



# **FALL 2024**

City News and Recreation Catalog

City news
Resident resources
Community center
Recreation programs

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### **Events at a Glance**









Saturday, October 5 9 am – noon

Register by September 27 \$25

see page 38 for details



### **Contact Us**

City Hall	651-490-4600
Community Center	651-490-4700
Parks and Recreation	651-490-4750
Building Permits	651-490-4683
Code Enforcement	651-490-4689
Forestry	651-490-4665
Human Resources	651-490-4619
Planning and Zoning	651-490-4680
Recycling	651-490-4650
Sewer & Water	651-490-4661
Streets	651-490-4671
Utility Billing	651-490-4630

#### **POLICE & ANIMAL CONTROL**

Police protection and animal control are provided by Ramsey County Sheriff's Office.

For non-emergencies 651-767-0640 For emergencies 911

### FIRE

Fire protection is provided by the Lake Johanna Fire Department.

For emergencies 911 Dispatch Non-emergency 651-415-2100

### **CITY OFFICIALS**

Sue Denkinger, mayor

651-490-4618 | sdenkinger@shoreviewmn.gov

John Doan, council member

612-424-2527 | jdoan@shoreviewmn.gov

Emy Johnson, council member

763-443-5218 | ejohnson@shoreviewmn.gov

Shelly Myrland, council member

763-291-0185 | smyrland@shoreviewmn.gov

Cory Springhorn, council member

651-403-3422 | cspringhorn@shoreviewmn.gov

Brad Martens, city manager

651-490-4611 | bmartens@shoreviewmn.gov





### Caring Youth Award

The city is currently accepting nominations for the 2024 Caring Youth award.

This award was created by the human rights commission to honor our outstanding youth volunteers. Nominees help make Shoreview a community where all people are welcomed, valued, and respected.

If you know someone who deserves this award, submit an application at **shoreviewmn.gov/hrc**. Nominations are due by September 19, 2023.

### Citizen of the Year

The city is currently accepting nominations for the 2024 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 **shoreviewmn.gov**. Nominations are due by October 14, 2024.



#### MEETING BROADCAST SCHEDULE

Channel 16 broadcasts live city council and planning commission meetings every month.

Live Shoreview City Council Meetings

- First and third Monday every month at 7 pm Live Shoreview Planning Commission Meetings
- Fourth Tuesday of the month at 7 pm

View the full schedule and replay information at **shoreviewmn.gov.** Council and planning commission meetings can be streamed live at **shoreviewmn.gov/agendas**.





### **ACCESS SHOREVIEW**

Sign up to receive our online newsletter that is sent after each meeting with news and events.

Visit bit.ly/AccessShoreview











### **ELECTIONS**

PRIMARY ELECTION - AUGUST 13, 2024

GENERAL ELECTION - NOVEMBER 5, 2024

#### HOW DO I REGISTER TO VOTE?

- Online at mnvotes.org
- Mail an application to: Ramsey County, PO Box 64098, St. Paul, MN 55164-0098
- On election day

#### **ABSENTEE VOTING FOR PRIMARY AND GENERAL ELECTIONS**

If you cannot make it to the polling place on election day, you can vote by absentee ballot. With absentee voting, you can vote in person before election day or by mail. Please note Shoreview City Hall will not be open for absentee voting.

#### In person

- Primary election
  - Through August 12, 2024
     Several locations throughout the county will be open.
- General election
  - September 20 November 4, 2024
     Ramsey County Elections, 90 Plato Blvd West, St. Paul, MN
  - October 18 November 4, 2024
     Several early voting locations throughout the county will be open.

### By mail:

• Request a mail ballot online at mnvotes.org

For more information on absentee voting and early voting locations, visit ramseycounty.us/vote

#### **POLLING PLACES**

• Find your polling place at pollfinder.sos.mn.gov

#### **COUNCIL VACANCIES**

The mayor and two councilmember seats are up for election in November. The filling period is July 30 – August 13, 2024. You can file at city hall or Ramsey County Elections, 90 Plato Blvd West, St. Paul, MN, Monday – Friday, 8 am – 4:30 pm. The cost is \$5.

Those interested in running for office must be:

- An eligible voter
- A Shoreview resident for at least 30 days before the election
- At least 21 years' old





# **Development Projects Bringing More Housing, Business, and Jobs to Shoreview**

Shoreview continues to experience a strong wave of development and investment that will bring additional housing options, new businesses, and hundreds of quality jobs to the community.

The city council, economic development authority, and economic development commission all work together to ensure that Shoreview maintains a strong, healthy, and positive business climate.

#### **ECONOMIC DEVELOPMENT**

The Lex at 4100 — a project involving a major renovation of an older office building in the Shoreview Corporate Center. The city is assisting with the renovations to modernize the corporate offices and convert it from a single user to a high-end multi-tenant facility. An older vacant building has been torn down to make way for a new upgraded parking area and entrance. The building is fully leased with companies including technology company PTC, Progressive Insurance, Great Waters Financial, Alerus Financial, and Circle of Life administrative offices.

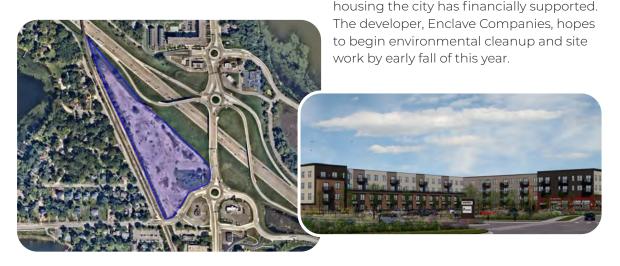
Seven Lakes — the former Deluxe campus at Victoria Street and I-694 will become a med tech/high tech,. and manufacturing space, with a multifamily apartment devolpment. The Seven Lakes master plan was approved on the 50-acre site.



- Scannell has begun construction of the first 150,000 square foot building in Seven Lakes Phase 1, with global company Carlisle Fluid Technologies occupying the majority of the facility.
- A second building in Phase 1 will be under construction by late summer for a 130,000 square foot facility that is expected to be home to a growing automated technology company.
- Also under construction in Seven Lakes Phase 2 is a 150,000 square foot building that will contain the new pharmaceutical operations of Fairview Health Services, as well several other medical services and operations. Fairview is expected to add 650 jobs to Shoreview with this project. An additional 200-300 jobs may be added in the future. Construction on the project should be complete by the end of 2025. In addition to the building value of \$27.5 million, Fairview is investing over \$45 million in tenant improvements.



Rice Street Crossing – development plans for the Rice Street Crossing redevelopment project by Enclave Companies at 3377 Rice Street have been approved by the city. The project will transform the 11-acre city-owned brownfield vacant property at the southwest quadrant of I-694 and Rice Street with a 293-unit, four-story apartment building that will include eight live/work units, a quasi-public outdoor community space, and approximately 5,200 square feet of restaurant/ retail space. The project will include 20% of the apartment units being dedicated to people at 50% of the area median income, which will be the most deeply affordable



#### HOUSING DEVELOPMENT

In just the past few years, Shoreview has seen over 1,600 housing units of apartments and townhomes built, under construction, or approved – greatly expanding the variety of housing choices that are available. These developments have included affordable housing mixed with the market rate residential, adding 222 affordable units to the city.

Aloma apartments – construction of the Aloma at 4066 Lexington Avenue is nearly finished. The 200 apartments next to the Emrik SV and Loden SV, will include 20 affordable units. The total number of apartments in the three buildings is 610 living units, including 44 affordable units.

Gramsie/Hodgson multifamily – work has started on the construction of 53 apartments and 21 rental row-style townhomes that will target moderate





### WATER QUALITY REPORT

Shoreview monitors city drinking water each year, as required by federal law. The results for 2023 show no contaminants detected. View the full report online at shoreviewmn.gov/water-quality-report.

Contact Jamie Meyer, utility supervisor, **651-490-4661** with questions.





### **BOAT & TRAILER PARKING**

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

Can I store my boat/ATV/snowmobile/camper in the garage?

Yes!

Can I store my boat/ATV/snowmobile/camper in a shed?

### Can I store my boat/ATV/snowmobile/camper in my yard?

- Yes with the following conditions:
- No more than two vehicles are stored outside.
- Only one of the stored vehicles can be an RV including: campers, trailers, tent trailers, travel trailers or motorhomes.
- Examples: a camper and a boat; a boat and an ATV; an ATV and a motorhome.
- Vehicles are at least 5 feet away from the side or front property line, and 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 shoreviewmn.gov or call 651-490-4669.

### **Resident Resources**



### **FALL TREE SALE**

Shoreview is partnering with Tree Trust, a local non-profit, to sell low-cost trees to residents through a tree sale this fall. Trees are very important to our community, providing many environmental, social, and economic benefits. Trees are being removed in high numbers, particularly due to emerald ash borer (EAB). Shoreview encourages residents to replant trees to replenish the community forest.

Ordering will take place online in August. Trees will be available late September/early October.

Visit the city website and this page for more information: https://shoreviewtreesale.myshopify.com/

#### **DETAILS:**

- Shoreview residents only
- · One tree per property
- For planting on private property in Shoreview (not in boulevard)
- Bag of mulch is provided with tree
- No refunds or warranty
- · Limited quantities





### Help Keep it Clean!

### **LEAVES**

In a typical forest setting, leaves fall from trees to the ground below, providing habitat to wildlife and returning nutrients to the soil as they decompose.

In a city where there are lots of streets, parking lots, and buildings, leaves wash away into storm drains and carry all their nutrients into nearby water bodies. These nutrients accumulate, lead to algae growth, and disrupt ecosystems.

What can you do? Keep leaves out of the street and storm drains!

#### FALL YARD CARE

Rake or mulch your leaves this fall to prevent them from clogging storm drains, washing into local water bodies, and smothering your lawn.

- Rake and collect leaves to bring them to county yard waste sites or contact your trash
  hauler to find out what yard waste pickup options they provide. See below for yard waste
  site hours.
- Mulch by mowing over the leaves on your lawn. Mulching breaks leaves up into small
  pieces and helps keep your lawn healthy by fertilizing it without needing to add extra
  fertilizer. Mulched leaves stay in place in the grass better while they decompose and avoids
  smothering your lawn like a mat of soggy leaves. A general guideline is to mulch when
  leaves cover 50% or less of your lawn and rake and bag when there is more leaf coverage.
  Try mulching regularly!



### **Resident Resources**

### DO YOU HAVE AN ASH TREE ON YOUR PROPERTY?

Main characteristics to look for in an ash tree:

- Compound leaves: there are 5 to 11 leaflets joined on a stem
- Opposite branches: the branches grow directly across the trunk or stem from each other

Now is the time to make a plan for removal of your ash tree if you have not been treating it. Ash trees are being infested by emerald ash borer (EAB), an invasive insect that attacks and kills ash trees native to Minnesota.

Treating trees with an insecticide trunk injection is effective when it is started early as a preventative strategy. Many trees that have not already been treated are too heavily infested for treatment at this point in time.

Contact licensed tree companies for estimates on tree removal. The city does not have funding to assist with tree removals on private property.



### TIPS FOR HIRING A TREE CARE **COMPANY**

- Check the list of licensed tree companies shoreviewmn.gov/tree-trimmers
- Get more than one estimate from licensed companies
- Don't pay for work in advance
- · Ask about the company's certifications and experience
- Make sure you understand what work is included in the estimate



### **Resident Resources**



### **CURBSIDE MATTRESS COLLECTION**

### Mid-October through mid-November

Did you know that there's a way to recycle your old, used mattress? Most of the materials that make up a mattress can be recycled, such as metal, wood, and foam. To separate these materials, mattresses need to be deconstructed through a special process. **Second Chance Recycling** is a social enterprise business in Minneapolis that recycles mattresses.

Shoreview is partnering with Second Chance Recycling and Ramsey/ Washington Recycling & Energy to offer FREE curbside mattress collection for a month this fall.

- Collection month will run mid-October through mid-November
- · Limit four per household
- Typical curbside collection prices run approximately \$100 per mattress and box spring.

Check the city and Second Chance Recycling's website for information on how to sign up.



### **RESIDENTIAL SHREDDING EVENT**

Saturday, October 5 8 – 11 am <u>McCu</u>llough Park

955 County Rd I (Enter from westbound County Rd I)

Open to Shoreview residents only

Shoreview residents can bring up to five banker boxes or grocery bags of documents to be securely shredded. No businesses. Crews will unload vehicles and documents will be shredded on site by a mobile shredding company.







#### **DON'T FLATTEN BOTTLES AND CANS**

Save yourself some time and effort. Don't flatten bottles or cans before putting them in your recycling cart.

#### WHY?

It has to do with the sorting of recyclable materials that happens after our materials get picked up.

Sorting facilities separate materials through a variety of different methods. A machine first separates flat paper and cardboard from the more three dimensional bottles and cans. When bottles or cans are flattened, they can more easily get mixed up with the paper and end up in the wrong place.

So, before you put your recycling in your cart, break down yourcardboard boxes and don't flatten bottles and cans.



Governor Kate Brown with her Shoreview family.

### SHOREVIEW COMMUNITY FOUNDATION

Sponsors and supporters of the Shoreview Community Foundation gathered May 21 for the annual "Evening with Friends" event. Music by the Shoreview Strings greeted guests as they entered the Shoreview Room at the SVCC. Tycon Companies was the Event Host, with dinner served by Deco Catering. John Suzukida, Shoreview Citizen of the Year, acted as Master of Ceremonies, recognizing distinguished guests, acknowledging sponsors, and introducing the keynote speaker Kate Brown. Ms. Brown, a 1978 graduate of Mounds View High School, later served as Oregon State Representative, State Senator, Secretary of State, and went on to become the 38th Governor of Oregon. During her years in office, she championed advances in education, voter registration, health care and the environment. In her remarks at this event, Gov. Brown commended the efforts of the Shoreview Community Foundation to make a difference in the life of Shoreview, and encouraged all to look for common ground to work together to find ways to improve our community. Proceeds from Evening with Friends support grants awarded twice a year by the Shoreview Community Foundation to organizations and projects in the focus areas of human services, arts and culture, recreation and wellness, and historic preservation.

The Shoreview Community Foundation's mission is to maintain, enhance, and enrich the quality of life in Shoreview by connecting the generosity of our residents with the community's evolving needs. This spring, grants were awarded to the following organizations:

- Every Meal summer meal program in association with the Shoreview YMCA
- Gallery 96 chalk art installation and demonstration at the Slice of Shoreview
- Mounds View High School Robotics Team purchase and assemble a dedicated outreach robot
- Mounds View Ultimate Frisbee Throwing for Change: free Ultimate Frisbee training clinics for girls 10-14
- Northeast Youth and Family Services Community Connections for Shoreview youth
- Shoreview Historical Society Digitizing of interviews
- Slice of Shoreview Youth performance of Shrek
- Tubman Legal services for victims/survivors of domestic violence
- Mounds View High School Startup Club Seed funding for five student-run businesses



For further information about the Shoreview Community Foundation, visit shoreviewcommunityfoundation.org or use the QR code.







# Register for Fall programs in CivicRec!

Create your account at shoreviewmn.gov.

Visit shoreviewmn.gov/parks-rec

Click "register online"

Select Login/Create account on your desktop or mobile device

Log in to your SVMN account\*

\*Community center members account created at sign up

#### **POLICIES**

- Five days notice required for cancellations
- Cancellation fee \$5 \$10 depending on the program
- No refunds for missed classes
- Scholarships available for Shoreview residents; restrictions apply

# Registration Schedule

Registration begins at 8 am

**FALL REGISTRATION SCHEDULE** 

Tuesday, August 6: Shoreview residents

**Thursday, August 8:** Annual community center members

Friday, August 9: General registration

### **CONTACT US**

Parks & Rec

Monday - Friday: 8 am - 4:30 pm

651-490-4750

recreation@shoreviewmn.gov









#### **WEATHER UPDATES**



### **Membership Rates & Benefits**



### MEMBERSHIP FEES

**Annual Membership**<sup>1</sup> (with one year membership agreement)

	FAMILY	DUAL	ADULT	YOUTH/SENIOR
Rate	\$1,010	\$860	\$600	\$480
Shoreview resident*	\$740	\$660	\$440	\$370
Military*	\$930	\$790	\$545	\$445
Military resident*	\$700	\$620	\$415	\$350

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

(with one year membership agreement)

	FAMILY	DUAL	ADULT	YOUTH/SENIOR
Rate	\$91.75	\$77.75	\$54.75	\$48.25
Shoreview Resident*	\$71.50	\$63.25	\$42.25	\$35.75
Military*	\$83.50	\$71	\$50	\$44.25
Military Resident*	\$67	\$59	\$40	\$33

<sup>&</sup>lt;sup>1</sup>\$100 early cancellation fee. \* Sales tax is included in price.

### **Seasonal Membership** (Three consecutive months)

	FAMILY	DUAL	ADULT	YOUTH/SENIOR
Rate	\$377	\$357	\$252	\$195
Shoreview resident*	\$282	\$260	\$184	\$153

- \* ID required for military and resident rates.

  Military rate not available for seasonal memberships
  - Seniors: 65 & older
- Youth: 17 & younger
- Dual membership is two people living in the same household. Family is two adults plus dependent children under 23 living in same household. Proof of dual and family member qualification is required.
- Fees are subject to change.
- We accept payment by any major debit/credit card.

### Annual membership includes unlimited use of:

- Fitness center (14 years and older)
- Shoreview waterpark, including tropics and bamboo bay
- Indoor playground (Ages 1 10)
- Indoor track (14 years and older)
- Basketball courts
- Whirlpool (18 years and older)
- Members registration day and the ShoreViews home mailing.













### **DAILY RATES:**

All guests must pay admission; this includes non-swimming guests and adults in the playground and gymnasium. Children 12 and under must be supervised by an adult while in the community center.

DAILY PASS	RATE	SHOREVIEW RESIDENT	MILITARY	MILITARY RESIDENT
Adult (18 and older)	\$13.50	\$10.25	\$10.75	\$9.50
Youth (1 to 17)	\$12	\$9	n/a	n/a
Seniors (65 and older)	\$12	\$9	\$10.25	\$8.50

INDOOR PLAYGROUND ONLY	RATE	SHOREVIEW RESIDENT
All visitors	\$6.75	\$6.25

All playground visitors must pay admission; this includes supervising adults.

COUPON BOOKS (10 DAILY PASSES)	RATE	SHOREVIEW RESIDENT
Adult	\$121.50	\$92.25
Youth/Senior	\$108	\$81
Indoor Playground	\$60.75	\$56.25
SENIOR TRACK DISCOUNT (65 & OLDER)	RATE	SHOREVIEW RESIDENT
Track use only		
Punch card (includes 10 visits)	\$54	\$45

Fees are subject to change. We accept any major debit/credit card.
All rates above include sales tax. Visit shoreviewmn.gov for updates.



### KIDS CARE

Child care is available for community center customers.

See page 22 for details.

### **POOL HOURS**

The waterparks, lap swim, and open swim are available at various times throughout the week.

See the service desk for a schedule or visit shoreviewmn.gov/waterpark.



### **DROP-IN VOLLEYBALL**

Sunday, 8 – 10 am Tuesday & Thursday, noon – 1 pm

No volleyball on Nov 28, Dec 24 and 26.



### **CALL FOR MORE INFORMATION**

Community center 651-490-4700 Recreation programs (classes) 651-490-4750 Rental information 651-490-4790 Pool rental information 651-490-4780 651-490-4600 City information

shoreviewcommunitycenter.com



### Hours

Children 12 & under must be supervised by an adult while in the community center.

DAYS	COMMUNITY CENTER	PLAYGROUND
Monday – Friday	5 am – 9 pm	8 am – 8 pm
Saturday	6 am – 8 pm	noon – 7 pm
Sunday	6 am – 8 pm	noon – 6 pm

### **HOLIDAY HOURS**

DATES	COMMUNITY CENTER	PLAYGROUND
September 2	5 am – noon	8 am – noon
November 28	5 am – noon	8 am – noon

### **POOL HOLIDAY HOURS**

DATES	TROPICS	ВАМВОО ВАҮ
September 2	closed	closed
October 31	closed	10 am – noon
November 28	closed	closed

View the full pool schedule at: shoreviewmn.gov/waterpark

### **ANNUAL POOL SHUTDOWN**

August 26 – September 13 Tropics, Bamboo Bay & whirlpool





### **BAMBOO BAY EXCLUSIVE**

- Exclusive access to Bamboo Bay waterpark and cabanas
- Admission included for up to 50 people
- 30 days notice required
- \$175 refundable damage deposit

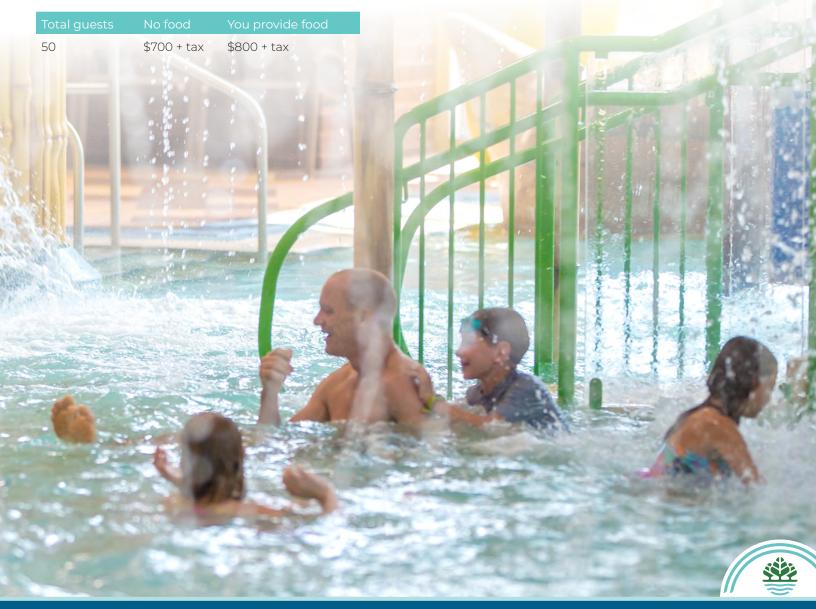
Day	Time
Friday	5 – 7:30 pm
Sunday	9 – 11:30 am

Friday Bamboo Bay Exclusive parties have the option of adding on use of Tropics Waterpark for an additional \$125

### INDOOR PLAYGROUND EXCLUSIVE

- Exclusive access to the Indoor Tropical Adventure playground and party space
- Admission included for up to 75 people, table seating for 12 guests
- Bring your own food and cake
- \$100 refundable damage deposit

Days		Time
Saturday & Sur	nday	9 am – noon
Total guests	No food	You provide food
75	\$425 tax incl	\$525 tax incl



## Birthdays & Meetings

### **POOLSIDE CABANA**

- Semi-private space, located in Bamboo Bay waterpark
- Seating for 16 guests
- Includes 16 admission wristbands
- \$100 refundable damage deposit

Day	Duration	Rate	Shoreview resident
Sat – Sun	3 hours	\$450 tax incl	\$400 tax incl
Tues/Thurs*	2 hours	\$240 tax incl	\$200 tax incl
*Bamboo Ba	y access or	nly	

### POOLSIDE PARTY ROOM

- Private room, located downstairs
- Seating for 32 guests
- Includes 32 admission wristbands
- \$100 refundable damage deposit

Day	Duration	Rate	Shoreview resident
Sat	3 hours	\$625 tax incl	\$575 tax incl
Fri & Sun	2 hours	\$565 tax incl	\$515 tax incl

#### PLAYGROUND PARTY AREA

- · Semi-private space, located in playground
- Seating for 12 guests
- Includes 12 admission wristbands (playground-only)
- \$100 refundable damage deposit

Day	Duration	Rate	Shoreview resident
Any	3 hours	\$235 tax incl	\$215 tax incl



### **ACTIVITY ROOM**

- Private room, located upstairs
- Large windows with natural lighting
- Seating for 24 quests
- Includes 24 admission wristbands (Fri Sun)
- Adjacent rooms available for extra fee
- \$100 refundable damage deposit

Day	Duration	Rate	SV resident
Mon – Thurs	2 hours	\$100	\$90
Fri – Sun	3 hours	\$500 tax incl	\$450 tax incl

### MEETING ROOMS 1 – 3

- Private room, located upstairs
- Seating for 16 guests
- Includes 16 admission wristbands (Fri Sun)
- Adjacent rooms available for extra fee
- \$100 refundable damage deposit

Day	Duration	Rate	SV resident
Mon – Thurs	2 hours	\$75	\$60
Fri – Sun	3 hours	\$350 tax incl	\$300 tax incl

### **MEETING ROOM 4**

- Private room, located upstairs
- Seating for 20 quests
- Not available for birthday parties
- \$100 refundable damage deposit

Day	Duration	Rate	SV resident
Sun – Fri	2 hours	\$100	\$90

All weekday rentals that fall on a Mounds View no school day are weekend rental prices and times.

Admission is included with birthday party options. Visit **shoreviewmn.gov** to learn more or call 651-490-4790 to book your party.



### **PARTY SPACES:** (prices vary)

- Poolside cabana
- Poolside party room
- Indoor playground party space
- Activity & meeting rooms

Admission is included; bring your own food!









### **GROUP X CARDS**

- Good for all fitness classes
- Class schedule is available online and at the community center
- Purchase at the parks & recreation desk or by phone at 651-490-4750 during office hours (Monday – Friday, 8 am – 4:30 pm)
- You can reload your Group X Card in person or by phone at 651-490-4750
- Go online to **shoreviewmn.gov/fitness** to reserve your spot using SignUpGenius today!

QUANTITY	REGULAR	ANNUAL MEMBER	RESIDENT	RESIDENT ANNUAL MEMBER
5 Classes	\$54	\$38	\$49	\$34
10 Classes	\$104	\$73	\$95	\$67
25 Classes	\$255	\$179	\$232	\$162
50 Classes	\$488	\$342	\$443	\$310

- One Group X Card allowed per person.
- 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 and Aqua Fitness do not need reservations.

### **GROUP FITNESS CLASSES**

View schedules online at shoreviewmn.gov/fitness

- Please check class schedule at the beginning of the month
- Refunds are issued for medical reasons only
- Membership is not required
- SeniorFIT classes are free to only seniors with an annual senior membership.
- All classes are 50 to 60 minutes unless otherwise noted
- Classes with three participants or fewer are subject to change or cancellation
- Group fitness classes are great for all levels
- Find out which classes best suit your needs by calling the fitness coordinator at 651-490-4768

Call for information: 651-490-4750









### KIDS CARE

Kids Care provides a stimulating and safe environment for children 6 months to 12 years of age. Kids can explore and interact with other children while you enjoy the community center's amenities.

- First come, first served.
- Max 2 hour stay (must stay in building)
- Kids Care phone number: 651-490-4763

#### Hours

Monday – Saturday: 8 am – 12:30 pm

Monday – Thursday: 4 – 8 pm

Friday: 4 – 7 pm

If there are no kids in the room 30 minutes prior to close, Kids Care will close early.

#### **CLOSED**

September 2, October 31 4 – 8 pm, November 28 & 20 December 24, 25, & 31 and January 1.

**Cost:** To use Kids Care you must purchase a punch card or pay a \$3 drop-in fee at the service desk. \$2 per hour rate for punch cards. Punch cards are non-refundable

#### **Punch Card:**

10 hours: \$20 25 hours: \$50 50 hours: \$100

Where to buy: the parks and recreation desk, community center sales office, or online

**Ages:** 6 months to 12 years old

### **GROUP FITNESS CLASSES**

- 60/40
- · Barre principle
- The resistance workout
- Step cardio
- Dance jam
- Fundamental combo
- H.I.I.T. (High Intensity Interval Training)
- The Groove
- Kettlebell training
- Power strength
- Cycle rave
- Cycle training
- Total body workout
- Power pump
- · Cardio kickboxing
- Zumba®

### WATER FITNESS CLASSES

All water classes are held in the pool.

- The pool is between 3 1/2 and 4 1/2 feet deep
- All fitness levels are welcome
- The pool temperature is between 84 – 86 degrees
  - Aqua fit
  - SeniorFIT aqua exercise

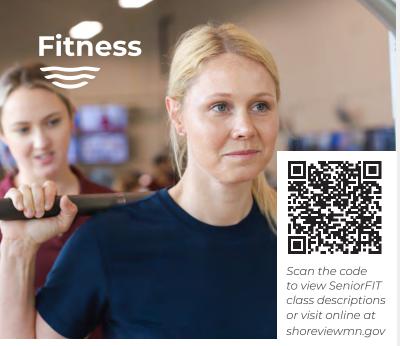
### MIND/BODY CLASSES

- Stretch and balance
- Yin/restorative yoga
- Yoga basics
- Hot yoga Class temp range is 80 – 90 degrees.
- Fitness Pilates
- Power yoga
- Yoga/Pilates fusion
- Yoga sculpt

Scan the code to view SeniorFIT class descriptions or visit online at shoreviewmn.gov.







### **PERSONAL TRAINING**

- Personal training comes in packages of 3, 6 and 12 sessions
- All sessions expire one year from the date of purchase
- Trainers help you set realistic goals and determine safe strategies to achieve them
- Trainers will customize a program to fit your ability and health
- Trainers monitor progress and adapt your routine for consistent improvement
- Learn fitness principles and correct form to aid in progress and prevent injuries

### INDIVIDUAL PERSONAL TRAINING

SESSIONS	REGULAR	RESIDENT
3	\$243	\$219
6	\$460	\$414
12	\$871	\$784
24	\$1,648	\$1,446

### **BUDDY PERSONAL TRAINING**

Two participants train together and each pay the fee below.

SESSIONS	REGULAR	RESIDENT
3	\$186	\$167
6	\$346	\$311
12	\$655	\$590



SeniorFIT classes are free to annual senior members. If you are not an annual senior member, you may purchase a Group X Card or a drop-in pass. See page 21 for Group X Card information. All fitness levels are welcome.

- · SeniorFIT chair yoga
- SeniorFIT strength training
- · SeniorFIT aqua exercise
- SeniorFIT let's move

### FALL SESSION: SEPTEMBER 3 – DECEMBER 20

Registration is not required.

CLASS/INSTRUCTOR	DAY	TIME
Chair yoga: Beth	Monday	8:30 am
*Aqua exercise: Fran	Monday	9 am
Strength training: Nancy/Perry	Tuesday	8:30 am
Chair yoga: Scott	Tuesday	2 pm
Chair yoga: Gretchen	Wednesday	8:30 am
*Aqua exercise: Fran	Wednesday	9 am
Let's move: Nancy/Perry	Thursday	8:30 am
Strength training: Denise	Friday	8:30 am
Chair Yoga: Adrienne	Friday	9:30 am

<sup>\*</sup>class runs September 16 - December 18

### COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (INDIVIDUAL OR GROUP)

Get introduced to fitness center equipment and learn how to utilize strength and cardio equipment safely. The schedule and sign-up sheet for equipment orientations is located at the fitness center desk.

The first orientation for members ages 14+ is free. For more information call 651-490-4768.

AGES	COST
14+	Free to members



### Adult Sport

### **DROP-IN PICKLEBALL**

All are welcome! You do not need to be a member of the Shoreview Area Pickleball Club for indoor drop-in play.

Pickleball punch card: cost \$50 (11 visits)

- Punch cards are good for both drop-in locations.
- Available for purchase at the parks and recreation office

Office hours: Monday - Friday, 8 am - 4:30 pm

AGES	DATE & TIME	COST	LOCATION
18+	Mon – Fri, Oct 7 – May 2 <sup>*</sup> 8 – 11 am	<b>FREE</b> to SCC members, \$5 for non-members	Community Center
18+	Wednesdays, Oct 23 – April 30 5:30 – 9:30 pm**	\$5 per person	Island Lake Elementary

<sup>\*</sup>No drop-in pickleball: Oct 17 - 18, Nov 25 - 29, Dec 23 - Jan 1, Jan 23 - 24, March 24 - 31

### PICKLEBALL LESSONS

### BEGINNER LESSONS (1.0 - 2.0)

This is an introductory class for those who have little or no knowledge of pickleball. Class covers the basic rules, primary skills, terminology, and etiquette.

Location: Bobby Theisen Park Courts

Registration deadline: one week before class

AGE	DATE & TIME	COST
18+	Tues, Sept 3 - 24 1- 2 pm	\$100; \$95 SV Res

### **ADVANCED BEGINNER (2.5)**

For players who can rally, volley, use backhand and forehand but need more work developing shot strokes.

Location: Bobby Theisen Park Courts

Registration deadline: one week before class

AGE	DATE & TIME	COST
18+	Tues, Sept 3 - 24 2:15 - 3:15 pm	\$100; \$95 SV Res



<sup>\*\*</sup> No pickleball: Nov 27, Dec 25, Jan 1, March 26

# **Adult Programs**



### FREE TEN-MINUTE FUNCTIONAL **BALANCE SCREENING** BY OSI PHYSICAL THERAPY

Make an appointment for an in-person screening to measure your fall risk and identify areas to strengthen. Past participants are fans and recommend the evaluation to their friends. You can re-test to see your progress.

#### **EVALUATE:**

- Static and dynamic balance systems to establish fall risks
- Identify any areas that could benefit from focused strength training
- Identify simple assistive devices

Ten minute appointments available from 9 – 10 am. Register online or call 651-490-4750.

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
50+	Tues, Sept 3	Free
50+	Tues, Oct 1	Free
50+	Tues, Nov 5	Free
50+	Tues, Dec 3	Free

By appointment only.

### **Adult Program Newsletter**

Sign up to receive a copy of our quarterly adult activities newsletter. It contains additional program offerings, interesting articles, and more. Call 651-490-4714 to join our mailing list.



#### Friends & Co!

Friends & Co.
Little Brothers Friends of the Elderly is now Friends & Co! The new name expresses all that they do: fostering

friendships, connections, companionship and community. Their new name and logo convey their compassionate nature and focus on meaningful connections for older adults.

FriendsCo.org 612-721-1400

### ALZHEIMER'S \\\ \ ASSOCIATION°

Helpline 24/7/365 · 800-272-3900 Dial 711 for a TRS operator

Helpline specialists and clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

Call: We are available in any language around the clock, at 800-272-3900.

Visit Alz.org, for additional resources

E-Chat: Visit Alz.org, click the green "we're here to help" button to connect with Helpline staff. Live chat is typically available from 7 am - 7 pm (CST) Monday - Friday.

### Meals On Wheels

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who live in 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.

### Senior LinkAge Line

800-333-2433

A free state-wide resource supporting older Minnesotans and their caregivers. Get connected to local resources, housing, Medicare information, and free classes. Senior LinkAge line is a division of the MN Board on Aging; working to ensure that all Minnesotans can age and live well.





### LEARN TO PLAY AMERICAN STYLE MAH JONGG WITH TARRI LEVINE

Mah Jongg is similar to Gin Rummy but played with tiles instead of cards.

Location: community center

Registration deadline: one week before class

#### **BEGINNER**

Learn rules, strategies and etiquette while playing the game. The class will be taught using previous National Mah Jongg League cards. Tiles provided.

	COST	DATE & TIME	AGES
/ Res	\$66; \$60 S	Mon & Wed Oct 7 & 9	18+
		Oct 7 & 9 9 am – noon	

#### **ADVANCED BEGINNER**

Now that you have a basic understanding of American Style Mah Jongg rules and etiquette, join us to learn strategies for winning. Mah Jongg Sets and handouts provided. Participants need to bring a 2024 National Mah Jongg League card.

AGES	DATE & TIME	COST
18+	Mon & Wed Oct 21 & 23 9 am – noon	\$66; \$60 SV Res

### AMERICAN STYLE MAH JONGG TOURNAMENT

Grab your 2024 National Mah Jongg League card and get ready for a day of fun and prizes. Hosted by tournament directors Tarri Levine and Nancy Poferl from the TC Metro and Suburban Mah Jongg Club. This annual Mah Jongg tournament benefits The Alzheimer's Association.

- · Mah Jongg sets provided
- Box lunch included
- Tournament rules will be mailed two weeks prior to the tournament
- Cash prizes for the top five accumulated scores
- Tournament play is four, 60 minute rounds

Location: community center Registration deadline: August 27

AGES	DATE & TIME	COST
21+	Tues, Sept 17 8:30 am – 2 pm	\$50; \$45 SV Res

### DROP IN MAH JONGG

Bring your friends and your tiles for drop-in play. All levels welcome!

Location: community center No registration required

AGES	DATE & TIME	COST
18+	Thursdays, 1 pm	Free

### **500 CARD CLUB**

Join us for cards and conversations. No partner required.

Location: community center
No registration required

AGES	DATE & TIME	COST
18+	Mondays, 12:30 pm	Free

# SHOREVIEW 500 CLUB TOURNAMENT

TUES, OCT 22 1 - 3:30 PM

### CASH PRIZES FOR 1ST - 3RD PLACE

Light refreshments will be served, no lunch. No walk-ins, you must register with a partner.



ONE REGISTRATION COVERS
YOU AND YOUR PARTNER









### **AARP SMART DRIVER**

Taught by AARP trained instructors, Smart Driver teaches safe driving techniques to help keep you and your loved ones safe on the road. Insurance discounts for those 55+. A refresher course is required every three years. Have your AARP member number ready for a registration discount. The eight-hour course is no longer required.

Location: community center

Registration deadline: one week before class

### **4-HOUR COURSE**

AGES	DATE & TIME	COST
55+	Thurs, Aug 8 9 am - 1 pm	\$33; \$26 AARP member
55+	Wed, Sept 11 1 – 5 pm	\$33; \$26 AARP member
55+	Wed, Sept 25 9 am - 1 pm	\$33; \$26 AARP member
55+	Tues, Oct 8 1 - 5 pm	\$33; \$26 AARP member
55+	Thurs, Oct 17 9 am - 1 pm	\$33; \$26 AARP member
55+	Wed, Nov 6 9 am – 1 pm	\$33; \$26 AARP member
55+	Tues, Nov 19 9 am - 1 pm	\$33; \$26 AARP member
55+	Wed, Dec 4 1 - 5 pm	\$33; \$26 AARP member
55+	Thurs, Dec 19 9 am - 1 pm	\$33; \$26 AARP member

### **HOLIDAY TEA**

Come enjoy an afternoon of music with the North Suburban Chorus, a variety of teas and desserts.

TUES, DEC 17
COMMUNITY CENTER
1 - 3PM







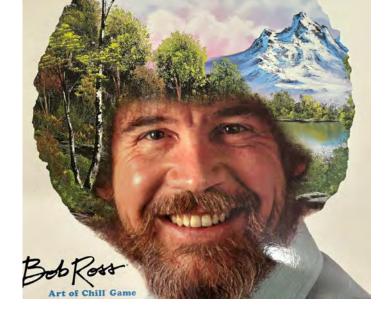
PRE-REGISTRATION REQUIRED
REGISTRATION DEADLINE: DECEMBER 11

# Alzheimer's Speaks Shifting Our Dementia Care Culture Peaks

This support group is led by a trained facilitator from Alzheimer's Speaks. Your loved one can enjoy activities in a nearby room. The program is free. Registration requested, especially for respite care, but drop-ins are welcome if space is available. Meetings are the last Wednesday of the month. This program is possible thanks to a generous grant from the Shoreview Community Foundation.

1050	B 1 = 5	
AGES	DATE & TIME	COST
18+	Wed, Sept 25, 10 – 11:30 am	Free
18+	Wed, Oct 30, 10 – 11:30 am	Free
18+	Wed, Nov 27, 10 – 11:30 am	Free
18+	Tues, Dec 17, 10 – 11:30 am	Free





### **BOB ROSS PAINTING CLASSES**

Famous for encouraging everyone to try painting, Bob Ross's legacy lives on in these classes. There are no mistakes, just happy accidents. Experience painting the Bob Ross way with a landscape method certified instructor, Valarie Namen.

All materials included to make a 12x16 painting; no experience needed.

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	ARTWORK	COST
13+	Tues, Sept 10 5 – 9 pm	Morning Visitor	\$63; \$57 SV Res
13+	Wed, Sept 25 5 – 9 pm	Birch Trees	\$63; \$57 SV Res







### **EASY PAINTING**

No experience necessary. Use easy to learn one-stroke painting with acrylics. Class includes step-by-step instruction and painting supplies. You'll leave with your very own masterpiece!

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	ARTWORK	COST
18+	Mon, Sept 23 1 – 4 pm	Lantern, pumpkin, & sunflowers	\$48; \$44 SV Res
18+	Mon, Oct 14 1 – 4 pm	Fall leaves	\$48; \$44 SV Res
18+	Mon, Nov 4 1 – 4 pm	Happy Fall	\$48; \$44 SV Res
18+	Mon, Dec 2 1 – 4 pm	Candle Glow	\$48; \$44 SV Res

### MIXED MEDIA CREATIVE ART CLASS

Explore texture, color and creativity as you use epoxy, resin, alcohol inks, and other media to create unique pieces of colorful art. Registration fee include all materials and instruction.

Ages 12 – 15 are welcome to register with a registered adult (each must register).

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	ARTWORK	COST
12+	Thurs, Sept 19 6 – 8 pm	Sunflower with Paint, Resin and Glass	\$63; \$58 SV Res
12+	Thurs, Oct 10 6 – 8 pm	Wood, Pumpkins, Glass, & Resin	\$63; \$58 SV Res
12+	Wed, Nov 6 6 – 8 pm	Wire wrapped cocktail silverware	\$63; \$58 SV Res
12+	Wed, Dec 11 6 – 8 pm	Create a tree with Glass and Lights	\$63; \$58 SV Res





### BETWEEN THE LINES: HISTORY SEMINARS WITH KATHY SIMMER

Explore fascinating topics from America's past.
Understand why something happened and how it changed our path, along with the juicy details usually left out of textbooks. Kathy is a retired teacher, a curriculum consultant, and licensed librarian.

Location: community center

Registration deadline: one week before class

### GOPHER GOLD: MINNESOTA'S OWN GILDED AGE

Minnesota was still a young state, but it was booming in the latter 1800s. James J. Hill and his Summit Avenue mansion neighbors were making and spending big money. Learn about our own Gilded Age, the 1800s St. Paul real estate bubble, the industrialists, the speculators, and learn why we're called The Gopher State (it has nothing to do with rodents).

AGE	DATE	COST	Ē
18+	Thurs, Sept, 19 1 – 3 pm	\$19; \$17 SV Res	

### AMERICA'S GOLD RUSHES: I'M GONNA GET ME SOME!

Americans experienced two major gold rushes, California and the Klondike area of Canada. Greed was rampant in both places and involved as many con men (and women) as gold seekers. There was little law and order and lots of misery. But there was also humor and resourcefulness.

AGE	DATE	COST
18+	Thurs, Oct 17	\$19; \$17 SV Res

### PRESIDENT: RICHARD NIXON

Nixon was a highly intelligent man who wondered why people never seemed to like him. He was socially awkward and a little bit paranoid. He kept an enemies list, and approved the Watergate break-in, but at the same time could be very ethical. Later presidents depended on his wise counsel, but preferred



to keep their meetings with him secret. Learn about his important successes, his strange habits, and his public and private relationships.

AGE	DATE	COST
18+	Thurs, Nov 14	\$19; \$17 SV Res

### CLIMATE TALK WITH DR. MARK SEELEY DISTINGUISHING EL NIÑO FROM EL NONSENSE

Join Minnesota's beloved climatologist Dr. Mark Seeley for his presentation: to learn what we know and don't know about Earth's large-scale climate features and how they controlvarious weather patterns. The El Niño Southern Oscillation (ENSO) signal is a legitimate forecasting tool in meteorology but only for certain geographic regions and seasons. What are we expecting for this winter?

As a faculty member in the U of M's Dept of Soil, Water, and Climate department from 1978 to 2018, Dr. Seeley participated in thousands of public

speaking engagements, meetings, media interviews and person-to-person interactions where he shared his considerable knowledge of the critical relationship between climate and agricultural production.

Location: community center

Registration deadline: one week before class

AGE	DATE	COST
18+	Tues, Oct 15 1 – 2 pm	\$22; \$20 SV Res





**Unforgettable Travel Experiences** 

#### **LANDMARK TOURS TRAVEL SHOW**

Landmark Tours is a premier, local, family-owned tour operator. Their inclusive packages feature round-trip airfare.

Join us for a free travel show highlighting upcoming tours. Landmark Tours is a premier, local, family-owned tour operator. Their all-inclusive packages include round-trip airfare.

- Taste of Texas: Fort Worth, Waco, Austin & San Antonio
- Washington, DC Cherry Blossoms
- Savannah, Charleston & Asheville
- Rhine River Cruise
- Memphis

Location: community center No registration needed

AGES	DATE & TIME	COST
18+	Thurs, Sept 26 1 – 2:30 pm	Free

#### TRAVEL SHOW WITH JEANIE'S JOURNEYS

Join us as we talk about some amazing tours. All prices per person double occupancy & include air/motor-coach. Upcoming trips:

- New York City at Christmas
- Myrtle Beach at Christmas
- Germany Austria Christmas Market
- River Boat Cruise; Hawaii Cruise
- Australia/Fiji Cruise, Alaska Cruise
- America250 Founders Tours, and much more!

Location: community center
No registration needed

AGES	DATE & TIME	COST
18+	Thurs, Sept 12 1 – 2 pm	Free



LAUNDRY CAMP AND HOUSE LOVE WITH PATRIC RICHARDSON

Join us for a fun night of learning with author, Patric Richardson. Patric will share practical tips and tricks to make laundry and cleaning a joy and turn your living space into a sanctuary. Learn about cleaning, organization, product recommendations,



and creating a space you'll love to come home to.

**Location:** community center **Registration:** October 31

AGE	DATE & TIME	COST	
14+	Mon, Nov 4 6 – 8 pm	\$29	

# DAY TRIP TO: MINNESOTA ORCHESTRA HOLST'S THE PLANETS

A modern concerto by a
Finnish composer, written
for an ancient Chinese
instrument and played by
a jaw-dropping virtuoso
sounds like a tall order.
That's exactly what you'll
get in Jukka Tiensuu's
humorous and theatrical
Teoton. Then, to Gustav
Holst under the spell of
astrology in his bold and
luminous suite, The Planets.
Registration includes round



trip transportation, your ticket, and snacks for the ride home.

**Location:** Meet at the community center, **Registration deadline:** September 10

AGES	DATE & TIME	COST
18+	Thurs, Oct 10 9:45 am – 2 pm	\$72





### SHOREVIEW PARKS & RECREATION SWIM LESSONS

Our mission is to provide inclusive swim lessons for everyone. Our fun and imaginative approach to lessons will help you create a lifelong love of swimming. Pick your best learning environment — group lessons or private lessons. Parent-to-instructor communication is key to successful lessons. Our instructors love to teach and receive ongoing training.

#### Swim lesson policies

- We do not provide make-up swim lessons for any classes.
- Participants will be emailed specific programs policies before the class starts.

### Cancellation policies & fees

- \$5 if you cancel at least one week before the class start date.
- \$10 if you cancel within one week of the class start date.
- No refunds on or after the class start date.

#### A note about swim lessons

- Due to high demand, private lessons are limited to 2 sessions per participant, per session.
- Swim lessons are not canceled if Mounds View School District cancels after school activities due to weather.
- Group classes with fewer than three registered participants will be canceled.
- Students are not allowed to swim before or after lessons.
- Students should use the bathroom and shower before entering the pool area.
- Staff aren't allowed to take students to the bathroom.
- If your child needs a quieter environment to learn, look at our Tuesday, Thursday, Saturday and Sunday lessons.
- Children ages 4 and under may use any locker room.
- Children ages 5 and older must use the same sex locker room or family locker room.
- The pool water temperature is kept at 85 degrees.



Not sure of what level to register your child for? Reserve your time at **shoreviewmn.gov** If your child has been away for more than three months we recommend repeating the previous level.

DATE & TIME	COST
Fri, Aug 2, 9 – 11 am	Free
Sun, Aug 4, 9 – 11 am & 6:15 – 7:45 pm	Free
Thurs, Nov 21, 5 – 7 pm	Free
Sat, Nov 23, 9 – 11 am	Free
Sun, Dec 1, 9 – 11 am	Free

### PRIVATE LESSONS (PR) AGES 3 – ADULT

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.

NUMBER OF LESSONS	COST
6 lessons	\$161; \$146 SV Res

#### **SEMI-PRIVATE LESSONS**

- You must have two people at the same ability for a semi-private lesson
- Register one child for a regular private lesson then visit or call Parks & Rec 651-490-4750 to have the lesson switched to semi-private
- Rate listed per person

NUMBER OF LESSONS	COST
6 lessons	\$121; \$110 SV Res

#### **CUSTOM PRIVATE LESSONS**

- Flexible scheduling with three months to complete after first lesson starts
- Option to reschedule with advance notification
- For more information contact the aquatic coordinator at 651-490-4766
- Rate listed per person

#### **CUSTOM PRIVATE LESSONS:**

NUMBER OF LESSONS	COST
8 lessons	\$242; \$220 SV Res
6 lessons	\$215; \$196 SV Res
4 lessons	\$141; \$128 SV Res

### **CUSTOM SEMI-PRIVATE LESSONS:**

NUMBER OF LESSONS	COST
8 lessons	\$171; \$156 SV Res
6 lessons	\$143; \$131 SV Res
4 lessons	\$104; \$93 SV Res











Visit shoreviewmn.gov/parks-rec for full swim lesson schedule

### One day a week for six weeks

SESSION	DAY	DATE	TIME
Session 1	Sunday	Sept 22 – Nov 3 **	8:30 – 11:40 am
Session 2	Sunday	Nov 10 – Dec 15	8:30 – 11:40 am
Session 1	Saturday	Sept 28 – Nov 9 *	8:30 – 11:40 am
Session 1	Monday	Sept 23 – Oct 28	5-8 pm
Session 2	Monday	Nov 4 – Dec 9	5-8 pm
Session 1	Tuesday	Sept 24 – Oct 29	5 – 8 pm
Session 2	Tuesday	Nov 12 – Dec 17	5 – 8 pm
Session 1	Wednesday	Sept 25 – Oct 30	5-8 pm
Session 2	Wednesday	Nov 6 – Dec 11	5-8 pm

<sup>\*</sup> No class on Oct 19

### **Lesson Rates**

Group lessons	6 lessons	\$90; \$82 SV Res
Private lessons	6 lessons	\$161; \$146 SV Res
Semi-private*	6 lessons	\$121; \$110 SV Res

<sup>\*</sup> Two participants of equal ability

### Mini swimming lesson session One day a week for four weeks

SESSION TYPE	DATE & TIME	COST
Group	Sat, Nov 16 - Dec 14 9 - 11:30 am	\$60; \$55 SV Res
Private	Sat, Nov 16 - Dec 14 9 - 11:30 am	\$107; \$97 SV Res
Semi-private	Sat, Nov 16 - Dec 14 9 - 11:30 am	\$80; \$73 SV Res

No class on Nov 30

<sup>\*\*</sup> No class on Oct 20



### **GROUP LESSONS**

Group lessons will have one instructor to a maximum of four students.

- Group lessons are 40 minutes unless noted
- Parent/child lessons are 30 minutes

NUMBER OF LESSONS	COST
6 lessons	\$90; \$82 SV Res



- Enter/exit water with assistance
- Blow bubbles & submerge head
- Front/back float with guardian & instructor
- One adult must accompany each child in the water

### PARENT/CHILD 2 (PC 2) Ages 2 – 3.5

A parent accompanies their child in the water for the first few weeks and gradually reduces participation

- Enter/exit water independently
- Blow bubbles & submerge head
- Front/back float with instructor
- Front/back glides with assistance
- Front/back flutter kicking with instructor



### BEGINNER BEGINNER 1 (B1) AGES 2.5 – 4

- Independent entry/exit
- Front/back floats with assistance 3 seconds.
- Front/back glides with assistance
- Front/back flutter kicking with support
- Front crawl arms with face in the water

### BEGINNER 2 (B2) Ages 3 – 5 or passed B1

- Independent front/back floats 5 seconds
- Front/back glides
- Front/back flutter kicking
- Front crawl arms with flutter kick
- Rhythmic breathing

### BEGINNER 3 (B3) AGES 3 – 5 OR PASSED B2

- Independent front/back floats 8 seconds
- Independent front/back glides with flutter kicking
- Front/back flutter kicking -8 yards
- Front crawl with rhythmic breathing with assistance

### BEGINNER 4 (B4) Ages 4 – 6

- Independent front/back floats — 10 seconds
- Independent front glide into front crawl
- Front/back flutter kicking ½ length
- Front crawl with rhythmic breathing with assistance — 8 yards

### YOUTH BEGINNER (YB) Ages 6 – 12

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







# INTERMEDIATE LESSONS INTERMEDIATE 1 (II)

**AGES 5 - 7** 

- Front/back flutter kicking ½ length
- Independent back glide with flutter kicking
- Flutter kick with rhythmic breathing ½ length
- Front crawl with rhythmic breathing ½ length

### INTERMEDIATE 2 (I2) Ages 5 – 13

- Front glide into front crawl 8 yards
- Back glide into back crawl 8 yards
- Front/back flutter kicking 25 yards
- Back crawl with assistance 8 yards
- Elementary backstroke kick ½ length
- Tread water

### INTERMEDIATE 3 (I3) Ages 5.5 – I3

- Front crawl with rhythmic breathing 25 yards
- Back crawl ½ length
- Elementary backstroke ½ length
- Tread water

### INTERMEDIATE 4 (I4) AGES 5.5 – 13

- Front crawl with open turn 50 yards
- Back crawl 25 yards
- Elementary backstroke 25 yards
- Open turn front
- Whip kick 25 yards

### **Aquatic Programs**



- Front crawl with flip turns 75 yards
- Back crawl with open turns 50 yards
- Elementary backstroke 25 yards
- Breaststroke 25 yards
- Breaststroke whip kick
- Flip turns

### **ADVANCED 2 (A2)** Ages 6 – 13

- Front crawl with flip turns 100 yards
- Back crawl w/open turns 75 yards
- Breaststroke w/underwater pull out 50 yards
- Breaststroke underwater pull out
- Dolphin kick 25 yards
- Scissors kick 25 yards

### **ADVANCED 3 (A3)** Ages 6 – 13

- Front crawl with flip turns 150 yards
- Back crawl with open turns 100 yards
- Breaststroke with underwater pull out 75 yards
- Butterfly ½ length
- Sidestroke 25 yards



With the guidance of our swim instructors you will learn basic swimming skills in a safe environment while gaining confidence in the water. Participants will learn:

- Front/back floats
- Front/back kicking w/support
- Breathing
- Comfort in water independently





### AQUA BUBBLE WATER DISCOVERY

Explore the water with your child in fun and imaginative ways to develop swim readiness skills through songs and games.

- One adult must accompany each child in the water
- 30 minutes of instruction
- 15 minutes of play time

Location: community center

Registration deadline: one week before class

KIDS AGES	DATE & TIME	COST
1 – 3	Fri, Oct 11 10:15 – 11 am	\$15/pair
1-3	Thurs, Nov 7 5:30 – 6:15 pm	\$15/pair
1-3	Mon, Dec 2 10:30 – 11:15 am	\$15/pair

### MERADVENTURES FOR ADULTS

Create an unforgettable experience with your friends. Participants will learn how to:

- Swim with your mermaid tail
- Swim like a mermaid and perfect your dolphin-kick technique

Mermaid tails and monofins provided.

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
18+	Sat, Nov 16 10 – 11 am	\$30; \$27 SV Res

### INTRODUCTION TO MERADVENTURES

Participants will learn how to:

- Swim with your mermaid tail
- Swim like a mermaid and perfect your dolphin-kick technique

### Prerequisites:

- Front and back float independently 10 seconds
- Roll from front to back and back to front
- Front crawl with rhythmic breathing 8 yards

Mermaid tails and monofins provided.

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
7–12	Sun, Dec 1 10 – 11 am	\$30; \$27 SV Res





Scouts learn about:

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

Scouts must provide the Swimming Merit Badge pamphlet and certification card.

**Note:** All deep-water components will not be completed in this course.

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
11+	Thurs, Oct 10 5 – 7:30 pm	\$76; \$73 SV Res

Scouts learn how to:

- Assist those involved in water accident
- Knowledge in rescue techniques
- Perform and judge when and how to act in an emergency.

**Prerequisite:** Completed Scouts BSA Swimming Merit Badge.

Scouts must provide the Lifesaving Merit Badge pamphlet and certification card.

**Note:** All deep-water components will not be completed in this course.

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
]]+	Sat, Dec 7 8 – 11:30 am	\$76; \$73 SV Res



# kidscorner preschool

### School year of: September 9, 2024 - May 22, 2025

Kids Corner offers students fun and educational experiences that help get them ready for kindergarten.

- Classes available for 21/2 5 years old
- Half day & full day classes offered
- Must be toilet-trained
- Daily snack included
- Calendar follows Mounds View School District 621 non-school days







## **SHOREVIEW**

Farmers Market



### **Tuesday afternoons**

June 4 - August 27 | 3 - 7 pm September 3 - October 8 | 3 - 6 pm

Weekly e-newsletters, frequent shopper program & so much more!



**Community Center** Fireside Lounge!

Tuesday, November 19 | 3:30 - 6:30 pm Saturday, December 14 | 9 am - noon







## ADOPT-A-PARK PROGRAM



### **THANK YOU VOLUNTEERS**

#### **The Swisher Family**

Lake Judy Park

#### **Bill & Jean Kiehnbaum**

Wilson Park

#### **The Gentry Family**

Bobby Theisen Park

#### **Shoreview/Arden Hills Lions Club**

Commons Park

#### **Turtle Lake Oaks** Homeowners Association

McCullough Park

#### The Murphy Family

Heritage Park

#### The Maloney Family

Ponds Park

#### The Brisch Family

Rice Creek Fields

#### Oak Hill Montessori **Community School**

Sitzer Park

#### The Johnson Family

**Bucher Park** 

#### **AVAILABLE FOR ADOPTION:**

Shamrock Park

To learn more and apply: shoreviewmn.gov | 651-490-4750 | Open to Shoreview residents only

# WE'RE HIRING

SIAFI

#### **Current openings are:**

Childcare attendant, gymnastics instructor, lifeguard, manager on duty, pool coordinator, service desk, swim instructor, and more.

Full job listings on page 50

Apply online at shoreviewmn.gov/jobs



## **Special Events**

### **CULTURE IN** THE COMMONS

Join us for a fun filled afternoon of learning about various cultures in our community. This is a free event and all are welcome.

Sundays at 2:30 pm Haffeman Pavilion

BAND/THEMES	DATE & TIME
Afoutayi: Haitian Dancers,	Sun, Sept 15
drummers and storytellers	2:30 – 4 pm
Chinese Dance Theater:	Sun, Sept 22
dancers, storyteller, and music	2:30 – 4 pm
Los Alegres Bailadores:	Sun,Sept 29
Mexican folkloric dance	2:30 – 4 pm
Siama: Afropop and traditional African (Congo Roots) catchy, upbeat songs. A Parents' Choice award.	Sun, Oct 6 2:30 – 4 pm

#### Touch-a-Truck

Saturday, October 5 9 am - noon

Community center lower level parking lot

#### **FREE**

Come check out all the big trucks used throughout the city. This is your chance to hop in the driver's seat of a snowplow, dump truck, and more! Don't forget your camera!



### Kids Garage Sale

Saturday, October 5 9 am - noon

Haffeman pavilion Register by September 27

#### \$25

Calling all kids! Are you interested in learning what it takes to be a future entrepreneur or just looking to make a little extra money? Rent a table to sell toys, games, books, and sporting goods. Please do not bring food items to sell.



#### **Boo Bash**

Saturday, October 26 3 – 4:30 pm or 5 – 6:30 pm

> McCullough Park **Register by October 23**

#### \$12 per person

Come join us for a family friendly event filled with spooky fun! Put on your best costume and enjoy trick-or-treating along the spooky trail walk, hayrides, music, and bonfire with build your own s'mores. Registration is required. Registration required for anyone attending the event over the age of 1.







**DEC** 

Letter from Santa

Registration deadline: December 9

Santa cruise

Various Shoreview neighborhoods, from 6 - 8 pm



DEC

Santa's workshop

Ages: 0 - 12

Saturday, December 14 | 9 - 10 am or 10:30 - 11:30 am

Kids secret holiday shopping spree

Ages: 3 - 12

Saturday, December 14 | 9 am - noon

DEC

Holiday cookie decorating

Ages: 5 - 15

Thursday, December 19 | 6 - 7 pm

New Year's Eve party

Ages: all

Tuesday, December 31 | 5 - 8 pm



## Youth Programs

#### **RHYTHM KIDS**

Students will learn to compose, choreograph, and conduct as they play - and with - a variety of musical instruments: west african drums, percussion instruments, along with their own voices and bodies. While they are having fun, they'll be refining focus, dexterity, coordination, and rhythm - all things they'll use every day for the rest of their lives.

Parents or caregivers are invited to participate along with their child in class but their attendance is not required.

#### FREE DEMO CLASSES

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
5 – 8	Sun, Sept 15 3:30 – 4:15 pm	Free

#### **RHYTHM KIDS**

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
5-8	Sun, Sept 29 – Dec 8* 3:30 – 4:15 pm	\$199; \$119 additional sibling

<sup>\*</sup>no class Dec 1



#### **MUSIC TOGETHER**

Sing, laugh, move and learn along with your baby, toddler or preschooler in these award-winning classes. The little ones love the delightful, engaging classes and the caregivers love helping their children grow into confident, life-long music makers.

Participants receive a CD, a code to download the music using our free 'Hello Everybody' app, and illustrated songbook and parent education materials.

Infants under 8 months attend at no cost with a paid sibling.

Try a free demo class to see if this program is a good fit for your family.

#### FREE DEMO CLASSES

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
0 – 5	Tues, Sept 10 10:30 – 11:15 am	Free
0-5	Wed, Sept 11 9:15 – 10 am	Free
0 – 5	Sun, Sept 15 4:30 – 5:15 pm	Free

#### MUSIC TOGETHER

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
0 – 5	Tues, Sept 24 – Dec 3 9:30 – 10:15 am*	\$199; \$119 additional sibling
0 – 5	Tues, Sept 24 – Dec 3 10:30 – 11:15 am*	\$199; \$119 additional sibling
0 – 5	Wed, Sept 25 – Nov 27 9:15 – 10 am	\$199; \$119 additional sibling
0 – 5	Wed, Sept 25 – Nov 27 10:15 – 11 am	\$199; \$119 additional sibling
0-5	Sun, Sept 29 – Dec 8 4:30 – 5:15 pm**	\$199; \$119 additional sibling
0 – 5	Sun, Sept 29 – Dec 8 5:30 – 6:15 pm**	\$199; \$119 additional sibling

<sup>\*</sup>no class November 5

<sup>\*\*</sup>no class December 1

## WISH UPON A BALLET: THE LITTLE MERMAID THEMED

Wish Upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet stories to create a dance class that is more than ballet steps. Come join the fun! Students will need ballet shoes and comfortable clothes they can move around in.

Location: community center

Registration deadline: September 16

AGES	DATE & TIME	COST
3 – 6	Sun, Sept 22 – Dec 8* 2 – 2:45 pm	\$135; \$125 SV Res

<sup>\*</sup>no class on Oct 20 & Dec 1

## WISH UPON A BALLET AND TAP: THE LITTLE MERMAID THEMED

This program offers the same curriculum as our Wish Upon a Ballet program with the added fun of tap dancing! An introduction to the movements and vocabulary of these disciplines are taught with the help of musical instruments, parachutes and scarves. Students will develop poise, strength and flexibility.

Ballet and tap shoes are required.

Location: community center

Registration deadline: September 16

AGES	DATE & TIME	COST
4-7	Sun, Sept 22 – Dec 8* 2:45 – 3:30 pm	\$135; \$125 SV Res

<sup>\*</sup>no class on Oct 20 & Dec 1

#### **HIP HOP DANCE PARTY**

Our Dance Classes will be sure to keep students active. Learn upbeat styles such as jazz and hip hop and move to your favorite songs. The students will also learn warm-ups such as stretching, isolations and across the floor exercises!

Location: community center

Registration deadline: September 16

AGES	DATE & TIME	COST
5 – 10	Sun, Sept 22 – Dec 8* 3:30 – 4:15 pm	\$135; \$125 SV Res
*no clas	s on Oct 20 & Dec 1	



#### **BABYSITTING 101**

This class will cover:

- First Aid
- Sitter safety
- Crafts, toys & childproofing
- Nutrition

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	COST
10 – 13	Sat, Sept 21 8 am – noon	\$73; \$67 SV Res
10 – 13	Sun, Oct 27 1 – 5 pm	\$73; \$67 SV Res
10 – 13	Sat, Nov 23 8 am – noon	\$73; \$67 SV Res

## **Youth Programs**

#### **CHESS SCHOOL**

Chess Teaches:

- · math concepts
- how to strategize
- · spatial and critical thinking
- focused concentration
- memory building skills

Open to all level of players. The professional coaches divide the room by abilities. Beginners learn basic game rules and opening tactic moves. Intermediate and advanced players learn sophisticated combinations and strategies and advanced opening moves. Best of all — Chess is fun!

Location: community center

Registration deadline: one week before class

AGES	SESSIONS	DATE & TIME	COST
5 – 15	Full Sessions	Sat, Sept 21 – Dec 7 10 – 11:15 am	\$202; \$192 SV Res
5 – 15	Session 1	Sat, Sept 21 – Oct 26 10 – 11:15 am	\$106; \$96 SV Res
5 – 15	Session 2	Sat, Nov 2 – Dec 7 10 – 11:15 am	\$106: \$96 SV Res
5 – 15	Wednesday Sessions	Wed, Oct 2 – Nov 20 6:15 – 7:30 pm	\$129: \$119 SV Res









#### PAINT WITH ME

Grab your favorite adult for a fun morning of painting with Paint by Jill. A young person along with their grandparent, parent or another adult will create a painting together on one canvas. Children of all ages welcome but five and older is recommended. One registration covers the cost of one child and their adult.

See page 27 for adult paint and mixed media programs

Location: community center

Registration deadline: one week before class

AGES	DATE & TIME	ARTWORK	COST
5+	Sat, Sept 28 10 am – noon	Owl of me	\$39; \$36 SV Res
5+	Sat, Oct 19 10 am – noon	Spooky friends	\$39; \$36 SV Res
5+	Sat, Nov 16 10 am – noon	A surprise painting!	\$39; \$36 SV Res
5+	Sat, Dec 14 10 am – noon	Down the chimney	\$39; \$36 SV Res

#### REMOTE CONTROL CAR RACING WITH PARTY CRASHERS RC

Interested in RC Cars? Want to try racing them on a track? Then come join us as we explore what makes them work and get to try them out. Participants will leave with a better understanding and get some time testing out their driving skills on a few different types of RC Cars. Participants can use RC Cars provided or their own on approval. Class is taught by Party Crashers RC Racing.

Location: Haffeman pavilion

Registration deadline: September 3

AGES	DATE & TIME	COST
5 – 10	Tues, Sept 10 6 – 7 pm	\$37; \$27 SV Res
10 – 14	Tues, Sept 10 7:15 – 8:15 pm	\$37; \$27 SV Res



#### **LEARN-TO-PLAY DUNGEONS AND DRAGONS**

Learn everything you need to enjoy tabletop gaming & 5th Edition Dungeons and Dragons. This class includes character creation, basic rules, and taking your character into a beginner friendly adventure. You need nothing to play. Simply show up and we'll take care of the rest! Classes are taught by Badwolf Adventures Studios.

Location: community center Registration deadline: September 11

AGES	DATE & TIME	COST
10 – 17	Thurs, Sept 19; 6 – 8 pm	\$35; \$25 SV Res

#### **DUNGEONS AND DRAGONS ADVENTURE**

Perfect for both experienced players and newcomers alike! Let our Professional Game Master take you on a Dungeons and Dragons journey designed to be completed in a single play session. Adventure sessions are the perfect opportunity to familiarize yourself with the world of D&D and try out new character ideas! Classes are taught by Badwolf Adventures Studios.

Location: community center Registration deadline: October 9

AGES	DATE & TIME	COST
10 – 17	Thurs, Oct 17; 6 – 8 pm	\$35; \$25 SV Res

#### **LEARN-TO-PLAY DUNGEONS AND DRAGONS FAMILY EDITION**

Join us for a special learn-to-play session, designed for parents and their children to enjoy together! Participants will learn the ins and outs of this classic tabletop role-playing game with a hands-on instructor. They'll then create a character and enjoy a short segment of gameplay using what they've learned. Math, team-building, and critical thinking skills will be highlighted throughout the session. You need nothing to play. Simply show up and we'll take care of the rest! This class is most appropriate for kids 10 years old and up. Classes are taught by Badwolf Adventures Studios.

Location: community center Registration deadline: September 24

	DATE & TIME		COST	
10+	Wed, Oct 2; 6 -	- 8 pm	\$35; \$25 SV F	es
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## Youth Sports

#### TAE KWON DO & LIL NINJAS

Lil' Ninjas and Tae Kwon Do classes are taught by Master Pam Meyers of Sun Yi's Academy of Traditional Tae Kwon Do. Questions about her program? Send Pam an email at pmeyerstkd@gmail.com

#### LIL NINJAS

Lil' Ninjas is specifically designed to enhance your child's development in a fun and motivating way. Class focuses on improving basic listening, social, and motor skills. Our instructors work on focus, team work, control, balance, memory, discipline, fitness, coordination, and respect.

Class is limited to eight students. Sun Yi Academy uniforms are required. Uniforms can be purchased for an additional fee (cash or check) with the instructor the first night of class.

**Location:** community center — studio 3 **Registration deadline:** September 19

AGE	RANK	DATE & TIME	COST
4 – 6	High	Wed, Sept 18 – Dec 18 5:15 – 5:45 pm *	\$120; \$108 SV Res
4-6	Low	Wed, Sept 18 – Dec 18 5:45 – 6:15 pm *	\$120; \$108 SV Res
4 - 6	Low	Thurs, Sept 19 – Dec 19 5:15 – 5:45 pm **	\$120; \$108 SV Res
4-6	High	Thurs, Sept 19 – Dec 19 5:45 – 6:15 pm **	\$120; \$108 SV Res

<sup>\*</sup>No class Oct 16 & Nov 27 \*\*No class Oct 17 & Nov 28





#### Introduction to Tae Kwon Do

This class is for students new to Sun Yi's Academy of Tae Kwon Do. Students will learn the fundamental skills of Tae Kwon Do. No uniform is needed for this class. Wear comfortable clothing.

**Location:** community center — studio 3 **Registration deadline:** September 19

AGE	DATE & TIME	COST
7+	Tues, Sept 17 – Dec 17 5:30 – 6:15 pm	\$120; \$108 SV Res

No class Oct 15 & Nov 26

#### TAE KWON DO

New students must take Introduction to Tae Kwon Do before taking a ranked class.

Tae Kwon Do is unlike other martial arts programs, incorporating physical and mental elements into each class. Classes teach kicking, punching, striking, and blocking techniques through traditional Tae Kwon Do. Students will improve stamina, strength, speed, agility, coordination, balance, reflexes, concentration and confidence.

BELT	RANK
White through Green	Low
Green	Middle
Blue and above	High

Location: community center — studio 3

Registration deadline: September 19

Pre-requisite: Introduction to Tae Kwon Do

AGE	RANK	DATE & TIME	COST
7+	Low	Tues & Thurs Sept 17 – Dec 19* 6:15 – 7:15 pm	\$240; \$216 SV Res
7+	High	Tues & Thurs Sept 17 – Dec 19* 7:15 – 8:15 pm	\$240; \$216 SV Res

No class Oct 15, Oct 17, Nov 26 & Nov 28







#### **TUMBLING**

Discover the sport of tumbling in a positive, educational atmosphere. Participants will learn basic skills on floor, balance beam, bars, and vault. Due to space limitations there is no observation area for parents; parents are invited to observe the final class.

Location: community center

Registration deadline: September 13

AGE	CLASS	DATE & TIME	COST
2-3	Toddler &	Sat, Sept 21 – Oct 26	\$106;
	Parent *	9:45 – 10:30 am	\$95 SV Res
2-3	Toddler &	Sat, Sept 21 – Oct 26	\$106;
	Parent *	10:45 – 11:30 am	\$95 SV Res
3 - 4	Beginner	Sat, Sept 21 – Oct 26 11:45 am – 12:30 pm	\$106; \$95 SV Res
4-5	Advanced	Sat, Sept 21 – Oct 26	\$106;
	Beginner	12:45 – 1:30 pm	\$95 SV Res
5-8	Intermediate	Sat, Sept 21 – Oct 26 1:45 – 2:30 pm	\$106; \$95 SV Res

<sup>\*</sup>Parent participation is required for this class. Please only send one adult with one child.

#### **MINI KICKERS**

This program teaches fundamental skills of soccer. Small group sizes provide a fun and active environment. Age appropriate equipment is used.

Location: community center

Registration deadline: one week before class.

DATE & TIME	COST
Sat, Sept 21 – Oct 26 9 – 9:30 am	\$88; \$80 SV Res
Sat, Sept 21 – Oct 26 9:25 – 10:05 am	\$88; \$80 SV Res
Sat, Sept 21 – Oct 26 10:10 – 10:40 am	\$88; \$80 SV Res
Sat, Nov 2 – Dec 14 9 – 9:30 am	\$88; \$80 SV Res
Sat, Nov 2 – Dec 14 9:25 – 10:05 am	\$88; \$80 SV Res
Sat, Nov 2 – Dec 14 10:10 – 10:40 am	\$88; \$80 SV Res
	Sat, Sept 21 – Oct 26 9 – 9:30 am  Sat, Sept 21 – Oct 26 9:25 – 10:05 am  Sat, Sept 21 – Oct 26 10:10 – 10:40 am  Sat, Nov 2 – Dec 14 9 – 9:30 am  Sat, Nov 2 – Dec 14 9:25 – 10:05 am  Sat, Nov 2 – Dec 14

## **Youth Sports**



RevSports participants learn and practice fundamentals through individual player development. Each day will focus on a new topic building on the previous topic. All age appropriate equipment is provided for all camps.



#### T-BALL

Topics include: fielding grounders, throwing, catching, base running, batting, and more. Please have the player bring a baseball glove, all other equipment is provided

\*Parent participation is required, please send one adult.

**Location:** Shamrock park

Registration deadline: September 3

AGE	DATE & TIME	COST
3 – 4	Tues, Sept 10 – Oct 1 5 – 5:40 pm	\$95; \$86 SV Res
5 – 7	Tues, Sept 10 – Oct 1 5:45 – 6:25 pm	\$95; \$86 SV Res





#### VOLLEYBALL

Topics include: passing, setting, serving and hitting.

**Location:** Island Lake Elementary Registration deadline: One week before class

AGE	DATE & TIME	COST
4-6	Tues, Oct 8 – 29 5:30 – 6:10 pm	\$95; \$86 SV Res
6 – 9	Tues, Oct 8 – 29 6:15 - 6:55 pm	\$95; \$86 SV Res
9 – 12	Tues, Oct 8 – 29 7 - 7:40 pm	\$95; \$86 SV Res
4-6	Tues, Nov 12 – Dec 10 5:30 – 6:10 pm	\$95; \$86 SV Res
6 – 9	Tues, Nov 12 – Dec 10 6:15 - 6:55 pm	\$95; \$86 SV Res
9 – 12	Tues, Nov 12 – Dec 10 7 - 7:40 pm	\$95; \$86 SV Res

No class: November 26



#### **BASKETBALL**

Topics include: dribbling, shooting, defending, passing and more.

Location: Community center Registration deadline: one week before class

AGE	DATE & TIME	COST
3 – 4	Mon, Oct 14 – Nov 4 5 – 5:25 pm	\$95; \$86 SV Res
4-6	Mon, Oct 14 – Nov 4 5:30 – 6:10 pm	\$95; \$86 SV Res
4-6	Mon, Oct 14 – Nov 4 6:15 – 6:55 pm	\$95; \$86 SV Res
6-8	Mon, Oct 14 – Nov 4 7 – 7:40 pm	\$95; \$86 SV Res
3 – 4	Mon, Nov 18 – Dec 9 5 – 5:25 pm	\$95; \$86 SV Res
4-6	Mon, Nov 18 – Dec 9 5:30 – 6:10 pm	\$95; \$86 SV Res
4-6	Mon, Nov 18 – Dec 9 6:15 – 6:55 pm	\$95; \$86 SV Res
6-8	Mon, Nov 18 – Dec 9 7 – 7:40 pm	\$95; \$86 SV Res





#### **FALL CO-REC SOCCER LEAGUES**

The coach will send a detailed schedule one week before the program starts. Practices will be one hour each week at either 6 or 7 pm with Saturday morning games. If there are any days your child can't practice during the week, please include that with their registration.

Location: parks in Shoreview and neighboring cities
Registration deadline: July 31

GRADE (2024 – 2025 SCHOOL YEAR)	AGE	DATE	COST
PreK/Kindergarten	5-6	Aug 19 – Oct 12	\$78
1 – 2	6-8	Aug 19 – Oct 12	\$78
3 – 4	8 – 10	Aug 19 – Oct 12	\$78
5-6	10 – 12	Aug 19 – Oct 12	\$78

### **VOLUNTEER COACHES NEEDED!**

**SOCCER COACHES** 

Fall soccer coaches meeting: August 8 at 6 pm Coaches meetings will be held at the community center. Practices and games held in various parks in Shoreview or neighboring cities.

#### **Benefits of volunteer coaching:**

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

#### **Important information:**

Coach will contact participants one week prior to start. Detailed schedule given out at first practice. Teammate requests can be made at registration.

Please email ljarosz@shoreviewmn.gov to volunteer or contact parks & rec at 651-490-4750 with questions







## PRIVATE & SEMI PRIVATE TENNIS LESSONS

Personalized high-quality tennis instruction for players who want to improve their court game. Our instructors will help you work on your groundstrokes, serves, volleys, lobs, and smashes in an individual setting. This program offers one-on-one tennis instruction for the casual or avid tennis player.

Semi-private lessons are for two participants of equivalent ability. Participants must enroll with a partner for semi-private lessons. Each participant pays a registration fee.

CLASS	TIME	COST
Individual private	5 lessons 60 minutes	\$200; \$190 SV Res
Semi-private	5 lessons 60 minutes	\$118; \$108 SV Res

#### **GROUP TENNIS LESSONS**

#### PEE WEES | AGES 5 TO 7

Includes lessons on the basics of tennis. Low compression tennis balls provided. Participants should bring a junior sized racquet.

#### **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 players with dependable strokes who have completed an advanced beginner class. Instruction focuses on court coverage, game strategy, stroke use, and much more.

Location: Wilson Park

Registration deadline: one week before class

CLASS	DATE & TIME	COST
Pee Wees	Sat, Sept 7 – Oct 12 10 – 10:45 am	\$80; \$72 SV Res
Beginners	Sat, Sept 7 – Oct 12 11 – 11:45 am	\$80; \$72 SV Res
Advanced Beginners	Sat, Sept 7 – Oct 12 noon – 12:55 pm	\$80; \$72 SV Res

If necessary, make-up lessons will be October 19









#### ICE SKATING INSTRUCTION: GROUP LESSONS

Get an edge on winter 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 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 | AGES 6+

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.

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, the instructor will adjust the child's level.

Helmets and skates: for safety, all participants are required to wear helmets. Bike helmets are acceptable. Helmets and skate rental are NOT available at the rink.

Location: The Shoreview Arena, Hwy 96 & Victoria St. Registration deadline: October 18

CLASS	TIME	COST
Snowplow	Sat, Oct 26 – Dec 14 8 – 8:30 am	\$120; \$110 SV Res
Level 1	Sat, Oct 26 – Dec 14 8 – 8:30 am	\$120; \$110 SV Res
Snowplow	Sat, Oct 26 – Dec 14 8:35 – 9:05 am	\$120; \$110 SV Res
Level 1	Sat, Oct 26 – Dec 14 8:35 – 9:05 am	\$120; \$110 SV Res
Pre-snowplow	Sat, Oct 26 – Dec 14 9:10 – 9:40 am	\$169; \$159 SV Res

No class: November 30







## JOIN OUR **TEAM**

Part-time, flexible hours, free community center membership

#### **GROUP FITNESS INSTRUCTOR**

\$20 - 27/hour

Seeking certified instructors to teach cardio and strength exercise formats.

#### **GUEST SERVICES/MEMBERSHIPS**

\$15 - 18.50/hour

Answer questions, give tours, room set up, address guest issues, provide backup at desk and cafe.

#### **GYMNASTICS/TUMBLING INSTRUCTOR**

\$13 - 16/hour

Teach beginning to intermediate level gymnastics to kids ages 3 through 8. No experience required.

#### LIFEGUARD (WE WILL TRAIN)

Daytime shifts available

\$14 - 16/hour (Up to \$20/hr for certain shifts)

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

#### **PERSONAL TRAINER**

\$20 - 27/hour

Nationally - certified trainers provide personalized workouts for general fitness & sport - specific conditioning.

#### **POOL COORDINATOR**

\$17.50 - 22/hour

Coordinate activities/operations, supervise/train staff, schedule shifts, carry out policies, maintain systems.

#### SERVICE DESK

\$13 - 17/hour

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

#### SPORTS INSTRUCTOR

\$14 - 18/hour

Lead youth and adults in a variety of sports activities. Sports background

#### SWIMMING INSTRUCTOR — WF WILL TRAIN

\$15 - 17/hour

No experience required, training provided. Morning/early evening classes held at the community center.

#### WAVE CAFE ATTENDANT

\$12 - 15.50/hour

Prepare food, operate cash register, maintain a clean work area and lobby/ tables, stock supplies.

#### YOUTH SOCCER OFFICIAL

\$15 - 25/game

Sept - Oct

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



### **Parks and Facilities**



Bucher Park 5900	5 Vivian Avenue	15		Basketball Court	Football	Skating Rink	Paths	Pickleball	Tennis	Picnic Area	Playground	Shelter	Soccer	Circuit Training
		10		1	$\checkmark$	$\sqrt{}$	$\checkmark$	6	2			1	$\sqrt{}$	
Haritago Dark	0 Mackubin Street	25	2	1	$\checkmark$	$\checkmark$	$\sqrt{}$		2	$\sqrt{}$	$\sqrt{}$	1	$\sqrt{}$	$\sqrt{}$
Heritage Park 1170	Lepak Court	3												
Lake Judy Park 900	Tiller Lane	5		1/2			$\checkmark$			$\sqrt{}$	$\sqrt{}$			
McCullough Park 955 (	County Rd I	75	2	1	$\checkmark$	$\sqrt{}$	$\checkmark$		2	$\sqrt{}$	$\sqrt{}$	1	$\sqrt{}$	
Ponds Park 190 S	Sherwood Road	1					$\checkmark$			$\sqrt{}$	$\sqrt{}$			
Rice Creek Fields 5880	0 Rice Creek Pkwy	10	4				$\checkmark$			$\sqrt{}$	$\sqrt{}$			
Shamrock Park 5623	3 Snelling Avenue	23	2	1	$\checkmark$	$\sqrt{}$	$\checkmark$		2	$\sqrt{}$	$\sqrt{}$	1	$\sqrt{}$	
Shoreview Commons 4580	0 North Victoria	40		1	$\checkmark$	$\sqrt{}$	$\checkmark$	2	2	$\sqrt{}$	$\sqrt{}$	1	$\sqrt{}$	
Sitzer Park 4344	4 Hodgson Road	8	2	1		$\checkmark$	$\checkmark$		2	$\sqrt{}$	$\sqrt{}$	1		
Wilson Park 815 (	County Road F	13	2	1						$\sqrt{}$	$\sqrt{}$			

The following are operated by Ramsey County Parks & Recreation. 651-266-0300 ramseycounty.us/parks		Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rink	Golf Course	Paths	Picnic Area	Playground	Shelter	Swimming
Island Lake Cty Park	3611 Victoria Street	167	$\sqrt{}$		$\sqrt{}$			$\sqrt{}$	$\sqrt{}$	$\sqrt{}$	$\sqrt{}$	$\sqrt{}$	
Lake Owasso Cty Park	370 N. Owasso Blvd.	9	$\sqrt{}$		$\sqrt{}$				$\sqrt{}$	$\sqrt{}$	$\sqrt{}$	$\sqrt{}$	$\sqrt{}$
Shoreview Ice Arena	877 Highway 96						$\sqrt{}$						
Snail Lake Regional Park	580 Lake Blvd.	400	$\sqrt{}$	$\sqrt{}$	$\sqrt{}$	$\sqrt{}$			$\sqrt{}$	$\sqrt{}$	$\sqrt{}$	$\sqrt{}$	
Turtle Lake Cty Park	4979 Hodgson Road	9											

For indoor pickleball and swimming visit the Shoreview Community Center.







City of Shoreview 4600 Victoria Street North Shoreview MN 55126

