



Parks & Recreation
New Brighton



**Youth Sports
Opportunities**

August - December 2016

NEW RECREATION SOFTWARE COMING SOON!

Parks and Recreation staff are in the process of purchasing a new recreational software system. The current system was purchased in 2003 and will no longer be supported by the vendor. It is anticipated the software will be installed sometime in the fall of 2016, to coincide with the registration period for the 2016-17 program registration period. One of the changes you may notice will be the online registration portion. Further information will be included in the Winter brochure to help guide you through any new steps that may be required.

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Media Disclaimer:

Photographs and video are periodically taken of participants while they are in programs, special events, city facilities or enjoying the parks. Please be aware that this media may be published through print or online. If you would like to opt out of a photo or video please contact the Parks and Recreation Department. We also encourage you to donate your photos/videos through our New Brighton Parks and Recreation Facebook site.

About the Cover:

The New Brighton Colts are taking on the Shoreview Seahawks in an NFL Youth Flag Football game at Silver Oaks Park.



Admission Fees & Information

To enjoy the following areas, you must have a wristband:

- Fitness & Wellness Center
- Track
- Gymnasium (including Preschool Open Gym)
- Eagles Nest Indoor Playground

Daily User Fees

Youth.....	\$5.50
Senior.....	\$5.50
Adult.....	\$6
Pickleball	\$3
Track.....	\$3

Punch Pass

Get 12 admissions for the price of 10.

Youth.....	\$55
Senior.....	\$55
Adult.....	\$60
Track only	\$30

(for adults 18+ and seniors)

Holiday Hours

Labor Day - Monday, September 5
 Community CenterClosed
 Eagles Nest.....Closed

Annual Maintenance - Sept. 6–Sept. 9
 Community CenterClosed
 Eagles Nest.....Closed

Thanksgiving - November 24
 Community CenterClosed
 Eagles Nest.....Closed

Christmas Eve - December 24
 Community Center8:00 am–4:00 pm
 Eagles Nest.....9:00 am–3:00 pm

Christmas Day - December 25
 Community CenterClosed
 Eagles Nest.....Closed

New Year's Eve - December 31
 Community Center8:00 am–4:00 pm
 Eagles Nest.....9:00 am–3:00 pm

New Year's Day - January 1
 Community Center8:00 am–6:00 pm
 Eagles Nest..... 11:00 am–5:00 pm

Community Center Amenities

- Eagles Nest Indoor Playground
- Fitness Center
- Gymnasium
- Fitness Studio
- Meeting/Party Rooms
- Conference & Banquet Rooms

Eagles Nest

Indoor Playground Hours

Monday-Saturday..... 9:00 am-8:00 pm
 Sunday..... 11:00 am-5:00 pm

Community Center Hours

Monday-Friday 6:00 am-10:00 pm
 Saturday.....8:00 am-10:00 pm
 Sunday..... 10:00 am-6:00 pm

Starting: Sunday, October 2, 2016

Sunday.....8:00 am-6:00 pm

PLEASE NOTE: The annual Stockyard Days festivities will be held from August 7-15, 2016. To view a schedule of events or to volunteer, please visit www.stockyarddays.org. During the parade, held on Thursday, August 11, the New Brighton Community Center parking lot will be inaccessible from 5:00 pm-8:00 pm. Please plan your visit accordingly.

Open Badminton

Everyone has played badminton at their family picnics, now it is time to play indoors on a gym floor. Badminton is a racket sport that originated in the 1800's. It is a relatively low impact way to exercise, as well as socialize. Open gym time will be set aside for badminton players of all skill levels at the New Brighton Community Center. Rackets and shuttlecocks will be available for players to use during open gym. Please feel free to bring your own racket.

FridaySept. 2 – Dec. 30
 (No Badminton September 9)
 6:00 pm-8:00 pm
 Check in at Guest Service Desk
 \$3 per visit (no charge with NBCC Membership)

NBCC Gymnasium

The gymnasium is available at various times each day for NBCC members and drop-in users. A weekly schedule of open gym time is available online or posted at the facility.

Expectations are clearly posted in the gymnasium. You must have a wristband to use the gymnasium and no food or beverages are allowed. Respectful communication and behavior is required at all times. Those choosing not to follow the gymnasium expectations will be asked to leave the facility and are not eligible for a refund.

Gym Rentals

Full and ½ court private gymnasium reservations are available. For more information and booking, please call Liz Amici-Floyd at 651-638-2138.



Open Pickleball

Pickleball courts are available for open play in the NBCC gymnasium. Participants must check in at the Guest Service desk and pay a gym usage fee, unless they are a fitness center member. Equipment is available to check out, but guests must sign the equipment in and out at Guest Services.

Tuesday & Thursday....Aug. 2-Dec. 29
 1:00 pm-3:00 pm
 (No pickleball October 20, Nov. 22, 24, Dec. 22, 27, 29)

FridaySept. 16 – Dec. 30
 9:00 am – 11:00 am
 (No pickleball October 14, 21 Nov. 4, 25, Dec. 23, 30)
 Check in at the Guest Service Desk
 \$3 per visit (no charge with NBCC Membership)

*Please note: open pickleball will be available free of charge, Thursday, Sept. 22.

Community Center MEMBERSHIPS

Please note:

MN State Sales Tax of 7.125% is included in all membership fees. Memberships are non-refundable and non-transferable. For more information on personal training, fitness classes and wellness seminars turn to the fitness & wellness sections of this brochure.

There is a \$30 administration fee on memberships. A one-time fee of \$10 is assessed when changing membership categories. Month to month members are obligated for at least 90 days. After that time frame, the membership is recurring until a cancellation notice is obtained. A monthly \$5 fee is assessed when putting your month to month membership on a flex hold. Please see guest services for more details. New Brighton Community Center Fitness provides a neighborhood club feel – we are your friends in fitness.

INSURANCE DISCOUNT OPTIONS

Insurance providers offer programs to qualifying members at the New Brighton Community Center that provide a monthly credit of up to \$20 if they work out a certain number of times per month. Please visit the Guest Service desk to confirm your eligibility with the current insurance programs we offer.

- Blue Cross Blue Shield
- Blue Cross Blue Shield of North Dakota
- Health Partners
- Medica
- Cigna
- SilverSneakers®
- Prime®
- Silver&Fit®
- Preferred One

Please see your employer for qualifying paperwork.

Youth

Any child ages 0-12 can access the Eagles Nest Indoor Playground and the gymnasium when it is available. Youth ages 12-17 must complete a youth fitness orientation to gain access to select equipment in the fitness center. This is an additional fee.

	Monthly	Annual
Resident	\$17.74	\$185.11
Standard	\$20.51	\$214.04

Family

The New Brighton Community Center defines family as up to two adults and four dependent children living in the same household (must show proper verification).

	Monthly	Annual
Resident	\$42.14	\$439.64
Standard	\$52.66	\$549.55

Adult (18 & older)

	Monthly	Annual
Resident	\$27.72	\$289.24
Standard	\$38.76	\$422.29

Adult Dual

Any two adults or one adult and one youth residing at the same address.

	Monthly	Annual
Resident	\$40.49	\$413.03
Standard	\$48.59	\$496.33

Senior (62 & older)

	Monthly	Annual
Resident	\$19.96	\$208.25
Standard	\$21.07	\$219.82

Health Wave

This complete membership includes access to the fitness center, gymnasium, Eagles Nest Indoor Playground, Highview Middle School Pool and select group fitness classes. Look for the wave symbol  designating group fitness class offerings valid with this membership. Pre-registration and daily check in at guest services is required for classes. This membership is offered with a single or family option.

	Monthly	Annual
Single	\$42.69	\$445.43
Family	\$66.42	\$693.01

More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities. Did

you know the New Brighton Community Center offers different ways to achieve the recommended guidelines for both aerobic and muscle-strengthening activities? The fitness center has both aerobic and muscle-strengthening equipment, group exercise classes are held on a regular basis or schedule an appointment with a personal trainer to develop a new workout routine or motivate you through a workout.





Mark your calendars!

Join us for the 12th Annual Health and Fitness Expo on Saturday, January 7, 2017 from 9:30 am-1:30 pm at the New Brighton Community Center. This community event will provide more than 40 health and wellness vendors, group fitness demonstrations, kid's activities, membership discounts, refreshments, prizes and more! See page XX for more details on this living healthy event.

30-day Holiday Fitness Pass for \$30

It's so far away, but the holidays will be here before you know it! Plan ahead for the 30-day Holiday Fitness Pass available at the New Brighton Community Center for purchase beginning Friday, November 25. All 30-day pass holders have access to our full service fitness center including a variety of cardiovascular and selectroized strength training equipment, as well as a 160 yard indoor walking and running track.

Promotion details:

- Open to adults 18 years and older.
- \$30 is due at time of purchase.
- Health insurance reimbursements are not eligible for this program.
- The holiday fitness pass is valid for 30 days from the date of purchase.
- An activation form must be completed and full payment is due at the time of purchase.



Silver&Fit® is a fitness and healthy aging program designed to help you achieve better health through regular exercise. The Silver&Fit program includes memberships at a local participating fitness facility, website resources and support from Silver&Fit's toll-free member services hotline and website.

For those who currently carry health insurance plans offering Silver&Fit, you could be eligible for:

- An adult membership at the New Brighton Community Center free of charge, including Pickleball open gym.
- Open and lap swim access at Highview Middle School Pool, as well as Water Aerobics.
- T'ai Chi Chih fitness classes.
- Silver&Fit member access to the SilverSneakers® exercise classes – however, SilverSneakers participants receive first priority for registration or drop-in.
- 50% off a basic equipment orientation upon enrollment.

All Silver&Fit members are required to check in at the Guest Service desk regardless of the activity in order to assist the community center in keeping this program.

To find out if you are eligible for this program, please contact the customer service number on the back of your health insurance card. If you are eligible and would like to join, simply stop by the Guest Service desk at the New Brighton Community Center to enroll.

Please note: Silver&Fit members can only belong to one participating facility.

The New Brighton Community Center partners with Healthways SilverSneakers® Fitness Program and Prime® Fitness Program.

Select health plans and employer groups offer Healthways SilverSneakers® and Prime® Fitness programs. To check if you are eligible, please contact Guest Services at 651-638-2130 and provide your first name, last name and date of birth. Based on this information, you could be eligible for:

- An adult membership at the New Brighton Community Center free of charge, including Pickleball and Badminton open gym time.
- Open and lap swim access at Highview Middle School Pool, as well as Water Aerobics.
- SilverSneakers® exercise classes - designed for older adults to improve their strength, flexibility, balance and endurance. See page XX for other classes available to SilverSneakers members.
- A free 30 minute equipment orientation.
- Requires you to check in regardless of your activity in order to assist the community center in keeping the program.

New Sunday Hours

Starting Sunday, October 2, the fitness center will be open at 8:00 am on Sundays.

Meetings & Events

NEW BRIGHTON COMMUNITY CENTER



Community Room

Features seating for 240, patio, sound system, microphone, LCD projector & screen, podium, dance floor, staging, and attached kitchen.



Community Room A

Seats 240 theater or 160 event seating, patio, sound system, microphone, LCD projector & screen, and attached kitchen. Not available Saturdays.



Community Room B

Seats 50 for meetings and 64 for events, patio and sound system. Not available Saturdays.



Room 224

Casual room for meetings and events, seats 40 for meetings and 64 for events, microphone with sound system and screen.



Room 220 and 218

Meeting rooms seat 24-28, conference tables, padded chairs, LCD projector, screen, whiteboard and sink. Special evening and weekend rates.



Room 221

Intimate room seats 12 for meetings or events, tables, padded chairs, whiteboard and screen.



Room 209

Meeting and training room, seats 24, tables, padded chairs, white board and sink.



New Brighton offers a variety of facilities in your community at affordable prices. We welcome the opportunity to provide accommodations for your business meeting or special occasion.

For detailed facility information visit www.newbrightonmn.gov/facility or call 651-638-2138.

*Receptions • Parties
Events • Meetings
Conferences*

Facility Features:

- Rooms set up specific to your needs
- Bright rooms with windows
- Audio visual equipment and internet access available
- Staff on hand to assist
- Flexible catering policies
- Affordable rates
- Discounts for multiple reservations

Customer Quote:

"I want to thank the New Brighton Parks and Recreation Staff for helping us with a recent event we held at the New Brighton Community Center. The staff that were preparing our rooms, did so with a very quick turn-around time from the event before us, and they were most courteous. Afterwards, staff was again very helpful and courteous during the clean-up process."

M.M., Business Conference client



Brightwood Hills Clubhouse

The clubhouse provides a beautiful setting for business meetings, social events, retreats, boutiques and more. Refundable damage deposits will be applied to all Brightwood Hills Clubhouse rentals.

Facility Features:

- Available November 15 - March 31
- Accommodates 72 people
- Bright and relaxed setting
- Arrange for catering or bring your own food
- Use of refrigerator, microwave, ice machine
- Discounted weekday rates

Picnic Item Rentals

A variety of picnic items are available for rent through the Parks and Recreation Department. Items include:

- Bocce ball
- Volleyball set
- Softballs, bats, balls, bases
- Croquet
- Horseshoe set
- Tug-o-war rope

Two-item kit is \$15
Complete kit is \$40

Call Jodelle at 651-638-2121 at least two days in advance.

Pool Party Rentals

Make a splash with your party by reserving exclusive pool time at Highview pool.

- A great birthday party idea for youth
- Inquire about our large inflatable animal floats, games and activities that will make your party unforgettable
- See the Aquatic Section for more details

For rental information and reservations call 651-638-2143.



Neighborhood Centers

These rentals provide a relaxed alternative for business meetings, company events, graduation parties, family reunions, rehearsal dinners, and other social events. Located throughout New Brighton at Hansen, Freedom, Sunny Square and Totem Pole Parks. (Freedom Park is not available June to August). Refundable damage deposits will be applied to all Neighborhood Center rentals.

Facility Features:

- Accommodates 64
- Tables, chairs, carpeting, fireplace, pine interior, windows, restrooms
- Self-catered functions (No kitchen facilities)
- Park amenities nearby
- Discounted weekday rates

Field Reservations

Need a place to enhance your skills? Fields are available by reservation for a practice or game. Contact Jodelle at 651-638-2121.

Gymnasium Rentals

Our gymnasium is available for exclusive use Sundays before and after hours. Discounted rates are available for multiple bookings. Call 651-638-2138 for detailed information.

Long Lake Regional Park

This park is operated and maintained by Ramsey County Parks & Recreation. For information about the park call 651-748-2500.

VOLUNTEER OPPORTUNITIES

Be Active Live Life

Enrich yourself and your community through volunteering with the New Brighton Parks and Recreation Department. Help others experience our mission in delivering parks and recreation services that improve the quality of life in New Brighton. If interested, stop in and complete a volunteer application and background check the next time you visit the New Brighton Community Center.

The following opportunities are available:

- Adventure Day – Help with participating and overseeing activities for children during special school release days between October and April
- ThrivExpo – Volunteers are needed to help with a variety of duties during this senior open house on September 22.
- NBCC Maintenance – Year round cleaning and prepping of Community Center amenities.
- Gardeners – Looking for individuals who have a green thumb to maintain City flower beds/ areas. Flexible hours
- Special projects – if you are an Eagle Scout with a project idea that could make the NBCC a better place, please contact us with your idea
- Kids Dance – Help with children during dance class (dance experience not needed)
- Adopt-A-Park – Organizations, clubs, or neighbors (clean four times per year)
- Kitchen KutUps – Entertainer or Van Driver (Weekdays-varying times)
- Office/administrative duties
- Soccer Coaches & Clinicians
- Youth T-Ball/Softball Coaches & Umpires
- Karate – Assist children with disabilities take karate classes (Karate training not needed)
- Flag Football Coaches
- Water Safety Instructor Aid (ARC Training available & required)
- Tennis – Assist 2 or 4 hours per week (6:00-8:00 pm or 9:00-11:00 am)

Adopt-A- Park

The Adopt-a-Park Program is designed to encourage partnerships between citizen groups and the City of New Brighton to help maintain and enhance parks and open space. This program is intended to be a fun, educational and worthwhile. By participating, groups and individuals can take on an active role in beautification of their community.

Any individual or family, community organization, school, faith community, neighborhood, service club, youth group or business is encouraged to participate. We only require a minimum of four clean up visits to a park in a one year period.

All you have to do is select a park and apply with the New Brighton Parks and Recreation Department. For more information please contact Lesley at 651-638-2148 or check out www.newbrightonmn.gov. Other beautification or service projects upon approval are also available to those interested. Please remember that you must apply every year.

We would like to thank all of the service organizations and families below who constantly help beautify New Brighton.

Organization	Leader.....	Park Adopted
Salem Covenant Church	Childrens Ministry.....	Driftwood Park
New Brighton Ambassadors.....	Ann Maile	Totem Pole & Silver Oaks Parks
Girl Scouts	Kristina Hansen & Kay Kiani	Hanson Park & Freedom Park
NB/MV Rotary Club.....	Amy Wakem	Sunny Square Park
State Farm	Amy Wakem	Creekview Park
Friends of Pike Lake Trail	Chris Nelson	Pike Lake Trail
Riley Family.....	Chris Riley & Family...	Creekview Park
Hypertherm Waterjet	Caroline Lassche..... Allison Walshire	Silver Oaks & Hanson Parks

If you see these individuals within the community, please be sure to thank them for their dedication.

“Volunteers help drive our country's progress, and day in and day out, they make extraordinary sacrifices to expand promise and possibility. During National Volunteer Week, let us shed the cynicism that says one person cannot make a difference in the lives of others by embracing each of our individual responsibilities to serve and shape a brighter future for all.”

President Barack Obama



EAGLES NEST

INDOOR PLAYGROUND

New Eagles Nest!

The Parks and Recreation Department is in the early planning stages to replace the Eagles Nest Indoor Playground. After almost 15 year of use and more than 700,000 youth enjoying the current structure, replacement with a new and even more exciting playground is in the works. The hope is to replace the structure in late summer/early fall of 2017. Stay tuned!

Children will be thrilled to experience the fun at the Eagles Nest Indoor Playground. Imaginations will run wild as they leap into the ball pit, climb the 8 ft. climbing wall, zoom down over 75 feet of slides and find their way through the wiggle waggles and the foam forest!

A large toddler area is available for the little ones age 3 and under. Complete with its own colorful ball pit, challenging climbing structure, reading corner and many other activities geared toward the development of toddlers. Feel free to bring your own snack for the picnic area.

Hours

Monday–Saturday
9:00 am–8:00 pm

Sunday
11:00 am–5:00 pm

* Socks must be worn in the Eagles Nest

Admission

- \$5.50 (children 12 months to 12 years)
- Twilight Special: \$3 admission after 6:00 pm (Monday–Friday only)
- No charge for parents and caregivers
- Complimentary lockers
- Youth Punch Pass - \$55 (12 visits for the price of 10)
- Youth Membership - Enjoy unlimited play (see page 4 for current pricing)

Adventure Days

Here is an option for those special school release days: bring your children to the Eagles Nest and gymnasium for an Adventure with fun games, activities and so much more! Turn an ORDINARY day into an EXTRAORDINARY day filled with adventure! Eagles Nest admission is required.

In addition to fun and games, a representative from Usborne Books & More will be hosting a book fair during the October and November Adventure Days.

Friday, October 21, 10:00 am–2:00 pm
Friday, November 25, 10:00 am–2:00 pm
Friday, December 30, 10:00 am –2:00 pm

Promote Healthy Children

Our staff works hard to keep the Eagles Nest Indoor Playground free of bacteria for children and parents. Please help us by keeping children who have recently been sick from entering the play area until 48 hours after the last sign of symptoms. With your help we can keep children healthy.

Eagles Nest Group Rate

A discounted rate is available for groups of more than 10 children Tuesday–Friday. Please call 7-10 days in advance to receive the discount. Call 651-638-2127 for more information.

Preschool Open Gym Monday and Wednesday

Mark your calendar for some extra fun at the Eagles Nest! In addition to children burning off energy in the Eagles Nest, they can play and have fun in the gymnasium too. Preschool open gym includes the use of preschool gym equipment as well as playtime in the Eagles Nest Indoor Playground. All children must be supervised by an adult and have a wristband visible to staff.

Gymnasium A
Monday & Wednesday
10:30 am–1:30 pm
Included with admission to the Eagles Nest Indoor Playground (\$5.50/child). There is no fee for parents/guardians. Program not held on holidays or non-school days.



BIRTHDAY PARTIES

Are you stressed out over planning your child's next birthday party? Let the Eagles Nest Indoor Playground help take the worries away by choosing one of our many party packages. It's quick and easy, and your child will have a birthday party to remember. Dates fill very quickly, so reserve your party in advance by calling 651-638-2127. Please have a Visa, MasterCard or American Express card ready to place an initial payment for the party. The payment is due at the time of booking and is applied towards your final bill.

Birthday Party Cancellation Policy

In the event of cancellation of a party, the following fees will apply:

"No Frills" and "Exclusive Use" – If the party is rescheduled within two months of the cancellation date, a cancellation fee will not be applied to the account. If a date has not been rescheduled within two months of the cancellation date, the account will forfeit half of the down payment.

"Cake and Play" and "Works" – If the party is cancelled more than four business days in advance of the party and is rescheduled within two months of the cancellation date, a cancellation fee will not be applied to the account. If the party has not been cancelled more than four business days in advance or is not rescheduled within two months of the cancellation date, the account will forfeit half of the down payment.

***Please note that the food provided in our birthday party packages may contain traces of nuts & nut oils or may have been made alongside other products containing nuts. The Eagles Nest Indoor Playground cannot be held responsible for any issues resulting from food allergies.**

Birthday Party Policy

A room reservation is required to have a birthday party at the Eagles Nest Indoor Playground. To eliminate any confusion, a birthday party is defined as having any of the following items:

- Gifts
- Party favors
- Balloons
- Cake or cupcakes
- Decorations or accessories (including tablecloths & paper products)

You and your guests are welcome to stay and play, but if you do not have a room reservation the above items listed must remain at home or in your vehicle and not in the New Brighton Community Center. The lobby tables are not available for drop-in birthday parties.

Thank you for your cooperation!



Friends & Family Referral Program

Do you want tell everyone what an awesome time you had at your Eagles Nest birthday party? Refer friends and family and earn rewards. It's as easy as 1.. 2.. 3..!

1. Refer us to your friends and family
2. They reserve a party
3. You earn your rewards

As our thanks to you for your referral, you will receive a \$5.50 gift certificate per party.

- All parties must be reserved within one year of your birthday party.
- Birthday parties must be reserved through the Reservation Clerk
- Be sure to have your friends and family give your name when they are reserving their party.
- One person per referral
- Once the referral party has taken place you will receive your Eagles Nest gift certificate.
- Gift certificates can be used towards the following: Eagles Nest general admission and our punch pass.
- One time use with Gift Certificate , no carry over balance.

Need Something Extra?

Goodie Bags \$2.50 each • Eagles Nest T-Shirt \$10 each

Late to the Party?

Reservations made less than 3 business days prior to the scheduled party will be charged a \$25 reservation fee.

“No Frills”

- \$100 plus tax, includes admission for up to 8 children
- 9 children or more an additional \$5.50 each
- Payment due at time of booking
- 2 hour private room rental
- Unlimited play in the Eagles Nest
- Feel free to bring your own food and paper products

“Weekday Birthday Blitz”

- Available Monday-Thursday only
- \$50 plus tax, includes admission for up to 5 children
- 6 children or more an additional \$5.50 each
- Payment due at time of booking
- 3 hour private room rental
- Unlimited play in the Eagles Nest
- Feel free to bring your own food and paper products

Eagles Nest Indoor Playground Party Guidelines

Cake n' Play & Works Party Packages
Final guest count and selections are due no later than noon four business days prior to the scheduled party. If the guest count and selections are received after the confirmation date, orders will be placed off of the original selections made and default to 8 children.

Any additional wristbands over the eight minimum will be \$5.50 each with the “No Frills” package and any additional wristbands requested after the confirmation date with the “Cake n' Play” and “Works” package will be \$5.50 each

“Cake n' Play”

- \$155 plus tax, includes admission for up to 8 children
- 9 children or more an additional \$15 each.
- \$4 per adult
- Payment for 8 children due at the time of booking
- 2 hour private room rental
- Unlimited play in the Eagles Nest
- Birthday cake
- Candles & matches
- Beverages
- Paper products
- Eagles Nest T-Shirt

“Works”

- \$185 plus tax, includes admission for up to 8 children
- 9 children or more an additional \$17 each
- \$6 per adult
- Payment for 8 children due at the time of booking
- 2 hour private room rental
- Unlimited play in the Eagles Nest
- Birthday cake
- Pizza
- Candles & Matches
- Beverages
- Paper products
- Eagles Nest T-Shirt

“Exclusive Use”

- \$210 plus tax, includes admission for up to 25 children
- 26 children or more an additional \$5.50 each
- Adults are free
- Sundays Only(9:00 am-11:00 am or 5:30-7:30 pm)
- Full payment required at time of booking
- Private room rental
- Exclusive use of the Eagles Nest
- Feel free to bring your own food and paper products

Kids Dance

Dancers should wear a leotard and tights or clothing that is comfortable and easy to move in. All dancers will need tap and ballet shoes. If you need shoes, they will be available for purchase the first week of class from the dance instructor (tap shoes \$24, ballet shoes \$16). Please call Pat Tuma at 651-638-2123 if you have questions regarding the dance program. Classes run 12 weeks which includes a holiday dance show.

Hop N’ Tots

Preschool Age 3

A 45 minute, high-energy class that focuses on improving rhythm, balance and coordination. Through the use of props such as tambourines, scarves and pompoms, your child will learn basic beginning tap and ballet steps while having tons of fun. The last class will be a holiday performance for parents, grandparents and friends. Class meets for 12 times. Min. 8 Max.16

Community Center Room 100
 WednesdaySept.14-Dec. 7
 (No class November 23)
 6:00 pm-6:45 pm.....Age 3
 #13883.....\$105

Creative Dance

Preschool Ages 4 & 5

A 45 minute, high-energy class that focuses on improving rhythm, balance and coordination while introducing your child to basic beginning tap and ballet steps. The class is focused on learning proper terminology and skills while having tons of fun. The last class will be a holiday performance for parents, grandparents and friends. Class meets for 12 times. Min. 8 Max. 16

Community Center Room 100
 WednesdaySept.14-Dec. 7
 (No class November 23)
 6:00 pm-6:45 pm.....Ages 4 & 5
 #13884.....\$105

Kinder Dance

Kindergarten

In this fun-filled class, dancers will work on building a good foundation of the basics of tap, jazz and ballet. This 45-minute class will focus on proper technique, learning basic choreography and creative movement. The last class will be a holiday performance for parents, grandparents and friends. Class meets 12 times. Min. 8 Max. 16

Community Center Room 100
 WednesdaySept. 14-Dec. 7
 (No class November 23)
 6:45 pm-7:30 pm.....Ages 5- 6
 #13886.....\$105

Tap, Jazz and Ballet – Level 1

Grades 1 - 2

In this class, students will learn a variety of dance skills in the areas of tap, ballet and jazz. We will focus on improving flexibility, learning choreography, as we continue to add to and expand our basic set of dance skills. The last class will be a holiday performance for parents, grandparents and friends. This is an active, fun filled, 45-minute class. Class meets 12 times. Min. 8 Max. 16

Community Center Room 100
 WednesdaySept.14-Dec. 7
 (No class November 23)
 6:45 pm-7:30 pm.....Ages 6-8
 #13887.....\$105

Tap, Jazz and Ballet – Level 2

Grades 2-5

In this class, students will learn a variety of dance skills in the areas of tap, ballet and jazz. We will focus on improving flexibility, learning choreography, as we continue to add to and expand our basic set of dance skills. The last class will be a holiday performance for parents, grandparents and friends. This is an active, fun filled, 45-minute class. Class meets 12 times. Min. 8 Max. 16

Community Center Room 100
 WednesdaySept.14-Dec. 7
 (No class November 23)
 5:15 pm-6:00 pm.....Ages 7-11
 #13888.....\$105



Little Tigers Martial Arts

Ages 3-6

This exciting class is where children learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect—great personal tools to carry into the future. This program is taught by martial arts instructor Josh Jordan. Josh has even years of experience teaching children and is a certified 1st Degree black belt instructor. The intermediate level is for children who have previously taken the beginning class and have the instructor’s approval to move up. Class meets for 6 weeks. Min. 4 Max. 12

Beginners

Community Center Room 216
 MondaySept.12-Oct.17
 5:15 pm-6:00 pm.....Ages 3-6
 #13863.....\$54

Community Center Room 216
 MondaySept.12-Oct.17
 6:00 pm-6:45pmAges 3-6
 #13864.....\$54

Community Center Room 216
 MondayOct. 24-Dec. 12
 (No class October 31, November 21)
 5:15 pm-6:00 pm.....Ages 3-6
 #13865.....\$54

Community Center Room 216
 MondayOct. 24-Dec. 12
 (No class October 31, November 21)
 6:00 pm-6:45 pm.....Ages 3-6
 #13866.....\$54

Intermediate (Instructor approval required)

Community Center Room 216
 MondaySept.12-Oct. 17
 6:45 pm-7:30 pm.....Ages 3-6
 #13867.....\$54

Community Center Room 216
 MondayOct. 24-Dec.12
 (No class October 31, November 21)
 6:45 pm-7:30 pm.....Ages 3-6
 #13868.....\$54

“Kickers” Karate

Ages 7 through Adult

American Tae-Kwon-Do Karate for boys and girls ages 7 and up. This program is designed to teach children self-defense, safety awareness and teamwork, while increasing flexibility. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. The teen and adult class is an excellent opportunity to work out as a family. Karate instructors, Rhonda and Darren Bitzer, have been instructing Martial Arts for 21 years. Rhonda currently holds the rank of Black Belt. Children should wear loose comfortable clothing. Fall sessions are 7 weeks. Min. 8 Max. 18

Community Center Fitness Studio
Monday Sept. 12-Oct. 24
\$59

6:15 pm-7:15 pm..... Ages 7-11
#13869..... Beginner

7:15 pm-8:15 pm..... Ages 7-11
#13871..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult
#13873..... Teen/Adult Beg. &
Colored Belt

Community Center Fitness Studio
Monday Nov. 7-Dec. 19
\$59

6:15 pm-7:15 pm..... Ages 7-11
#13870..... Beginner

7:15 pm-8:15 pm..... Ages 7-11
#13872..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult
#13874..... Teen/Adult Beg. &
Colored Belt



Girls and Boys Gymnastics

This is a gymnastics program for boys and girls, ages four and up. This program includes tumbling, balance beam, uneven bars and vault. Instructor ratio is 1 to 7. Parents are welcome to come into the gym to watch the first and last class. Fall session meets 12 times. Min. 6 Max. 28.

Tumble Bees

Ages 4 through Kindergarten

Participants will work on beginning tumbling skills and will also learn basic skills on the balance beam, uneven bars and vault. Skills learned will help develop large muscle tone and coordination.

Cartwheelers

Grades 1-5

This level is for children currently in elementary school with at least one year of gymnastics experience and exposure to various pieces of apparatus. Participants must be able to perform a cartwheel and a pull over on the bar. Intermediate skills will be introduced.

Leapers

Grades 1-5

This level is for children in elementary school with little or no gymnastics experience. Participants will be exposed to beginning gymnastics skills on various pieces of apparatus to help improve their balance, strength and coordination.

Springers & Teens

Grades 3 and up

This level is for participants with a more advanced skill level who have their instructor's approval. Participants will focus on perfecting their form and technique, while learning more advanced skills. Participants will work on skills to increase strength, flexibility and endurance.

Monday September 12-December 12
(No class October 31, November 21)
\$106

#13875	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#13877	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#13879	8:00 pm-9:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#13881	8:00 pm-9:00 pm	Springers & Teens	Grades 3 and up (Advanced)



IN-HOUSE SOCCER

The soccer program is coordinated through the New Brighton Parks and Recreation Department. League play also includes teams from Arden Hills, Shoreview, Mounds View, Roseville and Fridley. Grade levels are based on grade entering fall of 2016.

Practice/Game Information

- Practice and game times will be determined after teams are formed. Coaches will notify players of the meeting time and field location one week prior to the first practice.
- At the first practice, coaches will distribute the equipment as well as practice and game schedules.
- Summer practices will be held on Monday or Tuesday, with games on Wednesday or Thursday evenings. Fall practices will be held on Tuesday or Thursday evenings, with games Saturday mornings. Practices and games will be held at various parks in New Brighton and neighboring cities.

Fall

July 31, Registration Deadline

- \$54 July 31 or before without jersey
- \$74 July 31 or before with jersey
- \$72 August 1 or later without jersey
- \$92 August 1 or later with jersey

Divisions	Age	Day	Dates	Activity #
Mini Mites	Preschool (Ages 4-6)	Saturday	Sept. 10-Oct. 15	#13503
Mites	Grades 1-2	Saturday	Sept. 10-Oct. 15	#13504
Squirts	Grades 3-4	Saturday	Sept. 10-Oct. 15	#13505
PeeWee	Grades 5-6	Saturday	Sept. 10-Oct. 15	#13506

Pre-Season Coaches Meeting

New Brighton Community Center

Tuesday, August 16

- Soccer 6:00 pm-6:30 pm
Mini Mites & Mites, Squirts, PeeWee
- Flag Football 6:45 pm-7:15 pm

Coaches will receive information on how to run a successful practice, soccer drills, techniques and building self-esteem in young players.

Parents, Family & Friends

We need your help!
Call Tanya Baker at 651-638-2136 to volunteer to coach.
Coach Apprentice: Teens 15 years and older can help coach a team.

The soccer program would not be available without the help of volunteer coaches needed for each team. Join the team and become part of someone's favorite childhood memory! Haven't coached before? Don't sweat it, all the resources and help you need will be given to you.

Important, Read Before Soccer League Registration

- Co-rec teams will be assigned randomly by the league director.
- All players must wear shin guards.
- You may request to be on a team with one friend, but that friend must request you also. No chain or coach requests will be honored. All requests must be written on the registration form.
- Requests, roster changes or refunds will not be honored after registration deadlines.
- Every attempt is made to organize teams by school or neighborhoods.

USTA Quick Start Tennis Lessons

This new program of tennis instruction gets kids playing fast. We use special tennis balls that slow down play for the beginners and smaller courts. Tennis balls are provided. Bring your own racquet if you have one and a water bottle. Classes meet twice a week for 3 weeks. Class length is 60 minutes. Lil' Swingers class length is 45 minutes.



Level 1: Lil' Swingers

Ages 4-6

\$50

This exciting introductory tennis program is for children 4-6 years old. Emphasis will be on having fun, learning basic tennis skills and rules and developing hand/eye coordination. Racquets will be provided. Class is 45 minutes. Max. 6 per class.

Level 2: Beginner

Ages 7 +

\$50

This class is for youth ages 7 and up who have little or no tennis experience and would like to learn basic grips, forehands, backhands, serves and tennis rules. Class is 55 minutes. Max. 8 per class.

Level 3: Advanced

Ages 7 +

\$50

This class is for youth ages 7 and up who have completed Level 2 Beginner tennis or have some tennis experience. Individuals will review basic skills, learn more advanced skills such as power strokes match play, serves and strategy through games, drills and demonstrations. Class is 55 minutes. Max. 8 per class.

Hansen Park Tennis Courts
Tuesday & Thursday....September 8-27

#13992	4:15 pm-5:00 pm	Level 1 Lil'Swingers	\$50
#13993	5:00 pm-6:00 pm	Level 2 Beginner.	\$50
#13994	6:00 pm-7:00 pm	Level 3 Advanced	\$50



NFL Youth Flag Football

Youth in grades K-6 divisions: K, 1-2, 3-4, 5-6 will be introduced to football in an instructional, fun and non-contact manner. Participants will learn the basic fundamentals including passing, catching, punting and offensive and defensive strategies. The season will consist of 6 weeks and be run cooperatively with the City of Mounds View, Shoreview and Arden Hills.

Deadline to Register Friday, July 29

Silver Oaks & Vermont Parks
Saturday.....Sept.10-Oct. 15
1:00 pm-3:00 pmKindergarten
#13856
Fee by July 29.....\$74
July 30 or later\$94

Silver Oaks & Vermont Parks
Saturday.....Sept. 10-Oct. 15
1:00 pm-3:00 pmGrades 1-2
#13517
Fee by July 29.....\$74
July 30 or later\$94

Silver Oaks & Vermont Parks
Saturday.....Sept. 10-Oct. 15
1:00 pm-3:00 pmGrades 3-4
#13518
Fee by July 29\$74
July 30 or later\$94

Silver Oaks & Vermont Parks
Saturday.....Sept. 10-Oct. 15
1:00 pm-3:00 pm.....Grades 5-6
#13519
Fee by July 29.....\$74
July 30 or later\$94

Parents, Family & Friends

Volunteer to coach

Call Tanya Baker at 651-638-2136
Coaches Meeting will be held on
Tuesday, August 16 from 6:45-7:15 pm.

Coach Apprentice -Teens 15 years and older can help coach a team.

Sports Speed & Agility Training

Ages 7+

\$54

Looking to improve your skills in Soccer, Football, Tennis, Basketball, or sports in general? Speed & Agility training allows players to practice the ability to decelerate, accelerate, and change direction while maintaining good body control and without losing time in the transition. It has been said that outside of sport-specific skills, agility and speed are the primary determining factor for success in any sport. Players will develop coordination, balance, timing, flexibility and endurance. Youth ages 7 and up will have the opportunity to improve these skills essential for success in all sports, while making new friends and having fun. Min. 6 Max. 24

Competitive Soccer

Ages 7+

\$54

Experienced soccer players will work to enhance their overall fitness, coordination and explosiveness through conditioning, plyometrics, strength exercises and agility training. Players will learn and develop their skills and tactical strategies. Game play will be incorporated into each day. Min. 6 Max. 24

Soccer Mini Camps

Ages 3-7

\$54

Youth ages 3-7 will learn and practice the fundamentals of soccer through drills and games. This is a great class for beginners, to seasoned veterans looking to polish their game. Min. 6 Max. 24

Basketball Skills Camp

Grades K-5

\$54

Drop Step! Pivot! Jump Stop! Youth in grades K-5 will learn and improve their basketball fundamentals, while learning more about the game, and having fun. Min. 8 Max. 24

Soccer Camps				
Fall Session 1 (6 camp dates) Hansen Park-Ice Rink #2				
Mini Camp	Ages 3 & 4	Tuesday & Thursday August 9-August 25	5:30-6:15 pm	13903
Mini Camp	Ages 5,6 & 7	Tuesday & Thursday August 9-August 25	6:15-7:15 pm	13904
Sports Speed & Agility Training	Ages 7+	Tuesday & Thursday August 9-August 25	7:15-8:15 pm	13911
Mini Camp	Ages 3 & 4	Monday August 29-October 10, No. Sept. 5	5:30-6:15 pm	13905
Mini Camp	Ages 5,6 & 7	Monday August 29-October 10, No. Sept. 5	6:15-7:15 pm	13906
Sports Speed & Agility Training	Ages 7+	Monday August 29-October 10, No. Sept. 5	7:15-8:15 pm	13916
Competitive Soccer	Ages 11-14	Saturday, April 23-June 4	11:15-12:15 pm	13290

Soccer Camps				
Fall Session 2 (6 camp dates) Highview Middle School Gymnasium South				
Mini Camp	Ages 3 & 4	Thursday October 20-December 1, No Nov. 24	6:00-6:45 pm	13907
Mini Camp	Ages 5,6 & 7	Thursday October 20-December 1, No Nov. 24	6:45-7:45 pm	13908
Sports Speed & Agility Training	Ages 7+	Thursday October 20-December 1, No Nov. 24	7:45-8:45 pm	13912
Mini Camp	Ages 3 & 4	Saturday October 1-November 19, No Oct.15, Nov. 5	8:30-9:15 am	13909
Mini Camp	Ages 5,6 & 7	Saturday October 1-November 19, No Oct.15, Nov. 5	9:15-10:15 am	13910
Competitive Soccer	Ages 7-10	Saturday October 1-November 19, No Oct.15, Nov. 5	10:15-11:15 am	13914
Competitive Soccer	Ages 11-14	Saturday October 1-November 19, No Oct.15, Nov. 5	11:15-12:15 pm	13915

Fall Basketball				
(6 camp dates) New Brighton Community Center Gymnasium				
Skills Camp	Grades K-2	Sunday September 18-October 23	2:30-3:30 pm	13919
Skills Camp	Grades 3-5	Sunday September 18-October 23	3:45-4:45 pm	13917
Skills Camp	Grades K-2	Sunday November 6-December 18, No Nov. 27	2:30-3:30 pm	13920
Skills Camp	Grades 3-5	Sunday November 6-December 18, No Nov. 27	3:45-4:45 pm	13918



Adaptive Bowling

The Adaptive Bowling program is open to all special education students in the Mounds View School District from age 13 through young adult. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 am-11:30 am. Bumper bowling is available on several lanes. Staff will include two supervisors. Participant fee covers bowling, shoes and supervision. Bowling awards will be given out at the end of the winter session. The program runs for 10 weeks. Min. 20 Max. 40

Mermaid Lanes, Mounds View
 Saturday.....Sept. 24-Dec. 10
 (No bowling Oct. 22 and Nov. 26)
 9:15 am-11:30 am
 Age 13-Young Adult
 #13889.....\$110

Teen & Adult “Kickers” Karate

American Tae-Kwon-Do Karate for teens through adults. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. This program is designed to teach teens through adults self defense, safety awareness, how to work with others and increase flexibility. Karate instructors, Rhonda and Darren Bitzer, have been involved in Martial Arts for over 20 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Sessions are 7 weeks long. Min. 8 Max. 18

Community Center Fitness Studio
 Monday.....Sept. 12-Oct. 24
 \$59 7:15 pm-8:15 pm
 #13873.....Ages 12-Adult
 Beg. & Colored Belt

Community Center Fitness Studio
 Monday.....Nov. 7-Dec. 19
 \$59 7:15 pm-8:15 pm
 #13874.....Ages 12-Adult
 Beg. & Colored Belt

Tobacco-Free Park Policy



Subject:

Prohibition of tobacco product use in the City of New Brighton’s park system.

Purpose:

In order to protect the health and welfare of our citizens and park visitors, the New Brighton Parks and Recreation Department prohibits the use of tobacco products on City-owned park land, park facilities, and open space.

Policy:

No person shall use tobacco products on City-owned park land, park facilities, and open space except according to the following exemptions.

1. At Brightwood Hills Golf Course except during exclusively youth activities.
2. At the New Brighton Community Center’s designated smoking areas.
3. At Neighborhood Center patios and picnic pavilions during private events.



ENJOY DISC GOLF AT HANSEN PARK

In addition to being a great location for a group picnic, rental opportunity, or a walk through the woods, Hansen Park is also a great location to play disc golf (aka Frisbee golf). The 12 hole disc golf course is scattered through mature trees, has open spaces with other areas more tight and wooded. The course is ideal for families, kids and adults. The course contains chain baskets and cone/saucer baskets, which are not seen on many courses, adding an entirely new challenge. Hole distances range from 145 feet to 358 feet. Discs specially designed for disc golf or any regular Frisbee can be used to play the game. Concrete tee pads, retaining walls and wood chipped features add to the enhancement of this course. Public Par: 39 / Pro Par: 36.

To get a printable course map go to: www.newbrightonmn.gov
 Click the following tabs: City Maps, Map Gallery, Park Maps.



Kick Starter Guitar

Ages 12 and Up

If you have always wanted to play the guitar, here is your chance. Learn to play chords, basic music notation, how to tune your guitar and play easy songs with simple to follow instruction. This class is designed for teens and adults who have little or no experience playing the guitar. Participants are required to bring their own guitars (electric or acoustic) or they can request to borrow one from the instructor. Class is not designed for bass guitar. Instructor, Michael May, has been teaching and performing and studying the guitar for over 30 years. He is a graduate of Wayne State University in Detroit with a B.A. in Music. Classes run for 5 weeks. Min. 6 Max. 12

Community Center 208
 Tuesday September 27-October 25
 6:00 pm-6:45pm Ages 12 - Adult
 #13897 \$89

Community Center 208
 Tuesday November 1-December 6 (No class November 22)
 6:00 pm-6:45pm Ages 12 - Adult
 #13898 \$89

Adult & Teen “Kickers” Karate

American Tae-Kwon-Do Karate for teens through adults. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. This program is designed to teach teens through adults self defense, safety awareness, how to work with others and increase flexibility. Karate instructors, Rhonda and Darren Bitzer, have been involved in Martial Arts for over 20 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Sessions are 7 weeks long. Min. 8 Max. 18

Community Center Fitness Studio
 Monday Sept. 12-Oct. 24
 \$59 7:15 pm-8:15 pm
 #13873 Ages 12-Adult
 Beg. & Colored Belt

Community Center Fitness Studio
 Monday Nov. 7-Dec. 19
 \$59 7:15 pm-8:15 pm
 #13874 Ages 12-Adult
 Beg. & Colored Belt

First Aid/CPR/AED

This Red Cross course teaches rescue skills for adults, children and infants including: rescue breathing, obstructed airway, CPR and Automated External Defibrillator (AED) skills. Upon successful completion, participants will receive an Adult CPR/AED, Child & Infant CPR certificate valid for two years and a First Aid certificate valid for three years. Min. 6 Max. 12

*This course, or its online equivalent, meets the requirements for daycare providers.

Community Center
 8:30 am-3:30 pm
 Saturday September 10
 #13900 \$89 CPR/AED/First Aid

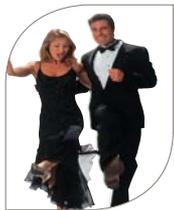
Saturday October 8
 #13901 \$89 CPR/AED/First Aid

Saturday November 12
 #13902 \$89 CPR/AED/First Aid

Night Club Dance Workshop

Get out on the dance floor with these 3 easy to learn dances: Night Club 2-Step, Swing Hustle and Slow Dance. These dances are perfect for your “social dance outings” and work well on a crowded dance floor. Learn partnership connection, fun patterns and turns. Partners encouraged, but not necessary. If possible wear shoes with rubber soles. Instructor Carol Brecht-Wiles has 15 plus years of experience teaching in a variety of dance studio and class venues. Class meets for 2 hours. Min. 6 Max.22

Community Center Room B
 Friday November 4
 6:30 pm-8:30 pm Ages 18 and over
 #13896 \$28/person





Fly Tying Basics

Keep busy this fall and winter learning the basic techniques of the art of fly tying. You will learn how to tie nine trout flies and techniques that will allow you to tie thousands of other fly patterns for trout, pan-fish, bass, and more. This class consists of six hours of hands-on instruction from an expert fly tyer. Instructor Scott Hanson has been tying flies for more than 30 years. He has taught the art of fly tying to hundreds of students through classes and demonstrations. He has had articles published in multiple fly fishing magazines. There will be a \$5 supply fee payable to the instructor the first day of class. Class meets 3 times. Min. 4 Max.10

Community Center Room 208
 Tuesday October 11, 18, 25
 6:00 pm-8:00 pm..... Ages 18 and over
 #13899..... \$55

PICKLEBALL

Adult Pickleball Open Gyms

Pickleball is one of the fastest growing sports in the country. Pickleball is a fun and easy way to exercise and meet new people. Open gym time will be set aside for Pickleball players of all skill levels at the New Brighton Community Center and Highview Middle School. Several wooden racquets and plastic poly balls will be available for players to use during open gym. Please bring your own racquet if you have one. Visit usapa.org for more information on rules and equipment.

Community Center Gymnasium
 Tuesday & Thursday.... Aug. 2-Dec. 29
 1:00 pm-3:00 pm
 (No pickleball Oct. 20, Nov. 22, 24, Dec. 22, 27, 29)
 Check in at the Guest Service Desk
 \$3 per visit (no charge with NBCC Membership)

Community Center Gymnasium
 Friday Sept.16-Dec. 30
 9:00 am-11:00 am
 (No Pickleball Oct. 14, 21, Nov. 4, 25, Dec. 23, 30)
 Check in at the Guest Service Desk
 \$3 per visit (no charge with NBCC Membership)

Highview Middle School North
 Gymnasium
 Tuesday Sept. 20-Dec. 20
 5:45 pm-8:30 pm
 Sign in with the gym attendant
 \$3 per visit

Learn to Play-Pickleball Clinic

Pickleball, a combination of tennis, badminton, and ping pong, is one of the fastest growing sports in the country. People of all ages find pickleball to be a fun and easy way to exercise and meet new people. This is your chance to check it out! We'll demonstrate how to play and teach you the rules. Wooden paddle racquets and plastic poly balls will be provided. Visit usapa.org for more information on rules and equipment. Instructor Mary Millet is a retired teacher and pickleball enthusiast who loves promoting the game. Min. 4 Max. 12

Highview Middle School Gym North
 Tuesday September 20
 6:00 pm-7:30 pm..... Adult
 #13894..... \$10



Outdoor Pickleball Designated Times

Pickleball courts have been lined for open play at two New Brighton parks; Hansen Park is located at 1555 5th St. NW and Hidden Oaks Park is located at 1550 29th Ave. NW. Participants will need to bring their own pickleball, paddle and ball. There are two tennis courts lined for pickleball at each site.

Hidden Oaks Park Pickleball Courts
 Monday & Wednesday Ongoing through October 12
 9:00 am-11:00 am Adults
 No Fee

Hidden Oaks Park Pickleball Courts
 Tuesday Ongoing through October 11
 6:00 pm-8:00 pm Adults
 No Fee

Hansen Park Pickleball Courts
 Friday Ongoing through October 14
 6:00 pm-8:00 pm Adults
 No Fee

VOLLEYBALL

Adult Refereed

Registrations for adult volleyball are taken on a team basis. Teams should have payment and team name at the time of registration. There will be no non-resident fees. One team will receive a paid berth to the MRPA state tournament in each league. Cash awards will be given for league and tournament winners in each league during the winter session. Match times are 6:00 pm, 7:00 pm, 8:00 pm or 9:00 pm.



Power Volleyball Players Needed

If you are interested in playing power volleyball on a New Brighton co-rec or women's volleyball team, please give Pat a call at 651-638-2123 or email at pat.tuma@newbrightonmn.gov. We will add your name to the extra player list for teams that are looking for additional players and subs. Games are played at Highview Middle School on Wednesday and Thursday evenings.

Wednesday Women's Division C

This refereed league (MRPA Class C Rules) is for teams with experience playing power volleyball. The fall session will consist of 10 weeks of round robin league play. The winter session will consist of round robin league play and a single elimination tournament, 9 matches guaranteed. Sign up for both sessions and receive \$20 off the total registration. Min. 4 teams Max. 9 teams

Highview Middle School North Gym
Wednesday Sept. 28-Dec. 7
(No volleyball November 23)
#13890..... \$300 per team

Highview Middle School North Gym
Wednesday Jan. 4-March 8
#13891..... \$320 per team
(Sign up for fall and winter sessions and receive \$20 off the winter session)

Thursday Co-Rec Division C

This refereed league (MRPA Class C Rules) is for teams with experience playing power volleyball. The fall session will consist of 10 weeks of round robin league play. The winter session will consist of round robin league play and a single elimination tournament, 9 matches guaranteed. Sign up for both sessions and receive \$20 off the total registration. Min. 4 teams Max. 9 teams

Highview Middle School North Gym
Thursday Sept. 29-Dec. 8
(No volleyball November 24)
#13892..... \$300 per team

Highview Middle School North Gym
Thursday Jan. 5-March 9
#13893..... \$320 per team
(Sign up for fall and winter sessions and receive \$20 off the winter session)

AARP "Smart Driver" Safety Classes

An auto insurance discount can be obtained by those 50 and over who complete an eight hour course. A four hour refresher course is needed every three years thereafter. AARP members are eligible for a discounted rate; however, your membership number must be provided at the time of registration. Payment must be made at the time of registration. Please see page XX for our refund/cancellation policy. Classes are held at the New Brighton Community Center, 400 10th Street NW, New Brighton, MN 55112.

Eight-Hour Class

\$23 AARP Members, \$28 Non-Members

Monday & Wednesday.....September 12 & 14
#13972.....9:00 am-1:00 pm

Monday & Wednesday.....October 24 & 26
#13973.....5:30 pm-9:30 pm

Monday & Wednesday.....November 28 & 30
#13980.....9:00 am-1:00 pm

Four-Hour Class

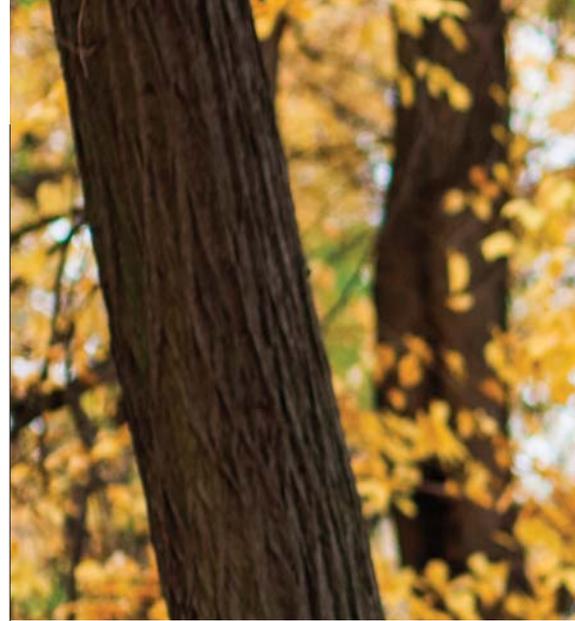
\$20 AARP Members, \$25 Non-Members

Monday September 19
#13976.....9:00 am-1:00 pm

Monday October 17
#13974.....9:00 am-1:00 pm

Monday November 14
#139775:30 pm-9:30 pm

Monday December 5
#13978.....9:00 am-1:00 pm





Adults 55+

New Brighton Parks and Recreation is pleased to offer activities and classes for adults 55 and older. From day trips to Education & Enrichment workshops, to weekly cards and fitness classes, there are many opportunities to enhance your active lifestyle. If you'd like to learn more about any of our 55+ programs, please contact Lesley Young, Recreation Coordinator, at 651-638-2148 or via email at Lesley.young@newbrightonmn.gov.

“Active Life” Newsletter

The New Brighton Parks and Recreation Department publishes a detailed newsletter six times per year to inform interested individuals of upcoming trips, programs and activities to keep adults 55+ “active for life”. You can receive this newsletter free of charge by picking it up at the New Brighton Community Center; having it emailed to you or we can place you on the mailing list. Please call Guest Services at 651-638-2130 to be put on the mailing list.

Free Blood Pressure Checks

A special thanks to Health & Rehabilitation of New Brighton for conducting blood pressure checks at our facility! They will be located on the lower lobby of the Community center the third Wednesday of the month from 10:30-Noon.

Mahjongg

The traditional style of mahjongg is played as a tabletop game, with 144 tiles featuring traditional Chinese characters and symbols. Mahjongg is a game of skill, strategy and luck. Mahjongg's play proceeds similar to the card game rummy. If you have a set of tiles please bring them. This group meets on Monday from 9:00 am-Noon in room 222.

Dominoes

Discover the fun in a lively game of Chickenfoot or other popular domino games. The group meets at the New Brighton Community Center from 1:00 pm-3:00 pm on Thursdays. Beginners welcome!

Free Activities

Seniors and friends are invited to participate in any of the following activities at the New Brighton Community Center. Everyone is welcome.

Mahjongg

Monday 9:00 am-12:00 pm

Hand and Foot

Monday 12:30 pm-3:30 pm

Contract Bridge

Tuesday 9:00 am-12:00 pm

500 Club

Tuesday 12:30 pm-3:30 pm

Duplicate Bridge*

Wednesday 9:00 am-12:00 pm

Keeping You In Stitches

Wednesday 9:00 am-11:00 am

Duplicate Bridge*

Thursday 12:00 pm-3:30 pm

Dominoes

Thursday 1:00 pm-3:00 pm

Color Me Calm

Thursday 9:00 am-10:30 am

No cards the week of September 5 through 9 due to facility shutdown.

*These bridge groups do not provide partners.

Keeping You In Stitches

This social group brings all types of crafting, handiwork or knitting projects as well as great discussions and stories. Bring your coffee cup and project and join them every Wednesday from 9:00 am-11:00 am at the New Brighton Community Center.

ThriveExpo!^{adult 55+}

As part of National Senior Center Month, New Brighton Parks and Recreation is hosting their fifth annual adult 55+ expo. ThriveExpo! focuses on helping seniors age well as they live and “thrive” in their community. Join us for an afternoon filled with great information, local educational resources, door prizes, health assessments and light refreshments are also part of this great event. If your organization would like to be an exhibitor at ThriveExpo! contact Lesley at 651-638-2148 for more information.

Community Center
Community Room A&B
Thursday September 22
1:00 pm-3:30 pm

#13584
\$55 Early Bird Vendor Registration
(Until September 1)
\$75 after September 1



Senior Matters

NEW

Series 1: Sleep Problems & Patterns In Older Adults

It's not uncommon for older adults to be sleep deprived. Our first of five "Senior Matters" sessions will present information on sleep cycle changes and disorders in older adults; sleep problems due to medical conditions; sleep hygiene recommendations; potential consequences of sleep deprivation, cognitive behavior and medications to help improve sleep...i.e. don't drink caffeine before bed! Refreshments served. Presented by: Karen Gaskell Register by August 15.

Community Center
 Wednesday August 17
 1:00 pm – 2:30 pm
 #13988.....\$15

Series 2: The Aging Brain

Investigating the aging brain is the topic of the second of five "Senior Matters" sessions. We will discuss normal age-related memory loss, mild cognitive impairment and various types of dementia - #1 Alzheimer's disease. You won't want to miss this highly informative session that impacts most...if not all older adults. Refreshments served. Presented by: Karen Gaskell Register by September 19.

Community Center
 Wednesday September 21
 1:00 pm – 2:30 pm
 #13989.....\$15

Series 3: Is 100 the New 80?

Would you like to be? The number of centenarians in the U.S. has skyrocketed since the 1950's and is expected to continue its upward spiral at lightning speed over the next 50 years. Our third "Senior Matters" session will explore types of aging, the role of genetics, and upcoming aging research. A variety of longevity tips from centenarians will be also presented.

Community Center
 Thursday October 20
 1:00 pm – 2:30 pm
 #14094.....\$15

Series 4: Health Screenings & Immunizations - Beyond The Basics

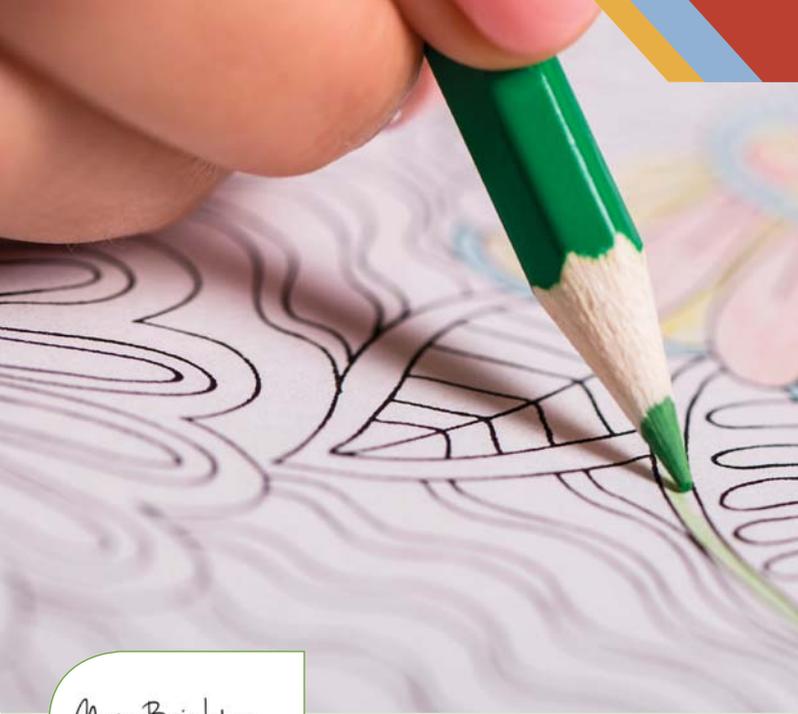
We will take a close look at the recommended health screenings for older adults in the fourth "Senior Matters" session. Why do we screen for some cancers and not others? We will hear from a number of health care providers who claim some screenings are unnecessary and potentially harmful. The sometimes controversial vaccination recommendation for older adults will also be discussed.

Community Center
 Wednesday November 16
 1:00 pm – 2:30 pm
 #14095.....\$15

Series 5: Mixing & Mingling With Boomers, GenXers, Millenials & GenZers

Ever catch yourself saying "back in my day we would never..." understanding and getting along with younger generations is the focus of our final "Senior Matters" session. We'll look at the general characteristics of each generation and obstacles and solutions to generational differences.

Community Center
 Wednesday December 21
 1:00 pm – 2:30 pm
 #14096.....\$15



Color Me Calm

It's late and I'm in "the zone". The world and its cares have dropped away. Work stress, money, worries, health concerns have all faded away. Even my pain has lessened and I'm in a meditative mindset. It's just me, the book and a box of 48 beautiful colored pencils and one simple choice...coral or turquoise? As of this minute, you can color me calm. Join others during this time as it's open to any age and artistic ability. We will have color sheets for you to get you started. Bring your own box of colored pencils or colored Sharpie markers. This group meets Thursday's 9:00 am-10:30 am.



The human eye can see 7,000,000 colors. 'Did you know the New Brighton Parks and Recreation department offers adult coloring classes, Color Me Calm, which help relieve stress, improve overall health and a chance to socialize and meet new people?'

NEW

Computer Tutor For Seniors

Internet & Security

This topic focuses on daily individual computer technology use. We will talk about personal computer essential and benefits we gain from using it at home or out in public. We go into detail about the challenges we face when we have poor computer security in place. We explore effective solution options and recommendations to better safeguard and protect our data privacy and personal documents. Class taught by Raythecomputerguy. Register by August 15.

Community Center
 ThursdaySeptember 15
 9:00 am – 11:00 am
 #13990.....\$25

Email

In this 3 part series class we will review a lot of material. Emailing is one of the most important and popular tools of communication which nearly everyone uses. This email account management class is divided into three classes: Basic, Intermediate and Advanced. The Basic course talks about email concept, history, new account creation, creating contact lists, email exchange process (compose send, reply, forward, etc.), differences between both private and public email ownership and its pros/cons, and finally discuss email exchange tools available to us. The Intermediate course expands on contact list management, creating and organizing email folders, study differences between email types (legitimate, junk, trash, spam), handle email attachments, learn different email status' (drafts, sent, delivery fail, delete, blocking, grouping, storage, and saving email account password option). We discuss in detail the thing to look for or actions to take to keep away email solicitors, online advertisings, and scams targeting us. The Advanced course talks about the ART of WRITING email, things to do and not to do, email signatures, cc:, Bcc:, hiding email addresses, send mass group emails, and sound security. We study using Cloud technology to share and/or store email information online. Participant must commit to all three classes upon registration. Classes taught by Raythecomputerguy. Register by September 2

Community Center
 Monday, Wednesday, Friday
 October 3, 5, 7
 1:00 pm – 2:30 pm
 #13991.....\$30

Sneak Peak:
 November (Internet Access & Web Browsing) November 9, 9:00 am

Club 55

New Brighton Parks and Recreation invites you to become a member of our Club 55. Becoming a member provides you with a special Club 55 nametag and access to a few "Member Only" events. Membership dollars enhance some of our senior programs and help defray the cost of general senior room supplies. Membership is \$10 per person. Stop into the community center and become a Club 55 member today!

Please note, Club 55 membership does not include access to the New Brighton Community Center fitness area or the indoor track. For details on fitness center memberships, check at Guest Services.

Movie Madness

We are pleased to offer a new Movie Madness selection where we will show a movie every other month. Free for Club 55 members (non-members are welcome to join us for only \$2). Both members and non-members must register so that we can plan accordingly for refreshments. For movie title, please call Guest Services at 651-638-2130 or check the current issue of the Active Life Newsletter.

Movie: Eddie The Eagle

Community CenterRoom 218
WednesdaySeptember 14
#13588..... 12:00 pm-2:30 pm
Free for Club 55 members
\$2 for non-members

Movie: Call for Movie Title
Community CenterRoom 218
WednesdayNovember 2
#14088..... 12:00 pm-2:30 pm
Free for Club 55 members
\$2 for non-members

Soup Swap

Fall is here and there's nothing better than a warm bowl of soup! Join us for a soup swap with fellow Club 55 members. Bring 6 quarts of your favorite soup either frozen or refrigerated in a giveaway container along with 6 copies of your recipe. We will supply a variety of breads and beverages to taste other soups throughout the event. You'll go home with your six favorite soups that your friends made to stash in the freezer for a rainy day! Register by October 3.

Community Center Room A/B/C/D
MondayOctober 17
1:00 pm-2:30 pm
#14091
FREE to NBCC Club 55 Members
\$5 per for non-members

Holiday Party & Entertainment

Ring in the holidays amongst friends and enjoy a little cheer with some light refreshments as you sit back and relax for some wonderful holiday entertainment.

Community Center-Room 220
WednesdayDecember 14
1:00 pm-2:00 pm
#14092
FREE to NBCC Club 55 Members
\$5 for non-members

Education & Enrichment Workshops

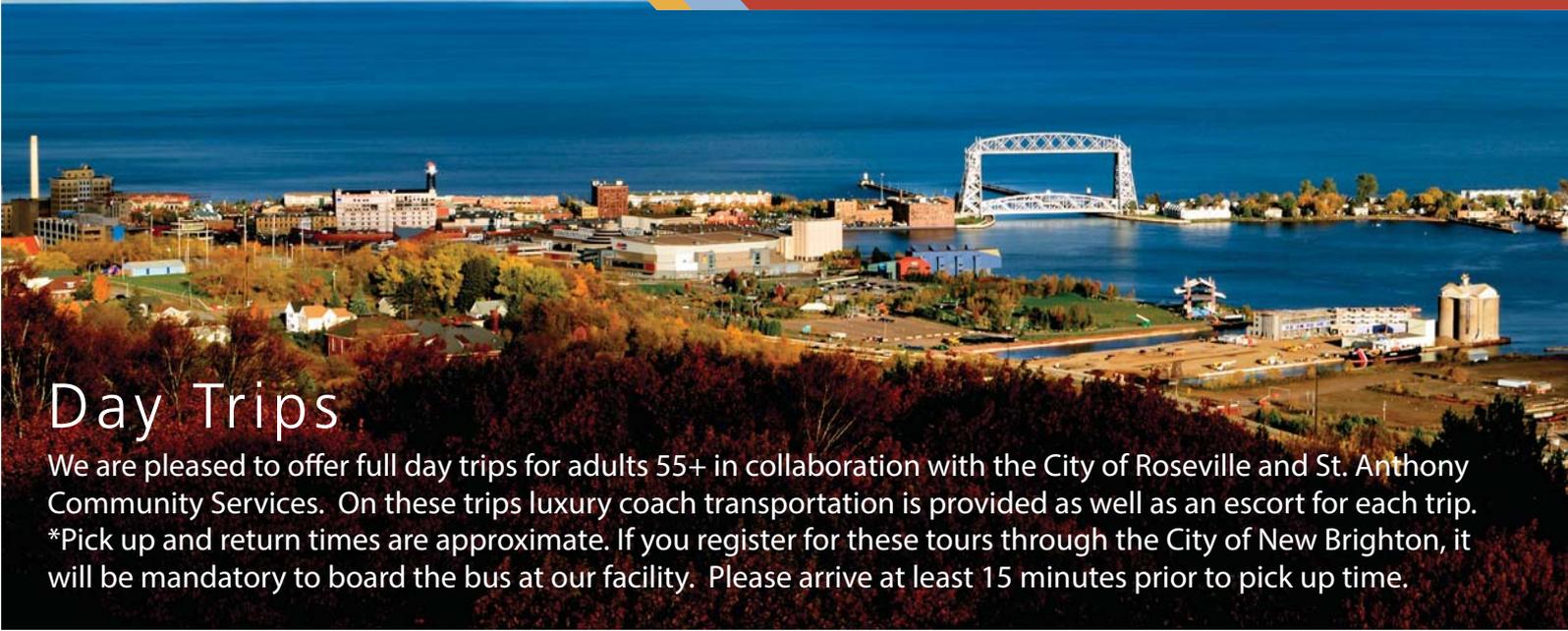
Our workshops are designed to have adults 55+ gather as a group to learn and discuss various topics in an effort to help aging adults live life well. The speakers and format will vary depending on the topic, but we will always have time for a bit of fun and socializing too. Each of our Education & Enrichment workshops will be sponsored by the participating company who will also provide a short description of their products or services.

Preventing Medicare Fraud and Avoiding Scams

Don't be a target of Medicare fraud and abuse. This presentation will teach you how to detect Medicare fraud and how to report to the Office of the Inspector General. The presentation will also highlight why seniors are targeted for scams and the top scams currently directed toward seniors. Tips will be offered on how to prevent falling for scams. Workshop presented by Metropolitan Area Agency Of Aging. Register by September 27.

Presented By:
 Regions Hospital
Rehabilitation Institute

Community Center Room 224
TuesdayOctober 4
1:00 pm-2:00 pm
#13987Free



Day Trips

We are pleased to offer full day trips for adults 55+ in collaboration with the City of Roseville and St. Anthony Community Services. On these trips luxury coach transportation is provided as well as an escort for each trip. *Pick up and return times are approximate. If you register for these tours through the City of New Brighton, it will be mandatory to board the bus at our facility. Please arrive at least 15 minutes prior to pick up time.

Duluth Sail & Rail

Located on Great Lake Superior, the natural beauty of Duluth is a treasure. Ask anyone who's been here and they'll tell you there's nothing like a visit to Duluth. Upon arrival to Duluth, we will enjoy a Lake Superior harbor cruise aboard the Vista Star. Take in all the activity and spectacular scenery in the hard working Duluth and Superior Harbor. See the ore docks, aerial lift bridge, Great Lakes cargo carriers, visiting foreign vessels, grain elevators and other points of interest in comfort. At the completion of the cruise, we will have lunch (on your own) in Canal Park. There will be time to enjoy the many shops and visit the Marine Museum. Next, we'll board the North Shore Scenic Railroad. Departing from Duluth's Historic Union Depot, we will ride in comfort on the historic rails of the DM & IR Railroad that helped build America. The beautiful French Chateausque building was completed in 1892 and was a bustling hub of activity for much of the 20th century. The cars are beautifully reconditioned, climate controlled and equipped with modern facilities. This narrated excursion will take us along Duluth's downtown, waterfront and residential areas and through the scenic wonderlands of Lake Superior's North Shore. Tour includes deluxe transportation, MetroConnections step-on tour guide, train excursion, Lake Superior cruise and visit to Canal Park. Register by: August 5

Community Center
 Tuesday September 13
 8:00 am – 7:45 pm
 #13983.....\$105

US Bank Stadium Tour

Your ninety-minute guided adventure through U.S. Bank Stadium will give you behind-the-scenes access to the new home of the Minnesota Vikings. Discover the inner workings of U.S. Bank Stadium including VIP-accessible only clubs and suites, the press box, the art collection, team locker room, stadium floor, and so much more. Tour Guides are knowledgeable and are well-versed on building architecture, Vikings history, and sustainability features of U.S. Bank Stadium. All tours are wheelchair accessible. Do be sure to wear comfortable shoes as there will be a lot of walking. Specific tour routes are established each day based on events and activities in the stadium, therefore all sites on the tour are subject to current availability. After touring the facility we will be stopping for lunch. Register by October 17.

Community Center
 Thursday November 17
 8:15 am - 3:00 pm
 #13985.....\$62

Osceola & St. Croix Valley Train Tour

Join us for a train ride that will take us on a 50 minute, round trip coach excursions between Osceola and Dresser. The Minnesota Transportation Museum's Osceola and St. Croix Valley Railroad is a heritage railroad in Osceola, WI out of the historic 1916 SSO Line depot. We hope to see some beautiful Wisconsin fall colors while aboard the Pumpkin Express. Register by October 7.

Community Center
 Friday October 21
 8:30 am – 3:00 pm
 #13984.....\$62

Holiday Lights Tour

Celebrate the season with an evening of dazzling holiday lights! Step aboard a warm, deluxe motor coach and listen to fascinating commentary on Twin Cities' holiday traditions and fun "inside" stories on the decorations you pass by. This memorable evening tour highlights beautiful and creative light displays throughout the Twin Cities as local merchants and residents join together to celebrate the holidays and their community spirit. We will stop for dinner at Caspers Cherokee Sirloin Room in Eagan on the way home. You will you're your choice of an 8oz Top Sirloin, Canadian Walleye Broiled Medium Filet, Chicken Breast or BBQ Ribs Petite Rack. Register by November 25.

Community Center
 Monday December 12
 4:00 pm – 9:45 pm
 #13986.....\$68

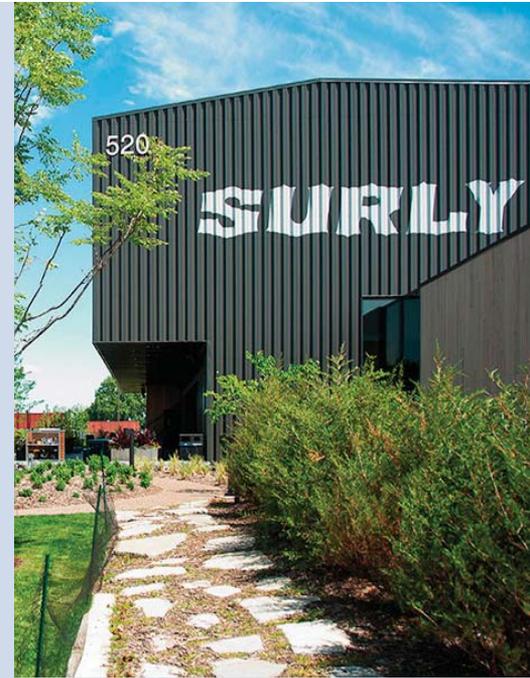
Mini Trips from New Brighton Parks and Recreation

We are pleased to offer mini trips as a way for adults 55+ to get out and enjoy a short day trip. If you are interested in participating in local trips that are typically lower in cost and don't mind riding in a 15 passenger van for transportation then our mini trips might be for you! Every few months we will offer a new mini trip. Check our brochures or The Active Life Newsletter for mini trip information. You may also look for them online at www.newbrightonmn.gov.

Surly Brewing Company Tour and Lunch

On a tour of the Surly brewery in Minneapolis you will see firsthand where and how the beer is made, hear some stories about how Surly began, and then they'll kick us out so they can go back to doing what they do best...brewing! Tours involve stairs and standing for over an hour. After our tour we will visit the Beer & Restaurant to enjoy lunch on your own tab before we come home. Price includes transportation, 4 samples (non-alcoholic options available) and a tasting glass to take home. Register by September 8.

Community Center
 Tuesday November 15
 11:00 am – 2:00 pm
 #13982 \$19



Living The Active Life!

Taking mini trips to the next level

We are excited to offer a "Living The Active Life" type of programming for the "active and adventurous" adult. These types of activities are great for you to try without having to invest a lot of time or money and to be able to cross it off that bucket list.

If you have any other ideas or would like to provide feedback, please contact Lesley Young at 651-638-2148 or via email at Lesley.young@newbrightonmn.gov.

 Icon indicates degree of difficulty

Sticks & Stones

Learn to curl at Fogerty Ice Arena in Blaine! A great introduction to the sport of Curling where you will learn the physical play, rules and strategy where within minutes you are throwing rocks and sweeping. You will finish off the session playing a mini game with each other. Dress in layers arena temp is 45-50 degrees. You'll be on the ice for about an hour and a half. Bring a small hat/headband and lightweight gloves to keep your hands warm while still allowing you to feel the stone. Fleece/velour jackets are poor choices due to leaving fluff balls on the ice. Clean shoes required that are not worn from the parking lot into the building. Athletic shoes are fine. Avoid shoes with eyelets or metal on top. If your feet tend to get cold, consider wearing two pairs of socks. For those of you with arthritis, you can deliver the stone from a standing position. The club will supply all other equipment for your lesson. Open to adults ages 50+. Transportation in a 14 passenger van is provided. Lunch is on your own tab after spending time on the ice. Register by September 8.



Community Center
 Thursday September 15
 10:00 am – 2:00 pm
 #13981 \$20



Extended Travel Program

Trips typically include flights, luxury motor coach transportation on tours, a knowledgeable tour guide, three star hotel accommodations (or better) and several meals.

Join us with Landmark Tours as they present an array of unforgettable travel experiences for 2017. A local, family-owned tour operator, Landmark's inclusive packages feature roundtrip airfare, quality accommodations in great locations, many enjoyable meal experiences, admission to all itinerary attractions, deluxe motor coach transportation, and the services of a professional Tour Manager.

If you can't attend the presentation at the New Brighton Community Center, please call for a catalog 651-490-5408 or visit www.landmark-tours.com.

Landmark Tours

TRAVEL SHOW

Wednesday, September 28, 10:00 am

Parks & Recreation & **Landmark
Tours**
TRAVEL SHOW
Wed, Sept 28th, 2016 at 10:00 AM
At the New Brighton Community Center

**JOIN US
TO
LEARN
MORE!**

Join New Brighton Parks & Recreation and Landmark Tours for a presentation of several 2017 travel opportunities. If you can't attend the show, call for a catalog: 651-490-5408

ALL TRIPS INCLUDE

- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- Baggage Handling at Hotels
- Professional Tour Manager & Local Guides
- Deluxe Motorcoach Transportation
- Daily Breakfast & Many Quality Meals

Islands of Hawaii
4-Island Cruise & Tour
Feb 23 - March 5, 2017



Treasures of the Southeast
Savannah, Charleston, & Asheville
April of 2017



New York City
The Big Apple
May of 2017



Ireland
The Emerald Isle
May of 2017



**Nova Scotia
& The Maritimes**
August 20 - 29, 2017



Alaska: Denali Adventure
Land & Cruise Journey
August of 2017



Historic Trains of Colorado
September 14 - 21, 2017



Autumn in New England
September of 2017



Albuquerque Balloon Fiesta
October of 2017



If you can't attend the show, call for a catalog: 651-490-5408 | or visit www.landmark-tours.com



2016 Fall Group Fitness Classes

Early Bird Registration \$5 off Member Rate

Register by the fifth of each month for select classes beginning the following month (i.e. April 5, for May classes).

See Pages 30-31 For Class Schedule

Symbols represent complimentary classes:

Health Wave 

Silver&Fit 

SilverSneakers 

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. Instructor: Angie Otto. Min. 8. Max. 18

 Silver&Fit

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance and a chair is used for seated or standing support. Instructor: LeVon Garrett, Robyn Roxas Min. 12 Max. 30

 Silver&Fit

Stretch & Tone

Energize your life with this total fitness program designed especially for older adult participants who want to remain healthy, flexible and active. This is an ideal fitness program which combines the benefits of stretching exercises, rhythmic movements and muscle tone with weights. This class is fun and will leave you refreshed and eager to tackle the day! New participants are encouraged. Instructor: Mag Rieckenberg Min. 20 Max. 70

Reminders:

- For warm up and non-class days, we encourage you to purchase a fitness center track pass at Guest Services.
- New participants must purchase equipment for an additional fee at Guest Services and introduce themselves to the instructor before class.
- Bring 3-5 lb weights, a towel and a water bottle to class.
- Drop-In fee: \$8 Stretch & Tone, Please have proper equipment and introduce yourself to the instructor to provide paid receipt before class.

SilverSneakers Sunrise Yoga

This morning yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Instructor: Brad Loken Min. 8 Max. 20

 Silver&Fit

T'ai Chi Chih

Introductory class - students will learn 10 of the 19 movements. Beginner class - students will learn 19 movements and 1 pose. Tune Up class - is designed as a refresher and practice for graduates of the beginner level. T'ai Chi Chih is composed of 19 slow, gentle movements and one pose that are easy to learn and can be performed regardless of age or physical condition. You may enhance your immune system, control pain, lose weight, gain energy, reduce blood pressure and control stress. Advanced registration is required as this is a progressive class. Instructor: Sharon Sloper. Min. 8 Max. 20

 Silver&Fit



ZUMBA

Ditch the workout, join the party! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic, exciting total body workout. All ages, skill and fitness levels are welcome! To tone and sculpt your body, ZUMBA uses principles of aerobic fitness interval training, a combination of fast and slow rhythms, and resistance training for maximum fat and calorie burn. No dance experience, no worries, this class is more about the fun and the way you feel – are you ready to ZUMBA? Instructors: Marie LePage, Norah O'Shaughnessy, Robyn Roxas (Sub: Anne Sumangil). Min. 20 Max. 70

Express Workout Boxing

Want a new workout, but not quite ready to jump in the ring? This 45 minute kickboxing class will help you get fit like a fighter. A combination of partner drills, pads, heavy bags, and professional conditioning drills will have you feeling like you went 10 rounds - without the bruises! Each class will begin with warm-up, basic techniques and combinations, leading into fat-blasting cardio and power rounds that'll have you swinging for the fences. We'll finish up with abs and footwork or strength training, all in less time than you'd think! Instructor: Marie LePage. Min. 8 Max. 14

FIT Lab Straight Up Strength

This is personal training in a group setting: Using a combination of classic techniques and cutting edge fitness ideas, including kettle bells, old-school weights, and plyometrics, you'll sweat your way to a better, healthier body while developing powerful body strength. The group dynamic will allow training partners to push each other to their limits and enjoy the variety - no two classes will be exactly the same! Class meets in room 216 or on the Fitness Center Floor. Instructor: Robyn Roxas. Min. 6 Max. 16

HIIT

Not for the faint of heart, high intensity interval training (HIIT) is a high-powered cardio circuit, alternating short, very high intensity intervals with longer, slower intervals of recovery. HIIT training not only helps athletic performance, it also improves the ability of the muscles to burn fat. Through excess post-exercise oxygen consumption (EPOC), or "afterburn," the body continues to burn fat for up to 36 hours after the workout! The format includes warm-up, cool-down, and stretching, all focused around high-powered drills of total body conditioning. Bring a towel, and be ready to sweat! Instructor: Robyn Roxas. Min. 8 Max. 20

Express Workout Core

You can achieve hard core abs with abdominal exercises, a healthy diet, and cardiovascular training. This 45 minute class is designed to force you to hit the muscles you typically miss with crunches and sit-ups. Each week you will build functional core strength, endurance, and power resulting in hard-carved out abs. Instructor: LeVon Garret. Min. 8 Max. 20

Boot Camp

A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. Class is designed in a way to be different every time and push you harder than you would push yourself. We want to keep you guessing and challenge you every class! My goal as an instructor is to offer encouragement rather than intimidation so you have fun. Come prepared to sweat! Instructor: Angie Otto. Min. 8 Max. 20

NEW

Triple Threat (TRX, Kettlebell, Battle Ropes)

TRX Suspension Training is a military-designed full body exercise system, using one's own body weight and the force of gravity to develop strength, balance, flexibility, and endurance all at the same time. The straps constantly engage the core on hundreds of exercises in addition to providing cardio fitness in every single workout. Russian kettlebell training and battle ropes will shape you with fun step by step instruction and recreational fitness. Improve core strength, balance and stability. Difficulty can be easily adjusted for any level of challenge desired - from high intensity to injury recovery. Instructor: Robyn Roxas. Min. 6 Max. 12

TNT Tone & Tighten

TNT is a dynamite, high energy weight training class. Incorporate barbell, dumbbells, tubing, ball work, and body weight. This variety of exercises challenges all fitness levels and muscle groups. Men and women are encouraged to participate in the intensity level that suits you. You will burn through a warm-up, followed by exercises to conditioning and strengthen multiple muscles groups, followed by a cool-down. Instructor: LeVon Garret. Min. 8 Max. 20

Total Body Strength

Keep moving throughout this magnificent upper-and lower- body workout. Target every major muscle group to shape a lean, strong and healthy body. Burn serious calories while building metabolism-boosting muscles. Body shaping moves that will work abs, core, legs, glutes and arms. Use various equipment including plyometrics, cardio, and calisthenics that will leave you dripping with sweat and toned all over. Instructor: LeVon Garrett. Min. 8 Max. 20

PiYo 

When you combine pilates, yoga, strength training, and sports stretch you get, PiYo™. This low impact workout will increase your fitness level, core strength, flexibility, stability, balance, energy, power, joint mobility, muscle suppleness and posture. This class includes yoga and pilates fusion to release toxins and reshape your body. Bring a mat and wear comfortable clothing. Instructor: Colleen O'Neil. Min. 8 Max. 20

Gentle Yoga



Gentle Yoga is a class structured around rejuvenating and healing the body. Yoga props such as blankets, blocks, chairs and straps may be used for joy in practice, and to allow the body to fully achieve each position comfortably. Please bring a mat, water bottle, and blanket to class. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles. Designed to rest and renew, support deep release, and complete relaxation. Instructor: Stephanie Mauceri. Min. 8 Max. 20

Beginning Yoga



Connect your mind, body and breath through gentle vinyasa yoga postures and breathing exercises. This is a class for beginners and those who want a subtle approach to yoga. Bring a mat and wear comfortable clothing. Instructor: Angela Frey. Min. 8 Max. 20

Early Bird Registration - \$5 off Member Rate

Register by the fifth of each month for select classes beginning the following month (i.e. April 5, for May classes).

Water Aerobics



Everyone is welcome, whether you are looking for cross training, injury rehab, prenatal or postnatal exercise, arthritic-fibromyalgia or multiple sclerosis friendly activities. Enjoy the benefits of this aerobic work-out that uses the resistance of water to increase cardiovascular endurance and burns calories by working both large and small muscle groups without putting extra pressure on joints. Stretching and relaxation exercises are also included to tone, strengthen and increase flexibility. Swimming is not a required skill to participate. Instructor: Tanya Baker Min. 8 Max. 20. Drop-In fee \$8 per class, payable to lifeguard/instructor on duty at Highview pool.

Mat Pilates



This is a highly effective conditioning method that works your "power-house" muscles. Beginners are welcome; this class will include modifications for intermediate participants. Core strength is an essential part of maintaining our posture, balance, and a healthy whole body function. Pilates help to realign the spine to decrease tension or body aches, increase flexibility and strengthen the body from the inside out. Pilates was initially developed to be used primarily on the mat. Bring your own mat, towel and water. Instructor: LeVon Garret. Min. 8 Max. 20

Restorative Blend Yoga



Relax and restore with a gentle healing form of Hatha yoga that is practiced with props to provide a supportive environment for total relaxation. Let stress and tension melt away and connect with a deep sense of peace. Five to six long-held, gentle and relaxing poses are practiced per class; creating physiological responses which are beneficial to your health and can reduce the effects of stress-related illness. The class is slow, deeply nurturing and suitable for all ages – particularly those with chronic pain, injury, fatigue, or limitations. Instructor: Angela Frey/ Stephanie Mauceri. Min. 8 Max. 20





2016 Fall Group Fitness Schedule

Symbols represent complimentary classes: Silver&Fit Silver&Fit Health Wave SilverSneakers

Drop-In Fees
\$8-\$15 per class

Fees
M=Member.....S=Standard.....D=Drop-In

Mon/Wed

Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
6:05-7:05 am	TNT Tone and Tighten	Sept. 12 - Oct. 3 (7) Oct. 10 - Oct. 31 (7) Nov. 7 - Nov. 30 (7) No Nov. 23	LeVon Garret	\$61/71/\$12 (7)	14003 14004 14005	Gym
5:30 -6:30 pm New Time	SilverSneakers Classic	Sept. 12 - Oct. 3 (7) Oct. 10 - Oct. 31 (7) Nov. 7 - Nov. 30 (7) No Nov. 23	LeVon Garret	\$52/62/\$10 (7)	14008 14009 14010	Gym
7:15-8:15 pm	Water Aerobics	Nov. 14 - Dec. 14 (8) No Nov. 21, 23	Tanya Baker	\$59/\$8	13971	Highview

Tues/Thurs

9:00-10:15 am	Stretch & Tone	Sept. 13 - Sept. 27 (5) Oct. 4 - Oct. 25 (7) Nov. 3 - Nov. 29 (7) No Nov. 24 Dec. 6 - Dec. 27 (7)	Mag Rieckenberg	\$29/\$39/\$8 (5) \$40/\$50/\$8 (7)	14058 14061 14059 14062	Gym
4:30-5:30 pm	SilverSneakers Classic	Sept. 13 - Sept. 27 (5) Oct. 4 - Oct. 25 (7) Nov. 3 - Nov. 29 (7) No Nov. 24 Dec. 6 - Dec. 27 (7)	Robyn Roxas	\$29/39/\$10 (5) \$52/62/\$10 (7)	14014 14015 14016 14017	Gym

Monday

9:45-10:45 am	SilverSneakers Circuit Training	Sept. 12 - Oct. 24 (7) Nov. 7 - Dec 19 (7)	Angie Otto	\$61/\$71/\$12	14032 14033	Studio
2:00-2:45 pm	Beginner Yoga	Sept. 12 - Oct. 24 (7) Nov. 7 - Dec 19 (7)	Angela Frey	\$61/\$71/\$12	14070 14071	Studio
3:00-3:45 pm	Restorative Blend Yoga	Sept. 12 - Oct. 24 (7) Nov. 7 - Dec 19 (7)	Angela Frey	\$61/\$71/\$12	14079 14080	Studio
6:00-7:00 pm	Fit Lab Straight Up Strength	Sept. 12 - Oct. 24 (7) Nov. 7 - Dec 19 (7)	Robyn Roxas	\$68/\$78/\$15	14063 14064	Fitness Center

Tuesday

7:15-8:15 am	SilverSneakers Sunrise Yoga	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	Brad Loken	\$52/\$62/\$10	14038 14039	Studio
4:30-5:15 pm	Express Boxing	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	Marie LePage	\$61/\$71/\$12	14043 14044	Studio
5:30-6:15 pm	Express - Core	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	LeVon Garret	\$41/\$51/\$12	14046 14047	Studio
6:15-7:15 pm	Mat Pilates	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	LeVon Garret	\$68/\$78/\$15	14049 14051	Studio
6:00-7:00 pm	Zumba	Sept. 13 - Oct. 25 (7) Nov. 8 - Dec 20 (7)	Robyn Roxas	\$52/\$62/\$12	14022 14023	Gym
7:45-8:45 pm	Water Aerobics	Sept. 13 - Nov. 8 (8) No Oct. 11	Tanya Baker	\$59/\$8	13967	Highview

Wednesday

Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
9:00-10:15 am	Tai Chi Chih 	Sept.14-Oct. 19 (6) Beginner Nov 2-Nov 23 (4) Tune Up	Sharon Sloper	\$59/\$69 (6) \$41/\$51 (4)	14066 14068	Studio
4:30-5:45 pm	Tai Chi Chih 	Sept.14-Oct. 19 (6) Beginner Nov 2-Nov 23 (4) Tune Up	Sharon Sloper	\$59/\$69 (6) \$41/\$51 (4)	14067 14069	216
4:45-5:45 pm	Beginner Yoga 	Sept. 14 - Oct. 26 (7) Nov. 9 - Dec.28 (7) No Nov. 23	Angela Frey	\$61/\$71/\$12 (7)	14073 14074	Studio
6:00-6:45 pm	Restorative Blend Yoga 	Sept. 14 - Oct. 26 (7) Nov. 9 - Dec.28 (7) No Nov. 23	Angela Frey	\$61/\$71/\$12 (7)	14083 14084	Studio
7:00-8:00 pm	Zumba 	Sept. 14 - Oct. 26 (7) Nov. 9 - Dec.28 (7) No Nov. 23	Norah O'Shaughnessy	\$52/\$62/\$12 (7)	14027 14024	Gym
7:30-8:30 pm	Boot Camp 	Sept. 14 - Oct. 26 (7) Nov. 9 - Dec.28 (7) No Nov. 23	Angie Otto	\$61/\$71/\$12 (7)	14035 14036	Studio

Thursday

5:30-6:30 pm	TNT Tone & Tighten 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	LeVon Garret	\$61/\$71/\$12 (7) \$53/\$63/\$12 (6)	14000 14001	Studio
5:45-6:45 pm	HIIT (High Intensity Interval Training) 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	Robyn Roxas	\$78/\$88/\$12 (7) \$68/78/\$12 (6)	14055 14056	Fitness Center
3:30-4:25 pm	Gentle Yoga 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	Stephanie Maurceri	\$61/\$71/\$12 (7) \$53/63/\$12 (6)	14076 14077	Studio
4:30-5:20 pm	Restorative Blend Yoga 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	Stephanie Maurceri	\$61/\$71/\$12 (7) \$53/63/\$12 (6)	14085 14806	Studio
6:30-7:30 pm	Mat Pilates 	Sept. 15 - Oct. 27 (7) Nov. 10 - Dec 22 (6) No Nov. 24	LeVon Garret	\$68/\$78/\$12 (7) \$58/68/\$12 (6)	14053 14054	Studio
7:45-8:45 pm	Water Aerobics 	Sept. 15-Nov. 10 (8) No Oct. 13	Tanya Baker	\$59/\$8	13968	Highview

Friday

4:30-5:30 pm	Triple Threat (TRX, KettleBell, Battle Ropes) 	Sept. 16 - Oct. 28 (7) Nov. 11 - Dec.16 (5) No Nov. 25	Robyn Roxas	\$68/\$78/\$15 (7) \$49/\$59/\$15 (6)	14028 14030	Studio
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Saturday

9:30-10:30 am	PiYo 	Sept. 17 - Oct. 22 (6) Nov. 5 - Dec.17 (7)	Colleen O'Neil	\$59/\$69/\$12 (6) \$68/\$78/\$12 (7)	14019 14020	Studio
8:30-9:30 am	Water Aerobics 	Sept. 10-Nov. 15 (8) No Oct. 15, 29 Nov. 12-Dec. 10 (5)	Tanya Baker	\$59/\$8 (8) \$39/\$8 (5)	13969 13970	Highview

Sunday

5:00-6:00 pm	Zumba 	Sept. 18 - Oct. 30 (7) Nov. 6 - Dec.18 (7)	Marie LePage	\$53/\$63/\$12	14025 14026	Gym
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PERSONAL TRAINING

Is Your Workout Routine Starting To Fizzle?

Let A Personal Trainer Add Sizzle!

Our personal trainers will help you set goals and customize your cardiovascular and weight training workout.

Personal Training Services

- Appointments only, choose your trainer and call directly
- Prepayment, health form and registration required
- 1,2,3,5 session packages, orientations and body compositions expire in 6 months from date of purchase
- 6,12,13 session packages expire in 12 months from date of purchase
- Services are non-refundable and non-transferable
- For rescheduled or missed appointments, 24 hour prior notification to trainer is required or you will be charged for the session

Personal Trainer Fit Tip Days

New Brighton Community Center invites you to meet our Certified Personal Trainers who will be on the floor of the fitness center to offer fitness tips, machine demos and answer your questions. The trainer will enlighten you on an active and varied workout routine for your maximum health benefit. Receive 10% off one personal training service, group fitness class registration or \$20 off the monthly or annual membership enrollment. Not valid with other discounts or specials. Details are described in the personal training brochure, available at the Guest Service desk. Call Guest Services at 651-638-2130 for available dates and times.

Fitness Center (South-East Entrance)
Various Dates & Times Ages 12 and up
FREE



Jeanne Minder

952-907-0669

Jeanne Minder is a Certified Personal Trainer through American Council on Exercise (ACE) with field experience since 1989. She is also a Certified Coach and World Class Athlete, having raced for the US Triathlon Team All-American Triathlete, ranking in 26 Marathons including the Boston Marathon two times and six Ironman

Triathlons, including the Hawaii Ironman Triathlon three times. **She earned a gold medal in the Sr. Games Triathlon for the state of Minnesota in 2015, and was inducted into the hall of fame for triathlons in 2016.**

Jeanne holds a BA Degree in Physical Education from the University of Minnesota and has background in program implementation in many diverse areas including CEC'S in: strength training, exercise for special populations, women's exercise, older adults and seniors, biomechanics for upper and lower body, medical issues such as metabolism, heart disease, blood pressure, and arthritis.



Brad Loken

612-201-0450

Brad Loken is a Certified Personal Trainer through American Council on Exercise (ACE) and the newest member to the New Brighton Fitness Crew. Brad began his fitness hobby in 2005 when he weighed in at 240 lbs. Knowing his health was on the wrong path he began walking, jogging and riding his bike. Soon Brad was running 5k's and eventually the Twin Cities Marathon. He

also discovered bodybuilding which solidified his passion for fitness. Fast forward 10 years and his passion has grown so much that became certified, and what was once a hobby is now a career!

Brad mostly enjoys spending his free time with his wife, and two beautiful children. He is also passionate about cooking, the outdoors, and absolutely loves dogs. Brad also spends his time training for CrossFit competition events held locally throughout the state. To keep current on new fitness trends he attends local seminars on bodybuilding, Olympic Weight Lifting, and Yoga. In early October every year you can find Brad on course of the Twin Cities Marathon volunteering as a Course Marshall, unless he's running it with his wife. He is very excited to be a part of the New Brighton Fitness community and looks to bring energetic, fun, and welcoming brand to the Community Center.



Regular fitness activity increases bone mass, bone and muscle strength, and improves the structure and function of connective tissues. Did you know New Brighton Parks and Recreation has personal trainers that will help you plan a regular fitness program to help you improve and maintain a healthy body?

TRAINING PACKAGES

30 Minute Time Saver Personal Training Sessions:

\$37 1 session
(30 minutes of Personal Training)

\$65 2 sessions
(1 hr, about \$32 per session)

\$160 6 sessions
(3 hrs, about \$26 per session)

\$309 13 sessions
(6.5 hrs, about \$23 per session)

1 Hour Personal Training:

For starters, tune ups and tracking

\$167 3 sessions
(3 hrs, about \$55 per hour)

\$272 5 sessions
(5 hrs, about \$54 per hour)

1.5 Hour Personal Training Sessions:

For starters, tune ups and tracking

\$109 1 session
(1.5 hrs)

\$206 2 sessions
(3 hrs, about \$68 per hour)

\$566 6 sessions
(9 hrs, about \$62 per hour)

\$792 12 sessions
(18 hrs, about \$44 per hour)

Personal Training Specials

Take advantage of the following monthly personal training specials. Visit a trainer during a 30 minute mini session time on a "Fit Tip Day" and receive a 10% off coupon for future personal training services. Fit Tip coupons are not valid on the offers below or other discounts. Offers and must be used within 5 days of attending the Fit Tip Day. A "Fit Tip Day" schedule is available at Guest Services.

September

Basic Orientation

50% off with Annual Membership purchase.

Trainer 12 Pack

Partners or pals keep motivated with a family or friend work out partner by splitting or sharing the guide of a personal trainer. Purchase a 12 pack of personal training and receive a complimentary session (\$109 savings).

Group Training \$40 each person:

20% off 2-4 people, 50% off 5-8 people
– Fitness is better together and great as a gift.

November

Basic Orientation

50% off with Annual Membership purchase.

Trainer 12 Pack

Partners or pals keep motivated with a family or friend work out partner by splitting or sharing the guide of a personal trainer. Purchase a 12 pack of personal training and receive a complimentary session (\$109 savings).

Group Training \$40 each person:

20% off 2-4 people, 50% off 5-8 people
– Fitness is better together and great as a gift.

October

Enjoy a two for one Body Composition (\$31 savings).

Trainer 6 Pack

Purchase a package of six 1.5 hour sessions and receive a complimentary session (\$109 savings).

Fitness Friends

Bring in a friend and enjoy a two for one Basic Orientation (\$49 savings).

December

Enjoy a two for one Body Composition (\$31 savings).

Trainer 6 Pack

Purchase a package of six 1.5 hour Personal Training sessions and receive a complimentary session (\$109 savings).

Time Saver Training

Purchase a package of thirteen 30 minute sessions at 10% off.

Total Composition

Purchase a 3 pack of 1 hour start up training sessions and receive a complimentary body composition (\$31 savings).



Body Composition

A body composition refers to the relative amount of body fat, lean weight and inches. This is a fabulous motivator and health maintenance tool.

- Approximately one half hour
- \$31 per person

Refresher Fitness Orientation

Review your fitness orientation plan and equipment techniques to get you back on track for a six pack. Youth or adults can take advantage of this refresher course to remind, renew or just use the tools from a past orientation.

- Approximately one hour
- \$39 per person
- After completion, receive \$10 off your next personal training package if purchased at the orientation appointment (not valid with other discounts)

Balance Training: Knee Strengthening

Have you noticed that your balance is not as good as it used to be? Have your knees gotten weaker and ache from arthritic pain or surgery? This is the session for you! Jeanne Minder will teach you 10-12 exercises to help remedy these issues and get you moving freely and strong again. These exercises can be done in the fitness center or at your home.

- Approximately one hour. Call to set up appointment at 952-907-0669
- \$46 per person

Basic Fitness Orientation

Learn proper fitness equipment techniques for a safe and effective workout appropriate for your goals.

- Approximately one hour
- \$49 per person

Group Orientation

Youth or adults sign up with our trainers for a time that meets your schedule and you will be placed in groups with a minimum of two and maximum of six. No refunds or make up times allowed for missed sessions. Take advantage of a low rate and a supportive team atmosphere to learn goal setting, nutrition tips, cardio and strength machine set up, adjustments and complete a personal workout tracking card.

- Approximately one hour
- \$20 per person

Youth Fitness Orientation

The New Brighton Community Center requires youth ages 12-17 to take a one hour Youth Fitness Orientation for your health and safety before activating your fitness center access. This is a great opportunity to learn goal setting, cardio workouts, proper set up and form for safety in strength training. After the orientation is complete, you will have permission to use the workout equipment explained in the orientation including a brief introduction to free weight training and leg press. Once completed, the trainer will alert Guest Services to grant membership access, indicated with a special wristband. Please note: Cable Crossover, Chin Dip, on request only, Smith Machine is not recommended. More extensive free weight training workshops or clinics may be purchased for continued in depth or personalized programs. After this orientation you will receive a 10% off discount to enroll in a health coach session, weight training workshop or one-on-one clinic within five days of the completion of the orientation.

- Approximately one hour
- \$49 per person
- After completion, the trainer will validate your membership at Guest Services





Holy Macros Challenge

What should I do to fuel my body, get lean and be healthy? Learn how to track your intake and workouts in My Fitness Pal, submit your macros and completion of weekly Personal Trainer designed exercises to be entered for prizes. Macronutrients are the structural and energy-giving caloric components of our foods that most of us are familiar with. They include carbohydrates, fats and proteins. Generally at each meal or snack you should maintain a balance of 40% carbs 40% protein 30% fat to balance your glycemic index and turn your body into a lean fat burning machine. Switch to eating high-quality, natural foods from the earth. Skip the stuff that comes in packages that can sit in your pantry for months and not spoil. Eat lots of quality fresh fruits, veggies, nuts, seeds and meat. Focus on eating healthfully-raised animals like grass-fed cows and free range chickens. Contact Brad Loken 612-201-0450 to set up an appointment for a weigh-in within the designated dates. Min. 2, Max. 10

If you need additional help with maintaining your holiday weight through a cardio or weight program and food log reviews or nutrition consult, enjoy our ½ hour, 1 hour, or 1.5 hour training sessions.

New Brighton Community Center
Fitness Center
Kickoff
Monday, November 14.....5:00-6:00 pm
Weigh-In between November 14-20, 2016
Weight-Out between January 2-8, 2017
#14094
Member \$55/ Standard \$65

Holiday Weight Challenge

Between parties, family dinners, cookie baking and candy making, there's plenty of temptation to abandon healthy eating and exercise. Keeping tab on your weight during the holidays will help keep you on track and keep your waist-line from expanding. Maintain or drop your weight (within 2 lbs) during the holidays and members receive a fitness t-shirt or headband and two free passes. Non-Members receive a t-shirt and a 10 consecutive day Fitness Center pass, admin fees will be waived if you join before the 10 day pass expires. If you manage to complete an indoor Ironman Triathlon (Swim 2.4 miles, Bike 112 miles, Run 26.2 miles) within this time you will receive a t-shirt (while supplies last). To be eligible for prizes, contact Jeanne Minder at 952-907-0669 or Brad Loken 612-201-0450 to set up an appointment for a triathlon log sheet and weigh-in within the designated dates.

If you need additional help with maintaining your holiday weight through a cardio or weight program and food log reviews or nutrition consult, enjoy our ½ hour, 1 hour, or 1.5 hour training sessions.

Fitness Center
Weigh-In between November 14-20, 2016
Weight-Out between January 2-8, 2017
#14093.....Member \$15/
Standard \$25

Health & Fitness Expo *12th Annual*

Vendors & speakers wanted, registration is open August 1, 2016 first come first serve.
Registration Deadline: September 30 for Sponsors and October 31 for vendors.
Basic \$65 per vendor (\$55 before September 16, 2016)
Select \$245 per vendor (\$225 before September 16, 2016)
Contact 651-638-2143
Patrice.Atkinson@newbrightonmn.gov

For 12 years, people have enjoyed the opportunity to explore new health and fitness options starting with New Brighton Parks and Recreation providing over 40 booths of expert advice on health and fitness. Perform a few movements at the trial group fitness classes, and meet the instructors. A Personal Trainer will be available in the fitness center with coupons, training tips, and to answer questions. Other exhibitors will include massage therapists, healthy foods & supplements, chiropractors and wellness leaders. Enjoy free access to the NBCC Fitness Center; membership discounts, wellness assessments, Eagles Nest Indoor Playground coupons and more fun freebies. .

Free group fitness trial classes
Free personal trainer advice
Free refreshments & prizes
Products available for purchase

Gymnasium
Saturday, January 7, 2017
9:30 am-1:30 pm
Free Admission

10,000 Reasons To Learn To Swim!

The City of New Brighton, Parks & Recreation Department provides local complete instructional and recreational swimming under American Red Cross Guidelines for youth and adults. Here are a few reasons to learn this lifetime skill:

- Minnesota Department of Health ranks drowning as the second leading cause of unintentional injury or death for children ages 1 to 19.
- American Heart Association states that swimming is especially beneficial when done regularly.
- This program is right in your neighborhood year round.
- The program has highly trained American Red Cross Certified staff to help you and your families learn how to reach your swimming goals and be safe in and around the water.
- Begin a new fitness routine or competitive challenge.
- Actively play with your friends or children in the water.

Highview Middle School Pool 2300 7th St NW

Daily Rates

\$2..... Youth/Seniors/Student
 \$3..... Adult
 \$10..... Family

Daily fees are collected at the pool. Show a valid student ID and receive the student rate. Please bring small bills.

AM Lap Swim - One designated lane (25 yard lane)

Saturday Sept. 10-Nov. 5 8:30 am-2:00 pm
 Saturday Nov. 12-Dec. 10 8:30 am-1:45 pm

PM Lap Swim - One designated lane (25 yard lane)

Tuesday Sept. 13-Nov. 8 5:30 pm-8:45 pm
 Thursday Sept. 15-Nov. 10 5:30 pm-8:30 pm
 Mon. & Wed. Nov 14-Dec. 14 5:30 pm-8:00 pm

Open Swim

Saturday Sept. 10-Nov. 5 12:15 pm-1:45 pm
 Saturday Nov. 12-Dec. 10 12:15 pm-1:45 pm

Open Swim: Children under age seven must be accompanied by an adult in the water at arms reach.

Pool Closed

Aug.18-Sept.10

See group fitness or swim lesson section for Water Aerobics class schedules and fees. Swimming is not a required skill to participate. Drop-In fee \$8 per class, payable to lifeguard on duty at Highview pool.

Pool Passes

School Year Pass	Resident & NBCC Members	Standard
Adult	\$52	\$69
Youth/Senior	\$52	\$62
Family	\$126	\$166

Annual Pass	Resident & NBCC Members	Standard
Adult	\$82	\$96
Youth/Senior	\$72	\$82
Family	\$116	\$156

Annual passes can be purchased any time and are valid for one year from the date of purchase.

Health Wave Membership

Check out our Health Wave membership that includes access to Highview Middle School Pool, New Brighton Community Center (NBCC) Fitness facilities, gymnasium, group fitness classes, including water aerobics and the Eagles Nest Indoor Playground. See page 4 for more information.

Health Wave	Monthly	Annual
Single	\$42.69	\$445.43
Family	\$66.42	\$693.01

Family is defined as up to two adults and their dependent children living in the same household.

SWIMMING

New Brighton Parks & Recreation swim program affiliated with American Red Cross is designed to make learning easier and to help you benefit from the latest research on instructional and stroke techniques. Please read class descriptions carefully to properly place your child in the appropriate level.

Lesson Participants

- **Make-ups or special arrangements are not provided for participants missed lessons.**
- If the pool is closed unexpectedly, you will be notified as soon as possible and alternatives will be provided.
- Refunds will not be given on cancellations made outside our policy guidelines on page 47.
- Please read class descriptions carefully to properly place your child in the appropriate level.
- Please remove street shoes before entering the pool area.
- Participants may enter the pool area and be seated on the bench until called by the instructor – please help children stay off the railing.
- Parents and visitors must remain in the observation area during class.
- Please use the restrooms before class.
- All swimmers must fully shower before class and after class.

LEVEL 1 - \$72

Ages 4-7 years

This class is for children who are comfortable in the water as they develop independence. Skills include underwater exploration, floating and gliding independently, beginner strokes on front and back using arm and kicking with minimal support, entries and use a life jacket. Prerequisites: Puddle Jumpers skills.

LEVEL 3 - \$72

This class emphasizes endurance and improving stroke proficiency. Skills include front crawl, back crawl, and elementary backstroke, jumping and diving into deep water, treading water, submerge and retrieve an object and more. This level works towards swimming 25 yards. Prerequisite: Level 2 skills.

LEVEL 5 - \$72

This class focuses on the refinement of strokes and building more endurance as they work towards swimming 100 yards. New skills include diving, surface dives, flip turns, survival swimming and more. Prerequisite: Level 4 skills.

Consider the Water Safety Instructor Aide/Lifeguard Preparation Training apprentice course for youth leaders age 12 or older who have completed Level 5 or its equivalent.

Swim Lesson levels 3-6 not meeting a minimum of five participants will become a 30 minute semi-private at no extra charge and will not be cancelled.

LEVEL 2 - \$72

Swimmers will build independence in the water. Skills include floats, front and back glides, swim 15 feet on front and back, rhythmic breathing, submerge and retrieve an object, tread water using arm and leg motions, swim using a life jacket and more. Prerequisite: completed Level 1 skills.

LEVEL 4 - \$72

This class focuses on refining of front crawl, back crawl, and elementary backstroke. Breast stroke, side stroke, and butterfly are introduced along with a variety of other skills. This level also builds endurance to swim 50 yards. Prerequisite: Level 3 skills.

LEVEL 6 - Competitive Fitness \$72

Students develop fitness habits, polish strokes to swim with more ease, efficiency and power over greater distances for competitive strength. A great introduction into the Water Safety Instructor Aid program. Participant will work on fitness training, flip turns, and more while building swim endurance and strength. Swimmers will be able to swim 500 yards continuously. Prerequisite: Level 5 skills.

Swim Badges

A badge system is used to provide additional opportunities to recognize and reward achievement outside of the levels. Badges are listed on the end of session report card and can be shared to social media with the Red Cross Swim App.



LESSONS

Parent & Child - \$72

Ages 6 months-5 years

Enjoy working with your child to build swimming readiness by emphasizing fun and safety in the water. Snug fitting plastic pants required or "HUGGIES little swimmers". This program is for children with little or no water experience and might be reluctant to enter the water. Children will be exposed to basic water adjustment and skills while adults learn important water safety techniques. Skills include water entry, bubble blowing, kicking, floating and more. Children must be accompanied in the water by an adult in each class more than one adult can participate in the water with the child.

Mini-Swimmers - \$72

Ages 3-4 years

This class is about introducing participants to the pool and swimming lessons in a fun, safe environment. Students are introduced to underwater exploration, bubble blowing, floating with support, kicking, proper entry and use of a life jacket. Children must be toilet trained. Adults do not accompany children in the water or deck side.

Puddle Jumpers - \$72

Ages 3-5 years

Children will grow basic swimming skills working to gain confidence and independence in the water. Skills include kicking, underwater exploration, bubble blowing, floating, arm and leg movements for beginner strokes, proper entries and use a life jacket. Children must be toilet trained. Adults do not accompany children in the water or deck side.

Adult Lessons

Whether you would like to begin a new fitness routine or actively play with your friends or children in the water, this class is designed for people who would like to learn proper swimming strokes, ease anxiety around the water and increase their swimming skills. Instructors work with participants' individual needs and participants work at their own pace.

Specialized Swim Instruction

Our specialized swim instruction is intended to provide a safe and inclusive learning environment for students with mild disabilities. While students follow the outlines from the swim levels, modifications are made to strokes and skills as necessary. Instruction geared toward fitness and conditioning is also available. Please call 651-638-2143 to discuss any special needs.



Find us on Facebook

Share your photos, accomplishments and swim badges with us! #NBPRSWIM

Semi Private - \$87

Family and friends now have a great way to take a swimming lesson at the same time whether they are a beginning to swim at 3 years old or swimming at a level 6. More individualized attention will be given to students as they learn skills and strokes with confidence. Participants are split up according to ability during the first class. Students may progress at their own rate working toward the next level. Please inform the instructor of any skills that need specific attention and note the skill level of the participant at the time of registration. Ratio: 4 students to 1 instructor.

Private Lessons

Customized personal instruction for young students and adult swimmers wanting to learn or refine swimming skills and strokes at a beginner, fitness, or competition level. Lessons are open to people of all ages and abilities, including participants with special needs. Based on the current session instructor/pool availability, we pre-arrange times to fit your schedule. For more information and registration call 651-638-2136.

Highview Pool

#13921 \$224
Eight 30-minute lessons = 240 minutes

#13922 \$180
Six 30-minute lessons = 180 minutes

#13923 \$99
Three 30-minute lessons = 90 minutes

Fall Swimming Lessons

Session 1 - 8 Weeks

Highview Middle School Pool

Tuesday, September 13-November 8
No class Oct. 11

One Lap Lane	5:30 pm-8:30 pm	
Parent & Child	5:30 pm-6:00 pm	13924
Mini Swimmer	5:30 pm-6:00 pm	13930
Puddle Jumper	5:30 pm-6:00 pm	13932
Level 1	6:05 pm-6:35 pm	13938
Level 2	6:05 pm-6:35 pm	13942
Level 3	6:05 pm-6:35 pm	13946
Semi Private	6:40 pm-7:10 pm	13957
Semi Private	7:15 pm-7:45 pm	13958
Level 6	7:45 pm-8:15 pm	13954
Adult	7:45 pm-8:45 pm	13936
Water Aerobics	7:45 pm-8:45 pm	13967

Session 2 - 8 Weeks

Highview Middle School Pool

Thursday, September 15-November 10
No class Oct. 13

One Lap Lane	5:30 pm-8:30 pm	
Parent & Child	5:30 pm-6:00 pm	13925
Mini Swimmer	5:30 pm-6:00 pm	13928
Puddle Jumper	5:30 pm-6:00 pm	13933
Level 1	6:05 pm-6:35 pm	13939
Level 2	6:05 pm-6:35 pm	13943
Level 3	6:05 pm-6:35 pm	13947
Semi Private	6:40 pm-7:10 pm	13959
Level 4	7:15 pm-7:45 pm	13950
Level 5	7:15 pm-7:45 pm	13952
Level 6	7:15 pm-7:45 pm	13955
Adult	7:45 pm-8:45 pm	13937
Water Aerobics	7:45 pm-8:45 pm	13968

Session 3 - 8 Weeks

Highview Middle School Pool

Saturday, September 10-November 5
No class Oct. 15

One Lap Lane	8:30 am-1:30 pm	
Water Aerobics	8:30 am-9:30 am	13969
Parent & Child	9:30 am-10:00 am	13926
Mini Swimmer	9:30 am-10:00 am	13929
Puddle Jumper	9:30 am-10:00 am	13934
Level 1	10:05 am-10:35 am	13940
Level 2	10:05 am-10:35 am	13944
Level 3	10:05 am-10:35 am	13948
Semi-Private	10:40 am-11:10 am	13960
Level 4	11:15 am-12:00 pm	13951
Level 5	11:15 am-12:00 pm	13953
Level 6	11:15 am-12:00 pm	13956
Semi-Private	12:05 pm-12:35 pm	13961
Open Swim	12:45 pm-2:00 pm	

Session 4 - 5 weeks

50 min Lessons (10 additional session minutes, free)

Highview Middle School

Saturday, November 12-December 10

One Lap Lane	8:30 am-1:45 pm	
Water Aerobics	8:30 am-9:30 am	13970
Semi Private	9:30 am-10:20 am	13962
Semi Private	10:25 am-11:15 am	13963
Semi Private	11:20 am-12:10 pm	13964
Open Swim	12:15 pm-1:45 pm	

Session 5 - 4 weeks

Highview Middle School

Monday & Wednesday, November 14-December 14
No class Nov. 21, 23

One Lap Lane	5:30 pm-8:30 pm	
Semi Private	5:30 pm-6:00 pm	13965
Parent & Child	6:05 pm-6:35 pm	13927
Mini Swimmer	6:05 pm-6:35 pm	13931
Puddle Jumper	6:05 pm-6:35 pm	13935
Level 1	6:40 pm-7:10 pm	13941
Level 2	6:40 pm-7:10 pm	13945
Level 3	6:40 pm-7:10 pm	13949
Semi Private	7:15 pm-7:45 pm	13966
Water Aerobics	7:15 pm-8:15 pm	13971



Water Safety Instructor Training Blended Learning

Students must be 16 years of age by the last day of class. This course trains instructor candidates to teach the American Red Cross Learn to Swim and other water safety programs. Prerequisites: On the first day, you must be able to pass a swimming stroke test. Attendance is mandatory to all class sessions. Be prepared to be both in and out of the water each day of class. Students must complete the online portion of the course (7-9 hours total) in addition to participating in the classroom, and water skill sessions. Once registered, information for accessing the online course will be emailed to the student, your email is required. There is an additional fee of \$35 paid directly to the Red Cross for the online portion. Please bring: verification of birth date, swimsuit, towel, writing utensil, paper, water bottle, bag lunch, and snacks.

Highview Middle School Pool and Classroom

Thursday-Saturday.....Oct. 20-22
8:30 am-5:30 pm
#13995.....\$290
(Registration Deadline Oct. 2)

Splash Party Pool Rentals

Make a splash with your party and reserve exclusive pool time at Highview Middle School pool! A great birthday party idea for youth ages 7 and older. Adult supervision is required. Additional lifeguards required for 30+ guests. Inquire about our large inflatable animal floats, games and activities that will make your party unforgettable! Reservations must be made in advance with a \$25 non-refundable deposit to secure your reservation. For rental information and reservations visit www.newbrightonmn.gov/parks or call 651-638-2143.

Highview Middle School Pool
5 lane lap pool - 3ft to 9ft deep
\$172 (2 lifeguards, pool toys, 1.5 hour pool time) \$45 add 30 minutes.

Have A Splash At Work!

Do you like the water, want to work with kids, make extra money and gain valuable work experience? Are you certified in or interested in becoming a Water Safety Instructor, Instructor Aide, or Lifeguard? Great pay, flexible hours and on-going training.



Swimming can be done for fun or competition and it is helpful in survival. Did you know enrolling in New Brighton Parks and Recreation's swimming lessons will provide the opportunity to improve your swimming skills for any of these reasons?

Brightwood Hills

1975 Silver Lake Road, New Brighton, MN 55112
Tee Times & Information 651-638-2150



Brightwood Hills, which opened in 1969, offers a 1538-yard, par 30 executive golf course located among residences in the heart of New Brighton. Mature trees, well-maintained flower beds, raised greens and water hazards provide a beauty-filled and challenging environment for all golfers. Exciting and fun golf leagues are available for juniors, men, women and seniors.

Need help with your game? Individual and group lessons, given at our six station practice area and on our two putting greens, are available for golfers of all ages and abilities. Brightwood Hills is also a great place for businesses and other groups to hold events and/or leagues of their own. Contact Ken 651-638-2151 for additional information.

2016 Rates

Adults	\$15
Seniors (62+)	\$13
Juniors (17-)	\$12
Fall Rates (Begins Oct. 1)	\$11
Play All Day (After Labor Day)	\$22
Golf Car	\$16
Pull Cart	\$3
Club Rental	\$5

Golf Passes

5 Round	\$62.50
10 Round	\$132

Golf Season Memberships

All memberships include unlimited range use

Individual	\$375
Each additional family member	\$250
Junior Membership (17 and under)	\$125

Practice Range

Small Bucket (35 balls)	\$3
Large Bucket (70 balls)	\$5

Brightwood Hills Clubhouse Rental

The clubhouse is available to rent for gatherings, events, business meetings and more from November 1–March 15. Contact 651-638-2138 for rental information.

Gift Certificates

Gift certificates in any amount are available to purchase at Brightwood Hills Golf Course. Five and Ten Round Punch Cards make great gifts for the golfer(s) in your family.

Group Outings

Plan your next group outing and picnic at the golf course. Play a round of golf in any format that is comfortable for your group and enjoy the use of the clubhouse patio or picnic pavilion afterwards. All group sizes are welcome.

Birdies and Beverages



Brightwood Hills will host all women's golf clinics from 5:30pm – 6:30 pm on selected Tuesday nights. The focus of these clinics is to work from the green backwards to the tee, for the full swing. After each clinic, we invite the participants into the clubhouse to enjoy a beverage and snacks. Sign up for one, a couple or all four clinics. min. 2 – max. 8

Tuesday 5:30 pm – 6:30 pm
\$20 Per Clinic

- #13996..... Tuesday August 2
- #13997..... Tuesday August 9
- #13998..... Tuesday August 23
- #13999..... Tuesday August 30

Arctic Open



Enjoy a late season golf tournament open to everyone. The nine hole scramble will be followed by a chili cook out in the clubhouse. Prizes, beverages and fun for everyone. Pick up a registration form at the Brightwood Hills clubhouse. Entry fee is \$20 per player or \$80 per team.

October 8 1:00 pm Shot gun start



The longest recorded drive on an ordinary course was 515 yards by Michael Hoke Austin in the US National Seniors Open Championship on September 25, 1974. Did you know you do not need to be a long hitter to play well at Brightwood Hills? The longest hole at the course is hole #1 which measures 257 yards.



Brightwood Hills
46th Annual
Junior Golf Tournament
Monday, August 8
10:15 am–5:00 pm

Brightwood Hills Annual Junior Golf Tournament is a fun day of golf, games and great food! This 18 hole tournament is open to boys and girls in two age divisions: 11 and under, and 12-15 years old. Each age division will be paired into foursomes based on the first round scores; for the second round of the tournament. The top three finishers from each division will receive a trophy and prize. There will also be special events for prizes on several holes during play. All golfers will also be served donuts and juice, enjoy a barbeque lunch and receive tee prizes for participating. Sign-up today to be part of all the excitement. Pre-registration is required.

#13482.....\$39

Fall After School Golf Leagues

Here is a great opportunity for golf after school. Join our after school league for boys and girls of all skill levels. The opportunity to play allows the kids to become comfortable in the golf course environment. In addition to the golf, an after school snack and drink are provided. Van transportation will be provided only from Highview Middle School and Bel Air Elementary School. Students from Edgewood Middle School, Sunnyside Elementary and Valentine Hills Elementary are welcome to participate in the program, but will need to have their own transportation to the golf course. Parents will need to arrange transportation home and sign out your child from Brightwood Hills. If you do not need the transportation to the golf course there is a discounted fee. The league runs for 5 weeks. Min. 12 Max. 20.

Tuesdays, September 13 –October 11

Middle Schools..... 2:45 pm-5:15 pm
 # 13860..... \$70
 # 13860.....\$60 (No Van)

Elementary Schools.... 3:25 pm-5:45 pm
 #13861 \$70
 # 13861 \$60 (No Van)

Adult and Senior Golf Leagues

Join a golf league in 2016. Leagues are a great way to ensure that you play the game on a regular basis, enjoy the outdoors, participate in weekly events and have fun. Leagues are looking for interested individuals or groups and you don't have to be a professional to play, all skill levels are welcome. Most leagues start in May or early June and run through August. If you are interested in a league and would like to be added to the waiting list for 2016, please call Ken at 651- 638-2151 on September 1, or later and you will be contacted with more information next spring. Be sure to mention what league(s) you are interested in joining.

Monday
 Juniors _____ Men PM

Tuesday
 Women AM

Wednesday
 Ladies AM _____ Women PM

Thursday
 Ladies AM _____ Juniors _____ Couples

Friday
 Seniors

Private and semi- private golf lessons are available by appointment only. Please call Ken at 651-638-2151 for dates, times and costs.

Family Fun Golf

Back once again by popular demand is our Family Fun Golf Zone on selected dates. Come and enjoy Brightwood Hills as a family! Bring one junior golfer, 17 and under, and EVERYONE in the group plays for ONLY \$7 each! Reservations are required with this offer and please indicate Family Fun when making the tee time reservation. Tee times are available from 3 pm to dark EVERY Friday, Saturday and Sunday during the season.

Fun Day

Saturday August 27

Come on out with your family anytime during that date and have some fun at Brightwood Hills. We will play from different tees and some the holes may have multiple pin positions. Kids play for FREE! Tee time reservation required.

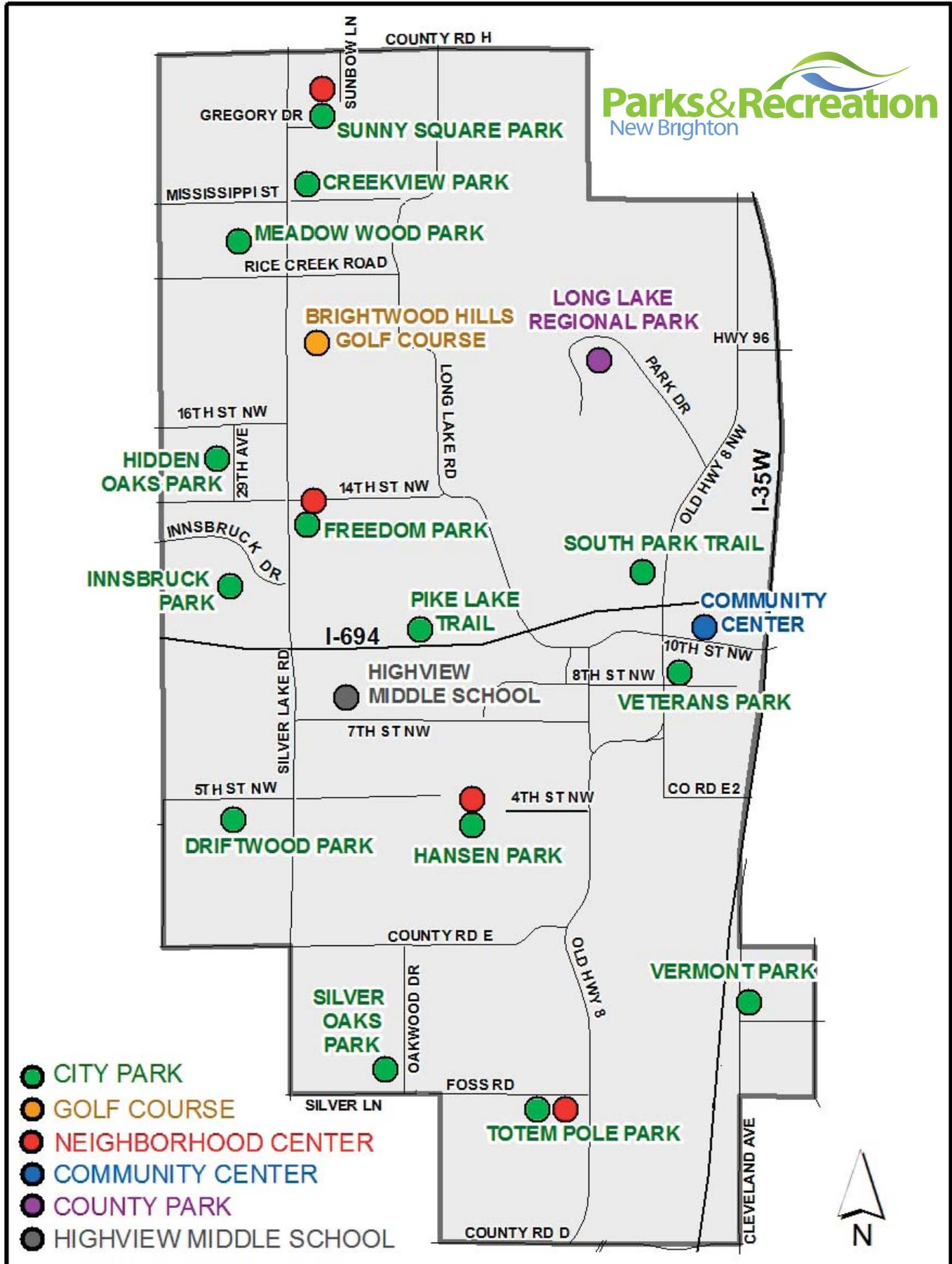
New Brighton,
**DID YOU
KNOW**

PARKS & RECREATION
Enriching Life. Inspiring Community.

In New York City, nearly half the districts have less than 1.5 acres of parkland per 1,000 residents. Did you know the City of New Brighton maintains 9.3 acres of park land per 1,000 residents?

	Neighborhood Center	Picnic Pavilion	Ball Field	Playground Equipment	Gym/Fitness Center	Tennis Courts	Pickleball Court	Basketball Court	Volleyball Court	Disc Golf	Golf Course	Skate Park/Climbing Wall	Soccer Field	Lighted Trails	Rental Indoor Facilities
Brightwood Hills 1975 Silver Lk Rd.		■									■				■
Creekview Silver Lake Rd. & Miss.															
Driftwood 2705 - 5th St. NW		■		■					■				■	■	
Community Center 400 - 10th St. NW				■	■		■	■	■						■
Freedom 2121 - 14th St. NW	■	■	■	■		■		■				■		■	■
Hansen 1555 - 5th St. NW	■	■	■	■		■	■		■	■				■	■
Hidden Oaks 1550 - 29th Ave. NW		■		■		■	■						■		
Innsbruck 1150 - 27th Ave. NW				■									■	■	
Meadow Wood 2081 - 29th Ave. NW		■		■				■	■				■	■	
Pike Lake Trail 1021 Pike Lake Dr.															
Silver Oaks 340 Oakwood Drive			■	■		■		■					■	■	
South Park Trail Northwest Parkway															
Sunny Square 2200 Sunnyside Terr.	■	■	■	■											■
Totem Pole 1111 Foss Rd.	■		■	■		■		■							■
Vermont 150 - 1st Ave. SE				■				■					■		
Veterans 803 Old Hwy 8 NW		■	■	■											

Parks & Recreation
New Brighton



New Brighton Parks & Recreation

Staff & Phone Numbers

Liz Amici-Floyd	651-638-2138
<i>Meeting and Event Coordinator</i>	
Patrice Atkinson.....	651-638-2143
<i>Recreation Supervisor</i>	
Bill Bach.....	651-638-2122
<i>Facilities Manager</i>	
Sandy Breuer.....	651-638-2126
<i>Director, Parks & Recreation</i>	
Kathy Cheney.....	651-638-2130
<i>Lead Guest Service</i>	
Jen Dorn	651-638-2127
<i>Reservation Clerk</i>	
Jason Hicks.....	651-638-2147
<i>Assistant Parks & Recreation Director</i>	
Jill Isaacs.....	651-638-2130
<i>Lead Guest Service</i>	
Ken Manthis.....	651-638-2151
<i>Golf Operations Manager</i>	
Dawn Mehsikomer.....	651-638-2125
<i>Membership Clerk</i>	
Jodelle Olson.....	651-638-2121
<i>Office Assistant</i>	
Jim Powers	651-638-2130
<i>Custodial Assistant</i>	
Naybour Somkhan.....	651-638-2130
<i>Lead Custodian</i>	
Patricia Tuma.....	651-638-2123
<i>Recreation Supervisor</i>	
Jim Veiman.....	651-775-3424
<i>Park Maintenance-Forester</i>	
Chris Wolla	651-638-2116
<i>Parks Superintendent</i>	
Lesley Young	651-638-2148
<i>Recreation Coordinator</i>	
Aquatic Activity Line	651-638-2145
Birthday Party Info (24hr)	651-638-2129
Birthdays & Groups	651-638-2127
Brightwood Hills Golf.....	651-638-2150
Cancellation Line	651-638-2141
Direction Line	651-638-2142
Facility Reservation.....	651-638-2138
Fax Number	651-638-2135
Guest Services	651-638-2130
NBCC Memberships.....	651-638-2125



According to a National Recreation and Park Association statistic, 7 out of 10 Americans go to their local park. Did you know that residents of New Brighton even better that statistic? Results from the 2015 New Brighton residential survey show that 87% of households visited a neighborhood or City park within the past year.

Our Mission

We are dedicated to delivering parks and recreation services that improve quality of life in New Brighton.

We commit to

- Improving Health
- Protecting Natural Resources
- Fostering Healthy Youth Development
- Sustaining Fiscal Responsibility
- Supporting Community Reinvestment

New Brighton Vision

To be the preferred place to live, work, and play.

PARKS, RECREATION & ENVIRONMENTAL COMMISSION

Meets 1st Wednesday each month, 6:30 pm, City Hall Council Chambers

- | | | |
|------------------------------|---------------------|-----------------|
| • Jack Brunell | • Abe McEathron | • Sandy Breuer |
| • Megan Eischen | • Adam Parker | Staff Liaison |
| • Kevin Fields | • Nick Quade | • Mary Burg |
| • Larry Justin | • Brandon Stenglein | Council Liaison |
| • Mary Kunesch-Podein, Chair | | |

Frequently Requested Numbers

City Hall.....	651-638-2100
Ramsey County/Long Lake Park	651-748-2500
Non-Emergency Dispatch	651-767-0640

NBCC Tenants

Knotworks Massage Therapy	612-516-5668
Ramsey County Library	651-724-6002
Ramsey County WIC	651-638-2083

School District #621 Numbers

Pike Lake Community Ed	651-621-7400
Food Shelf	651-621-7450
Early Childhood (ECFE).....	651-621-7420
Family Learning.....	651-621-7411
Meals on Wheels.....	651-621-7431



Register Early!

Courses fill quickly and space is limited.

How do I Register?

There are five ways to register: by mail, by Fax, by internet, in person, or by phone. Registrations will be accepted until the registration deadline or until the activity is filled. All course fees must be paid in full at the time of registration. All registrations after the class has begun are subject to program supervisor approval. We do not accept registrations at the activity locations.

New Brighton Parks and Recreation
400-10th Street NW
New Brighton, MN 55112

Program Registrations: 651-638-2130

Fax Registrations: 651-638-2135

Online Registration: www.newbrightonmn.gov

Returned Check?

A \$30 service fee will be charged for all returned checks.



**We accept Visa,
 Mastercard and
 American Express.**

Stay Connected

Email addresses are required at the time of registration to update you with program changes or information. Like us on facebook to receive up to date facility information or notices for special events.

Are Scholarships Available?

New Brighton residents who are unable to pay the full registration fee may receive a scholarship. Person requesting assistance will be required to demonstrate a need and will be asked to pay a portion of the fee. Funds are available on a first come, first serve basis. We thank the Kitchen Kut Ups band and the Dairy Queen off Old Hwy 8 who have donated significantly to the scholarship fund. Contact Jodelle, 651-638-2121 to register.

Can I get a Refund?

In consideration of instructors needing to order supplies, secure tickets or purchase equipment, refunds will only be given under the following conditions:

- All refunds are subject to a \$5 processing fee
- Cancellations must be made at least 5 business days prior to the start of the program
- Trips, camps and league cancellations must be made prior to the registration deadline
- There will be no cost adjustments for late registrations or classes missed by a participant
- Make up sessions will not be offered if the participant misses a session
- In the event an activity is cancelled by the Parks and Recreation Department, a full refund will be issues.



New Brighton Parks & Recreation Department • 400 - 10th St. NW, New Brighton, MN 55112
 651-638-2130 • Fax 651-638-2135 • www.newbrightonmn.gov

PARTICIPANT'S FIRST NAME _____ LAST NAME _____ BIRTHDATE _____ GENDER: (CIRCLE) M F _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PRIMARY PHONE (____) _____ SECONDARY PHONE (____) _____ OTHER (____) _____
 EMAIL _____ TEAM NAME (FOR LEAGUES) _____

Course #	Course Name & Level	Special Info (Shirt Size, Special Needs, Allergies)	Start Date	Fee	Check #/Cash

Credit Card Number (Visa, MC, AMEX) _____ Expiration Date _____ Cardholder's Signature _____

I understand that participation in this activity is completely voluntary and that the activity being offered for the benefit of the participants named above. I agree that the participants are participating in the activity at their own risk. I also agree that the City of New Brighton, its agents and employees, will not be liable for any claims, injuries or damages of any nature incurred by the participants due to the negligence of the City, its agents or employees, arising out of or connected with the activity. On behalf of myself or the participants, I expressly release and discharge the City of New Brighton, its agents and employees, from any such claims, injuries or damages. I do hereby allow the City of New Brighton to use any photographs and/or video taken by the city, or the individual(s) named herein, in city informational publications released to the general public.

___ No, participant photo may not be used.

PARENT, GUARDIAN OR PARTICIPANT SIGNATURE _____ DATE _____



EAGLES NEST

INDOOR PLAYGROUND



Celebrate With Us!
BIRTHDAY PACKAGES
AVAILABLE



Experience the Olympic Games
New Brighton Youth Sports Programs



Buckthorn Removal Workshop

The City of New Brighton is holding a free workshop that will provide information to help residents learn techniques to properly remove buckthorn and improve the health of area woods.

Do you have buckthorn in your yard? You are not alone. Most shady areas in New Brighton that are not mowed or actively managed will eventually produce buckthorn. The invasive shrub is spread by birds that eat buckthorn berries. The berries act as a laxative in birds and seeds are quickly deposited in new locations. Buckthorn is a problem because it invades natural ecosystems, quickly outcompeting native woodland plants for light, water, and nutrients. Unlike native plants, buckthorn has no natural insect or animal predators here to keep the population under control. Buckthorn prevents regeneration of native trees and over time, turns a healthy forest into a shrubby thicket of buckthorn. With little else that can grow beneath, it allows forest soils to be exposed to erosion.

Hansen Park Neighborhood Center
Thursday, September 22
5:30-7:00 pm
#13862.....Free

Informational websites:

<http://www.dnr.state.mn.us/invasives/terrestrialplants/woody/buckthorn/control.html>

<http://www.extension.umn.edu/garden/yard-garden/weeds/buckthorn-control/>

Disposal Site for your buckthorn brush:

Arden Hills
3530 Hudson Ave
Arden Hills, MN 55112

Hours: Mon., Wed., & Fri.: 11am-7pm; Sat.: 9am-5pm; Sun: 11am-5pm; Closed Tues. & Thurs.

March 30th thru November 30th (weather permitting); Closed on holidays



Community Center Improvements – Annual Maintenance Shutdown

This year’s annual maintenance shutdown will be a busy time at the New Brighton Community Center (NBCC). A number of improvements will take place during September 6-9 that will make NBCC a more attractive venue as well as maintain the original investment the City placed in the facility.

The largest project is one that might not be visible to visitors, but is important to the activities that take place at NBCC. All seven of the Heating, Ventilation and Air Conditioning Roof Top Units (RTU) will be replaced. The current RTUs are original to the building and have reached their life expectancy. The new RTUs will continue to provide high air quality and will provide it more efficiently than the current RTUs. To help reduce the work load of the new RTUs, the building envelop will be sealed to prevent warm air from entering NBCC during the summer months or from exiting NBCC during the winter months.

A second project that will occur around the annual maintenance shut down will be the retrofitting of all light fixtures to light-emitting diode (LED). This project will be beneficial in different ways:

- LEDs are more efficient than the current lamps and tubes that are used and will lower the energy costs for the facility.
- The quality of light through the interior and exterior will be enhanced.
- LEDs will last longer than the current tubes and lamps which will require less staff time to replace.

The Community Room will have new flooring installed. The current carpet and laminate floor was installed in 2005 and have seen numerous banquets, trade shows, lectures, meetings and receptions over its lifetime. All of these uses bring in not only foot traffic, but also the movement of tables/chairs as well as the inevitable food and beverage spills.

One other project that was being planned for was the replacement of the Eagles Nest Indoor Playground. Unfortunately, all bids for this project were rejected. Only one bid met the specifications and qualification; based on a project of this magnitude, greater choices were desired. The project will be re-bid in 2017.

Come visit us this fall to see the changes to NBCC.

Fall Sweeping

Fall sweeping typically begins the first part of October and will continue until the snow flies to keep leaves and debris clear from the catch basins.

Sanitary Sewer

The City cleans the sanitary sewer lines over a 2 year period. This process is done by means of a high pressure water jet machine. During jetting, homes may experience a surging effect where water may come up through a toilet or floor drain and may also release a sewer gas odor into your home. Jetting the sewer lines can cause positive and negative pressures in the sewer line, the pressure will take the path of least resistance. These pressures are normally released through manholes and roof vents on homes. This may be due to a plugged air vent or a partially plugged service line. These are not common occurrences, but do occasionally happen. Once we have gone through an area, the drains should resume normal operation. However, you may want to check your air vents and your sewer service for obstructions and refill drain traps with water. The City apologizes for any inconveniences this may cause, but jetting is a vital cleaning process to keep the sanitary sewer system flowing properly.

If you or a contractor have recently cleaned or cleared your private sewer line of roots or other debris, please notify Public Works at 651-638-2111 as soon as possible. We will clean the City's sewer lines to make sure that the roots and other items do not cause a main line backup. When the season is dry, it forces roots to seek alternative water sources, such as sanitary sewer lines. This may be more common in older areas constructed of VCP (vitrified clay pipe). New lines are now constructed of PVC (polyvinyl chloride pipe). Visit the City's website at www.newbrightonmn.gov for more information.

If you experience a sewer back-up, call 911 as soon as possible. The City has personnel on call 24 hours a day. If you have had your private sewer service cleaned or cleared of roots, call the Public Works Department at 651-638-2111. You can also visit the City's website at www.newbrightonmn.gov for more information.

Sewer Back-Ups

If you experience a sewer back-up, call 911 as soon as possible. The City has personnel on call 24 hours a day. The City will check the sewer mains for items which could cause a sewer blockage. The City has adopted a new Sewer Backup and Watermain Cleanup Assistance Policy to compliment the already existing No-Fault Sewer Backup Insurance purchased from the League of MN Cities. This policy will help cover cleanup costs incurred from a sewer backup or watermain break from the City main.

The Cleanup Assistance policy includes payment to a city contracted vendor for up to \$5,000 to help restore your home to a sanitary condition. This includes wet extraction, sanitizing, deodorizing, removal and disposal of damaged housing materials. The No-Fault Sewer Backup Insurance allows up to \$25,000 for replacement of damaged property after individual homeowner's insurance limits are reached. For more information or questions, call the Public Works Department at 651-638-2111 or visit the City's website at www.newbrightonmn.gov.

Streets & Sidewalks

The primary responsibility of the New Brighton Public Works Department is to keep the 70 miles of City streets and 28 miles of sidewalks in good and safe conditions - - whether it be repairing potholes, crack sealing, snow plowing and sanding, or inspecting sidewalks for safety concerns. The City may trim branches and shrubs to maintain sight lines at intersections. The City requests your help in keeping branches and shrubs clear of the sidewalks and boulevard areas along your property. Please call 651-638-2111 with any concerns.

Flushing Hydrants

The City annually flushes hydrants the first full week of October. In 2016, it will occur the week of October 3. The flushing may create periods of low water pressure and the disturbance in the water mains may cause dark colored water. Although the water is safe for human consumption, there is the danger of staining clothing if you wash clothes. Please refrain from washing laundry when the hydrants are being flushed in your area.

Obstructions within the City Right-of-Way

The City street right-of-way typically extends to an area ten to fifteen feet beyond the curb. This area is called the boulevard and is intended to provide for snow storage, utilities, sidewalks, and other public uses. Residents are requested NOT to put landscape materials such as; fences, rocks, wood chips, ornamental lighting, posts, retaining walls, decorative type gardens, shrubs, trees, or basketball hoops within the boulevard area. The City urges residents to keep any landscaping behind the boulevard.

Water Turn Offs / Turn Ons

Going south for the winter? Can the City shut off my water to my house? If you are leaving on an extended trip or need your water service turned off for plumbing on your home or business, the City is responsible for turning your water off and on. Please notify the City so we can locate the outside water valve, also referred to as a curb stop or curb box, located on the property line. It can take some time to locate a curb stop, especially in the winter, and on occasion they may NOT be functioning properly. The curb stop is the home owner's responsibility to repair if it is deemed inoperable.

Realtors and property managers are advised to make an appointment when a curb stop or curb box must be shut off. The realtor or property manager must be on site when the curb stop is scheduled to be operated. Please call 651-638-2111 to schedule an appointment or for further information.

Winterizing Irrigation Systems

When irrigation systems are blown out in the fall of the year home owners need to be sure there is a shut off valve in place so as not to force air back into the water distribution system through your home. This situation can not only allow air into yours and your neighbors plumbing but can also in rare cases cause a health hazard. Make sure your contractor is aware of this and checks your system for a shut off valve. Please call 651-638-2111 with any questions.



PUBLIC WORKS UPDATES

Bridge and MnDOT Updates

During the summer of 2016 the E2 bridge crossing I-35W in New Brighton was demolished and rebuilt. There were occasional weekend closures of I-35W and lane closures during construction, and ramps were closed for short periods of time during construction. The bridge is scheduled to be open around the middle of August. The goals of the project are to enhance bridge safety, provide a smoother bridge surface, and extend the bridge life. The bridge will include a center left turn lane in each direction, and a multi-use pathway on the south side of the bridge with lighting.

I-35W will be completely closed from Hwy 36 to I-694 for two weekends (one for each direction) in August. Work will include repaving the road to extend the life of the pavement and provide a smoother, safer surface for motorists. During the closure, traffic will detour on I-694, I-35E and Hwy 36. There will be additional nighttime lane closures for shoulder work and striping.

The County Road H bridge north of New Brighton is also being replaced this summer. This work is anticipated to be completed by late fall of 2016.

Boulevard Tree Trimming

The Park Maintenance Worker- Forester and city contractors will be trimming trees throughout the city. This year the City will concentrate its efforts on City alleyways and around the neighborhoods along Rice Creek Road and Mississippi Street.

The reasons why the City trims its boulevard trees:

- To remove dead limbs (typically limbs greater than 3" in diameter) that could fall and cause damage or injuries.
- To remove limbs that obstruct vehicle traffic, traffic signs and signals, street lighting, pedestrian walk ways, buildings, and power lines.
- To provide street clearance for maintenance, delivery, and emergency vehicles (usually 14 - 16' above street level).
- To fix growth defects and to establish good structure.

Xcel Energy is responsible for pruning trees along powerlines. For information regarding powerline pruning, please call Xcel Energy at 1-800-895-4999.

Contact Park Maintenance Work/Forester Jim Veiman 651-775-3424 with boulevard/ alley pruning requests.

Prevent Stormwater Pollution

Report Illicit Discharges - - If you look down the street outside of your home or office, you will probably find storm sewer inlets. Have you ever wondered where they go? Contrary to common belief, the inlets to the storm sewer system are not connected to the sanitary sewer, which is carried to a wastewater treatment plant; rather they are connected to nearby lakes, rivers and streams. This is why we all need to be aware of what goes into our storm drains.

By definition, an illicit discharge is an unlawful act of disposing, dumping, spilling, emitting or other discharge of any substance other than stormwater into the streets, gutters, ditches and ponds that make up our stormwater drainage system, or directly into streams or lakes themselves. As a community member, you play a large part in identifying and reducing illicit discharges in our community.

What can you do about illicit discharges? If you see anyone discharging any substance other than stormwater in roadside ditches and storm drains, please report it to the City Public Works, at (651) 638-2111. For potentially hazardous materials and petroleum spills, call 911 when there is an immediate threat to life or property.

Closest Unit Dispatching---What Is It?

In 2015 the Ramsey County Emergency Communications Center, whom the City of New Brighton contracts with to serve as our Dispatch Center, purchased and placed into service a new Computer Aided Dispatching (CAD) system to manage resources and emergency calls. A feature of this new CAD system, which did not exist with prior versions of the dispatch system, is the ability to locate and recommend the dispatch of an emergency response unit who may be closer to an emergency than the resources of the authority having jurisdiction.

This new capacity presented an ethical dilemma to members of the Ramsey County Fire Chiefs Association, in that the capacity and resources existed to provide a more rapid emergency response to someone in need, versus the importance of local government control of service levels. The Ramsey County Fire Chiefs formed a working group, which New Brighton staff participated in, to examine the issue with respect to a variety of concerns, and made the recommendation that the closest unit dispatching be utilized for working structure fires and Project Lifesaver searches.

Under this agreement if the CAD indicates that a New Brighton Unit would provide a more timely response to a structure fire than another unit in Ramsey County, the New Brighton Unit will be added to the response and respond as if the call was in its jurisdiction. Additionally if the CAD indicates that another Ramsey County Fire Unit will provide a more timely response to a New Brighton structure fire, they will be added to the call.

While the response times of the Public Safety Department are well within accepted standards, this agreement, which has been adopted by the City Council, this will provide for an enhanced service level with no budgetary impacts to the City. The City participates in a variety of partnerships with neighboring communities to responsibly leverage existing resources to provide the highest level of service in a cost effective manner. This agreement is another example of the efforts staff and Council take to make New Brighton a great place to live, work, and play.

Is 911 The Right Number?

One of the most asked questions by residents of Public Safety Staff is, when do I call 911 or the non-emergency number? In Ramsey County the answer to the question is an easy one...it really doesn't matter.

The City of New Brighton receives its 911 dispatching services from the Ramsey County Emergency Communications Center (ECC) and all calls, whether it be a 911 phone call or a phone call to the non-emergency phone number are answered by the same highly trained staff. When a phone call, either 911 or our non-emergency number, is received by Ramsey County ECC staff, the telecommunicator who answers the phone will ask a series of questions to determine what is occurring and will prioritize the call accordingly. One of the great benefits of the Ramsey County ECC has a tremendous capacity to meet the needs of our residents allowing them to get the assistance you need regardless of the phone number you utilize.

When you are calling 911 or the non-emergency number the most important piece of information to provide the dispatchers is your location. With the tremendous popularity of cell phones, the location of the caller is not given to the dispatchers and the only way they know to get help to you is with the information you provide to them.

In closing, the staff of the City of New Brighton is here to make our City the best one in the nation. When you need to contact Public Safety staff do not hesitate to call 911 and be sure you know your location so we can meet your needs in a timely manner.

Soliciting Permits... Who Needs Them?

The City of New Brighton requires the use of a soliciting permit prior to conducting door to door sales. The permit requirement does not apply to candidates for political office, cub scouts or girl scouts. If someone comes to your door selling items and they do not provide you with a permit issued by the City of New Brighton, call 911 and an officer will attempt to locate the individual.

Who Needs a Permit?

Section 20 of the New Brighton City Code requires any of the following to possess a valid solicitors permit which is obtained from the New Brighton Public Safety Center located at 785 Old Highway 8 NW.

- Handbill Distributor. A person who engages in the distribution of advertising matter other than by means of the United States mail.
- Newspaper. Published matter that consists of at least sixty percent news items and no more than forty percent advertising.
- Peddler. A person with no fixed place of business who goes from house to house, place to place, or street to street carrying or transporting goods, wares, or merchandise and offering or exposing them for sale, or making sales and deliveries to purchasers.
- Solicitor. A person who goes from house to house, place to place, or street to street soliciting, taking, or attempting to take orders for goods, wares, or merchandise including books, periodicals, magazines, or personal property of any nature for future delivery. "Solicitor" does not include a person taking or attempting to take orders to be filled by goods, wares, or merchandise delivered to the purchaser from other states.
- Transient Merchant. A person who engages temporarily in the business of selling and delivering goods, wares, or merchandise within the City, and who for this purpose, hires, leases, uses, or occupies any building, structure, vacant lot and motor vehicle,

What Does a Permit Look Like?

Any person or business listed above is required to provide the permit to anyone who requests it and will be a printed letter on letterhead of the New Brighton Department of Public Safety indicating the possessor has undergone a background check and paid the requisite permit fee.

Ramsey County Library New Brighton Celebrates 5 Year Milestone

On October 29, 2011, Ramsey County Library New Brighton opened its doors in the New Brighton Community Center. In five years, the library has built on its opening success, expanding hours and programs.

“From the beginning, we viewed our new location as a partnership,” says Ramsey County Library Branch Manager, Meg Robertson. “We wanted to be part of a community gathering place where our library resources could be discovered through chance as well as intention. The back and forth with visitors to the library and to the New Brighton Community Center allows both of us to serve the community more effectively.”

During the day to day operations of both organizations, one can see the benefit from the partnering. It's not uncommon to see members of the New Brighton Community Center ducking into the library to check out a book before their workout, or library patrons coming down to pay for an Eagles Nest admission. Wednesday night children's dance classes at the Community Center bring small patrons in tutu's and dance shoes along with their parents and siblings for weekly library visits. Even when the library is closed, their internet computers are available to Community Center visitors who have a library card.

The Library and New Brighton Parks and Recreation are active programming partners as well, collaborating on presentations ranging from historical presentations to jazz music and swing dance. The Library and parks and recreation staff also collaborated to present programming in July celebrating National Parks and Recreation Month.

“We are thrilled with the positive outcomes of this relationship,” states Director of Parks and Recreation, Sandy Breuer. She adds, “From Friday morning story time bringing future Eagles Nest climbers into the building, to collaborating on the award-winning Read to Play program, the parks and recreation department couldn't be happier with the relationship we've built over the last five years.”

Recycling Beyond the Kitchen

Every hour Twin Cities metro area residents place over 21 tons of recyclable paper in the garbage--that's 42,000 pounds of valuable, recyclable paper! And each year, \$85 million worth of recyclables are thrown away in Minnesota.

So how is so much recycling ending up in the garbage? One problem is that most people associate recycling with the kitchen. A common place for a recycling bin is in the kitchen, next to the garbage. While this is convenient, it often leads people to forget that recyclables are generated throughout the home. Here are some ideas on how you can recycle beyond the kitchen:

In the Office

Place a small container for recycling next to your computer or desk for easy recycling of mail, office and school paper. If you shred paper, shred your documents into a brown paper bag for easy and proper recycling. Remember that you can also recycle envelopes with windows, paper with staples and paper clips, and magazines and catalogs.

In the Bathroom

Remember to recycle boxes from toothpaste, medications and other toiletries, as well as bottles from shampoo or mouthwash. Place a recycling container in your bathroom for collecting these recyclables.

Needles, Syringes And Lancets

Residential needles, syringes and lancets are now accepted at both mobile and year-round collection sites. Transport them in an empty laundry detergent bottle or other closed container with a screw on lid and label the container “needles”. You will be asked to place the container in the collection bin yourself. If you have syringes or EpiPens with liquid, bring them to a Ramsey County medicine collection drop-off.

To learn more, contact the City of New Brighton at 651-638-2061 or Ramsey County at RamseyRecycles.com and 651-633-EASY (3279), answered 24/7.

Other Areas

Consider placing recycling containers in other areas of the home where you generate recyclables, such as children's play areas or bedrooms. You will be more likely to recycle if containers are readily available.

Rethink Recycling. You can recycle more than you think. To learn more, contact your city recycling coordinator, your recycling service provider or visit www.RethinkRecycling.com, the metro area's resource for recycling and waste disposal.

Update on Organics Drop-off

Do you participate in Ramsey County's organics drop-off program? There's been a change to the list of accepted items. Coated plates and cups, freezer boxes, and fast food containers are no longer accepted. They contain a plastic coating that does not break down in the composting process. Wrapping paper with glitter, foil or a plastic coated is also not accepted. You may still compost uncoated plates and cups. For a complete list of accepted items, go to RamseyRecycles.com and click on Organic Waste or call 651-633-EASY (3279), answered 24/7.

National Night Out

TUESDAY, AUGUST 2

As we move through summer, it's time to remember one of the greatest events of this season is our community's annual participation in National Night Out (NNO). This year's celebration will occur on Tuesday, August 2nd, 2016. Mark your calendar and start planning your party now! If you have never hosted a party all you need are some neighbors and a space to gather.

In addition to focusing on neighborhood building we will be continuing our mission to ensure no child in our City goes hungry and that each student has the necessary supplies to be successful in school. We are again asking each NNO party to provide backpacks filled with school supplies, in addition to a food donation to our officer who will be visiting your party. Please help us take care of our children and make them successful, as successful children lead to strong and safe communities.

The City of New Brighton has a proud tradition of active involvement with NNO. Thanks to your efforts last year, the National Association of Town Watch recognized New Brighton with first place honors in the Nation. Everyone involved deserves congratulations for New Brighton being selected as a top program in our category. Keep up the good work!

Last year, over 150 parties registered to be part of NNO in New Brighton. Only registered parties are on the list distributed to the Police Officers and Fire Fighters who will visit your neighborhoods during NNO with their police squad cars and fire trucks. To register your party, please complete the online registration form by visiting www.newbrightonmn.gov/publicsafety.



Complimentary Boulevard Tree

As a City, there is interest in diversifying and maintaining green boulevards which increases neighborhood property values, creates a more inviting atmosphere, reduces impacts from stormwater runoff, provides wildlife habitat and helps to keep New Brighton a healthy, "green" community. The City ordered and planted 135 trees this year in the Missouri Gravel Bed. The goal is to plant 95-100 trees on city-owned boulevards for residents who are interested and have adequate space.

There are several requirements in order to be approved for receiving a boulevard tree, most importantly:

- Any requested boulevard tree location must pass inspection by City staff to ensure there is adequate space
- Watering and minor pruning are to be done by the underlying property owner (the City will provide a 20 gallon Tregator® watering bag)
- Unless approved by the City Forester, boulevard trees are currently limited to one per household

Planting trees from the City gravelbed will start on or around September 19, depending on the weather conditions. If hot or dry weather persists beyond this date, planting may be delayed.

A list of the available trees along with the policies regarding this program can be found on the City's web page under the forestry heading. Residents who are interested should contact Park Maintenance Work/Forester Jim Veiman at 651-775-3424 by no later than Friday, September 12. There are a limited number of trees available and they are reserved on a first-come, first-served basis. Last year the gravelbed bareroot stock had a greater than 95% survival. Note: Boulevard tree's are available first come, first serve.

Transition, Progress and Perseverance Continued:

What makes New Brighton great? It's a lot of things really. New Brighton has involved caring citizens, strong neighborhoods, quality and dedicated city staff, and a caring City Council. These various elements give us desirable outcomes such as well maintained infrastructure, low-crime, effective services with disciplined financial management. In the 1960's Coach Vince Lombardi challenged his players to be perfect knowing perfection is impossible. What he knew, was in their pursuit of perfection the team would find excellence. In New Brighton, regardless of what transition occurs or challenges are necessary to confront; we will progress. We will persevere. We are the Preferred Place to Live, Work, Play and Do Business.

New Brighton Municipal Elections Moved to Even-Numbered Years

The City of New Brighton will no longer conduct its own separate odd-numbered year municipal elections. Beginning in 2016, municipal offices for the City of New Brighton will appear on ballots during even-numbered year elections. The decision to move the elections from odd year to even years will create efficiencies by reducing the redundancies of having elections every single year.

In the last 10 years, between 2,494 and 3,831 voters have turned out for odd-numbered year municipal elections. Even-numbered year elections have seen as many as 8,871 to 13,060 voters cast ballots.

Currently, 827 of Minnesota's 852 cities conduct their municipal elections in even-numbered years. 26 cities conduct municipal elections in odd-numbered

years. New Brighton City Councilmembers became interested in making this change in late 2014. After discussions in July and October of 2015, the City Council then led by former Mayor Dave Jacobsen, passed an ordinance changing the municipal election year in November 2015 to an even year cycle.

The City Council decided to temporarily make all terms three years by reducing Councilmember terms by one year and extending the Mayor's term by one year to aid in the transition of moving from odd to even years. Councilmembers Mary Burg and Paul Jacobsen's terms will also expire in 2018. Councilmembers Brian Strub and Gina Bauman's terms will expire at the end of 2016. The current mayoral term will expire in 2018. Residents interested in filing for municipal office in 2016 may

file their Affidavit of Candidacy with the New Brighton City Clerk at City Hall during regular office hours beginning at 8:00am on August 2, 2016 and ending at 5:00pm on August 16, 2016.



Community Calendar

August 2

- National Night Out
- Municipal Candidate filing period begins 8am

August 6

- City Hall open from 10am – 3pm for in-person absentee voting

August 8

- City Hall open until 5pm for in-person absentee voting

August 9, Primary Election Day

- Polls open 7am – 8pm

August 16

- Municipal Candidate filing period ends at 5pm

September 5, Labor Day

- City Offices closed
- License Bureau closed
- New Brighton Community Center and Eagles Nest closed

September 6-9, Community Center Annual Maintenance

- New Brighton Community Center and Eagles Nest closed

September 10, City Clean-Up Day

September 23

- Absentee Voting begins

November 5

- City Hall open from 8am – 3pm for in-person absentee voting

November 7

- City Hall open until 5pm for in-person absentee voting

November 8, Election Day

- Presidential, State AND Municipal Elections
- Polls open 7am – 8pm

November 24-25

- City Offices closed
- New Brighton Community Center, Eagles Nest, License Bureau closed (Nov. 24 only)

December 6

- Truth and Taxation Hearing

December 24

- New Brighton Community Center open 8 am-4 pm
- Eagles Nest open 9 am-3 pm

December 25

- New Brighton Community Center and Eagles Nest Closed

December 26

- City Offices closed in observance of Christmas Day
- New Brighton Community Center open 6 am-10 pm
- Eagles nest open 9 am-8 pm

December 31

- New Brighton Community Center open 8 am-4 pm
- Eagles Nest open 9 am-3 pm

New Brighton

city newsletter FALL 2016

Mayor

Valerie Johnson

Council Members

Gina Bauman

Mary Burg

Paul Jacobsen

Brian Strub

City Manager

Dean Lotter

Emergency	911
City Hall	651-638-2100
Community Center	651-638-2130
Public Safety Center	651-288-4100
Public Works Facility	651-638-2111
Brightwood Hills Golf Course	651-638-2150

www.newbrightonmn.gov

Transition, Progress and Perseverance

BY CITY MANAGER DEAN R. LOTTER

Transition – Public Safety Director Bob Jacobson

Long-time employee Public Safety Director Bob Jacobson announced his retirement on June 8th, 2016. Moments like these are always bittersweet. As City Manager, I want employees to enjoy their well-earned retirement, but I also want employees like Director Jacobson to stay with us forever. Everyone knows that retirement is a part of life. It's hard to say goodbye though, so New Brighton will only say farewell to Director Jacobson. Director Jacobson has brought honor to the profession of law enforcement, the New Brighton Department of Public Safety and the City of New Brighton for more than three decades. It is a virtual impossibility to encapsulate a message of thanks directly proportionate to the contribution Director Jacobson has made to this community during his years of service. Bob knows he will always be part of the New Brighton family and is always welcome to stop by and visit.

I have appointed Deputy Director Paetznick to the role of Acting Director of Public Safety starting July 13, 2016. I have directed my staff to begin soliciting proposals from executive search firms to assist in conducting an open search for the next Director of Public Safety for the City of New Brighton. Whether this is an internal or external candidate, it is expected a permanent candidate will be selected towards the end of 2016 or the start of 2017.

Transition – From New Brighton Mount Simon Hinkley to Minneapolis

The City's DX Response Team (city staff, litigators from Fredrikson, engineers and scientists from Barr) continues to make progress on transitioning from our Mount Simon Hinkley deep wells to Minneapolis water. This transition is expected to start the week of July 4. Since Minneapolis softens its water before distributing it, homeowners in New Brighton may choose to adjust the settings on their home softening systems. Minneapolis water will still have a hardness of 4 to 6 grains. Consult with your water softening vendor about the best way to operate your home water softening system.

Concurrently with all of the physical changes taking place at the water treatment plant, the DX Response team continues working on the long-term solution that will ultimately result in the construction of an expansion of the City's water treatment plant to house the new technology (Advanced Oxidation) that will help us provide safe drinking water. Later this year, the City Council will be receiving a treatability screening report. This report will contain information about the City's six month pilot study on two different cleaning technologies. More importantly this report will contain the DX Response Team's recommendations to the City Council on how best to move forward. In general, the next phases once the Council approves the treatability study will be to take the plant expansion project into design, bid and then construction. As stated at the May 7 town hall meeting, these phases will be occurring through 2017 and into 2018. As always, updates will be provided to you through all available outlets.

Perseverance – Pursuit of A Vision

CONTINUED TO PAGE 3


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