

Parks & Recreation

New Brighton

November 2016 Updates

Parks & Recreation Spotlight

Holiday Check List

- NBCC GIFT CERTIFICATE
- PERSONAL TRAINER 6 OR 12 PACK
- EAGLES NEST INDOOR PLAYGROUND PASSES
- HOLY MACROS CHALLENGE
- NBCC GEAR; TOWELS, T-SHIRTS, MUGS AND MORE!



Holiday Weight Challenge

Between parties, family dinners, cookie baking and candy making, there's temptation lurking all around provoking us from making healthy choices. Join us for a Holiday Weight Challenge, maintain or drop weight during the holidays and receive great prizes! The weigh in takes place between November 14-20, 2016 and the weigh out between January 2-8, 2017. NBCC Members and Non-Members are welcome to participate.



Save The Date

New Brighton Parks and Recreation will host its 12th Annual Health and Fitness Expo on Saturday, January 7 from 9:30 am-1:30 pm. This free event is open to the community.

Programs & Event

Below are programs starting in November and December 2016. For detailed information, click on your desired program heading or call 651-638-2130.

Fitness & Wellness

Beginner Yoga
SilverSneakers Classic
SilverSneakers Circuit
TNT - Tone and Tighten
Total Body Strength
Fit Lab: Strength
Water Aerobics
Express: Core
Tai Chi Chih
Restorative Yoga

ZUMBA
Stretch & Tone
HIIT
Sunrise Yoga
Express: Boxing
Triple Threat
PIYO
Mat Pilates
Gentle Yoga

Adult 55+

AARP "Smart Driver" Courses
Day Trip: US Bank Stadium Tour
Mini Trip: Surly Brewing Company
Color Me Calm
Senior Matters: Health Screenings & Immunizations

Adult

Volleyball Leagues
First Aid/CPR/AED Training
Pickleball Open Gym
Badminton Open Gym
"Kickers" Karate

Youth

Basketball Camps
Swim Lessons
"Kickers" Karate
Adventure Day: 11/27

Teen

First Aid/CPR/AED
Private Swim Lessons
"Kickers" Karate



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The Parks and Recreation Department is dedicated to delivering parks and recreation services that improve the quality of life in New Brighton. As identified in our strategic plan, we will strive to do the following:

IMPROVING HEALTH

- People who exercise for 20 minutes once a week are significantly less likely to call in sick than non-exercisers. Did you know NBCC will be open 104 hours per week over the winter months?
- 70 participants enrolled in current group fitness classes.
- Seven participants enrolled in CPR and First Aid.
- 273 daily admissions were sold at the annual NBCC Touch-a-Truck Adventure Day. Seven different vehicles were on display with additional activities including the Eagles Nest, the Library's Story Time program, "Usborne Books & More", inflatable bouncy house, scooters and faced painting.
- The 8 team women's volleyball league is held each Wednesday at Highview School.
- Pickleball open gyms are up and running at Highview School on Tuesday and Thursday evenings.
- Regions Hospital presented on the topic of Medicare Fraud and Scams to 6 participants.
- The 2016 Hiking Club wrapped up their season with 32 hikers enjoying an end of year social on Wednesday, October 23. There were 31 hikes offered around the north metro.
- Roseville, St. Anthony Village and New Brighton teamed up to host two, 50 minute fall color excursion tours on the historic Empire Builder train fleet traveling between Osceola and Dresser WI.

PROTECTING NATURAL RESOURCES

- A pollinator garden was installed at Silver Oaks Park by a Girl Scout on October 15 for her Gold Award.
- Gravelbed trees will be installed in boulevards, parks, and other city property by the end of October.

FOSTERING HEALTHY YOUTH DEVELOPMENT

- Physical activity facilitates a child's cognitive development and academic success. Did you know that the Eagles Nest Indoor Playground offers over 3,600 hours of play per year rain or shine? Visit the Eagles Nest today to help your child achieve academic success.
- 4 youth enrolled in soccer camps.
- 72 dancers meet each Wednesday at the NBCC for Tap, Jazz and Ballet Lessons.
- 47 children ages 3-17 learn karate skills each Monday evening at the NBCC.
- Gymnastics is held at Irondale High School Gymnastic Gym. 71 kids ages 4-14 attend.

SUSTAINING FISCAL RESPONSIBILITY

- Staff met with the MaxGalaxy staff to discuss the business plan for implementing recreation software.
- The Holly Day Boutique wrapped up their fall craft show on Sunday, October 23rd. The boutique owner was very pleased with sales over the 12 day event which ended on a busy weekend high-note. As far as revenue for the NBCC, the rental brought in nearly \$4,000 making it a very profitable and enjoyable rental.

SUPPORTING COMMUNITY REINVESTMENT

- Lions Park Playground Focus members will hold a series of meetings over the next 9 months to help select the new equipment for Lions Park.
- The Mounds View Middle School Community Education held a Cross Country meet at Brightwood Hills Golf Course on October 18, with races for both boys and girls. The meet consisted of 100 runners; 60 from Chippewa Middle School, 32 from Highview and 8 from Edgewood.
- Freedom and Hansen Park Neighborhood Centers Furnace were replaced with an addition of air conditioners.