

SHOREVIEWS

Fall 2018 Recreation Catalog



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Slice of Shoreview Days
July 27-29



City Hall	651.490.4600
Community Center	651.490.4700
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
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Sue Denkinger, Council Member
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Cory Springhorn, Council Member
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Terry Schwerm, City Manager
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 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.

SHOREVIEW 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.

July 18 Church of Cash..... Johnny Cash Tribute
 July 25..... SNLV Band (Hot Dog with a Deputy 5-7 P.M.).....Community Band
 August 1 Jim Tones (Puppet Wagon 6:15-6:45 P.M.).....Variety
 August 8..... Lavalley Jazz Cats.....Jazz
 August 15.... Divas Through the Decades..... Tribute



Kidz Concerts in the Commons

Haffeman Pavilion/Shoreview Commons – 10 A.M.

July 11.....Dazzling Dave Yo-Yo Master August 1.....MN Zoo Mobile
 July 18.....Hall of Magic August 8.....Jolly Pops
 July 25.....Kidpower with Rachel August 15....Wendy's Wiggle, Jiggle & Jam

18th Annual Tour de Trails

Sunday, July 29 – see page 9

A great way for family and friends to experience the City's scenic bicycle paths!



On the cover: The Slice of Shoreview Days returns to Island Lake Park, July 27-29. See page 3 for more info.



slice of
SHOREVIEW DAYS
2018
JULY 27-29, 2018

Every summer, the Slice of Shoreview Days summer festival turns Island Lake County Park into a small town. Don't miss the fun this year, beginning Friday, July 27 and lasting through Sunday, July 29. Mark your calendar for the event of the season!

Don't miss the Classic Car Parade at noon on Sunday, July 29 along Victoria St. between Cummins (corner of I-694 and Victoria) and the park. Bring your blanket or chair and enjoy these vintage automobiles.

New this Year!

- Robotic Village
- Ralph Reader Run – check website for more details
- Ready Go Art
 - Comedy Showcase
 - Mobile Sign Shop
 - The Picture Wagon

Popular Returning Events:

- Slip n' Slide
- Raptor Program
- Carnival
- Art & Craft Show
- Lake Johanna Fire Department Open House
- Bingo
- And so much more!



Live entertainment:

FRIDAY

- 6 – 10 P.M. Bad Girlfriends
- 10 P.M..... Fireworks

SATURDAY

- 10 A.M..... Parade
- 3 – 6 P.M..... Jim Tones
- 7 – 10 P.M. Power of 10
- 10 P.M..... Fireworks

SUNDAY

- 10:30 A.M. Church Service
- 12:30 – 3:30 P.M. .. Church of Cash on Main Stage and Holy Rocka Rollaz at the Car Show
- 3:30 P.M. Car and Motorcycle Show Awards



The Slice of Shoreview is run by volunteers and sponsored by the City of Shoreview and local businesses. Everyone can enjoy a “slice” of the excitement with free admission and free parking at Deluxe Corporation across the street.

For a complete event schedule and details, visit www.SliceofShoreview.com. Stay up-to-date on Facebook at www.facebook.com/sliceofshoreview and Instagram [@sliceofshoreview](https://www.instagram.com/sliceofshoreview).



Community Center Expansion Update

Contractors have been extremely busy these last few months at the Community Center with part of the expansion now completed. 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 entire project is expected to be completed in fall, 2018.

Two Story Addition

The two story addition adjacent to the gymnasium is now complete with the new activity rooms and fitness studios just recently opened. The four new activity rooms are located on the upper level and will be used for a variety of classes ranging from cooking to theater and dance. The rooms will also be available to rent for parties and events at certain times. Guests can access these rooms from the newly expanded Fireside Lounge.

The four new fitness studios on the lower level are also open and will be used for our extensive group fitness classes, including a dedicated cycling studio. Now that these fitness studios are open, renovations will soon begin on Studio 2 to modify it to stretching and functional training space within the Fitness Center. With the expanded fitness studio space, the Community Center is now offering Group X cards for fitness classes. Any participant who purchases a Group X card will be able to go to any class and can purchase between 5 and 50 classes at a time.



Tropics Indoor Waterpark

The existing Waterpark, newly renovated locker rooms, and expanded family locker rooms are also now open. As part of the expansion project, the City expanded the two family locker rooms into eight. Work continues on the 7,000 sq. ft. expansion, Bamboo Bay. Bamboo Bay will be a zero depth shallow water splash pool with a major interactive aquatic play structure and is expected to open in fall, 2018.



Tropical Adventure Playground

The Tropical Adventure Playground is now closed to complete a major expansion and renovation and is expected to re-open in September. The renovation of the Playground includes a much larger playground area, an improved toddler area, and improved seating for adults. Additionally, a new entrance to the Playground will be available through the new lower level hallway so guests will no longer need to go through the gymnasium to access the playground.

Wave Cafe

The Wave Cafe has been enlarged and includes new booths adjacent to the gym. The Wave will remain open during the construction but there may be periodic closures to complete the flooring work.

The City greatly appreciates your patience during this expansion project. Stay tuned for more information on a member appreciation event and grand opening in fall 2018. You can view more information on the expansion at www.shoreviewmn.gov.



City Council Elections

Primary Election – August 14, 2018 • General Election – November 6, 2018

Council Vacancies

There are three seats up for election on the City Council in 2018: (1) Mayor and (2) Councilmembers. Persons interested in filing for office may come into City Hall Monday – Friday, 8:00 A.M. – 4:30 P.M. and fill out an affidavit of candidacy. The filing period is July 31 – August 14. You must be an eligible voter, live in Shoreview for at least 30 days before the election, and be at least 21 years of age. The cost to file is \$5.00.

How do I register to vote?

If you are not currently registered to vote, you can submit a completed application to Ramsey County Elections in person, at 90 Plato Blvd W, St. Paul, MN 55107, by mail to the Secretary of State, 60 Empire Dr., Ste. 100, St. Paul, MN 55103, or online at www.mnvotes.org. Pre-registration ends on July 24 for the state primary election and on October 16 for the state general election. You may also register at the polls on Election Day.

Absentee Voting

If you cannot make it to the polling place on Election Day, you can vote by absentee ballot. With absentee voting, you can vote in person before Election Day or by mail. Absentee ballots will be available at City Hall during normal office hours, Monday-Friday, 8:00 A.M. – 4:30 p.m. June 29th – August 6th for the state primary election and September 21st – October 29th for the state general election. Ramsey County will also have several early voting locations open August 7th – August 13th for the state primary election and October 30th – November 5th for the state general election. Below is a list of nearby locations for the state primary election along with hours. For a full list and to obtain an absentee ballot application, please visit www.co.ramsey.mn.us/elections.



Election Day Voting Tips

If you are concerned about standing in long lines, vote during nonpeak hours. Generally, peak voting hours are 7:00 A.M. to 9:00 A.M. and 4:00 P.M. to 8:00 P.M. Look for reserved election parking sites at all polling sites.

Shoreview Polling Places

Shoreview has six polling places, all of which are handicapped accessible. Voters unable to enter a polling place may, with the assistance of two election judges of different political parties, register and vote without leaving their vehicle. To find your polling place, visit www.shoreviewmn.gov/polling-place.

Primary Election Early Voting Locations and Hours

Facility

Arden Hills Public Works Building.....	1425 Paul Kirkwold Dr., Arden Hills
Ramsey County Library – Shoreview	4560 Victoria St N, Shoreview
Ramsey County Library – Roseville	2180 N Hamline Ave, Roseville
Ramsey County Library – White Bear Lake.....	2150 2nd St, White Bear Lake

Hours

August 7 – 10	12:00 P.M. – 6:00 P.M.
August 11	9:00 A.M. – 3:00 P.M.
August 11	9:00 A.M. – 3:00 P.M.
August 13.....	9:00 A.M. – 3:00 P.M.



destination shoreview2040

Shoreview's Comprehensive Plan Update

The draft plan of the City's 2040 Comprehensive Plan is now complete and being presented to the public for review and comment. Over the past year, the City has been working on this Plan update and has hosted several events to engage community members in the planning process. The Plan has been updated in accordance with Minnesota State Law and needs to be submitted to Metropolitan Council by December 31, 2018.

The Comprehensive Plan is a reflection of the community's social and economic value and establishes the vision and policy guide for development over the next 20 years. Topics that are addressed include but are not limited to land use, transportation, water resources, parks, housing and resiliency. The overall policy direction of the Plan is to maintain Shoreview's high quality of life and vitality while addressing changes that are occurring or projected to occur throughout the next 20 years. The following summarizes the policy direction for key topics addressed in the Plan.

Chapter 4, Land Use

- Preserves existing residential neighborhoods
- Recognizes new growth will occur through infill and redevelopment that will require higher density housing, mixed uses and a more urban development pattern
- Continues to use Policy Development areas to guide future development with a focus on underutilized land, areas along arterial road and older commercial/industrial areas

Chapter 5, Transportation

- Recognizes travel behaviors are changing
- Addresses future infrastructure needs
- Assesses gaps in the trail network
- Supports a multi-modal transportation system that provides for safe and efficient movement through the community

Chapter 6, Economic Development

- Retain businesses and foster expansion
- Attract businesses to provide employment opportunities and/or specific desired services
- Support redevelopment and reinvestment
- Strengthen Shoreview's competitive position
- Sustain and enhance the economic strength of the community and our overall quality of life

Chapter 7, Housing

- Maintain the quality of life in our neighborhoods
- Strive for a livable mixed-income community
- Provide new housing opportunities
- Enhance access to housing for the local workforce
- Partner with other organizations to maintain an active role in affordable and mixed income housing

Chapter 10, Parks and Open Space

- Continue to enhance the park system and address changing needs
- Explore the acquisition of property for park purposes to improve the park system and meet resident needs
- Continue partnerships with other organizations

Chapter 11, Natural Resources and Resiliency

- Support initiatives that encourage the conservation of our water supply
- Continue efforts that address tree diseases/pests, tree diversification, protection and replacement
- Enhance efforts that support energy conservation and sustainable practices for City operations and land development

What's next?

The draft plan is posted online at destination.shoreviewmn.gov and available for public review and comments. Comments received by August 15th will be reviewed and considered in preparation of the final draft which will be presented to the Planning Commission at a formal public hearing at their October 23rd and November 27th meetings. The City Council is expected to act on the Plan in December. After the Plan is adopted by the City Council it is submitted to the Metropolitan Council for approval.

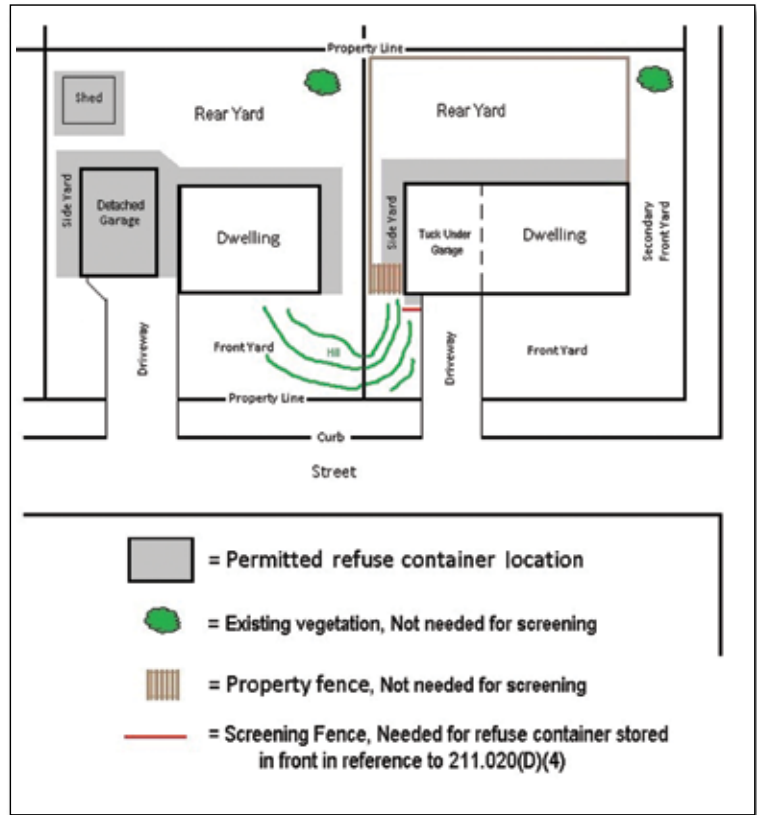
Your participation in this process is important. Please checkout our website, destination.shoreviewmn.gov to learn more about the Plan and opportunities to participate.

Where can I store my garbage cans?

One of the common complaints the City receives relates to the storage of garbage/recycling/yard waste cans. Earlier this year, the City adopted new regulations addressing the storage of these containers with the intent of establishing reasonable regulations that address the visual impact, maintain the appearance and quality of our neighborhoods and are more easily administered. These regulations provide more flexibility to residents regarding the location and screening of these containers.

The ordinance requires these containers be stored within a building or behind the front line of the home provided they are adjacent to a structure. For properties that have unique circumstances, such as topography, single-car garages or lake frontage, refuse containers can be placed in front of the principle or accessory structure provided they are screened from view of the public right-of-way. The time period in which containers can be placed at the curbside is from 12:00 P.M. the day before collection to 12:00 P.M. the day after collection.

If you are storing your refuse/recycling/yard waste containers in a manner that is not consistent with these requirements, you may be notified by the Code Enforcement Staff and will be asked to store them in accordance with the City's regulations.



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.



Tour Scenic Shoreview on the 2018 Tour de Trails

Set aside Sunday morning, July 29 from 7:30 – 11:00 A.M. to enjoy Shoreview’s leisurely Tour de Trails bike ride – our annual event that celebrates our City as a bicycle-friendly community. It’s a terrific way for family and friends to experience firsthand the exceptional bicycle paths that cover the length and breadth of the City. Suitable for family groups and casual cyclists alike, the tour offers a short and long loop on our trail system that lets participants bypass busy roads and highways. The event cost is \$7 per person or \$20 per family and includes a t-shirt for each participant. See www.shoreviewmn.gov for more information. Pre-registration is accepted online through Thursday, July 26.



Explore Our Trails

Shoreview is a bicycle-friendly community with an exceptional trail system that allows residents to connect to parks, shopping areas and the Shoreview Community Center.

Visit www.shoreviewmn.gov/trail-loops to download a map of scenic trail loops with varying lengths/distances.

You’ll also find fun places and green spaces to visit in Shoreview with our City Trail Map, found on the “Trails” web page.

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, 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:

- 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.



Get Social with the City



Follow us on Twitter
@cityofshoreview

Like us on facebook!
www.facebook.com/cityofshoreview



August 7:

This Year's Night to Unite

Team up with the Ramsey County Sheriff's Department, Lake Johanna Fire Department, Neighborhood Watch groups and Shoreview residents to celebrate another great Night to Unite on Tuesday, August 7, 2018 from 5 P.M. to 9 P.M.!

Join this fun annual event and get to know your neighbors, strengthen bonds and prevent crime. Registered gatherings will be visited by the Police Department, Fire Department, elected officials and other city staff. Night to Unite has proven to be an effective, inexpensive and enjoyable way to promote police-community partnerships and help residents feel safer and more connected with their neighbors.

For more information, resources and to register your event, visit the Ramsey County website at www.RamseyCountySheriff.us and click on **Night to Unite** under **Public Safety Resources**. Or contact the Ramsey County Sheriff's Office at 651.266.9333. By registering your event, you are helping the Sheriff's Office schedule visits by Deputies, Firefighters, and other public safety representatives.

Block Party Permits

If you're planning a neighborhood block party, you'll need a block party permit –available on the City of Shoreview website at www.shoreviewmn.gov/block-party-permits. The City appreciates being notified and wishes you and your neighbors a very enjoyable get-together.

What's involved?

- Barricades will be dropped off before the event.
- The city's allowance to block off the street is not to be considered as permission for any ordinance violation.
- Signs should be placed on barricades informing drivers there is a block party taking place.
- Bands and loud music are not allowed due to noise ordinances.
- Ramsey County Deputies and Lake Johanna Firefighters can be invited to stop by. Call 651.266.7332 to invite the Sheriff's Office and 651.415.2100 to invite the Fire Department.
- City maintenance, fire chief and sheriff patrol will be notified of the block party permit.

Grand Opening – McMillan Apartments

The grand opening of the new upscale McMillan Apartments at Rice Street and Grass Lake Place took place in May, 2018. The luxury rental apartment complex is the second new market rate project built in Shoreview since the 1980s. The project involved the redevelopment of an old shopping center and four single-family homes. The five-story 134 unit mixed use apartment building is the end result of a private-public partnership between the Elevage Development Group, LLC and the City of Shoreview. This mixed use building also includes 6,000 square feet of commercial space which is currently unoccupied but is anticipated to be used by a future restaurant. The project also includes 14 townhome units that are currently under construction. The developer invested over \$40 million into the luxury apartment building, which they hope will attract young professionals and “empty-nesters” looking to downsize but remain in the community.



City Enhances Water Conservation Efforts

Sprinkling restrictions: updated in 2017, continue in 2018

As a municipal water supplier, the City of Shoreview has a long, positive history of efficient operation and thoughtful promotion of water conservation. To continue to build on these conservation efforts in 2017 the City updated its watering restrictions for all residents, including those with private wells.

Between May 15 and September 15, the City of Shoreview has restrictions in place for unattended watering of lawns, shrubs, and gardens. These restrictions apply to watering that occurs when no one is present or monitoring the water use. For example, in-ground irrigation systems that operate on an every-other-day timer.

Details on the City's watering restrictions are listed below:

- No watering daily, between the hours of 11 A.M. – 5 P.M. in order to minimize water loss through evaporation
- Unattended watering allowed only on odd or even days based on property address number
- Attended or hand watering of gardens is permitted at all times

- Restrictions do not apply to car washing, filling swimming pools, or to children playing with hose operated sprinklers or water toys

- Water use restrictions do apply to properties using City water, private wells, or surface water for irrigation

If your household, association, or business currently operates an irrigation system with an odd/even day timer, please consider using a manual start for watering instead. This will allow for more control over when your system runs, and can prevent issues such as over watering and watering during rain events. These adjustments save money and help protect our valuable groundwater resources.

If you have questions, please contact the Shoreview Public Works Department at 651.490.4650.



Recycling 101: Keep caps on bottles and jars for recycling

Please keep caps on bottles and jars before placing them in your recycling cart. Loose caps will fall through the gears at the recycling facility and end up as trash.

Plastic lids are easily recycled when kept on plastic bottles and jars. Please note that in some cases, metal lids will not get recycled even if they are kept on glass jars. This is because at the recycling facility, metal lids can end up in the crushed glass pile or in the contamination pile because they are too small to be sorted correctly on the other sorting lines. To increase the likelihood that metal lids will be recycled, consider placing them in a larger steel container, like a soup can, with the top of the container pinched close to keep the metal lids from falling out.

To learn more about what can be recycled visit www.eurekarecycling.org.



Feed Your Lawn with Grass Clippings

You might not know it, but how you mow your lawn can impact nearby lakes, rivers and wetlands. Grass clippings contain phosphorus, the nutrient that turns our lakes green with algae.

If you get clippings in the gutter while mowing, sweep the clippings back onto your lawn. Not only will it protect lakes, rivers and wetlands, the clippings provide nutrients back to your lawn reducing how much fertilizer you need.

In addition, intentionally blowing or placing lawn waste, such as grass clippings and leaves, in the street, right-of-way, or public open space is a violation of City Code.

NEW

Down Payment Assistance and Home Improvement Loan Program Now Available

Take advantage of new home loan programs offered through the City. In an effort to encourage home ownership and reinvestment, these programs provide down payment assistance for qualified first time homebuyers and home improvement loans for qualified residents. Other criteria apply to these programs.

Down Payment Assistance for First Time Homebuyers

- Low interest rate
- Loans up to \$15,000 or 5% of the purchase price, whichever is lower
- Terms up to 30 years
- Interest only repayment

The borrower must provide a minimum down payment of 5% of the purchase price; the property must be owner-occupied; and the purchase price cannot exceed \$289,800.



Home Improvement Loan Program

- Loans amounts from \$2,000 to \$25,000
- Low interest rate
- Additional interest discount for those 65 years and older or military veterans
- Terms up to 15 years

Home must be owner-occupied and cannot exceed the Ramsey County Market value of \$347,760. Eligible improvements include work that reducing long-term energy costs, correct local or state code deficiencies, address health or safety needs, improve the value of the home, or improve accessibility.

Combo Purchase/Rehab Loan

Looking to purchase a fixer-upper? We can help! This program allows for a qualifying homebuyer to secure a combination loan through both the down payment assistance program and the home improvement loan program. The criteria are consistent with the individual programs.

- Down Payment Assistance: up to \$15,000 or 5% of the purchase price, whichever is lower
- Rehab/Home Improvement: loan amount up to \$25,000
- Maximum combined loan cannot exceed \$30,000

OTHER PROGRAMS ALSO AVAILABLE

NeighborWorks Home Partners has a variety of programs to help homeowners repair their homes. Their 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, they 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. Whatever your housing and home improvement and may be, call the NeighborWorks Home Partners at 651.292.8710 to learn more!

Services provided are free!



NeighborWorks Home Partners

651.292.8710

533 Dale Street N. Saint Paul, MN 55103

nwhomepartners.org



Drinking Water Report 2017

PWS ID# 1620020

MAKING SAFE DRINKING WATER

Your drinking water comes from a groundwater source: six wells ranging from 395 to 442 feet deep, that draw water from the Quaternary Buried Artesian and Jordan aquifers.

Shoreview works hard to provide you with safe and reliable drinking water that meets federal and state water quality requirements. The purpose of this report is to provide you with information on your drinking water and how to protect our precious water resources.

If you have questions about the Water Quality Report, or questions concerning your drinking water supply, please contact Shoreview's Public Works Superintendent, Dan Curley at 651-490-4672.

If you have a water emergency after business hours, please contact

the Ramsey County Sheriff's office at 651-291-1111.

The U.S. Environmental Protection Agency sets safe drinking water standards. These standards limit the amounts of specific contaminants allowed in drinking water. This ensures that tap water is safe to drink for most people.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1 800 426 4791.

This report contains important information about your drinking water. Have someone translate it for you, or speak with someone who understands it.

此报告包含有关您的饮用水的重要信息。请人帮您翻译出来，或请看懂此报告的人将内容说给您听。

Daim ntawv teev num no muaj cov ntaub ntawv tseem ceeb hais txog koj cov dej haus. Nrhiav ib tug neeg pab txhais cov ntaub ntawv no rau koj, lossis tham nrog ib tug neeg uas paub cov lus no.

Información importante. Si no la entiende, haga que alguien se la traduzca ahora.

Tài liệu này có tin tức quan trọng về nước uống của quý vị. Hãy nhờ người dịch cho quý vị, hoặc hỏi người nào hiểu tài liệu này.

Warbixintan waxay wadataa macluumaad muhiim ah ee la xiriira biyaha aad cabtid. Cid ha kuu tarjunto ama la hadli cid fahmaysa.

WATER QUALITY REPORT - 2017

In accordance with federal and state laws, Shoreview's drinking water is monitored regularly for contaminants. This report contains the results of monitoring done on its drinking water for the period from January 1 to December 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. As shown, no contaminants were detected at levels that violated drinking water standards. Some contaminants were detected in trace amounts, but well below the legal limits. The Consumer Confidence Report Data tables show the sampling results for these trace-level contaminants.

SHOREVIEW MONITORING RESULTS

This report contains our monitoring results from January 1 to December 31, 2017.

We work with the Minnesota Department of Health to test drinking water for more than 100 contaminants. It is not unusual to detect contaminants in small amounts. No water supply is ever completely free of contaminants. Drinking water standards protect Minnesotans from substances that may be harmful to their health.

Learn more by visiting the Minnesota Department of Health's webpage Basics of Monitoring and Testing of Drinking Water in Minnesota (<http://www.health.state.mn.us/divs/eh/water/factsheet/com/sampling.html>).

How to Read the Water Quality Data Tables

The tables below show the contaminants we found last year or the most recent time we sampled for that contaminant. They also show the levels of those contaminants and the Environmental Protection Agency's limits. Substances that we tested for but did not find are not included in the tables.

We sample for some contaminants less than once a year because their levels in water are not expected to change from year to year. If we found any of these

contaminants the last time we sampled for them, we included them in the tables below with the detection date.

We may have done additional monitoring for contaminants that are not included in the Safe Drinking Water Act. To request a copy of these results, call the Minnesota Department of Health at 651-201-4700 or 1-800-818-9318 between 8:00 a.m. and 4:30 p.m., Monday through Friday.

Water Quality Data Tables

LEAD AND COPPER – Tested at customer taps

Contaminant (Date, if sampled in previous year)	EPA's Action Level	EPA's Ideal Goal (MCLG)	90% of Results Were Less Than	Number of Homes with High Levels	Violation	Typical Sources
Copper (09/21/17)	90% of homes less than 1.3 ppm	0 ppm	0.47 ppm	0 out of 60	NO	Corrosion of household plumbing.
Lead (09/21/17)	90% of homes less than 15 ppb	0 ppb	2.8 ppb	0 out of 60	NO	Corrosion of household plumbing.

CONTAMINANTS RELATED TO DISINFECTION – Tested in drinking water.

Substance (Date, if sampled in previous year)	EPA's Limit (MCL or MRDL)	EPA's Ideal Goal (MCLG or MRDLG)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Total Chlorine	4.0 ppm	4.0 ppm	0.42 ppm	0.31 - 0.54 ppm	NO	Water additive used to control microbes.
Total Haloacetic Acids (HAA)	60 ppb	N/A	5.7 ppb	5.5 - 5.7 ppb	NO	By-product of drinking water disinfection.
Total Trihalomethanes (TTHMs)	80 ppb	N/A	16.3 ppb	11.8 - 16.3 ppb	NO	By-product of drinking water disinfection.

Total HAA refers to HAA5

OTHER SUBSTANCES – Tested in drinking water.

Substance (Date, if sampled in previous year)	EPA's Limit (MCL)	EPA's Ideal Goal (MCLG)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Fluoride	4.0 ppm	4.0 ppm	0.65 ppm	0.62 - 0.67 ppm	NO	Erosion of natural deposits; Water additive to promote strong teeth.

TABLE DEFINITIONS

AL (Action Level): The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

EPA: Environmental Protection Agency

MCL (Maximum contaminant level): The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

MCLG (Maximum contaminant level goal): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Level 1 Assessment: A Level 1 assessment is a study of the water system to identify potential problems and determine (if possible) why total coliform bacteria have been found in our water system.

Level 2 Assessment: A Level 2 assessment is a very detailed study of the water system to identify potential problems and determine (if possible) why an E. coli MCL violation has occurred and/or why total coliform bacteria have been found in our water system on multiple occasions.

MRDL (Maximum residual disinfectant level): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MRDLG (Maximum residual disinfectant level goal): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

NA (Not applicable): Does not apply.

NTU (Nephelometric Turbidity Units): A measure of the cloudiness of the water (turbidity).

pCi/l (picocuries per liter): A measure of radioactivity.

ppb (parts per billion): One part per billion in water is like one drop in one billion drops of water, or about one drop in a swimming pool. ppb is the same as micrograms per liter (µg/l).

ppm (parts per million): One part per million is like one drop in one million drops of water, or about one cup in a swimming pool. ppm is the same as milligrams per liter (mg/l).

PWSID: Public water system identification.

TT (Treatment Technique): A required process intended to reduce the level of a contaminant in drinking water.

Variations and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.

Potential Health Effects and Corrective Actions (If Applicable)

Fluoride: If your drinking water fluoride levels are below the optimal concentration range of 0.7 to 1.2 ppm, please talk with your dentist about how you can protect your teeth and your family's teeth from tooth decay and cavities. For more information, visit: MDH Drinking Water Fluoridation (<http://www.health.state.mn.us/divs/eh/water/com/fluoride/index.html>). Fluoride is nature's cavity fighter, with small amounts present naturally in many drinking water sources. There is an overwhelming weight of credible, peer-reviewed, scientific evidence that fluoridation reduces tooth decay and cavities in children and adults, even when there is availability of fluoride from other sources, such as fluoride toothpaste and mouth rinses. Since studies show that optimal fluoride levels in drinking water benefit public health, municipal community water systems adjust the level of fluoride in the water to a concentration between 0.5 to 1.5 parts per million (ppm), with an optimal fluoridation goal between 0.7 and 1.2 ppm to protect your teeth. Fluoride levels below 2.0 ppm are not expected to increase the risk of a cosmetic condition known as enamel fluorosis.



Some People Are More Vulnerable to Contaminants in Drinking Water

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. The developing fetus and therefore pregnant women may also be more vulnerable to contaminants in drinking water. These people or their caregivers should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline at 1 800 426 4791.

LEARN MORE ABOUT YOUR DRINKING WATER

Drinking Water Sources

Minnesota's primary drinking water sources are groundwater and surface water. Groundwater is the water found in aquifers beneath the surface of the land. Groundwater supplies 75 percent of Minnesota's drinking water. Surface water is the water in lakes, rivers, and streams above the surface of the land. Surface water supplies 25 percent of Minnesota's drinking water.

Contaminants can get in drinking water sources from the natural environment and from people's daily activities. There are five main types of contaminants in drinking water sources.

- **Microbial contaminants**, such as viruses, bacteria, and parasites. Sources include sewage treatment plants, septic systems, agricultural livestock operations, pets, and wildlife.
- **Inorganic contaminants** include salts and metals from natural sources (e.g. rock and soil), oil and gas production, mining and farming operations, urban stormwater runoff, and wastewater discharges.
- **Pesticides and herbicides** are chemicals used to reduce or kill unwanted plants and pests. Sources include agriculture, urban stormwater runoff, and commercial and residential properties.

- **Organic chemical** contaminants include synthetic and volatile organic compounds. Sources include industrial processes and petroleum production, gas stations, urban stormwater runoff, and septic systems.
- **Radioactive contaminants** such as radium, thorium, and uranium isotopes come from natural sources (e.g. radon gas from soils and rock), mining operations, and oil and gas production.

The Minnesota Department of Health provides information about your drinking water source(s) in a source water assessment, including:

- How Shoreview is protecting your drinking water source(s);
- Nearby threats to your drinking water sources;
- How easily water and pollution can move from the surface of the land into drinking water sources, based on natural geology and the way wells are constructed.

Find your source water assessment at Source Water Assessments (www.health.state.mn.us/divs/eh/water/swp/swa/) or call 651-201-4700 or 1-800-818-9318 between 8:00 a.m. and 4:30 p.m., Monday through Friday.

WATER CONSERVATION INITIATIVES

One way the City is participating in the effort to conserve drinking water resources is through water reuse projects. City staff, in partnership with officials from the Rice Creek Watershed District, successfully obtained Metropolitan Council grant funds for a stormwater reuse project at Rice Creek Fields. The facility, located along Rice Creek Parkway in the northwest portion of the City is a high-profile, intensely used fast pitch softball facility that hosts local athletic associations, Moundsview School District teams and a number of regional tournaments throughout the season. The facility has, on average, required the use of approximately 6.0 million gallons of water per year for irrigation; as such it represents the 6th highest use of water in the City. A nearby artificial storm drainage pond (constructed in 1999 for stormwater management for the Rice Creek Corporate Park Development) is capable of being an alternate water source for irrigation purposes. A stormwater reuse project at that location will make a significant impact in Shoreview's water conservation efforts as well serve as an outreach opportunity to a large number of facility users/visitors.

The concept involves using stormwater to the maximum extent possible to irrigate the fields via the existing sprinkler system. The system would maintain its connection to Shoreview's water infrastructure and continue

to have the ability to use potable water in an emergency, but the default would be to use stormwater collected and stored in the pond as the irrigation source. The redundancy (with appropriate design safeguards to prevent cross-connecting) is desired because of the potential of extended dry periods where the pond level may be low, or early season periods where chloride levels in the stormwater may be temporarily high due to deicer residual from area streets.

The Metropolitan Council, through its stormwater grant program, is offering the City \$150,000 to apply to the cost of the design and construction of the stormwater reuse system. In addition, Rice Creek Watershed District administers a cost-share program that is expected to provide an additional \$50,000 for a project occurring in 2018. It is proposed that the remaining project cost, estimated as \$110,000, be funded by the City's Surface Water Utility. The Rice Creek Fields are four high quality fast-pitch diamonds occupying a ten-acre site at 5880 Rice Creek Parkway, east of Interstate Highway 35W and south of County Road J in the northwest corner of the City of Shoreview. Because the irrigation of these fields uses large volumes of water, it is proposed that they be irrigated with stormwater to alleviate the burden on the potable water supply and to improve the water quality of Rice Creek.

WATERSMART

WaterSmart is a software platform that gathers publicly available data on water consumption, property and home metrics such as lot size and number of bedrooms, as well as climate data in order to provide individualized “water reports” that compare each participant’s use to average and reduced water users within Shoreview. WaterSmart also provides residents with an online portal through which to view and update their information in order to get a more accurate comparison. Since Shoreview bills for water service on a quarterly basis but reads all water meters monthly, the online portal allows residents to keep up to date on their water use patterns. Currently, WaterSmart in Shoreview is a three year pilot program, and was implemented Citywide in 2016.

The goal of the WaterSmart program is to give residents more access to their water usage data and to allow them an interface through which to ask questions and get information. This increased information is expected to foster water conservation behavior due to higher awareness. Another long-term expectation that Shoreview has for the WaterSmart program is to gain insight, based on actual customer consumption behaviors, as to which types of cost sharing or retrofit programs would be the most effective to implement in the community. The program targets residential water customers. Single-family residential homes have access to a personal WaterSmart account where they can access their past home

water usage (starting in 2012) up to the most recent monthly meter reading. They also receive personalized recommendations from the online portal for their home on how best to save water and money. Approximately 20% of the eligible water customer accounts have registered with the service and updated/modified their profiles so that the water conservation messaging can be refined. The City monitors water consumption behaviors closely in order to help determine any potential future water conservation based rebate programs or other incentives that could be offered.

Nearly two years into the pilot, Shoreview’s WaterSmart program has gathered enough resident consumption data to determine a water savings amount for Shoreview. This savings can be attributed to the WaterSmart program. In mid-August 2017, WaterSmart attributed a 1.1% reduction in water use across Shoreview residents to the water reports and portal use. That percentage equates to over 3.2 million gallons saved since program launch in 2016. These numbers are based on WaterSmart’s proprietary algorithms that allow the company to determine how much customers are using the portal, conserving water, and engaging in conservation technology upgrades. Shoreview plans to continue with the WaterSmart water conservation program into the future and hopes to see increased water savings as time goes on.



WATER TREATMENT PLANT EXCEEDING ALL STANDARDS AND EXPECTATIONS

Prior to the water treatment plant coming on line, the system was flushed bi-annually, once in the spring and again in the fall. This spring crews closely monitored the clarity of the water flushed from the system. As expected there were very few areas of the City with discolored water and if the treatment plant continues to filter the water as anticipated there will be little need to flush again this fall. We expect to transition to an annual flushing of the system each spring.

Since coming on line in November 2016, the water treatment plant is meeting or exceeding all standards. The water is being filtered better than expected and we are consistently filtering iron and manganese to levels

well below standards. The public works utility crews have trained well and really advanced in their understanding of the treatment plant and its processes. Their development as plant operators is significant; they have taken ownership of the plant and take pride in producing quality water for Shoreview residents. Although water demand ultimately plays the largest role in operating costs, budget expectations i.e. electric, gas and chemical use are tracking with what was anticipated.

The water treatment plant project, transition, operation and integration into Shoreview’s public water system is proving to be a genuine success for the city and its residents.



It's not too late for teens (or adults) to get a summer job!

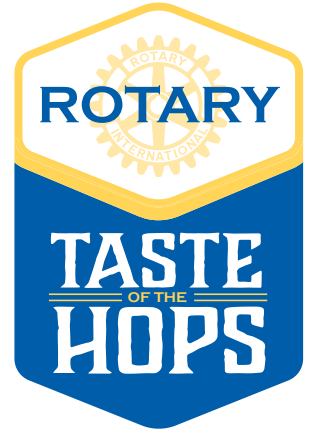
Northeast Youth & Family Services has year-round openings for hard-working youth and adults who are interested in helping local seniors live independently in their homes for as long as possible.

Their Senior Chore Program connects youth and adults with seniors who need help with tasks like house cleaning, lawn care and seasonal yard work. Youth can earn \$10 to \$12 per hour as independent contractors and set a schedule that is convenient for them. Workers 18 and over can earn up to \$15 per hour.

Youth under 18 must have parental permission and attend an orientation session. Applicants 18 and over must pass a criminal background check. For more information, please call NYFS' Senior Chore Program at 651.757.4065 or email jackiemcgovern@nyfs.org.



It's Oktoberfest in August!



The Arden Hills/Shoreview Rotary Club invites everyone to Snail Lake Park on Friday, August 17 from 5:30 – 8:30 P.M. to drink beer, eat food, and enjoy music for charity! The Club's TASTE OF THE HOPS beer tasting event will raise money for its annual STRIVE Scholarship, which awards \$2500 toward higher education for the Mounds View High School student who begins 12th grade in the lower 1/3 of the class and raises his or her GPA the most by the end of that same year. Mark your calendar! Order tickets today! Check out the event website www.tasteofthehops.com for more details.

Shoreview Community Garden Club

The Shoreview Community Garden Club welcomes all gardeners – beginners or experienced to join. The Club meets at the Shoreview Community Center on the first Wednesday of the month at 7:00 P.M. and hosts events throughout the year. Events include: speakers presenting a wide range of gardening topics; summer tours to gain information and ideas; and a spring plant sale to raise money for speakers and other activities. For more information, contact Sandi Lauer at 651.484.4341 or sandilauer@comcast.net.



Preserving Today's History for Tomorrow



Shoreview Historical Society

The Mission Statement of the Shoreview Historical Society, established 1991, is to “Preserve Today’s History for Tomorrow”. The Historical Society fulfills that mission in a variety of ways such as preserving an historic structure, collecting oral histories of former and current residents, and documenting stories, events, and pictures.

Historic Buildings

As you drive around Shoreview today, it’s hard to imagine a time when there were 80 acre farms and 3 to 5 acre homesteads. The Historical Society would like to begin documenting some of the oldest buildings still remaining in Shoreview. Perhaps it was a small cabin that “morphed” into a larger lake home, a farm house stands tucked in the middle of a neighborhood, or even a chicken coop that’s still standing. If you know the history of some of these buildings in Shoreview please contact the Historical Society at www.shoreviewhistoricalsociety.org. You can also contact the Historical Society to learn more about certain properties.



Become a Member

The Historical Society also 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.

Community Organizations

Shoreview residents and businesses take great pride in their community and are actively involved in a number of civic organizations and events that enhance our quality of life. In addition to the community organizations featured on these two pages, the City also partners with, sponsors, and supports the below organizations. Visit www.shoreviewmn.gov to learn more.

- **The Slice of Shoreview Days** is the City’s annual festival that celebrates the community and includes a carnival, parade, art and craft fair, food vendors, car show, lots of entertainment, fireworks and much more.
- **The Gallery 96 Art Center** is dedicated to displaying the visual art of the community and educating the community about the visual arts.
- **Shoreview-Einhausen Sister City Association (SESCA)** is a nonprofit sister-city organization uniting people from Shoreview and Einhausen, Hesse, Germany.
- **The Shoreview Community Foundation** is dedicated to building a better community through charitable giving. They seek to maintain, enhance and enrich the quality of life in Shoreview by connecting the generosity of people with the evolving needs of the community.
- **Shoreview Northern Lights Variety Band** is a community band open to wind instrument and percussion players 16 years of age or older.

SHOREVIEW CALENDAR

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 **ILCP - Island Lake County Park**
(SCC) Shoreview Community Center
(SCP) Shoreview Commons Park

JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Farmer's Market 3 pm, LLPL	4 City Offices Closed Independence Day	5	6	7
Recycling week: July 9-13						
8 	9 Council Workshop 7 pm, CC	10 Farmer's Market 3 pm, LLPL	11 Kidz Concerts in the Commons 10 am, SP Concerts in the Commons 7 pm, SP	12	13	14
15	16 City Council Meeting 7 pm, CC	17 Econ. Dev. Commission 7:30 am, UC Farmer's Market 3 pm, LLPL	18 Kidz Concerts in the Commons 10 am, SP Concerts in the Commons 7 pm, SP	19 Public Safety Meeting 7 pm, LC	20	21
Recycling week: July 23-27						
22 	23 Environ. Quality Committee 7 pm, CC	24 Planning Comm. 7 pm, CC Farmer's Market 3 pm, LLPL	25 Kidz Concerts in the Commons 10 am, SP Concerts in the Commons 7 pm, SP	26 Parks and Recreation Commission 7 pm, CC	27 Slice of Shoreview ILCP	28 Slice of Shoreview ILCP
29 Slice of Shoreview ILCP	30	31 Farmer's Market 3 pm, LLPL				

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Kidz Concerts in the Commons 10 am, SP Concerts in the Commons 7 pm, SP	2 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	8 Kidz Concerts in the Commons 10 am, SP Concerts in the Commons 7 pm, SP	9	10	11
Recycling Week: August 6-10						
12	13 Council Workshop 7 pm, CC	14 Farmer's Market 3 pm, LLPL	15 Kidz Concerts in the Commons 10 am, SP Concerts in the Commons 7 pm, SP	16	17	18
19 	20 City Council Meeting 7 pm, CC	21 Econ. Dev. Commission 7:30 am, UC Farmer's Market 3 pm, LLPL	22 Human Rights Commission 7 pm, CC	23 Parks and Recreation Commission 7 pm, CC	24	25
Recycling Week: August 20-24						
26	27 Environ. Quality Committee 7 pm, CC	28 Farmer's Market 3 pm, LLPL Planning Comm. 7 pm, CC	29	30	31	

SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Recycling Week: September 4-8						
2 	3 City Offices Closed Lbaor Day	4 Farmer's Market 3 pm, LLPL Econ. Dev. Authority 5 pm, CC City Council Mtg - 7 pm, CC	5	6 Bikeways and Trails Committee 7 pm, LC	7	8
9	10 Council Workshop 7 pm, CC	11 Farmer's Market 3 pm, LLPL	12	13	14	15
Recycling Week: September 17-21						
16 	17 City Council Meeting 7 pm, CC	18 Econ. Dev. Commission 7:30 am, UC Farmer's Market 3 pm, LLPL	19	20 Public Safety Meeting 7 pm, LC	21	22
23/30	24 Environ. Quality Committee 7 pm, CC	25 Farmer's Market 3 pm, LLPL Planning Comm. 7 pm, CC	26 Human Rights Commission 7 pm, CC	27 Parks and Recreation Commission 7 pm, CC	28	29

OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	3 Farmer's Market 3 pm, LLPL	4	5 Bikeways and Trails Committee 7 pm, LC	6	
Recycling Week: October 1-5						
7	8 Council Workshop 7 pm, CC	9 Farmer's Market 3 pm, LLPL	10	11	12	13
14 	15 City Council Meeting 7 pm, CC	16 Econ. Dev. Commission 7:30 am, UC Farmer's Market 3 pm, LLPL	17	18	19	20
Recycling Week: October 15-19						
21	22 Environ. Quality Committee 7 pm, CC	23 Farmer's Market 3 pm, LLPL Planning Comm. 7 pm, CC	24 Human Rights Commission 7 pm, CC	25 Parks and Recreation Commission 7 pm, CC	26	27
28 	29	30	31			
Recycling Week: October 29-November 2						

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
Mon.-Fri.....8:30 A.M. – 5:30 P.M.
Sat..... 9 A.M. – 1 P.M.

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..... 1 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
Mon-Thu 10 A.M. – 9 P.M.
Fri-Sat..... 10 A.M. – 5 P.M.
Sun..... 12 – 5 P.M.

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.

GENERAL INFORMATION AND HOURS



The Shoreview Community Center offers numerous activities that will make you feel more **ENERGIZED**, more **ENGAGED**, more **PRODUCTIVE** and can actually improve the **QUALITY OF YOUR DAILY LIFE.**

The Indoor Playground will be closed mid-July to September for renovations. Check the website for updates.

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 Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

	Rate	Shoreview Resident
Daily Pass		
Adult (18 and over).....	\$ 10.25	\$ 9.00
Youth (1 to 17; under age 1 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 household. Each additional person is \$4.50.

Indoor Playground Only (ages 1 to 12) \$ 5.50 \$ 5.50
 (Closed until fall)

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

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

All rates above include sales tax.



Effective June 1, 2018, all children 7 and under are required to have an adult (16 years or older) supervising them. Children 8-11 are required to be supervised by someone 12 years or older.

Hours

	Community Center	Tropics Waterpark** starting Sept. 4	Playground (closed until fall)
Mon & Wed	5:00 A.M. – 10:00 P.M.	5:00 P.M. – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	Closed*	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	5:00 P.M. – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

*On Tuesdays and Thursdays the Zero Depth Beach Area will be open along with lap lanes throughout the day.

Holiday Hours Call 651.490.4700 for specific information.

	Community Center	Tropics Waterpark	Playground
Sept. 3	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	Closed
Nov. 22	5:00 A.M. – Noon	Closed	8:00 A.M. – Noon

**See page 22 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 23 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

	Rate*	Shoreview Resident*
Annual Membership¹		
Family.....	\$ 835.00.....	\$ 670.00
Dual.....	\$ 720.00.....	\$ 590.00
Adult.....	\$ 490.00.....	\$ 385.00
Youth/Senior.....	\$ 395.00.....	\$ 330.00
Annual Membership Billed Monthly¹ (With one year membership agreement)		
Family.....	\$ 77.00.....	\$ 64.00
Dual.....	\$ 66.00.....	\$ 57.00
Adult.....	\$ 46.00.....	\$ 38.00
Youth/Senior.....	\$ 40.00.....	\$ 32.00

¹There is a membership cancellation fee of \$100 prior to completion of 1-year contract.

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

*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 any major debit/credit card.



Membership questions?

Contact Guest Services at **651.490.4739**.

Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651.490.4739. **Direct Deposit Now Available!** Your insurance reimbursements can be directly deposited into your bank account. See our Guest Services office for forms.



Annual Membership Includes Unlimited Use Of:

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



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

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

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



Tropics Waterpark Hours

Starting September 4

Monday & Wednesday 5:00 – 8:00 P.M.
 Tuesday & Thursday Closed *
 Friday 5:00 – 9:45 P.M.
 Saturday..... Noon – 7:45 P.M.
 Sunday..... Noon – 6:00 P.M.
 *Tuesdays & Thursdays the Zero Depth Beach Area and Water Walk will be open along with lap lanes throughout the day.

Bamboo Bay Hours Opening late fall 2018

Monday – Thursday..... 5:00 – 8:00 P.M.
 Friday 5:00 – 9:45 P.M.
 Saturday..... 10:00 A.M. – 7:45 P.M.
 Sunday..... 10:00 A.M. – 6:00 P.M.

Holiday & School's Out Hours

October 12 Noon – 9:45 P.M.
 October 18 Noon – 8:00 P.M.
 October 19 Noon – 9:45 P.M.
 November 2..... Noon – 9:45 P.M.
 November 19 Noon – 8:00 P.M.
 November 20 Noon – 4:00 P.M.
 November 21 Noon – 8:00 P.M.
 November 22 Closed
 November 23 Noon – 9:45 P.M.

Opening this fall: Bamboo Bay



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.

Opening this fall, Bamboo Bay is our new zero-depth entry pool that features a large toddler area with turtle and crab climbers along a rock slide. For the more adventurous children there will be a large play structure that has over 40 play features including a large dumping bucket, dual racing slides, a 32 inch body slide, water bombs, and more!

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. Arm flotation and flotation swimming suits are prohibited. Complimentary lifejackets are available for daily use on a first come, first served basis.
- 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



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

Closed until fall

Mon – Sat8:00 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 June 1, 2018, all children 7 and under are required to have an adult (16 years or older) supervising them. Children 8-11 are required to be supervised by someone 12 years or older.

General Information

- Wristbands and socks are required.
- The playground is an unsupervised area.
- Parents and guardians are responsible for supervision of their children.
- Children 6 and under must be accompanied by an adult 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**.



The Indoor Playground will be closed mid-July to September for renovations. Check the website for updates.

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 Sept. 3,
Oct. 31 (P.M. only) & Nov. 22**

**\$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 Group X Card holders. Children are taken on a first-come, first-served basis. Kids Care phone number: 651.490.4763.

NEW Playground Expansion coming Fall 2018!



BIRTHDAY PARTY OPTIONS



Poolside Party Room

Enjoy prime placement and have your party right next to the waterpark with our private poolside room!

- 2 hours in private poolside party room for up to 50 guests
- Bring your own food or purchase food from our Wave Café
- Admission sold separately
- Damage deposit required
- Free jumbo locker available for use

Poolside Party Room	Rate*	Shoreview Resident*
Friday – Sunday	\$195	\$175

*Refundable damage deposit of \$25 required.

Availability

Friday	5 P.M. – 7 P.M. 7:30 P.M. – 9:30 P.M.
Saturday.....	12 P.M. – 2 P.M. 2:30 P.M. – 4:30 P.M. 5 P.M. – 7 P.M.
Sunday.....	10 A.M. – 12 P.M. (winter 2018) 12:30 P.M. – 2:30 P.M. 3 P.M. – 5 P.M.

NEW! Activity Rooms

Host your next party in our beautiful new activity rooms boasting plenty of natural light. These rooms can accommodate up to 40 people depending on room set up. Retractable walls allow flexibility for accommodating large groups.

- 3 hours in private space for 40 guests
- On-site AV equipment at no additional charge
- Bring your own food or purchase food from our Wave Café
- Damage deposit required
- Admission sold separately

Activity Room	Rate*	Shoreview Resident*
Saturday – Sunday.....	\$150	\$112.50

*Refundable damage deposit of \$50 required.

Availability

Saturday:.....	9:30 A.M. – 12:30 P.M.** 1 P.M. – 4 P.M. 4:30 P.M. – 7:30 P.M.
Sunday:.....	10 A.M. – 1 P.M.** 1:30 P.M. – 4:30 P.M.

** Starting this fall

COMING SOON:

- Poolside Cabanas
- Indoor Playground Birthday Party Room

Contact the Rental Office for availability and to book:

Phone: 651.490.4790

Email: rentals@shoreviewmn.gov

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.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 750.....	\$ 650
Friday	\$ 1,150.....	\$ 1,050
Saturday.....	\$ 1,400.....	\$ 1,300

*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*
Sunday–Thursday	\$ 290.....	\$ 260
Friday and Saturday.....	N/A.....	N/A

*Fees are subject to change. Call for more information.

Call for More Information

Community Center Information
651.490.4700

Recreational Programs (classes)
651.490.4750

Rental Information
651.490.4790

City Information
651.490.4600

Haffeman Pavilion

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.

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 Monday – Thursday.
- Meeting rooms are rented in 2.5-hour blocks of time Friday – Sunday.
- Rates are listed per room for each time block rented.

Meeting Room	Rate*	Shoreview Resident*
Monday-Thursday (Per 2-hour time block).....	\$ 50.....	\$ 35
Friday-Sunday (Per 2.5-hour time block).....	\$ 75.....	\$56.25

*Refundable damage deposit required. For organizations, Shoreview Residency applies when 50% of group lives in Shoreview and contact person is a Shoreview resident.

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

FALL 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, August 7 at 8 A.M.**

Annual Community Center Member Registration Begins Thursday, August 9 at 8 A.M.

General Registration

Anyone may register at this time. No residency or membership required. **Begins Friday, August 10 at 8 A.M.**

Phone Registration

Begins Monday, August 13 at 8 A.M.

*See page 70 for registration information.

6 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 August 13



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 6 lessons: \$135; \$122 Shoreview Resident

Semi-Private Lessons:

Rate for 8 lessons: \$134; \$121 Shoreview Resident*

Rate for 6 lessons: \$100; \$91 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 6 group lessons: \$65; \$59 Shoreview Resident

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

(MR), (PS), (YB), (AL) 1 to 4

(L1) – (L3) 1 to 5

(L4) – (L6), (IS), (IL) 1 to 6

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 Lessons1 (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 1 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 (½ 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 1 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, November 28 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.

JR. LIFEGUARD 1.0

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

Activity # 450306-01

Saturdays, Sept. 9 – Oct. 7..... 12:30 P.M. – 2:30 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



WEEKLY CLASSES | 1 day per week for 8 weeks

Monday Sept. 17 – Nov. 5			Tuesday Sept. 18 – Nov. 6			Wednesday Sept. 19 – Nov. 14 <i>No Class: Oct. 31</i>			Thursday Sept. 20 – Nov. 15 <i>No Class: Oct. 18</i>			Friday Sept. 21 – Nov. 16 <i>No Class: Oct. 19</i>		
Morning			Evening			Morning			Evening			Morning		
Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #
9:00 A.M.	MR	430117-01	5:00 P.M.	MR	430117-04	9:00 A.M.	PR	430114-01	5:00 P.M.	MR	430117-06	9:00 AM	LI	430101-02
9:40 A.M.	LI	430101-01		PS	430111-05	9:40 A.M.	PS	430111-02		PS	430111-09	9:40 AM	SF1	430110-02
10:20 A.M.	PS	430111-01		L2	430102-04	10:20 A.M.	SF1	430110-01		LI	430101-09		SF2	
				L2.5	430112-04		SF2			L2.5	430112-11	10:20 AM	MR	430117-02
				PR	430114-07	11:00 A.M.	PR	430114-02		PR	430114-19			
			5:45 P.M.	PS	430111-06				5:45 P.M.	PS	430111-10			
				LI	430101-05					LI	430101-10			
				L2.5	430112-05					L3	430103-05			
				L3	430103-03					L4	430104-04			
				L5	430105-02					PR	430114-20			
				YB	430113-02					PR	430114-21			
			6:30 P.M.	LI	430101-06				6:30 P.M.	LI	430101-11			
				L2	430102-05	5:45 P.M.	SF1	430110-04		L2	430102-08			
				L2.5	430112-06		SF2			L2.5	430112-12			
				L4	430104-02		MR	430117-05		L2.5	430112-13			
				L6	430106-01		PS	430111-08		L5	430105-04			
				PR	430114-08		L2.5	430112-08		PR	430114-22			
			7:15 P.M.	L2.5	430112-07		L4	430104-03	7:15 P.M.	YB	430113-04			
				IS	430109-01		PR	430114-13		PR	430114-23			
				PR	430114-09	6:30 P.M.	LI	430101-08		PR	430114-24			
			8:00 P.M.	PR	430114-10		L2	430102-07	8:00 P.M.	PR	430114-25			
				PR	430114-11		L2.5	430112-09		PR	430114-26			
							L3	430103-04		PR	430114-27			
							PR	430114-14						
							PR	430114-15						
						7:15 P.M.	L2.5	430112-10						
							L5	430105-03						
							PR	430114-16						
						8:00 P.M.	PR	430114-17						
							PR	430114-18						

AQUATIC KEY

SF 1 Starfish 9-24 months	YB Youth Beginner
SF 2 Starfish 24-36 months	PR Private Lessons
MR Manta Ray	IS Intro to Swim Team
PS Preschool	IL Intro to Lifeguarding
LI Level 1, 2, etc.	AL Adult Lessons

LESSON RATES

8 Lessons	Group \$86; \$78 SV Res.	Private \$180; \$163 SV Res.	Semi-Private \$134; \$121 SV Res.*
6 Lessons	Group \$65; \$59 SV Res.	Private \$135; \$122 SV Res.	Semi-Private \$100; \$91 SV Res.*

*2 participants of equivalent ability

SWIM LESSONS AT THE COMMUNITY CENTER POOL

WEEKLY CLASSES

1 day per week for 8 weeks

Saturday

Sept. 22 – Nov. 17
No Class: Oct. 20

Morning

Time	Level	Activity #	
8:15 A.M.	PS	430111-11	
	L1	430101-12	
	L2	430102-09	
	L2.5	430112-14	
	YB	430113-05	
	PR	430114-28	
	PR	430114-29	
	PR	430114-30	
	PR	430114-31	
	PR	430114-32	
	9:00 A.M.	MR	430117-07
		PS	430111-12
		L1	430101-13
		L2	430102-10
L2.5		430112-15	
L2.5		430112-16	
L3		430103-06	
L4		430104-05	
PR		430114-33	
PR		430114-34	
9:45 A.M.		SF I	430110-05
		PS	430111-13
		L1	430101-14
		L2	430102-11
	L2.5	430112-17	
	L3	430103-07	
	L6	430106-02	
	YB	430113-06	
	IS	430109-02	
	PR	430114-35	
	10:30 A.M.	SF 2	430110-06
		MR	430117-08
		PS	430111-14
		L1	430101-15
L2		430102-12	
L2.5		430112-18	
L3		430103-08	
L4		430104-06	
PR		430114-36	
11:15 A.M.		PS	430111-15
		L1	430101-16
		L2	430102-13
		L2.5	430112-19
		L2.5	430112-20
	L3	430103-09	
	L5	430105-05	
	PR	430114-37	
	PR	430114-38	

Sunday

Sept. 23 – Nov. 18
No Class: Oct. 21

Morning

Time	Level	Activity #		
9:00 A.M.	SF1	430110-07		
	SF2			
	L1	430101-17		
	L2	430102-14		
	L2.5	430112-21		
	PR	430114-39		
	9:45 A.M.	MR	430117-09	
		PS	430111-16	
		L1	430101-18	
		L3	430103-10	
		PR	430114-40	
		10:30 A.M.	SF1	430110-08
			SF2	
			PS	430111-17
L1			430101-19	
L4			430104-07	
PR			430114-41	
11:15 A.M.			MR	430117-10
			L2	430102-15
			L2.5	430112-22
	YB		430113-07	
	PR		430114-42	

TWO DAY CLASSES

2 times per week for 3 weeks

Monday/Wednesday

Nov. 26 - Dec. 12

6 Lessons Only - discounted fee

Evening

Time	Level	Activity #
5:00 P.M.	PR	430114-43
	PR	430114-44
	PR	430114-45
5:40 P.M.	PR	430114-46
	PR	430114-47
	PR	430114-48
6:20 P.M.	PR	430114-49
	PR	430114-50
	PR	430114-51

Tuesday/Thursday

Nov. 27 - Dec. 13

6 Lessons Only - discounted fee

Evening

Time	Level	Activity #
5:00 P.M.	PS	430111-18
	L1	430101-20
	PR	430114-52
5:45 P.M.	PR	430114-53
	MR	430117-11
	PS	430111-19
6:30 P.M.	L3	430103-11
	PR	430114-54
	L1	430101-21
7:15 P.M.	L2	430102-16
	L2.5	430112-23
	PR	430114-55
7:15 P.M.	L2	430102-17
	L2.5	430112-24
	PR	430114-56
	PR	430114-57

A NOTE ABOUT COMMUNITY CENTER LESSONS

- Swimming lessons will not 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).
- 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.
- Children ages 4 and under may use either locker room or the family locker room. Children ages 5 and older must use the same-gender locker room or family locker room.
- 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 temperature is kept between 83 and 84 degrees.



American Red Cross

RED CROSS COMMUNITY CPR/AED

Ages 16+
Tuesday, November 13.....6:00 P.M. – 10:00 P.M.
\$92; \$83 Shoreview Residents..... **Activity # 450301-01**

Deadline to Register: Tuesday, November 6

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, November 15.....6:00 P.M. – 8:30 P.M.
\$59; \$54 Shoreview Resident..... **Activity # 450301-02**

Deadline to Register: Tuesday, November 6

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, November 13.....6:00 P.M. – 10:00 P.M.
and Thursday, November 15.....6:30 P.M. – 8:30 P.M.
\$104; \$95 Shoreview Residents..... **Activity # 450301-03**

Deadline to Register: Tuesday, November 6

This 2 day course will provide certification in infant, child, and adult CPR including AED use along with basic first aid care for injuries and sudden illness.

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.



SNORKELING

Ages 8 to 13
Friday, October 19.....11:00 A.M. – 12:00 P.M.
\$26; \$23 Shoreview Resident..... **Activity # 430306-01**

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.

BABYSITTING 101

Grades 5 to 7.....\$66; \$60 Shoreview Resident
Saturdays, 8:00 A.M. – 12:00 P.M.
August 11.....**Activity # 350101-03**
September 15.....**Activity # 450101-01**
October 13.....**Activity # 450101-02**
November 10.....**Activity # 450101-03**
December 15.....**Activity # 450101-04**

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.



BABYSITTING 1ST AID

Grades 5 to 7.....\$35; \$30 Shoreview Resident
Sundays, 12:30 P.M. – 3:00 P.M.
October 14.....**Activity # 450102-01**
November 18.....**Activity # 450102-02**

Students will gain a more in depth understanding of how to recognize and provide immediate care to an ill or injured person. They will learn how to recognize the significance of injuries and medical emergencies. Students will put together a small take home 1st aid kit.

Standard First Aid certification is awarded through Ellis and Associates Safety & health once the course is completed.

BOY SCOUT MERIT BADGES

Swimming Merit Badge

Scouts will learn about safety when swimming and diving, how swimming can contribute to overall fitness and health, and gain some basic competitive swimming skills.

The swimming merit badge can be completed at Chippewa Middle School. You will be asked to provide the Merit Badge book and Certification card. We will provide the Swimming Workbook and instructor.

Saturday, December 8..... 12:00 P.M. – 3:00 P.M.
 \$61; \$55 Shoreview Resident..... **Activity # 430301-01**

Deadline to Register: Saturday, December 1
Location: Chippewa Middle School Pool

Lifesaving Merit Badge

Scouts will learn how to assist those involved in a water accident along with getting the best knowledge of rescue techniques, skills to perform them and the judgment to know when and how to act so they can be prepared for emergencies.

The Lifesaving merit badge can be completed at Chippewa Middle School. You will be asked to provide the Merit Badge book and Certification card. We will provide the Lifesaving Workbook and instructor.

Saturday, December 8..... 12:00 P.M. – 4:00 P.M.
 \$67; \$61 Shoreview Resident..... **Activity # 430301-02**

Deadline to Register: Saturday, December 1
Location: Chippewa Middle School Pool



1st Aid Merit Badge

Scouts 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.

The 1st Aid Merit Badge can be completed at the Shoreview Community Center. You will be asked to provide the Merit Badge book and Certification card. We will provide the 1st Aid workbook and instructor.

Tuesday, December 11 5:00 P.M. – 8:30 P.M.
 \$67; \$61 Shoreview Resident..... **Activity # 430301-03**

Deadline to Register: Tuesday, December 4
Location: Shoreview Community Center



BAMBOO BAY – COMING FALL 2018!



- Large toddler area
- Sprayers and geysers
- Large dumping bucket
- 32 inch body slide
- Dual racing slides

GROUP X CARD

NEW STUDIOS • NEW CLASSES • NEW WAY TO REGISTER!

HOW IT WORKS:

- **To start:** purchase GroupXCard at the Parks & Recreation desk before the session starts.
- Once card has been purchased, reload with Parks & Recreation.
- **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!



View of one of the new fitness studios

MAXIMIZE FLEXIBILITY

WHAT IT COSTS:

QUANTITY	REGULAR	MEMBER (includes 30% discount)	RESIDENT	RESIDENT MEMBER (includes 30% discount)
5 CLASSES	\$42	\$29	\$38	\$27
10 CLASSES	\$83	\$58	\$75	\$53
25 CLASSES	\$207	\$145	\$188	\$132
50 CLASSES <i>5% discount included in price</i>	\$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.

How do I purchase the Group X Card?

Purchase the Group X Card at the Parks & Recreation desk during office hours (M-F, 8am-4:30pm). Payment is accepted via credit/debit card, cash, or check. Once the card has been purchased, you can reload it online, or with Parks & Recreation in person or over the phone at 651.490.4750. If you would like to purchase your Group X Card over the phone you will need to purchase 5 classes and the Group X Card will be left at the lower-level service desk for you to pickup on your next visit.

How do I use the Group X Card?

Go to one of the four kiosks on the lower-level of the Community Center. Scan your key fob and select the class you would like to attend. The kiosk will print a ticket for you to give to the instructor. Repeat this process to print a ticket for another class.

When can I get my class ticket?

Classes will be available 2.5 hours prior to the class start. After 30 minutes of class being in session, it will no longer appear on the kiosk.

Can I go to more than one class in a day?

Absolutely! You may attend as many classes as you like; simply print a ticket for each class you'd like to attend.

If I have a Silver&Fit membership, do I need a Group X Card to attend SeniorFIT class?

Yes, or purchase a drop-in pass at the lower-level service desk.

If I am a paid annual senior member (not Silver&Fit), do I need a Group X Card to attend SeniorFIT classes?

No; please register for SeniorFIT classes with Parks & Recreation. To attend any other classes, you'd be required to purchase a Group X Card or a drop-in pass.

What classes can I attend with a Group X Card?

You may attend any group fitness class.

How do I know if a class is full?

Our new expanded fitness studios should reduce classes reaching capacity, with the exception of Cycle classes as there is only a limited number of bikes available. Once a class has reached capacity, it will not be available on the kiosk.

Will classes be canceled due to low participation?

Yes; classes that have fewer than 6 participants for 6 weeks will be canceled for the session.

How do I know if a class is canceled?

Updates will be posted next to the kiosks regarding canceled classes.

How do I check how many class visits I have left?

Your receipt will print a total of the class visits you have remaining.

What if I just want one drop-in pass?

One-time drop-in passes are still available at the lower-level service desk. Drop-in passes are \$10, or \$9 for Shoreview Residents.

What if I lose my Group X Card or it is stolen?

Contact Parks & Recreation at 651.490.4750 so that a new card may be issued. You will be charged \$5 for a replacement card and the old card will be deactivated; any remaining balance on the lost card will be transferred to the new card.

What if I forget my Group X Card?

You will need to purchase a drop-in pass at the lower-level service desk for that day.

Do the classes I purchase expire?

No; the classes loaded on your Group X Card never expire.

Are the classes all the same price?

Yes; there is no more tiered pricing for classes. A 5% discount is included in the price of 50 classes.

Do I have to use all my class visits before reloading my card?

No; you may reload classes on your card at anytime.

Can I buy a Group X Card as a gift?

You can purchase a gift card at the lower-level service desk for the dollar amount of classes you would like to gift. The recipient must then purchase the Group X Card through Parks & Recreation.

Can I buy multiple Group X Cards?

No, only one card per person. You can reload that card for different amounts of classes at anytime.

Can a friend use my Group X Card?

No; each participant must have their own Group X Card or purchase a drop-in pass at the lower-level service desk. Group X Cards and drop-in passes are non-transferrable.

What if I lose my class ticket?

You will need to print a new class pass at the kiosk. Refunds/replacements will not be issued for lost tickets.

Do you give refunds?

No, refunds will not be available.

Does a Group X Card record my insurance visits?

No; all members must check-in at the lower-level service desk to receive their insurance visits.

GROUP FITNESS CLASSES

Call for information: 651.490.4750

FALL SESSION *September 4 – December 23 (16 weeks)*

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 utilizes the complementary energies of Yin and Yang to cultivate wellness for the whole being. Simple yet profound, Tai Chi exercises foster clarity and focus for the mind, vitality and power for the body, as well as balance and peace for the spirit.

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.

CARDIO/STRENGTH CLASSES

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.

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:

The Shoreview Community Center offers a variety of water based classes to suit all ages and abilities. The pool depth is between 3 ½ feet and 4 ½ feet with the water temperature regulated for maximum comfort. All water classes are held in the Shoreview Community Center pool.

Aqua Fit

Enjoy a high energy class to help increase your flexibility, endurance, and overall muscle strength. The resistance of the water provides a whole body workout. All fitness levels are welcome.

Cardio Aqua Dance

Dance away calories and tone muscles in this energetic class! Learn fun dance moves and the water's resistance will add an extra challenge. All fitness levels are welcome.

Aqua Yoga

The supportive environment of the pool provides easier access to muscles and joints, while the quiet atmosphere allows a deeper mind/body connection. This class integrates slow fluid movements to help improve flexibility, balance, posture, and breathing. This class is 45 minutes and does not meet every week. All fitness levels are welcome.



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 pages 35-36 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

Use the water's buoyancy to help reduce pressure on your joints in this low-impact class as you increase your cardiovascular health, flexibility, and range of motion. Swimming ability is not required. All fitness levels are welcome.

FALL SESSION *September 4 – December 23 (16 weeks)*

MONDAY		Activity #
8:30 A.M.	SeniorFIT Strength Training with Denise	410161-01
10:00 A.M.	SeniorFIT Chair Yoga with Wanda	410163-01
TUESDAY		
8:15 A.M.	SeniorFIT Aqua Exercise with Mary J.	410162-01
8:30 A.M.	SeniorFIT Strength Training with Bridget	410161-02
10:00 A.M.	SeniorFIT Chair Yoga with Sarah	410163-02
WEDNESDAY		
8:30 A.M.	SeniorFIT Chair Yoga with Gretchen	410163-03
1:00 P.M.	SeniorFIT Strength Training with Wanda	410161-03
THURSDAY		
8:30 A.M.	SeniorFIT Strength Training with Bridget	410161-04
FRIDAY		
8:15 A.M.	SeniorFIT Aqua Exercise with Sue	410162-02
10:00 A.M.	SeniorFIT Chair Yoga with Adrienne	410163-04

FALL SCHEDULE 2018

FITNESS CLASSES: September 4 – December 23 (16 Weeks).

MONDAY

- 5:35 A.M. Total Body Workout with Chris
- 8:30 A.M. Cycle Training with Adrienne
- 9:15 A.M. Aqua Fit with Sue
- 9:00 A.M. Yoga/Pilates Fusion with Jess
- 9:30 A.M. HIIT (High Intensity Interval Training) with Kathy
- 9:30 A.M. Fundamental Combo with Denise
- 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
- 7:30 P.M. Power Strength with Ryan

TUESDAY

- 5:35 A.M. The Resistance Workout with Chris
- 8:30 A.M. Hatha Yoga with Gretchen
- 8:30 A.M. Power Pump with Mary P.
- 9:15 A.M. Aqua Fit with Meg
- 9:30 A.M. Cardio Step with Mary P.
- 10:30 A.M. Dance Jam with Mary J
- 11:45 A.M. The Resistance Workout with Wanda
- 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.
- 6:45 P.M. Cardio Kickboxing with Kristin
- 7:30 P.M. Hatha Yoga with Gretchen

WEDNESDAY

- 5:35 A.M. Total Body Workout with Chris
- 8:30 A.M. Fundamental Combo with Kathy
- 9:15 A.M. Cardio Aqua Dance with Mary J.
- 9:15 A.M. Tai Chi with Richard
- 9:30 A.M. Total Body Workout with Kathy
- 10:30 A.M. Yin/Restorative Yoga with Jess
- 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
- 6:30 P.M. HIIT (High Intensity Interval Training) with Stephanie
- 6:45 P.M. Cycle Training with Mary P.
- 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 23 for additional information and holiday hours.

FALL SCHEDULE 2018

FITNESS CLASSES: September 4 – December 23 (16 Weeks).

THURSDAY

- 5:35 A.M. HIIT (High Intensity Interval Training) with Chris
- 8:30 A.M. Power Pump with Mary P.
- 9:15 A.M. Aqua Fit with Sue
- 9:30 A.M. Yoga Basics with Gretchen
- 9:30 A.M. Cardio Step with Mary P.
- 11:45 A.M. Power Strength with Perry
- 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
- 8:30 A.M. The Resistance Workout with Adrienne
- 9:15 A.M. Aqua Fit with Sue
- 9:45 A.M. 60/40 Dance Jam with Perry
- 4:30 P.M. Zumba® with Jan

SATURDAY

- 8:15 A.M. Cardio Kickboxing with Perry
- 8:30 A.M. Total Body Workout with Stephanie
- 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: GROUP X CARD! See pages 35-36 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 to 60 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.

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.....	\$35.50	\$30.50
Single Session.....	\$74	\$69
Three Sessions.....	\$209	\$193
Six Sessions.....	\$394	\$366
Twelve Sessions.....	\$746	\$679
Twenty-four Sessions.....	\$1,410	\$1,286

Buddy Personal Training:

Buddy Sessions	Regular	Resident
Assessment.....	\$36	\$30.50
Single Session.....	\$56	\$52
Three Sessions.....	\$159	\$146
Six Sessions.....	\$296	\$275
Twelve Sessions.....	\$560	\$517

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.

RECREATIONAL ICE SKATING INSTRUCTION

FALL 2018 SCHEDULE Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, October 27 – December 8 (7 weeks)

Snowplow Sam to Level 3 \$99; \$85 Shoreview Resident
Pre-snowplow.....\$152; \$138 Shoreview Resident

The Shoreview Arena, 96 and Victoria

Skate Rental is
NOT available at
the rink.

GROUP LESSONS

Pre-snowplow

Beginning skating class for 4-8 year old participants that are unable to stand on the ice with out assistance from an adult. This class will help participants gain the strength and confidence to stand on their own on the ice while introducing preliminary skating moves and techniques. This class is for beginning skaters with no previous skating experience. All participants must wear a helmet while on the ice.

Snowplow Sam

Snowplow Sam introduces preliminary moves to 4-10 year olds. These classes will help develop the familiarity, coordination and strength needed to maneuver on skates. All participants must wear a helmet while on the ice. Participants must be able to stand on ice skates without assistance.

Level 1

Beginning class for those that are comfortable on the ice. Includes getting up, forward glide, two-foot gliding, and snowplow stop. All participants must wear a helmet on the ice.

Level 2

Teaches backward skating, backward glide, forward one-foot glide, two foot turn from forward to backward. All participants must wear a helmet on the ice.

Level 3

Includes forward and backward one foot snowplow stop, turns, forward swizzles and stroking. All participants must wear a helmet while on the ice.



Helpful Tips for Skaters: Lace skates more snugly in the middle of the shoe than at the top or bottom for best support. Skates should fit correctly – don't use skates that are too big. Keep the blades sharp. Wear one pair of light-weight wool or synthetic socks. Cotton socks are not suitable for skating. If a child does not meet the basic requirements of the level registered for, it is at the discretion of the instructor to adjust the child's level.

Helmets: For safety, all participants are required to wear helmets. Bike helmets are acceptable. (Helmets not provided.)

FALL ICE SKATING SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:50 A.M.	Snowplow	470401-01
	Level 1	470402-01
	Level 3	470404-01
9:55 A.M. – 10:25 A.M.	Snowplow	470401-02
	Level 1	470402-02
	Level 2	470403-01
10:30 A.M. – 11:00 A.M.	Snowplow	470401-03
	Level 1	470402-03
	Level 2	470403-02
11:00 A.M. – 11:30 A.M.	Pre-Snowplow	470400-01





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.

2½ TO 3 YEAR OLD CLASSES

Our preschool classes for 2½ 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 Friday AM 9:00 A.M. – 10:30 A.M.
 \$70/mo; \$64/mo SV Res **Activity # 540400-01**

Monday Friday PM 11:00 A.M. – 12:30 P.M.
 \$70/mo; \$64/mo SV Res **Activity # 540400-02**

Friday Friday AM 9:00 A.M. – 10:30 A.M.
 \$66/mo; \$60/mo SV Res **Activity # 540401-01**

Friday Friday PM 11:00 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. – 11:30 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 Res **Activity # 540404-01**



SPECIALTY CLASSES

Busy Buddies

Monday.....9:00 A.M. – 11:30 A.M.
\$112/mo; \$102/mo SV Res.....**Activity # 540406-01**

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.

Investigators – Seasonal

Ages 3 – 5
Wednesdays.....9:00 A.M. – 10:30 A.M.
September 19 – November 7.....8 week session
\$150; \$135 Shoreview Resident.....**Activity # 470250-01**
(full 8 week session rate)

Kids are curious about exploring the earth and how things work together. This class includes hands-on experiential learning that will introduce your child to an investigative approach to education. Most of class will be held outdoors, weather permitting, with some indoor class time at the beginning and end of class.

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.)

5 days/week: \$258/week; \$235/week SV Res.....**Activity # 540407-01**

3 days/week (M,W,F): \$176/week; \$160/week SV Res.....**Activity # 540407-02**

2 days/week (T, R): \$137/week; \$125/week SV Res.....**Activity # 540407-03**

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 1, 2018. A \$75 non-refundable fee is due at time of registration.



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



TOUCH-A-TRUCK

All Ages FREE
 Saturday, September 29 9:00 A.M. – 12:00 P.M.
 Shoreview Community Center Lower Level Parking Lot

This is your chance to not only touch, but hop right in the drivers seat of a fire engine, police car, snow plow, or dump truck! Come on out to the Shoreview Community Center and check out all of the city trucks. Rain or shine.

KIDS' GARAGE SALE

Kids grades K-5
 Saturday, September 29 9:00 A.M. – 12:00 P.M.
 \$20 per table Activity # 460415-01
 Shoreview Community Center Pavilion

Deadline to Register: Wednesday, September 26

Calling all kids! Here's your chance to make a little money to use for holiday shopping or to find special gifts at bargain prices. Kids in grades K-5 may rent a table to sell toys, games, books, and sporting goods. Please do not bring food items to sell. Pre-registration is required. Arrive between 8 – 8:30 A.M. to set up your table. Remember to bring money for making change. Parents should assist child as needed. Sale will be held outside at Shoreview Community Center Pavilion. Rain or shine.



HALLOWEEN SPOOKTACULAR

Friday, October 26 6:30 P.M. – 8:00 P.M.
 \$16; \$14 Shoreview Resident Activity # 460414-01

Shoreview Community Center

Deadline to Register: Wednesday, October 24

Come join the spooky fun! Enjoy DJ music and dance to the monster mash, create a Halloween craft, bingo, carnival games and more! Children must be accompanied by an adult. Admission is good for 1 child and 1 adult. Pre-registration is required.



DIVE-IN MOVIE

Friday, November 16 7:00 P.M.
 Shoreview Community Center

Join your friends and family at the Tropics Indoor Water Park inside the Shoreview Community Center for Dive-In Movie nights! Guests can float with water noodles (not provided), relax on giant sea creatures, or lounge on pool-side chairs and enjoy a popular family friendly movie. No need to register. The purchase of a daily pass on the day of the movie will be your ticket. Free for Community Center Members. Bring a non-perishable item to donate to the Ralph Reeder Food Shelf and receive one free glow stick! (limit one per person, while supplies last). Please note the hot tub will be closed during and after the movie. Movie titles will be posted at the Community Center or call 651-490-4750 for more information.

LETTER FROM SANTA

\$5 per childActivity # 160102-01

Deadline to register: Friday, December 14

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. **Letters mailed around December 18.**



SANTA'S WORKSHOP

Saturday, December 15
\$8; \$7 Shoreview Resident

Session 1, 9:00 A.M. – 10:00 A.M.....Activity # 160104-01
Session 2, 10:30 A.M. – 11:30 A.M.....Activity # 160104-02

Deadline to Register: Monday, December 10

Come spend the morning with Santa at his workshop! Were you will enjoy a continental breakfast, a craft, and visiting time with Santa himself! You don't want to miss out on this memorable family fun! Don't forget to check out the Kids Secret Holiday Shopping Spree after! Each session is limited to 30 kids. Children must be accompanied by an adult. Pre-registration required for each adult and child. No Walk-ins Allowed.



KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12

Saturday, December 15..... 9:00 A.M. – 12:00 P.M.

Shoreview Community Center

Are the kids looking for gifts for family members and friends around the Holiday season? Bring the kids to do some quick, inexpensive shopping with the help of Parks and Recreation Staff and volunteers, while mom and dad sit back and relax in the fireside lounge. Send your child with a list of people that need gifts and a designated dollar amount to spend per person. Gifts range from \$1 to \$15. The Parks and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.



HOLIDAY COOKIE DECORATING

Saturday, December 8.....\$14; \$12 Shoreview Resident

8:00 A.M. – 9:00 A.M.Activity # 160105-01

9:30 A.M. – 10:30 A.M.Activity # 160105-02

Shoreview Community Center

Deadline to Register: Wednesday, December 5

Come have fun and decorate a dozen holiday cookies! Each child will get a dozen cookies and be provided with all the decorating supplies. Please bring a container to transport your beautiful cookies home! **Children must be accompanied by an adult.**



Mayer Arts offers dance and theater classes for children all over the Twin Cities metro area. Our belief about teaching the arts is not only providing training for those who are serious about learning but also to just have fun! We teach proper technique, terminology, body awareness, and an appreciation for the arts. Our goal is that students will not only find a love for the arts, but also build healthy habits and self-esteem. Skills that will be helpful to them for the rest of their lives!

WISH UPON A BALLET

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

Ages 3 – 6

Session 1

Theme: Princess and the Pea

Sundays, Sept. 16 – Oct. 28 (6 weeks – No class 10/21)

2:00 P.M. – 2:45 P.M.

\$79; \$72 Shoreview Resident.....**Activity # 470202-01**

Tuesdays, Sept. 18 – Oct. 30 (7 weeks)

9:30 A.M. – 10:15 A.M.

\$86; \$79 Shoreview Resident.....**Activity # 470202-02**

Session 2

Theme: Nutcracker

Sundays, Nov. 4 – Dec. 16 (6 weeks – No class 11/25)

2:00 P.M. – 2:45 P.M.

\$79; \$72 Shoreview Resident.....**Activity # 470202-03**

Tuesdays, Nov. 6 – Dec. 18 (7 weeks)

9:30 A.M. – 10:15 A.M.

\$86; \$79 Shoreview Resident.....**Activity # 470202-04**

DANCE WITH ME!

Does your child love to dance and jump around?

This class will encourage your little mover to dance and sing along with you. Using musical instruments, parachutes and scarves we will create a movement experience while we jump and spin. An introduction to the movements and vocabulary of jazz and ballet are taught in a fun and creative manner. Children will learn an appreciation for dance and music while developing strength and flexibility. An adult is required to be with each child for this class.

Ages 18 months – 4 years

*An adult is required to attend class with child

Tuesdays..... 10:15 A.M. – 10:45 A.M.

Theme: Princess and the Pea

Sept. 18 – Oct. 30 (7 weeks)

\$63; \$58 Shoreview Resident.....**Activity # 470204-01**

Theme: Nutcracker

Nov. 6 – Dec. 18 (7 weeks)

\$63; \$58 Shoreview Resident.....**Activity # 470204-02**

WISH UPON A BALLET & TAP

This program offers the same curriculum as our Wish Upon a Ballet program with the added fun of tap dancing! Tap is not only fun but helps children develop rhythm and motor skills! An introduction to the movements and vocabulary of these disciplines are taught with the help of musical instruments, parachutes and scarves. Students will develop poise, strength and flexibility. Ballet and tap shoes are required.

Ages 4 – 7

Sundays..... 2:45 P.M. – 3:30 P.M.

Theme: Princess and the Pea

Sept. 16 – Oct. 28 (6 weeks – No class 10/21)

\$79; \$72 Shoreview Resident.....**Activity # 470205-01**

Theme: Nutcracker

Nov. 4 – Dec. 16 (6 weeks – No class 11/25)

\$79; \$72 Shoreview Resident.....**Activity # 470205-02**



HIP HOP DANCE PARTY

Get into the Groove! Our Dance Classes will be sure to keep students active. Learn upbeat styles such as jazz and hip hop and move to your favorite songs. The students will also learn warm-ups such as stretching, isolations and across the floor exercises! Come learn to leap, turn and shine. This class is not only fun but will improve posture, strength and flexibility in a positive and self-esteem building atmosphere.

Ages 5 – 10

Sundays..... 3:30 P.M. – 4:15 P.M.

Sept. 16 – Oct. 28 (6 weeks – No class 10/21)

\$79; \$72 Shoreview Resident.....**Activity # 470206-01**

Nov. 4 – Dec. 16 (6 weeks – No class 11/25)

\$79; \$72 Shoreview Resident.....**Activity # 470206-02**

COCO MUSICAL THEATER CLASS

Remember Me! Let's sing and dance to songs from Coco and put together our own musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games with scarves, animals and parachutes! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Ages 4 – 8

Saturdays..... 1:30 P.M. – 2:30 P.M.

Sept. 22 – Nov. 3 (6 weeks – No class 10/20)

\$79; \$72 Shoreview Resident.....**Activity # 470207-01**

A WRINKLE IN TIME MUSICAL THEATER CLASS

Is there another world outside our own? Let's explore this wonderful story, add singing and dancing and turn it into a musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Ages 5 – 10

Saturdays..... 2:30 P.M. – 3:30 P.M.

Sept. 22 – Nov. 3 (6 weeks – No class 10/20)

\$79; \$72 Shoreview Resident.....**Activity # 470208-01**

TUMBLING

Saturdays..... Sept. 22 – Nov. 17 (No class 10/20)
\$95; \$85 Shoreview Resident

Children will discover the sport of tumbling within a positive, educational atmosphere. Participants will learn basic skills on floor, balance beam, bars, and vault. Along with athletics, participants will learn self-discipline and have fun. Due to space limitations, we are unable to provide an observation area; parents are invited to observe the final class.

Toddler and Parent..... Ages 2 and 3
Parent participation and support are required as part of this class.
Please only send one adult with child.

9:45 A.M. – 10:30 A.M.**Activity # 480101-01**

10:45 A.M. – 11:30 A.M.**Activity # 480101-02**

Tumbling Tykes..... Ages 3 and 4
11:45 A.M. – 12:30 P.M.**Activity # 480102-01**

Rolly Pollys..... Ages 4 and 5
12:45 P.M. – 1:30 P.M.**Activity # 480103-01**

Beginners Headstanders/Handstanders..... Ages 5 to 8
1:45 P.M. – 2:30 P.M.**Activity # 480104-01**



**Dream it. Build it.
Wreck it. Repeat.**



INTRO TO STEM WITH LEGO® MATERIALS

Ratchet up your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as Motorcycles, Castles, Airplanes, and Monorails. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. There are no prerequisites for this course.

Ages 5 – 7

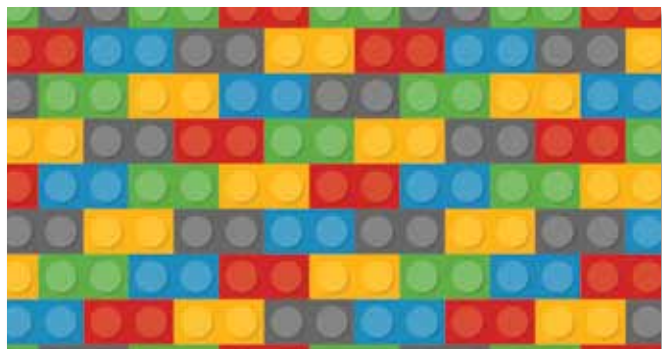
Thursdays, Sept. 20 – Oct. 25 5:00 P.M. – 6:30 P.M.
\$148; \$137 Shoreview Resident **Activity # 470212-01**

STEM CHALLENGE WITH LEGO® MATERIALS

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as Belt-Drive Cars, Truss Bridges, Rail Racers, and Pneumatic Forklifts! Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

Ages 7 – 12

Thursdays, Nov. 1 – Dec. 13 5:00 P.M. – 6:30 P.M.
(No class 11/22)
\$148; \$137 Shoreview Resident **Activity # 470213-01**



CHESS SCHOOL

Twin Cities Chess Club offers the chess classes at Shoreview Community Center. We are dedicated to providing a safe and educational environment for children to learn and enjoy the wonderful game of chess. Chess is known to improve memory, concentration and reading skills, as well as increase problem solving & creativity skills. We offer a full range of sessions for K-12 grades boys and girls; students are grouped together according to their age and ability. By playing tournaments chess games students compete for chess awards. Classes will be taught by Igor Rybakov, the USCF-rated tournament chess player who was named the best Chess Coach of Minnesota. All chess levels are welcome!

Ages 5 – 18

Saturdays 10:00 A.M. – 11:15 A.M.

Session 1 Sept. 22 – Oct. 27
\$90; \$84 Shoreview Resident **Activity # 470220-01**

Session 2 Nov. 3 – Dec. 8
\$90; \$84 Shoreview Resident **Activity # 470220-02**

Combined Session 1 & 2 Sept. 22 – Dec. 8

Discounted Rate:

\$168; \$156 Shoreview Resident **Activity # 470220-03**



FUNDAMENTALS OF ACTING

Harness the acting tools you already possess to express ideas, transform into characters and tell moving stories. Gain skills in creative thinking and public speaking, building confidence in yourself and your craft. Classes taught by Children's Theatre Company.

Grades 2 – 3

Saturdays, Sept. 22 – Nov. 17 1:00 P.M. – 2:00 P.M.

Tuition: \$160 **Activity # 470230-01**

ACTING 1

Develop clear and expressive physicality and vocal technique. Through improvisation and short scenes, use those skills to take risks, make strong character choices, develop character relationships and pursue objective. We recommend students take this class more than once, as this training builds the foundation for many of our higher level courses. Classes taught by Children's Theatre Company.

Grades 4 – 5, (1.5 hr/week)

Saturdays, Sept. 22 – Nov. 17 2:15 P.M. – 3:45 P.M.

Tuition: \$230 **Activity # 470231-01**



HEALTHY HANDS KIDS COOKING CLASSES

Healthy Hands Cooking classes empower children with nutrition and cooking skills that foster healthy lifestyles through a fun and intimate learning experience. Students will learn to chop, cut, blend, mix, whip, measure, and mince using age appropriate hands-on tools and activities. Each class consists of games, nutritional education, and make-it-yourself recipes that the students get to enjoy in class. “Rolling into the Holidays” theme will include themed recipes for Halloween, Thanksgiving, and Christmas. Classes taught by Certified Instructor Choua Vue.

Ages 5 – 8

Theme: Intro to Cooking

Mondays, Sept. 17 – Oct. 22 5:00 P.M. – 6:00 P.M.

\$141; \$130 Shoreview Resident **Activity # 470225-01**

Saturdays, Sept. 15 – Oct. 20 9:30 A.M. –10:30 A.M.

\$141; \$130 Shoreview Resident **Activity # 470225-02**

Theme: Rolling into the Holidays

Mondays, Oct. 29 – Dec. 3 5:00 P.M. – 6:00 P.M.

\$141; \$130 Shoreview Resident **Activity # 470226-01**

Saturdays, Oct. 27 – Dec. 8 9:30 A.M. –10:30 A.M.

(No class 11/24)

\$141; \$130 Shoreview Resident **Activity # 470226-02**

Ages 9 – 12

Theme: Intro to Cooking

Mondays, Sept. 17 – Oct. 22 6:30 P.M. – 7:30 P.M.

\$141; \$130 Shoreview Resident **Activity # 470225-03**

Saturdays, Sept. 15 – Oct. 20 11:00 A.M. –12:00 P.M.

\$141; \$130 Shoreview Resident **Activity # 470225-04**

Theme: Rolling into the Holidays

Mondays, Oct. 29 – Dec. 3 6:30 P.M. – 7:30 P.M.

\$141; \$130 Shoreview Resident **Activity # 470226-03**

Saturdays, Oct. 27 – Dec. 8 9:30 A.M. –10:30 A.M.

(No class 11/24).

\$141; \$130 Shoreview Resident **Activity # 470226-04**

GROW WITH MUSIC

Come play, learn and engage in music with your child! This class offers unique musical experiences that not only foster developmental growth but also parent/child and child/child interactions. We will explore instrument playing, musical play, singing, movement and other sensory activities. Adult must participate with child. Classes taught by Carolyn Meyer.

Ages 1 – 4, (30 minutes)

Fridays, September 21 – November 9

\$60; \$55 Shoreview Resident

10:00 A.M. – 10:30 A.M. **Activity # 470240-01**

10:45 A.M. – 11:15 A.M. **Activity # 470240-02**



MUSIC AND MOVEMENT

This class encourages children ages 5-7 to stay active and engaged within various musical experiences. Throughout activities such as active music-making, sensory engagement and other creative methods, children will be able to play and move within a supportive group environment. Classes taught by Carolyn Meyer.

Ages 5 – 7, (45 minutes)

Tuesdays, Sept. 18 – Nov. 6 6:30 P.M. – 7:15 P.M.

\$65; \$55 Shoreview Resident..... **Activity # 470241-02**



MUSIC TOGETHER

Sing, dance, play, learn! Music Together is an award-winning, internationally acclaimed music and movement classes for infants, toddlers, preschoolers—and the grownups who love them. Experience delightful ways to interact musically with your children that are designed to encourage their overall development—their cognitive, verbal, physical, social and emotional and development. Research shows that music learning supports all learning. What better gift can you give your child? The rich music environment in class, full of opportunities for experimentation and play, will help your child grow into a confident, lifelong music maker. Classes are 45 minutes of PURE FUN each week and are mixed-age so siblings can attend together. Receive a CD, a code to download the music, an illustrated songbook and parent education materials. Infants under eight months attend free with paid sibling.

Free Demo Classes:

Wednesday, September 12 9:15 A.M.
 Sunday, September 9 4:00 – 4:45 P.M.
 Sunday, September 16 5:00 – 5:45 P.M.
 Monday, September 17 9:15 A.M. & 10:15 A.M.
 Wednesday, September 19 11:15 A.M.

Fall Session:

Mondays, September 24 – November 26
 \$186; \$99 for each additional sibling 8 months or older
 9:15 A.M. – 10:00 A.M. **Activity # 470260-01**
 10:15 A.M. – 11:00 A.M. **Activity # 470260-02**
 11:15 A.M. – 12:00 P.M. **Activity # 470260-03**

Wednesdays, September 26 – December 5 (no class on Nov 21)
 \$186; \$99 for each additional sibling 8 months or older
 9:15 A.M. – 10:00 A.M. **Activity # 470261-01**
 10:15 A.M. – 11:00 A.M. **Activity # 470261-02**
 11:15 A.M. – 12:00 P.M. **Activity # 470261-03**

Sundays, September 23 – December 2 (No Class Nov 25)
 \$186; \$99 for each additional sibling 8 months or older
 4:00 P.M. – 4:45 P.M. **Activity # 470262-01**
 5:00 P.M. – 5:45 P.M. **Activity # 470262-02**

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, Sept. 18 – Oct. 23	4:30 – 5:30 P.M.	Bobby Theisen Park Far Tennis Court	\$50	490904-01
Floor Hockey	1-8	Tuesdays, Sept. 18 – Oct. 23	6:00 – 7:00 P.M.	Bobby Theisen Park Far Tennis Court	\$50	490904-02

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.



BASKETBALL

Grades 1 to 34:05 P.M. – 5:05 P.M.
\$45 per participant

Island Lake Elementary - Gym

Dates available online in August**Activity # 490403-01**

Turtle Lake Elementary - Gym

Dates available online in August**Activity # 490403-02**

Learn fundamentals of basketball and play in some games each class period. We provide the instruction and equipment; kids provide the desire to learn and have fun. Class meets inside gym.

SOCCER

Grades 1 to 34:05 P.M. – 5:05 P.M.
\$45 per participant

Island Lake Elementary - Gym

Dates available online in August**Activity # 490406-01**

Turtle Lake Elementary - Gym

Dates available online in August**Activity # 490406-02**

Learn the fundamentals of the fun and exciting game of soccer. Kids will build on their skills each week by participating in a variety of drills and games.

WRESTLING

Island Lake Elementary - Gym

Grades 1-5

Dates available online in August4:05 P.M. – 5:05 P.M.
\$45 per participant.....**Activity # 490409-01**

Turtle Lake Elementary - Gym

Grades 1-5

Dates available online in August4:05 P.M. – 5:05 P.M.
\$45 per participant.....**Activity # 490409-02**

Mounds View High School – Wrestling Room

Kindergarten

Dates available online in August6:00 P.M. – 7:00 P.M.
\$30 per participant.....**Activity # 490409-03**

Learn basic moves, techniques and the best form of self defense there is, along with self-confidence. Participants receive a t-shirt. Please bring a water bottle to each class. A one-day tournament will be held on Saturday, November 3 at Mounds View High School. A flyer will be handed out during class with tournament details.



LACROSSE

Grades 3 to 54:05 P.M. – 5:05 P.M.
\$45 per participant

Island Lake Elementary - Gym

Dates available online in August**Activity # 490405-01**

Turtle Lake Elementary - Gym

Dates available online in August**Activity # 490405-02**

Get ready to have some fun in this exciting new class! This non-contact lacrosse class will teach the basics for players who are new to the sport. Participants will learn the different skills including: cradle, scoop, pass, catch and shoot. They will get to utilize these skills through drills and games. All equipment is provided.



LITTLE STRIKERS BOWLING CAMP



Ages 5 to 10

Wednesday & Friday, Dec. 26 & 28.... 10:00 A.M. – 12:00 P.M.
\$45 per participant.....**Activity # 190901-01**

Flaherty's Arden Bowl – 1273 West Co. Rd E, Arden Hills 55112

Deadline to Register: 1-week prior to the camp start date.

This camp is designed for beginning bowlers. Kids will learn bowling basics. They will also visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun! Participants will receive lunch each day of camp. Lunch will be served 30-minutes prior to camp ending. Transportation NOT provided.



MINI KICKERS SOCCER CAMP

Ages 3 to 8.....\$75; \$70 Shoreview Resident

Saturdays, October 6 – November 17 (No class Oct. 20)

Shoreview Community Center Gym

Ages 6 to 8

9:00 A.M. – 9:45 A.M.....**Activity # 490801-01**

Ages 3 to 5

10:00 A.M. – 10:30 A.M.....**Activity # 490801-02**

10:35 A.M. – 11:05 A.M.....**Activity # 490801-03**

Come out and learn the fundamentals of little kids' soccer. This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.

GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 5 – Mar. 9. Games and practices last for one hour. Starting times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 4:00 P.M.

\$77; \$67 Shoreview Resident; \$20 late fee after Dec. 1

Setters, Grades 4-5Activity # 190304-01

Spikers, Grades 6-8Activity # 190304-02

Turtle Lake Elementary

Mounds View Community Center

Recreational league play for girls grades 4-8. This instructional league will teach girls the basic skills, rules, and strategies of the fun and exciting game of volleyball. Program consists of one practice and one game each week. Games and practices will last for one hour. Players will receive a t-shirt.

Register by December 1 for the Girls Volleyball League.

No special friend requests accepted after the deadline.

Volunteer coaches are needed for the Girls Volleyball League.

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.

COACHES MEETING

Tuesday, December 18..... 6:30 P.M. – 7:30 P.M.

Shoreview Community Center



Registration is open for these fall sports leagues! DEADLINE IS JULY 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.

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 request per player, no chain requests will be allowed. All teammate requests must be submitted by the registration deadline. There is no guarantee that friend requests can be honored.
- No friend 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 or schools 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.
- Practice days in Fall Soccer and Flag Football are chosen by the coach in late August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.



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 1-2..... 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 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 1:00 P.M. – 4:00 P.M.

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

- CoRec, Grade K-1..... **Activity # 490207-01**
- 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

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. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise—and, most of all, have fun! Tennis balls are provided. **Weather cancellations will be made at the court by the instructor.**

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. Children should bring their own junior size racquet and a water bottle.

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 11 to 14

For youth with dependable strokes who have completed advanced beginner class. Instruction will focus on court coverage, game strategy, stroke use and much more.

GROUP LESSONS

September 8 – October 6. If necessary, make-up lessons will be held October 13 and 20.

Class Level	Day	Time	Location		Activity #
Pee Wees	Sat	10:00 A.M. – 10:45 A.M.	Wilson	\$67; \$57	490606-01
Beginners	Sat	11:00 A.M. – 11:55 A.M.	Wilson	\$67; \$57	490607-01
Advanced Beginners	Sat	12:00 P.M. – 12:55 P.M.	Wilson	\$67; \$57	490608-01
Intermediate	Sat	1:00 P.M. – 1:55 P.M.	Wilson	\$67; \$57	490609-01

PRIVATE LESSONS

Individual Private Lessons (60 minutes)

Five lessons..... **Activity # 490602-01**
\$190; \$180 Shoreview Resident

Semi Private Lessons (60 minutes)

Five lessons..... **Activity # 490603-01**
\$110; \$100 Shoreview Resident

(Each participant pays and must enroll with a partner)

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.



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 11-inch softball for women and a 12-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



FREE ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. **Activity # 500603-01**
No partners required

Bingo

One Wednesday/month
1:00 P.M. **Activity # 500605-01**
Aug. 29, Sept. 26, Oct. 31, Nov. 28, Dec. 19
(\$0.25 per card – no min/max cards)

SENIORFIT

The Shoreview Community Center is dedicated to helping seniors stay active and fit. SeniorFIT group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. These classes are specially tailored for older adults (age 65+) and taught by our experienced and highly trained fitness instructors. SeniorFIT classes can accommodate any fitness level. Any participant may register for these classes, however, these classes are only free to individuals with an annual senior membership. Please see page 39 for SeniorFIT classes.

500 TOURNAMENT

Wednesday, October 17 1:00 P.M. – 4:00 P.M.
\$10 per player **Activity # 400501-01**

Shoreview Community Center

Deadline to register: Monday, October 15

Join our Shoreview 500 club for their 15th annual 500

Tournament! Cash prizes awarded for first through third place winners! Each player will be required to submit address, phone number and birth date. Limited tables available! **MUST REGISTER WITH A PARTNER.** Veggies, fruit and small munchies will be served. **No walk-ins.**



SENIOR SEMINAR: BRAIN FITNESS

Thursday, September 6 10:00 A.M.

This presentation focuses on brain fitness and how to keep the brain in shape and the best way to maintain our cognitive abilities. This presentation will be presented by New Perspective Senior Living.

SILVER & FIT® MEMBERSHIPS

Check with your health insurance provider to see if you qualify for a Silver&Fit® membership! These memberships include free admission* to the Community Center (*admin fee may apply); membership does not include SeniorFIT group fitness classes.

AARP DRIVER SAFETY PROGRAM

An auto insurance discount can be obtained by those ages 55 and over who complete an introductory 8 hour Smart Driver course. A 4 hour refresher course is needed every three years thereafter. AARP members are eligible for a discounted rate, however, your membership number must be provided at the time of registration. Payment must be made at the time of registration. Please bring your current driver's license with you to the class. Seminars are taught by AARP trained volunteers. Registration deadline is 3 days prior to the class. This rate includes a Shoreview administration fee.

AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates.

All classes held at Shoreview Community Center

4 Hour Refresher Day Courses

AARP Member Rate: \$24; Non-Member Rate: \$29

9:00 A.M. – 1:00 P.M.

Thursday, September 13 **Activity # 450201-01**

Monday, October 8 **Activity # 450201-02**

Tuesday, November 6 **Activity # 450201-03**

Thursday, December 13 **Activity # 150201-01**

4 Hour Refresher Evening Courses

AARP Member Rate: \$24; Non-Member Rate: \$29

5:30 P.M. – 9:30 P.M.

Tuesday, September 25 **Activity # 450202-01**

Thursday, October 25 **Activity # 450202-02**

Wednesday, November 21 **Activity #450202-03**

Tuesday, December 18 **Activity #150202-01**

8 Hour Evening Courses

AARP Member Rate: \$26; Non-Member Rate: \$31

5:30 P.M. – 9:30 P.M. **Activity # 450203-01**

Monday, September 17 and Wednesday, September 19

9:00 A.M. – 1:00 P.M. **Activity # 450203-02**

Tuesday, November 27 and Thursday, November 29

DROP-IN PICKLEBALL

Ages 18 and up

Monday – Friday.....8:30 A.M. – 11:00 A.M.
 October 1 – April 26..... \$3 or free to members
 Closed Oct. 18 & 19, Nov. 22 & 23, Dec. 24 & 25, Jan. 14,
 & Feb. 18

Shoreview Community Center Gymnasium (4 courts)
 4580 Victoria St. N.

Gym reserved exclusively for pickleball during these dates
 and times.

Wednesdays..... 6:00 P.M. – 9:00 P.M.
 Oct. 3 – April 24 \$3 per person
 Closed Nov. 21

Island Lake School Gym (6 courts)
 3555 Victoria St. N.

Pickleball is a combination of tennis, badminton, and ping pong
 played by four people on a badminton size court with paddles
 and a plastic polyball. It is great exercise, easy to learn and lots
 of fun. Come see what the excitement is all about as current
 players will teach you all about the fastest growing sport in
 America. We have the equipment, just drop by.

DROP-IN PICKLEBALL PUNCH CARD \$30
 Available for purchase at the Parks & Recreation Office

Monday– Friday..... 8:00 A.M. – 4:30 P.M.
 651.490.4750
 Punch card is good for both Drop-In locations.

APPLE CRISP & BINGO

Friday, September 14..... 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 400302-01**

Shoreview Community Center

Join us for an afternoon of fun! Enjoy some apple crisp while we
 play bingo! We will have lots of prizes to give away and a lucky
 winner will walk away with a gift card! (Price includes treats,
 prizes & Bingo)

BINGO & BOSTON CREAM PIE

Tuesday, October 23..... 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 400215-01**

Shoreview Community Center

Come celebrate National Boston Cream Pie day! We will cele-
 brate with some Boston Cream Pie and bingo! We will have lots
 of prizes to giveaway and a lucky winner will walk away with a
 gift card ! (Price includes treats, prizes & Bingo)

SHOREVIEW AREA PICKLEBALL CLUB

\$15 Annual Membership..... **Activity # 520200-01**

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)

*Monday – Friday.....8:00 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 & Friday8:30 A.M. – 11:00 A.M.
 ***For beginner and social players

PUMPKIN PIE & BINGO

Thursday, November 15..... 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 400505-01**

Shoreview Community Center

Join us for a great afternoon of fun! Enjoy a piece of pumpkin
 pie while we play Bingo! We will have lots of prizes to give away
 and a lucky winner will walk away with a gift card to Cub Food!
 (Price includes treats, prizes & Bingo)

BINGO & UGLY CHRISTMAS SWEATERS

Friday, December 7..... 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 400223-01**

Shoreview Community Center

Come celebrate National Ugly Christmas Sweater Day! Wear
 your favorite Ugly Sweater! We will have a special treat while
 you enjoy Bingo! We will have lots of prizes to giveaway and
 a lucky winner will walk away with a gift card! (Price includes
 treats, prizes & Bingo)



ONCE UPON A TIME – TURNING YOUR GENEALOGY RESEARCH INTO YOUR FAMILY STORY

Tuesday, October 16..... 6:00 P.M. – 7:30 P.M.
\$38; \$33 Shoreview Resident..... **Activity # 400304-01**

Deadline to register: Tuesday, October 9

After years of genealogy research it is time to create a narrative and share it with the family. In this class you will discover all the ways you can tell and illustrate this incredible journey and the challenges your family encountered on the way to where you are today. Family letters and stories, photos and county histories, military records and historical events all come together to bring your ancestors to life. You will learn about newspapers, county history books, and state archives that are available to you on the internet. We'll talk about creating your own book or using online family history templates to publish your story. This class is taught by Sharon Powell.

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

Tuesday, September 18..... 6:00 P.M. –7:30 P.M.
\$38; \$33 Shoreview Resident..... **Activity # 400305-01**

Deadline to register: Tuesday, September 11

In this class I will show you the most frequently used websites as well as the fastest 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.

DNA AND YOU

\$38; \$33 Shoreview Resident..... 6:00 P.M. – 7:30 P.M.

Thursday, November 8..... **Activity # 400306-01**

Deadline to register: Thursday, November 1

Tuesday, December 11..... **Activity # 400307-01**

Deadline to register: Tuesday, December 4

Are you curious about what you could learn with an ancestry.com subscription and a DNA test? Join us as we learn what is involved in taking the test and what ancestry will send you in return. Learn about the privacy agreement and what you can chose to keep private or share. Your DNA story will show you your ethnic background and a map will show you where each of those ethnic groups came from. A regional story will tell you the early history of each ethnic group, the wars and plagues and the events that shaped the culture of your people and why they immigrated. You can zoom in on the maps and see the countries that make up your ancestors' homeland. Create your own family tree on ancestry.com and link it to your DNA. Then discover the hundreds of DNA matches that indicate you have relatives you never knew existed and learn how to reach out and meet them. This class will give you a basic idea of how DNA works but will not give you a detailed scientific overview. Join us to discover your past. This class is taught by Sharon Powell.

KNITTING – BEGINNING

Wednesdays, Sept. 5 - Oct. 11 6:00 P.M. – 8:00 P.M.

\$40; \$35 Shoreview Resident..... **Activity # 400227-01**

Deadline to register:

Wednesday, August 29

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.



CROCHETING – BEGINNING

Thursdays, Sept. 6 - Oct. 11 6:00 P.M. – 8:00 P.M.

\$40; \$35 Shoreview Resident..... **Activity # 400228-01**

Deadline to register: Wednesday, August 29

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.

IPAD WORKSHOP - I

Tuesday, September 11 1:00 P.M. – 3:00 P.M.
 \$35 per person.....Activity # 400226-01

Deadline to register: Tuesday, September 4

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

Tuesday, September 18..... 1:00 P.M. – 3:00 P.M.
 \$35 per person.....Activity # 400226-02

Deadline to register: Tuesday, September 11

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, October 16..... 1:00 P.M. – 3:00 P.M.
 \$35 per person.....Activity # 400224-01

Deadline to register: Tuesday, October 9

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

Tuesday, October 23..... 1:00 P.M. – 3:00 P.M.
 \$35 per person.....Activity # 400224-02

Deadline to register: Tuesday, October 16

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, November 13..... 1:00 P.M. – 3:00 P.M.
 \$35 per person.....Activity # 400225-01

Deadline to register: Tuesday, November 6

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.**

SOCIAL MEDIA 101

Monday, September 10 6:00 P.M. – 7:00 P.M.
\$30; \$25 Shoreview Resident.....**Activity # 400255-01**

Deadline to register: Monday, September 3

Do you want to learn what exactly social media is all about? This class will go over step-by-step basics for Facebook, Instagram, Snapchat, Twitter and Youtube. Common questions and insights on social media will be reviewed so that you're up to date on the latest buzz words and topics. Come and learn to share, search and connect and leave social media savvy as ever! No prior experience required. Class is taught by Social Club Simple.



FACEBOOK 101

Monday, October 15 6:00 P.M. – 7:00 P.M.
\$30; \$25 Shoreview Resident.....**Activity # 400256-01**

Deadline to register: Monday, October 8

Are you new to Facebook or just getting started? Learn how to use the popular social media site to safely connect with family and friends. You will leave this hands-on class with your own free Facebook account. We'll also review the recommended privacy settings and you'll leave this training with the knowledge on how to navigate confidently through the website. Class is taught by Social Club Simple.



WHAT IS TWITTER?

Monday, October 29 6:00 P.M. – 7:00 P.M.
\$30; \$25 Shoreview Resident.....**Activity # 400257-01**

Deadline to register: Monday, October 22

Have you been curious as to what Twitter is exactly? In this class we'll go over all the basics you need to know about one of the largest social media platforms in the world. You'll learn how to create a profile, read what others are saying, how to send a Tweet, and more. Whether you are just curious as an observer or you would like to become a user yourself, this is the class you need to stay up to date in today's digital world. Class is taught by Social Club Simple.



INTRO TO INSTAGRAM

Wednesday, November 14 6:00 P.M. – 7:00 P.M.
\$30; \$25 Shoreview Resident.....**Activity # 400258-01**

Deadline to register: Wednesday, November 8

In today's world, photos and videos are becoming more popular than ever thanks to a social media site called Instagram. In this beginner class, users will learn the basics and leave with an understanding on how to utilize the site features. No photography or social media experience required. Class is taught by Social Club Simple.

LINKEDIN BASICS

Wednesday, December 12 6:00 P.M. – 7:00 P.M.
\$30; \$25 Shoreview Resident.....**Activity # 400259-01**

Deadline to register: Wednesday, December 5

This beginner class will cover everything you need know about the professional networking site, LinkedIn. You'll learn how the site focuses on your professional world, allowing you to build a network just a few clicks. Learn to connect with past and current colleagues, increase your number of business connections, network within industries industry, discuss business ideas, and search for jobs and more! Class is taught by Social Club Simple.

MUSIC FOR ADULTS

Come and explore the world of music! These classes will offer unique musical experiences! Registration Deadline is a week before the class.

\$16; \$14 Shoreview Resident..... 1:00 P.M. – 1:45 P.M.

Friday, October 5, Sing-a-longs.....**Activity # 400234-01**

Friday, October 12, Drum Circles.....**Activity # 400234-02**

Friday, October 19

Guided relation with music.....**Activity # 400234-03**

Friday, October 26

Music and Movement.....**Activity # 400234-04**



EATING FOR HEALTH AND LONGEVITY

Tuesday, September 25.....6:00 P.M. – 8:00 P.M.
\$30; \$25 Shoreview Resident.....**Activity # 400230-01**

Deadline to register: Tuesday, September 18

The 2010 Global Burden of Disease Study determined the leading cause of both death and disability in the United States is our diet. Science reveals this food is associated with heart disease, cancer, type 2 diabetes and other chronic diseases. Learn how a whole food plant based diet can prevent, reverse or treat the leading causes of death and extend life. Sample two foods which support health and receive a copy of Dick’s Vegan Cook Book with 30 recipes.

LOWERING BLOOD PRESSURE WITH FOOD

Tuesday, October 23.....6:00 P.M. – 8:00 P.M.
\$30; \$25 Shoreview Resident.....**Activity # 400231-01**

Deadline to register: Tuesday, October 16

The Center for Disease Control and Prevention (CDC) reports, “About 1 of 3 U.S. adults—or about 75 million people—have high blood pressure.” “High blood pressure (hypertension) is one of the leading causes of heart disease, stroke, kidney disease, and death in the United States.” Research reveals the foods we eat can both increase and decrease blood pressure. You will learn by watching research videos, discussion, and by sampling several foods that lower blood pressure. Each student will receive a copy of Dick’s Vegan Cook Book with 30 recipes.

JEWELRY ROAD SHOW

Verbal Appraisal

Tuesday, October 2.....4:00 P.M. – 6:00 P.M.
\$28; \$26 Shoreview Resident.....**Activity # 400232-01**

Deadline to register: Tuesday, September 25

Presentation

Tuesday, October 2.....7:00 P.M. – 8:00 P.M.
\$15; \$13 Shoreview Resident.....**Activity # 400232-02**

Deadline to register: Tuesday, September 25

Bring up to 5 items for a visual examination and verbal assessment. Is Grandma’s ring real gold? Did my boyfriend give me a real diamond? Answers to all your questions, plus a PowerPoint presentation on diamonds, cameos, pearls and jewelry across the world. Great display of fascinating jewelry items as well. Perfect for anyone planning to buy engagement rings ... know what you’re getting!



MAKING MOXIE MAGIC – *Intention and Bracelet Making Workshop*

Thursday, September 20.....6:00 P.M. – 8:00 P.M.
\$45; \$40 Shoreview Resident.....**Activity # 400208-01**

Deadline to register: Thursday, September 13

In this fun and inspiring workshop you will have an opportunity to dive a little deeper into what you are looking to create in your life! Tap into your heart’s desires to create a talisman that you can take with you and incorporate into your everyday. Participants will be learning about the chakras and the desires of the Soul according to yogic tradition and how stones and crystals can be connected to these energies. Then each participant will take part in a little exercise to tap into your own intuition to create a one-of-a-kind bracelet just for you inspired by the best version of yourself! This class is taught by Moxie Malas.

DAYTRIP: “RADIO GALS” SIDEKICK THEATRE

Wednesday, October 24 10:00 A.M. – 4:30 P.M.
\$86; \$80 Shoreview Resident.....**Activity # 400216-01**

Deadline to register: Friday, September 21

“Radio Gals”. A Razzamatazz Musical Comedy Set in the 1920’s when radio ruled the airwaves and small stations thrived, Radio Gals is a charming musical about Hazel Hunt from Cedar Ridge, Arkansas, who broadcasts from her front parlor with her “all-girl” orchestra, “The Hazelnuts”, as radio WGAL. What comes over the local airwaves is an array of hilarious toe-tapping songs. However, Hazel’s broadcasts are not always so local due to her habit of impinging on other frequencies, like NBC’s, attracting the attention of a federal radio inspector who’s intent on shutting down WGAL. It turns out though; he has a fine tenor voice, plays a mean accordion and quickly becomes enchanted by the “Hazelnuts”. **Bus leaves the Shoreview Community Center at 10:15 A.M.**

DAYTRIP: “HOLIDAY INN” AT CHANHASSEN THEATER

Wednesday, December 5 9:30 A.M. – 5:00 P.M.
\$96; \$91 Shoreview Resident.....**Activity # 400217-01**

Deadline to register: Friday, November 2

“Irving Berlin’s Holiday Inn”. The New Irving Berlin Musical tells the story of Jim, who leaves the bright lights of show business behind to settle down on his farmhouse in Connecticut. He quickly discovers life isn’t the same without a bit of song and dance. Jim’s luck takes a spectacular turn when he meets Linda, a spirited schoolteacher with talent to spare. Together they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday, from Thanksgiving to the Fourth of July. But when Jim’s best friend Ted tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his latest chance at love? **Bus leaves the Shoreview Community Center at 9:45 A.M.**

PAINTING CLASSES

Students will learn the basic technique of One Stroke painting and techniques using acrylic paints. Class includes step by step instruction, painting supplies and your own 16 x 20 canvas master piece. Registration Deadline is a week before the class. Classes are taught by Jill Mason from Painting with Jill.

\$48; \$43 Shoreview Resident

Monday, September 10 6:00 P.M. – 9:00 P.M.
“Fall flowers Painting”**Activity # 400233-01**

Thursday, September 20 6:00 P.M. – 9:00 P.M.
“Sunflower Painting”**Activity # 400233-02**

Thursday, September 27 1:00 P.M. – 4:00 P.M.
“Blue Daisey”**Activity # 400233-03**

Thursday, October 4 6:00 P.M. – 9:00 P.M.
“If the Shoe Fits Painting”**Activity # 400233-04**

Monday, October 29 1:00 P.M. – 4:00 P.M.
“How Great Thou Art”**Activity # 400233-05**

Tuesday, October 30 6:00 P.M. – 9:00 P.M.
“Happy Harvest Painting”**Activity # 400233-06**

Monday, November 5 1:00 P.M. – 4:00 P.M.
“Pumkins, Pumkins Painting”**Activity # 400233-07**

Tuesday, November 6 6:00 P.M. – 9:00 P.M.
“Gobble Til you Wobble Painting”**Activity # 400233-08**

Tuesday, November 27 6:00 P.M. – 9:00 P.M.
“Holiday Love Painting”**Activity # 400233-09**

Monday, December 10 1:00 P.M. – 4:00 P.M.
“Christmas Fa La la Painting”**Activity # 400233-10**

Tuesday, December 11 6:00 P.M. – 9:00 P.M.
“Initial Ornament Painting”**Activity # 400233-11**

Thursday, December 20 6:00 P.M. – 9:00 P.M.
“BRRR Snowman Painting.....**Activity # 400233-12**



Jobs that Fit Your Lifestyle!



Part-time ♦ Flexible Hours ♦ Fun People

Child Care Attendants: Provide care for children ages 6 months to 12 years in our drop-off childcare center at the Shoreview Community Center. Experience working with pre-schoolers preferred. Mon-Fri daytime hours 8am-12:30pm & evening hours 4-9pm. Saturdays 8am-12:30pm. \$9.75-10.75/hour.

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.

Guest Service/Memberships: Introduce potential members to the facility and membership benefits; provide tours and make appropriate membership recommendations; follow up on member questions via phone/email; help with meeting and banquet room setups, troubleshoot guest issues and concerns; operate cash register and computer; provide back up at the service desk and wave cafe concessions when needed. \$11.25-12.25/hour.

Gym Supervisors: Supervise adult drop-in Pickleball. Interest in Pickleball and an ability to work with people desired. Wednesday evening from 6:00 - 9:00 pm. Oct-April. \$11-12/hour.

Gymnastics & Tumbling Instructors: Teach beginning to intermediate level classes. Previous gymnastics & teaching experience are preferred. Saturday hours available. \$10.25-11.50/hour.

Ice Skating Instructors: Instruct youth in ice skating. Skating knowledge and experience required. Previous teaching exp. desired. 2 - 4 hours Saturday mornings. Oct - Feb. \$11.50 - \$12.50/hr. depending on qualif.

Lifeguards (we will train): Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the 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, evening and weekend hours. \$10.75-12.50/hour. During school year, M-F daytime (5am-4pm), \$12./hour.

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, sport specific conditioning, and general fitness. National training certification required. \$19-23/hour.

Service Desk: Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of information, assist with concessions as needed. Must be available to work weekends. \$10.25-11.25/hour.

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. Other duties include decorating and clean up. Hrs are varied for each event. 1-2 events held per month. \$9.75-10.75/hour.

Sports Instructors: Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. Weekday afternoons approximately 3:30-5:40pm. 5 hours/week. Sept-May. \$10.50-13.50/hour.

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

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

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. Saturdays, 1-4 games/day. Sept-Oct. \$15-25/game.

Youth Flag Football Officials: Officiate Flag Football league games for children. Knowledge of football rules, previous officiating experience desired, football playing experience preferred, good interpersonal skills. Must be age 16 or older. Weekday afternoons between 1-4pm. Sept-Oct. \$15-25/game.



Apply at: shoreviewmn.gov

Shoreview Parks & Recreation
4580 North Victoria Street, Shoreview MN
651-490-4750. Equal Opportunity Employer



FREE
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 651.621.7950.

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						6						1		2		
Bucher Park 5900 Mackubin Street		25	2	1												1		2		
Lake Judy Park 900 Tiller Lane		5		1/2																
McCullough Park 915 County Rd I		75	2	1							With grill					1		2		
Ponds Park 190 Sherwood Road		1									Table only									
Rice Creek Fields 5880 Rice Creek Parkway		10	4																	
Shamrock Park 5623 Snelling Ave.		23	2	1							With grill					1		2		
Shoreview Commons and Community Center 4580 North Victoria		40	2	1					4	2	With grill					1		2		
Sitzer Park 4344 Hodgson Road		8	2	1							With grill							2		
Wilson Park 815 County Road F		13	2	1							Tables Only With grill							2		

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

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											
Lake Owasso County Park 370 N. Owasso Blvd.		9											
Shoreview Ice Arena 877 Highway 96 (Hockey only)													
Snail Lake Regional Park 580 Snail Lake Blvd.		400											
Turtle Lake County Park 4979 Hodgson Road		9											

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



Program Registration Form

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

Please fill out the form below completely. An incomplete form may delay your registration.
 If you prefer, you may register online at: <https://registration.shoreviewmn.com>.

LAST NAME (PRIMARY) _____ FIRST NAME (PRIMARY) _____ HOME PHONE (AREA CODE) _____

ADDRESS _____ CITY _____ ZIP _____ CELL PHONE (AREA CODE) _____

E-MAIL ADDRESS _____ EMERGENCY CONTACT _____

Participants Last Name/First	M/F	Birthdate	Activity Number	Activity Name	Activity Day/Time	Fee \$
Are you a Silver & Fit® member? <input type="checkbox"/> Yes <input type="checkbox"/> No						Total Amount Enclosed \$
Are you a Community Center Annual member? <input type="checkbox"/> Yes <input type="checkbox"/> No						

YOUTH SPORTS LEAGUES (Please fill out completely)

Special requests for teammates are NOT guaranteed and are limited to ONE REQUEST PER PLAYER. Group and/or chain requests will not be honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after the season is completed.

School child attends: _____

Grade (2018-2019 school year): _____

Child shirt size: Youth / Adult S M L XL

Teammate request name: _____

I would like to coach: Y N shirt size: S M L XL XXL

Coach Name: _____

Special Needs/ Allergies/ Etc: _____

If you are registering in person, do not write your credit card information on this form

PAYMENT TYPE

If paying by credit card please circle type

Cash Check # _____ Credit Card

Checks Payable to "City of Shoreview"



Card # _____ Exp. Date _____

CVV Code _____ Zip Code _____ Signature _____
(3 digit code on back)

Billing address is different from above (Please include billing address)

WAIVER AND PERMISSION: In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I further understand that the personal information I provided on this form, (name, birth date, address, email address, phone number), is considered private data and not giving the information may 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 and understand all information relevant to your program choice.

Fall Registration Schedule Shoreview Resident Priority

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

Begins Tuesday, August 7 at 8 A.M.

Annual Community Center Member Registration

Begins Thursday, August 9 at 8 A.M.

General Registration

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

Begins Friday, August 10 at 8 A.M.

Phone Registration

Begins Monday, August 13 at 8 A.M.

How to Register:

1. On-line at www.shoreviewcommunitycenter.com
2. 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 August 13

Registering on-line is easy!

1. 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.

1. Drop-off points include:
 - a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - b. The Shoreview Community Center Service Desk,
 - c. The after-hours payment box, to left of front door of City Hall.
2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
4. Activity fees may not be pro-rated.
5. Make all checks payable to the City of Shoreview. Visa, 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.
7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
8. Refunds may be issued when requested 5 working days before the activity or class 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.
11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.



SHOREVIEW
— EST. 1998 —
FARMERS' MARKET

Tuesday afternoons
June 5 - Sept. 4: 3-7pm
Sept. 11 - Oct. 23: 3-6pm

INDOOR FARMERS' MARKET

.....

Select Tuesday Afternoons
3-6pm at the Community Center
November 6, November 20
December 4, & December 18

Join us inside the Community Center select Tuesday afternoons for our Indoor Farmers' Market! Vendors will have a variety of winter produce, canned goods, baked goods, chocolate, nuts, honey, gifts, and more!

.....

More details online: ShoreviewCommunityCenter.com



City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126

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POSTAL CUSTOMER

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SHOREVIEW DAYS
Celebrating Community

July 27-29

Slice of Shoreview Annual Art Fair
Island Lake County Park (694/Victoria)
Over 100 Art and Commercial Booths
Live Entertainment

NEW!

**Robotics Village • Breakfast and Bingo • Ready Go Art
Ralph Reeder Benefit Run**

**Bingo • Bungy Trampoline and Kids Klimb • Car Show
Chalk Art in the Streets • Church Service • Face Painting • Fireworks
Food Booths • LJFD Open House • Parade
Petting Zoo and Pony Rides • Slip n Slide • Tour de Trails**

www.sliceofshoreview.com