

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

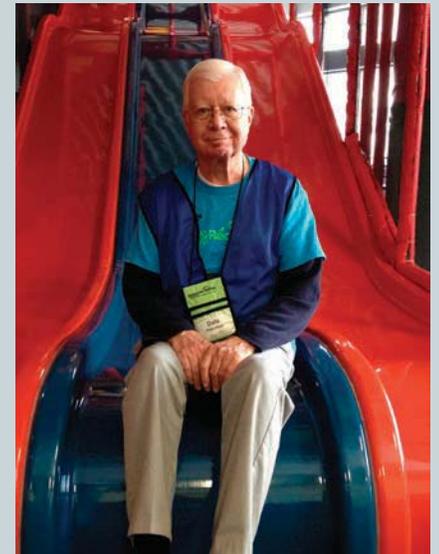
American Tae-Kwon-Do Karate for teens through adults. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. This program is designed to teach teens through adults self defense, safety awareness, how to work with others and 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
 MondayJan. 9-March 13
 \$847:15 pm-8:15 pm
 #14242.....Ages 12-Adult
 Beg. & Colored Belt

Community Center Fitness Studio
 MondayMarch 27- May 22
 \$767:15 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!