



September 9, 2022

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**FOR IMMEDIATE RELEASE**

**Anoka County Parks Programs and Activities**

Check out Anoka County Parks for fun seasonal programs and activities. All CDC/MDH COVID-19 guidelines will be followed. To register or for more information, call 763-324-3350 or visit [anokacountyparks.com](http://anokacountyparks.com).

**Forest Kids Club**

Wednesdays, 9:30-11:30am; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 4-5. Join us for a season or register for the whole school year! We will spend Wednesday mornings adventuring and learning out on Wargo's wooded peninsula, exploring different nature topics and seasonal changes along the way. In addition to guided activities, each week will include a free-explore time where participants will be encouraged to follow their senses and create their own adventure with new friends! This is a great hands-on experience for young children. Pre-registration is required.

COST: \$110/session (+tax) Register for all 3 sessions and receive a \$30 discount; Fall Session: September 7 – November 16, Winter Session: January 4 – March 15, Spring Session: March 29 – June 7

**Naturalist Explorations: Tardigrades, Water Bears and Moss Piglet**

September 9, 6-8pm; Coon Rapids Dam Regional Park, 9750 Egret Blvd NW, Coon Rapids

Ages 12+. Join field guild author and local naturalist Brett Ortler to explore the fascinating natural history found in Anoka County Parks. Each program will have a particular focus, but also an opportunity to explore whatever unique things are found in the parks. Pre-registration required.

FREE!

**-more-**

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**Affirmative Action / Equal Opportunity Employer**

## **Anoka County Parks Programs and Activities – Add 1**

### **Birding by Boat**

September 12, 9am-12pm; Wargo Nature Center, 7701 Main Street, Lino Lakes

All ages! We will paddle areas most other birders can't get to and see a variety of waterfowl, shorebirds, and upland bird species. No experience in boating or birding is required. All equipment is included, and binoculars are available for use. Pre-registration required. Participants under 18 must be accompanied by a registered adult.

COST: \$10/adult (+tax), kids 17 and under are free

### **Intro to Kayaking**

September 14, 2-4pm; Rice Creek Chain of Lakes Reserve; 7373 Main St, Lino Lakes

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

COST: \$25/person (+tax)

### **Stand Up Paddle Boarding**

- September 14, 5-6:30pm; Rice Creek Chain of Lakes Reserve; 7373 Main St, Lino Lakes
- September 21, 5-6:30pm; Coon Rapids Dam Regional Park, 9750 Egret Blvd NW, Coon Rapids

Ages 16+. Paddle boarding is easier than you may think and a great way to get some exercise! No experience required. Pre-registration is required.

COST: \$20/person (+tax)

### **Nordic Walking**

September 15, 4-5pm; Lakeside Lions Park, 7840 Pleasant View Dr., Spring Lake Park

Ages 15+. Anyone can do it! Nordic walking takes a simple walk and turns it into a full body workout. Increase your heart rate, burn more calories, strengthen your upper body and create resistance to build better bone density. Pre-registration is required.

COST: \$12/person (+tax)

### **Women's Hiking Club**

September 24, 1-2:30pm; Bunker Hills Regional Park, 550 Bunker Lake Blvd NW, Andover

Ages 16+. Are you looking to get out to explore, get exercise, and enjoy nature? Join a group of women to explore a variety of Anoka County Parks. A naturalist will help guide the group and provide general instruction during the hike. Specific locations for each hike will be emailed to registered participants. Pre-registration required.

FREE!

**-more-**

## **Anoka County Parks Programs and Activities – Add 2**

### **Voyageur Fall Rum Run**

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

Ages 5+. We will be using 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 required.

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

### **Lunch with a Naturalist: Life of a Voyageur**

October 5, 11:30-1pm; Wargo Nature Center, 7701 Main St, Lino Lakes

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

FREE!

### **Fall Colors Voyageur Canoe Trip**

October 5, 6-8pm; Rice Creek Chain of Lakes Park Reserve, Boat Launch, 7373 Main St., Lino Lakes

Ages 5+. Rice Creek Chain of Lakes has beautiful fall colors and what better way to enjoy them than in a 30-foot Voyageur style canoe! No paddling experience required. Pre-registration required.

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