



### 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

### 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

### 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



<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