

Minnesota Children's Museum

Qualify for \$3 All Play admission with WIC, EBT or free/reduced price lunch eligibility letter. Check the calendar for Free First Sundays of the month. Reservations required.

10 West 7th St, Saint Paul | 651-225-6000
mcm.org | search "all play tickets"

Minnesota History Center

Learn about Minnesota's history through exhibits, music, crafts, lectures and more. For discounted admission, complete History-Connect Programs form and show eWIC card at admission desk.

345 W Kellogg Blvd, Saint Paul | 651-259-3000
www.mnhs.org/limitedincomeprogram

Chutes and Ladders

Free outdoor, creative play area that will allow kids to climb, swing, hang and slide. There is a section for children under 5 or for those with disabilities.

10145 Bush Lake Rd, Bloomington | 763-694-7687
Open April - October | 9 a.m. - Sunset
threeriversparks.org/location/hyland-play-area

Como Park Zoo & Conservatory

FREE admission. The zoo has 25 animal habitats featuring orangutans, gorillas, giraffes, lions, tigers and more. The conservatory has 6 indoor and 3 outdoor gardens. Lil' Explorer Thursdays, 10 a.m. - noon for ages 1-5 years. Meet animal and plant visitors, story time, play games and other fun activities. Located at the visitor center.

1225 Estabrook Dr, Saint Paul | 651-487-8201
Check website for hours: comozooconservatory.org

Minnesota Zoo

Cutting-edge exhibits that provide exciting experiences with animals and their habitats from around the world. The zoo has live music, a splash pad, playground and picnic tables. Areas for nursing parents are available in multiple locations.

ZAP Pass:

Free admission for guests with MN eWIC card or EBT card and MN ID at admissions. Adults need proof of address. Parking \$7.

13000 Zoo Blvd, Apple Valley | 952-431-9200
Check website for hours: mnzoo.org/us/freetoexplore

Fitness in the Parks

June - September 2024

A free outdoor exercise program that brings a variety of fitness activities to many of Saint Paul's beautiful parks. Getting started is easy, just pick a class you like and show up. There is no registration required and classes are open to all fitness levels. All ages welcome and no experience is necessary.

Check website for schedule and details:
stpaul.gov/FitnessInTheParks

SUMMER

Physical Activity Guide



651-266-1300
ramseycounty.us/WIC

Summer Fun

City, County & Regional Parks

Find other local parks | ramseycounty.us/parks

Battle Creek

75 Winthrop St South, Saint Paul



Beaver Lake

1050 Edgewater Blvd, Saint Paul



Keller

2166 Maplewood Dr, Maplewood



Lake Gervais

2420 Edgerton St, Little Canada



Lake Josephine

3027 Lexington Ave North, Roseville



Lake McCarrons

1795 Rice St North, Roseville



Lake Owasso

370 Owasso Blvd North, Shoreview



Long Lake

1500 Old Highway 8, New Brighton



Phalen Park and Lake

1600 Phalen Dr, Saint Paul



White Bear Lake

5050 Lake Ave, White Bear Lake



Biking Trails

Picnic Area

Fishing Pier/Beach

Playground

Hiking Trails

Swimming Beach

Trails

Visit ramseycounty.us/trails or call 651-266-0300 for details.

Bruce Vento Regional Trail | paved

Keller and Lake Phalen Trail | paved/wooden boardwalk

Battle Creek Trail | paved/natural turf

McCarrons Trail | paved

Dodge Nature Center (West Saint Paul) | free walking trails

Nature Centers

Contact for location, hours and programs.

Maplewood Nature Center Preserve | 651-249-2111

Harriet Alexander Nature Center (Roseville) | 651-765-4262

Tamarack Nature Center (White Bear Lake) | 651-266-0360

Splash Pads - free

Open May 27 - September 5, 9 a.m. - 9 p.m.

Call for prices | 651-266-6400

Conway Park | 2090 Conway St, Saint Paul

Roy Wilkins Park | 900 N Marion St, Saint Paul

Parque de Castillo | 149 Ceasar Chavez St, Saint Paul

Phalen Beach | 1400 Phalen Dr, Saint Paul

Outdoor & Indoor Pools

Call for days, hours and prices.

*Locations offer swimming lessons (for a fee)

OUTDOOR

Battle Creek Waterworks

2401 Upper Afton Rd, Maplewood | 651-266-0335

\$2.50 Tot Tuesdays: 9:30 - 10:30 a.m. | age 5 and under

Como Regional Park Pool*

1151 Wynne Ave, Saint Paul | 651-489-0378

Tot Time Sundays: 9:30 - 11 a.m. | age 6 and under

Price: \$5/child and \$5/adult

Highland Park Aquatic Center*

1840 Edgcombe Rd, Saint Paul | 651-638-2100

\$4 Tot Time Sundays: 9:30 - 11 a.m. | age 6 and under

INDOOR

Highview Pool - Aquatics Program*

2300 7th St NW, New Brighton | 651-638-2130

YMCA Maplewood Community Center - Aquatic Center*

2100 White Bear Ave, Maplewood | 651-747-0922

Price: Ask about Financial Assistance Program

Oxford Community Center - Great River Water Park*

270 Lexington Pkwy North, Saint Paul | 651-642-0650

Price: \$7/person. Free ages 2 and under.

Monday, Wednesday, Friday: 9 a.m. - noon.

Shoreview Community Center - Tropics Water Park*

4580 Victoria St North, Shoreview | 651-490-4700

Price: Ask about coupon book

YMCA (includes fees)

Swimming, fitness classes, childcare, summer programs and more. Ask about family scholarships.

ymcanorth.org/membership | 612-230-9622