/midwest/minnesotavalley
minnesotavalley@fws.gov
952-854-5900

Activity:

A wide variety including biking, hiking, dog walking, cross country skiing

Hours: Year-round; call or check Web site

Cost: FREE

Open Play Time

The Pond
9600 3rd Avenue South
www.bloomington.k12.mn.us/community_ed/early.html
952-681-6200

Activity:

Specially designed preschool room for children ages 18 months to kindergarten; no pre-registration required

Hours: Anytime during class hours; check Web site

Cost:

One pass – \$7.00

Five passes – \$30.00

Ten passes – \$50.00

Parks and Recreation

www.ci.bloomington.mn.us – keyword “Spectrum”
spectrum@ci.bloomington.mn.us.

Activity:

Spectrum summer activities for youth in preschool through 9th grade

Hours: Summer

Cost: Scholarships may be available.

Richardson Nature Center

8737 E. Bush Lake Road
www.threeriversparkdistrict.org
763-694-7687

Activity:

Four separate hiking only trails varying from less than a mile to two miles long (trails become snowshoe/hiking trails in winter), cross country skiing in winter; program information on Web site

Cost:

Parking, hiking trails – FREE

Cross country skiing – \$4.00

Youth ski rental – \$6.00

Adult ski rental – \$8.00

Programs – Call or visit Web site; financial assistance may be available

Toddler Tuesdays

Mall of America
Highway 494 & Cedar Avenue
www.mallofamerica.com/events
952-883-8800

Activity:

Various weekly events for parents/children including arts/crafts, story time, special character appearances

Hours: Tue 10:00 a.m.-12:00 p.m.

Cost: FREE

Other:

One FREE kid meal with purchase of 1 adult meal at several mall restaurants

Bloomington (cont.)

Valley View Playfield *

9000 Portland Avenue South
www.ci.bloomington.mn.us – keyword “Playfields”
952-563-8877

Activity:

Playground equipment, skate park, 6 tennis courts, 2 basketball/game courts, 11 softball diamonds, 5 baseball diamonds, 3 soccer fields, football field, 24 horseshoe courts, 4 bocce ball courts, volleyball court, Bloomington Family Aquatic Center (fee – see Bloomington Family Aquatic Center heading)

Cost: FREE except where noted above

Richfield

Adventure Gardens Mini Golf

6335 Portland Avenue South
612-861-9169

Activity:

18 holes of miniature golf surrounded by attractive gardens, landscaping, waterfalls, ponds, and streams

Cost (weekdays before 5:00 p.m.):

Youth – \$3.00
Adults – \$4.00

Augsburg Park**

7145 Wentworth Avenue

Activity:

Walking path (.4 mi), 6 tennis courts, playground equipment, basketball court, play field, horseshoe court

Cost: FREE

Indoor Open Swim

Community Education

www.bloomingtonrichfieldcommunityeducation.com
952-681-6132

Indoor Open Swim (cont.)

Richfield Middle School Pool

7461 Oliver Avenue South
www.bloomingtonrichfieldcommunityeducation.com

Hours:

Tue, Wed, Sat – p.m. hours; see Web site

Cost (drop in fee):

Per person – \$5.00
Per family – \$7.00

Outdoor Pool and Aquatic Playground

630 E. 66th Street
612-861-9355

Activity: Wading and swimming pools

Hours:

Open Jun-Aug
Mon-Fri

Wading pool – 11:00 a.m.-8:00 p.m.

Swimming pool – 12:00 p.m.-8:00 p.m.

Sat-Sun – 12:00 p.m.-7:00 p.m.

Cost:

Children under one year – FREE
Over one year – \$5.50-\$7.50

* For complete Bloomington parks listing, go to: www.ci.bloomington.mn.us – keyword “Parks and Recreation”

** For complete Richfield parks listing, go to: www.richfieldrecreation.com/facilities/cityparks.htm

Richfield (cont.)

Outdoor Skating

Christian Park

6900 Bloomington Avenue

Hours (Dec-Feb warming house):

Tue, Thu, Sat – for hours, go to
www.richfieldrecreation.com

Cost: FREE

Donaldson Park

7434 Humboldt Avenue

Hours (Dec-Feb warming house):

Mon, Wed, Fri, Sun – for hours, go to
www.richfieldrecreation.com

Cost: FREE

Parks and Recreation

www.richfieldrecreation.com

612-861-9385

Activity:

A variety of summer recreation activities for children, teens, and families

Cost:

Information on Web site
Financial assistance – available through
Passport Assistance Program

Picnic Game Kits

612-861-9385

Activity:

Badminton, bocce, croquet, and volleyball game kits to rent from Richfield Recreation Services

Hours: Available upon request May 1- Sep 30

Cost:

\$10.00/day; \$35.00 deposit required (subject to change, call for current rates)

Richfield Ice Arena

636 East 66th Street

www.richfieldrecreation.com

612-861-9351

Activity: Indoor open skating

Hours:

Check online; subject to change
Mon, Tue, Thu, Fri – 12:00 p.m.-1:30 p.m.
Wed – 6:30 p.m.-8:00 p.m.

Cost:

Fee – \$3.50
Skate Rental – \$2.50

Wood Lake Nature Center

6710 Lake Shore Drive

www.woodlakenaturecenter.org

612-861-9365

Activity:

Three miles of hiking and cross country ski trails (winter months); to preserve the natural habitat, no pets, bikes, or rollerblades are allowed

Hours:

Park hours – 5:00 a.m.-11:00 p.m.
Cross country skiing
Mon-Sat – 9:00 a.m.-3:30 p.m.
Sun – 12:30 p.m.-3:30 p.m.

Cost:

Hiking – FREE
Cross country skiing
Ages 16-55 – \$6.00
Under 16, over 55 – \$3.00
Family programs – \$3.00/person

Edina

Centennial Lakes Park***

7499 France Avenue South

www.enyc.org

952-832-6789

Activity:

Paddleboat rental, fishing, remote-control sailboat racing (Tue and Thu evenings), croquet and lawn bowling, miniature golf, ice skating, sledding

Hours: Call or go to Web site for information

Cost:

Call or go to Web site for information

Remote-control boat racing – FREE

Miniature golf

Weekdays – \$4.00/person for 9 holes

Weekends – \$8.00/person for 18 holes

Edina Aquatic Center

4300 West 66th Street

www.ci.edina.mn.us/content/facilities/aquatic_center

612-928-4582

Activity: Swimming

Hours:

Open Jun-Aug

Mon-Fri – 11:30 a.m.-8:30 p.m.

Sat-Sun – 10:00 a.m.-8:30 p.m.

Cost:

Daily – \$9.00

After 6:00 p.m. – \$7.00

Edinborough Park

7700 York Avenue South

952-832-6790

Activity:

One of the largest indoor play structures in the country (Adventure Peak); socks must be worn on the equipment

Cost:

Children – \$5.50/child

Adults – FREE with a child's paid admission

Children under 1 – FREE

Financial assistance for eligible residents

Family Center Gym Time

5701 Normandale Road

www.edina.k12.mn.us/community/familycenter

Activity: Gym play

Hours:

Open Oct 22-Apr 28

Mon and Thu, 9:30 a.m.-12:00 p.m.

Cost:

1st child – \$3.00

Family maximum – \$5.00

JW Tumbles

3120 Galleria

www.jwtumbles.com

952-922-2660

Activity:

Mats, climbing wall, jungle gym, trampoline; for toddlers

Hours:

Open gym times; call or visit Web site for information

Cost:

Per family – \$10.00/one-hour open gym time

Southdale YMCA

7355 York Avenue South

www.ymcatwincities.org/locations/southdale.asp

952-835-2567

Activity:

Programs include swimming, fitness center, full-size gymnasium and kids' gym, climbing wall; serves the communities of Edina, Richfield, Bloomington, Eden Prairie, and South Minneapolis

Hours: Call or visit Web site for information

Cost:

Call or visit Web site for information

Financial assistance available; call for application

***For complete Edina parks listing go to: www.ci.edina.mn.us/ParksAndFacilities/L2-03_ParkFacilities.htm

Edina (cont.)

YMCA Tri-City Skatepark

7355 York Avenue South
952-835-2567

Activity:

All-concrete, in-ground, continuous bowl skate park for skateboards, bikes, and inline skates; accommodates a range of skill levels with depths ranging from 4-12 feet

YMCA Tri-City Skatepark (cont.)

Hours:

Opens mid Apr
Hours dependent on weather conditions
Summer hours
Mon, Wed – 9:00 a.m. to sundown
Tue, Thu, Fri – 12:00 p.m. to sundown
Sat, Sun – 12:00 p.m. to 8:00 p.m.

Cost:

Edina, Richfield, Bloomington residents – \$5.00,
\$3.00 after 6:00 p.m.
Non-residents – \$6.50, \$4.00 after 6:00 p.m.
Financial assistance available

Eden Prairie

Bryant Lake Park

6800 Rowland Road
www.EdenPrairie.org

Activity:

Play equipment, disc golf, bike trails, hiking trails

Cost: FREE

Eden Prairie Center's Soft Play Area

8251 Flying Cloud Drive – lower level
952-941-7650

Activity:

Area of play structures for children 42" or smaller

Cost: FREE

Eden Prairie Community Center

16700 Valley View Road
www.EdenPrairie.org
952-949-8470

Activity: Open swim, skate, and gym

Hours: Call or visit Web site for information

Cost (per visit for non-members):

Families – \$13 for up to 4 children
Adults – \$4.50
Youth (5-7) – \$4.00
Tots (0-5) – \$3.00

Parks and Recreation

8080 Mitchell Road
www.EdenPrairie.org
952-949-8442

Activity/Hours/Cost:

Program information online; financial assistance available for eligible residents

Pump it Up

7406 Washington Avenue South
952-943-0052

Activity:

Indoor bouncing, sliding, and climbing

Hours:

Ages 6 and under – Tue-Thu, 10:00-11:30 a.m.
Ages 6-10 and Families – Mon, 6:30-8:30 p.m.

Cost: \$6.00

Round Lake Park Public Beach

16691 Valley View Road
952-949-8447

Activity:

Swimming beach with Red Cross-certified lifeguards on staff during open beach hours

Hours: Open summers, 11:00 a.m.-7:00 p.m. daily

Cost: FREE

Eden Prairie (cont.)

Staring Lake Park

14800 Pioneer Trail
www.EdenPrairie.org

Staring Lake Park (cont.)

Activity:

Ice skating, sledding hill, ski trails, play equipment, disc golf, sand volleyball, swimming beach, bike trails, hiking trails

Cost: FREE

Metro Area

Children's Museum

10 West 7th Street
St. Paul, MN
www.mcm.org
651-225-6001 / 651-225-6000 (24 hours)

Activity: Hands-on exhibits for children

Hours: Call or visit Web site

Cost: \$7.95

3rd Sun of each month – FREE

FREE every day with Access Passport for income eligible families – call for information

Cliff Fen Park

120 East Cliff Road
Burnsville, MN

Activity:

Picnic area, playground, walking trails

Cost: FREE

Gleason's Open Gyms

2015 Silver Bell Road
Eagan, MN
www.gleasons.com
651-454-6203

Activity:

Gleason's Gymnastic School's open gym time

Hours:

During the school year; call or visit Web site

Cost:

One-child family – \$6.00

Multiple-child family – \$8.00

Holland Lake Trailhead – Lebanon Hills Regional Park

1100 Cliff Road
Eagan, MN

Holland Lake Trailhead (cont.)

Activity:

Wooded hiking, cross country ski, and snowshoe trails; fishing pier; picnic area; canoeing; swimming beach (at the Schultz Lake trailhead)

Cost:

Park entrance – FREE

Equipment rental – fee

Lake Nokomis

2401 E. Minnehaha Parkway
Minneapolis, MN
www.minneapolisparcs.org

Activity:

Two supervised beaches, sail boating and canoeing racks, pathways, ball diamonds, special playground for kids 5-12

Hours:

Nokomis main beach open 7 days/week

Nokomis 50th Street beach open weekends

Cost: FREE excluding sailboats and canoes

Rollerdome at the Metrodome

900 South Fifth Street
Minneapolis, MN
www.roller-dome.com
612-825-3663

Activity: Indoor open roller blading/skating

Hours:

Nov-Apr; call or visit Web site for times

Cost:

Adults – \$6.50

Children – \$4.50

Students (13-18) – \$5.50

Optional skate rental – \$5.00

Let's Play at Home

Words To Encourage Movement

Sometimes young children need a suggestion from you to get moving. Try using these words.

Running and Jumping

Fast	Hopping
Slow	Leaping
High	Skipping
Low	Chasing
Jumping	Galloping

Tumbling, Rolling, Crawling, and Climbing

Over	Wiggling
Under	Slithering
Around	Somersaulting
Through	Sneaking
Up	Dangling
Down	Cart Wheeling

Rhythmic Movement and Balance

Dancing	Turning
Twisting	Bending
Marching	Stretching
Sliding	Slow
Shaking	Fast

Catching, Throwing, and Kicking

Overhand	Tossing
Underhand	Chasing
Bouncing	Throwing
Rolling	Dribbling
Catching	Kicking

Pretend Games and Imagination

Zoom like a plane
Run like a cheetah
Stretch like a cat
Strut like a rooster
Leap like a frog

Chase Me, Chase Me

2 or more players

Playfully chase your child safely throughout the yard, the playground, or the house. Outside, go uphill and downhill, zig and zag, fast and slow, and forward and backward. Hug upon capture!

Hula Hop

1 or more players

Equipment: 1 or more large plastic hoops
Lay hoops on the sidewalk, lawn, or floor and let child jump or hop in and out of them.

Creeping, Crawling, Climbing

1 or more players

Equipment: Large boxes, chairs, tables, sheets
Create an obstacle course with several objects your child can pass over, under, and through. Try it outside with lawn furniture and cardboard boxes of various sizes. Large cardboard boxes can be cut to create a tunnel, or just left open at both ends.

Freeze Dancing

2 or more players

Equipment: Music
Put on some music or make your own, and let your child dance. Explain to your child that when you stop the music, everyone freezes. Start dancing when the music comes on again. If you have a portable tape player or radio, play outside.

Read, Run and Race About

2 or more players

Equipment: Action storybook
Choose a favorite action story and encourage your child to copy the actions and expressions of the characters as you read the story out loud.

Resources

Children's Workout DVD's Hennepin Co. Libraries

Action Heroes
Easy DVD Kids TV HI-5

Athletic Baby: All-Star
Easy DVD Health ATHLETI

Athletic Baby: Basketball!
Easy DVD Health ATHLETI

Athletic Baby: Walk, Run & Play!
Easy DVD Health ATHLETI

Care Bears. Fitness Fun
Easy DVD Kids TV CARE

Classical Pilates : Kids & Young Adults
Children's DVD Health CLASSIC

Curious Buddies. Let's Move!
Easy DVD CURIOUS

Denise Austin's Fit Kids : a Fun Kids
Workout
Children's DVD Health DENISE

Get Active
Children's DVD GET

Sesame Street Happy Healthy Monsters
Easy DVD SESAME

Hip Hop for Kids
Children's DVD Health HIP

Hip Hop for Kids: Pop! Lock! and Break!
Children's DVD Arts HIP

Kideosyncrasy: Volume 1
Easy DVD KIDEOSYNC

Miss Christy's Dance Class Jazz, Tap &
Ballet
Children's DVD MISS

Move Your Body
Easy DVD Kids TV HI-5

Paige's Workout Party: Let's Dance!
Children's DVD Health PAIGE'S

Paige's Workout Party: Let's Go-Go Girls!
Children's DVD Health PAIGE'S

Paige's Workout Party: Let's Hip-Hop
Children's DVD Health PAIGE'S

The Fundamentals of Soccer
Children's DVD FUNDAMENT

Yoga Divas Dance & Flex to the Music
Children's DVD YOGA

Yogamazing: Yoga for the Kid in All of Us
Children's DVD YOGAMAZ

Physical Activity Websites

www.fitandhealthykids.com

www.americanheart.org

www.kidshealth.org

www.healthiergeneration.org