City Newsletter May/June 2018

# SHOREVIEWS

Summer 2018 Recreation Catalog



City Hall	651.490.4600
	651.490.4700
Community Center	631.490.4700
Parks and Recreation	651.490.4750
Building Permits	651.490.4690
Code Enforcement	651.490.4687
Forestry	651.490.4650
Human Resources	651.490.4619
Planning and Zoning	651.490.4680
Recycling	651.490.4650
Sewer & Water Maint/Svcs	651.490.4661
Streets	651.490.4671
Utility Billing	651.490.4630

#### **Police**

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

For non-emergencies call 651.484.3366 For emergencies call 911

#### Fire

Fire protection is provided by the Lake Johanna Fire Department. For emergencies call 911 Dispatch Non-emergency 651.415.2100

#### City Officials

Sandy Martin, Mayor 444 Lake Wabasso Court Office: 651.490.4618 smartin@shoreviewmn.gov

Emy Johnson, Council Member 4700 Lorinda Drive Cell: 763.443.5218 ejohnson@shoreviewmn.gov

Terry Quigley, Council Member 1212 Silverthorn Court Home: 651.484.5418 tquigley@shoreviewmn.gov

Sue Denkinger, Council Member 4494 Chatsworth Street Home: 651.490.3166 sdenkinger@shoreviewmn.gov

Cory Springhorn, Council Member 173 Dennison Ave. Cell: 651.403.3422 cspringhorn@shoreviewmn.gov

Terry Schwerm, City Manager Office: 651.490.4611 tschwerm@shoreviewmn.gov

#### Access Shoreview

Sign up to receive our online newsletter that is sent after each City Council Meeting with City news and events. Visit the City's website at www.shoreviewmn.gov.

# SUMMER FUN!

#### 20th Annual Farmers' Market

#### **Tuesday afternoons**

June 5 – September 4 3-7 P.M.
September 11 – October 23 3-6 P.M.
Shoreview Community Center
Lower Level Parking Lot & Pavilion

The popular Shoreview Farmers' Market brings the community together every week throughout the summer. Join us and enjoy fresh local produce, vibrant flowers, artisan items and special events!



#### 2018 Concert in the Commons

#### Haffeman Pavilion/Shoreview Commons - 7 P.M.

June 13	The Backyard Band	Variety	1
June 20	Pan-Handlers	Steel Drum	
June 27	Switch	Variety	1
July 4	No Concert		-90 mil
July 11	Northside Dukes	Blues	Congress of
July 18	Church of Cash	Johnny Cash Tribute	1
July 25	SNLV Band	Community Band	-
August 1	Jim Tones	Variety	EREE
August 8	Lavalle Jazz Cats	Jazz	11111
August 15	Divas Through the Decades	Tribute	

NEW Kidz Concerts in the Commons starts this summer! See back cover for details.

#### Slice of Shoreview Days 2018

#### **July 27-29,** see page 5

Join in the three-day family event celebrating everything Shoreview! **sliceofshoreview.com** 

#### 18th Annual Tour de Trails

#### **Sunday, July 29, 2018**

The leisurely Tour de Trails bike ride celebrates Shoreview as a bicycle-friendly community. It's a great way for family and friends to experience our City's exceptional bicycle paths. The event cost is \$7 per person or \$20 per family and includes a t-shirt for each participant. Visit www. shoreviewmn.gov for more information and to register online.



On the cover: Our Summer Discovery kids enjoy fun, weekly field trips to different locations, such as the Depot at the Landing in Shakopee. Learn more about the Summer Discovery program on page 42.

#### **Community Center Expansion Update**



Contractors have been busy this spring at the Community Center with the expansion over halfway complete. The expansion project includes two distinct areas, including an expansion of the Tropics Indoor Waterpark and a major two story addition adjacent to the

gymnasium. The project is expected to be completed in fall 2018.

During the project, the City has continued normal operations of the Community Center and staff are working closely with the project construction manager to minimize disruptions. Currently, there a few closures taking place.



#### **Tropics Indoor Waterpark**

The Waterpark closed in April to complete the renovation in the pool locker rooms, expand the family changing area, and make the interior connection to the 7,000 square foot expansion. The existing Waterpark will reopen in early June and the new expanded area will open in fall. All swim lessons, water aerobics classes, and lap swim are taking place at Highview Middle School or Chippewa Middle School during this time.

During this shutdown period, any member that has an active annual membership will receive a household credit for the two months that the pool will be closed. Members can continue to use the fitness center, gymnasium, and indoor playground during this time. For those who have a prepaid annual membership, staff will determine the

monthly membership rate and credit your account for that amount. These credits will take place after the pool reopens. Please note that the City will not credit seasonal memberships and strongly discourages anyone from purchasing one if their primary interest is the pool.

#### **Indoor Track**

The indoor track closed in mid-April to complete the interior connection of the four new multi-purpose rooms on the upper level. It's expected that this will reopen in early July.



#### **Wave Cafe**

Construction in the Wave Cafe area will begin in June. The Wave is being remodeled and expanded to include new booths adjacent to the gym. The Wave will remain open with limited service throughout construction but there may be periodic closures to complete the flooring work.

#### **Fitness Studios**

Finally, Studio I closed in April to allow for the construction of a corridor to the new fitness studios and a new entry into the expanded Tropical Adventure Indoor Playground. The four new fitness studios are expected to open in July. Once the new studios are open, renovations will begin in Studio 2 to modify it to stretching and functional training space within the Fitness Center. The expansion of the Indoor Playground is currently expected to take place during August and early September.

In addition to the new fitness studios, staff have enhanced the fitness classes and punch card system in time for summer registration. See pages 32-38 for more information.

The City greatly appreciates your patience during this expansion project. You can view more information on the expansion at www.shoreviewmn.gov.



Mayor Sandy Martin will bring some of her "Talk with the Mayor" office hours on a health-conscious "Walk and Talk with the Mayor" this summer. Every 2nd Tuesday of the month, beginning in June and lasting through September, Mayor Martin will be leading a walk beginning at 3 p.m., exploring our scenic parks and trails throughout Shoreview. Mark these scheduled dates on your calendar:

#### June 12 • July 10 • August 14 • September 11

Everyone is invited to come meet Mayor Martin and Rafa, her friendly Australian Labradoodle, and enjoy some fresh air and exercise while exploring some of the best that Shoreview has to offer. The walks will begin at the Shoreview Community Center in the upper parking lot.



In the event of rain, the outdoor walk may be cancelled. However, the Mayor will maintain her regular office hours at City Hall, most Tuesday afternoons from 3 p.m. to 5 p.m. Please check the City's website at www.shoreviewmn.gov to confirm any cancellations or changes.

If you have other questions or concerns, she is also available by phone at 651.490.4618.

# shoreview2040

#### Open House Shoreview's Comprehensive Plan

The City of Shoreview is inviting you to join us at an Open House for the Shoreview Comprehensive Plan. The Comprehensive Plan builds on past planning efforts, addresses current trends and establishes long range goals for the community.

At the open house, you will be able to provide comments on the draft plan. City staff will be available to provide information and answer questions. No formal presentation will be given, so please feel free to drop anytime during the open house.

Can't make it? Information can be found on-line at destination.shoreviewmn.gov

Questions? Please contact Kathleen Castle, City Planner, at 651.490.4682 or via email at kcastle@shoreviewmn.gov.

Please join us on

Tuesday, May 15 Thursday, May 17 3-6 P.M. 5-8 P.M.

#### **Shoreview City Hall**

City Council Chambers 4600 Victoria Street North Shoreview, MN 55126

#### Shoreview Channel 16 City Meeting Broadcast Schedule

Tune in to Shoreview Channel 16 for access to public meetings, community events and other local government information.

#### Shoreview City Council Meetings

**Live:** Every first and third Monday of the month at 7 P.M.

**Replays:** Monday, Wednesday, Friday and Saturday at 12:30 P.M. and 7 P.M.

Tuesday, Thursday and Sunday at 12:30 A.M., 8 A.M. and 3 P.M.

# Shoreview Planning Commission Meetings

**Live:** Every fourth Tuesday of the month at 7 P.M.

Replays: Monday, Wednesday, Friday and

Saturday at 12:30 A.M. and 8 A.M.

Tuesday, Thursday and Sunday at 7 P.M.



# Recycling Collection Week to Change with New Contractor

The City of Shoreview's residential curbside recycling program is changing this summer! Starting July 2018, recyclables in the City will be picked up by Eureka Recycling, a non-profit zero-waste organization. As part of the contract, Eureka will be providing tailored educational materials and outreach activities to increase and improve recycling efforts. Below is more information on what you can expect from the contract change.

**Collection:** Starting in July, recycling will be collected on the opposite week than it is currently. For example, recycling collected on the 1st and 3rd Mondays, will now be collected on the 2nd and 4th Mondays. Check the mail for a new recycling calendar from Eureka in early summer with the new collection dates highlighted.

Carts: In an effort to reduce costs, the City will be purchasing recycling carts. All residents will be delivered a new recycling cart in June. The City will match cart sizes and your old cart will be picked up by Republic Services in late June. Because of recent high volumes of cardboard in recycling streams, paired with our everyother-week collection, the City encourages residents to select the largest recycling cart size for their home (95-gallon) in order to have sufficient space.

A postcard regarding the new carts was delivered to all residents in mid-April. If you did not receive a postcard or would like to switch to a larger cart, please contact the City at 651.490.4665.

**Service Gap:** The last collection under the current contract will take place the week of June 18th, and Eureka starts collecting the week of July 9th. This leaves a three week gap in recycling collection service for single-family residences. Eureka has agreed to work with residents during this first week of collection, but please try to plan your recycling stream accordingly.

For more information regarding the new contract, please contact 651.490.4665.



It's almost that time of year when Island Lake County Park becomes a "slice" of Shoreview and we celebrate the vibrant community. The Slice of Shoreview features a wide variety of family events and activities, there is something for all ages, including a car show, parade, art fair, carnival, petting zoo, food, great music and two big nights of amazing fireworks!

For a complete list of events and schedules, visit the event website at www.sliceofshoreview.com.

#### **Popular Favorites Returning:**

- Fireworks on Friday and Saturday Night
- Carnival
- Parade
- Bingo
- Food Court
- Petting Zoo and Pony Rides
- Car Show
- Raptor Center
- Puppet Wagon
- Slip n' Slide
- Sunday morning church service

#### **Live Musical Entertainment:**

• Friday: Bad Girlfriends

• Saturday: The Jimtones and Power of 10

• Sunday: Church of Cash and Holy Rocka Rollaz





# CITY

# Shore: The Shore

# Young Artists Create "One Community of Many Colors"

Shoreview Human Rights Commission's Annual Fourth Grade Poster Contest

The Shoreview Human Rights Commission (HRC) has once again sponsored its annual art poster contest, "One Community of Many Colors" for fourth grade students in Shoreview. In its 25th year, the contest commemorates Martin Luther King Jr. Day. The Commission received over 280 entries from the following schools: Emmet D. Williams, Island Lake, St. Odilia, and Turtle Lake. Students were asked to create posters that included people of different races and cultures interacting positively with each other.

The posters were judged by the HRC on their expression of the theme, clarity of the message, quality of the art, its attractiveness, usage of the whole paper, and the correct spelling of any text. The City Council recognized winners at their Feb. 5th meeting.

Posters were on display during February at the Community Center. Winners are also invited to participate in the Slice of Shoreview parade alongside the HRC members in July.



First Place: Jackson Genia

First	Jackson Genia
Second	David Park
Third	Sidharth Sharma
Fourth	Josiah Chan
Fifth	James Miller
Sixth	Fiona Dong
Seventh	Jaiesh Natamai
Eighth	Julian Krieger
Ninth	Ben Lawrence
Tenth	Tina Vandenboom

Honorable Mentions: Jayden Bitz, Henri Hammes-Dahlke, Layla Jackson, Arina Koam, Ruhi Malgi, Mackenzie Mielke, Delaney O'Toole, Olivia Overbo, Lauren Riedel, and Allison Wing.



#### Free and Open To All Rain or Shine

Shoreview
Saturday, June 2, 2018
9am-1:30pm

Shepherd of the Hills North Parking Lot 3920 Victoria St N, Shoreview Candscape Revival:
Oakdale
Saturday, June 9, 2018
9am-2pm

Richard Walton Park 1584 Hadley Ave N, Oakdale

See reverse for maps; for more information go to www.tiny.cc/LR2018

#### We're more than a plant sale!

**Expo:** Learn how to select and grow native plants from local conservation and restoration groups.

Market: Purchase Minnesota native plants and accessories from a variety of local growers. No cultivars or systemic insecticides.

**Cash or Check Preferred** 



Shoreview is known for its numerous lakes and wetlands located throughout the City. These water features provide a wide range of benefits to residents' quality of life. In order to help maintain the quality of these water bodies for current and future residents, it is important to use sound practices to minimize erosion and protect our waters.

Erosion occurs when bare ground is exposed to wind and water. Erosion transports soil from properties to our wetlands, streams and lakes, which can degrade water quality and change habitats. Using the following practices to limit erosion at your home will help maintain the quality of surface water and reduce the cost of maintaining the City's storm water system.

- Keep soil and debris off of sidewalks and streets. Rain can quickly wash the sediment to catch basins and surface waters from these hard surfaces.
- The grassy boulevard area (10 to 15 feet from the street) acts to filter sediment from runoff. If that area is disturbed, act promptly to re-sod the area or use a fiber blanket to prevent erosion.
- Any project that disturbs ground cover should include erosion control measures. This can be as simple as securing a tarp over small piles of soil. Larger disturbed areas require different types of control protection.
- Keep leaves and grass clippings away from streets, driveways, sidewalks and other paved areas. Grass clippings contain phosphorus, the nutrient that turns lakes green with algae.



If you have questions or would like more information, please visit our website at www.shoreviewmn. gov/erosioncontrol or call our Natural Resources Coordinator at 651.490.4665.

Do you have an unsealed, unused well on your property? Unsealed wells can cause contamination of the groundwater supply, from which we all drink. If you have an unsealed, unused well on your property, the State of Minnesota requires property owners to obtain a Water Well Maintenance Permit or to have the well sealed.

Ramsey County currently has cost share programs available to assist you when having your well sealed. Contact Ramsey Conservation District at 651.266.7274 or visit their website with questions regarding these programs.



WaterFest 2018 is a free family festival celebrating our clean lakes and offers an opportunity for hands-on learning about the water quality, wildlife, and special ecological features of our beautiful watershed.

Saturday, June 2, 2018
11 A.M. – 4 P.M. (rain or shine)
Phalen Lake Park, St. Paul
North of Phalen Dr. & Wheelock Pkwy

Join a fun-filled day of free activities featuring food, exhibits, activities, a parade and more. For more details, visit www.rwmwd.org/waterfest.

# Green Community Awards



Applications for Shoreview's annual Green Community Awards are available at Shoreview City Hall, 4600 Victoria Ave. N. or on the City's website at <a href="https://www.shoreviewmn.gov/EQC">www.shoreviewmn.gov/EQC</a>. The application deadline is June 2, 2018.

Sponsored by Shoreview's Environmental Quality Committee (EQC), the awards recognize residents and businesses that help improve water quality, have become more energy efficient and have taken other steps to reduce their environmental impact.

For more information, call 651.490.4652 or visit www.shoreviewmn.gov/EQC.

Our City is known for its quality residential neighborhoods primarily because of our community standards for property maintenance. To help preserve this quality, the City has adopted property maintenance codes designed to establish residential standards for appearance and upkeep:

**Grass and Weeds:** Please keep grass and weeds shorter than nine inches in grass plots, lawn areas and boulevards. Non-wooded vegetation on vacant properties cannot exceed 18 inches in growth height.

**Vehicles and Equipment:** Two recreational vehicles and/or trailers may be stored outside on a residential property area as follows:

- Rear yard at least 10 ft. from rear property line
- Side yard at least 5 ft. from property line, unless otherwise approved by the City
- Front yard only on an approved driveway surface, and at least
   ft. from a side property line

Please park currently licensed automobiles in a garage or outside on an asphalt, concrete or approved surface. Vehicles must be owned or leased by the occupant of the premises where parked and stored.

Please call the Community Development Department at 651.490.4680 or email **communitydevelopment@shoreviewmn.gov** if you have any questions about the property maintenance standards. You can also find more information on our website at **shoreviewmn.gov**.



#### It's Garage Sale Season: Here's What You Need to Know

- Residential properties can have 2 garage sales in a year
- Each sale cannot exceed 4 consecutive days
- Signs must not obstruct visibility for pedestrians or vehicles
- One promotional sign can be displayed on the property where the sale is being held on the day(s) of the event
- Signs must comply with the City's sign regulations (see City Code 208)
  - Size limits
  - Location limits
  - Height location limits
- No more than 2 directional signs permitted off premises at major intersections

#### SHINE - Shoreview Inspections for Neighborhood Enhancement

Each spring and fall the City selects a neighborhood in the community to educate property owners about our property and housing maintenance standards. This program known as **SHINE** is designed to educate and raise awareness to residents on the importance of maintaining properties in order to protect property values and the quality of a neighborhood.

Residents in the selected neighborhood receive information regarding the program and the City's property and housing maintenance standards. The City staff follows up with a visit to the neighborhood and identifies properties that may have housing and property maintenance issues or potential nuisance conditions. The City then notifies those property owners and works with them to

correct issues that may exist and could be detrimental to adjacent properties and the neighborhood.

The City believes that community-wide neighborhood enhancement efforts like **SHINE** help preserve the quality and livability of our neighborhoods, which is critical to maintaining Shoreview's long-term stability and overall quality of life.

#### **Overnight and Special Event Parking**

The City of Shoreview prohibits parking on city streets between the hours of 2 A.M. and 5 A.M. However, residents may request an overnight parking permit for up to 7 days for events such as building construction, out-of-town guests, driveway construction, or large family gatherings. The City can also allow parking on streets posted "No Parking" for special events such as graduation parties, garage sales and other reasons. Both of these permits are available at <a href="https://www.shoreviewmn.gov">www.shoreviewmn.gov</a> or from the Public Works Department at City Hall. Please call 651.490.4650 with any questions.

#### NeighborWorks Home Partners

#### **Thinking About Home Improvements?**

Whatever your home improvement and housing needs may be, call NeighborWorks Home Partners to learn more!

NeighborWorks Home Partners specializes in:

#### **HOME IMPROVEMENT FINANCING TOOLS**

• Shoreview Home Improvement Loan Program

The City of Shoreview is offering a home improvement loan to residents to encourage home renovation and increase the home values within the City of Shoreview. You may be eligible for up to \$20,000 to use toward energy efficiency and/ or improvements that may improve the livability of the home, function of the operating systems, and overall appearance of the structure and property. The total gross annual household income cannot exceed 120% of the Shoreview median household income.

#### Other Loan Programs Are Also Available

NeighborWorks Home Partners has a variety of programs to help homeowners repair their homes. Their ending staff will help determine your eligibility for our financing. Then their construction manager will meet with you to talk about your project list, and review any other repairs your home needs. Once the scope of work is determined, we will help you get bids from three contractors and select the one who will do the work. They also verify all work is done correctly before the contractors are paid, so you can be confident that you are getting the quality you want.

#### HOUSING INFORMATION

NeighborWorks Home Partners also provides information on a variety of housing related topics: referrals for first time homebuyers and rental information, home maintenance and safety; mortgage refinancing and foreclosure prevention programs.

#### Services provided are free!



NeighborWorks Home Partners 651.292.8710

533 Dale Street N. Saint Paul, MN 55103 nwhomepartners.org

## Are You Looking to Rent Your Home?

The City of Shoreview has established a licensing program requiring property owners who own rental housing to obtain a license. This program applies to single-family attached/detached homes, townhomes, mobile homes and multifamily dwelling units that are



being used as rental properties. Licensing enables the community to ensure that these units and properties are maintained and used in accordance with the City's standards. This program supports the City's goal of preserving stable neighborhoods and property values. Licenses are issued annually and required to be renewed each year if the property owner does not reside at that address. To obtain or renew a license, please call Brent Marshall, the Housing and Code Enforcement Officer at 651.490.4687 or visit www.shoreviewmn.gov/rental-housing.

# Are you thinking of a Home Improvement Project?

#### You might need a permit.

Spring is a great time to start thinking about starting a home improvement project. Depending on the type of project, a permit from the City may be required. Many residents are not aware that most home improvement projects are required to have a permit, including new fences, sheds, driveway replacements, as well as any window, door and roof replacement project.

Residents may sometimes overlook the benefits of obtaining a permit and appropriate inspections. However, permits serve as a permanent record that work was done in accordance with building codes, giving reasonable assurance that the home or structure is safe from hazards and health risks. Permit applications are available on the City website at www.shoreviewmn.gov or at City Hall.

For more information, contact the Community Development Department at 651.490.4680 or visit www.shoreviewmn.gov.

#### Oak Wilt is now at High Risk: Don't Trim Your Trees!

#### What is oak wilt?

Oak wilt is a fungal disease that kills thousands of oak trees every year. Oak wilt spreads in two ways: Through root grafts between similar species, radiating outward from a central infected tree; and over land, carried by oak sap beetles carrying fungal spores from tree to tree.

#### What are the "risk season" references?

There are three risk seasons: High Risk, Low Risk and Safe. They refer to the probability that oak wilt will infect a tree. Specific dates vary depending on weather conditions.

- High Risk months are typically April, May and June.
- Low Risk months are March, July, August, September and October.
- Safe months are November, December, January, and February.

How do I minimize the probability of oak wilt infection? Avoid any wounding during the High Risk (and hopefully, the Low Risk) period...no pruning or trimming. If a tree is wounded, seal the wound quickly (within 15 minutes) with one coat of shellac (preferable) or a water-based paint. If oak wilt is in the area, it's the High Risk season, and the wounding is unattended for more than 15 minutes, the probability of infection rises dramatically.

If you suspect oak wilt this summer or have other questions, please contact the City at 651.490.4665. For more information on oak wilt, visit the City's Forestry webpage at www.shoreviewmn.gov/forestry.

#### Be Sure Your Tree Contractor is Licensed in Shoreview!



To protect the homeowner, the City requires all tree contractors operating in Shoreview to provide proof of bonding and general liability insurance. Trees are an investment, which is important to keep in mind when hiring a company to trim and/or remove trees. Strategically planted trees can save on heating and cooling costs, reduce storm water runoff, attract birds, and add value to your home.

The City keeps a current list on the website at www. shoreviewmn.gov/tree-trimmers, or you can call the Natural Resources Coordinator at 651.490.4665 for a copy. The City does not endorse any contractors. Included in the licensed tree trimmers list are tips for hiring an arborist, resources to learn more about common tree diseases in Shoreview, and details about the services each company provides.

#### Cost-Share Program Available

It's not too early to start thinking about installing a rain garden or habitat restoration project on your property this year! The Ramsey Conservation District has cost-share funds and free technical assistance available for Ramsey County residents who would like to implement qualified restoration projects such as rain gardens, native plantings, and shoreline restorations



that will create habitat and protect our lakes, streams, and wetlands. Program goals include protecting surface and groundwater quality, increasing storm-water infiltration, increasing wildlife habitat and increasing diversity. Funds are available to homeowners, churches, homeowner associations, and commercial properties interested in installing clean water projects on their property. Projects are funded 50-100% depending on the type of project and location in the Watershed.

Visit www.rwmwd.org/get-involved/stewardship-grants for more info. Technical service for the cost-share program is provided by Ramsey Conservation District. Please call Michael Schumann at 651.266.7275 to schedule a site visit to see what opportunities are available on your property.



As required by the federal Safe Drinking Water Act, the City of Shoreview is issuing the results of monitoring done on its drinking water for the period from Jan. I to Dec. 31, 2017. The purpose of this report is to advance consumers' understanding of drinking water and heighten awareness of the need to protect precious water resources.

We are proud to report that no contaminants were detected at levels that violated state and federal drinking water standards.

Visit www.shoreviewmn.gov/water-quality-report online to view the city's annual water quality report, which includes information on the monitoring done on Shoreview drinking water in 2017. Please review the report, and if you have questions, contact Dan Curley, Public Works Superintendent, at 651.490.4672 or send an email to dcurley@shoreviewmn.gov.

#### Please Conserve Water: Remember Your Lawn Watering Days

Please conserve water when sprinkling your lawn this summer, and remember that water use restrictions will be in effect from May 15 to September 15. Residents with even-numbered houses (last digit of house address) can water lawns on even-numbered calendar days, and odd-numbered houses on odd-numbered calendar days. Residents can water BEFORE 11:00 A.M. or AFTER 5:00 P.M. on these days (No watering between 11:00 A.M. – 5:00 P.M.).

Exceptions to these limitations include: private wells, car washing, filling a children's pool, children playing in a hose-operated sprinkler or water toy, and handheld watering of plants and shrubs. Residents with newly-sodded or seeded yards may obtain a two-week exemption by calling the Public Works Department at 651.490.4650.

#### Penalties for watering violations:

4th Penalty......Referred to the City Attorney for prosecution

#### Protect Your Ash Trees While Saving Cash

In response to Shoreview's Emerald Ash Borer infestation, the City will once again offer a program to effectively combat the problem: Residents can choose to have their ash trees injected with a preventative insecticide, at a reduced cost.

Through research, this tree injection method has been shown as the most successful option to protect ash trees, with treatments needed only once every two to three years. The City's approved Emerald Ash Borer Management Plan also prefers this trunk injection treatment method over others because all chemicals stay in the tree, with no potential to pollute groundwater or runoff into our lakes, wetlands, and the storm water system.

Small holes are drilled into the trunk of the tree and the insecticide is injected with a needle, much like an IV to the tree's system. The insecticide then spreads throughout the canopy of the tree and wards off Emerald Ash Borers from feeding in treated trees.

If you are interested in protecting your ash trees using this method, please call Ellen Brenna, Natural Resources Coordinator at 651.490.4665 for an inspection and quote on this



service. Residents choosing to use the City's tree injection program must sign a contract and waiver allowing City staff to perform treatments within the boulevard or private property. Please note that ash trees are one of the last species to leaf out, so inspections and treatment will not take place until canopies are full – usually in late May or early June.



#### SPRING CLEANUP DAY

#### Saturday, May 19, 2018 7 A.M. - Noon

1425 Paul Kirkwold Drive (Hamline Avenue and Highway 96)









#### **Items Accepted**

- Electronics (TVs, Computers, etc.) Bicycle and Tool Donations
- Construction Debris
- Appliances
- Carpeting
- Mattresses/Box Springs
- Vacuum Cleaners
- Tires

- Water Softeners
- Furniture
- BBO Grills
- Lawnmowers\*
- Snow Blowers\*
- Household Hazardous Waste\*\*
- \* If an item has oil or gasoline, it must be drained or it will not be accepted. Used oil and gasoline can be disposed at the Ramsey County Household Hazardous Waste (HHW) site.
- \*\*Household Hazardous Waste: You can avoid long wait times at Cleanup Day by bringing your household hazardous waste to any one of the HHW drop-off locations hosted by Ramsey County.

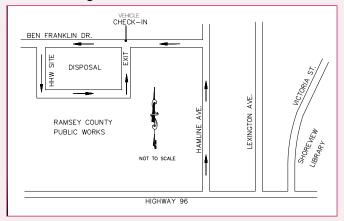
#### **Items Not Accepted**

- No Brush/Yard Waste
- No Railroad Ties
- · No Oversized Items such as hot tubs, boats, sheds
- · No Engines containing gasoline or oil
- · No Donations (except bicycles)

#### **Charges by Vehicle Type/Load**

Please remember, CASH or CHECK ONLY!

- Car: \$10
- All Other Vehicles: \$25 (includes SUVs, Minivans, Trucks, etc.)
- Trailers: \$35
- Oversized Loads such as U-Haul trucks will be subject to extra charges.



#### Open to Shoreview and Arden Hills residents only.

Must bring proof of residency, such as driver's license or utility bill.

For more information: 651.490.4665 or www.shoreviewmn.gov/cleanupday

#### Don't want to wait until Cleanup Day?

For more information on donation options, proper disposal of household items, and year-round recycling programs, visitwww.ramseyrecycles.com or call 651.633.3279 (answered 24/7).



Cardboard recycling can be confusing, especially when it comes to food containers. Here are some tips to help sort it out!

- · Corrugated cardboard such as shipping and moving boxes can be recycled. Remove any wrapping and plastic packaging materials and flatten each box to save room.
- Take-out and delivery pizza boxes that are not too contaminated with grease and cheese can be recycled. Otherwise these should not be put in the recycling stream but can be composted.
- Frozen and refrigerated food boxes, as well as take-out food boxes, contain a plastic moisture barrier and cannot be recycled.
- Empty chip, cereal, and cracker boxes from your kitchen can be recycled as well as toothpaste, tissue, and toiletries boxes from your bathroom.
- Milk and juice cartons with the plastic spouts can be recycled whole as the spouts get removed during the pulping process.

To learn more about what you can recycle, visit Ramsey County's A to Z Recycling & Disposal Guide at www.RamseyRecycles.com. Happy Recycling!

#### Shoreview-Einhausen Sister City Association

Shoreview's Sister City Association (SESCA) is gearing up for an exciting Spring!

#### **Annual German Dinner**

Register now for our annual German Dinner and Program that's being held on April 7th at the Gasthaus Bavarian Hunter in Stillwater. The evening is a highlight of our year. With a social hour, fantastic German-inspired meal and engaging and interesting program to end the evening, it's a must-do if you want to see what our group is all about.



#### St. Paul Tour

To highlight our State's rich Germany history, SESCA is hosting a St. Paul tour. Join us on Saturday June 9th for a bus tour of various German historical sites in St. Paul. The tour includes a lunch stop and will be led by local historian and tour guide Dave Bredemus. We will leave from the Shoreview Community Center. All are welcome!

#### Einhausen's Anniversary

Our sister City, Einhausen, will be celebrating its 1250th anniversary in 2018. Can you imagine? Residents of Shoreview have been invited to celebrate this wonderful time, and the SESCA board members are planning a trip for August 2018. More information can be found on our website. Cheers!

For more information on any of these events, email us at **sistercity@sesca.org** or visit **www.sesca.org** 



#### Shoreview Historical Society Launches Membership Drive: History - Be a Part of It!

As the Shoreview Historical Society explores an expanded public presence at the Shoreview Library, it recently launched a membership drive with a few added incentives.

Members, new and current, may show their membership cards at the following businesses for perks:

- Lexington Floral Receive a free floral gift,
- **Subway** Purchase a 6"sub and a drink and receive a complimentary 6" sub
- Shore 96 and the Arden Hills Perkins Receive a 10% discount on food.

Members will also receive an invitation to a FREE breakfast at Perkins each January, will be given preferred seating at all library programs and have access to the quarterly SHS newsletter.

The Historical Society offers adult, senior, student and family memberships or gift memberships. Visit www.shoreviewhistoricalsociety.org for more information.

The Historical Society also continues to honor a Heritage Family of the Year - this year it is the Sven and Charlotte Lundberg family. Information on nominating a family can also be found at the website.

# **Shoreview Community Foundation Create Your Legacy. Build the Foundation.**

#### Ice Cream Social

Wednesday, June 13, 2018
The Concert in the Commons
6:30 p.m.

Sponsored by the Shoreview Community Foundation
Join us for free ice-cream and entertainment
Fun for the whole family!

Recipients of our 2018 grants will be announced.







The Shoreview Community Foundation seeks to maintain, enhance and enrich the quality of life in Shoreview, Minnesota by connecting the generosity of people with the evolving needs of the community.

www.shoreviewcommunityfoundation.org



Meeting dates/times/locations are subject to change. For more current information, visit www.shoreviewmn.gov or call 651.490.4600.

(CC) Council Chambers

(UC) Upper Conference Room

(LC) Lower Conference Room

(MC) Maintenance Center

(SP) Shoreview Pavilion (LLPL) Lower Level Parking Lot

(CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center

**ILCP - Island Lake County Park** 

(SCP) Shoreview Commons Park

#### MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		I	2	Bikeways and Trails Committee 7 pm, LC	4	5
		Recy	cling Week: May	7-11		
6	Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	8	9	10	П	12
13	Council Workshop 7 pm, CC	15 Econ. Dev. Commission 7:30 am, UC Comprehensive Plan Open House 3 pm, CC	EQC Speaker Series 7 pm, CC	17 Comp. Plan Open House 5 pm, CC  Public Safety Meeting 7 pm, LC	18	19
		Recyc	ling Week: May	21-25		
20	City Council Meeting 7 pm, CC	Planning Comm. 7 pm, CC	Human Rights Commission 7 pm, CC	Parks and Recreation Commission 7 pm, CC	25	26
27	28 City Offices Closed Memorial Day	Environ. Quality Committee 6:30 pm, CC	30	31		

#### **JUNE 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
		Recj	cling Week: June	4-8		
3	Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	Farmer's Market 3 pm, LLPL	6	Bikeways and Trails Committee 7 pm, LC	8	9
10	Council Workshop 7 pm, CC	Farmer's Market 3 pm, LLPL	Concerts in the Commons 7 pm, SP	14	15	16
		Recyc	ling Week: June	18-22		
17	City Council Meeting 7 pm, CC	Econ. Dev. Commission 7:30 am, UC Farmer's Market 3 pm, LLPL	Concerts in the Commons 7 pm, SP	21	22	23
24	Environ. Quality Committee 7 pm, CC	Farmer's Market 3 pm, LLPL Planning Comm. 7 pm, CC	Concerts in the Commons 7 pm, SP Human Rights Commission 7 pm, CC	Parks and Recreation Commission 7 pm, CC	29	30

#### **JULY 2018**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
I	2 Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	Farmer's Market 3 pm, LLPL	City Offices Closed Independence Day	Bikeways and Trails Committee 7 pm, LC	6	7
Rec	cycling week: July 9	2-13 (Effective J	uly 9 recycling is o	n the 2nd and 4t	h weeks each mo	onth)
8	Council Workshop 7 pm, CC	Farmer's Market 3 pm, LLPL	Concerts in the Commons 7 pm, SP	12	13	14
15	City Council Meeting 7 pm, CC	17 Econ. Dev. Commission 7:30 am, UC Farmer's Market 3 pm, LLPL	Concerts in the Commons 7 pm, SP	Public Safety Meeting 7 pm, LC	20	21
		Recy	cling week: July 2.	3-27		
22	Environ. Quality Committee 7 pm, CC	Planning Comm. 7 pm, CC Farmer's Market 3 pm, LLPL	25 Human Rights Commission 7 pm, CC Concerts in the Commons 7 pm, SP	Parks and Recreation Commission 7 pm, CC	Slice of Shoreview ILCP	Slice of Shoreview ILCP
Slice of Shoreview ILCP	30	Farmer's Market 3 pm, LLPL				

#### AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Concerts in the Commons 7 pm, SP	Bikeways and Trails Committee 7 pm, LC	3	4
5	6 Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	7 Farmer's Market 3 pm, LLPL	Concerts in the Commons 7 pm, SP	9	10	П
		Recycli	ng Week: August	13-17		
12	13	14	15	16	17	18
	Council Workshop 7 pm, CC	Farmer's Market 3 pm, LLPL	Concerts in the Commons 7 pm, SP			
19	20 City Council Meeting 7 pm, CC	Econ. Dev. Commission 7:30 am, UC Farmer's Market 3 pm, LLPL	Human Rights Commission 7 pm, CC	Parks and Recreation Commission 7 pm, CC	24	25
Recycling Week: August 27-31 (Effective July 9 recycling is on the 2nd and 4th weeks each month)						
26	Environ. Quality Committee 7 pm, CC	Planning Comm. 7 pm, CC Farmer's Market 3 pm, LLPL	29	30	31	

#### **Federal Elected Officials**

#### U.S. Senator Amy Klobuchar

302 Hart Senate Office Bldg. Washington, DC 20510 612.727.5220 or 202.224.3244 www.klobuchar.senate.gov/emailamy.cfm

#### U.S. Senator Tina Smith

309 Hart Senate Office Building Washington, DC 20510 202.224.5641

#### U.S. Representative Betty McCollum

1714 Longworth House Office Bldg. Washington, DC 20515 651.224.9191 or 202.225.6631 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
651.296.3391
mark.dayton@state.mn.us

#### State Senator Jason Isaacson-District 42

95 University Ave.W., Minnesota Senate Bldg., Rm. 2321, St. Paul, MN 55155 651.296.5537 sen.jason.isaacson@senate.mn

#### State Rep. Randy Jessup-District 42A

477 State Office Building, 100 Rev. Martin Luther King Jr. Blvd., St. Paul, MN 55155 651.296.0141

rep.randy.jessup@house.mn

#### State Rep. Jamie Becker-Finn-District 42B

307 State Office Building, 100 Rev. Martin Luther King Jr. Blvd. St. Paul, MN 55155 651.296.7153

rep.jamie.becker-finn@house.mn

#### **County Elected Officials**

#### Ramsey County Commissioner

Blake Huffman
City Hall-220 Courthouse

15 W. Kellogg Boulevard, St. Paul, MN 55102 651.266.8350

blake.huffman@co.ramsey.mn.us

#### Post Office - Retail Center

1056 Highway 96 E. Vadnais Heights, MN 55127 Phone: 651.407.9864

#### **Animal Control**

For animal complaints or to report a lost or found pet, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366.

For other emergencies, call 911.

All impounded animals will be held at the following location:

St. Paul Animal Control Center 11285 Jessamine Avenue West St. Paul, MN 55108 651.266.1100

Mon - Fri...... I P.M. - 5 P.M. Sat & Sun.......Closed

#### **Police**

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

For non-emergencies, call 651.484.3366 For emergencies, call 911

#### Fire

For emergencies, call 911 Dispatch, Non-emergency 651.415.2100

Lake Johanna Fire Department
Fire Chief, Tim Boehlke 651.481.7024
ljfd@ljfd.org

#### **Ambulance & Paramedic**

Ambulance and paramedic services are provided by Allina Medical Transportation.

For emergencies, call 911

#### Ramsey County Library – Shoreview

4560 Victoria Street North Shoreview, MN 55126 Phone: 651.486.2300

#### www.rclreads.org

#### **Public Transportation**

Transit Link (formerly Dial-A-Ride) is a curb-to-curb minibus or van service that operates within certain Twin Cities communities. It is a shared-ride service which must be reserved in advance. Call 651.602.5465.

Make your commutes easier. Just hop on Route 261 from Shoreview Community Center to Minneapolis. Ride Route 261B each weekday evening. Or, to get to downtown St. Paul, take Route 62 from the Shoreview Community Center and Route 62C to return. 612.373.3333

Metro Mobility: Metro Mobility is a door-to-door public transportation system for people with disabilities in the Minneapolis-St. Paul area and many adjoining suburbs. 651.602.1111

#### Community Support & Resources

**Northeast Youth and Family Services** 

provides support programs for youth, families, adults and seniors. Services include mental health, youth development, and senior chore assistance.

3490 Lexington Avenue North, Suite 205, Shoreview, MN 55126 651.486.3808 | www.nyfs.org

#### Ralph Reeder Food Shelf

Appt. Line: 651.621.7451 Office: 651.621.7450

www.ralphreederfoodshelf.org

The **Senior LinkAge Line** connects seniors to housing, home health care, housekeeping, transportation, legal and financial assistance and more. Call 651.641.8612 or 1.800.333.2433.

CITY



# The Pool will be closed April 2<sup>nd</sup> – May 31<sup>st</sup>

for renovations.



### 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

www.ShoreviewCommunityCenter.com

Find Us on Facebook www.facebook.com/ShoreviewCommunityCenter

#### **Daily Fees**

Includes admission to the Tropics Indoor Waterpa	ırk, Indoor	Playground, Fitness
Center, Gymnasium and Indoor Track.	Rate	Shoreview Resident
Daily Pass		
Adult (18 and over)	\$10.25	\$ 9.00
Youth (I to 17; under age I free with paying adult)	\$ 9.40	\$ 7.75
Family* (2 adults + children living in same household)	\$39.00	\$ 32.00
Seniors (65 and older)	\$ 9.40	\$ 7.75
*Family pass is limited to six individuals living in same housel	hold. Each ad	ditional person is \$4.50.
Indoor Playground Only (ages 1 to 12)	\$ 5.50	\$ 5.50
Coupon Books (Includes 10 daily passes)		
Adult	\$92.25	\$81.00
Youth/Senior	\$84.50	\$ 69.75
Playground	\$49.50	\$ 49.50
Senior Track Discount (65 and over – for track use	only)	
Per visit	\$ 5.00	\$ 4.00
Punch Card	\$45.00	\$ 36.00

Effective January 1, 2018, all children 10 years and younger must be supervised by an individual 16 years or older at all times.

All rates above include sales tax.

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



\*On Tuesdays and Thursdays from 6:10 - 7:20 P.M., the Waterpark will be limited to the Zero Depth Beach Area and Water Walk. The Shark Attack Waterslide will be CLOSED during this time.

#### Holiday Hours Call 651.490.4700 for specific information.

	Community Center	Waterpark	Playground
May 28	5:00 A.M. – 6:00 P.M.	Closed	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.
Sept. 3	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.

<sup>\*\*</sup>See page 18 for extended waterpark hours on school's out days.

#### **Lap Swim Hours**

Lap swim is available at various times throughout the week. See the service desk
for a schedule or visit our website at ShoreviewCommunityCenter.com.

#### Kids Care

Child care is available for patrons of the Community Center. See page 19 for details.

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.

#### Membership Fees

1	Rate*	Shoreview Resident*
Annual Membership		
Family	\$ 835.00	\$ 670.00
Dual	\$ 720.00	\$ 590.00
Adult	\$ 490.00	\$ 385.00
Youth/Senior	\$ 395.00	\$ 330.00
Annual Membership Billed Monthly (With	,	, ,
Family	\$ 77.00	\$ 64.00
Dual	\$ 66.00	\$ 57.00

Youth/Senior......\$ 40.00 ......\$ 32.00

#### **Seasonal Membership** (Three month)

Family	\$ 320.00	\$ 255.00
Dual	\$ 300.00	\$ 235.00
Adult	\$ 215.00	\$ 165.00
Youth/Senior	\$ 165.00	\$ 135.00

<sup>\*</sup>Sales tax is included in price.

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 consists of 2 adults + dependent children under 23 living in same household. Proof of dual and family member qualification is required. Military memberships now available.

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





#### 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.













**Membership** 

Renewal Reward!

The Community Center will be offering FREE guest passes to all annual

membership renewals.

#### 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.

# "/Silver&Fit.

Silver&Fit® and military memberships are now available! Call 651.490.4739 for more information.

#### **NEW First Time Annual** Members also receive:

Special Experience Us book, which includes

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

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



<sup>&</sup>lt;sup>1</sup>There is a membership cancellation fee of \$100 prior to completion of 1-year contract.

#### Waterpark Hours June 1 – 8

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

#### Waterpark Hours June 9 – September 2

Monday & Wednesday Noon – 8:00 P.M.
Tuesday & ThursdayNoon – 9:00 P.M.*
FridayNoon – 9:45 P.M.
SaturdayNoon - 7:45 P.M.
SundayNoon - 6:00 P.M.
*On Tuesdays & Thursdays from
6:10 P.M. – 7:20 P.M. the Waterpark
will be limited to the Zero Depth
Beach Area & Water Walk. Shark
Attack Waterslide will be CLOSED
during this time.
**Hours are subject to change.

#### Holiday & School's Out Hours

May 28	Closed
•	Noon – 5:45 P.M.
Sept. 3	Noon – 5:45 P.M.

The pool will be closed April 2 - May 31 for renovations and is tentatively scheduled to reopen June 1.





The Tropics Indoor Waterpark will be closed April 2 - May 31 for the renovation of the locker rooms, maintenance of the current waterpark area, and completion of the connection to the new waterpark expansion.

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

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 within 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 within arm's reach. Arm flotation and flotation 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 years 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 with opposite gender children age 5 and older.
- Complete pool and lap swim schedules are available at the service desk.
- For a complete list of Tropics Indoor Waterpark rules go to www.ShoreviewCommunityCenter.com

#### TROPICAL ADVENTURE INDOOR PLAYGROUND | KIDS CARE



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

#### Rate & Hours

\$5.50 per child, ages 1-12 FREE to members

Mon – Sat ......8:00 A.M. – 8:00 P.M. Sunday.....8:00 A.M. – 6:00 P.M.

**Holiday Hours** Call 651.490.4700 for specific information.

Effective January 1, 2018, all children 10 years and younger must be supervised by an individual 16 years or older at all times.



- 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 in the playroom.
- Groups visiting the playground are posted at the entrance each week
- For information about reserving space for your group, call 651.490.4790.



#### **Kids Care**

Kids Care provides a stimulating and safe environment for your child to explore and interact with other children while you enjoy the amenities of the Shoreview Community Center. The Kids Care room is located directly across from the service desk.

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

Monday - Thursday 4:00 P.M. - 8:30 P.M.

Friday 4:00 P.M. – 7:00 P.M. Closed May 28, July 4 & Sept. 3

\$1 per hour per child (no pro-rating for partial hours)

Care is provided for children 6 months to 8 years of age. Maximum stay is 2 hours. Parents must remain in the building. Reservations are allowed for Community Center members and Fitness Class participants. Children are taken on a first-come, first-served basis. Kids Care phone number: 651.490.4763.



# Party in the Tropics!



NEW PARTY OPTIONS COMING SOON!

### WHAT'S NEW:

- Poolside Cabanas
- Poolside Room
- Indoor Playground Birthday Party Room
- **\*** New Activity Rooms
- Longer Party Times

#### LOOKING FORWARD TO FALL 2018:





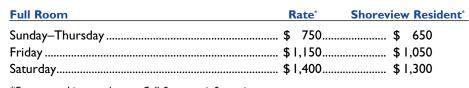
# Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.



#### **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.
- Choose your own licensed caterer.
- · Continental breakfast service available.
- · Alcohol service available with in-house provider.
- New audio-visual equipment
- \$500 Refundable damage deposit is required.
- Kitchen Use Fee \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires MN licensed caterer for kitchen use.



<sup>\*</sup>Fees are subject to change. Call for more information.



#### Wedell Community Room

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

- Seating up to 250.
- · Choose your own licensed caterer.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- \$500 Refundable damage deposit is required.
- Kitchen Use Fee \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires MN licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday-Thursday	\$ 500	\$ 425
Friday	\$ 850	\$ 750
Saturday	\$1,050	\$ 950
Half Room	Rate*	Shoreview Resident*
Half Room Sunday-Thursday		
	\$ 290	\$ 260





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

#### Haffeman Pavilion (closed until May 2018)

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Haffeman Pavilion located behind the Shoreview Community Center. Picnic tables accommodate up to 125 people! Call to reserve your date: 651.490.4790. Pavilion rental hours are 8 A.M. – 8 P.M. daily.

Rate: \$275; \$250 Shoreview Resident \*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 \$30.

r · · · · · · · / · · /			
Lake Judy Park	Seats 15	Shamrock Park	.Seats 35
McCullough Park	Seats 15	Commons Park	.Seats 20
Sitzer	.Seats 24	Bucher Park	.Seats 24

#### **Meeting Rooms**

We are able to accommodate 20 people per room, depending on table and chair set-up. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks of time.
- Rates are listed per room for each time block rented.

Meeting Room (Per 2-hour time block)	Rate*	Shoreview Resident
Monday-Thursday	\$ 50	\$35
Friday-Sunday	\$ 60	\$ 45
*Refundable damage deposit required. For organizations, S	Shoreview Resi	dency applies when
50% of group lives in Shoreview and contact person is a S	horeview resid	ent.

#### **Island Lake Room**

Our 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, including an interactive white board.

Island Lake Room is rented in 2-hour blocks of time.

Rate: \$75; \$60 Shoreview Resident \*Refundable damage deposit required.

#### **After Hours Parties**

Have the place to yourself and invite your friends! The Shoreview Community Center is available for exclusive user overnight and after-hours. Each rate is listed per person, and includes the use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit is required. A minimum payment of 45 people is necessary to rent our facility overnight/after-hours. **All guests** in attendance of an after-hours event must be paid for (both swimming & non-swimming).

Party Duration	Rate	Shoreview Resident
Two hours	\$12.50	\$12.00
Three hours	\$13.00	\$12.50
Four hours	\$13.50	\$13.00
Overnight	\$21.00	\$19.00









#### **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

### SUMMER RECREATION PROGRAMS

#### 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. **Begins Tuesday, May 8 at 8 A.M.** 

Annual Community Center Member Registration Begins Thursday, May 10 at 8 A.M.

#### General Registration

Anyone may register at this time. No residency or membership required. **Begins Friday, May 11 at 8 A.M.** 

#### Phone Registration

Begins Monday, May 14 at 8 A.M.

\*See page 62 for registration information.

# EASY WAYS TO REGISTER

- 1. On-line at: www.shoreviewcommunitycenter.com
- 2. Mail-in
- 3. Fax 651.490.4797 payment by credit card only
- 4. Drop-off
- 5. In-person









6. Over the phone after May 14

#### Shoreview Parks and Recreation

4580 Victoria St. N | Shoreview, MN 55126 Office located on upper level of the Shoreview Community Center 651.490.4750

recreation@shoreviewmn.gov www.ShoreviewCommunityCenter.com

#### Office Hours

Monday – Friday

8:00 A.M. – 4:30 P.M.

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#### SHOREVIEW PARKS & RECREATION SWIM LESSONS

We use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on previously learned skills through group instruction or private instruction to get a more individualized lesson.

Our instructors participate in ongoing training sessions and are selected based on their desire to teach, enthusiasm, and swimming ability. Parent - instructor communication is vital to the success of each swimmer. Our mission is to provide an inclusive program for all.

#### PRIVATE LESSONS

#### Private Lessons (PR) Ages 3 to Adult

30-minute swim lessons: available at set times.

Private Lessons:

Rate for 8 lessons: \$180; \$163 Shoreview Resident Rate for 7 lessons: \$158; \$143 Shoreview Resident

Semi-Private Lessons:

Rate for 8 lessons: \$134; \$121 Shoreview Resident\* Rate for 7 lessons: \$117; \$106 Shoreview Resident\* \*Cost each for 2 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. Adults should contact the Aquatic Coordinator at 651.490.4766 to request an adult swim lesson instructor.

#### **Custom Private Lessons**

Custom Private Lessons:

Rate for 8 lessons: \$224: \$204 Shoreview Resident Rate for 6 lessons: \$178; \$167 Shoreview Resident Rate for 4 lessons: \$123; \$112 Shoreview Resident

Custom Semi-Private Lessons:

Rate for 8 lessons: \$153; \$139 Shoreview Resident\* Rate for 6 lessons: \$124; \$113 Shoreview Resident\* Rate for 4 lessons: \$87; \$80 Shoreview Resident\* \*Cost each for 2 participants of equivalent ability

Custom private or semi-private lessons are designed to fit each individual based on their skill level and scheduling availability. These custom lessons allow the individual to progress at their pace and have a customized lesson plan that fits their goals. Our custom private instructors have a passion for teaching swimming and have many years of experience. Contact the Aquatic Coordinator at 651.490.4766 for more information or set up your custom private lessons.

Custom Private Instruction provides:

- Flexible scheduling with 3 months to complete after first lesson starts
- Option to reschedule with advance notification
- You can choose between 4, 6 or 8, 30-minute lessons
- After your session is complete you can continue without taking a session break

#### **GROUP LESSONS**

Rate for 8 group lessons: \$86; \$78 Shoreview Resident Rate for 7 group lessons: \$75; \$68 Shoreview Resident

These lessons will have I instructor to a maximum student ratio

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet for 35 minutes for eight sessions while Star Fish lessons are 30 minutes.

#### ADULT LESSONS

#### Adult Lessonsl (AL): Beginner

It's never too late to learn how to swim and enjoy the water. With the guidance of our swim instructors, you will learn basic swimming skills in a safe environment while gaining confidence in the water. The following skills will be covered:

- Front/Back Floats
- Front/Back Kicking w/support
- Breathing
- Recovery Position
- · Comfort in water independently

#### PARENT/CHILD LESSONS

#### Star Fish

(SF 1) Ages 9 months to 24 months

(SF 2) Ages 24 months to 36 months

This class is a parent/child program to promote water safety and water adjustment in a fun, safe and secure learning environment. One adult must accompany each child in the water.

#### Manta Ray (MR) Ages 2 ½ to 4 years old

This class will introduce your child to group learning gradually throughout the session, by having a parent accompany their child in the water for the first few weeks and gradually reduce their participation. The main goal of this class is to gain confidence and familiarity in a pool environment independently from a guardian. Swimmers will learn the following:

- Enter/Exit water independently
- · Comfort with group instruction independent from guardian
- Blow bubbles
- · Submerge head
- Arm scoops



#### **BEGINNER LESSONS**

#### Preschool (PS): Jelly Fish Ages 3-4

Preschool is an introduction level to group learning without a guardian in the water. The main goal is to gain confidence and knowledge in basic swim skills which include: floating and front crawl with an introduction to rhythmic breathing. Swimmers will learn the following:

- Unassisted Entry/Exit
- Front/Back Floats with instructor support
- Flutter kicking on front/back with barbell support
- · Front crawl arms
- · Rhythmic breathing with bubbles

Level 1 (L1): Angel Fish Ages 3 ½ or passed preschool Swimmers will learn basic exploration that leads to assisted swimming. Students should be comfortable in the water and come prepared to put their face in the water. The main objective of level I is to expand knowledge and confidence in floats, glides and front crawl with rhythmic breathing. Swimmers will learn the following:

- Independent front/back floats for 5 seconds
- Introduction to front/back glides with instructor support
- Flutter kicking on front/back with barbell support
- Front crawl arms with rhythmic breathing and support

#### Level 2 (L2): Sea Monkeys Ages 4 or passed level 1

The objective of level 2 is to help swimmers successfully manage fundamental skills as they progress towards swimming unassisted. Swimmers must be comfortable on their own and fully submerged in water where they can touch. The main goal is to develop confidence and competence in floating, gliding, kicking independently while gaining the knowledge in front crawl with rhythmic breathing without support. Swimmers will learn the following:

- Front/Back floats unsupported for 10 seconds
- Front/Back glides with flutter kick
- Flutter kicking on front/back with barbell support for 8 yards
- Front crawl with rhythmic breathing and barbell support for 8 yards
- · Elementary backstroke arms
- Jump into deep water, submerge and return to wall independently

#### Youth Beginner (YB) Ages 6 & older

This class is for ages 6 and older who are new to swim lessons or haven't been in lessons for several years. Students will be in a 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.



#### **INTERMEDIATE LESSONS**

#### Level 2.5 (L 2.5): Otters

Level 2.5 bridges the gap between L2 and L3. The objective of this level is to develop knowledge in the elementary backstroke and gain technique and endurance in the front crawl with rhythmic breathing. Swimmers will learn the following:

- Front/Back glide with flutter kick
- Flutter kick on front/back with support (25 yards)
- Front crawl with controlled rhythmic breathing (1/2 length)
- Elementary backstroke (½ length)
- Introduction to whip kick

#### Level 3 (L3): Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. The main objective is to gain technique and endurance in the front and back crawl and elementary backstroke. Swimmers will learn the following:

- Flutter kick on front/back with equipment (50 yards)
- Front glide with flutter kick to front crawl
- · Back glide with flutter kick to back crawl
- Front crawl with rhythmic breathing (25 yards)
- Back crawl (½ length)
- Elementary backstroke (25 yards)

#### Level 4 (L4): Sting Rays

Level 4 develops endurance in previously learned strokes and introduces breaststroke. The objective is to gain knowledge and technique skills in the breaststroke while gaining endurance in the front and back crawl and elementary backstroke. Swimmers will learn the following:

- Front crawl with open turn (50 yards)
- Back crawl with open turn (50 yards)
- Elementary backstroke (50 yards)
- Breaststroke (25 yards)
- Dolphin kick

#### **ADVANCED LESSONS**

#### Level 5 (L5): Dolphins

Level 5 refines coordination and technique while increasing endurance in the front and back crawl and elementary backstroke while learning the butterfly. Swimmers will learn the following:

- Front crawl with I flip turn (100 yards)
- Back crawl with open turns (100 yards)
- Elementary backstroke (100 yards)
- Breaststroke (50 yards)
- Butterfly (½ length)
- Dolphin kick (50 yards)

#### Level 6 (L6): Orcas

Level 6 polishes strokes and develops a strong technique to allow swimming with more ease, efficiency and power over greater distances. Swimmers will learn the following:

- Front crawl with flip turns (200 yards)
- Back crawl with open turns (200 yards)
- Breaststroke with underwater pull outs (11 yards)
- Butterfly (25 yards)
- Individual Medley (100 yards)
- Sidestroke (25 yards)

#### Introduction to Lifeguarding (IL)

During this class you will join a professional lifeguard to learn about water safety, first aid techniques, and basic water rescues. Participants will get the chance to shadow a lifeguard in rotation to gain a better understanding of the daily responsibilities of a lifeguard.

#### Introduction to Swim Team (IS)

\$134; \$121 Shoreview Resident

This is a great place to begin your journey into competitive swimming. Students will work on stroke technique and build endurance in the butterfly, backstroke, breaststroke and freestyle; along with competitive turns. **This class is one hour.** 

#### FREE SWIM CHECKS

Do you know what level to sign up for? Stop by on one of the following days to find out! Swim checks take approximately 10 minutes.

Wednesday, June 6	6:00 P.M. – 7:00 P.M.
Saturday, June 9	
Sunday, July 8	6:15 P.M. – 7:15 P.M.
Thursday, August 2	6:00 P.M. – 7:00 P.M.

If your child has had more than a 3 month break from swim lessons, it is recommended to repeat the previous level as a refresher.

#### A NOTE ABOUT COMMUNITY CENTER LESSONS

- Swimming lessons will <u>not</u> be canceled if Mounds View School District cancels their after school activities due to weather.
- Group classes with fewer than 2 registered participants are subject to cancellations.
- Students are not allowed to swim before or after lessons unless they have purchased a wristband during the following times: Weekday Morning lessons (school year only), Weekday Evening lessons (all year), and weekend Morning lessons (at 12:00 P.M. when the water park opens).
- •Children ages 4 and under may use either locker room or the family locker room. <u>Children ages 5 and older must use the same-gender locker room or family locker room.</u>
- Have your child use the bathroom and shower before entering the pool area. Instructors & lifeguards are not allowed to take a child to the bathroom during lessons.
- On the first day of lessons, we will meet on the pool patio located by the entrance to the pool prior the start of class to go over first day introductions.
- We do not have make up lessons for group or private lessons.
- The pool water is temperature is kept between 83 and 84 degrees.
- If your child needs a quieter environment to learn, please look at our Saturday & Sunday availability for lessons. The pool is exclusively for lessons & lap swim during these times.

# Teen Aquatic Classes on page 31.





#### SUMMER MORNING SESSION Monday - Thursday, 4 times per week for 2 weeks

	essio II – J	n I une 2I	June		n 2 July 5 July 4						ession 5 ; 6 – Aug 16			
Time 8:15 A.M.	Level L1 L3 PR	Activity # 330101-01 330103-01 330114-01	Time 8:15 A.M.	PR PR PR PR	Activity # 330114-10 330114-11 330114-12	<b>Time</b> 8:15 A.M.	Level LI PR PR	Activity # 330101-06 330114-19 330114-20	Time 8:15 A.M.	Level L1 L2 YB	Activity # 330101-08 330102-07 330113-03	<b>Time</b> 8:15 A.M.	Level PR PR PR	Activity # 330114-37 330114-38 330114-39
9:00 A.M.	PR PR PS L2 L2.5	330114-02 330114-03 330111-01 330102-01 330112-01	9:00 A.M.	L3 L5	330111-03 330101-04 330112-04 330103-05 330105-02	9:00 A.M.	PR MR L2 L2.5 L5	330105-03	9:00 A.M.	PR MR PS LI L3	330114-28 330117-06 330111-06 330101-09 330103-07	9:00 A.M.	PR PR PS L1 L2.5	330114-40 330114-41 330111-08 330101-12 330112-11
9:45 A.M.	L3 L4 PR IL MR	330103-02 330104-01 330114-04 350305-01 330117-01	9:45 A.M.	PR MR L2 L4 PR	330114-13 330117-02 330102-04 330104-03 330114-14	9:45 A.M.	L6 YB IL PS L1	330106-02 330113-02 350305-02 330111-05 330101-07	9:45 A.M.	L4 PR PR L1 L2	330104-05 330114-29 330114-30 330101-10 330102-08	9:45 A.M.	L3 L5 IS MR L2	330103-09 330105-06 330109-01 330117-07 330102-10
	YB L4	330101-02 330112-02 330113-01 330104-02	10:30 A.M	LI	330114-15 330114-16 330111-04 330101-05		L2.5 L4 PR PR	330112-07 330104-04 330114-22 330114-23		L5 PR PR	330112-09 330105-04 330114-31 330114-32		L2.5 L4 L6 PR	330112-12 330104-06 330106-03 330114-42
10:30 A.M.	L5 L6 . PS L1 L2	330105-01 330106-01 330111-02 330101-03 330102-02	11:15 A.M	PR PR	330102-05 330112-05 330114-17 330114-18 330117-03	10:30 A.M.	PR MR L2 L2.5 L3	330114-24 330117-05 330102-06 330112-08 330103-06	10:30 A.M.	LI L2	330114-33 330111-07 330101-11 330102-09 330112-10	10:30 A.M.	PS L1 L2 L2.5 L3	330111-09 330101-13 330102-11 330112-13 330103-10
	L3 PR PR	330112-03 330103-03 330114-05 330114-06				11:15 A.M.	PR PR PR PR	330114-25 330114-26 330114-27 330114-28	11:15 A.M.		330103-08 330105-05 330114-34 330114-35	11:15 A.M.	PS	330104-07 330113-03 330117-08 330111-10
11:15 A.M.	L2 L3 PR PR PR	330102-03 330103-04 330114-07 330114-08 330114-09								PR	330114-36		PR PR PR	330114-43 330114-44 330114-45

#### **AQUATIC KEY**

	Starfish 9-24 months Starfish 24-36 months Manta Ray	YB PR IS	Youth Beginner Private Lessons Intro to Swim Team
PS LI	Preschool Level I, 2, etc.	IL AL	Intro to Swim Team Intro to Lifeguarding Adult Lessons

#### Session 6 Aug 20 – Aug 30

Time	Level	Activity #
9:00 A.M.	PR	330114-46
	PR	330114-47
	PR	330114-48
9:45 A.M.	PR	330114-49
	PR	330114-50
	PR	330114-51
10:30 A.M.	PR	330114-52
	PR	330114-53
	PR	330114-54
11:15 A.M.	PR	330114-55
	PR	330114-56
	PR	330114-57

#### **LESSON RATES**

8 Lessons 7 Lessons **Group** \$86; \$78 SV Res. **Group** \$75; \$68 SV Res.

**Private** \$180; \$163 SV Res. **Private** \$158; \$143 SV Res.

Semi-Private \$134; \$121 SV Res.\* Semi-Private \$117; \$106 SV Res.\* \*2 participants of equivalent ability

#### **WEEKLY CLASSES**

I day per week for 8 weeks

Monday June 18 – Aug 6			June	sday Aug 15 July 4	Saturday June 16 – Aug 4			
Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #
4:30 P.M.	L3	330111-11 330101-14 330112-14 330103-11	4:30 P.M.	PS L2 PR PR	330111-14 330102-15 330114-61 330114-62	8:15 A.M.	LI L2.5 PR PR	330101-19 330112-20 330114-68 330114-69
5:15 P.M.	YB MR L2 L2.5	330113-04 330117-09 330102-12 330112-15	5:15 P.M.	PR PS L1 L2.5	330114-63 330111-15 330101-16 330112-18	9:00 A.M.	MR PS L2 L3	330117-11 330111-16 330102-18 330103-16
	L2.5 PR	330112-16 330114-58		L3 YB	330103-14 330113-06	9:45 A.M.	SF I SF 2	330110-03
6:00 P.M.	SF I SF 2 PS	330110-01 330111-12	6:00 P.M.	SF I SF 2 MR	330110-02 330117-10		LI L2.5 YB	330101-20 330112-21 330113-07
	L2 L3 L6 PR	330102-13 330103-12 330106-04 330114-59		L1 L2.5 L4 L5	330101-17 330112-19 330104-09 330105-08	10:30 A.M.	PS L2 L5 PR	330111-17 330102-19 330105-09 330114-70
6:45 P.M.	PS L1 L2.5 L4	330111-13 330101-15 330112-17 330104-08	6:45 P.M.	LI L2 L3 IS	330101-18 330102-16 330103-15 330109-02	11:15 A.M.	MR LI L4 PR	330117-12 330101-21 330104-10 330114-71
	L5 YB	330105-07 330113-05		PR PR	330114-64 330114-65			
7:25 P.M.	L2 L3	330102-14 330103-13	7:25 P.M. 8:05 P.M.	L2 PR	330102-17 330114-66			
8:05 P.M.	PR AL	330114-60 330115-01		PR	330114-67			

#### Sunday June 17 – Aug 5

Morning		Evening			
Time	Level	Activity #	Time	Level	Activity #
9:00 A.M.	SF I SF 2	330110-04	6:15 P.M.	SF I SF 2	330110-06
	LI	330101-22		PS	330111-19
	L2.5	330112-22		LI	330101-24
	PR	330114-72		L2.5	330112-23
9:45 A.M.	MR	330117-13		L3	330103-18
	PS	330111-18		L5	330105-10
	L2	330102-20		YB	330113-08
	PR	330114-73	6:55 P.M.	MR	330117-15
10:30 A.M.	SF I	330110-05		LI	330101-25
	SF 2	550110 05		L2	330102-21
	LI	330101-23		L2.5	330112-24
	L3	330103-17		L4	330104-12
	PR	330114-74		PR	330114-77
11:15 A.M.	MR	330117-14		PR	330114-78
	L4	330104-11			
	PR	330114-75			
	PR	330114-76			

#### TWO DAY CLASSES

2 times per week for 4 weeks

#### **Tuesday/Thursday**

July 10 – Aug 2			Aug 7 – Aug 30		
Time	Level	Activity #	Time	Level	Activity #
4:45 P.M.	MR	330117-16	4:45 P.M.	PS	330111-21
	LI	330101-26		L2	330102-24
	L2.5	330112-25		L2.5	330112-27
	L4	330104-13		YB	330113-10
5:30 P.M.	PS	330111-20	5:30 P.M.	MR	330117-17
	L2	330102-22		LI	330101-28
	L3	330103-19		L4	330104-14
	PR	330114-79		PR	330114-86
6:15 P.M.	LI	330101-27	6:15 P.M.	PS	330111-22
	L2.5	330112-26		L3	330103-20
	YB	330113-09	7:00 P.M.	LI	330101-29
7:00 P.M.	L2	330102-23		L2	330102-25
	PR	330114-80		L5	330105-11
	PR	330114-81	7:45 P.M.	PR	330114-87
7:45 P.M.	PR	330114-82		PR	330114-88
	PR	330114-83		PR	330114-89
	PR	330114-84		PR	330114-90
	PR	330114-85			



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### RED CROSS COMMUNITY CPR/AED

Ages 16+

Tuesday, August 14	6:00 P.M. – 10:00 P.M.
\$92; \$83 Shoreview Residents.	Activity # 350301-01

#### Deadline to Register: Tuesday, August 7

This course provides certification in infant, child and adult CPR including AED use. The following information will be covered:

- · Rescue breathing
- Obstructed Airway
- CPR with AED

Certification is awarded after successful completion of a written test and skill check off. Participants will receive a keychain, CPR mask and ready reference materials.

#### RED CROSS STANDARD FIRST AID

Ages 16+

Thursday, August 16	6:00 F	P.M. – 8:30 P.M.
\$59; \$54 Shoreview Resident	Activity	y # 350301-02

#### Deadline to Register: Tuesday, August 7

Learn how to provide basic first aid care for injuries and sudden illness until advanced medical personnel arrives. Ready reference materials are included.

### RED CROSS COMMUNITY CPR/AED & FIRST AID

Ages 16+

Sign up for both CPR & First Aid Certifications and take advantage of our REDUCED RATE!

Tuesday, August 14	6:00 P.M. – 10:00 P.M.
and Thursday, August 16	
\$104; \$95 Shoreview Residents	

#### Deadline to Register: Tuesday, August 7

This course provides certification in infant, child and adult CPR including AED use. The following information will be covered:

- · Rescue breathing
- Obstructed Airway
- CPR with AED

Certification is awarded after successful completion of a written test and skill check off. Participants will receive a keychain CPR mask and ready reference materials.



#### **BABYSITTING 101**

Grades 5 to 7 ......\$66; \$60 Shoreview Resident

Saturdays, 8:00 A.M. - 12:00 P.M.

June 9	Activity # 350101-01
July 21	
August II	

During this class students will learn the responsibility that is needed for babysitting while gaining the required education. The class will cover the following skills of child care, first aid, sitter safety, crafts and toys, child proofing, nutrition and much more.

#### **SNORKELING**

Come learn the basics of snorkeling and we will provide the equipment. A variety of swimming abilities are encouraged to join us in discovering the underwater world, but basic swimming skills are needed.



#### **BOY SCOUT MERIT BADGES**

Swimming and Lifesaving Merit Badges can be completed at the **Chippewa Middle School pool**. 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	Activity # 330301-01
\$61; \$55 Shoreview Resident	

Deadline to Register: Tuesday, June 19

Location: Chippewa Middle School Pool

Lifesaving Merit Badge.....Activity # 330301-02 \$67; \$61 Shoreview Resident

Deadline to Register: Tuesday, June 19

Location: Chippewa Middle School Pool

#### **NEW! 1ST AID MERIT BADGE**

The 1st Aid merit badge can be completed at the Shoreview Community Center. You will learn to care for an injured or ill person until they can receive professional medical care and is an important skill for every scout to have. You will be asked to provide the Merit Badge Book and Certification card. We will provide the 1st aid workbook and instructor.

Deadline to Register: Tuesday, July 10

#### **BOY SCOUT SWIM CHECKS**

If you need to complete your Boy Scout swim check before you leave for summer camp, register for a time and date below. Our certified lifeguard will determine if you are a learner, beginner, or swimmer and complete the certification card after the swim test. \$5 per participant.

The swimmer will be asked to demonstrate the following:

- Jump feet first into water over their head and begin swimming
- Swim 75 yards in a strong manner using: sidestroke, breaststroke, trudgen or crawl
- Swim 25 yards using an easy, resting backstroke
- Float for I minute

You will need to bring the following:

• Boy Scouts of America Swim Test Certification form

Wednesday, June 13	
7:00 P.M. – 7:30 P.M	Activity # 330301-04
7:30 P.M. – 8:00 P.M.	Activity # 330301-05
Wednesday, June 27	
7:00 P.M. – 7:30 P.M	Activity # 330301-06
7:30 P.M. – 8:00 P.M.	Activity # 330301-07
Tuesday, July 24	
7:00 P.M. – 7:30 P.M	Activity # 330301-08
7:30 P.M. – 8:00 P.M	Activity # 330301-09
Monday, August 6	
6:00 P.M. – 6:30 P.M	Activity # 330301-10
6:30 P.M. – 7:00 P.M	Activity # 330301-11

#### **NEW POOL COMING FALL 2018!**



- Tropics Waterpark closed April 2 – May 31 for renovations.
- New family locker rooms coming soon.
- More info on page 3.

#### TEEN AQUATICS/LEADERSHIP







#### SWIM INSTRUCTOR AID TRAINING 1.0

Ages 13-15.....\$33; \$30 Shoreview Resident

#### Activity # 330319-01

July 16 – 20......5:30 P.M. – 7:30 P.M.

Do you want to get ready for a fun and exciting career as a swim instructor aid? This class will focus on teaching participants key principles of teaching and mastering basic skill progressions with a focus on: kicking, parent & toddler communication, water adjustment, class organization, holds & supports, water safety.

#### JR. LIFEGUARD 1.0

Ages 13-14.....\$33; \$30 Shoreview Resident

#### Activity # 350306-01

Saturdays, June 16 - July 14................................. 10:00 A.M. - 12:00 P.M.

#### **Activity # 350306-02**

Monday-Friday, July 30 - August 3......5:30 P.M. - 7:30 P.M.

Location: Shoreview Community Center Pool & Council Chambers

Do you want to get ready for an exciting career as a lifeguard? This course provides a foundation of lifeguarding and life skills that will allow for a smooth transition to any lifeguard certification program. This course focuses on the following key areas: recognition of people in possible trouble, conscious & unconscious rescues, rule enforcement & public relations, first aid certification, and fitness.

#### Course prerequisites:

- 50 yard swim of front crawl or breaststroke
- Retrieve a 10 lb brick bring it to a wall from a depth of 4 ft
- Swim under water 10 ft

#### LIFEGUARD ACADEMY

Ages 15-17.....\$198; \$180 Shoreview Resident

#### Activity # 350507-01

Wednesday, July 11 - August 22.....8:30 A.M. - 4:00 P.M.

Location: Shoreview Community Center Pool & Room 206

The lifeguard academy is a learning program that helps step you right up the ranks to lifeguard. Participants have the opportunity to complete an Ellis & Associates Lifeguarding course and earn their shallow water course completion certificate in:

- Conscious, unconscious and suspected neck and back rescue skills
- Healthcare Provider CPR, AED, Oxygen Administration
- · Standard First Aid training

Certification will be issued after successful completion of a written test and skill check off.

In the afternoons participants will earn practical experience assisting lifeguards and shadow guarding. Participants need to bring a lunch. Participants will receive a shirt, whistle, and lanyard.

#### Course prerequisites:

- 100 yard swim of front crawl or breaststroke
- Retrieve a 10 lb brick & bring it to a wall from a depth of 4 ft
- Swim under water 10 ft

#### HOW TO GET YOUR FIRST JOB

Ages 15-17

Location: Room 206

This two day workshop will give teens looking for their first job an edge in the competitive job market. Participants will learn how to make that first impression that will make them a desirable asset to any organization along with how to interview. Participants will complete an application and go through a mock interview.

# FITNESS

# GROUP X CARD

**NEW STUDIOS • NEW CLASSES • NEW WAY TO REGISTER!** 

#### **HOW IT WORKS:**

- To start: purchase GroupXCard at the Parks & Recreation desk.
- Once card has been purchased, reload online.
- To use: swipe GroupXCard at the kiosks in the lower-level lobby. The kiosk will print a ticket for you to give to the instructor.
- Classes are sold in increments between
   5-50 (see table below).
- Go to any class!
- Members receive a 30% discount!





#### NO EXCUSES • MAXIMIZE FLEXIBILITY • EXCELLENT

# WHAT IT COSTS

QUANTITY	REGULAR	MEMBER	RESIDENT	RESIDENT MEMBER
5 CLASSES	\$42	\$29	\$38	\$27
10 CLASSES	\$83	\$58	\$75	\$53
25 CLASSES	\$207	\$145	\$188	\$132
50 CLASSES 5% discount included in price	\$392	\$275	\$357	\$250

There is one GroupXCard allowed per individual. These cards are non-refundable. One-time drop-in passes are still available at the lower-level service desk the day of class. SeniorFIT classes will still require registration.



#### **GROUP FITNESS CLASSES**

Call for information: 651.490.4750

### SUMMER SESSION July 9 – September 2 (8 weeks) SUMMER AQUATIC SESSION June 11 – August 31

Welcome to Shoreview's group fitness classes. The 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 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 -651.490.4768.

#### DROP-IN RATES

Drop-in passes allow you to attend a class.

Drop-in schedule will be available the first week of classes.

Drop-in Rate \$10.00; \$9.00 Shoreview Resident

#### MIND/BODY CLASSES

#### **Fitness Pilates**

We take Joseph Pilates principles to the floor in this incredible core workout! With focus to awareness, detail and movement with each exercise, your core (The Powerhouse) will gain amazing strength. Props may be used. All fitness levels are welcome.

#### Hatha Yoga

Hatha encompasses all yoga. Build flexibility, strength and balance through a comprehensive exploration of the discipline of yoga. Each class will cover a variety of asana (poses) that will help you improve muscle tone and mobility in various parts of the body, while reducing stress. Hatha Yoga is suitable for all age and all skill levels. This class will allow you to embrace the concepts of optimum energy flow and mindfulness through movement.

#### Heated Yoga

Hot Yoga is an intense practice that will move you through powerful and aggressive postures and/or series. This practice is meant to detoxify the body, build strength and burn calories through movement, breath, and heat. Designed for intermediate to advanced levels. Class temp range is 85-95 degrees. Intermediate to advanced fitness levels welcome.

#### Power Yoga

A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. In a power yoga class, students will build strength, flexibility and concentration while cleansing the body and calming the mind. All fitness levels are welcome.

#### Stretch and Balance

A beneficial blend of balance exercises and static (holding) and dynamic (moving) stretches. All fitness levels are welcome.

#### Tai Chi

Tai Chi is a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements, accompanied by deep breathing. Improve your balance and awareness. Join us for a non-competitive, self-paced class of gentle physical exercise and stretching.

#### Yin/Restorative Yoga

This grounding practice will provide fewer postures which you will hold for longer periods of time, allowing you to focus on breathing into the connective tissue (fascia) that surrounds the joints in the body. A perfect complement to yang-style practices like yoga sculpt and power yoga and cardio such as biking and running. All fitness levels are welcome.

#### **Yoga Basics**

Yoga Basics is a potent alignment-oriented practice that emphasizes the forms and actions within yoga postures. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. A slower paced class that focuses on fundamental postures. Great class for beginners or for one seeking a modified (gentle) yoga class option! All fitness levels are welcome.

#### **Yoga-Pilates Fusion**

The perfect combination of Pilates and Yoga! Receive the benefits of core training, muscle contraction and lengthening, isometric holds, balance postures and mind/body awareness. All fitness levels are welcome.

#### Yoga Sculpt

Yoga sculpt is the fusion of vinyasa yoga and strength endurance training. This unique and intense workout incorporates hand weights and is designed to tone and shape your body. Build stamina through a series of squats, lunges, crunches, plank holds, cardio work, balancing postures, and stretching. Music is a central influence to this practice and is used to create an upbeat and energetic atmosphere. All fitness levels are welcome.

60/40

This class equals a 100% overall great workout! The first 60% of the class is cardio which will be either hi/lo impact cardio, or step or kickboxing or dance and then followed by the remaining 40% of class time to execute effective resistance exercises. Class will be listed as 60/40 Cardio Floor, 60/40 Step, 60/40 Kickboxing, or 60/40 Dance. All fitness levels are welcome.

CARDIO/STRENGTH CLASSES

#### **Barre Principle**

Essentially, our barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body. All fitness levels are welcome.

#### Cardio Kickboxing

A dynamic and energetic class that combines kicks, punches and blocks. This athletic based class is easy to follow but provides a hard/challenging workout. Get in on this popular class! All fitness levels are welcome.

#### Cycle Rave

We peddle to the music and that's it! Experience a fun, crazy party on your bike! You will be amazed at the workout you will get. The lights, the music and the video screen all enhance the overall party experience! All fitness levels are welcome.

#### Cycle Training

This class is the ideal tool to help compliment the outdoor cyclist. Doing hills, sprints, flat roads while using time, speed and/or distance drills, this workout will help increase your overall performance in speed, power and endurance. A great workout for the avid cyclist but also for the fitness enthusiast! All fitness levels are welcome.

#### Dance Jam

Let's get funky! Dance your heart out and let the music and rhythms take you away! Express yourself while getting an amazing workout! Class format varies via the instructors background/style. All fitness levels are welcome.

#### Fundamental Combo

This class incorporates low impact cardio and then followed by basic strength training exercises. Beginner to intermediate fitness levels are welcome.

#### The Groove

Okay dancers, here you go! In this choreographed class you will learn one awesome dance routine. You will be amazed at the great workout you get while you get your "groove" on! Don't forget to bring your smile and attitude! All fitness levels are welcome

#### H.I.I.T. (High Intensity Interval Training)

This class showcases interval training, intervals of extreme cardio and/or resistance exercises for a designated amount of time followed by a short recovery period. What a great, highly intense workout! All fitness levels are welcome.

#### Kettlebell Training

Transform your body with kettlebell exercises that develop strength, power and stamina. The kettlebell class fuses exercises using kettlebells and conditioning drills to provide a total body workout that will leave you feeling strong! All fitness levels are welcome.

#### Power Pump

Power Pump is strictly a weight training class using free weights and dumbbells. This class uses different tempos for reps, higher repetitions and supersets to help build lean muscle tissue, strength and muscular endurance. All fitness levels are welcome.

#### **Power Strength**

Power strength is strictly a weightlifting class using barbells and dumbbells. This workout is designed to build muscle mass and strength. Focusing on technique, the exercises are done in multiple sets with lower repetitions so that more weight can be used/added. Watch your power and strength gains increase by doing this effective workout! All fitness levels are welcome.

#### The Resistance Workout

No cardio here! This class is strictly strength training exercises using various pieces of equipment and/or your own body weight. Class focuses on all major muscle groups with some added attention to detail (form/feel). Progressions can include compound exercises and functional (balance) exercises. All fitness levels are welcome.

#### Step Cardio

Warm up with basic step moves and then learn fun choreographed patterns, combinations and movements on an adjustable step. What a great cardio workout! All fitness levels are welcome

#### **Total Body Workout**

This workout incorporates exercises designed to enhance your agility, speed, power, strength and quickness. Equipment used may include weights, TRX (suspension training), Kettlebells, bands, benches, bosu's, cycles and mat works. The class will also elevate your heart rate as you are challenged with drills in either circuits and/or a stand-alone station. Anything goes in the fast and furious workout! All fitness levels are welcome.

#### Zumba®

Grooving to the beats like salsa, reggaeton, cumbia, hip hop and meringue, music feels more like a dance party than a workout, which is exactly what makes Zumba so popular! The Latin-inspired and World-inspired dance workout is one of the most popular group exercise classes around. You don't need to be a great dancer to feel welcome in a Zumba class. You will become one though! All fitness levels are welcome.

#### **WATER OPTIONS:**

All water classes are held in the Shoreview Community Center pool. This 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.

#### Aqua Fit

Aqua Fit uses the water's natural resistant properties to help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

#### Aqua Yoga

The supportive environment of the pool not only provides easier access to muscles and joints, but also allows for a deeper sense of the mind/body connection. This class integrates slow fluid movements to help improve flexibility, balance, posture and breathing. Those with muscle or joint limitations, pregnant women, athletes, and experienced yoga students looking to deepen their practice will enjoy the peaceful and calming effects of the water. This class is 45 minutes and not scheduled every week.

#### Cardio Aqua Dance

Achieve long-term benefits while experiencing an absolute blast in our pools with exciting calorie burning and body energizing movements! The water provides natural resistance, making every step more challenging to help tone muscles.

#### SENIORFIT CLASSES

SeniorFIT classes are free to annual senior members and require registration. If you are not an annual senior member and would like to participate in these classes, you may purchase a Group X Card through Parks & Recreation, or a drop-in pass at the lower-level service desk the day of class. See page 32 for Group X Card information.

#### SeniorFit Chair Yoga

Experience the benefits of Yoga while sitting in a chair! Some standing postures may be included in this class. Beginner to intermediate levels are welcome.

#### SeniorFit Strength Training

Resistance exercise executed while sitting in a chair. Come join us for a great strength training workout in a comfortable setting. Beginner to intermediate fitness levels are welcome.

#### SeniorFIT Aqua Exercise

SeniorFIT Aqua Exercise is a low-impact yet highly effective class designed to increase strength, endurance, and range of motion. This class is held in the Community Center pool and swimming ability is not required.

SUMMER SESSION: July 9 – September 2 (8 Weeks).
SUMMER AQUATIC SESSION: June 11 – August 31 (12 Weeks)

MONDAY		Activity #
8:30 A.M.	SeniorFIT Strength Training with Karen	310161-01
10:00 A.M.	SeniorFIT Chair Yoga with Wanda	310163-01
TUESDAY		
8:30 A.M.	SeniorFIT Strength Training with Bridget	310161-02
10:00 A.M.	SeniorFIT Chair Yoga with Sarah	310163-02
WEDNESDA	4Y	
8:30 A.M.	SeniorFIT Chair Yoga with Gretchen	310163-03
THURSDAY	·	
10:30 A.M.	SeniorFIT Strength Training with Wanda	310161-03
FRIDAY		
8:30 A.M.	SeniorFIT Strength Training with Karen	310161-04
8:35 A.M.	SeniorFIT Aqua Exercise with Sue (6/15 – 8/31)	310162-01
10:30 A.M.	SeniorFIT Chair Yoga with Adrienne	310163-04

#### **SUMMER SCHEDULE 2018**

FITNESS CLASSES: July 9 - September 2 (8 Weeks). AQUATICS CLASSES: June 11 - August 31 (12 Weeks).

#### **MONDAY**

7:30 A.M. Aqua Fit with Sue

8:30 A.M. Yin/Restorative Yoga with Jess

9:30 A.M. HIIT (High Intensity Interval Training) with Kathy

9:30 A.M. Fundamental Combo with Karen

9:45 A.M. Heated Yoga with Jess

11:45 A.M. Power Yoga with Wanda

5:30 P.M. 60/40 Cardio Floor with Adrienne

5:30 P.M. Yoga-Pilates Fusion with Sarah

6:30 P.M. Yoga Sculpt with Adrienne

6:30 P.M. Total Body Workout with Stephanie

6:30 P.M. Zumba® with Jan

#### **TUESDAY**

5:35 A.M. The Resistance Workout with Chris

7:30 A.M. Aqua Fit with Meg

8:30 A.M. Hatha Yoga with Gretchen

8:30 A.M. Power Pump with Mary P.

9:30 A.M. Cardio Step with Mary P.

9:30 A.M. Fitness Pilates with Perry

10:30 A.M. Dance Jam with Mary J.

11:45 A.M. Power Pump with Perry

4:30 P.M. HIIT with Mary P.

5:30 P.M. Power Yoga with Mary P.

5:30 P.M. Power Pump with Kristin

6:15 P.M. Aqua Fit with Mary H.

6:30 P.M. Cardio Kickboxing with Kristin

7:30 P.M. Hatha Yoga with Gretchen

#### **WEDNESDAY**

5:35 A.M. Total Body Workout with Chris

7:30 A.M. Cardio Aqua Dance with Mary J.

8:30 A.M. Fundamental Combo with Kathy

9:30 A.M. Tai Chi with Richard

Total Body Workout with Kathy 9:30 A.M.

10:30 A.M. Yin/Restorative Yoga with Jess

10:30 A.M. Power Pump with Wanda

11:45 A.M. Power Yoga with Wanda

4:30 P.M. Kettlebell Training with Mary P.

5:30 P.M. Step Cardio with Mary P.

5:30 P.M. Heated Yoga with Jess

Stephanie

6:30 P.M. Cycle Training with Mary P.

6:30 P.M. HIIT (High Intensity Interval Training) with

7:00 P.M. Cardio Kickboxing with Perry







#### CHILD CARE AVAILABLE!

Mon-Sat...... 8 A.M. - 12:30 P.M. Mon-Thu......4 P.M. – 8:30 P.M. Fri......4 P.M. – 7 P.M.

Rate \$1 per hour per child.

See page 19 for additional information and holiday hours.

#### **SUMMER SCHEDULE 2018**

FITNESS CLASSES: July 9 – September 2 (8 Weeks). AQUATICS CLASSES: June 11 – August 31 (12 Weeks).

THURSDAY			
5:35 A.M.	HIIT (High Intensity Interval Training) with Chris		
7:30 A.M.	Aqua Fit with Sue		
8:30 A.M.	Power Pump with Mary P.		
9:30 A.M.	Yoga Basics with Gretchen		
9:30 A.M.	Cardio Step with Mary P.		
11:45 A.M.	The Resistance Workout with Wanda		
5:30 P.M.	Power Strength with Adrienne		
6:15 P.M.	Barre Principle with Gretchen		
6:15 P.M.	Aqua Fit with Meg		
6:30 P.M.	Dance Jam with Tina		
6:45 P.M.	Cycle Rave with Adrienne		
7:30 P.M.	Hatha Yoga with Gretchen		
FRIDAY			
5:35 A.M.	Total Body Workout with Chris		
7:30 A.M.	Aqua Fit with Sue		
8:30 A.M.	The Resistance Workout with Adrienne		
9:30 A.M.	Fundamental Combo with Karen		
9:30 A.M.	Cycle Rave with Perry		
4:30 P.M.	Zumba® with Jan		
SATURDA	AY		
7:30 A.M.	Power Strength with Perry		
8:30 A.M.	Total Body Workout with Stephanie		
8:30 A.M.	Cardio Kickboxing with Perry		
9:30 A.M.	Zumba® with Jan		
9:30 A.M.	Yoga Sculpt with Adrienne		
SUNDAY			
8:30 A.M.	Cycle Training with Mike		
5:30 P.M.	Hatha Yoga with Terrie		



### NOTES ABOUT GROUP FITNESS CLASSES:

- NEW THIS SESSION: GROUP X CARD! See page 32 for details.
- Refunds are issued for medical reasons only.
- Membership is not required to register for our fitness classes!
- SeniorFIT classes are free to only seniors with an annual Senior Membership. SeniorFIT classes require registration.
- 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.
- Group Fitness insurance Program available. See website for more information.

#### PERSONAL TRAINING:

A trainer can plan a safe, effective program and provide one-on-one instruction to ensure you use proper form and technique, exercise at the appropriate intensity, and maximize the effectiveness of your workout. Personal Trainers serve as coaches, educators and a source of encouragement to help you overcome obstacles and stick to your program. Personal Training comes in packages of 1, 3, 6 and 12 sessions. All sessions expire one year from the date of purchase.

#### Personal Trainers will:

- Establish 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 encouragement and accountability

#### How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, while others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress.

Sessions	Regular	Resident
Fitness Assessment	\$34	\$29
Single Session	\$72	\$67
Three Sessions	\$201	\$185
Six Sessions	\$379	\$352
Twelve Sessions	\$718	\$663
Twenty-four Sessions	\$1360	\$1236

#### **Buddy Personal Training:**

Buddy Sessions	Regular	Resident
Assessment	\$34.50	\$29
Single Session	\$54	\$50
Three Sessions	\$153	\$140
Six Sessions	\$285.50	\$264
Twelve Sessions	\$539	\$498

#### What is a Fitness Assessment?

Assessments are used to determine your current level of fitness. Measurements and tests taken during assessments will be specific to the goals of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, postural assessment, cardiovascular testing, and sports-specific tests. You can register for a fitness assessment without signing up for personal training, however, assessments are included in personal training packages of 3, 6, and 12 sessions for first time clients.

## INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Res......Activity # 510299-01

**Shoreview Community Center** 

The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness 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 a beginning strength training program and guidelines for cardiovascular exercise. Registration forms are available at the front desk and lower level service desk. The schedule is located on the desk in the fitness center, or call 651.490.4768 to find out more.

## 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 strength and cardiovascular equipment and provide guidelines for safe exercise. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651.490.4750.

Deadline to Register: Wednesday, April 18

Location: Shoreview Community Center

Join us at the Spring Royal Tea Party! Your afternoon will consist of crafts, a special appearance by a princess, storytelling, a temporary tattoo, and refreshments. Come in your favorite princess dress and don't forget your camera! Children must be accompanied by an adult. Pre-registration required. No Walk-ins Allowed. Ages 10 and under.



# Kidz Concerts in the Commons NEW!

FREE! Wednesdays at 10 a.m. Haffeman Pavilion

July II Dazzling Dave Yo-Yo Master

July 18 Hall of Magic

July 25 Kidpower with Rachael

August I MN Zoo Mobile

August 8 Jolly Pops

August 15 Wendy's Wiggle, Jiggle, and Jam

## HIRING EVENT

Committed to making a difference?

**April 21, 12-3pm & May 6, 2-5pm** 

On the spot interviews!

Then join \US!

We're hiring: Summer Camp Staff, Lifeguards, Swim Instructors, Wave Cafe Attendants, Service Desk Staff, & more!

Benefits include: free membership, flexible hours 3 hours of free childcare per shift, uniforms, & more!

**Apply online at Shoreviewcommunitycenter.com | 651.490.4700** 





#### 2018-2019 School Year

A \$75 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition. Monthly tuition is charged August – April. SCHOOL YEAR DATES: September 10, 2018 - May 23, 2019.

Register Now!

Our preschool program offers your child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. Our unique location at the Shoreview Community Center allows for several one-of-a-kind opportunities that you won't find at other preschools.

Our playgrounds, both indoor and outdoor, along with gym space, allows us to incorporate physical education curriculum. The adjacent park, complete with pond and natural areas, gives our preschool the opportunity for nature and science programming. In addition, children have the option of including swim lessons at Tropics Indoor Waterpark as part of their preschool experience.

#### 2<sup>1</sup>/<sub>2</sub> TO 3 YEAR OLD CLASSES

Our preschool classes for  $2\frac{1}{2}$  to 3 year olds will offer your child a great first-time classroom experience. Class time will include opportunities for your child to learn socialization skills in a safe, large group experience, while focusing on learning colors, shapes, patterns and days of the week. Class curriculum will vary between Monday and Friday to accommodate children enrolled in both classes. Children must be 3 years old by March 1, 2019.

Monday Funday AM	9:00 A.M. – 10:30 A.M.
\$70/mo; \$64/mo SV Res	Activity # 540400-01
Monday Funday PM	II:00 A.M. – 12:30 P.M.
\$70/mo; \$64/mo SV Res	Activity # 540400-02
Friday Funday AM	9:00 A.M. – 10:30 A.M.
\$66/mo; \$60/mo SV Res	Activity # 540401-01
Friday Funday PM	II:00 A.M. – 12:30 P.M.
\$66/mo; \$60/mo SV Res	Activity # 540401-02



#### 3 TO 4 YEAR OLD CLASS

Our preschool classes designed for 3 and 4 year olds will provide a nurturing environment while having fun participating in early learning activities. Students will learn to recognize letters, numbers, colors, and shapes, as well as be introduced to writing skills. Children will learn social skills and self-help abilities through classroom routines and transitions provided each day. Physical education time and focus on large motor skills takes place in each class every week in activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Children must be 3 years old by September 1, 2018.

#### **Tiny Treasures**

Wednesday & Friday	9:00 A.M. – 11:30 A.M.
\$142/mo; \$128/mo SV Res	Activity # 540402-01
ABC's & 123's	
Tuesday & Thursday	9:00 A.M. – II:30 A.M.
\$153/mo; \$139/mo SV Res	Activity # 540403-01

#### 4 TO 5 YEAR OLD CLASSES

Our preschool classes designed for 4 to 5 year olds will prepare your child to be socially, academically and physically ready for Kindergarten. Classes will place emphasis on skill work including letter recognition and printing, counting and beginning math problems, cutting and scissors skills, as well as following directions in a classroom setting. Students will gain confidence and knowledge in how to relate to others in a group setting while learning through play. Each week students will enjoy physical education time and focus on large motor skills in activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Children must be 4 years old by September 1, 2018.

#### Alpha Kids

Tuesday & Thursday	9:00 A.	M. – 12:00 P.M.
\$168/mo; \$153/mo SV	ResActivity	y # 540404-01

#### **Stepping Stones**

Monday –	Friday		12:30 P.M	. – 3:30 P.M
\$325/mo;	\$300/mo SV	Res	Activity #	540405-01

#### SPECIALTY CLASSES

#### **Busy Buddies**

Monday......9:00 A.M. – 11:30 A.M. 

Your 3 to 5 year old child will enjoy this fun, unique, and energy-filled preschool class. Classes will include focused learning along with early educational concepts, individual and group discovery, art projects, creative movement, and snack. This action packed class includes swimming lessons taught by certified lifeguards in Tropics Indoor Waterpark. Eight week sessions of swimming lessons are included the last 30 minutes of class during the fall, winter, and spring. Children must be 3 by September 1, 2018.



#### A TO Z: FULL DAY PRESCHOOL PROGRAM

September 10, 2018 - May 23, 2019\*

Monday - Friday, 7:00 A.M. - 5:30 P.M. (structured learning time from 9:00 A.M. - 3:00 P.M.)

This new FULL-DAY class offering designed for 3 to 5 year olds will provide a combination of early learning activities in an environment that will prepare your child for the next step. The class will focus on skill work including letters, numbers, colors, shapes, printing, counting and beginning math concepts. Students will learn social skills and gain confidence and understanding in how to relate to others through group play. Introduction to nature based play, music, foreign languages, field trips and swimming will also be incorporated into this class. Each week physical education time will be included with activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Morning and afternoon snack included. Children need to bring a bag lunch with a drink. Children must be toilet trained and 3 years old by September I, 2018. A \$75 non-refundable fee is due at time of registration.

\* School calendar will follow Mounds View School District non-school days.







Entering grades K-9 (2018-19 school year) June 11 - August 24, 2018 (No program July 4)

Are you looking for a safe and fun place to send the kids during the summer? Shoreview Parks and Recreation Summer Discovery 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 include a variety of activities for your child, including field trips, swimming, sports, games, crafts and more!

Program Registration requires an II-week commitment with up to two weeks unpaid vacation allowed per child. Participants have the ability to register for 3, 4, or 5 days per week A \$75 non-refundable registration fee is due at time of registration.

#### **WEEKLY TUITION:**

Summer Discovery Beginnings.. Activity # 340308-01

Entering Kindergarten (2018-19 School Year)

\*Smaller Staff to Child ratio, Wednesday on-site entertainment, Swimming on Fridays, 3 off-site field trips during summer

5 days/week.....\$220 4 days/week.....\$196 3 days/week.....\$156

Summer Discovery ...... Activity # 340308-02

Entering grades 1-6 (2018-19 School Year)

\*Wednesday Field Trips, Swimming on Mondays & Thursdays, Enrichment Class Opportunities at an additional cost

5 days/week.....\$210 4 days/week.....\$180 3 days/week.....\$147

Summer Discovery Extreme ...... Activity # 340308-03

Entering grades 7-9 (2018-19 School Year)

\*Monday, Tuesday, & Thursday Field Trips/Service Learning Activities, Swimming on Wednesdays & Fridays

5 days/week.....\$235 4 days/week.....\$200 3 days/week.....\$165 2 days/week.....\$124



#### **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. Free popcorn and activity/craft is available for kids.

#### **Puppet Wagon Special Event Dates**

Monday, June 25	Commons Park	6:30 P.M.
Monday, July 16	Commons Park	6:30 P.M.
Saturday, July 28	Slice of Shoreview Island Lake Park	12:30 P.M.
Wednesday, August I	Commons Park	6:15 P.M.



#### WET &WILD

Ages 5 and up

June 22 & July 20.......12:30 P.M. – 2:30 P.M. Commons Park

Shoreview's outdoor waterslide—back by popular demand. This is a free event, no registration necessary. Wear sunscreen and bring a water bottle!

#### ADVENTURE QUEST **CARNIVAL**

All ages July 13 ...... 1:00 P.M. – 4:00 P.M. 

Location: 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! Register in advance or pay at the door.



#### ADVENTURE QUEST SUMMER PLAYGROUND PROGRAM

REGISTER NOW!



June II - August 2 (no program July 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 11, 2018. Consider attending both sessions for four fun-filled mornings per week.

#### TINY TREKKERS

Ages 3-5 (I:7 staff/child ratio)	)
June 11 – August 2 No class July 4	9:00 A.M. – 11:30 A.M.
Monday & Wednesday	\$105; \$98 Shoreview Resident
Sitzer Park	Activity # 370501-01
McCullough Park	Activity # 370501-02
	Activity # 370501-03
Wilson Park	Activity # 370501-04
Tuesday & Thursday	\$112; \$104 Shoreview Resident
Sitzer Park	Activity # 370502-01
McCullough Park	Activity # 370502-02
Bucher Park	Activity # 370502-03
Wilson Park	Activity # 370502-04



#### **OUTDOOR GAMES**

Ages 7-11	Commons Park
Mondays, June 11 – July 301:00	P.M. – 3:00 P.M.
\$52; \$47 Shoreview Resident Activ	ity # 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 start and end at the adult softball field.

#### TRAVELERS

Grades K-5 (2017-18 School	l year; 1:15 staff/child ratio)
June II – August 2 No class July 4	9:00 A.M. – II:30 A.M.
Monday & Wednesday	\$90; \$83 Shoreview Resident
Sitzer Park	Activity # 370503-01
McCullough Park	Activity # 370503-02
Bucher Park	Activity # 370503-03
Wilson Park	Activity # 370503-04
Tuesday & Thursday	\$96; \$88 Shoreview Resident
Sitzer Park	Activity # 370504-01
McCullough Park	Activity # 370504-02
Bucher Park	Activity # 370504-03
Wilson Park	Activity # 370504-04

#### ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 10

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 10th grade in the fall of 2018 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program.

\* Participants will be required to attend a mandatory training on Thursday, June 7 from 6:30 – 8:00 P.M. at the Shoreview Community Center. During this time, participants will meet with a program staff to determine park placement and dates to work with playground program. Weekly LIT meetings will take place on Wednesdays at noon at the Shoreview Community Center.

Teen Aquatic Classes on page 31

#### **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.

#### ART IN THE PARK

Ages 4 to 8	. Sitzer	Park
Tuesday, Wednesday, Thursday		
June 12 – 21 1:00 P.M	.– 3:00	P.M.

Exploring the arts outdoors and making a bit of mess give children a chance to explore art in a fun environment. In this class we will indulge in a variety of forms of art including painting, drawing, crafts, theater and more!

#### MAD SCIENTISTS

Ages 4 to 8	Bucher	Park
Tuesday, Wednesday, Thursday June 12 – 211:00 P.N	1. – 3:00	P.M.
J		

\$55; \$50 Shoreview Resident...... Activity # 370519-01

Do you love doing experiments and letting out your inner scientist? Then this is the class for you! We will perform a variety of fun science experiments in this crazy course as well as learn basic safety skills and have a hands-on approach to science.

#### **INVENTORS WORKSHOP**

Ages 4 to 8Si	tzer Park
Tuesday, Wednesday, Thursday	
June 26 – July 5 (no class July 4) I:00 P.M. –	3:00 P.M.
\$46: \$42 Shoreview Resident Activity # 37	0520-01

If you enjoy creating inventions from everyday objects you find around the house or drawing your own creations, then this is the class for you! We will use creative thinking, design and invention to create our own extraordinary objects and explore the process of invention.

#### **BEYOND THE BEAD**

Ages 4 to 8Bucher Par	k
Tuesday, Wednesday, Thursday	
June 26 – July 5 (no class July 4) I:00 P.M. – 3:00 P.M	1.
\$46; \$42 Shoreview Resident Activity # 370521-0	ı

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.

#### **BUGGIN' OUT**

Ages 4 to 8	Sitzer Park
Tuesday, Wednesday, Thursday	
July 10 – July 19	I:00 P.M 3:00 P.M.
\$55; \$50 Shoreview Resident	Activity # 370522-01

Come explore the world of creepy crawly creatures! Learn about all kinds of insects, spiders, and more. We will dig in the dirt and look at nature to see what is crawling in our own backyards. You will have fun making art insects and even more fun making edible bugs!

#### **SUPER SPACE CADETS**

Ages 4 to 8	Bucher Park
Tuesday, Wednesday, Thursday	
July 10 – July 19	1:00 P.M. – 3:00 P.M.
\$55; \$50 Shoreview Resident	Activity # 370523-01

3...2...I...Blast off! Come along on this super space adventure as we explore the universe and all its planets. We will make a variety of crafts that are out of this world including our very own rockets.

#### **GOOFY GARDNERS**

Ages 4 to 8	Sitzer	Park
Tuesday, Wednesday, Thursday		
July 24 – August 21:00 P.M.	<b>- 3:00</b>	P.M.

\$55; \$50 Shoreview Resident...... Activity # 370524-01

Start your journey to becoming the next great Minnesota Gardener! We will discover the world of plants, including vegetables and flowers while we see all that nature has to offer. We will see what we can make grow by planting some flowers and vegetables.

#### **ACTIVE KIDS**

Ages 4 to 8	Bucher Park
Tuesday, Wednesday, Thursday	
July 24 – August 2	I:00 P.M. – 3:00 P.M.

\$55; \$50 Shoreview Resident...... **Activity # 370525-01** 

Try out a variety of different sports and activities that are sure to get your heart pumping! We will introduce you to some new games and sports as well as enjoy many of our old favorites. Sports help us not only build our athletic skills, but also create leadership opportunities, focus on sportsmanship, and have FUN!



#### **IMAGINATION STATION**

Ages 4 to 10	Commons Park
Friday, June 15	9:00 A.M. – I I:00 A.M.
\$18; \$16 Shoreview Resident	

Hands-on learning is the best way to discover, imagine and create! We will work together to explore the world of science and art and all that it holds for us. You are sure to have a blast while you get your hands dirty in this class with fun activities and projects!

#### WATER OLYMPICS

Ages 4 to 10	Commons Park
Friday, June 15	I:00 P.M. – 3:00 P.M.
\$18; \$16 Shoreview Resident	Activity # 370510-01

This Shoreview version of the Olympics using water games is one you won't want to miss! Get ready to make a soggy dash for the finish line as we slide through the afternoon with an assortment of water relays. Come dressed with swimsuit and towel.

#### **KNIGHTS AND PRINCESSES** ROYAL CELEBRATION

Ages 4 to 10	Commons Park
Friday, June 22	9:00 A.M. – II:00 A.M.
\$18; \$16 Shoreview Resident	Activity # 370511-01

Here ye! Hear ye! All knights, princesses and royal fold are hereby summoned, by order of the Queen, to the castle courtyard for a morning of royal delight. Come dressed in your royal garb if you like and join us on a quest to transform ourselves and our park into royal palace grounds.

#### WATER BONANZA

Ages 4 to 10	Commons Park
Friday, June 29	I:00 P.M. – 3:00 P.M.
\$18; \$16 Shoreview Resident	Activity # 370512-01

Grab your swimsuit and towel and get ready to get wet! During this water extravaganza we will be testing your skills with some water games you may have never played before. You are sure to have a blast and enjoy cooling off on a warm afternoon.

#### POKEMON PARTY

Ages 4 to 10	Commons Park
Friday, June 29	9:00 A.M. – II:00 A.M.
\$18: \$16 Shoreview Resident	Activity # 370513-01

Do you like Pokemon? Wanna catch 'em all? Hone your Pokemon catching skills and become the greatest Pokemon master of all time with this exciting Pokemon Fun Day! You will catch your favorite Pokemon with a twist on tag, train with water balloon Pokeballs, play Psyduck Says, and level up with a variety of other active games.

#### PIRATES COVE

Ages 4 to 10	Commons Park
Friday, July 6	9:00 A.M. – I I:00 A.M.
\$18; \$16 Shoreview Resident	Activity # 370514-01

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

#### MISSION IMPOSSIBLE

Ages 4 to 10	Commons Park
Friday, July 20	9:00 A.M. – I I:00 A.M.
\$18; \$16 Shoreview Resident	Activity # 370515-01

Wish you could be a spy like 007? You will be at this spy training camp! You will make your own spy gadgets and even go on a super secret mission.

#### SPLISH SPLASH

Ages 4 to 10	Commons Park
Friday, July 27	I:00 P.M. – 3:00 P.M.
\$18; \$16 Shoreview Resident	Activity # 370516-01

Drip...Drip...Drop! Look out because you are sure to be soaked after this afternoon of fun in the sun. We will play a variety of water games and enjoy cooling off on a hot afternoon. Come dressed with swimsuit and towel.

#### **JUNIOR BUILDERS**

Ages 4 to 10	Commons Park
Friday, July 27	9:00 A.M. – II:00 A.M.
\$18; \$16 Shoreview Resident	Activity # 370517-02

Enjoy a morning of fun building and designing with Lego bricks creating a variety of structures. Use your science, engineering, and math skills as we take Lego building to a whole new level.

#### HAWAIIAN HULLABALO

Ages 4 to 10	Commons Park
Friday, August 3	9:00 A.M. – II:00 A.M.
\$18; \$16 Shoreview Resident	Activity # 370518-01

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!

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. Meet in the Fireside Lounge to check-in and out.

## MN CHILDREN'S MUSEUM & ZERO GRAVITY

Ages 6 - 14

June 15......Drop off at 8:15 A.M., Pick up at 4:20 P.M. \$50, \$45 Shoreview Resident......Activity # 370705-01

Visit the newly renovated MN Children's Museum in St. Paul! It's bigger, better and bolder with more exhibits, more amenities and so many new things to learn! After this we will be going to Zero Gravity in Mounds View and we will spend time jumping on their trampolines, enjoying the foam pit, using the climbing wall, and even playing dodgeball and basketball. This field trip is going to be so much fun, so don't miss out and register now! **Please bring a bag lunch.** Register by 6/8.

## SEA LIFE AQUARIUM & NICKELODEON UNIVERSE

Ages 6 - 14

June 22...... Drop off at 8:15 A.M., Pick up at 4:35 P.M. \$52; \$47 Shoreview Resident..... Activity # 370704-01

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.

#### WILD MOUNTAIN

Ages 6 - 14

June 29...... Drop off at 8:45 A.M., Pick up at 4:30 P.M. \$50; \$45 Shoreview Resident..... Activity # 370702-01

Join us for a fun day as we go to Wild Mountain in Taylor's Falls, MN! If you are ready to get wet they have several large waterslides, a lazy river, and other fun attractions to use. If you want to stay dry you can enjoy the Go-Karts, or take the chairlift to the top of the mountain and wind down the 1700' long Alpine Slide track back down to the bottom. Please bring a swimsuit, towel, sunscreen and a bag lunch or money for concessions. Register by 6/22.

## CONQUER NINJA WARRIOR & MADISON'S PLACE PLAYGROUND

Ages 6 - 14

July 6 ......Drop off at 8:45 A.M., Pick up at 4:00 P.M. \$52, \$47 Shoreview Resident ......Activity # 370701-01

Join in on a day full of being active as we head to Woodbury for some adventure. The day will start off at Madison's Place Playground where we will climb and play on the 16,000-square-foot all-inclusive playground which offers sun-shade covered play decks, swings, and sensory play equipment. We will then head to Conquer Ninja Warrior to learn and build ninja skills on the obstacles. **Please bring a bag lunch.** Register by 6/29.

#### **VALLEYFAIR**

Ages 6 - 14

July 20...... Drop off at 8:25 A.M., Pick up at 6:00 P.M. \$57; \$52 Shoreview Resident..... Activity # 370703-01

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 7/13.

## ANOKA AQUATIC CENTER & GEORGE GREEN PARK

Ages 6 - 14

July 27......Drop off at 8:45 A.M., Pick up at 5:00 P.M. \$45, \$40 Shoreview Resident......Activity # 370706-01

Get ready for a day in the sun and water as we head to the Anoka Aquatic Center. The day will start by exploring George Green Park in Anoka. The park features a ropes playground as well as lots of play space. We will then walk over to the Anoka Aquatic Center to have a blast on the 12 foot climbing wall, fly down the 200 foot waterslides, try out the adventure walk and more! **Please bring a bag lunch.** Register by 7/20.

#### Registration is open now for these summer sports leagues! DEADLINE IS APRIL 27

#### **VOLUNTEER COACHES ARE NEEDED**

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 Program Supervisor at 651-490-4753.

#### T-BALL & BASEBALL LEAGUES

**Grade levels based on 2017–18 school year** (Must be 4 by June 1, 2018)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$74; \$64 Shoreview Resident; \$20 late fee after April 27

Mini Sluggers (CoRec T-Ball), Ages 4-5

Tues & Thurs, May 31 – July 26......Activity # 390101-01

Little Sluggers (CoRec Coach Pitch), Gr K-I

Tues & Thurs, May 31 - July 26......Activity # 390102-01

Sluggers (CoRec Machine Pitch), Grades 2-3

Mon & Wed, May 30 – July 25.....**Activity # 390102-02** 

This program is designed to introduce youth to the game of baseball. Each age level will include instructional practices and games. A pitching machine is used in the baseball leagues. Children will receive a team shirt and hat. Parents will be informed of team assignment and first practice details shortly after the May 23 coaches meeting.

**COACHES MEETING:** Wednesday, May 23, 6:30 P.M., Shoreview Community Center



#### SUMMER SOCCER LEAGUES

**Grade levels based on 2018–19 school year** (Must be age 4 by June 1, 2018)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$74; \$64 Shoreview Resident; \$20 late fee after April 27.

Mini Mites CoRec, Ages 4-K

Mon & Wed, May 30 – July 25......**Activity # 390201-01** Team schedule will vary throughout the season, meeting 1-2 times per week.

Mites CoRec, Grades I and 2

Mon & Wed, May 30 – July 25......Activity # 390201-02

Squirts CoRec, Grades 3 and 4

Tues & Thurs, May 31 - July 26......Activity # 390201-03

PeeWee CoRec, Grades 5 and 6

Tues & Thurs, May 31 – July 26......Activity # 390201-04

Our summer soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Players receive a shirt and are required to wear shin guards. Parents will be informed of team assignment and first practice details shortly after the May 21 coaches meeting.

COACHES MEETINGS: Monday, May 21, 6:30 P.M., 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.
- 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 effort is made to balance the number of boys and girls in our co-rec league, dependent on requests and registrations.

#### Registration deadline for fall soccer & flag football is July 27



#### FALL SOCCER LEAGUES

Grade levels based on 2018–19 school year (Must be age 4 by September 1, 2018)

**Practice:** One practice per week beginning the week of

August 20; day and time TBD by coach

**Games:** Saturday mornings, September 8 – October 13 Games and practices last for 1-hour. Starting times may vary week-to-week. Practices will be during the evening between 6:00 P.M. – 8:00 P.M. and games between 9:00 A.M. – 2:00 P.M.

\$74; \$64 Shoreview Resident; \$20 late fee after July 27.

Mini Mites CoRec, Ages 4-K	Activity # 490208-01
Mites CoRec, Grades I-2	Activity # 490208-02
Squirts CoRec, Grades 3-4	Activity # 490208-03
Pee Wee CoRec, Grades 5-6	Activity # 490208-04

Youth will learn the basic fundamental skills, rules, and strategies of the fun and exciting game of soccer. Teams are led by volunteer coaches. Players receive a shirt and are required to wear shin guards. Parents will be informed of team assignment and first practice details shortly after the August 13 coaches meeting.

**COACHES MEETING:** Monday, August 13, 6:30 P.M., Shoreview Community Center



#### FLAG FOOTBALL LEAGUES

Grade levels based on 2018-19 school year

**Practice:** One practice per week beginning the week of

August 20; day and time TBD by coach

Games: Saturdays, September 8 – October 13

Games and practices last for I-hour. Starting times may vary week-to-week. Practices will be during the evening between 6:00 P.M. – 8:00 P.M. and games between I:00 P.M. – 4:00 P.M.

\$94; \$84 Shoreview Resident; \$20 late fee after July 27.

CoRec,	Grade K-I	
CoRec,	Grades 2-3	Activity # 490207-02
CoRec,	Grades 4-6	Activity # 490207-03

Youth will be introduced to football in an instructional, fun and non-contact manner. Participants will learn the basic fundamentals including passing, catching, rushing and offensive and defensive strategies. Teams are led by volunteer coaches. Players receive an NFL team jersey. Parents will be informed of team assignment and first practice details shortly after the August 14 coaches meeting.

**COACHES MEETING:** Tuesday, August 14, 6:30 P.M., Shoreview Community Center



### **SPORTS UNLIMITED**

Sports Unlimited Camps provide fundamental skill development for boys and girls with an 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 campers receive quality instruction, water bottle and sportsmanship award. All equipment is provided unless noted below. **Registration deadline is one week before camp starts.** 

Camp	Age	Date	Time	Location	Fee	Activity #
Lacrosse non-contact	5-12	June 18-21	9:00 A.M. – 12:00 P.M.	Shamrock Park	\$100; \$90 Shoreview Resident	390912-01
SNAG Golf Oversized Equipment Used	5-12	June 18-21	I:00 P.M. – 4:00 P.M.	Shamrock Park	\$100; \$90 Shoreview Resident	390912-02
Mini Sport Sampler Variety of Sports and Playground Games	4-8	June 25-28	9:00 A.M. – 12:00 P.M.	Perry Park (Arden Hills)	\$100; \$90 Shoreview Resident	390912-03
Soccer	5-12	June 25-28	I:00 P.M. – 4:00 P.M.	Perry Park (Arden Hills)	\$100; \$90 Shoreview Resident	390912-04
Disc Golf	8-14	July 9-12	I:00 P.M. – 4:00 P.M.	Perry Park (Arden Hills)	\$100; \$90 Shoreview Resident	390912-05
Volleyball	5-12	July 9-12	9:00 A.M. – 12:00 P.M.	Turtle Lake School Gym	\$100; \$90 Shoreview Resident	390912-06
Cheerleading and Dance	4-8	July 16-19	9:00 A.M. – I2:00 P.M.	Turtle Lake School Gym	\$100; \$90 Shoreview Resident	390912-07
Floor Hockey	5-12	July 16-19	I:00 P.M4:00 P.M.	Turtle Lake School Gym	\$100; \$90 Shoreview Resident	390912-08
Ninja Warrior	5-12	July 23-26	10:00 A.M 12:00 P.M.	Perry Park (Arden Hills)	\$90; \$80 Shoreview Resident	390912-09
Basketball	5-12	July 23-26	I:00 P.M. – 4:00 PM	Turtle Lake School Gym	\$100; \$90 Shoreview Resident	390912-10
Flag Football	5-12	July 30 - August 2	9:00 A.M. – 12:00 P.M.	Perry Park (Arden Hills)	\$100; \$90 Shoreview Resident	390912-11

### **CHEM SPORTS CAMPS**

CHEM stands for Character, Hand, Eye, and Mind. We provide tennis, pickleball and floor hockey lessons combined with personal enrichment with an emphasis on character development. Learn a combination of hand-eye coordination and mental focus to improve and develop fundamentals of each sport. Focus on awareness and character both on and off the court through team skill-building activities. All equipment provided.

Camp	Grades	Date	Time	Location	Fee	Activity #
Tennis	K-8	Tuesdays, June 12 - July 24 No Class July 3	6:00 – 6:55 P.M.	Wilson Park Tennis Court	\$72	390904-01
Pickleball	1-8	Thursdays, June 14-July 26 No Class July 5	6:00 – 6:55 P.M.	Wilson Park Tennis Court	\$60	390904-02
Tennis	K-8	Tuesdays, Aug 7–Sept 11	6:00 – 6:55 P.M.	Wilson Park Tennis Court	\$72	390904-03
Floor Hockey	1-8	Thursdays, Aug 9–Sept 13	6:00 – 6:55 P.M.	Wilson Park Tennis Court	\$72	390904-04

Make-up class: If class is canceled due to inclement weather we will extend the class an additional week to hold a make-up class.





#### **Tennis Lessons**

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 USTA QuickStart tennis curriculum, instructors will help participants progress from basic skills through intermediate skills. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise – and, most of all, have fun! Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

Participants should bring their own racquet and water bottle.



#### PRIVATE LESSONS

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 two participants of equivalent ability. Participants must enroll with a partner for semi-private lessons.

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.

#### **Individual Private Lessons** (60 minutes)

Five lessons: \$180; \$170 Shoreview Resident

Summer ...... Activity # 390602-01

#### Semi Private Lessons (60 minutes)

Five lessons: \$100; \$90 Shoreview Resident

(Each participant must pay registration fee and must enroll

with a partner)

Summer ...... Activity # 390603-01

#### **GROUP LESSONS**

Youth group lessons: \$70; \$60 Shoreview Resident Adult group lessons: \$100; \$90 Shoreview Resident

#### **PeeWees**

Ages 5 to 7

Peewees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using low compression tennis balls and integrating games progressing at individual's pace. Balls are provided.

#### **Beginners**

Ages 7 to 11

For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

#### **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.

#### Intermediate

Ages II to I4

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.

#### **SUMMER EVENING LESSONS**

June 11 - July 26 (No class week of July 2). If necessary, make-up lessons will be the week of July 30 & August 6.

Class Level	Day	Time	Location	Activity #
Pee Wees	М	6:00 - 6:45 P.M.	McCullough	390606-06
Pee Wees	Т	6:00 - 6:45 P.M.	McCullough	390606-07
Beginners	Т	7:00 - 7:55 P.M.	McCullough	390607-06
Beginners	Th	6:00 - 6:55 P.M.	McCullough	390607-07
Advanced Beginners	Th	7:00 – 7:55 P.M.	McCullough	390608-06
Intermediate	W	6:00 - 6:55 P.M.	McCullough	390609-06
Adult Basics	М	7:00 - 8:30 P.M.	McCullough	390601-01
Adult Basics	W	7:00 – 8:30 P.M.	McCullough	390601-02

#### **SUMMER MORNING LESSONS**

June 11-28. If necessary, make-up lessons will be July 2 & 3.

Class Level	Day	Time	Location	Activity #
Pee Wees	M, W	9:00 – 9:45 A.M.	Wilson	390606-01
Pee Wees	T, Th	9:00 – 9:45 A.M.	McCullough	390606-02
Beginners	M, W	9:50 - 10:45 A.M.	Wilson	390607-01
Beginners	T, Th	9:50 - 10:45 A.M.	McCullough	390607-02
Advanced Beginners	M, W	10:50 – 11:45 A.M.	Wilson	390608-01
Advanced Beginners	T, Th	10:50 – 11:45 A.M.	McCullough	390608-02
Intermediate	M, W	11:50 A.M. – 12:45 P.M.	Wilson	390609-01
Intermediate	T, Th	11:50 A.M. – 12:45 P.M.	McCullough	390609-02

July 9-26. If necessary, make-up lessons will be the week of July 30.

Class Level	Day	Time	Location	Activity #
Pee Wees	M, W	9:00 – 9:45 A.M.	Wilson	390606-03
Pee Wees	T, Th	9:00 – 9:45 A.M.	McCullough	390606-04
Beginners	M, W	9:50 - 10:45 A.M.	Wilson	390607-03
Beginners	T, Th	9:50 - 10:45 A.M.	McCullough	390607-04
Advanced Beginners	M, W	10:50 – 11:45 A.M.	Wilson	390608-03
Advanced Beginners	T, Th	10:50 – 11:45 A.M.	McCullough	390608-04
Intermediate	M, W	11:50 A.M. – 12:45 P.M.	Wilson	390609-03
Intermediate	T, Th	11:50 A.M. – 12:45 P.M.	McCullough	390609-04

August 14-23. If necessary, make-up lessons will be the week of August 27.

Class Level	Day	Time	Location	Activity #
Pee Wees	T, W, Th	9:00 – 9:45 A.M.	McCullough	390606-05
Beginners	T, W, Th	9:50 - 10:45 A.M.	McCullough	390607-05
Advanced Beginners	T, W, Th	10:50 – 11:45 A.M.	McCullough	390608-05
Intermediate	T, W, Th	11:50 A.M. – 12:45 P.M.	McCullough	390609-05

#### FALL 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. League game times are 6 and 7 P.M. (some 8 P.M. and 9 P.M. games). As we get later in Fall, some games will start at 5:50 P.M. due to less daylight. No playoffs for fall leagues. League fees include USSSA Sanctioning fees and sales tax. Leagues are run in collaboration with Arden Hills Parks and Recreation. Registration deadline is July 20 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.

**CoRec D**: Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an II-inch softball for women and a I2-inch softball for men.

League	Day	Start Date	Games	Early Bird Rate by 7/9	Reg. Rate After 7/9	Activity #
CoRec D	Monday	August 6	10 Games – Doubleheaders	\$370	\$395	420801-01
Men's E	Tuesday	August 7	10 Games – Doubleheaders	\$345	\$370	420801-02
CoRec D	Thursday	August 9	10 Games – Doubleheaders	\$370	\$395	420801-04

#### ADAPTED KICKBALL LEAGUE

Ages 12 and up

Mondays, Starting June 11 ...... 6:00 P.M. or 7:00 P.M. \$100 per team...... **Activity # 320702-01** 

Location: Various fields in Shoreview

Are you interested in participating in an adapted sports program? Gather up your team of family, friends and neighbors to join the Adapted Kickball League. This league gives people with disabilities and peers the opportunity to make new friends, learn new skills and have tons fun while being part of a team. Games are self-officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules are emailed to team managers the week of June 6. Individuals looking to find a team are encouraged to contact the Parks and Recreation office. Registration deadline is May 25 or until league is full.



#### SENIOR SEMINAR: HOW TO AVOID THE TOP 3 ESTATE PLANNING MISTAKES MOST PEOPLE MAKE

Ages 6 - 14

#### Deadline to Register: Friday, June 15

Are you feeling bad about putting off your estate planning? How would you like to face the future feeling confident that you have a complete, updated plan that provides you and your loved ones with security and minimizes expense and hassle? You can! Best of all, you will enjoy the process of getting there. This seminar is taught by Kyle Law. Registration is required.

Location: Shoreview Community Center



### WEDNESDAY, MAY 16 10 A.M. – 12 P.M.

The Active Life Fair is a FREE resource fair for adults 55+ & their caretakers. You will have the opportunity to gather information regarding local programs and services about health, fitness and wellness opportunities to improve your quality of life.

#### YOUR SPECIAL DAY INCLUDES:

Senior Housing Facilities | Membership Info.
SeniorFIT Classes | Computer Info.
Area Agencies of Aging | Balance Screens
Retirement Planning | 20 Minute Seminars

## SHOREVIEW AREA PICKLEBALL CLUB

We're happy to welcome you to the fastest growing sport for adults in the Country. Pickleball is fun and easy to learn with a variety of play options available for everyone at any skill level. The choice is yours in the Shoreview Area Pickleball Club. Join our club and give it a try...you will be happy you did! When you join the SAPC, you receive exclusive benefits for your membership: dedicated court time, free training for beginners, and email updates on gatherings and club news. Membership is good for 2018 calendar year. Membership fee is used for basic expenses like balls, paddles, nets and print materials.

#### **Bobby Theisen Park (6 dedicated pickleball courts)**

<sup>k</sup> Monday – Friday8	:00 A.M. – 11:00 A.M.
*For experienced players	

\*\*Tuesday, Thursday & Sunday ...... 6:00 P.M. – 8:00 P.M. \*\*For all skill level players

#### Commons Park (6 courts striped on tennis courts)

\*\*\*Monday, Wednesday & Friday ......8:30 A.M. – 11:00 A.M. \*\*\*For beginner and social players

#### PICKLEBALL LESSONS

\$60 Per Person

#### Beginner (1.0 - 2.0)

This is an introductory class geared for those who have little or no knowledge of Pickleball. We will cover basic rules, primary skills, terminology and etiquette.

Wednesdays, June 13 – July 11 ...... 5:30 P.M. – 7:00 P.M. (no class July 4)

Island Lake School Gym......Activity # 320200-01

#### Beginner/Advanced Beginner (1.5 - 3.0)

For players who have played Pickleball and would like to build their confidence, develop technique, court positioning and strategy.

Wednesdays, June 13 – July 11 .............................. 2:30 P.M. – 4:00 P.M. (no class July 4)

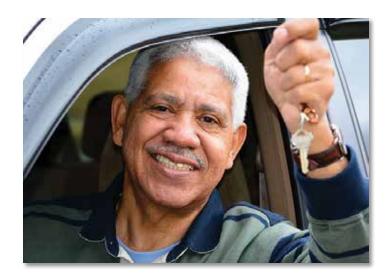
Island Lake School Gym......Activity # 320200-02

#### Intermediate/Advanced (3.0 – 4.5)

For players who want to fine tune their skills and techniques. Get comfortable with the dinking game, use of the third shot and competitive play.

April 25, May 30, June 27, July 25, August 29, September 26

FREE ACTIVITIES AT THE



#### AARP SMART DRIVER COURSE

The AARP Driver Safety Program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP trained volunteers. Registration deadline is 3 days prior to the class. AARP member cards must be presented at the time of registration to qualify for member rates. This rate includes a Shoreview administration fee.

2018	Courses
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4 Hour Day Course	9:00 A.M. – I:00 P.M.
AARP Member Rate: \$24; Non-N	1ember Rate: \$29
Tuesday, May 8	Activity # 250201-05
Monday, June 11	Activity # 300310-01
Monday, July 23	Activity # 300310-03
Tuesday, August 14	Activity # 300310-04
4 Hour Evening Course	5:30 P.M. – 9:30 P.M.
AARP Member Rate: \$24; Non-N	1ember Rate: \$29
Wednesday, May 17	Activity # 250201-06
Thursday, June 28	Activity # 300310-02
Thursday, August 30	Activity # 300310-05



#### SOCIAL MEDIA: STEP-BY-STEP ON THE BASICS

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#### **Pinterest**

#### Instagram

Learn the basics of navigating Social Media platforms. We will go step-by-step on the basics to utilizing quick user tools for social networking. Ipads, laptops, or smart phones are welcome to bring to class. User must have knowledge on their own device. Media devices are not necessary but highly recommended. Register by the Friday before the scheduled class date.

#### DISCOVER THE VAST WORLD OF GENEALOGY RESOURCES AVAILABLE FOR FREE ON THE INTERNET

#### Deadline to Register: Wednesday, July 18

In this class I will show you the most frequently used websites as well as the fasted way to find them and the fastest way to save the relevant material to your computer. We will discuss the most common documents including census records, military records, land records, birth and death records and family stories and photos .Please join me as we begin this fascinating journey into our shared past. This class is taught by Sharon Powell.

Location: Shoreview Community Center



### IPAD WORKSHOP – I

#### Deadline to Register: Tuesday, June 5

Location: Shoreview Community Center

This two hour introductory workshop covers some of the most common & basic usage of iPad use. We become familiar with smart device interface, buttons, ports, status bar, accessories, important iPad concept, its use in our society, sound settings, simple Apps management, Airplane mode, Wi-Fi and Hotspot network search, security, and internet connection, light web browsing, security awareness, camera use, photos, video & share, clock, alarm, stop watch, world clock settings, and finally answer a few questions you may have. We also look at outside resources to help you learn more about iPad use. Class taught by "Raythecomputerguy". Prerequisite: Must be familiar with iPad and some web browsing.

#### IPAD WORKSHOP – II

#### Deadline to Register: Tuesday, June 12

Location: Shoreview Community Center

This two hour workshop is a continuation of Workshop-I session. It covers more of the most common basic usage of iPad features. We briefly review workshop-I material and dive right into more in-depth use of smart device features and functionalities. We will explore more iPad settings, camera use, photo, video & share, notifications, wallpaper, sounds, internet access and web browsing, map and directions, media access, download and launch Apps like weather App, remove unwanted Apps and delete background running web pages, keyboard, language, and finally answer a few questions you may have. We also look at outside resources to help us learn more about iPad use. Class taught by "Raythecomputerguy". Prerequisite: Completed iPad Workshop-I session, or be familiar with iPad use.



#### SMARTPHONE WORKSHOP - I

Tuesday, July 10 ...... 9:00 A.M.-11:00 A.M. 

Deadline to Register: Tuesday, July 3

Location: Shoreview Community Center

This two hour introductory workshop covers some of the most common & basic usage of a smartphone. We become familiar with smart device interface, buttons, ports, status bar, accessories, important cellphone concept, its use in our society, call, voice, and text messaging, Emergency SOS, sound settings, simple Apps management, Airplane mode, Wi-Fi and Hotspot network search, security, and internet connection, light web browsing, security awareness, camera use, photos, video & share via texting, clock, alarm, stop watch, and world clock settings, and finally answer a few questions you may have. We also look at outside resources to help you learn more about smartphone use. Class taught by "Raythecomputerguy". Prerequisite: Must be familiar with smartphone and know how to call or answer phone.

#### SMARTPHONE WORKSHOP – II

Deadline to Register: Tuesday, July 10

Location: Shoreview Community Center

This two hour workshop is a continuation of Workshop-I session. It covers more of the most common basic usage of a smartphone features. We briefly review workshop-I material and dive right into more in-depth use of smart device features and functionalities. We will explore more smartphone settings, camera use, photos, video & share via texting, notifications, wallpaper, sounds, internet access and web browsing, map and directions, media access, download and launch Apps like weather App, remove unwanted Apps and delete background running web pages, keyboard, language, and finally answer a few questions you may have. We also look at outside resources to help us learn more about smartphone use. Class taught by "Raythecomputerguy". Prerequisite: Completed Smartphone Workshop-I session, or be familiar with Smartphone use.

#### STREAMING WORKSHOP

Tuesday, August 7 ...... 9:00 A.M.-11:00 A.M. 

Deadline to Register: Tuesday, July 31

Location: Shoreview Community Center

This workshop covers how to connect to the internet, browse the web, research, purchase, download and install different apps that allow you to stream music and movies. It also covers some of the pros and cons of the different apps available. Class taught by "Raythecomputerguy". Prerequisite: To be familiar with Online Browsing, shopping, and security awareness.





#### **CROCHETING - BEGINNING**

No classes week of July 4

Deadline to register: Wednesday, May 30

**Location:** Shoreview Community Center

Come learn the basic crocheting techniques and how to read patterns. Also, you will learn the correct way to hold the hook and count stitches. Please bring a small scissors and a zipped cloth bag in which to put your course materials. Required materials will be purchased from the instructor for \$10.00 the first night. Please, do not bring your own materials.

#### KNITTING – BEGINNING

No classes week of July 4

Deadline to register: Wednesday, May 30

Location: Shoreview Community Center

Come learn the basic knitting techniques and how to read patterns. Also you will learn the correct way to hold the needles, count stitches, and pick up dropped stitches. Please bring a small scissors and zipped cloth bag in which to put your course materials. Required materials will be purchased from the instructor for \$20.00 the first night. Please, do not bring your own materials.

#### COFFEE & CRAFTING

Enjoy good company and coffee while having fun creating our pinterest craft! We will choose fun and easy craft and provide all of the supplies! You get to be creative and take home a seasonal craft project!

**Location:** Shoreview Community Center

Deadline to register: Friday, June 15

Deadline to register: Friday, July 6

Deadline to register: Friday, August 17

#### **BINGO & ICE CREAM**

**Location:** Shoreview Community Center

Deadline to register: Tuesday, June 12

Join us for an afternoon of Bingo, ice cream and coffee! We will have lots of prizes to giveaway and a lucky winner will walk away with a gift card to Target! (Price includes treats, prizes & Bingo)

## BINGO & VIRGIN DAIQUIRI DAY

Location: Shoreview Community Center Deadline to register: Tuesday, July 17

Join us for an afternoon of Bingo, refreshments, and virgin daiquiris! We will have lots of prizes to giveaway and a lucky winner will walk away with a gift card! (Price includes treats, prizes & Bingo)

#### **BINGO & CINEMA**

Location: Shoreview Community Center

Deadline to register: Tuesday, August 7

Join us for an afternoon of Bingo, coffee, and popcorn! We will have lots of prizes to giveaway and a couple of lucky winners will walk away with movie theatre tickets! (Price includes treats, prizes & Bingo)

## Jobs that Fit Your Lifestyle!



### Part-time > Flexible Hours > Fun People

Adventure Quest Playground Instructors: Lead pre-school and elementary age children in Summer playground program including sports, crafts, games, storytelling, songs and special events. Experience working with children and elementary course work desired. June-Aug. Daytime hrs. \$9.75-11/hr. Must commit for entire summer.

Fitness Instructors: All formats including cardio-kick, cycling, kettle bells, ballet fitness, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification required. Morning, afternoon, evening and weekend hours available. \$24/class

Lifeguards: Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure safety of pool guests by preventing and responding to emergencies. No experience required. Training is provided for Ellis Certification (a \$225 value!). Lifeguards needed for morning, afternoon, weekend and evening hours. \$10.75-12.50/hr. School year-daytime M-F (5am-4pm) \$12/hr.

Personal Trainers: We emphasize helping people meet their fitness goals. Generate client base and provide one-on-one personalized fitness consultations, education, and motivation to clients. Design safe, effective workouts and work on general health, sports specific conditioning, and general fitness. National training certification required. \$19-23/hr.

Preschool Instructor: Plan and teach a creative recreation preschool program. Help children explore the areas of art, music, dramatic play, physical fitness and literature as they develop their cognitive skills, including language and problem solving abilities. Degree in Elementary Ed. with preschool curriculum experience preferred. Approximately 25-30 hrs/week. Sept-May. \$18-22/hr.

Preschool Assistant - Assist teacher with preschool recreation classes. Experience working with preschoolers preferred. M-F, Daytime hours September through May. 4 - 6 hours per day. Sept - May. \$11.00-13.50/hr.

Private Swim Instructor: Teach customized private lessons to a variety of age groups. Must be 18 yrs of age with I year teaching/coaching experience. \$13.50/30 minute class.

Seasonal Maintenance Workers: Parks, Streets and Utilities are hiring full-time summer help to perform general labor such as landscape and grounds care, street maintenance and repairs, and/or water/sewer mtce. Must have HS diploma or GED, be 18+ yrs of age, lift/move 50-100 lbs. \$11.50-13.50/hr.

Service Desk: Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, handle a variety of information, assist with concessions when needed. \$10.25-11.25/hr.

Special Event Staff: We're looking for creative people to work our special events, such as Kids Garage Sale, Halloween Hoopla, New Years Eve Party, Egg Hunt, etc. Duties include decorating and clean up. Hours vary for each event. I-2 events held per month. \$9.75-10.75/hr.

"Summer Discovery" Instructors: Supervise and care for children grades Pre K-8th grade in full-day childcare. Plan and implement program activities ranging from arts & crafts to sports instruction and field trips. Weekdays, M-F. Hours vary between 6:15am-6:15pm. Mid-May-Aug. \$10.50-12.50/hr. Must commit for entire summer.

Swimming Instructors (we will train): Instructors needed for morning and early evening lessons at the Community Center pool. Mon-Sun. \$10.25-13.50/class (35 minute classes)

Tennis Instructors: Instruct youth and adults in beginning thru advanced tennis classes. Previous teaching experience along with playing experience desired. Weekday mornings and evenings, June-August. \$14-16/hr. DOQ

Wave Cafe: Prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Daytime (school yr): \$10.75-11.75/hr. Eves/weekends/summer: \$9.75-10.75/hr.

Youth Soccer Officials: Officiate soccer league games for children. Knowledge of soccer rules, previous officiating experience desired, soccer playing experience preferred; good interpersonal skills. Must be age 16 or older. June-July weekday evenings; \$15-25/game.

Apply at: shoreviewmn.gov
Shoreview Parks & Recreation
4580 North Victoria Street, Shoreview MN
651-490-4750. Equal Opportunity Employer



Community Center Membership!



#### 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 651.621.7431.

#### 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!

## NORTHEAST YOUTH AND FAMILY SERVICES

Northeast 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 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

Irondale Baseball League www.iblbaseball.com

Irondale Girls Fastpitch Association www.knightsfastpitch.org

Mounds View Youth Wrestling www.moundsviewwrestling.com

Mounds View Basketball Association www.moundsviewbasketball.com

Mounds View Area Youth Lacrosse
Association
www.mvaylax.org

Mounds View Softball Association www.moundsview.softballsystems.com

Mounds View/Irondale
Youth Hockey Association
www.moundsview.pucksystems2.com

Mounds View Youth Football League www.moundsviewyouthfootball.org

North Suburban Aquatic Club www.nsmakos.org

North Suburban Soccer Association www.nssasoccer.org

Roseville Area Youth Hockey www.rosevillehockey.org

Shoreview Area Youth Baseball www.sayb.org

Shoreview Recreation Areas Web Page: www.shoreviewmn.gov	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Indoor Pickleball Courts	Pickleball (on tennis courts)	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts (lit courts)	Volleyball	Circuit Training
Bobby Theisen Park 3575 Vivian Ave.	15		1	0		de.	$\sim$		6			$\hat{\Box}$	S.		1		2		
<b>Bucher Park</b> 5900 Mackubin Street	25	2	1	0		de la company de	$\sim$			THE CO		$\bigcirc$	S.		1		2		
Lake Judy Park 900 Tiller Lane	5		1/2				$\sim$			<del>PE</del>		$\Box$							
McCullough Park 915 County Rd I	75	2	1	0		de la company de	$\sim$			With grill		$\bigcirc$	á.		1		2		
Ponds Park 190 Sherwood Road	1						$\sim$			Table only									
Rice Creek Fields 5880 Rice Creek Parkway	10	4					$\sim$					$\bigcirc$							
Shamrock Park 5623 Snelling Ave.	23	2	1			A.	$\sim$			With grill		$\hat{\Box}$	á.		1		2		
Shoreview Commons and Community Center 4580 North Victoria	40	2	1	0		de.	$\sim$	4	2	With grill		$\bigcirc$	á.	À	1	<b>&gt;</b>	2		
Sitzer Park 4344 Hodgson Road	8	2	1			de.	$\sim$			With grill		$\Box$	á.				2		
<b>Wilson Park</b> 815 County Road F	13	2	1			W.	$\sim$			Tables Only With grill		$\bigcirc$	\$				2		

The following are operated by Ramsey County Parks. 651-748-2500 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
Island Lake County Park 3611 Victoria Street	167	_		•(			9		<del>TE</del> T			
Lake Owasso County Park 370 N. Owasso Blvd.	9	4		<b>(</b>							û	<b>&gt;</b>
Shoreview Ice Arena 877 Highway 96 (Hockey only)												
Snail Lake Regional Park 580 Snail Lake Blvd.	400	4	1	•	Ą			$\sim$	<del>TE</del> T			<b>≥</b>
Turtle Lake County Park 4979 Hodgson Road	9	4		•(					THE C			<b>3</b>

For detailed park info and maps, visit www.GoRamsey.org

### **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 Hours subject to change.

#### 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



## Shoreview Parks & Recreation Dept. | 4580 Victoria Street North | Shoreview, MN 55126 Phone: 651.490.4750 | Fax: 651.490.4797 | Web: www.shoreviewcommunitycenter.com

AST NAME (PRIMARY)		FIRST NAME (P	RIMARY)		HOME PHON	NE (AREA CODE)	
DDRESS		СПУ		ZIP	CELL PHONE	(AREA CODE)	
-MAIL ADDRESS				EMERGE	NCY CONTACT		
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Participants Last Name/First	M/F	Birthdate	Activity Number		Activity Name	Activity Day/Time	Fee S
Are you a Silver & Fit® member	r?	Yes No					
Are you a Community Center A			No		Total	Amount Enclosed	\$
YOUTH SPORTS LEAGUES (I	Please fil	ll out completely)	If you are rea	ictorina in	norsan da nat writa yay	r cradit card information	on this fo
Special requests for teammates are NC	T guarant	eed and are limited to O		istering ir	n person, do not write you		
REQUEST PER PLAYER. Group and/or of The City encourages players to make r	ew friends	and develop social skill		PE.	If p	aying by credit card please	e circle typ
If you sign up as a head coach, your chafter the season is completed.	ild's regist	ration will be reimbursed			Credit Card	VISA	MasterCard
School child attends:			Cnecks Paya	bie to Ci	ity of Shoreview"	ENGLES:	DISCOVER
Grade (2018-2019 school year):			Card #			Exp. Date	
Child shirt size: Youth / Adult	S	M L XL	CWCode	7in	o Code Signatu	re	
Teammate request name:			(3 digit code or	n back)	_		
I would like to coach: Y N shi			☐ Billing addr	ess is diffe	erent from above (Please i	nclude billing address)	
Coach Name:							
Special Needs/ Allergies/ Etc:							

limit future contact about program updates and changes. I understand that this information is available to staff, coaches, volunteers, contractors, city auditors, attorney, and insurers as needed to perform their job duties. I do hereby allow the City of Shoreview to use any photographs and videos taken by the city, of the individual(s) named herein, in city print and electronic publications released to the general public.

Signature:	Date:
Your signature indicates you have read the registration information an	

#### Summer Registration Schedule Shoreview Resident Priority

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

Begins Tuesday, May 8 at 8 A.M.

#### Annual Community Center Member Registration

Begins Thursday, May 10 at 8 A.M.

#### General Registration

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

Begins Friday, May 11 at 8 A.M.

#### **Phone Registration**

Begins Monday, May 14 at 8 A.M.

#### How to Register:

- I. On-line at www.shoreviewcommunitycenter.com
- Mail in to: Shoreview Parks and Recreation 4580 Victoria St N Shoreview, MN 55126
- 3. Fax to 651.490.4797 (credit card payment only)
- 4. Drop-off at our office, Community Center Service Desk, or City Hall drop box
- 5. In-person during normal business hours: M-F, 8 A.M. 4:30 P.M.
- 6. Over the phone after May 14

#### Registering on-line is easy!

- Go to www.shoreviewcommunitycenter.com and click "Member Login".
- 2. Login with your user name and password
  - If you have never used our system before, you may create an account on-line. Please allow one business day to receive your username and password. We strongly encourage setting up your account **prior** to registration day.
  - If you are unsure of your user name or password and you do not have an email address on file with us, contact us at 651.490.4750.
- 3. Click on "Browse Activities" or "Activity Type"
- 4. Search for a program
- 5. Click the green "+" button and "add to cart" located at the bottom of the screen. You can enroll in multiple classes or register multiple participants at a time.
- 6. Continue shopping or proceed to check out.

#### Register Early!

Space is limited in most activities.

#### **Registration Information**

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.

- I. 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,
  - c. The after-hours payment box, to left of front door of City Hall.
- 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, MasterCard, AMEX, and Discover 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. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
- 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 begins unless otherwise noted in the class description. A service charge of \$5 will be deducted from refunds for classes priced up to \$100. A service charge of \$10 will be deducted from refunds for classes priced over \$100.
- 9. Financial aid for qualifying residents with financial limitations is available for certain programs.
- 10. Voice/TDD: 651.490.4750.
- I I. 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.





# Tuesday Afternoons June 5 - September 4 | 3-7 p.m. September 11 - October 23 | 3-6 p.m.

#### SPECIAL EVENT DAYS

June 5: Garden & Herbs

July 10: Bee Appreciation

August 7: National Farmers' Market Week

September 18: Veggies & Books

October 23: FallWell

#### MASTER GARDENERS

Second and Fourth Tuesdays

### FREE TAI CHI CLASSES

Tuesday, July 10 & 31 5:30pm - 6:30pm at the Market

## LIVE ENTERTAINMENT FREE!

Music by: Gabriel Komjathy & Dale Evans Interactive Acoustic Guitar | Children's Music 6/12, 6/26, 7/10, 7/24, 7/31, 8/14, 8/21, 8/28, 9/4, 9/18, 10/2, & 10/9

Music by: Brad Cattadoris 6/10 & 9/25



## Shoreview Community Center Lower Level Parking Lot

4580 Victoria Street North, Shoreview, MN 55126 www.ShoreviewCommunityCenter.com | 651.490.4750

Presorted Standard ECRWSS U.S. Postage Paid Twin Cities, MN Permit No. 5606

POSTAL CUSTOMER

LOCAL

## **2018 Concert in the Commons**

Wednesdays @ 7 p.m. - Haffeman Pavilion

June 13 The Backyard Band (& free ice cream!)	Rock from 60's to today
June 20 Pan-Handlers	Steel Drum
June 27 Switch	Variety
July 4 No show	N/A
July II Northside Dukes	Blues
July 18 Church of Cash	Johnny Cash Tribute
July 25 SNLV Band	Community Band
August I Jim Tones	Variety
August 8 Lavalle Jazz Cats	Jazz
August 15 Divas Through the Decades	Tribute

### **2018 Kidz Concerts in the Commons**

Wednesdays at 10 a.m. - Haffeman Pavilion

July 11 Dazzling Dave Yo-Yo Master

July 18 Hall of Magic

July 25 Kidpower with Rachael

August I MN Zoo Mobile

August 8 Jolly Pops

August 15 Wendy's Wiggle, Jiggle, and Jam

