RAMSEY COUNTY
Parks & Recreation

VADNAIS SPORTS CENTER

1490 County Rd E East
Vadnais Heights, MN 55110
651-481-1000

The Vadnais Sports Center offers a variety of public coed open activites and programs during the fall, winter and spring.

Open Activity Schedules

Schedules are available at the welcome center desk, on our website and emailed monthly to customers who have provided an email address for this purpose. **Participants under age 9 must be accompanied by an adult at all times.*

Open Activity-Fitness Waiver

In order to participate in an open field, ice or fitness activity a signed waiver of liability must be completed and filed with the Vadnais Sports Center. Forms are available at the welcome center desk and on our website.

Public Open Activities

OPEN SKATING ($3/person)
Individuals must provide their own skates. VSC doen't offer skate rentals.(Rental skates and skate sharpening are available at both Aldrich and Highland Arenas.)

OPEN HOCKEY ($5-$7/person)
All participants must wear full protective equipment when on ice. There is no checking or slap shots allowed during any age levels.
Coed Age Levels:
Mites, (*ages 3-8), Youth (*ages 8-15)
High School (ages 14-17), Adults (18+)

OPEN DOME ($5-$7/person)
Field 3 (smaller field) is used for playing catch, practicing skills, small groups, games, Frisbee and/or kickball. Fields 2 or 3 (larger fields) are used to host pickup games of soccer and touch football or other requested games. Batting cages can also be used if there are no private cage rentals.

OPEN FITNESS ($1.50-$2/person or $30/punchcard with 20 admissions)
Weight room features free weights, bike, elliptical and other training equipment. Yoga room is for calisthenics, stretching or core training. Dome is for walking and running. Field 3 (smaller field) is for sprints, agility training, plyometric training and other types of open area exercising. Users are allowed to use any of these facilities if they are available during open fitness hours.

OPEN ICE TRAINING ($15/person)
Up to one hour of ice time for figure skating and hockey training. Coaches providing lessons to paid skaters are free of charge. Maximum of 10 skaters on ice.

Food/Beverage/Tobacco

No food, beverage, tobacco products, sunflower seeds, chewing gum or candy is allowed in the Dome except water. Violaters who are asked to leave will not be refunded.

Open Activities-Fitness Waiver

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Emergency Contact Name _____ Emergency Phone _____

Select ONE: ☐ 18 to 61 ☐ 62 and older ☐ 17 and under (must have guardian's consent)

☐ Under 9 must have guardian's consent and must be accompanied by an adult at all times

It is expressly agreed that all exercises and the use of equipment and facilities at Vadnais Sports Center (VSC) are and shall be undertaken at my and my minor children's sole risk and that I assume the risk of any injuries I or my minor children may suffer while using any of the equipment and the facilities of VSC. Ramsey County shall not be liable for any claims, demands, injuries, damages, actions or causes of actions, whatsoever to me, my minor children or my property arising out of or connected with the use of any of the services, equipment or facilities at VSC. I expressly forever release and discharge Ramsey County from all claims, demands, injures, damages, actions or causes of action and from all acts of negligence, active or passive and all other fault, on the part of Ramsey County, its officials, employees, or agents arising out of or connected with the use of any of the services, equipment or facilities at VSC.

_____ _____ _____ _____
Signature Date Guardian Signature Date

How did you hear about us? _____

Please provide your email address to receive e-updates from us.

_____

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parks.co.ramsey.mn.us