



**Parks & Recreation**  
New Brighton

Explore  
Health &  
Fitness

December 2016 - March 2017

# Community Bonfire

There's something magical about building a fire in the snow. New Brighton Parks & Recreation invites you and your family for an evening of winter fun at a community bonfire event! New Brighton residents of all ages can warm up with a cup of hot cider while huddling around a roaring fire roasting S'mores (supplies provided). Whether you're an active winter enthusiast and want to bring your skates, sled down the hill or just sit and visit, there is something for everyone. Join your neighbors and make new friends. We hope to see you there!

Freedom Park  
 Saturday.....January 28  
 6:00 pm-8:30 pm



## New Software Coming to New Brighton Parks and Recreation

Parks and Recreation has purchased new recreational software from Maximum Solutions, Inc. called MaxGalaxy. This purchase was necessary as the current system that was purchased in 2003 will no longer be supported by the vendor. Staff is working with Maximum Solutions to implement the product and train the necessary users of the software and plan to go live in February 2017. One of the changes that you may notice is will be the on-line registration portion. When Max Galaxy is live, all registrants will be asked to visit the City's website to create a new account.



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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:**  
 Photo taken by Marie LePage

### Admission Fees & Information

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

- Fitness & Wellness Center
- Track
- Gymnasium
- Eagles Nest Indoor Playground
- Badminton

### Daily User Fees

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

Christmas Eve - December 24  
 Community Center .....8:00 am-4:00 pm  
 Eagles Nest.....9:00 am-3:00 pm

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

New Year's Eve - December 31  
 Community Center .....8:00 am-4:00 pm  
 Eagles Nest.....9:00 am-3:00 pm

New Year's Day - January 1  
 Community Center .....8:00 am-6:00 pm  
 Eagles Nest..... 11:00 am-5:00 pm

Martin Luther King Jr. Day, January 16  
 Community Center ..... 6:00 am-10:00 pm  
 Eagles Nest.....9:00 am-8:00 pm

President's Day, February 20  
 Community Center ..... 6:00 am-10:00 pm  
 Eagles Nest.....9:00 am-8:00 pm

Easter, April 16  
 Community Center .....Closed  
 Eagles Nest.....Closed

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

### Parks and Recreation Office

Monday-Friday .....8:00 am-4:30 pm  
 Saturday & Sunday.....Closed

### 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 relatively a 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.

Friday .....December 2  
 6:00 pm – 8:00 pm  
 Starting .....December 9  
 8:00 pm – 9:45 pm

Check in at Guest Services  
 \$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

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

### Open Pickleball

Pickleball, a combination of tennis, badminton, and ping pong, is one of the fastest growing sports in the country. Pickleball is a fun and easy way to exercise and meet new people. This is your chance to check it out! Open gym time will be set aside for Pickleball players of all skill levels at the New Brighton Community Center. If you are a beginner, players will help you learn the game. Several wooden paddle 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](http://usapa.org) for more information on rules and equipment.

Tuesday/Thursday  
 (No pickleball December 22, 27, 29, March 16, 21, 23)\*

\*Due to school district winter and spring breaks  
 1:00 pm-3:00 pm  
 Check in at Guest Services  
 \$3 per visit (no charge with NBCC Membership)

Community Center Gymnasium  
 Friday .....Dec. 2-March 31  
 (No Pickleball December 23, 30, March 17, 24 Due to school out days)  
 9:00 am-11:00 am  
 Check in at Guest Services  
 \$3 per visit (no charge with NBCC Membership)

# 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 new memberships. A one-time fee of \$10 is assessed when changing membership categories. Monthly 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 monthly membership on 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 up to \$20 if they work out a certain number of times per month. Please visit Guest Services 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 1-12 can access the Eagles Nest Indoor Playground and the gymnasium when 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 up to 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

## 30-day Holiday Fitness Pass for \$30

Are the college kids coming home for the holidays? Ever wanted to just try the fitness center? The 30-day Holiday Fitness Pass is perfect for both! This special promotional pass will be available for purchase through Saturday, December 31.

Promotion details:

- Open to ages 18+
- \$30 due at time of purchase
- Fitness pass valid for 30 days from time of purchase
- Insurance reimbursements are not eligible for this program
- An activation form must be completed at time of purchase
- If a 30-day holiday pass holder enrolls as a member within a week of their expiration date, they will receive \$10 off the administration fee



health fitness expo  
12TH ANNUAL

**Health Expo**

Join us for our 12th Annual Health & Fitness Expo – Saturday, January 7 from 9:30 am-1:30 pm. The event is free and provides access to more than 30 health and wellness vendors, discounted Eagles Nest Indoor Playground admission, personal training advice, fitness class demos, fun freebies, refreshments and more! See page 36 for more details.

A \$30 new membership discount will be offered at the 2016 Health & Fitness Fair. Any new membership enrolled will receive this discount, plus a free gift! Start the New Year out right with a fitness membership from the New Brighton Community Center.



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 Guest Services 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 Guest Services 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 28 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.

**FOR 2017:**

All returning Silver&Fit members will be asked to complete enrollment paperwork, however, there may be an annual fee payable to the NBCC.

# 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 218 and 220

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



## Room 209

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



## Room 221

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



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](http://www.newbrightonmn.gov/facility) or call 651-638-2138.

*Receptions • Parties  
Events • Meetings  
Conferences*

## NBCC 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
- Smartboard Available

### Customer Quote:

“Thank you again for allowing me to host our meeting at the Community Center and for arranging the volunteer event for us. The meeting was fun, productive and truly allowed us to connect. I send you my deepest heartfelt gratitude to both of you, the community center employees and the City Workers. It was a wonderful experience”

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 rentals.

#### Facility Features:

- Available November 15-March 31
- Accommodates 64 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 centers provide a relaxed alternative for business meetings, corporate events, graduation parties, family reunions, rehearsal dinners and other social events. Located throughout New Brighton at Hansen, Freedom, Sunny Square and Totem Pole Parks. (Hansen, Freedom and Sunny Square Parks are not available during the skating season). Refundable damage deposits will be applied to all 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.

### 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 at 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 (NBCC).

The following opportunities are available:

- Health & Fitness Expo – Volunteers are needed to help with a variety of duties.
- Adventure Day – Help with participating and overseeing activities for children during special school release days.
- Gymnastics & Dance classes – Help one-on-one with children with special needs requiring extra help.
- Ed-Ventures – Help one or two days a week at summer day care for children 5-12 years old
- Karate classes – Help one-on-one with special needs children during the class.
- NBCC maintenance – Year round cleaning of fitness equipment and other facility items
- Special projects – if you are a Scout with a project idea that could make the New Brighton community a better place, contact us with your project idea
- Adopt-A-Park – Organizations, clubs & neighbors (commit to clean 4 times a year on your schedule-year round)
- Office Assistance – Administrative duties
- Kitchen KutUps – Entertain or Van Driver (Weekdays-varying times)
- Photographer – (events throughout the year)
- Soccer/T-ball/Flag Football Coaches (basic knowledge provided)
- Water Safety Instructor Aid (Apprentice training program required)

Call Lesley at 651-638-2148 for additional opportunities and information. You can also check the city website at [www.newbrightonmn.gov](http://www.newbrightonmn.gov) - click on the volunteer tab and then the Parks and Recreation link.

### 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 in many of these beautification and educational projects, groups and individuals can take on an active role in our community. Any individual or family, community organization, school, faith community, neighborhood, service club, youth group or business is encouraged to participate. We 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 on how to Adopt-A-Park please contact Lesley at 651-638-2148 or check out [www.newbrightonmn.gov](http://www.newbrightonmn.gov). An updated contract will be required to be submitted into our department for each year you Adopt-A-Park.

We would like to take this time to thank all those that constantly help beautify the parks and trails for the City of New Brighton. You are truly a gift to our community!

<b>Organization .....</b>	<b>Leader.....</b>	<b>Park Adopted</b>
Salem Covenant Church .....	Childrens Ministry.....	Driftwood Park
New Brighton Ambassadors.....	Ann Maile .....	Totem Pole & Silver Oaks Parks
Girl Scouts .....	Kristina Hansen & Kay Kiani .....	Hansen 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 & Hansen Parks

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

“The best way to find yourself is to lose yourself in the service of others.” “

-Mahatma Gandhi-



# EAGLES NEST

## INDOOR PLAYGROUND

*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 wobble 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, starting at \$16.42 a month

### 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 Adventure Days.

Friday, December 30th, 10:00 am–2:00 pm  
Monday, January 16, 10:00 am–2:00 pm  
Monday, February 20, 10:00 am–2:00 pm  
Friday, March 17, 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, easy and your child will have a birthday party to remember. Dates fill 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. Payment is due at time of booking and 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 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!***



### “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

### “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 for the birthday child

### “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 for the birthday child

### “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

### “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

### Late to the Party?

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

### Need Something Extra?

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



## 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

## 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.



# 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 13 weeks plus a photo night and end of season dance program.

## 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. An exciting costumed Spring Dance Recital will be held on Wednesday, April 26 at Highview Middle School for family and friends. There is an all-inclusive \$50 spring costume fee due the first week of class. Please bring a check payable to Happy Feet Dance Co. Class meets for 14 times plus a photo night. Min. 8 Max. 16

Community Center Room 100  
 Wednesday ..... January 4-April 26  
 (No class March 1, March 22)  
 6:00 pm-6:45 pm..... Age 3  
 #14225 ..... \$116

## 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. An exciting costumed Spring Dance Recital will be held on Wednesday, April 26 at Highview Middle School for family and friends. There is an all-inclusive \$50 spring costume fee due the first week of class. Please bring a check payable to Happy Feet Dance Co. Class meets for 14 times plus a photo night. Min. 8 Max. 16

Community Center Room 100  
 Wednesday ..... January 4-April 26  
 (No class March 1, March 22)  
 6:45 pm-7:30 pm..... Ages 5-6  
 #14229 ..... \$116

## Creative Dance I

### Preschool Ages 3-5

This 45 minute, high-energy class will focus 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. An exciting costumed Spring Dance Recital will be held on Wednesday, April 26 at Highview Middle School for family and friends. There is an all-inclusive \$50 spring costume fee due the first week of class. Please bring a check payable to Happy Feet Dance Co. Class meets for 14 times plus a photo night. Min. 8 Max. 16

Community Center Room 100  
 Wednesday ..... January 4-April 26  
 (No class March 1, March 22)  
 5:15 pm-6:00 pm..... Ages 3-5  
 #14226 ..... \$116

## Creative Dance II

### Preschool Ages 4 & 5

This 45 minute, high-energy class will focus 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. An exciting costumed Spring Dance Recital will be held on Wednesday, April 26 at Highview Middle School for family and friends. There is an all-inclusive \$50 spring costume fee due the first week of class. Please bring a check payable to Happy Feet Dance Co. Class meets for 14 times plus a photo night. Min. 8 Max. 16

Community Center Room 100  
 Wednesday ..... January 4-April 26  
 (No class March 1, March 22)  
 6:00 pm-6:45 pm..... Ages 4 & 5  
 #14228 ..... \$116

## 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. An exciting costumed Spring Dance Recital will be held on Wednesday, April 26 at Highview Middle School for family and friends. There is an all-inclusive \$50 spring costume fee due the first week of class. Please bring a check payable to Happy Feet Dance Co. Class meets for 14 times plus a photo night. Min. 8 Max. 16

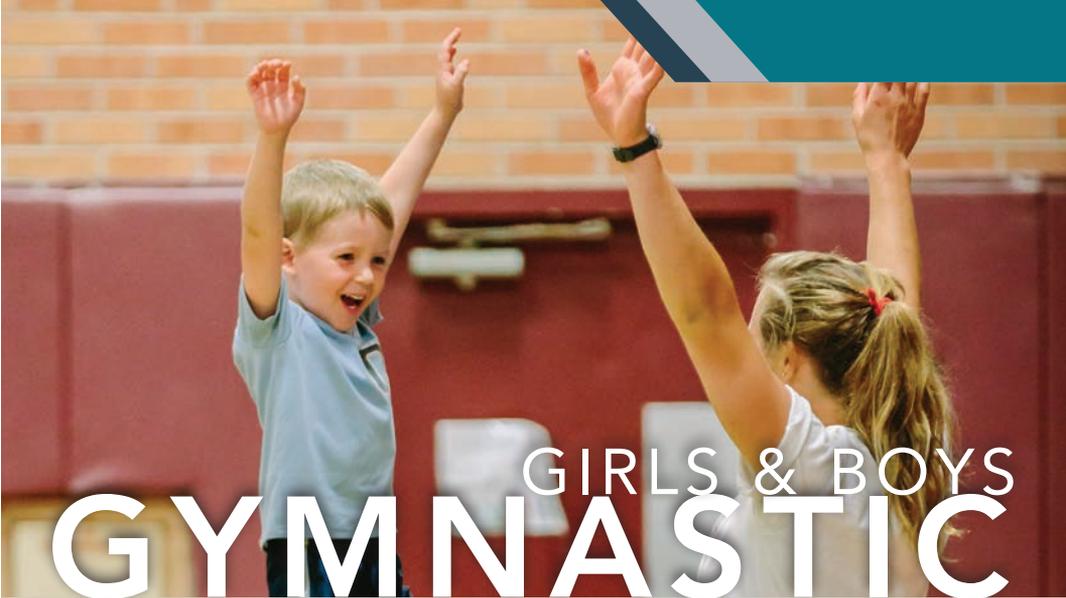
Community Center Room 100  
 Wednesday ..... January 4-April 26  
 (No class March 1, March 22)  
 6:45 pm-7:30 pm..... Ages 6-8  
 #14230 ..... \$116

## 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. An exciting costumed Spring Dance Recital will be held on Wednesday, April 26 at Highview Middle School for family and friends. There is an all-inclusive \$50 spring costume fee due the first week of class. Please bring a check payable to Happy Feet Dance Co. Class meets for 14 times plus a photo night. Min. 8 Max. 16

Community Center Room 100  
 Wednesday ..... January 4-April 26  
 (No class March 1, March 22)  
 5:15 pm-6:00 pm..... Ages 7-11  
 #14231 ..... \$116



# GIRLS & BOYS GYMNASTIC

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. Winter session meets 12 times. Spring sampler session meets 4 times.

## 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.

## 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.

## Winter Session

Irondale Gymnastic Gym  
Monday, January 9-April 10 (No class Feb. 6, March 20)  
\$106

#14248	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#14250	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#14252	8:00 pm-9:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#14254	8:00 pm-9:00 pm	Springers & Teens	Grades 3 and up (Advanced)

## Spring Session

Irondale Gymnastic Gym  
Monday, April 17-May 8  
\$36

#14249	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#14251	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#14253	8:00 pm-9:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#14255	8:00 pm-9:00 pm	Springers & Teens	Grades 3 and up (Advanced)

## 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.

## 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.



## Ice Skating Lessons

### Ages 5-8

This instructional skating class is intended for children ages 5 and up who are just learning to skate or would like to improve their skating skills. Kids learn at their own pace and skills introduced may include forward and backward skating, stops and starts, crossovers, spins, swizzles, glides and turns. Please bring children early to allow time for them to put on their skates. Children should wear a warm jacket, snow pants, gloves, scarf or face wrap. Helmets are recommended for beginning skaters. Classes cancelled due to extreme cold weather will be rescheduled. Come and enjoy learning to skate with our instructors Heather and Will. The cancellation hotline number is 651-638-2141. Classes meet twice a week for 2 weeks.  
Min. 4 Max. 12

Beginner  
Freedom Park Neighborhood Center  
Tues/Thurs..... Jan. 24-Feb. 2  
5:00 pm-5:45 pm..... Ages 5 & up  
#14223..... \$36

Beginner  
Freedom Park Neighborhood Center  
Tues/Thurs..... Jan. 24-Feb. 2  
6:00 pm-6:45 pm..... Ages 5 & up  
#14224..... \$36





## Soccer Agility Training

**Ages 7+**

**\$54**

Agility training allows players to practice techniques while improving their overall fitness, coordination, explosiveness and quickness. Players will develop ball control, balance, timing, flexibility and endurance. Youth ages 7 and up will have a great opportunity to sharpen soccer skills, review soccer rules and strategies, while making new friends and having fun. \$54 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. \$54 Min. 6 Max. 24

## Soccer Mini Camps

**Ages 3-7**

**\$54**

A great introduction to the fun and exciting game of soccer! Youth ages 3-7 will develop coordination using large muscles, learn basic soccer skills, rules and strategies. This is a great camp for those kids just learning to play soccer or kids that need another season of skill development before registering for the In-house league. \$54 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. The camp is designed so that each and every participant, whether a beginner or a veteran will increase both his/her skill level and knowledge of basketball. Kids will work on dribbling, rebounding, form shooting and defense. \$54 Min. 6 Max. 24

## Private Soccer Lessons

Customized personal instruction for players ages 8 and over, wanting to learn or refine soccer skills or enter a more competitive level of play. Excellent for volunteer coaches too! Based on instructor and facility availability, pre-arrange times to fit your schedule. Coach: Kelli Reasoner holds a degree in Exercise Science and coaching license from the United States Soccer Federation (USSF-soccer governing body for the United States). She has played college soccer, semi-professionally in the USA and professionally overseas.

### Progressive Session Criteria:

- Foot skills/ball work
- Agility and speed
- Plyometrics
- Skills training (dribbling, passing, shooting and control)
- Initial Assessments/Evaluations
- Progress reports
- Home workout/Home work

#14194..... \$126  
Three 30-minute lessons = 90 minutes.  
Lesson times may not be altered.

#14195..... \$246  
Six 30-minute lessons = 180 minutes.

## Private Basketball Lessons

Customized personal instruction for players ages 5 and over, wanting to learn or refine basketball skills in defense, agility, speed, plyometrics, overall fundamental skills of dribbling, passing, shooting and control entering a more competitive level of play. Private lessons will revolve around the specific needs of each participant. Pre-arrange times to fit your schedule based on instructor and facility availability.

#14196..... \$126  
Three 30-minute lessons = 90 minutes.  
Lesson times may not be altered.

#14197..... \$246  
Six 30-minute lessons = 180 minutes.

Lessons times may be combined to three 60-minute lessons, no more or less as each lesson plan is designed to build off the other. Single 30 minute lessons ala carte or added to your package can be purchased for (\$65) or 60 minute for (\$85) each.

For more information, schedules and registration contact:  
Rob.Stevens@newbrightonmn.gov  
651-638-2136 or  
Patrice.Atkinson@newbrightonmn.gov  
651-638-2143

<b>Soccer Camps</b> Winter Session 1 (6 camp dates) Bel Air Elementary, Sunnyside Elementary, and Highview Middle School						
Mini Camp	Ages 3 & 4	Monday	February 27-April 10	No March 20	6:15-7:00 pm	14198
Mini Camp	Ages 5, 6 & 7	Monday	February 27-April 10	No March 20	7:00-8:00 pm	14199
Agility Training	Ages 7+	Monday	February 27-April 10	No March 20	8:00-9:00 pm	14210
Mini Camp	Ages 3 & 4	Thursday	January 5-February 16	No Jan 26	6:15-7:00 pm	14200
Mini Camp	Ages 5, 6 & 7	Thursday	January 5-February 16	No Jan 26	7:00-8:00 pm	14201
Agility Training	Ages 7+	Thursday	January 5-February 16	No Jan 26	8:00-9:00 pm	14211

<b>Soccer Camps</b> Winter Session 2 (6 camp dates) Edgewood Middle School and Highview Middle School						
Mini Camp	Ages 3 & 4	Saturday	January 7-February 18	No Jan 28	8:30-9:15 am	14202
Mini Camp	Ages 5, 6 & 7	Saturday	January 7-February 18	No Jan 28	9:15-10:15 am	14203
Competitive Soccer	Ages 7-10	Saturday	January 7-February 18	No Jan 28	10:15-11:15 am	14213
Competitive Soccer	Ages 11-14	Saturday	January 7-February 18	No Jan 28	11:15-12:15 pm	14214
Mini Camp	Ages 3 & 4	Saturday	February 25-April 8	No March 18	8:30-9:15 am	14204
Mini Camp	Ages 5, 6 & 7	Saturday	February 25-April 8	No March 18	9:15-10:15 am	14205
Competitive Soccer	Ages 7-10	Saturday	February 25-April 8	No March 18	10:15-11:15 am	14215
Competitive Soccer	Ages 11-14	Saturday	February 25-April 8	No March 18	11:15-12:15 pm	14216

<b>Soccer Camps</b> Spring Session 1 (6 camp dates) Highview Middle School and Edgewood Middle School						
Mini Camp	Ages 3 & 4	Thursday	April 6-May 11		6:00-6:45 pm	14206
Mini Camp	Ages 5, 6 & 7	Thursday	April 6-May 11		6:45-7:45 pm	14207
Agility Training	Ages 7+	Thursday	April 6-May 11		7:45-8:45 pm	14212
Mini Camp	Ages 3 & 4	Saturday	April 22-June 3	No May 27	8:30-9:15 am	14208
Mini Camp	Ages 5, 6 & 7	Saturday	April 22-June 3	No May 27	9:15-10:15 am	14209
Competitive Soccer	Ages 7-10	Saturday	April 22-June 3	No May 27	10:15-11:15 am	14217
Competitive Soccer	Ages 11-14	Saturday	April 22-June 3	No May 27	11:15-12:15 pm	14218

<b>Basketball Skills Camp</b> Winter Session (6 camp dates) New Brighton Community Center						
Skills Camp	Grades K-2	Sunday	January 8-February 12		2:30-3:30 pm	14221
Skills Camp	Grades 3-5	Sunday	January 8-February 12		3:45-4:45 pm	14219
Skills Camp	Grades K-2	Sunday	April 2-May 14	No April 16	2:30-3:30 pm	14222
Skills Camp	Grades 3-5	Sunday	April 2-May 14	No April 16	3:45-4:45 pm	14220

Focus  
Discipline  
Respect



### 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 seven 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  
Monday ..... Jan. 9-Feb. 13  
5:15 pm-6:00 pm..... Ages 3-6  
#14236..... \$54

Community Center Room 216  
Monday ..... Jan. 9-Feb. 13  
6:00 pm-6:45pm ..... Ages 3-6  
#14237..... \$54

Community Center Room 216  
Monday ..... Feb. 27-April 10  
(No class March 20)  
5:15 pm-6:00 pm..... Ages 3-6  
#14238..... \$54

Community Center Room 216  
Monday ..... February 27-April 10  
(No class March 20)  
6:00 pm-6:45 pm..... Ages 3-6  
#14239..... \$54

#### Intermediate (Instructor approval required)

Community Center Room 216  
Monday ..... Jan. 9-Feb. 13  
6:45 pm-7:30 pm..... Ages 3-6  
#14240..... \$54

Community Center Room 216  
Monday ..... Feb. 27-April 10  
(No class March 20)  
6:45 pm-7:30 pm..... Ages 3-6  
#14241 ..... \$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. Winter session runs 10 weeks and spring session runs 9 weeks. Min. 8 Max. 18

Community Center Fitness Studio  
Monday ..... January 9-March 13  
\$84

6:15 pm-7:15 pm..... Ages 7-11  
#14244..... Beginner

7:15 pm-8:15 pm..... Ages 7-11  
#14246..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult  
#14242..... Teen/Adult Beg. &  
Colored Belt

Community Center Fitness Studio  
Monday ..... March 27-May 22  
\$76

6:15 pm-7:15 pm..... Ages 7-11  
#14245..... Beginner

7:15 pm-8:15 pm..... Ages 7-11  
#14247 ..... Colored Belts

7:15 pm-8:15 pm..... Ages 12-Adult  
#14243 ..... Teen/Adult Beg. &  
Colored Belt

### Adaptive Bowling

The Adaptive Bowling program is open to all special education students ages 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, Deb and Sandy, who have worked with the bowlers for over 10 years. 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 ..... Jan. 7-March 11  
 9:15 am-11:30 am ..... Ages 13-Young Adult  
 #14256 ..... \$110

### Teen & Adult “Kickers” Karate

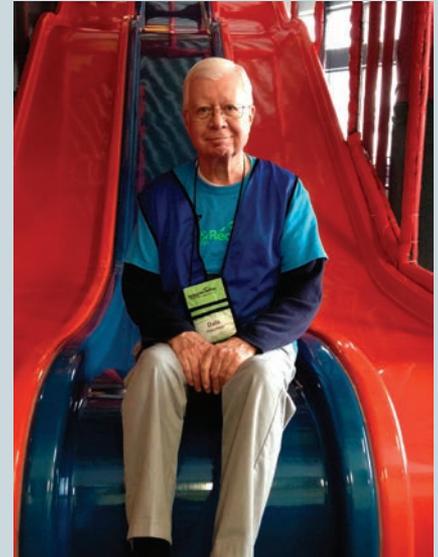
American Tae-Kwon-Do Karate for teens through adults. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. This program is designed to teach teens through adults self defense, safety awareness, how to work with others and increase flexibility. Karate instructors, Rhonda and Darren Bitzer, have been involved in Martial Arts for over 21 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Winter session is 10 weeks and spring session is 9 weeks. Min. 8 Max. 18

Community Center Fitness Studio  
 Monday ..... Jan. 9-March 13  
 \$84 ..... 7:15 pm-8:15 pm  
 #14242 ..... Ages 12-Adult  
 Beg. & Colored Belt

Community Center Fitness Studio  
 Monday ..... March 27- May 22  
 \$76 ..... 7:15 pm-8:15 pm  
 #14243 ..... Ages 12-Adult  
 Beg. & Colored Belt



## VOLUNTEER SPOTLIGHT



### Dale B.

You can't come to the Eagles Nest without seeing Dale ready to greet you at the gate. Dale came to New Brighton Parks and Recreation in the summer of 2015 looking for an opportunity to work with kids after missing his grandchildren who moved out of state. After trying to get more involved with the community he felt compelled to start volunteering watching children at the Eagles Nest a couple days a week. The enjoyment Dale experiences while volunteering is "being around the active, happy kids and appreciating great parenting and grand parenting as well as working with the friendliest staff members I have ever experienced." Dale has had so much fun he is now volunteering every day of the week. He said he "goes home happy" to his wife Mary who also volunteers with New Brighton Parks and Recreation for special events. Dale hopes by being in the Volunteer Spotlight it will encourage others to get involved in the wonderful opportunities around the community center. There are a wide variety of positions catering to almost any age, schedule and interest. When Dale is not volunteering for the NBPR, he can be found cooking, gardening and traveling to see his grandkids. Thank you Dale for volunteering at the Eagles Nest!

## Guitar the Easy Way

### 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). There are a limited number of guitars available for use during class time. For those who want to take the class but do not have an instrument, please request a guitar to use during class as you register. This class is not designed for bass guitars. 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 .....Jan. 10-Feb. 7  
 6:00 pm-6:45pm.....Ages 12-Adult  
 #14262.....\$89

Community Center 208  
 Tuesday .....Feb. 14-March 14  
 6:00 pm-6:45pm.....Ages 12-Adult  
 #14263.....\$89



## Swing Dance-Beginner

Whether you would like to learn to dance for a wedding, special occasion, or just for social fun, this popular class is for you! Single time swing also called East Coast Swing is an upbeat dance characterized by a bounce back rock (rock step) and swinging hip motion. Class will cover basic patterns, fun underarm turns, footwork and partnership communication on lead and follow.

Partners are encouraged, but not necessary. If possible, wear shoes without 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 3 weeks. Min. 6 Max.12

Community Room B  
 Wednesday .....Feb. 22, March 1, 8  
 6:30 pm-7:30 pm.....Ages 18 and over  
 #14257.....\$42 per person

## Country Two-Step Dance Workshop

Put your 'Boot-Scootin' boots on for the Two-Step! The Two-Step is a fun partnership, leader and follower dance. The leader determines the movements and patterns of the pair as they move around the dance floor. It is a progressive dance that uses "counterclockwise direction" around the floor. This workshop will cover basic patterns and under arm turns, so you will be comfortable on the dance floor when you go out Country Two-Stepping. Partners encouraged. If possible, please wear shoes without rubber soles. Instructor Carol Brecht-Wiles has 15 plus years of experience teaching in a variety of dance studio and class venues. Class meets one time. Min. 6 Max.12

Community Room B  
 Friday .....March 31  
 6:30 pm-8:30 pm.....Ages 18 and over  
 #14258.....\$28 per person

## Wedding Dance Workshop

Brush up on your steps for an upcoming wedding. You're not a wedding couple: no problem, this beginning class is for everyone and can be a great date night. Come sample some popular wedding dance favorites, like the Waltz, Swing and Slow Dance. By the end of the class you will feel more comfortable on the dance floor and will be ready to "Move and Groove". Partners encouraged. If possible, please wear shoes without rubber soles. Instructor Carol Brecht-Wiles has 15 plus years of experience teaching in a variety of dance studio and class venues. Class meets one time. Min. 6 Max.18

Community Room B  
 Friday .....May 12  
 6:30 pm-8:30 pm.....Ages 18 and over  
 #14259.....\$28 per person



## Goose Management Presentation

The City of New Brighton is working with residents to implement new ways to manage the wild goose population. A free training will be offered to residents who have concerns about geese on their property or who want to help control the population by focusing on nestling sites.

The training will consist of a taped presentation by the United States Humane Society with demonstrations and discussion to follow. Topics include: the difference between resident and migratory geese, mating and nesting habits, egg addling (oiling) procedures to manage the populations, and other nonlethal methods that homeowners can use on their property to deter geese.

Those attending the presentation will be taught how to search for nests and addle eggs during the early nesting season so the eggs do not hatch. Volunteers are needed to continue this program and will be registered with the U.S. Fish and Wildlife Department and the Department of Natural Resources to assist the city with goose mitigation efforts if they wish. Although the class is free, registration is required. The registration deadline is Tuesday, March 7.

Community Center Room 218  
 Thursday ..... March 9  
 6:00 pm-7:30 pm  
 #14261 ..... Free

### 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 21 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Winter session is 10 weeks and spring session is 9 weeks. Min. 8 Max. 18

Community Center Fitness Studio  
 Monday ..... January 9-March 13  
 \$84 ..... 7:15 pm-8:15 pm  
 #14242 ..... Ages 12-Adult  
 Beg. & Colored Belt

Community Center Fitness Studio  
 Monday ..... March 27-May 22  
 \$76 ..... 7:15 pm-8:15 pm  
 #14243 ..... 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 ..... Full Course  
 \$89

Saturday ..... January 28  
 #14187 ..... CPR/AED/First Aid

Saturday ..... February 25  
 #14188 ..... CPR/AED/First Aid

Saturday ..... March 4  
 #14189 ..... CPR/AED/First Aid

### Fly Tying Basics

What are you doing this winter? Get together with your friends and learn 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  
 Saturday ..... February 11, 18, 25  
 10:00 am-12:00 pm ..... Ages 18 and over  
 #14260 ..... \$55

# 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](mailto: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 (USVBA Class C Rules) is for teams with experience playing power volleyball. The winter session will consist of round robin league play and a single elimination tournament, 10 matches guaranteed. The winter session runs 10 weeks and spring session runs 5 weeks.  
Min. 4 teams Max. 9 teams

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

Highview Middle School North Gym  
Wednesday ..... March 29-April 26  
#14278 ..... \$155 per team

#### Thursday Co-Rec Division C

This refereed league (USVBA Class C Rules) is for teams with experience playing power volleyball. The winter session will consist of round robin league play and a single elimination tournament, 10 matches guaranteed. The winter session runs 10 weeks and spring session runs 5 weeks. Min. 4 teams Max. 9 teams

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

Highview Middle School North Gym  
Thursday ..... March 30-April 27  
#14279 ..... \$155 per team

### Adult Pickleball Open Gyms

Pickleball, a combination of tennis, badminton, and ping pong, is one of the fastest growing sports in the country. Pickleball is a fun and easy way to exercise and meet new people. This is your chance to check it out! Open gym time will be set aside for Pickleball players of all skill levels at the New Brighton Community Center and Highview Middle School. Wooden Pickleball racquets and plastic poly balls will be available for players to use during open gym. Please bring your own paddle if you have one. Visit [usapa.org](http://usapa.org) for more information on rules and equipment.

Community Center Gymnasium  
Tuesday & Thursday .... Dec. 1-March 30  
(No Pickleball Dec. 22, 27, 29, March 16, 21, 23 Due to school out days)  
1:00 pm-3:00 pm  
Check in at the Guest Service Desk  
\$3 per visit (no charge with NBCC Membership)

Community Center Gymnasium  
Friday ..... Dec. 2-March 31  
(No Pickleball December 23, 30, March 17, 24 Due to school out days)  
9:00 am-11:00 am  
Check in at the Guest Service Desk  
\$3 per visit (no charge with NBCC Membership)

Highview Middle School North Gymnasium  
Tuesday ..... Dec. 6-May 9  
(No Pickleball December 27)  
5:45 pm-8:30 pm  
Sign in with the gym attendant  
\$3 per visit



# ADULT SOFTBALL LEAGUES

The New Brighton Parks and Recreation Department offers a variety of summer and fall softball leagues. Information packets will be available January 15, 2017. Packets include league descriptions, registration fees, general rules, a team roster and registration information can be emailed or mailed to you. Call 651-638-2123 to leave your email or mailing address to receive a packet or go online at [www.newbrightonmn.gov/register](http://www.newbrightonmn.gov/register). Teams from last year will be emailed the information in January. All games are played on New Brighton fields.

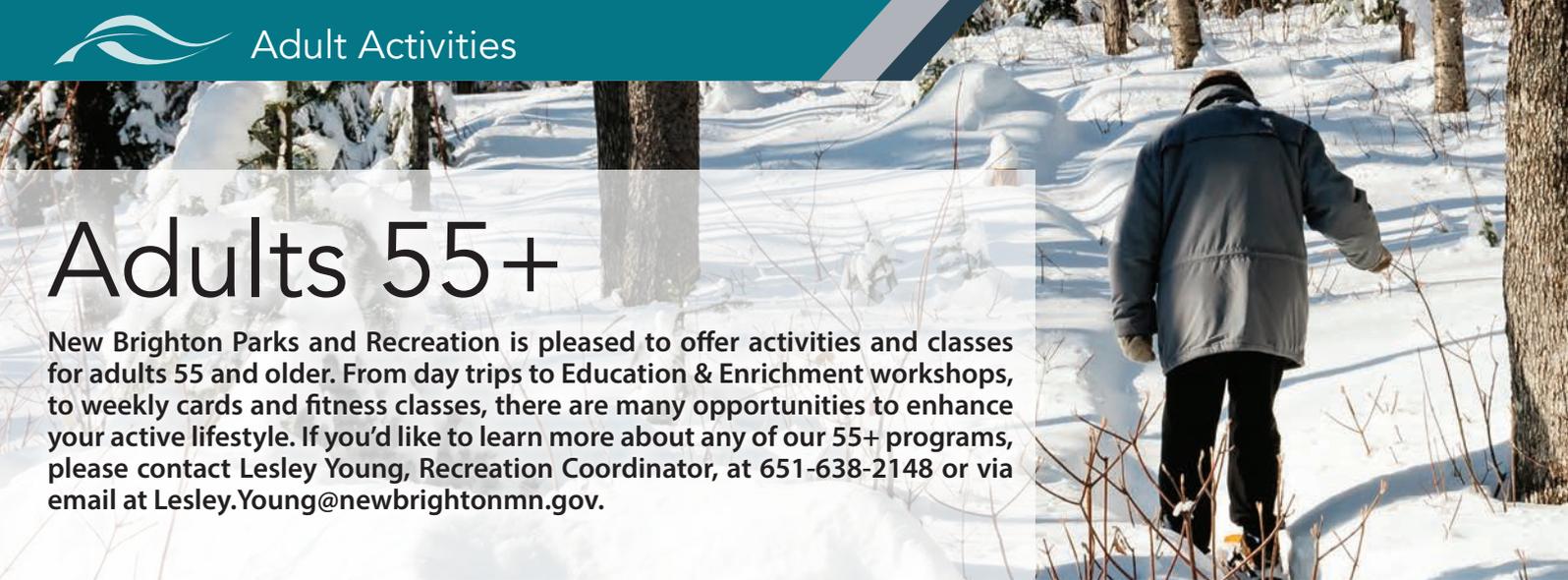
Reg. #	League Division	Game Night	Starts	Fee	After 4/1/17
#14271	Mens Double Headers C/D	Monday	April 24	\$650	\$675
#14272	Mens Single Games D	Tuesday	April 25	\$500	\$525
#14275	Co-Rec Recreational D	Tuesday	April 25	\$500	\$525
#14277	North Suburban Churches	Wednesday	April 26	\$440	\$465
#14273	Mens Rec. D Double Hdrs.	Thursday	April 27	\$650	\$675
#14274	Mens Double Headers D	Friday	April 28	\$650	\$675

## REGISTER TODAY

### Softball Umpires Needed

New Brighton Parks and Recreation Department is accepting applications for adult softball umpires for the 2017 season. All new umpires must complete the USSSA certification in the spring of 2017. Games start the last week in April and are held Monday-Friday starting at 6:00 pm. A typical umpire schedule would work one or two nights per week, 2 games per night. Wage is \$25.21 per game. Call Pat at 651-638-2123 for more information.





# 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](mailto: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.

## 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!

## 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 from 9:00 am-10:30 am

## 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

### Pinochle

Friday ..... 12:30 pm-3:30 pm

\*These bridge groups do not provide partners.

## 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 of rummy. If you have a set of tiles please bring them. This group meets on Monday from 9:00 am-12:00 pm in room 222.

## 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 am-12:00 pm.

## Keeping You In Stitches

Have fun working on that project you've wanted to complete for a long time all while making new friends. Bring your coffee cup along with any type of crafting project, knitting, beading, coloring, quilting each Wednesday from 9:00 am-11:00 am at the New Brighton Community Center in room 221.

## 2017 Hiking Club Kick-off Meeting

There will be a planning and informational meeting for anyone interested in participating in the 2017 Hiking Club. Please come to the New Brighton Community Center on Wednesday, February 22, at 1:00 pm.



*Older adults involved in recreation activities scored significantly better on the happiness scale than those who are not involved. Did you know there scheduled activities Monday-Friday at NBCC for older adults to participate? These activities not only give you the chance to recreate, but also provide social interaction as well.*

# 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.

## Medicare & Part D Workshop

Are you turning 65 soon? Are you already enrolled into Medicare? Have questions about your Part D or current Medicare Plan? Then this workshop is for you! Join us for a no cost Medicare workshop. Participants will enjoy a fun and engaging workshop and will also walk away with more knowledge and confidence about their Medicare and Part D options. Refreshments and fun door prizes are all part of this educational workshop. Presenters: Bonnie Baglien & Tyler Tandeski

Presented By:  
**Good Insurance™**

Community Center Room 220  
Thursday.....February 9  
9:00 am-10:30 am  
#14174.....FREE

## Million Dollar Baby

Expecting children or grandchildren? This great workshop is to discuss the joys and financial challenges of parenthood. Finances can cause stress! What do you envision for the baby's future? What does it take to raise a child today? Topics include the financial commitments to college and beyond! Light refreshments will be served. No obligation or sales. This workshop will be presented by Kevin Schwartz, Thrivent Financial.

Presented By:  
  
Appleton, Wisconsin • Minneapolis, Minnesota

Community Center Room 222  
Wednesday.....January 25  
6:30 pm-7:30 pm  
#14175.....\$5

# 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 "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 for the entire year. 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 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 Title: Miracles From Heaven  
Community Center .....Room 218  
Wednesday.....January 4  
12:00 pm-3:00 pm .....#14233  
Free for Club 55 members  
\$2 for non-members

Community Center .....Room 218  
Wednesday.....March 1  
Call Guest Services at 651-638-2130 for movie title  
12:00 pm-3:00 pm .....#14234  
Free for Club 55 members  
\$2 for non-members

### Make payment (and return to):

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

**\$10**

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

BIRTHDATE (MO/DAY/YEAR) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL/OTHER PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

I would like to be put on the mailing list to receive the senior Active Life Newsletter.

I would like to know more about volunteering with New Brighton Parks and Recreation.

Class #14232

**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. 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 .....Feb. 27 & March 1  
#14168.....5:30 pm-9:30 pm

Monday & Wednesday .....April 17 & 19  
#14167.....9:00 am-1:00 pm

Monday & Wednesday .....May 8 & 10  
#14166.....5:30 pm-9:30 pm

**Four-Hour Class**

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

Monday .....January 9  
#14169.....9:00 am-1:00 pm

Monday .....February 6  
#14165.....9:00 am-1:00 pm

Monday .....February 20  
#14164.....5:30 pm-9:30 pm

Monday .....March 6  
#14162.....9:00 am-1:00 pm

Monday .....March 27  
#14163.....5:30 pm-9:30 pm

Monday .....April 10  
#14170.....9:00 am-1:00 pm

Monday .....April 24  
#14171.....9:00 am-1:00 pm

Monday .....May 1  
#14172.....9:00 am-1:00 pm

Monday .....May 15  
#14173.....5:30 pm-9:30 pm



 **Computer Tutor  
For Seniors**

**Apple iPad Workshop**

If you are new to iPad and Apple world of technology with little to no experience and over the age of 55+ this workshop is perfect for you! Commit to taking all four weeks of classes when signing up. No refunds will be offered for any classes missed. Basic overview of the iPad and usage along with many of its setting, accessories, icons, apps, commands and controls will be the highlight of the class. You will become extremely comfortable using your iPad once you complete this great workshop to where you'll soon be browsing the web, comfortable with security, privacy, passcodes, email and maybe even time for some fun apps such as photo editing. Class taught by “Raythecomputerguy”.

Community Center  
1:00 pm – 3:00 pm  
\$99

Tuesday .....January 10, 17, 24, 31  
#14176 .....(Register by December 27)

Tuesday .....February 7, 14, 21, 28  
#14177 .....(Register by January 24)

Tuesday .....March 7, 14, 21, 28  
#14178.....(Register by February 21)



## 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](http://www.newbrightonmn.gov). If you register for these tours through the City of New Brighton, it will be mandatory to board the bus at our facility.

### Tour "The Fed" & Lunch at Nicollet Island Inn

Experience the priceless opportunity to learn about the nation's central bank and financial system. See millions of dollars. Observe automated robots moving money. Receive a bag of shredded genuine U.S. currency to take home. This is a 75-minute walking tour (so wear good shoes) to learn about the history and structure of the Minneapolis Federal Reserve. We will then take a short drive over to the beautiful Nicollet Island Inn for lunch. Transportation in city van and lunch are included on this tour. Register by February 1.

Community Center  
 Wednesday .....February 15  
 9:30 am-2:00 pm  
 #14179 ..... \$28

### Rise Up, O Men – Plymouth Playhouse

Sixth in the Church Basement Ladies series, Rise Up, O Men is a brand new musical comedy featuring the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and benefits of weld vs solder, they unintentionally disrupt the order of the kitchen. But that's what happens when you let the rooster in the hen house. Transportation in the city van, lunch and play are all included in the hilarious tour. Register by December 26.



Community Center  
 Thursday .....January 26  
 11:00 am-4:00 pm  
 #14180 ..... \$47

## 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.

*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](mailto:Lesley.young@newbrightonmn.gov).*



Strike, spare and gutter balls we don't care – just tell us you'll be there! It's St. Patty's Day week so wear green and spend it with us at Flaherty's Bowl in Arden Hills. After two hours of bowling fun we will have lunch at Flaherty's where the special is Corned Beef and Cabbage week (along with traditional options). Transportation, bowling, shoes, lunch/gratuities are all included on this great trip! Register by March 7.

Community Center  
 Tuesday .....March 14  
 9:30 am – 2:00 pm  
 #14185 ..... \$28

 Icon indicates degree of difficulty

# 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.



## TRAVEL SHOW

Wednesday, January 18, 10:00 am

### 2017 Travel Destinations

- Acadia Autumn Adventure
- Alaska
- Albuquerque Balloon Fiesta
- America's Heritage
- Autumn in New England
- Ireland
- Islands of Hawaii
- New York City
- Nova Scotia
- Pacific Coast
- Savannah, Charleston & Asheville
- Trains of Colorado
- Yellowstone

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](http://www.landmark-tours.com).

### TRAVEL SHOW

**Wed, January 18<sup>th</sup>, 2016 at 10:00 AM**  
At the New Brighton Community Center

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

JOIN US  
TO  
LEARN  
MORE!

**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

**Treasures of the Southeast**  
Savannah, Charleston, & Asheville  
April 3 - 9, 2017

**New York City**  
The Big Apple  
May, 4 - 7, 2017

**Alaska**  
Land & Sea Adventure  
May 28 - June 9, 2017

**Yellowstone**  
& The Grand Tetons  
May 27 - June 2, 2017

**The Pacific Coast**  
Ft. The Redwood Forest  
June 7 - 13, 2017

**Nova Scotia**  
& The Maritimes  
August 19 - 26, 2017

**Autumn in New England**  
Sept 30 - Oct 6, 2017

**Albuquerque Balloon Fiesta**  
October 11 - 16, 2017

**America's Heritage**  
Gettysburg & Williamsburg  
Oct 17 - 23, 2017

**Acadia Autumn Adventure**  
Oct 9 - 13, 2017

If you can't attend the show, call for a catalog: 651-490-5408 | or visit [www.gowithlandmark.com](http://www.gowithlandmark.com)



## TRAVEL SHOW

Wednesday, February 8, 11:30 am

### 2017 Travel Destinations

- Reflections of Italy
- Iceland: Land of Fire & Ice

Collette has been in the travel business for nearly 100 years and it's because they hire people passionate about sharing their own love of travel and uncovering mysteries. Embrace the Journey – Collette will handle the rest! Make your travel dreams come true and book a trip of a lifetime with New Brighton Parks and Recreation and Collette.

If you are unable to make the travel show and interested in learning more about these great trips, please feel free to call the New Brighton Parks and Recreation office at 651-638-2130 for more details.





# Day Trips

We are pleased to offer full day trips for adults 55+ in collaboration with the City of Roseville and the St. Anthony Community Services. On these trips luxury coach transportation is provided as well as an escort for each trip.

## King Lear at The Guthrie & Back Stage Tour

Shakespeare's epic tragedy on Wurtele Thrust Stage is King Lear. After years of ruling Britain in peace, a respected King Lear decides to relinquish his crown and divide his kingdom among his three daughters, but when their love and loyalty falter, so does Lear's sanity. King Lear is a gripping portrait of fathers, daughters and a once-mighty ruler thwarted by his own hubris and betrayed by a vanishing mind. Also include in this great trip is a 45 minute backstage tour to learn from the Guthrie artists and staff how a production is created – from literary background to set and costume design to the staging of the play. A box lunch is also included in this fantastic tour. Register by January 31.

Community Center  
 Wednesday ..... March 8  
 9:00 am-4:30 pm  
 #14181 ..... \$69

## Barn Quilt Countryside Tour

Travel across the scenic countryside discovering an open-air art gallery in beautiful Carver County. Starting at the Waconia Fairgrounds our guide, Janet Fahey, featured barn quilt presenter will step on our luxury coach as you ride through some of the most beautiful countryside and learn about the talks & tales of MN Barn Quilts. You will have several chances to get out and stretch, do some shopping and visit folks that own some of these beautiful barns along your tour. We will stop at the Waconia Brewing Company for a luxury box lunch and beverage. Tour includes luxury coach transportation, step on presenters, tour, lunch & gratuities. Register by March 1.

Community Center  
 8:30 am-4:00 pm  
 Thursday ..... April 13  
 #14183 ..... \$46

## Festival Of Nations

Join us for a day full of culture and fun! For nearly 85 years, the Festival of Nations has inspired people throughout the region to discover more about our world and embrace the rich cultural diversity brought to us by immigrants from around the globe. In 2017, the Festival will continue its legacy as the longest running multicultural festival in the Midwest and, once again, collaborate with nearly 100 ethnic groups to create a truly unique experience - one that celebrates cultural heritage and provides our community's immigrants with a platform to express their stories through world-class performances, exhibits, ethnic cuisine and personal connections. Enjoy the Festival of Nations in first class style. A coach bus will pick you up at the Community Center and drop you off at the door of the River Center. We will provide you with as much information we can on schedules of performances, activities and maps of the event so you don't miss anything. Experience cuisine from around the world (food is not included in registration fee). Don't miss out on this wonderful opportunity to experience this outstanding event! Register by April 3.

Community Center  
 Friday ..... May 5  
 3:45 pm-8:00 pm  
 #14184 ..... \$40

## State Capitol Tour

Curious as to see what has been going on behind all those temporary walls at the Minnesota State Capitol? Join us as we go on a 45-minute guided tour of the capital building which will be re-opening after an extensive restoration effort, the largest since opening in 1905. Some of the highlights will include: the largest self-supported marble dome in the world and decorative art, murals and paintings restored to original patterns and colors. We will also take time to explore some of the 20 monuments and memorials on the capitol grounds. This tour will include a lot of walking so please wear comfortable shoes. After exploring at the State Capitol we will stop by the City View Grille for lunch. The City View Grille is operated by the Saint Paul College Culinary Arts Program and has fabulous views of downtown Saint Paul, the State Capitol and the Cathedral of St. Paul. Register by March 8.

Community Center  
 Wednesday ..... March 29  
 9:00 am-2:15 pm  
 #14182 ..... \$38

# Registration will open Monday, January 2

**If you register for these tours through the City of New Brighton, it will be mandatory to board the bus at our facility.**



# 2017 Winter 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. January 5, for February classes).

See Pages 30-31 For Class Schedule

Symbols represent complimentary classes:

Health Wave



Silver&Fit



SilverSneakers



## Express Workout Boxing

Want a new workout, but not quite ready to jump in the ring? This kickboxing class will help you get fit like a fighter. A combination of partner drills, pads, 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

## 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

## 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

## 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

## 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



## 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: Deb Faust (Kathy McNeely, Rita Roesner, Karen Peterson). Min. 18 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® 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, Kathy McNeely, Deb Faust. Min. 8. Max. 20



## SilverSneakers® Cardio Fit



Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic and Circuit. Instructor: Rita Roesner, Kathy McKneely. Min. 8 Max. 20

## Core & More



Floor work designed to tone and strengthen core and back muscles needed for everyday functions. Please bring a mat, towel and water bottle to class. New participants are encouraged. Instructor: Kathy McNeely. Min. 5 Max. 20

### 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.

## 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: Robyn Roxas. Min. 8 Max. 20



## 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. Min. 8 Max. 20. Drop-In fee \$8 per class, payable to lifeguard/instructor on duty at Highview pool.



## 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, Deb Faust, Rita Roesner, Karen Peterson, Kathy McKneely. Min. 8 Max. 20

## 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

## 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: Norah O'Shaughnessy, Robyn Roxas, Anne Sumangil. Min. 18 Max. 70

**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: Angela Frey, 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, Stephanie Mauceri, Kamala Stalboerger. 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. January 5 for February classes).

**Off the Barre - Pilates**



Combines barre work from ballet to work on postural strength and alignment, followed by a series of standing leg work, focusing on legs, hips and core using a bodybar for balance. Finally we blend the stabilization, strength and flexibility from mat Pilates to complete a full body workout. Instructor: Colleen O'Neil. Min. 6 Max. 15

**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



**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



*The highest rates of inactivity occur among those ages 65 and over. Did you know there are 34 sessions of group exercise classes appropriate for those ages 65 and over offered during the winter months? Register today at Guest Services to stay active and be ready to enjoy the outdoors when spring arrives.*



# 2017 Winter 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

Tues/Thurs

Monday

Tuesday

Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
6:05-7:05 am	TNT Tone & Tighten	Jan. 4-Jan. 30 (7) (no Jan. 16)	LeVon Garret	\$61/71/\$12 (7)	14284	Fitness Studio
8:00-9:00 am	SilverSneakers Classic	Jan. 4-Jan. 30 (7) (no Jan. 16) Feb. 6-March 1 (7) (no Feb. 20) March 8-29 (7)	<b>NEW</b> Deb Faust	\$52/62/\$10 (7)	14370 14371 14372	Gym
5:45-6:45 pm	SilverSneakers Classic	Jan. 4-Jan. 30 (7) (no Jan. 16) Feb. 6-March 1 (7) (no Feb. 20) March 8-29 (7)	LeVon Garret	\$52/62/\$10 (7)	14288 14289 14290	Gym
7:15-8:15 am	SilverSneakers Sunrise Yoga	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	Brad Loken	\$52/\$62/\$10 (7)	14298 14299 14300	Fitness Studio
8:15-9:00 am	SilverSneakers Cardio Fit	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	<b>NEW</b> Rita Roesner	\$52/\$62/\$10 (7)	14367 14368 14369	Fitness Studio
9:00-10:15 am	Stretch & Tone	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	Deb Faust	\$40/\$50/\$8 (7)	14302 14303 14304	Gym
10:30-11:30 am	Core & More	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	Kathy McNeely	\$40/\$50/\$8 (7)	14306 14307 14308	Fitness Studio
4:00-5:00 pm	SilverSneakers Classic	Jan. 5-Jan. 26 (7) Feb. 2-Feb. 23 (7) March 2-March 23 (7)	Robyn Roxas	\$52/62/\$10 (7)	14293 14294 14295	Gym
9:45-10:45 am	SilverSneakers Circuit Training	Jan. 9-Feb. 13 (5) (no Jan. 16) Feb. 27-March 27 (5)	Angie Otto	\$45/\$55/\$12 (5)	14328 14329	Fitness Studio
2:00-2:45 pm	Beginner Yoga	Jan. 9-Feb. 13 (5) (no Jan. 16) Feb. 27-March 27 (5)	Angela Frey	\$45/\$55/\$12 (5)	14331 14332	Fitness Studio
3:00-3:45 pm	Restorative Blend Yoga	Jan. 9-Feb. 13 (5) (no Jan. 16) Feb. 27-March 27 (5)	Angela Frey	\$45/\$55/\$12 (5)	14337 14338	Fitness Studio
6:00-7:00 pm	Fit Lab Straight Up Strength	Jan. 9-Feb. 13 (5) (no Jan. 16) Feb. 27-March 27 (5)	Robyn Roxas	\$45/\$55/\$12 (5)	14349 14350	214
4:30-5:30 pm	Express - Boxing	Jan. 10-Feb. 14 (6) Feb. 28-March 28 (5)	Marie LePage	\$60/\$70/\$12 (6) \$50/\$60/\$12 (5)	14313 14314	Fitness Studio
5:45-6:30 pm	Express - Core	Jan. 10-Feb. 14 (6) Feb. 28-March 28 (5)	LeVon Garret	\$35/\$45/\$12 (6) \$29/\$39/\$12 (5)	14316 14317	Fitness Studio
6:30-7:30 pm	Mat Pilates	Jan. 10-Feb. 14 (6) Feb. 28-March 28 (5)	LeVon Garret	\$58/\$68/\$12 (6) \$50/\$60/\$15 (5)	14358 14359	Fitness Studio
6:00-7:00 pm	Zumba	Jan. 10-Feb. 14 (6) Feb. 28-March 28 (5)	Anne Sumangil	\$59/\$69/\$12 (6) \$49/\$59/\$12 (5)	14322 14323	Gym
7:45-8:45 pm	Water Aerobics	Jan. 10-March 7 (8) (no Feb. 14)	Marie LePage	\$59/\$8	14154	Highview



	Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
Wednesday	9:00-10:15 am	Tai Chi Chih	Jan. 11-Feb. 15 (6) Beginner March 8-March 29 (4) Tune Up	Sharon Sloper	\$59/\$69 (6) \$41/\$51 (4)	14309 14311	Studio
	10:30-11:30 am	SilverSneakers Circuit Training	Jan. 11-Feb. 15 (6) <b>NEW</b> Feb. 22-March 29 (6)	Kathy McNeely	\$53/\$63/\$12 (6)	14330 14373	Studio
	4:30-5:45 pm	Tai Chi Chih	Jan. 11-Feb. 15 (6) Beginner March 8-March 29 (4) Tune Up	Sharon Sloper	\$59/\$69 (6) \$41/\$51 (4)	14310 14312	216
	4:45-5:45 pm	Beginner Yoga	Jan. 11-Feb. 15 (6) Feb. 22-March 29 (6)	Angela Frey	\$53/\$63/\$12 (6)	14334 14335	Studio
	6:00-6:45 pm	Restorative Blend Yoga	Jan. 11-Feb. 15 (6) Feb. 22-March 29 (6)	Angela Frey	\$53/\$63/\$12 (6)	14341 14342	Studio
	7:00-8:00 pm	Zumba	Jan. 11-Feb. 15 (6) Feb. 22-March 29 (6)	Norah O'Shaughnessy	\$45/\$55/\$12 (6)	14324 14325	Gym
	7:00-8:00 pm	Off the Barre Pilates	Jan. 11-Feb. 15 (6) <b>NEW</b> Feb. 22-March 29 (6)	Colleen O'Neil	\$53/\$63/\$12 (6)	14363 14364	Studio
Thursday	3:30-4:10 pm	Gentle Yoga by Candelight	Jan. 5-Feb. 9 (6) Feb. 23-March 30 (6)	Stephanie Mauceri	\$54/\$64/\$12 (6)	14352 14353	Studio
	4:15-5:00 pm	Restorative Blend Yoga	Jan. 5-Feb. 9 (6) <b>NEW</b> Feb. 23-March 30 (6)	Stephanie Mauceri	\$54/\$64/\$12 (6)	14343 14344	Studio
	5:45-6:45 pm	TNT Tone & Tighten	Jan. 5-Feb. 9 (6) Feb. 23-March 30 (6)	LeVon Garret	\$54/\$64/\$12 (6)	14280 14281	Studio
	5:45-6:45 pm	HIIT (High Intensity Interval Training)	Jan. 5-Feb. 9 (6) Feb. 23-March 30 (6)	Robyn Roxas	\$58/\$68/\$15 (6)	14355 14356	Fitness Center
	6:45-7:45 pm	Mat Pilates	Jan. 5-Feb. 9 (6) Feb. 23-March 30 (6)	LeVon Garret	\$58/\$68/\$15 (6)	14361 14362	Studio
	7:45-8:45 pm	Water Aerobics	Jan. 12-March 2 (8)	Tanya Baker	\$59/\$8	14155	Highview
Friday	8:15-9:15 am	SilverSneakers Classic	Jan. 13-Feb. 17 (6) <b>NEW</b> Feb. 24-March 24 (5)	Rita Roesner	\$44/\$54/\$10 (6) \$37/\$47/\$10 (5)	14291 14292	Gym
	4:30-5:30 pm	Triple Threat (TRX, KettleBell, Battle Ropes)	Jan. 13-Feb. 17 (6) Feb. 24-March 24 (5)	Robyn Roxas	\$59/\$69/\$15 (6) \$50/\$60/\$15 (5)	14319 14320	Studio
Saturday	8:30-9:30 am	Water Aerobics	Jan. 14-March 4 (8)	Rita Roesner	\$59/\$8	14158	Highview
	9:30-10:30 am	PiYo	Jan. 14-Feb. 18 (6) March 4-March 25 (4)	Colleen O'Neil	\$59/\$69/\$12 (6) \$41/\$51/\$12 (4)	14346 14347	Studio
	2:00-4:00 pm	Change of Heart Zumbathon	Feb. 4	Multi Zumba Instructors	\$20 Donation	Online	Gym
Sunday	5:00-6:00 pm	Zumba	Jan. 8-Feb. 12 (6) Feb. 19-Mar 26 (6)	Robyn Roxas	\$59/\$69/\$12 (6)	14326 14327	Gym



# PERSONAL TRAINING

**Is your workout routine starting to fizzle – let a personal trainer add sizzle!**

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

**Personal Training Services**

- Appointments only
- 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



**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. 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 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.



**Colleen O'Neil**  
612-741-8759

Colleen O'Neil is a Certified Exercise Physiologist through American College of Sports Medicine, and holds Personal Training Certifications

through NASM and American Council on Exercise (ACE) as well as a Group Exercise Certification through ACE and Yoga training through YogaFit and Pilates Certification through NETA. She holds a Bachelor's of Science Degree in Life Science from Cal State University Hayward and a Master's of Science Degree in Applied Exercise Science from Concordia University. Colleen has worked in the fitness industry for over 15 years, has provided more than 2,000 Personal Training Sessions and taught over 3,000 group exercise classes.

# 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.

**January**  
**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).

## Personal Trainer Fit Tip Days

New Brighton Community Center invites you to meet our Certified Personal Trainers who will be on the fitness center floor 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

**February**  
**Yoga and Pilates Personal Training**  
 Introductory offer all packages 20% off.

**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.

**March**  
**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).



OUR ELVES RECOMMEND THIS HOLIDAY WORKOUT.  
 Ask our trainers.

Gift Certificates make great stocking stuffers!



20 SANTA SQUATS
15 NORTH POLE UPS
15 SILVER BELL STEP UPS
10 PEPPERMINT PUSH UPS
30 REINDEER RUNS
15 CHOCOLATE DIPS
50 LITTLE DRUMMER BOYS
15 CANDY CANE CROSSOVERS
10 GIFT LISTS

# 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)



## Yoga and Pilates Personal Training

Yoga and Pilates Personal Training is a great option for those who are not comfortable in a class or want the customization that private session offers. Sessions will be planned based on individual goals, health history, and strengths and weaknesses. Working one on one helps keep you accountable to your workouts, and motivated to stay on track. Appointments with Personal Trainer, Colleen O'Neil only, 612-741-8769.

### The Benefits of Yoga:

- STRESS relief
- Calming of the mind and body
- Increase flexibility in the muscles and the range of motion in the joints
- Improved balance
- Increased strength and tone muscles
- Improved posture
- Weight loss and weight management
- Increased overall energy
- Improved sleep
- Heightened mental and intuitive awareness
- Increased body awareness

### The Benefits of Pilates:

- Increase flexibility and endurance
- Develop optimal core control
- Provide a challenging yet safe workout
- Aid in weight loss
- Promote injury rehab
- Help alleviate pain and tension
- Flatten abdominals and restore natural alignment
- Strengthen, tone and elongate the muscles

## 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 which includes 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

# health fitness expo

12TH ANNUAL

Saturday, January 7 • 9:30 am-1:30 pm

New Brighton Community Center • Free Admission

Come explore new health and fitness opportunities at the 12th annual Health and Fitness Expo, sponsored by New Brighton Parks and Recreation. People who live, work, or play within the community or beyond can experience new local opportunities to begin a healthy lifestyle. Be active, live healthy during the overall wellness event. You will be provided:

- Over 40 exhibits for expert wellness advice
- Access to the fitness center (18+)
- \$0 New membership enrollment and free member gift
- Group fitness trial classes and \$5 off registration
- Personal trainer advice, 50% off orientation and 10% off services
- Pickleball demo
- Brightwood Hills golf demo and discounts
- Refreshments, prizes, healthy foods and supplements
- Massage and skin therapists
- Wellness assessments
- Products available for purchase
- Scan the code below for a list of specialty events, and exhibitors



Exhibitor spots still available, please contact  
Patrice.Atkinson@newbrightonmn.gov  
651-638-2143

**EAGLES NEST**  
INDOOR PLAYGROUND

KIDS GYM IS PLAY

SAVE \$1 OFF A DAILY ADMISSION  
DURING THE HEALTH AND FITNESS EXPO.

Parent/guardian supervision required.

SPONSORED BY:



February 1-4

New Brighton Community Center

Register with a minimum donation of \$20 to participate, including:

- Free activities and discounts from February 1-4
- Zumba Party main event 2:00-4:00 pm (2:00-2:30 pm walk in registration 2:30-4:00 pm 90 Minute Zumbathon) Saturday, February 4 all ages welcome
- A one-year subscription to SELF magazine
- Exclusive Change of Heart water bottle
- GO RED for Women® awareness pin
- "Know and Go" educational book mark

"100% of the participation fee goes to Change of Heart and the American Heart Association/Go Red for Women". SELF will contribute \$5 from each \$20 participant donation to the American Heart Association's GO RED for Women® movement for important awareness, research, education and community programs to benefit women. For more event information and online registration please visit our website or call 651-638-2130.

For more event information and online registration please visit our website or call 651-638-2130.

# 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 said that swimming is especially beneficial when done regularly.

## 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 Jan. 14-Mar. 4 8:30 am-1:45 pm

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

Tuesday Jan. 10-Mar. 7 5:30 pm-8:45 pm

(No Feb. 14)

Thursday Jan. 12-Mar. 2 5:30 pm-8:30 pm

### Open Swim

Saturday Jan. 14-Mar. 4 12:30 pm-1:45 pm

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

### Pool Closed

Feb. 14

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

2nd Chance School Year Pass	Resident & NBCC Members	Standard
Adult	\$49	\$59
Youth/Senior	\$39	\$49
Family	\$83	\$123

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

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 for alternate dates or times are not provided for participants missing a lesson.
- Children over the age of 5 must attend the appropriate locker room for their gender – a unisex restroom is available in the lobby area.
- 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 should 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, 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 the 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 on 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 or "HUGGIES little swimmers" are required. This program is for children with little or no water experience who may be reluctant to enter the water. Children will be introduced to basic water adjustment 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 during each class more than one adult can participate.

## Mini-Swimmers - \$72

### Ages 2-4 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 of 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 to level 6. Individualized attention will be given to students as they learn skills and refine strokes with confidence. Participants are divided according to ability at 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 651-638-2143.

### Highview Pool

#14159.....\$224  
Eight 30-minute lessons = 240 minutes

#14160.....\$180  
Six 30-minute lessons = 180 minutes

#14161.....\$99  
Three 30-minute lessons = 90 minutes

# Winter Swimming Lessons

## Session 1 - 8 Weeks

### Highview Middle School Pool

Tuesday, January 10-March 7 (no Feb. 14)

One Lap Lane	5:30 pm-8:30 pm	
Semi-Private	5:30 pm-6:00 pm	14110
Parent & Child	6:05 pm-6:35 pm	14120
Mini Swimmer	6:05 pm-6:35 pm	14124
Level 1	6:05 pm-6:35 pm	14128
Puddle Jumper	6:40 pm-7:10 pm	14132
Level 2	6:40 pm-7:10 pm	14136
Level 3	6:40 pm-7:10 pm	14140
Semi-Private	7:15 pm-7:45 pm	14116
Adult	7:45 pm-8:45 pm	14144
Water Aerobics	7:45 pm-8:45 pm	14154

## Session 2 - 8 Weeks

### Highview Middle School Pool

Thursday, January 12-March 2

One Lap Lane	5:30 pm-8:30 pm	
Parent & Child	5:30 pm-6:00 pm	14121
Mini Swimmer	5:30 pm-6:00 pm	14125
Puddle Jumper	5:30 pm-6:00 pm	14133
Level 1	6:05 pm-6:35 pm	14129
Level 2	6:05 pm-6:35 pm	14137
Level 3	6:05 pm-6:35 pm	14141
Semi Private	6:40 pm-7:10 pm	14111
Level 4	7:15 pm-7:45 pm	14147
Level 5	7:15 pm-7:45 pm	14149
Level 6	7:15 pm-7:45 pm	14151
Adult	7:45 pm-8:45 pm	14145
Water Aerobics	7:45 pm-8:45 pm	14155

## Session 3 - 8 Weeks

### Highview Middle School Pool

Saturday, January 14-March 4

One Lap Lane	8:30 am-1:30 pm	
Water Aerobics	8:30 am-9:30 am	14158
Adult	8:30 am-9:30 am	14146
Parent & Child	9:30 am-10:00 am	14123
Mini Swimmer	9:30 am-10:00 am	14126
Puddle Jumper	9:30 am-10:00 am	14135
Semi-Private	10:05 am-10:35 am	14117
Level 1	10:40 am-11:10 am	14131
Level 2	10:40 am-11:10 am	14139
Level 3	10:40 am-11:10 am	14143
Semi-Private	11:15 am-11:45 pm	14118
Semi-Private	11:50 am-12:20 pm	14112
Open Swim	12:30 pm-1:45 pm	



## Splash Party Pool Rentals

Make a splash with your party! 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](http://www.newbrightonmn.gov) 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.



### Lifeguard Training

Participants must be 15 years of age by the last day of class. This Red Cross certification program includes Lifeguard, First Aid and CPR for the Professional Rescuer and AED (Automated External Defibrillator) training. Upon successful completion, participants will receive a Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer certificate valid for two years. Attendance is mandatory for all class sessions. Be prepared to be both in and out of the water each day of class. Pre requisite swim skills: continuous 300 yard swim using front crawl and breaststroke and 10lb submerged object recovery. Swim skill evaluation will be done the day before the class starts. Participants that are not able to complete the swimming requirement will be eligible for a partial refund.

Highview Middle School Pool and Classroom

Monday-Wednesday  
 March 20-23..... 8:30 am-5:30 pm  
 #14191.....\$275  
 (Registration Deadline Mar. 13)

### Water Safety Instructor Aide/ Lifeguard Preparation Training

This water safety apprentice course is for youth leaders age 11 or older who have completed upper level lesson skills. This program focuses on youth leadership, self-esteem, problem solving, peer and community interaction, teamwork and skills related to employment with youth swimming lessons. Students will volunteer teach 16 hours (2 hours a day for an 8 class session), participate in 6 classroom hours to complete CPR/AED/ First Aid training for Adult, Infant, & Child. To be considered for employment you must be age 14 and complete a minimum of 32 volunteer apprentice hours, turn in completed course work and evaluations. Contact Patrice.Atkinson@newbrightonmn.gov or 651-638-2143 with questions about the program and to set your schedule.

Highview Middle School Pool  
 #14190  
 \$185.....Winter  
 (January-March)

### 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  
 Monday-Wednesday  
 March 20-23..... 8:30 am-5:30 pm  
 #14193.....\$290  
 (Registration Deadline Mar. 13)



# 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.*

## 2017 Rates

Adults	\$15
Seniors (62+)	\$13
Juniors (17-)	\$12
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	\$399
Each additional family member	\$274
Junior Membership (17 and under)	\$149

## 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 15–March 15. Contact 651-638-2138 for rental information.

## Gift Ideas

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.

## Adult and Senior Golf Leagues

Leagues are a great way to ensure you get out and enjoy the game on a regular basis. They are open to interested individuals or groups of players of all abilities. You don't have to be a professional to play in our leagues, everyone is welcome. Join the fun of a golf league where you can make new friends, play with old friends and participate in weekly events for prizes that will improve your game and allow you to enjoy the outdoor beauty of our golf course! Most leagues start in May and run through August.

Add your name to our waiting list by calling Ken at 651-638-2151. Be sure to mention what league(s) you are interested in joining from the list below. You will be contacted in early April with details about league play.

### Monday

Juniors AM      Men PM

### Tuesday

Women AM

### Wednesday

Ladies AM      Women PM

### Thursday

Ladies AM      Junior      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.*

# ICE SKATING RINKS AND NEIGHBORHOOD CENTER HOURS

New Brighton Parks and Recreation maintains outdoor ice skating facilities at New Brighton parks. Weather permitting, the skating rinks will be open Saturday, December 19-Monday, February 15; plus the preview weekend on December 17 and 18. For additional skating rink information or to reserve a Hansen Park hockey rink, please call 651-638-2130.

**PARKS ..... HOCKEY RINK ...PLEASURE RINK**

Freedom Park.....Yes (1).....Yes  
 Hansen Park.....Yes (2).....Yes  
 Sunny Square Park.....Yes (1).....Yes

**FREEDOM, HANSEN AND SUNNY SQUARE PARK NEIGHBORHOOD CENTER HOURS:**

Monday-Friday .....4:30 pm-8:30 pm  
 Saturday and Sunday .....12:00 pm-8:30 pm

**EXTENDED FREEDOM, HANSEN AND SUNNY SQUARE PARK NEIGHBORHOOD CENTER DATES AND HOURS:**

Day.....	Date.....	Time
Saturday.....	Dec.17.....	12:00 pm-8:30 pm
Sunday.....	Dec.18.....	12:00 pm-8:30 pm
Thursday.....	Dec.22.....	12:00 pm-8:30 pm
Friday.....	Dec.23.....	12:00 pm-8:30 pm
Saturday.....	Dec.24.....	12:00 pm-5:00 pm
Sunday.....	Dec.25.....	Closed
Monday.....	Dec.26.....	12:00 pm-8:30 pm
Tuesday.....	Dec.27.....	12:00 pm-8:30 pm
Wednesday.....	Dec.28.....	12:00 pm-8:30 pm
Thursday.....	Dec.29.....	12:00 pm-8:30 pm
Friday.....	Dec.30.....	12:00 pm-8:30 pm
Saturday.....	Dec.31.....	12:00 pm-5:00 pm
Monday.....	Jan.2.....	12:00 pm-8:30 pm
Monday.....	Jan.16.....	12:00 pm-8:30 pm
Thursday.....	Jan. 26.....	12:00 pm-8:30 pm
Friday.....	Jan.27.....	12:00 pm-8:30 pm
Monday.....	Feb.20.....	12:00 pm-8:30 pm
(End of Rink Season)		

**SUNNY SQUARE PARK NEIGHBORHOOD CENTER**

Thank you to the Friends of Sunny Square Park for volunteering to operate the Neighborhood Center during the 2016-2017 skating season.

*The sport of skating is a lifetime activity. Did you know Parks and Recreation offers skating lessons? Register your child today for skating lessons and they will learn a skill they can perform every winter.*

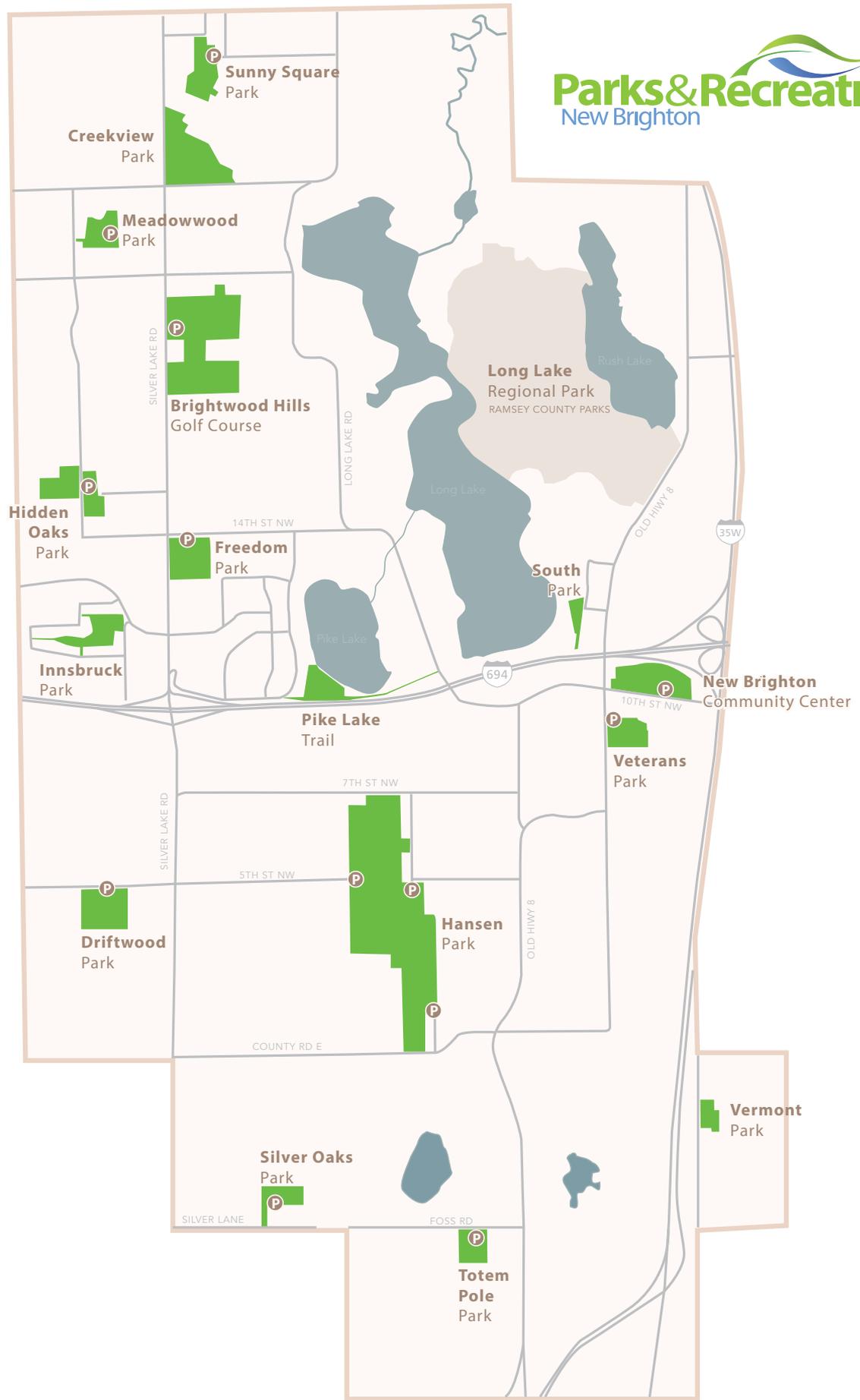




42% of dogs in Minnesota are overweight. Did you know there are 6.5 miles of trails maintained by the New Brighton Parks and Recreation for you and your dog to exercise? It's as simple as grabbing a leash and seeing where the trail may take you.

	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
<b>Brightwood Hills</b> 1975 Silver Lk Rd.		■									■				■
<b>Creekview</b> Silver Lake Rd. & Miss.															
<b>Driftwood</b> 2705 - 5th St. NW		■		■					■				■	■	
<b>Community Center</b> 400 - 10th St. NW				■	■		■	■	■						■
<b>Freedom</b> 2121 - 14th St. NW	■	■	■	■		■		■				■		■	■
<b>Hansen</b> 1555 - 5th St. NW	■	■	■	■		■	■		■	■				■	■
<b>Hidden Oaks</b> 1550 - 29th Ave. NW		■		■		■	■						■		
<b>Innsbruck</b> 1150 - 27th Ave. NW				■									■	■	
<b>Meadow Wood</b> 2081 - 29th Ave. NW		■		■				■	■				■	■	
<b>Pike Lake Trail</b> 1021 Pike Lake Dr.															
<b>Silver Oaks</b> 340 Oakwood Drive			■	■		■		■					■	■	
<b>South Park Trail</b> Northwest Parkway															
<b>Sunny Square</b> 2200 Sunnyside Terr.	■	■	■	■											■
<b>Totem Pole</b> 1111 Foss Rd.	■		■	■		■		■							■
<b>Vermont</b> 150 - 1st Ave. SE				■				■					■		
<b>Veterans</b> 803 Old Hwy 8 NW		■	■	■											

  
**Parks & Recreation**  
New Brighton



### 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 of Parks &amp; 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 &amp; Recreation Director</i>	
Lori Hokenson .....	651-638-2124
<i>Recreation Supervisor</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

# New Brighton Parks & Recreation

### Our Mission

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

### New Brighton Vision

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

### We commit to

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

## 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 Kunesh-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](http://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 issued



New Brighton Parks & Recreation Department • 400 - 10th St. NW, New Brighton, MN 55112  
 651-638-2130 • Fax 651-638-2135 • [www.newbrightonmn.gov](http://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 \_\_\_\_\_

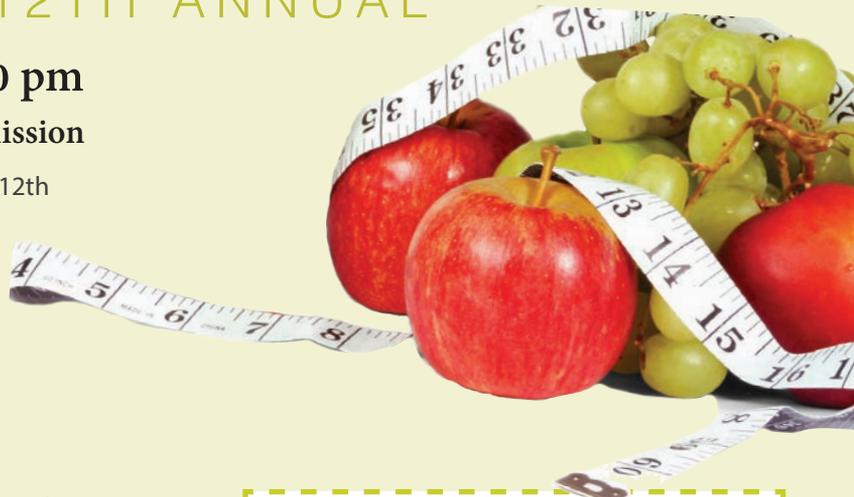
# health fitness expo

12TH ANNUAL

Saturday, January 7 • 9:30 am-1:30 pm  
New Brighton Community Center • Free Admission

Come explore new health and fitness opportunities at the 12th annual Health and Fitness Expo, sponsored by New Brighton Parks and Recreation. People who live, work, or play within the community or beyond can experience new local opportunities to begin a healthy lifestyle. Be active, live healthy during the overall wellness event. You will be provided:

- Over 40 exhibits for expert wellness advice
- Access to the fitness center (18+)
- \$0 New membership enrollment and free member gift
- Group fitness trial classes and \$5 off registration
- Personal trainer advice, 50% off orientation and 10% off services
- Pickleball demo
- Brightwood Hills golf demo and discounts
- Refreshments, prizes, healthy foods and supplements
- Massage and skin therapists
- Wellness assessments
- Products available for purchase



**EAGLES NEST**  
INDOOR PLAYGROUND

KIDS GYM IS PLAY

SAVE \$1 OFF A DAILY ADMISSION  
DURING THE HEALTH AND FITNESS EXPO.

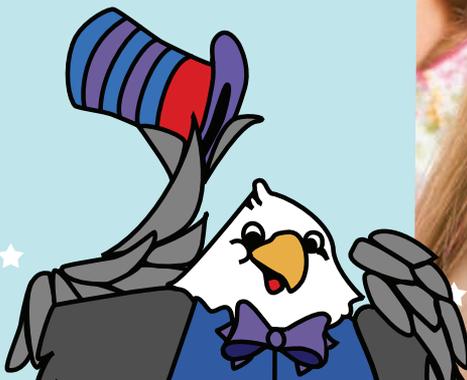
Parent/guardian supervision required.

SEE PAGE 36 FOR MORE INFORMATION

**EAGLES NEST**  
INDOOR PLAYGROUND

*Are you stressed out over planning your child's next birthday party? Let the Eagles Nest Indoor Playground help take the worries away.*

SEE PAGE 10 FOR  
MORE INFORMATION



## Spring Tree Sale 2017

The City of New Brighton Parks and Recreation Department continues the partnership with the Friends of the Parks and Trails of St. Paul and Ramsey County for the annual tree sale this year. Residents interested in purchasing a tree for their own use or to donate to the City of New Brighton to purchase trees for a park should contact Friends of the Parks and Trails of St. Paul and Ramsey County.

### ORDER DEADLINE: FRIDAY, APRIL 21.

**Pickup Date:** Saturday, May 6 from 9:00 am-1:00 pm.

### Pickup Sites:

Ramsey County Parks Garage, 2015 N. Van Dyke, Maplewood  
Highland Park picnic pavilion, 1200 Montreal Ave., St. Paul

Please see Friends of the Parks website: <https://friendsoftheparks.org/tree-sales/> for tree varieties and to obtain the order form. Brochures and order forms are also available at City Hall and the New Brighton Community Center.

Consider giving the gift of a Tribute Tree to a friend, relative, co-worker or anyone you want to honor. A Tribute Tree, sponsored by the Friends of the Parks and Trails of St. Paul and Ramsey County, is a tree you give in honor of someone and it is planted in a park by park staff. No spending hours at the mall, no gift-wrapping and no shipping!

A Tribute Tree costs \$150 each and \$400 with a map location. A hand stamped card announcing your gift will be sent by the Friends of the Parks to the person you wish to honor.

For more information contact Shirley Erstad at 612-703-9044  
[info@friendsoftheparks.org](mailto:info@friendsoftheparks.org)

Mail gift donation to:  
Friends of the Parks c/o Shirley Erstad  
1660 Laurel Ave., Saint Paul, MN 55104



## Hidden Oaks Park Buckthorn Removal

Volunteers dedicated their time to remove an overgrowth of buckthorn in Hidden Oaks Park. Buckthorn had taken over a natural area of the park, restricted access to pathways in the park and reduced sightlines in the neighborhood. The enormity of the project prevented City staff from undertaking the project on its own. Luckily, Astra Zeneca approached the City about the possibility of a large scale volunteer event. On July 13, the project took place with City staff operating equipment to cut the buckthorn and Astra Zeneca volunteers hauling it from the natural area and creating a pile for removal. Even with a group of 60 from Astra Zeneca volunteering a total of 120 hours, the project was not completed. The project has continued in recent months with groups from St. John's and Irondale High School hauling buckthorn from the area for removal.



## VOLUNTEER SPOTLIGHT

## Boulevard Tree Trimming

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

Boulevard trees may be trimmed for the following reasons:

- 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 Jim Veiman 651-775-3424 with boulevard/alley pruning requests.

**Interested in volunteering?**  
A volunteer project is a great way to develop teamwork and camaraderie within a group. If you are hoping to build these skills within your organization, or are just planning a volunteer event to give back to the community, please contact Lesley at 651-638-2148.

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

**Sidewalks and Trails**  
Per the City's Snow & Ice Control Policy; the Department of Community Assets and Development will plow sidewalks and trails using two trackless snowblowers. Sidewalks and trails are cleared as thoroughly as possible but not necessarily to bare pavement.

The City does NOT use de-icing chemicals for ice control on sidewalks or trails  
Flowing of the skeletal sidewalk system begins at the same time the plowing of the City streets begins. The intent is to get the sidewalks in school areas cleared before the opening of school, but not before the adjacent streets are cleared. The streets in front of schools are priority routes and are plowed first. City park paths and walkways are to be plowed after sidewalks are cleared and will not normally be done on overtime.

**Parking on City Streets**  
New Brighton City code restricts daytime on street parking to six hours between 5:00 am-2:00 am, and night time parking to thirty minutes between 2:00 am-5:00 am.

Vehicles are not to be on any street after a snowfall of at least three inches. Vehicles that are parked in violation of the City ordinances will be plowed in. Vehicles that are not removed from the street within a reasonable period of time, to allow the street to be plowed from curb to curb, are considered a hazard and will be towed at the owner's expense by the New Brighton Department of Public Safety.

## Winter Safety Tips:

- Do NOT pull up behind snow plows – they frequently back up and have large blind spots. Be sure to stay a safe distance away from the plow. Never try to pass a moving snow plow. The blowing snow around a plow may block the view of the plow blades, oncoming traffic, and/or other obstacles.
- Do NOT allow children to build snow forts at driveway corners or in the snow berms along the curb and street.

**Winter Excavation Street Repairs**  
Any excavation sites that are marked with a flasher and needs permanent road repair will be worked on in the spring, after road restrictions are removed. This work will generally be completed by June 1st.

### Boulevard Damage

When plowing snow, plows may jump or climb the curb and cause damage to turf in the boulevard area. Turf that has been damaged and reported to the Department of Community Assets and Development will be repaired in the spring using topsoil and seed.

The City shall not be responsible for damage to grass or plant life in the boulevard areas as a result of the use of sand or de-icing chemicals.  
The City will not be responsible for the repair or replacement of damage to lawn sprinkler systems, fences, ornamental or decorative plantings, light posts, retaining walls, wood chips, decorative rock gardens or any other items in the City Right-of-Way when plowing or pushing snow back. The plow wings can shear off items in the boulevard that are often covered with snow when plow operators do not know they are there.

Report boulevard damage by calling the Department of Community Assets and Development at 651-638-2111 or email kim.otis@newbrightonmn.gov

### Mail Boxes

Snow plow operators will make every effort to remove snow as close to the curb line as practical. The final cleaning adjacent to the mailboxes is the residents' responsibility. Please remember, you are responsible for clearing the snow away from your mail box so that the mail carrier can deliver your mail.

Per the City's Snow & Ice Control Policy; if a mailbox is physically hit by a City snow plow it will be repaired by the City. Temporary repairs will be made to avoid an interruption in mail service. Permanent repairs are made in the spring after the ground has thawed.

If a mailbox is damaged due to indirect contact, including the force of snow generated by the snow plow equipment, the City will assume no responsibility. The City will replace mailboxes as prescribed by the U.S. Post Office. If damage to an ornamental mailbox has been determined to be the City's fault, the resident will be offered a standard mailbox as a replacement or reimbursement up to a total of \$50.00 to repair or replace the ornamental mailbox.

**Sanitary 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. If you have had your private sewer service cleaned or cleared of roots, call the Department of Community Assets and Development at 651-638-2111. You can also visit the City's website at [www.newbrightonmn.gov](http://www.newbrightonmn.gov) for more information.

### Street Lights

Street lights that are burned out or malfunctioning can be reported directly to Xcel at 1-800-960-6235 or to the City at 651-638-2111. You can also go to the residential section of the Xcel website at [www.xcelenergy.com](http://www.xcelenergy.com) to report outages. Please have specific information ready; including, an address / house # / directional corner or side of the street.

## Winter Information

### Snow Removal

The primary responsibility of the Public Works Maintenance Staff in the Department of Community Assets and Development is to keep the city streets and sidewalks in good and safe condition whether repairing potholes and crack sealing or snow plowing and de-icing. The City of New Brighton has 70 miles of streets and 28 miles of sidewalks. The City typically uses about 300 tons of salt, in an effort to keep all City streets safe.

The Department of Community Assets and Development commences snow and ice control operations when any of the following conditions are met:

- Snow accumulation of 2" and if it is still snowing or more snow is being forecasted
- Drifting snow is causing hazardous travel conditions
- Icy conditions are adversely affecting travel
- Time of snowfall is affecting peak travel times

Depending on the amount of snowfall, it will take approximately eight to ten hours to complete the snow removal process for the entire City. The City is divided into six snowplow districts and each district is further divided into sub-areas that are alternated as starting points to insure that no one area will be plowed first or last. The center of the roadway will be plowed first, then curb to curb. The discharged snow will go onto the boulevards. Priority routes, intersections and hills will be de-iced as the snow is being plowed. When the priority streets have been cleared of snow, the remaining streets will then be plowed.

Snow plow operators will make every effort to minimize the amount of snow deposited in driveways; however, this will vary each snowfall. The City does not remove snow from private driveways. When clearing your driveway, do not blow or push snow into the City streets.

Cities have the authority to regulate the public right-of-way and it is unlawful for private properties to obstruct any highway or deposit snow or ice thereon. It is unlawful to interfere with the use of or obstruct for passage, public water, park, square, sidewalk, street, alley, or highway and place debris or other material in the streets, alleys, or gutters.

for your help.

The City of New Brighton's Public Safety and Community Assets and Development encourage residents to clear the snow from any fire hydrant near your home after every snowstorm. They should be visible and accessible. Snow should be clear from the hydrant to the street and three feet around the hydrant, so hoses can be connected from the fire trucks to the hydrant. Keeping the fire hydrants clear could mean the difference between losing an entire home and containing the fire; every second counts when responding to a fire. The City has over 850 fire hydrants and cannot clear them all after every snow event. A hydrant covered up is like not having one at all. Thank you in advance

### Help Clear Fire Hydrants

The City is asking for a cooperative effort from its residents on garbage day. Place garbage and recycling containers in the driveway at least 2-4 feet back from the curb. The City has confirmed the arms of the garbage trucks can extend over 4 feet from the curb line. This will help in our plowing efforts to clear the streets curb-to-curb.

### Garbage and Recycling Containers on Snow Plowing Days



## 21st Century Policing

Since its publication in May 2015, the New Brighton Department of Public Safety has been reviewing the recommendations of the President's Task Force on 21st Century Policing Report. The report is framed around six pillars and the guidelines focus on: Building Trust & Legitimacy, Policy & Oversight, Technology & Social Media, Community Policing & Crime Reduction, Training & Education and Officer Wellness & Safety. As New Brighton has been a leader in community-oriented policing for decades, Public Safety is pleased to report that the agency had previously implemented many of the recommended actions.

New Brighton enjoys strong citizen engagement in policing, with a well-developed Neighborhood Watch and Block Captain program, including National Night Out participation. Community partnerships are well-established, especially through School Resource Officers with the Mounds View School District and the international award-winning New Brighton multi-housing and neighborhood-oriented policing efforts. The agency is provided citizen oversight by members of the Public Safety Commission advisory group. The bi-annual City of New Brighton community survey has given valuable insight into opinions about local law enforcements and citizen perceptions of crime and safety. Police officer use of force statistics have been collected and analyzed since the early 1990s. It has been a record low year for criminal activity in the city so far in 2016. Historically, New Brighton has been doing many things right when it comes to policing.

Yet the 21st Century Policing Report also identified opportunities and areas for improvement in the law enforcement operations of the New Brighton Department of Public Safety. During the past 18 months, the agency has enhanced its conformance to many of the recommendations and adopted additional ones. All officers have received instruction on implicit bias and de-escalation techniques. A majority of the patrol staff are trained in the 40-hour Crisis Intervention Team for response to mental health emergencies. The department policy manual has been updated and now includes Daily Training Bulletins to maintain officer awareness and application of these guiding principles. An internal technology group was formed to develop a Body Worn Camera for police officer program. The in-house use of force instructors are researching less than lethal equipment. The Faith Community Partnership project was launched to develop relationships with the leaders of the many churches and congregations that exist within the City of New Brighton.

Citizens will continue to hear about the 21st Century Policing Report and the ongoing efforts of the New Brighton Department of Public Safety to continually improve its law enforcement services. Residents are encouraged to review these updates as they are posted on the Public Safety page of the City of New Brighton website.

## NOP 2.0 UPDATE

Two years ago the Public Safety Department reviewed the internationally award winning Neighborhood Oriented Policing (NOP) program to increase its abilities to identify neighborhood quality of life issues and bring a successful resolution to the root causes of them, a program re-named NOP 2.0. As part of the update to the program, a patrol Sergeant is assigned to supervise 3-4 NOP area officers (referred to as a Division) to ensure continuity of NOP operations throughout the City. An additional component of the NOP 2.0 program includes a tracking system to identify the status of various NOP related issues and to identify ongoing trends.

Over the past two years, the NOP 2.0 program has evaluated 93 neighborhood issues and brought a successful resolution to a majority of them. The Public Safety Department works in conjunction with other City departments along with landlords, neighbors, professional organizations and various non-profits to resolve the cause of the identified issues and not just the symptoms of the problem. In addition to being responsible for resolving neighborhood and quality of life issues, each year the NOP officer and the Division Sergeant visit National Night Out parties within their areas to meet the residents face to face.

To find out more about the Neighborhood Oriented Policing program or to determine who your NOP officer is, visit our website at [www.newbrightonmn.gov](http://www.newbrightonmn.gov).



# Maintaining New Brighton's Multi-Family Rental Housing

Most of New Brighton's multi-family housing stock was built in the 1960s and 1970s. The City Code Compliance Inspector and Fire Marshal perform annual inspections on all of these buildings. The inspection consists of looking for health and safety violations; includes testing smoke detectors, carbon monoxide detectors, indoor air quality, fire alarm systems, fire extinguishers, checking for excessive lint buildup, inspecting porches, stairs, railings, and making sure units are weather tight are a few of the areas inspected. The exteriors of the buildings and grounds are also inspected to ensure proper maintenance is being performed.

It is the purpose of the City Housing Chapter to assure that rental housing in the City is decent, safe and sanitary and is so operated and maintained as not to become a nuisance to the neighborhood or to become an influence that fosters blight and deterioration or creates a disincentive to reinvestment in the community.

Throughout the year, City staff answers and investigates all rental property complaints. City staff coordinates with on-site managers, property owners and tenants to make sure all complaints are corrected. If you have any questions, concerns or complaints with your rental property please contact us:

Code Compliance Inspector  
Scott Gigrich  
803 Old Hwy 8 NW  
New Brighton, MN 55112  
scott.gigrich@newbrighntonmn.gov  
651-638-2061  
Fire Marshal  
Kip LaMotte  
785 Old Hwy 8 NW  
New Brighton, MN 55112  
kip.lamotte@newbrighntonmn.gov  
651-288-4121

## School Resource Officers

Each day, more than 4,000 kindergarten through 12th grade students attend classes at one of the five public school buildings in New Brighton. Since 1994, the City of New Brighton has enjoyed a partnership with the Mounds View School District that provides police officers dedicated to assuring the safety of staff and students in the educational environment.

The New Brighton Department of Public Safety has three full-time School Resource Officers (SROs). Rondale High School and Highview Middle School each have their own SRO. A third agency SRO services Bel Air Elementary School, Sunnyside Elementary School, Pike Lake Education Center, Area Learning Center and Early Childhood Education Center.

The presence of these police officers in schools on a daily basis allows for positive relationship-building with the youth of the community, from the time students enter the local education system as kindergartners until they graduate as seniors from high school and enter into adulthood. Police-community trust is built through the countless informal interactions that SROs have with students in these educational settings each day. SROs often work outside regular instructional hours, providing law enforcement presence at extra-curricular activities, including sporting events and fine arts performances.

SROs work closely with school district administration and building principals on developing and practicing emergency plans, including evacuation procedures and facility lockdown protocols. Having police officers based in schools allows for an efficient and effective response to, and investigation of, incidents involving child abuse, neglect and maltreatment that might be occurring at home and are first noticed by school staff members when the student arrives for class. Uniformed patrol officers are also available to support SROs with in-progress events occurring at schools, like medical emergencies.

The New Brighton Department of Public Safety is proud of its more than two-decade old school-based policing efforts to provide a safe & secure learning atmosphere and develop meaningful relationships with the youngest members of the community through staffing these SRO positions.

## Winter/Holiday Safety Tips

- Use holiday lights that are tested by an independent laboratory like UL or FM Global
- Make sure the holiday lights you are using are approved for outdoor or indoor use
- Replace holiday lights that have defective cords
- Do not connect more than 3 strands of holiday lights together
- Use plastic clips and NOT nails when securing holiday lights
- Test your smoke detectors and tell guests about your home escape plan
- Keep children and pets away from lighted candles
- Lock matches and lighters in a child safe cabinet
- Ask smokers to smoke outside – wet the butts before throwing them away
- Choose fire resistant holiday decorations



# Understanding Your Water Usage

Water usage fluctuates within the City between households because usage is very dependent on the habits of each household including the number of people and the age and use of appliances. It also fluctuates within a household between different times of the year due to such things as summertime watering or ice rink flooding.

If your water usage has increased significantly from the prior year, there may be a reason for alarm. The first step the City recommends is to check your house for any visible leaks and/or sticky handles or running toilets. Those seem to be the common culprits that increase water usage. If there are no visible leaks or bad toilets, there may be a small leak in a different area. One faucet dripping 20 drops per minute uses 1 gallon of water per day.

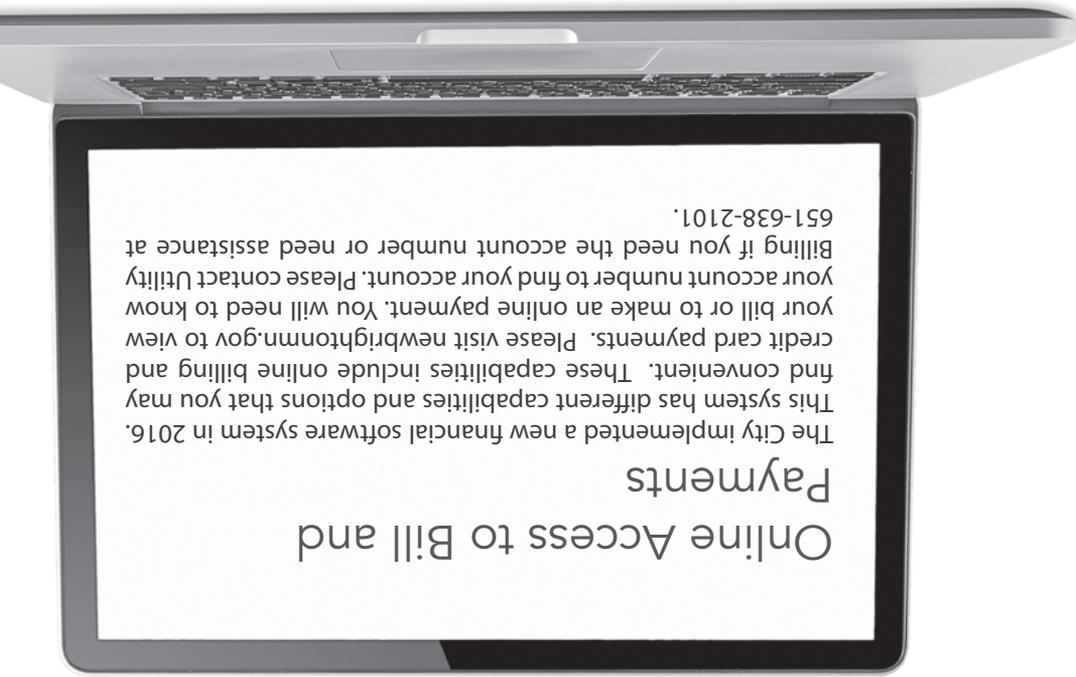
## How to check for water leaks:

The City currently has two different types of meters in residential homes, non-digital or digital. Please locate your meter in the basement to see if the numbers are mechanical (non-digital) or on a screen (digital). A flashlight will be necessary in this process. Next, make sure there is nothing consuming water in your home. Once this is verified, shine the flashlight on the meter. If you have a non-digital meter, there will be a triangle or a diamond on the meter. If this is spinning it indicates something is using water. If you have a digital meter, shine the flashlight on the meter. The screen should pop up and show numbers. Watch these numbers for a couple of minutes, if there is a change in these numbers it indicates something is using water.

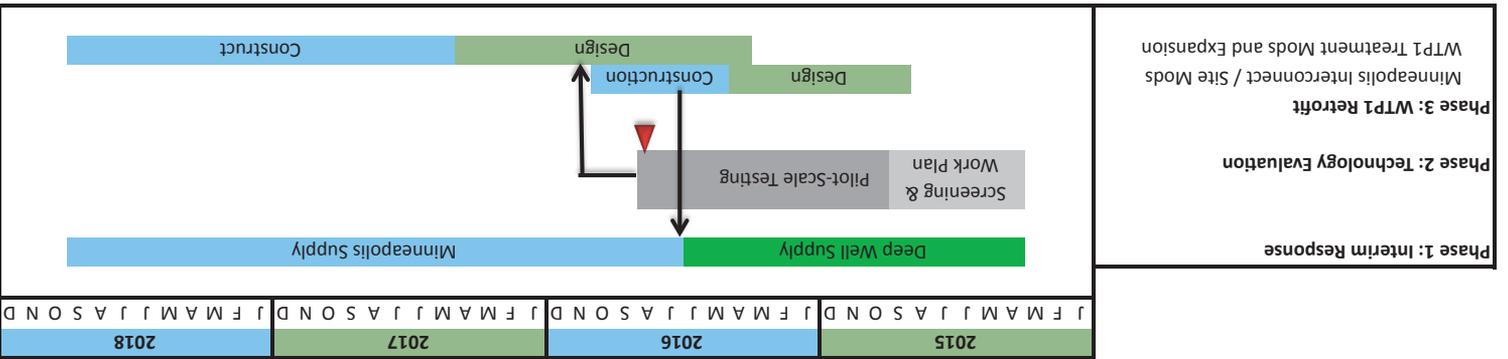
If you find there is water leak you will need to contact a plumber to perform the repairs. The City does not fix water leaks. If you have questions please contact Utility Billing by calling 651-638-2101.

## Online Access to Bill and Payments

The City implemented a new financial software system in 2016. This system has different capabilities and options that you may find convenient. These capabilities include online billing and credit card payments. Please visit [newbrightonm.gov](http://newbrightonm.gov) to view your bill or to make an online payment. You will need to know your account number to find your account. Please contact Utility Billing if you need the account number or need assistance at 651-638-2101.



## Safe, Reliable Water and Debt Free Streets Continued



water projects. Their willingness to allow the DX Response Team to work on these sensitive and highly complex projects has been greatly appreciated by the DX Response Team.

Ten years out seems like it is off in the future by quite a bit, but by New Brighton's standards this is a normal time frame used when planning for street replacement. Finance Director Davitt has done a great job over the past year or so combining several different long range financial plans into one comprehensive capital improvement plan (CIP). This document plans for the needed revenues and expenses to allow the City to afford future projects, while mitigating spikes in tax levies and utility rates. What you may not know is that the CIP over the next 10 years, will position the City to pay cash for street reconstruction and not issue debt. An ancillary benefit to this plan is that it will assist the City in improving its bond rating. Imagine a City that rebuilds its streets every thirty years and does it with cash, lowering the costs to the residents, reducing debt and improving its bond rating. If you can, you just imagined New Brighton; the preferred place to live, work and play.

# COMMUNITY CALENDAR

## DECEMBER 6

- Truth in Taxation Hearing

## DECEMBER 23

- City Offices open 8:00 am-Noon
- License Bureau open 8:00 am-Noon
- New Brighton Community Center open 6:00 am-10:00 pm
- Eagles Nest open 9:00 am-8:00 pm

## DECEMBER 24, CHRISTMAS EVE

- City Offices closed
- License Bureau closed
- New Brighton Community Center open 8:00 am-4:00 pm
- Eagles Nest open 9:00 am-3:00 pm

## DECEMBER 25, CHRISTMAS DAY

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

## DECEMBER 26

- City Offices closed
- License Bureau closed
- New Brighton Community Center open 6:00 am-10:00 pm
- Eagles Nest open 9:00 am-8:00 pm

## DECEMBER 31, NEW YEAR'S EVE

- City offices closed
- License Bureau open 9:00 am-1:00 pm
- New Brighton Community Center open 8:00 am-4:00 pm
- Eagles Nest open 9:00 am-3:00 pm

## JANUARY 1, NEW YEAR'S DAY

- City Offices closed
- License Bureau closed
- New Brighton Community Center open 8:00 am-6:00 pm
- Eagles Nest open 11:00 am-5:00 pm

## JANUARY 2

- City Offices closed
- License Bureau closed
- New Brighton Community Center open 6:00 am-10:00 pm
- Eagles Nest open 9:00 am-8:00 pm

## JANUARY 16

### MARTIN LUTHER KING JR. DAY

- City Offices Closed
- License Bureau closed
- New Brighton Community Center open 6:00 am-10:00 pm
- Eagles Nest open 9:00 am-8:00 pm

## FEBRUARY 15, PRESIDENTS DAY

- City Offices Closed
- License Bureau closed
- New Brighton Community Center open 6:00 am-10:00 pm
- Eagles Nest open 9:00 am-8:00 pm

## FEBRUARY 23

### NEIGHBORHOOD MEETING

- Freedom Park Neighborhood Center 6:30 pm-8:00 pm

## MARCH 23, NEIGHBORHOOD MEETING

- Hansen Park Neighborhood Center 6:30 pm-8:00 pm

## APRIL 29, NEW BRIGHTON OPEN HOUSE

- New Brighton Community Center 8:30 am-Noon

**Mayor:** Valerie Johnson

**Council Members:** Gina Bauman, Mary Burg, Paul Jacobsen, Brian Strub

**City Manager:** Dean Lotter

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the City of New Brighton

**New Brighton**  
Winter 2017

# Safe, Reliable Water and Debt Free Streets

BY CITY MANAGER DEAN R. LOTTER

This year has been another busy year. Pulte is building out their housing project in the New Brighton Exchange. The New Brighton Exchange is on pace to pay for itself and restore over \$11,000,000 to the redevelopment fund. Getting to know and work with Mayor Johnson has been a great experience too. Mayor Johnson has been very supportive of staff and has demonstrated a real passion for working on things that will benefit the City and its future especially with regards to providing safe water, developing the remainder of the New Brighton Exchange and helping to bring the City's long term financial plans to fruition (aka debt free streets). I will expand upon the areas of safe water and debt free streets in the remainder of this article.

Safe, reliable water is still a focus of the Mayor, Council and the DX Response Team working for New Brighton. At the August 23, 2016 Council meeting, Barr Engineering presented the results of a six month screening and treatability study. The purpose of this study was to determine the effectiveness of the two most qualified methods of removing 1, 4 Dioxane from our water. To

make a long story short, the system that was recommended to the Council was a low-pressure UV ultraviolet light/peroxide (aka Advanced Oxidation Process or AOP) system made by a company called Trojan. While Minnesota's standards regarding drinking water are typically among the most stringent, the Trojan system will allow New Brighton to remove 1, 4 Dioxane to about one tenth of the Minnesota State standard. Per Council action at the August 23rd, 2016 Council meeting, Barr Engineering and City Staff were authorized to prepare the documents and take any actions necessary to purchase the Trojan Advanced Oxidation Process (AOP).

Previous work already started was the implementation of switching to New Brighton's deep wells. As you will recall, while moving to our Mount Simon Hinckley (MSH) wells met our immediate needs; capacity was always a concern. It was quickly decided and recommended to Council that New Brighton should switch its water supply to Minneapolis. The Minneapolis supply provides a greater supply of water, in terms of capacity, and will be in place July 2016 until fall of 2018. Mayor Johnson and City Staff toured the Minneapolis water treatment plants this summer prior to the switch in water supply. All in attendance were highly impressed with the Minneapolis water treatment system.

Concurrent construction projects started at the time of the Minneapolis interconnect includes construction of a distribution control station (DCS) and relocation of already existing utilities to make way for the needed expansions to the water plant. Progress on all fronts has been satisfactory and the DX Response Team is confident the target of having a permanent solution in place by fall of 2018 will be met. Keep an eye open for more detailed quarterly direct mailed letters from me to you as progress in our efforts to secure a safe and reliable drinking water supply continue.

I would also like to thank Mayor Johnson and the Council for their support for the work the DX Response Team has been engaged in specifically regarding 1, 4 Dioxane and the related

**CONTINUED TO PAGE 2**

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



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\*\*\*\*\*ECRWSS\*\*  
Postal Customer  
New Brighton, MN 55112