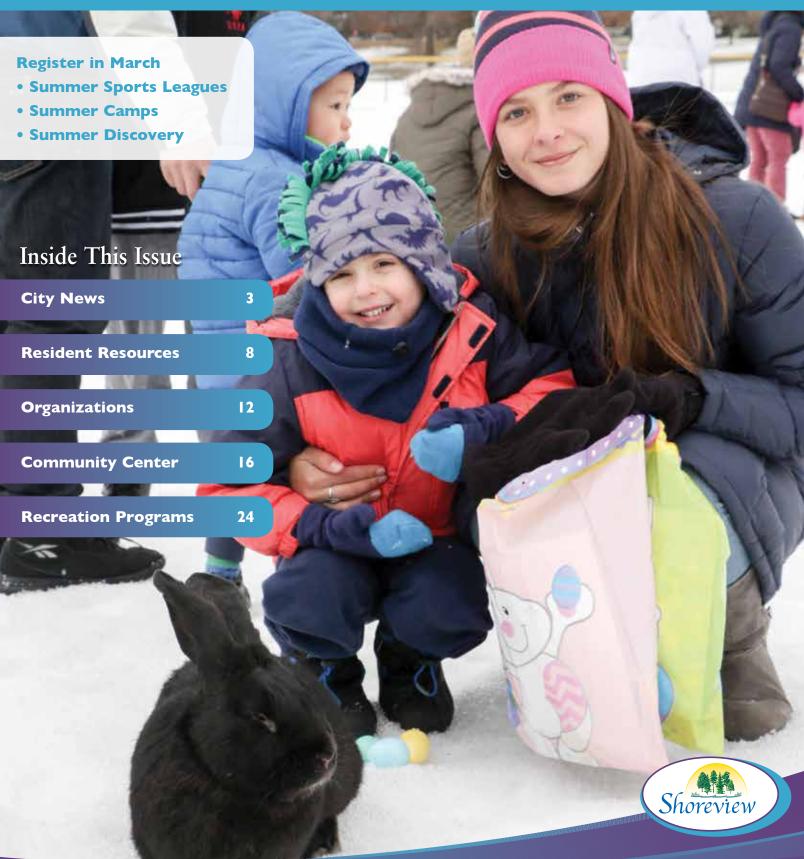
# SHOREVIEWS

Spring 2019 Recreation Catalog



651.490.4600
651.490.4700
651.490.4750
651.490.4690
651.490.4687
651.490.4650
651.490.4619
651.490.4680
651.490.4650
651.490.4661
651.490.4671
651.490.4630

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

### City Officials

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

**Emy Johnson, Council Member** 4700 Lorinda Drive

Cell: 763.443.5218 ejohnson@shoreviewmn.gov

**Terry Quigley, Council Member** 

1212 Silverthorn Court Home: 651.484.5418 tquigley@shoreviewmn.gov

Sue Denkinger, Council Member

4494 Chatsworth Street Home: 651.490.3166 sdenkinger@shoreviewmn.gov

Cory Springhorn, Council Member

173 Dennison Ave. Cell: 651.403.3422 cspringhorn@shoreviewmn.gov

Terry Schwerm, City Manager

Office: 651.490.4611 tschwerm@shoreviewmn.gov

### **Access Shoreview**

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



# 2019 Environmental Speaker Series

Should We Care About Carp in the Owasso Chain of Lakes?

### March 20

Bill Bartodziej, Natural Resources Specialist, Ramsey Washington Metro Watershed District

Over the past ten years, metro-area lake and watershed managers have come to better understand the impacts of invasive common carp on aquatic systems. As a result, more advanced techniques to control this aggressive fish species are in use. Excess carp in lakes, especially shallow lakes, can have profound negative impacts on water quality and ecology. Bill will discuss the risks carp pose to our lake systems and recent



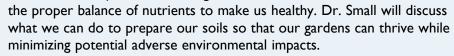
advances in carp management. An update on carp management in the Owasso Chain, including population assessment, netting and barriers to prevent carp migration will also be included.

### **Managing Soil Fertility** in Urban Vegetable Gardens

### April 17

Dr. Chip Small, Associate Professor of Biology at University of St. Thomas

Just like us, our gardens need good nutrition to do well. And just like us, our gardens need



All presentations are held in the City Council Chambers starting at 7 pm and last approximately 45 minutes with additional time for questions.

## **Becoming American**

### Film & discussion series

Join the Shoreview Human Rights Commission, League of Women Voters Roseville Area, Do Good Roseville and Ramsey County Library-Shoreview in a film and discussion series focused around the immigrant story.

### **Family and Community:**

### **Immigration and Popular Culture:**

Thursday, March 14, 6:30 pm

My American Girls: A Dominican Story The Search for General Tso Thursday, April 11, 6:30 pm

Presented at the Ramsey County Library in Shoreview.



# STATE OF THE

Mayor Sandy Martin





2018 has been an amazing and extraordinarily successful year for the City of Shoreview. The year was highlighted by the Community Center Expansion Project and the recent opening of Bamboo Bay, the first major addition to the Tropics Indoor Water

Park since the Community Center opened nearly 30 years ago. Bamboo Bay is a shallow water pool that has a large tropical themed aquatic play structure with more than 40 interactive water play features that are attractive to our younger visitors. The expansion also addressed the need for additional family changing rooms. Included in the expansion project was a significant addition to the Tropical Adventure Indoor Playground, including an exclusive toddler area, additional parent seating, and a private birthday party area. For our fitness members, we added four new state-of-the art fitness studios on the lower level. The addition of four new multi-purpose

activity rooms upstairs has created space to expand senior programming and some specialized areas for music, drama, science, and even cooking classes. New and more comfortable space will also be noticed in the Wave Cafe, the Fireside Room and all of the hallways.

Throughout this challenging year, the entire City Council has demonstrated their vision,



dedication, leadership, and commitment to our city and they all deserve our appreciation for their efforts to make Shoreview an even better place to live, work, and play. So thank you to my colleagues: Terry Quigley, Emy Johnson, Cory Springhorn and Sue Denkinger. They are a pleasure to work with and they contribute so much toward our success as a City.

Our recently completed community survey indicated that Shoreview residents resoundingly believe that Shoreview is a great place to live. Ninety-seven percent of our residents rated the quality of life in Shoreview as either excellent or good and this rating placed Shoreview among the top cities in the metropolitan area. In addition, 93% of Shoreview residents believe that the City is headed in the right direction, which is very gratifying and encouraging to the staff, volunteers, and elected officials. These survey results are reviewed and analyzed by the City Council and City staff and they are used to guide us as we continue Shoreview's commitment to first class amenities and programs that help us create a community with exceptional livability.

Now, I would like to highlight some of the key accomplishments of 2018, and also look ahead to some key projects that are planned in 2019.

One of the keys to Shoreview's success in every single area has been our long range planning and our ability to adjust to change. After more than a year's worth of work and extensive community involvement and significant input from all of our citizen committees and commissions, the City completed an update to the Comprehensive Plan this year. "Destination Shoreview 2040" is a 20 year planning document that covers everything from land use, housing and economic development to city utilities, parks and open space, and transportation. The Plan serves as a blueprint for future development and redevelopment in the City and also identifies the City's guiding principles and goals for nearly all of our community facilities and services.

# 2019 STATE OF CITY ADDRESS

### **Economic Development**

During 2018, the City has seen a significant amount of economic development activity, particularly in the multifamily housing area. The McMillan, a 134-unit market rate apartment building located at the Rice Street/Grass Lake Place intersection, opened in the spring of 2018. This mixed-use development, which also includes some ground floor retail space and 14 townhome units, replaced a mostly vacant and deteriorated retail shopping center. The new development is valued in excess of \$40 million.



The first phase of The Loden, a large two-phase 410-unit market rate apartment project located at 1005 Gramsie Road, opened this fall. This major redevelopment project is being undertaken by the development team of Eagle Ridge Partners and Greco at a former office/manufacturing site in the Shoreview Corporate Center across the street from the Green Mill restaurant. Once the second phase is complete, the entire project value will exceed \$80 million. Both the McMillan and the Loden apartment projects include many high-end amenities and provide some new housing choices in the community.

The City Council has also approved a project submitted by JPL Development for a mixed-use development for an 18-acre vacant property in the Rice Creek Corporate Center located at I-35W and County Road J. The project, called the Edison, includes 300 market rate apartment units, 68 rental townhomes, and an outlot that is reserved for future retail development. The first phase of this development will include 150 apartment units and about 40 townhomes and will begin this spring. The project will add significantly to the City's tax base and, when finished, will complete nearly all of the development in the Rice Creek Corporate Park.

The City's Business Retention and Expansion Program (BRE) continues to thrive and numerous visits to our key and emerging businesses were conducted by the

City Council, Economic Development Commission, and City staff. These visits are always informative and help us to understand the challenges and needs of our business community. Several more visits are scheduled for 2019.



### Parks and Trails

During the past several months, the City has finalized the Master Plan for the Shoreview Commons area, which serves as the "central park" for the City. The City is working with design professionals to develop schematic design and construction plans for the first phase of the Commons Park improvements that will include a new decorative pond and formal garden area, a plaza-style skatepark, additional trails, sidewalks and a new pedestrian connection to the Ramsey County Regional Library, and a new neighborhood playground area near Mound Avenue. The second phase of the improvements, which are expected to be completed in 2021, include a destination playground and new park building. These exciting improvements in the Shoreview Commons area will complement the recently completed Community Center Expansion, further enhancing this area as the social, recreational, and cultural gathering place for Shoreview residents.

The City Council is also very excited to be working with the Shoreview Historical Society on the designation of Heritage Park during the next year. This new 2.5-acre park will include the historic City-owned Lepak/Larson house, and it is also the home to the historic Guerin Gas Station, the first gas station in the City of Shoreview. The Historical Society is using a small portion of the home for its office and storage of historic documents. The City and Historical Society plan to work together to furnish the main floor of this vintage Chaska brick farmhouse; and, once it is furnished, tours will be offered to the public at various times during the year.

# 2019 STATE OF CITY ADDRESS

We have learned through our community survey that trails are a very important asset to residents throughout the City. During 2019, there are two major trail projects that are scheduled for construction. The first project will complete the trail along County Road E from Victoria Avenue to Lexington Avenue. This trail will provide improved pedestrian connections to the Lexington Avenue retail corridor for many residents in southern Shoreview. The City is also working with Ramsey County staff to repair and replace sections of the trail through the Snail Lake Open Space area that have been damaged or unusable because of high water levels in the area. As part of this project, staff also plans to construct an at-grade trail crossing on Gramsie Road that will connect the Snail Lake Open Space to the Grass Lake Open Space. The current pedestrian tunnel has been flooded for the past few years, making it difficult for pedestrians and cyclists to easily connect these two open space areas. The City will also be constructing a new sidewalk on Kent Street between Harriet Avenue and North Owasso Boulevard. These significant trail and sidewalk improvements will continue to improve Shoreview's trail system, which is our most used recreational resource.

### **Road Projects**

At long last, Ramsey County will begin the reconstruction of the Rice Street Bridge over I-694. This project will improve traffic flow through an area that is often congested. The intersection is very complex and involves freeway ramps, private access, railroad tracks and the necessity for safe pedestrian travel. The new design includes a series of three roundabouts. Although the roundabouts will take some education and practice, I believe that once our residents become familiar with how to navigate through this new design, it will ease congestion and provide improved access to neighborhood streets and local businesses.

During 2019, the City is also planning to begin some preliminary work on the reconstruction of North Owasso Boulevard between Rice Street and Victoria Street. Although most of the reconstruction work will take place in 2020, there may be some preliminary utility work beginning in late 2019. This same roadwork will facilitate the completion of the County's renovation of Lake Owasso County Park.

The City will also be completing the final portion of the 2018-2019 street rehabilitation projects this year. About two miles of streets in central Shoreview were resurfaced in 2018 and three miles of local streets, primarily in the northern part of the City will be repaired and resurfaced in 2019.

### **Financial Condition**

The City continues to maintain its AAA bond rating from Standard and Poor's, which is a key indicator of the overall financial strength of the City. Our City's continued focus on long-term financial planning, maintaining healthy reserves, and a strong local and regional economy are all important elements of this extremely strong bond rating. The City Council is also extremely proud that the City portion of the tax levy is fourth-lowest of 28 other similarly sized cities in the metropolitan area. Shoreview's share of the property tax on a median valued home is \$937, nearly 25% below the average of \$1,246.

### Conclusion

As I begin my 12th term as Mayor of Shoreview, I am convinced that the local level of government is where we can make a positive difference in the lives of people in the community. It is this firmly held belief that continues to keep me motivated and focused on creating a better city for current and future generations. By continuing to work collaboratively with our citizens, neighboring communities, and other levels of government, and maintaining our emphasis on long range planning, Shoreview will continue to be viewed as one of the premier communities in the nation.

On behalf of our City Council, I would like to thank all of the members of our City Committees and Commissions who provide outstanding counsel and advice. I would also like to thank our many community organizations such as the Shoreview Historical Society, Gallery 96, Northern Lights Variety Band, Shoreview-Einhausen Sister City Association, Shoreview Community Foundation, and the Slice of Shoreview Committee, who help build civic pride and make our community stronger. I also want to thank our outstanding City staff that provides customer focused services and programs to our residents, businesses, and visitors to the community.

It continues to be a great honor and privilege to serve as the Mayor of our great community and I look forward to working together for continued progress and success. Thank you.

# CITY

### Construction Planned for Commons Park Improvement in 2019

The first phase of the Commons Park Improvements are scheduled to begin this summer. Commons Park includes the City Hall/Community Center, Ramsey County Library-Shoreview, and surrounding parkland located at the northeast corner of Highway 96 and Victoria Street. Commons Park serves as the "central park" of Shoreview and is the most significant community park in the city.

During the past two years a Master Plan has been developed for the park that includes many exciting new features. The first phase of improvements include a decorative pond and formal garden area, plaza-style skate park, replacement of the neighborhood playground, and dedicated pickleball courts. In addition, there will be a number of new trails, including a new pedestrian connection from the Community Center to Ramsey County Library – Shoreview. These improvements are expected to begin this summer and be completed by late fall 2019.

The Phase Two improvements, which include the destination playground and new park building, are scheduled for 2021. The planned improvements are designed to complement the recently completed Community Center expansion and will further enhance the Shoreview Commons area as a social, recreation and cultural gathering place for residents.





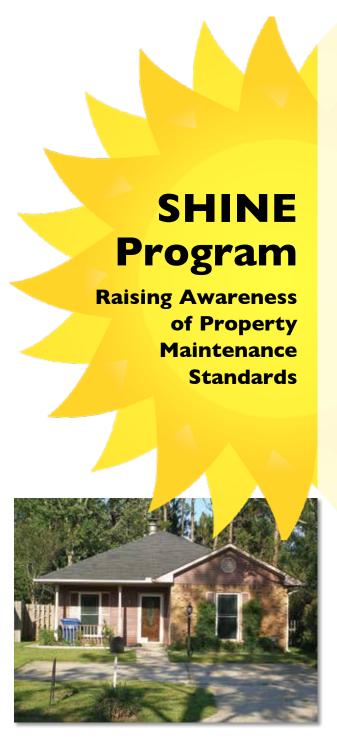
### Commons Park Improvement Schedule

# Phase I Improvements Summer & Fall 2019

- Plaza-style skate park
- · Replace neighborhood playground
- Decorative pond
- · Formal garden
- Dedicated pickleball courts
- New sidewalk from Library to Community Center

## Phase II Improvements 2021

- Destination playground
- New park building near destination playground



What is the **SHINE** program? **SHINE** was created in 2003 and is designed to educate and raise awareness on the importance of maintaining our homes and properties as a way to protect property values and the quality of our neighborhoods. The Shoreview City Council understands that as the community matures, there needs to be a greater emphasis on proactively addressing the maintenance of our existing homes and neighborhoods.

**SHINE** is a long-term, citywide neighborhood enhancement effort aimed at maintaining the livability of neighborhoods, which is necessary for any city's long-term stability. "Neighborhood sweeps" take place in order to concentrate code enforcement efforts within a specific area. These sweeps assess overall patterns of property maintenance problems by type and occurrence, educate residents on the importance of maintenance, encourage property owners to voluntarily cleanup their property, and in some cases, initiate legal actions against nuisance properties that do not meet with local regulations. In several other communities where similar programs have been enacted, cities have found that focused enforcement has been very effective simply by raising awareness of maintenance standards with their residents.

Each spring and fall the city selects a neighborhood in our community. Property owners are informed about property and housing maintenance standards, and residents in the selected neighborhoods receive information about the program. Staff visit the neighborhood where homes and properties with maintenance issues or potential nuisance conditions are identified. The city then notifies those property owners and works with them to correct any issues.

Overall, neighborhood inspections have revealed that most properties are well-maintained. Most properties have no violations, while some properties had only a single minor problem.

Community-wide neighborhood enhancement efforts like **SHINE** help preserve the quality and livability of our neighborhoods, which is critical to maintaining Shoreview's longterm stability and overall quality of life. We hope all residents support the goals of **SHINE** and understand the value of maintaining the appearance of their property and preserving the quality of our residential neighborhoods.

### 2019 Official City Newspaper: Legal and Public Hearings

The Shoreview City Council designated the Shoreview-Arden Hills Bulletin as the official legal newspaper for legal and public hearings for 2019.

### **Shoreview Salary Data**

Minnesota state law requires that a city with a population of more than 15,000 residents annually notify its residents of the positions and base salaries of its three highest-paid employees. For 2019, these positions are salaries are:

- City Manager (includes car allowance): \$167,108
- Public Works Director: \$145,746
- Asst City Manager/Community Development Director: \$145,559

### **Apply**

Applicants must:

- Be age 60 or older, be a veteran or surviving spouse, or have a permanent physical disability.
- Own and occupy a single-family home in the sevencounty metro area that needs exterior paint or repairs.
- Have a qualifying monthly income (not more than 250% of the federal poverty index).

Details and application online at metropaintathon.org.

### Volunteer

Volunteers needed! Volunteers have fun helping others while making a big difference in their communities. Individuals and teams of volunteers keep Paint-A-Thon running smoothly. Applications for volunteers are available at **metropaintathon.org**.





### Ramsey County Organics and Yard Waste Sites Return to Regular Hours

Ramsey County Yard Waste Sites will begin regular summer hours on Monday, April I.

Organic waste as well as leaves, grass clippings, garden waste, trees and other types of yard waste can be recycled at any Ramsey County yard waste sites. A photo ID is required.

Details available at ramseycounty.us/yardwaste.

### Nearby yard waste sites:

- Arden Hills: 3530 Hudson Avenue
- White Bear Township: 5900 Sherwood Road

### Hours through March 31:

- Saturday: 9 am 5 pm
- Sunday: II am 5 pm

### Hours beginning April 1:

- MWF: 11 am 7 pm
- Saturday: 9 am 5 pm
- Sunday: II am 5 pm

### Water leaks

Thanks to updated water meter systems Public Works can detect potential water leaks at homes throughout Shoreview. If your water meter shows one gallon of water used every hour for 24 hours in a one-month period you may have a leak and may receive a postcard from Public Works.

Fixing leaks can save you money, and water. Leaks are common in toilets, water softeners, faucets, irrigation systems and whole-house humidifiers. If you suspect your toilet is the culprit, try adding a tablespoon of food color to the tank and let it sit for one hour. After an hour if any color has moved into the bowl, a new flapper is needed.

Other leaks can be identified by a plumber. Questions? Contact Public Works at 651.490.4650



# Street Sweeping & Hydrant Flushing

### **Street sweeping**

Public Works will begin street sweeping in late March. Street sweeping helps remove salt residue and other debris quickly in early spring and helps reduce the amount of material that runs off into the storm sewers and Shoreview's lakes. The first round of sweeping collects around 95 percent of the debris but crews will continue sweeping city streets as needed. Street sweeping schedules are dependent on weather.

### **Hydrant flushing**

City maintenance crews will flush hydrants in late April to clean sediment from water mains and ensure proper operation of hydrants and valves. You may notice a color change in your tap water following the flushing of the water main. The discoloration is normal and will last only a short time. The discolored water is safe for drinking but could discolor laundry. Detailed information, flushing dates and zone information is available at **shoreviewmn.gov** or 651.490.4650

### Rain Barrels & Compost Bins

The Recycling Association of Minnesota offers compost bins, rain barrels, and other items online. Purchased items can be picked up locally at distribution events starting in April. Products and distribution schedules can be found online at recycleminnesota.org.





### 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





# Green Community Awards

Shoreview's Environmental Quality Committee recognizes residents and businesses each year with the Shoreview Community Green Awards. Award recipients are making their environment a better place by improving water quality, utilizing renewable energy, and using environmentally friendly practices. Winners receive a small lawn stake they can proudly display and are recognized at a city council meeting.

Applications are available at **shoreviewmn.gov** winners and read their tips on going green. Applications are due July 5. Please call 651.490.4665





### Help Shoreview Create **Pollinator Habitat!**

In September 2018 Shoreview joined more than 25 Minnesota communities in passing a resolution to become a pollinator-friendly city. This includes using new practices like reducing herbicides and pesticides and creating pollinator habitats throughout the city to protect bees, butterflies, and other pollinators. Pollinators benefit not only Shoreview's natural resources, but pollinate many of the foods that we enjoy every day. Existing garden beds or an unused corner of lawn can be turned into pollinator habitat that promotes biodiversity and increase curb appeal!

To get started, here are a few helpful tips:

- Choose native plants for pollinator gardens. Native wildflowers don't need fertilizer and most require less water than non-native plants.
- Avoid using pesticides. Many are harmful to pollinators. Ask your local nursery if they've committed to selling pesticide-free plants.
- Avoid hybrid plants, which produce little pollen for pollinators.
- Pay attention to when each plant blooms to make your pollinator garden an oasis from spring to fall. For example, planting wild geranium, purple coneflower, black-eyed Susan, and goldenrod will give you pollinator habitat all growing season.
- Pollinator friendly plants can be found at a variety of nurseries, including Bachman's, Gertens, and Wagner's.
- Check out local spring plant sales.
  - Friends School plant sale, May 10-12 at the Minnesota State Fairgrounds.
  - Landscape Revival Native Plant Sale, June 1 at Shepherd of the Hills Church in Shoreview.

For more information, including a list of pollinator friendly plants, visit **beelab.umn.edu** or the Xerces Society at https://xerces.org.

### 2019 Annual Tree Sale - Additional Variety for Stronger Landscapes!

A variety of new species are available in the City's annual tree and shrub sale! Increased diversity in Shoreview's urban forest helps to improve resilience in both your yard and the community. Residents can purchase up to 5 trees and 10 shrubs per household at wholesale prices, with the additional option to purchase one watering bag per tree. Please note that the watering bags do not work well on evergreen trees because of their shape and low-to-the-ground needles. Orders are due by Friday, April 19, 2019 and trees will be delivered to your home by city crews in late May. The nursery will not guarantee replacement or refund of trees at wholesale prices, so please be prepared to plant and care for the trees properly.

**Shrubs** 



Nannyberry Viburnum
Large native shrub with slender arching branches and glossy green leaves. Blueblack fruit in fall is attractive to birds. Fast growing.



"Fire Ball"
Euonymus
(burning bush)
Rounded, hardy
shrub with dense,
tight branching,
Known for its
brilliant scarlet fall
color and purplered fruit pods. Fast
growing shrub with
green leaves in the
summer.



Limelight
Hydrangea Tree
Small ornamental
tree with large,
dense green/white
flowers that change
to a deep pink in the
fall. Very vigorous
tree with a large
quantity of flowers
during the growing
season.



Northern Redbud
Hardy selection from the University of MN Arboretum. Abundant pink flowers emerge in early spring before leaves appear. Prefers moist, welldrained soils. Add color to your yard year round!



A fast-growing oak that maintains a rounded shape. It is both drought tolerant and able to thrive in very wet and heavy soils. Resistant to oak wilt, very adaptable, and makes an excellent residential shade tree.



Northern Catalpa
A fast-growing tree with large white flowers in spring followed by characteristic seed pods that persist on the tree through winter. Tolerant of many conditions and soil types and attractive to wildlife.



Scotch Pine
Pyramidal tree with
short, spreading
branches and bluegreen needles.
Unique form when
older. Distinctive
orange bark sets
this tree apart from
other pines. Hardy in
a variety of soils.



Northern Blue Limber Pine
A rapid-growing evergreen tree with distinctive blue needle color. Tree grows in upright habit and is resistant to winter burn, insects, and disease. Selected for hardiness.



Tree Watering Bag
The tree watering
bag is a slow release
watering system
for trees. One
watering bag holds
approximately 20
gallons of water and
drips 6-10 hours
with two holes open,
reducing watering
frequency by 50% and
significantly reducing
transplant shock.

### 2019 Tree and Shrub Order Form

Name:								
Address:								
Contact Phone Number	:							
Email Address:	week the order will t							
Species	Container	Height (feet)	Width (feet)	Shade	Fall	Official Price	Qty	Subtotal

Species	Container Size	Height (feet)	Width (feet)	Shade Tolerance	Fall Color	Official Price	Qty	Subtotal
Nannyberry Viburnum	#5	15-20'	6-10'	Full sun to Full shade	Purple-red	\$32		\$
"Fire Ball" Euonymus (burning bush)	#5	5-7'	5'	Full sun	Bright Red	\$33		\$
Limelight Hydrangea Tree	#10	8-10'	3-5'	Full sun to part shade	Green	\$125		\$
Northern Redbud	#10	20-30'	20-25'	Full sun to part shade	Yellow	\$137		\$
Swamp White Oak	#10	50-60'	40-50'	Full sun	Yellow	\$136		\$
Northern Catalpa	#20	40-60'	20-40'	Full sun	Yellow	\$170		\$
Scotch Pine	#15	40-60'	30-40'	Full sun		\$117		\$
Northern Blue Limber Pine	#10	25-30'	10-15'	Full sun to part shade		\$97		\$
Tree Watering Bag	Holds 20	gallons				\$18.50		\$

TOTAL (Tax & delivery is included) \$

Order online or make checks payable to the City of Shoreview and mail completed form and check by April 19th to: City of Shoreview Public Works, Tree Sale, 4600 Victoria Street North, Shoreview, MN 55126. Late orders will not be accepted.

Maple trees and Spruce trees tend to be over planted in Shoreview, so alternative varieties are offered to help diversify our landscape



### Researching Your Family Tree

Between new shows like *Finding Your Roots* on PBS and the availability of do-it-yourself genealogy kits, more and more people are interested in discovering their own family tree. Below are some great tools and recommendations if you would like to start researching your genealogy and family tree.

- Local genealogist Darlene Joyce recommends that you start with yourself since you are the first "twig" on your family tree. She offers the following tips:
  - Start with the known and work towards the unknown.
  - Look in family bibles, baby books, diaries, letters and scrapbooks.
  - Interview living relatives.
  - · Cite your sources fully and carefully and document your facts with evidence.
- Check death records, estate records, obituaries, burial records and even old telephone books.
- The National Archives (www.arhives.gov) contains information about individuals whose names appear in military records, census records, ship passenger lists, land records and pension files.
- The Ramsey County library (www.rclreads.org) provides Ancestry and Archive Grid, as well as links to many research databases.
- Roots Web (www.rootsweb.com) provides links to several genealogy and family tree resources.
- Avoid the "paper chaos". Ms. Joyce suggests using a 3 ring binder to organize documents by record type (births, marriages, obituaries, etc.) rather than by surname.

The Shoreview Historical Society welcomes donation of family histories for their collection. To donate, please contact Pam Videen at pam.videen@mnhs.org.

# CREATE YOUR LEGACY

### YOUR COMMUNITY FOUNDATION



This is an opportunity for

For more information, visit

www.shoreview

ime 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.

# you to leave a legacy of your values and beliefs to future generations.

### THEGOAL

The Shoreview Community Foundation has set a goal of achieving a one million dollar endowment!

### THE RESULT

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

### TO GIVE:

REASONS

Genealogy 101 May 13th

6:30 - 8:30 pm

Shoreview Library

Learn how to get started

in researching your family

tree with Cathy Weber,

owner of NorthStar

Genealogy.

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

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!



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communityfoundation.org

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### NYFS Spring Cleanup for Seniors Starts April 22

Northeast Youth & Family Services will offer its annual Spring Cleanup for Seniors event from April 22 to May 12.

Volunteers are needed to rake and bag leaves, pick up debris, sweep sidewalks and put out lawn furniture for seniors who are no longer able to complete these tasks themselves.

Seniors who need help, and volunteers who would like to help, can contact Debbie Wells at 651-757-4061 or **debbiep@nyfs.org** by April 15.

NYFS is a nonprofit community service and mental health organization that has been serving the Shoreview area since 1976. For more information about services available to Shoreview residents, please visit www.nyfs.org.





Want to play band music? Meet new people? Serve your community? Have fun? Then you are ready to join the Shoreview Northern Lights Variety Band (SNLVB). Band membership is open to wind instrument and percussion players 16 years of age and over. The band rehearses at the Shoreview Community Center on Tuesday evenings, 7-9 pm. Auditions are not required.

Under the guidance of Dr. Michael Scott, Music Director, the band has over 80 members who represent all walks of life and generations. Members share a common interest in concert band music and community service. Visit www.snlvb.com for more information.

### Save the Date!

Spring Concert to kick off the band's 25th Anniversary – A Silver Celebration – is Saturday, April 13, at 7 pm in Benson Great Hall on the campus of Bethel University. A highlight of this concert is the performance of "A Lincoln Portrait" featuring local broadcast legend Don Shelby narrating passages from Abraham Lincoln's speeches and letters combined with American composer Aaron Copland's music. See you there!



### **Becoming American**

Ramsey County Library is presenting a six-part series of films and facilitated discussions about the American immigration experience in partnership with the Shoreview Human Rights Commission, League of Women Voters Roseville Area, and Do Good Roseville. The series is free and no registration is required.

### **Family and Community**

Thursday, March 14, 6:30 pm Shoreview Library

This program explores how family ties and community institutions have played an essential role in successful migration and adaptation to American life. This program includes a screening of My American Girls: A Dominican Story, which focuses on the Ortiz family's hardworking immigrant parents and their American-born daughters.

## Immigration and Popular Culture

Thursday, April 11, 6:30 pm Shoreview Library

This program looks at how the media and popular culture have historically taught newcomers to "be American," and how the rich contributions of different immigrant groups have transformed American culture and art. This program includes a screening of The Search for General Tso, a fascinating look at Chinese food in America and the immigrant families who helped shape restaurants across America.



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

(CC) Council Chambers

(UC) Upper Conference Room

(LC) Lower Conference Room

(MC) Maintenance Center (SP) Shoreview Pavilion

(LLPL) Lower Level Parking Lot

(CCPL) Comm. Center Parking Lot

**ILCP - Island Lake County Park** 

(SCC) Shoreview Community Center

(SCP) Shoreview Commons Park

### **MARCH 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
		Recyc	ling week: March	4 - 8		
3	Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	5	6	Bikeways and Trails Committee 7 pm, LC	8	9
10	Council Workshop 7 pm, CC	12	13	14	15	16
		Recycli	ng week: March	8 - 22		
17	City Council Meeting 7 pm, CC	Econ. Dev. Commission 7:30 am, UC	20 EQC Speaker Series 7 pm, CC	21 Human Rights Commission 7 pm, UC Public Safety Meeting 7 pm, CC	Parks and Recreation Commission 7 pm, CC	23
24/31	Environ. Quality Committee 6:30 pm, CC	Planning Comm. 7 pm, CC	27	28	29	30

### **APRIL 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Econ. Development Authority 5 pm, CC	2	3	4	5	6
	City Council Meeting 7 pm, CC					
		Recy	cling Week: April	1 - 5		
7	8	9	10	П	12	13
Bikeways and Trails Committee 7 pm, LC	Council Workshop 7 pm, CC					
14	15	16	17	18	19	20
	City Council Meeting	Econ. Dev. Commission	EQC Speaker Series			
	7 pm, CC	7:30 am, UC	7 pm, CC			
		Recyc	ing Week: April I	5 - 19		
21	Environ. Quality	Planning Comm.	24	25 Human Rights Commission 7 pm, SSC Parks and	26	27
	Committee 7 pm, CC	7 pm, CC		Recreation Commission 7 pm, CC		
28	29	30				
			g week: April 29 -			

### MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			I	Bikeways and Trails Committee 7 pm, LC	3	4
		Recycling	g Week: April 29	- May 3		
5	Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	7	8	9	10	II
12	Council Workshop 7 pm, CC	14	EQC Speaker Series 7 pm, CC	Public Safety Meeting 7 pm, CC	17	18
		Recycl	ing Week: May I	3 - 17		
19	20	21	22	23	24	25
	City Council Meeting 7 pm, CC		Human Rights Commission 7 pm, CC			
26	27 City Offices Closed Memorial Day	Planning Comm. 7 pm, CC	29	30	31	

### **JUNE 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						I
		Recyclii	ng Week: May 28	- June 1		
2	Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	4	5	Bikeways and Trails Committee 7 pm, LC	7	8
9	Council Workshop 7 pm, CC	Farmers' Market 3 pm, LLPL	Concerts in the Commons 7 pm, SP	13	14	15
		Recycl	ing Week: June 1	0 - 14		
16	Council Workshop 7 pm, CC	Econ. Dev. Commission 7:30 am, UC Farmers' Market 3 pm, LLPL	Concerts in the Commons 7 pm, SP	20	21	22
23/30	Environ. Quality Committee 7 pm, CC	Farmers' Market 3 pm, LLPL Planning Comm. 7 pm, CC	26 Concerts in the Commons 7 pm, SP Human Rights Commission 7 pm, CC ing Week; June 2	Parks and Recreation Commission 7 pm, CC	28	29

### **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 Tim Walz

130 State Capitol
75 Rev. Martin Luther King Jr. Blvd.
St. Paul, MN 55155
651.296.3391
tim.walz@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. Kelly Moller-District 42A

477 State Office Building, 100 Rev. Martin Luther King Jr. Blvd., St. Paul, MN 55155 651.296.0141 rep.kelly.moller@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 I - 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

### **Ambulance & Paramedic**

Ambulance and paramedic services are provided by Allina Medical Transportation.

For emergencies, call 911

### Ramsey County Library – Shoreview

4560 Victoria Street North Shoreview, MN 55126 Phone: 651.486.2300

### www.rclreads.org

### **Public Transportation**

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

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

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

## Community Support & Resources

### **Northeast Youth and Family Services**

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

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

### **Ralph Reeder Food Shelf**

Appt. Line: 651.621.7451 Office: 651.621.7450

www.ralphreederfoodshelf.org

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

ShoreViews is published six times a year by the City of Shoreview and is mailed free of charge to City residents. Send comments, suggestions and submissions by e-mail to the City Editor, Renee Eisenbeisz, reisenbeisz@shoreviewmn.gov or to the Parks and Recreation Editor, Jessica Riley, at jriley@shoreviewmn.gov or mail to ShoreViews, 4600 Victoria St. N., Shoreview, MN 55126.

### **Daily Rates**

Includes admission to the Tropics Indoor Waterpark, Bamboo Bay, 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 how	ısehold. Each	additional person is \$4.50.		
Indoor Playground Only (ages 1 to 10)	\$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 trace	k 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	Closed	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	10 am - Noon, 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

<sup>\*</sup>Mondays - 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.

	<b>Community Center</b>	<b>Tropics Waterpark</b>	Bamboo Bay	Playground
February 18	5 am - 10 pm	Noon - 8 pm	Noon - 8 pm	8 a m - 8 pm
April 21	6 am - Noon	Closed	Closed	8 am - Noon

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

### **Lap Swim Hours**

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

### **Kids Care**

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

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

Mon, Tues, Thurs Noon - I 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

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### Membership Fees

	Rate*	Shoreview Resident*	Military*	Military Resident*
Annual Membership <sup>1</sup>				
Family	\$855	\$680	\$815	\$660
Dual	\$740	\$605	\$700	\$580
Adult	\$505	\$395	\$480	\$380
Youth/Senior	\$410	\$340	\$390	\$330
Annual Membership Billed Monthly' (V	Vith one yea	r membership agreement)		
Family	\$79	\$66	\$76	\$63
Dual	\$67	\$58	\$64	\$55
Adult	\$47	\$39	\$45	\$37
Youth/Senior	<b>\$41</b>	\$33	\$39	\$31
<sup>1</sup> There is a membership cancellation fee of \$100 prior to	completion o	of 1-year contract.		
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

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

Persons aged 65 and older qualify for the Senior 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 X Card for group fitness classes
- Tropics Indoor Waterpark & Bamboo Bay
- 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 catalog mailed to your home.

# NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

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

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

### Silver & Fit

Silver & Fit Memberships are available for eligible seniors 65+. Contact your health insurance provider to see if you qualify.

# COMMUNITY CENTER

# Waterpark Schedule

March 1 - June 5

Monday–Friday: 5 am – 9:45 pm Saturday: 6 am – 7:45 pm Sunday: 6 am – 6 pm

(all schedules are subject to change)

# Family Fun

### Bamboo Bay

Shallow pool with play structure featuring slides, sprayers & buckets plus zero-depth entry.

Tue & Thurs.., 5-8 pm Fri. 10 am - 12 pm & 5-9:45 pm

Sat. 10 am-7:45 pm Sun. 10 am-6 pm



### Tropics Waterpark

Shark attack waterslide, water basketball & volleyball, & floating creatures.

Mon. & Wed. 5-8 pm Fri., 5-9:45 pm Sat., 12-7:45 pm Sun., 12-6 pm



### Shipwreck Beach

Zero-depth entry area with boat slide & water walk, located near locker rooms in Tropics Waterpark.

Mon.-Fri., 8 am-9:45 pm Sat., 12-7:45 pm Sun., 12-6 pm



# Spring Break Hours

Date	Tropics Waterpark	Bamboo Bay
February 18	12-8 pm	12-8 pm
March 14	Closed	12-8 pm
March 15	12-9:45 pm	12-9:45 pm
March 18	12-8 pm	Closed
March 19	Closed	12-8 pm
March 20	12-8 pm	Closed
March 21	Closed	12-8 pm
March 22	12-9:45 pm	12-9:45 pm
April 5	12-9:45 pm	12-9:45 pm
April 19	12-9:45 pm	12-9:45 pm
April 21	Closed	Closed
May 24	12-9:45 pm	5-9:45 pm
May 27	12-5:45 pm	12-5:45 pm

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### TROPICAL ADVENTURE INDOOR PLAYGROUND | KIDS CARE



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

### Rate & Hours

\$6 per child, ages 1-10
FREE to members

Mon – Sat 8 am - 8 pm Sunday 8 am - 6 pm

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



### 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.



# Tropical Adventure Playground Party Area – NEW!

Enjoy prime placement and have your party right next to the indoor playground with our playground party area!

- 3 hours in semi-private party area inside the playground for 12 guests
- Bring your own food or purchase food from our Wave Cafe
- · Admission sold separately
- · Damage deposit required

Playground Party Room Rate\* Shoreview Resident\*
Friday - Sunday \$125 \$100

\*Refundable damage deposit of \$25 required.

### **Availability**

Friday Saturday Sunday 5 - 8 pm 9:30 am - 12:30 pm 11 am - 2 pm 1 - 4 pm 2:30 - 5:30 pm

4:30 - 7:30 pm



### **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 May 27

\$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.









### 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

### **Shoreview Resident\* Poolside Party Room** Rate\*

\$195 Friday - Sunday \$175 \*Refundable damage deposit of \$25 required.

### **Availability**

Sunday Friday Saturday 10 am - Noon 5 - 7 pm Noon - 2 pm 12:30 - 2:30 pm 2:30 - 4:30 pm 7:30 - 9:30 pm 3 - 5 pm 5 - 7 pm

### Activity Rooms – NEW!

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
- 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 \*Refundable damage deposit of \$50 required.

### **Availability**

Saturday Sunday 9:30 am - 12:30 pm 10 am - 1 pm I - 4 pm 2:30 - 5:30 pm

4:30 - 7:30 pm

\$112.50

### Poolside Cabanas – NEW!

- 3 hours in semi-private cabana inside Bamboo Bay for 16 guests
- Bring your own food or purchase food from our Wave Café
- Admission sold separately
- Damage deposit required

### **Poolside Cabana Shoreview Resident\*** Rate\*

Friday - Sunday \$175 \$150 \*Refundable damage deposit of \$25 required.

### **Availability**

Friday Saturday Sunday 10:15 am - 1:15 pm 5:30 - 8:30 pm 10:15 am - 1:15 pm 1:30 - 4:30 pm 1:30 - 4:30 pm 1:30 - 4:30 pm 4:45 - 7:45 pm

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









### **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

### 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.
- · Alcohol service available with in-house provider.
- New private outdoor deck available (seasonal availability)
- AV equipment included
- 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	*Fees are subject
Friday	\$1,250	\$1,150	to change. Call for
Saturday	\$1,500	\$1,400	more information.

### Wedell Community Room

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

- Seating up to 250 depending on the table and chair set up.
- Choose your own licensed caterer.
- 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.

### 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.



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 rate: \$35.

F			7
Lake Judy Park	Seats 15	Shamrock Park	Seats 35
McCullough Park	Seats 15	Commons Park	Seats 20*
Sitzer	Seats 24	Bucher Park	Seats 24

<sup>\*</sup>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.		

### 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.		

### **After Hours Parties**

Have the place to yourself and invite your friends! The Shoreview Community Center is available for exclusive use overnight and after-hours. Each rate is listed per person, and includes the use of the Tropics Indoor Waterpark, Bamboo Bay, 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

# PARKS & RECREATION

## SPRING 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, March 5 at 8 am.** 

Annual Community Center Member Registration Begins Thursday, March 7 at 8 am.

### General Registration

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

Begins Friday, March 8 at 8 am.

Phone Registration

Begins Monday, March II at 8 am.

\*See page 66 for registration information.

### HOW TO REGISTER

On-line at: www.shoreviewcommunitycenter.com or visit our office:

### 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

# We're Social. Follow us:



shoreviewcommunitycenter



@shoreviewCC



@cityofshoreview



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Registration Information

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# AOUATICS

### 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\*

\*Rate listed per person

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; \$114 Shoreview Resident\* Rate for 4 lessons: \$88; \$81 Shoreview Resident\*

\*Rate listed per person

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 own 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 I instructor to a maximum student ratio of:

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, March 2 Tuesday, April 30 11 am - Noon 6 - 7 pm

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

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

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

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

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

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

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



### INTERMEDIATE LESSONS

### Level 2.5 (L 2.5): Otters

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

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

### Level 4 (L4): Sting Rays

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

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

# AQUATICS

### 26

### **ADVANCED LESSONS**

### Level 5 (L5): Dolphins

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

- Front crawl with I flip turn (100 yards)
- Back crawl with open turns (100 yards)
- Elementary backstroke (100 yards)
- Breaststroke (50 yards)
- Butterfly (1/2 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 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.** 

### Introduction to Lifegarding (IL)

\$87; \$79 Shoreview Resident

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.

### JR. LIFEGUARD

Ages 13-15

\$44; \$40 Shoreview Resident

### Activity # 250306-01

Sundays, April 7 - May 5 May 12 (no class April 21)

5 - 7 pm I - 3 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**

### 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

### 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 I day per week for 8 weeks

M	0	n	day	
<b>April</b>		-	May	20

### Tuesday April 2 - May 21

### Wednesday April 3 - May 22

### Thursday April 4 - May 23

Morning				
Time	Level	Activity #		
9:40 am	LI	230101-01		
10:20 am	PS	230111-01		
Evening				
5 pm	PS	230111-03		
	LI	230101-02		
	L2	230102-01		
	L2.5	230112-01		
5:45 pm	SF I SF 2	230110-02		
	MR	230117-02		
	L3	230103-01		
	L4	230104-01		
6:30 pm	LI	230101-03		
	L2	230102-02		
	L2.5	230112-02		
	L5	230105-01		
7:15 pm	ΥB	230113-01		
	L3	230103-02		
	PR	230114-01		
	PR	230114-02		
8 pm	AL I	230115-01		
	PR	230114-03		
	PR	230114-04		

Evening		
Time	Level	Activity #
5 pm	MR	230117-03
	L2	230102-03
	PR	230114-06
	PR	230114-07
5:45 pm	PS	230111-04
	LI	230101-04
	L2.5	230112-03
	L5	230105-02
6:30 pm	LI	230101-05
	L2	230102-04
	L3	230103-03
	L4	230104-02
7:15 pm	L2.5	230112-04
	L6	230106-01
	IS	230109-01
8 pm	PR	230114-08
	PR	230114-09

Morning		
Time	Level	Activity #
9:40 am	PS	230111-02
10:20 am	SF I SF 2	230110-01
II am	MR	230117-01
Evening		
5 pm	PS	230111-05
·	LI	230101-06
	L2.5	230112-05
	ΥB	230113-02
5:45 pm	SF I SF 2	230110-03
	MR	230117-04
	PS	230111-06
	L4	230104-03
6:30 pm	LI	230101-07
	L2.5	230112-06
	ΥB	230113-03
	L3	230103-04
7:15 pm	L2	230102-05
	L2.5	230112-07
	L5	230105-03
8 pm	PR	230114-10
	PR	230114-11
	PR	230114-12

Evening		
Time	Level	Activity #
5 pm	MR	230117-05
	PS	230111-07
	L2	230102-06
	PR	230114-13
5:45 pm	PS	230111-08
	LI	230101-08
	L3	230103-05
	PR	230114-14
6:30 pm	LI	230101-09
	L2	230102-07
	L5	230105-04
	PR	230114-15
7:15 pm	L2.5	230112-09
	YΒ	230113-04
	L4	230104-04
	PR	230114-16
8 pm	AL 2	230115-02
	PR	230114-17
	PR	230114-18
	PR	230114-19

### **AQUATIC KEY**

PR 230114-05

SF I	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 I, 2, etc.	AL I	Adult Beginner
		AL 2	Adult Intermediate

### **LESSON RATES**

8 Lessons 6 Lessons

**Group** \$87; \$79 SV Res. **Group** \$66; \$60 SV Res.

**Private** \$182; \$165 SV Res. **Private** \$136; \$124 SV Res.

Semi-Private \$136; \$123 SV Res.\* Semi-Private \$102; \$92 SV Res.\* \*2 participants of equivalent ability

### WEEKLY CLASSES

I day per week for 8 weeks

### Saturday Mach 30 - May 18

Level Activity #

LI 230101-15 L2.5 230112-16 PR 230114-32 PR 230114-33

MR 230117-08 230111-14 L2 230102-13 L3 230103-09 PR 230114-34

230110-07

PS 230111-15

L2 230102-14 L4 230104-07

PR 230114-35

MR 230117-09

L2.5 230112-17 L2.5 230112-18

MR 230117-10

LI 230101-17

L2 230102-15

L3 230103-10

L4 230104-08

PR 230114-36

PS 230111-16 LI 230101-18

L2.5 230112-19

L5 230105-07

YB 230113-06

PR 230114-37

230101-16

230105-06

230110-06

Iornin	g
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Time	Level	Activity #
8:15 am	PS	230111-09
	LI	230101-10
	L2	230102-08
	L2.5	230112-10
	YB	230113-05
	PR	230114-20
	PR	230114-21
	PR	230114-22
	PR PR	230114-23 230114-24
9 am	SF 2	230114-24
7 4111	PS PS	230110-04
	LI	230111-10
	L2	230101-11
	L2.5	230112-11
	L2.5	230112-12
	L3	230103-06
	L4	230104-05
	PR	230114-25
	PR	230114-26
9:45 am	SF I	230110-05
	MR	230117-06
	PS	230111-11
	LI	230101-12
	L2	230102-10
	L2.5	230112-13
	L3	230103-07
	L6	230106-02
	IS	230109-02
10.20	PR MB	230114-27
10:30 am	MR PS	230117-07 230111-12
	LI	230111-12
	L2	230101-13
	L2.5	230112-11
	L4	230104-06
	IL	250305-01
	PR	230114-28
	PR	230114-29
11:15 am	PS	230111-13
	LI	230101-14
	L2	230102-12
	L2.5	230112-15
	L3	230103-08
	L5	230105-05
	YB	230113-06

PR

PR

230114-30

230114-31

No	class	April 21
<b>Morning</b>		

SF I

SF<sub>2</sub>

Time

9:45 am

10:30 am SF I

11:15 am

**Evening** 

6:15 pm

6:55 pm

SF<sub>2</sub>

LI

9 am

Sunday				
March 31	-	May	26	
No class	A	pril 21		

### Tuesday/Thursday March 5 - March 21

TWO DAY CLASSES

2 times per week for 3 weeks

6 Lessons Only - discounted rate

### **Evening**

Time	Level	Activity #
5 pm	PR	130114-41
	PR	130114-42
	PR	130114-43
5:45 pm	PR	130114-44
	PR	130114-45
	PR	130114-46
6:30 pm	PR	130114-47
	PR	130114-48
	PR	130114-49
7:15 pm	PR	130114-50
	PR	130114-51
	PR	130114-52

### 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 cancellation.
- 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.

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# RED CROSS COMMUNITY CPR/AED

Ages 16+

Tuesday, April 9 6 - 10 pm \$92; \$83 Shoreview Resident **Activity # 250301-01** 

### Deadline to register: Tuesday, April 2

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, April 11 6 - 8:30 pm \$59; \$54 Shoreview Resident **Activity # 250301-02** 

### Deadline to register: Tuesday, April 2

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, April 9 6 - 10 pm and Thursday, April 11 6:30 - 8:30 pm \$104; \$95 Shoreview Residents **Activity # 250301-03** 

### Deadline to register: Tuesday, April 2

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
Friday, April 19
\$27; \$24 Shoreview Resident

11 am - Noon

Activity # 230306-01

Activity # 250101-02

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

 March 9
 Activity # 150101-03

 April 13
 Activity # 250101-01

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

 April 7
 Activity # 250102-01

 May 19
 Activity # 250102-02

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 including how to respond to a choking person. Students will put together a small take home first aid kit.

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

May 11

### **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, April 20 Noon - 3 pm \$62; \$56 Shoreview Resident **Activity # 230301-01** 

**Deadline to register: Saturday, April 13 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, April 20 Noon - 4 pm \$68; \$62 Shoreview Resident **Activity # 230301-02** 

**Deadline to register: Saturday, April 13 Location:** Chippewa Middle School Pool

### First 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 First 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.

Thursday, April 18 5 - 8:30 pm \$68; \$62 Shoreview Resident **Activity # 230301-03** 

Deadline to register: Thursday, April II
Location: Shoreview Community Center





# ALL ABOUT BOATING SAFETY

Ages 12+
Saturday, April 27

\$ am - 4 pm
\$50/person

Activity # 250401-01

Youth are ½ price if registered with a full paying adult

This boating class meets the requirements for watercraft operators permits in both Minnesota and Wisconsin. Many boat insurance companies offer discounts on boating insurance to boaters who successfully complete this course. Topics include: introduction to boating, boating law, boat safety equipment, safe boating, navigation, boating problems, trailering, storing and protecting your boat, hunting and fishing, water-skiing, and river boating. This course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.

Deadline to register: Saturday, April 20

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# AQUATIC TEEN LEADERSHIP PROGRAMS at the Shoreview Community Center

# **AGES 13-15**

### JR. LIFEGUARD

Sundays, April 7 - May 5, 5-7pm & May I2, I-3pm (no class April 21) \$44, 40 Shoreview Resident, Activity #250306-01

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 - noon, Activity #150308-01 Saturday, May 4, 9am - noon, Activity #250308-01 \$40 flat fee

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 ATTEND GROUP FITNESS CLASSES!** 

### **HOW IT WORKS:**

- To start: purchase Group X Card 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 Group X Card 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	ANNUAL MEMBER	RESIDENT	RESIDENT ANNUAL MEMBER
5 CLASSES	\$42	\$29	\$38	\$27
10 CLASSES	\$83	\$58	\$75	\$53
25 CLASSES	\$207	\$145	\$188	\$132
50 CLASSES 5% discount included in price	\$392	\$275	\$357	\$250

There is one Group X Card allowed per individual. These cards are non-refundable and non-transferrable. Member discount applies to annual memberships only. 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

### SPRING SESSION April 1 - June 9

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; \$9 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 80-90 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, participants 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 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 4/7, 5/5.



### 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.

### SPRING SESSION April 1 – June 9

	Activity #
SeniorFIT Strength Training with Sarah	210161-01
SeniorFIT Chair Yoga with Wanda	210163-01
SeniorFIT Aqua Exercise with Fran	210162-01
SeniorFIT Chair Yoga with Katie	210163-02
SeniorFIT Strength Training with Bridget	210161-02
DAY	
SeniorFIT Chair Yoga with Gretchen	210163-03
SeniorFIT Strength Training with Wanda	210161-03
NY	
SeniorFIT Strength Training with Bridget	210161-04
SeniorFIT Aqua Exercise with Fran	210162-02
SeniorFIT Strength Training with Perry	210161-05
SeniorFIT Chair Yoga	210163-04
	with Sarah SeniorFIT Chair Yoga with Wanda  SeniorFIT Aqua Exercise with Fran SeniorFIT Chair Yoga with Katie SeniorFIT Strength Training with Bridget  DAY SeniorFIT Chair Yoga with Gretchen SeniorFIT Strength Training with Wanda  NY SeniorFIT Strength Training with Bridget  SeniorFIT Strength Training with Bridget  SeniorFIT Strength Training with Bridget

## SPRING SCHEDULE 2019 FITNESS CLASSES: April I – June 9

MONDAY	Z INS	TRUCTOR
5:35 am	H.I.I.T. (High Intensity Interval Training)	Chris
5:45 am	Cycle Training	Mike
8:30 am	Fundamental Combo	Perry
9:15 am	Aqua Fit	Sue
9:30 am	Fitness Pilates	Perry
9:45 am	H.I.I.T. (High Intensity Interval Training)	Kathy
II am	TRX (35 min)	Wanda
11:45 am	Power Yoga	Wanda
5:30 pm	60/40 Cardio	Adrienne
5:30 pm	Yoga/Pilates Fusion	Sarah
6:30 pm	Yin/Restorative Yoga	Scott
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	Cardio Kickboxing	Mary P.
7:30 pm	Hatha Yoga	Gretchen
WEDNES	DAY	
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	Richard
11:45 am	Power Yoga	Wanda
4:30 pm	Kettlebell Training (35 min)	Mary P.
5:30 pm	Step Cardio	Mary P.
6 pm	Yoga/Pilates Fusion	Gretchen
6 pm	The Resistance Workout	Perry
6:30 pm	Cycle Training	Mary P.
7 pm	Cardio Kickboxing	Perry

This schedule is subject to change. Please check our website for the most current class listing.





### CHILD CARE AVAILABLE!

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

Rate \$1 per hour per child.

See page 18 for additional information and holiday hours.

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# **SPRING SCHEDULE 2019**

FITNESS CLASSES: April I – June 9

THURSDA	AY	INSTRUCTOR
5:35 am	H.I.I.T. (High Intensity Interval Traini	ng) 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	Heated Yoga	Katie
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
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	Cardio Kickboxing	Perry
10:30 am	Power Yoga	Scott
4:30 pm	Zumba	Jan
SATURDA	AY	
8:15 am	Barre Principle	Adrienne
8:30 am	Zumba	Jan
8:30 am	Total Body Workout	Steph
9:30 am	Cardio Kickboxing	Adrienne
SUNDAY		
8:15 am	Aqua Yoga	Elizabeth
8:30 am	Cycle Training	Mike
9:30 am	The Resistance Workout	Denise
4:45 pm	Yin/Restorative Yoga	Richard
5:45 pm	Tai Chi	Richard



This schedule is subject to change. Please check our website for the most current class listing.

# 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:**

<b>Buddy Sessions</b>	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.

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# 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 \$75; \$70 Shoreview Resident

April 2 - May 2 (5 weeks) Activity #210231-01

Winter Session B

May 7 - June 6 (5 weeks)

\$75; \$70 Shoreview Resident

Activity #210233-01





# FIERCE: WOMEN'S SELF-DEFENSE COURSE

Ages 13 and older (participants under 18 must attend with a registered adult 18 or older)

This intense course focuses on the most common and dangerous attacks on women. Students will learn physical techniques and verbal strategies on how to avoid and escape an attack or submit an attacker if need be. Instructor Molly Nielsen is an extremely motivated and passionate learner in several martial arts styles. Non-restrictive and modest clothing is recommended to allow freedom of movement during class.

Individual Rate: \$138; \$125 Shoreview Resident Buddy Rate: \$125/person; \$110/person Shoreview Resident (2 people enroll together)



Saturdays, March 16 - May 18

10 - 11:15 am

(no class 3/30 & 4/20)

Activity # 220300-01

**Buddy Package Rate** 

Individual Rate

**Activity # 220300-02** 

Deadline to register: Monday, March II

6 - 7:15 pm

Tuesdays, April 2 - May 21 Individual Rate

Activity # 220300-01

**Buddy Package Rate** 

**Activity # 220300-02** 

Deadline to register: Wednesday, March 27



# 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.

Register now for the 2019-20 school year!

Our preschool program offers students 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, students 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.

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

Our preschool classes for  $2\frac{1}{2}$  to 3 year olds will offer students a great first-time classroom experience. Class time will include opportunities 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. Students must be 3 years old by May 31, 2020.

**Monday Funday AM** 

\$82/mo; \$74/mo SV Res

**Monday Funday PM** 

\$82/mo; \$74/mo SV Res

Friday Funday AM

\$68/mo; \$62/mo SV Res

Friday Funday PM

\$68/mo; \$62/mo SV Res

9:15 - 10:45 am

**Activity # 540420-01** 

11 am - 12:30 pm

**Activity # 540420-02** 

9:15 am - 10:45 am

Activity # 540421-01

11 am - 12:30 pm

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. Social skills and self-help abilities will be taught 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. Students must be 3 years old by September 1, 2019.

#### **Tiny Treasures**

Wednesday & Friday

\$147/mo; \$134/mo SV Res **Activity # 540422-01** 

**ABC's & 123's** 

Tuesday & Thursday \$165/mo; \$150/mo SV Res

9:30 am - Noon

9:30 am - Noon

Activity # 540423-01



Our preschool classes designed for 4 to 5 year olds will prepare students 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. Students must be 4 years old by September 1, 2019.



Tuesday & Thursday \$182/mo; \$165/mo SV Res 9:30 am - 12:30 pm

**Activity # 540424-01** 

**Stepping Stones** 

Tuesday, Wednesday & Thursday \$274/mo; \$249/mo SV Res

I - 3:30 pm

Activity # 540427-01



# KIDS CORNER PRESCHOOL

# SPECIALTY CLASSES (3 TO 5 YEAR OLDS)

Our specialty classes are designed for a fun, unique, and energy-filled preschool experience for 3 to 5 year olds. Classes include swimming lessons taught by certified lifeguards in the Tropics Indoor Waterpark. Eight week session of swimming lessons are included the last 30 minutes of class during fall, winter, and spring. Students must be 3 by September 1, 2019.



#### **Busy Buddies**

Monday 9:30 am - Noon \$116/mo; \$106/mo SV Res Activity # 540425-01

Shoreview Community Center

During this class students will discover a love of learning through art projects, creative movement, foreign language, and early learning activities.

#### **Investigators**

Wednesday 9:30 am - Noon \$123/mo; \$111/mo SV Res **Activity # 540428-01** 

This class includes fun, hands-on experiential learning that will introduce students to an investigative approach to science-based education.

### 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 Resident 3 days/week (M,W,F): \$189/week; \$171/week SV Resident 2 days/week (T, R): \$147/week; \$133/week SV Resident

This **FULL-DAY** class offering designed for  $3\frac{1}{2}$  to 5 year olds will provide a combination of early learning activities in an environment that will prepare students 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. Students need to bring a bag lunch with a drink. Students 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.

Activity # 540426-01 **Activity # 540426-02 Activity # 540426-03** 





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

# **WEEKLY TUITION:**

# **Summer Discovery Beginnings Activity # 340308-01**

Entering Kindergarten (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 I - 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





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# ADVENTURE QUEST SUMMER PLAYGROUND PROGRAM

June 10 - August I (no program July 4)

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

#### **General Information:**

Children are broken into age groups and activities are designed to be developmentally appropriate for each age group. Participants must be the designated age/grade by June 10, 2019. Consider attending both sessions for four fun-filled mornings per week.

### TINY TREKKERS

Ages 3-5 (1:7 staff/child ratio)

June 10 - August 1 9 - 11:30 am No class July 4

Monday & Wednesday \$120; \$112 Shoreview Resident

Sitzer Park Activity # 370501-01 McCullough Park Activity # 370501-02 **Bucher Park** Activity # 370501-03

**Tuesday & Thursday** \$113; \$105 Shoreview Resident

Sitzer Park Activity # 370502-01 McCullough Park **Bucher Park** 

Activity # 370502-02 **Activity # 370502-03** 

### **TRAVELERS**

Grades K-5 (2018-19 School year; 1:15 staff/child ratio)

June 10 - August 1 9 - 11:30 am No class July 4

Monday & Wednesday \$104; \$96 Shoreview Resident Sitzer Park Activity # 370503-01 McCullough Park Activity # 370503-02 **Bucher Park Activity # 370503-03** 

**Tuesday & Thursday** \$98; \$90 Shoreview Resident Sitzer Park Activity # 370504-01 McCullough Park **Activity # 370504-02 Bucher Park Activity # 370504-03** 



# **OUTDOOR GAMES**

Ages 7-11

Commons Park

Mondays, June 10 - July 29 I - 3 pm \$54; \$48 Shoreview Resident Activity # 390514-01

Participate in an assortment of exciting sports. We'll play ultimate frisbee, bocce ball, kickball, dodgeball, ladderball, bean bag toss, washer toss, and other sports.

Class will start and end at the Haffeman Pavilion (behind the Community Center).

# ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 10

June 10 - August 1, No program July 4

\$80; \$73 Shoreview Resident Activity # 370507-01

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 10th grade in the fall of 2019 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program.

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

> \* Information on Adventure Quest Academy Classes, Friday Funday Classes, Friday Field Trips and Special Events will be featured in our Summer Catalog in Mid April.



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# 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.

#### Think and Eat Green

Ages 6 - 12

Thursday, March 14 6 - 7:30 pm \$45; \$40 Shoreview Resident 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.

#### **Egg-cellent Easter Cooking Class**

Ages 6 - 12

\$50; \$45 Shoreview Resident Activity # 270211-01

Tuesday, April 16 6 - 8 pm

#### Deadline to register: Thursday, April II

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.

#### **Picture Perfect Cooking**

Ages 7 - 13

Saturdays, April 6 - May 11 (8 weeks) 10 - 11 am \$154; \$140 Shoreview Resident Activity # 270209-01 Deadline to register: Friday, March 29

Mondays, April 8 - May 13 (8 weeks) 6 - 7 pm \$154; \$140 Shoreview Resident **Activity # 270209-02** 

#### Deadline to register: Friday, March 29

"Foodies" are on the rise and many people have become well known on social media platforms, such as Instagram, for their food photography. Food presentation can be as important as how the food tastes. In this class, students will learn plating techniques to find the right moment in capturing how delicious a meal can look and taste. Come join the fun as students follow recipes on some of their favorite dishes, and then capture those dishes in a picture to keep as a memento.





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

#### Ages 3 - 6

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.

#### Session 2 - Theme: Carnival of the Animals

Sundays, 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

Session 3 - Theme: Carnival of the Animals

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

**NEW!** Session 4 – Theme: Carnival of the Animals

Wednesdays, April 3 - May 29 5:30 - 6:15 pm

(8 weeks - no class on May 1)

\$93; \$85 Shoreview Resident Activity #270202-03

# HIP HOP DANCE PARTY

#### Ages 5 - 10

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.

Sundays, March 17 - May 19 3:3 (8 weeks – no class on April 21 & May 12)

3:30 - 4:15 pm

### **DANCE WITH ME!**

Ages 18 months – 4 years

\*An adult is required to attend class with child

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.

#### Session 3 - Theme: Carnival of the Animals

Tuesday, April 23 - May 28 (6 weeks) 10:15 - 10:45 am \$55; \$50 Shoreview Resident **Activity # 270203-01** 

**NEW!** Session 4 – Theme: Carnival of the Animals

Wednesday, April 3 - May 29 5 - 5:30 pm

(8 weeks – no class on May 1)

\$70; \$63 Shoreview Resident **Activity # 270203-02** 

# WISH UPON A BALLET & TAP

Ages 4 - 7

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.

#### Session 2 - Theme: Carnival of the Animals

Sunday, March 17 - May 19 2:45 - 3:30 pm (8 weeks - no class on April 21 and May 12)

\$93; \$85 Shoreview Resident Activity #270204-01



# **TUMBLING**

Saturdays, March 23 - May 11 \$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 # 280101-01 10:45 - 11:30 am Activity # 280101-02

Tumbling Tykes, Ages 3 & 4

Activity # 280102-01 11:45 am - 12:30 pm

Rolly Pollys, Ages 4 & 5

Activity # 280103-01 12:45 -1:30 pm

Beginners Headstanders/Handstanders,

Ages 5 - 8

Activity # 280104-01 1:45 - 2:30 pm



### **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 mixedage 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, March 24, 4:30 pm **Activity # 270212-01** Monday, March 25, 9:15 am **Activity # 270212-02** Wednesday, March 27, 10:15 am **Activity # 270212-03** 

#### **Spring Session:**

Sundays, March 31 - June 9 (no class April 21)

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

4:30 - 5:15 pm Activity # 270213-01 5:30 - 6:15 pm **Activity # 270213-02** 

Mondays, April I - June 10 (no class May 27)

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

9:15 - 10 am **Activity # 270214-01** 10:15 - 11 am **Activity # 270214-02** 

Wednesdays, April 3 - June 3

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

9:15 - 10 am Activity # 270215-01 10:15 - 11 am **Activity # 270215-02** 

# JEDI ENGINEERING CAMP

Ages 5 - 12

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 II

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





#### **CHESS SCHOOL**

Ages 5 - 18

Saturdays, April 6 - May 18 (6 weeks - no class 4/27) \$90; \$84 Shoreview Resident

10 - 11:15 am

Activity # 270216-01

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 and 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!

# ROBOTIC BUILDERS: BATTLEBOTS

Ages K - 4

Saturdays, April 27 and May 4 9 am - 12 pm \$77; \$70 Shoreview Resident **Activity # 270220-01** 

#### Deadline to register: Friday, April 19

Let the battles begin! Designed by the experts at M.I.T., LEGO WeDo Robotic's unique system teaches students about simple machines, engineering, programming, and so much more. In this camp, students may construct a Catapult, Ninja Star, Tank, Battle Axe, Crossbow, and more!





# PAINTING CLASSES

Spend the morning making great memories with the grandchildren. This class consists of one grandparent and one grandchild sharing & working together on the same 16 x 20 canvas. Register a week prior to class date.

\$36; \$33 Shoreview Resident; Additional Child: \$7

Saturday, March 2 "Lucky Me"

Saturday, April 13 "Bunny Love"

Saturday, May 18 "You Are My Sunshine" 9:30 - 11:30 am

Activity # 200207-01

9:30 - 11:30 am

**Activity # 200207-02** 

9:30 - 11:30 am

**Activity # 200207-03** 

#### **IMPROV**

Grades 4-5

Saturdays, April 13 - May 18 (6 weeks) 2:15 - 3:45 pm \$160 per participant Activity # 270217-01

#### Deadline to register: Friday, April 5

Make it up as you go! Learn to trust your instincts, make dynamic choices on the fly, and spontaneously create original characters and storylines.

### **WORLD PREMIERE**

Grades 2-3

Saturday, April 13 - May 18 (6 weeks) I - 2 pm Activity # 270218-01 \$115 per participant

#### Deadline to register: Friday, April 5

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.



# WE'RE HIRING!

# **OPEN POSITIONS**

**LIFEGUARDS SWIM INSTRUCTORS SPORTS INSTRUCTORS** 

ADVENTURE QUEST INSTRUCTORS YOUTH SOCCER OFFICIALS

SUMMER DISCOVERY INSTRUCTORS **TENNIS INSTRUCTORS** 

WALK-IN INTERVIEWS

APRIL 20 & MAY 11 { 10 AM - NOON }

SAVE TIME & APPLY ONLINE: SHOREVIEWCOMMUNITYCENTER.COM/JOBS

651.490.4700





### **DIVE-IN MOVIE**

# Friday, March I

#### 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 whirlpool 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.

#### SPRING ROYAL TEA PARTY

Ages 10 and under

Sunday, May 19 \$14; \$12 Shoreview Resident Act 3 - 4:30 pm

Activity # 260220-01

Deadline to register: Wednesday, May 15

#### **Shoreview Community Center**

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



# SHOREVIEW EGG HUNT

Ages 12 and under

Saturday, April 13

10 am

\$10; \$8 Shoreview Resident

Activity # 260219-01

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

Ages 12 and under

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

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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.** 

# Registration is open for these summer sports leagues! DEADLINE IS APRIL 26

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

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

### T-BALL & BASEBALL LEAGUES

**Grade levels based on <u>2019–20 school year</u>** (Must be 4 by June 1, 2019)

Games and practices last for one hour, starting at 6 or 7:15 pm

\$74; \$64 Shoreview Resident; \$20 late fee after April 26

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

Tues & Thurs, May 30 - July 25 Activity # 390101-01

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

Tues & Thurs, May 30 - July 25 Activity # 390102-01

**Sluggers** (CoRec Machine Pitch), Grades 2-3

Mon & Wed, May 29 - July 24 Activity # 390102-02

This program is designed to introduce youth to the game of baseball. Each age level will include instructional practices and games. A pitching machine is used in the baseball leagues. Children will receive a team shirt and hat. Parents will be informed of team assignment and first practice details shortly after the May 22 coaches meeting.

**COACHES MEETING:** Wednesday, May 22, 6:30 pm, Shoreview Community Center



### **SUMMER SOCCER LEAGUES**

Grade levels based on 2019-20 school year

(Must be age 4 by June 1, 2019)

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

\$74; \$64 Shoreview Resident; \$20 late fee after April 26.

Mini Mites CoRec, Ages 4-K

M-Th, May 30 - July 25 **Activity # 390201-01** Team schedule will vary throughout the season, meeting *I-2* times per week.

Mites CoRec, Grades I and 2

Mon & Wed, May 29 - July 24 Activity # 390201-02

Squirts CoRec, Grades 3 and 4

Tues & Thurs, May 30 - July 25 Activity # 390201-03

PeeWee CoRec, Grades 5 and 6

Tues & Thurs, May 30 - July 25 Activity # 390201-04

Our summer soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun-filled practices and games against other teams. Players receive a shirt and are required to wear shin guards. Parents will be informed of team assignment and first practice details shortly after the May 20 coaches meeting.

COACHES MEETING: Monday, May 20, 6:30 pm, Shoreview Community Center

# IMPORTANT YOUTH SPORT LEAGUE INFORMATION

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player, no chain requests will be allowed. All teammate requests must be submitted by the registration deadline. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the registration deadline.
- A volunteer coach will contact you with your first practice time and location the week before practices begin. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every effort is made to balance the number of boys and girls in our co-rec league, dependent on requests and registrations.

50



# **ELEMENTARY TRACK**

Grades 4 & 5

\$65 for Grade 5; \$55 for Grade 4

Practice Days 4:05 - 5:05 pm Track Meets 4:05 - 6:05 pm

Track is held 2-3 days per week, and the days will vary each week.

**Island Lake Elementary Gym** (1st Practice May 1)

Grade 4 Activity #290408-01
Grade 5 Activity #290408-02

**Turtle Lake Elementary Gym** (1st Practice May 1)

Grade 4 Activity #290408-03
Grade 5 Activity #290408-04

On your mark, get set, have fun! Join your friends this spring in Elementary Track as we put fun in fitness. Participate in the high jump, 60-meter dash, relay events and much more! At the first practice a detailed schedule will be handed out with all the track practice and meet dates. Team shirts will be available for purchase from your track coach for a nominal fee. **Participants must register for the school they attend.** 

#### **SOCCER**

Grades 1 - 3 4:05 - 5:05 pm

\$45 per participant

**Island Lake Elementary Gym** 

Mondays, April 15 - May 20 Activity # 290401-01

**Turtle Lake Elementary Gym** 

Wednesdays, April 17 - May 22 Activity # 290401-02

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.



# TURTLE LAKE ELEMENTARY RUN CLUB

Grades 1 - 5

April 15 - June 3

\$100 per participant Activity # 290410-01

Thursdays, 8:40 - 9:10 am & Mondays, 4:05 - 4:45 pm

#### **Turtle Lake Elementary**

Improve your overall fitness and learn the essentials of proper form/drills, hydration and nutrition, proper warm up/cool down, breathing, stretching, and pacing. Class is instructed by Diane Hankee, who has experience working with youth and adults as a trainer, coach, and instructor. Diane participates in endurance events and is one of Minnesota's top triathletes.

### TGA GOLF

Grades 1 - 5

4:05 - 5:05 pm

\$99 per participant

Island Lake Elementary Gym

**Turtle Lake Elementary Gym** 

Thursdays, April 18 - May 23 **Activity # 290910-02** 

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 and play with TGA!

#### **BASEBALL**

Grades 1 - 3

Tuesdays, April 16 – May 21

4:05 - 5:05 pm

\$45 per participant

Activity # 290402-01

#### **Island Lake Elementary Gym**

This is a perfect way to get ready for summer's most popular game! Learn the basic skills and techniques in a fun, supportive atmosphere! Skills will include catching, throwing, fielding, hitting, and more! Sign up for this class today and get ready for a home run!

# **SPORTS UNLIMITED**

Sports Unlimited Camps provide fundamental skill development for boys and girls with an emphasis on fun! The camps help players learn the core skills and techniques used in each sport and then allow them to practice these skills in a number of games and scrimmages. All campers receive quality instruction, water bottle and sportsmanship award. All equipment is provided unless noted below. Registration deadline is one week before camp starts.

Camp	Age	Date	Time	Location	Fee	Activity #
Flag Football	5-12	June 17-20	9 am - 12 pm	Shamrock Park	\$100; \$90 Shoreview Resident	390912-01
Ninja Warrior	5-12	June 17-20	I - 4 pm	Shamrock Park	\$90; \$80 Shoreview Resident	390912-02
Mini Sport Sampler Variety of Sports and Playground Games	4-8	June 24-27	9 am - 12 pm	Perry Park (Arden Hills)	\$100; \$90 Shoreview Resident	390912-03
Ultimate Frisbee	8-14	June 24-27	I - 4 pm	Perry Park (Arden Hills)	\$100; \$90 Shoreview Resident	390912-04
Disc Golf	8-14	July 8-11	I - 4 pm	Perry Park (Arden Hills)	\$100; \$90 Shoreview Resident	390912-05
Volleyball	5-12	July 8-11	9 am - 12 pm	Turtle Lake School Gym	\$100; \$90 Shoreview Resident	390912-06
Cheerleading and Dance	4-8	July 15-18	9 am - 12 pm	Turtle Lake School Gym	\$100; \$90 Shoreview Resident	390912-07
Badminton	5-12	July 15-18	l - 4 pm	Turtle Lake School Gym	\$100; \$90 Shoreview Resident	390912-08
Ninja Warrior	5-12	July 22-25	10 am - 12 pm	Perry Park (Arden Hills)	\$90; \$80 Shoreview Resident	390912-09
Basketball	5-12	July 22-25	I - 4 pm	Turtle Lake School Gym	\$100; \$90 Shoreview Resident	390912-10
Flag Football	5-12	July 29 - August I	9 am - 12 pm	Perry Park (Arden Hills)	\$100; \$90 Shoreview Resident	390912-11



#### SPRING TENNIS LESSONS

As a member of the United States Tennis Association (USTA), we are able to provide you with quality instruction that meets national standards in technique and appropriateness for varying skill levels. Using USTA QuickStart tennis curriculum, instructors will help participants progress from basic skills through intermediate skills. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise – and, most of all, have fun! Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

### PRIVATE LESSONS

**Individual Private Lessons** (60 minutes) Five lessons: \$180; \$170 Shoreview Resident **Activity # 290602-01** 

Semi Private Lessons (60 minutes)
Five lessons: \$100; \$90 Shoreview Resident
Activity # 290603-01

(Each participant pays registration fee and must enroll with a partner)

Personalized high-quality tennis instruction for players who want to improve their court game. This program offers one-on-one tennis instruction for the casual or avid tennis player. Our instructors will help you work on your ground strokes, serves, volleys, lobs, and smashes in an individual setting. Semi private lessons are for two participants of equivalent ability. Participants must enroll with a partner for semi-private lessons.

Please note: Our instructors have other job responsibilities outside of the individual tennis instruction. They come specifically to teach tennis to individuals. For this reason, please note that notice of any cancellation must be given 24 hours in advance, or you will forfeit the session.



### **GROUP LESSONS**

Saturdays, April 20 - June I (no class May 25) If necessary, make-up lessons held June 8 and 15.

Youth Group Lessons: \$70; \$60 Shoreview Resident Wilson Park, 815 County Road F

#### **Pee Wees**

9 - 9:45 am **Activity # 290606-01** 

#### **Beginners**

10 - 10:55 am **Activity # 290607-01** 

#### **Advanced Beginners**

II - II:55 am Activity # 290608-01

#### **Intermediate**

12 - 12:55 pm **Activity # 290609-01** 

#### **PeeWees**

Ages 5 to 7

Peewees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using low compression tennis balls and integrating games progressing at individual's pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

#### **Beginners**

Ages 7 to 11

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

#### **Advanced Beginners**

Ages 9 to 11

Perfect for the player who has taken lessons, but needs stroke and technique improvement. Instruction focuses on stroke consistency and introduces new strokes.

#### Intermediate

Ages II to I4

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





# LEISER'S GREEN WHITE **BOYS BASKETBALL CAMP**

Grades 6 - 9 (2017-18 school year) Tuesdays, March 26 & April 2

Location: Island Lake School

Grades 6-7 6 - 7:30 pm Activity # 290907-01 \$20 per participant Grades 8-9 7:30 - 9 pm **Activity # 290907-02** \$20 per participant

Please join local boys basketball coach Dave Leiser for these fast-paced basketball camps. Players will learn the basic fundamentals of basketball to be a successful high school player. Please bring a basketball to camp.

# **CHILD YOGA**

Ages 5 - 11 Saturdays, June 15 - August 3 (no class July 6)

9 - 10 am

\$85; \$80 Shoreview Resident

**Activity # 390406-03** 

Develop healthy habits for a lifetime of wellness and happiness. Improve personal awareness and learn strategies to maintain focus through fun yoga games, breath, movement and poses. All participants must bring a yoga mat.

# TEEN YOGA

Ages 11 - 18

Saturdays, June 15 - August 3 10 - 11 am

(no class July 6)

**Activity # 390407-03** \$85; \$80 Shoreview Resident

Calling all teens interested in learning more about yoga! Practicing yoga reduces stress, improves concentration, increases strength and flexibility, enhances body awareness and balance in life. All participants should bring their own mat.

# LITTLE STRIKERS **BOWLING CAMP**



Ages 5 - 10

July 22 - 26 \$60 per participant 10 am - Noon

Activity # 390910-01

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

#### Deadline to register: Monday, July 15

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! Transportation NOT provided.

# **NEW!** TBALL/BASEBALL

Saturdays \$66 per participant Session I: March 2 - April 6

Session 2: April 13 - May 18

TBALL (Ages 2 - 3) 9 - 9:30 am Session I Activity # 290914-01

Session 2 **Activity # 290914-04** 

Baseball (Ages 4 - 6) 9:30 - 10:15 am Activity # 290914-02 Session I

Session 2 **Activity # 290914-05** 

Baseball (Ages 6 - 9) 10:15 - 11 am Session I Activity # 290914-03 **Activity # 290914-06** Session 2

This program teaches fundamental skills that end each session with small side scrimmages. Small group sizes are used for a more fun and active environment. Age appropriate equipment is used. This class is taught by Revolutionary Sports.

# **NEW!** NINJA WARRIOR

**Mondays** \$55 per participant

Session I: March 4 - April 8 Session 2: April 15 - May 30

TotStars (Ages 2 - 3) 5 - 5:30 pm Session I Activity # 290913-01

Session 2 Activity # 290913-04 KinderStars (Ages 4 - 6) 5:30-6:15 pm Session I Activity # 290913-02

Session 2 **Activity # 290913-05** 

MightyStars (Ages 6 - 9) 6:15-7 pm Session I Activity # 290913-05 Session 2 Activity # 290913-06

This instructional class will use challenges that will evolve into an obstacle course at the end of each session. Participants build skills that involve, running, jumping, balance, control, coordination, strength and agility. Each session is challenging and FUN! This class is taught by Revolutionary Sports.

# YOUTH AND ADULT SPORTS



### **SKYHAWKS**

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life such as teamwork, respect and sportsmanship.

Camp	Age	Day(s) of the week	Dates	Time	Fee	Location	Activity #
Mini-Hawk Camp (T-ball, soccer, basketball)	3 - 4	Saturdays	April 27 - May 18	9 - 9:30 am	\$69 per participant	Bobby Theisen Park	# 290912-01
Multi-Sport Camp (T-ball, soccer, basketball)	4 - 6	Saturdays	April 27 - May 18	9:45 - 10:45 am	\$69 per participant	Bobby Theisen Park	# 290912-02
Multi-Sport Camp (Baseball, soccer, basketball)	7 - 12	Saturdays	April 27 - May 18	II am - Noon	\$69 per participant	Bobby Theisen Park	# 290912-03
Lacrosse Camp	7 - 14	Saturdays	April 27 - May 18	l - 2 pm	\$69 per participant	Bobby Theisen Park	# 290912-04
Track and Field	7 - 12	Monday - Thursday	June 17 - 20	9 am - 12pm	\$125 per participant	Chippewa Middle School Track	# 390930-01
Basketball	6 - 12	Monday - Thursday	June 24 - 27	9 am - 12 pm	\$125 per participant	Turtle Lake Elementary	# 390930-02
Mini Hawk	4 - 7	Monday - Thursday	July 8 - 11	9 am - 12 pm	\$125 per participant	Bobby Theisen Park	# 390930-03
Game Camp	8 - 12	Monday - Thursday	July 8 - 11	I pm - 4 pm	\$125 per participant	Bobby Theisen Park	# 390930-04
Lacrosse	7 - 12	Monday - Thursday	July 22 - 25	9 am - 12 pm	\$125 per participant	Bobby Theisen Park	# 390930-05
Full Day Multi Sport	7 - 12	Monday - Thursday	July 29 - August 1	9 am - 4 pm	\$229 per participant	Bobby Theisen Park	# 390930-06
Soccer	6 - 12	Monday - Thursday	August 12 - 15	9 am - 12 pm	\$125 per participant	Bobby Theisen Park	# 390930-07
Flag Football	6 - 12	Monday - Thursday	August 12 - 15	l pm - 4 pm	\$125 per participant	Bobby Theisen Park	# 390930-08

### **NEW!** TRIATHLON CLINIC

Ages 18+

Sunday, May 19 \$15 per participant **A** 

5 - 6:30 pm **Activity # 220810-01** 

Local Elite Triathlete, Diane Hankee, will share her knowledge, strategies and trainings tips for participating in a triathlon. Whether you are a beginner, an experienced athlete or are just thinking of participating in one, this clinic is welcoming to everyone! Bring what you need to run outside, your own swim suit, swim cap and goggles. A bike is not needed.

### **NEW!** TRIATHLON CLUB

Ages 18+

Tuesdays & Thursdays, June 4 - August 29 5 - 6:30 pm (no class July 4)

\$299 per participant

Activity # 320810-01

Work with experienced local elite triathletes, Diane Hankee and Shelley Ostrander in this fun program. Whether you are a beginner, an experienced athlete or are thinking of participating in a triathlon, this club is friendly, welcoming and supportive. Participants will have a planned workout twice per week. This club will get you fit and ready for a summer triathlon! Participants will get a Triathlon Club T-shirt.

6 - 7 pm

7 - 8 pm

7 - 8 pm

# **ADULT GROUP TENNIS LESSONS**

Find yourself in the game! Have fun, stay in shape, and meet new friends while playing the lifetime sport of tennis. All classes are taught by USTA-trained instructors.

#### Session I

Tuesdays, June 11 - July 16 (If necessary, make-up lessons held July 23) Commons Park Tennis Courts \$75; \$65 Shoreview Resident

#### **Beginner** Activity # 320600-01

Classes are for those who have little or no tennis experience. Learn the basic strokes and begin to rally. Wilson tennis racquets will be provided by USTA.

#### **Advanced Beginner** Activity # 320601-01

Classes are for those who know the basic strokes and are working further on ball tracking, movement, and consistency. Players are ready for introductory social match play. Wilson tennis racquets will be provided by USTA.

#### **Intermediate** Activity # 320602-01

Classes are for those continuing to develop their stroke consistency and accuracy while earning net play, court coverage, and match strategy. Players are ready for formal, organized play if they choose. Wilson tennis racquets will be provided by USTA.



# 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 pm 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 II-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		y Bird after 3/I	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				



# DROP-IN PICKLEBALL

Ages 18 and up

Monday - Friday, 8:30 - 11 am

October I - April 6

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

\$3, I 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 I 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 2019 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 partners required

#### **Bingo**

One Wednesday monthly at 1 pm March 27, April 24, May 29, June 26, July 31, August 28 \$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. Stop by the Community Center for details and to sign up.



# 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. This rate includes a Shoreview administration fee.

AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates. All classes held at Shoreview Community Center.

4 Hour Refresher Day Course 9 am - 1 pm

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

Activity # 250201-01 Tuesday, March 12 Activity # 250201-03 Tuesday, April 9 Tuesday, May 7 **Activity # 250201-05** 

4 Hour Refresher Evening Courses 5:30 - 9:30 pm

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

Thursday, March 21 Activity # 250201-02 Activity # 250201-04 Thursday, April 25 Thursday, May 23 **Activity # 250201-06** 

**8 Hour Courses** 

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

Tuesday, April 16 and Thursday, April 18

5:30 - 9:30 pm Activity # 250201-07

#### SENIOR NEWSLETTER

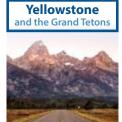
Sign up to receive a copy of our Senior Newsletter each season! Call 651,490,4750 to be added to our mailing list.

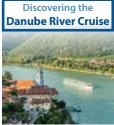
#### WHAT'S ON YOUR BUCKET LIST?

**MORE THAN 20 DESTINATIONS EVERY YEAR** 

Come learn more about the exciting world of escorted group travel on March 14th at 10:00 AM at the Shoreview Community Center

Can't make the show? Call for a free catalog! 612-230-2040







United States • Canada • Central America • Europe
Tours • Cruises • River Cruises





**New York City** 



In partnership with Shoreview Parks and Recreation

www.gowithlandmark.com



# SMARTPHONE WORKSHOP BASIC

Tuesday, March 26 \$35 per participant I - 3 pm

Activity # 200203-01

#### Deadline to register: Tuesday, March 19

Location: Shoreview Community Center

This class is for people with little to no experience who are challenged with working with their smartphones (iPhone or Android). The class will cover most of the most common cellphone options including texting, calls and security management. Several of the main cellphone settings, Wi-Fi, security, maps, photos/ videos, accessories, icons & apps management, commands and controls will be among the highlighted points. Instr: Raythecomputerguy.

# SMARTPHONE Workshop intermediate

Tuesday, April 9 \$35 per participant I - 3 pm

**Activity # 200203-02** 

#### Deadline to register: Tuesday, April 2

Location: Shoreview Community Center

Build on what you learned in the basic Smart Phone Workshop. Instr: Raythecomputerguy.

# SMARTPHONE Workshop Advance

Tuesday, April 23

I - 3 pm

\$35 per participant

**Activity # 200203-03** 

#### Deadline to register: Tuesday, April 16

Location: Shoreview Community Center

Build on what you learned in the first two Smart Phone workshops. Instr: Raythecomputerguy.

#### **UBER 101**

Saturday, May 18

10 - 11 am

\$25; \$20 Shoreview Resident

**Activity # 200212-01** 

#### Deadline to register: Friday, May 10

Location: Shoreview Community Center

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this training workshop, students will learn the basics and gain the knowledge on how to use Uber if needed. No experience required and training materials will be provided for each attendee.

# APPS ONLINE WORKSHOP

Tuesday, May 7 \$35 per participant I - 3 pm **Activity # 200208-01** 

#### Deadline to register: Tuesday, April 30

Location: Shoreview Community Center

"Apps Online" or Software Applications 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.

#### AMAZON 101

Saturday, April 6

10 - 11 am

\$25 \$20 Shoreview Resident

Activity # 200224-01

#### Deadline to register: Friday, March 29

Location: Shoreview Community Center

Want to learn more about Amazon.com? In this training workshop, we will cover the basics of buying on Amazon, the Amazon Prime subscription service, and more. Participants will learn the basics and understand how Amazon can help them in the current "Digital Age." No computer experience required.

# **SOCIAL MEDIA 101**

Saturday, April 27

10 - 11 am

\$25 \$20 Shoreview Resident

**Activity # 200213-01** 

#### Deadline to register: Friday, April 19

Location: Shoreview Community Center

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



# **KNITTING**

Wednesdays, April 3 - May 8 \$40; \$35 Shoreview Resident 6 - 8 pm

Activity # 200202-01

#### Deadline to register: Wednesday, March 27

Come learn the basic knitting techniques and how to read patterns. Also you will learn the correct way to hold the needles, count stitches, and pick up dropped stitches. Please bring a small scissors and zipped cloth bag in which to put your course materials. Required materials will be purchased from the instructor for \$20 the first night. Please, do not bring your own materials.

#### **CROCHETING**

Thursdays, April 4 - May 9

6 - 8 pm

\$40; \$35 Shoreview Resident

Activity # 200201-01

#### Deadline to register: Thursday, March 28

Come learn the basic crocheting techniques and how to read patterns. Also, you will learn the correct way to hold the hook and count stitches. Please bring a small scissors and a zipped cloth bag in which to put your course materials. Required materials will be purchased from the instructor for \$10 the first night. Please, do not bring your own materials.

# DEFEATING DIABETES WITH PLANTS

Tuesday, April 30

6 - 8 pm

\$30; \$25 Shoreview Resident

Activity # 200209-01

#### Deadline to register: Tuesday, April 23

Learn through lecture, videos, and discussion of research sourced from the National Library of Medicine, how a vegan (plant based) diet can prevent, manage and reverse type 2 diabetes. Sample two foods which support health and receive Dick's Vegan Cook Book with 30 recipes. Class taught by Dick Ogren.

# EATING FOR HEALTH AND LONGEVITY

Tuesday, May 14

6 - 8 pm

\$30; \$25 Shoreview Resident

Activity # 200210-01

#### Deadline to register: Tuesday, May 7

The Global Burden of Disease Study determined the leading cause of both death and disability in the United States is our diet. 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 Dick's Vegan (plant based) cook book with 30 recipes. Class taught by Dick Ogren.

# **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!

# DAYTRIP GLENN MILLER ORCHESTRA

Tuesday, April 23

9 am - 5:30 pm

\$79; \$72 Shoreview Resident

Activity # 200309-01

# Deadline to register: Friday, March 15 Depart from Shoreview Community Center at 9:15 am

We are heading to the Saint Cloud Paramount Theater for a lovely "Glenn Miller Orchestra" performance. The most popular and sought-after big band in the world today returns to the Paramount stage! With its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. We will stop at the 400 Club Dining Room for a Lunch buffet with a couple of entrees, side dishes, salads, beverage and dessert. Bus leaves the Shoreview Community Center at 9:15 am.



# JEWELRY ROAD SHOW

Saturday, March 30 I - 3 pm

**Evaluation** 

\$18; \$15 Shoreview Resident Activity # 200308-01

**Power Point** 

\$12; \$10 Shoreview Resident Activity # 200308-02

**Evaluation & Power Point** 

\$24; \$20 Shoreview Resident **Activity # 200308-03** 

#### Deadline to register: Monday, March 25

Two ways to learn about jewelry! Bring your items anytime between 10 am and 1 pm for verbal evaluation. Diamond testing, gold testing, general values will be provided on a first come, first served basis! Please limit to 6 items. Join us for a PowerPoint presentation at 1 p.m. to learn about jewelry history, diamond mining, how gold and silver are bought and sold. Bring all your questions, as we have great information for jewelry lovers, engagement ring buyers. Plus, you'll see an expansive display of ethnic and historically jewelry. Want to try on an exact replica of the Hope Diamond from the Smithsonian?"

# DAYTRIP MOBSTERS IN MINNEAPOLIS

# Deadline to register: Friday, April 5th Depart from: Shoreview Community Center at 10 am

We will venture through the streets of Minneapolis with a two-bit Mobster for a riding tour. Explore the not-so-wholesome people, and drive past crime sites of the 1920's and 1930's. After we will make a stop at the cozy Keegans Irish Pub in NE Minneapolis for a hearty lunch. Make menu choice at signup: Option 1- Beer Crisped Fish-n-Chips Option 2 – Half Corned beef sandwich and chips. Each meal will be served with beverage and cookie. Bus leaves the Shoreview Community Center at 10 am.

# **SPRING TEA**

#### Deadline to register: Friday, May 3

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.

# **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  $16 \times 20$  canvas master piece. Registration Deadline is a week before the class. Classes are taught by Jill Mason from Painting with Jill.

\$48; \$43 Shoreview Resident

Monday, March 11 I - 4 pm "Pansy Painting" Activity # 200206-01 Tuesday, March 12 6 - 9 pm **Activity # 200206-02** "Cardinal Painting" Tuesday, March 26 6 - 9 pm **Activity # 200206-03** "Pansy Painting" Monday, April 8 I - 4 pm "Rosebuds and Daisy's Painting" **Activity # 200206-04** Tuesday, April 9 6 - 9 pm "Spring Landscape Painting" **Activity # 200206-05** Tuesday, April 23 6 - 9 pm "Rosebuds and Daisy's Painting" **Activity # 200206-06** Tuesday, May 7 6 - 9 pm "Tulip Painting" **Activity # 200206-07** I - 4 pm Thursday, May 9 "Butterfly Painting" **Activity # 200206-08** Tuesday, May 21 I - 4 pm



"Butterfly Painting"



**Activity #200206-09** 

# DAYTRIP: LAKE MINNETONKA CRUISE

Wednesday, July 24 7:30 am - 3:15 pm \$77; \$70 Shoreview Resident **Activity # 200307-01** 

# Deadline to register: Friday, June 21 Depart from: Shoreview Community Center at 7:30 am

We are heading to Lake Minnetonka to board the "Lady of the Lake" for a narrated cruise of Lake Minnetonka. Hear about the Big Island and see the waterfront mansions, restaurants, marinas and gardens. After the cruise we will head to Maynard's restaurant for a half sandwich, cup of soup, chips beverage and cookie. After lunch we will be transported to downtown Excelsior to shop and then head back home! Bus leaves the Shoreview Community Center at 7:30 am.

# Jobs that Fit Your Lifestyle!



Part-time & Flexible Hours & Fun People

Adventure Quest Playground Instructors: Lead preschool & elementary age children in Summer playground program including sports, crafts, games, storytelling, songs & special events. Experience working with children and elementary course work desired. June-Aug. Daytime hrs. \$10-11.25/hr. Must commit for entire summer.

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

Gymnastics Instructors: Teach beginning to intermediate level classes. Previous teaching, gymnastics experience and knowledge are preferred \$10.50-1.50/hr. Saturday hours available.

Guest Service/Memberships: Introduce potential members to the facility and membership benefits; provide tours and make appropriate membership recommendations; follow up on member questions via phone/email; help with meeting and banquet room setups, troubleshoot guest issues and concerns; operate cash register and computer; provide back up at the service desk and wave cafe concessions when needed. \$11.50-13/hour.

Lifeguards: Lifeguard in a tropical paradise at our indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. No experience required. Training is provided for Ellis Certification. Lifeguards needed for morning, afternoon, weekend and evening hours. \$11.25 -13/hr. School year M-F daytime (5am-4pm) \$13/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 certif required. \$19-23/hr.

Pool Coordinator: Coordinate activities in the pool area including all pool operations, supervise staff, assist in scheduling unfilled shifts, interpret and carry out pool policy for patrons and staff, operate and maintain pool systems, assist with training, perform in accordance with appropriate safety & security standards. Approximately 15-20 hours/week. \$13.7/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 when needed. \$10.25-11.25/hr.

Summer Discovery Coordinator: Oversee summer child care program. Duties include program development, staff supervision, communication with parents. Previous child-care or youth instruction experience required. Background in elementary education and supervisory experience pref. Weekdays, M-F. Hours vary between 6:00 am-6:30 pm. May-Aug. \$15-17/hr. Must commit for entire summer.

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

Special Event Staff: We're looking for creative people to work our special events, such as Kids Garage Sale, Halloween Hoopla, New Years Eve Party, Egg Hunt, etc. Duties include decorating and clean up. Hours vary for each event. I-2 events held per month. \$10-11/hour.

Sports Instructors: Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. Weekday afternoons approximately 3:15-5:40 pm. 5 hours/week. April-May. \$11-13.50/hour.

Swimming Instructors (we will train): Instructors needed for morning and early evening lessons at the Community Center pool. \$10.50-13.50/class (35 min. classes).

Tennis Instructors: Instruct youth & adults in beginning through advanced tennis classes. Previous teaching experience along with playing experience desired. Weekday mornings & evenings, April-August. \$14.50-16.50/hr. DOQ

Wave Cafe: Prepare food orders, operate cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Daytime (school year): \$11-12/hour. Eves/weekends/summer: \$10-10.75/hr.



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

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

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	4		•			9	$\sim$	<del>TE</del> T	~		
Lake Owasso County Park 370 N. Owasso Blvd.	9	4		•				$\sim$	TE CE	•	û	3
Shoreview Ice Arena 877 Highway 96 (Hockey only)						de la company de						
Snail Lake Regional Park 580 Snail Lake Blvd.	400	4	1	•	*			$\sim$	TEFFE	~	û	<b>3</b> 2
Turtle Lake County Park 4979 Hodgson Road	9	4		•					TENT TO THE	~	$\hat{\Box}$	<b>3</b>

# SWEETROLL SKATE PARK (CLOSED)

SweetRoll Skate Park will be closed for construction Summer 2019. A new plaza-style skate park will be created. See page 6 for details.



# **Program Registration Form**

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

Please fill out the form below completely. An incomplete form may delay your registration. If you prefer, you may register online at: https://registration.shoreviewmn.com. LAST NAME (PRIMARY) FIRST NAME (PRIMARY) HOME PHONE (AREA CODE) ADDRESS CITY CELL PHONE (AREA CODE) E-MAIL ADDRESS **EMERGENCY CONTACT** Participants Last Name/First Birthdate **Activity Number Activity Name** Activity Day/Time Are you a Silver & Fit® member? Yes No Total Amount Enclosed \$ Are you a Community Center Annual member? Yes No YOUTH SPORTS LEAGUES (Please fill out completely) Bring this form to the Parks & Recreation desk or lower level service desk. Special requests for teammates are NOT guaranteed and are limited to ONE REQUEST PER PLAYER. Group and/or chain requests will not be honored. **PAYMENT TYPE** The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed Check # \_ Checks Payable to "City of Shoreview" after the season is completed. School child attends: Due to PCI compliance we cannot take credit cards Grade (2018-2019 school year): via registration forms. Please provide a phone number and our staff will call you within one Child shirt size: Youth / Adult XL business day to obtain credit card information. Teammate request name: \_ I would like to coach: Y N shirt size: S M L XL XXL Phone number: Coach Name: Special Needs/ Allergies/ Etc: WAIVER AND PERMISSION: In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and

WAIVER AND PERMISSION: In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I further understand that the personal information I provided on this form, (name, birth date, address, email address, phone number), is considered private data and not giving the information may limit future contact about program updates and changes. I understand that this information is available to staff, coaches, volunteers, contractors, city auditors, attorney, and insurers as needed to perform their job duties. I do hereby allow the City of Shoreview to use any photographs and videos taken by the city, of the individual(s) named herein, in city print and electronic publications released to the general public.

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

# REGISTER FOR PROGRAMS



Shoreview Residents: March 5 Annual Members: March 7 Non-Residents: March 8



Call the weather line for updates on class cancellations anytime of the year. 651.490.4765



The Shoreviews Recreation Catalog is published four times a year and is mailed to residents and annual members.

# HOW TO SET UP YOUR ONLINE ACCOUNT



**GO ONLINE** 

shoreviewcommunitycenter.com

Click the blue "Register Online"

button. Create an account

2 CREATE AN ACCOUNT

Enter information about yourself. Before you save, add family members that participate in recreation programs by clicking Add New Member. 3 READY, SET, REGISTER!

You're all set! To register, click the green "+" next to an activity, and then "add to cart" at the bottom of your screen.



#### QUESTIONS ON PROGRAMS OR REGISTERING?

651.490.4750 / recreation@shoreviewmn.gov / M-F, 8 am-4:30 pm

#### **REGISTRATION POLICIES**

- A resident is defined as an individual whose legal residential address is within the City of Shoreview.
- Total fee must be paid at time of registration.
- Registrations are not accepted at program site.
- We reserve the right to cancel programs if needed. Full refunds will be issued if a class is cancelled by the city.
- Cancellations made by Parks & Rec will be sent via e-mail or phone. Credits will be put on the household account to use at a later date or account holder may request a check.
- Waiting lists will be started if classes fill. Additional or expanded classes may be formed if possible.
- A receipt may be emailed as confirmation. Further confirmations will not be sent by mail, phone, or fax.
- When registering by phone, you are officially agreeing to the liability and photo waivers stated on the registration form.

#### CANCELLATION/TRANSFER POLICIES

- Class transfers are available and must be made at least one full week prior to the first class unless noted.
- Cancellation/refund requests must be made at least one full week prior to the first class unless noted.
- A \$5 cancellation fee will deducted from refunds for classes priced up to \$100. A \$10 cancellation fee will be deducted from refunds for classes price over \$100.
- There are no refunds for missed classes or prorated fees for late enrollments.

#### FINANCIAL ASSISTANCE Financial aid is available for certain programs to Shoreview residents with financial limitations.

- Financial assistance forms are available at shoreviewcommunitycenter.com or by calling 651.490.4750
- · Program financial assistance dollars are available to assist families with children who meet income guidelines
- Funds are available to Shoreview residents only and only for children under 18 years of age
- Participant must provide provide proof (school district letter, WIC card, or other form) that they are on the free or reduced lunch program for the current year or other public assistance program.

WAIVER AND PERMISSION: In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I further understand that the personal information I provided on this form, (name, birth date, address, email address, phone number) is considered private data and not giving the information may limit future contact about program updates and changes. I understand that this information is available to staff, coaches, volunteers, contractors, city auditors, attorney, and insurers as needed to perform their job duties. I do hereby allow the City of Shoreview to use any photographs and videos taken by the city, of the individual(s) named herein, in city print and electronic publications released to the general public.

# SUMMER PREVIEW

Shoreview Parks and Recreation offers a wide variety of Summer programs for you and your family. Check your mailbox for the Summer Shoreviews mid April!



# **SPECIAL EVENTS**

**Friday Fundays & Field Trips** Adventure out with us this Summer on Fridays for field trips and theme days as we visit hot spots of the Twin Cities.

**Puppet Wagon** The puppet wagon will be performing at various parks throughout the Summer. Look for more information in the Summer Shoreviews.

Wet & Wild Free outdoor slip-n-slide. 'Nuff said. June 21 & July 12.

### **KIDZCONCERTS IN THE COMMONS**

Wednesdays at 10 am, July 10- August 14 Your Wednesday mornings just got way more fun! Bring the little ones to the Haffeman Pavilion for specialty concerts just for kids! Schedule will be available on the Community Center website.

# **CONCERT IN THE COMMONS**

Wednesdays at 7 pm, June 12 - August 14 Come join us Wednesday nights at the Haffeman Pavilion as we celebrate with a Summer full of music for the whole family! Bring your blanket and a picnic dinner!

# **ADVENTURE QUEST ACADEMY**

June 10 - August 1 (no program July 4) We will trek through the Summer exploring our parks through sports, crafts, games, and other special events.

Adventure Quest Carnival - July 19 Come one, come all, join us for a carnival! We host this annual carnival for all to enjoy!

# SHOREVIEW FARMERS' MARKET

Tuesday Afternoons
June 11 - August 27, 3 - 7 pm
September 3 - Octoer 15, 3- 6 pm
Now accepting vendor applications!
To receive an application for our
Summer market contact Stephanie at
651.490.4734, sschutta@shoreviewmn.gov
or download an application at our
website: shoreviewcommunitycenter.com

# **SUMMER CAMPS**

We have the Summer camp for your child! These camps are instructed by experienced coaches, teachers, and highly trained instructors. Your child will expand their knowledge, practice skills, and have a great time! Camps include volleyball, basketball, soccer, bowling, SNAG golf, flag football, and more!

Questions? Contact us:

www.ShoreviewCommunityCenter.com | 651.490.4750



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