

34TH ANNUAL FROSTY FROLICS WEEKEND

JANUARY 7-9, 2022



All items on schedule are **FREE** unless noted.

JANUARY 7
FRIDAY
6:30 to 8 p.m.

MEMORIAL ICE RINK
Frosty Fun Friday:

- Music and activities for all ages – no registration required
- Free skate rentals as well as snowshoeing, drop in broomball and ice skate bowling
- Fire pit and all the ingredients needed to make the perfect gooey s'more

JANUARY 8
SATURDAY
9 a.m.

SPENCER PARK
Fun Run/Walk:

- Runner check-in and day-of registration available starting at 8:00 a.m. – cost is \$5 PER PARTICIPANT
- 5,000 or 10,000 meters course along the Big Sioux River (with turn around points along the route)
- Participants registered before December 15th receive a Frosty Frolics Fun Run/Walk t-shirt

10 a.m. to 12 noon

FAMILY PARK

Ice Fishing Frenzy: In partnership with The Outdoor Campus

- Explore the many benefits ice fishing can provide, all ages welcome – no registration required
- Ice fishing poles available on a first-come, first-served basis (or bring your own)

2 to 3 p.m.

SERTOMA PARK SHELTER

Winter Yoga in the Park: In partnership with Amy Miller Training

- One-hour outdoor yoga class, no registration required
- Enjoy the relaxation of yoga (with the added benefits of cold weather's effects on burning calories)
- Experience the benefits of strength, balance, and flexibility associated with yoga

1 to 4 p.m.

MARY JO WEGNER ARBORETUM

Snowshoe Stroll: In partnership with The Outdoor Campus and the Mary Jo Wegner Arboretum

- Snowshoeing activity that will teach you the fundamentals of the sport – no registration required
- Spend time outdoors in the winter at the beautiful Mary Jo Wegner Arboretum
- Snowshoes available on a first-come, first-served basis

3:30 to 5 p.m.

SHERMAN PARK HOCKEY PIN

Human Foosball:

- First ever Frosty Frolics human foosball event – no registration required
- Gather the family, friends, and neighbors for this drop-in play format
- Ice or no ice, this will prove to be a great and fun team building for the whole family!

JANUARY 9
SUNDAY
12 noon to 5 p.m.

MIDCO® AQUATIC CENTER

Wibit® Event: Action Tower and Wiggle Bridge

1 to 2:30 p.m.

KIRBY DOG PARK

K9 Root Beer Keg Races:

- 1st annual K9 Root Beer Keg Races – no registration required
- Each participating dog put into different weight classes depending on size
- Each furry competitor will wear a harness and race to a finish line (harness will be attached to an appropriately sized root beer keg)
- We will time each dog and the fastest dog in each class wins
- Races begin promptly at 1:00pm

1 to 3 p.m.

PASLEY PARK

Snowman Hunt:

- Explore the Recreation Trail from Pasley Park to Spencer Park
- Discover hidden treasures along the way

3:30 p.m.

MORNINGSIDE PARK

Cardboard Sled "I-Kid-A-Rod":

- The excitement of Alaska's Iditarod; with a twist – no registration required
- Bring pre-prepared sled (foundation constructed of only cardboard and duct tape)
- All sleds will be judged based on creativity, so make your sled stand out!
- Make sure your sled is sturdy, to be pulled along a path to stations (including an iceberg jump and seal sneak – don't forget the sled pull string!)
- Hot chocolate and a snack at race completion (inside the Community Center)

Scan for Details!



FREE
SKATE
RENTALS AT ALL
OUTDOOR RINKS
JAN 7, 8, 9