

Recreational Activities

Ice Arenas

For outdoor rinks, see city parks. Call each location to verify community skate times.

Aldrich Arena	651-748-2510
Bielenberg Sports Center	651-714-3740
Cottage Grove Ice Arena	651-458-3400
Hudson Sports and Civic Center	715-386-3535
Lily Lake Ice Arena	651-439-1337
St. Croix Recreation Center	651-430-2601
Somerset Ice Arena	715-247-4445
Tartan Arena	651-714-9251
White Bear Lake Sports Center	651-429-8571

For local hockey associations, visit www.minnesotahockey.org

Golf

Call Explore Minnesota at 1-888-TOURISM (1-888-868-7476) or visit <http://golf.exploreminnesota.com> to find a golf course near you.

Swimming and Water Parks

Indoor Areas

For open public swimming lessons, call Community Centers, Fitness Centers, and Community Education. For youth swim clubs, call St. Croix Swim Club at 612-384-1604 or visit www.silverrays.com

Downhill Ski Areas

See park systems for cross-country skiing.

Afton Alps	651-436-5245
	800-328-1328
Trollhaugen	651-433-5141
	800-826-7166
Welch Village	651-222-7079
Wild Mountain	651-465-6315
	800-447-4958

For youth cross-country ski leagues, call Minnesota Youth Ski League at 612-724-4071 or visit www.mysl.org

For downhill ski leagues, call Midwest Snow Sports League at 800-328-1328 or visit www.aftonalps.com/ski-league.php

Outdoor Areas

Call City, County, and State Parks

Eko Backen Waterslides	651-433-2422
Wild Mountain	651-465-6315

Fitness Centers

Anytime Fitness www.anytimefitness.com	1-800-704-5004	YMCA www.ymca.net	1-800-872-9622
Curves www.curves.com	1-800-754-7505	River Valley Athletic Club www.rivervalleyathleticclub.com	651-439-7611
Lifetime Fitness www.lifetimefitness.com/clubs	1-800-430-5433	Stillwater Fitness Club www.stillwaterfitness.com	651-430-1584
Snap Fitness www.snapfitness.com	1-877-474-5922	Ultimate Fitness	715-381-0326

Resources and Contacts

Chambers of Commerce

Cottage Grove	651-458-8334
	www.cottagegrovechamber.org
Forest Lake	651-464-3200
	www.flacc.org
Hudson	715-386-8411
	www.hudsonwi.org
Stillwater	651-439-4001
	www.ilovestillwater.com
Woodbury	651-578-0722
	www.woodburychamber.org

Community Centers

Bielenberg Sports Center	651-458-3301
Maplewood Community Center	651-779-3555
North St. Paul Community Center	651-741-2411
St. Croix Valley Recreation Center	651-430-2601
Shoreview Community Center	651-490-4700
SE Area YMCA (Woodbury)	651-731-9507
Stillwater Sr. Community Center	651-439-9159

Community Education Adult/Youth Programs

Forest Lake	651-982-8100
	www.forestlake.k12.mn.us/community_education
South Washington County	651-458-6600
	www.cecool.com
Stillwater	651-351-8300
	www.stillwater.k12.mn.us/csb/ce/index.html
Courage St. Croix	651-439-8283
	www.courage.org
St. Croix Athletic Association	651-439-9589
	<i>K-12 sports program; includes baseball, basketball, soccer, football, softball and wrestling.</i>
	www.scvaa.org
Step It Out for Health Walking Maps	651-430-6655

Other Ways to Step It Out

Bowling

Hudson Bowling Center	715-386-5121
Stillwater Bowl	651-439-2444
White Bear Bowl	651-429-5555
Wildwood - Mahtomedi	651-426-0213
Woody's Bowl - Bayport	651-439-5646

Dance (Social)

Twin City Ball Room	651-735-2233
Withrow Ballroom	651-439-5123

Horseback Riding

Kinni Valley Riding Academy	715-425-6184
Windy Ridge Ranch	651-436-6557

Indoor Climbing Wall

PJ Asch Otterfitter	651-430-2286
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Mini Golf

Hwy 8 Driving Range/Mini Golf	651-257-1600
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Pilates/Yoga

eq-life Oak Park Heights	651-275-2600
Midwest Center for Movement	715-377-1584
Natural Balance of Stillwater	651-275-1212
Still Water Yoga	651-439-2569

Rollerblade/Roller Skate and Skate Parks

Forest Lake Skateboard Park	651-464-3550
Stillwater Skateboard Park	651-430-8837
The Warehouse Skatepark	651-439-8847
Wooddale Recreation Center	651-735-6214

Snow Tubing

See also downhill ski areas.

Badlands Snow Park	715-386-1856
Eko Baken Snow Tubing	651-433-2422
Green Acres Recreational	651-770-6060

Parks

Call about sites for biking, blading, biking, camping, fishing, horseback riding, picnicking, skiing, softball, swimming, tennis, and volleyball.

City		County	
Afton	651-436-5090	Washington County, MN Parks and Trails	
Bayport	651-275-4404		www.co.washington.mn.us/parks
Cottage Grove	651-458-3400	<i>For the following parks call:</i>	651-430-8370
Forest Lake	651-209-9723	Big Marine Park Reserve	
Hudson	715-386-4774	Hardwood Creek Trail	
Lake Elmo	651-777-5510	Lake Elmo Park Reserve	
Mahtomedi	651-426-3344	Pine Point Regional Park	
Oak Park Heights	651-439-4439	Square Lake Park	
Oakdale	651-773-1316		
Stillwater	651-430-8837	<i>For the following parks call:</i>	651-430-8240
Woodbury	651-714-3583	Cottage Grove Ravine Regional Park	
		Point Douglas Park	
		St. Croix Bluffs Regional Park	
		<i>For information on bike trails, call</i>	651-430-8370
State		Saint Croix County, WI Parks and Trails	
Minnesota State Parks	651-296-6175	www.co.saint-croix.wi.us/departments/countypark	
	www.dnr.state.mn.us/state_parks		
Afton State Park	651-436-5090	<i>For the following parks call:</i>	715-265-4613
Gateway Trail System	651-772-7935	Apple River Undeveloped Property	
MN Interstate State Park	651-465-5711	Glen Hills Park	
William O'Brien State Park	651-433-0500	Homestead Parklands on Perch Lake	
		Troy Beach	
		Wildwood Trail	
Wisconsin State Parks	608-266-2181		
	www.dnr.state.wi.us/ORG/land/parks		
Kinnickinnic State Park	715-425-1129	National	
Willow River State Park	715-386-5931	St. Croix National Scenic Riverway	715-483-3284
Wisconsin Inerstate Park	715-483-3747		



www.co.washington.mn.us/publichealth
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Step It Out for Health

Resource Guide

“Step It Out For Health” offers residents and visitors of the St. Croix Valley opportunities to discover and practice the benefits of healthy eating and physical activity, and encourages them to lead healthy lifestyles.