

# SHOREVIEWS

Fall 2019 City News & Recreation Catalog



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

**Police & Animal Control**  
 Police protection and animal control are provided by Ramsey County Sheriff's Office.  
**For non-emergencies call 651.767.0640.**  
**For emergencies call 911.**

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

- City Officials**
- Sandy Martin, Mayor**  
651.490.4618 | smartin@shoreviewmn.gov
  - Emy Johnson, Council Member**  
763.443.5218 | ejohnson@shoreviewmn.gov
  - Terry Quigley, Council Member**  
651.484.5418 | tquigley@shoreviewmn.gov
  - Sue Denkinger, Council Member**  
651.490.3166 | sdenkinger@shoreviewmn.gov
  - Cory Springhorn, Council Member**  
651.403.3422 | cspringhorn@shoreviewmn.gov
  - Terry Schwerm, City Manager**  
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 [bit.ly/AccessShoreview](http://bit.ly/AccessShoreview).

# SHOREVIEW FALL



## Farmers Markets

August 6 - 27  
3 - 7 pm

September 4 - October 15  
3 - 6 pm

Community center  
lower parking lot

## Concerts in the Commons

August 7 & 14  
7 pm

Haffeman Pavilion



## Food Truck Event

September 25  
11 am - 1:30 pm

Haffeman Pavilion

## Kidz Concerts

August 7 & 14  
10 am

Haffeman Pavilion



# EVENTS



## Kids Garage Sale

Sept 21  
9 am - 12 pm

Haffeman Pavilion

## Touch-a-Truck

Sept 21  
9 am - 12 pm

Community center  
lower parking lot



## Lake Johanna Fire Department Open House

October 5  
11 am - 2 pm

Station No. 3



## Halloween Spooktacular

October 25  
6:30 - 8 pm

Community Center



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## Citizen of the Year

The city is currently accepting nominations for the 2019 Citizen of the Year award.

This annual award was created by the City Council to present a special honor to a citizen who exemplifies the spirit of giving back to the community. The Council's goals for this award are:

- Recognize the volunteer efforts of deserving citizens
- Inspire others to continue the tradition of Shoreview citizens volunteering

If you know someone who deserves this award, submit an application at [www.shoreviewmn.gov](http://www.shoreviewmn.gov). Nominations are due by October 4, 2019.



## Fall Cleanup Day

Open to residents of Shoreview and Arden Hills.  
*Proof of residency required.*

**Saturday, October 12**  
**7 am - noon**

1425 Paul Kirkwold Drive  
Arden Hills, MN 55112

### Items Accepted:

- Electronics
- Appliances
- Tires
- Water softeners
- BBQ grills
- Lawnmowers
- Snow blowers
- Scrap metal
- Carpeting
- Mattresses/box springs
- Vacuum cleaners
- Furniture

### Fees:

- Standard Vehicle: \$30
- Trailers: \$45
- Oversized loads: \$100 (includes u-haul vehicles).

### Items Not Accepted:

- No materials from private contractors
- No brush/yard waste
- No railroad ties
- No oversized items such as hot tubs, boats, or sheds
- No engines containing gasoline or oil

For more information on Cleanup Day: 651.490.4688  
[www.shoreviewmn.gov/cleanupday](http://www.shoreviewmn.gov/cleanupday)

For more information on other disposal options:  
651.633.EASY or [RamseyRecycles.com](http://RamseyRecycles.com).

## Shoreview Channel 16 City Meeting Broadcast Schedule

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

### Shoreview City Council Meetings

**Live:** Every first and third Monday of the month at 7 pm

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

### Shoreview Planning Commission Meetings

**Live:** Every fourth Tuesday of the month at 7 pm

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

## Shoreview Commons Park Improvements

The first phase of the improvement project at Shoreview Commons park has begun. This phase includes construction of a new pond and garden northwest of Haffeman Pavilion. This new, decorative area will provide a formal space for special events like weddings, as well as offering a beautiful landscape for residents to walk, read a book, or just sit and enjoy the outdoors. In winter the new pond will serve as an ice skating rink in a natural winter setting.

A new, all-concrete skate park is also part of the construction. The plaza-style skate park will include quarter pipes, wedges, grind rails, and steps to challenge all levels of skateboarders and rollerbladers. The neighborhood playground off of Mound Avenue will be replaced with a new play structure as part of this project.

Construction will include new trails and sidewalks throughout Shoreview Commons. These new paths will provide a direct link between Shoreview Community Center and Ramsey County Library, and easier access to Shoreview Commons from the surrounding neighborhood. The upper level parking lot will be modified to improve traffic flow and create a safer pedestrian crossing to the planned destination playground. The destination playground will be part of the second phase of construction, scheduled for 2021.

Mayor Sandy Martin said, "The City Council is very excited about the planned improvements for the Shoreview Commons area. The new additions to the Commons will continue to enhance this area as the primary gathering space for the community and will complement the recently completed Community Center Expansion Project."

Most of Phase I is scheduled to be completed by late fall 2019 with final landscaping and site improvements wrapping up in early spring.





# SUSTAINABLE SHOREVIEW

On June 27, the City of Shoreview received the Sustainable City Award from the League of Minnesota Cities for efforts around water conservation. Shoreview is a city dedicated to conservation and environmental sustainability. Shoreview was also named a GreenStep City Step 4 in 2018 and Step 5 – the highest available – in 2019. Ongoing improvement is required to maintain Step 5 status.



## Water Conservation

### WATERSMART

In 2017 Shoreview partnered with WaterSmart, a software company that gathers public data on water consumption. Shoreview residents can log into the WaterSmart dashboard and see their water use information including metrics and climate details. These individualized reports compare users water consumption to others in the city with average and reduced water consumption.

For 26 months the city compared the results of households enrolled in the program to a control group of residents that did not have WaterSmart access. The enrolled group saved 8.1 millions gallons of water. That reduced the demand on the water treatment plant and the amount of chemicals needed to treat the water.

All residents can opt into the WaterSmart program. It's free and easy to use and can save money. Visit [watermart.shoreview.com](http://watermart.shoreview.com) to sign up.

### RICE CREEK ATHLETIC FIELDS

In fall 2018 Shoreview installed a stormwater re-use system for watering the outfields at Rice Creek athletic fields. The system is operational and is expected to save 6 million gallons of potable water a year.

## Pollinators

### POLLINATOR-FRIENDLY SHOREVIEW

Shoreview officially became a pollinator-friendly city in September 2018 when the city council passed a pollinator resolution. This designation highlights the city's commitment to creating and maintaining pollinator habitat on public land and encouraging residents to develop habitat on their land as well.





## SUSTAINABLE SHOREVIEW

### Energy

#### SOLAR PANELS

Shoreview plans to install solar arrays on the roof of the public works maintenance center through a third-party purchase agreement, at no cost to the city. Once the array is complete, the city will purchase power produced from the solar panels at a discounted rate for 15 years, until ownership of the system passes to the city. The solar array is expected to produce enough power to cover approximately 50 percent of the electricity used at the Public Works facility each year.

### Recycling

#### EUREKA

Shoreview partners with Eureka Recycling, a zero waste non-profit, to collect recycling from our residents. Eureka is focused on cleaning up the recycling stream and educating people on how to recycle better. Under Eureka, a cereal box recycled in Shoreview will be processed by Red Rock Paper in Saint Paul and be back on the shelves at a local grocery store as a new product in about a month!

Residents can download the Eureka! Recycling app for smartphones or desktop to get updates, reminders or answers to recycling questions.

#### SIMPLE RECYCLING

Shoreview residents can recycle clothing through curbside pickup with Simple Recycling. Place unwanted clothes and small household items into an orange Simple Recycling bag and place it next to your recycling bin on your normal recycling day. Orange bags can be picked up at city hall or requested online at [simplerecycling.com](http://simplerecycling.com)

#### BIZRECYCLING

Biz Recycling is a program to help businesses start, expand, and improve business recycling with grants of up to \$10,000. Shoreview businesses can learn more at [bizrecycling.com](http://bizrecycling.com).

## Property and Housing Maintenance Assistance

If a homeowner isn't physically able or can't afford to repair a housing maintenance problem, the city will connect them with volunteer and non-profit organizations that can help. These groups work with the city to resolve compliance issues quickly. Property and housing standards protect the character, value and stability of our neighborhoods. Call 651.490.4682 or visit [shoreviewmn.gov/homeowners-resources](http://shoreviewmn.gov/homeowners-resources) for details.



## Get Social with the City

Follow us on Twitter  
@cityofshoreview



Like us on facebook!  
[www.facebook.com/  
cityofshoreview](http://www.facebook.com/cityofshoreview)



[www.instagram.com/  
cityofshoreview](http://www.instagram.com/cityofshoreview)

## Where can I store my garbage?

Confused about where to store your garbage and recycling bins? We have the answers to the most common questions!

- **Can I store garbage and recycling bins in my garage?**

Yes!

- **Can I store them behind my house?**

Yes – but make sure they are stored right next to your home and not in the middle of the yard or along the property line.

- **Can I store them on the side of my house?**

- Generally, yes. Bins can be stored along the side of your home without a screen or fence.
- If you have a corner lot bins cannot be stored on the side of your home that faces a street.

- **Can I store them in or next to a shed?**

Yes. Bins can be stored in a shed or alongside a shed in your backyard.

- **Can I store them along my property line or fence?**

No. Bins should be stored along the side or back of the home.

- **Can I store them in front of my house?**

No, unless you have a one-car garage or a difficult yard such as one with a large hill. In those cases bins must be screened from view.

Bins can be placed at the curb for pick up at 12 pm the day before collection and need to be removed by 12 pm the day after collection.



## Ramsey County Yard Waste Sites

Free yard waste sites are open through November 30 for leaves, grass clippings, brush and other plant material.

### April - November

- Mon/Wed/Fri: 11 am - 7 pm
- Saturday: 9 am - 5 pm
- Sunday: 9 am - 5 pm

### Nearby locations

#### Arden Hills – 3530 Hudson Avenue

- Accepts leaves, grass, garden waste, branches, trees, shrubs, organics.

#### Mounds View – 8307 Long Lake Road

- Accepts leaves, grass, garden waste, organics.

#### White Bear Township – 5900 Sherwood Road

- Accepts leaves, grass, garden waste, branches, trees, shrubs, dirt, sod, organics.

## Did You Know? What Not to Flush.

Did you know that flushable wipes aren't really flushable? In fact, most products marketed as "flushable" can cause serious blockages and backups in home and municipal sewer systems. Wipes and similar products don't break down the way toilet paper does and can clog pipes, put stress on community watershed collection and treatment equipment and cost cities thousands on equipment repair and replacement. They can even damage wastewater treatment plant pumps.

Homeowners can also spend hundreds to get a clog cleared. You can help prevent blockages at your home, and further down the line, by never placing the following items into the toilet, even if they have a "flushable" label.

- Baby wipes
- Flushable wipes
- Diapers
- Flushable toilet brushes or pads
- Cleaning pads and cloths
- Puppy training pads
- Wet mopping cloths

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



## Fall Home & Lawncare Tips

Late summer and fall are a busy time of year for homeowners as we prepare for cooler weather. Preparing your home and lawn will keep things running smoothly and efficiently – and taking care of your lawn will also benefit the lakes and rivers in our community, too.

### Late Summer

- Repair roof leaks.
- Remove tree branches that could fall on to your home.
- Schedule a furnace tune-up.
- Test your sump pump.

### Early Fall

- Aerate & overseed your lawn  
Grass prefers cooler temperatures and thicker grass naturally crowds out weeds. Aerate and overseed with enough time for grass to establish
- Leaves  
Rake leaves and compost them. Sweep leaves and grass clippings out of the curb to keep them out of storm sewers. Decomposing leaves cause algae blooms in water.
- Dethatch & top dress lawn  
Thatch prevents water reaching the soil and should be removed in fall with a rake. Afterwards, topdress with a thin layer of compost to improve soil quality. Worms will take surface compost into the soil.
- Caulk windows and doors
- Drain lawn sprinkler systems

### Mid-Fall

- Clean the gutters
- Store hoses and turn off outdoor water
- Reverse ceiling fans to a clockwise direction
- Prepare to store lawn mower
- Call a chimney sweep



## Boat & Trailer Parking

Wondering where to store your boat, ATV, snowmobile, camper or trailer? We have the answers below!

### • Can I store them in the garage?

Yes!

### • Can I store them in a shed?

Yes!

### • Can I store them in my yard?

Yes – as long as you own what you're storing and with the following conditions:

1. No more than two of these vehicles are stored outside.
2. Only one of the stored vehicles can be an RV including: campers, trailers, tent trailers, travel trailers, or motorhomes.  
Example: a camper and a boat *or* an ATV and a boat *or* an ATV and a motorhome.
3. All stored vehicles are at least 5 feet away from the side or front property lines, and at least 10 feet away from the back property line.

### • Can I store them on my grass?

Yes, in the back and side yards. In the front yard, any stored vehicle needs to be stored on an approved surface – like concrete.

### • Can I store them on the street?

No. Overnight parking is not permitted from 2 - 5 am on all Shoreview streets for any vehicle.

Questions? Visit the property maintenance standards page online at [bit.ly.RVStorageSV](http://bit.ly.RVStorageSV), or call 651.490.4669 to speak with the code enforcement department.

## NYFS Taste of Northeast is Oct. 10

Join Northeast Youth & Family Services for the Taste of Northeast! Enjoy a fantastic selection of savory and sweet treats from over 20 local restaurants, live music, a silent auction and a wine raffle. Over 200 community members participate in the event and proceeds from this celebration will support the youth, adults and families served by NYFS.

### Event Info

Thursday, October 10  
5:30 - 8:30 pm  
Vadnais Heights Commons  
655 East County Road F

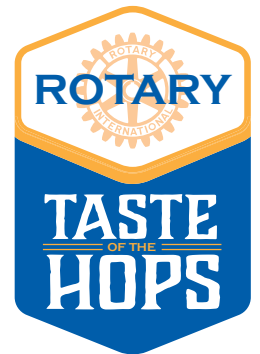
### Tickets

\$30 in advance and \$40 at the door. For more information, please call 651.379.3422 or visit [www.nyfs.org](http://www.nyfs.org).

## It's Oktoberfest in August!

The Arden Hills/Shoreview Rotary Club invites everyone to Snail Lake Park on Friday, August 15 from 5:30 - 8:30 pm to drink beer, eat food, and enjoy music for charity! Funds raised support community collaboration with Mounds View district schools for scholarships and exchange programs and with other community organizations such as NYFS, YMCA and Boy Scouts/ Girl Scouts.

Learn more online and buy tickets at [www.tasteofthehops.com](http://www.tasteofthehops.com).



## Shoreview Historical Society – Planning Ahead

In 2018, Shoreview intern, Bridget Jensen, wrote a development plan for Shoreview's historic Lepak-Larson House. The plan creates a museum to highlight Shoreview's history and show life at a farmhouse in the 1930s - 1940s. The plan includes six phases for the museum:

- Phase 1 – Create an exhibit plan
- Phase 2 – Search and obtain artifacts
- Phase 3 – Install artifacts
- Phase 4 – Install exhibits
- Phase 5 – Recruit volunteers/plan programming
- Phase 6 – Open for tours

Ms. Jensen has returned this summer to help with the first two phases. Ms. Jensen's work in 2018 was made possible by a grant from the Shoreview Community Foundation.

Lepak-Larson House is located at 1170 Lepak Court – the property was designated as Heritage Park by the city council earlier this year.

Learn more about the Shoreview Historical Society at [shoreviewhistoricalsociety.org](http://shoreviewhistoricalsociety.org).





Gallery 96, the local arts organization in Shoreview, will hold its fall art exhibition at the Ramsey County Library – Shoreview from September 13 - October 24. The theme of the show is “Passport to Art” The show will be juried and all members of Gallery 96 are eligible to enter up to three pieces of art in the show. Entries are due by Saturday, August 31. Cash prizes are awarded at the opening reception on Friday, September 13 from 6 - 8 pm.

Gallery 96 also displays art in the Fireside Room on the upper level of the Shoreview Community Center. The current exhibition, “Hot Stuff”, will run through September 30. Stop by and see our members’ interpretations of summer.

Visit [www.gallery96.org](http://www.gallery96.org) to learn more about Gallery 96 and become a member, or stop by our free discussion group on August 20 at 7 pm at Shoreview Community Center. We welcome all artists or all levels and all mediums from painting, to photography, to sculpture, to mixed media.

## Shoreview Community Foundation Announces 2019 Grant Recipients

The Shoreview Community Foundation mission is to maintain, enhance and enrich the quality of life in Shoreview by connecting the generosity of people with the evolving needs of the community. Over eight years the foundation has issued over \$95,000 in grants for needed services in Shoreview. The 2019 grant recipients are:

- **Gallery 96**  
Grant to provide a workshop series of arts presentations to the community.
- **Lake Owasso Neighborhood Group**  
Grant to provide signage recognizing artifacts found in the area dating from 1,000 years ago.
- **Mounds View Community Theater**  
Grant to support a production this summer in Shoreview of “Man of La Mancha” to be held at Chippewa Middle School.
- **Mounds View High School Diversity Council**  
Grant to sponsor a student-led multi-cultural festival open to the public at the high school
- **National Honor Society at Mounds View High School**  
Grant to support a suicide and mental health awareness event sponsored by students
- **Shoreview Northern Lights Variety Band**  
Grant to sponsor a community band festival this summer in Shoreview
- **YMCA Get Summer Program**  
Grant to provide 400 teens in Shoreview a free summer membership and programming at the Shoreview YMCA.
- **Tubman**  
Grant to support youth violence prevention and leadership development programs for middle and high school students in Shoreview

Visit [shoreviewcommunityfoundation.org](http://shoreviewcommunityfoundation.org) for more details.



WE WANT YOUR PHOTOS 

Have a great picture of a program, special event, or just hanging out at the waterpark? Share it with us for a chance to have it on our website, catalog, or social media!

SEND YOUR PHOTOS TO [RECREATION@SHOREVIEWMN.GOV](mailto:RECREATION@SHOREVIEWMN.GOV)



**SATURDAY, SEPTEMBER 21**  
**9 AM - 12 PM • RAIN OR SHINE**

**TOUCH A TRUCK**

free • all ages • lower parking lot

This is your chance to hop in the driver's seat of a fire engine, police car, snow plow, and more. Don't forget your camera!

**KIDS' GARAGE SALE**

free to browse • all ages • haffeman pavilion

Bring the kids to do some inexpensive shopping! Kids grades K-5 will be selling toys, games, books, and sporting goods.



## REGISTER FOR PROGRAMS



**REGISTRATION BEGINS**  
online registration opens at 8am

Shoreview Residents: **August 6**  
Annual Members: **August 8**  
Non-Residents: **August 9**



**WEATHER UPDATES**

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



**RECREATION CATALOG**

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

**1 GO ONLINE**

[shoreviewcommunitycenter.com](http://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](mailto: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 or back on the credit card from the original transaction.
- 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.
- 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 be 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](http://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.

# We make your event memorable!

contact us: [rentals@shoreviewmn.gov](mailto:rentals@shoreviewmn.gov) 651.490.4790



Holiday parties



After hours parties



Family reunions

# Waterpark Schedule

September 14 – December 21

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

Bamboo Bay will be closed August 23 – September 3. Tropics will be closed September 3 – September 13.  
(all schedules are subject to change)

## Bamboo Bay

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

Tue. & Thurs. 5–8 pm  
Fri. 10 am–noon & 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



## Special Waterpark Hours

Date	Tropics	Bamboo Bay
October 14	12 – 9:45 pm	10 am – 12 pm & 5 – 9:45 pm
October 17	12 – 8 pm	12 – 8 pm
October 18	12 – 9:45 pm	10 am – 9:45 pm
November 1	12 – 9:45 pm	10 am – 12 pm & 5 – 9:45 pm
November 25	12 – 8 pm	Closed
November 26	Closed	12 – 8 pm
November 27	12 – 8 pm	Closed
November 28	Closed	9:45 – 11:45 am
November 29	12 – 9:45 pm	10 am – 9:45 pm

# MEMBERSHIP RATES AND BENEFITS

## Membership Fees

### Annual Membership<sup>1</sup>

	RATE*	SHOREVIEW RESIDENT*	MILITARY*	MILITARY RESIDENT*
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<sup>1</sup> (With one year membership agreement)

	RATE*	SHOREVIEW RESIDENT*	MILITARY*	MILITARY RESIDENT*
Family	\$79	\$66	\$76	\$63
Dual	\$67	\$58	\$64	\$55
Adult	\$47	\$39	\$45	\$37
Youth/Senior	\$41	\$33	\$39	\$31

<sup>1</sup>There is a membership cancellation fee of \$100 prior to completion of 1-year contract. \*Sales tax is included in price.

### Seasonal Membership (Three month)

	RATE*	SHOREVIEW RESIDENT*	MILITARY*	MILITARY RESIDENT*
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

- 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.



## NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

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

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

### 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 (Ages 1-10)
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- Non-resident special recreation program Registration Day and the ShoreViews catalog mailed to your home.

## Silver & Fit

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



## Daily Rates

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

DAILY PASS	RATE	SHOREVIEW RESIDENT	MILITARY	MILITARY RESIDENT
Adult (18 and over)	\$11	\$9.75	\$10	\$9
Youth (1 to 17; under age 1 free with paying adult)	\$10	\$8.50	N/A	N/A
Family* (2 adults + children living in same household)	\$42	\$35	\$40	\$33
Seniors (65 and older)	\$10	\$8.50	\$9.50	\$8

\*Family pass is limited to six individuals living in same household. Each additional person is \$4.50.

Indoor Playground Only (ages 1 to 10)	RATE	SHOREVIEW RESIDENT	MILITARY	MILITARY RESIDENT
	\$6	\$6	N/A	N/A

Coupon Books (Includes 10 daily passes)	RATE	SHOREVIEW RESIDENT	MILITARY	MILITARY RESIDENT
Adult	\$99	\$87.75	N/A	N/A
Youth/Senior	\$90	\$76.50	N/A	N/A
Playground	\$54	\$54	N/A	N/A

Senior Track Discount (65 and over – for track use only)	RATE	SHOREVIEW RESIDENT	MILITARY	MILITARY RESIDENT
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

DAY	COMMUNITY CENTER	TROPICS WATERPARK** Starting Sept 14	BAMBOO BAY** Starting Sept 14	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 - 12 pm; 5 - 9:45 pm	8 am - 8 pm
Saturday	6 am - 8 pm	Noon - 7:45 pm	10 am - 7:45 pm	8 am - 8 pm
Sunday	6 am - 8 pm	Noon - 6 pm	10 am - 6 pm	8 am - 6 pm

\*On 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.

DAY	COMMUNITY CENTER	TROPICS WATERPARK	BAMBOO BAY	PLAYGROUND
September 2	5 am - 6 pm	Closed	8 am - 6 pm	12 - 5:45 pm
November 28	5 am - 12 pm	Closed	9:45 - 11:45 am	8 am - 12 pm

\*\*See page 15 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](http://ShoreviewCommunityCenter.com).

### Kids Care

Child care is available for patrons of the Community Center. See page 22 for details.

### Drop-in Volleyball

Rate: daily admission or free to members.

Mon, Tues, Thurs 12 - 1 pm  
 Sunday 8 am - 12 pm

### 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](http://www.ShoreviewCommunityCenter.com)

# TROPICAL ADVENTURE INDOOR PLAYGROUND

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

## Tropical Adventure Indoor Playground Rate & Hours

AGES	DAYS & TIME	COST
1-10	Mon - Sat, 8 am - 8 pm	FREE to members; \$6 per child
1-10	Sun, 8 am - 6 pm	FREE to members; \$6 per child

**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**.



# BIRTHDAY PARTIES

are kind of a big deal. Let's make your next party epic.

Get started today:

[rentals@shoreviewmn.gov](mailto:rentals@shoreviewmn.gov)

**651.490.4790**

For a list of all we offer, visit:  
[shoreviewcommunitycenter.com/event-rentals](http://shoreviewcommunitycenter.com/event-rentals)



# 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! Reload more classes on your card anytime.

**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 <i>5% discount included in price</i>	\$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 available at the lower-level service desk the day of class.

SeniorFIT classes will still require registration for paid annual senior members.

Class schedule will be available online and at the Community Center

## Group Fitness Classes

**Call for information: 651.490.4750**

- 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 online and at the Community Center.
- Classes are evaluated on a seasonal basis. Classes that average six participants or fewer are subject to change or cancellation. Please check the schedule at the beginning of September, December, March and June.
- Group fitness classes are great for all fitness levels. More intense classes will be noted in the description
- Find out which classes best suit your needs by calling the fitness coordinator at 651.490.4768

## Drop-in Rates

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

### DROP-IN RATE

\$10; \$9 SV Res

## Mind/Body Classes

### Fitness Pilates

Pilates classes focus on balancing all muscle groups strength and flexibility, with an emphasis on challenging the core muscles with each movement.

### Hatha 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.

### 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.

### Power Yoga

Students will focus on linking conscious breath with a vigorous and mindful flow. Participants will build strength, flexibility and concentration while cleansing the body and calming the mind.

### Stretch and Balance

A beneficial blend of balance exercises and static (holding) and dynamic (moving) stretches.

### Tai Chi

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.

### Yoga Basics

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.

### 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.

### 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.



## Cardio/Strength Classes

### 60/40

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.

### Barre Principle

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.

### 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.

### 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.

### 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

### Dance Jam

Let's get funky! Dance your heart out while getting an amazing workout.

### Fundamental Combo

This class incorporates low impact cardio followed by basic strength training exercises.

### 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.

### Kettlebell Training

This class fuses exercises using kettlebells and conditioning drills to provide a total body workout that will leave you feeling strong!

### 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.

### 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.

### The Resistance Workout

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.

### Step Cardio

Warm up with basic step moves and then learn fun choreographed patterns, combinations and movements on an adjustable step.

### 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, bosus, 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.

### 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!



## Water Fitness Classes

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

- The pool is between 3 ½ and 4 ½ feet
- The pool temperature is for maximum comfort
- Annual pool shutdown 9/2 - 9/15

## SeniorFIT Aqua Exercise

Join us for a low-impact water class. You will work on increasing your cardiovascular health, flexibility and overall range of motion. Swimming ability is not required.

*Starts week of 9/16*

## Aqua Fit

Enjoy this active water class! You will increase your flexibility, endurance, and overall muscle strength in the water. The water's resistance provides a whole body workout.

*Starts week of 9/16*



## NEW! Team Fitness Classes

### Total Mind/Body Fitness Program

Basic strength training, cardio and mind/body awareness workout. Great program for maintenance, weight loss and/or for beginners.

*5 weeks/meets twice a week; Instructor: Becky*

*Registration deadline: 9/19*

DATE & TIME	COST	ACTIVITY #
Tues & Thurs, Sept 24 - Oct 24 5:30 - 6:30 pm	\$180; \$150 SV Res	411605-04

### Strike Fitness

Blend of boxing, kickboxing and self-defense. Bags, mitts and shields are some of the equipment utilized. *6 weeks;*

*Instructor: Gabriel; Registration deadline: 11/1*

DATE & TIME	COST	ACTIVITY #
Wed, Nov 6 - Dec 18 7 pm	\$108; \$90 SV Res	411605-01



## Kids Care

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. The Kids Care room is located directly across from the service desk. Kids Care phone number: 651.490.4763. *Closed: 9/2, 10/31 (pm only) & 11/28*

AGES	DATE & TIME	COST
6 mos - 8 years	Mon - Sat, 8 am - 12:30 pm	\$1 per hour
	Mon - Thurs, 4 - 8:30 pm	(no pro-rating for partial hours)
	Fri, 4 - 7 pm	

## Boot Camp

Anything goes in this high-intensity cardio and resistance training workout! *6 weeks/meets twice a week; Instructor: Austin*

*Registration deadline: 10/11*

DATE & TIME	COST	ACTIVITY #
Wed & Sat, Oct 16 - Nov 23 Wed 6 pm, Sat 10:45 am	\$216; \$180 SV Res	411605-05

## Brick Building for Triathletes

Running and cycling drills for increased cardio endurance and performance. *8 weeks; Instructor: Mike. Registration deadline: 9/25*

DATE & TIME	COST	ACTIVITY #
Mon, Sept. 30 - Nov. 18 5:45 pm	\$144; \$120 SV Res	411605-02

## SeniorFIT Classes

SeniorFIT classes are free to annual senior members and require registration. If you are not an annual senior member, you may purchase a Group X Card or a drop-in pass. See page 19 for Group X Card information. **All fitness levels are welcome.**

### SeniorFIT Chair Yoga

Experience the benefits of Yoga while sitting in a chair! Some standing postures may be included in this class.

### SeniorFIT Strength Training

Resistance exercise executed while sitting in a chair. Come join us for a great strength training workout in a comfortable setting.

### SeniorFIT Aqua Exercise

Join us for a low-impact water class. You will work on increasing your cardiovascular health, flexibility and overall range of motion. Swimming ability is not required.

*Starts week of 9/16.*

### SeniorFIT Let's Move

No chairs needed for this active movement class. Class ends with a 15 minute cool down and extended stretch.

## Fall Session 9/8 - 12/20

DAY & TIME	CLASS/INSTRUCTOR	ACTIVITY #
Mon, 8:30 am	SeniorFIT Strength Training with Sarah	410161-01
Mon, 10 am	SeniorFIT Chair Yoga with Wanda	410163-01
Tues, 8:30 am	SeniorFIT Chair Yoga with Katie	410163-02
Tues, 10 am	SeniorFIT Strength Training with Bridget	410161-02
Wed, 8 am	SeniorFIT Aqua Exercise with Fran (starts 9/18)	410162-01
Wed, 8:30 am	SeniorFIT Chair Yoga with Gretchen	410163-03
Wed, 1 pm	SeniorFIT Strength Training with Wanda	410161-03
Thurs, 8:30 am	SeniorFIT Strength Training with Bridget	410161-04
Thurs, 10 am	SeniorFIT Tai Chi with Richard	410163-05
Fri, 8:15 am	SeniorFIT Aqua Exercise with Fran (starts 9/20)	410162-02
Fri, 8:30 am	SeniorFIT Let's Move with Perry	410161-05
Fri, 10 am	SeniorFIT Chair Yoga with Adrienne	410163-04



## 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.



## Personal Training:

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

### Personal Trainers will:

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

### How many sessions do I need?

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

SESSIONS	REGULAR	RESIDENT
Three Sessions	\$209	\$193
Six Sessions	\$394	\$366
Twelve Sessions	\$746	\$679
Twenty-four Sessions	\$1,410	\$1,286

## Buddy Personal Training:

BUDDY SESSIONS	REGULAR	RESIDENT
Three Sessions	\$159	\$146
Six Sessions	\$296	\$275
Twelve Sessions	\$560	\$517

## What is a Fitness Assessment?

Assessments are used to determine your current level of fitness. Measurements and tests taken during assessments will be specific to the goals of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, postural assessment, cardiovascular testing, and sports-specific tests. Assessments are included in personal training packages of 3, 6, 12 and 24 sessions for first-time clients.

## Individual Teen Equipment Orientation

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 at the fitness center desk, or call 651.490.4768 for more information.

AGES	COST	ACTIVITY #
Required for ages 12 and 13 to use the Fitness Center	\$40; \$35 SV Res	510299-01

## Community Center Member Equipment Orientation (Individual or Group)

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 at the fitness center desk. For more information call 651.490.4768.

AGES	COST
All members of the community center are encouraged to attend a one-time fitness equipment orientation.	FREE to members age 14 and older



## Drop-in Pickleball

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.

Location: Shoreview Community Center Gymnasium (4 courts)

Closed: 10/17-18, 11/28-29, 12/25, 12/31, 1/20 & 2/17

AGES	DATE & TIME	COST
18+	Mon - Fri, Sept 3 - May 1 8 - 11 am	FREE to members \$3 Non-member

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

Closed: 11/27, 12/25 & 1/1

AGES	DATE & TIME	COST
18+	Wed, Oct 2 - April 22 6 - 9 pm	\$3 per person

### Drop-In Pickleball Punch Card

Available for purchase at the Parks & Recreation Office  
651.490.4750

Office Hours: Mon - Fri, 8 am - 4:30 pm

Cost: \$30

Punch card is good for both Drop-In locations

## Shoreview Area Pickleball Club

Club Membership includes:

- Dedicated court time
- Beginner free training
- Emails with club news

Membership valid until Sept 30

COST	ACTIVITY #
\$15 Annual Membership	520200-01

Location: Bobby Theisen Park (6 dedicated pickleball courts)

LEVEL OF PLAY	DAY & TIME
Experienced	Mon - Fri, 8 - 11 am
All skill levels	Tues, Thurs & Sun, 6 - 8 pm

Location: Commons Park (6 courts striped on tennis courts)

LEVEL OF PLAY	DAY & TIME
Beginner & social	Mon, Wed & Fri, 8:30 - 11 am

## Adult Group Tennis Lessons

All classes are taught by USTA-trained instructors. Wilson tennis racquets provided by USTA. *Registration deadline: 9/3*

### Beginner

Classes are for those who have little or no tennis experience. Learn the basic strokes and begin to rally.

### Advanced Beginner

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.

Location: Commons Park Tennis Courts

*If necessary, makeup lessons held 10/15*

LEVEL	DATE & TIME	COST	ACTIVITY #
Beginner	Tues, Sept 10 - Oct 8 6 - 7 pm	\$75; \$65 SV Res	420600-01
Advanced Beginner	Tues, Sept 10 - Oct 8 7 - 8 pm	\$75; \$65 SV Res	420601-01



## FIERCE: Women's Self-Defense Course

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. *Registration deadline: 9/9*

AGES	DATE & TIME	COST	ACTIVITY #
13+	Sat, Sept 14 - Nov 9 10 - 11:15 am (no class 9/28)	Individual Rate: \$125 SV Res; \$138 Non-Res	420300-01
		Buddy Rate: (2 people enroll together) \$110/person SV Res; \$125/person Non-Res	420300-02





## Monthly Afternoon Bingo

One Wednesday a month, we lead an easy hour of Bingo games.

AGES	DATE & TIME	COST
18+	Wed, Sept 25, Oct 30, Nov 20, Dec 8 1 pm	Cards are \$.25 each; no min/max

## 500 Card Club

Join a wonderful group of players for cards and conversations in the Community Center's Fireside Lounge (upper level). We provide the coffee; you're welcome to bring a treat to share. No registration required. *No partner required*

AGES	DATE & TIME
18+	Mon, 12:30 pm

## Little Brothers – Friends of the Elderly Information Session & Training

Little Brothers Friends of the Elderly Little is committed to relieving isolation and loneliness among older adults. At the information sessions, you'll learn how we create meaningful connections and how to become a member or volunteer for this program. The training sessions will get you set to become a volunteer. *FREE: Registration Required. Registration deadline: 4 days before class start*

AGES	DATE & TIME	ACTIVITY #
16+	Info Session Thurs, Oct 3, 11:30 am - 1:30 pm	450403-01
16+	Info Session Tues, Oct 15, 1 - 3 pm	450403-02
16+	Training Sat, Oct 19, 9:30 - 11:30 am	450403-03

### 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.

## AARP and the Alzheimer's Association

Do you need resources to find support for an aging family member who has Alzheimer's or dementia? AARP and the Alzheimer's Association have an easy to navigate resource finder. Visit them at [CommunityResourceFinder.org](http://CommunityResourceFinder.org) Look for classes provided by the Alzheimer's Association in this and future brochures.

## Looking for a Volunteer Opportunity?

RSVP: The 1-stop volunteer connection for people 55 and over. We'll match you with rewarding opportunities to use your skills and help with issues that matter to you. We also provide free benefits. To learn more: 612.704.6116, [koschak@voamn.org](mailto:koschak@voamn.org) or [rsvpmn.org](http://rsvpmn.org)

## 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.

**Learn more about the exciting world of escorted group travel!**

**September 26<sup>th</sup> at 6:00 PM**  
at the Shoreview Community Center

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

<b>Southern California</b> Palm Springs & San Diego 	<b>Hawaii</b> 4 Island Cruise & Tour 	<b>Nashville</b> Sights & Sounds of Music City 
 <b>United States • Canada • Central America • Europe</b> Tours • Cruises • River Cruises		
<b>New Orleans</b> The Big Easy 	<b>Washington DC</b> Cherry Blossoms 	<b>Savannah, Charleston &amp; Asheville</b> 

In partnership with  Shoreview Parks and Recreation

[www.GoWithLandmark.com](http://www.GoWithLandmark.com)



### 500 Tournament

Join our Shoreview 500 club for their 16th annual 500 Tournament! Cash prizes awarded for first through third place winners! Each player will be required to submit address, phone number and birth date. Limited tables available! **MUST REGISTER WITH A PARTNER.** Light refreshments will be served. *No walk-ins. Registration deadline: 10/11*

AGES	DATE & TIME	COST	ACTIVITY #
18+	Wed, Oct 16, 1 - 4 pm	\$10 per player	400501-01



### Specialty Bingo

Join us for bingo & some special treats! Have a chance to win various prizes and a grand prize cover-all game for a gift card. Price includes treats, prizes, and 4 game cards. Bingo lasts approximately 1.5 hours.

AGES	DATE & TIME	COST	ACTIVITY #
18+	Baked apple treat Sept 17, 10:30 am	\$7; \$6 SV Res	400513-01
18+	Ramsey County Deputy Day Oct 16, 10:30 am	\$7; \$6 SV Res	400513-02
18+	Fall pies Nov 12, 1 pm	\$7; \$6 SV Res	400513-03
18+	Cookie Dec 4, 10:30 am	\$7; \$6 SV Res	400513-04

# Active Life Expo

Tuesday, September 24  
10 am - 1 pm



FREE!



resources • demonstrations • health screenings • vendors • speakers • door prizes

shoreviewcommunitycenter.com

651.490.4750

## Daytrip: *Mamma Mia!* at Chanhassen Dinner Theater

A daughter planning her wedding longs to discover the identity of her father. Through the story-telling magic of ABBA's timeless popular songs propel this delightful story of love, laughter and friendship. The Pioneer Press and other local critics agree that it's a MUST SEE. A large cast, non-stop laughs and explosive dance numbers make *Mamma Mia!* a guaranteed smash hit that'll have you dancing in your dinner chairs! Price includes: transportation via coach bus, ticket and lunch with drink. *Registration deadline: 8/7*

AGES	DATE & TIME	COST	ACTIVITY #
18+	Wed, Sept 4 9:30 am - 4:30 pm <i>Bus leaves at 9:30 am</i>	\$95; \$90 SV Res	400216-01

## Daytrip: Chateau St. Croix Winery, Aamodts Apple Orchard, Shopping & Lowell Inn Lunch

Starting at the St. Croix Winery Store and Aamodts Apple Farm in Stillwater you'll have the opportunity to purchase award-winning local wines, and apples inside the nostalgic apple barn.

Next you'll head to the Lowell Inn for lunch. Menu: Chicken ala King – tender pieces of chicken, mushrooms, red and green peppers in a sherry cream sauce served over a puff pastry shell, mashed potatoes, vegetable of the day, beverage and a small dessert.

After lunch it's off to the Northern Vineyards that is within walking distance to many shops and Maple Island Brewing.

Finally we'll arrive at the Chateau St Croix Winery in the picturesque St. Croix River Valley . Explore the old-world charm of a winery created in the image of a European Estate. Transportation provided via coach bus. *Registration deadline: 9/9*

AGES	DATE & TIME	COST	ACTIVITY #
21+	Fri, Oct 10 9:30 am - 5 pm <i>Bus leaves at 9:30 am</i>	\$75; \$70 SV Res	400217-01

## Daytrip: A Swedish Christmas

Tour the exquisite Turnblad Mansion, home of The American Swedish Institute, with the décor exhibit *Christmas Through the Years*. A traditional Swedish Lunch is served at the mansion with time for shopping at the Bokhandel gift shop featuring crystal and glass, art, collectables and more. Following lunch and shopping the bus will head to Ingebretsen's Scandinavian Center. The store is dedicated to Scandinavian gift items, clothing, baked goods, Nordic foods, lutefisk and more.

Menu: meatballs, gravy, potatoes, rye bread with butter, beet salad, cucumber salad, dessert and a beverage. Transportation provided via coach bus. *Registration deadline: 11/4*

AGES	DATE & TIME	COST	ACTIVITY #
18+	Thurs, Dec 5 9:15 am - 2:30 pm <i>Bus leaves at 9:15 am</i>	\$75; \$72 SV Res	400218-01





## Getting Organized Downsizing – or Right-sizing

Organizing professional Maureen Heinen will teach you how to get started with what can be an overwhelming process. If you're moving into a smaller home and have to make a lot of decisions about what to keep or the process is too daunting to even think about, this is the seminar for you. *Registration deadline: 4 days before class start*

### Documents & Papers

AGES	DATE & TIME	COST	ACTIVITY #
18+	Thurs, Sept 26 10 - 11:30 am	\$20; \$15 SV Res	400208-01

### Belongings & Possessions

AGES	DATE & TIME	COST	ACTIVITY #
18+	Tues, Oct 1 10 - 11:30 am	\$12; \$10 SV Res	400208-02

**CHECK OUT**  
Our new Grandparent & Me  
classes on page 44!

## Meal In a Box

We're teaming up with Local Crate and Kolwaski's Market to cook and sample a variety of meal kits. These ready-to-cook meals are created by chefs using locally sourced fresh ingredients. They include easy step-by-step instructions. You'll enjoy a nutritious and perfectly portioned meal in Kolwaski's beautiful kitchen classroom at Kolwaski's Market, 441 Hwy 96, Shoreview. *Registration deadline: 10/3*

AGES	DATE & TIME	COST	ACTIVITY #
18+	Tues, Oct 8 6:30 pm	\$22; \$20 SV Res	400230-01

## Introduction to Knitting

Learn basic knitting techniques and how to read patterns. 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. *Children 12+ are welcome to register with adult. Registration deadline: 8/30*

AGES	DATE & TIME	COST	ACTIVITY #
12+	Thurs, Sept 5 - Oct 17 6 - 8 pm	\$40; \$35 SV Res	400227-01

## Introduction to Crocheting

Learn basic crocheting techniques and how to read patterns. 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. *Children 12+ are welcome to register with adult. Registration deadline: 8/29*

AGES	DATE & TIME	COST	ACTIVITY #
12+	Wed, Sept 4 - Oct 16 6 - 8 pm	\$40; \$35 SV Res	400228-01

## Snap Shot Story Writing

Write down memories, anecdotes, and family history - one paragraph, one story at a time. Learn to use prompts, family photos, family trees, letters, maps and recipes as a guide. Our goal is create a collection of vivid memories that can be shared with family and friends, not a 200-page memoir. We'll also discuss different ways you can print or publish your writing. Please bring family photos, maps, recipes or a family tree with you to class. *Registration deadline: 9/18*

AGES	DATE & TIME	COST	ACTIVITY #
18+	Sat, Sept 21 9 am - 12 pm	\$22; \$20 SV Res	400234-01

## Introduction to Twitter

Learn the basics about one of the largest social media platforms in the world. Learn to create a profile, read what others are saying or tweeting, send a Tweet, and more. *Instructor: Social Club Simple. Registration deadline: 5 days before class start*

AGES	DATE & TIME	COST	ACTIVITY #
18+	Sat, Sept 14 9 - 10:30 am	\$22; \$20 SV Res	400257-01
18+	Mon, Sept 23 5:30 - 7 pm	\$22; \$20 SV Res	400257-02

## Introduction to Facebook

Learn how to use the world's most popular social media site to safely connect with family and friends. Learn to log-in, create a profile, post photos and tips for utilizing the site. We'll also review the recommended privacy settings. *Registration deadline: 9/27*

AGES	DATE & TIME	COST	ACTIVITY #
18+	Thurs, Oct 3 5:30 - 7 pm	\$22; \$20 SV Res	400256-01

## Learn to use your Smartphone

This class will help you become more familiar with your smart phone. We will learn to use Wi-fi and Hotspot, apps management, camera and accessories. You will become fluent in calling, voice messaging, text messaging, and much more. There will be time to answer any questions you may have.

*Registration deadline: 4 days before class start*

### Beginner Classes:

AGES	DATE & TIME	COST	ACTIVITY #
18+	Tues, Sept 10, 1 - 3 pm	\$40; \$36 SV Res	400224-01
18+	Tues, Oct 1, 1 - 3 pm	\$40; \$36 SV Res	400224-03

### Intermediate Classes:

AGES	DATE & TIME	COST	ACTIVITY #
18+	Tues, Sept 17, 1 - 3 pm	\$40; \$36 SV Res	400224-02
18+	Tues, Oct 8, 1 - 3 pm	\$40; \$36 SV Res	400224-04



Fall Landscape



Farmhouse Harvest

## Painting Classes

Students will learn the basic technique of One Stroke painting and techniques using acrylic paints. Class includes step by step instruction, painting supplies and your own 16 x 20 canvas master piece. *Classes are taught by Jill Mason from Painting with Jill. Registration deadline: 1 week before class start*

AGES	DATE & TIME	COST	ACTIVITY #
18+	Sunflowers & Pumpkins Sept 17, 1 - 4 pm	\$48; \$43 SV Res	400233-01
18+	Sunflowers & Pumpkins Sept 24, 6 - 9 pm	\$48; \$43 SV Res	400233-02
18+	Fall Landscape Oct 1, 1 - 4 pm	\$48; \$43 SV Res	400233-03
18+	Fall Landscape Oct 3, 6 - 9 pm	\$48; \$43 SV Res	400233-04
18+	Happy Fall Oct 29, 6 - 9 pm	\$48; \$43 SV Res	400233-05
18+	Farmhouse Harvest Nov 5, 1 - 4 pm	\$48; \$43 SV Res	400233-06
18+	Farmhouse Harvest Nov 7, 6 - 9 pm	\$48; \$43 SV Res	400233-07
18+	Fall Truck Nov 19, 6 - 9 pm	\$48; \$43 SV Res	400233-08
18+	Paint Poinsettias Dec 3, 1 - 4 pm	\$48; \$43 SV Res	400233-09
18+	Holiday Truck Dec 5, 6 - 9 pm	\$48; \$43 SV Res	400233-10
18+	Holiday Magic Dec 5, 6 - 9 pm	\$48; \$43 SV Res	400233-11
18+	Holiday Truck Dec 17, 6 - 9 pm	\$48; \$43 SV Res	400233-12
18+	Blue Winter Scenes Jan 14, 1 - 4 pm	\$48; \$43 SV Res	400233-13
18+	Blue Winter Scene Jan 16, 6 - 9 pm	\$48; \$43 SV Res	400233-14



## AARP Driver Safety Program

Taught by AARP trained instructors, Smart Driver teaches proven driving techniques to help keep you and your loved ones safe on the road. Insurance discounts for those 55+ upon completion of the 8-hour introductory course. A 4-hour refresher course is required every three years. AARP members, have your member number to get the registration discount. *Registration deadline: 3 days before class start*

### 4-Hour Refresher Day Courses

AGES	DATE & TIME	COST	ACTIVITY #
55+	Thurs, Sept 19 9 am - 1 pm	\$29 Non-Mem Rate \$24 AARP Member Rate	450201-01
55+	Mon, Oct 21 9 am - 1 pm	\$29 Non-Mem Rate \$24 AARP Member Rate	450201-02
55+	Mon, Nov 4 9 am - 1 pm	\$29 Non-Mem Rate \$24 AARP Member Rate	450201-03
55+	Thurs, Dec 19 9 am - 1 pm	\$29 Non-Mem Rate \$24 AARP Member Rate	450201-04

### 4-Hour Refresher Evening Courses

AGES	DATE & TIME	COST	ACTIVITY #
55+	Tues, Sept 10 5:30 pm - 9:30 pm	\$29 Non-Mem Rate \$24 AARP Member Rate	450202-01
55+	Thurs, Oct 10 5:30 pm - 9:30 pm	\$29 Non-Mem Rate \$24 AARP Member Rate	450202-02
55+	Thurs, Nov 14 5:30 pm - 9:30 pm	\$29 Non-Mem Rate \$24 AARP Member Rate	450202-03
55+	Tues, Dec 12 5:30 pm - 9:30 pm	\$29 Non-Mem Rate \$24 AARP Member Rate	450202-04

### 8-Hour Courses AARP

AGES	DATE & TIME	COST	ACTIVITY #
55+	Mon & Tues Sept 16 & 17 5:30 pm - 9:30 pm	\$31 Non-Mem Rate \$26 AARP Member Rate	450203-01
55+	Tues & Thurs Oct 22 & 24 9 am - 1 pm	\$31 Non-Mem Rate \$26 AARP Member Rate	450203-02

## AARP – Carfit

The CarFit program reviews how you and your vehicle work together. Developed by AAA, AARP and the American Occupational Therapy Association, the program provides resources to increase driving safety and mobility. *Appointments starts at 10 am. Registration deadline: 10/1*

Location: Arden Hills City Hall Parking Lot

AGES	DATE & TIME	COST	ACTIVITY #
50+	Sat, Oct 19 Appointments required	FREE	450204-01

## Lawn Care Seminar

Join Mickman Brothers for their most popular seminar of the year. This class will cover all the essentials to get your lawn looking the best it's ever been.

- Prepare your lawn for winter
- Proper mower heights
- When to water
- Fertilize properly
- Removing or mulching leaves
- Aerating and seeding

*Registration deadline: 9/27*

Location: Mickman Brothers, 14630 MN-65, Ham Lake, MN 55304

AGES	DATE & TIME	COST	ACTIVITY #
13+	Sat, Oct 5 11 am	\$20; \$15 SV Res	400303-02

## Make a Spruce Tip Pot

Come on over to Mickmans and learn the basics and beyond to make the beautiful you've always dreamed of. Class registration includes basic instruction and supplies, plus 25% off any additional embellishment purchases. *Registration deadline: 10/31*

Location: Mickman Brothers, 14630 MN-65, Ham Lake, MN 55304

AGES	DATE & TIME	COST	ACTIVITY #
18+	Sat, Nov 9 11 am	\$44; \$40 SV Res	400303-03

## 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 or private instruction.

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 (PR)

Ages 3 - Adult

Our private and semi-private lessons offer one-on-one training so you're able to learn at your own pace. Lessons are 30 minutes and available at set times.

Private Lessons:

LESSONS	COST
Rate for 8	\$182; \$165 SV Res
Rate for 7	\$159; \$144 SV Res
Rate for 6	\$136; \$124 SV Res

Semi-Private Lessons:

LESSONS	COST
Rate for 8	\$136; \$123 SV Res*
Rate for 7	\$119; \$108 SV Res*
Rate for 6	\$102; \$92 SV Res*

\*Rate listed per person

### Custom Private Lessons

Custom Private Instruction provides:

- Flexible scheduling with 3 months to complete after first lesson starts
- Option to reschedule with advance notification
- Contact the Aquatic Coordinator at 651.490.4766 to set up custom private lessons.

LESSONS	COST
Rate for 8	\$226; \$206 SV Res
Rate for 6	\$180; \$169 SV Res
Rate for 4	\$124; \$113 SV Res

### Custom Semi-Private Lessons

- You must have 2 people for a semi-private lesson
- Registration is done in person, by phone or by fax

LESSONS	COST
Rate for 8	\$155; \$140 SV Res*
Rate for 6	\$125; \$114 SV Res*
Rate for 4	\$88; \$81 SV Res*

\*Rate listed per person

### Group Lessons

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

(MR), (PS), (YB), (AL 1 & 2)	1 to 4
(L1) - (L3)	1 to 5
(L4) - (L6), (IS), (IL)	1 to 6

All group lessons will meet for 35 minutes for eight sessions while Star Fish lessons are 30 minutes.

LESSONS	COST
Rate for 8	\$87; \$79 SV Res
Rate for 7	\$76; \$69 SV Res
Rate for 6	\$66; \$60 SV Res

### Free Swim Lesson Checks

Find out what level to sign up for on one of the following days. Swim checks take approximately 10 minutes. *If there's been more than a 3 month break from swim lessons, it's recommended to repeat the previous level as a refresher.*

DATE & TIME
Tues, Aug 27, 6 - 7 pm
Sun, Nov 24, 10:30 - 11:30 am

### Parent/Child Lessons

#### Star Fish

(SF 1) Ages 9 months to 24 months  
(SF 2) Ages 24 months to 36 months

This class promotes 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 2½ - 4

- A parent accompanies their child in the water for the first few weeks & gradually reduces participation
- Comfort with group instruction independent from guardian
- Enter/Exit water independently
- Blow bubbles & submerge head
- Front/Back float with instructor
- Arm scoops



## Beginner Lessons

### Preschool (PS): Jelly Fish

Ages 3 - 4

- Independent entry/exit
- Front/Back floats with support – 3 seconds
- Front/Back flutter kicking with support
- Front crawl arms
- Rhythmic breathing with bubbles

### Level 1 (L1): Angel Fish

Ages 3½ or passed preschool

- Independent front/back floats - 5 seconds
- Front/Back glides with support
- Front/Back flutter kicking with support
- Front crawl arms with rhythmic breathing and support

### Level 2 (L2): Sea Monkeys

Ages 4 or passed level 1

- Independent front/back floats - 10 seconds
- Independent front/back glides with flutter kick
- Front/Back flutter kicking - 8 yards
- Independent front crawl w/rhythmic breathing - 8 yards
- Elementary backstroke arms

### Youth Beginner (YB)

Ages 6 & older

- New to swim lessons or haven't been in lessons for several years
- Independent front/back floats – 10 seconds
- Independent front/back glides with flutter kick
- Front/Back flutter kicking – ½ length
- Front crawl arms with rhythmic breathing and support
- Elementary backstroke arms



## Intermediate Lessons

### Level 2.5 (L2.5): Otters

- Front/Back flutter kicking – 25 yards
- Front crawl w/controlled rhythmic breathing – ½ length
- Elementary backstroke – ½ length
- Whip kick
- Tread Water

### Level 3 (L3): Seals

- Front/Back flutter kicking – 50 yards
- Front glide into front crawl
- Back glide into back crawl
- Front crawl w/rhythmic breathing – 25 yards
- Back crawl – 25 yards
- Elementary backstroke – 25 yards

### Level 4 (L4): Sting Rays

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

## Advanced Lessons

### Level 5 (L5): Dolphins

- Front crawl with flip turn – 100 yards
- Back crawl with open turns – 100 yards
- Elementary backstroke – 100 yards
- Breaststroke – 50 yards
- Underwater pull outs for breaststroke
- Butterfly – ½ length

### Level 6 (L6): Orcas

- Back crawl with open turns – 200 yards
- Breaststroke with underwater pullouts – 100 yards
- Butterfly – 25 yards
- Individual Medley – 100 yards
- Sidestroke – 25 yards

## 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 with 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 glide with flutter kick
- Rhythmic breathing
- Front crawl arms with rhythmic breathing & support
- Elementary backstroke

### Introduction to Swim Team (IS)

Begin your journey into competitive swimming by working on stroke technique and build endurance in the butterfly, backstroke, breaststroke, and freestyle, along with competitive turns.

#### COST

\$134; \$122 SV Res

### Introduction to Lifeguarding (IL)

Participants will get the chance to shadow a lifeguard to gain a better understanding of their responsibilities and learn:

- Water safety
- First aid techniques
- Basic water rescues
- *Registration deadline: 9/13*

#### AGES COST

13-15 \$87; \$79 SV Res





# AQUATIC TEEN LEADERSHIP PROGRAMS at the Shoreview Community Center

**AGES  
13-15**

## INTRODUCTION TO LIFEGUARDING

**Sat, Sept 21 - Nov 16 (no class Oct 19)**

**\$87, \$79 Shoreview resident, Activity #450305-01**

Participants will get the chance to shadow a lifeguard to gain a better understanding of their responsibilities and learn:

- water safety
- first aid techniques
- basic water rescues

**AGES  
15+**

## JOIN OUR AQUATIC TEAM!

We are accepting applications for lifeguards, swim instructors, and more!  
Learn more and apply online: [shoreviewcommunitycenter.com/jobs](http://shoreviewcommunitycenter.com/jobs)

## HIRING EVENT

**Saturday, September 21, 10 am - 12 pm**

Walk-in interviews will be offered September 21 for lifeguards, swim instructors, and waterslide attendants. No experience needed, all training is provided.  
Save time & apply online: [shoreviewcommunitycenter.com/jobs](http://shoreviewcommunitycenter.com/jobs)

# SWIM LESSONS AT THE COMMUNITY CENTER POOL

## Weekly Classes | 1 day per week for 8 weeks

### Monday Sept. 16 - Nov. 4

#### Morning

TIME	LEVEL	ACTIVITY #
9:25 am	LI	430101-01
10:05 am	SF 1 & 2	430110-01
10:45 am	PS	430111-01

#### Evening

5 pm	PS	430111-03
	LI	430101-03
	L2	430102-01
	L2.5	430112-01
5:45 pm	SF 1 & 2	430110-02
	MR	430117-02
	L3	430103-01
6:30 pm	L4	430104-01
	LI	430101-04
	L2	430102-02
	L2.5	430112-02
7:15 pm	L5	430105-01
	YB	430113-01
	L3	430103-02
	PR	430114-01
	PR	430114-02
8 pm	AL 1	430115-01
	PR	430114-03
	PR	430114-04
	PR	430114-05

### Tuesday Sept. 17 - Nov. 5

#### Evening

TIME	LEVEL	ACTIVITY #
5 pm	MR	430117-03
	L2	430102-03
	L2.5	430112-03
	PR	430114-06
	PR	430114-07
5:45 pm	PS	430111-04
	LI	430101-05
	L3	430103-03
	L5	430105-02
	PR	430114-08
6:30 pm	PS	430111-05
	LI	430101-06
	L2	430102-04
	L3	430103-04
7:15 pm	L4	430104-02
	L2.5	430112-04
	YB	430113-02
8 pm	L6	430106-01
	IS	430109-01
	PR	430114-09
PR	430114-10	

### Wednesday Sept. 18 - Nov. 6

#### Morning

TIME	LEVEL	ACTIVITY #
9:25 am	PS	430111-02
10:05 am	MR	430117-01
10:45 am	LI	430101-02

#### Evening

5 pm	PS	430111-06
	LI	430101-07
	L2.5	430112-05
	YB	430113-03
5:45 pm	SF 1 & 2	430110-03
	MR	430117-04
	PS	430111-07
6:30 pm	L4	430104-03
	LI	430101-08
	L2.5	430112-06
	L3	430103-05
7:15 pm	PR	430114-11
	L2	430102-05
	L2.5	430112-07
8 pm	L5	430105-03
	PR	430114-12
	PR	430114-13
PR	430114-14	

### Thursday Sept. 19 - Nov. 21

No Class: Oct. 17 & 31

#### Evening

TIME	LEVEL	ACTIVITY #
5 pm	MR	430117-05
	PS	430111-08
	L3	430103-06
	PR	430114-15
	PR	430114-16
5:45 pm	PS	430111-09
	LI	430101-09
	L2	430102-06
	L3	430103-07
	PR	430114-17
6:30 pm	MR	430117-06
	LI	430101-10
	L2	430102-07
	L5	430105-04
7:15 pm	PR	430114-18
	L2.5	430112-08
	YB	430113-04
8 pm	L4	430104-04
	PR	430114-19
	AL 2	430115-02
	PR	430114-20
	PR	430114-21
PR	430114-22	

## Aquatic Key

**SF 1** Starfish 9-24 months  
**SF 2** Starfish 24-36 months  
**MR** Manta Ray  
**PS** Preschool

**LI** Level 1, 2, etc.  
**YB** Youth Beginner  
**PR** Private Lessons  
**IS** Intro to Swim Team

**IL** Intro to Lifeguarding  
**AL1** Adult Beginner  
**AL2** Adult Intermediate

## Lesson Rates

**8 Lessons**      **Group** \$87; \$79 SV Res.      **Private** \$182; \$165 SV Res.      **Semi-Private** \$136; \$123 SV Res.\*

**6 Lessons**      **Group** \$66; \$60 SV Res.      **Private** \$136; \$124 SV Res.      **Semi-Private** \$102; \$92 SV Res.\*

\*2 participants of equivalent ability

## Weekly Classes

1 day per week for 8 weeks

## Two Day Classes

2 times per week for 3 weeks

### Saturday

Sept. 21 – Nov. 16

No Class: Oct. 19

#### Morning

TIME	LEVEL	ACTIVITY #
8:15 am	PS	430111-10
	L1	430101-11
	L2	430102-08
	L2.5	430112-09
	YB	430113-05
	PR	430114-23
	PR	430114-24
	PR	430114-25
	PR	430114-26
	PR	430114-27
9 am	SF 2	430110-04
	PS	430111-11
	L1	430101-12
	L2	430102-09
	L2.5	430112-10
	L2.5	430112-11
	L3	430103-08
	L4	430104-05
	PR	430114-28
	PR	430114-29
9:45 am	SF 1	430110-05
	MR	430117-07
	PS	430111-12
	L1	430101-13
	L2	430102-10
	L2.5	430112-12
	L3	430103-09
	L6	430106-02
	IS	430109-02
	PR	430114-30
10:30 am	MR	430117-08
	PS	430111-13
	L1	430101-14
	L2	430102-11
	L2.5	430112-13
	L4	430104-06
	IL	450305-01
	PR	430114-31
	PR	430114-32
	11:15 am	PS
L1		430101-15
L2		430102-12
L2.5		430112-14
L3		430103-10
L5		430105-05
YB		430113-06
PR		430114-33
PR	430114-34	

### Sunday

Sept. 22 – Nov. 17

No Class: Oct. 20

#### Morning

TIME	LEVEL	ACTIVITY #
9 am	SF 1 & 2	430110-06
	PS	430111-15
	L2.5	430112-15
	YB	430113-07
	PR	430114-35
9:45 am	MR	430117-09
	L1	430101-16
	L2	430102-13
	L5	430105-06
	PR	430114-36
10:30 am	SF 1 & 2	430110-07
	PS	430111-16
	L1	430101-17
	L4	430104-07
	PR	430114-37
11:15 am	MR	430117-10
	PS	430111-17
	L2	430102-14
	L3	430103-11
	PR	430114-38

### Monday/Wednesday

Dec. 2 - 18

6 Lessons Only - discounted fee

#### Evening

TIME	LEVEL	ACTIVITY #
5 pm	PR	430114-39
	PR	430114-40
	PR	430114-41
5:40 pm	PR	430114-42
	PR	430114-43
	PR	430114-44
6:20 pm	PR	430114-45
	PR	430114-46
	PR	430114-47

### Tuesday/Thursday

Dec. 3 - 19

6 Lessons Only - discounted fee

#### Evening

TIME	LEVEL	ACTIVITY #
5 pm	PS	430111-18
	L1	430101-18
	PR	430114-48
	PR	430114-49
5:45 pm	MR	430117-11
	PS	430111-19
6:30 pm	L3	430103-12
	PR	430114-50
	L1	430101-19
7:15 pm	L2	430102-15
	L2.5	430112-16
	YB	430113-08
	L2	430102-16
	L2.5	430112-17
PR	PR	430114-51
	PR	430114-52

## A Note About Community Center Lessons

- Swim 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 will be canceled.
- Students are not allowed to swim before or after lessons unless they've purchased a wristband during the following times: weekday morning lessons (school year only), weekday evening lessons (all year).
- If your child needs a quieter environment to learn, please look at our Tuesday, Thursday, Saturday, & Sunday availability. 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. Staff 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.

## Ellis & Associates Community CPR/AED



This course goes over infant, child, and adult skills. The following information will be covered:

- Rescue breathing
- Obstructed airway
- CPR with AED

Certification is awarded after successful completion of all skills. Participants will receive a keychain with CPR mask and ready reference materials. *Registration deadline: 9/24*

AGES	DATE & TIME	COST	ACTIVITY #
14+	Tues, Oct 8 6 - 10 pm	\$72; \$65 SV Res	450301-01

## Ellis & Associates Standard First Aid



Learn how to provide

- Basic first aid skills
- Caring for injuries and sudden illness

Ready reference materials are included.

*Registration deadline: 9/24*

AGES	DATE & TIME	COST	ACTIVITY #
14+	Thurs, Oct 10 6 - 8:30 pm	\$45; \$41 SV Res	450301-02

## Ellis & Associates Community CPR/AED & First Aid



This two day course goes over infant, child, and adult skills.

The following will be covered:

- CPR with AED
- Basic first aid skills
- Caring for injuries and sudden illness

Certification is awarded after successful completion of all skills. Participants will receive a keychain with CPR mask and ready reference materials. *Registration deadline: 9/24*

AGES	DATE & TIME	COST	ACTIVITY #
14+	Tues, Oct 8, 6 - 10 pm Thurs, Oct 10; 6:30 - 8:30 pm	\$94; \$85 SV Res	450301-03

## Babysitting 101

This class will cover the following skills of child care:

- First aid
- Sitter safety
- Crafts and toys
- Child proofing
- Nutrition

*Registration deadline: 4 days before class start*

GRADES	DATE & TIME	COST	ACTIVITY #
5-7	Sat, Oct 12 8 am - 12 pm	\$67; \$61 SV Res	450101-01
5-7	Sat, Nov 16 8 am - 12 pm	\$67; \$61 SV Res	450101-02
5-7	Sat, Dec 14 8 am - 12 pm	\$67; \$61 SV Res	450101-03

## Babysitting First Aid

Students interested in continuing their babysitting skills will learn about:

- Recognizing an emergency
- When to call for help
- Care of injuries
- Allergic reactions
- How to help a choking child/infant

Students will also put together a small take home first aid kit.

*Registration deadline: 12/2*

GRADES	DATE & TIME	COST	ACTIVITY #
5-7	Sun, Dec 8 12:30 - 3:30 pm	\$44; \$40 SV Res	450102-01





## Boy Scouts of America Merit Badges

### Swimming Merit Badge

Scouts learn about:

- Safety when swimming and diving
- How swimming can contribute to overall fitness and health
- Gain some basic competitive swimming skills.

Scouts will need to provide the Swimming Merit Badge book and certification card. *Registration deadline: 11/29*

Location: Chippewa Middle School Pool

AGES	DATE & TIME	COST	ACTIVITY #
11+	Sat, Dec 7 12 - 3 pm	\$62; \$56 SV Res	430301-01

### Lifesaving Merit Badge

Scouts learn how to:

- Assist those involved in a water accident
- Knowledge in rescue techniques
- How to perform and judge when and how to act in an emergency

Scouts will need to provide the Lifesaving Merit Badge book and certification card. *Registration deadline: 11/29*

Location: Chippewa Middle School Pool

AGES	DATE & TIME	COST	ACTIVITY #
11+	Sat, Dec 7 12 - 4 pm	\$68; \$62 SV Res	430301-02

### First Aid Merit Badge

Scouts learn how to care for an injured or ill person until they can receive professional medical care.

Scouts will need to provide the 1st Aid Merit Badge book and certification card. *Registration deadline: 12/3*

AGES	DATE & TIME	COST	ACTIVITY #
11+	Tues, Dec 10 5 - 8:30 pm	\$68; \$62 SV Res	430301-03

## NEW! Mermaids Of Tropics Introduction

Mermaids have to come Tropics and are excited to teach you everything you need to know!

- Learn basic mermaid movements with demonstrations
- Tail care & safety skills
- Learn the dolphin motion of a mermaid
- Mermaid tails & monofins are provided

Prerequisites:

- Front & back float independently – 10 seconds
- Roll from front to back & back to front
- Front crawl with rhythmic breathing – 8 years

AGES	DATE & TIME	COST	ACTIVITY #
6-13	Sat, Nov 23, 10 - 11:30 am	\$40 per participant	430302-01



### Snorkeling

Come learn the basics of snorkeling and we will provide the equipment. A variety of swimming abilities are encouraged to join us in discovering the underwater world, but basic swimming skills are needed. *Registration deadline: 10/11*

AGES	DATE & TIME	COST	ACTIVITY #
8-13	Fri, Oct 18 10:30 - 11:30 am	\$27; \$24 SV Res	430306-01



2019-2020 School Year:  
Sept. 9, 2019 - May 21, 2020

A \$75 non-refundable registration fee is required at the time of registration.

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

## A to Z: Full Day Preschool Program: 3 - 5 years old

- 2, 3 or 5 day/week options
- Structured Learning 9 am - 3:30 pm
- Skill Work: Letters, Numbers, Colors, Shapes, Printing, Counting, Beginning Math & More
- Weekly Nature Based Play, Music, Spanish, Physical Education, Swimming, & Library Visits
- Lunch not provided – students need a bag lunch & drink
- Must be toilet-trained
- Must be 3 by June 1, 2019

AGES	DATE & TIME	WEEKLY PRICE	ACTIVITY #
3-5	Mon - Fri Sept 9 - May 21, 2020 7 am - 5:30 pm	\$248; \$272 SV Res	540426-01
3-5	Mon, Wed, Fri Sept 9 - May 21, 2020 7 am - 5:30 pm	\$189; \$171 SV Res	540426-02
3-5	Tues & Thurs Sept 10 - May 21, 2020 7 am - 5:30 pm	\$147; \$33 SV Res	540426-03



## Specialty Classes

### 3 - 5 years old

- 30 minute swim lesson taught by certified swim instructors
- Busy Buddies: art projects, creative movement, foreign language & more
- Investigators: hands-on science education & more
- Must be 3 by September 1, 2019

CLASS	DATE & TIME	MONTHLY PRICE	ACTIVITY #
Busy Buddies	Mon 9:30 am - 12 pm	\$116; \$106 SV Res	540425-01
Investigators	Wed 9:30 am - 12 pm	\$123; \$111 SV Res	540428-01





## 2½ - 3 years old

- Early Learning: colors, shapes, patterns, days of the week & more
- Great first-time classroom experience
- Socialization skills in large group
- Monday & Friday curriculum varies
- Must be 3 by May 31, 2020

CLASS	DATE & TIME	MONTHLY PRICE	ACTIVITY
Monday Funday AM	Mon 9:15 - 10:45 am	\$82; \$74 SV Res	540420-01
Monday Funday PM	Mon 11 am - 12:30 pm	\$82; \$74 SV Res	540420-02
Friday Funday AM	Fri 9:15 - 10:45 am	\$68; \$62 SV Res	540421-01
Monday Funday PM	Frid 11 am - 12:30 pm	\$68; \$62 SV Res	540421-02

## 3 - 4 years old

- Early learning: letters, numbers, colors, shapes, writing skills, social skills & more
- Weekly large motor skills/physical education time included
- M/W & T/H curriculum varies
- Must be 3 by September 1, 2019

CLASS	DATE & TIME	MONTHLY PRICE	ACTIVITY
Tiny Treasures	Mon/Wed 9:30 am - 12:00 pm	\$147; \$134 SV Res	540422-01
ABC's & 123's	Tues/Thurs 9:30 am - 12:00 pm	\$165; \$150 SV Res	540423-02

## 4 - 5 years old

- Kindergarten readiness
- Skill work: letter recognition, printing, counting, early math, cutting & scissors & more
- Weekly large motor skills/physical education time included
- Must be 4 by September 1, 2019

CLASS	DATE & TIME	MONTHLY PRICE	ACTIVITY
Alpha Kids	Tues/Thurs 9:30 am - 12 pm	\$182; \$165 SV Res	540424-01
Stepping Stones	Tues/Wed/Thurs 1 - 3:30 pm	\$274; \$249 SV Res	540427-01





### Kids' Garage Sale

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

Registration deadline: 9/18

Location: Shoreview Community Center Pavilion

AGES	DATE & TIME	COST	ACTIVITY #
5-11	Sat, Sept 21 9 am - 12 pm	\$20 per table	460415-01



### Halloween Spooktacular

Come join the spooky fun! Enjoy DJ music and dance to the monster mash, create a Halloween craft, bingo, carnival games and more! Children must be accompanied by an adult. Pre-registration is required. *Tickets must be purchased for each individual in your party*

AGES	DATE & TIME	COST
1-10	Fri, Oct 25, 6:30 - 8 pm	\$8; \$7 SV Res



### Halloween Cupcake Art with Buttercream Icing

Learn the basic skills of cupcake decorating. You will have an opportunity to learn how to use a variety of metal decorating tips and colorful tubes of icing to create your very own Halloween edible works of art. *Class taught by Artistic Moments.*  
Registration deadline: 10/8

AGES	DATE & TIME	COST	ACTIVITY #
5-11	Sat, Oct 26 10 - 11:30 am	\$28; \$23 SV Res	470226-01

### Dive-In Movie

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

#### DATE & TIME

Fri, Nov 15, 7 pm

### Fall Harvest Family Day

Come celebrate the fall harvest with Roseville Park & Rec and Shoreview Park and Rec. The Fall Harvest Family Day will be lively with activities for the whole family: carnival games, arts n' crafts, photo booth, music, and light refreshments. Pre-registration is required for this event. No walk-ins.

Registration deadline: 11/8

AGES	DATE & TIME	COST	ACTIVITY #
1-10	Sat, Nov 16 10 am - 12 pm	Child: \$10; \$8 SV Res Adult: \$3	460413-01 460413-02



### Holiday Cookie Decorating

Come have fun and decorate a dozen holiday cookies! Each child will get a dozen cookies and be provided with all the decorating supplies. Please bring a container to transport your beautiful cookies home! *Children must be accompanied by an adult. Registration deadline: 12/13*

AGES	DATE & TIME	COST	ACTIVITY #
1-10	Thurs, Dec 19 6 - 7 pm	\$16; \$14 SV Res	160105-01



### Santa's Workshop

Come spend the morning with Santa at his workshop! Enjoy a continental breakfast, a craft, and visiting time with Santa himself! You don't want to miss out on this memorable family fun! Don't forget to check out the Kids Secret Holiday Shopping Spree after! Each session is limited to 30 kids. Children must be accompanied by an adult. Pre-registration required. Tickets must be purchased for each individual in your party No walk-ins. *Registration deadline: 12/13*

AGES	DATE & TIME	COST .....
All	Session 1, Sat, Dec 21, 9 - 10 am	\$8; \$7 SV Res
All	Session 2, Sat, Dec 21, 10:30 - 11:30 am	\$8; \$7 SV Res



### Letter from Santa

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. *Letters mailed around December 19. Registration deadline: 12/13*

AGES	COST	ACTIVITY #
All	\$5 per child	160102-01

## kids' secret holiday shopping spree

SATURDAY DECEMBER 21  
9 AM - 12 PM



ages 3 - 12  
gifts range \$1-15  
wrapping included  
no signup needed



## Grandparent Day Herb Bowl

Celebrate Grandparents Day at Mickman Brothers for an hour creating a small potted herb garden. *Registration deadline: 10/26*

Location: Mickman Brothers, 14630 MN-65, Ham Lake, MN 55304

AGES	DATE & TIME	COST	ACTIVITY #
7+	Sun, Sept 8 11 am - 12 pm	\$22; \$20 SV Res	400303-01

## MEA Day Trip: Minnehaha Regional Park and Base Camp

Hike the trails of Minnehaha Regional Park for a relaxing morning in nature before heading to Base Camp. Participants will explore trust, problem-solving, and personal challenge through experimental rock climbing, archery, and guided reflection. Please bring a bag lunch, refillable water bottle, sunscreen, and wear closed toed shoes with socks. Extended care available is available from 8 am and until 5:30 pm for an additional \$8 per person. Please select option during registration. Check-in and out at the Fireside Lounge.

*Registration deadline: 10/4*

AGES	DATE & TIME	COST	ACTIVITY #
7-14	Fri, Oct 18 8:45 am - 5 pm	\$50; \$45 SV Res	470280-01



## Grandparent & Me Painting Classes

No experience necessary. Come to a fun morning of painting with Jill from Paint by Jill. A young person along with their grandparent, parent or special friend create a one-of-a-kind masterpiece together. Children of all ages welcome, ages 5 and older is recommended though. *Registration deadline: 1 week before class start*

AGES	DATE & TIME	COST	ACTIVITY #
5+	<i>It's Fall Ya'll</i> Sat, Sept 28, 10 am - 12 pm	\$28; \$25 SV Res	400230-01
5+	<i>Kitty &amp; Me</i> Sat, Oct 5, 10 am - 12 pm	\$28; \$25 SV Res	400230-02
5+	<i>Gobble Time</i> Sat, Nov 9, 10 am - 12 pm	\$28; \$25 SV Res	400230-03
5+	<i>Holiday Love</i> Sat, Dec 14, 10 am - 12 pm	\$28; \$25 SV Res	400230-03
5+	<i>Snowman Love</i> Sat, Jan 11, 10 am - 12 pm	\$28; \$25 SV Res	400230-05



*Kitty & Me*



*Holiday Love*



### Wish Upon a Ballet

This program will incorporate 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. Children will need ballet shoes. Shoes will be available to purchase on the first day of class for an extra fee.

*Registration deadline: 5 days before class start*

#### Session 1: Snow White

AGES	DATE & TIME	COST	ACTIVITY #
3-6	Sun, Sept 15 - Oct 27 2 - 2:45 pm (no class 10/20)	\$70; \$65 SV Res	470202-01

#### Session 2: Hansel and Gretel

AGES	DATE & TIME	COST	ACTIVITY #
3-6	Sun, Nov 3 - Dec 15 2 - 2:45 pm (no class 12/1)	\$70; \$65 SV Res	470203-01

### Wish Upon a Ballet & Tap

This program offers the same curriculum as our Wish Upon a Ballet program with the added fun of tap dancing! Students will develop poise, strength and flexibility through ballet and tap. Ballet and tap shoes are required. *Registration deadline: 5 days before class start*

#### Session 1: Snow White

AGES	DATE & TIME	COST	ACTIVITY #
4-7	Sun, Sept 15 - Oct 27 2:45 - 3:30 pm (no class 10/20)	\$70; \$65 SV Res	470204-01

#### Session 2: Hansel and Gretel

AGES	DATE & TIME	COST	ACTIVITY #
4-7	Sun, Nov 3 - Dec 15 2:45 - 3:30 pm (no class 12/1)	\$70; \$65 SV Res	470205-01

### Hip Hop Dance Party

Get into the Groove! Learn upbeat styles such as jazz and hip hop and move to your favorite songs. Students will also learn warm-ups such as stretching, isolations and across the floor exercise! *Registration deadline: 5 days before class start*

#### Session 1: Snow White

AGES	DATE & TIME	COST	ACTIVITY #
5-10	Sun, Sept 15 - Oct 27 3:30 - 4:15 pm (no class 10/20)	\$70; \$65 SV Res	470206-01

#### Session 2: Hansel and Gretel

AGES	DATE & TIME	COST	ACTIVITY #
5-10	Sun, Nov 3 - Dec 15 3:30 - 4:15 pm (no class 12/1)	\$70; \$65 SV Res	470207-01

### Uglydolls Musical Theater Camp

Let’s learn songs and dances from Uglydolls and put together our own musical! Learn how to properly speak your lines, block a scene, and develop your character and much more! No experience necessary. Please bring a nut free snack and beverage daily. *Registration deadline: 10/30*

AGES	DATE & TIME	COST	ACTIVITY #
4-8	Sat, Nov 2 - Dec 14 1:30 - 2:30 pm (no class 11/30)	\$70; \$65 SV Res	470208-01

### Descendants 3 Musical Theater Camp

New villains are stirring up trouble in Auradon! Help bring order back to the kingdom with a musical! Learn how to properly speak your lines, block a scene, and develop your character and much more! No experience necessary. Please bring a nut free snack and beverage daily.

*Registration deadline: 10/30*

AGES	DATE & TIME	COST	ACTIVITY #
6-10	Sat, Nov 2 - Dec 14 2:30 - 3:30 pm (no class 11/30)	\$70; \$65 SV Res	470209-01





### Halloween Craft Party

Park your broom at the door and come on in! Together, you and your child will create an adorable picture of a swirly, starry night scene, complete with spooky ghosts. This project even glows-in-the dark! The kids are welcome to wear costumes to class. Children must be accompanied by a caregiver.

Registration deadline: 10/3

AGES	DATE & TIME	COST	ACTIVITY #
18 mos- 6 years	Thurs, Oct 10 9:30 - 10:30 am	\$20; \$17 SV Res	470270-01



### Olaf and Friends Camp

If you're as excited for Frozen 2 as we are, come join us on an Arendelle adventure! We'll travel through the kingdom with Olaf and his friends, using paint, clay, and so much more to create many icy masterpieces. We'll even get in touch with our ice powers and create our very own snow globes and Olaf bobble heads! Please pack a nut free snack and drink for your child each day! Registration deadline: 10/10

AGES	DATE & TIME	COST	ACTIVITY #
5-12	Thurs - Fri Oct 17 & 18 9 am - 12 pm	\$80; \$75 SV Res	470273-01

### Turkey Time

Those pilgrims sure were crafty! The kids will celebrate Thanksgiving by creating an adorable turkey that is sure to make you giggle. The kids will use their handprints to paint this jumbo-sized bird. Children must be accompanied by a caregiver. Registration deadline: 11/19

AGES	DATE & TIME	COST	ACTIVITY #
18 mos- 6 years	Tues, Nov 26 9:30 - 10:30 am	\$20; \$17 SV Res	470271-01



### Holiday Ornament Making Party

All new ornaments! Join us for an ornament making party. We will set up 4 stations, each with a different ornament project. These ornaments will make great keepsakes or holiday gifts! Registration deadline: 12/6

AGES	DATE & TIME	COST	ACTIVITY #
5-12	Sat, Dec 14 2 - 4 pm	\$35; \$30 SV Res	470274-01

### S is for Santa

You will work right alongside your child, as they create a super silly santa on a real canvas board. Come prepared ready to make a mess and walk away with a keepsake. Children must be accompanied by a caregiver. Registration deadline: 12/13

AGES	DATE & TIME	COST	ACTIVITY #
18 mos- 6 years	Sat, Dec 21 9:30 - 10:30 am	\$20; \$17 SV Res	470272-01

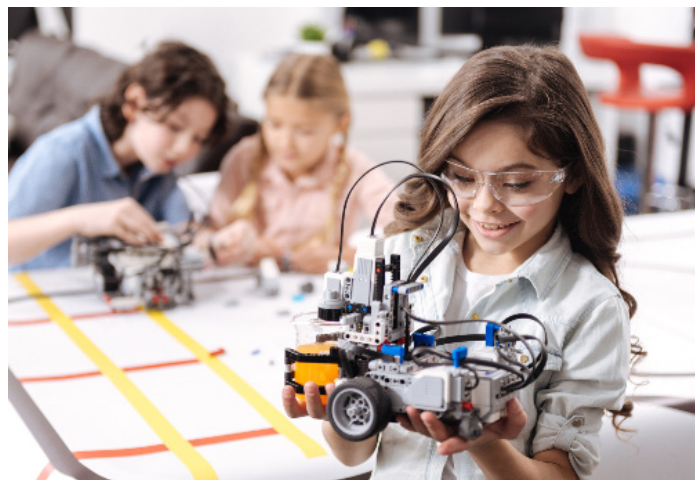


## Robotic Builders: Gamer-bots

Let the Games begin! Students will be taught foundational building and introduced to programming concepts with learning about the sensors, motors, and special technics components. Working in small teams, students will build and program smart robots, based on popular games. Please bring a drink & snack.

Registration deadline: 9/13

AGES	DATE & TIME	COST	ACTIVITY #
6 - 11	Sat, Sept 21 & 28 9 am - 12 pm	\$100; \$93 SV Res	470213-01



## Scratch 3.0 Game Coding with Nintendo Characters

This course will give you hands-on experience developing your own game using Scratch 3, a visual coding platform. Students will learn how to think like a programmer, and learn coding concepts while creating a two-dimensional game, using their favorite Nintendo characters. Bring a USB drive, a drink, and a snack to class. Registration deadline: 9/27

AGES	DATE & TIME	COST	ACTIVITY #
8-13	Sat, Dec 7 & 14 9 am - 12 pm	\$100; \$93 SV Res	470214-01



## Engineering: Crazy Action Contraptions

Learn about engineering and the physical science principles behind different action machines. Working in teams, students will build crazy wheeled and geared contraptions that spring into action. Have fun while you learn the principles of mechanical engineering and simple machines. Please bring a drink & snack. Registration deadline: 10/18

AGES	DATE & TIME	COST	ACTIVITY #
5-9	Sat, Oct 26 9 am - 12 pm	\$50; \$47 SV Res	470216-01



## Multiplayer Minecraft: City Builder

Collaborate with fellow students to construct a city! Students will take home their completed world file at the end of class. Beginners and experienced Minecrafters alike will love this action-packed camp! Bring a USB drive, a drink and a snack to class. Registration deadline: 10/11

AGES	DATE & TIME	COST	ACTIVITY #
6-11	Sat, Oct 19 9 am - 12 pm	\$50; \$47 SV Res	470215-01



## STEM Challenge + Minecraft w/Lego Materials

Gear up for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! In this challenge based program, build projects inspired by cool machines close to home, such as Gear Cars, Gondolas, Merry-Go-Rounds, and Scissor Lifts. Then build Motorized Minecarts, Ghosts, and Creepers from the Minecraft universe! Engineer and Craft innovative solutions in this new full-day themed engineering camp for LEGO® fanatics! Bring a bagged lunch and nut-free snack to class.

Registration deadline: 11/18

AGES	DATE & TIME	COST	ACTIVITY #
7-12	Mon, Nov 25 - 27 9 am - 4 pm	\$210; \$195 SV Res	470212-01

## Chess School

Twin Cities Chess Club provides a safe and educational environment for children of all levels to learn and enjoy the wonderful game of chess. Students are grouped together according to their age and ability. Classes will be taught by Igor Rybakov, the USCF-rated tournament chess player who was named the best Chess Coach of Minnesota.

*Registration deadline: 3 days before class start*

AGES	DATE & TIME	COST	ACTIVITY #
5-18	Session 1 Sat, Sept 21 - Oct 26 10 - 11:15 am	\$90 per participant	470220-01
5-18	Session 2 Sat, Nov 2 - Dec 7 10 - 11:15 am	\$90 per participant	470220-02
5-18	Combined Session Sat, Sept 21 - Dec 7 10 - 11:15 am	\$170 per participant	470220-03



## Chess Tournament

A fun way for students of all ages to learn and improve their chess level! Organized and run by Twin Cities Chess Club. Chess tournament is the next arena where young chess players can test their skill. Chess tournaments are not only competitions, but social events as well. Children will meet peers with a similar love for the game. Players grouped by rating/age/experience level! Every student will receive either trophy or medal based on performance. Please, bring a lunch or a snack. *Registration deadline: 12/6*

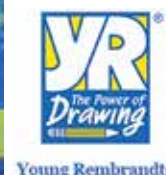
AGES	DATE & TIME	COST	ACTIVITY #
5-18	Sat, Dec 14 10 am - 2 pm	\$25 per participant	470221-01

## Fall Drawing with Pencil

Join us for a fun and creative class as we explore drawing composition. Using graphite, you will learn a fun and easy method for drawing upside down and transferring the objects from your picture onto drawing paper. (Please bring your favorite fall photo for your guide; otherwise instructor will have some onsite.) *Class taught by Artistic Moments.*

*Registration deadline: 8/30*

AGES	DATE & TIME	COST	ACTIVITY
5-11	Sat, Sept 7 10 - 11:30 am	\$28; \$23 SV Res	470225-01



## Pastel Drawing Workshop

This pastel workshop will focus on five different artists. Each day, we will create a large, original pastel drawing replication a famous artist's masterpiece. No experience necessary. Please wear an old shirt or smock to class each day. *Class taught by Young Rembrandts. Registration deadline: 9/7*

AGES	DATE & TIME	COST	ACTIVITY
6-12	Sat, Sept 14 - Oct 12 10 am - 12 pm	\$69; \$64 SV Res	470230-01



## Draw Cartoons Workshop

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action and personification will contribute to your child's artistic advancement. *Class taught by Young Rembrandts. Registration deadline: 10/11*

AGES	DATE & TIME	COST	ACTIVITY
6-12	Sat, Oct 19 - Nov 16 10 am - 12 pm	\$67; \$62 SV Res	470231-01





## Music Together

Share the fun as you sing, play rhythm instruments and move along with your baby, toddler or preschooler. In our Music Together class, you will experience a joyful, research-based curriculum that supports children's cognitive, social, physical, verbal AND musical development. This class is full of opportunities for experimentation and play and will help your child grow into a confident, lifelong music maker! Classes are mixed-age so siblings can attend together.

### Free Demo Classes

AGES	DATE & TIME	ACTIVITY #
0-5	Sun, Sept 8, 4:30 pm	470263-01
0-5	Tues, Sept 10, 9:15 am	470263-02
0-5	Wed, Sept 11, 10:15 am	470263-03

Fall Session: Sun, Sept 22 - Nov 24 (10 weeks)

Registration deadline: 9/18

AGES	DATE & TIME	COST	ACTIVITY #
0-5	4:30 - 5:15 pm	\$189; \$104 for each addl sibling	470260-01
0-5	5:30 - 6:15 pm	\$189; \$104 for each addl sibling	470260-02

Fall Session: Tues, Sept 24 - Nov 26 (10 weeks)

Registration deadline: 9/20

AGES	DATE & TIME	COST	ACTIVITY #
0-5	9:15 - 10 am	\$189; \$104 for each addl sibling	470262-01
0-5	10:15 - 11 am	\$189; \$104 for each addl sibling	470262-02

Fall Session: Wed, Sept 25 - Dec 4 (10 weeks. No class Nov. 27)

Registration deadline: 9/20

AGES	DATE & TIME	COST	ACTIVITY #
0-5	9:15 - 10 am	\$189; \$104 for each addl sibling	470261-01
0-5	10:15 - 11 am	\$189; \$104 for each addl sibling	470261-02



## Tumbling

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.

Registration deadline: 9/18

Sept. 21 - Nov. 16 8 weeks. No class 10/10

AGES	DATE & TIME	COST	ACTIVITY #
2 - 3	Toddler & Parent* 9:45 - 10:30 am	\$100; \$90 SV Res	480101-01
2 - 3	Toddler & Parent* 10:45 - 11:30 am	\$100; \$90 SV Res	480101-02
3 & 4	Tumbling Tykes 11:45 am - 12:30 pm	\$100; \$90 SV Res	480102-01
4 & 5	Rolly Pollys 12:45 - 1:30 pm	\$100; \$90 SV Res	480103-01
5 - 8	Beginners Headstanders/ Handstanders 1:45 - 2:30 pm	\$100; \$90 SV Res	480104-01

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

## Recreational Ice Skating Instruction

### Group Lessons

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

### Pre-Snowplow: Ages 4-8

With a mix of fun games and drills, this class will help participants gain the strength and confidence to stand on their own on the ice while introducing preliminary skating moves and techniques.

### Snowplow Sam: Ages 4-10

Participants will learn to skate in a safe and fun environment. This class introduces preliminary moves that will help develop the familiarity, coordination and strength needed to maneuver on skates.

### Levels 1-3

Our leveled classes encourage participants to trade in hesitation for excitement as their confidence grows with each stride. Participants will focus on skills that build their agility, balance, coordination and speed.

Fall 2019 Schedule: Sat, Oct 26 – Dec 7 (7 weeks)

*Registration deadline: 10/24*

Location: The Shoreview Arena, 96 and Victoria

TIME	CLASS	COST	ACTIVITY
8 - 8:30 am	Snowplow	\$99; \$85 SV Res	470401-01
8 - 8:30 am	Level 1	\$99; \$85 SV Res	470402-01
8 - 8:30 am	Level 3	\$99; \$85 SV Res	470404-01
8:35 - 9:05 am	Snowplow	\$99; \$85 SV Res	470401-02
8:35 - 9:05 am	Level 1	\$99; \$85 SV Res	470402-02
8:35 - 9:05 am	Level 2	\$99; \$85 SV Res	470403-01
9:10 - 9:40 am	Snowplow	\$99; \$85 SV Res	470401-03
9:10 - 9:40 am	Level 1	\$99; \$85 SV Res	470402-03
9:10 - 9:40 am	Level 2	\$99; \$85 SV Res	470403-02
9:40 - 10:10 am	Pre-Snowplow	\$152; \$138 SV Res	470400-01

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

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



Skate Rental is NOT available at the rink.



## 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.

### Group Lessons

#### PeeWees *Ages 5 to 7*

Peewees are taught the basics of tennis 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 water bottle.

#### Beginners *Ages 7 to 11*

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

#### Advanced Beginners *Ages 9 to 11*

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

#### Intermediate *Ages 11 to 14*

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

Sat, Sept 7 - Oct 5

*If necessary, make-up lessons will be held October 12 and 19.*

Registration deadline: 9/3

Location: Wilson

TIME	CLASS	COST	ACTIVITY
10 - 10:45 am	Pee Wees	\$70; \$60 SV Res	490606-01
11 - 11:55 am	Beginners	\$70; \$60 SV Res	490607-01
12 - 12:55 pm	Advanced Beginners	\$70; \$60 SV Res	490608-01
1 - 1:55 pm	Intermediate	\$70; \$60 SV Res	490609-01

## 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. *Registration deadline: 4 days before class start*

Session A: Tues & Thurs, Sept 17 - Oct 24 (6 weeks)

TIME	CLASS	COST	ACTIVITY #
6:15 - 7 pm	Beginner	\$90; \$84 SV Res	410231-01
7 - 8 pm	Advanced	\$90; \$84 SV Res	410231-02

### Private Lessons

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

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

Individual Private Lessons Five lessons (60 minutes)

COST	ACTIVITY
\$190; \$180 SV Res	490602-01

Semi Private Lessons\* Five lessons (60 minutes)

COST	ACTIVITY
\$110; \$100 SV Res	490603-01

\*Each participant pays and must enroll with a partner



Session B: Tues & Thurs, Nov 5 - Dec 19

(6 weeks. No class week of Nov. 24)

TIME	CLASS	COST	ACTIVITY #
6:15 - 7 pm	Beginner	\$90; \$84 SV Res	410233-01
7 - 8 pm	Advanced	\$90; \$84 SV Res	410233-02

## Little Strikers Bowling Camp



Spare, split, STRIKE! Participants will learn the bowling basics and visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun!

Registration deadline: 12/19

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

AGES	DATE & TIME	COST	ACTIVITY #
5-10	Thurs - Fri, Dec 26 - 27 10 am - 12 pm	\$45 per participant	190901-01

## Mini Kickers Soccer Camp

Join former professional goalkeeper for the Minnesota Thunder, John Swallen, for a variety of fun soccer games. Participants will focus on fundamental skills of youth soccer as well as sportsmanship and teamwork. *No class Oct. 19.*

Registration deadline: 10/4

AGES	DATE & TIME	COST	ACTIVITY #
6 - 8	Sat, Oct 5 - Nov 16 9 - 9:45 am	\$75; \$70 SV Res	490801-01
3 - 5	Sat, Oct 5 - Nov 16 10 - 10:30 am	\$75; \$70 SV Res	490801-02
3 - 5	Sat, Oct 5 - Nov 16 10:35 - 11:05 am	\$75; \$70 SV Res	490801-03

## Girls Volleyball League

Participants will develop skills and learn the rules and strategy in a team setting in this league play format. Teams will have one practice and one game (Saturday) per week. Games and practices last for one hour. Starting times will vary each week. Tuesdays will be between 5:30 - 8:30 pm and Saturdays between 9 am - 4 pm. *No special friend requests accepted after the deadline. Registration deadline: 12/2*

Location: Turtle Lake Elementary

GRADES	DATE & TIME	COST	ACTIVITY #
4 - 5	Tues & Sat Jan 7 - Mar 10	\$80; \$70 SV Res*	190304-01
6 - 8	Tues & Sat Jan 7 - Mar 10	\$80; \$70 SV Res*	190304-02

\*\$20 late fee after Dec. 2

### Volunteer coaches needed

#### Benefits of volunteer coaching:

- Give back to the community
- Provide youth with fun experience
- 50% refund of registration fee

#### Volunteer Coaches Meeting:

Tuesday, December 17 from 6:30 - 7:30 pm at the Shoreview Community Center. If you have any questions contact Program Supervisor at 651-490-4753.

**Parks Pride**

1400 ACRES OF PARKS SPACE	11 CITY PARKS	4 COUNTY PARKS	55 MILES OF TRAILS
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The graphic features several photos: a picnic shelter, a paved walking path, a colorful playground with slides, a basketball court, and another playground structure.

Full parks & amenities listing available online: [shoreviewmn.gov](http://shoreviewmn.gov)



## Basketball

Our instructors will provide fun games and drills for participants to learn the fundamentals of basketball. Participants should bring their desire to learn and have FUN! *Registration deadline: 2 days before class start*

Location: Island Lake Elementary - Gym

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 3	Tues, Sept 17 - Oct 22 4:05 - 5:05 pm	\$50 per participant	490403-01
1 - 3	Tues, Nov 5 - Dec 17 4:05 - 5:05 pm	\$50 per participant	490403-03

Location: Turtle Lake Elementary - Gym

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 3	Tues, Sept 17 - Oct 22 4:05 - 5:05 pm	\$50 per participant	490403-02
1 - 3	Tues, Nov 5 - Dec 17 4:05 - 5:05 pm	\$50 per participant	490403-04

## Soccer

Our instructors will provide fun games and drills for participants to learn the fundamentals of soccer. Participants should bring their desire to learn and have FUN! *Registration deadline: 2 days before class start*

Location: Island Lake Elementary - Gym

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 3	Wed, Sept 18 - Oct 23 4:05 - 5:05 pm	\$50 per participant	490406-01
1 - 3	Wed, Nov 6 - Dec 18 4:05 - 5:05 pm	\$50 per participant	490406-03

Location: Turtle Lake Elementary - Gym

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 3	Wed, Sept 18 - Oct 23 4:05 - 5:05 pm	\$50 per participant	490406-02
1 - 3	Wed, Nov 6 - Dec 18 4:05 - 5:05 pm	\$50 per participant	490406-04

## Wrestling

Join Mounds View High School coaches for this fun and entry level wrestling program. Participants will have fun learning basic moves and technique that builds self-confidence.

*Registration deadline: 2 days before class start*

Location: Island Lake Elementary - Gym

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Mon, Sept 23 - Oct 28 4:05 - 5:05 pm	\$50 per participant	490409-01

Location: Turtle Lake Elementary - Gym

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Tues, Sept 24 - Oct 29 4:05 - 5:05 pm	\$50 per participant	490409-02

Location: Mounds View High School

GRADES	DATE & TIME	COST	ACTIVITY #
Kinder- garten	Tues & Thurs, Oct 22 - 31 6 - 7 pm	\$30 per participant	490409-03

## Pickleball

Our instructors will provide fun games and drills for participants to learn the fundamentals of Pickleball. Participants should bring their desire to learn and have FUN! *Registration deadline: 2 days before class start*

Location: Island Lake Elementary - Gym

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Thurs, Sept 19 - Oct 31 4:05 - 5:05 pm	\$50 per participant	490405-01
1 - 5	Thurs, Nov 7 - Dec 19 4:05 - 5:05 pm	\$50 per participant	490405-03

Location: Turtle Lake Elementary - Gym

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Thurs, Sept 19 - Oct 31 4:05 - 5:05 pm	\$50 per participant	490405-02
1 - 5	Thurs, Nov 7 - Dec 19 4:05 - 5:05 pm	\$50 per participant	490405-04





## TGA Golf

TGA golf brings the golf course to your student, making it convenient to learn and play golf in a fun and safe environment. Instructors help students develop golf skills and knowledge, while teaching valuable life lessons like honesty and sportsmanship. *Registration deadline: 3 days before class start*

Location: Commons Park Softball Field

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Sat, Sept 7 - 21 9 - 10:30 am	\$99 per participant	190910-05

Location: Island Lake Elementary

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Mon, Sept 16 - Oct 21 4:05 - 5:05 pm	\$99 per participant	190910-01
1 - 5	Mon, Nov 4 - Dec 16 4:05 - 5:05 pm	\$99 per participant	190910-03

Location: Turtle Lake Elementary

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Mon, Sept 16 - Oct 21 8:10 - 9:10 am	\$99 per participant	190910-02
1 - 5	Mon, Nov 4 - Dec 16 8:10 - 9:10 am	\$99 per participant	190910-04

## School Run Club

This class will incorporate fun games and allows participants to improve their overall fitness and learn the essentials of proper form/drills, hydration and nutrition, proper warm up/warm down, breathing, stretching and pacing. *Registration deadline: 3 days before class start*

Location: Island Lake Elementary

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Mon & Wed Sept 9 - Oct 23, 8:30 - 9:10 am	\$125 per participant	490410-01

Location: Turtle Lake Elementary

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Tues & Thurs Sept 10 - Oct 24, 8:30 - 9:10 am	\$125 per participant	490410-02

## Hi-Five Basketball Camp

This camp allows participants to improve their skills while having FUN! Coaches will instruct positively, enabling the athletes to enjoy the game while developing skills and recognizing the importance of responsibility, sportsmanship and teamwork! *Registration deadline: 10/8*

Location: Chippewa Middle School Gym

GRADES	DATE & TIME	COST	ACTIVITY #
3 - 5	Fri, Oct 11 9 - 11:30 am	\$45 per participant	490904-01
6 - 8	Fri, Oct 11 1 - 4 pm	\$50 per participant	490904-02
3 - 5	Fri, Nov 1 9 - 11:30 am	\$45 per participant	490904-03
6 - 8	Fri, Nov 1 1 - 4 pm	\$50 per participant	490904-04



### Child Yoga

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.

*Registration deadline: 1 day before class start*

Location: Island Lake Elementary

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 5	Tues, Sept 17 - Oct 22 8:15 - 9:15 am	\$80 per participant	490407-01
1 - 5	Tues, Nov 5 - Dec 17 8:15 - 9:15 am	\$80 per participant	490407-02

Location: Turtle Lake Elementary

GRADES	DATE & TIME	COST	ACTIVITY #
1 - 3	Wed, Sept 18 - Oct 23 8:15 - 9:15 am	\$80 per participant	490407-03
1 - 3	Wed, Nov 6 - Dec 18 8:15 - 9:15 am	\$80 per participant	490407-04

### Teen Yoga

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

*Registration deadline: 1 day before class start*

Location: Chippewa Middle School

GRADES	DATE & TIME	COST	ACTIVITY #
6 - 8	Tues, Sept 17 - Oct 22 2:30 - 3:30 pm	\$80 per participant	490408-01
1 - 5	Tues, Nov 5 - Dec 17 2:30 - 3:30 pm	\$80 per participant	490408-02

### REVSports – Ninja Warrior

This instructional class will use fun 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. *Registration deadline: 9/13*

AGES	DATE & TIME	COST	ACTIVITY #
2 - 3	TotStars Mon, Sept 16 - Oct 21 5 - 5:30 pm	\$55 per participant	490913-01
4 - 6	KinderStars Mon, Sept 16 - Oct 21 5:30 - 6:15 pm	\$55 per participant	490913-02
6 - 9	MightyStars Mon, Sept 16 - Oct 21 6:15 - 7 pm	\$55 per participant	490913-03
2 - 3	TotStars Mon, Nov 4 - Dec 16 5 - 5:30 pm	\$55 per participant	490913-04
4 - 6	KinderStars Mon, Nov 4 - Dec 16 5:30 - 6:15 pm	\$55 per participant	490913-05
6 - 9	MightyStars Mon, Nov 4 - Dec 16 6:15 - 7 pm	\$55 per participant	490913-05





## Fall Co-Rec Soccer Leagues

### Register Now!

Games & practices last for one hour. Participants will practice once per week, Mon-Thurs between 6 - 8 pm, and games on Saturdays (Sept 7 - Oct 12) between 9 am - 2 pm. **Coaches meeting August 12 at 6:30 pm.**

GRADES*	LEAGUE & DATE	COST	ACTIVITY #
Age 4 - K	Mini Mites Aug 19 - Oct 12	\$94; \$84 SV Res**	490208-01
1 - 2	Mites Aug 19 - Oct 12	\$94; \$84 SV Res**	490208-02
3 - 4	Squirts Aug 19 - Oct 12	\$94; \$84 SV Res**	490208-03
5 - 6	PeeWee Aug 19 - Oct 12	\$94; \$84 SV Res**	490208-04

\* 2019-20 school year

\*\* Fee includes \$20 late fee for registering after July 26

## Fall Co-Rec Flag Football Leagues

### Register Now!

Games & practices last for one hour. Participants will practice once per week, Mon - Thurs between 6 - 8 pm, & games on Saturdays (Sept 7 - Oct 12) between 1 - 4 pm. **Coaches meeting August 13 at 6:30 pm.**

GRADES*	DATE	COST	ACTIVITY #
K - 1	Aug 19 - Oct 12	\$114; \$104 SV Res**	490207-01
2 - 3	Aug 19 - Oct 12	\$114; \$104 SV Res**	490207-02
4 - 6	Aug 19 - Oct 12	\$114; \$104 SV Res**	490207-03

\* 2019-20 school year

\*\* Fee includes \$20 late fee for registering after July 26

### Volunteer coaches are needed!

#### Benefits of volunteer coaching:

- Give back to the community
- Provide youth with fun experience
- 50% refund of registration fee

#### Important info:

- Coach will contact participants one week prior to start.
- Detailed schedule given out at first practice.
- Teammate requests are not guaranteed
- Practices and games held in various parks in Shoreview or neighboring cities



# Jobs that Fit YOUR Lifestyle!

Part-time • Flexible Hours • Fun People

## Child Care

\$10-11/hour

Provide care for children ages 6 months to 8 years in our drop-off childcare center. Experience working with pre-schoolers preferred.

## Fitness Instructors

\$16-23/hour (1.5 hrs paid/1 hr class)

Certified instructors teach cardio-kick, cycling, kettle bells, ballet fitness, strength training, water exercise, yoga, pilates, & dance-based fitness classes.

## Guest Service/Memberships

\$11.50-13/hour

Answer member questions, give tours, help with event room set up, address guest issues, provide backup support at the service desk & Wave Cafe.

## Gym Supervisors

\$11.25-12.25/hour.

Supervise gym area for Pickleball and other drop-in activities. Interest in Pickleball and an ability to work with people desired.

## Gymnastics & Tumbling Instructors

\$10.50-11.50/hour

Teach beginning to intermediate level classes. Past teaching and gymnastics experience preferred.

## Ice Skating Instructors

\$11.75-12.75/hour October-February

Instruct youth in ice skating. Skating knowledge and experience required. 2-4 hours Saturday mornings.

## Lifeguards (we will train)

\$11.25-13/hour

No experience is required. Training is provided through Ellis Certification.

## Manager On Duty

\$15.25-17/hour

Coordinate day-to-day activities in the Community Center, supervise staff, assist guests, follow safety/security procedures.

## Personal Trainers

\$19-23/hour

Nationally certified trainers provide personalized workouts that focus on general fitness & sport-specific conditioning.

## Service Desk

\$10.50-11.50/hour

Help guests on the phone and in-person, operate cash register, log membership information, assist Cafe staff when needed.

## Special Events Staff

\$10-11/hour

Help us host our Kids Garage Sale, Halloween Hoopla, New Years Eve Party, Egg Hunt, etc. Duties include decorating and clean up.

## Sports Instructors

\$11-13.50/hour

Coach kids ages 5-11 in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, & basketball. Sports background required.

## Swimming Instructors (we will train)

\$10.50-13.50/class (35 min. classes)

No experience required, training provided. Morning, early eve & weekend classes at the Community Center.

## Swimming Instructors - Private Lessons

\$13.50/lesson (30 min. lessons)

Develop custom lessons for individual students.

## Water Slide Attendant

\$10.75-11.25/hour

Control access to waterslide entrance, provide supervision of guests & ensure guest safety.

## Wave Cafe

\$10-12/hour

Prepare food orders, operate cash register, maintain a clean work area, stock supplies, clean tables & help keep the lobby neat.

## Youth Soccer Officials

\$15-25/game September-October

Officiate the soccer league games for children. Knowledge of soccer rules, previous officiating and playing experience desired.

## Youth Flag Football Officials

\$15-25/game September-October



















































Officiate Flag Football league games for children. Knowledge of football rules, previous officiating and football playing experience desired.




























Read full job details and apply online at  
**[shoreviewmn.gov/jobs](http://shoreviewmn.gov/jobs)**

*We are an Equal Opportunity Employer*

**FREE  
Community Center  
Membership!**

# PARKS & FACILITIES

<b>Shoreview Recreation Areas</b>  Web Page: <a href="http://www.shoreviewmn.gov">www.shoreviewmn.gov</a>	Acres	Ballfields	Basketball Court	Football/Soccer	Hockey Rinks	Paths	Indoor Pickleball Courts	Pickleball (on tennis courts)	Picnic Areas	Playground Eq.	Shelter	Skating, general	Soccer	Indoor Swimming	Tennis Courts (lit courts)	Indoor Volleyball	Circuit Training
	<b>Bobby Theisen Park</b> 3575 Vivian Ave.	15		1			~		6					1		2	
<b>Bucher Park</b> 5900 Mackubin Street	25	2	1			~							1		2		
<b>Heritage Park</b> 1170 Lepak Court	3																
<b>Lake Judy Park</b> 900 Tiller Lane	5		1/2			~											
<b>McCullough Park</b> 915 County Rd I	75	2	1			~			With grill 				1		2		
<b>Ponds Park</b> 190 Sherwood Road	1					~			Table only 								
<b>Rice Creek Fields</b> 5880 Rice Creek Parkway	10	4				~											
<b>Shamrock Park</b> 5623 Snelling Ave.	23	2	1			~			With grill 				1		2		
<b>Shoreview Commons and Community Center</b> 4580 North Victoria	40	1	1			~	4	2	With grill 				1		2		
<b>Sitzer Park</b> 4344 Hodgson Road	8	2	1			~			With grill 						2		
<b>Wilson Park</b> 815 County Road F	13	2	1			~			With grill 								

The following are operated by Ramsey County Parks & Recreation. 651.748.2500 <a href="http://www.ramseycounty.us/parks">www.ramseycounty.us/parks</a>	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
<b>Island Lake County Park</b> 3611 Victoria Street	167							~				
<b>Lake Owasso County Park</b> 370 N. Owasso Blvd.	9							~				
<b>Shoreview Ice Arena</b> 877 Highway 96 (Hockey only)												
<b>Snail Lake Regional Park</b> 580 Snail Lake Blvd.	400							~				
<b>Turtle Lake County Park</b> 4979 Hodgson Road	9											

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

(CC) Council Chambers  
(UC) Upper Conference Room  
(LC) Lower Conference Room

(MC) Maintenance Center  
(SP) Shoreview Pavilion  
(LLPL) Lower Level Parking Lot

(CCPL) Comm. Center Parking Lot  
(SCC) Shoreview Community Center  
(SCP) Shoreview Commons Park

ILCP - Island Lake County Park

## August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Bikeways and Trails Committee 7 pm, LC	2	3
4	5 Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	6 Farmers Market 3 pm, LLPL	7 Free Kidz Concert – 10 am, SP Concerts in the Commons 7 pm, SP	8	9	10
11	12 Council Workshop 7 pm, CC	13 Farmers Market 3 pm, LLPL	14 Free Kidz Concert – 10 am, SP Concerts in the Commons 7 pm, SP	15	16	17
18	19 City Council Meeting 7 pm, CC	20 Econ. Dev. Commission 7:30 am, UC Farmers Market 3 pm, LLPL	21	22 Parks and Recreation Commission 7 pm, CC	23	24
25	26 Environ. Quality Committee 6:30 pm, CC	27 Farmers Market 3 pm, LLPL Planning Comm. 7 pm, CC	28 Human Rights Commission 7 pm, CC	29	30	31

## September 2019

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

## October 2019

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

## November 2019

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



**City of Shoreview**  
4600 Victoria Street North  
Shoreview, MN 55126



## Fall fitness specials

### SEPTEMBER 23 - 29

Free class week! All classes are free & open to the public. Purchase a Group X Card with 10 or more classes 9/23 - 9/29 and get a 10% discount!

*limit one discount per customer*

### OCTOBER 19

### 8:30 - 10:30 AM

Come try free fitness sampler classes in studios 1, 2, & 4! You do not need to be a resident or a member to participate.



# BRING A FRIEND!