

HOW TO ASSEMBLE YOUR PASSSPORT



1

Place the printed page in front of you with the triangle, square, circle or diamond in the lower right corner



2

One page at a time, fold the top down and back so you can still see the shape in the lower right corner



3

Fold the left side back and to the right so you can still see the shape in the lower right corner



4

After you've folded all 4 pages, place them in the following order:

Top page has ▲ in the lower right corner.

Insert the ● page into the folded ▲ page

Insert the ■ page into the folded ● page

Insert the ◆ page into the folded ■ page



5

Line them all up and staple them together!

YOU'RE READY TO JOIN THE FUN!

Club of Rochester
Foundation



Rotary

SCHEELS

Contributing Sponsors:



Partnering Sponsors:

Thanks to our
SPONSORS

Age: _____
Date: _____

Address: _____

Name: _____

(Insert photo or thumbprint)

**PARKS, PLAY
& ADVENTURE!**

Passport to

Passport to
**PARKS, PLAY
& ADVENTURE!**

ROCHESTER PARKS & RECREATION



Did you know swimming makes you smarter? Studies show kids who swim reach milestones earlier in language development, confidence and fine motor skills.



ACTIVITY: Collect a stamp during the event at Foster Arend Park.



Visit rochestermn.gov/parkspassport for more info
(Don't forget your passport!)

Scheels Demo day – June 25 at Foster Arend Park.
10 AM – 2 PM

Try out a **PADDLEBOARD** at:

SCHEELS DEMO DAY

Find each listed LOCATION:

- Foster Arend Park – 4051 East River Road NE
- Soldiers Field Park – 244 Soldiers Field Drive SW
- Silver Lake Park – 840 7th Street NE
- Quarry Hill Nature Center – 701 Silver Creek Rd. NE
- Bamber Valley Estates Park – 1233 Autumn Ridge Rd. SW
- Indian Heights Park – 1800 Terracewood Drive NW
- Essex Park – 5455 West River Rd. NW
- KR-7 Reservoir – 6317-19th street NW
- Silver Creek Reservoir – 1800-55th Avenue NE
- Willow Creek Reservoir – 1343 Lone Pine Drive SW
- Eastwood Park – 3330 HWY 14 East
- Cascade Lake Park – 88-23rd Avenue SW
- Lincolnshire Park – 5276 Members Parkway NW



Complete 6 of 8 activities by August 20th and register your passport online to win prizes:
www.rochestermn.gov/parkspassport

5 It's free!

4 It's good for the environment

3 It helps to build community

2 It's good for your health

1 Adventure

to visit a neighborhood park or trail

5 REASONS

Get outdoors and

DISCOVER YOUR PARK

Complete the adventures that await your discovery & collect stamps to complete missions!

Visit 1 location or visit them all!



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Share your pictures with us on social media using:
#DiscoverRochesterParks

@rochmnparks



Facebook.com/
rochestermnparks



Did you know the city of Rochester has more than 3500 acres of parkland?

Did you know that American Legion Post #92 bought land and developed Soldiers Memorial Field in 1927?



Blank rectangular area for stamping.

ACTIVITY: Do a rubbing on one of the memorial names. *(Be sure to bring a crayon or pencil to do the rubbing!)*

- 1 Play on 2 big playgrounds
- 2 Visit the Memorial
- 3 Run a lap around the track
- 4 Play a game on the ballfield
- 5 Play tennis

Things to do at Soldiers Field Park

SOLDIERS FIELD

Did you know Rochester has more than 85 miles of paved trails?



OR Get a stamp at Eastwood Park at the beginning of the trail near the picnic shelter off Broadway

- SOLDIERS FIELD** at 9th street parking lot
- SILVER LAKE** by west shelter
- NATURE CENTER** by Nature Center entrance
- QUARRY HILL**

Place Stamp Here

ACTIVITY: Get a stamp at one of the three bike stations: *(Be sure to bring a marker to "ink" your stamp!)*



Bike Loop Maps available at rochestermn.gov/parkspassport



Let's go for a bike ride! Routes and paths for all skill levels.

BIKE TRAIL LOOPS

SPLISH SPLASH

Enjoy a **FREE SWIM DAY** at:

- Soldiers Field Pool & Silver Lake Pool – July 9 & 10
- Foster Arend Beach – May 28 – Sept. 5, Noon – 8 PM
- Cascade Lake Beach – July 16 event.

(Don't forget your passport!)

Visit rochestermn.gov/parkspassport for more info



ACTIVITY: Collect a stamp at either pool listed, or Foster Arend Beach.

Place Stamp Here

Did you know that Silver Lake Pool is the oldest outdoor pool still in operation in the state of Minnesota?

MY NEIGHBORHOOD PARK OR TRAIL

What's my **closest** neighborhood park or trail?

If you need help finding your local park, check out the directory on our website:

www.rochestermn.gov/parkspassport



ACTIVITY: Draw your favorite feature of the park here:

Blank rectangular area for drawing.



Did you know Rochester has more than 100 individual parks?

6
 9 12 3 8 4 13 7 2 11 10 1 5 6
 P O U

ACTIVITY: Complete the coded phrase by collecting the letters at these three park kiosks: Indian Heights, Quarry Hill, and Essex.



- 1 Play wild "I-spy"
- 2 Go for a senses hike (smell, see, hear, feel)
- 3 Flip over logs and look for critters
- 4 Find and identify animal tracks
- 5 Share a photo of a cool discovery on Facebook or Twitter with #DiscoverRochesterParks

5 WILD THINGS TO DO IN A PARK:

Rochester's most "wild" parks: Indian Heights, Quarry Hill, Essex

GO WILD!

GO PLAY!

Some of our favorite playgrounds

- 1 Adventure playground at Silver Lake Park
- 2 Belgian Patio at Bamber Valley Estate Park
- 3 Sutherland Playground at Soldiers Field Park
- 4 Shaded Playground at Lincolnshire Park
- 5 Fields of Fun Playground at Soldiers Field Park

ACTIVITY: What Rochester park has your favorite playground? What do you like about it?

You can discover more about a person in an hour of play than in a year of conversation. – Plato

Play is the highest form of research. – N. V. Scarfe



Nature Center Hours:
 M-F 8:30 AM – 4:30 PM
 Sat 9:00 AM – 5:00 PM
 Sun 12:00 PM – 5:00 PM

Collect a stamp at the front office at Quarry Hill Nature Center.

ACTIVITY:



We've got what you need to explore! Get up close to nature with powerful binoculars, explore with an Adventure Backpack, find a geocache with a great little GPS device, or build your nature vocabulary with an ABC's Naturally story activity kit. Free checkout is available for day use in the park. Stop indoors on Saturday and Sunday to feed the fish in the 1,700 gallon aquarium.

at Quarry Hill Nature Center

BE GOOD NATURED

YOU GET A LINE I'LL GET A POLE...

Where to fish:

- Foster Arend
- Kalmar – KR-7
- Silver Creek Reservoir
- Willow Creek Reservoir
- Quarry Hill Nature Center



ACTIVITY: What year were the reservoirs built? (Answers are located on the reservoir dedication plaques.)

- 1 KR-7 Reservoir (Kalmar): _____
- 2 Silver Creek Reservoir (SR-2): _____
- 3 Willow Creek Reservoir (WR-6A) _____

Did you know that in Minnesota, youth 15 and younger do not need a fishing license?