

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. Based on instructor and facility availability, we will 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

#13515.....\$126
Three 30-minute lessons = 90 minutes.
Lesson times may not be altered.

#13516.....\$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:
Tanya.Baker@newbrightonmn.gov
651-638-2136 or
Patrice.Atkinson@newbrightonmn.gov
651-638-2143

Private Basketball Lessons

Customized personal instruction for players ages 5 and over, wanting to learn or refine basketball skills or enter a more competitive level of play. Based on instructor and facility availability, we will pre-arrange times to fit your schedule.

Progressive Session Criteria:

- Defense
- Agility and speed
- Plyometrics
- Skills training (dribbling, passing, shooting, and control)
- Basketball IQ

#13520.....\$126
Three 30-minute lessons = 90 minutes.
Lesson times may not be altered.

#13521.....\$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.

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NFL Youth Flag Football

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

Deadline to Register Friday, July 29

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

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

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

Parents, Family & Friends

Volunteer to coach

Call Tanya Baker at 651-638-2136
Coaches Meeting will be held on
Tuesday, August 16 from 6:45-7:15 pm.
Coach Apprentice -Teens 15 years and
older can help coach a team.

Track Program- Grades 4 & 5

The track program will run the month of May and is open to girls and boys in 4th and 5th grade. The six elementary schools within the Mounds View School District will participate in the track program with teachers from the schools serving as the coaches. This program is a cooperative effort between the school district and the parks and recreation departments in New Brighton, Arden Hills, Mounds View and Shoreview.

Events will include the long jump, triple jump, high jump, 6 lb. shot put, 60 meter dash, 100 meter dash, 200 meter dash, 400 meter run, 80 yard low hurdles, 4 X 100 meter co-rec relay, 4 X 200 co-rec relay and the 800 meter co-rec medley relay. There will be several track meets that will include both 4th and 5th graders as well as an end of season district meet for 5th graders. Program flyers and registration forms will be sent to the schools in mid-April.

