



Community Resources for:

*Active Living*

*Healthy Food Choices*

[www.healthyfreeborncounty.org](http://www.healthyfreeborncounty.org)



created by:

Freeborn County

Statewide Health Improvement Program

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### **About Us:**

*Healthy Freeborn County* is a community-wide effort with multiple partners, including schools, worksites, healthcare providers, and community organizations.

We are focused on policies, systems, and environmental changes which support the health of our communities.

We have one goal in mind and that is to help the residents of Freeborn County

## For More Information

**Park & Rec/Aquatic Center/City Arena:**  
[www.cityofalbertlea.org](http://www.cityofalbertlea.org)

**Community Ed/Rock Gym/Boathouse:**  
[www.albertlea.k12.mn.us/community-education](http://www.albertlea.k12.mn.us/community-education)

**Albert Lea Family Y:**  
[www.ymcaal.org](http://www.ymcaal.org)

**Albert Lea Chamber of Commerce:**  
[www.albertlea.org](http://www.albertlea.org)

**Convention & Visitors Bureau:**  
[www.albertleatourism.org](http://www.albertleatourism.org)

**Freeborn County Public Health:**  
[www.co.freeborn.mn.us/publichealth](http://www.co.freeborn.mn.us/publichealth)

**Healthy Living:**  
[www.healthyfreeborncounty.org](http://www.healthyfreeborncounty.org)

## Notes

## For All Seasons

### Aquatic Center (open June—August)

373-3328

Monday-Friday 1:00 to 6:00 pm

Saturday & Sunday 1:00 to 7:00 pm

Admission: 2 & under \$1.25 (tax incl.)

3-17 \$3.25 (tax incl.)

18 & older \$3.50 (tax incl.)

Season Pass: \$35 in town; \$45 out of town (+tax)

### City Arena (open all year 'round)

377-4374

Hockey; figure skating; public skating \$3.00 admission

### Brookside Education Center/Rock Gym

#### (A.L. Community Education—open all year 'round)

379-4834

Indoor rock climbing

Climbing Club: Tuesday 6:00 to 9:00 p.m.

Open Gym: Friday & Saturday 6:00 to 9:00 p.m.

Day passes; Punch passes; private rentals

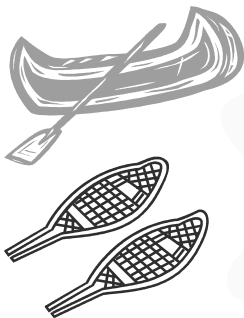
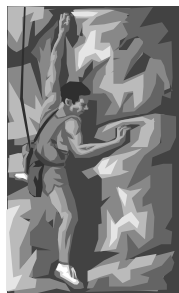
### Boathouse

#### (A.L. Community Education—seasonal activities)

379-4834 (located near Brookside boat landing)

Canoe, kayak, standup paddleboard, snowshoes,  
geocaching, archery, experiential activities

Day passes; Punch passes; private rentals



## Who do I call?

Albert Lea City Arena	377-4374
Albert Lea City Pool	373-3328
Albert Lea Community Education	379-4894
Albert Lea Family Y	373-8228
Albert Lea Figure Skating	641-590-1477
Albert Lea Girls' Basketball	377-2862
Albert Lea Parks & Rec	377-4370
Albert Lea Senior Center	373-0704
Alden Community Fitness Center	874-3240
Alden/Conger Youth Football	874-2712
Anytime Fitness	377-8451
Arc of Freeborn County	377-3469
Bayside Water Skiers	507-317-2301
Brookside Education Center (walking)	379-4800
Farmers Market	297-5546
Freeborn County 4-H	377-5660
Glenville Senior Center	448-0143
Green Lea Golf Course (A. Lea)	373-1061
Health Reach	377-5900
Heart Waves Studio (yoga)	507-473-0002
Holiday Lanes	373-7276
Holiday Park Golf (Hayward)	373-3886
Hy-Vee (Amy Pleimling, Reg. Dietitian)	377-2257
Joyce Matthies Dance Center	377-1183
Just for Kix Dance	383-5139
Mayo Clinic Health System (general)	373-2384
Northbridge Mall	377-3185
Northland Karate (Albert Lea)	373-0700
Northland Karate (Ellendale)	507-456-2693
Oak View Golf Course (Freeborn)	863-2288
Public Golf (Clarks Grove)	256-7737
Public Health	377-5100
Rock Gym	379-5152
Salvation Army	373-8776
Snap Fitness	377-1290
The Rock (Youth for Christ)	373-1015
Unlimited Possibilities (dance)	507-402-4842
Wedgewood Cove Golf Course	373-2007
WIC (Public Health)	377-5289

## Albert Lea Parks

*\*has a park leader in the summer  
>warming house, ice skating/hockey in winter*

**\*>Academy Park** (Frank Hall Drive)  
Play apparatus; restrooms; baseball/softball diamond;  
park leader in summer; warming house, ice skating, and  
hockey in winter.

**Bancroft Bay Park** (West end of Hammer Road)  
Picnic shelters and tables; fire rings; restrooms; hiking  
trails; FREE 18-hole Disc Golf Course.

**Bellview Park** (Lincoln Ave.)  
Playground equipment; picnic tables; baseball diamond.

**Brookside Park** (Richway & Brookside Drive)  
Community gardens; boat landing; shared user path to  
Pioneer Park; This is the Boathouse/Learning Center.

**City Aquatic Center** (Front St. & Frank Ave.)  
Pool with LIFEGUARDS; splash pool; waterslide.

**City Beach** (North Shore & Johnson St.)  
Swimming area with NO LIFEGUARDS; picnic benches;  
restrooms; skate park; sand volleyball court.

**Eastgate Park** (Eastgate Road & Garfield Ave.)  
Play apparatus; basketball court.

**Eberhardt Park** (Eberhardt St. & David Ave.)  
Play apparatus; small shelter.

**Edgewater Park** (Edgewater Drive & Lakeview Blvd.)  
City's largest park; 2 picnic shelters with fireplaces  
(reservations required); public boat landing; band shell;  
play apparatus; baseball/softball diamond; volleyball  
net; restrooms; picnic tables; adaptive swings. Closed  
during the winter.

**and the Winning Number is. . .**

***Knowing your blood pressure and  
cholesterol numbers is an integral part of staying  
healthy and active!***

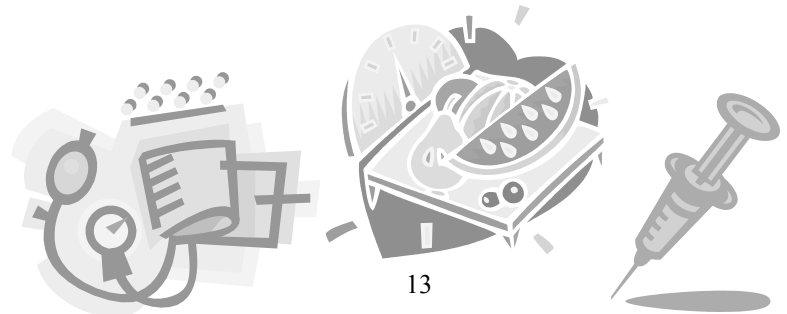
***Health and nutrition services for the whole family:***  
Mayo Clinic Health System; 404 W. Fountain, A. Lea  
373-2384 for appointments;  
377-4817 Becky Goodell, Registered/Licensed Dietitian  
379-2046 Health Information Ctr.

***Family Health Information and Services:***  
Freeborn County Public Health; 411 S. Broadway, A. Lea  
377-5100

***Basic cholesterol screening;  
full biometric screening package;  
biometric screening & nutrition education package:***  
Hy-Vee Food Store; 2708 Bridge Ave.  
377-2257 Amy Pleimling, Registered/Licensed Dietitian

***FREE Blood pressure checks:***  
Curt's Pharmacy; 1615 W. Main; 373-6337  
Shopko Pharmacy; 2610 N. Bridge; 373-9424  
Sterling Drug; 148 S. Broadway; 373-1486  
Walgreen Drug Store; 703 E. Main; 369-0260  
Walmart Pharmacy; 1550 Blake Ave.; 377-0668

***Flu shots also available in season;  
call locations above for prices and availability***



**what you put on the inside,  
shows on the outside—  
*eat healthy!***

**Hy-Vee Food Store:** *FRESH fruit*  
2708 Bridge Ave.; 377-2257; open 24/7  
**Walmart:** *and vegetables*  
1550 Blake Ave.; 377-2998; open 24/7  
**Nelson's Marketplace:** *all year 'round!*  
1619 W. Main; 373-7351; open 6am—11pm

**Farmers Market:**  
North Broadway Parking Lot, A.Lea; 297-5546  
*Fresh vegetables and fruit, plus homemade  
breads—in the summer and fall.*

**Amy Pleimling, Registered/Licensed Dietitian:**  
Hy-Vee Food Store; 2708 Bridge Ave.; 377-2257  
*Classes; lifestyle management; personal nutrition  
counseling sessions;*  
Nutrition E-mail Club: [apleimling@hy-vee.com](mailto:apleimling@hy-vee.com)

**Family Nutrition Program/U of MN Extension**  
Freeborn Co. Gov't. Ctr; 377-5666

**WIC:** (Women, Infants, and Children)  
Freeborn Co. Gov't. Ctr.; 377-5289  
*Nutrition education, referrals, food vouchers for  
qualifying pregnant women, new mother, infants,  
and children.*

**Weight Watchers:**  
**1-800-651-6000**



## **Albert Lea Parks**

*\*has a park leader in the summer  
>warming house, ice skating/hockey in winter*

**Frank Hall Park** (James & Frank Ave.)  
Play apparatus; horseshoe court; tennis & basketball court across the street.

**\*>Hawthorne Park** (Hawthorne St. & Garfield Ave.)  
Play apparatus; baseball/softball diamond; park leaders in the summer; warming house, ice skating, and hockey in winter.

**\*>Hayek Park** (Clark St. & 4th Ave.)  
2 lighted baseball/softball diamonds; batting cage; play apparatus; basketball court; restrooms; adaptive swings; park leaders in the summer; warming house, ice skating, and hockey in winter.

**\*>Lakeview Park** (Lakeview Blvd. & Willamor Road)  
Play apparatus; adaptive swings; basketball court; restrooms; 2 soccer fields; park leaders in the summer; warming house, ice skating, and hockey in winter.

**Memorial Park** (Margaretha Ave. & 8th St.)  
Play apparatus and lots of open space.

**Morin Park** (W. Main St. & St. Mary Ave.)  
Play apparatus; 2 baseball/softball diamonds; basketball court.

**Pioneer Park** (West end of Hawthorne St.)  
Play apparatus; picnic shelter (requires reservations); small gazebo; restrooms; picnic tables; shared user path to Brookside Park.

## Albert Lea Parks

*\*has a park leader in the summer*

### **Shoff Park** (Hwy. 13 No. & Elmira St.)

Picnic tables; small picnic shelter; limited play apparatus; home of Higbie Gardens.

### **Shoreland Heights Park** (The Fairway & Garden Lane)

Play apparatus.

### **Shorewood Hills Park** (Brookside Circle)

Unique play apparatus.

### **Snyder Fields** (Bridge Ave. & Hershey St.)

Lighted athletic complex; 5 ball diamonds; concession stand; restrooms; picnic tables; 4 sand volleyball courts; FREE 18-hole Disc Golf Course.

### **\*Sondergaard Park** (Gene Ave. & 17th St.)

Play apparatus; baseball/softball diamond; basketball court; park leaders in the summer.

### **\*Southwest Park** (Front St. & Maplehill Drive)

Play apparatus; basketball court; 6 tennis courts (east end of school); baseball/softball diamond; park leader in the summer.

### **\*Troy Hammer Park** (Hammer & Troy Road)

Play apparatus; baseball/softball diamond; basketball court; park leader in the summer.

### **\*Valley Park** (Valley Ave. & Giles Place)

Play apparatus; restrooms; baseball/softball diamond; park leader in the summer.

***All Albert Lea Parks are Tobacco Free!***

## ***FORE!***

### **Green Lea Golf Course:**

101 E. Richway Dr., A.Lea; 373-1061

### **Wedgewood Cove Golf Course:**

2200 W. 9th St., A.Lea; 373-2007

### **Holiday Park Golf:**

83997 Co. Rd. 46, Hayward; 373-3886

### **Oak View Golf Course:**

25177—665th Ave., Freeborn; 863-2288

### **Clarks Grove Golf:**

205 W. Main, Clarks Grove; 256-7737

## **FREE Disc Golf**

### **Bancroft Bay Park (18-hole):**

West end of Hammer Road, A.Lea

### **Snyder Field (18-hole):**

Bridge Ave. & Hershey St., A.Lea

### **Clarks Grove (8-hole)**



## Move 'N Groove Your Body

### Albert Lea Family Y:

2021 W. Main; phone 373-8228

### Alden Community Fitness Center:

at the school; 874-3240

### Anytime Fitness:

2510 Bridge Ave.; 377-8451

### Snap Fitness:

1641 Blake Ave.; 377-1290

### Rock Gym:

211 W. Richway Dr.; 379-5152

### Community Education:

211 W. Richway Dr.; 379-4894

### Northland Karate:

206 S. Broadway, A.Lea; 373-0700

(Ellendale): Ross Sletten 507-456-2693

### Albert Lea Figure Skating Club:

Mary Beth @ 641-590-1477

### Bayside Water Skiers:

Kristen @ 507-317-2301

### Holiday Lanes:

522 Prospect Ave.; 373-7276

### Joyce Matthies Dance Centre:

707 W. Clark St.; 377-1183

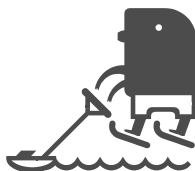
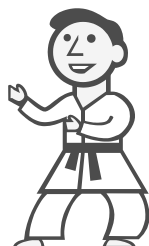
### Just For Kix Dance Studio:

1360 W. Main; 383-5139

### Heart Waves Studio (Yoga): 507-473-0002

### Unlimited Possibilities (Dance):

Skyline Plaza; 507-402-4842



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## City Parks in Freeborn County

**Alden:** east side of the lake; beach; dock; ball diamond; play equipment.

**Clarks Grove:** downtown; play park; picnic tables; County 45/FREE Disc Golf Course; *southeast*—horseshoe pits; volleyball; basketball courts; play equipment; ice skating (all with lights); *north*—walking trail.

**Conger:** eastside; play park; picnic tables; ball diamond.

**Emmons:** *northeast*—2 pavilions; ball diamond; fenced-in play park; horseshoe pits. *northwest*—play park at the Lutheran Church and the old school.

**Freeborn:** downtown; sand volleyball courts; horseshoe pits; play park; swimming (NO LIFEGUARD).

**Geneva:** *southeast*—recreational center; play park. *downtown*—ball diamond. *west*—(C34 & I35) swimming; bathrooms; changing area; LIFEGUARD.

**Glenville:** *northwest*—swimming pool; bathrooms; play park; picnic tables. *east*—ball diamond.

**Hartland:** *northwest*—play park. *southeast*—horseshoe pits; ball diamond.

**Hayward:** picnic tables; ball diamond; basketball court; play park.

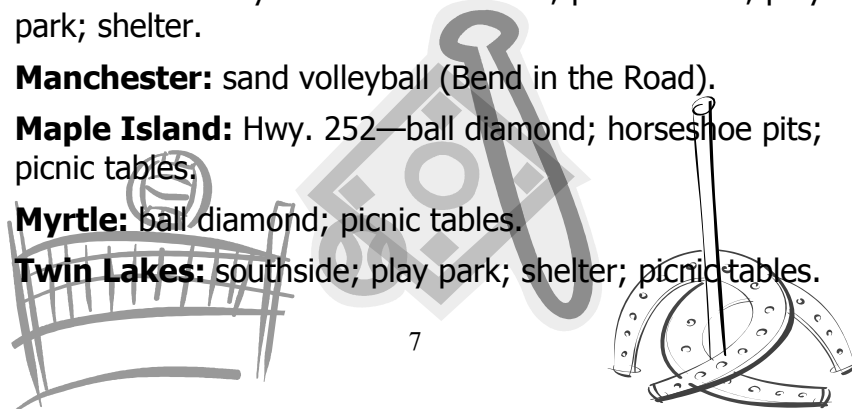
**Hollandale:** Hwy. 252—ball diamond; picnic tables; play park; shelter.

**Manchester:** sand volleyball (Bend in the Road).

**Maple Island:** Hwy. 252—ball diamond; horseshoe pits; picnic tables.

**Myrtle:** ball diamond; picnic tables.

**Twin Lakes:** southside; play park; shelter; picnic tables.



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## County/State Parks & Trails

**White's Woods Park:** Hwy. 69 south of Twin Lakes; picnic areas; shelters; play park; walking trails.

**Pickereel Lake Park:** Hwy. 69, 1 mile southwest of Albert Lea; shelter; rest rooms; boat launch; fishing; picnic tables; play areas.

**St. Nicholas Park:** southside of Albert Lea Lake on South Shore Drive; shelter; picnic area; boat launch.

**Arrowhead Park:** south of Freeborn and west of CSAH 8; shelter; rest rooms; hiking; fishing; boating.

**Myre-Big Island State Park:** Hwy. 38, 3 miles south-east of Albert Lea; camping (handicapped accessible); hiking (16 miles); mountain bike (7 miles); paved bike trail connects to Blazing Star Trail in Albert Lea; rentals (snowshoes, boats, kayaks, canoes, life jackets); cross country skiing (5 miles); shelter & warming house; boat access.

**Blazing Star Trail:** paved; 6 miles from Frank Hall Park in Albert Lea to Big Island State Park; connects to Albert Lea's trail system with bike lanes and sidewalk extending another 2 miles west to Hwy. 69.



## Places to Walk Indoors in Freeborn County

**Northbridge Mall:** 2510 Bridge Ave. (377-3185); Walk FREE—M-F 6am-6pm; Sat. 6-6; Sun. 6-5

**Skyline Plaza:** West Main; 7am-8pm (info available at hardware store).

**Mayo Clinic Health System (Health Reach):** 1705 SE Broadway (377-5900); FREE walking track; sign-in front desk M-F 7am-5pm.

**Brookside Education Center:** 211 W. Richway Dr. (379-4800); Walking button \$1.00 (one-time fee) *mornings* 5:15-7:15am; *afternoons* 3:15pm to 8:15pm.

**Albert Lea Family Y:** 2021 W. Main (373-8228); walking track; pool; exercise equipment. Day fee: \$5.00; Monthly fee: \$39.00 M-Th 5am-10:30pm; F 5am-9:30pm; Sat 7am-5pm; Sun 1pm-5pm. 2-WEEK FREE TRIAL; sliding fee structure.

**Alden Community Fitness Center:** at the school (874-3240); walking track; cardio machines; full-size weight room and gym. Fees vary depending on residency and school district.

