

Parks & Recreation

New Brighton

may updates

FAMILY FUN GOLF

Looking for a Family Fun Event? Come to Brightwood Hills!

Bring one junior golfer, 17 and under, and EVERYONE in the group plays for ONLY \$8 each! Reservations are required with this offer, please indicate Family Fun when making the tee time reservation. Tee times are available from 3:00 pm to dark EVERY Friday, Saturday and Sunday.

TENNIS LESSONS

Want to Learn the Game of Tennis?

Register for USTA Quick Start Tennis Lessons. We use special tennis balls that slow down play for the beginner and helps kids ages 4 and older to start playing.

Register @ www.newbrightonmn.gov/youth

Cost: \$51

PARKINSON'S WORKSHOP

Exercises that Help Restore Movement

This hour-long session hosted by PWR!Motion is designed to explain what kind of exercises help most. Learn how to help slow the progression of symptoms and what you can do to gain neuro-recovery and maintain a healthy lifestyle.

Register@www.newbrightonmn.gov/55+

Cost: \$5

PROGRAMS & EVENTS

Below are programs for the months of May & June. For detailed information, click on your desired program heading or call 651-638-2130.

FITNESS & WELLNESS

ZUMBA
SilverSneakers© Classic
SilverSneakers© Circuit
Silver Sneakers© Cardio
Fit Lab: Strength
Cardio Strength
Gentle Yoga
Pilates Yoga Fusion
Restorative Yoga
AOA Fitness

FitWERKS
Stretch & Tone
Mat Pilates
Core & More
HIIT
Tai Chi
Cardio Kickboxing
Yoga Flow
WaterAerobics
AOA Circuit Training

ADULT 55+

What is Senior Housing?
Stepping On Workshop
Parkinson's Workshop
Alzheimer's & Dementia Support
AARP Smart Driver Courses
Movie Madness - Crazy Rich Asians
Club 55 Spring Tea
Transform Your Stress
Mystery Lunch
Explore Downtown Stillwater
Explore the MN Landscape Arboretum
Landmark Travel Show

ADULT

Kicker Karate
First Aid/CPR/AED Training
Pickleball: NBCC & Highview

TEEN

Kickers Karate
First Aid/CPR/AED Training

YOUTH

Little Tigers Martial Arts
Boys & Girls Gymnastics
Soccer Lessons
Kids Dance
Basketball Lessons
Tennis
Swimming Lessons
Playground Program
T-Ball
Flag Football



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

IMPROVING HEALTH

- The Adult Softball season started April 29. A total of 51 teams registered to play in New Brighton.
- 12 seniors visited St. Paul's West 7th Street Keg & Case Market.
- April 3 was the first in a series of thirty hikes in the season for the hiking club. The morning group is full with 26 members and the afternoon group, in its second year, continues to grow with 10 registered members.
- On April 13, 7 Parks and Recreation staff members were certified in CPR/FA/AED through the American Red Cross, making them ready to respond to emergencies at the community center, parks, pool and other places in the community.
- 7 adults enrolled in private or group swimming lessons this spring; some are first time swimmers, and others are hoping to improve their technique and make lap swimming a regular part of their lifestyle.

PROTECTING NATURAL RESOURCES

- An Arbor Day celebration was held on April 26. Bel Air Elementary students and other volunteers helped plant trees at Hansen Park.

FOSTERING HEALTHY YOUTH DEVELOPMENT

- 215 youth ages 8 months to 13 years old participating in swimming lessons at Highview Middle School. There are also 13 individuals participating in private lessons (a spring record!)
- 31 youth are taking basketball lessons to improve their skills, learn teamwork, and practice good sportsmanship.
- Two soccer lessons sessions started up this April. Between the two of them there are 23 preschoolers, 21 youth ages 5-7, and 13 youth ages 7+ enrolled.

SUSTAINING FISCAL RESPONSIBILITY

- The spring Holly Day Boutique held its longest rental to date in the New Brighton Community Center's Community Room.
- Brightwood Hills Golf Course opened for the season – twice! The green covers came off on April 5 and the course was open from April 6 – 9. The now annual April snowstorm delivered 9 + inches of snow, closing the course again from April 10 -15.

SUPPORTING COMMUNITY REINVESTMENT

- Water intrusion was found in the basement of the Brightwood Hills Clubhouse. It was determined the concrete apron was sloped towards the clubhouse versus away. To help prevent future water intrusion, the parts of the patio that had settled and sloped towards the clubhouse were removed and replaced.
- The Historical Society hosted a presentation on the 100th Anniversary of Bell Lumber & Pole. An estimated 175 people were in attendance, which far exceeded expectations.

If you would like to receive the Parks & Recreation Monthly Update please opt in by clicking here:

<http://www.newbrightonmn.gov/news/>. Select Parks and Recreation to receive the Monthly Update as well as any other categories you wish to receive the latest updates under Subscribe via E-mail along with your e-mail address. Parks & Recreation Updates will be e-mailed around the 10th of each month.