

SHOREVIEWS

Winter 2018-19 Recreation Catalog

Inside This Issue

City News	3
Resident Resources	8
Organizations	13
Community Center	16
Recreation Programs	24



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	651.490.4661
Streets	651.490.4671
Utility Billing	651.490.4630

Police

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

For non-emergencies call 651.767.0640

For emergencies call 911

Fire

Fire protection is provided by the Lake Johanna Fire Department.

For emergencies call 911 Dispatch

Non-emergency 651.415.2100

City Officials**Sandy Martin, Mayor**

444 Lake Wabasso Court

Office: 651.490.4618

smartin@shoreviewmn.gov

Emy Johnson, Council Member

4700 Lorinda Drive

Cell: 763.443.5218

ejohnson@shoreviewmn.gov

Terry Quigley, Council Member

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Home: 651.484.5418

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Sue Denkinger, Council Member

4494 Chatsworth Street

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Cory Springhorn, Council Member

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Terry Schwerm, City Manager

Office: 651.490.4611

tschwerm@shoreviewmn.gov

Access Shoreview

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

SHOREVIEW WINTER FUN!

Indoor Farmers' Market Returns!

Tuesdays, 3 - 6 pm

Upper Level of Community Center

November 6 December 4

November 20 December 18

Beat the cold and join us inside the Shoreview Community Center for our second year of this event, where vendors offer a variety of baked goods, produce, salsa, jams and more.



Happy Holiday Happenings

Saturday, December 15

Kids' Holiday Shopping Spree

9 am - 12 pm

If your kids are looking for gifts for family members and friends this season, bring them for some quick, inexpensive shopping. Park and Recreation Staff and volunteers will assist them with making purchases and wrapping gifts, while you sit back and relax in the Fireside Lounge. No registration needed!



Santa's Workshop

9 - 10 am or 10:30 - 11:30 am

Come spend the morning with Santa at his workshop and enjoy a continental breakfast, a craft, and time visiting him! Each session is limited to 30 kids.

Children must be accompanied by an adult. Pre-registration required by Monday, Dec. 10.

New Year's Eve Party

Monday, Dec 31, 5 - 8 pm

Balloon drop at 7:45 pm

Ring in the New Year at the Shoreview Community Center!

See the inside back cover for more details.





Rental License Renewal

Reminder! All rental licenses expire on December 31. Applications to renew a license must be submitted by December 31. Licenses can be renewed if the property is up to code, the utility bill is current, and no conduct issues are not present.

Renewal Fees

- **\$75 application fee.**
- **\$50 inspection fee** (in case of violations).
- **\$75 late application fee** (for each property that has expired).

Renew online or contact Brent Marshall, Residential Building Inspector at 651.490.4687 or bmarshall@shoreviewmn.gov.

Shoreview Citizens' Leadership Academy – 2019 Applications Coming Soon

Are you interested in learning more about the City of Shoreview and how it operates? If so, the 2019 Citizens' Leadership Academy is the place for you! Participants in the Academy will learn all about local government, our programs and services, and meet new people over 6 weeks. Sessions will be a combination of tours, speakers, games and Q&A sessions.

The 2019 Academy will take place over six consecutive Wednesday evenings in March and April. Class size will be limited to 20 participants. There is no cost to attend but participants are strongly encouraged to commit the time to attend each session. Light refreshments will be served.

Please check our website and social media accounts for more information and the application in January.

destination shoreview2040

Thank you to everyone who provided input to help us shape Destination Shoreview 2040, the City's Comprehensive Plan. This extensive document provides a long-term vision that guides land use and development and is the result of an 18-month planning process that involved members of the community and the City's advisory groups.

Drafts of all chapters are available online at destination.shoreviewmn.gov and are still open for comment. You can submit your comments online, via email or mail them to the City's planning staff.

The formal review process for the Comprehensive Plan is now underway.

- Public Hearing at the Planning Commission meeting: November 27, 2018 at 7 pm.
- Hearing at the City Council meeting: December 17, 2018, at 7 pm.

Meetings take place in the Shoreview City Council Chambers: 4600 Victoria Street North. Residents are encouraged to attend these meetings and provide feedback.



Budget Hearing

Shoreview's hearing on the 2019 budget and tax levy is scheduled for Monday, December 3 at 7 pm. The proposed property tax levy of \$12,157,180 represents a 4.5% increase over the 2018 levy. Primary factors causing the increase in the levy include public safety costs and computer maintenance and support costs.

Compare Shoreview's share of the property tax bill to similarly sized cities by reading our Community Benchmarks booklet, available online at www.shoreviewmn.gov.

Community Center Expansion Project Nearing Completion

The year-long Community Center Expansion Project is nearing completion. The goal of this project was to update the Community Center and create exciting new amenities and multi-purpose spaces for a variety of activities and programs to better serve Shoreview residents. The project includes two distinct expansion areas including a major addition to the Tropics Indoor Water Park and a two-story expansion adjacent to the gymnasium. Some of the key elements of the project include:

- **Tropical Adventure Indoor Playground**

The playground area was doubled in size and expanded to provide a large toddler play area, improved seating, and many new, exciting play features on the existing playground. A new entrance means parents and children no longer need to walk through the gym to access the playground. The playground expansion includes a small, semi-private area that may be rented for birthday parties. The new playground opened on September 21.



- **Fitness Center**

The Fitness Center was expanded to create a new functional training and stretching area located directly across from the adult locker rooms and a new entrance to the Fitness Center. The new area allows us to better locate the fitness equipment throughout the Center. Additional updates include new carpeting and flooring throughout the Fitness Center. The Fitness Center renovations were completed in early September.



- **Fitness Studios**

Four new group fitness studios were created on the lower level of the two-story addition. These studios have state-of-the-art sound and light systems, which means a wider variety of fitness classes are now available during peak times. One cycling-dedicated studio includes a video screen, which creates more interactive classes. The studios have dedicated storage areas to provide more floor space for class participants in the studio. The new fitness studios were completed in mid-July. Fitness classes can be purchased with a GroupX fitness card, membership is not required.





• **Activity Rooms**

Four new Activity Rooms were built on the main floor of the Community Center. The Park and Recreation department uses these rooms to host newly expanded programming, including art and cultural programs, science programs, and senior programs. One room is also equipped with a teaching kitchen. New classes include music, art, drama, cooking, and more. The Activity Rooms also host senior fitness classes and a preschool class during the day. On weekends they can be rented for birthday parties and events of 30-75 people. The new Activity Rooms opened in mid-July.

• **Wave Cafe Area**

The Community Center lower entrance and Wave Cafe seating area have been updated and renovated. The seating area was expanded to create a more open, contemporary feel with improved lighting and expanded seating.

• **Tropics Indoor Water Park and Bamboo Bay**

Several renovations were completed in the existing Tropics Indoor Water Park. The pool deck was replaced with a new, rubber tile flooring system that is softer and much more slip-resistant than traditional pool deck surfaces. Family locker rooms were expanded to create eight new family changing and shower rooms. All locker rooms were updated with the same slip-resistant flooring as the pool deck.

• **Bamboo Bay**, opening soon, is a 7,000-square-foot addition to the existing water park. The area will highlight a zero-depth, shallow splash pool with a themed play structure that includes a number of slides, sprays, and large buckets that will provide hours of family fun.

Mayor Sandy Martin said, “The City is very excited about the Community Center Expansion Project. The new amenities that were constructed during this project further enhance one of the premier Community Centers in the country, and position the facility for continued success during the next 15-20 years. It will maintain the Shoreview Community Center as the primary gathering space in the City for social, recreational, and cultural activities and programs.”



City's Housing Boom Continues

New Apartments and Townhomes Offer More Living Choices

Shoreview continues to experience a housing boom of new, market-rate apartments and townhomes. Over 1,000 new residential units having been completed, under construction or approved in just the past few years. While the city has limited vacant land, the high quality of life, parks and recreation amenities, and excellent schools makes the community an attractive market for development. Many of the housing projects include full-scale redevelopment of older commercial properties, such as the Lakeview Terrace apartments at County Road E and Victoria Street. That property, completed in 2014, was the first new apartment facility since the late 1960s.

The McMillan

The McMillan, named after a local railroad pioneer, a five-story building with 134 luxury apartments, ground floor retail, and 14 two-story townhomes opened in August 2018. The location offers many amenities including underground parking, an outdoor pool and sundeck, fireplace gathering and gaming area, clubhouse, and walking paths. The \$40 million complex is located at the northwest corner of Interstate 694 and Rice Street near the Grass Lake-Lake Vadnais area. The project developer, Elevage Development Group, is expected to announce a restaurant for the building in the coming months.



LODEN SV

Construction is nearing completion on the first phase of the Loden SV apartments, an \$85 million redevelopment of an industrial property within the Shoreview Corporate Center off of Lexington Avenue, just north of Interstate 694. The project will total 412 high-end apartments along with underground parking and features such as outdoor pools, fitness and yoga spaces, dog spa, and outdoor games area including a pickleball court and dog park. The first of two buildings is scheduled to open this fall.



Greco Properties is developing the project with the Shoreview Corporate Center owner, Eagle Ridge Partners, as part of plans for a major upgrade to the business park. "Shoreview is truly a first class community," states Josh Brandsted of Greco. He adds, "the proximity to both downtown Minneapolis and St. Paul combined with the area employers and connectivity to local outdoor recreation make Shoreview a natural fit for the type of project and active lifestyle that Loden SV promotes. First and foremost, the Greco and Eagle Ridge team have been overwhelmed with positive support from the residents and businesses of Shoreview."

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 pm

Replays: Monday, Wednesday, Friday and Saturday at 12:30 and 7 pm
Tuesday, Thursday and Sunday at 12:30 am, 8 am and 3 pm

Shoreview Planning Commission Meetings

Live: Every fourth Tuesday of the month at 7 pm

Replays: Monday, Wednesday, Friday and Saturday at 12:30 and 8 am
Tuesday, Thursday and Sunday at 7 pm

Shoreview Home Loans

www.nwhomepartners.org/shoreview

651-292-8710



low rates
terms up to 15 years
easy to apply
loans from \$2,000 - \$25,000

*Additional interest discounts for those 65 years and older or military veterans.



imagine the possibilities

- You must be a Shoreview resident and your home must be owner-occupied.
- Your home value cannot exceed the Ramsey County market value of \$364,560.
- Home improvement loan amounts can range between \$2,000 to \$25,000.
- Eligible improvement include work that reduces energy costs, corrects code deficiencies, addresses health or safety issues, improves accessibility or adds value to the home.
- Additional loans available including first-time homebuyer down payment assistance.

Terms and conditions apply.

In partnership with NeighborWorks

nwhomepartners.org/shoreview
651-292-8710



10 Tips for Snow Plowing Season

If summer is construction season, winter in Minnesota is snow plow season. Snow emergencies and plowing go hand-in-hand with our cold weather months. Follow these friendly tips to make snow plowing season a little less stressful for everyone!

1. No street parking after two inches of snow or overnight from 2 am - 5 pm. Wait until your street is clear from curb to curb before parking.
2. Clear the end of your driveway after plows have cleared your street.
3. Snow cleared from driveways and private sidewalks should be stored in the boulevard area.
4. Clear snow from your mailbox area after each plowing.
5. If it's trash/recycling day, place your bins well behind the curb or in your driveway so plows don't hit them.
6. Use flexible orange stakes or lathe to mark your lawn – this will help plow drivers avoid damage to sod. If damage occurs along the boulevard the City will generally repair the sod.
7. Children should not play or build forts in snow banks near curbs where plowing occurs.
8. Keep sleds and other toys away from the street.
9. Keep snow shoveled away from the nearest fire hydrant.
10. Whether you clear your snow yourself or use a service, snow may not be shoveled or blown into the street.



Greener Holidays

Recycle!

TREES

After the holidays bring your live evergreen tree to the Shoreview Maintenance Center (4615 Victoria Street N.) Monday - Friday from 7 am - 3 pm for recycling.

CARDBOARD

Packaging is a huge component of holiday waste. If you find yourself bogged down with shipping boxes and packaging, bundle it up and bring it to Advanced Disposal (309 Como Ave, Saint Paul). Cardboard can also be placed in your curbside recycling bin.

LIGHTS

Burned out lights are a bummer. Don't just chuck them in the trash – bring them to a participating retailer for recycling. Find a drop-off site at www.recycleyourholidays.org. Lights cannot be recycled in your curbside recycling cart.

Reduce

On a typical day Americans generate around six pounds of garbage, each. During the holidays we create 25% more trash. By taking a few simple steps, we can trim our trash without curtailing the cheer.

WRAPPING PAPER

Typically, wrapping paper is not recyclable. Metal, glitter, coatings and more make it shiny and attractive, but also mean mills can't use it to make new paper products.

Try using gift bags which can be reused many times and recycled. Get creative with brown paper, the Sunday comics, kid's drawings, or a scarf that becomes part of the gift.

STUFF STOCKINGS WITH CARE

Consider gifts of a less material nature. Tickets to a concert or game, a membership to a museum, a gift certificate for digital downloads, a gift card to a restaurant are all great options for less waste. Handmade gifts like baked goods or handmade mittens are always delightful. And don't forget – an orange or pear is a sweet treat that won't leave a trail of trash.

Find more ideas at www.reduce.org.

Free Organics Bins now available at City Hall



Thinking about composting? Not sure how to start? Pick up a free, organic starter kit including a kitchen container and compostable bags at City Hall! Offered in partnership with RamseyRecycles, the organic starter kit is the perfect way to try out kitchen composting. All food waste can be composted, plus many other items that normally can't be recycled, including greasy pizza boxes, tissues and paper towels, and egg cartons. Stop by Monday-Friday between 8 am - 4:30 pm to pick up your free kit.

Organics are accepted at all Ramsey County Yard Waste sites, including Arden Hills (3530 Hudson Ave.) and White Bear Township (5900 Sherwood Road). Organics recycling at the Como Park (1149 Beulah Lane) is open year-round, 24/7.

Free compostable bags are also available at all organic recycling sites. Learn more about organics recycling at RamseyRecycles.org.

Lower your Salt, Save the Fish *Winter Maintenance Tips from Rice Creek Watershed District*

No one likes to slide around on slippery driveways and sidewalks. Most of us use salt in winter but the chloride in salt can hurt fish in our lakes and streams.



When snow and ice melts, the salt goes with it, washing into our lakes, streams, wetlands, and groundwater. It takes only one teaspoon of road salt to pollute five gallons of water, and there's no way to remove it. High levels of chloride can harm fish and plants, plus it can damage your grass, gardens and trees.

Reduce your salt use:

- **Shovel.** Remove as much snow and ice as you can. You'll need less salt to keep your sidewalk and driveway safe.
- **15°F and below, the salt must go.** Most salts stop working at this temperature. Sand can be used for traction, but sand does not melt ice and it eventually finds its way into the storm water collection systems, and then to wetlands, ponds, streams and lakes.
- **Slow down.** Drive for the conditions and make sure to give plow drivers plenty of space to do their work.
- **Be patient.** These products take time to work and are not always visible to the naked eye.
- **Less is more.** Consider purchasing a hand-held spreader to help you apply a consistent amount. Use less than four pounds of salt per 1,000 square feet (an average parking space is about 150 square feet). One pound of salt is approximately a heaping 12-ounce coffee mug.
- **Sweep up.** Salt or sand that is visible on dry pavement is no longer working and will be washed away. Use this salt or sand somewhere else or throw it away.

Winter is the Best Time to Prune your Oak Trees!

The Oak Wilt fungus is responsible for killing large numbers of oaks annually in Minnesota. In Shoreview, oak trees are some of our most valuable suburban shade trees. You can help stop the spread of the fungus by knowing when it is safe to prune.

The high-risk period for Oak Wilt is April through July. During this time, sap beetles that can transfer fungal spores between oaks are active. These beetles are strongly attracted to oak tree wounds. August through October marks a low-risk period where the beetles are no longer active, but the fungus has yet to go dormant for the winter. The Oak Wilt fungus can spread through root grafts to neighboring trees during this period.

The safe period for pruning oaks is November through March. During this time, both the fungal pathogen and insects that carry the fungus are inactive. If you have oak trees on your property in need of trimming, November 1 through March 31 is the best time! The City maintains a list of licensed tree care professionals on our website, and encourages residents to obtain multiple quotes prior to selecting a tree service professional.



Preserving Today's History for Tomorrow



Following the plan

So many possibilities lie ahead for the Shoreview Historical Society: tours, programs, museum, events are all in our future at the Lepak/Larson home.

It has been fun working with Bridget Jensen, Historical Intern, as she researches the history of the home and of Shoreview. Bridget's research will be compiled in a report, to be presented to the City Council in the near future. Not only did she research, she offered advice to the Society about steps we should take as we go forward. We are grateful for the grant we received from the Shoreview Community Foundation, who made all this possible.

First of all, the Shoreview Historical Society must create an Interpretive Plan. This plan will outline our next steps as an organization. We must reassess our collections, website and membership. We will need to establish collections

policies and perform a collection inventory. This will help us to determine what to keep and what to get rid of. The Interpretive Plan will help us decide how best save and record what we do keep. We will be working closely with the Minnesota Historical Society and seeking advice from other local societies.

In the future, we will have educational opportunities for high school and college students. Staying connected with younger members in our community is vital for the growth and stability of our organization. Another volunteer opportunity is to help the SHS sort through newspaper articles – and clip and sort and file – This would be done at the Lepak/Larson house.

Contact jaccikrebsbach@comcast.net – I will happily put you to work!



Property and Housing Maintenance Assistance

City enacted property and housing maintenance standards protect the character, value and stability of our neighborhoods. City staff will work with property owners to resolve compliance issues quickly. If an owner isn't physically able or can't afford to resolve the issues, the City will connect them to volunteer and non-profit organizations that can help. These groups work with the City to resolve compliance issues. Resources for homeowners are available online at www.shoreviewmn.gov/homeowners-resources or by calling 651.490.4682.

Let it snow...but get someone else to shovel it

Northeast Youth & Family Services offers convenient and affordable snow shoveling for Shoreview Seniors, age 60+ every winter. NYFS is also looking for youth ages 15+ who are interested in helping seniors keep their driveways and walkways clear. Applicants can earn \$10-12/hour.

NYFS is a non-profit social service and mental health agency based in the northern suburbs. The Senior Chore Program helps seniors with indoor and outdoor chores while providing work opportunities for youth and adults. Rates are affordable and a sliding-fee scale is offered to low-income seniors.

For more information, please call Debbie Wells at 651.757.4061 or email debbiep@nyfs.org.



Where can I store my garbage cans?

The City adopted new regulations addressing the storage of garbage bins earlier this year. Many residents store these containers in front of the garage, house, or by the curbside where they are visible to the neighborhood. While convenient, containers kept in front of the home in plain sight can negatively impact the appearance of a neighborhood.



Bins can be stored:

- Inside an enclosed building like a garage or shed.
- Along the side of the house, as long as it's not the street side.
- Along the back of the home.

If there the property has unique circumstances, like a single car garage, that creates difficulty in storing the bins in the above locations, they can be stored in front of the home but need to be screened from view.

Bins can be placed on the curbside for pick up from 12 pm the day before collection to 12 pm the day after collection.

Residents that store waste, compost or recycling containers in a manner that does not comply with these guidelines may be notified by the Code Enforcement Staff and will be asked to store them in accordance with the City's regulations.



Ramsey County Library – Shoreview

Green Card Youth Voices: Telling Our Stories
Sunday, December 9, 2 pm.
Ramsey County Library - Shoreview

Join us to hear the stories behind the exhibit and book Green Card Youth Voices: Immigration Stories from a Saint Paul high school. A panel of students who contributed their stories to the book will share their amazing personal stories. A moderated discussion with be followed by Q & A. Presented through a Saint Paul Foundation grant to Green Card Voices.

Get Social with the City



Follow us on Twitter
 @ cityofshoreview



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

www.instagram.com/cityofshoreview

Don't flush those wipes!

Disposable or “flushable” wipes are a popular item causing a number of blockages in Shoreview Public Works sewer system. Wipes don't break down the way toilet paper does, and can clog homeowner and municipal sewer pipes, put stress on community wastewater collection and treatment equipment, and cause cities to spend thousands on equipment repair and replacement. They can cause large blockages or get drawn into sewer-line and damage wastewater treatment plant pumps.

Labels that read “disposable,” “flushable” or “septic safe,” can be misleading – please put these items in your trash and not in the toilet.

Items you should NOT place in the toilet include:

- “flushable” toilet brushes and pads
- “flushable” toilet wipes
- wet mopping cloths
- cleaning pads and cloths
- baby diapers
- puppy training pads

If your sewer backs up call Shoreview Public Works at 651.490.4650.

Crime Prevention Tips for the Holiday Season

Keep your spirits bright and your holiday safe with tips from the Ramsey County Sheriff's Office. Follow these important crime prevention steps for a safer holiday season.

Prevent theft from your vehicle:

- Always lock your car, and park in a well-lit and well-traveled area.
- Have your keys in hand when approaching your vehicle, ready to unlock the door.
- When storing items purchased at the stores, place them out of sight. The best place is in a locked trunk. Never leave your purse, wallet, cash or cell phone in plain view.

Financial card and online shopping:

- When using an ATM check for people around and make sure it is in a safe, well-lit location.
- Carry only the credit cards you need and avoid carrying large amounts of cash.
- Keep your personal information private and your password secure. Do not respond to requests to verify your password or credit card information unless you initiated the contact. Legitimate businesses will not contact you in this manner.

Home security and safety tips:

- Have packages delivered to your workplace, or schedule them for days when you'll be home.
- Don't display wrapped boxes under a lighted tree in the front window for thieves to see as they drive past your home.
- Don't pile up-empty gift boxes from your new computers, flat panel televisions, DVD players and other electronics in front of your home on garbage day. Thieves will appreciate knowing that you have expensive gifts inside your home for them to steal. Instead, break boxes down and conceal the advertising when setting them out for recycling.
- Do NOT post your activities – gifts or plans to be away from home – on social media pages.
- Turn on outside lights to deter burglars.
- Report any suspicious activity to the police or local community watch groups.



Help make the holidays brighter for those in need



- 1. DONATE FOOD for the "Thanksgiving for All" Project.** If you would like to donate food items, please donate the following: stuffing, mashed potatoes, gravy, sweet potatoes, dessert mix, canned corn, canned green beans, Jell-O, fruit cocktail, or frozen turkeys. You can donate cash or food for this project. A \$10 donation provides a family with a turkey while a \$20 donation provides a family with a meal. Donations can be dropped off November 1 - 21.
- 2. DONATE MONEY to help provide Thanksgiving and Christmas meals.** Nearly 600 families will visit us in November and December. For every dollar donated, we can purchase up to \$8 worth of food.
- 3. DONATE TOYS to the Operation Joy Toy Shop.** Donate a new, unwrapped toy or gift for a child ages birth to grade 12. Gifts most needed are for ages two through grade 12. Donations can be dropped off December 15 - 20.
- 4. VOLUNTEER at an upcoming holiday event.** Visit www.ralphreederfoodshelf.org to sign up.

Need help with food or gifts for your children this holiday season?
Please call the Ralph Reeder Food Shelf at 651.621.7451.



CREATE YOUR LEGACY

YOUR COMMUNITY FOUNDATION

Time and time again residents say they value the memorable quality of life they and their families enjoy in Shoreview. Shoreview is a leader—in the Metro area, in Minnesota, and nationally. We choose to live here because our schools are highly rated, our lakes, parks and trails are beautiful and accessible, and our city government earns high satisfaction rankings. This did not happen by accident. **We are part of a community that listens to residents and responds to their needs.**

The all-volunteer board of the Shoreview Community Foundation stays in touch with current and emerging needs. We depend on the goodwill and generosity of others to achieve our mission. Through us you support projects that government either cannot or should not do in the areas of arts and culture, recreational places, human services, and historical preservation.

Each year grant applications are reviewed and funded through our endowment. Because only interest on the principal is used for grant funding, an endowment produces many times its original value over time. The Shoreview Community Foundation is the savings account of our community.

THE GOAL

The Shoreview Community Foundation has set a goal of achieving a one million dollar endowment by our 10th anniversary in 2018!

THE RESULT

Increased funding for annual grants that will make a substantial difference in our city.

REASONS

TO GIVE:

We are the **ONLY** organization focused specifically on funding the Shoreview community through tax deductible donations

We help people invest in the causes they most care about

We multiply the impact of your gift dollar by pooling them with other gifts

Our endowment builds permanent funds that will grow and provide resources to our community for generations to come

We offer you the opportunity to build a personal legacy that will meet the evolving needs of the Shoreview community

Together we can keep Shoreview a great place for everyone!



SHOREVIEW COMMUNITY FOUNDATION

This is an opportunity for you to leave a legacy of your values and beliefs to future generations.

For more information, visit www.shoreviewcommunityfoundation.org



Holiday Concert

Please join us for a few laughs, some surprises and plenty of fun at the Shoreview Northern Lights Variety Band's annual holiday concert! It's a Musical Blizzard of seasonal music – a flurry of festive classics sprinkled with fresh arrangements of treasured melodies.

The Shoreview Northern Lights Variety Band (SNLVB) is under the musical direction of Dr. Michael Scott. Mr. Kevin Mills is SNLVB's Associate Director. The band is celebrating its 24 years of entertaining audiences throughout the region and has a membership of over 80 volunteer adult musicians. Visit www.snlvb.com for more information.

**Saturday, December 8 at 7 pm
Benson Great Hall, Bethel University**

- Carriage rides from the parking lot begin at 6:15 pm.
- Doors open at 6:30 pm.
- Musical ensembles will welcome you in the lobby courtesy of band members.

Tickets are \$13 and available after November 1 from

- box-office@bethel.edu
- by calling 651.638.6333
- visiting the Benson Great Hall Box Office
- at the door, and from
- Shoreview City Hall during regular business hours



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

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Bikeways and Trails Committee 7 pm, LC	2	3
Recycling week: October 29 - November 2						
4	5 Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	6 Indoor Farmers' Market 3 pm, SCC	7	8	9	10
11 	12 City Offices Closed Veterans Day	13 Holiday Tree Lighting Ceremony 6 pm, CCPL Council Workshop 7 pm, CC	14	15	16	17
Recycling week: November 12 - 16						
18	19 City Council Meeting 7 pm, CC	20 Econ. Dev. Commission 7:30 am, UC Indoor Farmers' Market 3 pm, SCC	21	22 City Offices Closed Thanksgiving	23 City Offices Closed Thanksgiving	24
25 	26 Environ. Quality Committee 7 pm, CC	27 Planning Comm. 7 pm, CC	28 Human Rights Commission 7 pm, CC	29	30	
Recycling week: November 26 - 30						

DECEMBER 2018

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

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 City Offices Closed New Year's Day	2	3 Bikeways and Trails Committee 7 pm, LC	4	5
Recycling Week: January 7 - 11						
6 	7 Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	8	9	10	11	12
13	14 Council Workshop 7 pm, CC	15 Econ. Dev. Commission 7:30 am, UC	16	17 Public Safety Meeting 7 pm, LC	18	19
Recycling Week: January 21 - 25						
20 	21 City Offices Closed Martin Luther King, Jr. Day	22 City Council Meeting 7 pm, CC	23	24 Human Rights Commission 7 pm, SCC Parks and Recreation Commission 7 pm, CC	25	26
27	28 Environ. Quality Committee 7 pm, CC	29	30	31		

FEBRUARY 2019

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

Animal Control

For animal complaints or to report a lost or found pet, call the Ramsey County Sheriff's Office non-emergency number at 651.767.0640.
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 - 5 pm
Sat & Sun Closed

Police

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



For non-emergencies, call 651.767.0640
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 am - 9 pm
Fri-Sat 10 am - 5 pm
Sun 12 - 5 pm

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

Daily Fees

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

	Rate	Shoreview Resident	Military	Military Resident
Daily Pass				
Adult (18 and over)	\$11	\$9.75	\$10	\$9
Youth (1 to 17; under age 1 free with paying adult)	\$10	\$8.50	N/A	N/A
Family* (2 adults + children living in same household)	\$42	\$35	\$40	\$33
Seniors (65 and older)	\$10	\$8.50	\$9.50	\$8
*Family pass is limited to six individuals living in same household. Each additional person is \$4.50.				
Indoor Playground Only (ages 1 to 12)	\$6	\$6	N/A	N/A
Coupon Books (Includes 10 daily passes)				
Adult	\$99	\$87.75	N/A	N/A
Youth/Senior	\$90	\$76.50	N/A	N/A
Playground	\$54	\$54	N/A	N/A
Senior Track Discount (65 and over – for track use only)				
Per visit	\$5.50	\$4.50	N/A	N/A
Punch Card	\$49.50	\$40.50	N/A	N/A

Fees are subject to change. We welcome payment by any major debit/credit card. All rates above include sales tax. Military ID required for military rate.

**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**	Bamboo Bay	Playground
Mon & Wed	5 am - 10 pm	5 - 8 pm	5 - 8 pm	8 am - 8 pm
Tues & Thurs	5 am - 10 pm	Closed*	5 - 8 pm	8 am - 8 pm
Friday	5 am - 10 pm	5 - 9:45 pm	5 - 9:45 pm	8 am - 8 pm
Saturday	6 am - 8 pm	Noon - 7:45 pm	10 am - 7:45 pm	8 am - 8 pm
Sunday	6 am - 8 pm	Noon - 6 pm	10 am - 6 pm	8 am - 6 pm

*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	Bamboo Bay	Playground
November 22	5 am - Noon	Closed	Closed	8 am - Noon
December 24	5 am - Noon	Closed	9:30 - 11:45 am	8 am - Noon
December 25	Closed	Closed	Closed	Closed
December 31	5 am - 4 pm	Noon - 3:45 pm	10 am - 3:45 pm	8 am - 4 pm
January 1	8 am - 10 pm	Noon - 8 pm	Noon - 8 pm	8 am - 8 pm

**See page 18 for extended waterpark hours on school's out days.

Lap Swim Hours

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

Kids Care

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

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

Mon, Tues, Thurs	Noon - 1 pm
Sunday	8 am - Noon

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

Membership Fees

	Rate*	Shoreview Resident*	Military	Military Resident
Annual Membership¹				
Family	\$855	\$680	\$815	\$660
Dual	\$740	\$605	\$700	\$580
Adult	\$505	\$395	\$480	\$380
Youth/Senior	\$410	\$340	\$390	\$330
Annual Membership Billed Monthly¹ (With one year membership agreement)				
Family	\$79	\$66	\$76	\$63
Dual	\$67	\$58	\$64	\$55
Adult	\$47	\$39	\$45	\$37
Youth/Senior	\$41	\$33	\$39	\$31
Seasonal Membership (Three month)				
Family	\$325	\$260	N/A	N/A
Dual	\$305	\$240	N/A	N/A
Adult	\$220	\$170	N/A	N/A
Youth/Senior	\$170	\$140	N/A	N/A

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

*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 ID required for military rate.

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.

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. Excludes Silver & Fit.



TROPICS INDOOR WATERPARK



Tropics Waterpark Hours

Monday & Wednesday	5 - 8 pm
Tuesday & Thursday	Closed*
Friday	5 - 9:45 pm
Saturday	Noon - 7:45 pm
Sunday	Noon - 6 pm

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



Bamboo Bay Hours

Monday – Thursday	5 - 8 pm
Friday	5 - 9:45 pm
Saturday	10 am - 7:45 pm
Sunday	10 am - 6 pm



Holiday & School's Out Hours

	Tropics Waterpark	Bamboo Bay
November 19	Noon - 8 pm	Closed
November 20	Noon - 4 pm	Closed
November 21	Noon - 8 pm	Closed
November 22	Closed	Closed
November 23	Noon - 9:45 pm	Closed
December 24	Closed	9:30 - 11:45 am
December 25	Closed	Closed
December 26-27	Noon - 8 pm	Noon - 8 pm
December 28	Noon - 9:45 pm	10 am - 9:45 pm
December 31	Noon - 3:45 pm	10 am - 3:45 pm
January 1	Noon - 8 pm	Noon - 8 pm
January 17	Closed	Noon - 8 pm
January 18	4 - 9:45 pm	Noon - 9:45 pm
January 21	Noon - 8 pm	Noon - 8 pm

Pool Information

- 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.
- 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.
- For a complete list of Tropics Indoor Waterpark rules, pool and lap swim schedules, 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

\$6 per child, ages 1-12

FREE to members

Mon – Sat 8 am - 8 pm

Sunday 8 am - 6 pm

Holiday Hours Call 651.490.4700 for specific information.

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.

**NEW Playground
Party Room
coming soon!
Check website
for updates.**

General Information

- Wristbands and socks are required.
- The playground is an unsupervised area.
- Parents and guardians are responsible for supervision of their children.
- Groups visiting the playground are posted at the entrance each week
- For information about reserving space for your group, call **651.490.4790**.



Kids Care

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

**Monday – Saturday
8 - 12:30 pm**

**Monday – Thursday
4 - 8:30 pm**

**Friday
4 - 7 pm**

**Closed November 22,
December 24, 25 & 31 and
January 1**

**\$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.



BIRTHDAY PARTY OPTIONS

Contact the Rental Office for availability and to book:
 Email: rentals@shoreviewmn.gov



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 35 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 - 7 pm 7:30 - 9:30 pm
Saturday	Noon - 2 pm 2:30 - 4:30 pm 5 - 7 pm
Sunday	10 am - Noon (winter 2018) 12:30 - 2:30 pm 3 - 5 pm

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 35 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 am - 12:30 pm 1 - 4 pm 4:30 - 7:30 pm
Sunday:	10 am - 1 pm 2:30 - 5:30 pm

COMING SOON:

- Poolside Cabanas
- Indoor Playground Birthday Party Room

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



Contact the Rental Office for availability and to book:
 Email: rentals@shoreviewmn.gov

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 depending on table and chair set up.
- 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.
- Security is required for Friday and Saturday rentals that go past 8 pm at the rate of \$75 per hour, minimum four hours.

Full Room	Rate*	Shoreview Resident*
Sunday - Thursday	\$850	\$750
Friday	\$1,250	\$1,150
Saturday	\$1,500	\$1,400

*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 depending on the table and chair set up.
- 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.
- Security is required for Friday and Saturday rentals that go past 8 pm at the rate of \$75 per hour, minimum four hours.

Full Room	Rate*	Shoreview Resident*
Sunday - Thursday	\$575	\$500
Friday	\$925	\$825
Saturday	\$1,125	\$1,025

Half Room	Rate*	Shoreview Resident*
Sunday - Thursday	\$330	\$300
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 (Surrounding areas of Pavilion under construction summer 2019).

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! Pavilion features restrooms & limited AV equipment. Beer/wine permit available for \$25. Call to reserve your date: 651.490.4790. Pavilion rental hours are 8 am - 8 pm 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 \$35.

Lake Judy Park	Seats 15	Shamrock Park	Seats 35
McCullough Park	Seats 15	Commons Park	Seats 20*
Sitzer	Seats 24	Bucher Park	Seats 24

*Surrounding areas of Commons Park under construction summer 2019.



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. Rates are listed per room for each time block rented.

Meeting Room	Rate*	Shoreview Resident*
Monday-Thursday (Per 2-hour time block)	\$55	\$40
Friday-Sunday (Per 2.5-hour time block)	\$80	\$60

*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 StarBoard. Rates are listed for each time block rented.

Meeting Room	Rate*	Shoreview Resident*
Monday-Thursday (Per 2-hour time block)	\$80	\$65
Friday-Sunday (Per 2.5-hour time block)	\$117.50	\$95

*Refundable damage deposit required.

*An additional \$25 refundable damage deposit is required. Fees are subject to change



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 poolside party room. Refundable damage deposit is required. A minimum headcount 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). Contact office for details.

Party Duration	Rate	Shoreview Resident
Two hours	\$14.50	\$13
Three hours	\$15	\$13.50
Overnight	\$23	\$21

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



WINTER 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, December 4 at 8 am.**

Annual Community Center Member Registration Begins Thursday, December 6 at 8 am.

General Registration

Anyone may register at this time. No residency or membership required. **Begins Friday, December 7 at 8 am.**

Phone Registration

Begins Monday, December 10 at 8 am.

*See page 65 for registration information.

TABLE OF CONTENTS

Aquatics 24

Fitness 31

Kids Corner Preschool 40

Youth Programs 42

Youth Sports 52

Adult Sports 54

Adult Activities 57

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 December 10

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 am - 4:30 pm



Employment 61

Community Information 62

Recreation Areas 63

Registration Information 65

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: \$182; \$165 Shoreview Resident

Rate for 6 lessons: \$136; \$124 Shoreview Resident

Semi-Private Lessons:

Rate for 8 lessons: \$136; \$123 Shoreview Resident*

Rate for 6 lessons: \$102; \$92 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: \$226; \$206 Shoreview Resident

Rate for 6 lessons: \$180; \$169 Shoreview Resident

Rate for 4 lessons: \$124; \$113 Shoreview Resident

Custom Semi-Private Lessons:

Rate for 8 lessons: \$155; \$140 Shoreview Resident*

Rate for 6 lessons: \$125; \$104 Shoreview Resident*

Rate for 4 lessons: \$88; \$81 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: \$87; \$79 Shoreview Resident

Rate for 6 group lessons: \$66; \$60 Shoreview Resident

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

(MR), (PS), (YB), (AL 1 & 2) 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.

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

FREE SWIM LESSON 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.

Saturday, December 1

11 am - Noon

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.

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 1/2 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 (1/2 length)
- Elementary backstroke (1/2 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 (1/2 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; \$122 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.**

ADULT LESSONS

Adult Lessons (AL1): 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

JR. LIFEGUARD

Ages 13-15

\$44; \$40 Shoreview Resident

Activity # 150306-01

Saturdays, Jan. 12 - Feb. 2
Feb. 9

10 am - Noon
11 am - 1 pm

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



Adult Lessons (AL2): Intermediate

With the guidance of our swim instructors, you will build on skills previously learned in Adult Lessons: Beginner and expand on your knowledge and confidence in the water while learning the following skills:

- Front/back glides with flutter kick
- Rhythmic breathing
- Front crawl arms w/ rhythmic breathing & support
- Elementary backstroke

WEEKLY CLASSES | 1 day per week for 8 weeks

Monday Jan. 7 - Mar. 11

No Class: Jan 21 & Feb 18

Morning

Time	Level	Activity #
9:40 am	LI	130101-01
10:20 am	PS	130111-01

Evening

5:00 pm	PS	130111-03
	LI	130101-03
	L2	130102-01
	L2.5	130112-01
	PR	130114-01
5:45 pm	SF1	130110-03
	SF2	
	MR	130117-02
	PS	130111-04
	L2.5	130112-02
	L3	130103-01
	L4	130104-01
6:30 pm	LI	130101-04
	L2	130102-02
	L2.5	130112-03
	L5	130105-01
	YB	130113-01
	PR	130114-02
7:15 pm	L2	130102-03
	L3	130103-02
	PR	130114-03
	PR	130114-04
8:00 pm	ALI	130115-01

Tuesday Jan. 8 - Feb. 26

Evening

Time	Level	Activity #
5:00 pm	MR	130117-03
	PS	130111-05
	L2	130102-04
	L2.5	130112-04
	PR	130114-05
5:45 pm	PS	130111-06
	LI	130101-05
	L2.5	130112-05
	L3	130103-03
	L5	130105-02
	YB	130113-02
6:30 pm	LI	130101-06
	L2	130102-05
	L2.5	130112-06
	L4	130104-02
	L6	130106-01
	PR	130114-06
7:15 pm	L2.5	130112-07
	IS	130109-01
	PR	130114-07
	PR	130114-08
8:00 pm	PR	130114-09
	PR	130114-10

Wednesday Jan. 9 - Feb. 27

Morning

Time	Level	Activity #
9:40 am	PS	130111-02
10:20 am	SF 1	130110-01
	SF 2	
11:00 am	MR	130117-01

Evening

5:00 pm	PS	130111-07
	LI	130101-07
	L2	130102-06
	YB	130113-03
	PR	130114-11
5:45 pm	SF1	130110-04
	SF2	
	MR	130117-04
	PS	130111-08
	L2.5	130112-08
	L4	130104-03
	PR	130114-12
6:30 pm	LI	130101-08
	L2	130102-07
	L2.5	130112-09
	L3	130103-04
	PR	130114-13
	PR	130114-14
7:15 pm	L2.5	130112-10
	L5	130105-03
8:00 pm	PR	130114-15
	PR	130114-16

Thursday Jan. 10 - Feb. 28

Evening

Time	Level	Activity #
5:00 pm	MR	130117-05
	PS	130111-09
	LI	130101-09
	L2.5	130112-11
	PR	130114-17
5:45 pm	PS	130111-10
	LI	130101-10
	L3	130103-05
	L4	130104-04
	PR	130114-18
	PR	130114-19
6:30 pm	LI	130101-11
	L2	130102-08
	L2.5	130112-12
	L2.5	130112-13
	L5	130105-04
	PR	130114-20
7:15 pm	L2	130102-09
	YB	130113-04
	PR	130114-21
	PR	130114-22
8:00 pm	PR	130114-23
	PR	130114-24
	AL2	130115-02

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 1	Adult Beginner
		AL 2	Adult Intermediate

LESSON RATES

8 Lessons	Group \$87; \$79 SV Res.	Private \$182; \$165 SV Res.	Semi-Private \$136; \$123 SV Res.*
6 Lessons	Group \$66; \$60 SV Res.	Private \$136; \$124 SV Res.	Semi-Private \$102; \$92 SV Res.*

*2 participants of equivalent ability

WEEKLY CLASSES

1 day per week for 8 weeks

Saturday Jan. 5 - Feb. 23

Morning

Time	Level	Activity #
8:15 am	PS	I30111-11
	L1	I30101-12
	L2	I30102-10
	L2.5	I30112-14
	YB	I30113-05
	PR	I30114-25
	PR	I30114-26
	PR	I30114-27
	PR	I30114-28
	PR	I30114-29
9:00 am	SF 2	I30110-05
	PS	I30111-12
	L1	I30101-13
	L2	I30102-11
	L2.5	I30112-15
	L2.5	I30112-16
	L3	I30103-06
	L4	I30104-05
	PR	I30114-30
	PR	I30114-31
9:45 am	SF 1	I30110-06
	MR	I30117-06
	PS	I30111-13
	L1	I30101-14
	L2	I30102-12
	L2.5	I30112-17
	L3	I30103-07
	L6	I30106-02
	IS	I30109-02
	PR	I30114-32
10:30 am	MR	I30117-07
	PS	I30111-14
	L1	I30101-15
	L2	I30102-13
	L2.5	I30112-18
	L4	I30104-06
	IL	I50305-01
	PR	I30114-33
	PR	I30114-34
	11:15 am	PS
L1		I30101-16
L2		I30102-14
L2.5		I30112-19
L3		I30103-08
L5		I30105-05
YB		I30113-06
PR		I30114-35
PR		I30114-36

Sunday Jan. 6 - Feb. 24

Morning

Time	Level	Activity #
9:00 am	SF 1	I30110-07
	SF 2	
	L1	I30101-17
	L2.5	I30112-20
	PR	I30114-37
9:45 am	PR	I30114-38
	MR	I30117-08
	PS	I30111-16
	L2	I30102-15
	L3	I30103-09
10:30 am	PR	I30114-39
	SF 1	I30110-08
	SF 2	
	PS	I30111-17
	L2	I30102-16
11:15 am	L4	I30104-07
	PR	I30114-40
	MR	I30117-09
	L1	I30101-18
	L2.5	I30112-21
L2.5	I30112-22	
L5	I30105-06	

TWO DAY CLASSES

2 times per week for 3 weeks

Tuesday/Thursday March 5 - March 21

6 Lessons Only - discounted fee

Evening

Time	Level	Activity #
5:00 pm	PR	I30114-41
	PR	I30114-42
	PR	I30114-43
5:45 pm	PR	I30114-44
	PR	I30114-45
	PR	I30114-46
6:30 pm	PR	I30114-47
	PR	I30114-48
	PR	I30114-49
7:15 pm	PR	I30114-50
	PR	I30114-51
	PR	I30114-52

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.
- We do not have make up lessons for group or private lessons.
- 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 pm 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.
- The pool water temperature is kept between 83 and 84 degrees.



American Red Cross

RED CROSS COMMUNITY CPR/AED

Ages 16+
Tuesday, February 19 6 - 10 pm
\$92; \$83 Shoreview Residents **Activity # 150301-01**

Deadline to Register: Tuesday, February 12

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, February 21 6 - 8:30 pm
\$59; \$54 Shoreview Resident **Activity # 150301-02**

Deadline to Register: Tuesday, February 12

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, February 19 6 - 10 pm
and Thursday, February 21 6:30 - 8:30 pm
\$104; \$95 Shoreview Residents **Activity # 150301-03**

Deadline to Register: Tuesday, February 12

This two 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
Monday, January 21 11 am - Noon
\$27; \$24 Shoreview Resident **Activity # 130306-01**

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 \$67; \$61 Shoreview Resident
Saturdays, 8 am - Noon
December 15 **Activity # 450101-04**
January 19 **Activity # 150101-01**
February 16 **Activity # 150101-02**
March 9 **Activity # 150101-03**

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 FIRST AID

Grades 5 to 7 \$44; \$40 Shoreview Resident
Sundays, 12:30 - 3:30 pm
January 27 **Activity # 150102-01**
February 24 **Activity # 150102-02**

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, January 26 Noon - 3 pm
 \$62; \$56 Shoreview Resident **Activity # 130301-01**

Deadline to Register: Saturday, January 19
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, January 26 Noon - 4 pm
 \$68; \$62 Shoreview Resident **Activity # 130301-02**

Deadline to Register: Saturday, January 19
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, February 12 5 - 8:30 pm
 \$68; \$62 Shoreview Resident **Activity # 130301-03**

Deadline to Register: Tuesday, February 5
Location: Shoreview Community Center





**AGES
9-12**

INTRO TO LIFEGUARDING

Saturdays, Jan. 5 - Feb. 23, 10:30 - 11:05am, #I50305-01

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 being a lifeguard.

**AGES
13-15**

JR. LIFEGUARD

**Saturdays, Jan. 12 - Feb. 2, 10am - 12pm & Feb. 9, 11am-1pm
\$44, 40 Shoreview Resident, Activity #I50306-01**

This course provides a foundation of lifeguarding and life skills that will allow for a smooth transition to any lifeguard program. Course prerequisites: 50 yard swim of front crawl or breaststroke, retrieve a 10lb brick & bring to a wall from a depth of 4ft, swim under water 10ft.

**AGES
15+**

HOW TO GET YOUR FIRST JOB

**Sunday, March 3, 9am - 12pm
\$40 flat fee, Activity #I50308-01**

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

JOIN OUR AQUATIC TEAM!

We are continuously accepting applications for lifeguards, swim instructors, and more! Learn more and apply online: shoreviewcommunitycenter.com

ShoreviewCommunityCenter.com | 651.490.4750

GROUP X CARD

NEW STUDIOS • NEW CLASSES • NEW WAY TO REGISTER!

HOW IT WORKS:

- **To start:** purchase GroupXCard at the Parks & Recreation desk in-person or over the phone at 651.490.4750 during office hours (M-F, 8am-4:30pm).
- **To use:** swipe GroupXCard at the kiosks outside the fitness studios. The kiosk will print a ticket for you to give to the instructor. The ticket also indicates how many class visits you have left. Then go to any class!

Questions? Contact Parks & Recreation:

651.490.4750 | recreation@shoreviewmn.gov



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 for paid annual senior members.

GROUP FITNESS CLASSES

Call for information: 651.490.4750

WINTER SESSION *January 2 - March 31*

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

Shoreview is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651.490.4768. All classes are 50-60 minutes unless otherwise indicated,

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. no class 1/13, 2/10, 3/10.



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 32 for Group X Card information.

SeniorFit Chair Yoga

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

SeniorFit Strength Training

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

SeniorFIT Aqua Exercise

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.

WINTER SESSION *January 2 - March 31*

MONDAY		Activity #
8:30 am	SeniorFIT Strength Training with Sarah	110161-01
10:00 am	SeniorFIT Chair Yoga with Wanda	110163-01
TUESDAY		
8:15 am	SeniorFIT Aqua Exercise with Fran	110162-01
8:30 am	SeniorFIT Chair Yoga with Katie	110163-02
10:00 am	SeniorFIT Strength Training with Bridget	110161-02
WEDNESDAY		
8:30 am	SeniorFIT Chair Yoga with Gretchen	110163-03
1:00 pm	SeniorFIT Strength Training with Wanda	110161-03
THURSDAY		
8:30 am	SeniorFIT Strength Training with Bridget	110161-04
FRIDAY		
8:15 am	SeniorFIT Aqua Exercise with Fran	110162-01
8:30 am	SeniorFIT Strength Training with Perry	110161-05
10:00 am	SeniorFIT Chair Yoga with Adrienne	110163-04

WINTER SCHEDULE 2018-19 FITNESS CLASSES: January 2 - March 31

MONDAY INSTRUCTOR

5:35 am	H.I.I.T. (High Intensity Interval Training)	Chris
5:45 am	Cycle Training	Mike
8:30 am	Fundamental Combo	Perry
8:30 am	Yoga/Pilates Fusion	Jess
9:15 am	Aqua Fit (starts 1/7)	Sue
9:45 am	H.I.I.T. (High Intensity Interval Training)	Kathy
10:45 am	TRX (35 min)	Jess
11:45 am	Power Yoga	Wanda
5:30 pm	60/40 Dance Jam	Adrienne
5:30 pm	Yoga/Pilates Fusion	Sarah
6:30 pm	Yin/Restorative Yoga	Jess
6:30 pm	Total Body Workout	Steph
6:30 pm	Yoga Sculpt	Adrienne

TUESDAY

5:35 am	The Resistance Workout	Chris
8:30 am	Power Pump	Mary P.
8:30 am	Hatha Yoga	Gretchen
9:15 am	Aqua Fit	Meg
9:30 am	Step Cardio	Mary P.
10:30 am	Dance Jam	Mary J.
11:45 am	The Resistance Workout	Wanda
4:30 pm	Total Body Workout	Mary P.
5:30 pm	Power Strength	Perry/Denise
5:30 pm	Power Yoga	Mary P.
6:15 pm	Aqua Fit	Mary H.
6:30 pm	Fitness Pilates	Gretchen/Perry
6:30 pm	Cardio Kickboxing	Mary P.
7:30 pm	Hatha Yoga	Gretchen

WEDNESDAY

5:35 am	Total Body Workout	Chris
8:30 am	Fundamental Combo	Kathy
9:15 am	Cardio Aqua Dance	Mary J.
9:30 am	Tai Chi	Richard
9:30 am	H.I.I.T. (High Intensity Interval Training)	Kathy
10:30 am	Yin/Restorative Yoga	Jess
11:45 am	Power Yoga	Wanda
4:30 pm	Kettlebell Training (35 min)	Mary P.
5:30 pm	Step Cardio	Mary P.
5:30 pm	Power Yoga	Jess
5:45 pm	TRX (35 min)	Steph
6:30 pm	Cycle Training	Mary P.
6:30 pm	H.I.I.T. (High Intensity Interval Training)	Steph
7:00 pm	Cardio Kickboxing	Perry



CHILD CARE AVAILABLE!

Mon-Sat 8 am - 12:30 pm
 Mon-Thu 4 - 8:30 pm
 Fri 4 - 7 pm

Rate \$1 per hour per child.

See page 18 for additional information and holiday hours.

WINTER SCHEDULE 2018-19

FITNESS CLASSES: January 19 - March 31

THURSDAY		INSTRUCTOR
5:35 am	H.I.I.T. (High Intensity Interval Training)	Chris
8:30 am	Power Pump	Mary P.
9:15 am	Aqua Fit	Sue
9:30 am	Yoga Basics	Gretchen
9:30 am	Step Cardio	Mary P.
10:30 am	Power Yoga	Jess
11:45 am	Power Strength	Perry
5:30 pm	Power Strength	Adrienne
6:15 pm	Aqua Fit	Mary H.
6:30 pm	Barre Principle	Gretchen
6:30 pm	Dance Jam	Tina
7:30 pm	Hatha Yoga	Gretchen
FRIDAY		
5:35 am	Total Body Workout	Chris
8:30 am	The Resistance Workout	Adrienne
9:15 am	Aqua Fit	Sue
9:30 am	Power Yoga	Scott
10:15 am	Cardio Kickboxing	Perry
4:30 pm	Zumba	Jan
SATURDAY		
8:30 am	Zumba	Jan
8:30 am	Total Body Workout	Steph
9:30 am	Yoga Sculpt	Adrienne
SUNDAY		
8:15 am	Aqua Yoga	Elizabeth
8:30 am	Cycle Training	Mike
4:45 pm	Yin/Restorative Yoga	Scott
5:45 pm	Tai Chi	Richard



NOTES ABOUT GROUP FITNESS CLASSES:

- NEW: GROUP X CARD! See page 32 for details.
- Refunds are issued for medical reasons only.
- Membership is not required to register for our fitness classes!
- SeniorFIT classes are free to only seniors with an annual Senior Membership. SeniorFIT classes require registration.
- All classes are 50 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.
- Minimum 6 participants to keep class offered.
- Classes are evaluated on a monthly basis. Classes that average six participants or fewer are subject to change or cancellation. Please check the schedule at the beginning of each month for the most current class listing.

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
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
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. Assessments are included in personal training packages of 3, 6, 12 and 24 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 one-time 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 651.490.4768.

TAE KWON DO

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do. A \$10 late fee will be assessed for registrations received after 12 pm on the Wednesday following the first class of the session. Pre-registration is required; drop-ins are not permitted.

Tuesdays and Thursdays 7 - 8 pm

Winter Session A January 3 - February 14 (6 weeks)
\$98; \$91 Shoreview Resident **Activity #110231-01**

Winter Session B February 19 - March 28 (5 weeks)
\$91; \$84 Shoreview Resident **Activity #110233-01**





2019-2020 School Year

A \$75 non-refundable registration fee is required at the time of registration.
 SCHOOL YEAR DATES: September 9, 2019 - May 21, 2020.
 *Registration for 2019-20 begins Tuesday, January 22, 2019

For information on 2018-19 class availability call 651.490.4750

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. Tuition for all classes except A to Z will be billed on the 15th of the month beginning August 15 and ending April 15.

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 May 31, 2020.

Monday Friday AM 9:15 - 10:45 am
 \$82/mo; \$74/mo SV Res **Activity # 540420-01**

Monday Friday PM 11 am - 12:30 pm
 \$82/mo; \$74/mo SV Res **Activity # 540420-02**

Friday Friday AM 9:15 am - 10:45 am
 \$68/mo; \$62/mo SV Res **Activity # 540421-01**

Friday Friday PM 11 am - 12:30 pm
 \$68/mo; \$62/mo SV Res **Activity # 540421-02**

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, 2019.

Tiny Treasures 9:30 am - Noon
 Wednesday & Friday
 \$146/mo; \$132/mo SV Res **Activity # 540422-01**

ABC's & 123's 9:30 am - Noon
 Tuesday & Thursday
 \$165/mo; \$150/mo SV Res **Activity # 540423-01**

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, 2019.

Alpha Kids 9:30 am - 12:30 pm
 Tuesday & Thursday
 \$182/mo; \$165/mo SV Res **Activity # 540424-01**

Stepping Stones 1:00 - 3:30 pm
 Tuesday, Wednesday & Thursday
 \$274/mo; \$249/mo SV Res **Activity # 540247-01**



SPECIALTY CLASSES

Busy Buddies

Monday

\$116/mo; \$106/mo SV Res

9:30 am - Noon

Activity # 540425-01

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, 2019.

Ages 3 – 5

Wednesdays

\$150; \$135 Shoreview Resident

January 9 - February 27

April 3 - May 22

9 - 10:30 am

8 week session

Activity # 170250-01

Activity # 270250-01

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.

**PRESCHOOL
OPEN
HOUSE**

Saturday, January 12, 10 am - Noon

Learn about our 2019-2020 school year classes,
visit our preschool classrooms, and enjoy fun activities for the kids.

A TO Z: FULL DAY PRESCHOOL PROGRAM

September 9, 2019 – May 21, 2020*

Monday – Friday, 7 am - 5:30 pm (structured learning time from 9 am - 3:30 pm)

5 days/week: \$272/week; \$248/week SV Res

3 days/week (M,W,F): \$189/week; \$171/week SV Res

2 days/week (T, R): \$147/week; \$133/week SV Res

Activity # 540426-01

Activity # 540426-02

Activity # 540426-03

This **FULL-DAY** class offering designed for 3½ 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 June 1, 2019. A \$75 non-refundable fee is due at time of registration. School year tuition will be billed on a weekly basis beginning Thursday, September 5, 2019.

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





Entering grades K-9 (2019-20 school year)
 June 10 - August 23, 2019 (No program July 4)
Registration begins on Tuesday, February 26 at 8 am

Are you looking for a safe and fun place to send the kids during the summer? Shoreview Parks and Recreation Summer Discovery program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will include a variety of activities for your child, including field trips, swimming, sports, games, crafts and more!

Program Registration requires an 11-week commitment with up to two weeks unpaid vacation allowed per child. Participants have the ability to register for 3, 4, or 5 days per week A \$75 non-refundable registration fee is due at time of registration.

WEEKLY TUITION:

Summer Discovery Beginnings

Activity # 340308-01

Entering Kindergarten (2019-20 School Year)

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

5 days/week	\$225
4 days/week	\$200
3 days/week	\$159

Summer Discovery

Activity # 340308-02

Entering grades 1 - 6 (2019-20 School Year)

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

5 days/week	\$215
4 days/week	\$184
3 days/week	\$150

Summer Discovery Extreme

Activity # 340308-03

Entering grades 7 - 9 (2019-20 School Year)

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

5 days/week	\$240
4 days/week	\$204
3 days/week	\$168
2 days/week	\$128



RECREATIONAL ICE SKATING INSTRUCTION

WINTER 2019 SCHEDULE Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, January 12 - February 23 (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#
8 - 8:30 am	Snowplow	170401-01
	Level 1	170402-01
	Level 3	170404-01
8:35 - 9:05 am	Snowplow	170401-02
	Level 1	170402-02
	Level 2	170403-01
9:10 - 9:40 am	Snowplow	170401-03
	Level 1	170402-03
	Level 2	170403-02
9:40 - 10:10 am	Pre-Snowplow	170400-02





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: Pirate Fairy

Tuesday, January 8 - February 19 (7 weeks) 9:30 - 10:15 am
\$ 86; \$79 Shoreview Resident **Activity # 170202-01**

Session 2 – Theme: Aladdin

Tuesday, Feb 26 - April 16 9:30 - 10:15 am
(7 weeks – no class on March 19)
\$86; \$79 Shoreview Resident **Activity # 170202-02**

Session 3 – Theme: Carnival of the Animals

Tuesday, April 23 - May 28 (6 weeks) 9:30 - 10:15 am
\$79; \$72 Shoreview Resident **Activity # 270202-01**

Session 1 – Theme: Aladdin

Sunday, Jan 20 - March 10 (8 weeks) 2 - 2:45 pm
\$93; \$85 Shoreview Resident **Activity #170202-03**

Session 2 – Theme: Carnival of the Animals

Sunday, March 17 - May 19 2 - 2:45 pm
(8 weeks – no class on April 21 and May 12)
\$93; \$85 Shoreview Resident **Activity #270202-02**

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 - 10:45 am

Session 1 – Theme: Pirate Fairy

January 8 - February 19 (7 weeks)

\$63; \$58 Shoreview Resident

Activity # 170204-01

Session 2 – Theme: Aladdin

Feb 26 - April 16 (7 weeks – no class on March 19)

\$63; \$58 Shoreview Resident

Activity # 170204-02

Session 3– Theme: Carnival of the Animals

April 23 - May 28 (6 weeks)

\$55; \$50 Shoreview Resident

Activity # 270203-01

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

Session 1 – Theme: Aladdin

Sunday, January 20 - March 10 (8 weeks)

\$93; \$85 Shoreview Resident

2:45 - 3:30 pm

Activity #170203-01

Session 2 – Theme: Carnival of the Animals

Sunday, March 17 - May 19

(8 weeks – no class on April 21 and May 12)

\$93; \$85 Shoreview Resident

2:45 - 3:30 pm

Activity #270204-01



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 - 4:15 pm

Sunday, Jan. 20 - March 10 (8 weeks)

\$79; \$72 Shoreview Resident

Activity # 170205-01

NUTCRACKER MUSICAL THEATER CLASS

Can you find the key that opens the most precious gift? Find out in this spectacular class! We will learn child friendly music and choreography from the NEW Nutcracker 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. Friends and family are invited to a special performance beginning the final 30 minutes of the final class in the amphitheater!

Ages 4 - 8

Saturdays

1:30 - 2:30 pm

February 2 - March 9 (6 weeks)

\$ 72; \$65 Shoreview Resident

Activity # 170207-01

THE GREATEST SHOWMAN MUSICAL THEATER CLASS

It's the Greatest Show! Let's learn songs and dances from the Greatest Showman then write a story that we will present on the last day of class. 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. Friends and family are invited to a special performance beginning the final 30 minutes of the final class in the Amphitheater!

Ages 5 - 10

Saturdays

2:30 - 3:30 pm

February 2 - March 9 (6 weeks)

\$ 72; \$65 Shoreview Resident

Activity # 170206-01



TUMBLING

Saturdays, January 5 - February 23

\$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 & 3

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

9:45 - 10:30 am

Activity # 180101-01

10:45 - 11:30 am

Activity # 180101-02

Tumbling Tykes, Ages 3 & 4

11:45 am - 12:30 pm

Activity # 180102-01

Rolly Pollys, Ages 4 & 5

12:45 - 1:30 pm

Activity # 180103-01

Beginners Headstanders/Handstanders, Ages 5 - 8

1:45 - 2:30 pm

Activity # 180104-01

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



JEDI ENGINEERING CAMP

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Deadline to Register: Monday, March 11

Monday - Friday, March 18 - March 22 9 am - Noon
\$174; \$163 Shoreview Resident **Activity # 270201-01**

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 - 11:15 am

Session 1

\$90; \$84 Shoreview Resident

January 5 - February 9

Activity # 170300-01

Session 2

\$90; \$84 Shoreview Resident

February 23 - March 30

Activity # 170300-02

Combined Session 1 & 2

Discounted Rate:

\$168; \$156 Shoreview Resident

January 5 - March 30

(no class 2/16)

Activity # 170300-03

TWINKLING STARZ THEATRE PROGRAM

Our Twinkling Starz Program thrives on kids using their imaginations, with a lesson being taught during each phase! Every day preschool students wake up and watch their favorite television shows and become enraptured in thoughts of being the characters from these programs. They go to school and act out stories from these shows with their friends. They live inside the land of make-believe for a greater portion of their day because children ages three through five have the most creative and active imaginations of any age group. Class Structure will include: Shaken' It Out, Animals, As we crawl through a cave.

Deadline to Register: Friday, January 4

Pre-k

Friday, January 11 - February 15 10 - 11 am
\$72; \$65 Shoreview Resident **Activity # 170330-01**





WORLD PREMIERE

Work with your ensemble to put your own spin on a favorite story, character, or universe. Through acting exercises, group brainstorm, and improvisation create a world premiere studio play.

Grades 2-3

Saturdays, January 26 - March 23

\$160 Tuition

1- 2 pm

Activity # 170330-01

Grades 4-5

Saturdays, January 26 - March 23

\$230 Tuition

2:15 - 3:45 pm

Activity # 170331-01



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:

- Sunday, December 16 4:30 pm
Activity # 170340-01
- Monday, December 17 9:15 am
Activity # 170340-02
- Wednesday, December 19 10:15 am
Activity # 170340-03

Winter Session:

Mondays, January 7 - March 11

\$186; \$99 for each additional sibling 8 months or older

9:15 - 10 am

Activity # 170341-01

10:15 - 11 am

Activity # 170341-02

Wednesdays, January 9 - March 13

\$186; \$99 for each additional sibling 8 months or older

9:30 - 10:15 am

Activity # 170342-01

10:30 - 11:15 am

Activity # 170342-02

Sundays, January 6 - March 10

\$186; \$99 for each additional sibling 8 months or older

4:30 - 5:15 pm

Activity # 170343-01



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. Classes taught by Certified Instructor Choua Vue.

Ages 6 - 12

Healthy Start, Healthy Heart

\$129; \$117 Shoreview Resident

Saturday, January 5 - February 9 (6 weeks) 10 - 11 am

Activity # 170320-01

Deadline to Register: Friday, December 28

Monday, January 7 - February 11 (6 weeks) 6 - 7 pm

Activity # 170320-02

Deadline to Register: Monday, December 31

You're never too young to start taking care of your heart and treating it with nutritiously enjoyable foods. February is dedicated to heart awareness and what better way for kids to start by learning how to reduce sugar, sodium, and unhealthy fats. Classes incorporate a fun and educational activity, followed by make-it-yourself recipes that students get to enjoy. Weekly topics are outlined below.

Week 1: Healthy Start Breakfast

Week 2: Cooking for a Healthy Tummy

Week 3: Stir Fry Cooking

Week 4: What's so Great about Eggs

Week 5: Meatless Mania Vegetarian Cooking

Week 6: Heart Healthy Cooking

Ages 6 - 12

International Lunch Creations

\$171; \$156 Shoreview Resident

Saturday, February 16 - March 23 (6 weeks) 10 - 11:30 am

Activity # 170321-01

Deadline to Register: Friday, February 8

Monday, February 18 - March 25 (6 weeks) 6 - 7:30 pm

Activity # 170321-02

Deadline to Register: Monday, February 11

Join Healthy Hands cooking in creating some delicious international themed bento lunches. Bento is a Japanese style of eating where lunch items are packed into a wooden or plastic box with individual compartments. Bento lunches consist of a balance of food groups, colors and textures. In this class, students will learn new recipes that tie into different regions of the world and get a taste of the rainbow. Students receive a bento style food container at the end of the session.

Week 1: "My Thai"

Week 2: Say OLE!

Week 3: Get your Greek on!

Week 4: Caribbean

Week 5: Crikey Mate!

Week 6: Wok this Way!

HEALTHY HANDS KIDS COOKING CLASSES

Ages 6 - 12

Healthy Desserts for One

Monday, December 10

\$50; \$45 Shoreview Resident

6 - 8 pm

Activity # 170322-01

Deadline to Register: Monday, December 3

Desserts can be full of sugar with unhealthy ingredients. But did you know that you can “have your cake and eat it too?” Learn how to make yummy and healthy desserts using wholesome, natural ingredients. In this class, kids will learn how to reduce or substitute white sugar and make delicious desserts that can be recreated at home. Recipes include, brownie in a cup, oatmeal energy bites, and raspberry cookie bars.



Ages 6 - 12

Happy Holidays Cooking Class

Saturday, December 15

\$50; \$45 Shoreview Resident

10 am - Noon

Activity # 170323-01

Deadline to Register: Monday, December 10

Everyone loves when the Holidays roll around but it’s difficult to keep meals nutritious and delicious for the family. Kids are a great helper around the kitchen and in this Healthy Hands Cooking class, your kids will learn to make traditional holiday meals from scratch. During this time of the year, family and a sense of community is the most important gift. This communal meal includes roasted chicken, fluffy mashed potatoes, steamed greens beans, and healthy homemade stuffing.

Ages 6 - 12

Think and Eat Green

Thursday, March 14

\$45; \$40 Shoreview Resident

6 - 7:30 pm

Activity # 270210-01

Deadline to Register: Thursday, March 7

You won’t need the “luck of the Irish” to enjoy all things GREEN. In this class, students will learn why green foods are power foods, and then learn to make some delicious (and nutritious) green foods for themselves! Recipes include: Minty Shamrock smoothie, Over the Rainbow chicken wrap, and Green Clover dessert bites.

Ages 6 - 12

Heart Healthy Cooking

Wednesday, February 13

\$45; \$40 Shoreview Resident

6 - 7:30 pm

Activity # 170324-01

Deadline to Register: Wednesday, February 6

The foods we eat can have a huge effect on keeping our hearts healthy. Students will learn to make healthy food choices with a menu planning activity and then learn to make some heart healthy foods just in time for Valentine’s Day! Recipes include: smoothies, hearty sandwiches, and make your own pizzas.

Ages 6 - 12

Egg-cellent Easter Cooking Class

\$50; \$45 Shoreview Resident

Activity # 270211-01

Thursday, April 18

6 - 8 pm

Deadline to Register: Thursday, April 11

Easter is an EGG-cellent time to enjoy decorating eggs and making yummy Easter themed recipes. In this class, students will learn the benefits of eggs and the different ways to boil eggs, while decorating some Easter eggs of their own. Recipes include: easy deviled eggs, hippity hop pear salad, and baked egg frittatas.



KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12

Saturday, December 15

9 am - Noon

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 - 9 am

Activity # 160105-01

9:30 - 10:30 am

Activity # 160105-02

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.**



SANTA'S WORKSHOP

Saturday, December 15

\$8; \$7 Shoreview Resident

Session 1 9 - 10 am.

Activity # 160104-01

Session 2 10:30 - 11:30 am

Activity # 160104-02

Deadline to Register: Monday, December 10

Come spend the morning with Santa at his workshop! Here 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. No Walk-ins Allowed.



LETTER FROM SANTA

\$5 per child

Activity # 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.**



DIVE-IN MOVIE

Friday, January 18, 7 pm
Friday, March 1, 7 pm

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. 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.



SWEETHEART DANCE

Ages 10 and under Shoreview Community Center
Friday, February 8 6:30 - 8 pm
\$16; \$14 Shoreview Resident Activity # 160107-01

Deadline to Register: Wednesday, February 6

Put on your party clothes, grab a special adult, and join us for our annual Sweetheart Dance! There will be a DJ playing music, crafts, treats and fun for all to enjoy. So come dressed to impress and spend a special evening with someone you love. Oh, and don't forget your camera. You will want to capture these sweethearts on film! Registration is good for one adult and one child. **No walk-ins.**



SHOREVIEW EGG HUNT

Saturday, April 13 10 am
\$10; \$8 Shoreview Resident Activity # 260219-01

Location: Shoreview Community Center Pavilion

Deadline to Register: Wednesday, April 10

Join the Bunny in an Old-Fashioned eggciting hunt for prized-filled eggs! Each participant will be given a Easter bag for the hunt! Space is limited. The Shoreview Egg Hunt is held outdoors. Please, dress for the weather.



SPRING COOKIE DECORATING

Thursday, April 11 6 - 7 pm
\$14; \$12 Shoreview Resident Activity # 260221-01

Shoreview Community Center

Deadline to Register: Friday, April 5

Come have fun and decorate a dozen spring 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.**



BASKETBALL

Grades 1 - 3

\$45 per participant

Island Lake Elementary - Gym

Wednesdays, Jan. 23 – Feb. 27 4:05 - 5:05 pm

Activity # 190403-01

Turtle Lake Elementary - Gym

Mondays, Jan. 28 – March 11 (No class Feb. 18) 4:05 - 5:05 pm

Activity # 190403-02

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- 3

\$45 per participant

Island Lake Elementary - Gym

Thursdays, January 24 - February 28 4:05 - 5:05 pm

Activity # 190406-01

Turtle Lake Elementary - Gym

Tuesdays, January 22 - February 26 4:05 - 5:05 pm

Activity # 190406-02

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.



TEEN YOGA

Grade 6 - 12

Tuesdays, January 15 - February 19 6 - 7 pm

\$85; \$80 Shoreview Resident Activity # 190406-02

Shoreview Community Center

Calling all teen students and athletes! This class will reduce stress, improve concentration, increase strength and flexibility, and bring enhanced body awareness and balance in life.

These classes are instructed by Sarina Long, who has taught tween, teen, young yogis, mommy & me, and family yoga for eight years and is passionate about the individual, non-competitive nature of the practice, and the way it makes you feel calm and centered. Participants must bring their own yoga mat.

LITTLE STRIKERS BOWLING CAMP

Ages 5 - 10

Wednesday & Friday, Dec. 27 & 29 10 am - Noon

\$40 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.

TGA GOLF

Location: Island Lake Elementary

Tuesday February 26 - April 9 4:05-5:05 pm

Activity #: 1900910-01

\$99 per participant

TGA (Teach. Grow. Achieve) brings the golf course to your student, making it convenient and affordable to learn and play golf in a fun and safe environment. Kid-friendly instructors help students develop golf skills and knowledge, while using the sport to teach valuable life lessons like honesty and sportsmanship. Best of all, top-notch equipment and training materials are provided, so students of all skill levels have the chance to come out and play with TGA!

MINI KICKERS SOCCER CAMP

Ages 3 - 8 \$75; \$70 Shoreview Resident

Saturdays, January 12 - February 16

Shoreview Community Center Gym

Ages 6 to 8

9 - 9:45 am Activity # 190801-01

Ages 3 to 5

10 - 10:30 am Activity # 190801-02

10:35 - 11:05 am Activity # 190801-03

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.

GIRLS VOLLEYBALL LEAGUE

Grades 4 - 8

Tuesdays & Saturdays, January 5 - March 9. Games and practices last for one hour. Starting times will vary each week. Tuesdays will be between 5:30 - 8:30 pm and Saturdays between 9 am - 4 pm.

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

Setters, Grades 4-5

Activity # 190304-01

Spikers, Grades 6-8

Activity # 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 - 7:30 pm
Shoreview Community Center

REGISTRATION IS NOW OPEN FOR GIRLS VOLLEYBALL!



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.

GROUP LESSONS

Youth group lessons \$80; \$70 Shoreview Resident

PeeWees Ages 5 - 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 - 11

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



GROUP LESSONS

Class Level	Day	Date	Time	Location	Activity #
Pee Wees	Monday	January 7 - February 11	5:30 - 6:15 pm	Turtle Lake Elementary	190606-01
Beginners	Monday	January 7 - February 11	6:30 - 7:25 pm	Turtle Lake Elementary	190607-01
Pee Wees	Thursday	January 3 - February 14	5:30 - 6:15 pm	Turtle Lake Elementary	190606-02
Beginners	Thursday	January 3 - February 14	6:30 - 7:25 pm	Turtle Lake Elementary	190607-02

No class: January 17 and 21.

ADULT 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. Summer league game times are 6 and 7 pm (some 8 and 9 pm games in combined leagues). Leagues consist of 20 doubleheader games and a season ending single elimination playoff. League fees include USSSA Sanctioning fees and sales tax. All leagues run in collaboration with Adren Hills Parks and Recreation.

Registration deadline is March 29.

Softball League Descriptions

Men's Recreation E: Good or new teams. Players are not as competitive as in D level, may be older, and have less experience or ability. Three home runs per team.

Men's Recreation D: Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per team.

CoRec D: Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.

Managers Meeting

This meeting is required for all teams registered in Shoreview's leagues. Schedules, rules, information and game balls will be handed out.

Thursday, April 11, 6 pm
Shoreview Community Center

Adult Softball League Information

League	Day	Start Date	Games	Early Bird by 3/2	after 3/2	Activity #
CoRec D	Mon	4/22	20 Games: Doubleheaders & Playoffs	\$700	\$750	220801-01
Men's E	Tue	4/23	20 Games: Doubleheaders & Playoffs	\$660	\$710	220801-02
CoRec D	Thu	4/25	20 Games: Doubleheaders & Playoffs	\$700	\$750	220801-04



OUTDOOR SKATING RINKS

The City of Shoreview has seven outdoor skating rinks with supervised warming house facilities. All of the locations below have lighted hockey and general skating rinks. Public skating will be open from December 18 thru February 28, depending on weather and ice conditions.

Bobby Theisen Park

3575 Vivian Street
651.483.3043

Sitzer Park

4344 Hodgson Road
651.288.0062

Bucher Park

5900 Mackubin Street
651.415.0609

Shamrock Park

5623 Snelling Avenue
651.785.1758

McCullough Park

955 County Road I
651.484.4350

Wilson Park

815 County Road F
651.482.9555

Closed for the season due to construction

Shoreview Commons

4580 Victoria Street North
651.490.4748



WARMING HOUSE HOURS

Monday – Friday	4:30 - 9 pm
Saturday & Sunday	Noon - 9 pm
D621 School's Out Days	Noon - 9 pm
Christmas Eve	All sites closed
Christmas Day	All sites closed
New Years Eve	Noon - 6 pm
New Years Day	Noon - 9 pm

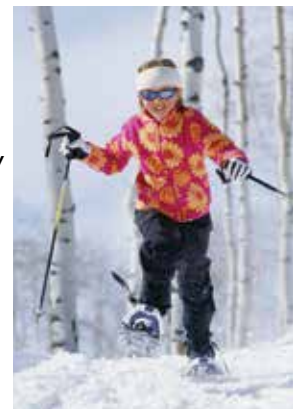
Warming house sites will be closed when it is in the best interest and safety of the community. Situations where we may close the warming houses include: Warm temps have softened the ice, temps are below -10 degrees, windchills are below -20 degrees, or if we have substantial snowfall. **Call the weather line at 651.490.4765 to receive an update on all possible closures.**

OPEN SKATING AT SHOREVIEW ICE ARENA

Public open skating is available at the Shoreview Ice Arena (operated by Ramsey County). For dates and times visit ramseycounty.us.

TRAILS FOR CROSS COUNTRY SKIING

Ramsey County Parks and Recreation offers marked and groomed cross-country ski trails at County Parks. All trails are open daily from sunrise to sunset. Trail maps and grooming patterns for each park are available; please visit ramseycounty.us.



DROP-IN PICKLEBALL

Ages 18 and up

Monday – Friday, 8:30 - 11 am

October 1 – April 6

(Closed Nov. 22 & 23, Dec. 24, 25, 31, Jan. 1, 14, 21 & Feb. 18)

\$3, 1 punch or free to members

Shoreview Community Center Gymnasium (4 courts)

4580 Victoria St. N.

Wednesdays, 6 - 9 pm

Oct. 3 – April 4 (Closed Nov. 22)

\$3 per person or 1 punch

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 am - 4:30 pm

651.490.4750

Punch card is good for both Drop-In locations.

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. Members will have the option to purchase a club t-shirt for \$20 per shirt at the Parks and Recreation Office. 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 - 11 am

*For experienced players

**Tuesday, Thursday & Sunday, 6 - 8 pm

**For all skill level players

Commons Park (6 courts striped on tennis courts)

***Monday, Wednesday & Friday, 8:30- 11 am

***For beginner and social players

FREE ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 pm (No cards Dec. 24 and 31)

Activity #500603-01

No partners required

Bingo

One Wednesday monthly at 1 pm

Nov. 28, Dec. 19, Jan 30, Feb. 27, March 27, April 24, and May 29

Activity #500605-01

\$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 35 for SeniorFIT classes.

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. Join us for an information social the first Tuesday of each month, 9 10 am, in the Fireside Lounge.

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. 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. The is 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 Course 9 am - 1 pm
 AARP Member Rate: \$24; Non-Member Rate: \$29

Thursday, December 13	Activity # 150201-01
Tuesday, January 15	Activity # 150201-02
Tuesday, February 5	Activity # 150201-04
Tuesday, March 12	Activity # 250201-01
Tuesday, April 9	Activity # 250201-03
Tuesday, May 7	Activity # 250201-05

4 Hour Refresher Evening Courses 5:30 - 9:30 pm
 AARP Member Rate: \$24; Non-Member Rate: \$29

Tuesday, December 18	Activity # 150202-01
Thursday, January 24	Activity # 150201-03
Thursday, February 28	Activity # 150201-05
Thursday, March 21	Activity # 250201-02
Thursday, April 25	Activity # 250201-04
Thursday, May 23	Activity # 250201-06

8 Hour Courses
 AARP Member Rate: \$26; Non-Member Rate: \$31

Tuesday, November 27 and Thursday, November 29 5:30 - 9:30 pm	Activity # 450203-02
Tuesday, February 12 and Thursday, February 14 9 am - 1 pm	Activity # 150201-06
Tuesday, April 16 and Thursday, April 18 5:30 - 9:30 pm	Activity # 250201-07



AARP TAX AIDE

Income Tax Aide **Activity # 100601**
 Wednesday, February 6 – April 10 9 am - 1 pm
 Shoreview Community Center

AARP's Tax Aide volunteers will provide FREE tax assistance to seniors and low income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. **Bring your current tax records, last year's tax return, Social Security Card and Picture ID.** Income tax aid appointments are approximately 1-hour and property taxes are approximately 30-minutes. Please visit our website at www.shoreviewcommunitycenter.com or call 651.490.4750 to make an appointment. Appointments are necessary and will be reserved on a first come, first serve basis as space is limited.

If you are interested in volunteering as a member of the AARP Tax team contact District Coordinator, Tom Leiser at 651.483.5162. No experience necessary, and an extensive IRS approved training program is provided.



SMARTPHONE WORKSHOP - I

Tuesday, January 8 1 - 3 pm
\$35 per participant **Activity # 100201-01**

Tuesday, February 19 1 - 3 pm
\$35 per participant **Activity # 100201-02**

Location: Shoreview Community Center

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

SMARTPHONE WORKSHOP - II

Tuesday, January 22 1 - 3 pm
\$35 per participant **Activity # 100202-01**

Tuesday, February 26 1 - 3 pm
\$35 per participant **Activity # 100202-02**

Location: Shoreview Community Center

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



ONLINE "APP" USE

Tuesday, January 29 1 - 3 pm
\$35 per participant **Activity # 100203-01**

Deadline to Register: Tuesday, January 22

Location: Shoreview Community Center

"Apps" or Computer Application Programs make it easy for people to communicate and socialize. In this class, you will learn what "Apps" are, as well as how safe and beneficial they are. We will explore online App Store products, prices, service qualities, as well as other pros and cons. We will discuss safety, security, and authentication settings when installing Apps and look at a few common Apps people use during their daily life like: news, entertainment, socializing, retail store coupon use, or personal financial account access online. Class taught by "Raythecomputerguy".

EATING FOR HEALTH AND LONGEVITY

Tuesday, February 12 2 - 4 pm
\$30 \$25 Shoreview Resident **Activity # 100500-01**

Deadline to Register: Tuesday, February 5

Location: Shoreview Community Center

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

Wednesday, January 30 2 - 4 pm
\$30 \$25 Shoreview Resident **Activity # 100501-01**

Deadline to Register: Wednesday, January 23

Location: Shoreview Community Center

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.

BINGO & UGLY CHRISTMAS SWEATERS

Friday, December 7 1:30 - 3 pm
\$7; \$6 Shoreview Resident **Activity # 400223-01**

Deadline to Register: Monday, December 11

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)

NATIONAL PIE DAY & BINGO

Wednesday, January 23 1:30 - 3 pm
\$7; \$6 Shoreview Resident **Activity # 100220-01**

Deadline to Register: Friday, January 18

Come celebrate National Pie Day! We will celebrate with some 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)

SWEETHEART BINGO

Thursday, February 14 1:30 - 3 pm
\$7; \$6 Shoreview Resident **Activity #:100221-01**

Deadline to Register: Monday, February 12

Join us for a great afternoon of fun! Enjoy a special treat 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)

GOLDEN STARZ THEATRE PROGRAM

Thursday, January 10 - February 14 2 - 3:30 pm
\$85; \$72 Shoreview Resident **Activity # 100502-01**

Deadline to Register: Thursday, January 3

Our Golden Starz Program is made to get our seniors into the community, making new friends and enjoying life! Our ultimate goals are to get our members interested using memory gestures and voice to keep their minds active. Concentration games and improve will keep them on their toes, bring them out of their shell, and become a part of a fun, cohesive group. Class Structure will include: Theatre Games, Improvisation, Creating Characters, Pantomime and physical movement to music, 2-3 person scene work and monologues.



BINGO & BANANA SPLITS

Thursday, March 14 1:30 - 3 pm
\$7; \$6 Shoreview Resident **Activity # 100301-01**

Deadline to Register: Monday, March 12

Shake off the winter blues with banana splits and bingo! Join us for a great afternoon of fun! We will have lots of prizes to give away and a lucky winner will walk away with a gift card to Cub Foods.

PRETZEL DAY & BINGO

Friday, April 26 1:30 - 3 pm
\$7; \$6 Shoreview Resident **Activity # 200504-01**

Deadline to Register: Friday, April 19

Let's celebrate Pretzel day! Join us for a great afternoon of fun! Enjoy a special pretzel treat and bingo! We will have lots of prizes to give away and lucky winner will walk away with a gift card! (Price includes treats, prizes, & bingo)

DESSERT & BINGO

Thursday, May 16 1:30 - 3 pm
\$7; \$6 Shoreview Resident **Activity # 200305-01**

Deadline to Register: Monday, May 13

Come spend the afternoon playing bingo and enjoying some afternoon dessert! We will have lots of prizes to give away and a lucky winner will walk away with a gift card to Target!



SPRING TEA

Wednesday, May 8 1:30 pm
 \$16; \$14 Shoreview Resident **Activity # 200509-01**

Deadline to Register: Friday, May 3

Location: Shoreview Community Center

It's time for the annual spring tea. Dress in your fanciest attire and wear your favorite spring hat. Bring a teacup and pot if you have one to share. We will serve a variety of teas and many delicate appetizers. Pre-registration is required. No Walk-in registrations allowed.

DAY TRIP: THE CHURCH BASEMENT LADIES IN "YOU SMELL BARN"

Wednesday, January 23, 2019 9:15 am - 4:30 pm
 \$85; \$80 Shoreview Resident **Activity # 100600-01**

Deadline to Register: Friday, December 28

Location: Shoreview Community Center

From the basement to the barn, your beloved Church Basement Ladies are back and getting busy with life outside the kitchen. After the last of the hotdish is served, the coffee pot is emptied, and the Jello molds are put away, these steadfast, sturdy women head to their farms, peel off their good girdles, and get on with their daily chores. In between picking eggs, milking cows, and dusting knickknacks, they congregate with some of the other lovable folks who inhabit this rural community: Earl, who delivers the mail up and down Rural Route One; Fergus, the hired man; and Tillie, who chronicles the action for the Fish County Weekly. With plenty of crazy antics, loads of fresh laughs, and spanking new original songs, YOU SMELL BARN celebrates rural life in the 1950's. And, at the center of it all, are your favorite Church Basement Ladies. Whether you've seen several versions, or are new to the world of the basement, the 7th in the Church Basement Ladies series is a musical treat for all. Bus leaves the Shoreview Community Center at 9:30 am. Trip includes lunch, play, and SVCC Escort.

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

Tuesday, November 27 6 - 9 pm
 "Holiday Love Painting" **Activity # 400233-09**

Monday, December 10 1 - 4 pm
 "Christmas Fa La la Painting" **Activity # 400233-10**

Tuesday, December 11 6 - 9 pm
 "Initial Ornament Painting" **Activity # 400233-11**

Thursday, December 20 6 - 9 pm
 "BRRR Snowman Painting" **Activity # 400233-12**

Thursday, January 10 6 - 9 pm
 "Winter Birch Tree Painting" **Activity # 100400-01**

Tuesday, January 22 1 - 4 pm
 "Love Birds Painting" **Activity # 100400-02**

Thursday, January 24 6 - 9 pm
 "Love Painting" **Activity # 100400-03**

Tuesday, February 5 6 - 9 pm
 "Love Birds Painting" **Activity # 100400-04**

Tuesday, February 19 1 - 4 pm
 "Potted Flowers Painting" **Activity # 100400-05**

Thursday, February 21 6 - 9 pm
 "Daisy's and Paisleys Painting" **Activity # 100400-06**



Jobs that Fit Your Lifestyle!



Part-time ♦ Flexible Hours ♦ Fun People

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

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

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

Ice Rink Attendants: Desire to work with the public and a commitment to a part-time schedule is required. Ability to skate not necessary. Weekdays, evenings and weekends. 10-20 hrs/week. Mid-Dec through mid-Feb. Must be willing to commit for entire season. \$9.75-10.75/hr. DOQ.

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

Lifeguards: 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, weekend and evening hours. \$10.75-12.50/hr. School year daytime M-F (5am-4pm) \$12/hr.

Manager on Duty/Room Set Ups: Responsible for setting up rooms for meetings and special events at the Shoreview Community Center. This includes appropriately arranging tables, chairs, furniture, sound system and other equipment. 5-10 hours per week. EARLY Sunday mornings - typically 12 am - 3 am; and other events as needed. \$14.75-16.75/hr.

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

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/hr.

Sports Instructors: Instruct elementary age children in a variety of sports including floor hockey, indoor soccer, and basketball. A general sports background, knowledge and a desire to teach children basic sports skills required. Weekday afternoons approximately 3:15-5:40pm. 5 hours/week. Jan-May. \$10.50-13.50/hr.

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 \$9.75-10.75/hr.

Youth Volleyball Officials: Officiate the girls youth volleyball league grades 4-8. Games held at Turtle Lake Elementary in Shoreview. Previous volleyball experience preferred. Games are on Tues evenings; 5:30-8:30pm and some Saturdays starting at 9:00am Jan-Feb. \$15-25/game DOQ.



FREE
Community Center
Membership!

Apply at: shoreviewmn.gov

Shoreview Parks & Recreation
4580 North Victoria Street, Shoreview MN
Equal Opportunity Employer



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

PARKS & FACILITIES

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 pm School Year

9 am - 8:30 pm Summer

Saturday

9 am - 7:30 pm School Year

9 - 8:30 pm Summer

Sunday

9 am - 5:30 pm School Year & Summer

The following are operated by Ramsey County Parks & Recreation. 651.748.2500 www.ramseycounty.us/parks		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											

Winter Registration Schedule Shoreview Resident Priority

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

Begins Tuesday, December 4 at 8 am

Annual Community Center Member Registration

Begins Thursday, December 6 at 8 am

General Registration

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

Begins Friday, December 7 at 8 am

Phone Registration

Begins Monday, December 10 at 8 am

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 am - 4:30 pm
6. Over the phone after December 10

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 am to 4:30 pm.;
 - 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 am. to 4:30 pm. 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. 2015 —

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

shoreview parks & recreation presents

FAMILY

the most epic party of 2018

NEW YEAR'S EVE

at the shoreview community center

PARTY



monday, december 31, 5-8 pm

Bring the whole family to Shoreview's annual New Year's Eve Party! Your night will be filled with inflatables, face painting, bingo, a magician, crazy hair, and much more! The Tropics Indoor Waterpark and newly expanded Tropical Adventure Indoor Playground will be available. We'll ring in the New Year with two balloon drops at 7:45pm. Concessions are available for an additional fee at the Wave Cafe.

Pre-registration Rates:

Youth (ages 1-17): \$10, Activity #160103-01

Adult (ages 18+): \$8, Activity #160103-02

Walk ins are welcome, but register by December 30 and save! Price is \$12 per person at the door.

Shoreviewcommunitycenter.com | 651.490.4750



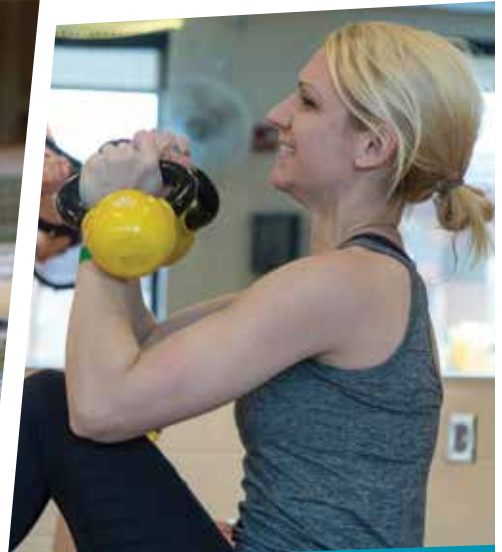
City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126

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POSTAL CUSTOMER

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FITNESS REIMAGINED



It's the renovation you've been waiting for! Our expanded facilities and enhanced programming will take your fitness (and fun) to the next level.

- New studios for functional fitness, barre classes, cycling and more
- New classes to keep you motivated
- New look, feel and amenities
- New Group X Card is good for any class for maximum flexibility
- Classes start at just \$5 each
- All are welcome - no need to be a Shoreview resident or Community Center member

Drop in anytime, or learn more at www.ShoreviewCommunityCenter.com | 651.490.4750