

SPRING/SUMMER 2011

# SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog



# SHOREVIEWS



## City

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Public Works Director  
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## Police

Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call 651.484.3366**

**For emergencies call 911**

## Fire

**For emergencies call 911 Dispatch**

**Non-emergency 651.767.0640**

For station information, go to page 19

## Council

**Sandy Martin, Mayor**

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## SHOREVIEW'S FRIDAY NIGHT FLIX



The Shoreview Commons Pavilion is turning into an outdoor theater on Friday nights in August! Enjoy watching a popular movie by moonlight with your friends, family, and neighbors.

August 5	<b>Despicable Me</b>	PG
August 12	<b>Cheaper by the Dozen</b>	PG
August 19	<b>Hotel for Dogs</b>	PG
August 26	<b>Grease</b>	PG

## FREE!

Bring your lawn chairs and blankets.  
Concessions will be available at the Wave Café  
in the Shoreview Community Center.

Parents are recommended to review the ratings and decide if the film is appropriate for their children.

The area will be treated by Metropolitan Mosquito Control prior to each event, however, bug spray may still be useful.

**STARTS AT  
DUSK  
8PM/8:30PM**

## State of the City — January 2011



Mayor  
Sandy Martin

As we begin 2011, we can all take a tremendous amount of pride in the quality of life that we have helped to develop in Shoreview. The results of the recent community survey indicate that our residents rate their hometown as one of the premiere suburbs in the Twin Cities Metropolitan area. The survey, conducted by Decision Resources, Ltd., indicates that 96% of our residents rate their quality of life as either excellent or good. The 55% of residents that rate their quality of life as excellent is the highest in the metro area.

I believe the City has been able to achieve this high quality of life because, as a council and community, we have committed to certain core values. We continue to be a community that:

- Preserves and protects our natural environment;
- Develops and maintains an outstanding park and trail system;
- Supports our business community in order to provide jobs, tax base and commercial services;
- Builds and maintains quality residential neighborhoods;
- Provides a state of the art community center that serves as the central gathering place for our residents; and
- Is in strong financial condition.

I would like to take a few minutes to discuss some of the key accomplishments during the past year, as well as some of the goals for the coming year.

### Financial Condition and Budget

Shoreview's bond rating was recently upgraded to AAA by Standard & Poor's, which is the highest rating available. This rating upgrade was the second in the past thirteen months, and clearly indicates that our City's financial position is strong and that our City finances are very well managed. Only 21 other Minnesota cities have earned a AAA bond rating.



Here are some of the comments made by the analyst at Standard & Poor's regarding our financial condition: "Shoreview is dealing with the same economic factors that other cities are facing, and they are managing their way through it in a different way. Shoreview has a great mix of commercial development, with development projects in process, and three tax increment districts that will roll off in the next few years. Shoreview's income levels have remained stable at a time when they have seen income levels decline across many regions. Shoreview has great management and great management policies, low debt levels, and is an all-around solid community. Shoreview is not relying on State aid to support operations, and has budgeted conservatively which has helped the City improve surpluses and build appropriate fund balances."

Our Finance Director, Jeanne Haapala, deserves a great deal of the credit for this achievement, which would not have been accomplished without her outstanding work on the City's five-year operating plan and other long-range financial planning tools. As a Council, our challenge in future years will be to maintain this AAA credit rating.

Our community survey also demonstrated that there is a growing concern by Shoreview residents about property taxes. As a Council, we understand these concerns and have continued to keep the City portion of the property tax bill among the lowest of cities our size in the metropolitan area. We have been able to accomplish this while maintaining the services that our residents deserve and expect. Based on the 2010 City tax levy, Shoreview is fifth lowest of 29 comparison cities. For a median value home, Shoreview's portion of the tax bill is \$723, about 27% below the \$985 average of comparison cities. During the past two years, Shoreview's general fund spending has increased an average of only 2% per year. Based on 2008 data from the State Auditor, the City's per capita spending is the third lowest of these same 29 cities, nearly 35% below the average. The major spending increase the past two years have been for public safety (police and fire) services.

During the past year, the Lake Johanna Fire Department has been in the process of implementing a new service

## State of the City — January 2011, *cont.*

model. They have started to staff fire stations with paid on-call firefighters to improve response time and service to our residents. As part of this initiative, they are also responding to medical calls when the stations are staffed, which is a significant, and potentially life saving, benefit to our residents. Although this new service model is more costly, the Fire Department's leadership believes it is a more sustainable model that will allow them to maintain a paid on-call department for many years into the future. Further, it has also been instrumental in developing automatic response agreements for fire emergencies with both Roseville and Vadnais Heights Fire Departments.

### Economic Development

Although economic development has been slowed by the recovering economy, we started to see some positive signals during 2010. Wells Fargo has started construction of a \$20 million addition to its data center located in

the Rice Creek Corporate Park. The City is also working with a developer on potential retail development on property along Red Fox Road near SuperTarget. Another development proposal has been initiated with the owner of the Midland Terrace Apartments located in southern Shoreview and would replace an aging neighborhood strip mall, improve a congested intersection, and provide redevelopment of 70's era apartments and create some newer, more contemporary apartments.

The City recently learned that Cummins Power Generation has entered into a purchase agreement to acquire the Medtronic property at Victoria Street and I-694. This property will serve as the global division headquarters for Cummins Power Generation and they are expected to have about 800 employees in this building.

The City's Economic Development Commission and City Council have also continued to make a number of business visits as part of the City's Business Retention and Expansion (BRE) program. During all of these visits to companies such as TSI, Par Nuclear, Deluxe, Par Systems, Key Medical, and Personix, City officials have met and discussed issues with key corporate officers. I am very encouraged that, in nearly every instance, these businesses have indicated that they weathered the difficult economy and are anticipating increased growth beginning in 2011. The BRE program has served as a valuable outreach tool for our City.



### Maintaining Quality Neighborhoods

The City's Economic Development Authority has continued its focus on maintaining and encouraging reinvestment in our residential neighborhoods. In 2010, they created the Shoreview Home Energy Improvement Loan Program through the use of excess tax increment revenue. Residents can obtain loans for energy related home improvements including windows, siding, mechanical systems, etc., through this program.

Another thing we learned from the community survey is that residents are increasingly concerned about the appearance of their neighborhoods. Many residents indicated that messy yards and junk vehicles were becoming more of a concern in their area. In our effort to address these concerns, the City is continuing to license and monitor all rental properties in the City and is conducting its proactive code enforcement program – the SHINE Program. Our staff is also monitoring blighted and foreclosed properties that we become aware of, in order to avoid code and maintenance issues.



### Community Center, Parks and Trails

The Shoreview Community Center celebrated its 20th Anniversary in 2010 and I am pleased to say that the facility is as exciting and vibrant a community gathering



place now as it was in 1990. The new features that have been added during the past several months, including the Tropical Adventures Indoor Playground and a new light and sound system to the “Shark Attack” waterslide, have provided new “family friendly” activities for our customers and provided a sound investment for the future.

The community survey information indicates that more than 60% of Shoreview residents have used the Community Center in the past year and that 45% of households have someone that is a member of the Community Center. This is a tremendous increase from previous surveys and is attributable to our extremely affordable rates, availability of monthly billing options, and our residents’ interest in health and wellness. Having a state of the art fitness center, an exciting waterpark, a new indoor playground area and friendly, courteous staff, make the Shoreview Community Center an outstanding amenity for our residents and the entire region. If your New Year’s Resolutions include improved health and wellness, I encourage you to try your very own Community Center.

Our Parks and Recreation staff does a great job of planning and organizing many special events at our Community Center. Some of those events include our extremely popular Farmers’ Market that runs from mid-June through mid-October; as well as our Wednesday night summer concert series and Friday Night Flick outdoor movie nights. We also started holding special Dive-In Movie nights in the Tropics Waterpark during the cold winter months.

Last spring, we celebrated the grand reopening of the oldest park in the City, Sitzer Park. The park was completely renovated in 2009 with new improved parking, playground equipment, a new picnic shelter, as well as enhanced landscaping and green space. With help and donations from Shoreview Area Youth Baseball, a Twins baseball clinic was also provided and two electronic scoreboards have been installed at this Little League headquarters in the City. In future years, we hope to renovate other parks in the system, however, we need to identify funding sources to make this happen.

The City’s trail and sidewalk system is the most prized and well-utilized recreational resource in the City. According to the community survey, nearly 50% of Shoreview residents use the trail system on a weekly basis. Further, 99% of Shoreview residents indicate that the trail system is important to the quality of life and rate the trails as either excellent or good. The clearing of the trails during this winter’s record December snowfalls has

been a challenge, but our public works crews have been spending a great deal of extra time to insure that the trails/sidewalks stay available all winter.



### Environmental Initiatives and Other Projects

The City is also maintaining its focus on various environmental issues. Since we have eleven lakes in the City, our primary focus has been on water quality initiatives. During 2010, we started construction

on a stormwater pretreatment facility off of Milton Street near Island Lake. We have also incorporated several rain gardens into the neighborhood street renewal project in the Rustic/Hawes/Demar neighborhood.

A major City initiative was the renovation and expansion of our Maintenance Center in 2010. The facility was built in 1975 and was somewhat improved in 1989. There was approximately \$1.5 million in deferred maintenance that was needed (replacement of roof, mechanical system, etc.). After conducting a space analysis and needs study, the Council was presented with several options ranging from \$1.5 million to \$12 million to expand and renovate the building. Due to concerns about the overall cost and to reduce the impact on taxpayers, the Council chose to do a small expansion and renovation of the existing facility as the most cost-effective means of providing an updated facility.

Due to an extremely competitive bid environment and very low interest rates, the City was able to complete the project on time and within the budget. In our ongoing commitment to the environment, the building will be LEED (Leadership in Energy and Environmental Design) certified, due to the many sustainable features incorporated into the building, such as the use of a reflective roof material, energy efficient heating and ventilation systems, and electrical system updates. We are also capturing and reusing rainwater to wash our vehicles, using pervious concrete in part of the parking lot, and incorporating some shoreland restoration adjacent to Lake Martha.

The City recently submitted proposals for recycling services since our existing agreement expired at the end of 2010. After many years with Waste Management, the City has now contracted with Allied Waste Services

## State of the City — January 2011, *cont.*

and they will be responsible for recycling pick-up for the next five years. We will continue to have the same single sort system that has been extremely popular with our residents.

Another important environmental initiative is the speaker series presented by the Environmental Quality Committee. This year's series covers topics such as Water Contaminants in Minnesota Lakes, Buckthorn – Identification, Impacts and Control, and Emerald Ash Borer in Minnesota and they are all free to the public.

### Conclusion

Throughout my 35 years of involvement with the City, I am convinced more than ever that government at the local level has the most significant impact on the quality of life in the community. I take great pride that our community survey shows that nearly two-thirds of our residents feel they could have a say in how Shoreview runs things and that 84% of the people believe that the City of Shoreview is heading in the right direction. At a time when there is a growing skepticism about government at all levels, I am pleased that Shoreview's government can stay "close to the people" and make things happen.

The City Council and I are committed to insuring that our government process is open and accessible, and that our residents are well informed. One of the ways we accomplish this is by televising our City Council and Planning Commission meetings. We also publish a newsletter on our website called Access Shoreview twice a month to update residents on City Council actions and upcoming activities and events in the City,

and are modifying and publishing two more issues of the ShoreViews newsletter to provide more timely information to residents. I will also be continuing my office hours in 2011 and will be available most Tuesdays from 3 p.m. to 5 p.m. at City Hall to listen to resident issues or concerns.

Our community survey indicated that Shoreview has an above average number of community "boosters" and the Shoreview Community Foundation is the direct result of some of those individuals who have established this foundation in order to provide a way for people to give back to this community that has brought them so much pleasure. Government is going to have great challenges in this new economy, but the Foundation will be able to enhance and enrich our lives through charitable giving.

On behalf of the City Council, I would like to first thank our many committee and commission members who volunteer their time and expertise to help make Shoreview a better place to live and work. I would also like to thank our entire City staff that is dedicated to providing quality service and programs to our residents. Of course, I want to extend my personal thanks to my colleagues on the City Council – Terry Quigley, Ady Wickstrom, Blake Huffman and Ben Withhart. It is a true pleasure to work with each of you and I know that you spend many hours working to make a positive difference in the City. We are all part of a team that takes great pride in our City's accomplishments.

Thank you for listening, it is an honor to serve you, and I offer my best wishes to everyone for a healthy, happy and prosperous 2011.

## Shoreview City Council



### Mayor Sandy Martin

#### Accomplishments

- Elected Mayor in 1996
- Current term expires 12-31-2012
- Bachelor of Arts in Humanities from the University of Minnesota

#### Past Leadership

- City Council from 1989–1993

- Planning Commission member and chair for 15 years
- Grass Lake Watershed Management Organization
- Executive Board of Ramsey Co. League of Local Governments
- Boardmember & Chair of Northwest Youth & Family Services

#### Current Service

- Delegate to Municipal Legislative Commission
- Regional Council of Mayors
- NW Youth & Family Services leadership Luncheon Comm.
- St. Paul Urban Tennis Board of Directors

#### Honors

- Outstanding Leadership: North Suburban Gavel Association
- Outstanding Service to Youth: Northwest Youth and Family Services
- Outstanding Public Service from Friends of the Parks and Trails in Ramsey County

#### Elected to

- Hall of Fame: U.S. Tennis Association Northern Section

#### Personal

Enjoys most outdoor activities with a special emphasis on tennis, golf and skiing. Co-Founder and past chair of the St. Paul Urban Tennis Program, which is a non-profit organization serving disadvantaged youth in St. Paul. Mother of four adult children: Lisa, Craig, Wade, and Ryan. Grandmother of Carly, Abbey, Grant, Tosh, Elle and Rhys.

## Shoreview City Council



### Councilmember Blake Huffman

#### Accomplishments

- Elected to City Council in 1996
- Current term expires 12-31-2012
- Vice President, Strategy: Wells Fargo
- Senior Vice President, Sales and Strategy Planning: CitiMortgage

• Graduate of Mounds View High School and Bethel College (BA and MA)

• Active in coaching several youth sports

#### Current and Prior Community Service

- Member of State MN PTA Board of Directors
- Member of Statewide Consumer Advisory Board
- Chairman—Board of Directors Lake Johanna Fire Department
- Chairman of Lake Johanna Fire Board
- United Way Coordinator
- 18-year Shoreview resident

#### Personal

Married to Joy Huffman. They have six sons.



### Councilmember Ben Withhart

#### Accomplishments

- Appointed to City Council 2008
- Re-elected to City Council 2008 & 2010
- Current term expires 12-31-2014
- Shoreview resident since 1985
- Executive Director and CEO of Senior

Community Services since 1981

#### Current and Prior Community Service

- City of Shoreview Planning Commission
- Vote Yes! Committee for building the City of Shoreview trail system, Comm. Center and upgrading each neighborhood park
- Ramsey County Parks and Trails Council
- MN Master Plan Committee for the State Park System
- United Way (Board of Directors) and (President of the Council of Agency Executives)
- Eldercare Partners (Chairman of the Board)
- 621 Foundation
- Gillespie Center (Board of Directors)
- Shoreview Community Foundation
- North Metro Football Coach
- Assistant Scoutmaster
- Minnesota Leadership Council
- Metropolitan Area Agency on Aging (Board of Directors)
- M.A.P. (Management Assistance Project) (Board of Directors)
- Municipal Legislative Commission (Chairman)
- Lake Johanna Fire Department Retirement Board
- Metropolitan Meals on Wheels (Treasurer, Board of Directors)



### Councilmember Ady Wickstrom

#### Accomplishments

- Elected to City Council in 1996
- Current term expires 12-31-2012
- Shoreview resident since 1983
- Earned a business degree from the University of Minnesota

• Employed with the League of Women Voters of Minnesota in St. Paul

#### Current and Prior Community Service

- Environmental Quality Committee
- Bikes and Trailways Committee
- 621 Foundation, Arden Hills/Shoreview League of Women Voters (past President)
- Arden Hills/Shoreview Rotary (past president and Community Service Director)
- Bike-a-thon for Healthy Youth (past Chair)
- Coalition for Healthy Youth
- League of Women Voters of MN Webmaster & Board Member
- League of Women Voters of MN Technology, Communications and Voter Service
- League of Women Voters of MN State Spending, Unicameral Legislature, and Immigration Study Committees
- North Suburban Communications Commission
- Northwest Youth and Family Services Development Comm.
- Ramsey County League of Local Government Board Member



### Councilmember Terry Quigley

#### Accomplishments

- Appointed to City Council in 2001
- Current term expires 12-31-2014
- 39 years with the Deluxe Corporation. Retired in 1995 as Vice President, Human Resources.

• Planning Commission, member and Chair, 1973-1980.

• Economic Development Commission member, 1988-1994.

#### Current and Prior Community Service

- Planning Commission
- Economic Development Commission
- Economic Development Authority
- Minnesota Planning Agency, Environmental Quality Board
- Reading Coach Mounds View District #621
- Director, Presbyterian Homes of Minnesota
- Director, Junior Achievement
- Director, American Lung Association of Minnesota
- Director at Wildlife Science Center
- Guardian Ad Litem, 2nd Judicial District
- Chair Emeritus, Employer Support of the Guard and Reserve
- Mediator, Department of Defense

#### Personal

Married to Kay. They have six grown children and 15 grandchildren. Hobbies include reading, tennis, trapshooting and scuba.

## Cable TV Channel 16

Channel 16 features continuous programming, including public service announcements, broadcasts of the City Council meetings, the Planning Commission meetings and the Shoreview Today program.

### City Council Meetings

Broadcast live 7 p.m. First and Third Mondays

### Planning Commission Meetings

Broadcast live 7 p.m. Fourth Tuesday

## 2011 Official Shoreview Newspaper

The Shoreview City Council has designated the Shoreview Press as the official legal newspaper for the year 2011 for legal and public hearing notices.

## Shoreview Salary Data

Minnesota State Law-Chapter 156 of the Sessions Law of 2005-requires that a city with a population of more than 15,000 residents must annually notify its residents of the positions and base salaries of its three highest-paid employees. For the City of Shoreview, as of January 2011, positions and salaries are: City Manager, \$133,036; Finance Director, \$122,740; Assistant City Manager/Community Development Director, \$118,872.

## Streets to be swept in March

The Public Works Department will begin its annual street sweeping in March. It is important to remove the salt residue as quickly as possible in the spring. This minimizes the amount of debris that runs off into the storm sewer system and ultimately into Shoreview's lakes. Crews work between the hours of 5 a.m.-8 p.m.

The first round of sweeping is expected to collect 95 percent of the debris. Some of the streets may still have snow on them, so crews will return to do a more thorough sweeping once all of the streets have been swept one time. As time permits, a second, and sometimes third sweeping are performed.



## Spring Hydrant Flushing to Begin Late March

You may notice a color change in your tap water following the flushing of the water main. The discoloration is normal and will last only a short time after the nearby hydrants have been flushed. The discolored water is safe for drinking, but you may choose to reschedule laundry or other work that may be affected by discoloration. If you have any questions, call 651.490.4660. For information on when your zone is complete, visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov).



## City of Shoreview's Lawn Watering Policy

The City enforces watering restrictions using odd/even day water restrictions between May 15-September 15 of each year. Residents with even-numbered houses (last digit of house address)

can water lawns on even-numbered calendar days and odd-numbered houses on odd-number calendar days. These restrictions do not apply to properties that use a private well for watering purposes, or for water uses including car washing, filling a children's swimming pool, children playing in a hose-operated sprinkler or water toy or hand-held watering of plants and shrubs. Residents with newly sodded or seeded yards may obtain an exemption from the odd-even restriction for a period of two weeks.

The penalties for violations include:

1st Penalty	Warning
2nd Penalty	\$25
3rd Penalty	\$50
4th Penalty	Referred to the City Attorney for Prosecution

Residents requesting an exemption should call the Public Works Department at 651.490.4650.

## Shoreview Regulations for Recreational Fires



Sharing conversation and stargazing around an evening fire are fun activities for the warm seasons. However, burning some materials or burning when winds are high can annoy neighbors as well as be unsafe. Shoreview's municipal code details

the rules for open burning within city limits. Fire regulations are intended to maintain public health and safety as well as to prevent wildfires.

Permitted **recreational fires** are started with approved fuel, no more than three feet high, and contained within a recreational fire site, with a limit of one recreational fire per property at any given time. These fires should use dry and untreated wood, produce little smoke beyond the property line, be attended by an adult at all times, and be completely extinguished when the event ends.

A **recreational fire** site is surrounded by non-combustible material such as rocks or bricks, and no more than three feet in diameter. These sites must be located at least 25 feet from any building. Recreational fires do not require a permit; all other open fires do require a permit.

Permitted starter fuels for recreational fires include dry, untreated kindling; charcoal fire starter; paraffin candles; and propane gas torches. Permitted firewood includes dry, clean logs; untreated dimensional lumber; and manufactured fireplace logs.

The following is a partial list of materials which are **prohibited** from open burning in Shoreview (602.040):

- Oils and petroleum fuels;
- Rubber and plastic;
- Chemically-treated materials;
- Any material that produces excessive or noxious smoke;
- Hazardous waste;
- Building materials;
- Food and related materials resulting from food preparation or handling;
- Leaves and grass clippings.

Recreational and other fires are prohibited when burning bans are in place, as well as when the MPCA has issued an air quality alert.

For a complete list of the regulations for open burning and recreational fires in the City of Shoreview, please reference the municipal code section 602 at the following link: <http://www.shoreviewmn.gov/pdfs/city-code/chapter-600.pdf>

## Need a Building Permit: Most Home Improvements Require Them

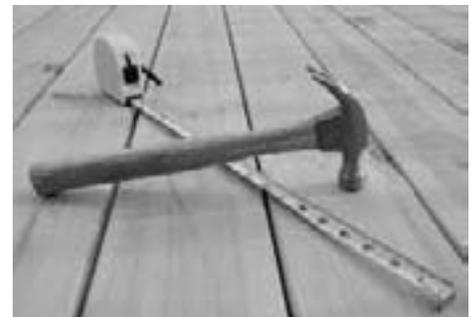
Permits are required for buildings or structures that are constructed, altered, moved, improved or repaired and are required as well for electrical, plumbing, heating and air conditioning work.

Some may think that obtaining a permit means extra costs, time delays and unwarranted regulations. However, a building permit ensures that proper services are provided to safeguard life, health, property and public welfare. Permits do so by regulating the design, construction, and quality of materials of all buildings and structures in the community. Residents may sometimes overlook the benefits of obtaining a permit and appropriate inspections. Benefits include peace of mind in knowing that the work has been done properly and in accordance with all codes.

If you are having work done to the following, visit [www.shoreviewmn.gov/resources/building-permits](http://www.shoreviewmn.gov/resources/building-permits)

to see if you need a building permit. Permits are required for work on the following areas:

- Basement
- Deck
- Driveway
- Egress window
- Roofing
- Siding
- Windows
- Fence
- Garage or Shed
- Porch
- Electrical Work
- HVAC Work
- Excavating and Grading
- Plumbing
- Fire (sprinkler systems or security systems)



## Be A Good Neighbor

With the seasons changing comes more outdoor activities. Here are a couple reminders to help you be a good neighbor:

- Maintain your lawn: Keep it less than 9 inches in length
- Properly dispose of brush, leaves, grass or weed clippings: Keep them off of public property, open spaces, wetland areas or in drainage ways
- No Street Parking between 2 a.m. and 5 a.m. Special permits can be requested at 651.490.4657
- Boulevards, lawns or grass plots are not parking lots: Keep unlicensed or inoperable vehicles in a completely enclosed building



## Garage Sales: Make them successful by meeting City regulations

- Events held between the weekend after Mother's Day and the weekend before Labor Day
- Residential properties can have 2 garage sales in a year
- Signs that do not obstruct visibility for pedestrians or vehicular traffic
- One promotional sign can be displayed on the property where the sale is being held from 7 a.m.-8 p.m. on the day(s) of the event



- Signs must comply with the City's sign regulations
  - ~ Size limits
  - ~ Location limits
  - ~ Height location limits
- No more than 2 directional signs permitted off-premises

## Nominate Your Neighbor for a Shoreview Green Community Award

When it comes to taking credit for landscaping that protects the environment, your neighbor could be a shrinking violet. But you can help him or her get recognized for a rain garden, a shoreline buffer or other best management practices that protect and improve the water quality of our local lakes, streams and wetlands.

Applications are available now for the Shoreview Green Community Awards, which are given annually to residents of Shoreview and the Grass Lake Watershed portion of Roseville, for excellence in their clean-water management practices. The program is also open to commercial and non-profit organizations with properties in the target areas.

This summer a tour of winning properties will not be held, but award winners will receive recognition by the Shoreview's mayor, City Council and Environmental Quality Committee at an upcoming City Council meeting and a reception for current and past winners and their guests. The aim is to further educate residents about the need for these practices, which can improve their own properties as well as their neighborhood and community.

For the application, go to [www.shoreviewmn.gov](http://www.shoreviewmn.gov), or call 651.483.8597. **Deadline for applying is May 1.**

Judges will make their selections from information on the applications, as well as photos and site visits. Properties that rank high will use a combination of good management practices, including infiltration of storm water; shoreline restoration or protection; limited use of fertilizers and pesticides; and substantial use of long-rooted, native Minnesota plants.

Help your water-conscious neighbor get the recognition he or she deserves. And if you qualify, print out an application for yourself. When it comes to getting recognized for your own good efforts, don't be a shrinking violet.



## Paint-A-Thons

**What is the Paint-A-Thon?** The Paint-A-Thon helps to keep low-income seniors and people with physical disabilities living independently in their own homes. Through the labor and generosity of volunteer teams, we restore not only the home itself, but the homeowner's sense of pride in their property and their community. Participating in the Paint-A-Thon is a great way to get to know your co-workers, fellow volunteers or to spend time doing something truly worthwhile with friends or family.

**How many homes does Paint-A-Thon paint each year?** Since 1984, Paint-A-Thon volunteers have painted more than 5,800 homes in the seven-county metro area. On average, volunteer teams paint between 125 and 150 homes per year, depending on the number of volunteers available. Paint-A-Thon assigns as many homes as there are paint teams. While there is never a shortage of qualified applicants, there is often a shortage of teams.

**How does Paint-A-Thon select the homes it paints?** Paint-A-Thon begins recruiting early in the year via media releases, letters to senior centers, churches, neighborhood groups, city inspection departments, and by word-of-mouth. Applicants are screened to be sure they meet the income, age or disability, and single-family home requirements. In early spring, the homes are inspected by Paint-A-Thon staff to determine need and suitability for the program. Once team leaders register, homes are assigned based on their painting needs, but also the location and size preferences of a team.

**Who volunteers for Paint-A-Thon?** Since 1984, Paint-A-Thon has put more than 100,000 volunteers to work. Our volunteers come from businesses, congregations, service organizations, neighborhood groups and families. We even have teams from youth groups, scout troops, and retiree groups. We are pleased



to have such a diverse base of big-hearted people working with our program.

### What does a Paint-A-Thon volunteer do?

Each team is coordinated by a team leader, who comes from the organization or group that is volunteering. Teams both prep and paint their assigned homes. Prepping includes washing, scraping, and priming, as needed. Prep days are at the team's discretion. Some teams complete the prep work the weekend prior to Paint Day, others select a few evenings prior to Paint Day. The total number of work hours involved depends on the size and condition of the house, as well as the number of volunteers on a team. In general, teams are between 10 and 40 people, and will spend about two to three evenings prepping and will paint from about 8:00 a.m. until the afternoon on Paint Day.

**What do I need to bring?** Your team leader will let you know. There may be things buried in your basement or garage that could be useful. A ladder? Some buckets? Perhaps an extra paintbrush or two? Old sheets to cover the bushes? Every little bit counts! Remember also to bring personal items that you need to work safely and comfortably, such as extra sunscreen.

**Can we bring our children to help paint?** Of course! Paint-A-Thon welcomes volunteers of all ages, who can contribute to the work of the team. Our expectation is simply that children be well supervised and respectful of the homeowners and their property.

**Where can I get more information?** For more information, call 612.721.8687 x321 or visit [www.paint-a-thon@gmcc.org](mailto:www.paint-a-thon@gmcc.org).

## Slice of Shoreview: July 22-24

The Slice of Shoreview is an annual festival held to celebrate life in Shoreview, Minnesota. The "Slice" incorporates a wide variety of family-oriented activities including a carnival, parade, art and craft fair, food vendors, various displays and demonstrations, lots of entertainment and fireworks.

Returning attractions include:

- Carnival
- Petting Zoo
- Saturday Night's Spectacular Fireworks Display
- Dock Dogs
- The Rockin' Hollywoods

Attend or be a Participant in the following events:

- Booths for Art Vendors, Nonprofits, Businesses and Food Vendors
- Car and Motorcycle Show
- Sponsor one of the many events and have your business recognized
- Show off your business or organization in the parade.

For more information, visit [www.sliceofshoreview.com](http://www.sliceofshoreview.com).



## Shoreview Garden Club

The Shoreview Garden Club meets at the Community Center the FIRST Wednesday of the month at 7 p.m. A spring plant sale is held to raise money for their activities. Experienced gardeners or beginners are welcomed. For more information contact Sandi at 651.484.4341.



## Shoreview Community Foundation Invites 2011 Grant Projects

Thanks to the generosity of donors, the Shoreview Community Foundation invites local charitable organizations to send letters of inquiry proposing grant projects for 2011. Letters of inquiry are due by March 31, 2011 and will be the first step in securing a grant of \$500 to \$5,000.

Letters of inquiry and grant proposals may be submitted by 501(c)(3) nonprofit organizations, religious institutions and governmental bodies for qualifying projects that are located in the city or primarily serve the residents of Shoreview. The Foundation encourages matching funds and participation of others in funding.

The Foundation's grant focus areas are: arts and cultural activities; recreational places such as parks, trails, open space, wetlands and woodlands; education initiatives, enhancements and leadership development; historical preservation; and social and human services. Details of the requests for letters of inquiry and grant guidelines can be found at [www.shoreviewcommunityfoundation.org](http://www.shoreviewcommunityfoundation.org).

In 2010, grants were awarded to the new Volunteer Service Club at Mounds View High School and the Community Band Festival at Common's Park in Shoreview. Start-up funds for the Volunteer Service Club allows teens to do volunteer outreach and networking throughout the community. The Community Band Festival, sponsored by the Shoreview Northern Lights Variety Band, was a well-attended, free community gathering that promoted musical and social exchange among citizens and community bands.

Grant decisions are made by an advisory board composed of 13 individuals who have committed themselves to Shoreview over the years. The Saint Paul Foundation provides guidance on grant-making and handles money management and investment services.

## SESCA

### Shoreview-Einhausen Sister City Association

The Shoreview-Einhausen Sister City Association (SESCA) is an organization dedicated to promoting friendship and international goodwill between the citizens of the greater Shoreview area and the people of our sister city of Einhausen, Germany. We foster this by holding events and meetings throughout the year and by helping organize trips and exchanges between students, adults, and community groups from our two cultures.

The 9th annual German Dinner will be held Saturday April 16, 2011 at the Gasthaus Bavarian Hunter located in Stillwater and we are pleased to have the Kantorei Chamber Ensemble grace us with "a Capella" choral music from Germany and Austria as well as a German-style buffet dinner. If you are interested in tickets to the dinner, attending a monthly meeting, or getting involved in any other way just see our website at [www.sesca.org](http://www.sesca.org).

## Gallery 96

### Spring 2011 Exhibition

Gallery 96 will be holding its spring exhibit at the Shoreview branch of the Ramsey County Library, 4570 N. Victoria Street during the month of May.

The Spring exhibition will be titled "Lemon and Lime" and is about color and anything else associated with lemons and/or limes. So put on your creative thinking caps, pick up your cameras, sketchbooks and paint brushes and get to work. The instructions and rules for entry will be in the Spring Gallery newsletter which will come out in March and the registration forms must be postmarked by April 23, 2011. You must be a member to enter the show but membership is only \$20 per year. If you are not a member yet and would like to view the Gallery 96 newsletter, go to [www.gallery96.org](http://www.gallery96.org) and click on News.

### George Robinson Retires

George Robinson is retiring as president of Gallery 96. With thirteen years on the Board of Directors, including eight years as president, George decided to step down from the presidency and board after turning seventy five years of age in December. George joined Gallery 96 in 1997, because he was interested in helping with the exhibitions for local artists. Fortunately for Gallery 96, George will continue curating and installing the exhibitions in the Shoreview Library and the Shoreview Community Center and will continue to keep track of the gallery membership.

### More Information

For more information, visit [www.gallery96.org](http://www.gallery96.org).



1st

## HRC Poster Contest Winners

The Shoreview Human Rights Commission named 20 winners of their 18th annual 4th Grade Poster Contest. The theme for the contest was “One Community of Many Colors.” After receiving nearly 400 posters from Emmet D. Williams (EDW), Island Lake Elementary (IL), Turtle Lake Elementary (TL), Pinewood Elementary (PW) and St. Odilia School (SO), the following winners were chosen:

- 10th Madison Reis, TL
- 9th Giana DiNicola, EDW
- 8th Nhi Tran, IL
- 7th Charlie Floeder, TL
- 6th Kellen O’Connor, IL
- 5th Rebecca Li, IL
- 4th Sophie Gao, IL
- 3rd Ingrid Anderson, IL
- 2nd Hannah Tang, TL
- 1st Madison Halberstadt, TL



2nd



3rd

### Honorable Mention Winners

- |                     |                    |
|---------------------|--------------------|
| Sammy Baraga, IL    | Hana Collins, TL   |
| Emily O’Brien, IL   | Rachael Wasson, TL |
| Gabby Schuett, IL   | Riya Shah, TL      |
| Jarod, IL           | Alice Fiest, EDW   |
| Marissa Manning, IL | Thomas Wings, SO   |



4th

The Shoreview Human Rights Commission advises and aids the City of Shoreview by establishing and promoting a community standard of equal opportunity and freedom from discrimination. We envision a community where all people are welcomed, valued and respected; where each person feels at home.



6th



7th



5th



8th



9th



10th

## Environmental Quality Committee Speaker Series

**Emerald Ash Borer in Minnesota**  
**March 16, 7 pm City Council Chambers**  
**Mark Abrahamson, Entomologist,**  
**MN State Dept. of Agriculture**

A little green bug is threatening to wipe out many trees in Shoreview and Minnesota.

We'll have the latest information on where emerald ash borer has been found in the state, the impacts it is having, what is being done about it in Shoreview and the rest of the state, and what you can do about trees on your property.



**Curbside Collection of Organics – Pilot Program**  
**April 20, 7 pm City Council Chambers**  
**Eureka Recycling**

It's the newest frontier in recycling: organics composting. Eureka Recycling is wrapping up a study on collecting food waste including meat scraps, dairy products and nonrecyclable papers from St. Paul residents. This organic material is then turned into nutrient rich compost. Find out what Eureka Recycling learned about what works and doesn't work for curbside collection of organic material, and if such a program could be showing up in Shoreview.



## Shoreview Historical Celebrates 20 Years!

It started with a Call for Organizers by then-mayor Dick Wedell and twenty years later the Shoreview Historical Society is still accepting his challenge.

A new updated website: [www.shoreviewhistorical-society.org](http://www.shoreviewhistorical-society.org) — will help connect the community to the Society.

Upcoming events include the Heritage Family of the Year program in April and a Cardigan Junction exhibit at Slice of Shoreview. The SHS is also participating in a restoration and location study for the Guerin Gas Station.



## Run and Romp Set for Saturday, May 7



Join Mayor Sandy Martin and Shoreview's First Dog, Rookie, in either a 7.5k-run at 10 a.m. or a 4k- or 2k-walk at 11:30 a.m. for the tenth annual Run and Romp, a six-legged event for pets and their owners on Saturday, May 7.

The walk/run starts at the Shoreview Community Center Pavilion and follows the trails of Snail Lake Regional Park.

Proceeds go to the Ramsey County K-9 Foundation and to the Healthy Youth Foundation for Rotary youth scholarships.

Pre-registration, before April 20, is \$20 per person and \$15 for children under the age 12. If you register on race day, the cost goes up by \$5.

## Why Don't We Push the Snow from the Streets into the Low Lakes?

Since some lakes are so low right now, why don't we just push the snow from the streets into the lakes? Although this sounds like a logical route to take to fill up low lakes, this is not a good solution because snow from our streets contains pollutants like salt, sediments and phosphorus that we try to keep out of our lakes.

A person might ponder further and ask why don't we put "clean" snow into the lakes? Since snowflakes form on particulates of dust, snow, by nature, isn't clean. (This is the same reason children are discouraged from eating snow.)

Does this mean then that we should try to keep snow from falling into the lakes? No. Snowfall falling directly

onto a lake isn't a pollution concern. However, adding massive quantities of snow containing harmful pollutants would pose a health risk to the lake.

Even if we were able to find "clean" snow, the amount needed to significantly impact water levels would be astronomical. This is because snow is much less dense than water; 1 inch of water is equivalent to 10 inches of snow. In a recent KSTP article (<http://kstp.com/news/stories/s1884663.shtml>), DNR Hydrologist Dale Holmuth estimated that 50,000 – 60,000 dump truck loads of snow would be needed to add 1 foot to White Bear Lake's water level.

Submitted by Rice Creek Watershed District

13

## Benefits of Compost Bins and Rain Barrels

Save time and money using some old technology. Compost bins and rain barrels have been used for some time especially on farms and rural areas. Now they are becoming popular in urban and suburban areas.

By backyard composting you can keep organic wastes such as food scraps and grass clippings out of the trash while creating organic-rich finished compost for lawn and garden use. Food scraps such as fruit and vegetable wastes, breads, pastas, grains, coffee grounds, egg shells, and tea bags as well as weeds, non-woody shrub trimmings, faded flowers, and vines are among the things you can put into your compost instead of your garbage.

Water captured in rain barrels can be used to water

your lawn and garden. It also:

- Decreases volume of polluted storm water run-off reaching water bodies
- Diverts water away from your foundation, which can make it harder for water to seep into your basement.

Purchase a rainbarrel at the one day truckload sale Saturday, May 7 from 9:00 a.m. to 3:00 p.m. at the Dale Street soccer field parking lot, 2555 Dale Street in Roseville. Rainbarrels will be available for \$55.



## Household Hazardous Waste Collection Site

Ramsey County offers year-round Household Hazardous Waste collection in St. Paul at Bay West, Inc., 5 Empire Drive (between Rice and Jackson, just north of Pennsylvania Avenue, near the State Capitol). The site is closed on major holidays. December-March (Saturdays 9 a.m.-4 p.m.) April-October (Wednesday, Thursday, and Friday 11 a.m.-6 p.m.) (Saturday 9 a.m.-4 p.m.). For more information visit [www.co.ramsey.mn.us](http://www.co.ramsey.mn.us).

## Shoreview Receives Minnesota Construction Association Award of Excellence

On January 27, the Minnesota Construction Association honored its members for outstanding construction projects completed in 2010. The City of Shoreview along



with its partners, EDS Builders, Inc. and Buetow and Associates, received the 2010 Green or Sustainable Project of the Year for the newly remodeled Shoreview Maintenance Facility. This currently is the only maintenance center in the State of Minnesota to be renovated and Leadership in Energy and Environmental Design (LEED) Certified.

**Shoreview's annual  
SPRING Cleanup Day will be  
held Saturday, May 7, from  
8 a.m. – 4 p.m. Watch your  
mail for more details.**

## Spring 2011 Restoration Event

### Snail Lake Regional Park Restoration Event

Saturday, March 26th  
8:30am – 12:30pm  
Shoreview, MN

Volunteers Needed: 200  
Supervisors Needed: 20

Let's keep our urban areas beautiful! Snail Lake Regional Park is one of the important natural spaces in this highly developed area. This park is home to oak woodlands, floating vegetative mats on Grass Lake, wetlands, and grasslands that provide habitat to an assortment of creatures including deer, fox, herons, egrets, and water-

fowl. These habitats are being invaded by invasive plants, and we need to stop them! Volunteers are needed to haul brush such as buckthorn and other non-savanna tree species in order to restore overgrown woodlands to native oak savanna. Oak savanna and prairie restoration are vital to ensure that our urban communities remain beautiful for many years to come.

*Funding is provided by Ramsey County Parks and the Minnesota Environment and Natural Resources Trust Fund.*

Individuals of all ages, families, community and corporate groups are welcome to participate in Greening's restoration events. **Pre-registration is required, so sign up today!**

To register, contact Mark Turbak, Greening Volunteer Program and Event Manager, at [volunteer@greatrivergreening.org](mailto:volunteer@greatrivergreening.org) or **651.665.9500 ext. 11**.

## Childproof Your Home Improvements

### Having work done on your home? Use a lead-safe certified contractor

#### The Danger

Lead paint poisoning hasn't gone away. If your home or apartment was built before 1978, unqualified workers could spread lead paint dust. Even when doing a small job.

- Kids: Over a million are affected right now; lead exposure can cause lower intelligence, behavior problems and learning disabilities.
- Pregnant women: Lead paint dust can be harmful to your developing fetus.
- All adults: Exposure to lead paint dust can cause high blood pressure, hypertension, and even kidney effects.

#### The New Rule

The EPA is requiring that contractors be Lead-Safe Certified.

- Contractors include: Renovators, electricians, HVAC specialists, plumbers, painters and maintenance staff who disrupt more than six square feet of lead paint.
- If you live in an apartment or condominium, it is your right to insist on a Lead-Safe Certified contractor.
- This rule also covers schools, day care centers, or a building where children gather.

#### The Solution

Protect your family and loved ones.

- Make sure to hire a contractor who is Lead-Safe Certified. It may cost just a little more, but you'll get the job done right.
- Beginning February 1, 2011 the State of Minnesota requires municipalities to verify that contractors performing specific work are Lead-Safe Certified.

To find a contractor who is Lead-Safe Certified near you, visit [epa.gov/getleadsafe](http://epa.gov/getleadsafe) or call 800.424.LEAD.

## Flower Power

Volunteers interested in planting annuals throughout the City are encouraged to contact the Public Works Department at 651.490.4650. Early evening or weekend hours are available to accommodate all schedules. No experience necessary and instructions will be provided.

## Ramsey County Yard Waste and Brush Drop Off

Ramsey County operates a public compost site for the disposal of leaves, grass clippings, brush and other compost materials. There is no charge for the use of this site. For more details call 651.266.1155.



## Rondo Community Land Trust (CLT)



The City of Shoreview has formed a partnership with the Rondo Community Land Trust to assist families facing foreclosure. The goal of the project is have families stay in their homes. The Rondo Community Land Trust (Rondo CLT) has been creating and preserving homeownership in Ramsey County since 1995.

During difficult economic times, when people face challenges like unemployment or medical crises, nonprofits like Rondo CLT can help individuals directly, which helps stabilize and build healthy communities.

Rondo CLT has a program that is particularly helpful in the current economic climate. The Foreclosure Prevention Program is for people who want to stay in their home and are willing to give up some of the future appreciation in the value of their house. The program is designed for families living in Ramsey County who are at-or-below 80% of the HUD median income guidelines,

and who have lost income due to layoffs, reduced hours, and/or major medical expenses.

Homeowners who participate in the program receive help negotiating with lenders so that they can afford to make their house payments. Rondo will work with the homeowner and their bank to reduce the balance on the mortgage so that it is affordable today and for the long-term. In addition, Rondo CLT is able to provide limited grant funds to make the mortgage more affordable and to address deferred maintenance issues (i.e. roofs, plumbing, upgrading electrical systems and insulating walls and attics).

Homeowners agree to give up some of the future appreciation in their home, in return for avoiding foreclosure, staying in their home and having a mortgage they can afford long-term.

The program model is a 'land trust' where the homeowner continues to own the home, but Rondo owns the land. When the house is eventually sold, the homeowner keeps 25 percent of any future equity in the home (the increase in the home's value). The program also requires the seller to sell it to a low-to-moderate-income family using a limited equity appreciation formula.

Participation in this program is voluntary. If you think you might benefit from this program, please call **651.221.9884** or visit [www.rondoclt.org](http://www.rondoclt.org).

## Shoreview Home for Sale: 5551 Turtle Lake Road

Using HOME Investment Partnership funds, Ramsey County Community and Economic Development/Housing and Redevelopment Authority purchased and renovated a foreclosed home at 5551 Turtle Lake Road. This project was completed as part of the Ramsey County Foreclosure Remediation Pilot Project which is designed to help stabilize communities by improving vacant properties and making them available to first-time homebuyers.

The renovated home is currently listed for sale on the Edina Realty website. For more information please contact the listing agent Kevin O'Brien at 651.690.8432 or via e-mail at [KevinOBrien@edinarealty.com](mailto:KevinOBrien@edinarealty.com).

Ramsey County offers several programs to assist potential buyers with the acquisition of foreclosed properties in the County. To view all the newly



rehabilitated homes ready for buyers please visit <http://www.co.ramsey.mn.us/ced/index.htm>. For additional information please contact Community and Economic Development Department, Ramsey County at 651.266.8000 or via email at [AskCED@co.ramsey.mn.us](mailto:AskCED@co.ramsey.mn.us).

The City of Shoreview has a variety of trails located throughout the community. These trails provide access to our neighborhoods, commercial centers and local and regional parks. There are some common courtesy rules that should be followed by all users to ensure everyone enjoys the trails.



## Leave no Trace



Be sure to clean up after yourself. Some trail systems and park areas have garbage cans along the way for easy disposal of waste but you may need to carry garbage with you until you reach a waste receptacle. It is just as important that any animal waste from pets is cleaned up from the trails as well. Dog waste should be picked up with a garbage bag and disposed of in the trash.

## Share the Trail

There's nothing worse for walkers when someone on a bike comes flying up behind them unannounced and passes by. Not only is this dangerous practice but it also makes for a lot of negative feelings between hikers, cyclists and other trail users.

Cyclists, rollerbladers, skateboarders, etc. should always yield to hikers. When you are approaching another trail user you should always make your presence known and only pass on the left. Communicating with other trail users is important for the safety of everyone.



## Keep a Leash on Dogs



Dogs need to remain on a leash. It is proper etiquette to have control of your dog at all times whether it is on or off a leash. Many people dislike when someone else's dog comes up to sniff their own and people without dogs usually do not want a dog to be running up to them.



## Respect Others



Having respect for other trail users and adjacent property owners is very important. Showing respect by talking quietly and keeping music to yourself by using headphones are appreciated.

## Trail Maps Available at City Hall

The City's trail and sidewalk system is the most prized and well-utilized recreational resource in the City. According to the Community Survey, nearly 50% of Shoreview residents use the trail system on a weekly basis. Further, 99% of Shoreview residents indicate that the trail system is important to the quality of life and rate the trails as either good or excellent. Get a Trail Map at City Hall.

MARCH 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>Planning Comm.</b> 7 pm, CC	2	3 <b>Bikeways And Trails Committee</b> 7 pm, LC	4	5
6 	7 <b>City Council Meeting</b> 7 pm, CC	8 <b>Tele-communications and Technology Committee</b> 7 pm, CC	9 <b>SLID</b> 7 pm, CC	10	11	12
Recycling Week March 6-12						
13	14 <b>Economic Development Authority Council Workshop</b> 5 pm, CC 7 pm, CC	15 <b>Economic Development Commission</b> 7:30 am, UC	16 <b>EQC Speaker Series</b> 7 pm, CC	17 <b>Public Safety Committee</b> 7 pm, LC	18	19
20 	21 <b>City Council Meeting</b> 7 pm, CC	22 <b>Planning Comm.</b> 7 pm, CC	23 <b>Human Rights Comm.</b> 7 pm, CC	24 <b>Parks and Recreation Committee</b> 7 pm, CC	25	26
Recycling Week March 20-26						
27	28 <b>Environ. Quality Comm.</b> 7 pm, CC	29	30	31		

APRIL 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park			1	2
3 	4 <b>City Council Meeting</b> 7 pm, CC	5	6	7 <b>Bikeways And Trails Committee</b> 7 pm, LC <b>Lake Regulations Comm.</b> 7 pm, UC	8	9
Recycling Week April 3-9						
10	11 <b>Economic Development Authority Council Workshop</b> 5 pm, CC 7 pm, CC	12 <b>Tele-communications and Technology Committee</b> 7 pm, CC	13	14	15	16 <b>Egg Hunt</b> 9:30 am See page 56
17 	18 <b>City Council Meeting</b> 7 pm, CC	19 <b>Economic Development Commission</b> 7:30 am, UC	20 <b>EQC Speaker Series</b> 7 pm, CC	21	22	23
Recycling Week April 17-23						
24	25 <b>Environ. Quality Comm.</b> 7 pm, CC	26 <b>Planning Comm.</b> 7 pm, CC	27 <b>Human Rights Comm.</b> 7 pm, CC	28 <b>Parks and Recreation Committee</b> 7 pm, CC	29	30

\*\*\* Meeting dates/times/locations are subject to change. For more current information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov) or call 651.490.4600.

# SHOREVIEW CALENDAR

## MAY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 <b>City Council Meeting</b> 7 pm, CC	3	4	5 <b>Bikeways And Trails Committee</b> 7 pm, LC	6	7 <b>Spring Cleanup Day</b> Hwy 96 and Hamline <b>Run &amp; Romp</b>
Recycling Week May 1-7						
8	9 <b>Economic Development Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	10 <b>Tele-communications and Technology Committee</b> 7 pm, CC	11	12	13	14
15 	16 <b>City Council Meeting</b> 7 pm, CC	17 <b>Economic Development Commission</b> 7:30 am, UC	18	19 <b>Public Safety Committee</b> 7 pm, LC	20	21
Recycling Week May 15-21						
22	23 <b>Environ. Quality Comm.</b> 7 pm, CC	24 <b>Planning Comm.</b> 7 pm, CC	25 <b>Human Rights Comm.</b> 7 pm, CC	26 <b>Parks and Recreation Committee</b> 7 pm, CC	27	28
29 	30 <b>City Hall Closed for Memorial Day</b>	31	(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park	
Recycling Week November 29-December 5						

## JUNE 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>Bikeways And Trails Committee</b> 7 pm, LC	3	4
Recycling Week May 29-June 4						
5	6 <b>City Council Meeting</b> 7 pm, CC	7	8	9	10	11
12 	13 <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	14 <b>Telecomm. &amp; Technology Comm.</b> 7 pm, CC <b>Farmers Market</b> 3-7 pm	15	16	17	18
Recycling Week June 12-18						
19	20 <b>City Council Meeting</b> 7 pm, CC	21 <b>Economic Development Commission</b> 7:30 am, UC <b>Farmers Market</b> 3-7 pm	22 <b>Human Rights Comm.</b> 7 pm, CC <b>Concert in the Commons</b> 7 pm	23 <b>Parks and Recreation Committee</b> 7 pm, CC	24	25
26 	27 <b>Environ. Quality Comm.</b> 7 pm, CC	28 <b>Planning Comm.</b> 7 pm, CC <b>Farmers Market</b> 3-7 pm	29 <b>Concert in the Commons</b> 7 pm	30		
Recycling Week June 26-July 2						

\*\*\* Meeting dates/times/locations are subject to change. For more current information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov) or call 651.490.4600.

**City of Shoreview**

www.shoreviewmn.gov  
 Phone 651.490.4600  
 Parks & Recreation 651.490.4750  
 Shoreview Comm. Center 651.490.4700

**Communications**

**Access Shoreview**

Get our free electronic newsletter delivered after every Council meeting with recent City Council actions, City news and community events. For more information visit www.shoreviewmn.gov

**Legal Notices**

All Legal Notices will soon be posted on our website.

**Shoreview Area Library**

4750 Victoria Street North  
 Shoreview, MN 55126  
 Phone: 651.486.2300  
 www.ramsey.lib.mn.us

**Federal Elected Officials**

**U.S. Senator Amy Klobuchar**  
 1200 Washington Avenue South, Suite 250  
 Minneapolis, MN 55415

**U.S. Senator Al Franken**  
 320 Hart Senate Office Building  
 Washington, DC 20510  
 Info@Franken.Senate.Gov

**U.S. Representative Betty McCollum**  
 165 Western Avenue North  
 Suite 17  
 St. Paul, MN 55102  
 www.house.gov/mccollum/contact.html

**State Elected Officials**

**Governor Mark Dayton**  
 130 state Capitol  
 75 Rev. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
 Mark.dayton@state.mn.us

**State Senator John Marty-District 54**  
 323 State Office Building  
 St. Paul, MN 55155  
 Sen.john.marty@senate.mn

**State Senator Barb Goodwin-District 50**  
 100 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, Mn 55155  
 Sen.barb.goodwin@senate.mn

**State Senator Roger Chamberlain-District 53**  
 75 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
 Sen.roger.chamberlain@senate.mn

**State Rep. Kate Knuth-District 50B**  
 429 State Office Building  
 St. Paul, MN 55155  
 Rep.kate.knuth@house.mn

**State Rep. Bev Scalze-District 54B**  
 357 State Office Building  
 St. Paul, MN 55155  
 Rep.bev.scalze@house.mn

**State Rep. Linda Runbeck-District 53A**  
 100 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
 Rep.linda.runbeck@house.mn

**County Elected Officials**

**Ramsey County Commissioner Tony Bennett**  
 City Hall-220 Courthouse  
 15 W. Kellogg Boulevard  
 St. Paul, MN 55102  
 651.266.8350  
 Tony.Bennett@co.ramsey.mn.us

**Post Office**

4390 McMenemy Street  
 Vadnais Heights, MN 55127  
 Phone: 651.481.1951

**Animal Control**

If you wish to report a lost or found pet, animal complaints or wandering pets, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366. For other emergencies call 911.

All impounded animals will be impounded at the following location:  
 Hillcrest Animal Hospital  
 1320 Highway 61  
 Maplewood, MN 55109  
 651.484.7211  
 Mon, Wed and Fri 8 A.M. – 6 P.M.  
 Tues and Thurs 8 A.M. – 8 P.M.

**Police**



Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call 651.484.3366**

**For emergencies call 911**

**Fire**



**For emergencies call 911 Dispatch, Non-emergency 651.767.0640**

Lake Johanna Fire Department  
 Fire Chief, Tim Boehlke  
 651.481.7024

Station 1

3246 New Brighton Road  
 Arden Hills, MN. 55126 651.633.0349

Station 2

4676 Hodgson Road  
 North Oaks, MN. 55127 651.484.3444

Station 3 (Headquarters)

5545 Lexington Avenue North  
 Shoreview MN 55126 651.481.7024

Station 4

3615 Victoria Street  
 Shoreview MN 55126 651.483.0767

**Ambulance & Paramedic**

Ambulance and paramedic services are provided by Allina Medical Transportation.

**For emergencies call 911**

**Hours:**

Mon. . . . . 10 A.M. – 8:30 P.M.  
 Tues. & Wed. . . . . 1:30 P.M. – 8:30 P.M.  
 Thurs., Fri., & Sat. . . . . 10 A.M. – 5 P.M.  
 Sun. . . . . noon – 5 P.M.

FOR INFORMATION CALL 651-490-4750

ShoreViews is published four times a year by the City of Shoreview and is mailed free of charge to City residents. Send comments, suggestions and submissions to the City Editor, Tessia Melvin, or to Parks and Recreation Editor, Shari Kunza at ShoreViews, 4600 N. Victoria St., Shoreview, MN 55126.

The City of Shoreview and the U.S. Postal Service make every effort to deliver ShoreViews in a timely manner. Extra copies are available at City Hall and at the Parks and Recreation office.

# COMMUNITY CENTER

## GENERAL INFORMATION AND HOURS



### Call for More Information

Community Center Information  
**651-490-4700**  
 Recreational Programs (classes)  
**651-490-4750**  
 Rental Information  
**651-490-4790**  
 City Information  
**651-490-4600**

### Kids Care Hours\*

#### Morning Hours

Monday–Saturday  
 8:00 A.M. – 12:30 P.M.

#### Evening Hours

Monday–Thursday  
 4:00 P.M. – 9:00 P.M.  
 Friday  
 4:00 P.M. – 8:00 P.M.

CLOSED: April 23, May 28-30, July 2-4

\*additional fee required

**NEW HOURS**  
 Beginning  
 March 28

### Community Center Information

- 14 laps equals 1 mile on the indoor track.
- Only half-court basketball games allowed in gym
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gymbags are not allowed on the track.
- Track & Fitness Center is open to ages 14-older.

### Daily Fees

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

#### Daily Pass

	Rate*	Shoreview Resident*
Adult (18 and over)	\$ 8.50	\$ 7.00
Youth (1 to 17; under 1 free with paying adult)	\$ 7.50	\$ 6.00
Family* (Immediate family living in same household)	\$ 30.00	\$ 24.00
Seniors (65 and older)	\$ 7.50	\$ 6.00

\*Family pass is limited to six individuals. Each additional person is \$4.00.

**Indoor Playground Only** (ages 1 to 12) ..... \$ 4.50 .....\$ 4.50

#### Coupon Books (Includes 10 daily passes)

Adult	\$ 76.50	\$ 63.00
Youth/Senior	\$ 67.50	\$ 54.00
Playground	\$ 40.00	\$ 40.00

#### Senior Track Discount (65 and over – for track use only)

Per visit	\$ 3.75	\$ 2.75
Punch card	\$ 29.00	\$ 21.00

\*Sales Tax will be added to these prices. Fees are subject to change.

We welcome payment by Visa and MasterCard.



### Hours

	Community Center	Water Park	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:30 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

#### Holiday Hours Call 651-490-4700 for specific information.

March 14-17	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
March 18	5:00 A.M. – 10:00 P.M.	Noon – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Easter, April 24	6:00 A.M. – 4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M. – 4:00 P.M.
Memorial Day, May 30	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
July 4	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.

\*Waterpark hours will increase beginning June 10.

#### Lap Swim Hours\*\* (through June 10, 2011)

Monday-Friday	5:00 A.M. – 11:50 A.M.
Monday-Thursday	8:30 P.M. – 9:45 P.M.
Monday, Wednesday	4:00 P.M. – 6:00 P.M.
Tuesday, Thursday	4:00 P.M. – 5:00 P.M.
Saturday	6:00 A.M. – 8:15 A.M.
Sunday	6:00 A.M. – 11:50 A.M.

\*\*Lanes are limited. Ask at the service desk for a complete schedule.

#### Drop-in Volleyball Rate: daily admission or free to members.

Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon

# COMMUNITY CENTER

## MEMBERSHIP FEES AND BENEFITS

### Membership Fees

	Rate*	Shoreview Resident*
<b>Annual Membership</b>		
Family .....	\$ 650.00	\$ 510.00
Dual .....	\$ 575.00	\$ 455.00
Adult .....	\$ 385.00	\$ 295.00
Youth/Senior .....	\$ 305.00	\$ 240.00
<b>Seasonal Membership (Three month)</b>		
Family .....	\$ 250.00	\$ 205.00
Dual .....	\$ 230.00	\$ 180.00
Adult .....	\$ 165.00	\$ 125.00
Youth/Senior .....	\$ 125.00	\$ 100.00
<b>Annual Membership Billed Monthly (With one year membership agreement)</b>		
Family .....	\$ 59.00	\$ 48.00
Dual .....	\$ 51.00	\$ 43.00
Adult .....	\$ 35.00	\$ 29.00
Youth/Senior .....	\$ 30.00	\$ 24.00

\*Sales tax will be added to these prices. There is a membership cancellation fee of \$100.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family is immediate family residing in the same household and children must be under 22 years of age. Proof of dual and family member qualification is required.

Fees are subject to change. We welcome payment by Visa and Mastercard.

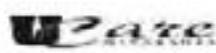


### Membership questions?

Contact Guest Services at **651-490-4739**.

### Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739. **Direct Deposit Now Available!** Your insurance reimbursements can be directly deposited into your bank account. See our Guest Services office for forms.



### Annual Membership Includes Unlimited Use Of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoreViews mailed to your home.



### NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 2 guest passes
- 2 fitness drop-in class passes
- 1 Wave Cafe coupon
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions
- 1 playground pass

**Experience Us** book is designed to encourage new members to experience all the amenities the Community Center has to offer.



*The Shoreview Community Center is the perfect place to spend time with your friends and family while getting your daily workout!*

## TROPICS INDOOR WATERPARK

### Waterpark Hours

Through June 10, 2011

Monday & Wednesday . 4:00 – 8:30 P.M.  
 Tuesday & Thursday . . . 6:00 – 9:00 P.M.  
 Friday . . . . . 4:00 – 9:45 P.M.  
 Saturday . . . . . 12:00 – 7:45 P.M.  
 Sunday . . . . . 12:00 – 6:00 P.M.

### Waterpark Holiday Hours

March 14-17 . . . . . Noon – 9:00 P.M.  
 March 18 . . . . . Noon – 9:45 P.M.  
 Easter, April 24 . . . . . Noon – 3:45 P.M.  
 Memorial Day, May 30 Noon – 5:45 P.M.  
 July 4 . . . . . Noon – 5:45 P.M.



**The Waterpark includes Shark Attack waterslide, beach boat slide, floating sea creature, water walk, volleyball and basketball.**



We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

Come experience our crystal clear water with our Sphagnum Moss water enhancement system. This green system has improved our water quality, clarity, and as well a reduction in chlorine use. It makes for a more natural swimming experience as the Sphagnum Moss treated water is better on your skin, hair, swim suit and best of all your eyes.

New riders of Shark Attack waterslide will be able to experience our one of a kind jukebox system. Riders will be able to choose from over 100 songs and enjoy a custom light and music show while they twist and turn down our thrilling slide.

*Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be with in arm's reach of the child at all times.*

### Pool Information

- For our guests' safety, our lifeguards participate in ongoing training. Part of this training includes the use of life-like mannequins as a simulation device.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present with in arm's reach. Arm floatation and floatation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Boys need to be 4 year old and under to be in the women's locker room, girls need to be 4 years old and under to be in the men's locker room with an adult. Please use the family locker rooms.
- Complete pool schedule and lap swim policy area available at the service desk.
- For a complete list of Tropics Indoor Waterpark rules go to [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

# TROPICAL ADVENTURE INDOOR PLAYGROUND

Come CRAWL through the caves, SWING through the jungle, slip down the waterfall SLIDE, and SCREAM down the five level spiral slide!



Monday - Saturday.....8:00 A.M. - 8:00 P.M.  
Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$4.50 per child, ages 1-12  
FREE to members

### General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- For information about **reserving space for your group**, call 651-490-4790.



## SPEND YOUR BIRTHDAY IN THE TROPICS



### Make Your Child's Birthday Party Special!

### Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center

Celebrate your child's birthday party in the tropical themed poolside birthday party rooms! Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

**Call 651-490-4790 to reserve your party package today!**



### TROPICAL PACKAGE

#### **Cake Deal**

Includes personalized birthday cake and ice cream, pop, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$16 per person  
\$15 Shoreview Resident

#### **Meal Deal**

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$19 per person  
\$18 Shoreview Resident

### ADVENTURE PACKAGE

#### **Cake Deal**

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$14 per person  
\$13 Shoreview Resident

#### **Meal Deal**

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$17 per person  
\$16 Shoreview Resident

#### **Beachcomber Bay** (shared party room)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

#### **Coconut Cove** (private pool-side party room)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$25 room rental fee.

#### **Meeting / Party Rooms\***

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$45 Regular rental fee  
\$30 Shoreview Resident rental fee

\*\$25 Refundable Damage Deposit

Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.

## PARTY IN THE TROPICS

### Special Rentals Have the Place to Yourself and Invite Your Friends!

#### Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. *Prices are per person.*

#### Overnight Rentals

Rate: \$19; \$17 Shoreview Resident

#### Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours .....	\$ 9.50	\$ 9.00
Three hours .....	\$10.00	\$ 9.50
Four hours .....	\$10.50	\$10.00

\*Sales tax not included.

#### Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 25 or more
- Call 651-490-4790 for group rate and reservation information



Coconut Cove – Private Party Room



Beachcomber Bay – Shared Party Room

## MARK YOUR CALENDAR!



25

### Egg Hunt

Saturday, April 16, 9:30 A.M. – 11:00 A.M.

Join the Bunny in an eggciting hunt for prize-filled eggs!

See page 56 for information.

### Farmers Market

Tuesdays, beginning June 14  
3 P.M. – 7:00 P.M.

The market is a weekly summer event featuring fresh local produce, hand-crafted artisan items, and more!

See the inside back cover for more information.

### Concert in the Commons

Wednesdays, June 15 – August 17, 7:00 P.M.

The annual summer concert series is back and it's not too early to mark your calendar and think of the warm summer weather sitting on the lawn of Shoreview Commons. See the back cover for the list of dates and performers.

### Slice of Shoreview

July 22-24

The Slice of Shoreview – it's Doggone Fun! This year's theme centers around our four-legged friends. The fantastic Dock Dogs are back, along with great entertainment, carnival, parade, food, and art & craft vendors. This is one weekend you don't want to go out of town!

More information will be published in the next ShoreViews edition.

### Friday Night Flix

Friday nights in August

Join us at the Shoreview Commons Pavilion for another season of great family movies. Movies begin shortly after dusk.

More information will be published in the next ShoreViews edition.

## BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.



### Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 595	\$ 520
Friday .....	\$ 950	\$ 850
Saturday .....	\$1,125	\$1,025

*Fees are subject to change. Tax not included. Call for more information.*

### Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 395	\$ 320
Friday .....	\$ 695	\$ 595
Saturday .....	\$ 815	\$ 710

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 210	\$ 180
Friday and Saturday .....	N/A	N/A

*Fees are subject to change. Tax not included. Call for more information.*

### Call for More Information

- Community Center Information  
**651-490-4700**
- Recreational Programs (classes)  
**651-490-4750**
- Rental Information  
**651-490-4790**
- City Information  
**651-490-4600**

## COMMUNITY & MEETING ROOM FACILITIES

### Shoreview Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Shoreview Pavilion. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

\*Sales tax not included. Refundable damage deposit required.

### Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park. . . . . Seats 15

Shamrock Park . . . . . Seats 35

McCullough Park. . . . . Seats 15

Commons Park . . . . . Seats 20

### Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment.

- Island Lake Room is rented in 2-hour blocks.
- Refundable damage deposit: \$25

Rate: \$65; \$50 Shoreview Resident

\*Sales tax not included.

### Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.
- Rates are listed per room for each time block rented.
- Refundable damage deposit: \$25 per room.

Rate: \$45; \$30 Shoreview Resident (50% of group living in Shoreview)

\*Sales tax not included.



### Group Rates

- All parties of 10 or more receive our special group rate.
- Reservations required for all groups of 25 persons or more.



### Call for More Information

Community Center Information

**651-490-4700**

Recreational Programs (classes)

**651-490-4750**

Rental Information

**651-490-4790**

City Information

**651-490-4600**



**Aquatics** Page 30



**Fitness** Page 38



**Youth Events** Page 52



**Adventure Quest** Page 58



**Summer Camps** Page 60

## SPRING/SUMMER

### SPRING/SUMMER REGISTRATION SCHEDULE

*Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.*

#### Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

##### **Tuesday, March 8**

On-line registration for residents begins at 8:00 A.M.

##### **Tuesday, March 15**

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

#### Annual Community Center Member Registration

##### **Tuesday, March 15**

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

#### General Registration

Anyone may register at this time. No residency or membership required.

##### **Thursday, March 17**

On-line registration begins at 8:00 A.M.

##### **Tuesday, March 22**

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

## EASY 5 WAYS TO REGISTER

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



# RECREATION PROGRAMS

## ONLINE REGISTRATION INFORMATION

**Tired of waiting in line? Want to register on your schedule and from the comfort of your home or office? Then choose on-line registration!**

### What you need to know:

- Each family needs a household ID and password
- When it is your date to register, log-on to <https://registration.shoreviewmn.com> and choose your classes

### New Users

- Registering on-line requires a household ID and password
- To obtain a household ID and password.
  - ~ Register for a household ID on our website
  - ~ Stop by during office hours to obtain one in person
  - ~ Call 651-490-4750 to have a form faxed or mailed to you

### Current Users

- You have a household ID and password assigned to your family
- To add a family member to your account, call 651-490-4750 or email [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)
- If you have forgotten your household ID and password, please contact us at 651-490-4750 or send an email to [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)

### Questions?

Call 651-490-4750 or email [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)

## REGISTER NOW FOR

- Personal Training
- Spring CPR & First Aid Classes
- Beginning Swing Dance
- Wiggle Jiggle Gym
- Dodgeball
- Adult Softball
- Tumbling
- School's Out Camps
- Egg Hunt
- Kids Corner Preschool



**Youth Sports Page 66**



**Tennis Lessons Page 70**



**Golf Page 72**



**Adult Programs Page 74**



**Concert in the Commons**

# AQUATICS

## SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on skills previously learned, making each level progressive throughout the session.

We welcome students of all abilities to participate in our group lessons. Private lessons are also available for students who prefer individualized instruction. Our instructors participate in ongoing training sessions and are selected based on their desire to teach, their enthusiasm, and their swimming ability. Parent-instructor communication is vital to the success of each swimmer. Please contact the Aquatic Coordinator if there is anything your instructor can provide to maximize your swimmer's experience. Our mission is to provide an inclusive program for all.

The Community Center pool water temperature is kept between 83 and 84 degrees.

### Group Lessons

Rates for all group lessons: \$68; \$58 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 5
L4 & L5	1 to 6
L6 & L7	1 to 7



Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right.

### Private Lessons (PR)

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$135; \$125 Shoreview Resident

\$105; \$95 Shoreview Resident each for two participants of equivalent ability

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 32-35.



## Free Swim Checks

Do you know what level to sign up for? Stop by on one of the following days to find out! If you plan on staying for open swim starting at 12 P.M., please purchase a wrist band at the front desk. Swim checks take approximately 10 minutes.

Location: Shoreview Community Center Pool

Time: 11:00 A.M. – 12:00 P.M.

Saturday, March 5 ..... **Activity # 230116-01**

Sunday, March 6 ..... **Activity # 230116-02**

Saturday, March 12 ..... **Activity # 230116-03**

Saturday, May 21 ..... **Activity # 330116-01**

Sunday, May 22 ..... **Activity # 330116-02**

Saturday, June 4 ..... **Activity # 330116-03**

## AQUATICS LEVEL DESCRIPTIONS

**Star Fish 1** *Ages 9 Months to 24 Months*

**Star Fish 2** *Ages 24 Months to 36 Months*

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

**Preschool (PS) – Jelly Fish** *Ages 3 and 4*

This course is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support

**Level 1 (L1) – Angel Fish**

*Ages 4 or passed preschool level*

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

# AQUATICS LEVEL DESCRIPTIONS

## Youth Beginner (YB) *Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

## Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 5 to 10 yards.
- Personal safety skills
- Flutter kick with support

## Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water

## Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Treading water
- Coordinate back crawl
- Flutter kicks and whip kick
- Elementary backstroke

## Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Treading water, 1 minute
- Front and back crawl
- Open turns
- Breaststroke

## Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Breaststroke
- Front and back crawl
- Butterfly (introduction)

## Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances.

Swimmers will learn the following:

- Front and back crawl
- Butterfly
- Breaststroke
- Turns
- Sidestroke

## Level 7 (L7) – Sharks

- Endurance skills
- Stroke techniques
- Personal water safety
- Basic workouts

## Adult Instruction (AI) *Ages 18 and over*

For mature learners starting with basic swimming skills. Participants will learn everything from floating to efficient strokes at a personalized speed. Class sizes will be kept small for individualized attention.

## **NEW!** STROKE TECHNIQUE DROP-IN ADULTS

Saturday 6:30 A.M. – 8 A.M.

April 2, 16, 30 May 14, June 18, July 16

\$10.00; \$5.00 Shoreview Resident per date (pay in the pool area, wristband included)

This drop-in session will allow an experienced swim instructor to work with you during your workout to improve stroke technique with the goal of improving endurance and efficiency. This session is perfect for the fitness swimmer or triathlon competitor. There will be an Instructor available the following dates and times listed above; there is no need to sign-up in advance.

## SWIM INSTRUCTOR AIDE PREPARATION TRAINING (SIA)

Ages 15 and up

12 hours, Times and Dates upon request

\$100; \$90 Shoreview Resident

This course is for youth age 15 and older who are interested in teaching swim lessons. Participants must be competent swimmers and able to complete the pre-skill test on the first day. This program focuses on leadership, problem solving, teaching skills, community interaction and teamwork with the Shoreview Community Center Swim Lesson Program. Students will be required to participate in a 12 hour training program. To be considered for employment you must be age 16 and successfully completed the SIA course. If employed you will be required to complete a CPR and First Aid Training Course. Call the Aquatic Coordinator to set up meeting dates and times at 651-490-4766.

## TRI-PERFORMANCE TRIATHLON CLINIC WITH TIM HOLA

See page 45

# SPRING SCHEDULE

## MONDAY March 28 - May 16

### Morning

9:00 - 9:35 A.M.	LI	230101-10
9:40 - 10:15 A.M.	PS	230111-11
10:20 - 10:55 A.M.	L2	230102-08

### Evenings

4:00 - 4:35 P.M.	PS	230111-12
	LI	230101-11
	L2	230102-09
	L2.5	230112-10
	PR	230114-17
4:45 - 5:20 P.M.	PR	230114-18
	PS	230111-13
	LI	230101-12
	LI	230101-13
	L2.5	230112-11
5:30 - 6:05 P.M.	L3	230103-08
	PS	230111-14
	L2	230102-10
	L2.5	230112-12
	L2.5	230112-13
6:15 - 6:50 P.M.	L4	230104-06
	PS	230111-15
	PS	230111-16
	L2.5	230112-14
	L3	230103-09
6:20 - 6:50 P.M.	L5	230105-04
	SF 2	230110-04
	LI	230101-14
	L2	230102-11
	L4	230104-07
7:00 - 7:35 P.M.	L6	230106-03
	YB	230113-05
	L2	230102-12
	L7	230107-02
	PR	230114-19
7:45 - 8:20 P.M.	PR	230114-20
	PR	230114-21
	PR	230114-21

## TUESDAY March 29 - May 17

### Morning

9:10 - 9:45 A.M.	PS	230111-17
9:50 - 10:25 A.M.	L2	230102-13
10:30 - 11:05 A.M.	LI	230101-15
11:10 - 11:40 A.M.	PR	230114-22

### Evenings

4:00 - 4:35 P.M.	PS	230111-18
	LI	230101-16
	LI	230101-17
	L2.5	230112-15
	PR	230114-23
4:45 - 5:20 P.M.	PR	230114-24
	PS	230111-19
	LI	230101-18
	L2	230102-14
	L2	230102-15
5:30 - 6:05 P.M.	L2.5	230112-16
	L3	230103-10
	PS	230111-20
	L2	230102-16
	L2.5	230112-17
6:20 - 6:50 P.M.	L3	230103-11
	PR	230114-25
	SF 1	230110-05

## TUESDAY/THURSDAY March 29 - April 21

### EVENING

6:15 - 6:50 P.M.	PS	230111-21
	LI	230101-19
	L2.5	230112-18
	L3	230103-12
	L4	230104-08
7:00 - 7:35 P.M.	L4	230104-08
	LI	230101-20
	L2	230102-17
	L2.5	230112-19
	L5	230105-05
7:45 - 8:20 P.M.	YB	230113-06
	L6	230106-04
	PR	230114-26
	PR	230114-27
	PR	230114-28
	PR	230114-29
	PR	230114-30
	PR	230114-30

## WEDNESDAY March 30 - May 18

### Morning

9:15 - 9:45 A.M.	PR	230114-31
9:50 - 10:25 A.M.	PS	230111-22
10:30 - 11:00 A.M.	SF1/2	230110-06
11:05 - 11:40 A.M.	LI	230101-21

### Evenings

4:00 - 4:35 P.M.	LI	230101-22
	L2	230102-18
	L2.5	230112-20
	PR	230114-32
	PR	230114-33
4:45 - 5:20 P.M.	PS	230111-23
	LI	230101-23
	L2.5	230112-21
	L2.5	230112-22
	L5	230105-06
5:30 - 6:05 P.M.	PS	230111-24
	PS	230111-25
	LI	230101-24
	L3	230103-13
	L4	230104-09
6:15 - 6:50 P.M.	PS	230111-26
	LI	230101-25
	L2.5	230112-23
	L3	230103-14
	YB	230113-07
6:20 - 6:50 P.M.	SF 1	230110-07
7:00 - 7:35 P.M.	LI	230101-26
	L2	230102-19
	L4	230104-10
	L6	230106-05
	PR	230114-34
7:45 - 8:20 P.M.	PR	230114-35
	L2	230102-20
	L7	230107-03
	PR	230114-36
	PR	230114-37
	PR	230114-38
	PR	230114-39
	PR	230114-39

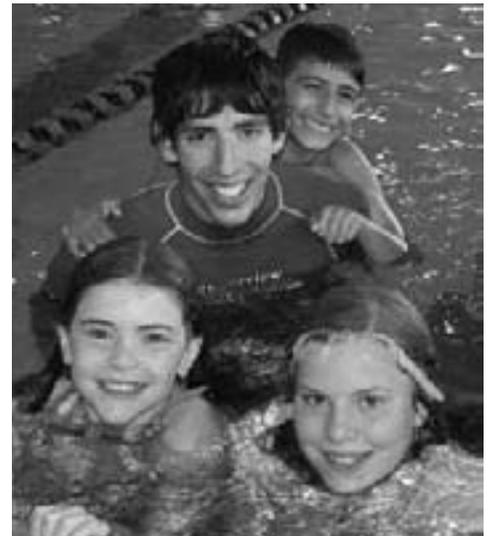
## AQUATIC KEY

- SF1 - Star Fish 9-24 mths
- SF2 - Star Fish 24-36 mths
- PS Preschool
- LI Level 1,2, etc...
- YB Youth Beginner
- AI Adult Instruction
- PR Private Lessons

**Not sure what level  
your child is?  
Get a Swim Check —  
see page 30.**

## LESSONS

- Group**  
\$68; \$58 Shoreview Resident
- Private**  
\$135; \$125 Shoreview Resident
- Semi-Private**  
\$105; \$95 Shoreview Resident  
(2 participants of equivalent ability)



## THURSDAY March 31 - May 19

### Morning

9:10 - 9:45 A.M.	L2	230102-21
9:50 - 10:25 A.M.	L2.5	230112-24
10:30 - 11:05 A.M.	L3	230103-15
11:10 - 11:45 A.M.	L4	230104-11

### Evenings

4:00 - 4:35 P.M.	L1	230101-27
	L2	230102-22
	L2.5	230112-25
	L3	230103-16
	PR	230114-40
4:45 - 5:20 P.M.	PS	230111-27
	L1	230101-28
	L2	230102-23
	L4	230104-12
	L5	230105-07
5:30 - 6:05 P.M.	PR	230114-41
	PS	230111-28
	L1	230101-29
	L2	230102-24
	L2.5	230112-26
6:20 - 6:50 P.M.	L6	230106-06
	SF 2	230110-08

## TUESDAY/THURSDAY April 26 - May 19

### EVENING

6:15 - 6:50 P.M.	L1	230101-31
	L2	230102-25
	L2.5	230112-27
	L3	230103-17
	L5	230105-08
7:00 - 7:35 P.M.	PS	230111-30
	L1	230101-32
	L2.5	230112-28
	L3	230103-18
	L4	230104-13
7:45 - 8:20 P.M.	PR	230114-43
	AL	230115-01
	PR	230114-44
	PR	230114-45
	PR	230114-46
	PR	230114-47

## FRIDAY April 1 - May 20

### Morning

9:15 - 9:45 A.M.	PR	230114-42
9:50 - 10:25 A.M.	PS	230111-29
10:30 - 11:05 A.M.	L1	230101-30
11:10 - 11:45 A.M.	L2	230102-26

## SATURDAY March 26 - May 21 No class: April 23

### Morning

8:15 - 8:50 A.M.	PS	230111-01	
	PS	230111-02	
	L1	230101-01	
	L2	230102-01	
	L2.5	230112-01	
	L3	230103-01	
	L4	230104-01	
	PR	230114-01	
	PR	230114-02	
	PR	230114-03	
9:00 - 9:35 A.M.	PR	230114-04	
	PS	230111-03	
	L1	230101-02	
	L1	230101-03	
	L2.5	230112-02	
	L2.5	230112-03	
	L3	230103-02	
	L4	230104-02	
	L5	230105-01	
	YB	230113-01	
9:05 - 9:35 A.M.	PR	230114-05	
	SF1	230110-01	
	9:45 - 10:20 A.M.	PS	230111-04
		PS	230111-05
		L1	230101-04
		L2	230102-02
		L2.5	230112-04
		L3	230103-03
		L5	230105-02
		L6	230106-01
YB		230113-02	
PR		230114-06	
9:50 - 10:20 A.M.	SF 2	230110-02	
	10:30 - 11:05 A.M.	PS	230111-06
		L1	230101-05
		L2	230102-03
		L2.5	230112-05
		L3	230103-04
		L4	230104-03
		L7	230107-01
		PR	230114-07
		PR	230114-08
PR		230114-09	

## SATURDAY March 26 - May 21, cont.

11:15 - 11:50 A.M.	PS	230111-07
	L1	230101-06
	L2	230102-04
	L2	230102-05
	L2.5	230112-06
	L3	230103-05
	L4	230104-04
	YB	230113-03
	PR	230114-10
	PR	230114-11
	PR	230114-12

## SUNDAY March 27 - May 22 No class: April 24

### Morning

9:00 - 9:35 A.M.	PS	230111-08	
	L1	230101-07	
	L3	230103-06	
	L6	230106-02	
	YB	230113-04	
9:45 - 10:20 A.M.	PR	230114-13	
	L1	230101-08	
	L2	230102-06	
	L2.5	230112-07	
	L2.5	230112-08	
10:30 - 11:05 A.M.	L3	230103-07	
	PR	230114-14	
	PS	230111-09	
	L4	230104-05	
	PR	230114-15	
10:35 - 11:05 A.M.	PR	230114-16	
	SF1/2	230110-03	
	11:15 - 11:50 A.M.	PS	230111-10
		L1	230101-09
		L2	230102-07
L2.5		230112-09	
L5		230105-03	



## A Note About Community Center Lessons

Open recreational use is not restricted during the weekday; if you wish to swim before or after lessons, please purchase a wristband at the front desk. If you are concerned about other swimmers affecting your child's lessons, sign up for weekend morning lessons at the Community Center, open swim does not begin until 12 PM.

# SUMMER SCHEDULE

## Summer Morning Session M - Th

### SESSION 1

June 13 - June 23

Time	Level	Activity#
8:10 A.M.	PS	330111-01
	L1	330101-01
	L2.5	330112-01
	L2.5	330112-02
	L3	330103-01
	PR	330114-01
8:55 A.M.	PR	330114-02
	PS	330111-02
	L1	330101-02
	L2	330102-01
	L2.5	330112-03
	L3	330103-02
9:40 A.M.	L4	330104-01
	L5	330105-01
	YB	330113-01
	PR	330114-03
	PS	330111-03
	L1	330101-03
10:25 A.M.	L2	330102-02
	L2.5	330112-04
	L3	330103-03
	L4	330104-02
	L6	330106-01
	PR	330114-04
11:10 A.M.	PR	330114-05
	PS	330111-04
	L2	330102-03
	L2	330102-04
	L4	330104-03
	L5	330105-02
6:20 P.M.	L7	330107-01
	PR	330114-06
	PR	330114-07
	PS	330111-05
	L1	330101-04
	L2	330102-05
4:05 P.M.	L2.5	330112-05
	L3	330103-04
	PR	330114-08
	PR	330114-09
	L1	330101-05
	L2	330102-06

### SESSION 2

June 27 - July 8

Mon-Thur & Tue-Fri

Time	Level	Activity#
8:10 A.M.	PS	330111-06
	L2	330102-06
	L2.5	330112-06
	L3	330103-05
	YB	330113-02
	PR	330114-10
8:55 A.M.	PS	330111-07
	L1	330101-05
	L2.5	330112-07
	L2.5	330112-08
	L3	330103-06
	L4	330104-04
9:40 A.M.	L5	330105-03
	PR	330114-11
	PR	330114-12
	PS	330111-08
	L2	330102-07
	L2	330102-08
10:25 A.M.	L2.5	330112-09
	L4	330104-05
	L6	330106-02
	PR	330114-13
	PR	330114-14
	SF1&2	330110-01
11:10 A.M.	L1	330101-06
	L2	330102-09
	L2.5	330112-10
	L3	330103-07
	L4	330104-06
	L7	330107-02
4:05 P.M.	PR	330114-15
	PR	330114-16
	PS	330111-09
	L1	330101-07
	L5	330105-04
	YB	330113-03

### SESSION 3

July 11 - July 21

Time	Level	Activity#
8:10 A.M.	L1	330101-08
	L2	330102-10
	L2.5	330112-11
	L3	330103-08
	L5	330105-05
8:55 A.M.	PS	330111-10
	L1	330101-09
	L2	330102-11
	L2.5	330112-12
	L3	330103-09
9:40 A.M.	L4	330104-07
	L6	330106-03
	PR	330114-17
	PR	330114-18
	PS	330111-11
10:25 A.M.	L1	330101-10
	L2	330102-12
	L2.5	330112-13
	L4	330104-08
	L7	330107-03
11:10 A.M.	YB	330113-04
	PR	330114-19
	PR	330114-20
	PR	330114-21
	PS	330111-12
4:05 P.M.	L1	330101-11
	L2	330102-13
	L2.5	330112-14
	L3	330103-10
	L5	330105-06
5:35 P.M.	PR	330114-22
	PR	330114-23
	PR	330114-24
	PR	330114-25
	L1	330101-12
6:20 P.M.	L2	330102-14
	L2.5	330112-15
	L4	330104-09
	PS	330111-13
	L1	330101-11

### SESSION 4

July 25 - Aug 4

Time	Level	Activity#
8:10 A.M.	PS	330111-13
	L1	330101-13
	L2	330102-15
	L3	330103-11
	L4	330104-10
	L6	330106-04
8:55 A.M.	PS	330111-14
	L1	330101-14
	L2	330102-16
	L2.5	330112-16
	L3	330103-12
	L5	330105-07
9:40 A.M.	YB	330103-05
	SF1&2	330110-02
	PR	330114-26
	PR	330114-27
	PS	330111-15
	L1	330101-15
10:25 A.M.	L2	330102-17
	L2.5	330112-17
	L2.5	330112-18
	L3	330103-13
	L4	330104-12
	L7	330107-04
11:10 A.M.	PR	330114-28
	PR	330114-29
	PR	330114-30
	PR	330114-31
	PS	330111-16
	L2	330102-17
4:05 P.M.	L2.5	330112-19
	L3	330103-14
	L4	330104-11
	L5	330105-08
	L6	330106-05
	PR	330114-32
5:35 P.M.	PR	330114-33
	PS	330111-17
	L1	330101-16
	L2.5	330112-19
	L3	330103-14
	L4	330104-13

### SESSION 5

Aug 8 - Aug 18

Time	Level	Activity#
8:10 A.M.	PS	330111-18
	L2	330102-18
	L2.5	330112-20
	L2.5	330112-21
8:55 A.M.	L3	330103-15
	L4	330104-13
	PS	330111-19
	L1	330101-17
9:40 A.M.	L2	330102-19
	L2.5	330112-22
	L3	330103-16
	L5	330103-09
10:25 A.M.	L7	330107-05
	PR	330114-34
	PR	330114-35
	PS	330111-20
11:10 A.M.	L1	330101-18
	L2.5	330112-23
	L3	330103-17
	L4	330104-14
4:05 P.M.	L6	330106-06
	PR	330114-36
	PR	330114-37
	PR	330114-38
5:35 P.M.	PS	330111-21
	L1	330101-19
	L2	330102-20
	L2.5	330112-24
6:20 P.M.	L3	330103-18
	L5	330105-10
	YB	330113-06
	PR	330114-39
7:05 P.M.	PR	330114-40
	PS	330111-22
	L2	330102-21
	L2.5	330112-25
7:50 P.M.	L4	330104-15
	L1	330101-20
	L2	330102-22
	L2.5	330112-26

## Two Day Classes TUESDAY/THURSDAY

June 14 - July 7

Time	Level	Activity#
4:05 P.M.	PS	330111-39
	L1	330101-36
	L2	330102-38
	L2.5	330112-37
	L3	330103-26
4:50 P.M.	L1	330101-37
	L2.5	330112-38
	L2.5	330112-39
	L4	330104-22
	PS	330111-40
5:35 P.M.	L1	330101-38
	L2	330102-39
	L5	330105-15
	L6	330106-10
	PS	330111-41
6:20 P.M.	L1	330101-39
	L2	330102-40
	L2.5	330112-40
	L3	330103-27
	L1	330101-40

Time	Level	Activity#
7:05 P.M.	L2	330102-41
	L7	330107-08
	PR	330114-68
	PR	330114-69
7:50 P.M.	PR	330114-70
	AL	330115-04
	PR	330114-71
	PR	330114-72
8:35 P.M.	PR	330114-73
	L1	330101-41
	L2	330102-42
	L2.5	330112-41
9:20 P.M.	PR	330114-76
	PR	330114-77
	PS	330111-43
	PS	330111-44
10:05 P.M.	L3	330103-28
	L4	330104-23
	SF1/2	330110-10
	PS	330111-45
10:50 P.M.	L1	330101-42
	L2	330102-43
	2.5	330112-42
	L5	330105-16

July 12 - Aug 4

Time	Level	Activity#
4:05 P.M.	PS	330111-42
	L1	330101-40
	YB	330113-10
	PR	330114-74
4:50 P.M.	PR	330114-75
	L1	330101-41
	L2	330102-42
	L2.5	330112-41
5:35 P.M.	PR	330114-76
	PR	330114-77
	PS	330111-43
	PS	330111-44
6:20 P.M.	L3	330103-28
	L4	330104-23
	SF1/2	330110-10
	PS	330111-45
7:05 P.M.	L1	330101-42
	L2	330102-43
	2.5	330112-42
	L5	330105-16

Time	Level	Activity#
7:05 P.M.	L1	330101-43
	L2	330102-44
	L6	330106-11
	PR	330114-78
7:50 P.M.	PR	330114-79
	PS	330111-46
	YB	330113-11
	PR	330114-80
8:35 P.M.	PR	330114-81
	PR	330114-82
	PS	330111-46
	L2	330102-46

Aug 9 - Sept 1

Time	Level	Activity#
4:05 P.M.	L1	330101-44
	PR	330114-83
	PR	330114-84
4:50 P.M.	PR	330114-85
	L1	330101-45
	L2	330102-47

Time	Level	Activity#
4:50 P.M.	L1	330101-45
	L2	330102-45
	L2.5	330112-43
5:35 P.M.	L3	330103-29
	PS	330111-47
	L1	330101-46
6:20 P.M.	L2.5	330112-44
	L4	330104-24
	PS	330111-48
7:05 P.M.	L3	330103-30
	L5	330105-17
	PR	330114-86
7:50 P.M.	L2	330102-46
	L7	330107-09
	PR	330114-87
8:35 P.M.	PR	330114-88
	L1	330101-46
	L2	330102-48

# SUMMER SCHEDULE

## Weekly Classes (1 day per week for 8 weeks)

### SESSION 6 Aug 22 - Sept 1

Time	Level	Activity#
8:15 A.M.	PR	330114-89
	PR	330114-90
	PR	330114-91
	PR	330114-92
8:50 A.M.	PR	330114-93
	PR	330114-94
	PR	330114-95
	PR	330114-96
9:25 A.M.	PR	330114-97
	PR	330114-98
	PR	330114-99
	PR	330114-a1
10:00 A.M.	PR	330114-a2
	PR	330114-a3
	PR	330114-a4
	PR	330114-a5
10:35 A.M.	PR	330114-a6
	PR	330114-a7
	PR	330114-a8
	PR	330114-a9
11:10 A.M.	PR	330114-b1
	PR	330114-b2
	PR	330114-b3
	PR	330114-b4

### MONDAY June 13 - Aug 8 *No classes July 4*

Time	Level	Activity#
4:05 P.M.	PS	330111-23
	L1	330101-20
	L2	330102-22
	L2.5	330112-26
4:50 P.M.	L3	330103-19
	PS	330111-24
	L1	330101-21
	L2	330102-23
5:35 P.M.	L3	330103-20
	L4	330104-16
	L1	330101-22
	L2	330102-24
6:20 P.M.	L5	330105-11
	YB	330113-07
	PR	330114-41
	PS	330111-25
7:05 P.M.	L2	330102-25
	L2.5	330112-27
	L3	330103-21
	AL	330115-01
7:50 P.M.	SF 1	330110-03
	L1	330101-23
	L4	330104-17
	L6	330106-07
	PR	330114-42
	PR	330114-43
	SF 2	330110-04
	L1	330101-24
	L7	330107-06
	PR	330114-44
	PR	330114-45
	PR	330114-46
	PR	330114-47

### WEDNESDAY June 15 - Aug 3

Time	Level	Activity#
4:05 P.M.	PS	330111-26
	L1	330101-25
	L2.5	330112-28
	YB	330113-08
4:50 P.M.	PS	330111-27
	L1	330101-26
	L2	330102-26
	L4	330104-18
5:35 P.M.	PR	330114-48
	PR	330114-49
	PS	330111-28
	L1	330101-27
6:20 P.M.	L2	330102-27
	L2.5	330112-29
	L3	330103-22
	SF 1	330110-05
7:05 P.M.	L1	330101-28
	L2	330102-28
	L2.5	330112-30
	L7	330107-07
7:50 P.M.	PR	330114-50
	PR	330114-51
	PS	330111-29
	L2	330102-29
	AL	330115-02
	PR	330114-52
	PR	330114-53
	SF 2	330110-06
	PS	330111-30
	L2	330102-30
	L3	330103-23
	L4	330104-19
	L5	330105-12

### SATURDAY June 18 - Aug 13 *No classes July 2*

Time	Level	Activity#
8:15 A.M.	PS	330111-31
	L1	330101-29
	L2.5	330112-31
	L2.5	330112-32
9:00 A.M.	PR	330114-54
	PR	330114-55
	PS	330111-32
	L2	330102-31
9:45 A.M.	L5	330105-13
	PR	330114-56
	PR	330114-57
	SF 1	330110-07
10:30 A.M.	PS	330111-33
	L1	330101-30
	L2	330102-32
	L2.5	330112-33
11:15 A.M.	YB	330113-09
	PR	330114-58
	SF 2	330110-08
	PS	330111-34
	L1	330101-31
	L2	330102-33
	L3	330103-24
	PR	330114-59
	PR	330114-60
	PS	330111-35
	L1	330101-32
	L4	330104-20
	L6	330106-08

### SUNDAY June 19 - Aug 14 *No classes July 3*

Time	Level	Activity#
8:15 A.M.	L1	330101-33
	L2	330102-34
	AL	330115-03
	PR	330114-61
9:00 A.M.	PR	330114-62
	PS	330111-36
	L1	330101-34
	L2.5	330112-34
9:45 A.M.	L2.5	330112-35
	L3	330103-25
	PS	330111-37
	L1	330101-35
10:30 A.M.	L4	330104-21
	L5	330105-14
	SF 1/2	330110-09
	PS	330111-38
11:15 A.M.	L2	330102-35
	L2	330102-36
	L2.5	330112-36
	PR	330114-63
	PR	330114-64
	L2	330102-37
	L6	330106-09
	PR	330114-65
	PR	330114-66
	PR	330114-67

### A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. On weekday and weekend mornings, your child will not be able to swim before or after class until open swim, which begins at noon.

## AQUATIC KEY

- SF1 – Star Fish 9-24 mths
- SF2 – Star Fish 24-36 mths
- PS Preschool
- L1 Level 1,2, etc...
- YB Youth Beginner
- AI Adult Instruction
- PR Private Lessons



# SPECIAL AQUATICS/CPR & FIRST AID

## RED CROSS LIFEGUARDING TRAINING

Ages 15+ .....Pack a lunch, swimsuit, towel and snacks!  
 Wednesdays ..... 5:00 P.M. – 10:00 P.M.  
 Saturdays ..... 8:00 A.M. – 2:00 P.M.  
 Sundays ..... 10:00 A.M. – 4:00 P.M.

June 15-26 (meets 6 times)  
 \$200; \$190 Shoreview Resident ..... **Activity # 350402-01**

August 17-28 (meets 6 times)  
 \$200; \$190 Shoreview Resident ..... **Activity # 350402-02**

Shoreview Community Center/Chippewa Middle School Pool

American Red Cross Lifeguard Training includes certification in Lifeguard Training, current for 3 years; Standard First Aid, and CPR for the Professional Rescuer, current for 2 years. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. The following are course prerequisites:

- Minimum age 15 years
- 300-yard swim
- Retrieve 10 lb. brick from pool bottom

## JUNIOR LIFEGUARD

Ages 9+

Mon – Thur, June 27-30 & T-F July 5-8 .. 8:10 A.M. – 8:45 A.M.  
 \$68; \$58 Shoreview Resident ..... **Activity # 350305-01**

Mon – Thurs, July 11-21 ..... 8:55 A.M. – 9:30 A.M.  
 \$68; \$58 Shoreview Resident ..... **Activity # 350305-02**

Community Center Pool

With professional lifeguards as instructors, this program will teach water safety, first aid techniques, build self-confidence and help youths understand the work of lifeguards. Participants learn about pool and open water safety in a fun and challenging atmosphere. Youth will also participate in a variety of fun events such as: Distance Swim, Swim Relays and Rescue Relay's to name a few. Class will meet for 8 lessons, and includes a shadow session.

## RED CROSS STANDARD FIRST AID

\$50; \$45 Shoreview Resident ..... 6:00 P.M. – 9:00 P.M.  
 Wednesday, Mar. 30 ..... **Activity # 150302-03**  
 Thursday, April 28 ..... **Activity # 150302-04**  
 Thur. May 19 ..... **Activity # 250302-01**  
 Tuesday, June 21 ..... **Activity # 350302-01**  
 Wednesday, July 13 ..... **Activity # 350302-02**

Shoreview Community Center

Learn how to provide basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrives.

## RED CROSS COMMUNITY CPR/AED

\$78; \$68 Shoreview Resident ..... 5:00 P.M. – 10:00 P.M.  
 Monday, March 28 ..... **Activity # 150301-03**  
 Tuesday, April 26 ..... **Activity # 150301-04**  
 Tuesday, May 17 ..... **Activity # 250301-01**  
 Tuesday, June 14 ..... **Activity # 350301-01**  
 Tuesday, July 12 ..... **Activity # 350301-02**

Shoreview Community Center

This course provides certification in infant, child and adult CPR including AED. Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, CPR, and how to use an AED. Certification will be issued after successful completion of a written test and skill check off. If you are interested in gaining your First Aid Certificate check out our discounted rates below when you sign up for both.

## RED CROSS COMMUNITY CPR/AED AND FIRST AID

Sign up for both **CPR & First Aid Certifications** and take advantage of our **REDUCED RATE!** Refer to course descriptions above.

\$90; \$80 Shoreview Resident

Mon. Mar. 28 5:00 – 10 P.M. and Wed. Mar. 30 6:30 – 9:00 P.M.  
 ..... **Activity # 150303-03**

Tues. Apr. 26 5:00 – 10 P.M. and Thurs. Apr. 28 6:30 – 9:00 P.M.  
 ..... **Activity # 150303-04**

Tues. May 17 5:00 – 10 P.M. and Thur. May 19 6:30 – 9:00 PM  
 ..... **Activity # 250303-01**

Tues. June 14 5:00 – 10 P.M. and Tues. June 21 6:30 – 9:00 P.M.  
 ..... **Activity # 350303-01**

Tues. July 12 5:00 – 10 P.M. and Wed. July 13 6:30 – 9:00 P.M.  
 ..... **Activity # 350303-02**

Sat. August 6 ..... 9:00 A.M. – 5:00 P.M. (1 hour lunch break)  
 ..... **Activity # 350303-03**

Shoreview Community Center

**SEE PAGE 53 FOR YOUTH FIRST AID**

## SNORKELING

Ages 8 to 13

- Saturday, March 19 ..... 11:00 A.M. – 12:00 P.M.  
\$20; \$15 Shoreview Resident ..... **Activity # 130306-02**
- Friday, June 17 ..... 11:00 A.M. – 12:00 P.M.  
\$20; \$15 Shoreview Resident ..... **Activity # 330306-01**
- Friday, July 22 ..... 9:00 A.M. – 10:00 A.M.  
\$20; \$15 Shoreview Resident ..... **Activity # 330306-02**
- Friday, August 26 ..... 11:00 A.M. – 12:00 P.M.  
\$20; \$15 Shoreview Resident ..... **Activity # 330306-03**

Community Center Pool

Come learn the basics of snorkeling, we will provide the equipment for youth ages 8 to 13. For those over the age of 13 years and would like to learn the basics are required to provide their own snorkeling gear (goggles and snorkel). A variety of abilities are encouraged to join us in discovering the underwater world although basic swimming skills are needed.

## GIRL SCOUTS, BOY SCOUTS

\$15 Indiv; \$10 each for 2 or more

Community Center Pool

Looking for a place to work on your swimming badges? Shoreview Parks and Recreation will help troops earn swimming badges. You provide the requirements for the badge your troop is working on, and we will have a certified lifeguard work with the troop to complete it. You pick the day and time that works best for you. Program time approx. 30–40 minutes. Please call 651-490-4766 to schedule a time.

## BOY SCOUTS MERIT BADGES

Swimming and Lifesaving Merit Badges can be completed at the Shoreview Community Center by setting up a time and date with our Aquatic Coordinator, please call 651-490-4766. You will be asked to provide the Merit Badge Books and Certification Card. We will provide the Swimming or Lifesaving workbook and Instructor.

### Swimming Merit Badge

This badge will take 4 hours to complete.  
\$50/Student (Min. of 2) and \$35.00/Student (Min. of 3)

### Lifesaving Merit Badge

This badge will take 6 hours to complete.  
\$46/student (Min. of 3) and \$40 (Min. of 4)

## ABOUT BOATING SAFELY

Ages 15 & over

- Saturday, April 30 ..... 8:00 A.M. – 4:00 P.M.  
\$40 per person ..... **Activity # 250401-01**  
Youth are 1/2 price if registered with a full paying adult
- Shoreview Community Center

This class meets the requirements for watercraft operators permits in Minnesota and Wisconsin. Boat insurance companies may offer discounts to boaters who complete this course. Topics include: Boating Law, Safety Equipment, Navigation, Trailing, Storing and Protecting Your Boat, Hunting and Fishing, Water-skiing and River Boating. The course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.

## GPS FOR MARINERS

Ages 15 & over

- Saturday, April 16 ..... 8:00 A.M. – Noon  
\$40 per person ..... **Activity # 250401-02**
- Shoreview Community Center

This course is for recreational boaters to learn how to get the most out of their GPS unit. It is recommended that participants bring their handheld GPS unit to class. Those not possessing handheld units can still learn how to use a GPS for practical recreational boating. Topics include basic GPS—buttons, screens, menus, basic navigation—waypoints, routes, stay on course, relating GPS to navigation charts. The course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.

**NEW 2-DAY CAMP!**

## SAFETY CAMP

- Ages 7-12 ..... \$50; \$45 Early Bird (before June 1)
  - Thursday, June 23 ..... 8:30 A.M. – 4:00 P.M.
  - Friday, June 24 ..... 8:30 A.M. – 4:30 P.M.  
(4:00-4:30 P.M. Awards Ceremony—Parents invited)
- ..... **Activity # 360312-01**

Shoreview Community Center – *subject to change*

Enhance your child's ability to react safely to a variety of situations. Professional safety experts will teach safety practices and techniques. Bicycle helmets are required. Campers will explore issues concerning fire, water, bike, home, dangerous weather, and personal safety. Rate includes Safety Camp T-shirt, lunch, and a goody bag of safety-related materials. Register by June 17.

# GROUP FITNESS

## FITNESS REGISTRATION

**Call for information: 651-490-4750**

**SPRING SESSION**  
**March 28 – June 5 (10 weeks)**

**SUMMER SESSION**  
**June 20 – August 28 (10 weeks)**

Welcome to Shoreview’s group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of nationally accredited fitness organizations.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

**Annual Members receive 30% off group fitness classes listed on pp. 28-29 with the exception of Kids Yoga and Youth Fitness classes. Discount now available online!**

## FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

Class	Rate	Activity # Spring	Activity # Summer
Revvng, Hip Hop, Zumba®	\$40; \$35 Shoreview Resident	210401-01	310401-01
Yoga, Pilates, and Yopalates	\$45; \$40 Shoreview Resident	210402-01	310402-01
All Other Fitness Classes	\$28; \$25 Shoreview Resident	210403-01	310403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

## DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yopalates . . . . . \$10; \$9 Shoreview Resident  
 Revvng, Hip Hop, and Zumba®  
 . . . . . \$9; \$8 Shoreview Resident  
 All Other Fitness Classes Drop-in Rate  
 . . . . . \$6.50; \$5.50 Shoreview Resident

## FITNESS CLASS DESCRIPTIONS

### Arthritis Foundation Tai Chi Program®

The Arthritis Foundation Tai Chi Program® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.



### Boot Camp

No guts, no glory in this overall body workout! Whether you're an athlete, "gym rat", or just looking for that next-level workout, our "drill sergeant" will give you the push you need. Make sure that you check lazy at the door when you step into this workout because you will be moving from station to station in a circuit-style fashion. Training drills are designed to enhance agility, speed, power, strength, and quickness and each station will challenge you with a unique exercise. This class will work you from head to toe and get you ready to tackle any fitness challenge.

## Candlelight Yoga

A mind-body yoga class done in the relaxing atmosphere of candlelight. This class will focus on movement and breathing techniques that encourage the reduction of stress caused by the busyness of our daily lives. Calm your thoughts and practice poses aimed at relieving tension and increasing our ability to relax.

## Cardio BOSU

Come work your core while getting an awesome cardiovascular workout. Cardio BOSU incorporates elements of step, strength and core training and utilizes repetitions and plyometrics all on a BOSU balance trainer. Cardio BOSU with a Pump will add additional strength training exercises.

## Cardio Groove

Get your groove on in this “hi-lo” impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn dance and aerobics combinations. Before you know it, you will be cooling down and finishing with a core workout.

## Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

## Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness “TOYS” as you alternate between cardio-strength exercises. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

## Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. This class will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

## Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

## Gentle Yoga

Gentle Yoga is an ideal form of movement for older adults and individuals with physical limitations. Gentle Yoga's unique blend of exercise, breathing, and relaxation will gradually increase stamina while improving strength and flexibility. Gentle Yoga offers a natural remedy for the effects of aging, provides the healing power of movement and a sense of accomplishment.

## Latin Hip Hop

Latin Hip Hop is a high energy workout that takes Latin dance movements and adds a twist of hip hop. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

## Mind/Body Yoga & Yoga Stretch

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Hatha yoga emphasizes the whole person and, with practice, increases your flexibility, strength, and balance.

\* *Moonlight Yoga information on page 45.*

## Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape. Intermediate Pilates needs to have basic knowledge and previous Pilates experience.

## Power Pump

Power Pump is a strength training workout targeting all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times a week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

# CLASS DESCRIPTIONS

## Revving

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revving is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with “hill climbs” and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revving bikes is adjustable to accommodate all levels and intensities.

## Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

## Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

## Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body with some cardio moves thrown in to improve cardiovascular health. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or run a marathon this class is for you.

## Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. If you like variety this class is for you. Class will include a mix of Cycling, Step movements, Kickboxing, Weights and more. Come ready to work!

## Yoga Strength & Fitness Yoga

Gain strength, stamina, and balance with this athletic style of yoga. This is a non-purist, fitness style yoga class. Bring your body and mind together for peak performance.

## Yogalates

Try a great class that incorporates both the core strength component of pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.

## Perinatal Yoga

Classic yoga poses have been selected specifically to help relieve the aches and pains of pregnancy. Each pose is safe to perform throughout all trimesters of pregnancy and participants will find the breathing techniques and pelvic floor exercises valuable during labor and delivery.

## Zumba®

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

## Zumba® and Circuit

Zumba® and Circuit incorporates strength and cardiovascular exercises to provide a circuit style total body workout with the fun and energy of Zumba®.

## Zumba Gold®

Zumba Gold® is an innovative, fun and exciting class designed for the active older adult, the true beginner, people who are not used to exercising, or those who may be limited physically. Compared to the regular Zumba® class Zumba Gold® is done at a lower pace and intensity, but is just as fun. The same great Latin styles of music and dance are used including Merengue, Salsa, Cha Cha, Salsa, Rock & Roll, Flamenco, and Tango. Zumba Gold® instructors ensure that the routines are easy to learn and follow for participants of all abilities and ages so that success can be achieved quickly and participants can have FUN!



## WATER EXERCISE

### Aqua Flow

This lower-intensity water exercise class is designed to accommodate individuals desiring a class of lower intensity than Aqua Splash as well as those with conditions that may limit exercise capabilities. Aqua Flow is taught in a group setting with exercises and activities designed to develop muscular strength, muscular endurance, and improve range of motion.

### Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

### Arthritis Foundation Aquatic Program

The Arthritis Foundation Aquatic Program is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

### Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.



## NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.

## REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

**Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 42-43 with the exception of Kid's Yoga.**

## CHILD CARE AVAILABLE!

See Kid's Care, Page 47

# GROUP SCHEDULE-MORNING CLASSES

All classes are 50 minutes unless otherwise indicated.

Time	Class	Spring Rate Shrvw Res.	Spring Activity#	Sum. Rate Shrvw Res.	Summer Activity#	Location
<b>MONDAY</b> (No class May 30th or July 4th)						
5:35 A.M.	Total Body VWorkout	\$47/\$42	210502-01	\$47/\$42	310502-01	Studio 1
8:30 A.M.	Classic Core Conditioning	\$47/\$42	210539-01	\$47/\$42	310539-01	Studio 1
8:30 A.M.	Strength Training	\$47/\$42	210517-01	\$47/\$42	310517-01	Studio 2
9:15 A.M.	Aqua Splash	\$47/\$42	210522-01	-	-	Pool
7:30 A.M.	Aqua Splash	-	-	\$47/\$42	310522-01	Pool
9:30 A.M.	Circuit	\$47/\$42	210505-01	\$47/\$42	310505-01	Studio 1
9:30 A.M.	Core Fusion	\$47/\$42	210531-03	\$47/\$42	310531-03	Studio 2
10:15 A.M.	Arthritis Fndn Aquatic Prog.	\$47/\$42	210164-03	-	-	Pool
11:40 A.M.	Mind/Body Yoga	\$75/\$70	210506-01	\$75/\$70	310506-01	Studio 2
<b>TUESDAY</b>						
5:35 A.M.	Power Pump	\$52/\$47	210523-01	\$52/\$47	310523-01	Studio 2
8:30 A.M.	Mind/Body Yoga	\$82/\$77	210506-02	\$82/\$77	310506-02	Studio 1
8:30 A.M.	Power Pump	\$52/\$47	210523-02	\$52/\$47	310523-02	Studio 2
9:15 A.M.	Aqua Splash	\$52/\$47	210522-03	-	-	Pool
7:30 A.M.	Aqua Splash	-	-	\$52/\$47	310522-03	Pool
9:30 A.M.	Step It Up	\$52/\$47	210516-01	\$52/\$47	310516-01	Studio 2
9:30 A.M.	Pilates	\$82/\$77	210507-01	\$82/\$77	310507-01	Studio 1
10:40 A.M.	Zumba Gold®	\$52/\$47	210544-05	\$52/\$47	310544-05	Studio 2
11:35 A.M.	Strength Training	\$52/\$47	210541-01	\$52/\$47	310541-01	Studio 2
12:45 P.M.	Gentle Yoga	\$82/\$77	210163-01	\$82/\$77	310163-01	Studio 1
<b>WEDNESDAY</b>						
5:35 A.M.	Total Body VWorkout	\$52/\$47	210502-02	\$52/\$47	310502-02	Studio 1
6:00 A.M.	Step & Strength	\$52/\$47	210514-02	\$52/\$47	310514-02	Studio 2
8:30 A.M.	Classic Cardio Conditioning	\$52/\$47	210539-02	\$52/\$47	310539-02	Studio 2
9:15 A.M.	Aqua Splash	\$52/\$47	210522-05	-	-	Pool
7:30 A.M.	Aqua Splash	-	-	\$52/\$47	310522-05	Pool
9:30 A.M.	Circuit	\$52/\$47	210505-02	\$52/\$47	310505-02	Studio 1
9:30 A.M.	Zumba®	\$67/\$62	210544-07	\$67/\$62	310544-07	Studio 2
10:30 A.M.	Revving	\$67/\$62	210512-04	\$67/\$62	310512-04	Studio 1
10:30 A.M.	Yoga Stretch	\$82/\$77	210524-02	\$82/\$77	310524-02	Studio 2
<b>THURSDAY</b>						
5:35 A.M.	Power Pump	\$52/\$47	210523-08	\$52/\$47	310523-08	Studio 2
8:25 A.M.	Aqua Flow	\$52/\$47	210521-01	-	-	Pool
7:30 A.M.	Aqua Splash	-	-	\$52/\$47	310522-07	Pool
8:30 A.M.	Pilates	\$82/\$77	210507-02	\$82/\$77	310507-02	Studio 1
8:30 A.M.	Power Pump	\$52/\$47	210523-06	\$52/\$47	310523-06	Studio 2
9:30 A.M.	Step It Up	\$52/\$47	210516-04	\$52/\$47	310516-04	Studio 2
9:30 A.M.	Core Fusion	\$52/\$47	210531-02	\$52/\$47	310531-02	Studio 1
9:30 A.M.	Aqua Splash	\$52/\$47	210522-07	-	-	Pool
10:30 A.M.	Zumba® and Strength	-	-	\$67/\$62	310544-09	Studio 1
10:30 A.M.	Tai Chi - Arthritis Foundation	\$52/\$47	210235-01	\$52/\$47	310235-01	Studio 2
11:35 A.M.	Strength Training	\$52/\$47	210541-02	\$52/\$47	310541-02	Studio 2
12:45 P.M.	Gentle Yoga	\$82/\$77	210163-02	\$82/\$77	310163-02	Studio 2
<b>FRIDAY</b>						
5:35 A.M.	Total Body Workout	\$52/\$47	210502-03	\$52/\$47	310502-03	Studio 2
6:00 A.M.	Revving	\$67/\$62	210512-07	-	-	Studio 1
8:30 A.M.	Classic Strength Conditioning	\$52/\$47	210539-03	\$52/\$47	310539-03	Studio 2
8:30 A.M.	Zumba® and Core	\$67/\$62	210544-08	\$67/\$62	310544-08	Studio 1
9:15 A.M.	Aqua Splash	\$52/\$47	210522-09	-	-	Pool
7:30 A.M.	Aqua Splash	-	-	\$52/\$47	310522-09	Pool
9:30 A.M.	Circuit	\$52/\$47	210505-03	\$52/\$47	310505-03	Studio 1
9:30 A.M.	Yogalates	\$82/\$77	210525-04	\$82/\$77	310525-04	Studio 2
9:30 A.M.	Arthritis Fndn Aq. Prog.	-	-	\$52/\$47	310164-04	Pool
10:15 A.M.	<b>NEW!</b> Arthritis Fndn Aq. Prog.	\$52/\$47	210164-04	-	-	Pool
<b>SATURDAY</b>						
8:30 A.M.	Zumba®	\$67/\$62	210544-06	\$67/\$62	310544-06	Studio 2
8:30 A.M.	Revving	\$67/\$62	210512-08	\$67/\$62	310512-08	Studio 1
9:30 A.M.	Power Pump	\$52/\$47	210523-09	\$52/\$47	310523-09	Studio 2
10:15 A.M.	Kids Yoga	\$40/\$35	210245-01	\$40/\$35	310245-01	Studio 1
10:45 A.M.	Cardio Kickboxing	\$52/\$47	210501-04	-	-	Studio 2
11:15 A.M.	Mind/Body Yoga	\$82/\$77	210506-04	-	-	Studio 1
8:30 A.M.	Mind/Body Yoga	-	-	\$82/\$77	310506-04	Pavilion
<b>SUNDAY</b> (No class April 24th)						
8:30AM	Revving	\$61/\$56	210512-09	-	-	Studio 1
1:00PM	Latin Hip Hop	\$61/\$56	210545-01	\$67/\$62	310545-01	Studio 2
5:00PM	Candlelight Yoga	\$75/\$70	210537-01	\$82/\$77	310537-01	Studio 2
6:15PM	<b>NEW!</b> Perinatal Yoga	\$75/\$70	210508-01	\$82/\$77	310508-01	Studio 2

# GROUP SCHEDULE-EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

Time	Class	Spring Rate Shrw Res.	Spring Activity#	Sum. Rate Shrw Res.	Summer Activity#	Location
<b>MONDAY</b> (No class May 30th or July 4th)						
4:10 P.M.	Zumba®	\$61/\$56	210544-02	\$61/\$56	310544-02	Studio 2
5:20 P.M.	Step and Strength	\$47/\$42	210514-01	\$47/\$42	310514-01	Studio 2
5:20 P.M.	Boot Camp	\$47/\$42	210532-01	\$47/\$42	310532-01	Studio 1
6:25 P.M.	Cardio Groove	\$47/\$42	210504-01	\$47/\$42	310504-01	Studio 2
6:30 P.M.	Reving	\$61/\$56	210512-01	\$61/\$56	310512-01	Studio 1
7:30 P.M.	Power Pump	\$47/\$42	210523-04	\$47/\$42	310523-04	Studio 1
7:30 P.M.	Core Fusion	\$47/\$42	210531-01	\$47/\$42	310531-01	Studio 2
8:35 P.M.	Aqua Splash	\$47/\$42	210522-02	\$47/\$42	310522-02	Pool
<b>TUESDAY</b>						
2:00 P.M.	Kids Yoga	-	-	\$40/\$35	310245-02	Studio 1
4:00 P.M.	Arthritis Fndn Aquatic Prog.	\$52/\$47	210164-01	-	-	Pool
4:10 P.M.	Zumba®	-	-	\$67/\$62	310544-10	Studio 2
4:15 P.M.	Kids Yoga	\$40/\$35	210245-02	-	-	Studio 2
5:05 P.M.	Aqua Splash	\$52/\$47	210522-04	\$52/\$47	310522-04	Pool
5:20 P.M.	Mind/Body Yoga	\$82/\$77	210506-03	\$82/\$77	310506-03	Studio 1
5:20 P.M.	Power Pump	\$52/\$47	210523-03	\$52/\$47	310523-03	Studio 2
6:25 P.M.	Pilates	\$82/\$77	210507-03	\$82/\$77	310507-03	Studio 1
6:25 P.M.	Cardio Kickboxing	\$52/\$47	210501-01	\$52/\$47	310501-01	Studio 2
7:30 P.M.	Total Body Workout	\$52/\$47	210502-04	\$52/\$47	310502-04	Studio 1
7:30 P.M.	Cardio Bosu with a Pump!	\$52/\$47	210542-01	\$52/\$47	310542-01	Studio 2
<b>WEDNESDAY</b>						
5:15 P.M.	Step It Up	\$52/\$47	210516-03	\$52/\$47	310516-03	Studio 2
5:20 P.M.	Yogalates	\$82/\$77	210525-02	\$82/\$77	310525-02	Studio 1
6:00 P.M.	Boot Camp	\$52/\$47	210532-02	\$52/\$47	310532-02	Gym Activity Room/outside
6:25 P.M.	Reving	\$67/\$62	210512-05	\$67/\$62	310512-05	Studio 1
6:30 P.M.	Zumba® and Circuit	\$67/\$62	210544-01	\$67/\$62	310544-01	Studio 2
7:30 P.M.	Power Pump	\$52/\$47	210523-05	\$52/\$47	310523-05	Studio 2
7:35 P.M.	Mind-Body Yoga (75minutes)	\$82/\$77	210506-06	\$82/\$77	310506-06	Studio 1
8:35 P.M.	Aqua Splash	\$52/\$47	210522-06	\$52/\$47	310522-06	Pool
<b>THURSDAY</b>						
4:00 P.M.	Arthritis Fndn Aquatic Prog.	\$52/\$47	210164-02	-	-	Pool
4:15 P.M.	Reving	\$67/\$62	210512-02	\$67/\$62	310512-02	Studio 1
5:05 P.M.	Aqua Splash	\$52/\$47	210522-08	\$52/\$47	310522-08	Pool
5:20 P.M.	Yoga Strength	\$82/\$77	210524-01	\$82/\$77	310524-01	Studio 1
5:20 P.M.	Power Pump	\$52/\$47	210523-07	\$52/\$47	310523-07	Studio 2
6:25 P.M.	Cardio Kickboxing	\$52/\$47	210501-03	\$52/\$47	310501-03	Studio 2
6:25 P.M.	Pilates (Intermediate)	\$82/\$77	210511-01	\$82/\$77	310511-01	Studio 1
7:30 P.M.	Mind-Body Yoga	\$82/\$77	210506-05	\$82/\$77	310506-05	Studio 1
7:30 P.M.	Zumba®	\$67/\$62	210544-03	\$67/\$62	310544-03	Studio 2
<b>FRIDAY</b>						
4:15 P.M.	Zumba®	\$67/\$62	210544-04	\$67/\$62	310544-04	Studio 2

**Spring Session** March 28 – June 5

**Summer Session** June 20 – August 28



# PERSONAL TRAINING

## CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. Whether you want to improve your athletic performance or are recovering from an injury, an individualized program can improve your overall conditioning and develop the specific skills for your favorite activities. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals.

### Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

### Benefits of a Personal Trainer:

Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

#### Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

### How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions to accommodate each individual's needs. A fitness assessment is included with packages of 3, 6, and 12 sessions.

*Trainer biographies are posted outside of the Fitness Center, across from Studio 2 and at [www.shoreviewmn.gov](http://www.shoreviewmn.gov).*

**Contact 651-490-4768 to find out more about Personal Training packages and information about our experienced Certified Personal Trainers.**

## GET FIT! BODY CHALLENGE

### SPRING SESSION

April 4 – May 31\* (8 weeks) . . . . . **Activity # 210239-01**  
**\$349 per session**

*\*\*Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations.

Support from fellow participants and accountability through the personal training staff will help keep you committed to your goals. The Fall Get Fit! Body Challenge takes place during the holiday season which not only allows participants to prevent the inactivity and weight gain that commonly occurs during these months, but also produces improvements in body composition. Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week!

#### Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer
- Pre and Post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

#### Each week participants will receive:

- analysis and feedback on exercise and nutrition logs
- exercise recommendations from a personal trainer
- suggestions and tips for improved nutrition habits
- informative articles discussing exercise and nutrition principles

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the session and two free personal training sessions. Informational meeting  
**March 31 at 5:00 p.m.**

*\*Spring dates are subject to change. Please visit our web site for updated information.*



## BRIDAL BOOT CAMP

Mondays, 5:00 P.M. . . . . Gym Activity Room  
 Fridays, 5:20 P.M. . . . . Studio 2  
 March 28-June 3 (10 wks) . . . . . **Activity # 210251-02**  
 June 20-Aug 26 (10 wks) . . . . . **Activity # 310251-02**  
 \$180; \$170 Shoreview Resident

Bring your wedding party to this class and get in shape for the big day! Bridal Boot Camp meets twice per week and incorporates total body training to maximize results. Strength, interval, and core training are just a few of the methods that will be used in class. By training together your wedding party will remain motivated, support each other's efforts, and get in great shape. This class isn't limited to just the brides—bring the groom too!

## MOONLIGHT YOGA

Monday, May 16, 8:00 P.M. . . . . **Activity # 310550-01**  
 Monday, June 13, 8:30 P.M. . . . . **Activity # 310550-02**  
 Monday, July 18, 8:30 P.M. . . . . **Activity # 310550-03**  
 Monday, August 15, 8:00 P.M. . . . . **Activity # 310550-04**  
 Monday, September 12, 7:00 P.M. . . . . **Activity # 310550-05**  
 \$9; East side of Shoreview CC by the Pavilion (if inclement weather, class will be in Studio 1)

Take your mind/body Yoga practice outside with Yoga in the moonlight. The moon will be in near full-phase on these evenings and will provide a natural source of light and contribute to the mind/body experience of Yoga. Classes will be held outside on the east side of the community center next to the pavilion. In the event of inclement weather class will be held in studio 2 and "moonlight" will be simulated.

Participants can register in advance, purchase a 1-time day pass, or use a punch-card to attend these evenings.

## RUN/WALK TRAINING (5K AND UP)

April 4 – June 11 (10 weeks)\* . . . . . **Activity # 210217-01**  
 June 21 – August 27 (10 weeks)\* . . . . . **Activity # 310217-01**  
 \$100; \$95 Shoreview Resident

Group meets Tuesdays at 6:30PM and Saturdays at 8:30AM. Participants can attend one or two weekly sessions. Whether you're an experienced runner or beginning walker, this 5K training group will get you ready for the spring and summer run/walk events that you've always wanted to enter. Weekly group runs are led by personal trainers and accommodate all fitness levels. Participants can attend up to 2 group training sessions each week and will receive a program for additional running sessions to be conducted on their own. Running specific strength exercises will also be provided to help prevent injuries and improve performance.

\*Tentative Spring Dates (please check [www.shoreviewmn.gov](http://www.shoreviewmn.gov) for updated information)

## BEGINNING SWING

Wednesdays, March 23 – April 27 . . . . . 1:00 P.M. – 1:55 P.M.  
 \$65; \$60 Shoreview Resident . . . . . **Activity # 210249-01**

Swing dancing has appealed to generation after generation. It is a versatile, fun, athletic dance that came out of the Savoy Ballroom in the 1930s. It has many styles and variation from simple to very complex patterns and rhythms. The music ranges from Big Band to current rock. This class focuses on two styles of swing: East Coast and Jitterbug.

## TRI-PERFORMANCE TRIATHLON CLINIC



Saturday, April 9 . . . . . Shoreview Community Center  
 Swimming Training . . . . . 7:00 A.M. – 8:15 A.M.  
 Presentation . . . . . 8:45 A.M. – 10:30 A.M.  
 \$25 presentation only . . . . . **Activity # 330308-01**  
 \$40 presentation & swimming training **Activity # 330308-02**

Known nationwide as one of the best amateur triathletes in the country, Tim Hola of Highlands Ranch, CO comes to Shoreview to conduct a one day triathlon clinic. Tim has completed over 130 triathlons, been named Outside Magazines "Fittest Real Men in America," featured on CBS Early Show, Triathlete Magazine's "Athlete of the Year," and 2-time USA Triathlon Course National Champion. Come participate in an in-water clinic with Tim while reviewing such skills as basic swim sets, open water tips, stroke techniques, and swim-to-bike transition skills. After the swim clinic the group will have an interactive session where Tim will talk about how to balance work, family, and triathlon to achieve proper balance in each. In addition, he'll discuss basic training skills for any distance triathlon to help you prepare for the 2011 season. Register early – the water training is limited to the first 15 registered. **Register by April 1.**

## PRETTY TOUGH

for Girls entering grades 9-12 in the fall of 2012

June 13 - July 29 (no class July 4 - 8th)  
 Mondays, Wednesdays, Fridays . . . . . 1:00 P.M. – 3:00 P.M.  
 \$210; Shoreview Community Center, Studio 2

Pretty Tough is a sports performance training camp designed for female athletes. Because your female body is different, your training needs are different. Designed by OSI Physical Therapists and athletic trainers, Pretty Tough goes straight to the hips and the core where performance begins. Learn how to properly train using resistance, plyometrics and speed and agility drills under the guidance of qualified staff. Being stronger and faster isn't enough. It's all about HOW you move and HOW you train. Pretty Tough has proven to improve performance and reduce the risk of injury.

For more information and to register: please visit: [www.osipt.com/locations/shoreview-office](http://www.osipt.com/locations/shoreview-office) or contact: Katie Lazenby at 651-765-4103 or [klazenby@therapypartners.com](mailto:klazenby@therapypartners.com)

# FITNESS

## COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.

## INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Res. . . . **Spring Activity # 210299-01**  
 \$40; \$35 Shoreview Res. . . **Summer Activity # 310299-01**

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.



# MARTIAL ARTS

## Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.

**FAMILY DISCOUNT**  
 \$15 off for second family member  
 \$25 off for third family member

## BEGINNER CLASS

Tuesdays and Thursdays . . . . . 6:00 P.M. – 7:00 P.M.

**SPRING A** March 29 – May 5 (6 weeks)  
 \$89; \$81 Shoreview Resident . . . . . **Activity # 210230-01**

**SPRING B** May 10 – June 9 (6 weeks)  
 \$89; \$81 Shoreview Resident . . . . . **Activity # 210232-01**

**SUMMER A** June 14 – July 21 (no class July 5, 5.5 weeks)  
 \$82; \$74 Shoreview Resident . . . . . **Activity # 310230-01**

**SUMMER B** July 26 – August 25 (5 weeks)  
 \$75; \$67 Shoreview Resident . . . . . **Activity # 310232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

## ADVANCED CLASS

Tuesdays and Thursdays . . . . . 7:00 P.M. – 8:00 P.M.

**SPRING A** March 29 – May 5 (6 weeks)  
 \$89; \$81 Shoreview Resident . . . . . **Activity # 210231-01**

**SPRING B** May 10 – June 9 (6 weeks)  
 \$89; \$81 Shoreview Resident . . . . . **Activity # 210233-01**

**SUMMER A** June 14 – July 21 (no class July 5, 5.5 weeks)  
 \$82; \$74 Shoreview Resident . . . . . **Activity # 310231-01**

**SUMMER B** July 26 – August 25 (5 weeks)  
 \$75; \$67 Shoreview Resident . . . . . **Activity # 310233-01**

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

## What Is Kids Care?

Kids Care provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Our program offers no structured curriculum. Kids Care is located on the lower level of the Shoreview Community Center. Parents can remain in the facility or use this program to get away and have some time alone!

The direct line for Kids Care is 651-490-4763  
Please call this number to leave reservation information.



**NEW HOURS**  
Beginning  
March 28

## Hours

### Morning Hours

Monday–Saturday . . . . . 8:00 A.M. – 12:30 P.M.

### Evening Hours

Monday–Thursday . . . . . 4:00 P.M. – 9:00 P.M.

Friday . . . . . 4:00 P.M. – 8:00 P.M.

CLOSED: April 23, May 28-30, July 2-4

## Community Center Customers

\$1 per hour (per child) – some restrictions apply

Customers using the community center may use Kids Care for \$1 per hour per child (no pro-rating for partial hours). Customers must remain in the building. If customer chooses to leave the building, the out and about rate applies.

**Payment must be rendered at the time of service.**

## Out and About Program

\$4.50 per hour, per child

\$3.75 per hour, per child Shoreview Resident

This program is designed for a little “me” time! Drop off your child in our care and run some errands, go out for lunch or plan a night out! Maximum stay is 3 hours: Monday – Friday, 9:00-Noon and 4:30-7:30. Saturday 9:00-Noon.

**Payment must be rendered at the time of service.**

## Kids Care Policies

- **Reservations will be guaranteed if submitted within 24 hours. Drop-ins are taken, however, not guaranteed space.**
- Children must be 6 months to 12 years of age.
- Kids Care will provide diaper-changing services as well as a time for children to eat a snack that they bring (no gum, hard candy or red juice). Kids Care is a peanut free environment. Please label all bottles, snacks, cups, toys, etc.
- The ratio of Kids Care attendants to children is 1:8, with additional consideration given to situations with a large number of infants. The decision on the number of children accepted will be at the discretion of the Kids Care staff and management.
- When placing an infant in Kids Care who is unable to sit up on his/her own, please bring an infant seat.
- Children displaying symptoms of illness will not be permitted to remain under our care.
- Children are allowed a maximum of 3 hours in Kids Care daily.
- Parents are required to fill out an emergency health form and update annually.

*Please refer to our Parent Handbook for more information on additional policies and procedures.*



# KIDS CORNER PRESCHOOL



## 2011-2012 School Year

Calling all 2½-5 year olds. Our preschool program offers your child a variety of fun educational activities designed to stimulate social and intellectual development as they move along the road to Kindergarten. School Year. Dates are September 12, 2011 – May 25, 2012. **To determine class availability and for a registration form please call 651-490-4750 or visit our website.** A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.



## MONDAY FUNDAY

Morning Monday Funday ..... 9:00 A.M. – 10:30 A.M.  
 Afternoon Monday Funday ..... 11:00 A.M. – 12:30 P.M.  
 \$52/month; \$47/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by December 1, 2011.

## FRIDAY FUNDAY

Morning Friday Funday ..... 9:00 A.M. – 10:30 A.M.  
 Afternoon Friday Funday ..... 11:00 A.M. – 12:30 P.M.  
 \$52/month; \$47/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by December 1, 2011.

## TINY TREASURES

Wednesday & Friday ..... 9:00 A.M. – 11:30 A.M.  
 \$103/month; \$98/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2011.

## ABC'S & 123'S

Tuesday & Thursday ..... 1:00 P.M. – 3:30 P.M.  
 \$108/month; \$103/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2011.

## ALPHA KIDS

Tuesday & Thursday ..... 9:00 A.M. – 12:00 P.M.  
 \$118/month; \$113/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2011.

## STEPPING STONES

Monday, Wednesday, Friday ..... 12:30 P.M. – 3:30 P.M.  
 \$154/month; \$149/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2011.

## BUSY BUDDIES

Monday ..... 9:00 A.M. – 11:30 A.M.  
 \$83/month; \$77/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2011.

**BOOKENDS**

Tuesday ..... 6:00 P.M. –7:30 P.M.  
\$52/month; \$47/month Shoreview Resident

This literature based preschool class is designed for your 3 to 5 year olds to enjoy the wonderful world of books. This class includes time for storytelling, dramatic play, music, snacks, arts and crafts, and creative movement. Children must be 3 by September 1, 2011.

**EXPLORERS**

Thursday ..... 6:00 P.M. –7:30 P.M.  
\$52/month; \$47/month Shoreview Resident

Your 4 to 5 year olds will love exploring a variety of exciting themes in this preschool class. We will take a journey back in time to visit the land of dinosaurs, hop on a spaceship to discover outer space, spend some time on the farm, and many other adventures. Class time will include projects, music, dramatic play, and snacks. Children must be 4 by September 1, 2011.

**INVESTIGATORS**

Saturday ..... 9:00 A.M. –11:30 A.M.  
\$83/month; \$77/month Shoreview Resident

This preschool class will give your 4 to 6 year olds an opportunity to discover the world the science and all of its wonders. This class will include time for individual and group discovery, art projects, snacks, sharing, creative movement and occasional outdoor activities. Children must be 4 by September 1, 2011. Kindergarteners are welcome.



**MUSIC TOGETHER®**

Our engaging classes offered by Music Together in the Valley are filled with infants, toddlers, preschoolers and the grownups who love them. You'll move, sing, play rhythm instruments and share 45 minutes of PURE FUN with your child(ren). Families receive CDs and songbooks of the session's song collection so the learning can continue at home. Music Together is an internationally recognized early childhood music and movement program for children from birth to Kindergarten and an adult. Its classes are based on the recognition that all children are musical. Given a rich, stimulating musical environment during the crucial developmental period of early childhood, all children can learn to sing in tune, keep a beat and participate with confidence and pleasure in the wonderful world of music making. All classes are mixed-age, so siblings can participate together. Infants, eight months or under on the first day of the session are free with a paying sibling. For more information or specific questions about the classes, call or email Clarice Auluck-Wilson, director of Music Together in the Valley at 651-439-4219 or

[Clarice@MusicTogetherClasses.com](mailto:Clarice@MusicTogetherClasses.com) or visit [www.MusicTogetherClasses.com](http://www.MusicTogetherClasses.com).

Shoreview Community Center

**SPRING**

Rate \$166 first child; \$94 each additional child  
8 months and under free (born on or after July 29, 2010)  
Mondays, March 28 – June 6 (10 weeks, no class 5/30)  
..... 9:00 A.M., 10:00 A.M., 5:00 P.M., 6:00 P.M.  
Sundays, March 27 – June 5 (10 weeks, no class 4/24)  
..... 4:00 P.M., 5:00 P.M.

**SUMMER**

Rate \$140 first child; \$74 each additional child  
8 months and under free (born on or after Oct. 21, 2010)  
Sundays, June 26 – August 14 ..... 4:00 P.M., 5:00 P.M.

**Free Demo Classes**

Monday, March 14 ..... 10:00 A.M., 6:00 P.M.  
Sunday, March 20 ..... 5:00 P.M.  
Sunday, June 12 ..... 4:00 P.M.  
Sunday, June 19 ..... 5:00 P.M.



# PRESCHOOL

## WIGGLE, JIGGLE, GYM

Ages 3 and 4 ..... \$40; \$35 Shoreview Resident  
 Wednesdays ..... 10:00 A.M. – 10:45 A.M.  
 March 23 – May 11 ..... **Activity # 280202-01**  
 Shoreview Community Center– Gym Activity Room

Jump up, jump down. Touch your toes and spin around. This class is a great way to introduce your preschooler to movement. Get energized by skipping, jumping, twisting, listening to fun music, and much more. Space is limited, so register early.

## FAMILY FUN GYM TIME

Ages 1 to 5 ..... \$35; \$30 Shoreview Resident  
 Wednesdays ..... 11:00 A.M. – 12:00 P.M.  
 March 23 – May 11 ..... **Activity # 280201-01**  
 Shoreview Community Center– Gym Activity Room

Move and groove your way through class with the help of your favorite adult! A great opportunity to introduce your little one to the world of fitness while having fun. Your child will enjoy this unstructured time for play. Adult must participate with child.

**NEW!**

## SUPER HEROES AND PRINCESSES MUSICAL THEATER CLASS

Ages 3 to 6  
 Saturdays, April 30 – June 4 ..... 3:30 P.M. – 4:30 P.M.  
 No class May 28  
 \$56 ..... **Activity # 270204-01**  
 Shoreview Community Center – Fitness Studio

Who is your favorite character from your favorite story? Come join us for a fun-filled dance and drama class as we put our favorite characters in a new imaginative story! We will use musical instruments, scarves and other props to create our story while dancing to fun children's songs. We will then incorporate those dances into the story to create a wonderful musical! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Friends and family are invited to observe the final 30 minutes of the final class. Don't miss this fun opportunity to create and explore your creative side!



## WISH UPON A BALLET

Ages 3 to 5  
 Tuesdays  
 April 19 – May 24 (6 weeks) ..... 9:30 A.M. – 10:15 A.M.  
 \$52 ..... **Activity # 270202-01**  
 Wednesdays  
 April 20 – May 25 (6 weeks) ..... 6:00 P.M. – 6:45 P.M.  
 \$52 ..... **Activity # 270202-02**  
 Shoreview Community Center – Beachcomber Bay

Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.





## Tumbling

Saturdays for 8 weeks

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. For answers to your questions about placement, call 651-490-4750.

## TODDLER AND PARENT

Ages 2 and 3 . . . . . \$77; \$67 Shoreview Resident  
Saturdays . . . . . 9:00 A.M. – 9:45 A.M.  
March 26 – May 14 . . . . . **Activity # 280101-01**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.

## TUMBLING TYKES

Ages 3 and 4 . . . . . \$77; \$67 Shoreview Resident  
Saturdays . . . . . 10:00 A.M. – 10:45 A.M.  
March 26 – May 14 . . . . . **Activity # 280102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.

## ROLLY POLLYS

Ages 4 and 5 . . . . . \$77; \$67 Shoreview Resident  
Saturdays . . . . . 11:00 A.M. – 11:45 A.M.  
March 26 – May 14 . . . . . **Activity # 280103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

## BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8 . . . . . \$77; \$67 Shoreview Resident  
Saturdays . . . . . 12:00 P.M. – 12:45 P.M.  
March 26 – May 14 . . . . . **Activity # 280104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning the basic positions and skills on the floor, beam, bars and vault.



# YOUTH PROGRAMS

## SCHOOL'S OUT DISCOVERY CAMPS



Grades K-5  
 Time ..... 9:00 A.M. – 5:00 P.M.  
 Before Care ..... 7:00 A.M. – 9:00 A.M.  
 After Care ..... 5:00 P.M. – 6:00 P.M.  
 Rate: \$36/day; \$30 Shoreview Resident; \$5 Before/After care  
 Shoreview Community Center

### SPRING BREAK

Monday, March 14 ..... **Activity # 260208-01**  
 Before/After ..... **Activity # 260208-02**  
 Tuesday, March 15 ..... **Activity # 260208-03**  
 Before/After ..... **Activity # 260208-04**  
 Wednesday, March 16 ..... **Activity # 260208-05**  
 Before/After ..... **Activity # 260208-06**  
 Thursday, March 17 ..... **Activity # 260208-07**  
 Before/After ..... **Activity # 260208-08**  
 Friday, March 18 ..... **Activity # 260208-09**  
 Before/After ..... **Activity # 260208-10**

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**



## KIDS CREATE

Ages 4 to 8 ..... \$28; \$25 Shoreview Resident  
 Saturdays ..... 9:30 A.M. – 10:30 A.M.  
 Apr. 2 – May 7 ..... **Activity # 270103-01**  
 Shoreview Community Center

Paper, Scissors, Glue, and Fun! Join us for this great new arts & crafts class where kids can let their creativity flow. We will make a variety of projects that are sure to delight your child. This is a great opportunity for your child to let their inner artist out!

## AUDITIONING TECHNIQUES FOR THE STAGE

Ages 8 to 12 ..... **Activity # 270205-01**  
 Saturdays ..... 1:30 P.M. – 2:30 P.M.  
 April 30 – June 4 (No class May 28) ..... \$56  
 Shoreview Community Center Fitness Studio

Are you ready for a wider audience? Would you like to learn what it takes to get the part? Come join this class and refine your acting skills so you are ready for that big audition. We will work on monologues, scenes and play creative theater games. Don't miss this chance to shine!

## BE A ROCKSTAR! MUSICAL THEATER CLASS

Ages 5 to 9 ..... **Activity # 270203-01**  
 Saturdays ..... 2:30 P.M. – 3:30 P.M.  
 April 30 – June 4 (No class May 28) ..... \$56  
 Shoreview Community Center Fitness Studio

Are you a Rockstar! Who is your favorite rock star and what are your favorite songs? Let's dance and sing to our favorites and put the songs together in a show that we will create! We will learn songs and dances and write a fabulous story. Everyone will receive solo speaking lines. No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Friends and family are invited to observe the final 30 minutes of the final class. Don't miss this fun opportunity to create and explore your inner rock star!



## SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7 ..... \$55; \$45 Shoreview Resident  
 Saturdays ..... 8:00 A.M. – 12:30 P.M.  
 Mar. 26 ..... **Activity # 150101-03**  
 April 16 ..... **Activity # 150101-04**  
 May 14 ..... **Activity # 250101-01**  
 June 11 ..... **Activity # 350101-01**  
 July 23 ..... **Activity # 350101-02**  
 Aug. 13 ..... **Activity # 350101-03**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4766. Must have a minimum of 5 participants to run the class.



## YOUTH FIRST AID

Ages 8+ ..... 9:00 A.M. – 12:00 P.M.  
 \$25; \$20 Shoreview Resident  
 Sunday, March 27 ..... **Activity # 150307-02**  
 Saturday, May 21 ..... **Activity # 250307-01**  
 Sunday, June 12 ..... **Activity # 350307-01**  
 Sunday, Aug. 14 ..... **Activity # 350307-02**

Does your child know what to do in an emergency? Throughout this class, students will learn the basics of First Aid, Conscious Choking, and CPR. The class focuses on Infants and Children, which makes it an ideal class for new babysitters. It is a great class to take in addition to the Supersitter Course. Youth First Aid provides future babysitters a more in-depth look at and hands on practice for First Aid situations.

## SUPERSITTER & YOUTH FIRST AID

Grades 5 to 7  
 \$70; \$60 Shoreview Resident. Please bring a lunch and 2 toys you could take to a babysitting job.  
 Sat. June 11 (8:00 A.M. – 12:30 P.M.) and  
 Sun. June 12 (9:00 A.M. – 12:00 P.M.) . **Activity # 350304-01**  
 Sat. Aug. 13 (8:00 A.M. – 12:30 P.M.) and  
 Sun. Aug. 14 (9:00 A.M. – 12:00 P.M.) . **Activity # 350304-02**

Join our Supersitter Instructor in a day of training to become a great babysitter! It will be a day full of learning how to become a safe and fun babysitter. The class will include information from the Supersitter Course and Red Cross Youth First Aid Course.

## KIDS' YOGA

Ages 5 and up

### SPRING

Tuesdays, March 29 – May 31 (10 weeks) . . . 4:15 P.M. – 5:00 P.M.  
 \$40; \$35 Shoreview Resident ..... **Activity # 210245-02**  
 Saturdays, April 2 – June 4 (10 weeks) . . . 10:15 A.M. – 11:00 A.M.  
 \$40; \$35 Shoreview Resident ..... **Activity # 210245-01**

### SUMMER

Tuesdays, June 21 – Aug. 23 (10 weeks) . . . . 2:00 P.M. – 2:45 P.M.  
 \$40; \$35 Shoreview Resident ..... **Activity # 310245-02**  
 Saturdays, June 25 – Aug. 27 (10 weeks) 10:15 A.M. – 11:00 A.M.  
 \$40; \$35 Shoreview Resident ..... **Activity # 310245-01**

Studio 1, Shoreview Community Center

Yoga is an excellent, non-competitive form of exercise for children combining the development of active flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges. Kids yoga offers the joy of playing with others while becoming more comfortable with yourself and your own accomplishments.

# YOUTH PROGRAMS

## CHEER AMERICA

Ages 4 to 16

Thursdays

**SPRING:** Feb. 10 – Apr. 22 (12 weeks);

**SUMMER:** June 9 – Aug. 11 (11 weeks)

6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)

\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes improved coordination and physical fitness, personal esteem, and working as a cooperative team member with other children on the cheerleading squad. At the conclusion of the session, the Cheer America team has a recital for parents, families, friends, and others. Registration materials are available prior to each week's class. **Summer registration and information session: June 2, 6:00 P.M. – 7:00 P.M.**

## ZZ DANCE & CHEER

ZZ Dance and Cheer brings energy, originality, fabulous choreography, and reasonable prices to the realm of dance studios. Instructors Christina and Nicole Zauhar have been dancing since they were 3 and 2. Combined, they have over 13 years of instructing experience in both dance and cheerleading. They believe that dancing, cheering, and performing should, above all things, be fun!

For class schedules, pricing, and registration information please use one of the following options:

- 1) visit: [www.zzdanceandcheer.org](http://www.zzdanceandcheer.org)
- 2) call: 651-757-0634
- 3) email: [zzdanceandcheer@live.com](mailto:zzdanceandcheer@live.com)

### Class Offerings include:

**Dance:** We offer multi-level classes in jazz, tap, ballet, lyrical, hip-hop, ballroom, conditioning, and technique. Please click on the "schedule/registration" tab to view class schedules.

**Cheer:** For more information on Twin Cities Elite All-Star Cheerleading, please visit [www.twincitieselite.webs.com](http://www.twincitieselite.webs.com).

For more information, email [zzdanceandcheer@live.com](mailto:zzdanceandcheer@live.com) or call 651-757-0634



Grades K-6

(during the 2010-11 School Year)

Leaders in Training grades 6-8

(during the 2010-11 School Year.)

June 13 – September 2, 2011

Are you looking for a safe and fun place to send the kids during the summer? Look no further than Shoreview Parks and Recreation Summer Discovery Program! This 12 week summer child care program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will have many activities for your child, including a weekly field trip, swimming 3 days per week, games, crafts, and enrichment classes. Flexible scheduling available with the ability to register for 3, 4 or 5 days per week.

\*Registration will begin Thursday, March 3, 2011, beginning at 8:00 A.M. Registration materials are available February 1 online or by calling 651-490-4750.



# FANTASTIC FRIDAY FIELD TRIPS

Sizzling hot summer fun—that's how everyone describes our summer trips. Parents love them because all our trips are chaperoned by our attentive staff. Kids love them because the trips take them to exciting places. Trips fill up fast, so sign up early. Bus pick-up and drop-off will be at the Shoreview Community Center. Event times listed are approximate only. **Supervision is not available before trip drop-off time.**

## SEA LIFE AQUARIUM & NICKELODEON UNIVERSE

Ages 7 and up

June 17 . . . . . Drop off at 9:05 A.M., Pick up at 4:45 P.M.  
\$41; \$36 Shoreview Resident . . . . . **Activity # 370701-01**

Imagine traveling 300 feet of ocean tunnel where sharks, stingrays and giant sea turtles swim so close, you'll feel like you can reach out and touch them! Join us as we explore the all new Sea Life Aquarium at the Mall of America! Not only will we be able to walk around the biggest mall in the USA, we will also get to have some fun at Nickelodeon Universe! Hop on the Fairly Odd Coaster or take a ride on SpongeBob Squarepants Rock Bottom Plunge! **Lunch is NOT included – Bring a bag lunch and beverage.** Extra spending money is optional but not required. Register by 6/15.

## SKY ZONE & EDINBOROUGH PARK

Ages 7 and up

June 24 . . . . . Drop off at 9:05 A.M., Pick up at 4:30 P.M.  
\$39; \$34 Shoreview Resident . . . . . **Activity # 370702-01**

Come join us for a day filled with FUN!! First we will visit one of the largest indoor play structures in the country: Edinborough Park. Climb the “peak” and slide down the giant tubes or play in the Great Hall with basketball hoops, balls, scooters and a moonwalk. After lunch we will head off to Sky Zone Indoor Trampoline Park, the world's first three-dimensional environment that offers fun physical activities, games, and entertainment. **Please send a bag lunch for your child.** Register by 6/22.

## BUNKER BEACH

Ages 7 and up

July 1 . . . . . Drop off at 10:05 A.M., Pick up at 4:30 P.M.  
\$39; \$34 Shoreview Resident . . . . . **Activity # 370703-01**

Cool off at Bunker Beach featuring six towering waterslides, a 900' Splash Cove lazy river, activity pool with climbing wall, a zero-entry pool with a water play structure, an interactive sand play area, and as always, Minnesota's largest outdoor wave pool! Lunch provided and will include a hot dog, chips, pop and a cookie. **Please bring a swimsuit, towel, and sunscreen.** Register by 6/29.

## WATER PARK OF AMERICA

Ages 7 and up

July 8 . . . . . Drop off at 9:05 A.M., Pick up at 4:45 P.M.  
\$41; \$36 Shoreview Resident . . . . . **Activity # 370707-01**

Surf on Minnesota's only Flow Rider Surf Simulator, catch a wave in the Lake Superior wave pool or challenge your fears in America's longest indoor family raft ride at ten stories tall and over a mile long. This indoor water park is also equipped with the Fort Snelling activity island with a zero depth entry, body and tube slides, activity pool with hoops, nets, and balancing logs, and much more. **Please bring a bag lunch or money for the concession area.** Register by 7/6.

## VALLEYFAIR

Ages 7 and up

July 22 . . . . . Drop off at 8:35 A.M., Pick up at 5:15 P.M.  
\$50; \$45 Shoreview Resident . . . . . **Activity # 370704-01**

From flips and dips to a 200-foot drop, there's excitement galore on Valleyfair's seven thrilling roller coasters, including Steel Venom, an impulse coaster with a twist! Don't miss Power Tower—275 feet of extreme scream! There's something for everyone at Valleyfair! All rides inside the park are included in admission, including the water rides. We will not be visiting Challenge Go Cart Park. **Bring sunscreen, swimsuit, towel and a bag lunch or money for concessions.** Register by 7/20.

## CASCADE BAY

Ages 7 and up

July 29 . . . . . Drop off at 10:05 A.M., Pick up at 4:45 P.M.  
\$39; \$34 Shoreview Resident . . . . . **Activity # 370705-01**

Join us as we spend the day swimming and water sliding at Cascade Bay pool in Eagan. Relax on the lazy river or challenge your wild side on the Typhoon Slide, Hurricane Slide, or Twin Falls. Bring a swimsuit and towel. **Lunch will be a hot dog, chips, and a beverage.** Register by 7/27.

## BASE CAMP & GEOCACHING

Ages 7 and up

August 5 . . . . . Drop off at 9:05 A.M., Pick up at 4:45 P.M.  
\$39; \$34 Shoreview Resident . . . . . **Activity # 370706-01**

Experience the Ultimate day of Adventure! From the indoor and outdoor ropes course to the natural face rockwall to the space shuttle and underground railroad simulators, base camp offers a variety of team building challenges. Our next adventure will take us to Riverside Woods of Fort Snelling State Park for a Geocaching Treasure Hunt experience. **Bring a bag lunch** as we will stop for a picnic and some exploring through the park. Register by 8/3.

# YOUTH SPECIAL EVENTS



## SHOREVIEW EGG HUNT

Ages 10 and under

Saturday, April 16 ..... 9:30 A.M. – 11:00 A.M.  
\$10 per child ..... **Activity # 260219-01**

Shoreview Community Center Pavilion

Join the Bunny in an eggciting hunt for prize-filled eggs! Great fun for your little bunnies ages 10 and under. Space is limited. Please register by Monday, April 11. **The Shoreview Egg Hunt is held outdoors. Please dress for the weather.**

Schedule: 9:30 Check In  
9:45 – 10:00 Egg Hunt  
10:00 – 11:00 Special Entertainment

## DAZZLING DIVAS

Ages 3 to 8

Saturday, May 7 ..... 9:30 A.M. – 11:00 A.M.  
\$10; \$8 Shoreview Resident ..... **Activity # 260417-01**

Shoreview Community Center

Be transformed into a Diva for a Day! Come dressed in your most glam outfit or princess dress and bring along your favorite adult for a morning of fun. There will be crafts, music, a chance to get your nails or hair done, and more. The morning will be topped off with a fashion show featuring all of our Dazzling Divas strutting down the red carpet! Make sure to bring your camera! Register early, space is limited! Registration deadline is Monday, May 2.



## WET & WILD

Ages 6 and up

June 24, July 8 & 29 ..... 1:00 P.M. – 3:30 P.M.  
FREE at Commons Park

Shoreview's outdoor waterslide—back by popular demand. No registration necessary.

## ADVENTURE QUEST CARNIVAL

All ages

July 15 ..... 1:00 P.M. – 4:00 P.M.  
Shoreview Community Center

Come one, come all join us for a carnival! Shoreview Parks and Recreation summer Adventure Quest program hosts this annual carnival for all to enjoy. Come and try your luck at many games including Ring 'Em, Duck Pond, Hockey Shot, Race track and more! All game tickets cost five cents – what a deal! No registration necessary.



## PUPPET WAGON

**Come out to the park and enjoy the Shoreview Puppet Wagon!** This is a free event, no preregistration required. Shows last approximately 30 minutes

### Mondays

June 20:	McCullough Park	12:15 P.M.
	Shamrock Park	2:30 P.M.
	Bucher Park	6:30 P.M.
June 27:	Sitzer Park	12:15 P.M.
	Commons Park	2:30 P.M.
July 11:	McCullough Park	12:15 P.M.
	Commons Park	2:30 P.M.
July 18:	Bobby Theisen Park	12:15 P.M.
	Bucher Park	2:30 P.M.
	Shamrock Park	6:30 P.M.
July 25:	Sitzer Park	12:15 P.M.
	Commons Park	2:30 P.M.

For specific show information please call the Shoreview Parks and Recreation Department at 651-490-4750.

## Friday Fun Days

Ages 4 to 10

### SILLY SAFARI

Friday, June 17 ..... 9:30 A.M. – 11:30 A.M.  
\$10 ..... **Activity # 370508-01**

Sitzer Park

Swing on in for a jungle full of fun! Join us for this exciting expedition through the jungle as we discover the mysteries of the animal kingdom one by one. Ain't no lion about it, you'll have a rrrroaring good time!

### SUPER SPACESHIPS

Friday, June 24 ..... 9:30 A.M. – 11:30 A.M.  
\$10 ..... **Activity # 370509-01**

Sitzer Park

Three, Two, One, Blast Off! This will be an outer space adventure you won't want to miss! We are going to have a GREAT time exploring the universe we live in. Come along on our journey through the stars! We will make our own spaceships and more!

### PARTY IN THE USA

Friday, July 1 ..... 9:30 A.M. – 11:30 A.M.  
\$10 ..... **Activity # 370510-01**

Sitzer Park

Red, White and Blue....we want to celebrate with you! Join us for a Party in the USA to celebrate the birthday of America. This patriotic party will be full of games, crafts, music and more!

### ROCKIN' RODEO

Friday, July 8 ..... 9:30 A.M. – 11:30 A.M.  
\$10 ..... **Activity # 370511-01**

Sitzer Park

Giddy'up pardner, we are about to have a rodeo adventure! Y'all grab your friends and come along to the wild, wild west! Get ready to saddle up as we round up the horses for a morning of fun in the old west.

### PIRATES COVE

Friday, July 22 ..... 9:30 A.M. – 11:30 A.M.  
\$10 ..... **Activity # 370512-01**

Sitzer Park

Ahoy Matey! With a compass that doesn't point north and sails full of holes, we'll sail the ocean to find our treasure of gold! Join us for a swashbuckling good time at this pirate event. Don't forget your eye patch!



### TERRIFIC TIE DYE

Friday, July 29 ..... 9:30 A.M. – 11:30 A.M.  
\$10 ..... **Activity # 370513-01**

Sitzer Park

Add a splash of color to your summer at this Tie-Dye Party! We will experiment with the world of tie-dye and color things from shoelaces to t-shirts. All items to tie-dye will be included except a t-shirt. **Please bring a white t-shirt to tie-dye.**

### ALOHA SUMMER!

Friday, August 5 ..... 9:30 A.M. – 11:30 A.M.  
\$10 ..... **Activity # 370514-01**

Sitzer Park

Aloha means hello and goodbye. Join us as we say farewell to summer time at this end of the season bash! There will be music, dancing, crafts, and most of all FUN!

# ADVENTURE QUEST

## SUMMER PLAYGROUND PROGRAM

June 13 – August 4

Join us for the journey of a lifetime this summer! Adventure Quest, our Summer Park Program, is filled with sports, crafts, games, songs, and other themed events. Our highly trained and energetic summer staff will be your child's summer adventure guide. Each week will unveil a new theme sure to keep your child interested and challenged this summer. Children will stretch their imaginations, keep physically active, and make new friends in Adventure Quest.

### General Information:

Children are broken into age groups and activities are designed to be developmentally appropriate for each age group. Participants must be the designated age/grade by June 13, 2011. Age groups do have an overlap.

## TINY TREKKERS

Ages 3-5

Mondays, June 13 – August 1 ..... 9:30 A.M. – 11:30 A.M.  
Rate: \$73; \$67 Shoreview Resident

McCullough Park ..... **Activity # 370501-01**  
Sitzer Park ..... **Activity # 370501-02**

## TRAVELERS

Grades K-5 (2010-2011 School year)  
Tuesdays, Wednesdays, Thursdays, June 14 – August 4  
Rate: \$130; \$124 Shoreview Resident

9:00 A.M. – 11:30 A.M.  
Sitzer Park ..... **Activity # 370502-01**  
Bucher Park ..... **Activity # 370502-02**

1:00 P.M. – 3:30 P.M.  
McCullough Park ..... **Activity # 370502-03**



### Leaders In Training

Looking for leadership opportunities? Youth entering grades 7-9 can become a Leader in Training. See page 73 for more information.

## Adventure Quest Academy

The Adventure Quest Academy provides your child with a variety of opportunities to try new things and expand their interests. Each 2 week session explores a topic in-depth, promoting creativity and the power of imagination.

## BEYOND THE BEAD

Ages 5-12 ..... Sitzer Park

Tuesday, Wednesday, Thursday

June 14 – 23 ..... 1:00 P.M. – 3:00 P.M.  
\$40 ..... **Activity # 370515-01**

Join us for this class where we will be exploring the world of jewelry making. We will make different pieces of jewelry to adorn you with. You'll be sparkling with beautiful jewelry from head to toe when this class is over.



## NATURE OF PHOTOGRAPHY

Ages 8-12 ..... Shamrock Park

Tuesday, Wednesday, Thursday

June 14 – 23 ..... 1:00 P.M. – 3:00 P.M.  
\$40 ..... **Activity # 370516-01**

Nature holds many beautiful images just waiting to be captured. We will dive into the world of photography in this class as we use our surroundings as the canvas for our art. Participants will be given a disposable camera to use throughout the class.

## CREATIVE WRITERS & ILLUSTRATORS

Ages 8-12 .....Sitzer Park  
 Tuesday, Wednesday, Thursday  
 June 28 – July 7 .....1:00 P.M. – 3:00 P.M.  
 \$40 .....**Activity # 370517-01**

Got a story in your head you want to put in a book, or some illustrations that are itching to see some color on paper? This is the class for you! You will learn the art of creating your very own story and we will provide you with your own book to write your story or draw your pictures.

## MAGNIFICENT SCULPTURES

Ages 5-12 .....Shamrock Park  
 Tuesday, Wednesday, Thursday  
 June 28 – July 7 .....1:00 P.M. – 3:00 P.M.  
 \$40 .....**Activity # 370518-01**

Flubber, Silly Puddy, Playdough and more! You are bound to get your hands dirty in this class! We will be exploring a variety of forms of materials which to use for sculpting. You will be amazed by the magnificent sculptures we will build!



## AMAZING ARTISTS

Ages 5-12 .....Sitzer Park  
 Tuesday, Wednesday, Thursday  
 July 12 – 21 .....1:00 P.M. – 3:00 P.M.  
 \$40 .....**Activity # 370519-01**

Are you a mini-Monet or pint-sized Picasso? This class gives children ample opportunity to express their inner artist through a variety of mediums. Along the way they will learn to use shapes, textures and colors to bring their designs to life.

## HISTORY IN THE MAKING

Ages 8-12 .....Shamrock Park  
 Tuesday, Wednesday, Thursday  
 July 12 – 21 .....1:00 P.M. – 3:00 P.M.  
 \$40 .....**Activity # 370520-01**

This is one class you do not want to miss! We will travel through time and explore the many adventures in the past including the era of dinosaurs, Ancient Egypt, Knights, the Titanic, and more. You will do hands-on activities and exploration as if you were right there in that time frame!

## JR. NATURALIST

Ages 5-12 .....Shamrock Park  
 Tuesday, Wednesday, Thursday  
 July 26 – August 4 .....1:00 P.M. – 3:00 P.M.  
 \$40 .....**Activity # 370521-01**

Start your journey to becoming the next great Minnesota Naturalist! We will discover the world of plants and animals while we see all that nature has to offer. We will also explore ways to help preserve the earth.

## PUPPETEERS CLUB

Ages 8-12 .....Sitzer Park  
 Tuesday, Wednesday, Thursday  
 July 26 – August 4 .....1:00 P.M. – 3:00 P.M.  
 \$40 .....**Activity # 370522-01**

Learn the art of puppetry and make your own puppets! We will explore a variety of types of puppets, develop a puppet show and use Shoreview's very own Puppet Wagon to display our final presentation.



# ENRICHMENT CAMPS

## Mayer Arts Musical Theater Camps

The mission of Mayer Arts is to not only provide training for those who are serious about learning but also to offer classes that are tons of fun! We teach proper technique, terminology, body awareness, and appreciation for the arts. Our goal is that students will not only find a love for the arts but also build healthy habits and self-esteem - skills that will be helpful to them for the rest of their lives. [www.mayerarts.com](http://www.mayerarts.com)

## “SHARPAY’S FABULOUS ADVENTURE” MUSICAL THEATER CAMP

Monday – Friday, July 18-22 ..... \$132  
Ages 4-7 ..... 9:00 A.M. – 12:00 P.M.  
..... **Activity # 370203-01**  
Ages 8-12 ..... 1:00 P.M. – 4:00 P.M.  
..... **Activity # 370203-02**  
Shoreview Community Center Pavilion

Are you Broadway’s Best Kept Secret? We will take our favorite songs and dances from Sharpay’s latest adventure and create our own! Bring your enthusiasm and get ready to shine! All levels are welcome. Everyone will receive solo speaking lines. Please wear lightweight tennis shoes, ballet, or jazz shoes. Bring a nut free snack and beverage daily. Friends and family are invited to observe a special performance during the last 30 minutes of the final class.

## ONCE UPON A TIME DANCE AND THEATER

Monday – Friday, July 25-29 ..... \$132  
Ages 4-8 ..... 9:00 A.M. – 12:00 P.M.  
..... **Activity # 370205-01**  
Shoreview Community Center Pavilion

Who is your favorite character from your favorite story? Come join us for five days of fun-filled, energetic dance and drama as we put our favorite characters in a new imaginative story! We will use musical instruments, scarves, crowns and other props to create our story along with dancing to fun children’s songs. We will then incorporate those dances into the story to create a wonderful musical! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily. Friends and family are invited to observe the final 30 minutes of the final class. Don’t miss this fun opportunity to create and explore your creative side!

## HIP HOP DANCE CAMP

Monday – Friday, August 1-5 ..... \$122  
Ages 5-8 ..... 10:00 A.M. – 12:00 P.M.  
..... **Activity # 370217-01**  
Ages 9-13 ..... 1:00 P.M. – 3:00 P.M.  
..... **Activity # 370217-02**  
Shoreview Community Center Pavilion

Get into the Groove! Students will learn hip hop steps and dances to fun and upbeat music. Come learn to leap, turn and shine. This class is not only fun but will improve posture, strength and flexibility in a positive and self-esteem building atmosphere. Please bring a snack and beverage daily. Friends and family are invited to observe the final 15 minutes of the final class.

## AbraKadoodle Art Camps

AbraKadoodle is the nation’s leader in creative art education. In AbraKadoodle programs, children learn about artists, techniques, artistic style, and use of media as well as art history, international styles and cultural background. The curriculum is designed by artists and educators and exceeds national standards. Sign up your child for AbraKadoodle art camps and watch them shine! Campers should bring a beverage and nut free snack. [www.abrakadoodle.com](http://www.abrakadoodle.com)

## FAIRY FOR A DAY

Ages 3.5-6 (by start of camp)  
Friday, July 15 ..... 9:00 A.M. – 12:00 P.M.  
\$44 ..... **Activity # 370206-01**  
Shoreview Community Center Pavilion

Does your daughter love fairies? If so, travel with us to Tinkerbell’s Pixie Hollow where we’ll paint fairy wings, make wearable fairy wreaths and even decorate a fairy house. Bring a beverage and nut free snack. Costumes welcome, but please bring a change of clothes.

## CONSTRUCTION ZONE ART CAMP

Ages 3.5-6 (by start of camp)  
Friday, August 19 ..... 9:00 A.M. – 12:00 P.M.  
\$44 ..... **Activity # 370204-01**  
Shoreview Community Center Pavilion

Does your child love diggers, loaders, and dump trucks? If so, they’ll have a blast in this fun camp as they transform into construction workers! They’ll start by decorating their own hard hat and tool belt then paint a wooden car, dump truck or fire truck and finish by collaging a construction truck. Bring a beverage and nut free snack.

## PERFECTLY PINK ART CAMP

K-4 (2010-11 school year)  
 Tuesday & Thursday, June 28 & 30 . . . . . 1:00 P.M. – 4:00 P.M.  
 \$79 . . . . . **Activity # 370207-01**

Ages 3.5-6 (by start of camp)  
 Tuesday & Thursday, June 28 & 30 . . . . . 9:30 A.M. – 12:00 P.M.  
 \$65 . . . . . **Activity # 370207-02**

Shoreview Community Center Pavilion

Celebrate all things pink and fancy in this girls art camp! We'll read the book Pinkalicious then make pink cupcakes out of clay, mix up some magenta and fuchsia to decorate a gigantic heart, create several shades of pink to paint our own beautiful picture frame, adorned with glitter of course, among other projects! We'll even paint our nails. Bring a beverage and nut free snack.

## DINO-MITE DINOSAURS AND DRAGONS

Ages 3.5-6 (by start of camp)  
 Monday & Wednesday, June 27 & 29 . . . . . 9:30 A.M. – 12:00 P.M.  
 \$65 . . . . . **Activity # 370208-01**

Shoreview Community Center Pavilion

ROAR!! Stegosaurus, Tyrannosaurus Rex, and Triceratops are the inspiration for our first day of dino-mite camp! We'll learn about land, water and flying dinosaurs while exploring what they ate and how they survived. Along the way we'll paint ceramic dinosaurs and make dinosaur sun catchers. On day 2 we'll explore fire breathing dragons as we create a moveable dragon and collage a dragon. Bring a beverage and nut free snack.

## HORSE ART CAMP

Grades K-4 (2010-11 school year)  
 Monday & Wednesday, June 27 & 29 . . . . . 1:00 P.M. – 4:00 P.M.  
 \$79 . . . . . **Activity # 370209-01**

Shoreview Community Center Pavilion

Does your child love horses? If, so this is the camp for you! We'll learn how to draw then paint a horse on stretched canvas. After we'll sculpt horses out of clay. Between projects, we'll read horse books and play games. Bring a beverage and nut free snack.



## PRINCESSES, FAIRIES AND BUTTERFLIES ART CAMP

Ages 3 1/2 - 6 (by start of camp) . . . . . \$105  
 Monday – Thursday, June 13-16 . . . . . 10:00 A.M. – 12:00 P.M.  
 . . . . . **Activity # 370216-01**

Monday – Thursday, August 15-18 . . . . . 10:00 A.M. – 12:00 P.M.  
 . . . . . **Activity # 370216-02**

Shoreview Community Center Pavilion

Calling all fairies, princesses and lovers of butterflies! We are offering this favorite little girl camp with a new twist and several new projects for 2011. We'll celebrate all things magical as we create crowns, paint wooden jewelry boxes, make sparkly wands, paint gigantic butterflies, decorate wooden fairy houses, collage castles and more! Along the way we'll listen to our favorite music, go outside for recess, read stories about princesses and fairies and even get our fingernails painted! Please bring a beverage and nut free snack. Costumes welcome! Register early as this camp fills quickly. [www.abrakadoodle.com](http://www.abrakadoodle.com).

## AMERICAN GIRL SUMMER CAMP

Grades K-4 (2010-11 school year)  
 Monday through Thursday, July 11-14 . . . . . 9:00 A.M. – 12:00 P.M.  
 \$141 . . . . . **Activity # 370210-01**

Shoreview Community Center Pavilion

Bring your American Girl doll (or favorite doll) to summer camp! Each day we will have a new theme for you and your doll. Over the course of the week we'll have an American Doll day at the beach, a birthday party, a fashion party, and a slumber party. We will make art projects for both the dolls and the girls as we paint, stamp, sculpt, collage and draw. Take home two projects each day. Bring your favorite doll, a beverage, nut free snack and recess attire.

## STAR WARS JEDI ART CAMP

Grades K-4 (2010-11 school year)  
 Monday through Thursday, July 11-14 . . . . . 1:00 P.M. – 4:00 P.M.  
 \$141 . . . . . **Activity # 370211-01**

Shoreview Community Center Pavilion

Ready to be a Jedi? If you loved our Star Wars camp last summer then this is the camp for you. This year, you will learn the Jedi way and how to use your powers and the Force to bring peace to the galaxy! Make your own light saber, design a gigantic life sized robot like R2D2 or 3CPO, and learn to draw, paint and sculpt your favorite characters from Droids to Darth Vader. We'll even make a plaster mask of our favorite character! Our art projects will include everyone from Yoda to Chewbacca and Bobba Fett. Throughout the week Jedis be sent on missions and must work together to solve and rescue those in need. May the force be with you! Bring a beverage, nut free snack and your favorite CD.

# ENRICHMENT CAMPS

## Computer Explorers Camps

COMPUTER EXPLORERS offers a variety of programs which challenge students to be innovative technology users. Working together in small groups to complete technology projects reinforces collaborative team-effort both in school and in the work place. Mastering the technology of today prepares our students for the technology of tomorrow. [www.computerexplorers.com](http://www.computerexplorers.com)

## CLAY ANIMATION

Entering Grades K-4 ..... \$129  
 Monday, Tuesday, Thursday, Friday, June 13, 14, 16, & 17  
 9:00 A.M. – 12:00 P.M. .... Activity # 370212-01  
 Shoreview Community Center Pavilion

Clay and Digital Animation. What a perfect combination! Working in teams, students do it all – from story creation to making the characters and sets. Students will create their own clay characters and props. As they learn the production process, they will animate, record, download, assemble and edit their own movie. Students will become cinematographers as they create their own unique productions. Using the same tools used by today's best known animators, this course will spark their imaginations and then give them the tools to bring their ideas to life. Fun, learning and excitement go hand-in-hand in this special class. Student groups' final movies will be available online for all to see, or students may bring a USB jump drive the last day to take home their films immediately. Student photography release must be signed for class.

## ECO-ENGINEERING: SOLAR CAR CHALLENGE

Entering Grades 3-8 ..... \$129  
 Monday, Tuesday, Thursday, Friday, June 13, 14, 16, & 17  
 12:30 P.M. – 3:30 P.M. .... Activity # 370213-01  
 Shoreview Community Center Pavilion

Combine engineering and alternative energy (solar, hydro & wind)! Build cars, cranes, drawbridges, etc. from LEGO® kits and operate them using alternative energy sources. Students working in teams will start with electricity and use a multimeter to measure continuity, resistance, and voltage. Adding concrete experiments with wind, water, and solar panels produces a high-powered and high-energy course! Building projects include: waterwheel, windmill, Ferris wheel, and solar car. Students achieve an understanding of how energy is developed from the Sun, wind, and water. Solar energy can be captured by the LEGO® Solar Cell and used to power their models. On the last day students will use the concepts they learned to design and create a test car to complete against their classmates.

## ROCK N ROLL ROBOTS

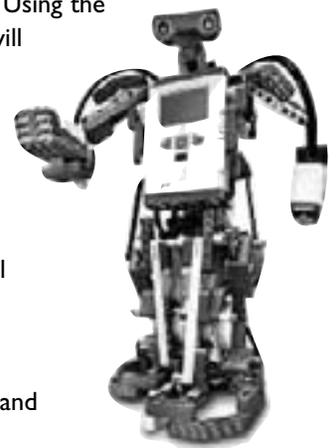
Entering Grades K-4 ..... \$129  
 Monday, Tuesday, Thursday, Friday, August 8, 9, 11, 12  
 9:00 A.M. – 12:00 P.M. .... Activity # 370214-01  
 Shoreview Community Center Pavilion

All New Models! Designed by the experts at MIT, this unique system teaches students about simple machines, engineering, programming and so much more. Working in pairs, students will create robots that rock and robots that roll! Using the LEGO™ WeDo Robotics System your robots will include a monkey who plays a drum to a rock & roll beat, a lion that roars, a bird that flaps its wings to create a big wind, a sleeping giant who will awaken on your command and a boat that will rock on the rough seas. This course builds knowledge of simple machines, engineering, programming, and teamwork in an environment full of Rockin' Fun! Your students will build LEGO models featuring working motors, tilt sensors, motion detectors, and Lego USB Robotics Hub.

## XTREME ROBOTICS

Entering Grades 4-8 ..... \$129  
 Monday, Tuesday, Thursday, Friday, August 8, 9, 11, 12  
 12:30 P.M. – 3:30 P.M. .... Activity # 370215-01  
 Shoreview Community Center Pavilion

Get ready to take ultimate control! Using the NXT brick from LEGO®, students will build extreme robots, program them to accomplish tasks, respond to external stimuli, and overcome challenges. Challenges will involve navigation, avoiding and/or climbing over obstacles and moving objects. Students working in small teams will control the robot with the NXT programming language, and learn fundamental software programming techniques. Get your brains in gear and your robots moving. In this course, students will build and program complex robots that move in different ways and perform complicated tasks. Use the robot as an automated sentry, to check office doors, to listen and look for intruders. Use it to go into dangerous places to check for obstacles, and pick up explosive objects. Use it to perform tasks that involve repetition and accuracy.



## SWALLEN'S MUSTANG GIRLS SOCCER CAMP

\$105  
Monday-Friday, June 20-24 ..... 9:30 A.M. – 12:00 P.M.  
Mounds View High School

**Grades K-6 ('11-'12 school year)**  
Upper Grass Fields ..... **Activity # 390908-01**

**Grades 7-10 ('11-'12 school year)**  
Lower Stadium ..... **Activity # 390908-02**

Our goal is to create an enthusiastic learning environment for girls to develop their individual soccer skills, self-confidence, and friendships. Players will be grouped by grade and playing experience with a 12:1 player to coach ratio. All activities balance both teaching and fun for ultimate player development. The camp instructors will be MVHS coaches, former and current women college players, as well as current varsity soccer players. Participants should bring: a soccer ball, water bottle, and snack, cleats and shin guards. Please indicate t-shirt size on registration form. For specific camp questions, contact Sharon at 763-245-7656 or sharonswallen@mac.com.

**Register by Friday, June 17** (Players registering on site at camp will be charged an extra \$10).

## LEISER'S KINDERGARTEN CO-REC BASKETBALL CAMP

Ages 5 and Kindergarten ('10-'11 school year)  
July 11, 13, 14 ..... 10:00 A.M. – 10:30 A.M.  
\$34 ..... **Activity # 390909-01**

Island Lake Elementary

Join Mounds View assistant basketball coach Dave Leiser in this basketball skills camp. Introduce your child to the great game of basketball in a fun environment. All participants receive a camp t-shirt.

## LEISER'S GIRLS BASKETBALL CAMP

Grades 3-5 ('10-'11 school year)  
July 25-28 ..... 12:00 P.M. – 2:00 P.M.  
\$72 ..... **Activity # 390902-01**

Island Lake Elementary

Join Mounds View assistant basketball coach Dave Leiser for this fun-filled camp. Learn the basic skills and principals of basketball in a fun environment. All participants receive a camp t-shirt.

## LEISER'S LITTLE DRIBBLERS BASKETBALL CAMP

Grades 1-2 ('10-'11 school year)  
11:00 A.M. – 12:00 P.M.  
Island Lake Elementary

**Boys Camp** ..... June 20-24  
\$60\* ..... **Activity # 390911-01**

**Girls Camp** ..... July 11-14  
\$49 ..... **Activity # 390911-02**

**Boys Camp** ..... July 18-22  
\$60\* ..... **Activity # 390911-03**

\* \$5 discount applied when registering the same child for both boys camps.

Get a jump on your basketball skills by learning the fundamentals of the game. All participants receive a camp t-shirt. Call Dave at 651.621.7045, if you have any questions.

## ZIG KAULS' MUSTANG BOYS BASKETBALL CAMP

Grades 3-5 ('10-'11 school year)  
\$96 for 1 session; \$185 for 2 sessions  
12:00 P.M. – 2:30 P.M.

**Session I**  
June 20-24 ..... **Activity # 390910-01**

**Session II**  
July 18-22 ..... **Activity # 390910-02**  
Island Lake Elementary

Grades 6-9 ('10-'11 school year)  
\$125 for 1 session; \$230 for 2 sessions

**Session I** ..... June 27-30, July 11-14  
**Session II** ..... July 18-21, 25-28

Grades 6-7 ..... 10:00 A.M. – 12:00 P.M.  
Session 1 ..... **Activity # 390910-03**  
Session 2 ..... **Activity # 390910-04**  
Grades 8-9 ..... 12:00 P.M. – 2:00 P.M.  
Session 1 ..... **Activity # 390910-05**  
Session 2 ..... **Activity # 390910-06**

Mounds View High School

Join the Mounds View boys basketball head coach Zig Kauls and assistant head coach Dave Leiser in skill training activities including drills, scrimmages, contests and videotaping. All participants receive a camp t-shirt. Call Zig at 651-633-6800 or Dave at 651-621-7045, if you have any questions or would like to request an exception to grade level requirements.

# MV MUSTANG CAMPS

# SPORTS UNLIMITED CAMPS

## WEKO'S MOUNDS VIEW GIRLS VOLLEYBALL CAMP

Grades 3-9 ('11-'12 school year)  
 June 13-16 & June 20-23  
 Mounds View High School

- Grades 3-5** ..... 8:30 A.M. – 10:00 A.M.  
 \$95 ..... **Activity #390903-01**
- Grades 6-9** ..... 10:00 A.M. – 12:00 P.M.  
 \$125 ..... **Activity #390903-02**

Come join Tom Weko, varsity volleyball coach at Mounds View High School, and his players to have fun learning the basics of playing volleyball including passing, setting, hitting, serving, individual defense, team defense, serve reception and playing strategy. Participants should bring knee pads, wrist bands (optional), water bottle and a great attitude. Participants will receive a t-shirt (please indicate size on the registration form). Contact Coach Weko at 612.802.6264 with questions.

## MCKEE'S MUSTANG GIRLS BASKETBALL CAMP

Grades 4-11 ('10-'11 school year)  
 Mounds View High School

- Grades 4-8**  
 June 13-16 ..... 12:30 P.M. – 2:00 P.M.  
 \$65 ..... **Activity #390907-01**
- Grades 9-11**  
 June 20-23 ..... 12:30 P.M. – 2:30 P.M.  
 \$75 ..... **Activity #390907-02**

Join the Mounds View girls basketball head coach Bill McKee for these fun-filled camps. The camp will include skill training activities, including drills, scrimmages, and contests. All participants receive a camp t-shirt. Call Bill McKee at 651-266-7677, if you have any questions.



Sports Unlimited Camps provide fundamental skill development for boys and girls from ages 4-12 with the emphasis on fun! The camps help players learn the core skills and techniques used in each sport and then allow them to practice these skills in a number of games and scrimmages.

- All camps will run Monday through Thursday.
- Registration deadline is one week before camp starts
- All campers receive quality instruction, water bottle, fun, games, and sportsmanship award

### Campers will need to:

- Wear t-shirt, shorts, sweats, socks, athletic shoes
- Bring sunscreen, water bottle, snack, shin guards (for soccer)

## MINI-SPORT SAMPLER

- Ages 4-6 ..... \$87; \$82 Shoreview Resident
- June 13-16  
 1:00 P.M. – 4:00 P.M. .... **Activity # 390912-01**
- August 8-11  
 9:00 A.M. – 12:00 P.M. .... **Activity # 390912-02**
- Cummings Park (Arden Hills)

Mini-Sport helps children explore baseball, soccer, lacrosse, flag football and basketball in a fun and non-competitive setting. The coaches are committed to helping the young athletes start off on the right foot, as they take their first steps into sports.

## SKATEBOARDING

- Ages 6-12
- June 20-23 ..... 9:00 A.M. – 12:00 P.M.  
 \$95; \$90 Shoreview Resident ..... **Activity # 390914-01**
- Shoreview Community Center Skate Park

Skateboarding is one of the world's fastest growing sports. Whether you are just learning or looking to learn more advanced tricks, this camp is for you. Individual skills/tricks taught: balance, stopping, turning, ollie, nollie, heelflip and kickflips. Bring a skateboard and helmet. Knee pads, elbow pads and wrist guards are optional.

## INTRODUCTORY LACROSSE CAMP

- Ages 6-12 ..... 9:00 A.M. – 12:00 P.M.
- June 27-30 ..... Perry Park (Arden Hills)  
 \$87; \$82 Shoreview Residents ..... **Activity # 390915-01**
- August 1-4 ..... Shamrock Park  
 \$87; \$82 Shoreview Residents ..... **Activity # 390915-02**

This camp is designed for both boys and girls ages 6–12. Non-contact lacrosse, also known as “soft lacrosse” is played. Individual skills taught: catching, throwing, scooping and cradling. Sports Unlimited provides all equipment.

## VOLLEYBALL/ SAND VOLLEYBALL

Ages 6-12

July 11-14 ..... 1:00 P.M. – 4:00 P.M.  
\$87; \$82 Shoreview Resident ..... **Activity # 390917-01**

Shoreview Community Center Sand Volleyball Court

This camp is designed to introduce the young athlete to the sport of volleyball through skill development and small group games focusing on helping the children learn the rules of volleyball while working on team play and sportsmanship. Individual skills taught: spiking, serving, setting and hitting. Please bring kneepads.

## NEW! OUTDOOR FLOOR HOCKEY

Ages 6-10

July 18-21 ..... 9:00 A.M. – 12:00 P.M.  
\$87; \$82 Shoreview Resident ..... **Activity # 390913-01**

Bobby Theisen Park

This camp will focus on the fundamental skills of Floor Hockey using small group activities, scrimmages and fun games. Floor Hockey combines the stick handling, passing and shooting skills of Ice Hockey. **No inline skates allowed.** Hockey sticks will be provided.

## CHEERLEADING

Ages 4-8

July 18-21 ..... 1:00 P.M. – 4:00 P.M.  
\$90; \$85 Shoreview Resident ..... **Activity # 390918-01**

Shoreview Community Ctr - Fitness Rm

This camp helps children explore cheerleading, dance and tumbling in a fun and non-competitive setting. Participants will learn motion/jump technique, sideline/performance cheers, and dance routines. On the final day participants will perform a cheerleading program in front of their friends and family. Participants receive a set of pom-poms.

## SOCCER

Ages 6-12

July 25-28 ..... 9:00 A.M. – 12:00 P.M.  
\$87; \$82 Shoreview Resident ..... **Activity # 390920-01**

Cummings Park (Arden Hills)

This camp is designed to introduce the young athlete to the sport of soccer through skill development and small group games focusing on shooting, passing, dribbling along with learning the strategies of offense and defense.

## GOLF

Ages 6-12

August 1-4 ..... 1:00 P.M. – 4:00 P.M.  
\$91; \$86 Shoreview Resident ..... **Activity # 390919-01**  
Perry Park (Arden Hills)

The Sports Unlimited golf program was created to meet the growing needs of the new generation of young golfers. We will instruct the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Golf rules and etiquette will also be covered. All campers will receive a sleeve of Sports Unlimited golf balls.

## FLAG FOOTBALL

Ages 6-12

August 8-11 ..... 1:00 P.M. – 4:00 P.M.  
\$87; \$82 Shoreview Resident ..... **Activity # 390921-01**

Perry Park (Arden Hills)

This camp is designed to introduce the young athlete to the sport of flag football focusing on passing, catching, kicking along with learning the strategies of offense and defense.

## BOWLING CAMP

Ages 5 to 18

Flaherty's Arden Bowl

(1273 West County Road E, Arden Hills, 55112)

### Little Strikers (Ages 5 to 10)

Tuesday – Thursday, June 21-23 ..... 10:00 A.M. – 11:30 A.M.  
\$40 per participant ..... **Activity # 390901-01**

### Strikers (Ages 7 to 18)

Monday – Thursday, July 11-14 ..... 10:00 A.M. – 12:00 P.M.  
\$60 per participant ..... **Activity # 390901-02**

Little Strikers camp will teach bowling basics. Kids will visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun!

Strikers camp is designed for bowlers to improve their technique and form with professional instructors. Or if you're new to bowling, this camp will get you ready to join a Fall league with your friends!

Participants in both camps will receive lunch each day of camp. Lunch will be served 30-minutes prior to camp ending. Transportation NOT provided. **Registration deadline is 1 week prior to the camp start date.**



# SOFTBALL, BASEBALL & SOCCER

## Summer Leagues

Registration deadline is April 25. Registrations submitted after April 25 will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

**Volunteer coaches are needed for all youth sports leagues.** If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

## SOFTBALL LEAGUES

Grade levels based on 2010–11 school year

Mondays and Wednesdays, June 1–July 27. Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$55, \$45 Shoreview Resident; \$10 late fee after April 25.

**CoRec (Coach-Pitch), Grades 3-4 . . . Activity # 390301-01**  
**Girl's Slow Pitch, Grades 5-7 . . . . . Activity # 390302-01**

The youth softball program is designed to improve participant's skills and teamwork while creating a fun, positive environment. All teams use an 11" softball. Every effort is made to rotate players through all of the positions of softball and provide equal playing time. Players will receive a t-shirt and hat.

**COACHES MEETING:** Wednesday, May 18, 7:15–8:15 P.M., Shoreview Community Center

## T-BALL & BASEBALL LEAGUES

Grade levels based on 2010–11 school year

(Must be 4 by June 2, 2011)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$55, \$45 Shoreview Resident; \$10 late fee after April 25.

**Mini Sluggers (CoRec T-Ball), Ages 4-5**  
 Tues & Thurs, June 2–July 28 . . . . . **Activity # 390101-01**

**Little Sluggers (CoRec Coach Pitch), Gr K-1**  
 Tues & Thurs, June 2–July 28 . . . . . **Activity # 390102-01**

**Sluggers (CoRec Coach Pitch), Grades 2-3**  
 Tues & Thurs, June 2–July 28 . . . . . **Activity # 390103-01**

This CoRec program is designed to introduce youth to the game of baseball. The program will include practices and instructional, fun-filled games against other teams. Players will receive a t-shirt and hat. A tee will be used if necessary in the Little Sluggers league.

**COACHES MEETING:** Wednesday, May 18, 6:00–7:00 P.M., Shoreview Community Center

## SUMMER SOCCER LEAGUES

**Grade levels based on 2011–12 school year**

(Must be age 4 by June 6, 2011)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$55, \$45 Shoreview Resident; \$10 late fee after April 25.

**Mini Mites CoRec, Ages 4-6**  
 Mondays, June 6–July 25 . . . . . **Activity # 390201-01**

**Mites CoRec, Grades 1 and 2**  
 Mon. & Wed., June 1–July 27 . . . . . **Activity # 390202-01**

**Squirts CoRec, Grades 3 and 4**  
 Tues. & Thurs., June 2–July 28 . . . . . **Activity # 390203-01**

Our soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

**COACHES MEETINGS:** Thursday, May 19, Shoreview Community Center

**MITES AND SQUIRTS** from 6:00 P.M. – 7:00 P.M.

**MINI MITES** from 7:15 P.M. – 8:15 P.M.



**Fall Soccer**

**Register by July 20 for fall soccer.** Registrations submitted after July 20 deadline will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

**Volunteer coaches are needed for Fall Soccer.** If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). The commitment of coaching includes one practice (coach chooses the night/time) and one game per week. Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

**YOUTH FALL SOCCER LEAGUES**

Grade levels based on **2011-12 school year** (Must be age 4 by September 10, 2011)

**Practice:** Begin practicing late August; one practice per week; day and time TBD by coach.

**Games:** Saturday mornings, September 10–October 15  
\$53; \$43 Shoreview Resident; \$10 late fee after July 20.

- Mini Mites CoRec, Ages 4-6 . . . . . Activity # 490208-01**
- Mites CoRec, Grades 1-2 . . . . . Activity # 490208-02**
- Squirts CoRec, Grades 3-4 . . . . . Activity # 490208-03**
- Squirts Girls, Grades 3-4 . . . . . Activity # 490208-04**
- Pee Wee CoRec, Grades 5-6 . . . . . Activity # 490208-05**
- Pee Wee Girls, Grades 5-6 . . . . . Activity # 490208-06**
- Bantams CoRec, Grades 7-8 . . . . . Activity # 490208-07**

Recreational league play for children ages four years old to grade 8. Boys and girls will learn the skills, rules, and strategies of the fun and exciting game of soccer. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

**COACHES MEETINGS**

Thursday, August 11  
6:00 P.M. – 7:00 P.M. (Mites, Squirts, Pee Wee & Bantams)  
7:15 P.M. – 8:15 P.M. (Mini Mites)  
Shoreview Community Center

**IMPORTANT YOUTH SPORT LEAGUE INFORMATION**

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player; no chain requests will be allowed. All teammate requests must be submitted by the registration deadline. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the registration deadline.
- Practice days in the fall league are chosen by the coach in mid August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- A volunteer coach will contact you with your first practice time and location the week before practices begin. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.
- Every effort is made to balance the number of boys and girls in our co-rec league, dependent on requests and registrations.



# YOUTH SPORTS

## ELEMENTARY TRACK

Grades 4 and 5

On your mark, get set, have fun! Join your friends this spring in Elementary Track as we put fun in fitness. Try the high jump, 60-meter dash, relay events and much more! Offered at Island Lake and Turtle Lake Elementary. Practice will begin sometime the week of May 2. **Look for a flyer to be distributed in school early April.**

## SPORTS GAMES

4 years to Kindergarten . . . . . 4:40 P.M. – 5:40 P.M.  
\$36 per participant

**Island Lake Elementary – West Gym**  
Wednesdays, April 13 – May 18 . . . . . **Activity # 290407-01**

**Turtle Lake Elementary – West Gym**  
Mondays, April 11 – May 16 . . . . . **Activity # 290407-02**

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, basketball, and others.

## BASEBALL & SOCCER

Grades 1 – 3 . . . . . 3:30 P.M. – 4:30 P.M.  
\$36 per participant

**Island Lake Elementary – West Gym**  
Wednesdays, April 13 – May 18 . . . . . **Activity # 290401-01**

**Turtle Lake Elementary – West Gym**  
Mondays, April 11 – May 16 . . . . . **Activity # 290401-02**

Throw, catch, dribble, and kick—these fun activities make this class a hit! Our instructor will lead sessions in soccer and baseball.

## DODGEBALL & NITROBALL

Grades 2 – 5 . . . . . 3:30 P.M. – 4:30 P.M.  
\$36 per participant

**Island Lake Elementary – West Gym**  
Tuesdays, April 12 – May 24 (no class May 17)  
. . . . . **Activity # 290402-01**

**Turtle Lake Elementary – West Gym**  
Thursdays, April 14 – May 19 . . . . . **Activity # 290402-02**

This class will introduce your child to the new and exciting game of NitroBall, a spin-off on the classic game of volleyball and a familiar favorite in Dodgeball. Get ready for your kids to have fun playing these two action packed games, jumping and running while getting a fabulous cardio workout! Exercise and fun all in one!



## MINI KICKERS CAMP

Ages 3 to 8 . . . . . \$65; \$60 Shoreview Resident  
Shoreview Community Center Gym

**Ages 3 to 5** Tuesdays and Thursdays, April 5 – 21  
1:30 P.M. – 2:00 P.M. . . . . **Activity# 290801-01**  
Or 2:10 P.M. – 2:40 P.M. . . . . **Activity# 290801-02**

**Ages 6 to 8** Saturdays, April 9 – May 14  
9:00 A.M. – 9:30 A.M. . . . . **Activity# 290801-03**  
Or 9:40 A.M. – 10:10 A.M. . . . . **Activity# 290801-04**

Come out and learn the fundamentals of little kids' soccer. This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.

## OUTDOOR GAMES

Ages 7-11 . . . . . Commons Park  
Mondays, June 13 – August 1 . . . . . 1:00 P.M. – 3:00 P.M.

(no class July 4)  
\$45; \$40 Shoreview Resident . . . . . **Activity # 390514-01**

Participate in an assortment of exciting sports. We'll play sand volleyball, ultimate frisbee, bocce ball, kickball, dodgeball, ladderball, bean bag toss, washer toss, and other sports. Class will meet at the small soccer field by the skate park.

## SPRING SPORTS WARMUP

Ages 4 – Grade 3 . . . . . \$40, \$35 Shoreview Resident  
Commons Park

- \* Soccer will meet at the small field by Skate Park.
- \* TBall and Baseball will meet at ball field by the tennis courts

**Spring Soccer Warmup, 4 years to Kindergarten**  
5:00 P.M. – 5:50 P.M.

Mondays, April 18 – May 16 . . . . . **Activity #290802-01**  
Wednesdays, April 20 – May 18 . . . . . **Activity #290802-02**

**Spring Soccer Warmup, Grades 1 to 3**  
6:00 P.M. – 7:00 P.M.

Mondays, April 18 – May 16 . . . . . **Activity #290803-01**  
Wednesdays, April 20 – May 18 . . . . . **Activity #290803-02**

**Spring TBall Warmup, 4 & 5 years old**  
5:00 P.M. – 5:50 P.M.

Tuesdays, April 19 – May 17 . . . . . **Activity #290804-01**  
Thursdays, April 21 – May 19 . . . . . **Activity #290804-02**

**Spring Baseball Warmup, Kindergarten to Grade 3**  
6:00 P.M. – 7:00 P.M.

Tuesdays, April 19 – May 17 . . . . . **Activity #290805-01**  
Thursdays, April 21 – May 19 . . . . . **Activity #290805-02**

Are you ready for summer sports? Come out and get a head-start on this summer; learn the basic skills of soccer or baseball through drills and games. You and your friends will have a great time. Classes are held outside; please dress appropriately for the weather. **Any cancelled classes will be made up the week of May 23.**

### WEATHER LINE

Weather line (651-490-4765) is updated by 3:30 P.M. After 3:30 P.M., the decision to hold class will be made on the field by the instructor.



## Area Tennis Courts

- Bobby Theisen**  
Vivian and Country Road E . . . . . 3 Courts
- Bucher**  
5900 Mackubin Street . . . . . 2 Courts
- Chippewa Mid. School**  
5000 Hodgson Road . . . . . 5 Courts
- McCullough**  
915 Country Road I . . . . . 2 Courts
- Shamrock**  
5623 Snelling Avenue . . . . . 2 Courts
- Shoreview Commons**  
4600 Victoria Street . . . . . 2 Courts
- Sitzer**  
4344 Hodgson Road . . . . . 2 Courts
- Wilson**  
815 County Road F . . . . . 2 (lighted) Courts

## USTA TEAM TENNIS JUNIOR TEAM

Ages 14 and under . . . . . 1:30 P.M. – 3:30 P.M.  
Mondays and Wednesdays, June 13 – July 27  
\$86; \$76 Shoreview Resident . . . . . **Activity # 390604-01**

Mounds View High School

A mid-level program for kids entering grades 5–9 who are comfortable with full-court match play. Juniors play on a Shoreview/Arden Hills team in a traveling league with teams from neighboring communities. **Transportation not provided.** Space is limited.

## USTA TEAM TENNIS SENIOR TEAM

Ages 18 and under . . . . . 1:30 P.M. – 3:30 P.M.  
Tuesdays and Thursdays; June 14 – July 28  
\$86; \$76 Shoreview Resident . . . . . **Activity # 390605-01**

Mounds View High School

Players entering grades 9 through 12 who plan to play high-school B squad, Junior Varsity, or Varsity tennis are invited to play in this upper level traveling league. **Transportation not provided.** Shoreview and Arden Hills will team up in a league with teams from neighboring communities.

# TENNIS

As a member of the United States Tennis Association (USTA), we are able to provide you with quality instruction that meets national standards in technique and appropriateness for varying skill levels. Using USA Tennis 1-2-3 fundamentals, instructors will help participants progress from basic skills through intermediate skills. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise—and, most of all, have fun! Classes meet for six 55-minute lessons. Pee Wees meet for 45 minutes. Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

## PRIVATE LESSONS

### Five 1-hour Sessions

\$145; \$135 Shoreview Resident

Semi Rate: \$125; \$115 each for two Shoreview Residents

- Youth ..... **Activity # 290603-01**
- Adult ..... **Activity # 220903-01**
- Semi ..... **Activity # 290602-01**

Personalized high-quality tennis instruction for players who want to improve their court game. This program offers one-on-one tennis instruction for the casual or avid tennis player. Our instructors will help you work on your ground strokes, serves, volleys, lobs, and smashes in an individual setting. Semi private lessons are for participants of equivalent ability.

Please note: Our instructors have other job responsibilities outside of the individual tennis instruction. They come specifically to teach tennis to individuals. For this reason, please note that notice of any cancellation must be given 24 hours in advance, or you will forfeit the session.

## GROUP LESSONS

All group lessons ..... \$55; \$45 Shoreview Resident

### PeeWees

Ages 5 to 7

Using USA Tennis 1-2-3 fundamentals, Peeweesees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using beach balls, bean bags, and integrating games progressing at individual's pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

### Junior Beginners

Ages 7 to 11

For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

### Junior Advanced Beginners

Ages 9 to 11

Perfect for the player who has taken lessons, but needs stroke and technique improvement. Instruction focuses on stroke consistency and introduces new strokes.

### Junior Intermediate

Ages 11 to 14

For youth with dependable strokes who have completed advanced beginner class. Instruction will focus on court coverage, game strategy, stroke use and much more.

### Adult Basics

Ages 18+

Brushing up on your tennis skills—or even just getting started—is easy and fun with our Basics class, an accelerated six-lesson program. All tennis basics will be covered, including actual play led by instructor. Instructor will group participants of similar ability.



# GROUP TENNIS LESSON SCHEDULE

## MORNING LESSONS

Saturdays, April 16 – May 21. Make-up lessons held June 4 and 11 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	Sat	10:00–10:45 A.M.	Bobby Theisen	290606-03
Junior Beginners	Sat	11:00–11:55 A.M.	Bobby Theisen	290607-03
Adult Basics	Sat	12:00–12:55 P.M.	Bobby Theisen	220901-01

June 13-30. Make-up lessons will be held the week of July 4 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M,W	9:00–9:45 A.M.	Bobby Theisen	390606-01
Pee Wees	T,Th	9:00–9:45 A.M.	McCullough	390606-02
Junior Beginners	M,W	10:50–11:45 A.M.	Bobby Theisen	390607-01
Junior Beginners	T,Th	9:50–10:45 A.M.	McCullough	390607-02
Junior Adv. Beginners	M,W	9:50–10:45 A.M.	Bobby Theisen	390608-01
Junior Adv. Beginners	T,Th	10:50–11:45 A.M.	McCullough	390608-02
Junior Intermediate	M,W	11:50 A.M.–12:45 P.M.	Bobby Theisen	390609-01
Junior Intermediate	T,Th	11:50 A.M.–12:45 P.M.	McCullough	390609-02

July 11-28. Make-up lessons will be held the week of August 1 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M,W	9:00–9:45 A.M.	Bobby Theisen	390606-03
Pee Wees	T,Th	9:00–9:45 A.M.	McCullough	390606-04
Junior Beginners	M,W	9:50–10:45 A.M.	Bobby Theisen	390607-03
Junior Beginners	T,Th	9:50–10:45 A.M.	McCullough	390607-04
Junior Adv. Beginners	M,W	11:50 A.M.–12:45 P.M.	Bobby Theisen	390608-03
Junior Adv. Beginners	T,Th	10:50–11:45 A.M.	McCullough	390608-04
Junior Intermediate	M,W	10:50–11:45 A.M.	Bobby Theisen	390609-03
Junior Intermediate	T,Th	11:50 A.M.–12:45 P.M.	McCullough	390609-04

August 8-17. Make-up lessons held August 11 & 18 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M,T,W	9:00–9:45 A.M.	Bobby Theisen	390606-05
Junior Beginners	M,T,W	9:50–10:45 A.M.	Bobby Theisen	390607-05
Junior Adv. Beginners	M,T,W	10:50–11:45 A.M.	Bobby Theisen	390608-05
Junior Intermediate	M,T,W	11:50 A.M.–12:45 P.M.	Bobby Theisen	390609-05

## EVENING LESSONS

April 25 – May 12. Make-up lessons held the week of May 16 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M,W	5:45–6:30 P.M.	Bobby Theisen	290606-01
Pee Wees	T,Th	5:45–6:30 P.M.	Bobby Theisen	290606-02
Junior Beginners	M,W	6:35–7:30 P.M.	Bobby Theisen	290607-01
Junior Beginners	T,Th	6:35–7:30 P.M.	Bobby Theisen	290607-02

June 13-July 21. Make-up lessons held weeks of July 25 and August 1 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M*	6:00–6:45 P.M.	Bobby Theisen	390606-06
Pee Wees	T	6:00–6:45 P.M.	Bobby Theisen	390606-07
Junior Beginners	T	7:00–7:55 P.M.	Bobby Theisen	390607-06
Junior Beginners	Th	6:00–6:55 P.M.	Bobby Theisen	390607-07
Junior Adv. Beginners	Th	7:00–7:55 P.M.	Bobby Theisen	390608-06
Junior Intermediate	W	7:00–7:55 P.M.	Bobby Theisen	390609-06
Adult Basics	M*	7:00–7:55 P.M.	Bobby Theisen	390601-01
Adult Basics	W	6:00–6:55 P.M.	Bobby Theisen	390601-02

\* No class 7/4

Start your spring by learning golf with the correct fundamentals or by changing old habits before they get too ingrained through our classes at Island Lake Golf & Training Center. You will be learning from an instructor trained by Greg Schulze, one of only 5 PGA Master Professional's of Instruction in Minnesota and the recipient of the 2007 Minnesota PGA Teacher of the Year Award. Island Lake Golf & Training Center is conveniently located behind the Shoreview Target store at the intersection of I-694 and Lexington Avenue. Bring your own clubs or they can be provided with advanced notice. Price includes all range balls.

## THE BASICS OF GOLF

Ages 16 and up . . . . . \$79; \$69 Shoreview Resident

**Mondays, 5:30 P.M. – 6:30 P.M.**

April 25, May 2, 9 . . . . . **Activity # 220601-01**

June 6, 13, 20 . . . . . **Activity # 320601-01**

July 11, 18, 25 . . . . . **Activity # 320601-02**

**Tuesdays, 5:30 P.M. – 6:30 P.M.**

April 26, May 3, 10 . . . . . **Activity # 220601-02**

**Tuesdays, 10:00 A.M. – 11:00 A.M.**

April 26, May 3, 10 . . . . . **Activity # 220601-03**

**Wednesdays, 5:30 P.M. – 6:30 P.M.**

April 27, May 4, 11 . . . . . **Activity # 220601-04**

This beginner course introduces you to the fundamentals of the pre-swing, full swing, putting and chipping with a strong emphasis on how to practice effectively. These 3-session hour-long lessons will have two goals, to have fun and learn golf for long-term enjoyment.

## INTERMEDIATES – THE PROGRESSION OF LEARNING GOLF

Ages 16 and up . . . . . \$79; \$69 Shoreview Resident

**Mondays, 6:45 P.M. – 7:45 P.M.**

April 25, May 2, 9 . . . . . **Activity # 220602-01**

July 11, 18, 25 . . . . . **Activity # 320602-02**

**Tuesdays, 6:45 P.M. – 7:45 P.M.**

April 26, May 3, 10 . . . . . **Activity # 220602-02**

**Wednesdays, 6:45 P.M. – 7:45 P.M.**

June 8, 15, 22 . . . . . **Activity # 320602-01**

For those with some golf experience and understanding but want to challenge yourself to learn more and improve your scores. With increased skills always comes greater fun! Three 1-hour classes will expand on the fundamentals of putting, chipping, the full swing and mental skills.

## JUNIORS – GETTING IT RIGHT THE FIRST TIME!

Ages 7 to 15 . . . . . \$69; \$59 Shoreview Resident

**Mondays, 4:30 P.M. – 5:15 P.M.**

April 25, May 2, 9 . . . . . **Activity # 290701-01**

June 6, 13, 20 . . . . . **Activity # 390701-01**

**Tuesdays, 4:30 P.M. – 5:15 P.M.**

April 26, May 3, 10 . . . . . **Activity # 290701-02**

**Wednesdays, 4:30 P.M. – 5:15 P.M.**

April 27, May 4, 11 . . . . . **Activity # 290701-03**

July 13, 20, 27 . . . . . **Activity # 390701-02**

Do you wish for your child to ingrain proper golf habits, which will not need correcting in the future? Learning the fundamentals of putting, chipping, full swing and fun ways to practice them correctly will transition good junior learners into future great adult golfers!

## PLAYING THE GAME – SKILL DEVELOPMENT ON THE COURSE

Ages 16 and up . . . . . \$139; \$129 Shoreview Resident

**Wednesdays, 6:45 P.M. – 8:15 P.M.**

April 27, May 4, 11 . . . . . **Activity # 220603-01**

July 13, 20, 27 . . . . . **Activity # 320603-01**

The ultimate challenge of golf is to consistently improve your scores on the golf course. Designed for golfers with some experience or have taken an Island Lake course before, this class takes you out for 9 holes under the guidance of a trained instructor. A tee to green experience, you will learn golf etiquette, club selection, playing from unlevelled ground, long grass and much more.

### Questionable weather:

Please contact the Island Lake Golf Pro Shop at 651-787-0383 to see the status of your lesson. If your lesson has been cancelled, make-up lessons will be held the week after classes have ended.

### Other opportunities at Island Lake Golf and Training Center

Island Lake has many different leagues for you to join, including Junior, Beginners, Women's, Men's, Mixed-Adult and corporate leagues. Please contact the Island Lake Pro Shop at 651-787-0383 for more information.

## SWEETROLL SKATE PARK

The SweetRoll is a tier-one skating facility, located on the north side of the Shoreview Community Center, 4580 Victoria Street North, adjacent to the paved trail that runs under Highway 96. This allows access to the SweetRoll via the City of Shoreview's 41 miles of paved trails. The attractions include a wedge, a spine, a fun box, a quarter pipe, grind rails, and a mini ramp. The Skate Park will be open for inline skaters and skateboarders during the times listed below.

### Park Hours

#### Monday–Friday

3:30–8:00 P.M. School Year

9:00 A.M.–8:30 P.M. Summer

#### Saturday

9:00 A.M.–7:30 P.M. School Year

9:00 A.M. – 8:30 P.M. Summer

#### Sunday

9:00 A.M.–5:30 P.M. School Year & Summer

Hours subject to change.

### Rules

- Bicycles and scooters are not permitted on the skate park.
- For your safety, helmets, knee and elbow pads, wrist supports, proper shoes, and other personal protection equipment should be worn.
- Tobacco, alcohol, and illegal use of drugs are prohibited.
- Profanity, loud music, and disruptive behavior are not allowed.
- Respect others; share the space.
- Keep the park clean—dispose of all trash in the proper containers.
- Skating privileges may be revoked for failure to follow the rules.

## ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 9

June 13–August 4

\$64; \$56 Shoreview Resident ..... **Activity # 370507-01**

T,W,Th ..... Adventure Quest Playground Sites

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 9th grade in the fall of 2011 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program. Those interested in participating will be asked to complete an application and meet with a program staff the first week of the program.



## MIDDLE SCHOOL MANIA

Grades 6 to 8

Fridays ..... 7:00 P.M. – 10:00 P.M.

\$6 in advance; \$8 at the door

Apr. 15 ..... **Activity # 270618-01**

Shoreview Community Center

Are you and your friends looking for something fun to do on Friday nights? Come and check out Teen nights at the Shoreview Community Center! Theme nights include swimming, gaming, dodgeball, food and more! Bring all your friends! See you at the door!

## MORE TEEN PROGRAMS

Swim Instructor Aide .....	p. 31
Life Guard Training .....	p. 36
Group Fitness Classes (14 & older; 12 & 13 with an adult) .....	p. 38
Pretty Tough .....	p. 45
Tae Kwon Do .....	p. 46
Cheerleading .....	p. 54
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Volleyball Camp .....	p. 64
Computer Explorers Camp .....	p. 62
Fall Soccer .....	p. 67
Tennis Lessons & Leagues .....	p. 69
Golf Lessons .....	p. 72
Bowling Camp .....	p. 65

**For volunteer opportunities call**

**651-490-4764**

# ADULT SPORTS

## SOFTBALL LEAGUES

We offer a variety of co-rec and men's leagues for teams and players of different abilities and interests. Teams are registered with the Minnesota Recreation and Parks Association (MRPA) and with United States Slo-Pitch Softball Association (USSSA). USSSA rules are used for all games.

### Program Information

Softballs and umpires are provided for all games. Practices may be scheduled 1-week prior to season. Summer league game times are 6, 7, 8 and 9 P.M. Fall leagues will start at 5:45 P.M. unless otherwise noted on schedule. **Registration deadline is April 1 for Summer Leagues and July 25 for Fall Leagues.**

### Softball League Descriptions

**Men's Recreation E:** Good or new teams. Players are not as competitive as in D level, may be older, and have less experience or ability. Three home runs per team.

**Men's Recreation D:** Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per team.

**CoRec D:** Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.



### Summer Softball Managers Meeting

This meeting is required for all teams registered in Shoreview's leagues. Schedules, rules, information and game balls will be handed out.

Thursday, April 14..... 6:00 P.M. – 7:00 P.M.  
Shoreview Community Center

League	Day	Start Date (tentative)	Games	Team Rate	Activity #
CoRec D	Monday	April 25	12 Games + Playoffs	\$550.....	220801-01
Men's E	Tuesday	April 26	12 Games + Playoffs	\$510.....	220804-01
*Men's D	Wednesday	April 27	20 Games – Doubleheaders + Playoffs	\$640.....	220803-01
CoRec D	Thursday	April 28	12 Games + Playoffs	\$550.....	220801-02
*Men's E	Friday	April 29	20 Games – Doubleheaders + Playoffs	\$640.....	220804-02
CoRec D	Monday	August 15	10 Games – Doubleheaders	\$375.....	420801-01
Men's E	Tuesday	August 16	10 Games – Doubleheaders	\$350.....	420804-01
*Men's D	Wednesday	August 17	10 Games – Doubleheaders	\$350.....	420803-01
CoRec D	Thursday	August 18	10 Games – Doubleheaders	\$375.....	420801-02
*Men's E	Friday	August 19	10 Games – Doubleheaders	\$350.....	420804-02

\*Combined league with Arden Hills

## COREC KICKBALL LEAGUE

Ages 16 and up

Mondays, Starting June 13 ..... 6:10 P.M. or 7:15 P.M.  
\$130 per team ..... **Activity # 320701-01**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your co-workers or friends, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are officiated by Park Staff. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of June 6. **Registration deadline is Friday, May 27 or until league is full.**

## ADAPTIVE COREC KICKBALL LEAGUE

Ages 12 and up

Mondays, Starting June 13 ..... 6:10 P.M. or 7:15 P.M.  
\$100 per team ..... **Activity # 320701-02**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your friends and family members, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are self officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of June 6. **Registration deadline is Friday, May 27 or until league is full.**



## ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now to May 25 ..... \$5 per person; pay at door  
\*Gym closed (Saturdays): May 14

Wednesdays ..... 6:30 P.M. – 9:00 P.M.  
Saturdays ..... 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more info.



## DODGEBALL LEAGUE

Ages 16 and up ..... Wednesday evenings, starting March 30  
\$150 per team ..... **Activity # 220401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 7 officiated league games and a season ending playoff. Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Monday, March 14 or until league is full.**

# ADULT ACTIVITIES



## FITNESS CLASSES FOR 55+

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. To find the classes that best fit your needs, please see the Fitness Section on page 38.

## LET'S DISH

Tuesday, May 17  
 10:00 A.M. – 11:30 A.M. . . . . . **Activity # 400215-01**  
 1:00 P.M. – 2:30 P.M. . . . . . **Activity # 400215-02**  
 \$48 per participant

Let's Dish, Blaine

It's time to have fun preparing a new and exciting meal at Let's Dish in Blaine. Join us as we get together to season and sauce that special recipe. Choose from three different meal options and get all the ingredients needed for that one perfect meal. Get ready for leftovers...these prepared meals will serve 4-6 people. Store in the freezer for an easy cook meal whenever you need it! Hope to see you there! Meet at Let's Dish – 10450 Baltimore Street NE, Blaine.

## SOAP MAKING I

Wednesday, April 6 . . . . . 6:00 P.M. – 9:00 P.M.  
 \$30 per participant. . . . . **Activity # 200213-01**  
 Shoreview Community Center/Room 207

Fun and easy soap making for ages 12 and up! Learn how to create your own beautiful soaps for yourself or gifts for others! Mix essential plant oils into the soap and create 6 wonderful soaps to take home at the end of the evening! You will receive handouts on suggestions of the many different sources for soap making, supplies molds and how to creatively package your soaps for gifts!

## MELT & POUR SOAP MAKING II

Wednesday, May 4. . . . . 6:00 P.M. – 9:00 P.M.  
 \$35 per participant. . . . . **Activity # 200214-01**  
 Shoreview Community Center/Room 207

Now that you have completed Soap Making I, join us for a second level and learn new techniques. You will create 6 different bars. One of the new techniques is Goldfish in a bag.

## TEA FOR TWO

Sunday, April 10 . . . . . 1:00 P.M. – 3:00 P.M.  
 \$10 per person. . . . . **Activity # 200505-01**

Want to spend that special time with your grandchild? What better way than with an ole' fashioned English tea party! Open to granddaughters, grandsons, grams and gramps! Afternoon tea will be held in our beautiful Fireside Lounge. If you have a special cup bring it along! All are encouraged to dress in hats, feathers, suits and jewelry. We will serve finger sandwiches, appetizers and of course...tea (and lemonade).

## BINGO & BANANA SPLITS

Friday, March 25 . . . . . 1:00 P.M. – 3:00 P.M.  
 \$5 per person (includes treat & bingo) . . . **Activity # 200504-01**

Shake off the winter blues with bananas, ice cream, strawberries, chocolate syrup and B-I-N-G-O! Join us for a great afternoon of family fun! We will have lots of prizes to give away!

## CROCHETING

Wednesdays, March 23-April 27. . . . . 6:00 P.M.– 8:00 P.M.  
 \$35 (+\$10 supply fee payable to instructor first night of class)  
 Arden Hills City Hall . . . . . **Activity # 200201-01**

## KNITTING

Tuesdays, March 22-April 26. . . . . 6:00 – 8:00 P.M.  
 \$40 (+\$20 supply fee payable to instructor first night of class)  
 Arden Hills City Hall . . . . . **Activity # 200202-01**

Bring a totebag and scissors with you.

## SENIOR CINEMA

March 18, April 15, May 20

1:00 P.M. – 3:00 P.M.

(Free will donation for refreshments)

Arden Hills City Hall – Council Chambers

Check the Shoreliner newsletter for more details and movie title or by calling Lesley at 651-490-4734 the Monday prior to showing.



## MIND BODY SKILLS SAMPLE CLASS

Tuesday, March 22 ..... 10:00 A.M. – 11:00 A.M.  
\$10 per person..... **Activity # 200218-01**

Celebrating midlife women! Learning to deal obstacles such as osteoarthritis, uti's, menopause, stress & anxiety, breast health, nutrition and so much more! If there is enough interest, we will hold a 6 week educational series expanding on each topic.

## SELF DEFENSE CLASS

Mondays, March 7-April 11 ..... 7:00 P.M. – 8:00 P.M.

\$60 per participant..... **Activity # 200407-01**

Students will learn a variety of self defense techniques and movements that will provide a basis for self confidence in threatening situations. This course takes techniques from several styles of martial arts. Students will learn self defense against many situations. Previous experience is not required just a willingness to learn. Along with self defense, students will learn how to avoid threatening situations and what legal issues are involved with the use of self defense techniques. Wear comfortable and loose fitting clothing. At this time course is focused on adults with possible children classes at a later date. Instructor: Mr. Todd Udvig, 3rd Degree Blackbelt

## PICNIC IN COMMONS PARK PAVILION

Tuesday, May 24 ..... 11:30 A.M. – 1:30 P.M.  
\$25 per participant..... **Activity # 200508-01**

Bring your friends and family to this special gathering at the Shoreview Outdoor Commons Pavilion. Join us for a catered picnic lunch with all the favorites! The sun will be shining as well enjoy live music from a local band. Join us for a relaxing afternoon and a wonderful meal! Enjoy the company of your fellow community members and friends.

## HIDDEN HOUSEHOLD TOXINS

Tuesday, March 22 ..... 10:00 A.M. – 11:00 A.M.

\$10 per person..... **Activity # 200217-01**

Fact: The levels of household toxins are higher in children than in adults. Why? Because children are more likely to transfer chemical residue from their hands to their mouths, plus they breathe more frequently and deeply than adults, which makes them more susceptible to airborne contaminants. Indoor air pollution and residue from cleaning products are two major sources of household toxins. Discover the pollutants most likely to be hiding in your house. Plus steps and cleaning tools you can use to take to make your home environmentally safe for the whole family. Instructor: Nicole Swierezek, Norwex



## I'VE BEEN BITTEN BY A TICK

Monday, March 21 ..... 7:00 P.M. – 9:00 P.M.

\$10 per person..... **Activity # 200406-01**

Do you know the difference between a regular wood tick and a deer tick that carries Lyme's Disease? Join us for an informational evening on Lyme Disease and learn what you should do if bitten by a tick. Offered by Dr. Betty Maloney

# ADULT ACTIVITIES

## FREE ACTIVITIES AT THE COMMUNITY CENTER

### 500

Mondays at 12:30 P.M. . . . . No sign up or partners required

### Bridge

Thursdays at 12:30 P.M. . . . . No sign up or partners required

### Bingo

With prizes! Last Wednesday of the month (Mar. 30, April 27, May 25, June 29, July 27, Aug. 31) at 1:00 P.M. (\$0.25 per card-no min/max cards)

### American Hand and Foot

Wednesdays . . . . . 1:00 P.M. – 3:00 P.M.

### Cribbage Club

Fridays . . . . . 12:30 P.M.



## AARP TAXAIDE

Wednesdays, Through April 13 . . . . . 9:00 A.M. – 1:00 P.M.

Community Center - Beachcomber Bay, Lower Level

If you are over 60 years old and need tax assistance, AARP's Tax-Aide volunteers will provide FREE tax assistance to low and moderate income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. Bring your current tax records and a copy of last year's tax return. Appointments are necessary. Please call 651-490-4750.

# SHORELINERS

## Who are the Shoreliners and what do they do?

The Shoreliners are directly sponsored by the Parks & Recreation Department. The object of this organization is socialization, making new friends, and the expansion of opportunities for personal growth through scheduled monthly activities. The members of this organization are men and women, 50+ years of age that enjoy participating in a variety of activities. The Shoreliners meet monthly on the third Tuesday of each month, either inside the community center or participating in outside activities\*. Shoreliners are governed by an elected panel of officers who commit to a two-year term (President, VP, Treasurer and Secretary).

## Interested in joining?

Send \$10 for 2011 annual dues to:

Jerry Weiskopf  
Treasurer  
5100 Alameda Street  
Shoreview, MN 55126

## Shoreliner Display Case

The Shoreliners have a beautiful oak and glass display case gifted from the City that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet. The case is locked to protect your valuables and is located outside of the Parks and Recreation office for the public to enjoy during their visit to our center!

For the list of 2011 Shoreliner Events, please call 651-490-4734.



## ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

## MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-490-4770.

## FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

## NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at [www.nyfs.org](http://www.nyfs.org) or call us at 651-486-3808.

## SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.

## ATHLETIC ASSOCIATIONS

**Shoreview Area Youth Baseball**  
[www.sayb.org](http://www.sayb.org)

**Irondale Baseball Assoc.**  
[www.geocities.com/ibl\\_baseball/](http://www.geocities.com/ibl_baseball/)

**Mounds View Basketball Assoc.**  
 Hotline: 651-631-1943  
[www.moundsviewbasketball.com](http://www.moundsviewbasketball.com)

**Mounds View Youth Football League**  
[www.moundsviewyouthfootball.org](http://www.moundsviewyouthfootball.org)

**Irondale Youth Hockey Association**  
[www.ihaleague.org](http://www.ihaleague.org)

**Irondale Girls Fastpitch**  
[www.knightsfastpitch.org](http://www.knightsfastpitch.org)

**Mounds View Hockey Assoc.**  
[www.mvhockey.org](http://www.mvhockey.org)

**North Suburban Soccer Assoc.**  
[www.nssasoccer.org](http://www.nssasoccer.org)

**Mounds View Softball Assoc.**  
[www.mvsafastpitch.org](http://www.mvsafastpitch.org)

**Mounds View Rugby Club**  
 Hotline: 612-656-0518  
[www.moundsviewrugbyclub.com](http://www.moundsviewrugbyclub.com)

**Iron Mustang Wrestling**  
 612-590-2114  
[www.ironwrestling.com](http://www.ironwrestling.com)

**North Suburban Aquatic Club**  
[www.nsmakos.org](http://www.nsmakos.org)

**Roseville Area Youth Hockey**  
[www.rosevillehockey.org](http://www.rosevillehockey.org)  
 612-817-5159

# RECREATION AREAS

## Shoreview Recreation Areas

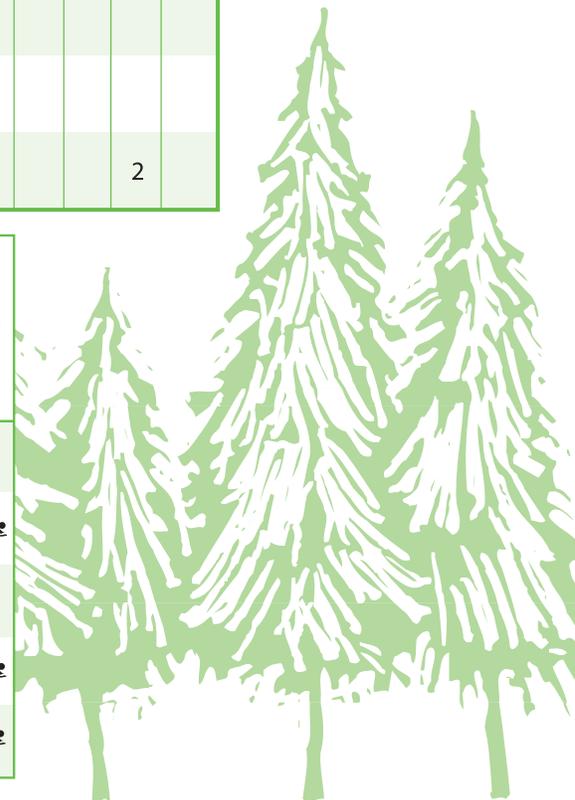


Web Page: [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
<b>Bobby Theisen Park</b> Cty Rd E & Vivian East & West of Island Lake School	15		1										1		3	
<b>Bucher Park</b> 5900 Mackubin North on 49, right on Elaine	25	2	1										1		2	
<b>Chippewa Middle School</b> 5000 Hodgson Rd		3											2		5	
<b>Emmet Williams Elem. School</b> 955 Cty Rd D—Between Lex. & Cty Rd D		2														
<b>Island Lake Elem. School</b> 3555 N. Victoria—Victoria & Cty Rd E		2														
<b>Lake Judy Park</b> 900 Tillerun – Arboast & Richmond	5		1/2													
<b>McCullough Park</b> 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1					 With grill					1		2	
<b>Ponds Park</b> 190 Sherwood Road Sherwood and Pond Drive	1							 Table only								
<b>Rice Creek Fields</b> 5880 Rice Creek Parkway	10	4														
<b>Shamrock Park</b> County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1					 With grill					1		2	
<b>Shoreview Commons and Community Center</b> 4650 North Victoria	40	2	1					 With grill					1		2	
<b>Sitzer Park</b> 4344 Hodgson	8	2	1					 With grill							2	
<b>Snail Lake Elementary School</b> Highways 49 and 96		2														
<b>Turtle Lake Elementary School</b> Country Road I & Lexington		2														
<b>Wilson Park</b> 815 County Road F 1 block W. of Victoria, North of 694	13	2	1					 Tables Only With grill							2	

The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500. [www.co.Ramsey.mn.us](http://www.co.Ramsey.mn.us)

	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
<b>Island Lake County Park</b> 3611 Victoria Street	167											
<b>Lake Owasso County Park</b> 370 N. Owasso Blvd.	9											
<b>Shoreview Ice Arena</b> 877 Highway 96 (Hockey only)												
<b>Snail Lake Regional Park</b> 580 Snail Lake Blvd.	400											
<b>Turtle Lake County Park</b> 4979 Hodgson Road	9											



FREE  
Community Center  
Membership!

## JOBS THAT FIT YOUR LIFESTYLE!

**Part-Time • Flexible Hours • Fun People**



### **Adventure Quest Playground Instructors**

Lead pre-school & elementary age children in summer playground program including sports, crafts, games, storytelling, songs & special events. Experience working with children and elementary course work desired. June - early August. Daytime hours. \$8 - \$10/hr

### **Adult Softball Umpires**

Officiate adult softball games. Previous umpiring or softball playing experience preferred. *Please contact Ken Cooper at 651-484-8390 for further information.* (Do not submit a City application form for this position.)

### **After School Sports Instructor**

Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. April-May. Weekdays approx 3:15 - 5:40 pm approx. 5 - 10 hrs per week \$9 - \$11/hr

### **Child Care Attendants**

Provide care for children ages 6 months to 12 yrs. in our drop-off childcare center. Exp working with pre-schoolers pref. M - Sat Day hours 8:00 am - 12:30 pm. M-F Eve hours 4:00 pm - 9:00 pm. \$7.50 - \$8.75/hr

### **Concession Attendants (Wave Cafe)**

Prepare food orders, operate cash register, clean work and eating areas, stock supplies. \$7.25 - \$8/hr dep. on exp.

### **Dodgeball Officials**

Dodgeball officials needed to officiate Wed nights, April - May from 6-10 pm. Games are held at Turtle Lake School. Previous officiating or playing exp. pref. \$8-10/ game.

### **Fitness Instructor**

All formats including adult step, high-low impact, water exercise, and dance-based fitness classes. Certifications pref. Morning, afternoon and evening hours available.

### **Kids Yoga Instructors**

Teach Yoga concepts through games and stories, including poses, breathing, and visualization. Must have HS diploma/ equiv and knowledge of safe Yoga practices. Yoga certif. and exp working with children pref. Sat afternoons. 1 hr classes + prep time (ages 5-8 & 9-12). \$18.50 - \$25/hr

### **Lifeguards (we will train Ellis Certification)**

Lifeguard in a tropical paradise at our beautiful indoor pool! Ensure safety of pool guests by preventing & responding to emergencies. Lifeguards needed for morning, afternoon and evening hrs. Current certif. or we will train \$8-\$10/hr

### **Personal Trainers**

Our emphasis is on helping people meet their fitness goals. Resp incl generating your own client base and providing one-on-one personalized fitness consultation, education & motivation to fitness participants. Design safe, effective workouts & work on general health, sports specific conditioning, and general rehab. Nat'l Training certif. or exercise science/health degree desired. \$17 - \$20/hr

### **Service Desk**

Work in a fast-paced environment assisting guests on the phone & in-person, operate cash register & reconcile cash, enter memberships into computer, handle a variety of info, assist with concessions when needed. \$7.75 - \$8.50/hr

### **Summer Discovery Full-Day Child Care Instructors**

Supervise and care for children grades K-6 in full-day childcare. Plan and implement program activities ranging from arts and crafts to sports instruction. Weekdays M-F, hours vary between 6 am - 6pm. **Must be willing to commit for entire summer.** Early June-Aug. \$8-\$10/hr.

### **Swimming Instructors (WSI & Other)**

Swimming instructors needed for morning, afternoon and evening lessons at the Community Center and Chippewa Middle School pool. Current certif. required or we will train. \$8 - \$12/hr. (30-40 minute classes)

### **Tennis Instructors**

Instruct youth and adults in beginning & advanced tennis classes. Previous teaching experience along with playing experience required. Weekday evenings & Saturday mornings, April - May. Summer positions, June -Aug. also available. \$10.50 - \$12.50/hr dep. on qualif.

[www.shoreviewmn.gov](http://www.shoreviewmn.gov)  
**Job Line 651-490-4637**  
**651-490-4750**



# Program Registration Form

Shoreview Parks & Recreation Department ■ 4580 Victoria St. N., Shoreview, MN 55126  
 Telephone 651-490-4750 ■ Fax 651-490-4797 ■ Website [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

Register online at <https://registration.shoreviewmn.com>. In order to aid staff in processing registrations, please be sure to fill out registration forms completely. An incomplete form may delay your registration from being processing. Thank you!

LAST (PARENT'S/GUARDIAN'S NAME IF APPLICABLE) \_\_\_\_\_ FIRST \_\_\_\_\_ HOME PHONE (AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_ WORK PHONE (AREA CODE) \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ EMERGENCY CONTACT NAME \_\_\_\_\_ PHONE (AREA CODE) \_\_\_\_\_

Participants First/Last Name	M or F	Date of Birth	Activity# 1st Choice	Activity# 2nd Choice	Activity Name/Level	Activity Time	Activity Location	Grade (if needed)	Per Person Fee
<b>REFUND POLICY</b> Fees, less \$5.00, refunded only if cancellation made five working days prior to the start of activity. Full refunds given only if Parks & Rec. Dept. cancels activity. Classes may cancel due to issues such as low enrollment.									<b>Total Amount Enclosed \$</b> _____

**CONFIRMATION** Confirmations will be issued by e-mail if an e-mail is provided. You can also view your class confirmation information on-line. See page 19 of the current issue of the ShoReview for complete details on on-line access.

Are you currently a Community Center member?  Yes  No  
 Have you registered for classes here before?  Yes  No  
 Have you moved recently?  Yes  No  
 Please include your Client ID# (if you know it): \_\_\_\_\_

**PAYMENT TYPE** If paying by credit card, please circle type.

Cash  Check # \_\_\_\_\_  Credit Card:  

Checks payable to City of Shoreview.

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Billing address is different from above (Please include billing address)

\_\_\_\_\_

**YOUTH SPORTS LEAGUES**

**Special Requests for Teammates** are not guaranteed and are limited to one request per player. Group and/or chain requests not honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after season.

**I would like to coach** \_\_\_\_\_

**Name of teammate request** \_\_\_\_\_

**School child attends** \_\_\_\_\_

**Grade** \_\_\_\_\_

**T-Shirt Size** \_\_\_\_\_

**To better serve our participants**, we ask that you note any information you feel our staff should be aware of (i.e. disability, allergy, special needs, etc...)

\_\_\_\_\_

**WAIVER FOR PARTICIPANT** In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

**Signature:** \_\_\_\_\_

**Your signature indicates you have read the registration information and understand all information relevant to your program choice.**

## Spring/Summer Registration Schedule

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

## Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

### Tuesday, March 8

On-line registration for residents begins at 8:00 a.m.

### Tuesday, March 15

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

## Annual Community Center Member Registration

### Tuesday, March 15

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

## General Registration

Anyone may register at this time. No residency or membership required.

### Thursday, March 17

On-line registration begins at 8:00 a.m.

### Tuesday, March 22

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

## Register Early!

Space is limited in most activities.

## Registration Information

1. Drop-off points include:
  - a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
  - b. The Shoreview Community Center Service Desk, (for hours, see page 18)
  - c. The after-hours payment box, to left of front door of City Hall.
2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
4. Activity fees may not be pro-rated.
5. Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
6. Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. See page 27 for complete details on on-line access. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
8. Refunds may be issued when requested 5 working days before the activity or class unless otherwise noted in the class description. A service charge of \$5 will be deducted from each refund. Unfortunately, at times classes may need to be cancelled due to issues such as low enrollment. Any approved refund will be issued by check from the City of Shoreview. Checks generally take 3 to 4 weeks from date of refund approval to be processed and mailed.
9. Financial aid for qualifying residents with financial limitations is available.
10. Voice/TDD: 651-490-4750.
11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.

# EASY 5 WAYS TO REGISTER

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person





# Program Registration Form

Shoreview Parks & Recreation Department ■ 4580 Victoria St. N., Shoreview, MN 55126  
 Telephone 651-490-4750 ■ Fax 651-490-4797 ■ Website [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

Register online at <https://registration.shoreviewmn.com>. In order to aid staff in processing registrations, please be sure to fill out registration forms completely. An incomplete form may delay your registration from being processing. Thank you!

LAST (PARENT'S/GUARDIAN'S NAME IF APPLICABLE) \_\_\_\_\_ FIRST \_\_\_\_\_ HOME PHONE (AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_ WORK PHONE (AREA CODE) \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ EMERGENCY CONTACT NAME \_\_\_\_\_ PHONE (AREA CODE) \_\_\_\_\_

Participants First/Last Name	M or F	Date of Birth	Activity# 1st Choice	Activity# 2nd Choice	Activity Name/Level	Activity Time	Activity Location	Grade (if needed)	Per Person Fee
<b>REFUND POLICY</b> Fees, less \$5.00, refunded only if cancellation made five working days prior to the start of activity. Full refunds given only if Parks & Rec. Dept. cancels activity. Classes may cancel due to issues such as low enrollment.									<b>Total Amount Enclosed \$</b> _____

**CONFIRMATION** Confirmations will be issued by e-mail if an e-mail is provided. You can also view your class confirmation information on-line. See page 19 of the current issue of the ShoReview for complete details on on-line access.

Are you currently a Community Center member?  Yes  No

Have you registered for classes here before?  Yes  No

Have you moved recently?  Yes  No

Please include your Client ID# (if you know it): \_\_\_\_\_

**PAYMENT TYPE** If paying by credit card, please circle type.

Cash  Check # \_\_\_\_\_  Credit Card:

Checks payable to City of Shoreview.

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Billing address is different from above (Please include billing address)

\_\_\_\_\_

**YOUTH SPORTS LEAGUES**

**Special Requests for Teammates** are not guaranteed and are limited to one request per player. Group and/or chain requests not honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after season.

**I would like to coach** \_\_\_\_\_

**Name of teammate request** \_\_\_\_\_

**School child attends** \_\_\_\_\_

**Grade** \_\_\_\_\_

**T-Shirt Size** \_\_\_\_\_

**To better serve our participants**, we ask that you note any information you feel our staff should be aware of (i.e. disability, allergy, special needs, etc...)

\_\_\_\_\_

**WAIVER FOR PARTICIPANT** In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

**Signature:** \_\_\_\_\_

**Your signature indicates you have read the registration information and understand all information relevant to your program choice.**



# Shoreview Farmers' Market

Tuesdays June 14 – October 25 . . . . . 3:00 P.M. – 7:00 P.M.

Shoreview Community Center, Parking Lot  
4580 Victoria Street North

The market is a weekly summer event that brings the community together featuring local fresh produce, hand-crafted artisan items, live entertainment and activities for all ages and much more!

## Community Table

A community space is available to charity and non-profit organizations at no cost, for fund-raising, promotional and educational purposes. For More Information contact Lesley Young, Market Manager at 651-490-4734 or [lyoung@shoreviewmn.gov](mailto:lyoung@shoreviewmn.gov).

## Market Manager's Information Booth

Located at the East entrance, pick up information on the market or any Park and Recreation program, ask questions, sign up for the weekly basket giveaway or give feedback/suggestions.

## Special Events

### June 14 Minute with Mayor Martin

Take a minute with Mayor Martin and be the first in line to receive a delicious treat! It's her way of thanking you for shopping our beautiful market.

### July 5 Red, White & Blueberries

Cool the temps with a yummy treat compliments of your market and a special thanks to our military who receive a special gift who show their military ID at the market manager's booth.

### August 2 Caramel Autumn Apples

Who doesn't love a sticky gooey caramel apple? The Shoreview market will be giving away caramel apples to the first 200 shoppers!

### September 6 Hot Stuff Salsa Contest

Enter our popular salsa contest. Winners receive a bountiful basket stuffed with ingredients to make great salsa. Drop off your salsa at the market manager's table by 4:00 p.m. on market day. Mark your salsa Fruit/Mild/Medium/Hot/Fire. Judging will begin at 5:00 p.m. *One entry per person in any category.*

### October 25 Farewell Fall Festival

Farewell till 2012! Stop by the market managers table for a farewell treat compliments of Neumann Farms!

**Live entertainment at all special event dates!**



**City of Shoreview**  
 4600 Victoria Street North  
 Shoreview, MN 55126

Presorted Standard  
 ECRWSS  
 U.S. Postage Paid  
 St. Paul, MN  
 Permit No. 5606

**POSTAL CUSTOMER**



# 2011 Concert Schedule

**Wednesdays @ 7 p.m.**

<b>June 15</b>	Dan Perry & Ice Cream .....	Variety
<b>June 22</b>	Mick Sterling & His Band .....	R&B/Blues
<b>June 29</b>	Six Appeal .....	A Capella
<b>July 6</b>	Forty Shades of Green .....	Irish
	<small>*Featuring Rince na Chroí Dancers</small>	
<b>July 13</b>	Spyrograph .....	Variety
<b>July 20</b>	Shoreview Northern Lights Variety Band .....	Community Band
<b>July 27</b>	The Big Strong Men .....	Rock & Roll
<b>August 3</b>	American Flyer .....	Oldies
<b>August 10</b>	George Maurer Trio .....	Jazz
<b>August 17</b>	The R - Factor .....	R&B

**FREE!**

**Shoreview Commons Pavilion**  
 (located behind Shoreview Community Center)

**Join Us!**

For detailed information on these groups, please visit our website @ [www.shoreviewmn.gov](http://www.shoreviewmn.gov)